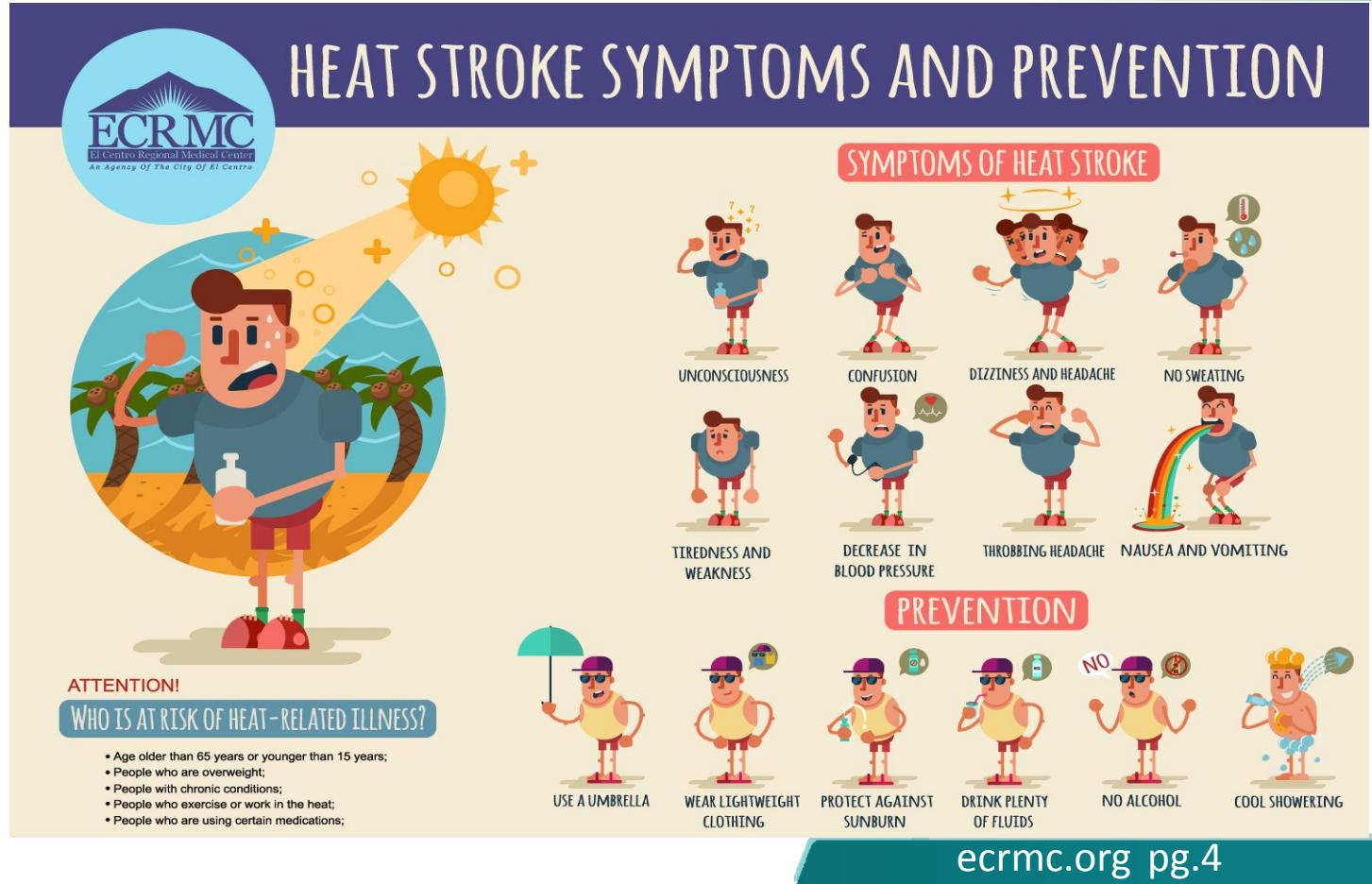


## ECRMC Community Classes and Events

- **Every Monday @ECRMC:** Music for Healing with Andres Gonzalez playing piano from 10AM-11AM, Anita Slobig playing piano from 1PM-2PM & Ruben Hernandez playing guitar from 4PM-5PM.
- **Every Tuesday @ECRMC:** Mariano Peinado playing violin from 4PM-5PM.
- **Every Thursday @ECRMC:** Music Therapy with Donna Marlin playing piano from 11AM-12PM. Pet Therapy from 2PM-4PM
- **FREE Diabetes Education Classes** available in English and Spanish at El Centro and Calexico's Outpatient Clinics. No appointment necessary and everyone is welcome! **For more information, please contact Guadalupe Heredia at 760-482-5000.**
- **Asthma Resource Center** offers individual education focused on symptom management and environmental triggers. Talk to a Certified Asthma Educator, view available videos or take an educational booklet home with you! Appointments available or walk-ins welcome! **For more information, please contact Aide**
- **Medical Terminology Class:** Time and location to be announced. **For more information and registration please contact Angelica Bernal at 760-370-8521.**
- **August 1st, 2018 @ ECRMC in the North Lobby, Breastfeeding Community Resource Fair, 10AM-12PM:** Discover local breastfeeding support and family health resources. **Call 760-370-8526 for more information.**
- **August 4th, 2018 @ ECRMC Education Conference Room, 8:30AM:** Heart saver First-Aid & CPR. **For more information, please contact Angelica Bernal at 760-370-8521.**
- **August 5th, 2018 @ ECRMC Maternal Child Department:** Childbirth Preparation Class in Spanish. **For more information or to register, please contact Suellen Encinas at 760-482-5148.**
- **August 7th, 2018 @ Bucklin Park, National Night Out, 7PM-9PM:** El Centro PAL presents the 35th Anniversary National Night Out. Offering free foods and beverages, kids activity zone, vehicles on display, local businesses showcased, music and more! **For more information call PAL at 760-337-4577.**



**HEAT STROKE SYMPTOMS AND PREVENTION**

**ATTENTION!**  
**WHO IS AT RISK OF HEAT-RELATED ILLNESS?**

- Age older than 65 years or younger than 15 years;
- People who are overweight;
- People with chronic conditions;
- People who exercise or work in the heat;
- People who are using certain medications;

**SYMPOMTS OF HEAT STROKE**



**PREVENTION**



[ecrmc.org](http://ecrmc.org) pg.4

## A Patient's Experience: Before & After Couplet Care

**C**hildbirth and the joys that come with it are rewarding experiences for many women. El Centro Regional Medical Center gladly assists and assures that these moments are ones to be treasured for a lifetime. 22-year-old Jacqueline Alva, a mother of two wonderful baby girls, sat down with the Patient Chronicle to share her story while she was a patient at ECRMC's Maternity Wing. She gave birth to three-year-old Emma Colette Rodriguez and two month old Audrée Dior Rodriguez at ECRMC and has very memorable yet vastly different hospital experiences.

When Jacqueline delivered Emma, ECRMC had yet to transition to Couplet Care. Couplet Care is Family-Centered Care where newborn babies stay with their mother in a private room throughout the family's stay. When asked about her times spent at our hospital,

Jacqueline shared, "My first experience went well. I remember Dr. Marisel Chibas delivered Emma. Despite the worry of Emma being born prematurely I felt the staff was attentive to our needs. I didn't see nurses as often but I knew they were taking care of Emma and in that moment that was all that mattered. Emma had difficulty breathing but staff placed her in an incubator and monitored her. During my stay I shared a room with a patient at the time. The patient wasn't there my entire stay but it did limit room for both of the visiting families. I was discharged after two days but was still by Emma's side and was encouraged to have skin on skin contact with my daughter to help bond us."

She continued by saying, "My second experience was completely different with the Couplet Care that was implemented. After Dr. Elias Moukarzel delivered Audrée, my stay was definitely more private and seemed to be more customized to my needs. My fiancé and I felt a lot more comfortable being the only family in the room. I was able to bond with



Older sister Emma is caught leaning over to give baby sister Audrée a kiss.

Audrée and the environment provided was way better. I loved that I got to have my baby with me the entire time. Also the food was different. Three years ago when I had Emma I remember I was given scheduled meals that were already picked for me. This time around I was able to order my own meals specific to my wants and needs. I loved having options. Nurses and other staff were constantly checking in on my family and I; the atmosphere was so relaxing."

"I remember the Lactation Nurse [Lizeth Ramirez] being so helpful. She had a ton of recommendations for me like what videos to watch. She answered all my questions. She gave me a lot of resources that helped me better understand breastfeeding and the benefits that come with it. I definitely encourage women to breastfeed their babies. My first baby had a very difficult time with latching so we didn't really get to have that experience. With my second one she did breastfeed and there is a uniqueness to the interactions between mother and baby that is very beautiful."

In closing, Jacqueline stated, "My experiences were both special in their own way. ECRMC was so supportive. I definitely recommend El Centro Regional Medical Center to all expecting and future mothers."

# National Breastfeeding Month



Lizeth Ramirez  
Lactation Educator

ECRMC is celebrating National Breastfeeding Month and invites you to celebrate on August 1<sup>st</sup> from 10AM-12PM. This event will be held inside the hospital. There will be raffles, resources provided by local agencies, baby CPR demonstration and much more. Don't forget to write this on your calendar so you don't miss out!

Assisting with this event is Lizeth Ramirez, our hospital's Lactation Educator. Lizeth has been working for ECRMC for almost six years. She started here in 2012 as a Promotora for the breastfeeding program and worked her way to becoming an educator. When asked what she loved most about her job, she replied, "What I love is providing good customer service to all post-partum moms. I really believe that they need people to comprehend, to understand and to help them when they are in need."

Breastfeeding & Lactation Class  
August 30th @ECRMC Educational Conference Room  
5:30-7:30pm

## Breastfeeding Resource Fair

### Celebrate World Breastfeeding Week 2018!

Wednesday, August 1st, 2018

10am-12pm

El Centro Regional Medical Center  
(North Lobby)



## Come Join Us!

Do you have suggestions to help improve your hospital experience?

We invite you to be a part of our  
Patient & Family Advisory Group

To join, please call or email:

**760-339-7311 or 760-339-7101**

**PFAG@ecrmc.org**

*Change is possible by sharing your thoughts!*



## Have a loved one staying at our hospital?

Send them a card that's available through our website for FREE!

Choose from over 10 different cards! Our website offers get well cards and congratulation cards.

Where can you find them? Simple! Go to [ecrmc.org](http://ecrmc.org) and click on the Patients and Visitors tab. Under "For Visitors" list you will see the "send an E-card" option. Click on "send an E-card" and the website will take you to our card options. Choose your card, type in a message, and then click submit.

Cards are printed and delivered to patients  
Monday– Friday from 8am-5pm.

# SMOOTHIE

Stay cool, refreshed and healthy this summer season with this delicious smoothie recipe!

#### Green Smoothie Ingredients:

- 1 apple with skin (remove core)
- 1 peeled orange
- 1 cup frozen blueberries
- 1 small plum tomato
- 1 whole carrot
- 4 cups of fresh baby spinach
- 1/4 avocado
- 8 ounces of cold water
- 1/2 a cup of ice (optional)



**Directions:** Add the water to your blender first, followed by the soft fruit. Blend for 30-60 seconds. Next add the greens and ice for an additional 30-60 seconds until smoothie is creamy.

**Serving size:** You can split this into two portions to have with breakfast and lunch or you can share with a partner.

Recipe Resource: Big Blend: Fruit and Vegetable Green Smoothie Recipe - DavyandTracy.com

