

& Advancing & Enhancing

Your Progress Report from Community Memorial Healthcare



A Message from Mick Zdeblick President & CEO

Dear friends, colleagues,
and fellow community
members,

This coming July 4th, our nation will celebrate the 250th anniversary of the United States of America — a time to reflect on the enduring ideals that shaped our country and continue to guide us today.

These ideals resonate strongly here at Community Memorial Healthcare. As a nonprofit organization, we are guided by a deep commitment to our communities. This allows us to focus our resources on advancing care, strengthening services, and meeting the evolving needs of the people we serve. For us, it's about doing what's right, doing our best, and continually striving to do more for our patients and families.

With that in mind, inside you'll find updates on our Behavioral Health and Cancer Programs. Thanks to generous grants from Gold Coast Health Plan and the County of Ventura, Community Memorial Healthcare is expanding Ventura County's access to mental health services for adults, teens, and children. Meanwhile, our newly remodeled Cancer Center now offers comprehensive oncology services, coordinated through a multidisciplinary team.

Keep reading for a chance to meet some of our new physicians, catch up on more expansions and renovations, and learn how the popular Peter Gaal, MD Pet Therapy Program is putting smiles on the faces of our patients, visitors, and care teams.

Thank you for your interest in Community Memorial Healthcare. We appreciate your keeping up with us, just as we make it our mission to keep up with you, anticipate your needs, and seek new and better ways to meet them.

In good health,



Mick Zdeblick
President & CEO
Community Memorial Healthcare



This Award Fuels Us to Keep Doing MORE.

We are proud to share that we are once again a recipient of the Healthgrades Outstanding Patient Experience Award. This honor reflects our deep commitment to delivering the compassionate, patient-centered care our community expects and deserves.



[Learn more at mycmh.org/awards](https://mycmh.org/awards)

Meet Our New Physicians

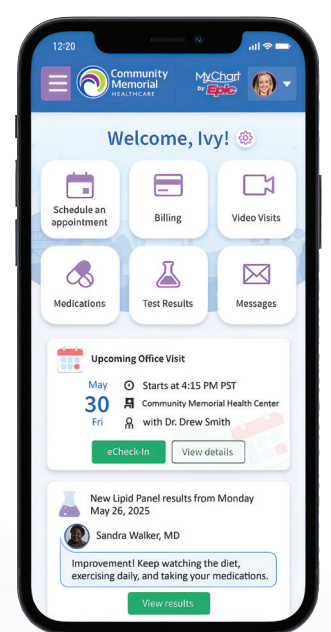
A warm welcome to these talented new physicians in our Health Centers:

- Thomas Duncan, DO, General Surgery
- Joseph Eisner, MD, General Surgery
- Rikk Lynn, MD, Dermatology
- Patrick McCarty, MD, General Surgery
- Colin Mooney, MD, General Surgery
- Barry Sanchez, MD, General Surgery
- Samantha Wu, MD, General Surgery



Our Patient Portal

MyChart lets you schedule and check in for appointments, email your provider, pay bills, and more — all from one account. Enjoy secure, online access to medical records, test and lab results, pre-operative instructions, and more. Get started today!



Sign up at mycmh.org/mychart or download the MyChart app on your phone or tablet.

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Many Thanks to Our Incredible Volunteers

It's our pleasure to honor the dedicated volunteers who donate countless hours of their time to Community Memorial Healthcare. On the front lines and behind the scenes, they play a vital role in creating a supportive, compassionate environment for our patients, visitors, and care teams. From our **Ventura Hospital's Board of Trustees** and **Foundation Board Members** to our **Auxiliary, Junior Auxiliary, and Ojai Valley Foundation Guild members**, our volunteers truly are the heart of our hospitals. Thank you to all who share their time and talents with Community Memorial.

Download an application and join our volunteer team at mycmh.org/volunteer

“Our willingness to give our time and talent as volunteers is an incredible contribution to the hospital and our local community, making a real impact one person at a time.”



– Linda Wilson, Auxiliary President



Addressing Gaps in Mental Health Care

Thanks to two new grants totaling more than \$9 million, Community Memorial is expanding access to much needed mental health services across Ventura County. This funding will strengthen care for children, teens, and adults, while also investing in the future of the local psychiatric workforce.

The largest award — a \$6.9 million RISE Grant funded by Gold Coast Health Plan — focuses on growing and sustaining psychiatric care countywide. Community Memorial Healthcare is using this funding to train and retain more psychiatry residents, expand services for low-income patients, and introduce a 24-hour psychiatric crisis intervention program. This around-the-clock support is designed to reduce emergency room visits, shorten wait times, and connect patients to care more quickly.

Nearly three quarters of Ventura County residents identify mental health as our community's most pressing health concern, with many individuals still going untreated. By strengthening our residency program — the only accredited psychiatry residency in the county — Community Memorial is helping to build a stable, local workforce equipped to meet that demand.

A second \$2.4 million Innovation Grant from the County of Ventura focuses specifically on youth and young adults up to age 26. This funding supports the implementation of the Collaborative Care Model, an evidence-based approach that integrates mental health services into primary care. Through this model, primary care providers can work closely with behavioral health providers and receive psychiatric consultation to diagnose and treat conditions like anxiety and depression more efficiently, reducing delays and improving access for young people and their families.

Together, these grants reflect Community Memorial's ongoing commitment to expanding behavioral health care and ensuring patients receive timely, compassionate support close to home, and when they need it most.



Combating Cancer Close to Home

& Expanded Services & Advanced Treatment

Community Memorial Healthcare is entering a new era of cancer care — one defined by expanded services close to home, advanced treatment options, and a deeply personal, patient-centered approach.

Spearheading this transformation is Kay Anand, MD, who serves as Medical Director of Oncology. Dr. Anand is uniquely suited to her task, describing the oncologist's role as both clinician and coordinator. "We're like the conductor of an orchestra," she explains. "We guide patients through treatment, collaborate with other specialists, and provide ongoing follow up and support for patients and their families."

Beyond her considerable clinical expertise, Dr. Anand brings a clear vision to her mission: to build a cancer center where advanced, patient-centric care and compassionate support go hand in hand.

A key advantage of Community Memorial's approach is the ability to provide high-quality cancer care right here in our community. "The word cancer is very scary," says Dr. Anand. "You are at your best when you are surrounded by people you know — your family, your friends, your support system." While the Cancer Center offers advanced treatments locally, it also maintains strong partnerships with Southern California's leading academic institutions. This approach helps ensure seamless access to specialized care when needed, while keeping patients close to their network of friends and family.

Above all, Community Memorial's program is grounded in personalized care. "We are here for the patient. We are on their team," Dr. Anand emphasizes. "Whatever they decide, we're here to help them."



Scan the code to get to know Dr. Anand and hear more about our expanded Community Memorial Cancer Center!

"The word cancer is very scary. You are at your best when you are surrounded by people you know — your family, your friends, your support system."

– Kay Anand, MD
Medical Director of Oncology

Meet Our Oncology Experts



Kay Anand, MD
Medical Director
of Oncology



**Karlos
Oregel, MD**
Hematology
Oncology



**Cassandra
Thomas, MD**
Hematology
Oncology



**Deepa
Narasimhulu, MD**
Gynecologic
Oncology



**Angelique
Dore, FNP**
Hematology
Oncology



**Olivia
Granger, PA-C**
Gynecologic
Oncology

Learn more at mycmh.org/cancer

Healing, One Wag at a Time

At Community Memorial Healthcare, we believe that healing comes in many forms, and we're lucky to have some very special friends play a meaningful role in how we care for our patients, physicians, and staff. The Peter Gaal, MD Pet Therapy Program brings trained therapy dogs into patient care areas, offering much needed comfort, connection, and joy.

Research shows that pet therapy can help reduce stress, lower blood pressure, and ease anxiety — benefits that can positively impact recovery and overall patient experience. Patients can request time with registered therapy dogs during scheduled visits, creating opportunities for meaningful interaction that supports emotional well-being.

The program also has a positive impact on our physicians, nurses, and staff. Brief interactions with therapy dogs during busy shifts provide opportunities to reset, reduce stress, and boost morale.

A collaboration with the national organization "Love on a Leash," this program is named after Dr. Peter Gaal, a beloved Community Memorial physician known for his compassion and deep commitment to patient-centered care. A strong advocate for the healing power of human connection, Dr. Gaal also recognized the unique comfort animals can provide — an impact that continues through this meaningful program today.



Scan the code to learn more or fill out an application and join our team.



(L-R) Laura Lindsay and her dog Winnie, Becky and Sandy Gaal, and Pat Halverson with her dog, Herbie.

“Spending time petting and loving therapy pets makes the workplace feel warmer, more compassionate and enjoyable, giving staff a chance to recharge and reconnect with themselves and others, while making a real difference for everyone around them.”

– Laura Lindsay, Ventura Chapter Chair, Love on a Leash

After-Hours Primary Care & Care & Convenience

Enjoy improved access, greater convenience, and more care options, with **after-hours Primary Care appointments**. Available at select locations, this service offers scheduled family medicine and pediatric appointments for patients who need care outside traditional hours. Appointments are available Monday – Friday from 5:00 pm – 8:00 pm, with additional weekend availability. Visit mycmh.org/afterhours to schedule an **after-hours appointment** at our Oxnard/Saviers Road, Santa Paula, Camarillo, or Ventura/East Main Street locations.

Getting Bigger & Better

As a nonprofit health system, one of the ways Community Memorial reinvests in our community is by continually enhancing the spaces where we deliver care. From new facilities on the horizon to upgrades at our existing locations, these improvements are designed to expand access, elevate the patient experience, and support the evolving needs of our community. Here's what we're working on!



Getting a Facelift

Our Health Center in Oak View reopened June 1 with a fresh new look and enhanced care areas.

Coming Soon

A new Integrated Behavioral Health Center on Loma Vista Road and a new multi-specialty Health Center on Telegraph Road — both in Ventura.



FEATURED PODCAST

What it Means to be a Nonprofit Health System



The flexibility that comes with our nonprofit status truly shapes how Community Memorial Healthcare serves our patients, their families, and the broader Ventura community.

In this episode of our Wise & Well podcast, we explore the advantages of nonprofit healthcare in practical terms: how decisions are made, how resources are reinvested, and why local support matters. The conversation features the perspectives of a local philanthropist, an emergency room physician, and a patient whose health was directly impacted by Community Memorial.

Stay connected to your health with **Wise & Well** from Community Memorial Healthcare. This monthly newsletter is your go-to source for expert-backed health education, practical wellness tips, and insider access to programs, events, and resources across our health system.

Visit mycmh.org/wise to sign up today — get all of this (and more!) delivered straight to your inbox.



Scan the code to listen to the full episode now!