

& Updates Upgrades

Catch Up With Community Memorial Healthcare



A Message from Mick Zdeblick President & CEO

Dear friends, colleagues, and fellow community members,

At this time last year, we were in the early stages of implementing our strategic plan. Today, I'm happy to say we are seeing great results. We have positive net income and look forward to the having the opportunity to invest more in our operations so we can continue to grow and enhance our services and facilities.

One major strategic investment is that we have joined more than 60% of all hospitals in the nation — and all academic health centers in our area, including Cedars Sinai, UCLA, USC, and City of Hope — by adopting Epic, a new electronic health record. For our community this means you now have access to the MyChart app, a user-friendly patient portal. It took months of hard work to prepare and train our teams for this change, and we are grateful to everyone who helped make it happen. I know MyChart and Epic will make life much easier for our teams, and most importantly, our patients. You can read more about MyChart on page two of this newsletter.

In other news, I'm proud to share that our Community Memorial Continuing Care Center in Ojai has just earned a five-star rating, the highest possible ranking, from the Center for Medicare & Medicaid Services. It's the only skilled nursing facility in the Ojai Valley to earn this prestigious designation.

Lastly, on the heels of National Nurses Week and National Hospital Week, I want to stress how grateful I am for our talented, dedicated nurses and hospital teams. Every individual makes a difference for our patients at our hospitals and health centers every single day.

Looking ahead, you can count on Community Memorial Healthcare to keep asking what MORE we can do to meet the needs of this wonderful community.

In good health,

Mick Zdeblick

Mick Zdeblick
President & CEO
Community Memorial Healthcare



Five Stars for our Continuing Care Center

Located on the Community Memorial Hospital – Ojai campus, our Continuing Care Center (CCC) has helped many area residents get back on their feet after an illness or injury. It's also home to individuals who need ongoing, long-term care. This beloved facility just earned a five-star rating — the highest possible ranking — two years in a row from the Centers for Medicare & Medicaid Services (CMS). Thank you to the dedicated team that helped earn this award.



Meet Our New Doctors

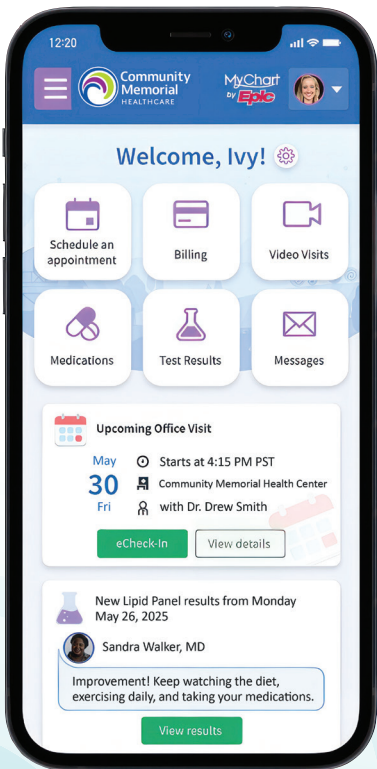
We're delighted to welcome these talented physicians to our
COMMUNITY MEMORIAL HEALTH CENTERS

Fatemi Shahram, MD, Family Medicine
Andrew G. Voyiadjis, MD, Neurology



It's Here! Our New Patient Portal

Learn more inside!



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Community Memorial
HEALTHCARE

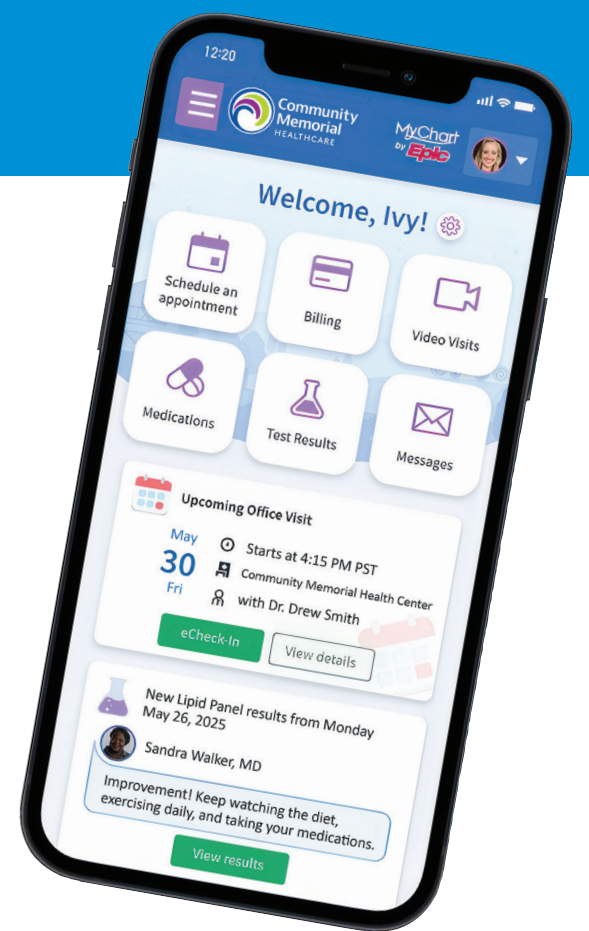
& MyChart Your Convenience

At Community Memorial Healthcare, we don't just ask you to expect more — we deliver more. More medical advances, more services, more facilities, more help and education, and more convenience. That's why we launched MyChart — our new, easy to use patient portal.

MyChart is a secure application that lets you and your doctor see all your health information in one place, across our Hospitals, Health Centers, Pharmacy, Lab, and other facilities. Your information is secure, seamless, and easy to manage in one simple application. What's more, if you have Community Memorial specialists, MyChart makes it easier for them to collaborate and see what your other physicians have diagnosed and prescribed

With MyChart you can:

- Send messages to your doctor and their office staff
- Schedule appointments and check in in advance
- Complete pre-visit tasks
- View and keep track of your medications
- View your lab and test results
- Read after-visit summaries and recommendations
- View and pay medical bills and get price estimates
- Take care of your children and other family members, all from your MyChart account



Scan this QR code to sign up
for MyChart today!

Rave Reviews

We can't help but take pride in the kind of feedback our services, doctors, and nurses receive. Whether it's patients submitting Daisy Award Nominations for Excellence in Nursing or individuals letting us know just how much they loved their experience, we're honored by all the kind words.

"My mother was admitted to Community Memorial Hospital – Ojai for rehab after a broken femur, and her nurse went above and beyond in caring for her. She arranged for my mom to receive an epidural, advocating for my mom's best interests, and she wouldn't take no for an answer... It's rare to encounter someone so genuinely caring, and I am deeply grateful for the difference this nurse and the entire team at Community Memorial Hospital – Ojai made during such a challenging time."



"My doctor always dedicates a lot of his time listening to parent concerns. He even called us today to follow up and see how our daughter was feeling, which makes us feel like he genuinely cares about his pediatric patients."

"This was the second time I was admitted to Community Memorial in two weeks. My day shift nurse was amazing. She made sure I had everything I needed, went above and beyond with suggestions to make me comfortable, and was extremely nice. Hospital stays are never easy, but she made the day much nicer."

"It's always a good experience coming to Community Memorial Health Center in Oxnard and seeing my doctor. Staff is wonderful and helpful, and my doctor is amazing."

"My doctor is amazing. I love her personality and how she explains everything for me to understand. You can tell she enjoys her job and values her patients."

Pride & Joy

Comprehensive Maternity Services for Ventura Families

At Community Memorial, we do all we can to help a woman have her baby, her way. That starts with completing a personalized birth plan — outlining preferences for everything from pain management to who’s allowed in the delivery room.

Because babies arrive when they feel like it, we have OB/GYNs, midwives, high-risk obstetricians, anesthesiologists, surgical technicians, and neonatologists available 24/7. Babies born prematurely or with health issues are cared for in our state-of-the-art level 3 NICU.

Our maternity wing in Ventura features 11 private birthing suites with scenic views, private showers, and space for your support person(s). Baby-Friendly USA recognizes Community Memorial Hospital – Ventura as a “Baby-Friendly Facility,” which means we meet the highest standards for mother/baby care practices related to infant feeding.

[Learn more about our Maternity Services at **mycmhbaby.org**](#)



Award Winning Maternity Care

Blue Shield of California Blue Distinction® Centers (BDC) for Maternity Care designation

Excellence in Lactation Care Award

Maternity Honor Role from the California Health and Human Services Agency

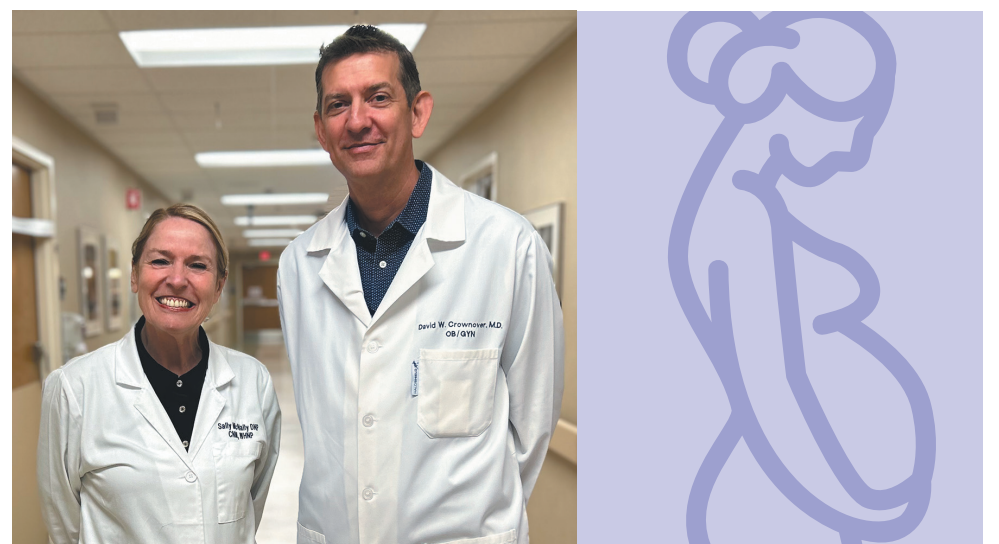
Baby-Friendly Facility

Midwife or OBGYN? Mother’s Choice

Community Memorial Hospital – Ventura is the only labor & delivery facility in the county that offers both midwife and hospitalist services with Certified Nurse Midwives (CNM) and OB/GYNs working hand in hand in our hospital. Typically a midwife assisted-delivery must be done at a birth center or private home, but at Community Memorial women who prefer a midwife-assisted delivery and want the added assurance of giving birth in a state-of-the-art hospital can have it their way.

A Certified Nurse Midwife (CNM) is an advanced-practice registered nurse with a master’s degree or higher. CNMs complete comprehensive training focusing on gynecology, family planning, preconception, pregnancy, childbirth, postpartum, and newborn care. CNMs are accredited by the Accreditation Commission for Midwifery Education (ACME) and are backed by The American College of Nurse Midwives. Midwives are experts in normal, natural labor and delivery. Their holistic approach focuses on the mind/body connection. They try to intervene as little as possible, suggesting breathing techniques and encouraging a woman to deliver in the position that feels right to her.

At Community Memorial, women with low-risk pregnancies as well as many higher-risk women have the option to use a midwife for their birth experience. In higher-risk cases, an OB/GYN manages the medical issues while the midwife guides the labor and delivery. If a complication arises, the hospital provides the extra safety of fully equipped operating suites for emergency C-sections and a Level III Neonatal Intensive Care Unit with a board-certified neonatologist on staff. In the event of a C-section, the OB/GYN takes over to perform the procedure with the midwife serving as the first assist.



Our nurse-midwife program was a collaborative effort, founded in 2023 by Megan Rodarte, Director of Maternal & Children’s Health Services, Brandi Stanley, Clinical Nurse Manager — Labor & Delivery, and Dr. David Crownover, Medical Director of Obstetrics & Gynecology. Pictured above with Dr. Crownover, Sally McNally, DNP, APRN, CNW, was one of the first midwives to join the program. The program was so well received by patients and staff that we have already made some additions:

- We now have nine privileged CNMs, plus another two joining soon
- Our program has expanded to 7 nights a week and every weekend.
- We now have midwives seeing patients in the Community Memorial Health Centers for women who prefer to see a CNM for pregnancy and gynecological care.
- Community Memorial Hospital – Ventura remains the only hospital in the area offering midwife hospitalist coverage.

Our Level III NICU *An Inside Look*

What does it take for a Neonatal Intensive Care Unit (NICU) to be considered “Level III?” What kind of advanced technologies does our NICU have? Why do occupational and physical therapists make daily rounds to check on our most fragile babies? How does our NICU staff support and educate parents of a sick or premature infant? Get answers to these questions and many more in our podcast interview with a true insider, Community Memorial Neonatal Clinical Nurse Specialist, Anna Haas.



[Listen to the podcast at **mycmh.org/podcast**](#)

It’s a Generational Story!

Community Memorial OB/GYN Dr. Patrick Diesfeld welcomed both Amanda Lopez (1992) and her sister Kennedy (1996) into the world. This year, he had the honor of delivering both sisters on the same day!

This story highlights the legacy of Community Memorial Healthcare and the lasting impact our doctors have on generations of families in our community. Congrats to these growing families!





Community Memorial
HEALTHCARE

Foundations & Festivities

Putting the Fun in Fundraising!

Benefactor's Ball — the Secret is Out!

Shhh... It's a Speakeasy! That's the theme for this year's Ventura Foundation Ball. The 1920s inspired event takes place on Saturday, October 18, at Zachari Dunes on Mandalay Beach in Oxnard. Get ready for an evening of live music, craft cocktails, dinner, and glamour, Gatsby style! Proceeds for the Benefactors' Ball go towards leading-edge technology, equipment, education, programs and services for Community Memorial Hospital. Don't miss this opportunity to support Community Memorial Foundation's mission of advancing community health and compassionate care. You'll have a roaring good time.

To reserve your spot, visit benefactorsball.org



Endless Summer for Endless Fun

The Ojai Valley Hospital Foundation Guild will be making quite a splash with Endless Summer — Lakeside 2025! The party starts on Saturday, September 13 on the banks of beautiful Lake Casitas. Enjoy an evening under the stars featuring live music, signature cocktails, boat tours, dinner, and dancing. Proceeds support Community Memorial Hospital – Ojai and its Continuing Care Center.

Learn more at mycmh.org/endlesssummer

Endless Summer
LAKESIDE



Community Memorial Healthcare & Our Community

Community Memorial Healthcare is a nonprofit, independent health system. This means we answer only to the people of Ventura County. We believe our responsibility to the community goes beyond the high quality care we provide in our facilities. We like to get creative, and we're always looking for MORE ways to reach out. Here are just a few examples of our community partnerships, events, and outreach in the past few months.



Ojai Valley Hospital Foundation Guild Event

Clinical Nutrition Manager Jennifer Girtsman and Executive Chef Andi Strand, both of Community Memorial, share healthy eating tips, conduct a nutrition label tutorial, and demonstrate how to make Chef Andi's signature chocolate avocado mousse!



Ventura County Caregiver Coalition

Community Memorial worked with more than 20 community nonprofit partners over the course of two months to find strategies to improve systems for caregivers and their loved ones.

Advance Care Directive

Community Memorial Healthcare Drs. Hornstein and Pankratz (pictured at right) support participants with information and guidance for filling out an Advance Care Directive.



YMCA Health Screening

Resident Physicians provide free summer camp health screenings for YMCA campers, helping to ensure a safe and healthy camp experience!



Critical Conversations

Community Memorial maintains ongoing dialogue with local government leaders — including Congressman Salud Carbajal, Assemblymember Steve Bennett, State Senator Monique Limón, and Congresswoman Julia Brownley (pictured at right) — to advocate for improved healthcare resources in our community.



Santa Paula Senior Wellness Fair

Community Memorial provided free blood pressure screenings to senior citizens at this well-attended event in Santa Paula.



Ojai Valley Inn Employee Wellness Fair

Physical Therapists from Community Memorial Outpatient Rehabilitation in Ojai perform complementary balance assessments.



Learn more about our services at mycmh.org