
CARING COMMUNITY UPDATE



HELP US CELEBRATE DOCTORS' DAY ON MARCH 30, 2023

The impact that doctors make in our lives is tremendous, and this year, on National Doctors' Day, we invite you to help us honor them for the care that they provide each and every day.

Every March 30th, Doctors' Day provides an opportunity to express our gratitude to the medical professionals that do so much to support the health and well-being of our entire community.

Whether you choose to thank a general practitioner, your emergency room doctor, or a specialist that made a difference in your life, we want to help share your gratitude with them.

Please consider making a gift today to acknowledge our healthcare heroes by supporting the programs and services that they care so deeply about. Your gratitude will be shared with your honoree, and you may also choose to include a personal note that will be delivered to them on March 30th. The care provided by our physicians is essential to the health of our community, and Doctors' Day is the perfect time to show them how much they mean to us.

Thank you for supporting our local healthcare heroes, and for helping us honor them this Doctors' Day.



Have you seen our new look?



Salinas Valley Memorial Hospital Foundation is now Salinas Valley Health Foundation!

We are proud to launch this new chapter along with Salinas Valley Health, who unveiled their new name and a fresh, bold look on February 27th. Together with our staff, donors, physicians, and volunteers, we are rising together in good health.

You can read about the brand launch and hear from Salinas Valley Health President and CEO, Pete Delgado, by [clicking here](#).



Blood Drive!

Tuesday, April 25, 2023

9:00am - 1:00pm

Salinas Valley Health
Heart Center Parking Lot

Salinas Valley Health is teaming up with Vitalant to hold a blood drive on April 25th in the Heart Center Parking Lot. Bring your photo ID, and be sure to register in advance at www.Vitalant.org.

Coming Soon - Starbucks Campaign!

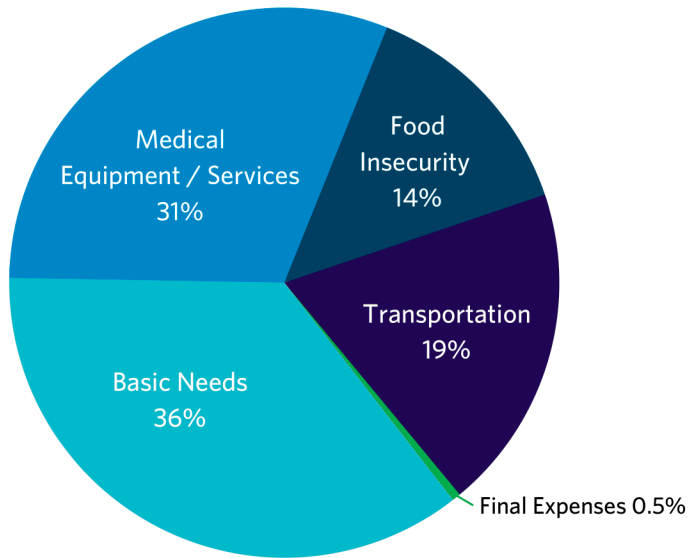
Back for a second year, the Starbucks at Salinas Valley Health is helping to celebrate Children's Miracle Network Hospitals Week, kicking off a fundraising campaign on April 1st. While getting your favorite beverage or treat, please consider donating!

Also, the cup decorating contest is back for a second year, and is open to all employees, volunteers, patients, and visitors! Pick up your blank cup and decorate it showing what being a CMN Hospitals means to you for your chance to win one of three Starbucks gift cards!

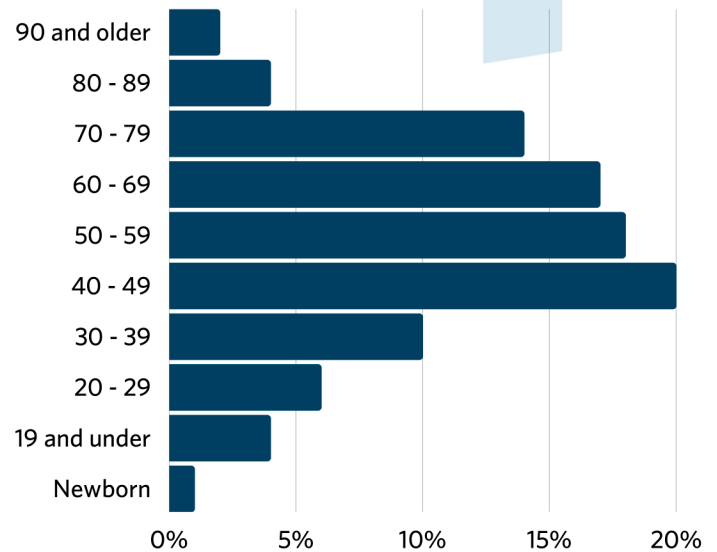
***Salinas Valley Health Starbucks location ONLY**

Impact at a Glance FY22 to Date

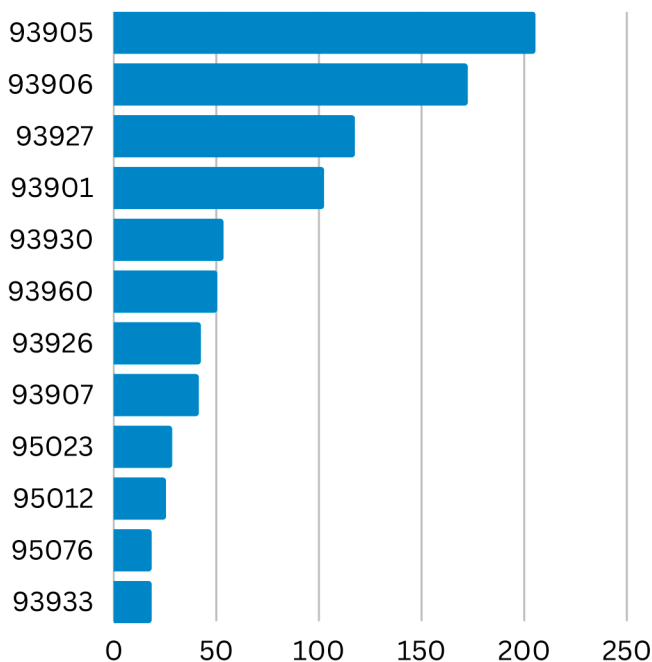
Type of Assistance



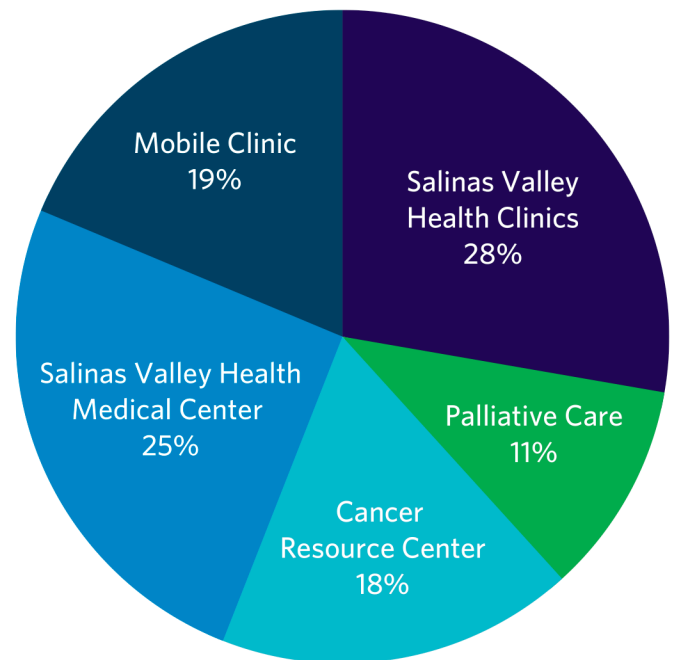
Patient Age



Patient Zip Code



Referral Source



Meet our 2023 Local Children's Miracle Network Hospitals Champions!

NICU Twins: Stetson & Laramie

We had it all planned out- the birth plan, the maternity shoot, the hospital stay... but as it turned out, our boys had another plan entirely.

It was 10pm the night my water broke. We got in the car and rushed to Salinas Valley Health Medical Center with so many mixed emotions. Scared because the babies weren't due for 8 more weeks, but excited that we would be meeting our boys soon. We had been saying for months that we couldn't wait for the day our boys would be here. When we arrived at the hospital we went straight to the second floor to get checked in with labor and delivery. They took our information and promptly moved us to an exam room to start an IV, make sure my water actually broke and of course, do a COVID test.

My results came back showing amniotic fluid which meant my water did indeed break. The COVID test came back negative and fluids had been started. We finally had the green light to be admitted to a labor and delivery room.

The nurses on the second floor were all amazing. During our stay they were all very kind, helpful, and a joy to be around. After 35 hours of torturous labor and amazing staff helping me get through the painful contractions, we were told we were finally ready to be moved into the operating room for a cesarean section. My husband and I quickly freshened up, changed into our operating room attire and called our parents to let them know their grandbabies were on their way!

At 32 weeks and 1 day gestation, our boys were delivered. Stetson was born first at 9:11am, weighing 3lbs 5oz, and Laramie was born at 9:14am, weighing 3lbs 6oz. The doctor briefly showed us our babies through the clear operating drape and then they were taken directly to the Neonatal Intensive Care Unit. Our babies were born premature, 2 months earlier than a full term birth.

After a short time in the recovery room it was finally time to go see our boys! The nurses took my husband and I through the NICU in my hospital bed to have a short visit with Stetson and Laramie before having to go and rest after the C-section.



When we were wheeled into the NICU we were greeted with smiles from the nurses and doctors. Dr. Castro informed us of how our babies were doing and what they had done so far with them, and then invited us to say "hello" to our sons. They wheeled the hospital bed over to the boys' isolettes and let us look at our babies. We then asked if we could touch them, and we were told "Absolutely!"

They were both so small and looked so fragile. Their skin was red and looked paper thin. But that first touch with my shaky hands filled my heart with love. A love I had never experienced before. Their little hands were so tiny that even our pointer finger was too large for them to grip.



The babies were hooked up to IV fluids, nutritional feeding tubes, bubbling c-pap machines, and various monitors. Seeing your babies hooked up to so many things was very scary, but the staff did an amazing job explaining the purpose of each machine, monitor, and medication.

Our babies were in the NICU for 25 days. Throughout that stay, Dr. Castro, Dr. Glasscock and the wonderful nurses did an amazing job getting our boys to the milestones they needed to reach to come home. When we walked through the NICU security door daily, we were always welcomed with a smiling face and a positive attitude. We were instantly met at the boys' isolettes and given a daily update on how they were doing and the game plan for the day. I believe that's what made our stay so bearable.



The boys had brain ultrasounds to check for brain bleeds, phototherapy for jaundice, routine bloodwork, car seat tests, and hearing tests throughout their stay. They also had many other standard tests done to make sure they were growing and achieving what was needed in order to come home. We were always very informed on when tests or procedures would be done, we were able to stay for the procedure if we wanted to, and always felt welcomed to ask any questions we might have.

Throughout this journey, my husband and I were there every day anywhere from 5-12 hours visiting with the babies and taking part in their journey. During that time we became close to their care team. When our final day came in the NICU, we felt as if we were leaving our close friends as we drove off from the hospital. Without the amazing care and hard work from everyone on the second floor of the hospital and especially the NICU we wouldn't have the healthy, growing boys that we have today.

I feel the experience we had at the hospital made such a crazy birth go as smooth and stress free as physically possible for young, first time parents.

We want to thank the entire care team in the NICU as well as the nurses on the entire second floor for all of their professional care, help, support and encouraging words that made our delivery so successful.

Sincerely,

Summer, Jared, Stetson & Laramie



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