



Contact:
Celine Petrossian
818.952.2213

VHH Welcomes New Cardiac Rehab Patients with ‘Open Arms’

(GLENDALE, CA – July 2, 2008) – Verdugo Hills Hospital (VHH) welcomed cardiac rehabilitation patients from Glendale Adventist Medical Center (GAMC) on June 24, during its Cardiac Rehab Open House at VHH’s cardiac rehab facility. More than 50 cardiac rehab patients and guests gathered to celebrate the joining of the cardiac rehab services between VHH and GAMC, and the transitioning of GAMC patients to VHH. As patients enjoyed an assortment of fruits and veggies, they met new exercise buddies and chatted with exercise physiologists and staff from both hospitals.

“We have a very good relationship with Glendale Adventist Medical Center and we are pleased to integrate this program,” said VHH President and CEO Len LaBella. “It is always good to add new energy into the program, and we’d like to see our patients get stronger.”

“There was great camaraderie during the open house and it was a wonderful opportunity for the Glendale Adventist cardiac rehab patients to meet with Verdugo patients and staff, and see our facility,” said Laura Knowles, Director of Physical Medicine and Rehabilitation and Cardiac Rehabilitation Services at VHH.

Glendale resident Helen Butner, who used to exercise at GAMC’s cardiac gym, now looks forward to her workouts at VHH. “Verdugo Hills Hospital has a much nicer (cardiac rehab) unit and better equipment, so it looks like it is going to be a better workout,” said Butner. “This is very impressive to see everyone important at (VHH) to come down to the Open House to welcome us.”

- MORE -

La Crescenta resident John Bromberek has been using VHH's cardiac rehab facility since November of 2007, mainly in an effort to lose weight and maintain a healthy lifestyle. "It's a very friendly group," he said. "Rick (Andrews) is always there to help out when you have any questions."

"There is a group of us who go out to lunch together on Tuesdays after our workouts to eat vegetarian pizza and salad. It is a lot more personal here," Bromberek said.

Bromberek, who was also a patient at VHH several years ago, has also used the Hospital's Emergency Room services. "It is a big benefit to have Verdugo Hills Hospital in this area. And the times that I've had to use its ER – it has been fantastic," he said.

Effective July 7, VHH will extend its hours of service to Monday – Friday, from 6:30 a.m. – 6 p.m. The cardiac rehab program includes supervised exercise sessions, nutritional counseling, resistance training/stretching and both personal and group education for patients on such topics as heart healthy eating or reducing stress. Monitored patients will require an appointment. However, non-monitored patients will not need an appointment – except for their first visit.

For more information, please contact the VHH Cardiac Rehab program at 818.952.2229. VHH's Cardiac Rehab gym is located at 1812 Verdugo Blvd., Glendale, CA 91208 (4th floor lobby).

About the Hospital:

Verdugo Hills Hospital is a 158-bed nonprofit primary care facility nestled in the foothills between Glendale and La Cañada Flintridge. The hospital features all private rooms, 24-hour emergency services, comprehensive inpatient and outpatient diagnostic and treatment facilities, and a family birthing center. It is the only independent, free-standing hospital in the greater Foothills community and was voted "Foothills' Best Hospital" for 2008 by readers of the *Glendale News-Press* for the fifth consecutive year. Several VHH medical staff members have also earned the title of "Foothills' Best": Drs. Eric Lee and Joseph Lee, Foothills' Best Cardiologists; Dr. Jane Wada, Foothills' Best Dermatologist; Laurie Flagg, Foothills' Best Nurse; Dr. Ronald Woodard, Foothills' Best Obstetrician/Gynecologist; Dr. Scott Beeve, Foothills' Best Ophthalmologist; Dr. Allan W. Perry (Jr. & Sr.), Foothills' Best Plastic Surgeons; Dr. Brad Aguirre, Foothills' Best Podiatrist; and Dr. William F. Schubert, Foothills' Best Family Physician.

For more information, please visit www.vhhospital.org. For more information about funding initiatives or to support the hospital, please call the Foundation at 818.952.2226.

#

