



Verdugo Hills
HOSPITAL

News

For Immediate Release

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**New Parents Enjoy Full-Course Candlelight Dinner
at Verdugo Hills Hospital**

(GLENDALE, CA – October 22, 2007) – Verdugo Hills Hospital (VHH) knows how to pamper its new moms. New moms who give birth at VHH can now enjoy a romantic candlelight dinner with their significant others to celebrate the arrival of their babies. The celebration dinner, featuring a choice of steak, chicken and shrimp scampi, is served in a formal dining room located inside of the hospital.

“Adding a new baby changes the family dynamics, whether a first-born or another sibling,” said Sara Harkness, RN, MSN, FNP, Clinical Director of Perinatal Services at VHH. “Our nurses encourage couples to take time out without baby, to continue a ‘date night,’ and to interact with other new parents when they get home. What better way to encourage them than to provide an intimate dinner before leaving the hospital. It is our way to celebrate and honor them in their new role.”

La Cañada residents Robert and Julie Turner enjoyed the celebration dinner the night before they brought home their son Spencer. “I think all the couples really enjoyed the dinner. The setting was very elegant, and it was a nice change of pace,” said Julie Turner. “There was great camaraderie, and the entire staff has been very pleasant and professional,” said Robert Turner.

For Glendale residents Wilson and Sophia Chia, the candlelight dinner allowed the couple to enjoy quality time together after the birth of their second daughter Amanda. “It was a really nice surprise,” said Sophia Wilson. “It was a very nice break.”

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Altadena residents Jocelyn Maguire & Eric Blumberg, said the best part of the dinner was having a chance to mingle with other new moms and dads at the hospital. “The best part was that you don’t realize how many couples are here (at the hospital), and you get to have a nice informal moment that you can talk about anything.”

“This was something different,” said Pasadena resident Vanessa Yopez, who gave birth to a baby girl named Alyssa. “We had our son at VHH two-and-a-half years ago and we didn’t have this dinner. It was nice to spend time with each other. I know it’s not going to be like that when we get home.”

Women who have their babies at the Verdugo Hills Hospital Beginnings Family Birth Center receive personalized care in private labor-delivery-recovery suites that combine the ambiance of a cozy bedroom with modern technology. New moms have the option of rooming in with their babies or having them cared for in the nursery so they can rest. With more than 900 births annually, Beginnings Family Birth Center can also accommodate patients’ needs for a cesarean delivery. The cesarean birth rooms are conveniently located inside the unit.

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 “Foothill’s Best Hospital” for 2007 by readers of the *Glendale News-Press*. Several physicians on staff also received recognition as the best in the community, including: Dr. Scott W. Beeve, Foothills Best Ophthalmologist; Dr. Allan W. Perry, Jr., Foothills Best Plastic Surgeon; Dr. Richard L. Rupp, Foothills Best Podiatrist; Dr. William F. Schubert, Foothills Best Family Physician; Dr. Jane S. Wada, Foothills Best Dermatologist; and Dr. Ronald D. Woodard, Foothills Best Obstetrician/Gynecologist. For more information, please visit www.vhhospital.org.

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