

## Celebrating 10 years and Adapting to Change

by Nora K. Wallace, LVMC Public Relations Coordinator

**A**t the end of this month, LVMC will mark 10 years at its current location, 1515 E. Ocean Ave. The hospital itself has the distinction of being the first operating healthcare district hospital in California and was established in 1946.

It was the will of the hospital leadership, community advocates and the support of district voters that enabled a successful bond measure to raise funds for the \$81 million, 112,000-square-foot facility.

We had hoped to have a commemoration of the anniversary this month, but the situation remains fluid due to the COVID-19 pandemic and social distancing regulations.

In the meantime, LVMC continues to adapt to the changing COVID environment.

**Hospital status:** We are once again scheduling elective surgeries and procedures at LVMC. Based on protocol established by regulatory entities, three days prior to a scheduled surgery or procedure, patients will undergo a COVID-19 test, in conjunction with other pre-operative testing as requested by the surgeon. Our Physical Therapy team is back at our Lompoc Health - North H Street Center and hope to have the hospital physical and occupational therapy site open by mid-month. All Lompoc Health

Clinic services are currently available, for both in-person and telehealth visits. In-person visits at the Counseling Center will resume in June, with the exact date to be determined.

**Five-Star:** Amid all of the changes regarding the pandemic, the Comprehensive Care Center skilled nursing facility has once again achieved a 5-Star quality rating from the Centers for Medicare and Medicaid Services (CMS).

The CCC is a 110-bed skilled nursing and post-acute rehabilitation facility at 216 N. Third St. The 5-Star designation is the highest level for which a facility can be graded by CMS. The CMS ratings range from 1 to 5 stars and are based on quality measures, health inspections and staffing. Nursing homes with 5-Star ratings are considered to be significantly above average in quality.

**Get tested:** The community-based COVID-19 testing site is available for appointments at the Anderson Recreation Center. A maximum of 130 tests can be performed each day. Screening and appointments may be made between 7 a.m. and 5 p.m. by calling 888-634-1123 or online at <https://lhi.care/covidtesting>.

**Senior Help:** Lompoc Valley Medical Center has joined several nonprofits in Santa Barbara County to identify isolated seniors and connect them to essential services or critical needs, such as food and medical supplies. To obtain assistance in the Lompoc Valley, call Lompoc Valley Medical Center Outreach Coordinator Karen Ortiz at 805-875-8868 or email [ortizk@lompocvmc.com](mailto:ortizk@lompocvmc.com). The project was initiated with an initial funding consortium of the James S. Bower Foundation, Wood-Claeyssens Foundation, and an anonymous donor, and has received additional funding from the Zegar Family Foundation.

**Grateful:** It may be impossible to express the gratitude our LVMC and Lompoc Health staff have for all the gestures of appreciation, support and thankfulness that have come our way since the start of the pandemic. Our staff have received food, flowers, wine, vegetables, letters and more. They've gratefully seen the signs placed around the hospital in support of their efforts. Please know that these gestures by our community are appreciated and mean so much to our hardworking and dedicated employees. *Thank you.*



or Lompoc Valley Medical Center, Dr. Ekstrum personally communicates with attending physicians and specialists on his patient's behalf.

*"At any time, I will be available when my patients need me," says Dr. Ekstrum.*

Most notably, patients can reach Dr. Ekstrum after hours directly on his cell phone for immediate guidance. This valued benefit not only provides immeasurable peace of mind, but also significantly reduces visits to the emergency room or urgent care facility.



### Wholistic approach to care

"I feel like I am in trusted hands when I visit Dr. Ekstrum. He treats me as a whole person, and not just a patient with a medical issue," said patient MH, who recently became a member of Dr. Ekstrum's concierge practice. "Having a doctor who values me, his staff and community is really special."

Numerous studies have shown the significance of a dedicated primary care physician who has time to consider all aspects of a patient's health and overall wellness. "There's no better way to provide care, but unrushed, extended visits are difficult to achieve and almost impossible to sustain in a traditional practice," explains Dr. Ekstrum. "I'm grateful for the opportunity I now have to truly know my patients individually and help each one achieve optimal health."

To learn more: call 805-741-5999 or visit [www.DaleEkstrumMD.com](http://www.DaleEkstrumMD.com). Dr. Ekstrum's practice, including ultrasound onsite, is located at 217 W. Central Avenue, Suite A in Lompoc. In order to provide exceptional care and limit the size of the practice, a yearly membership fee is charged. **About Dale Ekstrum, MD:** A well-respected physician with deep roots in Lompoc, Dr. Ekstrum has been caring for patients for more than three decades. His credentials include:

- Board Certified, American Board of Family Practice
- Fellow, American Academy of Family Practice, Elected 1999
- Physician/Medical Director, Dignity Health/Pacific Central Coast Health Clinics, Lompoc
- Physician/Director/Owner, Replenish Rx, Lompoc
- Physician/Owner/CEO, Urgent Care & Family Care, Lompoc
- Physician/Director, North County Urgent Care Services, Sansum-Santa Barbara Medical Foundation Clinic, Lompoc
- Residency, Ventura County/UCLA, CA
- Medical Doctorate, UC San Diego School of Medicine
- Clinical Instructor, Physician Assistant Program, Stanford University School of Medicine, CA
- Team Physician, Alan Hancock College, Lompoc and Cabrillo High Schools.

## Dr. Dale Ekstrum Introduces Concierge Medicine to Lompoc on June 15th

**N**ew membership medicine practice offers 24/7 direct availability to Dr. Ekstrum, extended unrushed office visits, and a focus on individualized wellness. Dale Ekstrum, MD, a highly respected family medicine physician with more than three decades of experience caring for patients in Lompoc, opens the community's first concierge medicine practice in June. The appeal of the concierge model has expanded rapidly nationwide, inspired by patients who are seeking the deeply meaningful connection with their physician at the heart of personalized medicine.

"As we all recognized during the COVID-19 crisis, a strong, enduring physician-patient relationship is more important than ever before," says Dr. Ekstrum. "A concierge practice provides time, the most vital element needed to fully develop that bond. The benefits of the model are remarkable, restoring hope, joy and health to patients."

At his new concierge, or membership, medicine practice, Dr. Ekstrum cares for a limited number of patients, creating a difference evident at every point of care. Same-day appointments for acute illness are promptly made. Visits are extended, allowing ample time for Dr. Ekstrum's integrated approach to total wellness as well as continuous health management. If hospitalization is needed at Marian Regional Medical Center

