

Healthy Giving

SPRING 2019

Spring Forward Gala Raises Funds for Addiction Services



Scrivner Center for Mental Health & Addiction Services Chief Medical Director Daniel F. Becker, MD

On Saturday, May 18, friends and supporters of El Camino Health gathered at Los Altos Golf & Country Club for Spring Forward, a gala benefit celebrating the Scrivner Center for Mental Health & Addiction Services and soon-to-open Taube Pavilion. Honorary Chairs Tad and Dianne Taube of Belmont and Mary and Doug Scrivner of Los Altos Hills were recognized for their transformational gifts. The event raised nearly \$160,000 for the addiction services program. Guests dined at gourmet food stations, heard a riveting presentation by addiction medicine expert Dr. Omar Manejwala, and gave generously to the fund-in-need appeal.

"Although many health systems are letting go of addiction services, we want to make it clear to our community that we are in the business of treating addictions," Dr. Daniel F. Becker, chief medical director of the Scrivner Center for Mental Health & Addiction Services, told the audience. The organization currently offers a 12-week intensive outpatient treatment program for adults with addictions and a dual diagnosis program for adults with an addiction and co-occurring mental health condition. In coming months, he and his team will focus on an

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ADDICTION: A FUTURIST'S PERSPECTIVE



Dr. Omar Manejwala at Spring Forward

Dr. Omar Manejwala, one of the nation's leading experts on addiction medicine, substance use disorders and mental illness, gave a futurist's perspective on addiction at Spring Forward on May 18.

"The world is getting better," he asserted, citing climbing life expectancy and declining infant mortality around the world, and falling death rates in the United States and comparable countries for cancer, heart and vascular disease, even motor vehicle deaths. What made a difference was implementing systemic changes, like seat belt laws and speed limits, that encourage healthier behavior.

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Your Unrestricted Gifts at Work: Patient Assistance



Laura Plambeck, PT; Bonnie Gebhart, Clinical Manager; Kawa Fuh, Care Coordinator; Lynn Taylor, CNS; Evelyn Taverna, CNS and Roberta Hernandez, RN confer to facilitate timely discharge and reduce the length of stay.

El Camino Health's care coordinators assess patients prior to discharge from an inpatient stay or before leaving the emergency department to determine if they need help with medications, medical equipment, short-term lodging, clothing, transportation, or other logistics that might affect their recovery. The goal is to safely discharge patients who may need an extra hand up until community agencies can step in to provide longer term assistance.

"Our role is to get patients the best possible resources so they can live fulfilling lives and thrive out in the community," says Grace Benlice, RN, Director of Care Coordination and Palliative Care.

Following a surge in requests, primarily for mental health patients, neonatal intensive care unit families, and for medications across all inpatient units, funding for patient assistance was running low. In February, El Camino Hospital Foundation allocated \$20,000 of unrestricted donations to bolster the program.

"Readmissions are decreasing because we are helping people manage their chronic conditions," Grace says. "We have the lowest readmission rates for all of Santa Clara County. It is great for the patients and great for the hospital."



Message from the Foundation Chair

Dear Friends,

Spring is traditionally a time of endings and beginnings, of renewal and change. This year we herald the evolution of El Camino Hospital to El Camino Health, and the start of El Camino Hospital Foundation's corresponding transition to El Camino Health Foundation. The Foundation's new name reflects the broader portfolio of opportunities we will have to philanthropically support a growing health system that serves patients, not only in the hospital, but beyond our campus borders in communities across Santa Clara County. As the seasons cycle forward, we will continue to rely on the partnership of grateful patients and families, physicians, nurses and staff members, community leaders and concerned residents, to provide the extra margin of excellence in care that has always been our mandate.



Lane Melchor

As fiscal year 2019 draws to a close, that margin is the largest it has ever been in a 12-month period since the Foundation was established. From July 1, 2018 through today, generous and caring members of our community have contributed nearly \$20 million to support the healthcare programs at their community hospital that mean the most to them. The most visible impact can be seen in the rise of the Taube and Sobrato Pavilions, which will open in coming months, the expansion of mental health and addiction services at the Scrivner Center, the Path of Hope into the new building, and the naming of the Peter C. Fung, MD Stroke Center. Perhaps less heralded, but no less important, are the gifts that support nursing excellence, heart disease and diabetes prevention at the South Asian Heart Center and through the Chinese Health Initiative, innovation at the Norma Melchor Heart & Vascular Institute, exceptional care at the recently re-accredited Cancer Center, and patient assistance through the Free Mammogram and Care Coordination Programs, which are making a life-changing difference to patients every day. We are humbled by and grateful for your compassion and generosity.

From July 1, 2018 through today, generous and caring members of our community have contributed nearly \$20 million to support the healthcare programs at their community hospital that mean the most to them.

We anticipate the start of fiscal year 2020 by acknowledging our outgoing board members and welcoming our newest one. Dr. Fred St. Goar and Lynn Telford will step down on June 30 after completing three consecutive three-year terms. Dr. St. Goar has provided an invaluable physician's perspective and consistently rallied the philanthropic support of his colleagues. Lynn has lent us accounting and estate planning expertise as long-time chair of the Planned Giving Council and co-chair of the annual Allied Professionals Seminar. Auxiliary Liaison Carol Carey will pass the baton to the new Auxiliary president and Gary Kalbach will relinquish his role as hospital board liaison. Earlier this spring, we bid farewell to Kavita Tankha, former chair of the Foundation Board Governance Committee and one-time Sapphire Soirée chair. Over the winter, we welcomed new hospital board liaison Julia Miller.

One of our first tasks in the coming fiscal year will be hiring a new Foundation President. El Camino Health CEO Dan Woods and I are co-chairing the search committee and a professional firm has launched a national search. In the meantime, Interim Foundation President Darcie Kiyan is providing excellent leadership and all key fundraising initiatives are moving forward. On May 18, the elegant Spring Forward gala shined a much-needed spotlight on addiction. Next up is the Hawaiian-themed 24th El Camino Heritage Golf Tournament, which will be held on October 28.

This will be my last message as Foundation Board chair. I am pleased to turn the gavel and this page over to current Vice Chair John Conover, who takes the helm on July 1. A banker and active community member, John brings wisdom, experience, and expertise to the role. Thank you for allowing me to serve you. I am inspired by all we have accomplished together.

Wishing you a healthy summer,

Lane Melchor, Chair

Spring Forward Gala Raises Funds for Addiction Services

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approach to inpatient detox, extend outpatient treatment engagement to one full year to improve chances for maintaining abstinence, and explore collaborations with other community health organizations to address addictive behaviors in youth.

A Los Altos couple heartbreakingly described their son's dependence on alcohol and their struggles to help him find effective treatment. "As a parent, you start to ask yourself, should you let your child go – even if it results in homelessness or jail – or do you try yet another treatment center hoping this time it may work," they said. "We are deeply grateful to our community hospital and proud that it has stepped up to provide industry-leading mental health and addiction services, despite the financial challenges of doing so." The couple received a standing ovation.

Michael Fitzgerald, MS, APRN, executive director of the Scrivner Center for Mental Health & Addiction Services, closed the formal program by describing what distinguishes El Camino Health's approach. "We develop targeted programs that meet observed needs in the community.



Doug and Mary Scrivner, Ann and Chuck Horstmann

We group patients by need instead of lumping them together regardless of their condition. We help our patients develop skills for managing stress and regulating their emotions. We provide supportive programs for family members and after-care follow-up to ensure ongoing mental wellness. Our staff is multidisciplinary and highly trained. We can provide these high quality services and pioneer more effective models of care without turning anyone away, even when insurance reimbursement lags behind, because of your support. And soon we will be able to do so in a state-of-the-art new building. From the bottom of our hearts we thank you."

The evening concluded with dessert and dancing to the upbeat music of Tony Lindsay and the Soul Soldiers.



Dianne and Tad Taube

"Although many health systems are letting go of addiction services, we want to make it clear to our community that we are in the business of treating addictions." - Daniel F. Becker, MD, Scrivner Center for Mental Health & Addiction Services Chief Medical Director



Lindsey and Lane Melchor



Michael and Mary Ellen Fox



John and Donna Shoemaker



Mel and Mady Kahn



Romina and Kelly Ahuja



Mike and Karla Mohrman (gala sponsor Rudolph and Sletten), Gail and Ken King



John and Linda Conover, El Camino Health CEO Dan Woods



Russ Satake and Rich Martoglio



Katrina Morshead, Tim Morshead, Arturo Cobos, Dale Diener, Lilian Asperin, Cynthia Lazarit, Jacob Leverich, Theresa Curtis, George Ruiz, and Crispin Lazarit representing gala sponsors WRNS Studio and Thornton Tomasetti



Kevin Giovanetti, Kurt Masters, Dana and Stan Warren representing gala sponsor United Healthcare

Addiction: A Futurist's Perspective CONTINUED FROM PAGE 1

"One group is clearly left behind," he continued. Addiction remains the most stigmatized condition in the world and that prevents people from getting the care that could help them. Only one in 10 people who need help receive it. Opioids are killing more people than car crashes. More than 90,000 people a year are dying from alcohol use disorders.

Yet, addiction "is both treatable

and preventable," Dr. Manejwala explained. We need to implement systemic changes that will make it easier for people to do the healthy thing and receive the care they need. This includes creating more integrated systems of care, harnessing new technologies like mobile phones to give people easier access to treatment around the clock, using strategies like gamification to spur healthier decisions, utilizing personal data to encourage healthy behaviors,

harnessing the potential of biotechnologies such as gene editing and developing pharmaceuticals that reduce cravings, erasing the stigma, and addressing social determinants of health such as neonatal care, trauma, bullying, social defeat, isolation and loneliness.

He concluded by asking the audience to focus on one simple question: what if it were easier to get help than it is to get high?

El Camino Hospital Foundation and Auxiliary Award Nursing Scholarships



Auxiliary President Carol Carey with scholarship recipients

El Camino Hospital Foundation and the El Camino Hospital Auxiliary awarded \$37,200 in scholarships to students who wish to enter healthcare professions. Three students received a Melchor Nursing Scholarship and one was awarded the Arlene Reeves Memorial Fund Endowment Scholarship, which was established by the late Dr. William Reeves in memory of his mother.

Janice Valadez, the only applicant studying for a Master's degree in nursing, received one of the Melchor scholarships. She arrived in the United States from the Philippines in 2005 with a college degree in political science and quickly realized she needed to go back to school in order to get ahead. She earned an associate's degree in 2013 followed by a BS in nursing in 2016. Her aspirations for her nursing career were almost dashed when she severely injured her spine while lifting a patient but an El Camino Hospital doctor encouraged her to persevere. Now, almost completely recovered, she is working as a clinical instructor at De Anza College and

expects to complete her advanced degree from San Jose State University in May 2020. She hopes to become a nurse educator.

"This scholarship will help make my dream come true by making my education more affordable," she says. "My husband was laid off while I was injured and we are still trying to make up whatever we lost during those hard times." Meanwhile, they are enjoying their eight-month-old baby, who was born at El Camino Hospital.

Laura Barrios also received a Melchor Nursing Scholarship. She is earning her second bachelor's degree from San Jose State University and aspires to be a neonatal intensive care unit nurse. "My little brother and sister were both premature babies," she says. "I loved the way the nurses cared for them and were so supportive of my family. It is such a hard time for these mothers. It is not what you expected." She continues, "It is an honor to be given this assistance and to have people believe in you so you can achieve your dreams."

Cancer Center Earns Third Accreditation

Following a site visit in May, the Commission on Cancer (CoC) of the American College of Surgeons granted the Cancer Center a third consecutive three-year accreditation with commendation. The Cancer Center, which encompasses the inpatient unit in the Mountain View Hospital, clinic and infusion center in the Cancer Center Pavilion on the Mountain View campus, and radiation oncology, also received the Outstanding Achievement Award, the highest honor the CoC bestows on a cancer program. "I think it is very fair to say you have one of the best community cancer programs in the country," surveyor Dr. James B. Harris wrote in a follow-up email.

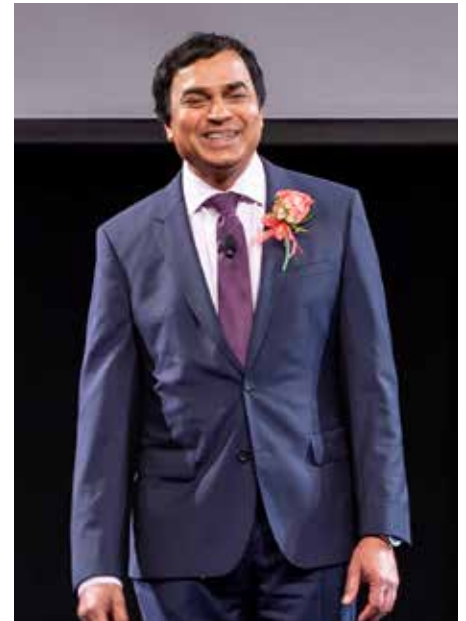
The accreditation survey evaluated the Cancer Center's performance against 27 detailed, rigorous standards in the categories of program management, clinical services, continuum of care services, patient outcomes, and data quality. Among other program components, this includes physician credentials, data collection, quality and outcomes, oncology nursing care, screening and prevention programs, palliative care, patient navigation, and survivorship planning.

The CoC particularly commended the Cancer Center in six areas, including the number of patients involved in clinical research, public reporting of outcomes, oncology nursing care, and submission and accuracy of data. "This has been a three-year effort that involved collecting data on every patient and every outcome," Shyamali Singhal, MD, PhD, director of surgical oncology says. "We had no errors." She credits generous philanthropy for seeding and sustaining several of the programs required for accreditation, and for supporting the highly-regarded, comprehensive, patient-centered care she and her colleagues deliver every day.

A Night on the Scarlet Express Shines a Spotlight on Coaching at the South Asian Heart Center



A Night on the Scarlet Express Gala Committee: Chitra Jayaraman, Vijeyta Aggarwal, Rita Sharma, Prerana Vaidya, Bhavna Agarwal, Shweta Jain, Nivisha Mehta, Sarita Dixit, Namrita Goyal, Simran Thadani



Keynote speaker Gopi Kallayil

On Saturday, March 23, 2019, 150 philanthropists, physicians, and community leaders attended A Night on the Scarlet Express, a gala benefit for the South Asian Heart Center. The fundraising event, which was held at the Computer History Museum, raised \$236,000 to support the Center's screening, prevention and research programs.

"This is an exciting time for the South Asian Heart Center," Executive Director Ashish Mathur told the guests, citing the American Heart Association's recently published guidelines that validate and recommend the Center's pioneering lifestyle management approach to mitigating South Asians' disproportionate risk for heart disease and diabetes. The key, he said, and what makes the Center unique, is that it provides personalized coaching to help participants adopt and sustain healthy choices over the long term.

"Knowledge does not equal behavior change," explained Anita Sathe, who became the Center's first coach 13 years ago and oversees all case management. "Coaches can help you break down the daunting lifestyle change task at hand into smaller achievable goals. We discuss the barriers and challenges you face and help you find the alternatives that will work for you."

Keynote speaker Gopi Kallayil, chief evangelist of brand marketing at Google and author of *The Happy Human*, credited the MEDS (meditation, exercise, diet, sleep) formula that his coaches at the South Asian Heart Center taught him for keeping his pre-diabetes under control and helping him recover from a collapse driven by overwork. "The most important and most complex, sophisticated technology we use is not our phone but our body and our brain," he said. MEDS helps us

keep our body in a state of peak performance, which in turn gives us a peak experience of life. As such, he asserts, MEDS is not only the pathway to health; it is a simple formula for happiness.

Following Kallayil's talk, Assemblymember Ash Kalra, with assistance from gala fundraising chairs Bhavna Agarwal and Prerana Vaidya, led the Top Hearts fund-in-need appeal. Kalra started out with a request for \$20,000, which was answered at the very end, when a donor committed \$10,000 in honor of each of his parents, who had both died of heart disease. That dramatic late gift put the fund-in-need over the top.

The gala also featured a casino and silent auction. It concluded with joyous dancing to the music of DJ Salim.



Gala Fundraising Chairs Prerana Vaidya and Bhavna Agarwal



Heart Health Coaches Prajakta Waingankar, Shetal Rautela, Leela Kunhiraman, Anita Sathe, Meena Kakani, and Vandana Mediboyina with Executive Director Ashish Mathur



Rita and Vineet Sharma, Murali and Priya Dharan



Simran and Rajiv Thadani



Sheetal Singhal and Navin Sahni



Priyanka Rana and Navneet Dalal



Sunny and Namrita Goyal

Images provided by MP Singh Photography

In the Abstract, an Afternoon of Inspiration, Conversation and Discovery for Hope to Health

Hope to Health (H2H) members and guests gathered at the Whitney Modern art gallery in Los Gatos on April 16 for the annual spring check presentation to their grantee. "This is our favorite event of the year," H2H Chair Patrice Horvath said as she warmly welcomed everyone.

Occupational therapists Heather Brockett and Amy Andersen Yamaoda led a short expressive art project based on the Japanese aesthetic philosophy wabi-sabi, which finds beauty in things that are imperfect or incomplete. They described how occupational therapy helps patients develop skills for living. "The process of creating creates wholeness for us," Heather explained. "We help people discover what makes life meaningful to them."

This year's \$41,000 grant will fund the expansion of A Healthy Mind, a teen suicide prevention program that brings El Camino Health's clinical experts into high schools. The curriculum, developed by El Camino Health in collaboration with Fremont Union High School District (FUHSD), consists of training for educators, an evening presentation to parents and a full day of assemblies for students conducted by the licensed therapists. The therapists and school counselors return to the school the next day so they can be available to students. Referrals are made if needed for further assessment, with a warm handoff to ASPIRE, El Camino Health's after-school intensive outpatient program, or another community resource.

Over the past two years more than 10,000 students at all five FUHSD campuses heard the presentation. Nearly 400 parents attended evening



Hope to Health President Patrice Horvath (center) presents a check to Lauren Johnson, Amy Andersen Yamaoda, Michael Fitzgerald and Heather Brockett for A Healthy Mind teen suicide prevention program

programs with ASPIRE therapists and a local PAMF pediatrician. The Hope to Health grant will enable El Camino Health to partner with additional school districts.

"Hope to Health has provided seed money and encouragement to us every step of the way," Scrivner Center Mental Health & Addiction Services Executive Director Michael Fitzgerald said as he reported on last year's grant, which is funding a coordinator to help families navigate community resources.

Any individual who contributes a minimum \$1,000 tax-deductible donation to El Camino Hospital Foundation for H2H becomes a member. Members meet for educational and social events. They evaluate grant proposals and then vote to determine which health program for women and families to support with their pooled donations. The more members, the greater their impact and new members are always welcome. Contact Kirsten Krimsley, Foundation liaison, for more information.



Donna Whitney, Suzanne Smedt, Judie Wolken, Joan Hong



Occupational therapists Amy Andersen Yamaoda and Heather Brockett talked about the role of occupational therapy and led an illustrative art project

Norma's Literary Luncheon Raises \$160,000 for El Camino Health's Free Mammogram Program

Marta McDowell, who writes about horticulture and garden history, was the featured speaker at the 7th annual Norma's Literary Luncheon on February 7, 2019. Her charming talk, entitled "The Pen and the Trowel," focused on how love of gardens and gardening infused the literature of great women writers, including Harriet Beecher Stowe, Emily Dickinson, Frances Hodgson Burnett, Louisa May Alcott, Beatrix Potter and Laura Ingalls Wilder.

"I have always loved gardening and reading so I wish I had known Norma Melchor," McDowell told almost 200 rapt guests at Sharon Heights Golf & Country Club. Norma, an avid reader and book club member for more than 50 years, was known to love her apricot trees and roses, and she filled her home with fresh cut flowers. McDowell quoted wonderful passages from the authors' novels and letters, illustrating her remarks with slides of their gardens and her own. "My garden is overcrowded because I read too much," she joked.

The luncheon raised more than \$160,000 for El Camino Health's Free Mammogram Program, which provides free breast screenings to uninsured and under-insured women. Dr. Silaja Yitta, director of breast imaging and intervention, noted that, despite numerous advances over the past 30 years, there are still disparities in breast cancer survival based on socioeconomic status. "Preventive care tends to be less frequent in lower socioeconomic patients, as a result they present with more advanced disease," she explained. "The Free Mammogram Program bridges this gap." It is also completely underwritten by philanthropy.



Alice Melchor, Marta McDowell, Mary Scrivner, Judie Wolken, Betsy Dawes, Lindsey Melchor with Olivia and Lucy, Kay Melchor, Lane Melchor



The Melchor family generously sponsored the luncheon and three generations attended. Event Chair Judie Wolken thanked them "for growing a family of readers who continue to engage with El Camino Hospital." She also acknowledged her "wonderful committee members Betsy Dawes and Mary Scrivner for helping this event blossom."

Each year, Norma's Literary Luncheon honors the memory of El Camino Hospital champion and benefactor Norma Melchor, and raises funds for healthcare programs that benefit women and families. The next luncheon will take place on February 6, 2020. Novelist Lisa See, author of *The Tea Girl of Hummingbird Lane*, will be the featured speaker.

Healthy Giving

SPRING 2019

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