

Healthy Giving

25th Anniversary Golf Tournament Raises Funds for Cardiopulmonary Wellness Center

Not even a torrential atmospheric river rainstorm could dampen spirits at the 25th anniversary El Camino Heritage Golf Tournament, which had been postponed for a year due to COVID-19. Staff, guests, and volunteers were thrilled to be back together at Sharon Heights Golf & Country Club on October 25, 2021 to celebrate the event's quarter century of support for El Camino Health and raise money for the Cardiopulmonary Wellness Center.

One hundred twenty four golfers competed in the sold out tournament and another 25 guests joined the festivities for the celebration dinner. The benefit raised an estimated \$200,000 for the cardiac rehabilitation program.

Golfers began arriving at 9:30 AM and spent the morning shopping at the Titleist/Footjoy store, practicing on the driving range, and competing in the putting contest. The sun came out by tee time, and they headed to their starting holes as the bagpiper played. Following a perfect day on the course, the attendees enjoyed drinks and an elegant, freshly prepared boxed dinner as they socialized poolside before masking up and entering the club for the formal program.

“Over a quarter century, this tournament has raised more than \$7.5 million for El Camino Health programs, including the RotaCare Free Clinic, Health Library

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Mark Kuntz, El Camino Health CEO Dan Woods, Bob Eng, Doug Scrivner

Cardiopulmonary Wellness Center Moves to Sobrato Pavilion

El Camino Health's Cardiopulmonary Wellness Center opened in 1994 to help patients who have had a cardiac event regain strength and fitness, reduce their heart disease risk factors, and minimize the risk of a recurrent event. Today it is the only nationally certified program in the South Bay.

The staff consists of a registered dietician, exercise physiologists, and specially certified registered nurses, who work under the direction of a cardiologist. They create a personalized exercise plan for each patient, help patients learn to use the fitness equipment safely, and monitor patients' cardiac activity during workouts. In addition, the center offers classes on nutrition, wellness, and mindfulness that educate patients about a heart healthy lifestyle. Classes, which include an exercise portion, meet three times a week for an hour. The comprehensive 12-week program has a demonstrated track record of reducing readmissions, mortality and recurring events. Patients report experiencing a greatly improved quality of life.

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Message from the Foundation Chair

This year, El Camino Health is celebrating its 60th anniversary. The doors of our Mountain View hospital opened on September 1, 1961 and within five years it was already gaining a reputation for technological forward thinking. Today, we are a healthcare system with campuses in Mountain View and Los Gatos, as well as urgent care, specialty care, and primary care locations throughout Santa Clara County. We can be proud that, since 1982, donations to El Camino Health Foundation have continually supported the culture of innovation that leads to better health outcomes.

Our hospitals' response to the coronavirus is a case in point. El Camino Health played a leading role in the development of early COVID-19 protocols that the CDC shared with hospitals across the country and our Taft Center for Clinical Research has been at the forefront of trials that have led to new treatments, including the recently announced, highly effective anti-viral pill. Your generous gifts helped our hospitals meet the unprecedented challenge while continuing to take exceptional care of our community. Despite the pandemic, El Camino Health earned a rare, fourth consecutive Magnet designation for nursing excellence, and both hospital campuses earned an 'A' in the Leapfrog Hospital Safety Grade program for performance in preventing errors, injuries, accidents, and infections.

Such achievements are possible with the support of generous donors and volunteers. This year we recognized a special donor, Lynn Telford, who was our distinguished volunteer fundraiser honoree at the Silicon Valley Philanthropy Day Luncheon in November. Lynn is the longtime chair of the Planned Giving Council, co-chair of the annual Allied Professionals Seminar, and current chair of Hope to Health, as well as a member of the Legacy Society. She served three terms on the Foundation Board of Directors before joining the Honorary Board. Still, she says, she wishes she could do more.

The coming year holds many opportunities for you too to get involved and support the ongoing innovation at El Camino Health that



leads to better health outcomes for our community. The development of the Mountain View campus will continue with the renovation and expansion of the Orchard Pavilion to support a new vision for mother, baby, and family care. The phased demolition of the Old Main Hospital will make room for the Taube Pavilion's Satake Family Garden to support programs at the Scrivner Center for Mental Health & Addiction Services. These will be among the foundation's top fundraising priorities in 2022, as will continued support for Magnet level nursing care, cancer care, heart and vascular care, Chinese Health Initiative, and South Asian Heart Center. We will be hosting several special fundraising events in 2022 to support these programs. Look for more information in the coming months.

In October, the foundation held our first big, in-person event in over 18 months, the 25th anniversary El Camino Heritage Golf Tournament. It was elegant, fun, safe, and successful, a harbinger of wonderful things to come in 2022.

With best wishes for safe, healthy, happy holidays,



John A. Conover, Chair
 El Camino Health Foundation
 Board of Directors

Orchard Pavilion Renovation and Expansion: A New Vision for Mother, Baby, and Family Care

The \$149 million expansion and remodel of the Orchard Pavilion (formerly known as the Women's Hospital) broke ground on April 1. The three-phase project is scheduled for completion in 2024. When it is finished, our Mountain View hospital will have the capacity to serve more patients in a private room environment that promotes healing and wellness for women, infants, and families in our community. Please contact Senior Philanthropy Officer Lindsay Ehrman at lindsay_ehrman@elcaminohealth.org, 650-988-7849 if you would like to learn about pavilion naming opportunities, name recognition opportunities, or program endowment naming opportunities.



Outdoor seating area for cafe



First floor mother baby room



Entrance lobby



Neonatal Intensive Care Unit pod



Second and third floor lobbies

TAKING Wing



A CELEBRATION BENEFITING THE
ORCHARD PAVILION FOR MATERNAL AND CHILD HEALTH
A NEW VISION FOR THE WOMEN'S HOSPITAL-ORCHARD PAVILION

DATE THIS MAY 2022



LOOK FOR MORE INFORMATION
EARLY NEXT YEAR

Judge Lorraine Kendall Endowment for Cancer Care

Judge Lorraine Kendall, a longtime patient of El Camino Health and donor to El Camino Health Foundation expressed her gratitude for the care she received early and often. She did so for the last time in June with her estate gift to establish the Judge Lorraine Kendall Endowment for Cancer Care, which will provide general support to the Cancer Center. Judge Kendall, who passed away at our Mountain View hospital on June 3, 2021, wanted to ensure the Cancer Center could continue to provide the expert, compassionate patient care she appreciated to countless others for years to come. Her gift is recognized in the Cancer Center lobby with a plaque that reads, “In honor of the outstanding medical and nursing staff at the Cancer Center.”

On September 21, Cancer Center physicians and staff, El Camino Health executive leaders, foundation personnel, friends and acquaintances gathered in the courtyard between the Sobrato Pavilion and Main Hospital to celebrate Judge Kendall’s life. “No matter how difficult her health challenges, she was unfailingly grateful and gracious, steadfast in her belief in El Camino Health and her physicians, and committed to give back in a way that would support their work and benefit others,” said Senior Philanthropy Officer Lindsay Ehrman. “Her legacy endures at the Cancer Center.”

Judge Kendall, who passed away at our Mountain View hospital on June 3, 2021, wanted to ensure the Cancer Center could continue to provide the expert, compassionate patient care she appreciated to countless others for years to come.



Dr. Jiali Li and Lorraine Kendall at the Cancer Center lobby dedication October 24, 2019



Cancer Center Medical Director Shyamali Singhal, MD, PhD and El Camino Health CEO Dan Woods



Markettea Beneke, Senior Director Oncology Service Line



El Camino Health CEO Dan Woods, Shane Dormady, MD, PhD, Jiali Li, MD

Remembering Jeffrey Knopow

Ten years ago, Jeffrey Knopow turned to El Camino Health Cancer Center Director of Medical Oncology Shane Dormady, MD, PhD, who helped him beat lymphoma. The two men developed a friendship and stayed in touch. So when Jeffrey got sick two years ago, he turned to Dr. Dormady once again.

This time the diagnosis was a rare leukemia and the odds were much longer. At age 68, after enduring a complicated treatment regimen that included chemotherapy, radiation, and a bone marrow transplant, Jeffrey succumbed to the disease. He passed away on August 9, 2021. Grateful for Dr. Dormady's decade of friendship and expert care, he left a significant legacy gift to the Cancer Center in his will.

"Jeffrey was very thankful, very appreciative of what the Cancer Center did for him," his partner Cathy Kong recalls. "We were graced with El Camino Health. In the hospital, everyone was kind, compassionate, and professional. The nurses were like family. He got the best care he possibly could."



Cathy Kong and Jeffrey Knopow

An electrical engineer by training, Jeffrey managed large projects first for Lockheed Martin and later for General Dynamics. His expertise was in demand and he traveled around the world for his job. Cathy describes him as thoughtful, kind, considerate, and helpful. An engineer's engineer, "he was able to fix anything. No job was too small," she says. He was also an animal lover. When Cathy suggested Jeffrey retire and

volunteer at the Humane Society until they were ready to adopt pets, Jeffrey demurred. "I can't do that because I am going to bring all the animals home," he told her.

The care and concern Jeffrey displayed for others during his life endures with his estate gift to the Cancer Center, which will support continued excellence in patient care.

CANCER CENTER WELCOMES NEW BREAST CENTER PROGRAM MEDICAL DIRECTOR

Denise Johnson Miller, MD, a board certified, fellowship trained breast surgeon has joined the El Camino Health Cancer Center staff as lead breast surgeon and medical director of the breast center program. "We are so pleased to add a specialist in breast surgery to our team," says Cancer Center Medical Director Shyamali Singhal, MD, PhD. "Dr. Miller is highly qualified and brings tremendous experience in patient care to our community."

Dr. Miller spent 20 years in academic medicine at Stanford School of Medicine before leaving to build breast surgery programs at St. Francis Medical Center in Indiana and Jersey Shore University Medical Center in New Jersey. Both programs achieved initial accreditation from the National Accreditation Program for Breast Center followed by reaccreditation with commendations. She is a frequent presenter at national conferences and regional meetings. Widely published in medical journals, she holds several memberships in professional organizations, including The American Society of Breast Surgeons, The Society of Surgical Oncology, and The American College of Surgeons. She has also received a number of national and regional recognitions for service in oncology related to disparity in healthcare.



Denise Johnson Miller, MD

Golf Tournament

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& Resource Center, ASPIRE adolescent mental health program, Norma Melchor Heart & Vascular Institute, Taft Center for Clinical Research, and Peter C. Fung, MD Stroke Center,” longtime tournament chair Ken King told the guests as he thanked them for their support. CEO Dan Woods spoke about the challenges posed by COVID-19 and praised the hospitals’ exemplary staff, noting that this year also marks El Camino Health’s 60th anniversary. Norma Melchor Heart & Vascular Institute Medical Director Fred St. Goar, MD, and Cardiopulmonary Wellness Center Medical Director Neal Scott, MD talked about the impact of the unique and comprehensive cardiac rehabilitation program and then introduced an inspirational video testimonial by a grateful patient. Attendees responded generously to the fund in need appeal. The event concluded with the presentation of trophies and showing of a lively, fun-filled day-of video.

COVID safety was of paramount concern throughout the day. All guests, staff, and volunteers had to show proof of vaccination or a negative PCR test within three days of the tournament. Masks were required at all times indoors.

“We were thrilled to celebrate this milestone event in person and to successfully raise needed dollars for an important but under-resourced hospital program that helps so many community members,” says El Camino Health Foundation President Andrew Cope. “It was a great day for a great cause.”



Celebrating 25 years



Tournament Chair Ken King



The bagpiper played as golfers drove to their starting tees.



John Conover, Steve Rossi, Robin Driscoll, Andrew Cope



Norma Melchor Heart & Vascular Institute Medical Director Fred St. Goar, MD



Russ Satake, John Swetka, Curt Mason, Mark Thorp

Cardiopulmonary Wellness Center

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Mountain View resident Dean Wilken turned to the center while recovering from an angioplasty. After taking the classes, he completely changed his diet and began making more time for quiet reflection. He also runs regularly, something he had not done for nearly a decade. "Today my health is 100 percent improved," he says. "I don't think I could have achieved these changes without the help of the center."

Long located in the old main hospital on the Mountain View campus, the Cardiopulmonary Wellness Center is moving into the Sobrato Pavilion, near the Norma Melchor Heart & Vascular Institute and Center for Advanced Diagnostics. This will complete the destination for cardiac care at El Camino Health. Proceeds from the golf tournament will underwrite the purchase of exercise equipment for the new facility, create scholarship opportunities for patients who do not have sufficient insurance coverage, expand telehealth services and video educational resources, and facilitate other supportive programs for patients.



Grace Zales, Michele Kirsch, Sean Corrigan, Courtenay Corrigan



Alex Gallego, Dr. George Ting, Curry Stypula, Nick Villanueva



When play concluded, attendees enjoyed socializing and dining safely outdoors by the pool.



Paddle raises were brisk during the fund in need appeal.

Fulfilling the Promise: 4th Annual MOMS Symposium Draws Participants from Around the World



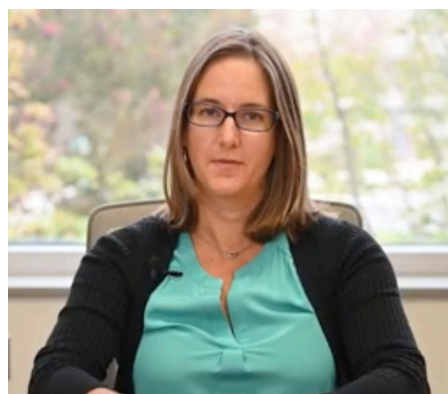
Nirmaljit Dhami, MD, medical director of the perinatal inpatient unit, moderated the symposium.

El Camino Health Foundation was proud to sponsor the 4th annual Maternal Mental Health Symposium, which was held virtually on October 8, 2021. The symposium is an opportunity to bring perinatal mood disorders into the open, disseminate the latest information about treatment and related issues, and highlight El Camino Health's leading contributions to the field. More than 1,000 participants from 19 countries, lay and professional, registered to attend.

Dr. Nirmaljit Dhami, medical director of El Camino Health's inpatient perinatal unit, served as moderator. Our common goal is to "improve education and access to treatment and services for all our moms, their babies, their families and thereby having a much needed multigenerational impact on emotional and mental health and wellbeing for the entire family unit," she told the diverse audience.



Katherine L. Wisner, MD



Laura Keller

Laura Keller, a member of the foundation's Philanthropy Council for Mental Health & Addiction Services, gave introductory remarks. She spoke about her own experience of postpartum depression following a complicated birth and difficult first months of her baby's life, and her gratitude to El Camino Health's Maternal Outreach Mood Services (MOMS). "I struggled to get through every single day," she recalled, recounting her insomnia, hopelessness, sense of failure, and loss of identity as a new mom. The program, she says, saved her life.

There were two main presentations. Professor Louise M. Howard of King's College London spoke about perinatal mental health inequalities in the post-COVID era and the implications

for care. Dr. Katherine L. Wisner of the Northwestern Feinberg School of Medicine talked about mitigating melancholy in motherhood, which she contends is an important public health issue that contributes to a high maternal death rate in the United States and has long-term consequences for the child. "We have come a long way but more is needed," she observed. Participants were able to attend breakout sessions on infant-parent psychotherapy and the experiences of NICU moms. The program closed with a peer panel of women who shared their personal stories and lived experiences of maternal mental health conditions. "Get help early and often," one panelist advised. "Don't think you are the only one."

Today, Laura is grateful and determined to give back through her involvement on the philanthropy council. "The gifts we receive enable El Camino Health to pioneer programs that meet targeted, observed new needs, provide a higher level of care than reimbursement only might allow, and sponsor important programs like this symposium, which raise awareness and provide education." New donations will help El Camino Health continue to remove barriers and increase access to care, provide community education and early intervention, and endow programs like MOMS for ongoing sustainability.

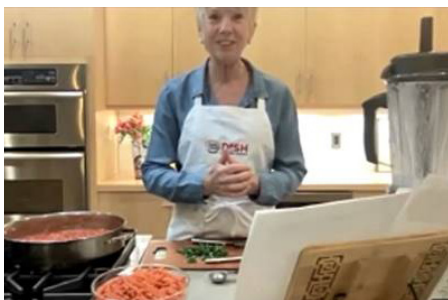
Our common goal is to "improve education and access to treatment and services for all our moms, their babies, their families and thereby having a much needed multigenerational impact on emotional and mental health and wellbeing for the entire family unit."

- Dr. Nirmaljit Dhami, Medical Director Inpatient Perinatal Unit

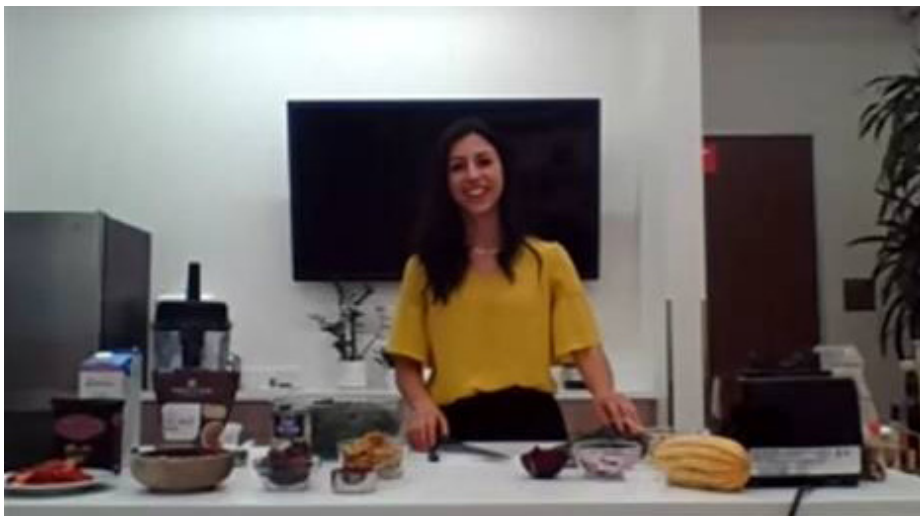
Hope to Health Members Enjoy Fall Cooking Demonstration

Members of Hope to Health (H2H) gathered on Zoom the week before Thanksgiving for a healthy cooking demonstration by Lifestyle Medicine Medical Director Catherine Collings, MD and registered dietician Alex Regalado. The menu was penne alla vodka, kale salad with hazelnut vinaigrette, and date-sweetened chocolate pudding. Participants received personalized care packages with the recipes, a spatula, a bottle of wine, and a Safeway gift card the day before the event so they could cook along if they wished.

Throughout the demonstration, Dr. Collings and Alex explained the nutritional properties of the ingredients, gave food preparation tips, and answered questions. The recipes they provided substituted ingredients to reduce the salt and fat content of the traditional preparation without sacrificing any of the delicious flavor, for example a cashew “cream” instead of the heavy cream typically used in the pasta, water instead of olive oil in the salad dressing, Mejdool dates instead of sugar in the dessert.



Lifestyle Medicine Medical Director Catherine Collings, MD



Lifestyle Medicine Registered Dietitian Alex Regalado

“I saw the entire demo and thought it was fun and informative,” says founding Hope to Health member Betsy Dawes. “I took lots of notes and will definitely make the recipes!”

Members of the philanthropic council pool their annual dues, review grant proposals from hospital departments, and vote on the program they wish to support each year. “That’s very empowering for us to feel that we’re not just giving money but we’re being able to make a choice that will help women and families and make sure that they get access to great healthcare at El Camino Health,” says Betsy. H2H Chair Lynn Telford noted that since 2006, the group has granted more than \$700,000 to over 20 programs that promote the health of women and families on both hospital campuses.



Penne alla vodka

The more members, the greater Hope to Health’s impact and new members are always welcome. The 2022 grant cycle will begin in January. Join today to have a vote. Contact Annual Giving Officer Katie Kehriotis, at katie_kehriotis@elcaminohealth.org or 650-988-7665, if you would like to learn more.

Norma’s Literary Luncheon

The 10th annual Norma’s Literary Luncheon will be held in June 2022 so we can provide a safe, elegant, and beautiful outdoor experience.

Author, date, and place will be announced early in the New Year.



John Conover Honored for Service to El Camino Health and Community

El Camino Health Foundation Board Chair John Conover received the Los Altos/Los Altos Hills Joint Community Volunteer Service Award on December 3, 2021. John joined the board in 2012 and became chair in 2018. He is active on the executive, finance, allocations, gala, and golf committees. He also currently serves on the hospital investment committee, a position he has held since 2015.

“John and his family know the importance of being involved with their community and donating where they live,” says Foundation President Andrew T. Cope. “He supports, without fail, every foundation event and fundraising initiative, and encourages and inspires other foundation leaders to do the same. He also remains the consummate community ambassador for El Camino Health and the foundation.”

The City of Los Altos and Town of Los Altos Hills have held the Joint Volunteer Service Awards for 37 years to recognize select individuals who have provided extraordinary volunteer services in the community. The awardees are selected by a 12-member committee appointed by the two City Councils.



Ernest Hui, Becky Conover-Hui, John Conover, Linda Conover, Krista Conover-Emmert, Ben Emmert, Lisa Conover-Hustis



El Camino Health Foundation President Andrew Cope, John Conover, Russ Satake, El Camino Health CEO Dan Woods

REDENVELOPE CELEBRATION

A BENEFIT TO HONOR THE
**CHINESE HEALTH INITIATIVE'S
10TH ANNIVERSARY**

SATURDAY, MARCH 26, 2022 • 5 P.M.
LOS ALTOS GOLF & COUNTRY CLUB
LOOK FOR DETAILS COMING SOON

CELEBRATING **10** YEARS
SUPPORTING A HEALTHY
CHINESE COMMUNITY
守護華人健康 歡慶十周年



Last Chance: Take Advantage of Tax Incentives for Charitable Giving in 2021

2021 is drawing to a close but you still have time to take advantage of the tax benefits charitable donations provide.

- If you take the standard deduction on your taxes, you can also take a charitable deduction for contributions made in cash, including gifts made by credit or debit card, up to \$300 per person, \$600 on a joint return.
- Extended for this year again: if you itemize your deductions you can deduct cash gifts to qualifying organizations like El Camino Health Foundation up to 100% of your adjusted gross income (AGI). Normally the limitation is 60% of AGI.
- The required minimum distribution (RMD) from an IRA is again mandatory. If you are 70 ½ or older, you can still make a charitable gift from your IRA. You will not pay income taxes on the donation and the gift can reduce your annual income level since it doesn't count as income if it is paid directly to the

charity from the IRA. Please note, the money must be out of the IRA by December 31, 2021, so plan ahead to be sure your payment is cleared by end of year.

There are detailed rules and requirements for adequate records. These rules change frequently, so don't assume they will be the same every tax year. Please check with us or your tax advisor for more information.

If you are interested in exploring other donation options that have associated tax benefits, please contact the foundation. El Camino Health Foundation staff can help you determine if donation vehicles such as gifts of stock, charitable remainder trusts, charitable gift annuities, or legacy gifts, are appropriate for you.

As you consider your end-of-year giving and assess the favorable tax consequences of making a charitable donation, please remember El Camino Health Foundation and the thousands of



patients our hospitals serve each year. Donations to the foundation help El Camino Health provide outstanding care to our community. They contribute to the purchase of the latest technology, launch and sustain pioneering programs, provide financial assistance to patients in need, and spur the innovation that helps to keep our community well. This past year and a half, they have been helping our hospitals take care of patients, keep staff safe, stay well supplied, and provide testing and vaccines during the unprecedented COVID-19 pandemic. Your support can help our hospitals now and keep them strong for the future.

30TH ANNIVERSARY ALLIED PROFESSIONALS SEMINAR An Educational Program for Estate Planning Professionals

Presented by El Camino Health Foundation
Planned Giving Council

Tuesday, February 15, 2022
7:30 – 10 a.m.
Palo Alto Hills Golf & Country Club

Featuring Samuel A. Donaldson, Professor of Law at Georgia State University College of Law, who will speak on current hot topics in estate planning

Register online at echf.cventevents.com/APS2022

For more information, contact Lindsay Ehrman at lindsay_ehrman@elcaminohealth.org or 650-988-7849.

CELEBRATING
30
YEARS



Samuel A. Donaldson



happy holidays

Warm wishes for a joyous holiday season
and healthy, happy 2022