

Healthy Giving

Golf Tournament Raises Funds for ASPIRE Adolescent Mental Health Program

Golfers did not have to think fourth dimensionally when they headed “back to the future” at the 26th Annual El Camino Heritage Golf Tournament on October 24.

Three dimensions were sufficient for 18 holes on Palo Alto Hills Golf & Country Club’s beautiful, challenging course. Skies were clear, the sun was shining, temperatures were mild, and the panoramic views of the San Francisco Bay Area were breathtaking. The sold-out tournament raised \$240,000 for After-School Program Interventions & Resiliency Education® (ASPIRE), El Camino Health’s adolescent mental health program.

The golf store and putting contest opened at 9:30 a.m. and by 11:15 the

golfers were heading to their holes for the shotgun start as the bagpiper played. Spouses, friends, and other non-golfing hospital supporters joined them for the Power of Love reception when they came off the course exhilarated five and a half hours later.

Golf Tournament Chair Ken King welcomed the crowd at the celebration dinner. “As Doc told Marty McFly, ‘Your future is what you make it. So make it a good one.’ By coming out today, you are helping to make the future a good one for more adolescents in our community.”

CEO Dan Woods noted that “El Camino Health wants to deliver the best, most innovative care out there. A good hospital turns into a great hospital when it has the support of the community.”

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El Camino Health CEO Dan Woods, Joe Barretta, Robert Moules, Dr. Holly Beeman

ASPIRE Los Gatos Needs a New Home

El Camino Health launched After-School Program Interventions and Resiliency Education® (ASPIRE), an intensive outpatient therapy program for adolescents, on its Mountain View campus in 2010 following a shocking cluster of local teen suicides. Demand was immediate and one year later the program opened a second track in rented space close to El Camino Health’s Los Gatos hospital. The program now has the opportunity to move into space on the Los Gatos campus that is owned by El Camino Health and better supports the care provided by the clinical team. El Camino Health Foundation has committed to underwrite the renovation. The new site “will have improved layout, larger and more group rooms, additional consultation spaces, and allow us to serve more teens,” says Scrivner Center Director Joseph Sandoval. It also has better parking and easier access to other support services.

The move is expected to be completed by the end of the fiscal year, June 2023. The new location, 700 West Parr Avenue, will be ASPIRE’s Los Gatos home until the program moves into permanent space in the seismically upgraded hospital El Camino Health is planning for that campus.

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Message from the Foundation Chair

El Camino Health CEO Dan Woods often remarks that philanthropy makes the difference between ordinary hospitals and great ones. The meaningful impact of your philanthropy at El Camino Health was clearly in evidence on many occasions this fall.

- The Norma Melchor Heart & Vascular Institute celebrated its 15th anniversary in September. The institute received early support from the Foundation's Imagine Campaign 2005-2008, and a transformational gift from the Melchor family has helped it achieve world-class quality.
- Congresswoman Anna Eshoo extolled our hospital's commitment to maternal mental health at a reception on the eve of El Camino Health's fifth annual Maternal Mental Health Symposium, which provided education to more than 1,400 people around the world. The symposium, the Scrivner Center's Maternal Outreach Mood Services (MOMS) program, and the specialty perinatal inpatient unit in the Taube Pavilion are all supported by philanthropy.
- A grateful mother's moving testimonial at the 26th Annual El Camino Heritage Golf Tournament described how ASPIRE, El Camino Health's pioneering adolescent mental health program, saves young lives and bolsters families. Philanthropy seeded ASPIRE's launch and supports the program's continued growth and development.

This fall we celebrated major donors and Legacy Society members at a reception in September, and honored Tenny Tsai, our 2022 distinguished volunteer fundraiser, at the Silicon Valley Philanthropy Day luncheon in November. More employees than ever expressed

confidence in our hospitals and their deep commitment to patients by contributing to the 2023 Employee Giving Campaign,

which kicked off in August. Foundation and Hospital leaders forged closer ties at a get-together in October.

We are also busily planning our fundraising events for winter and spring 2023: Allied Professionals Seminar in February, Inside Edge, a benefit for the South Asian Heart Center, in March, as well as the Taking Wing gala and 11th anniversary Norma's Literary Luncheon in the spring. Please plan to join us at one or more of these special programs. Please also look for new, high priority opportunities to support the Orchard Pavilion renovation and expansion, and ASPIRE's relocation in Los Gatos. Wherever and however you contribute, your support will be impactful and appreciated.

From October through December there are many festivals of light – Diwali, Hanukkah, Kwanzaa, Christmas. During this season, we celebrate light over darkness, hope over despair, and generosity over complacency. Thank you for your generosity, which provides light for our community.

With gratitude and best wishes,



Romina Ahuja, Chair
 El Camino Health Foundation
 Board of Directors



Orchard Pavilion Renovation and Expansion Update: Transforming Care for Women and Newborns at El Camino Health

El Camino Health Foundation is hosting monthly hardhat tours of the Orchard Pavilion to give donors and potential donors an inside look at the construction project that will transform care for women, newborns, and families at El Camino Health.

When the 38-month, phased renovation and expansion is finished, the building will house a best-in-class center of excellence that provides the highest quality, most personalized care in a welcoming environment that promotes healing and wellness. It will support the smooth delivery of superior quality care during every step of each patient's journey.

The first phases of construction are nearing completion. The pavilion's welcoming, light-filled lobby is anticipated to open in January 2023. Visitors will enter it through a new glass vestibule. An enlarged entrance canopy slopes upward to match those of the other new buildings on El Camino Health's Mountain View campus and will make the pavilion easier to find, especially at night. The second floor neonatal intensive care unit (NICU) and 3rd floor postpartum mother-baby unit are anticipated to open for patient care in mid-May after staff completes training



An enlarged entrance canopy slopes upward and will make the Orchard Pavilion easier to find, especially at night.

on the new work flow. The NICU will be 20 percent larger, with 19 spacious private rooms and a five-bed pod, plus a family respite area and other amenities that will make it easier for parents to stay with their newborns. The 26 mother-baby rooms on the third floor, which previously housed physician offices, will be all private and spacious enough for partners to comfortably sleep in overnight.

on the first floor and half on the third floor, an increase of 44 percent.

The building will have many amenity enhancements including a café and gift shop. Double pane windows are replacing the original single pane glass. There will be LED lighting and other energy efficiency upgrades, including new air handling equipment that will make the building eligible for LEED Gold status.

There are naming and name recognition opportunities throughout the building, which will be known as the El Camino Health Center for Women. For more information or to sign up for a construction tour, please contact El Camino Health Foundation Associate Vice President Lindsay Ehrman.



Phases two and three of renovation and expansion will focus on the first floor, where patients will continue to deliver babies as construction progresses. The labor and delivery area will be refreshed and enlarged, and will have an antepartum section for women with complicated pregnancies. A caesarean section recovery area and obstetrics emergency department that is open 24 hours a day, seven days a week are also being added. This eight-bed treatment and recovery area will be able to flex so it is utilized to meet the needs of the patient population at any time. The existing first floor mother-baby rooms will be renovated as well so they are more comfortable and spacious. When construction is complete the building will have 52 private postpartum rooms, half

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Donor Stewardship Reception Honors Major Donors and Legacy Society Members

El Camino Health Foundation honored major donors and Legacy Society members during a reception at Los Altos Golf & Country Club on September 28. “The impact of your contributions is evident in the numerous accolades our hospitals have been earning,” Foundation Board Chair Romina Ahuja told the attendees as she thanked them for their generous support.

El Camino Health CEO Dan Woods enumerated some of those achievements, proudly touting the organization’s inclusion on Newsweek’s list of top 100 hospitals. Chief Quality Officer Holly Beeman, MD explained El Camino Health’s drive to become a high reliability organization like the airline and nuclear power industries by training all employees and putting best practice processes in place to minimize the simple mistakes that can impact healthcare.

“We are not just another community hospital. We have people who every single day break the mold,” El Camino Health Foundation President Andrew Cope concluded proudly. “Everything the Foundation accomplishes on behalf of our hospitals is a team effort. Our donors are a critical part of that team. We honor and thank you.”



Phyllis Dorricott and Claudia Coleman



Kirsten Krimsley with Bennie Barker, Paul Rodriguez, David Weir, and Jason Cohn of CSI Electric



Frank and Roberta Robertson



Dr. Anil and Sheetal Singhal



Kelly and Romina Ahuja



Jake and Laura Keller



Dr. Holly Beeman and Andrew Cope



Donna and Ken Kato



Dr. Larry and Bernis Kretchmar, Dorothea Gordon



Robert Savoie and Marilyn Reisen

Golf Tournament Raises Funds for ASPIRE Adolescent Mental Health Program

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"ASPIRE has touched the lives of many in our community, bringing about meaningful change for the teens, as well as their families," explained Dr. Kalpana Nathan, Chief Medical Director of the Scrivner Center for Mental Health & Addiction Services. "The youth complete a structured, multi-week program, which helps them gain life skills that make them not only resilient but, more importantly, hopeful." She likened the mindfulness that the teens learn through the program to the "flow" golfers experience as they focus on hitting the ball.

A grateful mother visibly moved the audience as she described her daughter's ASPIRE journey from self-harm to health. "Before ASPIRE, our daughter would get caught up in her emotions and in her pain, unable to communicate these things to us, and therefore feel trapped, like a prisoner of her own desperate thoughts and negative emotions. But ASPIRE gave her tools how to communicate, how to process, how to deal, and how to cope ahead... And we can share equally with her, because we have learned to communicate and practice using the tools from ASPIRE."

"I want to thank ASPIRE. Without it I wouldn't be here today. Now I know how to cope in different ways and I am really happy to be alive," the teen told the rapt audience. The golfers responded by giving mother and daughter a standing ovation and generously raising their paddles for the fund-in-need appeal.

Golf tournament proceeds will go toward underwriting the ASPIRE Los Gatos program's move to a larger, more conducive space on El Camino Health's Los Gatos hospital campus. The new location will accommodate more teens as need for the intensive outpatient therapeutic program continues to grow.



Douglas Hubert, Ken King, Ken Baugh, Mike Ichikawa



Back to the Future at the raffle item and silent auction display



Dr. Kalpana Nathan, Chief Medical Director, Scrivner Center for Mental Health & Addiction Services

ASPIRE Los Gatos Needs a New Home

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About 700 youth and young adults are admitted to ASPIRE each year. There are separate tracks for high school students, middle school students, transition age youth (18-25), and youth with habitual behaviors, all launched with the philanthropic support of the community. ASPIRE is accredited by the Western Association of Schools and Colleges (WASC) so students in grades seven through 12 can receive academic credit upon completion. An ASPIRE Consortium with hospitals in southern California and Oregon is bringing the pioneering therapeutic program to teenagers in those communities.

Charitable gifts enable El Camino Health to provide the highest level of mental health and addiction care to our community. "We are grateful for all the support we have received for ASPIRE to date," says Foundation President Andrew Cope. "The Foundation has proudly committed to completely finance this next step forward with donations so adolescents in the Los Gatos area can continue to receive the care they need without disruption. We hope our donors will respond to this appeal as they have so generously in the past."



Bill Corbin, Rob Cohen, Allan Walsworth, Dr. Fred St. Goar



Golfers lined up in their carts before heading to their starting holes.



Rich Martoglio, John Swetka, Mark Thorp, Russ Satake



Andrew Cope, Steve Rossi, Saahil Ahuja, John Conover



Vince Sakowski, Brady Fuerst, Lane Melchor, Sterling Lanier



Chuck Horstmann, John Heath, Doug Scrivner, Bob Eng

Thomas and Donna Whitney Education Foundation Gift to Launch ASPIRE Parent Education Program

The Thomas and Donna Whitney Education Foundation has made a gift to launch a new ASPIRE parent education program called ASPIRE PEP. “The last two years have been incredibly challenging for families everywhere,” says ASPIRE Consortium Coordinator Nahal Zakerani, PhD. “New data released by the CDC indicate many alarming findings about youth mental health, including higher suicide rates and increasing rates of depression and anxiety.” Research indicates that parenting styles, skills and knowledge are crucial to parent and youth mental health and well-being, and that parent training programs can have a positive impact.

The grant provides three years of funding for community education ventures. These include continuing parent education nights in collaboration with local school districts (previously funded by the Whitney Foundation), as well as the development of an adolescent mental health symposium, a parent partner program, and a parent resource portal. The symposium will be a community event that “reimagines the future of youth mental health” and engages parents in the conversation about how to support youth’s mental, emotional, and physical wellbeing, Dr. Zakerani says. Youth leaders will help shape the agenda and conversation, empowering them and enriching parents with the information youth want and need parents to know. The symposium will provide a forum for attracting attendees to the Parent Partner Program, which will train parents to mentor other parents



Suzanne Whitney-Smedt, Thomas Whitney Jr., and Donna Whitney at the Taube Pavilion opening

who are navigating the confusing youth mental healthcare system. A third and final element will be the development of a parent resource portal that provides text or video descriptions of skills that support effective communication with teens, connections to vetted community programs, and blog posts relating to trending topics in youth mental health.

Through these targeted educational activities, ASPIRE PEP aims to improve knowledge of emotional and behavioral signs and symptoms in youth, and of prevention models and appropriate interventions. It will help parents better communicate with their teens, and lessen the stigma associated with mental health, including the avoidance of permanent labels.

“Our aim is to start with the first adolescent mental health symposium, build from the network it generates, and gain momentum year over year to maximize the program’s reach and impact, not only locally but also in the ASPIRE Consortium hospitals’ areas of influence, and eventually across the country,” says Scrivner Center Director Joseph Sandoval. “We are grateful to the Whitney family for their generous commitment, which will enable us to educate parents and better support the youth of our community.”



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Last Chance: Taking Advantage of Tax Incentives for Charitable Giving in 2022

2022 is drawing to a close but you still have time to take advantage of the tax benefits charitable donations provide.

The required minimum distribution (RMD) from an IRA is again mandatory. If you are 70 ½ years of age or older, you can make a charitable gift from your IRA to a qualified charity, maximum of \$100,000 annually. You will not pay income taxes on the donation and the gift can reduce your annual income level since it does not 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, 2022, so plan ahead to be sure your payment clears by the end of the year.

Please also be aware that the special additional deductions that were allowed in 2020 and 2021 for non-itemizers have not been reinstated for 2022 as of this date, nor has the increased maximum adjusted gross income for taxpayers who

itemize their deductions. The detailed rules and requirements for adequate records change frequently so may not be the same as last year. Please check with us, your tax advisor, and IRA administrator if you need more information. El

Camino Health Foundation staff would also be happy to help you determine if other donation vehicles that have associated tax benefits 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 tax benefits of making charitable gifts, 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 award-winning 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.

SAVE THE DATE: 31ST ANNUAL ALLIED PROFESSIONALS SEMINAR

Andrew M. Katzenstein, one of the leading tax attorneys in the United States and a partner in the Private Client Services Department of Proskauer law firm, will be the featured speaker at the 31st Annual Allied Professionals Seminar. The networking breakfast is presented by the El Camino Health Foundation Planned Giving Council and will be held at Los Altos Golf & Country Club on February 15, 2023. The program will be of interest to lawyers, accountants, and other allied estate planning professionals.

Mr. Katzenstein is an expert in estate planning and advising wealthy individuals and charitable organizations on such matters as tax planning, trust administration, and philanthropic giving. He is a much sought-after speaker on

estate planning and probate issues, and has appeared on CBS' 48 Hours Mystery, and NPR, and served as host of KFNX's weekly radio talk show "Principal of the Matter," which addressed a variety of trust and estate planning topics. He has also published numerous articles in *Estate Planning Magazine*, the *Journal of Taxation*, *Taxes Magazine*, and *Major Tax Planning*, and was one of the principal contributors to the probate treatise "Marshall and Garb on Probate." A frequent lecturer on a variety of estate planning and tax related topics in Europe, Canada, and across the United States, Mr. Katzenstein has taught estate and gift law at USC Law School since 2009 and currently teaches estate and gift tax in the LLM program at the UC Irvine School of Law.



Andrew M. Katzenstein

For more information or to learn about event sponsorship opportunities, please contact El Camino Health Foundation Associate Vice President Lindsay Ehrman. Register online at echf.cventevents.com/APS2023.

Tenny Tsai: Distinguished Volunteer Fundraiser

El Camino Health Foundation was pleased to honor Tenny Tsai as our 2022 Distinguished Volunteer Fundraiser at the Association of Fundraising Professionals 35th Annual Silicon Valley Philanthropy Day Luncheon on November 4.

Tenny is a founding member of El Camino Health Foundation's Chinese Health Initiative (CHI) Philanthropy Council. A tireless advocate, she shared her personal health experiences in a moving video testimonial to inspire donations. She was involved in months of planning for Red Envelope Celebration to mark CHI's 10th anniversary, helping to guide the sponsorship efforts, development of collateral materials, and a meaningful event program. In the lead-up to the event, Tenny contributed to a challenge gift for an appeal that inspired matching donations and raised \$140,000. She secured the lead sponsorship donation, led the fund-in-need appeal, set a public

example by raising her own paddle and challenged the other guests to match it. "Whatever you planned to donate," she told them, "double it." And they did. The event netted \$92,000, capping the most successful fundraising year Chinese Health Initiative has had since the council was established in 2019.

For Tenny, fundraising is natural. "If there is no money, there is no mission," she says. "If I am passionate about a cause I will be passionate about fundraising to make it happen. People give to people they trust but you have to talk about it." As such, she views herself as an ambassador for Chinese Health Initiative and talks about the program whenever she can. "The diabetes prevention program, Tai Chi, doctor referrals have been lifesavers for me. I want others to benefit too. It is about giving back and inspiring the people who are in a position to donate to support a program that does so much for our community."



Tenny Tsai was honored at the Philanthropy Day Luncheon on November 4.

Save the Date

Inside Edge: A Benefit for the South Asian Heart Center

Please plan to join us at Inside Edge, a benefit for the South Asian Heart Center at Los Altos Golf & Country Club on Tuesday, March 14, 2023. Comedian, cricket storyteller, and author Vikram Sathaye will headline the fun and informative evening.

Vikram Sathaye has the distinction of being the first English standup comedian in India. In a career spanning more than 15 years, he has done more than 2,000 shows and corporate events. He is known for his imitations of more than 170 cricketers in major cricketing events and hosts the digital cricket comedy chat show 'What the Duck,' which launched in 2016. Mr. Sathaye is the author of the book *How Sachin Destroyed My Life*, based on his encounters with the cricketing world.

Since launching in 2006, the South Asian Heart Center has screened, educated, coached, and followed up with more than 10,000 participants from 38 U.S. states and six countries. The Center has reached out to more than 95,000 community members, raising awareness of the disproportionately high risk for coronary artery disease and diabetes that all people of South Asian descent bear, and it consistently documents improved health outcomes. This year, the Centers for Disease Control (CDC) awarded Full-Plus National Diabetes Prevention Program Recognition to the STOP-D program, testament that its scientifically validated lifestyle modification approach meets the highest standards. The Center relies on philanthropy to expand its reach, develop



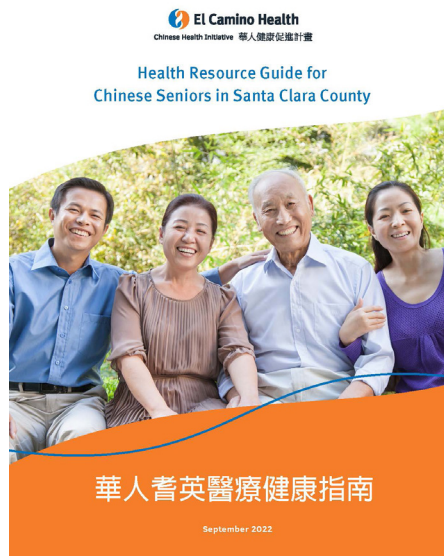
Vikram Sathaye, comedian, cricket storyteller, and author

and refine its programmatic offerings, and engage in the leading edge research that advances global understanding of heart disease and diabetes in South Asians.

Chinese Health Initiative Publishes Updated Health Resource Guide for Chinese Seniors

El Camino Health is a pioneer in recognizing that the Chinese community has unique health disparities as well as specific preferences for healthcare. Chinese seniors, who do not know English and are unfamiliar with the American healthcare system, have particular difficulty finding reliable health information and accessing culturally appropriate care. To address this disparity, El Camino Health's Chinese Health Initiative (CHI) developed a bilingual *Health Resource Guide for Chinese Seniors in Santa Clara County*, the first publication of its kind in the region. This year, with generous philanthropic support, CHI updated and published the third edition, which is available now in print and on the El Camino Health website.

The Health Resource Guide covers healthcare basics, like when to go to the emergency room, choosing a primary care physician, how to communicate with your doctor, and recommended immunizations and health screenings. It describes the different types of healthcare facilities, from doctors' offices and urgent care, to skilled nursing facilities and hospice, and provides lists of offices, noting where Mandarin or Cantonese is spoken. The guide lists community resources like senior nutrition programs, places for exercise and social activities, transportation, and assisted living facilities. It provides information about common health conditions of concern for Chinese seniors and explains Medicare, Medi-Cal, and Covered California health insurance. Written in English and Chinese, the reference can be used by children, grandchildren, and caregivers together with their elders.



"With all different policies and insurance programs, getting help for medical treatment is not an easy topic to understand in the United States. I have read the materials and I think it helps anyone who needs resources in Chinese," one grateful reader who researched healthcare options for her mother told us. "I am so glad your program exists to help."

Since 2011, Chinese Health Initiative has been providing screenings, education, and wellness programs to make healthcare more accessible and more comfortable for Chinese members of our community. In fiscal year 2022 alone, it served 1,800 individuals and provided 5,200 services, helping to reduce diabetes and hypertension, bolster emotional and mental health, connect individuals to Chinese-speaking physicians, and provide reliable health information. Much of this important work, like the updated *Health Resource Guide for Chinese Seniors*, is underwritten by donations to El Camino Health Foundation.

El Camino Health Employees Give Back

El Camino Health Foundation changed up the Employee Giving Campaign this year and employees responded enthusiastically. The campaign launched on August 1, earlier than in the past. All participants, regardless of donation amount, received either a black scrub top or a black polo shirt. Everyone who contributed was encouraged to wear their shirt to show their support on October 28, the last day of the kickoff period, when the grand raffle drawing was held. The campaign will continue throughout the year.

"I always look forward to giving. It is a BIG satisfaction to know that my hard earned money is going to a good purpose," help desk technician Juan Zermeno told El Camino Health Foundation Annual Giving Program Manager Cindy Zaldivar, who ran this year's campaign.

The foundation received \$161,472 from 878 employees, which represents 23 percent participation, the highest in the campaign's history. Since 1998, employees have cumulatively donated \$2,702,302.67 to support the health system through the campaign. Thirty-six employees increased their gifts from last year, 186 participated for the first time, and 73 contributed after taking a break.

"We know El Camino Health's employees put a lot of heart into their work. We are grateful to all who contributed even more by donating. It says a lot about an organization when employees make charitable gifts to their place of work," says Foundation President Andrew Cope.

This year, with generous philanthropic support, Chinese Health Initiative updated and published the third edition, which is available now in print and on the El Camino Health website.



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Happy Holidays

Warm wishes for a joyous holiday season
and healthy, happy 2023

