

# Healthy Giving

## El Camino Health Foundation Receives Gift to Endow Hope to Health Women's Giving Circle

**Dave Rodgers has made a gift to create the Linda Rice Rodgers Hope to Health Endowment in loving memory of his wife Linda, who served three terms on the Foundation Board of Directors and was a founding member of Hope to Health (H2H).**

Linda and Dave were married for 53 years before she succumbed to ovarian cancer in July 2024. The endowment will contribute Linda's H2H dues in perpetuity and underwrite an educational program on cancer, particularly cancer that impacts women, for members and prospective members once a year.

Linda and Dave met at Carnegie-Mellon University. "We had dated other people, but it was clear she was the one," he remembers. She majored in physics and history with a minor in math. He studied electrical engineering and computer

science. Told by her professors that there were no jobs for women in physics, she became an employment lawyer to "represent those whose talent was wasted for silly reasons." Dave's career took them from Pennsylvania to Massachusetts, Oregon, Texas, and California. Linda passed the bar in all five states and devoted her professional life to fighting for people. In Oregon, for example, she won cases limiting nuclear waste disposal, blocking religious takeover of municipal government, and fair resolution of gender discrimination in employment. She also generously shared her legal expertise in her volunteer work. At El Camino Health Foundation, she wrote the policies and procedures that allowed Hope to Health members to decide which hospital program to support with their pooled

*Continued on page 6*



*Dave and Linda Rodgers*

## Announcing the Melchor Family Endowment for Women's & Newborn Services

**Honoring their parents and grandparents' legacy of generosity and commitment to El Camino Health and the Foundation, the family of Norma and Jack Melchor has created the Melchor Family Endowment for Women's & Newborn Services.**



*Norma and Jack Melchor*

The funds will be used in perpetuity to advance maternal-child healthcare at El Camino Health, encompassing outpatient prenatal care, labor and delivery, inpatient antepartum and postpartum care, obstetric emergency services, and neonatal intensive care. In recognition, the Center for Women & Newborns will be renamed the Melchor Family Center for Women & Newborns.

*Continued on page 3*

### Inside:

- El Camino Health Inaugurates Dr. Alan C. Merchant Memorial Lecture
- Norma's Literary Luncheon
- Spring Benefit: The Longevity Revolution
- Hope to Health Celebrates Year of Growth and Renewal
- Taft Innovation Fund is Transforming Patient Care

#### Board of Directors

Robin Driscoll, Chair  
 Laura Keller, Secretary  
 John A. Conover, Treasurer  
 Lane Melchor, Innovation Fund Liaison  
 Romina Ahuja, Immediate Past Chair  
 Nahid Aliniaze  
 Gerri Bock  
 Stephanie Cash  
 Teresa Day, Auxiliary Liaison  
 Linda Heider, Auxiliary Liaison  
 Julia E. Miller, Hospital Board Liaison  
 Laurie-Ann Look, Esq  
 Ashley Omwando  
 Nipa Sheth, DDS  
 Sheetal Singhal  
 Dan Woods, CEO, El Camino Health  
 Andrew T. Cope, President

#### El Camino Health Foundation Founders

Jack & Norma Melchor\*  
 Burton\* & Deedee McMurtry  
 Gordon & Betty Moore\*  
 David & Lucile Packard\*

#### Foundation Staff

##### PRESIDENT

Andrew T. Cope  
[andrew\\_cope@elcaminohealth.org](mailto:andrew_cope@elcaminohealth.org)  
 650-940-7154

##### DIRECTOR OF FOUNDATION OPERATIONS

Dakota Atley  
[dakota\\_atley@elcaminohealth.org](mailto:dakota_atley@elcaminohealth.org)  
 650-988-4188

##### ASSOCIATE VICE PRESIDENT

Lindsay Ehrman  
[lindsay\\_ehrman@elcaminohealth.org](mailto:lindsay_ehrman@elcaminohealth.org)  
 650-988-7849

##### ANNUAL GIVING OFFICER

Katie Kehriotis  
[katie\\_kehriotis@elcaminohealth.org](mailto:katie_kehriotis@elcaminohealth.org)  
 650-988-7665

##### EXECUTIVE ASSISTANT & ADMINISTRATIVE SUPERVISOR

Patricia Keil  
[patricia\\_keil@elcaminohealth.org](mailto:patricia_keil@elcaminohealth.org)  
 650-988-7668

##### MANAGER OF SPECIAL EVENTS

Kirsten Krimsley  
[kirsten\\_krimsley@elcaminohealth.org](mailto:kirsten_krimsley@elcaminohealth.org)  
 650-988-4189

##### MANAGER OF DONOR RELATIONS

Bettina Rosenberg  
[bettina\\_rosenberg@elcaminohealth.org](mailto:bettina_rosenberg@elcaminohealth.org)  
 650-988-7514

\* of blessed memory

650-940-7154  
[foundation@elcaminohealth.org](mailto:foundation@elcaminohealth.org)  
[elcaminohealth.org/foundation](http://elcaminohealth.org/foundation)

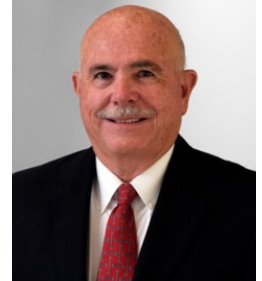
## Message from the Foundation Board Chair

**June 30 marks the end of fiscal year 2025 at El Camino Health Foundation, a time to reflect on our accomplishments of the past 12 months and anticipate the new fiscal year.** As of this writing we have not yet done our year-end accounting, but I can report with gratitude that the initial tally suggests that through May you, our generous donor family, have contributed just under \$13 million to support the award-winning care El Camino Health delivers every day. The impact is apparent throughout the organization - in nursing excellence, transformative innovation, advanced equipment and technology, hospital campus redevelopment, and new programs and services designed to meet emerging community needs.

Together, over the past year, we have provided funding for:

- Breast cancer patient navigation.
- Psychological support for parents with babies in the neonatal intensive care unit and antepartum women hospitalized for complications of pregnancy.
- Psychological support for cancer patients and their families.
- Dr. Alan C. Merchant Memorial Lecture.
- State-of-the-art equipment for complex spine surgeries.
- Emotional health literacy in the Chinese community.
- Artificial intelligence that analyzes radiology images.
- Prediabetes population health initiative.
- Nursing scholarships.
- Orchard Pavilion renovation and expansion, health services for women and newborns.
- Maternal Mental Health Symposium.
- ASPIRE Youth Mental Health Symposium and virtual parent workshops.

Your impact is further reflected in programs previously seeded with Foundation funds that are now part of the El Camino Health services routinely provided to patients, families, and staff.



Closing out the fiscal year, the Foundation is reviewing grant requests from several hospital departments and getting ready to make the spring distribution of unrestricted donations to the El Camino Fund. We will tell you about the recipient projects in the July issue of our emailed newsletter.

What's ahead in fiscal year 2026? Mark Monday, October 20, 2025 on your calendar for the 29th Annual El Camino Heritage Golf Tournament, which will be held at Silver Creek Valley Country Club. If you don't play golf, consider joining us for the celebration dinner at the end of the day. The Scrivner Center will return the spotlight to maternal mental health on September 26 during the 8th annual Maternal Mental Health Symposium, which attracts participants from around the world and is sponsored by a generous donor family. Hope to Health, our women's giving circle, is planning another year of impact with a full calendar of social and informative events starting in September. Also, stand by for information about the Allied Professionals Seminar, Norma's Literary Luncheon, and the spring benefit. The Foundation continues to offer a myriad of meaningful ways to connect, contribute, and stay informed in fiscal year 2026.

We look forward to seeing you in the fall. Meanwhile, have a relaxing, healthy summer.



Robin John Driscoll, Chair  
 El Camino Health Foundation  
 Board of Directors

# Announcing the Melchor Family Endowment for Women's & Newborn Services

Continued from page 1

Once affectionately dubbed “Mr. and Mrs. El Camino,” Norma and Jack Melchor were staunch supporters of El Camino Health from its earliest days. Norma, a former surgical nurse, joined the fledgling Auxiliary in 1957 and soon became its leader. She co-chaired the Citizens Committee for the El Camino Hospital District, which promoted the second bond issue for the hospital expansion, served four terms on the El Camino Hospital District Board of Directors, and chaired the Imagine Campaign for the new Mountain View patient tower. Jack founded El Camino Hospital Foundation in 1982, understanding the hospital would need the philanthropic support of the community in order to take the best care of patients. He served on the board for nine years, hired professional staff, solicited donations from prominent community members, and set in place a fundraising strategy for the first decade.



The couple set a leadership example with their own exceptional philanthropy. Their impact, which is reflected all over the Mountain View campus, endures. It culminated with a bequest that created an endowment for the Norma Melchor Heart & Vascular Institute in 2012 and today with the establishment of the

Melchor Family Endowment for Women's & Newborn Services. Norma and Jack's legacy of generosity and commitment is honored and stewarded by their children, Kay Melchor and Greg (Alice) Melchor, and grandson Lane (Lindsey) Melchor, who serves on the Foundation board as his grandfather once did.

*Norma and Jack Melchor set a leadership example with their own exceptional philanthropy. Their impact, which is reflected all over the Mountain View campus, endures. It culminated with a bequest that created an endowment for the Norma Melchor Heart & Vascular Institute in 2012 and today with the establishment of the Melchor Family Endowment for Women's & Newborn Services.*

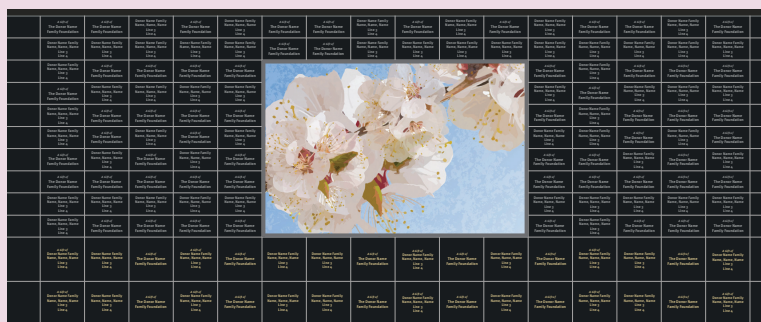
## Orchard Pavilion Apricot Blossom Donor Wall

**Apricot orchards once blossomed where the Orchard Pavilion, Melchor Family Center for Women & Newborns now stands.**

A beautiful, back-lit mosaic outside the building will evoke this past and acknowledge the donors who contribute to the high quality of care provided inside.

Donate to support El Camino Health's new vision for mother, baby, and family care by personalizing your tile on the Apricot Blossom Donor Wall. Two sizes of tile are available: 4"x8" (\$2,500 donation) or 8"x8" (\$5,000 donation).

Scan the QR code or contact Foundation Annual Giving Officer Katie Kehriotis, [katie\\_kehriotis@elcaminohealth.org](mailto:katie_kehriotis@elcaminohealth.org), to learn more.



The philanthropic seeds planted where apricot trees once stood are bearing new fruit in exceptional care for women and newborns.



*For the doctors & nurses  
The Smith Family*

*In honor of  
our children  
Betsy, Sarah,  
John and James  
Lynn & Dave Jones*



# The Longevity Revolution: Living Longer Better

Peter Attia, MD, author of the *New York Times* bestseller *Outlive: The Science and Art of Longevity*, engaged in a scintillating conversation with El Camino Hospital Board of Directors Chair Bob Rebitzer, at El Camino Health Foundation's spring benefit on May 13, 2025. Nearly 500 people attended, eager to hear Attia's thoughts on extending "healthspan" together with lifespan. His appearance was generously underwritten by Los Altos resident Leslie Behar and her family in loving memory of Jerry Behar and Don Ehrman.

"We all want the healthiest most fulfilling life possible for ourselves and the ones we love," CEO Dan Woods said during brief introductory remarks. "At El Camino Health we want to partner with you and your family on that journey with expert care when you need it and guidance and tools to help you thrive." To that end, proceeds from the spring benefit will be used to support a bold community health initiative to address prediabetes, a chronic health condition that impacts approximately 45 percent of adults (or 100,000 residents) in the El Camino Healthcare District, most of whom do not know they have it. The initiative, which aims to prevent the serious conditions that can develop from prediabetes, is a project of the El Camino Healthcare District supported by El Camino Health.

Attia is a proponent of "Medicine 3.0," the next step in the centuries-long development of medical practice. In his view, "Medicine 2.0," which is practiced today, has doubled life expectancy



Dr. Peter Attia and Leslie Behar



Bob Rebitzer and Dr. Peter Attia



Andrew Cope, Lindy Driscoll, Dan Woods, Robin Driscoll, Dr. Peter Attia

thanks to doctors' success at managing acute conditions as they arise but at the expense of quality of life in what he calls "the marginal decade," a person's final 10 years. "Medicine 3.0" tackles that challenge by addressing chronic disease through very early and aggressive prevention and embraces evidence-informed medical decision-making tailored to each patient. That

prevention centers on exercise (strength training, cardio training and resistance training), nutrition (especially protein consumption), consistent sleep, and emotional wellbeing – particularly developing acceptance, letting go of the things we can't control. "The happier we are the longer we will live, and even if we don't live one day longer we will live one day better."

*Proceeds from the spring benefit will be used to support a bold community health initiative to address prediabetes, a chronic health condition that impacts approximately 45 percent of adults (or 100,000 residents) in the El Camino Healthcare District, most of whom do not know they have it.*



# El Camino Health Inaugurates Dr. Alan C. Merchant Memorial Lecture

In November 2024, Joan Merchant made a gift to El Camino Health Foundation for the orthopedic department in memory of her beloved husband Alan, who was a renowned orthopedic surgeon and distinguished member of the El Camino Health medical staff from 1962 to 2004.

El Camino Health is using the gift to present the Dr. Alan C. Merchant Memorial Lecture, biannual talks by experts in the field of orthopedics. Dr. Matthew Miller, a specialist in adult reconstructive surgery, gave the inaugural presentation on the topic "Innovative Advancements in Orthopedics" in the Sobrato Pavilion boardroom on May 2. Joan and the couple's children Tom, Janet, and Bob attended, along with old friends and colleagues, physicians, nurses, and other members of the orthopedic staff, many who fondly remember working with Dr. Merchant.

Dr. Tom Merchant gave introductory remarks on behalf of the family. "My father was a real believer in education and, though he was never one to speak of his accomplishments, I'm sure he would be truly pleased having a lecture series in his name." He enumerated some of his father's remarkable achievements, including developing an X-ray technique for better diagnosing problems of the patellofemoral joint that became known as the "Merchant View of



*Dr. Bob Merchant cut the ribbon as his brother Dr. Tom Merchant, mother Joan Merchant, and Dan Woods looked on.*

the Knee," a frame to support the legs and position the knees to achieve that radiographic view that became known as the "Merchant Board," a patellofemoral joint replacement, and a surgical technique to realign the patella, controlling pain and instability. "Though his more visible accomplishments are in some ways the foundation for this lecture series, I think his and my mother's deep connection to El Camino Health is the real driving force," Tom noted.

Dr. Alan Merchant died on December 3, 2023 at the age of 92. He is remembered for his exceptional patient care, and his kindness endeared him to patients, nurses, and hospital staff. In

addition to pioneering numerous advancements, he published many papers and textbook chapters and owned multiple patents. The International Patellofemoral Study Group and the Bay Area Knee Society both acknowledged his contributions with lifetime achievement awards.

The Merchant Family's gift is recognized on a plaque that describes Dr. Alan Merchant's enduring contributions to the field of orthopedics. It is mounted in the hallway facing the 4A nurses station on the 4th floor of the Mountain View patient tower, where he took care of patients. The plaque was dedicated during a small celebration before the lecture.



*Cheryl Reinking, RN, Sharon and Dr. Tom Merchant, Dr. Bob Merchant, Joan Merchant, Janet Gonzales, Dan Woods*



*Dr. Tom Merchant gave introductory remarks on behalf of the Merchant Family.*

# El Camino Health Foundation Receives Gift to Endow Hope to Health Women's Giving Circle

*Continued from page 1*

philanthropy, the first committee of the Foundation to do so, and she guided an update of the Foundation's bylaws.

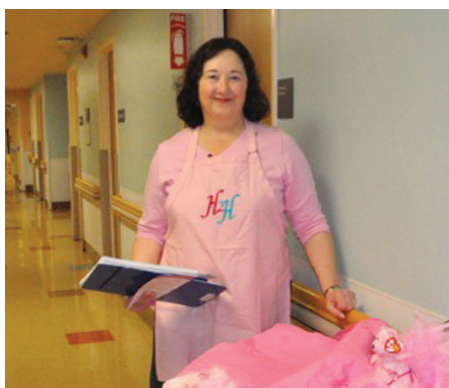
Linda began experiencing ovarian cancer symptoms in early 2020 but her gynecologist dismissed them. Thanks to an educational Hope to Health program about the silent killer, Linda listened to her body and sought a second opinion in the fall, which confirmed her suspicion. "When she started getting care at El Camino Health, that's when things really turned around," Dave recalls. "She would have passed away a lot sooner without it." Linda credited the H2H program for saving her life. "The value of H2H," she said in April 2024, "is the health education it provides for women at all stages of life, the mutual

support that members give each other, the opportunity to serve the greater community, and the philanthropy we direct to improve the health of women and families through programs at El Camino Health."

"Linda's interest in H2H and her actions as a lawyer were all about helping others. Her message regarding healthcare is educate yourself so you can be your own advocate. We had a wonderful life together outside of our careers and were proud of one another's professional accomplishments. I miss her intensely," Dave shares. His loving tribute gift will perpetuate her life's work and contribute to the advancement of healthcare for women and families at El Camino Health for generations to come.



*"Linda's interest in H2H and her actions as a lawyer were all about helping others. Her message regarding healthcare is educate yourself so you can be your own advocate. We had a wonderful life together outside of our careers and were proud of one another's professional accomplishments. I miss her intensely," Dave shares.*



Betsy Dawes, Peggy Dent, Pauline Nist, Donna Whitney and Linda Rodgers presented the 2008 H2H grant.

## A Feast for the Senses

The new Hope to Health season will open on September 9 with a special event at a private Los Altos Hills farm. Members and guests will be guided on a private farm tour and Erin Gleeson, author, illustrator, and photographer behind the *New York Times* bestselling cookbook *The Forest Feast*, will teach a watercolor class using the fruits and vegetables they choose. Dr. Iulia Giuroiu will talk about lung cancer, particularly as it affects women. This event is presented in memory of longtime Hope to Health member Linda Rodgers.

Register online at  
<https://support.elcaminohealth.org/FARM>





# Hope to Health Celebrates a Year of Growth, Renewal, and Impact

Members of Hope to Health (H2H) caught up with friends, sipped local wine, and grazed on beautifully plattered cheese and charcuterie at **Feast and Floral in Redwood City on May 28**. The delightful gathering, the third since October, culminated a year of friendship and learning, growth and renewal for the women's giving circle.

Lauren Johnson, manager of operations for the Scrivner Center for Mental Health & Addiction Services, reported back on how H2H's September grants are being used to provide psychological support in the Orchard Pavilion both to parents with babies in the neonatal intensive care unit and to antepartum women hospitalized due to complications of pregnancy, and also, as of May 1, to cancer patients. She credited Hope to Health for providing the seed funding that launched several of the Scrivner Center's programs over the years, including MOMS for women with perinatal anxiety and depression, and ASPIRE for youth and young adults. "We are serving up to 150 people per day in our outpatient services because we have this beautiful building [the Taube Pavilion], which you supported," she added. "The work you do is really meaningful. I love that you are a group of women leaders. The whole team appreciates all this support."

Maja Nelson and her daughter Sam Kotmel shared the emotional story of their family's journey through Sam's teenage mental health crisis and how ASPIRE changed her life. "You have founded programs that save lives, that



*Lynn Telford and Andrew Cope*

saved my life," said Sam, who still uses the skills she learned. She is now working as the Scrivner Center's ASPIRE outreach coordinator and plans to start a graduate program in marriage and family counseling this fall.

Foundation President Andrew Cope celebrated and thanked outgoing Hope to Health Chair Lynn Telford, who helped keep the group together through COVID. As the program concluded, members gathered at the flower bar and made colorful bouquets to take home.

Hope to Health members pool their \$1,000 dues each year and vote to determine the El Camino Health program to support with their combined philanthropy. They hold three fun social events throughout the year during which



*Betsy Dawes and Dr. Katherine Taylor*

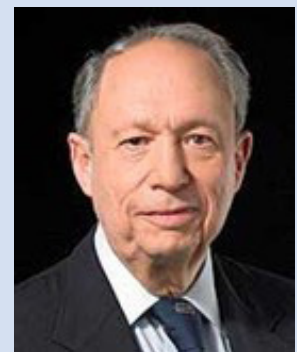


*Nancy Houston Miller, Belinda Chung, Judie Wolken*

they also learn about women's health. Join now so you are entitled to member benefits and can have a vote in October when the next grant proposals are considered. The more members the greater their impact. New members are always welcome. To learn more, contact Annual Giving Officer Katie Kehriotis, [katie\\_kehriotis@elcaminohealth.org](mailto:katie_kehriotis@elcaminohealth.org).

## In Memoriam: Stanley Fischman, MD

**El Camino Health Foundation remembers with fondness Dr. Stan Fischman, who passed away on March 27, 2025.** Stan was a child and adolescent psychiatrist who practiced at El Camino Health for decades. He was invited to join the Foundation Board of Directors in 2012 and served three 3-year terms, after which he joined the Foundation Honorary Board. He also served on the Physician Advisory Committee of El Camino Hospital's Genomic Medicine Institute, which launched in 2009 and closed several years later. Stan was an amazing human being – a kind, generous, smart and giving soul. He worked with Michael Fitzgerald to help create ASPIRE and MOMS in the early years and believed deeply in the work of the Scrivner Center for Mental Health & Addiction Services.





## Kelly Corrigan Tells Us More at Norma's Literary Luncheon

Journalist, storyteller, and best-selling author Kelly Corrigan enchanted more than 200 guests with her humor, empathy, and insight at the 13th annual Norma's Literary Luncheon on February 6, 2025. The benefit, which was held at Sharon Heights Golf & Country Club, raised close to \$150,000 for a dedicated breast cancer patient navigation program at El Camino Health.

Norma's Literary Luncheon is held each year in memory of El Camino Health benefactor Norma Melchor to perpetuate the five-decade book club member's legacy of support for the healthcare system and share her love of reading. Kelly opened her remarks by asking, "What would Norma do? She would talk about books, friendship, and doing good deeds."

The author wove those themes into her talk, which focused on personal stories that inspired her to explore 12 phrases in her latest book, *Tell Me More*. Her honest, empathetic, and often amusing examination of simple words like "I was wrong," (as opposed to "I'm sorry"), "good enough," and "it's like this," detail journeys of self-discovery, acceptance, and deepening relationships that offer valuable insights for everyone.



*Kelly Corrigan*

El Camino Health breast surgical oncologist Tran Ho, DO explained the need for the specialty breast cancer patient navigation program. "A diagnosis of breast cancer can feel like being dropped in an unfamiliar city without a map," she told the audience. "A patient navigator can be the GPS," decoding jargon, providing information about what to expect, treatment options, and support services, and coordinating appointments to minimize delays so "the patient's only job is to show up." The aim is to ease anxiety so the patient can

reserve their energy for the path to recovery and survivorship. "Delivering supportive, comprehensive breast cancer care is a big undertaking," Dr. Ho concluded, thanking the attendees for their support. "Together we are making a meaningful impact on the lives of our patients and their families on this journey."

Norma's Literary Luncheon was underwritten by the Melchor family and chaired by Lane and Lindsey Melchor in loving memory of Norma.



*Betsy Dawes, Judie Wolken, Kelly Corrigan, Livy, Lindsey and Lane Melchor*

*"Delivering supportive, comprehensive breast cancer care is a big undertaking," Dr. Ho concluded, thanking the attendees for their support. "Together we are making a meaningful impact on the lives of our patients and their families on this journey."*





*Julia Miller and Romina Ahuja*



*Seated: ZaZa Wu, Barbara Slaton, Charlene Borneo, Mary Merkert; Standing: Karen Cottle, Carrie Anderson, Gale Bitter, Ann Elizabeth Hill, Mary Scrivner, Lori Arthur Stroud*



*Gall Dammert, RN, Dr. Tran Ho, Christine Robbins, OCN*



*Dr. Haleh Agdassi, Archana Appanna, Amy Stewart, Vivian Lufkin*



*Sue Cork, Donna Wilson, Judie Wolken, Mary McCaskey, Pam Armstrong*



*Agnes Roey, RN, Val Sweeney, Deedee McMurtry, Liz Weigen, Dana Moe Halley, Annarosa Tomasi, Keyko Pintz*



## Virtual ASPIRE Parent Workshops Provide Education and Encouragement

The Scrivner Center hosted monthly ASPIRE virtual workshops from July 2024 through June 2025 that provided insights, tips, and strategies to help parents navigate the challenges of the adolescent years. Facilitated by a licensed ASPIRE clinician, the lunchtime Zoom sessions were designed to empower parents with essential knowledge and skills to foster their children's mental health and wellbeing. They were presented through a generous gift from the Thomas and Donna Whitney Education Foundation.

The timely workshop topics covered a wide range of issues from building structure for summer and preparing for the return to school in August, to managing screen addictions and technology use, fostering healthy sleep habits, and coping with emotional outbursts. Other sessions provided information about mental health resources and strategies for parents' self-care. The last two subjects were setting boundaries that encourage self-reliance, emotional resilience, and positive family relationships, and skills for better communication.

Nearly 700 parents registered for the workshops and participants' feedback was overwhelmingly positive. "The slides and initial teaching were great. However, using what was said to answer the real-life situations was very helpful," one parent shared. "This was so well done and so needed. I currently have a therapist for myself and she has been talking about DBT [dialectical behavioral therapy] and distress tolerance. It helps to hear it again in a workshop forum," said another.



## ASPIRE Symposium Explores Link Between Digital Devices and Youth Mental Health

Award winning science journalist

Catherine Price, a core member of the team behind Jonathan Haidt's *New York Times* bestselling book *The Anxious Generation* and a



Catherine Price

leading voice in the national conversation about digital devices and how to create healthy relationships with technology, was the featured speaker at El Camino Health's 2nd Annual ASPIRE Virtual Youth Mental Health Symposium on May 1.

The educational program, which is underwritten by a gift from the Thomas and Donna Whitney Education Foundation, provides information and practical advice for educators, healthcare providers, and parents of tweens, teens, and young adults. The topic was creating healthy boundaries with digital devices, which attracted 595 registrants from four countries and 17 states. These devices "have become a major source of stress, distraction, and constant comparisons for youth and young adults," says Dr. Jennifer Zumarraga, medical director of child and adolescent psychiatry at El Camino Health, who has seen an increase in anxiety, depression, and related symptoms such as eating disorders, self-harm, and suicidality among patients.

Catherine Price traced the crisis in youth mental health to the invention of the iPhone, which, between 2010 and 2015 led to what she calls "the great rewiring of childhood" from a time of play to time on a smartphone. She explained that these device platforms are deliberately designed to be addictive, which prevents children who spend hours a day on screens from having other experiences and interferes with healthy behaviors, such as sleep and exercise, at a time of

life they are particularly vulnerable because their brains are still developing. In short, she says, "These platforms are inherently unsafe for children... but there are alternatives."

### Price made the following recommendations:

- Identify your values to create a framework for making decisions.
- Model the habits you want your children to have (in other words, "break up with your phone").
- Help children see that they will have more time for fun if they are not glued to their screen.
- No smartphones before high school.
- Phone free schools from bell to bell.
- No social media accounts before age 16.
- Create more opportunities for independence and time for free play.
- Build a team with like-minded parents so your child is not the only one.

"What will our kids miss out if they don't give up their smartphones? I would argue it's their childhood," she concluded.

The symposium closed with a panel featuring Dr. Bradley Zicherman, the treating psychiatrist for El Camino Health's QUEST program for youth with both a habitual behavior and a mental health condition, Nahal Zakherani, PhD, and Catherine Price. Dr. Zicherman urged families to start media planning far earlier than they will need to implement it, when their children are very young. All urged parents to set boundaries, brainstorm with their children so the children feel empowered to make decisions, and listen with empathy. Any signs of functional impairment, like a change in sleep habits or family engagement, declining grades, lack of self-care, not going out can be caused by problematic media use. Often, symptoms like a major depressive episode resolve when that is addressed. El Camino Health is here for your family if you need more help.



# Taft Innovation Fund Is Transforming Patient Care at El Camino Health

In 2023, Pamela and Edward Taft made a multi-year gift commitment that established the Taft Innovation Fund. Their aim was to help El Camino Health stay at the forefront of new healthcare technology and continue to adopt the latest and best practices to improve patient care. El Camino Health leadership selected eight projects for initial implementation. Three are already transforming healthcare delivery at our hospitals.

- **Robots for Rapid and Efficient Delivery and Patient Navigation**

For hospital visitors, the robots that roam the hallways to deliver medications from the pharmacy, take samples to the laboratory, and help patients and visitors navigate to their destination, are the most obvious innovations. “Patients actually love the wayfinding robots,” says Chief Technology Officer Deb Muro. They highlight the organization’s investment in technology and the novelty relieves the stress of coming to a hospital. Staff appreciate the increased efficiency, which allows them to spend more time with patients.

- **Artificial Intelligence: Improving Patient Experience and Clinical Outcomes**

Artificial intelligence is transforming radiology and patient-physician communication. RAD AI software automatically generates



*Robots deliver medications from the pharmacy, take samples to the laboratory, and help patients and visitors navigate the hospital.*

reports from the impressions radiologists dictate and includes published guideline recommendations so physicians don’t need to search for them. AIDOC, another new tool, uses artificial intelligence and image recognition to analyze CT scans and flag abnormalities, prioritizing life-threatening cases for the physician to review first, which expedites care for the most acutely ill patients. At doctor visits, a generative artificial intelligence documentation system produces the clinical notes and updates the electronic health record for the physician’s review. This gives physicians more time to spend on direct patient care and eases their administrative burden.

- **Real Time Patient Communications and Locator System**

El Camino Health is deploying a real time location system that uses technology to find equipment, medical devices, patients, and staff. The technology enables staff to easily notify others if they are under duress, a reassuring safety feature for hospital workers, who are at high risk of experiencing violence in

the workplace. Since March, more than 1,200 staff members have begun wearing the new badges, and more than 50 alerts have been triggered. “I feel safer knowing that help is a button push away. It was amazing how fast security arrived when I pushed the button,” one reported.

The other five innovations focus on creating a quiet healing care environment while advancing clinician communications with smartphones, wearable devices for inpatient and remote patient monitoring, providing a frictionless digital clinical experience from the time a patient seeks an appointment through receipt of care and follow-up, an enhanced hospital visitor and entrance management system, and the deployment of virtual reality to improve the patient experience. These innovations are in various stages of implementation with the first two scheduled to phase in this year. The next wave will create a complete digital ecosystem that eases the patient’s healthcare journey and facilitates the medical team’s work.



*El Camino Health staff show off their new safety badges.*

*The technology enables staff to easily notify others if they are under duress, a reassuring safety feature for hospital workers, who are at high risk of experiencing violence in the workplace.*



2500 Grant Road  
Park Pavilion, Mailstop PAR116  
Mountain View, CA 94040

*Save the Date!*

# **29<sup>TH</sup> ANNUAL EL CAMINO HERITAGE GOLF TOURNAMENT**

**MONDAY, OCTOBER 20, 2025  
SILVER CREEK VALLEY  
COUNTRY CLUB**

For more information, please contact Sarah Garcia-Angulo  
at [sarah\\_garcia-angulo@elcaminohealth.org](mailto:sarah_garcia-angulo@elcaminohealth.org)  
or 650-988-7687

