

# 2016

## COMMUNITY BENEFIT REPORT

For the fiscal year ending June 30, 2016

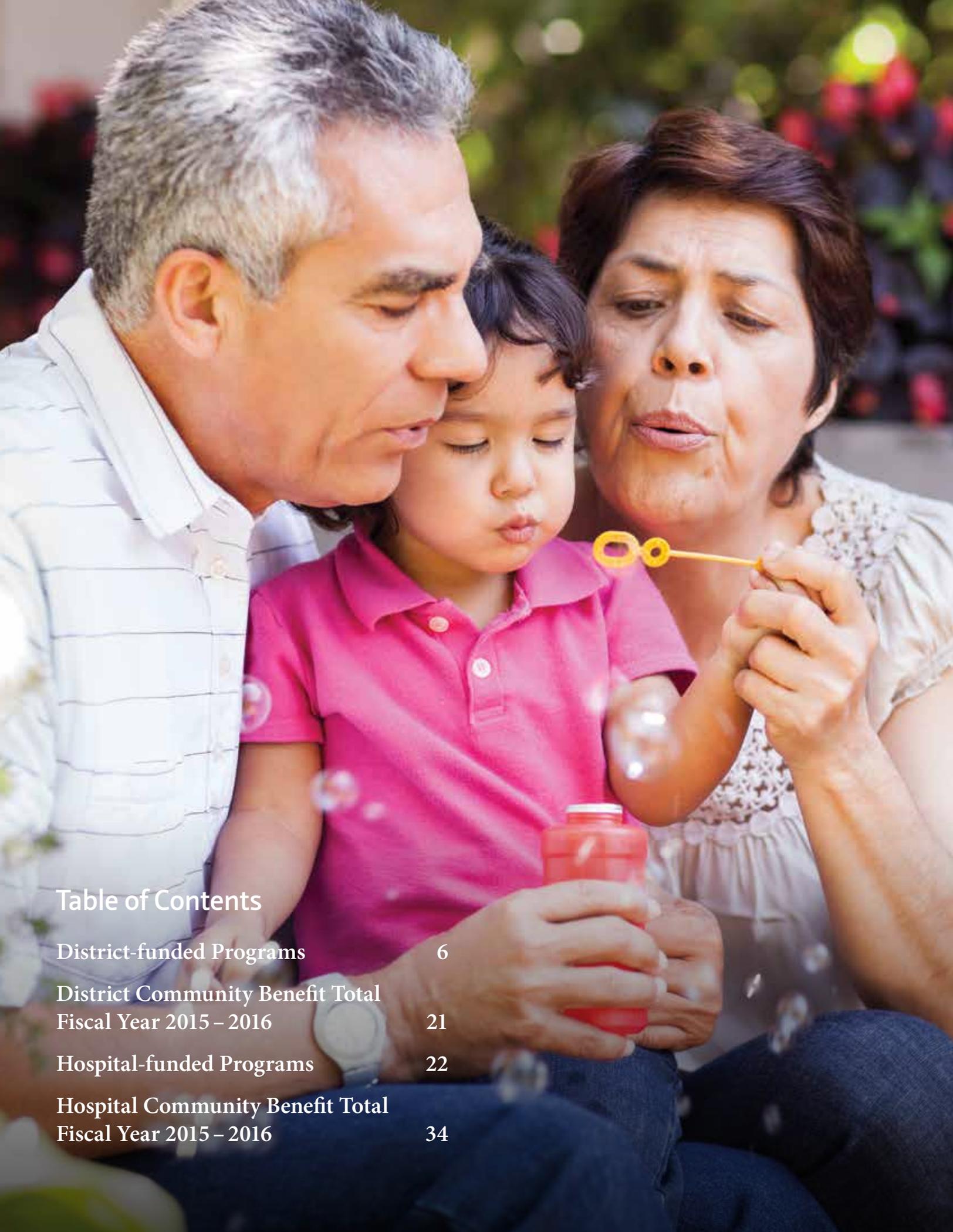
Published: October 2016



EL CAMINO HEALTHCARE DISTRICT



**El Camino Hospital**<sup>®</sup>  
THE HOSPITAL OF SILICON VALLEY



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# 2016

## COMMUNITY BENEFIT REPORT

This report covers Community Benefit activities for El Camino Healthcare District and El Camino Hospital during fiscal year 2015 – 2016. This report is divided into two sections and contains descriptions, success stories, and a financial summary for each entity. Although El Camino Healthcare District and El Camino Hospital have separate, individually funded Community Benefit programs, both strive to improve the health and well-being of our community as a whole by investing in:

- Programs for the uninsured and those with barriers to vital care
- Activities that foster the overall health of the community
- Partnerships and sponsorships that strengthen the capacity of community health services

### **Additional El Camino Hospital Information**

The 2016 Community Benefit Plan, 2016 Community Benefit Report, and Community Health Needs Assessment are available at [www.elcaminohospital.org/communitybenefit](http://www.elcaminohospital.org/communitybenefit)

### **Additional El Camino Healthcare District Information**

The 2016 El Camino Healthcare District Community Benefit Plan and 2016 Community Benefit Report are available at [www.elcaminohealthcaredistrict.org/communitybenefit](http://www.elcaminohealthcaredistrict.org/communitybenefit)



El Camino Hospital, Mountain View



## COMMITTED TO IMPROVING COMMUNITY HEALTH

### El Camino Healthcare District Community Benefit Program

El Camino Healthcare District makes a significant contribution to the health of the surrounding community through the Community Benefit program. The goal is to meet the needs of underserved and at-risk residents in the District boundaries. Through its funding of programs administered by agencies that include nonprofits, school districts, and other community-based organizations, the District makes a significant contribution to addressing unmet health needs in our community.

All funds are approved by the El Camino Healthcare District Board of Directors.

### El Camino Hospital Community Benefit Program

El Camino Hospital is an independent, nonprofit organization committed to delivering personalized care that meets the needs of patients, their families, and the community as a whole. Under the umbrella of Community Benefit, the hospital supports other organizations with similar goals throughout the expanded service area, including West San Jose, Campbell, Los Gatos, parts of Cupertino, Saratoga, and Santa Clara. The hospital's Community Benefit efforts cover various categories:

- Providing financial assistance (charity care)
- Subsidizing qualified health services
- Training and education for health professionals
- Covering unreimbursed Medi-Cal costs

All funds are approved by the El Camino Hospital Board of Directors.

### What Are the Unmet Health Needs in Our Community?

Every three years, El Camino Hospital conducts a community health needs assessment (CHNA) to identify Santa Clara County's most pressing health concerns. The CHNA combines public health data with community input gathered from public health experts, frontline service providers, clients/patients, and residents. The results are reviewed by the Community Benefit Advisory Council (CBAC), a group of community members with knowledge about the health disparities impacting the local community. The final report helps inform the decisions about which organizations to support with Community Benefit funds.

*“Despite our area’s great prosperity, many do not have access to doctors, dentists, healthy food or sound health information. We partner with nonprofits, community clinics and school districts to fund critical, culturally appropriate programs. Every year, thousands of people receive primary care, dental care and mental health services. It takes more than a village and we have deepened our ongoing relationships with local organizations to be a key partner in our community.”*

**Cecile Currier**, Vice President of Corporate & Community Health Services, El Camino Hospital, and CEO of CONCERN:EAP

## How Are Community Benefit Funds Allocated to Meet Those Needs?

Once the greatest health needs are identified from the triennial CHNA, El Camino Hospital Community Benefit staff oversees the administration of the program for both the district and the hospital. Each year, they prepare individual plans for El Camino Healthcare District and El Camino Hospital, with valuable input from the CBAC. Prospective grantees submit detailed applications with their goals, budgets, and accountability metrics. Requests for funding are then carefully evaluated. Using the findings of the CHNA as a guide for documented needs, the CBAC reviews the applications and provides recommendations.

Programs selected for funding must address one of the four identified priorities:



# OUR COMMUNITY BENEFIT GRANTS



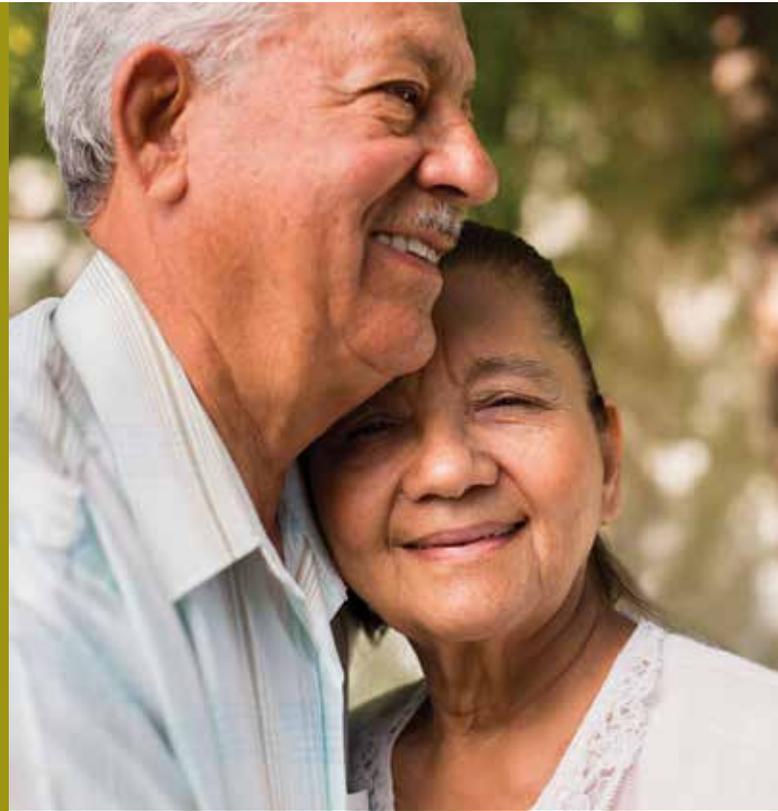
Healthcare Access

# 15%

OF SANTA CLARA COUNTY  
RESIDENTS ARE UNINSURED

**Our Response:**

- School nurses who provide screenings, case management, and link students to care
- Medical services for the uninsured and the homeless
- Dental care for adults
- Transportation to appointments for seniors



Mental Health

# 20%

OF YOUNG PEOPLE EXPERIENCE MENTAL  
HEALTH CONDITIONS such as depression,  
anxiety, eating disorders, academic stress,  
and substance abuse

**Our Response:**

- Youth and adult counseling, psychiatric services, and medication management
- Youth emotional development programs
- Crisis intervention
- Domestic violence services



# SUPPORT FOUR KEY HEALTH PRIORITIES



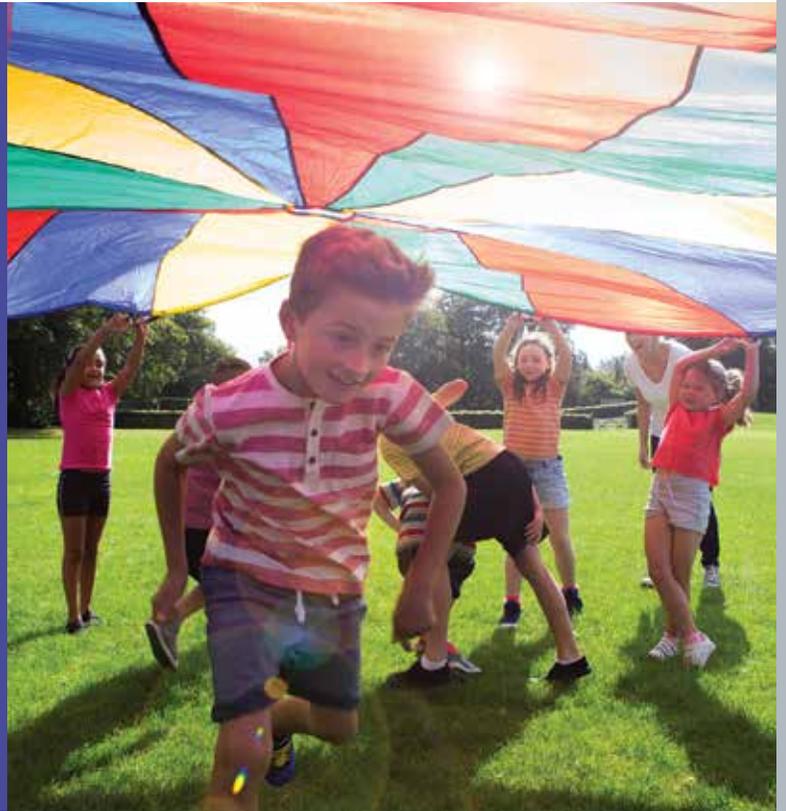
## Healthy Eating and Physical Activity

# 54%

OF ADULTS IN SANTA CLARA COUNTY  
ARE OVERWEIGHT OR OBESE

### Our Response:

- Access to healthy food and nutrition education
- Programs encouraging physical activity and positive behavior in schools
- Raising awareness about consequences of poor nutrition and inactivity



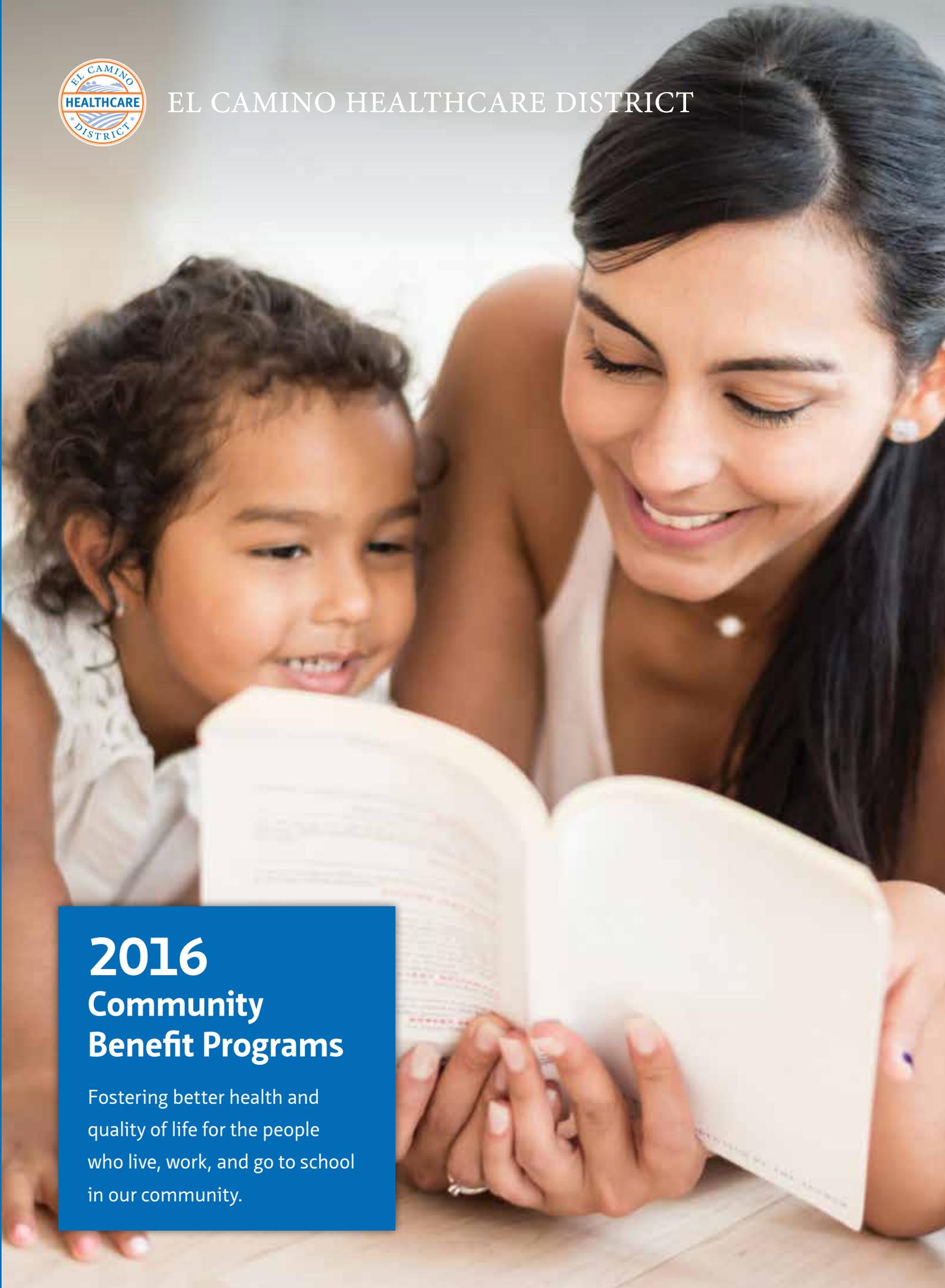
## Community Health Education

# 90%

9 OUT OF 10 ADULTS HAVE DIFFICULTY  
USING EVERYDAY HEALTH INFORMATION  
available in healthcare facilities, retail  
outlets, media, and communities

### Our Response:

- Health screenings, care referrals, and eldercare consultations
- Community events and culturally appropriate interventions
- Consumer health library and resources



## 2016 Community Benefit Programs

Fostering better health and quality of life for the people who live, work, and go to school in our community.

Dear Community Members,

Since our inception in 1956, the El Camino Healthcare District has sought to address our community's evolving health needs. Good healthcare options are available, but sadly, too many in our community remain underserved, uninsured, or experience other barriers to accessing healthcare and achieving a healthy lifestyle. The health needs in our community have also evolved over time, as has our understanding of the most appropriate, effective interventions and prevention strategies. Chronic conditions (such as diabetes, hypertension, obesity, and depression) present significant challenges to the well-being of our neighbors, and the climate in our schools.



In FY 2016, El Camino Healthcare District Community Benefit funds helped us meet the needs of our most vulnerable neighbors through partnerships with school districts, community service agencies, safety net clinics, and other nonprofits. Our Community Benefit grants supported programs such as the Valley Health Center Sunnyvale and the Lucile Packard Teen Health Van. We funded Medical Respite to give hospitalized homeless people a place to recover after discharge, and Momentum for Mental Health to provide case management for people with mental health conditions. We also continued to support programs providing nutritious meals, health and wellness education and helping to reduce bullying and risky behaviors among youth. In FY 2017 we are launching a District-wide Hypertension Initiative in partnership with the American Heart Association to combat the silent, deadly disease of high blood pressure.

Our Community Benefit partners' efforts have yielded meaningful results that benefit the entire community. It is important to understand that the best treatment of any disease is its prevention. We are honored to continue our ongoing partnerships with so many dynamic and effective organizations and are proud to be a part of these community health solutions.

Sincerely,

Peter C. Fung, MD, MS, FACP, FAAN, FAHA  
FY16 Chair, Board of Directors, El Camino Healthcare District



## EL CAMINO HEALTHCARE DISTRICT

Fiscal Year 2016 Grant Recipients

Community Services Agency – Mountain View  
Cupertino Union School District  
Immunization Program  
Lucile Packard Foundation – Teen Health Van  
MayView Community Health Center  
Medical Respite Program  
Mountain View Whisman School District  
New Directions  
Pathways Home Health and Hospice  
RoadRunners Patient Transportation  
RotaCare Clinic  
Sunnyvale Community Services  
Sunnyvale School District  
Valley Health Center Sunnyvale  
Working Partnerships USA



Community Health Awareness Council (CHAC)  
Friends for Youth  
Law Foundation of Silicon Valley – Mental Health Advocacy Project  
Momentum for Mental Health  
Mountain View Los Altos Union High School District  
National Alliance on Mental Illness Santa Clara County (NAMI)



5210 Health Awareness Program  
Bay Area Women's Sports Initiative (BAWSI)  
GoNoodle  
Hope's Corner  
Living Classroom  
Playworks  
Sunnyvale Community Services



Alzheimer's Association  
Cancer CAREpoint  
Chinese Health Initiative  
Day Worker Center of Mountain View  
Eating Disorders Resource Center  
Family and Children Services of Silicon Valley  
Health Library & Resource Center  
Mountain View – El Camino Hospital  
South Asian Heart Center





PRIORITY 1

22,730

PEOPLE SERVED

50,420

SERVICES PROVIDED

## Care When and Where It's Needed Most

### Valley Health Center Sunnyvale

Valley Health Center Sunnyvale provides high-quality, cost-effective medical care to low-income families in northern Santa Clara County. The clinic serves as a medical home where patients can receive ongoing healthcare, including integrated mental health services. The partnership with El Camino Healthcare District helps fund the Valley Health Center's evening Express Care Clinics, which provide underserved patients with access to medical services. Dental care is another essential offering: Because the working poor can't afford dental care, they often suffer from dental disease and tooth loss. To make sure patients get the care they need, the Health Center offers appointments all day, five days a week, and extended evening hours.



## ONE IN FIVE

MOUNTAIN VIEW RESIDENTS  
LIVES BELOW 200% OF THE  
FEDERAL POVERTY LEVEL.

### Working Partnerships USA

Working Partnerships USA engages and mobilizes community healthcare organizations to provide medical coverage to uninsured individuals and families. Together with their partners and engaged community members, Working Partnerships persuaded the Santa Clara County Board of Supervisors to adopt the Primary Care Access Program, which helped local individuals get health insurance. However, many community members remained uninsured or underinsured. Many were undocumented Spanish speakers with little knowledge of English and South Asian immigrants with temporary work visas. To reach these vulnerable populations, Working Partnerships assembled and trained a Neighborhood Action Team of 20 bilingual and bicultural community outreach workers.

## MayView Community Health Center

Were it not for MayView Community Health Center, many low-income individuals would need to seek care at emergency departments, even for non-emergency conditions. Instead, they receive convenient, compassionate care from one of MayView's three clinics. The clinics provide a broad range of services, including primary and preventive care for children and adults, perinatal services, acute care, management of chronic conditions, and health screenings. The clinics also provide counseling in the areas of nutrition, exercise, smoking cessation, and HIV/AIDS and STD prevention. Besides English, care providers also speak Spanish, Hindi, Telugu, Russian, Sinhalese, Farsi, Turkish, Gujarati, and Punjabi. Funding covers support for uninsured community members, immunization services for children, social work services, and chronic disease management.

## Lucile Packard Foundation Teen Health Van

About a quarter of California children ages 0–17 are uninsured or underinsured. El Camino Healthcare District funds mobile health services to underserved and homeless teens, offering free medical care, counseling, and other vital programs. First-time visits include appointments with a doctor or nurse practitioner, social worker, and dietitian. Services range from complete physicals and immunizations, to acute illness and injury care, to gynecological care, STD testing, HIV counseling, and more. This program is offered at the Mountain View Los Altos High School District.

Teens are assessed and referred to specialized counseling, for nutrition education, substance use, risky behavior reduction, and mental health conditions.

## Sunnyvale Community Services Case Management

Sunnyvale Community Services is the safety net agency in Sunnyvale, serving the working poor, seniors, children, and the homeless. Through District funding, Sunnyvale Community Services provides comprehensive case management, advocacy, educational workshops, and benefit application assistance for the community's most vulnerable individuals and families. In its third year, the program has helped clients access medical equipment, eyeglasses, dental care, surgery, medication and housing assistance.

## The Language of Caring

A 37-year old woman came to Mayview Community Health Center with breast pain. After her exam, the physician recommended an over-the-counter pain medication and a referral for a mammogram. The patient was initially scared, fearing the unknown or that she had breast cancer. The physician spent additional time explaining the need to wait for mammogram results. The patient, who did not speak English, was in tears and uncomfortable sharing her personal information. After a brief conversation, the patient revealed that she could not afford pain medication. The physician was able to help out by supplying the patient with medication from the clinic. The patient calmed down, left happier, and went through with her mammogram. The results were negative and everything was normal.

This is a typical story at Mayview — providing care and addressing barriers to wellness with sensitivity and compassion.

*“Having this resource at school where I spend much of my time is very convenient. It has been a big help to me and to other kids who come from low-income families and don't have health insurance.”*

Jessica Villeda, Former Patient, Teen Van

# 10%

OF SANTA CLARA COUNTY RESIDENTS LIVE BELOW THE FEDERAL POVERTY LEVEL.

## Healthcare Earns High Marks in Schools

### Mountain View Whisman School District

Many of the students attending school in the Mountain View Whisman School District come from underserved families and are uninsured or underinsured. In the past, this school district had a high degree of student absenteeism related to uncontrolled or untreated illnesses in the student population. Children who miss a lot of school fall behind academically and are at risk for dropping out before they finish high school. School nurses help prevent absenteeism.

El Camino Healthcare District Community Benefit funded two of the school district's three full-time nurses, as well as a health aide. This level of staffing helped ensure students were able to receive treatment for minor illnesses and injuries occurring at school. Youth requiring nursing intervention to manage chronic illnesses got the help they needed, such as insulin shots for children with type 1 diabetes. Nurses followed through so that children who failed hearing, vision, or dental screenings saw a doctor for follow-up care. Funding also provided assistance for families who were having difficulty accessing the necessary resources for their children's healthcare.

### Sunnyvale School District

The student population at Sunnyvale School District includes a high percentage of families with socio-economic challenges. Currently, 36.8 percent of students receive free or reduced-fee lunches and 24 percent are English learners. Their families may be uninsured or underinsured. Over the past several years, funding from the El Camino Healthcare District Community Benefit Program has increased nursing staff for the Sunnyvale School District by 66 percent. A larger healthcare staff is needed to provide support and in-school management for children who are medically fragile or suffer from chronic conditions, such as muscular dystrophy, cerebral palsy, or neurological impairments. Nurses also worked with families to make sure children who failed health screenings got the timely medical follow-up they needed.

## Help for the Homeless

### Medical Respite Program

Most people who are hospitalized expect to recover in the comfort of home. But what if someone is homeless? Because they lack a safe, clean place to heal and recuperate, homeless patients are more likely to be hospitalized. El Camino Healthcare District Community Benefit's support of Medical Respite helps both the homeless and the community at large. Medical Respite provides a compassionate place for homeless patients to receive care after a hospital stay. While in Medical Respite, patients get assistance applying for public benefits and get help finding housing and a primary care home.

## Serving Seniors Well

### Community Services Agency – Mountain View

Santa Clara County is home to over 280,000 adults over the age of 65, accounting for 15.7 percent of the population. By 2030, 27.6 percent of residents will be over age 60. This shift is having a direct effect on community healthcare needs, as seniors typically develop multiple chronic medical conditions over time. Funding from El Camino Healthcare District Community Benefit Program helped Community Services Agency Mountain View and Los Altos provide an intensive case management program for chronically ill seniors. Through an approach that combines nursing and social work, this agency assists seniors in finding services that help them stay healthy by reducing the risk of falls and avoiding unnecessary emergency room visits and hospitalization.

### Pathways Home Health and Hospice

People who are uninsured or underinsured are generally unable to pay for the necessary home health services prescribed by their physician. Ending care prematurely can slow their recovery or result in a trip to the emergency department. With this grant, underserved patients obtained vital care through Pathways Home Health and Hospice. Pathways provides compassionate, family-centered, quality care for seriously ill patients. Services cover home healthcare, palliative care, and hospice care, and education for patients and caregivers.



## Helping Seniors Get Around

### RoadRunners Patient Transportation

Transportation can be a challenge for seniors who no longer drive or lack access to public transportation. In many ways, transportation is key to remaining independent. Without a ride, an older person can't get to a doctor's appointment, pick up prescriptions, or even just go the grocery store. In addition to driving people to medical appointments, RoadRunners provides door-to-door transportation to senior centers, local banks, and markets. The RoadRunners Transportation Program has a fleet of experienced, friendly drivers who provide thousands of rides each year. In addition to seniors, RoadRunners also provides rides to people with disabilities and others in need.



**ONE IN SIX**

**OLDER ADULTS HAVE DIFFICULTY GETTING TO THEIR MEDICAL APPOINTMENTS** and other services needed to maintain independence.



PRIORITY 2

1,733

PEOPLE SERVED

11,712

SERVICES PROVIDED

## Filling the Gaps in Mental Healthcare

### Momentum for Mental Health

Many people with mental health conditions remain untreated due to lack of insurance or inability to pay. Without Momentum for Mental Health's La Selva Community Clinic, these vulnerable individuals would utilize hospital emergency rooms in times of crisis and risk losing employment when they get sick. Momentum for Mental Health strives to help people struggling with mental health conditions achieve mental and emotional stability, discover and reach their potential, and fully participate in life. The District grant included psychiatric evaluations, medication management, case management, a medication subsidy program, group therapy, and social activities.

### National Alliance on Mental Illness

The National Alliance on Mental Illness Santa Clara County (NAMI) provides education, comfort, and support for people struggling with severe mental health conditions, as well as for their families. NAMI's Peers on Discharge is the beginning of a comprehensive support system designed to help individuals transition from acute care and reintegrate into the community. This year, Peers on Discharge was able to provide part-time program coordinators to match individuals being treated in psychiatric units with trained peer mentors. Funding also provided part-time salaries for the peer mentors to provide their clients with ongoing support and mentoring.

### Mental Health Advocacy Project

People with mental health disabilities often have legal issues that prevent them from accessing health insurance, appropriate healthcare, and other safety-net services. Lack of insurance makes it hard for them to get mental healthcare and generate the medical records they would need to apply for disability benefits. The Law Foundation of Silicon Valley implements the Mental Health Advocacy Project, which provides onsite legal advisors to help people struggling with mental health conditions obtain the care and services they need.



### Friends for Youth

Friends for Youth helps at-risk youth ages 8–17 avoid risky behaviors, build self-esteem, and develop coping skills and resiliency. Young people are paired with adult volunteers for long-term, one-on-one mentoring. Potential mentors, who go through a rigorous screening and training process, are carefully matched with their mentee. Mentors serve as role models and trusted friends. Mentees have the opportunity for new experiences that show them what is possible for their future while helping to guide them to healthy behaviors.

*“I have felt more happy since meeting Karen. I get to go out to places I never usually go.”*

Ingrid, Mentee, Friends for Youth

### Emotional Support for Children and Teens

#### Community Health Awareness Council

El Camino Healthcare District Community Benefit Program funded two Community Health Awareness Council (CHAC) programs to help support students wrestling with issues such as depression, bullying, stress, and substance abuse. The programs, implemented at the Sunnyvale and Mountain View Whisman School Districts, provided counseling services and information and education about the dangers of substance abuse to students and their families. CHAC’s Just for Kids program provided psychoeducation in emotional intelligence aimed at increasing emotional resilience in children.

#### Mountain View Los Altos High School District Mental Health Services

Students with unmet mental health needs are more likely to skip school. They are at risk for academic failure and some do not graduate. El Camino Healthcare District Community Benefit funds covered the cost for two licensed therapists in the Mountain View Los Altos High School District to help students and their families. Mental health counseling was offered both individually and in small group settings.



PRIORITY 3

18,309

PEOPLE SERVED

## A Taste for Healthy Living

### Hope's Corner

Every Saturday at Mountain View's Trinity United Methodist Church, located at the corner of Hope and Mercy Street, the Hope's Corner nutritious meals program serves a free breakfast and bag lunch to homeless and low-income individuals and families. Seniors make up 63 percent of those served. El Camino Healthcare District funds allowed Hope's Corner to serve quality, nutritious food, including plenty of fresh fruit and vegetables.

*“When you are homeless, you need to stay healthy, and the food at Hope's Corner helps ... I am feeling better since you started serving more fruits and greens.”*

Homeless guest, Hope's Corner



## Living Classroom

The innovative Living Classroom program for grades K–5 in the Mountain View Whisman School District takes kids “back to the garden” through engaging, hands-on lessons on gardening and nature. Children learn about the nutritional value of fresh fruits and vegetables through lessons that integrate Common Core science, math, and social studies standards. While gardening, students also enjoy outdoor physical activity. In addition, Living Classroom works with school food service personnel to incorporate recently harvested produce into the lunch menu, so that kids can enjoy the fruits — and vegetables — of their labor. Children involved in Living Classroom develop healthier nutritional habits and familiarity with how food grows to share with their parents and siblings, with the added benefit of spending more time outside.

*“I’ve seen the kids making better choices in their lunches, and I make a big deal of it when I see them picking salad and other veggies. They tell me that they love the veggies, and they always ask to harvest sugar snap peas when they finish working.”*

**Patti Berryhill**, Garden Manager, Living Classroom



## Meeting Basic Needs through Partnership and Service

### Sunnyvale Community Services Comprehensive Emergency Assistance

According to the Santa Clara County 2010 Health Profile Report, almost two out of 10 Sunnyvale residents and one out of five children under the age of 18 live below 200 percent of the Federal Poverty Level. Nearly 10 percent of Sunnyvale adults report that members of their household sometimes skip meals due to lack of money. Partnership with the El Camino Healthcare District allows Sunnyvale Community Services to provide food and emergency assistance to individuals and families. Clients get help paying for medication and settling outstanding medical bills.

## Moving toward Healthier Youth

### 5210 Health Awareness Program

When it comes to reducing childhood obesity, 5210 is a magic number. The number is the name of a school-focused health campaign funded by El Camino Healthcare District in collaboration with Palo Alto Medical Foundation. The program promotes a health-enhancing lifestyle for kids, which can be summarized as 5210:

- Eat **five** or more fruits and vegetables
- Reduce recreational screen time to **two** hours or less
- Spend at least **one** hour being physically active
- Drink **zero** sweetened beverages

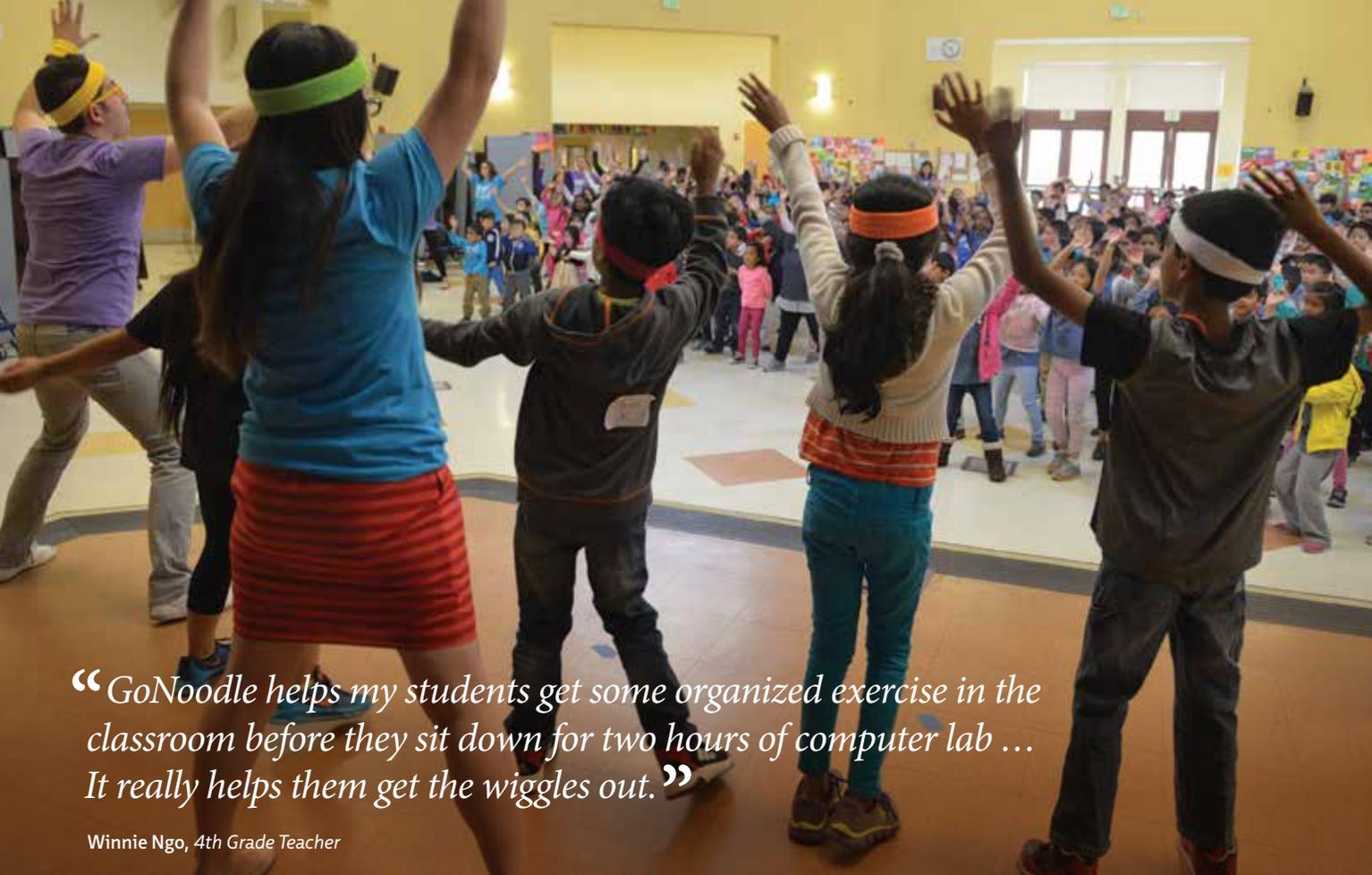
### Playworks

Adopted by schools nationwide, Playworks is designed to encourage physical activity and safe, meaningful play during the school day. Playworks helps schools reduce bullying and behavioral issues by fostering a more positive schoolyard atmosphere, teaching children how to handle competition and resolve conflict without resorting to violence or abusive language. The El Camino Healthcare District Community Benefit Program funded Playworks at seven local schools, including the staffing of a full-time program coordinator/coach.

*“Playworks gives students skills to make positive choices at recess. They have access to equipment, an understanding of game rules, and problem-solving strategies that allow them to be more active and involved at recess.”*

**Brian Schmedick**, *Teacher*, Rosemary Elementary School

*The El Camino Healthcare District also supported the Bay Area Women’s Sports Initiative (BAWSI). See description on page 30.*



*“GoNoodle helps my students get some organized exercise in the classroom before they sit down for two hours of computer lab ... It really helps them get the wiggles out.”*

Winnie Ngo, 4th Grade Teacher

## Helping Kids Focus on Learning

### GoNoodle

GoNoodle was developed to help elementary school children focus and remain engaged during class. Teachers guide the kids through a series of guided “brain breaks,” accessed online. The brain breaks feature cartoon characters and Olympic athletes who guide the kids through breathing, stretching, and energizing exercises. Depending on the classroom atmosphere on a given day, breaks can be used to energize the classroom or calm everybody down.

I love GoNoodle like I love reading books. Getting up and moving during the school day makes me feel cool.

My favorite GoNoodle video is Feel so close, and if I didn't get to play it I would be sad. As a class, we maxed out 22 champs! I think every kid should GoNoodle because it is fun. Here's a drawing of my favorite Champ!

My favorite champ

Sincerely,  
Jodi

GoNoOde



PRIORITY 4

25,214

PEOPLE SERVED

## Health Education and Information

### Health Library & Resource Center Mountain View – El Camino Hospital

Santa Clara County residents rely on the Health Library & Resource Center (HLRC) at El Camino Hospital for a wide range of educational resources, including the most current health and medical data. Membership is free, and patrons have easy access to extensive medical information in several languages. Knowledgeable librarians are available to help with in-depth medical searches. El Camino Healthcare District funds help pay for services and events offered by the HLRC, including free screenings, participation in community health fairs, and Advance Healthcare Directives. The Health Center also has eldercare consultants onsite to provide one-on-one consultations, referrals, and assistance for families caring for an aging relative.

### Eating Disorders Resource Center

The Eating Disorders Resource Center provides screening, expert advice, support groups, and an online directory of resources for people struggling with anorexia, bulimia, or disordered eating.

Funded by El Camino Healthcare District, the Eating Disorder Awareness, Prevention, and Education Program targeted outreach to healthcare professionals, nonprofit organizations, schools, and community leaders with the goal of promoting the early detection and treatment of eating disorders.

## Culturally Appropriate Care

### Alzheimer's Association

The mission of the Alzheimer's Association is to enhance care and support for individuals affected by Alzheimer's and related forms of dementia.

### Asian Dementia Initiative

This initiative serves to increase early detection and intervention for members of Chinese and Korean communities. Access to resources and support is provided for caregivers in both Mandarin and Cantonese.

### Latino Family Connections

Latinos make up 26.8 percent of the population of Santa Clara County. Many Latino families live in multigenerational households with family members serving as caregivers for relatives with Alzheimer's or other dementias. When language is a barrier, access to resources and support can be especially challenging for families. El Camino Hospital funded part-time staff to develop marketing strategies for raising awareness of available programs and to lead outreach to the Latino community. Services included outreach events in Spanish, helpline services, and community presentations.

### Chinese Health Initiative

The Chinese Health Initiative (CHI) raises awareness of health issues affecting the Chinese community, including hypertension, lung cancer, hepatitis B, and liver cancer. The initiative collaborates with El Camino Hospital's Stroke Center, Cancer Center, and Women's Hospital to host educational events and screenings for conditions affecting the Chinese community.

To provide Chinese community members with doctors who speak Mandarin or Cantonese, the Chinese Health Initiative launched a Chinese-Speaking Physician Referral Network, which currently is comprised of 100 physicians. The program also distributes bilingual health education information at key Chinese community events, including the September Fall Festival, Alzheimer's Association Annual Chinese Conference, Chinese American Semiconductor Professional Association Annual Conference, and Tzu-Chi Winter Health Fair.

In addition, CHI is collaborating with the Chinese American Coalition for Compassionate Care to provide Chinese patients with culturally sensitive end-of-life care.

*The El Camino Healthcare District also provided support for the South Asian Heart Center. See description on page 32.*

## Giving a Family Much Needed Respite

Mrs. P comes from Jalisco, Mexico, a community where there are an unusually high number of early onset Alzheimer's cases. Several of Mrs. P's relatives, including her father, died from the disease. Sadly, Alzheimer's did not spare Mrs. P: she was just 41 when she was diagnosed. At 45, she is now bedridden and can no longer speak.

Mrs. P and her husband have three children ages 21, 18, and 15. The 21-year-old has a job, and the other two children are in school. Mr. P works long hours, and his mother and children take turns caring for his wife. Having heard about the family's situation, a staff member at Alzheimer's Association's Latino Family Connections talked to Mr. P about hospice and sent him an application for a respite grant. As a result, Mrs. P is now under hospice care. Hospice has provided the family with a hospital bed, medical items they need to care for her, and a lift so caregivers don't have to pick Mrs. P up every time she needs to be moved.

When Latino Family Connections staff members visited the family recently, they found Mrs. P sitting in a recliner. "My wife knows when I am around," Mr. P explained. "She laughs out loud and gets excited when she hears my voice." He made sure his visitors knew just how grateful he was for Latino Family Connections' assistance. "You don't know how much this means to me that you care."

*“Because the consultation was conducted in Chinese, I could fully express myself as well as clearly understand the dietitian's explanations. Thank you for offering such a service. I hope you can continue the program to help more people, especially to those communities who speak Chinese.”*

Shirley Jeng, Participant, Chinese Health Initiative



## Reaching Out to Those in Need

### Day Worker Center of Mountain View

According to the U.S. Department of Health and Human Services, Latino adults are nearly two times more likely to be diagnosed with diabetes than non-Hispanic Caucasians. They also have higher rates of end-stage kidney disease and are 40 percent more likely to die from diabetes. Latinos also have some of the nation's highest rates of obesity, prediabetes, and unhealthy food consumption — even among those who are food-insufficient. The Day Worker Center of Mountain View focuses on helping Latino day workers reduce their risk for obesity, prediabetes, and diabetes. El Camino Healthcare District Community Benefit funds helped the Center provide 300 nutritious breakfasts and lunches six days a week (15,600 meals) during the year. The Center was also able to add healthy, low-cost local produce to its food donations.

### Cancer CAREpoint

Roughly 10,000 Silicon Valley residents receive a cancer diagnosis each year. Another 61,000 of our community members are already living with cancer. Cancer CAREpoint's mission is to provide free, non-medical support services to cancer patients and their families, regardless of their cancer type, care provider, or insurance status. Services include counseling, classes in nutrition and movement, educational workshops, support groups for patients and caregivers, survivorship workshops, and access to yoga and other integrative treatments.

*“I can't say enough about how wonderful Cancer CAREpoint has been for me and my grandson. We would be lost without them.”*

Sandra, Cancer Survivor

### Family and Children's Services of Silicon Valley

According to an estimate by the Centers for Disease Control and Prevention, one third of women in the United States experience physical violence from a partner or spouse at some point in their lifetime. Unfortunately, domestic violence remains greatly underreported by both the victims and hospital emergency departments. Survivor Services, a program of Family & Children Services Silicon Valley, provides individual and family counseling, outreach, advocacy, and support to victims of domestic abuse and their children. With this grant, the organization hired a half-time clinical case manager, and part-time mental health and outreach specialists.

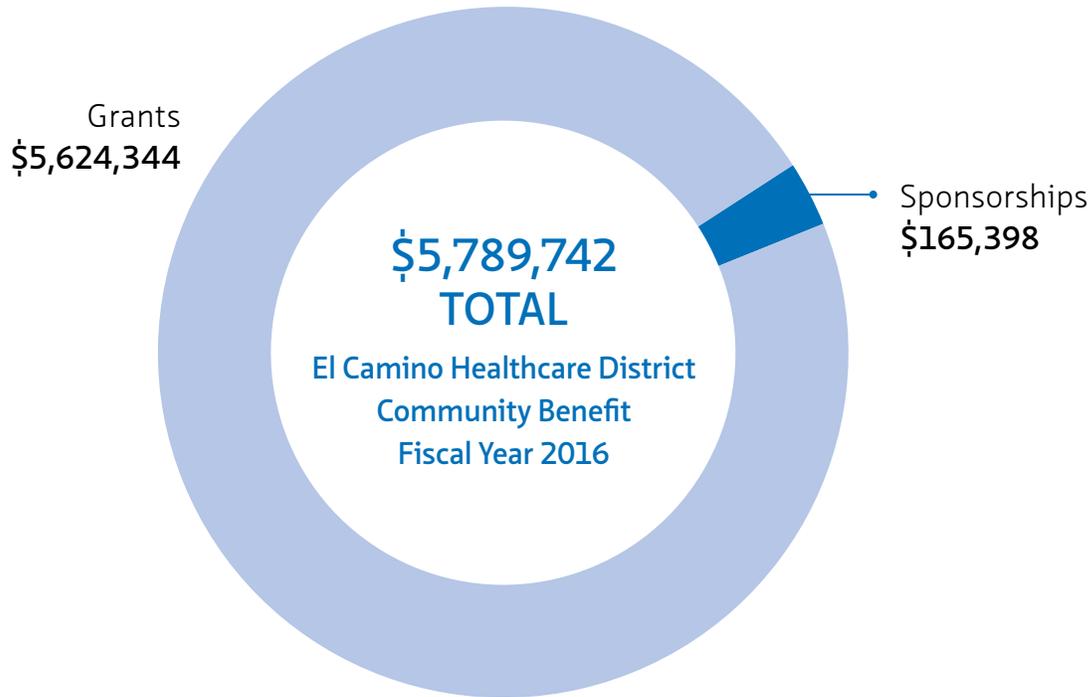
*“Before, when I came to the Center in the mornings I always had donuts ... I usually had Coke with my breakfast. Now there are no donuts or cakes. Our breakfast has bananas and soups. Now I drink water or skim milk with my meal. I told my wife and son about how we need to eat good food so we don't get fat or have bad blood or diabetes.”*

Client, Day Worker Center



# EL CAMINO HEALTHCARE DISTRICT

## FINANCIAL ACCOUNTING



### EL CAMINO HEALTHCARE DISTRICT

#### Fiscal Year 2016 Sponsorship Recipients

A Santé – Support for RotaCare Clinic Mountain View  
 Alzheimer’s Association  
 Catholic Charities  
 City of Mountain View – Senior Health Fair  
 City of Sunnyvale – Senior Health Fair  
 Community Services Agency Mountain View  
 Family & Children’s Services of Silicon Valley  
 Foundation for Mental Health  
 Healthier Kids Foundation  
 HomeFirst  
 Hospice of the Valley

Outlet – Adolescent Counseling Services  
 Pacific Stroke Association  
 Pathways Home Health & Hospice  
 Rebuilding Together Silicon Valley  
 Silicon Valley Leadership Group – Salad Bars for Schools  
 Skoolcare  
 Sunnyvale Community Services  
 Sunnyvale Fit and Fun Fair  
 Sunnyvale Police Activities League – Camps for At-Risk Youth  
 Sunnyvale Rotary Foundation – End Kids Hunger in Sunnyvale  
 Valley Medical Center Foundation



**El Camino Hospital**<sup>®</sup>  
THE HOSPITAL OF SILICON VALLEY

# 2016 Community Benefit Programs

Dedicated to improving the  
health of our community.

Dear Community Members,

El Camino Hospital has cared for and partnered with this community for over half a century. We are the area's comprehensive resource for 24/7 emergency services, mother-baby care, mental health, men's and women's health, and exceptional cardiovascular and cancer care. Our excellent health outcomes and broad array of awards and certifications have attracted some of the nation's finest physicians, as well as a stellar nursing team. As a nonprofit, locally governed healthcare organization, we never lose sight of our broader mission extending well past our hospital campuses. To this end, the El Camino Hospital Community Benefit program supports educational programs, health-promoting activities, screenings, mental health services, and expanded access to care throughout the community.

In recent years, the San Francisco Bay Area housing crisis has become a major driver of unmet health needs in our community. Rents are up 50 percent since 2010 and have risen 10 percent in just the past year. When people spend half of their income or more on rent, they often need to cut back on other basic needs, such as insurance, healthcare, medicine, and nutritious food. Housing insecurity can also lead to depression, stress, and family strife. In Fiscal Year 2016, El Camino Hospital Community Benefit funds helped address the challenges these circumstances present to maintaining good health. Our grants supported wellness programs, funded school nurses, and allowed uninsured and underinsured individuals of all ages to get medical and dental care. We funded initiatives to educate people about exercise, nutrition, diabetes, hypertension, stroke, substance abuse, and healthy lifestyle choices. In addition, we continue to underwrite the cost of emergency services and other essential community programs.

Looking ahead, the tri-annual Community Health Needs Assessment conducted in FY16 will inform our grantmaking and promote partnerships addressing the most needed interventions and services. We are extremely grateful for the critically important work our grantee partners do to make our community stronger and healthier. We look forward to another year of great service.

Sincerely,



Neal H. Cohen, MD, MPH, MS  
FY16 Chair, Board of Directors, El Camino Hospital



## EL CAMINO HOSPITAL

Fiscal Year 2016 Grant Recipients

Cambrian School District  
Campbell Union School District  
Cupertino Union School District  
Early Head Start  
Foster Children's Orthodontic Program  
Medical Respite Program  
RoadRunners Patient Transportation  
West Valley Community Services



Asian Americans for Community Involvement (AACI)  
Cupertino Union School District  
Momentum for Mental Health  
Next Door Solutions to Domestic Violence  
Peninsula HealthCare Connection  
Santa Clara Unified School District  
Seniors Council  
Uplift Family Services



5210 Health Awareness Program  
Bay Area Women's Sports Initiative (BAWSI)  
Challenge Diabetes Program  
GoNoodle  
Playworks



Chinese Health Initiative  
Citizen Insights Pre-diabetes Project  
Falls Prevention in Santa Clara County  
Gardner Family Health Network  
Health Library & Resource Center  
Los Gatos - El Camino Hospital  
linkAges  
South Asian Heart Center



HOSPITAL



PRIORITY 1

10,473

PEOPLE SERVED

## Caring for the Community's Most Vulnerable

### Financial Assistance

Under the hospital's financial assistance guidelines, qualifying individuals who cannot pay for medically necessary hospital services are eligible for a fee reduction. Some may qualify for elimination of their hospital bill. This policy applies to both inpatients and outpatients whose family income level is less than four times the federal poverty level.

### Medi-Cal

Medi-Cal is a public health insurance program that provides needed healthcare services for low-income individuals. Recipients include families with children, seniors, people with disabilities, children in foster care, and pregnant women. Medi-Cal is financed equally by the state and federal government.

## Training Tomorrow's Healthcare Professionals

### Education and Training

El Camino Hospital provides trainee positions in nursing, radiology, clinical laboratory, behavioral health, cardiac and pulmonary rehabilitation, respiratory medicine, and other specialties. This serves two purposes: to provide new health workers with the valuable experience they need and to ensure that our community has a sufficient number of highly trained healthcare professionals. The hospital also supports interns, practicum students, and post-doctoral fellows in mental health services.

## West Valley Community Services CARE Program

West Valley Community Services' CARE program (Community Access to Resources and Education) provides underserved individuals and families with comprehensive case management. Due to the high cost of living in Silicon Valley, many WVCS clients lack health insurance and are unaware of the services that may be available to them. They rely on WVCS to help them access food, family support, housing, and financial assistance. Community Benefit funds support a full-time case manager and program coordinator who provide case management, help community members apply for public benefits, and conduct educational workshops.

### CARE — Senior Case Management

West Valley Community Services (WVCS) offers community-based geriatric case management for low-income older adults. Services include food pantry, clothing, housing, transitions assistance, financial assistance, family support, information, and referrals. With Community Benefit funds, WVCS was able to hire a part-time case manager, perform weekly check-ins and home visits with clients, coordinate services with other local programs targeting seniors, and assess its clients' independence using the self-sufficiency matrix.

## A Family Gets Back on Its Feet

Brenda had always been a full-time homemaker when her husband Edwin was laid off unexpectedly from a high-paying job. He spent months looking for work while his family lived off their rapidly dwindling savings. Brenda turned to West Valley Community Services for help. Her case manager enrolled her in the Financial Empowerment Program. She also told Brenda about the Food Pantry and sent her to a benefits clinic where Brenda learned how to obtain CalFresh and Medi-Cal benefits and enroll in programs such as the PG&E low-rate energy program and low-cost Internet services. Within three months, Edwin found a full-time job with benefits through the United States Postal Service. Meanwhile, Brenda attended a career-search workshop at WVCS where she was able to create a resume and refine her interviewing skills. Eventually, Brenda was offered a part-time administrative position at an insurance company.

*“This year, El Camino Hospital provided nearly \$53 million in Community Benefit, which includes financial assistance, uncompensated MediCal, grants, sponsorships, and other vital services. We partner with organizations that have the expertise to improve the health of our most vulnerable community members. By funding school nurses, mental health services, senior programs, and initiatives to increase awareness about conditions such as pre-diabetes, El Camino Hospital demonstrates a strong commitment to the community it serves.”*

Barbara Avery, Director, Community Benefit, El Camino Hospital



## Stay Well to Learn Well

For many of our community's children, healthcare means one of two things: a visit to the school nurse or a trip to the emergency department. Indeed, the school nurse is often the only healthcare provider these young people ever see. For this reason, school-based health programs are essential to the well-being of many of our community's children. To help them stay healthy, El Camino Hospital provided support to various school-based programs in public schools with large numbers of at-risk students.

### School Nurses

Traditionally, kids would go to the school nurse with a stomachache or skinned knee. But in our school districts, nurses face bigger challenges:

- Many of the students they see lack pediatric care. Nurses are often the first to diagnose them with health issues like scoliosis, hearing loss, or poor vision. In fact, the school nurse may be the only healthcare professional some students see all year.
- Students often have severe dental problems. Some may have bad dental pain that makes it hard to concentrate on school, while others may have self-esteem issues because of discolored or missing teeth.
- Nurses are often responsible for the care of children who are medically fragile or have serious conditions such as asthma, diabetes, and mental health conditions.

Shrinking budgets require nurses to cover a large number of students within a school district and make these challenges even harder to take on.

*“School nurses are critical when the parents don't know what to teach and there may not be a regular dental home for a child. The school nurse is a trusted resource who can emphasize the importance of daily oral health practices, along with many other good health messages.”*

**Candace Roney**, Executive Director, Santa Clara County Dental Society



### Campbell Union School District

El Camino Hospital Community Benefit funds supported two additional full-time school nurses and a health aid for the district's nine elementary and three middle schools. Funding provided case management for children with chronic illnesses and helped the families of students who failed a health screening make sure their child obtained follow-up care. (Dental screenings were provided by dentist volunteers through the SCC Dental Society program). Community Benefit funds also covered CPR and first aid training for the school staff.

### Cupertino Union School District

Several schools within the Cupertino Union School District have a high proportion of underserved students. Three schools in particular have a greater number of students who qualify for free and reduced-cost lunches. Funding from El Camino Hospital supported an additional school nurse and a part-time health aide to serve these schools. The School Nurse Program provided services including case management for medically fragile or chronically ill students. School nurses collaborated with the Santa Clara County Dental Society to provide oral health screenings for the students. The nurses also made referrals to health providers, dentists, health insurance programs, and other community health resources.

## Good Health Starts Early

### Foster Children's Orthodontic Program

Foster children rarely have access to orthodontic services because so few Santa Clara County dentists and orthodontists take Denti-Cal patients. Many of these teens have been abused and neglected and have already gone for lengthy periods of time without medical or dental care. The Superior Court of California, County of Santa Clara, in partnership with the county's Social Services Agency, Department of Family & Children Services, and the orthodontic community, implements the Orthodontic Services for Foster Children and Youth program to help those with serious oral health problems receive much-needed orthodontic care. In its fourth year as an El Camino Healthcare District grant recipient, the program had nearly 70 youth enrolled and completed more than 400 orthodontic appointments.

### Early Head Start

It's no secret that children from low-income families are at risk for adverse health and developmental outcomes. What's more, the risk starts before birth, because underserved mothers-to-be may not receive prenatal care, eat properly, or take prenatal vitamins. Early Head Start provides educational, social, medical, dental, nutritional, and mental health services to low-income pregnant women and to children ages 0–3. El Camino Hospital Community Benefit Program funded a family advocate for Santa Clara County's Early Head Start Program. The advocate helped families find primary care providers, connected them to available health resources, and coordinated translation and transportation services. As a result, 88 percent of children identified as needing treatment for conditions such as anemia, asthma, and anaphylaxis received the appropriate treatment.

*El Camino Hospital also funded RoadRunners Patient Transportation. See description on page 11.*



PRIORITY 2

6,272

PEOPLE SERVED

27,380

SERVICES PROVIDED

## Support and Understanding for Teens

El Camino Hospital's Community Benefit program has a deep commitment to addressing unmet mental health needs among youth in our community. Ongoing partnerships with local school districts include the following school-based counseling programs.

### Campbell Union High School District – Uplift Family Services

Underserved youth often wrestle with a host of challenges such as substance abuse, bullying, violence, gang issues, depression, eating disorders, poor school attendance, sexual abuse, and suicidal thoughts. Community Benefit funds support vital mental health programs for at-risk youth in the Campbell Union High School District through Uplift Family Services (formerly EMQ FamiliesFirst):

- Addiction Prevention Services provide substance abuse prevention, intervention, and post-intervention services for students. The program conducts individual and group counseling, classroom workshops, education for parents and teachers, and family case management.
- Uplift Family Services conducts school-based suicide prevention training for parents, teachers, caseworkers, and coaches. In addition, the program gives classroom presentations on depression and suicide using a program called Linking Education and Awareness of Depression and Suicide. This special curriculum helps young people understand depression and suicide, and learn the warning signs and how to access available resources.

## Santa Clara Unified School District Mental Health Services

El Camino Hospital Community Benefit funds were used to hire a licensed therapist for K – 12 schools in the Santa Clara Unified School District, serving 13,000 students in San Jose, Santa Clara, and Sunnyvale. The therapist offers school-based one-on-one and group counseling, classroom intervention using established curriculum, parent education and support, case management, and referral to outside agencies.

## Cupertino Union School District Mental Health Services

The Cupertino Union School District encompasses parts of San Jose, Sunnyvale, Saratoga, Santa Clara, and Los Altos and serves over 16,000 K – 8 students. Program funding was used to hire to five family therapy interns. The therapists offer individual and group counseling as well as parent education and support. They also provide early identification of mental health conditions and case management, and refer children and/or their family members to free or low-cost services.

## Mental Health Services for the Poor and Vulnerable

Volunteer physicians at community clinics across Santa Clara County are seeing more and more people in need of psychiatric care and medication management. Accessing mental healthcare is especially difficult for low-income individuals, many with no insurance.

## Peninsula HealthCare Connection

According to the 2013 Santa Clara County Homeless Census and Survey, 54 percent of chronically homeless individuals reported having a mental health condition, and 37 percent believe access to mental health services could have prevented them from becoming homeless.

Community Benefit funds supported Peninsula HealthCare Connection, a free clinic that provides primary and mental healthcare to people who are either homeless or at risk for homelessness. Through intensive case management, PHC works to stabilize individuals with mental health conditions. They also seek shelter for the most vulnerable members of the homeless population.

*El Camino Hospital also supported Momentum for Mental Health. See description on page 12.*



In a given year, **20% OF YOUNG PEOPLE** experience mental health conditions such as depression, anxiety, eating disorders, academic stress, and substance abuse.

## Asian Americans for Community Involvement

In Santa Clara County, 28 percent of the 280,000 people over age 65 are Asian. According to the Santa Clara County Seniors' Agenda, Asian seniors in our community have the highest poverty rates and one of the highest suicide rates compared to other racial and ethnic groups. In order to identify and aid underserved low-income Asian seniors struggling with depression, Asian Americans for Community Involvement (AACI) implemented the Healthy IDEAS program. After receiving an initial screening, clients participated in a variety of wellness activities and educational programs designed to reduce depressive symptoms. Seniors who exhibited more severe symptoms of depression were referred to medical/mental health providers.

## Addressing Domestic Violence

### Next Door Solutions to Domestic Violence

Next Door Solutions to Domestic Violence (NDS) provides institutional advocacy, crisis intervention, and education for victims and the community. Its emergency shelter offers 24/7 safe housing and crisis counseling for women and children. Clients receive education about domestic violence, including strategies to protect themselves and their children, and techniques to enhance their self-esteem and emotional resiliency. NDS also offers several support groups, including a new support group added this year for male survivors. A Self-Sufficiency Program trains survivors in job readiness, financial fundamentals, organizational skills, and more. The program is working to change community perceptions of domestic violence among the diverse ethnic and low-income families in Santa Clara County. NDS offers support groups in both English and Spanish, as well as a yoga/meditation support group.



PRIORITY 3

9,465

PEOPLE SERVED

## Transforming the School Experience

El Camino Hospital is a strong supporter of efforts to increase healthy eating and physical activity throughout the community. Funds from the hospital’s Community Benefit program go to some of the same dedicated grantees that are supported by the District:

**Playworks** strives to make recess a positive experience by giving children opportunities for physical activity and safe, meaningful play.

**5210 Health Awareness Program** works to educate school kids to make healthy choices in both foods and activities.

**GoNoodle** helps elementary school children focus and remain engaged during class through guided “brain breaks” accessed online.

*See broader descriptions of these programs on pages 16 – 17.*

### Bay Area Women’s Sports Initiative

Having a “big girl” to look up to inspires and motivates younger girls. That’s the idea behind the Bay Area Women’s Sports Initiative (BAWSI). This after-school fitness and confidence-building program trains female high school and college athletes to mentor and exercise with young girls in grades 3 – 5. BAWSI emphasizes teamwork, good nutrition, and exercise.

*“The girls on our campus have thoroughly enjoyed and benefited from having BAWSI at San Miguel this past year. We have seen that our girls are more confident at recess, more apt to speak up in class, and more physically fit.”*

Christina Ballantyne, *Principal, San Miguel Elementary*



CHALLENGE  
DIABETES  
program

## Tackling the Diabetes Epidemic

### Challenge Diabetes Program

To help combat the high rate of diabetes in our county, Community Services Agency of Mountain View and Los Altos, Sunnyvale Community Services, and West Valley Community Services have partnered with Second Harvest Food Bank to offer the Challenge Diabetes Program. This free program's goal is to reduce the chances of acquiring or exacerbating type 2 diabetes while increasing participant knowledge about the risks and causes of diabetes, how to manage the disease, nutritious food options, and the value of physical activity. Participants are screened at enrollment for prediabetes or type 2 diabetes and have the opportunity to enroll in the program and receive monthly food bags, educational information, and a referral to local healthcare clinics.

### Gaining Control of Her Blood Sugar and Her Life

Iris was working full time as a caregiver when she suffered a heart attack that landed her on permanent disability. With Social Security income barely enough to cover her rent, she sought help from West Valley Community Services. Her case manager connected Iris to the food pantry and helped her gain reliable transportation through the TAP program. Iris learned how to budget, paid off her debt, and began a savings plan. Then, she discovered a WVCS program she'd never even considered: Challenge Diabetes. After enrolling in the program, Iris got so adept at managing her diabetes, her doctor eventually discontinued her medication!



PRIORITY 4

7,524

PEOPLE SERVED

10,853

SERVICES PROVIDED

## Culturally Appropriate Care

### Citizen Insights

Citizen Insights, a project of Great Nonprofits, developed a valuable text message survey on health and diabetes that led to key insights about the incidence and potential reduction of type 2 diabetes in the Hispanic/Latino population:

- Over 70 percent of Latinos have a family history of diabetes/prediabetes
- Latinos are more likely than any other racial group to drink soda and other sweetened beverages such horchata, aguas frescas, and juice
- 40 percent of the survey participants did not have health insurance
- 83 percent expressed an interest in learning new, tasty recipes

These findings point to a need for education and intervention. The conclusion was that messaging should be family-centric, emphasize living longer, and offer healthy recipes. Preferred methods of communication would be video/YouTube, email, and brochures.

### South Asian Heart Center

South Asians — people who trace their origins to India, Pakistan, Bangladesh, Nepal, or Sri Lanka — have heart attacks at much younger ages than the general population. Many are mostly vegetarian, maintain a healthy weight, and don't smoke, yet coronary artery disease is the number one cause of death and hospitalizations among California South Asians. In addition, they are up to four times more likely to develop diabetes. Using a culturally sensitive lifestyle approach, El Camino Hospital's South Asian Heart Center is working to reduce the high incidence of cardiovascular disease and diabetes in the South Asian community through awareness, education, screening, coaching, and research. By evaluating risk factors and encouraging healthier behaviors, the South Asian Heart Center has helped to improve risk profiles and save lives.

*El Camino Hospital also supported the Chinese Health Initiative.*

See description on page 19.

## Services for Seniors

### linkAges

The organization linkAges forges partnerships with local nonprofits, neighborhood associations, faith-based organizations, and businesses to offer a community-based outreach effort that supports aging in place. Offered through the Palo Alto Medical Foundation, linkAges' TimeBank program is a community-based, multigenerational exchange network.

Members "bank" their time by providing services to others and then use those hours to receive services in return. For example, Corinna, a hairstylist, might offer to do hair in the home. Lillian, a senior citizen, might enjoy a hair appointment and in turn offer gardening expertise to Edward, who is retired and looking to plant a drought-friendly garden. Because Edward offers driving services on linkAges, he could end up closing the circle by driving Corinna to the airport. Through this kind of sharing, linkAges builds meaningful intergenerational connections among community members. The sharing of abilities and interests makes people feel useful and valued.

Most of the recipients of linkAges services are seniors, disabled people, and family caregivers — people who are isolated due to their individual circumstances and need services, support, and friendship.

### Falls Prevention in Santa Clara County

In Santa Clara County, falls are the number one cause of hospitalizations for adults 65 years and older. Many of these falls are preventable through environmental changes, medication modification, and, where possible, improvements in functional ability. Increasing fall prevention awareness and resources in the community are the goals of Falls Prevention in Santa Clara County (FPSCC), a program supported by El Camino Hospital Community Benefit funds. FPSCC brings together providers of healthcare and aging services, public health officials, experts from the world of academia, funders, and

others to develop strategies to reduce falls among older adults. The work includes classes, advocacy, resource development, and community and provider education.

## Accessible Health Information

### Health Library & Resource Center Los Gatos – El Camino Hospital

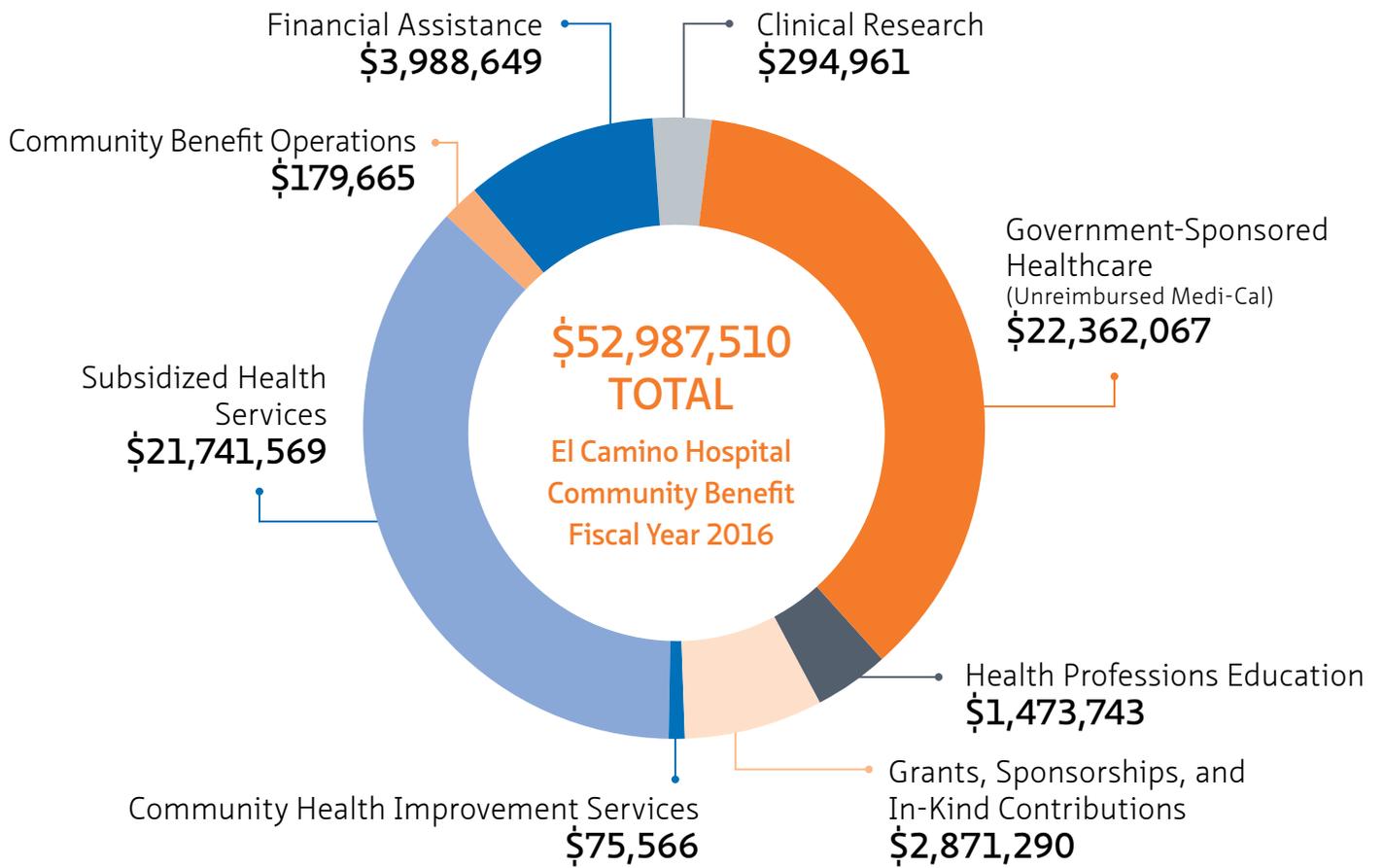
For many people in the community, El Camino Hospital's Health Library & Resource Center is a destination for sound print, electronic, and online health information. A librarian is available to steer visitors to the most relevant resources. The Center also conducts outreach to local senior centers and has eldercare consultants on staff who can help family members develop long-range care plans for an elderly relative.

## Tools for Disease Management

### Gardner Family Health Network – Down With Diabetes

For nearly 50 years, Gardner Family Health clinics have provided underserved Santa Clara County residents with medical, dental, and vision care. A grant from El Camino Hospital Community Benefit helped Gardner fund Down With Diabetes, a program designed to teach patients effective diabetes management. Down With Diabetes offers one-on-one consults with experts who are both registered dietitians and certified diabetes educators. In addition to learning about diabetes and its treatment, patients work with the educator to develop a diet and exercise plan. Down With Diabetes also provided patients with the following:

- The Gardner Health Services' Down With Diabetes newsletter, available in English and Spanish. The newsletter is full of tips, fast facts, and healthy recipes.
- \$10 food vouchers for fruit and vegetable purchases from Chavez Supermarkets, a local chain serving the Latino community.
- Access to the VeggieRX educational program at the Gardner CompreCare Center. Patients learned about shopping for, storing, and cooking healthy food and



In addition, total uncompensated Medicare for Fiscal Year 2016 was \$102,104,525.

**EL CAMINO HOSPITAL**

Fiscal Year 2016 Sponsorship Recipients

- |  |   |
|--|---|
| Abilities United   | Indian Health Center  |
| Aging Services Collaborative   | Los Gatos Lion Club – Mental Health Support for Los Gatos High School |
| Alum Rock Counseling Center  | Next Door Solutions   |
| American Diabetes Association  | People Acting in Community Together (PACT)                            |
| Asian Americans for Community Involvement (AACI)                       | Planned Parenthood – Kids in Common                                   |
| Bay Area Older Adults  | Preeclampsia Foundation   |
| Bay Area Women’s Sports Initiative (BAWSI)                             | Project Cornerstone   |
| Campbell United Methodist Church – Parenting Classes for At-Risk Youth | San Jose Parks Foundation   |
| Chinese Americans for Compassionate Care                               | Services for Brain Injury   |
| Congregation Shir Hadash – Health Fair                                 | Silicon Valley Council of Non-Profits                                 |
| Cystic Fibrosis Foundation   | Silicon Valley Leadership Group – Turkey Trot Fundraiser              |
| Gardner Family Health Network  | Strides for Life Colon Cancer   |
| Heart of Hope  | Uplift Family Services  |
| HERS Breast Cancer   | West Valley Community Services  |
| Hope Services  |   |

# COMMUNITY HEALTH IS A TEAM EFFORT

## Community Benefit Advisory Council Members

**Barbara Avery**, Chair, Director, Community Benefit, El Camino Hospital

**Bonnie Broderick, RD, MPH**

Director of Chronic Disease and Injury Prevention, Santa Clara County Public Health Department

**Cecile Currier**, Vice President, Corporate & Community Health Services, El Camino Hospital

**Rhonda Farber, PhD**, Past Superintendent, Campbell Union High School District

**Laura Macias**, Past Mayor/Councilmember, City of Mountain View

**Cesar Molina, MD**, Physician and Medical Director of South Asian Heart Center, El Camino Hospital

**Naomi N. Nakano-Matsumoto, LCSW**, Assistant Director, Social Sector Ethics, Markkula Center for Applied Ethics, Santa Clara University

**Anil Singhal, MD**, Physician, El Camino Hospital Foundation Board of Directors

**Marilyn Winkleby, PhD, MPH**, Professor of Medicine and Director of the Office of Community Health, Stanford University School of Medicine

## Community Benefit Advisory Council Board Liaisons

**Peter Fung, MD, FACP, FAAN, FAHA**

El Camino Hospital Board of Directors, Secretary/Treasurer, CBAC Liaison  
El Camino Healthcare District Board of Directors, Chairperson

**Julia E. Miller**

El Camino Hospital Board of Directors, Member  
El Camino Healthcare District Board of Directors, Secretary/Treasurer, CBAC Liaison

## Community Benefit Staff

**Cecile Currier**, Vice President, Corporate & Community Health Services, El Camino Hospital

**Barbara Avery**, Director, Community Benefit

**Anne Boyd Rabkin**, Senior Community Benefit Specialist

**Sharan Johal**, Community Benefit Specialist

**Laurie Withers**, Sponsorship Coordinator

## El Camino Healthcare District Board of Directors

**Peter C. Fung, MD, MS, FACP, FAAN, FAHA**, FY16 Chair

**Dennis W. Chiu, JD**, FY16 Vice Chair

**Julia E. Miller, FY16**, Secretary/Treasurer

**David Reeder, MS**

**John L. Zoglin**

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**John L. Zoglin**

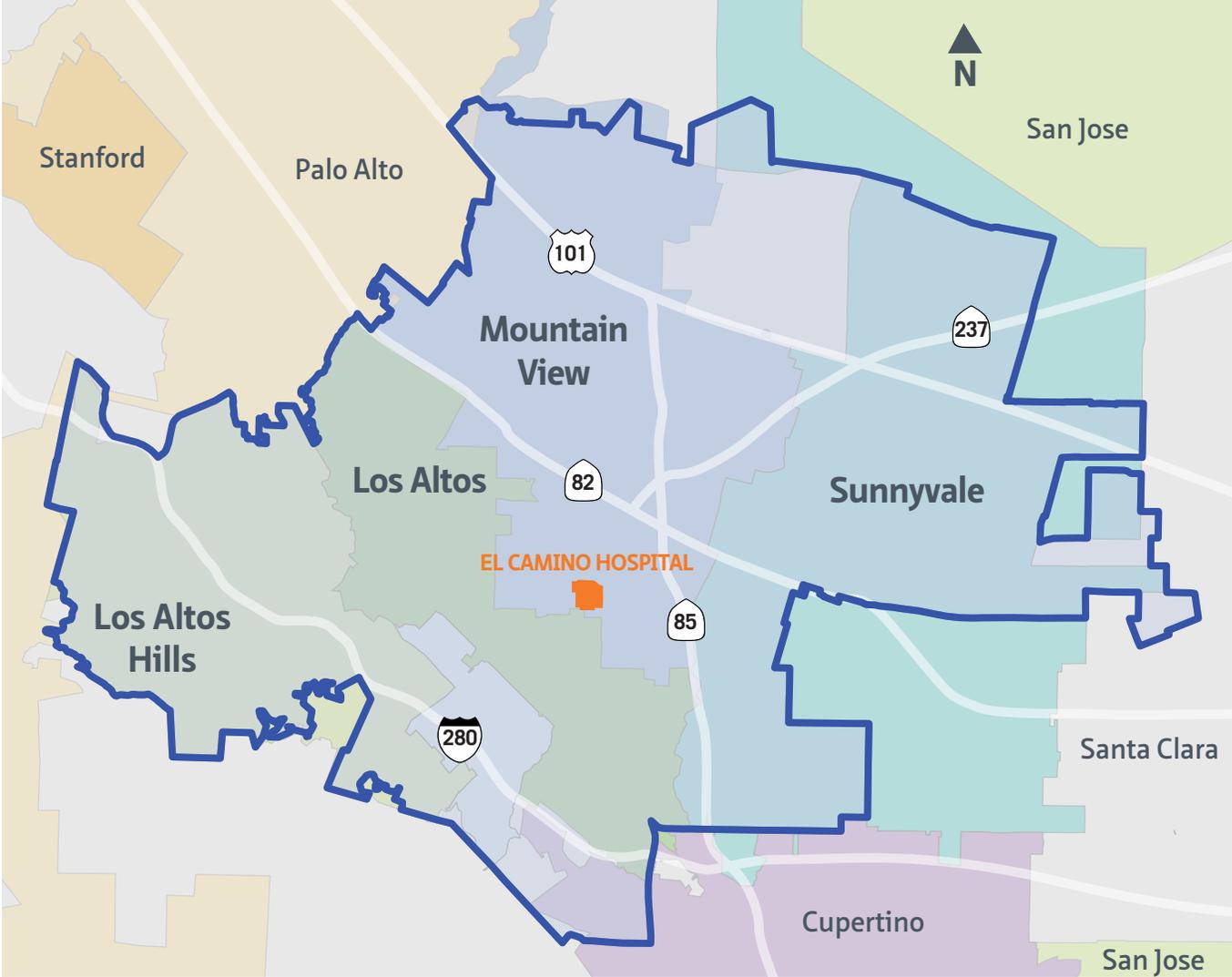
## Additional El Camino Hospital Information

The 2016 Community Benefit Plan and Implementation Strategy, 2016 Community Benefit Report, and the Community Health Needs Assessment are available at [www.elcaminohospital.org/communitybenefit](http://www.elcaminohospital.org/communitybenefit)

## Additional El Camino Healthcare District Information

The 2016 El Camino Healthcare District Community Benefit Plan and 2016 Community Benefit Report are available at [www.elcaminohealthcaredistrict.org/communitybenefit](http://www.elcaminohealthcaredistrict.org/communitybenefit)

# EL CAMINO HEALTHCARE DISTRICT



Note: District boundary outline is an approximation.

## El Camino Hospital and El Camino Healthcare District Fiscal Year Grant Recipient Contact Information\*

5210 Health Awareness Program Palo Alto Medical Foundation 701 East El Camino Real Mountain View, CA 94040	Alzheimer's Association 2290 North 1st Street San Jose, CA 95131	Asian Americans for Community Involvement (Healthy IDEAS) 2400 Moorpark Avenue, Suite 300 San Jose, CA 95128
Bay Area Women's Sports Initiative (BAWSI) 1922 The Alameda, Suite 420 San Jose, CA 95126	Cambrian School District 4115 Jacksol Drive San Jose, CA 95124	Campbell Union School District 155 North Third Street Campbell, CA 95008
Cancer CAREpoint 2505 Samaritan Drive, Suite 402 San Jose, CA 95124	Challenge Diabetes Program 204 Stierlin Road Mountain View, CA 94043	Chinese Health Initiative 2500 Grant Road Mountain View, CA 94040
Citizen Insights 330 Twin Dolphin Drive, Suite 131 Redwood City, CA 94065	Community Health Awareness Council (CHAC) 590 West El Camino Real Mountain View, CA 94040	Community Services Agency – Mountain View 204 Stierlin Road Mountain View, CA 94043
Cupertino Union School District 10301 Vista Drive Cupertino, CA 95014	Day Worker Center of Mountain View 113 Escuela Avenue Mountain View, CA 94040	Eating Disorders Resource Center 15891 Los Gatos-Almaden Road Los Gatos, CA 95032
Falls Prevention Santa Clara County One Washington Square San Jose, CA 95192	Family & Children Services of Silicon Valley (Survivor Services) 375 Cambridge Avenue Palo Alto, CA 94306	Fremont Union High School District 589 West Fremont Avenue Sunnyvale, CA 94087
Friends for Youth 1741 Broadway Redwood City, CA 94063	Gardner Family Health Network 160 East Virginia Street San Jose, CA 95112	GoNoodle 209 10th Avenue South, Suite 350 Nashville, TN 37203
Health Library and Resource Center, Los Gatos – El Camino Hospital 815 Pollard Road Los Gatos, CA 95032	Health Library and Resource Center, Mountain View – El Camino Hospital 2500 Grant Road Mountain View, CA 94040	Hope's Corner 748 Mercy Street Mountain View, CA 94041
Law Foundation of Silicon Valley (Mental Health Advocacy Project) 152 North Third Street, 3rd Floor San Jose, CA 95112	linkAges Palo Alto Medical Foundation 2350 West El Camino Real Mountain View, CA 94043	Living Classroom P.O. Box 3501 Los Altos, CA 94024
Lucile Packard Foundation for Children's Health 400 Hamilton Avenue, Suite 340 Palo Alto, CA 94301	MayView Community Health Center 270 Grant Avenue Palo Alto, CA 94036	Medical Respite 1215 K Street, Suite 800 Sacramento, CA 95814
Momentum for Mental Health 438 North White Road San Jose, CA 95127	Mountain View Los Altos Union High School District 1299 Bryant Avenue Mountain View, CA 94040	Mountain View Whisman School District 750-A San Pierre Way Mountain View, CA 94043
National Alliance on Mental Illness, Santa Clara County (NAMI) 1150 South Bascom Avenue, Suite 24 San Jose, CA 95128	New Directions Program 33 Encina Avenue, Suite 103 Palo Alto, CA 94301	Next Door Solutions 234 East Gish Road, Suite 200 San Jose, CA 95112
Pathways Home Health & Hospice 585 North Mary Avenue Sunnyvale, CA 94085	Peninsula HealthCare Connection 33 Encina Avenue, Suite 103 Palo Alto, CA 94301	Playworks 2155 South Bascom Avenue, Suite 201 Campbell, CA 95008
RoadRunners Los Gatos – El Camino Hospital 815 Pollard Drive Los Gatos, CA 95032	RoadRunners Mountain View – El Camino Hospital 2500 Grant Road Mountain View, CA 94040	Santa Clara County Office of Education – Early Head Start Program 1290 Ridder Park Drive San Jose, CA 95131
Santa Clara Unified School District 1889 Lawrence Road Santa Clara, CA 95052	Seniors Council 234 Santa Cruz Avenue Aptos, CA 95003	South Asian Heart Center 2500 Grant Road Mountain View, CA 94040
Sunnyvale Community Services 725 Kifer Road Sunnyvale, CA 94086	Sunnyvale School District 819 West Iowa Avenue Sunnyvale, CA 94086	Superior Court of CA, Santa Clara County Foster Children's Orthodontic Program 191 North First Street San Jose, CA 95113
Uplift Family Services (formerly EMQ FamiliesFirst) 251 Llewellyn Avenue Campbell, CA 95008	West Valley Community Services Agency 10104 Vista Drive Cupertino, CA 95014	Working Partnerships USA 2102 Almaden Road, Suite 112 San Jose, CA 95125

\*Some organizations have offices outside of the El Camino Hospital service area or the El Camino Healthcare District boundaries; however, all grants awarded support programs providing services within these geographic areas.



EL CAMINO HEALTHCARE DISTRICT



**El Camino Hospital**<sup>®</sup>  
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