

Wellspring

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Destination:
Wellness

New Center Opens in Vacaville



Welcome a New CEO

Watch anything from the same vantage point for 35 years and you will recognize how some things change and some things stay the same.

So it has been from my perch, working side by side with some very passionate and compassionate people who believe the community's health is life's purpose.

The technology and infrastructure of health care has changed greatly during my career, but the perseverance of those around me has not.

That's a pretty good thing.

When I became CEO of NorthBay Healthcare I had just turned 33, so everyone was older than me. Now most everyone is younger. That's partly the reason I decided to announce my retirement next March—to make way for a new era of leadership in Solano County's only independent, community-based health system.

Some things I considered in setting the timeline for my retirement:

- Several crucial projects are either finished or well underway;
- Membership in the Mayo Clinic Care Network became a reality;
- VacaValley Wellness Center, with a state-of-the-art Cancer Center, was completed; and
- NorthBay HealthSpring Fitness is open.

The luxury of choosing when to start a new chapter in my life is that I will work with my successor on a smooth, positive transition.

I could not be happier with Board of Directors' decision to choose Konard Jones, president of our hospital division, as NorthBay Healthcare's new president and CEO effective April 1, 2017. I first met him when he interviewed 21 years ago to become NorthBay's vice president of Human Resources, and he earned that job. He has a manner about him that perfectly fits NorthBay's unique culture.

Ten years later Konard left NorthBay to become CEO of a medical supply distribution business. He said he wanted to prepare himself as a general manager in health care and later spent three years as a vice president at Children's Hospital in Oakland.

When the president of NorthBay Healthcare Group decided to retire in early 2015, we began discussions with Konard to return to the fold. Luckily for us, he did. Also effective April 1, President of Ambulatory Services Aimee Brewer will take the reins as president of NorthBay Healthcare Group, overseeing ambulatory care and the hospital division. She is a dynamic young problem-solver who gets things done. She and Konard already have proven they can work together to further the mission of NorthBay Healthcare.

NorthBay will be in good hands.

Gary J. Passama

Gary Passama

President and Chief Executive Officer



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On the Cover: Now Open in Vacaville

The team of physicians who are practicing in the new VacaValley Wellness Center represent the NorthBay Cancer Center, the Center for Diabetes & Endocrinology and the Center for Integrative Medicine. They are, from left to right, Drs. James Long, Sandra Skates, Jason Marengo, Angela Lim, Miya Allen, Jonathan Lopez, Florian Ploch, Deborah Murray and Brian Vikstrom.



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Powerful Collaboration

Cancer patient Wendy Wasserman Kellogg has peace of mind, thanks to Dr. James Long and an eConsult with the Mayo Clinic Care Network.

Need a Healthy Choice? Welcome to Wellness!

Just across the parking lot from NorthBay VacaValley Hospital, a dramatic new structure brimming with glass and steel anchors the southern end of the medical campus.

On one side, patients come for treatment, guidance and compassionate care in dealing with a variety of illnesses—from cancer and diabetes, to chronic pain.

On the other side, NorthBay HealthSpring Fitness is staffed with a cadre of well-trained, knowledgeable exercise enthusiasts who are actively engaged in helping our community members embrace fitness in their future.

It's the best of both worlds, with state-of-the-art equipment, well-trained, caring staff and plenty of parking.

Welcome to the VacaValley Wellness Center.

In this special issue of *Wellspring*, you'll learn about the medical practices that now call the Wellness Center home. You're welcome to take a virtual tour of the place—through our stories or via video online. And you'll meet the teams that are dedicated to providing compassionate care and advanced medicine close to home.

Perhaps you'll never need our services on the medical side, but know they are there if you do. And, on your journey to better health, perhaps a membership to HealthSpring Fitness is in order. Join us swimming, running, lifting, pumping, stretching, cycling, dancing, and more.

We're here for you, in sickness and in health—at the VacaValley Wellness Center. ☘



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A Lasting Legacy

A local philanthropist honors her husband's memory with a substantial donation to the NorthBay Cancer Center, an inspiration to others to give.



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Art from the Heart

Works of art featured in the VacaValley Wellness Center put a spotlight on local talent.

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Dr. James Long and Teresa Langley in NorthBay Cancer Center's spacious infusion center.

New Era in Cancer Care Beautiful Building is Just the Beginning...

When the NorthBay Cancer Center opened its doors to a brand new facility in Vacaville this summer, it heralded the beginning of a new era of advanced medicine, treatment, rehabilitation and support services, all under one roof.

From spacious private and semi-private infusion bays with a view from the third floor, to the state-of-the-art linear accelerator for radiation oncology on the first floor, the NorthBay Cancer Center is ready to go boldly forward, putting patients at the forefront, said oncologist and hematologist James Long, M.D., who played a large part in the center's layout, working with architects, designers and staff.

"We looked to some of our industry leaders in patient experience and borrowed heavily from their playbook," explained Dr. Long. "Our goal is to make each visit as calm, comfortable and healing as possible."

Teresa Langley, director and service line developer for for oncology, pain management, functional medicine and neuroscience, said it's all part of NorthBay Health-care's long-term plan. "We are focused on becoming a regionally recognized destination for cancer care," said Teresa, who during her 20-year career has opened six cancer centers and medical offices across the country.

It made her a natural choice to lead the move of all medical offices into the building. In addition to the Cancer Center, the building is the new home for Integrative Medicine, Diabetes & Endocrinology, Rehabilitation Services and Cardiac Rehabilitation.

"It was a bit like a game of chess, trying to figure out which move to make and when, but now all the pieces have come together and we're functioning in a beautiful new environment that the patients really seem to appreciate," said Teresa.

All three floors of the medical office building offer comfortable, pleasant lounges for family and friends. Cancer patients receiving infusions on the third floor can invite a friend or family member to join them during treatments that can last for hours. "We know it's a big investment in time, so we want to make the experience as pleasant as possible," explained Teresa.

NorthBay made a significant investment in equipment, with a new, state-of-the-art linear accelerator being at the top of the list. It came in pieces from around the globe and was assembled and calibrated this summer to prepare for the first patient late this summer, according to radiation oncologist Florian Ploch, M.D.

The new equipment will deliver precise treatments in less time, and will allow new specialties, such as stereotactic radiosurgery, to be performed. Those

"Our goal is to make each visit as calm, comfortable and healing as possible."

~James Long, M.D.

procedures involve the use of non-surgical radiation therapy to treat functional abnormalities and small tumors. It can deliver precisely targeted radiation in fewer high-dose treatments than traditional therapy, which can help preserve healthy tissue.

Cancer Center patients also benefit from having a pharmacy right on the premises, focused on creating the precise chemotherapy treatment requested by the physicians.

Teresa plans to launch a new genetic counseling program this fall, under the direction of an on-site genetic counselor who can provide in-depth evaluations. She also has plans for multidisciplinary clinics, which will include a medical oncologist, a radiation oncologist, an oncoplastic surgeon, a general surgeon and a pulmonary oncologist.

In addition, the Mayo Clinic Care Network is just an eConsult away. NorthBay joined the network in May 2016, and has since referred numerous cases to Mayo Clinic experts for second opinions.

"It's absolutely free for the patient, doesn't even involve seeking insurance approval, and the response is quicker than it would take to refer a patient to a regional cancer center in California," said Dr. Long, NorthBay's physician champion for the network. "Plus, you're getting a world-class opinion." 🌐



Florian Ploch, M.D., medical director of radiation oncology.

Cancer Center Spans 30 Years

In the mid-1980s, the medical staff treating cancer patients at Intercommunity Hospital believed it was time to bring radiation therapy to Fairfield. They presented the idea to hospital CEO Gary Passama and he agreed. It was the first step in bringing advanced medicine close to home.

Local physicians, led by surgeon Robert Parker, M.D., approached Napa oncologist Florian Ploch, M.D., for help creating the new service. When the Gateway Medical Plaza was built in 1986, it was designed to house radiation oncology on the first floor, complete with the latest linear accelerator. The NorthBay Cancer Center opened in 1987 and Dr. Ploch became the medical director of radiation oncology, a position he has held for 29 years.

"When the cancer center opened, it was strictly radiation oncology," Dr. Ploch remembered. "Medical oncology, including chemotherapy, was only provided to hospitalized patients. It was toxic medicine and the patients were very sick."

Medical oncology and a clinical trials program were added to the center in 1993, making chemotherapy available on an outpatient basis.

In 1996, the center became the first civilian facility in Solano County to earn accreditation from the Commission on Cancer of the American College of Surgeons.

The medical oncology department now includes James Long, M.D., Brian Vikstrom, M.D., and Jonathan Lopez, M.D., all board-certified internists/oncologists/hematologists, and oncoplastic surgeon Jason Marengo, M.D.

Cancer Warning Signs

If you experience any one of the following symptoms consult with your doctor.

- ⚠️ Changes in bowel or bladder habits
- ⚠️ A sore that doesn't heal
- ⚠️ Unusual bleeding or discharge
- ⚠️ Lumps or thickened areas in the breast, testicle, or elsewhere
- ⚠️ Indigestion or difficulty swallowing
- ⚠️ Change in size, color, shape or thickness of a wart, mole or mouth sore
- ⚠️ Cough or hoarseness that doesn't go away



Wendy Wasserman Kellogg, busy co-owner of Wasserman Travel in downtown Vacaville, was pleased she didn't have to take time off work to travel out of town and wait weeks for a second opinion.

Powerful eConsult

First Case for Collaboration Brings Peace of Mind

As NorthBay Healthcare announced its powerful collaboration with the Mayo Clinic Care Network in May, NorthBay oncologist and hematologist James Long, M.D., introduced a patient's story to a hushed crowd of community and civic leaders, employees, volunteers and the media.

Dr. Long described his patient as a vibrant woman who was facing a recurrence of breast cancer, but in a different form. With standard treatment, what began as metastatic lobular breast cancer had gone into remission for two years, he explained.

Tests revealed she now had new masses in her liver, but this time it was metastatic ductal breast cancer.

She didn't want chemotherapy and although they had decided on a course of treatment, Dr. Long wanted a second opinion.

In the past, he would turn to a large medical center in Northern California and his patient would be on a waiting list. It might take two or three weeks to get an appointment and insurance approval would be needed. She likely would have to schedule a whole day off of work to travel to and from the appointment. Dr. Long decided it was the perfect opportunity to request his first eConsult through the yet unannounced collaboration with Mayo Clinic. He worked with NorthBay's Keni Horiuchi, R.N., who prepared

the electronic consultation—progress reports, past history, pathology samples and a PET scan—and shared it with Mayo Clinic for review on a Thursday afternoon.

Come Monday, Dr. Long had a pleasant surprise: The consulting physician had reviewed the case and rendered a full consultation. It was a thorough report that not only agreed with Dr. Long's assessment and plans, but offered some options he had not yet considered.

"This was the best of both worlds," said Dr. Long. "A world-class medical facility offering a three-day turnaround response on one of my patients. I couldn't ask for more."

And the patient?

"I couldn't be more pleased to be the first for NorthBay Healthcare," said local businesswoman Wendy Wasserman Kellogg, who agreed to share her story to inspire others.

Wendy's first bout with cancer came in March 2014. There were two lumps in her breast, and it had spread to her lymph nodes, hip and spine.

She didn't want surgery or chemotherapy unless there was no other choice. She and Dr. Long immediately began a hormone medication plan for treatment, and she opted for a strict, sugar-free, alkaline diet. By Sept. 1, she was cancer-free.

But after two years in remission, Wendy and her family learned the hard truth about her cancer—it can come back at any time, in any place.

"I've learned I'm always going to be on the hunt for Red October," she said with a wry smile. "Strike that; the hunt for Pink October."

Again, she conferred with Dr. Long for a treatment plan. And again, she wanted to avoid surgery and chemotherapy. Wendy and her husband Jim Kellogg gave their permission for Dr. Long to send her files to "an undisclosed medical entity," putting their trust in NorthBay Healthcare. "I found out it was Mayo Clinic when Dr. Long read the report to me,"

recalled Wendy, "and it was exactly, precisely on the money, what he had prescribed. I was thrilled. This collaboration is off-the-charts amazing."

Jim, her husband of 36 years, agreed. He admits he was disappointed when the cancer came back, because he thought they'd beaten it. "But she's so positive, and so motivated. I cried for two days, but then I pulled it together to give her the support she needs."

Wendy, too, was disappointed by the recurrence. "But afraid? No. I can beat it," she said. "My hope is I can help other women understand that they have the ability to take advantage of their own destiny as well."

Especially now, with NorthBay's membership in the Mayo Clinic Care Network, Solano County residents battling cancer and other serious diseases have more choices at no extra cost to the patient.

The busy co-owner of Wasserman Travel in downtown Vacaville was pleased she didn't have to take time off work to travel out of town and wait weeks for a second opinion.

"It's given me confidence that we're on the right path. And it has given me and my entire family a chance to really breathe and not be stressing over my care," she said. "It's given me immense peace of mind." ❧

Clinical Trials Advance Treatment Options

Research physicians and nurses at NorthBay Healthcare are always on the lookout for new and improved ways to treat and beat cancer. Clinical trials are research studies that explore ways to improve quality of life and to find more effective and safer treatments for patients, whether by looking at brand new therapies or new combinations of existing therapies, according to Natasha Perkins, oncology nurse navigator. "Clinical trials are important because they help us find ways to better treat and care for our patients."

Clinical trials provide patients with access to therapies they wouldn't be able to get outside of the trial, Natasha added. "Because we have this program right here in Solano County, our patients don't have to travel to the Bay Area or Sacramento for their treatments. They can get them close to home, right here in their community."

To see a current list of the trials available at NorthBay Cancer Center, visit NorthBay.org, click on "Our Services" and then the Cancer Center page. Clinical trials are listed under "Cancer Services." ❧

Staying Glamorous Through Cancer Treatment

Cancer treatments may rob some patients of their hair, but that need not rob them of confidence in their appearance, according to Magi Philpot, licensed clinical social worker for the NorthBay Cancer Center.

A "Glamour Room," filled with a collection of brand-new wigs, hats and scarves, has been set up in the NorthBay Cancer Center's new facility, through collaboration with the American Cancer Society. The semi-private room on the third floor is staffed by volunteers and fittings are available by appointment.

Cash donations help keep the room filled with new items. Checks should be made out to NorthBay Healthcare Foundation, with Cancer Center Glamour Room in the memo field and sent to NorthBay Healthcare Foundation, 4500 Business Center Drive, Fairfield, CA 94534.

Reduce Cancer Risk

Mammography has helped reduce breast cancer mortality in the United States by nearly one third since 1990. Annual mammograms can detect cancer early, when it is most treatable, showing changes in the breast up to two years before a patient or physician can feel them.

Current guidelines from the American Cancer Society recommend that women receive annual mammograms starting at age 40 even if they have no symptoms or family history of breast cancer. Additional steps you can take to lower your risk:

- ♥ Maintain a healthy weight.
- ♥ Exercise regularly, at least four hours a week.
- ♥ Limit alcoholic drinks to one per day.
- ♥ Don't smoke.
- ♥ Limit your exposure to radiation and environmental pollution.
- ♥ Breastfeed your children, if possible.
- ♥ Limit dose and duration of hormone therapy.



Bright and comfortable infusion bays help enhance the patient experience, say Bea Castro, R.N., (left) and Louise Henry, R.N.

Calm & Comfortable

New Infusion Bays Offer a Healing Environment

It's warm and welcoming, congenial and comfortable. And that's as it should be. NorthBay Cancer Center's infusion room was designed from floor to ceiling to be a bright, accommodating place. Cancer patients need such an environment to help tone down any anxiety or discomfort they might feel as they undergo chemotherapy treatments, according to Louise Henry, R.N., clinical practice manager for medical oncology.

"It's already a difficult time for them," Louise explained, "because chemotherapy frequently requires patients to spend several hours in an infusion chair while they receive their IV treatments."

Depending on the individual patient's treatment regimen, the process can start

with a blood draw, possibly a few hours of IV fluids for hydration, followed by several hours of chemotherapy, and another couple of hours of IV fluids to flush the kidneys well, Louise explains. Others might spend most of the day receiving a blood transfusion.

Early in the building's design process, Louise and her co-workers were able to offer suggestions to enhance the patient experience. They also traveled to other cancer centers in the area to see how they were designed and what they offered their patients. "The architects and designers definitely sought out our input," Louise said.

First off, the medical oncology team suggested that the infusion room be located on the side of the building

closest to the parking lot, so that patients wouldn't have so far to walk. "Sometimes it takes all their energy just to get here," Louise explained.

Request filled.

"We also wanted a soothing, calm place. We knew patients would want to be able to stretch out. They would want some measure of privacy, but not so much that they feel isolated or unable to socialize with their nurses or other patients."

The architects and designers delivered there, too, noted Bea Castro, R.N., practice manager for medical oncology.

Floor-to-ceiling windows in each of the 14 semi-private infusion bays allow plenty of light to filter into the space. Each bay is equipped with a recliner

The process can start with a blood draw, possibly a few hours of IV fluids for hydration, followed by several hours of chemotherapy, and another couple of hours of IV fluids to flush the kidneys well.

outfitted with a television. A comfortable chair is reserved for guests, and a special chair for nurses that can be elevated as high as three feet off the ground, so they can be eye-to-eye with their reclining patients.

The bays have half walls topped with a pane of etched glass high enough to provide privacy, but not so high that patients can't see their nurses or other patients to strike up a conversation, if they desire.

Plugs can accommodate i-Pads or other devices, the room is Wi-Fi friendly and patients can control how bright they want overhead lighting to be in their space.

The facility is also equipped with two large, enclosed infusion rooms that can accommodate a hospital bed and offers complete privacy. "We also have two 'fast-track' infusion areas for patients who are there for short visits, for such things as having a port flushed or an injection," said Louise.

The nurses' work stations are located just steps from the infusion bays, helping to cut down on their steps and increase efficiency.

Efficiency and patient comfort is also enhanced by the location of a state-of-the-art pharmacy. (See sidebar story.) "It's just down the hall," Louise explains.

"Before, we would have to call the pharmacy at the hospital to order our chemotherapy drugs and wait for them to be delivered. Now, they can be mixed soon after the patient arrives and delivered quickly, cutting down on waiting time for the patient.

"It's already a trying time for the patients; we are hopeful our bright and comfortable atmosphere makes a difficult time a bit easier." ❧

Rx for Complex Therapies

Pharmacy Down the Hall Delivers for Cancer Patients

You can't just walk into this pharmacy and pay for an over-the-counter sinus medicine or bottle of antacid tablets. In fact, the public can't even walk into this specially designed pharmacy at all. The only clientele served here are the patients of NorthBay Cancer Center.

Cancer patients have specific yet unique pharmaceutical needs, and if they are undergoing chemotherapy and other cancer treatments, they need to have their infusion drugs mixed shortly after they arrive for their appointment. So, when architects were designing the new cancer center, they placed the pharmacy just down the hall from the Medical Oncology infusion room.

"Having it just steps away from the infusion center, rather than at the hospital across the parking lot, will help us serve our patients in a more timely fashion," said Hy Ton, pharmacy manager.

These drugs also need to be mixed in a carefully controlled environment, Hy explained, and so the pharmacy includes a special room with a ventilation system more advanced than current regulations require. "In fact, we are well ahead of the curve in terms of compliance."

In this negative pressure room, air pressure is lower than outside air pressure. "That allows us to completely contain fumes within the room. The ventilation system recirculates the air nearly 50 times every hour and it is filtered through a highly advanced HEPA filter before it is vented outside," Hy explained. "To maintain strict sterile cleaning standards, even the walls and ceiling have been painted in such a way so that not a single particle or molecule from the medicines can stick to the surface."

The pharmacy also mixes non-chemotherapy IV drugs to treat dehydration, nausea/vomiting and infections.

What makes this oncology pharmacy even more special are the experts who staff it. Along with a team of highly trained technicians, Jan Lindsey, a board-certified oncology pharmacist ensures the optimal use of chemotherapy, as well as providing personal consultations with patients.

Having the pharmacy and its staff so close to patient treatment rooms offers another bonus, Hy added. "Our pharmacists are specialized, and have the training and clinical knowledge to manage much more complex therapies. We can meet directly with the patient and answer any questions or concerns they might have about the medicines, or any possible side effects."

While the pharmacy currently only serves Cancer Center patients, plans call for staff to provide medicines for other specialty services such as rheumatology in the near future, Hy noted. ❧

Oncology Pharmacist Jan Lindsey outside the chemical mixing room.



Local Philanthropists Create Lasting Legacy

NorthBay, Cancer Center are Beneficiaries of Generous Support

Jim Lawrenz and Heidi Campini, a husband-wife team of life-long adventure-seekers and philanthropists, shared a common conviction: Do whatever you can to help support your local community. They spent decades fulfilling that principle.

Unfortunately, Jim lost a hard-fought battle with melanoma in 2013, but Heidi has remained determined to carry on with their legacy of leadership and support. Before Jim passed, the couple decided to direct their net worth and entire remainder trust—in the form of highly appreciated assets—to NorthBay Healthcare Foundation to support the NorthBay Cancer Center, according to Brett Johnson, president of NorthBay Healthcare Foundation.

At first, Jim and Heidi decided to keep their decision to donate these funds private. “But we realized that we might be able to inspire others to give any way they could, if we shared our story,” Heidi explained. “You can create a lasting legacy that can truly make a difference, and your decision to keep it local can impact so many people in glorious ways.”

♥ Love Story Starts with Travel

The two were introduced by mutual friends at a party in the early 1980s. “We began a long, slow and sweet friendship,” Heidi recalls. Jim proposed in 1983 and they were married in Hawaii in 1984. But, even before they met, each had logged many miles and experiences traveling the world. Heidi, with her dual Swiss and American citizenships, grew up in Vacaville but spent some of her teen years living in Switzerland attending high school. She returned to graduate from Vacaville High School and UC Davis. By the time she was in her 20s, she had already traveled throughout Europe, Egypt and India, where she helped build a rural hospital.



Heidi Campini holds a portrait of her husband, Jim Lawrenz.

“We realized we might be able to inspire others to give any way they could, if we shared our story.”

~Heidi Campini

Once she and Jim were married, they helped fund its sustainability and growth over the years. It has since begun a nursing school on site. In more recent years, she would trek more than 500 miles on the historic Camino de Santiago across northern

Spain to raise funds for the NorthBay Center for Women’s Health.

Although Jim grew up in Tomah, Wisconsin, and graduated from UW-Milwaukee, he landed—literally—in Fairfield in the 1970s, brought here through his service in the U.S. Air

Force. He was a pilot and aircraft commander both in Vietnam and the Desert Storm Gulf War, flying C-130s and the C-5 Galaxy. Jim was awarded the Air Medal, the Air Force Commendation Medal and numerous USAF decorations, commendations and citations. He retired as a lieutenant colonel. He began flying commercially during his last years with the Air Force Reserves, serving as a commercial airline pilot and captain.

By the early 1990s, the couple looked to put down firm roots, and the decision to stay in Vacaville was an easy one, Heidi recalled. “We loved how open and welcoming it is here. And, we knew we really wanted to live the rest of our lives in our beloved Vaca Valley, where it’s sunny and warm.”

But, the couple wanted to do much more than just build a home here. They wanted to build on their shared belief that a community is made better when its people find a way to give back, either through their time or treasure. “Some can give both,” Heidi observed. “But, even if you only give your time, by volunteering, you are helping to build a stronger community.”

Deciding where to put their donation of time and funds was also easy, Heidi explained. “We wanted our contributions to help our neighbors, our friends, strangers in need and their families. We had to keep it local, local, local.”

Jim served as a trustee and president of the Vacaville Museum Board, and generously supported several other local charitable causes. He joined the NorthBay Healthcare Foundation board of directors in 2003, was named secretary in 2005 and chairman of the board in 2011.

Under his leadership the Foundation experienced significant growth and undertook several successful fundraising campaigns, including the creation

Consider Charitable Remainder Trusts

Your estate planner can easily set up a charitable remainder trust or a charitable gift annuity, according to Brett Johnson, president of NorthBay Healthcare Foundation. A charitable remainder trust is an arrangement in which property or money is donated to a charity, but the donor continues to use the property and/or receive income from it while living.

The beneficiaries receive the income and the charity receives the principal after a specified period of time. The donor avoids any capital gains tax on the donated assets, and also gets an income tax deduction for the fair market value of the remainder interests that the trust has earned. In addition, the asset is removed from the estate, reducing subsequent estate taxes.

“These financial tools are especially useful if you have highly appreciated assets, such as stocks or real estate,” noted Brett. “By setting up such a trust, you get the best of both worlds: you avoid capital gains taxes on your assets, and receive a tax deduction and a tax reduction. Most people don’t think of it this way, but you’re going to be ‘philanthropic’ when your estate settles, either in the form of payment of higher taxes to the government, or through a donation to a favorite cause.” For information, call (707) 646-3131.

of Open That Bottle Night, to support NorthBay Hospice & Bereavement.

In 2009, Jim was diagnosed with throat cancer, but recovered. Melanoma surfaced in 2012, and the disease progressed quickly. He received consultations in the Bay Area, but opted to come under the care of the physicians at NorthBay Cancer Center. “He was treated magnificently by the best, most professional physicians and medical staff at the world-class center,” Heidi said.

He shared his care experience with a crowd of cancer survivors at the 2013 Cancer Survivors Day event. “Three of the most promising and busiest physicians (at NorthBay) spent hours with me and even worked through their lunch. That’s compassionate care, close to home, and thank God we have them in our community,” he said. Unfortunately, Jim lost his battle with melanoma just a month later.

“Jim and Heidi have been wonderful ambassadors for us for many years,”

noted Gary Passama, president and CEO of NorthBay Healthcare. “His leadership and his even-handed, classy approach to the work of the Foundation were great assets for us. He is missed, but will be remembered, for a very long time.”

“Jim was a great leader and he chose to lead by example. With this gift, he has also left a legacy for generations,” Brett noted.

“Jim would have been delighted to see this new, state-of-the-art Cancer Center open here in Vacaville, in a place where patients will be treated like kings and queens,” Heidi added.

“And I applaud NorthBay’s leaders, who had the vision to bring together the collaboration with Mayo Clinic. Jim would have been very, very proud. He was an appreciative man, and he was also very loyal to the community that has been so wonderful to us.” ☘

Busy Year for NorthBay Diabetes & Endocrinology

In the past year, the NorthBay Center for Diabetes & Endocrinology has added a new clinical dietitian, moved into the VacaValley Wellness Center, and completed another successful Ride to Defeat Diabetes fundraiser. It's safe to say the center is having a banner year.

Good thing, too, since Solano County continues to carry the dubious honor of having the highest rate of diabetes in the nine-county Bay Area region, according to the Centers for Disease Control. It's among the top 10 counties with the highest rates of diabetes in the state.

NorthBay Center for Diabetes & Endocrinology is on the front line of the battle to defeat the disease, which affects some 29.1 million people or 9.3 percent of the U.S. population. "Unfortunately, about 47 percent of the people in Solano County are prediabetic and another 13 percent actually have diabetes," explained Deborah Murray, M.D., endocrinologist and medical director of the center.



Collette DaCruz, R.N.



Dr. Deborah Murray and Dr. Miya Allen

The Center has undergone myriad changes since Dr. Murray became the medical director in 2007. Her goal: to create a center of excellence. Endocrinologist Miya Allen joined the practice in 2013.

Dr. Murray is excited about the potential for collaborating with the new HealthSpring Fitness Center in the building and envisions several patient-centered cooperative programs to improve patients' fitness. Dr. Murray herself has been going to the fitness center almost every day and says she loves it, and plans to do

walking appointments with patients on the indoor track.

On the frontline of community outreach and education is NorthBay's newest registered dietitian Laura Hitt, who views the move to the new Wellness Center as just one more step in the right direction in NorthBay's quest to improve the health of the community. "I think just being in a wellness center is great. It changes the vibe to be surrounded by health," she said.

Her work involves meeting with patients one-on-one to talk about their dietary needs and challenges. "There

The Basics: The most common types of diabetes are brought on by either an immune system destruction of the insulin-making cells (Type 1, previously known as juvenile diabetes) or an inability to respond to the effects of insulin (Type 2, previously known as adult onset diabetes), explains Dr. Deborah Murray, endocrinologist and medical director of the NorthBay Center for Diabetes & Endocrinology.

Insulin is one of the main hormones that regulates blood sugar levels and allows the body to use sugar (glucose) for energy. While many Type 2 diabetics can control their disease with just diet and exercise, Type 1 diabetics—because their pancreas no longer makes insulin—must monitor their blood sugar levels throughout the day, and administer insulin to keep those levels normal.



Type 1 diabetics must watch their blood sugar levels moment by moment, testing as often as six to 12 times daily, and sometimes requiring four or more insulin injections daily.

are so many diets out there but it's really about coming up with an individual meal plan based on the person's own needs," she explained. "A lot of what I do is education. When I first meet with a patient I listen to them



Laura Hitt

and identify their needs. And most of the time they are surprised when they hear that it's not about cutting things out and what you can't eat, it's more about what

you can add into your diet to make you healthy so that you have a positive relationship with food." In addition to her nutrition education background, Laura attended culinary school, saying she just felt she needed a better understanding of the basics of cooking, something that comes in handy with her latest endeavor: a monthly cooking class at a local grocery store in Vacaville.

One Friday each month, she holds a cooking class, free to visitors at Raley's, 3061 Alamo Drive in Vacaville.

"It really grew from me just wanting to cook and teach," she said. The two-

hour classes involve not only talking about meals but actually shopping for the ingredients, cooking it and letting people taste the results.

"They can come for a half hour or for the whole thing," Laura said. "We go through the store and select each ingredient and I talk to them about why I pick a certain product or item. And I break down the nutritional values for the recipes, which I send home with them."

While the classes are open to anyone, she admits she selects recipes that would work in a diabetic's diet. "I always have that in the back of my mind. So I try to keep the carb count low because most Americans can benefit from that anyway, since our diet is so full of refined carbohydrates."

The cooking program is funded partly by money raised by the annual Ride To Defeat Diabetes (R2D2).

This year's R2D2 was held in September. The ride featured 10-, 25- and 60-mile routes, to make it enjoyable for cyclists of all levels. Dr. Murray led the 10-mile route.

"This was our fifth annual ride and it's always a lot of fun for a great cause," Dr. Murray said. "We're planning more community education and outreach projects using some of the funds."



Risk Reduction Tips TYPE 2 DIABETES

- ▶ Remember that, no matter your age or circumstance, you can make healthy changes.
- ▶ If you are overweight, aim to lose 7 percent of your body weight (or 14 pounds if you weigh 200 pounds) because even a weight loss of 10 to 15 pounds can make a huge difference.
- ▶ Exercise moderately, such as walking 30 minutes a day, five days a week. Always consult your physician first to determine what level of activity is safe for you.
- ▶ Eat a balanced diet, avoid processed foods and simple sugars and control your portions.
- ▶ For some people with prediabetes, early intervention can actually return blood glucose levels to the normal range.
- ▶ Know the symptoms of diabetes, and be sure to consult with your physician if you experience frequent urination, unusual thirst, extreme fatigue, blurry vision, or slow-healing wounds.

For Your Education There's a Blog for That...

Diabetes may be a growing epidemic among Americans, but the good news is that it is often preventable. You can reduce your risk by adopting a lifestyle that incorporates a balanced diet, healthy eating habits and daily physical activity.

A blog written by Collette DaCruz, R.N., a certified diabetes educator at NorthBay Center for Diabetes & Endocrinology, offers valuable tips for patients on how they can manage and perhaps even prevent their disease. Check out the "Living with Diabetes 101" blog at NorthBay.org/blog.

Art from the Heart

When the time came to select art for display throughout the new VacaValley Wellness Center, it wasn't just a matter of decoration. NorthBay Healthcare proudly focuses on serving the local community with its mission of Compassionate Care, Advanced Medicine, Close to Home.

From paintings created by a former local newspaper publisher, to a sculpture by a local cancer survivor to commemorate her battle with the disease, the art displayed in the new center is designed not only to enhance the environment but to reassure patients and their loved ones of NorthBay's ongoing commitment to the communities we serve. Here's a look at the local artists and their work.



Richard Rico

Like each of his paintings, "Lagoon Valley," by Richard Rico reflects his deep appreciation for the land where he grew up; the color palette heightens the natural beauty of the area.

Richard is a native and lifelong resident of Vacaville where he and his family published *The Reporter* newspaper for nearly 70 years. Raised in the business, he was involved with virtually all aspects of newspaper publishing and grew his artistic talents through newspaper design and photography.

It wasn't until about 1993 that he began exploring the world of art and painting. He says that "what started as a pastime and a personal form of expression became a new adventure. With it, over time, came the freedom to take familiar objects or scenes and touch them with bits of fantasy or whimsy."

He writes on his website, "Imagined or real, fact or fantasy, what tends to emerge out of most of my paintings is a level of emotion, even spirituality. Perhaps it comes from my own passion for the sites and scenes that I try to capture. How deep is that passion? I'll let the colors do the talking."

His print on the first floor of the the VacaValley Wellness Center depicts Lagoon Valley in Solano County. The piece was among several selected for display at the state Capitol in 2015. At the time, he told *The Reporter* newspaper, "Lagoon Valley is one of those gems of nature that helps balance the growing changes in our immediate world. The gift of nature also gave Vacaville (Solano County) its roots. It was part of a land grant awarded to Juan Pena and Manuel Vaca in the 1800s, after they traveled overland from New Mexico. Vaca sold part of his grant on condition that a town be established, and named Vacaville. The pine trees are in a Hospice Grove, sponsored by NorthBay Healthcare."



Judy Neal

Solano Jack is one of more than two dozen jack rabbit statues created as part of the 2015 "We Know Jack" public art project in Vacaville, which raised art awareness and more than \$90,000 for the Vacaville Museum. Created by Vacaville artist Judy Neal, "Solano Jack" was sponsored and later purchased by NorthBay Healthcare. It has been on display at NorthBay's headquarters in Green Valley for the past year and will now find its permanent home at the new VacaValley Wellness Center.

She was inspired by the region's scenery in designing the rabbit. "My paintings continually pay tribute to this region's fertile land and golden hills dotted with the old fruit and nut trees," she said.

Wendy Wasserman Kellogg & Tara Baumann

Vacaville artists Wendy Wasserman Kellogg and Tara Baumann designed "Jewels," which depicts Wendy's breast cancer journey. The piece was purchased by NorthBay Cancer Center oncologist and hematologist Jonathan Lopez, M.D., at a Soroptimist International of Vacaville fundraising event in October 2015 and is featured in the new NorthBay Cancer Center in Vacaville.

Wendy was diagnosed with metastatic lobular breast cancer in March 2014. After medication and a strict diet, she was cancer-free until April 2016, when it resurfaced, this time as metastatic ductal carcinoma, with tumors in her liver. (See her story on page 4.)

"Jewels," on the third floor, is the bust of a woman, encrusted with carefully selected jewelry from top to bottom. Earrings, bracelets, sparkling charms and chains make up her patchwork skin.

"The stomach area in front is all black jewelry," Wendy explained, "because it represents the pit in my stomach when I found out I had cancer." As you move up the torso, bright colors take over. This was the façade she showed to the world. "My message was always, 'I'm great! I'm going to beat cancer.'"

But on the back, red jewelry runs from the base up the spine. "It represents the fear I didn't want anyone to see," admitted Wendy. "I was hiding from my family and friends."

As you move up the back, the jewelry becomes pure white. "It was me, pushing my fear away and going for a cure." On the neck, the colors alternate between black and white. "I'm cured. Maybe not. I'm cured. Maybe not. It represents the big question," said Wendy. "Are we ever really cured? It's the big wonder."

For Tara, the chance to team up with her good friend and be a healing part of Wendy's journey was a blessing. "When someone so very dear to you has cancer, there is no magic wand to take away the disease," she said. "Yes, we desperately want one, but the only thing anyone can do is be there for the highs and lows of the healing process while staying positive as the patient battles the beast."

Working on "Jewels" was more than an art project, it was therapy and a celebration of healing all rolled into one, she explained. "Wendy and I have known each other for years, but never worked together on a piece like this. It was the most synergistic experience I have ever had," she said. "We completed and expounded on each other's thoughts while gluing donated jewelry to the vintage mannequin."

The pair collected the jewelry from the community, neighbors, Soroptimists, Rotarians. One woman donated her mother's jewelry after her passing, so the sculpture could pay tribute to her memory.

"We lost track of the hours we spent on the project and just looked forward to spending time together," said Tara.



"There is no magic wand... the only thing anyone can do is be there for the highs and lows of the healing process while staying positive and consistent."

~Tara Baumann

"When 'Jewels' was done, we just sat there and stared in awe at all the love that went into the project..."

"The piece reflects many things," said Wendy, "but mostly, she reflects a collaboration by two best friends to give hope through the cancer journey."

More artists on Page 14...

Don Birrell

The late Don Birrell's name and work is synonymous with the art community in Vacaville. Though he died in 2006 at the age of 83, his creative touch can be found throughout the community and two of his paintings are on the second floor of the VacaValley Wellness Center. "Buck Avenue Fantasy," a print that features the tree-lined avenue in Vacaville with rays of light beaming through the tree tops, and "Old Rocky," a landscape scene of a hilltop in Vacaville.

Born Dec. 6, 1922, in Corona, Don grew up in Sacramento and attended Sacramento City College. He served three years as a staff sergeant in the Eighth Air Force during World War II



and was based in Alconbury, England, where he worked on early radar warning systems for the Allied Forces.

After the war, he attended the prestigious Chouinard Art Institute in Los Angeles where he was trained in graphic

and exhibition design. Upon graduation, he was hired to teach design at the University of Alabama from 1950 to 1951. He served as the director of the Crocker Art Gallery in Sacramento from 1951 to 1953. In 1953, Don became design director for the Nut Tree restaurant in Vacaville, a job he loved, and he remained there for almost 40 years.

He painted watercolor landscapes from his many journeys and was also known for his work creating logos and designs for the city of Vacaville, Vacaville-Dixon Greenbelt, Raley's supermarkets and numerous private labels for winemakers and other food products. In 2003, the Vacaville Museum recognized the tremendous influence Birrell's work had on and around the community of Vacaville with a retrospective exhibit of his work.

Geri Arata

Artist Geri Arata's creation for the 2015 "We Know Jack" public art project, received the highest bid at the event's auction. Heidi Campini, a long-time supporter of NorthBay Healthcare, has kept the whimsical sculpture, "La Dolce Vita," at her home for the past year. The rabbit is now on display at its permanent home at the VacaValley Wellness Center.

Geri is a San Francisco native who now lives in Dublin. She participated in the project, she said, because of dear friends and connections she has to the community and as an opportunity to give back to a community that "has enriched my life in many ways."



Nicholas Nourot

Benicia glass blower Nicholas Nourot grew up around the craft. His parents founded Nourot Glass Studio in 1974 and he first learned the craft from them. "Glass is almost as old as recorded history. I try and respect that history and learn from it," he says on his website. "When I've completed a piece of glass that has unique character it feels very good. Everything I do, adds to my inspiration for glass-making."

That includes two commissioned displays in the new VacaValley Wellness Center. On the first floor, visitors will see "River Gate," a series of blown glass plates featuring a water theme in blue and gold. On the third floor cancer center, a second series of plates, "Colorado Hills," features brighter colors designed to "make people happy," said Nicholas.

Each plate took about an hour to complete, he explained, adding that the displays at the VacaValley Wellness Center are made more unique by the sheer number of them. "It's unusual to design and display that many of them together," he said.



Chad Glashoff

The Fairfield-Suisun area sculptor is a 2002 graduate of Armijo High School. His planned sculpture will be the second he has created for NorthBay Healthcare. In December, he made "Wounded Angel" for the NorthBay Hospice & Bereavement program offices and Hospice Memorial Garden, to say thanks for the excellent care his mother received while in hospice.

Art and metal sculpture is in Chad's blood. He is the son of another successful local artist, sculptor Phillip Glashoff, and was surrounded by art while growing up.

"When I was around 6 years old, I put my hand on the torch for the first time," he told the *Daily Republic* newspaper. "That was also when I started really loving art. I didn't know at the time what I had—not my gift—but being in my situation.

"I watched my dad (weld) my whole life. He didn't think anything of it when sparks were flying around everywhere and his pants were on fire. I just thought it was a normal part of life. I thought that was the only way to do things."



Lisa Kokin

Artist Lisa Kokin grew up in a home where books were revered, so the fact that she tears apart older tomes to create her unique and beautiful masterpieces caused a little guilt for her at first.

"If you look at my website you'll see I've been altering books and making them from other materials for years. I use books and the idea of books as an inspiration," the El Sobrante resident said, adding that she works with recycled and reclaimed materials that might otherwise end up in a landfill.

In "Bloom (for Kato)," her piece for the VacaValley Wellness Center, Kokin selected books with "a message about love" in them.

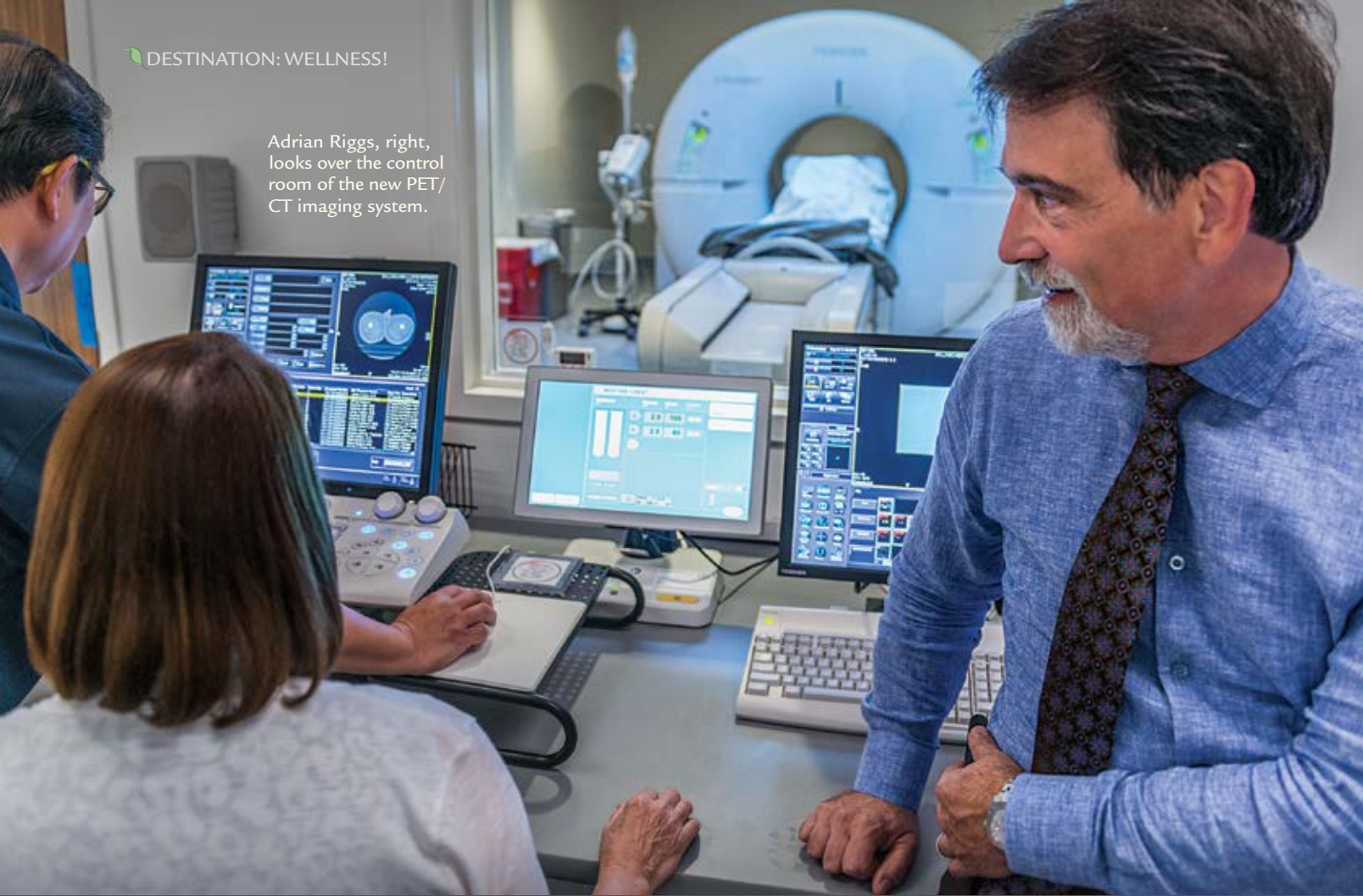
"I wanted it to include uplifting words for people to look at while waiting in an oncology clinic because I have done that many times with friends and family and I know the stress involved," she explained. "So I wanted colors and words and patterns that would be calm and offer some solace."

The work, a series of flowers linked with thread and wire, is named for a close friend she lost to ovarian cancer two years ago, she said.

Lisa hopes the piece will help cancer patients in their battle with the disease. "I hope the work helps them feel they are going to be OK, inspires them and brings them happiness while they are in the midst of a health crisis." ❧



Adrian Riggs, right, looks over the control room of the new PET/CT imaging system.



Because of the machine's larger size, patients feel comfortable and less claustrophobic during procedures.

Solano Diagnostics Imaging Brings PET/CT Scanner to Vacaville

A \$1.8 million Toshiba Celesteion PET/CT imaging system is the centerpiece of Solano Diagnostics Imaging's new location in the VacaValley Wellness Center. It is the only stationary PET/CT scanning equipment in Solano County, other than David Grant Medical Center at Travis Air Force Base.

"Patients previously had to wait for a trailer with imaging equipment to park on the hospital campus to receive care," said Adrian Riggs, assistant vice president of NorthBay Health Advantage. "Not only do we now offer daily PET scanning, but it is right next door to the NorthBay Cancer Center, which relies on PET scans for their patients."

A positron emission tomography (PET) scan is an imaging test that uses a radioactive substance called a tracer to look for disease in

the body. The new scanner includes Toshiba's AIDR 3D technology that helps reduce the radiation dose needed by patients.

A PET scan shows how organs and tissues are working by measuring blood flow, oxygen use, glucose metabolism and other body processes. It is commonly used to detect cancers because it shows tissue abnormalities at the cellular level.

The machine features the largest bore—space for the patient—in the industry. This means larger patients will feel comfortable and less claustrophobic during their procedure. It is also faster, which means less exam time for patients.

"For the first time we will be able to offer outpatient CT scans as well as inpatient PET scans in Vacaville," Adrian added. ☒

Wellness Center Offers Complete Imaging Services

Solano Diagnostics Imaging offers a full range of diagnostic services including:

X-RAY ▶ An X-ray is the most common imaging test used to help doctors view the inside of the body. Your physician may order an X-ray to diagnose a broken bone, view an area where you are experiencing pain or to monitor the progression of a disease, such as osteoporosis.

MAMMOGRAPHY ▶ A specialized medical imaging that uses a low-dose X-ray system to see inside breasts. A mammogram aids in the early detection and diagnosis of breast diseases in women.

3D MAMMOGRAPHY ▶ Three-dimensional (3D) mammography is a type of digital mammography in which X-ray machines are used to take pictures of thin slices of the breast from different angles and computer software turns the pictures into a three-dimensional image. This process is similar to how a CT scanner produces images of structures inside of the body.

BONE DENSITY (DEXA SCAN) ▶ Bone density testing is used to assess the strength of the patient's bones and the probability of fracture in persons at risk for osteoporosis. The test is a simple, noninvasive procedure that takes just minutes.

ULTRASOUND ▶ Ultrasound, also called sonography, uses sound waves to develop ultrasound images of what's going on inside the body. Ultrasound imaging has many uses in medicine, from confirming and dating a pregnancy to diagnosing certain conditions and guiding doctors through precise medical procedures.

Solano Diagnostics Imaging is open Monday through Friday from 7 a.m. to 6 p.m. For more information, call (707) 646-4646.



\$1.5 Million MRI Coming to VacaValley Hospital

A \$1.5 million, state-of-the-art MRI will be installed next to NorthBay VacaValley Hospital in Vacaville this winter. The Toshiba Vantage Titan, Open-bore 1.5 Tesla (high field) MRI features quiet technology and high definition scanning. It has the shortest magnet with the largest field of vision currently available in the industry.

"The Toshiba MRI is designed with patient comfort in mind," says Adrian Riggs, assistant vice president of NorthBay Health Advantage. "We have used this model in Fairfield since 2014 with great success."

MR acoustic noise is one of the major complaints of patients and medical staff. Toshiba's patented Pianissimo technology significantly reduces the noise in and around the MRI environment, making exams more comfortable and easier to complete. With Pianissimo, MRI no longer needs to be loud and disruptive.

The Vantage Titan's ultra-short open bore offers up to 100 percent more clearance space above the patient. This provides the room needed for bariatric patients and allows patients to be scanned without having their heads inside the magnet. The MRI also performs a wider range of exams, from bariatric to breast and non-contrast imaging, with far fewer limitations than Open MRI systems.

Once installed, all inpatient and outpatient MRI will be offered at both VacaValley Hospital and NorthBay Medical Center in Fairfield. ☒



All The Right Moves

Physical, Occupational Therapy Relocation Brings More Space, Opportunities

Physical Therapist Angela Williamson steps into the warm water of the therapy pool at HealthSpring Fitness and greets the two patients she'll be working with. "OK, are you ready, ladies?" she asks brightly, as she positions herself between the two mid-pool. "We're going to be doing some basics and I may add a little today but if anything makes you uncomfortable, let me know."

Slowly, she directs the pair to walk sideways, forward, backward. Each time, she directs them on how to lift or position their legs—all to achieve the best stretch or water resistance.

For Vacaville resident Carol Marable, it's part of a regular weekly routine since her hip replacement surgery. "Things just weren't healing the way I wanted and so my doctor prescribed this for me and it really is a lot better," the 70-year-old said.

She calls Angela her "little angel" and credits her with much of the improvement she has seen in her gait and hip movement. "I call her that because it helps me remember her name and because she really is wonderful," Carol said.

"She has me doing exercises and movements that, out of the water, I can't really do and it has helped me so much."

The weekly sessions used to be held at a fitness club across town. The program moved this summer, however, to the VacaValley Wellness Center. Medical offices make up the other half of the building that also houses HealthSpring Fitness Center. And the juxtaposition provides easy access to the fitness center's therapy pool.

"It's great," Angela said of the new pool. "It's warm and it's indoors. We don't have to cancel for bad weather. Also, there are specific times the pool is reserved for rehab. So we know the pool will be available to us and our patients."

The pool's shallow steps are perfect for rehab patients and the bars that line the edges help patients as they run through their exercises, she added.

Relocating the aquatic therapy to the HealthSpring pool is just one of many opportunities NorthBay Rehabilitation Manager Doug Hinton says he hopes to see grow in the future. He envisions programs that will allow more integration of physical and occupational therapy with the fitness center and its equipment.

In the meantime, staff and patients are happy in their new space which has double the number of exam rooms and provides a gym space that is 75 percent larger. "We like it," Doug said. "It gives us more room to work with patients and accommodates future growth." ❧

Physical Therapist Angela Williamson, far right, leads her patients through some basic motions during pool therapy at HealthSpring Fitness in the new VacaValley Wellness Center.



James Stacey uses an exercise bike under the supervision of Karen Loewe, R.N., clinical manager of NorthBay Cardiac and Pulmonary Rehabilitation.

Heart Help Cardiac Rehabilitation Now Available in Vacaville

Last December, James Stacey of Vacaville received a "wake-up" call that no one wants to get. While making repairs around his home, he began having trouble breathing. When his symptoms didn't go away, his wife of 48 years, Rochelle, took him to the David Grant Medical Center emergency department. It was Christmas Day, and James, 72, was diagnosed with congestive heart failure (CHF) and sent directly to the intensive care unit.

In the following week, 26 pounds of excess fluid was drained from his body. Even then, his heart was having trouble maintaining its rhythm. It took five electrical shocks before his heart returned to normal. When he was discharged from the hospital he was referred to the NorthBay Cardiac and Pulmonary Rehabilitation department at NorthBay Medical Center.

Cardiac rehabilitation is designed to help patients recover from a heart attack, other forms of heart disease, or surgery to treat heart disease. "Our

goal is to establish an individualized plan to help each patient regain their strength to reduce the risk of future heart problems, and to improve their health and quality of life," says Karen Loewe, R.N., clinical manager of the program.

Like patients before him, James discovered a comfortable community dedicated to helping him regain his health. The Air Force veteran who had survived four trips to Vietnam was ready for the challenge. The program has made an incredible difference in his health, he said. It has helped him lower his weight from 176 pounds to 150 on his 5-foot-3-inch frame.

In addition to exercise, health education was also part of his program. He attended a series of four

CHF classes taught by a registered nurse, a pharmacist, a social worker and a dietitian. Everything from the disease to the emotional difficulties of living with a chronic condition was discussed.

"My wife and I attended the classes, which were fantastic. For one class you're asked to bring in all of your medications and they explained what each one does and how it works," he said. "I learned about my disease and how to change my diet. They've done wonders with me. The nurses really care about you. This program is like family and that's part of the reason I'm continuing with it."

Now he is on Phase III, an unmonitored exercise program under the supervision of the rehab nurses. ❧

Cardiac Rehabilitation at the VacaValley Wellness Center in Vacaville is open Monday, Wednesday and Friday from 9 a.m. to noon. The staff from the NorthBay Medical Center program will rotate their work between the two sites, with two registered nurses always supervising the program. For more information, call (707) 646-5072.

The Mind-Body Connection

Integrative Medicine Focuses on Optimal Health Strategies

Functional Medicine examines a patient on the cellular level, and Osteopathic Manipulative Medicine (OMM) is a non-invasive, hands-on therapy that addresses mechanical problems of the body. Both specialties offer an innovative alternative to restoring health.

Integrative Medicine in the VacaValley Wellness Center brings Functional Medicine and Osteopathic Manipulative Medicine (OMM) together in one setting. The two specialties work closely together with the goal of helping their patients reach optimal health.

Leading Functional Medicine is Dr. Eric Hassid and his colleague Karin Grumstrup, N.P.; while OMM is under the purview of Sandra Skates, D.O., and Angela Lim, D.O.

Both practices offer patients an innovative alternative to restoring their health.

“Functional medicine is a new way of looking at health and disease,” explained Dr. Hassid. “The goal is to restore an individual’s health to the highest level for successful long-term disease prevention and management. This concept stems from the notion that a healthy human body is the best healer of disease.”

Practitioners of functional medicine believe that all individuals have unique physical and genetic characteristics that make them vulnerable to certain medical ailments. These individual factors, which affect mind, body and spirit, intertwine with one another to create a web-like pattern of cause and effect. The “one disease, one pill” style of medicine does not necessarily hold true with functional medicine.

Functional medicine looks at how the body works at the cellular level. It studies physiological principles such as bioenergetics—how energy flows through living systems; inflammation and oxidative stress; how cells communicate and how they protect and defend from disease. It studies circulation and even waste elimination. Chronic conditions—such as allergies—and digestive, hormonal, metabolic and neurological problems are finding solutions in the field of functional medicine.

Functional medicine examines six areas of a patient’s health that contribute to optimal living. These include nutrition and gastrointestinal health, environmental exposures and detoxification, hormonal optimization, sleep, exercise and the mind-body connection.

“Some patients turn to us as a last resort when they haven’t seen results and want to dig deeper into solving their health issue,” said Karin. “Others come to us wanting to get rid of the multiple medications they’re taking.”

While Functional Medicine examines a patient on the cellular level, Osteopathic Manipulative Medicine (OMM) is non-invasive, hands-on therapy that addresses the mechanical problems of the body. The goal of OMM is pain-free movement and overall good health.

Using their hands to diagnose, treat, and prevent illness or injury, osteopathic physicians move patient’s muscles and joints using techniques including stretching, gentle pressure and resistance. OMM takes a patient’s musculoskeletal, circulatory, lymphatic and nervous system into account.

OMM is often used to treat muscle pain, but it can also help patients with a number of other health problems such as asthma, sinus disorders, carpal tunnel syndrome, migraines, and menstrual pain.

“OMM is a hands-on approach to pain,” explained Dr. Lim, “and it can help everyone from newborns to the elderly.”

Dr. Lim emphasizes that while some patients experience great relief, not everyone reports such dramatic results. “For some patients, the goal is to increase function, acknowledging that there may be only a reduction—not an elimination—in pain,” she said. “OMM is not a miracle, even though it might feel that way to someone who has been in pain. It is rooted in science and based on human anatomy and physiology.”

“I’m not a chiropractor and I don’t do massage,” she explained. “But the treatments I provide for my patients often give them immediate and sometimes long-term relief.”

While OMM is the primary focus of Dr. Skates’ practice, she also offers two other treatment modalities—medical acupuncture and prolotherapy, or regenerative medicine.

“Medical acupuncture uses very small needles inserted into the body,” Dr. Skates said. “I use acupuncture techniques that have been used for centuries and many that have been developed by physicians in the United States. It can be used as primary or additional treatment for a wide variety of illnesses from pain to fatigue to complex internal medicine issues. Patients may find that they are able to reduce their dependence on medication.”

Prolotherapy/regenerative medicine is the injection of substances that promote the growth of normal cells or tissues, Skates added. This can help in the early stages of arthritis or for strengthening connective tissue insufficiency found in chronic pain or sprains and strains.

For further information about Integrative Medicine, call (707) 624-8250. ☎

Accupuncture can be used for a variety of illnesses from pain to fatigue to complex internal medicine issues and can help reduce dependence on medication.



The providers of Integrative Medicine include, from left: Angela Lim, D.O.; Sandra Skates, D.O.; Karin Grumstrup, N.P.; and Eric Hassid, M.D.

Putting Patients CENTER STAGE

New Design Strategy Creates ‘Offstage’ Area for Medical Staff

It’s called the patient visit of the future, and it’s popping up in medical offices throughout the NorthBay Healthcare system. There’s still a check-in, the compulsory blood pressure, temperature and pulse recordings and a visit from your doctor.

So what’s new? Much of it is now in the background, explains Joelyn Gropp, NorthBay’s assistant vice president of real estate and facilities development. “The hustle bustle of interaction between doctors and medical assistants no longer happens in the hallways as patients are coming and going. It’s all offstage. We borrowed that concept from Disney,” she said with a smile. “We’ve created a quiet, efficient workspace where doctors and medical staff can interact quickly and quietly between patient visits.”

Medical offices at the new VacaValley Wellness Center in Vacaville were specially designed with that concept in mind. There’s a patient corridor with entrances on one side of all exam rooms, and an entrance for medical staff on the other. Two wings of patient rooms flank both sides of an “offstage area” for the NorthBay Cancer Center, the NorthBay Center for Diabetes & Endocrinology, and Integrative Medicine, which includes Functional Medicine, Osteopathic Manipulative Medicine or OMM, and Acupuncture.

Dr. Angela Lim discusses the patient experience with Lori Toliver Cawley.

“As we create new buildings, we’re adopting this concept throughout,” explained Joelyn. “It’s a lot easier when you build from the ground up. When you have existing structures, you have to be creative.”

She noted teams at the older Center for Primary Care facilities in Vacaville and Fairfield have worked to create backstage pods of activity, and do their best to minimize interactions in front of patients.

“It’s all about improving the patient experience to be the best it can be,” explained Joelyn.

In July, a team from Integrative Medicine gathered at their soon-to-open office in the Wellness Center in Vacaville to test the new patient flow, by inviting a couple of patients to walk through.

Lori Toliver Cawley and Debra Lum checked in at the new front desk with patient service representatives Sheryl Canumay and Mary Castillo. Both were invited to enter the patient corridor and find their assigned room. At other facilities, they would have had to wait for a medical assistant to escort them to a room.

Moments later, Debra was greeted by Melanie Aten, medical assistant, who took her blood pressure, pulse and temperature. By sitting on the exam table, her weight was taken without having to step onto a scale. And in every patient room, there’s a copier, so staff doesn’t have to step away to make a copy.

Melanie asked a few questions before exiting into the provider area. Then Dr. Angela Lim stepped in to walk through a mock visit with her patient.

Throughout the visits, Joelyn and Adan Iracheta, practice manager for the Pain Center, were asking questions of the team and the patients and taking notes. “What seems to be working well? Where could we improve? Does it all make sense?”

“We’ll fine-tune it as we go,” said Joelyn, “We’ll share notes and create scripts so all our medical offices can share their best practices. Once we get it down to a science, we won’t need to reinvent the wheel.”



A Class Act Something for Everyone at HealthSpring Fitness

Just like the population it serves, the exercise classes at NorthBay HealthSpring Fitness reflect our community’s diversity of interests and physical abilities. Toddlers learn to swim here; adults re-learn how to bend and twist, and boost their heart rates. Slow and steady or robust and intense, there is a class for everyone, either in the exercise studio or in the water, according to Chrisi Blackman, programs and group fitness manager.

And if you haven’t lifted anything heavier than a bag of groceries recently, or walked further than the mailbox to the front door, no worries. There’s a class or a skilled trainer to help people of all fitness levels and medical conditions to gain strength and momentum and to meet their personal fitness goals.

Classes were chosen based on our community’s demographics, what has worked well in similar locations, what people are talking about, and feedback from members, she added. They are taught by trainers who were hired for experience, knowledge, degrees and specialized certifications.

There’s also science involved in their selection, she added. “The classes are designed to focus on all three Planes of Movement—sagittal

(flexion and extension), frontal (side bending) and transverse (rotation) to transform the body in different ways. We want to help our members to be successful, and to see changes they are proud of,” Chrisi said.

The Strong and Steady class, for example, is for anyone—but particularly active older adults—who want to boost their balance and reduce their risk of falls. Several Yoga and Pilates classes will do the same, but with an

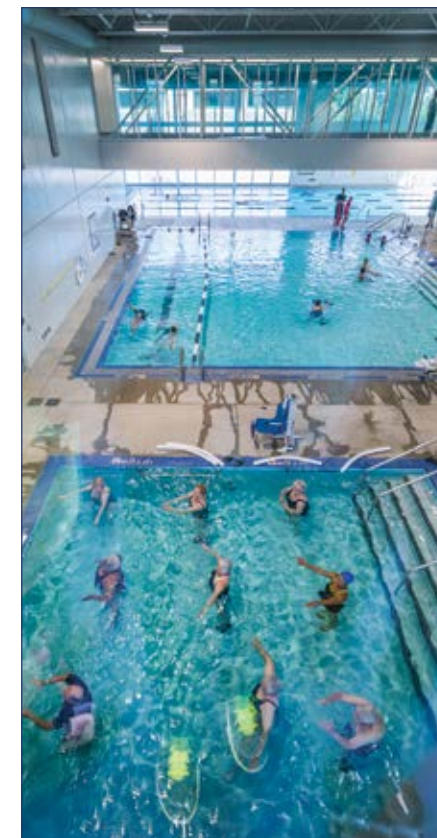
emphasis on relaxation and de-stressing techniques and mind/body awareness, for all levels of experience.

Total Strength is a conditioning class that uses dumbbells, medicine balls and other pieces of equipment to boost muscle strength.

For those who want to dial it up even more, there are High Intensity Interval Training (HIIT), Cycling and Cardio Kickboxing classes. Zumba, either in the studio or in the water, combines a zesty Latin beat with moves that increase heart rates while strengthening legs, glutes and abdominals.

Class offerings and times are constantly being reviewed and changes will be made on a quarterly basis or sooner, based on member feedback. Check out what’s available online at www.healthspringfitness.org.

“HealthSpring Fitness is unlike any other place you’ve ever been,” Chrisi said. “We really want to reach our members on a personal level, learn what they want in terms of their fitness goals, and offer a program that meets those goals in a safe, healthy way. We focus on four pillars: mindset, nutrition, movement and recovery. We strive for our classes to follow this model, creating high-quality workouts and lifestyle change.”



Welcome New Physicians

Brandi Upton, M.D., is a vascular surgeon at NorthBay Medical Group. Dr. Upton earned her medical degree from Louisiana State University Health Sciences Center in Shreveport, where she also completed her residency and internship in general surgery. She completed a two-year fellowship in vascular surgery at UCSD/Scripps Clinic in San Diego.

Alexander Hazel, D.O., has joined NorthBay Medical Center as an inpatient psychiatrist. Dr. Hazel earned his medical degree at Kirksville College of Osteopathic Medicine in Kirksville, Missouri. He completed a residency and psychiatric internship at UC Davis, Department of Psychiatry. He is board-certified in psychiatry and child and adolescent psychiatry.



Looking for a physician?

Visit NorthBay.org for profiles on nearly 100 local primary and specialty care providers who work at NorthBay Healthcare campuses in Vacaville and Fairfield.




Annual Flu Shot is Healthy Choice

Flu season is here and the Centers for Disease Control (CDC) recommend getting your annual flu shot as soon as the vaccine becomes available. Influenza (the flu) is a contagious respiratory illness caused by a variety of viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting vaccinated each year.

An annual flu shot is needed because flu viruses are constantly changing, according to Mercille Locke, R.N., infection prevention program manager at NorthBay Healthcare. Also, the protection offered by a flu vaccine declines over time, which is why annual vaccinations are important.

Each year, laboratories around the world collect flu viruses to determine what strains will be most active during the upcoming flu season. From this information, three virus strains are selected for the flu vaccine that is offered in the fall. The timing of flu is very unpredictable and can vary from season to season. Flu activity most commonly peaks in the United States in January or February. However, seasonal flu activity can begin as early as September and continue as late as March.

The CDC advises everyone age 6 months and older to get a flu vaccine every year. It is especially important that certain people get vaccinated, including pregnant women, people age 50 and older or younger than 5, anyone with certain chronic medical conditions, such as diabetes and asthma, and people who live in or work in nursing homes or long-term care facilities.

It takes about two weeks for your body to build antibodies after you receive the shot. During that time you may still get the flu. Whether you get your vaccination early or late in the flu season, you will be protected for the entire year. More information can be found at NorthBay.org. 

How to Choose Insurance During Open Enrollment Season

It's open enrollment season and you probably have questions about choosing health insurance for 2017. Many health plans give you access to NorthBay Healthcare, the county's most comprehensive health care system. Now the first Northern California member of the Mayo Clinic Care Network, NorthBay physicians have the ability to collaborate with world-class medical experts.

Kelly Rhoads-Poston, NorthBay marketing representative, can help you understand your health insurance options so you can choose the plan that is best for you and your family. She can answer questions about the major health plans that contract with NorthBay, including Covered California

(Western Health Advantage and Anthem Blue Cross); Aetna PPO; Anthem Blue Cross PPO; Blue Shield HMO, PPO and POS; Cigna HMO, PPO, POS and EPO; Medicare, UnitedHealthcare PPO; TriCare Prime, Standard, Extra and TriCare for Life; and Western Health Advantage.

She can help you find a primary or specialty care physician affiliated with NorthBay in Vacaville, Fairfield and Green Valley. She can also explain how InQuicker at VacaValley Hospital streamlines emergency care, and how "Care 'til 8" in Vacaville and Fairfield gives you access to urgent care when you need it. Call Kelly at (707) 646-3280 or visit NorthBay.org.



A Change of Command

NorthBay Healthcare Hospital Division President Konard Jones will take the role of president and CEO when Gary Passama retires on March 31, 2017 after 35 years at the helm.

At the same time, Aimee Brewer, who currently oversees all outpatient services as president of the ambulatory division, will become president of NorthBay Healthcare Group. Her duties will expand as she adds leadership responsibility of the two hospitals as well as The Surgery Center at NorthBay VacaValley.

Jones returned to the local, independent healthcare system in February 2015 to manage the day-to-day operations of NorthBay Medical Center in Fairfield and NorthBay VacaValley Hospital in Vacaville.

The CEO-select previously served as NorthBay Healthcare's vice president of human resources from 1995 to 2004. He then became president and CEO of Broadline Medical Inc., but returned to hospital operations in 2011 serving as vice president, professional and support services, at UC San Francisco Benioff Children's Hospital, Oakland.

"Several years ago, the Board of Directors embraced a succession plan knowing that key top leaders were approaching retirement and we wanted to grow the next generation from within," explained Ben Huber, chairman of the board. "These selections are a result of cultivating those who live the mission and nurture the unique culture that is NorthBay Healthcare."

The outgoing CEO is confident the new wave of leadership will succeed in advancing medicine and providing compassionate care, close to home. "It's clear that Konard


has gained the trust of those who work closest with him in our hospitals, but also the other senior managers and the Board of Directors," observed Passama.

Brewer joined NorthBay Healthcare in August 2014 with the charge of growing the array and the sophistication of services outside the hospital.

With the vision of access to excellence for patients and a partner in health and wellness to the community,

Brewer has led initiatives resulting in significant improvements for NorthBay in both quality and patient experience.

"Expanding Aimee's role was an easy decision," said Archie Humphrey, chairman of the board of directors of NorthBay Healthcare Group, the division that oversees all medical services within the system. "She quickly acclimated to the nonprofit, community-oriented philosophy that is ingrained here. She promptly took to building relationships and partnerships, enhancing and expanding services across the organization."

Brewer came to NorthBay Healthcare from HCA Physician Services, appointed as director of operations for Mountain-Star Healthcare, serving Utah, Idaho, Alaska and Nevada. Prior to joining HCA, she was administrator for the Payson Center for Cancer Care. In addition, she was a practice manager and researcher for Children's Hospital of Boston. 

"These selections are a result of cultivating those who live the mission and nurture the unique culture that is NorthBay Healthcare."

~Ben Huber, chairman of the board

Another Leaven Center, Thanks to NorthBay

On a warm August morning, NorthBay Healthcare joined the city of Fairfield and The Leaven to officially debut its latest after-school program site on Dana Drive, an effort aimed to reduce crime and rejuvenate the neighborhood just south of NorthBay Medical Center in Fairfield.

"You are living in an area of transformation," Fairfield Mayor Harry Price told the crowd, which included civic and political leaders alike, as well as neighbors whose children will be able to use the center. "That's what happens when hospitals, paramedics and law enforcement get together to make things happen."

The center can accommodate up to 20 youngsters from the neighborhood, offering them a safe place to go after school when parents are still

at work. Funding to renovate half of the duplex came from the city. Operating costs to run the program will be covered by NorthBay Healthcare through the Community Benefit Program. Meanwhile, The Leaven will staff and operate the center.

One of the rooms features a bookshelf nearly filled with hardback and paperback selections, donated by NorthBay employees to encourage reading. The main room features a number of round tables where children can participate in art projects and play games. A small kitchen and freshly painted walls create a friendly environment.

"We've always tried to be a good neighbor," NorthBay Healthcare President and CEO Gary Passama told the crowd. "In medicine, we've




Three newly enrolled students examine the children's books donated by NorthBay employees.

always looked to improve the lives of those we serve... so you easily understand why we are a partner... in creating this center."

A child's overall health is a product of education, family values, social interaction and preventive and compassionate health care, Gary explained. "NorthBay Healthcare goes beyond the walls of our hospitals and outpatient clinics to restore health and wellness," said Passama. "We hope to inspire neighborhood children to take their education seriously and follow their dreams. Maybe someday they will practice medicine in their home town, inside their hometown hospital."

The Leaven is a growing nonprofit organization that works with members of the local community—businesses, police and fire departments, local government, school administrators and teachers, church groups and concerned neighbors—to bring after-school mentoring and tutoring programs to struggling neighborhoods.

The new center will be the sixth in Fairfield. Others are operating in Vacaville, Vallejo, Benicia and Napa. Target neighborhoods are those where drop-out rates are high and criminal behavior threatens the peace of the community.

"It's better to make strong children than to fix broken adults," added Jim Fraizer, Assembly member. 

"It's better to make strong children than to fix broken adults."

~Jim Frazier, Assembly member




NorthBay Healthcare President and CEO Gary Passama, left, and Mark Lillis of The Leaven, with the van the health care organization helped purchase.

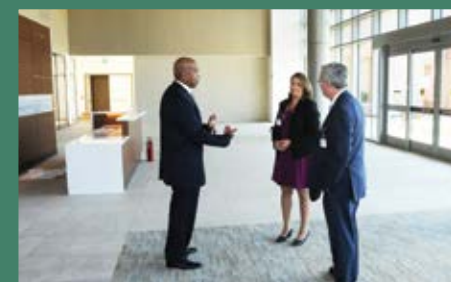
A Welcoming Pavilion First of Many Changes on Campus

The Welcome Pavilion at NorthBay Medical Center opens next week, giving patients and visitors a long-awaited new lobby. The Pavilion will serve as the communication hub of the hospital, with an expanded PBX office and information desk for patients and visitors.

The Pavilion also will house a new 392-square-foot NorthBay Guild gift shop. A vehicle turnaround and drop off area is located directly in front of the Pavilion. This is where you will find valet parking. All road and parking construction at the North end of the campus is complete, creating safe passage around the next phase of construction.

Construction on both the expanded Emergency Department and the new three-story wing begins in November. When the Pavilion opens, the old hospital lobby will close and demolition begins to expand the Emergency Department into that space. Construction will be separated from the facility with temporary walls and construction barriers.

Site work is underway around the future hospital wing, with excavation and construction beginning next month. This phase will take place during the next two years. Both the new wing and ER renovation will bring state-of-the-art technology to NorthBay Medical Center. 



Center for Primary Care Advice Nurses are, from left, Michelle Curry, R.N.; Robin McIntyre, R.N.; and Estee Manio, R.N.

Advice Nurse Help

Think a phone call might prevent a trip to the doctor's office? NorthBay Healthcare has made it easier for patients to reach someone who can help.

Advice nurses are now available from 7:30 a.m. to 5 p.m. Monday through Friday for patients who call (707) 646-5500 to reach the Center for Primary Care. There are seven nurses on the primary care staff, one at Green Valley, three at Hilborn and three at Nut Tree North. Of those, two are regularly assigned to assist with advice calls, said Remi-llo DuBose, appointment-access supervisor.

Calls are screened by the call center staff—about 16 total employees—using a system created by the CPC nurses and providers, from the highest level being more serious symptoms (red flag) to less urgent but still serious symptoms (yellow flag) to non-urgent but still concerning symptoms (blue flag).

DAISY Award

Has a NorthBay Healthcare nurse helped you or a loved one through a difficult time with kindness and compassion? Now you can honor them with a DAISY award, part of an international program that recognizes outstanding nursing care.

Nomination forms can be found at the front desk at NorthBay Medical Center in Fairfield, and NorthBay VacaValley Hospital in Vacaville, and at all NorthBay medical office buildings. It can also be found online at NorthBay.org/DAISY.



NorthBay Rehabilitation Services Manager Doug Hinton, left, and orthopedic surgeon Cornelius Elmes survey the possibilities in a vacant building on Hilborn Road, which by summer of 2017 will house orthopedics, X-ray and Rehabilitation Services.

Our One-Stop Ortho Shop

NorthBay Healthcare has signed an 11-year lease and is in the design phase to create the Hilborn Health Plaza—a special medical office that will house a collaboration of orthopedics, rehabilitation and X-ray services.

Projected to open in the summer of 2017, the 13,500-square-foot building at 2500 Hilborn Road will join two other NorthBay buildings on campus, the Hilborn Center for Primary Care and the Hilborn Administration Center, which is also home to Occupational and Employee Health.

Patients will be able to enjoy “pre-hab,” noted Justine Zilliken, executive director of Specialty Services. Patients can meet with their rehabilitation partners during their pre-operative visit with their orthopedic surgeon so they will understand their plan of care.

Orthopedics will relocate from the NorthBay Health Plaza on B. Gale Wilson Boulevard, while Rehabilitation

Services will come from its current location at In-Shape Fairfield Rancho Solano.

Rehabilitation Manager Doug Hinton says he will move some of his equipment and get some new equipment for the larger space.

Aimee Brewer, president of Ambulatory Services, sees the value of bringing the services together. “This is the perfect location to provide comprehensive, innovative and integrated orthopedic care to our patients,” she said. “All the services they’ll need will be right here, at an easy-to-reach location right off the freeway with plenty of parking.”

Architects met this summer with about a dozen employees from the departments to collaborate on design plans. They used cardboard boxes, duct tape, Post-its and a whole lot of imagination to create a mock office, laying out offices, patient rooms, a reception area and mini-gym for rehab. Then they invited patients in to walk through and share observations.

Out of those discussions came a number of creative ideas, including the creation of cubbies to make it easy for patients to store their gear, and the establishment of a coffee station in the lobby.

A gurney, a patient exam table and a wheelchair were all brought in to see how they’d fit in the spaces marked. Placement of an X-ray adjacent to an orthopedic casting room will make the trip fast and easy for patients.

Joelyn Gropp, assistant vice president of Real Estate and Facilities Development, coordinated the two-day workshop with a team from the architectural firm NBBJ.

“It’s exciting to be able to design the office from the ground up, using strategies to make the space as patient-friendly and efficient as possible,” said Gropp. “By next year this time, we should be welcoming patients to an exciting new experience.”



Community Health Education Classes

Healthier Living • A six-week class offered several times during the year, taught in conjunction with Solano Public Health and the Area Agency on Aging. Classes are free but space is limited. Call (707) 646-5469 or visit NorthBay.org/healthierliving.

Caregivers’ Support Group • For anyone involved in caring for a loved one with Alzheimer’s disease or a dementia-related illness. Meets second Wednesday of month, 7 to 9 p.m. at the Adult Day Center. Cost: Free. Call (707) 624-7971 or (707) 624-7970.

Grief and Bereavement Support Groups • Adult support groups meet every other Wednesday, 12 to 1 p.m., in Fairfield. Cost: Free. Please call (707) 646-3517.

SAND (Support After Neonatal Death) • Friendship and understanding for parents experiencing grief for the loss of a pregnancy or infant. Cost: Free. Call (707) 646-5433.

Widows Grief Support Group • Support group meets every first and third Tuesday 12 to 1 p.m. Cost: Free. Call (707) 646-3517.

Compassionate Care Knitters • Meets second and fourth Mondays, 10 a.m. to noon. Cost: Free. Call (707) 646-3517.

Adult Grief Support Class, Journey Through Grief • Class meets weekly for eight sessions. Limited to 12 people per group. Participants follow a step-by-step approach using a book and journal. Cost: Free. For schedule and to register, call (707) 646-3517.

Loss Due to Suicide Support Group • Meets first and third Mondays from 6 to 7:30 p.m. Cost: Free. Call (707) 646-3517.

Veteran’s Grief Support Group • A grief support group for men meets on the second and fourth Thursdays from 10 to 11 a.m. Cost: Free. Call (707) 646-3517 for dates.

Pulmonary Education Series • Three-session course meets on Tuesdays from 12:30 to 2 p.m. at NorthBay Medical Center in Fairfield. A new course begins each month. Cost: Free. Call (707) 646-5072.

Laugh Out Loud • A class on urinary incontinence. Learn the latest treatment options, including pelvic floor exercises. Cost: Free. Call (707) 646-4150 for class dates.

Congestive Heart Failure Class • Class meets every Wednesday from 12:30 to 1:30 p.m. at NorthBay Medical Center. Cost: Free. Call (707) 646-5072.

First Steps for Early Stage Dementia • An eight-week program for patients with early dementia and their caregivers. Cost: Free. Call (707) 333-5123.

Maternal/Child Health Classes

All prenatal and maternal child health classes are free if you are delivering at NorthBay Medical Center.

Sign up at NorthBay.org or call (707) 646-4162.

Labor of Love

A four-week prepared childbirth class for moms and dads or coaches.

Labor of Love—Weekend Class

A prepared childbirth class for moms and dads or coaches. Held Friday evenings and Saturdays.

Newborn Care

Expectant parents are instructed on daily care, nutrition, safety and development for the first few months of life. One-session course.

Maternity Orientation and Tour

A tour of NorthBay Medical Center’s maternity unit. Information about hospital registration, birth certificates, and other pertinent information is provided.

Breastfeeding the Baby-Friendly Way

Babies are born to breast-feed. Learn normal newborn behavior and what to expect from a lactation expert. Support persons are encouraged and welcomed.



Nutrition Class for Cancer Patients • Join NorthBay Dietitian Devin Robinette, R.D., to learn what to eat before, during and after cancer treatment and how to eat to enhance your response to treatment. Cost: Free. Limited seating. Call (707) 624-8036.

New Beginnings Support Group • For stroke survivors, caregivers and family members. Third Tuesday of the month, 10 to 11:30 a.m. at NorthBay VacaValley Health Plaza, Suite 240 or Suite 290, Vacaville. Cost: Free. Call: Elizabeth Gladney, (707) 646-4034.

Hospice Earns Second Star for Vets Program

NorthBay Hospice has earned its second star in the four-star “We Honor Veterans” program. The program, implemented last fall, is designed to help NorthBay Hospice increase its ability to serve our community’s veterans and their families, according to Linda Pribble, Hospice volunteer and bereavement coordinator.

The second star was earned after Hospice staff and volunteers received veteran-centric education, which helped them identify patients with military experience, and become

more aware of their unique needs at end of life. The next step was to take their message to the community.

Linda gave presentations to local service groups and joined the East Bay Veteran Community Partnership through Veterans Affairs in Martinez. To earn the third star, NorthBay Hospice will strengthen its relationships with other veterans groups. For information on the program or the Veteran’s Grief Support Group, call (707) 646-3517.




Five Friendly Tips

to Help You Choose the Right Medical Group




Find doctors who will help you stay healthy and listen to your concerns.

Meet our doctors at
NorthBay.org/Doctors



Select a group with locations close to where you live or work.

See for yourself:
NorthBay.org/Locations



Choose a group that sees you when YOU need to be seen!

Same day appointments
until 8 pm, 7 days a week.

Make an appointment:
NorthBay.org/InQuicker



Make sure it's easy to talk with your doctor!

It's Simple. Download our App or get online with MyNorthBayDoc!

NorthBay.org/MyNorthBayDoc



Choose a group who works with Mayo Clinic

Working together to solve patients' complex health problems.



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Learn More: NorthBay.org/Choose



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