

Community Health Education Classes

The Art of Breastfeeding—Learn the “how to’s” of breastfeeding. This class addresses the health benefits for mom and baby, the role of the father, the working mom and more. Cost: \$15. Call (707) 646-4277.

Brothers & Sisters To Be—Prepare children ages 3–9 for the arrival of a new baby. Cost: \$10 per family. Call (707) 646-4277.

C-Section Preparation—Individual counseling available to women delivering at NorthBay Medical Center who may require a C-section. Cost: Free. Call (707) 646-4277.

Discipline is 1-2-3 Magic—Simple, effective discipline strategies for children 2–12. This program is easy to learn and it works. Cost: \$30 per couple. Call (707) 421-4155.

Labor of Love—A six-week prepared childbirth class for moms and dads or coaches; register in fourth month of pregnancy or earlier. Cost: \$75. Call (707) 646-4277.

Labor of Love in Review—One-session childbirth refresher course for moms and labor partners. Pre-requisite: previous attendance in a prepared childbirth education course. Cost: \$20. Call (707) 646-4277.

Prenatal Care—Expectant mothers learn important information about pregnancy. Topics include nutrition, exercise, fetal growth and development, “pregnancy do’s and don’ts,” and much more. It is recommended this class be taken as early in pregnancy as possible. Cost: \$10.00. Call (707) 646-4277.

Maternity Orientation and Tour—A tour of the NorthBay Medical Center’s maternity unit. Information about hospital registration, birth certificates, and available birthing options provided. Cost: Free. Call (707) 646-4277.

Newborn Care—Expectant parents are instructed on daily care, nutrition, safety, and development for the first few months of life. One-session course. Cost: \$15. Call (707) 646-4277.



Parenting in Today’s World—This course covers the emotional needs of children from birth through 19 years. Call (707) 421-4155.

Parenting the Young Toddler (9–24 months)—This class helps parents understand the unique needs of a toddler. Call (707) 421-4155.

Parenting the Older Toddler (24–36 months)—Topics for this class include toddler development, problem solving, nutrition, age appropriate books and games, toilet training and more. Call (707) 421-4155.

Parent Project Jr. (5–10 years)**—Six-week parenting skills program created to help parents prevent and intervene in destructive behaviors. Class is taught in English and Spanish. Call (707) 428-7327.

Parent Project Sr. (11–18 years)**—A highly structured parenting skills program created to help parents prevent and intervene in the most destructive of adolescent behaviors. Class is taught in English and Spanish. Call (707) 428-7327.

Siblings’ Birthing Preparation—Parents who are considering having children present during delivery can have one-on-one counseling. Cost: Free. Call (707) 646-4277.

Twins and Triplets Socialization—Solano Parents of Twins and Triplets offer socialization and support to the parents of multiples in Solano County. Cost: \$27 annual fee. www.solanotwins.com.

Caregivers’ Support Group—Anyone involved in caring for a loved one with Alzheimer’s disease or a dementia-related illness is invited to participate. Monthly. Cost: Free. Call (707) 624-7971.

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

Grief and Bereavement Support Groups—Adult support group is on-going. Cost: Free. Call (707) 646-3575.

Teen and Children’s Bereavement Support Groups—NorthBay Hospice & Bereavement offers free bereavement support groups for teens, age 13 through 17, and children age 6 through 12 on an as-needed basis. Cost: Free. For a schedule and more information, call (707) 646-3575.

Anger Management—Understanding Your Anger—This interactive class will help participants analyze and change their behavior. Topics covered include Understanding Self Control, Stress Management, Communication, and Understanding Role Models. Cost: Free. Call (707) 421-4155.

Look Good, Feel Better—A program to help women currently undergoing cancer treatment cope with appearance-related side effects of treatment. Register for classes by calling the American Cancer Society, 800-227-2345. Cost: Free. Call (707) 646-4075.

The New Beginnings Stroke Support Group—Provides participants an opportunity to connect with others that have similar experiences associated with stroke. Group meets 3rd Tuesday of every month. Topics include: impact on daily living, coping with challenges and stressors, treatment and available resources. Cost: Free. Call (707) 624-7015.

** These classes are offered by the Fairfield Police Department in collaboration with NorthBay Healthcare.



Committed to Community
NorthBay Employees Spread Compassionate
Care Beyond the Hospitals’ Walls



28 The Cover: On Your Mark ...
NorthBay Employees Debra Amos-Terrell and Will Antipuesto led the charge when more than 200 of their NorthBay Healthcare colleagues showed up on the steps of the old county courthouse May 18, just half an hour before the kickoff of Fairfield's first-ever Run for Good 5K.



36 A Joyous Jubilee
There was no shortage of food and wine, music and fun at this year's 22nd annual Solano Wine & Food Jubilee fundraiser, which broke records for attendance and vendor participation.

Wellspring is published quarterly by NorthBay Healthcare, Solano County's locally based nonprofit health care organization.

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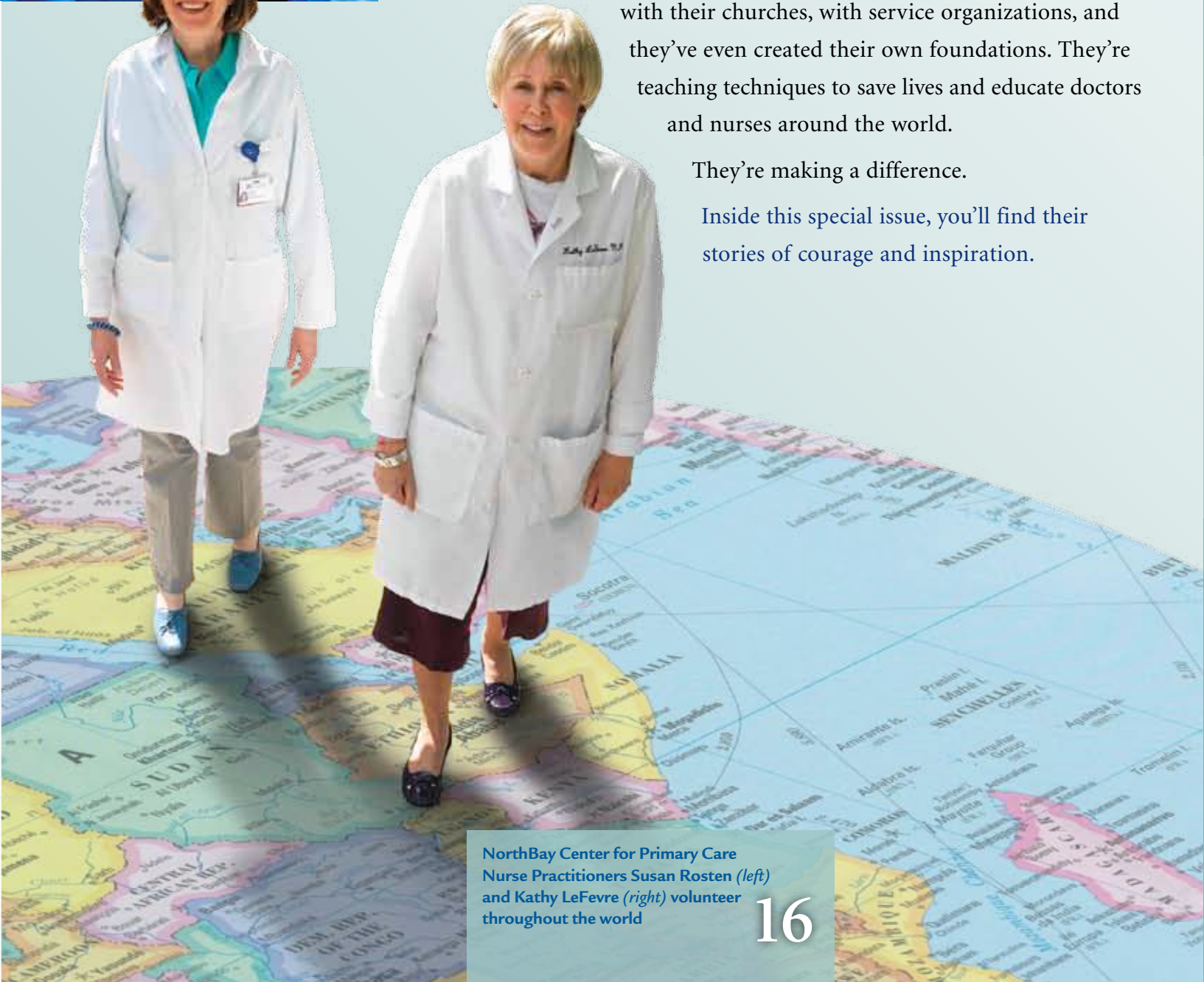
3 Cardiovascular Surgery Team At Home in Sparkling New Suite
NorthBay Healthcare's state-of-the-art cardiovascular operating room was put to the test for the first time in late April.

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CARING: Here, there and everywhere

NorthBay Healthcare employees not only share their compassionate care close to home, many step outside our facilities and take it around the community, the state and the globe.

They serve meals in churches, work to fight child abuse, build parks, advocate for the arts — and that's just some of the contributions they make close to home.

Outside our borders, they've set up clinics in Guatemala, Nicaragua and India. They've done dental work and delivered medical aid in Kenya, Honduras, Albania and Nepal. They work with their churches, with service organizations, and they've even created their own foundations. They're teaching techniques to save lives and educate doctors and nurses around the world.

They're making a difference.

Inside this special issue, you'll find their stories of courage and inspiration.

NorthBay Center for Primary Care Nurse Practitioners Susan Rosten (left) and Kathy LeFevre (right) volunteer throughout the world

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Food for the Soul

Physical therapist spends her time in the kitchen, volunteering as her church reaches out to the homeless and hungry in her community.

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A Breath of Fresh Air

Babies around the world have a second chance at life, thanks to the work of Dr. Richard Bell, who teaches the life-saving technique of neonatal resuscitation, or NPR.

12



To Bolivia and Back

Emergency Department Nurse Megan Canova learns life lessons during a trip into La Paz and surrounding communities. She shares her diary and photographs from the trip.

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One Great Volunteer

NorthBay Healthcare Foundation member Bill Seiden volunteers all up and down Solano County, securing vendors for the Solano Wine & Food Jubilee, building play parks and working in his church.

27

From the Desk of the CEO

Any notion health care and hospitals somehow are “recession proof” – immune from today’s economic malaise – has been proved a myth once again. We find ourselves shoulder to shoulder with every business, every family, that struggles to endure these extraordinary times.

After three very good years of fiscal health, NorthBay Healthcare finds itself in a “perfect storm.” Plummeting markets (both stocks and capital), erosion of consumer confidence and the U.S. economic contraction present a great challenge. People are postponing their health care, skipping a test or treatment, and even declining to fill a prescription because of the co-pay or the out-of-pocket deductible.

Add to that the uncertainty of Medicaid spending and the pledge of major healthcare reform by President Obama. Then mix in California’s budget quagmire.

That is more than enough to keep a healthcare executive up at night.

Ours is a unique dilemma because we fill a unique role in Solano County. We provide health care to all those who come to us, regardless of their ability to pay. That means three of every four patients are uninsured – or underinsured – and do not pay us what it costs to provide them care.

How do we survive? We become more strategic, more responsive to the community. We fill the gaps in local health care that no one else will fill.

That’s why the timing is perfect for opening the NorthBay Heart & Vascular Center, featured in this issue of *Wellspring*. We now are the one and only provider of advanced cardiac care in Solano County.

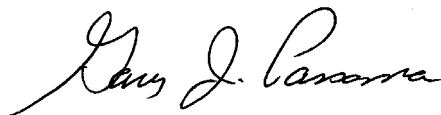
It’s great news for 1,400 local heart patients who must travel elsewhere each year. It’s good news for NorthBay because we can serve patients who have had to go out of the county for such advanced care.

In 2008, half of the U.S. healthcare providers had year-end budget deficits. But despite challenging circumstances, punctuated by the declining value of our investments, NorthBay Healthcare still had a positive finish to 2008. A very modest profit can be re-invested in programs like open-heart surgery and other advanced medicine.

Nearing the midyear point, our fiscal situation remains challenging. But we are confident we will achieve the goals we have set for 2009, especially with the great staff we have.

Speaking of a great staff, I hope you will enjoy our special report in this issue on the scores of NorthBay employees who extend compassionate care far beyond the walls of our hospitals.

And thank you for your support.



Gary Passama
President and Chief Executive Officer



HEART & VASCULAR CENTER

Ready to Perform

Cardiovascular Surgery Team at Home in New State-of-the-Art Suite

The curtain was raised late one Tuesday afternoon in front of dozens of local luminaries, physicians and NorthBay Healthcare staff. Unveiled and ready for its first operation, the state-of-the-art cardiovascular operating room gleamed under bright lights and high expectations.

The first surgery in the new \$4.6 million surgical suite, the most sophisticated in the region and twice the size of a normal operating room, was a success in late April.

“Solano County is no longer without life-saving, advanced cardiac care,” explained Gary Passama, president and chief executive officer. “It was truly absurd for a growing region this size – with an aging population that will need these services more than ever – to be without top-quality heart and vascular services.”

Too many local patients each year travel outside the county to other hospitals for cardiac care. The time and distance is often a matter of life and death.

The surgical suite is a centerpiece of NorthBay Heart & Vascular Center, a new program four years in planning and development. More than 12,000 hours of training and two mock surgeries were part of the preparation.

The program brings to Solano County a host of services offered locally for the first time, including coronary artery bypass, heart valve repair and replacement, and advanced aortic procedures, including the thoracic aorta and peripheral vascular procedures.

NorthBay Heart & Vascular Center incorporates the latest surgical techniques, including so-called “beating

heart surgery,” during which the surgeon repairs a heart while it continues to pump blood to the body.

Minimally invasive vein harvesting is another specialty to be performed at NorthBay Medical Center. These new techniques, available only in advanced facilities and at the hands of cardiovascular surgeons with specialized training and experience, will result in fewer complications, smaller scars and shorter hospital stays for patients.

The new center represents a huge step forward in care and a significant financial investment for such a modestly sized, two-hospital system such as NorthBay Healthcare.

“The community need was clear,” according to Deborah Sugiyama, president of NorthBay Healthcare Group, the entity that operates the two hospitals.



Cardiac surgeons Robert Klingman (left) and Ramzi Deeik explain the equipment used in cardiac surgery.



NorthBay Healthcare Board Chairman Ben Huber (left) examines the surgical tools being displayed by Amber Pitts, RN, and Dan Drabek, RN, during the opening celebration.

(continued on page 4)

By The Numbers

1,400

The number of heart patients who leave Solano County each year to undergo surgery or treatment.

4.6

In millions of dollars, the cost of planning, construction, equipment and permits for the new cardiovascular surgical suite.

880

The size, in square feet, of the new cardiovascular operating room, about twice the size of a typical operating room.

100

The annual number of open-heart surgeries expected to be performed in NorthBay Medical Center within two years.

5,500

The number of surgeries to date combined conducted by NorthBay's cardiovascular surgeons, Dr. Ramzi Deeik and Dr. Robert Klingman.

"The community need was clear...sending patients outside the county for care always delays treatment."

— **Deborah Sugiyama**, president of NorthBay Healthcare Group, the entity that operates the two hospitals



(continued from page 3)

"Sending patients outside the county for care always delays treatment," she noted. "You must first stabilize the patient, then arrange transportation and hospital admission. For some patients, that delay can be life-threatening. Instead, we committed to developing a first-rate heart center, right here, in our community."

Two of the region's top surgeons, Dr. Ramzi Deeik and Dr. Robert Klingman, were tapped by NorthBay to partner in developing the cardiac surgery program. They served as consultants in the design and construction of the heart surgery program, as well as the new operating room.

The pair's extensive cardiac surgery experience includes the development of cardiac surgery programs at Queen of the Valley Medical Center in Napa and Santa Rosa Memorial Hospital.

After dismantling two existing operating rooms to construct a single state-of-the-art surgical suite, NorthBay now possesses a "fully integrated" operating room, explained Dr. Deeik.

Integrated operating rooms pull together the latest in surgical tools and technology. Wearing a wireless headset with a microphone, the surgeon can control specialized equipment with voice commands.

The room will be electronically connected to other areas of the hospital, such as radiology and the laboratory. Digital images (x-rays, MRI and CT scans) taken before surgery can be pulled up from files and viewed on the room's high-definition TV monitors.

"The information is right there at our fingertips," said Dr. Deeik.

A nurse will use a computer's touch screen to control medical equipment, surgical lights, room lights and even the room's heating and cooling system. Many sources of information – such as ultrasounds, pictures of the current operative field, and vital statistics – can be displayed on large, high-definition TV monitors.

The technology will allow cardiologists and other physicians who have treated the patient to view the surgery in real time. Future connections will give the surgeons the ability to consult with off-site colleagues during a procedure.

Colin Construction of Grass Valley, which specializes in medical facility design, renovation and remodeling, was the general contractor for the project.



NorthBay Medical Center's cardiac surgery team, (from left) Dan Drabeck, RN; Susan Gornal, director of surgery; Dr. Robert Klingman; Sonia de Guia, RN; Sebastian Head, materials specialist; Amber Pitts, RN; Dan Hartley, NP/RNFA; Jo Apilado, anesthesia tech; Cindy Swanson, clinical manager; Shannon Wilkins, RN; Suzann Gourieux, RNFA; and Dr. Ramzi Deeik.

Cardiac Cath Lab Makes History With First Laser Treatments

The first laser atherectomy ever performed in Solano County took place at NorthBay Medical Center in February. An atherectomy is a procedure that actually removes plaque from the artery walls of patients with peripheral artery disease (PAD), according to interventional cardiologist Milind Dhond, M.D.

Atherectomies have been performed in NorthBay Medical Center's cardiac catheterization lab since last fall. This technology uses a catheter inserted into the body and threaded to the blockage, where plaque is scraped away with a cutting blade. Laser atherectomy replaces the blade with an ultraviolet light that vaporizes artery blockages into particles smaller than a red blood cell, which are easily absorbed into the blood stream.

This is the latest technology brought to Fairfield by the NorthBay Heart & Vascular Center.

PAD is a common circulatory problem in which narrowed arteries restrict the flow of blood leading to the arms, legs, kidneys and stomach. The primary reason for clogged arteries is the buildup of a waxy substance called plaque.

PAD is traditionally treated with procedures such as balloon angioplasty or the insertion of a stent where the artery was narrowed. While these procedures widen the artery, they simply

displace the plaque. Atherectomies actually remove the plaque from clogged arteries.

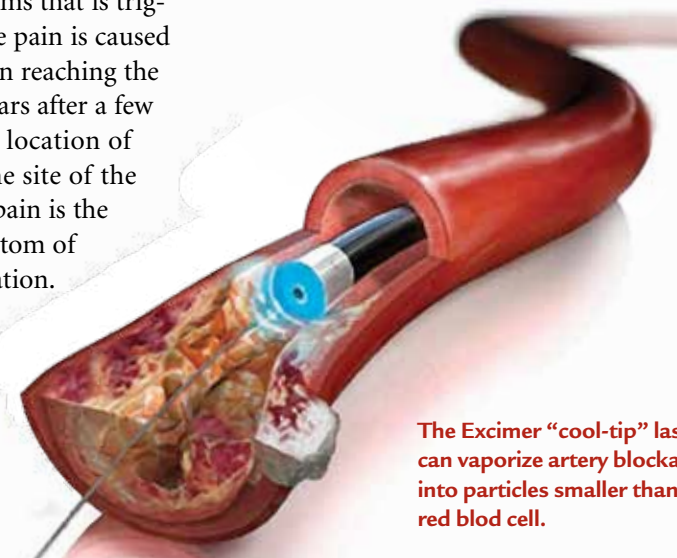
"With the new laser we're bringing the latest technology to our local area," says Dr. Dhond, who performed the laser atherectomy. "To offer this in Solano County is a huge step forward in care for PAD patients."

The laser has been very useful at teaching hospitals to treat disease above- and below-the-knee. The laser has the ability to reach very small arteries and can even be used in the foot, according to Dr. Dhond.

Many people with PAD have mild or no symptoms. About one in 10 experiences leg pain when walking – a condition called intermittent claudication. It's characterized by muscle pain in the legs or arms that is triggered by activity. The pain is caused by insufficient oxygen reaching the muscles and disappears after a few minutes of rest. The location of the pain indicates the site of the clogged artery. Calf pain is the most common symptom of intermittent claudication.

Other signs and symptoms of PAD:

- Frequent headaches
- Leg numbness or weakness
- Coldness in your lower leg or foot, especially compared to the other leg
- Sores on your toes, feet or legs that won't heal
- A change in color of your legs
- Hair loss on your legs or feet
- Changes in your toenails.



The Excimer "cool-tip" laser can vaporize artery blockages into particles smaller than a red blood cell.

Friday Night Dinners: Food for the Soul

Church Outreach Allows Physical Therapist to Nourish the Needy

Vacaville's Epiphany Episcopal Church has been serving free hot meals every Friday night since 2000 and attendance continues to grow, according to Ellen Simonin, a physical therapist at NorthBay Health at Home & Hospice. Each week, organizers expect to serve as many as 325 dinners.

Simonin is very involved in her church and is a regular among the cadre of volunteers who cook, serve and clean up after these hearty meals. "Assisting

with these outreach services is a way of meeting people's needs at the most basic, physical level, because it is difficult for people to pursue a spiritual life when they are hungry or sick," she says. The volunteer work she does here is not unlike the work she does for NorthBay, where she assists home-bound patients as they recover from illness or surgery.

Those who come to Epiphany "include not only the homeless, but

the unemployed, working poor, elderly and those just looking for company. The program has earned a reputation among local service agencies and the community for providing a delicious meal in a friendly, caring and non-judgmental atmosphere," she adds.

Children who accompany their parents can play in a supervised area, and the volunteers will distribute whatever donated food is available at the end of the evening.

Each team of volunteers serves one Friday a month. Ellen's team is there every second Friday, but you'll have to look in the kitchen if you want to say hello. "Since I work full-time, I'm on the clean-up crew," she says.



Above, Ellen is joined by volunteers who cook, serve and then clean up after Epiphany Episcopal's Friday night dinners.

"The program has earned a reputation among local service agencies and the community for providing a delicious meal in a friendly, caring and non-judgmental atmosphere."

—Ellen Simonin, a physical therapist at NorthBay Health at Home & Hospice



Sentenced to Serve, Financial Counselor Becomes Safequest's Volunteer of the Year

A traffic ticket that led to community service helped NorthBay Medical Center Financial Counselor Vicquita Velazquez discover her passion for helping others. In 2004, a Sacramento judge sentenced Vicquita to the community service project of her choice. She chose Safequest Solano in Fairfield, a women's shelter that aids victims of domestic violence and sexual assault. When her hours were completed, the program's manager asked if she would take a class to become a certified sexual assault victim advocate.

She earned certification, completed a year-long internship and embraced her new role. Two years later, she was named Safequest Solano's volunteer of the year – and became a sought-after advocate for women in Contra Costa and Marin counties.

Vicquita stands strong for sexual assault victims. As a first responder, she's the person paged when a woman comes to a hospital emergency department. After a full workweek as a financial counselor at NorthBay Medical

Center, she will often be on-call from 6 p.m. Friday to 6 a.m. Monday.

"I'm the person called when a sexual assault victim arrives at the hospital," she explains. "I'm there to support the victim during a very vulnerable time. I brief the person about what will happen, and assist them through the entire hospital visit, which includes forensic and medical exams. By making sure the person's voice is heard and they understand their options, I help them to regain control of their life right away."

"Helping others has given me new strength," Vicquita says. "Whether I'm working as a financial counselor or a victim's advocate, it's all about service and having compassion for people."

In Grief, Two Mothers Reach Out to Others



"If you haven't lost a child, you can't understand the intense grief you feel," Barbara says.

Kathy Gee of Fairfield (left) and Barbara Crandall of Vacaville honor the memory of their sons by helping others in the community.

Barbara Crandall and Kathy Gee are part of a club no one wants to join. It's the club for parents who have lost a child. The two met while working at the NorthBay Center for Primary Care in Vacaville.

"You're so lost when you lose a child," says Barbara, whose son, Jason McCurdy, was killed in a car crash on his way to work at age 20. That was in 2003, and it took a journey halfway around the world to help her recover.

Kathy's son, Anthony, was just 16 when he was gunned down at a Sweet 16 party in American Canyon. At the time of his death in 2007, Anthony was a baseball star who had earned national attention as a gifted pitcher. He was shot by two Vallejo brothers later convicted of firing into the home's garage after being asked to leave the party.

In his honor, Kathy is working to form a youth center to help at-risk kids stay out of trouble.

"Anthony was such a 'helping kid,'" Kathy says of her late son. "He would say 'my best friend is the kid who needs me most.' He would have loved working on this center."

Just months after Anthony's death, Kathy, a nurse practitioner, started a new job with the medical group. The first person she met was medical assistant Barbara Crandall.

"That we met was no coincidence, it was meant to be," Kathy says. "Barbara held my hand during those difficult first days and I've cried on her shoulder more than once."

"If you haven't lost a child, you can't understand the intense grief you feel," Barbara says. Months before the two met, Barbara had been given a chance to work on her own grief in South Africa, helping children grieve the loss of their parents.

The opportunity to visit South Africa in 2006 changed Barbara's life. Her good friend, film producer Jennifer Steinman, asked her if going to South Africa to help orphaned children would help her heal. Without hesitation, Barbara agreed to the trip and soon five other grieving moms were added to the journey, which became the basis for the documentary film, "Motherland."

"In Africa, everyone is grieving the loss of someone close, so the women comfort each other," Barbara says. "Entire villages are united in their grief. It's different in our country – we are left to grieve alone."

In a rural area outside Cape Town, the women spent 17 days in the com-

pany of children without parents and parents without their children.

"I feel very privileged to have done this," she adds. "Volunteering on a global level touches you in a very different way."

Today, both women are working on a legacy that will help others. For Kathy, it has been the constant work on her dream of a youth center in American Canyon. Her non-profit organization has been formed and fundraising begun. She hopes to first start reaching out to kids with baseball clinics and other events.

Barbara and Jennifer are presenting their documentary at film festivals around the country. They hope it will be used as a tool to help other parents grieving the loss of a child.

Motherland Debuts This Spring Inspired by Barbara Crandall

On Dec. 1, 2006, six diverse American women came together to take a very unusual trip: an intensive pilgrimage to work as volunteers with children in rural South Africa. Strangers to each other before the journey, these women shared one life-changing experience: each had suffered the death of a child.



NorthBay Center for Primary Care Medical Assistant Barbara Crandall of Vacaville inspired the trip. The resulting 80-minute documentary film, *Motherland*, opens up an honest and intimate dialogue about the complexity of grief and healing.

The film is winning awards at film festivals across the country.

For more information, visit www.motherland-thefilm.com.

Bereavement Groups Available for All Ages

Grieving is a complicated process and no one should have to endure it alone. As a community service, NorthBay Hospice & Bereavement conducts bereavement support groups for adults, young adults, teens, middle school age and even young children, to help all ages cope with the stages of grief.

NorthBay Hospice & Bereavement's adult group meets weekly throughout the year, with occasional breaks. The atmosphere in both the adult and teen groups has been described as very down-to-earth, and they are open to any form of grief or loss expression, says Theresa Baides, LCSW, group facilitator for the youth bereavement sessions. In the children's group, "we have the children work with Legos, Play-doh and paint," says Theresa. Children will be encouraged to decorate boxes to hold special mementos of their loved ones, or may draw pictures of special memories. "They may draw pictures of boats, for example, and then tell a story of going fishing with grandpa," she explains.

During adult and teen group sessions, participants discuss the various stages of mourning, which may include anger, denial and guilt. Some may feel guilty for not actively grieving, while others feel inadequate for grieving often. Each process is an individual path that hopefully leads to personal growth and restoration.

In the sessions, group members will also be taught how their reactions may be impacting their physical, emotional, spiritual and cognitive ability to function. Group facilitators are well trained to identify and treat complicated grief.

Group meetings are free, are offered to the public as a community service, and are made possible through funds collected during the Solano Wine & Food Jubilee. For more information about NorthBay Hospice & Bereavement support groups, call 646-3575.

Children's Network Leader Helps Families in Need

The nation's beleaguered economy has caused a seismic shift at Children's Network, says NorthBay Healthcare's Director of Accreditation and Licensure, Mary Dickey.

As president of the Children's Network Board of Directors since 2005, Mary has seen the number of needy families skyrocket in recent years, with job losses and home foreclosures.

It makes her work at the Children's Network more important than ever.

"Our major focus now is family economic recovery," she says. "The economic climate affects the child, not only in terms of health care, but in basic areas such as having a house to live in and having food to eat."

Children's Network works with Family Resource Centers in Vacaville, Fairfield and Vallejo to reach out and help. Thanks to a \$25,000 grant, they've been able to help families pay their water bills.

After all, a family can get by without power and gas, but without water they can't bathe or cook, explains Mary.

The group has also sponsored financial health fairs, and provided tax pre-

parers to help people look for possible tax incentives and returns. Thanks to their work last year, they were able to find more than \$1 million in refunds, and expect to return even more to local taxpayers this year.

"And that money goes right back into our local economy," says Mary.

She first got involved with Children's Network in the 1990s, when she was recruited to serve on the Child Abuse Prevention Council, which comes under the auspices of Children's Network.

As director of Women's and Children's Services at NorthBay from 1990 to 2007, it was a good fit.

In 2001, she was honored by the organization as advocate of the year, one of many awards that adorn the walls of her NorthBay Medical Center hospital office. She has also received NorthBay Healthcare's Humanitarian Award, and a certification of commendation from the California Department of Social



Services for outstanding accomplishments on behalf of abused and neglected children.

"What we do at Children's Network is try to collaborate to bring children's issues to the community."

—Mary Dickey

"What we do at Children's Network," she says, "is try to collaborate to bring children's issues to the community. The children in this community are the future. We need to invest our time and our energy to ensuring that every child has the opportunity to grow up in a supportive and caring family and that they are healthy and ready to learn when they

enter school. They are the future nurses, doctors and teachers in our community."

A Life of Service Garland Porter, NorthBay Healthcare Foundation

He has been called "the man who won't say no," and his resume is absolute proof of that moniker.

Garland Porter is perhaps one of the most visible members of the Solano County community, serving as he has for many years on an array of boards, commissions and committees.

Yet, the organization that benefitted first from his time and attention here in Solano County – NorthBay – is the one he keeps returning to support, even after decades of public service.

Garland joined the Air Force during World War II as a young man and at one point was stationed at Travis Air Force Base in the late 1950s. While there, "my barracks mate invited me to join in a fund-raiser the local residents were holding to help

build a hospital," he recalls. That effort eventually led to the development of Intercommunity Hospital – the predecessor of NorthBay Medical Center – and "I have supported it ever since."

Garland's military service took him away from the area, but he returned to Vacaville after retiring from the Air Force in 1972. It did not take him long to become involved in his new hometown, however. He helped co-found a local clinic and became a charter member of the fund-raising group that helped build VacaValley Hospital.

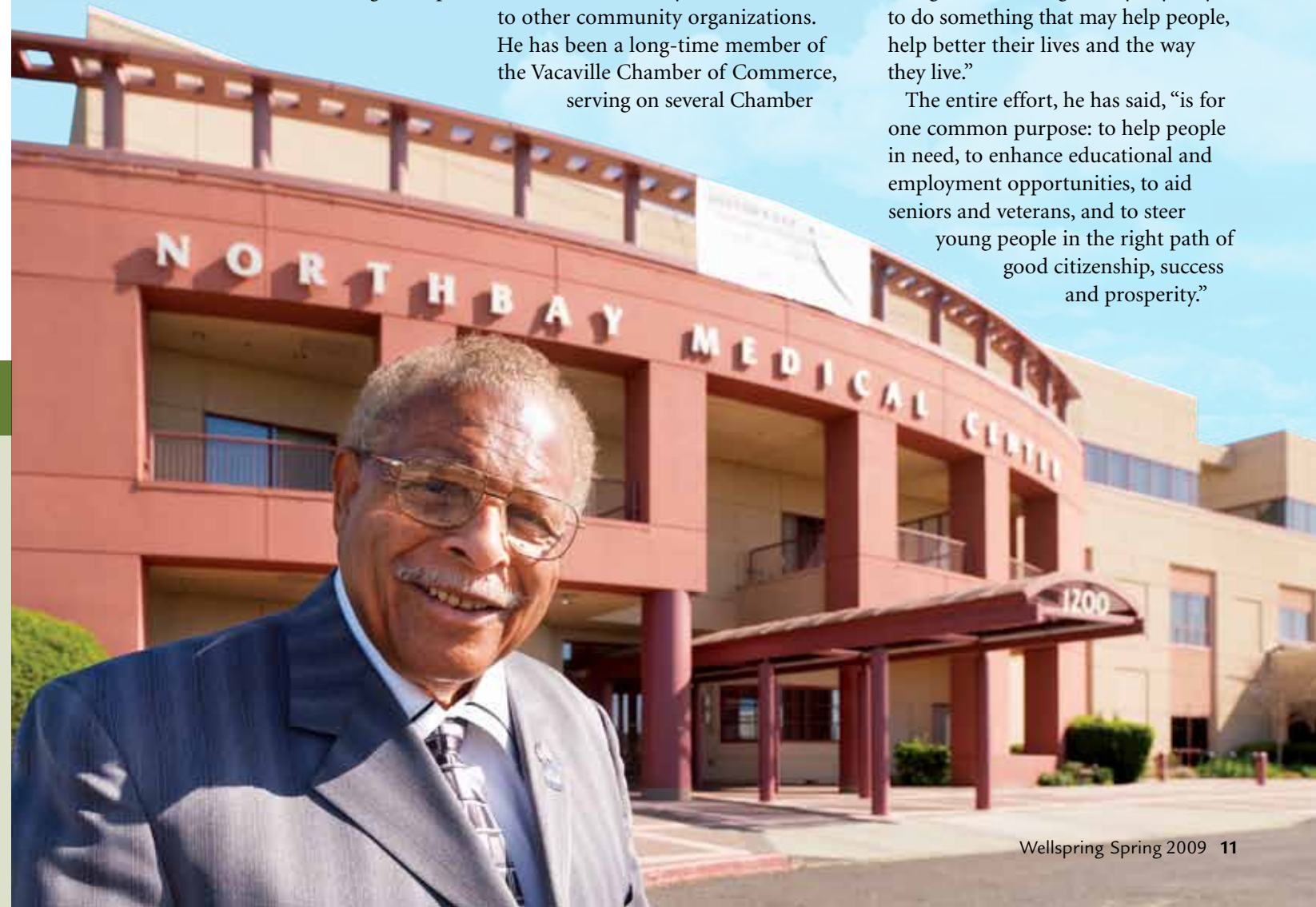
Today, Garland is a member of the NorthBay Healthcare Foundation board, and has had "near perfect attendance" at all Solano Wine & Food Jubilees.

The work he does for NorthBay is in addition to the many hours he devotes to other community organizations. He has been a long-time member of the Vacaville Chamber of Commerce, serving on several Chamber

committees, its board of directors as well as its president. He has served on the Vacaville Commission on Aging, Solano County Armed Forces Committee, the Dixon May Fair board and Solano County Fair Association. He has also been president of the Kiwanis Club, and is currently treasurer for the city of Vacaville, a position he has held for more than eight years. And he was chair of Vacaville's Tribute to Seniors.

With a daily calendar that for years has been filled with meetings, from sun up to sun down, one would think Garland might consider saying "no" every now and then, but he will have none of that. "All this keeps me going, keeps the brain functioning. I enjoy doing all these things. Every day I try to do something that may help people, help better their lives and the way they live."

The entire effort, he has said, "is for one common purpose: to help people in need, to enhance educational and employment opportunities, to aid seniors and veterans, and to steer young people in the right path of good citizenship, success and prosperity."



Twenty Years with Mark's Learning Center

Janice Colomb, clinical systems analyst for NorthBay Healthcare, and her husband, David, have been involved with Mark's Learning Center in Vacaville, an organization for developmentally disabled adults, for more than 20 years. The center operates two group homes, Mustard Seed House and Hope House, as well as a retail store called Yellow Brick Road. The Colombs befriended the organization's founder, Anne Francis, 26 years ago, when the Colombs were running a

restaurant on Merchant Street in Vacaville, just doors away from Yellow Brick Road.

"Anne used our commercial kitchen to make salsas and other food items to sell in the store," Janice explains. "Some of her clients needed jobs so we hired them to wash dishes at the restaurant."

Over the years, the Colombs' involvement increased to include volunteering to fix broken fences or vans, to repairing leaking roofs, and even to

organizing field trips, crab feeds and golf tournament fund-raisers. David now serves on the organization's board of directors, while Janice says "I'm a worker bee at some of their events."

"NorthBay's corporate mission of 'Compassionate Care, Close to Home' is so true in a situation like this."

"We can see so many have needs, and if we can better their lives, we better ours, as well."

Neonatal Resuscitation: Saving Babies Around the World, One Breath at a Time

Every year, hundreds of thousands of infants around the world die in the first moments of life because they are choking to death. What makes this tragedy worse, says Richard Bell, MD, neonatologist and medical director of NorthBay Medical Center's Neonatal Intensive Care Unit, is that these deaths are so easily preventable.

Many of these babies die because their birth attendant or caregiver did not know a simple technique – called neonatal resuscitation – that could have saved that infant's life.

"As many as 5 million infants die around the world every year, and more than 90 percent of them are in developing countries," Dr. Bell says. Easily a third of those deaths can be attributed to asphyxia, and yet it takes less than a minute to save that life. "Neonatal resuscitation is simple, low-tech and you only need a bag, a mask, and room air – not even oxygen."

About 20 years ago, the American Heart Association and the American Academy of Pediatrics developed a technique for teaching neonatal resuscitation similar to the method for teaching cardiopulmonary resuscitation (CPR). They then teamed with several organizations to teach the technique – dubbed NPR – first in the United States, and then around the world, Dr. Bell explains.

Dr. Bell and Dr. Randy Berkheimer, also a neonatologist at NorthBay Medical Center, are among many doctors who volunteer their time to go overseas and teach NPR, through a collaboration between LDS Charities and sponsoring organizations in the developing countries, such as UNICEF. LDS Charities organizes as many as 25 missions a year, Dr. Bell

explains, and sends volunteers to several underdeveloped countries, where they fan out into the countryside to "train the trainers." Their students? Midwives, doctors, public health officials and other health care providers, who will then go further out into the field to pass on the infant-saving technique.



"More than 400 infants die every day – the equivalent of a 747 passenger jet crashing."

Dr. Bell has traveled overseas once or twice a year for the past 17 years. He has been to China 10 times, and multiple times to India, Cambodia, Mongolia, Ghana and Laos. Dr. Berkheimer has been to Brazil and Nigeria. Working and living conditions in many of these countries are in stark contrast to what we have in the United States, he explains.

In one state in India, for example, "more than 400 infants die every day – the equivalent of a 747 passenger jet

crashing." While a majority of births there occur at home, he says, many patients also come to the hospital and no one is turned away. Maternity wards are so overcrowded, nurses must place two, three or more infants in a single bassinet. "Even the area's finest hospital goes hours each day without electricity and will at times have no running water." If parents need an antibiotic for their child, "they have to go across the street to a pharmacy and buy it; if they can't afford it, the child may die."

Dr. Bell can't begin to estimate the number of people he has taught, but sees a common denominator, no matter who he works with or where he travels. "These are committed, dedicated health care providers who want every child in their country to be healthy. There is no lack of desire for this in the developing world. There is so much poverty, it gives me gratitude for what we have here. It's a global world and we're all interconnected."



Neonatologists Richard Bell (left) and Randy Berkheimer celebrate their NICU's low infection rate.

NORTHBAY MEDICAL CENTER'S NICU Among State's Elite

NorthBay Medical Center's Neonatal Intensive Care Unit has achieved one of the lowest hospital-acquired infection rates in the state.

The unit has recently gone more than 250 days without such an infection.

"Very few hospitals have such a low number; that's absolutely remarkable," according to Richard Bell, MD, a neonatologist and medical director of the NICU. And while those low rates put NorthBay's NICU "in elite company," the hospital, its staff and administration aim "to become the very best community NICU in California," he says.

In 2008 NorthBay Medical Center joined a statewide collaborative of 19 community-based neonatal intensive care units – units that care for premature and critically ill babies – to study how to reduce infection rates. It is now sharing its successful procedures with others so all might be able to lower their catheter-associated blood stream infections.

The participants in the statewide collaborative, including the team from NorthBay, reported their findings at a

conference of NICU quality improvement teams in Los Angeles earlier this year. Participants there learned that the Fairfield hospital's initial efforts had already reduced overall infection rates by 33 percent, "on a conservative estimate," according to Steven Gwiazdowski, MD, also a NorthBay Medical Center neonatologist.

Blood stream infections are costly and dangerous, Dr. Bell explains, particularly if they strike these tiniest patients: low birth-weight babies. Newborns need catheters to monitor such things as heart rates and to provide nutrition. However, for every line that is inserted, there is a risk of infection. Each infection can incur \$46,000 in treatment costs per infant.

Prevention of these infections is the result of the coordinated efforts of nurses, doctors, other health care professionals and families.

"Very few hospitals have such a low number; that's absolutely remarkable."



No high-tech incubators are available for infants in Laos, where the only warmth for newborns comes from a light bulb.



Dr. Bell teaches the neonatal resuscitation technique to healthcare professionals in Laos, while a new mother in rural India cradles her infant (right).



RN Rolls Up Her Sleeves in Nicaragua



Janet Walker finds joy working with children of Nicaragua.

“You think you’re giving, but you really get back so much more,” says Janet Walker, RN, a case manager at NorthBay Medical Center, of her volunteer work in Latin America. Janet travels to Managua, Nicaragua, each year on missions with the Community Presbyterian Church in Vacaville. From there they drive to the small town of Guadalupe y San Ramone and proceed to help with everything from construction to running a medical clinic.

“People hear about the clinics and families walk for hours to receive care,” Janet says. “We treat about 100 patients a day, from babies to people past 90 – some so old they don’t even know their age.”

The clinics see a variety of patients with complaints ranging from headaches, allergies and respiratory problems to wounds and parasites. Because of the hot, humid climate, asthma and arthritis are common.

“This reminds me of why I became a nurse,” Janet adds. “This is literally helping on a very basic level. We also bring donated eye glasses, and helping someone see, often for the first time, can be life-changing.”

Unlike some charities that come loaded with supplies, Janet’s group brings money, consults with the local doctors, and purchases what they need. That includes items for assistance bags for the elderly, filled with cookies, toilet paper, Quaker Oats, sardines, toothpaste, analgesic gel, and Zepol (like Vick’s Vapor Rub).

“I love the Nicaraguan people,” Janet says.

“I’ve learned that no matter where in the world we live, we are all the same.”

Siblings Support a Medical Clinic in India

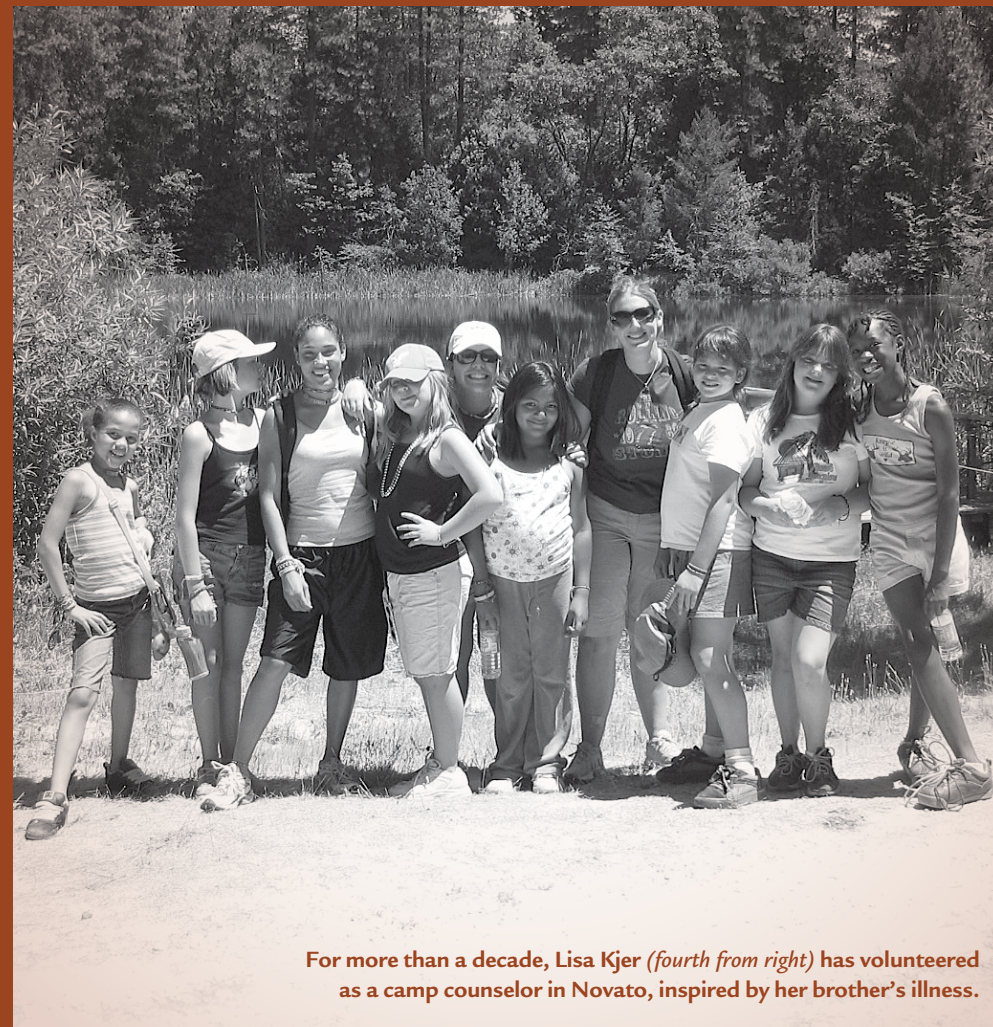
In 2006, NorthBay VacaValley Hospital Nurse Nikki Kaur, RN, set out to open a free medical clinic in India. Her concern for the poor was shared by her brother, Dr. Ramandeep Singh, and by year’s end they opened the G.S.J. Charitable Clinic, named after their late father, in a rural part of Jalandhar. They chose an area where the residents live below the poverty line, many working for the equivalent of \$2 a day.

“The cost of living is high, a doctor’s visit can cost \$1 and medications are expensive,” Nikki says. “Our clinic is free and we planned to offer free medications as well. But local superstitions

are strong. The Indians believe that a free medicine won’t work, so the clinic charges 10 cents for a prescription.”

Three years later, the clinic has two doctors and treats an average of 100 patients a day. They would like to move to a larger office to make room for a small lab.

The clinic is supported by Nikki, her sister Goldie Minhas, RN, also a nurse at VacaValley Hospital and another sister and their brother. Together, they are trying to improve lives in their homeland, one person at a time. Their ultimate dream remains – to operate a charity hospital in India.



For more than a decade, Lisa Kjer (fourth from right) has volunteered as a camp counselor in Novato, inspired by her brother’s illness.

Social Worker Volunteers at Oncology Camp

VacaValley Hospital Social Worker Lisa Kjer was 17 when her younger brother Jeff was diagnosed with cancer. Attending Okizu Oncology Camp in Novato helped him through his ordeal, and when he recovered, he became a camp counselor. Okizu is a Sioux Indian word meaning unity.

“When a family member has cancer, it changes you as a teen,” Lisa says. “Looking back, in a strange way it was a good thing, because focusing on my brother taught me a lot about compassion and what people go through when they’re sick.”

Lisa joined her brother volunteering with Okizu in 1998 and today it’s a family affair, with their parents also involved in the year-round activities of the organization. She donates her time as a summer camp counselor and at weekend events and camps. It was her volunteer work that inspired her to become a social worker.

“We wanted to give back, to support other families dealing with cancer,” Lisa says. “My time with Okizu has given me a true understanding of what patients deal with in the real world, the isolation of illness and the barriers they face. It’s information I use every day to help my patients at VacaValley Hospital.”

Mentor Mom: Passing on Parental Knowledge

She’s already raised two children of her own, but that hasn’t stopped Elaine Santos, an in-patient case manager at NorthBay Medical Center, from wanting to pass her years of parenting experience on to the next generation of mothers. Elaine is a “mentor mom” for the Children’s Nurturing Project in Fairfield. She recently completed hours of training so that she could be certified to mentor a young, “at risk” mother, guiding the young woman from pregnancy through birth.

“We’re here to serve as a role model for these women who may not have anyone else they can rely on or trust,” Elaine explains. These women may be first-time parents, may have no or little family support, or may have or had drug or alcohol issues.

What does a mentor mom do? Whatever is necessary to provide support, Elaine says. “We make sure they get to their doctor’s appointments, or we might help them deal with special needs. The goal is to help these young women do the right thing for themselves and for their babies.”

The volunteer work is a perfect fit for Elaine. “I’ve been a pediatric nurse for a long time. I love babies and children and have raised two of my own. If I can help somebody at a time like this, maybe it will be enough to help them turn the corner.”



Around the World, Two Nurse Practitioners Are Welcomed With Open Arms

From Vacaville to Africa, Central America to Nepal, NorthBay Center for Primary Care Nurse Practitioners Kathy LeFevre, right, and Susan Rosten can say first-hand that people have the same needs across the world. Both have left the comfort of home to provide medical care in some of the most dangerous locations on earth.

Susan's Story

"Our circumstances may be different but every mother is grateful when her child is helped," says Susan. Susan and her husband, Optometrist John Rosten, began volunteering on foreign medical missions in 2000. They joined Medical Ministry International for an eye-related trip to La Esperanza, Honduras, and took their two teenagers along.

In the course of 10 days the group saw 5,000 patients. People walked for miles to reach the free clinic and undergo screening for eye disorders and vision problems. Surgeons performed cataract surgeries and other volunteers gave out eyeglasses.

"We saw the potential for helping others and knew we would do more," Susan says.

Their next vision screening trip was with a small church group that traveled

to Albania – to an area so remote that water was delivered by horse-drawn cart.

"Giving a pair of eyeglasses to someone who can't see makes a lasting difference in their life," Susan says.

"Curing minor health problems before they become major makes you realize how a lack of resources affects health."

The Dixon couple have also made two trips to Nepal. Their eight-person group included four medical and four vision professionals. They traveled to communities with no services or access to health care.

"We cared for patients who in our country would be in an intensive care unit," Susan says. "In Nepal, they carry on as best they can."

On their first trip, John screened the vision of

"We saw the potential for helping others and knew we would do more," Susan says.



patients in a leprosy hospital. On their second trip, he taught the eye-screening techniques to interns at the hospital. The second trip took them even deeper into the Himalayas. A four-hour horseback ride into the mountains allowed the group to deliver supplies, eyeglasses and care to people who rarely meet outsiders, much less Americans.

In 2007, the Rostens traveled to Njoro, Kenya, where it takes a month's wages to be seen by a doctor.

"When word of a free clinic gets out, the people come," Susan says. "In six clinic days we saw about 2,200 patients."



2007: Susan in Kenya



2005: Susan in Nepal

Among those patients were grandmothers raising six to eight kids, "giving new meaning to the term 'it takes a village to raise a child,'" she says.

Last year, John traveled to Rwanda, and Susan hopes to join him on a return trip.

"I have so much compassion for those struggling with life's circumstances," Susan adds. "Each trip I return from leaves me feeling like I've gained much more than I've given."

(continued on page 18)

A Darfur Diary

Nurse Practitioner Kathy LeFevre spent three months in the Sudan helping care for Darfur refugees in 2004. The following is an excerpt from a diary she sent to her NorthBay co-workers.

July 30

I'm working in East Darfur at feeding stations in a government area as well as a Sudanese Liberation Army rebel area. I don't have problems traveling between the two. They both want us here to care for the displaced people. We are setting up two weekly feeding

centers, one out-patient department and a small eight bed in-patient department.

We are seeing the war wounded – gunshot wounds and stabbings by the Janjaweed (JJ) militia. All we can do is prevent infections and apply dressings. There is no surgery and we have minimal services here.

Aug. 6

We have a new Dutch doctor who is doing small surgeries. The rebels have their own special treatment for removing bullets from the body. They slice the belly of a frog and place it over the bullet area and wrap it. In two days,

the bullet is sucked out. It works – I actually saw a frog with a bullet in its belly. I couldn't believe it. But who am I to tell them not to do this when they are wearing the AK47s?

Sept. 10

I'm still seeing war injured at one of the villages I work in. One woman was kidnapped for three days by the JJs, but she's not talking about the experience. The people here are very stoic – they never scream out in pain, but just quietly make faces.

continued on next page

Around the World, continued

Kathy's Story

Kathy LeFevre has volunteered both near and far for more than a generation. Fresh from nurse practitioner school, she joined the Peace Corps in 1980, spending two years working with emergency room nurses and the Catholic Relief Fund in North Yemen.

Since that time, Kathy has traveled on eight medical missions, each three to four months long, with Doctors Without Borders. She loves the challenges that come with working in the Third World.

"To meet people and help in dire situations humbles you," she says of her travels. "No matter where I go, the people are so lovely and so appreciative of your attention."

She has been to some of the most dangerous countries in the world, including the rebel area of Darfur (see diary excerpts beginning on page 16) and Zimbabwe, where she managed a small village HIV clinic. The clinic treated 100 new cases a month – mostly young women ages 20 to 30.

"I like challenges and I like fixing things. If you have a patient with a broken leg and no casting material what do you do? You find another solution."

In Zimbabwe, she worked in concert with the public health system, which performed chest x-rays to diagnose TB. The local system cared for the TB patients, but those who had TB and HIV were sent to Kathy's clinic.

"When I arrived, I found we had many case files, but few people returning for treatment," she says. "So I began a home visit program, where I sent a driver out to pick up the 'no shows.'" This also helped her document the hard facts of life – many people didn't return simply because they had died. "This type of volunteering tests your strength," Kathy says.

"I like challenges and I like fixing things. If you have a patient with a broken leg and no casting material what do you do? You find another solution."

Kathy is planning her next medical journey for the end of the year. She'll go wherever Doctors Without Borders sends her. Unfortunately, she says, it won't be Darfur, which has banned Americans.

At home, she has been a Meals on Wheels volunteer for nine years. She's also a Red Cross volunteer, tracking replacement medications for people hospitalized following home fires.

"We have so much in this country," Kathy says. "It's so rewarding to give something back."



2004: Kathy in Darfur

Sept. 14

Recently we had a scary incident outside our compound. Gunshots were heard, so we ran inside and hid under the bed. Next the military came to our door and asked us to care for some injured people. One young woman

was shot in the chest and we couldn't save her. Another young man was shot in the leg and I was able to get the bullet out. I think you get into a job like this because every day is different and you never know what to expect. Some days you make a kid smile and laugh and it's all worth it.

Editors Note

The safety and security of their volunteers is of the utmost importance to Doctors Without Borders. Without electricity, the Darfur volunteers used a satellite phone to call in to the home base every day. Computers were powered with car batteries or generators.

Family Bonds: Fund-raising for Muscular Dystrophy

When it comes to healthcare, it's all in the family for the Olmstead sisters. Three of the five sisters and one sister-in-law have all worked for NorthBay Healthcare at one time or another, in different fields.

There's Peggy (Olmstead) Acosta, a clinical nurse for NorthBay Medical Center; Mary Olmstead Quinn, a neonatal intensive care unit nurse; and Alice Olmstead Cole is a food services worker in the nutrition department. With that kind of family synergy, it's no surprise that the Olmstead sisters would team up to meet a challenge when personal crisis struck their family.

Two of Peggy's nephews have been diagnosed with Duchenne Muscular Dystrophy (DMD), which primarily affects boys and is inherited through their mothers. DMD is a degenerative disease of the voluntary muscles that is characterized by general weakness and muscle wasting, first in the hips, pelvic area, thighs and shoulders. Eventually all muscles, including the heart and lungs, are affected.

When the family learned of the second nephew's diagnosis about seven years ago, they felt helpless and frustrated, but quickly turned those emotions into action. "We brainstormed ideas and decided to come up with a fund-raising event for the Muscular Dystrophy Association (MDA)," Peggy explains.

They organized a spaghetti dinner and 50/50 raffle and held it at the family's church, Our Lady of Mount Carmel in Fairfield. Every family member – including Peggy's in-laws from Merced – turned out to help cook, serve and clean up. That first year's work netted a \$4,000 donation. Last year, they raised almost \$9,000 and Peggy hopes they can reach the \$10,000 mark with this year's event, which will be Sept. 11, 2009.

Every year, the family delivers the proceeds from the spaghetti dinner to the MDA at its annual Muscle Walk fund-raising event, which is typically held in Sacramento in late September.

Anyone interested in purchasing tickets for this year's dinner – which should be available in August – can contact Acosta at pacosta@sbcglobal.net.



Sisters (left to right) Mary Quinn, Peggy Acosta and Alice Cole turned emotion into action.

ER NURSE VOLUNTEERS in Bolivia

NorthBay VacaValley Hospital Emergency Services Nurse Megan Canova has just returned from Bolivia where she joined an “extreme” medical mission with Project Helping Hands. Her team flew into La Paz and the first few days were spent in jungle conditions. They then climbed 16,000 feet in the Andes Mountains. They visited remote villages, providing medical and dental care, as well as health care education, to some 3,000 people. They often slept on the ground and there was no running water or electricity.

Here are some excerpts from her travel journal:

January to March 17, 2009

Preparation: Purchase of proper clothes, proper supplies, proper gifts and a collection of donations from my fellow ER staff and the VacaValley fire crew. **The result:** one suitcase full of medications, deflated soccer balls, and various gifts for the children. I am ready to “be mentally prepared for the unexpected,” as advised by one of my team leaders.

March 19

Only about two hours of sleep on the plane for me, but we arrive early and step out into El Alto International Airport, located just above the city of La Paz, the de facto capital of Bolivia. At an altitude of 4,061 meters or 13,323 feet, it’s one of the world’s highest international airports. My body’s response to the lack of oxygen is blue lips and feeling short of breath with minimal exertion and my heart beating hard and fast in my chest. I feel better after the descent down into the city

of La Paz. Our Bolivian host meets us and we connect with the Bolivian contingent of four physicians, a dentist, and our translators. We pick up a third vehicle and then our team of 26 heads out to descend Death Road. The day of travel is long, on roads by U.S. standards that would be considered quite dangerous. At the end of the day, we encounter a man heading down the hill who recognizes our host, Felipe. His wife is in labor and he needs to get her to the Caranavi hospital. My adrenaline kicking in, we head up to his farm, examine his wife, and transport them to the hospital in time to deliver their child. Then we head to our resting place.

March 20

After breakfast of fresh papaya and bananas, hot tea and oatmeal, we listen to a Bolivian culture presentation. In Bolivia, group goals take precedence over personal goals, inequality is assumed in relationships, time is flexible. After lunch a few of my team members and I go exploring and we see children from the orphanage we will later visit. They are very curious, taking pictures with my camera and trying on my sunglasses. They are loveable and precious.

March 21

We head out to make a “blitz” stop at a village accessible by foot. The bridge we cross to get there has missing planks of wood and the river running way down below is fast-flowing; it makes you dizzy as you cross. The villagers must find us funny, holding onto the cable on the side and gingerly making our way across. We deliver a first aid bag with supplies and a basic medical book, give some education to the adults, gifts to the children, play with them briefly and then head back.

After a hot day, we cross a huge river in the dark and rain. Our red truck gets stuck on the other side. My team finally makes it to the village at 3 a.m. and we sleep in a walled area next to free-roaming donkeys, horses, and pigs. I am so thankful not to be rained on during the little rest we get!

March 22

We spend all day in a village, holding a clinic. The important case of the day was an 18-month-old child without fully developed external ears. Hopeful that he had hearing in one ear, we arranged to get him specialty care.

March 23

After a night of lightning and rain, we eat, pack, and head out to meet up with the other half of our team and travel to our next towns. More river crossings, two blitz stops and behind schedule again, we make it to Mapiri for a late lunch. This town has an internet café so I get the chance to

e-mail to the U.S. news of my safe arrival. Then we head out to cross the Mapiri River on two “barges” roped together with planks for the trucks to drive up onto. We make it to Achiquiri and sleep in a church with dirt floors, cockroaches and bats inside in the ceiling. Curious children are always peeking their heads in or coming in to watch us.

March 24

We start off on a 20-kilometer trip to Michi Playa but end up with our Jeep hopelessly stuck on a precarious road. We’re forced to hike back, and I end up carrying everyone’s things, including our clinic bag with supplies. About 11 miles and 3.5 hours later, and surviving a rain storm, we make it back to Achiquiri an hour before the team would start getting worried and head out to find us.

(continued on page 22)



Megan Canova at the start of her Bolivian adventure.

Hole-y footbridge!

Our makeshift barge.

Megan and their medical supplies.

(continued from page 21)

March 25

We rescue the Jeep and head back to the Mapiri River to barge the trucks back over the river before it gets dark. We make it to Santa Rosa by 2100 to our “hotel” for two nights. It has holes in the walls and cockroaches, but there is a room with a cold shower along with a pool filled with green water.

March 26

After the rain stops at noon, some of us brave the pool’s cold green water. It is great to swim some laps! That evening we treat two teenage prostitutes who have multiple abscesses, skin infections, lice, and possible secondary syphilis. With a physician in this town, I do not understand how anyone could let a fellow human suffer in this way. Prostitution is legal in Bolivia. I am thankful that we have the drugs in our pharmacy to help them.



A rural house call.

March 27

On the road again to Pallayungas. The roads this day were worse than Death Road. After many stops to use pick and shovel, we make it to Pallayungas. With the remaining light, I play soccer with the young boys in this mining town and later refresh at the only water source in the town.

March 28

In a town with only 10 families, we ended up treating more than 400 patients, including one trauma patient from a landslide accident.

March 29

We travel to our last village of Quiabaya and start seeing patients directly. The next morning, in Conchupata, we see mostly Aymara indigenous children. We de-wormed and treated the children and gave reading glasses and multivitamins to the teachers. Our dentist was busy giving Fluoride treatments and pulling teeth. Then down the hill to make house calls to several older Aymara residents. One man has been crawling for the past four years since his legs have become too weak.



Hours were spent clearing roads.

Another sleeps with guinea pigs under his bed for the soothing and comfort they are said to give. Then back to Quiabaya to meet up with the other half of our team. We head out to Sorata. Sorata!!! A warm shower and pizza for dinner!

April 1

Back to the U.S., we receive preventive de-worming, de-licing and de-scarbiciding treatments and return to the culture shock of paved roads and more.

I firmly believe that our small, 26-member medical brigade, imbued with humility, sacrificial love, wisdom, and competence, made a difference. And the questions in my head are to re-evaluate this privileged life we live in the U.S. The reasons that motivated me to participate in a trip like this remain, but I am a different person for the experience. It certainly helped me re-examine my own life and what is truly important.

– Megan Canova, RN



Clearing the Air for Kids Coalition Teaches Families About Asthma

Solano County has one of the highest rates of childhood asthma in California, according to Chad Tarter, MD, a pediatric hospitalist at NorthBay Medical Center. That’s why he has recently started working with the Solano Asthma Coalition (SAC), an organization that is teaming with Community Action to Fight Asthma (CAFA). CAFA is a California-based network of 11 asthma coalitions that is helping to “shape local, regional and state policies to reduce environmental triggers of asthma for school-age children where they live, learn and play,” Dr. Tarter explains.

“If patients and their parents don’t understand asthma or its triggers, or are unfamiliar with how to manage the disease, it may lead to improper use of medicine or unnecessary visits to clinics or the Emergency Room,” Dr. Tarter says.

At SAC’s monthly meetings, Dr. Tarter teaches SAC members – Solano County health educators and epidemiologists, school nurses, and representatives from the California Teachers Association, Kaiser, Child Start, The Children’s



Chad Tarter, MD, Pediatric Hospitalist, NorthBay Medical Center

Network, Yolo-Solano Air Quality Management District, Bay Area Air Quality Management District, and the American Lung Association – about the basics of asthma. He outlines the symptoms and triggers of the disease and what to do in case of a flare-up.

Eventually, he says, the organization hopes to create “a community-wide family-oriented asthma education program geared toward pediatric patients diagnosed with this disease. Our goal is to enlist all local providers (physicians, clinic and hospital nurses and respiratory therapists) in a volunteer community effort to better educate our patients and improve their understanding and management of asthma.”

How to Recognize Asthma Symptoms in Your Child:

It can be easy to confuse asthma with the flu or a cold, especially since colds or flu can trigger asthma symptoms.

- A cold’s symptoms may include coughing, sore throat, runny or stuffy nose, sneezing and a low-grade fever.
- The flu’s symptoms may include a dry cough, high fever and chills, blocked and/or runny nose, aching muscles and joints, headache and a lack of appetite.
- Asthma’s symptoms may include coughing (especially at night), a wheezing or whistling sound when your child breathes, rapid breathing, a shortness of breath or difficulty breathing, a tightness in the chest, fatigue or lack of energy, restlessness during sleep, unusual paleness, sweating or anxiety, or irritability.

Asthma Triggers

The first step toward understanding a child’s asthma is learning what can affect the child. Triggers are not always obvious, but the most common ones are usually airborne allergens, irritants or other factors, such as:

- grass, tree or weed pollens
- airborne molds
- dust mites
- foods or food additives, such as preservatives
- animal dander
- cockroach droppings
- strong odors or perfumes
- cooking fumes
- aerosol sprays
- cigarette smoke
- wood or fireplace smoke
- cold air
- exercise
- prolonged laughing or crying
- emotional distress
- medications.

Fancy Food Show Feeds Solano's Hungry

When specialty food manufacturers gathered for a Fancy Food Show in San Francisco in January, they brought tons of product samples for vendors to taste. When the convention ended, truckloads of food were left over. Rather than let the food go to waste, one of the show organizers contacted a Solano County ministerial association and told them "if you can come and get it, it's all yours," according to Carmen Perry, facility planning manager for NorthBay Health Advantage.

Carmen and her family heard their pastor's call for help that Sunday in January. "He said they needed a lot of manpower and vol-



"We worked like an assembly line and created meals from what was there, like pastas and sauces, or pancake mix and syrups."

unteers on short notice to go into San Francisco and get the food or help distribute it." Without hesitation, the Perry family signed up to help. Members of their church joined seven other churches, as well as county and military personnel, in bringing approximately 100,000 pounds of food from Moscone Center to Solano County. Once here, volunteers sorted the food into categories, such as canned goods, pastas, desserts and perishables. Volunteers bagged and boxed the food, while others delivered it to the eight distribution centers.

Carmen's crew was assigned to bag the donated food. "We worked like an assembly line and created meals from what was there, like pastas and sauces, or pancake mix and syrups," she says. Her husband, Kenneth, and son, Myles, delivered bags of food to those waiting in the church line or delivered it to the elderly or disabled waiting in their cars.

On that day, thousands turned out and the food was gone within hours, according to reports published in the *Daily Republic*.

The instantaneous outpouring of help that brought so many people together on such short notice left a big impression, not only on Carmen, but her 12-year-old son. "It was like a fellowship, all of us coming together for one common good – to feed other people," says Carmen.

Family Finds Strength Working, Praying Together

People who work in the medical field have a calling to help others and for many who work at NorthBay, that doesn't end when the day's work is done.

Michael Simms, lead radiology technologist, and his wife, Jennifer Simms, pharmacy technology support specialist, are an example. "There is a need in our community and we strive to make a difference in the lives of people who need it the most," Michael says. The Simms and their three children try to make a difference through involvement

with their church, Celebration Christian Center in Fairfield.

Jennifer is in charge of the church's nursery and is responsible for creating the church bulletin. Michael is the director of Celebration's Kidz Club, where he teaches Bible classes to six groups of children one night a week. Together, the Simms may spend anywhere from six to 20 hours a week on various church projects. "We have learned it takes work and helping each other to get things done. No one can do it by themselves; many hands make less work for everyone."



Chief Nursing Officer Takes Her Caring Touch to Kenya

NorthBay Healthcare Vice President and Chief Nursing Officer Kathy Richerson says a trip to Kenya in 2007 with the faith-based E3 Partners restored her confidence that as a nurse, even when you're not involved in direct care, your core nursing skills and knowledge don't go away. "There's still so much that you can do as a clinician to help other people," she says.

Kathy got that chance during a 10-day medical mission, in which she was part of the triage team, evaluating patients' medical needs, giving them basic medication and directing them to the appropriate station for further help.

In that short span, the group – which included two other NorthBay employees, Dan Hartley and Susan Rosten – saw more than 2,400 patients.

"The Kenyan people are very patient and will travel long distances to get help," Kathy explains. Still, they had to turn almost 1,000 away.

"That's the part that just breaks your heart," says Kathy.

Kathy has worked nine years at NorthBay, and while the trip to Kenya in 2007 was the first she's ever taken, she promises it won't be the last. It also provided her with a great opportunity to visit her son and his family, who were missionaries at the time in a Kenyan community about 90 minutes away from Njoro.

"There's still so much that you can do as a clinician to help other people," she says.



Classical Music, Close to Home Anesthesiologist finds harmony in symphony

You don't have to be a trained musician to serve the Solano County Symphony.

Just ask Dr. Wayne Walker, an avid fan of the arts who has been a member of the symphony's board of directors for the past decade.

During this time, he has performed in a variety of roles, including treasurer, web master, secretary and vice president of fund-raising.

Admitting that these commitments have been "a bit of a stretch from my work at NorthBay," he says he does it because music is good for the soul, and because having good music available, so close to home, is important.

"Health is more than the absence of disease," he says.

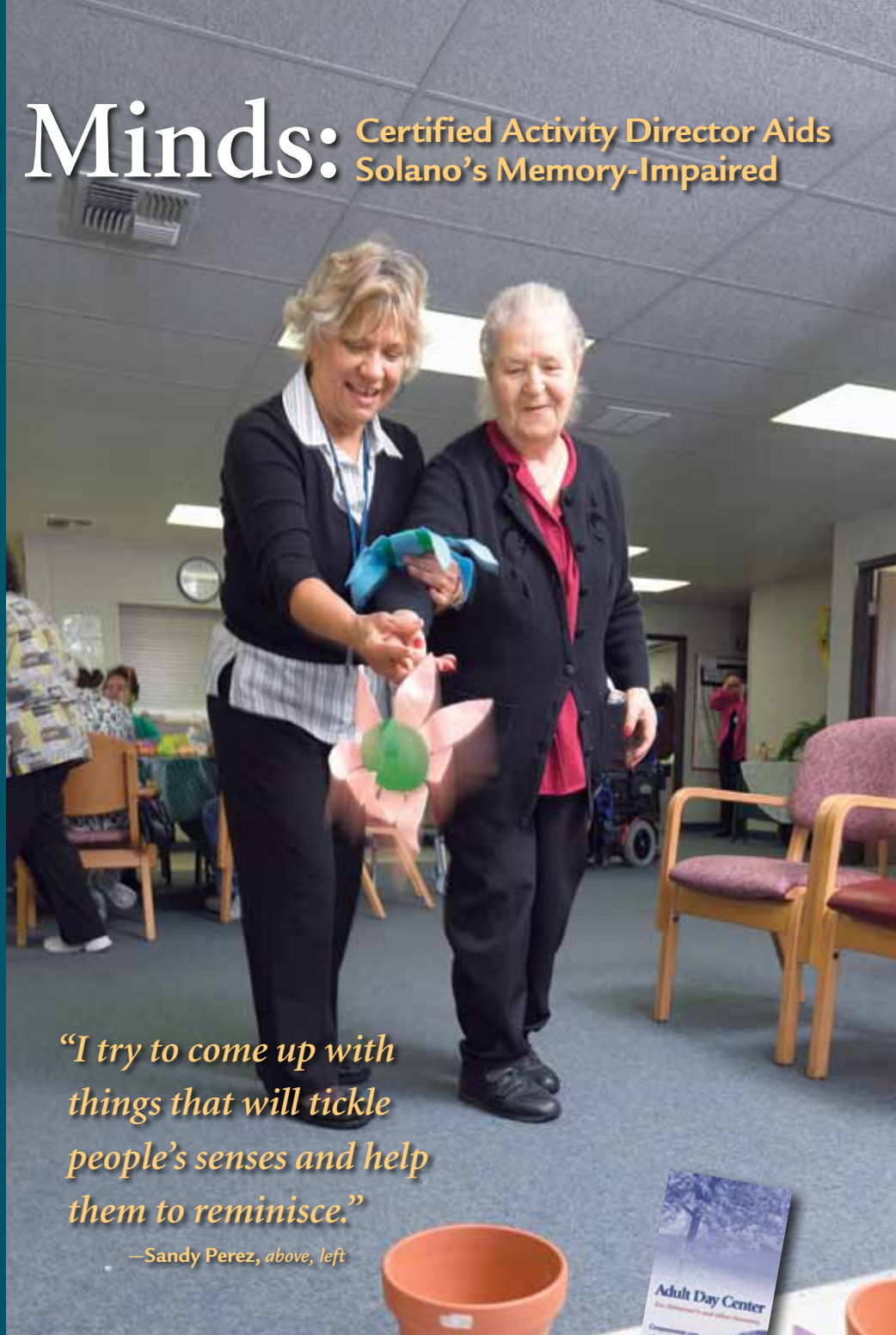
Engaging Minds: Certified Activity Director Aids Solano's Memory-Impaired

You know you've found the right career fit when you can match an avocation with your vocation.

"I love to do crafts and come up with creative new activities," says Sandy Perez, program manager for the NorthBay Adult Day Center. Many of Sandy's creative ideas eventually become the crafts, activities and games that help stimulate the minds, memories and motor abilities of participants who spend their days with her at the center.

In fact, Sandy has become so well-known for her creativity that she is frequently asked to speak at or conduct workshops for several organizations, including the Northern California Council of Activity Coordinators, West Coast Activity Professionals and Delta Area Activity Professionals. These groups represent activity professionals who work at day care centers for seniors, or skilled nursing homes and continuing care facilities.

Sandy has been invited to conduct workshops for these groups several times a year, at meetings held everywhere from Fresno to Ukiah. "I try to come up with things that will tickle people's senses and help them to reminisce." As much as the activities are fun for memory-impaired adults, Sandy notes they are just as popular with the children she works with at her church in Dixon. After all, who – no matter the age – wouldn't want to help make some ice cream, and then be invited to eat it?



"I try to come up with things that will tickle people's senses and help them to reminisce."

—Sandy Perez, above, left

NorthBay Adult Day Center – A Needed Service

The NorthBay Adult Day Center, located on the VacaValley Hospital campus in Vacaville, offers family members a caring, safe and structured environment for loved ones who are suffering from Alzheimer's Disease or dementia. Participants can spend half-, full- or extended days under the supervision of trained staff and volunteers.

"Our program here is a social program; it offers mentally challenging activities, as well as activities that are meaningful and engaging, and promote physical mobility," says Sandy Perez, program manager.

Participants are encouraged to take part in such group activities as music, arts and crafts, baking and gardening,

as well as current event discussions and opportunities to reminisce. Two meals and two snacks are served at the center each day, which is open from 7 a.m. to 7 p.m. Monday through Friday.

For more information about the NorthBay Adult Day Center, contact Perez at (707) 624-7970.



Great Wonders, Great Jubilee:

Bill Seiden, Solano Wine & Food Jubilee volunteer

Bill Seiden is a man clearly committed to his community, as he regularly volunteers his time to work on activities stretching from Rio Vista to Fairfield, and from Dixon to Vacaville. It's a year-round effort that may find him spending days helping to rebuild the popular and well-used Great Wonders playground in Vacaville, to spending months helping to organize one of the county's most popular fund-raising soirees, the Solano Wine & Food Jubilee.

As a member of the NorthBay Healthcare Foundation board of directors, Seiden's most visible efforts may be for the Solano Wine & Food Jubilee, a popular social event held every year as a fund-raiser for NorthBay Hospice & Bereavement. The event simply couldn't exist without the help of so many volunteers who chip in to do everything from setting up tables and tents to serving on committees, according to NorthBay Healthcare Foundation President Brett Johnson.

Bill got involved in the Jubilee several years ago after "seeing how hospice helped my mother in her struggle at

the end of her life. I wanted to give more of my time to help and working on the Wine & Food Jubilee was the perfect way for me to do that." At first Seiden helped with event set-up, but in recent years has agreed to serve on the committee, taking responsibility for coordinating restaurant participation.

Once the Jubilee is over, Seiden moves on to his other volunteer assignments. He recently returned to the Great Wonders playground in Vacaville, where he spent eight days helping to renovate the popular – and worn-out – children's recreation area. It was not the first time Bill worked at Great Wonders; he was among the crew who built the original playground, and then almost immediately rebuilt it after it was destroyed by an arson fire.

Bill is also actively involved in Vacaville Rotary, and has been for more than 20 years. He is deputy director for the Northern California and Nevada chapter of American

Airlines' retired pilot association, is an ordained deacon and elder for the Vacaville Community Presbyterian Church, and was also recently appointed to the Solano County Airport Land Use Committee. He also serves as treasurer for his golf club in Rio Vista, as well as a marshal for area PGA tournaments.

Bill enjoys working with children and organizing activities for them. As a Vacaville Rotarian, he volunteered on fishing expeditions for special needs children, and then worked to establish a special kid's day at the Dixon May Fair. "We now

host more than 300 kids with disabilities and, together with volunteers, more than 500 people will enjoy a morning and lunch at the fair," he says.

As for his work on Great Wonders, Bill doesn't mind returning to a construction site that is by now quite familiar. "The results are a tribute to a community that really cares about its young ones."

"The results are a tribute to a community that really cares about its young ones."

Racing to Help

When Debra Amos-Terrell and William “Will” Antipuesto picked up the microphone to kick off the first annual Run for Good on April 18, they held the memory of Fairfield City Councilman Matt Garcia in their hearts. They had met the young councilman in a Fairfield Chamber of Commerce “Leadership Today” program where, together with the chief of police, they championed to raise funds for the Police Activities League.

Then came the shocking, unfortunate incident last September 2, when Matt was shot and later died at a Walnut Creek hospital. His death was a case of mistaken identity as he stood outside a friend’s Fairfield home.

Debra, director of critical care services for NorthBay Healthcare, and Will, a physician IT educator, are now committed to the Fairfield Police Activities League (FPAL), housed in the Matt Garcia Youth Center. All proceeds from the run benefitted the center.

“After Matt’s death we were committed to do whatever we could to make the program a success to honor both his memory and his vision,” Debra says.

Will, a computer expert, created the FPAL web site and chairs the public relations committee. Debra is secretary for the FPAL executive board.

The Fairfield PAL Matt Garcia Youth Center reaches out to underserved kids in the city and provides safe, healthy activities, which promote teamwork, personal responsibility, self-confidence, exercise and healthy living. The youth center is a collaboration between volunteers, the city and the local police.



Debra Amos-Terrell and “Will” Antipuesto

“Matt wanted all youth to have an outlet. He felt there was nothing for teens to do in Fairfield and he wanted to show that you didn’t have to leave town to have fun,” Will says.

Located in the old 24-Hour Fitness building on the corner of Travis Boulevard and Texas Street, the center was able to retain the chain’s basketball courts. While it also has a boxing ring, it’s not all about sports. The center offers school tutors and classes to help kids pass their high school exit exams.

“By supporting this center, we’re providing a positive outlet for local kids. I’ve always wanted to serve my commu-

The Matt Garcia Youth Center

The Matt Garcia Youth Center welcomes teens from 7th- to 12th-grade. Membership, open to boys and girls, is \$10, but scholarships are available. Three adults are present at all times, including volunteers and off-duty police officers.

Hours:

Wednesday, 2:30 to 9 p.m.

Friday and Saturday,
2:30 to 11 p.m.

For more information, please call (707) 422-MATT (6288), or visit the web site: www.fairfield-pal.org. The center is also on MySpace and Facebook.

nity and now I have that option,” says Debra, who lives in Suisun. “It’s important to me and my husband to raise our son with an understanding of community participation and giving back.”

“I have a vested interest in Fairfield because I plan to lay my roots here,” adds Will. “Matt Garcia believed that one person could make a difference and that everyone has a gift to contribute. I believe that, too.”



Run For Good Scores a Victory

A red wave of generosity swept through the streets of Fairfield April 18.

It was the 200-plus NorthBay Healthcare runners clad in bright red Heart & Vascular Center shirts participating in the city’s first-ever Run for Good 5K.

The race attracted 800 runners in all, and helped raise \$25,000 for the Matt Garcia Youth Center and Fairfield Police Activities League.

Two high-profile NorthBay participants were Debra Amos-Terrell and Will Antipuesto, both Police Activities

League board members. Debra, director of critical care services, is the executive board’s secretary, and Will, a physician IT educator, created the FPAL web site and chairs the public relations committee.

“We were eager to be the presenting sponsor,” Debra told a crowd that gathered in the grassy area across the street from the new Solano County Government Center. “This is the perfect partnership for us – a heart-healthy activity that stresses community and environment and goes to support a great program.”



By The Numbers

25,000

Dollars raised for the Matt Garcia Youth Center and Fairfield Police Activities League

32

Number of sponsors

800-plus

Number of runners in the race

7

Number of NorthBay employees or family members who earned racing awards

200-plus

Number of NorthBay Healthcare runners

5K

Length of race through downtown Fairfield

86

Number of days it took to plan the event

3.10

Length of a 5K race in miles

Embracing the Faces of Hope

Jesse Dominguez, MD, remembers the first day he met plastic surgeon Angelo Capozzi.

He'd just started as an anesthesiologist at NorthBay Medical Center in 1995 when Capozzi started ordering him around. He thought he was intimidating and pushy, Dr. Dominguez recalls with a chuckle.

It wasn't until much later he learned that behind a brash exterior, Dr. Capozzi was the kind of man who would fly around the world to make life better for a child he'd never met.

Dr. Capozzi was involved with a group called Interplast, which for years had been sending medical professionals on global missions to perform surgeries on children with cleft lips and palates and other deformities whose families could not afford surgery.

Dr. Capozzi thought Rotary could handle logistics more efficiently, and so he worked with his Rotary Club of San Francisco to create "Rotaplast."

Over and over, Dr. Capozzi hounded Dr. Dominguez to come along.



Dr. Dominguez (left) applies anesthesia during a surgery.

"For three years, he told me I had to go with him. Finally, in August 1998, I said, 'OK, I'll come on a trip with you if you'll stop bugging me.'"

They went to Argentina, and life has never been the same for Dr. Dominguez.

"It was a very emotional trip for me, and I still can't figure out to this day why. I realized I needed to do something more than be a paid physician. There's something bigger out there. I knew it all along, but this helped set me on fire again."

He started doing trips with Dr. Capozzi and eventually they visited Mexico, Guatemala, El Salvador, Venezuela, Bolivia, Chile, Peru, Argentina and Paraguay.

"He thought I should become a member of the Rotaplast board, become a logistics guy," recalls Dr. Dominguez.

And so he did. And then the vision grew. Suddenly, they were planning trips to China, Vietnam, and beyond.

"It got to be a very big organization. I was making three trips a year, working

at NorthBay and trying to raise a young family."

It cost him his marriage, he says, and left him a single father with two young girls.

He had to refocus, deciding to concentrate on Guatemala and Venezuela. He throttled back to two trips a year, and eventually took a two-year break.

When he picked up again, the organization had a different structure. Instead of dropping in all around the world, he and a team of surgeons, nurses and other volunteers decided to concentrate their mission in just one rural community near Antigua, Guatemala.

Rotary embraced the concept, and "Faces of Hope" was born.

Dr. Dominguez and the team trained others from around the world and from Guatemala to care for the indigenous people.

"I remember someone really wanted to say thank you to me once, and tracked me down. I said, 'No, I thank you.' It's a symbiotic thing," he explains.

"Now I need to pass it on. I need to help an organization grow, get other people into it."

And Dr. Dominguez has done just that.

He's recruited a number of people, including many staff members from NorthBay, to participate.

One physician – John Lee – planned to sail away after he retired, but Dr. Dominguez talked him into just one mission.

"I told him, if you don't go, there's a lot of kids who won't get work done. He said, 'Fine, but don't ever ask me again.'"

Dr. Lee made five more trips before joining the Peace Corps. Now he's in Fiji building plumbing systems.

Dr. Dominguez remembers another former NorthBay surgeon, Debbie Chong, who created her own program, "Medicine in Action." Her group performs medical missions to help women in Jamaica and Tanzania, and Dr. Dominguez has even gone along on some of her missions.

Faces of Hope has created scholarships and programs for nursing and medical students to come along and learn.

"We realized that the next generation of people who do this work need to learn early."

He even got his family involved.

His oldest daughter, Terren, 18, has made four trips with the group, and it has inspired her to pursue a career in nursing. She'll begin her studies at the University of Portland in the fall.

His youngest daughter, Mara, 12, is too young to go on missions yet, but it's probably just a matter of time, as it seems to run in the family. Dr. Dominguez remarried four years ago, and his wife, Dale, a nurse at Methodist Hospital in Sacramento, also has been involved in a number of medical missions, traveling to China and other parts of Asia.

"There's lots of reasons I do this... I started out with my sense of adventure – going off to different places in environments where they didn't have a lot of things. Then it got more personal. I loved the idea that people really appreciated what I do for them. They trusted me and knew that I was there to help their children. It's like emotional nourishment for me."



– Jesse Dominguez, MD
Anesthesiologist, NorthBay Medical Center

In the United States, children born with cleft lips and palates are surgically repaired before they leave the hospital. In the Third World, children with this condition become outcasts in their communities.



Welcome New Physician

Nimret Dev, DO

Family practitioner Nimret Dev, DO, has joined the NorthBay Center for Primary Care in Green Valley. She earned her Doctor of Osteopathic Medicine degree from the University of North Texas Health Science Center, Texas College of Osteopathic Medicine, in Fort Worth, Texas. She completed her family medicine residency at Harbor-UCLA Medical Center and is board-certified in family practice. For further information, please call the NorthBay Center for Primary Care at (707) 646-3500.



Guild's New Leader

Patricia Dennis, of Vacaville, is the 2009 NorthBay Guild president. The Guild is one of the oldest volunteer organizations in Solano County and, for more than 50 years, the largest donor to NorthBay Healthcare. For information on how to join the Guild, please call (707) 646-4211.

HERO Fund: Employees Help Patients in Need

Patients in dire straights often inspired NorthBay Healthcare employees to reach into their own pockets to help. After all, who could walk away when a sick child is in the ER and mom can't afford an important medication? Or from a patient who is about to be discharged, only to find that his utility service has been turned off?

To help patients with unexpected, immediate needs, NorthBay employees formed the HERO Fund, which stands for "Helping Employees Reach Out." Funded by employee donations that are matched by NorthBay Healthcare, HERO helps patients who have medical and financial needs that can't be met within the walls of our facilities.

A warm coat, money to pay for a medication, or a gas card to help a patient get home, are just a few examples of gifts that have been funded through HERO.

"This is an incredible program that our employees should be very proud of," says Patty Kramer, director of social services. "I wish they could all see the faces and hear the comments of so many people we've assisted."

Patty stresses that the fund is used only when a patient has expended all other resources – friends, credit cards or other community resources. In 2008, the majority of funds went to help with the cost of medications. The fund also provided food vouchers to Safeway, Greyhound bus tickets and even help with rent.

Some patients have even larger needs and HERO has stepped in to help. For example, one young man was involved in a severe accident. His physical therapy services ran out before he recovered. Because his therapist said that with help he could make a full recovery, the HERO Fund paid for a one-year membership in a local gym where his therapist could oversee his care. His mother was near tears, expressing her appreciation.

HERO also stepped in to pay the rent for a family of a teenager dying of cancer. Mom had left her job to care for her daughter, and her husband had not found consistent work.

"A program like this is unheard of in most hospitals, and we are so thankful for our generous employees," Patty adds. "We witness time after time how much this fund helps."



Cancer Survivors Day 'Celebration of Life' is June 7

More people are surviving cancer now than ever before, and that's something to celebrate.

All cancer survivors and their loved ones are invited to attend Solano County's 13th Annual National Cancer Survivors Day "Celebration of Life," from 2 to 5 p.m., Sunday, June 7, at the Fairfield Center For Creative Arts in downtown Fairfield.

A cancer survivor is anyone with a history of cancer, from the time of diagnosis and for the remainder of life. This "Celebration" is co-sponsored by the NorthBay Cancer Center and the Solano Unit of the American Cancer Society.

Space is limited for this free event; pre-registration is required by June 4 by calling the American Cancer Society at (707) 425-5066, press 3.

Golden Honors

NorthBay Healthcare proudly announces our facilities have once again earned a Gold Seal of Approval and a continuing three-year accreditation from the Joint Commission on Accreditation of Healthcare Organizations.

The accreditation from the independent non-profit institute that sets nationally recognized standards for hospitals includes NorthBay Medical Center, NorthBay VacaValley Hospital, the NorthBay Center for Primary Care, and NorthBay Health at Home & Hospice.

The Joint Commission says accreditation is a "clear sign that the organization has demonstrated compliance to the most stringent standards of performance."

"We voluntarily seek accreditation because we want to demonstrate NorthBay's commitment to our patients' safety and their quality care," says Deborah Sugiyama, President of NorthBay Healthcare Group. "This is another step toward achieving excellence."

In October of last year, a seven-person team comprising physicians, nurses and other experienced evaluators conducted a week long, unannounced visit to NorthBay Medical Center and NorthBay VacaValley Hospital, as well as the home health care and hospice programs.

"Above all, the national standards are intended to stimulate continuous, systematic and organization-wide improvement in performance and



the outcomes of care," says Mark Pelletier, R.N., M.S., executive director of Hospital Programs, Accreditation and Certification Services of the Joint Commission.

"The community should be proud that NorthBay is focusing on the most challenging goal – to continuously raise quality and safety to higher levels."

NorthBay Center for Primary Care Now Offers After-Hours Urgent Care

The NorthBay Center for Primary Care is pleased to announce that after-hours Urgent Care Clinics are now available in Fairfield and Vacaville.

After hours, physicians still encourage their patients to call their office first. Often, a concern can be handled over the phone and a prescription sent to a nearby pharmacy. This saves time and expense and the patient's electronic medical records are accessed and updated when the on call physician is involved.

If an urgent care visit is needed, patients should contact one of the offices listed. The cost or co-payment of the visit depends on the insurance coverage.



Vacaville Urgent Care

1001 Nut Tree Road, Suite 220
Vacaville, CA
6 p.m. to 8 p.m.
Monday through Friday
Weekends, noon to 4 p.m.
Walk-ins or appointments accepted.
(707) 455-1343

Solano After-Hours Clinic

1630 Pennsylvania Ave., Suite C
Fairfield, CA
5 p.m. to 7 p.m.
Monday through Friday
Weekends, 10 a.m. to 2 p.m.
Appointments are required.
(707) 428-3978

NorthBay Hospice Makes a Vacaville Man's Dream Come True



Wishes come in countless shapes and sizes. For Vacaville's Bill Mize, his involved a fast track, a speedometer topping out at 100 mph-plus and a cheerful driver, colorfully festooned in racing gear. And, thanks to some local "dream makers," Bill's wish came true.

The terminally ill former longshoreman became NorthBay Hospice's first recipient of "Dream of a Lifetime" earlier this year. The program is one of only a handful of wish-granting projects in the nation that have no age restrictions. It is designed to offer the patient joy, contentment and a sense of completion near the end of their lives.



Picked up by limousine and whisked to the Infineon Raceway in Sonoma, Bill started the day in style. It was no easy feat. He has a disease called Multiple Systems Atrophy (MSA), which robs the body of muscle control, while leaving the mind intact. But Bill's sturdy son, son-in-law and grandson cheerfully loaded him into and out of the limo. Later they helped him don his helmet and strap into the car that would take Bill on a roaring, rollicking spin for several laps.

Fairfield's Jim Inglebright, a NASCAR veteran of the Infineon road race circuit, was Bill's pilot. Making pit stops to drop off and pick up back-seat participants, Bill happily stayed in his shotgun position for the duration, grinning

Above, Bill Mize (left) and NASCAR driver Jim Inglebright at the start of their race around Infineon race track. At left, Jim, Bill and his family give a 'thumbs up' to his experience.

to his waving crowd of supporters, including daughter Tracy Brooks.

When asked what he thought of his ride of a lifetime, he gave a deadpan answer to a laughing crowd: "Too slow."

"Dad had such a blast," says Tracy. "After his experience, he had a small sip of champagne in the limousine and we got him into bed, but the next day he was still thrilled by it all. And he was very moved that many of his caregivers from NorthBay Hospice came out to see him ride."

"We're so pleased to offer this once-in-a-lifetime experience and our dream is to provide it at least annually," says Chris Root, director of NorthBay Health at Home & Hospice. "Seeing Bill out on the Infineon race track thrilled us all. The hardest thing about that day was trying to find someone without a big smile."

"We're so pleased to offer this once-in-a-lifetime experience and our dream is to provide it at least annually."

—Chris Root, Director, NorthBay Health at Home & Hospice



Brooks said her father was profoundly different after his Dream of a Lifetime experience. "When I came to see him the next day, he kept holding my hand and even wheeled over to the door when I was leaving," she says. "He's never been someone who demonstrated a lot of affection. I am sure it was all the love and support he felt, and it's wonderful."

Root says the patient isn't the only beneficiary. "We want to create a lasting, positive memory for the loved ones,"

she explains. "Hearing how much fun Bill's grandson had and seeing his son and daughter and their spouses so happy makes our efforts so worthwhile."

Dream of a Lifetime is sponsored by donations. Those who want more information on how to become a "dream maker" can contact the NorthBay Healthcare Foundation at (707) 646-3132. It's not just money, but donation of time, talent and connections.

"Some wishes will be quite modest, like a ride on a motorcycle through the wine country, or a fishing trip or something very simple," says Brett Johnson, president of NorthBay Healthcare Foundation, the organization overseeing the Dream of a Lifetime program. "Yes, we need monetary help, but we also need a cadre of 'dream makers' who just want to organize events like Mr. Bill's day, or connect with those who can donate services."

Bill's day at the track included the generous time and talents donated by a host of "dream makers," topped by Jim and Valerie Inglebright, who own and operate American Auto Body Specialists and Roadrunner Towing in Fairfield. Also making the dream come true were Diana Brennan from Infineon Raceway, Jelly Belly Candy Co., Bob Dias of North Bay Truck Body and a NorthBay Healthcare Foundation board member, plus Randy and Dana Lemo of Platinum Limousine of Fairfield.

NorthBay Hospice & Bereavement remains the only nonprofit, locally based hospice program that serves all residents of Solano County. NorthBay Hospice & Bereavement gives support to patients and families dealing with end-of-life and quality-of-life issues, with specialized care and comfort for the terminally ill. With a network that provides knowledge and resources for loved ones at home, Hospice offers an array of services that combine physical, emotional and spiritual care.



"After his experience, he had a small sip of champagne in the limousine and we got him into bed, but the next day he was still thrilled by it all."

—Tracy Brooks



Community Support Strong for 2009 Jubilee

These may be challenging economic times, but that did not deter many local organizations from stepping up and supporting the 22nd Annual Solano Wine & Food Jubilee.

Held in late April, it was a resounding success, says Brett Johnson, NorthBay Healthcare Foundation president. “It may well have been the best attended – in terms of the greatest number of vendors and guests – in Jubilee history.”

As for ticket sales, the Jubilee was a sell-out. This is great news for NorthBay Hospice & Bereavement, as all Hospice programs benefit from funds raised at the event. “The community really came through for the Jubilee,” Johnson says, and their support of this program – that cares for families in their time of need – is further evidence that “this is a community that truly cares.”

A record-breaking 120 vendors were on hand, and with such a large number of vendors that meant an even greater variety of foods, wines and brews were available for guests to sample.

Approximately 2,000 people gathered under the big tents at the Nut Tree, where first they noshed, socialized and then later danced to the music of popular Latin salsa band Sapó Guapo. Tina Benedict, a

Foundation board member and popular local songstress, also performed with the group, and was a big hit.

Early in the evening, an unexpected downpour dumped inches of rain on the area, but the rainwater that flowed through parts of the tent did not deter guests or their festive mood. “This is

the only fund-raiser I know that allows you to walk on water,” laughed Lynn Gallagher, long-time NorthBay Hospice volunteer.

As vendors began to wind down the food and wine portion of the evening, guests were invited to pause in their festivities to view a screening of the “Dream of a Lifetime” video. Following that, names of winners were drawn to see who won

cash prizes for the raffle and shopping spree. The grand prize of \$10,000 went to Vacaville resident Steve Francis.

“This has to be the best that we’ve put on in the last three years – bar none. Thanks for the outstanding execution of a well-thought-out plan.”

— Wayne Senalik, Chairman,
Solano Wine & Food Jubilee

“While we don’t know the results of all your hard work at this time,” event chairman Wayne Senalik told volunteers and staff in the days following the event, “we do know that this has to be the best that we’ve put on in the last three years – bar none. Thanks for the outstanding execution of a well-thought-out plan.”

Johnson also had high praise for the Jubilee’s many volunteers. “They’re tireless, hard-working people who have been involved, not just on the day of the event, but all year long. Their efforts are really what makes this event such a big success.”

Presenting Sponsors:

- Sacca Family’s Burger King Restaurants
- The Hofmann Company
- The Nut Tree
- Vezzer Family Vineyard

For a complete listing of sponsors and participating vendors, visit www.wineandfoodjubilee.org.



Fairfield Mayor Harry Price and his wife, Betsy



Jubilee Chairman Wayne Senalik, (center) poses with Roger King (left) of King Andrews Vineyards and Ron Lanza of Wooden Valley Winery.

