

Wellspring

The Future *of* Fitness

Unique Center
Taking Shape
in Vacaville





Be Your Best You

For many years, NorthBay Healthcare has been integrating “wellness” into everyday medicine. It’s been a years-long process of changing the mind-set of our patients, and in some cases, our care providers. It’s not enough to “get well” after a visit to the Emergency Department or the intensive care unit or the family physician. The medical profession is more focused now than ever on having you stay well.

In 2016, our focus on wellness takes one of its most tangible steps ever when we open the doors to NorthBay HealthSpring Fitness in Vacaville. It will be one of the few medical fitness centers in California and is designed to serve a wide range of ages (teens through senior citizens), and people of all sizes and abilities. There’ll even be a Kids’ Club to keep youngsters busy while parents work out.

It’s the natural next step. We’ve focused our Center for Primary Care on keeping people out of the hospital. We’ve started programs such as Functional Medicine to incorporate non-traditional medical services into a patient’s care plan. And we’ve worked harder at having what may sound like an odd goal for a hospital owner: emptying our hospitals.

There’s no shortage of magazines that offer health tips and advice. But the *Wellspring* you hold in your hands is filled with information that comes from your doctors. It describes things close to home that you can do today. And it introduces HealthSpring Fitness, something completely different that no one else is providing in Solano County.

You may know that I’m one of those “early adopters” of new technology designed to change your life. That includes a fancy watch that tells me how many steps I’ve walked in a day, when it’s time to stand up and get out of my sedentary ways, and a couple hundred other data points about my health and fitness.

So you can understand my excitement about HealthSpring Fitness and the direction health care is taking.

I hope you’ll spend some time with this *Wellspring* to learn more about how to extend your good health, and likely extend your life.

The perfect world for us would be to practice medicine in our HealthSpring wellness center and in venues outside of the hospital. That’s our mission. We hope it will be yours, too.

Gary Passama
President and Chief Executive Officer



2 On the Cover: Center Shapes Up!

NorthBay Healthcare President and CEO Gary Passama and NorthBay HealthSpring Fitness General Manager Greg Nagaye are all smiles as Solano County’s first-ever medical fitness center starts to take shape on the NorthBay VacaValley Hospital campus. The fitness facility will take up roughly half of the 110,000-square-foot building, which will also house medical offices, including the NorthBay Cancer Center.



6 Making a Splash

From lap swimming to water therapy, participants will find a variety of healthy options that will work for them, if they don’t mind getting wet.

Is Fitness in Your Future?

When it comes to America’s health, “Sitting is the new smoking.”

At least that’s the catchy claim of Dr. James Levine, the man who brought us the treadmill desk. “Sitting is more dangerous than smoking, kills more people than HIV and is more treacherous than parachuting. We are sitting ourselves to death,” he said in an interview with the *LA Times*.

While most Americans probably don’t have a treadmill desk in their future, more and more people have some kind of a workout regimen, even if it’s just a walk around the block.

And that’s a good start, but it’s only a start. We should have listened to Grandma, when she told us to eat well, get plenty of rest, drink water, get outside, and get busy. Diet and exercise are still our best weapons in the battle to stay fit.

It’s no coincidence that our “The Future of Fitness” issue comes just months before the opening of NorthBay HealthSpring Fitness, Solano County’s first medical fitness center, which is built to meet the unique needs of its members. With an aquatic center, group exercise rooms, spin and pilates classes, and personal training areas, the Vacaville facility will offer something for everyone, including youngsters who need to stay busy while mom or dad work out. HealthSpring Fitness will also be the new home of NorthBay Rehabilitation.

In this issue of *Wellspring*, we share the scoop on HealthSpring Fitness, as well as some of our patients’ success stories and healthy suggestions from doctors and therapists, and guidance for healthy eating. **Together, we can make 2016 your year for fitness.** 🌿

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16 Recipe for Life

Forget diets, Functional Medicine Nurse Practitioner Karin Grumstrup offers a program to guide patients into lifelong eating changes.



20 Grandpa’s Sacrifice

An American Canyon motorcyclist makes a split-second decision that leaves him recovering from injuries in a dramatic collision, but saves the life of his grandson.

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HealthSpring Fitness Center Takes Shape

The future of fitness is taking shape on the NorthBay VacaValley Hospital campus this spring. By July, the doors to NorthBay HealthSpring Fitness will open, ushering in an exciting new and inclusive concept in the world of fitness: a facility that welcomes a wide range of age groups, people of all shapes and sizes, abilities and disabilities into an environment that caters to everyone's unique needs.

"We don't have anything like this in Solano County," says Gary Passama, President and CEO of NorthBay Health-care. "It's one of only a handful on the west coast—a facility that is dedicated to medical fitness of individuals."

Imagine a world in which you look forward to your workout time because you enjoy connecting with your community; a trainer creates a fitness regimen especially for you; your watch reminds you when it's time to shake a leg or a doctor recommends an app that helps you devise a workout routine to meet your needs.

The 56,000-square-foot, three-story structure will have a children's area, a walking track, three pools: a lap pool, a general purpose pool and a warm water therapy pool; as well as a whirlpool. There are also group exercise rooms, a cycling room, a large cardio area, strength training and personal training areas and a Queenax fitness system with a high-tech tracking system, which will remember where you left off.

A children's area and playground has been designated and gym members can check their children in for two-hour periods.

The gym will anchor the western side of the VacaValley Wellness Center, currently under construction on Nut Tree Road. It shares the same parking lot

with the hospital, the VacaValley Health Plaza and the Ambulatory Surgery Center.

The eastern end will feature a medical office building that will house NorthBay's Cancer Center, Functional Medicine, Diabetes & Endocrinology and more.

Gregory Nagaye is Healthspring's general manager, and has settled his membership team into Suite 180 of the VacaValley Health Plaza. A window looks out on

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The VacaValley Wellness Center, left, began to take shape in the fall of 2015 and by December, was already three stories tall, with painting starting to take place on the medical side of the building. By January, the entrance to the building, inset, was already visible, although there is still interior and exterior work to be done. A crane, right, works on the medical office side of the building where a special vault is being constructed to house a state-of-the-art linear accelerator for radiation oncology.

Meet the Experts: EXOS | MediFit

NorthBay Healthcare has selected EXOS | MediFit to manage its new fitness center. EXOS | MediFit is an industry leader in providing medical fitness facilities and athletic training worldwide. For more than 20 years, MediFit has designed, equipped and operated fitness centers for Fortune 500 corporations and community centers that provide a life-long resource for well-being in the community. At the same time, EXOS pioneered the concept of integrated performance training, guiding clients to achieve higher levels of success in the most challenging of environments, from sport and military to corporate and community spaces.

In 2014, the two companies merged, bringing together fitness center design and management and world class performance training. Today EXOS | MediFit manages the fitness of nearly 1 million people a day in more than 300 locations spread across six continents.

EXOS | MediFit offers wellness care services for every individual no matter where they are on the continuum of care; from preventative wellness to the treatment of acute medical conditions and post-rehabilitation. Their goal is to encourage positive behavior change, enabling individual participants to achieve balance in their lives.

The company is headquartered in Phoenix, Ariz., and Florham Park, N.J.

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the construction site. Come July, Greg expects to have a staff of more than 100, consisting of trainers, aquatic staff, instructors, front desk, maintenance and house-keeping folks ready to roll.

“It’s a great opportunity to watch this grow from the ground up,” says Greg. “Everything will be state-of-the art, and our seasoned fitness team will be ready to meet the unique needs of our members.”

Greg had no trouble signing up his first new member for HealthSpring Fitness. NorthBay’s CEO was the first in line and he has encouraged NorthBay employees to join as well. “We see the inherent value of a healthy team, and to a greater extent, a healthy community,” says Gary.

Charter members will receive a HealthSpring Fitness T-shirt and a special gift if they sign up prior to the grand opening in July. In addition, charter members will be invited to provide input to help determine what kinds of classes will be offered when the gym opens.

To learn more, visit www.healthspringfitness.org and enter your information on the left tab, under “Become a Charter Member,” or stop by the sales office in the Vaca-Valley Health Plaza, Suite, 180. Office hours are 9 a.m. to 7 p.m., Monday through Friday; 10 a.m. to 5 p.m. on weekends; or call (707) 301-4060. ☒

Finding Ways to ‘Watch’ Your Workout

If it’s time for a new fitness routine, maybe it’s time for a new watch.

Or a bracelet. Or a clip.

Wearable fitness monitors are all the rage, and one thing’s for sure: They’re not your grandpa’s pedometer. They come with all sorts of bells and whistles, literally and figuratively speaking. They offer reminders to get moving, they’ll monitor your blood pressure and even keep track of your sleep. Want to know how many calories you just burned? Check your stats.

At a recent photo shoot for *Wellspring* magazine, NorthBay President and CEO Gary Passama was comparing his Apple watch to that of NorthBay HealthSpring Fitness General Manager Greg Nagaye’s.

Both men say it’s a useful tool to stay motivated and moving. “It’s not uncommon to see me get up during a meeting and walk around the room,” says Gary. “I use my watch to budget my activity—from exercise and motion to standing.”

Those who make the effort to stand at least once every hour during a 12-hour day can burn up to 600 calories.

“It compels me to move,” says Gary, “which is important, especially if you have a sedentary job like I do.”

Prices on fitness trackers range from \$20 to \$700 and offer a wide range of options. You’ll want to pay attention to the battery life—some can run up to three weeks while others have to be recharged every 24 hours when it’s in workout mode.

Be sure to buy a fitness monitor that is compatible with your computer, because you’ll want to sync it and track your activity.

The most expensive devices offer heart-rate monitors and GPS, which is great for runners, but if you’re just planning to walk, you can probably settle for a less expensive option.

Don’t want to buy a new watch? Your smart phone can suffice because yes, there’s an app for that, although you do have to carry your phone



NorthBay HealthSpring Fitness General Manager Greg Nagaye, left, and NorthBay Healthcare President and CEO Gary Passama compare watches during a recent photo shoot.

around with you during your workout routine. Apps can measure steps and distance traveled, and some can even track allergy severity and stress level. And they’re getting more and more accurate, says Greg.

In fact, some doctors are already prescribing apps and using the data collection to track their patients.

“It’s a great tool to complement an effective program designed for the individual,” says Greg. “I think people are inherently competitive, and they’re always checking their tracker to see if they’ve met their challenge for the day. I’ve heard of some people getting up in the middle of the night and walking around just to get some extra steps in.”

It can be a bit addictive, he admits, “but there are far worse addictions to have.” ☒

Swimming for the Seasons

Like clockwork, rain or shine, every other morning George Bowden slips on a wet suit and swims the length of a 25-meter pool, 40 times. He swims laps no matter the weather, no matter the season. He's 90 years old and he swims to keep his diabetes at bay.

George learned he had diabetes when he was 65, during an annual physical exam to renew his pilot's license. "I was a little shocked to hear I had diabetes," he admits, "but not completely, because my father and grandmother had it. The diagnosis meant the end of my flying, so I found another activity."

The Vacaville resident is happy to report that even after 25 years he experiences no side effects from this disease, and his A1C number is 7.5. He gives regular exercise all the credit.

George Bowden swims 40 laps every other day to keep his diabetes in check.

George has always been active. He was on his college swim team, back when he attended Purdue. He had to stay fit to fly as a pilot for the U.S. Navy during World War II and in later years, when he flew as a hobby. As a civil engineer, he worked as a consultant, professor and expert witness. His work meant he and his wife, Barbara, could take summers off, and the avid hikers would spend weeks at a time on backpacking trips around Alaska or South America, or even tackling Mt. Kilimanjaro together. He was a skier until age 75—the same year he officially retired—and he put away the skis in search of a slightly less risky sport.

"Back when I was first diagnosed, I went to a class at the hospital where they explained you need to watch your diet and to start exercising. I already knew the physical benefits of exercise, but it's really dramatic to see what happens to your blood sugar when you do exercise. It just drops."

George enjoys his every-other-day swim routine, even if it's raining. "I use the time to do my heavy thinking," he says. In order to not lose track of his laps, he has attached a leather string with 10 beads onto his swim goggles, and pulls down a bead every two lengths. When the 10 beads are pulled down, he starts pushing them up, and when they're all returned, he's knows he has swum his 40 laps.

"For me, swimming has been a lifelong sport. Plus, it's good for us older guys and isn't hard on the knees."

On the days he's not swimming, George tries to do more walking, thanks to a tip he received from Collette DaCruz, his diabetes educator at NorthBay Diabetes & Endocrinology. "Collette said that you get the most benefit from walking just 15 minutes after every meal. So, I walk around my building. And, it helps that my apartment is pretty far away from the dining room," he chuckles. ☒



C'mon In, the Water is Fine

Swimming isn't just fun. It's an excellent way to improve your overall health, lose weight and recover from many physical conditions. It offers something no other aerobic exercise does: the ability to work your body without making a harsh impact on your bones and joints.

When the human body is submerged in water, it automatically becomes lighter. When immersed to the waist, your body bears just 50 percent of its weight; stand in water up to your chest and that number reduces to 35 percent; with water all the way to your neck, you only have to bear 10 percent of your own weight.

This means that the pool provides an ideal place to work stiff muscles and sore joints, especially if you're overweight or suffer from arthritis. A heated pool is even better for those with arthritis, as the warm water can help loosen stiff joints. According to the Centers for Disease Control, water-based exercise improves the use of affected joints and decreases pain from osteoarthritis.

Swimming is also a great way to increase muscle strength and tone. That's because a swimmer is propelling his body through water—a substance about 12 times as dense as air. That makes every kick and every arm stroke a resistance exercise—one of the best ways to build muscle tone and strength. Swimming has also been shown to improve bone strength—especially in post-menopausal women.

Because swimming is an aerobic exercise, it serves to strengthen the heart, not only helping it to become larger, but making it more efficient in pumping, which leads to better blood flow throughout your body. Research also shows that aerobic exercise can combat the body's inflammatory response as well—a key link in the chain that can lead to heart disease.

If that's not enough to get you moving in the pool, the American Heart Association reports that just 30 minutes of exercise per day, such as swimming, can reduce coronary heart disease in women up to 40 percent. Additionally, an analysis by the Annals of Internal Medicine showed that regular aerobic exercise could reduce blood pressure. ☒

Pools with a Purpose

NorthBay HealthSpring Fitness Center will include three heated, indoor pools and a hydro-therapy spa.

LAP POOL: The largest of the pools—the four-lane Junior Olympic lap pool—measures 75 feet long by 32 feet wide. Each swim lane is a roomy 8 feet in width. In addition to providing an excellent lap swimming experience, it allows the opportunity to offer masters swim programs and adult and youth swimming lessons. Its depth ranges from 3 feet, 6 inches to 5 feet.

MULTI-PURPOSE POOL: As its name suggests, this pool can be used for water aerobic classes, aquatic strength conditioning and swimming lessons at different times of the day. This pool measures 48 feet long by 40 feet wide and its depth ranges from 3 feet, 6 inches to 4 feet, 6 inches.

THERAPY POOL: The aquatic therapy pool will be used as a part of our medically integrated program. Since moving in water puts less stress and impact on the joints and tendons while still providing strength-building resistance, many physical therapists and fitness trainers incorporate this pool into exercise programs. It is excellent for specialty programs such as warm water arthritis exercise. The therapy pool is 28 feet long by 40 feet wide. Its depth ranges from 3 feet, 6 inches to 4 feet, 6 inches.

HYDRO-THERAPY SPA: This is a Jacuzzi pool that uses heated water and targeted jets of water to help provide relaxation and massage as well as relief from joint or musculature problems. The spa pool is 28 feet long by 23 feet wide, with depths from 3 feet, 6 inches to 4 feet, 6 inches.

It's Never Too Late You, Too, Can Lead an Active Life

It's no secret: Exercising is good for you.

Numerous studies have shown the health benefits of being active and that people of all ages can improve their health and well-being by engaging in physical activity of moderate-intensity on a regular basis.

Regular physical activity substantially reduces the risk of dying of coronary heart disease—the nation's leading cause of death. It also decreases the risk for stroke, certain cancers and diabetes. It helps with controlling weight and high blood pressure, contributes to healthy bones, muscles and joints, and can reduce symptoms of anxiety and depression.

Yet the Centers for Disease Control estimates that more than half of all American adults do not get enough physical activity to provide health benefits and 25 percent are not active at all in their leisure time.

Dr. Madhav Goyal, an internal medicine physician at the NorthBay Center for Primary Care in Vacaville, says fitness can be achieved through exercise, no matter your age.

It doesn't have to be that way, says Dr. Madhav Goyal, M.D., of the NorthBay Center for Primary Care in Vacaville. "If a person has not been in a regular exercise routine, I recommend starting in a gradual fashion—15–20 minutes a day for the first week and then gradually increasing over the course of one to two months, progressing to something more intensive," says Dr. Goyal. "There are guidelines (for exercise requirements in adults) but they are just 'on average' figures because everyone is different and has different needs and limitations—lifestyles, schedules, physical needs—so each person needs to adapt their routines to those issues."

The good news is that it's never too late to start an active lifestyle. No matter how old you are, how out of shape you feel, or how long you've been inactive, research shows that getting active can make you healthier and improve your quality of life.

"The more intense the activity, the harder the heart works. And, the longer you are able to do that, the better it is for the heart. The increased cardio helps with weight loss and mood and stress issues," notes Dr. Goyal. "And randomized trials have shown it also helps to fight infections. One hour of moderate-intensive exercise for five to six days a week decreases the rate of catching colds by up to 50 percent compared to those who don't exercise."

Dr. Goyal says an ideal program for the average adult would include a 15-minute warm-up period "to build up to sweating and breathing more heavily" and then would maintain that intensity for 45 minutes.

Adults with health and physical issues may want to meet with their doctor and talk about an exercise program first. "Adults come with variety of issues—arthritis, heart disease, other organs that are not working well, COPD—so if they have problems when they exercise like chest discomfort or lightheadedness, it's important to see a doctor because these could be an indication that something more serious is going on that needs to be addressed."

Outside of those types of issues, Dr. Goyal says everyone should be able to at least walk a bit each day. The important thing is to get up and move.

"Anything that gets us to move more is probably a good thing. Our jobs have changed, the working world is different than it was 50–100 years ago," Dr. Goyal notes. "When we consider all the computers and appliances that help do things for us today, they make us more sedentary. That increases the urgency for us to see that we spend some time each week taking care of ourselves and being active." ❧

♥ FUTURE of FITNESS

Tips *for* Training

Is this the year that you get into better condition? That could mean anything from getting off of the couch and walking every day to setting a goal of running a marathon in the fall. No matter where you are on the fitness scale, the benefits of getting your body moving are enormous.

"Regular exercise is important for both physical and mental health," says Doug Hinton, rehabilitation manager at NorthBay Rehabilitation in Fairfield and Vacaville. "You'll not only feel better, but you may even prevent or delay many ailments and physical challenges."

Studies show that routine exercise can lower your risk for heart disease, diabetes, high blood pressure, and colon cancer. To get the most out of your workout, following some simple tips can help you stay safe while on the road to wellness.

"No one wants to jump into a new routine only to get sidelined by injury," Doug says. "If you have been inactive for a while, or already have health concerns, be sure to check with your physician before starting an exercise program. Once your physician has granted you medical clearance, start slowly and stay committed to gradually increasing your exercise time."



Doug Hilton, NorthBay Rehabilitation manager

Choose the proper clothes. Wear comfortable, loose-fitting clothes that let you move freely. Replace your shoes every six months as the cushioning wears out.

Dress for the season. Stay cool in the summer by wearing light clothes that help release heat and layer your clothes in winter to help you stay warm and avoid hypothermia.

Warm up. Cold muscles are prone to injury, so plan a five-to-10-minute warm-up by walking or running in place or riding a stationary bicycle. Warming up increases your heart rate and loosens your muscles and joints.

Listen to your body. Don't exercise when you're sick or feeling fatigued. Stop exercising if you have persistent aches and pains following your routine or if you become lightheaded.

Drink water. Simply drinking water helps most people stay hydrated. If you are running in a marathon or working out especially hard, you may need a drink that adds electrolytes to the water.

Progress slowly. As your fitness improves, increase your exercise time by no more than 10 percent a week.

Ask for help. If you are using exercise equipment at a gym, or seeking expertise in a particular sport, find a coach who will teach you the safest way to progress.

Aim for a balanced program. An all-around fitness routine that improves your endurance, strength, balance and flexibility will lessen your chance of injury.

Cool down. The final phase of your exercise routine should be twice as long as your warm-up. Slow your motions and lessen the intensity of your workout for 10 minutes until you have a normal heart rate and your skin is cool.

Rest. Plan regular days without exercise to let your body recover. Always choose rest if you're fatigued or feeling pain. ❧



Spin to Begin

Patrick Garner, R.N., an avid bicyclist, believes spin classes can help get you in shape for riding.

Intense Workout a Great Start for Want-to-be Cyclists

Interested in bicycling your way to good health but not sure you're quite ready to hit the open road? Spin class may be just the thing.

Spinning is a cardiovascular workout for the whole body that uses a special stationary bicycle. Led by an instructor and set to music, spinning classes are a mainstay at health clubs everywhere and will be part of the new NorthBay HealthSpring Fitness facility in Vacaville. Spinning is not just riding a stationary bike indoors. It aims to simulate all of the experiences of outdoor cycling in a high calorie-burning workout.

For avid cyclist Patrick Garner, R.N., who works in Clinical Support Services at NorthBay Medical Center, being part of an indoor cycling program helped to launch him into his love of biking.

"I do not spin but I used to," he explains. Patrick was already a seasoned cyclist when he tried spinning and found it a beneficial complement to his routine.

"I can think of two positive outcomes from that experience," Patrick says. "Personally I achieved greater cardiovascular fitness in a relatively short time by learning how to use a heart rate monitor

while participating in training sessions focused on cardio. Prior to this I had been fairly disappointed in my resting heart rate and also my recovery period from maximum heart rate."

The second positive aspect he saw was with his spin classmates. "I saw a significant number of people who were not cyclists who became strong at spin class and then became cyclists, several even



Spinning is not just riding a stationary bike indoors. It aims to simulate all of the experiences of outdoor cycling in a high calorie-burning workout.

joining our bike club and participating in organized races and long-distance rides," Patrick says. "It was definitely a launch pad into cycling for quite a few folks."

There is an added benefit for those who don't like the idea of riding in all sorts of weather—or avoiding riding because of bad weather. Spin classes are all indoors.

Patrick says he is comfortable riding in all sorts of weather and has plenty of gear and clothing to accommodate his rides—including outdoor riding clothing.

Clothing and gear is also important for those who prefer the indoor option. "If you are going to try spinning, then I think the best advice is to plan on being comfortable by having a good pair of padded shorts," he says. "The shorts can be either the type that adhere tight to the skin like road riders wear or they can be baggy like mountain bikers wear. The quality is more important than the type."

A good comfortable pair of shoes is also vital. "Choosing a shoe that has bike cleats that clip in is a good option," he says. "You get a better workout and if and when you transition from spinning to riding outdoors, it is good that you have already become comfortable with being 'clipped in.'"

Being comfortable is also very much about how you fit your spin bike or outside bike, notes Patrick. "You should have someone help you adjust the saddle and handle bar position on your spin bike and then remember or write down how your bike is set up.

"When you ride outside, the bike setup is just as important. A good bike shop will take time to make sure your position on the bike is optimal before sending you out."

Patrick likes to point out is that there is a bike out there for everyone, meaning "any body."

"Some people may think that they are too heavy to ride a bike. If you weigh 400 pounds, there is a bike out there that can carry you."

He noted that there is also a growing availability of bikes being marketed for people who have a disability, such as cardiac disease. These have electrical assists that allow you to do rides you would not be able to do without the help of an electrical motor, including group rides.

Yoga and Pilates: It's a Stretch

In pain? Feeling stiff and creaky? Loosen up those tight muscles and stiff joints with a warrior, tree or mountain pose. Or perhaps what you need is to assume the downward dog or seated twist.

Those are a few yoga poses, and that's exactly the kind of exercise Angela Lim, D.O., prescribes for her patients who are in pain. Dr. Lim specializes in Osteopathic Manipulative Medicine (OMM) at the Center for Primary Care in Vacaville.

"Yoga is a stretching activity that can help people who have lower back pain, sciatica, pain in their hips and even upper back pain," she says. "It can help you to become more flexible and to build your core strength."

Some people might avoid yoga because they think they're not flexible enough, but Dr. Lim says these are the very ones who should give it a try, because not only will it increase flexibility, but it will improve posture, strengthen muscles, boost concentration and even help to dial down stress levels.

Plus, it's something you can try out in the comfort of your home, and the stretching exercises will only take a few minutes out of your day. "I tell my patients they don't need to dress up in fancy clothes and go to a yoga studio. They can try out some poses by watching DVDs or videos, or looking at poses for beginners on the web."

Joining a yoga class is the next best step, Dr. Lim says. "The instructor is right there, providing instant feedback."

Pilates is another form of stretching exercise that also helps develop core strength and flexibility. "If you're going to try either yoga or pilates, start out easy and work up. Don't do so much that it takes two weeks to recover." Before you know it, you could soon find yourself less stressed, less stiff and in less pain, thanks to those downward dogs and mountain poses.



Personal Trainer Karen Nelson demonstrates the pilates machine at In-Shape Browns Valley Vacaville.

Jennie Courtemanche has made great strides forward in her fitness quest, under the guidance of her trainer, Todd Reifsnyder.

A Personal Trainer Will Keep You on Track

You don't have to be a candidate for "The Biggest Loser" television show or a professional athlete to work with a personal trainer, according to Robert Peterson, M.D., orthopedic surgeon who specializes in sports medicine.

"Everyone can benefit from their expertise," he notes.

Dr. Peterson's goal is to help the athlete or weekend warrior return to competition or to their former level of physical activity as quickly and safely as possible. And if that means working first with physical therapists and then personal trainers, all the better, he adds.

"For most people, working with a trainer is a good option, although it is an added expense," Dr. Peterson notes.

If you're curious, don't let expense be a barrier. Check to see if your insurance will cover it, or keep an eye out for deals or incentives being offered through your local gyms.

It was another sort of incentive that got Jennie Courtemanche, a nurse at NorthBay VacaValley Hospital, working with a personal trainer. She won a series of sessions at Gold's Gym in Vacaville when she enrolled in NorthBay's CORE Wellness program for employees.

"I was hoping I would win that prize. I'm not overweight, but knew I was not as lean and muscular as I once was. I just needed a kick-start to my fitness quest."

Because you've made this commitment to work with a trainer, you're going to feel better, sleep better and have more energy.

Her initial goal was simple. "I wanted to decrease fat, increase lean muscle and develop a routine for fitness that can really become my new lifestyle," she explains.

Her trainer, Todd Reifsnyder, did just that. "Even after my free sessions were over, I continued with him, because he is motivating and supportive."

Just as if you were going to do 10 repetitions with a five-pound weight, here are 10 reasons why Jennie and Dr. Peterson say working with a personal trainer might be a good idea:

1. A personal trainer keeps you accountable. You have a set, paid appointment, and the trainer is waiting for you. It's hard to shirk away from that.

2. A personal trainer keeps you motivated. He or she has developed a plan of action for you, believes you can do it even when you think you can't, and has the words to keep you going. "They encourage and push you, just like having a high school coach," Dr. Peterson adds.

3. He or she has developed a personalized fitness plan just for you. It's created after you undergo a screening test to determine baseline measurements, current weight and personal fitness goals. With this information in hand, the trainer will build a routine that will help you achieve those goals. "Todd built a specific nutrition and work-out plan for me that included cardio and weights," Jenny explains.



Robert Peterson, M.D.

4. You will see results faster and this in itself is a great motivator!

5. You will learn proper technique and form on equipment you might not be familiar with. "A trainer will be a good guide into that world of weights, and show you around," Dr. Peterson agrees, assuring that you are using the equipment correctly and making the proper adjustments to maximize results.

6. You'll be challenged. How many times have you planned to walk on the treadmill for 30 minutes, for example, and decided to quit at 10? Your personal trainer will keep you on track and accountable.

7. You'll learn new skills. Your trainer can show you how to properly use an array of equipment, such as kettle bells, foam rollers, Bosu balls, weights and other gym equipment that looks so intimidating. "Todd encouraged me to try out a fun stretch and cardio class at Gold's Gym, and I'm surprised at how well I'm doing," Jennie says.

8. You'll learn fresh new perspectives on diet and nutrition. Your trainer will have tips for what you should eat and drink before and after a workout to maximize the changes you're creating in your muscles.

9. This time is just for you. How often do you have a half hour or hour to devote just to yourself, to concentrate on how you feel, what your personal goals are and how you want to achieve them?

10. You will feel better, sleep better and have more energy.

"I would not have signed up for the gym if I hadn't won the prize," Jennie admits, but advises others to not wait for a chance drawing to begin their healthy quest. "Just do it, start!"

Fueling up for Exercise

Whether you are a beginner or a full-blown endurance athlete, don't start your exercise routine without proper nutrition and hydration, says Kathleen Shafer, director of Nutrition Services for NorthBay Healthcare. "Eating right and drinking fluids can help you get the most out of your workout," she says.

NUTRITION TIPS TO CONSIDER:



Stay hydrated. **WATER** is good enough for regular exercise, but if you're exercising for more than 60 minutes in hot, humid conditions, sports drinks or even chocolate milk may be a better choice because they replenish carbs and sodium. Water acts as your body's cooling system, so be sure to drink about two cups of water before starting out so you won't become dehydrated.



Your muscles rely on **CARBOHYDRATES** such as breads, cereals, pastas, rice, fruits and vegetables for quick energy.

You need lean **PROTEIN** for your muscles and your blood cells, which bring nutrients and oxygen to your muscles. Protein also helps your muscles recover and grow. Protein can come from a hard-boiled egg, glass of chocolate milk, cup of yogurt, whey protein shake, or slices of cheese. Aim for between 10 and 20 grams of protein in your post-exercise snacks.



For endurance athletes, combine protein replenishment with carbohydrates at a ratio of 3 carbs to 1 protein.

Try to get your post-exercise nutrient needs from eating **REAL FOODS** vs. taking supplements.

Walking the Walk, Talking the Talk

Long before the first blueprint plan was approved, long before the first shovel of dirt was turned, Deborah Murray, M.D., medical director of NorthBay Diabetes & Endocrinology, had a vision for the kind of appointments she would have with some of her diabetes patients, once NorthBay's HealthSpring Fitness center was built.

"Our offices will be on the second floor, down the hall from the indoor walking track. Diet and exercise are the keys to good health for people with Type II diabetes, so I'll invite some of my patients to wear good comfortable shoes to their appointment and to come walking with me on the track," she says.

Diet and exercise are the keys to good health for people with Type II diabetes.

"Counseling is a big part of the time I spend with my patients. Why sit in my office and talk across a desk? I'll bring my tablet along and we can go

over the patient's blood pressure and glucose meter readings while we walk. I can check their chart and we can discuss any lifestyle barriers and, if I need to, I can change prescription orders right there on my tablet."

Walking appointments are just one vision she has had for this medical fitness center. "I've long known about the many benefits a medical fitness center could bring to our community—from physical therapy and regular exercise, to Cancer Center patients who will be able to use the fitness center in their survivorship plans. That we're going to have all these services in the same building will be amazing!"

Dr. Murray was thrilled to be invited to participate in the planning process for the development of HealthSpring Fitness, back when NorthBay Healthcare's boards of directors were only just considering the concept.

"It has been a dream come true," she says. "The benefits of this facility are going to be so many, for so many.

"My hope is that all these services will be accessible for all who need them, and that our patients will feel comfortable coming here and knowing we are going to take good care of them, offering access to fitness opportunities for people of all physical levels."

Dr. Deborah Murray plans to add walking appointments when NorthBay HealthSpring Fitness opens this year.



Dr. Michael Ginsberg and a young patient.

Anyone who's seen children on a playground during recess knows physical activity comes naturally to the young. What might be less apparent is that obesity among children has grown dramatically in the past 30 years and that many are not getting the physical activity they need.

The Centers for Disease Control recommend youth get at least one hour of daily aerobic activity. However, the CDC also reports that more than a third of young people in grades 9–12 don't get vigorous-intensity physical activity.

NorthBay Center for Primary Care Pediatrician Michael Ginsberg, M.D., believes parents play a vital role in helping their children get the proper amount of physical activity to launch them into lifelong healthy habits.

It's all about age appropriate activities and nutrition. "You can't tell children under 3 or 4 to do sit-ups or push-ups," explains Dr. Ginsberg. "Toddlers will exercise themselves if given the opportunity. So take them to the playground or park."

Pay attention to diet, too. "For little kids—no juice, eat your vegetables and fruits, no fast food and avoid packaged, overly processed foods," Dr. Ginsberg says.

Ginsberg suggests older children participate in organized sports activities to supplement the exercise they get at school.

"When they get old enough for school, they will get some exercise at recess or in P.E.," he says. Finding the child an organized after-school sports activity (baseball, gymnastics, swimming, karate) will help their fitness level.

"Kids get the best activity when they go out with a buddy and play basketball or Little League and there's an added benefit," he noted.

"They are learning skills (teamwork, obeying rules) and how to exercise," he says. "Kids don't

Create Healthy Habits When They're Young

"Toddlers will exercise themselves if given the opportunity. So take them to the playground or park."

~Michael Ginsberg, M.D.

come out of the womb knowing how to do push-ups. They have to learn to exercise the right way."

And Dr. Ginsberg has some words of caution for teenagers and their parents.

While regular physical activity improves strength, builds lean muscle, and decreases body fat, teens need to be careful with exercise and muscle building—particularly boys.

"Teenage boys want to be big men, so they often want to lift weights to build muscle. Unfortunately, their growth plates aren't closed yet. Until they complete puberty (ages 15–16), their muscles won't develop until their bones are strong enough to bear them," Dr. Ginsberg explains. "Any weight lifting needs to be done with supervision from an adult who is familiar with the developing teen body."

Guide Your Child to Exercise

- ★ Limit the amount of time children spend with video or electronic screens.
- ★ Get your children involved in organized activities.
- ★ Running is good. Don't exercise until exhaustion or injury.
- ★ Start overweight children with regular walking.
- ★ Let them exercise in ways that are fun. If they enjoy skateboarding, let them. Just make sure they wear helmets.
- ★ Never take sports away as a punishment.





NorthBay Functional Medicine Nurse Practitioner Karin Grumstrup displays the weight loss program she authored while two class participants, Janie Sevold, center, and Kerri Claussen look on.

Recipe for a Lifetime

Weight Management Isn't a Diet, It's a Journey

Eight-week program guides patients into lifelong eating changes, rather than through a time-limited diet.

Anyone who has dieted and lost, only to watch the pounds return, knows how hard it is to maintain a lithe and healthy body shape. Today, more than one-third of U.S. adults are considered obese, defined as an accumulation of body fat 20 percent or more over an individual's ideal body weight, according to the Centers for Disease Control.

That's why Karin Grumstrup, a nurse practitioner at NorthBay Functional Medicine, set out to create a program to guide patients into lifelong eating changes, rather than through a time-limited "diet." Her prescription for good health started with a recipe that balances metabolism and became the concept behind "Weight Management: Now and for a Lifetime." This eight-week program is designed to help participants get started on the journey to lose weight once and for all.

After months of study, Karin devised a diet comprised of protein, quality fats and slow-burning carbohydrates. The plan includes three meals a day with no snacks, no sugar and no flour of any kind. It is a new way to eat for life.

"Sugar is a fast-burning fuel that is very addictive," Karin explains. "Your brain can't tell the difference between sugar and cocaine, and your body will continue to store fat instead of burning fat if your sugar and insulin levels remain high."

Like many post-menopausal women, Karin found that any weight she gained appeared on her belly. Before offering her diet to patients, she tried the program on herself and found her belly fat disappeared once she was sugar- and flour-free.

"Two hormones, insulin and leptin, tell your body when to store fat and gain weight and when to burn fat and lose weight," Karin explains. "Insulin is released in response to the level of sugar in your blood. As long as you have elevated insulin in your blood, leptin is blocked and you don't receive the signal that you are full, so you continue to eat more food than your body needs."

In December, just five weeks into her first class, participants were absolutely joyful. Kerri Claussen of Vacaville was already showing off her "before and after" pictures; the weight loss confirmed by a smaller size of jeans. Her goal is fitting into the wedding dress of her dreams for her marriage in May.

"I wanted a natural food plan, not a diet based on prepackaged foods and all the additives they include," Kerri says. "I've tried other diets and I know the only way to lose weight is with a proper, healthy diet. Now that I'm sugar-free, it's like a fog has lifted in my brain."

Karin requires her participants to have access to a computer and a food scale. Following the initial meeting, patients receive several audio tapes, each from two to five minutes in length, via email each week. They also have unlimited email access to her if questions arise. Each new group (every four weeks) will meet three times during the eight weeks.

The first eight weeks sets a pattern that participants can use for a lifetime. Preparing and weighing food is time-consuming and requires discipline, Karin explains. But the rewards are worth it. The average weight loss is 17 pounds during the first eight weeks.

"I don't emphasize BMI or the numbers on a scale in the early weeks," Karin says. "The most important measurement when you first get started is waist measurement and I encourage the participants to measure themselves in the beginning and as they move along in the program. As your insulin levels drop, your waist measurement will go down and people begin to lose that visceral (belly) fat that causes so many health issues. Your goal weight is completely up to you. This varies with people for many different reasons."

Janie Sevold of Vacaville was ready for a new start when she began the program. She had lost 135 pounds following lap band surgery but, fearful that she was losing too much weight, had the band reduced. She promptly gained 60 pounds.

"When I returned to my bariatric surgeon for help, he told me 'You have a disease called obesity and there is no cure,'" Janie says. Discouraged and not interested in more surgery, she began researching nutrition and weight loss on her own. She turned to Functional Medicine for a detox program, but she still wasn't losing weight.

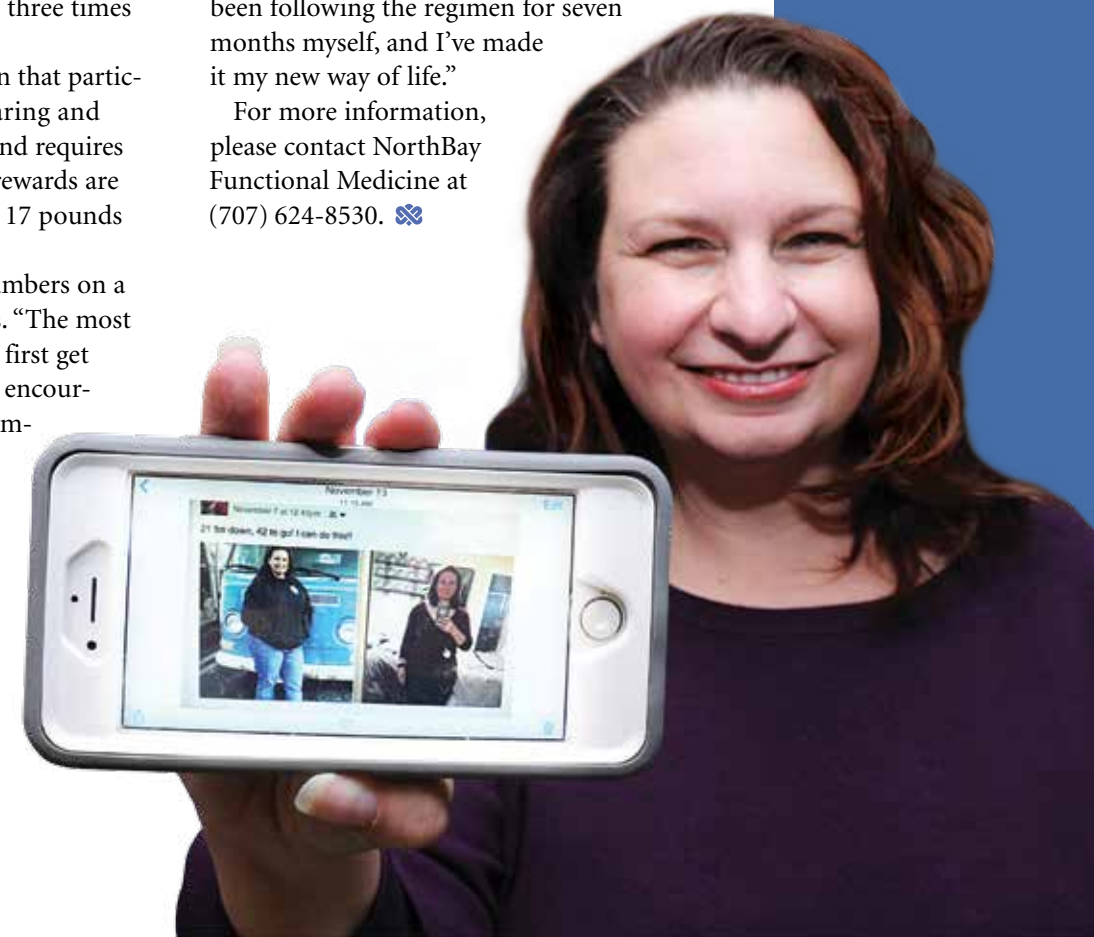
"Then Karin said, 'I'm starting a new weight loss program that may interest you,'" Janie says. "Her confidence that the program could help me is what gave me the motivation to start," Janie says.

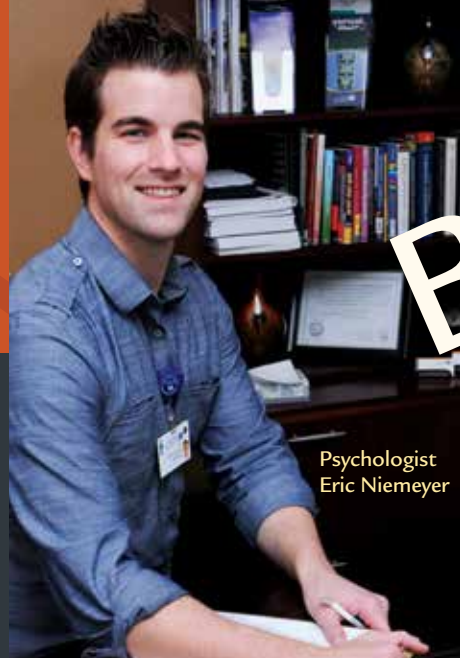
After five weeks on the plan, she can't stop smiling. "I finally feel there is a way out—I'm not doomed to obesity," Janie says. "This will be a long-term process, but I know if I follow the guidelines, I'm assured of success."

Karin enjoys watching her patients succeed. "When you're fueling your body in a healthy way and you're balanced metabolically, good health just falls into place," she says. "I've been following the regimen for seven months myself, and I've made it my new way of life."

For more information, please contact NorthBay Functional Medicine at (707) 624-8530. ☎

Kerri Claussen displays her "before and after" photo taken just five weeks into the program. She has already dropped one jeans size.





Psychologist
Eric Niemeyer

BREAK Your Bad Habits

FUTURE of FITNESS

Tips to help you break that bad habit once and for all:

Focus on just one habit. Give yourself the time it takes to overcome it. Make the habit conscious so you can identify what triggers the action. Often we fall into a bad habit simply by being on “autopilot.”

Make a plan. Identify the steps you can take to avoid your habit. Writing down your goal can give you a baseline to work from. You may decide to try a gradual reduction of your habit or find it easier to quit “cold turkey.”

Find a healthy alternative. Once you understand the reward you get from the habit, you can substitute another behavior that also gives you pleasure.

Visualize success. Imagine you are about to indulge in that old habit, and then stop yourself. In its place, think of throwing up your arms like you’ve successfully run a race.

Build your “self-control muscles.” The more you practice self-control, the stronger your resolve to overcome obstacles becomes. Over time, the ability to assert your self-control becomes natural and takes less effort.

Enlist the support of family and friends. When you share your goals you’ll find that most people are eager to help you succeed, and it also creates a level of accountability that many find helpful in following through on their plans.

Avoid temptation. The coffee house or donut shop may be on your regular route, but you can find a way to drive around it. Likewise, keep tempting food, cigarettes or alcohol out of your house.

Know the benefits of success. What will you achieve when you overcome your habit? It ranges from higher self-esteem to more money in the bank to a much healthier future.

Get a piggy bank. Drop in a dime every time you catch yourself acting out your bad habit. When you have conquered your habit, use the money to buy yourself a reward. ❧

We all have at least one—that bad habit we promise to someday overcome. Whether your bad habit affects your health and lifestyle, such as smoking, overeating or overspending, or simply annoys you or your loved ones, such as nail biting, swearing or knuckle-cracking, you can break the habit, says Eric Niemeyer, a psychologist at the NorthBay Center for Primary Care in Vacaville. But it won’t be easy. Habits have a biological component that gets stronger the longer you practice the habit. The pleasure response that comes with that bite of chocolate is actually your brain releasing a chemical called dopamine. In time, this can result in cravings, and a habit that gets stronger and stronger.

When you’re ready for a change, your first step should be to think about your habits, and identify one you would like to change. Often we continue a bad habit because we get some sort of satisfaction or psychological boost from it. For example, that smoking break you take outside with your co-workers is also a time to relax and chat. Or, you may be fond of cracking out the credit card for a little “retail therapy” when you’re feeling down.

“The longer you have a habit, the harder it often will be to break, but it can be done,” Dr. Niemeyer says. “If you are committed to your goal, you will overcome your habit and leave it in your past.”



Lung cancer survivor Ronnie Link’s grandson Jacob provided motivation for her to quit smoking. Her foundation’s mission is to make lung screenings affordable for high-risk candidates for the disease.

No More Ifs, Ands or Butts...

A child’s innocent question was all it took for Ronnie Link to finally quit smoking: “*Do you like it?*”

Quitting was not easy, she admits. “I’d been trying to quit my whole life. My grandson was my motivation. That’s what you need to quit: motivation.”

Ronnie also hoped to be a better role model. “I wanted to break the legacy; I didn’t want my grandchildren to pick up the habit. I realized I loved my grandson more than the cigarettes.”

The Vacaville resident relied on that motivation—along with nicotine patches—to get her through the earliest days. And before long, the cravings ebbed. That was several years ago.

Kicking the smoking habit has been extremely liberating, Ronnie says. “Oh gosh, I realize I don’t *have* to smoke. I don’t *have to have* a cigarette. I don’t have to count my cigarettes to see if I have enough to last until morning. I’m not wasting any more time out on the patio smoking. I definitely don’t miss the taste in my mouth, or the smell of it on me. And food, oh wow! It all tastes and smells so good. I was walking down the street past a restaurant, and

I asked my girlfriends who smoke, ‘Can you smell that?’ and they say, ‘What? I can’t smell a thing!’”

Ronnie knew that smoking wasn’t good for her health, but admits she didn’t really think about the risks. “I didn’t think anything bad would happen to me. But then it did.”

Four years ago, she signed up to have a low-cost lung scan offered by NorthBay Cancer Center. She was eligible for the scan because her

35-year habit placed her in a high-risk group. The scan found a suspicious spot that turned out to be cancer at its earliest stage.

Following surgery to remove part of her lung, she is now cancer-free.

What’s Ronnie’s advice for those who want to quit? “Find your motivation. Just do it. Stay strong. You will not be craving anymore; it will stop. And, you’ll get back your sense of taste and smell!” ❧

Link to Life Foundation

Ronnie Link vowed to start a foundation to provide screening for high-risk lung cancer candidates for whom the cost of a lung scan might be a barrier. The foundation was created in 2013, and she calls it Link to Life Lung Cancer Foundation. The Foundation’s first public screening was held on Dec. 5, 2015, through a collaboration between NorthBay Cancer Center and Solano Diagnostics Imaging (SDI). Twelve candidates received the painless 10-second CT scan that day, which can detect lung cancers at a very early stage and result in a surprisingly high rate of survival.

SDI is an American College of Radiology-designated lung screening center, and has not only the equipment needed to perform the scan, but the expertise to read the scans and provide follow-up if necessary. The Link to Life Foundation covered the cost for patients with no insurance or with an unaffordable insurance co-payment. For more information about Link to Life Lung Cancer Foundation, contact Link at (707) 888-0488.

A Grandfather's Sacrifice

Trauma Team Saves Motorcyclist Who Risked All for His Grandson

"I had no way to avoid it, I knew we were going to crash..."

~Howard Spencer

The crash was unavoidable. But experienced motorcyclist Howard Spencer, 64, had time to make one critical decision. He could risk his life to save his grandson, who was riding on the back of his cycle.

Howard, of American Canyon, remembers the Aug. 22 accident as if it were yesterday. He and his grandson, Aaron Mitchell, 12, were returning from a ride to the foothills. As they approached Rio Vista, the driver of a pickup truck towing a trailer made an illegal U-Turn directly in front of Howard's oncoming motorcycle.

"I had no way to avoid it," he recalls. "I knew we were going to crash."

Howard ran through his options. "I felt like I had a half an hour to think about it," he says, trying to explain how a split second seemed to last for minutes.

The way he saw it, he had few options. He could try hitting the brakes hard but that would send them both flying. He could try to lay the bike down, and if he was alone he says he might have done that. But he had Aaron on the bike,

so that wasn't an option because when you slide under a vehicle, you may avoid the impact, but you run the risk of getting run over.

"I decided that I would stand up so that Aaron would hit me and not the truck," says Howard. "So he would bounce off my back."

That's exactly what happened.

As NorthBay Medical Center Trauma Surgeon Peter Zopfi puts it, "by standing up, his body acted like an airbag" for Aaron, who walked away from the crash with a small cut and a bruise and nothing more.

Howard and the bike, on the other hand, took the full brunt of the impact. He arrived at the Trauma Center at NorthBay Medical Center in Fairfield with a broken neck, three broken ribs, a broken femur, a broken nose and a severe gash across his forehead, from which he had lost a considerable amount of blood. Doctors weren't sure he would live.

Then Came the Call

Howard's wife Claire was surprised when her cell phone rang that afternoon, indicating it was a call from Howard.

"I answered and said, 'Wow, you're back already?' and a woman's voice comes on and says, 'No, he's been in a pretty serious accident' and she said he was hurt and bleeding from the head and I thought, 'Oh God, no,'" she recalls.

Aaron had found his grandfather's cell phone and was trying to call his mom. The woman who called Claire had stopped for the accident and was helping him try to reach family.

Aaron says he didn't see the crash coming, his view from the back of the bike blocked by his grandfather up front. "We were just riding and I was relaxing and the next thing I woke up on the ground," he recalls. "I said, 'Papa!' but he didn't respond."

Howard did regain consciousness at the crash site and his first question was about Aaron.



"He said, 'Where's my grandson?' and everyone just kept telling him not to move, so I told him 'stay there,'" Aaron recalls.

Aaron's mom, Howard's youngest daughter, Chantelle Mitchell, was finally reached by phone, and told Aaron to ride to the hospital with his grandfather. "It was a terrifying call. The kind you never want to hear," Chantelle says. "But Aaron was so calm and just told me 'I'm fine, mom, but Papa's hurt' and I was really proud of how he was holding himself together."

At the Trauma Center, Dr. Zopfi was coordinating the trauma team's treatment of Howard's injuries. He says the case struck a chord with him right from the start.

"I walk in and here is the grandfather in bed one and the grandson in bed two," he recalls. "The grandfather is asking if the grandson is OK and the grandson is asking if grandpa is OK. I'm a grandfather, so that really hit home for me."

Grandpa wasn't OK

But he was neurologically intact, explains Dr. Zopfi. "He could move his hands and feet, though he was reluctant to do so due to all of the other pain."

Fortunately, X-rays and CT scans showed no other internal injuries. "He had a bad concussion," notes Dr. Zopfi. "But his most serious injury was

multiple fractures to the C1 and C2 vertebrae. These (vertebrae) are at the base of the skull and are the most critical."

Claire recalls the doctor's description. "He said they call it the 'hangman's break,'" she says.

Several specialists were ready to tackle Howard's case. Dr. Tyler Nelson, an oral maxillofacial surgeon, was brought in to repair the laceration to Howard's head. His neck injury was next and neurosurgeon Jeffrey Dembner, M.D., performed surgery the next day, putting posts in to fuse the vertebrae and prevent any spinal cord injury. On Aug. 25, orthopedic surgeon Cornelis Elmes, M.D., set to work repairing Howard's femur.

While each of the doctors performed critical individual surgeries, Dr. Zopfi is quick to point out that they were part of a bigger team. "Emergency physician Benjamin Williams worked with me on the initial intake and Dr. Krishnamurthy Umapathy was the initial intensivist. And we had a neurologic consult a few days later with neurologist Dr. Shahid Rehman," he explains. "No single member of the team is more important than another. The team functions as a whole. I was the initial trauma surgeon, but I'm just one part of that team."

Continued on Page 22...

Howard Spencer saved his grandson, Aaron Mitchell, from injury in a major motorcycle crash by standing up to take the brunt of the impact. NorthBay Medical Center's Trauma team saved Howard's life with quick action to treat his severe injuries.



All that remains of Howard's beloved motorcycle is this tribute to "Big Red," made into a night light by a family friend.

Grandfather's Sacrifice ...Continued from Page 21

After the surgeries, Howard went to the ICU where another team cared for him, helping with his breathing and giving blood transfusions. Finally he went on to acute rehab and physical therapy.

"It was a tremendous success," says Dr. Zopfi. "He can walk and he's alive."

The importance of getting a patient to the closest appropriate hospital trauma unit is clear in this case, explains Dr. Zopfi. "I came to NorthBay in 1991 as a general and acute care surgeon and I always felt like we needed a trauma unit and for the county and for the hospital system to recognize that, is really a good thing."

Road to Recovery

Howard and Claire couldn't agree more. "Howard was in the ICU for two weeks and everyone was so wonderful to us. We are very thankful," says Claire.

On Sept. 4, Howard was discharged from NorthBay and began his acute rehab through Queen of the Valley in Napa. He couldn't walk yet, had some cognitive and speech issues and couldn't swallow, due to swelling from the surgery on his neck. By Thanksgiving, though, he was celebrating and eating the holiday meal, walking, talking and enjoying his time with family and friends.

And the retired refinery engineer is even talking with his former employer about continuing work on safety manuals he was doing prior to the crash.

Claire marvels at how her husband wanted to be up and around so fast. "The more we kept him down the more

The importance of getting a patient to the closest appropriate hospital trauma unit is clear in this case.

unhappy he was," she says with a laugh. "He's up and he walks every day. He still has more physical therapy ahead but he's doing great."

"I can't count money," Howard laments. "And sometimes I still get words mixed up. But it will come with time."

One thing that won't be coming back to his life, however, is motorcycles—and not just because the rods in his neck make it impossible for him to turn his head.

"I rode motorcycles for 50 years and I always thought we were safe riders," Howard says. "We always wore helmets and leathers and both Aaron and I had them on the day of the accident. But this was different. My grandson was on the bike this time," he says. "This is why I'm giving up bikes. This is it. No more."

He pauses and adds more solemnly, "He's just 12 and he's a twin. He's my baby's baby."

Parting with "Big Red," the nickname of the 2005 Harley Firefighter edition he was riding when the crash occurred, was made a bit easier, thanks to a creative mechanic friend. He managed to snag the front of the bike and transform it into a night light adorned with the words "In Memory of Big Red."

It hangs in Howard's garage as a reminder that a very different kind of memorial could have punctuated this tale. "We are just so happy to have Howard with us," says Claire. "Nothing else matters." ❧

Foundation Celebrates Legacies, Leaders

How will you leave your mark?

That was the question posed to nearly 300 local business and civic leaders, community organizers, volunteers and loyal supporters of NorthBay Healthcare Foundation during the Foundation's "Celebration of Legacies" recognition program.

The Foundation kicked off the special evening, held Dec. 9 at Green Valley Administration Center, by making its first presentation of the "Spirit of Philanthropy" award to Heidi Campini.

The award recognized the commitment of Campini and her husband Jim Lawrenz, who passed away in 2013 after a battle with cancer. Both have been long-time supporters of NorthBay Healthcare, and Jim served as chairman of the Foundation board for several years.

The couple made a significant gift in 2015 to NorthBay Healthcare Foundation, the largest in its history.

The gathering was an opportunity to put a historical spotlight on Solano County leaders and visionaries who have helped guide and support NorthBay and its programs during the past six decades, and to thank those who left their mark in ways both big and small.



Heidi Campini

Among them were Roger and Corinne Vogel, who have fostered countless special needs babies; the late Barbara Lum, NorthBay Healthcare's "Mother of Maternity Services," whose family and friends established a NICU-supporting endowment in her name; and Bridgit Strachan, who fulfilled a promise to her mother to help establish cancer treatment services here in Solano County. Strachan, through her work as a NorthBay senior executive, ensured that no one would have to leave home to receive excellent cancer care.

A special presentation was made to NorthBay Healthcare by local metal sculptor Chad Glashoff, in memory of his mother. His creation, "Wounded Angel," will be installed outside the NorthBay Hospice & Bereavement Program's offices in Green Valley, in the Hospice Memorial Garden. It is Chad's way to say thanks for the excellent care his mother received while in hospice, and for the bereavement services that have helped him heal.

For more information about the "Lead With Your Legacy" program, contact NorthBay Healthcare Foundation President Brett Johnson at Bjohnson@NorthBay.org; call (707) 646-3131, or visit NorthBay.org/giving. To follow Lead with Your Legacy on social media, go to #NorthBayC2C and #LeadWithYourLegacy. ❧

Nominate a NorthBay Nurse for a DAISY Award

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

The DAISY (Diseases Attacking the Immune System) Award was created in memory of J. Patrick Barnes to express his family's gratitude for the skillful and amazingly compassionate care he received from his nurses when he was hospitalized with the auto-immune disease Idiopathic

Thrombocytopenic Purpura (ITP) in 1999. He died eight weeks later at age 33.

The award honors the work nurses do every day in thousands of healthcare facilities throughout the United States and in 14 other countries. NorthBay Healthcare invites patients and families of patients to nominate a nurse who went above and beyond the call of duty.

Award-winning nurses must establish a special professional connection with patients and families through trust and emotional support,

demonstrate professionalism, exemplify NorthBay's mission and values, and collaborate with the health care team to meet the patient's needs and goals. Other criteria include use of critical thinking skills, excellent interpersonal skills, the ability to educate patients and their families while modeling empathy and a caring attitude.

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

Bonnie Barnes, co-founder and president of The DAISY Foundation and Patrick's step-mother explained, "We learned from personal experience during Patrick's illness

just how remarkable nurses' clinical skills are. What really touched our hearts during his eight-week illness is the level of compassion and kindness nurses also bring to their patients and families."

So the family created DAISY to celebrate the super-human work nurses do every day. "It's work they take for granted but that makes a profound difference in their patients' lives," said Barnes. "We hope that with NorthBay Healthcare's support, we will bring our message of gratitude to many more deserving nurses who provide profound comfort and care to patients and their families. These extraordinary nurses' stories need to be celebrated."



DREAM of a LIFETIME LASTING MEMORIES



Erika Duarte, left, and Hospice Volunteer Elise Wigton tap heads in understanding during the family gathering.

There's a whole lot of love packed into the Wheatley House on this bright summer day. More than 20 relatives of Alzheimer's patient Erika Duarte have gathered at the Country Cottages assisted-living facility in Vacaville to pay tribute to her. The guest of honor—nattily attired in her favorite color of a brown silk skirt and blouse that matches her flowing auburn hair—is hunkered in her wheelchair, silently whirling around the hardwood floors.

"She really loves to move," says Carmen Duarte as she watches her 88-year-old mother being pushed by family members lap after lap around the small room.

Propped nearby on an easel is a board studded with photos of a vibrant, vivacious Erika in her younger

years—a mother of six who loved to read, tend to her garden and take long road trips. There are images of her celebrating Christmas with her family. And swimming. And dancing. Enjoying all that life has to offer.

"She was quite a beauty," remarks Linda Pribble, gazing at the photos. Linda, the volunteer coordinator for NorthBay Hospice & Bereavement, has organized this gathering, paid for by NorthBay's Dream of a Lifetime program. "It's all about making connections and memories," she says.

When Erika finally gives her wheels a rest, Elise Wigton, a hospice volunteer, crouches down and comes face-to-face with her. Speaking German, Elise tells Erika that she looks beautiful and that her family has come to celebrate with her.



Erika leans closer and gently taps her head against her friend's. "That," explains Elise, "is her way of saying, 'I understand.'"

That Erika could understand and connect with Elise on a certain level was a major breakthrough.

Before her first meeting with Erika weeks earlier, Elise was told that the patient was uncommunicative and didn't like to be touched. Moreover, she occasionally threw objects playfully or in anger, as her way of connecting. The prospects of a productive encounter seemed dismal.

But Elise, who had been trained in how to interact with Alzheimer's patients by Sandy Perez, manager of the NorthBay Adult Day Center, figured that she might have an "in" with Erika that others didn't: Both women spent their childhoods in Germany. "I decided that I was just going to speak in German," recalls Elise, who brought along a small teddy bear to that first meeting.

Elise introduced herself and, stunningly, Erika repeated her name back to her. Elise then presented the bear to Erika, thinking that the patient might throw it back at her. Instead, Erika placed the bear on her bed railing and gently stroked it.

"I thought: 'Wow, this is really cool,'" says Elise, who referred to it as a "God-wink moment."



It got even better. Elise told Erika that she was from Stuttgart and asked Erika where she was from. Without hesitation, Erika, who was only 14 when World War II broke out, replied, "Berlin."

Hospice Volunteer Uses Training to Connect with Alzheimer's Patient

Elise, who had been trained in how to interact with Alzheimer's patients, figured that she might have an "in" with Erika that others didn't: Both women spent their childhoods in Germany.

The two women talked some more in German and moments later, Erika placed her hand on Elise's cheek. Then she tenderly took Elise's hand and placed it on her cheek.

Another God-wink moment.



For her second visit, the NorthBay volunteer brought along a book of German children's songs. When Elise began softly singing, the "uncommunicative" patient happily joined in while holding Elise's hand the entire time. Later, Elise, an avid knitter, presented her new friend with what she calls a "twiddle" blanket.

"She touched and played with it the whole time I was there," Elise says. "That was awesome."

Sandy beams with pride as Elise tells her success story. "Elise did everything she's supposed to do," she says. "She made a safe environment. She reached (Erika) where she's living. That's exactly what we want to do."



More than 20 relatives of Alzheimer's patient Erika Duarte gathered to celebrate her life last summer.

As for the foreign language interplay, Sandy explains that most Alzheimer's patients live in their "mind's eye," and not necessarily in the environment around them.

"I've learned over the years, that, as people progress with the disease, they actually go backward in time," she says. "... In many cases, they start living as younger." Hence, Erika has reverted to her childhood language.

"We need to appreciate Alzheimer patients where they're living and treat them in that time frame. It works out a lot better," says Sandy, who points out that Erika's penchant for tossing

objects most likely was borne of frustrations over her inability to communicate with those speaking English.

Sandy has witnessed a great deal of frustration during her 35 years in the field. Alzheimer's patients are frustrated, and frightened, she says, because they are losing their memory, a huge part of who they are. Family members are frustrated because their loved one has ceased being the person they've known their whole life.

"I always tell them, 'You have to be the one to change, because they can't,'" Sandy says. "This disease is taking over and there's nothing they can do about it. ... And no (patient) is the same. Our memories, our journey in life, everything we store in our brain, is unique to us. And the disease is unique in that we don't really know what memories are going to be lost. So we have to treat them as an individual—a human being—with respect and dignity."

Continued on Page 26...

DREAM of a LIFETIME

NorthBay Hospice & Bereavement's Dream of a Lifetime program is one of the few in the nation that make dreams come true for adult patients in hospice. Donations can be made to NorthBay Healthcare Foundation, in care of Dream of a Lifetime, to support future dreams for Solano County residents served by NorthBay Hospice. For more information, visit www.northbay.org/Dreamofalifetime.

NorthBay Physician List Tops 100

NorthBay Healthcare has reached a major milestone, with more than 100 providers now affiliated with the NorthBay Medical Group in Vacaville and Fairfield.

In addition to a healthy selection of pediatricians, family medicine and internal medicine providers, NorthBay Medical Group also has specialists in everything from neurosurgery and orthopedics to endocrinology, urology and cardiology.

The group has more than doubled its size since 2010, and it's only going to continue to grow, says Aimee Brewer, president of NorthBay Healthcare's Ambulatory Division, noting that NorthBay is currently scouting a fourth location for a Center for Primary Care, to complement services offered

in Green Valley, Fairfield and Vacaville.

Care 'til 8 is currently offered at the Fairfield and Vacaville locations and has proven popular, with more than 9,000 patient visits in the service's first 10 months.


"It has proven the patient demand for care in the evenings and on week-ends and we are considering the addition of similar extended hours for other services, such as the Center for Women's Health," notes Aimee.

Although a nationwide physician shortage makes recruiting a challenge for any health care organization, NorthBay has some great things going for it, explains Aimee, including location,



Aimee Brewer

independent status, local leadership and commitment to advanced care and technology.

"We have one of the most patient-focused, dedicated groups of physicians and care providers I've ever worked with," adds Aimee. "Because we are relatively small in size, we can focus on providing personalized care. Many of our physicians and staff live in Solano County so we have a personal commitment to making the community healthier." That connection was reflected in NorthBay Medical Group's four-star rating, the highest possible, given by patients in the latest survey conducted by the Office of the Patient Advocate, a state agency that evaluates hospitals and physicians. 

Memory...Continued from Page 25

According to Linda, hospice-care workers have seen a substantial increase of dementia-Alzheimer's patients in recent years. This dismaying trend prompted her to enlist Sandy to help instruct NorthBay hospice volunteers such as Elise in how to more effectively connect with these patients.

"It just helps us do a better job," says Linda, who points out that the bond formed between Elise and Erika is "a wonderful story" that demonstrates how connecting across disciplines at NorthBay ultimately comes down to "providing beautiful care for our patients and our community."

Family members are frustrated because their loved one has ceased being the person they've known their whole life.

"This makes me very happy," she says, "I think this is what hospice volunteering is all about."




At the Wheatley House party, a Marzipan cake is being divided among family members. Carmen tenderly spoons some of it into her mother's mouth. Moments later, Erika surprises everyone by grabbing the bowl and spoon and helping herself. Later, everyone gathers behind and alongside Erika to pose for a great big group picture. There are smiles all around.

Says Linda, "As Erika's memory gets more tired, we will create new memories through photos and video

as a gift for her family to treasure." Carmen admits that it's extremely difficult to see her mother, who was once so active and energetic, unable to take care of herself. And she bemoans the fact that, on many days, Erika is largely unresponsive. But, for a few hours at least, there are encouraging signs. "Today," she says, "is a good day for her."



One week after her party, Erika suffered a stroke. She passed away two weeks later, on Sept. 9.

Her family has expressed gratitude that Dream of a Lifetime created an opportunity for the family to celebrate her life before she died. 



Dale Bordelon has defied death. Twice.

On two separate occasions last summer, the Vallejo resident suffered Sudden Cardiac Arrest (SCA). Each life-threatening event came without warning, he says. "It turned me off like a switch."

But Dale is alive today because each time his heart experienced SCA, it was jolted back into a regular rhythm by a special external defibrillator called a LifeVest.

Dale was wearing the LifeVest because his heart muscle had been weakened by a heart attack he had suffered in July. There is a big difference between a heart attack and SCA, according to the American Heart Association. A heart attack occurs when blood flow to the heart is blocked, while a SCA is caused when the heart malfunctions and stops beating unexpectedly.

Dale's cardiologist, Laybon Jones, M.D., had prescribed the LifeVest for Dale because he was concerned he might be a SCA risk. Thankfully, Dale followed Dr. Jones' orders to wear the portable defibrillator under his clothes, because it was called into life-saving action twice.

The first time it happened, Dale was home alone. "I was sitting at my kitchen table when, the next thing I knew, I was laying on the floor," he recalls. "The vest had given me some shocks, and I came to. I didn't have any warning; no pain, no dizziness. I just dropped."

Dale fell unconscious because his heart had spiked into a dangerous rhythm called "ventricular fibrillation." This condition causes a person's heart to start beating so fast that it quivers or shakes, instead of pumping blood. The LifeVest detected his life-threatening arrhythmia and delivered a shock that returned his heartbeat to a normal pace.

SCA can be fatal if sufferers do not receive life-saving treatment within minutes, and the condition claims as many as 350,000 American lives each year. "Dr. Jones told me that it can take about three minutes for a code team

Jolted


BACK TO LIFE LifeVest Saves Patient

in the hospital to get to a patient, but that the LifeVest can produce a shock within 30 seconds or less.

After he regained consciousness, family members drove Dale to the hospital, where he was scheduled for surgery to implant an ICU, or implantable cardioverter defibrillator. Then, the next day, another SCA hit without warning.

"When I came to that time, I was looking into the faces of about 10 people. I had just dropped," observes the former Marine and state police officer. "I must have a pretty high threshold for pain."

The technology has been around for several years, and NorthBay Healthcare's cardiologists have been prescribing LifeVests to patients following heart attacks, before or after bypass surgery or stent replacement, as well as for cardiomyopathy or congestive heart failure.

Dale has since received a defibrillator, and says the incidents have changed his life. "Without that vest, I wouldn't be here today talking about what happened to me." 



Top photo: Dr. Laybon Jones listens to Dale Bordelon's heart. Above: Wires and sensors worn under his clothes provided a life-saving jolt to Dale's heart.

Welcome New Physicians



Ali Hassani, M.D., an internal medicine physician, has joined the Center for Primary Care in Vacaville. Dr. Hassani earned his medical degree from the American University of the Caribbean, Netherland Antilles.

Dr. Hassani completed an internal medicine residency at Oakwood Hospital in Dearborn, Michigan. He is board-certified in internal medicine.



Kevin M. Miller, D.P.M., has joined NorthBay Center for Orthopedics in Fairfield and Vacaville. Dr. Miller earned his doctorate of podiatric medicine from the California School of Podiatric Medicine at Samuel

Merritt University in Oakland. He completed his residency in podiatric medicine and surgery at St. Mary's Medical Center in San Francisco. He is board-certified in podiatric medicine and an assistant professor of podiatric surgery at the California School of Podiatric Medicine at Samuel Merritt University.



Mohammed Arif Shaikh, M.D., a specialist in pulmonary and critical care, has joined NorthBay Healthcare. Dr. Shaikh earned his medical degree from the B.J. Medical College in Ahmedabad,

India. He completed a residency in internal medicine and a fellowship in pulmonary and critical care at East Tennessee State University in Johnson City, Tenn. He is board-certified in internal medicine, pulmonary disease and critical care medicine.



Jubilee Chairman Bill Seiden, left, and Rami Yanni look forward to seeing who will win a brand-new car from one of Rami's Vacaville dealerships.

29th Solano Wine & Food Jubilee Returns to Vacaville



The 29th Solano Wine & Food Jubilee will take place at the opulent Sunrise Event Center in Vacaville on Saturday, April 23.

The event center, at 620 Orange Drive, should prove to be the perfect venue to host Solano County's most elegant event, a benefit for NorthBay Hospice & Bereavement.

Presenting sponsors are Al and Patt Shaw, Freeman Family & Cosmetic Dentistry, Rami Yanni of Vacaville Nissan, Dodge, Hyundai and Buick GMC, Financial Architects Partners, Western Health Advantage, and DPR Construction.

The evening begins at 6:30 p.m. with sampling of the food, wines and brews offered by a number of Solano County's most popular establishments, according to Bill Seiden, Wine & Food Jubilee event chairman.


An array of items—from exotic vacations to sports memorabilia—will go to the highest bidder in the Jubilee Silent Auction.

Dancing to the popular dance band The Rhythm Method 4 begins shortly after 9 p.m. But, before dancers take the floor, the winner of the top prize in the Jubilee raffle will be announced.

That lucky ticketholder can choose from one of three new cars, offered by Rami Yanni of Vacaville Buick GMC, Vacaville Nissan, Vacaville Dodge and Vacaville Hyundai. Choices include a 2016 Hyundai Sonata, Buick Encore or Nissan Altima.

In addition, \$10,000 in cash will be awarded, according to Wendy Jackson, raffle chair. Raffle tickets are \$50 each or buy two and get a third free.

For 28 years, this fundraising gala has helped NorthBay Hospice & Bereavement provide physical, emotional and spiritual care for the terminally ill and their families.

Jubilee tickets, for those 21 and older, are \$125 each. Tickets must be purchased in advance and are only available online. For information, visit www.wineandfoodjubilee.org or call (707) 646-3133. 

Community Health Education Classes

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

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

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

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

Widows Grief Support Group • A grief support group for widows meets every other Tuesday. Cost: Free. Call (707) 646-3517.

Teen & Children's Bereavement Support Groups • Parent/Guardian approval required for participation. Cost: Free. Call (707) 646-3517.

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

Loss Due to Suicide Support Group • Meets every other Monday from 6 to 7:30 p.m. Cost: Free. Call (707) 646-3517.

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

Nutrition Class for Cancer Patients • Join NorthBay Dietitian Devin Robinette, R.D., to learn what to eat before, during and after cancer treatment and how to eat to enhance your response to treatment. Cost: Free. Limited seating. Call (707) 646-4014.

Veteran's Widowers Support Group • A grief support group for veterans meets on Thursdays from 10 to 11 a.m. Cost: Free. Call (707) 646-3517 for dates.

Laugh Out Loud • A class on urinary incontinence. Do you control your bladder or does your bladder control you? Learn the latest treatment options, including pelvic floor exercises. Cost: Free. Call (707) 646-4150 for class dates and to reserve your seat.

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

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

Maternal/Child Health Classes

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

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

Brothers & Sisters To Be

Prepare children ages 3–9 for the arrival of a new baby.

Labor of Love

A four-week prepared childbirth class for moms and dads or coaches; register in fourth month of pregnancy or earlier.

Labor of Love—Weekend Class

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

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.

Newborn Care

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

Maternity Orientation and Tour

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

Breastfeeding the Baby-Friendly Way

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



Making Prom Dreams Come True

For the third year, NorthBay Healthcare and Soroptimist International of Vacaville are teaming up with a number of local businesses to put together a special one-day event called “Operation PROMises,” for teen girls who cannot otherwise afford to attend their proms. Donations of gently used formal gowns, shoes, jewelry and wraps are welcome. Donations are tax deductible and can be dropped off at Secondhand Rose Thriftique, 322 Parker St.,

in Downtown Vacaville by March 10. Organizers are also seeking seamstresses to volunteer on the day of the event, March 12.

Girls must receive an invitation to attend. Organizers are working with local high schools to get the invitations delivered. Want to nominate a deserving young woman for an invitation? Call Jane Hilliard, NorthBay Healthcare's director of Volunteer Services, at (707) 646-3137 for more information.



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