

# Wellspring



**We're Here  
for You**

NorthBay is Ready to Help





## NorthBay is Here for You

When our communities in northern Solano County desperately needed a hospital in the 1950s, civic leaders took action. Volunteers hit the street, going door to door to collect donations, holding penny drives, luncheons and

fancy galas. They were here for us when we needed their leadership and vision to create Intercommunity Memorial Hospital, which opened its doors 60 years ago—in December 1959.

A different set of community leaders rallied in the 1980s when it became clear Vacaville needed its own hospital. Another community-fueled drive raised the money needed to establish the 50-bed NorthBay VacaValley Hospital in 1987.

That's the way it has been since the beginning. The community has been there for us when we needed it. And in turn, our two-hospital, primary- and specialty-care health system is there for our community when the need arises.

That's why it wasn't enough to have a maternity ward. We established Solano County's first neonatal intensive care unit in 1987, the same year we established NorthBay Cancer Center.

Our growth through the decades focused on bringing these advanced medical services close to home, creating what no other health system had locally:

- NorthBay Heart & Vascular Center in 2009;
- The Center for Women's Health in 2010;
- NorthBay Trauma Center in 2011;
- A certified Chest Pain Center for heart attack patients in 2012; and
- NorthBay Center for Neuroscience in 2013.

We became a Baby Friendly hospital in 2014, a Magnet organization for nursing excellence in 2015, a proud member of the Mayo Clinic Care Network in 2016, and in 2018, we opened NorthBay Urgent Care in the Nut Tree Health Plaza.

What you read in this issue of *Wellspring* tells the story of how we serve those around us when they need compassionate care, close to home—from the woman who wanted to start a family, but couldn't conceive until she had brain surgery, to a quadriplegic who needed the expert care and compassion of our Wound Care program.

Bottom line: We're here for you if you need us, and when you need us. We have you covered from birth through life's many challenges. And as the area's only locally owned, locally managed health system, we have no intentions of going anywhere else.

We are, indeed, here for you.

**B. Konard Jones**

President and Chief Executive Officer

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**NORTHBAY™  
HEALTHCARE**

Our collaboration with Mayo Clinic, through the Mayo Clinic Care Network, allows more patients to stay close to home for answers to complex medical questions.



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Caitlin Neveadomi snuggles with Noah, her miracle baby, in their Vacaville home.

# The Miracle of Noah

## Brain Surgery Paves Way for Pregnancy

Caitlin Neveadomi and her husband Brandon never thought having a baby would be so complicated.

They'd been trying for months to get pregnant, with the attitude of "if it happens, it happens." But it wasn't happening.

The NorthBay Health at Home nurse had headaches that were nonstop. "It felt like a sledgehammer in the back of my head," she remembered. She attributed it to stress. Then she started getting pain in her neck and shoulders.

She decided to see a doctor.

Obstetrician-Gynecologist Rachel Villalon, M.D., ran a whole battery

of tests, but it just wasn't adding up. Blood tests came back with suspicious levels of prolactin. Finally, Dr. Villalon called for an MRI.

The results sent Caitlin to neurosurgeon Edie Zusman, M.D., where she learned surprising news. She had a chiari malformation—a rare condition in which brain tissue extends into the spinal canal.

"Dr. Zusman and I had an instant bond," remembers Caitlin. "I may be almost 30 but I was scared I had a problem with my brain and like many, I turned to Google. That was scary."

Dr. Zusman ordered a series of MRIs, including a state-of-the-art

**Did you  
know** ?

### NorthBay is Baby Friendly!

NorthBay Medical Center became a Baby Friendly facility in 2014. That means the team does everything it can to encourage the healthiest start for babies, which includes breastfeeding. Lactation consultants have raised the exclusive breastfeeding rate up to 70 percent for all babies born at NorthBay Medical Center.

CSF flow study, which is used to observe cerebrospinal fluid flow.

“We agreed I would hold off on trying to get pregnant until we got all the images back and formulated our plan,” said Caitlin.

Once Dr. Zusman determined that brain surgery was an option, Caitlin started watching videos online of similar surgeries.

The surgery is designed to create more room at the cerebellum in the back of the brain.

“The procedure is meticulously performed with computer guidance and the operating microscope to reestablish normal flow and alleviate the plugging effect and pressure

buildup associated with severe headaches,” explained Dr. Zusman.

Ironically, Caitlin never asked about recovery time. Instead, the first question was: “How long until I can get pregnant?”

She was told two to three months.

### Sole Focus is on Women

NorthBay “gave birth” to the Center for Women’s Health in 2010, bringing together providers with specialties in obstetrics and gynecology to handle women’s issues, from teen years through menopause and beyond in the Gateway Medical Plaza in Fairfield. In 2018, the A Baby’s Coming Prenatal Program—just across the hall on the third floor—was folded into the Center for Women’s Health, thus serving all pregnant patients under one program, with prenatal visits, a registered dietitian and the Sweet Success program for gestational diabetes.

“I was strong until the day of surgery—Nov. 27, 2017,” she said. “But my family and friends were so supportive.”

She cried the first time she woke up after surgery and DIDN’T have a headache. “It was the first time I didn’t have to take an aspirin in a very long time,” she recalled.

Within two days of the surgery, she was headed home, ready to exercise and get into shape for pregnancy.

“I have zero symptoms,” she said. “My daily headaches, neck pain and the inability to even blow up a balloon are all gone!”

The best part, she said, came exactly two months after surgery when she and Brandon found out she was pregnant.

She knew from the beginning that she’d need to have a caesarian section, to minimize pressure on her brain. What she didn’t know was whether Dr. Villalon would be there to deliver—because after all, she was pregnant, too. And timing is everything.

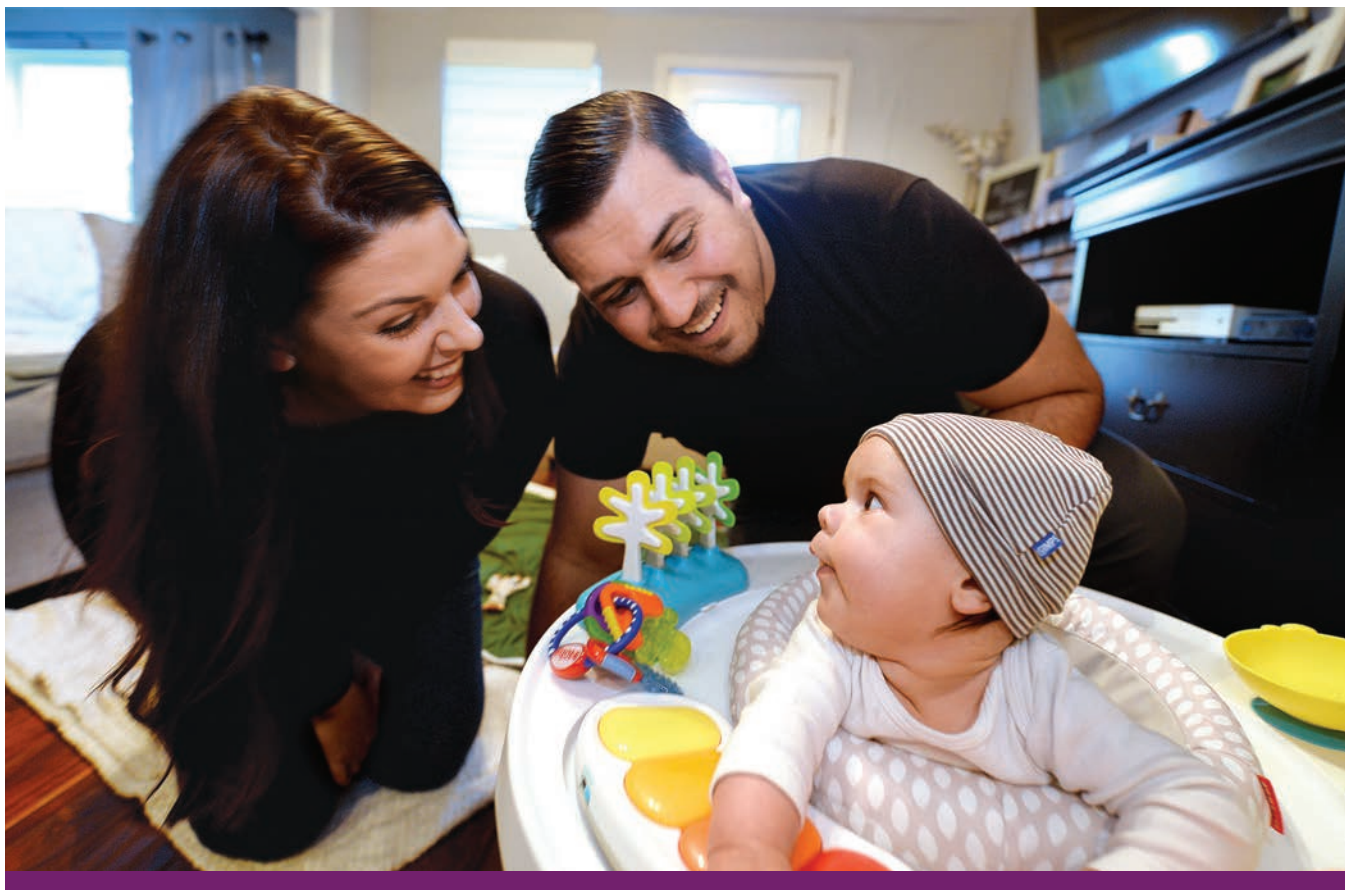
Fortunately, Dr. Villalon had already returned to work by the time Caitlin went into labor



“It’s so great to get to work with my colleagues—across the hall or across the system. Collaboration at NorthBay Healthcare is authentic and real! And just look at the results!”

—Edie Zusman, M.D.





Proud parents Caitlin and Brandon Neveadomi are enjoying every minute they can with baby Noah.

on Sept. 30. And even better, Dr. Villalon came in on her day off to deliver Noah—who weighed in at 7 pounds, 8 ounces.

“I’ll never forget the first time we heard Noah cry, my husband just held my hand and we put our heads together and cried.”

It was a reunion of sorts when Dr. Villalon and Dr. Zusman got together with Caitlin and Noah for the *Wellspring* cover photo shoot in January.

“Wow, he’s grown so fast,” said Dr. Villalon, admiring young Noah.

**“I’ll never forget the first time we heard Noah cry, my husband just held my hand and we put our heads together and cried.”**

—Caitlin Neveadomi

“And look at us,” said Dr. Zusman, nodding at Dr. Villalon. “It’s so great to get to work with my colleagues—across the hall or across the system. Collaboration at NorthBay Healthcare is authentic and real! And just look at the results!”

Caitlin and her husband Brandon couldn’t be happier for all the care she received, when she needed it most.

“I truly cannot thank my doctors enough for their compassionate care and how detail-orientated they were throughout my care, and continue to be,” said Caitlin. “One of the scariest things to ever happen to me turned into the best thing that has ever happened! They saved me and gave me the best gift possible. It’s a miracle.” ❄️

**Did you know?**

### Local Experts on Brains, Spines

Patients who once had to travel out of the county for sophisticated treatment of complex neurological conditions now receive care close to home, thanks to the development of the Center for Neuroscience. The center includes a stroke program, a spine program, a team of neurosurgeons and neurologists who handle everything from brain tumors and aneurysms to epilepsy and Parkinson’s Disease.

# Grateful to be Alive!

Fairfield resident Katie Moore had just crawled into bed for the night but felt a sudden need to get back up. She sat up, but when she stood, she was instantly in distress.

"I couldn't get a breath in and I just fell to the floor," she recalled. "I couldn't breathe, I couldn't stand back up and I couldn't yell!" Unable to call for help, Katie managed to crawl to her housemate's room and knock on the door. He opened the door and looked down at her as she managed to gasp "9-1-1" before passing out.

The August 2017 incident was the start of a long journey for Katie to regain her health—one that began with an ambulance ride to the NorthBay Medical Center Emergency Room and continues today with the guidance of her NorthBay primary care doctor, respiratory experts and a team of specialists.

While she praises the entire NorthBay team, including the staff in the NorthBay Medical Center Intensive Care Unit, where she would spend 17 days—Katie is most especially grateful to the emergency team.

"They worked so hard on me. They put their knowledge and expertise to work that night and saved me," she said. "I wouldn't be here if it wasn't for them."

"Getting people back to their families, back to their communities, back to their life, that's what we're trying to do here every day," said Heather Venezio, director of Emergency Services at NorthBay. "For Katie, the quick response was vital and the collaborative care she receives is making all the difference. We're glad we could be here for her when she needed us."

## Did you know?

### Emergency Services: When Bigger is Better

NorthBay Medical Center Emergency Department recently completed an expansion that increased the number of beds from 19 to 29. There are also new trauma bays—one devoted to cardiac resuscitation and three high-acuity beds with patient lifts. A new CT scanner will be moved into the department in April.



Katie Moore is grateful to the NorthBay Medical Center and its ER staff for their actions to save her life in 2017.

It's not entirely clear what caused Katie to collapse, but she is diabetic and has respiratory disorders that she says were "out of control" at the time.

"It was a close call and really a miracle," she said, simply. "By the time they moved me to intensive care, the doctors and nurses were telling my family to be prepared for me not to make it."

On a ventilator, Katie was not responsive. Her children came to the hospital to be with her.

"I am a woman of faith. I pray a lot and my family does, too," she said. "They were ready to remove the ventilator and my daughter and family invited the staff to join them as they prayed."

And as they removed the tube, her eyes opened.

"I don't remember the doctor's name but he leaned in and said, 'Katie, I think we just saw a miracle,'" she said with a smile. "I do, too!"

From NorthBay, Katie would move to a rehabilitation facility in Sacramento, undergoing physical and speech therapy to regain her ability to walk and talk.

With the help of her team of providers at NorthBay, Katie said she has learned how to eat healthy, has her blood pressure and diabetes under control, has lost 50 pounds and gained a new appreciation for life.

Today she moves with the aid of a cane but is determined to get rid of it eventually. "I pushed myself because I wanted to walk and talk and I'm still pushing myself," she said.

"When I think about it, I want to cry because NorthBay has been there for me all the way," she said. "The nurses and physicians and speech therapist and everyone is wonderful. And it started with that emergency team. Now, I feel I'm surrounded by people who showed me nothing but kindness and love." ❧



# New Beginnings Builds HOPE

## Support for Survivors, Caregivers

Did you know ?

### Think FAST

**FAST** is an easy way to remember and identify the most common symptoms of a stroke:

**F is for Face.** Ask the person to smile. Does one side of their face droop?

**A is for Arms.** Ask the person to raise both arms. Does one arm drift downward?

**S is for Speech.** Ask the person to repeat a simple phrase. Is their speech slurred or strange?

**T is for Time.** If you observe any of these signs, call 9-1-1 immediately.

Fairfield resident Angela Kirk had just left a birthday party in Vacaville with her sons, then age 7 and 5, when she made a detour to let one of them use the restroom at an area pizza parlor.

“We got back in the car and as I was about to drive away, I felt something. The best way I can describe it is that it felt like butterflies fluttering inside my head,” she recalled. “I knew something wasn’t right, so I turned around and went back to the pizza parlor. I took the boys in and as it happened, there was a police officer ordering lunch at the counter and I explained what was happening.”

What was happening was an ischemic stroke—an obstruction in a blood vessel supplying blood to her brain. An ambulance was called and she was rushed to NorthBay VacaValley Hospital. The quick action of the medical team saved her life.

That was November 1999 and she would spend that Thanksgiving, Christmas and New Years in a rehabilitation hospital, learning to walk and talk again.

By the time she came home to Fairfield, Angela felt a real need to connect with others struggling to adjust to life after a stroke. She looked for a local support group, like the one she had connected with in Napa while rehabbing, but there wasn’t one. So she did the only thing she could think of: She helped to start one.

NorthBay Healthcare joined in the support group program several years later, providing meeting space, coordination and regular monthly speakers. While a support group wasn’t there, at first, for Angela, the New Beginnings program at NorthBay is definitely there now for her and for dozens of area stroke survivors and their caregivers.

Once a month the stroke survivors, caregivers, family members and friends come together to share their accomplishments and struggles. The meetings are free of charge and are held every third Tuesday of the month from 10 to 11:30 a.m. at NorthBay VacaValley Health Plaza,

1010 Nut Tree Road, Suite 240. According to Beth Gladney, R.N., Stroke Program coordinator, the group provides a great opportunity for survivors and caregivers alike to get the support they need from people who understand what they’ve been through.

The meetings are designed to offer a helpful exchange of resources and information. Occasionally guest speakers are invited to attend. Those who attend do not have to be NorthBay patients.

“We are here for anyone who needs us,” Beth said.

And that is the key, said Angela.

“Our New Beginnings Stroke Support Group has been a source of strength for me for more than 15 years,” she said. “I have made many friends at our group. We all come together to support one another as we live our ‘new normal.’”

For more information on New Beginnings, contact Beth at [EGladney@NorthBay.org](mailto:EGladney@NorthBay.org), or call (707) 646-4034. ☎

Stroke survivor Angela Kirk (left) helped to create the New Beginnings support group for survivors. Beth Gladney, R.N., Stroke Program coordinator for NorthBay, now heads up the support group.





# The Power of Human Touch

One of the hardest things new mom Lynn Brenner had to learn was how to leave her baby's side. But thanks to a new program at NorthBay Medical Center, loving arms were ready to hold baby Wyatt any time of the day or night.

Wyatt was born six weeks premature at NorthBay Medical Center, and had to spend several weeks in the Neonatal Intensive Care Unit.

"I have another son, who is 4, I'm a full-time student and I realized I have to sleep and eat," the 23-year-old Fairfield resident said. "I couldn't possibly be with him every second. It took me awhile to accept it, though."

She came to trust the team of nurses who were always quick to scoop him up when it was time to be fed, or to soothe him when he needed consoling.

"Oh, this little one really likes to be held and has a distinctive cry when he wants to be cuddled," noted

Anna Tiss, Clinical Nurse IV in the NICU. But nurses can get busy, especially when the NICU is full.

That's why there's a team of specially trained NorthBay Guild volunteers who serve as "certified cuddlers," spending an hour or two—as their schedules permit—rocking, holding, hugging, humming to and cradling any newborn whose parents may not be available and who have given permission.

"Cuddlers also free up our nurses to perform their many other responsibilities while still providing the

**"Holding the babies provides them with pain relief, stabilizes heart rates and temperatures, helps them to sleep better and cry less, and to gain weight and grow."**

—Heather Troutt

Baby Wyatt Brenner gets some loving cuddles from NorthBay Guild volunteers Diane Harris (left) and Gayle Ratliff.





babies with that all-important human and healing touch,” said Heather Troutt, clinical manager, Women and Children’s Services for NorthBay Healthcare.

There have been more than 600 research papers written on the myriad benefits of the human touch for pre-term babies, she added.

“Holding the babies provides them with pain relief, stabilizes heart rates and temperatures, helps them to sleep better and cry less, and to gain weight and grow,” Heather said. “All of that means they may spend less time in the NICU and can be on their way home sooner.”

“The babies are so sweet, just so sweet,” said Gayle Ratliff, a NorthBay Guild volunteer who was one of the first to sign up for the training. The 83-year-old mother of three, grandmother of five and great-grandmother of three regularly spends part of her Saturday morning in the NICU.

“I rock slowly, talk softly to them and smooth their hair, just like I did to my own children,” she said. “I love kids, and babies are so special. I get a lot out of it, and I feel like I’m helping the babies.”

NICU nursing staff appreciates the extra set of arms, as well.

“You’re being here, even just for an hour, meant that I could get most of my charting done,” said Monica Hernandez, NICU nurse, as she scooped an infant from a cuddling volunteer’s arms.

And, having the extra help on hand is especially beneficial for the occasional infant born with Neonatal Abstinence Syndrome, Heather noted. These babies have been exposed to opiates, stimulants, sedatives or antidepressants during pregnancy and after birth their dependence on the substance continues for several more weeks.

“The baby’s central nervous system becomes overstimulated, causing symptoms of withdrawal, such as a high-pitched cry, tremors and an increased respiratory rate. Gentle cuddling has been proven to help these infants remain more calm as they work through their withdrawal.”

“I used to think the NICU was a scary place,” Lynn added, “but the nurses know what they are doing and it’s a relief to know that someone will hold him when I’m not here.” ❧

### Did you know ?

#### Peeking in on Tiniest Patients

NorthBay Medical Center’s Neonatal Intensive Care Unit has room for 16 special cribs— Isolettes—and a dozen of those are equipped with NICView cameras, which means if a premature baby has to stay with us a little longer than mom does, there’s an easy way for family around the world to keep a close eye on the infant 24/7/365, via a closed, secure system that transmits images to phones, laptops, computers and tablets.

## Certified Cuddlers

NorthBay Guild officially launched its volunteer cuddler program in November, under the guidance of two recently retired NorthBay Healthcare employees: Diane Harris, who had served for many years as director of Women’s Health, and Arletta Stonebraker, who had worked at NorthBay for 34 years, most recently as executive assistant to Aimee Brewer, NorthBay Healthcare Group president.

Volunteers in the program undergo training that focuses on the benefits of human touch, learn the importance of hand hygiene, schedule their volunteer hours on a Google calendar, and sign a confidentiality agreement. They also promise to refrain from judgment and refer any questions the parents may have to their infant’s nurse.

When volunteers arrive for their shift, they thoroughly wash their hands, put on a hospital gown and make themselves comfortable in a rocking chair. Nurses are responsible for removing the baby from his or her Isolette and returning the child to the Isolette when the volunteer’s shift is over.

Anyone interested in becoming a NorthBay Guild volunteer— either for the cuddler program or any other opportunities— should log onto [www.northbay.org](http://www.northbay.org). Click on the “Giving Back” link and navigate to the NorthBay Guild & Volunteers section, where applications are available.

# Diligent Diagnostics

## Catching Cancer Before it Spreads is Key

"I never thought I would get cancer. I never, ever thought it was possible. It doesn't run in my family, and I didn't feel a lump," says Diana Muehlhausen, 65, of Rio Vista.

But suspicious, small lumps did show up in her left breast on her regular mammogram, so the diagnostic imaging team at NorthBay Healthcare contacted Diana to return for a second and even a third image in late June.

"I didn't understand why they were calling me back to repeat it," she said, "but it definitely got my attention after they said they were referring me to a specialist."

The specialist was Jason Marengo, M.D., oncoplastic surgeon at the NorthBay Cancer Center, and he explained that Diana's lumps, although at Stage 0, were in fact a kind of cancer that had worrisome characteristics.

She was scheduled for a lumpectomy and from this point on, Diana would now have access not only to cutting-edge technology at the NorthBay Cancer Center, but also to Dr. Marengo's specialized training in breast reconstruction and conservation techniques. Having him teamed with Brian Vikstrom, M.D., her oncologist/hematologist, so early in the treatment regimen is unique to cancer care, not only in Solano County, but within the greater San Francisco Bay Area and Sacramento Valley, according to Lori Muir, director of Oncology Services for NorthBay Healthcare.

"Yes, it's rare for a breast cancer patient to be seen by a plastic surgeon before they have breast conservation surgery and radiation therapy," agreed Dr. Marengo, "but that's actually when it's most critical. We have this consultation first, to map out tissue-preserving incisions, because after radiation treatments there are few options to preserve the breast with minimal contour changes. The blood supply to the breast changes after radiation and limits our ability to rearrange breast tissue to minimize contour changes after cancer removal. That's why we create an in-depth plan before surgery and radiation, for a better cosmetic outcome."

Diana Muehlhausen and husband, Jay, signal OK and Zero for how she's feeling and the fact that she's cancer-free, thanks to diligent follow-up care by her diagnostic and breast cancer surgical team.





Did you know?

### Not an Afterthought Any More

Breast cancer surgery may be used alone or in combination with other treatments, such as chemotherapy, hormone therapy, targeted therapy, immunotherapy and radiation therapy, and all can be performed right here in Solano County at NorthBay Cancer Center. Having an oncoplastic surgeon on staff means patients will have access to even more options for treatment to remove tumors while sparing healthy tissue and preserving the breast's most natural shape.

Diana also had access to a new tool in NorthBay Cancer Center's arsenal to help women prepare for their breast cancer surgery, called a Savi Scout Wire-free Radar Localization System.

This system allows Dr. Marengo to more precisely locate the tumor—or tumors, in Diana's case—and remove them while sparing healthy tissue and preserving the breast's most natural shape.

Diana's surgery, held in mid-August, was successful, and not only did she have the worrisome tumors removed from her left breast, as well as some lymph nodes, but Dr. Marengo also performed breast reduction surgery on her right breast so that she would have improved symmetry.

By the end of 2018, she had completed radiation and was looking forward to traveling in the new year, and a home remodeling project.

"So, I guess I am back to my regular life, because there is life after breast cancer! I think I'm one of the lucky ones," she observed. "I hope others can see the hope at the end of the tunnel."

In reflecting on the experience, Diana was grateful for the care that

was available relatively close to her Rio Vista home.

"Dr. Marengo is so dedicated to his patients that it is sometimes surprising. All the doctors, including Dr. Vikstrom, and their staff are so supportive, kind and helpful. They make the doctor visits not so terrible and depressing. Dr. Marengo actually gives his patients his private cell phone number so you can call or text him anytime, day or night, to ask any questions. He is that available. I don't know of any other

doctors who would do that. If I didn't have my husband always helping me and a facility that is as caring as NorthBay Cancer Center, then I don't know if I would be recovering as well as I am. Family support, along with medical support, is so important for the patient."

Diana also had some advice for others.

"Don't wait to have your mammogram. Just don't put it off, even if you don't feel a lump. They do them for a good reason." ❄️

## Seeds vs. Wires

It's important for surgeons to find the exact location of cancerous cells that will be removed during a lumpectomy. During the surgery, surgeons are typically guided to the tumor by following a wire that has been inserted inside the breast during a procedure called wire localization. The wire is typically localized on the morning of the surgery by a radiologist. This can cause extended discomfort for the patient.

NorthBay Healthcare recently acquired the Savi Scout Wire-free Radar Localization System, and it doesn't use wires, but instead uses a small, 1 cm reflector to guide the surgeon to the lump. This reflector is inserted into the lump by a radiologist, and the surgeon will locate it using a hand-held device that emits a tiny radar signal. Precision in locating the tumor may increase the probability of complete cancer removal, which also reduces the chances of needing a second surgery.

The reflector can be implanted sometimes up to 30 days before the surgery, so there is no waiting on the morning of the surgery.

**Savi Scout**  
Wire-free Radar Localization System







# Back on the Right Foot

Jeremy Wirth of Vacaville is back to enjoying the outdoors and other activities following a total ankle replacement surgery.

Vacaville resident Jeremy Wirth had taken his dirt bike to his construction job site with plans to ride in a nearby open field after work. What he didn't plan on was an injury that would hobble him for nearly two decades.

"I've ridden motorcycles my whole life," he recalled. "It was a fairly new

bike but I had ridden the area before so I wasn't worried."

Unbeknownst to him, however, a new ditch line had recently been dug in that field, changing the terrain dramatically. When he took off, he crashed into that ditch at full speed, shattering his right ankle.

"I knew I was hurt and when I got up, I could see that it was broken," he said.

Lying in the ditch, the then 26-year-old had to figure out how to get out of it and find help. Unable to kick-start the bike, he managed to use his hands to start it up, pulled himself up on his good leg and hop/rode himself out of the ditch. He was able to

flag down a passing 4-wheeler to give him a ride back to his work site and call for an ambulance.

That was 17 years ago. After a couple of surgeries to put screws in place to hold his ankle together, Jeremy figured life with constant pain in his ankle was just his lot in life.

"It's been bad ever since," he said. "The pain never really went away but I just learned to live with it."

Until last year, that is.

"The pain got worse and worse and it limited my hiking and work and all the rest of it," the avid hunter and outdoorsman explained. "If I hiked in the morning, I was done for the rest of the day."

A heavy equipment operator, Jeremy found that his ability to work on the mechanical end of things was limited, as well. "I couldn't crawl around or under the equipment and stuff like that," he said.

## Did you know?

### Adding in Ankles

Total joint replacement is a surgical procedure in which parts of an arthritic or damaged joint are removed and replaced with a metal, plastic or ceramic prosthetic. Since 2007, orthopedic surgeons at NorthBay have routinely offered total knee and hip replacements. In 2015, shoulder replacement was added. In 2017, ankle replacement became part of the Joint Replacement Program.



“You wouldn’t believe the places I’ve been. I’ve been to the top of those ridges, up slopes where you can’t see what’s under the grass, uneven terrain and sometimes with nothing more than a deer trail to follow.”

—Jeremy Wirth

So he asked his doctor for a referral to an orthopedist. That’s when he connected with NorthBay Healthcare foot and ankle surgeon Kevin Miller, D.P.M.

“The fracture that Jeremy suffered was really bad. He had to have screws and plates and hardware implanted,” said Dr. Miller. “They did a good job, actually. But over time, the cartilage in there just broke down and the joint basically collapsed. He became a young guy with an arthritic ankle.”

Cartilage acts as a cushion that lines the joint. When it breaks down, it results in painful bone-on-bone grinding of the joint surface, Dr. Miller explained.

There are two types of surgeries frequently recommended in such cases: ankle fusion and ankle replacement.

In ankle fusion, a surgeon fastens together the damaged ankle bones with metal plates and screws. During the healing process, the bones fuse into one combined bone. Ankle fusion usually is successful in relieving arthritis pain, but it also reduces the ankle joint’s ability to move.

In ankle replacement surgery, the ends of the damaged bones are removed and replaced with an artificial joint made of plastic and metal. This artificial joint helps the ankle retain more movement, so it provides more mobility.

“Replacement was really the best choice for Jeremy,” said Dr. Miller. “It allows for a better range of motion. It allows for mobility in a more robust way. He’s a younger guy, only in his 40s, so he wanted to stay mobile, obviously.”

Jeremy had his concerns. “I did a lot of research and watched videos and the people in them were excited because they could walk to their mailbox. I was like, ‘I want to be able to do more than that!’” he said. Reassured that he would be able to have much more mobility, Jeremy had the surgery performed by Dr. Miller in March 2018.

“There was pain during recovery but it was worth it,” he said. “I was in the hospital for one day. That’s it. And then I was on crutches for a while. Eventually they put a boot on me and Dr. Miller told me to get right on it.”

The more he used the ankle and did the recovery exercises, the better it got, he said. “I feel it. When I am on my feet and walking, I know it’s different. The joint pain is gone but I still have stiffness and soreness. There

is discomfort, but nothing like before,” he said. “Sometimes I surprise myself. I forget it’s there. I was covering a firewood pile one day and climbing all over the pile and then I stopped and thought ‘Wow, I never knew I’d be able to do that!’”

He’s back to hiking and hunting, too.

“I told Dr. Miller they should make a video about me. You wouldn’t believe the places I’ve been,” he said, pointing to the mountain ridgeline around Vacaville. “I’ve been to the top of those ridges, up slopes where you can’t see what’s under the grass, uneven terrain and sometimes with nothing more than a deer trail to follow. It’s steep country but I bought myself a new bow and was able to hunt with my dad. I loved it!”

He has advice for anyone else who’s been told they need to consider a total ankle replacement.

“Go for it,” he said. “If you are that injured and it’s not fixable, and you’re in arthritic pain, it’s worth it.” ❧



Surgeon Kevin Miller, D.P.M., felt that a total ankle replacement would allow for better range of motion and mobility for Jeremy.

# Program Pulls Together Paramedics, Patients

They've been discharged from the hospital with a list of new medications, appointments for respiratory therapy or cardiac rehabilitation, instructions to follow a new diet and the sobering realization that life is now different. It's a confusing whirlwind that some heart failure and chronic obstructive pulmonary disease (COPD) patients face.

There's help in maneuvering through this new life phase, however.

NorthBay Healthcare and Medic Ambulance have been working together to provide a "care bridge" for these newly discharged patients, with the goal of keeping them at home and preventing complications that could land them back in the hospital.

The Community Paramedicine alliance was created just over three years

ago as a pilot program, according to James Pierson, vice president of Operations for Medic Ambulance.

It has proven to be very successful, added Shelley Stelzner, manager of Outpatient Case Management for NorthBay Healthcare.

"The paramedics are doing an excellent job, the patients just love it and we have dropped our re-admission rates dramatically," she noted. "We're really proud of the outcomes."

More than 300 patients have been assessed since the program began and it has reduced readmission rates to around 7 percent, whereas the state average is more than 11 percent, Shelley said.

NorthBay complex case managers identify those patients who could be at high risk of readmission due to co-morbidities, such as diabetes, or psycho-social factors. They then meet with the patient to explain the program and see if they are open to the idea of home visits after discharge, Shelley explained.

Did you know?

## The Community Paramedicine

**Program** was initially envisioned to be a pilot project between Medic Ambulance and all healthcare organizations in Solano County; however, only NorthBay Healthcare has opted to participate in the collaboration.

There are only three other collaborations between healthcare facilities and ambulance services within the state of California.



## H.E.R.O. Fund to the Rescue,

Unfortunately, not every NorthBay Healthcare patient has a safety net in place to capture them after they are discharged from the hospital. Some are homeless, living on the financial edge or lack family support. When NorthBay nurses and physicians learn of these predicaments, some help is available.

"We started a special assistance fund, called the Helping Employees Reach Out (H.E.R.O.) fund, at least 25 years ago to help in these circumstances,"

Denise Lanier, a medical social worker at NorthBay Medical Center, holds a change of clothes for patients who might not otherwise have them.

noted Yolanda Nunez-Bonomo, manager of Social Services. "It can be used as a special, one-time resource to help patients with basic needs upon discharge."

Funds come from employee donations, either through payroll deduction or a one-time donation. NorthBay Healthcare matches every dollar, Yolanda explained.

"Staff will notify me, others in Social Services, in Case Management or through the Administrative Coordinator, about a patient's special needs, and we'll see what we can do on a case-by-case basis."

Funds are used primarily to assist with discharge medications, or home equip-



If they are, Medic Ambulance paramedics with special training will go to the patients' homes after they've been discharged from NorthBay Medical Center or NorthBay VacaValley Hospital. They arrive in vans, not an ambulance, and the paramedics are dressed in polo shirts.

"The paramedics may make two or three visits," Shelley said. "They'll take vital signs, assess a patient's understanding of their discharge instructions, see if they are using their medical equipment correctly, taking their medications as prescribed and eating well. The paramedics may also provide further education if needed. They're another trained eye for the patient."

Paramedics and NorthBay's case managers share results of patient assessments to determine appropriate follow-up care.

"We've learned a lot from being in the patient's homes, and what we've learned has helped us and NorthBay case managers, especially when it comes to discharge instructions or making sure patients have acquired



Celebrating a partnership that helps reduce hospital readmissions are Medic Ambulance's James Pierson (far left) and Elisa Martinez (far right) and NorthBay Complex Case Managers Carrie DeFere and Allison Short.

the proper equipment or medications," James said. "It's a great collaboration and what's cool about it is that it is only getting better."

The program works so well because paramedics have extensive training in managing chronic diseases and, because they are so mobile, they are a great addition to a patient's care team.

"It's a great, innovative program that obviously focuses on improved

patient outcomes and happy, healthy patients being at home," James noted. "It's a community-born program working to benefit members of our community."

"For NorthBay Healthcare, the paramedicine program has evolved into a great partnership that helps our patients and reduces the cost of health care in Solano County," added Nicole Brocato, NorthBay's vice president and chief quality officer. ❀

## Thanks to Employees

ment for the uninsured or underinsured, or to purchase clothing for our homeless or trauma patients. Several times a year, Yolanda restocks a supply space with sweatshirts and sweatpants in winter and shorts and T-shirts in the summer, as well as socks and hats—with money from the fund.

NorthBay also has an agreement with some local pharmacies and specific durable medical equipment companies to accept our H.E.R.O fund vouchers, so that patients can receive their needed discharge medi-

cations or home equipment. H.E.R.O funds are also used to purchase bus tickets, gas cards, and taxi rides home or to follow-up medical appointments.

"We don't give out cash, just the vouchers," she noted.

H.E.R.O fund money has also been used, in certain circumstances, to re-establish utilities for patients who've had their phone or gas shut off, or to pay back rent.

"It's very hard for some of our patients. This fund helps us to fulfill our mission of 'compassionate care, advanced medicine, close to home.'" ❀

Did you know?



### How to Support the Cause

Donations for the H.E.R.O fund come from staff but also members of the community. Anyone wishing to donate to this, or any other NorthBay Healthcare service—such as the Cancer Center, NorthBay Hospice or the Neonatal Intensive Care Unit—may direct the donation to NorthBay Healthcare Foundation, 4500 Business Center Drive, Fairfield, CA 94534. Place a note about where you would like the funds to be directed on the memo line, or call (707) 646-3131 for information.



# TEAM TROY

## Docs + Nurses + Lift Coaches + Techs = Support

Troy Clark was 25 years old when he went off-roading on Mount Vaca in November 1992. His Toyota Land Cruiser veered off a narrow, curving road and rolled down the hill, breaking his neck and leaving him a quadriplegic.

"I was awake the whole time," he said. "I recall everything. I remember a lot of crashing, crunching sounds. I'm not sure when my neck broke, but something must have snapped."

His vehicle came to a stop at the bottom, landing upright, with Troy hanging out of the driver's seat, held up by his seatbelt.

If you think that's the end of the story, you don't know Troy Clark.

Today he has a wife and five children (three at home), holds down a teaching job in Dixon, and drives his

own customized white Ford van. He has regained some movement in his arms, which means he can maneuver his wheelchair with precision and even handles grocery shopping chores on his own.

But while that wheelchair provides an amazing degree of independence, it can also disguise hidden hazards. In Troy's case, a deflated air cushion led to a serious pressure ulcer in 2017.

"The problem is that I can't feel the pressure sore forming until it's really severe," he said. "And that means months and months of treatment."

That's how he became acquainted with the staff at NorthBay Wound Care and Hyperbaric Medicine.

"Once someone like Troy gets these pressure ulcers on his sit bone, it is very difficult to treat and heal,"

explained Wound Care Specialist Thomas Erskine, M.D. "Any pressure on the ulcer can delay or inhibit wound healing. To avoid this, the patient needs to stay in bed much of the day and night, so they are not sitting on the ulcers. This is very difficult when you have an active life."

At first, Troy's course of treatment involved conservative wound care, including different types of dressings and negative pressure therapy.

"Unfortunately, he developed an underlying bone infection," said Dr. Erskine. "When this occurs, a long-term IV line and antibiotics daily for six to 10 weeks is needed. And if that's not enough, we add in use of the hyperbaric oxygen chamber."

NorthBay Healthcare is one of the few nonprofit, community health



The entire Wound Care & Hyperbaric Medicine team dropped everything to take a few minutes to pose with Troy in the hyperbaric chamber, a place he's become all too familiar with in the last couple of years.

care systems in the state with hyperbaric oxygen chambers. David Grant Medical Center at Travis Air Force Base also has hyperbaric chambers, but they are not available to the general public.

The decision to use the hyperbaric chamber led to another challenge: How to get a 6-foot-2 quadriplegic patient from his wheelchair into a special hyperbaric chamber gown, and up into the chamber itself?

"While Wound Care staff could do it, we realized that help was only a phone call away," said Patti Bales, R.N.

That came in the form of Atlas Lift Tech coaches, who have worked side by side with clinical professionals at NorthBay Medical Center and NorthBay VacaValley Hospital since 2012, ensuring that patients are moved in the safest possible way—for both the patient and the clinical staff. Although NorthBay Wound Care is across the parking lot from VacaValley Hospital, the Atlas team is always happy to respond when the call comes in, pushing NorthBay's "Liko Golvo"—the Cadillac of lifts—across the parking lot.



Troy with his youngest son, during a visit in the hospital.

Did you know?



### A Skin Substitute?

One of the Wound Care and Hyperbaric Medicine's most progressive treatments uses bioengineered skin substitutes to cover an open wound. The skin substitute is applied like a skin graft, though without surgery. It is covered with a special dressing and left in place for several days so the growth hormones and nutrients can be absorbed into the wound area. The patient regenerates their own skin in its place.

"I like the fact that I can assist nurses with safe patient handling mobility," explained Laura Ramirez, one of a handful of lift coaches stationed at the Vacaville and Fairfield hospitals. "I'm an advocate for the patient and I work with the nurses so no one gets hurt."

While the nurses may be capable of using the lift on their own, they appreciate the extra set of hands, she said. "It's all about safety."

Patti agreed. "It took a while, but our team has the whole routine down to a science. And Troy is the perfect partner. He tells us how we can assist. He's very involved with his health and a very good advocate for himself."

When hyperbaric appointments swung into high gear—60 treatments in a three-month period—lift coaches and nurses would go into action, changing Troy into a hyperbaric-safe gown, lifting him using the "Liko Golvo" onto the gurney, sliding him into the chamber, and then returning after treatment to do it all in reverse.

Treatments would last anywhere from 90 minutes to two hours.

"It's 100 percent oxygen pressurized," said Patti. "It allows better oxygenation into the blood vessels, which increase blood flow and oxygenation to the skin, which helps wounds to heal."

During his treatments, Troy could watch television or

movies. It didn't cause any distress, only a little bit of pressure in the ears. He compared it to being in an airplane.

Troy was beaming when the entire Wound Care staff dropped everything to come and join him for a photograph in the hyperbaric chamber in January. Atlas Tech coaches came, too. They're all part of Team Troy.

"The staff is amazing," said Troy. "When I was next door in the hospital recovering from a surgery, they would come over to visit and tend to my wounds. It is like another family for me."

Patti said the feeling is mutual.

"Despite all his pain and suffering, Troy always has a smile on his face," said Patti. "It's amazing; he's always so upbeat, even when he knows he's going to have surgery. He really brightens my day."

For the Wound Care team, that type of connection is not unusual.

"We become very close to many of our patients," said Dr. Erskine. "Typically, we see our patients every week, and sometimes every day for several weeks, depending on how serious their wounds are. We get to know them and they get to know us. Many become part of our extended wound care family. Even when they have healed and no longer need to come in, we try to make it clear to them we are only a phone call away if they need help again." ❄️

# Family Grateful for Mom's Dream of a Lifetime



The family of hospice patient Patsy Harpe pose for a photo at her Dream of a Lifetime party, including her daughters, Layce Little and Kelli Harpe (left to right, in white dresses) and their daughters, along with Thrieza Zapanta, who is seated next to Kathleen Diaz, NorthBay Hospice Nurse.

Fulfilling a terminally ill patient's "Dream of a Lifetime" is not just a gift for the patient. Ask the family of Patsy Harpe.

Patsy was a 70-year-old Fairfield resident with end-stage pancreatic cancer when she and her daughters, Layce Little and Kelli Harpe, connected with NorthBay Hospice & Bereavement last year.

The Dream of a Lifetime program through NorthBay Hospice & Bereavement is one of the few in the nation that make dreams come true for adult patients in hospice. Gifts

Did you know?

## Making Final Dreams Come True

NorthBay's Dream of a Lifetime program is one of few adult-wish programs in the country for patients in hospice. Established in 2008, the program's goal is to offer hospice patients a measure of joy, contentment or a sense of completion near the end of their lives.

The program has provided dozens of dreams and given patients the opportunity to drive a race car, see a college football game, visit with far-flung family members and enjoy a makeover.

For more information or to donate to the Dream of a Lifetime program, call (707) 646-3595.

have ranged from simple dinners to trips to a ballgame.

"We decide each Dream of a Lifetime wish based on a conversation we have with the hospice patient," explained Thrieza Zapanta, social worker. "Often patients will say things like, 'I wish I could do this' or 'I really would enjoy that,' and those statements become the basis for the dream we put together for them."

Patsy's wish was for a celebration of her life, some kind of party that would bring her whole family together—even those who had strained relationships. It would be her way to say "thank you" and "good bye" to everyone she loved. She had only one nonnegotiable requirement: macaroni salad.

"It was the only thing she insisted on," said Thrieza, with a laugh.

"My mom made delicious macaroni salad," explained Layce. "I think having the macaroni salad on the menu made it the kind of meal she would have made for her family."

Patsy directed her daughters to wear white to the event and picked out a new blue dress for herself.

The event was planned for Nov. 4 by Thrieza and the Hospice Dream Team at NorthBay. Unfortunately, Patsy passed the night before the gathering, surrounded by her family. Her daughters chose to continue with the event, noting that Patsy would have wanted it that way.

The support of NorthBay Hospice throughout her mother's final weeks was invaluable, Layce said.

"I didn't know what hospice was until a friend's mom was passing. She didn't have NorthBay and what their family experienced was nothing like the extent of care NorthBay provided for me and my family," said Layce. "I gained a whole new understanding of hospice. No matter when I called, someone would be there within a half an hour. They provided support for the whole family. It touched my heart."

For NorthBay Chaplain Jennifer Flam, helping families during difficult circumstances is what Hospice & Bereavement is all about.

"Hospice supports and honors their loved one's legacy and that is a blessing," she said.

Thrieza agreed. "We often learn at the end of life that what sustains us is relationships and the love we have for each other," she said. "It can be hard to navigate the end-of-life process. We are there for them every step of the way."

Layce said she remains amazed.

"The whole Hospice team was awesome," she said. "It was like I found out one day that my mom was dying and the next I had a team that was there to help us through it."

And Patsy's Dream of a Lifetime celebration was perfect, she added.

"Thrieza was incredible. You would think it would have been chaos organizing this thing, but it came together like she was a professional party planner," she said. 🌸



## NorthBay & OLE Health a Good Team!

Since NorthBay Healthcare and OLE Health launched a rare partnership in November 2018, there's been help for a steady stream of some of Solano County's most vulnerable patients.



"It's been phenomenal to see the rapid growth and overall community satisfaction. I attribute the overwhelming success of this partnership to the fact that it

addresses the 'triple aim' of health care: improved patient experience, improved community health and reducing overall cost of care," reported Wayne Gietz, vice president of outpatient operations, whose brainchild it was to bring together two health systems.

"The goal of the new center was simple: Reach more patients who need better access to care," said Alicia Hardy, chief executive officer of OLE Health. "All of us who provide health care in Solano County are always looking at innovative ways to improve the overall health of Fairfield."

The 2,000-square-foot health center ensures those with low or modest incomes and those without an employer health plan have access. OLE Health's integrated model of care which puts the patient at the center of their own healthcare team is complemented by NorthBay Healthcare's wide-ranging advanced medical services.

The venture, a 30-hour part-time facility with a modest clinical staff, is poised to grow. One registered nurse and a care coordinator already were added. Recruitment of an additional provider is under way to expand from 30 to 40 hours of operation per week. ❧



OLE Health's staff includes (left to right) Demetrio Rubio, Lizbeth Corona, Ambar Woods and Maria Teresa Morales.



Judy Yang, D.O., reads to 1-year-old Aryo Delforush.

## Dr. Yang ROARs as Medical Director

NorthBay Healthcare Pediatrician Judy Yang, D.O., knows that when a doctor speaks, parents listen.

That's why she's committed to using her powers of persuasion to get parents—and eventually their children—reading. And as Solano County's first-ever medical director for the local Reach Out and Read (ROAR) program, she has the platform to do just that.

"Evidence shows that parents take the message of reading regularly with their children more seriously if their child's physician gives them that message," she said.

Dr. Yang was first trained in 2003 to be a ROAR provider while doing her pediatric residency at Wake Forest University Baptist Medical Center. When she joined NorthBay Healthcare in 2008, she became a ROAR physician trainer.

The Solano County program actually began in 1999 with two clinics. Now 13 medical offices participate, including all of NorthBay Healthcare's Center for Primary Care facilities.

"The rates at which we give out books at NorthBay is consistently high," said Dr. Yang. "The feedback from parents and pediatric patients is always positive. We hear things like, 'She LOVES the book you gave her last time, it's her favorite!'"

More than 270,000 books have been given out by the Solano program since it started in 1999, according to Cherelyn Ellington-Hunt, Literacy Program Manager for Solano County Library. NorthBay contributes \$7,500 a year. ❧

# Wing on the Rise

## Construction Nearly Complete on Addition

With major construction projects wrapping up and a big anniversary to celebrate, 2019 is shaping up to be a big year for facilities at NorthBay Healthcare.

A project to expand NorthBay Medical Center's Emergency Department is in its fourth and final phase, as an additional 10 beds were added in December, bringing the number to 29. The project also added two new trauma bays, one devoted to cardiac resuscitation, and three high-acuity beds with patient lifts.

The final phase brought a new CT scanner into the department.

At the same time, work on the three-story North Wing continues at a frenzied pace.

The \$183 million, 77,000-square-foot addition will host a new café, 22 high-tech patient rooms, eight new surgical suites and a post-anesthesia care unit. It will also be home to diagnostic and central sterile supply departments.

"The new wing and all its state-of-the art equipment and design is testament to NorthBay's dedication

to serving its community," said B. Konard Jones, CEO and president.

"We are committed to delivering advanced medicine close to home for our patients. And we can't wait to show off all the new features that will make our hospital a showcase."

Plans are in the works for tours and celebrations before the new wing opens later this year. Look for NorthBay to tie in its 60th anniversary to the grand-opening celebrations, said Jones. "This year we'll be celebrating the amazing growth we've experienced, from a team of 45 employees that opened the first hospital in 1959 to the 2,600-plus employees who today represent NorthBay Healthcare," he said. "What we've done in 60 years is impressive, but we're not finished by any means. Our vision must continue to change with the times, if we are to bring the best possible care to our community. We are still the only locally based, locally managed healthcare organization in Solano County, dedicated to delivering care for all who need it. And we've been doing it for 60 years. That's something to celebrate." ❧



Highly sophisticated neuro, trauma, cardiovascular operating rooms, as well as a state-of-the-art kitchen are among key features of NorthBay Medical Center's new wing.





## NorthBay Urgent Care: A Proven Success

NorthBay Urgent Care began as a vision intended to offer great patient access in a retail setting, and after its first full year of service, has been deemed a proven success, according to Wayne Gietz, vice president of NorthBay Healthcare's Ambulatory Division.

"The goal was to offer a convenient service for the healthcare consumer when they need it—which means evening hours and weekends," said Gietz. "If we do it right, it delivers service to folks with non-life-threatening issues right away, and eliminates the need for them to spend hours waiting in a busy emergency department."

NorthBay Urgent Care has treated more than 7,000 patients so far, greatly exceeding expectations. Of those, about 25 percent were not NorthBay patients, although some 30 percent of those became NorthBay patients after their visit.

In its first year, the center treated some 1,300 cases of cold and flu; 457 patients with sore throats; 500-plus with urinary tract infections and 300-plus seeking relief from rashes.

More than 400 patients arrived with some sort of injury, and more than 300 presented with back pain.

"These are just the type of cases we want to treat—efficiently and effectively," said Gietz.

Open from 9 a.m. to 7 p.m. every day of the week with modified hours on some holidays, NorthBay Urgent Care offers walk-in and same-day appointments and instant visits via texts, for straightforward symptoms.

There is on-site X-ray, lab and pharmacy services, as well at NorthBay Urgent Care at the Nut Tree Plaza, 1679 E. Monte Vista Avenue, Suite 104, in Vacaville. ❧

Did you know ?

### Instant Visits, an Instant Hit

Instant Visits is a new service offered through NorthBay Urgent Care. It's designed for those with straightforward symptoms, such as cold or flu.

"These electronic visits will offer patients the convenience of getting treatment without having to leave home or work," explained Wayne Gietz, vice president, Ambulatory Division.

Instant Visits, conducted through text messaging, are available seven days a week.

In addition to cold and flu, conditions that can be treated include rashes, acid reflux, sinus infections, urinary tract infections, cold sores and conjunctivitis. Visit [NorthBay.org/urgent-care](http://NorthBay.org/urgent-care) to sign up.

## Welcome New Physician

Neil P. Pathare, M.D., has joined NorthBay Healthcare's team of orthopedic specialists.



Neil P. Pathare, M.D.

Dr. Pathare earned his medical degree at Tufts University School of Medicine in Boston and specializes in advanced arthroscopic and minimally invasive surgery, ligament reconstruction and cartilage restoration procedures as well as fracture care, tendon repair and joint replacement.

During his fellowship training, he assisted in the care of several professional sports teams including the New York Jets and New York Islanders. "I am passionate about sports medicine and the prevention or management of sports-related injuries," he said. "You do not have to be an athlete to see me, though. I care for anyone with musculoskeletal issues who wants to get back to an active lifestyle."

Dr. Pathare is married and he and his wife have two children. In his free time he likes to play tennis and hike the outdoors and said he and his wife are enjoying exploring the wine country. ❧



## 32nd Annual Solano Wine & Food Jubilee

Saturday May 18, 6:30 p.m.

Harbison Event Center  
at the Nut Tree in Vacaville

A benefit for  
NorthBay Hospice & Bereavement



## Get Your Ticket to a Joyous Jubilee


The 2019 Jubilee will offer ticket-holders a “wine country casual” experience, as they stroll about the Harbison Event Center, sampling some of the area’s best foods and award-winning wines and beers, while enjoying musical entertainment provided by special guests, and a Silent Auction.

When the tasting portion of the evening concludes around 9 p.m., ticketholders move over to the Nut Tree Pavilion area, to enjoy rides on the Nut Tree train and carousel, and dance to one of the area’s most popular bands, The Time Bandits.

This year’s top prize in the Jubilee Raffle is either a \$15,000 Dream Vacation, provided by Wasserman Travel—in memory of Wendy Wasserman-Kellogg, former NorthBay Healthcare Foundation board member—or \$15,000 in cash. In addition to the dream vacation, there is a Tribute Prize this year: A private tour of Pixar Animation Studios in honor of Adam Burke, former Foundation board member. Another \$10,000 in cash will also be awarded, according to Jim Kellogg, raffle chair. Raffle tickets are \$35 each or three for \$100, and can be purchased by calling (707) 646-3133.

All proceeds from this year’s raffle will benefit NorthBay Hospice’s Dream of a Lifetime program, a wish-granting project for adult hospice patients.

The Jubilee’s Presenting Sponsors are Al and Patt Shaw, Dr. Lee and Valerie Freeman, Dennis and Alex Landis, DPR Construction, Western Health Advantage, Heidi Y. Campini, Paradise Valley Estates and Before The Movie.

Tickets, for those aged 21 and older, are \$100, or \$125 on the day of the event, if not sold out. For more information, go to [www.northbayc2c.org](http://www.northbayc2c.org). 

## Welcome New Physicians

NorthBay Healthcare has welcomed two radiation oncologists to the NorthBay Cancer Center team.

Stephen J.M. Banks, M.D. and David John Tate, M.D. have worked together for many years and bring a wealth of knowledge and experience. Both are board-certified by the American Board of Radiology.


Dr. Banks grew up in Connecticut and earned his medical degree from Stanford University where he also completed his residency training in radiation oncology. He sees patients with a variety of cancers but has a specialized interest in treating prostate cancer, having performed thousands of prostate seed implants. He has presented results at national meetings and in peer-reviewed journals.

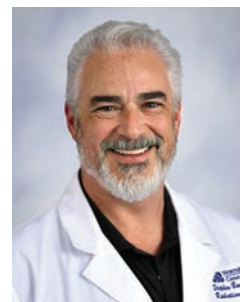
Dr. Tate attended the University of Virginia, earning his medical degree in 1991. He completed his residency training in Radiation Oncology at

Stanford University and joined the faculty as an Assistant Professor from 1995–99, where his clinical and research interests included treatment techniques such as stereotactic radiosurgery, brachytherapy and intensity modulated radiation therapy.

Both doctors said they are thrilled to join the NorthBay Cancer Center team.

“NorthBay Cancer Center staff and physicians are dedicated to providing the most advanced medicine and cutting-edge technology,” noted Dr. Banks. “The quality of the staff is fantastic.”

Dr. Tate agreed. “I am very happy to be part of a center that approaches cancer treatment in a multidisciplinary fashion and with the latest technology.” 



Stephen J.M. Banks, M.D.



David John Tate, M.D.

# 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.

**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 the month, 7 to 9 p.m., at 1020 Nut Tree Road, Vacaville. Cost: Free. Call (707) 624-7971 or (707) 624-7970.

**Supporting Parents After a Loss** • Meets the last Wednesday of each month from 6 to 7:30 p.m. at NorthBay Medical Center, Annex Building. Cost: Free. Call (707) 646-5433.

**Adult Grief Support Class, Journey Through Grief** • Course meets weekly for 10 weeks. Limited to 12 people per group. Participants follow a step-by-step approach using a book and journal. 4520 Business Center Drive, Suite 110, Fairfield. Cost: Free. For a schedule and to register, call (707) 646-3517.

**Veterans Men's Support Group** • A grief support group for men with current and previous military experience. Meets on the second and third Thursday from 10 to 11 a.m. at 4520 Business Center Drive, Suite 110, Fairfield. Cost: Free. Call (707) 646-3517.

**Pulmonary Education Series** • Course meets the first two Tuesdays of the month from 12 to 1:30 p.m. at NorthBay Medical Center, Cardiopulmonary Rehab. Dept. Cost: Free. Call (707) 646-5072.

**Congestive Heart Failure Class** • Class meets first two Wednesdays of the month from 12 to 1:30 at NorthBay Medical Center, Cardiac Rehabilitation Dept. Cost: Free. Call (707) 646-5072.

**Diabetes Support Group** • Meets first Thursday of the month at 1010 Nut Tree Road, Suite, 290. Call (707) 624-8248.

**New Leaf Peer Support Group** • A safe place for those affected by domestic violence meets Wednesdays at 5:30 p.m. Call (707) 820-7288 for location.

**New Beginnings Support Group** • For stroke survivors, caregivers and family members. Meets third Tuesday of the month, from 10 to 11:30 a.m. at VacaValley Health Plaza, 1010 Nut Tree Road, Suite 240. Cost: Free. Call (707) 646-4034.

## *Maternal/Child Health Classes*

All prenatal and maternal child health classes are free if you are delivering at NorthBay Medical Center. Sign up at [NorthBay.org](http://NorthBay.org) or call (707) 646-4162.

### **Labor of Love**

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

### **Labor of Love—Saturday Class**

A prepared childbirth class for moms and dads or coaches. One Saturday a month.

### **Newborn Care/Car Seat Class**

Expectant parents are instructed on daily care, nutrition, safety and development for the first few months of life. Parents are also taught how to choose and properly use infant and child car seat restraints. One-session course.

### **Maternity Orientation and Tour**

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

### **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.



For a complete schedule of classes and events, visit [NorthBay.org/calendar](http://NorthBay.org/calendar).



Nominate a  
Special Nurse.

Visit [NorthBay.org/DAISY](http://NorthBay.org/DAISY)