

Wellspring



Choose Well,
Choose NorthBay
Select the Best, Close to Home





So Many Reasons To Select NorthBay

Today's consumer makes a lot of decisions about their health care, from vitamins and supplements to choosing an obstetrician to deliver their baby or a surgeon to save their life.

So how far is too far to drive for a doctor's appointment? How much should you pay for a visit? For prescriptions? What if you need emergency care? Will insurance cover it?

All considered, it's a complex equation.

NorthBay Healthcare wants to make it simple for you. Choose well. Choose NorthBay. And here is why:

- We're the local health system. We were created by Solano County residents to serve Solano County residents. Get everything you need, close to home.
- We're not a little healthcare system. We've grown in 60 years from a one-stop hospital to a complex medical system that spans Northern Solano County, offering coverage from birth to the end of life.
- NorthBay includes two acute-care hospitals, an out-patient surgery center, three center for primary care locations, urgent care, and a host of specialty practices at locations in Fairfield and Vacaville.
- Our primary care team of 20-plus physicians specializes in pediatrics, family medicine and internal medicine.
- When it comes to specialists, NorthBay knows no bounds: We've linked arms with oncologists, hematologists, cardiologists, orthopedists, neurologists, rheumatologists, urologists, diabetologists, endocrinologists, gynecologists, pulmonologists, gastroenterologists and more.
- Our Level II Trauma team is on call 24/7/365.
- Our health care team is not afraid to seek a second opinion in a complex case. Being a member of the Mayo Clinic Care Network means our physicians can confer with experts from the world-renowned leader in medicine and research. Together, we provide the most knowledgeable diagnosis and treatment options.

We've never been content to be just another community hospital. Instead, generations of NorthBay leaders vigorously pursued a path to clinical excellence, without sacrificing community service and compassion for every patient, every visit, every day.

All that and more make NorthBay Healthcare your very best choice during this open enrollment season. We look forward to serving you. 🌟

B. Konard Jones
President and Chief Executive Officer

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Wellspring.NorthBay.org



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.



During Open Enrollment: NorthBay is Your Best Choice



Everyone wants to be healthy, but no one enjoys mulling over health plans and insurance models. PPO? HMO? It's an alphabet headache!

Yet the decisions you make will impact you and your family for years to come. When you choose a health plan, it's just the first step on your path to good health. Make sure the coverage you select fits you and your family's needs. Pay close attention to co-pays and deductibles. Review your choice of physicians and programs. And if the language is confusing, ask for help.

NorthBay Healthcare wants to make the whole process as simple as possible.

In this issue we'll not only explain many of the terms you'll need to understand, but we'll also show you many of NorthBay Healthcare's offerings—from physicians and specialists to programs, emergency services and more.

Why Now?

It's Open Enrollment season—between now and December—when most people can review and modify their health insurance and other benefit programs. It affects people signing up for Medicare, job-based health insurance and individual market health insurance.

Although employers can schedule open enrollment any time of the year, most schedule it in the fall, because new coverage often begins on Jan. 1. The window for open enrollment can range anywhere from a few weeks to several months. For example, Medicare open enrollment runs from Oct. 15 to Dec. 7 each year.

What Comes First?

For most people, it's about choosing the right insurance plan. NorthBay Healthcare works with more than 20 insurance companies (see partial list at NorthBay.org/insurance), and most Medicare supplement plans.

NorthBay Healthcare is here to help you get started. Use this guide to figure out what health plan works best for you and your family. Then use the pages that follow to find a physician, learn about after-hours care, see where our facilities fall on the map of Northern Solano County and read the stories of some of our patients.

Did you
know ?

What about WHA?

NorthBay Healthcare is a founder of Western Health Advantage (WHA), along with Mercy/Dignity Health.

Headquartered in Sacramento, WHA is a nonprofit HMO health plan founded in 1996. It serves 14 Northern California counties: Solano, Sacramento, El Dorado, Placer, Yolo, Napa, Colusa, Sonoma, Marin, San Francisco, San Mateo, Alameda, Contra Costa and Santa Clara.

The WHA provider network includes major hospitals and medical centers, thousands of local, trusted doctors and specialists from several medical groups, including of all NorthBay Healthcare's providers and facilities.

Healthcare Conundrum? Ask Kelly

Want to pick the perfect physician for you and your family? Kelly Rhoads-Poston is ready to help.

Prior to joining NorthBay Healthcare 20 years ago as a marketing representative and health plan specialist, she worked in the insurance industry. She understands the complicated health insurance landscape and goes out of her way to help others navigate it. And part of that is selecting a physician who fits the patient's needs, making her a matchmaker of sorts.

If you call her, she'll toss out some quick questions to get started:

- Do you prefer a male or female doctor?
- Do you want an older or a younger doctor?
- Would a family doctor or an internist better suit your needs?
- Do you prefer a doctor who likes to chat or one who quickly gets down to business?
- What about location?

"We have primary doctors in Vacaville, Fairfield and Green Valley, so there's lots of choice in Solano County. Your doctor can be close to where you live, where you work, or both," said Kelly.

Ironically, she noted, a lot of people don't know what they prefer until they're asked to think about it.

"Some have had the same provider for years and suddenly have to find someone new," she said. "It can be a little intimidating. The insurance world is complicated, and it's my job to help people get the answers they need. If I don't know the answer, I'll find it."

The bottom line? NorthBay is dedicated to providing the best healthcare in Solano County.

"We started here, our headquarters are here, and every choice we make is specifically to benefit the citizens of Solano County. That makes NorthBay the obvious choice."

Have a question?

Call Kelly
(707) 646-3280

or email
AskKelly@NorthBay.org.



NorthBay

SERVICE DIRECTORY

1 NorthBay Urgent Care

1679 E. Monte Vista Ave., Suite 104, Vacaville
Services include: NorthBay Urgent Care, NorthBay Occupational Health, weekend sports medicine clinic (August through November).

2 NorthBay VacaValley Hospital

1000 Nut Tree Road, Vacaville
Services include: 24-hour emergency services, 44 medical-surgical beds, six critical care unit beds, two surgery suites, full-service laboratory, diagnostic imaging services, Joint Replacement Program.

3 The Surgery Center at NorthBay VacaValley

1006 Nut Tree Road, Vacaville
Services include: Same-day surgery, medical procedures and dental surgeries.

4 VacaValley Wellness Center

1020 Nut Tree Road, Vacaville
Specialties include: Medical and radiation oncology, diabetes, endocrinology, rehabilitation services, registered dietitian, cardiac and pulmonary rehabilitation, imaging, pain management, osteopathic manipulative medicine, medical fitness center, specialty pharmacy and spine clinic.

5 VacaValley Health Plaza

1010 Nut Tree Road, Vacaville
Specialties include: Orthopedics, rheumatology, podiatry, wound care, hyperbaric medicine, infectious disease, pulmonology, and gastroenterology.

6 NorthBay Center for Primary Care

421 Nut Tree Road, Vacaville
Services include: Primary care, lab, OB/GYN appointments on Thursdays and Fridays, registered dietitian Mondays and Tuesdays. Care 'til 8 provided 12:30 to 8 p.m., Monday through Friday.



Has All Bases Covered

7 NorthBay Medical Center

1200 B. Gale Wilson Blvd., Fairfield
Specialties and services include: 132-bed acute-care hospital, 24-hour Emergency Department and STEMI (heart attack) Receiving Center, Level II Trauma Center, Accredited Chest Pain Center with PCI, Primary Stroke Center, modern birthing suites, neonatal intensive care unit, critical care units, comprehensive diagnostic imaging services, surgical services, cardiac catheterization labs.

8 Gateway Medical Plaza

1860 Pennsylvania Ave., Fairfield
Specialties include: General surgery, sleep medicine, urology, pulmonology, heart and vascular, cardiology, cardiac and thoracic surgery, cardiovascular imaging and testing, vascular surgery, heart failure clinic, neurosurgery, neurology, women's health, pain management, speech therapy, audiology and ENT (in the Fall).



9 NorthBay Health Plaza

1101 B. Gale Wilson Blvd.
Services include: Solano Diagnostics Imaging and women's diagnostic imaging.

10 NorthBay Orthopedics & Rehabilitation

2500 Hilborn Road, Fairfield
Services include: Orthopedics, podiatry, rehabilitative services (physical, occupational and speech therapies), X-ray.



11 NorthBay Center for Primary Care

2458 Hilborn Road, Fairfield
Services include: Primary care, lab; OB/GYN appointments on Tuesdays from 5 to 8 p.m., Care 'til 8 from 12:30 to 8 p.m. Monday through Friday and 9 a.m. to 8 p.m. on weekends; registered dietitian Thursday and Friday afternoons.

12 Hilborn Administration Center/Occupational Health

2470 Hilborn Road, Fairfield
Services include: Occupational health, employee health

13 NorthBay Healthcare Green Valley Administration Center

4500 Business Center Drive, Fairfield
No medical services provided. Home to NorthBay Healthcare Conference Center, administration, human resources, information technology, public affairs, patient financial services, finance, NorthBay Healthcare Foundation, managed care and business development.

14 Green Valley Health Plaza

4520 Business Center Drive, Fairfield
Services include: Primary care; lab; registered dietitian Wednesday afternoons; hospice and bereavement; home health; and gastroenterology.



Care Team Embraces 101-year-old

Mary Jameson remembers the first time Gerald Simoni called her.

“He was 98 years old and he was taking a vitamin a day, so he didn’t think he needed a doctor, but Medicare was recommending it,” recalled Mary, the director of outpatient care at the NorthBay Center for Primary Care in Vacaville. “He asked if I could help.”

She just had to meet him, and was happy to help him make connections. That was nearly four years ago. Since then, Gerald has been happily in the care of Ali Hassani, M.D., and a care team at the NorthBay Center for Primary Care in Vacaville, which includes Tammy Ingham, M.A.; Marissa Hutson, scribe; Alicia Gambetti, N.P.; Victoria Satterwhite, M.A.; and Julie Rodriguez, R.N.

Oh, and Gerald’s girlfriend, Jean Eldridge, who keeps him in line and on schedule.

When he’s not participating in a dance class, enjoying the symphony, listening to opera, eating dinner out or making a trek to Cache Creek, he’s enjoying life in one of Vacaville’s senior living complexes.

He was born in Richmond in 1917, and served in the U.S. Navy aboard a Landing Craft Tank, which was deployed in the Asia-Pacific Theater. He was part of the team that helped liberate the Philippines in 1944–45.

A greater portion of his adult life was spent in Vallejo, where he had “the best job in the county,” as the dean of vocational education at what was first Vallejo College and later become Solano Community College. He

Three Centers Focus on Your Primary Needs

We offer primary care at three locations in Solano County, with a number of doctors to choose from, specializing in pediatrics, family medicine and internal medicine. You’ll find them all included in this issue of *Wellspring*. Once you’ve established with a physician, you’ll need to schedule a new patient appointment. Call the NorthBay Center for Primary Care at (707) 646-5500 to schedule. Once you’ve established, you can use the call center to schedule appointments with your primary physician, someone on your care team, or consider an appointment at Care ’til 8, a service that is featured at both Vacaville and Fairfield sites. Or, you can schedule online through our secure web portal, MyNorthBayDoc.

The care team for Gerald Simoni (center) includes his girlfriend, Jean Eldridge and NorthBay Center for Primary Care staff (left to right) Tammy Ingham, M.A., Victoria Satterwhite, M.A., and Ali Hassani, M.D.

helped create technical programs at the school that included auto body, criminal justice, nursing, cosmetology, welding and aircraft maintenance.

What's his key to a long life?

"I tell people I wake up every day and get dressed and have breakfast," he said. "I'm just a 101-year-old guy who wants to make it to 102."

He gives a lot of credit to his sprightly girlfriend, Jean.

"She's the one who is keeping me young and alive," he said with a twinkle in his eye.

They met when she, as a volunteer driver, picked up him for an appointment at Travis Air Force Base.

He thanked her with flowers, and the rest, as they say, is history.

Now she tends dutifully to him, making sure he never misses an appointment, especially one with Dr. Hassani and the care team.

And if Dr. Hassani is called away for some reason? Another member of the care team can pick up where he left off, said Gerald's nurse practitioner, Alicia.

"The team concept has been working great for us because we really get to know our patients, and we also learn the style and practice of the physician we're partnered with," said Alicia. "I know Dr. Hassani's way of doing things, and if I need to step in and help, Gerald already knows and trusts me."

Gerald's team is just one of many care teams that exist in NorthBay's primary care setting. The concept is to put an entire medical resource team at the patient's disposal. That means each setting has a number of nurse practitioners, physician assistants,



Gerald Simoni and Jean Eldridge listen intently to the advice of Ali Hassani, M.D.

nurses, medical assistants and other support staff to team up with the doctor. So while a patient is tasked with selecting a physician during open enrollment, they should know that every primary care physician in NorthBay's system comes with the backing of an entire care team.

Gerald is pleased with the arrangement.

"This doctor is just wonderful. He understands me, I understand him. The care couldn't be better."

Dr. Hassani says the key to best serving Gerald is to listen to him.

"I have a lot of older patients, and you really have to be patient and listen to what they're telling you, and reassure them when they're concerned," he said. "They're like everyone else who wants a doctor who really cares. Our patients get that at NorthBay, and a whole team as well." ❄️



Advice Nurses are Just a Phone Call Away

Have an urgent question or concern and can't wait until your upcoming appointment? Go ahead and call the Center for Primary Care at (707) 646-5500. Nurses are part of the Primary Care Team that serve patients at all three Centers for Primary Care facilities in Green Valley, Fairfield and Vacaville. They have access to your electronic records and your health care team. They're happy to take calls between 8 a.m. and 5 p.m. Monday through Friday, and will help you determine if you need to visit the emergency room right away, visit Urgent Care, or if you can make an appointment with a member of your primary care team.

Our Primary Care Experts

Center for Primary Care in Green Valley

4520 Business Center Drive, Fairfield



Gilbert Chang, M.D.
PEDIATRICS



Ehsan Ghods, D.O.
FAMILY MEDICINE



Alina Hongsakphadana, M.D.
FAMILY MEDICINE



Darshan Patel, M.D.
INTERNAL MEDICINE

Center for Primary Care in Fairfield

2458 Hilborn Road, Fairfield



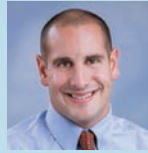
Amanda Adkins, M.D.
INTERNAL MEDICINE



Angela Brennan, D.O.
FAMILY MEDICINE



Douglas Freeman, M.D.
FAMILY MEDICINE



Michael Ginsberg, M.D.
PEDIATRICS



Nguyen Nguyen, M.D.
FAMILY MEDICINE



Levon Tchakmakjian, M.D.
INTERNAL MEDICINE



Judy Yang, D.O.
PEDIATRICS

Center for Primary Care in Vacaville

421 Nut Tree Road, Vacaville



Kulbir Bajwa, M.D.
INTERNAL MEDICINE



Ana Cherry, M.D.
FAMILY MEDICINE



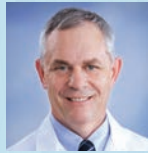
Madhav Goyal, M.D.
INTERNAL MEDICINE



Ali Hassani, M.D.
INTERNAL MEDICINE



Matthew Heeren, M.D.
PEDIATRICS



Bruce Hewett, M.D.
PEDIATRICS



Shanaz Khambatta, D.O.
FAMILY MEDICINE



Stephen Newman, M.D.
FAMILY MEDICINE



Marikit Parker, M.D.
FAMILY MEDICINE



Teresa Whitley, M.D.
INTERNAL MEDICINE



Kevin Xuyen, D.O.
FAMILY MEDICINE

Mental Health Team Ready When Needed


There's a "warm hand-off" waiting for those patients who may be experiencing a mental health concern at NorthBay Healthcare's centers for primary care in Vacaville and Fairfield.

It's part of NorthBay's Integrated Behavioral Health program. "If you're not feeling well physically, you're probably not feeling well mentally, and vice-versa," noted Jessica Schild, a Licensed Clinical Social Worker (LCSW) at the Center for Primary Care in Fairfield, who works alongside Dr. Corinna Press, clinical psychologist, and Toni Perez, mental health technician.

As part of this integrated program, Jessica and the mental health team are on standby in the primary care setting to assist the health care team when patients present with a mental health issue or appear to be in crisis.

"It's called a warm hand-off," she explained. "A patient may come in with a medical issue, but there may be something else going on, as identified by the medical assistant or physician. They'll ask me to go in and meet with the patient to see if I can assist."

Jessica is also available to provide short-term counseling services, and she and Toni can help guide patients toward community resources, if necessary.

Providing the same service at the Center for Primary Care in Vacaville is Rachelle Jackson, LCSW. 

MyNorthBayDoc Keeps You Connected

A secure online connection gives you access to your NorthBay doctors and your health records. You can view hospital discharge information, your lab results and medical records. You can also email your provider directly, make an appointment, and request medication refills—all online. Enroll by calling (707) 646-5500.

Care 'til 8 Provides After-hour Expertise

It's never fun for kids or adults to develop a high fever or to wrench a back muscle, but why does it always seem to happen on a Friday? Or late in the afternoon? If your physician isn't available, does this mean a trip



to an emergency room? NorthBay Healthcare has another solution: Care 'til 8.

The Care 'til 8 service is located at the NorthBay Healthcare Centers for Primary Care in Fairfield and Vacaville,

and operates Monday through Friday, from 12:30 p.m. until 8 p.m. The Fairfield location is also open from 9 a.m. to 8 p.m. on weekends. The service accepts a number of insurance plans and offers payment options.

The program's goal is to offer convenient and affordable care for patients facing non-life-threatening issues or chronic conditions, noted Omar Siddiqui, practice manager for Care 'til 8.

"That is the goal behind the program," he said, "to provide convenient care for patients outside of the cost and inconvenience of an emergency room."

Omar recalled a patient who got off the plane in San Francisco after a long international flight and headed straight to Care 'til 8, complaining of numbness in her leg. It was a Friday afternoon and if she hadn't come to Care 'til 8 she would have faced an expensive alternative for what turned out to be deep vein thrombosis.

That case was memorable, he noted, but many patient visits to Care 'til 8 aren't that dramatic.



Care 'til 8 Nurse Practitioner Marina Bradley (left) provides backup care for the primary care center team.


"The program's goal is to offer convenient and affordable care for patients facing non-life-threatening issues or chronic conditions."

— Omar Siddiqui,
practice manager for Care 'til 8

"We treat a lot of strep throat, respiratory infections, urinary tract infections, sprains, for patients of all ages, as well as visitors to the area or those who don't have a primary care physician at this time," Omar said. "For many it's also the first time they've been introduced to NorthBay, as well."

"We work on a team concept," noted Marina Bradley, nurse practitioner for Care 'til 8. "We're backing up the primary care team and helping to provide better access for our patients, who need care after work hours, or when their primary care physician might not be available during the day."

Drop-ins are accepted based on capacity, but appointments are preferred. Providers are not allowed to prescribe or refill opioid-based pain prescriptions.

The Care 'til 8 programs are located at the Center for Primary Care in Fairfield at 2458 Hilborn Road, and in Vacaville at 421 Nut Tree Road. For more information, call (707) 646-5500 or visit www.NorthBay.org/care8. 



Rave Reviews for Urgent Care

Since the day NorthBay Urgent Care opened at the Nut Tree Plaza in January, 2018, it has been garnering rave reviews from people who want immediate medical attention for non-life-threatening medical conditions, according to Mary Jameson, director of Women's Health for NorthBay Healthcare.

"We've been hearing that they love it for the convenient location and for the service provided," she explained. "It has shorter wait times and a lower cost than an emergency room, and a wide range of conditions can be treated there."

Instant Visits Help Save Time, Money and Stress

NorthBay offers this service to patients seeking to access to primary care services with routine issues or straight-forward symptoms. "Instant Visits" is a text-based service that's a perfect choice for patients suffering from urinary tract infections, back pain, cold or flu, sinus infections, skin conditions (such as poison oak, minor burns, cold sores and rashes), conjunctivitis (Pink Eye) and allergy symptoms. Go to NorthBay.org/Instant on your smart phone or computer and follow the instructions on the screen. When you click "Start an Instant Visit," you will be asked a series of questions about your symptoms. A provider will review your case and recommend a course of action within two hours.

Immediate care for non-life-threatening conditions is just behind that door at NorthBay Urgent Care.

Those conditions may range from abrasions and abscesses to stitches, broken bones, flu symptoms and animal bites, among others. Care is provided by a team of ER-trained physicians and clinicians.

NorthBay Urgent Care is open from 9 a.m. to 7 p.m. daily. The center features onsite X-ray, laboratory, some pharmacy services and accelerated test results delivered within minutes, so patients find almost everything they need to be diagnosed or treated is in one place. Some conditions may also be treated through the Urgent Care's "Instant Visit" feature, where treatment for straight-forward conditions can be recommended by providers through email within two hours.

"Our patients have also told us they love being able to schedule an appointment on their phone, when they are given a window of time for when they will likely be seen. So, they can spend their time grabbing a quick bite to eat at one of the close-by restaurants, or to do some window shopping."

Walk-in patients can electronically "save my spot" and will receive a text message when a treatment room and health care provider is available.

"Parents also like it because it is just across the parking lot from the Nut Tree Carousel and playground, and it's a fun distraction for the children."

NorthBay Urgent Care accepts most major insurance plans.

"You don't need to be a NorthBay Healthcare patient to use it, either," said Mary. "The benefit to the community is that we can treat patients in our urgent care setting and out of the Emergency Department. That way the ER can do what it is amazing at doing—taking care of critically ill patients who need that level of care."

NorthBay Urgent Care is located at 1679 E. Monte Vista Ave., Suite 104 in Vacaville. Call (707) 624-7400, or go online at www.northbay.org/urgentcare. ☒





Sherry Taylor, M.D., (left) and Yolanta Petrofsky, M.D., (right) teamed up to help get CHP Officer Tony Blencowe back on the road.

On the Road Again Physicians Team Up to Get Officer Back on his Bike

Tony Blencowe, 46, was doing the job he loves when he felt a pinch in his neck.

The California Highway Patrol officer was on his motorcycle taking a quick glance over his left shoulder when he felt something snap. It was a motion he'd made many times during his 19-year career.

He went home, expecting it would get better in a day or two. It did not.

After his first trip to the doctor, he took a wait-and-see approach. But nothing was improving and by the weekend, he ended up in the NorthBay VacaValley Hospital Emergency Department.

What he thought was a pinched nerve was actually herniated discs—C 5-6 and C 6-7 to be precise.

A follow-up appointment with Yolanta Petrofsky, M.D., at NorthBay Occupational Health in Vacaville led to collaboration with another physician: Sherry Taylor, M.D., a neurosurgeon with the NorthBay Center for Neuroscience.

"Tony made it very clear he wanted surgery," recalled Dr. Taylor. "I recommended anterior cervical dissection with fusion. It's a surgery

I've done many times over the past 25 years, and with lots of success."

Tony went for a second opinion, but quickly came back to schedule a Nov. 9 surgery with Dr. Taylor.

"The surgery went great, but the recovery was hard," he admitted. He was used to being active at work. He had to hold still and move slowly for weeks. He admits, it drove him—and probably his wife—a little crazy.

But by the end of January, he was cleared to return to work with modified duty, and back on his motorcycle by March.

"With first responder personnel, a collaborative effort is important to determine at what point the patient can return to a modified duty opportunity, and finally back to their full duty position," explained Dr. Petrofsky. "It's essential, not just for the safety of the patient, but also for the public they protect and defend."

He is thankful for the great care he received, he said.

"My goal," he said, "is to ride the motorcycle all the way into retirement, which is coming up in three years. For now, I'm just happy to be back on the road again." 🌟

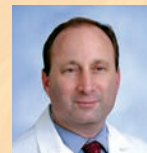
NorthBay Center for Neuroscience



Rubi Ali, M.D.
NEUROLOGY



Ameer
Almulhassani, M.D.
NEUROLOGY



Joshua
Kuluva, M.D.
NEUROLOGY



Atul K.
Patel, M.D.
NEUROSURGERY



Shahid
Rehman, M.D.
NEUROLOGY



Sherry Lee
Taylor, M.D.
NEUROSURGERY

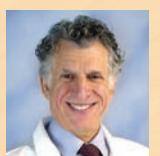


Edie E.
Zusman, M.D.
NEUROSURGERY

Occupational Health



Yolanta
Petrofsky, M.D.



Steven
Bratman, M.D.

Health Care Where and When You Need It

NorthBay Healthcare is Solano County's only locally based, locally managed nonprofit health care organization. Our mission is to provide patients with the advanced care they need while remaining close to home. For a complete list of NorthBay Healthcare services, visit NorthBay.org/Directory.

Putting Women's Health First

Women, busy holding down jobs and juggling family life, may be inclined to think of their own health last.

NorthBay Healthcare aims to make it easy for them to put their personal health first.

"Women need some flexibility when it comes to their healthcare needs," noted Mary Jameson, director of Women's Health for NorthBay Healthcare. "That's the concept we've kept close to our hearts when building our program here. Our goal is to become Solano County's top choice for care."

From bone health to breast health, from puberty to menopause, from pregnancy to delivery, women of all ages can receive comprehensive care from NorthBay Healthcare's team of women's health experts. The care team recently added several new obstetrics/gynecology providers, both in clinics and in the hospitals. Expanded services also include longer clinic hours and access to maternal and fetal health specialists, dietitians and social workers. To this is added the breast-feeding support provided by NorthBay's "Baby-Friendly" designated Labor & Delivery and Mother-Baby teams, as well as Solano County's highest level acute care unit for premature infants.

What all this means for women—and their children—is ease of access, close to home.



Stella Huang, M.D., (left) and Shanna Snow, M.D., know their female patients have their hands full with busy lives, so aim to make care options flexible.

That concept is what drew Stella Huang, D.O., to join NorthBay earlier this year, to serve as medical director of Inpatient Women's Health Services.

"I delivered my two children at NorthBay," she explains, "and the experience was great. I was impressed with the nurses, with the fact that NorthBay has a lactation consultant available, and overall just how 'pro-patient' and organized the team was."

The journey to motherhood begins with an invitation to attend an orientation, another welcome service, Dr. Huang noted.

"Anyone who is newly pregnant is invited to attend this class to learn

more about our system and all the services available here," Mary added. Call the Center for Women's Health at (707) 646-4100 for details.

All patients can take advantage of an increase in access to care, as three of NorthBay's five outpatient OB/GYN providers offer appointments early, late and in the Centers for Primary Care.

Women with high-risk pregnancies can be seen by a maternal and fetal medicine specialist, who has specialized ultrasound equipment and who collaborates with OB/GYN providers located in the Gateway Medical Plaza on the NorthBay Medical Center campus.

The team's OB/GYN's perform

CONTINUE ON PAGE 13

Obstetrics and Gynecology



Stella Huang, D.O.



Andrew Lin, M.D.



Shanna Snow, D.O.



Rachel Villalon, M.D.



Marlene Freeman, M.D.

Extra Hours for You

In addition to regular office hours in Fairfield's Gateway Medical Plaza, NorthBay Healthcare OB/GYN providers offer visits in other locations. Shanna Snow, D.O., is available from 8 a.m. to 5 p.m. Thursdays and Fridays at the Center for Primary Care in Vacaville. Andrew Lin, M.D., holds office hours on Tuesdays from 5 to 8 p.m. for patients at the Center for Primary Care in Fairfield. Rachel Villalon, M.D., offers appointments starting at 7 a.m. on Tuesdays at the Center for Women's Health. For more information, call (707) 646-4100.

Sylvia Cole (center) was encouraged and supported by best friends Donna Marie Nowlin (left) and Renee Newman through her cancer diagnosis and treatment.

**NORTH BAY
HEALTHCARE**

INTER FOR PRIMARY CARE
Nut Tree Road
N - FRI 8AM - 8PM
SUN 9AM - 8PM
HOLIDAYS
624 7500

Catching Cancer Early Makes All the Difference

Sylvia Cole is intimately familiar with cancer's randomness, its pain and the suffering it can cause. She survived a breast cancer diagnosis in 2006, but lost her father to liver cancer in 2004. She has had many family members, co-workers and friends touched by cancer, so she knows that when something isn't "right," you need to find out why.

"We're all getting older and those aches and pains, well, you know you really should get them checked out. It could turn out to be something bad," she said.

She admits she didn't take her own advice, though. When she found spots of blood in her urine in early 2018, she didn't act right away.

"I actually put it off for a few months," confessed the 64-year-old Vacaville Realtor. "I would either forget, or get busy. But when the spots appeared again in the fall, that's when I called."

She saw her NorthBay Healthcare primary care physician, Stephen Newman, M.D., who referred her to Edward Wang, M.D., a NorthBay urologist. Dr. Wang ordered several diagnostic tests, including MRI and CT scans, and the tests revealed a tumor in her ureter and a biopsy revealed a diagnosis of urothelial cancer.

She was shocked.

"The thing is, I felt like a pretty healthy person," she added, a tinge of disbelief in her voice. "I always get my yearly check-ups and I'm not on any medication or anything."

Next she met with James Long, M.D., hematologist/oncologist with the NorthBay Cancer Center, who explained why she might have missed the seriousness of the situation.

"When there are tumors in the ureter, the only symptom is blood in the urine," Dr. Long said. "There are no other warning signs. And having blood in the urine can sometimes be confused with urinary tract infections and kidney stones. But if the tumor continues to grow—and they can double in size every three months—then there is the chance the cancer can penetrate the blood vessels and move out of the ureter and into other parts of the body."

Dr. Long recommended a course of chemotherapy to reduce the size of the tumor.

Sylvia's first reaction to this was a hard "no." She had already been through radiation treatment with her breast cancer, she explained, and was reluctant at first to go through all of that again.

"But, my two long-time friends, Donna

NorthBay Cancer Center



James Long, M.D.
HEMATOLOGY/ONCOLOGY



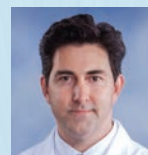
Jonathan Lopez, M.D.
HEMATOLOGY/ONCOLOGY



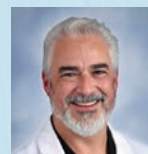
Jessica Powers, M.D.
HEMATOLOGY/ONCOLOGY



Brian Vikstrom, M.D.
HEMATOLOGY/ONCOLOGY



Jason Marengo, M.D.
ONCOPLASTY



Stephen Banks, M.D.
RADIATION ONCOLOGY



David Tate, M.D.
RADIATION ONCOLOGY

CONTINUE ON PAGE 13

NorthBay Heart & Vascular Center



Ramin Beygui, M.D.
CARDIOVASCULAR AND
THORACIC SURGERY



Jeffrey Breneisen, M.D.
CARDIOLOGY



Milind Dhond, M.D.
CARDIOLOGY



Saba Lahasei, M.D.
INTERVENTIONAL
CARDIOLOGY
AND STRUCTURAL
HEART DISEASE



Cyrus Mancherje, M.D.
INTERVENTIONAL
CARDIOLOGY



Brandi Upton, M.D.
VASCULAR SURGERY



Mark Villalon, M.D.
INTERVENTIONAL
CARDIOLOGY
AND STRUCTURAL
HEART DISEASE

Shea Pribyl, M.D.
CARDIOTHORACIC SURGERY

Patients ♥ New Technology



Robie Williams (left) is grateful for the follow-up care she receives from Dana Gill, N.P. and the Kencor phone app.

Heart Failure? There's an App to Prevent That!

For Rio Vista resident Robie Williams, hospital stays were becoming a regular part of her life last fall. Every month, the symptoms of her heart failure and Chronic Obstructive Pulmonary Disease (COPD) would flare and she would end up in the hospital where caregivers would work to get her excessive fluid buildup and breathing issues under control.

"Then, last November, someone came by my room and said there was a program they thought could help," Robie recalled. "I was all for it. I mean, NorthBay Medical Center is a great hospital and the nurses there are great, even the food is good, but I don't want to spend all of my Thanksgivings and Christmases in there!"

The program is called Kencor. It's a remote digitally based monitoring system developed by Kencor Health with the help of a Beta testing program at NorthBay. A mobile application on a patient's smart phone is Bluetooth-connected to a digital scale and blood pressure cuff. Each

morning the patient opens the app on their phone, steps on the scale and takes their blood pressure. The data is collected and transmitted back to NorthBay's Heart Failure Clinic where caregivers can review it and reach out to the patient, if changes in their care plan are needed.

"The app allows us to text back and forth with the patient or call them up and talk about what we are seeing in the data," explained Dana Gill, N.P., who works with the patients in the program. "We can change their care plan as needed, or maybe it's just directing them to drink more water or cut down on their sodium or something like that."

Commonly called congestive heart failure, it occurs when the heart muscle doesn't pump blood as well as it should. Certain conditions, such as narrowed arteries in the heart (coronary artery disease) or high blood pressure, gradually leave the heart too weak or stiff to fill and pump efficiently. It is characterized by shortness of breath,

via Smart Phone

fatigue and weakness, swelling of the legs, ankles and feet, and belly swelling, among other symptoms. The health care costs associated with the disease exceed \$30 billion annually in the United States. The goal of the Kencor program is to prevent patients from having to be repeatedly hospitalized.

"It includes an algorithm that calculates the patient's risk of readmission," explained cardiologist Milind Dhond, M.D., medical director of Cardiology Services at NorthBay. "It's first-level artificial intelligence and that's the future, really. There are already things like getting an EKG on your smart phone and so big tech getting into science and medicine is just the way things are progressing."

What's more, it's working, said Dr. Dhond.

During a pilot study of the program involving 30 patients, NorthBay saw a 40 percent reduction in hospitalizations among patients using the Kencor app and devices.

Robie said she isn't surprised by the results of the pilot project and research. She's experiencing the success of the program first-hand.

"It's working. I've lost 10 pounds and I would say that 95 percent of the reason for that is because I know I'm going to have to step on that scale and Dana is going to know what I've been up to," she said with a laugh. "I am a fan of the program. I think it's wonderful. It makes it so I'm able to stay out of the hospital more than I'm in it."

Dana says Robie is not alone.

"The patients have really embraced the program and are appreciative," she said. "We like it because now we can watch and see trends and help the patient make changes before they end up in the hospital again."

Dr. Dhond said part of the success of Kencor is the ease of use for the patient. "They just step on the scale, take their blood pressure and answer a few basic questions," he said. "That simple delivery for the end-user is the key." ❧



The Kencor app allows patients and caregivers to talk about results in real time.

Putting Women's Health First...

CONTINUED FROM PAGE 10

minimally invasive laparoscopic surgeries, for ectopic pregnancies, ovarian cysts and endometriosis, for example. Andrew Lin, M.D., is trained in urogynecology procedures, which repairs pelvic prolapse and stress incontinence. All providers manage a range of women's health issues, from infertility and contraception to menopause and bone health.

"Now there's no need to go out of Solano County to be treated for most concerns women may face throughout their life cycle," Dr. Huang added.

More than a year ago, NorthBay Healthcare partnered with OLE Health, a nonprofit community clinic committed to expanding access to health care for our community's most vulnerable families, in a clinic just across the street from NorthBay Medical Center in Fairfield. (See related story, Page 21). This alliance has brought preventative care to low-income mothers and children, as well as access to social workers and nutritionists, for example.

Whether you're a woman facing the hormonal swings of puberty, or the hot flashes of menopause, the team of specialists at the NorthBay Center for Women and Children's Health has you covered, close to home. ❧

Catching Cancer Early...

CONTINUED FROM PAGE 11

Marie Nowlin and Renee Newman, came with me to the appointment with Dr. Long. They talked me into it, along with my husband, Bill. And, Dr. Long made a good point."

"You need good renal function to manage this chemotherapy, and if you have the kidney removed, you may not have this option later," Dr. Long explained. "Chemotherapy will destroy any cancer cells that may have migrated or metastasized, and reduce the risks of recurrence."

Sylvia underwent three rounds of chemotherapy starting in January, and handled it all very well, according to Dr. Long.

"I didn't get sick with chemotherapy," Sylvia agreed, "but then I intentionally tried to keep my mind off it and kept myself busy."

And, she got lots of support not only from her friends and co-workers, but also the nurses in the NorthBay Cancer Center. "They were great. Anytime I had a question about anything, they talked to me or called the doctor. Dr. Long is very reassuring."

"Sylvia does have great friends, a very good support network," Dr. Long added. "Her kind of cancer is rare and there are no screens for it. That's why it's important to see your doctor as soon as possible if you discover blood in your urine." ❧

Mayo Clinic Model at Work

Inspiration Streamlines Spine Program

NorthBay Healthcare's collaboration with Mayo Clinic has paved the way for patient-friendly improvements in the NorthBay Spine Program.

In November 2018 Edie Zusman, M.D., director of the NorthBay Center for Neuroscience, and Christopher Rumery, M.D., a specialist in pain management, visited the Mayo Clinic's Phoenix location, leaving with copious notes and great ideas in how to streamline care.

"We've designed a one-stop shop. If you have a problem, you can see all of our experts in a single visit. We do our best to respect your time and that of family members that might need to accompany you," Dr. Zusman explained. "We're coordinating with the Mayo Clinic model in mind, navigating for patients, so they can see all the right providers on a single afternoon."

Dr. Rumery was impressed by the Mayo Clinic model which connects patients to the specialists best suited to help them.

A Second Opinion

Because NorthBay Healthcare is a member of the Mayo Clinic Care Network, our physicians can consult with Mayo Clinic physicians in complex medical cases. Mayo Clinic experts are able to review electronic health records and can efficiently offer a second opinion, without the patient having to travel elsewhere, or spend extra money.



A team of NorthBay Healthcare clinicians from the NorthBay Spine Program regularly confer over cases.

"Their patient navigators were extremely knowledgeable and had a sophisticated algorithm that they used to direct patients to the appropriate specialist," he said. "Dr. Zusman and I believe that a similar model would be effective in streamlining patient care at NorthBay and making it a destination for Bay Area health care."

With the new model at NorthBay, every case referred to the spine

program gets reviewed and triaged. "We make the effort to get all the previous records in advance of the first meeting with patients—just the way it's done at Mayo Clinic," explained Dr. Zusman. "We're booking appoint-

"We've designed a one-stop shop. If you have a problem, you can see all of our experts in a single visit. We do our best to respect your time and that of family members that might need to accompany you."

—Edie Zusman, M.D.

ments together—the patient stays in the same room, and we move around them."

In addition, the doctors from the various disciplines gather together once a month to review cases. The group includes a Harvard-trained radiologist as well as representatives from Neurology, Osteopathic Manipulative Medicine (OMM), Orthopedics, Pain Management and Physical Therapy. 🌐

Sports Clinic a Hit with Athletes

Since the dawn of civilization, humans have been playing sports, and while advances through time have made fitness and safety a priority, competitive sport still comes with certain risks of injury—no matter the age of the athlete.

In fact, there were 8.6 million sports- and recreation-related injuries in the United States among people of all ages from 2011 through 2016, according to the Centers for Disease Control.

NorthBay Healthcare's orthopedic specialists want to help reduce injuries and help local athletes recuperate more rapidly, thus the NorthBay Healthcare Sports Medicine program was born.

With a cadre of orthopedic surgeons who are fellowship-trained in sports medicine, the program provides advanced, efficient care "with the goal of returning athletes to play as quickly and safely as possible," said orthopedic specialist Neil Pathare, M.D.

A fellowship-trained orthopedic surgeon is a doctor who has completed an additional year of specialized training in a specific field of orthopedic surgery in an accredited program, explained orthopedic specialist Robert Peterson, M.D. "It means we have access to advanced techniques and specialized sports care."

Having a locally based sports medicine program for local high



Robert Peterson, M.D., checks out a possible finger strain on water polo player Tyler Malotte, 14, during a Saturday Sports Medicine Clinic.

school and middle school athletes is an important community service, said Dr. Peterson.

"For the athlete, the care demands are greater than typical orthopedic cases," he said. "Recovery from a shoulder surgery, for example, can be difficult and typically involves a long rehabilitation and healing time but for the athlete, often, the focus isn't just a simple recovery but recovery to advanced level of performance. There are decisions that have to be made regarding safe return to play and optimizing outcomes."

Having a dedicated sports medicine program allows NorthBay's specialists to provide other services to the community, as well, including free sports physicals, fall weekend

sports injury clinics, and talks for the community to learn more about injury treatment and prevention.

In July, student athletes from across the region were given free physicals at the VacaValley Wellness Center. This fall, NorthBay specialists will hold free sports injury clinics at Urgent Care, 1679 E. Monte Vista Ave., Suite 104, in Vacaville, on Saturdays. Through the clinics, student athletes are able to get a free first evaluation of any injuries or problems to determine if more follow-up care is needed.

In addition, NorthBay's orthopedic specialists will once again be on the sidelines for area high school football games. Dr. Peterson will return to the sidelines at Vacaville High School, while Dr. Pathare will be on hand at Rodriguez High School in Fairfield with availability to Armijo and Fairfield high schools, and Kevin Miller, D.P.M., will serve on the sidelines of St. Patrick-St. Vincent Catholic High School.

"The focus of our Sports Medicine Program is not only on treating sports-related injuries, but also on injury prevention, rehabilitation, performance training and nutrition to help athletes perform at their highest level," said Dr. Pathare.

For information, call (707) 646-5599 in Fairfield or (707) 624-7900 in Vacaville. ☒

NorthBay Center for Orthopedics



Daniel Birkbeck, M.D.
ORTHOPEDICS/
HANDS



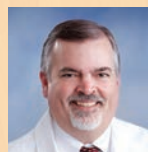
Andrew Brooks, M.D.
ORTHOPEDICS/
JOINT REPLACEMENT/
SPORTS MEDICINE



Cornelis Elmes, M.D.
ORTHOPEDICS/
TRAUMA/PELVIC,
FOOT AND ANKLE



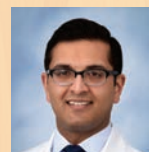
Kevin Miller, D.P.M.
PODIATRY/
ORTHOPEDICS/
SPORTS MEDICINE



Robert Peterson, M.D.
ORTHOPEDICS/
SPORTS MEDICINE/
SHOULDERS/JOINT
REPLACEMENT



Jay Parkin, M.D.
ORTHOPEDICS/
SPORTS MEDICINE/
TRAUMA



Neil P. Pathare, M.D.
SPORTS MEDICINE/
ORTHOPEDICS

Specialties Abound

NorthBay offers an array of specialty care services, with experts on everything from cancer and diabetes to gastroenterology and rheumatology.

Otolaryngology (Ear Nose Throat)

For the first time this fall, NorthBay Healthcare will be able to offer ear, nose, throat and voice specialists—all under one roof.

Moving into a third-floor suite in the Gateway Medical Plaza, 1860 Pennsylvania Ave., in Fairfield is a familiar face.

Dr. Murray Woolf, M.D., served many years as a board member on the NorthBay Healthcare Group Board and currently serves on the NorthBay System Board. Now he will join the NorthBay Medical Group. His specialty is otolaryngology, which focuses on health issues of the ears, nose, and throat as well as head and neck. He will be joined by Dr. Shaulnie Mohan, also an Ear/Nose/Throat specialist.

They will team up with speech therapist Scott Jackson and an audiologist to provide all levels of service across the continuum of the specialty, according to Justine Zilliken, assistance vice president of Specialty Care.

“It will be a one-stop shop for patients, allowing us to offer a seamless experience,” said Justine.

Plans call for the office to open in September and Dr. Woolf said having such a team working together under one roof will be a great asset to NorthBay’s patients.

“We will be able to give comprehensive and coordinated care for our patients,” he said.

Dr. Woolf earned his medical degree at the University of California, San Diego and completed his specialty training at U.C. San Francisco. He has practiced medicine in Fairfield for 30 years.

Dr. Mohan graduated from Boston University School of Medicine and completed a residency at St. Louis University Medical Center.



Shaulnie Mohan, M.D.



Murray Woolf, M.D.

Diabetes & Endocrinology

NorthBay Center for Diabetes & Endocrinology is undergoing a transformation, according to Justine Zilliken, assistant vice president of Specialty Care.

This summer a new team of endocrinologists and diabetologists, along with a certified diabetes educator, a nurse practitioner, a clinical pharmacist specializing in diabetes and a nutritionist, will offer the most complete care possible.

“This is a real game-changer for us,” said Justine. “We’re not just maintaining our services with the new endocrinologist, we’re adding two diabetologists, who can oversee care for the complex, specific needs of diabetes patients. We’ll be able to monitor the rising risk of patients from Type I and Type II diabetes, gestational diabetes and diabetes in geriatric patients.”

“This complete team will allow us to address all facets of diabetes and offer a 360-degree approach to the diseases of the endocrine system.”

Joining the center are endocrinologist John McKenna, M.D. In addition, diabetologists Jay Shubrook, D.O., and Sumera Ahmed, M.D., are part of the team as well as diabetes educator Clipper F. Young, Ph.D.



John McKenna, M.D.



Jay Shubrook, D.O.



Sumera Ahmed, M.D.



at NorthBay

General Surgery

NorthBay's general surgeons offer procedures such as hernia repairs, gallbladder removal, colon cancer surgery and hemorrhoid removal.



Gastroenterology

Physicians, advanced health practitioners and nurses make up a team of experts who use a variety of advanced treatments to address digestive health concerns including pancreatitis, colitis, gallbladder and biliary tract disease, colon, bowel, pancreatic and gallbladder cancer. The team also specializes in the treatment of hepatitis C and irritable bowel syndrome.



**Mounzer
Al Samman, M.D.**



**Nazia
Hasan, M.D.**



**Michael
Krier, M.D.**

Infectious Disease

NorthBay Healthcare's infectious disease expert focuses on treating issues such as pneumonia, non-healing wounds, skin/tissue and bone infections, tuberculosis and HIV/AIDS.



**Gregory
Warner, D.O.**

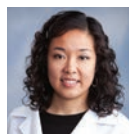
Infusion Services

Infusion treatments are available for neurology, gastroenterology and rheumatology patients, for cancer patients who may need intravenous medications and blood/blood products, for patients who may need non-chemotherapy IV drugs to treat dehydration, nausea/vomiting and infections, and a Coumadin Clinic on Tuesdays and Thursdays at NorthBay VacaValley Hospital and on Mondays, Wednesdays and Fridays at the Gateway Medical Plaza for infusion of anticoagulants or blood-thinning medicines.



Osteopathic Manipulative Medicine

Osteopathic Manipulative Medicine (OMM) is an advanced form of hands-on care that focuses on treating the whole person, rather than the symptoms, with a goal of helping the body to heal itself. NorthBay's two osteopathic physicians have received specialized training in nerves, muscles, and bones to diagnose, treat and prevent illness and injury through this form of care.



**Angela
Lim, D.O.**

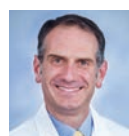


**Sandra
Skates, D.O.**

Pain Management

Our care team for Pain Management includes physicians who consult with nutritionists and physical therapists and work together with the Center for Neuroscience in the NorthBay Spine Program.

They focus on everything from back and neck pain to runner's knee, headaches, chest wall pain, spinal pain and more.



**Michael
Amster, M.D.**



**James
Jaber, M.D.**



**Cynthia
Pena, M.D.**



**Christopher
Rumery, M.D.**

Specialties Abound at NorthBay continued

Pulmonary Medicine

Pulmonologists focus on helping patients living with asthma, Chronic Obstructive Pulmonary Disease (COPD), and pulmonary hypertension. Pulmonary function testing is offered in office.



**Mohammed
Arif Shaikh, M.D.**



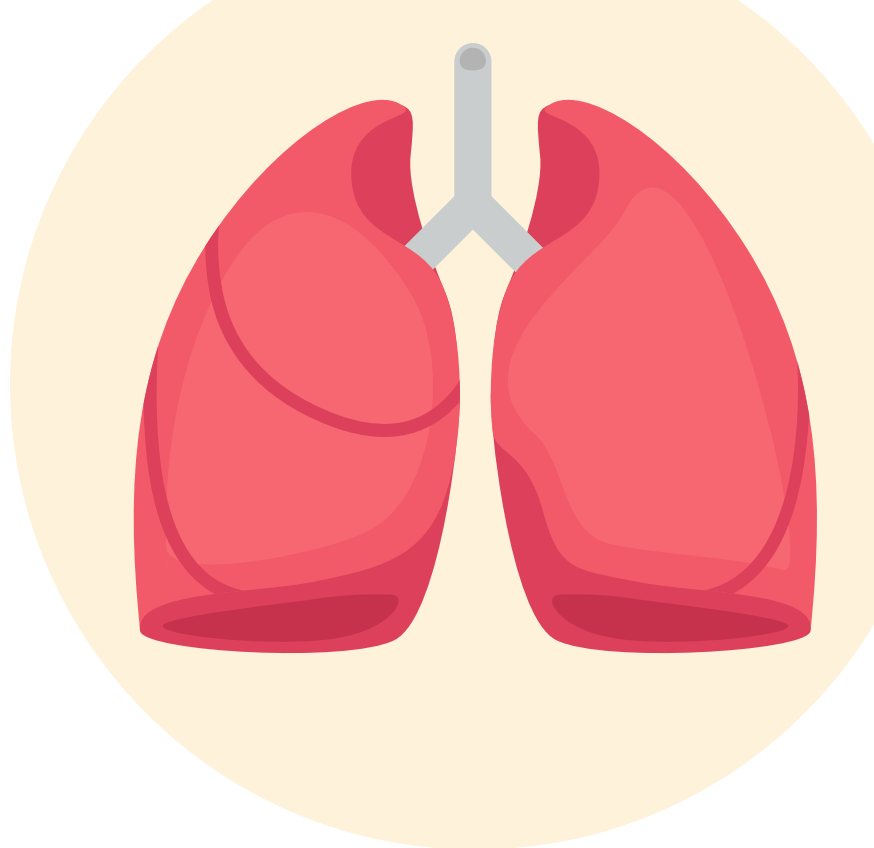
**Pooja
de Sa, M.D.**

Sleep Medicine

A NorthBay pulmonary sleep medicine specialist helps with conditions such as insomnia, sleep walking, sleep talking, and restless leg syndrome.



**Donald
Doyle, M.D.**

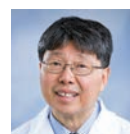


Urology

A team of physicians and advanced health care practitioners deliver urological services at both NorthBay Healthcare hospital campuses in Fairfield and Vacaville, as well as in Napa. NorthBay also offers the innovative Urolift procedure for the treatment of enlarged prostate or BHP.



**Herkanwal Singh
Khaira, M.D.**



**Edward
Wang, M.D.**



Rheumatology

A NorthBay rheumatologist cares for patients with conditions affecting the joints, muscles and connective tissues such as gout, fibromyalgia, lupus and rheumatoid arthritis.



**Melissa
Schoenwetter, D.O.**



**Thomas
Erskine, M.D.**



**John
Slade Jr., M.D.**

Wound Care

A team of specialists offers a variety of treatments and therapies. Patients with non-healing wounds can be treated with hyperbaric oxygen therapy, negative pressure wound therapy, compression therapy, bio-engineered skin substitutes, ostomy care and wound debridement.

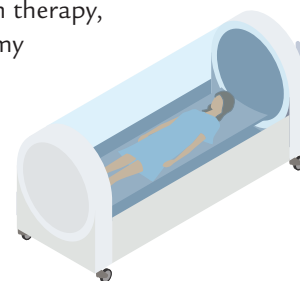




Photo by Fred Greaves



NorthBay Medical Center's new North Wing is home to 22 patient rooms, a large and brightly decorated dining area, and technologically advanced surgical suites.

New Wing Readies for Patients

After three years, construction on NorthBay Medical Center's new North Wing was deemed officially complete when the California Office of Statewide Health & Development (OSHPD) completed final inspections on July 17. Immediately after that, move-in plans ramped up.

In addition to installing surgical and medical equipment, stocking shelves on the floors and in the kitchen, staff from all departments have been undergoing training and "Day in the Life" exercises in anticipation of Oct. 1, when care for patients begins in the new facility.

The wing is home to a nearly 6,000-square foot state-of-the-art kitchen and cafeteria with approximately 60 seats inside and a patio area with about 30 seats outside. Also on the first floor is Central Sterile, which supports surgical services and the Diagnostic Imaging department, equipped with state-of-the-art imaging equipment, including a CT scanner, MRI, ultrasound, radiology/fluoroscopy machines, and a gamma camera for nuclear medicine.

The second floor has 22 patient rooms, four nurses' stations and a waiting area. All patient rooms are equipped with patient lifts, showers and interactive television screens, where patients will receive a welcome message when they are admitted, can view short educational segments based on their medical conditions, watch television shows and movies, listen to the radio or play games. They can also use the network to order their meals, page their nurse or receive care plan updates.

The third floor has eight surgical suites, including a hybrid operating room, a cardiovascular operating room, neurosurgery and trauma surgery suites, as well as 16 post-anesthesia care and same day beds.

Architect for the project is Ratcliff Architects of Emeryville, and contractor is DPR Construction of Sacramento.

Special ribbon-cutting ceremonies and open house activities will be held in September. ❄️

Success ‘Reigns’ at Super-Soaked Jubilee

It was raining cats and dogs, but the foul weather didn’t deter the crowds, nor the vendors, from turning out in force for the 32nd Solano Wine & Food Jubilee on Saturday, May 18.

The venue was dotted with colorful umbrellas, plenty of pop-up tents, and guests warmly dressed in their rainy weather gear. By the looks of it, all were prepared to enjoy an evening of good food, wine and brews, all to support the programs of NorthBay Hospice & Bereavement.

“In the days before the event, we were in a pretty dark space knowing we would be rained on,” noted Craig Bryan, Jubilee committee chair. “We did all we could to try and weather-proof an outdoor event. But would it be enough? Then the friends and supporters of NorthBay Hospice came, no matter what the weather. They came with smiles and soaked in the music, the edibles, the wines and brews, and showed us what the support of a community can accomplish, rain or shine.”

The silent auction, in a well-protected area, was well attended and an early tally of bids indicates a good showing.


The Time Bandits’ stage was moved from Nut Tree Plaza to the Harbison Event Center and guests still found plenty of room to dance, covered or not.

The winning tickets to the Jubilee raffle were pulled to reveal Regina Fell won the grand prize of a \$15,000 Dream of a Lifetime Vacation. Other winners included: \$2,500: Linda Johnson; \$1,000: Joan Forbush; \$500: Ana Reyes, Scott Reynolds, Faye Sheppard (2), Jason Veach, Matthew Pebley, Zack Rushing, Anna Jensen, Christie Hatfield, Chantel Reyes; \$125: Mary Beth Dugan, Matthew Pebley, John Kakaceh, Corey Tocchini, Judy Lopez, Ana Reyes, Steve Smith, Theresa Hite, Yvette Lopez, Mariane Santos, Sara Stirnitzke and Juan Garcia. The Pixar Tour went to



Shanaz Khambatta, D.O., and the Catalina Island vacation went to Eric Snyder.

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

“Thank you to our sponsors, vendors, wineries, breweries, friends and committee members for braving the weather and making this year’s event one of our most successful,” said Craig. 

Nurse Camp Celebrates

15 YEARS



More than 30 students (above) from throughout Solano County who were selected to participate in the 2019 NorthBay Nurse Camp were able to take part in hands-on activities during their four-day session, exploring Surgery, Labor & Delivery, the Intensive Care Unit, Emergency Department and the Cardiac Catheterization Lab.



It was a lively, friendly group of Nurse Camp graduates who came together in May at NorthBay Healthcare’s Green Valley Administration Center to celebrate the 15th anniversary of Nurse Camp. Co-founders Maureen Allain, R.N., and retired nurse Mary Hempen reunited with many of their colleagues who continue to support the program. They learned that a good number of their guests were either nurses, studying to be nurses, or were working elsewhere in health care. The camp, which was created to spark interest in health care to offset a nursing shortage, has seen nearly 500 students graduate since 2004.

NorthBay & OLE Provide a Powerful Safety Net

Since opening its second Fairfield health center in November in NorthBay Health Plaza—located across the street from NorthBay Medical Center—OLE Health has reached a growing population of those most vulnerable when it comes to finding health care.

Many local residents now have access to convenient, seamless and comprehensive health services they didn't before its opening. OLE Health's integrated model of care, which puts the patient at the center of his or her own healthcare team, is complemented by NorthBay Healthcare's wide-ranging advanced medical services.

Patients are currently seen Mondays, Tuesdays and Wednesdays from 8 a.m. until 5 p.m., and Thursdays, 8 a.m. until noon. Health



care providers can also be reached by phone from 7 a.m. until 5 p.m. Monday through Friday, and from 7 to 11 a.m. on Saturday.

"Our services have expanded since opening day," noted Racquel Beltran, director of operations for the center. "Our hope is to soon be open 40 hours a week. The patients are definitely there."

Unlike NorthBay's hospitals, OLE Health is a Federally Qualified Health Center (FQHC) and receives enhanced federal reimbursement for providing health care to underserved populations.

Since opening in November 2018 through June 3, there have been 1,147 patients who have made a total of 1,840 visits to the Fairfield center.

"We are seeing patients who have not seen a primary care physician in years," observed Beltran. "They have finally been able to establish a home for their health care."

NorthBay President and CEO B. Konard Jones concurred, adding, "As we grow this partnership, we'll have a healthier community that doesn't need to come to the emergency room for basic needs. And that means our emergency room staff members will be able to more efficiently and effectively focus on the most serious injuries and illnesses." ❧

Welcome New Docs



Stella Huang, D.O.

NorthBay Healthcare recently welcomed a new obstetrician/gynecologist to the Center for Women's Health.

Stella Huang, D.O., earned her medical degree at Touro University College of Osteopathic Medicine in Vallejo and holds a master's degree in epidemiology from Stanford University School of Medicine. In her new role at NorthBay she is the Inpatient Women's Health Services Medical Director.

For Dr. Huang, the work is all about helping women.

"I love the work I do. I help women navigate the important milestones of their lives," she said.

As for her personal style of medical care, Dr. Huang said she strives to be a good listener. "Being a good doctor doesn't just mean knowing the medical aspects, but listening and communicating to your patients and coming up with a treatment plan together. My goal is to provide patient-focused care with an emphasis on prevention and treatment of women's health issues." ❧



John McKenna, M.D.

NorthBay Healthcare recently welcomed endocrinologist John McKenna, M.D., to the NorthBay Center for Diabetes & Endocrinology.

Dr. McKenna earned his medical degree at University of Texas Medical Branch at Galveston and is board-certified in internal medicine as well as endocrinology, diabetes and metabolism.

A native of Montana, he served in the U.S. Air Force in the late 1990s and since then has worked as an endocrinologist in Utah, Montana and Roseville.

He said he has a passion for caring for his patients.

"I like talking to my patients. I find I get as much out of it as hopefully they get from me," he said. "My style of medicine involves being an educator. Most of what I do is teach people about what their disease is and how they are going to take care of it. At the end of the day I can't be there to help my diabetic patients choose the right food, exercise properly and take their medicines properly. I have to teach them how to do those things for themselves." ❧

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.

Grief Support Group • Starting Sept. 5, this support group provides a place to talk, receive information about the grief process and support from others grieving the loss of a loved one. RSVP requested, but not required. Meets noon to 1 p.m. first and third Thursdays, 4520 Business Center Drive, Fairfield. (707) 646-3517.

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 first 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.

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

Diabetes Support Group • Meets monthly at 1010 Nut Tree Road, Suite 290, in Vacaville. Call (707) 624-8248 to confirm.

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 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.



Nominate a
Special Nurse.

Visit NorthBay.org/DAISY