

community-based, not-for-profit



BRIEFINGS



To significantly improve outcomes for stroke patients, John Muir Health follows strict national standards and guidelines for certification by The Joint Commission as a Comprehensive Stroke Center.

Stroke Centers of Excellence

OUR STROKE TEAM DEMONSTRATES THE POWER OF COLLABORATION

With the first primary stroke centers in Contra Costa, Solano and Alameda counties certified by The Joint Commission, John Muir Health continues to be recognized for our high level of service provided to stroke patients. We have received multiple Gold Plus achievement awards from the American Heart and American Stroke Associations as part of their "Get With the Guidelines" program.

From the emergency department staff to the neurologists, neurosurgeons and neurocritical care

specialists responsible for treatment and follow-up, our team works collaboratively and comprises the best and brightest minds in acute stroke care.

"We're the only medical center in Contra Costa County that can provide emergent procedures that have been shown to improve outcomes in the most serious strokes," says Ray Stephens, M.D., Stroke Medical Director and neurologist. "It has been especially gratifying to see patients who were previously untreatable now returning to their normal lives."

PRESIDENT'S MESSAGE



Jane Willemsen

EVP AND PRESIDENT
HOSPITAL OPERATIONS
JOHN MUIR HEALTH

We are proud that our Neurosciences Institute is the San Francisco Bay Area's most advanced community-based hospital resource for neurosciences.

Stroke is one of the leading causes of death and disability in the United States, and the Neurosciences Institute is the result of the need for a continuum of expert neurological care for Northern California residents.

In 2017, John Muir Health, Walnut Creek Medical Center, was awarded Comprehensive Stroke Certification by The Joint Commission, putting us in an elite group—the top 1 percent of hospitals nationwide—for rapid, leading-edge stroke care!

Additionally, our Walnut Creek and Concord Medical Centers are two of only three California hospitals to receive “Triple Gold” awards for excellence in stroke care by the American Heart Association and American Stroke Association.

Today, our ongoing efforts to provide the surrounding communities with convenient, 24/7 access to advanced stroke care is unparalleled.

I hope you will enjoy reading more about our extraordinary work in stroke care in this issue of *Give Health*.

Thank you for your continuous and generous support of John Muir Health. On behalf of our highly skilled and highly trained physicians, nurses, staff and volunteers, it is our honor to serve you.

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Your Gifts at Work

DONOR SUPPORT HELPED LAUNCH JOHN MUIR HEALTH'S FIRST MEDICAL RESIDENCY PROGRAM



Residents in John Muir Health's Family Medicine program, including Adia Scrubb, M.D. (pictured here with Rosa, top, and Anna, bottom), spend many hours treating patients in the Mobile Health Clinic.

The mission of the Family Medicine Residency Program is to prepare new medical school graduates to become family medicine practitioners with the capabilities and leadership skills necessary to excel in health care. The program includes training for medical residents across a broad spectrum of clinical areas, including pregnancy care, women's health, pediatrics, adult care, elder care, urgent care, emergency services and hospital care.

Designed as a three-year program, the residents will graduate to become family medicine physicians. "I want to become a family medicine provider because I am more than a physician," says one new resident. "I am a healer of my community in the role of leader, educator and advocate."

This connection between community and philanthropy is most apparent through the work done in John Muir Health's Mobile Health Clinic. Our residents spend many hours at the Mobile Health Clinic serving vulnerable community members where they live. They also help coordinate access to other medical resources for patients, decreasing more costly visits to the emergency department.

"The John Muir Health Mobile Clinic enables me to provide a medical home for those who have no health insurance and limited access to care," says Family Medicine resident Adia Scrubb, M.D.

The inaugural class of Family Medicine residents is approaching its first full year in the program, and we are excited to welcome the second class starting this summer.

SERVICES SPOTLIGHT

Acute Stroke Services at John Muir Health

Stroke is the No. 5 cause of death and leading cause of disability in the country. John Muir Health's Neurosciences team's dedication to preventing those outcomes and providing the highest-quality stroke care over the past four years has led to prestigious recognition.



John Muir Health, Walnut Creek Medical Center, was awarded Comprehensive Stroke Certification Accreditation by The Joint Commission in 2017; it's the highest level of stroke certification.



The year John Muir Health, Walnut Creek and Concord Medical Centers, were designated as the first stroke-certified medical centers in Contra Costa, Solano and Alameda counties.



John Muir Health's experienced team of specialists

is made up of the best and brightest minds in acute stroke care, including neurologists, neurosurgeons, stroke clinical nurse specialists, neurocritical care intensivists, neuro-interventional radiologists, emergency department physicians and others.

John Muir Health's Stroke Centers have consistently earned the Get With the Guidelines

Gold Plus award from the American Heart Association/American Stroke Association (AHA/ASA). The award recognizes hospitals that follow core standard levels of care and treatment guidelines as outlined by the AHA/ASA at least 85 percent of the time and have maintained this performance level for 24 consecutive months.

Six Keys to Reducing Stroke Risk

Sleep: Adults should get 7 to 8 hours of sleep a night; teens and children need more.

Diet: Eat a healthy diet that doesn't exceed 1,500 milligrams of sodium per day.

Exercise: Engage in at least 30 minutes of activity a day.

Checkups: See your doctor regularly and discuss ways to reduce your health risks.

Smoking: Talk to your physician about quitting; five to 15 years after you stop smoking, your stroke risk is reduced to that of a nonsmoker.

Maintain a social network: According to the AHA/ASA, observational studies have shown that people with poor social support are at higher risk for stroke and heart disease.



FAST Talk



Know how to recognize the most common signs of stroke

- **FACIAL drooping** Does one side of the face droop?
- **ARM weakness** Is one arm weak or numb?
- **SPEECH difficulty** Is the person's speech slurred or is he or she hard to understand?
- **TIME to call 911** Immediate medical treatment saves lives. If the person shows any of these symptoms, call emergency medical services right away.



Every 40 seconds,
someone has a
stroke.

17th

John Muir Health is just the **17th hospital in California** and **130th in the United States** to achieve Comprehensive Stroke Certification.

OUT AND ABOUT

Donor Reception LESHER CENTER FOR THE ARTS • FEBRUARY 13

John Muir Health Foundation donors, leaders and volunteers were recognized for their generous support at this year's sixth annual Donor Reception held at the Leshner Center for the Arts. The program included a presentation on community and philanthropy by JMH Board Member Kathleen Odne, as well as an inspirational story from patient Attila Bardos and his physicians that described the extraordinary care he received at John Muir Health following a severe stroke.



(1) Kathleen Odne and Eric Rudney. (2) John Muir Health patient Attila Bardos (center) with his wife, Maureen; granddaughter, Erin Evans; and daughter, Caitlin Evans. (3) Left to right: Moussa Yazbeck, M.D.; Suleiman Lapalme, M.D.; and patient Attila Bardos share the story of Bardos' stroke and remarkable recovery thanks to John Muir Health. (4) Left to right: Francesca Vogel, Bill Sabin, Jane Willemsen and Michelle Lopes.



Award of Distinction DIABLO COUNTRY CLUB • MARCH 22

The Foundation's annual Award of Distinction event recognizes John Muir Health medical staff and community members for their outstanding leadership, service and philanthropy. The award, which originated in 1987, is a specially commissioned bronze statuette of the naturalist John Muir and represents the Foundation's highest honor. This year's awardees—Linda Best; Burton Baker, M.D.; and Vivian Wing, M.D.—were honored for their numerous professional and personal achievements and contributions to John Muir Health and the community.



(1) Back row (left to right): Ken Anderson; Doug Lange, M.D.; Cal Knight; Linda Womack; Robert Stein, M.D.; and Patrick Carew. Front row (left to right): Linda Best; Burton Baker, M.D.; and Vivian Wing, M.D. (2) Anu and Sunil Gandhi, M.D. (3) Left to right: Bev Jones; Cal Knight; and Vivian Wing, M.D. (4) Marilyn and Luman Hughes, M.D. (5) Left to right: Virginia and Gene Voelkel, M.D.; Harry MacDannald, M.D., and his wife, Dayna. (6) Left to right: Robert Kadas, M.D.; David Birdsall, M.D.; John Knowles, M.D.; and Don Ritchey.

A New Day for Legacy Planning

The enactment of the Tax Cuts & Jobs Act on December 22, 2017, represents a major paradigm shift for most Americans in how they think about estate and income tax planning. Previously, the planning game revolved around opportunities for estate tax savings, but the new law refocuses planning on income tax savings.

In light of the new law, “some of my clients are rethinking their current giving through their estate, in favor of accelerating their giving to take advantage of new income tax provisions that favor lifetime charitable giving,” says R. Gordon Baker Jr., a Walnut Creek–based estate planning attorney. “The shift from estate tax planning to income tax planning has also enabled individuals to think bigger and perhaps a bit deeper about their own personal values and legacy.”

As you think about your own legacy and what is meaningful to you, this is a wonderful time to reach out to your legal and financial advisers to see how the new tax law may be of assistance to you in realizing your life vision and goals sooner than you may have thought possible.



Create Your Own Legacy of Giving

Charitable estate planning can be financially beneficial for families and individuals of various ages and income levels. Find out what planning a legacy gift to John Muir Health can do for you and your loved ones—now and in the future.

GIFTS JOHN MUIR HEALTH CAN USE TODAY

- Appreciated Securities
- Real Estate

GIFTS THAT CAN PAY YOU INCOME

- Charitable Gift Annuity
- Charitable Remainder Trust

GIFTS THAT TAKE EFFECT AFTER YOUR LIFETIME

- Bequest
- Retained Life Estate
- Charitable Beneficiary Designations
 - Life Insurance
 - Retirement Plan

For more information, please contact Mike Crvarich, Vice President of Legacy Planning, at (925) 941-2120 or michael.crvarich@givehealthjmh.org.

With the new day comes new strength and new thoughts.”

—ELEANOR ROOSEVELT

Your legacy gift can support programs like the Acute Inpatient Rehabilitation Center, helping patients like Tammy Hua (pictured left) achieve the highest level of function and independence, reduce symptoms, and improve well-being.

WHY I GIVE

A Stroke of Excellence

GRATEFUL STROKE PATIENT PAYS IT FORWARD

Ross Fay began losing sensation on his left side after a midmorning jog in the open space at Shell Ridge on December 26, 2013. His wife and son had gone to the movies, but Fay managed to dial 911. His experience as an Army air medevac pilot and long career with CALSTAR Air Medical Services provided Fay with the knowledge to discern that he was having a stroke and needed help fast. Fortunately, John Muir Health's Acute Stroke Services team was at the ready. As the first medical center to be designated as stroke-certified in Contra Costa County, Solano and Alameda counties, John Muir Health was poised to provide the highest-quality stroke care available.

Fay can attest to that exceptional level of care. "The emergency



Emergency Medicine clinical pharmacist Ravipal Singh, PharmD, reunites with patient Ross Fay.

department was ready for me when I arrived and their stroke protocols were perfectly executed—minutes and seconds count after a stroke occurs and my quality of life was hanging by a thread. In particular, I was grateful for Ravi, a wonderful pharmacist who reassured and engaged me when I was distressed," Fay says.

Emergency Medicine clinical pharmacist Ravipal (Ravi) Singh, PharmD, recalls the morning Fay was admitted. "I remember asking him about his symptoms, assisting

with administering his medication, monitoring him and answering his questions," Singh says. "I saw Ross not long after he was discharged, and when I tried to shake his hand he instead gave me a big smile and a hug. I'll never forget that moment. In fact, when people ask me why I am a pharmacist, part of my answer now is: 'Because I want that hug.'"

Fay is proud to be a donor to John Muir Health and he appreciates, now more than ever, the value of excellent health care.