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Adventist Health Overview

Adventist Health Sonora is an affiliate of Adventist Health, a faith-based, nonprofit, integrated health system headquartered in Roseville, California. We provide compassionate care in more than 80 communities throughout California, Hawaii, Oregon and Washington.

Adventist Health entities include:

- 20 hospitals with more than 3,200 beds
- More than 280 clinics (hospital-based, rural health and physician clinics)
- 13 home care agencies and seven hospice agencies
- Four joint-venture retirement centers
- Compassionate and talented team of 35,000 which includes associates, medical staff physicians, allied health professionals and volunteers

We owe much of our heritage and organizational success to the Seventh-day Adventist Church, which has long been a promoter of prevention and whole person care. Inspired by our belief in the loving and healing power of Jesus Christ, we aim to bring physical, mental and spiritual health and healing to our neighbors of all faiths. Every individual, regardless of his/her personal beliefs, is welcome in our facilities. We are also eager to partner with members of other faiths to enhance the health of the communities we serve.

Our commitment to quality health care stems from our heritage, which dates back to 1866 when the first Seventh-day Adventist health care facility opened in Battle Creek, Michigan. There, dedicated pioneers promoted the “radical” concepts of proper nutrition, exercise and sanitation. Early on, the facility was devoted to prevention as well as healing. They called it a sanitarium, a place where patients—and their families—could learn to be well.

More than a century later, the health care system sponsored by the Seventh-day Adventist Church circles the globe with more than 170 hospitals and more than 500 clinics, nursing homes and dispensaries worldwide. And the same vision to treat the whole person—mind, body and spirit—continues to provide the foundation for our progressive approach to health care.
Number of Beds: 152

Mailing Address: 1000 Greenley Road, Sonora, CA 95370

Contact Information: 209-536-5000, SonoraMedicalCenter.org

Existing healthcare facilities that can respond to the health needs of the community:

- Angels Camp Family Medical Center  
  - Groveland Family Medical Center
- Arnold Family Medical Center  
  - Hillside Internal Medicine
- Cedarwood Internal Medicine  
  - Mountain Medical Family Practice
- Foothill Pediatrics  
  - Sierra Internal Medicine
- Greenley Primary Care  
  - Angels Camp Orthopedics
- Foothill Specialty Clinic – Gastroenterology  
  - Greenley Oaks Ear, Nose & Throat
- Sierra Cardiology  
  - Sierra Obstetrics & Gynecology
- Sierra Orthopedic Institute  
  - Sierra Pulmonology Clinic
- Sierra Vascular & General Surgery Assoc.  
  - Yosemite Joint Replacement & Orthopedics
- Anticoagulation Clinic  
  - Cancer Center
<table>
<thead>
<tr>
<th>Service</th>
<th>Service</th>
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</thead>
<tbody>
<tr>
<td>Cardiac Rehabilitation</td>
<td>Diagnostic Imaging</td>
</tr>
<tr>
<td>Forest Road Health &amp; Wellness</td>
<td>Home Health</td>
</tr>
<tr>
<td>Hospice of the Sierra</td>
<td>Job Care Occupational Health</td>
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<tr>
<td>Outpatient Lab Draw Locations</td>
<td>Pharmacy</td>
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<tr>
<td>Prompt Care Clinics</td>
<td>Pulmonary Rehabilitation</td>
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<tr>
<td>Rehabilitation &amp; Sports Medicine</td>
<td>Skilled Nursing &amp; Long Term Care</td>
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<tr>
<td>Sonora Oxygen &amp; Medical Supply</td>
<td>Surgery Center</td>
</tr>
<tr>
<td>Transitional Care Unit</td>
<td>Wound Care</td>
</tr>
</tbody>
</table>
Dear Friends and Colleagues,

Adventist Health Sonora is proud to serve Tuolumne, Calaveras and Mariposa counties and works diligently to provide services to meet the unique needs of our foothill communities. Our mission is to live God’s love by inspiring health, wholeness and hope, a mission that extends beyond the walls of our hospital and clinics and into our daily lives as we care for our community. We want to inspire healthier lives, nurturing each individual mind, body and spirit and offering hope for a future of better health.

The Community Health Needs Assessment (CHNA) is a comprehensive assessment that is completed every three years and identifies the health needs of our community. Currently, we and our community partners are working on our 2020-2023 CHNA, which will be completed by October of this year. The Community Health Plan, which we update each year, is our roadmap for outreach activities that can help address the health needs identified by the assessment.

This process allows us to establish a thorough understanding of our community’s needs and take deliberate steps to allocate resources, develop programs and utilize existing resources to improve health outcomes. I am proud of the compassionate care we are able to provide and the innovative ways that our health outreach services are helping create a healthier community.

Sincerely,

Michelle Fuentes
President
Community Health Development Team

Mario DeLise, MDiv, BCC  
Director of Mission Integration

Kathrina McRee  
Director of Physician Talent Acquisition

Julie Kline, RN  
Patient Care Executive

Karen O’Brien  
Communication Manager

CHNA/CHP contact:
Mario DeLise  
Director of Mission and Community Integration  
1000 Greenley Road, Sonora, CA 95370  
email: delisemj@ah.org

Request a paper copy from Administration/President’s office. To provide comments or view electronic copies of current and previous community health needs assessments go to: https://www.adventisthealth.org/about-us/community-benefit/
Invitation to a Healthier Community

Fulfilling AH’s Mission

Where and how we live is vital to our health. We recognize that health status is a product of multiple factors. To comprehensively address the needs of our community, we must take into account health behaviors and risks, the physical environment, the health system, and social determinant of health. Each component influences the next and through strategic and collective action improved health can be achieved.

The Community Health Plan marks the second phase in a collaborative effort to systematically investigate and identify our community’s most pressing needs. After a thorough review of health status in our community through the Community Health Needs Assessment (CHNA), we identified areas that we could address through the use of our resources, expertise, and community partners. Through these actions and relationships, we aim to empower our community and fulfill our mission, “Living God’s love by inspiring health, wholeness and hope.”

Identified Community Needs

The results of the CHNA guided the creation of this document and aided us in how we could best provide for our community and the most vulnerable among us. As a result, Sonora Regional Medical Center has adopted the following priority areas for our community health investments for 2017-2019:

- Healthy Beginnings
- Mental Health and Substance Abuse
- Access to Care

Additionally, we engage in a process of continuous quality improvement, whereby we ask the following questions for each priority area:

- Are our interventions making a difference in improving health outcomes?
- Are we providing the appropriate resources in the appropriate locations?
- What changes or collaborations within our system need to be made?
- How are we using technology to track our health improvements and provide relevant feedback at the local level?
- Do we have the resources as a region to elevate the population’s health status?

Building a healthy community requires multiple stakeholders working together with a common purpose. We invite you to explore how we intend to address health challenges in our community and partner to achieve change. More importantly though, we hope you imagine a healthier region and work with us to find solutions across a broad range of sectors to create communities we all want for ourselves and our families.
2018 Community Benefit Update

In 2016 Adventist Health Sonora conducted a community health needs assessment and was followed by a 2017 Community Health Plan (Implementation Plan) that identified the priority needs listed below. The prioritized needs were chosen based on community health data and the voices of our community. Working together with our community is key to achieving the necessary health improvements to create the communities that allow each member to have safe and healthy places to live, learn, work, play, and pray. Below you will find an inventory of additional interventions supporting the health of our communities.

**Priority Need - Healthy Beginnings**

Intervention: Family Fit – A partnership with Tuolumne County Schools that brings nutrition and exercise education to the students in our local elementary schools. Students receive education and instruction, as well as before and after tests, to assess their knowledge and physical fitness gains from participating in the program. AHSR invested $61,133 into this program aimed at local 3rd graders.

- Number of Community Members Served: 368

Intervention: Adventist Health Sonora (AHSR) – Tuolumne County Public Health Department (TCPHD) collaborative for substance abusing pregnant women. In 2016 AHSR and the TCPHD began a new collaboration to address what was a growing and disturbing trend in our community, pregnant women presenting to our Obstetrics Department (OB) to deliver their baby, who were substance abuse dependent. In this collaborative, the AHSR OB Director met monthly for one hour with the “Tuolumne County Maternal Child Adolescent Health Program” (MCAH). During this time, they would discuss cases and approaches to help the addicted women. This collaborative also grew to include direct hand-off referrals of qualifying OB patients to MCAH programs, which increased the likelihood of success for the mothers seeking help. During the time that this partnership began and numbers were gathered on women presenting to the OB to deliver, who were abusing substances, the numbers initially dropped from 24 in 2016 to 18 in 2017. Since 2017 the numbers have remained the same at 18 in 2018.

- Number of Community Members Served: 18

Intervention: Financially supported the YES Partnership, a community-wide coalition dedicated to support Tuolumne County youth and families by preventing suicide, substance, and child abuse.

- Number of Community Members Served: 475

Intervention: In collaboration with Kiwanis Club of Sonora, provided back to school clothing for local children.

- Number of Community Members Served: 75

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Living God’s love by inspiring health, wholeness and hope
Intervention: Financial supporter of Calaveras Mentoring Foundation, a community organization that utilizes a variety of mentoring roles (including; youth to youth and youth to adult) to bring friendship, experience, and resources to help the mentee develop greater self-awareness, support for making healthy life decisions and to experience a smoother road to adulthood.

- Number of Community Members Served: 220

Partners

- Tuolumne County Public Health Department
- Tuolumne County Superintendent of Schools
- YES Partnership
- ATCAA (Amador, Tuolumne, Calaveras Action Agency)
- TeenWorks Mentoring
- Sonora Police Department
- Tuolumne County Sheriff’s Office
- Kiwanis Club of Sonora
- Catholic Charities
- Calaveras Mentoring Foundation

2018 Measured Impact

<table>
<thead>
<tr>
<th>Objective</th>
<th>Baseline Measurement</th>
<th>Performance Target</th>
<th>Indicator</th>
<th>Data Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Increase Student’s Physical Fitness and Fitness Knowledge</td>
<td>Tuolumne County 2015 percent meet; 5th graders: 30.6%, 7th graders: 35.3%, 9th graders: 24.2%</td>
<td>Increase in students’ Physical Fitness Standard Scores</td>
<td>Family Fit, Support Community Programs</td>
<td>2018 showed a 24% improvement in students’ knowledge about fitness and nutrition.</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2018 showed a 78% improvement in physical fitness.</td>
</tr>
</tbody>
</table>
**OUR MISSION:**
Living God’s love by inspiring health, wholeness and hope

**Priority Need - Mental Health and Substance Abuse**

Intervention: Participate in the Opioid Safety Coalition, a collaboration between Tuolumne County Public Health and area partners, including AHSR. The Coalition has focused on; Safer Prescribing, Increasing Access to Medically Assisted Treatment, Increasing Access to Naloxone, Community Education & Outreach. A conference was held on August 16, 2018 were 119 community members attended in addition to 5 Speakers and 7 Q&A panelists. The coalition was active with the California Opioid Safety Network and became an Accelerator Team. It was through that program that they applied to have an AmeriCorps VISTA join the coalition.

- Number of Community Members Served: 119

Intervention: Addiction Therapy Clinic. To address the increase in Opioid and substance abuse in Tuolumne County, Adventist Health Sonora began Addiction Therapy Clinic in 2016, where Dr. Ralph Retherford treats patients for opioid dependence.

- Number of Community Members Served: 80

Intervention: Prescription Drug Take Back Days - Adventist Health Sonora has annually supported, endorsed and collaborated with the Tuolumne County Drug Take Back Days, led by the YES! Partnership and the Tuolumne County Sheriff’s Office. There were two take back days held in 2018, one in April and another October.

- Number of Community Members Served: 769 lbs. collected

Intervention: Mental Health First Aid (MHFA) trainings. The Youth MHFA training was a partnership between Adventist Health Sonora (AHSR) and ATCAA / YES Partnership. The Adult MHFA training was a partnership between AHSR and SOAR (SSI/SSDI Outreach Access and Recovery). Each course provided 8 CEUs for attendees and was open to the entire community. In Youth MHFA, participants were trained to: Recognize the potential risk factors and warning signs of a variety of mental health challenges common among adolescents, including: depression, anxiety, psychosis, eating disorders, AD/HD, disruptive behavioral disorders, and substance use disorders. Use a 5-step action plan to help a young person in crisis connect with appropriate professional help.
Interpret the prevalence of various mental health disorders in youth within the U.S. and the need for reduced negative attitudes (stigma) in their communities. Apply knowledge of the appropriate professional, peer, social, and self-help resources available to help a young person with a mental health problem, treat and manage the problem and achieve recovery. Assess their own views and feelings about youth mental health problems and disorders. In Adult MHFA, participants are trained to: Identify the signs, symptoms and risk factors of mental illness and substance abuse. Identify multiple types of professional and self-help resources for individuals with a mental health issue or addiction. Increase knowledge of the signs of distress in a person going through a mental health challenge. Increase confidence in and likelihood of helping an individual in distress. Show increased mental wellness and self-care for an individual including self

- Number of Community Members Served: 71 (adult), 11 (youth MHFA)

Intervention: Adventist Health Sonora has sponsored and collaborated with TeenWorks Mentoring, a network of caring and responsible adults committed to helping the “at-risk” youth of Tuolumne County. Through healthy, one-on-one mentoring relationships we seek to provide encouragement, guidance and positive role models for at-risk teens in need of compassion and understanding.

- Number of Community Members Served: 30

Intervention: Sponsor of Spiritual Roads Inc., a local non-profit that works with our local population that suffers from substance abuse and other addictions.

- Number of Community Members Served: 300

Intervention: Freedom From Smoking (FFS) classes. Adventist Health Sonora’s Pulmonary Rehab Department offered five FFS classes in 2018. Each class is 8-weeks long. In the 2-hour classes, participants learn how to overcome tobacco addiction and start enjoying the benefits of better health. Topics include medicines that can help with quitting, lifestyle changes that make quitting easier, preparing for quit day, managing stress, avoiding weight gain, developing a new self-image and staying smoke free for good.

- Number of Community Members Served: 12

Partners

- Tuolumne County Public Health Department
- Tuolumne County Medical Society
- Tuolumne County Behavioral Health
- Suicide Prevention Taskforce
- SOAR (SSI/SSDI Outreach Access Recovery)
- Sheriff’s Department
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• YES Partnership
• California Health and Wellness
• Amador Tuolumne Community Action Agency
• Sierra Emergency Medical Group
• Medication Assisted Treatment (MAT) Clinic
• County Schools
• Eric Runte, MD
• Tuolumne County Social Services
• Tuolumne County Courts
• Carlene Maggio
• Tuolumne MeWuk Indian Health Clinic
• Matheisen Clinic
• Sonora Elks
• Probation
• Emergency Medical Services
• Anthem
• Tuolumne County
• Aegis
• Spiritual Roads Incorporated

Measured Impact 2018

<table>
<thead>
<tr>
<th>Objective</th>
<th>Baseline Measurement</th>
<th>Performance Target</th>
<th>Indicator</th>
<th>Data Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Decrease hospital ED hold times for psychiatric patients</td>
<td>Decrease</td>
<td>Collaborate with programs / partners to increase psychiatric services /</td>
<td>2018 Data not Available</td>
<td></td>
</tr>
</tbody>
</table>
Priority Need - Access to Care

Intervention: Screenings and School Based Sports Physicals. The physical exams exceed the pre-participation requirements by providing an all-in-one visit with multiple physician specialists including cardiology, internal medicine, orthopedics, pediatrics and otolaryngology, operating over the three days. Fifty-percent of the fees collected went back to the school’s athletic department. The other 50% of fees collected went into a reserve account for injured athletes fund for underinsured kids to help them get the services they need. AHSR donated $32,049 through these services.

- Number of Community Members Served: 550

Intervention: Faith Community Nursing (FCN) Program. Our Adventist Health Sonora FCN Program Coordinator organizes and supports 43 health minister volunteers from 27 different faith communities in Tuolumne and Calaveras counties. Through this program, health ministers work with their faith communities to provide a variety of health-related screenings, programs, visitation as well as help at community events such as health fairs and other outreaches. In 2018, Adventist Health Sonora invested $1,177 in this program, which supported 3,552 volunteer hours from the Faith Community Nurses and Health Ministers. From these volunteer hours, 3,192 individuals were served in various ways through the health ministers.

- Number of Community Members Served: 3,192

Intervention: The Tuolumne County Health Fair began in 1979 and has been continuous ever since. It is put on by a committee comprised of local agencies, businesses and organizations overseen by the Tuolumne County Health Department, the health fair stresses the importance of preventive health care through screenings, which aid in early detection of potential problems, and offers health education, which promotes understanding of health maintenance and lifestyle.

- Number of Community Members Served: 2,121

Intervention: Physician Recruiting. In 2018 Adventist Health Sonora invested $558,242 in recruiting new medical providers to Tuolumne County as we continue to try bringing needed specialists and grow the number of primary providers in our community which is a designated medically underserved area.

- Number of Community Members Served: Recruited 40 new physicians to the area in 2018, as well as 18 new physicians through telemedicine programs. Adventist Health Sonora also recruited 15 new Advanced Health Practitioners (NP, PA, PA-C, RNFA, Clinical Psychology) in 2018. Included in these numbers were: 8 Family Medicine, 2 Internal Medicine, 2 OB/GYN (and...
1 tele-OB, 3 Dentists, 1 General Surgeon, 1 Medical Oncologist, 1 Radiation Oncologist, 1 ENT, 1 Emergency Medicine, along with 1 tele-Rheumatologist, 1 tele-Dermatologist, 1 tele-Endocrinologist.

- Intervention: Enrollment Assistance for Public Medical Programs. In 2018, Adventist Health Sonora invested $146,869 to help enrolled people in Public Medical Programs.
  - Number of Community Members Served: 1,780

Partners
- Interfaith Community Services
- Tuolumne County of Public Health
- Tuolumne Band of Mi Wuk Indians
- All Saints Catholic Church
- Chapel in the Pines
- Christian Heights Assembly of God
- Columbia Church of the 49ers
- First Congregational Church – Murphy’s
- Foothill Community Church – Angels Camp
- Greeley Hill Seventh-day Adventist Church
- Groveland Seventh-day Adventist Church
- Lake Tulloch Bible Church – Copperopolis
- Mt. Calvary Lutheran Church
- Heritage Christian Church
- Rivers of Life Christian Fellowship
- St. Mathew Lutheran Church
- Sierra Bible Church
- Sonora Baptist Church
- Sonora Seventh-day Adventist Church
• Sonora United Methodist Church
• Soulsbyville United Methodist Church
• Twain Harte Bible Church
  o Word of Life Fellowship

2018 Measured Impact

<table>
<thead>
<tr>
<th>Objective</th>
<th>Baseline Measurement</th>
<th>Performance Target</th>
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<th>Data Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Increase number of primary care providers in service area</td>
<td>In 2014 there were 41 primary care providers in Tuolumne County, Angels Camp up Highway 4 to Calaveras Boarder</td>
<td>Increase Primary Care Providers to 45 by 2019</td>
<td>Recruited 40 new physicians to the area in 2018, as well as 18 new physicians through telemedicine programs. Also recruited 15 new Advanced Health Practitioners (NP, PA, PA-C, RNFA, Clinical Psychology)</td>
<td>Data on number of primary care providers in service area.</td>
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</tbody>
</table>

Support local training and educational programs that develop the medical care workforce.

<table>
<thead>
<tr>
<th>Objective</th>
<th>Baseline Measurement</th>
<th>Performance Target</th>
<th>Indicator</th>
<th>Data Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Support local training and educational programs</td>
<td>Current support of local training and educational programs</td>
<td>Ongoing support at previous or exceeded levels.</td>
<td>Financial and In-kind support of Yosemite College District nursing and similar area programs.</td>
<td>Current contribution donations and staff program hours in 2018 = $260,358</td>
</tr>
</tbody>
</table>

Decrease hospital readmissions for chronic diseases.

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<thead>
<tr>
<th>Objective</th>
<th>Baseline Measurement</th>
<th>Performance Target</th>
<th>Indicator</th>
<th>Data Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Decrease hospital readmissions for COPD in 2017</td>
<td>Readmission rates for COPD in 2017 was 9.13%, for Pneumonia it was 12.03%, for Acute MI 2.94%, Heart Failure 13.19%</td>
<td>Reduction in readmission rates for all areas</td>
<td>Growth of programs aimed at improving the quality of life and health of those individuals with chronic disease</td>
<td>Readmission rates for COPD in 2018 was 7.53%, for Pneumonia it was 8.65%, for Acute MI 10.34%, Heart Failure 8.39%</td>
</tr>
</tbody>
</table>

Program Highlights:

Sports Physicals 2018

There were 550 students from Sonora, Summerville, Tioga, Don Pedro and Bret Harte High Schools who took advantage of the Center for Sports Medicine’s low-cost pre-
participation sports physicals held at Sierra Orthopedic Institute and Angels Camp Family Medical Center at the end of May. In addition to a thorough medical exam students also received a functional movement screening to assess their injury risk level.
Tuolumne County Health Fair

The Tuolumne County Health Fair turned 40 in 2018. Here are some memories of its history from event co-founder Cathie Peacock:

“Helen Austin and I worked at Community Hospital (now Adventist Health Sonora). She and I hatched the idea of a FREE Community Health Fair, with the health service providers donating time and screening. This was in 1978. We approached the hospital management, who agreed to hold the first one at the hospital in Unit 3 (Room 36). Nine (9) people attended... all staff. The next time we moved it to the Adventist Church, 17 people came... we were growing!!!! So, the third year we invited several community folks to help in the grander planning, and moved it to the Manzanita (smallest) building at the Fairgrounds....136 attended. So, from there it grew and grew and grew. We were recognized as the largest Health Fair in the US by per capita standards.... for several years. Many issues were noticed.... diabetes, hearing and eye issues, then feet problems, lung capacity, etc.... I passed it on to the Health Department in 1996, when I moved to Oklahoma for a job. They have done a fine job ever since. Adventist Health has been a major contributor for all those years.... large and small scale. Services and screenings, volunteers, follow up with MDs, educational classes and planning and in the general planning of the event.”
At the 2018 health fair, Adventist Health Sonora continued its tradition of supporting this important community wellness event by having a number of services present, including; AHSR Rehab Balance and Fall / Neurological Support Group, AHSR Orthopedics Bone Density, Pulse and Oxygen Testing, Cardiopulmonary - Pulmonary Function, Smoking Cessation information and program representatives, Breast Health informational booths, Anemia Screenings, Grief Support information, Nutritionists giving information about nutrition, blood pressure screenings, lab draws, as well as foot and wound care specialists doing screenings.

Other Community Benefits

Intervention: Pulmonary Rehabilitation Phase 3 is a self-guided outpatient program for patients with stable chronic lung disease, done in the outpatient setting of the Live Well Be Well Center at Adventist Health Sonora. This program is designed to enhance health status and quality of life of participants through maintaining or increasing exercise tolerance, reduced respiratory symptoms and enhanced self-care.

  o Number of Community Members Served: 28

Intervention: Better Breathers Club (BBC), which is designed to offer patient centered education and support to persons with chronic lung disease (especially COPD but also asthma, idiopathic pulmonary fibrosis [IPF], lung cancer, and other chronic lung diseases. These support groups meet regularly to give participants tips and techniques to help manage their disease. These meetings are open to family members and caregivers as well as individuals with chronic lung disease. The meetings are free of charge to attendees. The Pulmonary Rehab department of Adventist Health Sonora operated 6 BBC in 2018, serving 6 individuals with chronic lung disease and investing $673 through staff hours.

  o Number of Community Members Served: 6

Intervention: Oak Plus Senior Wellness is a free wellness program that is open to the community for anyone 65+ years of age. As members of Oak Plus, individuals receive discounts for important medical services at Adventist Health Sonora such as pharmacy, Sonora Oxygen and Supply, the Live Well Fitness Center. Members also have access to monthly wellness lectures, on a variety of health-related topics, by local health professionals.

  o Number of Community Members Served: 120

Intervention: Live Well. Be Fit. Senior Exercise Program. This is a fun and social class designed to keep seniors active and healthy into their golden years. Improve overall physical endurance, balance, strength and flexibility. These classes are for any member of our community that is trying to improve their health through therapeutic lifestyle change which includes exercise. This is a fun and social class designed to keep seniors active and healthy into their golden years by improving overall physical endurance, balance, strength and flexibility.

  o Number of Community Members Served: 30/class (3,120/year)
Intervention: Cardiac Rehabilitation Phase 3 is a non-monitored, nurse supervised exercise program for people with heart disease, including; MI, CABG, Stent, Valve Replacement, Heart Transplant, HF, HTN and others.

  o Number of Community Members Served: 121

Intervention: “Ladies Night Out”. In honor of national Breast Cancer Awareness Month, Adventist Health Sonora held the sixth annual Ladies Night Out to raise breast cancer awareness and provide the community with education about breast health as well as invited local businesses who came and sold items related to breast cancer awareness and women’s health. Tours were also given of the new mammography suite.

  o Number of Community Members Served: 500

Intervention: Heart Walk. February is American Heart Month and Adventist Health Sonora promotes healthy lifestyles with Heart Walk. The community joined staff and cardiac patients on Friday, February 16, for a one-mile walk. Healthy refreshments were provided and attendees were informed about heart healthy lifestyle options. Adventist Health Sonora encourages everyone to stay active. Walk a mile every day to improve and maintain healthy hearts.

  o Number of Community Members Served: 225

Intervention: Speakers Bureau for Tuolumne County. Presented to area churches, community groups and local nursing program students about hospice and end-of-life services in Tuolumne County.

  o Number of Community Members Served: 205

Intervention: Free Grief Support groups offered by Adventist Health Sonora Hospice, to anyone in Tuolumne and Calaveras County.

  o Number of Community Members Served: 30

Intervention: The YES Partnership (of which AHSR is a partner and sponsor) offered two ASIST Trainings in 2018, which are two-day, interactive workshop in ‘suicide first aid’. Participants learn to recognize when someone may be at risk of suicide and how to respond in ways that increase the person’s immediate safety, while linking them to further help. ASIST aims to enhance one's ability whether a caregiver, case-manager, clinician, or family member to help a person at risk avoid suicide. This workshop helps people apply suicide first aid in many settings.

  o Number of Community Members Served: 20

Intervention: Together the YES Partnership and Adventist Health Sonora offered three safeTALK trainings in 2018. safeTALK trains anyone over the age of 15 to notice and respond to situations where suicide thoughts might be present, as well as how to recognize the invitations for help that are often overlooked, while not
missing, dismissing or avoiding suicide. safeTALK trains participants how to know community resources and how to connect someone with thoughts of suicide to these resources and how to get them further help.

- Number of Community Members Served: 57

**Partners**

- Church of the 49’ers
- Saint Patrick’s Catholic Church
- Sonora Senior Center
- Columbia College Nursing Program

**Program highlights**

“Live Well Be Fit” classes at the Tuolumne County Senior Center

Ten years ago, John Hutchison weighed 400 pounds. He was taking more than a dozen medications to control his blood pressure, cholesterol and type 2 diabetes and then he decided enough was enough.

“At 350 pounds, I stopped being able to weigh myself,” John explains. His wife was also wanting to lose some weight. They saw themselves in a photo and decided it was time.

Their journey began with portion control and reducing calorie intake to begin losing weight. Sadly, John lost his wife four years ago, but he has stuck with the lifestyle changes they had set in motion together.
John has transitioned to a vegetarian diet focused on nutrient-rich foods like fruits, vegetables, whole grains and beans. He also added exercise to his healthy routine beginning with simple core exercises at home and last year he started working out twice each week with the Live Well Be Fit classes at the Tuolumne County Senior Center.

“There’s a really good blend of cardio and strength training,” John says. “They are also really good at helping us improve our balance. You don’t have to be physically fit to start the class.” John describes how all the exercises can be modified for each individual. Some may use one-pound weights or five-pound weights or no weights at all and others may exercise from a chair.

Krista Howell is an exercise physiologist at Adventist Health Sonora and has been teaching Live Well Be Fit for nearly 30 years. She describes the class as a perfect fit with the mission of whole person health at Adventist Health Sonora. The class is designed to be a fun, social time that helps keep seniors active and healthy.

John says he is inspired by others in the class, but he too is an inspiration. At the age of 70, John now weighs 198 pounds and has eliminated all but one of his medications. By taking charge of his health through diet and exercise, John does not need any medications to maintain his picture-perfect cholesterol and blood pressure levels. He has also reversed his type 2 diabetes and is successfully avoiding all of the health risks associated with the disease.

“The vegetarian lifestyle seems to have worked for me,” says John. “Your body does want to be well. It does want to heal itself. You just need proper nutrition.”

Serving Our Community – Gold Rush Mobile Home Park

On September 21, 2019, a team from Adventist Health Sonora with diverse skill sets provided volunteer services at Gold Rush Mobile Home Park in Columbia. Services included free medical screenings, delivery of household supplies, and help with household chores and yard work. We connected people with services and repaired steps and wheelchair ramps, painted decks, provided house cleaning, power washed exteriors, cleared roofs of debris, trimmed...
trees and bushes... It was truly heartwarming to have the opportunity to lend a helping hand to the grateful residents.

**Partnering in Service – “Life Hope Centers”**

Adventist Health Sonora partnered with the Central California Conference of Seventh-day Adventists to bring “Life Hope Center” to Sonora for the first time on February 11, 2018. “Life Hope Centers” provide a completely free medical, vision and dental clinic to those who come for care. The mobile clinic was set up at the Discover Life Adventist Church in Sonora and served 340 people.
Changes in 2018

Over the last few years Adventist Health Sonora has been planning and constructing its new Medical Pavilion, which will house the Dianna J. White Cancer Institute, Outpatient Imaging Center as well medical provider offices and our sports medicine and rehabilitation department. The construction on this building was completed early this year and we began providing service in August, 2018. This new building will not only create more treatment space to help us improve access to care for our community, but is also being designed to maximize provider efficiency to help increase access to care for community members seeking access to a primary care provider and the other services offered at this new medical pavilion.

In 2018 Adventist Health Sonora continued to reach out to many new and old partners to find ways address the need for improved mental health and chemical dependency services in Tuolumne County. One of the unique partnerships that grew from this work, was a partnership with the Tuolumne Band of Mi Wuk Indians, to recruit a Psychiatrist to Tuolumne County. The partnership has led to the recruitment of a Psychiatrist who arrived and began seeing new patients in July 2018.

Looking ahead at 2019, Adventist Health is excited to welcome a new Psychiatrist and Psychologist as we develop a new Behavioral Health program at our Rural Health Clinic. This new Behavior Health program will better enable us to address our community’s needs related to mental health as well as substance abuse.
Connecting Strategy and Community Health

As hospitals move toward population health management, community health interventions are a key element in achieving the overall goals of reducing the overall cost of health care, improving the health of the population, and improving access to affordable health services for the community both in outpatient and community settings. The key factor in improving quality and efficiency of the care hospitals provide is to include the larger community they serve as a part of their overall strategy.

Health systems must now step outside of the traditional roles of hospitals to begin to address the social, economic, and environmental conditions that contribute to poor health in the communities we serve. Bold leadership is required from our administrators, healthcare providers, and governing boards to meet the pressing health challenges we face as a nation. These challenges include a paradigm shift in how hospitals and health systems are positioning themselves and their strategies for success in a new payment environment. This will impact everyone in a community and will require shared responsibility among all stakeholders.

Population health is not just the overall health of a population but also includes the distribution of health. Overall health could be quite high if the majority of the population is relatively healthy—even though a minority of the population is much less healthy. Ideally such differences would be eliminated or at least substantially reduced.

Community health can serve as a strategic platform to improve the health outcomes of a defined group of people, concentrating on three correlated stages:
1) The distribution of specific health statuses and outcomes within a population;
2) Factors that cause the present outcomes distribution; and
3) Interventions that may modify the factors to improve health outcomes.

Improving population health requires effective initiatives to:
1) Increase the prevalence of evidence-based preventive health services and preventive health behaviors,
2) Improve care quality and patient safety and
3) Advance care coordination across the health care continuum.

Our mission as a health system is Living God’s love by inspiring health, wholeness and hope, we believe the best way to re-imagine our future business model with a major emphasis of community health is by working together with our community.