

HEALTHY | Living

SONORA REGIONAL MEDICAL CENTER

Sonora Regional
Medical Center
— Adventist
Health

SPRING 2015



Back in the
game!

Mary Whitehead got extra innings through Sonora Regional Cancer Center. Now she gives back.

4



A sneak peek at the new Cancer Center

Walk-In Clinics

- Prompt Care
- Angels Camp 736-9130
- Indian Rock 532-3167

Angels Camp

- Angels Camp Family
- Medical Center 736-0249
- Angels Camp Orthopedics 736-1147

Arnold

- Arnold Family Medical Center 795-1270

Groveland

- Groveland Family
- Medical Center 962-7121

Sonora

- Cedarwood Internal Medicine 536-5070
- Center for Wound Care 536-5196
- Foothill Pediatrics & Family Practice 532-5524
- Foothill Specialty Group 536-5760
- Forest Road Health & Wellness Center
- Primary Care 536-5100
- Specialty Care 536-5110
- Dental Care 536-5140
- Pediatric Care 536-5120
- Walk-in Clinic 536-5130
- Greenley Primary Care 536-3320
- Hillside Internal Medicine 536-5060
- Hillside Internal Medicine 2 536-5065
- Hospice of the Sierra 536-5685
- Job Care Occupational Health 536-3780
- Mountain Medical Family
- Practice 536-5770
- Sierra Cardiology 536-3240
- Sierra Internal Medicine 536-3738
- Sierra Internal Medicine 2 536-5790
- Sierra OB/GYN 536-3750
- Sierra Orthopedic Institute 532-0126
- Sierra Vascular and
- General Surgery Associates 536-5750
- Sonora Oxygen and
- Medical Supply 536-3760
- Sonora Regional Cancer Center 536-5155
- Sonora Regional Home Health 536-5700
- Sonora Regional Imaging Center 536-5180
- Sonora Regional Surgery Center 536-3790
- Yosemite Joint Replacement and
- Orthopedics 536-5780

HEALTHY LIVING is published quarterly as a community benefit from SONORA REGIONAL MEDICAL CENTER, 1000 Greenley Road, Sonora, CA 95370, telephone: 532-5000, website: www.sonoramedicalcenter.org. For questions or comments regarding this publication, please email SRMC@ah.org.

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Building on success

ANDREW JAHN, PRESIDENT AND CEO, SONORA REGIONAL MEDICAL CENTER



It's an exciting time at Sonora Regional Medical Center. Construction plans for the Outpatient Pavilion continue to move forward. The Pavilion will be the new home to Sonora Regional Cancer Center, along with other outpatient services. And now we're ready to start another construction project—a renovation of our rapidly growing emergency department. The added space these projects bring will be welcomed by hospital staff and patients alike. But they're not just about making the hospital bigger—they're about making it better.

That means better suited to changing community needs. People 65 and older now make up the fastest growing demographic in our area. So we're preparing to meet expanding demands for medical services down the road.

This investment includes becoming better equipped—with

state-of-the-art technology. That's an area constantly evolving in medicine, and we're committed to bringing the best of the best here to you.

And this growth enables us to continue to deliver outstanding patient care. Our community deserves that, and you've grown to expect it from us.

The new Cancer Center was made possible, in part, through our ongoing capital campaign. You can read about it on page 4. The center will bring together all of our cancer services in one location, and it will offer a more pleasant, patient-centered environment.

Once the center opens, cancer services now within the hospital will relocate. This will make more room for medical, surgical and intensive care patients.

Making more room is crucial for our emergency department too.

It was designed to see about 20,000 patients per year. But there were more than 31,000 patient visits in 2014. The expansion will help us treat more patients more efficiently—and make the experience more comfortable for our patients and their families. You can read about this project on page 3.

We're building on our past success, and we're investing in a bright future.

Blessings,

Andrew D. Jahn
President and CEO

Growing to serve you

EMERGENCY DEPARTMENT EXPANSION PAVES THE WAY FOR FASTER CARE

More space. More privacy. Less wait.

Those will be the end results of an upcoming remodel of Sonora Regional Medical Center's emergency department.

The project gets underway in July and is expected to be completed in the fall. It will help relieve congestion and make emergency visits more comfortable for patients and their families.

A growing need

According to Brad Morrison, RN, director of emergency services, emergency visits last year were up 13 percent over 2013. That's due, in part, to population growth in the area. But also significant is the fact that the Medical Center's emergency department is now the only one in town. That hasn't always been the case.

These days, the department sees roughly 95 patients a day, says Morrison. "We're pretty overcrowded."

With the renovations:

- Two new beds will be added.
- Additional private rooms will be constructed.
- A room now housing multiple beds will be converted to an internal waiting room for people awaiting imaging or lab results.
- Additional triage and assessment rooms will help staff move patients through the evaluation process more quickly.



- New flooring and paint will create a more welcoming environment.

Thanks for your patience

While work is in progress, some rooms will be out of service. And there's likely to be some noise.

"There will be some minor inconveniences to the staff and the patients during construction," says Morrison. "But the final result will give us a better place to provide care—and a nicer place to receive care."

Prompt Care can be a smart alternative to the emergency department for minor conditions. Read more about your options on page 6.



Tee off for a great cause

It's hard to top a day of golf in the beautiful Sierra Foothills. And it's even better when you're out supporting a great cause. So if golf is your game, mark your calendar for the 19th annual Sonora Regional Medical Center Golf Classic. It's Wednesday, June 10, at Greenhorn Creek Resort in Angels Camp.

This year's Golf Classic supports Project HOPE. Twice a week, the mobile health clinic provides free checkups and medical tests to Sonora residents who don't have access to health care.

The tournament will feature fun events like a helicopter golf ball drop and a longest drive contest. And the \$150 entry fee includes lunch and a banquet after the day's play.

Would you like to sponsor or play in the Golf Classic? Call the Sonora Regional Medical Center Foundation at 536-5029.



'Powerful medicine'

Capital campaign aims to expand cancer care close to home

You might say that Mary Whitehead has two families.

First is her husband of almost 35 years, their two children, and grandchildren, and a large extended family. All told, she has a close-knit network of 40-plus relatives living nearby. And when she was diagnosed with an aggressive form of breast cancer,

they supported her through months of treatments at Sonora Regional Cancer Center.

Then there's what Whitehead calls "my other family." Those are the compassionate people who cared for her at the Cancer Center. "From my doctors and nurses to the receptionists, everyone was just so kind," she recalls.

Take, for example, her chemo

sessions. "I didn't feel as though I was sitting in a sterile room having medicine pumped into my veins," she says. "I felt supported, even loved—like a relative."

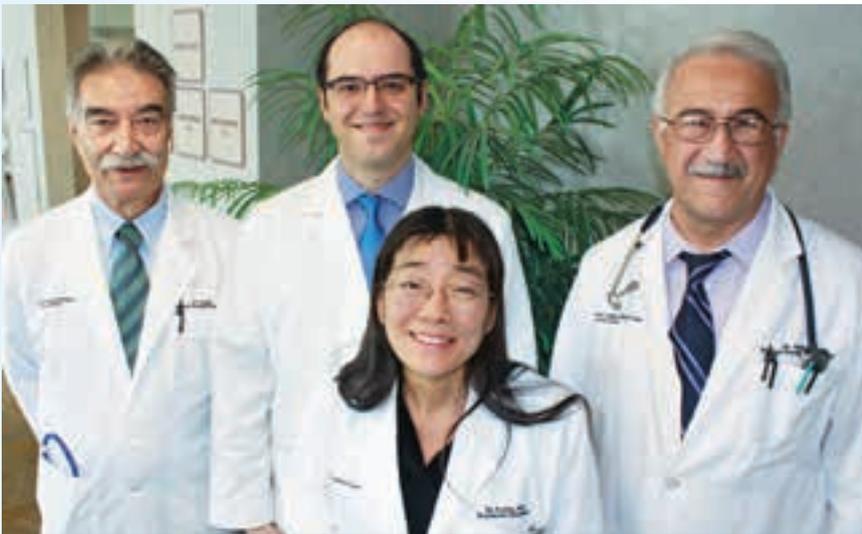
More than two years after her diagnosis, Whitehead is cancer-free. And she says that's in large part due to the Cancer Center: "My care was state-of-the-art, as good as you could find anywhere."

What's more, with the Cancer Center only minutes away from home, she wasn't uprooted for treatment. "I had the comfort of my nearby family. That's powerful medicine," she says.

A chance to say thanks

Now Whitehead wants to give back. And she plans to do so in a generous way—by donating to the capital campaign the Cancer Center launched last August. Its goal: to raise \$3 million from our community to help build a new home for the Cancer Center.

Sonora Regional Medical Center has already invested \$4 million of its reserves in the campaign. And Adventist Health is contributing another \$29 million.



Putting patients first: The Sonora Regional Cancer Center's caring team of physicians is led by director and medical oncologist Roozbeh Mohajer, MD (center back). Medical oncologists (from left) Adbol Mojab, MD; radiation oncologist Mihoko Fujita, MD, PhD; and medical oncologist Mussa Banisadre, MD, round out the team.

“But to complete the expansion, community support is essential,” says Gail Witzlsteiner, director of the Sonora Regional Medical Center Foundation.

So far, the campaign has \$1.2 million in gifts and pledges. And this promising start doesn’t surprise Witzlsteiner. More than a decade ago, gifts from local residents helped create the current Cancer Center. “But now we need to expand to meet our area’s growing need for comprehensive cancer care,” she says.

Community donations will help build a new 65,000-square-foot outpatient pavilion. It will house expanded cancer services on two of its three floors. That will double the Cancer Center’s current space.

The pavilion will be on 4.5 acres of land just a short distance from the Medical Center. And it’s slated to open by the end of 2016.

Help us further cancer care in our community. Call the Foundation at 536-5029 to learn how to give to the capital campaign.

Modern care with a healing touch

The new space will allow the Cancer Center to:

- Shorten wait times for treatment.
- Offer complete imaging services, such as MRI, PET/CT, x-ray, mammography and ultrasound.
- Bring a new linear accelerator to our area, which will allow doctors to more precisely attack cancer cells while sparing nearby healthy tissue.
- Attract more physicians.

Best of all, the pavilion has been carefully designed to be a welcoming place for people touched by cancer. Large windows will let in warm, natural light.

Everyone receiving chemotherapy will have a serene view of our beautiful foothills. And there will be ample room for friends and family—and for privacy.

“We planned this pavilion with patients as our focus,” says Michelle Fuentes, vice president of operations for the Medical Center. “With every decision, we asked, ‘How can we help patients feel cared for?’”

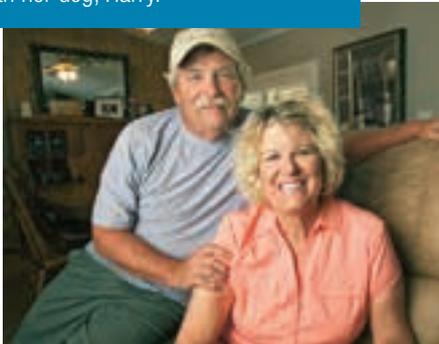
Mary Whitehead says that level of care is why the Cancer Center was the right choice for her. It’s also why she’s certain future patients will feel just as supported as she was.



Mary with her dog, Harry.



Mary’s last day of chemotherapy—with her family outside the Cancer Center.



Mary with her husband, Jerry.



The Cancer Center provides healing in a comfortable atmosphere.

A big thank-you

In August 2014, the Cancer Center’s capital campaign faced a wonderful challenge. An anonymous donor pledged \$200,000—with a helpful catch. The campaign had to raise the same amount in cash gifts by the year’s end. Thanks to many of you, it did.

Other generous gifts include:

- A \$250,000 pledge from H. Randolph and Betty Holder.
- A \$100,000 pledge from Sierra Emergency Medical Group.
- \$50,000 pledges from Ron and Rickey Woodall, Dr. Jim and Bonnie Comazzi, Yosemite Pathology Medical Group, and the Sonora Regional Medical Center Volunteers.



Looking for your Dr. Right? Call the Physician Referral Line at 536-3344 to find a primary doctor for your everyday care.

- Sprains and strains.
- Skin rashes.

Best of all, the staff will see you without an appointment. They offer x-ray and lab test services too.

Another option is the Forest Road Walk-In Clinic in Sonora, which provides both urgent care and family medicine services. The clinic offers same-day appointments for Medi-Cal members.

When it might be an emergency

The Medical Center's 24-hour emergency department is staffed and equipped to handle severe and life-threatening problems. These include things like heart attacks, strokes and serious accidents.

Some signs of a medical emergency include:

- Chest pain or discomfort.
- Deep cuts or bleeding that doesn't stop.
- Severe stomach pain.
- Trouble breathing or shortness of breath.
- Coughing or vomiting blood.
- Sudden, severe headache.
- Sudden vision problems.
- Sudden weakness of the face, arms or legs.
- Sudden dizziness.
- Bad burns.
- Seizures.
- Suicidal thoughts.
- Loss of consciousness.

Sometimes a medical emergency isn't obvious. But if you think there's any chance it might be an emergency, it's best to dial 911 right away.

Emergency? Or not so much?

When Prompt Care may be a better choice

You wake up on Saturday with a sore, scratchy throat and fever. Or maybe your ankle's aching after you tripped and twisted it.

At times like these—when you need medical care after hours or on a weekend—your regular doctor

might not be in. But that doesn't mean you have to wait to start feeling better. Sonora Regional Medical Center has two Prompt Care locations for minor illnesses and injuries.

Of course, the emergency department is the best place to go when you have a true medical emergency. But using Prompt Care for nonemergencies could save you money—and help you get the right care quickly.

When to walk in

Indian Rock Prompt Care in Sonora and Angels Camp Prompt Care are good choices for problems that aren't severe or life-threatening, such as:

- Cold and flu symptoms, like a sore throat or fever.
- Minor burns.
- Minor cuts.

Our hours

- **Angels Camp Prompt Care**
8 a.m. to 6 p.m., every day
- **Indian Rock Prompt Care**
8 a.m. to 6 p.m., every day
- **Forest Road Walk-In Clinic**
9 a.m. to 5 p.m. (closed from noon to 1 p.m.), Monday through Friday

On the other side of the storm

It takes special skill to heal some wounds



Before a wheelchair accident left Carol Newell with a deep cut in her leg, she had no idea specialized wound care existed—or that it would help save her life. But that all changed in 2012 when her doctor sent her to the Center for Wound Care at Sonora Regional Medical Center.

The caring team of doctors and nurses quickly got to know her

and her needs—and developed a treatment plan to regrow tissue on her injured leg.

Healing took time and patience. But Newell is a survivor.

Through it all, she relied on family, faith and the center's staff for support. "I was really blessed," she says. "I received amazing care."

Elite care close to home

Newell isn't alone in praising the Center for Wound Care. Healogics, Inc., which manages 635 U.S. wound care centers, has named it a Center of Distinction or Excellence for four years in a row. To earn this recognition, a wound care center must maintain rigorous standards, including high healing rates and patient satisfaction scores.

Only 88 facilities this year have achieved this status. Marj Adam, RN, clinical program director, says, "Out of so many centers—some in

cities that have every doctor you can imagine—it's spectacular that we're consistently providing this level of care here in the foothills."

A patient-first approach

Without proper treatment, a sore that won't heal can lead to serious complications. So each patient at the Center for Wound Care has a doctor-led team working hard to provide the right care for his or her unique needs, Adam says.

Newell calls the center's doctors and nurses the "crème de la crème."

"They worked as a team—as one," she says. "I could feel that. And it gave me the security I needed. It was a wonderful support, like I've never seen."

Today, although Newell's original wound is healed, she still has significant health challenges. But she's grateful for each moment. "I've come through a storm," she says.



Carol Newell with Edén Smith, MD, medical director for the Center for Wound Care

Healing oxygen

The Center for Wound Care is the only center in the tri-county area that provides advanced wound care, including hyperbaric oxygen therapy (HBOT).

Oxygen under pressure can assist the healing process for certain wounds. And that's exactly what happens when a patient's treatment plan

includes HBOT.

"Advanced therapies like HBOT promote timely healing," says Marj Adam, RN, clinical program director. "That helps prevent future complications—and it gets people back to their normal activities."



You don't need a doctor's referral to come to the Center for Wound Care. Just call 536-5196.



How you can help
expand cancer care
in your neighborhood.

Page 4

Live Well Be Well Center

Event calendar

For a full schedule, go to www.sonoramedicalcenter.org
or email Amy Rolston at Amy.Rolston@ah.org.



Health and wellness

Cardiac Rehab and Exercise Maintenance Live Well Be Well Center, Cardiac Rehabilitation Center, 19747 Greenley Road

Price based on health insurance
Regain confidence and quality of life through exercise, education, good nutrition, lifestyle modification, stress management, medication and weight management.
536-3721

Heartsaver First Aid/CPR

Two sessions, 5:30 to 9 p.m.
\$65 (Medical Center employees: \$35)
If you have a duty to respond to a first aid or cardiac emergency because of job

responsibilities or regulatory requirements or for those who want training for their personal knowledge and preparedness.
536-3230

Lamaze

For expecting mothers to learn how to cope with labor pain in ways that both facilitate labor and promote comfort. **310-694-4133**

Live Well Be Fit

Tuesdays and Thursdays, 9 to 10 a.m. Tuolumne County Senior Center, next to the Public Library
\$10/month
Helps improve overall physical endurance, balance, strength and flexibility.

Living Well Fitness

Tuesdays and Thursdays, 10:30 to 11:30 a.m. and 11:40 a.m. to 12:40 p.m. Live Well Be Well Center, 19747 Greenley Road
\$30/month
Great exercise program for those who haven't exercised in a long time or are living with a chronic disease. Call to reserve a spot.

Smoking Cessation

Live Well Be Well Center, Pulmonary Rehabilitation Clinic, 19747 Greenley Road
\$125 for 8 sessions (Medical Center employees: free)
Kick the habit for life.
536-3726

Wellness Class punch cards may be purchased at any class for \$70 for the full card or \$7 for each punch.

Total Fitness Boot Camp

Tuesdays and Thursdays, 4:30 to 5:30 p.m. and 5:30 to 6:30 p.m., Education Center, 900 Mono Way
\$7 per class = 1 punch on punch card

See how fit you can become with aerobic exercise adjusted to your fitness level. 28 participants max. Call to reserve a spot.

Whole Life Fitness for Seniors

Mondays, Wednesdays and Fridays, 9 to 10 a.m. Tuolumne County Senior Center, next to

the Public Library

\$24/month or \$4/class (12 weeks)
A fun and social class to keep you active and healthy into your golden years.

Yoga

Mondays and Wednesdays, 5:30 to 6:30 p.m., Education Center, 900 Mono Way
\$7 per class = 1 punch on punch card
Tone your body and reduce stress with gentle stretching and breathing exercises. Bring your own mat.

For information about any class or support group, call Amy Rolston at **536-3727** or email Amy.Rolston@ah.org.

Support groups

Adult Diabetes Management

Managing type 1 or type 2 adult diabetes. **536-3728**

Bereavement

A 10-week support program for adults facilitated by trained grief support staff.
536-5687

Cancer

Teaches coping skills and provides a place for people to share concerns and receive emotional support.
536-3717

Freedom from Smoking

For those ready to quit for life! **536-3726**

The Marvelous Mind

Focuses on understanding and responding to depression using a whole-person approach. **352-8776, 536-3727**

Mended Hearts

For heart patients, families and caregivers. Helps patients with the emotional recovery from heart disease. **536-3721**

Neurological

For people who have experienced stroke, brain injury, Parkinson's, Guillain-Barré or multiple sclerosis and for their friends, families and caregivers. **536-5046**

Ostomy

For ostomy patients, families and caregivers. Helps patients improve their quality of life. **536-3283**

Weight-Loss Surgery Support

If you have had or are considering bariatric surgery.
536-5041

Keep in touch with us



Physician referral line: 536-3344



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