



Sutter Lakeside
Hospital

A Sutter Health Affiliate

With You. For Life.

Community Based, Not For Profit

yourhealth

Fall 2006

Bringing Wellness and Health News to Northern California



3 Generations of Care

Balancing work, kids
and aging parents

Page 8

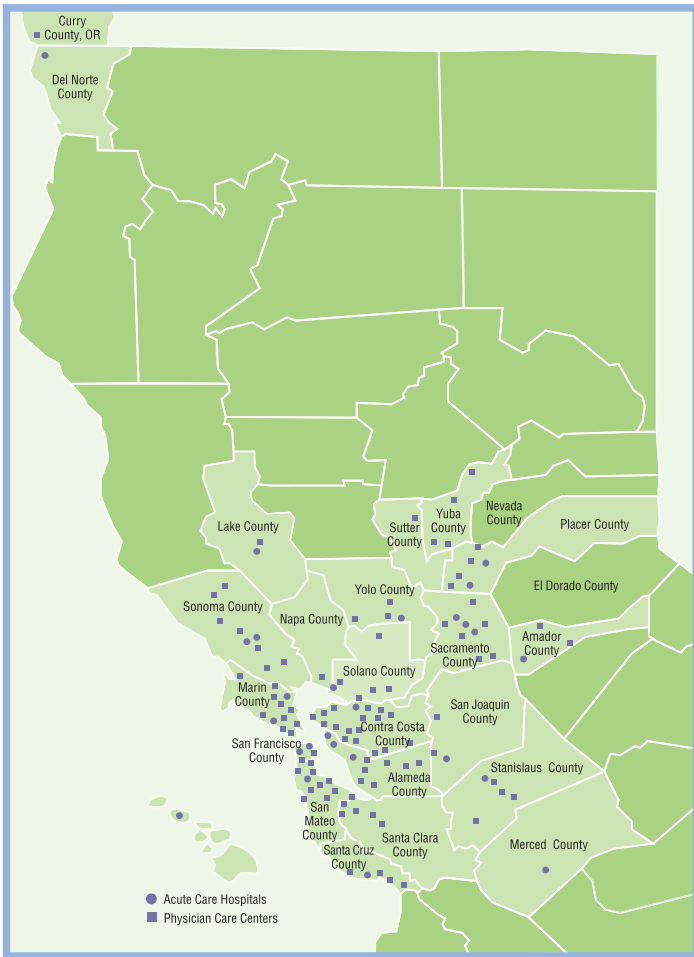
Announcing *The 5 Keys to Wellness* Children's Book

Page 3

Benefiting Our Community

Page 12

The Sutter Health Network

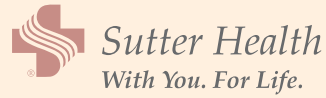


Welcome to *Your Health*

Sutter Lakeside Hospital is part of Sutter Health, a family of not-for-profit hospitals, physician organizations, and other health care services that share resources and expertise to advance health care quality. Serving more than 100 communities in Northern California, Sutter Health is a regional leader in obstetrics, cardiac care, neurosciences, cancer services and orthopedics. Working together and sharing ideas, doctors, hospitals and other health professionals across the Sutter Health network partner with each other and their patients to provide the highest quality, most personalized care possible. *Your Health* is designed to help you and your family make informed decisions about your health care.

You can also find answers to your health questions by visiting our Web site at www.sutterlakeside.org. If you have any questions or comments regarding the *Your Health* newsletter, call Tammi Silva, director of public relations, at 707-262-5122 or e-mail silvat@sutterhealth.org.

Please note that while the information in *Your Health* is gathered from a wide range of medical experts, it may not apply to your particular situation. If you have specific questions about your health, contact your personal physician. Nothing contained in this publication is intended to be for medical diagnosis or treatment.



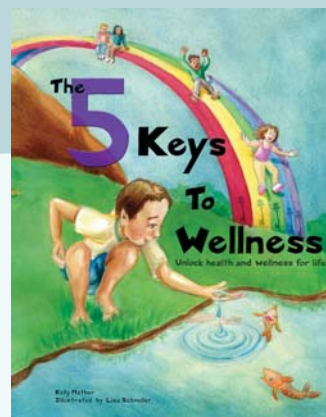
Contents

Curbing Cravings	4
Find out what causes the urge to snack and see a list of healthy foods that can beat “snack attacks.”	
Fed Up With Heartburn?	5
Learn about GERD — a condition that causes heartburn — and how to extinguish the fiery feeling.	
Caught in the Middle	8
Melinda Nat is part of the sandwich generation. She is a baby boomer who takes care of her children and her mother.	
Winning Tips for Sports Safety	10
Prepare for your favorite game or activity with advice on stretching, hydrating, resting and more.	
Breast Cancer Detection Goes High-Tech	11
Discover how new technology is helping doctors diagnose breast cancer early, when it is easiest to treat.	
Benefiting the Community	12
Sutter Lakeside is dedicated to improving the health and wellness of all members of our community.	



Want to learn more about healthy lifestyles? Visit us online at www.sutterlakeside.org. Our Web site contains hundreds of health topics, the latest news on our programs and services, and a directory to help you find a physician.

Announcing *The 5 Keys to Wellness* Children's Book!



Another addition to the Healthy Kids Are Contagious program



Kelly Mather

Upon arriving at Sutter Lakeside Hospital in 2001, Kelly Mather saw the opportunity of a lifetime. She was determined to prove that wellness improves health, and Lake County was the perfect place to pursue this mission. This fall, Mather presents her new book, *The 5 Keys to Wellness: Unlock Health and Wellness for Life!*, to each elementary school in Lake County.

The book introduces children to the four levels of healing and offers children effective strategies for assessing their current health status and becoming well. Mather has taught this curriculum to adults at the Wellness University for five years and has taught these same concepts to children attending Camp Watta Watta. However, she believed there was a need for continued learning opportunities and lesson follow-up. These beliefs compelled Mather to write the book, which she hopes will remind children of these important life strategies.

This is just one more addition to the Healthy Kids Are Contagious program being developed by leaders at Sutter Lakeside Hospital (SLH). They have implemented a comprehensive health-improvement program to bring wellness to every child in Lake County. They offer the following outstanding, effective programs:

Silver Spoon Program

Led by Lisa Pendleton and Cherie Hensley, the Silver Spoon Program provides case-management services and follows all children born at SLH from birth to age 5. The goals are to ensure that each child has support and ongoing access to health care services and to prevent illness.

Reach Out and Read

Led by Marlene Quilala, M.D., Reach Out and Read is a literacy program that accompanies well-child pediatric visits. This program is geared toward addressing language and developmental skills, with an emphasis on helping children reach their full potential.

Health Leadership Network

Led by Director Susan Jen, the Health Leadership Network was developed to pull the health care provider and agency together to collaborate on improving health for children from birth to age 5.

School Site Program

Led by Tammi Silva and Carrie McClure, the school site program was developed to address such issues as childhood obesity, diabetes, inactivity and unhealthy lifestyle choices. The program is taught in a classroom or to large assemblies and includes the topics In a Heartbeat, which teaches about the heart and how to keep it healthy; Back in Action, which provides information about the musculoskeletal system and spine health; Playing It Safe, which discusses health in school sports programs; Lighten Up!, a program of weight-management lessons; The 5 Keys to Wellness, which covers healthy lifestyle behaviors; Mini Wellness University and others.

Camp Watta Watta

Led by Bonnie Hollenback, Maura Anderson, Carrie McClure, Kelly Mather, John Gorbenko and Terry Phelps, Camp Watta Watta is a summer camp developed to inspire and educate children about the importance of a healthy lifestyle. Lessons are provided through the five keys to wellness and focus on nutrition, physical activity, personal balance, breathing, healthy hobbies and adventures.

Mather's book is part of her continuing effort to inspire optimal health. Its principles unlock a lifetime of well-being. "I've seen the five keys to wellness change a child's life instantly," says Mather. "I truly hope everyone will give the children in their life the gift of health and wellness."

The *Snack* Attack

What to Do When Cravings Strike

Some days you just have to have that late-afternoon candy bar, some potato chips or a tasty bowl of ice cream after dinner. So what's the culprit behind these cravings? According to Donna Wood, M.S., R.D., of Sutter Health-affiliated Eden Medical Center, there are a number of theories:

- Low blood sugar.** When blood sugar levels go down, hunger and cravings go up.
 - A change in hormone levels.** Women often have food cravings during pregnancy or just before their menstrual cycles.
 - Low serotonin levels.** Eating carbohydrates can increase the levels of serotonin, a brain chemical that can lift your mood.
- If you suffer from cravings, try the following coping strategies:
- Don't starve yourself.** You'll be more likely to overeat later. Instead, eat a reasonable breakfast, lunch, and dinner, or several mini-meals and snacks. Try to include some protein, fat and carbohydrates every time to keep your blood sugar level even.
 - Eat a variety of foods.** Choose beans, low-fat milk, whole grains, fruits and vegetables.
 - Watch your portions.** Pay attention to serving sizes on the labels; the package may look like a single serving but actually be two or three. Count out a serving and put the excess away. Divide larger packages of food into smaller-sized portions.
 - Try to determine whether your craving is mental or physical.** If it's not physical, are you lonely, bored or sad? If so, do something that addresses the issue.
 - Give in to a desire before it becomes a craving.** But control the portion.

Snacking Do's and Don'ts

DO's



1 oz. baked potato chips or plain pretzels
110 calories



½ cup low-fat frozen yogurt
140 calories



1 serving sugar-free hot cocoa
60 calories



Small frozen fruit and yogurt smoothie with sugar substitute
130 calories



½ whole wheat bagel with light cream cheese
145 calories

DON'Ts



1 oz. regular potato chips
150 calories



½ cup gourmet ice cream
310 calories



1½ oz. chocolate candy bar
230 calories



Small (5 oz.) ice cream shake
270 calories



Plain bagel with cream cheese
340 calories

Is Heartburn Eating You Up Inside?

Too many cups of coffee, an extra slice of pizza, some spicy chili — it doesn't take much to set your chest on fire. What seems like ordinary heartburn, however, may not be so ordinary. It could be a sign of gastroesophageal reflux disease (GERD).

Gastroenterologist and internist Ramakrishna Gollapudi, M.D., of Sutter Delta Medical Center, gives *Your Health* the lowdown on GERD.

YH: What is GERD?

Dr. Gollapudi: GERD occurs when acids and juices from the stomach flow back up the esophagus, the tube that connects the mouth and stomach. This usually happens when the valve between the esophagus and stomach relaxes at the wrong time or doesn't close tightly enough. Weight gain, changes in the body during pregnancy and overeating can also force stomach acid up into the esophagus.

YH: What are the symptoms?

Dr. Gollapudi: The main symptom is frequent heartburn, an uncomfortable burning feeling behind the breastbone. It usually occurs after eating. Sometimes the pain of a heart attack can be confused with heartburn. Everyone should know the symptoms of a heart attack and call 911 right away if they occur.

YH: How is GERD diagnosed?

Dr. Gollapudi: Occasional heartburn doesn't mean that you have GERD. Heartburn due to GERD occurs more often and lasts longer. When a patient complains of frequent heartburn, I perform a medical history evaluation and physical exam. If I suspect GERD, I may recommend nonprescription or prescription medications to treat the symptoms. If the medications work, then the diagnosis is GERD and no other tests are needed. In some cases, I may perform an endoscopy or other tests to evaluate the esophagus and stomach.

YH: What's the best way to treat GERD?

Dr. Gollapudi: Some people respond to over-the-counter antacids. People with severe symptoms usually need stronger prescription medications. Medication alone isn't enough, though. People need to make lifestyle changes, too, such as avoiding tobacco and foods that make symptoms worse. Surgery may be an option for some people. You and your doctor can decide what's best for you.

Tips to Avoid GERD

- Quit smoking. Nicotine relaxes the valve between the esophagus and stomach.
- Avoid certain foods, such as chocolate; onions; peppermint; caffeinated drinks; alcohol; sugary, fatty or spicy foods; and citrus and tomato products.
- Eat smaller, more frequent meals.
- Maintain a normal weight.
- Some medications may cause heartburn. Check with your doctor.
- Raise the head of your bed 6 to 8 inches. Using extra pillows isn't enough.



Sutter Lakeside Is Tops in

Patient Safety and Health Care Quality

Sutter Lakeside Hospital (SLH)

was recently recognized for outstanding commitment to health care quality and patient safety by The Leapfrog Group, a consortium of some of the nation's largest employers that challenge health care providers to make significant "leaps" in several specific health care-related measures. The Excellence in Patient Safety and Health Care Quality Award is based on results from The Leapfrog Group Hospital Quality and Safety Survey. The recognition means that SLH performs among the top 10 percent of the 216 hospitals statewide that responded to the survey. The prestigious award was presented to only 22 hospitals in all of California. About one-third of the winning facilities are affiliated with Sutter Health.

"We're proud of our efforts around patient safety and clinical quality," says Kelly Mather, chief executive officer of Sutter Lakeside. "Leapfrog initiated one of the first national report cards to focus on patient safety practices, and we have voluntarily participated in Leapfrog surveys since 2003." SLH received this recognition based on outstanding scores for either instituting or making great strides in achieving The Leapfrog Group's four hospital quality and safety practices:

- **Computer physician order entry** — using computers to enter medication orders
- **Evidence-based hospital referral** — choosing hospitals with extensive experience and the best results with certain high-risk surgeries and conditions such as coronary artery bypass, abdominal aortic aneurysm repair and high-risk births
- **Intensive care unit (ICU) staffing** by physicians experienced in critical care medicine
- **The Leapfrog Safe Practices Score**, based on the National Quality Forum-endorsed Safe Practices, which includes 27 procedures to reduce preventable medical mistakes



One-third of all hospitals to receive this prestigious award are affiliated with Sutter Health.

As part of an ongoing commitment to advancing quality in health care and increasing patient safety, Sutter Health has invested more than \$1.2 billion in advanced technologies to provide better, safer care for patients. This broad range of patient safety initiatives includes a systemwide electronic health record, bar-coding technology to improve hospital medication delivery safety and an ICU supported by additional specialist coverage via telemedicine.

SLH and other Sutter affiliates also work together on a number of clinical initiatives that draw upon evidence-based medicine and improve patient care.

"We actively participate in these types of surveys, and the data are used to identify opportunities to improve care, increase safety and provide better outcomes for the patients we serve," says Mather.

This award highlights the dedication of our physicians, nurses and other professionals and is one example of how we are working together to make significant leaps in patient care.

Our Nurses Care for the Body and Soul

By Cheryl Hensley, R.N., BSN,
M.S., chief nursing officer

Sutter Lakeside Hospital (SLH) nurses are leaders who promote wellness through life's transitions. They are passionate about nursing, committed to lifelong learning, innovative through team collaboration, and partners with physicians, patients, families and our communities. Our nurses are on the front line of patient care, delivering hands-on care while offering support and encouragement to the patient and his or her family. Our nurses play a vital role in meeting the health care needs of our community and contribute to improvements in the overall quality of care. This year's theme for National Nurses Week, a celebration beginning on National Nurses Day and ending on the birthday of the pioneer of nursing, Florence Nightingale, celebrated the strength, commitment and compassion embodied by the nurses who dedicate their lives to this demanding career, which requires both physical and spiritual strength. Each nurse embraces his or her mission and involves the patient and family in all aspects of the healing experience.

Always Learning

SLH nurses demonstrate their commitment to high-quality patient care through their pursuit of advanced certifications and ongoing nursing workshops. Increasingly complex patient needs within the current health care delivery system are best met when registered nurses, certified in specialty practice, provide care. SLH supports the educational goals through tuition-reimbursement programs. Our nurses have received certifications including inpatient obstetrics, childbirth educator, critical care registered nurse, lactation consultant, certified operating room nurse, certified emergency nurse and certified perianesthesia nurse (recovery room nursing).

Always Caring

Our nurses championed the implementation of a palliative care program at SLH in collaboration with our physicians and pharmacy. The World Health Organization defines palliative care as "the active total care of patients whose disease is not responsive to curative treatment." Palliative care constitutes an array of services that ease the transition from life to death. The goal of palliative care is to achieve the best quality of life for patients and their family. It includes management of pain and physical symptoms, but goes well beyond the physical. Palliative care also includes care and sympathy.

We are proud of our nursing staff. They touch the lives of our patients every day with compassion as they strive for excellence in the nursing care they provide.



Caught in the Middle

Baby boomers find themselves sandwiched between two generations

Melinda Nat (center) shares a laugh with her mother and daughter Jacque.

Every morning, Melinda Nat and her husband gather with their three daughters for the routine morning powwow. "OK, what's everyone doing after school today?" asks Nat as she rushes to finish making the girls' lunches.

"I have basketball," says her 13-year-old daughter, Christie, as she adjusts her backpack. "I have soccer," adds 7-year-old Kaity while tying her shoelaces. "And I have to go to the Destination Imagination program," chimes in 16-year-old Jacque as she grabs her purse and books.

After making mental notes of who needs to be where at what time, Nat maps out her own busy schedule. Between raising her three daughters and working full-time as a speech therapist in Grass Valley, Nat helps care for her 77-year-old mother.

A Balancing Act

Nat's mother has Parkinson's disease. She lives in an assisted-living home in Sonoma County and relies on Nat and her other three daughters, Jenny, Susan and Mary, to care for her. From routine doctors' appointments to visits with medical specialists, the sisters juggle their mother's needs while raising their own families.

"Some days we feel incredibly overloaded," says Nat. "So we try to balance the energy we put into caring for Mom with the energy of caring for our families. Our kids are growing up so fast, and we want to be here for them as much as possible."

Take Time for Yourself

Nat is among the many Americans ages 42 to 60 who are caught between the responsibilities of taking care of their children and aging parents, according to a recent Pew study. A part of what's called the "sandwich generation," today's baby boomers are living more hectic and stressful lives.

"This lifestyle can indeed be stressful," says Gregory Coe, M.D., of Sutter Solano Medical Center, Nat's mother's primary care physician. "You must take time out for yourself and, if possible, delegate some of the duties to other family members. As often as you can, take advantage of opportunities to lighten the load to moderate your stress."

What's your stress level?

The Top 5 Pieces of Information You Need

Being prepared is the most important thing you can do in case your parents need emergency care. According to Dr. Coe, these are the top five pieces of information about your parents' health that you need:

- 1. Advance health care directive.** Encourage your parents to create an advance directive. This document is a tool to help people communicate their wishes about future medical care if they become unable to speak for themselves. It allows them to appoint an agent who has power of attorney to make care and treatment decisions on their behalf. Make sure that your parents' doctors have a copy and that you know where a copy is, too.
- 2. Medications.** Keep a list of all the medications your parents take.
- 3. List of allergies.** Know which medications your parents are allergic to.
- 4. Medical conditions.** Be aware of your parents' medical conditions, such as heart disease or diabetes.
- 5. Doctors' names.** Keep a list of your parents' doctors' names and numbers. It's also important to know the name of their health insurance provider and policy number.

According to Dr. Coe, sandwich-generation stress can also lead to certain health problems such as heart disease, high blood pressure and ulcers. "Maintaining a healthy lifestyle through diet and exercise is your best defense against stress," he adds.

That is exactly how Nat copes with her everyday stresses. She and her husband make a point to take spinning classes at the local gym about four times a week. They also enjoy an occasional nightly walk.

"Having a supportive husband and family has played a major role in helping to alleviate stress," adds Nat. "A lot of mental and physical energy goes into taking care of a family, working full-time and caring for an aging parent. Taking time out for yourself is key to survival."

Baby Boomers Will Expect More

Nearly 8,000 people will turn age 60 each day during 2006, according to projections from the U.S. Census Bureau. These individuals will have a profound impact on the delivery of health care. Baby boomers expect to receive health care services where they want them, how they want them, and with exceptional quality and service.

The Sutter Health network recognizes the high demand for these services. The network is planning to invest approximately \$6.6 billion during the next 10 years to improve or replace dozens of Northern California community-based outpatient care centers and hospitals. A greater percentage of the total investment is planned to be in outpatient facilities, including physician clinics and surgery centers.

You can find out by using Sutter Health's interactive stress tool at www.sutterhealth.org.



Play Like a Winner

Don't be sidelined by a sports injury

All exercise comes with some risk for injury. But with proper precautions and conditioning, you can greatly reduce your chances of getting hurt. Frank Chen, M.D., sports medicine physician and orthopedic surgeon of the Sutter Health-affiliated Palo Alto Medical Foundation's Palo Alto Clinic, offers some helpful tips on how to avoid some of the most common sports injuries.

Warm Up and Stretch

Warm up your muscles by walking or jogging in place or starting activities such as cycling at a slow pace. After three to five minutes, perform a few simple stretches specific to your sport or activity. Pay attention to areas that you have injured before. Stretch again after exercising to maximize flexibility.

Avoid Overtraining and Soreness

After a strenuous workout, allow at least 24 to 48 hours for muscles to recover. Gradually increase the intensity and duration of your workouts. Some soreness is common after exercising, but if it persists after three days, you may need to rest longer and then gradually resume your activity at a lower intensity.

Learn the Rules and Get the Gear

Know the rules of your sport and the equipment you may use in the gym or on the field. Follow your sport's rules of contact and wear appropriate protective equipment.

Wear Appropriate Footwear

Invest in a good pair of shoes specific to your sport and body. For example, runners need shoes with more cushioning, whereas basketball players need footwear with more ankle support. Someone with flat feet will need a different shoe from someone with a high arch.

Maintain Proper Hydration

Drink fluids about 15 minutes prior to starting your activity and every 20 to 30 minutes during your activity.

Stop if You Hurt

At the first sign of pain, immediately stop the activity and follow the RICE formula for the next 48 hours:

- Rest from any activity that causes pain.
- Ice the injury for 20 minutes several times a day.
- Compress the injured area firmly with an elastic wrap for 24 to 48 hours.
- Elevate the injury above heart level.

If you see no improvement or the pain or swelling gets worse, call your doctor or 1-800-4SUTTER to find a sports medicine specialist near you.

If you are older than age 35 or have a history of heart disease or other serious medical conditions, consult your doctor before starting an exercise program.

Spotting Breast Cancer Sooner

New technology boosts early breast cancer detection

For the more than 200,000 American women diagnosed with breast cancer every year, early detection could mean the difference between life and death. Studies show that 95 percent of breast cancers can be cured if caught at a very early stage. Fortunately, finding breast cancer early is easier than ever. Using digital mammography and other new technology, experts across the Sutter Health network are detecting the majority of breast cancers in Stage 0 or Stage I, when the cancer is easiest to treat.

Research shows that digital mammography is better than conventional, film-based mammography at detecting breast cancer in women with dense breasts (usually younger women). Conventional mammography can still detect 85 to 90 percent of breast cancers in women older than age 50.

"We can manipulate digital images to get a better look at suspicious areas in the breast and see things we couldn't on a film X-ray," says Michael Cassidy, M.D., an oncologist at Alta Bates Summit Medical Center and chair of the Sutter Health Breast Cancer Committee. "When combined with special computer-aided detection (CAD) software, digital mammography becomes even more accurate."

Digital mammography and CAD are available at many Sutter Health affiliates and continue to be installed.

Dr. Cassidy reminds women of their key role in identifying breast cancer. "Regular breast self-exams and screenings are your best protection against breast cancer," he says. "Even the best technology won't help if you never get screened."



Get Your Breast Cancer Notebook

Learning that you have breast cancer is difficult. Finding your way through the treatment process can be even tougher. Sutter Health's new *Breast Cancer Notebook* is designed to help you during this time. The 14-chapter notebook outlines the treatment process, illustrates surgeries and exercises, and provides other valuable information. Ask your Sutter Health-affiliated health care provider for the free notebook. You can also check it out online at www.cancer.sutterhealth.org/information/bc_notebook.

Watch Your Health — on TV! Did you know that there is more than one form of breast cancer? Learn more by watching the *Your Health* TV show. Check your local listings.



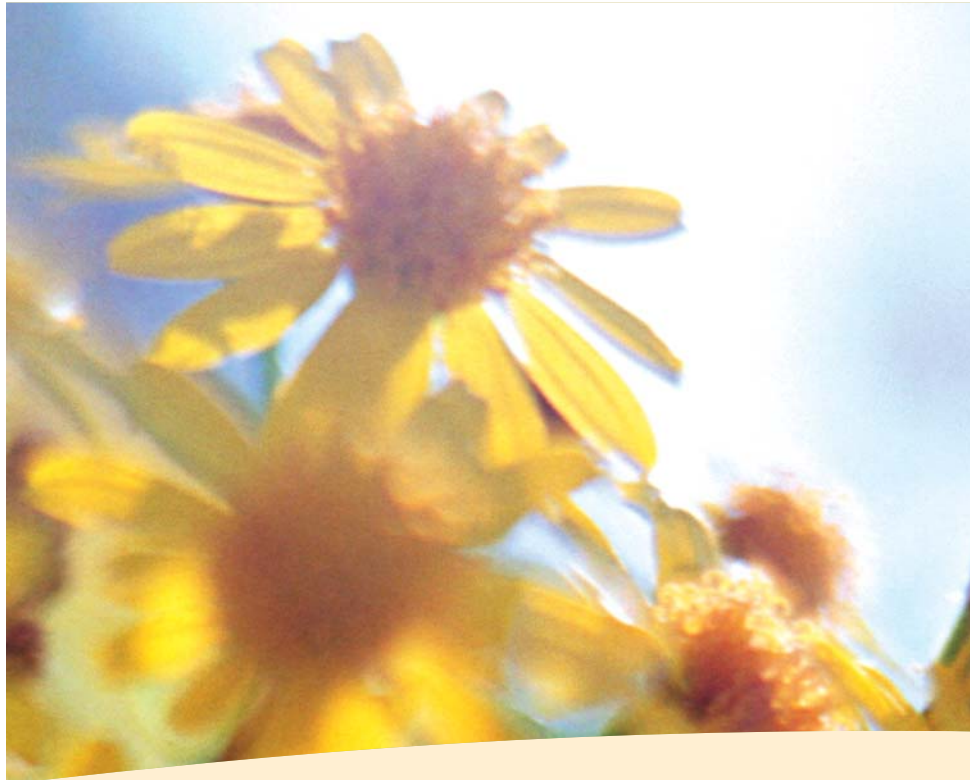
Benefiting Our Community

Sutter Lakeside Hospital (SLH) provides a shining example of some of the great works that community-minded organizations could be doing in their respective communities. The accomplishments of SLH are tremendous, as is the dedication of its staff, physicians, board of directors and foundation to excellence, giving, vision and community-building. In 2005, the facility gave more than \$16 million in indigent and charity care to patients. The hospital and everyone associated with it go above and beyond to exceed services typically provided by community hospitals by offering support at all levels to local charities, organizations, schools, individuals and causes. It also brings innovative and badly needed programs and services to all members of its community and surrounding area regardless of their ability to pay.

Growing With You

As part of its dedication to the health and growth of our community, SLH:

- Started the Lakeside Wellness Foundation and Wellness Center to improve the health of the community and continues to grow and enhance services geared toward that goal
- Introduced, sponsored and funded the first Dickens' Christmas Market in Lake County, contributing \$15,000, and continues to partner with the Lakeport Regional Chamber of Commerce, the Main Street Association, the City of Lakeport and others to present this annual community event
- Sponsored the American Cancer Society's first annual Relay for Life in Lake County, contributing \$10,000, and continues to participate every year
- Supports children's groups such as Boy Scouts, Girl Scouts, Lake County youth sports programs, Lake County school fund-raisers, special programs and events, sober graduate nights, high school job shadow days, field trip safety and other youth programs, contributing \$15,000
- Offers free classes to teachers and health care providers through Wellness University, contributing \$15,000
- Provides annual free and low-cost programs such as Breast Cancer Awareness "Free Mammogram Days" and Flu Shot Clinic, contributing \$12,000
- Offers free and low-cost classes and support groups such as Prenatal Education, Childbirth Preparation, Breast-Feeding Support Group, Transitioning Into Menopause, Living With CHF, Gestational Diabetes Education, Ostomy Support, Stress Reduction and Relaxation, Lighten Up!, and Wellness University, contributing \$15,000
- Supports the Volunteer of the Year Award for the STARS of Lake County program, the Lake County Wine Auction, L.E.E.F., Konocti Harbor Summerfest and Lakeport's Summer Concert in the Park, contributing \$15,000
- Developed and implemented the Silver Spoon Program, which provides wellness education, services and case management to all mothers who deliver at SLH and follows babies until age 5, with a contribution of \$10,000
- Established the countywide Health Leadership Network, which works to improve health outcomes for pregnant women and children up to age 5, contributing \$12,000 and staff time
- Established and administers the Lake County Tobacco Coalition



- Provides financial and administrative support to Sutter Lakeside Community Services, which provides family services to at-risk populations, contributing \$380,000 in 2005
- Provides free transport services to the hospital campus for patients unable to afford transportation, contributing \$42,000
- Hosts physician lectures for the community on disease-management topics, contributing \$6,000
- Implemented Healthy Kids Are Contagious and the Healthy Mascot programs, which are designed to provide students and teachers with school-based educational opportunities that support healthy lifestyle choices. SLH projects that it will spend about \$100,000 on this program in 2006.

The hospital also provides new programs and services historically unavailable to our community on an ongoing basis. SLH is proud to contribute to the growth of Lake County through these continued efforts.

A Great Place to Work

The community atmosphere of Sutter Lakeside extends to everyone. The board of directors and hospital leaders are committed to the success of each team member, the hospital and the community. SLH employs more than 465 people and successfully recruits new physicians to Lake County every year. The hospital understands the importance of offering a professional and rewarding work environment for its staff — its most important asset. In fact, by the end of 2005, Sutter

Distribution of Sutter Lakeside Community Benefits Dollars, 2005 (\$000)

Services for the Poor and Underserved

Traditional charity care	\$280
Unpaid costs of public programs:	
Medi-Cal	\$5,168
MIA-indigent programs	\$1,184

Benefits for the Broader Community

Unpaid cost of Medicare	\$9,181
Nonbilled services	\$145
Education and research	\$120
Cash and in-kind donations	\$404
Other community benefits	\$13

Total Community Benefits	\$16,495
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Lakeside ranked among the highest for physician and staff satisfaction in the Sutter Health network. This satisfaction, coupled with its continued commitment to improve the health of the community, makes SLH a vital partner in building a strong and viable community for generations to come.

Benefiting the Community One Step at a Time

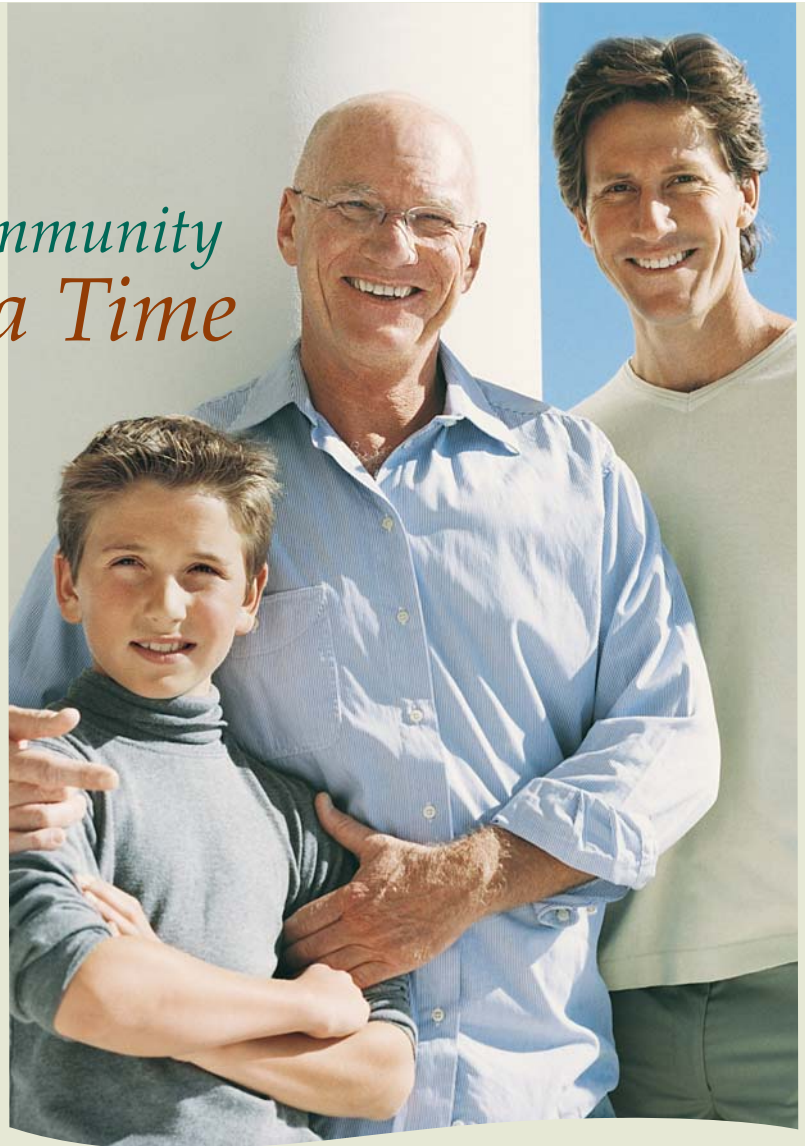
Sutter Lakeside Hospital (SLH) provided financial support and donations under its community benefit program in 2005. SLH supported many organizations with the goals of improving the health of a targeted group or individual and addressing a specific community need. Its objective is to collaborate with local agencies to identify health disparities and partner in the development of programs and services to attend to specific needs.

In addition, SLH is developing a formal community benefit plan and grant process that will make funds available for programs and services that align with the hospital's mission to improve the health of the community. Its aim is to develop specific criteria that will enable organizations that target vulnerable populations and unmet needs in the community to submit applications for financial support.

Here are more 2005 recipients of SLH's community benefit financial contributions, donations or program support:

- Ukiah Valley Adult School, registered nurse student clinical rotation/shadowing program and licensed vocational nurse (LVN) program, with an in-kind donation of \$25,000
- Blood Bank of the Redwoods, with in-kind donations of \$9,000
- Hospice Services of Lake County, which has an SLH staff member on the board of directors and received \$5,000 through an in-kind donation and staff time
- March of Dimes, which received \$3,000 through an in-kind donation and staff time for its annual fund-raiser
- Mendocino College LVN Bridge Program and registered nurse student clinical rotations, with \$60,000
- Coyote Valley Elementary School first aid backpacks for field trips, contributing \$1,000
- Westside Community Park fund-raiser and auction, with a \$250 contribution
- The emergency and first aid station at Lake County's first international extreme sports event, with a \$4,000 contribution
- Leukemia and Lymphoma Society fund-raiser, with a contribution of \$150
- Wine Auction Alliance fund-raising benefit, contributing \$2,000
- Oaks Community Center, with an in-kind donation of \$250
- Lakeport Senior Center with a holiday food basket contribution of \$400
- Lucerne Senior Center Meals on Wheels, with a contribution of \$500
- Youth scholarships to wellness camps, leadership training and Make-A-Difference events, contributing \$20,000
- The United Way Amazing Race, with a contribution of \$500

This list represents only a small number of the organizations and programs SLH supported, funded, staffed or offered in 2005. Everyone at SLH is proud to be part of a passionate community effort to improve health and look forward to developing new partnerships and streamlining its community benefit program. The hospital's staff, physicians, board of directors and foundation would like to express their gratitude to the community for your support in the coming years.



Sutter Lakeside Hospital

Classes and Support Groups

Sutter Lakeside Wellness Center Fitness Classes

5176 Hill Road East
Lakeport, CA 95453
707-262-5091

Beginning Tai Chi

- ▶ Tuesday, 4:30 to 5:15 p.m.

Body Sculpt

- ▶ Monday and Wednesday, 4:15 to 5:15 p.m.

Cardio Blast

- ▶ Tuesday, 6 to 7 p.m.

Gentle Yoga

- ▶ Monday and Wednesday, 4 to 5 p.m.

Intermediate Tai Chi

- ▶ Tuesday, 5:15 to 6 p.m.

Line Dance

- ▶ Wednesday, 10 to 11:15 a.m.

Mat and Ball Pilates

- ▶ Tuesday and Thursday, 9 to 10 a.m.

Pilates

- ▶ Monday, Wednesday and Thursday, 5:30 to 6:30 p.m.

Step and Sculpt

- ▶ Tuesday, 4:30 to 5:30 p.m.

Step Circuit

- ▶ Thursday, 5 to 6 p.m.

Yoga

- ▶ Monday and Wednesday, 5:30 to 6:45 p.m., and Friday, 4 to 5:15 p.m.

Sutter Lakeside Hospital Family Birth Center

5176 Hill Road East
Lakeport, CA 95453
707-262-5085

Preparation for Childbirth

Preparation for a Vaginal Delivery After Cesarean Section

Refresher Childbirth Series

Ongoing Sutter Lakeside Hospital Support Groups

Better Breathers Club

- ▶ Wellness Center, 707-527-5864

Breast-Feeding Information and Support

- ▶ Family Birth Center, 707-262-5085

Diabetes Outreach and Support for Kids

- ▶ Wellness Center, 707-279-1432

Gestational Diabetes

- ▶ Outpatient Medical Services, 707-262-5128

Living With Congestive Heart Failure

- ▶ Cardiac Wellness and Rehabilitation, 707-262-5084

Ostomy Support Group

- ▶ Home Medical Services, 707-263-7400

Transitioning Into Menopause

- ▶ Wellness Center, 707-263-2998

Sutter Lakeside Hospital Wellness Education

5176 Hill Road East
Lakeport, CA 95453
707-263-2998

Lighten Up!

- ▶ This eight-week program helps individuals understand the reasons behind overeating, the realities of fad dieting and how to develop a successful life-long plan for weight management.

Personal Fitness Coaching

- ▶ A trainer certified by the National Exercise Trainers Association works with individuals to build a personalized fitness program.

Stress Reduction and Relaxation Clinic

- ▶ This eight-week class teaches participants to change their perception of and response to stress.

Wellness University

- ▶ This three-month intensive course teaches individuals how to attain optimal wellness.

New Wellness Center classes and times are added often. Call 707-262-5091 to request a copy of the latest calendar.

Here's to Your Health — on the Radio!

Sutter Lakeside Hospital Hosts Monthly Radio Talk Show on KXBX-AM 1270

Join experts from Sutter Lakeside Hospital as they discuss a variety of topics surrounding health and wellness as well as new programs and services.

Each show airs at 9 a.m. and will have a section for your questions and comments. The shows will also feature guests who will give tips on how to make healthy choices.

Upcoming Shows

Aug. 16 — Cheryl Hensley, R.N., BSN, M.S., chief nursing officer, will discuss nursing care at Sutter Lakeside Hospital and the importance of newborn hearing screening.

Sept. 20 — Marlene Quilala, M.D., will talk about childhood asthma.

Oct. 18 — Leslie Lovejoy will discuss the Lakeside Wellness Foundation and the important health programs it supports.

Nov. 15 — Vera McKinney, NETA-certified fitness trainer, will provide tips to help you honor your diet and exercise routines during the holidays.

Dec. 20 — Diane Pege, M.D., will discuss New Year's resolution plans.

Sutter Lakeside Hospital is dedicated to improving the health of the community and invites you to join us in our wellness education to learn how you can become healthier. For more information, please call Tammi Silva, public relations director, at 707-262-5122 or e-mail her at silvat@sutterhealth.org.



**Sutter Lakeside
Hospital**

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a physician affiliated with
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