



Sutter Tracy
Community Hospital

A Sutter Health Affiliate

With You. For Life.

your health

Summer 2009

Bringing Wellness and Health News to Northern California

Community Based, Not For Profit



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Your Health from Sutter Tracy

Sutter Tracy Community Hospital is part of Sutter Health, a family of doctors, not-for-profit hospitals and other health care service providers that join resources and share expertise to advance health care quality and access for patients in more than 100 Northern California cities and towns. The Sutter Medical Network includes many of California's top-performing, highest-quality physician organizations as measured annually by the Integrated Healthcare Organization. Sutter-affiliated hospitals are regional leaders in cardiac care, women's and children's services, cancer care, orthopedics and advanced patient safety technology.

For questions or comments about *Your Health*, please call Karen Mudd at 209-835-1500.

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.

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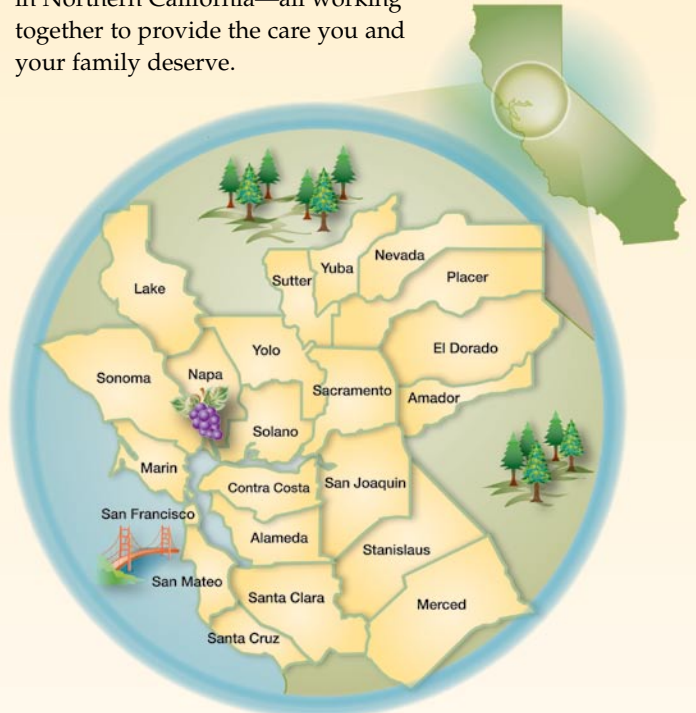
Volume 10, No. 2

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Your Sutter Health Network

Sutter Health includes some of the most respected doctors, hospitals and other health care providers in Northern California—all working together to provide the care you and your family deserve.



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Healthy Connections Gives Families a **Second Chance**

Two years ago, Angela Esparza was living on the streets of Los Angeles. Her five children were in foster care, and her husband was in jail for assaulting her. Overwhelmed, the 29-year-old moved to Tracy to be with her two sisters.

Fortunately, Esparza learned about the Family Success Team program at Healthy Connections. The program helps families get through tough times by giving them the tools and encouragement they need to get their lives back on track. The team includes professionals from public and private social services agencies.

"Most people don't know how to access the many community services available to help them through difficult times," says Patricia Alvarez-Palma, Esparza's case worker at Healthy Connections. "Angela's team helped her develop an action plan to reach her goals and put her in touch with organizations that could help her. She made incredible progress in a short time."

Last February, all of Esparza's hard work paid off. She and her five children moved into a new home and started a new life together.

"My Family Success Team really helped turn my life around, especially Patricia," says Esparza. "It's amazing to wake up with my children every day and hear them say 'I love you, Mom.' I'm so grateful to Healthy Connections and my family and friends for being there for me."



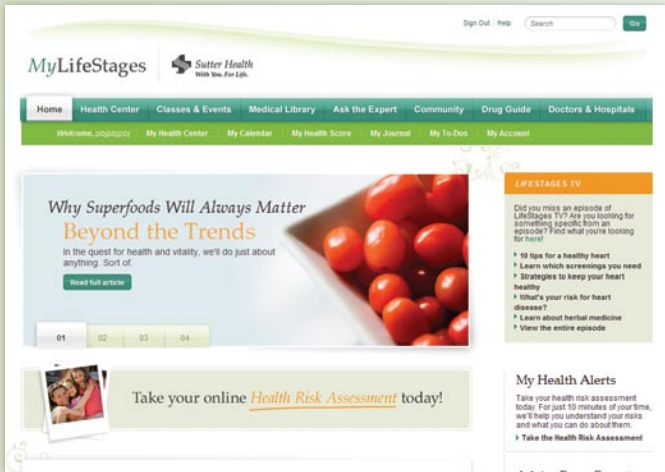
Angela Esparza (center) and her children moved into a new home with the support and encouragement of the Family Success Team at Healthy Connections.

We're Committed to Your Health

The Sutter Tracy Healthy Connections Resource Center is just one of the ways Sutter Tracy Community Hospital helps to create a healthy community. Please see page 6 to learn more about Sutter Tracy's commitment to protect the health of the community.

Can Healthy Connections Help You?

If you or someone you know may benefit from Healthy Connections' Family Success Team program, please call **209-833-2420**.



Take Care, Take Charge at MyLifeStages.org

What if you had 24-hour access to medical experts for health questions and concerns—right from your desktop? You do.

MyLifestages.org—Sutter Health’s new interactive and free Web site especially for women—instantly connects you with local experts in women’s health, allergies, heart care, cancer treatment, bone health, diabetes management, nutrition and much more. Log on to **mylifestages.org** to find the latest health news and information, read blogs from Sutter Health medical experts, learn about nearby Sutter Health programs and classes, or join discussion forums.

MyLifestages.org is your one-stop health-solutions resource from the community health care system you trust: Sutter Health. Visit **mylifestages.org** today to create your own free personalized account.

Stop Allergy Suffering

“I’m fine—it’s just allergies,” you say, as you sneeze and reach for another tissue. You may think that allergies are just something to accept and endure, as best you can. Yet without proper treatment, allergy symptoms can disrupt your life.

“Self-treating allergies is a hit-and-miss proposition,” says allergist Steve Rubinstein, M.D., with Sutter Health–affiliated Palo Alto Medical Foundation. “If allergies are mild, nonprescription remedies may be enough. But if symptoms are chronic or debilitating, work with your doctor.”

Physicians able to assess and treat allergy symptoms include pediatricians, family medicine doctors, internists, allergists and pulmonologists. Allergists have specialized training in preventing and treating allergies. A doctor can help you identify and avoid triggers and recommend the right medicines to safely relieve symptoms with minimal side effects. Some prescription medicines or allergy injection therapy can prevent symptoms altogether.

See a doctor if the following statements apply to you.

- My allergies (or allergy medicines) cause tiredness, affect my concentration, disrupt my sleep or limit my daily activities.
- I have missed work or school due to allergies.
- My allergies have led to sinus or ear infections or asthma.



Read Our Expert’s Blog on Allergies

Visit **mylifestages.org** for more insights into seasonal allergies and how to minimize their impact, provided by Steve Rubinstein, M.D. Log on to the Web site, select “Expert Blogs” and then “All About Allergies.”



Team Up for True Allergy Relief!

Don’t suffer through another allergy season. You can find a Sutter Health–affiliated physician who will work with you to ease allergy symptoms. Visit **thedoctorforyou.com**.



Everyone Has a Story ... Our Story Is You

Summertime ... and the Breathin' Is Easy

With help from Sutter Health, three brothers corral their asthma

For the three young Denier brothers, who live on a ranch in the Sacramento County community of Galt, it's the simple things that matter the most.

"I like to ride horses," says Ryan.

"I like to work on tractors," adds Chance.

"I like to run around our alfalfa fields," says Brandon.

Enjoying the fresh air and outdoor activities of their ranch home is something these kids don't take for granted. All three can remember a time when their most difficult daily chore was simply breathing in and out.

Throughout their childhood, the Denier boys have suffered from asthma, a chronic respiratory condition that can flare up with exposure to dust, pollen, wind and animal dander. Of course, the young ranchers face these environmental elements every day, which meant frequent and sometimes frightening attacks of coughing, wheezing and shortness of breath. That was their story ... until they came to Sutter Gould Medical Foundation for evaluation and treatment.

There, the physicians examined each boy, reviewed their medical histories and tailored an asthma management plan to each one's individual needs. Two of the boys have been coping with asthma since they were babies, after symptoms first appeared following a respiratory syncytial virus (RSV) infection. All three brothers needed to learn how to identify their particular asthma triggers so they could take measures to avoid them. In addition, they each needed reliable medication that would help prevent asthma flare-ups, as well as provide quick relief when breathing problems arose.

Today, the boys (and their parents) have learned to successfully manage asthma episodes and are back to doing what they love—enjoying the great outdoors.

"We're the Denier brothers, and that's our story!"



*The Denier brothers:
(left to right) Chance, Ryan and Brandon*



"Getting the Denier boys back to a normal, healthy life—that was my goal. I am proud to have been a part of helping their story end happily."

—Pediatrician Karen Buchler, M.D., of Sutter Gould Medical Foundation, one of the Sutter physicians who has cared for the Denier family

Tell Us Your Story!

If you would like to share your Sutter Health experience, visit www.sutterhealth.org/stories. If your story is selected, we will contact you to discuss how we can help tell your story in print or online, with complete respect for your privacy.



Investing in the Health of Our Community

Imagine being diagnosed with cancer and not having health insurance or having a sick child and not being able to afford a visit to the doctor. These scenarios are all too real for thousands of people in our community. That's where Sutter Tracy Community Hospital comes in.

How We Protect Your Health

In 2008 our hospital invested more than \$3 million in charity health care and community-based programs. This helped provide medical care for uninsured and underinsured patients. It also helped fund programs benefiting people of all ages and backgrounds—from health fairs and health screenings to education classes and community grants.

Our hospital also spent more than \$8.4 million to cover the unpaid costs of Medi-Cal and other public programs. Combined, our community benefit funds

total \$11.4 million. To further improve the wellness of Tracy-area residents, the Tracy Hospital Foundation contributed \$300,000 to community benefit programs in 2008.

More Demand for Services

Given the current economic crisis and the rise in unemployment, Sutter Tracy CEO David M. Thompson expects even more people and organizations to turn to the hospital and the Foundation for help in 2009.

"People are losing their health insurance along with their jobs. We want them to know that we will do our best to help meet the health care needs of everyone in our community during these tough times," says Thompson. "Through our many community benefit activities, we will continue to help strengthen existing resources and fill in gaps where services are lacking in order to protect the health of our community."

How Can We Help You?

For more information about Sutter Tracy's community benefit programs, please call **209-833-2418**. You can learn more about charity care at Sutter Tracy by calling **209-832-6089** or visiting www.suttertracy.org/about/charitycare.html.

Our Community Investment in 2008

Traditional charity care , including free or discounted health and health-related services provided to those who cannot afford to pay all or part of a bill	\$1.9 million
Other benefits for the poor and underserved , including community health education and health care support services, and community-building activities	\$631,000
Financial assistance for health profession education , including scholarships for medical and nursing students and other health professionals	\$176,000
Subsidized health services	\$189,000
Cash and in-kind donations to not-for-profit organizations	\$130,000
Unpaid costs of public programs such as Medi-Cal	\$8.4 million
Grand Total Benefits	\$11.4 million



A hand holding an orange gerbera flower over a glass vase of water. The background is a bright, out-of-focus window.

The Spirit of Giving

You can improve the health of your community and experience substantial financial benefits by donating to the Tracy Hospital Foundation. The Foundation offers a wide range of giving opportunities, including options providing immediate and long-term tax benefits and reductions in capital gains.

As a not-for-profit hospital, Sutter Tracy Community Hospital relies on Foundation donations from local businesses and individuals to help fund needed hospital improvements, medical services and advanced technology. Your donations to the Foundation also fund community programs that help people lead active, healthy lives. *(See page 13 for a list of the programs supported by the Tracy Hospital Foundation.)*

“We all depend on the hospital to be there to meet our health care needs, especially in an emergency,” says Foundation Executive Director Bob Green. “But the hospital also depends on the community. One of the best parts about giving to the Foundation is that your donation stays in the community and benefits your family, friends and neighbors.”

Ways to Give

Several types of planned gift options are available. These include:

- Bequests, wills or estate plans
- Life insurance
- Stocks and bonds
- Charitable remainder trust
- Charitable lead trust
- Charitable gift annuity
- Deferred charitable gift annuity
- Retained life estates

To learn which giving option may work best for you, call the Tracy Hospital Foundation at **209-832-6052**. Our staff can help you choose the planned-giving or other donation type that best suits your needs. This service is free of charge.

YOUR FAMILY: Love 'Em and Lead 'Em

You and your family share living space, meals, chores, hugs and a single wish: that you enjoy a long and healthy life together. There is a way to help turn this wish into reality. Add exercise to your family's daily routine.

"Daily physical activity is a simple way to help prevent disease, reduce stress, improve sleep, build self-esteem and control weight—for every member of your family," says family physician Derek Johnson, D.O., with Sutter Delta Medical Group. "Parents are in an ideal position to lead by example, promoting exercise as an essential, fun way to care for yourself physically and mentally," he adds. When you encourage an active lifestyle, you plant the seeds of a healthy life habit and reap the rewards—greater energy, fun and family closeness.

Exercise Enhances Health, Relationships

For Angel Torres, a 26-year-old emergency room technician for Sutter Delta Medical Center in Antioch, personal fitness became a priority shortly after he became a father. When his wife, Karryn, became pregnant, Angel gained weight along with her. But after their daughter Emma was born, his extra pounds lingered, which kept him from fully enjoying time with his family.

"I wanted to be a role model for my daughter, but I didn't have the energy to fully participate in her care," Torres explains. "It was time for me to make a change." He took charge, joining Sutter Delta's Biggest Loser Competition, a 12-week program that included weekly weigh-ins and nutritional counseling and tips from Sutter Health Partners' wellness coaches.

Through the program, Torres learned how to make healthier food choices. But when he added exercise to his routine, his transformation gathered speed. Torres began bicycling the 20-mile round-trip between his Pittsburg home and Antioch workplace. As his strength and endurance increased, he added soccer to his workout.

Now, 35 pounds lighter, Torres treasures family time, especially active games with Emma, now almost 2 years old. Recently, he taught her how to kick a soccer ball. Their father-daughter activity time has even eased her transition to becoming a big sister, when baby brother Angel Jr. recently joined the family.



Sutter Delta Medical Center employee Angel Torres and his daughter Emma (shown here and on the cover).

to FITNESS

“My children will grow up seeing that fitness is a way of life,” he says. “Anything that will keep us close and healthy through the years is worth doing.”

Take the Lead: Get Your Family Moving

The Centers for Disease Control and Prevention recommends that adults participate in at least 30 minutes of physical activity five days a week. Children should get at least 60 minutes a day. But remember, you don't have to do the exercise all at once. Gradually increase your family's activity level. Here are some tips to get you moving:

- **Focus on fun.** To create an active lifestyle with family appeal, focus on fun. Shoot hoops with your kids. Go skating. Play tag or have a jump rope contest. Turn on music and dance around the house. Take vacations that include hiking, skiing or swimming.
- **Get motivated.** Setting a goal and charting your progress keeps exercise interesting. Sign up the family for a charity walk. Then train together for race day. Or buy inexpensive pedometers and challenge family members to take 10,000 steps every day. Studies show that people who wear a pedometer take more steps than those who don't.
- **Limit screen time.** The American Academy of Pediatrics recommends limiting screen time in front of a computer, video game or television to no more than two hours every day for older children. Kids younger than age 2 don't need any screen time. Skip TV after dinner and take a family walk or bike ride instead.
- **Sneak it in.** Look for ways to work more physical activity into everyday tasks. Enlist your kids' help with active household chores like vacuuming, gardening or washing the car. Walk your children to a friend's house instead of driving them.
- **Sign up.** Check your area for age-appropriate sports your children may be interested in. Get involved by helping your kids practice the sport—or consider coaching the team.

Stay Energized for Workouts.

Too tired to exercise? Boost energy for yourself and your family by following our simple, healthy tips at www.sutterhealth.org/yourhealth.



Play It Safe

As physical activity becomes a regular part of family life, don't let your efforts get sidelined by injury. Matt Ryan, certified athletic trainer and the sports medicine program manager for Sutter Health–affiliated Palo Alto Medical Foundation, offers these injury prevention tips:

- Before working out, warm up for a few minutes and then stretch. “Never stretch a cold muscle,” he advises. Stretch again after exercising to promote flexibility and help avoid injury.
- If your family isn't used to exercising, begin slowly. Walking, hiking and biking are great ways to start.
- Wear safety helmets while bicycling, skating or riding scooters. According to California state law, kids younger than age 18 must wear a helmet when doing these activities.
- Drink water throughout the day. A hydrated body functions better.
- Avoid overtraining. If your kids play organized sports, give them a few months off during the year. Playing the same sport year-round can increase injury risk.

“Remember, kids are kids. They shouldn't be doing adult workouts,” says Ryan. “Focus on activities that get the heart rate up but are fun, too.”

One Less Worry for Parents Child Vaccines Are Safe

You know that babies and children need special protection from disease. Yet some groups have questioned whether childhood vaccines actually cause health problems.

Are children's immunizations safe? Yes, says a recent court ruling—a finding backed up by a number of solid scientific studies. What's more, Sutter health experts want parents to know that protecting their children's health begins with regular vaccines.

Vaccinations Studied, Found Safe

Rumors abound about a possible link between the childhood vaccine for measles, mumps and rubella (MMR) and autism—a developmental disability that impairs communication skills and social abilities. After a thorough investigation, however, a U.S. federal court has denied any connection between autism and vaccinations.

"Not only is there no link between immunizations and autism, but the chance of vaccines causing other harmful reactions is very small," says Brigitte Randle, M.D., pediatrician with Solano Regional Medical Group, part of the Sutter Health family. Yet fear has led some parents to skip their children's shots. About 25 percent of U.S. toddlers are not properly immunized.

Immunization Still Important

In years past, children in the U.S. were paralyzed by polio, suffered mental retardation from rubella and died of diphtheria. "As recently as 10 years ago, many children died or suffered brain damage from bacterial meningitis," says Yvonne Brouard, M.D., MPH, pediatrician with Sutter Gould Medical Foundation. "Most parents don't realize that before vaccines came along, about one-third of children died from diseases we rarely see anymore," says Harry Wander, M.D., chief of pediatrics at Sutter North Medical Group.

These diseases are now rare in our country, but some do still occur in the U.S. Many are common overseas. If immunization levels drop here, outbreaks of disease are possible.

Don't leave your children in harm's way. Follow the immunization schedule recommended by your pediatrician.

"Parents want to do the right thing for their children," says Dr. Wander. "And they can—by immunizing them."

Protect Your Children Today!

Are your kids up to date on their vaccines? See the recommended vaccination schedule by visiting us at www.sutterhealth.org/yourhealth.

Help and Hope for Chronic Pain

If you experience chronic pain, take heart. There are options to reduce your suffering and improve the quality of your life.

Chronic pain is discomfort that lingers for weeks, months or longer. It may be from an injury or an illness, or its cause may be unknown. Some people with chronic pain develop emotional or physical problems that affect their relationships, job and daily activities. Even so, relief is available.

"The first step is to get involved," says H. Vernetta Johnson, M.D., anesthesiologist and director of Sutter Lakeside Hospital's Pain Clinic. "You have a right to pain relief and need to be an active part of your recovery."

Treatment Options

These strategies can help you get relief from chronic pain.

- Find a health care provider who understands chronic pain, has experience treating pain similar to yours and is willing to listen and help you find a solution.
- Work with your health care provider to determine a pain-management plan. It helps to keep a "pain diary" to record where you hurt, how bad the pain is, how often it occurs and what makes it better or worse.
- Take care of your mental health. Focus on positive aspects of your life and try to do things you enjoy. If you think you may be depressed, tell your health care provider. "A positive attitude is an important tool," explains Dr. Johnson. "By thinking positively, you can feel more in control."
- Explore your options. Most treatment plans involve a combination of medication, therapy and lifestyle changes.

Treatments may include:

- Over-the-counter medications, such as ibuprofen and naproxen, that relieve pain and reduce inflammation
- Steroidal drugs, such as cortisol and prednisone, for inflammatory conditions such as chronic arthritis
- Opioid pain medications, such as OxyContin
- Pain-numbing drugs that are injected around nerve roots or into muscles or joints
- Lifestyle changes, such as losing weight or exercising

- Complementary therapies, such as acupuncture, massage and meditation

Take a Proactive Approach

"Don't wait for your chronic pain to go away on its own," says Dr. Johnson. "Work with your health care provider to find effective relief."

Pain Relief Is a Click Away

For more tips and information on how to cope with and reduce chronic pain, go to www.sutterhealth.org/yourhealth.





Saluting Our Supporters

Donors

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We wish to acknowledge all the friends of Sutter Tracy Community Hospital who have made contributions and pledges through the Tracy Hospital Foundation. Gifts and pledges were received from Dec. 20, 2008, through March 25, 2009, to support Foundation projects. We are mindful of these generous donors and honor their commitment to the many programs that benefit the hospital and the community. Please call us at **209-832-6052** with any corrections.

Memorial and Tribute Donors

In honor of Brian Barnett, M.D.
Charles and Lucretia Weitz

In memory of Peter Bonomini
Nella Bonomini

In honor of Frank De Mayo, M.D.
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In memory of Beth Enos
Charles and Lucretia Weitz

In memory of Marie Green
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In honor of John Mast, M.D.
Margaret Heerema

In memory of Harry McClelland, M.D.
Margaret Heerema
Sheila McClelland

In memory of Raymond Tadao Mizuno
Roger and Annette Elissagaray
Cynthia San Julian

Your Donations at Work

Every year, the Tracy Hospital Foundation donates hundreds of thousands of dollars to the hospital and the community. The programs it funds benefit people at every stage of life, from infancy through retirement. This year, the Foundation is proud to award \$300,000 in grants to programs that promote health and wellness. For information on how you can help the Foundation support the hospital and our community, visit www.suttertracy.org/foundation or call 209-832-6052.

In memory of Robert Monagan
Jim and Alice Fisher

In honor of Thomas O'Neil, M.D.
Margaret Heerema

In honor of Jagdish Patel, M.D.
Eugene and Trudy Millard

In honor of Sunil Patel, M.D.
Greg and Connie Bush
Charles and Donna Ennis
Jerry and Una Schluer
Charles and Lucretia Weitz

In honor of Rajiv Punjya, M.D.
Margaret Heerema
Charles and Lucretia Weitz

In memory of Loire Rickman
Dennis and Sidney Alegre

In honor of Kuldeep Sidhu, M.D.
Phil Lefler
Charles and Lucretia Weitz

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Jim and Sharon Thoming

In memory of Charles Spatafore
Gary and Vicki Rapaport
Roger and Annetee Elissagary

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In honor of Phillip Yu, M.D.
Laurie Connolly
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In honor of Chemanoor Zachariah, M.D.
Curt and Sandy Holt
Joseph and Edwina Madrugá

Tracy Hospital Foundation Community Funding

2009 Pledged

Healthy Connections Resource Center	
Community benefit services	\$60,000
Senior Safety Partnership	
Makes safety repairs to seniors' homes	Previously funded
Tracy Interfaith Ministries	
Funding for formula, diapers and other infant needs	\$20,000
Boys & Girls Club of Tracy Challenge Kids Program	
Helps children with special needs	\$15,000
Charter House Center for Families	
Health insurance enrollment services	\$15,000
Sutter Tracy Lactation Education Program	
Teaches new moms about breast-feeding	\$9,000
McHenry House	
Family crisis intervention	\$20,000
Discretionary Fund	
Emergency requests throughout the year	Previously funded
Central School Adoption and Coats for Kids Programs	
Funding for coats, clothing, fitness equipment and medical supplies	\$5,000
Children's Skin Disease Foundation	\$3,000
Bicycle Safety Program	
Bike safety instruction and helmets for kids	\$2,000
Infant Car Seat Program	
Car seat inspections and new infant car seats	\$2,000
Vinewood Center for Children and Families	
Individual and group counseling for children, adolescents and parents	\$37,000
Parent Training Program	
Assists parents of adolescents with high-risk behaviors	\$4,000
CATCH Program	
Nutrition and physical education activities in elementary schools	\$20,000
CPR for Kids Program	
Teaches children CPR and basic first aid skills	\$55,000
Project Fit—Wanda Hirsch Elementary	
Installation of equipment	\$33,000
Total Funding 2009	\$300,000

Sutter Tracy Community Hospital Health Education

General Health Education

Cancer Patients: Look Good . . . Feel Better!

To give extra support to cancer patients, this class provides the services of specially trained cosmetologists. Participants will learn about skin care, wigs, scarves and make-up techniques.

- ▶ Classes meet on the third Tuesday of every month, from 6 to 8 p.m.. For more information, call the American Cancer Society at **1-800-227-2345**.

Diabetes Education Class

This free four-week series is offered once every quarter. Nursing, dietary, rehabilitation and pharmacy staff cover a variety of different topics to help patients with diabetes.

- ▶ Classes meet Thursdays at 6 p.m. Call **209-833-2405** for class dates and to register.

Free Senior Safety Home Inspections

To ensure that seniors in Tracy live in a safe environment, free home-safety inspections are offered to anyone older than age 65, regardless of income. A certified inspector will identify any safety hazards in the home. Call **209-833-2420**.

Break Free from Smoking!

During this free seven-week course, trained facilitators use behavior-modification tools to help smokers quit for good. A strong student support network helps everyone become tobacco-free.

- ▶ Classes meet Wednesdays, from 7 to 9 p.m. Series dates are July 8 to Aug. 19, and Sept. 23 to Nov. 4. To register, call **209-832-6047**.

Asthma Classes (NEW)

Learn how to effectively manage asthma so that you can enjoy an active lifestyle. You'll receive a free peak-flow meter and personalized asthma action plan.

- ▶ Free classes meet Wednesdays, July 15 and Oct. 21. Call **209-832-6516** to register.

Childbirth Preparation

Preregistration is required for the following classes.

- ▶ To register, call **209-833-2321**, visit www.suttertracy.org or e-mail rinaldd@sutterhealth.org.

Childbirth Education

- ▶ Four-week series meets Wednesdays, July 1 to 22, from 7 to 9 p.m.
 - ▶ A one-day Saturday class is available on June 13 and Aug. 15, from 9 a.m. to 4 p.m.
- Fee is \$50—waived for those delivering at Sutter Tracy.

Childbirth Review

This free one-day class is for couples who have already had a child.

- ▶ Join us on Wednesday, June 3, July 29, Aug. 26 or Sept. 23, from 7 to 9 p.m.

Sibling Preparation

This class helps big brothers- and sisters-to-be welcome a new baby to the family.

- ▶ Classes meet Tuesdays, June 9, Aug. 4 and Nov. 3. from 7 to 8:30 p.m.

Breast-Feeding

- ▶ This free class, led by a lactation consultant, meets Mondays, May 18, July 6, Aug. 17 and Sept. 28, from 7 to 9 p.m.



Calendar

Support Groups and Classes

Alzheimer's Support Group

- ▶ This group meets on the second Wednesday of every month at 10 a.m. Call **1-800-540-3340** for more information.

Bereavement and Grief Support

- ▶ An informal support group meets on Thursdays, from 10:30 a.m. to noon, and Tuesdays, from 7 to 8:30 p.m. For more information, call Rev. Becky Cameron at **209-833-2475**.

Down Syndrome Support Group (NEW)

- Relatives, caregivers and teachers of those with Down syndrome are invited to join this informal group.
- ▶ It meets on the second Tuesday of every month, from 7 to 8:30 p.m., at Healthy Connections. Call Raquel O'Keefe at **209-830-1712** for details.

Fibromyalgia Support Group

- ▶ This informal group meets the first and third Tuesday of every month. Call Juanita McHugh at **209-321-9396**.

NAMI

National Alliance on Mental Illness (NAMI) Recovery Support Group is for people with mental illness and their family members.

- ▶ Meetings are held every Monday at 7:30 p.m. at Healthy Connections. Call Karen at **209-834-2313** or Rose at **209-835-1341**.

Stroke Support Group

- ▶ This group meets the third Thursday of every month, from 3 to 5 p.m. Call **209-830-2137** to learn more.

Tracy Area Cancer Support Group

- ▶ This group meets on the second and fourth Tuesday of every month at 6:30 p.m. Call **209-833-2338** for more information about this group and other services offered through Tracy Cancer Support Services.

Mommy and Me

This free group provides a place for moms of children from birth to age 2 to talk, share ideas and ask questions. The group meets at Healthy Connections and is led by a lactation educator and social worker. Call **209-833-2420** to learn more.

Parent and Me Playgroups

- Healthy Connections offers two free playgroups for parents and their children.
- ▶ The group for all kids ages 5 and younger meets on Wednesdays, from 10:30 a.m. to noon, and Thursdays, from 10:30 to 11:30 a.m.

- ▶ A playgroup for children from birth to age 2 begins at 10 a.m. on Thursdays before joining the larger group.

These interactive, parent-involved groups offer a fun learning environment that both kids and parents enjoy. Call **209-833-2420** to learn more.

P.R.I.C.E. Parenting Class

This free class is for parents with children ages 12 and younger and meets at Healthy Connections. Learn strategies to help you become a more effective parent. Strategies include encouraging kids to do their best, changing behavior through appropriate consequences, focusing on having positive attitudes and more. To register, call **209-833-2420**.

Teen Classes

- In this free series, teens ages 13 to 18 learn strategies to help them build healthy relationships, communicate effectively, gain confidence and manage stress.
- ▶ This fun class meets Wednesday evenings for six consecutive weeks. Call **209-833-2420** for upcoming dates.



Busy Women, MyLifeStages Is All About YOU!

When you're juggling responsibilities, it's hard to focus on your own health. At mylifestages.org, you can take a personal Health Risk Assessment to identify health priorities. You can also locate a doctor, ask a medical expert a question, or find a healthy recipe. It's all in one convenient place. Take a spin! Visit mylifestages.org.

6091M



We're Here for You!

Sutter Tracy Provides Expert Care Close to Home

When it comes to your health, you want the best care possible. Thanks to Sutter Tracy Community Hospital, you don't have to look far. A thriving, growing hospital, Sutter Tracy provides a high level of care for you and your family. Whether you need to stay overnight in a hospital to receive medical care (inpatient) or you can come home the same day (outpatient), Sutter Tracy offers an outstanding array of services on par with many larger, urban hospitals.

Our state-of-the-art facilities feature the latest medical technology and digital diagnostic equipment designed to improve patient outcomes and safety. We also offer specialized services you won't find elsewhere in the Tri-Central Valley, such as our unique Continence Center.

Our highly skilled medical team includes board certified physicians representing nearly every medical specialty. Tops in their field, our physicians perform advanced, high-tech procedures, such as total laparoscopic hysterectomies.

"As we move into the future, we will continue to invest in new and better technologies, add new physicians and services, and expand our facility to meet the growing needs of our community," says Sutter Tracy CEO Dave Thompson. "It's all part of Sutter Tracy's mission to provide outstanding medical care and to be the employer and provider of choice for our community."

Available Services

Inpatient and Outpatient Services

- 24-hour emergency care
- Critical care/intensive care unit
- Dialysis
- Family Birth Center
- Healthy Connections Resource Center
- Medical-surgical unit
- Laboratory
- Pharmacy
- Rehabilitation/physical therapy
- Respiratory care
- Social services
- Spiritual services

State-of-the-Art Imaging Center

- Bone mineral density testing
- Computed tomography (CT)
- Digital mammography with computer-aided detection
- Open magnetic resonance imaging (MRI)
- Sentinel node biopsy
- Stereotactic breast biopsy
- Ultrasound

Surgical and Specialty Services

- High-tech Outpatient Surgical Services Center
- Modern, fully equipped hospital operating suites
- Continence Center
- Wound Ostomy Clinic
- Pain Management Clinic



