

# 2015 COMMUNITY BENEFIT REPORT

For the fiscal year ending June 30, 2015

Published: October 2015



EL CAMINO HEALTHCARE DISTRICT



**El Camino Hospital**<sup>®</sup>  
THE HOSPITAL OF SILICON VALLEY



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# 2015

## COMMUNITY BENEFIT REPORT

This report covers Community Benefit activities for El Camino Healthcare District and El Camino Hospital during fiscal year 2014 – 2015. The report is divided into two sections and contains descriptions, success stories, and a financial summary for each entity. Although El Camino Healthcare District and El Camino Hospital have separate, individually funded Community Benefit programs, both share a common goal: to improve the health and well-being of our community.

Both programs address this goal in two powerful ways by:

- Making meaningful investments to help members of our community — especially those who are uninsured and underserved — receive the healthcare they need
- Funding programs and activities that foster the health of the community as a whole

### **Additional El Camino Hospital Information**

The 2015 Community Benefit Plan, 2015 Community Benefit Report, and the Community Health Needs Assessment are available at [www.elcaminohospital.org/communitybenefit](http://www.elcaminohospital.org/communitybenefit).

### **Additional El Camino Healthcare District Information**

The 2015 El Camino Healthcare District Community Benefit Plan and 2015 Community Benefit Report are available at [www.elcaminohealthcaredistrict.org/communitybenefit](http://www.elcaminohealthcaredistrict.org/communitybenefit).



## INVESTING IN COMMUNITY HEALTH

### El Camino Healthcare District Community Benefit Program

El Camino Healthcare District encompasses most of Mountain View, Los Altos, and Los Altos Hills; a large portion of Sunnyvale; and small sections of Cupertino, Santa Clara, and Palo Alto. The District’s Community Benefit Program has one overarching purpose: meet the needs of underserved and at-risk residents within its boundaries. Through its funding of programs administered by agencies that include local nonprofits, school districts, and other community based organizations, the District makes a significant contribution to our community. All funding is approved by the District’s Board of Directors.

### El Camino Hospital Community Benefit Program

As a local nonprofit hospital, giving back to the community is important to El Camino Hospital. The hospital collaborates on health initiatives with local nonprofits and community partners. El Camino Hospital Community Benefit funds are distributed across the hospital’s wider service area, including West San Jose, Campbell, Los Gatos, parts of Cupertino, Saratoga, and Santa Clara. The hospital’s Community Benefit efforts include the following services:

- Providing financial assistance (charity care)
- Subsidizing qualified health services
- Training and education for health professionals
- Covering unreimbursed Medi-Cal costs

Funds are approved each year by the El Camino Hospital Board of Directors.



*“The El Camino Healthcare District Board has made a major commitment over many years to improving access to healthcare. We live in a community where many individuals struggle to make ends meet. Often a doctor visit or a trip to the dentist is out of reach. Some of our local school districts have needed both school nurses and school counselors. The District makes sure that our schools have the nurses and counselors they need, that children are immunized, and that seniors are transported to critical appointments. Throughout the year thousands of residents benefit from primary care, counseling, and dental health services in order to remain healthy and active. These individuals depend so much on the services supported by the generosity of the El Camino Healthcare District.”*

**Cecile Currier**, Vice President of Corporate & Community Health Services, El Camino Hospital, and CEO of CONCERN:EAP



## How Community Benefit Is Defined

In order to make a significant local impact, El Camino Healthcare District and El Camino Hospital Community Benefit programs follow established national guidelines. Programs and activities being funded must fulfill at least one of the following goals to qualify as community benefit:

- Improve access to healthcare services
- Enhance the health of the community
- Advance medical or health knowledge
- Relieve or reduce the burden of government or other community health efforts
- Provide financial assistance that does not include bad debt, contractual allowances, or quick-pay discounts

## How Community Benefit Funds Are Allocated

In 2013, El Camino Hospital conducted a community health needs assessment (CHNA) to identify Santa Clara County's most significant health needs. The CHNA combines public health data with community input gathered from public health experts, frontline service providers, clients/patients, and residents. Health indicators were evaluated to identify the county's most pressing health needs. These needs were then reviewed by the Community Benefit Advisory Council (CBAC), a group of community members with knowledge about the health disparities impacting the local community. A new CHNA is scheduled to be completed in 2016.

El Camino Hospital Community Benefit Staff oversees and administers both Community Benefit programs. Each year, they prepare individual plans for El Camino Healthcare District and El Camino Hospital, with valuable input from the CBAC. Prospective grantees submit detailed applications with their goals, budgets, and accountability metrics. Requests for funding are then carefully evaluated. Using the findings of the CHNA as a guide for documented needs, the CBAC reviews the applications and provides recommendations. Programs selected for funding must address one of the identified priorities:

**Priority 1 – Healthcare Access**

**Priority 2 – Mental Health**

**Priority 3 – Healthy Eating and Physical Activity**

**Priority 4 – Community Health Education**

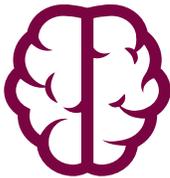
# AN UPDATE ON THE HEALTH OF OUR COMMUNITY

According to the Community Health Needs Assessment, Santa Clara County, one of the most affluent in the country, still has significant disparities due to gender, race, ethnicity, and income. There are still many vulnerable families and individuals who do not have access to medical, dental, and mental health services. The data also show significant health risk factors in the local population, including obesity, poor nutrition, and untreated mental and emotional problems.



## Priority 1 – Healthcare Access

Santa Clara County is a perfect example of widening income disparity in the United States. We have one of the highest median incomes in the nation, yet 23 percent of our county’s residents live at or below the federal poverty level. Many of these individuals and their families have little or no access to healthcare. People who can’t afford to see a doctor often end up in the emergency room because they put off getting medical help until serious problems arise. Underlying conditions go untreated and chronic conditions go unmanaged. Children with undiagnosed medical conditions as simple as nearsightedness or untreated tooth decay may fall behind in school.



## Priority 2 – Mental Health

Too many people suffering from depression, anxiety, and other forms of mental illness don’t have access to the help they need. This is especially true among groups such as the elderly, racial and ethnic minorities, low-income individuals, and the uninsured. What’s more, healthcare providers are increasingly convinced that mental and emotional issues can significantly impact physical health. Safety net programs have traditionally provided assistance, but resources are stretched thin and mental health benefits are often the first to be cut.



## Priority 3 – Healthy Eating and Physical Activity

According to the Centers for Disease Control and Prevention, approximately 17 percent of young people ages two – 19 are obese. Doctors are seeing more children with conditions normally associated with adults middle aged and older, such as pre-diabetes, high cholesterol, and high blood pressure. Overweight children often have self-esteem issues and may be bullied or shunned by their peers. Over the course of a lifetime, obesity can lead to heart disease, diabetes, cancer, and arthritis.



## Priority 4 – Community Health Education

Health literacy is the ability to effectively read, understand, and act on health information. As medicine has grown more sophisticated, health literacy has become an even greater barrier for many, especially for seniors and individuals from other cultures. Some may have difficulty accessing medical care, grasping the severity of their condition, or complying with their prescribed treatment.

# COMMUNITY BENEFIT HEALTH PRIORITIES

# 11%

OF SANTA CLARA COUNTY'S  
POPULATION COULD NOT SEE A  
DOCTOR BECAUSE OF COST



more than  
**ONE IN FOUR**

OF ADOLESCENTS REPORTED  
SYMPTOMS OF DEPRESSION IN 2014



# 14%

OF ADULTS (30 MILLION PEOPLE)  
NATIONWIDE HAVE "BELOW BASIC"  
HEALTH LITERACY

# 54%

OF SANTA CLARA RESIDENTS  
ARE OVERWEIGHT



## EL CAMINO HEALTHCARE DISTRICT

# EL CAMINO HEALTHCARE DISTRICT 2015 Community Benefit Programs

With all the media coverage of the Silicon Valley tech and housing booms, one might think our entire county was thriving. Yet according to a recent Stanford University study on health and poverty in Santa Clara County, we have the highest income gap of any county in the nation. Many residents earn far below \$47,700 — twice the poverty threshold for a family of four. What's more, the cost of living is 7.6 percent greater here than the California average. Many poor families, senior citizens, and recent immigrants have difficulty obtaining and affording the care they need. El Camino Healthcare District is working on closing the gaps in healthcare access for our most vulnerable neighbors by partnering with a variety of organizations:

- School districts
- Community service agencies
- Safety net clinics
- Other various nonprofits

Community Benefit funds come from a portion of annual property taxes collected by El Camino Healthcare District. These resources are invested in programs that meet the health needs of people who live, work, or go to school in the District.

Dear Community Members,



The phrase “giving back” or “paying it forward” are wonderful concepts, and people across our county and country are channeling gratitude and sharing their good fortune to help others. This is in El Camino Healthcare District’s DNA ... giving back to our community. Our purpose, as established by our original charter, has not changed in 50 plus years. We provide a range of healthcare services that foster excellent physical and mental health in our communities. In addition to operating El Camino Hospital’s two campuses in Mountain View and Los Gatos, our current work focuses on serving unmet health needs throughout the District with our Community Benefit Program that is highlighted in this report.

We at El Camino Healthcare District are very proud of the Community Benefit Program as it works to meet most needs and improves the health and well-being of our community. In FY 2015, El Camino Healthcare District funds enabled underserved families to gain access to a wide range of medical, dental, and mental health services through RotaCare, Momentum for Mental Health, Valley Health Center-Sunnyvale, MayView Community Health Center, and others. As you read through the report you will see the many programs that provided education, prevention, and low-cost medical and mental healthcare. Community Benefit grants also funded a variety of health education programs within the school districts such as Playworks, 5210 Health Awareness Program, Bay Area Women’s Sports Initiative, and HealthTeacher/GoNoodle.

This year, we were fortunate to partner with this exceptionally dynamic and effective group of organizations. The results of their work have been measureable. The benefits to the community are beyond measure! We are committed to continue working with our partners in FY 2016 to promote a healthier community for everyone.

Sincerely,

**Julia Miller**  
FY15 Chair, Board of Directors, El Camino Healthcare District

## EL CAMINO HEALTHCARE DISTRICT

### Fiscal Year 2015 Grants

5210 Health Awareness Program  
Alzheimer’s Association  
Bay Area Women’s Sports Initiative (BAWSI)  
Cancer Support Community  
Chinese Health Initiative  
Community Health Awareness Council (CHAC)  
Community Services Agency – Mountain View – Case Management  
Cupertino Union School District – School Nurses  
Eating Disorders Resource Center (EDRC)  
Fremont Union High School District – Counseling Services  
Health Library & Resource Center – El Camino Hospital Mountain View  
HealthTeacher/GoNoodle  
Immunization Program  
Lucile Packard Foundation – Teen Health Van  
MayView Community Health Center  
Medical Respite  
Momentum for Mental Health  
Mountain View Los Altos High School District – Counseling Services  
Mountain View Whisman School District – School Nurses  
National Alliance on Mental Illness – Peer PALS  
New Directions  
Next Door Solutions to Domestic Violence  
Pathways Home Health & Hospice Agency  
Playworks – Programs at Sunnyvale and Mountain View Whisman School Districts  
RoadRunners  
RotaCare Clinic Mountain View  
South Asian Heart Center  
Sunnyvale Community Services – Case Management Services  
Sunnyvale Community Services – Emergency Services  
Sunnyvale School District – School Nurses  
Valley Health Center Sunnyvale





PRIORITY 1

22,706

PEOPLE SERVED

54,350

SERVICES PROVIDED

## Ensuring Access to Healthcare for All

### RotaCare Clinic, Mountain View

The RotaCare clinic on the El Camino Hospital campus in Mountain View provides free primary care and specialty services to vulnerable and uninsured community members, including both the working poor and the temporarily unemployed. By offering a broad range of healthcare services in one location, RotaCare gives patients a known place to receive care from a team of dedicated staff and community volunteers. Core healthcare includes these services:

- Treatment for basic medical conditions
- Care across 13 medical specialties, including cardiology, gynecology, and dermatology
- Pharmaceutical assistance to help patients find affordable medications
- Case management for patients with chronic illnesses to prevent complications from heart disease, diabetes, asthma, and other chronic conditions
- Preventive care, including gynecological services and children's physicals
- Basic mental health and social work services

In order to provide such extensive services, RotaCare is supported by a team of more than 200 volunteers.



*"A big thank you to RotaCare which has been there for me in my time of need... Your staff and nurses have been wonderful!"*

Patient, RotaCare

## MayView Community Health Center

MayView Community Health Center is a safety net clinic that serves as a medical home for many low-income and vulnerable people living in the area. One in five Mountain View residents lives below 200 percent of the federal poverty level, and many of these low-income individuals and their families rely on MayView Community Health Center for primary care services. One such family, a young couple with a five-year-old daughter, had been using MayView for quite some time when the 27-year-old mom came in complaining of swelling and pain in her legs. Suspecting something serious, the MayView physician prescribed medication and ordered blood tests. The results came back normal, but the patient returned to the center with worsening symptoms a few days later. Although several more tests yielded normal results, the physician pushed for additional testing until the young woman was finally diagnosed with Lupus. The patient and her family felt very grateful for the perseverance and care of the MayView provider.



*"MayView Community Health Center is thankful and proud of the long-standing support from El Camino Healthcare District that enables us to provide low-income individuals with access to healthcare services."*

Dr. Kelvin Quan, President & CEO, MayView Community Health Center

## El Camino Hospital Immunization Program

The El Camino Hospital Immunization Program helps prevent the spread of tuberculosis (TB), flu, pneumonia, whooping cough, hepatitis, and other infectious diseases, which are a significant risk for the underserved. Santa Clara County has the third-highest TB rate in California. With the continuing growth in Santa Clara County, it is important to have available immunization services.



*"Thank you for helping my little cousin feel so comfortable during his immunizations. Your staff is so wonderful and this service so needed."*

Patient Relative, Immunization Program

## Valley Health Center Sunnyvale

This clinic serves low-income families in northern Santa Clara County, providing a medical home where patients can receive regular, ongoing healthcare, including integrated mental health services. The partnership with El Camino Healthcare District helps ensure that underserved patients have access to medical services, management for chronic diseases, and much-needed, full-service adult dental care.

## Teen Health Van

Staying healthy is difficult for poor or homeless teens. In an effort to provide free medical care to these struggling young people, El Camino Healthcare District funds supported Lucile Packard Foundation's Teen Health Van. Teen Health Van staff collaborates with school administrators who refer teens to the program. First-time visits last approximately one hour and include appointments with a doctor, nurse practitioner, social worker, and dietitian. In addition to one-on-one meetings, the dietitian and social worker also conduct several health-education/health-promotion group activities.

### Healthcare and Counseling for a Young, Recent Immigrant

Tatyana, a 17-year-old Russian student at one of the Teen Health Van school sites, had only been in the United States for three months when she came to the Health Van for a general checkup. Her parents, who are unemployed and do not speak much English, are uninsured. The Teen Health Van medical professionals got Tatyana caught up on her immunizations and talked with her about quitting smoking and limiting other unhealthy behaviors. Tatyana's psychological assessment with the Teen Health Van social worker revealed other issues. She was having trouble adjusting to a new culture and not communicating well with her parents. More worrisome still were signs of depression based on a past traumatic incident. The Health Van staff scheduled more appointments with Tatyana, during which she received counseling for depression issues around body image and self-esteem. She also got nutrition advice from the registered dietitian. Today, Tatyana continues to get help from the Teen Health Van staff and is doing well.

# 171,000

ESTIMATED ADULTS IN SANTA CLARA COUNTY  
WHO ARE UNINSURED

## Healthcare Goes to School

### Mountain View Whisman School District

Mountain View Whisman School District consists of seven elementary schools and two middle schools and has a highly diverse student population, with many children coming from low-income, underserved families. Some of these children have debilitating medical conditions that require in-school health management, such as muscular dystrophy, cerebral palsy, or neurological impairments. Others have Type 1 Diabetes and need a nurse to administer their insulin. Without enough nurses on staff to meet their medical needs, these children would not be able to attend school. El Camino Healthcare District Community Benefit funds enabled the addition of two nurses and a health aide to the staff. Funding also provided assistance for families who were having difficulty accessing the necessary resources for their children's healthcare.

### Sunnyvale School District

The student population at Sunnyvale School District includes a high percentage of families with socio-economic challenges. Currently, 36.8 percent of students receive free or reduced-fee lunches and 24 percent are English learners. Over the past several years, funding from the El Camino Healthcare District Community Benefit Program has increased health staff for the Sunnyvale School District by 66 percent. A larger nursing staff provided more support for children who are medically fragile or suffer from chronic conditions. Nurses also made sure children who failed health screenings got the timely medical follow-up they needed.

## Giving Seniors a Lift

### RoadRunners Transportation Program

Not being able to drive or have access to public transportation can keep seniors from getting to the doctor's office, obtaining prescriptions, and remaining independent. In addition to driving people to medical appointments, RoadRunners provide door-to-door transportation to senior centers, local banks, and markets. Thanks to its corps of experienced, friendly drivers, the RoadRunners Transportation Program has been on the road for decades, providing thousands of rides to seniors, people with disabilities, and others in need.

## Help for the Homeless

### Medical Respite Program

Homeless patients who are discharged from the hospital often do not have a safe or clean place to recuperate and heal. Medical Respite bridges that gap by providing a clean, safe place for homeless patients to receive medical care after a hospital stay. The objective is for patients to use the time spent in Medical Respite to apply for public benefits and get help finding housing and a primary care home. El Camino Healthcare District Community Benefit's support of Medical Respite helps both the homeless and the community at large.



*"We are grateful to El Camino Healthcare District for its support of the Medical Respite program, which offers hospitalized, homeless patients a safe discharge and a chance to break the cycle of homelessness and hospital readmissions... At the end of their time at Respite, they are ready to take charge of their lives again."*

Audrey Kuang, Medical Director, Medical Respite Program



## New Directions

People who are homeless or have unstable housing conditions are almost always medically underserved. In fact, two-thirds have mental health and/or substance use disorders. These individuals rely on hospital emergency departments for healthcare, sometimes making eight or more visits a year. New Directions uses intensive case management to help these individuals find medical care, mental health services, and substance use programs. In addition, New Directions refers its clients to organizations that can help them find permanent housing and employment. One such client is 60-year-old Walter Hyatt of Mountain View. Homeless for 13 years, he had been living out of his van. He did not have an income, housing, access to medical care, or insurance. During a hospitalization at El Camino Hospital, he was referred to New Directions by a social worker. His caseworker helped him obtain Medi-Cal benefits so he could be discharged to a skilled nursing facility. The caseworker was also able to help Mr. Hyatt find housing and regular medical care. Asked how New Directions helped him, Mr. Hyatt replied, “They helped with getting an apartment, getting all my bills paid, and they gave me medical and moral support.”



*“It helped knowing someone was there to catch me.  
New Directions, you are my guardian angel.”*

Walter Hyatt, Client, New Directions

## Community Services Agency Mountain View

Silicon Valley’s population is getting older. This change, which reflects national demographic trends, will have a direct effect on community healthcare needs, as seniors typically develop multiple chronic medical conditions over time. Funding from El Camino Healthcare District Community Benefit Program helped Community Services Agency Mountain View provide an intensive case management program for chronically ill seniors. Through an approach that combines nursing and social work, this agency helps seniors find community services that help them avoid unnecessary emergency room visits, hospitalization, and institutionalization. The program also has a strong focus on reducing the risk of falls.

## Pathways Home Health and Hospice

El Camino Healthcare District Community Benefit funds enabled Pathways to help underserved patients who needed home health and hospice care. Pathways provides compassionate, family-centered, quality care for seriously ill patients. Services cover palliative care, home hospice care, and home healthcare, including an educational component for patients and caregivers.



PRIORITY 2

2,208

PEOPLE SERVED

8,071

SERVICES PROVIDED

## Help with Mental Health Issues

### Momentum for Mental Health

Momentum for Mental Health offers psychiatric care, crisis counseling, and case management services. The organization strives to help people struggling with mental illness to achieve mental and emotional stability, discover and reach their potential, and fully participate in life. El Camino Healthcare District Community Benefit funds provided psychiatric evaluations, medication management, and case management.



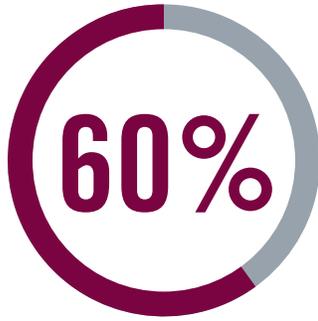
*"I've been a patient since 2011, and I've received unconditional support since the beginning... My life changed for the better since coming to the clinic. I've come out of a dark hole."*

Patient, Momentum for Mental Health

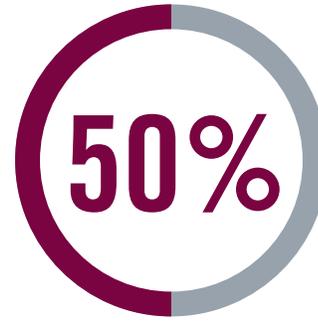
### National Alliance on Mental Illness

National Alliance on Mental Illness (NAMI) Santa Clara County serves people who are struggling with severe mental illness, offering practical support, education, comfort, and understanding to patients and families. NAMI's Peers on Discharge is a recovery-focused educational program designed to help adult patients maintain wellness in the face of ongoing mental health challenges. Offered in 10 two-hour sessions, this free peer-led program provides patients with a toolkit of information and serves as a confidential, non-judgmental environment for patients to share coping mechanisms and learn from each other's experiences. Peers on Discharge is the beginning of a comprehensive support system designed to help individuals move from acute care to reintegration in the county.

# Mental Health Treatment in America



Nearly **60% OF ADULTS** with a mental illness didn't receive mental health services in the previous year



Nearly **50% OF YOUTH AGES 8-15** didn't receive needed mental health services in the previous year

## Next Door Solutions to Domestic Violence

Emergency shelter is just one of an array of services provided by Next Door Solutions to Domestic Violence to help battered women and their children escape the cycle of family abuse. Next Door's 24/7 emergency shelter provides safe housing and crisis counseling for women and their children. The women receive education about domestic violence and how to address the impact of abuse. Participants learn strategies that increase safety and learn behaviors to enhance self-esteem and emotional resiliency. Because many victims of domestic abuse are dependent on their abusers, Next Door offers a Self-Sufficiency Program to train women in job readiness, financial fundamentals, organizational skills, and more. Next Door provides institutional advocacy, crisis intervention, and education for victims and the community. The program is working to change community perceptions of domestic violence through innovative prevention and intervention services to diverse ethnic and low-income families in Santa Clara County. Next Door offers support groups in both English and Spanish, as well as a special Yoga/Meditation Support Group.

## Emotional Support for Children

### Community Health Awareness Council

El Camino Healthcare District Community Benefit Program funded two effective programs to help students find support around issues such as substance abuse, depression, bullying, and stress. In addition to student and family counseling services, the programs provide information on substance use prevention and education for young people and their families. Services are provided at the Sunnyvale and Mountain View Whisman School Districts.

### Mountain View Los Altos High School District – Counseling

When mental health needs are not addressed, academic progress is at risk and students are more likely to skip school and not graduate. El Camino Healthcare District Community Benefit funds covered the cost for two licensed therapists in the Mountain View Los Altos High School District to help students and their families individually and in small group settings, receive the mental health services they needed.

### Eating Disorders Resource Center

The Eating Disorders Resource Center provides screening, treatment, expert advice, support groups, and an online directory of resources for people struggling with eating disorders. Funded by El Camino Healthcare District, the Eating Disorder Awareness, Prevention, and Education Program promoted early detection and intervention of eating disorders through targeted outreach to healthcare professionals, nonprofit organizations, schools, and community leaders.



PRIORITY 3

10,712

PEOPLE SERVED

## Healthy Habits for Young People

### Bay Area Women's Sports Initiative (BAWSI)

The Bay Area Women's Sports Initiative trains female high school and college athletes to mentor and exercise with young girls in grades 3–5. This afterschool fitness and confidence-building program inspires and motivates little girls to be more physically active by introducing them to “big girls” they can look up to. The children have fun in an all-girl environment, enjoying physical activity with older girls who become role models. BAWSI emphasizes teamwork, good nutrition, and exercise.

### 5210 Health Awareness Program

Collaborating with Palo Alto Medical Foundation, El Camino Healthcare District funds supported a school-focused health campaign called 5210. The program promotes a health-enhancing lifestyle for kids and actively engages them in pledging to do the following each day:

- Eat five or more fruits and vegetables
- Reduce recreational screen time to two hours or less
- Spend at least one hour being physically active
- Eliminate sweetened beverages from their diets

### Playworks

For some kids, recess isn't much fun. Maybe they're the last ones picked for the team, they're being teased, or even bullied. Playworks is an innovative and effective program that fosters a better social climate in the schoolyard. Adopted by schools nationwide, Playworks is designed to encourage physical activity and safe, meaningful play during the school day. The program helps schools reduce bullying and behavioral issues by teaching children how to resolve conflict and handle competition. The El Camino Healthcare District Community Benefit Program funded the Playworks program at seven local schools.



APPROXIMATELY 4 IN 10 CHILDREN AGES 6 - 11 SAY THEY ATE 5 OR MORE FRUITS AND VEGETABLE THE PRIOR DAY



PRIORITY 4

34,385

PEOPLE SERVED

49,899

SERVICES PROVIDED

## “Brain Breaks” for Better Learning

### HealthTeacher/GoNoodle

HealthTeacher is an online health education curriculum that helps K–12 teachers integrate health information into the curriculum. The goal is to increase health literacy and encourage kids to embrace good nutrition and exercise and avoid risky behaviors such as alcohol consumption and tobacco use. GoNoodle is a tool HealthTeacher developed to help elementary school children focus and remain engaged during class. The kids take a series of guided “brain breaks,” accessed online. Teachers use the breaks as needed, to energize the classroom or calm things down. The brain breaks feature cartoon characters and Olympic athletes who guide the kids through breathing, stretching, and energizing exercises.



*“I have been using GoNoodle for almost two years now, and it has completely transformed my classroom environment. My students are motivated to focus for a period of time in order to earn a brain break. They cheer loudly whenever our champ grows, and many parents have commented about how wonderful it is to allow the children to get their wiggles out during the school day.”*

**Kelly Rhine**, Elementary School Teacher



### Sunnyvale Community Services (Comprehensive Emergency Assistance)

20 percent of Sunnyvale residents currently live in poverty. Additionally, according to Santa Clara County Public Health, nearly 10 percent of Sunnyvale adults report that they or others in their household skip meals due to lack of money. Partnership with the El Camino Healthcare District allowed Sunnyvale Community Services to provide emergency assistance to individuals and families, including help to pay medical bills, purchase medications, and obtain a weekly supply of healthy food. One woman who had been diagnosed with cancer had been told she could not begin her treatments without first getting a much-needed root canal, which her insurance refused to cover. Using Community Benefit funds, Sunnyvale Community Services was able to cover the cost of the dental work so that the woman could then begin her cancer treatment.

### Sunnyvale Community Services (Case Management Services)

Sunnyvale Community Services provides comprehensive case management, educational workshops, benefit application assistance, and access to nutritious food for the most at-risk in the community. The agency excels at tackling specific problems for its underserved clients and their families.

### Advancing Health Literacy

#### El Camino Hospital Health Library & Resource Center

The Health Library & Resource Center offers a wide range of educational resources including the most current health and medical data. Free membership provides individuals with easy access to extensive medical information in several languages, as well as helpful librarians ready to assist with in-depth medical searches. The Health Library & Resource Center participates in community health fairs, hosts health screenings, and offers help with Advance Healthcare Directives. Eldercare consultants offer personalized free service referrals and assistance for families who are caring for an aging parent.

20%

OF SUNNYVALE RESIDENTS  
CURRENTLY LIVE IN POVERTY

## Culturally Sensitive Care

### Alzheimer’s Association – Chinese Initiative

This initiative serves to increase early detection and intervention for members of the Chinese community who are struggling with Alzheimer’s disease and other forms of dementia. The Chinese Dementia Initiative also provides a network of care and support for Chinese families caring for a loved one with Alzheimer’s disease. One recent beneficiary of this program was Ms. Maysing Chang, the founder of Taiwanese American Center of Northern California. After Ms. Chang attended the Alzheimer’s Association’s first Chinese Leadership meeting, she invited Association presenters to conduct two educational events at the Taiwanese American Center. Because Ms. Chang was experiencing travails of her own in dealing with her husband’s declining cognitive faculties and increasingly unusual behavior, she signed up for the Alzheimer’s Association’s six-week Chinese Savvy Caregiver Class.



*“Thank you for your teaching with care and love. I really received a lot from this class. Now I am not feeling scared and helpless anymore, and I know where I can ask for help. I hope we can invite you to our center to continue providing a series of your educational presentations to benefit our community.”*

**Maysing Chang**, Participant, Alzheimer’s Association’s Chinese Savvy Caregiver Class

### Chinese Health Initiative

The Chinese Health Initiative (CHI) is designed to raise awareness of health issues that are more prevalent in the Chinese community, such as hypertension, lung cancer, hepatitis B, and liver cancer. Chinese Health Initiative activities include:

- Hosting events and screenings for hypertension, hepatitis B, stroke risk, breast cancer, and other conditions for the Chinese community, in collaboration with El Camino Hospital’s Stroke Center, Women’s Hospital at El Camino Hospital, and Cancer Center
- Inviting Chinese-speaking physicians from the CHI physician referral network to present workshops on topics of interest to the Chinese community
- Providing Hepatitis B screening and education, in collaboration with Asian Liver Center and the Herald Cancer Care Network
- Distributing educational information at key Chinese community events, including the September Fall Festival, Alzheimer’s Association Annual Chinese conference, Chinese American Semiconductor Professional Association Annual conference, and Tzu-Chi Winter Health Fair

As part of its mission to provide Chinese patients with a culturally appropriate experience, CHI is collaborating with the Chinese American Coalition for Compassionate Care to provide Chinese patients with culturally sensitive end-of-life care.

### South Asian Heart Center

Compared with the general population, persons of South Asian descent have two times the rate of coronary artery disease and heart attacks. Coronary artery disease is the number one cause of death and hospitalizations among South Asians in California. Using a culturally appropriate approach, the South Asian Heart Center is working to reduce the high incidence of cardiovascular disease and diabetes in the South Asian community through awareness, education, screening, coaching, and research. By evaluating risk factors and engaging people in healthier behaviors, the South Asian Heart Center has helped to improve risk profiles and save lives.



# EL CAMINO HEALTHCARE DISTRICT

## FINANCIAL ACCOUNTING

\$5,436,233 Grants

\$200,324 Sponsorships

**\$5,636,557** El Camino Healthcare District Community Benefit  
Total Fiscal Year 2014 – 2015

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### EL CAMINO HEALTHCARE DISTRICT

Fiscal Year 2015 Sponsorships

Adolescent Counseling Services

Alzheimer's Association

American Red Cross

A Santé – Support for RotaCare Clinic Mountain View

Avenidas Successful Aging Celebration

City of Mountain View Senior Center – Resource Fair

City of Sunnyvale Senior Center

Community Service Agency Mountain View

Family & Children's Services

Foundation for Mental Health

Healthier Kids Foundation

Hospice of the Valley

Pacific Stroke Association

Sunnyvale Health & Safety Fair – Provided free bicycle helmets

Pathways Hospice Foundation

Sunnyvale Rotary Foundation – End Kids Hunger in Sunnyvale

YMCA of Silicon Valley – Summer camps for underserved Mountain View youth

YMCA of Silicon Valley – Summer camps for underserved Sunnyvale youth

Valley Medical Center Foundation



## EL CAMINO HOSPITAL 2015 Community Benefit Programs

### Caring for – and About – the Whole Community

El Camino Hospital has been providing compassionate, comprehensive, and quality care to the people of Santa Clara County for more than half a century. The hospital is the area's comprehensive resource for 24/7 emergency services, mother-baby care, mental health, men's and women's health, and exceptional cardiovascular and cancer care. As a community hospital, El Camino Hospital has a mission that extends beyond the hospital walls to improve the health and well-being of the community at large. To this end, the hospital supports educational programs, health-promoting activities, screenings, mental health services, and expanded access to care. Community Benefit expands on these efforts through funds set aside to meet the specific needs of the local population.

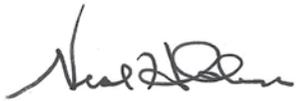
Dear Community  
Members,

As a nonprofit, locally governed healthcare organization, El Camino Hospital is committed to providing high quality healthcare to the community we serve. Our physicians, nurses, and the entire El Camino Hospital staff are recognized for the outstanding clinical care provided to each of our patients. At the same time, we recognize the important role we serve in the community beyond the delivery of healthcare services to those who require hospital care. The El Camino Hospital Community Benefit Program allows us to advance the health and wellness of our friends and neighbors.

In this 2015 Community Benefit report, we describe some of the outstanding programs supported by El Camino Hospital. We have provided grants to support wellness programs for every stage of life. School nurses are able to care for disadvantaged children while other community services support the needs of our senior citizens. Many of the grants provided this past year were selected specifically to help underserved and at-risk populations, allowing access to vital medical, dental, and mental health services otherwise not available. Other programs improved health literacy, providing education about exercise, nutrition, and healthy lifestyle choices. In addition, we continue to underwrite the cost of emergency services and other essential community programs.

We are grateful for the outstanding work by our Community Benefit partners over the past year. Their continued commitment to our mission and the compassion they demonstrate on a daily basis is an inspiration to all of us. Their efforts yielded visible, measurable results that benefited individuals, families, and even entire school systems. We salute our remarkable partners for their great work — and we look forward to another year of fruitful collaboration.

Sincerely,



**Neal H. Cohen, MD, MPH, MS**

FY15 Chair, Board of Directors, El Camino Hospital



## EL CAMINO HOSPITAL

### Fiscal Year 2015 Grants

5210 Health Awareness Program  
Alzheimer's Association  
Asian Americans for Community Involvement  
Bay Area Women's Sports Initiative (BAWSI)  
Mental Health Services – El Camino Hospital  
Campbell Union School District – School Nurses  
Challenge Diabetes Program  
Chinese Health Initiative  
Cupertino Union School District – Counseling Services  
Cupertino Union School District – School Nurses  
Early Head Start  
EMQ FamiliesFirst  
Falls Prevention in Santa Clara County  
Foster Children's Orthodontic Program  
Foundation for Mental Health  
Health Library & Resource Center –  
El Camino Hospital Los Gatos  
HealthTeacher/GoNoodle  
linkAges  
Medical Respite  
Meet & Move  
Momentum for Mental Health  
Peninsula HealthCare Connection  
Playworks  
Pre-Diabetes Initiative  
RoadRunners  
Santa Clara Unified School District –  
Counseling Services  
South Asian Heart Center  
West Valley Community Services



PRIORITY 1

21,010

PEOPLE SERVED

24,649

SERVICES PROVIDED

## Making Sure Cost Is Not a Barrier to Care

### Financial Assistance

Under the hospital's financial assistance guidelines, qualifying individuals who cannot pay for medically necessary hospital services are eligible for a fee reduction. Some may qualify for elimination of their hospital bill. This policy applies to both inpatients and outpatients whose family income level is less than four times the federal poverty level.

### Medi-Cal

Medi-Cal is a public health insurance program that provides needed healthcare services for low-income individuals. Recipients include families with children, seniors, people with disabilities, children in foster care, and pregnant women. Medi-Cal is financed equally by the state and federal government.



*"El Camino Hospital is not only committed to providing quality care for our patients, but also promoting overall community health by addressing the unmet and emerging health needs for our most disadvantaged communities in Santa Clara County. Through the Community Benefit Program, El Camino Hospital was able to provide more than \$52 million in financial assistance, medical services, and community-based programs focused on prevention and disease management that were implemented with dedicated partners. These community investments play a critical role in bridging the gap between access and affordability for the vulnerable populations we serve to make a significant and meaningful difference throughout the year."*

**Barbara Avery**, Director, Community Benefit, El Camino Hospital



## Training for Tomorrow

### Education and Training

El Camino Hospital provides trainee positions in nursing, radiology, clinical laboratory, cardiac and pulmonary rehabilitation, and respiratory medicine. This serves two purposes: to provide new health workers with the valuable experience they need and to ensure that our community has a sufficient number of highly trained healthcare professionals. The hospital also supports interns, practicum students, and post-doctoral fellows in mental health services.



*“El Camino Hospital has a long history of supporting health education for both the community and for healthcare professionals who want to have an impact in preventive healthcare. Our program offers multidisciplinary preceptorships, internships, and training to support healthcare career development and teach risk factor reduction strategies. It’s rewarding to be a part of El Camino Hospital’s efforts to ensure the availability of well-trained and passionate healthcare workers for our community’s future.”*

**Vivian Low MPH RN-BC FPCNA, Manager, Cardiac & Pulmonary Wellness Center**

## Better Health for Better Learning

School-based health programs are essential to the well-being of many of our community's children. That's because for many children from underserved families, the school nurse is their resource for basic healthcare, and the only healthcare provider they ever see. To help children like these stay healthy, El Camino Hospital provided support to various school-based programs in public schools with large numbers of at-risk students.

### School Nurses

In our school districts, school nurses are often responsible for the care of children who are medically fragile or have serious conditions such as asthma, diabetes, and mental health issues. In addition, many of our county's school children lack pediatric wellness care. Nurses are often the first to diagnose kids with issues that can impede learning or have long-term health consequences, such as scoliosis, hearing loss, or poor vision. Dental cavities are also common due to poor diet and lack of access to dental care, and pain from untreated cavities can be an unwelcome distraction from learning. These challenges are compounded by shrinking budgets, requiring nurses to cover a large number of students within a school district.

#### Campbell Union School District

El Camino Hospital Community Benefit funds supported two additional full-time school nurses and a community liaison for the district's nine elementary and three middle schools. The funding ensured that students who failed health screening saw their doctor, and provided case management for children with chronic illnesses. Community Benefit funds also supported dental screenings. Untreated tooth decay can cause infection, pain, and speech problems, while discolored or damaged teeth have a negative effect on a child's self-image. Nurses worked to reduce barriers to dental care and connected students with local dental resources. The partnership also linked families with community healthcare resources and affordable healthcare coverage and offered parent health education classes. Community Benefit funds also covered CPR and first aid training for the school staff.

#### Cupertino Union School District

Over the last 10 years, the Cupertino Union School District has grown by 3,100 students, increasing the need for qualified school nurses. Funding from El Camino Hospital supported an additional school nurse and a part-time health aide. The School Nurse Program provided services including case management for medically fragile students and those with chronic diseases, and referrals to health providers and other community health resources.



# 3.9%

OF CHILDREN DID NOT HAVE  
HEALTH COVERAGE IN 2012

”

*“Thanks to support from El Camino Hospital, we have established frequent healthcare insurance enrollment opportunities at our school sites, and directly connected students and their families to healthcare, vision care, dental care, and community resources.”*

**Katie Rodriguez**, School Nurse, Campbell Union School District

”

*“The continued support that El Camino Hospital Community Benefit has offered for so many years provides much-needed health support for local children. Education is a close correlate of long-term health, and we are grateful to be partners in the investment in both for our local children.”*

**Staff Member**, Cupertino Union School District



## Helping a Single Dad Get Healthcare for His Children

A single, working father new to the San Jose area, Ernesto Juarez did not know how to get health insurance or medical services for his two children. At the beginning of the school year, Mr. Juarez filled out emergency cards for eight-year-old Tomas and seven-year-old Maria, specifying that the children did not have health insurance. The school nurse reached out and invited him to apply for insurance during the enrollment event at the children's school, which he did successfully. Tomas and Maria had a history of dental problems, and both children failed the vision screening completed by the school nurse. Their teachers expressed concerns that the children's health problems were creating barriers to learning.

After meeting with Mr. Juarez, the nurse realized that he did not know how to access healthcare services. The nurse and a community liaison helped Mr. Juarez secure appointments for both children to receive eye examinations and dental exams. With the support of services provided by the El Camino Hospital Community Benefit grant, the Juarez family received healthcare insurance, eye examinations with prescribed eyeglasses, and dental services. Now that their health issues have been resolved, the Juarez children are already doing better in school.

## Dental Health for Youngsters

### Foster Children's Orthodontic Program

Local foster children typically don't have access to orthodontic services because few dentists and orthodontists in Santa Clara County take Denti-Cal patients. The Foster Children's Orthodontic Program helps children with serious oral health problems receive orthodontic care. Many of these teens have been abused and neglected, and have gone for lengthy periods of time without medical or dental care. Access to dental care helps boost their self-esteem and improve their oral hygiene.

### Early Head Start

Early Head Start provides educational, social, medical, dental, nutritional, and mental health services to low-income pregnant women and to children from birth to three years of age. This is especially important, because children from low-income families are at risk for adverse health and developmental outcomes. The risk starts before these children are even born, as their mothers may not get prenatal care, eat properly, or take prenatal vitamins. El Camino Hospital Community Benefit Program funded a family advocate for Santa Clara County's Early Head Start Program. The advocate helped families find primary care providers, connected them to available health resources, and coordinated translation and transportation services.



PRIORITY 2

4,038

PEOPLE SERVED

9,585

SERVICES PROVIDED

## Emotional Support for Fragile Teens

### Campbell Union High School District – EMQ FamiliesFirst Programs

Adolescence can be especially difficult for underserved youth. They often wrestle with issues like substance abuse, bullying, violence, gang issues, depression, eating disorders, poor school attendance, sexual abuse, and suicidal thoughts — problems for which there is no quick fix. El Camino Hospital Community Benefit funds supported two vital mental health programs for at-risk youth through EMQ FamiliesFirst:

- Addiction Prevention Services provides substance abuse prevention, intervention, and post-intervention services for Campbell students who are either at risk or already involved in high-risk activities. The program conducts individual and group counseling for teens, classroom workshops, education for parents and teachers, as well as family case management.
- The Child and Adolescent Mobile Crisis Program provides services across the county to youth under age 18 who are severely depressed, suicidal, or in acute psychological crisis. Mobile crisis clinicians trained in therapeutic crisis intervention are on call 24 hours a day, 7 days a week, to respond to youth in immediate danger of harming themselves or others.

EMQ Families First also conducts school-based suicide prevention training for parents, teachers, caseworkers, and coaches. One teacher, who had already been through several similar trainings, described the EMQ training as “by far the best and most comprehensive” she had been through. In addition, the program offers student classroom presentations on depression and suicide using *Linking Education and Awareness of Depression and Suicide*. This program helps young people to better understand depression and suicide, learn the warning signs, and access available resources.

## Santa Clara Unified School District Mental Health Services

Santa Clara Unified School District serves over 13,000 K–12 students in San Jose, Santa Clara, and Sunnyvale. El Camino Hospital Community Benefit funds were used to hire a licensed therapist to work with children and their parents in the district's schools. Services included individual and group counseling, classroom intervention using established curriculum, parent education and support, case management, and referral to outside agencies.

## Cupertino Union School District Mental Health Services

The Cupertino Union School District encompasses parts of San Jose, Sunnyvale, Saratoga, Santa Clara, and Los Altos. This diverse district serves over 16,000 K–8 students. Funds from El Camino Hospital Community Benefit are being used to provide four family therapists. In addition to individual and group counseling, the therapists offer parent education and support. They also provide early identification of mental health needs and case management, and refer children and/or their family members to free or low cost services.

### A Young Life, Saved

Joe survived multiple traumatic experiences at the hands of his father, who is now in prison. Joe was growing increasingly depressed. There was a marked decline in both his grades and his ability to play football. Then, he attended a classroom presentation on suicide prevention presented by an Addiction Prevention Services (APS) counselor funded through the El Camino Hospital grant to EMQ. Following the presentation, the students were asked to complete a survey. One question asked whether the student would like to talk to a counselor, and Joe checked "yes." When the counselor called Joe after the presentation, it was determined that he was a suicide risk and needed a "5150 hold."

EMQ Mobile Crisis team advised the APS counselor to have Joe's mother take him directly to the emergency room to initiate the hold. Joe was hospitalized for six days, during which he started medication and mental health services. He was connected to intensive outpatient services immediately upon discharge. The EMQ counselor checked in with Joe two weeks later when he returned to school and he was already feeling significantly better and no longer wanted to end his life. He had a new sense of hope for a better life.

## Mental Healthcare for the Poor and Vulnerable

Volunteer physicians at community clinics across Santa Clara County are seeing more and more individuals who require psychiatric care and medication management. This highlights the need for mental health services for low-income individuals, as accessing mental healthcare is especially difficult for individuals with no insurance or limited resources.

### Peninsula HealthCare Connection (PHC)

Peninsula HealthCare Connection is a free clinic that provides integrated primary and mental healthcare to many who are either homeless or at risk for homelessness. The clinic provides intensive case management to stabilize mentally ill individuals in Santa Clara County. PHC also works to house the most vulnerable members of this population. By improving quality of life for these patients, PHC reduces the burden on local healthcare agencies.

### Asian Americans for Community Involvement

Asian seniors have one of the highest rates of suicide of all ethnic groups. Studies have shown that early identification of depressive symptoms and intervention can dramatically reduce depression among the elderly. In order to identify and aid underserved low-income Asian seniors struggling with depression, Asian Americans for Community Involvement implemented the Healthy IDEAS program. After receiving an initial screening, clients were connected to a medical and/or mental health provider and participated in a variety of wellness activities and educational programs designed to reduce depressive symptoms.

### Meet & Move

Meet & Move is the result of a collaboration between El Camino Hospital and the Palo Alto Medical Foundation linkAges program. This "walk and talk" program was designed specifically for family caregivers in Mountain View, Los Altos, Sunnyvale, Cupertino, and surrounding communities. Meet & Move addresses two issues affecting caregivers: physical inactivity and social isolation. By connecting caregivers with other caregivers as "walking buddies," the program allows participants to enjoy a little downtime, improve their fitness level, and connect with others who understand the demands of caring for a sick or elderly adult. Walking is a free, easy way to get some exercise and make new friends.



PRIORITY 3

6,312

PEOPLE SERVED

## Getting Serious About Playtime

### Playworks

Playworks is an innovative and effective program that's been adopted by schools nationwide. The program is designed to make recess a positive experience by giving children plenty of opportunities for physical activity and safe, meaningful play. The goal is to get kids moving and make the schoolyard a friendlier, more tolerant place. By teaching children to resolve conflict and handle competition, Playworks helps schools reduce bullying and behavior problems.

### 5210 Health Awareness Program

In collaboration with the Palo Alto Medical Foundation, El Camino Hospital grant dollars support the 5210 Health Awareness Program, a school-wide health initiative. The program encourages children to pledge to eat five or more servings of fruits and vegetables a day, reduce recreational screen time to two hours or less each day, spend at least one hour a day being physically active, and forego sweetened beverages. The 5210 program includes classroom education, school assemblies, activities, goal setting and incentives, parent education, and integration with the Playworks program.



*"It is my pleasure to support you [5210] in your efforts to make healthy eating an expectation rather than only a choice."*

**Eric Andrew**, Superintendent, Campbell Union School District



## Eating Well to Feel Well

### Challenge Diabetes Program

In 2009, eight percent of adults in Santa Clara County reported having been diagnosed with diabetes, with an additional 15 percent of adults having been told they have pre-, or borderline diabetes. The percentage of people diagnosed with diabetes in our county is actually a little higher than the percentage for the general population nationally, which is 7.8 percent. To help combat the high rate of diabetes in our county, Community Services Agency of Mountain View and Los Altos, Sunnyvale Community Services, and West Valley Community Services have partnered with Second Harvest Food Bank to offer the Challenge Diabetes Program. This free program has a two-pronged goal:

- Helping people with pre-diabetes prevent Type 2 diabetes
- Teaching people with Type 2 diabetes to manage their disease more effectively

Participants are screened at enrollment for pre-diabetes or Type 2 diabetes and have the opportunity to enroll in the program and receive monthly food bags, educational information, and a referral to local healthcare clinics.

One Spanish-speaking client who cares for her 14-year-old granddaughter explained how difficult it was for her to manage her diabetes on very limited means. She depends on the food pantry to supplement the cost of food, but the food pantry doesn't always have the right foods to keep her blood sugar levels consistent. The Challenge Diabetes food bags have been incredibly helpful in managing her diabetes.

# 15%

OF ADULTS IN SANTA CLARA COUNTY HAVE BEEN DIAGNOSED WITH PRE-DIABETES

”

*“Thank you so much. Not only have I been able to eat healthier, but it educated me on the type of food I should actually be looking to eat.”*

Client, Challenge Diabetes Program



PRIORITY 4

6,757

PEOPLE SERVED

90,429

SERVICES PROVIDED

## Help Dealing with Dementia

### Alzheimer’s Association – Latino Family Connections

The Alzheimer’s Association works on a global, national, and local level to enhance care and support for all those affected by Alzheimer’s and related forms of dementia. According to the latest U.S. census, Latinos make up 26.8 percent of the population of Santa Clara County. Many have multigenerational families, with family members serving as caregivers for relatives with Alzheimer’s or other dementias. When language is a barrier, access to resources and support can be especially challenging for these families. El Camino Hospital funded part-time staff to develop marketing strategies to raise awareness of available programs, and to lead outreach to the Latino community. Services include outreach events in Spanish, educational classes, helpline services, and community presentations.

## Service and Support

### linkAges TimeBank (Palo Alto Medical Foundation)

Palo Alto Medical Foundation’s linkAges TimeBank program is a community-based exchange network. Members of this multigenerational network “bank” their time by providing services to others, and then use those hours to receive services in return. Most of the recipients of linkAges services are seniors and family caregivers who could use the services, support, and friendship. LinkAges forges partnerships with local nonprofits, neighborhood associations, faith-based organizations, and businesses to offer a community-based outreach effort that supports aging in place. This program serves to reduce isolation among seniors and the disabled.



## Banking on New Friendships

Wendy, a retired home economics teacher from Mountain View, first heard about the linkAges TimeBank program at the El Camino YMCA. Says Wendy, "I thought it was a great idea and a wonderful way to meet other people. I have a lot of skills that I like sharing with others, so TimeBank seemed like a good way to do this." Since joining TimeBank, Wendy has had many opportunities to help others and forge new friendships. Her first exchange partner, Gloria, turned out to be a neighbor Wendy had never met. During their exchange, Gloria helped Wendy clean out her gutters and dispose of hazardous paint materials. Wendy taught Gloria how to make the perfect pie crust, a recipe that has turned into a staple at Gloria's house.

Wendy connected with another member, Sidney, who had just moved to Mountain View from Taiwan with her father and sister. In addition to giving Sidney's father rides to his ESL class and helping him practice his English, Wendy occasionally plays cards with the family, who share her love of bridge. Wendy also enjoys connecting with others at the monthly TimeBank Tales events. As a new iPad owner, Wendy took advantage of Technology Day for older adults, to get some tablet tips from tech-savvy TimeBank members and high school volunteers. For Wendy and her many new friends, TimeBank has turned out to have many unexpected dividends.

## A+ Learning Tools

### HealthTeacher/GoNoodle

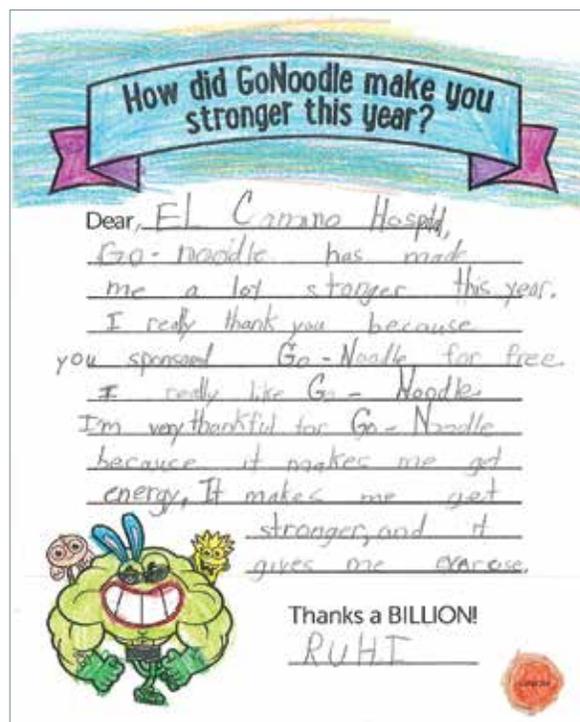
HealthTeacher is an online health education curriculum that helps K–12 teachers integrate health information into the curriculum. The goal is to increase health literacy, encourage kids to embrace good nutrition and exercise, and avoid alcohol consumption, tobacco use, and other risky behaviors.

GoNoodle is a tool HealthTeacher developed to help elementary school children focus and remain engaged during class. The kids take a series of guided "brain breaks," accessed online. Teachers use the breaks as needed, to energize the classroom or calm things down. The brain breaks feature cartoon characters and Olympic athletes who guide the kids through breathing, stretching, and energizing exercises.

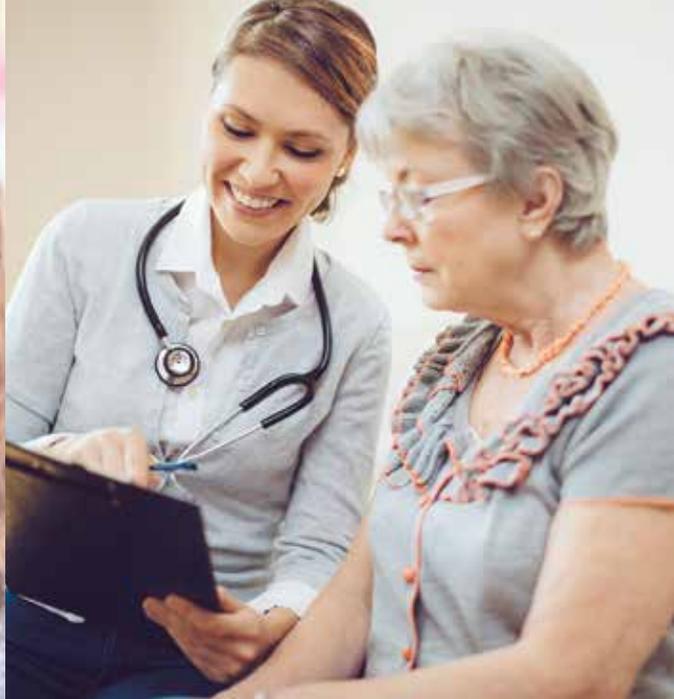


*"Classes that used GoNoodle at least once a day showed a significant reduction in office referrals. We believe that the GoNoodle activities, which allow movement breaks during instructional time, were directly connected to the decrease."*

Ivy Sarrat, Principal, Castlemont Elementary, Campbell Union



A letter of gratitude from a satisfied student who used the GoNoodle (HealthTeacher) program



## Expanding Seniors' Horizons

### West Valley Community Services (WVCS) Geriatric Case Management

Despite the fact that Santa Clara County has one of the highest median incomes in the United States, 11 percent of children and nine percent of adults in the county live in poverty. These percentages have risen since the financial crisis of 2007 – 2008, when many lost their jobs and were unable to regain their former standard of living. A Cupertino-based nonprofit, West Valley Community Services is a provider of community services in Cupertino, Los Gatos, Monte Sereno, Saratoga, and West San Jose. WVCS provides family and housing support services including information and referrals, food pantry, clothing, transitional housing, affordable housing, financial assistance, family support, and case management services.

Mary and her husband Ben are typical beneficiaries of WVCS' Geriatric Case Management program. Both seniors are on a fixed income, and they have been using the WCVS food pantry for several years. As non-native English speakers, the couple had been isolated from the greater community, but thanks to the workshops and activities WCVS organizes for local seniors, they have expanded their social network. Mary and Ben walk to WCVS every week to participate in the senior chair exercising class. They are also enthusiastic participants in the health fair, cooking workshops, gardening class, and the Top Chef cooking competition, where Mary's dish took second place!

# FALLS ARE THE #1

CAUSE OF HOSPITALIZATIONS FOR  
ADULTS 65 YEARS AND OLDER IN  
SANTA CLARA COUNTY

### Falls Prevention in Santa Clara County (FPSCC)

Falls are the leading cause of injuries for older adults in the United States. Here in Santa Clara County, falls are the number one cause of hospitalizations for adults 65 years and older. Research clearly demonstrates that most falls are preventable with environmental changes, medication modification, and/or improving functional ability. Increasing awareness and fall prevention resources in the community is the goal of FPSCC, a program supported by El Camino Hospital Community Benefit funds. FPSCC brings together providers of healthcare and aging services, public health officials, experts from the world of academia, funders, and others to collaborate on strategies to reduce falls among older adults. The work includes classes, advocacy, resource development, and community and provider education.

## FINANCIAL ACCOUNTING

\$177,602	Community Health Improvement Services
\$1,394,031	Health Professions Education
\$18,286,083	Subsidized Health Services
\$619,727	Clinical Research
\$2,883,079	Financial and In-Kind Contributions
\$163,420	Community Benefit Operations
\$6,522,366	Financial Assistance
\$22,037,881	Government-Sponsored Healthcare (Unreimbursed Medi-Cal)
<b>\$52,084,189</b>	<b>El Camino Hospital Community Benefit Total Fiscal Year 2014 – 2015</b>

### EL CAMINO HOSPITAL

#### Fiscal Year 2015 Sponsorships

Abilities United	Los Gatos Lions Club – Mental Health Support for Los Gatos High School
Asian American Hospice – Heart of Hope	NAMI Santa Clara County
Asian Americans for Community Involvement	People Acting in Community Together
Bay Area Women’s Sports Initiative	Planned Parenthood – Kids in Common
Chinese American Coalition for Compassionate Care	Project Cornerstone
Congregation Shir Hadash – Health Fair	Silicon Valley Independent Living
Cystic Fibrosis Walk	Silicon Valley Leadership Group – Turkey Trot Fundraiser
EMQ Families First	West Valley Community Services
Gardner Health Services	YWCA of Silicon Valley
Indian Health Center of Santa Clara County	

# COMMUNITY HEALTH IS A TEAM EFFORT

## Community Benefit Advisory Council Members

**Wes Alles**, PhD, Director, Stanford Health Improvement Program, Stanford University

**Barbara Avery**, Chair, Director, Community Benefit, El Camino Hospital

**Bonnie Broderick, RD, MPH**, Director, Chronic Disease & Injury Prevention Program, Santa Clara County Public Health Department

**Cecile Currier**, Vice President Corporate & Community Health Services, El Camino Hospital

**Rhonda Farber, PhD**, Past Superintendent, Campbell Union High School District

**Laura Macias**, Past Mayor/Councilmember, City of Mountain View

**Julia E. Miller**, El Camino Hospital Board of Directors; El Camino Healthcare District Board of Directors

**Cesar Molina, MD**, Physician & Medical Director of South Asian Heart Center, El Camino Hospital

**Naomi Nakano-Matsumoto**, Executive Director, Community Health Awareness Council

**Lisa Rosenblum**, Director of Library and Community Services, City of Sunnyvale

**Anil Singhal, MD**, Physician, RotaCare Clinic Volunteer Physician & El Camino Hospital Foundation Board of Directors

**Randy Tsuda**, Community Development Director, City of Mountain View

**Marilyn Winkleby, PhD, MPH**, Professor of Medicine and Director of the Office of Community Health, Stanford University School of Medicine

**Pat Wolfram**, Vice President, El Camino Hospital Los Gatos

## Community Benefit Staff

**Cecile Currier**, Vice President Corporate & Community Health Services

**Barbara Avery**, Director of Community Benefit

**Garrick Wong**, Community Benefit Specialist

**Sharan Johal**, Administrative Assistant

**Laurie Withers**, Coordinator

## El Camino Healthcare District Board of Directors

**Julia E. Miller**, FY15 Chair

**Dennis W. Chiu, JD**, FY15 Vice Chair

**Peter C. Fung, MD, MS, FACP, FAAN, FAHA**, FY15 Secretary/Treasurer

**David Reeder, MS**

**John L. Zoglin, MBA**

## El Camino Hospital Board of Directors

**Neal H. Cohen, MD, MPH, MS**, FY15 Chair

**Tomi Ryba, MHA**, President and CEO

**Dennis W. Chiu, JD**, FY15 Vice Chair

**Peter C. Fung, MD, MS, FACP, FAAN, FAHA**, FY15 Secretary/Treasurer

**Lanhee J. Chen, JD, PhD**

**Jeffrey M. Davis, MD**

**Julia E. Miller**

**David Reeder, MS**

**John L. Zoglin, MBA**

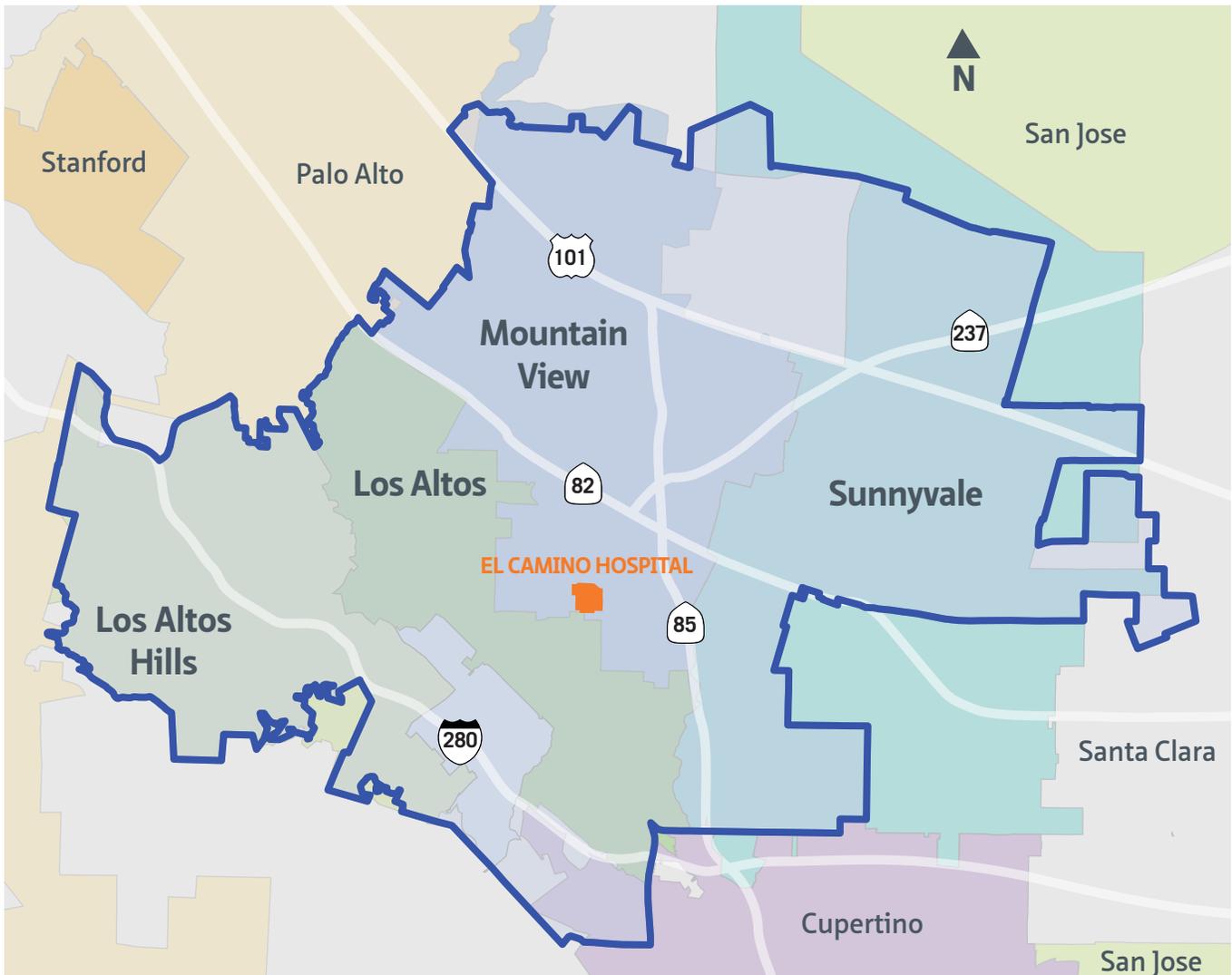
## Additional El Camino Hospital Information

The 2015 Community Benefit Plan, 2015 Community Benefit Report, and the Community Health Needs Assessment are available at [www.elcaminohospital.org/communitybenefit](http://www.elcaminohospital.org/communitybenefit).

## Additional El Camino Healthcare District Information

The 2015 El Camino Healthcare District Community Benefit Plan and 2015 Community Benefit Report are available at [www.elcaminohealthcaredistrict.org/communitybenefit](http://www.elcaminohealthcaredistrict.org/communitybenefit).

# EL CAMINO HEALTHCARE DISTRICT



Note: District boundary outline is an approximation.

## Fiscal Year Grants Contact Information

Alzheimer's Association  
2290 North 1st Street  
San Jose, CA 95131

Campbell Union School District  
155 North Third Street  
Campbell, CA 95008

Community Services Agency –  
Mountain View  
204 Stierlin Road  
Mountain View, CA 94043

ECH – Chinese Health Initiative  
2500 Grant Road  
Mountain View, CA 94040

ECH – RoadRunners  
530 South Drive  
Mountain View, CA 94040

EMQ FamiliesFirst  
253 Llewellyn Avenue  
Campbell, CA 95008

The Foundation for Mental Health  
438 North White Road  
San Jose, CA 95127

Lucile Packard Foundation for Children's Health  
400 Hamilton Avenue, Suite 340  
Palo Alto, CA 94301

Momentum for Mental Health  
206 California Avenue  
Palo Alto, CA 94306

National Alliance on Mental Health –  
Santa Clara County (Peer Pals)  
1150 South Bascom Avenue, Suite 214  
San Jose, CA 95128

Palo Alto Medical Foundation (5210)  
701 East El Camino Real  
Mountain View, CA 94040

Playworks  
2155 South Bascom Avenue, Suite 201  
Campbell, CA 95008

Sunnyvale Community Services  
725 Kifer Road  
Sunnyvale, CA 94086

Valley Health Center – Sunnyvale  
2400 Moorpark Avenue, Suite 207  
San Jose, CA 95128

Asian Americans for Community  
Involvement (AACI)  
2400 Moorpark Avenue, Suite 300  
San Jose, CA 95128

Cancer Support Community  
3276 McNutt Avenue  
Walnut Creek, CA 94597

Cupertino Union School District  
10301 Vista Drive  
Cupertino, CA 95014

ECH – Health Library & Resource Center  
2500 Grant Road  
Mountain View, CA 94040

ECH – RotaCare Clinic  
2400 Grant Road  
Mountain View, CA 94040

Falls Prevention Santa Clara County  
One Washington Square  
San Jose, CA 95192

HealthTeacher  
209 10th Avenue South, Suite 350  
Nashville, TN 37203

MayView Community Health Center  
270 Grant Avenue  
Palo Alto, CA 94036

Mountain View Whisman School District  
750-A San Pierre Way  
Mountain View, CA 94043

New Directions  
2101 Alexian Drive, Suite D  
San Jose, CA 95116

Pathways Home Health and Hospice  
585 North Mary Avenue  
Sunnyvale, CA 94085

Santa Clara County Office of Education –  
Early Head Start Program  
1290 Ridder Park Drive  
San Jose, CA 95131

Sunnyvale School District  
819 West Iowa Avenue  
Sunnyvale, CA 94086

West Valley Community Services Agency  
10104 Vista Drive  
Cupertino, CA 95014

Bay Area Women's Sports Initiative (BAWSI)  
1922 The Alameda, Suite 420  
San Jose, CA 95126

Community Health Awareness Council  
590 West El Camino Real  
Mountain View, CA 94040

Eating Disorders Resource Center  
15891 Los Gatos-Almaden Road  
Los Gatos, CA 95032

ECH – Los Gatos Medical Library  
815 Pollard Road  
Los Gatos, CA 95032

ECH – South Asian Heart Center  
2500 Grant Road  
Mountain View, CA 94040

Fremont Union High School District  
589 West Fremont Avenue  
Sunnyvale, CA 94087

linkAges – Palo Alto Medical Foundation,  
David Druker Center for Health Systems Innovation  
2350 West El Camino Real  
Mountain View, CA 94043

Medical Respite Program  
1215 K Street, Suite 800  
Sacramento, CA 95814

Mountain View Los Altos  
Union High School District  
1299 Bryant Avenue  
Mountain View, CA 94040

Next Door Solutions to Domestic Violence  
234 East Gish Road, Suite 200  
San Jose, CA 95112

Peninsula HealthCare Connection  
33 Encina Avenue #103  
Palo Alto, CA 94301

Santa Clara Unified School District  
1889 Lawrence Road  
Santa Clara, CA 95052

Superior Court of CA, Santa Clara County  
Foster Children's Orthodontic Program  
191 North First Street  
San Jose, CA 95113





EL CAMINO HEALTHCARE DISTRICT



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