

Health Matters

FALL 2015

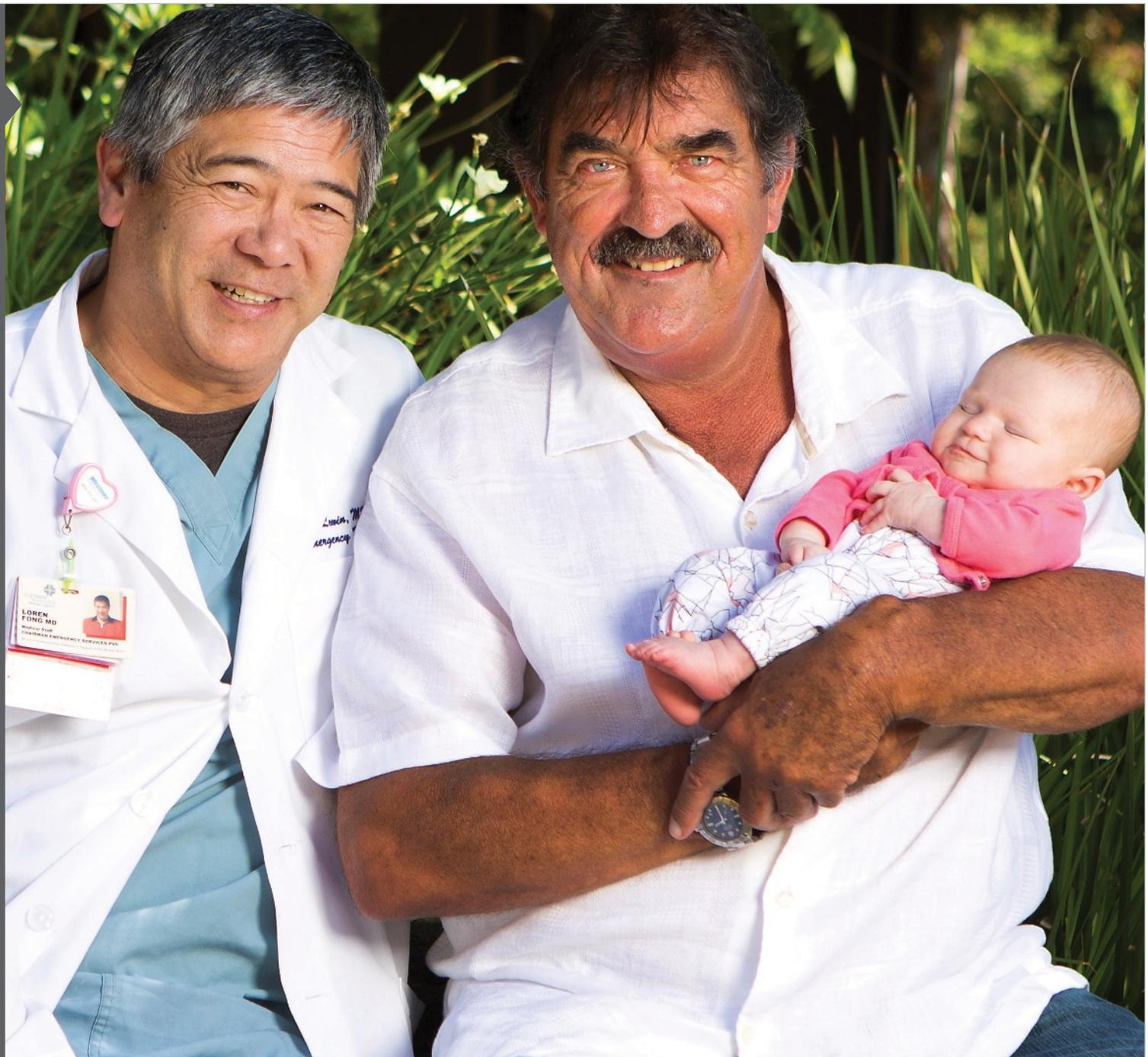
Community Matters:
Citizens and
Petaluma Valley
Hospital Team Up to
Save a Life

Care for the Most
Fragile Newborn:
Intensive Care
Nursery at Santa
Rosa Memorial
Hospital

Is a Cancer Genetic
Risk Evaluation
Right for You? Ask
the Expert

Growing Good in
Petaluma

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sjhnews.org/sonoma



St. Joseph Health SM
Santa Rosa Memorial • Petaluma Valley



Photos by Charlie Gesell

Caring for the Most Fragile Newborn

Every year, an estimated 15 million babies are born prematurely and this number is growing. In fact, preterm birth complications are the leading cause of death among children under the age of 5 years old. But thanks to incredible advances in technology, many of these babies have a second chance.

At Santa Rosa Memorial Hospital's UCSF Intensive Care Nursery, specialists are able to care for the most fragile, critically-ill newborns. As a result, the department was recently designated a Community Neonatal Intensive Care Unit (NICU) by California Children's Services (CCS). To receive the Community NICU designation,

the nursery had to be equipped to treat a wide range of severe medical complications that can affect both premature and full-term infants, such as respiratory failure, neonatal sepsis and birth asphyxia.

When Andrew and Laurin Hosford's baby, Daniel, was born at Santa Rosa Memorial Hospital in April 2015, they had no idea he would end up in the NICU. But circumstances led Daniel to be born a few weeks premature, and as a result, he had severe breathing problems and jaundice.

"The entire team at Santa Rosa Memorial was just wonderful," says Laurin. "Dr. Alan Shotkin and Dr. [George] Franco were great

about clearly explaining everything that was going on. Despite having a sick baby, I felt comfortable, informed and cared for. The lactation nurse, Pam [Boyd-Decoite] was also helpful and encouraging."

"We've always been proud of the excellent neonatal care that we offer at Santa Rosa Memorial Hospital," says Dr. Alan Shotkin, neonatologist and medical director of the Intensive Care Nursery. "Our nursery is a key part of the hospital's mission to support the infants, new parents and families within our community. This means supplementing our medical care with other resources, such

as a place for parents to stay overnight while their baby is in the hospital and support for breastfeeding mothers."

At Memorial, the ICN benefits from a team of board-certified or board-eligible pediatricians who are available 24 hours a day, as well as nurses and respiratory therapists who are certified in the Neonatal Resuscitation Program (NRP). A close working relationship with UCSF Benioff Children's Hospital provides additional resources, such as telemedicine and pediatric specialists when they are needed.

Laurin, who was born at Santa Rosa Memorial herself, feels connected to the hospital, as most of the women

Andrew Hosford watches over baby Daniel, who received care in Memorial's Intensive Care Nursery. The ICN offers the highest level of neonatal care in the North Bay.

Andrew and Laurin Hosford with baby Daniel.



in her family have delivered there. Also, it was where her grandmother worked as a labor and delivery nurse years ago.

"A nurse named Wendy [Peterson] recognized my maiden name, and it turns out she worked with my grandma Ida," Laurin says. "It was quite a coincidence."

After baby Daniel spent seven days in the NICU, his breathing improved and his jaundice cleared. Needless to say, Laurin and her husband, Andrew, were happy to take him home.

"There simply aren't enough good things I can say about the nurses and doctors at Memorial," Laurin says. "I'm very grateful for their efforts."

Ask the Expert:

Am I at Increased Risk of Developing Cancer?

Somewhat surprisingly, cancer is rarely inherited. Suspicion of hereditary cancer is increased when individuals are diagnosed before age 50 and/or when generations of family members have had the same cancer. Concerned individuals can take a proactive approach to managing or preventing cancer by undergoing a Cancer Genetic Risk Evaluation. In addition to determining the level of risk of specific cancers, the evaluation includes counseling and education regarding risk, medical management recommendations and if appropriate, genetic testing.

Q: How do you know if somebody is a good candidate for genetic testing?

Kathleen Mott, APNG: To assess whether genetic testing is appropriate, a cancer genetics professional will first collect a detailed personal and family cancer history. At Annadel Medical Group, we then follow nationally recognized guidelines to determine whether a genetic test should be offered. Whenever possible, the family member with the earliest diagnosis should be the first person to undergo testing.

Q: What would be the first step for somebody to take if they wanted to undergo genetic testing for cancer?

Kathleen Mott, APNG: The first step is to collect your family history of cancer. The type of cancer and the age of diagnosis are the most important factors. Next, discuss your personal and family history with your health care provider to determine if a referral for a cancer genetic consultation is appropriate.

Q: What happens during a cancer genetic risk evaluation?

Kathleen Mott, APNG: You will learn about hereditary cancer and whether you are at increased risk of developing certain cancers. The benefits, risk and limitations of genetic testing for hereditary cancer will be explained. Finally, you will receive individualized recommendations for future health care. A genetic risk evaluation does not require you to undergo genetic testing.

Q: What do genetic test results show you?

Kathleen Mott, APNG: Genetic testing is done to identify gene mutations (alterations) that may place you at increased risk of certain cancers. The type of cancer depends on the gene tested. For example, mutations in BRCA1 or BRCA2 significantly increase the chance of developing breast and/or ovarian cancer.

It is important to remember a negative genetic test does not equate with no risk. A person with a negative test may still receive recommendations

different from those provided to individuals without personal or family history.

Q: If testing identifies a mutation, what happens next?

Kathleen Mott, APNG: The test report will identify the gene that is mutated (altered). Future healthcare recommendations are made based on the mutation. Examples include: additional cancer screening examinations, medications to reduce the risk of developing cancer and in some cases, surgery to reduce risk.

Q: If you could give one piece of advice about cancer to the public, what would it be?

Kathleen Mott, APNG: Although lately there has been an increased focus on hereditary cancer, most cancer is not caused by an inherited gene mutation. Lifestyle choices such as maintaining a healthy diet, exercising regularly, moderating your alcohol consumption and avoidance of tobacco reduce the risk of developing many diseases including cancer.



Kathleen Mott, RN, MS, NP-BC, APNG
Cancer Genetics

Annadel Medical Group
121 Sotoyome St., Santa Rosa, CA 95405
(707) 525-6180

For an appointment, consult with your primary care physician for a referral. For more information on cancer genetic risk evaluation/genetic testing visit: stjoesonoma.org/genetics





Growing Good: The McDowell School Garden Project Brings

At McDowell Elementary School in Petaluma, growth is abloom in the community garden. With one of the lowest family incomes in the county, the school supplies free or low-cost lunches to nearly 95 percent of the students. Now, however, those with limited income have another way to source food: directly from the garden.

The McDowell School Garden Project brings children, families and community members together to grow fresh fruits and vegetables at a garden alongside McDowell Elementary School. While the school utilizes some of the 17 garden plots for outdoor education, the majority are used by families who live in apartments or multi-family housing and don't have a place to grow their own food.

"Some families plant squash, carrots, lettuce and strawberries," says Vicki Mayster, a staff liaison and coordinator from the McDowell Family Resource Center. "Others plant vegetables found in typical Latin cooking, such as corn, beans, tomatillos and cilantro."

Nearly 90 percent of the students at McDowell are Hispanic, so special efforts are made through the McDowell Family Resource Center to ensure that bilingual resources (such as healthy eating classes) are available. Recently, two Promotores de Salud (volunteer Health Promoters) provided education about fat and sugar to the residents during a garden work day.

"The garden is a great way to educate parents and students about healthy eating," Vicki says. "Some people assume that low

income families are unaware of healthy food and nutrition, but I haven't found that to be the case. The parents I work with are quite savvy about nutrition issues and their child's health, regardless of income."

For some families, such as Vicki Aguilar and Lazaro Naal, farming is an important part of their lives. Both grew up in Mexico and come from a farming background. Six years ago, when Vicki learned that the community garden didn't have a leader, she volunteered to step in.

"When I was a child, my dad used to grow corn, rice and beans, and I used to help," says Vicki, who grew up in Chiapas in southern Mexico. "I love to eat fresh food — especially from my own garden."

Francisco "Paco" Cano, community organizer for St. Joseph Health, Sonoma County, says the community is incredibly lucky to have Vicki and Lazaro's help in the garden.

"The couple is amazing," says Paco. "They are really committed to making the garden a success. We couldn't do it without them."

In the garden, rows upon rows of corn stalks wave in the wind while large flat bean pods climb their way up curling vines. Vicki is bent over a row of spiked leafy greens that look like escarole.

"My son doesn't like vegetables too much, but he likes these because they're spicy," she says. She picks a tendril and hands it to me. I put it in my mouth and chew. The spicy green burst tastes a bit like arugula; it's delicious.



Photos by Charlie Gesell

◀ The McDowell School Garden Project is made possible through a partnership between St. Joseph Health's Community Benefit Department, County of Sonoma Department of Health Services, and the California Department of Public Health's CX3: Communities of Excellence in Nutrition, Physical Activity and Obesity Prevention program.

Life to Petaluma

While the garden is a community success, funds are very limited and the project relies on donations to make ends meet. Paco is currently working on a small grant and tries to enlist the help of volunteers to provide resources.

"We're in great need of lumber to reframe the raised garden boxes so the soil doesn't keep spilling out of the garden plots," Vicki Mayster says. Paco also mentions that vegetables often get stolen from the garden because the fence isn't very high.

"Vicki and Lazaro are incredibly dedicated to the garden," Vicki Mayster says. "I was really touched when I heard Vicki talk about why having a garden is so important to her and her family. She wants produce that is fresh and affordable — and grown without pesticides. Just like so many others in Sonoma County."



Quinoa is the New Kale

If orange is the new black, quinoa is the new kale. Throughout the past couple of years quinoa has risen to food superstardom. By now, you're probably familiar with the unique (and hard to pronounce) seed, but do you know why quinoa is so good for you?

NUTRITIONAL BENEFITS OF QUINOA:

- Quinoa is non-GMO, gluten-free, and even though it's a seed and not a grain, it still counts as a whole grain food
- Quinoa contains higher levels of fiber than most grains
- Quinoa contains high levels of antioxidants
- Quinoa contains several B vitamins and vitamin E
- Quinoa contains riboflavin which helps reduce migraines
- Quinoa contains saponins which make it a good antiseptic
- Quinoa contains high levels of protein, including all nine of the essential amino acids
- Quinoa contains high levels of minerals, such as Magnesium, Potassium, Zinc and Iron

The United Nations designated 2013 as "The International Year of Quinoa" because of its nutritional benefits and potential to contribute to food security worldwide. If you want to incorporate quinoa into your diet, here's an easy and delicious recipe to try:

QUINOA VEGETABLE SALAD WITH LEMON BASIL DRESSING

INGREDIENTS

- 1 cup uncooked quinoa
- 15 oz. can garbanzo beans, rinsed and drained
- 4 cherry tomatoes
- 1 bell pepper
- ½ avocado
- 2 cups corn
- 3 green onions

Dressing

- 2 ½ Tbsp. olive oil
- 3 Tbsp. fresh lemon juice
- 1 ½ tsp. basil

DIRECTIONS

- Rinse quinoa, and begin cooking according to package directions.
- In a small bowl whisk together all three dressing ingredients.
- Slice green onions, dice tomatoes, bell pepper and avocado.
- Let quinoa cool after cooking.
- Then place all salad ingredients in a bowl.
- Pour dressing in and mix well to combine.
- Enjoy this healthy, vegan and gluten-free meal.

Resources: <http://authoritynutrition.com/11-proven-benefits-of-quinoa/>
http://www.huffingtonpost.ca/diana-herrington/7-benefits-of-quinoa_b_3363619.html
<http://www.thegardengrazer.com/2013/02/quinoa-vegetable-salad-with-lemon-basil.html>



“Petaluma Valley Hospital’s heart attack patients receive lifesaving thrombolytic therapy to unblock coronary arteries faster than the national average.”



Meant to Be: Good Samaritans

When Michael Brennan set out to play golf with a friend in Petaluma on April 16, 2015, he had no idea his life was about to change.

“I actually have no memory of that day,” says Michael, a Petaluma resident for nearly 30 years. “I don’t even remember leaving the house or whether I stopped for coffee.”

Everything seemed business as usual as he stopped at a red light on Lakeville Highway. But the woman in the car behind him saw otherwise. Suddenly, Michael’s car began to slowly roll backwards. She began honking her horn but it was too late: Michael’s car rolled right into her own. When he didn’t exit his car, the woman got out of her car to confront him. That’s when she saw Mr. Brennan slumped over the wheel and turning blue.

“I was two cars behind them in a wheelchair van and had no idea what was going on,” remembers Lynn Nuss, an EMT-in-training for Verihealth. As Lynn watched the woman struggle to get Michael’s car door open, a nearby truck driver got out of his rig and ran towards the scene with a fire extinguisher, which he used to smash the driver’s side window. As soon as the truck driver pulled Michael out of his car and began administering CPR, Lynn jumped into action. After calling her dispatcher to get the go-ahead to help, she grabbed the automated external defibrillator (AED) in her van and raced towards Mr. Brennan.

“Wheelchair vans aren’t required to carry AED’s, but Verihealth has extremely high safety standards,” says Wendi Thomas, director of nursing services at Petaluma Valley Hospital. “They want their rigs to be the safest around so they make a conscious choice to always have certain safety equipment in their vehicles at all times.”

As Lynn prepared to use the AED, which was “totally different” from the kind she had trained to use in school, she was spotted by her Verihealth colleague Tyler Reeves on his way home from work. After rushing to the scene, Tyler took over administering CPR on Michael while Lynn readied the AED.

Once the Petaluma Fire Department paramedic and fire fighters arrived, Lynn had shocked Michael’s heart in an attempt to regain its normal rhythm. In the ambulance, the paramedics shocked his heart an additional six times.

Thanks to the quick thinking, skill and kindness of everyone at the scene, Michael was still alive by the time his ambulance reached Petaluma Valley Hospital. And due to the hospital’s state-of-the-art technology and the know-how of doctors Loren Fong, MD, FACEP, and Peter Rothenberg, MD, Michael was able to be stabilized.

“Petaluma Valley Hospital has the capability to provide big city medicine in a small town atmosphere,” says Dr. Fong, medical director of Emergency



Photos by Charlie Gesell

After recovering from a serious heart attack, Michael Brennan and family visited with and thanked the good samaritans, EMTs and hospital staff who each played a critical role in saving his life.



Step in to Save a Life

Services and director of the Petaluma Emergency Physicians Medical Group. On average, Petaluma Valley Hospital's heart attack patients receive lifesaving thrombolytic therapy to unblock coronary arteries faster than the national average.

Once Mr. Brennan was stabilized, his body underwent 48 hours of targeted temperature management, a specialized treatment that involves cooling the body to 91° F. When the body is cooled to this near hypothermic state, neurological function is preserved and survival rate increases. Fortunately for patients at Petaluma Valley Hospital, targeted temperature management is part of its high standard of care for cardiac arrest.

"For being a small town hospital, the procedure they did on Michael was amazing," says Michael's wife, Ann, who worked in the Admitting Department at Petaluma Valley Hospital for 20 years. Ann had been walking with a friend when she got the call from Director of Nursing Services Wendi Thomas, that something was wrong.

"I thought maybe she was calling because my very-pregnant daughter Fiona had gone into labor," Ann says. "I had no idea it would be because of Michael."

While the family held vigil for Mr. Brennan as he lay in the hospital, something else was keeping an eye on him: telemedicine. Through the help of a specialized robot known as the RP Lite from InTouch Health, an ICU doctor was able to closely monitor Michael's vitals from a

remote location utilizing two-way audio/visual components.

"By using the robot, a doctor can listen to the heart, zoom in to see the pupils, monitor vital signs and more," Wendi Thomas says. "We're a small hospital, so we can't have an Intensive Care Physician on duty at all times. But telemedicine enables us to provide high quality care in a great way."

"I was completely blown away by the telemedicine," says John Brennan, Michael's son. "I'm a computer network engineer, so I was very intrigued by the technology. It even made me consider looking into a career in the health field."

Fortunately for Michael, all of the pieces fell into place that fateful day in April and he survived the heart attack. His daughter Fiona was nine months pregnant at the time of the incident, and despite

the intense stress of the situation, she was able to keep her baby in utero. Five days after her father's heart attack, Fiona delivered a beautiful baby girl.

"It was a miracle of miracles that everything came together that day," Dr. Fong says. "Mr. Brennan is an extremely lucky man to have survived. Kudos to the people who stopped on the side of the road to help. People shouldn't be afraid to get involved when they see someone who needs help."

"I cried with happiness when I found out that Mr. Brennan survived," recalls Lynn. "I felt so overwhelmed and excited. We'll have a special connection forever. The experience really concreted the fact that being an EMT is what I'm meant to do."

Learn more about services at Petaluma Valley Hospital. Visit stjoesonoma.org.



Caring for the Spirit:

Chaplains provide support to all at St. Joseph Health

“How are your spirits holding up right now?” asks Chaplain Bill Hart when he approaches a patient for the first time. “You need to get a feel for what a patient wants from a chaplain — or if they want anything at all. Giving them space is very important.”

Founded by the Sisters of St. Joseph of Orange, St. Joseph Health is a Catholic health ministry. The organization was built on the Catholic values of charity, humility and faith and it prides itself on accepting people of all creeds. Because the health system is dedicated to ministering to the needs of the whole person — body, mind, and spirit, every hospital offers spiritual care to those who may desire it.

At Petaluma Valley and Santa Rosa Memorial hospitals, a spiritual care team is specially trained to provide holistic care to persons of all faiths, including those without any religious affiliation. They are available for pastoral counseling, crisis intervention, prayer, facilitating bioethical decision-making and bereavement counseling. The team consists of a Catholic priest and layperson, a Presbyterian minister and other Protestant chaplains from various denominations. Most consider themselves Christian — with the exception of one.

“I don’t tell people that I’m Buddhist unless they ask,” says Rev. Bill Hart. “When I do tell them, they want to talk about Buddhism. I bring an interfaith perspective. My role as a chaplain is to provide spiritual support and comfort to patients who are scared or just want someone to talk to; it is to help them connect to their spiritual strengths.”

At St. Joseph Health, Sonoma County, nearly every patient is visited by a chaplain during the patient’s stay. While not everyone accepts their services, the majority of people do. Even a chat about the weather can be a welcome relief to a patient who has been discussing only their health. If a patient has a specific spiritual need or request, caregivers from a variety of denominations can be called, as the organization wants to ensure that everyone feels cared for spiritually in a way that is right for them.

A Harvard graduate and ordained Buddhist minister, Rev. Bill Hart was introduced to Buddhism nearly 30 years ago. Raised Catholic, he was immediately drawn to the introspective, meditative aspect of Buddhism and the compassion, focus and patience it gave him on the job.

In the late 1990s, Bill began volunteering at the Zen Hospice Project at Laguna Honda Hospital in San Francisco, where he provided spiritual support to end-of-life patients and their caregivers. After completing his clinical pastoral education at Sequoia Hospital in Redwood City, Bill joined St. Joseph Health in 2007, where he is currently one of the five lead chaplains. Today, Bill continues his education in the Chaplaincy Training Program at the Upaya Zen Center in Santa Fe, NM, in preparation to get certified through the Association of Professional Chaplains.

“I have a special affinity for Catholic patients and make sure that all of their spiritual needs are met,” Bill says, whose father and grandfather were devout Catholics. “But religion isn’t something I focus on unless the patient requests it. I’m there primarily to help them connect to their spiritual resources, which can help them when their fears and anxieties arise.”

Bill finds that many patients are willing to talk to him openly about their unease — something they might not want to do with family or friends. He also encourages nurses and staff to reach out to him if they need a safe place to talk.

“Bill is the chaplain that nurses turn to when they need a good listener,” says Tami Kennedy, an ER nurse at Petaluma Valley Hospital. “He cares for our grief by his warm, compassionate smile, and by listening he supports our spirits. His simple act of listening is so powerful.”

“We consider ourselves a compassionate presence in support of the human spirit,” says Denise Turner, a minister and chaplain who has been at Memorial for the past 12 years. “Everyone in our department loves what they do. There is a lot to get your heart into here. It’s very meaningful work.”

Classes and Events

FALL 2015

REGISTER TODAY
CALL (877) 449-DOCS
OR (877) 449-3627

Life Learning Center
 1144 Montgomery Drive
 Santa Rosa, CA 95405
(707) 547-4614

Santa Rosa Memorial Hospital
 Conference Rooms A - D (beside cafeteria)
 1165 Montgomery Drive
 Santa Rosa, CA 95405
(707) 525-5300

Petaluma Valley Hospital
 400 North McDowell Blvd.
 Petaluma, CA 94954
(707) 778-1111



PRENATAL EDUCATION

Childbirth Education Series

Mondays: 7 - 9 p.m.
September 7, 14, 21, 28
October 5, 12, 19, 26
November 2, 9, 16, 23
December 7, 14, 21, 28

First three classes of the month in Conference Room B, fourth class of the month in Conference Room D.
 \$120, includes mom and coach.
 For more information, call **(707) 522-1544**.

Childbirth Condensed Classes

Saturdays: 10 a.m. - 6 p.m.
October 3
November 14

Life Learning Center
 \$100, includes mom and coach.
 For more information, call **(707) 522-1544**.

Breastfeeding

Mondays: 7 - 9 p.m.
September 28
October 26
November 23
December 28

Conference Room D
 \$20, includes mom and coach.
 For more information, call **(707) 522-1544**.

Infant CPR & Safety

Tuesdays: 7 - 10 p.m.
October 6, November 3, December 1
 Conference Room B
 \$25 per person, NICU parent's fee waived.
 For more information, call **(707) 522-1544**.

INJURY PREVENTION

Car Seat Safety Check

Seventy-five percent of car seats are installed incorrectly. Is your child riding in one? Safe Kids Sonoma County offers a free bilingual car seat fitting station twice per month. Appointments are necessary. For more information or to make an appointment, call **(800) 427-8982**.

COMMUNITY CLASS

Letting Go of Resentments and Grudges

October 7, 1 - 4 p.m.
 Life Learning Center
 In this three hour interactive class, you will learn how let go of resentments and grudges while improving your leadership, productivity, and workplace satisfaction. Community Members \$20.
 For more information, call **(707) 547-4614**.

ORTHOPEDIC HEALTH

Total Joint Replacement

Wednesdays: 3 - 5 p.m.
September 2, 16; October 7, 21
November 4, 18; December 2, 16
 Conference Rooms B - D
 Join us for this free two hour class, offered twice each month, to learn about the pre-surgical, surgical and recovery process after a knee or hip replacement. Spouses, family members and friends are welcome.
 For more information, call Jessica Kerger, RN, BSN, at **(707) 523-2663** or **(707) 523-BONE**.

CELEBRATE WITH A CAUSE

25th Annual Clo's Golf Classic benefiting Hospice of Petaluma

Friday, August 21
 Rooster Run Golf Course, Petaluma
 Come out and celebrate the 25th Anniversary of this historic tournament. Tee time is 1:30 p.m. Dinner is catered by Ray's. Visit HospiceGolfClassic.com for more information.

Montgomery Village Concert Under the Stars

Thursday, September 17, 5 - 8:30 p.m.
 Join us for an evening of music and fun at the Concert Under the Stars in Montgomery Village. Reserve a table and listen to The Thin Man Band. Proceeds will support Hospice Services of St. Joseph Health.

Santa Rosa Memorial Hospital's 2015 Gala

Saturday, November 14
 Sonoma Jet Center, Santa Rosa
 Save the date for a fun filled evening, as we celebrate life and give to a great cause. This year's theme is, "Fly Me to the Moon and Let Me Dance Among the Stars." The gala includes dinner, dancing, a live auction and raffle. Proceeds benefit St. Joseph Health and Annadel Medical Group's Cancer Survivorship Program. \$175 for individual tickets. \$500 - \$15,000 for sponsorships. For information, call **(707) 547-4679**.

FREE MEDICARE SEMINARS

Understanding Medicare

Turning 65? Help eliminate the confusion and guesswork around Medicare by attending one of our no-cost education meetings. You'll learn about the different parts of Medicare, enrollment windows and timing. Make your reservation online at stjhs.org/medicare or call **(877) 449-3627**. Hearing impairment, call: **TTY (949) 381-4947**.

Santa Rosa Memorial Hospital
 (Conference Room)
 5:30 p.m. Mon Oct 5

Petaluma Valley Hospital
 (Goverman Hall)
 5:30 p.m. Mon Oct 12

Medicare Benefits

Covered by Medicare? Did you know from October 15 through December 7 you have the option of changing Medicare benefits? Join our informative, no pressure meeting where representatives from our partner health plans will discuss their 2016 benefits so you can determine the best plan for you. Make a reservation online at stjhs.org/medicare or call **(877) 449-3627**. Hearing impairment call: **TTY (949) 381-4947**.

Santa Rosa Memorial Hospital
 (Conference Room)
 5:30 p.m. Mon Oct 19
 5:30 p.m. Mon Nov 2
 5:30 p.m. Mon Nov 16
 5:30 p.m. Mon Nov 30
 5:30 p.m. Mon Dec 7

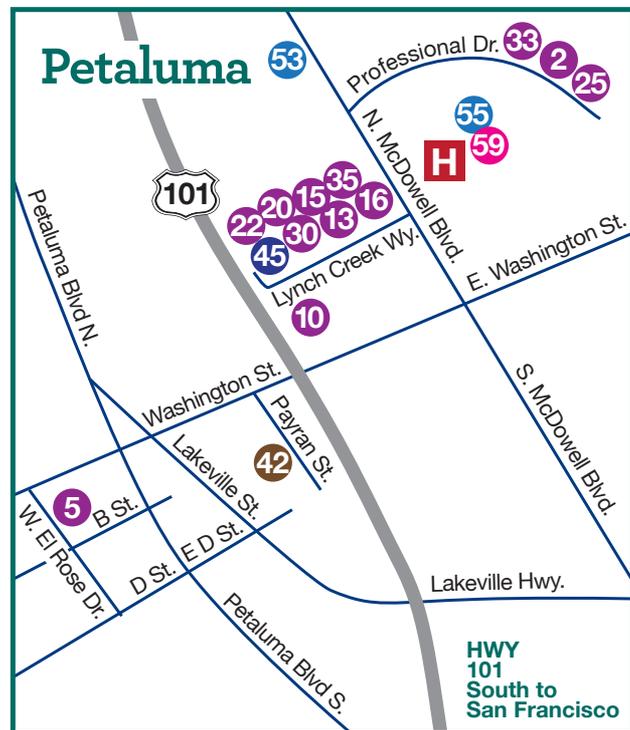
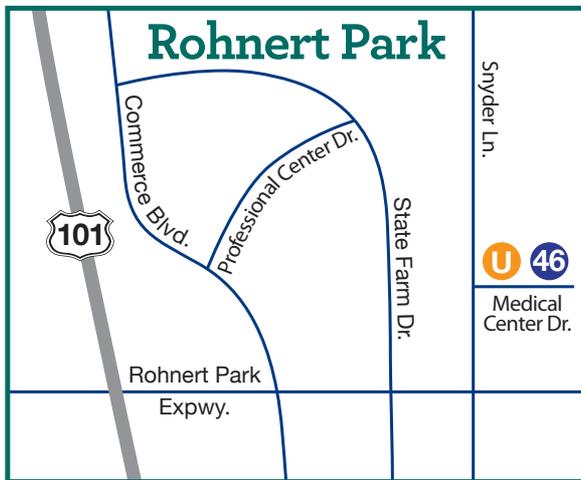
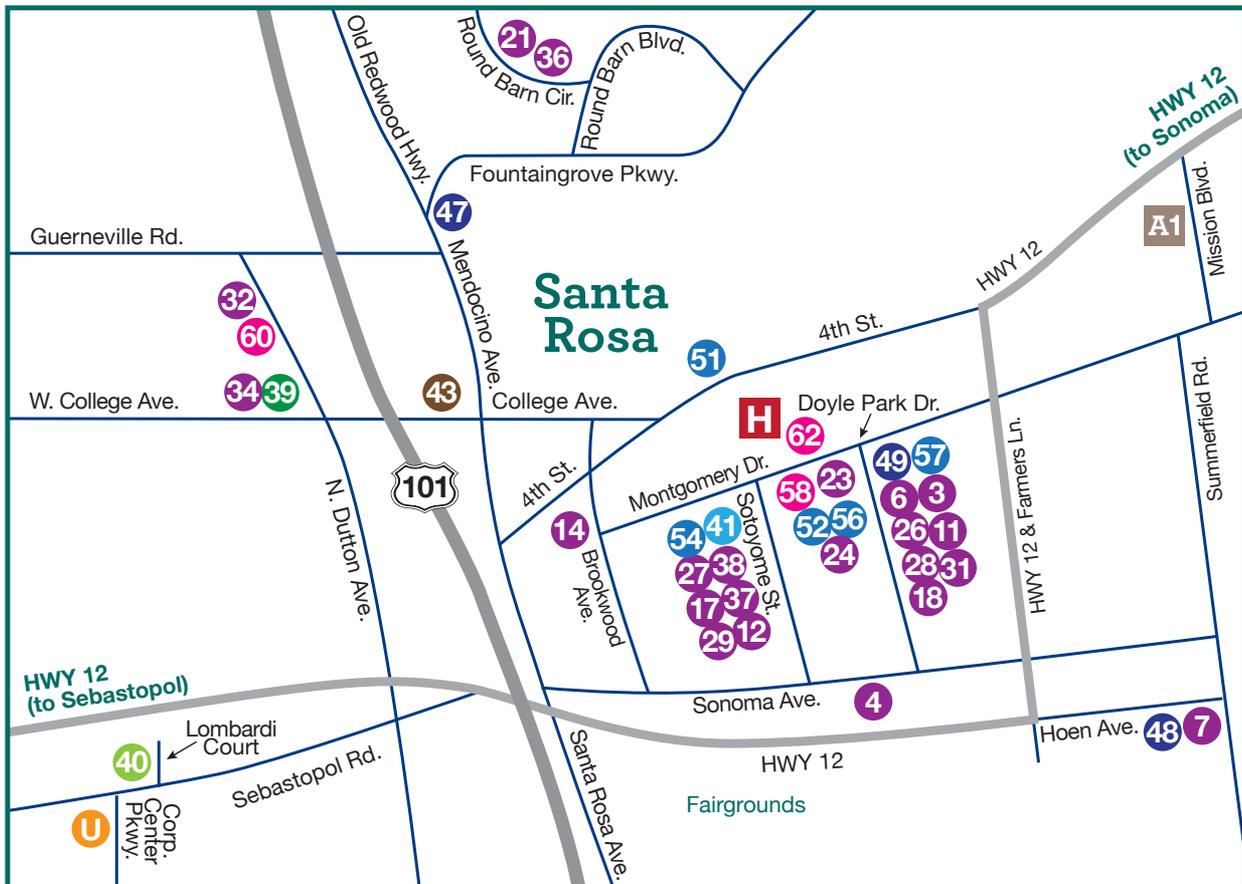
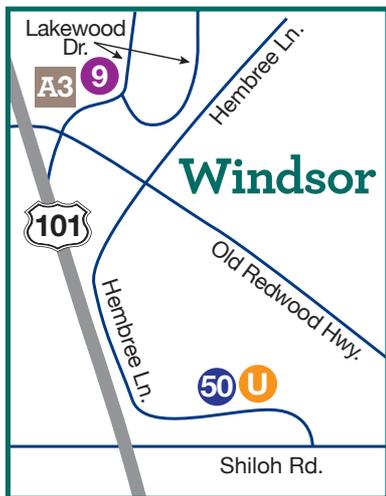
Santa Rosa Memorial Hospital
 (Life Learning Center)
 5:30 p.m. Tues Oct 20
 5:30 p.m. Tues Nov 3
 5:30 p.m. Tues Nov 10

Petaluma Valley Hospital
 (Goverman Hall)
 5:30 p.m. Mon Oct 26
 5:30 p.m. Mon Nov 9
 5:30 p.m. Tues Nov 17
 5:30 p.m. Tues Dec 1



In Your Neighborhood

St. Joseph Health's services continue to evolve to meet the needs of our communities and the North Coast region of California. The breadth of care we provide or help to support reflects our founders' centuries-old mission: to go out into area neighborhoods, assess the people's needs, and work in partnership with others to meet these needs. For more information, please visit www.StJoeSonoma.org.



AWARDS:

CANCER CARE



CARDIAC CARE



STROKE CARE



ORTHOPEDIC CARE



HOSPITALS

H Santa Rosa Memorial Hospital
1165 Montgomery Dr.
Santa Rosa, CA 95405
(707) 546-3210

H Petaluma Valley Hospital
400 N. McDowell Blvd.
Petaluma, CA 94954
(707) 778-1111

URGENT CARE CENTERS

U Rohnert Park Urgent Care
1450 Medical Center Dr.
Rohnert Park, CA 94928
(707) 584-0672

U Santa Rosa Urgent Care
925 Corporate Center Pkwy. Suite A
Santa Rosa, CA 95407
(707) 543-2000

U Windsor Urgent Care
6580 Hembree Lane, Suite 270
Windsor, CA 95492
(707) 838-2044

AFTER HOURS CARE

A1 After Hours Care - Santa Rosa
52 Mission Circle, Suite 121
Santa Rosa, CA 95409
(707) 303-1712

A2 After Hours Care - Sebastopol
652 Petaluma Ave., Suite B
Sebastopol, CA 95472
(707) 823-7616

A3 After Hours Care - Windsor
8911 Lakewood Dr., Suite 13
Windsor, CA 95492
(707) 387-3910

ANNADEL MEDICAL GROUP**PRIMARY CARE**

1 Pediatrics - Healdsburg
445 March Ave., Suite A
Healdsburg, CA 95448
(707) 433-8223

2 Pediatrics - Petaluma
1550-A Professional Center Dr.
Suite 200
Petaluma, CA 94954
(707) 769-7403

3 Pediatrics - Santa Rosa
500 Doyle Park Dr., Suite 100
Santa Rosa, CA 95405
(707) 544-6090

4 Pediatrics (Behavioral & Developmental)
1144 Sonoma Ave., Suite 113
Santa Rosa, CA 95405
(707) 545-2082

5 Family Medicine - Petaluma
24 W. El Rose Dr.
Petaluma, CA 94952
(707) 763-9891

6 Family Medicine - Santa Rosa
500 Doyle Park Dr., Suite G04
Santa Rosa, CA 95405
(707) 303-8360

7 4750 Hoen Ave.
Santa Rosa, CA 95405
(707) 542-1611

8 Family Medicine - Sebastopol
652 Petaluma Ave., Suite B
Sebastopol, CA 95472
(707) 823-7616

9 Family Medicine - Windsor
8911 Lakewood Dr., Suite 13
Windsor, CA 95492
(707) 387-3910

10 Internal Medicine - Petaluma
141 Lynch Creek Way, Suite C
Petaluma, CA 94954
(707) 763-0802

11 Internal Medicine - Santa Rosa
500 Doyle Park Dr.
Santa Rosa, CA 95405
Suite 300: (707) 303-8344
Suite 303: (707) 303-8300
Suite 304: (707) 545-1700

**ANNADEL MEDICAL GROUP
SPECIALTY CARE**

12 Breast Surgery
121 Sotoyome St., Suite 203
Santa Rosa, CA 95405
(707) 525-6180

13 Cardiology
108 Lynch Creek Way, Suite 2
Petaluma, CA 94954
(707) 762-5078

14 Digestive Care/Gastroenterology
85 Brookwood Ave., Suite 10
Santa Rosa, CA 95404
(707) 303-8349

15 Ear, Nose and Throat
108 Lynch Creek Way, Suite #7
Petaluma, CA 94954
(707) 303-8357

16 General Surgery
106 Lynch Creek Way, Suite 9B
Petaluma, CA 94954
(707) 763-1575

17 Genetic Counseling
121 Sotoyome St., Suite 203
Santa Rosa, CA 95405
(707) 525-6180

18 Infectious Disease
500 Doyle Park Dr., Suite 106A
Santa Rosa, CA 95405
(707) 303-8309

Medical Oncology
Location opening soon
Healdsburg, CA 95448
(707) 528-1050

20 110 Lynch Creek Way, Suite A
Petaluma, CA 94954
(707) 763-0600

21 3555 Round Barn Circle, Suite 100
Santa Rosa, CA 95403
(707) 528-1050

22 Nephrology
108 Lynch Creek Way, Suite 2
Petaluma, CA 94954
(707) 765-3343

23 Neurology
1194 Montgomery Ave.
Santa Rosa, CA 95405
(707) 303-1714

24 Neurosurgery
525 Doyle Park Dr., Suite 102
Santa Rosa, CA 95405
(707) 523-1873

25 Obstetrics & Gynecology
1550-A Professional Dr., Suite 100
Petaluma, CA 94954
(707) 763-2900

26 500 Doyle Park Dr., Suite G06
Santa Rosa, CA 95405
(707) 303-1719

27 Orthopedic Surgery
121 Sotoyome St., Suite 101
Santa Rosa, CA 95405
(707) 525-6620

28 Palliative Care
500 Doyle Park Dr., Suite G04
Santa Rosa, CA 95405
(707) 573-8984

29 Primary Care Oncology & Survivorship
121 Sotoyome St., Suite 203
Santa Rosa, CA 95405
(707) 525-6623

Podiatry
30 108 Lynch Creek Way, Suite 3
Petaluma, CA 94954
(707) 763-2253 or
(707) 789-0900

31 500 Doyle Park Dr., Suite 106A
Santa Rosa, CA 95405
(707) 789-0900

32 Psychiatry
1335 N. Dutton Ave.
Santa Rosa, CA 95401
(707) 579-8703

Pulmonology & Sleep Medicine
33 1476 Professional Dr., Suite 504
Petaluma, CA 94954
(707) 526-3500

34 585 West College Ave., Suite A
Santa Rosa, CA 95401
(707) 526-3500

Radiation Oncology
35 110 Lynch Creek Way, Suite A
Petaluma, CA 94954
(707) 763-0600

36 3555 Round Barn Circle, Suite 100
Santa Rosa, CA 95403
(707) 528-1050

37 Urology
121 Sotoyome St., Suite 201
Santa Rosa, CA 95405
(707) 525-4051

38 Vascular Surgery
121 Sotoyome St., Suite 203
Santa Rosa, CA 95405
(707) 546-3141

BEHAVIORAL HEALTH

39 Outpatient Behavioral Health
405 W. College Ave., Suite F
Santa Rosa, CA 95401
(707) 547-5450

DENTAL CARE

40 St. Joseph Dental Clinic
Lombardi Ct., Suite A
Santa Rosa, CA 95407
(707) 547-2221

HOME CARE

41 St. Joseph Home Care Network
151 Sotoyome St.
Santa Rosa, CA 95405
(707) 206-9124

HOSPICE SERVICES

42 Hospice of Petaluma
416 Payran St.
Petaluma, CA 94952
(707) 778-6242

43 Memorial Hospice
439 College Ave.
Santa Rosa, CA 95401
(707) 568-1094

44 North County Hospice
205 East St.
Healdsburg, CA 95448
(707) 431-1135

LAB CENTERS-DRAW STATIONS

45 110 Lynch Creek Way, Suite B
Petaluma, CA 94954
(707) 778-2749

46 1450 Medical Center Dr., Suite 1
Rohnert Park, CA 94928
(707) 521-6450

47 3536 Mendocino Ave., Suite 300A
Santa Rosa, CA 95403
(707) 528-3049

48 4731 Hoen Ave., Suite B
Santa Rosa, CA 95405
(707) 528-2238

49 500 Doyle Park Dr., Suite G01
Santa Rosa, CA 95405
(707) 525-5270

50 6580 Hembree Lane, Suite 270
Windsor, CA 95492
(707) 838-2455

**OUTPATIENT DIAGNOSTICS
& SURGERY**

51 Advanced Surgery Institute
1739 4th St.
Santa Rosa, CA 95404
(707) 528-6331

52 Ambulatory Surgery Center
525 Doyle Park Dr.
Santa Rosa, CA 95405
(707) 547-4600

53 North Bay Endoscopy Center
1383 N. McDowell Blvd.
Petaluma, CA 94954
(707) 766-9852

Outpatient Imaging
54 121 Sotoyome Dr.
Santa Rosa, CA 95405
(707) 525-4040

55 400 N. McDowell Blvd.
Petaluma, CA 94954
(707) 778-2555

56 Outpatient X-Ray
500 Doyle Park Dr., Suite G01
Santa Rosa, CA 95405
(707) 525-5369

57 St. Joseph Diagnostic Cardiology
500 Doyle Park Dr., Suite G03
Santa Rosa, CA 95405
(707) 547-4606

PHYSICAL THERAPY

58 Outpatient Physical Therapy
1170 Montgomery Dr.
Santa Rosa, CA 95405
(707) 542-4704

59 Petaluma Valley Hospital PT
400 N. McDowell Blvd.
Petaluma, CA 94954
(707) 778-2615

60 St. Joseph Health PT
1255 North Dutton Ave., Suite B
Santa Rosa CA 95401
(707) 547-4618

61 West Sonoma County Hand and PT
968 Gravenstein Highway South
Sebastopol, CA 95472
(707) 824-8018

62 Outpatient Neurological Rehab
1165 Montgomery Dr.
Santa Rosa, CA 95405
(707) 525-5388



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- Clinical Trials & Research
- Critical Care Medicine
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- Gastroenterology
- General Surgery
- Genetic Counseling
- Hospital Medicine
- Internal Medicine
- Infectious Disease
- Nephrology
- Neurology
- Neurosurgery
- Obstetrics & Gynecology
- Oncology Services
- Otolaryngology/ Ear Nose & Throat
- Orthopedics
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- Physical Medicine & Rehabilitation
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- Psychiatry
- Pulmonary Medicine
- Sleep Medicine
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