

# Inspired!

SUMMER 2020

**Safe, At Your Service,  
And Ready for Anything...  
Thanks to Y♥U!**

How you are keeping Napa County healthcare  
safe and strong during COVID-19, pages 2-4

A Quiet Confidence: The ICU Physician Who Saw SARS, page 2  
Building Napa County's Cardiovascular Care of Tomorrow, page 5



Good News Gems You  
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# Thank YOU for keeping Adventist Health

*Since February, Adventist Health St. Helena has been bracing for COVID-19. And through it all there is one thing that stands this extraordinary community apart: YOU. Your generous heart. Your compassion. Your love for friends, family, and neighbors. Your commitment to local healthcare and the frontline heroes working tirelessly to protect you. You answered the call. You gave. Through St. Helena Hospital Foundation's COVID-19 Resilience Funds – providing \$430,000! – you provided the will and the way to do things as seemingly simple as source adequate supplies of personal protective equipment (PPE) at a moment's notice. Because of you, Adventist Health St. Helena stands safe, open, and at the service of this community. Thank you for being our healthcare hero. Every little miracle is made by you...*

## Peace of mind from the start: the 5 COVID protections at AHS

When you come to Adventist Health St. Helena for any reason, five critical COVID-19 protections give you peace of mind from the start — and you helped make them real:



- ✓ **Instant thermal temperature checks** at the doorway
- ✓ **Universal COVID-19 symptom screening** for everyone who arrives
- ✓ **Antibody testing:** AHS now offers COVID-19 Antibody Testing!
- ✓ **Mandatory masks** provided immediately
- ✓ **Visitor limitations**

But there is more at work here because of your support... through our doors, and beyond.

## Because you believe in access for all

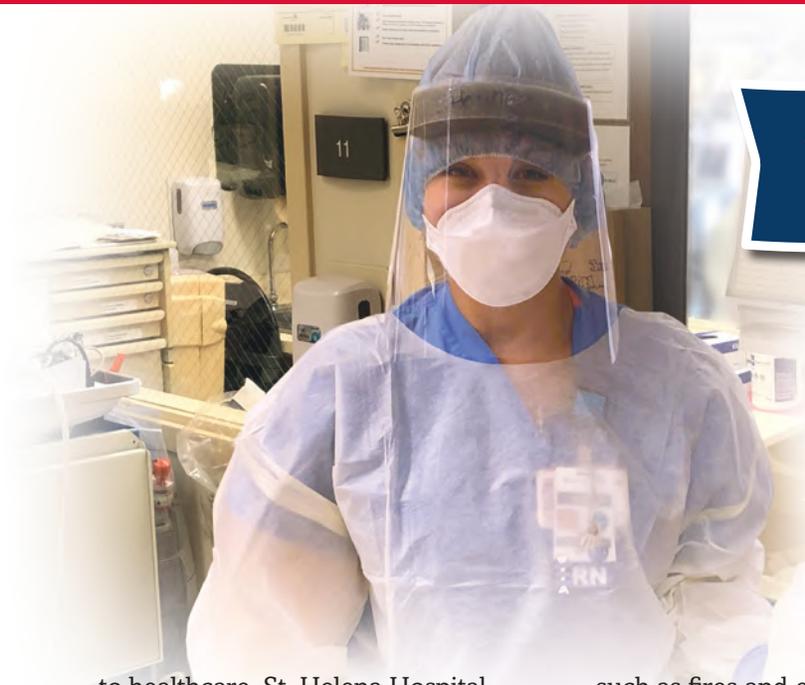
It's one of the most heartbreaking stories to come out of the pandemic. Coronavirus hits punishingly harder in places where people struggle financially and have limited access

A chat with Poh Leng, MD, one of the healthcare heroes whose work you support —

## A Quiet Confidence: The ICU Physician W

*It was not long after Poh Leng, MD returned from his UMass fellowship to run the ICU at University Hospital Singapore, when the SARS pandemic struck. Now, just over a year after the triple-board-certified intensivist was chosen to head up Adventist Health St. Helena's Intensive Care Unit, he wrestles another coronavirus pandemic. He's bringing a quiet confidence to it all — and is deeply grateful for the support you've shown to him, his team, and the whole hospital...*

**T**he 2003 SARS (Severe Acute Respiratory Syndrome, also a coronavirus) outbreak is crystal clear in Dr. Leng's memory. He was at ground zero as the intensivist responsible for the University Hospital ICU in Singapore. "SARS just struck us out of the blue," he remembers. "We hadn't even heard of coronavirus at that time! The scary thing was, it was deadly — and we had no diagnostic kits. You didn't know who had it. Now



 **Heroes work here**

The caring eyes of ICU RN Heather Sweda smile warmly through the mask and shield keeping her safe – and provided by you. Thank you!

### **And please, always remember: you are not alone**

We can never begin to thank you for the gift that you are. And while we hope the good you have done warms your soul, the truth is that the COVID-19 pandemic is taking an emotional toll on the strongest and most resilient among us. Our lives changed overnight, almost without warning, leaving many isolated when human contact is needed most. So please know, you are not alone. Not today. Not ever. If you are struggling with your mental health, please don't minimize it. And please, don't wait to reach out for help: Adventist Health at St. Helena and Adventist Health at Vallejo are here for you.

to healthcare. St. Helena Hospital Foundation supporters are not okay with watching neighbors in need suffer this way. So you made yet another miracle happen by funding Adventist Health St. Helena's first-ever Mobile Health Unit (MHU).

Arriving this month thanks to you, the MHU will travel to places where people need help most urgently, including during community disasters

such as fires and earthquakes. With in-unit services such as emergency and senior wellness checks, diabetes and cholesterol screenings, vaccines, primary care through a nurse practitioner, and more, the Mobile Health Unit is nearly ready to roll... 100% funded by the foundation, with annual operating support from the Napa Valley Vintners and Auction Napa Valley.

## **Who Saw SARS**

it's happening again with COVID-19, a different *serotype*, or variation, but we are better prepared for it."

**The lessons that never leave you**  
Nearly two decades later, Dr. Leng adds that some lessons have never left him. "You learn to think on your feet. You learn to adjust quickly. And you create good medicine as you go along, things no one can teach you." Then his voice softens with emotion.

"Your friends have fallen sick, terribly sick. Some make it and some don't. You learn not to take things for granted in your life, and to laugh off things that bother you."

**Answering the call to heal**  
You can find Dr. Leng's love for critical care at the heart of his every word and deed. But what makes him most proud during this novel coronavirus crisis, is his team. "I come to work every day and it's been like everybody has a calling to be here, from the respiratory therapists to the

nurses to the people who look after the cleanliness of the ICU. It's been like a calling, and I'm most proud of the team for stepping up – for standing together."

**A physician's eternal gratitude**  
When asked about gratitude, Dr. Leng and his team look to you. For being the caring, generous person you are... precisely when they needed your help most. "If I could speak to the people who give to St. Helena Hospital Foundation, I would say, first of all, a big thank you. You never

# and ready for anything during COVID-19

## Where even the air you breathe is safer

You may have heard of hospitals using robots with pulsed ultraviolet lights to disinfect nearby areas.

But your generosity has funded an all-new patented technology that rockets real-time virus-killing into a whole other league. Meet Synexis. The only technology to produce Dry Hydrogen Peroxide (DHP) from humidity in the air to reduce bacteria, mold, and viruses in an environment – Synexis doesn't just



Meet Synexis: oxygen and humidity in, microbial threats OUT... powered by your generosity! Thank you for this amazing gift!

treat nearby surfaces like pulsed UV lights. Synexis works everywhere... including removing microbial threats from the air you breathe, 24/7/365, in areas that are prone to infection.

Through the COVID-19 Resilience Funds, you brought it here first: Adventist Health St. Helena is the first Bay Area hospital with Synexis, both stand-alone units and soon an inline air treatment system, because of you. Every day the good you do inside our doors, and beyond them, shows just how remarkable you are.

## How Much Do We Love You? Let Us Count the Ways...

*A lifetime of thanks for giving frontline staff here one less worry to worry about during the coronavirus. Our forever gratitude to you for funding items including...*



**10** (Ten!)

Synexis Biodefense Systems



**255**

gallons of hand sanitizer



**23,000**

pieces of personal protective equipment (PPE)

*Thank You!* ❤️

Through COVID-19 and beyond, your commitment to this community knows no bounds. Thank you for being exactly who you are.

**Caring neighbor. Steadfast supporter. You. Cherished part of this St. Helena Hospital Foundation family.**

**To each of us here, you are a hero. Thank you for keeping Adventist Health St. Helena local healthcare strong. We couldn't do it without you!**

know whose life you are saving by keeping us safe with protective gear and sterilization – which doctor, which nurse, which respiratory therapist. But it will happen. You will save the life of someone who is caring for patients here. And for that, you have my eternal gratitude.” ■



### Do you need to check coronavirus symptoms?

Go to [adventisthealth.org/coronavirus-preparedness](https://adventisthealth.org/coronavirus-preparedness) for real-time help. To donate to help Dr. Leng and the ICU team, visit [shhfoundation.org](https://shhfoundation.org).



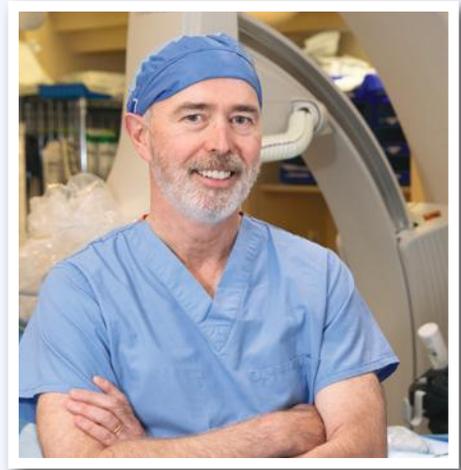
“ You never know whose life you are saving by keeping us safe with protective gear and sterilization, which doctor, which nurse, which respiratory therapist. But it will happen. You will save the life of someone caring for patients here, and for that, you have my eternal gratitude.” – Intensivist and Adventist Health St. Helena ICU Director Poh Leng, MD, expresses his thanks for YOU!

*Thank you!*

How you are bringing tomorrow's cardiovascular care to Napa County... today!

# If You Build It, They Will Come

*With his soft eyes and gentle smile, internationally renowned interventional cardiologist John Laird, MD puts you instantly at ease. He's just that kind of specialist, always ready to teach, innovate, and help his patients get back their quality of life. We caught up with Dr. Laird, who is a triple-board-certified physician, to ask how you are helping build Napa County's cardiovascular care of tomorrow, today. Including a new Hybrid Operating Room...*



“We have a tremendous partner in the community. Time and again they've stepped up to help provide us with the best facilities and equipment we need. We are very blessed, very blessed...” — John Laird, MD, interventional cardiologist, thanks you for helping build the new Hybrid OR!

**SHHF (St. Helena Hospital Foundation):** For our folks who haven't heard, Foundation supporters are helping fund Adventist Health St. Helena's new Hybrid Operating Room. With its boom-mounted displays and real-time imaging, the Hybrid OR is like something out of the future. But as an interventional cardiologist actually doing those procedures, what does having a Hybrid OR here mean to you?

**Dr. Laird:** It's really more than a hybrid. It combines all the best features of an operating room, but also has state-of-the-art imaging both X-ray and ultrasound based, so you can do procedures that combine both surgical techniques as well as catheter-based techniques in the very best environment. We'll be able to do more complex coronary and structural heart interventions with much less radiation exposure for patients and for the team, as well.

**SHHF:** What kind of procedures will take place there?

**Dr. Laird:** The structural heart procedures we're performing, including transcatheter aortic valve replacement (TAVR) and mitral valve repair, stent graft procedures for aortic aneurysms in the chest and in the abdomen, plus hybrid surgical vascular procedures where you may have to combine a stent

procedure with a more traditional surgical approach such as bypass or plaque removal from the artery.

**SHHF:** That's amazing for a small hospital! How do you see the Hybrid OR revolutionizing those complex cardiovascular procedures, and helping people in the North Bay Area?

**Dr. Laird:** Because of supporters, we'll have the best-quality equipment and imaging capabilities. And with the complexity of the procedures we do and the wealth of talents here, this advance is going to really set us apart in terms of our capabilities and allow us to provide better cardiovascular care for people in Napa Valley and the surrounding area. In fact, many of the surrounding

counties rely on us so much for our heart and vascular capabilities. There are many people in Lake and Mendocino counties who really need our help. We are very blessed, very blessed to have such a generous and supportive community. ■



If you or someone you love needs cardiovascular care, you'll be so glad you helped provide this Hybrid OR for your Adventist Health St. Helena team. Thank you for your support!

**Thank you for giving to St. Helena Hospital Foundation to help build the lifesaving Hybrid OR.** We're nearly there! If you haven't yet donated, and would like to, visit [shhfoundation.org](http://shhfoundation.org).

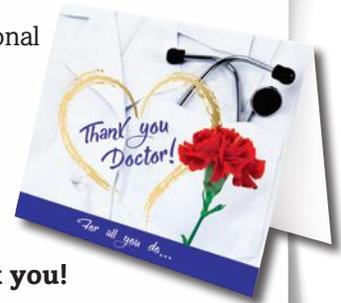
## Good News Gems You Made Possible

*Brought to life through your kind support...*

- ♥ **A Time to Heal** – a 12-week Foundation-funded program to help cancer survivors regain their physical, emotional, and spiritual health after cancer.
  - ♥ **25,000 Views!** – You helped our live, bilingual COVID-19 Preparedness presentations become some of the most watched local Facebook content.
  - ♥ **Ultrasound Training** – Now complete, our special dense breast ultrasound training was 100% funded by you.
  - ♥ **Napa Clinic** – From family medicine to cardiology, the Napa Clinic is open, convenient, and extending care to everyone in the county – call today at 707.253.1135.
  - ♥ **Neighborhood Table** – A bounty of thanks to sponsors Adventist Health and Harvest Inn, and everyone who supported and participated in this year's virtual Your Neighborhood Table event. Hundreds of individual neighborhood tables celebrated and supported the hospital!
- Thank you and we look forward to all dining together again in May 2021.** ♥

## Thank you, Thank You for the Most Beautiful Doctors' Day in Lockdown History!

**W**ho could have known the 30th of March, National Doctors' Day, would see Adventist Health St. Helena physicians thrust into COVID-19, one of the most critical missions of their lives? Then your generous donations and words rich with tribute arrived to inspire them, and you made it the most beautiful, most inspiring lockdown in history. **Thank you!**



*“Thank you for all of the fine medical care you have given me. You are the best.”*

— One of many meaningful tribute messages sent by supporters like you to honor your physicians for Doctors' Day

## You Are Our Greatest Legacy: A First-Person Look Into Estate Planning and Personal Philanthropy

*Longtime Napa County residents Valerie and Bob Peebles have been supporting the Foundation for 20+ years. They have also graciously chosen to include the Foundation in their estate plans, and wanted to share how good that decision feels:*



“ We feel so fortunate to be spending the rest of our lives in such a wonderful place.

The security of having a hospital 20 minutes away, it just made sense to us to include St. Helena Hospital Foundation in our estate plans. It just makes you feel more a part of the Foundation, that you know what you do is going to live on. And it was made so clear and simple for us.”

➤ **To learn more about including St. Helena Hospital Foundation in your estate plans**, contact Jill anytime at **707.967.5817** or **JacobsJL01@ah.org**. We'll walk with you every step of the way... for you are our greatest legacy.

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