

FALL 2021

Inspired!

Stronger Together, No Matter What

The remarkable
power of your
generosity to
protect lives
in Year Two of
the pandemic,
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Photo by Sarah Anne Risk

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Hola

When Seconds Can Save You: What You Need to Know Now About Stroke

Just a few months ago, in June, in the middle of the pandemic, your support helped Adventist Health St. Helena achieve Advanced Primary Stroke Center certification. With stroke as the #4 cause of death in the U.S. – and the #1 cause of disability – there's good reason why that certification matters. When seconds can save you, here's what you need to know...



By the time you finish reading this paragraph and the few that follow, someone in the United States will have suffered a stroke. If this was you or someone you love, what happens in the seconds, minutes, and hours that follow not only have the power to save your life – those golden moments can save you from severe, life-altering disability.

That's why when last year we turned to you to help Adventist Health

St. Helena build one of the top stroke care programs in the region, it was for good reason. As recently as 2017, the Centers for Disease Control reported that stroke was the #3 killer in California. And this year, in the middle of the second and third waves of the COVID-19 pandemic, you helped that stroke program to officially achieve Advanced Primary Stroke Center certification.

YOUR BEST CHANCE OF SURVIVAL

When stroke happens, your best chance of survival – and recovery – is simple. Get to the best hospital, fast. Now, thanks to certification and your generosity to help build the stroke

program here, stroke patients in the Upper Napa Valley can get to the Advanced Primary Stroke Center at Adventist Health St. Helena (AHS) within minutes.

And minutes do matter. Your support of St. Helena Hospital Foundation has helped make AHS the only Advanced Primary Stroke Center in Upper Napa Valley, and the only one in Napa County to:

- ✓ Provide a Stroke Program Concierge Nurse, to support families during treatment, recovery, and beyond
- ✓ Deliver care in an exclusive partnership with neurologists from

UCSF Medical Center – recognized by *U.S. News & World Report* as #1 in the nation for neurology and neurosurgery.

TRAINING FIRST RESPONDERS, TOO

Of course, the very first thing you need to know is what symptoms to look for – and when to call 9-1-1 (see BE-FAST guidelines, right) – because speed to stroke care saves lives. That's why as part of the advanced stroke program protocols, your philanthropic dollars also helped offer critical training to the entire Upper Napa Valley EMS team. It's a step that could save the life, and quality of life, of someone you love. **Thank you, heart and soul, for believing in this work.**

HOW TO SPOT A STROKE

Learn the warning signs and act FAST



B	E	F	A	S	T
Loss of balance, headache or dizziness	Blurred Vision	One side of the face is drooping	Arm or leg Weakness	Speech Difficulty	Time to call for ambulance immediately

The Sobering Statistics of Stroke

Why building the best advanced primary stroke care program matters, here and now. In the United States every year:

- ✓ 800,000 people have a stroke
- ✓ 610,000 of these are someone's first stroke
- ✓ In one survey, only 38% of people knew all the major symptoms of a stroke
- ✓ For every decade over **age 45**, the incidence of stroke doubles

Stronger Together, No Matter What

With no government funding at all – funded entirely by your incredible donations to St. Helena Hospital Foundation – see how, in giving, you continue to protect and defend precious lives during Year

Two of the pandemic. As the Delta variant surges, your love for this community has never faltered. Together, we are stronger – and we're here for you no matter what. Today and always, thank you for your faith and trust in Adventist Health St. Helena...



CCOVID isn't taking a break. So, with your support beside us, we aren't either. **Staff and volunteers work tirelessly, cheerfully, at every vaccination clinic.** Board members, retired doctors, nurses, and neighbors from all walks of life show up to serve as runners, write vaccine cards, wherever they're needed most, in the spirit of giving... for the love of

community. More than 34,000 COVID-19 vaccines to date! Thanks to your commitment to healthcare, the Foundation-funded **Mobile Health Unit** – affectionately known as "Mobi" – seems to have traveled to every corner of the county. When no one else was bringing on-site vaccinations to essential farmworkers and businesses doing a hero's work,

Mobi was there. When vaccines were needed on a Saturday or a Sunday or any day in between, Mobi was there. Staffed with smiling faces, this astonishing clinic-on-wheels is now offering wellness visits checking blood pressure, cholesterol, blood sugar, and providing cardiac ultrasounds, and of course... vaccinations. Because together we care, Mobi is there!

As the only organization in the area providing school-site vaccines, your kindness and commitment brings this hospital into the community to go the extra mile, including offering back-to-school backpacks filled with food and supplies as a heartfelt bonus. And when the COVID-19 pandemic becomes a history we tell

future generations, it will still be your generous heart, and your commitment to community, making this amazing work of Adventist Health St. Helena possible.

Thank you for being our St. Helena Hospital Foundation family. We wouldn't be here without you!

Mobile Health Clinic Alert: Get Your FREE COVID-19 Vaccine

What: Adventist Health Free COVID-19 Vaccine Clinic

When: Check our Facebook and Foundation website for events

Where: Various locations throughout Napa County

Vaccines in stock: Pfizer, Moderna and J&J

Cost: No charge, funded thanks to generous St. Helena Hospital Foundation supporters!

With the Delta and Mu variants continuing to spread, now is the time to ensure you are vaccinated. Don't miss your chance to stay protected. For details, call the Foundation at **707-963-6208**. And please, stay safe: you matter to us here.



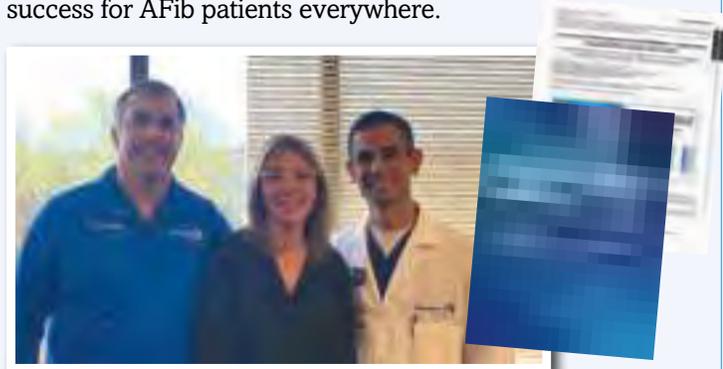
From St. Helena to the World: Two Stories of Your Support Touching Lives Far and Wide

Every day through St. Helena Hospital Foundation, your incredible support joins with that of others to take this lifesaving work to new horizons right here at home. But you may not be aware how you help touch lives beyond this community too – as these two recent stories show...

Experts With a Heart for Sharing

The most common of all heart arrhythmias, Atrial fibrillation (or *AFib*), packs a devastating punch. Over age 65, one in every 10 people will develop *AFib* – and the five-fold increase in stroke risk it carries – including here in Napa County. So when thanks to your support for this work, a team of Adventist Health St. Helena cardiothoracic experts had documented three years of promising results in giving patients freedom from Atrial fibrillation, they set out to share it.

Each year the world-renowned, peer-reviewed *European Journal of Cardio-Thoracic Surgery* rejects 85% of the submissions it receives. But this study – the Adventist Health St. Helena study – was accepted. Meticulously detailing 36-months of results, surgical instrumentation and technique, and patient follow-up, “A heart-team hybrid approach for atrial fibrillation in a single center” is the largest known single-center study of its kind to date, helping point the way to even greater evolution in the combined heart-team strategy worldwide – and most importantly, replicating success for *AFib* patients everywhere.



Left to right, world-published expert members of the hybrid team at Adventist Health St. Helena – and three of the study’s co-authors – Drs. Gansevoort ‘Gan’ Dunnington, Susan Eisenberg, and Armin Kiankhooy. (Not shown, co-authors Carrie L. Pierce, RN, Dr. Liem L. Bing, Dr. Peter Chang-Sing, and Research Assistant Shelby Burk, of Adventist Health St. Helena; and Drs. Linda C. Moulton and Daniel W. Kaiser of Ascension St. Thomas Heart in Nashville.) Thank you for supporting the future of healthcare!



The 100% donor-funded, da Vinci surgeon-guided robotic surgical system, now at Adventist Health St. Helena: healing made possible by you.

Guided By Surgeons, Powered By Robots

One of the most amazing things about St. Helena Hospital Foundation supporters like you is how, even when times get tough, your commitment to community shines through. It’s an extraordinary quality that was made abundantly clear only weeks ago when the 100% donor-funded, da Vinci surgeon-guided robotic surgical system arrived at Adventist Health St. Helena.

With benefits that range from smaller incisions to help reduce scarring, to a reduced need for narcotic pain medicines post-op, the da Vinci surgical system is set to change lives in the entire region – and all thanks to visionary friends of the Foundation like you. ■

Thank you dedicated Adventist Health St. Helena experts... and thank you for supporting the future of world-leading healthcare, right here at home.

With a Willingness to Serve

With profound thanks to the newest members of St. Helena Hospital Foundation's 2021 Board of Directors – and to all our tireless board members – for volunteering your time, passion, and expertise to make the work of the Foundation the very best it can be...

A warm welcome to...



Susan Eisenberg, MD,
Board-certified
electrophysiologist,
Adventist Health
St. Helena & Duncan
Innovation Chair



Michael Honig,
President,
Honig Vineyard
& Winery



Jillian Manus,
Managing Partner,
Structure Capital



Oscar Renteria,
CEO and Owner,
Renteria Vineyard
Management,
and Vintner, Tres Perlas



Elyse Walker,
CEO and Owner,
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And recognizing returning members...

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- Michelle Baggett
- Stacey Bressler
- Karen Cakebread
- William Cary
- Blakesley Chappellet
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- Ethan Schram, MD
- Patrick Stotesbury,
Vice Chair
- Bob Trincherero, *Emeritus*
- Joe Wender

Thank you for giving and serving, all. In service, in community, in health, we are so much stronger together.

A Su Servicio: At Your Service, in 15+ Languages

Few things can leave you feeling more lost than arriving at a hospital as a non-native English speaker. How do you register? Where do you go? How do you explain what you need? At Adventist Health St. Helena, we believe the rich diversity of our Napa County home should be respected and honored... which is why, with the help

of your kind support, we do.

Interpreter services – including many native speakers – are available for more than 15 languages, and for patients or their families who are hearing impaired. All provided with dedication and care, and always free of charge. **Thank you for your love of community!**



**St. Helena Hospital
Foundation**

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