



COMMUNITY Matters

Spring 2018

Newsletter of the St. Helena Hospital Foundation

Praying for a Miracle

GRATEFUL PATIENT SHARES LIFESAVING STORY

Husband, father to four sons and local pizzeria owner Aldo Nuñez was concerned about bruises on his arms and head so he went to his primary care physician. His doctor immediately ordered blood tests and upon receiving the results, she instructed Aldo to go to the Adventist Health St. Helena (AHS) Emergency Room. Following additional blood work, the seemingly healthy 45-year-old Aldo heard the shocking diagnosis: leukemia.

Surrounded by his family, Aldo listened in disbelief as AHS oncologist Ethan Schram, MD, discussed the urgent treatment needed for survival. Aldo's first round of chemotherapy began that day. "We were praying for a miracle," Aldo remembers.

After 63 rounds of chemotherapy and more than 30 blood transfusions, Aldo is in remission and approaching the fifth anniversary of his diagnosis. Reflecting on the care he continues to receive from the AHS Martin-O'Neil Cancer Center team, Aldo calls the hospital a "class act"—from the housekeepers, to the patient care staff, to his "angel" Dr. Schram. "I'm forever grateful," Aldo explains. "I couldn't have asked for a better angel."

Aldo's successful treatment is a credit to the effective partnership between care providers. Dr. Schram explains, "I heard about Aldo before I even met him. His doctor called me and we discussed possibilities over the phone. We had an alert primary care physician, alert emergency room physician and a great lab, so we could get him diagnosed and started on treatment quickly. The coordination of care saved his life."



Aldo Nuñez with his "angel," Dr. Ethan Schram



To learn more about Adventist Health St. Helena's lifesaving services, visit adventisthealth.org/sthena.

Got 60 Minutes?

PLAN YOUR ESTATE

Have you put off creating your will because it seems too overwhelming? It may be easier and less time-consuming than you think. In just a one-hour meeting with an estate planning attorney—along with some preparation—you can be well on your way to having a legally sound will.

First, contact an estate planning attorney. These legal specialists are experts in will planning. They understand how your decisions affect your estate and can guide you toward a path that will best meet your goals.

From Start to Finish

Here's how you and your attorney will progress from nothing to something in just one hour.



What Are Your Goals?

In the beginning, expect to answer a lot of questions regarding your goals for your estate. For example: How do you want to provide for minor children? Do you want to give back to your community?



Assets and Liabilities

Discussing your assets and liabilities, as well as how they are titled, will help your attorney determine whether your current situation aligns with your estate goals.



Additional Considerations

You'll discuss guardianship for minor children, an executor for your estate, medical considerations and other important issues.



Next Steps

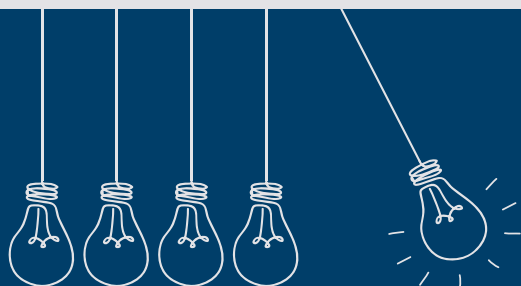
Assuming the meeting goes as planned, at this point your attorney should have a good feel for your estate and be ready to draft your will. Once a draft is complete and agreed upon, you'll meet again to execute the will.*

*More complex estates or living trusts may require additional meetings and documentation.



Create a Plan for the Future

Do you have an estate plan? Do your loved ones know where to find that and other important documents should the need arise? Discover how to get started planning (or updating) your estate with our guide *Estate Planning Starters*. Then, use *Your Guide to Locating Important Documents* to help your family know where to find important items. Request your copies using the enclosed reply card today!



Did You Know?

You can support quality, accessible care in our communities beyond your lifetime by adding just a few lines to your will. Contact Susan Dix Lyons at 707.963.6208 or Dixlyosl@ah.org to get official language to share with your attorney.



You Can Give *and* Receive

It's not easy choosing the perfect gift, especially when it comes to charitable giving from your estate. When to give, how much to give and the affordability of giving are common concerns. And then there's the choice about how you want the gift to benefit you.

Whether you aim to enjoy tax savings or maintain your current lifestyle, there's a charitable gift that meets your needs. Use the chart below to navigate these advantages and find the perfect gift—one that benefits you and makes a significant impact on our patients.

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| <p>If You Want to...</p> | <p>Make a larger gift now or in the future that has little or no effect on cash flow, and:</p> <ul style="list-style-type: none"> • Qualify for an income tax charitable deduction • Avoid taxes on assets that have increased in value • Transfer the expense of insuring or maintaining assets you no longer need | <p>Make a simple, easy gift after your lifetime, and:</p> <ul style="list-style-type: none"> • Maintain your current lifestyle by controlling your assets during your lifetime • Enjoy the flexibility to change plans • Pass your retirement plan assets to us tax free |
| <p>Choose From These Options...</p> | <p>Stock or other securities Real estate Personal property</p> | <p>Gift in your will or trust Beneficiary designation</p> |
| <p>Then Enjoy the True Reward!</p> | <p>Feel good knowing that you've created a brighter future at Adventist Health St. Helena.</p> | |

Once you've chosen the gift that's best for you, contact Susan Dix Lyons at 707.963.6208 or Dixlyosl@ah.org so we can help you arrange the details.

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Should You Consider Genetic Testing for Cancer?

Almost everyone has someone in their family who has been diagnosed with cancer. Does it mean you are at risk? As it turns out approximately five to ten percent of cancers are hereditary.

If you had cancer at a young age, had two or more separate cancers, or have several family members with the same type of cancer or an unusual type of cancer (i.e. breast cancer in a man), or if you are a member of a racial/ethnic group that is known to have an increased risk of hereditary cancer syndrome—you may want to think about genetic counseling and testing.

To address these cancer risks, Candace Westgate, DO and board certified OB-GYN, formed the Adventist Health Hereditary Cancer Consortium made up of specialists in gynecology, internal medicine, gastroenterology, oncology, dermatology, and breast and reconstructive surgery. The specialists help patients identify their risks

of hereditary cancer, teach how to reduce their risk or actually prevent cancer.

Dr. Westgate is passionate about educating physicians and the community about genetic testing. As she explains, “our goal is to identify and prevent cancer in those with the highest risk. There are many things that people can do to decrease their risk of cancer, also known as modifiable risk factors. However, the genes that you were born with cannot be changed; these are known as non-modifiable risk factors. Our goal is to catch the cancer at an early state or even prevent it by providing increased surveillance and in some cases offering risk-reducing surgery.”



To learn more about genetic testing or to schedule an appointment, call 707.967.7551.



“Our goal is to identify and prevent cancer in those with the highest risk.”

— Dr. Candace Westgate, Medical Director
Adventist Health Hereditary Cancer Consortium

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