

FALL 2022

# Inspired!

## The Chef Who's Solving the Hospital Food Paradox

When an award-winning chef met your generous support for St. Helena Hospital's Great Food Initiative, a whole new standard in healing care was born... pages 2-3.



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EARLY IMPLEMENTERS & INNOVATORS

# The Chef Who's Solving the Hospital Food Paradox

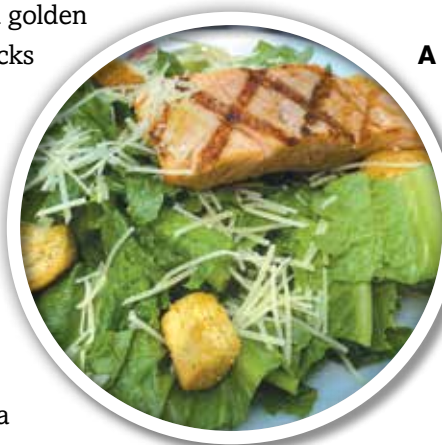
When an award-winning chef met your generous support for St. Helena Hospital's Great Food Initiative, a whole new standard in healing care was born...

The perfectly grilled fillet of salmon rests atop a bright, crisp Caesar salad, dressed with a sprinkle of parmesan cheese and golden croutons. The chef tucks a meal ticket under the spotless plate and declares to his team that the entrée is ready to go: "Perfect. Awesome. Good job!" While it looks like you've landed at a four-star restaurant, what you're witnessing is the dinner service for patients of St. Helena Hospital. Support like yours made it possible, and the pro at the helm is

Chef Christopher Young – the chef who's solving the hospital food paradox.



"People can taste when you cook fresh food with love," says award-winning Chef Christopher Young of how your support for St. Helena Hospital Foundation is reshaping hospital food forever.



"...seasoned perfectly... moist and tender... my dinner tonight was fabulous. Well done!"  
— Barbara, a recent St. Helena Hospital patient

### A place to make a difference

Chef Chris arrived at St. Helena Hospital on the heels of a culinary career at world-renowned resorts. Looking to make a difference. "I got here two weeks after Foundation supporters funded the Great Food Initiative and an extensive remodel of our kitchens. They had just transitioned from what

most people think of as 'hospital food' to serving all fresh foods to our patients, visitors, and staff. Something just told me I'm supposed to be here – I feel like I came at exactly the right time."

### Room service that wins praise – and awards

A review of the menu reveals the chef's huge impact. Crumb-crusting salmon... butternut squash ravioli...

gorgeous gluten-free and vegan dishes... all closely crafted with registered dietitians. More than nutritional benefits, the food is reducing waste, winning praise, and winning awards – Chef Chris was recently named one of three finalists in the country in a food competition. "I missed first place by half a point," he shares, ever the competitor. "Next year I want our whole crew to compete."

### Where food and philosophy heal

At the thought of his crew, Chef Chris is quick to praise. "This is the best crew I've ever worked with. There's pride in this kitchen, but there's humility too. Sometimes you hear an emergency code announced, and hear the room number – I might have just finished making that meal. I always say a prayer. And I always hope the patient finds healing. We're here to make things easier for patients who may be hurting. People can taste when you cook fresh food with love." With that, Chef Chris returns to healing patients through some of the best, freshest food in the valley. **Thank you Chef, and thank you for supporting his work.**

SUPER-POWERING SURGERY

# Dr. Shamsnia Brings a New Look at Gynecologic Surgery

If you or a woman you love has suffered with endometriosis, fibroids, or needs any kind of pelvic surgery, you know that finding a gynecologist you can relate to – especially in a 100% female practice that can offer you fellowship-trained options for robotic surgery – is like finding a needle in a haystack. Enter Lily Naz Shamsnia, MD, FACOG...

Raised in New Orleans and hailing from a family of doctors, Lily Naz Shamsnia, MD's dream to settle in California began with the elite OB/GYN residency at USC's Keck School that accepts just 9 people each year. Two years of fellowship training in minimally invasive gynecological surgery would follow in New York City. But at last, in a perfect kismet, St. Helena Hospital's Candace Westgate, MD was seeking someone exactly like Dr. Shamsnia. "The potential of what I can do here, of what I can offer, it just felt right. Having a partner like Dr. Westgate to complement that – I knew she was

impressive. I knew her AHEAD cancer screening program was impressive. Then I came here and thought, 'She wasn't kidding. There's so much we can do for women.'

### This is natural to me... this is home

Dr. Shamsnia moves fluently between sharing how robotic surgery's small incisions and unrivaled precision can offer faster recovery in even complex cases, to how her fellowship training means critical proficiency in robotic and vaginal surgeries, and in laparoscopy, hysteroscopy, and navigating irregular pelvic spaces – and it's clear that Lily Naz Shamsnia, MD



"For me to help women with complex cases such as distorted anatomy or advanced endometriosis, that precision is really well-suited for the robot," says Lily Naz Shamsnia, MD, FACOG, who may be Napa County's only fellowship-trained surgeon in minimally invasive gynecological surgery, including the donor-funded, robotic-assisted da Vinci surgical system (more on page 6). "The fact that you have da Vinci was an essential requirement for me."

is here to grow. "We found a great place to live in Calistoga, and I just knew, 'This is home. This is natural to me.' Gynecology is different from other surgical practices in that I can build lifelong doctor-patient relationships. St. Helena Hospital, and Dr. Westgate's group, makes that commitment even better."

Lily Naz Shamsnia, MD is now accepting new patients through the Adventist Health Physician's Network at St. Helena. For details or to schedule an appointment, call **707-967-7550. Thank you for supporting world-class healthcare, close to home!**

UPCOMING EVENTS

Show your love of community and strengthen St. Helena Hospital's medical services at these very special events...

### Turkey Trot

Bring the family and exercise for a great cause before enjoying your Thanksgiving feast. Registration starts at 8:30am on **Thursday, November 24th** at Crane Park, 360 Crane Avenue in St. Helena, and walk begins at 9am. Proceeds benefit St. Helena Hospital's AHEAD program – lifesaving genetic screening for hereditary cancers.



Scan here to pre-register!



### The Neighborhood Table

Mark your calendars to join us next year on **Saturday, May 6, 2023** for the 4th Annual Neighborhood Table. Tickets go on sale early 2023.

### Rockout/Knockout Cancer

Let's all COME TOGETHER on **Thursday, May 18, 2023** at The Charter Oak for the 2nd annual Rockout/Knockout Cancer event supporting St. Helena Hospital's early cancer detection programs.



Events sell-out quickly, so be sure to sign-up for our newsletter for early ticket alerts at [shhfoundation.org/get-newsletter](http://shhfoundation.org/get-newsletter). See you there!

IN MEMORIAM

# Forever in our hearts

### Steve Lundin President & CEO, St. Helena Hospital Foundation, 2011-2016

With the generosity of Foundation supporters behind him, Steve paved the way for St. Helena Hospital to become what it is today – raising \$48 million in his tenure and seeing the Foundation recognized as one of the top performing healthcare foundations in the United States and Canada.



### Martha May Foundation Board Member, 2007-2016

Tireless community volunteer and Napa pioneer, Martha was a loyal supporter of St. Helena Hospital Foundation and many other local organizations. Cofounder with her late husband Tom of the iconic Martha's Vineyard, Martha's spirit is woven into the soul of Napa Valley.



Thank you Steve and Martha, for your legacies of healing.

Not yet a subscriber? Sign up for the *Inspired!* newsletter at [shhfoundation.org](http://shhfoundation.org)

A GLOBAL MODEL IN PATIENT CARE

# Mobi Goes to Denmark! Highlights:

St. Helena Hospital Foundation invited to Denmark to present the story and data\* of how our **Mobile Health Unit (Mobi)** pivoted during Covid-19 to get care to those who needed it most

- Our own Noemi Jimenez Mauricio, RN, detailed Mobi's innovative patient care model of being **first to protect farmworkers and other essential**

**workers** by going on location – in the field, at businesses, and to vulnerable neighbors in their homes – during the pandemic and beyond

- Locally grown, and now globally known, the Mobile Health Unit is 100% funded by your support of the St. Helena Hospital Foundation. **Thank you for your legendary generosity.**



Noemi Jimenez Mauricio, RN (left) Glen Newhart, CFRE, (right) President & CEO St. Helena Hospital Foundation

\*Special thanks to Veronica Ahumada-Newhart, PhD, for her written abstract, "Telehealth Challenges for Rural Hospitals Reaching Latino Population During Covid-19."

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# Where the Primary Care Physician Is In

*Within the next decade, California will need 4,100 primary care physicians to meet projected demand. But recently you helped St. Helena Hospital win a federal grant to build a novel solution...*



**A**s president of St. Helena Hospital, Steve Herber, MD, FACS, often sees solutions others miss. One such solution will soon be assisted by a competitive federal grant to launch a rural residency program at St. Helena Hospital – purpose-built to ease a critical shortfall in family medicine by training top-caliber, primary care physicians here at home. In a region where up to half the population has trouble finding primary care doctors, the residency program is badly needed.

### The link between residency and roots

By building an in-house residency training program, St. Helena Hospital will harness a critical connection: physicians often decide to practice where they complete their residency training. With nearly one in five Americans living in a rural area, residency programs in those areas make perfect sense. St. Helena Hospital was chosen for the highly selective grant because of our ability to train new primary care providers


in a high-quality rural clinical setting – an achievement you help make possible by putting that essential infrastructure in place.

**Where the doctors will soon be in** Dr. Herber, and all the staff here, could not be prouder – or more grateful:

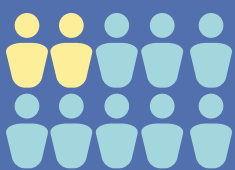
*“People in the community often ask me, ‘Where can I go for a doctor?’ And sadly, there aren’t enough doctors in the valley. That’s why being awarded this incredible federal grant to develop our own residency training for rural primary care physicians at St. Helena Hospital is a game-changer, and I want to thank Foundation supporters for putting us on the map. We’re one of just 13 healthcare organizations chosen nationwide.”*



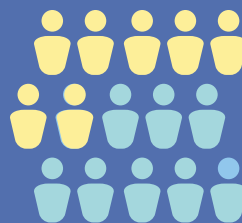
Steve Herber, MD, FACS, president and CEO of St. Helena Hospital Napa Valley

**See the Foundation Project Prospectus on page 6 for more innovative projects your generosity can be part of. Thank you for believing in world-class healthcare close to home!** 

## Rural Primary Care MDs: Why More Are Needed Now



**15%** of Napa County – nearly 2 people in 10 – are without access to sufficient primary care



**47%** of Lake County’s population, almost half, don’t have access to sufficient primary care

WILL YOU JOIN US?

# Help Shape the Future of Health: A Foundation Project Prospectus

*Growing world-class healthcare in Napa Valley would not be possible without friends like you. Below, with our profound gratitude and hopeful expectations, you'll find St. Helena Hospital projects you've helped fund – and critical new opportunities that need your help...*

## ■ Pupilometer —

**Critical priority, \$12,000**

Your gift of a pupilometer will speed triage and treatment for some of St. Helena Hospital's sickest patients by helping precisely assess the pupils of the eyes, which can signal stroke and traumatic brain injury HOURS before clinical symptoms manifest.

## ■ Arctic Sun 5000 —

**Top priority, \$100,969**

Your investment in the Arctic Sun will buy crucial time in life-or-death emergencies by safely cooling the body to help minimize damage in patients who've suffered sudden cardiac arrest or ischemic brain injury, such as stroke.

## ■ AI for Lung Nodule Program —

**Top priority, \$113,000**

Lung cancer is the nation's #1 cancer killer. Your gift to the Lung Nodule Program will fund an Artificial Intelligence System to detect signs of cancerous lung nodules up to a year earlier than manual-only review of x-rays.

## ■ MONARCH™ Robotic Endoscope —

**Top priority, \$852,902**

Your generous investment in MONARCH™ will provide unique visualizing of, and access to, hard-to-reach areas of the lung, enabling more accurate diagnosis of early-stage lung cancer.

## ■ Vivid Echocardiogram —

**Top priority, \$116,511**

Your gift to fund the leading-edge GE S70 will bring best-in-class 4D imaging for cardiovascular ultrasounds, with added, essential applications for urology, OB/GYN, and ultrasonography.

## ■ 3 recent projects you've funded 100%, thank you!

- da Vinci Robotic-Assisted Surgery for unrivaled precision
- Magseed precision marking for early-stage breast cancers
- Surface-guided radiation therapy for real-time tumor tracking

## ■ For a conversation around funding a critical needs project on the prospectus, please email or call

President and CEO Glen Newhart directly, at [glen.newhart@ah.org](mailto:glen.newhart@ah.org) or **707-963-6208**. Thank you for your visionary support of St. Helena Hospital Foundation!



**Did you know? Mental health matters...** At a pivotal time when young people need mental health support more than ever, your kind donations bridge a critical gap by helping keep ten percent of all adolescent behavioral health beds in California nearby at Adventist Health Vallejo. **Thank you. ♥**



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