FIFTY YEARS — maybe not a long time in the context of history, but to those of us who have been a part of ValleyCare’s history, it has been an experience we would never want to have missed.

A half century ago the Tri Valley was a collection of small townships, where farming and ranching played a major role. Medical resources were limited, with the 18-bed St. Paul’s Hospital in Livermore as the centerpiece. As the area grew so did the community’s aspirations for better health care options. Local leaders formed a committee to raise funds for a bigger, more modern hospital, and the public was firmly behind the project with generous donations. Those monies, combined with matching state funds, allowed the 46-bed Valley Memorial Hospital to open in Livermore on October 2, 1961 with a medical staff of 23.

Over the years we have grown into a two-campus health system with 242 beds, a medical staff of 400 and numerous inpatient and outpatient services. Between our Livermore campus, ValleyCare Medical Center in Pleasanton and community outreach programs, we offer excellent care to the nearly 300,000 people living in the Tri Valley.

Serving our community’s health needs certainly would not be possible without the people of ValleyCare Health System. Among those absolutely necessary to provide health care are doctors and nurses. We are proud of our physicians who continue to push the frontiers in their fields by employing new technology and techniques, bringing the best possible care to our patients.

Our commitment to compassionate and excellent care is clearly demonstrated by our nurses, who fill a role no one else can. Since our beginning, they have established a culture of caring with the perfect blend of compassion, understanding and excellent nursing skills.

We all owe a debt of gratitude to the over 350 members of the ValleyCare Auxiliary. During our history, these community volunteers have generously given over 1.5 million hours of their time and $5.3 million to enhance and expand ValleyCare
services. We simply could not offer the same high level of care without their outreach of love and support, and are proud to have each and every one of them as part of our organization.

ValleyCare excels in favorable outcomes in treatment areas such as heart attack, heart failure, pneumonia, obesity and post-surgical care. This success has been objectively assessed by evidenced-based performance measures, established by the Centers for Medicare and Medicaid Services, and occurs thanks to the dedication of our nurses and employees to provide superior, patient-centered care.

COLLABORATIONS EXPAND SERVICES
In recent years, collaborations with research and teaching hospitals have enhanced important services in the Tri Valley. Our affiliation with UCSF Benioff Children’s Hospital has expanded regional access to high-quality perinatal and pediatric care, keeping our tiniest patients (and their moms) close to home. Our commitment to exceptional care for cancer patients is evidenced in ValleyCare’s collaboration with UC Davis Cancer Care Network, which brings a more focused level of care, including clinical trials, to our patients receiving cancer treatment.

ADVANCED TECHNOLOGY
Keeping pace with technological advancements challenges any hospital. Over the years, we have and will continue to keep pace, and bring advanced procedures and equipment to ValleyCare. We recently added a 3D breast ultrasound to our Women’s Imaging Center to help us identify breast cancer in its earliest stages. We also collaborated with Alameda County to install wireless monitors on ambulances, allowing us to further surpass national standards in treatment times and positive outcomes for heart attack patients.

Another important cornerstone for success is ValleyCare’s warm relationship with our community, and the mutual support built over these past 50 years. That bond endures to our common benefit. Today, more than ever, we are determined to uphold that legacy and look to you, our community, for continued support.

As your local health care system, we are working diligently to ensure that ValleyCare will be here to serve you for the next 50 years… and generations beyond.
## AT A GLANCE

### HISTORY

Back in the 1950s when 18-bed St. Paul’s Hospital proved too small for the Livermore/Pleasanton communities, and people grew weary of traveling to Oakland or Hayward for health care, local residents banded together and raised enough money, along with state funds, to build Valley Memorial Hospital on land donated by Kaiser Paving Company in Livermore. From that beginning, Valley Memorial developed into a two-campus health system with the opening of ValleyCare Medical Center in Pleasanton in 1991. For 50 years, ValleyCare Health System has remained non-profit and has grown along with the Tri Valley, expanding and adding services as the needs of the people grew. Here are some historical highlights of ValleyCare Health System:

<table>
<thead>
<tr>
<th>Year</th>
<th>Event</th>
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<tbody>
<tr>
<td>1959</td>
<td>Auxiliary opened the “Nifty Thrift Shop” to raise funds for new hospital</td>
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<tr>
<td>1961</td>
<td>Valley Memorial Hospital (VMH) opened on October 2 with 46 beds</td>
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<tr>
<td>1969</td>
<td>A third floor was added to increase VMH to 110 beds</td>
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<tr>
<td>1974</td>
<td>A 23-acre parcel of land was purchased at the corner of Santa Rita and West Las Positas in Pleasanton for the future ValleyCare Medical Center</td>
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<tr>
<td>1977</td>
<td>Intensive/Cardiac Care expanded from five to ten beds</td>
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<tr>
<td>1977</td>
<td>ValleyCare Foundation was founded to facilitate fundraising</td>
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<tr>
<td>1988</td>
<td>Magnetic Resonance Imaging (MRI) offered</td>
</tr>
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<td>1989</td>
<td>Medical Plaza West and the Ambulatory Care Center opened on Pleasanton Campus</td>
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<tr>
<td>1990</td>
<td>ValleyCare was chosen as one of only 225 hospitals worldwide to participate in an international study on the use of “clot busting” drugs for heart attack treatment</td>
</tr>
<tr>
<td>1991</td>
<td>ValleyCare Medical Center (VMC) in Pleasanton opened to patients on December 10 with 67 beds</td>
</tr>
<tr>
<td>1999</td>
<td>ValleyCare Auxiliary and physicians donated $1 million to kick off major fundraising campaign, Vision 2000, to build West Wing ValleyCare partnered with Las Positas College to open Student Health Center</td>
</tr>
</tbody>
</table>
2000
Second floor of new medical wing opened, adding 30 beds to Pleasanton campus.
ValleyCare is one of the first hospitals in the nation to open a fully computerized operating room.

2001
Groundbreaking for new Medical Plaza and LifeStyleRx wellness facility on Livermore campus.

2002
ValleyCare partners with Chabot College Nursing Program to open nursing school on Livermore campus to address nursing shortage.

2003
LifeStyleRx and new Medical Plaza in Livermore opened.
ValleyCare spine surgeons first in California to use artificial disc.
ValleyCare Medical Center opens third floor of west wing adding 30 beds.

2006
ValleyCare launches open heart surgery.
Alameda County designates ValleyCare as Cardiac Receiving Center.

2007
Regional Cancer Center at ValleyCare opens in collaboration with UC Davis Cancer Care Network.
First minimally invasive, non-dislocating hip replacement surgery in California performed at ValleyCare.

2008
ValleyCare Weight Loss Surgery Program named Center of Excellence by American Society for Bariatric Surgery.
ValleyCare receives its first California Awards for Performance Excellence (CAPE) award.

2009
ValleyCare and UCSF Benioff Children's Hospital collaborate to expand women’s and children's services.
Neonatal Intensive Care Unit (NICU) expands from four to ten beds.

2010
ValleyCare collaborates with Alameda County to install wireless cardiac monitors on county ambulances.
First floor of West wing opens adding 24 beds.

2011
ValleyCare Health System Celebrates 50th Anniversary.
ValleyCare... A Vital Community Partner

CHAIRMAN OF THE BOARD MESSAGE

As you know, this year marks ValleyCare’s 50th anniversary. As an important part of this community, ValleyCare is so much more than a hospital. It’s not about buildings or equipment... it’s about people. People such as the leaders who had the foresight to fundraise and build the hospital 50 years ago; the volunteers who give so generously of their time; the patients we serve who choose ValleyCare because of its excellent reputation; the dedicated nurses and employees who work with passion to care for our patients; the doctors who offer their time and expertise to the community so we do not have to travel elsewhere for medical care; and the community members who support us with generous financial contributions to ensure ValleyCare will remain in our community.

CENTER FOR INNOVATION
Through our affiliations with UCSF Benioff Children’s Hospital and UC Davis Cancer Care Network, and our Centers of Excellence such as Orthopedics, Heart, Cancer, Diabetes and Weight Loss Surgery, we strive to bring the latest technology and research to the local level, offering our residents the best care modern medicine can provide.

MOVING BEYOND HOSPITAL WALLS
By offering such programs as the Las Positas College Student Health Center, Meals on Wheels/Head Start Program, Mobile Health Unit and ValleyCare Health Library to name a few, we are able to expand access to quality care and improve overall community health. ValleyCare is the gateway to medical care for the entire Tri Valley and we are constantly working to improve access for all residents.

ADDING ECONOMIC VIGOR
ValleyCare is an integral part of this community and significantly adds to the vigor of the Tri Valley. We are very fortunate to live and work in an area that is safe because of our outstanding police and fire departments, has top notch schools and plentiful housing and also offers exceptional health care. In addition, ValleyCare improves our community’s economic health by providing over 1400 jobs and supporting countless other businesses in our community.

While not everyone in our area will be a patient at ValleyCare, everyone in our community is a beneficiary. To that end, we also rely upon our community members to support ValleyCare both financially through ValleyCare Charitable Foundation, and by utilizing our services. In doing so, you help to ensure that ValleyCare will be here to serve the needs of the community for the next 50 years.
“ValleyCare is the gateway to medical care for the entire Tri Valley and we are constantly working to improve access for all residents.”
– Marty Inderbitzen

MEALS ON WHEELS
Homebound seniors and low income children are among the most vulnerable in our society, and nutritious food can be the first line of defense in providing good health care. For the past 14 years, the Valley Memorial Kitchen in Livermore has produced more than 1.5 million hot meals for delivery to homebound seniors. Daily meals are also prepared for 230 children, ages two-five, in our area as part of the Head Start Program, funded by the U.S. Department of Health and Human Services.

MOBILE HEALTH UNIT
People without health insurance, or those who are underinsured, often have difficulty accessing preventative care such as basic check-ups or vaccinations. They sometimes wait until easily treatable problems become serious enough to send them to an emergency room. In partnership with the Rotarian Foundation of Livermore, ValleyCare operates a Mobile Health Unit that goes out into the community helping both the insured and uninsured gain access to traditional primary care. For schedule information, please visit www.valleycare.com/mobilehealth or call (925) 373-4529.

VALLEYCARE HEALTH LIBRARY AND RYAN COMER CANCER RESOURCE CENTER offers free public access to the latest books, magazines and internet sites on a wide range of health topics, and the most extensive collection of cancer related materials in Northern California. The staff includes a registered nurse who specializes in cancer, a medical librarian and knowledgeable volunteers. They are there to answer questions and help locate the best information available in a supportive, comfortable atmosphere. Since opening in 1991, the Library has become a world-wide model for health libraries. For more information, call (925) 734-3315, or visit www.valleycare.com.
In the 28 years Robert Santos, M.D. has practiced medicine in Pleasanton, he’s witnessed major changes in health care — most notably the explosion of technology. Many surgeries are now done laparoscopically with tiny instruments and lasers instead of scalpels; and he and his nurses carry computer notebooks, not paper charts, into the exam room.

When he first considered medicine as a career, computers were only in their infancy and played little part in health care. The important part for him was his love of science. His final decision to become a physician was solidified following a broken neck suffered in an auto accident the day after his senior ball. “I was lucky,” he said. “I should have been paralyzed.” He graduated high school in a body cast, sitting in a wheelchair. Sharon, his girlfriend at the time, now wife of 38 years and a nurse — was also in the accident and graduated on crutches.

The accident delayed, but didn’t stop, his pursuit of medicine. He received his medical degree from the George Washington University in Washington, DC where he also researched thyroid issues for the National Institute of Arthritis, Metabolism and Digestive Diseases. “I loved the research,” he said, “but learned enough to know that’s not what I wanted to do for the rest of my life.”

What he did want to do was treat patients. “I enjoy taking care of the whole person. That’s why I focused on internal medicine,” he said. “I like to manage the totality of a patient’s medical care, and appreciate the long-term relationship with the patients.”

**READY FOR HEALTH CARE CHANGES**

The management of a patient’s care is currently experiencing changes of its own, with the government creating new regulations. But for Dr. Santos, even with federal modifications, the basic relationship to his patients hasn’t changed over the years.
That makes him optimistic about the transition to health mandates that some people fear. “The doctor/patient relationship is key for the strength of health care,” he said, “When that’s solid everything else falls into place. You get it done for the patient despite all obstacles.”

What does Dr. Santos see for the future of health care? “Health care reform is a major topic now that’s been dictated by the federal government,” he said. “Care in the future will have a tremendous focus on preventive medicine and managing disease as it accrues, not just responding when it goes out of control.”

**VALLEYCARE WELL EQUIPPED FOR FUTURE**

Dr. Santos is confident that ValleyCare Health System is well positioned to deal with those changes. “We’ve always been focused on preventive medicine,” he explained. “ValleyCare will succeed going forward for two reasons: first, we already provide excellent, state-of-the-art care, and second, between the hospital administration and the medical staff, we’re very good at adapting to changes that occur.”

While some of the regulations prove challenging, he considers the required electronic health records a definite plus. As president of ValleyCare Physicians Associates, Dr. Santos is pleased that the group’s physicians are now using electronic records. “It’s a tremendous help with routine screening reminders such as mammogram or colonoscopy,” Dr. Santos explained. Ensuring patients get important screening tests on a regular basis will enhance the doctor’s ability to focus on preventive medicine and to catch problems in the early stages.

Change is a staple of life — and possibly even more so with medicine. Technology and medical treatment advances are constantly altering the health care landscape. Now with more government involvement, another element is added to the mix. The constant that acts as a stabilizing factor is a more personal one — the doctor and patient relationship — working together to tackle health problems. As for the evolving government rules, Dr. Santos is upbeat, “We’re set to go into the future and handle all the changes that are coming.”

"Care in the future will have a tremendous focus on preventive medicine and managing disease as it accrues, not just responding when it goes out of control."

— Robert Santos, MD
For Four Generations

LEWIS/MADDEN FAMILY Cherishes Close Ties to ValleyCare

For the Rockefellers, life revolved around oil; for the Kennedys, politics. For the Lewis/Madden family of Livermore, life has been strongly tied to ValleyCare Health System. For four generations, family members have been employed, donated money, volunteered, been born, given birth and experienced lifesaving treatment here.

A HOSPITAL SUPPORTER FROM THE BEGINNING
Family patriarch, Ray Lewis, who was born in Livermore and recently turned 87, began these ties in the late 1950s by donating a portion of his paycheck to help build the new Valley Memorial Hospital in Livermore. Lewis worked as a plant repairman for Kaiser Sand and Gravel. “I was making all of $1.07 an hour then,” he said with a chuckle, “but then I got a big raise and made $3.02.”

Ray was not alone in contributing to the construction of a new, more up-to-date hospital. In 1958, a group of community leaders spearheaded a fundraising drive; and the community gave so generously that within 81 days, they raised $703,200 surpassing their goal of $525,000.

“The community was glad to have a hospital,” Ray recalled. “Before Valley Memorial we had St. Paul’s. It had a ward and private rooms — but it was antique — I mean it was old.” His daughter, Kathy, was born at St. Paul’s, which in those days was a step up from his own experience. “I was probably born in a barn,” he smiled. “It was a home delivery.”

A FAMILY TRADITION OF EMPLOYMENT, BIRTHS, TREATMENT AT VALLEYCARE
Kathy’s great aunt, Ruby Rushing, was the first of the family to be employed at Valley Memorial, as a nurse, shortly after the hospital opened. Kathy continued the association by starting work there in 1984. “My friend was the housekeeping supervisor and asked if I wanted to work one or two nights a week — it developed into a full time job,” she explained. Kathy spent 13 years in housekeeping and 13 years in physical therapy on both Livermore and Pleasanton campuses, retiring in May 2011.

She has been proud of her employer because, “the hospital gets involved in the community.” Kathy, herself, has been a shining example of involvement over the years as a volunteer for

“I’ve seen the Medical Center grow so much. You can stay here in the Tri Valley instead of being sent out of the area for many procedures.”
— Kathy Madden

Ray Lewis at Kaiser Sand and Gravel
Kathy Madden as ValleyCare Housekeeper
Fitness Day, staffing ValleyCare booths at events, and helping with the annual Christmas Tree Lane fundraiser.

On a more personal note, there have been a number of family births at ValleyCare including the clan’s fourth generation baby, Kathy Madden’s 2-year-old granddaughter. Kathy’s own two daughters, Shelly and Jenny, were born here and also worked for the health system.

Jenny followed closely in her mother’s footsteps — working at ValleyCare the past 18 years in Patient Accounting and giving birth to her own daughter, Avery, at Pleasanton’s ValleyCare Medical Center in August 2009. Like her mother, Jenny has been generous volunteering for the hospital’s golf tournament, Fitness Day, festival booths and Christmas Tree Lane. “ValleyCare has meant a lot to me and our family because it’s local. If we need a hospital, it’s right here, close by.”

The family was especially thankful for the nearby hospital when Kathy’s brother, then 21, was in a motorcycle accident that severely injured his leg. He stayed in the hospital for three weeks, seeing several specialists. “Unfortunately, they couldn’t save his leg, but his life was definitely saved by the doctors here,” Kathy said.

CHANGES OVER THE YEARS
The family has seen Livermore grow from about 16,000 when the hospital opened in 1961 to more than 85,000 people today; and they also witnessed major health care changes.

Before Valley Memorial was built, “There were no specialists,” Ray Lewis said. “My eardrum was punctured by hot slag from work, and I had to go to Levine Hospital in Hayward for treatment. All we had were general practitioners.”

Since then the number of health care options have increased dramatically. “I’ve seen the medical center grow so much,” Kathy said. “You can stay here in the Tri Valley instead of being sent out of the area for many procedures. There are more services, specialists, a cancer center, and fitness programs like the ones at LifeStyleRx.”

They may not be Rockefellers or Kennedy’s with ties to big oil and politics, but the Lewis/ Madden family can boast of a strong commitment to ValleyCare Health System through their donations, volunteerism; and a debt of thanks to the hospital which saved a brother’s life, brought new little lives into the family and kept various family members gainfully employed for almost all of ValleyCare’s 50-year history.

“ValleyCare has meant a lot to me and our family because it’s local. If we need a hospital it’s right here, close by.”

— Jenny Madden
When Michelle and Josh Woodruff of Pleasanton learned they were pregnant with twins, they researched the best place to deliver their babies. Because of its excellent reputation and convenient location, ValleyCare Medical Center was their hospital of choice. That turned out to be a fortunate decision because the twins came early and needed to stay in ValleyCare’s neonatal intensive care unit (NICU) for nearly four weeks.

NICU NEEDED

“When you’re pregnant, you automatically assume it will be a normal delivery and never consider you might need a NICU,” says Michelle. “We are very grateful that ValleyCare has such exceptional maternity care with a high-level NICU, staffed with nurses and neonatologists around the clock.”
“When you’re pregnant, you automatically assume it will be a normal delivery and never consider you might need a NICU.”

— Michelle Woodruff

This care was essential when the twins suffered from respiratory issues. Henry Lee, MD, a neonatologist from UCSF Benioff Children’s Hospital, was one of the doctors who provided special care. “When Camryn wasn’t breathing, I watched Dr. Henry Lee save her life. It was incredible,” says Josh. “I owe my daughter’s life to him.”

**TOTAL PATIENT CARE**

The Woodruffs say the ValleyCare nurses and doctors are very hands-on, teaching them everything they needed to know and caring for their babies as if they were their own. “They are very sensitive not only to the babies’ needs but your own… answering every question… and reassuring you every step of the way,” says Michelle. “It’s more than just infant care, it’s total patient care. We truly believe we couldn’t have gotten this level of care and personal attention anywhere else.”

For information on ValleyCare Maternity and Pediatric Services, visit valleycare.com/maternity.
“ValleyCare has brought me a whole new life,” said Gail Engstrom, who underwent weight loss surgery at ValleyCare Medical Center in 2009. With spiraling health problems and depression associated with her excessive weight, Gail was at a breaking point. “I always had the ability to lose the weight,” she said. “But I would gain back twice as much as I lost.”

“I could no longer walk from my car to my office without stopping halfway and sitting down to catch my breath,” said Gail. “I was starting to look at scooters and thought, you know what, I can’t do anything anymore.”

**WEIGHT LOSS SURGERY**

Desperate for a solution, Gail turned to ValleyCare’s Bariatric Center of Excellence and Dr. Mary Estakhri, medical director of the program.

“These patients have a serious medical condition,” explained Dr. Estakhri. “They’re facing critical health consequences and they’re not able to lose weight, not because of a lack of will power or effort, it’s because they really have a disease process.”

Gail Engstrom enjoys her daily walks.
"More than anything, I wish I could have done this earlier.”

— Gail Engstrom

“When I met Gail, she had struggled with her weight for years and developed major complications. She felt her health was failing and needed to do something to intervene, otherwise she was going to have a shortened lifespan,” said Dr. Estakhri. “After surgery, Gail has had tremendous success, not just in how much weight she’s lost, but in the resolution of her health—she’s more active, her outlook is better, she looks wonderful and she really has extended the quality and the quantity of her life.”

“I researched a number of facilities around the area and ValleyCare has one of the highest success rates for weight loss surgery,” said Gail. “The pre- and post- education and support is tremendous.”

A NEW LOOK AND LIFE
After her procedure, Gail has lost 254 pounds and is living a healthy, active life again.

“Now I’m walking an hour or longer, every single day, and having a great time,” said Gail. “More than anything, I wish that I could have done this earlier.”

For more information about the Weight Loss Surgery Program at ValleyCare, please call 800-577-5030 or visit www.valleycare.com/weightlosssurgery

<table>
<thead>
<tr>
<th>MAJOR MEDICAL ISSUES RESOLVED</th>
<th>Roux-en-Y</th>
<th>Lap-Band®</th>
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<tbody>
<tr>
<td>Sleep Apnea</td>
<td>93%</td>
<td>70%</td>
</tr>
<tr>
<td>High Cholesterol</td>
<td>82%</td>
<td>63%</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>81%</td>
<td>42%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>83%</td>
<td>64%</td>
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</tbody>
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QUALITY OF LIFE IMPROVED
Patients also report a dramatic improvement in quality of life after surgery:

- 94% improvement in physical activities
- 92% improvement in self-esteem
- 75% improvement in social involvement
- 75% improvement in ability to work

ValleyCare has been designated as a top performer in the field of weight loss surgery by the American Society for Metabolic and Bariatric Surgery due to its demonstrated track record of favorable outcomes in weight loss surgery and commitment to providing comprehensive, high-level patient care.
“When you have pain, simple activities of daily living become miserable,” said Dr. Aaron Salyapongse. “The latest techniques in hip and knee surgery let me alleviate the pain for my patients.” Under his direction, ValleyCare’s Joint Replacement Institute is revolutionizing hip and knee replacement surgeries, allowing patients to stay active and continue doing what they love.

ANTERIOR HIP REPLACEMENT
One of the innovative orthopedic procedures performed at the ValleyCare Medical Center is anterior hip replacement. Referring to the direction in which the hip is approached during surgery, this method allows hip replacement to be done from the front of the hip joint without cutting any muscles for a faster and easier recovery process.

“Before my hip replacement surgery, I was in a great deal of pain and taking massive amounts of anti-inflammatories and pain killers on a daily basis,” recalled Barbara Burch. “Just before my surgery, I was almost unable to walk — there were days when I didn’t even bother getting out of bed because it was just too painful.”

“Thanks to Dr. Salyapongse and ValleyCare, I have my life back,” said Barbara. “Within a couple of weeks my cane was gone and I didn’t need any pain medication.” Barbara can now do just about anything she wants. “I love to garden and being able to mow the lawn or bend down and get back up again is wonderful.”

Barbara Burch
Aaron Salyapongse, MD
CUSTOM KNEE REPLACEMENT
Tom Miller found Dr. Salyapongse when his knee pain returned after already having it scoped three times. “Tom had a very debilitating disease in his knee, and was walking around like he was 100 years old,” said Dr. Salyapongse. “We were able to use the custom knee technology to provide him with a perfectly sized and oriented knee replacement.”

ValleyCare was the first center in Northern California to offer DePuy Orthopedics TruMatch® Personalized Solutions for knee replacement. This technology helps to ensure that precise sizing and alignment is achieved for each individual patient. This offers the potential for a longer lasting and better functioning joint over time.

Now Tom is able to enjoy retirement again. “We like to travel,” said Tom. “We went to Europe before the surgery and the sites were great, but I was miserable because of the walking. I wish I would have had the surgery before my trip — it made such a big difference.”

GET YOUR LIFE BACK
“Orthopedics gives me an opportunity to address pain and really get people back to their active lifestyles,” said Dr. Salyapongse. “The most rewarding part of this job is having patients come back in and give me a giant hug because their pain is gone — to me, that makes every day worth it.”

For more information about the Joint Replacement Institute at ValleyCare, please call (925) 416-3559 or visit www.valleycare.com/orthopedics.
Michael Landa had a heart attack while he was at the gym. "I was on the arm curl machine, and my wife knew something was wrong when she noticed that I wasn’t moving," recalled Michael. Luckily, an off-duty paramedic was nearby and used the gym defibrillator to get Michael breathing again. Within minutes, an ambulance rushed Michael to the emergency room at ValleyCare Medical Center in Pleasanton. While enroute, emergency medical technicians were able to wirelessly transmit Michael’s EKG to the emergency medical team at ValleyCare.

**EVERY MINUTE COUNTS**

Through a collaboration between Alameda County Emergency Medical Services and ValleyCare Health System, wireless cardiac monitors were installed on county ambulances. These monitors transmit data to ValleyCare alerting both the emergency room staff and the emergency cardiac team before the patient arrives — saving critical moments in restoring blood flow to the heart. Together with the cohesive teamwork between its emergency and cardiac staff, ValleyCare consistently achieves some of the fastest door to reperfusion times in the nation.

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<thead>
<tr>
<th>EVERY MINUTE COUNTS</th>
<th>Door to reperfusion times</th>
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<tr>
<td><strong>ValleyCare</strong></td>
<td>60 minutes</td>
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<tr>
<td>Like* Hospitals</td>
<td>65 minutes in California</td>
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<tr>
<td>All Nation Hospitals</td>
<td>64 minutes</td>
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*Hospitals similar to ValleyCare, with less than 200 beds
“Studies show that a monitored exercise program after a major cardiovascular event prolongs the lives of patients.” — Robert Zucker, MD

SOPISTICATED CARDIAC TREATMENTS
In addition to its leading cardiac emergency response, ValleyCare offers advanced cardiac treatments. “Not all hospitals are able to do the more sophisticated treatments of angioplasty and stenting, however, ValleyCare has the technology and expertise to provide procedures in this area,” said Robert Zucker, MD, ValleyCare cardiologist.

“In Michael’s case, we found that he had a tight narrowing in one of the major coronary arteries that required revascularization with angioplasty, and then placement of a metal stent device to help keep the artery open over the long term.”

RETURN TO A NORMAL LIFE
After the procedure, Michael entered the Cardiac Rehabilitation Program on ValleyCare’s Livermore campus. “Cardiac rehab is a critically important part of the overall care you provide to a patient such as Michael,” noted Dr. Zucker. “Studies show that a monitored exercise program after a major cardiovascular event prolongs the lives of patients.”

“Cardiac Rehab was outstanding and helped me feel confident that I can once again live a normal life,” said Michael. “I feel fantastic, I’m able to work again, take walks with my wife and even go back to the gym — and all of this is due to the outstanding, professional care I received while at ValleyCare. I would like to thank ValleyCare for giving me back my life.”

For more information about Cardiac Services at ValleyCare, please visit www.valleycare.com/cardiacservices.
It’s overwhelming for patients when they’re diagnosed with something that even possibly could be cancer,” said Mary Prishtina, RN, OCN, CBPN, Certified Breast Cancer Patient Navigator at ValleyCare. “Navigation has made a big difference for our patients because they have a real person to talk to along the way. Most of my job is to help them feel empowered about what they can do.”

ValleyCare’s cancer program has expanded to include an experienced oncology nurse to guide cancer patients through their entire journey. As ValleyCare’s Breast Cancer Patient Navigator, Mary has special training in all medical conditions of the breast and her skills as an oncology nurse allow her to guide patients through the process of screening, diagnosis and treatment. She also facilitates support groups and oversees the ValleyCare Health Library and Ryan Comer Cancer Resource Center.

SUPPORT GROUPS AND CLASSES
“Mary had all these programs going on and introduced a support group for me,” said ValleyCare breast cancer patient, Sheila Yott. “I was hesitant at first because I didn’t want to be around sad situations all of the time,” said Sheila.

Mary describes the atmosphere of the support group as more of a social club, “There’s a lot of laughter, and at the end of every session, the members come out and give each other a group hug.” After Sheila’s first visit, Mary noticed, “She came out with a big smile, and she’s been coming back ever since.”

In addition to providing education and support, the Breast Cancer Patient Navigator Program offers innovative therapy classes, such as Art for the Heart. After completing the art class, Sheila learned a valuable life lesson, “It taught me not to be afraid of anything — so now I’m just ready to do more and keep on going, and to just enjoy life.”
“Navigation has made a big difference for our patients because they have a real person to talk to along the way.”

— Mary Prishtina, RN, OCN, CBPN

TREATING CANCER CLOSE TO HOME

“At the time of my diagnosis, I was very scared and did not know where to turn for help,” said Terri Terriquez, who was diagnosed with breast cancer in June 2009. “My doctor referred me to ValleyCare’s Breast Cancer Navigator Program and Mary directed me to educational materials as well as the cancer support group. She was always available to hear how my treatment was going, to offer suggestions and guidance.”

For Terri, a Pleasanton resident and single mother of a school-age child, having support readily available, and having access to the treatments offered at ValleyCare’s Regional Cancer Center was an important advantage. “Being able to get my treatments close by was extremely convenient, especially being a single mom and not having family in town,” she says.

In addition, Terri’s oncologist, Rishi Sawhney, MD, informed her about the Cancer Center’s affiliation with UC Davis Cancer Care Network and the availability of the virtual tumor board. Here patient cases are discussed in a multi-disciplinary setting with as many as 40 or 50 other cancer experts by means of virtual technology. “I felt very comfortable knowing Dr. Sawhney would discuss my case with a panel of doctors and determine the very best treatment plan for me,” Terri said.

The Regional Cancer Center at ValleyCare has been approved by the Commission on Cancer of the American College of Surgeons because it provides the best in cancer diagnosis and treatment and meets established national standards to ensure patients receive the highest quality of care at a local level.

“At ValleyCare, everything we do is focused around the patient,” said Mary. “We’re always striving for the highest quality of care, and to keep the person — not just a disease, but the real person — at the heart of what we do.”

For more information about ValleyCare’s Breast Cancer Patient Navigator Program, please call (925) 580-1310 or email mprishti@valleycare.com.
In a bold and innovative move in 2002, ValleyCare Health System started a program to increase the number of available nurses. At that time, college nursing classes were filled to capacity and health care systems were scrambling to find staff. “The nursing school started when everyone was experiencing a nursing shortage and many hospitals were bringing nurses from other parts of the world,” explained Jessica Jordan, RN, BSN, MS, Chief Nursing Officer. “We decided that other parts of the world needed their nurses and being a community based hospital, we wanted nurses who lived and worked in our community. We also believe ValleyCare is a great place to learn to be a nurse.”

“There was a major nursing shortage all over the country,” said David Mertes, educator and ValleyCare Board Member. “In the Tri Valley, it was exacerbated because of the high cost of living here. We started thinking — maybe we should have our own nursing school, with students trained in ValleyCare’s culture who then wanted to stay and become employees,” he said.

ValleyCare wasted no time in pursuing that goal. The hospital partnered with Chabot College’s Nursing Program to form a ValleyCare extension. In 2003 the first class of ten students began training at the Mertes-Feit Educational Center, which was named after the three who spearheaded the project— David and Barbara Mertes and ValleyCare CEO Marcy Feit.
Space on the Livermore campus was remodeled to include a skills lab, classroom with teleconferencing capabilities, a computer lab and a reference library. A simulation lab was later added. The student nurses took classroom instruction at Chabot College in Hayward and clinical training at ValleyCare. Las Positas College assisted by adding pre-requisite sections to accommodate the students, which ValleyCare helped to fund.

“We graduated our first class in 2005, and the majority of these nurses remain at ValleyCare,” said Jordan. “Nursing is a blend of art and science, and we look for skilled, competent nurses who also have great empathy and an ability to advocate for their patients and their families.”

In 2006, the number of students in each class increased to 20, so at any give time 40 students are either in the Mertes-Feit Education Center or in the clinical areas on both ValleyCare campuses. Students learn from ValleyCare nurses who also serve as adjunct faculty for Chabot College.

This year the nursing program marked its seventh graduation, bringing the total number of graduates since the program began to 97. What started as a response to a crisis has produced a thriving program with benefits for both the hospital and the community.
In 1958 when Valley Memorial Hospital’s Auxiliary formed, a new house cost about $12,750, wages averaged $3,674 a year, and gas was 25 cents a gallon. Since then prices have skyrocketed, the area has grown, ValleyCare Health System now has two campuses, satellite programs, centers of excellence; and the Auxiliary has increased giving right along with it.

Since its inception the Auxiliary has raised over $5.3 million to enhance and expand hospital services, such as:

- $500,000 to launch Vision 2000 to build the West Wing and redesign the Medical Center lobby (which is dedicated to the Auxiliary)
- $340,000 toward improvements to the Cardiac Catheterization Lab and construction of the meditation room and garden
- More than $400,000 towards the Emergency Room expansion

Auxiliary men and women have donated an amazing 1.5 million (and counting) hours of service. They are the people who answer questions at the information desk, deliver flowers to hospital rooms, transport patients in wheelchairs, sort donated clothes in the Thrift Shop, wait on customers in the Gift Shop and hundreds of other tasks so helpful to ValleyCare.

Mary Hagerty, an Auxilian for over ten years and current president, is one of more than 350 dedicated volunteers who donate time. Why volunteer here? For Hagerty, a retired nurse, “It’s been a chance to give back to the hospital what they’ve given me and my family.”

Before he passed away, her husband was in and out of ValleyCare Medical Center. “We had such good treatment and got to know the doctors and nurses,” she said. Hagerty, already an Auxilian at the time, credits those positive experiences during the hospitalization for her increased desire to give back.
ValleyCare Health System was founded over 50 years ago with the commitment and backing of the Tri Valley community. It was Tri Valley leaders who organized the fund drive and got matching state funds, along with generous residents who had pledges deducted from their paychecks or wrote personal checks, that helped build Valley Memorial Hospital.

Since then, community donations have aided in advancing many of the programs/services and facility expansions over the years. Funds raised each year are vital for the continued delivery of the state-of-the-art health care the people of the Tri Valley have come to expect.

Your contributions make a difference

Gift income has made a significant difference in the availability and quality of care ValleyCare is able to offer its community. Some of the programs supported through these donations include the Breast Cancer Patient Navigator Program, the Emergency Room Expansion, Neonatal Intensive Care Services and the ValleyCare Health Library and Ryan Comer Cancer Resource Center, to name a few. Building campaigns which included the West Wing at ValleyCare Medical Center; LifeStyleRx and ValleyCare Medical Plaza in Livermore were also helped by generous community contributions.

For the past 50 years, people of the Tri Valley have been vital contributors to ValleyCare Health System. By utilizing ValleyCare services, making a direct contribution or attending ValleyCare fundraisers, you are helping to ensure that high-quality health care is available when you and your family need it.

For information on joining the ValleyCare Auxiliary, please call (925) 734-3368.

ANNUAL FUNDRAISING EVENTS BENEFITING VALLEYYYYCARE HEALTH SYSTEM

CHRISTMAS TREE LANE November 17, 18, 19, 2011
Palm Event Center, Pleasanton

ValleyCare Charitable Foundation Golf Tournament June 1, 2012
The Course at Wente Vineyards

HopYard Alehouse Golf Tournament June 25, 2012
Castlewod Country Club

For information on upcoming events, or how you can make a contribution, please call the (925) 373-4560 or visit www.valleycare.com/charitablefoundation.
Livermore

Pleasanton

1961...2011

50th Anniversary

ValleyCare Health System

Serving the Tri-Valley since 1961

50TH AN...