

community-based, not-for-profit



BRIEFINGS



A beautiful new John Muir Health facility, located at Hookston Square in Pleasant Hill, offers patients a comprehensive site for cardiac conditioning and social support.

New Home for Cardiac Conditioning

INTRODUCING A 9,000-SQUARE-FOOT FACILITY IN PLEASANT HILL

Thanks to donor support at the 2016 *Celebrate John Muir Health!* Gala, John Muir Health cardiac patients now have access to a new facility in Pleasant Hill. The Facilities Development and Cardiac Conditioning teams worked to create an environment where patients can exercise safely while being monitored by health care professionals, including physicians, cardiac nurses, physical therapists and nutritionists.

Patients now have access to state-of-the-art exercise equipment and monitoring systems that track heart rate and blood pressure. Sessions are medically supervised, providing patients a sense of

reassurance. “One of our goals is for our patients to progress to the point where they can exercise without fear,” says Tanya Earls, R.N., Integrated Manager, Nursing and Cardiac Rehabilitation.

“The new facility not only provides a secure, safe place to rehabilitate, it also acts as a net of social support,” says Kim Fletcher, R.N., Integrated Director, Cardiovascular Services. “Patients share their health journeys, favorite books, recipes, and even enjoy lunch together outside of the facility. And we can see more patients, conduct more classes and help more patients achieve improved heart health!”

PRESIDENT'S MESSAGE



Patrick Carew
PRESIDENT
JOHN MUIR HEALTH
FOUNDATION

Philanthropy is often defined as “the love of humanity.” Your generous acts of kindness embody and inspire philanthropy through your support of John Muir Health’s mission—a dedication to improving the health of the communities we serve with quality and compassion.

Philanthropists like you bridge the gap between great and extraordinary patient care at John Muir Health—helping to provide the very best health care to your family, friends and neighbors ... now and for generations to come.

To show you just how much of a difference your support makes, the Foundation recently began sending quarterly Impact Updates. The first report, sent earlier this year, was filled with heartfelt stories from patients whose lives were positively impacted by your generosity. The Impact Updates are sent by email, so if we don't have your email address, please complete the reply coupon inside this newsletter and send it back to us, or email us at foundation@givehealthjmh.org.

I hope you enjoy this issue of *Give Health*. The remarkable stories here can be told only because of your support of the programs and services of John Muir Health. Thank you for being a valuable member of the John Muir Health family of donors. Your support has made a significant difference in the lives of so many.



Follow this code to the June 2019
Impact Update.

JOHN MUIR HEALTH FOUNDATION

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Your Gifts at Work

DONOR SUPPORT PROVIDES EXPECTANT MOTHERS COMFORT AND MOBILITY



Childbirth is a special event that many expectant mothers wish to experience with limited restrictions from medical devices. Thanks to donor support in 2018, laboring women at John Muir Health will now have access to a more comfortable and adaptable fetal monitoring system known as wireless telemetry.

Fetal monitoring is used to track the fetal heartbeat prior to and during labor, providing clinicians the ability to measure the fetus's response to contractions. Traditional monitoring consisted of cables and wires attached to the mom, and connected to a machine next to the hospital bed. Mom was confined to the bed and had to call staff for assistance if she wanted to move about freely.

Fortunately, expectant mothers at John Muir Health are now offered monitoring via wireless telemetry units, allowing for more freedom of movement, comfort and convenience.

"This has been a game-changer for us," says Edie Ault, Manager, Labor and Delivery. "Many of our patients desire to have the freedom to move around the room during the entirety of their labor. Our new telemetry units use the latest technology and provide our team with consistent and reliable data. They enhance the experience of our laboring patients without sacrificing essential fetal monitoring needs required by our clinicians. With the generous support of our donors, we are now able to offer wireless monitoring to the majority of our patients."

"I am thrilled that donors helped fund this incredible technology for us," says Julie Ziemann, R.N., Labor and Delivery. "The system is very easy to use and improves our patients' labor and delivery journey. That's the best part of all."



Laboring mothers, with the support of nurses like Julie Ziemann, R.N., can safely move around thanks to wireless telemetry units.

Robotic Angioplasty at John Muir Health

Q & A with Richard Chang, M.D.,

Richard Chang, M.D., uses the Corindus CorPath® Robotic System, purchased in 2018 with the help of generous donors. John Muir Health is the first health care system in Northern California to offer this state-of-the-art technology.



interventional cardiologist

Q: How does robotic-assisted angioplasty work?

Percutaneous coronary intervention (PCI), also known as coronary angioplasty, is a procedure performed by interventional cardiologists to open blocked arteries in the heart and restore blood flow. A robotic-assisted PCI is performed using a set of joysticks and touch-screen controls that serve as an extension of the cardiologist's hands, affording extra precision and detailed visualization inside the heart. During the robotic-assisted procedure, live X-rays are used to help the interventional cardiologist track the position of guide wires and catheters in relation to the blockage in the heart. The robotic system allows the cardiologist to move a balloon to open the artery and place a stent, a millimeter at a time. A stent is a small wire-mesh tube that remains permanently in the artery to decrease the chance of it narrowing again.

Q: What are the benefits of robotic-assisted angioplasty?

Robotics enables a more precise measurement of the patient's coronary arteries for more accurate stent placement and has the added benefit of reduced radiation to the patient and physician. The robot's software contains expert wiring and positioning methods that are especially useful in very complex cases and may provide a superior clinical outcome. For example, our first patient, a retired fire captain, was unable to play golf without pain in his chest and had difficulty breathing due to coronary artery disease. In February 2019, I performed robotic-assisted angioplasty on this patient to insert two stents into his narrowed arteries. After two weeks, he was back on the golf course and no longer has chest pain.

Q: What is the future of robotic-assisted angioplasty at John Muir Health?

Three interventional cardiologists at John Muir Health have completed training and are now utilizing this technology in patient procedures, and several more are expected to complete their training in the next few months. We have performed about 40 robotic procedures since February and are estimated to complete about 120 this year. The robot's manufacturer, Corindus, is working on refining technology that may someday allow the use of the robot for procedures remotely, whereby an interventional cardiologist can be located in one hospital and assist a non-interventional cardiologist on a patient located in another hospital that may not have access to physicians who perform coronary angioplasty procedures.

OUT AND ABOUT

Donor Reception

LESHER CENTER FOR THE ARTS • FEBRUARY 12

John Muir Health Foundation donors, leaders and volunteers were recognized for their generous support at this year's seventh annual Donor Appreciation Reception held at the Lesher Center for the Arts. The program included presentations from Kim Burch, Executive Director, Cardiovascular Services, and Margaret Simor, John Muir Health Foundation Board Member, on the future of John Muir Health's Cardiovascular Services—including the first robotic-assisted PCI (percutaneous coronary intervention) procedure in Northern California, performed by John Muir Health physician Richard Chang, M.D. The robotic system was purchased using philanthropic funds from many of the generous donors in attendance.



Left to right: Maureen Knight and Margie Murphy



Left to right: Patrick Carew; Taejoon Ahn, M.D.; Sally Davis, M.D.; John Zuorski, M.D.; Jack Thompson; Linda Thompson; Guy Henshaw; and Doug Lange, M.D.

Award of Distinction

ROUND HILL COUNTRY CLUB • APRIL 11

The Foundation's annual Award of Distinction event recognizes John Muir Health medical staff and community members for their outstanding leadership, service and philanthropy. Started in 1987, the award is a specially commissioned bronze statuette of the naturalist John Muir and represents the Foundation's highest honor. This year's awardees—Deborah Kerlin, M.D.; John Zuorski, M.D.; and Linda and Jack Thompson—were honored for their numerous professional and personal achievements and contributions to John Muir Health and the community.

Legacy Brunch

JOHN MUIR HEALTH, WALNUT CREEK MEDICAL CENTER • APRIL 29

The annual Celebrate Your Legacy brunch was enjoyed by 100 guests and longtime consecutive donors to John Muir Health. Guests were treated to heartfelt and touching stories about how generosity and compassion transform the patient experience. Presentations were made by Ray Greenleaf, philanthropist; Gary Wong, a devoted John Muir Health volunteer; and 12-year-old Angel Duran, a sixth-grade student at De La Salle Academy who raised funds for the Beyond Violence Program at John Muir Health.



Angel Duran

Giving and Receiving

Under the recently enacted Tax Cuts and Jobs Act, there is a renewed interest in charitable giving that saves income taxes, provides lifetime income to you and benefits a charity of your choice. All three of these objectives can be achieved through a charitable remainder trust.

For decades families have used charitable remainder trusts to:

- Reduce income taxes
- Convert appreciated assets like stock, real estate or other assets into a lifetime income
- Defer the payment of capital gains tax
- Provide meaningful support to charities of choice

In the “Why We Give” section of this newsletter (see back page), Sundar and Bama Vasu Devan share the reasons that motivated them to establish a charitable remainder trust for the benefit of John Muir Health. Through this vehicle, John Muir Health was able to purchase lifesaving equipment in the form of three EKG machines for the emergency department.

For more information on how a charitable remainder trust works and how it may apply to your unique financial and philanthropic goals, please contact Mike Crvarich, Vice President, Legacy Giving, at (925) 941-2120 or michael.crvarich@givehealthjmh.org.



Left to right: Sharon Moore, Yvonne Strejcek, Brooke Taylor, Carolyn Strange, Rachel Davis and Helen Munch—all members of the Diablo Threshold Singers—at the Celebrate Your Legacy brunch.

Create Your Own Legacy of Giving

Charitable estate planning can be financially beneficial for families and individuals of various ages and income levels. Find out what planning a legacy gift to John Muir Health can do for you and your loved ones—now and in the future.

GIFTS JOHN MUIR HEALTH CAN USE TODAY

- Appreciated Securities
- Real Estate

GIFTS THAT CAN PAY YOU INCOME

- Charitable Gift Annuity
- Charitable Remainder Trust

GIFTS THAT TAKE EFFECT AFTER YOUR LIFETIME

- Bequest
- Retained Life Estate
- Charitable Beneficiary Designations
 - Life Insurance
 - Retirement Plan

For more information, please contact Mike Crvarich, CPA, Vice President, Legacy Giving, at (925) 941-2120 or michael.crvarich@givehealthjmh.org.

WHY WE GIVE

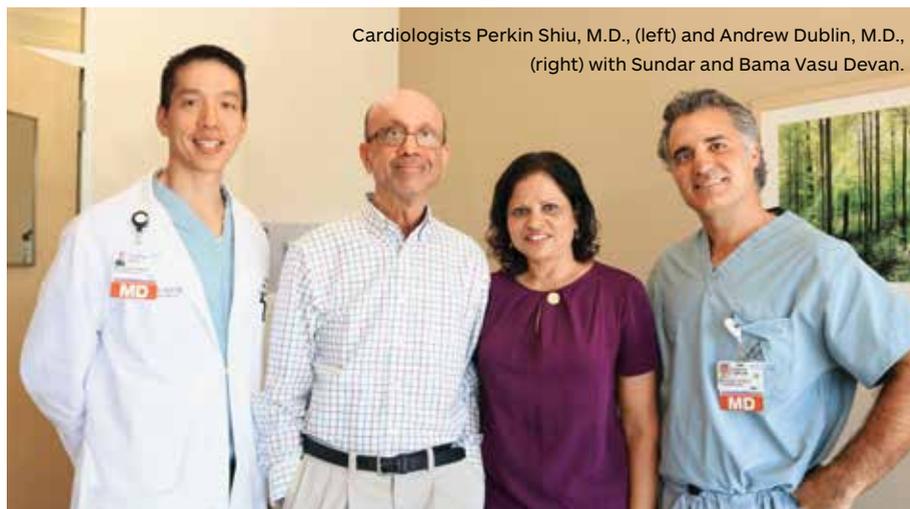
Touchpoints of Excellence

SUNDAR AND BAMA VASU DEVAN PAY IT FORWARD

Thanks to the fast actions of John Muir Health cardiologists Perkin Shiu, M.D., and Andrew Dublin, M.D., Sundar Vasu Devan survived a heart attack in 2017 and is “living on” by paying it forward to John Muir Health.

Sundar and his wife, Bama, were already big fans of John Muir Health. Their daughter was injured in a swimming accident when she was 7 and received “wonderful care in the emergency department and during her recovery at Muir Orthopedics,” says Sundar. “We were so grateful for the compassionate care provided to our daughter, that we began donating to John Muir Health and Bama began volunteering at the Walnut Creek Medical Center shortly after.” In fact, all three of their children have volunteered at John Muir Health!

“John Muir Health has had many touchpoints of excellence in my life,”



Cardiologists Perkin Shiu, M.D., (left) and Andrew Dublin, M.D., (right) with Sundar and Bama Vasu Devan.

says Sundar, who spoke at a recent Foundation Donor Appreciation event. “When I was rushed to John Muir Health after my heart attack, the emergency department was ready for my arrival—touchpoint one. Even before my blood tests results were completed, Dr. Shiu diagnosed the heart attack and quickly wheeled me to the Cath Lab for an angiogram—touchpoint two. Dr. Dublin performed surgery to place a stent in my blocked artery—touchpoint three. Dr. Shiu informed my wife of their progress and the successful outcome—touchpoint four.”

Sundar and Bama wanted to do something to allow other patients to have easy access to the extraordinary cardiovascular services provided at John Muir Health and to ensure they, too, would “live on.” “It was the one-year anniversary of my heart attack and I wanted to do something to honor Dr. Dublin and Dr. Shiu,” says Sundar. Sundar and Bama named John Muir Health Foundation as one of the remainder beneficiaries of their trust. “This is our way of paying it forward,” says Bama.