

# Health Matters

FALL 2015

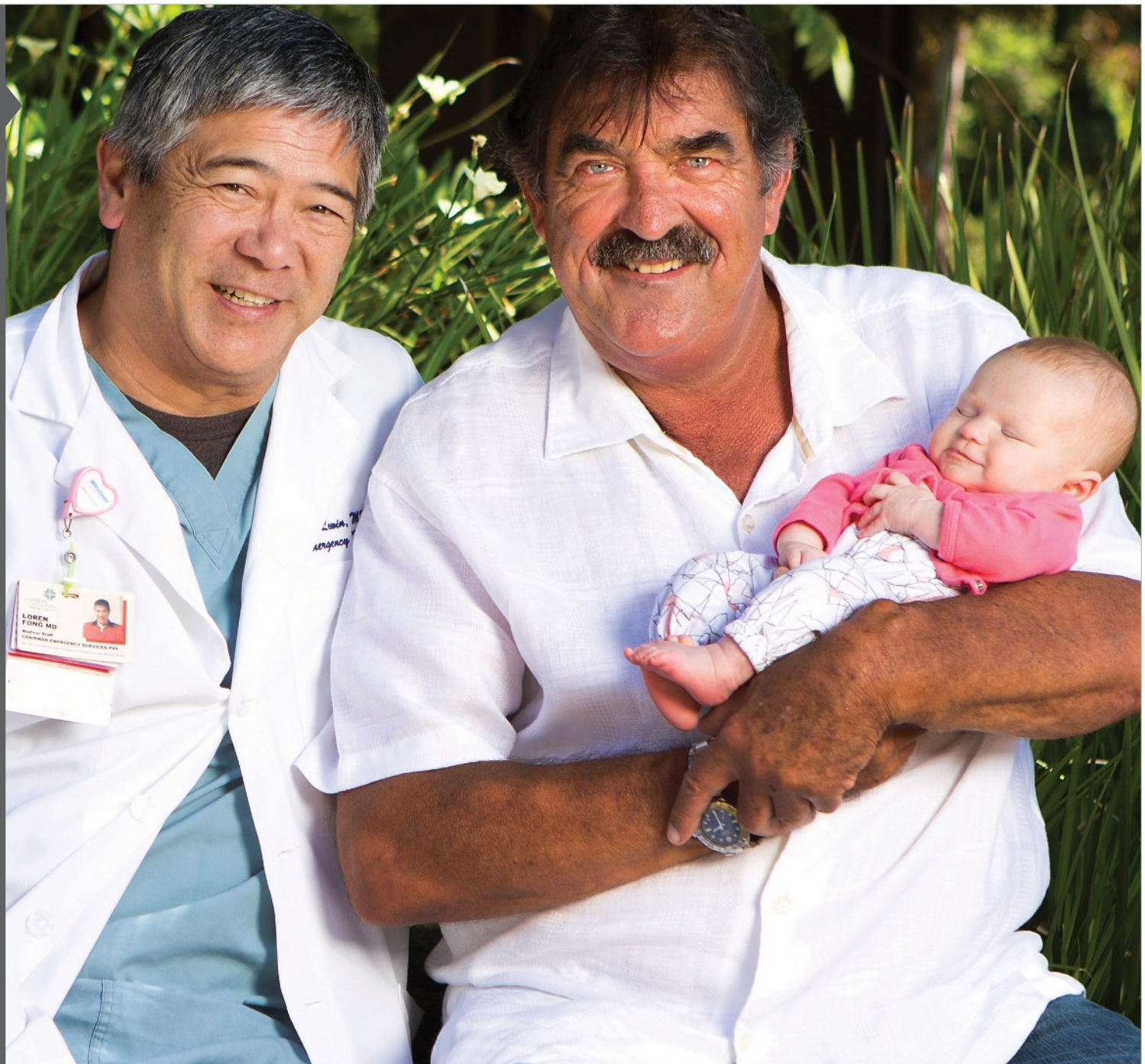
Community Matters:  
Citizens and  
Petaluma Valley  
Hospital Team Up to  
Save a Life

Care for the Most  
Fragile Newborn:  
Intensive Care  
Nursery at Santa  
Rosa Memorial  
Hospital

Is a Cancer Genetic  
Risk Evaluation  
Right for You? Ask  
the Expert

Growing Good in  
Petaluma

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St. Joseph Health <sup>SM</sup>  
Santa Rosa Memorial • Petaluma Valley



Photos by Charlie Gesell

# Caring for the Most Fragile Newborn

Every year, an estimated 15 million babies are born prematurely and this number is growing. In fact, preterm birth complications are the leading cause of death among children under the age of 5 years old. But thanks to incredible advances in technology, many of these babies have a second chance.

At Santa Rosa Memorial Hospital's UCSF Intensive Care Nursery, specialists are able to care for the most fragile, critically-ill newborns. As a result, the department was recently designated a Community Neonatal Intensive Care Unit (NICU) by California Children's Services (CCS). To receive the Community NICU designation,

the nursery had to be equipped to treat a wide range of severe medical complications that can affect both premature and full-term infants, such as respiratory failure, neonatal sepsis and birth asphyxia.

When Andrew and Laurin Hosford's baby, Daniel, was born at Santa Rosa Memorial Hospital in April 2015, they had no idea he would end up in the NICU. But circumstances led Daniel to be born a few weeks premature, and as a result, he had severe breathing problems and jaundice.

"The entire team at Santa Rosa Memorial was just wonderful," says Laurin. "Dr. Alan Shotkin and Dr. [George] Franco were great

about clearly explaining everything that was going on. Despite having a sick baby, I felt comfortable, informed and cared for. The lactation nurse, Pam [Boyd-Decoite] was also helpful and encouraging."

"We've always been proud of the excellent neonatal care that we offer at Santa Rosa Memorial Hospital," says Dr. Alan Shotkin, neonatologist and medical director of the Intensive Care Nursery. "Our nursery is a key part of the hospital's mission to support the infants, new parents and families within our community. This means supplementing our medical care with other resources, such

as a place for parents to stay overnight while their baby is in the hospital and support for breastfeeding mothers."

At Memorial, the ICN benefits from a team of board-certified or board-eligible pediatricians who are available 24 hours a day, as well as nurses and respiratory therapists who are certified in the Neonatal Resuscitation Program (NRP). A close working relationship with UCSF Benioff Children's Hospital provides additional resources, such as telemedicine and pediatric specialists when they are needed.

Laurin, who was born at Santa Rosa Memorial herself, feels connected to the hospital, as most of the women

Andrew Hosford watches over baby Daniel, who received care in Memorial's Intensive Care Nursery. The ICN offers the highest level of neonatal care in the North Bay.

Andrew and Laurin Hosford with baby Daniel.



in her family have delivered there. Also, it was where her grandmother worked as a labor and delivery nurse years ago.

"A nurse named Wendy [Peterson] recognized my maiden name, and it turns out she worked with my grandma Ida," Laurin says. "It was quite a coincidence."

After baby Daniel spent seven days in the NICU, his breathing improved and his jaundice cleared. Needless to say, Laurin and her husband, Andrew, were happy to take him home.

"There simply aren't enough good things I can say about the nurses and doctors at Memorial," Laurin says. "I'm very grateful for their efforts."

# Ask the Expert:

## Am I at Increased Risk of Developing Cancer?

Somewhat surprisingly, cancer is rarely inherited. Suspicion of hereditary cancer is increased when individuals are diagnosed before age 50 and/or when generations of family members have had the same cancer. Concerned individuals can take a proactive approach to managing or preventing cancer by undergoing a Cancer Genetic Risk Evaluation. In addition to determining the level of risk of specific cancers, the evaluation includes counseling and education regarding risk, medical management recommendations and if appropriate, genetic testing.

**Q: How do you know if somebody is a good candidate for genetic testing?**

**Kathleen Mott, APNG:** To assess whether genetic testing is appropriate, a cancer genetics professional will first collect a detailed personal and family cancer history. At Annadel Medical Group, we then follow nationally recognized guidelines to determine whether a genetic test should be offered. Whenever possible, the family member with the earliest diagnosis should be the first person to undergo testing.

**Q: What would be the first step for somebody to take if they wanted to undergo genetic testing for cancer?**

**Kathleen Mott, APNG:** The first step is to collect your family history of cancer. The type of cancer and the age of diagnosis are the most important factors. Next, discuss your personal and family history with your health care provider to determine if a referral for a cancer genetic consultation is appropriate.

**Q: What happens during a cancer genetic risk evaluation?**

**Kathleen Mott, APNG:** You will learn about hereditary cancer and whether you are at increased risk of developing certain cancers. The benefits, risk and limitations of genetic testing for hereditary cancer will be explained. Finally, you will receive individualized recommendations for future health care. A genetic risk evaluation does not require you to undergo genetic testing.

**Q: What do genetic test results show you?**

**Kathleen Mott, APNG:** Genetic testing is done to identify gene mutations (alterations) that may place you at increased risk of certain cancers. The type of cancer depends on the gene tested. For example, mutations in BRCA1 or BRCA2 significantly increase the chance of developing breast and/or ovarian cancer.

It is important to remember a negative genetic test does not equate with no risk. A person with a negative test may still receive recommendations

different from those provided to individuals without personal or family history.

**Q: If testing identifies a mutation, what happens next?**

**Kathleen Mott, APNG:** The test report will identify the gene that is mutated (altered). Future healthcare recommendations are made based on the mutation. Examples include: additional cancer screening examinations, medications to reduce the risk of developing cancer and in some cases, surgery to reduce risk.

**Q: If you could give one piece of advice about cancer to the public, what would it be?**

**Kathleen Mott, APNG:** Although lately there has been an increased focus on hereditary cancer, most cancer is not caused by an inherited gene mutation. Lifestyle choices such as maintaining a healthy diet, exercising regularly, moderating your alcohol consumption and avoidance of tobacco reduce the risk of developing many diseases including cancer.



**Kathleen Mott, RN, MS, NP-BC, APNG**  
Cancer Genetics

Annadel Medical Group  
121 Sotoyome St., Santa Rosa, CA 95405  
(707) 525-6180

For an appointment, consult with your primary care physician for a referral. For more information on cancer genetic risk evaluation/genetic testing visit: [stjoesonoma.org/genetics](http://stjoesonoma.org/genetics)





## Growing Good: The McDowell School Garden Project Brings

At McDowell Elementary School in Petaluma, growth is abloom in the community garden. With one of the lowest family incomes in the county, the school supplies free or low-cost lunches to nearly 95 percent of the students. Now, however, those with limited income have another way to source food: directly from the garden.

The McDowell School Garden Project brings children, families and community members together to grow fresh fruits and vegetables at a garden alongside McDowell Elementary School. While the school utilizes some of the 17 garden plots for outdoor education, the majority are used by families who live in apartments or multi-family housing and don't have a place to grow their own food.

"Some families plant squash, carrots, lettuce and strawberries," says Vicki Mayster, a staff liaison and coordinator from the McDowell Family Resource Center. "Others plant vegetables found in typical Latin cooking, such as corn, beans, tomatillos and cilantro."

Nearly 90 percent of the students at McDowell are Hispanic, so special efforts are made through the McDowell Family Resource Center to ensure that bilingual resources (such as healthy eating classes) are available. Recently, two Promotores de Salud (volunteer Health Promoters) provided education about fat and sugar to the residents during a garden work day.

"The garden is a great way to educate parents and students about healthy eating," Vicki says. "Some people assume that low

income families are unaware of healthy food and nutrition, but I haven't found that to be the case. The parents I work with are quite savvy about nutrition issues and their child's health, regardless of income."

For some families, such as Vicki Aguilar and Lazaro Naal, farming is an important part of their lives. Both grew up in Mexico and come from a farming background. Six years ago, when Vicki learned that the community garden didn't have a leader, she volunteered to step in.

"When I was a child, my dad used to grow corn, rice and beans, and I used to help," says Vicki, who grew up in Chiapas in southern Mexico. "I love to eat fresh food — especially from my own garden."

Francisco "Paco" Cano, community organizer for St. Joseph Health, Sonoma County, says the community is incredibly lucky to have Vicki and Lazaro's help in the garden.

"The couple is amazing," says Paco. "They are really committed to making the garden a success. We couldn't do it without them."

In the garden, rows upon rows of corn stalks wave in the wind while large flat bean pods climb their way up curling vines. Vicki is bent over a row of spiked leafy greens that look like escarole.

"My son doesn't like vegetables too much, but he likes these because they're spicy," she says. She picks a tendril and hands it to me. I put it in my mouth and chew. The spicy green burst tastes a bit like arugula; it's delicious.



Photos by Charlie Gesell

◀ The McDowell School Garden Project is made possible through a partnership between St. Joseph Health's Community Benefit Department, County of Sonoma Department of Health Services, and the California Department of Public Health's CX3: Communities of Excellence in Nutrition, Physical Activity and Obesity Prevention program.

## Life to Petaluma

While the garden is a community success, funds are very limited and the project relies on donations to make ends meet. Paco is currently working on a small grant and tries to enlist the help of volunteers to provide resources.

"We're in great need of lumber to reframe the raised garden boxes so the soil doesn't keep spilling out of the garden plots," Vicki Mayster says. Paco also mentions that vegetables often get stolen from the garden because the fence isn't very high.

"Vicki and Lazaro are incredibly dedicated to the garden," Vicki Mayster says. "I was really touched when I heard Vicki talk about why having a garden is so important to her and her family. She wants produce that is fresh and affordable — and grown without pesticides. Just like so many others in Sonoma County."



## Quinoa is the New Kale

If orange is the new black, quinoa is the new kale. Throughout the past couple of years quinoa has risen to food superstardom. By now, you're probably familiar with the unique (and hard to pronounce) seed, but do you know why quinoa is so good for you?

### NUTRITIONAL BENEFITS OF QUINOA:

- Quinoa is non-GMO, gluten-free, and even though it's a seed and not a grain, it still counts as a whole grain food
- Quinoa contains higher levels of fiber than most grains
- Quinoa contains high levels of antioxidants
- Quinoa contains several B vitamins and vitamin E
- Quinoa contains riboflavin which helps reduce migraines
- Quinoa contains saponins which make it a good antiseptic
- Quinoa contains high levels of protein, including all nine of the essential amino acids
- Quinoa contains high levels of minerals, such as Magnesium, Potassium, Zinc and Iron

The United Nations designated 2013 as "The International Year of Quinoa" because of its nutritional benefits and potential to contribute to food security worldwide. If you want to incorporate quinoa into your diet, here's an easy and delicious recipe to try:

### QUINOA VEGETABLE SALAD WITH LEMON BASIL DRESSING

#### INGREDIENTS

- 1 cup uncooked quinoa
- 15 oz. can garbanzo beans, rinsed and drained
- 4 cherry tomatoes
- 1 bell pepper
- ½ avocado
- 2 cups corn
- 3 green onions

#### Dressing

- 2 ½ Tbsp. olive oil
- 3 Tbsp. fresh lemon juice
- 1 ½ tsp. basil

#### DIRECTIONS

- Rinse quinoa, and begin cooking according to package directions.
- In a small bowl whisk together all three dressing ingredients.
- Slice green onions, dice tomatoes, bell pepper and avocado.
- Let quinoa cool after cooking.
- Then place all salad ingredients in a bowl.
- Pour dressing in and mix well to combine.
- Enjoy this healthy, vegan and gluten-free meal.

Resources: <http://authoritynutrition.com/11-proven-benefits-of-quinoa/>  
[http://www.huffingtonpost.ca/diana-herrington/7-benefits-of-quinoa\\_b\\_3363619.html](http://www.huffingtonpost.ca/diana-herrington/7-benefits-of-quinoa_b_3363619.html)  
<http://www.thegardengrazer.com/2013/02/quinoa-vegetable-salad-with-lemon-basil.html>



**“Petaluma Valley Hospital’s heart attack patients receive lifesaving thrombolytic therapy to unblock coronary arteries faster than the national average.”**



# Meant to Be: Good Samaritans

When Michael Brennan set out to play golf with a friend in Petaluma on April 16, 2015, he had no idea his life was about to change.

“I actually have no memory of that day,” says Michael, a Petaluma resident for nearly 30 years. “I don’t even remember leaving the house or whether I stopped for coffee.”

Everything seemed business as usual as he stopped at a red light on Lakeville Highway. But the woman in the car behind him saw otherwise. Suddenly, Michael’s car began to slowly roll backwards. She began honking her horn but it was too late: Michael’s car rolled right into her own. When he didn’t exit his car, the woman got out of her car to confront him. That’s when she saw Mr. Brennan slumped over the wheel and turning blue.

“I was two cars behind them in a wheelchair van and had no idea what was going on,” remembers Lynn Nuss, an EMT-in-training for Verihealth. As Lynn watched the woman struggle to get Michael’s car door open, a nearby truck driver got out of his rig and ran towards the scene with a fire extinguisher, which he used to smash the driver’s side window. As soon as the truck driver pulled Michael out of his car and began administering CPR, Lynn jumped into action. After calling her dispatcher to get the go-ahead to help, she grabbed the automated external defibrillator (AED) in her van and raced towards Mr. Brennan.

“Wheelchair vans aren’t required to carry AED’s, but Verihealth has extremely high safety standards,” says Wendi Thomas, director of nursing services at Petaluma Valley Hospital. “They want their rigs to be the safest around so they make a conscious choice to always have certain safety equipment in their vehicles at all times.”

As Lynn prepared to use the AED, which was “totally different” from the kind she had trained to use in school, she was spotted by her Verihealth colleague Tyler Reeves on his way home from work. After rushing to the scene, Tyler took over administering CPR on Michael while Lynn readied the AED.

Once the Petaluma Fire Department paramedic and fire fighters arrived, Lynn had shocked Michael’s heart in an attempt to regain its normal rhythm. In the ambulance, the paramedics shocked his heart an additional six times.

Thanks to the quick thinking, skill and kindness of everyone at the scene, Michael was still alive by the time his ambulance reached Petaluma Valley Hospital. And due to the hospital’s state-of-the-art technology and the know-how of doctors Loren Fong, MD, FACEP, and Peter Rothenberg, MD, Michael was able to be stabilized.

“Petaluma Valley Hospital has the capability to provide big city medicine in a small town atmosphere,” says Dr. Fong, medical director of Emergency



Photos by Charlie Gesell

After recovering from a serious heart attack, Michael Brennan and family visited with and thanked the good samaritans, EMTs and hospital staff who each played a critical role in saving his life.



# Step in to Save a Life

Services and director of the Petaluma Emergency Physicians Medical Group. On average, Petaluma Valley Hospital's heart attack patients receive lifesaving thrombolytic therapy to unblock coronary arteries faster than the national average.

Once Mr. Brennan was stabilized, his body underwent 48 hours of targeted temperature management, a specialized treatment that involves cooling the body to 91° F. When the body is cooled to this near hypothermic state, neurological function is preserved and survival rate increases. Fortunately for patients at Petaluma Valley Hospital, targeted temperature management is part of its high standard of care for cardiac arrest.

"For being a small town hospital, the procedure they did on Michael was amazing," says Michael's wife, Ann, who worked in the Admitting Department at Petaluma Valley Hospital for 20 years. Ann had been walking with a friend when she got the call from Director of Nursing Services Wendi Thomas, that something was wrong.

"I thought maybe she was calling because my very-pregnant daughter Fiona had gone into labor," Ann says. "I had no idea it would be because of Michael."

While the family held vigil for Mr. Brennan as he lay in the hospital, something else was keeping an eye on him: telemedicine. Through the help of a specialized robot known as the RP Lite from InTouch Health, an ICU doctor was able to closely monitor Michael's vitals from a

remote location utilizing two-way audio/visual components.

"By using the robot, a doctor can listen to the heart, zoom in to see the pupils, monitor vital signs and more," Wendi Thomas says. "We're a small hospital, so we can't have an Intensive Care Physician on duty at all times. But telemedicine enables us to provide high quality care in a great way."

"I was completely blown away by the telemedicine," says John Brennan, Michael's son. "I'm a computer network engineer, so I was very intrigued by the technology. It even made me consider looking into a career in the health field."

Fortunately for Michael, all of the pieces fell into place that fateful day in April and he survived the heart attack. His daughter Fiona was nine months pregnant at the time of the incident, and despite

the intense stress of the situation, she was able to keep her baby in utero. Five days after her father's heart attack, Fiona delivered a beautiful baby girl.

"It was a miracle of miracles that everything came together that day," Dr. Fong says. "Mr. Brennan is an extremely lucky man to have survived. Kudos to the people who stopped on the side of the road to help. People shouldn't be afraid to get involved when they see someone who needs help."

"I cried with happiness when I found out that Mr. Brennan survived," recalls Lynn. "I felt so overwhelmed and excited. We'll have a special connection forever. The experience really concreted the fact that being an EMT is what I'm meant to do."

Learn more about services at Petaluma Valley Hospital. Visit [stjoesonoma.org](http://stjoesonoma.org).



# Caring for the Spirit:

## Chaplains provide support to all at St. Joseph Health

“How are your spirits holding up right now?” asks Chaplain Bill Hart when he approaches a patient for the first time. “You need to get a feel for what a patient wants from a chaplain — or if they want anything at all. Giving them space is very important.”

Founded by the Sisters of St. Joseph of Orange, St. Joseph Health is a Catholic health ministry. The organization was built on the Catholic values of charity, humility and faith and it prides itself on accepting people of all creeds. Because the health system is dedicated to ministering to the needs of the whole person — body, mind, and spirit, every hospital offers spiritual care to those who may desire it.

At Petaluma Valley and Santa Rosa Memorial hospitals, a spiritual care team is specially trained to provide holistic care to persons of all faiths, including those without any religious affiliation. They are available for pastoral counseling, crisis intervention, prayer, facilitating bioethical decision-making and bereavement counseling. The team consists of a Catholic priest and layperson, a Presbyterian minister and other Protestant chaplains from various denominations. Most consider themselves Christian — with the exception of one.

“I don’t tell people that I’m Buddhist unless they ask,” says Rev. Bill Hart. “When I do tell them, they want to talk about Buddhism. I bring an interfaith perspective. My role as a chaplain is to provide spiritual support and comfort to patients who are scared or just want someone to talk to; it is to help them connect to their spiritual strengths.”

At St. Joseph Health, Sonoma County, nearly every patient is visited by a chaplain during the patient’s stay. While not everyone accepts their services, the majority of people do. Even a chat about the weather can be a welcome relief to a patient who has been discussing only their health. If a patient has a specific spiritual need or request, caregivers from a variety of denominations can be called, as the organization wants to ensure that everyone feels cared for spiritually in a way that is right for them.

A Harvard graduate and ordained Buddhist minister, Rev. Bill Hart was introduced to Buddhism nearly 30 years ago. Raised Catholic, he was immediately drawn to the introspective, meditative aspect of Buddhism and the compassion, focus and patience it gave him on the job.

In the late 1990s, Bill began volunteering at the Zen Hospice Project at Laguna Honda Hospital in San Francisco, where he provided spiritual support to end-of-life patients and their caregivers. After completing his clinical pastoral education at Sequoia Hospital in Redwood City, Bill joined St. Joseph Health in 2007, where he is currently one of the five lead chaplains. Today, Bill continues his education in the Chaplaincy Training Program at the Upaya Zen Center in Santa Fe, NM, in preparation to get certified through the Association of Professional Chaplains.

“I have a special affinity for Catholic patients and make sure that all of their spiritual needs are met,” Bill says, whose father and grandfather were devout Catholics. “But religion isn’t something I focus on unless the patient requests it. I’m there primarily to help them connect to their spiritual resources, which can help them when their fears and anxieties arise.”

Bill finds that many patients are willing to talk to him openly about their unease — something they might not want to do with family or friends. He also encourages nurses and staff to reach out to him if they need a safe place to talk.

“Bill is the chaplain that nurses turn to when they need a good listener,” says Tami Kennedy, an ER nurse at Petaluma Valley Hospital. “He cares for our grief by his warm, compassionate smile, and by listening he supports our spirits. His simple act of listening is so powerful.”

“We consider ourselves a compassionate presence in support of the human spirit,” says Denise Turner, a minister and chaplain who has been at Memorial for the past 12 years. “Everyone in our department loves what they do. There is a lot to get your heart into here. It’s very meaningful work.”



# Classes and Events

FALL 2015

**REGISTER TODAY**  
**CALL (877) 449-DOCS**  
**OR (877) 449-3627**

Life Learning Center  
 1144 Montgomery Drive  
 Santa Rosa, CA 95405  
**(707) 547-4614**

Santa Rosa Memorial Hospital  
 Conference Rooms A - D (beside cafeteria)  
 1165 Montgomery Drive  
 Santa Rosa, CA 95405  
**(707) 525-5300**

Petaluma Valley Hospital  
 400 North McDowell Blvd.  
 Petaluma, CA 94954  
**(707) 778-1111**



## PRENATAL EDUCATION

### Childbirth Education Series

**Mondays: 7 - 9 p.m.**  
**September 7, 14, 21, 28**  
**October 5, 12, 19, 26**  
**November 2, 9, 16, 23**  
**December 7, 14, 21, 28**

First three classes of the month in Conference Room B, fourth class of the month in Conference Room D.  
 \$120, includes mom and coach.  
 For more information, call **(707) 522-1544**.

### Childbirth Condensed Classes

**Saturdays: 10 a.m. - 6 p.m.**  
**October 3**  
**November 14**

Life Learning Center  
 \$100, includes mom and coach.  
 For more information, call **(707) 522-1544**.

### Breastfeeding

**Mondays: 7 - 9 p.m.**  
**September 28**  
**October 26**  
**November 23**  
**December 28**

Conference Room D  
 \$20, includes mom and coach.  
 For more information, call **(707) 522-1544**.

## Infant CPR & Safety

**Tuesdays: 7 - 10 p.m.**  
**October 6, November 3, December 1**  
 Conference Room B  
 \$25 per person, NICU parent's fee waived.  
 For more information, call **(707) 522-1544**.

## INJURY PREVENTION

### Car Seat Safety Check

Seventy-five percent of car seats are installed incorrectly. Is your child riding in one? Safe Kids Sonoma County offers a free bilingual car seat fitting station twice per month. Appointments are necessary. For more information or to make an appointment, call **(800) 427-8982**.

## COMMUNITY CLASS

### Letting Go of Resentments and Grudges

**October 7, 1 - 4 p.m.**  
 Life Learning Center  
 In this three hour interactive class, you will learn how let go of resentments and grudges while improving your leadership, productivity, and workplace satisfaction. Community Members \$20.  
 For more information, call **(707) 547-4614**.

## ORTHOPEDIC HEALTH

### Total Joint Replacement

**Wednesdays: 3 - 5 p.m.**  
**September 2, 16; October 7, 21**  
**November 4, 18; December 2, 16**  
 Conference Rooms B - D  
 Join us for this free two hour class, offered twice each month, to learn about the pre-surgical, surgical and recovery process after a knee or hip replacement. Spouses, family members and friends are welcome.  
 For more information, call Jessica Kerger, RN, BSN, at **(707) 523-2663** or **(707) 523-BONE**.

## CELEBRATE WITH A CAUSE

### 25<sup>th</sup> Annual Clo's Golf Classic benefiting Hospice of Petaluma

**Friday, August 21**  
 Rooster Run Golf Course, Petaluma  
 Come out and celebrate the 25th Anniversary of this historic tournament. Tee time is 1:30 p.m. Dinner is catered by Ray's. Visit [HospiceGolfClassic.com](http://HospiceGolfClassic.com) for more information.

## Montgomery Village Concert Under the Stars

**Thursday, September 17, 5 - 8:30 p.m.**  
 Join us for an evening of music and fun at the Concert Under the Stars in Montgomery Village. Reserve a table and listen to The Thin Man Band. Proceeds will support Hospice Services of St. Joseph Health.

## Santa Rosa Memorial Hospital's 2015 Gala

**Saturday, November 14**  
 Sonoma Jet Center, Santa Rosa  
 Save the date for a fun filled evening, as we celebrate life and give to a great cause. This year's theme is, "Fly Me to the Moon and Let Me Dance Among the Stars." The gala includes dinner, dancing, a live auction and raffle. Proceeds benefit St. Joseph Health and Annadel Medical Group's Cancer Survivorship Program. \$175 for individual tickets. \$500 - \$15,000 for sponsorships. For information, call **(707) 547-4679**.

## FREE MEDICARE SEMINARS

### Understanding Medicare

Turning 65? Help eliminate the confusion and guesswork around Medicare by attending one of our no-cost education meetings. You'll learn about the different parts of Medicare, enrollment windows and timing. Make your reservation online at [stjhs.org/medicare](http://stjhs.org/medicare) or call **(877) 449-3627**. Hearing impairment, call: **TTY (949) 381-4947**.

Santa Rosa Memorial Hospital  
 (Conference Room)  
 5:30 p.m. Mon Oct 5

Petaluma Valley Hospital  
 (Goverman Hall)  
 5:30 p.m. Mon Oct 12

### Medicare Benefits

Covered by Medicare? Did you know from October 15 through December 7 you have the option of changing Medicare benefits? Join our informative, no pressure meeting where representatives from our partner health plans will discuss their 2016 benefits so you can determine the best plan for you. Make a reservation online at [stjhs.org/medicare](http://stjhs.org/medicare) or call **(877) 449-3627**. Hearing impairment call: **TTY (949) 381-4947**.

Santa Rosa Memorial Hospital  
 (Conference Room)  
 5:30 p.m. Mon Oct 19  
 5:30 p.m. Mon Nov 2  
 5:30 p.m. Mon Nov 16  
 5:30 p.m. Mon Nov 30  
 5:30 p.m. Mon Dec 7

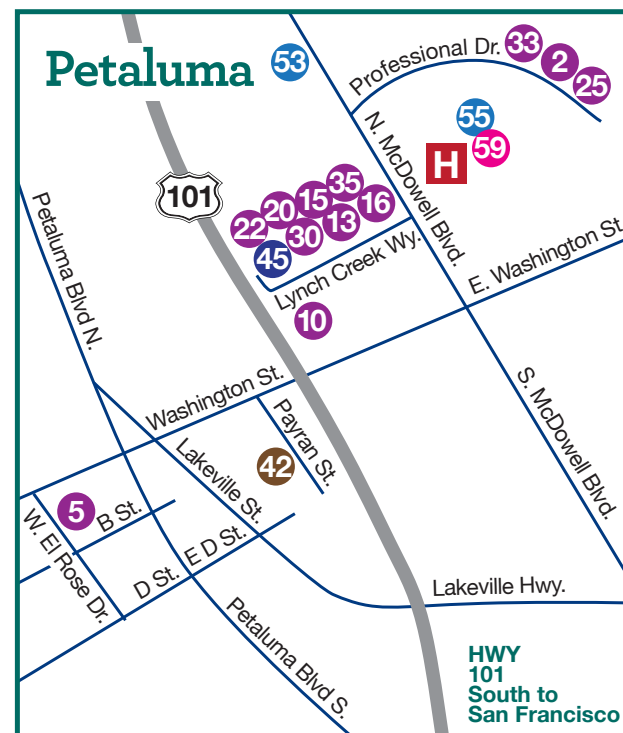
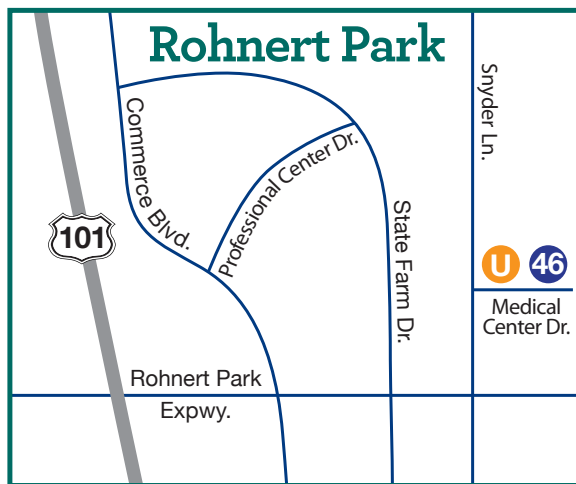
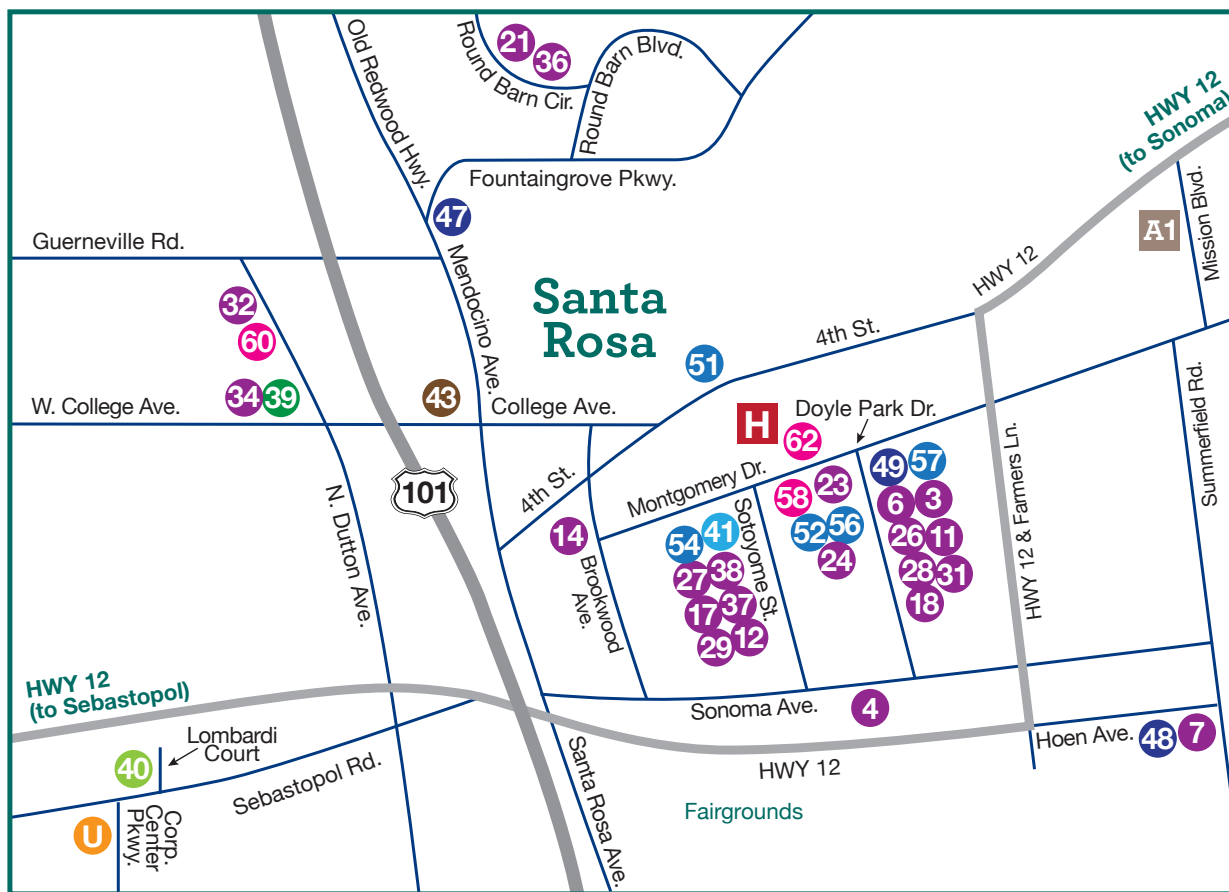
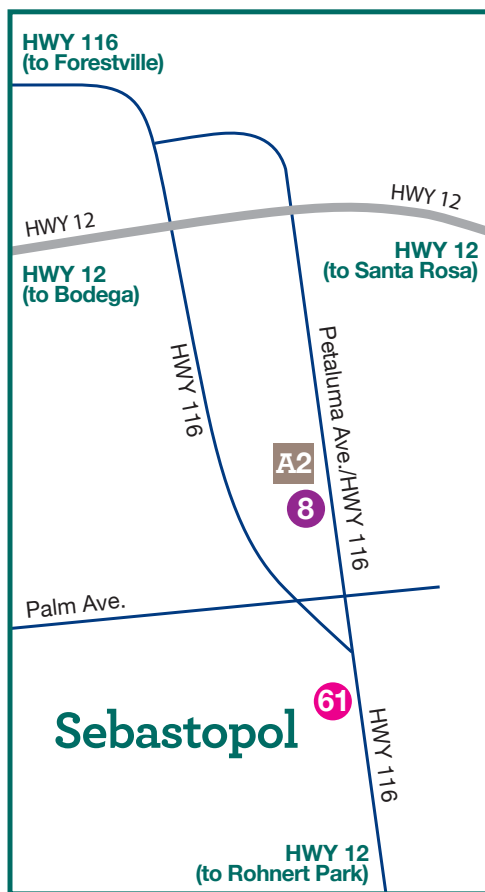
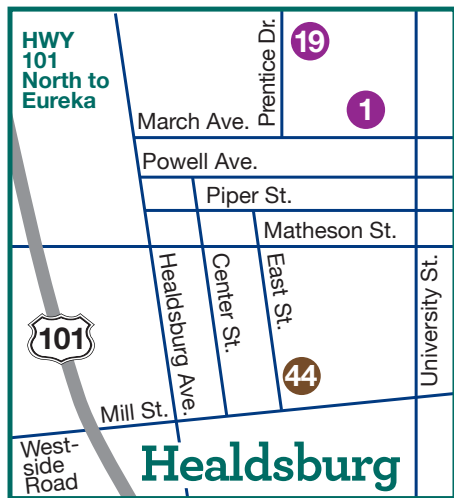
Santa Rosa Memorial Hospital  
 (Life Learning Center)  
 5:30 p.m. Tues Oct 20  
 5:30 p.m. Tues Nov 3  
 5:30 p.m. Tues Nov 10

Petaluma Valley Hospital  
 (Goverman Hall)  
 5:30 p.m. Mon Oct 26  
 5:30 p.m. Mon Nov 9  
 5:30 p.m. Tues Nov 17  
 5:30 p.m. Tues Dec 1



# In Your Neighborhood

St. Joseph Health's services continue to evolve to meet the needs of our communities and the North Coast region of California. The breadth of care we provide or help to support reflects our founders' centuries-old mission: to go out into area neighborhoods, assess the people's needs, and work in partnership with others to meet these needs. For more information, please visit [www.StJoeSonoma.org](http://www.StJoeSonoma.org).



**AWARDS:**

**CANCER CARE**



**CARDIAC CARE**



**STROKE CARE**



**ORTHOPEDIC CARE**



## HOSPITALS

**H Santa Rosa Memorial Hospital**  
1165 Montgomery Dr.  
Santa Rosa, CA 95405  
(707) 546-3210

**H Petaluma Valley Hospital**  
400 N. McDowell Blvd.  
Petaluma, CA 94954  
(707) 778-1111

## URGENT CARE CENTERS

**U Rohnert Park Urgent Care**  
1450 Medical Center Dr.  
Rohnert Park, CA 94928  
(707) 584-0672

**U Santa Rosa Urgent Care**  
925 Corporate Center Pkwy. Suite A  
Santa Rosa, CA 95407  
(707) 543-2000

**U Windsor Urgent Care**  
6580 Hembree Lane, Suite 270  
Windsor, CA 95492  
(707) 838-2044

## AFTER HOURS CARE

**A1 After Hours Care - Santa Rosa**  
52 Mission Circle, Suite 121  
Santa Rosa, CA 95409  
(707) 303-1712

**A2 After Hours Care - Sebastopol**  
652 Petaluma Ave., Suite B  
Sebastopol, CA 95472  
(707) 823-7616

**A3 After Hours Care - Windsor**  
8911 Lakewood Dr., Suite 13  
Windsor, CA 95492  
(707) 387-3910

## ANNADEL MEDICAL GROUP

### PRIMARY CARE

**1 Pediatrics - Healdsburg**  
445 March Ave., Suite A  
Healdsburg, CA 95448  
(707) 433-8223

**2 Pediatrics - Petaluma**  
1550-A Professional Center Dr.  
Suite 200  
Petaluma, CA 94954  
(707) 769-7403

**3 Pediatrics - Santa Rosa**  
500 Doyle Park Dr., Suite 100  
Santa Rosa, CA 95405  
(707) 544-6090

**4 Pediatrics (Behavioral & Developmental)**  
1144 Sonoma Ave., Suite 113  
Santa Rosa, CA 95405  
(707) 545-2082

**5 Family Medicine - Petaluma**  
24 W. El Rose Dr.  
Petaluma, CA 94952  
(707) 763-9891

**6 Family Medicine - Santa Rosa**  
500 Doyle Park Dr., Suite G04  
Santa Rosa, CA 95405  
(707) 303-8360

**7**  
4750 Hoen Ave.  
Santa Rosa, CA 95405  
(707) 542-1611

**8 Family Medicine - Sebastopol**  
652 Petaluma Ave., Suite B  
Sebastopol, CA 95472  
(707) 823-7616

**9 Family Medicine - Windsor**  
8911 Lakewood Dr., Suite 13  
Windsor, CA 95492  
(707) 387-3910

**10 Internal Medicine - Petaluma**  
141 Lynch Creek Way, Suite C  
Petaluma, CA 94954  
(707) 763-0802

**11 Internal Medicine - Santa Rosa**  
500 Doyle Park Dr.  
Santa Rosa, CA 95405  
Suite 300: (707) 303-8344  
Suite 303: (707) 303-8300  
Suite 304: (707) 545-1700

## ANNADEL MEDICAL GROUP SPECIALTY CARE

**12 Breast Surgery**  
121 Sotoyome St., Suite 203  
Santa Rosa, CA 95405  
(707) 525-6180

**13 Cardiology**  
108 Lynch Creek Way, Suite 2  
Petaluma, CA 94954  
(707) 762-5078

**14 Digestive Care/Gastroenterology**  
85 Brookwood Ave., Suite 10  
Santa Rosa, CA 95404  
(707) 303-8349

**15 Ear, Nose and Throat**  
108 Lynch Creek Way, Suite #7  
Petaluma, CA 94954  
(707) 303-8357

**16 General Surgery**  
106 Lynch Creek Way, Suite 9B  
Petaluma, CA 94954  
(707) 763-1575

**17 Genetic Counseling**  
121 Sotoyome St., Suite 203  
Santa Rosa, CA 95405  
(707) 525-6180

**18 Infectious Disease**  
500 Doyle Park Dr., Suite 106A  
Santa Rosa, CA 95405  
(707) 303-8309

**Medical Oncology**  
*Location opening soon*  
Healdsburg, CA 95448  
(707) 528-1050

**20**  
110 Lynch Creek Way, Suite A  
Petaluma, CA 94954  
(707) 763-0600

**21**  
3555 Round Barn Circle, Suite 100  
Santa Rosa, CA 95403  
(707) 528-1050

**22 Nephrology**  
108 Lynch Creek Way, Suite 2  
Petaluma, CA 94954  
(707) 765-3343

**23 Neurology**  
1194 Montgomery Ave.  
Santa Rosa, CA 95405  
(707) 303-1714

**24 Neurosurgery**  
525 Doyle Park Dr., Suite 102  
Santa Rosa, CA 95405  
(707) 523-1873

**25 Obstetrics & Gynecology**  
1550-A Professional Dr., Suite 100  
Petaluma, CA 94954  
(707) 763-2900

**26**  
500 Doyle Park Dr., Suite G06  
Santa Rosa, CA 95405  
(707) 303-1719

**27 Orthopedic Surgery**  
121 Sotoyome St., Suite 101  
Santa Rosa, CA 95405  
(707) 525-6620

**28 Palliative Care**  
500 Doyle Park Dr., Suite G04  
Santa Rosa, CA 95405  
(707) 573-8984

**29 Primary Care Oncology & Survivorship**  
121 Sotoyome St., Suite 203  
Santa Rosa, CA 95405  
(707) 525-6623

**Podiatry**  
**30**  
108 Lynch Creek Way, Suite 3  
Petaluma, CA 94954  
(707) 763-2253 or  
(707) 789-0900

**31**  
500 Doyle Park Dr., Suite 106A  
Santa Rosa, CA 95405  
(707) 789-0900

**32 Psychiatry**  
1335 N. Dutton Ave.  
Santa Rosa, CA 95401  
(707) 579-8703

**Pulmonology & Sleep Medicine**  
**33**  
1476 Professional Dr., Suite 504  
Petaluma, CA 94954  
(707) 526-3500

**34**  
585 West College Ave., Suite A  
Santa Rosa, CA 95401  
(707) 526-3500

**Radiation Oncology**  
**35**  
110 Lynch Creek Way, Suite A  
Petaluma, CA 94954  
(707) 763-0600

**36**  
3555 Round Barn Circle, Suite 100  
Santa Rosa, CA 95403  
(707) 528-1050

**37 Urology**  
121 Sotoyome St., Suite 201  
Santa Rosa, CA 95405  
(707) 525-4051

**38 Vascular Surgery**  
121 Sotoyome St., Suite 203  
Santa Rosa, CA 95405  
(707) 546-3141

## BEHAVIORAL HEALTH

**39 Outpatient Behavioral Health**  
405 W. College Ave., Suite F  
Santa Rosa, CA 95401  
(707) 547-5450

## DENTAL CARE

**40 St. Joseph Dental Clinic**  
Lombardi Ct., Suite A  
Santa Rosa, CA 95407  
(707) 547-2221

## HOME CARE

**41 St. Joseph Home Care Network**  
151 Sotoyome St.  
Santa Rosa, CA 95405  
(707) 206-9124

## HOSPICE SERVICES

**42 Hospice of Petaluma**  
416 Payran St.  
Petaluma, CA 94952  
(707) 778-6242

**43 Memorial Hospice**  
439 College Ave.  
Santa Rosa, CA 95401  
(707) 568-1094

**44 North County Hospice**  
205 East St.  
Healdsburg, CA 95448  
(707) 431-1135

## LAB CENTERS-DRAW STATIONS

**45**  
110 Lynch Creek Way, Suite B  
Petaluma, CA 94954  
(707) 778-2749

**46**  
1450 Medical Center Dr., Suite 1  
Rohnert Park, CA 94928  
(707) 521-6450

**47**  
3536 Mendocino Ave., Suite 300A  
Santa Rosa, CA 95403  
(707) 528-3049

**48**  
4731 Hoen Ave., Suite B  
Santa Rosa, CA 95405  
(707) 528-2238

**49**  
500 Doyle Park Dr., Suite G01  
Santa Rosa, CA 95405  
(707) 525-5270

**50**  
6580 Hembree Lane, Suite 270  
Windsor, CA 95492  
(707) 838-2455

## OUTPATIENT DIAGNOSTICS & SURGERY

**51 Advanced Surgery Institute**  
1739 4th St.  
Santa Rosa, CA 95404  
(707) 528-6331

**52 Ambulatory Surgery Center**  
525 Doyle Park Dr.  
Santa Rosa, CA 95405  
(707) 547-4600

**53 North Bay Endoscopy Center**  
1383 N. McDowell Blvd.  
Petaluma, CA 94954  
(707) 766-9852

**Outpatient Imaging**  
**54**  
121 Sotoyome Dr.  
Santa Rosa, CA 95405  
(707) 525-4040

**55**  
400 N. McDowell Blvd.  
Petaluma, CA 94954  
(707) 778-2555

**56 Outpatient X-Ray**  
500 Doyle Park Dr., Suite G01  
Santa Rosa, CA 95405  
(707) 525-5369

**57 St. Joseph Diagnostic Cardiology**  
500 Doyle Park Dr., Suite G03  
Santa Rosa, CA 95405  
(707) 547-4606

## PHYSICAL THERAPY

**58 Outpatient Physical Therapy**  
1170 Montgomery Dr.  
Santa Rosa, CA 95405  
(707) 542-4704

**59 Petaluma Valley Hospital PT**  
400 N. McDowell Blvd.  
Petaluma, CA 94954  
(707) 778-2615

**60 St. Joseph Health PT**  
1255 North Dutton Ave., Suite B  
Santa Rosa CA 95401  
(707) 547-4618

**61 West Sonoma County Hand and PT**  
968 Gravenstein Highway South  
Sebastopol, CA 95472  
(707) 824-8018

**62 Outpatient Neurological Rehab**  
1165 Montgomery Dr.  
Santa Rosa, CA 95405  
(707) 525-5388



A Ministry founded by the Sisters of St. Joseph of Orange

## Expect *more* when you choose *Annadel Medical Group*



Annadel Medical Group is a team of highly trained physicians, practicing primary and specialty care. We'll treat you when you are sick and keep you well with innovative programs and specialized services. We believe in taking the time to know our patients, answering questions, and explaining diagnoses and treatment.

Affiliated with St. Joseph Health, Santa Rosa Memorial and Petaluma Valley Hospitals, Annadel Medical Group is committed to providing comprehensive and compassionate care throughout Sonoma County. It all adds up to more for you and your family — more access to excellent care, doctors, locations, programs and services and ultimately, more peace of mind.

- After Hours Care
- Breast Surgery
- Cardiology
- Clinical Trials & Research
- Critical Care Medicine
- Developmental Pediatrics
- Family Medicine
- Gastroenterology
- General Surgery
- Genetic Counseling
- Hospital Medicine
- Internal Medicine
- Infectious Disease
- Nephrology
- Neurology
- Neurosurgery
- Obstetrics & Gynecology
- Oncology Services
- Otolaryngology/ Ear Nose & Throat
- Orthopedics
- Palliative Care & Hospice
- Pediatrics
- Physical Medicine & Rehabilitation
- Podiatry
- Psychiatry
- Pulmonary Medicine
- Sleep Medicine
- Urology
- Vascular Surgery

### Our medical offices are located in:

- Healdsburg
- Lakeport
- Novato
- Petaluma
- Santa Rosa
- Sebastopol
- Ukiah
- Windsor

### New patients welcome!

To learn more or schedule an appointment, call **(707) ANNADEL (266-2335)**.

We accept most major health plans, including Medicare.

St. Joseph Health   
Annadel Medical Group

[AnnadelMedicalGroup.com](http://AnnadelMedicalGroup.com)