

Great Medicine

News from John Muir Health Foundation



Muriel (Billie) and Thomas Long



Ken Anderson (right) presents Bob Coakley, Executive Director of The Thomas J. Long Foundation, with a special recognition award for its leadership gift of \$9.5 million to the Capital Campaign.

BRIEFINGS

The Long Family Legacy

THE NEW PATIENT CARE TOWER AT THE JOHN MUIR MEDICAL CENTER IN WALNUT CREEK WILL BE NAMED FOR THOMAS AND MURIEL LONG IN HONOR OF AN HISTORIC \$9.5 MILLION CAMPAIGN GIFT FROM THE THOMAS J. LONG FOUNDATION.

Thomas J. Long (who started the Longs Drug Stores chain with his brother, Joe) and his wife Muriel (Billie) were long-

time hospital supporters. Billie was an active John Muir Foundation Board member, and Tom was an honorary Board member. "The new five-story patient care tower is an expansion of the original hospital that Tom and Muriel Long helped to build,"

says Guy Henshaw, chair of the Capital Campaign to help fund the tower's construction. "Their legacy in this community as philanthropists and community builders brings

tremendous honor to this project." The \$9.5 million donation is the largest ever received by the John Muir Health Foundation. In recognition of the Longs' support, the new addition will be named The Thomas J. and Muriel T. Long Patient Care Tower. "This contribution will not only help John Muir Medical Center's Walnut Creek Campus meet the future patient care needs of the community," adds Ken Meehan, Executive Vice President of Operations for John Muir Health, "but it also allows us to accommodate emerging technologies and other healthcare advances."

Sidne Long, president of The Thomas J. Long Foundation, believes the tower will be the perfect expression of her parents' dedication to John Muir Health. As she explains it: "They always believed in contributing to a healthy community. This project will help ensure our community has access to outstanding medical care for generations to come."

GROWING ROOM

John Muir's state-of-the art patient care tower will house 234 new private patient rooms, boosting site capacity at the Walnut Creek Campus to 410 total beds.



CHAIR'S MESSAGE



"How can I ever repay you?" is a question that many John Muir Health physicians and nurses hear from grateful patients and their families. Although the staff understands that this deeply sincere question is mostly rhetorical, I would like to offer an idea for consideration. Making a charitable donation to the John Muir Health Foundation is an excellent way to directly support the outstanding care provided at all of our facilities. Gifts may be made in honor of a specific physician or nurse, who is then notified of your generosity, unless, of course, you'd prefer to remain anonymous. As the designated Trauma Center for Contra Costa County, John Muir might provide any of us with emergency care at any time. So each gift to the Foundation really contributes to the benefit of all. It may not be possible to repay someone for saving a life, but it is possible to show your appreciation and help the lives of many others at the same time.

Guy R. Henshaw
Capital Campaign Chair



This August 2007 event netted \$144,000 in new and renewed employee pledges.

DONOR SPOTLIGHT

Employee Donations Top \$1 Million

Among the earliest—and most ardent—supporters of the Capital Campaign for John Muir Medical Center – Walnut Creek Campus have been none other than its own employees. Better than anyone, they know that the Medical Center must continually advance to meet this growing community's ever-expanding needs.

Just ask Nursing Operations Manager Michelle Lopes. She's a cochair of the Employee Campaign for the Walnut Creek Campus, which began in July 2004 and supports construction of a new patient care tower; expansion and upgrade of Trauma/Emergency Services, surgical suites, critical care rooms and the Neonatal Intensive Care Nursery; and more.

"[We've already] exceeded our goal and raised [nearly \$1.3 million]," says Lopes. "[Like everyone else, I'm] excited [about the plans for expansion.] As Nursing Operations Manager, I oversee day-to-day placement of patients and am well aware ... that we are at or near capacity all the time [and] just need more space. To me, the new building can't come too soon."

Dennis Brown, an Applications Sup-

port Analyst on the Walnut Creek Campus, shares Lopes' commitment to the cause, and like Lopes, he recently renewed his three-year campaign pledge. "Being a part of this organization for all these years, [I've had the opportunity] to witness the way the medical staff operates," says Brown, who's worked at the Medical Center for 23 years. "[And I'm] really proud to be a part of what's going on here."

Note: A campaign goal for John Muir's Concord Campus is expected to be announced in January 2008, followed by the launch of a full-scale campaign among Concord employees. Already, several Walnut Creek employees, physicians, [Foundation (?)] Board members and volunteers have split their gifts, resulting in \$909,056 raised for the Concord Campus even before the campaign officially begins.

In the meantime, the Walnut Creek campaign continues to gather—and inspire—contributions. As Lopes puts it: "If people who work for the organization ... believe in the project, then others ... [will join us. Working together, we can provide] the very best healthcare [for this community]."

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Foundation Honors Concord Campus Donors and Friends

On July 19, 2007, the John Muir Health Foundation hosted an appreciation dinner for Concord Campus donors and friends, and presented a special award to longtime volunteer and new Honorary Foundation Board Member F. Gerard (Jerry) FitzPatrick.



(L-R) Gen. Dan Helix and Jerry FitzPatrick



Hale Tolleth, M.D.



(L-R) Jean Hofmann, Mary Garaventa and Cookie Garaventa-Adler



(L-R) Concord Vice Mayor Bill Shinn; Tom Harlan, President and CAO, John Muir Medical Center - Concord Campus; and Concord City Council Member Laura Hoffmeister



(L-R) Virginia Voelkel; Susan Woods, John Muir Health Foundation Board Chair; Rolf Sommerhaug, M.D.; Gunvor Sommerhaug; and Gene Voelkel, M.D.



(L-R) David Birdsall, M.D., and Patrick Kavanaugh, M.D., spoke about the collaborative teamwork between the Emergency Department and Cardiovascular Services at Concord.



Donna Brackley, Senior Vice President, Patient Care Services, John Muir Medical Center - Concord Campus (L) and Patty Griffin (R) with FitzPatrick



Ken Anderson, John Muir Health President and CEO (R), honored FitzPatrick with a special award.

ON THE JOB

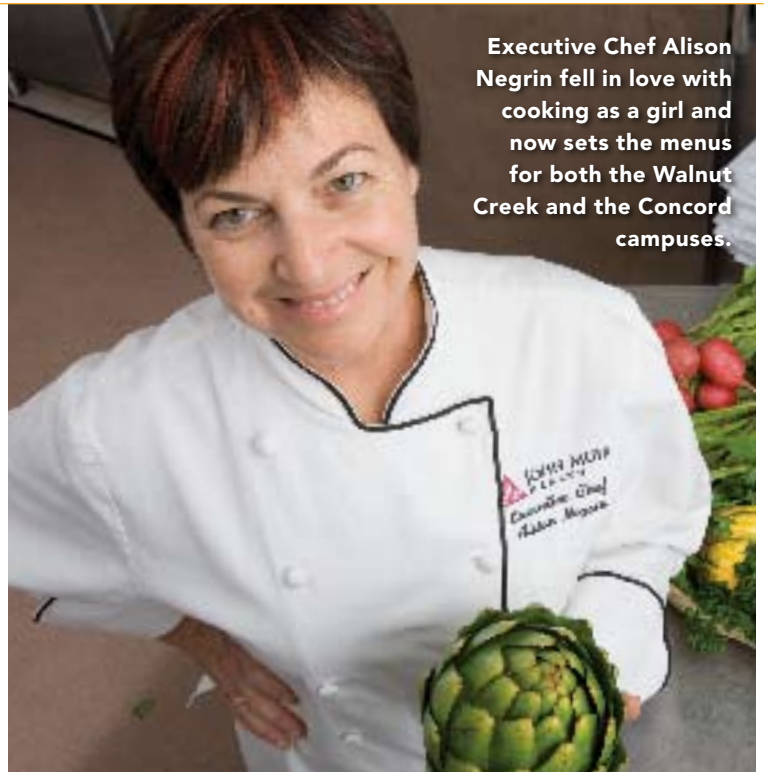
Not Your Mother's Hospital Food

OUR EXECUTIVE CHEF DRAWS ON EXPERIENCE AT CHEZ PANISSE TO COOK UP DELIGHTS AT JOHN MUIR.

If the phrase "hospital food" brings to mind images of overcooked veggies or unidentifiable meat entrées, think again. Patients at John Muir Medical Center enjoy the likes of grilled salmon with fresh fruit salsa, fresh local vegetables and hearty whole grain rolls. And no wonder: Patient menus are developed by Executive Chef Alison Negrin, who has been a chef at top restaurants such as Chez Panisse, Bridges and Ginger Island.

The backstory: After many years of restaurant cooking, Negrin felt the urge to take her career in a new direction. "I studied holistic nutrition and became very interested in the potential of healing with food," she says. "So at John Muir, I've been working with the lead dietitians and nutrition team to bring more whole grains, locally sourced produce, and healthier preparations of meats and poultry to the patients and employees."

Many patients have dietary restrictions that must be considered, but Negrin loves the challenge of finding ways to make food flavorful while also keeping it health-



Executive Chef Alison Negrin fell in love with cooking as a girl and now sets the menus for both the Walnut Creek and the Concord campuses.

ful. "I often use reductions for sauces, reducing wine and chicken stock with various herbs and spices that won't add salt or fat, and yet can take on flavor," she says. "And you can brighten sauces with lemon if you can't use salt, so I often infuse a little flavor that way."

Negrin also designs menus for the hospital's catered events, from quarterly medical staff dinners to a special dinner for cardiac rehab patients who successfully completed treatment. Nowadays, Negrin's influence has spread far and wide. She has helped to create, with the support of the nonprofit organization Healthcare Without Harm, the Healthy Food for Hospital Committee and the Bay Area Hospital Leadership Team. Both groups support the purchase of local sustainable foods and the minimization of waste. As Negrin puts it: "We're partnering with other hospitals in the Bay Area that are also working to bring healthier, sustainable food to healthcare."

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