NorthBay & Mayo Are Teaming Up!

Collaboration Will Benefit Our Patients

NorthBay Healthcare is the newest member of the Mayo Clinic Care Network, a new collaboration that bolsters our status as the leader in advanced medicine in Solano County.

NorthBay is the first Northern California health care organization to be selected for membership, giving local patients and their families access to the latest Mayo Clinic knowledge. The goal of NorthBay Healthcare and world-renowned Mayo Clinic is to help patients get answers to their health questions.

NorthBay Healthcare CEO and President Gary Passama (left) and Vice President of Strategic Development and President of NorthBay Health Advantage Elnora Cameron (right) met with the Mayo Clinic’s Dr. Keith Cannon, medical director for Provider Relations, Southwest Region.

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Countdown is On To Fiesta Parade

Did you get your #NorthBay T-shirt at appreciation meals or at a recent event? If so, bring your sunscreen and come march with NorthBay Healthcare in the Fiesta Days Parade on Saturday, May 28, in downtown Vacaville.

And if not, it’s not too late to get your shirt, for a $5 donation, although only a few sizes remain (S, M and XL). The group promises to have extras prior to the start of the parade. Just meet on Parker Street by 8:30 a.m.

You’ll want to represent your department in the Spirit Challenge. The two departments (one large and one small) that have the best participation (percentage-wise) will receive a grand gift: A #NorthBay bistro mug with a $5 Starbucks card for every parade participant, plus a pizza party for the department. Family and friends are also encouraged to join the entry, although it won’t count for the Spirit Challenge.

Small departments are those made up of 15 or fewer employees, and big departments are 16 and up. Employee participants must sign in on the day of the parade, with their department name, to be counted. In the event of a tie, there will be a drawing for the grand prize. Questions? Call Robert Armijo at 646-3316.

Annual Rafting Trip Is Coming June 11

Spend a lazy day floating down the American River Saturday, June 11, on the annual NorthBay Family Floating/Rafting Trip.

Tickets are $30 per person. Participants must be age 6 or older and know how to swim.

Tickets include the raft, paddles, life jackets, a cooler of snacks and drinks and a BBQ lunch at the end of the trip.

Rafters should plan to arrive at River Bend Park in Sacramento at 8 a.m. sharp and check in with Ken McCollum, vice president of Human Resources.

The deadline to purchase tickets is June 3 at 3 p.m. If you are interested, please call Yonja Arnold at ext 3320 or email her at yarnold@northbay.org.
June is Going to Be Crazy Busy

Activity at the VacaValley Wellness Center is about to kick into high gear as our long-awaited medical fitness center comes together on the east side of the building, and departments scattered across Fairfield and Vacaville prepare to move into the medical offices on the west.

"It’s a mad scramble," said Ray Green, project manager. "It’s no time for the faint-of-heart. Preparing for the big picture is easy, it’s resolving issues when all the little details start to fall in to place."

June 6 is a red-letter day for NorthBay HealthSpring Fitness. That’s when five large semi-trucks arrive on campus, filled with all of the facility’s exercise equipment: everything from treadmills, stationary and recumbent bikes with televisions, elliptical machines and stair climbers, to such things as TRX units, leg, chest and shoulder presses, spin bikes, weights, benches, dumbbells and medicine balls.

All will be placed and working by June 10, said Ray, providing plenty of time for the new HealthSpring staff of about 70 people to train and prepare for the facility’s July opening. (Watch for details in the next FYI about a sneak peek being planned on June 24 for employees and charter members.)

On the other side of the building, the medical offices should be ready for the first wave of occupants to move in on July 1, kicking off a month’s worth of Friday relocations, according to Frederica Gordon, facilities development coordinator, who is responsible for coordinating departmental moves. "It’s a spectacular, state-of-the-art healthcare facility. It’s really something to be very proud of," she said.

Work is progressing at a rapid pace at NorthBay HealthSpring Fitness, on the east side of the VacaValley Wellness Center. The lap pool, surrounded on three sides by a glass enclosure, will soon be ready for water, as will the whirlpool and two other pools (a multi-use pool and a warm-water therapy pool.) Plans call for the facility to open in July.

At VacaValley Wellness Center...

NorthBay Healthcare employees are reminded that they must sign up between now and May 31 to receive the lowest possible charter member rate for NorthBay HealthSpring Fitness. Visit HealthSpringfitness.org or call (707) 301-4067.
I can’t wait for it to be open, and I am excited to help people get settled into their new homes,” she said.

The first wave begins with the NorthBay Cancer Center’s medical oncology and infusion teams, the pharmacy, Cardiac Rehab and Diagnostic Imaging.

The Cancer Center will see its last patients in Fairfield on Friday, July 1, and will work through the Fourth of July weekend, in order to open for business in Vacaville on July 5.

For Pharmacy and Cardiac Rehab all the furniture and equipment is new, so only employees will be moving in on July 5.

Most of Solano Diagnostics Imaging’s Vacaville equipment is being relocated and recalibrated by the manufacturers, with the exception of the installation of a

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new imaging machine that can produce a Positron Emission Tomography (PET) scan.

A week later, the physical therapy department will close on July 8, a Friday, and plans to be open for business on July 11.

Diabetes & Endocrinology, Functional Medicine and Osteopathic Manipulative Medicine will see patients for the last time in their current offices and be prepared to open in the new building on July 18.

Finally, the Cancer Center’s Radiation Oncology team moves in to their first floor spaces on July 29, which is planned to coincide with the completion of the assembly of the new, state-of-the-art linear accelerator.

The imminent opening of the VacaValley Wellness Center isn’t the only issue on the minds of NorthBay Healthcare facilities planners.

Many changes and additions are being planned that will pop up within the next year on both hospital campuses and at Hilborn, said Joelyn Gropp, assistant vice president, real estate & facilities development.

NorthBay has invited NBBJ Architects and Hao Duong, an expert Lean planner with experience at Virginia Mason Institute, to lead the charge.

In the coming weeks, they will meet with staff, physicians and facility planners to tackle three projects that are expected to come on line in the next 12 months.

First up will be plans for a building tentatively called the Hilborn Health Plaza, which will join the Center for Primary Care and the Administration Center on the Hilborn campus.

The new leased space on the northern side of the campus will house orthopedics, X-ray and rehabilitation under one roof.

The building at 2500 Hilborn Road will be a state-of-the-art facility that will provide integrated care between these related services, creating an ideal Lean project, said Joelyn.

The Lean meetings will include a two-day workshop, complete with the construction of mockup work spaces and prototypes that will be built in the Hilborn shell space.

“Then we’ll bring in some of our patients, walk them through the mock office, and get their reactions to the layout and the space,” explained Joelyn.

The next two projects are classified as “interim moves” with some cosmetic upgrades and minimal construction, which will allow several service lines to grow.

The move of the NorthBay Cancer Center to Vacaville this summer will clear the way for changes at the Gateway Medical Plaza on the NorthBay Medical Center campus.

On the first floor, the NorthBay Heart and Vascular Center will receive expanded space, while Specialty Care and the Center for Neuroscience will expand on the second floor.

Specialty Care and NorthBay Pain Management will expand on the first floor of the VacaValley Health Plaza, once the Center for Diabetes & Endocrinology and Imaging move into new homes in the VacaValley Wellness Center.
Have you Seen Our Campaign?

Before we could share the good news with our employees, physicians and the public, we featured a few “Coming Soon” ads (like the one above) around Solano County, to build enthusiasm and excitement for the big announcement. Perhaps you read it in local newspapers or saw it on an electronic billboard?

Now that our good news is out, you can expect to see signs (like the one on Page 7) of it in those places, as well as online, in ads on on cable television, on posters and on our website.

Mayo...

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complex medical questions — and peace of mind — while staying close to home.

The announcement was made this morning before an audience of more than 200 community leaders, NorthBay Healthcare employees, board members and physicians who gathered in the Green Valley Administration Center.

It was the culmination of months of work preparing the application, then weeks of due diligence by a small, dedicated group within NorthBay. An implementation team comprising about 40 employees from across nearly every discipline in the organization then went to work getting ready for the launch.

“Long admiring the Mayo Clinic from afar, it struck me how much we share a vision of why we exist and how we do what we do,” said Gary J. Passama, president and CEO of NorthBay Healthcare.

“We want our friends, families and neighbors in Solano County to live longer, happier, healthier lives through access to the highest level of medical knowledge and expertise. Collaborating with others to provide the best care possible for patients is part of Mayo Clinic’s culture and part of ours.”

“We are pleased to welcome NorthBay to the Mayo Clinic Care Network,” said Keith Cannon, M.D., medical director, Southwest region. “Over the past year, we’ve taken time to get well-acquainted, and NorthBay’s commitment to meeting patients’ needs and serving the community resonates with Mayo’s deeply held values. We look forward to working together.”

He added, “When we look for potential members, we’re looking for patient-centered, data-driven hospitals. We’re looking for organizations that share our values — specifically, that the needs of the patient come first.”

Dr. James Long, medical director of NorthBay Cancer Center, is our physician champion for this endeavor. He welcomes additional resources from Mayo Clinic to offer to his patients to enhance the care he provides. “Bringing together the best medical minds — NorthBay’s and Mayo’s — can only enrich the quality of care.”

As a member of the care network, NorthBay Healthcare physicians will have access to network...
services including:

- eConsults that allow NorthBay Healthcare specialists to connect electronically and directly with Mayo specialists for more input on a patient’s care.
- AskMayoExpert, a database for reference at the point of care to offer the latest Mayo-vetted information on the management, care and treatment of a variety of medical conditions.
- Health care consulting that enables NorthBay to learn more about Mayo’s clinical, operational and business models, including how they are designed and implemented.
- eTumor Board conferences that invite NorthBay physicians to present and discuss complex cancer cases with a multidisciplinary panel of Mayo specialists and other network members.

A team of four eHealth coordinators have been selected to manage all eConsults and eTumor Board requests on behalf of NorthBay physicians. They are: Keni Horiuchi, Charlene Thompson, Harriet Murphy-Stanley and Katie Pryor.

NorthBay Healthcare can access Mayo’s extensive library of patient education materials to share with its patients. Additionally, our care providers can view archived Mayo Clinic grand rounds presentations that feature Mayo Clinic physicians and scientists and earn CME credit.

NorthBay Healthcare and other members undergo a rigorous evaluation before joining the Mayo Clinic Care Network. Network members remain independent but share Mayo’s commitment to working together to improve the quality and delivery of health care.

“Earning membership in the network is validation of the exceptional care our physicians and staff provide to our patients every day,” said Gary. “This is now available at no cost to our patients. It is an investment we have made to improve care for a wide variety of medical conditions.”

He added, “Let me emphasize that
Here are some frequently asked questions about the collaborative relationship with the Mayo Clinic Care Network:

What is the Mayo Clinic Care Network?

It is a non-ownership relationship between Mayo Clinic and NorthBay Healthcare. It is not a merger, an acquisition, a business affiliation or a contractual partnership. NorthBay physicians and providers have access to Mayo Clinic resources, including tools to promote physician-to-physician consultations and a point-of-care database of best-practice information on disease management, care guidelines, treatment recommendations and reference materials.

Why is Mayo Clinic doing this?

Mayo Clinic Care Network helps Mayo Clinic develop stronger relationships with like-minded organizations, so more people in more places can benefit from the specialty knowledge and expertise that are hallmarks of Mayo Clinic.

Why is NorthBay Healthcare doing this?

We recognize that in order to remain the leader in advanced medicine and integrated care in Solano County, it is important to continually look at new collaborations and new ways to enhance our clinical knowledge and capabilities. This is one way to bring together great minds — NorthBay’s and Mayo Clinic’s great minds — to explore ways to improve care.

How are network members selected?

Mayo Clinic Care Network members undergo a rigorous review process to ensure their commitment to the delivery of high-quality, data-driven, evidence-based medical care and treatment.

Did NorthBay Healthcare ask to be considered as a member of the network?

Yes, we recognized a likeness of cultures. NorthBay and Mayo Clinic are like-minded health care systems, both independent with a focus on the patient firmly ingrained in each. And now, through membership in this network, we have access to the knowledge and expertise of Mayo Clinic, a world leader in medical care, research and education.

Before inviting us to join its network, Mayo Clinic conducted a comprehensive evaluation that included an assessment of our governance structures, our clinical and business practices, as well as a review of our quality, safety and service efforts.

Will Mayo Clinic see patients through the Mayo Clinic Care Network?

Some patients may still need to travel for specialty care not available in our communities. But by sharing medical expertise, we hope to keep more patients close to home whenever possible.

What if a patient demands a consult with Mayo?

The care network facilitates interaction between NorthBay Healthcare and Mayo Clinic medical professionals. The NorthBay provider determines if the Mayo resources will be helpful. Patients should be encouraged to consult with their providers about any questions related to who accesses the Mayo network’s resources and how it’s done.

Does Mayo Clinic own the members of the Mayo Clinic Care Network?

Absolutely not. NorthBay Healthcare is fiercely independent, focused only on Solano County. It will remain an independent and community-based health care provider.

What will this membership cost and who pays for these services?

NorthBay pays a subscription fee for clinically based services based on fair market value and utilization.

Our subscription fee is an investment in the communities we serve.

Mayo Clinic’s resources serve physicians and help keep patients close to home, which we know they value.

It’s about providing value. Patients get additional peace of mind at no additional cost. And we keep more care local. We keep a patient’s needs central.

What are the key tools that members have access to?

How will physicians work together?

>eConsults will allow a NorthBay specialist and a Mayo Clinic physician to connect on questions of patient care. The request and pertinent medical records are posted through a secure, confidential website, and the electronic “consultation” is then scheduled into a Mayo specialist’s calendar for review and

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response.

- AskMayoExpert is a best-practice resource. Created and used by Mayo Clinic today, it contains the latest Mayo-vetted information for use at the point of care and provides quick insight on disease management, care guidelines, treatment recommendations and reference materials. All clinical staff will have access to this resource.
- eTumor Board conferences allow physicians to present and discuss the management and care of complex cancer cases with a Mayo Clinic multidisciplinary panel and other members of the Mayo Clinic Care Network.

Who has access to the tools and services of the network?

Any care providers on NorthBay’s campuses will be able to access the reference resource AskMayoExpert. But initially only specialists in NorthBay practices will be able to use eConsults and eTumor boards.

*More information can be found on NorthBay.org/Mayo. To follow our coverage of the announcement on social media, search #NorthBay and #MCCN.*

What to Say if Our Patients Ask:

Our hope is that the NorthBay-Mayo Clinic collaboration will provide greater peace of mind and allow patients to receive more care close to home, without the need to travel.

As part of Mayo Clinic Care Network, health care specialists can consult with Mayo specialists through several unique electronic tools. These tools offer a connection to Mayo Clinic that allows NorthBay providers to get input on patient care when they believe it would be helpful.

Here are some facts and explanations to share with patients if they ask about the Mayo Clinic relationship:

- We joined the Mayo Clinic Care Network to work with Mayo and others to advance the delivery of health care.
- Mayo Clinic’s resources will enhance the care we provide and help more patients stay close to home, which we know is important to them.
- Mayo’s experience in patient care, education and research will help us improve the value of the care and services we provide.
- We now have access to the same medical resources that Mayo physicians developed for their own use, to share what they know.
- In complex or hard-to-solve cases, our specialists will consult with Mayo experts for additional input.
- There is no additional cost to the patient for these resources. NorthBay pays an annual fee for the services they use from Mayo Clinic.
- If the NorthBay care team believes referral of a patient to the Mayo Clinic will be beneficial, then we will work with the patient and with Mayo Clinic to coordinate care.

Mayo...

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this is not a merger or an acquisition. It is not an affiliation that imperils the independence of NorthBay Healthcare. Like the Mayo Clinic, we retain our identity and, true to our history, we will fiercely protect our autonomy and individualism.”

Launched in 2011, the care network has more than 35 member organizations in the United States, Mexico, Puerto Rico and Singapore. Only one other California health system, Palomar Health in the San Diego area, is a member of the network.

This morning’s announcement was broadcast live to our followers on social media. The press conference was posted as it occurred through Facebook Live and the streaming video of the event can still be viewed on the NorthBay Healthcare Facebook page at Facebook.com/NorthBay-Healthcare.

In addition, still photos from the event were posted on the Facebook page and via Twitter at Twitter.com/NorthBayHealth. Search for #NorthBay and #MCCN to view the posts.
Cancer Center ‘Fleeced’ by Youth

It gets chilly in the NorthBay Cancer Center’s infusion room, but now patients can bundle up with hand-made fleece blankets donated by members of the Vacaville Neighborhood Boys and Girls Club.

About 30 club members worked for months to purchase the fleece and make dozens of blankets, hats and scarves, according to Susan Schwartz, volunteer for the club. Members voted to donate the items to NorthBay Cancer Center, and also to a homeless shelter.

“Our chemo patients are always cold,” noted Brian Vikstrom, M.D., in accepting the donation. “Thank you all very much for these; our patients will appreciate them.”

Trauma Campaign Fills in the Bubble

May is National Trauma Awareness Month, a time to focus on injury prevention and the outstanding work of trauma staffs everywhere.

The American Trauma Society and the Society of Trauma Nurses noted that this year marks the 28th anniversary of the annual campaign and the slogan for 2016 is “Safe Steps for Seniors,” focusing on senior safety and fall prevention.

NorthBay Healthcare is doing its part to mark the awareness campaign and added its own spin to the effort.

“May is National Trauma Awareness Month and ALL of us participate as part of the Trauma Team. Trauma starts with prevention and goes to post discharge in the community,” noted Heather Venezio, R.N. and Trauma Program Director, in an e-mail to staff. “All roles in our system are equally and vitally important to caring for the trauma patient, from CPCs throughout the system, both hospitals, our ancillary departments, rehabilitation, and the list goes on and on.”

She asked that staff fill out a “talk bubble” and send it in and those are now being posted on both the NorthBay Healthcare and NorthBay Trauma Facebook pages. Send your bubble to Heather at hvenezio@northbay.org or to Diane Barney at dbarney@northbay.org.
NorthBay Guild volunteers, always on the giving end, received something in return recently when they were surprised with gifts of gratitude from Emergency Department staff members.

"Thank you" pins, hand-decorated pens and an assortment of sweets were delivered to volunteers at each of the hospitals in early May. The surprise gifts came out of a suggestion that was submitted by staff to the ED-based Council, as part of Shared Governance, according to Shannon Maria, clinical coordinator for Emergency Services.

“We agreed with the suggestion that often our volunteers are not recognized for all that they do for us, and so we looked for a way to show them how much they are appreciated.”

Dawn Switzer, ED Tech, was the "crafty creator" of the two boxes that were delivered to each of the hospitals, Shannon explained.

“Dawn did an amazing job at putting these gifts together and really made it a beautiful way to say thank you to our volunteers who give so much and never expect anything in return,” Shannon noted. “It was an honor for our department to come together and let them know just how much we truly value their continued commitment to our patients, staff, families, organization and to our community. They truly make a difference!”

NorthBay Invited to Share Best Evidence-Based Practice Program

NorthBay Healthcare has an evidence-based research and leadership development program that works so well, we’ve been invited to share our best practices with other hospital and system leaders.

The Evidence-Based Practice and Research Fellowship program will be included in the “2016 Summit Innovation Challenge,” hosted by the Hospital Council of Northern & Central California, according to Elisa Jang, clinical practice manager for Translation Research, as part of a poster presentation.

The poster presentation, “Investing in Transformational Leaders of Tomorrow — Achieving Sustainable Outcomes Through an Evidence-Based Practice & Research Fellowship,” is one of just a few to be selected to appear at the summit.

“Your hospital poster session will showcase the innovative work you and your teams are doing and will promote your good work to our summit attendees throughout the event,” noted Jenna Fischer of the Hospital Council of Northern and Central California. The three-day 2016 summit will be held this September in Napa.
NorthBay Shows Its Support for Cyclists

NorthBay Healthcare Vice President of Human Resources Ken McCollum (left) showed his support for Bike to Work Day, pedaling to Green Valley Administration Center. Jamie Boasso (right) and Mercille Locke manned the Energizer Station on Dana Drive, near NorthBay Medical Center in Fairfield, greeting cyclists with gift bags.

Book Drive in its Final Days; More than 1,000 Collected!

There’s one week left in our Adopt-a-School book drive. We have more than 1,000 books ready for our two adopted schools and the NorthBay-sponsored Leaven, an afterschool program for at-risk kids soon to open across from NorthBay Medical Center in Fairfield.

Teachers in the lower grades will be excited to see the hundreds of books for young readers, most compliments of a retired school teacher in Vacaville.

We still need books for readers from third- to sixth-grade. Book bins are located in the employee dining room and NICU at NorthBay Medical Center, in the gift shop at VacaValley Hospital, in the break rooms of each CPC and at the Green Valley Administration Center in the mail room and downstairs main break area.

Cash donations are also accepted through the NorthBay Healthcare Foundation and donations are tax deductible.

If your book bin is full, or if your area needs a bin, please call Marilyn Ranson at ext. 3302.

If you have children who love to read, you might want to check the many children’s programs offered this summer by the Solano County Library. A children’s reading challenge began this month. And, for the first time, the library is holding an adult reading challenge that will debut June 1. Visit their website for details.

Most Requested Children’s Books

- Harry Potter (Any in the series)
- Dork Diaries
- Spirit Animals series
- Diary of a Wimpy Kid
- Bad Kitty
- The BFG
- Jedi Academy series
- Zathura
- The Trials of Apollo series
- Magnus Chase and the Gods of Asgard
- MineCraft Books (Any)
R2D2 Moves Diabetes Ride to September

Now in its fifth year, NorthBay Healthcare’s Ride to Defeat Diabetes (R2D2) will offer the same three routes, but it’s going to be held a month earlier than in the past. This year’s ride is set for Sunday, Sept. 11.

This bike ride offers something for everyone: a family-friendly 10-mile ride, a more challenging 25-mile adventure and a “Metric Century” 60-mile ride for the cycling enthusiast. This healthy, fun way to exercise is also an opportunity to raise awareness of Solano County’s diabetes crisis, and funds raised during the event will benefit the NorthBay Center for Diabetes and Endocrinology.

R2D2’s easy 10-mile route sends riders to the unincorporated area of Elmira, and 25-mile and 60-mile “Metric Century” rides for more serious cyclists, uses routes that follow country roads outside Vacaville and Winters. All will start from NorthBayVacavalley Hospital, 1000 Nut Tree Road in Vacaville.

Anyone wishing to volunteer on the day of the event is encouraged to sign up at the R2D2 website at www.northbay.org/r2d2.

The 60-mile ride departs at 7:30 a.m., the 25-mile ride at 9 a.m., and the 10-mile ride will depart at 10 a.m.

The 10-mile ride is $15 for those ages 13 and up; it is free for children age 12 and under. There is a $35 registration fee for the 25-mile ride, and the 60-mile ride registration fee is $50. On race day, registration is $40 for the 25-mile ride and $55 for the 60-mile ride.

T-shirts, a raffle ticket, lunch and refreshments will be provided for registered riders. Register online through the NorthBay website at www.northbay.org/r2d2.

Students Design NorthBay Ads for Reporter’s Campus Star

The Reporter in Vacaville recently honored more than 100 students from third-grade through high school for their participation in the annual Campus Star student newspaper competition. Among the winners were two students who designed print advertisements for NorthBay Healthcare. Justin Tolentine, a sixth-grader at Holy Spirit Church in Fairfield designed the ad (featured above) and earned a third-place overall in the competition in his age category. Patrick Fabi, a fifth-grader from Kairos Public School in Vacaville won an honorable mention for his ad (featured below.)
Putting the Focus on Functional Medicine

Nutrition, supplements, exercise, proper sleep and reducing stress were the focus of much of the discussion during the May 18 #OurDocTalk live Facebook chat with Eric Hassid, M.D., functional medicine physician with NorthBay Healthcare.

Dr. Hassid spent more than a half hour online answering questions on healthy approaches to everything from frequent migraines to improving thyroid function and boosting metabolism.

The chat attracted plenty of attention. Before Dr. Hassid even logged on, the Facebook post had 11 questions from followers. During the chat a 12th question was posted and it was clear our Facebook fans were watching, because there were follow-up questions and thank-yous posted as well.

In all, the planned half-hour chat stretched to 40 minutes as Dr. Hassid took time to answer each query.

Many of the questions focused on improving overall health through natural means.

“If a person has been diagnosed with anxiety issues but doesn’t like the idea of taking heavy medications, are there other more natural options?” asked one fan.

“Yes, there are plenty of options that can help anxiety. In our clinic we see lots of patients for this type of issue which is so common,” answered Dr. Hassid. “We will address lifestyle factors, nutrition-gut-brain factors, supplements and hormones, as well as mind-body options.”

As for migraines, Dr. Hassid noted there are “some interesting nutrients that could be helpful for migraine and overall brain function such as magnesium, coenzyme Q10, vitamin B2 and L-theanine.” He added, though, that it is critical not to forget the “important foundational elements such as nutrition (anti-inflammatory) gut health, sleep, stress, etc. I have repeated this a lot but it does really matter.”

Dementia treatment and lifestyle changes to avoid it came up in more than one question.

“The best treatment actually is lifestyle medicine, specifically nutrition, exercise (this is key!), stress reduction and optimal sleep,” Dr. Hassid noted. “Anti-inflammatory, plant/fruit heavy, low glycemic load diet helps keep inflammation down since dementia and most neurodegenerative conditions are inflammatory in nature.”

The full chat with Dr. Hassid can be viewed on the NorthBay Facebook page at Facebook.com/NorthBayHealthcare and an edited transcript will be posted soon on NorthBay.org.

The next chat is set for June 15 with orthopedic surgeon Andrew Brooks, M.D.

Noteworthy Cancer Survivors Event

NorthBay Cancer Center is hosting Solano County’s 20th Annual National Cancer Survivors Day event on Sunday, June 5.

Nearly 200 Cancer survivors and their loved ones are expected to attend this year’s uplifting event, scheduled to be held from 2 to 5 p.m. at the Clubhouse at Rancho Solano, 3250 Rancho Solano Parkway in Fairfield.

The day begins with hors d’oeuvres and refreshments.

Speakers will include Jonathan Lopez, M.D., and James Long, M.D., who will provide guests with information about the latest in cancer treatments. Heidi Campini, wife of the late Jim Lawrenz, former NorthBay Healthcare Foundation board member, is also expected to speak.

“Christine,” the Pink Heals fire truck, will also be in attendance.
More and more employees are sharing stories of when they were able to make a connection, either with a patient, another employee or a member of the community, as part of the Creating Connections storytelling venture, according to Jennifer Shoemaker, manager of the patient experience program. “Connection Stories” are being shared at management team meetings, in FYI (below) and on the ShareSpace site under “Patient Experience/Connection Stories.” If you would like to share yours, call Jennifer at ext. 5757, or email to connections@NorthBay.org, and it may appear in a future edition of FYI.

By Tina Jackson
Human Resources Service Manager

My dad had a very rough 2015; he had heart surgery requiring a four-way bypass and pacemaker in April, and then vascular complications that led to his having both legs amputated just below the knee in July. He had nine surgeries in all, and was in and out of NorthBay Medical Center and rehab facilities for many months. My mom had become very close with many of the staff members on the 1800 Unit and at one point in the longest stay at NorthBay — more than two months — my mom had commented that my dad’s hair was really long and that she was going to bring some scissors to try and cut his hair while he was lying in bed. The comment was overheard by staff, and one of our nurses — Nancy Cerna, R.N. — decided to help and created a connection. The next day she brought scissors to work and she and my mom were able to get my dad into a chair and Nancy cut his hair.

Nancy doesn’t have any prior experience cutting hair, but she said that doing this kind of thing is just “what we do sometimes for our patients.”

My mom and dad were thrilled and felt so cared for by the staff, and by Nancy in particular. My dad was all smiles, saying it made him feel so much better to have a nice haircut.

All of his visitors during the next week commented to him on how nice he looked. It was a small thing, but during that very trying time, it was huge for my mom and dad, and our family.

Dad is doing much better; he has physical therapy three times a week and is getting stronger all the time as he is learning to use his prosthetic legs and feet.

We were able to have a wonderful celebration for my parent’s 50th wedding anniversary in March, quite an accomplishment. We are very grateful for the wonderful care we received while my dad was in the hospital.

The care and kindness of the nurses, CNAs, lab, pharmacy, food services, administration, and several other staff helped get us through.

I have worked with some of these awesome individuals for many years and I am proud to be part of this special team.
The Hashtags were out in full force when NorthBay Healthcare managers teamed up with Nutrition Services to serve more than 1,500 meals to employees on three different campuses during Employee Appreciation Meals May 17-20.

Employees put on “Let’s Get Social” sunglasses, wore blue thumbs up foam hands, and wielded blue-and-gold pompoms for photos that will be featured in photo galleries, suitable for downloading, later this week on My NorthBay, your employee portal.

The black #NorthBay event shirts were sold for $5 donations at every meal, raising money for NorthBay Healthcare Foundation and ensuring that all who want to march in the Fiesta days Parade on May 28 will have the proper attire.

A banner with #NorthBay was See MEALS, Page 19
Thumbs Up in Vacaville

It was busy at NorthBay VacaValley Hospital starting at 10 a.m., and employees were in the mood to don silly sunglasses, big foam thumbs up, and mug for the camera. A gallery featuring downloadable photos from each of the three sites can be found on My NorthBay.

Karen Harris (above) and others from VacaValley Hospital (at right) were all smiles when it came time for a photo on Thursday.
Employees from the Human Resources Department at Green Valley Administration Center got into the social media swing of things during the first day of appreciation meals. Vice President and Chief Financial Officer Art Denio (below, left) photobombed some unsuspecting GVAC employees. Executive assistants united (below) when Lydia Abad, Colleen Knight and Sylvia Spanos rocked the #NorthBay booth.

Blue thumbs, microphones and rocking “Let’s Get Social” sunglasses were part of the attire for those game enough to pose at GVAC.
stretched out across tables during the week for employees to sign. It will be carried in front of our Fiesta Days parade entry.

In addition to enjoying meals of barbecued chicken and steak, salad, fresh fruit, rolls and ice cream, employees were invited to participate in a poster contest that also picked up the social media theme.

Departments were challenged to design a poster that shows what their department’s social media page would look like — on Facebook, Twitter, Linked In — any or all of the above.

The winners were selected by a team of judges and won a pizza party.

First place went to the Joint Replacement team. Second-place was determined to be a tie, between Gastroenterology and Specialty Care. Third place was presented to the Women’s and Children’s Services Department.

One new featured added this year to Employee Appreciation Meals was the blessing of the hands by Natalya Johnson Josey, hospital chaplain coordinator. “You all do so much with your hands to bless NorthBay,” she explained (at left), “the least we can do is bless your hands.” CNA Celeste Johnson (below) finds her name where she signed the banner, which will be carried in the Fiesta Days Parade on May 28.

Meals ...
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Social Media Offers a Chance to Engage

By Robin Miller

Social media is changing health care in profound ways.

Through various social media platforms, blogs and online communities, patients are becoming better informed as health care consumers because barriers to reliable and accurate health information are being reduced and patients are taking a more active role in their health decisions.

In short, social media sites have become much more than just a place for friends and family to share photos and recipes. As a regulated industry, and with concerns about protecting privacy, many health care providers seek to avoid use of social media, and even try to squelch its use by employees. They take the ostrich approach and stick their heads in the sand, thinking that if they ignore it, it won’t impact their work. How wrong they are!

However, some organizations, such as NorthBay, embrace these platforms as another tool in our tool belt to serve the public, our patients and our physicians, building awareness and enhancing our brand — all while complying with HIPAA, of course.

So if health care consumers are already out there on social media, and with a growing emphasis on prevention and wellness and not just the sick-care model, doesn’t it just make sense to focus on reaching out to those consumers where they are to provide them with credible, reliable health information?

Social media provides platforms where the public, patients and health care providers can engage on health issues. It is a place to share information, best health practices and to educate on healthy behaviors.

For doctors, it is another opportunity to reach patients and impact the daily decisions they make. Dr. Kevin Campbell, an internationally recognized cardiologist who is very active on social media (follow him on Twitter.com/DrKevinCampbell) puts it this way: “Lifestyle changes are much more likely to be implemented with regular reinforcement and social media is a simple way to reach hundreds of thousands of patients — and it only takes minutes.”

That’s why our live chats, #OurDocTalk, are seeing increasing numbers every other Wednesday afternoon on NorthBay’s Facebook page. These chats allow patients and potential patients a chance to interact and get information in “real time” from a real doctor.

Campbell argues that doctors need to embrace social media even more. That’s because whether they realize it or not, they all have an online reputation and footprint. Blogs, social networks, and online review sites such as Yelp provide platforms at a patient’s fingertips to write about their care and their caregivers. It is important that physicians actively engage in order to manage their online reputation rather than have it dictated for them, notes Campbell.

#OurDocTalk is one way we’re beginning to do that at NorthBay Healthcare.

The author is the social media/online specialist for NorthBay Healthcare and writes a monthly blog.