

The **HEALTH** Trust

Let's make Silicon Valley the healthiest region in America!

Innovative Children's Dental Center opens in East San Jose

Thousands of kids without dentists now have access to care

The first health problem most children experience is tooth decay. But a trip to a dentist to take away pain or swelling is not easy for thousands of youngsters in Santa Clara County and they go without dental care.

"In an era of declining health services, San Jose's new Children's Dental Center serves as a shining light by offering preventive care to kids in need ... the opening of the Children's Dental Center should put a smile on the face of everyone in the valley."

San Jose Mercury News
Editorial
June 17, 2008

That is why the new Children's Dental Center in East San Jose is such an important development for the oral health of underserved youngsters in Silicon Valley. Local children will have access to a high quality, high capacity dental center designed to serve kids, and only kids, no matter what type of insurance they have – and even if they have no insurance coverage at all.

The Children's Dental Center is located in East San Jose's Tropicana Shopping Center, 1153 S. King Road at Story, the centerpoint of an area populated by families who struggle to get their children dental care. It is a project of The Health Trust, which over the past five years has invested \$5 million in oral health services for local youth. The Health Trust has contracted with the Children's Dental Group (CDG), the largest provider of pediatric dentistry in the state, to provide dental services.

The 6,000-square-foot facility is unlike any other dentist's office in Northern California. With 14 chairs, the latest technology, and a peak efficiency business model finetuned by CDG at its six offices in the Los Angeles region, the Children's Dental Center will be able to provide as many as 15,000 dental appointments a year for Silicon Valley children.

But size is not its only distinctive feature. The Children's Dental Center has a fun, playful look with video games, TV screens and colorful graphics that entertain children and their families through every step of the dental appointment. "It's an innovative approach to pediatric dentistry that makes the experience easier and less stressful for both the young patients and their parents," said Frederick J. Ferrer, Chief Executive Officer of The Health Trust.

"Most importantly, the capacity of the Children's Dental Center means that more children in our community will have access to dental care," he said. "Dental disease is a health issue that can be prevented with proper care and treatment. The Children's Dental Center will have a lifelong positive impact on thousands of youngsters and their families."

Denti-Cal, Healthy Kids and Healthy Families insurance programs will be accepted at the Children's Dental Center along with most private insurance plans. Fees for uninsured children will be on a sliding scale, and for families who have no insurance and no way of paying even modest fees,

continued on page 6



San Jose Mayor Chuck Reed cut the red ribbon on June 14 to officially open the Children's Dental Center. Joining him in the festivities were (from left): Sue Wuerflein, Trustee of The Health Trust; John Fehmer, CEO of the Children's Dental Group; San Jose Councilmember Madison Nguyen; Dr. Scott Jacks, founder of the Children's Dental Group; San Jose Councilmember Nora Campos; Wim and Maria Roelandts, supporters of The Health Trust; California State Assemblyman Joe Coto; Frederick J. Ferrer, CEO of The Health Trust; and San Jose Councilmember Forrest Williams.

"The new Children's Dental Center will provide valuable services for thousands of underserved San Jose children in a location that is convenient and easy to access. I want to thank The Health Trust for expanding critical services to residents in the East San Jose community."

San Jose Mayor Chuck Reed

HEALTHY AGING INITIATIVE

Mayors deliver hot meals to homebound seniors

Nine Mayors of cities in Santa Clara County delivered hot meals to stay-at-home senior clients of Meals On Wheels this spring to call attention to the risks of malnutrition among older adults. The Health Trust Meals On Wheels program annually delivers more than 97,000 meals to frail elderly, disabled and other vulnerable adults.

Participating Mayors included: Campbell Mayor **Don Burr**; Gilroy Mayor Pro Tem **Bob Dillon**; Los Gatos Mayor **Barbara Spector**; Milpitas Mayor **Jose Esteves**; Morgan Hill Mayor Pro Tem **Marby Lee**; Mountain View Vice Mayor **Margaret Abe-Koga**; San Jose Mayor **Chuck Reed**; Santa Clara Mayor **Patricia Mahan**; and Sunnyvale Mayor **Tony Spitaleri**.



Morgan Hill Mayor Pro Tem Marby Lee serves Virginia Benche a hot, nutritious meal.

“We appreciate the Mayors understanding the importance of providing isolated, vulnerable seniors with nutritious hot meals,” said Renee Kellythorne, Director of Meals On Wheels. “Too many seniors who live alone don’t prepare fresh meals for themselves. Many snack on prepackaged foods that may not have the nutritional values that will keep them healthy and active.”

People lose taste sensation as they get older, so food is not as satisfying. Medications, loss of stamina and chronic illnesses can also affect the ability of an individual to shop and cook meals for themselves.

“Our clients want to continue to live independently in their own homes, and they need a little help from the community to achieve this goal,” Renee said, adding that the cost of a year’s delivery of Meals On Wheels meals is less than one day in a hospital.

“If you’re just cooking for yourself and you don’t feel very well, then it’s easier to open a can than prepare a hot meal with fresh ingredients,” she said. “And many of our clients don’t have transportation to get to the grocery store. It’s understandable why they are not eating well. We’re just glad that Meals On Wheels can bring them the meals they need for better nutrition and independence.”

Donations to Meals On Wheels can be made online at www.healthtrust.org/donate.



Gilroy resident Norma Bandy appreciates the delivery of her hot meal by Gilroy Pro Tem Mayor Bob Dillon.

Mayors get ready to deliver hot meals to Meals On Wheels clients in their communities including, from left, Mountain View Vice Mayor Margaret Abe-Koga, Sunnyvale Mayor Tony Spitaleri, Santa Clara Mayor Patricia Mahan, Campbell Mayor Don Burr, San Jose Mayor Chuck Reed, Los Gatos Mayor Barbara Spector, and Milpitas Mayor Jose Esteves.



Why are seniors at risk for poor nutrition?

- Taste buds change so seniors may not find food satisfying or feel hungry. Poor appetites lead to under-nutrition. 1 in 5 skip meals daily.
- Not enough money to buy fresh, nutritious foods. Only 13% eat the minimum amount of fruit and vegetables.
- Physical problems can make it difficult to buy and prepare meals, leading to snacking and relying on packaged foods rather than fresh-cooked, hot meals.
- Lack of energy and/or interest in cooking for one. “It’s too much trouble just for me” is a frequent comment.
- Side effects of medications and health problems. 50% take multiple medications daily, increasing the chance they will experience weakness, drowsiness, nausea, diarrhea, constipation or a change in appetite.

New Director of Healthy Aging



Lori Andersen brings 25 years of experience in addressing the needs of older adults to her new position with The Health Trust as Director of Healthy Aging. The former Grants Program Administrator with the Alzheimer’s Association of Northern California and Northern Nevada, Lori has also held leadership positions with the Bay Area Independent Elders Program and the Council on Aging Silicon Valley. She holds a B. A. in government & public administration from American University as well as a master’s degree in public administration from the University of Southern California.

Helping caregivers with information, support

Becoming a caregiver crept up slowly on Barbara. Her mother lived independently and continued to drive into her 80s, but Barbara could see that her mom was beginning to need help with doctor’s appointments, grocery shopping and housework. Gradually the task list kept growing until Barbara realized she was spending more time taking care of her mother than her own family at home.

It was a different situation for Maria who one day received a call that her dad had been rushed to the hospital. The medical crisis passed, but it was clear that he could never again live alone. When her father was released from the hospital, Maria was frantic to find temporary, round-the-clock care until the family could decide if dad could move into their apartment, or if a nursing home would be a better environment. Whether it’s bit by bit, or literally overnight, becoming a caregiver of an aging parent or spouse is a highly stressful and emotional milestone in life that few are prepared to handle with ease.

One of the priorities of the Healthy Aging Initiative is to address the needs of caregivers and to provide them with information and support that will help them cope with their new, unanticipated role. The Aging Services Collaborative is creating an educational brochure

that will detail resources and support options for informal [family and friends] caregivers in Santa Clara County. It will be published later this year in English, Spanish, Vietnamese and Mandarin and distributed through multiple community organizations.

The content will include contact information for local agencies that can help with care navigation, care coordination, care management, respite, financial assistance, companion programs, legal assistance, nutrition services, and other programs as well as counseling, training and support resources for the caregiver. Staffed by

The U.S. Census Bureau estimates the number of centenarians in America may pass the one million mark by 2050. Baby Boomers will begin to celebrate their 100th birthdays in 2046.



Healthy Aging Strategies

- Expand physical activity opportunities
- Increase social connections and healthy nutrition
- Improve transitions from hospital to home
- Provide support for caregivers
- Provide leadership and coordination of the Aging Services Collaborative

Who are the caregivers?

- Average age is 51
- 75% are women
- Half are employed full or part time
- 26% report their own health is fair or poor
- 28% report health or emotional problems related to caregiving

Source: 2002 Caregiver Support Services in California Study



The Health Trust, the Caregiver Support Work Group of the Aging Services Collaborative includes representatives from Catholic Charities, Live Oak Senior Day Services, Digital Clubhouse Network, Family Caregivers’ Alliance, City of San Jose Office on Aging, Alzheimer’s Association of Northern California and Northern Nevada, and Yu-Ai Kai. Goals of the Caregiver Support Work Group are:

- Education/outreach to inform caregivers and the community of caregiver roles and resources
- Creation of services that support alternatives for caregivers
- Policy change to impact systems and institutions that have the potential to more effectively support caregivers

HEALTHY LIVING INITIATIVE

Making General Plans conducive to community health



Playgrounds, trails and sidewalks are some of the infrastructure elements that can be addressed in General Plans when cities want to create an environment conducive to healthy lifestyles.

General plans, the “policy blueprints” for land use decisions in California cities and counties, offer an opportunity to identify the infrastructure elements of a community that can help, or hinder, healthy lifestyles.

The links between health and the land use and other policy decisions made by local jurisdictions are detailed in two toolkits now being distributed by The Health Trust to Silicon Valley elected officials, city staff and residents serving on General Plan update committees. The toolkits were written by the Public Health Law Program and published by the California Department of Health Services.

Sample goals and objectives of General Plans that acknowledge the impact of land use on health include:

Create convenient and safe opportunities for physical activity for residents of all ages and income levels.

- Ensure that residents will be able to walk to meet their daily needs.
- Build neighborhoods with safe and attractive places for recreational exercise
- Create a balanced transportation system that provides for the safety and mobility of pedestrians, bicyclists, those with strollers and those in wheelchairs at least equal to that of auto drivers.

Provide safe, convenient access to healthy foods for all residents.

- Provide safe, convenient opportunities to purchase fresh fruits and vegetables by ensuring that sources of healthy foods are accessible in all neighborhoods.

- Avoid a concentration of unhealthy food providers within neighborhoods.
- Provide ample opportunities for community gardens and urban farms.

The 15 cities in Santa Clara County are also being asked to participate in the 2008 Healthy Cities Policies & Best Practices Survey to establish baseline data on what health and wellness policies and programs are offered to city employees and residents. Results will be

announced at the annual Healthy Communities Taking Action Conference in the fall.

“If we work to change our policies and practices to promote community solutions, such as access to healthy foods and opportunities for physical activity at work and in our communities, we can impact change that saves lives and money,” said **Evan Low**, Campbell City Councilmember and co-chair of Healthy Silicon Valley’s Government Sector.

Grantees evaluate experience with The Health Trust

A 42-question survey was sent to recipients of grants from The Health Trust over the past two years to gauge grantee experience and satisfaction with the grantmaking process.

- More than 90% said grant reporting requirements were clearly communicated and guidelines were easily accessible.
- More than 85% praised The Health Trust grants staff for timely follow-up and answers to questions.
- More than 80% reported the proposal guidelines were easy to follow and that the grant guidelines are consistent with The Health Trust’s funding priorities.
- More than 70% felt that the feedback received from The Health Trust helped the grantee improve the quality of its proposal.

The grantees also commented favorably on The Health Trust’s site visits which they felt allowed them the opportunity to better explain the purpose of the grant request. Almost all survey respondents said they believed The Health Trust staff respects the context and challenges of the grantees’ work in the community.

Soda Free Summer campaign launched

A six-county initiative, supported by Healthy Silicon Valley, is challenging thousands of Bay Area residents to reduce their consumption of sugary beverages, one of the leading contributors to the high numbers of overweight and obesity in children and adults.



San Jose Vice Mayor Dave Cortese helped to launch the Soda Free Summer campaign in Silicon Valley.

More than 100 public and private organizations that promote good nutrition and increased physical activity are participating. The goal is to have 400,000 individuals sign pledge cards promising to keep a 10-week log of their soda consumption and to choose water, unsweetened ice tea, and nonfat milk instead of drinks loaded with sugar.

Congressman visits The Health Trust

U.S. Congressman Mike Honda recently visited The Health Trust to learn more about the vision of Silicon Valley as the healthiest region in America, and to be briefed on the Youth Health Advocates program that encourages teens to start wellness clubs on their high school campuses.

“It is important that we, as grandparents, parents, aunts and uncles, prepare our children today to lead healthy lives and make healthy choices, as they will grow to be the advocates of our community tomorrow,” said Congressman Honda. “The Youth Health Advocate program is taking leadership in this effort to challenge and develop our high school teens to be champions of healthy living.”

“We are asking people to rethink their drink this summer,” said Dr. Amor Santiago of The Health Trust who serves as Director of Healthy Silicon Valley. “Soda provides the greatest source of added sweeteners in the diet. If people knew their soda contained 17 teaspoons of sugar they might think twice before drinking it, and hopefully choose a healthier alternative.”

The Soda Free Summer campaign is organized by the Bay Area Nutrition and Physical Activity Collaborative in Alameda, Contra Costa, Marin, San Francisco, San Mateo and Santa Clara counties. The campaign will be promoted in public service announcements produced by students at local elementary, middle and high schools.

For more information about Soda Free Summer, visit www.sodafreesummer.org.

Healthy Living Strategies

- Increase community/ school gardens and urban sustainable agriculture
- Encourage inclusion of a health element in city and county General Plans
- Develop organizational wellness services
- Support healthy behaviors with social marketing campaigns
- Provide leadership and coordination of the Healthy Silicon Valley Collaborative

Drinking one 20 ounce bottle of soda daily for a year can lead to a 25-pound weight gain. The average teen drinks 750 cans of soda yearly.



Congressman Mike Honda with Frederick J. Ferrer, CEO of The Health Trust, and Rachel Poplack, Manager of Community Partnerships at The Health Trust.

Innovative Children's Dental

Continued from page 1

The Health Trust created a fund for oral health scholarships to cover the costs.

"No child in pain will ever be turned away from the Children's Dental Center," said Dr. Scott Jacks, the dentist who founded CDG. "We will immediately provide the emergency treatment needed and then work with the families later to explore insurance enrollment and payment options."

The Children's Dental Center opened with three dentists, bilingual staff, and a full-time outreach counselor available for oral health presentations at schools and community groups. Services include examination of teeth and gums, X-rays to reveal decay, cleaning, sealants, topical fluoride, fillings, extractions and treatment of infections. Children who need oral surgery, root canals or orthodontics will be referred to specialists in those areas.

"The Children's Dental Center will offer families access to oral health services critical to the healthy development of Santa Clara County's youngest children. Our FIRST 5 Santa Clara County Commission is extremely pleased to be working in partnership with The Health Trust to offer this vital service to the children of our community," said **Jolene Smith**, Executive Director FIRST 5 Santa Clara County.

Appointments for the Children's Dental Center can be made by calling 408-240-0250, and more information is available on The Health Trust website www.healthtrust.org.

"This new center will be an asset to our community for many years and our children will be able to receive the care that they so desperately need. I want to applaud The Health Trust for its leadership and tireless mission to improve wellness, access and education to our residents."

San Jose City Councilmember
Madison Nguyen



Jon Fehmer of Children's Dental Group welcomes visitors



Emcee Garvin Thomas of NBC11



Children's Dental Center At A Glance

- State-of-the-art dental technology and peak efficiency business model
- 14-chair facility with capacity for 15,000 appointments a year
- Active outreach to children ages 0-12 of low income families
- Fun, welcoming environment with colorful graphics, video games and a movie theatre
- Services include screenings, cleanings, sealants, fillings, oral health education, nutrition advice, assistance in health insurance enrollment



Center opens in East San Jose



"Thanks to the Children's Dental Center, children in my community will have access to vital dental services. I want to thank The Health Trust for their continued commitment to a healthy San Jose."

San Jose City Councilmember
Nora Campos

Dignitaries including San Jose Councilmember Nora Campos, Health Trust CEO Frederick J. Ferrer, San Jose Mayor Chuck Reed and San Jose Councilmember Madison Nguyen watch a performance by Esplendor Azteca Xipe Totec at the opening celebration.

- Tooth decay is the single most common health issue in young children
- 51% of children have tooth decay by age 9
- 35,000 kids in Silicon Valley classrooms have pain or swelling from tooth decay

Philanthropic couple gives beautiful smiles to local children

Silicon Valley philanthropists **Wim and Maria Roelandts** have made a \$100,000 personal donation to The Health Trust to support the new Children's Dental Center because, in their words, "one of the biggest gifts you can give someone is a healthy smile."

The couple, who also serve as the chairs of the annual Unmask the Mysteries Gala that raises thousands of dollars for the AIDS Coalition Silicon Valley, like to focus their giving on local programs they can visit and see firsthand how their financial support can help.

The Roelandts first heard about the Children's Dental Center at the same time they became aware of the dental care needs of students at the St. Francis Center, Holy Family School, a school that they support. They especially liked the colorful, inviting, friendly approach of the Children's Dental Center that takes away the fear factor of going to the dentist.

"As a child I recall a local dentist visiting our school to talk about the basics of dental care, but I didn't have the opportunity for follow-up because my parents

didn't have dental insurance and couldn't afford the cost of dental visits," Maria said. "Therefore, growing up I didn't realize the importance of taking care of our teeth. Understanding the value of early oral health care, and wanting to give children the tools and knowledge to carry with them for life, Wim and I were most impressed with the business model of the Children's Dental Center and look forward to seeing it in operation."

Maria is familiar with many nonprofit organizations in the Bay Area as a reporter for "Everyday Angels," a family television show viewed on Comcast local stations, that profiles people in the community who are helping others in need.



Maria Roelandts and some of the children she hopes will benefit from the new Children's Dental Center that expands access to dental care for local youngsters.

"The goal of our program is to increase the awareness of nonprofit services and their needs," she added. "We hope one of our stories will tug at your heart and inspire you to give of your time or make a donation. It's also a great way to introduce our children to the importance of giving back."

Maria's fund raising skills come through her 15 years of volunteer work for several San Francisco events including the "Red and White Ball," the "Points of Light Celebration," and the "Fall Fair."

Wim is Chairman of the Board of Xilinx Inc. and Chairman of the Semiconductor Industry Association. Silicon Valley technology companies are the primary supporters of the Unmask the Mysteries Gala.

"The Roelandts illustrate the caring compassion of individuals in Silicon Valley for those in our community who struggle with poverty, health issues and barriers to success," said Frederick J. Ferrer, CEO of The Health Trust. "We are grateful for their support of the Children's Dental Center and our vision of making this region the healthiest in America."

To arrange a tour or for more information on how to donate to the Children's Dental Center and other services of The Health Trust, contact Dennise Carter, Vice President of External Affairs, 408-559-5598.

HEALTHY COMMUNITIES INITIATIVE

Mini-grants encourage community dialogue about health disparities

The Health Trust is providing \$43,500 in mini-grants to community organizations in Silicon Valley to support activities focused on the PBS documentary series “Unnatural Causes: Is Inequality Making Us Sick?”

The groundbreaking documentary, which was broadcast nationwide this spring, is the centerpiece of community dialogue on the assumptions and beliefs about who gets



Dr. Marty Fenstersheib, Santa Clara County Health Officer and Interim Public Health Director, was one of four speakers on a panel at the “Unnatural Causes” launch event in April. Other speakers included Akemi Flynn of People Acting in Community Together (PACT), Reymundo Espinoza of Gardner Health Center, and Dr. Fernando S. Mendoza of Lucile Packard Children’s Hospital. Dr. Amor Santiago of The Health Trust moderated.

sick and why. The goal of the mini-grants is to encourage conversations about the economic and social aspects of health in America showcased in the series.

“What we learn in ‘Unnatural Causes’ is that economic status, race, and the neighborhood you live in are powerful predictors of health and life expectancy,” said Frederick J. Ferrer, Chief Executive Officer of The Health Trust. “Health insurance is a big factor, but there are many other less obvious reasons why health disparities exist. Community programs featuring this series will open the eyes of Silicon Valley residents to the barriers that many people in our region experience in trying to be healthy.”

“Far too many people in our community face enormous barriers to health,” Ferrer said. “For many reasons – most of them beyond the control of the individuals – Latinos, Asians and African Americans have higher health risks and mortality rates. To truly be the healthiest region, there must be fair and equitable health care services and programs for all of our region’s residents so that they can share the opportunity to enjoy health and wellness. We need to address many of the root causes of health inequities such as racism, education and poverty.”

“Health inequities, stemming from inability to access social resources such as power, money and education are not natural or unchangeable, but are directly related to the quality of our public policies,” said **Dr. Marty Fenstersheib**, Santa Clara County Health Officer and Interim Public Health Director. “Santa Clara Valley has a successful history of building partnerships with agencies, government, neighborhood organizations and businesses for the good of the whole community. Together we can work to improve the factors that impact health, thus creating an equitable society.”



More than 300 community members attended an event sponsored by The Health Trust at the San Jose Rep Theatre that showcased the “Unnatural Causes” documentary and announced the mini-grant program.

Volunteers at Food Basket help individuals with HIV/AIDS have basics of life

Individuals living with HIV/AIDS, especially those with very low incomes, struggle with the basics of daily life. And nothing is more basic than having food to eat.



Frederick J. Ferrer, CEO of The Health Trust, unveils a plaque in honor of the late, long-time volunteer Mary Owen to her husband Duane Owen. The couple, who lost a son to AIDS, packed food and made home deliveries of food for more than 14 years.

For more than 10 years, the Food Basket program of The Health Trust has once a month prepared bags of groceries for clients, packed and delivered by volunteers.

“This food makes a huge difference in the lives of clients,” said Jerry Larson who has volunteered with the Food Basket for 10 years. “It gives them ingredients for nutritious meals and allows the few dollars they have to go farther for housing and other living expenses.”

The Food Basket has 731 clients on its roster, and provides food to about 300-335 per month. The clients select their food preferences from a menu, and each receives about 60 items, including fresh produce. A majority of the clients come to the Food Basket office to pick up their groceries, but home deliveries are made to 100 or more clients who are too ill to leave the house, or who lack transportation.

“We try to offer a variety of food that will be appealing but also convenient to prepare,” said Larson. “The Health Trust always promotes



Food baskets always include fresh fruits and vegetables. Good nutrition helps individuals living with HIV/AIDS stay healthier longer.

healthy eating and makes sure that fruits and vegetables are included in every delivery.”

Most of the canned goods come from Second Harvest Food Bank. Private donations and federal funds from the Ryan White CARE Act pay for the rest, such as additional fresh fruits and vegetables and protein.

To volunteer for the Food Basket, call Katie Plante at (408) 961-9899 or email katiep@healthtrust.org.

Healthy Communities Strategies

- Address the root causes of health disparities
- Provide access to prevention, screening, and management of chronic diseases
- Expand oral health prevention, education and treatment services
- Increase healthcare coverage and linkage to services



1,200 food bags are packed each month by volunteers. Each client receives about four bags of groceries.

Mini-Grant Recipients

For more information on activities to bring the dialogue about health disparities into the community, visit The Health Trust website at www.healthtrust.org.

- Alpha Kappa Alpha (AKA) Eta Rho Omega Chapter
- Center for Training & Careers
- Community Health Partnership
- Community Services Agency
- CommUniverCity
- Diabetes Society
- EPA.net
- Eastern European Service Agency

- Eastside Neighborhood Center of Catholic Charities
- Gardner Youth Program
- Go Kids, Inc.
- Health Advisory Commission
- Loaves & Fishes Family Kitchen
- MayView Community Health Center
- Mexican American Community Services Agency (MACSA)
- People Acting in Community Together (PACT)
- Positive Alternative Recreation Teambuilding Impacting
- Promotores Unidos
- Saint Mary’s Church of Los Gatos
- San Jose Public Library Foundation
- San Jose State University Foundation/Health Science Curriculum

- San Jose State University Foundation/Health Education Dialogues
- San Jose State University Foundation/Going Beyond Health Science
- Santa Clara University Ignatian Center for Jesuit Education
- Second Harvest Food Bank
- Somos Mayfair
- Third Street Community Center
- Unity Care Group
- Vietnamese REACH for Health Initiative
- Vision New America

Learning to live better with a chronic disease

More than two dozen chronic disease management workshops are underway throughout Santa Clara County, under the direction of The Health Trust, as a way to help individuals learn how to better manage their own health.

The workshops, conducted in English and Spanish, are designed to provide information and encouragement to people who daily are confronted by ever-changing challenges of living with a chronic illness such as diabetes, arthritis, heart disease, and depression.

Both Jody Garcia and her husband Eddie Villalobos recently attended a six-week session at San Jose Native TANF (Temporary Assistance for Needy Families), a program for Indian families sponsored by the Washoe Tribe. Jody has experienced a stroke and heart surgery, and copes with thyroid disease, hypertension, depression and anxiety. Eddie has asthma, high blood pressure and back pain from a ruptured disc.

“The sessions helped me with breathing exercises, stretching and positive thinking,” Jody said. “It helps to come together,” added Eddie. “They are showing us a healthier way of living, and we are making changes at home that even benefit our daughters.”

Team leaders are staff from The Health Trust and other community agencies, and workshop participants who are trained to be leaders.

For more information on Chronic Disease Management workshops, call The Health Trust at (408) 961-9877.



Sharing ideas is a big part of the chronic disease management workshop.

Thank you to everyone for your support of The Health Trust

Wellness Champions

(\$100,000 and up)
 California State Office of AIDS
 City of San Jose
 Council on Aging Silicon Valley
 FIRST 5 Santa Clara County
 John S. and James L. Knight Foundation
 Maria and Wim Roelandts
 Santa Clara County
 Santa Clara Family Health Plan
 Second Harvest Food Bank

Wellness Visionary

(\$50,000 to \$99,999)
 Anthem Blue Cross Foundation
 Kaiser Permanente

Directors Circle

(\$25,000 to \$49,999)
 Academy of Friends
 AIDS Coalition Silicon Valley
 Lincoln Court
 MAC AIDS Fund
 San Jose Mercury News Wish Book Fund
 United Way Silicon Valley

Benefactors Circle

(\$10,000 to \$24,999)
 Adobe Systems Inc.
 Suzanne M. Avina
 Boston Scientific Foundation
 Barbara and Martin L. Fishman, M.D.
 City of Sunnyvale
 Corporation for National and Community Service
 Emergency Food & Shelter National Board
 Program
 IRLM, Inc.
 Johnson & Johnson Healthcare Systems
 Carla R. Lindorff
 Lucile Packard Foundation for Children's Health
 Orchard House Inc
 SanDisk
 Shaw Living Trust
 United States Department of Agriculture

Investors Circle

(\$5,000 to \$9,999)
 Abbott Laboratories
 Cadence Design Systems, Inc.
 Catholic Charities
 City of Campbell
 City of Gilroy
 City of Mountain View
 Coldwell Banker
 Colliers Parrish International, Inc.
 Comerica Bank - California Foundation
 Community Hospital Los Gatos
 Debra Engel
 Enviro Diversified Development, Inc.
 Federal Emergency Management Agency
 Stella B. Gross Charitable Trust
 Judy Heyboer
 Paul and Nicki Huber
 Mission City Community Fund
 Robert K. and Patricia A. Dahl Foundation
 Roche Laboratories
 Bern Shen, M.D. and Ann Williamson
 Peter Staple and Harise Stein, M.D.
 Starbucks Coffee
 Richard Triolo
 Wells Fargo Foundation
 Western Digital Foundation
 Whole Foods Market, Inc. - Campbell
 William H. Cilker Family Foundation



Eileen Giorgi, left, of the Silicon Valley Association of Realtors presents a donation check to Meals On Wheels Director Renee Kellythorne.

Patrons Circle

(\$2,500 to \$4,999)
 A&D Engineering
 Anonymous
 Daniel Barboza
 Becton Dickinson Bioscience
 Joe and Carolyn Booker
 Collette R. Bunton
 Farrell Caso
 Ann and Alden Danner
 The Davidson Family Foundation
 eBay Foundation
 Expedia Inc.
 Anonymous
 Douglas Ginter
 Todd and Amy Hansen
 Intuit, Inc.
 Junior League of Palo Alto-Mid Peninsula, Inc.
 Vinod and Neeru Khosla
 Saratoga Rotary Charitable Foundation
 Silicon Valley Association of Realtors Charitable
 Foundation
 West Coast Marble & Granite

Leadership Circle

(\$1,000 to \$2,499)
 Thelmer and Patricia Aalgaard
 Donald E. Allen
 All-Pro Wrestling
 American Cancer Society
 Armitabha Fund
 Robert Archibald
 Ann Marie and Geary Auer
 Banfield Charitable Trust
 Fred J. Bedard
 Pamela Bender
 Roy and Dorothy Billings
 The Brown Family Foundation
 Bullock Family Foundation
 The John Robert Burgoon Memorial Fund
 Violet H. Butler
 Camille's Sidewalk Cafe
 Dennise Carter
 William and Susan Carter
 Anthony and Mary Cefalu
 Charles F. Gaglasso Trucking, Inc.
 The Chase Group
 Cisco Systems, Inc.
 City Year San Jose Silicon Valley
 Commonwealth Central Credit Union
 Credence
 George & Susan Crow Fund

Lorraine Cunningham
 Reese and Kathleen Cutler
 Bruce C. Edwards
 Evolve Sports LLC
 John and Karen Garth, M.D.
 Give Something Back Community
 Fund
 Hawaiian Airlines
 Heffernan Group
 Anna and George Hemmerle
 Judy and W. Richard Hencke, M.D.
 Heritage Oaks - National Charity
 League
 James and Diane Hutchison
 Thomas J. Hutton
 Italian Men's Club of San Jose
 Dennis D. Kauffman
 Arnold Leff, M.D.
 Janice H. Lissauer
 Laurence and Kathy Mitchell
 Tammy Moody
 Linda Murray
 Patricia Narciso and Scott Rains
 National Semiconductor - Employee
 Directed Giving

Hung Ng
 Donald and Charlotte Pannell
 Leslie Pappas and Nancy Burnette
 Keith F. and Jill D. Parks
 Geralynn Patellaro
 Jon Penrod
 Les Persson
 Harrison V. Peterson
 Claudia J. Place Wallace
 Edward Quick
 Hunter Reid
 Bill and Christine Robbins
 Amor Santiago
 Rudolph and Susan Schaffer
 John Schmid
 John Schmuck
 Earl W. Schulz
 Star One Credit Union
 The Sisters of Perpetual Indulgence, Inc.
 Geoffrey H. Tootell, Ph.D.
 Tyco Electronics
 Donald and Anna Waite
 Susan B. Williams
 Donald and Gina Wu
 Robert and Sue Wuerfein

Donor Circle

(\$500 to \$999)
 Robert and Denise Aitken
 All Stars Helping Kids
 Gary and Millie Allen
 Joan Barnes
 Michael Barsanti
 Benjamin and Helen Beam
 William and Nicole Bien
 Virginia C. Biondi
 Bob and Billie Boegman
 Edward O. Bordeleau
 Michael and Sheila Brand
 James A. Bright
 James and Roberta Butera
 Wayne Callison
 Richard D. Capparella
 Michael and Rebekah Carter
 Michael Cassin
 Felix and Helen Charpentier
 Gary Chock
 Robert S. Chuck
 Church of the Chimes
 William H. Cilker Family Foundation
 City Team Ministries
 Bruce Clarke
 Jean C. Collonge

Betty and John K. Colwell, M.D.
 Dawn H. Cook
 David B. Costa
 Jennifer Crane
 Fred and Renee Deklotz
 Robert M. Del Vecchio
 Susan Devencenzi
 Pamela D'Incognito
 Gail D'Silva
 Elizabeth C. Dubar
 Frederick and Faith Duhring
 Sharon Dunn
 Energy 92.7FM
 Charles and Janet Fee
 Brenda G. Feltham
 Frederick J. Ferrer
 Mark Figini
 First Christian Church of Palo Alto
 Cindy Gehring
 Arthur and Marjorie Gleim
 Patricia P. Greenwood
 Donald and Susan Hanson
 Hewlett Packard Employee Giving
 Program
 Ida Price Middle School
 Inovys Corporation
 Beryl Israel
 Lynne M. Izbicki
 Gladys and Bulent Jajuli, M.D.
 Jenna Johnson
 Paula Keane
 Renee Kellythorne
 Nenna Kirschner
 Harsha Krishnappa and Smita Basak
 Joseph Lattuada
 Jeff Leach
 James V. Lewis
 Anthony and Pat Ley
 Martin and Helen Maher
 Marion J. March
 Sharon K. Matsumura
 Meals on Wheels Association of America
 John V. Moore
 Jon C. Motta
 Steve and Laurie Mullen

Evelyn and C. Richard Neely, Jr.
 Timothy Nelson
 Philip and Nancy Newlin
 Notre Dame High School
 Victoria L. Nuttall
 OsmOdyssey Inc.
 Paula Panzica
 Jill Parks
 Donald Pelton and Jeanne Giacomini
 John and Devonne Pencer
 Dorothy A. Rayner
 David and Barbara Rice
 Kathleen A. Roberts
 Joelle M. Rokovich
 Amari Romero-Thomas
 Richard T. Rowley and Janet L. Eklund-Rowley
 Dan and Deb Rubnitz
 Grace A. Sanfilippo
 James and Jean Schultz
 Eckhard and Nancy Schulz
 Kingston Schworer Duffie
 Seascape Resort
 Stephen and Christine Sedler
 Irene Segura
 Robert N. Seymour
 Martha and William Sheridan, M.D.
 Betty Siemens
 John and Madge Soares
 David and Lisa Stenfort

Judith Stewart
 Peter and Lorraine Strassman
 Sun Microsystems, Inc.
 Terry Family Fund
 Donald and Elizabeth Trincherro
 Sandra Tripp
 Alan L. Tucker
 Virginia and Charles Van De Velde
 Gary and Sharon Vergho
 Pam Walke
 Leonard F. Walker
 Patricia and John Weigen, M.D.
 West Gate Community Bible Church
 Suzanne F. Williams
 David and Janet Wilson
 Rena Wittkopf
 Anthony and Susan Wood
 John and Nina Zoria

Donations received between January 1, 2007 and June 6, 2008 are listed.

Every attempt has been made to ensure the accuracy of this list. However, if mistakes are noted, please contact Patricia Narciso, Director of Development, at 408-879-8426 or patrician@healthtrust.org.

Community leaders join Board of Trustees

Two high profile community leaders have joined the Board of Trustees of The Health Trust – former San Jose City Council Member and Vice Mayor **Cindy Chavez** and attorney and community activist **Andrew Vu**.

After eight years as an elected official, Chavez is now consulting with local businesses and organizations on community issues. She is a recognized leader in developing programs through public and private agencies that improve the lives of children and families. While on the San Jose City Council, she served on multiple regional bodies such as the Valley Transportation Authority. Past professional experience includes three years as a budget/policy aide at the Santa Clara County Board of Supervisors, Staff Director of Working Partnerships USA, and Director of Education and Outreach for the South Bay Labor Council.

Vu, Corporate Counsel for SAP Company and a former deputy district attorney in San Francisco and San Joaquin Counties, has served as Chair of the Board of Directors for Asian Americans for Community Involvement (AACI) and is co-founder of the Asian Pacific Islander Justice Coalition of the Silicon Valley. He is active in local and state bar association organizations and has served on the Santa Clara County Human Relations Commission as well as volunteering his time as a mentor in The Role Model Program.

"We are excited to have two community leaders of such extraordinary caliber join our Board. They bring a broad perspective of the needs of Silicon Valley, and solid experience in making a difference in the lives of others," said **Ann Danner**, Vice Chair of the Board of Trustees.

Newsbriefs

FROM THE HEALTH TRUST



Dennise Carter has been named Vice President of External Affairs at The Health Trust, responsible for expanding the foundation's network of key stakeholders and fundraising opportunities. Formerly an advisor to The Health Trust, Dennise operated her own consulting firm for more than 20 years, serving nonprofit organizations, corporate public affairs and elected officials. She holds a degree in cultural anthropology from U.C. Santa Barbara.

Todd Hansen, Chief Operating Officer of The Health Trust, was honored at the fifth anniversary celebration of the School Health Clinics of Santa Clara County for his "support and dedication" to their organization which provides health care to more than 4,000 children a year.

Two teams of employees of The Health Trust participated in the **Team Bike Challenge** in May – with one team winning 2nd place among the 412 teams that participated in nine Bay Area counties. Together, the 10 employees on the two Health Trust teams biked a total of 979 miles during the month. The competition was sponsored by the Metropolitan Transportation Commission (MTC) and the Bay Area Bicycle Coalition in conjunction with the annual Bike to Work Day sponsored by Kaiser Permanente.



Staff from The Health Trust volunteered to help prepare an 11-acre site of Peterson Middle School in Sunnyvale for planting as a working farm where students and the community can help grow organic fruits and vegetables served in the school lunch program. It is a project of **Full Circle Farm**, a nonprofit organization that received a \$25,000 grant from The Health Trust. Students learn about farming, the environment, nutrition, and health while also being physically active.

Nicole Kohleriter has joined The Health Trust as Director of Strategic Communication. Nicole began her career for then-State Senator Jackie Speier, focusing primarily on health care policy. She worked in several government relations positions in the health care field in Washington D.C. and later went on to lead communications work for the CEO of Kaiser Permanente at its national headquarters in Oakland. Most recently she was a Program Officer on Health Care Reform with the California HealthCare Foundation. She holds a bachelor's degree in political science from UCLA and a master's degree in public policy from Harvard University, and is an active triathlete.



Board of Trustees

Michael R. Barsanti
Cindy Chavez
Ann Danner, Vice Chair
Frederick J. Ferrer
Martin Fishman, M.D.
Judy Heyboer
Paul E. Huber
David Katz
Mike McCabe
Ivonne Montes de Oca
Jay D. Pinson
Bern Shen, M.D.
Richard P. Triolo
Andrew Vu
Sue Wuerflein



Frederick J. Ferrer

CEO
Corner

Making healthy living as convenient and routine as recycling

Shortly after the first Earth Day in 1970, Santa Clara Valley residents were encouraged to begin recycling cans, bottles and newspaper. Not many did.

As a result of widespread media coverage and public education programs, they knew it was something they should do, but recycling at that time meant flattening cans, washing bottles and bundling newspapers with twine before delivering the goods to a recycling center miles away. It was just too much work.

In 2008, everyone recycles. Why not when all you have to do is toss a long list of recyclable items into a cart and wheel it to the curb. Now we not only know what we should do, the system is set up to make it likely that it is what we will do.

So why talk about recycling when our focus is health? The goal of increasing recycling became more achievable when public education was supported by changes in environmental policy. It is this successful strategy for meaningful change that The Health Trust has

embraced for moving closer to our goal – Silicon Valley as the healthiest region in America.

Think about a single mom living in an apartment in East San Jose. Does she need to be educated about the importance of good nutrition and physical activity for her children? Maybe she needs more awareness of the benefits of eating fruits and vegetables and more time playing outdoors. But it is far more likely that what is standing between her family and better health are the obstacles she would have to overcome to make these desirable behaviors happen.

Too many neighborhoods in Silicon Valley do not have grocery stores or farmers markets where fresh produce can be purchased at affordable prices. Instead there are fast food restaurants where supersized soft drinks, greasy fries and triple-deck burgers are cheap and convenient. While some areas of the valley have lovely parks, clean playgrounds, and creekside trails, too many of our neighborhoods have only littered parking lots, broken sidewalks and busy streets available for walking and play. Would our single mom feel safe sending her children there for exercise? Would you?

Yes, we still need to educate people more about how to make healthy food choices on a budget and how to incorporate more physical activity into daily life, but we also need to change the environment in which we live, work and play to make it more likely to put this learning into practice.

We've done it with recycling to help protect and preserve natural resources. Isn't it time we invest the same level of commitment to making the environmental policy changes that will create a community conducive to health and wellness? If your answer is yes, I hope you will join The Health Trust in supporting and implementing the strategies of our three initiatives – Healthy Living, Healthy Aging, Healthy Communities.

