



Neil A. Christie Living Center added to services for HIV/AIDS individuals

Hot soup, a comfortable environment, and friendly faces.

These are the trademarks of the Neil A. Christie Living Center, a welcoming drop-in community center in central San Jose for people living with HIV/AIDS. This summer, the Living Center becomes part of the AIDS services offered by The Health Trust, now the largest provider in Santa Clara County of programs for those with



HIV/AIDS and their families.

The Living Center opened in 2002 and is named in memory of Neil A. Christie, an AIDS activist who died from complications of AIDS before seeing his vision of a safe haven for people living with HIV/AIDS become a reality.

Currently located in the Rose Garden neighborhood, the center offers support groups, workshops and classes, information and referral and social events. There is an entertainment center for relaxing, a computer and telephone for client use, and a weekly hot meal provided by Martha's Kitchen in addition to the always-filled crockpot of hot soup. A van helps to transport groups on excursions such as movie matinees, kite flying, and visits to fun

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The Health Trust celebrates nine years of community service

Prepares for 10th anniversary in 2006

After nine years, The Health Trust is proud to announce it has provided more than \$85 million in value to the community through grants from its endowment fund and through the programs operated by The Health Trust for children, frail elderly and vulnerable adults.

As it approaches its 10th anniversary, The Health Trust is undertaking a strategic planning process to lay the foundation for continued success. This milestone is an opportunity to examine the

ways the community is changing, and to create a thoughtful and precise strategy for fulfilling its mission through 2015, including how to attract foundations and individual donors who want to be solution partners in supporting and expanding dynamic, creative, solid programs.

More than 200 community leaders have been invited to participate in the strategic planning process which is scheduled to conclude this fall.



A national organization dedicated to helping people with diabetes fully live their lives will present a unique conference and health fair in the Bay Area in September, with sponsorship by The Health Trust and collaboration with local health organizations.

"Taking Control Of Your Diabetes" is set for Saturday, Sept. 24, at the Santa Clara Convention Center. The all-day event combines plenary sessions with keynote speakers, small group workshops and one-on-one sessions with specialists such as a nutritionist, podiatrist, fitness trainer, endocrinologist, and ophthalmologist. Translations in the morning and a separate track in the afternoon will be available for Spanish-speaking participants.

The luncheon speaker is Urban Miyares, a nationally-recognized blinded Vietnam veteran with diabetes who is an entrepreneur, motivational

speaker and educator, author/writer, inventor and patent holder, a TV and film personality, and world class athlete. He was a member of the record-setting Challenged America 2003 Transpac Team, the first crew of sailors with significant disabilities to

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Fighting childhood obesity starts with changes at local schools

Walk into many elementary classrooms in the U.S. and you'll see a jar of candy treats on the teacher's desk – ready to reward students for good work or cooperation. Then wander around the playground at recess and count how many kids are on the move -- and how many are sitting on the bench with a Gameboy. These are just two examples of how small actions on regular school days could be contributing to the national epidemic of childhood obesity. According to the Centers for Disease Control and Prevention, the percent of children in the U.S. who are overweight has quadrupled in the last three decades. Current estimates are that one child in six is overweight.

Fall launch of Fit for Learning

An innovative program will be launched this fall by the Santa Clara County Office of Education, with the help of Healthy Silicon Valley and funding from The Health Trust. The goal of "Fit for Learning" is to fight childhood obesity by creating school environments that promote healthy nutrition and physical activity. Thousands of K-6 elementary students are expected to benefit from the "Fit for Learning" pilot project during the 2005-06 school year.



The U.S. Surgeon General has declared 2005 as the "Year of the Healthy Child" in America.



"We are excited that the Office of Education is joining us in our mission of improving community health by strengthening the ability of individuals to make healthy choices about diet and exercise," said Kate Grant, director of Healthy Silicon Valley, a collaboration funded by eight major foundations in Santa Clara Valley including The Health Trust, the California Endowment, the David & Lucile Packard Foundation, the Community Foundation Silicon Valley, the Valley Foundation, the Kaiser Foundation, and the Council on Aging.

"The County Office of Education, and particularly Superintendent Colleen Wilcox, her staff and Advisory Board, deserve great credit for leading an innovative county-wide effort in the schools," she said. "We are pleased to be an integral member of her team, sharing ideas, and helping create a truly innovative model based on current research and the best practice standards from efforts all over the country."

Healthy Silicon Valley is working to bring together all of the health care agencies and stakeholders in the region to develop and implement a comprehensive strategy to tackle the growing prevalence of obesity in Santa Clara County among all age and ethnic groups.

"We are trying to make all the sectors in which we live, work and study provide healthy choices for food and exercise," explained Grant. "Schools are a top priority."

For example, in addition to examining what is on the menu in the school cafeteria, the "Fit for Learning" program might also give teachers suggestions for classroom rewards that are not sugary treats and parents ideas for alternatives to sweet refreshments at birthday parties. "Fit for Learning" champions (teachers, parents and volunteers) at each school site may also develop ways to get kids involved in active play during recess time so that all of their physical activity at school is not just limited to the short time available for P.E. classes.

For more information on Healthy Silicon Valley, call (408) 879-8428.



Recent grants from The Health Trust –sharing resources to find solutions

Spring 2005 Good Samaritan Grants

Asian Americans for Community Involvement – Chinese Advocacy Project, \$25,000

The Chinese Advocacy Project empowers battered Chinese women and their children so they can move from their abusive situation. About three-fourths of the clients speak minimal or no English, and many are new immigrants who know no one in this country except their abuser.

Blind Babies Foundation – Off to a Good Start Program, \$25,000

Off to a Good Start Program employs a team of Vision Impairment Specialists who use experience, training and adapted materials to create lasting positive outcomes for children who are blind.

Books Aloud – Reading by Listening Project, \$25,000 (with Council on Aging co-funding at \$10,000)

The Reading by Listening Project provides recorded books, literature, and vital community information to those with blindness and visual impairment.

Child Advocates – Drug Treatment Program, \$25,000

Child Advocates of Santa Clara & San Mateo Counties will partner with Santa Clara County's Dependency Drug Treatment Court to offer a pilot program for young children and their parents that integrates substance abuse and mental health services, parent coaching and augmented housing and support services.

Girl Scouts – Got Choices Program, \$25,000

The Got Choices Program meets the mental and emotional health needs of girls ages 11-17 who are in the juvenile justice system, providing them with skills and tools to increase their resiliency.

Kids in Common – Reach Out and Read and Teen Success Projects, \$25,000

Reach Out and Read (previously called Baby and Me) is a clinic-based pediatric literacy project, and the Teen Success Reading Project is a home library and lap reading project in collaboration with Planned Parenthood - Mar Monte to increase the amount of time very young mothers spend reading to their children.

Next Door – Mental Health Services, \$25,000

This project works to identify the victims of domestic violence, train medical professionals and others about the signs of abuse, and get help to women who have suffered at the hands of an abuser.

Peninsula Stroke Association – Stroke Education Program, \$15,000

The Stroke Education Program for the Hispanic community in Santa Clara County will be expanded to recruit, train, and sustain more volunteer speakers, translate additional educational materials into Spanish, increase distribution of materials at school clinics, and to provide adequate bilingual staffing.

2005 Health Partnership Grants

Santa Clara County Office of Education with Lucile Packard Children's Hospital – Fit for Learning Program, \$370,000

See article on page 2.

Services for Brain Injury with O'Connor Hospital - Venture Licensing Campaign, \$75,000

This project allows more survivors of traumatic and acquired brain injury to complete post-acute rehabilitation. Funding adds occupational therapy and speech therapy hours in the Adult Day Program, expands occupational therapy in the Independent Living Skills Training Program, and increases clinical psychology services.



What you can do at home

- Think 5, 2, 1 Daily: Five servings of fruits and vegetables, no more than two hours of "screen time" (meaning TV, video games and computer), and one hour of physical activity every day.
- Set limits on the amount of time your child is allowed to watch TV or play video games. The goal should be less than 2 hours a day.
- Plan family activities that involve exercise. Go hiking or biking, wash the car, or walk the dog. Children need at least 60 minutes a day of moderate physical activity.
- Eat meals together as a family and eat at the table, not in front of the television.
- Don't force kids to eat. Parents are responsible for what a child is offered to eat, when eating occurs and where it takes place. The child is responsible for how much, and even whether she/he wants to eat.
- Don't use food as a reward or a punishment.
- Involve your children in meal planning, grocery shopping, and meal preparation.
- Keep healthy snacks on hand such as fresh fruit and vegetables, frozen fruit juice bars and low fat cheese, yogurt or ice cream.

University, City & The Health Trust work together to “map” community



Students from many majors worked together in teams to survey the Five Wounds-Brookwood Terrace neighborhood, looking for elements that affect community health.

Do cracked sidewalks and broken street lamps make it less likely that people will walk in their neighborhoods?

Do families eat less healthy if there are fast food outlets close by, but the nearest grocery store is two miles away?

These and other factors in the “built environment” that can affect community health are being identified and analyzed by students at San Jose State University in an innovative three-way partnership with The Health Trust and the City of San Jose, supported by mobile technology from Hewlett-Packard.

Armed with notebook, tablet and pocket PCs donated by HP, students from several departments at the University including health science, anthropology, and urban planning hit the streets of the Five Wounds – Brookwood Terrace neighborhood in central San Jose to identify local landmarks that might account for higher rates of obesity, diabetes and heart disease among adults and children. Students from management information systems and computer engineering developed the survey tools with help from industry experts.

“Community mapping is service learning at its best,” said Elizabeth Sills, Director of Community Partnerships at The Health Trust. “Students are getting out of the classroom and putting their learning to valuable use in the ‘real world.’ Everyone benefits – the students, the city, and those of us who are concerned about finding solutions to community health issues.”

The City of San Jose will work this fall with two full-time AmeriCorps VISTA members through The Health Trust, supported by four AmeriCorps Bridging Borders members, to survey other high-risk neighborhoods and identify infrastructure changes that will improve community health.

The 2005 Community Leadership San Jose class, a program that educates leaders from business, nonprofits, education, healthcare and other sectors of the community about civic issues, also participated in the community mapping project as part of their training. Members of the class were so enthusiastic about its potential that they raised funds to cover the costs of an AmeriCorps position.

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participate in the Transpacific Yacht Race from Los Angeles to Hawaii.

The Taking Control Of Your Diabetes [TCOYD] organization was founded in 1995 and annually presents 8-10 conferences in cities throughout the U.S. More than 60,000 people have attended TCOYD events to date.

“It is our belief that the most efficient and effective way to improve diabetes care is to educate

the people who are living with diabetes, as well as the caregivers, about the best ways to prevent this condition and its complications,” said Dr. Steven Edelman, founder of TCOYD and a national leader in diabetes treatment, research and education. He himself was diagnosed with diabetes at the age of 15. “We are dedicated to educating and motivating people with diabetes and their loved ones to take an active role in their condition, in order



Gary Allen, President and CEO of The Health Trust, who was recently diagnosed with diabetes will be one of the speakers at the Taking Control of Your Diabetes Conference. Also on the program are two dozen other speakers, workshop leaders and specialists available for one-on-one consultations.

to live healthier and happier lives.”

Registration is now underway for the Sept. 24 conference and the fee of just \$35 includes a sit-down banquet lunch, refreshments throughout the day and all sessions including the one-on-one consults with specialists. To register online, go to www.tcoyd.org. For more information including the complete schedule of speakers and workshops, call The Health Trust at (408) 961-9864 or visit www.healthtrust.org.

A Sample of Workshop Topics

- Understanding the Psychological Side of Diabetes
- Trust Me! You Don't Want to Have a Heart Attack or Stroke
- Balancing Life with Diabetes
- High Carb, Low Carb, No Carb! What's Best?
- The Latest on Neuropathy and Proper Foot Care
- Special Concerns of Women with Diabetes
- Home Glucose Monitoring: Knowing Your Numbers and What To Do With Them
- Trigger Fingers, Achy Joints, and Other Musculoskeletal Disorders

Newsbriefs

The Health Trust has welcomed four new community leaders to its Board of Directors in the past few months: Debra Engel, Martin Fishman, M.D., Michael McCabe, and Sue Wuerflein. Retiring from the Board after outstanding service to The Health Trust are Dolly Ares, Stephen Caplan, and Jan Segnitz, M.D.

Daryl Nguyen, Director of the Family Health Insurance program at The Health Trust, has been appointed to the Santa Clara County Health Advisory Commission, which advises the County Board of Supervisors on matters related to public health.

The Health Trust received the 2005 Provost's Award for Excellence in Service Learning from San Jose State University for the involvement of hundreds of students from multiple departments at the Open Air Health Fairs presented by The Health Trust each fall and spring at the San Jose Flea Market.



Santa Clara County Library and San Jose Public Library joined with The Health Trust to offer free dental screenings for children earlier this year in community libraries, a convenient and comfortable drop-in location for families. Youngsters with dental problems such as cavities or broken teeth were signed up for Dentists With A Heart Day when more than 350 children received free treatment from local volunteer dentists.

the living center – continued from page 1

destinations like the Monterey Bay Aquarium.

“Our clients tell us that The Living Center is like coming into a home, and that is exactly the feeling we want it to have,” said Marianne Gallagher, program manager of The Living Center. “Our coffee pot is always on and we’re always happy to see them.”

“The Living Center expands the continuum of services we offer to the HIV/AIDS community,” said Ginny Hoffman, Director of The Health Trust's AIDS services program Health Connections. “The Center is about wellness and prevention, and that complements our mission of maximizing the quality of life of individuals with HIV/AIDS while working to stop this epidemic.”

Hoffman said that new treatments have made AIDS a more manageable chronic condition, but one with special considerations.

“People with HIV/AIDS are living longer lives and are better able to return to work and satisfying personal relationships,” she said. “But that doesn't mean we should think that it is like any other chronic disease. Even if the individual strictly adheres to the treatment regimen, he or she can experience symptoms as a result of the disease or the treatment.”

“And it is unlike any other chronic disease in its potential to affect one of the most basic human drives – the need to be loved,” she added. “Too many people living with HIV/AIDS are rejected by family, friends or potential partners. It is difficult to stay emotionally healthy in that situation.”

Comprehensive Services

The Health Connections program provides a comprehensive array of services including nursing and social work case management, emergency financial and housing assistance, food, home care, and AIDS education. More than 800 individuals with HIV/AIDS are served annually.

The program continues to expand and will soon outgrow its current space.

“No matter where we locate, the environment will always be the same – a welcoming oasis of comfort and peace,” Gallagher said.

Thank you to our donors

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Young Japanese Adults group supports The Health Trust

For the past 35 years, a group of couples and singles have gotten together every month to socialize and provide service to the community, especially in San Jose's Japantown neighborhood.

"We called ourselves Young Japanese Adults because we were young when we started," laughed Teri Oshidari. "Many of us had moved here from other places and we didn't know people. It was a way to get acquainted and provide service."

Past activities included a basketball tournament and services for youth and seniors. Now members of the Young Japanese Adults serve as volunteers for The Health Trust Women's Health Conference and donate to The Women's Health Fund.

"It is such a good cause and people really enjoy coming to it," she said. "The topics are very interesting to our members."

The Health Trust Women's Health Conference in 2006 has special opportunities for all types of women's and community groups to get involved. For more information, call Patricia Narciso at (408) 879-8426.

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Meals on Wheels representatives Olympia Williams and Renee Kellythome from Meals on Wheels happily accept a \$7,500 check from the Safeway Foundation. Representing Safeway on right are Lisa Courts, First Assistant Manager, and Michelle Poshpishek, Store Manager, of the Hamilton Avenue Safeway.

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Macy's Passport means discounts for you, funds for The Health Trust

The annual Macy's Passport program returns Friday and Saturday, Sept. 23 and 24. Shoppers who make a \$10 donation to The Health Trust through this program receive a ticket good for a 10-20% discount on most merchandise purchased in participating stores on those days, including Macy's at Valley Fair and Union Square.

The ticket donations and a percentage of sales on Passport shopping days will be used to provide food and other services to people with AIDS.

To sign up, go to www.healthtrust.org/donate/donate.cfm and click on "donate with credit card." Designate "Macy's" on the program line. Tickets may also be purchased at The Health Trust, 2085 Hamilton Ave., Suite 150, San Jose.

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An BBQ and classic car show in May sponsored by Coldwell Banker Los Gatos-South raised enough funds for Meals On Wheels to provide 1,062 hot meals to frail seniors. Thank you, Coldwell Banker employees and friends and the Los Gatos community for supporting this event and The Health Trust!





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Businesses of all types support community health

High tech, low tech, no tech.

Businesses of all types in Silicon Valley are stepping forward to join The Health Trust in meeting the health needs of the community.

Despite tight economic times, business support of The Health Trust programs has increased in the last year, according to Dick King, Vice President of Fund Development.

“Companies are amazingly generous because they have a strong desire to contribute to the quality of life of the community where they do business and where their employees live,” he said. “They come from many industry sectors and are all different sizes, but the common denominator is their wish to ‘do the right thing.’ We are very appreciative of the ways in which they help us serve the residents of Silicon Valley.”

Here are just a few examples of how businesses are partnering with The Health Trust to find community health solutions:

- AMD funded hundreds of free health screenings for disadvantaged people.
- MAC Cosmetics donated all proceeds from the sales of their VIVA GLAM lipsticks to The Health Trust's AIDS services.
- Cisco Systems, HP and National Semiconductor helped Meals on Wheels give the homebound seniors and disabled adults they serve a happy holiday.
- eBay is helping to fund the next Open Air Health Fair at the San Jose Flea Market this fall.
- The Mercury News featured two programs of The Health Trust – Meals on Wheels and Children's Dental Services – in “The Holiday Wish Book” and collected donations from hundreds of people throughout the South Bay who wanted to help those in need. For information on how your business can help, call King at (408) 559-5598 or email richardk@healthtrust.org.

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M3i works

We need your help!

• Meals on Wheels Volunteers

Help deliver meals to homebound elderly and disabled adults who rely on Meals on Wheels for hot, nutritious food. Meals are delivered Monday through Friday between 10 a.m. and 1 p.m. and volunteers are asked to commit to at least one day a week for a minimum of six months. Volunteers use their own cars and must have a valid driver's license and auto insurance.

To inquire about this and other volunteer opportunities at The Health Trust, visit www.thehealthtrustonline.org or call Rachel Kulik at (408) 961-9897.

• RNs for Flu Shots

Registered nurses are needed for public and corporate flu shot clinics this fall. Other part-time and full-time positions at The Health Trust are described on the website www.healthtrust.org or call (408) 559-5595.

• Women's Health Conference Committee

Help organize this February event for 1,000 local women. For information, call Patricia Narciso at (408) 879-8426.



Legacy Recipes from Meals on Wheels

Many seniors who count on Meals on Wheels for hot, nutritious food because they are not able to easily shop and cook for themselves still maintain a collection of recipes of family favorites. The Health Trust is asking clients to share these recipes with others as a legacy to the community. Here are two for you to try.



Elsie Bisconer says her Zucchini Stuffing Casserole "always added that something special to a delicious meal."

Elsie Bisconer's Zucchini Stuffing Casserole

4 med zucchini, sliced 1/4 inch thick
1/2 c chopped onion
2 1/4 c herbed stuffing cubes
1/2 c sour cream
3/4 c shredded carrots
6 T butter or margarine
1 can cream of chicken soup

For a lower fat version of this recipe, use low fat sour cream, low fat cream of chicken soup, and olive oil instead of butter or margarine.

Briefly cook zucchini in boiling, salted water until tender and drain. Melt 4T of butter or margarine and saute the carrots and onions. Remove from heat and stir in 1 1/2 c of the stuffing cubes, the soup and sour cream. Gently stir in zucchini. Pour into 1 1/2 quart casserole dish. Melt remaining butter or margarine and add remaining stuffing cubes. Toss gently and place on top of casserole. Bake 30-40 minutes in a 350 degree oven.

Rose Cornbleet's Pecan Cakes



2 eggs
1 c brown sugar
1 c chopped pecans
1/2 c flour
1/3 t salt
1/4 t baking powder

Mix and sift dry ingredients. In a separate bowl, slightly beat the eggs and add the sugar. Fold in the pecans and dry ingredients. Bake in small muffin tins in a 325 degree oven for 20-25 minutes or until toothpick comes out clean.



Frequent users of hospital ER find a 'New Direction' in this program

For most people, a trip to a hospital emergency room is a once-in-a-lifetime experience, resulting from an injury or serious illness.

But for hundreds of patients, hospital emergency departments are a frequent destination for routine, non-urgent health matters because they are uninsured, lack access to basic health services and often have multiple problems such as homelessness, mental illness, or substance abuse.

In 2003, Santa Clara County hospital emergency departments saw 230,497 patients. Of these, 913 patients accounted for 11,170 visits – an average of 12.2 times per patient.

A program called New Directions has been developed by the Hospital Council of Northern and Central California to provide case management services to help these patients find access to health care other than through emergency rooms. It has received major grant funding from The Health Trust.

Locally the program is now in place at O'Connor Hospital, Valley Medical Center, and Regional Medical Center. It will soon be introduced at St. Louise Regional Hospital in Gilroy, and a statewide effort is funded by The California Endowment and the California HealthCare Foundation.

Case managers are called to the hospital when a patient arrives for a ninth visit.

"We introduce ourselves in the emergency room and explain how New Directions can help them," said Sherry Lebow, program manager. "After they agree to participate, we get to work on their situation."

Minds Alive! collaboration with Children's Health Council

A new collaboration between The Health Trust and the Children's Health Council promises to take the Minds Alive! Learning Differences Initiative to the next level of success.

Thousands of schoolchildren in Santa Clara County enter the classroom each fall with brains that are 'wired' differently, according to Gary Allen, President & CEO of The Health Trust. "This program changes the way these children are taught and dramatically

improves their success in school," he explained.

With funding support from The Health Trust, the Children's Health Council [CHC] will train as many as 4,000 teachers over the next 10 years. CHC has taken on the challenge of raising \$300,000 from the community this year to match the commitment from The Health Trust.

"There is a wealth of expertise within the walls of CHC, and we are pleased to share our talents and skills

For one homeless man in his 50s that meant setting up an appointment with a neurologist to medicate a life-long seizure disorder. The case management team also accompanied the patient to court to untangle a bureaucratic snafu that had denied his benefits, helped him find housing, and encouraged him to stop drinking and improve his diet and hygiene. Now the man is able to work and take better care of himself and his only trip to the emergency room in the last year was for heart arrhythmia which required a pacemaker – an appropriate ER visit.

For a woman in her 30s with severe asthma, the New Directions program has greatly improved her quality of life. She was coming into the hospital several times a week with breathing difficulties. But as soon as the attack eased, she was back out the door to an abusive boyfriend and living in a car or with friends.

"We helped her find housing and heavily screened the apartment for allergens that could set off an asthma attack," Lebow said. "She is medically disabled and unable to work, but she wasn't receiving the benefits she was entitled to. Now she gets Social Security, has a place to live and is taking better care of herself so that she doesn't need to rush to the ER all of the time."

The program is achieving significant results. During its initial 12-month pilot project, New Direction client visits to emergency rooms decreased 41%.

"By providing financial backing to New Directions, The Health Trust is helping individuals with complex needs and helping hospitals and the health care system better utilize its resources," said Barbara Harrelson, Hospital Council Regional Vice President, South Bay. "There is no history of such a wide coalition collaborating across so many community and County agencies/departments."





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*To learn more about how you
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community, call Richard King
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Mark Your Calendar

Sat., Sept. 10
**Healthy Living Is A Walk
In The Park**

Join The Health Trust and other major community health organizations including the County of Santa Clara, Kaiser Permanente and the YMCA in celebrating Guadalupe River Park & Gardens in downtown San Jose. Free entertainment, fun family activities, commemorative gifts, a contest for a trip to Hawaii, and a special appearance by KGO Radio's Joanie Greggains. www.grpg.org.

Sat., Sept. 24
**Taking Control of Your
Diabetes**

See article on page 1.

Sat.-Sun., Oct. 8-9
Open Air Health Fair

The annual fall Open Air Health Fair at San Jose Flea Market is part of Binational



Marlee Matlin, acclaimed actress and advocate for the hearing disabled, will be the luncheon keynote speaker at The Health Trust Women's Health Conference in February.

Health Week, a joint program of the U.S. and Mexico. Events will take place this week throughout both countries. www.healthtrust.org.

Sun., Oct. 16
**10K Walk for Aids
Silicon Valley**

Help raise funds for The Health Trust's AIDS Services and other agencies serving the HIV/AIDS community. www.walkforaids.org.

October - December
Public Flu Shot Clinics

Check www.healthtrust.org for locations, dates and times throughout Santa Clara Valley, including many Long's Drug Stores.

Sat., Feb. 25, 2006
**The Health Trust
Women's Health
Conference**

This popular event returns with health screenings, 15+ breakout sessions, exhibits, videos, books, entertainment and keynote speakers including Academy Award winning actress Marlee Matlin. Register early to guarantee a spot for you and your friends! www.healthtrust.org.