



See inside for information on holiday volunteer and giving opportunities

Save the date!

Saturday, March 19, 2005

“The Health Trust Women’s Health Conference:

Inspiring Wellness, Harmony and Strength in All Seasons of Life”

*Keynote speakers
Break-out sessions
Health screenings • Exhibits*

San Jose McEnery Convention Center

Watch the website www.healthtrust.org for details and register early for this sell-out event!

Doctors, dentists to receive training on dental disease in young children

The Health Trust has been selected as one of several community healthcare organizations in California to share a \$7 million grant for educating dental and medical professionals on the newest scientific information about dental disease prevention in young children.

Over the next three years, Santa Clara County pediatricians, obstetricians, primary care physicians and dentists will be trained on how to recognize the early warning signs of dental disease in children from birth to 5 years old. The funding comes from FIRST 5 California-Santa Clara County.

“The First 5 Oral Health Education and Training Program, jointly managed by the Dental Health Foundation and the California Dental Association Foundation, is the largest effort in the country intended to train dentists and physicians to provide preventive oral health care services to infants and toddlers,” said Wynne Grossmann, Executive Director of the Dental Health Foundation. “The

Health Trust will be taking the lead in providing this training in Santa Clara County.”

“We are extremely pleased to be partnering with such an effective organization and look forward to seeing their continued positive impact in the community,” added Jon R. Roth, CAE, Executive Director of the California Dental Association Foundation.

According to David Lees, D.D.S., Director of the Children’s Dental Initiative at The Health Trust, the American Dental Association recommends that children begin getting dental checkups at age 1. Dental decay is the single most chronic disease in young children, but it is one that can be prevented with proper care and treatment.

“Many dental offices are not equipped to handle the clinical and behavioral challenges these young children present,” he said. “This grant will provide for the continuing education of dentists, so they will become more comfortable treating young children, and the education of physicians with the expectation that medical offices will provide an initial oral health assessment as part of their exam.”

Continued on page 2

Promotoras take health information into the homes of people who need it

People of every culture like to get together. Some quilt or fix cars as a group. Some have parties to buy cosmetics or kitchenware. Others watch sports on TV or just chat over a cup of coffee.

The new Community Health Promotion team of The Health Trust is taking advantage of the social nature of people to extend their reach into the Hispanic community and share health information, resources and referrals.

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Promotoras bring coloring books to house parties as a fun way for children to learn about oral health.

see inside

- *AIDS Deadly Toll*
- *Holiday Giving*
- *Holiday Volunteers*
- *Family Health Insurance*
- *Recent Grants*
- *Winter Health Tips*

AIDS continues to take a deadly toll

By Norm Robinson
Interim Director, Health Connections Case Management Services

Norm served for five years as Executive Director of ARIS (AIDS Resources, Information and Services) in the late '90s. He led ARIS through a period of significant growth during which both the services ARIS provided and the number and range of clients served increased dramatically. He was Interim Director of the National AIDS Memorial Grove from 2001-2002. He also served on the Santa Clara County HIV/AIDS Health Services Planning Council and the Board of Directors of the Santa Clara County AIDS Coalition.



A Drop-In Art Class at the Neil A. Christie Living Center provides people living with HIV/AIDS the opportunity to express creatively what they are feeling about their health and their future.

It's been 20 years since AIDS began its path of devastation through so many lives. Lately, the news is focused on the AIDS epidemic in Africa and Asia, leading one to wonder if it is still a problem here at home. This answer is "yes."

By the end of 2003, more than 800,000 cases of AIDS had been diagnosed in the U.S., with some 463,000 deaths and 490,000 people living with the disease. The comparable numbers for Santa Clara County are 3,500 total cases, with 2,000 deaths and 1,500 people living with AIDS.

This data does not include those living with HIV. The annual number of people newly infected with HIV in the U.S. has been holding steady, averaging 40,000 per year for the past several years. Locally, we have about

1,500 people living with HIV. Perhaps even more disturbing is the fact that an unknown number of people are infected with HIV but don't know it because they haven't been tested.

What are the implications of this for The Health Trust's AIDS Services program, Health Connections? It means, unfortunately, that business is booming.

Last year, we served around 800 unduplicated clients. The demographics of those living with AIDS and HIV have changed. They are increasingly minority, poor, and female, and many are diagnosed with other conditions like mental illness and drug abuse. In addition, growing numbers are homeless.

The Health Trust is now the primary provider of support services in Santa Clara County for people living with and affected by HIV/AIDS. The scope of those services has grown considerably, especially with the demise of the county's other major AIDS service organization a year ago. What we now provide, in addition to our long-established case management services and emergency financial assistance, are housing, food, transportation and a variety of other services.

While there have been significant developments in the area of HIV/AIDS treatment, it is imperative that we all remember that there is still no cure for AIDS ... no vaccine to prevent the spread of HIV ... and no prospect of either in the foreseeable future. It is critical, therefore, for all of us to do what we

can to prevent the spread of HIV and to provide resources necessary to care for and provide services to those living with and affected by HIV disease.



Volunteers for The Health Trust pack and deliver food baskets to low income members of the HIV/AIDS community.

dental disease - continued from page 1

Physicians receive minimal training on oral health issues in medical school, but there have been many recent advancements in understanding the impact of dental disease on the overall health and well-being of children and adults. It is anticipated that 75% of dentists and 50% of primary medical providers in the state will receive training by the end of 2007.





CALENDAR NOTES

Oct – early Dec.

Flu Shot Clinics, sponsored by The Health Trust at locations throughout Santa Clara County
Visit www.healthtrust.org for a complete schedule

Oct. 10-16

National Case Management Week

Oct. 17

Walk for AIDS Silicon Valley – a 10K walk to raise funds for HIV/AIDS services including The Health Trust's Health Connections Case Management program.
Visit www.walkforaids.org/general_info.php to sign up

Oct. 23-24

Open Air Health Fair at the San Jose Flea Market on Berryessa – free health screenings and health education activities and information for the whole family, sponsored by The Health Trust

Nov

First Annual Report to the Community
Special dinner and briefing for members of The Health Trust's Leadership Circle (donors of \$1,000+)
Silicon Valley Capital Club
For information, call Dick King (408) 559-5598

Dec. 1

World AIDS Day



Thanksgiving recipes from Mountain Winery Chef Rodney Baca

If you're counting calories or concerned about cholesterol and fat in your meals, the annual Thanksgiving feast can be a challenge. Chef Rodney Baca from The Mountain Winery has created these alternative recipes for a delicious, more healthy repast.

Shrimp, Crab, And Sweet Potato Casserole

- 1 can stewed tomatoes (no salt)
- 2 cloves garlic minced
- 1 green bell pepper, chopped
- 1 onion, chopped
- 5 mushrooms, washed and chopped
- 8 ounces half and half
- 1 bunch green onions, chopped
- 1 T Worcestershire sauce
- 1 pound cooked shrimp
- 1 pound lump or white crab meat
- 3 sweet potatoes peeled and cooked

In a large, heavy pot, combine stewed tomatoes, garlic, green pepper, and onion. Cook over low heat approximately 20 minutes or until vegetables are tender. Add cream, mushrooms, green onions, and Worcestershire sauce, mixing well. Add shrimp, crab meat, and sweet potatoes. Mix thoroughly but gently.
Serves 8

258 Calories
Cholesterol (mg) 147
Fat (g) 5.1%
Calories from Fat 17.7%

Chicken and Sausage Stuffing

- 4 boneless chicken breasts
- 2 T olive oil
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 bunch green onions, sliced
- 4 cloves garlic, minced
- 2 to 3 cups reserved chicken broth
- 1 cup dry white wine
- salt and pepper to taste
- 10 slices wheat bread
- 1 pound cooked turkey sausage, cut into 1 inch pieces
- 1/2 cup chopped parsley
- 1 ounce herbs de provence

Boil chicken and sausage. Sauté everything else except for the bread and broth. Add all ingredients to the cooked chicken and sausage then add the broth and bread crumbs. Bake in oven until heated throughout.

Yield 10

Calories 469
Cholesterol (mg) 114
Fat (g) 13.9%
Calories from Fat 26.6%





Volunteers

There is no holiday from the need ...

Online "giving tree" brings toys, joy to local children

The Health Trust will partner this year with MyTwoFrontTeeth.org to provide hundreds of local youngsters with a jolly holiday. Through its work in low income neighborhoods of Santa Clara County, The Health Trust is identifying children whose families are struggling to meet basic needs and whose Christmas stockings may be empty.

A profile of each child will be posted on www.mytwofrontteeth.org where anyone who wants to be Santa for a day can shop online from a toy catalog and make an electronic purchase.

The MyTwoFrontTeeth.org organization buys the toys through distributors and collects them in a warehouse where volunteers wrap the gifts and delivers them to the children a few days before Christmas. More than 1,000 gifts were donated to local kids last year.



"This is an example of how technology can be used for a great purpose," said Elizabeth Sills, Director of Community Partnerships for The Health Trust. "It makes it convenient for people to give children a holiday they will remember and cherish."

Information on the 2004 holiday season is expected to be posted in November.

Volunteer opportunities all through the year

- Drivers to deliver hot meals to homebound frail elderly, disabled and vulnerable adults as part of the Meals on Wheels program.
- Clerical assistants in our offices including greeting and helping visitors, answering phones, filing, photocopying, and assistance with projects as needed.
- Event coordinators and assistants for community health fairs for children and adults
- Drivers to help AIDS/HIV clients get to medical appointments.
- Creative talent who can write, design, and use technology such as the web and Powerpoint to communicate effectively.
- Food basket sorters and deliverers for families living with AIDS/HIV
- Translators for health education activities and community events – all languages needed!

For more information on these and other volunteer opportunities, contact Elizabeth Sills at (408) 961-9810 or elizabeths@healthtrust.org.



Is your organization looking for a holiday activity?

If your workplace or community group would like to help the underserved in Santa Clara County have a happier holiday season, call The Health Trust for ideas on how you can get involved. Maybe it will be a food drive for the Food Basket program, or gift bags for Meals on Wheels clients, or another idea that will reach out to those in need. Call Elizabeth Sills at (408) 961-9810 or elizabeths@healthtrust.org.



In 2005, I wish I had...

... a hot meal every day even though I can no longer go to the store or cook for myself

[\$48.75 brings a week's worth of nutritious meals to someone who is homebound, \$195 covers four weeks of meals, and \$2,535 guarantees food for a year for an impoverished senior]

... teeth that didn't hurt and look so bad that the other kids laugh at me

[\$44.50 pays for dental X-rays, \$109.50 fixes two large cavities, \$332.75 repairs a broken front tooth]

... regular doctor visits for my son to keep him healthy and growing

[\$50 pays for health insurance plan outreach to low income families]

... a place to live because now I'm homeless and living with AIDS
[any amount will help find housing for this woman]

... better access to healthcare for my children, my elderly parents and myself

[any amount will help low income families in Santa Clara County receive the health care they need and deserve]



Help the underserved of Santa Clara County



Thank You, Solution Partners!

We gratefully acknowledge the following donors who made financial gifts of \$100.00 or more to The Health Trust between June 1 and August 31, 2004.

INDIVIDUALS

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Leadership Circle

(\$1,000 - \$2,499)
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Broadway Cares/Equity
Fights AIDS

Leadership Circle

(\$1,000 - \$2,499)
Rotary Club of San Jose

Donors

(\$100-\$999)
Human Race-Volunteer
Exchange
SVP South Valley
Plumbing, Inc.
West Coast Locators, Inc.
Whole Foods Market, Inc.

Spending money at these businesses brings a donation to The Health Trust

A Community Investment Program launched this fall by five West Valley businesses offers a convenient way for the public to financially contribute to The Health Trust.

Participating businesses include Preston Wynne Saratoga, Preston Wynne Hotel Los Gatos, James Craig Haircolor & Design, Sent Sovi Restaurant, and Golden Cache Jewelry.

The businesses will donate 3% of all purchases to a nonprofit. Customers need to specify The Health Trust in order for us to receive the donation.

Your generous contribution can bring a brighter new year to many

The new year's wish list is long and filled with many basic needs. If your resolution is to help those in our community with serious problems, please consider sending a check today to The Health Trust.

100% of your donation will be used to meet the needs of the underserved in

Last year, volunteers at The Health Trust donated more than 25,000 hours – \$370,000 worth of time – in helping our community. Thank you!



Santa Clara County. The Health Trust is focused on:

- Children and families
- Vulnerable adults
- Frail elderly
- Targeted public health issues

Peace of mind leads donor to The Health Trust

What is the value of peace of mind? As it says on a popular commercial – Priceless! But gratitude wasn't enough

for a local businessman who wanted to demonstrate his appreciation for a service provided to his family.

"Rose" is now 101 and for more than 10 years has relied on a hot meal delivered every day by Meals on Wheels. According to her brother, she has been sustained physically by the nourishment of the food and psychologically by the delivery driver's daily visits, "a major part of her social life."

Acknowledging the value of this service to both his sister and his family, Rose's brother recently informed The Health Trust that his will now includes a designated bequest to our Meals on Wheels program.

This thoughtful gift will help guarantee that others like Rose will benefit for years to come. If you too are interested in exploring ways to express your appreciation to The Health Trust, please contact Dick King at 408-559-5598 or richardk@healthtrust.org.

promotoras - *continued from page 1*

The outreach workers are called “promotoras” which means promoters in Spanish. Their job is to go to the non-intimidating places that are comfortable and convenient for their targeted audiences – people who face multiple barriers (low income, limited or no English language skills, cultural barriers, no transportation, immigration status, etc.) in accessing health care. The basic tool of the promotoras is the house meeting where a home gathering of 6 to 12 friends and neighbors enjoy fresh fruit and bottled water from The Health Trust while participating in a low key, friendly health education presentation.

During the house meetings, child care is provided in the form of fun oral health classes for children.

“Initially, our mission is to talk about oral health but at almost every house meeting we get questions about other health issues,” said Hugo Mora Torres, director of Community Health Promotions. “They don’t know about the resources that are available to them or how to navigate the health care system in Santa Clara County. We try to establish a dialogue that involves humor and activity because we find the learning is more effective and the knowledge is retained longer.”

Currently Community Health Promotions is focused on setting up house meetings in Gilroy and the Franklin-McKinley area of San Jose. Right now they are only offered in Spanish, but plans are to add other languages for diverse populations who are under-served.

“Our office looks like a military operation,” said Hugo. “We have large maps on the wall and bright-colored pins showing where we have had house meetings and where the people live who have attended. The more we can cover that map with pins, the more successful we can be in getting health care information to people who need it.”



Special activities for kids keep them occupied at house parties while parents have their health questions answered by promotoras.

Newsbriefs

Hundreds of people who live in the Gilroy area enjoyed a Saturday Health Day on September 11 that featured more than 40 health service providers, including The Health Trust. Popular activities were a workshop on healthy cooking and “Talk with a Doc” staffed by volunteer physicians from Kaiser Permanente.

A book co-authored by Elizabeth Sills of The Health Trust has gone into a second printing and is now being used as a textbook at several universities including Stanford, Arizona State, Southern Methodist University in Texas and Bentley College in Massachusetts. *Community Matters: A Reader for Writers* is co-authored by Marjorie Ford and Liz, who is Director of Community Partnerships at The Health Trust.

Dana Kirk, a volunteer for The Health Trust and a student at Stanford University, took a break from her studies and community work to compete in the Summer Olympics in Athens. She fell out of the running for a medal during the semifinals in the 200 butterfly when she missed qualifying for the final by 0.12 seconds. Congratulations, Dana, on winning a coveted spot on the American Olympic team.

Staff at The Health Trust completed training this summer on the developmental asset approach to preventing high-risk behavior among young people. Based on research by the Search Institute, the approach shifts the focus from identifying problems to recognizing and building on the strengths of children and youth. A local nonprofit organization, Project Cornerstone, is a proponent of the developmental asset approach and is an advocate for all community organizations to incorporate it into their daily work.



Grants from The Health Trust support many community health programs

Health Prevention Development Program—Bill Wilson Center in conjunction with O'Connor Hospital, \$100,000

The above grant enables Bill Wilson to generate revenue to support the merged services of Contact Cares and The Centre for Living with Dying, to sustain Bill Wilson Center's prevention programming, and to ensure organizational stability for the Center.

New Directions—Hospital Council in conjunction with O'Connor Hospital, \$330,000

This grant supports a significant program, which, through case management, helps homeless and very low income clients who often utilize expensive emergency room treatment receive the care that they need outside the emergency room, resulting in better care for them and preserving resources for the hospital.

Open Access—Gardner Family Health Network in conjunction with O'Connor Hospital, \$50,000

This grant allows Gardner Family Health Network to acquire and implement Advanced Access, a tool which effectively monitors patient flow, resulting in improved wait time and higher quality of service, and more at-risk patients accessing Network facilities.

PathwaysKIDS—Pathways Hospice Foundation in conjunction with El Camino Hospital, \$75,000

These funds support Pathways KIDS, a program providing pediatric palliative care for infants, children, and teens, while providing support for families in the heartbreaking situation of having a child with a life-limiting illness.

San Benito County Diabetes Collaborative—San Benito Health Care District, \$46,278

This grant provides funding to support planning and start-up costs for the San Benito County Diabetes Collaborative, which is dedicated to fighting obesity and diabetes in San Benito County.

Stanford Pediatric Weight Control Program Institute—Stanford Hospitals and Clinics, \$549,743

This grant provides start-up costs over two years for a Stanford Pediatric Weight Control Program Institute, whose goal is to effectively disseminate the nation's most effective program for fighting childhood obesity.

Transitions—Hospice of the Valley in conjunction with O'Connor Hospital, \$75,000

This grant supports Hospice of the Valley's new program, Transitions, which meets the physical, emotional and spiritual needs of clients who have been diagnosed with a life-limiting illness, but are not yet ready or appropriate for hospice services.

Families face tough decision:

Food and shelter? Or health insurance?

Martin Fernandez has worked hard through the years to provide for his family. He has held many different jobs, most of which did not include health insurance benefits. When he was provided with health coverage, it did not include his dependents.

Supporting a family of five on a salary of \$14 per hour means making hard choices on how money is spent. Will it be for rent, food and clothing? Or will it go for health insurance payments which could be hundreds of dollars a month? Martin and his family decided that they would pay for health care

services directly if and when they needed them. Obviously, trips to the doctor were kept to a minimum.

Four years ago, Martin saw an announcement on a Spanish language television channel about other options for health care insurance. At the Franklin-McKinley School District Clinic he met Cristina Carbajal, a Certified Application Assistant with The Health Trust's Family Health Insurance program. Cristina and Martin discovered that based upon his family income, the age of his children and family size, all three of his children were eligible for health insurance for a total monthly cost of only \$54.

Martin has come to know Cristina as someone he can turn to when he has questions on health access and information. She is someone he can trust and he has

referred many family members and friends to The Health Trust's Family Health Insurance program. A school location is the best site for connecting with families because they are a familiar and comfortable place, recognized universally as safe-havens for children.

Larry Aceves, Superintendent of the Franklin-McKinley School District, believes that The Health Trust's presence in his district office provides for healthier children in all of his schools.

"Having the Family Health Insurance program as well as health care services such as School Health Clinics of Santa

Clara County at the district offices continues to be a great partnership. Healthier students learn better," he said.

Since 2001, The Family Health Insurance program has assisted more than 19,000 children with access to health insurance. Although this number continues to grow, sign-ups are becoming increasingly the result of personal referrals. The Health Trust is strengthening its relationship with community leaders, educational faculty and people affiliated with faith organizations.

"These are the people our clients turn to for guidance and trust," said Daryl Nguyen, Director of the Family Health Insurance program.

Family Health Insurance staff are located throughout Santa Clara County. For more information, contact Charlotte Strong at (408) 961-9892.



Children need to see a doctor regularly for check-ups. It's hard for families if they don't have health insurance.

The Family Health Insurance program has assisted over 19,000 children with access to health insurance.





TheHEALTHTrust
SERVING THE UNDERSERVED

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To learn more about how you can support these and other important health programs for those most in need in our community, call Richard King at (408) 559-5598.



tips for staying healthy this winter

Wash your hands often

Avoid touching your face and keep your hands away from your nose, eyes and mouth

Clean surfaces that sick members of the family or colleagues at work may have contaminated – don't forget the phone

Wash your hands often

Get a flu shot – see the schedule of flu shot clinics at www.healthtrust.org

Exercise regularly, even if the weather is cold, damp and dreary

Wash your hands often

Eat a healthy diet

Manage stress (especially during the hectic holiday season) and get plenty of rest to help build your body's natural defenses for fighting off infection

Wash your hands often