



Teachers know that every child is unique

But how do you meet different needs in a classroom full of kids?

It's one thing to realize that not all students learn the same way because everyone's brain functions differently. It's quite another to apply this knowledge in a classroom where teachers have too many students, not enough resources, and intense pressure to have their classes perform well on standardized tests.

Who has time for neurological theory and a customized approach to educating the individual when there are 30 kids in front of you and a big pile of lesson plans to be taught?

"Every school's closet is filled with great materials on how to be a better, more effective teacher. It's not that we lack for ideas and information," said Shelly Viramontez, principal of Monroe Middle School in the Campbell Union School District. "You can't implement new concepts and lasting change overnight. That's why

BrainWise has been so important to our success, in helping us move from ideology into action."

BrainWise, an initiative of The Health Trust, utilizes the groundbreaking work of Dr. Mel Levine and the national "All Kinds of Minds" program that teaches

teachers how to incorporate "strength-based" learning into their classrooms – recognizing and accommodating individual learning styles. Teachers receive on-going mentoring help from BrainWise learning specialists at their school.

"The learning specialist provided by The Health Trust is the driving force that helps us implement these strategies into our structure," Shelly said. "There is no way we could do any of this without BrainWise."

Continued on page 5

Beginning this summer, the BrainWise Initiative is changing its name to Minds Alive.

Frank Keillor retires – career helped many



Frank Keillor is retiring as Director of Health Connections Case Management Services, a program of The Health Trust, ending

a 35-year career in community health. He has been selected to receive the Leslie David Burgess Lifetime Achievement Award which is presented annually by the Santa Clara County Board of Supervisors to "individuals who have demonstrated extraordinary commitment, and compassion in providing education, prevention, healthcare or support services to Santa Clara County residents who are at risk for, affected by, or living with HIV/AIDS."

"The contribution of Frank Keillor to Health Connections and The Health Trust has been tremendous," said Gary Allen, CEO of The Health Trust. "His work has touched the lives of thousands of people in the Bay Area. It is a legacy he can be proud of."

Sign up now for on-site flu shot clinic

Now is the time for businesses and community groups to make arrangements for an on-site flu shot clinic this fall for their employees or members. Last year, a rapid outbreak of flu and a short supply of flu vaccine led to people throughout the U.S. lining up for hours in hopes of being among the lucky ones to receive the immunization protection.

The Community Wellness program of The Health Trust



typically schedules about 300 private clinics at corporations, churches and service club meetings in addition to the drop-in flu shot sessions offered at Long's Drug Stores throughout Santa Clara Valley in October,

November and December. A list of dates, times and locations for public flu shot clinics is posted on the website: www.healthtrust.org.

A special flu shot clinic can be set up by Community Wellness for groups as small

Continued on page 2

see inside

- Meals on Wheels
- Estate Bequest
- "Veg" Time for Kids
- Housing for Health
- Thank you, Donors
- Health Fair Results
- Preventing Childhood Obesity

M eals on Wheels volunteers bring more than hot food



Flora enjoys both the hot meals and the cheery visits from volunteers like Nicki.

The favorite day of the work week for most people is Friday, but Tuesdays are golden for Nicki Briefs. That's the morning when she leaves her office as a corporate secretary in Silicon Valley and hits the road as a Meals on Wheels volunteer. For a few hours, she brings hot meals, companionship and a caring concern to homebound seniors and disabled adults.

And when she goes back to the office? "I just can't get upset about deadlines or other stresses," she said. "I've just spent time with people with real problems."

Nicki is one of 44 volunteers who supplement 12 paid drivers to deliver hot meals Monday through Friday to about 300 Meals on Wheels clients in Santa Clara County. Most of the people served live alone and the Meals on Wheels delivery is one of their few connections with the outside world. Checking on the safety and wellness of the clients is almost as important as the nutritious food.

Over the last year, Meals on Wheels has added several new benefits to its clients including in-home blood pressure checks conducted by nurses and pen pal

correspondence with children at Horace Mann and Rita Ledesma Elementary Schools. Clients who are visually or learning impaired may also receive audio books and cassette recorders from Books Aloud, Inc. along with their meals.

What is it like to be a Meals on Wheels volunteer? Here is a glimpse into an average delivery morning for Nicki.

10:20 a.m. Nicki arrives at the loading dock outside the kitchen of O'Connor Hospital. She picks up her daily route sheet to see if any clients are off the list for today or if there are any special delivery instructions. The hot meals – chicken parmesan is today's entrée – are already packed in insulated bags. Nicki stocks another container with chilled salad, dessert, cold milk and juice and she's ready to roll.

10:36 a.m. First stop is a well-kept home in a quiet west San Jose neighborhood where elderly Elizabeth has lived for over 35 years. She's in a wheelchair now and her sparse hair is a sign that she's recently endured chemotherapy. Nicki puts the meal in the kitchen, chats for a few minutes, and asks if there is anything she can do. Elizabeth is happy to have someone to place outgoing mail in her mailbox and bring in the garbage can from the street.

10:45 a.m. A modest apartment is the next stop and Stanley, a 14-year-old orange cat, is meowing as Nicki enters the door. Judy, a middle age woman with multiple health problems, dozes in a hospital bed in the living room. Nicki opens cat food and talks with Judy for a few minutes about her search for a new home care worker. "How's Judy doing," asks a neighbor as Nicki walks down the

sidewalk. "We're real worried about her."

11:10 a.m. A personal care attendant answers the door of the home of the next client whose file includes a warning that she sometimes is confused and needs to be reminded that her daughter has arranged for the meal delivery.

11:15 a.m. There's a jaunty bell on the door of client Maria's apartment but she barely opens the door wide enough for Nicki to hand in her meal. "She doesn't speak very much English," Nicki explains, "and I think she's embarrassed. But at least I can make sure she's all right."

11:20 a.m. Nicki punches in the security code to gain admittance to the apartment building where one of her favorite clients, 95-year-old Flora, lives alone. Flora smiles when she sees Nicki walk through the door and is eager to tell her about the visit from her out-of-town son last weekend. "Come back anytime," Flora calls out as Nicki leaves. "I'm always here."

11:30 a.m. Nicki continues her route and delivers meals to six other clients before heading back to work after lunch. "Every week I am reminded how fragile health can be," she says,

"and how important it is to help out those vulnerable and isolated people in our community who don't have family and friends nearby."

For information on how to make a donation to Meals on Wheels or to become a volunteer, call (408) 961-9807.

Wellness checks and a friendly smile come with nutritious meals

▶ **Answer: 25,000**

Question: How many hours did volunteers contribute to programs of The Health Trust this year?

Turn over a new leaf this fall



Full and part-time positions are available this fall for individuals who would like to serve their community and gain professional experience as an AmeriCorps member with The Health Trust.

"It is hard to put into words how much I have learned and how hard I have worked in such a short amount of time," said Alison Hopkins, a VISTA member who worked this year with Meals on Wheels. "I have started new programs, increased communication and built upon and reached my personal goals. I feel I am making a difference in the lives of others, and ultimately that is my main goal!"

Opportunities are available in several programs of The Health Trust including Community Health Promotion, Community Partnerships, Community Wellness, Health Connections, Healthy Santa Clara County, Meals on Wheels, and School Health Clinics of Santa Clara County. For more information, visit www.healthtrust.org, or contact Liz Sills at (408) 961-9810, elizabeths@healthtrust.org.

A new walk-in refrigeration unit has been installed at O'Connor Hospital that will allow the kitchen to prepare as many as 100 additional hot meals a day for Meals on Wheels. The equipment was funded by a generous grant from the National Meals on Wheels Foundation.



Grateful client donates portion of estate to Health Connections

After several years of receiving services and support from Health Connections Case Management Services, The Health Trust's program that assists persons living with HIV/AIDS, a Santa Clara resident recently passed away and willed 25% of his estate to Health Connections. Based primarily on the highly appreciated value of the donor's home, the contribution will equal approximately \$250,000.

"This is a good reminder to all of us that many people in Silicon Valley have highly appreciated real estate holdings that can be used to create significant estate gifts to The Health Trust," says Dick King, Vice President of Fund Development of The Health Trust. Anyone wishing to discuss their estate planning as it may involve The Health Trust is encouraged to contact Dick at (408) 559-5598 or richardk@healthtrust.org.

flu shot - continued from page 1

as 35 individuals. Community Wellness is a nonprofit program of The Health Trust that uses any proceeds from the flu shot clinics to underwrite health care services to underserved members of the community. Last year, for example, Community Wellness provided 400 free flu shots to low income seniors and health education information, activities and referrals to more than 40,000 children and adults.

The Centers for Disease Control and Prevention recommends annual influenza immunization for three categories of individuals:

- People who are at-risk for flu-related complications including those older than 65, children age 6 to 23 months, pregnant women, and anyone with chronic medical conditions
- People aged 50 to 64 years
- People who live with or care for persons at high risk such as health care professionals, day care and senior care workers, and family members

National studies show that flu shots are proven to reduce absentee rates among employees. The average loss in productivity for an employee infected with the flu is \$137 for just one missed workday. Each year, about 36,000 Americans die due to complications from influenza.

For more information on how to schedule an on-site flu shot clinic, call Community Wellness at (408) 961-9860 or email communitywellness@healthtrust.org.

Summer is “veg” time for kids



For too many kids, summer “vegging” means couch potato time in front of the TV or the video game screen. No wonder the number of overweight or obese youngsters in the U.S. is rising and alarming parents and the health care community.

From the Healthy Santa Clara County Collaborative, which is helping to develop a comprehensive strategy for obesity prevention, here are a few delicious – and healthy – snack ideas featuring fresh fruits and vegetables that abound during the summer. All are easy enough for kids to make themselves, which also helps when they begin to complain “there’s nothing to do” weeks before it’s time to go back to school.

Banana Split

- 1 small banana, peeled
- 1 c lowfat vanilla yogurt
- 1/4 c lowfat granola
- 1/4 c fresh berries

Spoon the yogurt into a bowl. Cut the banana in half and place on the sides of the yogurt. Top the yogurt with granola and berries.

Tostadas for 4

- 4 corn tortillas
- nonstick cooking spray
- 1 c fat free refried beans or black beans
- 3/4 c shredded reduced-fat cheese
- 1 c nonfat or low fat sour cream
- 1 c shredded lettuce
- 1 c shredded carrots
- 1 c salsa

1. Heat oven to 350F.
2. Lightly spray both sides of each tortilla with nonstick cooking spray. Place tortillas on baking sheet and bake for 10 minutes or until crisp. Remove from oven.
3. Spread 1/4 c beans on each tortilla. Top each tortilla with 3 tablespoons of cheese.
4. Put back into oven and bake about 2 minutes or until cheese melts. Remove from oven and place each tortilla on a plate.
5. Top each tortilla with 1/4 c sour cream, 1/4 c shredded lettuce, 1/4 c shredded carrots, and 1/4 c salsa.

Fruit Crisp

- 4 c sliced fresh peaches, nectarines, plums, apricots or blackberries
- 2 T white sugar
- 1 c flour
- 1/2 c old fashioned oats, uncooked
- 1/2 c brown sugar
- 6 T reduced-fat margarine
- 1/2 t ground cinnamon
- 1/4 t ground nutmeg

1. Heat oven to 375F.
2. In a large bowl mix fruit with sugar and set aside.
3. In a 9-inch square baking dish, mix flour, oats, brown sugar, margarine, cinnamon and nutmeg. Blend with fork until crumbly. Set aside 1 cup to use as topping.
4. Press remaining crumbs into the bottom of the dish. Arrange fruit evenly over crumbs. Sprinkle with topping. Bake for 35-40 minutes or until fruit is tender. Cool slightly before serving.





Teachers - continued from page 1

So far, 15 of the 43 members of the Monroe faculty have attended "All Kinds of Minds" trainings, but every teacher is involved in using the methodology to identify and help children who are struggling in school. At regular meetings of grade level teachers, discussion centers on what is working with which kids, and who is still off-track. Intervening actions can be taken quickly once it is clear that a student requires a different approach for learning.

"Special education is not the answer for most of these kids," explained Shelly. "With this program, we help them understand their brain and how it affects the way they learn. We tell them it may be different in the future, but here's what is going on with you now."

"In middle school, we are used to having kids who range from 4-feet-5 to 6-feet-3 in height, and everything in-between. It's only logical that their intellectual development is equally as varied," said Shelly. "It's good to have high expectations of our children, but they have to be in sync with what we know about kids and brain research."

Every 8th grader in the Campbell Union School District is required to

do a final project that includes a research paper and an oral presentation using technology such as Powerpoint slides or movie software. It's a difficult challenge for every student, but an overwhelming task for the youngsters who have trouble with routine assignments.

But as a result of Monroe's approach to helping students who are struggling, kids who probably wouldn't have been successful finished the school year and their 8th grade presentations with glee. Here is how one, Eric, described himself during his presentation entitled "The Mind That's Mine."

"I have excellent gross motor and fine motor skills. Those are the ones that use big and small muscles. I also have excellent social cognition. I can talk to anybody about anything," he said. But Eric also admits that he has trouble paying attention in class and turning in homework on time. When he visited a kindergarten class to observe student behavior as part of his 8th grade project, some of the children reminded him of his actions at that age - "all the crazy kids running around the room."

Eric's presentation included a brief computerized movie with

zooming type and applause sound effects. He talked about his favorite activities (hockey, wrestling, and drawing) and what he had learned about himself. "There is no such thing as a perfect mind," he concluded.

"We are proud of all of our students' 8th grade presentations,



but it is especially impressive to see how the students performed who were out of the mainstream before," Shelly said.

"BrainWise is not just another program. It is our reform model that works," she said. "I am a believer and an evangelist about changing the climate in our schools to acknowledge that people have different learning styles."

Stable housing is critical for HIV/AIDS health care

Health Connections Case Management Services has launched the "Housing for Health" program that helps very low income individuals with symptomatic or disabling HIV or AIDS find and stay in stable housing. A similar program was previously operated by ARIS.

Currently about 120 individuals or families are assisted by the \$1 million program that is funded by federal, Santa Clara County, and City of San Jose grants. Clients receive both subsidies and supportive services ranging from negotiating a lease to making sure rent is paid on time.

Many of the individuals in the program have multiple problems that make it difficult for them to

Minds Alive

find and maintain stable housing, according to Ginny Hoffman, program manager. "We are their advocates and the go-between with landlords and property managers."

"Without a home, these individuals are doomed to live under bridges or bounce from shelter to shelter," she said. "They need a stable base so they can take care of their health."

► **Answer: 3,492**

Question: How many cases of AIDS were reported in Santa Clara County in the last 20 years?

There are wonderful people in our community...

And here are the names of many of them who have recognized the valuable role of The Health Trust in meeting the health care needs of the underserved residents of Santa Clara County. Thank you for both your financial support and your compassionate concern for others. The following donors made financial gifts of \$250 or more to The Health Trust between January 1 and May 31, 2004.

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Every attempt has been made to insure the accuracy of this list. However, if mistakes are noted, please contact Dick King, VP of Fund Development at 408-559-5598 or richardk@healthtrust.org.

News, news and more news!

New officers were elected in June of The Health Trust Board of Trustees. They are: Karen Garth, M.D., Chair; Ann Danner, Vice-Chair; and Mike Ego, Ph.D., Secretary.

Norm Robinson, Ph.D. has been appointed Interim Director of Health Connections Case Management Services. He will serve in this post during the recruitment of a permanent director. His experience includes several other assignments as interim executive director of nonprofit organizations and five years as executive director of ARIS.

Community Wellness has moved into new space at The Health Trust office in Campbell, adjacent to the headquarters of Meals on Wheels and Health Connections Case Management Services. Now, all of the administrative offices of The Health Trust are consolidated into two locations – 1701 Bascom Avenue in Campbell and 2085 Hamilton Avenue, Suite 150, in San Jose.

Dr. David Lees, Director of Dentistry With Heart, was invited to speak to the National Public Health Convention about community collaboration, using the highly successful Dentists With A Heart

program as a model for effectiveness. Organized each year by The Health Trust, Dentists With A Heart brings together more than 90 private practice dentists, 40 community groups and schools, volunteers, dental hygienists and corporate sponsors to provide more than 500 children from low income families with much-needed free dental care.

The Health Trust received the Provost Award for Excellence in Service Learning from San Jose State University for its exceptional performance as a community partner.

Healthy eating for kids involves more than food

Only giving kids the foods they like to eat ... punishing children if they don't eat vegetables or "clean their plate" ... allowing youngsters to overdo on snacks or graze for food all day ... not eating healthy foods themselves.

These are just some of the mistakes commonly made by parents and child care providers that could be negatively impacting the healthy eating habits of youngsters and contributing to the alarming increase of childhood obesity in Santa Clara County.

This spring, workshops for parents and child care providers in the Gilroy area helped the attendees learn how to feed young children "with love and good sense." The program was sponsored by a collaborative among

St. Louise Hospital, Santa Clara County Health and Fitness Coalition, Go Kids, Gilroy Family Resource Center and the Santa Clara County Childcare Health Consortium.

In Santa Clara County, about two-thirds of children under the age of 6 are in some sort of childcare. They eat 1-3 meals a day with their childcare provider, so it is important to educate these providers as well as parents on healthy eating habits.

More than 150 parents and child care providers learned how to select healthy foods and create a mealtime environment that is stress-free. Sessions were held in both English and Spanish.

Concentrating on what and how much children eat is not effective, according to Ellyn Satter, a nationally

recognized early childhood feeding expert. Instead, the behavioral issues of eating – such as where, when and how meals are served– are powerful factors in whether a child eats a variety of healthful foods.

This program is one of several financially supported by The Health Trust through Health Partnership grants that support community health services delivered by nonprofit hospitals. Other projects are underway in conjunction with El Camino Hospital, Kaiser Permanente Hospitals, Lucile Packard Children's Hospital, O'Connor Hospital, San Benito District Hospital (Hazel Hawkins), Santa Clara Valley Health and Hospital System, and Stanford Medical Center.

Health Fair

brings screenings, education, referrals to those who need them

More than 200 volunteers were recruited by The Health Trust to participate in the Berryessa Open Air Health Fair at the San Jose Flea Market this spring that provided 10,000 units of service to hundreds of adults and children including health screenings, health education activities, and bilingual referral information.

The event received financial support from Wells Fargo Bank, the San Jose Flea Market, and The Health Trust. Volunteers included AmeriCorps members and students from San Jose State University, Evergreen College, San Jose City College,



and Andrew Hill Academy.

During the weekend, almost 2,000 free health screenings were provided to the public. The results were startling, especially since 76% of the participants said they believed they had good health:

- 34% had borderline high and 19% had high cholesterol levels
 - 11.6% had glucose readings outside the recommended range
 - 20% had elevated blood pressure
 - 49% were overweight and 21% were obese
- Other agencies participating in the health fair included the American Red Cross, which



conducted an on-site blood and bone marrow drive, and U.C. San Francisco which brought its Mobile Mammo-

graphy Van to give free mammograms to low income women. Also on hand were Community Health Partnerships, School Health Clinics of Santa Clara County, East Valley Community Clinic, Gardner Community Clinic, Indian Health Center, and Foothill Community Clinic.

The Health Trust participates in several community health fairs throughout the year.



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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.



Skin cancer is the most common of all cancers and accounts for nearly half of all cancers in the U.S. More than one million cases of nonmelanoma skin cancer are found in Americans each year. Melanoma, the most serious type of skin cancer, is diagnosed in about 54,000 people annually.

The best prevention for skin cancer is taking sun-safe precautions every day of the year. But hot summer sun and vacation activities mean that you need to step up your sun safety. Here are a few facts from the American Cancer Society that you may not know:

- Ultraviolet rays pass through car windows, so hands and arms need UV protection if you are driving during peak sun hours, 10 a.m. to 4 p.m.
- The biggest mistake most people make in using sunscreen is using too little and not reapplying it frequently. It takes at least an ounce of sunscreen to cover arms, legs, face, neck, hands and ears. It should be reapplied every two hours or sooner if it has been washed or towed off.
- Even sunscreens labeled “water resistant” may only last about 40 minutes if you are swimming or sweating. Reapply frequently to be safe. For more information, visit the website of the American Cancer Society at www.cancer.org.

Know your numbers

Blood pressure –
hypertension is a risk factor for stroke

Cholesterol –
high blood cholesterol is a risk factor for heart disease

Glucose –
the sugar level in the blood diagnoses diabetes

BMI –
the ratio of weight to height identifies obesity