A Binding Commitment to Recovery

Herman Family Pavilion Sets the Bar for Advanced Care

10 Tips to Keep Fit as You Age

Generous Hearts Support Queen of the Valley

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"I'm very glad that when I needed surgery and treatment for my breast cancer that I was lucky to live in Napa and have access to Queen of the Valley," explains Kathryn Tiberend, 54, who was diagnosed early in 2013. She credits her straightforward surgeon Robert Dunham, MD, with finding a lump that had previously been overlooked in an ultrasound.

“When you hear cancer you really aren’t listening to anything else, no matter how smart you are or think you are prepared for it,” she says, adding that Dr. Dunham gave her one good piece of advice. “He told me to get a binder that could hold all the paperwork relating to my diagnosis, surgery and treatment, along with information about medications, insurance, disability and so on.” Kathryn says organizing that binder gave her something constructive to focus on.

Board-certified oncologist Ari Umutyan worked together with Kathryn’s team of physicians to thoroughly map out her treatment options. “Dr. Ari, as his patients call him, gives you as much information as you desire,” she says. “He would say, ‘You can decide when you have enough information — just tell me when to stop.’”

A few weeks after having a biopsy, Kathryn underwent a lumpectomy for a stage 2 tumor that she says was “fairly good sized but slow growing.” She felt fortunate that the surgery showed clean margins and no lymph node involvement.

Kathryn’s follow-up treatment included a round of radiation, together with a regimen of medication she will take for five years. “I loved the radiation center at the Queen — it was staffed by some of nicest people that I hope I won’t have to see again!”

The medication, however, proved troublesome for Kathryn, who was on the cusp of entering menopause. “My breast cancer was a very high-estrogen positive type, meaning that estrogen feeds it,” she explains. “The meds had some unpleasant side effects because of the estrogen in my system, but the chance of the cancer recurring was much too high if I didn’t stay on it. So my doctors believed it was a reasonable option for me to undergo a full hysterectomy to remove estrogen.”

When her radiation treatment was completed, Kathryn had the hysterectomy and is now better able to tolerate a different but necessary medication. After healing from surgery, she enrolled in the Queen’s Cancer Wellness Program, where she met with counselor Steve Wood to discuss stress and sleep issues, and nutritionist Tawnya Dorn-Shine, RD, CDE. “Tawnya really encouraged me to keep track of my food intake and to be more accountable for my diet. I’m 40 to 50 pounds lighter than before the cancer, and I still have a way to go to lose more weight, but I’m healthier now than I was before my diagnosis!”

Kathryn admits she had never been a “gym sort of person” before her breast cancer journey and recovery. But as a cancer patient she was offered 90 days of free access to Synergy Medical Fitness Center. She signed up and never looked back. “I started slowly, doing little bits of time on a treadmill. Now I’m working out at least five days a week on elliptical machines and weight machines. I’m in much better physical shape than before.”

She also found support in the Bosom Buddies support group for breast cancer patients, which meets monthly at the Queen’s Wellness Center. “All the women who have attended Bosom Buddies truly appreciate what it has done for them. You can feel sort of lost after cancer treatment, but taking advantage of the services at Synergy and the support group makes you stop and realize that you are more than just a patient, more than just cancer. You learn to be strong, and that’s a great feeling. Having a sense of humor and funny friends and family all around has also helped me survive.”

Kathryn truly felt lucky to live in Napa when she needed care for her cancer. “The Queen is a great hospital with amazing doctors,” she says. “It seems as if everyone is continually reviewing my case and paying attention all the time.”

She continues to maintain her special binder, keeping all those important papers together. But, she adds, “I hope it becomes a relic at some point!”
Queen of the Valley Expands Integrated Care for Cancer Patients and Survivors

To meet the needs of cancer patients during and after diagnosis and treatment, Queen of the Valley Medical Center provides a range of individualized services.

Queen of the Valley is the only hospital accredited by the American College of Surgeons Commission on Cancer in Napa County. Accredited programs meet strict criteria for clinical services, prevention, research and quality aimed at improving survival rates and patients’ quality of life. They must ensure patients’ access to the full scope of services required to diagnose, treat and rehabilitate them, including a cancer registry that offers lifelong follow-up.

Patients at Queen of the Valley receive care from a team that includes nine registered nurses whose specialized training earned them an Oncology Certified Nurse (OCN) designation. Recently, the hospital’s ongoing commitment to highly skilled cancer care took another leap forward when Redwood Regional Medical Group, the North Bay’s largest physician-owned group specializing in cancer care and radiology, joined the majority of its operations with St. Joseph Heritage Healthcare, the medical foundation affiliated with the hospital.

Queen of the Valley is now working to more fully integrate all services that benefit cancer patients and survivors. These include primary, oncology and surgical care, along with rehabilitation (such as physical and speech therapy) and palliative care.

“Our new rehabilitation program emphasizes survivorship and looks beyond illness by supporting individuals post-treatment with physical and psychosocial rehabilitation and other therapy-based protocols,” said Suki Stanton, chief nursing officer and vice president, Patient Care Services. Specialists work with patients to reduce pain, increase energy, build strength and work through the effects of cancer and cancer treatment.

“At the Queen, we understand that getting back to a daily routine is an important step in improving quality of life. This is what our survivorship program is all about,” Stanton added.

The new program complements the hospital’s Cancer Wellness program, which has been in existence since 2007. The program combines exercise, nutritional counseling, and psycho-social and spiritual support to help cancer patients take a more proactive role in restoring and maintaining health.

To find a Queen of the Valley Medical Center cancer specialist, call (877) 449-3627.

“ When you hear cancer you really aren’t listening to anything else, no matter how smart you are or think you are prepared for it...”

—Kathryn Tiberend
Years in the making, the Herman Family Pavilion at Queen of the Valley opened its doors this past November. Now, patients will benefit from rapid access to the latest therapies and technologies for many years to come.

One of the region’s most advanced hospitals, the three-story, 72,000 square-foot Herman Family Pavilion houses critical care patients, sophisticated surgical suites and diagnostic services. The Pavilion also features a tranquil healing garden, meditation/prayer rooms, meeting facilities and sustainable design. Here’s a peek inside:

**A FIRST IN THE REGION FOR CARDIAC SURGERY**

The Pavilion houses the region’s first Hybrid Operating Room, the Hubbard Hybrid Surgical Suite, which features a robotic 3-D imaging system. Heart doctors agree that 3-D technology makes the Hybrid OR the most advanced surgical suite in the area for heart and vascular patients. The imaging system reconstructs high-resolution, dynamic images of the heart and vascular system, resulting in a highly accurate 3-D model that can be rotated freely in space. This advanced technology allows doctors to precisely assess and measure a clogged artery’s diameter as well as the degree of narrowing. This extreme level of accuracy also simplifies the selection and placement of stents, which help prop open damaged arteries. Without this precise imaging, some patients would need open heart surgery to repair blocked arteries.

**“SMART ORs” MAKE SURGERY BETTER**

Six operating suites known as “smart ORs” are outfitted with flat screen monitors and an in-room camera system for remote communication between physicians and their colleagues. The rooms are made with robust steel framing designed to remain in operation in the event of an earthquake and to minimize the issue of vibration during sensitive operating procedures.

**INTENSIVE CARE INTERTWINED WITH TECHNOLOGY AND COMPASSION**

Twenty private rooms in the Marjorie Mondavi Center for Intensive Care make up the majority of the third floor of the Pavilion. Here,
the rooms are spacious, filled with ambient light and designed to encourage family-assisted patient care, incorporating sleeper sofas and desks with data outlets so family and loved ones can remain in the room around-the-clock.

The facility also incorporates evidence-based design, which is the process of basing decisions about the building environment on credible research to achieve the best possible outcomes for patients.

**DIAGNOSTICS FOR THE FUTURE**

A state-of-the-art clinical and pathology laboratory is located on the first floor of the Pavilion. It is equipped with the latest technology and a camera system linking directly to the “smart ORs” providing real-time communication capability between surgeons and pathologists. The area was designed to accommodate new technologies to keep pace with advances in diagnostic assessment.

**ENVIRONMENTALLY CONSCIOUS DESIGN**

The Pavilion is among the first hospitals in California — and the only hospital in the North Bay — to be Gold LEED certified with an environmentally conscious design that satisfies the U.S. Green Building Council’s Leadership in Energy and Environment Design (LEED) requirements for “green” health care facilities.

The Pavilion incorporates sustainable features that promote healing, such as access to daylight and views, areas of respite, quiet environments and thermal comfort. Natural light floods the majority of spaces in this high-acuity facility, including ORs, clinical lab and ICU rooms. Sustainable solutions like heat-reducing windows, high-efficiency mechanical systems, occupant-controllable systems and daylighting make this a high-performance facility, reducing energy usage by 18%.

**HEALING SPACES**

The Kenzo Healing Garden is open to the public. Designed by noted California landscape architect Jack Chandler, large natural stones, water and native flora provide a healing environment and place of respite. The centerpiece of the garden is a water feature designed to demonstrate the strong bond between the Sisters of St. Joseph of Orange and the Napa Valley community.
Queen of the Valley’s Wellness Center and Synergy Medical Fitness Center offer a wide variety of options to enhance and improve mind/body, balance, nutrition and more. To learn more, visit wellnesscenternapa.com or call (707) 251-1395.
to Keep Fit as You Age

A lot of us don’t get the kind of day-to-day physical activity we need, so we are physically “unfit.” “Physical activity” means any movement of the body that is made by skeletal muscles — and requires energy to accomplish. “Physical fitness” means the ability to do physical activity. Physical fitness can be measured by determining endurance, power and flexibility.

How physically independent you are depends on how well you can function physically. That is one of the best reasons to stay physically active — but it’s not the only reason. Here’s a list of 10 reasons why you should make physical activity a part of your everyday life. To be safe, talk with your doctor before you start or add to an exercise plan.

1. **Exercise Increases Bone Density and Limits Osteoporosis.**

According to the National Osteoporosis Foundation, osteoporosis affects more than 10 million men and women, and an additional 34 million Americans have low bone mass, putting them at risk for developing osteoporosis. The disease makes your bones weak and brittle. Exercise increases bone strength. The best kinds of exercise to make bones stronger are weight-bearing exercises like walking, and resistance exercises such as lifting weights. But you don’t need to become a competitive walker or body builder. Just living an active lifestyle will help your bones stay strong. (You also need vitamin D and calcium for good bone health.)

2. **It Helps You Stay Independent.**

The point of being active is to maintain your ability to function. Studies show that people who exercise over their lifetimes can avoid being disabled at the end of their lives. Those who don’t exercise, if they live long enough, are sure to experience disability.

3. **It Increases Metabolism to Help You Control Your Weight.**

Metabolism measures how your body handles and uses nutrients. Strength training increases muscle mass, which raises metabolism. Your body therefore uses more of the calories you take in because your resting metabolic rate increases. That leads to less body fat and makes it easier to control your weight. Just being a few pounds overweight puts you at higher risk for many health problems.

4. **It Lowers Your Risk for Falls.**

Exercise lets you practice keeping your balance and reacting to things around you. Exercise also helps arrest a natural decline in muscle fitness by giving your muscles a workout.

5. **It Makes You More Flexible.**

Doing things that put your body through the full range of movement helps keep it flexible. Examples include walking instead of driving, or raking leaves instead of using a blower.

6. **It’s a Reason to Be Sociable.**

Exercise groups are a good way to meet people. One of the best strategies for increasing your activity is to do it in a group, which can lead to new friendships. Check out your community center or local health club for special exercise groups for seniors. You can also ask your friends to join you.

7. **It Improves Your Mood.**

Exercise is good for your mind. Studies show it reduces depression. It can also lift your self-esteem. Being physically active can help you improve your sense of what you can do.

8, 9, 10 **It Helps Your Entire Body.**

Exercise improves the way your lungs work, helps prevent and control diabetes, and is good for your heart. All of the body’s systems deteriorate with age, but much of that can be attributed to a lack of physical activity. Exercise can slow the breakdown and help you live well.

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**GETTING STARTED**

Taking a class is the best and safest way to learn healthy habits.

In Napa, Queen of the Valley’s Wellness Center and Synergy Medical Fitness Center offer a wide variety of options to enhance and improve mind/body, balance, nutrition and more. To learn about these options and view our class schedule, visit wellnesscenternapa.com or call (707) 251-1395.
Queen of the Valley Foundation’s annual soirée, aptly themed “Generous Heart,” garnered more than $1.7 million for Queen of the Valley Medical Center on September 27, 2014, at the Kenzo Estate. A generous gift of $1 million from the Michael, Marcia and Timothy Mondavi families pushed the total into record territory.

The Mondavi name is inextricably linked with prestige winemaking in the Napa Valley. Michael Mondavi, Marcia Mondavi Borger and Timothy Mondavi represent the third generation of a distinguished winemaking legacy that began 70 years ago, when their grandparents settled in Napa, bought the Charles Krug winery and began a tradition of winemaking excellence. In each generation, the Mondavis have also maintained the tradition of giving back to their community in myriad ways, some visible and many behind the scenes.

In addition to their contributions as successful vintners, all three siblings have made a significant difference through their generous leadership of, and philanthropic support for, many nonprofit organizations, with an emphasis on social services, health and the environment.

The generous donation from the Mondavi families was used to create the Marjorie Mondavi Center for Intensive Care in honor of their late mother. The third floor of the state-of-the-art, 72,000-square-foot Herman Family Pavilion is dedicated to intensive care and recovery, housing 20 private ICU suites designed for improved patient outcomes.

Auctioneer Fritz Hatton kept the bidding lively during 21 lots, which included private dinners; trips to New York, Savannah, Hawaii and Bordeaux; and more. In addition to the $1 million donation to Queen of
of the Valley
and Marcia Mondavi Borger

the Valley, the Mondavis also generously donated a number of auction lots raising an additional $100,000.

One highlight of the evening was the final lot, The Case for the Cause: The 2012 Generous Heart Red Wine. Only 50 six-bottle cases of this exclusive wine were created by Heidi Barrett, blending Michael Mondavi Family and Kenzo Estate wines, bottled and labeled under the Generous Heart name. They were intended to be available to the first 50 bidders to raise their paddles, but vintner Warren Winiarski raised the bar, offering $2,000 per case for 10 cases. Lot #21 ended up being the top lot of the evening, generating $53,750 for Queen of the Valley.

The overall fundraising total also included $239,200 in “Fund-a-Need” donations to help the Queen recover completely — financially as well as physically — from the earthquake that struck on August 25, so that the hospital can continue to offer vital support systems and ensure continuity of medical services to our community in the next emergency, whenever it occurs.

More than 50 guests donated to Fund-a-Need, with Cristina and Lee Hudson and Nancy and Dan Duckhorn kicking it off with generous pledges. Queen of the Valley’s earthquake remediation is currently assessed to cost more than $5 million.

For more information on how you can help, please visit queensfoundation.org or call (707) 257-4044.
22nd Annual Reach for the Stars
Saturday, February 21, 2015
Silverado Resort & Spa, Napa

Queen of the Valley Medical Center Foundation is getting ready to hold its 22nd annual “Reach for the Stars” luncheon and fashion show. This special event is a celebration of life that brings together individuals living with cancer, friends and family, physicians, care providers and community members. Proceeds from the event will provide scholarships that allow patients to participate in the Cancer Wellness Program at Queen of the Valley free of charge. The Cancer Wellness Program is a comprehensive program that combines exercise, nutritional counseling, and psycho-social and spiritual support for patients that have completed or recently received treatment for cancer.

To purchase tickets for the event or to reserve a Star, please visit queensfoundation.org or contact (707) 257-4044.

PRENATAL/POSTNATAL EDUCATION

Breastfeeding
First Monday of every month
February 2, March 2, April 6
6:30 p.m.
Community Outreach
A class for moms and dads. Breastfeeding is natural, but preparation is recommended. Benefits of breastfeeding and your partner’s role will be discussed.
Taught by a Lactation Consultant.
Contact: (707) 449-3627
Fee: $20 per couple

Infant Massage
First, second and third Friday of every month
10:00 a.m.
Community Outreach
This is a 3-week series that starts the first Friday of every month. Infant massage provides a demonstration in respectful communication, gentle touch and stroke techniques used by generations of parents all over the world. Bring baby, blanket and pillow.
Contact: (707) 252-4411, ext. 2602
Free

Maternity Center Tour
First Saturday of every month
9:30 a.m.
Maternity Center
The tour of Queen of the Valley Medical Center’s Maternity Center will walk you through what to expect when delivering your baby at the hospital. Tour includes pre-admission paperwork so you are fully prepared for that very important day! Registration is required; please call for more information.
Contact: (707) 449-3627
Free

Partners to Parents
Fourth Monday of every month
6:30 p.m.
Community Outreach
A class for couples that explores the transition from partners to parents. Practical strategies include avoiding common pitfalls and supporting each other as the relationship evolves in pregnancy and with the arrival of a new baby.
Contact: (877) 449-3627
Free

Perinatal Emotional Wellness
Free counseling services for expectant moms. We offer a caring, non-judgmental sounding-board for any thoughts or feelings that concern you. Please email: QVMCPrenatalEducation@stjoe.org or call (707) 251-2051.

Sibling Preparation
Second Thursday of odd months
March 12, May 14, July 9
5:30 p.m.
Community Outreach
A class for children ages 2 – 8, that is designed for the new big brother or sister. Parents must stay with their child.
Contact: (707) 449-3627
Free

SUPPORT GROUPS
The following support groups are provided at no cost to the community.

Attitudes for Health and Healing
Thursdays: 5:30 p.m.
Wellness Center
Attitudes for Health and Healing is a peer support group exploring healing attitudes as a result of illness, loss, care giving, financial fears, relations issues and other life challenges. Based on the work of Gerald Jampolsky, MD, author of Love is Letting Go of Fear and many other books on healing attitudes, this is an opportunity to be heard and supported without advice or judgment. All groups are led by trained facilitators.
Contact: (707) 815-1108
Free

Bosom Buddies Breast Cancer Support Group
Fourth Tuesday of every month
4 p.m.
Wellness Center
Bosom Buddies at Queen of the Valley Medical Center offers emotional and social support while navigating the various stages of breast cancer, from diagnosis to survivorship. Participants are encouraged to share feelings, challenges and coping strategies in this safe, nurturing environment. The peer support offered in the group setting ensures that no one faces cancer alone. The group welcomes patients and their support person to attend.
Contact: (707) 257-4047
Free

OTHER CLASSES

CPR Training
We offer a variety of CPR training classes throughout the year. Visit thequeen.org/For-Patients/Events-Calendar for more information.
Tips to Jump-Start Your New Year’s Resolutions

What did you promise yourself this year? Eat better? Exercise more? Schedule a health screening? If this is one of your goals, you can reach it. It just won’t happen at once. The key is to take simple, positive steps to better health. Here are three ways to keep these popular resolutions:

**EAT BETTER:** Try to take in at least 4.5 cups of fruits and vegetables a day. These foods provide the nutrients and fiber your body needs, and eating more of them may prevent you from filling up on less-healthy foods. Keeping this resolution also can reduce your risk of heart disease and breast cancer and help you achieve a healthy body weight.

**EXERCISE MORE:** Set realistic goals for exercise. Instead of making impossible fitness promises, begin to increase your activity level in small ways. Enjoy a walk at lunch, take the stairs instead of the elevator, go for a bike ride with friends or family.

**SCHEDULE A HEALTH SCREENING:** Be proactive. Ask your doctor about screening schedules tailored to your health history. Your doctor also can tell you which self-exams would be appropriate for you — and how to perform them.

If you don’t have a physician, we can help. Call (877) 449-DOCS to find your Queen of the Valley Medical Center physician.
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