

# Healthy Giving

## Golfers Channel the Olympic Spirit at 28th Annual El Camino Heritage Golf Tournament

**One hundred thirteen golfers summoned their Olympic spirit and came together in friendship and unity for the 28th Annual El Camino Heritage Golf Tournament at Palo Alto Hills Golf & Country Club on October 21.** The benefit raised more than \$210,000 for a new program being developed by the Cancer Center and Scrivner Center for Mental Health & Addiction Services that will provide emotional support to cancer patients and their families.

Grammy Award winner Tony Lindsay sang a heartfelt national anthem to open the competition and golfers drove off to their starting holes. The weather was perfect and spirits were high throughout the day. “The Olympics are about striving for excellence, dreaming big, and coming together for a higher

purpose,” Golf Tournament Chair Ken King told the exhilarated golfers, tournament sponsors and guests at the Closing Ceremony celebration dinner. “On the golf course we were teams from around the world. Tonight, we are all on Team El Camino.”

Cancer Center Medical Director Shyamali Singhal, MD, PhD, and Scrivner Center Chief Medical Director Katherine Taylor, MD, made a joint appeal for the beneficiary program. “Cancer is a physical disease and an emotional disease,” Dr. Singhal said. “Your mortality and fears come together while you are going through treatment. Someone needs to help you put the pieces together when catastrophe strikes.” Dr. Taylor described that need from her perspective as a psychiatrist

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Lane Melchor, Spencer Reiner, Foundation President Andrew Cope, El Camino Healthcare District Board Chair George Ting, MD

## New Program to Provide Emotional Support to Cancer Patients



### Cancer Center Medical Director Shyamali Singhal, MD, PhD likens a cancer diagnosis to a “lifequake.”

In addition to ravaging the body the disease can be a profound emotional shock leading to fear of death and uncertainty about the future; worries about the family and relationships; anxiety about the short and long-term effects of treatment; feelings of helplessness or loneliness; insecurity around body image and intimacy, fertility, and sexual dysfunction; stresses about money or health insurance, working, or keeping a job; dread of recurrence; survivor’s guilt.

When these natural feelings overwhelm, they can interfere with the normal activities of daily living and compliance with treatment, worsening the patient’s cancer outcome. The emotional trauma can haunt patients years later.

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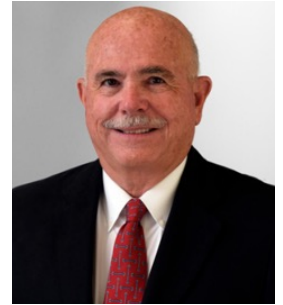
## Message from the Foundation Board Chair

**We are so very fortunate that El Camino Health is our community hospital. From personal experience, I know the importance of having a “best in class” medical facility in our own backyard. During my regular meetings with the hospital’s executive leaders and clinicians who are laser-focused on improving patient care, and from observing the impact your donations have on the wellbeing of the hospital’s patients, doctors, nurses and staff, I see firsthand how your continued support propels our Mountain View and Los Gatos facilities to the top of the list of highly recognized community hospitals.**

The honors and awards our Los Gatos and Mountain View hospitals earn reaffirm this observation time and time again. The latest is an A grade for patient safety from the well-respected Leapfrog Group. The synergies El Camino Health leaders are leveraging between hospital services to improve outcomes and promote community health provide further confirmation of the hospital’s commitment to excellence. Many of those synergies are funded by philanthropy.

One area of focus is addressing mental health impacts of serious physical conditions to improve the patient’s response to treatment and longer-term outlook. A program jointly developed by the Cancer Center and Scrivner Center for Mental Health & Addiction Services will soon offer psychological support to cancer patients and their families. Initial funding was provided by a Hope to Health (H2H) grant and proceeds from our October golf tournament. The Scrivner Center and neonatal intensive care unit (NICU) partnered to provide similar psychological support to mitigate the depression, anxiety, and trauma experienced by parents with a newborn on the unit. That program, which launched last spring, was seeded by an individual donation and further developed with another H2H grant.

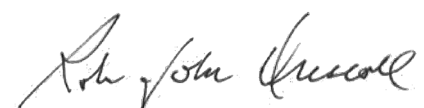
Synergy is also helping El Camino Health advance the goal of becoming the healthiest district in the region.



Through our Community Benefits grant program El Camino Health and the El Camino Healthcare District distribute funding to local agencies - \$10.8 million in fiscal year 2024 - a significant investment in health promotion and disease prevention. Donations are contributing too. Last year, the Scrivner Center launched BOOST to help residents strengthen emotional wellbeing and learn skills for resilience to boost mental health. The year-long community outreach effort was presented in partnership with local organizations and funded with an allocation of unrestricted donations.

Pooled gifts, like Hope to Health dues, unrestricted contributions to the El Camino Fund, and proceeds from fundraising events fuel innovations like these that result from El Camino Health’s continual quest for excellence. So too do the directed contributions of caring individuals such as yourself. In this issue we celebrate major donors and Legacy Society members, whose gifts do so much to enhance patient care, and we honor Romina Ahuja, past Foundation board chair and the Foundation’s 2024 distinguished volunteer fundraiser, who leads by philanthropic example.

Thank you for the synergy you create by investing in high-quality patient care and better community health. I can’t wait to see what we accomplish together in this new year.



Robin John Driscoll, Chair  
 El Camino Health Foundation  
 Board of Directors

# Circle of Caring: A Meaningful Way to Say Thank You



*El Camino Health CEO Dan Woods, Nadia Litterman, Dennis Troper, Dr. Fabio Komlos, Janet Wojcicki, and Foundation President Andrew Cope at the presentation of Dr. Komlos' Circle of Caring certificate and pin on December 20, 2024.*

"I am writing to share with you about how thankful I am to be under the superb care of Dr. Fabio Komlos. He is all around one of the most caring, thoughtful, and knowledgeable physicians I have seen since being diagnosed with metastatic NSCLC [non-small cell lung cancer] two years ago," Susan Wojcicki wrote on July 17, 2024. The staff at Troper Wojcicki Philanthropies shared her letter with the El Camino Health leadership team after she passed away and also made a Circle of Caring gift in Dr. Komlos' honor to El Camino Health Foundation on her behalf. The donation established the Susan Wojcicki Interventional Radiology Care Fund, which will be used to enhance patient care through new equipment and technology, safety enhancements, staff training, clinical research, and other needs identified by Dr. Komlos and his colleagues on the department's clinical team.

Circle of Caring gifts of gratitude like Susan Wojcicki's provide affirmation to dedicated doctors, nurses and other

clinical staff members and support the expert, compassionate care they deliver. Used where the need is greatest or restricted to a specific department, these donations pay the gift of exceptional care forward by enabling El Camino Health to innovate, purchase the latest technologies, invest in staff training and education, and respond nimbly to emerging needs. They ensure the next patients who turn to our hospitals will also receive exceptional care. The clinician or staff member honored receives a special pin and notification of the donor's appreciation. The amount of the gift is never shared and remains confidential.

"El Camino Hospital is truly lucky to have Dr. Komlos as a physician. I am interested in making a small donation to El Camino as a thank you for all Dr. Komlos has done," Susan's letter closed. You too can express appreciation to the El Camino Health care provider who made a difference for you and your family through Circle of Caring. [elcaminohealth.org/circleofcaring](https://elcaminohealth.org/circleofcaring)



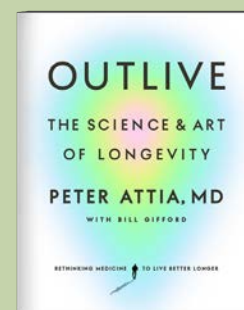
Featuring

**Dr. Peter Attia**, author of *Outlive: The Science and Art of Longevity*, a pathbreaking book on how to live longer better

## Save the Date

**Tuesday, May 13, 2025**  
**Mountain View Center**  
**for the Performing Arts**

*Look for more information coming soon.*





## Golfers Channel the Olympic Spirit at 28th Annual El Camino Heritage Golf Tournament

*Continued from page 1*



*Golf Tournament Chair Ken King*

who has supported patients through emotional trauma and as a cancer survivor who was overcome by feelings of loneliness, despair, and anxiety during treatment and after. The new program will give patients a safe place to express their feelings and help them develop the resilience they need during treatment and to prevent the emotional trauma from recurring in the future.

The festivities concluded with the presentation of medals to tournament and contest-on-the-course winners, and showing of the fun day-of-golf recap video. The 28th Annual El Camino Heritage Golf Tournament Olympic Flame was out but the generosity of spirit it represents will continue to provide hope to cancer patients and their families.

## New Program to Provide Emotional Support to Cancer Patients

*Continued from page 1*

Understanding that healing is about mind and spirit as well as body, the Cancer Center and Scrivner Center for Mental Health & Addiction Services are collaborating to give patients and their families the emotional support that will help them navigate cancer. Scrivner Center Chief Medical Director Dr. Katherine Taylor, herself a cancer survivor, explains, “We need this partnership between cancer treatment to keep your body healthy and a place where you can be sad, you can be yourself and express your feelings. Sometimes you need a mental health professional to tell you it is okay.”

A clinician will provide that safe space through group and individual counseling for patients, patient families, or patients and family members together. The group sessions will provide a place to share experiences, receive peer support, and reduce feelings of isolation. Individual counseling will address the unique emotional and psychological challenges cancer patients and their families face, providing support for

coping with the diagnosis, treatment, and potential impact on life and relationships.

The program’s launch is being funded with proceeds from the El Camino Heritage Golf Tournament, a grant from Hope to Health, and other donations to the Foundation. Additional philanthropy will be needed to sustain it over time. El Camino Health will also work to integrate the program into standard cancer care protocols and secure reimbursement mechanisms for mental health services.

Nancy Hesse, consulting oncology service line director, tells us, “Mental health is not a luxury; it’s a necessity, especially for those walking the difficult path of cancer. Every story you listen to, every hand you hold, every bit of encouragement you give is light in someone’s darkest hour.” Donations from our generous community are providing that hope and comfort to El Camino Health’s cancer patients.



*Golfers and guests donated generously to the fund-in-need appeal during the Closing Ceremony celebration dinner.*





*Team Australia - Fogarty Innovation*



*Grammy Award winner Tony Lindsay sang the national anthem.*



*Team Great Britain - Joulén Poon, Rodney Terra, Jeff Radcliffe, Doris Quai Hoi*



*Team Great Britain - Jerry Lipson, Bob Eng, Chuck Horstmann, Doug Scrivner*



*Team Great Britain - Garret Nano, Chris Bryant, Russ Satake, John Swetka*



*Team Great Britain - Steve Cassani, Chris Rittler, Alan Walsworth, Fred St. Goar, MD*



### BOOST: Health Creation Project

Taking an expansive view of individual and community health and wellbeing, the Scrivner Center developed BOOST, a project focused on helping area residents develop skills to create and embrace a meaningful, fulfilling life.

BOOST stands for **B**alance, **O**penness, **O**utlook, **S**trengths, **T**hrive. The project, which was funded with an allocation of unrestricted donations to the El Camino Fund, ran from May 2023 through May 2024, and received high accolades from the teens and adults that participated.

BOOST rests on the idea that health should focus on the whole person instead of only targeting illness, and that the health of individuals and communities are intertwined. The community outreach effort addressed four primary issues that were identified by a needs assessment: frequent, severe, and/or ongoing stressors, chronic and acute illness, caregiver and provider burnout, and the pressure of multiple roles and obligations. Lori Riggio, PhD, El Camino Health's Community Health Creation Coordinator, developed a proactive and participatory curriculum that was adaptable for various audiences and formats. She incorporated psychoeducation, experiential exercises, self-reflection, self-assessment, and



Lori Riggio, PhD, Community Health Creation Coordinator

discussion to help participants explore what living a fulfilling life meant to them and develop and apply strategies to align their daily living with their individual values.

Dr. Riggio conducted 18 workshops and presentations over 12 months in partnership with 11 community organizations, including YMCA of Mountain View, Palo Alto University, City of Mountain View Teen and Senior Centers, and several El Camino Health departments. Three hundred seventy-three community members aged 13 through 72 participated. Nearly 100 percent reported feeling an overall increase in hopefulness and having a significantly positive experience. Their feedback and other outcome data indicate BOOST is an effective model for



building resiliency skills and creating increased life satisfaction. In the short term, it also appears useful for developing an individualized, self-directed plan to sustain a meaningful, fulfilling life. Further study would be required to confirm its efficacy over the long term.

The program worked for young and old. "I am a Junior and working on college and it helped me a lot to think about things. I thought about what I want and my values and what I need for myself..." a teen participant shared. "BOOST workshop is timely – I wish everyone would take it," one adult participant reflected. "I love the way BOOST is 'personal.' It's not just 'information' – It really does BUILD. And it is easy to follow!"

### Advances in Spine Surgery and Stroke Prevention

**A \$430,000 grant from the Foundation in December 2022 for the purchase of the Siemens Cios Spin Robotic X-ray Arm is keeping El Camino Health at the forefront of spine surgery technology and improving outcomes for patients.** The state-of-the-art equipment has been used for more than 100 complex spine procedures to date.

Orthopedic surgeons at El Camino Health began using Pulse LessRay 2D computer imaging in 2020 to help navigate the placement of spinal hardware and deliver faster more accurate care. The new robotic X-ray arm uses 3D computer imaging and communicates seamlessly with Pulse to provide a clearer image, including for less invasive lateral position

spinal fusion, which leads to even more accurate hardware placement, shorter procedure times - on average 30 to 40 minutes per case, and therefore less anesthesia and lower doses of radiation for the patient. The X-ray arm takes less space in the operating room and its ergonomics are better for staff too. El Camino Health was the first hospital in the South Bay, excluding the military, to adopt it.

"The state-of-the art navigation and 3D imaging that this system provides is unparalleled," with great benefit for patients reports Dr. Jeffrey Coe. The system can even generate a before and after comparison doctors can show their patients as a video after surgery.

Thanks to a gift from Robin and Lindy Driscoll, Driscoll Family Foundation, neurologists are now using RAPID Aneurysm software with artificial intelligence to detect small unruptured aneurysms on CT scans taken to diagnose a stroke. They can then evaluate the risk of rupture to determine if the flagged aneurysm can be monitored for growth or if it needs to be treated immediately. The system identifies approximately 10 such potential aneurysms each month and helps to prevent devastating strokes. In November, El Camino Health set two new time records of 61 and 56 minutes from arrival in the emergency department to blood clot removal surgery. The national standard is 75 minutes. When "time is brain" every minute counts.



# Romina Ahuja: Distinguished Volunteer Fundraiser

El Camino Health Foundation was proud to honor Immediate Past Board Chair Romina Ahuja as our 2024 distinguished volunteer fundraiser at the Association of Fundraising Professionals Silicon Valley Philanthropy Day luncheon on November 1. Family, friends, and some of Romina's many El Camino Health fans were on hand to cheer her on.

Romina joined the Foundation's Philanthropy Council for the South Asian Heart Center in 2015 to help lead the fundraising effort for the program dedicated to combating the epidemic of heart disease and diabetes that has outsize impact on the South Asian community. The following year, as her interest in El Camino Health broadened, she joined El Camino Health Foundation's Board of Directors. By 2017, she was a member of the Foundation Board Executive Committee serving in the capacity of secretary, and in 2022 she became the chair.

Romina has led by example and personally supported every major fundraising event and fundraising initiative while serving on the board.



Left: Romina Ahuja received a Distinguished Volunteer Fundraiser certificate  
Top right: Mental Health & Addiction Services Director Digant Dave, RN, Romina Ahuja, South Asian Heart Center Executive Director Ashish Mathur. Bottom right: Vice President of Operations Los Gatos Bido Baines, Russ Satake, Lindsay Ehrman, Scrivner Center Senior Director Joe Sandoval, John Conover, Romina Ahuja, Robin Driscoll

During her two-year term as chair the Foundation raised nearly \$20 million in new commitments to support El Camino Health programs and services that will improve healthcare for families in our community.

Romina is a strong believer of "pay it forward." She tells us, "It's not time to look after ourselves but to help look after others. Let's help the community now." She does that every day as a distinguished volunteer fundraiser for El Camino Health Foundation.

## Norma's Literary Luncheon

An annual tribute to Norma Melchor

Benefiting a Breast Cancer Patient Navigation Program at El Camino Health

Featuring author, journalist, and PBS host **Kelly Corrigan**

**Thursday, February 6, 2025**  
Sharon Heights Golf & Country Club

Register online  
<https://support.elcaminohealth.org/NLL2025>

For more information,  
please contact Sarah Garcia-Angulo  
[sarah\\_garcia-angulo@elcaminohealth.org](mailto:sarah_garcia-angulo@elcaminohealth.org)  
650-988-7687



## Getting to the Heart of the Matter



**Heart disease is the top cause of death in the nation for both men and women.**

However, some heart conditions and risk factors affect only women or are more likely to affect them. Women with heart disease may also have different symptoms than men and may respond differently to medications and other treatments.

February is American Heart Month. Hope to Health will get to “The Heart of the Matter” at a delicious, fun, and informative

heart-healthy cooking class on February 27. Guest speaker Dr. Raabia Ahmad, medical director for heart failure at the Norma Melchor Heart & Vascular Institute, will share insights about women and heart disease. Members and non-members are welcome to attend the event, which is being held at Elizabeth F. Gamble Garden in Palo Alto from 5-7:30 p.m. Dinner is included. Register online at <https://support.elcaminohealth.org/HEART> or contact Katie Kehriotis to learn more.



*Dr. Raabia Ahmad*



## Hope to Health Grants Advance Care for Women and Families at El Camino Health



*H2H member and Foundation board member Ashley Omwando helped the Foundation thank El Camino Health employees for their dedication to patients and community on National Philanthropy Day.*

**Hope to Health (H2H) members reviewed proposals, listened to presentations, and voted in September to grant \$71,500, their pooled 2022 and 2023 dues, to support three innovative healthcare programs for women and families at El Camino Health.**

One of those programs is a collaboration between the neonatal intensive care unit (NICU) and Scrivner Center for Mental Health & Addiction Services to provide therapy to parents whose premature or seriously ill newborns are being cared for on the unit. That H2H grant will enable the clinician to offer individual counseling in addition to group therapy when appropriate. The second grantee program is a new collaboration between the Cancer Center and Scrivner Center to provide emotional support to cancer patients and their families. This H2H grant will be used to launch the group therapy component of that program. Additional funding from golf tournament proceeds and other sources will underwrite the program’s continued growth and development. The members’ third grant will create a fund that the NICU social worker can tap to give gas cards, food vouchers, and car seats to low-income families with babies on the unit.

The women’s giving circle has planned a full calendar of fun, social, and educational activities for 2025. Members



*H2H member Eleanor Watanabe and her friend Kristen Fuller enjoyed interacting with employees on National Philanthropy Day.*

will get to “The Heart of the Matter” at a heart-healthy cooking class and presentation by cardiologist Dr. Raabia Ahmad in February, American Heart Month. An event in May will focus on mental health. The group’s annual celebration luncheon, during which they review the past year and plan for the next, will take place in June. The cycle of activities will begin again in September, when members review impactful opportunities for granting their 2024 dues, followed by a check presentation to the grantee and an event focused on women and cancer in November.

The more members, the more fun and the greater Hope to Health’s impact. New members are always welcome. To learn more, contact Annual Giving Officer Katie Kehriotis.



# Orchard Pavilion Renovation and Expansion Heads into Final Year



**Phase 2 of the Orchard Pavilion renovation and expansion is wrapping up. Construction during this phase focused on the building's first floor in the area vacated when the neonatal intensive care unit moved upstairs and the north maternity unit.**

It encompassed building an obstetrical emergency department/caesarean section recovery area, two antepartum rooms for women with high-risk pregnancies, and six labor and delivery rooms. In addition, three of the existing labor and delivery rooms on the first floor were refreshed. Half of the maternity rooms were converted from double occupancy to private, and four new ones were added. These areas are scheduled to open for patient care in early February. The ground floor café off the main lobby will open in the spring with seating inside and on an outdoor terrace.



The third and final phase of construction will commence in February. Over the ensuing 11 months, the remaining first-floor maternity rooms will be refreshed or converted from double occupancy to private, two additional maternity rooms will be built, and the remaining nine labor and delivery rooms will be updated and refreshed. These areas are expected to open for patient care in December 2025.

When all three phases of the renovation and expansion project have concluded, the Orchard Pavilion will have significantly expanded capacity to serve our community as the birthing center of choice for area residents. Donations from our generous community are underwriting the latest equipment for the neonatal intensive care unit and amenities on every floor to create the most welcoming, healing environment.

## Add Your Tile to the Apricot Blossom Donor Wall

Apricot orchards once blossomed where the Orchard Pavilion, Center for Women & Newborns now stands. A beautiful, backlit mosaic outside the building will evoke this past and acknowledge the donors who contribute to the high-quality care provided inside.

The remodeled, enlarged, modernized pavilion will support the superb maternal-child care El Camino Health has always delivered but in a more welcoming environment that promotes healing and wellness.

- 52 private mother-baby rooms large enough for a partner to comfortably stay overnight.
- More labor and delivery rooms.
- Obstetrics emergency department.
- Dedicated antepartum rooms for women with high-risk pregnancies.
- Enlarged neonatal intensive care unit designed for family-centered care.
- Double pane windows, LED lighting, and other energy efficiency upgrades to make the building eligible for LEED Gold status.

Donate to support this new vision for mother, baby, and family care, and personalize your tile at [elcaminohealth.org/apricot](http://elcaminohealth.org/apricot). Two sizes of tile are available: 4"x8" (\$2,500 donation, 64 tiles) or 8"x8" (\$5,000 donation, 56 tiles).

For more information, contact Katie Kehriotis, Annual Giving Officer.



# Giving Thanks to Our Donors

Major donors mingled with El Camino Health executive leaders, service line directors, physician and nurse leaders, and hospital board members at the Foundation's annual major donor thank you reception, which was held at Los Altos Golf & Country Club on November 19.

"Because of you, we can provide world-class healthcare, pursue groundbreaking medical advancements, and offer compassionate support to those in need," El Camino Health CEO Dan Woods told the guests. "Beyond the awards and recognitions, your contributions have a very tangible impact. They help us save lives, improve health outcomes, and give comfort and hope to our patients and their families."

Chief Operating Officer Tracey Lewis Taylor described how El Camino Health is harnessing synergies - partnerships across medical disciplines and with community organizations - in innovative ways to provide better patient care and improve the health of district residents. She cited the new NICU Parent Support Program and soon-to-launch cancer patient support program, two donor-funded collaborations



*Doug and Mary Scrivner, Scrivner Center Senior Service Line Director Joe Sandoval*

between the Scrivner Center for Mental Health & Addiction Services and another service line, as examples within the hospital, and community benefit grants to local organizations focused on health promotion and disease prevention that extend this work beyond El Camino Health's campuses.

Foundation President Andrew Cope picked up on the theme of synergy, noting the powerful connection between a generous

donor and a meaningful opportunity. "Collectively, all the different ways to support El Camino Health redefine how impactful a community hospital can be."

Foundation Board Chair Robin Driscoll closed the presentation with a personal testimonial to the excellent care the hospital provides and an expression of gratitude for the generous philanthropy that supports it. "We are so lucky," he concluded, a sentiment the audience heartily affirmed.



*Phyllis Dorricott and Sally Ryan*



*Scrivner Center Chief Medical Director Katherine Taylor, MD and Donna Whitney*

*"Because of you, we can provide world-class healthcare, pursue groundbreaking medical advancements, and offer compassionate support to those in need."  
- El Camino Health CEO Dan Woods*





Norma Melchor Heart & Vascular Institute  
Medical Director Fred St. Goar, MD and  
Claudia Coleman



NICU Clinical Manager Jody Charles, RN and Ashley Omwando



Lee Litzler and Shane Dormady, MD, PhD



El Camino Health Foundation Board Chair  
Robin Driscoll



Agnes Roey, RN, Joan Merchant, CNO Cheryl Reinking, DNP, RN

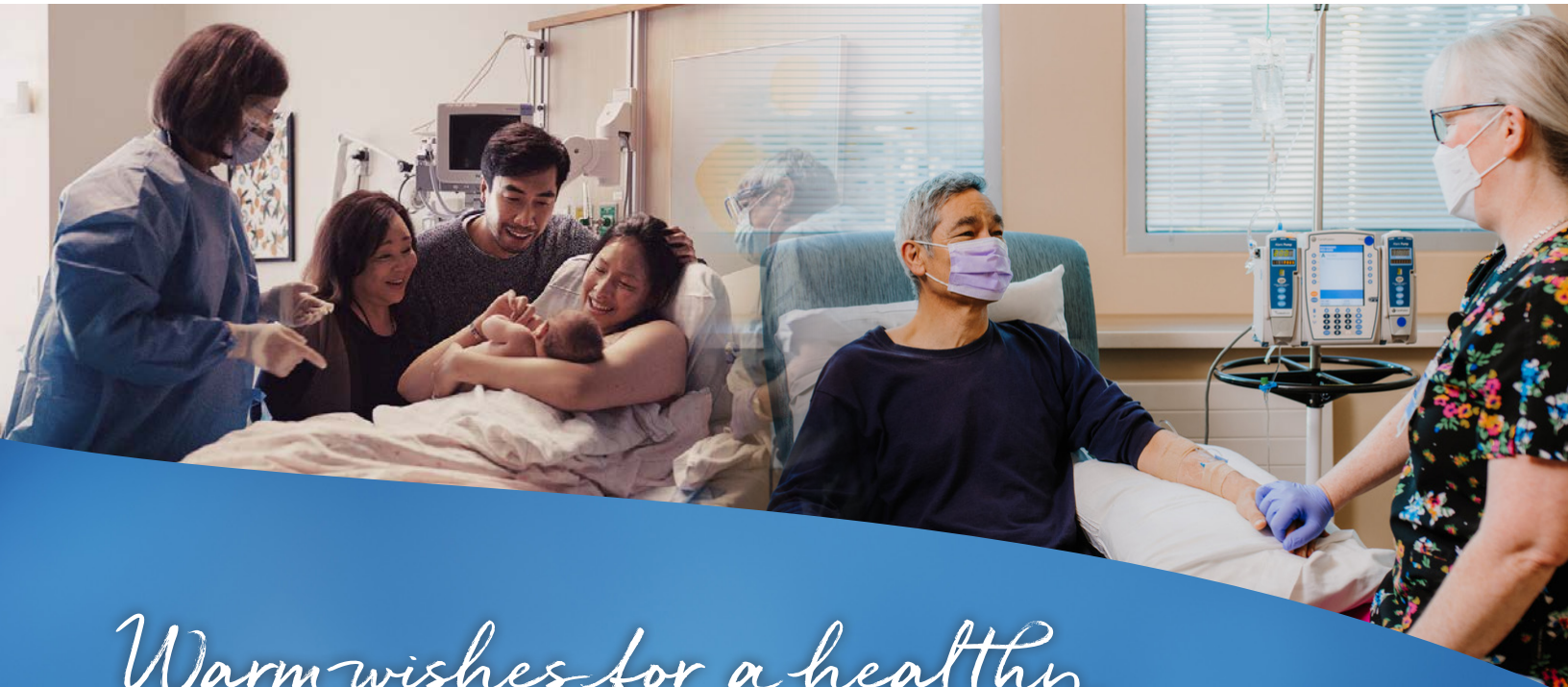


Laszlo and Gerri Bock, Vicki Reeder





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*Warm wishes for a healthy  
New Year 2025*

