

community-based, not-for-profit



BRIEFINGS



Right: George Counselis, M.D., with patient Robert Pearson.
Inset: William Bice, Ph.D., John Muir Health's Chief Physicist and Director of Radiation Oncology, stands next to the TrueBeam STx linear accelerator.

John Muir Health's Neurosciences Services

INNOVATIVE AND COLLABORATIVE EXCELLENCE IN THE TREATMENT OF BRAIN TUMORS

John Muir Health uses the most advanced techniques and technology to diagnose and treat cancer and other complex neurological disorders, but tumors in the brain require the highest level of expertise. Our Radiation Oncology program was the first in the East Bay to offer stereotactic radiosurgery—a form of radiation therapy that focuses high-power energy on a small area of the body such as the brain. It is a pain-free, noninvasive treatment that is most commonly used to treat difficult-to-reach tumors of the brain.

"Years ago, a surgeon might try to remove

the tumor but would likely damage healthy brain tissue in the attempt," says George Counselis, M.D., Medical Director, Brain Tumor and Neuro-Oncology Program. "With this technology, we can destroy the tumor with little if any collateral damage."

Our neurosciences and cancer teams collaborate on a customized treatment plan for each patient. We use state-of-the-art technology, including the TrueBeam® STx linear accelerator, which can apply radiation that conforms to the shape of the tumor. "TrueBeam is incredibly precise and gives us submillimeter accuracy," says Dr. Counselis.

PRESIDENT'S MESSAGE



Jane Willemssen

EVP AND PRESIDENT
HOSPITAL OPERATIONS
JOHN MUIR HEALTH

Thank you for your generous and continued support of John Muir Health. Your gifts help us provide you, your family and our community with top-quality, compassionate health care right here in the East Bay.

We are proud to again be recognized for our care in 2018 by a number of prestigious third-party organizations. In March, Healthgrades named the Walnut Creek Medical Center as one of America's 50 Best Hospitals for the fifth straight year. In addition, the Concord and Walnut Creek Medical Centers were named among America's Top 100 Hospitals for Joint Replacement.

In May, the Walnut Creek Medical Center attained Magnet recognition for the third time—a testament to our continued dedication to high-quality nursing. In August, John Muir Health's Walnut Creek and Concord Medical Centers were highly rated in *U.S. News & World Report's* best hospitals rankings. Our medical centers were ranked No. 2 and No. 3 in the Bay Area out of 48 hospitals and No. 12 and No. 14 in the state out of 400 hospitals.

And, looking to the future, the proceeds from the "Out of this World" *Celebrate John Muir Health!* gala on November 3 will support our Neurosciences Institute. We are very proud of the Institute, which brings together clinical expertise in neurosurgery, neurology, interventional neuroradiology, radiation oncology, neuropsychology and physiatry in one of the most comprehensive diagnostic and treatment centers in Northern California. We couldn't do it without you! Thank you for your philanthropic contributions.

Together, we can make a difference.

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Next-Level Care

TECHNOLOGY FOR INNOVATIVE “BRAIN STETHOSCOPE” FUNDED BY DONOR SUPPORT



Top: Moussa Yazbeck, M.D., visits with a neuro ICU patient during rounds. **Bottom:** the Ceribell™ Rapid Response EEG System.

“For a local community hospital system, John Muir Health is always trying to be at the forefront of technological advances in medicine,” says John Muir Health neurointensivist Moussa Yazbeck, M.D. Thanks to funding from generous donors to John Muir Health, Dr. Yazbeck and his colleagues are able to use a breakthrough EEG (electroencephalogram) device that can detect seizures quickly and easily in their fragile neuro ICU patients. “For many patients, this may change the course of their treatment and recovery.”

John Muir Health’s skilled neurologists regularly monitor brain waves in these complex ICU patients using EEG technology. Standard EEGs require specially trained technologists to mount the electrodes on the patient, which typically takes 30 minutes.

While there is still need for the traditional EEG, the Ceribell™ Rapid Response EEG System provides John Muir Health physicians with a more efficient, time-sensitive and effective way to track the patient’s brain waves. “Neuro ICU nurses can now be trained to prepare the patient with a drastically reduced preparation time of five minutes,” says Dr. Yazbeck. A headband is precisely placed on the patient’s forehead with sensors linked to a device the size of a handheld phone. The data can be read immediately and remotely, if necessary. Additionally, the brain wave data is converted to sound, allowing the frontline nurses and physicians to more easily detect seizure activity.

“John Muir Health is one of the first hospitals in the nation to adopt the Ceribell Rapid Response EEG System technology,” says Dr. Yazbeck, who will be speaking on the subject at the Neurocritical Care Society meeting this month. “The entire neurosciences team is very grateful to the generous donors who have supported and continue to support our work.”

Nerve Center

MEET SOME OF THE PHYSICIANS IN NEUROSCIENCES SERVICES

John Muir Health's highly skilled clinical staff, dedicated neurosurgical operating rooms, neuro ICU, neurological observation unit and acute neuro rehabilitation unit provide patients with a best-in-class continuum of neurological care.

George Counelis, M.D.



MY WORK:

As a neurosurgeon, I enjoy treating patients at a critical point in their lives. I am able to

make tangible differences for them with our neurosciences team.

ON MY WISH LIST: To develop a robotic spine surgery program and become a leader in minimally invasive spine surgery. I would also like to see the establishment of a research institute to support development of neurosciences technology and techniques.

Ira Finch, M.D.



MY WORK:

I collaborate with a thoughtful and dedicated group of neurologists, neurosurgeons

and neurointensivists to provide state-of-the-art patient care.

I'M MOST PROUD OF: I started the neurointerventional/neuroendovascular program at John Muir Health at a time when the field was relatively new. It has grown into what I believe is an essential component of neurosciences and health care delivery at John Muir Health.

Leslie Gillum, M.D.



MY WORK:

I love the intricacy and beauty of the science, as well as the technical and practical aspects of neurological medicine.

ON MY WISH LIST: Care managers for the neurosciences. Many neurological illnesses are medically complex and emotionally devastating with enormous social and financial consequences. Care managers could help patients navigate disability, grief and loss and help with insurance challenges.

Okkyung Kim, M.D.



MY WORK:

I treat patients who come to the hospital with sudden changes in their neurological

function.

I'M EXCITED ABOUT: I'm excited to use groundbreaking advancements and my knowledge to save and improve the lives of our stroke patients.

ON MY WISH LIST: A dedicated neuro-rehab program.

ON MY BUCKET LIST: Serengeti safari tour.

Suleiman LaPalme, M.D.



MY WORK:

I am a physiatrist on the acute inpatient rehab unit. I enjoy being part of an exceptional team helping patients with neuro-recovery.

I'M EXCITED ABOUT: As our understanding of neurologic injury improves, strategies are changing and outcomes are improving. I look forward to seeing how future developments change expectations for neuro-recovery.

Max Merkow, M.D.



MY WORK:

I care for patients with complex brain and spine problems.

I'M EXCITED ABOUT: The expansion of services via great clinical care coupled with amazing technological advances.

I'M MOST PROUD OF: Providing the highest level of neurosurgical care to my patients and being a reliable, caring and thoughtful husband and father.

Steven Schadendorf, M.D.



MY WORK:

I am a general neurologist, evaluating and treating patients with a variety of central and peripheral nervous system disorders.

I'M EXCITED ABOUT: The development of a Deep Brain Stimulator program as well as further advances in stroke care.

ON MY WISH LIST: An MRI in both the Walnut Creek and Concord emergency rooms for rapid diagnosis of stroke.

Raymond Stephens, M.D.



MY WORK:

I work as a general and stroke neurologist.

I'M MOST PROUD

OF: Helping John Muir Health become certified as a stroke center. Less than 1 percent of community hospitals nationwide have such distinction.

ON MY WISH LIST: Real-time neurodiagnostic imaging and teleneuro applications that will improve our ability to rapidly and accurately treat critical patients.

Oana Spataru, M.D.



MY WORK:

I provide state-of-the-art endovascular treatments for stroke, aneurysms, vascular malformations and other conditions involving the brain and spine.

I'M EXCITED ABOUT: Making a difference in the outcome of the most critical neurological/neurosurgical patients.

ON MY BUCKET LIST: Flying my own airplane.

Moussa Yazbeck, M.D.



MY WORK:

I am a neurointensivist.

I'M EXCITED ABOUT:

The new advances in stroke care and improvement in the general care of critically ill patients, the technologies used in ICUs and the services provided by my neurosciences colleagues.

ON MY WISH LIST: Further growth and entrenching the culture of safety. For this year: a nursing education fund.

OUT AND ABOUT

Legacy Brunch

JOHN MUIR HEALTH, WALNUT CREEK MEDICAL CENTER • APRIL 29

Always a favorite event, the 2018 Legacy Brunch was held in the beautiful Lillian and Roy Poage Main Lobby at John Muir Health, Walnut Creek Medical Center and enjoyed by more than 95 guests who are longtime consecutive donors to John Muir Health. Presentations from Kathleen Odne, David Woodworth and Louay Toma, M.D., provided deep and emotional insight into this year's theme, "We Rise by Lifting Others," and the transformational impact that philanthropy has in the delivery of compassionate care at John Muir Health.



(1) Louay Toma, M.D. (2) Left to right: John and Kathleen Odne, Rupa and Shriram Parikh, Vipin Kapadia, Mike Crvarich, Francesca Vogel, and Bill Sabin. (3) Kathleen Odne. (4) Left to right: Bill Lee, M.D.; Louise Lee; Angela Tu-Danzig, Ph.D.; Alice Mayo; and Robert Mayo, M.D. (5) David Woodworth.

Upcoming 2018 Celebrate John Muir Health! Gala

Our annual *Celebrate John Muir Health!* gala will be held on Saturday, November 3, 2018, at the Concord Jet Center. This year's themed event, "Out of this World," will benefit John Muir Health's acclaimed Neurosciences Services.



A Grateful Patient Honors His Health Care Hero

Don Loesch was diagnosed with Stage 4 bladder cancer eight years ago. “I couldn’t believe what I was hearing, and I thought my quality of life was never going to be the same,” he says.

Fortunately for Don, John Muir Health urologist Brian Hopkins, M.D., is a pioneer of the revolutionary surgical procedure known as neobladder reconstruction, which allows for a high quality of life by replacing the bladder using sections from the patient’s intestine.

Following his operation, Don wanted to do something to honor Dr. Hopkins and make a lasting impact for other patients facing cancer in the future. However, he didn’t know how he could make a meaningful gift and still enjoy his retirement.

To accomplish his goals, and with the guidance of his advisers, Don named John Muir Health as a beneficiary of a charitable remainder trust. Because of his decision to invest the trust in municipal bonds, Don will receive tax-free income for all of his retirement years, and upon his passing, the full amount invested will be distributed to John Muir Health’s Cancer Institute in honor of Dr. Hopkins.

“I’m alive today and cancer-free because of John Muir Health,” Don says. “In fact, they saved my life twice and I have the quality of life I hoped for because of Dr. Hopkins’ expert care and compassion.”

Gifts like Don’s will enable John Muir Health to continue to provide exceptional care to every patient who comes through its doors.



John Muir Health urologist
Brian Hopkins, M.D.

I’m alive today and cancer-free because of John Muir Health.”

—DON LOESCH

To learn more about gifts that pay you income for life, please contact Mike Crvarich, CPA, Vice President, Legacy Giving.

Create Your Own Legacy of Giving

Charitable estate planning can be financially beneficial for families and individuals of various ages and income levels. Find out what planning a legacy gift to John Muir Health can do for you and your loved ones—now and in the future.

GIFTS JOHN MUIR HEALTH CAN USE TODAY

- Appreciated Securities
- Real Estate

GIFTS THAT CAN PAY YOU INCOME

- Charitable Gift Annuity
- Charitable Remainder Trust

GIFTS THAT TAKE EFFECT AFTER YOUR LIFETIME

- Bequest
- Retained Life Estate
- Charitable Beneficiary Designations
 - Life Insurance
 - Retirement Plan

For more information, please contact Mike Crvarich, CPA, Vice President, Legacy Giving, at (925) 941-2120 or michael.crvarich@givehealthjmh.org.

WHY I GIVE

Physician Philanthropy Champion

SURGEON SEES IMPACT OF GIVING

The longtime generosity of Ramin Behmand, M.D., to John Muir Health reached over \$100,000 this year in support of Emergency and Trauma Services. When he began making annual gifts 10 years ago, Dr. Behmand's Walnut Creek-based cosmetic surgery practice was still in its early years. He was convinced, however, that high-quality medical services should involve a personal commitment from physicians.

"It's my way of expressing deep gratitude for what John Muir Health offers its surgeons in the effort to better the lives of patients," says Dr. Behmand. "Giving to JMH began with a recognition that my work and practice were part of what John Muir Health offers in this community."



Ramin Behmand, M.D., is a longtime supporter of John Muir Health.

Dr. Behmand also educates UCSF residents as a Clinical Assistant Professor in Surgery and served as Chief of Plastic Surgery from 2006 to 2016 at John Muir Health, Walnut Creek Medical Center. He loves spending time with his family and has climbed mountains around the globe, including Antarctica's Mount Vinson, Africa's Mount Kilimanjaro and, most recently, Mount Everest.

"I strive to provide exceptional patient outcomes and feel that John Muir Health leaders, along with the amazing surgical team at Aspen

Surgery Center, allow me to achieve this goal," he says.

Dr. Behmand's philanthropy extends internationally to families who have no access to surgical care. His charitable medical trips include travel to Colombia, Ethiopia, Haiti and the Philippines.

"John Muir Health makes it possible for me to provide the most advanced surgical procedures to my patients. JMH has supported me as a surgeon, and my donations are what I can give back for the great work we are accomplishing together."