

community-based, not-for-profit



## BRIEFINGS

**Left:** Dmitry Lerner, M.D., sits at the robotic da Vinci® surgical system console to perform surgery on a John Muir Health patient.

**Above:** John Muir Health physicians and nurses prepare to remove the robotic manipulator arms after surgery is complete.

# Robotic Surgery With a Human Touch

**THIS ADVANCED MINIMALLY INVASIVE SURGERY OFFERS LESS PAIN AND SCARRING**

John Muir Health broke ground as the first medical center in the East Bay to launch a robotic-assisted surgery program. “We offer state-of-the-art robotic-assisted surgery to a very wide range of patients in multiple specialties and general surgery,” says Brenda Carlson, R.N., Executive Director, Oncology and Specialty Services, John Muir Health.

The da Vinci® surgical system is central to many programs at John Muir Health and was fully funded by donors, including grateful patients and families.

Robotic-assisted surgery is an advanced form of minimally invasive surgery where surgeons use a computer-controlled robot in certain procedures.

The robot’s dexterous “hands” allow surgeons to operate in tight spaces in the body that would otherwise be accessible only through open surgery.

According to Wilson Tsai, M.D., Co-Medical Director, Thoracic Program, John Muir Health, “Physicians from across the country are coming to watch our surgeries as so few hospitals are doing these cases consistently and with such good results.”

“Our expanded robotic capabilities have allowed us to be more effective in the services we provide to our patients, and that makes me very proud,” says Babak Edraki, M.D., Medical Director, Gynecologic Oncology Program, John Muir Health.

## LEADERSHIP MESSAGE



**Irving Pike, M.D.**  
CHIEF MEDICAL OFFICER  
JOHN MUIR HEALTH

In 2012, I was named as John Muir Health's first Chief Medical Officer. Already impressed by John Muir Health's commitment to quality and its recognition as one of the nation's best health care systems by *U.S. News & World Report*, I was excited to maintain that focus and ensure the delivery of the very best possible patient care and experience.

Today, I am privileged to work surrounded by a dedicated and compassionate team of physicians, nurses and staff and am proud of the quality, patient-centered care they provide. But declining reimbursement rates and the increased cost of providing health care has made the field more challenging in recent years.

Philanthropic support is needed more than ever to help John Muir Health remain a top-of-class health care leader and continue to provide leading-edge technologies and innovative programs and services to patients. It is donors like you that make a difference!

The stories in this issue—about the new Mobile Health Clinic, family medicine residents and the first-ever pharmacy residency program—are a testament to the impact that donors make. Your support allows us to further John Muir Health's mission to improve the health of the communities we serve with quality and compassion.

Thank you for your continued support of John Muir Health. On behalf of our highly skilled physicians, nurses, clinical and support staff, and volunteers, it is our honor to serve you.

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# Health Care on the Move

DONOR SUPPORT PROVIDES NEW STATE-OF-THE-ART MOBILE HEALTH CLINIC



John Muir Health Family Medicine residents show their appreciation for the generous donors who helped purchase a new cutting-edge mobile health care unit.



Watch the Mobile Health Clinic video to hear more about its tremendous community impact.

Thanks to generous donor support, nearly \$450,000 in pooled funds in 2018 allowed for the purchase of a new state-of-the-art mobile health care unit to replace the existing truck, which was scheduled to be decommissioned because of its age.

“We’d been operating the [existing] unit since 2001, and servicing it was becoming more and more challenging,” says Stephanie Merrell, Director, Community Health Improvement, John Muir Health.

John Muir Health’s Mobile Health Clinic brings care to patients in their own community and offers easier, more streamlined and convenient access to preventive and urgent care

as well as chronic disease management. Services are provided by John Muir Health Family Medicine resident physicians (see story on next page) and volunteer doctors, nurses and medical professionals.

According to Kirsten Rigsby, Executive Director, Village Community Resource Center, Brentwood, “Prior to the Mobile Health Clinic, there was little to no access to health care in far East Contra Costa County for those who were unable to pay for care or had limited access to transportation. Having the Mobile Health Clinic come to the community every Saturday has made a big difference and has improved the health of our entire community.”

Kishore Nath, M.D., has been the Medical Director of the Mobile Health Clinic since 2010. “The Mobile Health Clinic is a real ‘wheels on the ground’ partnership between John Muir Health and the community. We have generations of families coming to see us. The fact that patients will refer their own families tells us that we’re doing a good thing and that we need to keep doing it. John Muir Health is very committed to serving the people who live and work in our community.”

In 2018, the Mobile Health Clinic served 407 patients during Saturday clinics; in total, it treated just under 3,000 patients through community partnership programs.

# Focus on Family

## The Family Medicine Residency

**G**enerous donor support in 2015 helped activate the Family Medicine Residency Program whose mission is to prepare family medicine learners with the capability, curiosity, compassion and courageous leadership skills necessary to excel in any health care environment.

The residency program is now at capacity with three full classes and the inaugural 2017 class set to graduate in 2020.

**Meet the chief residents of John Muir Health's Family Medicine Residency Program.**

### Angad Oberoi, D.O.

3rd year Chief Resident

**WHY FAMILY MEDICINE:** The scope of practice—being able to see all ages and stages. The relationship a family physician has with his/her patients is so unique. That bond of trust forged over time is such a special thing, and having the gift to cultivate this daily is such a blessing.

**MESSAGE TO JOHN MUIR HEALTH**

**DONORS:** Thank you so much for making our vision a reality, where we continuously challenge the status quo of graduate medical education and the effect primary care has. We all have our concerns regarding our health care system today. Thank you for being a part of a solution that tries to address some of the concerns.

**CRAZIEST THING YOU'VE EVER DONE:**

Performed an impromptu magic show for a crowd of over 250 people!

### Gabe Saleh, M.D.

3rd year Chief Resident

**WHY JOHN MUIR HEALTH:** I wanted the opportunity to take care of patients in the area where I grew up.

**MOST ENJOY AT FMRP:** Working with great physicians and mentors; the staff is wonderful, too. It's a great environment to learn.

**MOST PROUD OF:** My daughter.

### Tiffany Cho, M.D.

3rd year Chief Resident

**WHY JOHN MUIR HEALTH:** I chose John Muir Health because I believe in the values and culture that the people



# Program helps future physicians excel in their field

and leadership have set out to create. The program questioned the status quo in order to be innovative and create a program to train the future leaders of primary care that will serve the members of our community.

**HOBBIES:** I love to draw portraits. It helps me see patients as a person represented by many shades and stories.

**WHAT'S THE FARTHEST YOU'VE TRAVELED:** Backpacked the Kalalau Trail in Kauai, Hawaii, during medical school.

## Rachel Oliver, M.D.

2nd year Chief Resident

**MESSAGE TO JOHN MUIR HEALTH DONORS:** Thank you for supporting us! We appreciate it so much. We believe in strong outpatient care transforming

the future of medicine with well-trained family medicine and primary care providers leading the way—and that's just what this residency program is hoping to do. We hope you continue to support us and our vision.

**BUCKET LIST:** I'd like to travel to Iceland. I've wanted to for years!

**MOST PROUD OF:** I am most proud of my work as class lead, improving lines of communication between our residents and faculty, and advocating for my fellow residents when issues and concerns arise. It's a lot of groundwork to cover in a new program, and we've done so much already to make our program even stronger for future residents.

## Michael Silva, M.D.

2nd year Chief Resident

**WHY JOHN MUIR HEALTH:** John Muir Health has a strong mental health/behavioral health emphasis, ethnically and socioeconomically diverse patient population, emphasis on outpatient medicine, and investment in resident well-being.

**HOBBIES:** Running, swimming, going to the beach, boogie boarding (I hope to learn to surf someday, too), lifting weights, soccer, watching sports, trying new restaurants and different foods, exploring, and getting lost in big cities.

**CRAZIEST THING YOU'VE EVER DONE:** In my senior year of high school, I played a solo on my clarinet in Carnegie Hall, New York.



Pictured, from left: Angad Oberoi, D.O.; Gabe Saleh, M.D.; Tiffany Cho, M.D.; Rachel Oliver, M.D.; and Michael Silva, M.D.



## OUT AND ABOUT

### New Mobile Health Clinic Ribbon-Cutting Event

BRENTWOOD • JULY 20, 2019

John Muir Health celebrated the official opening of the new Mobile Health Clinic at the Village Community Resource Center in Brentwood. The large gathering of attendees enjoyed tours of the clinic, free blood pressure screenings, music, small bites and beverages as well as raffle drawings and giveaways. Stephanie Merrell, Director, Community Health Improvement, John Muir Health; Kishore Nath, M.D., Medical Director, Mobile Health Clinic, John Muir Health; and Jeremy Fish, M.D., Director, Family Medicine Residency Program, John Muir Health, were on hand to do the honor of cutting the ribbon.



**Left:** Kishore Nath, M.D.; Stephanie Merrell; and Jeremy Fish, M.D.

**Above:** Kirsten Rigsby and Kishore Nath, M.D.



Left to right: Moussa Yazbeck, M.D.; Emily Scott, Financial Transitionist Practitioner and Navigator; and Michael Crvarich, Vice President, Legacy Giving, John Muir Health Foundation.

### Professional Advisors Council Event

JOHN MUIR HEALTH, WALNUT CREEK MEDICAL CENTER,  
CORNER CAFÉ • SEPTEMBER 19, 2019

John Muir Health physicians, community leaders and prominent professional advisors in the community gathered to explore ways of guiding clients toward a higher purpose in their overall planning and decision-making process. Neurocritical Care physician Moussa Yazbeck, M.D., explored the principles and circumstances surrounding medical ethics today, and Emily Scott, a Financial Transitionist Practitioner and Navigator, addressed the issues and challenges of legacy planning, financial prioritization and philanthropic choices.

### Mark Your Calendar for the 2019 *Celebrate John Muir Health!* Gala

Our sixth annual *Celebrate John Muir Health!* gala will be held on Saturday, November 2, 2019, at the Concord Jet Center. This year's *Wizard of Oz*-inspired event, "There's No Place Like John Muir Health," will benefit John Muir Health's Comprehensive Cancer Center.

For more information, call Allison See at (925) 941-2089 or email [allison.see@givehealthjmh.org](mailto:allison.see@givehealthjmh.org).



# Your Legacy, Your Savings



Diane and David Goldsmith

Retirement savings are a wonderful vehicle for fulfilling your philanthropic legacy. Under the new tax law, IRA rollover gifts continue to be an attractive and popular way to support the John Muir Health Foundation for individuals 70½ and older.

Longtime John Muir Health donors David and Diane Goldsmith agree. “John Muir Health has been a primary charitable focus for my wife, Diane, and me for many years,” says David. “We

understand that health care is going to change at an accelerated pace as many of the assumptions regarding the delivery and financing of care are modified in the coming years. Change presents both challenges and opportunities, but underlying both will be the need for community support. Diane and I see a locally owned and governed, not-for-profit health care system as a linchpin for maintaining and improving the community’s well-being. John Muir Health has consistently provided outstanding care for our family and families throughout Contra Costa County, so when I turned 70½, it made sense to support the good works of John Muir Health by rolling over my IRA into a gift that would keep on giving for generations to come.”

## 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

- IRA Rollover
- Appreciated Securities

### GIFTS THAT CAN PAY YOU INCOME

- Charitable Gift Annuity
- Charitable Remainder Trust

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

#### Here are some of the advantages of a charitable IRA rollover:

- Avoid taxes on transfers to charity of up to \$100,000 from your IRA.
- Satisfy some or all of your required minimum distribution from your IRA for the year.
- Reduce your taxable income, even if you do not itemize deductions.

#### How does it work?

- You must be 70½ or older at the time of the distribution.
- Transfers must come from your IRA directly to the John Muir Health Foundation.
- **For credit in 2019, please make your IRA rollover gift on or before December 31, 2019.**

#### Steps for directing a charitable IRA rollover to John Muir Health Foundation:

- Contact your IRA plan administrator for its specific transmittal form, or contact our office of Legacy Planning for assistance.

*Your legacy of generosity will not only advance the mission of John Muir Health but also help mitigate your tax burden.*

## WHY WE GIVE

# Community Champions

## KEN AND DONNA COIT HELP FUND JOHN MUIR HEALTH'S FIRST PHARMACY RESIDENCY PROGRAM

Ken Coit believes in “giving back to the community you call home.” So when the former pharmacist was asked about ways he and his wife, Donna, would like to support John Muir Health, he orchestrated a brilliant idea.

The demand for pharmacy residency programs has outpaced supply. According to the American Society of Health System Pharmacists, the match rate for accredited residency programs is only 67 percent, meaning over 1,600 applicants have not been matched to a postgraduate residency program.

So with assistance from the John Muir Health Foundation, and in collaboration with Pharmacy Leadership at John Muir Health, Ken and



Left to right: Alfredo Rayray, Pharm.D.; Donna Coit; Ken Coit; and Amin Nabati, Pharm.D.

Donna generously funded the launch of the first-ever Pharmacy Residency Program at John Muir Health, Walnut Creek Medical Center. It is the only program of its kind in Contra Costa County!

Each year, two new Doctors of Pharmacy graduates will participate in a 12-month program to prepare and train for the rigors of hospital-based pharmacy practice. Clinical rotations include critical care, ambulatory care, emergency medicine and internal medicine, among others. The residents will

also provide direct patient care; conduct quality improvement projects; and present Continuing Medical Education forums for physicians, nurses and pharmacists.

“I learned about the importance of giving back from my mother,” says Ken, who works in multifamily real estate on the West Coast. “Now, my philanthropy partner is Donna. She brings the ‘heart’ with years of experience in social services and helping others. Together, we make a great team and are proud to support John Muir Health.”