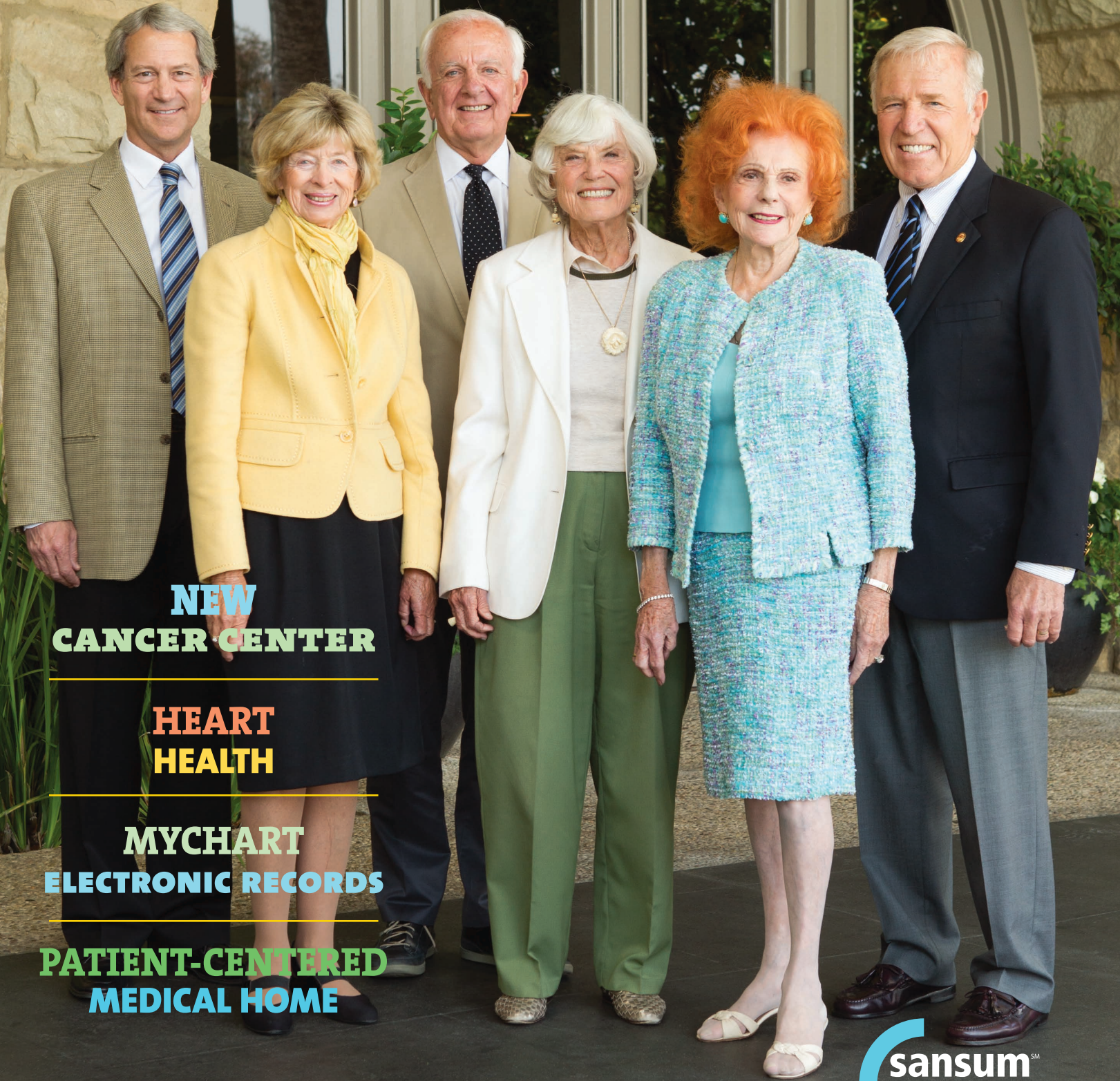


GOODHEALTH™

A HEALTHCARE JOURNAL FROM SANSUM CLINIC • ISSUE 17 • WINTER 2016



**NEW
CANCER CENTER**

**HEART
HEALTH**

**MYCHART
ELECTRONIC RECORDS**

**PATIENT-CENTERED
MEDICAL HOME**



Dear Patients,

Sansum Clinic, Santa Barbara and the international business community lost a dear friend on September 24, 2016. Jack Nadel lived just short of 93 years, enjoying life to the fullest and bringing joy to all who had the pleasure of knowing him. Jack had an impressive military career before launching a successful career as a global entrepreneur that spanned seven decades, having founded, acquired and operated more than a dozen companies worldwide, including Jack Nadel International.

Jack was always the first to say that he was lucky enough to have met two great women who were the loves of his life. He had two wonderful marriages: first to Elly for 54 years and then to Julie for 11 years of their 14-year partnership. I had the distinct pleasure of getting to know Jack well over the years and am lucky to have called him a friend. He will be missed by many, and we are so fortunate that Jack and Julie's philanthropic endeavors will have a positive impact on patients in our community for generations to come.

In 1990, Jack founded The Nadel Foundation whose mission continues to help improve the standard of living and quality of life, beginning with his local community. Together, Jack and Julie Nadel had a hand in improving the experience of our patients by remodeling our Santa Barbara OB/GYN clinic and the lobby at our Pueblo Multi-Specialty Clinic, and by launching the innovative **Prescription Navigator Program**. This pharmacist-led medication therapy management program ensures the safe, effective, and appropriate use of medications by Sansum Clinic patients.



Jack and Julie Nadel

Jack was always interested in our clinic-wide initiatives and I think he would have been proud to tour our new Pesetas Urgent Care site (page 19), and to learn about the major advancements that our cardiologists are spearheading in our community (page 4). Personally, I am also very excited about the new regional Cancer Center we are building at 540 W. Pueblo Street, which will bring together our three oncology offices on that street into one modern facility. This initiative is made possible thanks to many generous philanthropists in our community, including Lady Leslie Ridley-Tree. In this issue, you can read about a field trip several of us took to Lady Ridley-Tree's business office, where we got to see her in action as a very busy CEO (page 10).

Wishing you and yours a happy holiday season.

Sincerely,

Kurt N. Ransohoff, MD, FACP
CEO and Chief Medical Officer

GOOD HEALTH

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Sansum Clinic published
three times a year

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Sansum Clinic's mission is to provide an excellent healthcare experience, recognizing our first priority is the patients we serve.

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MyChart Family Access



What is Family Access?

MyChart Family Access, also known as proxy access, allows adults 18 and older to log into their own MyChart account and access information regarding their family members. Adults often use proxy access to view the records of a spouse or an older parent or relative, which can be particularly useful in helping older adults monitor medications and appointments. Parents or guardians can also use proxy access to view their children's records, request and cancel appointments, check immunizations, request medication refills, and coordinate other health-related information.

How do I get Family Access?

You can grant proxy access to other adults by logging in to your MyChart account, clicking My Account>My Family's Records, then clicking on the link to complete and submit the form. Requests are typically processed within 1-3 business days.

To request proxy access to a child's (ages 0-11) records, please visit your child's Sansum Clinic Pediatrics or Family Medicine office. No appointment is necessary for proxy access

requests. Due to consent requirements, Sansum Clinic does not allow any access to MyChart to any patient aged 12-17.

What happens next?

If you are granting another adult proxy access to your MyChart account, once we have received the electronic request form mentioned above, we will contact you at the phone number listed in your medical record to confirm your identity and verify your request. Once this has been done, your request will be processed, and you and the proxy will be notified when this is complete. Requests are usually processed within 1-3 business days. Please note that the proxy will need to log in to their own MyChart account in order to view your MyChart account. If they do not have an existing MyChart account, a Sansum Clinic employee will contact them to establish one. ❀

Visit www.sansumclinic.org/mychart for more information.

Share Your Story

Do you have a story or experience to share about a visit to Sansum Clinic? We want to hear from you.

Please visit www.sansumclinic.org/share-your-story.

Thank you. ❀

GOODHEALTH

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This magazine is not intended to provide medical care. For specific medical advice, diagnoses, and treatment, consult your doctor. All information in this publication is for educational purposes only.

“I Did Not Know the Sun Could Be this Bright.”

Chris Quesada’s Cancer Story

It was Friday, April 10, 2015. 3:10 pm. I put down the phone in a fog. My head was spinning. All I could think was, “How am I going to tell my fiancée?”

It had started a few months earlier. I had a cold, like any other cold, but I could not seem to shake it. At my fiancée’s insistence, I went to see my doctor. I had swollen glands and I was prescribed some medication to take care of it. And all seemed well for awhile, but along came another cold that I could not shake.

As a professional trainer and physical therapist, it’s part of my job to be in peak physical condition. I eat well and I am well. That’s who I am. This felt different. And a month later I was back to my doctor who sent me to see Dr. Rabindra Braganza, an ENT specialist at Sansum Clinic.

Dr. Braganza put a scope down my throat and consequently sent me for a CAT scan which confirmed an abscess in my throat. He gave me treatment for the inflammation and had me come back a week later for a biopsy.

Late on the day of the biopsy, April 10, he called me with the results. It was cancer.

My long journey had begun. And now I had to tell my fiancée, Aviva. We were getting married in a month. At least, we were supposed to be. I still look back on the trepidation I had as I waited for her to come home so I could tell her the news. She was just as scared as I but became all-business right from the get-go. Where I was in a fog, she became focused – and for my entire journey, the more I needed her, the more she was there.

He was my patient. Now I’m his.

I already knew Dr. Fred Kass from the Cancer Center of Santa Barbara with Sansum Clinic. He had been a patient of mine at my physical therapy clinic. Now I was on the phone with him, telling him Dr. Braganza’s diagnosis. “Come on in,” he said. It was the end of the day on Friday. I was at my fiancée’s house in Simi Valley so I couldn’t get to Santa Barbara until after hours. But anyone who knows Dr. Kass wouldn’t be surprised to find

out that he waited for me.

Once we sat down, Dr. Kass gave it to me straight. “It’s going to be hard,” he said. He wasn’t lying. “But we’ll be at your side every step of the way.” As history subsequently proved, he was right! Dr. Kass advised me to get a feeding tube inserted before my treatment began, while I was still strong, since I’d likely be in no shape to have the procedure once treatment was underway. The advice I got from the doctors, nurses and staff at the Cancer Center was so beneficial – throughout every part of this journey.

Just over three weeks later, after a raft of dental procedures I had to have in preparation for treatment and also performing a hastily arranged wedding ceremony, treatment began.

My Cancer Center team

On Friday, May 1, I had my first chemo treatment. I also started getting to know the members of my team, who would become my “family” over the next couple of months: Kimba, Diane, Debbie, Kristy, Allison, Teresa and Socorro – my oncology nurses. These were the most amazing people I could be surrounded with during such a grueling situation. They all made it bearable and kept me positive day after day. They are all heroes in my book. Dr. Kass had told me that, “chemo affects people differently.” My first day went well and I prepared myself for my first radiation treatment the following Monday.

I’m not a claustrophobic person, but getting fitted for my radiation mask certainly pushed my buttons. I had to lie totally still for 45 minutes as the warm, pliable mesh hardened into a perfect fit around my face. This would be the mask that would protect the healthy parts of my head and neck as the cancer was “nuked” with radiation every day, Monday through Friday, for 7 weeks. Once the mask was ready, Dr. Shane Cotter, my Radiation Oncologist, who, amazingly, had also been a patient of mine (is this a small town or what?!) asked if I wanted to go ahead and have my first radiation treatment. “Sure,” I said, “what’s 45 more minutes in the mask?” Let me tell you, having that mask bolted to the table so you can’t move the slightest bit is pretty freaky. But it is amazing what you can get used to. And once again, the radiation nurses

were amazing. “Ten more minutes,” “five more minutes,” “almost done.” They were always there. Always talking me through it. Always reassuring. From my first day of treatment to my last.

Thank God they’re close

After my first diagnosis and meeting with Dr. Kass, Aviva asked if I wanted to go to Los Angeles for a second opinion and to look into treatment there. I said no. I just felt so comfortable with the team at the Cancer Center. It became clear I was not one of those people for whom chemo would be a cake walk, I thanked God that I had made that decision and that the Cancer Center was close by. I was constantly sick to my stomach and so weak. Here I am, a physical therapy trainer and the stairs in my apartment felt like Mount Everest!

I cannot imagine having to go through chemo or radiation treatment in another city, and having to travel to get there. I just couldn’t have done it. I’ll be forever grateful we have this level of care right here in our own back yard.



Chris Quesada and his wife, Aviva

My amazing wife

As I had been warned, very soon after starting radiation treatment, swallowing anything felt like swallowing broken glass. Thank goodness for the feeding tube, and for my wife. Between nausea from the chemo and the inability to swallow, I was losing weight fast. With direction from the Cancer Center’s Oncology Nutritionist, Kristin Price, RDN, CSO, Aviva became a wizard with a blender. She blended

up kale, broccoli, asparagus – you name it— plus a protein-mix, into 900- calorie “nutrition bombs” which I ingested via the feeding tube. Aviva completely rearranged her schedule and her work to take care of me. This was certainly not the beginning of married life that either of us had imagined!

Fighting cancer

Thirty-five rounds of radiation. Three courses of chemotherapy. Many, many medications. Fighting to maintain weight. Fighting to get out of bed. Fighting, fighting, fighting.

And we won. My cancer is in full remission. And it is such a huge “WE” – the doctors, nurses and staff of the Cancer Center of Santa Barbara were just incredible. Dr. Kass told me before we began that they’d be there every step of the way, but I did not understand then just how much that would mean. And how much I’d need them. They saved my life. Also, thank you to my boss, Dr. Mark Brisby, who held my job for me, visited me and stayed in touch and to Dr. John Ebadi an oriental medicine/acupuncturist and friend who helped tremendously with my gag reflex and getting my appetite back. To my family and friends and to my two stepsons who lost hanging out with me for a few months. And to my wife, Aviva, who went through hell. I’ll never be able to thank her enough for all she did for me. But I’ll spend the rest of my life trying – starting with saving to take a honeymoon, finally!

After I got the confirmation that my cancer was in full remission, Aviva confessed to me, “Wow, in the middle of all that, you looked like you were 70 years old!” I told her, “That’s awesome! I felt like I was 90!” (I’m 52, by the way.)

With my new lease on life, she has also told me that I have become a nicer guy. My kids say so, too. I am more patient now. Less selfish with my time. Once you’ve had cancer, your whole concept of what constitutes “having a bad day” shifts dramatically. There’s so much good out there.

I would not wish what I went through on anyone, but I’m almost glad I went through it. I did not know the sun could be this bright...

Thank you to my team at the Cancer Center!
Chris Quesada

Some thoughts from Chris:

1. Stay fit. Exercise. Being in shape might not stop you from getting sick, but it sure helps in getting well!
2. Eat well. It’s no harder than eating poorly!
3. Get the best treatment you can – as close to your own bed as possible.
4. Be consistent with your recovery. Keep doing what you’ve been told.
5. Appreciate your wife! :) 🌻

Advancements in Cardiology

NICOLE YOUNG

Manufacturers of the world's most advanced heart devices are trusting Sansum Clinic's Drs. Joseph Aragon and Michael Shenoda with their technology, because of their long history of specialized education and patient success with complex procedures. "Not every physician is given the opportunity to put these in. You need extensive experience," explains Dr. Aragon, director of the structural heart program and chair of the cardiology department at Sansum Clinic.

Recently approved by the FDA, the Absorb™ dissolving heart stent and the Watchman™ implant for atrial fibrillation are two new technologies used by the doctors. Atrial fibrillation (afib) is a condition that causes an irregular and rapid heart rate due to blood clotting in the left atrial appendage (LAA). Clots can cause a stroke and often Afib patients require the use of blood thinner medication. But for some who have bleeding complications, a long-term alternative to taking those drugs is necessary. For high-risk patients whose afib is not related to heart valve disease, the Watchman implant could be a solution. The one-time implant is the size of a quarter. It operates like a tiny umbrella, catching clots and working like a plug to seal off the LAA. In less than one hour, doctors can position the device in the heart through a small tube inserted in a leg vein, avoiding major surgery. Eventually, heart tissue grows over the Watchman and 90% of patients can stop medications within 45 days. Cottage Hospital is the only site between Los Angeles and the Bay Area with a Watchman program.



The Absorb dissolving heart stent is considered one of the most important advances in the treatment of coronary artery disease in a decade. While most stents are made of metal, the Absorb is crafted from a material similar to dissolving sutures. It is inserted via a catheter, and once inside the heart, it props open the clogged artery, which can then heal and resume normal function. The stent completely disappears after about three years. "We have always been treating the obstruction, fixing the blockage. Now, we are actually treating the inside of the vessel," says Dr. Aragon.

The Aragon-Shenoda medical team was first on the central coast to enroll patients in clinical trials for Absorb. The physicians helped to make Santa Barbara one of the first locations in the nation to have the stent after FDA approval. "It helps in real world experience to know which patients will be good candidates for the procedure," notes Dr. Shenoda. When these devices are appropriate, the outcomes can be life-changing.

Seventy-four-year-old Sandra Nemeth wound up in the emergency room after she experienced tingling arms and chest pressure during a family hike. Since the symptoms were completely new, Sandra believed something she ate was the trouble. An exam by Dr. Aragon revealed that an artery in her heart was 90% blocked. Because of her active lifestyle complete with regular exercise and organic meals, she was shocked at her diagnosis. Luckily, she met a long list of criteria to receive the Absorb dissolvable stent. The size of her artery and its opening were perfect. Still, the thought of her first major medical procedure in over 40 years was a little daunting. "I have never been to a hospital, other than to have my babies," she recounts. The Absorb option especially appealed to Sandra



Watchman™
Left atrial appendage
closure device
designed to reduce
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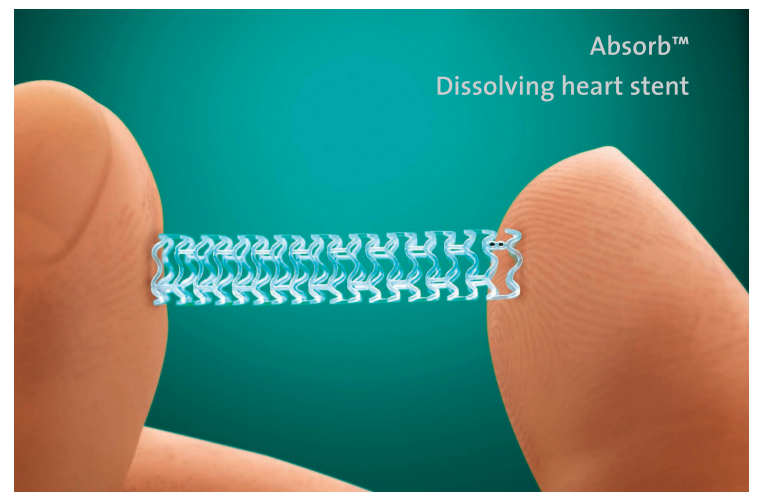


Drs. Joseph R. Aragon, Michael Shenoda, and Colin Shafer, Sansum Clinic Cardiologists

since there would be no substance left in her body, and she'd eventually be free of medication. The next day, Dr. Aragon inserted the stent in Sandra's heart through a tube placed into her wrist. The entire procedure took 40 minutes, and she was back at home within 36 hours, helping once again to care for her three grandchildren. It was as if nothing had ever happened on that hiking trail, minus her meeting with Dr. Aragon. "He made me feel totally comfortable. As bright as he is, he has such a nice bedside manner, and that's so important. So now, he is my cardiologist, he's my doctor and I have adopted him," she says laughing.

The rollout of these new instruments at select hospitals is deliberately slow, using only patients that match strict criteria and carefully-chosen doctors with the most training. Independent oversight boards constantly monitor program progress, and the Sansum Clinic Cardiology Department participates in patient registries to share information on how patients with the devices around the country are faring. Drs. Aragon and Shenoda understand the need for scrutiny, as their early instruction at Cedars-Sinai Medical Center and UCLA placed them on the forefront of transcatheter technologies.

Because these devices need to be implanted in such a precise manner, an increasing number of structural heart interventions now require real-time imaging guidance. As medical director of the echocardiography lab at Cottage Hospital's Heart Valve program, Sansum Clinic cardiologist Dr. Colin Shafer plays a critical role in device placement and immediate functional evaluation when these treatment options are used. The ability to track how the instruments are working with 3D imaging is key to their success.



The addition of Dr. Shafer three years ago was part of an overall strategy to build a highly-trained staff with nearly every specialty within cardiology. A gathering of physicians of this caliber is rarely seen outside of a large academic center. In addition, this level of advancement only happens when there is a unique partnership between doctors and the place where they treat their patients. Cottage Hospital made a significant investment to bring the equipment, facilities and program support to Santa Barbara. Sansum Clinic provided another piece of the puzzle – these fine doctors. Aragon and Shenoda aspire to always be investigating the latest technology in heart health, and are hoping to embark soon on a new surgical technique to repair the heart's mitral valve. "We have 15 to 20 years of combined experience with these devices. We have brought these programs to Santa Barbara, and our patients can now participate in these clinical trials. That wasn't possible 10 years ago," says Dr. Aragon. "The entire department has grown and evolved. We've been very fortunate." 🌻

Comprehensive Care Helps Solve Your Vision Problems

WAYNE TUSTIN



Dr. Brett Simon with Shirley and Wayne Tustin

Are you experiencing vision problems? The American Foundation for the Blind reports that 5.5% of Americans under age 44 are visually impaired. That number increases to more than 15% by age 75. The National Institutes of Health (NIH) found that as many as 11 million Americans have uncorrected visual impairment such as astigmatism (difficulty in seeing clearly), nearsightedness (problems with distance vision) and farsightedness (problems seeing close-up). If you have trouble seeing, you should get your eyes examined as soon as possible. The majority (83%) of vision problems can be corrected with glasses, contact lenses or LASIK treatments. However, if you do have a more serious eye disease, the sooner it is found, the more likely it is that treatment can help preserve your vision.

A careful eye exam can reveal other medical problems such as diabetes, hypertension, or a brain tumor, so it is recommended that everyone have an annual eye exam. Sansum Clinic's eye care centers include board-certified optometrists, licensed opticians, ophthalmologists, cataract and glaucoma specialists, and also offer laser eye procedures using the latest diagnostic and treatment methods.

With that background, let's get one patient's view of his recent experience. Most of the eyes the optometrists refract are much younger than mine, which are 94 years old. My story begins with a call to my insurance provider to verify that my Medicare insurance includes vision care, although the department offers special pricing and financing options for patients without insurance coverage. I was directed to the

Optometry Department and Optical Shop located at 29 West Anapamu Street in Santa Barbara for an eye exam. Ample parking and direct handicap access is available from Lot 4 located off Chapala Street, just north of Figueroa Street. Patients can schedule an appointment directly by calling (805) 681-8980 to see Drs. David Burroughs, Lauren Gonzalez or Brett Simon. All three are board-certified specialists in optometry, identified as Doctor of Optometry, or "OD."

I was first met by one of several highly-trained ophthalmic assistants who began an electronic record of my visit and administered "dilating drops" into my eyes. These drops are commonly used to enlarge the pupil for eye examinations that allow the eye doctor to see into the eye in detail. It takes 20-30 minutes for the drops to begin working, so I waited patiently before Dr. Brett Simon could perform his initial exam. During the exam, he discovered a "secondary" cataract in my left eye. This is a hazy film covering the back part of my intraocular lens that he called a posterior capsular opacification (whew!). This condition sometimes appears years after cataract removal.

Fortunately, Dr. Simon referred me to ophthalmologist Dr. Ryan Fante at the Elings Eye Center at 4151 Foothill Road at the new state-of-the-art Sansum Clinic Medical and Surgical Center. After a thorough evaluation, Dr. Fante performed a painless, very brief, laser surgery called a Yag capsulotomy using their new Femtosecond laser-assisted surgical device to immediately improve my vision.

Following a brief recovery period, I was back under Dr. Simon's care. A procedure referred to as a refraction was performed using an instrument called a phoropter. He had me view the familiar black text images projected onto a white office wall, looking through a series of lenses. After each lens change, Dr. Simon wanted my opinion ... "was this image better? ... or worse?" He and I functioned as a team to determine the best possible correction for each eye, first looking at distant images and then looking at closeup images. He then wrote a prescription for the correction that was needed for "trifocal" lenses.

I presented the prescription to the in-house "glasses" department where a licensed optician meticulously measured my eyes and fitted me with a new frame that I selected from a wide range of brand names and styles. A week later I returned to pick up my new glasses. Thanks to the excellent care and service that I received, I now enjoy improved clarity of vision at all ranges including close-up, intermediate and distance.

Early Year Vision Problems Lead to Optical Career

Upon meeting Brett Simon, OD, I was immediately impressed by his comfortable, easy-going manner and his obvious passion for his work. So, I asked him what led to his career in eye care.

Brett explained that as a child, he struggled to read the blackboard in his schoolrooms. He recalls during a Little League baseball game having trouble seeing a fly ball as he was playing in the outfield.

At age 13, Brett began treatment with optometrist William Petersen, OD, in his home town of Dana Point, California. “How did those successful treatments lead to a career?” I asked Brett.

“Dr. Petersen became my mentor. Like him, I wanted to help people with vision problems beyond routine eye examinations. I dreamt of becoming an optometrist soon after I experienced first-hand how important it is to have clear vision. I definitely saw myself working closely with other specialists in eye care, specifically ophthalmologists specializing in cataracts, retina diseases, strabismus (crossed-eyes), and glaucoma.”

After graduating from high school, Brett attended the University of California, Irvine. He then began his graduate training at Southern California College of Optometry in Fullerton — following in the footsteps of his childhood mentor.

“When I received my OD degree in 2007, I was lucky enough to associate with my mentor, Dr. Petersen (now Bill), in the very same optometry office where I had my eyes examined as a child.” A few years later, Dr. Simon accepted an offer to practice in Santa Barbara.

“While in Santa Barbara, I certainly became aware of Sansum Clinic and its multi-specialty approach to complete healthcare,” Brett explains. “When I had the opportunity to join Sansum in 2012, and to collaborate with so many other highly-respected physicians, I simply couldn’t refuse.”

Among the many other events that have had a life-changing effect on him, Dr. Simon mentions undergoing LASIK surgery in 2007, that resulted in his now-perfect vision, marrying his wife Adela, a nutritionist, in 2011, “and, of course, the mere sight of our precious daughter, Clara, born in 2015.” 🌸

Wayne Tustin is a retired electrical engineer with more than 50 years experience in the aerospace industry. He has lived in Santa Barbara since the early 1960’s and resides on the Mesa with his wife, Shirley. The couple will celebrate their 71st wedding anniversary this year. Wayne now consults with companies and individuals to interpret and clarify technical documentation.

Dry Eye Disease – Brett Simon, OD



Dry eye disease occurs when the protective tear film that coats the front part of the eye is insufficient or unstable. The lack of a healthy tear film can expose the sensitive underlying tissue and cause symptoms such as burning, stinging, tearing, itching, grittiness, redness, and blurry vision. The effects can be temporary and require short term treatment or chronic and need to

be addressed daily. The root causes of dry eye are increased tear evaporation and decreased tear production.

Increased tear evaporation can be due to excessive computer use, driving, watching television, reading, or any activity that requires concentration. Under normal conditions we blink every 3-4 seconds. This rate can decrease during the above activities to only 3-4 times a minute, therefore increasing the amount of time for tears to evaporate. Blinking establishes a fresh layer of tears and is very important to prevent the eyes from getting dry. Environmental conditions such as low humidity, hot or cold weather, air conditioning, wind, airplane travel, dust, and smoke can also promote tear evaporation.

If the tears evaporate too fast then the eye will send a signal to

the brain to produce more tears, potentially leading to an over production and even cause the tears to spill out of the eye. If the eye is left without adequate lubrication for an extended period of time then the eye can become irritated or damaged, leading to the burning or sandy sensation. Symptoms can be worse at the end of the day due to the length of time the eyes are open, and even extend into the next morning.

Decreased tear production has been linked to autoimmune diseases such as rheumatoid arthritis, lupus, Sjogrens, and thyroid disorders. Other causes include advanced age, hormone replacement therapy, certain medications such as antidepressants and antihistamines, and sometimes following LASIK refractive surgery. Symptoms are similar to those experienced with increased tear evaporation but can be chronic and more severe.

Treatment depends on the cause of dry eye and the severity of symptoms. Mild cases can benefit from over-the-counter artificial tears, whereas moderate to severe presentations may require prescription medications, nutritional supplements, or minor medical procedures. A thorough eye exam can determine the type of dry eye and lead to an appropriate treatment plan. In addition to addressing ocular and systemic health, it is also important to discuss the work environment, computer ergonomics and leisure activities in order to reveal opportunities that can improve the quality of life in patients suffering from dry eye disease. 🌸

Meet the Legacy Society's Newest Member Theodore (Ted) Mazzini

ANN MOORE



I had the pleasure of meeting with one of Santa Barbara's quintessential gentlemen, 86 year-old Ted Mazzini. Ted is a veteran of the US Navy. Dapper, even when dressed in casual clothes, Ted told us about growing up in Santa Barbara and his wonderful work as a haberdasher for two of the most elite stores in the history of Santa Barbara, Silverwood's and Tweeds & Weeds.

"What's a haberdasher?" you might ask, since it's a word that's rarely used anymore. A haberdasher is a person who owns or works in a shop that sells men's clothes – but not just any clothes in Ted's case – beautiful clothing made of the finest fabrics from W. Bill London in the most elegant designs in men's fashion. Today, you could think of stores that might feature a haberdasher as ones that cater to the "rich and famous."

"You never knew who would come through the door," said Ted. "Of course, I would never tell you the names of our famous customers – that would be a violation of trust. The people who patronized our stores were very prominent; some were celebrities. They expected the best in customer service – and that's what I always provided. I often received thank you notes and calls from people who appreciated the personalized service I provided them.

In fact, that's one of the reasons for my support for – and loyalty to – Sansum Clinic. Sansum has unfailingly provided me with courteous, professional service. I opted to go to Sansum Clinic rather than the Veterans Administration for my healthcare. Outstanding customer service is very important to me and it's been one of the hallmarks for my life. The doctors at Sansum Clinic are first rate but the entire team is what's made all the difference – from the receptionists to the nurses and physicians and all the support staff. Everyone is helpful and gracious, so my 'Sansum Experience' has always been exceptional.

"I was raised by my grandparents in their home on the corner of Canon Perdido and Santa Barbara Streets. It was painted yellow and I was very happy living in such a cheerful home. My grandparents were wonderful people. My grandfather came from Italy and read the Italian newspaper and *Santa Barbara News-Press* daily. My grandmother was a native of Santa Barbara. Together they enjoyed sitting on their front porch, watching the world go by. They were elegant and rather formal, which is something I later incorporated into my work, never addressing my customers by their first names, unless asked to do so. I paid close attention to how gentlemen conducted



Ted Mazzini with Don Sears at Silverwood's

themselves, their manners and decorum. As to formality, I vividly recall my grandfather preparing dinner for us wearing a suit! When I was growing up, I played tennis and got lessons from the great Mike Koury. I also enjoyed the company of some lovely ladies. However, I never married and today, you might say I'm a confirmed bachelor.

"I built a reputation on providing impeccable service. As a young man, my first job in a clothing store was at Silverwood's on State Street. My job as a haberdasher was to be observant, courteous, helpful and cordial. I could tell a man's size the minute he walked in the store. Those were the days when our downtown offered unique stores, such as Trenwith's, Lou Rose, Andera's Children's Shop, Ott's Hardware, Hunt's China Shop and I Magnin. An Englishman named Dick Bill purchased Tweeds & Weeds in El Paso. He bought the store on the recommendation

of his friends, Ronald Coleman, the famous actor, and Senator Al Weingand, who owned the San Ysidro Ranch together. The store occupied most of the block on Anacapa Street across from the Post Office. Mr. Bill came into Silverwood's and found that I knew most of the gentlemen he wanted to attract as customers so he recruited me to work for him. I was really honored to be asked to work at Tweeds & Weeds and worked there for a total of 26 years. Mr. Bill was a remarkable man whom I admired and learned a great deal from.

"I've been a patient for 20 years and all my doctors at Sansum treat me with dignity. My urologist, Dr. Daniel Curhan, is incredibly handsome! I tell him, 'Hollywood has their eye on you!' He grins and says, 'Ted, so far no one's come around!' He has a great personality, as do all the people I see at Sansum. I've had the pleasure of being treated by many outstanding doctors there, including Drs. Taylor Holve (cardiologist), Mark Abate (oncologist) and John Sim (Internal Medicine). Every year I send my physicians a holiday card thanking them for taking such great care of me.

"In this modern world, it's nice to know that places like Sansum Clinic, that value their patients and provide outstanding customer service, still exist," says Ted. "Sansum Clinic exemplifies the high standards I believe in and I feel very lucky to have found a place for my medical care that shares my beliefs, old fashioned though they may be, and that's why I've chosen to make a provision for the Clinic in my estate plan." 🌻

Ann Moore is a planned giving consultant. Sansum Clinic is pleased to offer Ann's services free of charge to anyone interested in including Sansum Clinic in their estate plan. For more information or to schedule an appointment, please contact Dru A. Hartley, Director of Philanthropy at (805) 681-7726 or dhartley@sansumclinic.org.



Lady Leslie Ridley-Tree, CEO

NANCY RANSOHOFF



The Campaign for Our New Cancer Center launched publicly on August 19 to raise \$38 million toward the \$53 million cost of a new, state-of-the-art home for the Cancer Center of Santa Barbara—to ensure exceptional cancer care is available for all patients in our community now and in the future. As of October, more than \$34 million has been raised.

Construction of the new regional center began in December 2015 and remains on schedule and on budget. Two linear accelerator vaults have been poured and all steel framing is complete. The new Cancer Center is projected to open in fall of 2017 and will officially be re-named Ridley-Tree Cancer Center in honor of Lady Leslie Ridley-Tree's leadership role and her generous support of the new Cancer Center totaling more than \$10.7 million. She is pictured on the cover of this issue with the Cancer Center Campaign Cabinet: Dan Gainey, Ed and Sue Birch, Maryan Schall and Peter MacDougall.

We invite the community to support this important, once-in-a-generation community project. Naming opportunities range from \$2,500 to \$5 million and start at as little as \$42 per month when pledged over 5 years. 🌻

Lady Leslie Ridley-Tree is well known in the community for her exceptionally generous philanthropy and perhaps also for her signature red hair—but few know her as a businesswoman. Though she recently turned 92, she still commutes three times a week to Chatsworth to put in long work days as CEO of her company, Pacific Air Industries + Air-Cert, Inc., which was founded by her husband, Paul, in 1959.

The thriving airplane parts distribution business and FAA-certified repair shop refurbishes and maintains an up-to-date inventory of high quality, traceable, documented airplane parts. It does business with an international roster of companies from Boeing and FedEx to Delta and Lufthansa. Lady Ridley-Tree graciously invited Dr. Kurt N. Ransohoff, CEO of Sansum Clinic; Ron Werft, CEO of Cottage Health; Peter MacDougall, community leader and Cancer Center Campaign Cabinet member; and me to come down to the company's corporate headquarters and warehouse facility for a personal tour.

Pacific Air Industries + Air-Cert (PAI) recently moved from its longtime Santa Monica headquarters to a spacious new building in an industrial area in Chatsworth. As Lady Ridley-Tree welcomed us into her office, she pointed to the closed-circuit camera screens that show feeds from various departments. "I find these very useful...I can see what's going on. For instance, when they're bringing in stock I like to watch," she said. This hands-on approach, with close attention to day-to-day details of the business, became even more apparent as Lady Ridley-Tree led us on an in-depth tour.

Lady Ridley-Tree is supported by a management team with an average of 28 years of experience at the company. As she introduced us to members of the staff, we saw clearly that this is a company that feels like family. Lady Ridley-Tree knows her employees well; she asked about their children and grandchildren by name as we made our way through the modest offices.

We met Tom Nolet, Vice President of Marketing, who has been with the company since 1971, and Sally Van Arnam, who is retiring from PAI after 37 years. Lady Ridley-Tree introduced us to Vice President of Purchasing Ron Munzlinger, saying, "Ron figures out how much we have of something before I buy too much more. He lets me know how much we're going to pay on the dollar." Ron informed Lady Ridley-Tree that they'd just sold a vital part to an airline that needed it on an urgent basis. PAI was able to provide the part in a matter of hours.

Some of us (OK, just me) had a hard time keeping up as Lady Ridley-Tree walked briskly down aisles stacked with meticulously labeled and coded boxes of airplane parts, from brake liners to torque tubes. She showed us the hydraulic test stands (for testing components such as landing gear) and new paint booth, which was built to FAA requirements. "We can turn things around faster now—we don't have to send them out for painting," she noted.



Lady Leslie Ridley-Tree and Peter MacDougall at Pacific Air Industries + Air-Cert, Inc.

“When you’re flying you want every part to be one of ours,” Lady Ridley-Tree said, as we arrived at a table of parts that the FAA inspector had just passed with flying colors. She attributes the soaring success of the company to “the teamwork of these wonderful people who have the experience and the patience to do things right. I’m so proud of them.” ☀

You are invited...

Be one of the first to see all that the new Cancer Center has to offer. You will take a 3D virtual tour, then walk the construction site to learn more about the world-class technology and comprehensive cancer care coming to the Central Coast. On-site parking and easy access.

Call to schedule your Sneak Peek Hard Hat Tour. Contact Lori Willis, Cancer Foundation of Santa Barbara, (805) 898-2187 or lwillis@cfsb.org.

Learn more about our new Cancer Center at ccsb.org! ☀



Breast Care Alliance Reaccredited

The Santa Barbara Breast Care Alliance received three-year full accreditation by the National Accreditation Program for Breast Centers (NAPBC), a program administered by the American College of Surgeons. Accreditation by the NAPBC is only given to those centers that have voluntarily committed to provide the highest level of quality breast care and undergo a rigorous evaluation process and review of their performance.

“We are proud to receive NAPBC accreditation for demonstrating our commitment to offering patients every significant advantage in their battle against breast disease,” said Fred Kass, MD, Director of Medical Oncology at the Cancer Center of Santa Barbara. Dr. Kass will serve a three-year term as Chairperson of the Santa Barbara Breast Care Alliance from 2016–2019.

During the survey process, the center must demonstrate compliance with standards established by the NAPBC for treating women who are diagnosed with the full spectrum of breast disease, including proficiency in center leadership, clinical management, research, community outreach, professional education, and quality improvement.

Receiving care at a NAPBC-accredited center ensures that a patient will have access to:

- Comprehensive care, including a full range of state-of-the-art services
- A multidisciplinary team approach to coordinate the best treatment options
- Information about ongoing clinical trials and new treatment options

And, most importantly,

- Quality breast care close to home. ☀



The Key Role of Nurse Practitioners & Physician Assistants

DONNA CANNADY, FAMILY NURSE PRACTITIONER



Front row from left: Gina Faruzzi NP, Kara Jones NP, Denise Kircher PA, Wanda Westerman NMidwife, Ashley McGrogan PA, Hangama Abassi NP. Middle row from left: Judy Rand NP, Colleen Cianciarulo NP, Rachel Mendoza PA, Carol Dodero NP, Donna Cannady NP, Pam Plummer NP, Heather Merrick PA, Vicky Diaz NP, Rosanna Petronella PA, Marissa Piacenti PA. Back row from left: Leonard Yee PA, Julie Reed PA, Brant Richardson PA, Maureen O'Rourke NP, Chad Dennis NP, Martin Bean PA. NPs/PAs missing from action: Vicente Tejada NP, Sherry McBride NP, Cecily Bosma PA, Lawrence Spann PA, Angela Hamilton PA, Wanda Kim-Hayes PA, Carol Nelson NP, Kristen Araza NP, Megan Hubbs PA and Jessica Ryan PA.

Nurse Practitioners and Physician Assistants (NPs and PAs) have been an integral part of our healthcare team at Sansum Clinic for the past 46 years, but you may not know about the valuable role of NPs and PAs in our departments like Family Practice, Internal Medicine, Urgent Care, Pediatrics, Orthopedics, Endocrinology, Cardiology, OB/GYN, Anticoagulation, Rehab/Extended Care and Oncology/Hematology.

NPs and PAs are clinicians who blend clinical expertise in diagnosing and treating health conditions with an added emphasis on disease prevention and health management. NPs and PAs bring a comprehensive perspective to healthcare. Some NPs and PAs do acute/episodic care and then transfer patients back to their primary care provider (PCP). Other NPs and PAs serve as the PCP and provide for all of a patient's healthcare

needs, concerns and annual visits on an ongoing basis.

NPs and PAs are scheduled with patients daily and are responsible for the full care of each patient, including ordering labs, x-rays and additional studies. NPs and PAs work as a team with physicians and consult as necessary with the supervising physician or specialty physician within Sansum Clinic. They also work with a medical team of nurses and medical assistants to provide the best care possible to each patient, including communicating results to patients via phone or email.

NPs and PAs are nationally certified as Nurse Practitioners and Physician Assistants and they embody the importance of teamwork in delivering coordinated, optimal care to each patient! 🌟

Patient-Centered Medical Home Welcomes New Care Manager

LINDSAY CORTINA, DIRECTOR OF ORGANIZATIONAL INITIATIVES



Christine Cruse, MSW, Care Manager

We know the healthcare system is complex and it can be difficult to navigate your way to good health. We also understand that healthcare costs are higher than ever and that patients nationwide are experiencing increasing out-of-pocket costs for

care. In an effort to ensure our delivery of care is aligned with patient needs and is structured in the most cost-effective manner, we have spent the greater part of this year implementing a new model in Primary Care – the Patient-Centered Medical Home. Although the Patient-Centered Medical Home term may be new to you, this is a model of primary care we have always delivered at Sansum Clinic, with a focus on comprehensive, team-based, coordinated care, and an emphasis on quality and safety.

At Sansum Clinic, our Patient-Centered Medical Home is not a place, it's a partnership among practitioners, patients and families, and other members of the healthcare team to ensure that you have the education and support you need to make informed decisions and participate in your own healthcare. Your primary care provider (PCP) is the leader of your care team, which often includes Physician Assistants/Nurse Practitioners, Registered Nurses and Licensed Vocational Nurses, Medical Assistants, and Medical Service Coordinators. This core Care Team works closely with Sansum Clinic specialty departments and other support services such as a Prescription Navigator, Health Educators, and now – a Care Manager, to ensure you receive excellent care in the right place, at the right time, and in the manner that best suits your needs.

Our Care Manager, **Christine Cruse**, is a crucial member of the Care Team who helps patients overcome potential barriers to care. She may arrange social services, transportation services, medication reminders – whatever it is that might get in the way of you receiving high quality care. Christine assists patients in managing their health conditions, prioritizing their healthcare needs, and navigating an increasingly complex healthcare system. This new, vital role, enables the physician to spend

less time coordinating the care and more time giving patients personalized medical attention.

As Care Manager, Christine works closely with patients to track progress toward achieving health goals while managing their chronic conditions. Patients and their family members act as “partners in care” by identifying their personal goals, engaging in education, and participating in strategies to facilitate compliance. She provides education and referral to Clinic and community resources as appropriate, including Sansum Clinic Health Education classes. During a Care Management visit/telephone call, Christine gives special attention to care planning and self-care support, including creating individual self-care plans that incorporate patient preferences, lifestyle goals and treatment goals; address potential barriers to meeting goals and strategies; and include current problems, medications, and allergies. Each patient receives a copy of this self-care plan, which can be used as a “roadmap” to improving health. This plan is revisited in future Care Management appointments, and progress is documented and shared with the patient’s PCP.

Our Care Management program is supported by our robust, integrated electronic health record, the Wave. With a patient’s comprehensive health information at her fingertips, our Care Manager is well-equipped to care for the whole person, not just their immediate health concerns. The Wave also allows Christine to communicate across and between the entire healthcare team.

Over time, this program will help ensure that patients living with complex conditions, and/or disabilities or in active courses of treatment avoid disruptions in their care. It will minimize the potential for duplication of services, eliminate gaps in services provided, and ensure that care is provided to individuals as seamlessly as possible. These outcomes will result in enhanced quality of care and patient satisfaction, while also potentially reducing the cost of care by decreasing duplications in care and hospitalization. 🌻

Christine Cruse, MSW, Care Manager received her Master’s of Social Work from CSU Long Beach and has more than 20 years experience as a healthcare social worker. Prior to joining Sansum Clinic, Ms. Cruse worked as a Medical Social Worker at the Santa Barbara Artificial Kidney Center where she helped guide chronically ill patients through the disease process and helped them set goals to maintain or improve their physical, emotional and social well-being.

Leaving a Lasting Legacy

ANN MOORE

You can make a positive impact on your community far beyond your lifetime by leaving a legacy by which you will be remembered.

A provision in your estate enhances Sansum Clinic's ability to provide quality healthcare services for generations to come. Your support is essential to the Clinic's mission to provide an excellent healthcare experience, recognizing our first priority is the patients we serve. By including Sansum Clinic in your estate plans, Sansum becomes a beneficiary of your generosity.

The benefits of making a planned gift also has benefits for donors. So, what are the rewards to you, the donor, for making a planned gift?

First and foremost, writing a will is one of the most important things you will ever do for yourself and your family. A will legally protects your spouse, your children, other loved ones and your assets and it can specify exactly how you'd like things to be handled after you've passed on. This can be very reassuring.

After providing for your loved ones, you'll have the satisfaction of knowing your support will help to ensure the organization's ability to provide its programs and services for years to come.

A planned gift allows you to support the organization you care about in a meaningful way, without having to deplete your current funds. You can give now and pay later!

You'll stay in control of your assets and how they'll be distributed. This kind of giving puts you in the driver's seat.

A planned gift allows the donated part of your estate to avoid probate, which can be a difficult and expensive process and time consuming for your loved ones.

Finally, you can take pride in knowing that you are making a difference in the healthcare of your community. You'll be appreciated today for what you're giving tomorrow! 🌟

For information on planned giving or to schedule an appointment with our planned giving specialist, please contact Dru A. Hartley, Director of Philanthropy, at (805) 681-7726 or dhartley@sansumclinic.org.



Barbara Lee Bass, MD



Barbara Lee Bass, MD, has been selected as the Visiting Professor of Surgery for 2017. She is the John F. and Carolyn Bookout Presidential Endowed Chair of the Department of Surgery, Professor of Surgery, Houston Methodist Hospital in Houston, Texas.

The Visiting Professor of Surgery program provides expert educational seminars for practicing Santa Barbara surgeons and physicians. More importantly, it allows surgical residents in training at Santa Barbara Cottage Hospital the chance to interact daily for one week with the icons, leaders and outstanding

teachers of the art of surgery. Surgical Academic Week with Dr. Bass is scheduled for March 13-17. This unique educational program advances the level of surgical care available in our community, and is made possible by generous support from our title sponsor, Cottage Health, and grateful patients, medical groups, individual community surgeons and physicians, and corporate donors.

Dr. Bass is an international thought leader in surgical education. Over the last 10 years at Houston Methodist Dr. Bass has created innovative surgical training pathways to develop surgeons to lead diverse roles in our evolving healthcare systems; as skilled providers of state-of-the-art surgical care, as surgeon scientists in basic and translational research, and as skilled administrative leaders prepared to develop systems to improve delivery of quality surgical care. Exemplifying her passion to transform education, Dr. Bass is the founder and executive director of the Methodist Institute of Technology, Innovation and Education (MITIE), a unique 35,000 sq. ft. simulation, education and research facility committed to lifelong retraining and retooling of surgeons in practice. Since 2007, MITIE has hosted hands-on courses for over 35,000 surgeons and healthcare providers. Coupled with research in surgical technologies and innovative educational platforms, MITIE is a unique education and research institution.

Dr. Bass is widely recognized as a visible and effective leader in American surgery. Leadership positions she has held include terms as Chair of the American Board of Surgery and the Board of Governors of the American College of Surgeons, Regent of the American College of Surgeons, and President of the Society for Surgery of the Alimentary Tract and the Society of Surgical Chairs and other officer positions in numerous professional organizations. Honors include the Distinguished Service Award of the American College of Surgeons, the highest honor bestowed for contributions to improve the surgical profession, the Nina Starr Braunwald Award given for her contributions to advance the careers of women in surgery, and the US Army Commendation medal for her work at Walter Reed Army Institute of Research. Over 29 continuous years, Dr. Bass' research program has been funded by many agencies including the NIH, NSF, the VA, and industry. She has published over 170 peer reviewed manuscripts, monographs, and chapters and served as co-editor of three books and holds two patents for surgical technology devices. She has served on the editorial boards or as associate editor for the leading surgical academic scholarly journals, including the Annals of Surgery, Surgery, World Journal of Surgery and others. 🌟



Vicki Hazard and Dr. Kurt N. Ransohoff

Dear Friends,

As the year comes to a close, we would like to take this opportunity to thank our loyal donors who helped make it possible for us to take such significant steps forward in providing quality healthcare close to home.

We take pride in the fact that we have been delivering excellence in medical care for more than 95 years and that Sansum Clinic is the healthcare provider of choice for nearly 130,000 patients in Santa Barbara.

We remain committed to your good health.

Support from our donor community has helped us to deliver the following critical initiatives:

Raising cancer care in Santa Barbara to a new level of excellence! We are progressing with construction of our state-of-the-art regional Cancer Center. Located in the heart of our community, this new treatment center, scheduled to open in fall of 2017, will save and enhance the lives of those who are faced with a cancer diagnosis.

Expanding Primary Care capacity and completing significant physical improvements at our multi-specialty clinic on Pesetas Lane. We are nearly finished remodeling our facilities to improve patient access to critical services and to ensure we are treating patients in a comfortable, welcoming and efficient environment.

Expanding Urgent Care capacity in the newly-updated Pesetas Lane clinic. We have doubled our capacity to care for patients in need of urgent medical care, keeping them out of the more costly hospital emergency room, and increasing our ability to provide

Our need for new equipment is almost endless.

Won't you join us today with a year-end gift to support our efforts?

patients with same-day appointments.

Remodeling our Pediatrics Department on Hitchcock Way for our littlest patients. New furniture, fixtures and carpet along with a fresh coat of paint and beautiful photography will make the world of difference to children and their families. We're also welcoming a new physician to join our existing staff.

Enhancing the level of treatment provided to patients throughout Sansum Clinic by offering the latest equipment and technology...from our new 3-D mammogram machines, whole breast ultrasounds, and handheld ultrasounds to state-of-the-art MRI machines, all of which need to be replaced or updated regularly.

Our work is never done...we continue to focus efforts on our programs and services and on enhancing our patients' experience at Sansum Clinic!

In our ongoing effort to keep pace with the latest technology, we continue to invest in the newest equipment, such as a recent CT Scanner, which is faster and provides more detail than its predecessors.

We are challenged to continue providing exceptional care in an era of declining insurance payments. Sansum Clinic is a nonprofit organization that relies on philanthropic support that can make the critical difference between upgrading technology and facilities or cutting back important programs and services.

Working together, we can continue to make a difference in the quality of healthcare provided to all our patients and the community.

Please accept our deepest gratitude for your generosity and warmest wishes for a wonderful holiday season!

Sincerely,

Kurt N. Ransohoff, MD, FACP
CEO & Chief Medical Officer

Vicki Hazard
Chair, Board of Trustees

P.S. Your support helps us shape the future of healthcare in our community. We are truly grateful for every gift we receive, regardless of its size. ☀

Advance Directives Workshop

Advance Care Planning is a process to plan for a time when you cannot make your own medical decisions and are unlikely to recover from illness or injury.

We offer **Advance Directives Workshops** to help patients, families and caregivers:

- Select a qualified healthcare agent to act on your behalf
- Explore your values, goals, beliefs and preferences for your healthcare
- Document name of your healthcare agent and preferences in an Advance Directive
- Share decisions with loved ones and healthcare providers
- Record your Advance Care Plan in your electronic health record

Second Monday of each month.

10:00 am to 12:00 Noon.

Sansum Clinic, 215 Pesetas Lane, Santa Barbara, 3rd floor conference room.

Advance Care Planning workshops are now offered in Lompoc at Lompoc Multi-Specialty Clinic, 1225 North H Street, Lompoc, CA.

RSVP online at sansumclinic.org/classes or call toll-free (866) 829-0909.

The staff at the Health Resource Center at 215 Pesetas Lane can also help you complete the form and discuss other forms or issues related to your healthcare. Call (805) 681-7672 for more information.

This service is free of charge. Advance Care Planning (ACP) is brought to you in collaboration with the Alliance for Living and Dying Well, and with support from the James S. Bower Foundation. 🌻

Support for the Impact of Dementia

MARGARET WEISS, MPH

DIRECTOR OF HEALTH EDUCATION

Today, more than 5 million Americans are living with Alzheimer's Disease. Most are cared for at home, by friends and family members. The Alzheimer's Association estimates that in 2015, more than 15 million caregivers provided approximately 18.1 billion hours of unpaid care. Looking more closely at caregivers, 2 of 3 are women and 1 of 3 are seniors. Compared to other caregivers, caregivers for persons with dementia are more likely to suffer financially, have high levels of stress and depression, and see their own health suffer.



In a typical caregiving situation, a wife might lovingly arrange her activities around her husband's need for care, companionship and supervision. She takes him to the doctor, she cooks, washes and cleans up after him. During the day she goes with him to his favorite restaurant and watches his favorite shows. He becomes frantic in her absence so she gradually stops doing her own activities. He follows her closely because her presence is comforting. At night, he is often restless but she is able to help him calm down. Her experience started with a deep desire to care for her loved one, but it has turned into isolation, sadness, sleep deprivation and exhaustion.

The job of the caregiver for a person with dementia involves physical, financial, environmental, social and emotional stress. It causes elevated risk of conditions such as high blood pressure, anxiety, shingles and heart attack. A caregiver also lives with the very real possibility that they might die before their loved one who has dementia due to stress related health issues.

If you are a caregiver for a person with dementia, you need to take care of your own health in order to provide the best care for your loved one. Planned respite, time to rest and activity that brings joy is good medicine for caregivers. Many find that it is helpful to know they are not alone and to learn from others in the caregiver community. Some join local support groups or participate in educational classes, and those opportunities help them find other caregivers who are on a similar journey. 🌻



Sansum Clinic partners with the Alzheimer's Association to offer Understanding Dementia, an education and support group for caregivers. The group meets monthly on the 3rd Thursday from 4:30 to 6:00 pm with facilitator Luciana Mitzkun to learn about a new topic and have a group discussion in a supportive environment. Topics might include:

- Modifications for the home
- Traveling with a dementia patient
- Financial preparations for dementia care
- Driving and dementia
- Better communication with dementia patients
- Tips for dressing and bathing

Understanding Dementia is free of charge and open to the community. The Alzheimer's Association also publishes a monthly newsletter, Caregiver Tips & Tools, with a topic of the month and a great deal of useful information.

As a caregiver for someone with dementia, ask for help. Caregivers give time, energy and resources to provide for their loved ones. Stay strong as a caregiver and take advantage of the support available. 🌻

For further information, please contact the Sansum Clinic Health Resource Center, 805-681-7672.

Health Education Programs

At Sansum Clinic, patients, families and caregivers can expect evidence-based care from their clinician and team, as well as support for self-management of their health and healthcare. We offer a robust Health Education program that includes in-person classes, support groups, comprehensive online resources and self-management support.

We also have a Health Resource Center and Cancer Resource Library with trained staff and volunteers and a wide range of current literature regarding specific health issues. We know that you might not think of all your questions during your medical exam, so we offer many resources that you can access during and after business hours.

- Advance Care Planning – individual appointments and small group workshops
- Back Wellness
- Balance & Mobility
- Bariatric Surgery Orientation
- Brown Bag Medication Review
- Cancer Resource Library – current information, personalized for you
- Cancer Support Groups and Wellness Programs
- Diabetes & Pre-Diabetes Basics – offered in English and in Spanish
- Fibromyalgia Support Group
- Health Resource Center – for answers to your health questions
- Healthier Living: Managing Ongoing Health Conditions
- Hip or Knee Replacement Seminar
- Medicare: Gain a Better Understanding
- Neck & Posture Wellness
- Nutrition for a Healthy Heart
- Nutrition Navigator
- Stress Management
- Understanding Dementia
- WomenHeart Support Group 🌻

Visit: sansomclinic.org/health-and-wellness or call (866) 829-0909 for more information.

Drs. Kyle and Susan Lemon Named Medical Honorees for Arthritis Foundation's California Coast Classic



**Kyle Lemon, MD,
Board Certified in
Internal Medicine**

Dr. Kyle Lemon is an internal medicine Hospitalist with 15 years of experience working for Sansum Clinic and Division Chief of Hospital Medicine at Santa Barbara Cottage Hospital. He cares for

critically ill patients hospitalized with a wide variety of medical conditions such as sepsis, heart attacks and strokes, malignancy, and gastrointestinal bleeding.

In 2009 after purchasing a road bike, he came across a flyer for the Arthritis Foundation California Coast Classic Bike Tour—a scenic ride that takes place over eight days and covers 525 miles along the coast on Highway 1. This year marked his eighth consecutive journey down the coast!



**Susan Lemon, MD,
Board Certified in
Rheumatology**

Dr. Susan Lemon, Rheumatologist, has 9 years of experience practicing at Sansum Clinic. She has offices in both Santa Barbara and Solvang. Her busy practice focuses on the treatment of

all types of degenerative and autoimmune arthritis conditions. Dr. Lemon incorporates the use of musculoskeletal ultrasound in diagnostic evaluations and to assist in the performance of joint and caudal epidural spinal injections. Her use of digital bone densitometry allows her to guide her patients through the treatment of osteoporosis.

Dr. Susan Lemon has been a board member of the Central Coast Chapter of the Arthritis Foundation for eight years. She and Dr. Kyle Lemon are married with two young children. They are active in school activities, and in addition to cycling, they enjoy private aviation, cooking, and exploring the local wine culture. 🌻

Congratulations Dr. Zisman



Dr. David A. Zisman and his colleagues in pulmonary medicine at UCLA, University of Michigan and Jefferson University wrote a manuscript accepted by the reputable Pulmonary publication CHEST entitled, "Utility of Transbronchial Versus Surgical Lung Biopsy in the Diagnosis of

Suspected Fibrotic Interstitial Lung Disease."

Dr. Zisman and Dr. Susan Lemon were also recognized by the medical residents at Cottage Health with the "Excellence in Teaching" award. 🌻

Nursing Scholarships

Marcia Rowland, President of the Sansum Clinic Auxiliary, and Auxiliary members welcomed guests to the Nursing Scholarships Awards Presentation on May 4. Ten students were identified as the 'cream of the crop' by the staff of the nursing program at Santa Barbara City College and awarded with scholarships.

This year's award recipients are: Alice Barr, Jolene Garcia, Emma Gottwald, Candace Harris, Tyler Lawrence, Haley Marie Mabery, Samuel Schwab, Talia Sweo, Rogelio Tafoya and Matalin Tipich.

Since the inception of the nursing scholarship program in 1988 the Auxiliary and Sansum Clinic have awarded \$172,750 in nursing scholarships to deserving students.

Special thanks to the team at Santa Barbara City College – Laura Hill, RN, MSN (Director of Nursing), Michelle Gottwald, RN, MSN (Assistant Director of Nursing), Danielle Terveen (Medical Imaging Science, Clinical Coordinator) and Bruce Oda (Director/Chair, Medical Imaging Department).

The Scholarships for Nursing Students program is an investment in people who have chosen a path to helping others. We congratulate all our award recipients.

Should you wish to support Scholarships for Nursing Students please see the remittance envelope in this issue of GOOD HEALTH. 🌻

Urgent Care Relocates & Expands



Pesetas Urgent Care Physicians and Staff



“Ralph Waldo Emerson said ‘Do not go where the path may lead, go instead where there is no path and leave a trail.’ The Pesetas Urgent Care Department is excited about this ‘new trail’ and we look forward to our next adventures. We are grateful to have a new facility that is twice the size of our previous space to accommodate the needs of Sansum patients and many other patients in the community who utilize our department 7 days a week, including holidays. Pesetas Urgent Care is working on new workflows that will enable us to keep patients out of the more costly hospital emergency room and to offer expanded access to urgent care services/same-day appointments.”

— LUCINDA AGUILAR, RN, BA, MANAGER, PESETAS URGENT CARE

“I recently paid a visit to the new Urgent Care facility at the Pesetas Lane clinic. The new facility is exemplary. From the moment I walked in, I felt taken care of. From the front desk staff to the nurses and physicians, everyone was professional and caring. Also, having Prescription Pharmacy onsite made filling my prescription quick and easy!”

— JONATHAN BAKER, GRATEFUL PATIENT

To better serve the needs of our patients and the community, we have relocated Urgent Care from 51 Hitchcock Way to 215 Pesetas Lane and doubled our capacity.



Urgent Care physician Dr. Nicole Stern is board certified in both Internal Medicine and Sports Medicine.

“One of the most common questions I am asked is ‘What is Sports Medicine?’ People often presume that I am an athletic trainer, or that I just ‘take care of jocks’ or that I am an operating orthopedist. But it isn’t that simple. The field of Primary Care Sports Medicine is wide-ranging and includes knowledge of injury prevention, care of medical conditions in the athlete, fracture management, sports nutrition, sports psychology, concussion management, team physician duties, and non-surgical management of acute and chronic muscle, ligament, and tendon injuries.

The number one reason why I love my career choice is that I am a stalwart proponent of promoting overall health and wellness for any patient whether they are a weekend exerciser or a competitive athlete, and I’m thrilled to be able to do this in our brand new Pesetas Urgent Care center!”

Welcome New Providers



Kristen Wilson Araza, NP



Lillian Donner, DPT



Gina Faruzzi, FNP



Erin Kenney Hammett, DO



Ryan Kendle, MD



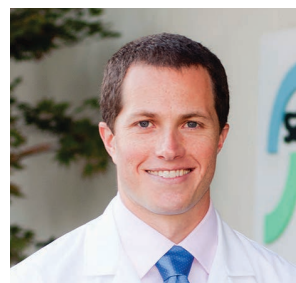
Sylvia Rivera, MD



Novejot K. Sekhon, MD



Vicente Tejada, FNP



Scott Tobis, MD

KRISTEN WILSON ARAZA, NP

Internal Medicine

**Pesetas Urgent Care & Multi-Specialty Clinic
215 Pesetas Lane, Santa Barbara, CA**

Ms. Wilson Araza received her Bachelor of Science in Nursing at Villanova University in Villanova, PA and completed her Master of Science in Nursing, Adult/Gerontology Acute Care at George Washington University in Washington D.C. She is certified by the American Nurses Credentialing Center.

LILLIAN DONNER, DPT

Physical Therapy

**Foothill Medical & Surgical Center
4151 Foothill Road, Santa Barbara**

Ms. Donner received her Doctor of Physical Therapy degree from the University of St. Augustine for Health Science in San Marcos, CA. Her areas of expertise include manual therapy, orthopedics, women's health and pediatrics.

GINA FARUZZI, FNP

Family Medicine and Urgent Care

**Pesetas Urgent Care & Multi-Specialty Clinic
215 Pesetas Lane, Santa Barbara**

Ms. Faruzzi received her degree from California State University, Long Beach and is certified by the American Association of Nurse Practitioners.

ERIN KENNEY HAMMETT, DO

Hospitalist Program

**Pueblo Multi-Specialty Clinic
317 West Pueblo Street, Santa Barbara**

Dr. Hammett is board-certified by the American Board of Internal Medicine. She received her medical degree from Lake Erie College of Osteopathic Medicine and completed both her internship and internal medicine residency at Santa Barbara Cottage Hospital.

RYAN KENDLE, MD

Medical Oncology & Hematology

**Pueblo Multi-Specialty Clinic
317 West Pueblo Street, Santa Barbara**

Dr. Kendle is board-certified by the American Board of Internal Medicine. He received his medical degree from Drexel University in Philadelphia, PA and completed his internal medicine internship and residency at the University of California Davis Medical Center. Dr. Kendle completed his Hematology/Oncology fellowship at UCLA's David Geffen School of Medicine where he was Chief Fellow 2015-2016.

SYLVIA RIVERA, MD

Endocrinology

**Pesetas Urgent Care & Multi-Specialty Clinic
215 Pesetas Lane, Santa Barbara**

Dr. Rivera is board-certified by the American Board of Internal Medicine. She received her medical degree from New York University School of Medicine. Dr. Rivera completed her internal medicine residency at Santa Barbara Cottage Hospital and her fellowship in endocrinology at the University of North Carolina at Chapel Hill.

NOVEJOT K. SEKHON, MD
Medical Oncology & Hematology
Cancer Center of Santa Barbara
540 West Pueblo Street, Santa Barbara

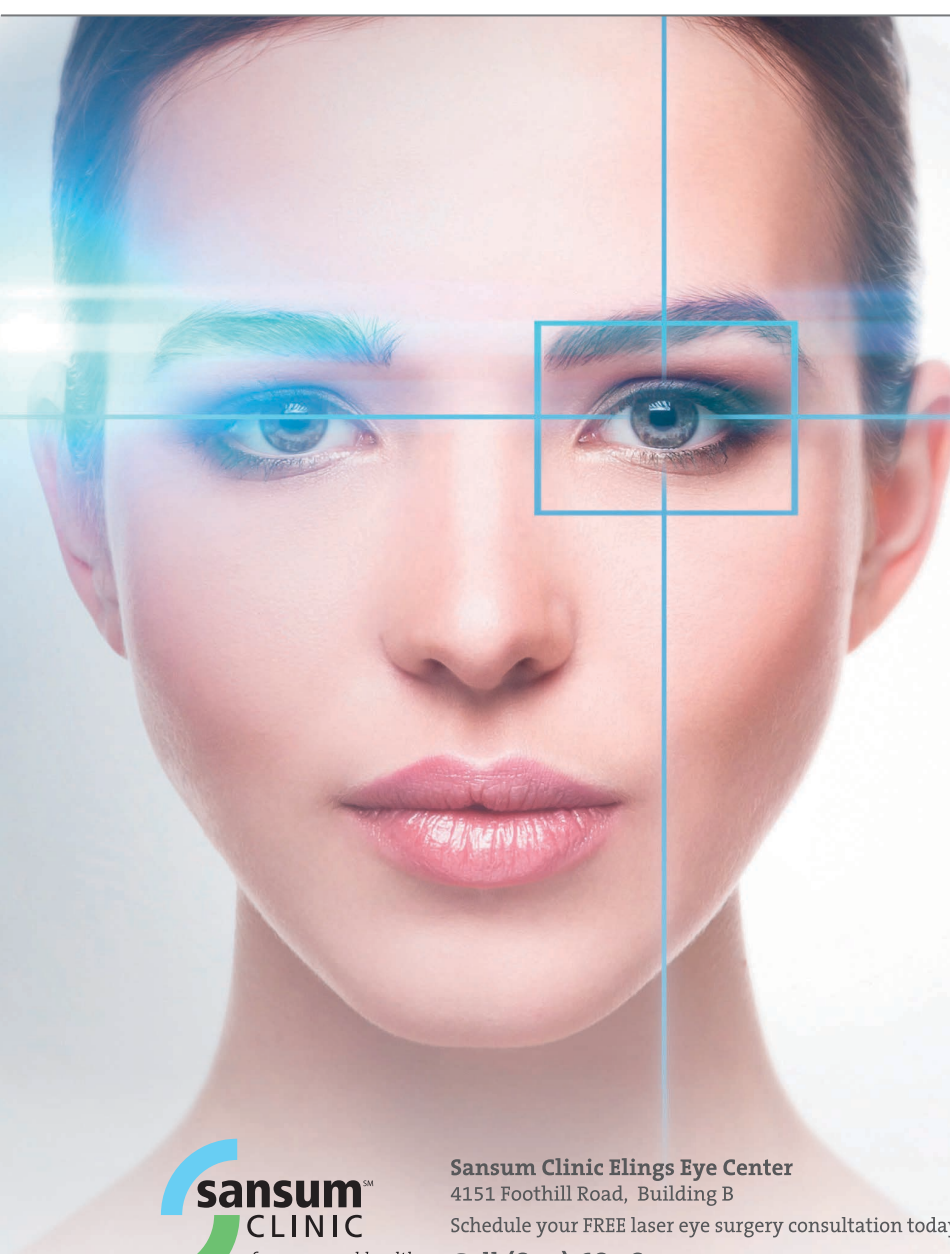
Dr. Sekhon is board-certified by the American Board of Internal Medicine. She received her medical degree from George Washington University, School of Medicine and Health Sciences in Washington D.C. Dr. Sekhon completed her internship and internal medicine residency at Thomas Jefferson University Hospital in Philadelphia, PA and was a Hematology/Oncology Fellow at UCLA Olive View Medical Center.

VICENTE TEJADA, FNP
Urgent Care
Lompoc Urgent Care & Multi-Specialty Clinic
1225 North H Street, Lompoc

Mr. Tejada received his degree from Charles R. Drew University of Medicine and Sciences and is certified by the American Academy of Nurse Practitioners.

SCOTT TOBIS, MD
Urology
Foothill Medical & Surgical Center
4151 Foothill Road, Santa Barbara

Dr. Tobis is board-certified by the American Board of Urology. He received his medical degree from Dartmouth Medical School where he graduated with honors. Dr. Tobis completed a general surgery internship and urology residency at the University of Rochester in Rochester, NY, and completed his fellowship training in robotic surgery and urologic oncology at The City of Hope National Medical Center in Duarte, CA. 🌻



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