

annual report to the community 2003

**Fulfilling our mission—
Working together to promote
a healthy community.**



*Information to keep you healthy
and safe throughout the year.*

calendar 2004

Washington Township Health Care District



Cover Photographs

Upper Right: Michelle Hoenig (left) and Bernice R. Sharpe (right)

Center: Nicholas Nunez

Lower Left: Satya Sharma (left) and Sachin Sharma (right)



Washington Township Health Care District

Message from the CEO



Nancy Farber
Chief Executive Officer
Washington Hospital
Healthcare System

We live in a world of continuing challenge and constant change. Our community reflects this in the diversity of the people and the abundance of opportunities and demands we face each day. In this environment, it is critical that a vital community resource like Washington Hospital Healthcare System stays firmly focused on fulfilling our mission of providing quality health care to the residents of our District.

As we move ahead, we are mindful of our history—that this community brought us into existence and has supported us since the hospital opened its doors in 1958. Today, in our role as the local health care leader, we must continue to grow and improve, responding to the evolving needs of our residents and to changes in the world around us.

The key to fulfilling our mission is providing a full range of health care services that are not only high in quality but also accessible to the people of our District. Although a sound infrastructure and state-of-the-art technology are critical to achieving this goal, I cannot over emphasize the important role our employees, physicians and volunteers play in this process. These skilled and caring individuals work as a dynamic team, always focused on their ultimate objective—the health and well-being of their patients.

Because health care needs exist throughout the community, it is also important that we reach out to serve people beyond the walls of the hospital. Our community clinics and the Washington On Wheels (W.O.W.) mobile health clinic exemplify our commitment to providing care and services where they are needed most.

Working in partnership with people in the District gives us the opportunity to educate our residents about prevention and encourage them to take responsibility for their own good health. Our health care system offers a myriad of health education programs, support groups and community classes. In this report, you'll find information about some of these, as well as ideas and recommendations on what you and your family can do to stay healthy and safe throughout the year. I hope you will take advantage of this information now and for many years to come.

As Washington Hospital Healthcare System pursues its goals, we are proud of our accomplishments; and we thank you for your enduring involvement and support. Together, by focusing on the fulfillment of our mission, we can be sure the residents of our District will continue to receive the high quality health care services they need and deserve.

A handwritten signature in black ink that reads "Nancy Farber". The signature is written in a cursive, flowing style.

Message from the Board of Directors



Pat Danielson, RHIT
President, Board of Directors
Washington Township
Health Care District

Serving on the Board of Directors of the Washington Township Health Care District is a privilege and a unique experience. As publicly elected board members, we help guide the direction of this wonderful asset called Washington Hospital and all its associated programs and services. We do our utmost to ensure that the system fulfills the mission upon which it was founded by our community more than half a century ago.

At the same time, we act as an interface—a conduit—between the healthcare system and you, the community. As individuals and residents of this area ourselves, our board members come from varied backgrounds; and we bring our diversity of expertise, knowledge and information to the table on your behalf. Our fundamental goal is always to enable the people and families of this community to live healthier lives and receive quality care when they come to Washington Hospital.

As we continue to live in a world pressured by economic and social challenges, our board values the opportunity to work in partnership with the skilled and caring professionals of the Washington Hospital Medical Staff, Washington Hospital Healthcare Foundation, and Washington Hospital Service League. We are especially proud of and grateful to our healthcare system's employees, who treat every patient, family member and visitor, as well as each other, with dignity and respect. Their energy, talent and commitment to Washington Hospital make this a wonderful place to work and an exceptional place to come for health care.

We also value the partnership we maintain with the people of our District. Because we are locally owned and operated, we never lose sight of the fact that we are accountable to you and that your health care interests are foremost. We keep this fact in mind as we make decisions about quality services, new technology, systems of operation and modernization.

Accountability also means fiscal responsibility. Because the resources needed to operate the healthcare system are finite, our board members are called upon to be good stewards of those assets. In this context, we strive to provide the best possible health care services we can afford.

Despite the continuing challenges of the current environment, we're confident about the outlook for quality health care in the Washington Township Health Care District. As residents, your involvement in and support of our efforts to promote a healthy community are essential to ensuring this future.

A handwritten signature in black ink that reads "Pat Danielson". The signature is written in a cursive style.

Message from the Chief of Staff

Ahmed Sadiq, MD
Chief of Staff
Washington Hospital
Medical Staff



The physicians of the Washington Hospital Medical Staff, in partnership with Washington Hospital Healthcare System, are keenly focused on our mission of providing high quality medical services to meet the health care needs of the residents of this District. Each member of our family of 365 doctors is extremely knowledgeable and devoted to his or her field of expertise. By growing and diversifying our range of skills, experience and backgrounds, we have continued to meet the evolving needs of our patients, their families and the community.

Together with the hospital's administration and staff, our physicians are always working to improve the quality, efficiency and safety of care while exploring opportunities to add more leading-edge programs to the range of services offered. We apply our management skills and dedication to clinical excellence in various specialty care programs, including the Center for Joint Replacement. We have also continued to play a key role in enabling the hospital to be one of California's leaders in the use of robotic equipment for minimally invasive endoscopic surgery.

Building on our strengths in the area of cardiovascular and cancer care, as well as women's and children's services, we have collaborated with the hospital's nurses, technicians, paramedical personnel, administration and volunteers to integrate services and extend our unique capabilities. We have set and are striving to meet or exceed goals for improving quality and patient education and satisfaction while monitoring our progress in the areas of coordination of care and access to services.

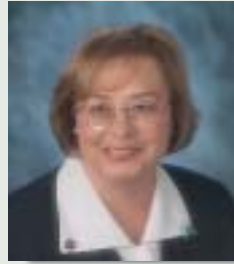
Our doctors in primary care and community medicine are committed to creating healthier communities by addressing such issues as the high rate of diabetes and coronary heart disease. We participate with the hospital in encouraging the community to access preventive services for cancer, such as mammography and pap smears; and, we actively support outreach efforts like the W.O.W. mobile health clinic and programs to fight substance abuse.

Despite the changes that have swept the health care industry in recent years, it's nice to know some things haven't shifted—like the commitment of our physicians and this hospital to keeping patients healthy. Through all of these efforts, we are fulfilling our mission and “working together to promote a healthy community.”

A handwritten signature in black ink that reads "Sadiq". The signature is written in a cursive style and is underlined with a single horizontal line.

Board of Directors

Washington Township Health Care District
Board Officers 2003



Patricia Danielson, RHIT
Position: President
Elected: November 2002
Occupation: Consultant, Health Information Management
Address: 7189 Arbeau Drive, Newark, CA 94560



Michael J. Wallace
Position: First Vice President
Elected: November 2002
Occupation: President and CEO Fremont Bank
Address: 39150 Fremont Blvd., Fremont, CA 94538



Bernard Stewart, DDS
Position: Second Vice President
Elected: November 2002
Occupation: Dentist
Address: 2243 Mowry Ave., Ste. B, Fremont, CA 94538



William F. Nicholson, MD
Position: Treasurer
Elected: November 2000
Occupation: Physician, Cardiologist
Address: 2557 Mowry Ave., #33, Fremont, CA 94538



Susanna Wong
Position: Secretary
Appointed: March 2003
Occupation: Restaurateur, Roses: A Chinese Cafe
Address: 32208 Dyer Street, Union City, CA 94587



Find Your Own Recipe for a Healthy Life

Think positive . . . Be motivated

Every year, you resolve to improve your health and fitness. This is the year to just do it! An important part of a healthy lifestyle is controlling your weight through nutritious eating habits. The American Dietetics Association says the keys to life-long weight management are a positive attitude and the right motivation. Develop a healthy eating plan and follow it. Keep a food diary so you're aware of what you eat. And remember, just eating right isn't enough. You should also follow a plan of regular physical activity you enjoy.

Besides managing your weight, your new lifestyle will also help prevent disease, such as high blood pressure, heart attack and diabetes. Best of all, you'll find your promise to be a "healthier you" really can come true.

To learn more about healthy eating and weight management, visit the Community Health Resource Library in Washington West.

january

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Key Health Tips <ul style="list-style-type: none"> To help control your weight, you should eat five to seven servings of fresh fruits and vegetables each day, as well as whole grains, with little added fat or sugar. Know which "high risk" foods tempt you and remove them from your house and workplace. If you have an existing medical condition, such as diabetes, that can be controlled through proper nutrition, ask your physician about Washington Hospital's Individual Nutrition Counseling. For an appointment, call (510) 745-6540. Ask your doctor about your Body Mass Index (BMI). 				1 New Year's Day	2	3
4	5	Community Education Program: Minimally Invasive Joint Replacement 1 - 3 pm 6	7	8	9	10
11	12	13	Community Education Program: Stomach/Indigestion Problems 1 - 3 pm 14	15	16	17
Healthy Weight Week 18	19 Martin Luther King Jr. Day	Community Education Program: Lose Those Extra Pounds 1 - 3 pm 20	21	22	23	24
25	26	Community Education Program: New Techniques in Minimally Invasive Surgery (Robotics) 6 - 8 pm 27	 28	29	30	31

Time to Take Your Health to Heart

It's about lifestyle . . . You're in charge

No one can do a better job of taking care of your own health than you. The American Heart Association recommends that you should get screened to find out your cholesterol level. You should also have your blood pressure checked regularly. If these levels are elevated, your doctor will help you decide what measures to take.

By making lifestyle changes to help prevent coronary artery disease, you'll cut your risk of a heart attack. Eat healthy and exercise regularly. If you enjoy alcoholic beverages, drink moderately. If you're overweight, lose those pounds. If you smoke, stop. Remember, a healthy lifestyle goes a long way toward keeping a healthy heart. And, when it comes to lifestyle, you're in charge.

Washington Hospital's Heart Program provides a full range of treatment and interventional services, including diagnostic cardiac testing, inpatient and outpatient catheterization labs and cardiac surgery. Our comprehensive cardiac rehabilitation program includes Phase II—for patients recovering from heart surgery, heart attack, coronary angioplasty or related procedures—and Phase III—a supervised exercise program for patients recovering from heart surgery, heart attack or coronary angioplasty, or who have controlled angina or diabetes.

To learn more about cardiac health, visit the Community Health Resource Library in Washington West.

For more information about upcoming community classes and programs, call our Health Connection line at (800) 963-7070 or visit our web site at whhs.com.



february

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Groundhog Day 2	Community Education Program: Are You at Risk for Heart Attack? 1 - 3 pm 3	4	5	6	7
8	National Cardiac Rehabilitation Week 9	Community Education Program: Preparing for Pregnancy, Nutrition During Pregnancy 6 - 8 pm 10	11	12	13	Valentine's Day 14
15	President's Day 16	Community Education Program: Heart Failure, Heart Arrhythmia 1 - 3 pm 17	18	19	20	21
22	23	Community Education Program: Hepatitis C 6 - 8 pm 24	25	26	27	28
29	<p>American Heart Association: www.americanheart.org</p>  <p>Key Health Tips</p> <ul style="list-style-type: none"> • When shopping for groceries, read food labels to select foods low in calories, saturated fat and total fat. • If you drink alcohol, limit your intake to two drinks or less per day for males, one drink or less per day for females and seniors. • If you're concerned you may be at risk for an abdominal aortic aneurysm (AAA), come to Washington Hospital's free annual AAA screening. For date and pre-registration, call (800) 963-7070. 					

You're Never Too Young to Start Living Healthy

Begin early, continue for a lifetime

The National Osteoporosis Foundation says the best way to avoid developing osteoporosis—which can lead to broken bones—may be by building strong bones before age 30. Often, people are well past that age before they even think about their risk for the disease and how to avoid it.

Usually thought of as a disease for elderly women, osteoporosis can affect both men and women in later life. The good news is it can often be prevented or controlled through the right combination of diet, exercise and healthy lifestyle. Eat a balanced diet rich in calcium and vitamin D. Follow a routine of weight-bearing exercise. Don't smoke or drink alcohol excessively. Finally, get screened for osteoporosis. It's the best way to determine if you're at risk.

To find out if you are at risk for osteoporosis, visit the Community Health Resource Library in Washington West for a free Osteoporosis Screening. The service is available Mondays, Wednesdays, Thursdays and Fridays from 10:30 a.m. to 3:30 p.m.; Tuesdays from 10:30 a.m. to 7:30 p.m.; and Saturdays from 10:30 a.m. to 12:30 p.m.



march

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Osteoporosis Foundation: www.nof.org	1	2	3	4	5	6
7	8	9	National Pulmonary Rehabilitation Week (runs through March 16th)	Community Education Program: Domestic Violence 6 - 8 pm	12	13
14	15	Community Education Program: Colorectal Cancer 1 - 3 pm	17	18	19	20
21	22	23	24	25	26	27
28	29	Community Education Program: Women's Health Issues 6 - 8 pm Doctor's Day	 31	Key Health Tips <ul style="list-style-type: none"> • Between ages 25 and 49, you should consume 1000 mg. of calcium each day, either in your diet or through a supplement. From age 50 and older, increase your daily intake to 1500 mg. • Do weight-bearing exercises, like walking, for 30 to 40 minutes four or more times a week. • Register for our Women's Issues program for information on women's health concerns, such as menopause, breast health and urinary incontinence. 		



Immunize On Time— Every Time

Vaccines . . . The way to a healthy start

Vaccines are your most powerful tool for preventing serious infectious disease, especially in children. The Immunization Action Coalition recommends you make sure your son or daughter receives all the required immunizations at the recommended times. Immunizations aren't just for babies. They're for kindergartners, seventh graders, even grown-ups.

Keep a written record of any immunizations your family receives. For your child, you should maintain the yellow immunization record given to you by your family doctor and always bring it to future appointments. Regular immunizations make the immune system stronger and will give your child a healthier start in life.

***To learn more about immunizations,
visit the Community Health
Resource Library in
Washington West.***

april

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Key Health Tips • If your child needs immunizations and you're uninsured or unable to pay, come to Washington Hospital's mobile health clinic, Washington on Wheels (W.O.W.). We're working with local school districts to make sure students are up to date on their immunizations. The W.O.W. van also provides free and reduced-cost services such as health screenings and physicals, for those who qualify. Call (510) 608-3203 for schedule and locations.				1	2	3
	National Public Health Week	Community Education Program: Diabetes I & II 1 - 4 pm	World Health Day			
Daylight Savings Time Begins 4	5	6	7	8	9	10
National Infant Immunization Week						
Easter 11	12	13	14	15	16	17
National Volunteer Week						
18	19	20	21	22	23	24
25	26	Community Education Program: Parenting Skills and Nutrition for Toddlers 6 - 8 pm	 28	29	30	American Academy of Family Practice: www.aafp.org

Teach Children to Take Control of Asthma

Take a breath . . . Plunge into life

Having asthma is no fun. But, it shouldn't keep most kids from doing the things they love—including outdoor activities. With the help of your doctor, teach your child how to manage asthma. The American Lung Association advises that you identify the triggers of an attack, such as dust, smoke, pollen or mold, and help your child to avoid them. Check out the newspaper's allergy condition report. It can warn of possible triggers in the air. Understand how to use prescribed medications for long-term control and quick relief.

When your child exercises, using medication beforehand and starting slowly may help. With your support, your child can take control of asthma and take the plunge into an active life.

To learn more about asthma, visit the Community Health Resource Library in Washington West.



may

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Key Health Tips <ul style="list-style-type: none"> • For children with asthma, all care providers should know in advance what to do if a flare-up occurs. • If someone in your family has asthma, don't allow smoking in your house or car. Sit in non-smoking sections of restaurants and ask for non-smoking rental cars and hotel rooms. • If you or someone you love has chronic pulmonary disease, join the Better Breathing for Life Club. Family members and loved ones are welcome. For information, call (800) 963-7070. • For adults or children with asthma, ask your doctor about Washington Hospital's Individual Asthma Education sessions. For information or an appointment, call (510) 494-7025. 						American Lung Association: www.lungusa.org		1
2	3	Community Education Program: Asthma 6 - 8 pm	5	National Nurses Day National Nurses Week (runs through May 12th)	7	8		
Mother's Day 9	WHS Foundation Event: Golf Tournament National Hospital Week (runs through May 16th) 10	11	12	13	14	15		
National Medical Emergency Services Week 16	17	18	National Employee Health and Fitness Day 19	20	21	22		
23 30	Memorial Day 24 31	Community Education Program: Creating a Secure Future 1 - 3 pm 25	 26	27	28	29		



Keep Your Family Safe Outdoors

Enjoy being together . . . Take care of each other

Summertime is a wonderful chance for families to enjoy being together outdoors. Before you head outside, make sure your family isn't being exposed to unnecessary hazards.


To help avoid skin cancer, it's important your family protect their skin from sunlight. Every time you burn or tan, you raise your chance of getting skin cancer. So, stay out of the sun as much as possible, especially during midday. Use sunscreen with a factor of SPF 15 or more, and put it on 30 minutes before going outside. Sunscreen can then bond to the outer layer of your skin.

This year, the Alameda County Mosquito Abatement District warns there is a heightened danger of being bitten by mosquitoes carrying the West Nile Virus. Use a mosquito repellent with 20 percent DEET. Make sure to get rid of standing water around your house where mosquitoes can breed.

With a little advance preparation, you can enjoy the outdoors together without worrying about threats to your good health.

To learn more about staying healthy outdoors, visit the Community Health Resource Library in Washington West.

june

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Alameda County Mosquito Abatement District: www.mosquitoes.org		Community Education Program: Skincare, Sunscreens and Skin Cancer 6 - 8 pm				Peripheral Vascular Screening 10 am - 2 pm
		1	2	3	4	5
National Cancer Survivor Day 6			Community Education Program: Peripheral Vascular Disease 1 - 4 pm			
	7	8	9	10	11	12
	National Men's Health Week	Community Education Program: Alzheimer's 1 - 3 pm				
13	Flag Day 14	15	16	17	18	19
Father's Day 20	First Day of Summer 21	22	23	24	25	26
	Community Education Program: West Nile Virus 6 - 8 pm			Key Health Tips		
27	28	29	30	<ul style="list-style-type: none"> • To prevent skin cancer, avoid direct sunlight and wear sunglasses and protective clothing. Use sunscreen with at least an SPF of 15 to 30. • To avoid attracting mosquitoes, wear light-colored, long sleeved shirts and long pants while outside, especially at dusk and dawn. • Use mosquito repellent containing DEET and follow directions on the product label. 		

A woman with short brown hair, wearing a dark blazer over a patterned top, is smiling broadly and looking upwards. She is surrounded by several other people whose hands are visible, all holding hands in a supportive gesture. The background is a soft, out-of-focus indoor setting.

Staying Healthy at Work Takes Balance

Your health comes first . . . Wherever you are

You spend a big part of your life at work. So, it's essential you pay as much attention to good health habits on the job as you do at home. To avoid work-related injuries, the Centers for Disease Control (CDC) recommends you take care of yourself and get enough sleep at night. Make sure you and your employer plan your tasks, work space, equipment and lighting to fit your physical capabilities and limitations. By following ergonomic principles, you can reduce stress and help avoid problems caused by muscle overuse, poor posture and repetitive motion.

For more information, as well as expert, comprehensive care of on-the-job illnesses and injuries, contact Washington's Well For Work program—the community's occupational health resource—at (510) 651-2364. Well For Work has an Outpatient Rehabilitation Center and clinics in Fremont, Newark and Warm Springs.

july

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Key Health Tips Try these workplace exercises to encourage circulation and maintain flexibility: <ul style="list-style-type: none"> • Stretch your neck slowly to each side. • Stretch your wrists by pulling with palms up and then palms down. • Open your hands as wide as you can, spreading your fingers apart. • Walk around and stretch periodically. 				1	2	3
Independence Day 4	5	6	7	8	9	10
National Therapeutic Recreation Week 11	12	Community Education Program: Vision Care 1 - 3 pm 13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	 28	29	30	Centers for Disease Control: www.cdc.gov (topic: Ergonomics) 31

Don't Play Around with the Risk of Stroke

**Watch your blood pressure . . .
Learn to control it**

For grandparents, there's nothing more wonderful than an afternoon at the park with a grandchild. To make sure you'll enjoy many more memorable times together, it's important you stay healthy and active. This includes minimizing your risk of disease, such as high blood pressure, a major risk factor for stroke.

Called "the silent killer" because it often has no symptoms, high blood pressure should be checked frequently, advises the National Stroke Association. If your pressure is elevated, work with your doctor to control it. Exercise at least four times a week and eat a low-fat, high-fiber and low sodium diet. Learn to relax. Managing your risk of stroke will help you look forward to many more outdoor adventures with those you love.

If your blood pressure is normal, have it checked every six months. If it's elevated, check it monthly. Washington Hospital offers free blood pressure screenings at select community health fairs, or look for other events or services where free or low-cost screenings are provided.

***To learn more about preventing a stroke,
visit the Community Health Resource Library
in Washington West.***

For more information about upcoming community classes and programs, call our Health Connection line at (800) 963-7070 or visit our web site at whhs.com.



august

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	Community Education Program: Hearing Problems 1 - 4 pm	18	19	20	21
22	23	Community Education Program: Rheumatoid Arthritis 1 - 3 pm	25	26	27	28
29	30	31	 <p>Key Health Tips</p> <ul style="list-style-type: none"> • Consult your doctor if your blood pressure is above 120 systolic (upper number) or above 80 diastolic (lower number). • If you're over 50 and concerned about having poor circulation in your legs, register for our Leg Screening for Peripheral Vascular Disease at (800) 963-7070. • If you or someone you love is recovering from a stroke or head injury, come to Washington Hospital's Stroke/Head Injury Support Group. Caregivers are also welcome. For information, call (800) 963-7070. 			

Life Can Get Better with Age

Stay healthy . . . Get checked

As seasons change, so do the seasons of your life. Your middle and later years can be your most enjoyable, especially if you take care of your health. As you age, become more vigilant about screenings and check-ups that could detect a problem early.

The American Cancer Society advises that, starting at age 50, men should have an annual exam for prostate cancer. This includes a PSA blood test. The earlier the disease is detected, the better the prospects for successful treatment. Because African American men and men with a family history are at higher risk, they should start screenings at age 40. With early detection, you have the most options for treatment and can experience the best possible outcome as you continue enjoying the seasons of your life.

To learn more about prostate cancer, visit the Community Health Resource Library in Washington West.

september

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Key Health Tips <ul style="list-style-type: none"> • To stay healthy, eat a diet that includes plenty of vegetables, fruits and grains and few red meats, especially those high in fat. • Check with your doctor before taking vitamins or supplements that may help prevent disease. • For a free Prostate Cancer Screening conducted as a community service by urologists, call (800) 963-7070 for information. 			1	2	3	4
5	Labor Day 6	Community Education Program: Healthy Weight Management 6 - 8 pm 7	8	9	10	11
12	Prostate Cancer Awareness Week 13	14	15	16	17	18
National Rehabilitation Week 19	20	Community Education Program: Hypertension and Stroke Prevention 6 - 8 pm 21	First Day of Autumn 22	23	Family Health and Fitness Day 24	25
26	27	Community Education Program: Foot Pain 1 - 3 pm 28	 29	30	American Cancer Society: www.cancer.org	



Healthy Behavior is a Gift You Can Share

From generation . . . To generation


The habit of preventive health care and regular wellness checks is one of the most valuable gifts you can give yourself. It's also a gift you can give to those you love by modeling your healthy behavior—generation to generation.

Beginning at age 20, women should do self-breast exams every month so they can detect changes or lumps early. Most breast changes are normal and shouldn't cause concern, but some require medical care. At age 40, most women should start having a breast exam by a physician and a mammogram each year, continuing this regimen as they age, says the National Breast Cancer Foundation. It's the best way to watch for early signs of breast cancer and gives the greatest opportunity for successful treatment, if needed.

Washington Hospital Healthcare System's breast care services include screening mammograms using a full field digital mammography unit that exposes women to a lower radiation dose and decreases the time needed for the procedure.

To learn more about breast cancer, visit the Community Health Resource Library in Washington West.

october

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Key Health Tips <ul style="list-style-type: none"> • Maintain a healthy weight. Obesity increases the risk of breast cancer by about 50 percent in postmenopausal women. • Lower your alcohol consumption. Alcohol is a proven dietary risk for breast cancer. • If you or someone you know is a breast cancer survivor or living with breast cancer, come to Washington Hospital's Breast Cancer Support Group. Loved ones are welcome. For information, call (800) 963-7070. • Call (800) 770-9447 to see if you qualify for the Washington Community Mammogram program. 			National Breast Cancer Foundation: www.nationalbreastcancer.org			Community Education Program: Alzheimer's 9 am - 12 pm
	Child Health Day	Community Education Program: Breast Health 1 - 3 pm			1	2
3	4	5	6	7	8	9
National Adult Immunization Awareness Week					National Mammography Day	
10	11	12	13	14	15	16
National Respiratory Care Week	National Health Education Week	Community Education Program: Back and Neck Pain 6 - 8 pm				Make a Difference Day
17	18	19	20	21	22	23
24						
Daylight Savings Time Ends 31	25	26		27	28	29

Caregivers Need Their Own Support

A photograph of two women sitting together on a patterned sofa. The woman on the left has short, reddish-brown hair and is wearing a coral-colored top. The woman on the right has short, white hair, wears glasses, and a maroon top. They are both smiling warmly at the camera. The woman on the left has her arm around the woman on the right's shoulder. The background shows a home interior with a green plant on the left and a doorway in the center.

Share your caring touch . . .

All year through


Holiday times are a chance to share joy and happiness with friends and loved ones. Sadly, that's not always true for a caregiver, who provides full time care and support for someone—perhaps a relative—with a serious chronic or progressive disease, such as Alzheimer's, cancer or diabetes. If you are a caregiver, you should also take care of your own physical and emotional needs. The Alzheimer's Foundation recommends you watch for signs of stress or depression within yourself and get support from family and friends whenever you need it.

Good communication is also important for the person you take care of. Be sure to listen, maintain eye contact and share your caring touch. By being easy to talk with, you enable the one you care for to share fears and concerns more openly.

To learn more about caregiver support, visit the Community Health Resource Library in Washington West.

For more information about upcoming community classes and programs, call our Health Connection line at (800) 963-7070 or visit our web site at whhs.com.

november

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Alzheimer's Foundation: www.alz.org	1	Community Education Program: Healthy Meals for Holidays 1 - 3 pm 2	3	4	5	6	
7	8	9	10	Veteran's Day 11	12	13	
14	15	Community Education Program: Effects of Smoking 6 - 8 pm 16	17	18	19	20	
National Family Week	21	22	23	24	Thanksgiving Day 25	26	27
28	WHHS Foundation Event: Tree of Angels Kick-Off 29	30	 <p>Key Health Tips</p> <ul style="list-style-type: none"> • For caregiver assistance, contact Alameda County In-Home Support Services at (510) 567-8080 or visit www.co.alameda.ca.us. • If a caregiver becomes ill, try contacting local nursing homes for help, some provide respite care. 				



Think *Kid Safety* When You're on the Road


Get the right seat . . . Have it checked

No matter if it's winter or summer, good weather or bad, when your family goes on the road, think ahead about their safety. Your child should always ride in a properly installed car safety seat appropriate for his or her age and weight. Washington Hospital supports car seat safety "check-ups" where trained technicians inspect child car seats and educate parents about installation.

When installing a car seat, read the accompanying instructions and the child seat installation section of your vehicle's owner's manual. According to the National Safety Council, your child should ride in a safety seat with full harness until their weight reaches 40 lbs. Then, state law requires that children be properly restrained in a booster seat until they are 6 years old or weigh 60 lbs.

To learn more about car seat safety, visit the Community Health Resource Library in Washington West.

december

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Key Health Tips <ul style="list-style-type: none"> • The safest place for kids is in the back seat. • When you're on the road, concentrate on safe and defensive driving. • A car seat installation safety check takes about 30 minutes. To find out how you can have your car seat checked, contact Washington Hospital's Community Outreach Department at (510) 494-7053. 			Community Education Program: Preventing Heart Attacks 1 - 3 pm Aids Day			
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	First Day of Winter	21	22	23	24
						Christmas Day 25
26	27	28		30		National Safety Council: www.nsc.org
			29		New Year's Eve	31

Achieving Awareness and Support— Foundation Makes a Healthy Difference

Like a seasoned team of health care experts, the Washington Hospital Healthcare Foundation knows how to bring people and resources together to make a healthy difference for our community. During the past year, it continued the Foundation's dual mission of increasing public awareness and building financial support for the programs and services of the Washington Hospital Healthcare System.

The 2002 Top Hat dinner-dance gave a major boost to the purchase of the SOCRATES™ Telecollaborative System for Washington Hospital's leading-edge minimally invasive surgery program. Once again, this showcase event, entitled "Top Hat Enjoys La Dolce Vita," was sold out. During the evening, hundreds of supporters enjoyed a taste of "The Sweet Life," with Italian cuisine followed by entertainment and dancing. Top Hat Chairs Jack and Maria Rogers and their committee worked tirelessly to bring the taste and feel of Italy to all. With more than 40 individuals, businesses and vendors participating as sponsors, the fundraiser—in its sixteenth year—reached an all-time high in community support.

The community came together again to support the Trees of Angels, now a holiday tradition in the Tri-City area. Trees of Angels kicked off with the lighting of the tree at McDonald's, which displayed 12,000 commemorative lights dedicated in honor or memory of a donor's friend and loved ones. During the holiday season, two huge Trees of Angels trees were also displayed in the Newark Silliman Center and Fremont Hub.

Springtime brought the 18th Annual Golf Tournament in memory of Gene Angelo Pessagno. Held at the Castlewood Country Club, the event saw 270 golfers tee off in support of local cancer services and hospice care. Craig Silcox chaired the tournament for the second year.

"Despite a sluggish economy, every one of this year's events sold out," says Barbara Barrie, Foundation president. "We're so grateful for the broad-based community support we continue to receive. It truly makes the difference in helping our Foundation achieve its mission."



Volunteers Are the Spirit of a Community Partnership

The Washington Hospital Service League epitomizes the spirit of people working together to promote a healthy community. With current membership of more than 400 volunteers from age 15 1/2 through 90, the organization has given more than 1.4 million hours and more than \$1.7 million to Washington Hospital since it was founded in 1955. In the past year alone, Service League volunteers gave more than 50,000 hours in support of programs and services throughout the hospital.

“Service League volunteers help families, answer questions and add a personal touch in an environment that is mostly high tech,” says Anna Elola, Director of Volunteer Services.

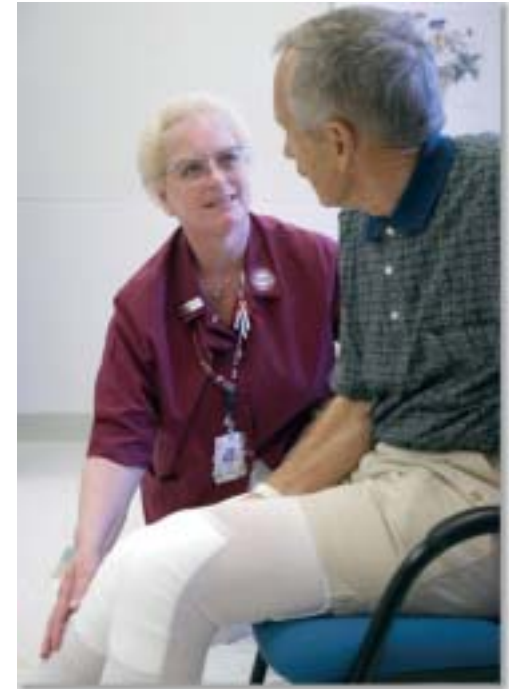
The volunteers of the Service League have a three-pronged mission. They offer helpful services by providing amenities that contribute to the comfort and well being of patients, families and visitors. They also serve as “ambassadors,” fostering good communication between the hospital and families, friends and the community-at-large. Finally, Service League volunteers support the work of hospital personnel and assist with other services, when needed.

Service League President Cherie Gamardo was herself a patient in the hospital’s state-of-the-art Center for Joint Replacement. Afterwards, she was motivated to share some of the wonderful experiences she had when she went through replacement surgeries for her knees.

“Besides excellent care from diagnosis through rehabilitation, our program is about teamwork,” says Cathy Warner, orthopedic clinical nurse specialist at the Center. “Cherie and the other volunteers are enormously valuable to our therapy staff, as well as our patients. The volunteers give the personal touch when they act as patient coaches or help with our unique continental breakfast cart.”

Since she joined the Service League in 2000, Cherie has volunteered more than 2,000 hours at Washington Hospital. She currently assists in the Center for Joint Replacement two days a week, serving as a patient coach when a family member isn’t available. She also helps organize exercise classes and weekly luncheon events for patients and their visitors.

“Here at the Center, each volunteer contributes in his or her own way. That’s what makes the program work,” says Cherie. “In fact, that’s the secret to the success of the entire League. Washington Hospital offers so many different opportunities for people to give their time. There’s truly something for everyone.”



2002-2003 Financial Statement

Fiscal year ending June 30, 2003.
Dollar amounts represent thousands.

Balance Sheet

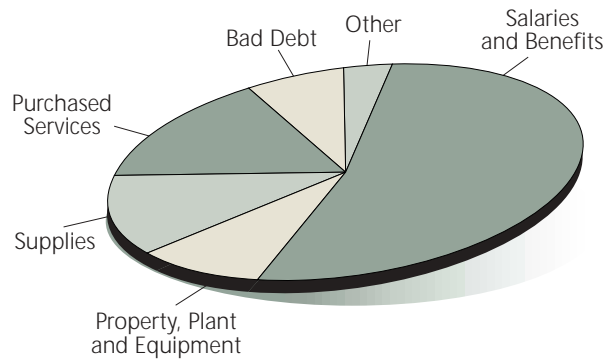
Current Assets	47,966
Assets Limited as to Use	134,281
Property, Plant and Equipment	134,104
Other Assets	25,512
Total Assets	\$341,863
Current Liabilities	33,910
Long-Term Debt	81,430
Long-Term Liabilities	18,506
Fund Balance	208,017
Total Liabilities and Fund Balance	\$341,863

Income Statement

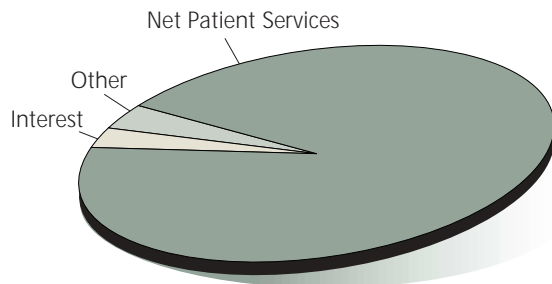
Net Patient Service Revenue	220,999
Other Revenue	7,616
Total Operating Revenue	\$228,615
Salaries and Benefits	121,139
Other Expenses	97,309
Total Operating Expenses	\$218,448
Operating Income	\$10,167
Nonoperating Revenues and Expenses	
Investment Income, Including Unrealized Gains	6,842
Interest Expense	(2,282)
Other	685
Total Operating and Nonoperating Income	\$15,412

Fiscal Year 2002-2003

Expenditures



Revenues



Caring for the Community

Washington Township Health Care District provides many benefits to the community. One direct benefit that receives little notice is the health care that is provided for free or for which the District is not fully compensated.

In the past year alone, Washington provided nearly \$17 million in health care to the community's medically indigent population and an additional \$3 million for unpaid medical costs, community education and other expenses.

Expenditures

Salaries and Benefits	121,139
Property, Plant and Equipment	22,176
Supplies	29,634
Purchased Services	33,500
Bad Debt	15,026
Other	7,554

Revenues

Net Patient Services	220,999
Interest	6,842
Other	8,301

Statistics

Admissions	14,926
Days	62,384
Deliveries	2,777
Surgery Cases	3,732
ER Visits	43,760
Physicians on Staff	373

Keeping You Healthy and Safe Throughout 2004 and Beyond

For Adults

Applies to healthy adults, age 18 to 75, with no symptoms or family history of disease and no other risk factors.

Test or Check	Who and How Often
Screenings	
Blood pressure, height and weight	As appropriate for age
Cholesterol	Men every 5 years starting at age 35 Women every 5 years starting at age 45
Pap smear	Women every 1 to 3 years until age 65
Chlamydia	Until age 25
Mammography	Women every 1 to 2 years starting at age 40
Colorectal cancer	Depends on test
Osteoporosis	Annually starting at age 65
Alcohol use, depression	Periodically
Vision, hearing	Periodically starting at age 65
Immunizations	
Tetanus-diphtheria	Every ten years
Chicken pox (varicella or VZV)	Only for those susceptible (two doses)
Measles, mumps, rubella (MMR)	Women of childbearing age (one dose)
Pneumococcal disease	At age 65 or older (one dose)
Influenza	Annually starting at age 50
Chemoprevention	
Assess risk of cardiovascular disease (CVD) and discuss aspirin to prevent CVD events	Men every 5 years starting at age 40 Women every 5 years starting at age 50
Counseling	
Calcium intake	Women periodically
Folic acid	Women of childbearing age
Tobacco cessation, drug and alcohol use, sexually transmitted diseases and HIV, nutrition, physical activity, sun exposure, oral health, injury prevention, drug interactions	Periodically

In fulfilling our mission, Washington Hospital Healthcare System is committed to encouraging the people of our community to take responsibility for the health and safety of themselves and their families. One of the most important steps each person can take is to have a periodic health exam, as recommended by the U.S. Preventive Services Task Force of the Department of Health and Human Services. Please use the information below as a checklist of what you should expect for yourself or your child during an exam.

For Children

Applies to children from birth to age 18 with no unusual risk factors. Parents should check with their child's doctor about periodic screenings and counselings that should also occur.

Test, Check or Service	At What Age
Immunizations	
Hepatitis B	Dose 1: At birth-age 6 weeks Dose 2: At age 6 weeks-4 months Dose 3: At age 6-18 months Dose 4: At age 11-12 years
Polio (IPV)	Dose 1: At age 6-10 weeks Dose 2: At age 14-18 weeks Dose 3: At age 6-18 months Dose 4: At age 4-6 years
Haemophilus influenzae type B (Hib)	Dose 1: At age 6-10 weeks Dose 2: At age 14-18 weeks Dose 3: At age 22-26 weeks Dose 4: At age 12-15 months
Diphtheria, tetanus, pertussis (DTaP, Td booster)	Dose 1: At age 6-10 weeks Dose 2: At age 14-18 weeks Dose 3: At age 22-26 weeks Dose 4: At age 12-16 months Dose 5: At age 4-6 years Td booster: At age 11-16 years
Measles, mumps, rubella (MMR)	Dose 1: At age 12-16 months Dose 2: At age 4-6 years Dose 3: At age 11-12 years
Chicken pox (varicella)	At age 12-18 months (one dose) At age 11-12 years (one dose)
Hepatitis A	At age 2-12 years (one dose)
Pneumococcal disease	Dose 1: At age 6-10 weeks Dose 2: At age 14-18 weeks Dose 3: At age 22-26 weeks Dose 4: At age 12-15 months

Directory of Services

Programs and Services

Bras for Body and Soul
 Cardiac Surgery and Care
 Cardiac Rehabilitation
 Care Card Program
 Center for Joint Replacement
 Childbirth and Family Services
 Community Clinics
 Community Education
 Community Health Resource Library
 Diabetes Services
 24-Hour Emergency Care
 Financial and Insurance Counseling
 General Medicine and Surgery
 Health Insurance Information Service
 Health Promotion
 Hospice Program
 Laboratory Analysis and Support
 Level II Special Care Nursery
 Little Washington Township Child Care Center
 Mammography Center
 Medical Imaging (X-ray, MRI and CT Scanners)
 Minimally Invasive and Robotic Surgery
 Neurosurgery
 Nutritional Counseling and Care
 Occupational Medicine Program
 Occupational Therapy
 Oncology Services
 Orthopedics
 Outpatient Wound Care Clinic
 Pathology
 Pediatrics
 Pharmacy
 Physical Therapy
 Pulmonary Rehabilitation and Respiratory Care
 Richard M. Warren Nursing Skills Lab
 Sangalli Center for Critical Care
 Sleep Disorders Clinic
 Social Services
 Speech Therapy
 Sports Medicine Program
 Volunteer Organizations
 Washington On Wheels,
 (W.O.W.) Mobile Health Clinic
 Washington Senior Care

Washington Clinic/Fremont
 2500 Mowry Avenue, Suite 212
 Fremont, CA 94538
 510-608-6174
 Monday – Sunday, 8 a.m. to 8 p.m.

Washington Clinic/Newark
 35500 Dumbarton Court
 Newark, CA 94560
 510-797-7535
 Monday – Friday, 8 a.m. to 6 p.m.

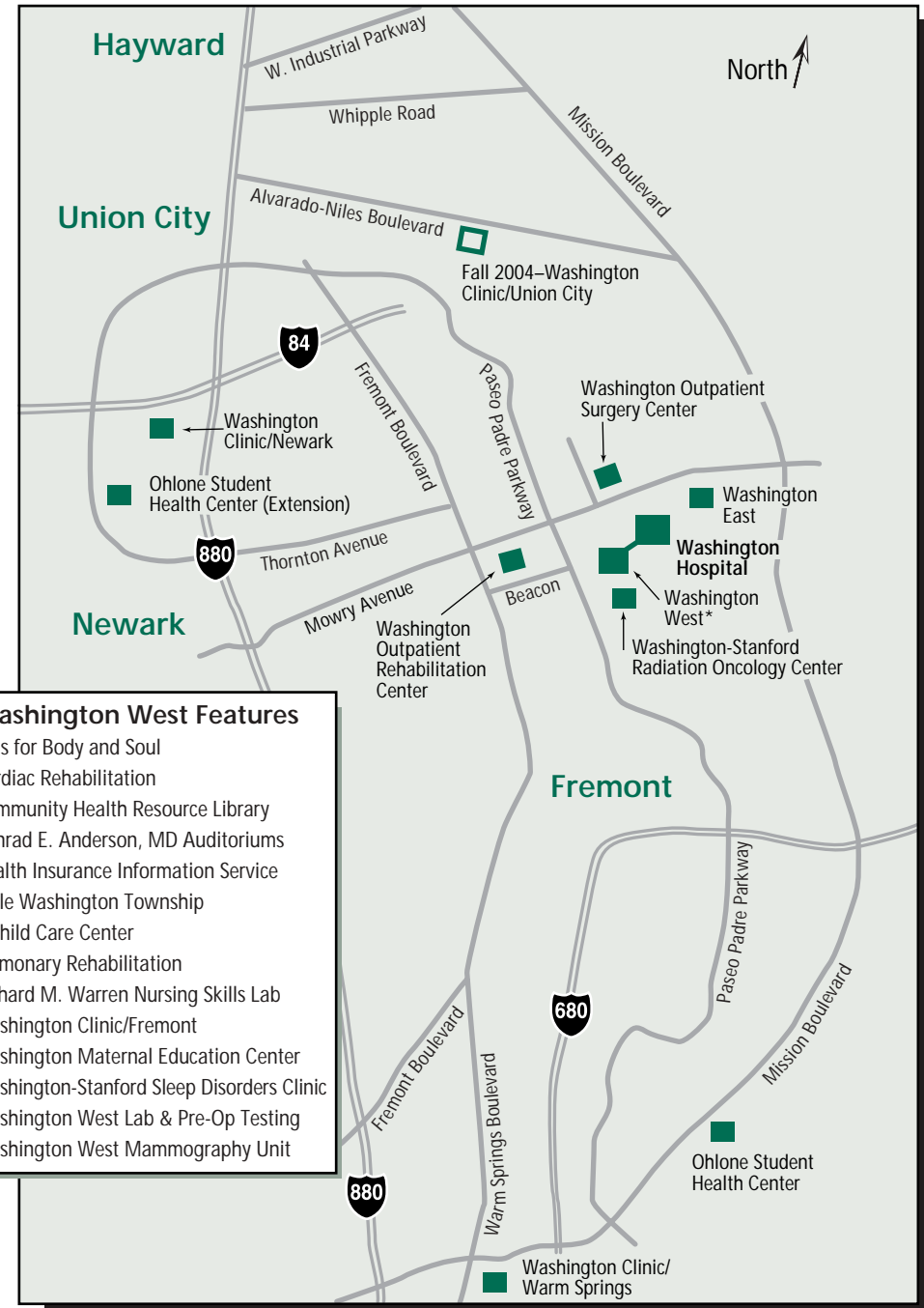
Washington Clinic/Warm Springs
 46690 Mohave Drive
 Fremont, CA 94539
 510-651-2371 or 408-946-6443
 Monday – Friday, 8 a.m. to 6 p.m.

**Washington Outpatient
 Surgery Center**
 2299 Mowry Avenue
 Fremont, CA 94536
 510-791-5374
 Monday – Friday, 6 a.m. to 5:30 p.m.

**Washington-Stanford
 Radiation Oncology Center**
 39101 Civic Center Drive
 Fremont, CA 94538
 510-796-7212
 Monday – Friday, 8 a.m. to 5 p.m.

**Washington Outpatient
 Rehabilitation Center**
 3575 Beacon Avenue
 Fremont, CA 94538
 510-794-9672
 Monday – Friday, 8 a.m. to 6:30 p.m.

Ohlone Student Health Center
 43600 Mission Boulevard, Bldg. 16
 Fremont CA 94539
 510-659-6258



*** Washington West Features**
 Bras for Body and Soul
 Cardiac Rehabilitation
 Community Health Resource Library
 Conrad E. Anderson, MD Auditoriums
 Health Insurance Information Service
 Little Washington Township
 Child Care Center
 Pulmonary Rehabilitation
 Richard M. Warren Nursing Skills Lab
 Washington Clinic/Fremont
 Washington Maternal Education Center
 Washington-Stanford Sleep Disorders Clinic
 Washington West Lab & Pre-Op Testing
 Washington West Mammography Unit

january

Sun	Mon	Tues	Wed	Th	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

february

Sun	Mon	Tues	Wed	Th	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

march

Sun	Mon	Tues	Wed	Th	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

april

Sun	Mon	Tues	Wed	Th	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

may

Sun	Mon	Tues	Wed	Th	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

june

Sun	Mon	Tues	Wed	Th	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

july

Sun	Mon	Tues	Wed	Th	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

august

Sun	Mon	Tues	Wed	Th	Fri	Sat
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

september

Sun	Mon	Tues	Wed	Th	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

october

Sun	Mon	Tues	Wed	Th	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

november

Sun	Mon	Tues	Wed	Th	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

december

Sun	Mon	Tues	Wed	Th	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Special thanks to the physicians, employees, members of the Washington Hospital Service League and their families, and members of the community who volunteered to model for this calendar.

Month	Theme	Description
January	Centerville Farmer's Market	Evelyn Joseph, Volunteer
February	Health Heart Month	Richard Mills and Dr. Ash Jain, Cardiology
March	Osteoporosis Prevention	Michelle Francia, Contract Specialist; Patricia Butler, Volunteer; Shannon Antepencko, Development Coordinator, (Left to Right)
April	Immunizations	Rafael Nunez and his son Nicholas
May	Asthma Awareness	Harrisen Smith
June	Backyard Safety	Nancy Pagan, Volunteer, with her husband George Pagan
July	Occupational Medicine	Dr. Shelli M. Bodnar, Family Practice
August	Stroke Prevention	Roma and Satya Sharma, Volunteer, with their grandchildren Sachin and Vanshika
September	Men's Health	Dr. Richard Bevan-Thomas, Urology, with Mary E. Brown, Ph.D, and her husband, Henry Brown
October	Breast Cancer Awareness	Amanda Morrison, Tricia McMahon, Director of Bras for Body and Soul, Pat Dotterer, and Laura Morrison. (Left to Right)
November	Caregivers Month	Michelle Hoenig, Volunteer, with her mother Bernice R. Sharpe
December	Care Seat Safety	Ruth Young, Community Outreach Manager, with Sierra Douglas and her grandmother, Judy Porter, Volunteer
	Volunteer's Foundation	Cherié Gamardo, Service League President, and Devin Utter Gene Andre, Assistant Director; Wanda Andre and the Top Hat Greeter Jack and Maria Rogers, Chairs, Top Hat XVI; Brent Hodson, Chief of Community Support Services

Unless otherwise stated, classes take place at Conrad E. Anderson Auditoriums, rooms A and B, located in Washington West, 2500 Mowry Ave., in Fremont. Class times and dates are subject to change.

If you would like additional copies of the Washington Township Health Care District Annual Report, or for more information, please contact:

Community Relations Department

Washington Hospital Healthcare System
 2000 Mowry Avenue, Fremont, CA 94538-1716
 Phone: (510) 791-3417 Fax: (510) 791-3496

This report has been published as a service to the District residents by the Washington Township Health Care District.

Nancy Farber, Chief Executive Officer

Christopher Brown, Editor

Carla Zaccheo, Writer

Alain McLaughlin, Photography

I.On Design, Creative Direction and Graphic Design

Spectrum Lithograph, Printing



2000 Mowry Avenue, Fremont, CA 94538-1716
www.whhs.com

Washington Township Health Care District