

Washington Township Health Care District

When Every Moment Counts

11:05 AM

2:35 AM

7:05 PM

Calendar 2006

Annual Report to the
Community 2005



Washington Hospital
Healthcare System

Our Mission Statement

As the local Health Care District, our mission is to meet the health care needs of the District residents through medical services, education and research.

Within this scope, Washington Township Health Care District is committed to assuming the leadership role in improving and maintaining the health status of the residents by:

- Identifying and assessing community health care needs;
- Developing mechanisms to respond to the identified needs within the financial capabilities of the District;
- Providing access to high quality, cost-effective health services through an integrated delivery system;
- Providing appropriate employee, professional and community educational resources to enhance patient care and health promotion throughout the District.

To support the fulfillment of the mission, the District's strategic vision is to be the regional medical center of Southern Alameda County offering services that span the full range of care within the available financial resources.

**Resolved by the Board of Directors
Washington Township Health Care District
June 14, 1995**

Washington Township Health Care District



Message from the CEO

During any 24-hour period throughout Washington Hospital Healthcare System, people experience thousands of moments in time. Some are sad, some are unexpected, some are joyous. Others are simply the routine actions of individuals living their lives and doing their jobs. In this report, we capture just a few of these moments to give you the essence of what our system is all about—the continuous search for new and better ways to help the people of Washington Township Health Care District live safer and healthier lives.

We are proud of the high quality of care we give our patients every hour of every day. Alongside our nurses, doctors, therapists and technicians are hundreds of individuals performing a myriad of other vital functions at all hours of the day and night—from food services, to housekeeping, to security, to financial services, to volunteering and many others. Without the contributions of each of these dedicated men and women, we would be unable to achieve our patient care mission.

Today, Washington Hospital is considered one of the major medical centers in the Bay Area. As we look to the future, we expect a substantial increase in demand for our services. Although we have invested significantly in improving and expanding our facilities throughout the years, Washington's buildings can no longer keep pace with the escalating need. With the passage of Measure FF, the community has voiced its wish to invest in the growth of our healthcare system. We truly appreciate this support.

As a first step, and to comply with government-mandated safety standards, we have developed a new facility master plan. This vision of the future for our healthcare system includes expanded, state-of-the-art facilities in the ER, ICU and other vital areas of the hospital, as well as 68 more patient beds and four new operating rooms.

We are also taking strides in building a new information system infrastructure, as we work to make the patient Electronic Medical Record a reality at Washington Hospital. This advancement will further improve clinical quality and service excellence while fulfilling our ethic of always putting the patient first.

With so many changes underway, this is an exciting time at Washington Hospital, just as it is for the entire community. We value and encourage the involvement of all District residents as we move forward with anticipation into the promising era for local health care that lies ahead.

Nancy Farber



Nancy Farber
*Chief Executive Officer
Washington Hospital
Healthcare System*

Message from the Board of Directors

N

Not since the Washington Township Health Care District was founded nearly 60 years ago has our community seen such challenging, yet promising, times. As our region continues to evolve and grow, so have our residents' needs and expectations for local health care services.

With the passage of Measure FF, the public has spoken. Now, our board is charged with the awesome responsibility of guiding the District through what promises to be an unprecedented time of change. Throughout the next 15 years and beyond, the Washington Hospital Healthcare System will be expanding to meet the need for increased capacity as we continue making our buildings safer in accordance with unfunded government mandates for earthquake preparedness.

Our five-member, publicly elected board has embraced these challenges wholeheartedly. We are already proceeding with plans to fulfill many of the most pressing needs. Among the projects in development are a new cardiac catheterization center with four state-of-the-art labs; a Women's Health Center that will centralize all outpatient women's services in one convenient, innovatively designed location; and the Nakamura Clinic, Union City, which will bring primary care and urgent care services closer to the people of that community.

As we move ahead, we invite you—the residents of our District and the true owners of Washington Hospital Healthcare System—to learn more about your hospital and become more involved in the process. Our monthly board meetings are open to the public. Or, you can watch the proceedings by tuning in to Cable Channel 78, Washington Hospital's new *InHealth* program, at various times throughout the week.

At this auspicious moment in the history of our District, we thank the residents for your support and confidence. We assure you that, throughout this time of challenge and change, Washington Township Health Care District will continue to do what it has always done best—meeting the evolving health care needs of our community.

Michael J. Wallace



Michael J. Wallace
*President, Board of Directors
Washington Township
Health Care District*

Message from the Chief of Staff

The 450 medical staff members of Washington Hospital are working shoulder to shoulder with the administration, staff and volunteers of the Washington Hospital Healthcare System to fulfill the community's need for a wide range of health care services. These physicians are highly specialized and very well trained. Most of them call the Tri-City area "home," and are personally invested in the future of health care in the Washington Township Health Care District.

The pride of the Washington Hospital Medical Staff is our diversity. Physicians at our hospital speak numerous languages to help break the barriers of ethnicity and culture.

We fully believe that the quality of patient care is a combination of individual care, the human touch and state-of-the-art technology. Our physicians have taken the lead in such fields as joint replacement, wound care, women's health and innovative spinal surgery.

Recently, we introduced the Pediatrics, OB/GYN and Internal Medicine Hospitalist Programs. The sole focus of these programs is providing inpatient care. Through this initiative, these physicians are available at all times in the hospital to work with patients, their families and other members of the Medical Staff.

We are excited to participate in the 100,000 Lives Campaign because we think that it is good medicine. Our physicians are excellent, and are further improving with each passing day.

As Washington moves toward the next generation of patient care—the confidential patient Electronic Medical Record—the hospital will upgrade most of its information systems. This will have a major impact on continuing to improve the quality of clinical care at the hospital, in part, by making data more readily available to the appropriate caregivers and providing valuable support tools for clinical decision making.

We take access to patient care seriously. We reach out to Tri-City residents via outpatient clinics, Washington on Wheels (W.O.W.) Mobile Health Clinic, health fairs to provide screening, health education to prevent diseases and help care for those who are sick.

We, the Medical Staff, along with the administration, staff and volunteers reaffirm our commitment to ensuring the highest quality of patient care that has been a hallmark of Washington Hospital since its inception.



Ranjana Sharma, M.D.

*Chief of Staff
Washington Hospital
Medical Staff*

Board of Directors

Washington Township Health Care District Board Officers 2005



Michael J. Wallace

Position: President
Elected: November 2002
Occupation: Vice Chairman of the
Board, Fremont Bank
Address: 39150 Fremont Boulevard
Fremont, CA 94538



Bernard Stewart, D.D.S.

Position: Vice President
Elected: November 2002
Occupation: Dentist
Address: 2243 Mowry Avenue, Suite B
Fremont, CA 94538



Jacob Eapen, M.D.

Position: Second Vice President
Elected: November 2004
Occupation: Physician, Pediatrician
Address: 2000 Mowry Avenue
Fremont, CA 94538



William F. Nicholson, M.D.

Position: Treasurer
Elected: November 2004
Occupation: Physician, Cardiologist
Address: 2557 Mowry Avenue, Suite #33
Fremont, CA 94538



Patricia Danielson, RHIT

Position: Secretary
Elected: November 2004
Occupation: Consultant, Health
Information Management
Address: 7189 Arbeau Drive
Newark, CA 94560



A Mother's First Touch

6:16 AM Ed Cohen, M.D., places a newborn in the arms of his mother for the first time. It is a gesture he has performed hundreds of times, yet this moment never fails to touch his heart.

Dr. Cohen (*above*), a practicing obstetrician for 26 years, is one of about 24 “hospitalists” at Washington, which currently has three hospitalist programs—Internal Medicine, Obstetrics and Pediatrics. Hospitalists are a new breed of doctor that specializes in managing the care of inpatients. Lyn M. Dos Santos, M.D. (*right*), is the medical director of the Pediatric Hospitalist Program. These doctors are based at the hospital and available at a moment’s notice. Hospitalists are also a benefit to community physicians who can concentrate their full attention on patients in the office while these inpatient specialists closely manage their patients in the hospital. Although the idea of hospitalists is spreading, only a handful of hospitals, like Washington, have hospitalist obstetricians.



January



Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday

New Year's Day Health & Wellness Class:
Evaluation & Treatment
Neck Pain

1 2 3 4 5 6 7

8 9 10 11 12 13 14

Healthy Weight Week Health & Wellness Class:
How Do Hospitals Function?
The Five Wishes Health
Directive
Martin Luther King Jr. Day Six-Week Stop
Smoking Class Begins

15 16 17 18 19 20 21

Health & Wellness Class:
Are You Having Problems
with Digestion? H.Pylori
Peptic Ulcer Disease

22 23 24 25 26 27 28

Health & Wellness Class:
Are You Having Shoulder
Problems? (Arthroplasty)

29 30 31

National Glaucoma Awareness Month
National Volunteer Blood Donor Month



Getting to the Heart of the Matter

10:32 AM Less than two hours after his cardiac catheterization procedure, a patient learns the cause of his earlier chest pain. It is frightening to hear his cardiologist explain he has a life threatening condition, but it's a comfort to know he is in the care of one of the leading cardiac programs in the Bay Area.

Washington Hospital's multi-million dollar cardiovascular program has won national awards for quality. The program has the area's most advanced digital imaging equipment, which is exceptionally fast and provides high resolution images with vivid detail. It enables cardiologists like Medical Directors of Cardiology Ash Jain, M.D. (*left*), and Romesh Japra, M.D., to diagnose and treat problems more quickly and effectively than ever before. During the next several years, the program's three cardiac catheterization labs will be further upgraded with the latest available technology.



February



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Groundhog Day

American Heart Month
Wise Health Care Consumer Month

1

2

3

4

National Patient Recognition Week

Health & Wellness Class:
Are You Having Symptoms of
Congestive Heart Failure or
Irregular Beats of Your Heart?

5

6

7

8

9

10

11

National Burn Awareness Week

Health & Wellness Class:
Are You at Risk for a Stroke?

Valentine's Day

National Women's Heart Day

12

13

14

15

16

17

18

National Cardiac
Rehabilitation Week

Presidents Day

Health & Wellness Class:
Weight Maintenance Nutrition
Management

National Child Passenger
Safety Week

19

20

21

22

23

24

25

Health & Wellness Class: Are
You at Risk for a Heart Attack?
Ischemic Heart Disease

26

27

28

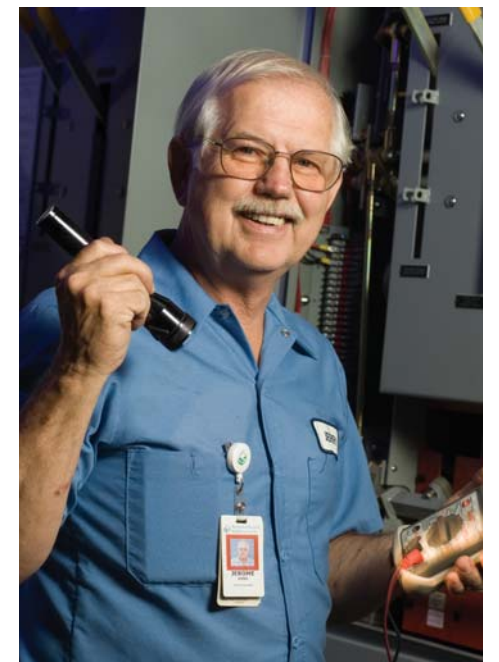
For information about upcoming community classes and programs, call our Health Connection line at (800) 963-7070 or visit our web site at whhs.com.



The Power Within

2:35 AM Generators restore power to Washington Hospital after five seconds of downtime when a nearby transformer fails. The hospital remains on emergency power for the next 15 hours until the transformer is replaced. Stationary Engineers Al Kubo (*above*) and Jerry King (*right*) are part of a staff that makes sure Washington always has the power it needs.

In a hospital, mechanical and electrical power and plumbing systems aren't just conveniences. They make it possible to save lives at any moment of the day or night. To operate reliably, hospitals use an incredible amount of power for critical life saving and safety systems, as well as to maintain the ability to function in case of a disaster. One key factor in Washington's plans for expansion is a new Central Plant, providing the mechanical and electrical capacity for the 1 million-square-foot, 450-bed facility that will be Washington Hospital by the year 2030. The plant will meet all government seismic safety requirements and generate electricity and hot water, adding to the hospital's self-sufficiency should disaster strike.



March



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

National Brain Injury Awareness Month
 National Colorectal Cancer Awareness Month
 National Eye Donor Month
 National Save Your Vision Month
 National Kidney Month
 National Nutrition Month

1

2

3

4

Health & Wellness Class:
 Is Colorectal Cancer
 Preventable?

5

6

7

8

9

10

11

National Pulmonary Rehabilitation Week

Health & Wellness Class:
 Do You Suffer from Diabetic
 Foot Disorders?

St. Patrick's Day

12

13

14

15

16

17

18

National Inhalants and
 Poisons Awareness
 Week

First Day of Spring

Health & Wellness Class:
 Men's Issues, Prostate Cancer
 & Your Erectile Dysfunction

National Poison
 Prevention Week

19

20

21

22

23

24

25

Health & Wellness Class:
 Common Shoulder Disorders,
 Knee Conditions

Doctor's Day

26

27

28

29

30

31

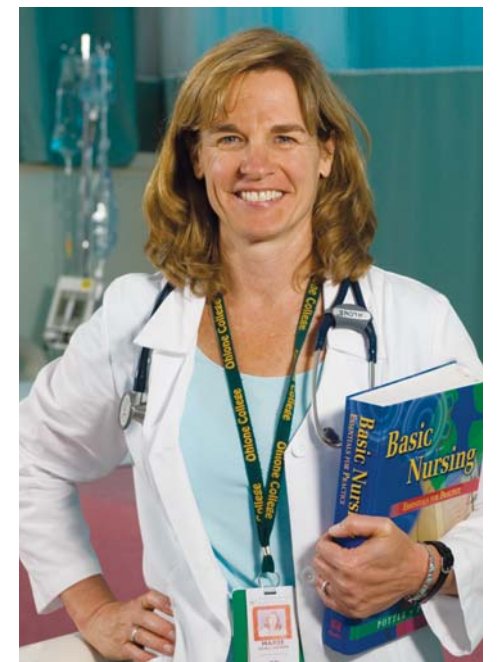
For information about upcoming community classes and programs, call our Health Connection line at (800) 963-7070 or visit our web site at whhs.com.



Skills for Life

4:28 PM During their class in the Richard M. Warren Nursing Skills Lab, nursing students begin practicing how to take vital signs, with one student standing in as the patient. At that moment, each thinks, “Just maybe, my dream of being a Registered Nurse will come true.”

The shortage of trained nurses in California and across the country has reached crisis proportions. Yet, there aren't enough training programs to produce the nurses we need; and existing programs don't have the capacity to train enough nurses. In response to this dire situation, the Washington Township Health Care District Board of Directors provided a \$1.5 million grant to Ohlone College to increase its nursing program enrollment each semester. In addition to the grant, Washington Hospital built a state-of-the-art nursing skills lab so that the hospital's clinical nurse specialists and Ohlone College nursing faculty, like Marie Beauchemin, M.S., C.N.M., R.N. (*right*), can provide students with hands-on training in a hospital-like setting.



April



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

National Foot Health Awareness Month
National Sexually Transmitted Diseases Awareness Month
National Autism Awareness Month
Youth Sports Safety Month
Cancer Control Month
National Occupational Therapy Month

Daylight-Saving Time Begins

National Public Health Week World Health Day

Health & Wellness Class:
Living & Dealing with Diabetes

2

3

4

5

6

7

8

National Radiology Nurses Day

9

10

11

12

13

14

15

Easter Sunday

National Infant Immunization Week

16

17

18

19

20

21

22

National Healthcare Volunteer Week
National Volunteer Week

Health & Wellness Class:
Are You Having Foot & Ankle Problems?

23
30

24

25

26

27

28

29

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



Designing Solutions to Joint Pain

7:00 AM Orthopedist and Medical Director of the Center for Joint Replacement (CJR) John Dearborn, M.D. (*above*), readies himself for the eight joint replacement procedures on the schedule that day. In eight hours, the first patient will be up and walking, with the help of senior physical therapist Alisa Curry, R.P.T. (*right*), also from Washington Hospital's CJR.

In recent years, advancements in technology, materials and surgical techniques have helped people experience miraculous recoveries from total hip and knee replacement surgery. Patients come from all over the country to have surgery at Washington's highly acclaimed program, which performs more than 900 procedures annually. With five leading surgeons and a staff of specially trained, experienced nurses and physical and occupational therapists, the program helps patients to achieve outcomes far ahead of the national average.



May



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

National Nurses Week
National Nurses Day

1

2

3

4

5

6

National Hospital and Healthcare Week

7

8

9

10

11

12

13

National Emergency
Medical Services Week

Washington Hospital
Healthcare Foundation
Golf Tournament

National Employee Health
and Fitness Day

Mother's Day

14

15

16

17

18

19

20

Health & Wellness Class:
Healthy Skin & Treatment of
Skin Disorders

21

22

23

24

25

26

27

Memorial Day

National Senior Health
and Fitness Day

28

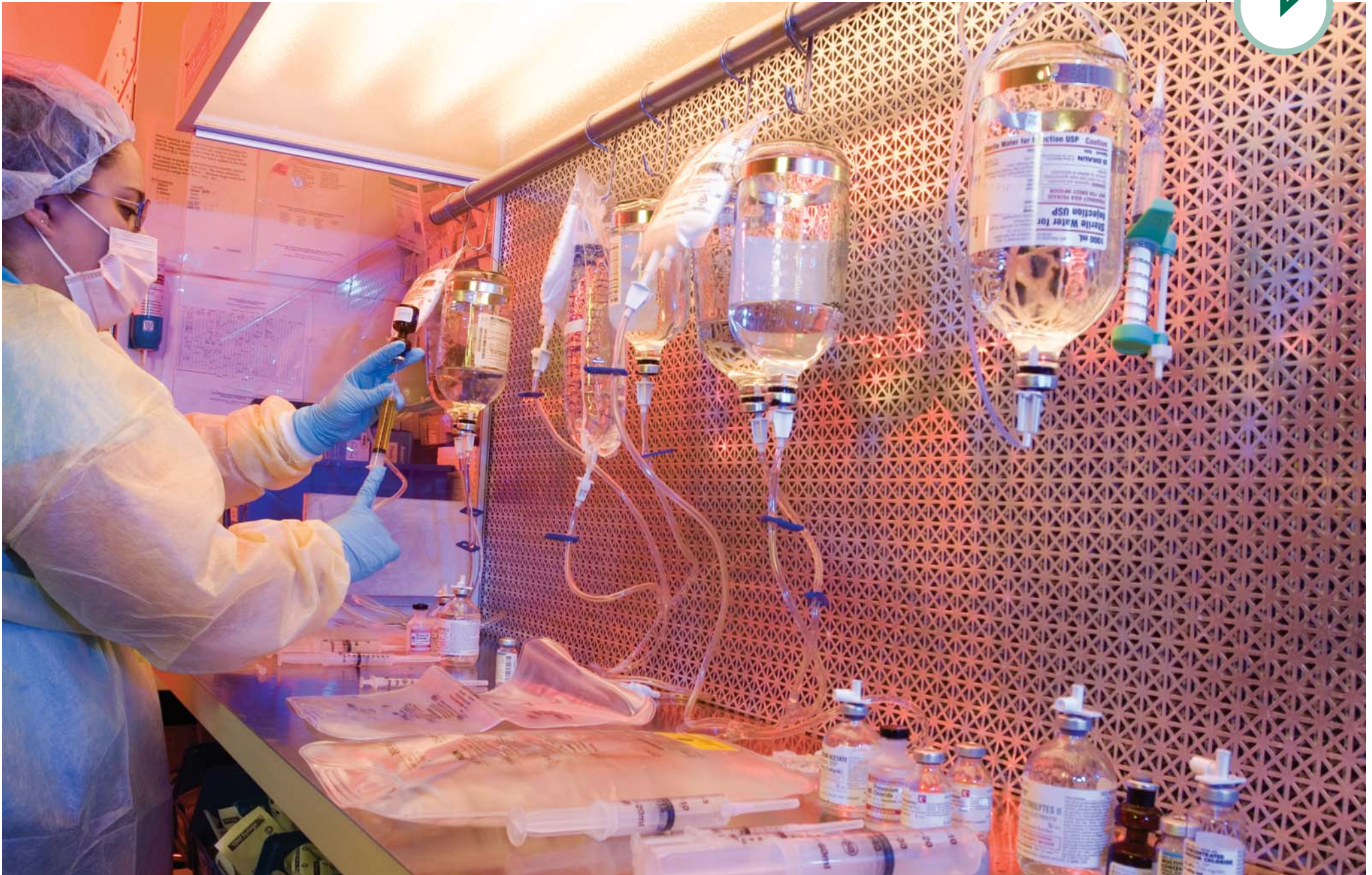
29

30

31

National Physical Fitness & Sports Month
National Arthritis Month
National High Blood Pressure Month
National Mental Health Month
National Osteoporosis Awareness & Prevention Month

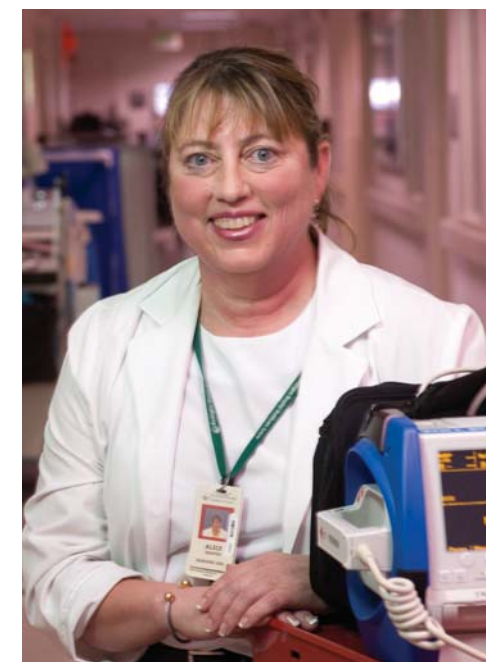
For information about upcoming community classes and programs, call our Health Connection line at (800) 963-7070 or visit our web site at whhs.com.



Working to Save More Lives

2:00 PM Washington Hospital managers meet to plan how they will implement life-saving strategies as part of the nationwide 100,000 Lives Campaign. With full support of the District's Board of Directors and the hospital's leadership team, the staff and physicians are committed to implementing six proven clinical practices and methods as part of a widespread effort to save the lives of 100,000 hospitalized patients in the U.S. by June 14, 2006.

In the campaign, more than 3,000 participating hospitals are putting into action very specific, often simple, changes, such as taking extra measures to ensure medications are prepared in a sterile environment or routinely giving antibiotics to patients before surgery. In addition, a Rapid Response Team, which Alice Santos, R.N., nursing director of Medical/Surgical Units (*right*), is helping to implement, is bringing critical care expertise to the bedside. Each of these steps has been shown to improve patient outcomes and save lives. At Washington, where everyone is guided by the hospital's patient first ethic, the 100,000 Lives Campaign has been welcomed.



June



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

National Aphasia Awareness Month
National Hernia Awareness Month
National Scleroderma Awareness Month
Fireworks Safety Month

1

2

3

National Headache
Awareness Week

Health & Wellness Class:
West Nile Virus

National Cancer
Survivor Day

4

5

6

7

8

9

10

National Men's Health Week

Flag Day

Health & Wellness Class:
Are You Concerned About
Blood Flow in Your Legs?

11

12

13

14

15

16

17

Father's Day

Health & Wellness Class:
Common Hand Disorders,
Living with Arthritis

First Day of Summer

18

19

20

21

22

23

24

National HIV Testing Day

Health & Wellness Class:
Alzheimer's: Beginning to Cope

25

26

27

28

29

30

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



Tuning in to Good Health

7:05 PM Videographer Bill Emberley (*above*) tapes a community class on arthritis lectured by rheumatologist Barry Shibuya, M.D. The seminar is one of many classes offered by Washington Hospital Healthcare System's Health & Wellness program. Later, the class will be broadcast on the hospital's new *InHealth* Channel 78. In the comfort of their own homes, residents can now learn useful information on how to stay healthy from local experts.

On-air anchor, Barbara Kostick, M.D., Medical Director of Washington's Community Health Services (*right*), is also involved with production of *InHealth* programming. *InHealth* is one of the first hospital-run, local cable TV channels in the nation. It was created to serve District residents—the true owners of the hospital—by providing greater access to community educational resources, including health education classes, safety programming and the Washington Township Health Care District Board of Directors' meetings.



July



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

Independence Day

2

3

4

5

6

7

8

National Therapeutic Recreation Week

Health & Wellness Class: Are You Having Vision Problems?

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23
30

24
31

25

26

27

28

29

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



On the Road to Early Detection

3:33 PM Minutes after having a blood glucose test taken inside the Washington On Wheels (W.O.W.) Mobile Health Clinic, Fremont resident Ron Hufstedler (*above*) will learn if he has high blood sugar, a possible sign of diabetes. Fortunately, Washington Hospital Nurse Practitioner Sherrie Kneebone (*left*) and Medical Assistant Connie Corral explain that, the earlier diabetes is detected, the easier it is to manage and avoid some of its most serious consequences.

According to the 2004 Community Needs Assessment performed by Washington Hospital in conjunction with the Hospital Council of Northern and Central California, Newark has the county's highest death rate from diabetes. Since nearly one-third of the estimated 18 million Americans who have diabetes are unaware of their condition, it is critical that as many local residents as possible be screened for the disease. The W.O.W. Mobile Health Clinic travels throughout the District, offering diabetes testing and other basic health services. More than 1,000 residents have been screened for diabetes in the past year.



August



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

National Immunization Awareness Month
Cataract Awareness Month

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

Health & Wellness Class:
Inflammatory &
Non-inflammatory Arthritis

20

21

22

23

24

25

26

Health & Wellness Class: Do
You Have Breathing Problems?
How to Quit Smoking

27

28

29

30

31

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



Facing Cancer with Hope

9:18 AM Radiologist Jason Cheng, M.D. (*above*), compares the results of a patient's PET/CT scan to previous films—a critical step in developing the most effective plan for treating her cancer. With information from the latest, most powerful diagnostic tools and the skill of trained, experienced experts, the patient has hope she can beat the disease.

Radiology Department R.N. Christine McCarty (*right*) uses an electronic power injector, which introduces X-ray dye into the patient's blood stream so that internal organs, tissue and blood vessels are easier to observe in CT images. Washington Hospital has invested in advanced technology to give patients the best possible chance to win their fight against cancer. For example, the hospital's combination PET/CT scanner enables physicians to analyze the body's metabolic activity and pinpoint the location of abnormal lesions at the same time. With these powerful tools, doctors are able to detect cancer earlier and select the most effective treatment for the best possible result.



September



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Cholesterol Education Month
Gynecologic Cancer Awareness Month
Leukemia, Lymphoma and Myeloma Awareness Month

1

2

Labor Day

Health & Wellness Class:
Emergency Preparedness:
Are You Prepared?

3

4

5

6

7

8

9

Patriot Day

Health & Wellness Class:
Healthy Weight Management
for Adults & Children

10

11

12

13

14

15

16

Prostate Cancer Awareness Week
National Rehabilitation Week

Health & Wellness Class:
Management of High Blood
Pressure & Healthy Eating

First Day of Autumn

17

18

19

20

21

22

23

National Adult Immunization Awareness Week

National Family Health
and Fitness Day

24

25

26

27

28

29

30

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



Seeing the Power of Prevention

8:06 AM Mammography technologist Nicole Jackson (*top right*) performs a screening mammogram as part of Washington Hospital's digital mammography service. She notices how the patient appreciates the ease and quickness of the procedure. Yet, this advanced digital technology gives the radiologist a greater wealth of information to make the best possible assessment.

Washington's advanced mammography services will soon be part of an entire Women's Health Center being designed by the hospital to meet women's needs. Located in Washington West and led by Medical Director William E. Dugoni, M.D. (*right*), the Center will provide women with a wide range of programs, including ultrasound, digital mammography, bone density testing and lymphedema care. Lymphedema therapy, which is already offered at Washington Hospital, helps people who suffer from lymphatic system problems, usually as a result of cancer treatment.



October



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Health & Wellness Class: Minimally Invasive Joint Replacement					Health & Wellness Class: Women's Health Conference
1	2	3	4	5	6	7
	Columbus Day	Health & Wellness Class: Health Insurance Questions & Answers				Washington Hospital Healthcare Foundation Event: Top Hat XX
8	9	10	11	12	13	14
	National Health Education Week	Health & Wellness Class: Are You Suffering from Back & Neck Pain?			National Mammography Day	
15	16	17	18	19	20	21
National Respiratory Care Week						
22	23	24	25	26	27	28
Daylight-Saving Time Ends		Halloween				
29	30	31				National Breast Cancer Awareness Month National Physical Therapy Month National Disability Employment Awareness Month

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



Waking Up to Preparedness

5:45 AM While preparing for a local emergency drill, Barry Ferrier (*top left*) and Cathi Sweeney (*top right*), district coordinators for Union City's Community Emergency Response Training (CERT) team, take inventory of disaster relief supplies. CERT, which until recently had no adequate space for holding trainings and storing critical supplies, is now able to use space provided by Washington Hospital Healthcare System at its new Nakamura Clinic, Union City.

Named for longtime resident and local businessman Shigeharu Nakamura and his family, the Clinic is pleased to be able to share part of its 8,000-square-foot facility with local groups, while bringing primary and urgent care services closer to residents. With nine exam rooms, an on-site X-ray department and occupational medicine services, the Nakamura Clinic, Union City has leading-edge medical and communications technology throughout. Headed by Medical Director Hoang N. Trinh, M.D. (*right*), it is the fourth Washington Clinic in the Tri-City area.



November



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

National Alzheimer's Disease Month
American Diabetes Month
National Family Caregivers Month

1

2

3

4

National Diabetes Education Week

Veteran's Day

Health & Wellness Class:
Alzheimer's: Maintain Your Brain

Election Day

5

6

7

8

9

10

11

National Lung Cancer Awareness Week

Health & Wellness Class:
Healthy Meals for the Holidays

International Infection Prevention Week

National Family
Volunteer Day

12

13

14

15

16

17

18

Thanksgiving Day

19

20

21

22

23

24

25

26

27

28

29

30

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



Stepping Up Prevention

3:27 PM A visitor to the Washington Community Health Resource Library checks her blood pressure, height, weight and body mass index. By taking a few moments to use the free health monitoring equipment, she can keep regular tabs on her personal health status.

It's important for everyone to take charge of their own health by regularly checking on the status of vital indicators. This encourages people to stay healthy while detecting warning signs of disease at the earliest possible moment. At the Library, people using the self-monitoring equipment can get assistance from Washington Hospital Service League volunteers, like Janet Begin (*right*). Bone density screenings are also available. Located in Washington West, the library is open Monday through Saturday. For hours, go to www.whhs.com or call (510) 494-7030.



December



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

AIDS Awareness Day

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

First Day of Winter

17

18

19

20

21

22

23

Christmas Day

24
31

New Year's Eve

25

26

27

28

29

30

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

Service League Continues Its Fifty-year Tradition of 'Giving Back'

Sometimes, a moment can make the difference between life and death. And, the outcome can affect many people for years to come. That's what happened to Louis Fernandez, president of the Washington Hospital Service League for 2005-2006.

In 1997, Fernandez suffered a heart attack. Using life saving measures, the Emergency Room doctors and nurses were able to revive him. Through the skill of the hospital's doctors, nurses and technicians using some of the most advanced emergency and cardiac care technology available, Fernandez was revived.



Louis Fernandez
*President, Washington
Hospital Service League*



*Thank you for 50 years of volunteering (left to right)
Laura Pessagno, Peg Tait and Stell Willard*

"I got a new lease on life," he says. "Soon after my recovery, it was time for me to give back."

That life-saving event in the Emergency Room has gone on to benefit many patients, visitors and staff at Washington Hospital through Fernandez' support and leadership of the Service League. Since 1997, the 78-year-old volunteer has given more than 4,000 hours working in the hospital and the Washington Community Health Resource Library.

This past year has been one of celebration for the entire Service League as it marked its fiftieth anniversary serving the hospital and the people of the Washington Township Health Care District. During half a century, the organization has donated more than \$1.8 million and more than 1.5 million hours of service to the hospital. In 2004-2005 alone, the League donated \$60,000 and volunteered more than 46,600 hours.

Now numbering 450, Service League members can be found throughout the hospital and related programs, including the Center for Joint Replacement, the Washington Community Health Resource Library and the Washington on Wheels (W.O.W.) Mobile Health Clinic. The League also continues a 44-year tradition of awarding scholarships to nursing students and others interested in pursuing careers in health care. During 2004-2005, it awarded \$5,000 in scholarships to residents of the Tri-City area.

Memorable Moments Make for Another Successful Foundation Year

T

“Time is made up of a series of moments,” says Craig Silcox, Washington Hospital Healthcare Foundation President for 2005-2006. “Some can make all the difference in what you do with your life—whether you will help others and give back to your community.”

Silcox remembers the moment his predecessor at financial services company AIG VALIC, Keith Poch, a former Foundation president, handed him the responsibility of assisting Washington Hospital employees with their investments. Eight years ago, while volunteering at the Foundation’s annual fundraising golf tournament, Silcox was inspired to become more involved. Today, Silcox continues the tradition of the hospital’s AIG VALIC representative leading the Foundation.

“Most of all, I remember the moments when I see one of the many loving, caring people who work at Washington Hospital reach out to help someone in need—even when it’s not their job,” says Silcox. “It is an honor to help make it possible for these people to do the great work they do in our community.”



Craig A. Silcox
President, Washington Hospital
Healthcare Foundation



Michael Wallace (center) accepts the Corporate Challenge award on behalf of Fremont Bank from Lamar Hinton (left), Golf Tournament Chair and Craig A. Silcox (right), Washington Hospital Healthcare Foundation President. Wallace served as the Fremont Bank team captain

Other memorable moments from 2004-2005:

- The 20th anniversary of the highly successful Gene Angelo Pessagno Golf Tournament
- The inaugural occasion of a new Foundation gathering—a community cultural event in memory of David L. Johnson, M.D., this year featuring the nationally known comedic talents of the Capitol Steps
- For the first time in its history, the Foundation achieved \$2 million in assets. (This milestone was achieved during the term of Foundation president Barbara Barrie, which ended in January 2005.)

These milestones, along with the traditional Top Hat Dinner-Dance and Trees of Angels holiday tree lightings, resulted in another successful year for the Washington Hospital Healthcare Foundation. More than \$627,400 was raised to support vital hospital programs, including lymphedema services, local cancer care, hospice and the soon-to-come Women’s Health Center.

Top Hat XVIII “Splendors of Asia” was a huge success and enjoyed by all who attended. Pictured left to right: Steven Chan, D.D.S. and Suzanne Lee Chan, Co-Chair of Top Hat XVIII, Senator Liz Figueroa, Peter Szekrenyi and Nancy Farber, Chief Executive Officer of Washington Hospital Healthcare System



Year In Review 2004 - 2005

Each year in the life of Washington Township Health Care District brings certain events and moments that are important milestones and memorable steps in the progress and direction we're taking to fulfill our mission of service to the community.



Voting for the Future

The residents of Washington Township Health Care District passed Measure FF by more than 70 percent, authorizing critically needed expansion and seismic upgrades for Washington Hospital. Essential repairs and improvements are planned for the Emergency Room, Intensive Care Unit, Cardiac Care, Laboratory and X-ray facilities, as well as more patient beds and operating rooms.

Saving More Lives

As part of the 100,000 Lives Campaign, Washington Hospital has joined more than 3,000 other hospitals in the first-ever nationwide initiative to use proven clinical practices and methods in saving a specified number of lives by a certain date. The goals of the campaign are consistent with Washington's patient first ethic, guiding the actions of every staff member, physician and volunteer.

'In-House' Physicians

Washington Hospital introduced three new hospitalist programs—Obstetrics, Pediatrics and Internal Medicine. Specializing in the care of hospitalized patients, and many with years of experience, hospitalists are readily available to patients and families whenever they are needed.

InHealth, A Washington Hospital Channel

In July 2005, *InHealth* was launched as one of the first hospital-run, local cable channels in the nation. *InHealth* airs health, safety and informational programming seven days a week, 24 hours a day, throughout Fremont, Newark and Union City.

Care that's Closer—in Union City

After groundbreaking, the structure of Washington's new Nakamura Clinic, Union City, has emerged. With nearly 8,000 square feet of space, the facility includes a clinic and a conference center. As it brings leading-edge primary care and urgent care to local residents, the center will also provide space for Health & Wellness classes, community events, emergency preparedness training and equipment storage.

Fifty Years of Volunteering

In February 2005, the Washington Hospital Service League celebrated 50 years of service to the hospital and residents of

the Washington Township Health Care District. The League's more than 450 dedicated volunteers give their time in nearly every area of the hospital, from feeding patients to greeting visitors. They also raise funds and provide scholarships.

Help for Those with Lymphedema

Washington's Lymphedema Clinic began helping people with this debilitating condition of the lymph node system in February 2004. Washington Hospital is one of only two hospitals in the county to offer the service. Lymphedema usually occurs after cancer treatment and can affect people of all ages.

Weekly Health Newsbeat

In March 2005, Washington Hospital began a collaboration with the Tri-City Voice newspaper to bring useful and interesting health and safety-related information to local residents. Every Tuesday, readers can open to page 2 and learn the latest on a myriad of health topics and events.

Pinpointing the Problem of Diabetes

According to the 2004 Community Needs Assessment performed by Washington Hospital in conjunction with the Hospital Council of Northern and Central California, Newark residents have a much higher rate of death from diabetes than other people in Alameda County. In response, Washington stepped up community diabetes screenings and education through its W.O.W. Mobile Health Clinic and offered free informational seminars through its Health & Wellness program.

Laughter for a Good Cause

Recognizing that nearly everyone enjoys a good laugh, Washington Hospital Healthcare Foundation presented its first community cultural event—an evening with the comedic troupe, "Capitol Steps"—in March 2005. Attended by 450 people, the program honored the memory of David L. Johnson, M.D. Proceeds supported the Foundation's Lymphedema Services Fund.

2004-2005 Financial Statement

Fiscal year ending June 30, 2005.

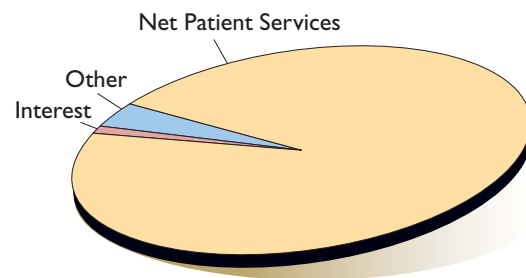
Dollar amounts represent thousands.

Balance Sheet	2005	2004
Current Assets	\$ 61,005	\$ 52,471
Assets Limited as to Use	\$ 138,637	\$ 136,422
Property, Plant and Equipment	\$ 146,250	\$ 139,709
Other Assets	\$ 25,187	\$ 25,343
Total Assets	\$ 371,079	\$ 353,945
Current Liabilities	\$ 37,711	\$ 33,643
Long-Term Debt	\$ 77,667	\$ 79,618
Long-Term Liabilities	\$ 20,291	\$ 20,029
Fund Balance	\$ 235,410	\$ 220,655
Total Liabilities and Fund Balance	\$ 371,079	\$ 353,945

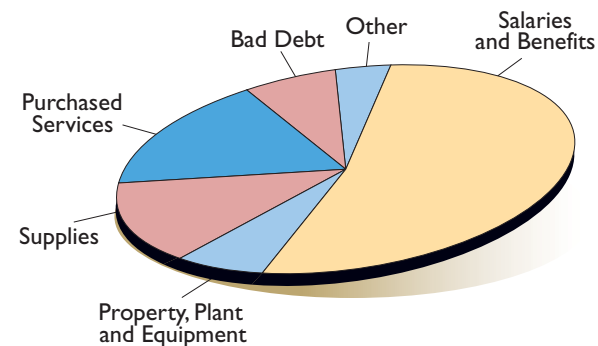
Income Statement	2005	2004
Net Patient Service Revenue	\$ 274,456	\$ 251,538
Other Revenue	\$ 8,948	\$ 8,149
Total Operating Revenue	\$ 283,404	\$ 259,687
Salaries and Benefits	\$ 148,591	\$ 134,471
Other Expenses	\$ 122,059	\$ 110,770
Total Operating Expenses	\$ 270,650	\$ 245,241
Operating Income	\$ 12,754	\$ 14,446

Non Operating Revenues and Expenses	2005	2004
Investment Income, Including Unrealized Gains	\$ 4,350	\$ (\$39)
Interest Expense	\$ (3,101)	\$ (2,466)
Other	\$ 752	\$ 697
Total Operating and Non Operating Income	\$ 14,755	\$ 12,638

Fiscal Year 2004-2005



Revenues	2005
Net Patient Services	\$ 274,456
Interest	\$ 3,430
Other	\$ 9,700



Expenditures	2005
Salaries and Benefits	\$ 148,591
Property, Plant and Equipment	\$ 19,503
Supplies	\$ 39,690
Purchased Services	\$ 44,324
Bad Debt	\$ 17,978
Other	\$ 10,385

Statistics	2005	2004
Admissions	15,936	15,329
Days	68,383	66,076
Deliveries	2,840	2,785
Surgery Cases	4,071	4,043
ER Visits	42,314	43,055
Physicians on Staff	448	410

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 \$24 million in health care to the community's medically indigent population and an additional \$2 million for unpaid medical costs, community education and other expenses.

Health Screening and Immunization Schedule

In fulfilling its mission, Washington Hospital Healthcare System is committed to encouraging people in the 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 individuals should expect for themselves and/or their child during an exam.



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
Mammography	Women every 1 to 2 years starting at age 40
Colorectal cancer	Depends on test
Osteoporosis	Determined by health care provider
Dental	Twice a year
Skin	Every 3 years
Immunizations	
Tetanus-diphtheria	Booster every ten years
Chicken pox (varicella or VZV)	Only for those susceptible (two doses, 4 to 8 weeks apart)
Measles, mumps, rubella (MMR)	Women of childbearing age (one dose)
Pneumococcal disease	At age 65 or older (one dose) or under 65 with chronic medical problems
Influenza	Annually starting at age 50 or younger for high risk individuals
Hepatitis B	For persons at risk*
Hepatitis A	For persons at risk*
Meningococcal	For persons at risk*
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
Depression	As needed
Tobacco cessation, drug and alcohol use, sexually transmitted diseases and HIV, nutrition, physical activity, sun exposure, oral health, injury prevention, drug interactions	Periodically

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 or 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
Polio (IPV)	Dose 1: At age 2 months Dose 2: At age 4 months Dose 3: At age 6-18 months Dose 4: At age 4-6 years
Haemophilus influenzae type B (Hib)	Dose 1: At age 2 months Dose 2: At age 4 months Dose 3: At age 6 months Dose 4: At age 12-15 months
Diphtheria, tetanus, pertussis (DTaP, Td booster)	Dose 1: At age 2 months Dose 2: At age 4 months Dose 3: At age 6 months Dose 4: At age 15-18 months Dose 5: At age 4-6 years Td booster: At age 11-12 years
Measles, mumps, rubella (MMR)	Dose 1: At age 12-16 months Dose 2: At age 4-6 years
Chicken pox (varicella)	At age 12-18 months (one dose)
Hepatitis A	At age 2 years 6-12 months after dose 1
Pneumococcal disease	Dose 1: At age 2 months Dose 2: At age 4 months Dose 3: At age 6 months Dose 4: At age 12-15 months
Influenza	Annually starting at 6 months
Meningococcal	At age 11 or 12 or younger kids who are high risk

*For persons at risk: Medical/Exposure indications consult with your physician.

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
 First United Services Credit Union
 General Medicine and Surgery
 Health Insurance
 Information Service
 Health Promotion
 Hospice Program
 Laboratory Analysis and Support
 Level II Special Care Nursery
 Little Washington Township
 Childcare Center
 Lymphedema Clinic
 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 am to 8 pm

Washington Clinic/Newark

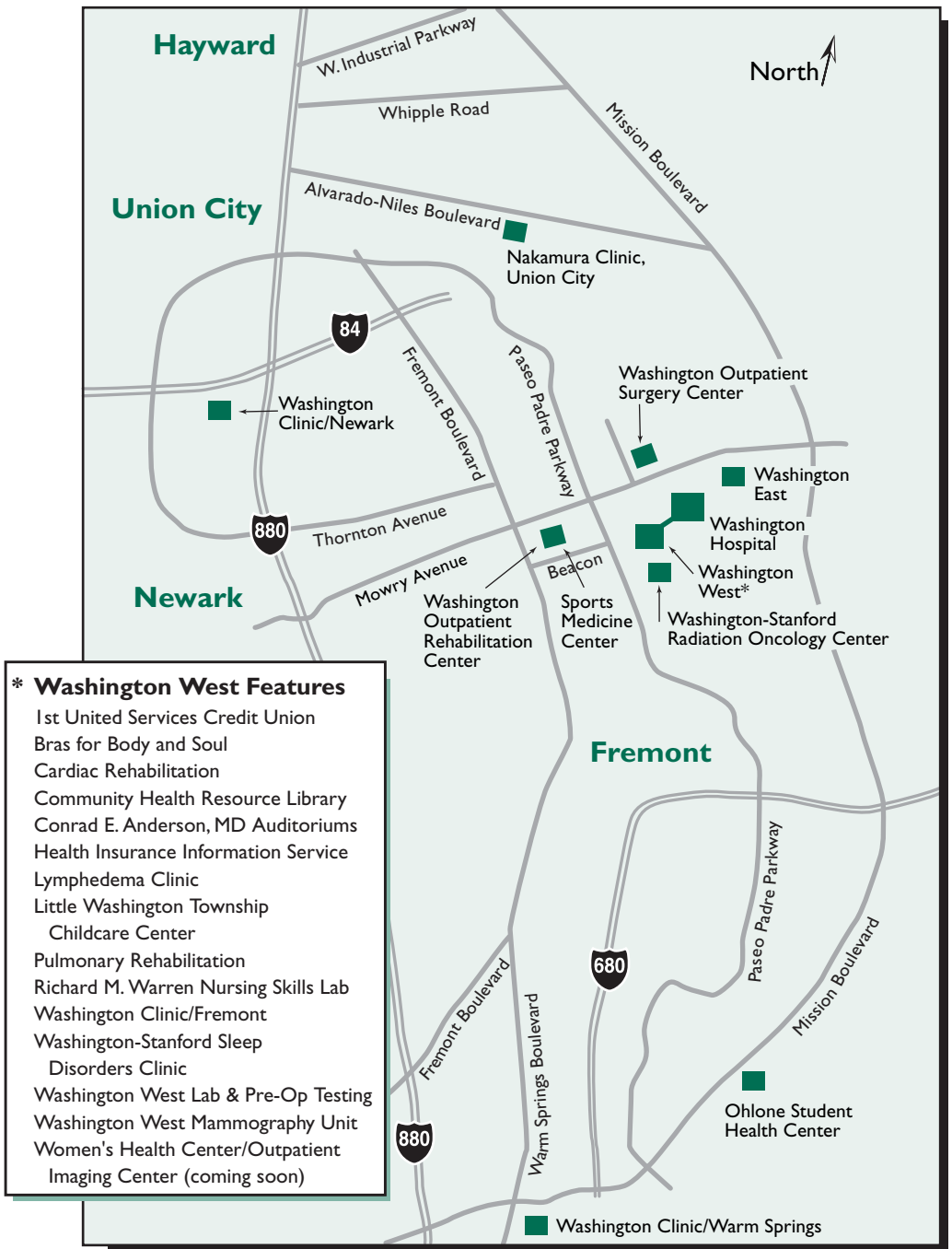
35500 Dumbarton Court
 Newark, CA 94560
 510-797-7535
 Monday – Friday, 8 am to 6 pm

Washington Clinic/ Warm Springs

46690 Mohave Drive
 Fremont, CA 94539
 510-651-2371 or 408-946-6443
 Monday – Friday, 8 am to 6 pm

Nakamura Clinic, Union City

33077 Alvarado-Niles Boulevard
 Union City, CA 94587
 Monday – Friday, 8 am to 6 pm



* Washington West Features

1st United Services Credit Union
 Bras for Body and Soul
 Cardiac Rehabilitation
 Community Health Resource Library
 Conrad E. Anderson, MD Auditoriums
 Health Insurance Information Service
 Lymphedema Clinic
 Little Washington Township
 Childcare Center
 Pulmonary Rehabilitation
 Richard M. Warren Nursing Skills Lab
 Washington Clinic/Fremont
 Washington-Stanford Sleep
 Disorders Clinic
 Washington West Lab & Pre-Op Testing
 Washington West Mammography Unit
 Women's Health Center/Outpatient
 Imaging Center (coming soon)

Washington Outpatient Surgery Center

2299 Mowry Avenue
 Fremont, CA 94536
 510-791-5374
 Monday – Friday, 6 am to 5:30 pm

Washington-Stanford Radiation Oncology Center

39101 Civic Center Drive
 Fremont, CA 94538
 510-796-7212
 Monday – Friday, 8 am to 5 pm

Washington Outpatient Rehabilitation Center

3575 Beacon Avenue
 Fremont, CA 94538
 510-794-9672
 Monday – Friday, 8 am to 6:30 pm

Ohlone Student Health Center

43600 Mission Boulevard
 Building 16
 Fremont, CA 94539
 510-659-6258

Washington Township Health Care District

2007

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

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

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

Our Sincere Appreciation

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	Title/Subject	Physicians, Employees and Volunteers
	<i>Front Cover</i>	Sunya and Ayesha Abbasi, Bill Emberley and Lyn Dos Santos, M.D.
January	<i>A Mother's Touch</i>	Ed Cohen, M.D., and Lyn Dos Santos, M.D.
February	<i>Getting to the Heart of the Matter</i>	Ash Jain, M.D., and Romesh Japra, M.D.
March	<i>The Power Within</i>	Al Kubo and Jerry King
April	<i>Skills for Life</i>	Students: Holly Martinez, Cheryl Martin, Crystal Knudsen, Ron DeLeon, Robert Maningat, Portrait: Marie Beauchemin, M.S. C.N.M., R.N., Nursing Faculty Ohlone College
May	<i>Designing Solutions to Joint Pain</i>	John Dearborn, M.D. and Alisa Curry, R.P.T.
June	<i>Working to Save More Lives</i>	Angela Perez and Alice Santos, R.N.
July	<i>Tuning in to Good Health</i>	Bill Emberley and Barbara Kostick, M.D.
August	<i>On the Road to Early Detection</i>	Ron Hufstedler, Sherrie Kneebone, N.P. and Connie Corral
September	<i>Facing Cancer with Hope</i>	Jason Cheng, M.D. and Christine McCarty, R.N.
October	<i>Seeing the Power of Prevention</i>	Cherie Gamardo and Nicole Jackson
November	<i>Waking Up to Preparedness</i>	Barry Ferrier, Cathi Sweeney and Hoang Trinh, M.D.
December	<i>Stepping Up to Prevention</i>	Jun Ye and Janet Begin
	<i>Service League Volunteers</i>	Louis Fernandez, Laura Pessagno, Peg Tait and Stell Willard
	<i>Foundation</i>	Michael Wallace, Lamar Hinton, Craig A. Silcox, Steven Chan, D.D.S., Suzanne Lee Chan, Senator Liz Figueroa, Peter Szekrenyi and Nancy Farber
	<i>Back Cover</i>	Laura Pessagno, Peg Tait, Stell Willard, Bernard Stewart, D.D.S., Connie Corral, Sherrie Kneebone, N.P. and Douglas Van Houten, R.N.

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

Clayton Warren, Communications Specialist

I.On Design, Creative Direction and Graphic Design

Carla Zaccheo, Writer

Alain McLaughlin, Photography

Jeff Firestone, Photography

Martin Klimek, Photography

Jean Van Ausdall, Illustration

Spectrum Lithography, Printing

Washington Township Health Care District



Washington Hospital Healthcare System

Not just a hospital, your community hospital.

2000 Mowry Avenue, Fremont, CA 94538-1716

www.whhs.com