

**Quality health care.
Innovative programs.
A vision for the future.**



**Washington Hospital
Healthcare System**

**Calendar 2007
Annual Report to the Community 2006**



2005-2006 Year in Review

Nakamura Clinic, Union City opens its doors in January 2006, providing primary care and urgent care for all ages, as well as occupational health services for local employers.

In July 2006, **InHealth**, A Washington Hospital Channel — one of the first hospital-run, local cable TV channels in the nation — celebrates its first anniversary of being “on the air” on Comcast Channel 78.

Washington Hospital opens its comprehensive **Stroke Program**, designed to meet the stroke treatment and prevention needs of the community.

The hospital ramps up the fight against diabetes when it expands its diabetes services, creating the **Diabetes Education Program** to support patients and residents in the use of diabetes management strategies.

Plans move ahead for the opening of **Washington Women’s Center**, a patient-focused service that will be specially designed to give women easy access to a wide array of health screening, diagnostic and educational services.

Washington Hospital acquires a powerful Multi-detector, 64-slice CT scanner, which will be the centerpiece of the newly designed **Outpatient Imaging Center**.

Diagnostic imaging at Washington Hospital is transformed in October 2006, when the hospital implements the all-digital **Picture Archiving and Communications System (PACS)**, providing better information for doctors and improving the diagnostic process for patients.

The hospital continues its successful participation as a mentor hospital in all six initiatives that make up the groundbreaking **100,000 Lives Campaign**, a nationwide effort by hospitals to save a specified number of additional lives by a certain date.

Washington celebrates the 20-year mark of its acclaimed **Cardiac Surgery** program, giving residents the benefit of top-rated surgical care within their own community.

With its highly respected, advanced cardiac catheterization program, the hospital becomes a designated facility in Alameda County’s **12-Lead EKG Program**, working with paramedics to save the lives of more heart attack victims.

Washington becomes the first hospital in California to acquire the powerful **Gamma Knife® PERFEXION™**, which identifies and treats abnormal areas of the brain on an outpatient basis with little discomfort and virtually no side effects.

The hospital’s strong commitment to quality brings national recognition when independent ratings organization **HealthGrades** places Washington in the *top five percent of all hospitals nationwide in terms of clinical excellence*.

Major renovation of Washington Hospital, with the help of community-approved **Measure FF** funds, moves forward with the **Consolidated Central Utilities Project**.

The **Washington Hospital Healthcare Foundation** charts new ground when one of its signature events, the Gene Angelo Passagno Golf Tournament, brings in a record \$72,000 to support hospice care and cancer services — surpassing a total of \$1 million raised over the 21-year history of the event.

The hospital’s specialized **Lymphedema Clinic**, which treats patients suffering from accumulation of lymphatic fluid when lymph nodes have been removed or damaged, moves to its new home in Washington West, making it readily accessible to the planned Washington Women’s Center.

Washington Hospital’s **Outpatient Cardiac Rehabilitation Program** celebrates 20 years of helping heart patients maintain a high level of physical fitness through professionally monitored exercise classes and opportunities for moral support and self confidence-building.

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



Message from the Chief Executive Officer

Since Washington Hospital opened its doors 56 years ago, the community we serve has grown incredibly, both in population and diversity. During this time, we have continued to fulfill our mission of service because we have never been satisfied with the status quo.

By always seeking out new and innovative services, we meet the changing needs of our residents. Meanwhile, we have maintained a solid commitment to the highest possible quality of care. This dual vision has made our health care system what it is today, and it is the vision that will lead us into the future.

Over the next quarter century, we will carry out a major expansion of Washington Hospital. During the past year alone, we have continued to develop important new programs for women's health, outpatient imaging and neurosciences. We have also acquired more leading edge technology, giving our physicians the tools to stay at the forefront of their fields.

None of these exciting developments would be possible without the dedication and hard work of our staff and volunteers. Along with the physicians, they deliver some of the finest patient care in the country.

Another key member of our team is you — the residents of Washington Township Health Care District. We thank you for your support and look forward to continuing our unique collaboration for the benefit of all who live here.



Nancy Farber
*Chief Executive Officer
Washington Hospital
Healthcare System*

Message from the Board of Directors

Two years ago, the voters of Washington Township Health Care District voiced their approval of Measure FF, a local facilities bond measure that is now helping to build the future of health care in our community. With support from this initiative, key services and facilities at Washington Hospital will be upgraded and expanded. At the same time, the safety, efficiency and accessibility of many hospital buildings and service areas will be enhanced.

The members of the District's publicly elected Board of Directors are dedicated to the successful implementation of this plan for growth. It is consistent with our mission to ensure quality health care services will always be available locally to meet the needs of our residents.

Already, much has been accomplished in making this plan a reality. A modern power plant is ready for construction. Designs for an expanded and upgraded emergency room, intensive care unit and cardiac care program are well underway.

To ensure Measure FF funds will be used in accordance with community expectations, we have appointed a voluntary Citizens Bond Oversight Committee. This group is not a legal requirement, but it is evidence of our Board's determination to continue meeting the needs of our residents, who are the true owners of this wonderful asset we call Washington Hospital.



Bernard Stewart, D.D.S.
*President, Board of Directors
Washington Township
Health Care District*

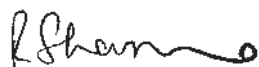
Message from the Chief of Staff

The Washington Hospital Medical Staff, with more than 450 members who reflect the cultural diversity of our Tri-City community, is committed to assuring the highest quality of care for our patients. We work closely with administration and the dedicated staff and volunteers to nurture a culture of quality and patient safety throughout the hospital.

While we are confident in the excellence of care at Washington, there are always opportunities to improve. That is why the physicians have enthusiastically embraced The Institute for Healthcare Improvement 100,000 Lives Campaign. This is an effort to use evidence-based medicine and proven clinical practices to save lives. The campaign has met with great success, both nationally and at Washington Hospital.

We are especially grateful to the physicians who “championed” the campaign’s six initiatives at the hospital. Through their leadership and the exceptional efforts of hospital managers and staff, we are making a difference. By adopting these initiatives as permanent practices, we hope to continue and even improve on this trend.

While the medical staff is gratified by recent achievements, we remain mindful of other key aspects of quality care — the human touch and the importance of open communication between doctor and patient.



Ranjana Sharma, M.D.
*Chief of Staff
Washington Hospital
Medical Staff*



Bernard Stewart, D.D.S.
*Position: President
Elected: November 2002
Occupation: Dentist
Address: 2243 Mowry Ave.
Suite B
Fremont, CA 94538*



Patricia Danielson, RHIT
*Position: First Vice President
Elected: November 2004
Occupation: Consultant, Health
Information Management
Address: 7189 Arbeau Drive
Newark, CA 94560*



Michael J. Wallace
*Position: Second Vice President
Elected: November 2002
Occupation: Vice Chairman of
the Board, Fremont Bank
Address: 39150 Fremont Blvd.
Fremont, CA 94538*



William F. Nicholson, M.D.
*Position: Treasurer
Elected: November 2004
Occupation: Physician,
Cardiologist
Address: 2557 Mowry Ave.
Suite #33
Fremont, CA 94538*



Jacob Eapen, M.D.
*Position: Secretary
Elected: November 2004
Occupation: Physician, Pediatrician
Address: 2000 Mowry Ave.
Fremont, CA 94538*

January

Fusing primary and urgent care, occupational health and wellness education into the fabric of the community, the Nakamura Clinic celebrates a successful first year in Union City. The fourth of Washington Hospital's clinics, it offers residents convenient access to a full range of basic medical care, including X-ray and laboratory services, in one peaceful, innovatively designed space.

To serve the community best, doctors, staff and resources should have the ability to communicate instantaneously. That's why wireless technology has been included in the clinic's design from the beginning. Nakamura is also pioneering Washington Hospital Healthcare System's plan to make patient care more efficient through a secure electronic medical record. The adjacent, state-of-the-art conference center has made Nakamura a focal point for education about prevention and safety. Disaster relief supplies to aid Union City's Community Emergency Response Training (CERT) team are also stored there. By blending diverse services to help local residents stay healthy, the Nakamura Clinic demonstrates what it means to care for a community.

Nakamura
Clinic

MONDAY	I	National Glaucoma Awareness Month National Volunteer Blood Donor Month	8	MONDAY
		New Year's Day		
TUESDAY	2		9	TUESDAY
			Health & Wellness Class: iPods to Ear Infections — Preventable Causes of Hearing Loss	
WEDNESDAY	3		10	WEDNESDAY
THURSDAY	4		11	THURSDAY
			Health & Wellness Class: Smoking Cessation	
FRIDAY	5		12	FRIDAY
SATURDAY	6		13	SATURDAY
SUNDAY	7		14	SUNDAY

		<i>Healthy Weight Week</i>	
MONDAY	15 Martin Luther King Jr. Day		MONDAY 22
TUESDAY	16		TUESDAY 23
WEDNESDAY	17		WEDNESDAY 24
THURSDAY	18 Health & Wellness Class: Smoking Cessation	Health & Wellness Class: Smoking Cessation	THURSDAY 25
FRIDAY	19		FRIDAY 26
SATURDAY	20	Health & Wellness Event: Women's Health Conference	SATURDAY 27
SUNDAY	21		SUNDAY 28

January

MONDAY

29

TUESDAY

30

Health & Wellness Class:
Breakthroughs in Non-invasive Brain Surgery
What is Gamma Knife?

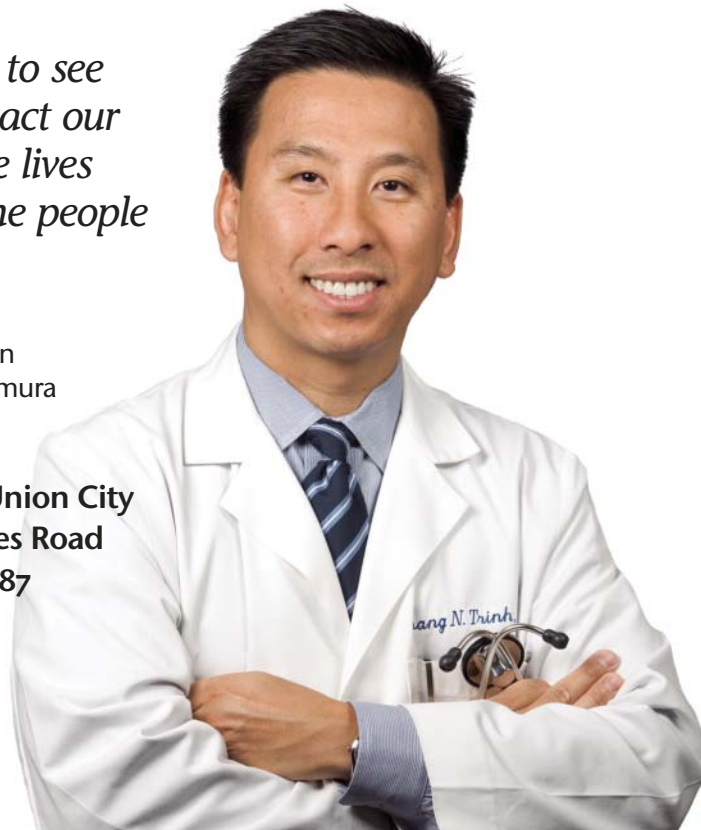
WEDNESDAY

31

“It is rewarding to see the positive impact our clinic has on the lives and health of the people in Union City.”

Hoang Trinh, M.D.
Family Practice Physician
Medical Director, Nakamura
Clinic, Union City

Nakamura Clinic, Union City
33077 Alvarado-Niles Road
Union City, CA 94587
(510) 487-6000



The Nakamura Clinic has given the Union City community a permanent array of centralized services to meet the growing health care needs of its residents and employers. People no longer need to seek out more distant providers or Washington Hospital’s emergency room as their first point of care. With its emphasis on regular medical exams, disease management and prevention, the multifaceted Nakamura Clinic and its conference center keep people of all ages healthier and at home.

Upcoming Classes in 2007 at the Conference Center adjacent to the Nakamura Clinic include

- Treatment of Congestive Heart Failure
- Stroke Awareness
- Pediatric Emergencies
- Non-Invasive Back and Neck Treatments
- Knee Replacement
- Breast Cancer

Nakamura
Clinic

February

Dynamic growth has been a hallmark of the heart program at Washington Hospital since it started the cardiac surgery program in 1986. Today, the fully integrated service continues to stay ahead of the curve, providing a wider range of leading-edge cardiac interventions and treatment options than most other Bay Area hospitals.

The human cardiovascular system is an amazing network of more than 60,000 miles of blood vessels. Blockages can cause serious — sometimes deadly — damage to tissues and organs. When heart attacks occur, Washington's cardiac team swings into action, opening clogged coronary arteries with the help of tiny stents. Smaller than a spring in a ballpoint pen, these expandable, tubelike structures are engineered to be both flexible and strong. With a stent, like the one held by Romesh Japra, M.D., Medical Director of Invasive Vascular Imaging Service (*left*), bloodflow can be restored quickly, safely and less invasively. Patients will also experience healthier, longer lasting outcomes. Now, from imaging to intervention, even greater advancements in cardiac care are on the horizon.

Cardiology

Cardiovascular disease continues to be the No. 1 killer in the United States, causing the deaths of nearly 2,500 Americans each day, an average of one person every 35 seconds. (American Heart Association — www.americanheart.org)

*National Patient Recognition Week
National Burn Awareness Week*

MONDAY
5

TUESDAY
6

**Health & Wellness Class:
Treatment for Congestive Heart
Failure/Heart Irregularities**

WEDNESDAY
7

*American Heart Month
Wise Health Care Consumer Month*

THURSDAY
I

**Health & Wellness Class:
Smoking Cessation**

THURSDAY
8

**Health & Wellness Class:
Smoking Cessation**

FRIDAY
2

Groundhog Day

FRIDAY
9

SATURDAY
3

SATURDAY
10

SUNDAY
4

SUNDAY
11

February

MONDAY	I2	National Cardiac Rehabilitation Week National Child Passenger Safety Week	MONDAY	I9	
TUESDAY	I3	Health & Wellness Class: Take Care of Your Heart/ Healthy Valentine Diet	TUESDAY	I20	Presidents Day Health & Wellness Class: Do you Know the Warning Signs of Stroke? Stroke Awareness/Stroke Prevention
WEDNESDAY	I4	Valentine's Day National Have a Heart Day	WEDNESDAY	I21	
THURSDAY	I5	Health & Wellness Class: Smoking Cessation	THURSDAY	I22	
FRIDAY	I6	National Women's Heart Day	FRIDAY	I23	
SATURDAY	I7		SATURDAY	I24	
SUNDAY	I8	Chinese New Year	SUNDAY	I25	

February

MONDAY

26

TUESDAY

27

WEDNESDAY

28

“With advanced cardiac care, we not only save lives, we have the opportunity to save quality of life.”

Timothy Tsoi, M.D.
Cardiologist
Cardiology Section Chair
Washington Hospital
Medical Staff



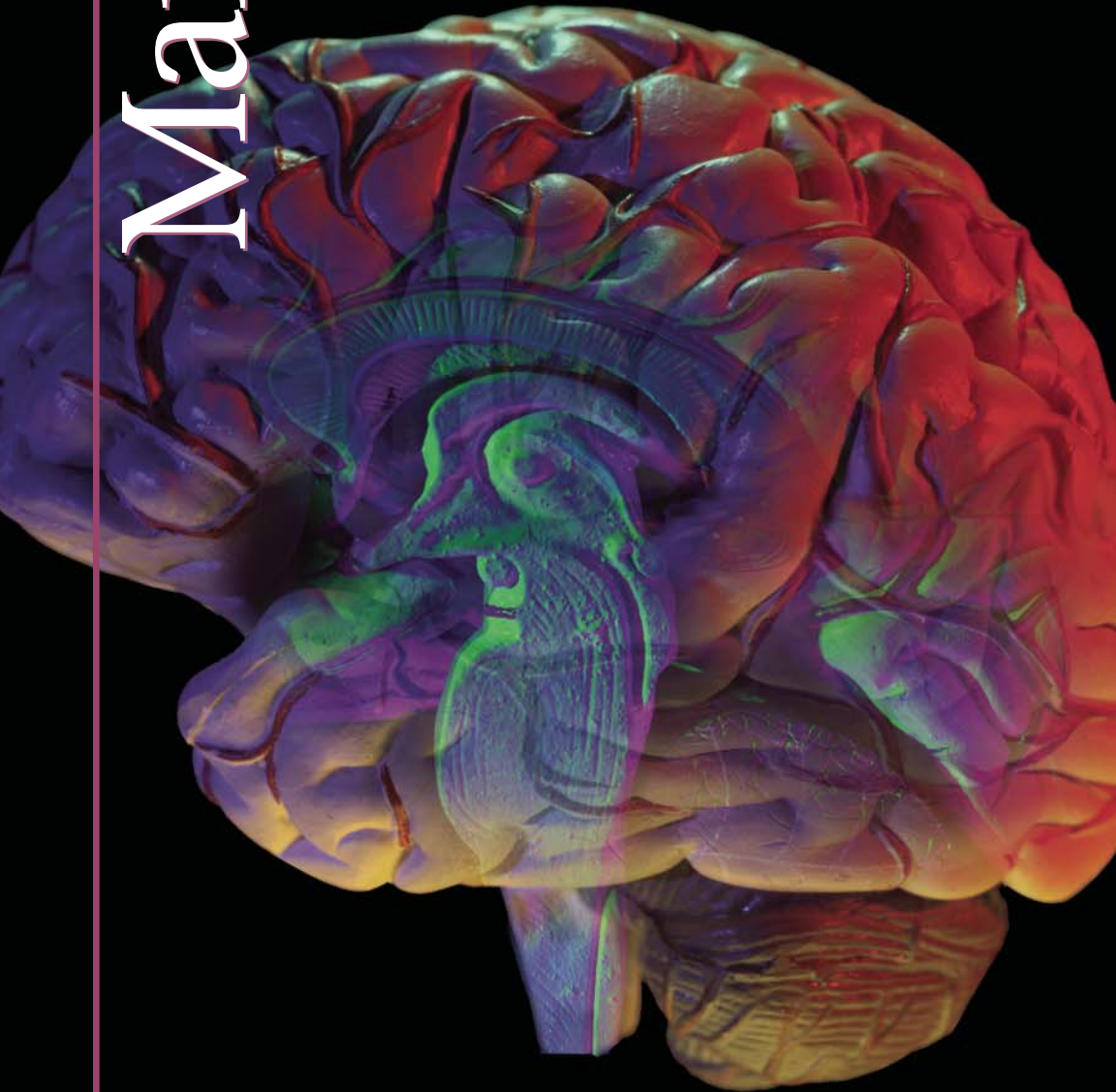
Quality is an important aspect of Washington Hospital’s state-of-the-art heart program. Recent enhancements in care have resulted in measurably lower death rates from heart attack and congestive heart failure. Meanwhile, the hospital is laying the groundwork for the next generation in cardiology, with faster, more precise imaging and lower radiation exposure. As the future of heart care advances, Washington Hospital’s dynamic program will continue to be driven by innovation.

The independent ratings organization HealthGrades has given Washington Hospital a “5 Star” rating for care of congestive heart failure and for heart attack care with cardiac interventional procedures.

Patients can take comfort in knowing that they are receiving care in a hospital that is ranked in the top five percent of all hospitals nationwide in terms of clinical excellence according to HealthGrades.

Cardiology

March



Precision is key to the effectiveness of Washington Hospital's Leksell Gamma Knife® PERFEXION™, the latest generation of this powerful technology and the first of its kind on the West Coast (*coming Spring 2007*). The device is the gold standard for treating many brain tumors, as well as a broad range of other brain-related disorders. To destroy unhealthy tissue, the Gamma Knife uses 201 beams of cobalt focused so discretely that normal tissue within 0.2 millimeters is left unharmed. The safe, outpatient procedure is done under local anesthesia with minimal side effects.

Procedures using the Gamma Knife take a few hours. Patients are usually home with their families that same evening and can return to work in just a few days, depending on the reason for treatment. This is a major turnaround from traditional approaches, which require hospital stays of up to a week and convalescence at home for about six weeks.

Gamma
Knife

“The Gamma Knife revolutionizes the way we treat brain tumors and other neurological conditions through a far less invasive approach with excellent results. It represents the state-of-the-art in neurosurgical care.”



Sandeep Kunwar, M.D.
Neurosurgeon
Medical Director, Gamma Knife Program
Taylor McAdam Bell Neuroscience Institute
Washington Hospital

THURSDAY

I

*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*

FRIDAY

2

SATURDAY

3

SUNDAY

4

MONDAY
5

TUESDAY
6

Health & Wellness Class:
Benefits of Exercise,
Vitamins, Minerals, and
Herbal Supplements

WEDNESDAY
7

THURSDAY
8

FRIDAY
9

SATURDAY
10

SUNDAY
11

Daylight Saving
Time Begins

March

MONDAY	I2	National Pulmonary Rehabilitation Week
TUESDAY	I3	Health & Wellness Class: 3D Pictures of the Heart & Body — Learn about 64 Slice CT Scanner
WEDNESDAY	I4	
THURSDAY	I5	
FRIDAY	I6	
SATURDAY	I7	Health & Wellness Event: Stroke Awareness Day — Carotid Screening/ Blood Pressure Screening St. Patrick's Day
SUNDAY	I8	

MONDAY	I9	National Inhalants and Poisons Awareness Week National Poison Prevention Week Health & Wellness Class: Colorectal Cancer Risk and Prevention How Diet and Lifestyle Play a Role
TUESDAY	20	
WEDNESDAY	21	First Day of Spring
THURSDAY	22	
FRIDAY	23	
SATURDAY	24	
SUNDAY	25	

March

MONDAY

26

TUESDAY

27

Health & Wellness Class:
Are You Suffering
from Back Pain?

WEDNESDAY

28

THURSDAY

29

FRIDAY

30

Doctor's Day

SATURDAY

31

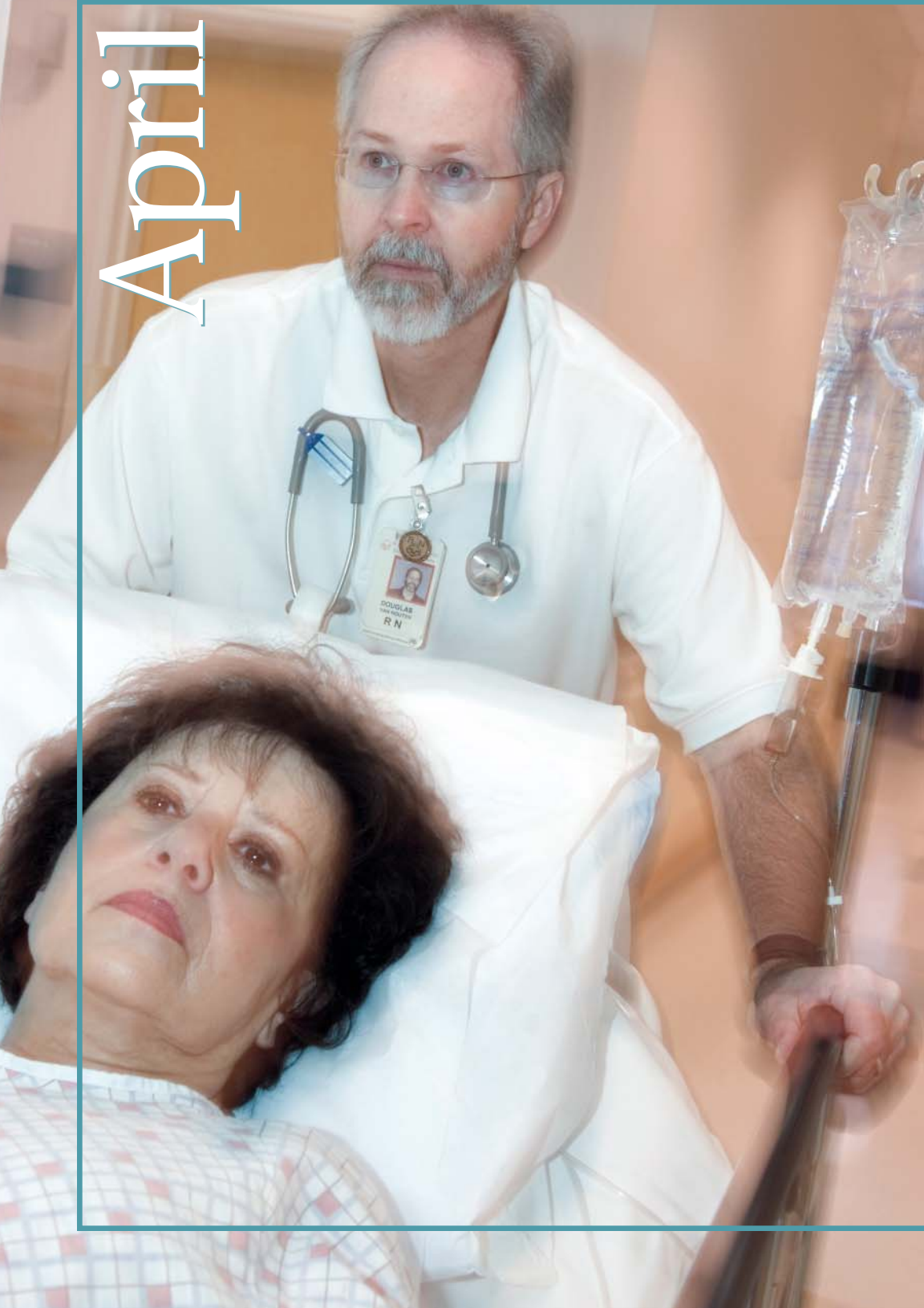
*To date, more than 400,000 procedures using the
Gamma Knife have been performed worldwide.*

**Washington's Gamma Knife® is the
centerpiece of the hospital's new Taylor
McAdam Bell Neuroscience Institute.**

The Institute brings together the many different specialties to provide state-of-the-art treatment and quality care to patients with neurological diseases and disorders. Another important component is Washington Hospital's comprehensive stroke program. The Institute is named in memory of former Washington Hospital general counsel, Taylor McAdam Bell, who lost his courageous battle with brain cancer.

Gamma
Knife

April



Accelerated intervention in response to the threat of a stroke can make the difference between life and death, full recovery and long-term disability. Washington Hospital's advanced, comprehensive Stroke Program is overseen by interventional cardiologist Ash Jain, M.D., Medical Director, Stroke Program and coordinated by Doug Van Houten, R.N. (*pictured left*). The stroke team includes emergency medical response personnel in the field, emergency room physicians, nurses, radiologists, neurologists, interventional physicians and rehabilitation specialists.

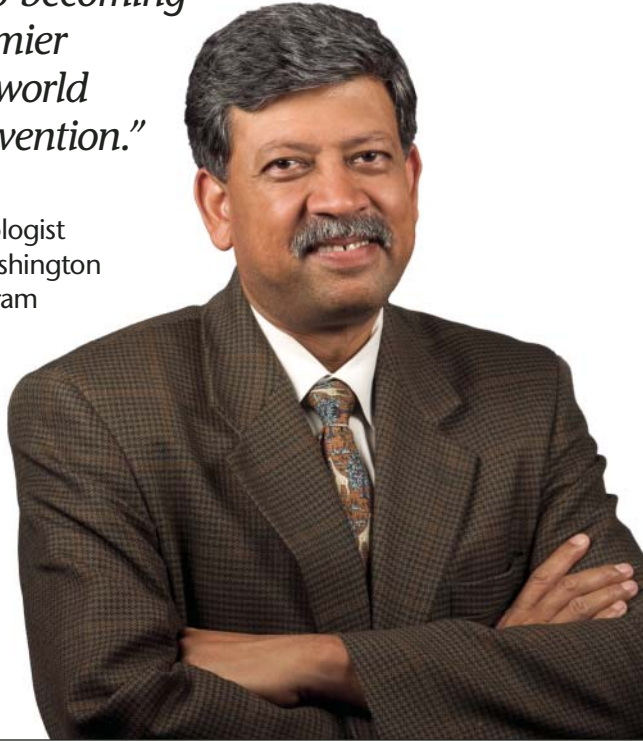
The hospital works to encourage fast identification of stroke victims (*like volunteer "patient" Lori Canario, left*) by training medical personnel in effective assessment procedures. It also offers community classes that teach the public to recognize the early warning signs of a stroke and know what to do. Washington's goal is to be certified as a primary stroke program by the Joint Commission for the Accreditation of Healthcare Organizations.

Stroke

*When an obstruction cuts off blood flow to the brain,
1.9 million brain cells can die in just one minute.
(Stroke: Journal of the American Heart Association)
American Stroke Association: www.strokeassociation.org.*

*"I believe Washington Hospital
is on its way to becoming
one of the premier
centers in the world
for stroke intervention."*

Ash Jain, M.D.
Interventional Cardiologist
Medical Director, Washington
Hospital Stroke Program



*National Foot Health Awareness Month
National Autism Awareness Month
Youth Sports Safety Month
Cancer Control Month
National Occupational Therapy Month*

SUNDAY
I

MONDAY
2

TUESDAY
3

National Public Health Week
**Health & Wellness Class:
Diabetes Type 1 & 2**

WEDNESDAY
4

World Health Day

THURSDAY
5

FRIDAY
6

SATURDAY
7

Easter Sunday 8
SUNDAY

April

MONDAY	9						16	MONDAY
TUESDAY	10						17	TUESDAY
		<i>National Radiology Nurses Day</i>						
WEDNESDAY	11						18	WEDNESDAY
THURSDAY	12						19	THURSDAY
FRIDAY	13						20	FRIDAY
SATURDAY	14						21	SATURDAY
SUNDAY	15						22	SUNDAY

MONDAY	23 / 30 National Healthcare Volunteer Week National Volunteer Week National Infant Immunization Week
TUESDAY	24
WEDNESDAY	25
THURSDAY	26
FRIDAY	27
SATURDAY	28
SUNDAY	29

Washington Hospital has received a “5 Star” rating for stroke care from the independent organization HealthGrades.

Physicians at the hospital have experienced excellent results re-opening arteries to the brain through minimally invasive techniques. If a stroke victim arrives in the emergency room quickly enough, considerable damage can be avoided by placing a stent in the artery to open the blockage. This approach can achieve amazing results in regenerating blood flow to the brain.

Early warning signs of stroke

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Don’t drive, don’t try to diagnose yourself, call 9-1-1 immediately if you are experiencing any symptoms.

Stroke

May



Powerful and refined imaging techniques now enable doctors to pinpoint disease and trauma more effectively than ever before. Washington Hospital's new multi-detector CT scanner is the latest generation in computed tomography, setting new standards for imaging speed and accuracy.

With faster procedures — as little as 30 seconds to perform a full body scan — patients are more comfortable, while doctors get the diagnostic information they need more quickly. The scanner offers a safer, non-invasive approach to capturing up to 64 different views of any part of the anatomy simultaneously and in far greater detail.

Industry leading image quality gives doctors spectacular, high resolution views of even the tiniest veins and arteries. For patients with cardiovascular disease, the non-invasive scanning procedure is less stressful and makes it possible to detect narrowed coronary arteries with greater precision and at an earlier stage, when more treatment options are available.

Imaging

<p><i>National Physical Fitness & Sports Month</i> <i>National Arthritis Month</i> <i>National High Blood Pressure Month</i> <i>National Mental Health Month</i> <i>National Osteoporosis Awareness & Prevention Month</i></p>	<p><i>National Hospital and Healthcare Week</i></p>
<p>TUESDAY I</p>	<p>TUESDAY 8</p>
<p>WEDNESDAY 2</p>	<p>WEDNESDAY 9</p>
<p>THURSDAY 3</p>	<p>THURSDAY 10</p>
<p>FRIDAY 4</p>	<p>FRIDAY 11</p>
<p>SATURDAY 5</p>	<p>SATURDAY 12</p>
<p>SUNDAY 6</p> <p><i>National Nurses Week</i> <i>National Nurses Day</i></p>	<p>Mother's Day I3 SUNDAY 13</p>



MONDAY	I4	National Emergency Medical Services Week Washington Hospital Foundation Golf Tournament	21	MONDAY
TUESDAY	I5		22	TUESDAY
WEDNESDAY	I6	National Employee Health and Fitness Day	23	WEDNESDAY
THURSDAY	I7		24	THURSDAY
FRIDAY	I8		25	FRIDAY
SATURDAY	I9		26	SATURDAY
SUNDAY	20		27	SUNDAY

Health & Wellness Class:
Skin Cancer Screening
and Seminar

May

MONDAY

28

Memorial Day

TUESDAY

29

WEDNESDAY

30

National Senior Health and Fitness Day

THURSDAY

31

“Advances in diagnostic imaging technology have made it possible to diagnose some diseases sooner. This can give clinicians a better opportunity to manage therapy and positively affect patient outcomes.”

Mimi Lin, M.D.
Radiologist
Washington Hospital
Medical Staff



Washington Hospital’s outpatient imaging center (opening in December 2006) provides an exceptionally comfortable environment for patients.

Its proximity to the hospital and new Women’s Center offers convenient access to diagnostic services such as X-ray, ultrasound, fluoroscopy, CT scan and MRI.

The center’s new, all-digital equipment represents the latest generation in imaging technology. Studies are faster and less invasive for patients, while providing doctors with more detailed and accurate information.

According to the American Heart Association, approximately 1.2 million people will suffer from a new or recurrent attack of Coronary Artery Disease each year.

Imaging

June



Revolutionary

techniques performed by a talented team of physicians and staff offer numerous advantages to patients at Washington Hospital's acclaimed Center for Joint Replacement. These minimally invasive procedures shorten surgical time and require smaller incisions. Patients experience less pain and are up walking sooner and able to return home with better functioning, longer lasting joints. A fast, more successful recovery means people like Jeff Arrillaga (*left*), can get back to the activities they love more quickly.

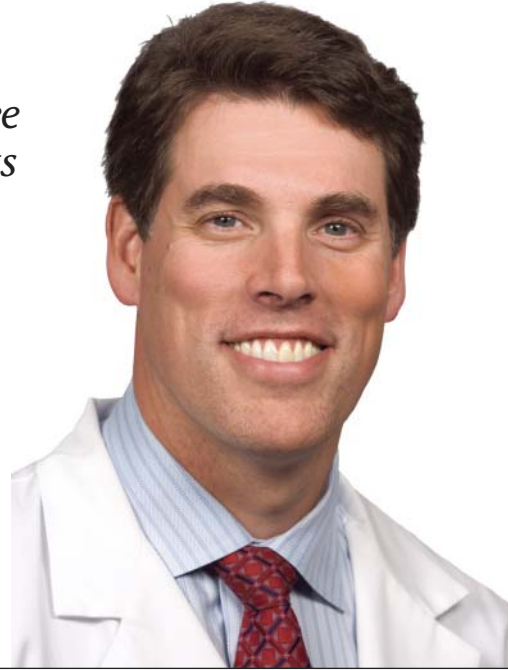
Led by joint replacement surgeon John Dearborn, M.D., who performs more joint replacements than any other surgeon on the West Coast, the center is always at the forefront of implant technology. For example, it has begun using knee joint implants made with a unique material representing a quantum leap in durability and wear resistance. It is also the first program on the West Coast to use a better fitting knee joint implant designed especially for women.

Center for
Joint
Replacement

The Center for Joint Replacement is one of the West Coast's leading joint replacement programs, especially for minimally invasive hip and knee replacement.

"Of all surgical procedures, total knee and hip replacements have the greatest effect on improving a person's quality of life."

John Dearborn, M.D.
Orthopedic Surgeon
Medical Director,
Center for Joint Replacement
Washington Hospital



FRIDAY	I	National Aphasia Awareness Month National Hernia Awareness Month National Scleroderma Awareness Month Fireworks Safety Month
SATURDAY	2	
SUNDAY	3	National Cancer Survivor Day

MONDAY	4	National Headache Awareness Week
TUESDAY	5	Health & Wellness Class: Peripheral Vascular Disease Seminar
WEDNESDAY	6	
THURSDAY	7	
FRIDAY	8	
SATURDAY	9	Peripheral Vascular Disease Screening
SUNDAY	10	

June

MONDAY	I1			I18	MONDAY
TUESDAY	I2	National Men's Health Week Health & Wellness Class: Systemic Lupus Erythematosus		I19	TUESDAY
WEDNESDAY	I3			I20	WEDNESDAY
THURSDAY	I4	Flag Day		I21	THURSDAY
FRIDAY	I5			I22	FRIDAY
SATURDAY	I6			I23	SATURDAY
SUNDAY	I7	Father's Day		I24	SUNDAY

Health & Wellness Class:
West Nile Virus

First Day of Summer

June

MONDAY	25
TUESDAY	26 Health & Wellness Class: Pediatric Emergencies/ Asthma, Fever and First Aid <i>National HIV Testing Day</i>
WEDNESDAY	27
THURSDAY	28
FRIDAY	29
SATURDAY	30
Center for Joint Replacement 2000 Mowry Avenue Fremont, CA 94538 (888) 494-7003	

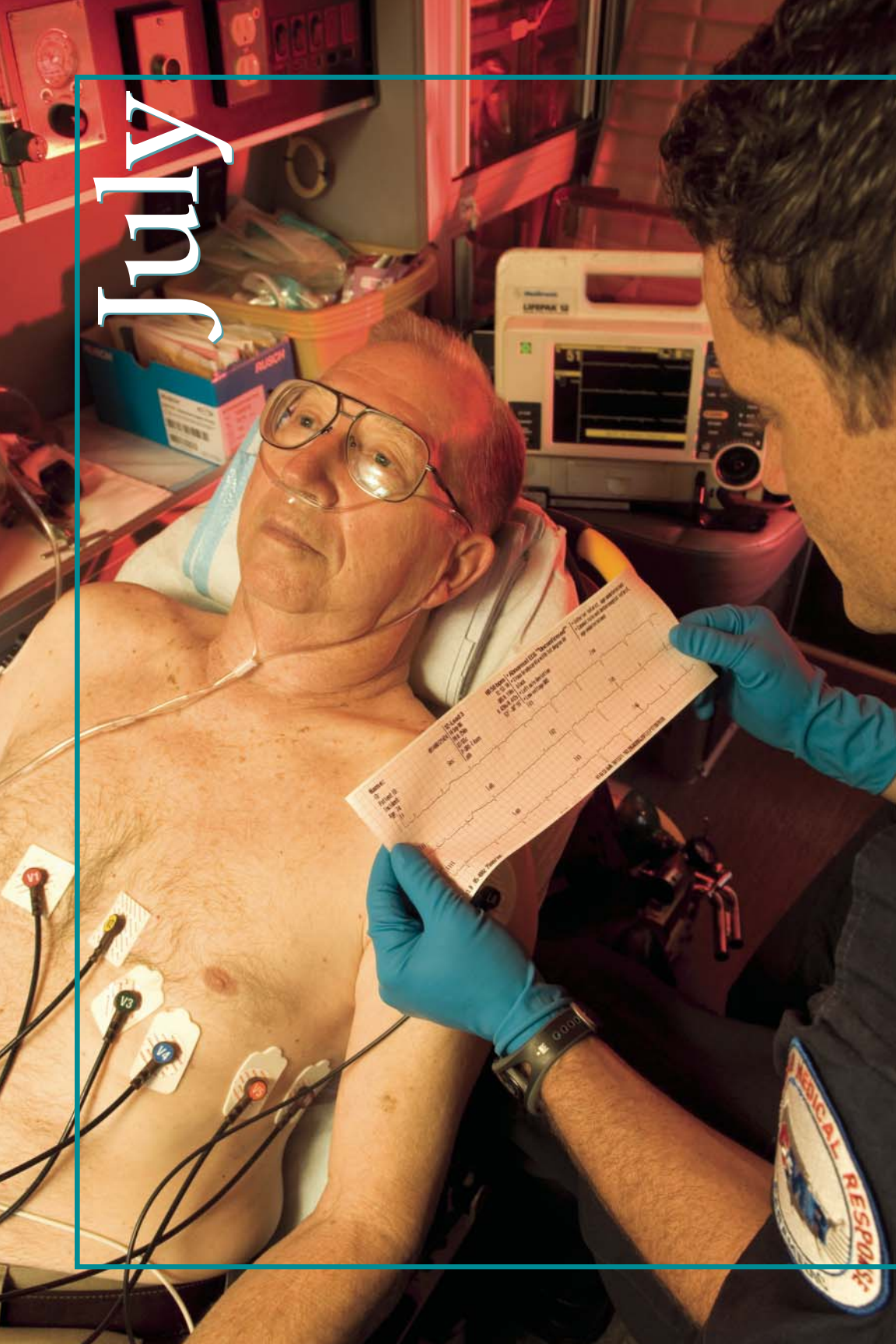
The Center for Joint Replacement is widely recognized for its high level of care and superior outcomes for patients. Unrivaled surgical precision and operating room efficiency play major roles in achieving these high standards. To ensure top quality while accommodating the growing number of patients in a comfortable, more spacious environment, Washington Hospital Healthcare System will start construction on a new joint replacement center in 2007.

The independent ratings organization HealthGrades ranked Washington Hospital

- “Best in the Region” for overall orthopedics
- “Best in the Region” for orthopedic surgery
- Among the top 10 percent in the nation for orthopedic surgery
- HealthGrades gave Washington “5 Star” ratings for total knee replacements, total hip replacements and hip fracture repair.

Center for Joint Replacement

July



Teamwork is vital in a special county-wide effort to improve recovery and save the lives of many more heart attack victims. The 12-Lead EKG Early Assessment Program teams up fire department and ambulance paramedics, hospital emergency rooms and cardiac catheterization labs to shorten the time needed to intervene in a heart attack so that more heart muscle damage can be avoided.

County paramedics are being trained in the use of a portable EKG unit, being demonstrated by volunteer “patient” Tom Trebotich (*left*), to identify certain heart wave patterns signaling an attack. Washington Hospital, with its highly respected, advanced cardiac catheterization lab, is a designated emergency response facility for Southern Alameda County. Through this approach, information from the EKG taken in the field is transmitted to the ER and the cardiologist. Advance notice of a patient’s condition can cut the time needed to get to the cardiac cath lab by between 20 and 60 minutes. Besides saving lives, more heart muscle can be protected, making it possible for survivors to enjoy better quality of life.

12-Lead EKG

A woman's most common heart attack symptom is chest pain or discomfort. Women are somewhat more likely to experience other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain. (American Heart Association)

"Improvement in the treatment of heart attacks has been one of the most important developments in the practice of emergency medicine over the last 25 years. The 12-Lead EKG program enables us to get patients to the cath lab faster and reduce injury to the heart."

David Orenberg, M.D.
Medical Director of
Emergency Services
Washington Hospital



MONDAY
2

TUESDAY
3

WEDNESDAY
4

Independence Day

THURSDAY
5

FRIDAY
6

SATURDAY
7

SUNDAY
8

SUNDAY
I

July

MONDAY	9	<i>National Therapeutic Recreation Week</i>	16	MONDAY
TUESDAY	10		17	TUESDAY
WEDNESDAY	11		18	WEDNESDAY
THURSDAY	12		19	THURSDAY
FRIDAY	13		20	FRIDAY
SATURDAY	14		21	SATURDAY
SUNDAY	15		22	SUNDAY

Health & Wellness Class:
Sinusitis

July

MONDAY	23 / 30
TUESDAY	24 / 31
WEDNESDAY	25
THURSDAY	26
FRIDAY	27
SATURDAY	28
SUNDAY	29

The goal of Washington Hospital’s emergency cardiac response team is to achieve “door to wire time” for heart attack patients in 90 minutes or less.

This is the elapsed time between when a patient enters the emergency department and when a blocked artery is opened. Alameda County’s 12-Lead EKG program is helping Washington to achieve this objective by speeding up the time it takes to make a diagnosis and giving more advance notice to those preparing for an emergency procedure.

Early warning signs of a heart attack

- Chest discomfort, such as pressure, squeezing, fullness or pain, in the center of the chest that lasts more than a few minutes, or that goes away and comes back
- Discomfort in other areas of the upper body, including pain in one or both arms, the back, neck, jaw or stomach
- Shortness of breath, with or without chest discomfort
- Breaking out in a cold sweat, nausea or lightheadedness

(American Heart Association)

12-Lead EKG

August



Dedication to quality is a guiding principle at Washington Hospital, as it combines all available resources to deliver the highest possible standard of care. Through a multidisciplinary approach to quality improvement, and with the leadership of physicians and managers like those pictured at left, every department has a role in contributing to excellence.

Recently, the hospital's ongoing quality improvement initiatives were re-energized by a commitment to The Institute for Healthcare Improvement 100,000 Lives Campaign. Supported by the Washington Township Health Care District Board and hospital administration, staff and physicians embraced all six initiatives of this groundbreaking, nationwide effort. As a result, the hospital is more effectively preventing infections, adverse drug reactions and patient deaths. Washington has now adopted all the initiatives as permanent standards of care. The hospital has also been recognized by HealthGrades as being among the top five percent in the nation for clinical excellence.

Quality

Clockwise from the top: Mary Kinnear; Dianne Martin, M.D.; Brian Smith, M.D.; Mohammad Mojaddedi, A.R.R.T.; Alice Santos, R.N., and Kent Joraanstad, R.C.P.

“Besides saving more lives, the real breakthrough and genius of the 100,000 Lives Campaign is that it has motivated hospitals from all over to collaborate, with the care of the patient as the No. 1 priority.”

Robert Pipkin, M.D.
Quality Advisor, Washington Hospital



WEDNESDAY
1
National Immunization Awareness Month
Cataract Awareness Month

THURSDAY
2

FRIDAY
3

SATURDAY
4

SUNDAY
5

MONDAY
6

TUESDAY
7

WEDNESDAY
8

THURSDAY
9

FRIDAY
10

SATURDAY
11

SUNDAY
12

August

MONDAY	13					20	MONDAY
TUESDAY	14					21	TUESDAY
WEDNESDAY	15					22	WEDNESDAY
THURSDAY	16					23	THURSDAY
FRIDAY	17					24	FRIDAY
SATURDAY	18					25	SATURDAY
SUNDAY	19					26	SUNDAY

Health & Wellness Class:
Treatment for Menopause

August

MONDAY	27
TUESDAY	28 Health & Wellness Class: Non-Invasive Back & Neck Treatments
WEDNESDAY	29
THURSDAY	30
FRIDAY	31
<p><i>According to the most recent statistics from the California Office of Statewide Health Planning and Development, Washington is in the top six percent of hospitals in the state for treatment of pneumonia, based on mortality rates.</i></p>	

Guided by the Patient First Ethic, staff, physicians and volunteers at Washington Hospital are dedicated to providing patients with the highest possible quality of care. Recent efforts by independent organizations have been an opportunity to enhance and reinforce many of the hospital’s ongoing quality initiatives. Although it is an honor to be recognized for achievement, the most important results of these efforts have been positive outcomes for patients.

In addition to the 2006 Distinguished Hospital Award for Clinical Excellence, HealthGrades, an independent ratings organization that uses patient outcomes as its criteria, gave Washington Hospital other high rankings

- Best in the Region for Overall Orthopedics
- Best in the Region for Orthopedic Surgery
- Among the top 10 percent in the nation for Orthopedic Surgery
- “5 Star” ratings for total knee replacement, total hip replacement and hip fracture repair
- “5 Star” ratings for care of community acquired pneumonia, stroke, sepsis, pancreatitis, congestive heart failure and heart attack using cardiac interventional procedures

Quality

September

Innovative solutions to an increasingly wide range of surgical needs have come to patients at Washington Hospital through its expanding robotics program for minimally invasive surgery. First used for gastrointestinal procedures, the robot has been put to work for prostate, gynecologic, gall bladder and colon surgeries. Robots act as a second pair of hands for surgeons like Medical Director, Institute for Minimally Invasive and Robotic Surgery Program, Ramsey Araj, M.D. (*left*), achieving greater precision, control and dexterity while operating through extremely small incisions. Patients reap the benefits of less pain, faster recovery and high quality outcomes.

Recent breakthroughs in technology now enable surgeons to use robots for more complicated procedures like single coronary artery bypass surgery or removal of lung or chest tumors. The patented instruments that operate the sophisticated da Vinci® Surgical System now used at Washington Hospital have a jointed-wrist design that exceeds even the natural motion of the human hand. The system also enables doctors to visualize the surgical site with greater depth than ever before.

Robotics

Minimally invasive robotic surgery is performed through incisions about 1.5 centimeters in length — smaller than the diameter of a pencil.

“Few hospitals in California have made the commitment to robotics to improve minimally invasive surgical outcomes like Washington.”

Ramsey Araj, M.D.
Medical Director
Institute for Minimally
Invasive and Robotic Surgery
Washington Hospital



MONDAY
3

Labor Day

TUESDAY
4

WEDNESDAY
5

THURSDAY
6

FRIDAY
7

SATURDAY
8

SUNDAY
9

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

SATURDAY
1

SUNDAY
2

September

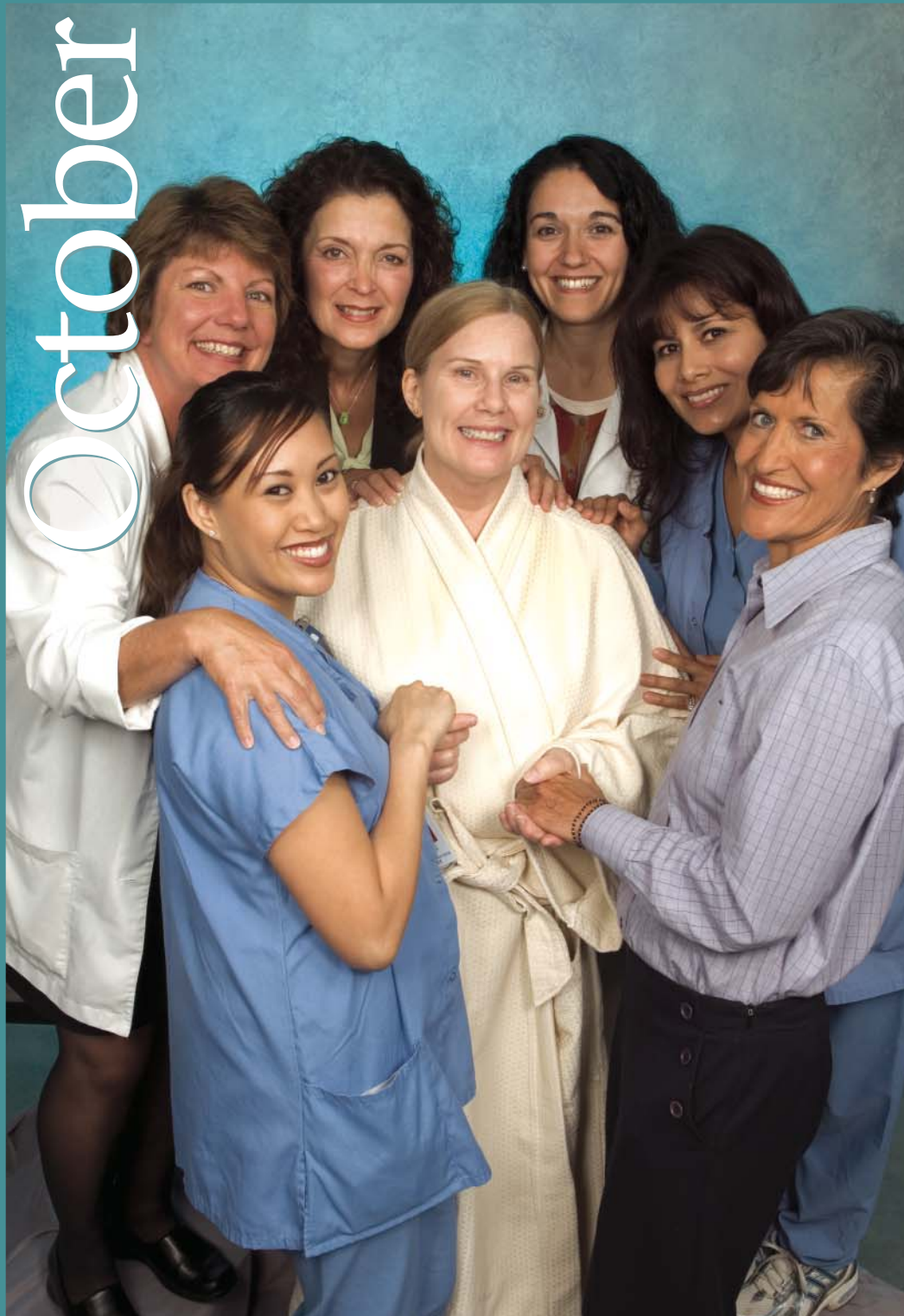
MONDAY	24
TUESDAY	25 <i>National Adult Immunization Awareness Week</i> Health & Wellness Class: Prostate Cancer/Erectile Dysfunction
WEDNESDAY	26
THURSDAY	27
FRIDAY	28
SATURDAY	29 <i>National Family Health and Fitness Day</i>
SUNDAY	30

Surgical procedures are performed in Washington Hospital's fully integrated operating suites with endoscopic capabilities. Two modern operating rooms have just been added to accommodate increasingly advanced procedures. They are fully equipped with health care's latest technology, including patient monitoring instruments, voice activated equipment, video recording devices and high definition, flat screen monitors, giving surgeons all the tools they need for the best outcome possible.

With minimally invasive surgery and the assistance of robotics, hospital stays are often reduced from about one week to as little as one day. Patients can frequently return to work in about two weeks as compared to six to eight weeks with standard procedures.

Robotics

October



Harmony is the sensation women feel when they enter the new Washington Women's Center (*opening December 2006*). In the "hub and spoke" model of the new center, women like Darby Bouchele (*left*) are central, making it easy for them to access Washington's many diagnostic, wellness and educational services represented by staff and managers pictured at left. The center provides streamlined access to cancer, heart, and gastrointestinal care, nutritional and diabetic counseling, genetic testing, hormonal therapy management and osteoporosis screening. Some services are on-site, such as mammography, ultrasound and mammo-tome-guided breast biopsy. Others are easy to connect with through Washington's comprehensive system of care.

A library of health and wellness information is the first step in the plan to provide a range of wellness services, including yoga, meditation and stress management. A longtime vision at Washington Hospital, the center has an environment that beckons women to relax as they enter a community of healing and wellness.

Clockwise from the bottom left: Grace Madarang, A.R.R.T.; Kathy Hesser, R.N., Washington Women's Center coordinator; Phyllis Fiscella, R.N.; Lorie Roffelsen, R.D.; Elva Hernandez, R.D.M.S., and Deborah Garcia, R.N.

Women's
Health Center

MONDAY	I	<p>National Breast Cancer Awareness Month National Physical Therapy Month National Disability Employment Awareness Month</p> <p>Health & Wellness Class: Smoking Cessation</p>	<p>Health & Wellness Class: Smoking Cessation</p> <p>Columbus Day</p>	8	MONDAY
TUESDAY	2	<p>Health & Wellness Class: Breast Cancer</p>	<p>Health & Wellness Class: Senior Care</p>	9	TUESDAY
WEDNESDAY	3			10	WEDNESDAY
THURSDAY	4			11	THURSDAY
FRIDAY	5			12	FRIDAY
SATURDAY	6		<p>Washington Hospital Foundation Top Hat</p>	13	SATURDAY
SUNDAY	7			14	SUNDAY

MONDAY 15	Health & Wellness Class: Smoking Cessation	MONDAY 22	Health & Wellness Class: Smoking Cessation <i>National Respiratory Care Week</i>
TUESDAY 16	Health & Wellness Class: Strategies to Avoid DM; Weight Management Diet; Humor with Diabetes Care <i>National Health Education Week</i>	TUESDAY 23	Health & Wellness Class: Stroke Prevention/ Stroke Awareness
WEDNESDAY 17		WEDNESDAY 24	
THURSDAY 18		THURSDAY 25	
FRIDAY 19	<i>National Mammography Day</i>	FRIDAY 26	
SATURDAY 20		SATURDAY 27	
SUNDAY 21		SUNDAY 28	

MONDAY

29

Health & Wellness Class:
Smoking Cessation

TUESDAY

30

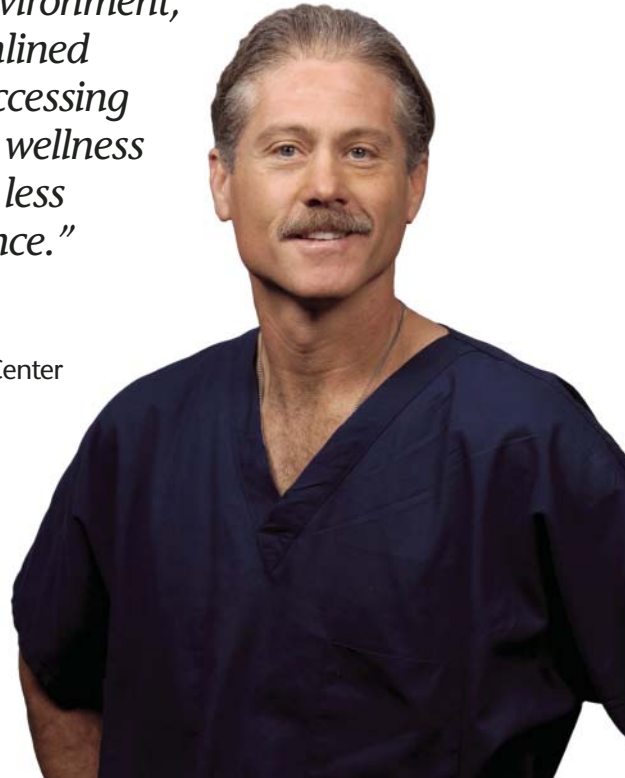
WEDNESDAY

31

Halloween

*“The center’s environment,
staff and streamlined
services make accessing
health care and wellness
services a much less
anxious experience.”*

William Dugoni, M.D.
Medical Director,
Washington Women’s Center
Washington Hospital



A woman feels as though she has entered an oasis of care when she arrives for a mammogram or other service at Washington Women’s Center. Behind the scenes, the center is carefully organized to provide access to a streamlined system of coordinated, health-related services. It is the focal point of contact, enabling a woman to fulfill her health and wellness needs as she lives her life in greater harmony and grace.

Women’s
Health Center

November



Mastering the art of diabetes self-management is a skill the Diabetes Education Program at Washington Hospital hopes to teach the estimated 100,000 local residents who have the disease. This goal is especially important in certain local communities like Newark, where the most recent Community Needs Assessment revealed that its residents have one of the county's highest death rate from diabetes. Left unmanaged, diabetes can seriously affect a person's overall health, as well as their ability to recover from other ailments.

Washington's new program educates the community about preventing diabetes or controlling it through a combination of diet, exercise, glucose monitoring, medication, healthy coping, problem solving and risk reduction. People like Maria Santo and daughter Leslie Afan (*pictured at left*) are another source of information and support for family members with diabetes. As people grow older and are more susceptible to the disease, they can often be educated and inspired to eat healthier and stay active through the example of their own children and grandchildren.

Diabetes

“As a community resource for diabetes education and support, our staff works tirelessly so that people can learn how to manage this dangerous disease.”

Theresa Garnero
A.P.R.N., B.C.-A.D.M., M.S.N., C.D.E.
Director, Diabetes Education Program
Washington Hospital



THURSDAY

I

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

FRIDAY

2

SATURDAY

3

SUNDAY

4

Daylight Saving Time Ends

MONDAY

5

Health & Wellness Class:
Smoking Cessation

TUESDAY

6

Health & Wellness Class:
Senior Care

Election Day

WEDNESDAY

7

National Diabetes Education Week

THURSDAY

8

FRIDAY

9

SATURDAY

10

SUNDAY

11

Veterans Day

November

MONDAY	I2 <i>National Lung Cancer Awareness Week</i>							MONDAY	I9 Health & Wellness Class: Medicare A & B/ Part D Drug Plan Changes & Updates
TUESDAY	I3							TUESDAY	I20 Health & Wellness Class: Medicare A & B/ Part D Drug Plan Changes & Updates
WEDNESDAY	I4							WEDNESDAY	I21
THURSDAY	I5							THURSDAY	I22 Thanksgiving Day
FRIDAY	I6 <i>International Infection Prevention Week</i>							FRIDAY	I23
SATURDAY	I7 <i>National Family Volunteer Day</i>							SATURDAY	I24
SUNDAY	I8							SUNDAY	I25

MONDAY

26

TUESDAY

27

WEDNESDAY

28

THURSDAY

29

Health & Wellness Class:
Health Insurance Question
and Answer Seminar

FRIDAY

30

Diabetes Matters meets the first Thursday of every month (except July) from 7 to 8:30 p.m. at Washington West, Anderson Auditoriums, 2500 Mowry Avenue in Fremont.

Washington Diabetes Education
1900 Mowry Ave., Ste. 102
Fremont, CA 94538
(510) 745-6556 or (800) 963-7070

Because one-third of people with diabetes don't know they have the disease, it is critical that everyone – particularly those at higher risk – get screened.

The Washington on Wheels (W.O.W.) Mobile Health Clinic travels throughout the community, providing free diabetes screening services. For people who have the disease, the multidisciplinary care team at the hospital's Diabetes Education Program provides individual assessments and classes, as well as a monthly support group.

The National Institutes of Health recommends that people with diabetes

- Follow a diabetes food plan
- Eat the right portions of healthy foods
- Eat foods that have less salt and fat
- Get 30 to 60 minutes of activity on most days of the week
- Stay at a healthy weight
- Stop smoking
- Take medicines the way their doctor recommends
- Check their feet every day for any cuts or breaks in the skin or ingrown nails
- Brush their teeth and floss every day
- Check their blood glucose the way their doctor recommends

Diabetes

December

Transforming

the way medical images are taken, viewed, stored, retrieved and sent, digital technology is revolutionizing the diagnostic imaging process in health care today. By changing the basis of the system from film to digital, time and space are saved, work is streamlined and communications are nearly instantaneous. These are the goals of the new Picture Archiving and Communications System (PACS) recently installed at Washington Hospital.

With PACS, hospital radiology technicians use the new Konika computed radiography system to capture images digitally, sending them directly to diagnostic workstations for interpretation by radiologists like Stephen Wilson, M.D. (*left*). Through the power of technology, more detailed images can be assessed in a matter of minutes, giving patients the benefit of a faster, more accurate diagnosis. Once in PACS, the images and information will always be readily available for retrieval, transmission and display at multiple locations, if needed. Future plans include rolling the system out to physicians' offices and Washington's primary care and urgent care clinics.

PACS

www.healthimaging.com

(electronic newsletter about medical imaging and healthcare IT)

www.dimag.com/pacsweb

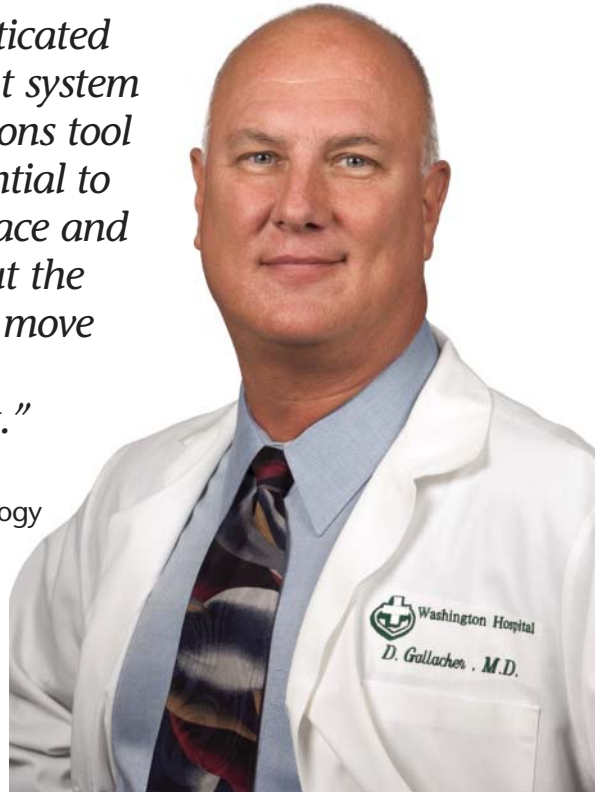
(radiology related PACS learning resource)

www.medicalimagingmag.com

(monthly news and business magazine for radiology and imaging professionals)

“PACS is a sophisticated data management system and communications tool that has the potential to actually create space and time by cutting out the need to store and move images in the old film-based format.”

Douglas Gallacher, M.D.
Medical Director of Radiology
Washington Hospital



SATURDAY

1

SUNDAY

2

MONDAY

3

TUESDAY

4

Health & Wellness Class:
Heart Disease Prevention

WEDNESDAY

5

THURSDAY

6

FRIDAY

7

SATURDAY

8

SUNDAY

9

December

MONDAY	10						MONDAY	17
TUESDAY	11						TUESDAY	18
WEDNESDAY	12						WEDNESDAY	19
THURSDAY	13						THURSDAY	20
FRIDAY	14						FRIDAY	21
SATURDAY	15						SATURDAY	22
SUNDAY	16						SUNDAY	23

First Day of Winter

December

MONDAY	24 / 31	New Year's Eve
TUESDAY	25	Christmas Day
WEDNESDAY	26	
THURSDAY	27	
FRIDAY	28	
SATURDAY	29	
SUNDAY	30	

With PACS, digital images are part of a patient's permanent medical record, and the need for film is eliminated. Washington Hospital's diagnostic imaging archives date back to 1958, and some patient records include hundreds of pounds of film. Besides saving storage space, the system will make it possible for images to be located and transmitted faster. Images can be sent digitally or copied onto a CD for delivery to a doctor's office or other point of care. When physicians have the information they need, analyses can be made more quickly and patients will spend less time waiting for a diagnosis.

PACS improves patient care by

- Transmitting images and reports more quickly
- Eliminating the need for many repeat procedures
- Eliminating the potential for lost films

PACS

Partnerships

with the community have made recent **Washington Hospital Healthcare Foundation** events some of the most successful ever. Led by event Co-chairs Dr. Ash Jain and his wife Monisha, the



19th annual Top Hat dinner-dance, "Moroccan Mystique," raised \$62,000 for the new Washington Women's Center. During the holidays, the Trees of Angels campaign to raise funds for and increase awareness about hospice care collected nearly \$25,000.

In March, Medical Staff members and hospital employees teamed up to present the entertaining 2006 Medical Musicale, "A Little Night Music VII." The event raised \$25,000 for the hospital's new Women's Center. Foundation Trustee Lamar Hinton again chaired the Annual Golf Tournament, which garnered a record \$72,500 for local cancer services and hospice care. Although community collaboration was key to all these events, individual leadership and support also made a major impact on the success of fundraising and awareness building for the Washington Hospital Healthcare Foundation.

Craig A. Silcox
President
Washington Hospital
Healthcare Foundation



Dreams

have created the springboard for exciting growth and accomplishment by the **Washington Hospital Service League**, which has just celebrated its first 50 years. When the hospital was being built, volunteers raised funds to purchase medical equipment and managed the gift and coffee shops after the doors opened.

Now, the group numbers 500 members and is critically important to nearly every facet of operation at Washington. In 2005-2006, the League volunteered more than 49,200 hours at the hospital. The Service League Board recently approved two new volunteer opportunities for the Diabetes Program and Lymphedema Clinic.

"When we look at our rich history, we realize that volunteers have so much to offer here at Washington Hospital," says Cherie Gamardo, Service League President.

In 2006, the League celebrated the opening of spacious new offices in Washington West, which include a pictorial history of its first 50 years. As the Service League enters its second half-century, the possibilities for support of Washington Hospital patients, families and staff, as well as service to the community, are nearly boundless.

Cherie Gamardo
President
Washington Hospital Service League



2005-2006 Financial Statement

Fiscal year ending June 30, 2006.

Dollar amounts represent thousands.

Balance Sheet	2006	2005
Current Assets	\$ 70,870	\$ 61,005
Assets Limited as to Use	\$ 101,951	\$ 138,637
Property, Plant and Equipment	\$ 170,034	\$ 146,250
Other Assets	\$ 29,800	\$ 25,187
Total Assets	\$ 372,655	\$ 371,079
Current Liabilities	\$ 38,885	\$ 37,711
Long-Term Debt	\$ 76,768	\$ 77,667
Long-Term Liabilities	\$ 20,615	\$ 20,291
Fund Balance	\$ 236,387	\$ 235,410
Total Liabilities and Fund Balance	\$ 372,655	\$ 371,079

Statistics	2006	2005
Admissions	14,408	15,936
Days	65,266	68,383
Deliveries	2,716	2,840
Surgery Cases	4,000	4,071
ER Visits	43,031	42,314
Physicians on Staff	446	448

2005-2006 Financial Statement

Fiscal year ending June 30, 2006.

Dollar amounts represent thousands.

Income Statement	2006	2005
Net Patient Service Revenue	\$ 265,034	\$ 256,478
Other Revenue	\$ 8,567	\$ 8,948
Total Operating Revenue	\$ 273,601	\$ 265,426
Salaries and Benefits	\$ 162,746	\$ 148,591
Other Expenses	\$ 107,563	\$ 104,081
Total Operating Expenses	\$ 270,309	\$ 252,672
Operating Income	\$ 3,292	\$ 12,754

Non-operating Revenues and Expenses

Investment Income	\$ 3,659	\$ 3,468
Interest Expense	\$ (3,345)	\$ (3,101)
Other	\$ 675	\$ 752
Total Operating and Non Operating Income, FASB	\$ 4,281	\$ 13,873
Unrealized Gains/(Losses) on Investments	\$ (3,304)	\$ 882
Total Operating and Non Operating Income, GASB	\$ 977	\$ 14,755

Note: Some fiscal year 2005 balances have been reclassified to conform to the current year presentation. These reclassifications had no impact on reported operating or non-operating income.

2005-2006 Financial Statement

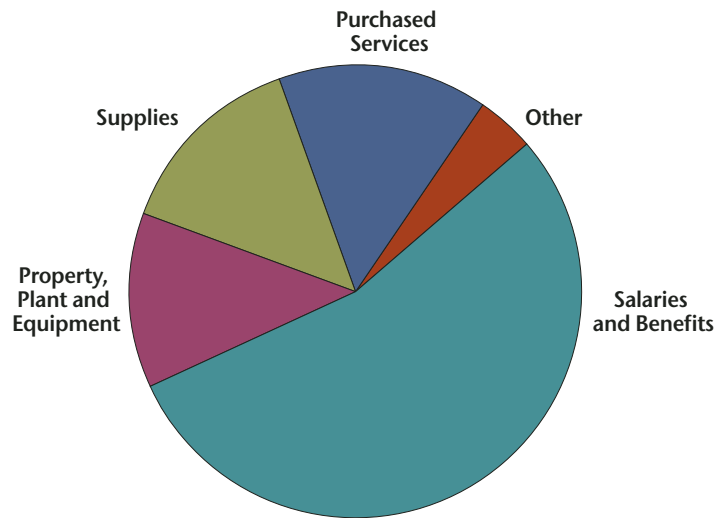
Fiscal year ending June 30, 2006.

Dollar amounts represent thousands.

Expenditures

2006

Salaries and Benefits	\$ 162,746
Property, Plant and Equipment	\$ 36,967
Supplies	\$ 41,538
Purchased Services	\$ 44,800
Other	\$ 11,856



2005-2006 Financial Statement

Fiscal year ending June 30, 2006.

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 more than \$30 million in health care to the community's medically indigent population, \$3 million for unpaid medical costs, community education and other expenses, and an additional \$31 million for the uncompensated cost of care for Medicare patients and bad debt.

When the Flu Season Arrives...

Protect Yourself

Avoid close contact with people who are sick. Most healthy adults may be able to infect others beginning one day before symptoms develop and up to five days after becoming sick.

Protect Others

If you catch a cold, keep it to yourself. Remember to cover your nose and mouth with a tissue when coughing or sneezing, then throw the tissue away and wash your hands.

Wash Your Hands

Avoid catching the flu by washing hands often, with soap and warm water or by using alcohol hand cleanser. Washing your hands often will help protect you from germs.

Get A Flu Shot*

The single best way to prevent the flu is to get a flu vaccination each fall.

Get a Flu Shot Before the Flu Gets You!

For more information about the flu, visit the Centers for Disease Control and Prevention (CDC) Web site at www.cdc.gov.

Source: Centers for Disease Control and Prevention Web site
Consult your physician or healthcare provider regarding this year's criteria for the flu vaccination.*

Avian Flu — Preparing for the Possible

Readiness is the best strategy to arm our community in the face of a potential health threat such as the avian flu. In its current form, the avian flu affects birds; however, some people who have had direct contact with sick birds have been infected. Currently, the virus is very limited among humans throughout the world and is not a pandemic. Experts are watching closely and preparing for the possibility that it could mutate and get the ability to spread from person to person.

“Much of what applies to the prevention of avian flu is also relevant to the human influenza we experience each year,” says Dianne Martin, M.D., internal medicine and infectious disease specialist on the Washington Hospital Medical Staff. “Although we should all stay abreast of developments associated with the avian flu, it is critically important that we also focus on preventing human influenza.” (See facing page.)

As part of its overall disaster plan, Washington Hospital is constantly assessing and upgrading its level of preparedness, as well as the preparedness of the community, to respond in the event of an avian flu outbreak. This includes educating the medical community and local residents. In November 2006, the hospital presented a pair of educational discussions, providing up-to-date and accurate information on the avian flu virus and how to prepare for a possible epidemic. Washington continues to work with local and regional experts to give people the information they need to safeguard themselves and their families.

District Map of Services



Washington Campus Map



Directory of Services

Washington Community Health Resource Library

Located in the Washington West building (2500 Mowry Ave.) through the main entrance, first door on the right.

Newark, Union City and Fremont Rooms

Located on the ground floor of Washington Hospital. Enter the main entrance to the hospital lobby. Take the stairs or the elevator down to the ground floor and turn right. The rooms are immediately on the right past the cafeteria. You may get assistance from the Service League desk in the main lobby.

Conrad E. Anderson, M.D. Auditorium, Rooms A, B, C

Located on the ground floor of Washington West (2500 Mowry Ave.). Enter through the main entrance of Washington West. The Conrad E. Anderson, M.D. Auditorium is located down the hallway to your left. You may get assistance from the security guard at the lobby desk.

Nakamura Clinic, Union City

Adjacent to the clinic is a state-of-the-art conference center that hosts some of Washington Hospital's community classes and health-related seminars. Located at 33077 Alvarado-Niles Rd., Union City. On the corner of Dowe Ave. and Alvarado-Niles Rd.

Washington Clinic/Fremont (Urgent Care Clinic)

Located on the second floor of Washington West (2500 Mowry Ave., Ste. 212). Enter the main entrance and take the elevator or stairs to the second floor.

Washington Clinic/Newark

Located at 35500 Dumbarton Court, Newark, at the corner of Newark Blvd. and Jarvis. The clinic is at the end of the court.

Washington Clinic/Warm Springs

Located at 46690 Mohave Drive, Fremont. On the corner of Mission Blvd. and Mohave Drive.

Center for Joint Replacement

Located in Washington Hospital (2000 Mowry Ave.) next to the Emergency Room and MRI. Parking is off Civic Center Dr.

Washington Maternal Education Classrooms

Holly Noelle A & B Located in Washington West (2500 Mowry Ave.), second floor.

Washington Maternal Education Office and Lactation Center

Located at 2299 Mowry Ave., Suite 2C.

Washington West

(2500 Mowry Ave.)

- 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
- Volunteer Services
- Washington Clinic/Fremont (Urgent Care Clinic)
- Washington Hospital Healthcare Foundation
- Taylor McAdam Bell Neuroscience Institute (May 2007)
- Washington Maternal Education Center
- Washington-Stanford Sleep Disorders Clinic
- Washington West Lab & Pre-Op Testing
- Washington West Mammography Unit
- Women's Health Center/Outpatient Imaging Center (January 2007)

Health Screening and Immunizations 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 under 65	At age 65 or older (one dose) or 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
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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

Health Screening and Immunizations 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
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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	Dose 1: At age 2 months (DTaP, Td booster) 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 12-15 months Dose 2: At age 4-6 years
Chicken pox (varicella)	At age 12-18 months (one dose)
Hepatitis A	At age 12 months 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.

In Memorium

Richard Madden Warren 1929-2006

Richard M. Warren was a talented and visionary leader who, as chief executive officer, guided Washington Hospital Healthcare System from 1969 to 1994.

Mr. Warren played a key role in developing many vital new services, including the Washington Outpatient Surgery Center, a free-standing rehabilitation center, a heart program and three clinics located throughout the Washington Township Health Care District.

The enduring impact of his leadership was most recently felt when Washington Hospital's Richard M. Warren Nursing Skills Lab opened to expand and upgrade the training of local nurses. Mr. Warren had been instrumental in gaining the support of

Washington Township Health Care District for the first registered nursing program at Ohlone College.

"Dick Warren's dedication to Washington Hospital and our health care system is an inspiration to many of us in the District today," says Nancy Farber, chief executive officer of Washington Hospital

Healthcare System. "We are deeply grateful for the legacy of quality health care he has given our community."



2008 Calendar

JANUARY						
M	T	W	Th	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
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FEBRUARY						
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JUNE						
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JULY						
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AUGUST						
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SEPTEMBER						
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NOVEMBER						
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DECEMBER						
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Our Sincere Appreciation

Calendar Models

January	Portrait — Hoang Trinh, M.D.
February	Romesh Japra, M.D. Portrait — Timothy Tsoi, M.D.
March	Portrait — Sandeep Kunwar, M.D.
April	Douglas Van Houten, R.N. and Lori Canario Portrait — Ash Jain, M.D.
May	Portrait — Mimi Lin, M.D.
June	Jeff Arrillaga Portrait — John Dearborn, M.D.
July	Tom Trebotich and Joshua English, E.M.T. Portrait — David Orenberg, M.D.
August	Mary Kinnear, Kent Joraanstad, R.C.P., Alice Santos, R.N., Dianne Martin, M.D., Brian Smith, M.D., and Mohammad Mojaddedi, A.R.R.T. Portrait — Robert Pipkin, M.D.
September	Ramsey Araj, M.D.
October	Grace Madarang, A.R.R.T., Phyllis Fiscella, R.N., Kathy Hesser, R.N., Lorie Roffelsen, R.D., Deborah Garcia, R.N., Elva Hernandez, R.D.M.S., and Darby Buchele Portrait — William Dugoni, M.D.
November	Maria Santo and Leslie Afan Portrait — Theresa Garner, A.P.R.N., B.C.- A.D.M., M.S.N., C.D.E.
December	Stephen Wilson, M.D. Portrait — Douglas Gallacher, M.D.

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

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

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Washington Hospital Healthcare System

Investing in the health of the community.

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