



Sequoia Hospital

A member of CHW



service
to our community

2008 ANNUAL REPORT

Our Mission, Vision and Values

Our Mission

The mission of Sequoia Hospital, as a part of Catholic Healthcare West, is to promote healing and wellness in partnership with physicians by providing compassionate, quality, cost-effective care to meet the identified needs of the communities we serve, with special consideration for the poor and underserved.

Our Vision

A growing and diversified health care ministry distinguished by excellent quality and committed to expanding access to those in need.

Our Values

Catholic Healthcare West is committed to providing high-quality, affordable health care to the communities we serve. Above all else we value:

Dignity - Respecting the inherent value and worth of each person.

Collaboration - Working together with people who support common values and vision to achieve shared goals.

Justice - Advocating for social change and acting in ways that promote respect for all persons and demonstrate compassion for our sisters and brothers who are powerless.

Stewardship - Cultivating the resources entrusted to us to promote healing and wholeness.

Excellence - Exceeding expectations through teamwork and innovation.

Sequoia Hospital

As a member of Catholic Healthcare West, Sequoia Hospital is committed to serving the health needs of our communities with particular attention to the needs of the poor, the disadvantaged and vulnerable, and the comfort of the suffering and dying. Sequoia Hospital has a commitment to quality - quality healthcare services and the promotion of optimal quality of life for all of life.

Our People

Sequoia Hospital fosters the belief that people make the difference in the art of healing. We strive to create a professional and healing environment that respects human dignity, provides excellent services, promotes justice in serving the poor, stewards our healthcare resources and collaborates among healthcare providers and community leaders. We believe that high quality healthcare is a right, not a privilege, and we strive to provide healthcare access for all who seek care in our facility.



History and Heritage

Sequoia Hospital is proud to be the first district hospital in California and the prototype from which 65 others would follow. The idea for a hospital in Redwood City originated in 1938, when a group of nine women led by Mrs. Henry Beeger made an appeal to the City Council of Redwood City for a community hospital to serve the residents of southern San Mateo County.

A preliminary study authorized by the City Council confirmed the need, citing a "woeful lack of hospital facilities in the area." As World War II drew to a close in 1944, the need for hospital facilities in the area became even more apparent.

Rather than relying on private donations, large corporations or federal funds, the voters of Redwood City, Belmont, San Carlos, Menlo Park, Portola Valley, Woodside and Atherton approved the formation of the "Sequoia Healthcare District" under newly enacted state laws. The voters also passed a pair of bond issues that financed the project at a cost of \$2.1 million. Sequoia Hospital was officially dedicated on October 15, 1950, with 106 beds, admitting the first patient 10 days later.

Today, Sequoia is an accredited, not-for-profit, 301-bed community hospital providing innovative and exceptional healthcare to Bay Area residents. With a nationwide reputation for pioneering advanced cardiac care, Sequoia also excels in the areas of stroke care, emergency services, and birth center services. Sequoia ranks in the top percentile of U.S. hospitals for patient satisfaction and is a leader in quality and safety initiatives.

Sequoia Hospital is currently building a new \$240 million state-of-the-art facility on its historic Redwood City site. Groundbreaking took place November 15, 2007 as CHW assumed ownership. Plans call for a new parking garage, hospital pavilion and medical office building.

Our new campus will continue to offer world-class medical care in a compassionate, convenient and patient-friendly environment, continuing our mission of providing high quality healthcare to all.

Improving Community Health

Our affiliated physicians, employees and volunteers recognize and support the physical, emotional, social and spiritual well being of those we serve. We aim to provide the highest quality healthcare within our hospital walls, but we also work in partnership with other local organizations to address the priority health needs of our community outside the walls of the hospital.

We hold ourselves accountable to our community for the human, financial and ecological resources entrusted to our care. In 2008, Sequoia Hospital provided more than \$44 million in community benefit, which included charity care for those who could not afford to pay for their care, grants to community partners and health education programs.

We are proud to share this 2008 Report to the Community on the strategic efforts we have undertaken over the last year to promote the health of the Sequoia Hospital community.

Community Benefit Programs

In FY2008, Sequoia Hospital provided \$44,812,157 in unsponsored care and programs for the benefit of our community. Unsponsored care includes costs of care for persons who are poor, the costs associated with caring for Medicare, Medicaid and other government program beneficiaries, and costs for services our hospital subsidizes because they are not offered anywhere else in the community. Additional community benefit expenses encompass health education and outreach, and disease prevention programs, which strive to include the most underserved in our area. Our Community Advisory Council, comprised of dedicated local leaders, spearheaded key initiatives in the following areas.

Healthy Families: Live Well with Diabetes Program

The Live Well with Diabetes Program offers diabetes education to people with diabetes or pre-diabetes and their caregivers. It includes five-week courses in both English and Spanish held at various sites in the community. Spanish-speaking members of the Latino community, who are also students at Cañada College, are trained to help support diabetes education. In FY 2008, Live Well with Diabetes provided more than 140 community residents with diabetes education through courses and presentations. Also this past year, a bilingual diabetes educator was hired who taught Spanish-language Live Well with Diabetes classes in the North Fair Oaks area on evenings and weekends. The most exciting development this year occurred in February when Sequoia was notified that we had received the CHW Community Health Partnership Award. This award comes with a \$50,000 grant to implement a Diabetes Health Promoter Training Project, which will begin in fall 2008.

Injury Prevention: Fall Prevention Program

Through its five-week, community-based classes, Sequoia Hospital's Fall Prevention Program offers high-risk residents the information and skills necessary to help avoid falls. In FY 2008, four fall prevention courses reached 77 older adults in our community. The program established new recruitment and referral relationships with local communities of faith. More than half of the participants in one course had enrolled after hearing about it through their church. A phone survey administered two months after the fall prevention course was completed showed that 75% of participants had made two or more sustained changes to reduce fall risk. The Fall Prevention Program has also gained recognition as a model for other hospitals. John Muir Medical Center in the East Bay is crafting its new fall prevention program after Sequoia's, and our Fall Prevention Program assessment and evaluation tools were featured in a Joint Commission Resources publication, *Reducing the Risk of Patient Harm Resulting from Falls*:



Toolkit for Implementing National Patient Safety Goal 9.

Healthy Seniors & Free Clinics: Health Screenings for Older Adults

In our Health Screenings & Vaccines for Older Adults Program, Sequoia Hospital collaborates with senior centers to provide monthly blood pressure screenings and counseling by a registered nurse. In FY 2008, a new partnership with a senior center in East Menlo Park was created to expand the blood pressure screenings to a site that serves highly vulnerable African Americans and Latinos. More than half the blood pressure screening participants at this location were

found to be hypertensive and have been referred to an on-site clinic. In fall 2007, Sequoia Hospital's Health Screenings & Vaccines for Older Adults Program gave flu and pneumonia vaccines to more than 400 adults, reducing their risk of death due to flu or pneumonia. The program also conducted outreach to Spanish speakers and high-risk individuals in the community.

School Partnerships: Make Time for Fitness Program

Make Time for Fitness is a multi-faceted program encouraging healthy eating, physical activity and avoidance of tobacco products among elementary school students. To promote healthy behaviors, Sequoia Hospital implements Make Time for Fitness in partnership with the San Francisco Giants and the Redwood City School District.

One component of the program is Kids Are Giants Too! Day. In April 2008, 700 fourth graders from 12 participating schools attended a special day at AT&T Park, the home of the Giants. After listening to presentations by big league ball players and Giants personnel, students participated in the fun physical activity of running around the bases followed by a healthy lunch. The healthy behavior messages from Kids Are Giants Too! Day at the ballpark were reinforced later, when the students completed Kids Are Giants Too! Activity Books in their classrooms.

Sequoia Hospital and the Giants also partnered to create the Make Time for Fitness walking courses on elementary school campuses. Bright orange courses are painted on school playgrounds to provide a fun environment for physical activity. All Redwood City elementary school campuses now have Make Time for Fitness walking courses for use by students, teachers, staff, and community members. In fact, the Redwood City School District's Wellness Coordinator stated in her 2008 End-of-Year Report that, "Make Time for Fitness courses are used for physical activity, P.E., recess and after school fitness programs by more than 8,500 students and community members district-wide."

This past year, Sequoia helped create resources for teachers to integrate physical activity and play more easily by using the walking courses during the students' school day. For example, we helped produce a guide called the *FitFun Game Guide: A Physical Activity Resource for K-5 Teachers in the Redwood City School District*. Sequoia also successfully worked with the City of Redwood City to install a Make Time for Fitness walking course at popular Red Morton Park. Winding along a path that passes a senior center and sports fields, the course provides physical activity opportunities across the generations.

Community Grants

The CHW Community Grants program, which is funded by contributions from its member hospitals, is one way in which CHW supports and enhances the advocacy, social justice and healthier communities' efforts of its hospitals and religious sponsors. Two of the program's objectives are to partner with other not-for-profit organizations that share our values and also work to improve the health status and quality of life of the communities we serve. Sequoia Hospital is a San Mateo County leader in facilitating new community partnerships and community health collaborative.



Last year Sequoia Hospital contributed \$86,054 in grant funding to 5 nonprofit organizations serving our community. Grant awards were offered to the following organizations:

Nuestra Casa

Community of Learners-Adult ESL Program teaches English as a Second Language to families, in particular the parents, of children attending schools in the Ravenswood City School District in East Palo Alto. The health thematic unit supports the reduction of cardiovascular disease and diabetes through education that promotes good nutrition and physical activity with the underserved Latino community.



Redwood City Education Foundation

The Wellness Coordinator position has the unique opportunity to reach not only the 8,000 students in the Redwood City School District, but also their parents and siblings. The Redwood City School District is 67% Latino with 48% of these students eligible for Federal Free and Reduced Lunch Program. This is the second year of a three year pilot project in an effort to provide consistency and availability of physical activity and nutrition programs across schools in the District.

Samaritan House

Samaritan House Free Clinic of Redwood City program will target

low income, uninsured adult patients with diabetes.

Starling Volleyball Clubs USA San Mateo Chapter

San Mateo Starlings Volleyball is an after school athletics-based program that helps minority and low-income girls develop athletic skills; learn about exercise, nutrition and healthy lifestyles and provides a safe haven where caring and involved adults encourage them to stay away from drugs and gangs, to do well in school, to not get pregnant, and to pursue a career pathway through post-secondary education. Funding will support a new team in the Fair Oaks area of Redwood City.

YMCA of the Mid Peninsula

The Fit Kids after school program offers fitness conditioning, sport skill development and positive nutritional advice to students in 4 Elementary and 2 Middle Schools in the Redwood City School District. Students are low income, with over 60% qualifying as extremely low income. 80% of the program participants are Latino, 10% are African-American, 5% are Asian/other and 5% are Caucasian.

CHW Community Investments, Ecology and Advocacy

Community Investments



CHW's Community Investment Program provides below market interest rate loans to nonprofit organizations working to improve the health and quality of life in their communities. CHW borrowers develop affordable housing for low-income families and seniors, provide job training for unemployed or underemployed persons and create wealth in low-income and minority neighborhoods. Since 1990, CHW has invested more than \$96.9 million in community-based organizations.

Ecology Initiatives

In January 1996 the CHW Board of Directors endorsed the Ceres Principles for environmental stewardship. In endorsing the Ceres Principles, CHW agreed to conduct an internal environmental audit and complete an annual public report



on environmental performance. This action positioned CHW as a healthcare leader on environmental issues. At CHW we develop and implement policies for the reuse, recycling and conservation of Earth's resources.

Advocacy Efforts

Through effective advocacy efforts, CHW addresses the social, political and economic structures that impact the health of persons, especially those most vulnerable. Our advocacy priorities address issues related to: providing the resources needed to effectively care for those most vulnerable; promoting community health; and advancing ecological initiatives. CHW collaborates with other organizations that share our values to coordinate public policy and shareholder advocacy efforts.



About CHW

We are committed to delivering compassionate, high quality, affordable health care services in an environment that is attuned to every patient's physical, mental and spiritual needs.



Catholic Healthcare West, headquartered in San Francisco, is a system of 41 hospitals and medical centers in California, Arizona and Nevada. Founded in 1986, CHW is the eighth largest hospital system in the nation and the largest not-for-profit hospital provider in California. The CHW network of more than 9,700 physicians and approximately 44,851 employees provides quality healthcare services during more than four million patient visits annually. In 2008, CHW provided more than \$967 million in community benefit and free care for the poor.

Key Statistics (as of June 30, 2008)

Acute Care Facilities:	41
Acute Care Beds:	8,660
Skilled Nursing Beds:	955
Employees:	44,851
Active Physicians:	9,754
Community Benefits and Care of the Poor:	\$967 million

To learn more about Sequoia Hospital, please visit www.SequoiaHospital.org