



# WELLNESS MATTERS

2018-2019 | VOL. XXII

# EMPOWERING WELL-BEING FOR ALL

## A MESSAGE FROM KARISSA

Dear Friends and Supporters  
of the Center for Well-Being,

It is my distinct honor and privilege to join the passionate team of change makers at the Center for Well-Being as your new Executive Director. I am excited to further the work of supporters like you who have grown the Center into the important resource that it is today. I look forward to our continued collaboration with enthusiasm, and I am certain that together, we can achieve meaningful changes in the lives of the people we serve.

I am passionately committed to eliminating health disparities in vulnerable and underserved communities, and to promote for health for all. I have a successful track record of rapidly and sustainably scaling organizations to address the needs of the community they serve, and I am thrilled to return to Sonoma County where I began my career in community health. As Executive Director, I will draw upon my two decades of non-profit leadership to deepen the impact of the Center's vital programs, especially in this time of need.

Our community has had an impactful year. As we near the anniversary of the October 2017 fires and watch as this year's dangerous wildfires spread throughout our state, we recognize that we are still experiencing significant emotional, physical, and financial effects of last year's trauma. For many, this year's Fourth of July fireworks felt tense. For many, a trace of smoke in the air,

even from a benign summer barbeque, grips our chests with a sudden sense of panic. For many, we never let our gas tanks dip below half-full. These stressors are palpable, and they can overwhelm our ability to take care of ourselves. Sometimes we need help putting on the oxygen mask, and this is where the Center for Well-Being can help.

Through our evidence-based programs and classes we empower individuals with the knowledge, skills, and spirit to become advocates for their own well-being. What is so significant about our model is that we affect positive change at every level in our community:

- We support youth to lead healthy lifestyles through Project TRUE and Active Play Every Day.
- We empower and educate vulnerable and underserved populations with our Community Health Worker Team.
- We transform lives through our diabetes, nutrition, weight control, smoking cessation, and pain management classes.
- We advocate for healthy retail practices, smoke free multi-unit housing, and control on flavored tobacco sales.
- We provide life-giving, heart-healing services at our cardiac rehabilitation center.

Supporters like you hold a crucial role in our ability to create positive change, and I humbly ask for your continued support. Together, we can empower our community with the tools to heal. Together, we can create a stronger, healthier tomorrow. Together, we can achieve well-being for all.

Warmly,



**KARISSA MORENO, MA**  
Executive Director



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**On the cover: Jesssica Lorge, Exercise Specialist, HeartWorks Program**



# CLIENT SUCCESS STORIES

## Jack Hecker

Jack Hecker was in good shape for most of his life. He participated in triathlons, exercised daily, and felt generally healthy. It was easy to maintain his weight through his thirties and into his forties. But when he stopped participating in triathlons, he began to gain weight. Before too long, Jack had gained 100 pounds. He knew he wanted to lose the weight but didn't know how.



Jack shares, "Before the program, I felt desperate. I felt like I was reaching out for any kind of help, and I was a little skeptical that I would find it." He wondered how his weight had gotten so high. In July of 2017, Jack decided to enroll in the Center's Weight Control class. He was surprised at how diverse the classes were and how welcomed he felt by both staff and other clients. He shares, "I didn't expect to learn as much as I did from everyone."

Jack has lost 70 pounds since enrolling in his first Weight Control class. He is very grateful for his returned ability to go on long hikes with his wife and children without experiencing pain, something that was extremely difficult before the weight came off. On his decision to join the Center, Jack says, "It's the best thing I ever did." He has participated in three weight control classes thus far and has no plans to stop. Coming in every week helps Jack stay accountable, and it keeps his weight in check. Most importantly, Jack now has the tools to get back on track when he slips, and he can reach out for help if he needs it. When comparing his life before and after the program, Jack says the relief he's found is "like finally taking off a 70 pound backpack."

## Richard Erickson

In 2009, a virus attacked Richard Erickson's heart. His condition steadily worsened until April of 2017, when he was hospitalized because his heart was only functioning at 10% of its capacity. Richard's health was deteriorating so rapidly that doctors told him his situation was dire. He received open-heart surgery to implant a Left Ventricular Assist Device (LVAD), a battery operated, mechanical pump that helps the left ventricle of the heart pump blood to the rest of the body.



After having the LVAD implanted, Richard underwent a lengthy and challenging recovery process. He was hospitalized for 78 days and then received home care for six weeks. The turning point in his recovery came when he started attending HeartWorks, the Center for Well-Being's cardiac rehabilitation program.

For Richard, the best part of HeartWorks is the positive atmosphere and community of care and support, as well as the increased sense of independence he has gained. He credits HeartWorks as the main reason he's been able to make physical, mental, and emotional progress since his surgery. Richard and his wife Betty recently took a trip to Texas for their granddaughter's graduation, something that they would not have believed possible a year ago. The Ericksons use their experience to connect to other people facing similar challenges. Richard says his experience "gives people hope again and lets them know what to expect." Richard is grateful to be able to walk, garden, and drive again. As for Betty, she remembers the moment she saw her husband climb onto an exercise bike at HeartWorks. She thought, "He's coming back."





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Cooking classes are offered at the Center for Well-Being. Join the Center's team of Registered Dietitians in learning how food can be good for you and taste delicious too! Enjoy and experience the flavor of locally grown foods.



## AVOCADO GARDEN SALAD

### INGREDIENTS

- 6 cups torn or cut mixed salad greens
- 3 medium tomatoes, chopped
- 5 green onions, chopped
- 1 small cucumber, peeled and chopped
- 2 tablespoons lemon juice
- 1/3 teaspoon garlic powder
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon salt
- 1 large avocado, peeled

1. Mix salad greens, tomatoes, onions, and cucumber in a large serving bowl.
2. In a small bowl, mix lemon juice, garlic powder, ground black pepper, and salt. Pour over salad mixture and toss together.
3. Cut avocado in half lengthwise. Remove pit and peel avocado halves. Slice into thin wedges, about 1/8-inch thick.
4. Arrange avocado slices on top of salad and serve immediately.

*Nutrition information per serving: Calories 78, Carbohydrate 9 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 222 mg*



## CAULIFLOWER "RICE"

### INGREDIENTS

- |                       |           |
|-----------------------|-----------|
| 1 head of cauliflower | Red Onion |
| Olive oil (1-2 tsp.)  | Garlic    |
| Salt                  | Cumin     |
| Ground black pepper   |           |

1. Cut the head of cauliflower into quarters and remove the core keeping only the florets.
2. Grate the cauliflower using the largest setting on your grater (the normal cheese setting.)
3. Finely chop the red onion and mince garlic.
4. Gently sauté the onion and garlic in a little olive oil.
5. Add the grated cauliflower to the softened onion and garlic, sauté 3-4 minutes before adding the ground cumin, salt and pepper. Continue to sauté another 2-3 minutes. Serve immediately.

*Nutrition information per serving: Calories 68, Carbohydrate 8 g, Dietary Fiber 3g, Protein 3g, Total Fat 4g, Trans Fat 0 g, Cholesterol 0mg, Sodium 45mg.*

# THE POWER OF YOUTH VOICE

## HOW A SMALL GROUP OF STUDENTS INFLUENCED POLICY CHANGE IN THEIR COMMUNITY

Since 2008, Project TRUE (Teens R U Educated?) has been focused on educating youth and the greater community on the facts and consequences of alcohol, tobacco and other drugs. Project TRUE members are selected as committed leaders who have a special interest in educating their peers about these substances through a culturally relevant lens of harm reduction rather than abstinence. “Project T.R.U.E’s mission is to educate their peers about the effects of alcohol, tobacco, and other drugs in order to create a healthier community” is the tagline of the

**Much of the tobacco industry’s target marketing is directed at teens, particularly teens in minority populations.**

group’s mission, with the belief that education empowers individuals to make appropriate and healthy decisions for themselves.

During the 2017-2018 school year Project TRUE members at Windsor High School worked tirelessly to help pass the Tobacco Retail License (TRL), making it their mission to reduce youth access to tobacco in the Windsor community. Although the group was small, they accomplished a great deal during the course of the school year. Students were provided with capacity-building trainings in the areas of public speaking, environmental prevention, and how to advocate for change at a public policy level. To promote their commitment to pass the TRL, the students created a dynamic superhero themed video.

The most recent California Healthy Kids Survey (CHKS) reported that 37% of Sonoma County 11th grade students stated that it was very easy to obtain cigarettes

(Summary of findings for Sonoma County CHKS, 2015-2016). According to the American Lung Association, approximately 70 percent of smokers begin smoking before the age of 18 (Why Kids Start, 2010). The CHKS also reported that 19% of Sonoma County 11th graders had engaged in e-cigarette use in the last 30 days (Summary of findings for Sonoma County CHKS, 2015-2016). Furthermore, much of the tobacco industry’s

target marketing is directed at teens, particularly teens in minority populations.

Project TRUE members took their training to the streets and launched a campaign to make their voices heard. They met with Bruce Okrepkie, Mayor of Windsor, to discuss the prevalence of tobacco and especially vaping products among their peers and in their community. They authored a letter to the editor in support of TRL that was published in The Windsor Times. Additionally, they participated in a community walking tour to observe the

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**Project TRUE Heroes, Windsor High School**





# Because healthy can take you anywhere.

## MEET STEPHANIE STRICKLEN, MOTHER OF THREE-YEAR-OLD OLIVIA

*Patient of Dr. Iezza, pediatrician at St. Joseph Health Medical Group*

What's it like to be the mother of a fearless three-year-old? Ask Stephanie Stricklen, and she will admit that it can be a wild ride. Like the time her daughter, Olivia, fell off her bicycle one evening, badly hitting the back of her head. Stephanie called Olivia's pediatrician, Dr. Iezza, who was able to help assess the situation over the phone. With no sign of serious injury, Dr. Iezza instructed Stephanie on what to do, helping her avoid a trip to the emergency room. The responsiveness and care Stephanie received, including a follow-up call the next day, is the reason she trusts the doctors of St. Joseph Health Medical Group. Today, Olivia is back on her bicycle and ready to take on any bumps in the road.



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# COMMUNITY HEALTH WORKERS:

## THE HEARTS AND HANDS THAT LINK OUR COMMUNITY TO CARE

In the sixteen years that Elena lived in the US, she never sought medical care. Before, she never felt that she needed to. But since last December, Elena had felt increasingly fatigued and weak, without her normal energy to care for her family. Despite feeling like something was wrong, she was hesitant to seek help. “I dedicated myself to my caring for my family and I never paid attention to myself,” Elena explained. “But I couldn’t keep going because the fatigue and stress kept growing. I knew I had to look for help, but I thought a doctor wasn’t going to care for me. I was so desperate.”

**The Center’s Community Health Workers serve as healthcare extenders, targeting hard to reach communities at greatest risk for health inequities. CHWs engage residents in their own neighborhoods, connecting on a peer to peer level.**

### The Need

Heart disease and strokes are responsible for more than one in four deaths in Sonoma County; making these diseases combined the leading cause of death. Strikingly, heart disease affects a broad range of ages, and is among the top five leading causes of death for



**Xochilt Quintana, Promotora de Salud, conducting a blood pressure screening as part of the *It’s Up to Us* campaign.**

residents 25 years and older.<sup>1</sup> Many of these deaths are preventable through lifestyle changes such as smoking cessation, healthier diets, increased physical activity and seeking regular preventative care. Hearts of Sonoma County; an initiative of Health Action’s Committee for Healthcare Improvement; is piloting several strategies to reduce cardiovascular disease. The *It’s Up to Us* Campaign, a key Hearts of Sonoma prevention strategy, launched last year through a partnership between the United Way of the Wine Country and the Center for Well-Being. The goal of the countywide initiative is two-pronged: to provide broad awareness of this silent killer, and to deliver targeted outreach designed to educate, screen for high blood pressure, and link high-risk individuals to care. Education and empowerment is the first step in prevention.

### Linking Community to Care

On Thursday, March 8, Xochilt Quintana set up an education and screening booth at Camacho Market in Southwest Santa Rosa. Xochilt, a physician in her native Michoacán, Mexico, is a trained Center for Well-Being Promotora/ Community Health Worker (CHW). Xochilt received her CHW Certificate through the Santa Rosa Junior College’s Community Health Worker program. She received additional training through the Center’s CHW Core Competencies and Heart Disease Prevention





Education, overseen by Martin Rivarola, Community Engagement and Grants Manager, and Nora Bulloch, Registered Dietitian. Over the course of the day, Xochilt provided blood pressure screens, education, and brief intervention to over a dozen individuals. One of those individuals was Elena.

“I was filled with such happiness because I thought finally, ‘I’m going to know what I have,’” said Elena. When Xochilt checked her blood pressure, Elena asked, “What do I have? Am I going to die?” Xochilt responded calmly, “You aren’t going to die. We’re going to help you.”



**Elena at her grandson’s baptism, several months after her initial blood pressure screening outside Camacho Market.**

The very next day, Elena was seen at the Santa Rosa Community Health Fiesta site. She was assessed for insurance eligibility, established with a primary care provider, and was prescribed medication for her high blood pressure. “My life changed that day—like I came back to life—because I found relief,” shared Elena. “I cried from happiness to know I had found what I needed.”

### Extending Healthcare to the Community

Xochilt is a leader in the *It’s Up to Us* campaign, helping her neighbors understand the importance of blood pressure control as a key strategy to prevent cardiovascular disease. “A lot people don’t know what is normal blood pressure,” explained Xochilt, “They don’t know which range they fall in and when to see a doctor.” Xochilt and other CHWs are working to change this. “When you go to a doctor, they have limited time to spend with you and answer your questions,” explained Xochilt. “During the CHW screenings, there is more time to talk. People feel more trusting and they want us to come back each week.”

The Center’s CHWs serve as healthcare extenders, targeting hard to reach communities at greatest risk for health inequities. CHWs engage residents in their own

neighborhoods—in grocery stores, churches, farmers markets and at neighborhood festivals—connecting on a peer to peer level. As trusted members of the community, CHWs like Xochilt are the bridge between community and clinics, engaging residents to build health literacy skills and be advocates for their own health. “The partnership with the Center’s CHWs through the *It’s Up to Us* campaign is invaluable to SRCH to find high risk individuals out of care, and quickly get them the help they need,” shared Kathleen Sarmiento, Santa Rosa Community Health’s Director of Nursing. “I look forward to our continued partnership, identifying even more individuals in our community to prevent heart disease.”

With more than 10 years integrating CHWs into health education and behavioral change programs, the Center’s Community Health Worker program is an innovative model to improve community health. The Center recruits, trains, and empowers community members to become community leaders. CHWs build upon their intrinsic passion to help their community, learning to teach others health literacy and healthcare navigation skills. The Center has a team of 48 trained CHWs, and they reach over 7,000 people annually. With the impact of the October fires and so much of our community still in need, the Center is uniquely positioned to help.

### Lasting Impact

At the baptism of Elena’s grandson last month, Elena was surprised to see Xochilt across the room. Neither thought they’d see each other again after their first meeting outside Camacho Market. In between emotional hugs, Elena had a unique opportunity to thank Xochilt directly for her renewed health. “Because of you all, here I am. If I hadn’t found you, I wouldn’t be here today.”



1 Sonoma County Summary Measures of Health: A review of life expectancy, disability status, leading causes of death and premature death with trends for 2005-2015, January 2018

# 2018 LEADERS IN HEALTH AND WELLNESS

**Celebration of Dreams, the Center's annual fundraiser and awards event, recognizes people and organizations that are committed to a healthier community.**



**Healthcare Leader  
Dr. Jared Garrison-Jakel**

Dr. Jared Garrison-Jakel is a young physician who has committed his time, skills, and energy to addressing the healthcare needs of the most vulnerable people living in rural, western Sonoma County. He is

dedicated to providing full-spectrum primary and preventative care to society's most disenfranchised populations. Dr. Garrison-Jakel's professional interests include rural medicine, homelessness, trauma-informed care, end-of-life care, LGBT health, OB, family planning and community-driven interventions.

Over the past two years, he and other members of the Homeless Services team at West County Health Center have created trusting relationships with over 300 unhoused people living in the community and provided life-saving care for their physical, emotional and social needs. Recognizing lack of housing as a major contributor to poor health outcomes, Dr. Garrison-Jakel has participated in forums outside of his practice to advocate for more collaboration and better understanding of how to address chronic disease for this special population.

Since Dr. Garrison-Jakel started working on the Homeless Services team. In 2016, patients without homes have been provided with comprehensive healthcare services, as well as food, showers, housing, and employment assistance. Through the work of his team, the entire community has become more activated and aware of the impacts of homelessness. The compassionate, respectful and understanding care that Dr. Garrison-Jakel provides to his patients has profoundly impacted many

individuals in the community and given them hope and a hand-up to create well-being in their own lives.



**Community Leader  
Karissa Kruse**

In early 2014, Karissa Kruse, president of the Sonoma County Winegrowers, stood before 500 local grape growers and media and announced that the Sonoma County grape growers were committing to become the nation's first 100% certified sustainable winegrape growing region. This commitment to sustainability focused not only on the mission of the farming business and the land stewardship, but also supporting the local agricultural workforce. "People are what matters most. Agriculture has a history of family farmers in Sonoma County and taking care of our employees is not only the right thing to do, but it keeps our community strong for the next generation!" said Kruse.

Kruse relaunched the Sonoma County Grape Growers Foundation two years later, with a vision to



support Ag employees and their families. From listening sessions with employees and their families, Kruse established childcare, education, healthcare, housing, and workforce development as top priorities to support the workforce. Sonoma County Winegrowers quickly become known as global leaders in sustainability, the only region in the wine world to focus on programs and partnerships that would directly benefit Ag employees and their families.

Within the first week after the devastating fires broke out last October, Karissa and the Sonoma County Grape Growers Foundation partnered with Sonoma County Farm Bureau to launch a housing recovery fund to ensure Ag employees and their families impacted by the fires—through loss of house, wages or household items—were supported and could remain in Sonoma County. In less than 6 months, the Sonoma County Grape Growers Foundation raised over 1 million dollars and was able to help over 200 Ag families with rent support, RV purchases, and gift cards for lost wages or displacement costs. When reviewing her career challenges and successes, Karissa is most proud of helping Ag families impacted by the fires, and is excited to expand future partnerships beyond housing to focus more on health and well-being for the farmers and their employees.



**Government Leader**

**Julie Combs**

Julie Combs joined the Santa Rosa City Council in 2012 and has since been a strong advocate for issues to promote the health and wellbeing of the city’s residents. As a Council Member, Combs values community and actively listening to her constituents to ensure greater neighborhood involvement in policy decisions. She works tirelessly to advocate for affordable housing, and champions the connection between housing and health, especially for at-risk children affected by homelessness. To address these concerns, Combs led efforts to adopt rent stabilization and just-cause eviction, advocating for renters rights to keep families safely housed. In 2015, Combs supported the adoption and implementation of the city’s smoke-free multi-unit housing ordinance, reducing secondhand smoke exposure for thousands of residents.

Key priority areas for Combs include working to develop affordable housing options for Santa

Rosa residents, partnering with local non-profit agencies to address homelessness, and actively supporting the annexation of the Roseland Community into the City of Santa Rosa. In partnership with her fellow council members, Combs expanded the City of Santa Rosa’s wellness program from service staff to benefit all employees and recently banned the use of Roundup on city properties, a move to reduce exposure to harmful toxins for residents.

Two years ago, Julie Combs began a personal health journey, eliminating sugary beverages entirely. Over time, she has lost eighty pounds through healthy lifestyle changes! Prior to serving on the Santa Rosa City Council, Combs founded the Neighborhood Association for Bennett Valley and was instrumental in the establishment of the Southeast Greenway. Combs will continue to serve on the City Council as a member at large until 2020.



**Healthy Business Leader**  
**Exchange Bank**

Exchange Bank is committed to wellness for their 415 employees,



prioritizing employee and community health and well-being as part of the bank's workplace culture. The bank launched its Every Body Benefits wellness program in 2010, an initiative designed to provide employees with meaningful wellness information, motivation and team building opportunities via onsite wellness challenges. These these efforts have expanded to include onsite yoga during the lunch hour, company sponsored co-ed sports teams, free onsite flu shots for employees and family members and free CPR training to employees. In addition to onsite services, Exchange Bank continues to reimburse employees to defray the cost for health club membership, weight loss and smoking cessation programs.

Newly refreshed in 2018, Exchange Bank's wellness program is based on a holistic wellness approach tackling a variety of topics throughout the year. These include wellness goal setting, preventative care, sleep awareness, stress reduction, fitness, cancer awareness, nutrition, and financial wellness.

Exchange Bank is making sure its employees have access to affordable health care. For the third consecutive year, Exchange Bank has not increased employees' medical, dental and vision insurance premiums.

Exchange Bank also supports community health, awarding \$771,000 to more than 300 non-profits and local charities in 2017 that provide health services to low-income members of Sonoma County. Employees directly support

local and national charities, raising funds annually for the American Cancer Society and participate in Relay for Life, the Leukemia and Lymphoma Society's Light the Night Walk, Ceres Community Project, and many others.

The bank's wellness efforts have been recognized by the Sonoma County Economic Development Board's Healthy Business Recognition Program, earning gold status, the highest level of recognition. Exchange Bank has also received the NBBJ Healthiest Companies award for the past six consecutive years in a row!

Collectively the worksite wellness programs help Exchange Bank control rising insurance premiums, reduce time away from work and demonstrate the banks' commitment to the health and well-being of their employees and the communities they serve.



**Youth Leader  
Brian Flores**

Brian Flores is a Senior at Roseland University Prep High School and is an active member of the Center

for Well-Being's Project TRUE program. Project TRUE is a peer education group that is committed to empowering teens to make healthy decisions regarding alcohol, tobacco, and other drugs.

This is Brian's fourth year as a member of Project TRUE, and improving community health is a big passion of his. Brian first joined Project TRUE to address the approach he saw his peers taking in regard to alcohol and drug use. Brian credits Project TRUE with starting his journey into health advocacy. Since joining TRUE, Brian has grown in his public speaking skills and is currently the All Student Body President at RUP.

Brian aspires to be the first in his family to attend a four year university, and hopes to continue his lifelong commitment of improving community health while reaching his career aspiration of becoming a commercial airline pilot. In addition to Project TRUE, Brian has been involved in efforts to provide sexual health information to teens, and has served as an assistant teacher for children in summer school.

When asked about his favorite part of being a Project TRUE member, Brian shares, "Project TRUE helped me find the skills and steps I needed to achieve my dreams and help others achieve theirs too." Brian believes in the power of youth to make a difference, and hopes that his involvement in youth advocacy inspires and empowers others to get involved and make real, lasting community change.



# THE POWER OF YOUTH VOICE

Continued from page 6

frequency of tobacco and alcohol advertising in their community. Project TRUE members made a compelling presentation at the town council meeting, sharing their advocacy work, their concerns, and a heartfelt call to action to reduce teen access to tobacco. It was at this meeting where the TRL was ultimately passed.

Zach Busch, a member of Project TRUE, shares, “Presenting at town council was one of the most important experiences in my life. It taught me that anyone can make a difference in the community. It also has prevented many young people from having easy access to tobacco products, which has made our community a healthier environment.”

Lisa Whittke Schaffner, Executive Director of the John Jordan Foundation, was in attendance at the Town Council Meeting and stated “I was so impressed with the



**Project TRUE members and Center Youth Program Coordinator meet with Mayor Bruce Okrepkie to discuss the Tobacco Retail License.**

speakers from Project True at the Windsor Town Council meeting. The passion, commitment, and their great verbal skills had the Council completely focused. I hope these young people understand the impact they can make throughout their lives.”



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### Sonoma County's innovator in TAVR surgeries

We care about transforming community health. Northern California Medical Associates is proud to partner with The Center for Well-Being in the fight against preventable heart disease. As a leading Sonoma, Mendocino and Lake county provider of cardiovascular care, chronic illness care and diabetes care/prevention, we're in it to win—on your behalf.

Together, we can beat cardiovascular disease for you, for your friends and for your family.

NCMA cardiologist Dr. Patrick Coleman, center, performs a transcatheter aortic valve replacement (TAVR) procedure at Santa Rosa Memorial Hospital on March 14, 2018. NCMA cardiologist Dr. Vishal Patel stands on the right. (Beth Schlanker / The Press Democrat)

#### Our services

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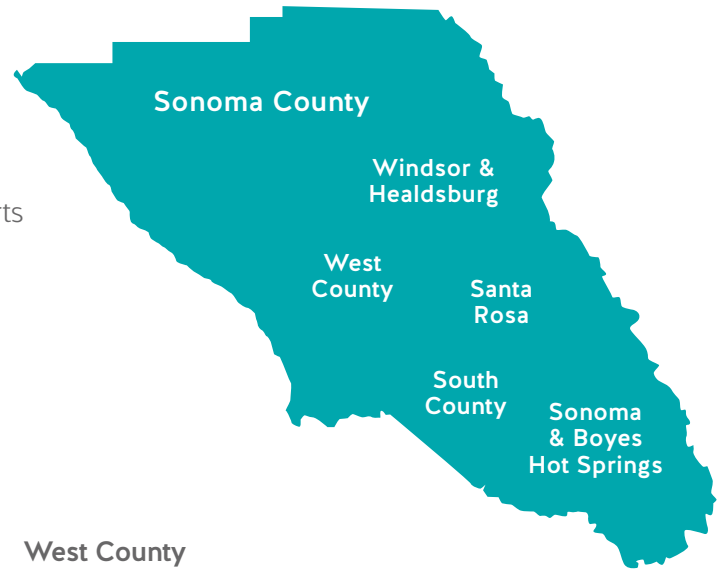
- NCMA Women's OB/GYN Center
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- Urology
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# COMMUNITY IMPACT

Take advantage of our programs and community efforts across the region.



## Santa Rosa

- + Cardiac Rehab
- + Active Recess
- + Youth Development/Advocacy
- + Diabetes
- + Nutrition Education
- + Asthma Prevention
- + Tobacco Control
- + Chronic Disease Management

## Windsor & Healdsburg

- + Active Recess
- + Diabetes
- + Nutrition Education
- + Asthma Prevention
- + Tobacco Control
- + Chronic Disease Management

## South County

- + Active Recess
- + Diabetes
- + Nutrition Education
- + Asthma Prevention
- + Tobacco Control
- + Chronic Disease Management

## West County

- + Active Recess
- + Diabetes
- + Nutrition Education
- + Asthma Prevention
- + Tobacco Control
- + Chronic Disease Management

## Sonoma & Boyes Hot Springs

- + Nutrition Education
- + Asthma Prevention
- + Tobacco Control
- + Chronic Disease Management

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# EMPOWERMENT TRANSFORMS LIVES

When David Harris was referred to the Center for Well-Being in January of 2017 he felt unwell and wanted to improve his quality of life. At first he was unsure that the Center would be able to help him manage his diabetes, but he knew it was time to make a change. Fortunately, what David found through taking the Center’s diabetes management and meal planning classes were the tools he needed to improve his health dramatically. He shares that the education he received allowed him to “put into practice a whole new way of nourishment and life.”

Around the same time, David’s partner Richard Kasten had a scare when he was diagnosed with an irregular heartbeat. His doctor told him he needed to make a

lifestyle change that included weight loss, exercise, and healthy food choices. Richard’s doctor recommended the Center for Well-Being as a resource, but it wasn’t until David brought home a Weight Control flyer from the Center that Richard signed up. Since joining the 16-week course in March of this year, Richard has lost 30 pounds, and feels confident in his ability to continue making healthier choices for himself. When asked why the class worked for him, Richard said, “you’re not doing anything doing those 16 weeks that you can’t do the rest of your life. I never felt deprived or hungry and always had fun and interesting things to eat.”

One of the most impactful benefits Richard and David have experienced is the overlap in their respective lifestyle changes. David has lost ten pounds due to Richard’s involvement in the weight management class, and Richard has begun to watch his carb intake due to David’s participation in the meal planning class. The positive lifestyle changes that each has made individually have impacted both of their lives for the better. Through utilizing the Center’s resources, Richard and David now feel empowered to live life as their healthiest selves.

## DAVID’S SUCCESS

- 2.6 point drop in HbA1C
- Lost 10 pounds

## RICHARD’S SUCCESS

- Lost 30 pounds
- Increased level of weekly exercise

### THE CENTER’S LIVING WELL WITH DIABETES 2018 AGGREGATE OUTCOMES:

- 75% of participants achieved HbA1C  $\leq 7$  or drop of  $\geq 1$  point
- Median drop in HbA1c: 1.4 points



David and Richard celebrate their successes in health.

### THE CENTER’S WEIGHT CONTROL 2018 AGGREGATE OUTCOMES:

- 12 pound average weight loss
- 2.4” average loss in waist circumference
- 5% average loss of total body weight

## BOARD OF DIRECTORS

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## MISSION

To promote the well-being of the whole person by empowering people with the knowledge, skills and spirit to take responsibility for personal, family and community health.

NorCalWellBeing.org

### TOTAL WELLNESS CHAMPION



### WELLNESS CHAMPION



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