

GOODHEALTH™

A HEALTHCARE JOURNAL FROM SANSUM CLINIC • ISSUE 16 • SUMMER 2016

**MUSIC MEN
OF SANSUM CLINIC**

**WOMEN'S
HEALTH**

**ADVANCE CARE
PLANNING**

**NEW
CANCER CENTER**

sansumSM
CLINIC
for your good health



Dear Patients,

As a nonprofit organization, our mission is to provide an excellent healthcare experience and our first priority is the patients we serve. Our recent recognition by United Healthcare demonstrates that we are able to provide high quality care, more efficiently than many healthcare organizations our size. This is due in large part to the generosity of our many donors and grateful patients who want to ensure that excellent healthcare is available in our community.

We are pleased to introduce you to just a few of those remarkable people in this issue.

One of our challenges has been ensuring that our facilities match the high caliber of our physicians. Thanks to the generous support of our donors, we have two major projects underway to address this. Our multi-specialty clinic at 215 Pesetas Lane is undergoing a significant remodel (see page 6) and we are building a brand new regional Cancer Center at 540 W. Pueblo Street (see page 7). Please know we are doing everything we can to ensure patients are not inconvenienced as we take these major steps to better serve you.

Your support also allows us to offer many programs and services that benefit the good health of our entire community including Camp Wheez, Advance Care Planning, Prescription Navigation, diabetes education and nutrition information, among many others.

We receive thousands of letters, emails and messages from our patients and we review each one in our efforts to recognize your needs and to serve you better. Your feedback is important to us and we have a new partner, Press Ganey, an industry leader in collecting and processing survey data to help healthcare organizations, like Sansum Clinic, deliver the best possible patient experience.

We are planning for the future healthcare of our community and we look forward to caring for you and your family for generations to come.

Sincerely,

Kurt N. Ransohoff, MD, FACP
CEO and Chief Medical Officer



From left to right: Julie Martin, Linda Hoffman,
Randy Stein and Anna Gaytan

United Healthcare Honors Sansum Clinic

Sansum Clinic was recently recognized by United Healthcare for our focus on improving the health and wellness of our United/Secure Horizons Medicare Advantage plan members. ●

GOOD HEALTH

A free publication from
Sansum Clinic published
three times a year

ISSUE 16 • SUMMER 2016

Sansum Clinic's mission is to provide an excellent healthcare experience, recognizing our first priority is the patients we serve.

Sansum Clinic is accredited by the
Institute for Medical Quality

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Advance Care Planning



Laura Mancuso, Advance Care Planner

Advance Care Planning is a simple process to plan for a time when you cannot make your own medical decisions and are unlikely to recover from illness or injury.

We offer free Advance Care Planning (ACP) services with an ACP Facilitator who will meet by appointment with patients, families and caregivers to help you:

- Select a qualified healthcare agent to act on your behalf.
- Explore your values, goals, beliefs and preferences for your healthcare.
- Understand your current health status and expected course of illness.
- Document name of your healthcare agent and preferences in an Advance Directive.
- Complete a POLST (Physician Orders for Life-Sustaining Treatment) if appropriate.
- Share decisions with loved ones and healthcare providers.
- Record your Advance Care Plan in your electronic health record.

Hours: Thursday Afternoons by Appointment Only.

Phone: (805) 681-6599

Location: 317 West Pueblo Street, Santa Barbara

This service is free of charge. Advance Care Planning (ACP) is brought to you in collaboration with Alliance for Living and Dying Well, and with support from the James S. Bower Foundation. 🌻

Your feedback is important to us!

We have a new partner to help us deliver the best patient experience. Press Ganey is an industry leader in collecting and processing survey data to help healthcare organizations like Sansum Clinic deliver the best possible patient experience.

Hearing from you will help ensure we meet your needs and expectations at our clinics.

You may receive a brief experience survey via USPS mail or email after your visit. Your replies will be kept confidential and we will use your feedback to provide even better care. Your input is important to us and we thank you for taking the time to complete your survey. 🌻



GOODHEALTH

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This magazine is not intended to provide medical care. For specific medical advice, diagnoses, and treatment, consult your doctor. All information in this publication is for educational purposes only.

What to Expect: Expertise & Empathy

ADELE MENICHELLA

Patients of Charmian Dresel-Velasquez, MD use words like “personable” and “empathetic” to describe her bedside manner. The Obstetrician-Gynecologist has a sunny disposition, perhaps because she “feels very lucky in so many ways.” Clearly, she has a disarming effect on people, especially those who tend to experience anxiety around doctors.

“Charmian took the time to explain everything in the kindest, clearest possible way,” says Cheri Owen, a patient who was experiencing heavy bleeding and having bouts of fatigue during menstrual periods. She says, “I went from dreading the first appointment to feeling genuinely cared for as a human being.” Dr. Dresel-Velasquez is enthusiastic about addressing the various medical challenges her patients present from preventative care, contraceptive counseling, pregnancy/childbirth to postmenopausal care. At any given time, 65% of her patients see her for gynecological care, 35% for pregnancy and childbirth.

One gynecological disorder that affects many different age groups is abnormal uterine bleeding (AUB). “I enjoy treating abnormal uterine bleeding because there are effective ways to help women.” About a third of her gynecological appointments are for AUB.

Women bleed. It's perceived as a condition of life, not necessarily a medical problem. Since uterine bleeding is normal during childbearing years, sometimes women do not seek medical care right away when the blood flow or frequency changes. Cheri's reaction was typical. “I knew in my gut that something was wrong, but thought it might be signs of early menopause,” she says. Because abnormally heavy or irregular bleeding or spotting can also be symptomatic of more serious conditions, including precancer and/or cancer, it is important that women seek medical attention promptly. In Cheri's case, a uterine biopsy indicated she had a precancerous condition that needed hormonal regulation with follow-up testing every three months.

Although pre-cancer or cancer as a reason for AUB is very concerning, most AUB is associated with noncancerous reasons. Even when AUB is not related to cancer, it can still be very distressing for a woman because it oftentimes affects the quality and productivity of her life. Fortunately there are many effective ways to treat different types of AUB such as hormonal therapies, outpatient surgeries, or minimally invasive surgical approaches. The coordinated team of specialty surgeons, anesthesiologists, physicians, and nursing staff at Foothill Surgery Center at Sansum Clinic offers state-of-the-art OB/GYN procedures without the need for overnight hospitalization. Dr. Dresel-Velasquez enjoys operating at Foothill Surgery Center because “both the nursing staff and anesthesiologists are very attentive, efficient and overall are top notch. My patients like the surgery center because they leave surgery feeling well taken care of.”



Some types of AUB respond best to modifications in diet and exercise. Dr. Dresel-Velasquez explains, “Sometimes abnormal bleeding stems from obesity. It can lead to precancer. It's a sensitive topic, and important to address in a supportive way.” Sansum Clinic employs nutritionists that work alongside patients who need to lose weight and maintain healthier eating and exercise habits.

A biologist and physician devoted to “taking care of women at all stages of life,” Dr. Dresel-Velasquez has a background of applying her skills to underserved populations. Long before she accepted the position at Sansum Clinic last year, she and her husband Adrian directed a Peace Corps project in the mountains of Guatemala. “We ran a milking goat project and constructed greenhouses,” she says, and laughs as she remembers the “primitive conditions that became your new normal.” During medical school she returned to Guatemala, this time to practice general medicine with University of Wisconsin's Global Health Institute.

“Working in rural areas, you see so much,” says Dr. Dresel-Velasquez. People living without toilets, electricity or hot water. Things we take for granted here like fruits and vegetables are rarities at 8,000 feet elevation.” Drawn to working with her hands, the rural life appealed to the student of environmental biology. “Wherever you go from rural Guatemala to Santa Barbara, women have similar concerns — like keeping their babies healthy, their teens from acting out and staying healthy themselves.”

Being part of this process was a big reason for her entrance into an OB/GYN residency at the University of California Davis. Following her residency training, Dr. Dresel-Velasquez fulfilled a scholarship she received in medical school providing health care to underserved Spanish-speaking farm and factory workers in Visalia and Fresno. Her husband, an attorney worked as a public defender in Fresno. “Our two children were born in Central California,” says Dr. Dresel-Velasquez. “Becoming a mother, having to nurse my babies and go back to work, changed me.” She continues, “Pregnancy and labor can deviate from expectations. Having experienced this, I can empathize with women when the unexpected becomes your experience.” It seems she conveys this empathy effortlessly to her patients. “What Charmian has is a gift,” says Cheri. “She brings an extra level of compassion to working with her patients.” 🌻



Brittany Myles for the Santa Barbara Foundation

Ed Birch, Vicki Hazard and Ron Gallo

Sansum Clinic's Chair of the Board of Trustees

Vicki Hazard – Woman of the Year

Vicki Hazard received the 73rd Woman of the Year recognition from the Santa Barbara Foundation during a ceremony on March 9 at the Coral Casino. Ed Birch was named Man of the Year.

Vicki has dedicated more than three decades to leadership roles in volunteerism and public service, with the past 15 years devoted almost exclusively to nonprofit agencies in Santa Barbara.

In 2015, she gave her time and expertise to numerous local organizations, including Sansum Clinic, the Cancer Center of Santa Barbara with Sansum Clinic, the Cancer Foundation of Santa Barbara and the Scholarship Foundation of Santa Barbara.

“Vicki is one of the best examples of the critical role volunteerism plays in our community,” stated Dr. Kurt N. Ransohoff, CEO and Chief Medical Officer of Sansum Clinic. “She gathered all kinds of skill and wisdom in the business world before coming to Santa Barbara. Since then, she has provided numerous nonprofit organizations like ours with her time, resources and most importantly, her wisdom and guidance.”

What does volunteerism mean to Vicki? “Volunteerism is the magical ingredient that defines Santa Barbara. This community’s

pervasive atmosphere of community involvement lures us out of our daily routines and inspires us to join others in a special world where almost anything is possible. Through this ‘connectedness’ we are inspired to improve the lives of those in need; strengthen a host of community services; enrich our cultural environment; protect the creatures and resources with whom we share this planet; plan and dream for a better tomorrow; and in the process, transform our own lives. Volunteerism fuels our souls and, in doing so, truly shapes the community that we share.

Santa Barbara’s rich history of volunteerism provides us with many lessons about the value of community service, and encourages us to keep building upon the traditions of those selfless community leaders who have preceded us. We can look ahead with confidence that Santa Barbara’s future is bright. In fact, absolutely no community is better prepared than we are to make that happen!”

At Sansum Clinic we are honored to call Vicki Hazard the Chair of our Board of Trustees, our friend, the hardest working volunteer in Santa Barbara and now Woman of the Year! 🌟

Looking Forward to the Next Adventure

NICOLE YOUNG



When Steve Roth's 11 month-old daughter, Malinda was diagnosed with spinal meningitis, he had no idea that it would help to prepare him for his own medical challenges in the future. At the time, he was only focused on getting her well and also taking care of his eight year-old son. Steve and his wife, Carol waited many years to become pregnant with Malinda, and her serious illness at such a young age tested their faith and their coping skills.

Malinda recovered after a few weeks in the hospital and would grow to become a healthy, athletic and beautiful young woman. But the experience stayed with Steve. He had to call upon that spiritual wisdom decades later. In 2010 after a flagged colonoscopy, Sansum Clinic's Dr. Mukul Gupta informed Steve that he had stage III colon cancer.

"It was never 'Why me?'" says the 72 year-old. "The situation

with Malinda kind of took away the why me. I really felt my faith had gotten me through and that life was going to go on. I didn't spend too much time on worrying."

The couple met with their oncologist, Dr. Gupta who put them both at ease. "I just thought he was the greatest thing in the whole world," says Carol. "He explained everything slowly and clearly, in simple English so we could understand. Sometimes he would even draw us pictures." Surgery was scheduled with Sansum Clinic's Dr. Gregory Greaney to remove the cancer. While Steve had confidence in his doctors' abilities, he was also hoping for a personal connection. "I was basically putting my life in their hands. I needed to know that I really mattered to them. And they did that. They were just really great. There was never any doubt I was in the right place," Steve recalls. The surgery was a success, and Steve's sense of humor remained intact. "My lame joke is that I went from a colon to a semi-colon," he laughs.

Below: Steve Roth and family



Steve, Malinda and Carol

Post-surgery, Steve began chemotherapy treatments every two weeks for 6 months. Following each visit, he'd leave with his "man pack," a portable infusion pump enclosed in a fanny pack to keep the chemo drugs flowing into his body. Steve was determined to live as normally as possible, so he kept working as the business administrator of Calvary Chapel Santa Barbara. "I didn't want to lay around. I thought, the more I can kind of force myself, the more energy I will have."

I think that really helped, that I had things I needed to get done."

The chemotherapy wasn't without side effects. He didn't lose his hair, but Steve's hands often felt cold or like they were burning. Food tasted terrible, he had mouth sores, fatigue and nausea. It hurt to brush his teeth. When the symptoms would finally lessen, it'd be time for another treatment. "It was hard to go back in there and say, ok, hit me again," he recounts. Steve credits the nursing team for making a difficult experience bearable. "They were amazing to me. The care was unbelievable. You could just tell they really cared about me and what they were doing."

Looking to focus on something positive during his chemotherapy, Steve began to make plans for when the treatments ended. He envisioned a big lobster dinner at a local seafood restaurant once his taste buds came back to life, and a family trip to Disneyland. He hoped that one day he'd be the one to walk his daughter, Malinda down the aisle at her wedding. Less than a year after the surgery, he was cancer-free and his short-term dreams came to life. "I knew God had plans and he wasn't done with me yet," says Steve. He celebrated knowing that the relationships with the most important people in his life, Carol and all three of his children, were stronger as a result of the cancer. "I got to be there, we had the best wedding ever," beams Steve. "It was what life was supposed to be."

Now, his long-term dreams wouldn't stay on the backburner. "Who knows what will happen tomorrow? Maybe my next colonoscopy won't be good and we'll have to deal with that. I don't want to go nuts, but we do want to have some fun. Our philosophy right now is, do it while we can," Steve chuckles.

Now that Steve is retired, the Roths' travel log is enviable. They ventured to Israel, took a Mediterranean cruise, went zip-lining in Las Vegas and played with Iditarod sled dogs in Alaska. On



Steve's growing bucket list: sky-diving! "I like things that are fast and fun adventures," he announces. This summer, the couple will embark on a 7,000-mile road trip through Kansas, Missouri and Iowa, ending with a Mississippi river cruise. In his spare time at home, Steve helps former addicts at the Santa Barbara Rescue Mission prepare resumes and practice for job interviews. His advice for them and others battling difficulties in life is to have faith and look toward the future. "You don't know it at the time, but there is an end. It's going to happen," he predicts. "You've got to look forward to that time, and think beyond that. Have confidence because there is life afterwards." ☀️

While the number of deaths from colon cancer has declined over the past 25 years according to the American Cancer Society, a review by the National Cancer Institute last year revealed the number of diagnoses among patients under 50 years-old is rising.

A New Cancer Center for the Central Coast

If you've driven by the Cancer Center's 540 West Pueblo Street campus lately, you have seen that a lot has changed! Although it doesn't look like much yet, we are in the process of building the finest regional Cancer Center in the nation as we deliver on our mission of providing superior, personalized care to all members of our community regardless of ability to pay.

The site preparation, which began in December of last year, has been largely focused on grading and excavation in order to prepare the property for the construction efforts ahead. In April, we began work on the new parking structure. This is an element of the project that will come together fairly quickly, given that we've partnered with Clark Pacific, a leader in the design, manufacture, and installation of state-of-the-art architectural precast building systems. Site cleanliness is the hallmark of precast building, given that the concrete materials are manufactured and stored off-site and only brought to the jobsite for immediate erection, eliminating the need for large, unsightly staging areas and forming materials that typically litter a construction site. In May, the parking structure began to come together like a large "Erector Set." It will be complete and ready to utilize toward early Fall, provided the added convenience of onsite parking for both patients and staff throughout the remainder of the project.

We have begun work on the two linear accelerator vaults. When complete, these vaults will house two state-of-the-art Elekta Versa HD™ linear accelerators for radiation therapy. Versa HD features Agility™, Elekta's revolutionary multi-leaf collimator (MLC) – the device that shapes the beam of radiation that is delivered to the tumor site. Agility utilizes 160 fine-resolution leaves, a 40 cm x 40 cm treatment field and leaf speeds more than two times faster than other MLC systems. The patented Rubicon™ leaf-positioning technology of Agility verifies leaf



movement in real time, providing extreme precision, high reliability and enhanced conformance for a broad range of cases. This enhanced technology will allow for reduced treatment times and more precise treatment delivery. The Versa HD™ also provides an elevated patient experience with ergonomic features and reduced mechanical noise, enhancing the patient's comfort and contributing to a patient-centered approach to care.

Toward the end of summer, you'll begin to see the steel skeleton of the building take shape, at which point we will begin work on the other medical and support departments in the building, including Medical Oncology/Hematology, Infusion, Surgical Oncology, and the vast array of Clinical Supportive Service departments. This exciting work will continue through Fall of 2017, at which point our community will have a fully-integrated cancer center that provides the full spectrum of cancer care in one location while unifying the newest technology, physician collaboration and patient-centered care in one modern facility. 🌻



Sansum Clinic's new and innovative Prescription Navigator Program assists patients in managing medications and prescriptions. This pharmacist-led program ensures the safe, effective, and appropriate use of medications by Sansum Clinic patients. Our Prescription Navigator is well trained in the therapeutic uses and effects of drugs and can help ensure appropriate medication use, reduce medication-related problems and improve health outcomes.



Rania Shenoda, Pharm.D., Prescription Navigator

The Prescription Navigator often works with patients, caregivers or family members to give them a better understanding of medications they might help administer, and to guide them with setting up pill boxes for proper adherence to medication therapy. Our electronic medical records give the

Prescription Navigator the information needed to assist patients with their therapy through access to provider notes, lab work, and by communicating with providers about any concerns or recommendations.

Physicians refer patients to the Prescription Navigator for one-on-one office visits or telephone consultations, and patients can also access the service through the Brown Bag Medication Review program.

Brown Bag Medication Review

Patients who take multiple medications or have any medication concerns may benefit from an appointment with the Prescription Navigator to:

- Review all medications to ensure patients understand what has been prescribed and why
- Look for adjustments that may increase the effectiveness of the therapy
- Screen for potential interactions or side effects
- Assure that the medication list is up-to-date
- Answer medication questions and discuss the risks and benefits of one's medications with a health professional

For Sansum Clinic patients started on high-risk medications during their hospital stay, our expert pharmacist will meet with patients and/or caregivers at the bedside to ensure they have all of the necessary medications needed on discharge. The Prescription Navigator will ensure that the patient understands their medication regimen upon discharge from the hospital, as that can be confusing for patients who may be on multiple medications at home.

It can be challenging to obtain insurance authorizations for certain high cost medications. The Prescription Navigator and the Prescription Pharmacy of Sansum Clinic are here to help. 🌻

Hours: Monday – Thursday from 9:00 am to 2:00 pm

Location: 317 West Pueblo Street, Santa Barbara

Phone: (805) 692-4MED or (805) 692-4633

The Prescription Navigator Program is free of charge and open to patients of Sansum Clinic. The program is generously funded by Julie and Jack Nadel.

Pesetas Remodel

We are making great progress with the upgrade of our multi-specialty clinic at 215 Pesetas Lane. Much of the first floor has been remodeled and a new Urgent Care Department is on track for opening in late summer.

We are also fairly far along in updating the 2nd and 3rd floors with the goal of finishing everything at the same time.

Site work on the outside has also been going well with new landscaping changing the look and feel of this landmark building. Plans for the north entry (now the main entry) are being updated and work should begin within the next few months.

Overall the remodel is progressing according to plan and we'd like to offer a sincere "Thank You" to our donors for their generous support of the remodel, and to our patients and staff at Pesetas for their patience and understanding as we update this building to enhance the healthcare experience at Sansum Clinic. 🌻





Grateful Patient Bob Reed Gives Back With All His Heart

NICOLE YOUNG

After undergoing two major procedures to clear the arteries in his heart, you might guess that a hospital would be the last place 84-year-old Bob Reed would want to spend his free time. But the truth is he relishes his volunteer role greeting patients. This extremely positive and cheerful senior citizen regularly crosses paths with many medical staff members who treated him. He claims he's just paying it forward, grateful to have a second chance at life, and appreciative of the personal connections he's made. "I love every one of those doctors there," declares Reed. And the feeling is mutual. Reed is practically a mini-celebrity at Cottage Hospital. He shows up early to have breakfast before his weekly shift, and enjoys striking up a friendly banter with everyone from the surgeons to the kitchen crew. "I feel like I am needed and I could do some good," says Reed.

It was during his Wednesday morning volunteer slot last fall that

Reed noticed he was getting winded while walking down long hallways or up stairs, a frustrating feeling for an active person, who doesn't like to be incapacitated and prefers to just get up and go. He remembered meeting Dr. Joseph Aragon, a Sansum Clinic specialist in cardiovascular medicine and interventional cardiology. Reed and his wife, Linda, were impressed with Dr. Aragon's demeanor and expertise. With the possibility of heart problems on the horizon, they chose Dr. Aragon to be their guide. One listen with his stethoscope, and the physician heard a murmur in Reed's heart. A murmur is a common symptom of aortic stenosis, and can be heard when a valve is not functioning properly. Up for debate was how to treat Reed, who in 2000 had undergone a six-way bypass to relieve clogged arteries. Whether he could tolerate another major surgery was in question. Dr. Aragon and his team had just begun to perform transcatheter aortic valve replacement or TAVR on select, high-risk patients with great success. During this revolutionary

procedure, doctors place a new valve in the heart using a catheter inserted in the groin, thereby avoiding major surgery.

Dr. Aragon referred Reed to Jillian Loewen, a nurse practitioner dedicated to TAVR patients. A lengthy battery of tests would determine if Reed could be a candidate for the new procedure. Loewen grins widely when recalling Reed, describing him as a “firecracker,” always bursting with energy. But his medical condition was quickly declining. Once Dr. Aragon determined Reed fit the criteria, he explained how TAVR worked. Reed had no hesitation. “I was all for it. I would rather have an incision in my groin, than my chest. I had enough of that,” he explains. He told the doctor “Go for it!” and within a month, became one of the first Santa Barbara TAVR patients. “He got the valve and he did beautifully,” asserts Dr. Aragon. Reed left the hospital after a few days, and recovered at home much faster than with his open-heart surgery. “It’s unbelievable. I can run through the hospital and never get tired. Before I was lucky to go upstairs and down again without having to sit and wait to get my breath back.”

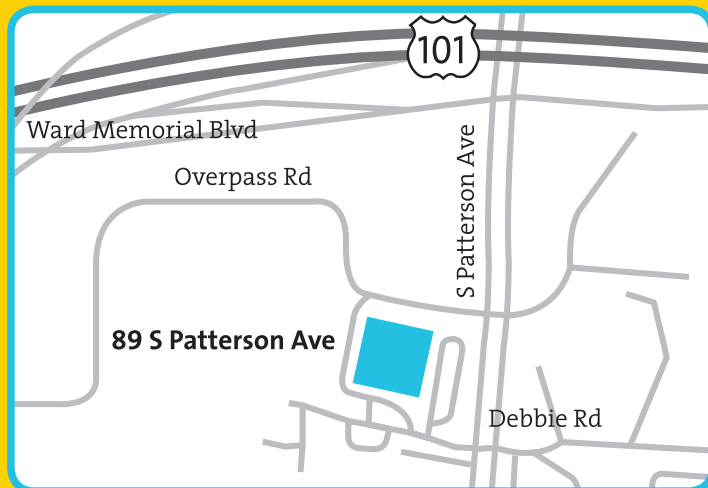
In addition to his regular front desk shift, Reed also volunteers

for the Mended Hearts Association. The organization is a community based, nationwide heart patient support network that partners with hospitals and rehab clinics. A member visited with Reed when he had open-heart surgery to educate him on the procedure, and to offer comfort to him and his family. This gentleman sharing his own experience was the perfect medicine for Reed, who at the time was worried and depressed. “It made me think, ‘maybe I do have a life ahead, so why am I so down?’” Reed recalls. He’s now president of the local chapter of Mended Hearts, and spends time with patients five days a month. Along with his YMCA workouts, dinner dances at the Elks Lodge and weekends seeing his gaggle of children and grandchildren, Reed’s calendar is packed for someone his age. And there’s no sign of slowing down. His commitment to others keeps him looking forward to another day. “I enjoy helping people. And it’s something that makes me enjoy life,” he adds with a wink. 🌟

*For the Sansum Clinic Cardiology Dept., call (805) 898-3138.
For more information on TAVR, www.bit.ly/IVCg1HL.
For more information on Mended Hearts Association
www.mendedhearts.org.*

Our HIS Release of Information (ROI) Department has Relocated

Health Records Department moves from
317 West Pueblo Street to 89 South Patterson Avenue



In April 2016, The Health Information Services (HIS) Release of Information Department (ROI) moved its services from the long-standing location on the lower level of our Pueblo Street Clinic to 89 South Patterson Avenue. (see map). Office upgrades and workflow improvements have been set up to provide enhanced health records services to our patients.

We offer parking for patient visitors and those seeking medical records near the building entrance. (Look for our temporary entrance by the bright **blue awning** that says **Release of Information & Training**.)

Please use the convenient intercom by the main doorway to alert ROI staff of your arrival. For safety, visitors are escorted by HIS staff into and out of the facility.

Business Hours:

*Monday - Thursday 9:00 AM - 4:00 PM
Friday 9:00 AM - 12:00 Noon
Closed Friday afternoon and weekends.*

*Appointments are welcome whenever possible.
To schedule an appointment call:
(805) 692-6435 or (805) 692-6432.*

Secure fax number: (805) 692-4699

Note: Courtesy record copies covering the last two years of patient visits can be forwarded via fax transmission to any non-Sansum physician. (Call ROI at 692-6435 for more details.)

This department provides services associated with custodial maintenance of clinical documents, proper disclosure of protected health information (PHI), timely release of patient records in response to subpoenas, and copying of patient charts upon request by patients, patient representatives, providers and other authorized users of the medical record. 🌟

Eddie & Bobbie Rosenblatt

Sansum Clinic Trustee, Legacy Society Members & Women's Council Co-Founder

ANN MOORE



Eddie Rosenblatt is a retired music business executive who's viewed as an icon in the music world. He served as President/COO for Geffen Records, which he co-founded with David Geffen in 1980. He became Chairman of the Board in 1995 when Geffen left the company to start DreamWorks. Eddie stayed in that position until he retired in 1999. He was known in the industry as an engaging, perseverant, affable and highly ethical person.

Eddie received a degree in Applied Arts from Brooklyn College in 1952. "I then did a stint in the army for two years. My first job in the record industry was in Cleveland in the distributing end of the business. Bobbie and I lived in Cleveland for nine years. We then moved to Los Angeles and I began working with A&M Records. Then I went to Warner Brothers Records as Director of Sales, and then Vice President. The music itself was a draw for me but I also liked the business end of things. It was challenging to sign new artists and it was rewarding to be part of music history."

Eddie got into the business when rock and roll was becoming popular. "Pop culture was taking over the music world and I found I had a talent for marketing" he says. He did indeed! "I was able to hire a team of outstanding talent scouts who brought to our label incredible artists, giving Geffen Records a very strong roster of talent."

"Over the many years of my career at Geffen Records I was fortunate to work with many talented and fascinating artists..."

superstars like Elton John, Peter Gabriel, Joni Mitchell, Don Henley, Aerosmith, John Lennon, Guns & Roses, Nirvana, Neil Young, Weezer, Counting Crows, Beck and Donna Summer. Now, my 'superstars' are the doctors at Sansum Clinic...like Kurt Ransohoff, Jason Boyatt, Alex Koper, Mark Silverberg and Tom Weisenburger (a Cancer Center doctor). They are just a few of the outstanding physicians that cared for me. Because of this team of wonderful doctors, I am now in the best of health," Eddie added.

Bobbie and Eddie are the personification of a couple with an enduring love for each other. "We were childhood sweethearts," says Eddie proudly as he glanced affectionately at Bobbie when I met with them in their home. "He was the cabana boy at the beach club we went to on Long Island. We both grew up there. I noticed him right away!" says Bobbie, laughing. "Some people are amazed that we've been together so long (61 years), since lengthy marriages in the entertainment business are, shall we say, a bit unusual," says Eddie. "We met when I was 16 and Bobbie was 15 and we've been going steady ever since! We now have four children and six grandchildren. They are our pride and joy!"

"We were thinking about moving to Santa Barbara when I retired from Geffen Records in 1999," says Eddie. "We'd always lived in (or near) a big city—with all their advantages and disadvantages. One of the advantages with a big city was the access we had to great medical care, whether it was in New York, Cleveland or Los Angeles. We were getting older, so we knew we'd have an increasing need for great healthcare."

Eddie said, "when we learned about Sansum Clinic from our doctor in LA, we were elated—it was everything we could have hoped for. We've been amazed at the quality of Sansum's services. The doctors, nurses and support staff are absolutely top notch. Our daughter Gretchen, Scott, our son-in-law and our two grandchildren live here and they all go to Sansum. Three generations of our family are Sansum Clinic patients. They have the highest quality doctors and state-of-the-art equipment. It's perfect for all of us, and I am privileged to serve on Sansum's Board of Trustees! With Sansum, we truly have 'big city technology and small town care!' In other words, we have the best of both—personalized medical attention coupled with the newest equipment."

Bobbie was an educational therapist in LA working with

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Chuck & Rebecca Kaye

Sansum Clinic Trustee & Legacy Society Members

ANN MOORE



Chuck Kaye is a charming, high-energy member of Sansum Clinic's Board of Trustees. He and his lovely wife, Rebecca, met with me in their home in the Montecito hills to talk about their interesting lives, his career in the music business and their mutual dedication to Sansum Clinic.

The Kayes met in Los Angeles after Chuck returned from a trip sailing to the South Pacific as a sabbatical from his hectic work life. "Rebecca thought I was a professional sailor," Chuck says with a laugh. "What did I know?" says Rebecca. "I'm a gemologist!" "Indeed," says Chuck. "She loves jewels, especially diamonds!" He winked at her. Married in Hawaii, Chuck and Rebecca have been together for 38 years. They share a love for three daughters, their two dogs, sailing, British mysteries and doing what they can "to make the world a better place."

Now retired from the music industry, Chuck served as an executive for many high-profile music corporations, such as A&M Records, Warner/Chappell Music and DreamWorks Records. His fields of expertise include music publishing and working directly with song writers. He learned the business from his stepfather, Lester Sill. "My stepdad was a pioneer in the music business, truly a legendary figure in the music world," says Chuck. "In the beginning, he sold records for juke boxes but he worked his way up to become a producer and publisher.

"In 1961, my stepfather joined forces with Phil Spector, so that

should tell you something," Chuck says with a wry smile. "The name of the company was Philles Records, which combined the first parts of both their names—Phil and Les. After about a year, they dissolved their partnership and Phil owned the business by himself. He asked *me* to run it for him! I was only 21 years old but so was Phil. It was a young people's game back then and probably still is.

"Working with Phil Spector was an amazing opportunity for me, which is a story unto itself. I stayed there until 1964 when I moved to Los Angeles from New York City to become the West Coast Director of the new Aldon Music. While at Aldon, I was able to work with songwriters, people like Carole King, Neil Sadaka, Barry Mann and Cynthia Weil."

"After I left Aldon in 1967, I started the publishing wing for Herb Alpert and Jerry Moss of A&M Records. We were responsible for signing talent, including performers like Bob Marley, Steve Winwood, Bryan Adams, Paul Williams and Peter Frampton. Those were heady days," he says. "Chuck had incredible business acumen and he also had an innate ability to find (and sign) talent," says Rebecca. "Sure," he says. "I found *you!*" They both laughed.

In 1977, Chuck became president of both Almo/Irving and Rondor Music, while also being vice-president of A&M Records. In 1980, he went into partnership with David Geffen to form Geffen/Kaye Music Publishing and signed John Lennon. "That was quite a time," he exclaimed. A year later, the company was acquired by Warner Brothers Music and Chuck eventually became its chairman. Later on, the company merged with Chappell & Company and he became the CEO, a position he held for 10 years. "We signed various acts, including Michael Jackson, David Foster, the Beach Boys and Madonna. Let's say I worked with a lot of interesting—and sometimes challenging—artists," says Chuck with a grin.

"Sometimes serendipity enters the picture," says Chuck. "For instance, Crocker National Bank contacted me to have a song written for a commercial and I had my contract writers, Paul Williams and Roger Nichols, write a song. The result was called 'We've Only Just Begun.' Richie Carpenter saw the ad, we ended up recording it with the Carpenters and it was

continued on page 21



Mayo Clinic's Dr. Michael G. Sarr was the fifth nationally-recognized Visiting Professor of Surgery presented by Sansum Clinic at Surgical Academic Week (March 7-11, 2016).

Dr. Sarr presented a free public lecture at Sansum Clinic that recounted the tale of how a bullet hole of the stomach revolutionized medicine.

Sansum Clinic's Visiting Professor of Surgery program provides expert educational seminars for practicing Santa Barbara surgeons and physicians. More importantly, it allows surgical residents in training at Santa Barbara Cottage Hospital the chance to interact daily with the icons, leaders and outstanding teachers of the art of surgery.

This unique educational program advances the level of surgical care available in Santa Barbara and is made possible by generous support from the title sponsor, Cottage Health, and grateful



Dr. Gregory C. Greaney, Dr. Michael G. Sarr, Dru A. Hartley (Director of Philanthropy), Dr. Ronald Latimer and Sansum Clinic's CEO, Dr. Kurt Ransohoff.

patients, medical groups, individual community surgeons and physicians, and corporate donors. 🌟

If you would like to support the Visiting Professor of Surgery education program, please contact Dru A. Hartley, Director of Philanthropy at Sansum Clinic at (805) 681-7726 or dhartley@sansumclinic.org. You may also use the remittance envelope in this issue of GoodHealth.

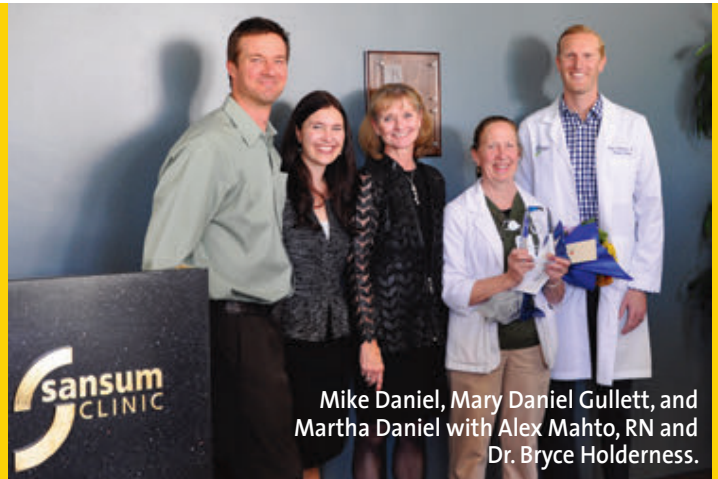
Dr. Erno S. Daniel Legacy Award

Alex Mahto, RN was the first recipient of the Dr. Erno S. Daniel Legacy Award. She was selected by the Internal Medicine physicians at the clinic at 215 Pesetas Lane and presented with the award at a luncheon on February 26. Physicians and staff along with members of the Daniel family and their friends were in attendance.

It's been over a year since Dr. Daniel passed away. He was a knowledgeable, kind and caring internist for more than 37 years, taking care of thousands of patients, in many cases, several generations of the same family. The Clinic received many gifts in memory of Dr. Daniel and at the request of his wife, Martha and their children Kristina, Michael, Mary and Monica, the Clinic established the Dr. Erno S. Daniel Legacy Award.

Alex has been with Sansum Clinic for 14 years and is currently the Lead RN in the Pesetas Internal Medicine Department and is well respected by coworkers, providers and patients. She was selected based on her commitment to provide an excellent healthcare experience at Sansum Clinic and embracing Dr. Daniel's legacy of compassion, dedication and integrity.

Having worked in three separate countries, Alex has extensive experience in the medical field. She trained in the United Kingdom and worked as a pediatric staff nurse before moving to Trinidad, West Indies where she worked in a private hospital for 16 years. When Alex returned to Santa Barbara, she worked at the Santa Barbara Rehabilitation Institute for 10 years as a Certified Rehabilitation RN.



Mike Daniel, Mary Daniel Gullett, and Martha Daniel with Alex Mahto, RN and Dr. Bryce Holderness.

"We are very fortunate to have such an experienced nurse who is always willing to assist with everything from minor procedures to responding to our emergency situations. What sets Alex apart is her calm demeanor, approachability, and compassion allowing her to provide the embodiment of the art found within medicine," stated Dr. Bryce Holderness, head of the Internal Medicine Department at Pesetas. 🌟

You can make a gift to the Dr. Erno S. Daniel Legacy Award by completing the remittance envelope in this issue of GoodHealth. Dr. Daniel would be exceptionally proud of those who are carrying out his legacy of compassion, dedication and integrity at Sansum Clinic today.



Recognizing that people are Sansum Clinic’s most valuable asset, the McNamara Fund for Professional Enrichment and Education was established as an endowment by Dr. James and Chris McNamara, with support from donors, to provide both clinical and non-clinical employees with unique personal and professional development opportunities.

Last year Sansum Clinic awarded grants to staff members who had a strong desire to increase their knowledge and enhance their ability to move forward in their careers. Deanna Powers RN received an award to attend a global conference in Spain on the treatment and research of multiple sclerosis. “It was a special honor being selected as one of the first recipients of the McNamara Fund and it truly led to one of the most valuable educational experiences in my nursing career. Attending the ECTRIMS conference was an opportunity of a lifetime,” said Deanna.

2016 is the second year of this impactful program and this year’s applications continue to show the hard work and dedication of our staff in the healthcare field.

This year’s scholarship recipients are:

**BEVERLY BOLAND, DATA PROCESSOR, CORPORATE OFFICE
(JOINED SANSUM CLINIC IN 2005)**

“I have been at Sansum Clinic for 11 years. I wish to further my education and have enrolled in the Medical Billing/Coding program at Laurus College and am excited to be going back to school. I know it will enhance my job performance as I learn new skills and new information which can benefit Sansum Clinic and provide new ideas and insight.”

**AMBER SABIRON, RN, PUEBLO INTERNAL MEDICINE
(JOINED SANSUM CLINIC IN 2012)**

“It has been a dream of mine to further my education, not just for my own personal goals but also to provide a higher level of care to the patients of Sansum Clinic. I have had the opportunity to work as a triage nurse in the internal medicine department which broadened my skills. I feel very privileged to call Sansum Clinic my place of employment. I feel I can contribute further by obtaining my bachelors’ of nursing degree (BSN) at the Western Governors University. My goal is to show my daughter the importance of education and work hard.”

**LUCINDA AGUILAR, RN MANAGER, URGENT CARE
(JOINED SANSUM CLINIC IN 1995)**

“Medicine is always evolving and so is wound care. Patients come to Sansum Clinic Urgent Care and other Sansum facilities with injuries that require a procedure where knowledge of wound care is important. A private wound care class presented



McNamara Scholarship recipients Beverly Boland, Amber Sabiron, Lucinda Aguilar with Chris and Dr. Jim McNamara (not pictured Melissa Van Groningen)

by the Wound Care Education Institute will provide evidence based approaches to wound management with current standards and techniques that would ultimately benefit our patients.”

**MELISSA VAN GRONINGEN, RN SPECIALIST, URGENT CARE
(JOINED SANSUM CLINIC IN 2008)**

“I am excited to have an opportunity to expand my knowledge and provide even better and more efficient care to my patients. The Certified Emergency Nurse certification requires comprehensive review of various types of emergency situations. It is intended to provide the Registered Nurse with the most current evidence-based practices to improve patient outcomes. The field of medicine is always changing and growing. Healthcare professionals must continue to learn in order to provide excellent patient care.”

The McNamara Education Fund committee extends its heartfelt congratulations to this year’s award recipients and wishes them much success in their educational endeavors. The committee wishes to thank our donors who have made this fund possible.

The committee wishes to extend its best wishes to Chris McNamara, who will be retiring in June after 30 years with Sansum Clinic. Chris has been the Senior Vice President of Operations and a valued member of the Sansum Clinic team. Since announcing her retirement many people have inquired how best to acknowledge Chris and her many years of dedication to the Clinic. The best way to do that is to make a gift in her name to the McNamara Education Fund. 🌻

If you would like information about making a gift to the endowment for the McNamara Fund for Professional Enrichment and Education, please contact Dru A. Hartley, Director of Philanthropy at dhartley@sansumclinic.org or (805) 681-7726. The enclosed remittance envelope also offers the opportunity to designate a gift to the McNamara Education Fund.

2016 Health Education Program List

Sansum Clinic offers a wide variety of Health and Wellness programs.

These programs are designed and conducted by Sansum Clinic's board-certified physicians, registered dietitians, registered nurses, certified diabetes educators, physical therapists and other specialized professionals.

Many programs are free of charge and are open to all members of our community.

- Advance Care Planning – individual appointments and small group workshops
- Back Wellness
- Balance & Mobility
- Bariatric Surgery Orientation
- Brown Bag Medication Review
- Camp Wheez – day camp for children with asthma
- Understanding Dementia
- Diabetes & Pre-Diabetes Basics – offered in English and in Spanish
- Fibromyalgia Support Group
- Health Resource Center – for answers to your health questions
- Healthier Living: Managing Ongoing Health Conditions
- Hip or Knee Replacement Seminar
- Medicare: Gain a Better Understanding
- Neck & Posture Wellness
- Nutrition for a Healthy Heart
- Nutrition Navigator
- Stress Management
- WomenHeart Support Group

For additional information about our Health Education Classes, please visit www.SansumClinic.org/Classes or call our Health Resource Center: (805) 681-7672. ☀

Nursing & Radiology Scholarships Awarded



Sansum Clinic and the Auxiliary awarded eight nursing scholarships and two radiology scholarships to Santa Barbara City College Students on May 4. These deserving students were identified as the 'cream of the crop' by the staff of the nursing program at Santa Barbara City College.

Since 1988 the Clinic has awarded \$172,750 in scholarships to students in their second year of the nursing program.

Congratulations to the following award recipients:

Alice Barr	Haley Marie Mabery
Jolene Garcia	Samuel Schwab
Emma Gottwald	Talia Sweo
Candace Harris	Rogelio Tafoya
Tyler Lawrence	Matalin Tipich

The nursing scholarship program is an investment in people who have chosen a path to helping others. We are so proud of all our recipients and we wish them much success in their nursing careers. ☀

Special thanks to the many donors who support the nursing scholarship program. Should you wish to make a gift please use the remittance envelope in this issue of GoodHealth.

You Are What You Eat

EMILY LUXFORD, MS, RD—CLINICAL DIETITIAN

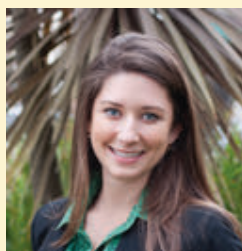


The old adage “you are what you eat” is true today. However, with busy lives and a developing trend of instant gratification, we find ourselves eating without much thought. The body’s response to this lifestyle may present as obesity, diabetes, hypertension, or gastrointestinal distress. It’s time to listen to the body cues and make a change. The change begins when you realize you are what you eat. The registered dietitians at Sansum Clinic can help you make this change.

Clinical dietitians play a significant role in dietary transformation. Dietitians are trained in the science of nutrition and the application of such concepts for healthy living. The dietitian’s goal is to help you reduce your risk of disease or disease recurrence and improve overall health and quality of life. When an individual works with a dietitian, the success of their lifestyle intervention improves significantly. At Sansum Clinic, the skills of the dietitian are readily available for all ages and a variety of health issues. Two specific examples include the Bariatric Surgery Program and our Diabetes Education Program. Unlike many bariatric programs, Sansum Clinic patients who undergo bariatric surgery receive ongoing nutritional support by a registered dietitian before and after their surgery. This provides the patient with the tools necessary to make a long-term lifestyle change.

As part of the diabetes education program, dietitians work closely with nurses and other medical staff to improve the quality of life for the individual who is diagnosed with diabetes. The registered dietitian provides individualized nutrition counseling as well as group classes. These programs are part of your medical therapy.

The next time you visit your physician, be proactive and inquire about nutrition counseling as part of your healthcare plan. 🌟



Emily Luxford is a registered dietitian with a master’s degree in nutritional science. She has experience as a credentialed elementary school teacher and has served on the faculty at California State University, Long Beach. Beyond the classroom, she has developed and published research regarding dietary modification.

Emily’s focus is individualized medical nutrition therapy. Emily sees patients at 317 West Pueblo Street in Santa Barbara and at 1225 North H Street in Lompoc.

Tracy's Story

Weight Loss Surgery



Before



After

Tracy Sanginiti struggled with her weight throughout her life. She tried traditional weight loss attempts of diet and exercise, but nothing seemed to take the weight off. At this time in her life, Tracy was worried about her health. She had borderline high blood pressure, varicose veins and was pre-disposed to diabetes. Tracy also suffered from chronic acid reflux and sleep apnea. She believed the sleep apnea was inhibiting her from losing the weight, causing her body to produce cortisol, feeling tired during the day and contributing to poor food choices.

Weighing in at 240 pounds, Tracy made the decision to attend a free weight-loss surgery seminar with Sansum Clinic's board-certified bariatric surgeon, Dr. Marc Zerey. During the seminar, Tracy learned about the different types of weight-loss surgery and Sansum Clinic's whole-team approach. The bariatric surgery team consists of Dr. Marc Zerey, registered dietitian Emily Luxford, MS, RD, Jessica Orozco, Bariatric Surgery Coordinator and Rosanna Herrera, LVN.

Originally, Dr. Zerey recommended the gastric sleeve, but because of her history of chronic acid reflux, Tracy inquired about gastric bypass. According to Tracy, "Dr. Zerey listened to my concerns and agreed to do the bypass." She went on to say, "He was very thorough and kind from consultation to post-op." Dr. Zerey's entire team has really made a difference in Tracy's

success. She attends the monthly support group lead by Emily Luxford. "The surgery was the tool Dr. Zerey gave me to help achieve my weight loss goals. Emily's support group helped me succeed in my weight loss journey and beyond. She gives creative ideas of not only what to eat, but how to eat based on my body's current needs." Tracy no longer eats processed food and incorporates organic foods into her diet. To Tracy, the most challenging part of gastric bypass surgery is eating enough protein and nutrients, but with Emily's help and guidance, Tracy has the tools she needs in order to get the proper nutrition.

When asked about the support group, Emily said, "One of the unique aspects of the bariatric program at Sansum Clinic is the ongoing nutritional support. This nutrition guidance is provided not only in one-on-one counseling sessions, but also through support groups.

The support groups allow people to work together to make changes in their lives and impact their health and longevity. The support groups extend beyond the monthly meetings through a secure online group. This group is monitored by a healthcare professional and enables Sansum Clinic patients to maintain support as needed. This multi-faceted approach facilitates the success of the bariatric patient at Sansum Clinic."

During Tracy's journey, she has lost 120 pounds. She is in good health and no longer suffers from high blood pressure, varicose veins, acid reflux or sleep apnea. Since losing weight, Tracy can chase after and keep up with her grandkids and great-grandkids. She also enjoys activities such as biking and hiking with her family, and has improved her balance. One of her favorite hikes is Tangerine Falls, just off of the Cold Springs Trail in Montecito. "This trail is not for the faint of heart. There are huge boulders that I can climb over without a second thought. I wouldn't have been able to do that if I hadn't lost the weight."

To those considering weight-loss surgery Tracy advises, "Don't be afraid. Get the information you need to make an informed decision. Make sure you have a personal support group in place, and most importantly – give yourself permission to be happy with yourself and your choices." 🌻

To contact our Bariatric Surgery Center, call (805) 898-3472, or visit: www.sansumclinic.org/bariatric-surgery-center.

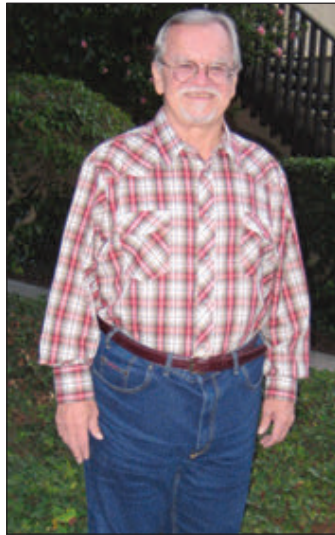
Dave's Story

Doctors' Weight Management Program

NICOLE YOUNG



Before



After

Environmental Council non-profit for eleven years, working to bring clean energy to the central coast. It wasn't until Dave read about the dramatic weight loss of his friend, Julie McGovern and her participation in the Doctors' Weight Management Program at Sansum Clinic that he found the courage to sign up.



The Doctors' Weight Management Program utilizes the HMR or Health Management Resources diet, which received the 2015 Best Diets designation from *U.S. News & World Report*. HMR is the leading provider of medically-based weight management programs in clinics, hospitals and medical centers nationwide. Phase 1 of the program started with a battery of medical tests, so doctors could create and supervise Dave's personal weight loss plan. The program required him to attend weekly sessions with a health educator, and a support group where he would be held accountable. Dave eased into a new exercise routine with twice-daily walks around the block.

After Dave dropped the first 50 pounds, his spirits were lifted by the positive reactions of others noticing changes in his appearance. He no longer needed to take blood pressure medication. He'd walk to meetings instead of getting into his car, and he felt more confident navigating social settings that often centered around food and drink. He'd acquired the tools to permanently integrate the plan for his health into his lifestyle.

By the end of his first year with Doctors' Weight Management, Dave was a new man, nearly 100 pounds lighter. His counselors encouraged him to begin attending the program's Phase 2 classes. There, he'd stay the course, learn more about his tolerances and triggers, and learn how to eat a diet full of vegetables, fruits, healthy whole grains and lean protein.

Dave is now retired, but still serves the city on many different planning boards. In addition to his weekly classes, he reports in mid-week to the Doctors' Weight Management staff, and turns over his food journal, a habit he predicts will become permanent. Getting back on a surfboard allowed Dave to recapture a part of his youth, that for a time, he thought was forever lost. "Re-engaging with things I really enjoyed in the past was such a boost to my own personal self-esteem," he shared. "Now, I am back. And it's incredibly gratifying." 🌻

To contact our Doctors' Weight Management Program, call (805) 563-6190.

Always up to meet new people and greet an adventure with a smile, Dave Davis loved the idea of touring around Turkey with his wife, Jean, and daughter, Nora who taught university classes abroad. But excessive weight meant he could barely keep up and was constantly stopping to rest. "I was this close to having a heart attack in a couple of instances, because I couldn't walk more than a block before having to sit down," lamented Davis.

Dave's diet consisted of hearty breakfasts, big business lunches, and high-calorie dinners. The former college baseball player and lifetime surfer ballooned to 347 pounds, and he could no longer exercise without great distress.

Gentle encouragement from Davis' wife did little to get him to drop the weight, until his Sansum Clinic cardiologist, Dr. Joseph Aragon, identified two blocked arteries in his heart. Dave would need stents, and then a serious plan for taking off the pounds. "Dr. Aragon basically said, 'I took care of your plumbing, now you have to take care of the machine.'"

Fast forward three years to June of 2015 at Nora's wedding in Italy, Dave logged 12 miles a day while sightseeing. "No problem," the 68-year old boasted. "It was just night and day." What made the difference in Davis' ability? He had lost nearly 100 pounds and as a result enjoyed several health improvements, which gave him the opportunity for new experiences.

Dave spent 25 years as a city planner shepherding projects like construction of the Paseo Nuevo shopping area and the renovation of Stearns Wharf. He then led the Community

A Big “Wheezer Cheer”

NICOLE YOUNG



Dr. Myron Liebhaber

This summer will be the 38th year Camp Wheez, a free summer experience for children with asthma, will serve youth in Santa Barbara. It was founded by Dr. Myron Liebhaber, a pediatric allergist & immunologist at Sansum Clinic for over 30 years. “It’s the only job I’ve ever had,” he admits. “If I couldn’t see kids, I don’t think I would come to work. Kids are my passion.”

The very first Camp Wheez participants chose the name back in 1977 and it’s been cherished ever since. Fifteen year-old camp counselor Patrick Spencer describes his first camp week as a second-grader as transformational. “I was sold,” he says with a grin. “It opened up my world just seeing how asthma affects people and learning about the large population of those who have it. It made me feel less singled out. Some of his favorite camp memories include kickball games, tie-dying t-shirts and ‘lung lab,’ a hands-on science lesson. Patrick is no longer bothered by asthma. He’s a member of the Dos Pueblos High School track and field team, and will volunteer for his second summer as a counselor this August. “I like to be able to make some kid laugh or have the same experience that I did,” adds the teenager. “I’ll definitely keep coming back.”

Dr. Liebhaber is the camp’s volunteer medical director every summer. He leads the ‘wheezer cheer’ each morning and takes great pride in presenting his humble magic skills during morning announcements, complete with his “Myron the Mundane” satin cape. “That is my stage name, that’s how good I am,” he jokes. “You’ve never seen such corny magic, but it’s fun.”

Margaret Weiss, director of Camp Wheez and health education

director for Sansum Clinic, believes Dr. Liebhaber may be the happiest camper of all. “Thousands of children have been to camp because of him,” she says. “He helps them to feel confident in managing their asthma, and in running, playing and enjoying all the things kids should be able to enjoy.”

Camp Wheez provides parents peace of mind by staffing a volunteer doctor, nurse and respiratory therapist each day. These medical professionals understand the special challenges campers face. They pay attention to allergies and are familiar with the common medicines and treatments for asthma. Families are invited to attend an education workshop and Q&A session with doctors at the end of the week.

Dr. Liebhaber attributes the longevity of Camp Wheez to the more than 40 volunteers and a large group of sponsors, including the Barbara N. Rubin Foundation, the Swanton Foundation, Marcel Sassola and Santa Barbara Specialty Pharmacy. The First Baptist Church of Santa Barbara offered the camp a very special rate to use their facility since its inception. The space has a playground, classrooms, kitchen and an auditorium, and fits the needs of the camp perfectly. The Boys & Girls Club provides after-care for campers whose parents need coverage in the afternoons, and Easy Lift Transportation provides rides.

All of this generosity means children can attend for free. “I say only in Santa Barbara could we do something like this. We’ve done it year in and out because the community supports it,” says Dr. Liebhaber.

Debbie Weeks, a parent and grandparent of children with asthma, agrees that an expense-free activity brings real relief for families. “You are struggling with finances, you have expenses from doctor and ER visits and prescriptions, and the last thing you can afford is camp,” she reasons. Weeks joined Camp Wheez as a volunteer when she was a school teacher in the 1980s and her children were young. As the former executive director of the American Lung Association of Santa Barbara & Ventura Counties, she saw first-hand the impact created by Dr. Liebhaber and his camp over the past 20 years. 🌻



Patrick Spencer, Camp Counselor

This year’s Camp Wheez is scheduled August 8-12, from 8:30am-12:30pm. For an application or more information visit www.SansumClinic.org/camp-wheez. Applications can also be picked up at the Sansum Clinic Allergy Department at 215 Pesetas Lane in Santa Barbara. Or call (805) 681-7500 ext. 8754.



Our online personal health portal is a valuable tool in enabling you to communicate to your medical team 24 hours a day for non-urgent matters.

Whether you are at work, out of

town, or on the road, you can send secure messages to your medical team, request or cancel an appointment, request prescription renewals, and more. Communicating with your physician's office is as simple as sending an email, but even more secure.

No form of technology can ever replace the personal interaction between you and your care team, but MyChart can enhance your relationship by providing one more way to communicate.

With MyChart you can:

- Communicate electronically and securely with your medical care team.
- Request prescription refills online.
- View some test results online - and save time waiting for a phone call or letter. You can also chart and graph your results over time.
- Request your next appointment online, or view details of your past and upcoming appointments.
- Review your medications, immunizations, allergies and medical history or discharge instructions provided by your physician.
- Explore health education resources.
- Link your children's and elderly relative's accounts* to yours for convenient access to appointments, immunization records, growth charts and more.

The MyChart personal portal is a valuable tool in enabling you to communicate to your physician 24 hours a day for non-urgent matters. ☀

To sign up, request an activation code online at mychart.sansumclinic.org/mychart/signup, or ask your provider to sign you up at your next visit. MyChart Helpdesk (805) 898-3333

Hours of Operation: Monday - Friday 8:00 am to 5:00 pm

MyChart access to the accounts of family members requires proof of legal guardianship/parental relationship. For more details, please refer to the MyChart Terms and Conditions at www.mychart.sansumclinic.org. Due to California and Federal patient privacy laws, patients 12-17 years old will have no access to MyChart.*

NEW MANAGEMENT



Café154

Café 154 announces its grand reopening with new manager, Chef Brenda Simon.

The café offers fresh casual fare with a focus on healthy, locally sourced and seasonal ingredients.

Menu items include made-from-scratch favorites such as sandwiches, healthy wraps, pressed juices and freshly baked breads, cupcakes and pastries.

Our grab-and-go counter offers diners delicious, healthy options with swift, friendly service.

Menu items include:

- Fresh coffee options with house-made flavored syrups such as vanilla bean and salted caramel
- Soup, Salads, Sandwiches, Wraps and Panini made with garden fresh seasonal ingredients on our own bakery fresh bread
- House-made baked items and 'Sweet Things' mini cupcakes
- Fresh pressed juices of the day
- Smoothies with optional additions such as protein powder, spirulina and matcha green tea
- Olive Oil based salad dressings made on site with healthful vinegars or citrus juices and herbs

Chef Brenda Simon has 28 years of experience in the culinary world. For the past 12 years she has been the Owner/Operator of a private chef and catering business, The Secret Ingredient. She is a trained chef with culinary stints around the world including Portugal and London. Locally, she owned and operated the Museum Cafe in the Santa Barbara Museum of Art for six years. Chef Simon believes in a well-balanced and healthy approach to food.

Welcome New Providers



Todd Engstrom, MD



Karen Hord, MD



Julie Jacobs, MD



Marissa Piacenti, PA-C



Stephanie Rothman, DO

TODD ENGSTROM, MD
Internal Medicine
Carpinteria Family Medicine
4806 Carpinteria Avenue, Carpinteria

Dr. Engstrom is board-certified by the American board of Internal Medicine. Dr. Engstrom received his medical degree from Northwestern University Medical School and completed his internal medicine residency at Virginia Mason Hospital in Seattle, WA.

KAREN HORD, MD
Urgent Care
Hitchcock Urgent Care and Pediatrics
51 Hitchcock Way, Santa Barbara

Dr. Hord is board-certified by the American Board of Family Practice. Dr. Hord received her medical degree from the University of Colorado Health Sciences Center in Aurora, CO and completed a family medicine residency at St. Joseph Hospital in Denver, CO and a fellowship in toxicology and HRIS Primary Care Research at the University of Colorado Health Sciences Center.

JULIE JACOBS, MD
Urgent Care
Hitchcock Urgent Care and Pediatrics
51 Hitchcock Way, Santa Barbara
Lompoc Urgent Care and Multi-Specialty Clinic
1225 North H Street, Lompoc

Dr. Jacobs is board-certified in family practice. She received her medical degree from the University of California, San Francisco School of Medicine. She completed a family practice residency at St. Francis Hospital in Wilmington, DE and a family practice fellowship at the University of North Carolina in Chapel Hill, NC.

MARISSA PIACENTI, PA-C
Neurology
Pueblo Multi-Specialty Clinic
317 West Pueblo Street, Santa Barbara

Ms. Piacenti received her physician's assistant degree from Barry University's Physician Assistant Program. Ms. Piacenti has been involved in hematology/oncology since she began her career in 2007, starting initially in pediatrics and expanding to adult patients in the last five years. She enjoys caring for all of the patients she meets, and has focused on hematologic malignancies and bone marrow transplants in recent years.

STEPHANIE ROTHMAN, DO
Neurology
Pueblo Multi-Specialty Clinic
317 West Pueblo Street, Santa Barbara

Dr. Rothman is board-certified in neurology and clinical neurophysiology, she received her medical degree from Western University of Health Science. She completed her neurology residency at the University of Wisconsin and a fellowship in clinical neurophysiology at the University of Southern California. ☀

Eddie and Bobbie Rosenblatt, continued from page 10



students with learning challenges and was also a location scout for advertising agencies. In Santa Barbara she has been actively involved in many nonprofits. She is on the board of Visiting Nurse and Hospice Care, an Ambassador of the Arts & Lectures Series at UCSB and Bobbie and Julie Nadel founded the Women’s Council of Sansum Clinic. The Women’s Council presents town hall lectures on current health care issues, and were instrumental in

bringing the first digital mammography equipment to Sansum Clinic!

“We love Santa Barbara for all it has to offer,” said Bobbie and Eddie. “It’s a great place for us, with its emphasis on the arts and music, along with its wonderful weather, great restaurants and most importantly, Sansum Clinic and its team of physicians and medical staff. We deeply appreciate living here and it’s important to both of us to ‘give back’ to our community.” 🌻

Chuck and Rebecca Kaye, continued from page 11



a worldwide #1 single. Some of it was being at the right place at the right time.

“It’s a tough but very rewarding business,” says Chuck. “When I came on, the business exploded! Pop tunes had a lot more energy than the songs of the ‘50s and record sales went through the roof! One of the best parts of this for me has been when we’ve been in a foreign country and one of our songs starts playing. Even though the words

may be in a different language, the music is the same. It’s a thrill to see people’s reactions when they hear those songs and it always amazes me to think that our music is heard all over the world!”

In 1997, Chuck went back to working with David Geffen as Head of Music Publishing at DreamWorks Records and he stayed there until he retired in 2004. “Lucky for us, we knew Eddie and Bobbie Rosenblatt, since Eddie and I’d worked together. When I retired, he and Bobbie encouraged us to come to Santa Barbara and we’re so glad we took their advice. We love it here, especially since the four of us are such close friends. In fact, Eddie brought me onto the Sansum board. He invited me to attend some of their meetings and I was very impressed with the caliber of the people on the board—they’re all very smart. I was also very impressed with Dr. Kurt Ransohoff and many of the other doctors at Sansum. In fact, Dr. Jim Zmolek took care of me after I broke my ankle on the golf course. He’s a great guy!” “We’ve had such a wonderful life together,” says Rebecca. “I’m from Minnesota and people here say that Sansum is the Mayo Clinic of the West—and for us, it’s just that.” “Sansum Clinic is a huge asset to our community,” says Chuck. “It’s an honor for us to support such a worthy organization.” 🌻

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Your health. Simplified.

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- Pesetas clinic upgrades – UNDERWAY
- All-new comprehensive Cancer Center – COMING IN 2017
- Awarded California Association of Physician Groups *Elite* status
- As a nonprofit, all Sansum revenue is invested into improving services and facilities

Sansum Clinic Mailing Address: 470 South Patterson Avenue, Santa Barbara, CA 93111

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