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Paul W. Richardson

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A GRATEFUL PATIENT PERSPECTIVE:

With a baby on the way, Danielle and her husband began their search for a hospital and an obstetrician to help welcome the newest member of their family. Even under the happiest of circumstances, however, the prospect of a hospital stay can be filled with anxiety and fear. Although her husband, as a former athlete, had spent his share of time in medical settings, Danielle had not. Thoughts of needles, blood and of being treated as a faceless patient rather than an individual worried her. Together, the couple narrowed their search to Sequoia and another area hospital and interviewed three doctors.



Although they didn't know much about the hospital previously, stories from friends and online research led them to realize that Sequoia was right for them and had the options and relaxed atmosphere they were searching for. When the time came and they arrived at the hospital *"we felt like we were the only people there,"* remembered Danielle. *"It didn't feel like a hospital at all. The calm and quiet helped reduce the stress I was experiencing. All of our nurses were amazing! We couldn't have asked for better."*

Danielle's son arrived eleven days early, however, while the obstetrician she had been meeting with was on vacation. The prospect of not having met the doctor who would now deliver her son, combined with stories of mothers being pressured into procedures in the delivery room once again filled Danielle with anxiety. *"None of that materialized, however,"* says Danielle. *"The doctor and nurses explained my options fully and let me make every choice. There was no pressure. I was treated with genuine care, like a friend or family member."* After delivery, the Birth Center's staff achieved the delicate balance of giving the attention and care that was needed while respecting the new family's privacy. Hourly check-ins were worked around family visits and opportunities for quiet time between the parents and newborn.

Once comfortably settled at home, Danielle and her husband had an opportunity to consider which organizations they wanted to support. Thinking back on their experience, they made the decision to make a gift in honor of their young son to support the care provided at Sequoia Hospital.

PRESIDENT'S MESSAGE:

"April showers bring May flowers..." This spring, as we reflect on this adage, our donors act much like these April showers. Without the support of our community *"watering"* the seeds of Sequoia's innovation and excellence, we would not be able to provide the amazing new technologies needed to stay relevant in this changing health care landscape. Whether it be a modest sprinkle or a pine-apple express, our total *"rainfall"* is what's important. If we each do our part, we'll continue to enjoy the *"flowers"* of outstanding patient quality and satisfaction for decades to come. I hope you enjoy this edition of GRATITUDE and I look forward to working with you in the months and years to come in securing a bright future for health care delivery on the Peninsula!

Paul W. Richardson, President

CHARITABLE PLANNED GIVING STRATEGIES:

Today more than ever, Americans want stability, certainty and accountability. For many of us, it's the peace of mind knowing there is a financial plan in place for our families today and in the future.

Many people are simply unaware of charitable estate planning strategies that can create new income streams for you and your loved ones. One of those strategies is with a Charitable Remainder Trust (CRT), where you transfer cash, appreciated assets or other property to a special trust that is invested to generate income for you and other beneficiaries you select for your life or a term of years. After all payments have been made, the balance of the trust passes to a charitable organization like the Sequoia Hospital Foundation.

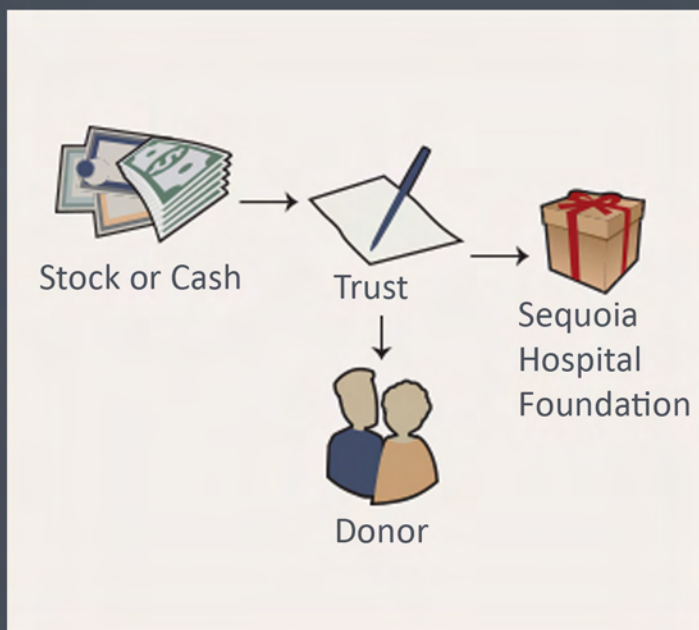
There are TWO DIFFERENT TYPES OF CRTS:

1. Charitable Remainder Annuity Trusts
(CRATs or annuity trust)
2. Charitable Remainder Unitrusts
(CRUTs or unitrust).

The benefits of a CRT include:

- Preserving the value of highly appreciated assets
- Increased income
- Tax deduction

To learn more about Charitable Remainder Trusts and their benefits or other charitable estate planning strategies visit the Sequoia Hospital Foundation's estate planning and planned giving website, www.sequoialegacy.org. The Sequoia Hospital Foundation team is also available to work with you and can be reached at (650) 367-5657 or sequoia.foundation@dignityhealth.org.



WHERE THE NEED IS GREATEST:

While targeted fundraising campaigns allow the Sequoia Hospital Foundation to provide grants to the hospital for significant initiatives and equipment, the "Greatest Need" fund is critical in funding key programs. A robust "Greatest Need" fund allows the Foundation's Board of Directors to move quickly to fund strategic needs throughout the hospital.

At its most recent meeting, the Board of Directors approved funding for four programs out of the "Greatest Need" fund. The approval of two Skytron UV Disinfection Robots to be used in operating rooms, cath labs, and even patient rooms will help maintain Sequoia's high standard of quality and patient safety. The Peninsula's first LessRay device was also approved, which will dramatically reduce the overall amount of radiation exposure to both patient and clinical staff in the taking of low-dose fluoroscopic images. The third approval was for a new EPIQ 5 Ultrasound system for use by Sequoia's Interventional Radiology team for procedures related to the biopsy of tumors. Finally, the Board voted to fund a Physician Wellness initiative at Dignity Health Sequoia Hospital. A strong and comprehensive wellness program is a hallmark of an organization that cares for its caregivers!



MEET THE FOUNDATION BOARD: MARA GIATTINA, M.D.

Dr. Mara Giattina joined the Sequoia Hospital Foundation's Board of Directors in 2014. Currently, Dr. Giattina serves as the Board's Vice Chair.

Dr. Giattina is a cardiologist in practice with Cardiovascular Medicine & Coronary Interventions (CMCI). She grew up in McLean, Virginia, completed medical school at Albert Einstein Medical School in New York City and interned at Harvard University before moving to California in 2009. She practices comprehensive general cardiology with a particular interest in nutrition and cardiac prevention. Dr. Giattina specializes in risk stratification using non-invasive imaging techniques including calcium score heart scans, cardiac CT and stress tests. Dr. Giattina is certified in Cardiovascular Medicine, Internal Medicine, Nuclear Cardiology and Echocardiography.



HONORING SEQUOIA'S GUARDIAN ANGELS:

The Sequoia Hospital Foundation's Guardian Angel program provides Sequoia's grateful patients and their families with an opportunity to recognize a special caregiver while making a contribution to support their work and the hospital's programs.

The Foundation recently held its annual spring luncheon to bring together Sequoia's newly recognized Guardian Angels and the grateful donors who gave in their name. This gathering is usually the first reunion of the caregiver and their grateful patient, making it a very special and touching event. To date, 497 Guardian Angels have been recognized and more than \$700,000 has been given in their honor.

To learn more about the Foundation's Guardian Angel program visit our website at: www.sequoiahospitalfoundation.org/guardianangel.

The Sequoia Hospital Foundation is hosting a hero's party for our Sequoia babies turning 10! This birthday celebration will shine a light on all the children born at Sequoia in 2008 and their families. Please join us as we celebrate all of the growing 10 year old super heroes, encouraging Sequoia's young heroes to be strong of body, mind and spirit!

SUPER BIRTHDAY PARTY

Holbrook-Palmer Park
on the North Meadow
150 Watkins Ave, Atherton, CA 94027
11:00 AM - 2:00 PM
Saturday, October 13, 2018

This epic party will feature out-of-this world fun and exciting activities. In efforts to strengthen your superpowers we will also showcase some of Sequoia Hospital's community Health and Wellness programs.



Interested in attending? Please let us know your intent to attend by RSVP'ing at sequoia.foundation@dignityhealth.org

ANNUAL HEALTHCARE SPONSORS:

Please join us in thanking the following businesses who have stepped forward to pledge their annual support to Sequoia Hospital and the Sequoia Hospital Foundation. To learn more visit sequoiahospitalfoundation.org/ahs

SENSIBA SAN FILIPPO LLP

CERTIFIED PUBLIC ACCOUNTANTS AND BUSINESS ADVISORS



OUR GRATITUDE NEWSLETTER:

We are proud to share this quarterly newsletter with you. We invite you to let us know if you would prefer to receive a printed version by mail or an electronic version by email. If, on the other hand, you would prefer NOT to receive this newsletter at all, please feel free to tell us that as well. You may call us at (650) 367-5657 or send an email to: sequoia.foundation@dignityhealth.org.

Our GRATITUDE newsletter is also available on the Foundation's website.

CELEBRATING DOCTORS' DAY:



National Doctors' Day is celebrated annually on March 30th. This date was selected for the holiday in recognition of the anniversary of the day anesthesia was first administered to a patient by Dr. Long in 1842. In 1990, President George H. W. Bush signed a law designating Doctors' Day as a new national holiday to be celebrated on March 30.

The Sequoia Hospital Foundation is honored each year to help recognize Sequoia Hospital's outstanding physicians, nurse practitioners and allied professionals for their care and dedication to our community. Annually, we host a special breakfast in the Foundation office of waffles, smoothies and specialty coffees to start their day. This year the Foundation was also proud to honor our physicians by announcing our support of a physician wellness initiative that helps care for their mind, body, and spirit. We are also proud to share with our physicians some of the comments we receive from grateful patients and their family members honoring our medical staff. The comments come to the Foundation through our annual Doctors' Day campaign.

Please join us in thanking the men and women who care for us and provide the gift of excellent health care.

CUT ✂ HERE

MAKE A GIFT TO THE SEQUOIA HOSPITAL FOUNDATION TODAY:

Enclosed is my tax-deductible gift of:

☐ \$50 ☐ \$75 ☐ \$100 ☐ \$250 ☐ Other \$ _____

My information:

Name: _____

City: _____

Phone: _____

Please make checks payable to Sequoia Hospital Foundation.

Please mail this form and your donation to 170 Alameda de las Pulgas, Redwood City, CA 94062 or give online at sequoiahospitalfoundation.org.

Address: _____

State: _____ Zip: _____

Email: _____

Credit card gifts:

Please charge my gift to: ☐ Visa ☐ Mastercard ☐ AmEx Card #: _____

Expiration: _____ CVV: _____ Signature: _____

Designation:

Apply my gift to the following: ☐ Greatest Need ☐ Labor & Delivery ☐ Heart & Vascular ☐ Cancer & Oncology

☐ Orthopedics ☐ Emergency ☐ Guest House ☐ Wellness Initiatives ☐ Kennett Scholarship ☐ Other: _____

My giving options:

☐ I wish to give anonymously. ☐ Please contact me regarding making a planned gift/estate gift.

GRQ22018