

Gratitude

CREATING A HEALTHY COMMUNITY. TOGETHER.

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Welcome New Board Members

Please join the Sequoia Hospital Foundation in welcoming the five newest members of our esteemed Board of Directors. Ivette Esserman, Ted Hannig, Bahman Nouri MD, Marisa San Filippo and Darlene Woodson were elected to serve earlier this summer and officially joined the board on July 1.



Two of our new members, Ted Hannig and Marisa San Filippo each bring with them a family legacy of service to Sequoia Hospital and our foundation. Ted Hannig follows his brother Frank and their mother Theresa, both of whom served on the Foundation's board. Ted is a founding partner of Hannig Law LLP and currently serves as Chief Legal Officer and Executive Vice President of Black Mountain Holdings, LLC and is Chair and President of Danford Fisher Hannig Foundation.

Marisa San Filippo follows her father Steve San Filippo, a former two-time Chair of our Foundation board. Steve's wife, Julie San Filippo is also a current board member. Marisa is a Partner at Flicker, Kerin, Kruger & Bissada LLP in Menlo Park and has practiced family law for more than ten years.

Ivette Esserman oversees investments for the family's foundation and is active on several committees with the San Francisco Museum of Modern Art. She has previously served as a member of the Alta Bates Hospital Foundation and brings that experience to our board.

Bahman Nouri, MD is an interventional cardiologist who has practiced at Sequoia Hospital for just over three years. Previously, Dr. Nouri practiced at El Camino Hospital and completed an Advanced Endovascular Fellowship Program at the Fogarty Institute for Innovation, named for former Sequoia Hospital cardiac surgeon Dr. Thomas Fogarty.

Darlene Woodson is an active community volunteer, having served on multiple boards locally and regionally. She has been a member of the Peninsula volunteers for 35 years and previously served as the President of their board.

We look forward to the service and contributions of each of these new board members and to a time when we can introduce them to you in-person at one of our Foundation events.

Sequoia Impact Grants



Launched in April 2021, the Sequoia Hospital Foundation's Sequoia Impact Grants (SIG) were created to fund programs and services that enhance the quality of care at Sequoia Hospital while engaging employees and Foundation board members.

The impact grants give employees ownership and the ability to directly suggest enhancements and programs they believe will support their work. Hospital staff at all levels and across all departments are encouraged to submit applications for programs that support patient care and services, education of health care providers, or care for the health of our communities. All applications are reviewed and approved by hospital leadership.

The Foundation's board has approved \$100,000 in funding for the current Fall grant cycle and requests can range from \$5,000 - \$25,000. Grant proposals are considered by a committee consisting of three employee peers and four Foundation board members.

While the Fall applications are due this month, more than \$105,000 was awarded during the Spring application cycle. Applications receiving funding earlier this year included:

- the Adult Functional Independence Test (*see right*),
- flexible endoscopes to inspect the interior of surgical equipment,
- a free-standing infant warming arm to provide radiant heat to newborns,
- a mentoring program to provide virtual hospital field trips to high school students,
- an AbilityPath partnership to hire a disabled individual on a per-diem basis to unpack surgical supplies,
- education for perinatal staff,
- new patio furniture for the hospital's west lobby entrance, and
- an employee massage chair.

Sequoia Impact Grants are made possible through generous funding by our community donors.

With funding from a Sequoia Impact Grant, Sequoia's Rehabilitation Department is now offering an **Adult Functional Independence Test (AFIT)** to community members 50 years and older. The AFIT exam is a one-hour 15-test assessment of your posture, balance, strength, flexibility and endurance. The goal of AFIT is to reduce your risk for chronic pain, falls and loss of independence by identifying impairments early and jump-starting an exercise program.

Each assessment will be administered by an Occupational or Physical Therapist and, based on your results, an exercise program will be provided that is tailored to your specific needs. Because of the Foundation's funding, the cost of the assessment has been reduced from \$200 to \$50.

For more details and to schedule your AFIT assessment:
register.dignithealth.org/profile/72239

You may also call the Rehabilitation Department at (650) 367-5517 or email Sequoia.AFIT@commonspirit.org



Volunteers Are Back

Sequoia Hospital's dedicated volunteers are back at work after more than a year away due to COVID-19 precautions. Their daily presence has been missed by patients and staff alike. Hospital volunteers bring a helpful and reassuring human touch to our patients and their families.

Well ... not always human! Also back in service are our pet therapy dogs. The Foundation office is pleased to see these dogs return as we have long been champions of animal assisted therapy and the healing smiles brought by an enthusiastic tail wag.



Recognizing Exceptional Nursing

Earlier this year, the Sequoia Hospital Foundation was pleased to award the first Berdine and Cliff Jernigan Exceptional Nursing Awards, recognizing nurses who exhibit a "can do" attitude and excel in treating patients with kindness, empathy, respect and dignity. Recipients (*pictured above from left to right*) were Elaine Calaguas RN, Aisha Hussain CNA, Michelle Lee RN, Aretha Martins CNA, Joselito Perez CNA and Diana Urdenko CNA.

These monetary awards were funded by generous Foundation donors, and grateful patients, Berdine and Cliff Jernigan. The Jernigans' intent in creating the awards is to recognize providers who treat those they care for not only as patients but also as customers and individuals by incentivizing a focus on respect and courtesy, flexibility, helpfulness, empathy, attentiveness, listening and communication skills, a positive attitude and the ability to notice and solve issues.

Please join us in congratulating those recognized above. To learn more about Berdine and Cliff Jernigan, we invite you to read our upcoming annual report to be published later this year.

It is our pleasure to share this newsletter with you. If you would prefer not to receive our newsletter, please feel free to call 650.367.5657 or email sequoia.foundation@dignityhealth.org. Our newsletter is also available on the Foundation's website.

Support Sequoia Hospital With a Qualified Charitable Distribution From Your IRA

Satisfy your required minimum distribution while creating healthier communities.

What is a qualified charitable distribution?

A qualified charitable distribution (QCD) is a distribution of funds from your IRA (other than a SEP or SIMPLE IRA) directly to a qualified charitable organization, such as the Sequoia Hospital Foundation. Because the gift goes directly to the charity without passing through your hands, the dollar amount of the gift may be excluded from your taxable income up to a maximum of \$100,000 annually, with some exceptions. Please consult your tax advisor for information regarding your specific exceptions.

Who can make a qualified charitable distribution?

QCDs can be made by IRA owners who are age 70 1/2 or older. QCDs made prior to the age you are required to take a minimum distribution from your retirement assets (pre-Required Minimum Distribution QCDs) will not reduce or otherwise impact future Required Minimum Distribution. Your tax advisor can provide additional information on your particular situation.

Many individuals who are required to take money from their IRA but do not need it for living expenses have chosen to make QCDs from their IRAs to support the work of Sequoia Hospital. This may make sense for you too!

How do I make a qualified charitable distribution to Sequoia Hospital Foundation?

Your QCD must be made directly from your IRA custodian to Sequoia Hospital Foundation on your behalf. Each financial institution has its own process for initiating a qualified charitable distribution.

See the link below for a sample letter you can send to your plan provider to initiate a distribution. Make sure that you contact us when you direct the distribution so we can look for the check from your IRA administrator.

<https://mysequoialegacy.org>



Concert for Humankindness

The Sequoia Hospital Foundation's virtual Concert for Humankindness was held on September 21, 2021 to coincide with observances of World Gratitude Day.

Headlined by Grammy Award-winning/nominated artists, the concert raised funds for the Sequoia Health Equity Partnership, a donor-supported fund created to address the health of those most vulnerable in our community. Proceeds will help fund a diabetes nurse educator at Redwood City's Samaritan House clinic to work directly with at-risk patients on education and critical lifestyle modifications.

We appreciate your support

To make a gift to Sequoia Hospital Foundation please use the enclosed remit form or scan this code with the camera on your mobile device to give online.

