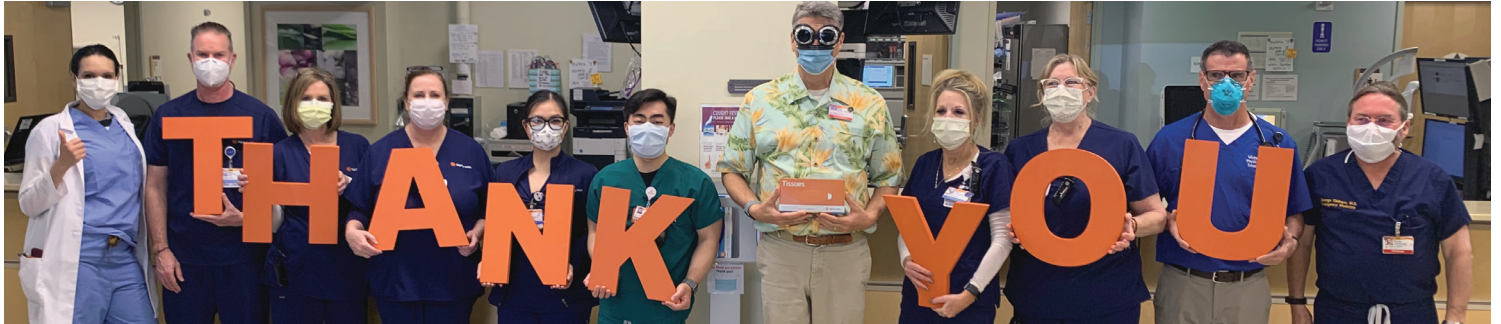


Gratitude

CREATING A HEALTHY COMMUNITY. TOGETHER.



Sequoia Hospital Heroes Caring for our Community

Dignity Health Sequoia Hospital is astounded by the generosity of the many individuals, companies, and organizations who have reached out to help us during these past few months. Our community is supporting our physicians, nurses, and caregivers during this challenging and stressful time, and we are so grateful. We decided to dedicate this issue of Gratitude to share stories of humankindness with you.

Some examples of acts of humankindness toward our caregivers include:

- Restaurants partnering with individuals offering sponsored meals
- Community crafters sewing face masks
- Snack and care packages for our hospital departments
- In-kind donations of masks, gowns, gloves, hand sanitizer, and wipes
- Handmade cards
- Girl Scout Cookies

In times of uncertainty, the doctors, nurses, and other care teams at Sequoia work tirelessly to help our community. The world's response to the COVID-19 pandemic is unprecedented, and your support today can help Sequoia's efforts. Support can take many different forms, from donating needed supplies to making a monetary donation.

In light of the current COVID-19 efforts, the Sequoia Hospital Foundation is focusing attention on our Caregiver Response Fund. Donations to this fund are being used to benefit our caregivers during their response to COVID-19 and for the treatment of our patients affected by it.

We are so grateful for the incredible community of donors who support Sequoia and allow us to be a leader in health care on the Peninsula. On behalf of our Board of Directors, physicians and nurses, and all of the Sequoia team — but most importantly, on behalf of our patients and families — we thank you for your kindness and generosity.

If you would like to share your Sequoia Hero story with us, please email sequoia.foundation@dignityhealth.org.

With Gratitude,
Jennifer A. Svihus
President, Sequoia Hospital Foundation

To learn more about the Caregiver Response Fund
please visit: sequoiahospitalfoundation.org/caregiver-response-fund

Dear Sequoia community,

In just eight weeks, our professional and personal lives have changed in ways we could never have imagined. Eight weeks ago our surgery schedule was busy. Eight weeks ago our units were full. Eight weeks ago COVID-19 came to our community and everything changed.

Today, we are a very different hospital focused solely on how we will care for a surge of patients we can't predict nor understand in its ferocity. Like you, I hear the stories from other hospitals, other communities, and other nations. I am frightened by what we may face. We did not ask for this crisis, but how we respond to it will define us.

What I have seen so far in our response is inspiring. The Sequoia community is engaged and readying itself for the work ahead. Teams are formed... recommendations are made... concerns are shared... things change daily... we keep learning. Our daily meetings are filled with stories of amazing dedication.

I wish I had a crystal ball. I wish I could look into the future and tell you what the coming weeks will bring. I am humbled by what I do not know, but I am bolstered by our team's commitment to our most vulnerable patients. I am bolstered by the way we support each other. I am bolstered by Sequoia's resolve.

Bill Graham
Sequoia Hospital President



Caregiver Perspective

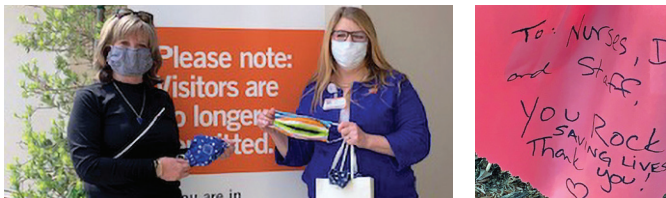
As Sequoia Hospital and its staff address the needs of our community in the face of COVID-19, Katrin Anderson, RN, who has worked at the hospital for 23 years, says she believes the hospital is managing well.

Anderson works in the Intensive Care Unit (ICU) where she reports that additional staff, brought in from other departments, means extra hands and enhanced collaboration and care for patients. Plans have been prepared to expand the ICU's capacity if necessary and nurses from other units are being trained to perform specific procedures for a surge of additional patients.

On an individual level, those who work in the hospital are used to knowing what to expect from specific illnesses. Training exists to prepare even for the unexpected, but COVID-19 is different. It is unpredictable and the medical community is still learning daily. Caregivers in the ICU and throughout the hospital experience the same emotional ups and downs as those outside the building. Moments of being scared and nervous are balanced, however, by the knowledge that a great team and great co-workers will get you through.

In the end "we just do it," Anderson says. "We care for patients. This is what we signed up for."

If there is a silver lining, according to Anderson, it is the overwhelming outpouring of support from the community. From the thank you notes from children that hang in the ICU break room to the deliveries of meals, and hand-sewn masks, there has been widespread support. Anderson also recognizes the support of her coworkers throughout the hospital – nurses, doctors, respiratory therapists – who are working on the frontlines to care for Sequoia's patients.





Answering a Need

In 1994, Ziping “Ping” Cen had an experience that altered the direction of her life. While living in St. Louis, Missouri, where her husband was pursuing his doctoral degree, Ping found herself in the midst of a medical crisis, unprepared. An elderly woman she was helping suddenly lost her speech. Scared and unsure what to do, Ping enlisted the help of a neighbor who called 911 and summoned the help necessary. The woman had experienced a major stroke but fortunately recovered.

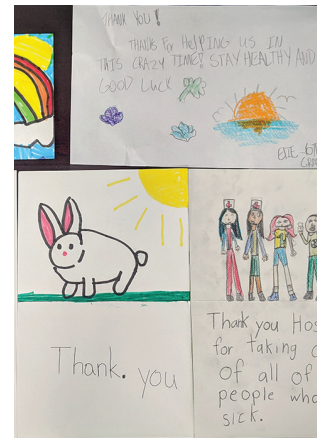
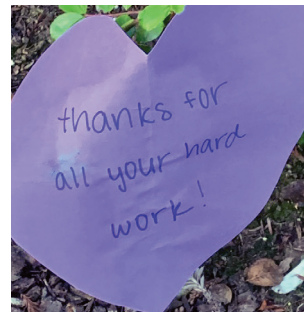
Inspired by the incident and the desire to be better able to help more people, Ping earned her nursing degree and became a practicing nurse in 1998. She has worked as a nurse on Sequoia Hospital’s Cardiac Surveillance Unit for 14 years, having transferred from Dignity Health’s Mercy General Hospital in Sacramento.

In January of this year, Ping was horrified as COVID-19 broke out in Wuhan, China. She saw doctors, nurses, and other medical personnel in full protective gear caring for their patients. In March when the virus spread to the United States there were reports of critical shortages of Personal Protective Equipment (PPE) in hospitals around the country. She knew then that Sequoia would face the same shortages.

“Without enough PPEs, how can our doctors, nurses, and other medical staff be fully protected? If they get sick who will take care of others?” she thought. Understanding that China produces 50-80% of the world’s masks, Ping called upon connections in her church and the local Chinese community to help address the PPE shortage in our hospital.

“Fortunately,” she continues “the local Chinese community, including our church, has already been mobilized and has already contacted the people in China to purchase the masks and other PPEs to ship to this country. They want to donate these much needed PPEs to the hospitals.”

Thanks to an incident 26 years ago, Ping notes “I’m just in the right time and place to get these valuable masks available to our hospital.”



For the latest information on the Sequoia Hospital Foundation's programs, events and campaigns please visit sequoiahospitalfoundation.org and join our community on Facebook, Instagram and Twitter.



Caring for our Caregivers

In late March, knowing how hard Sequoia Hospital was working to prepare for the challenge ahead, a group of generous Foundation supporters began reaching out to local restaurants to ask about providing meals for Sequoia's caregivers. As those initial meals came in, the hospital's staff was deeply appreciative and thankful that the community was supporting their efforts.

In the weeks since, restaurants, small businesses, and thoughtful underwriters have continued to step forward to provide a measure of comfort and ease to Sequoia's staff during these difficult days. We're grateful too that these businesses have been able to retain staff and remain open to serve our community.

Please join me in thanking Alice's Restaurant, Bare Bowls, Donato Enoteca, Farm House, Kentucky Fried Chicken, Mi Rancho Market, Milagros, Mister Softee, Mountain Mike's Pizza, Nam Bistro, Patxi's Pizza, Round Table Pizza, The Toss, Kiss my Seoul, Tootsie's at the Stanford Barn, Travelin Joe Espresso, Vino Santo, Vivace Ristorante, Waterdog Tavern, and our generous underwriters for supporting our caregivers.

Joan Ulibarri, Chair
Sequoia Hospital Foundation Board of Directors

Our Gratitude Newsletter

It is our pleasure 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 our newsletter at all, please feel free to tell us that as well. You may call us at 650.367.5657 or email us your preference at any time at: sequoia.foundation@dignityhealth.org. Our newsletter is also available on the Foundation's website.

Make a gift to the Sequoia Hospital Foundation Today

100% of your donation will be applied to the Sequoia Hospital Foundation's **Caregiver Response Fund**.

Enclosed is my tax-deductible gift of: ☐ \$250 ☐ \$100 ☐ \$75 ☐ \$50 ☐ Other \$ _____

Please make checks payable to **Sequoia Hospital Foundation**. Mail this form and your donation to 170 Alameda de las Pulgas, Redwood City, CA 94062 or give online at sequoiahospitalfoundation.org.

My information: Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____ Phone number: _____

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

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

Expiration: _____ CVV: _____ Signature: _____