so healthy!

Sonoma County's Quarterly Magazine for Medical News and Healthy Living

Summer 2010

KID-CARE EXPERTS
Memorial's pediatric hospitalists treat your family like their own

► nutrition
Farmers Market Etiquette

► q&a
How Do I Get Ready for Joint Surgery?

► unique voices
A Chaplain Who Comforts with Prayer and Music

Is Your Workplace Healthy?
St. Joseph Health System's employer relations specialist explains why healthy workplaces are the first step to cultivating a healthy community. See more on page 3. ►
MOLD YOUR FUTURE
Planning a full and healthy lifestyle is easy with this issue’s classes and programs. Join us for a golf tournament, volunteer your time or learn to work with clay. Plus yoga, prenatal classes and more.

WHAT’S INSIDE? On Page 4, we share how a patient navigator can make surgery less stressful. The Page 6 article lets you in on the essential rules of farmers markets. On Page 8 you’ll find our cover story on the ways St. Joseph keeps kids safe—inside of the hospital and out. Page 14 introduces a special member of our staff: the singing chaplain. On Page 16, learn how a well-loved Petaluma nurse was called to serve.


SUBMIT YOUR STORY, AND YOU COULD BE ON OUR COVER!
Have you had a positive experience at Santa Rosa Memorial Hospital or Petaluma Valley Hospital? We’re planning our cover stories for the next year, and would love to feature you! Send just 100 words about your experience to connect@stjoe.org. Don’t wait! Entries are due by Aug. 31, 2010.
The Impact of a Healthy Workplace

Part of St. Joseph Health System’s mission is to create the healthiest communities possible. And we know that the support services offered by employers can play an influential part in a community’s health.

As the employer relations specialist, I provide a proactive approach to community health by focusing on the creation of healthy employees. When employees are healthier, they live longer, and they can serve as role models to help their children lead healthier lives, too.

The first step to creating a healthier workforce is recognizing health risk areas, such as cardiovascular disease, cancer, diabetes, and obesity. I help identify these health risks and work with employers to implement a customized program that provides education and intervention related to early detection, prevention, and treatment.

Employers benefit because they start to create a culture of wellness, which can lead to a healthier workforce, decreased absenteeism, increased productivity, and enhanced employee morale. Companies also benefit from lower healthcare expenditures and a stronger bottom line.

Yet many companies have cut programs like these due to the current economy. Because we see the value of this proactive approach, our hospitals have chosen to underwrite these costs.

That’s just another sign of St. Joseph Health System’s commitment to creating the healthiest communities possible. Will you join us?

Jeannie Calverley
Employer Relations Specialist
St. Joseph Health System-Sonoma County

Bring Health to Your Work

To learn more about SJHS-SC’s health management program for employers, contact Jeannie Calverley at 707-525-5263 or jeannie.calverley@stjoe.org

Medical expenses for obese employees are estimated to be 42 percent higher than for a person with a healthy weight.
I'm considering joint replacement surgery. What should I know? Surgery can take you from daily pain and limited function to a fuller, more active life. With all of the options available today, knowing the facts about total joint replacement can help you make the decision. Inquire about the number of joint replacement procedures your surgeon has done and the quality measures and statistics of the hospital you are considering. How do Santa Rosa Memorial’s rates compare with others? Santa Rosa Memorial Hospital’s outcomes helped it become a Blue Distinction Center for Knee and Hip Replacement, one of only 43 hospitals in California to have this title. Patients’ rates of readmission and complication after surgery are also well below the national average. What’s the No. 1 thing to remember when preparing for surgery? At the end of the day, it is all about you. When our patients at Santa Rosa Memorial Hospital go into their procedures with reduced anxiety and heightened awareness about the surgery and outcome, I have done my job right.
Putting Patients First
Santa Rosa Memorial Hospital is one of only 74 hospitals across the country to have won Avatar International’s “Exceeding Patient Expectations” award for 2009. The award is based on patients’ responses to post-discharge survey questions that gauge how well a hospital’s clinicians and staff members meet their expectations, including expectations about quality and reliability of care.

Honors in Food Safety
Nutrition Services at Petaluma Valley and Santa Rosa Memorial hospitals are recipients of the 2010 Recognition of Excellence in Food Safety Award. Nutrition Services at both hospitals have received the award in recognition of their commitment to food safety over the past year.

What Is a Nurse Anesthetist?
While the term may be unfamiliar to some, nurse anesthetists are dedicated to the specialty of anesthesia. Their roots extend back to the 1800s, when nurses first gave anesthesia to wounded soldiers during the Civil War. Today, these advanced practice nurses safely administer approximately 32 million anesthetics to patients each year in the United States.

In the Family Birthing Center at Petaluma Valley Hospital, we take pride in our complement of medically advanced and holistic health resources. And now we are providing mothers-to-be with even more choice with the addition of Certified Registered Nurse Anesthetists (CRNAs) to aid in the birth process.

“We stay by the mother’s side for the entire birth process,” says Mel Atchison, CRNA at Petaluma Valley Hospital. “We constantly monitor important body functions and individually modify the anesthetic to ensure maximum comfort and safety for mother and baby.

Our CRNAs are specially trained in pain management and the use of anesthesia during the birth of a child. In conjunction with physicians, nurses and other hospital staff, nurse anesthetists help ensure the highest standards of healthcare for moms and babies. If a mother chooses to use anesthesia during the delivery process, she can rest assured she and her baby are in expert and caring hands at Petaluma Valley Hospital.

ER Care, Faster Than Ever
Seeing patients quickly has always been a hallmark of Petaluma Valley Hospital, and wait times got even shorter earlier this summer when the hospital pledged to begin emergency care within 30 minutes or less of arrival.

The pledge is part of an extensive effort to increase patient experience and operating efficiency without compromising what the hospital is best known for—the delivery of world-class care close to home.

Patients now see an ER physician twice as quickly as at the start of 2010, when Petaluma Valley stepped up efforts to shorten wait times. In January and February, the average door-to-doctor times were about 35 minutes. By March and April, they were reduced to 18.5 minutes. The national average wait time is one hour, according to the Centers for Disease Control and Prevention (CDC).

This improvement in clinical care has the potential to benefit 20 percent of the population in south Sonoma County and contiguous communities served by Petaluma Valley Hospital, including northern Marin County.

“The quicker we can see patients, the quicker we can ease their suffering,” explains Randeep Singh, M.D., chief of staff and Emergency Department medical director at Petaluma Valley Hospital. “Furthermore, evidence shows that with many conditions, more timely care can improve outcomes.”

Get the Details
For more information about the new ER pledge, please visit stjosephhealth.org.

According to the CDC, approximately one in five people in the U.S. visits an ER during a 12-month period.
so nutritious

Shopping Local: Farmers Markets are a visual and gastronomic delight once you know what to do.

MARKET MANNERS

Peaches so succulent you would swear you’d plucked them from the tree yourself. Green beans so crisp you can hear the “snap” as you break off each end. This is the kind of produce you’ll find at a local farmers market, where the food has traveled only a few miles—or may have just come off an adjacent field. Freshly harvested produce has more nutrients than food shipped from distant locales, and requires less fuel and packaging to get into your hands. Plus, shopping at farmers markets is usually less expensive and supports the local economy. Here’s how to do it best.

Written by Amy Lynn Smith

WHAT TO WEAR

Season appropriate garb

You’re going to be outdoors, so dress for the weather. Wear comfortable shoes you don’t mind getting dirty, and you may want to ditch your purse and opt for a waist pack instead. Don’t forget the sunscreen and a hat if you plan to stay awhile.

WHAT TO BRING

Small bills, reusable bags

Carry cash—there won’t be an ATM or credit card checkout. Bring your own shopping bags, preferably the reusable ones you already own. An old baby stroller or wheeled cart can be handy, but be mindful of others as you roll through. Bring hand sanitizer to clean your hands and keep germs off the goodies.

Honey grown in the same area you live in helps lessen the effect pollen has on you during allergy season.
Start Your Wellness Here

THERE’S A FARMERS MARKET IN YOUR NEIGHBORHOOD— AT SANTA ROSA MEMORIAL

Nutritious food is a foundation of good health. So it’s only natural that Santa Rosa Memorial Hospital hosts a farmers market right by the front entrance.

The farmers market sells produce from two Northern California companies, one of which is based in Sonoma County. In addition to locally produced jams, jellies and honey, the market sells produce grown in the garden on site at Santa Rosa Memorial. Only produce that’s in season is sold at the market, which also provides recipes and information about the food they sell.

“The nutritional value of the food is better, because it’s picked when it’s mature and ready to use,” says Linda Hansen, a certified dietary manager and the director of Nutrition Services for St. Joseph Health System-Sonoma County.

“And it supports the economy of Sonoma County, where people use sustainable growing practices to protect the land.”

The Santa Rosa Memorial farmers market is open every Friday from 11 a.m. to 4 p.m., from April through October.

Get the Goods

For information on other farmers markets in Sonoma County, visit igrowsonoma.org/locate. Be sure to call ahead to verify hours of operation.

55.6% of Sonoma County adults eat the recommended five or more servings of fruits and vegetables per day.
A team of pediatric hospitalists, including Jon-Michael Castelli, M.D., and Brenna Yard, M.D., is on hand 24 hours a day, seven days a week to provide expert care for sick and injured children at Santa Rosa Memorial Hospital.
You’ve done everything you can to prepare your child for a hospital visit. But no matter how many times you read Curious George Goes to the Hospital before bed, you know that the quality of the hospital staff you entrust your child to makes all the difference.

At Santa Rosa Memorial Hospital, doctors don’t dress up as clowns like Robin Williams in the movie Patch Adams, but the staff does strive to make the experience less scary for its littlest patients—with everything from cuddly stuffed animals and video games to pinwheels for taking deep breaths and popsicles to help overcome dehydration.

Every year about 3 million children are admitted to hospitals for emergency or scheduled procedures nationwide. Even under the best of circumstances, a hospital visit can be a frightening and overwhelming experience. But Santa Rosa Memorial takes great strides to create no-tears hospital stays—for children and their anxious moms and dads. With an eye on preventing dangerous childhood mishaps, the hospital also plays an active role in health educational programs in schools throughout the community. Here’s an inside look at its various services for children inside and outside the hospital.

Kid-Tested, Parent Approved

Pediatric staff at Santa Rosa Memorial Hospital give our littlest patients the best in clinical care and preventive programs

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BABY 911
Specially trained physicians called pediatric hospitalists provide round-the-clock care for children when they are admitted to the pediatric ward or Emergency Department. They also see babies in the newborn nursery, attend high-risk deliveries and cover intensive care at night. “This pediatrician inside the hospital is available on a moment’s notice, 24 hours a day, seven days a week,” says Jon-Michael Castelli, M.D., FAAP, one of Santa Rosa’s pediatric hospitalists. “If a child is admitted to the Emergency Department, a pediatrician can help out right away. If a baby is delivered in distress, a pediatrician can be there to resuscitate the baby. For a newborn, those first few minutes are critical.”

What makes a pediatric hospitalist so important? Children aren’t just miniature adults; they have specialized needs. Dr. Castelli can never forget the 4-month-old baby girl in the ER who was weak, wasn’t feeding well and had a faint cry. “The first thing you might think is infection, let’s put this baby on antibiotics,” he says. “But blood and urine tests and eventually a spinal tap showed no clues for diagnosis. Then we wondered if the baby had a problem

The term “hospitalist” was coined in a 1996 article in the New England Journal of Medicine.
metabolizing food for energy. But all the blood tests came back inconclusive.” After the baby began having difficulty swallowing, Dr. Castelli asked her parents how long it had been since she had a bowel movement and learned it had been six or seven days. “That’s when I realized the baby had botulism,” Dr. Castelli says. The baby was immediately transferred to a specialty hospital that cured her life-threatening condition. “Without medical treatment, botulism definitely could be fatal,” Dr. Castelli adds.

While botulism is rare, pertussis—or whooping cough, a highly contagious respiratory tract infection—is on the rise. It’s most common among babies too young to have completed the first full round of vaccinations and teenagers and adults whose immunity has faded. “Babies just cough, cough, cough and sometimes stop breathing and turn blue,” says Santa Rosa pediatric hospitalist Brenna Yard, M.D. “A part of the treatment is close observation to make sure the baby keeps breathing. It’s rough to ask parents to do that at home. Babies are so young and fragile, their parents are definitely anxious.”

Support for Parents, Compassion for Kids

At Santa Rosa Memorial, children’s wellness is a family affair. “A huge part of my job is anticipating parents’ needs and understanding their emotions and fear when they have a child who is sick enough to be in the hospital,”

Important Phone Numbers

Your babysitter or child-care worker knows to dial 911 in case of emergency, but she may need additional information as well. Use this guide to create your own emergency list.

Emergency: 911
Police:
Fire:
Ambulance:
Pediatrician:
Family Doctor:
Dentist:
Poison Control Hotline: 800-222-1222
Pharmacy:
Mom’s Cell:
Mom’s Work:
Dad’s Cell:
Dad’s Work:
Health Insurance Company:
Group/Policy #:
Policyholder’s Name:
Policyholder’s ID #:

Top: Santa Rosa Memorial Trauma Program Manager Jan Critsch, R.N., M.A., applies makeup to a student volunteer from Piner High School for Every 15 Minutes, a program to show teens the real impact of drinking and driving. Above left and right: After a simulated vehicle crash, real medical teams respond and take teen “victims” to the hospital.

Safe Kids Sonoma County

Santa Rosa Memorial is the lead agency for Safe Kids Sonoma County, a local coalition that helps connect parents and caregivers with the safety resources they need: information, safety tips, current research, workshops and classes.

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Dr. Castelli says, “Almost always parents have fears and concerns they aren’t even willing to verbalize.” Parents often feel guilty, assuming their child is in the hospital because they waited too long to seek medical care. But Dr. Yard points out, “Most of the time it’s not the parents’ fault; it’s just the nature of the illness.”

Santa Rosa’s pediatric hospitalists coach parents on steps they need to take at home to help their child get well and prevent problems from recurring. “For a child with asthma, we try to figure out what the trigger is in the home—whether it’s smoking, pets, dust or allergies—and what to do about it,” Dr. Yard says. “Babies wearing diapers are especially prone to MRSA abscesses. We take the opportunity to talk to parents about how to rid the home of the bacteria.”

Meanwhile, the hospitalists and nurses in the pediatric ward work their magic with children, coaxing them to cooperate in playful and reassuring ways. “One of our skills is working with children—how to get an exam when they’re scared and crying, how to convince them the medication will help them and that they need to leave in the IV,” Dr. Yard adds.

AN OUNCE OF PREVENTION

The key to saving children’s lives is not only treating them quickly and expertly in the hospital but also educating the community on ways to prevent traumatic injuries from such things as motor vehicle crashes. “Motor vehicle crashes are the number-one cause of death in people up to 34 years of age,” says Jan Gritsch, R.N., M.A., Santa Rosa Memorial’s trauma program manager. “And 35 percent of all traffic fatalities in Sonoma County are alcohol-related.”

One community program to discourage drinking and driving is Every 15 Minutes, which takes place in area high schools and involves medical professionals from Petaluma Valley and Santa Rosa Memorial Hospitals. The two-day event begins with a mock traffic collision and ends with an assembly for the students and community. “It’s about choice,” Gritsch says. “You can’t tell a kid to not drink and drive, but you can help teens be more thoughtful about their choices.”

Another essential part of the trauma center’s education efforts is G.I.F.T., or Gun Violence Information for Teens, a two-hour program presented to 500 students each year in conjunction with the local district attorney’s office. Given in middle schools and high schools, the program includes a presentation from a member of the medical staff on gun trauma program manager. “And 35 percent of all traffic fatalities in Sonoma County are alcohol-related.”

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Meanwhile, other traumatic injury prevention efforts are geared to parents who often inadvertently risk their children’s health by improperly installing car seats. First-time parents receive car seat fitting instructions at Petaluma Valley Hospital and Santa Rosa Memorial Hospital.

“The key component to trauma care is prevention,” Gritsch says. “That’s where the real work lies.”

Discover the Top Safety Concerns by Age

Visit safekidssonomacounty.org/safety.htm and click “Tips by Age” in the left column.

Not sure if your child needs a car seat or a booster seat? Get answers at safekidssonomacounty.org/safety.htm.

TEST YOUR SAFETY SMARTS

IGNORANCE ISN’T BLISS WHEN IT COMES TO CHILD SAFETY. TEST YOUR KNOWLEDGE WITH THIS QUICK QUIZ.

1. What are the leading causes of injury-related hospitalizations for children under age 15?
   A. Falls
   B. Motor vehicle collisions and bicycle crashes
   C. Poisonings
   D. All of the above

2. What is an important safety feature of a child’s bicycle helmet?
   A. It freely moves more than an inch in either direction
   B. It has a label that says it meets the standards of either the American Society for Testing and Materials (ASTM) or the U.S. Consumer Product Safety Commission (CPSC)
   C. It has a strong strap and buckle that holds firm in a crash but releases five seconds after a steady pull
   D. B and C

3. What percentage of children who should be restrained in booster seats actually use them?
   A. 19 percent
   B. 33 percent
   C. 50 percent
   D. 75 percent

4. True or false? More than 90 percent of all child poisonings happen in the home.

THE ANSWERS AND WHY

1. D – All of the above. Of the three, motor vehicle collisions are the deadliest and the leading cause of accidental injury-related death in children ages 14 and under.
2. D – A new California law requires anyone under age 18 to wear a properly fitted and fastened helmet while riding a nonmotorized scooter, skateboard or bicycle and while wearing in-line or roller skates.
3. A – Many parents mistakenly believe their children are too big for a car seat. According to California state law, youngsters must be in a child restraint if they are 5 years and younger or less than 60 pounds.
4. T – Most poisonings happen to children between the ages of 6 months and 5 years. Many ordinary things in the house—from plants to household cleaners—can be poisonous to a child.
20th Annual Golf Classic

One of the premier golf tournaments in Sonoma County, this event has raised funds from our generous community for the past 20 years to support Hospice of Petaluma. Select from two tee times: 7:15 a.m. or 1:30 p.m. Registration includes breakfast or lunch. Come celebrate the 20th anniversary of this special community event. Join in on the fun and continue the tradition!

WHEN: Friday, Aug. 27
CONTACT: 707-778-6242 or e-mail cheryl.plattner@stjoe.org
WHERE: Adobe Creek Golf Club, 1901 Frates Road, Petaluma

YOGA

Please wear comfortable, loose clothing and bring a yoga mat or blanket.

FEE: $10
CONTACT: 707-525-5285

In Santa Rosa:
WHEN: Mondays, 4–5:15 p.m.; Fridays, 5:45–6:45 p.m.
WHERE: Life Learning Center, 1144 Montgomery Drive

In Petaluma:
WHEN: Wednesdays, 4–5 p.m.
WHERE: Groverman Hall, 400 N. McDowell Blvd.

BREASTFEEDING SUPPORT

Petaluma Valley Hospital offers a Lactation Specialist who is available by phone to assist new mothers who have concerns and questions about breastfeeding. Breast pump rentals are also available.

CONTACT: 707-778-2827

OB TOURS

Our staff will walk you through the paces of coming to Santa Rosa Memorial Hospital to have your baby. Our goal is to have you confident upon your arrival and throughout your stay with us.

FEE: FREE
CONTACT: 707-522-1544
WHEN: Call for specifics
WHERE: Santa Rosa Memorial Hospital, 1165 Montgomery Drive, Santa Rosa
WHEN SOMEONE YOU LOVE IS SICK
A supportive, drop-in group for family and friends of someone with a life-threatening illness. Share experiences of coping with a loved one’s illness, learn self-care techniques and get information about community resources.

FEE: FREE

In Petaluma:
CONTACT: 707-778-6242
WHEN: 1st and 3rd Thursday of each month, 4–5 p.m.
WHERE: Hospice of Petaluma, 416 Payran St., Petaluma

In Santa Rosa:
CONTACT: 707-568-1094
WHEN: 2nd and 4th Wednesday of each month, 4–5 p.m.
WHERE: Memorial Hospice, 821 Mendocino Ave., Santa Rosa

WORKING WITH CLAY
Explore your creative side while learning basic clay-building techniques. Pinch, soil and slab your way to creating a vase, pot, small figurine or sculpture. All materials are included. You may wish to bring an apron or wear clothing that can get clay on it!

FEE: $20
CONTACT: 707-525-5285
WHEN: Aug. 16, 23 and 30 (three-day series), 4:30–6:30 p.m.
WHERE: Life Learning Center, 1144 Montgomery Drive, Santa Rosa

Pregnancy Back Pain?
An aching back is a common complaint for as many as 70 percent of expectant moms. Lower back pain was once considered a normal part of pregnancy, like an unusual craving for pickles and peanut butter. But a recent study reveals an exercise program under the direction of a physical therapist can reduce the intensity of back pain for pregnant women.

Here’s where Chris Ryan, MSPT, CSCS, manager of the Outpatient Orthopaedic Physical Therapy Program at Santa Rosa Memorial Hospital, enters the picture. As the father of two young children, he understands the plight of pregnant women struggling with lower back pain, which can put a damper on their joy as they ready the nursery, set up the crib or shop for baby linens.

As a physical therapist for 13 years, he puts his expertise to work to help identify expectant moms’ trouble spots. “Is she weak? Is she stiff? Does she need to learn to move differently to protect her back? We determine a treatment plan based on a woman’s needs,” Ryan says.

For many women, exercises in the program’s indoor pool heated to 92 degrees offer relief. “Water is a great environment to exercise in,” he says. “The buoyancy of the water counterbalances a person’s weight.” Other therapies in Ryan’s repertoire include soft-tissue mobilization and myofascial release as well as stretching and strengthening exercises for the abdominals, legs and back.

Get Relief for Your Back Pain
If you think physical therapy would be helpful, speak to your primary care physician, who needs to make a referral. The Outpatient Orthopaedic Physical Therapy Program accepts most insurance plans. For more information, call 707-542-4704.

Get answers to almost all your pregnancy questions at americanpregnancy.org.
How many people get to do what they love every day? Stephanie Gameros does, by combining her calling to ministry with her passion for music as a singing chaplain.

“I’m so blessed to have found a way to connect my two loves: singing and people,” she says. “I want to follow what gives me joy in my life, and what I do is the most fun in the world.”

Gameros visits Santa Rosa Memorial Hospital every weekend and, like her spiritual colleagues across St. Joseph Health System-Sonoma County, is an interfaith chaplain. “That means we value and recognize everyone’s faith traditions, even if they don’t have one,” she explains.

**THE HEALING TOUCH OF MUSIC**

Every patient is visited by a chaplain, but Gameros is the only one who arrives with a guitar slung across her back. She spends time with patients and prays with them if they wish. At the end of her visit, she asks if they’d like to hear a song.

“It’s always kind of fun, because I bet they’ve been wondering the whole time, ‘Why does she have that guitar?’” Gameros says.

She has a repertoire of about 400 songs that includes folk, country, oldies, reggae, hymns, children’s songs, pop music and songs in Spanish. Even people who speak other languages express delight as soon as Gameros begins to play. “Music can cross language barriers,” she explains.

Gameros firmly believes in the healing power of music and says studies have shown how it can instantly calm the listener. She also has seen first-hand how profoundly music can touch someone.

“There was a man with Alzheimer’s disease who was unable to speak a full sentence that made sense to us, but as soon as I began playing ‘Amazing Grace,’ he sang every verse with me,” Gameros says. “He could express himself through song, which was amazing, and it shows how music goes beyond words to reach us on an even deeper level.”

WRITTEN BY AMY LYNN SMITH

**Hear the Music**

To learn more about Stephanie Gameros—and listen to audio and video clips of her work, as well as how to request her services—visit singingchaplain.org.

**Spreading Joy**

SINGING CHAPLAIN BRINGS SOLACE AND SMILES TO PATIENTS

A recent study found that listening to music soothes anxiety as well as massage does.
Life-saving care – where and when you need it.

As the region’s Level II Trauma Center, Santa Rosa Memorial Hospital provides critically injured patients immediate access to highly specialized treatment. Partnered with emergency responders in the field, our multi-disciplinary team of specialists responds rapidly, greatly reducing risks of death and disability. You can depend on us 24/7 for the area’s most comprehensive care, for injury prevention, and for an edge in quality that comes with treating complex cases every day.

The Regional Trauma Center

at Santa Rosa Memorial Hospital

Over a decade of delivering the highest level of care for critically injured patients recently earned SRMH re-designation as the region’s Level II Trauma Center for 12 more years.
Nancy Corda wasn’t always planning to be a nurse. Her career choice was inspired by a hospital stay in the mid-1960s, during a national nurse shortage.

One night she turned on her call light for help, but no one came. Corda already had an interest in the sciences, so nursing was a perfect fit.

Now in her 39th year of nursing (37 of those years working in Petaluma at the old Hillcrest Hospital and at Petaluma Valley Hospital), the Critical Care nurse leader became the 2010 recipient of the Gene and Evelyn Benedetti Leadership Award this past spring.

A registered critical care nurse, Corda exemplifies the Benedetti legacy of leadership, generosity of time, talent and commitment to the community. As a nurse leader at Petaluma Valley Hospital, she represents the very best in clinical care and treatment for her patients.

Presented at the seventh annual Benedetti Leadership Celebration, the award honors the memory of Gene and Evelyn Benedetti, two Petalumans whose dedication to family and community serves as a model to others. Each year, honorees are selected who live out the Benedettis’ legacy of leadership.