

Health Matters

SPRING/SUMMER 2015

Center for Bone &
Joint Health Offers
Award-Winning
Care for Adults of
All Ages

Petaluma Valley
Hospital Sparks
the Minds of
Local Youth

Clinical Trials Offer
New Treatments to
Cancer Patients

Local Family's
Altruism Helps
Build Community

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sjhnews.org/sonoma



St. Joseph Health 
Santa Rosa Memorial • Petaluma Valley

Award-Winning Care Restores



Millions of us struggle with pain and loss of motion because of joint damage caused by arthritis or injury. If other treatments don't offer relief, you may wonder about turning in your worn-out joints for new ones.

Surgery may not be your first choice. But if you are a candidate for total joint replacement, know that more than 90% of people have good to excellent results, according to the National Institute of Arthritis and Musculoskeletal and Skin Diseases.

At Santa Rosa Memorial Hospital's Center for Bone & Joint Health, orthopedists perform more than 800 joint replacement surgeries each year. Surgical expertise and volume combine to deliver better outcomes, less need for surgical revisions, and minimal complications.

The doctors of the Center for Bone & Joint Health can help

Santa Rosa Memorial is one of 44 hospitals in the state designated as a Blue Distinction Center for Knee and Hip Replacement by Blue Shield of California. The hospital is also a three-time Women's Choice Award winner, honored in 2013, 2014 and 2015 among the best orthopedic hospitals for women in the country.

you explore every course of action from non-surgical treatments to the latest techniques in joint replacement to take you from daily pain and limited function to a fuller, more active life.

Avid hiker Tish Levee detested being off her feet. After undergoing her first knee replacement surgery in 2012, Levee concluded that she needed her other knee replaced during a 20-mile hike through Glacier National Park last year.

"The pain had gotten so bad, I couldn't walk for five minutes without feeling discomfort," said Tish, 75, a conservationist and wildlife docent.

After Kevin Howe, MD, replaced Levee's second knee at Santa Rosa Memorial in January, she was thrilled with the immediate outcome. "My second surgery went so much better than the first," she said. "I regained function almost immediately and was going up and down stairs before I went home."

Levee credits her fast recovery to the excellent post-surgery care she received, which was supplemented by her own hard work at regaining mobility. "You definitely have to do your share of physical therapy after surgery," she said. "But it was really helpful to have Dr. Howe encouraging me to hike again and get my life back."

JOINT REPLACEMENT NOT JUST FOR SENIORS

Tim Neil, (above left) a 45-year-old facilities manager for L-3, was an avid cyclist who opted for hip replacement in 2013.

"It's not exactly clear what caused the deterioration of my femur, but I was in excruciating pain," recalled Neil, who was accustomed to cycling 50 to 60 miles every weekend. The repetitive motion didn't help his hip and eventually he could barely move. That's when Tim turned to Gary Stein, MD, who had previously performed arthroscopic surgery on his knee.

"I really appreciate the fact that Dr. Stein is very up front," said Neil. "He tells it like it is, and that's very valuable to me."

For Neil, attending the Center's complimentary Total Joint Replacement class was indispensable. Taught by Total



Hips and Knees



Photos by Charlie Gesell

Joint Patient Navigator Jessica Kerger, RN, the class guides patients through every step of joint replacement surgery so they know what to expect. “I was amazed by how accurate and helpful the class was,” Neil said. “They have everything down to a science.”

Trish Collins (cover photo) was only in her 30s when she began to feel pain in her joints as a result of rheumatoid arthritis. Now 55, she feels like a new woman after hip replacement.

Before the operation, “I could barely stand up and had to be dependent on others for everything,” she recalled. “I tried dietary changes, different medications, cortisone shots — nothing worked.”

After undergoing surgery with Geoff Tompkins, MD, in November, Trish regained her mobility.

“I finally have my life back,” said Trish.

LESS PAIN, QUICKER RECOVERY

For some, arthritic pain advances from tolerable to agonizing in just a matter of months.

Gaining no relief from cortisone shots, arthroscopy, and subchondroplasty (a process that fills bone lesions with a biomimetic bone substitute), Noreen Carvolth (above center) looked to Steven Smith, MD, to replace both of her knees.

“He was very thorough in trying to determine what was wrong,” she remembers. “I really appreciated his concerted effort when both of my knees went down the drain.”

Noreen credited the “incomparable pain management” she received at the hospital. A specialized nerve block enabled her to walk the same day as her surgery and even climb a flight of stairs the day after. “It was truly imperative to the success of my surgery,” Noreen recalled.

MORE PATIENT-CENTERED AMENITIES

Orthopedic patients at the Center for Bone & Joint Health also benefit from:

- Remodeled, private rooms
- Gourmet meal selections created by Chef Lisa Hemenway
- A continental breakfast and coffee cart
- On-demand, in-room movie coming soon

Details about upcoming Total Joint classes are listed in the calendar on page 9 of this magazine.

To find a specialist, visit www.StJoeSonoma.org. To contact our Total Joint Patient Navigator, call (707) 523-2663.

At Memorial’s Center for Bone & Joint Health, orthopedists and anesthesiologists collaborate to carefully manage pain, both before and after a procedure.

“With targeted nerve blocks, we reduce pain to the joint, allowing patients to quickly regain mobility after surgery,” said Dr. Stein. “This improves patients’ circulation, balance and strength — setting the stage for faster recovery.”

Faith Ako, (above right) a 57-year-old Hawaiian native, was desperate to get her life back when osteoarthritis began to cause her severe knee pain. As a singer and musician, Ako spent a lot of time on her feet, but pain had begun to compromise her stability and endurance.

After having no success with alternative therapies such as cortisone shots and oral pain medication, Ako turned last year to Thomas Degenhardt, MD, to replace her knee.

“We instantly connected because he loves Hawaiian music!” Ako laughed. “But more importantly, the quality of care I received at Santa Rosa Memorial was amazing. I only had to stay in the hospital for one day after the procedure.”

Harold Doughty is among approximately 27 million Americans living with osteoarthritis. A breakdown in the joint cartilage between Harold’s bones was causing him acute discomfort. Eventually, he chose to have a hip and both knees replaced by Michael McDermott, MD.

“The pain was severely affecting his quality of life,” recalled Dr. McDermott. “He could barely walk. We tried anti-inflammatory medicines, cortisone shots, viscosupplementation (a lubrication injection), glucosamine, activity modification — nothing helped.”

After Harold’s recent hip replacement, however, he was walking the next day.





- ◀ Med/Surg nurse Briana Degaura mentors and guides student volunteers interested in the nursing profession.
- ▶ Harendra Punatar, MD, at home with daughters Ruchi (left) and Nisha (right). *Photo courtesy of the Punatar family*
- ▶ Joey Wertz hustles through the Petaluma Valley emergency department on a Saturday night, delivering clean linens.

Interested in volunteering? The Volunteer Services Department at Petaluma Valley Hospital offers a broad range of opportunities for those wishing to give of their time. Please contact us at Stephanie.Bodi@stjoe.org or call (707) 778-2880.

Petaluma Valley Launches Junior

Since age 7, Jennifer Domich knew she wanted to become a nurse. Her dad was dying from cancer and the nurses she'd encountered had made a lasting impression.

"They were so kind and helpful," remembered Jennifer. "They made an effort to answer my questions and include me in everything that was going on. Because of that, I've always wanted to give back to the medical community."

Fortunately for Jennifer, Petaluma Valley Hospital offers a volunteer program for high school students who want to learn more about health care careers. During her junior year at Petaluma High School, she eagerly signed up. Jennifer went on to graduate from UCLA medical school and now works in pediatric oncology at Children's Hospital of Los Angeles.

"Our goal is to give students who have a dream of working in health care the opportunity to see if it's right for them," said Stephanie Bodi, patient relations and volunteer services coordinator at Petaluma Valley. "Once they know it's the right choice, we do everything we can to help them achieve their goal."

The program lets 14- to 18-year-olds explore various career paths while on the job. Joey Wertz began volunteering with the program as a sophomore at St. Vincent de Paul High School in Petaluma. Now a senior, he assists in the emergency room, where he helps with tasks such as stocking supplies, making beds and delivering lab tests.

"I love being right in the action where I can watch procedures and assist the doctors and nurses,"

said Joey. "I help out with the minor things so they can focus their energy on the patients."

Before working in the ER, Joey thought he wanted to be a neurosurgeon.

"The brain is really interesting," he said. "But now that I've worked in the ER, I've also begun to consider doing trauma surgery. It's okay, though, I have lots of time to decide!"

In June 2014, the Sonoma County Office of Education was awarded a \$15 million grant from the California Career Pathways Trust (CCPT), which is designed to help foster relationships between local businesses and students who need guidance in preparation for the workforce. In Petaluma, schools including Casa Grande High have benefitted from the grant, as they've been

able to fund programs like Health Career Pathways, which helps prepare students to volunteer at Petaluma Valley.

"We want to make sure our volunteers are prepared so the employers feel comfortable," said Casa Grande's Jennifer Titus, who teaches its Health Careers co-op class. "The feedback from the volunteers has been fantastic. They never thought they would be able to get this kind of on-the-job experience in high school."

Jennifer stresses the importance of hands-on experience to help teens sort fact from fiction.

"Many students don't realize the nitty-gritty that's involved with certain jobs," she said. "We don't want them to choose a career by what they see on television. Some positions involve a lot of paperwork and other mundane



▲ Med/Surg nurse Briana Degaura spends time with a patient at Petaluma Valley Hospital. *Photos by Scott Manchester*

Volunteers Into Health Careers

tasks. Students need to see how much work goes into each job.”

Stephanie agreed: “I remember a student who dreamed of being a nurse because she wanted to care for people,” she said. “But she didn’t like working with complex technical equipment or certain administrative tasks. So she ended up choosing a profession outside of health care.”

For other students, their determination to study and work in medicine is reinforced by their hospital experience. Nisha Punatar, a Casa Grande graduate and third-year medical student at George Washington University in Washington, D.C., narrowed her career focus at Petaluma Valley.

“I’ve always had a strong interest in science, helping people, and the effects of medicine on the body,” said Nisha, whose

studies have focused on global health. After volunteering at Petaluma Valley, Nisha pursued opportunities in college to bring health services to impoverished rural areas in Bolivia, Guatemala and the Dominican Republic.

“Before volunteering, I didn’t know what area I wanted to specialize in,” Nisha recalled. “So it was very valuable to interact with the staff and doctors and get more exposure to the medical field.”

Nisha is one of three Punatars to work at Petaluma Valley. Her sister, Ruchi, was also a junior volunteer, while her father, cardiologist Harendra Punatar, MD, has been on the medical staff for 22 years.

“The volunteer program was incredibly helpful for both my daughters,” said Dr. Harendra

Punatar. “It really helped them decide what career route to take.”

Ruchi Punatar, MD, is now a pediatric resident at UCSF Benioff Children’s Hospital Oakland.

“One of the most meaningful experiences I had as a young volunteer was being able to interact with the patients,” Ruchi said. “I had time to listen to their stories, and even though I wasn’t providing direct medical care, I think my empathy was beneficial to their wellness.”

When Briana Degaura volunteered at Petaluma Valley as a high school freshman, she had no idea it would make such an impact.

“One of my parents was affected by an illness when I was growing up, so the idea of nursing really appealed to me,” said Briana. “Taking care of people is just second nature to me.”

After high school, Briana went on to nursing school at Montana State University before returning to her family and community.

“I came back to Petaluma for my internship because I really wanted to give back to my community,” Briana said. “There is such sense of family here, and I like taking care of the local population.”

Hospital employees, too, benefit from the young volunteers’ energy and talents.

“Our staff feels really supported by the students because volunteers free them to focus on patient care,” Stephanie said. “And the patients love having the students around. You have not lived until you see a smiling 14-year-old walk into the room of a sick patient who is alone. It’s the best medicine ever.”



Community Matters: The Keegan Family's Dedication to Giving Back

For nearly 70 years, the Keegan family has been a pillar of generosity to the local community.

Recognized for their generosity, compassion, and kindness, James Keegan, Sr. and his wife, Billie, inspired generations of Keegans to follow in their charitable footsteps. At Santa Rosa Memorial Hospital, the couple donated countless hours of time and leadership over a span of nearly 50 years. The Keegans' passion for philanthropy greatly influenced the generations that followed, and today, three generations of Keegans are working to better the lives of others.

James Keegan Sr. was the definition of community spirit. Born in 1915 and raised in Forestville, James Sr. made his career in the banking industry, where he served as vice president of American Trust Company. Over the years, his quiet generosity became legendary throughout the community, where he dedicated himself to providing business acumen to local companies, farmers, ranchers, and home buyers. During the early 1950s, when Santa Rosa Memorial Hospital was in its initial planning stages, James

participated on the planning committee and later became an active fundraiser for the Hospital Foundation.

James' wife, Billie, also had a heart of gold. At Santa Rosa Memorial Hospital, she was famous for establishing the "Rose Ladies," a dedicated group of women who donated countless hours of volunteer work. In addition to running the gift shop, she oversaw High Fever Follies, an annual fundraiser that corralled government officials and local personalities into performing a myriad of talents on stage.

"My mom was a remarkable person," says Jim Keegan, Jr. "She spent countless hours at the hospital. Mom even raised enough money to put televisions in all of the patients' rooms, which was a big deal in the late 1950s and early '60s."

Observing his parents' affinity for helping others made a great impression on Jim Keegan Jr., especially his mother's effort to feed those in need. Memories of his mom, Billie, cooking huge

pots of chili for the Redwood Gospel Mission, and turkeys for the homeless on Thanksgiving, inspired Jim's own charity work at the Redwood Empire Food Bank where he served as president and board member. He has also graciously volunteered his time with Santa Rosa Memorial Hospital, United Way, and the Santa Rosa Chamber of Commerce.

"Volunteering at the food bank with my dad really struck a chord with me," remembers Brian Keegan, Jim's son. "I realized how important it is to provide food for hungry people. I really wanted to become involved." In his own act of charity, Brian organized an annual disc golf tournament to raise money for various organizations, such as the Redwood Empire Food Bank, Schools Plus, and the Cystic Fibrosis Foundation. Brian also served as president of the Luther Burbank Rose Parade, an event started by his great, great, great uncle Thomas Patrick Keegan in 1894.

During his youth, Ryan Shepherd, Jim's other son, was also greatly impacted by his father's charitable ways.

"My dad always stressed how important it is to give back to the community," says Ryan. "That made a great impression on me." Ryan currently oversees Santa Rosa's Teen Work Experience Program, which teaches students the value of serving the community while providing them with job training. His dedication to serving others has already made an impact on his 13-year-old daughter, Maddy, who volunteers at the Sonoma County Animal Shelter.

"My parents were truly the best role models in the world," Ryan says. "They made us realize how fortunate we are and the importance of giving back."

THE KEEGANS AND SANTA ROSA MEMORIAL HOSPITAL

In May 2015, Santa Rosa Memorial Hospital's Foundation will host the 20th annual Keegan Leadership Series Luncheon, a benefit for the James B. and Billie Keegan Palliative Care Unit. Diane Keegan, the couple's daughter-in-law and wife to Jim, has been on the planning committee since the fundraiser's inception. While much of her time has been spent caring for Jim as a result of his recent heart transplant, she has been an active volunteer in the community for decades.

"James and Billie were great role models," says Diane. "They were always doing things for others and it was so inspirational. I really wanted to be a part of that."

As a young woman, Diane volunteered alongside Billie as a Rose Lady at Santa Rosa Memorial. Today, she is an active member of WHAM (Women's Health at Memorial) and volunteers her time guiding students through Roseland University Prep's "Through College Mentor Program." In 1991, she became a founding member of Schools Plus, a non-profit program that raises funds to create sports, arts, and other enrichment programs for Santa Rosa public schools.

Inspired by her mother's efforts, Diane's daughter, Jill Keegan Peterson, served as president of Schools Plus. Today, she serves on the board of directors where she assists with fundraising efforts.

"I was really involved with sports and the arts when I was growing up, so I directly benefited from Schools Plus," remembers Jill. "Seeing my mom's hard work pay off really made an impact on me. There's definitely a certain amount of joy and pride in doing something that makes a difference."

Altruism hasn't escaped Jim and Diane's other daughter, Stacy Keegan Jones, either. Like her parents, Stacy mentors students via the "Through College Mentor Program" and is a former volunteer with Active 20-30, a group that assists underprivileged youth. Today, Stacy donates her time to raise money for cystic fibrosis, which affects her five-year-old son, Waylon.

"I'm so thankful that my family started the legacy of giving back," says Jill. "It's something that I want to pass on to my own children. I'm really proud of what my family has contributed."



"My dad used to say, 'If you take a good living out of the community, you have an obligation to give back.' Both he and my mom were Sonoma County community activists of the first order. They were always volunteering."

— Jim Keegan



VOLUNTEER OPPORTUNITIES

To learn more about how you can make an impact in your community, please contact us at Kathleen.exelby@stjoe.org or (707) 522-1598.



Experimental Drug Enables Guitarist To Play On

Two years ago, breast cancer survivor Meg Hentges felt such burning pain in her hands and feet that she could no longer walk, write or hold a pen. The chemotherapy-induced nerve damage she experienced as a side effect of cancer treatment also denied her the joy of playing guitar, her passion since childhood.

The 54-year-old Santa Rosan found relief in one of nature's most deadly toxins, the poison secreted by pufferfish. Enrolled in a clinical trial through St. Joseph Health, Meg received low-dose injections of tetrodotoxin, the same pufferfish toxin that in higher doses can paralyze and kill.

As she progressed through six rounds of abdominal injections over the course of a year, Meg resumed her active lifestyle, taking up kayaking and photography. She recalls how quickly her symptoms responded to the shots, which she initially resisted.

"I was scared to try this, but I was in a lot of pain and didn't want to become addicted to opioids so I wasn't taking painkillers," said Meg. "Now I can hold a pen, I can play guitar, I can walk. It's improved my life so much. I feel extremely hopeful."

Now under review by the U.S. Food and Drug Administration, this tetrodotoxin-based pain medicine was tested in one of 20+ cancer-related clinical trials conducted by researchers with Annadel Medical Group and St. Joseph Health. Along with cancer trials, the team is engaged in testing treatments for Alzheimer's disease.



Meg Hentges resumed playing her guitar after an experimental drug eased her nerve pain.
Photo by Charlie Gesell

"These are cutting-edge treatments that patients who qualify can access here in Sonoma County, close to their families and support networks," said Kim Young, RN, CCRC, research director for Annadel Medical Group. "For many patients, especially older patients who may not have the means to get to UCSF or Stanford, local trials are a huge advantage. If we don't have a trial here, they won't have access."

Meg had suffered from damage to her peripheral nerves, or peripheral neuropathy, a common

side effect of chemotherapy that often gradually subsides. Some patients, however, need long-term symptom relief.

"About 10 percent of the time, chemotherapy-associated nerve damage is fairly severe and does not reverse," said Ian Anderson, MD, Meg's oncologist.

To maximize treatment options for this and other conditions, "we want to get access to pharmacy treatments well ahead of when they're going to get FDA-approved," he added. "We first focus on trying to

cure the cancer, but we're also working to ameliorate the side effects of treatment."

The degree to which the pufferfish toxin relieved Meg's pain and immobility is uncommon, Dr. Anderson acknowledged, with her outcomes being among the best he's seen. He cautions prospective enrollees to consider the risks versus benefits of investigative therapies.

"With experimental drugs, you don't know exactly what the long-term consequences are going to be," Dr. Anderson said, a cancer specialist with Annadel Medical Group. "A lot of people don't want to be part of experimental treatments unless their quality of life is impacted enough that they're willing to take a risk."

Meg Hentges' willingness to risk paid off in ways she never imagined. In a YouTube video released in December, Meg is prominently featured on classical guitar in a performance with the Dr. Who Fan Orchestra. A fan of the sci-fi TV series and composer Murray Gold's score, Meg answered an internet-based call which drew over 264 musicians from over 20 countries to join this "virtual" orchestra and choir. Watch here: [youtube.com/watch?v=g3uPy1hB_iY](https://www.youtube.com/watch?v=g3uPy1hB_iY).

Learn More About Clinical Trials

St. Joseph Health fosters research to ensure international and national research trials are available to patients throughout the North Bay. A list of studies in which participants are currently being enrolled can be found at [AnnadelMedicalGroup.com](https://www.annadelmedicalgroup.com), or by contacting Kim Young at Kimberly.Young@stjoe.org.



Classes and Events

SRPING/SUMMER 2015

REGISTER TODAY

CALL (877) 449-DOCS
OR (877) 449-3627

Life Learning Center
1144 Montgomery Drive
Santa Rosa, CA 95405
(707) 547-4614

Santa Rosa Memorial Hospital
Conference Rooms A - D (beside cafeteria)
1165 Montgomery Drive
Santa Rosa, CA 95405
(707) 525-5300



PRENATAL EDUCATION

Childbirth Education Series

Mondays: 7 - 9 p.m.

**March 2, 9, 16, 23; April 6, 13, 20, 27;
May 4, 11, 18, 25; June 1, 8, 15, 22;
July 6, 13, 20, 27; August 3, 10, 17, 24;
September 7, 14, 21, 28; October 5, 12, 19, 26**
First three classes of the month in
Conference Room B, fourth class of the
month in Conference Room D.
\$100, includes mom and coach

Childbirth Condensed Classes

Saturdays: 10 a.m. - 6 p.m.

**May 30, July 25, September 26,
November 28**
Life Learning Center room 2 and 3
\$100 per mom and coach

Breastfeeding

Mondays: 7 - 9 p.m.

**May 25, June 22, July 27, August 24,
September 28, October 26,
November 23, December 28**
Conference Room D
\$20 per mom and coach

Infant CPR & Safety

Tuesdays: 7 - 10 p.m.

**June 2, July 7, August 4, September 8,
October 6, November 3, December 8**
Conference Room B
\$25 per person
For more information, call (707) 522-1544

INJURY PREVENTION

Car Seat Safety Check

Seventy-five percent of car seats are
installed incorrectly. Is your child riding in
one? Safe Kids Sonoma County offers a
free bilingual car seat fitting station twice
per month. Appointments are necessary.
Free. For more information or to make an
appointment, call (800) 427-8982.

FEED YOUR MIND, BODY, SPIRIT

Wednesdays at the Hospice House Education Series

Each January through June, Hospice
Services hosts free Wednesday evening
discussions led by a variety of guest
speakers and artists who address relevant
life topics around mind, body and spiritual
wellness. These inspiring, informative events
are free and open to the public.

Wednesdays: 7 - 9 p.m.

Hospice of Petaluma, 416 Payran St., Petaluma
May 13, June 10

Wednesdays: 5 - 7 p.m.

Memorial Hospice, 439 College Ave., Santa Rosa
May 20, June 17
For a full schedule of guest speakers and
artists, visit StJoeSonoma.org and search
under "Hospice." Or call Nina Arbour at
(707) 568-1094.

ORTHOPEDIC HEALTH

Total Joint Replacement

Wednesdays: 3 - 5 p.m.

**May 6, 20; June 3, 17; July 8, 22;
August 5, 19; September 2, 16; October 7, 21;
November 4, 18; December 2, 16**
Conference Rooms B - D
Join us for this free two-hour class, offered
twice each month, to learn about the
pre-surgical, surgical and recovery process
after a knee or hip replacement. Spouses,
family members and friends
are welcome. For more information, call
Jessica Kerger, RN, BSN, at
(707) 523-2663 or (707) 523-BONE.

CELEBRATE WITH A CAUSE

20th Annual Keegan Leadership Series

Thursday, May 21, 11 a.m. - 1:30 p.m.

Doubletree Hotel, Rohnert Park

The Leadership Series seeks to inspire others
to serve our community as James and Billie
Keegan so generously did for more than 50
years. This annual spring luncheon brings
education and information to Sonoma County
through local and national public speakers.
Each year, outstanding community leaders
are recognized who exemplify the Keegans'
philosophy of giving back to the community.
Proceeds benefit Palliative Care at Memorial.

2015 Leadership Award Recipients — The Keegan Family

Keynote speaker: Diane E. Meier, MD,
FACP, Director to the Center of Advance
Palliative Care. For information, call
(707) 547-4680 or visit GivetoMemorial.org

Clo's Golf Classic, Benefiting Hospice of Petaluma Friday, August 21, 11 a.m.

Rooster Run Golf Course, Petaluma

Celebrate the 25th anniversary of this beloved
golf tournament, benefitting Hospice of
Petaluma. Presented by Clover Stornetta
Farms, enjoy a full day on the course including
lunch, dinner and great prizes, all for a great
cause! Foursomes will fill up fast.
For information, call (707) 778-6242 or
visit HospiceGolfClassic.com

24th Annual Pro Am Golf Tournament

Monday, August 24, 12 p.m.

Sonoma Golf Club, Sonoma

Pro Am format pairs experienced amateur
golfers with PGA Professionals at the
exclusive Sonoma Golf Club. Tournament
proceeds benefit Memorial Hospital's Cardiac
Surgery and Catheterization Center.
For information, call (707) 547-4680 or
visit MemorialHospitalProAm.com

FREE MEDICARE SEMINARS

Understanding Medicare

Turning 65? Help eliminate the confusion and guesswork around
Medicare by attending one of our no-cost education meetings.
You'll learn about the different parts of Medicare, enrollment
windows and timing. Make your reservation online at stjhs.org/medicare or call (877) 449-3627. Hearing impairment,
call: TTY (949) 381-4947.

Santa Rosa Memorial Hospital
1165 Montgomery Drive,
Santa Rosa CA 95405
(Conference Rooms B C & D)
11 a.m. Saturday May 16
6 p.m. Thursday July 9
6 p.m. Thursday Sept 10

Petaluma Valley Hospital
400 North McDowell Blvd.,
Petaluma CA 94954
(Gloverman Hall)
6 p.m. Thursday June 11
6 p.m. Thursday August 13

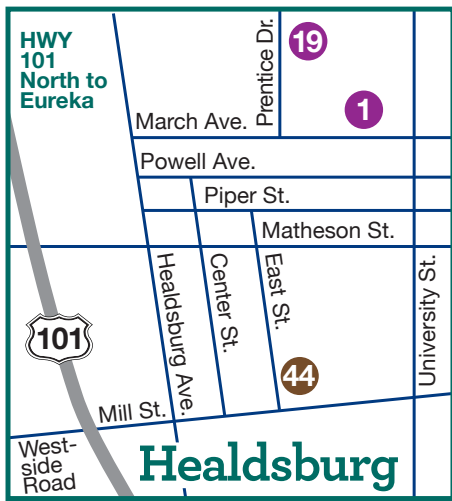
Medicare Benefits

Covered by Medicare? Join our informative, no pressure meeting
where health plans benefits will be compared so you can determine
the best plan for you. Make a reservation online at stjhs.org/medicare
or call (877) 449-3627. Hearing impairment call: TTY (949) 381-4947.

Santa Rosa Memorial Hospital
11655 Montgomery Drive
Santa Rosa CA 95405
(Conference Rooms B C & D)
6 p.m. Thursday May 28
10:30 a.m. Saturday July 25
6 p.m. Thursday Sept 24

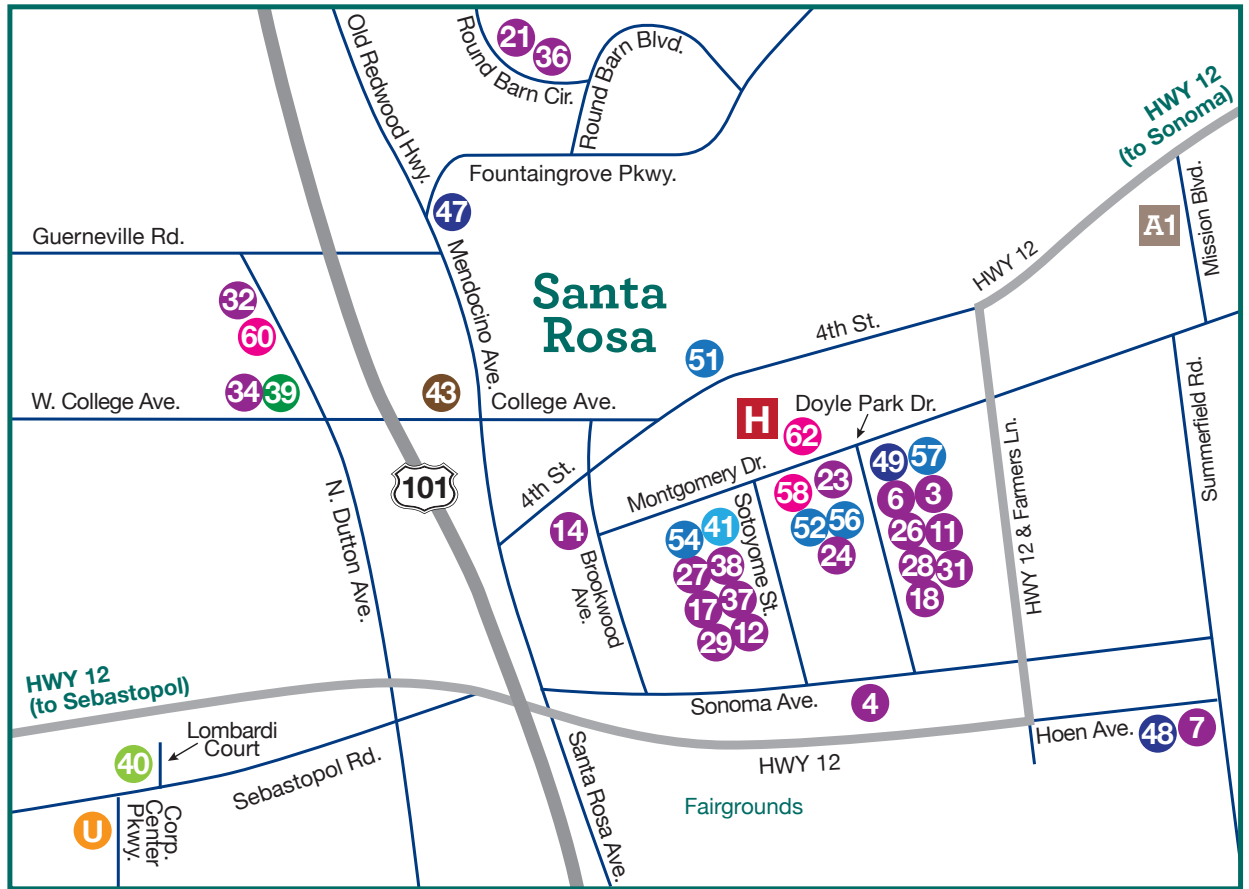
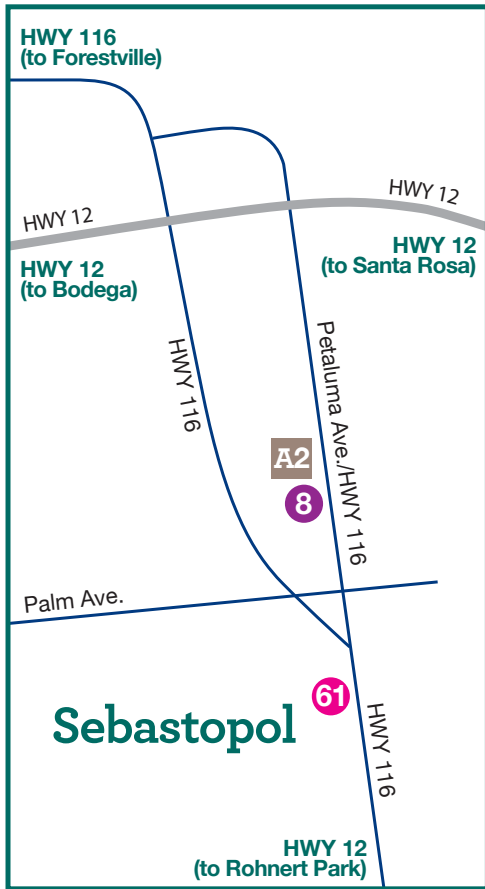
Petaluma Valley Hospital
400 North McDowell Blvd.
Petaluma CA 94954
(Gloverman Hall)
6 p.m. Thursday June 25
6 p.m. Thursday August 27





In Your Neighborhood

St. Joseph Health's services continue to evolve to meet the needs of our communities and the North Coast region of California. The breadth of care we provide or help to support reflects our founders' centuries-old mission: to go out into area neighborhoods, assess the people's needs, and work in partnership with others to meet these needs. For more information, please visit www.StJoeSonoma.org.



AWARDS:

CANCER CARE



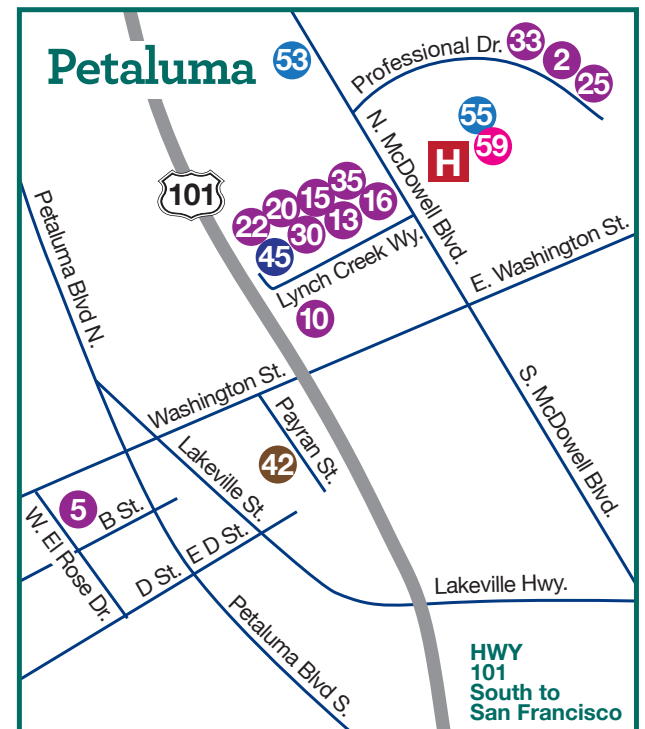
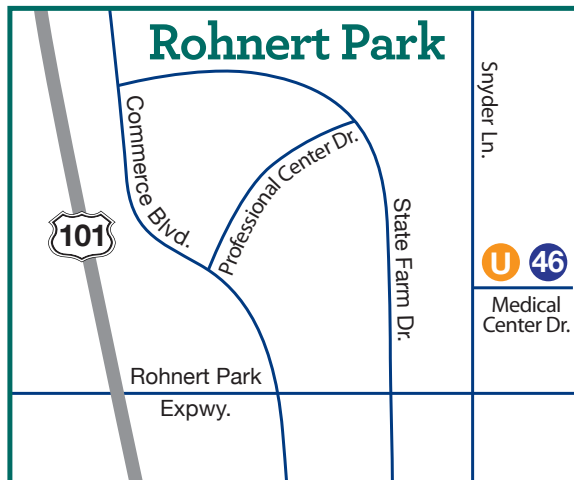
CARDIAC CARE



STROKE CARE



ORTHOPEDIC CARE



HOSPITALS
H **Santa Rosa Memorial Hospital**
1165 Montgomery Dr.
Santa Rosa, CA 95405
(707) 546-3210

H **Petaluma Valley Hospital**
400 N. McDowell Blvd.
Petaluma, CA 94954
(707) 778-1111

URGENT CARE CENTERS
U **Rohnert Park Urgent Care**
1450 Medical Center Dr.
Rohnert Park, CA 94928
(707) 584-0672

U **Santa Rosa Urgent Care**
925 Corporate Center Pkwy. Suite A
Santa Rosa, CA 95407
(707) 543-2000

U **Windsor Urgent Care**
6580 Hembree Lane, Suite 270
Windsor, CA 95492
(707) 838-2044

AFTER HOURS CARE
A1 **After Hours Care - Santa Rosa**
52 Mission Circle, Suite 121
Santa Rosa, CA 95409
(707) 303-1712

A2 **After Hours Care - Sebastopol**
652 Petaluma Ave., Suite B
Sebastopol, CA 95472
(707) 823-7616

A3 **After Hours Care - Windsor**
8911 Lakewood Dr., Suite 13
Windsor, CA 95492
(707) 387-3910

ANNADEL MEDICAL GROUP
PRIMARY CARE
1 **Pediatrics - Healdsburg**
445 March Ave., Suite A
Healdsburg, CA 95448
(707) 433-8223

2 **Pediatrics - Petaluma**
1550-A Professional Center Dr.
Suite 200
Petaluma, CA 94954
(707) 769-7403

3 **Pediatrics - Santa Rosa**
500 Doyle Park Dr., Suite 100
Santa Rosa, CA 95405
(707) 544-6090

4 **Pediatrics (Behavioral & Developmental)**
1144 Sonoma Ave., Suite 113
Santa Rosa, CA 95405
(707) 545-2082

5 **Family Medicine - Petaluma**
24 W. El Rose Dr.
Petaluma, CA 94952
(707) 763-9891

6 **Family Medicine - Santa Rosa**
500 Doyle Park Dr., Suite G04
Santa Rosa, CA 95405
(707) 303-8360

7 4750 Hoen Ave.
Santa Rosa, CA 95405
(707) 542-1611

8 **Family Medicine - Sebastopol**
652 Petaluma Ave., Suite B
Sebastopol, CA 95472
(707) 823-7616

9 **Family Medicine - Windsor**
8911 Lakewood Dr., Suite 13
Windsor, CA 95492
(707) 387-3910

10 **Internal Medicine - Petaluma**
141 Lynch Creek Way, Suite C
Petaluma, CA 94954
(707) 763-0802

11 **Internal Medicine - Santa Rosa**
500 Doyle Park Dr.
Santa Rosa, CA 95405
Suite 300: (707) 303-8344
Suite 303: (707) 303-8300
Suite 304: (707) 545-1700

ANNADEL MEDICAL GROUP
SPECIALTY CARE

12 **Breast Surgery**
121 Sotoyome St., Suite 203
Santa Rosa, CA 95405
(707) 525-6180

13 **Cardiology**
108 Lynch Creek Way, Suite 2
Petaluma, CA 94954
(707) 762-5078

14 **Digestive Care/Gastroenterology**
85 Brookwood Ave., Suite 10
Santa Rosa, CA 95404
(707) 303-8349

15 **Ear, Nose and Throat**
108 Lynch Creek Way, Suite #7
Petaluma, CA 94954
(707) 303-8357

16 **General Surgery**
106 Lynch Creek Way, Suite 9B
Petaluma, CA 94954
(707) 763-1575

17 **Genetic Counseling**
121 Sotoyome St., Suite 203
Santa Rosa, CA 95405
(707) 525-6180

18 **Infectious Disease**
500 Doyle Park Dr., Suite 106A
Santa Rosa, CA 95405
(707) 303-8309

19 **Medical Oncology**
Location opening soon
Healdsburg, CA 95448
(707) 528-1050

20 110 Lynch Creek Way, Suite A
Petaluma, CA 94954
(707) 763-0600

21 3555 Round Barn Circle, Suite 100
Santa Rosa, CA 95403
(707) 528-1050

22 **Nephrology**
108 Lynch Creek Way, Suite 2
Petaluma, CA 94954
(707) 765-3343

23 **Neurology**
1194 Montgomery Ave.
Santa Rosa, CA 95405
(707) 303-1714

24 **Neurosurgery**
525 Doyle Park Dr., Suite 102
Santa Rosa, CA 95405
(707) 523-1873

25 **Obstetrics & Gynecology**
1550-A Professional Dr., Suite 100
Petaluma, CA 94954
(707) 763-2900

26 500 Doyle Park Dr., Suite G06
Santa Rosa, CA 95405
(707) 303-1719

27 **Orthopedic Surgery**
121 Sotoyome St., Suite 101
Santa Rosa, CA 95405
(707) 525-6620

28 **Palliative Care**
500 Doyle Park Dr., Suite G04
Santa Rosa, CA 95405
(707) 573-8984

29 **Primary Care Oncology & Survivorship**
121 Sotoyome St., Suite 203
Santa Rosa, CA 95405
(707) 525-6623

30 **Podiatry**
108 Lynch Creek Way, Suite 3
Petaluma, CA 94954
(707) 763-2253 or
(707) 789-0900

31 500 Doyle Park Dr., Suite 106A
Santa Rosa, CA 95405
(707) 789-0900

32 **Psychiatry**
1335 N. Dutton Ave.
Santa Rosa, CA 95401
(707) 579-8703

33 **Pulmonology & Sleep Medicine**
1476 Professional Dr., Suite 504
Petaluma, CA 94954
(707) 526-3500

34 585 West College Ave., Suite A
Santa Rosa, CA 95401
(707) 526-3500

35 **Radiation Oncology**
110 Lynch Creek Way, Suite A
Petaluma, CA 94954
(707) 763-0600

36 3555 Round Barn Circle, Suite 100
Santa Rosa, CA 95403
(707) 528-1050

37 **Urology**
121 Sotoyome St., Suite 201
Santa Rosa, CA 95405
(707) 525-4051

38 **Vascular Surgery**
121 Sotoyome St., Suite 203
Santa Rosa, CA 95405
(707) 546-3141

BEHAVIORAL HEALTH
39 **Outpatient Behavioral Health**
405 W. College Ave., Suite F
Santa Rosa, CA 95401
(707) 547-5450

DENTAL CARE
40 **St. Joseph Dental Clinic**
Lombardi Ct., Suite A
Santa Rosa, CA 95407
(707) 547-2221

HOME CARE
41 **St. Joseph Home Care Network**
151 Sotoyome St.
Santa Rosa, CA 95405
(707) 206-9124

HOSPICE SERVICES
42 **Hospice of Petaluma**
416 Payran St.
Petaluma, CA 94952
(707) 778-6242

43 **Memorial Hospice**
439 College Ave.
Santa Rosa, CA 95401
(707) 568-1094

44 **North County Hospice**
205 East St.
Healdsburg, CA 95448
(707) 431-1135

LAB CENTERS-DRAW STATIONS
45 110 Lynch Creek Way, Suite B
Petaluma, CA 94954
(707) 778-2749

46 1450 Medical Center Dr., Suite 1
Rohnert Park, CA 94928
(707) 521-6450

47 3536 Mendocino Ave., Suite 300A
Santa Rosa, CA 95403
(707) 528-3049

48 4731 Hoen Ave., Suite B
Santa Rosa, CA 95405
(707) 528-2238

49 500 Doyle Park Dr., Suite G01
Santa Rosa, CA 95405
(707) 525-5270

50 6580 Hembree Lane, Suite 270
Windsor, CA 95492
(707) 838-2455

OUTPATIENT DIAGNOSTICS & SURGERY
51 **Advanced Surgery Institute**
1739 4th St.
Santa Rosa, CA 95404
(707) 528-6331

52 **Ambulatory Surgery Center**
525 Doyle Park Dr.
Santa Rosa, CA 95405
(707) 547-4600

53 **North Bay Endoscopy Center**
1383 N. McDowell Blvd.
Petaluma, CA 94954
(707) 766-9852

Outpatient Imaging
54 121 Sotoyome Dr.
Santa Rosa, CA 95405
(707) 525-4040

55 400 N. McDowell Blvd.
Petaluma, CA 94954
(707) 778-2555

56 **Outpatient X-Ray**
500 Doyle Park Dr., Suite G01
Santa Rosa, CA 95405
(707) 525-5369

57 **St. Joseph Diagnostic Cardiology**
500 Doyle Park Dr., Suite G03
Santa Rosa, CA 95405
(707) 547-4606

PHYSICAL THERAPY
58 **Outpatient Physical Therapy**
1170 Montgomery Dr.
Santa Rosa, CA 95405
(707) 542-4704

59 **Petaluma Valley Hospital PT**
400 N. McDowell Blvd.
Petaluma, CA 94954
(707) 778-2615

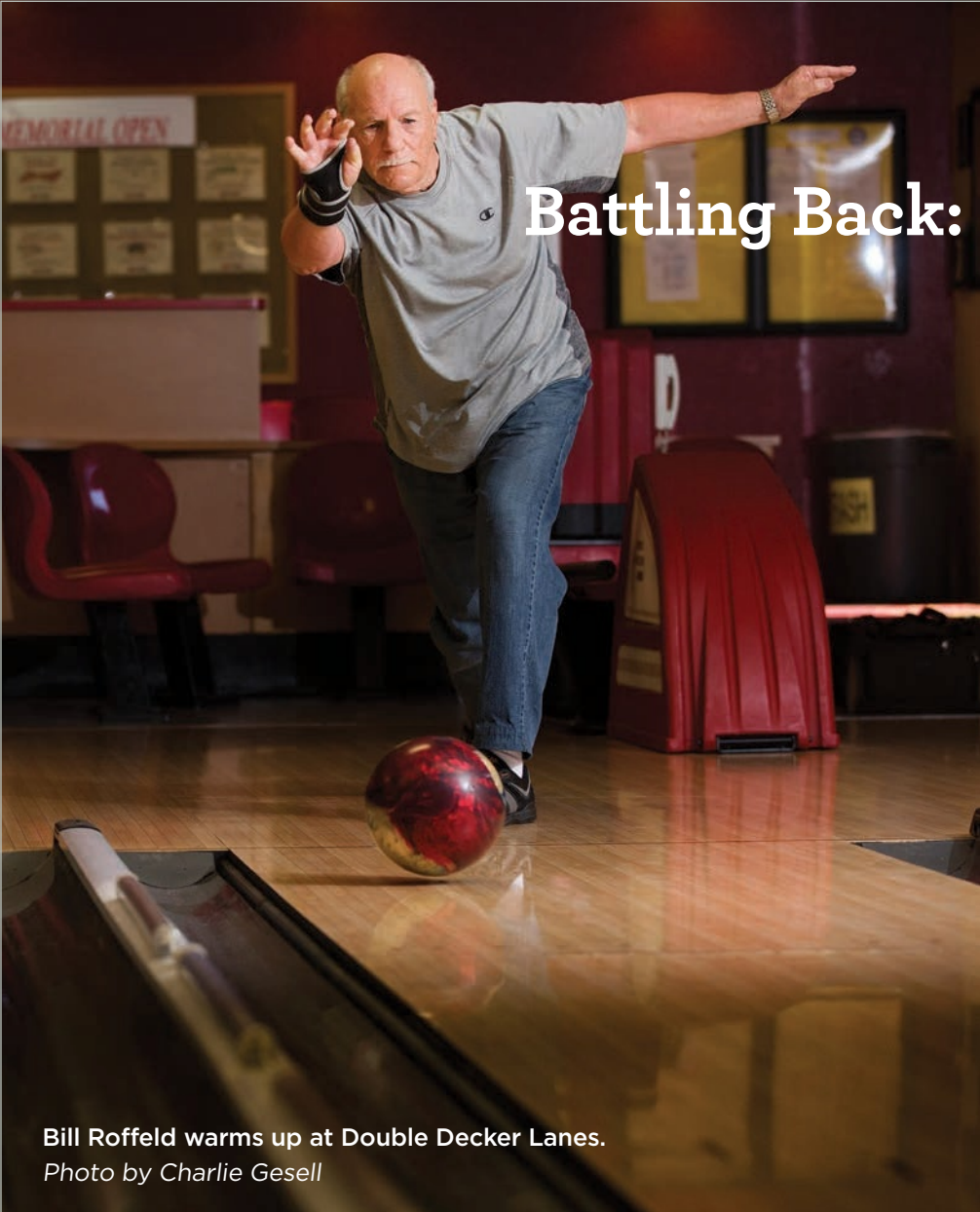
60 **St. Joseph Health PT**
1255 North Dutton Ave., Suite B
Santa Rosa CA 95401
(707) 547-4618

61 **West Sonoma County Hand and PT**
968 Gravenstein Highway South
Sebastopol, CA 95472
(707) 824-8018

62 **Outpatient Neurological Rehab**
1165 Montgomery Dr.
Santa Rosa, CA 95405
(707) 525-5388



A Ministry founded by the Sisters of St. Joseph of Orange



Bill Roffeld warms up at Double Decker Lanes.
Photo by Charlie Gesell

NEW SPORTS, NEW VENUES

This year, the Sonoma Wine Country Games (June 4 – 14) will feature three new sports: petanque, lawn bowling, and a 5K/10K walk/run. For more information or to register, visit winecountrygames.com.

Battling Back: Bowler Beats Pain, Wins Silver and Gold Medals

When Bill Roffeld developed spinal stenosis in 2012, he had no idea he would go on to win a silver medal in bowling at the Sonoma Wine Country Games two years later. First he had to overcome immobilizing back pain, which temporarily sidelined Bill from his active lifestyle.

“It was very depressing,” recalled Bill, 73, of Santa Rosa. “I couldn’t do anything physical. I even tried a new type of back surgery, but that didn’t work, either. I didn’t know whether I could ever be active again.”

But after a year of specialized physical therapy at a local clinic, Bill learned to maneuver his body in an entirely new way. He joined a bowling league at Double Decker Lanes in Rohnert Park and eagerly signed up for the Sonoma Wine Country Games last spring.

Designed to foster physical activity and social opportunities for people ages 50+, the games offer participants friendly competition in 20 sports, such as swimming, badminton, and tennis. Bowling joined the roster in 2014, with competitions tailored to beginners, advanced bowlers, and other skill levels in between.

“I really liked the idea of being with other seniors who take care of themselves and look good,” said Bill, who medaled while competing among 70- to 75-year-olds. “Everyone was so friendly, and it was great to meet different types of people.”

The Wine Country Games were only the beginning for Bill, who took home a bowling gold medal from the California State Championship Encore Games in November. His victory qualified him to participate this July in the 2015 National Senior Games in Minneapolis.

“Despite my age, I’m very competitive.”