

# Great Medicine

News from John Muir Health Foundation



JOHN MUIR  
HEALTH FOUNDATION



Aerial views of John Muir Health's expansive construction projects capture both their promise and their scope. The Walnut Creek campus is pictured at left; the Concord campus is shown at right.

## BRIEFINGS

# Steel Structures Take Shape

JOHN MUIR HEALTH'S IMPRESSIVE EXPANSION PROJECTS MOVE ONWARD AND UPWARD

Less than eight months after breaking ground for the new expansion projects at John Muir Medical Center's campuses in Walnut Creek and Concord, massive angles of steel framework have already begun to emerge from both construction

sites. "Both projects are running on time and on budget," says Michael Monaldo, Vice President of Facilities Development for John Muir Health.

While construction is concurrent at both campuses, each site has unique factors that affect how each of the

new patient care towers is being built. "Concord has an unusually high water table, so we had to plan accordingly," says Monaldo. After arduous draining of the excavation site, the building's foundation was poured on one day, requiring

4,500 cubic yards of concrete, poured at 580 cubic yards per hour. Due to physical space constraints around the Walnut Creek campus' temporary helipad, the framework of its structure is being built in five-story segments, rather than one entire floor atop another. The steel framework at both campuses is scheduled to be completed by early 2009.

"These are exciting building projects, and the benefits to the community will be widespread, as well," says Catherine Kutsuris, Chair of the John Muir Health Building Committee. "John Muir Health is clearly committed to ensuring that we all have the best healthcare possible, now and in the future—right here, where we need it most."

### BUILDING FOR THE FUTURE

The two expansion projects combined will add 575,000 square feet, 300 new private patient rooms and 30 new emergency treatment stations.

breaking new ground

▶▶ Right here

## CHAIR'S MESSAGE



What makes a community great? Fine schools, safe neighborhoods and local businesses are among the hallmarks, but it is the people within a community who ensure its strength and high standards. John Muir Health and its hospitals in Walnut Creek and Concord were founded by local physicians and residents committed to having quality medical care right here in our own community. Today, the local residents and physicians of John Muir Health's Board of Directors remain dedicated to furthering John Muir's tradition of nationally recognized, award-winning patient care. Now, as John Muir Health expands both of its campus facilities at a cost in excess of \$800 million, I ask you to consider the immense value of having John Muir's world-class physicians and services immediately available to all of us. I hope you will join in supporting the Breaking New Ground Right Here Campaign and demonstrate your commitment to ensuring the best quality healthcare now and in the future for our great community.

**Don Ritchey**  
Chair  
John Muir Health  
Board of Directors



Thanks to the generous gift of Rick Cronk, retired president of Dreyer's Ice Cream, and his wife, Janet (both at left), two physicians will each have a Medical-Surgical Wing named in their honor, in the new patient care tower at the Walnut Creek campus.

In the five years since Rick Cronk retired from Dreyer's Ice Cream—a company he helped build during his 25-year career there—he and his wife, Janet, have been focused on giving back to the community. The Lafayette couple say the thoughtful care John Muir Health physicians have provided to their family over the years prompted their decision to donate \$1 million to the John Muir Health Foundation.

The Cronks made their generous gift in honor of two dedicated physicians—cardiologist Sally Davis, M.D., and hospitalist Peter Rowe, M.D.—who were stunned to learn that their names will emblazon hospital wings on the fifth floor of the new patient care tower at John Muir Medical Center, Walnut Creek Campus. Dr. Davis and Dr. Rowe will each have a Medical-Surgical Wing named in their honor. "Both were instrumental in taking care of Rick's parents and my

mother," Janet says. "They are so caring and always explain everything to us. Once, Peter was rushing out of the hospital on his way to a wedding, but he still took time to stop and help my mother."

"You get thanked in different ways from patients, and this is almost overwhelming," Dr. Davis says. "It's one of the greatest honors of my life. Dr. Rowe and I are very honored by this, and it is really for what all of our physicians do every day."

The Cronks believe strongly that the expansion under way at the Walnut Creek Campus will help attract even more great doctors to John Muir. They also hope that their gift will encourage others to make Campaign gifts in honor of John Muir physicians and nurses. As Rick puts it, "We're blessed to have a world-class hospital in our community, and people should support it."

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# John Muir Outpatient Center

BRENTWOOD



"We have services and programs here that you don't usually find at an outpatient facility," says Thuthuy Phamle, M.D., family practice physician in Urgent Care.



John Muir Outpatient Center, Brentwood offers a wide array of high-quality outpatient healthcare services to the Greater Brentwood/East County region, including:

- Breast Health
- Cardiac Conditioning
- Diabetes Exercise Program
- Medical Imaging
- MuirLab
- Pharmacy
- Pulmonary Rehab
- Rehabilitation
- Senior Services
- Surgery Center
- Urgent Care
- Women's Health



"We were among the first in the Bay Area to have this Infinia Hawkeye Gamma Camera," says Michele Claar, Supervisor of Nuclear Medicine at Brentwood.



"We have amazing technology here," says Linda Williams-Klee Reasoner, Medical Imaging Manager at Brentwood, shown here with a CT scanner.

# John Muir Health Festival

BRENTWOOD - SEPTEMBER 6, 2008



California Shock Trauma and Rescue (Calstar) landed one of its helicopters at the Health Festival to demonstrate how patients needing emergency care can be transported directly from Urgent Care in Brentwood to another facility. Visitors young and old were impressed to see the lifesaving equipment that a Calstar helicopter brings to a trauma scene.



About 1,800 people enjoyed the Health Festival at John Muir Outpatient Center, Brentwood, on September 6. Free glucose, cholesterol and other health screenings were available, along with 90 vendors providing health-related information on a wide variety of topics. Free workshops and seminars led by John Muir Health physicians and other healthcare experts were also offered throughout the day.



The John Muir Health Foundation hosted a special reception for Health Festival exhibitors and the event's major sponsors, Longs Drugs and Eskaton Senior Residences and Services.



John Muir Health physician Robert Buckley, M.D., talked about "New Advances in Joint Replacement." Dr. Buckley practices orthopedic surgery with an emphasis on minimally invasive total hip and total knee joint replacement.

ON THE JOB

# A Gift from the Heart

## HEAD HOUSEKEEPER CARLOS DARIO PEREZ OFFERS A HELPING HAND TO EVERYONE HE MEETS

For Carlos Dario Perez, Head Housekeeper at John Muir Medical Center, Walnut Creek Campus, giving to others is a way of life. Whether he is greeting coworkers with his ever-present smile or helping friends and family in need, Dario Perez approaches every task and challenge in his life with a positive outlook and generous spirit. "The best part about my job," says Dario Perez, who was named Employee of the Year in 2006, "is being able to satisfy people's needs."

Dario Perez, 37, begins each workday at 5:30 a.m., making certain that the members of the Housekeeping Department have all the supplies they need to do their jobs. From cleaning patients' rooms to setting up conference rooms, the housekeeping staff keeps the hospital in tip-top shape—much to Dario Perez's credit. "I like to help whoever needs it," he says. "I enjoy everything I do and all the people I work with."

The current expansion projects will present an increased challenge for Dario Perez in his role as Head Housekeeper, but he is excited by the prospect. "The expansion is a great opportunity for us to grow," he says, "and it will give the community improved access to our facilities. The staff is very good at taking care of




Carlos Dario Perez, shown with his wife, Estela, and their five daughters (clockwise from top left): Carla, Amparo, Estela, Justina and Selena

people, and now it will be easier for people to have access to the care we provide."

Dario Perez knows from firsthand experience how John Muir's commitment to compassionate care can make a difference in the lives of patients and their families. Three of his five daughters were born in the hospital, and his brother-in-law, who recently fell into a coma, received care here before passing away. "The staff looked after me and my family with such compassion, honesty and care," he says, "that I will never forget it. I want to do whatever I can to give back, in whatever small way possible."

To this end, Dario Perez made a gift to the Capital Campaign because, as he says, "I love working here. The hospital has given me a lot, and it's a small way for me to express my gratitude." But to those who have had the pleasure of working with this extraordinary individual, he has already given an unforgettable gift—from the heart.

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