Thank you to our donors!

You have, again, contributed significantly to the ongoing accomplishments of John Muir Health.

• In 2007, the John Muir Medical Center campuses in Walnut Creek and Concord, along with our Behavioral Health Center, were each given unusually high praise when they received the results of their survey and accreditation by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO).

• The Walnut Creek Campus earned the prestigious Magnet honor from the American Nurses Credentialing Center. The Magnet Recognition Program awards excellence in nursing services and adherence to the 14 Forces of Magnetism that outline 162 standards of care. In California, only 13 hospitals have received this accolade.

• In early 2007, the Emergency Department at the Concord Campus received “The ED Team of the Year Award” from the California Emergency Physicians Medical Group for displaying exceptional commitment to delivering the very best in emergency medical care.

• Ground breaking for John Muir Health’s Core Laboratory was held in May of 2007 and this state-of-the-art, fully automated, 56,000 square foot facility became operational this spring.

Your continuing commitments resulted in the Foundation receiving $2,892,000 in annual donations and $6,019,000 in new Capital Campaign gifts and pledges in 2007. This annual report describes the life-saving equipment that your donor gifts made possible. Thank you for your generosity and for making this another great year for JMH, your health system.

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John Muir Health

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Chair
Board of Directors
John Muir Health Foundation

Milton J. Smith
President
John Muir Health Foundation

S. Donley Ritchey
Chair
Board of Directors
John Muir Health
When it comes to heart health, you can never be too careful. Just ask Fred Gutterson. After suffering a mild heart attack 15 years ago, the Alamo resident had become, as he puts it, “the poster boy for healthy living.” From eating a consistently heart-healthy diet to getting plenty of exercise, Fred took every possible step to keep his blood pressure low and his cardio-pulmonary system strong.

But sometimes even taking every precaution isn’t enough. “I guess I’ve just got a bit of a predisposition to heart issues,” Fred says. “But luckily I’ve got a cardiologist who understands that.” Dr. Timothy Carlton made sure that Fred had regular check-ups and stress tests. After a routine battery of tests in March of 2007, Dr. Carlton was reviewing Fred’s films when he saw a possible change from an earlier set of images.

“He said it might be a blockage forming, but it wasn’t completely clear on the film,” Fred explains. “So he asked me to come back the next day for an angiogram at John Muir Medical Center – Walnut Creek so they could take another look. No waiting; no delays; address the issue directly – that approach is just one of the many things I’ve come to appreciate about the John Muir Cardiology team.”

It turned out that Dr. Carlton’s keen eye and quick response were crucially important. Fred’s return visit the next day turned into an unexpected saga.

“I remember walking into John Muir Walnut Creek for my appointment, and then nothing until I was waking up in the post-op Intensive Care Unit at the John Muir Medical Center – Concord a day later,” Fred says with a grin. “That was a little bit like something out of the Twilight Zone...but one of the episodes with a happy ending.”

During Fred’s follow-up angiogram, Dr. Carlton identified a large and dangerous blockage in one of his coronary arteries. The size and location of the clot demanded immediate surgery. After conferring with Fred’s wife and his colleague, cardiothoracic surgeon Dr. Jatinder Dhillon, Dr. Carlton opted to keep Fred sedated (a normal part of an angiogram) and transfer him to the Cardiovascular Institute at the John Muir Medical Center – Concord Campus.

There Fred was put under general anaesthesia, and his surgical team – led by Dr. Dhillon – performed a life-saving quintuple bypass procedure.

“That’s not news you wake up to every day,” Fred chuckles. “But I was happy to hear they had gone in and gotten the blockage before it could do any more damage.”

Fred also realizes that his emergency surgery wasn’t an easy call for Drs. Carlton and Dhillon. He takes blood thinners. Normally before surgery, a patient will be weaned off blood thinners to reduce the risk of heavy bleeding during a procedure. Fred was still taking his medication, which meant that Dr. Dhillon had to take extra care to protect Fred from hemorrhaging.

“I could point to dozens of similar examples of extraordinary care at John Muir – Concord,” Fred says. “For example, when I was nine days into my post-op recovery, one of the nurses noticed I was a little woozy and that my blood pressure had dropped a bit. Right away, they brought in a portable X-ray machine and got films that showed my left lung was filling with fluid.”

It was a good thing they caught it quickly. By the time they got Fred into surgery, there were almost four liters of blood and fluid in his chest. “Post-surgical complications are a risk you take with open-heart procedures,” he says. “Being in a hospital that deals with them so efficiently really helped my peace of mind and smoothed my recovery.”

Fred finally went home 18 days after walking out his front door to what he thought was a routine angiogram. Today he has a special appreciation for the extra attention to detail he saw from his cardiologist, cardiothoracic surgeon and entire team at John Muir.

“I’m still eating right and I’m exercising again. I’m still the poster boy for heart health,” he laughs, “but nowadays I think the Concord medical staff ought to be up on the poster with me.”
Fred walked into John Muir Medical Center – Walnut Creek for an angiogram and woke up in the Concord Intensive Care Unit after he had experienced quintuple bypass surgery at John Muir – Concord.

Fred at home feeling fit as ever and Fred with Dr. Carlton at his office and with Dr. Dhillon in the surgical suite at John Muir – Concord.
Jeff Denny rides a motorcycle, but he’s not a risk taker. He believes in careful decisions based on facts and experience. “I’ve been riding since I was five years old, and I’ve got a garage full of trophies from my racing days,” he says. “If there’s one thing I know for certain, it’s that being careless or impulsive on a motorcycle is asking for big trouble.”

Which makes it all the more ironic that Jeff almost lost his life in a road accident. He was taking a new touring motorcycle for a ride down Highway 12 through Rio Vista on March 14, 2007. Looking ahead, Jeff saw a line of cars waiting to turn across his lane at a crossroads ahead, so he quickly slowed from 50 MPH to below 20 MPH. Right move, wrong result. A waiting car suddenly bolted from the turning bay directly in front of Jeff’s motorcycle.

“I just did what they teach you in a safety course,” he explains. “I threw it sideways, stepped on the back brake, and took my chances with the pavement.” It probably would have worked, too, since Jeff was in full leathers and a visored helmet, but Jeff’s handlebars caught in the doorframe, twisting his bike back against his ribs and collarbone.

Jeff was immediately knocked unconscious and lay with a broken collarbone, five broken ribs, and serious contusions to his lungs that were causing rapid internal bleeding.

“And that would probably be the end of the story for me, except that I was smart enough to have a life-threatening accident in Contra Costa County,” Jeff says with a rueful smile. “The helicopter guys got me to the trauma center at John Muir Medical Center – Walnut Creek within 30 minutes. Then the trauma team took over, and those people practice emergency medicine the way I try to ride – they’re careful, thorough, and decisive. And they have a lot of experience to draw on in challenging situations.”

Case in point: Dr. Ron Cooper. A surgeon and trauma specialist for more than ten years, Dr. Cooper led the team in the John Muir – Walnut Creek emergency room that stabilized Jeff. It was a tough and complex job – Jeff’s internal injuries had left more than two liters of blood in his chest cavity, and he left the emergency room fully intubated to ensure that his damaged lungs would receive adequate oxygen. Dr. Cooper recognized that the lacerations in Jeff’s lungs could easily begin bleeding again during his recovery as he struggled with pain, compromised breathing and immobility from his injuries. He and fellow surgeon Dr. Andreas Kamlot, a cardiothoracic specialist who operated on Jeff, suggested keeping him in deep sedation for twelve days after he was moved to the Intensive Care Unit.

“I’m no doctor, but I think that was a really smart move,” Jeff says. “I’m a pretty restless patient when I just have a head cold, so no doubt I would have slowed the healing process if I’d been awake.”

Jeff also points to the excellence of his follow up care. “I was in the hospital for two and half more weeks after I woke up – 28 days total – and those rehab folks on the fifth floor took me forward one step every day,” he says.

Jeff’s rehab team included physical therapists to help him improve his walking and standing balance. “I also worked with some great neuropsychologists,” Jeff adds. “Getting banged on the head meant I needed some help getting my cognitive functions completely on track after I woke up. And I was dealing with a bit of depression because post-traumatic stress is a normal symptom after a violent accident.”

Today Jeff has a new motorized passion: a baby blue 1956 Ford F-100 truck that he has rebuilt and customized. He thinks about the John Muir team almost every day.

“Dr. Cooper and Dr. Kamlot and all the nurses and rehab specialist really brought me back from the edge of the abyss,” Jeff says. “I wish the accident had never happened, but if there’s a silver lining to an awful situation, it’s the people at the John Muir Trauma Center in Walnut Creek. They made me whole again, and I’m extremely grateful.”
When Jeff was airlifted from the crash site, he called his wife to tell her she would have to come pick him up at John Muir – Walnut Creek because his motorcycle was damaged. Twenty-eight days later she took him home.
On May 17, 2007, the Foundation Board of Directors recognized two individuals whose vision resulted in noteworthy developments for John Muir. Helene K. Schwartz, a member of the board of directors of John Muir Medical Center, envisioned a way to ensure private philanthropic support in perpetuity for the hospital. She helped create the John Muir Health Foundation where she served as a director from 1980 – 1988. During that same time period surgeon Howard P. Taekman, M.D., F.A.C.S. was instrumental in establishing the region’s first designated Trauma Center at John Muir where he served as Medical Director of Trauma Services until his retirement at the end of 2007.

2007 Award of Distinction
Howard P. Taekman, M.D. and Helene K. Schwartz

Past Award Winners

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The Rev. Canon Carl Gracely

2004
Ermina D. Dykstra
Thomas R. Bell, M.D.
Philip M. Sapunor, M.D.

2003
Dr. Wayne M. and Theresa M. Caygill

2002
William A. Novak
Luman H. Hughes, Jr., M.D.

2001
Paul Cortese
Robert N. Deutscher, M.D.

2000
Irene and Frank Malley
Paul H. Chodroff, M.D.

1999
Maryam Mehran
Karl A. Ehrlich, M.D.

1998
Robert H. Clough
Robert A. Clark, M.D.

1997
John Muir Medical Center Auxiliary
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1996
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Robert D. Ayres, M.D.

1994
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Ian B. Johnston, M.D.

1992
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1991
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Capt. Roy Whitmire
The Elsa U. Pardee Foundation
Donald Sterns, M.D.

1990
Elizabeth W. Freeman
William C. McIvor, M.D.

1989
Robert L. Bridges
Frederick M. Hanson, M.D.

1988
Dewitt W. Krueger
Dorothy G. Ball
Samuel D. Hauer, M.D.

1987
Tom and Billie Long
Marvin A. Epstein, M.D.
Neurosurgeon Paul H. Chodroff, M.D., an Award of Distinction winner himself, did an outstanding job of presenting the awards and honoring these two long-time leaders.
Distinguished Friends Of John Muir Health Foundation

The Distinguished Friends are donors who have given $10,000 or more over one or more years to the programs, projects and campuses of John Muir Health. The cumulative giving level is determined by the total amount pledged and/or donated to the John Muir Health Foundation.

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Dr. Wayne M. & Mrs. Theresa M. Caygill
Leta H. Evans & Edward Talbot Evans
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The I. M. Long Foundation
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Elsu U. Pardee Foundation

Chairman’s Circle Platinum
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Thank you.

The new digital mammography unit, funded with unrestricted gifts to the Foundation, is pictured here with Imaging Technician Galine Milman on the Garden Level of the Walnut Creek parking structure. Aspen outpatient surgery, the eye clinic and the pre-op clinic also moved to the Garden Level this spring.
### Annual Circles

John Muir Health Foundation was the beneficiary of outstanding generosity in 2007. Listed here are those donors who made annual and/or endowment gifts of $100 or more between January 1, 2007 and December 31, 2007. Gifts and pledges to the Campaign for John Muir Medical Center during 2007 and all years of the Campaign are listed later in this report.

The number following the donor names indicate the number of consecutive years of giving.

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$50,000 or more

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### Muir Society Platinum Plus

$25,000 – $49,999

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### Muir Society Platinum

$10,000 – $24,999

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<td>Armando Dianda Family Foundation</td>
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<td>Dave &amp; Naomi Dobrich</td>
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$5,000 – $9,999

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<td>Mr. &amp; Mrs. Edgar C. Bowman</td>
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<td>Mr. &amp; Mrs. Walter H. Clemens</td>
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$2,500 – $4,999

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<td>Mr. &amp; Mrs. Robert E. Vanderwall</td>
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<td>Mr. Robert H. von der Lieth</td>
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<td>Don &amp; Sharon Ritchey</td>
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<td>Dr. &amp; Mrs. Maynard B. Rotermund</td>
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The Cardiac Rhythm Center, funded by the Foundation, is moving to Concord by 2010. The Cardiac Rhythm Center’s advanced analysis tools help streamline procedures and improve analysis, reducing procedure times and enhancing diagnostic capabilities.

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The Women’s Philanthropic Circle enables its members, who contribute $1,000 annually, to pool resources for the purpose of funding a clinical program or project of particular interest at one of the campuses of John Muir Health. We recognize here those members of the WPC for 2007.

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In December of 2007, the WPC funded a web-based physician software providing off-site physician access to the Emergency Department’s Information Systems. In addition, the WPC funded a Weight and Health Profile Assessment tool for the Women’s Heart Program, a program located at the Women’s Health Center.

The Emergency Department at Walnut Creek opened the first phase of what will eventually be a much larger department by 2010.

Thank you.
The John Muir Health Core Lab Facility, located in Concord, officially opened in April of 2008. In 2007 the lab ran 10,995,650 tests. MuirLab serves over 15 counties in Northern California and is ranked among the top ten hospital outreach laboratories in the nation.

Thank you.
In 2007 the Mobile Dental Clinic serviced 466 children totaling 875 visits. The Mobile Dental Clinic offers free dental services for children and youth. John Muir Community Health Alliance, Ronald McDonald House Charities, La Clínica de la Raza, Brookside Community Health Center and the County Save Our Smiles program collaborate to provide this service.

Thank you.
John Muir Outpatient Center, Brentwood, offers a wide array of high-quality outpatient health services including Breast Health, Diabetes Exercise Program, Medical Imaging, MuirLab, Pharmacy, Rehabilitation, Pulmonary Rehabilitation, Senior Services, Surgery Center and Urgent Care.

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Guarantors Circle
Children raised money at Concord Christian School. They brought recyclables to school to redeem for cash and, in June of 2007, the proceeds from the project were donated to the Pediatric Department at Walnut Creek. Thank you to the thoughtful children and to the teachers who inspired the recycling and the gift!

Thank you.
The Campaign for John Muir Medical Center

Right here

breaking new ground

The Campaign for John Muir Medical Center
The Campaign and the Big Digs

The long-awaited day came when on January 16, 2008 and February 7, the Walnut Creek and Concord Campuses, respectively, held groundbreaking ceremonies. The next day construction equipment was moved onto the campuses and the task of digging very deep holes commenced.

With the construction of the buildings now well underway, the Campaign to help fund them is gearing up for a busy year. As of April 30, 2008, under the leadership of Campaign Chair Guy R. Henshaw, the Campaign has raised $28.5 million. In the fall of 2008, our friends and neighbors will hear more about how they can help by joining with others to invest in these vital community resources.
Enhancing Critical Care facilities at Walnut Creek:

- 24 new critical care beds
- Three new surgical suites
- 34 neonatal nursery beds (an increase of 15) in individual rooms
- Four trauma rooms replacing one
- An expanded emergency department

The Thomas J. and Muriel T. Long Patient Care Tower, a comprehensive critical care tower within the Walnut Creek Campus, will meet the pressing need for more inpatient beds, surgical suites, emergency treatment stations and trauma rooms. Also important, the design will make it easy to incorporate technological breakthroughs in the future. Additionally, the new neonatal intensive care nursery will not only increase capacity but will be designed with individual rooms for the critically ill newborns.

Landscaping and design will also contribute to the healing environment. The Sharon Garden, which includes a waterfall as one descends from La Casa Via down the river of light walkway to a comfortable resting garden near the main entrance, will provide a calming and tranquil place for waiting families and patients. On the third and fourth floors there are roof gardens which can be enjoyed by patients in nearby rooms. The garden adjacent to pediatrics will include play equipment and the garden which opens from the rehabilitation wing will be designed for walking practice on multiple surfaces.

Visitors and outpatients to the Walnut Creek campus will be pleased to know that they can always find a parking space and directions to the interim main entrance in the new parking structure completed at the end of 2007. The surprise benefit is that some clinical services are available on the garden level of the new structure. Outpatient surgery, endoscopy, mammography, the eye clinic and the pre-op clinic are all in brand new spaces.

Important patient information:
If you are coming to emergency or labor and delivery, you will want to enter by the Ygnacio Valley Road entrance.
The new lobby seen in this rendering will be connected to the existing lobby by a circular courtyard. The courtyard can be viewed from the first, second or third floor. At the top of the courtyard, a circular trellis will act as a canopy.

From left to right: the new emergency waiting room, a rehab patient room, the medical imaging waiting room, inside the circular courtyard and a campus layout.
Inside the Patient Care Tower

The Cardiovascular Institute includes:

- Four new cardiac catheterization labs
- 12 prep/post procedure bays near the cath labs
- 12 cardiovascular critical care rooms
- 49 telemetry rooms

The Patient Care Tower will house the Cardiovascular Institute of John Muir Health and an expanded and more efficient emergency department.

The John Muir Health Cardiovascular Institute (CVI) consolidates on the Concord Campus complex cardiac procedures and clinical services in a new state-of-the-art facility. The CVI includes four cardiac catheterization labs for diagnostic and therapeutic procedures and twelve preoperative/recovery rooms adjacent to the labs. In the Rolf G. Sommerhaug, M.D., Cardiovascular Intensive Care Unit, there will be twelve private ICU rooms adjacent to seventeen step-down rooms. An additional thirty-two cardiac telemetry rooms will be located on the floor above the ICU.

An additional six observation rooms, two of which will be designed for diagnosing chest pain are also included. Imaging equipment (CT scanner, ultrasound, and two radiography rooms) will be on site for assessment and diagnosis of critically-ill patients.

Landscape design in the courtyard outside the Cardiovascular Institute’s large lobby and reception area will provide a respite garden for waiting families and provide tranquil views from within the lobby area.

Visitors to the Concord Campus may take advantage of valet parking during the construction period.

The Emergency Department includes:

- 26 treatment rooms and 6 observation rooms
- A dedicated imaging suite including a CT scanner

The expanded emergency department will meet the urgent need for more capacity as the staff now sees double the number of patients that the current space was built to accommodate. Twenty-six treatment rooms, some specially equipped for cardiac, ophthalmology, orthopaedic and other injuries are in the plan.

Thank you to all donors who have made an early commitment to the Campaign!
The lobby of the Cardiovascular Institute will open onto a tranquil garden between the existing medical center and the Patient Care Tower which will house the new Emergency Department and the Cardiovascular Institute.
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We are very grateful to The Thomas J. Long Foundation for an early significant pledge of $9.5 million to the Campaign. Because of this extraordinary pledge, the Patient Care Tower in Walnut Creek will be named The Thomas J. and Muriel T. Long Patient Care Tower.

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The “headwaters” landscaping concept at the main walking entrance to the Walnut Creek Campus is the beginning of The Sharon Garden which extends all the way to the front door of the new patient care tower.

Thank you.
The garden level of the Cardiovascular Institute is the location of the four cardiac catheterization labs and the twelve preoperative/recovery bays large enough to accommodate a patient, care-giver and a family member.

Thank you.
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