

*To heal humanity through science  
and compassion one patient at a time*



## letter to our community

On behalf of Stanford Hospital & Clinics, I am delighted to share with you highlights from our Community Partnership Program. As this brochure illustrates, we serve a key role in helping improve the health and well being of the community.

The following pages offer a glimpse of some of the work we do in partnership with our community. From providing programs to keep older adults healthy and independent, to supporting community health clinics, to sponsoring cancer education programs for ethnic minority and underserved groups, Stanford Hospital & Clinics collaborates actively with local leaders, nonprofits, health care organizations and community members. Together we are addressing the most compelling health challenges facing the community we serve.

We are committed to making a positive difference in the health of our community and welcome your questions and comments.

Sincerely,

A handwritten signature in black ink that reads "Amir Dan Rubin". The signature is fluid and cursive, with the first letters of each name being capitalized and prominent.

**Amir Dan Rubin**

*President & CEO*

*Stanford Hospital & Clinics*

*To Care, To Educate, To Discover*

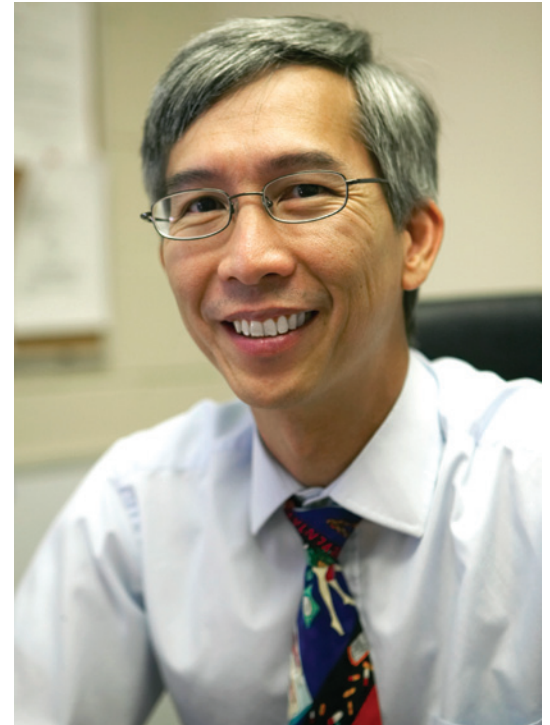


**STANFORD**  
HOSPITAL & CLINICS

*Stanford University Medical Center*

# Stanford Hospital & Clinics Community Partnership Program

Working with the communities of Santa Clara and San Mateo counties to improve health



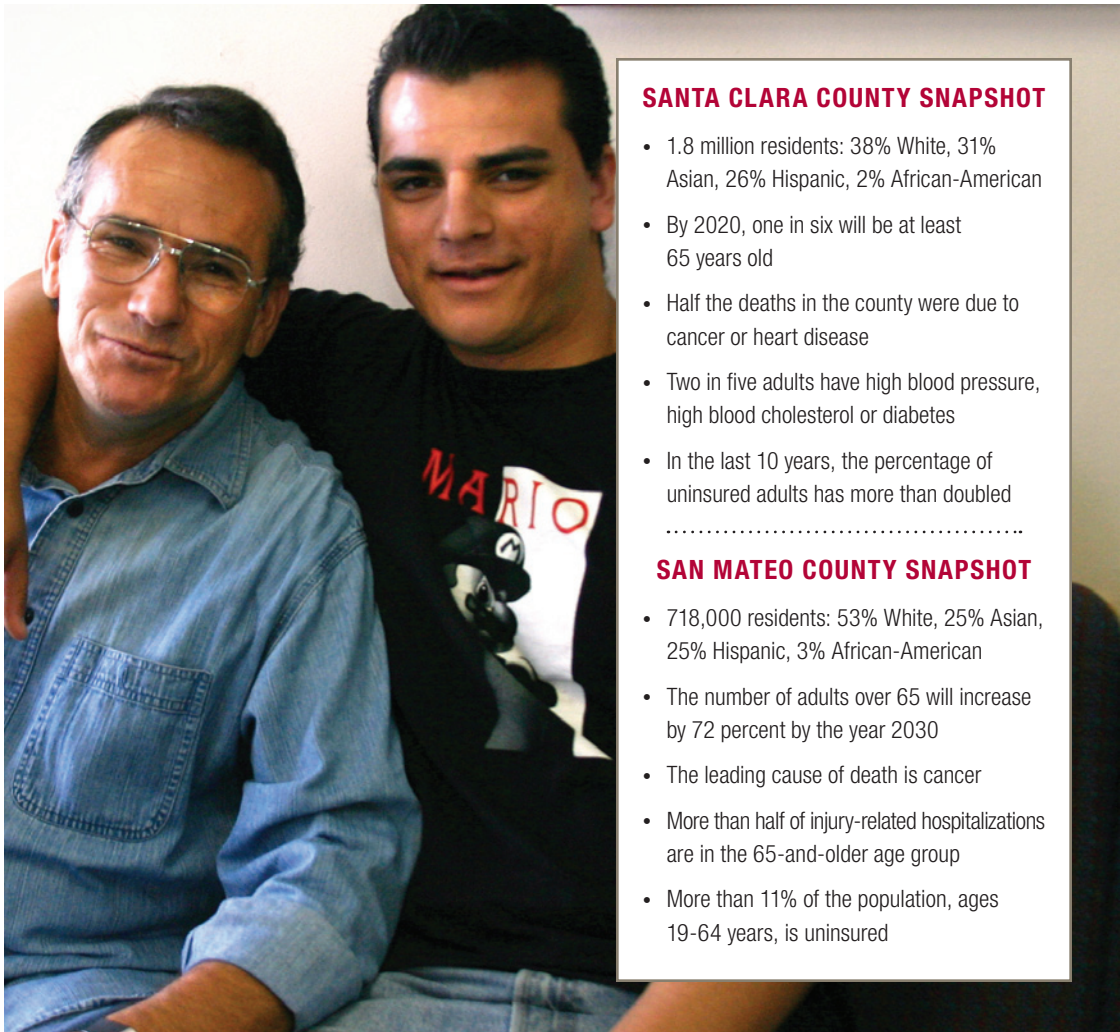
addressing our community's needs



**STANFORD HOSPITAL & CLINICS' COMMUNITY PARTNERSHIP PROGRAM** is committed to working closely with community leaders, public health officials and health care organizations to identify and address some of the most compelling health challenges facing our community. These include an aging population, a large segment of which suffers from multiple chronic conditions; a significant number of community members with little or no access to health care; and high rates of cancer and the need for cancer education resources among ethnic and underserved populations.

To meet these challenges, the Community Partnership Program pursues three key health initiatives that focus on older adults, medically underserved populations and ethnic communities. Each initiative receives significant resources, and each was developed based on documented community need and shaped jointly with our community partners.

- **Health Initiative I:** Improve the Health and Well-Being of Older Adults
- **Health Initiative II:** Increase Access to Care
- **Health Initiative III:** Reduce Cancer-Related Health Disparities



**SANTA CLARA COUNTY SNAPSHOT**

- 1.8 million residents: 38% White, 31% Asian, 26% Hispanic, 2% African-American
- By 2020, one in six will be at least 65 years old
- Half the deaths in the county were due to cancer or heart disease
- Two in five adults have high blood pressure, high blood cholesterol or diabetes
- In the last 10 years, the percentage of uninsured adults has more than doubled .....

**SAN MATEO COUNTY SNAPSHOT**

- 718,000 residents: 53% White, 25% Asian, 25% Hispanic, 3% African-American
- The number of adults over 65 will increase by 72 percent by the year 2030
- The leading cause of death is cancer
- More than half of injury-related hospitalizations are in the 65-and-older age group
- More than 11% of the population, ages 19-64 years, is uninsured

improving health and well-being of older adults



As we age, maintaining strength and mobility becomes more challenging. Pain, chronic disease and lack of flexibility make it harder to do the things we used to do. It becomes more difficult to live independently in our homes. This is particularly true for low-income seniors who lack access to services. With this in mind, the goals of this initiative are to prevent falls in older adults and to teach them to manage their chronic conditions.

## **A COMMUNITY APPROACH TO MAINTAINING HEALTH, LIVING INDEPENDENTLY & IMPROVING QUALITY OF LIFE**

**Fall Prevention.** Preventing falls is one way to maintain health and independent living for older adults. Strong for Life and Farewell to Falls are the cornerstones of this effort. Strong for Life was developed to improve strength and balance in older adults with or without limitations. It aims to help them maintain their ability to do important daily activities like getting up from a chair or picking up a grandchild. Designed as a group activity, Strong for Life breaks the isolation cycle experienced by many older adults. The program is provided, free of charge, at five senior centers that primarily serve low-income, at-risk older adults.

Farewell to Falls is a year-long program in which occupational therapists visit the homes of older adults to assess risk factors for falls. Regular follow-up phone calls encourage compliance with recommendations. The program is offered, at no cost, through our senior center partners and to low-income older adults in Redwood City, Belle Haven/Menlo Park, East Palo Alto, Palo Alto and Mountain View.

**Self-Management of Chronic Conditions.** Arthritis, depression, high blood pressure, diabetes—these and other chronic conditions limit daily activities and reduce the quality of life of many older adults. The Community Partnership Program offers Chronic Disease Self-Management workshops at our partner senior centers. These free workshops provide concrete, behavioral instruction for managing a variety of chronic conditions.

### **OUR SENIOR CENTER PARTNERS**



- East Palo Alto
- Menlo Park
- Fair Oaks
- Avenidas
- Mountain View

The Community Partnership Program also supports the work of two countywide collaboratives that focus on fall prevention and chronic condition management:

- **Santa Clara County's C4:**  
Countywide Chronic Care Coalition
- **San Mateo County Fall Prevention Task Force**



“Stanford’s Strong for Life program gave me the strength and energy to care for my husband after his stroke.”

**Cora Vega**

*79 years young, Strong for Life participant at Fair Oaks Community Center*

increasing access to care



The Community Partnership Program works with community clinics to help low-income, uninsured and underinsured members of the community get consistent access to health care.

### REINFORCING THE SAFETY NET

When the Arbor Free Clinic in Menlo Park closes its doors on Sunday afternoons, patients who need ongoing care generally have three options: wait until the following Sunday, go to a hospital emergency room or go without care. Another option was added three years ago, when the Community Partnership Program provided multi-year funding to Mayview Community Health Center. That funding supported an increase in physician hours, giving Mayview the ability to provide a medical home for up to 150 Arbor patients over the three-year funding period. Combined, the three Mayview sites—Palo Alto, Mountain View and Sunnyvale—provide services six days a week, including some evenings, greatly improving access to care.

### ADDRESSING THE UNIQUE NEEDS OF THE HOMELESS

A 15 bed transitional unit, the Medical Respite Center, provides a safe haven for homeless individuals who have been discharged from an acute care hospital but still need some level of medical care. The center is also a hub for getting job training, food and clothing, permanent housing placement and other social services. Stanford Hospital & Clinics Community Partnership Program has provided multi-year funding to support the center and its clients.

Willie Mackey was living on the streets when he found his way to the Medical Respite Center. After healing from a partial amputation of his foot due to diabetes, he took full advantage of the other services provided by the center. He got into permanent housing and started rebuilding his life. Recently, Willie was elected one of five Regional Representatives on the National Health Care for the Homeless Council at its conference in Washington, D.C.



**Willie Mackey**  
*Medical Respite Center, client*

“ Pretty exciting stuff for a guy that used to sleep... at the Palo Alto Caltrain station! Thanks again to my friends at Stanford Hospital & Clinics for investing in people like me!!! ”

### OUR PARTNERS



- **MayView Community Health Center**
- **Ravenswood Family Health Center**
- **Cardinal Free Clinics**  
(Arbor and Pacific)
- **Medical Respite Program**  
A public-private partnership  
(Hospital Council, Valley Homeless Healthcare Program, EHC LifeBuilders)
- **Samaritan House Redwood City Free Clinic**



reducing cancer-related health disparities



The National Cancer Institute notes that the burden of cancer is often greater for the poor, ethnic minorities and the uninsured than for the general population. Unfortunately, our community is no exception to this rule.

### **STRATEGIES TO REDUCE DISPARITIES**

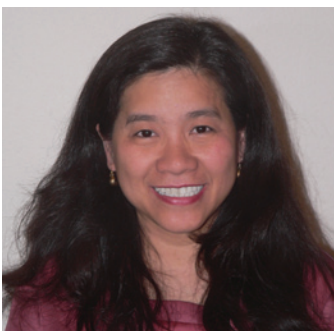
The Community Partnership Program funds projects that provide access to culturally appropriate cancer education and supportive services for minority, women and underserved populations. Projects include:

- Faith-based campaigns that offer education on the importance of early detection and free screenings for colorectal cancer in the African-American community
- A Vietnamese language radio show on cancer that covers myths and facts, healthy lifestyles for reducing cancer risks and the importance of early detection through cancer screenings
- Workshops to improve awareness about and the importance of participation in cancer clinical trials for the Chinese-American community
- Education, screening and referral services for Hepatitis A/B and liver cancer in the Asian and Pacific Islander communities
- A cancer forum, brochure on cancer, health fair and cancer survivor support groups for the Japanese community
- A lecture series on cancer prevention and healthy cooking classes for the Latino community

### **OUR PARTNERS**



- 100 Black Men
- African American Community Health Advisory Committee
- Asian Liver Center
- ICAN
- JoyLife Club
- Latinas Contra Cancer
- Ravenswood Family Health Center
- West Bay Pilipino Multi-Service Center
- Yu-Ai Kai



**Quyen Vuong**  
*Executive Director, ICAN*

Support from Stanford's community program allowed us to reach over 1,500 in the Vietnamese community with important information on reducing their risk of cancer.

## additional programs

While our three initiatives target specific health goals, Stanford Hospital & Clinics also supports a wide range of programs and services to help improve the health of our community, including the following:



**THE STANFORD HEALTH LIBRARY** has provided a variety of resources to the community at no cost for more than 20 years. Resources include access to over 17,000 medical websites, 1000 e-books, health lectures by Stanford physicians available by podcast and thousands of articles, all designed to help people make informed decisions about their health and health care.



**STANFORD CANCER SUPPORTIVE CARE PROGRAM** offers non-medical support services to cancer patients, family members and caregivers no matter where patients receive their treatment. Free services include support groups, classes on the effects of cancer treatment, caregiver workshops, exercise and yoga classes, art and writing workshops, healing touch classes and one-on-one consultations with registered dietitians.



**TRAINING THE NEXT GENERATION OF HEALTH CARE PROVIDERS** here at Stanford Hospital is one way to improve access to care. Each year we train medical and pharmacy residents and interns, as well as nurses, physician assistants, occupational therapists, physical therapists, respiratory therapists and clinical lab scientists. Many of our residents and interns work at Santa Clara Valley Medical Center and local community clinics to broaden their practice experience.



### **OTHER PROGRAMS**

- Community Health Education and Outreach
- Traffic and Bicycle Safety Programs
- Cancer Clinical Trials Information and Referral Website and Phone Line
- Stanford Life Flight
- Disaster Planning and Emergency Preparedness



**CONTACT US**

Sharon Keating Beauregard  
*Executive Director, Community Partnership Program*

Do you have questions or comments about the  
Community Partnership Program? Please let us know at:  
**[communitypartnerships@stanfordmed.org](mailto:communitypartnerships@stanfordmed.org)**

For a complete copy of the Stanford Hospital & Clinics  
Community Benefit Report, visit:  
**[stanfordhospital.org/communitypartnership](http://stanfordhospital.org/communitypartnership)**



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