

# hello **Healthy**

CELEBRATING THE HEALING POWER OF HUMANKINDNESS • SPRING 2019



*A legacy of service*

St. Joseph's Medical Center has  
provided exceptional care for 120 years

# Exceptional care with dignity and *humankindness*



Nestled in the heart of Stockton is a true community pillar, Dignity Health – St. Joseph’s Medical Center. Proudly serving the community for 120 years, St. Joseph’s is committed to providing exceptional care with dignity and *humankindness* to all in need.

This commitment to excellence is made evident by the numerous awards and recognitions the hospital has received, including being voted Best Hospital by the community in *The Record* newspaper’s Best of San Joaquin poll, year after year. In addition, St. Joseph’s emergency department was voted Best Emergency Room, and St. Joseph’s Behavioral Health Center, which offers a wealth of inpatient and outpatient mental health services, was voted Best Mental Health Services in San Joaquin County.

As a quality leader, St. Joseph’s is fully accredited by The Joint Commission and is consistently

named the most preferred Consumer’s Choice hospital by the National Research Corporation. Awards, recognitions, and special accreditations span the breadth of the hospital’s services.

## Heart & Vascular Institute

Among other awards, St. Joseph’s Heart & Vascular Institute was named one of the top hospitals in the state of California for open-heart surgery by the Society of Thoracic Surgeons. St. Joseph’s has also been recognized for excellent heart attack and stroke care by the American Heart Association. Additionally, St. Joseph’s is a Certified Primary Stroke Center by The Joint Commission.

## Cancer Institute

St. Joseph’s Cancer Institute is the only cancer center in San Joaquin County accredited by the American College of Surgeon’s Commission on Cancer. Those seeking care for

optimum breast health can also turn to St. Joseph’s Breast Center of Excellence, which is accredited by the National Accreditation Program for Breast Centers.

## Emergency Department

When a medical emergency strikes, community members know to turn to St. Joseph’s for the lifesaving care they need. In addition to being voted best emergency department, St. Joseph’s ER is designated as a STEMI heart attack and stroke patient receiving center by San Joaquin County Emergency Medical Services.

## More accolades

See more about St. Joseph’s commitment to excellence at [StJosephsCares.org/Awards](http://StJosephsCares.org/Awards).

CLICK 

## Hello humankindness®

We hope you enjoy this issue of *HelloHealthy*. Comments about this publication can be directed to the Marketing and Communications Department:

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## Be inspired

Follow [@humankindness](https://twitter.com/humankindness) on Twitter for more kindness inspiration from Dignity Health. Connect with us on Facebook at [facebook.com/StJosephsStockton](https://facebook.com/StJosephsStockton) for health tips, information about upcoming events, and an extra dose of inspiration.

# Helping to end human trafficking

Human trafficking doesn't happen only in faraway countries. It happens in cities across the U.S., and it happens right here in our community. In fact, according to the U.S. Department of State, California is one of the nation's top four destination states for human trafficking.

"Human trafficking is a real issue," says Tammy Shaff, Community Health Director at Dignity Health – St. Joseph's Medical Center. "And anyone could be a victim."

## Taking a stand

Dignity Health has taken a stand against human trafficking and is actively involved in efforts to educate, train, and increase awareness, both in our facilities and in the broader communities we serve. Recognizing that injury or illness causes many trafficking victims to access health care while being trafficked, they have developed a Human Trafficking Response Training Program.

"As part of our human trafficking response protocol, we teach staff to look for red flags that could identify patients as a victim of trafficking," says Anitra Williams, St. Joseph's Director of Nursing Operations. "Within the first week after training, we identified a 14-year-old girl and were able to get her help."

## Partners for a healthier, safer community

By expanding efforts beyond the hospital, Shaff, Williams, and others hope to make more people aware of this heartbreaking crime so that

more victims may escape its grip.

Partnering with the San Joaquin County Human Trafficking Task Force is one such effort. The task force educates health care organizations on how to identify and respond to potential trafficking. They are also reaching out to schools, malls, and businesses where trafficking encounters may occur.

## Passionate and mission-driven

"Our mission and values call for us to advocate for social change and

the disenfranchised," says Debbie Rinaldo, Community Health Education Coordinator at St. Joseph's. "We're passionate about protecting human dignity."

Human trafficking has many forms besides sex trafficking. These include forced labor and even organ trafficking. But a common thread is exploitation. Yet many people may be unaware of the problem.

"Without awareness, many victims out there will continue to be enslaved and traumatized," Rinaldo says. "Together we can make a difference."



**Suspect human trafficking or need help?**

Call the 24/7 National Human Trafficking Hotline at **888.373.7888**.

**CALL** 



## How you can help

Are you interested in volunteering or having a human trafficking presentation at your school, business, or place of worship? If so, please call Monica Gamboa at **209.461.5142**.



# Celebrating 120 years Serving Our Community

**It began as a dream**, then a prayer, a hope, and finally a reality. From the laying of the cornerstone in March 1899 to today, what was originally St. Joseph's Home and Hospital has grown far beyond the dreams of its founder, the Rev. William B. O'Connor, and its sponsors, the Dominican Sisters of San Rafael. It has become a nationally recognized medical center serving the broader community of San Joaquin County and educating the nurses, clinicians, and doctors of tomorrow.



Rev. William O'Connor,  
Founder

In July 1884, Miss Julia Weber, daughter of Stockton founder Captain Charles Weber; Mr. and Mrs. Basilio Loagier; and Major J.D. Peters presented Father O'Connor with the money to purchase 9.23 acres north of the Stockton city limits facing California Street. When the town heard of plans to build a home for old men, a group of local physicians pointed out the great need for a place to take their patients for specialized care. And so plans for St. Joseph's changed to include a hospital as well as a home.



Sister Pia Shaw, OP, served as "Sister Visitor" for over 40 years. She visited patients and gave a medal to every new baby.



Sister Gabriel Lally, OP, served at St. Joseph's for 45 years, retiring as administrator in 1990. She was known as a woman of integrity, a mentor, and a visionary, and led St. Joseph's through almost a half-century of growth.

## Dominican Sisters

Father O'Connor called upon the devoted Dominican Sisters of San Rafael to help run the home and hospital when it opened in December 1899. Prior to his death in 1911, Fr. O'Connor transferred ownership and operation of St. Joseph's to the Sisters and recognized them for 12 years of work with no compensation.

For more than 120 years, the Dominican Sisters have served in leadership roles, and they continue in their service at St. Joseph's today.

## Clinical education

In 1902, St. Joseph's Training School for Nurses opened as the area's first nursing school. The school closed in 1938, but St. Joseph's continues to train nurses in partnership with local colleges. In addition, St. Joseph's partners with other schools to provide training for pharmacists and other clinicians.

In 2018, St. Joseph's began a graduate medical education program and welcomed its first group of physician residents. (Read story on page 6.)



## Community support and volunteers

From the first fundraising efforts to help build the hospital to today's campaign to purchase the latest cancer treatment technology, the generosity of donors is critical in helping St. Joseph's care for the needs of our community. St. Joseph's Auxiliary was founded in 1957, and volunteers prepared dressings, sharpened hypodermic needles, and sewed "Pinkie Puppets," in addition to raising funds to support the hospital.

Today, almost 400 volunteers generously give their time and perform many different services to help deliver humankindness at St. Joseph's.



## Advanced technology

From the area's most modern x-ray equipment in the 1920s to the first open-heart surgery in 1974 to



today's cardiac hybrid suite and robotic surgical technology, St. Joseph's is known for its legacy of medical "firsts" in the community. St. Joseph's participates in clinical research trials in oncology and cardiology, helping to develop the medical care of the future.

## Medical staff

Since community doctors first convinced Fr. O'Connor of the need for a hospital, local physicians and hospital leadership have worked together closely to bring innovation and clinical excellence to the area. The first medical staff was formed in 1915 with fewer than 40 physicians.

The medical staff today includes more than 700 physicians.



Donald Wiley, President and CEO (center) and the executive leadership team



## Leadership

Looking toward the future, St. Joseph's leadership is committed to continue building on the legacy of the past, as well as developing programs and services to deliver exceptional care with dignity and humankindness at the medical center and in the community – for generations to come.



# Training the next generation of

## **New residency program brings new physicians to the community**

July 2018 was a milestone month for Dignity Health – St. Joseph’s Medical Center, as well as for the Stockton community and the state of California. That’s when St. Joseph’s launched its first medical residency programs, one in emergency medicine and one in family medicine.

This first class of medical residents is 15 strong – and talented. More than 800 newly minted doctors competed for the chance to extend their training here, allowing St. Joseph’s to choose the best and brightest applicants.

## **Rapid expansion**

“This is just the beginning of a crucial new undertaking to expand our residency training,” says Donald Wiley, President and Chief Executive Officer at St. Joseph’s Medical Center.

Altogether, St. Joseph’s Board of Managers has approved plans for 12 residency programs. The next two – in internal medicine and obstetrics-gynecology – are slated to welcome their first residents in July 2019.

The remaining programs will launch and grow over the next five to seven years. When the program is fully implemented, a total of 184 new doctors will train at

# doctors

St. Joseph's yearly, making it one of the largest and most complex graduate medical education programs in Northern California.

## Helping local residents

Residency programs do more than prepare the next generation of doctors, as important as that is. They also benefit local communities.

“And a key reason why is that as many as half of all residents go on to practice within 50 miles of where they trained,” says Kenneth Scott Whitlow, DO, FAAEM, director of Academic Affairs and designated institutional officer at St. Joseph's.

What's more, when selecting applicants, one criterion is to choose doctors in training who, along with being extremely gifted, have California roots. Of this year's 15 residents, nine are California natives. Those ties raise the chances of them settling permanently here.

That staying power is crucial for the Central Valley, where both primary care physicians and specialists are in chronically short supply.

Along with retaining doctors at the start of their careers, residency programs attract already established physicians. The programs are a magnet for highly skilled doctors versed in the latest

technologies and treatments who are eager to share their expertise and train residents. And they will relocate to do so.

While resident training at St. Joseph's is still new, it is already attracting a pool of exceptional physicians. A case in point: the emergency department is now fully staffed with experienced, board-certified emergency physicians.

In short, St. Joseph's is poised to become a sorely needed, large regional teaching facility in the Central Valley. And that has benefits even beyond bringing doctors in diverse specialties, such as psychiatry and urology, to the area.

“Not only will we be able to greatly expand the scope of the services we offer, we hope to significantly improve patient care,” Dr. Whitlow emphasizes.

Research shows, for example, that teaching hospitals overall have patient outcomes that are as much as 35 percent better than nonteaching hospitals.

That's yet another powerful reason St. Joseph's is fully committed to investing in resident training.

**“This is just the beginning of a crucial new undertaking to expand our residency training.”**

**—Donald Wiley, President and CEO  
at St. Joseph's Medical Center**

## Expanding our scope

The residency programs at St. Joseph's will eventually train doctors in a dozen different fields:

- Anesthesiology
- Emergency medicine
- Family medicine
- General surgery
- Internal medicine
- Interventional radiology
- Obstetrics-gynecology
- Orthopedic surgery
- Psychiatry
- Thoracic surgery
- Transitional year (required to qualify for many specialties)
- Urology



# Humankindness at your fingertips.

Stay healthy on the go with our apps and online tools.



## Book Your ER Arrival Time

When facing a non-life-threatening emergency, schedule your check-in online. Then do some of your waiting in the comfort of your own home.

Learn more at [StJosephsCares.org/ER](http://StJosephsCares.org/ER)



## Text Message Updates

Stay up-to-date on your loved one's surgical journey. After they are admitted, simply text the patient's unique ID# to **209.451.9990** from every phone wishing to receive text message updates.



## My Care - Online Medical Records

Access your medical records online. View upcoming appointments, and securely message participating health care teams.

Learn more at [DignityHealth.org/enroll-now](http://DignityHealth.org/enroll-now)



## My Baby App

The My Baby App will help you track your pregnancy milestones, identify symptoms and issues, and connect you to support. Download on the App Store or get it on Google Play.



## My Home

Find a doctor, schedule appointments, locate care centers near you, get reminders for upcoming visits, and read health tips with the My Home – Dignity Health app. Download on the App Store or get it on Google Play.