Six years ago, Hillcah Deans moved to the United States from Jamaica, leaving behind his parents, five siblings, and a life whose hardships were softened by dreams of a life so abundant he would someday have the resources to help others.

“I came to America, to New York, to start the journey to fulfill my dream,” Deans says. “I figured if I got an education, I could find a career to pursue the rest of my life, something that would put me in a position to make a difference. I had thoughts about nursing, but I wasn’t sure, so I started as a nursing assistant to get a feel for it and learn how I could build from there. Lo and behold, I found nursing was what I should do.”

Deans kept in touch with a woman from Jamaica who was living on the Monterey Peninsula. The relationship blossomed, bringing him to Monterey and resulting in the blessing of a son. Although the relationship ended, the nursing dream did not — it simply moved to Monterey. Deans enrolled in Monterey Peninsula College (MPC) to complete some prerequisite courses before applying to the Maurine Church Coburn School of Nursing, a partnership between Community Hospital of the Monterey Peninsula and MPC.

The road got rocky. Deans’ ability to work was diminished by coursework and caring for a 2-year-old son, but he actually needed additional income to pay for both. He lived on the kindness of the community, sleeping on friends’ couches and cleaning offices at 2 or 3 in the morning before school.

Then Deans learned about the Kathleen Kinsler Trattner Scholarship, an award that could cover his tuition for the two-year nursing program plus some living expenses. The scholarship is funded by an endowment from the Trattner estate, given by her family to Community Hospital in 2007. The scholarship put nursing school in reach for Hillcah Deans.

Fulfilling a Dream
Trattner estate funds nursing scholarship

Trattner moved to the Peninsula during the 1940s when her first husband, Lawrence Kinsler, came to establish the Naval Postgraduate School. In Monterey, she found her home, her community. She volunteered at the Monterey Museum of Art and at Community Hospital. She enjoyed golf and bridge, tennis and travel. Two years after her husband died, in the mid-1970s, she took a Mediterranean cruise, where she met the never-married Jules Trattner during a game of bridge.

The holiday led to a honeymoon, and the Trattners settled in her beloved Monterey, where she continued her investment in the community. Before her passing in 2004, Trattner expressed her desire to have some of her estate given to Community Hospital. When her husband died two years later, her family looked into Community Hospital Foundation and the Maurine Church Coburn School of Nursing, resulting in the first Kathleen Kinsler Trattner Scholarship. Just in time for Deans.

“I applied for the scholarship,” says Deans, “but I honestly didn’t think I would get it. I imagined they were going to get too many applications from qualified students, and I wouldn’t be the one they chose. But I was. And I don’t know what I would do without this scholarship; it is...”
S
ince last January, a group of highly talented volunteers has quietly been working on a small miracle. They have taken it upon themselves to raise $2.5 million on behalf of Community Hospital's Breast Care Center and they have been remarkably successful. Under the leadership of Laurie Benjamin and Suzanne Lehr, the eight women have hosted luncheons, sponsored events, written letters, talked to friends, and written their own checks, all in support of this important initiative.

In the fall, the group accomplished a significant achievement. In response to a proposal from Carol Hatton of our office, the Monterey Peninsula Foundation — the beneficiary of proceeds from the AT&T Pebble Beach National Pro-Am golf tournament — agreed in April to donate $500,000 over three years to the initiative. There was one proviso: The hospital had to raise an equal amount in matching funds within a three-year period. Energized by the challenge, the committee took on this task knowing that the results could make the difference in the ultimate success or failure of the initiative. Many gifts, some as small as just a few dollars and some in the thousands, started to pour into Development. In October, we received the final gift in the challenge — more than two years ahead of the deadline set by the foundation.

Congratulations to Laurie, Suzanne, and Carol for founding this committee — Dede Bent, Linda Cosmero, Betty Kassen, Marcia Medisette, Jane Panattoni, and Lucy Reno. It is amazing what a small but dedicated, enthusiastic group of people can accomplish when they set out to do a good thing.

Sincerely,

Albert J. Alvarez, Chief Development Officer
Community Hospital Foundation
Empowering Local Women
to Make a Difference

S he usually addresses doctors, often bringing PowerPoint presentations and statistical measures to discuss the virtues of technology and expertise in healing. But on this day, she was talking to a community of women, a record 283 guests, who likely came because they understood that Dr. Rachel Naomi Remen had more to give them than a lesson on technology and expertise. Remen is a clinical professor of family and community medicine at the University of California, San Francisco School of Medicine, but she is also a pioneer in the mind/body holistic health movement. She came to the Peninsula to address guests of the 8th annual Women’s Forum for Health fall luncheon at Spanish Bay about “Living from the Heart: Owning Your Power to Make a Difference.”

“After 46 years of being a physician,” she said, “after traveling the road with my patients and listening to them, I have gone back to an older way of practicing medicine that has nothing to do with expertise and technology but deals with matters of the heart.” Remen was diagnosed at age 15 with Crohn’s disease, an inflammatory bowel ailment that required surgery. She impressed her audience with a story of healing that was not about the success of medical intervention but about the kindness of a physician who was willing to listen to her, to see her, to touch her. She told of summoning the strength to free herself from a secretly abusive marriage after hearing an affirming comment from a passing stranger. And she also honored a grandfather whose role in her childhood was to keep the light in her eyes.

“I can heal with my open heart strings,” she said. “I cannot heal with my science. Healing is the work of experience, not of perfection. Our culture puts so much on technology and expertise to change the future, but it has not made us whole. It is going to take something different, something simpler, such as remembering our power to become a blessing to others.”

Remen is the author of the New York Times bestseller *Kitchen Table Wisdom* and the national bestseller *My Grandfather’s Blessings*, which have been published in 18 languages.

The luncheon included the first presentation of the Women’s Forum for Health Crystal Award, which recognizes those whose contributions to healthcare have made a significant difference in the well-being of local women. Dr. Steven Packer, Community Hospital’s president and CEO, introduced co-recipients Pamela Craig, MD, and Susan Roux, MD, who, he said “combined their professional expertise, collective wisdom, vision, and leadership, to establish and advance the services of Community Hospital’s Breast Care Center.”

“As much as they bring technical expertise to this community,” Packer said, “they also bring, as Rachel said, caring and open hearts.”

After receiving the award, Roux, medical director of the Breast Care Center, thanked the roomful of “amazing people.”

“Don’t work alone,” she said. “You brought me here. My main goal is to help everyone be as healthy and happy as possible, so you can go out and do all the good work that you do. So stay healthy.”

Among the good works in this community is the Breast Care Center Initiative, a grassroots coalition convened to raise $2.5 million to purchase digital mammography and other equipment for the Breast Care Center. Brochures were made available at the luncheon about the project and how to support it.

“These doctors already have the expertise and the heart, and we need to give them the technology,” Mae Johnson, a founding member of the Women’s Forum for Health committee, told the gathering. “I encourage you to join the rest of us and make sure we can provide our doctors with the best resources available. No matter how small or how large your contribution is, once we put it all together, it is ours to provide the best breast care in the world.”

Some of the Women’s Forum for Health attendees

Lucy Reno  Jane Sullivan  Ramona Smith  Nancy Kotowski  Byrl Smith  Ruthie Watts  Debra Couch  Nanci Markey

Susan Roux, MD, left, and Pamela Craig, MD, first recipients of the Women’s Forum for Health Crystal Award for their advances in breast care to the community, were honored at the October 2008 luncheon.
Cardiopulmonary Wellness gym gets makeover

New and Improved

“We were looking for a gift to give to the hospital. All — as part of its annual gift to the Auxiliary to upgrade the gym and the Auxiliary staff. Haynes developed a proposal on the Community Hospital’s Tyler Heart Institute, and her involvement has in support of the wider community. We like our donations not just to benefit inside the hospital’s physical plant but to provide things that reach out into the community.”

In August, the gym’s old equipment was sold at yard-sale prices, first to patients and then to staff interested in having exercise options at home. Carpets were cleaned, walls were painted, and changes made in electrical wiring. Then, two SciFit arm ergometers, two Nustep recumbent cross trainers, and four recumbent bikes, two upright bikes and 10 treadmills, all by Star Trac, were installed. The gym also added five pieces of Star Trac weight and resistance equipment.

“It took five months to ‘shop smart,’ but we found what we needed,” says Haynes. “We did our research to see what was new in exercise equipment and what would be appropriate for our population. We looked for fewer bells and whistles and more sturdy, commercial-grade equipment that would last and ensure patient safety.”

Denise Haegawa, a registered nurse in Cardiopulmonary Wellness, remembers the day the gym reopened with the new equipment.

“It was so exciting,” Haegawa says. “We were able to purchase more of the popular SciFit arm ergometers so we no longer have patients waiting for equipment. And the upgrade in telemetry equipment has meant larger commercial-grade equipment that can have the bells and whistles and more sturdy, our community.”

“Patients get hands-on, state-of-the-art care in the improved Cardiopulmonary Wellness gym.”

The fulfillment of the vision of Deena Haynes, coordinator of the Cardiopulmonary Wellness Program at Community Hospital’s Tyler Heart Institute, and her staff. Haynes developed a proposal to upgrade the gym and the Auxiliary granted her wishes — $157,429.3 in all — as part of its annual gift to the hospital.

“We were looking for a gift to give to the hospital when we received Deena’s proposal,” says Roxanne Wilde, Auxiliary president. “We always ask the hospital for input on things they would consider suitable, often things they need but that wouldn’t happen if we didn’t make the contribution.”

Steven Packer, MD, president and CEO, provided a list of five gift ideas.

“The gym resonated with our board of directors,” Wilde says. “We feel fortunate to be in a position to do this in support of the wider community. We like our donations not just to benefit inside the hospital’s physical plant but to provide things that reach out into the community.”

What are some of your outside interests?

I am a political junkie. It has been a very interesting year and, going forward, I think it’s going to continue to be very interesting. I enjoy reading about politics, government, great leaders. I just finished a great book, “Team of Rivals,” by Doris Kearns Goodwin about Abraham Lincoln and how he led by putting the country first.

Also, my wife and I enjoy and collect contemporary art. My favorite artists include Richard Diebenkorn, Roy Lichtenstein, Ed Ruscha, Mark Rothko, and I love Picasso. He’s not really contemporary, but he led the movement. But just because I like these artists doesn’t mean I have one of their canvases, because in most cases, I definitely don’t. I also love seeing the newer contemporary artists, such as Cecily Brown’s work.

I also champion education. I serve as a trustee of Washington University in St. Louis and the Panetta Institute here in Monterey.

I enjoy playing some pretty bad golf. And I also enjoy what I’m doing. I enjoy business a lot, and the wonderful people I work with.

What do you hope and envision for the hospital during the next five years?

I constantly talk to people about advancing the outstanding quality of healthcare and service to the community. We need to continue to attract outstanding clinicians to the area, and focus on areas where the community is underserved, such as primary care and obstetrics/gynecology care. We need to promote how the hospital serves the community in many ways people may not be aware. So often, I hear people say if they ever get really sick, they would go to Stanford or a major hospital in some other place where they have connections. They should know that’s not necessary. I want to Community Hospital thinking I was going home with a bottle of Mylanta®, and ended up having surgery. I could have gotten into some serious health problems and I had wanted to get to comeplace else, or if I hadn’t had exceptional medical care right here, locally. People need to understand Community Hospital is an enormous resource for anyone who lives here. Whether they are a full-time resident or a part-time one, we are all fortunate to have access to such outstanding medical care right here in our community.

What would you say to other people about getting involved in the hospital?

Community Hospital deserves and has earned the community’s financial support, it’s a great place to invest volunteer time and financial resources. I’ve talked to a number of people since I’ve been on the board, trying to pros-pect for financial support. I tell people sometimes, with Don Rickles humor, you may be wired to the big medical centers, but if you’re on the Monterey Peninsula, and you wake up at 2 a.m. feeling like there’s a Hammer on your chest, are you going to say, “I’ll get up in the morning and drive to Palo Alto or fly to Los Angeles for help?” Or do you want someone to take care of you in a matter of minutes?

I’m involved with a medical school and major medical center, but that’s in St. Louis. When my gallbladder acted up, I was not about to call American Airlines. Frankly, I don’t think I could have gotten any better care in St. Louis, and I certainly couldn’t have found a better surgeon than Dr. Mark Viera. He’s a rock star. This is where the rubber hits the road, and it leads to Community Hospital.

George Cook — from page 2
The Art of Giving Thanks
Community Hospital unveils a new donor art wall

Hef photographed kings and queens and Hollywood royalty. He portrayed statesmen and scientists, authors and artists and thousands of others known, if not by their faces, by their contributio
Creating Community

Ramona and Gordon Paul Smith

Gordon Paul Smith believes the day he met his wife, Ramona, during the 1960s, was a very important day for Community Hospital. The couple built a house on the Peninsula in 1972 and brought with them a commitment to community service, which has been generously focused on, among other things, the hospital.

“We became familiar with the hospital,” says Ramona, “we paid a visit, and I was immediately attracted to the idea of volunteering. I joined the Auxiliary in 1973, I was at a point in my life where I wanted to give personally to the benefit of others in the community.”

He turned me down, which is the best thing that ever happened to me. Instead, he developed Community Hospital, so, by the time we moved down here, we had this wonderful community hospital. He was some kind of guy. I’m so glad he turned me down.”

Tonkin, says Ramona, was a consummate fundraiser who understood how to foster passion and purpose in the community.

“I feel in my heart,” she says, “that this hospital was built by the community. Privately funded, it is the result of thousands of small donors who give because we believe in its service. It belongs to us; we support it.

Ramona, a member of Community Hospital’s Women’s Forum for Health Committee, told Gordon about the campaign, the couple turned to the Virginia Stanton Fund to obtain a $100,000 gift toward the initiative.

The following year, Ramona joined the Auxiliary’s board of directors, serving on it for 11 years, two as president.

“Once I completed my term,” she says, “I was asked to serve as a member of the hospital’s board of trustees, where I served an additional nine years. During that time, I was secretary and, from 1992 to 1994, I was chairperson of the board. Gordon loves to remind everyone that I was the first woman chair.”

Gordon is a former partner of Booz Allen Hamilton, a leading strategy and technology consulting firm. His resume reflects a career focused on technology.

The Smiths is the Breast Care Center that matches the quality of our community hospital.”

Gordon is a co-trustee of the estate of Virginia Stanton, a Carmel Valley philanthropist known to many as the “First Lady of the Monterey Peninsula,” who died in 1994. He felt the fund, established through the Community Foundation for Monterey County, was an excellent match with the Breast Care Center Initiative.

“This gift was not anything I created,” he says. “The possibility ‘simply came to my attention.’

“If Virginia Stanton were with us today,” he continues, “she would have been thrilled to see that this kind of gift was made. She, who was a hospital trustee at one point, lost her life to breast cancer. She was very important in my life. And to know that she contributed to something designed to perfect early detection, diagnosis, and intervention in breast cancer would have meant a lot to her. It was an honor for us to facilitate that.”

Fulfilling a Dream... from last page

Going to make such a difference. It was becoming quite a gamble with childcare, classes, and cutting back on work.”

Following two more semesters at the nursing school, Deans intends to transfer to San Jose State University to complete his bachelor’s degree in nursing.

“I am looking forward to becoming a nurse,” he says. “How many jobs are out there where you get paid to give back, to make a difference in someone else’s life? When people say, ‘Thank you so much for helping me,’ that’s all I really need to fulfill my dream.”

To donate to the Kathleen Kinder Lecture Scholarship Fund or for more information on supporting scholarships at the Maurine Church Coburn School of Nursing, please call Community Hospital Foundation at (831) 625-4506.

New and Improved... from page 4

monitor screens, enhanced signal quality, increased efficiency of charting, and improved reports to physicians.

The upgraded telemetry monitoring system can now link with patients’ electronic medical record. In addition to software, the upgrade included computers, 16 cardiac transmitters, two wireless personal digital assistants, eight mobile blood pressure cuffs, 10 digital pulse oximeters, and one digital pulse oximeter with Bluetooth wireless technology.

“We attached the digital pulse oximeters right to the treadmill,” says Ida Corby-DeMaagd, respiratory therapist, “so patients can check their heart rate and oxygen saturation levels while exercising. They learn what the numbers mean and how to adjust their workloads, which fosters independence. The wireless Bluetooth oximeter allows us to monitor the patients’ oxygen levels continuously while they exercise.”

The Auxiliary gift also included an audio system upgrade, which provided new transmitters, receivers, and headphones, enabling patients to listen to television or music while exercising.

“This is definitely a clinical environment in which we can supervise, monitor, and educate our patients,” says Haynes. “We now have equipment that matches the quality of our staff and program.”