



MOUNT ZION HEALTH FUND

Resources for a Healthy Community

COMMUNITY UPDATE : FALL 2002

Helping to Build Community

The majority of MZHF's grantmaking focuses on health-related programs and services to meet the needs of vulnerable and underserved members of our community. Making a capital grant is unusual. But during this year two major community organizations presented MZHF with compelling cases for support for their capital projects. The Board determined that in each case the project would have a significant and positive long-term impact on the health of the community. These grants, together with one approved the previous year to support the Institute on Aging's capital campaign, have provided an historic opportunity for MZHF to invest in "building community".

The Jewish Home ∞ Plans are underway for much-needed upgrades at this facility which is home to more than 400 Jewish elderly. The project,

which involves replacing an existing building (built in 1923) and renovating contiguous space, will enhance the efficiency and quality of services provided to residents. The average age of residents is 88, and eighty percent of those residents are indigent or dependent on Medi-Cal for payment of health care services. The areas targeted for improvements include kitchen and dietary facilities, medical clinics and research facilities.

The Jewish Community Center of San Francisco ∞ Generations of San Franciscans have grown up attending activities at the JCC which has served the Bay Area for nearly 125 years. Currently more than 3,000 people annually participate in JCC-sponsored activities. A completely new facility is being built to house and complement their rich array of programs and services. Once completed, state-of-the-art health, learning, and cultural facilities will offer diverse programming to meet the needs of the Jewish community and the Bay Area at large. The gift from MZHF will support the new facility's Wellness Center. □

UCSF at Mount Zion Violence Prevention Project Focuses on Children

The UCSF at Mount Zion Violence Prevention Project (MZVPP) was launched in 1995 with a grant from MZHF's Pediatric Funds. The project is now in its third year of overseeing LINC – Living in a Nonviolent Community – a program that serves children and youth who have witnessed domestic violence. Utilizing the specialized talents of a diverse group of professionals, LINC provides these children and their families with counseling and case management support to prevent them from developing chronic health conditions. LINC also provides training in violence awareness and prevention to a broad audience of community professionals who work with children. According to Meg McNamara, M.D., MZVPP Program Director, "LINC addresses a significant gap in services available in San Francisco, particularly for adolescents who have no alternatives."

LINC was initiated with a three-year grant from The Robert Wood Johnson Foundation (RWJF) along with matching funds from local foundations. The program is an excellent example of an effective community collaboration, bringing together a number of youth-oriented programs to prevent and reduce the impact of domestic violence on children and families. Since its inception, LINC's intensive counseling programs have helped hundreds of families. The project's education and training programs annually reach more than 1,000 middle and high school students and more than 600 community professionals. LINC will be featured this fall as a model program at the Annual Meeting 2002 of the RWJF's Local Initiative Funding Partners Program. □

Back Lunches

The Healing Garden at the Mount Zion Campus Center of Excellence in Women's Health offers an ideal setting for concerts each week during the spring and fall seasons. Conceived by Jeffrey Pearl, M.D., Associate Dean of Medicine at Mount Zion, and funded by Mount Zion Health Fund through a grant to Art for Recovery, these rejuvenating hour-long performances by string quartets will provide the Mount Zion Campus staff and patients with the opportunity to slow down and savor some classical music with their lunch.



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WOMEN'S HEALTH CENTERED AT UCSF AT MOUNT ZION

A ribbon-cutting will take place on September 21, formally opening the Women's Health Center at UCSF at Mount Zion. The Center, housed in the former Pavilion building, will offer primary health care to women of all ages. The newly renovated building was made even more inviting as the result of a major gift from the Robert H.F. and Barbara H. Smith Fund of MZHF.

Under the leadership of Dr. Nancy Milliken, the Center of Excellence in Women's Health at UCSF at Mount Zion is one of 14 in the U.S. designated by the federal Department of Health and Human Services. A key component of the overall women's health program is the UCSF Mount Zion Women's Health Clinical Research Center (WHCRC). Directed by Deborah Grady, M.D., M.P.H., and located near the patient care facility, the Center conducts cutting-edge research on health issues for women and trains young investigators. A woman's life expectancy has increased from 48.3 years in 1900 to 79.4 years in 1997. The goal of the WHCRC is to help make those years healthy and productive ones by increasing our understanding of the unique ways in which women develop, experience, live with and recover from disease.

The WHCRC builds on the research success of UCSF, the institution's commitment to women's health, and the availability of an extensive array of ongoing research projects in women's health. To recruit and support talented young investigators in this field, the Center and MZHF teamed up to offer a new fellowship program and

to provide start-up funding for research projects. The Mount Zion Health Fund Fellowship Program in Women's Health enrolls two fellows annually. This highly competitive national selection process favors



innovative projects designed to improve prognostic and diagnostic accuracy, treatment, quality of life and cost-effectiveness. Currently funded topics include innovative approaches to prenatal screening for Down's syndrome, breast cancer risk assessment, the role of hormones other than estrogen in menopause, and identifying modifiable risk factors for developing dementia. □

We are pleased to announce that information about Mount Zion Health Fund is now available at a newly established website: www.mzhf.org

Please visit and learn more about MZHF's funding priorities, guidelines for applying for a grant, listings of grants recently approved, and other helpful information.

MEETING THE HEALTH NEEDS OF SAN FRANCISCO NEWCOMERS

As our nation continues its difficult dialogue and struggle with issues around immigration, MZHF is pleased to note the accomplishments of one of its grantees that works in this arena. The goal of the International Institute of San Francisco is to enable immigrants, refugees, and their families to become effective, responsible participants in community life. MZHF made two consecutive grants to support their Refugee Health Education and Interpretation Program (RHEIP) which, in collaboration with Newcomers Health Program of the San Francisco Department of Public Health, specifically promotes the health and well-being of Russian-speaking and Bosnian-speaking patients at San Francisco General Hospital's Refugee Medical Clinic. The program is designed to increase patients' access to care, information and resources and to decrease language and cultural barriers.

With MZHF grant funds, RHEIP was able to provide interpretation services for more than 1,000 Russian-speaking patient visits and more than 250 Bosnian-speaking patient visits, along with health education services to approximately 500 individuals. In addition, staff developed and translated preventive health education materials into brochures that will be useful with these populations for years to come. This type of health outreach to newcomers echoes the history and traditions of Mount Zion Hospital, and MZHF is proud to be a benefactor through its funding. ■

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With more than one thousand San Francisco children playing high school football each year, it is dismaying to find that none of the schools they attend has ready access to a team physician or athletic trainer.

Dr. Marc Safran, an orthopaedic surgeon, aspired to change this and worked to develop an outreach program to provide care for student-athletes at the local public schools. Funding from MZHF has enabled the UCSF at Mount Zion Sports Medicine Service to offer on-site preventive care, injury evaluation and follow-up care. Specifically, the program pro-



vides: an athletic trainer to each of eight high schools throughout the academic year; a team physician (resident, fellow and/or attending staff) to cover sports events; a free Saturday morning High School Injury Clinic;

and pre-participation physical exam screening. Initiated at mid-season last year, 120 treatments/evaluations were completed at just one high school.

For the upcoming season the program will be fully operational and, in addition to football, available to students playing sports such as soccer, basketball, wrestling and lacrosse. It is anticipated that 400-500 student-athletes will receive services during the school year. The program, modeled after others around the country, has received accolades from students, parents, teachers and administrators alike. ■

Asking Questions & Finding Answers: Wide Variety of Projects at Mount Zion Campus Receive Seed Funding

Physicians and health professionals with inquiring minds rarely have the time and resources to investigate all the avenues that might lead to better health for their patients. However, with the help of designated funds from MZHF, many health practitioners at the Mount Zion Campus are receiving the opportunity to explore some of their ideas more fully. Over two dozen projects on a wide range of topics have been initiated, and promising new projects continue to be reviewed. The seed funding provided to advance these investigations will pay dividends in the future – increasing medical knowledge which ultimately leads to improved patient care. Here is just a sampling of the projects currently underway:

awareness in the African-American community.

☞ Expanding the work of the Dance Injury/Prevention Clinic to provide accessible, affordable and specialized health care for professional dancers, with the goals of preventing injuries and developing protocols for dance injury treatment and prevention.



☞ Examining the link between obesity and type 2 diabetes by measuring a new fat-derived protein.

☞ Developing an innovative clinical program that maximizes coordination

among primary care, ob-gyn, psychiatry and clinical pharmacists to treat women with depression.

☞ Supporting an outreach and prostate screening program to increase

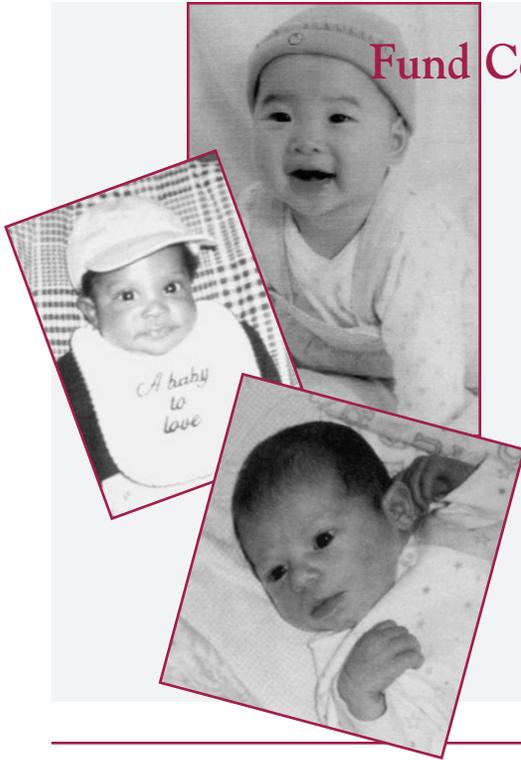
☞ Installation of a Real Time Telepathology Microscopic System which enables the electronic transmission of images to other sites for second opinions on diagnostically challenging sections. The images can be stored for reference and study, including various types of quantitative analysis. □

New Fund Established In Memory of Community Leader

Mount Zion Health Fund is honored to be the trustee of the Dan Geller Memorial Research Fund.

Established by his family this past June, the fund will support cancer research at UCSF at Mount Zion.

Dan Geller was a committed supporter of many Jewish organizations in San Francisco, as well as a key original investor who helped keep the San Francisco Giants in town.



Fund Committed To Healthy Kids

One of the Mount Zion Health Fund priorities is a focus on vulnerable populations, which of course includes children. We are indebted to the Zena Gross Greenstrand Memorial Fund for its ongoing support of the Pediatric Incentive and Reward Campaign. This project originated in the UCSF at Mount Zion Department of Pediatrics several years ago. It is designed to ensure that families bring in their babies for regular well-child check-ups, and thus receive immunizations on the correct schedule. A

recent addition to the program is professionally-printed patient information handouts, which will be given to all families who bring their children in for well child visits during the first year. According to Dr. Jane Anderson, who directs the pediatric program at UCSF at Mount Zion, "Our patients don't always hear the advice we give. To have vital information in writing on nutrition, development, and safety allows families to take it home with them, and lets the doctors focus on families' individual concerns during visits." ■

THREE NEW DIRECTORS FOR MZHF BOARD

The MZHF Board of Directors elected three new members at its annual meeting in June 2002. Joining the Board for a three-year term are Harvey Brody, D.D.S, Alan Rothenberg, and Joan Trauner, Ph.D.

Dr. Brody is a professor emeritus, UCSF School of Dentistry. He currently directs a UCSF program to assist disadvantaged students gain access to the health professions. He formerly served Mount Zion as the director of the dental residency program, the Chief of Dentistry, and the Associate Director of Medical Education. Dr. Brody is on the Board of Directors of several Bay Area organizations.

Alan Rothenberg is President of Huret, Rothenberg & Co., a merchant banking company in San Francisco. A former president of the Jewish Community Federation, he presently serves

on the boards of the United Jewish Communities, the American Joint Distribution Committee, the San Francisco-Haifa Sister City Committee, Mercy Housing of California, and Kenyon College.

Dr. Trauner is an independent health care consultant specializing in health care data management and actuarial services. She is currently a member of the Blue Shield Advisory Board and the Board of Directors at the Marin Community Clinic. She recently completed a study on the cost of individual and small group health insurance for the California HealthCare Foundation.

We are also pleased to welcome **Amy Zellerbach**, the new Board Chair for the Institute on Aging, who replaces Joan Levison.

Retiring from the Board in June were Susan Morris, Bruce Wintroub, M.D., and James Mailhot, M.D. We are grateful for the gifts of time and wisdom from each of them during their many years of service. □

MOUNT ZION HEALTH FUND BOARD OF DIRECTORS 2002-03

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Sari Swig
Margaret Tempero, M.D.
Joan Trauner, Ph.D.
Amy Zellerbach
Harold Zlot



2001-2002 TRUST & SPECIAL FUNDS SUMMARY OF GRANTS

∞ Patient Care

UCSF at Mount Zion Sports Medicine Group	To develop an outreach program to provide care to student athletes in the San Francisco public schools	\$114,000
UCSF at Mount Zion Center for Inflammatory Bowel Disease (IBD)	To develop multidisciplinary care and clinical research programs for IBD patients	87,500
UCSF at Mount Zion Violence Prevention Program	For "Living in a Nonviolent Community" which supports children and adolescents who witness violence	75,000
UCSF at Mount Zion Surgical Pathology	To purchase a Real Time Telepathology Microscopic System	55,000
UCSF at Mount Zion	To establish an outpatient rehabilitation program onsite as well as at Rhoda Goldman Plaza	55,000
UCSF at Mount Zion Cancer Center	To support clinical evaluation of a new technology for improved heat therapy of cancer	54,000
Women's Health at Mount Zion	To create the Women's Medication Alliance Clinic	50,000
UCSF at Mount Zion Orthopedics	To administer treatment and develop injury prevention protocols for San Francisco professional dancers	38,000
Osher Center for Integrative Medicine	For the breast cancer complementary support program	25,000

∞ Education

Jewish Vocational Service	To support Gateways to Health Careers	\$ 60,000
Women's Health at Mount Zion	∞ To develop an information alliance that will maximize education and public service programs on the Mount Zion campus	40,000
	∞ To bring information on incontinence to retirement communities	39,000
	∞ To develop a website and educational materials for the Comprehensive Fibroid Center	14,000
UCSF at Mount Zion	To underwrite the Tobacco Education Center (2nd year)	20,000
San Francisco Education Fund	For the Peer Resources' Youth to Youth Health Education Project (2nd year)	10,000
UCSF at Mount Zion Cancer Center	To help support an outreach and prostate screening program for the African-American community	10,000

∞ Research

Women's Health at Mount Zion	∞ For a comprehensive study of polycystic ovarian syndrome	\$ 211,000
	∞ To measure a protein that may provide a critical link between obesity and Type 2 diabetes	20,000
UCSF at Mount Zion Cancer Center	To establish four clinical cancer research fellowships	200,000
Osher Center for Integrative Medicine	∞ To evaluate the effect of yoga on chronic low back pain	52,000
	∞ To evaluate the effects of massage therapy and exercise training on patients on hemodialysis	48,000
	∞ To assess complementary and alternative medical therapies on pediatric patients with inflammatory bowel disease	11,000

continued

Community

Jewish Community Center of San Francisco	To support the development of the wellness center in their new facility (seven-year grant)	\$ 750,000
Jewish Home	To support their capital campaign (seven-year grant)	750,000
Bay Area Jewish Healing Center	For core operating support	100,000
Huckleberry Youth Programs	For an assessment of city-wide adolescent health services	35,000
Jewish Community Federation—Emergency Relief Fund	For assistance following September 11	25,000

TRUST & SPECIAL FUNDS

PATIENT CARE FUNDS

Alice and Sidney Schwartz Patient Fund
Berthold and Belle Guggenhime Fund
Blanche B. Goldman Newborn Prenatal Care Fund
Cardiovascular Patient and Family Care Fund
Children's Caring Fund
Claire Zellerbach Saroni Memorial Tumor Institute Fund
Clinic Funds
Dorothy and Edwyn Garfield Fund
Dr. Jacob Abouav Cardiac Fund
Edgar M. Kahn Memorial Fund
Gustav and Rose Schmelzer Outpatient Clinic Fund
Harriet Ornstein Memorial Fund
Harry and Betty Curzon Endowment Fund
Irene B. Dernham Fund
Irma H. Reyman Memorial Fund
Julian Meyer Cardiovascular Fund
Rhoda Goldman Cancer Care Fund
Willette Raphael Cancer Education Fund
Zena Gross Greenstrand Memorial Fund

EDUCATION FUNDS

Alice and Samuel Lilienthal Memorial Fund
Blumberg Loan Fund
Dr. Allan Teranishi Fellowship Fund
Dr. Julius Rosenstirn Scholarship Fund
Jacob Smith Surgical Lab Fund
Louis and Amelia Bloch Memorial Fund
Mabel E. Brush Endowment Fund
Medical Staff Library Fund
Milton Meyer Teaching Fund
Patricia Brown Memorial Fund
Rhoda and Richard Goldman Fund
Schwartz Education and Travel Fund

RESEARCH FUNDS

Frederick J. Hellman Fund
General Research Fund
Gilda H. and Irving L. Mayer Fund
Gladys Bass Fund for Biomedical Research
Harold Brunn Institute Endowment Fund
Herbert L. Cook Memorial Fund
Loraine M. Newman Research Fund
Lucie Stern Trust Fund
Pearl B. Jacobs Trust Fund
Rhoda Goldman Cancer Research Fund

ADVISED FUNDS

Art For Recovery Fund
Cutaneous Oncology Fund
Cherin Diabetes Education Fund
Dan Geller Memorial Research Fund
Department of Medicine Fund
Diabetes Research Fund
Dr. Alan B. Glassberg Cancer Fund
Dr. Alan Rosenberg Fund
Dr. E. H. Rosenbaum Cancer Research Fund
Dr. Harris M. Fishbon Fund
Dr. Harvey Salans Patient Care Fund
Dr. Herman H. Uhley Research Fund
Dr. Jay Gershow Cancer Research Fund
Dr. Lawrence Margolis Radiation Oncology Fund
Dr. Leonard D. Rosenman Fund
Dr. Rubin L. Gold Memorial Fund
Dr. Weinstein Education and Long-Term Care Fund
Gerson R. Biskind Pathology Research Lab Fund
Gospe, Herzog, Weil, and Domush Fund
Harold Dobbs Cancer Research Fund
James K. Edmund Memorial Fund
Janet S. Landfear Memorial Fund
Judith Swig Parker Memorial Fund
Julian Davis Lectureship Fund
Julian J. and Adele H. Meyer Fund

Julius R. Krevans Fund
Kerner Cancer Research and Education Fund
Kidney Dialysis Fund
Marlene Spitz Cancer Fund
May and Ben Shane Fund
Melanoma Center Fund
Milton Pearl Fund
Munsella and Goody Gensler Memorial Fund
Richard F. and Maria B. Ury Endowment Fund
Robert H. F. and Barbara H. Smith Fund
Ruth and Ben Colloff Tumor Research Fund
Smoking Cessation and Tobacco Education Fund
Stephen and Lillian Stuart Fund

BOARD DISCRETIONARY

Mae Swig Memorial Fund
Mark Berke Memorial Fund
Martin Diamond Fund
Melville Marx Memorial Fund
MZHF Unrestricted Fund

In fiscal year 2001-02, MZHF distributed grants totaling approximately \$5.6 million. Of this total, \$3 million came from advised funds, \$1.1 million from research funds, \$864,000 from patient care funds, \$526,000 from unrestricted funds, and \$90,000 from education funds.

The Summary of Grants includes awards approved by the Directors of Mount Zion Health Fund during Fiscal Year 2001-02 from Board discretionary and other funds, as well as selected significant awards from donor-advised funds.