

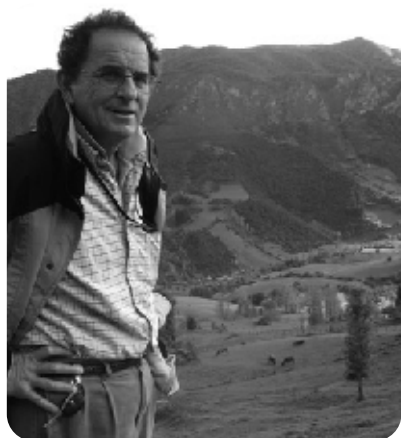


MOUNT ZION HEALTH FUND

Resources for a Healthy Community

COMMUNITY UPDATE : WINTER 2007

IN MEMORIAM DR. ROBERT T. MENDLE



A physician, family man, artist, lover of nature and fifth generation San Franciscan, Dr. Robert T. Mendle served on MZHF's board of directors for seven years, as well as on the boards of the Bay Area Jewish Healing Center and Rhoda Goldman Plaza. Bob's passing last year leaves an enduring loss in the hearts of the family, friends, patients and colleagues he touched. His memory

provides inspiration — he battled his illness with courage and strength, and through several years of health challenges he continued pursuing those projects about which he was passionate. Some of those projects were supported by the Stephan and Liliane Stuart Fund of Mount Zion Health Fund, for which he served as advisor, including several initiatives focused on palliative and end-of-life care. He was first drawn to this emerging field by his experiences as a physician, later benefiting from its specialized care as a patient himself.

Grants were awarded at Bob's recommendation to programs with a range of emphases, including the **Bay Area Jewish Healing Center's** Kol Haneshama/Jewish end-of-life care program to train volunteers to provide Jewish spiritual support to hospice patients, **MCV Foundation** to support a palliative care fellowship coordinator and the creation of a palliative care curriculum, and the **UCSF Palliative Care Fellowship Program** to prepare for and achieve newly established accreditation. To honor his memory, and in keeping with these interests, the MZHF board awarded a grant to **Zen Hospice Project** to modify and expand its end-of-life care training program for professional caregivers.

Plans are underway to support additional projects in this growing field of care with the generous contributions received for the Dr. Robert T. Mendle Memorial Fund, established by Carla Ruff, Bob's wife, and his parents, Dr. and Mrs. Robert A. Mendle. Bob's wisdom and wit are greatly missed — his generosity and advocacy for improving end-of-life care will benefit many, in San Francisco and beyond, for years to come.

Contributions in Dr. Bob Mendle's memory may be made to Mount Zion Health Fund for the Dr. Robert T. Mendle Memorial Fund — for more information contact 415.512.6264.

MZHF PARTNERS SUCCESSFULLY WITH JCEF

In 2005 MZHF joined the Jewish Community Endowment Fund (JCEF) as a supporting foundation. This move, which acknowledges MZHF's Jewish beginnings within Mount Zion Hospital and Medical Center, offered the MZHF board greater opportunity to focus on strategic grantmaking, reduce administrative costs, and take advantage of the marketing, financial and development resources of the JCEF staff. With two years under its belt, this partnership is pleased to have realized significant administrative cost savings, thereby increasing monies available for MZHF's community health grantmaking.

MZHF board president Susan E. Lowenberg noted, "The transition to a JCEF supporting foundation has enabled MZHF to go 'from strength to strength' in its stewardship of these historical funds. With several new Jewish leaders and health professionals having joined the board recently, MZHF is actively engaged in making the most of this new partnership."



Laying of the cornerstone August 14, 1912, by Mrs. I.W. Hellman, Jr. Mount Zion Hospital's building was erected by Isaias W. Hellman in honor of his wife, Esther.

Focus on UCSF Mount Zion Campus: Pilot Projects in Integrative Medicine



Nancy Bardacke, CNM, MA, teaching Mindfulness-Based Childbirth and Parenting class.

UCSF Osher Center for Integrative Medicine has been a major recipient of MZHF grants for both pilot research and patient care programs. These initiatives are targeted at finding effective treatments for patients by combining both conventional and alternative approaches that address all aspects of health and wellness — biological, psychological, social and spiritual. Highlighted here are several projects, still works in progress, which explore new ways of addressing critical health issues.

Dr. Wolf Mehling received support for an innovative research study designed to develop and validate an urgently needed clinical and research tool with which to identify those patients with acute lower back pain who are at increased risk of developing chronic low back pain. When validated, this measure will be an important tool for both clinical care, where patients identified as being at risk can be targeted for special care, and for use in clinical research.

Two separate efforts involve specific interventions based on Mindfulness Based Stress Reduction (MBSR), a systematic training in mindfulness meditation, which has been shown to be effective in a variety of stress-related conditions. Drs. Elissa Epel and Jennifer Daubenmier are conducting a pilot study to evaluate the acceptability and feasibility of a MBSR intervention adapted to overweight women who report a high level of emotional eating. Preliminary data from this smaller study with 50 women will be used to apply for an NIH grant to fund a larger trial.

MBSR is also a key component of the recently launched Mindfulness Based Childbirth and Parenting Program, co-sponsored by the Osher Center and UCSF's National Center of Excellence in Women's Health. Couples attending these popular eight-week childbirth education courses learn stress reduction skills useful for the challenges inherent in becoming new parents, including strengthening their health and well-being and that of their developing infant during pregnancy, managing pain in childbirth, and achieving caring parent-child relationships and harmony as a couple.

For more information about the UCSF Osher Center for Integrative Medicine please contact 415.353.7700 or go to website at <http://www.osher.ucsf.edu>.

MZHF BOARD OF DIRECTORS 2007–2008

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MZHF BOARD OF DIRECTORS

MZHF is pleased to welcome new board directors **Don Friend** and **James W. Asp II**. Don Friend is a principal of Howard Properties, Inc. and serves on the board of the Jewish Community Center of San Francisco and three supporting foundations of the Jewish Community Endowment Fund. He is a past director of the Jewish Home, the Jewish Community High School of the Bay, and the Jewish Community Federation. James W. Asp II joins the board as one of three UCSF-appointees and is Associate Vice Chancellor for University Development and Alumni Relations for UCSF.

The board extends its thanks to **Bruce Spaulding** and **Sari Swig** who completed their terms of service this past year. Mr. Spaulding served for six years, including participation on the Investment Committee and two years as chair of the Nominating Committee. Ms. Swig served for nine years, including chairing the Grants Review Committee, and providing much-valued time and advice during the 2005 organizational transition to supporting foundation status.

MZHF COMMUNITY GRANTS PROVIDE TARGETED SERVICES FOR WOMEN

MZHF's recent community grantmaking has included a number of awards focused on providing specialized services to women in need. Following are brief highlights of three of these grants.

Shalom Bayit, a Bay Area program working to end domestic violence, received support for its San Francisco Healthy Jewish Families Project, providing domestic violence prevention, intervention and education programs for Jewish women and the larger community. This past year its direct services assisted fifteen abused women and their families. The agency's comprehensive approach provides the building blocks of healthy relationships and families, including workshops that educated 185 teens and youth leaders about dating violence prevention; and educated 450 community leaders and professionals (including 30 clergy) through awareness-raising and community response programs. One recipient of services wrote, "Thank you so much — I didn't know about [Shalom Bayit] before, and I'm so glad you're here. I can't believe your services are free ... I couldn't have afforded counseling, and I didn't know what I was going to do. I am so grateful."

For more information about Shalom Bayit please contact 510.451.8774.



Shalom Bayit's Youth Educator, Zephira Derblich-Milea, engages local teens in Healthy Relationships workshop.

Supporting a new partnership between **Latina Breast Cancer Agency (LBCA)** and San Francisco General Hospital's mammovan program, a grant was awarded to provide early breast cancer detection outreach and education to underserved Latina women. With a goal of increasing the number of low-income women receiving screening and prevention services, this successful collaboration enabled the agency to facilitate free mammography services for nearly 240 low-income women, the majority of whom were monolingual Spanish-speaking. Maria Rubio, an outreach worker and breast cancer survivor herself, had the right combination of skills to put clients at ease with both the medical exam and

paperwork process. Maria commented, "As a survivor, it is a great source of healing for me to be able to help my community." During the grant period, a second bilingual outreach worker, Nancy Eduardo, was stationed at SFGH's breast care clinic to serve as a patient navigator. Her translation services and assistance with forms helped 250 Spanish-speaking clients get needed care, including clinical breast exams and other diagnostic treatment. In assessing her role as liaison between medical care providers and clients, Nancy remarked, "I believe my work here at the Avon Breast Care Center is just one small but effective way of eliminating the language barrier within the system."

For more information about Latina Breast Cancer Agency please contact 415.584.3444.

Charlotte Maxwell Complementary Clinic (CMCC), based in Oakland since 1992, received an award to serve low-income women with cancer in San Francisco. The grant supported staffing in the agency's newly established San Francisco clinic site and provided access to complementary alternative medicine and social services for more than 200 low-income women during the clinic's first year of operations. MZHF's funding partially underwrote the salary for CMCC's Asian American Client Advocate, Carrie Huang. Carrie's diligent work with the Chinatown community led to increased trust and communication with both clients and care providers serving this community, and expanded the number of monolingual Chinese speakers receiving treatment and services in San Francisco. She noted, "At first the women said very little to me or to their practitioners, but as they experienced less nausea and fatigue and started to talk with others in the waiting room, things seemed to change. Now it feels more like a community. They ask me about my baby and I listen as they explain how to cook the donated vegetables. Most important, they tell me which treatments seem to help the most and which practitioner they would like to see." CMCC is actively recruiting volunteers to serve as interpreters to meet the needs of the growing number of monolingual Cantonese and Spanish clients coming to the SF clinic.

For more information about CMCC's San Francisco services please contact 510.601.7660.



Carrie Huang, CMCC Asian American Client Advocate, at the new SF clinic site.

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JEWISH COMMUNITY ENDOWMENT FUND

An Overview of MZHF Community Grants Guidelines

Mount Zion Health Fund (MZHF) traces its origins to the establishment of Mount Zion Hospital in San Francisco at the end of the 19th century. In 2005 the organization became a supporting foundation of the Jewish Community Endowment Fund (see article page 1), and in this capacity continues its focus on advancing programs designed to improve the physical, emotional and spiritual health of vulnerable populations and reflect the Jewish values and traditions of Mount Zion Hospital.

In its community grantmaking, the MZHF board of directors seeks projects which:

- *serve a vulnerable population whose health status, compared to the general population, is particularly compromised;*
 - *provide responsive and creative solutions to health-related needs in San Francisco;*
 - *provide direct health services to improve the health of the Jewish and/or broader community;*
 - *are pilot or start-up and articulate plans for future sustainability; and*
- *have current and/or historical roots in the Jewish community.*

MZHF conducts two community grants review cycles annually based on these priorities, and two grants review cycles annually focused on programs of the UCSF Mount Zion campus.

For more information please visit www.mzhf.org
or contact 415.512.6264.

MZHf Grant Award Highlights: July 1, 2005 – June 30, 2007

The following grants listing includes a selection of awards approved by the directors of Mount Zion Health Fund during fiscal years 2005-06 and 2006-07 from board discretionary funds. Grant awards for this two-year period totaled: \$828,000 from patient care funds, \$756,000 from unrestricted funds, \$507,000 from research funds, \$135,000 from education funds, and \$4,785,341 from advised funds.

A Home Within

Matching volunteer psychologists with San Francisco foster children and youth to provide free long-term psychotherapy. \$15,000

Provide therapeutic mental and emotional health services to teen mothers and their infants who are in supervised foster care visitation. \$50,000 (over two years)

Access Institute for Psychological Services

Provide on-site mental health services for low-income children and families at a San Francisco public elementary school. \$20,000

Caduceus Outreach Services

Provide comprehensive psychiatric care and support to homeless individuals. \$25,000

Charlotte Maxwell Complementary Clinic

First year start-up of San Francisco clinic providing complementary alternative medicine and social services to low-income women with cancer. \$15,000

Conard House

Support staff and client training toward a supported self-management model to work with individuals with mental illness and co-occurring chronic medical conditions. \$90,000 (over three years)

Friends and Foundation of the San Francisco Public Library

Western Addition branch renovation near UCSF Mount Zion campus and utilized by campus neighbors, faculty, staff and patients. \$15,000

Glide Foundation

Develop and implement integrated substance abuse services in a primary care health clinic serving homeless and indigent clients. \$100,000 (over two years)

Huckleberry Youth Programs

Provide mental health services to at-risk youth at three San Francisco locations. \$120,000 (over three years)

Institute on Aging

For the Bay Area Jewish Healing Center's programs providing Jewish spiritual support. \$170,000

Provide in-home psychiatric services to clients who are homebound due to mental and/or physical health conditions, and training for staff and professionals working with this population. \$225,000 (over three years)

Jewish Community Federation

Emergency grant for Katrina hurricane relief efforts. \$12,500

Jewish Home

Pharmacy modernization project to improve patient care. \$200,000 (over two years)

Latina Breast Cancer Agency

Breast cancer outreach and screening project focused in collaboration with San Francisco General Hospital's mammovan program. \$20,000

Margie Cherry Complementary Breast Health Center

Provide breast cancer treatment education and symptom management skills to low-income African American women through pilot testing and standardizing the Total Arm Care Intervention program. \$24,760

North & South of Market Adult Day Health Center

Purchase of physical and occupational health equipment for new combined housing/health program for frail elders in Mission Bay. \$10,000

Operation Access

Provide low-income, uninsured adults with donated outpatient surgeries and procedures. \$5,000

Philanthropic Ventures Foundation

Support for the 5th Annual Young Women's Health Conference. \$2,500

Planning for Elders in the Central City

Support for advocacy, organizing and educational programs benefiting seniors and people with disabilities in San Francisco. \$5,000

San Francisco Free Clinic

Type 2 Diabetes Care Enhancement Program for outreach, education and care for low-income, uninsured individuals. \$10,000

San Francisco Immunization Coalition

Improve immunization tracking and delivery for low-income children and families in San Francisco by integrating the Bay Area Regional Registry into key SF pediatric practices and all birthing hospitals. \$20,000

San Francisco Suicide Prevention

Support for the Youth Risk Reduction Program, a mental health outreach and support program for San Francisco youth. \$5,000 (over two years)

Shalom Bayit

Healthy Jewish Families Project to provide care for victims of domestic violence and reduce incidence of domestic violence within the Jewish community. \$20,000

Southern Mutual Help Association

Emergency grant for Katrina hurricane relief efforts. \$12,500

Tenderloin Health

Chronic Care HIV/AIDS Multi-disciplinary Program (CCHAMP), to provide medical care and support services to homeless and low-income adults. \$25,000

Women's Community Clinic

Western Addition Health Training Program to provide health training opportunities for young African American women and outreach education within the neighborhood. \$50,000

UCSF MOUNT ZION AWARDS (\$10,000 and above)

UCSF National Center of Excellence in Women's Health for Mount Zion Women's Health Research Fund pilot projects. \$1,000,000 (over ten years)

UCSF Osher Center for Integrative Medicine for research and development of a prediction tool for identifying primary care patients with acute low back pain at increased risk of developing chronic pain. \$100,000 (over two years)

Center for Pelvic Physiology to conduct patient and physician outreach and education. \$81,116

Cancer Center Clinical Investigator Research Program pilot project award. \$75,000

Cancer Resource Center for classes and lectures, family retreat, staff retreat, volunteer training and recognition, and educational outreach. \$66,500 (over two years)

Asian Heart and Vascular Center to conduct health screenings and educational outreach to San Francisco's Chinese community. \$62,354 (over two years)

Art For Recovery Program for Firefly Project, a collaborative program which builds relationships between seriously ill patients and healthy teens through an exchange of letters/artwork culminating in a public reading; for the Portable Artist Workbook for patient bedside use. \$61,000 (over two years)

Center for Balance and Falls at Mount Zion to purchase patient care equipment and support staff start-up costs for this new program. \$60,000

Cancer Center to support a data manager for investigator-initiated clinical trials. \$50,000

UCSF Osher Center for Integrative Medicine for pilot research study, "Effects of Stress Reduction on Eating, Fat Distribution, and Cell Aging Among Overweight Women." \$50,000 (over two years)

Colorectal Cancer Prevention Program transitional funding to support a genetic counselor. \$45,000

Bridge funding the Nursing Faculty Practice at Progress Foundation providing care at 11 community mental health residential programs in San Francisco. \$44,489

MZHF Fellowship in Intimate Partner Violence, a one-year postdoctoral training fellowship within LINC, a program of the UCSF National Center of Excellence in Women's Health. \$43,393

Pediatric Heart Center for purchase of cutting edge diagnostic equipment and associated supplies for the Fetal Cardiology Program. \$40,000

Division of Neonatology for purchase of two cerebral function monitors to initiate a neuro-intensive care unit. \$40,000

UCSF Osher Center for Integrative Medicine to launch the Mindfulness Based Childbirth and Parenting Program. \$35,000

Community-based participatory research and outreach activities to raise awareness of the Cancer Center among underserved and minority populations in San Francisco. \$32,934

Male Infertility and the Risk of Cancer pilot research study. \$30,000

Women's Cancer Survivorship Program to expand access to care through clinical services, education and training. \$23,100

Black Youth Cancer Education Program to introduce African American high school students to the research environment and health careers. \$22,440

Early Stage Prostate Cancer Multidisciplinary Symposium focused on active surveillance management and research. \$21,375

Palliative Care Program to refine its fellowship program and apply for accreditation from the Accreditation Council on Graduate Medical Education. (*in memory of Dr. Robert T. Mendle*) \$20,000

Shaken Baby Syndrome Project to implement a collaborative, San Francisco-wide prevention health education effort targeting new mothers/partners/ families. \$20,000

UCSF Global Health Sciences Clinical Scholars postgraduate immersion training experience for health professionals focused on global health. \$20,000

Pediatric Primary Care Residency Program for community-based collaborative projects to improve local childhood fitness and nutrition. \$14,483

Cancer and the LGBT Community, a conference/community-awareness raising event to address cancer disparities and obstacles to care in this underserved population. \$13,760

Bladder Cancer Support Group to establish an infrastructure and initiate regular meetings for patient education and support. \$12,120

Acne and Psychosocial Outcomes study to measure health state utilities of acne vulgaris in SF public high school students. \$11,100

Department of Radiology for a breast biopsy device to serve both clinical and clinical research patients. \$10,495