



MOUNT ZION HEALTH FUND

Resources for a Healthy Community

COMMUNITY NEWSLETTER: WINTER 2008

New Program Prepares Low-Income Jobseekers for Healthcare Careers

Jewish Vocational Service (JVS) was recently awarded a three-year grant to develop the Healthcare Career Ladders Program (HCLP), a unique partnership with UCSF Medical Center, the Jewish Home and other healthcare providers. HCLP is designed to meet the needs of San Francisco's low-income jobseekers, including public assistance recipients, displaced workers, and young adults with limited education/training beyond high school. Through specialized trainings, HCLP prepares individuals to take the first step into a healthcare career. The program strengthens skills needed for success in critical entry-level positions such as Patient Services Representative, Certified Nurse Assistant, and homecare worker. JVS is also working closely with its partner healthcare employers to provide the training needed for currently-employed workers to advance in their careers.

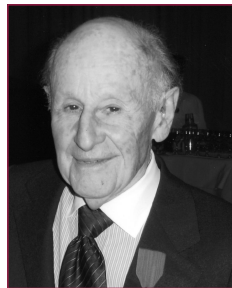
Already, successful graduates of the first cycle of the Patient Services Representatives (PSR) training program are working in the ambulatory care clinics at UCSF. One graduate found that the PSR program helped her to set an example for her four children, explaining:

I have spent a lot of my life struggling with low self-esteem. The

{Continued on page 2}

Pursuing a Passion for Medicine Throughout Retirement

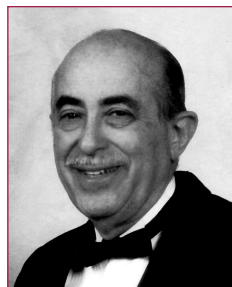
Mount Zion Health Fund's history is rich with stories of skilled and compassionate physicians, nurses and other professionals who have devoted their lives to caring for others. Many of these stellar individuals have been honored by grateful patients and families, with generous contributions leading to the establishment of a fund in the doctors' name at MZHF. The three fund advisors highlighted below are such honorees. Though long-retired from active medical practice, each has remained integrally involved in advancing the field of medicine. MZHF is pleased to work with each of them as they continue pursuing their passion for medicine and serving the community.



John A. Kerner, MD

John A. Kerner, MD, fund advisor for the **Kerner Cancer Research and Education Fund**, has recommended grants for a range of health-related activities, both at UCSF Mount Zion and in the broader community. With emphasis on furthering gynecologic oncology research and care, the Kerner Fund helped to establish both an Endowed Chair and a Distinguished Professorship in Gynecologic Oncology at UCSF, and also provided early support to establish UCSF's Cancer Risk Program and its Cancer Genetics Program. Grants from the Fund continue to provide significant support for research studies to develop new therapies to treat cancer. Dr. Kerner has also recommended

grants to address other frontline needs in health care and education to local organizations, including the *Institute on Aging*, *Project Open Hand*, and *United Way ACHIEVE*. Dr. Kerner commented, "The primary goal of the Fund has always been to enhance the health of women, including educating those who provide care for women, and now, particularly, funding is focused on discovering ways to provide better care for women with cancer, and prevention of cancer. This has been a priority throughout my medical career, and I appreciate the opportunity to continue my involvement in this vital work through the Fund."



Ernest H. Rosenbaum, MD

Serving as fund advisor for both the **Dr. E. H. Rosenbaum Cancer Fund** and the **Janet S. Landfear Memorial Fund**, **Dr. Ernest H. Rosenbaum** has directed funds to further breast cancer research conducted by young investigators at UCSF Mount Zion, and underwritten aspects of the *Laurence Myers Cancer Supportive Care Programs at the Jewish Community Center of San Francisco*. Dr. Rosenbaum's grant support has also led to a series of patient-oriented publications, including the most recent, *Everyone's Guide to Cancer Survivorship*, and an invaluable website for both patients and caregivers, www.cancersupportivecare.com. Dr. Rosenbaum noted, "I have been very

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PURSuing A PASSION FOR MEDICINE.....CONT'D FROM PAGE 1

fortunate over the last forty years to receive many donations dedicated to cancer research, production of articles and books on cancer treatment and cancer care, as well as supporting the education of approximately 25 doctors, education for fellowships, and the development of the Immunology Research Laboratory at Mount Zion, among other projects. My life's work has been to improve care and quality of life for individuals and families confronting cancer. We have seen magnificent progress, and there is so much more to be done. I am honored to continue this work as long as I am able."



Leonard D. Rosenman, MD

By his own admission, **Dr. Leonard Rosenman**, fund advisor for the **Dr. Leonard D. Rosenman Fund**, "took up the pen when he put down the knife." As a retired surgeon, with an interest in surgical history dating from his time as a medical student more than 60 years ago, Dr. Rosenman parlayed this interest into translating the seminal surgical treatises of the Middle Ages. His efforts have made these works available in English for the first time, with the twelve translated volumes now housed in the National Catalogues and in 35 medical libraries in

the United States and abroad. Dr. Rosenman noted the value of this endeavor for the medical community and others who might utilize the resources, and commented, "I am delighted to have spread the word about Mount Zion Health Fund's good works by citing it in all twelve of my books. The Fund made the work possible for me and for all other recipients of its bounty. Indeed, all of us provide an enduring memorial for our beloved old Mount Zion Hospital."

By their actions, and thoughtful involvement in recommending grants which advance medical research, education and patient care, Drs. Kerner, Rosenbaum and Rosenman have provided leadership by example, and bettered the lives of patients in many ways. MZHF acknowledges and thanks them for their individual, and collective, commitment to improving health care in our community and beyond.

HEALTHCARE CAREER LADDERS PROGRAM....CONT'D FROM PAGE 1

instructors helped me to identify some barriers I faced and develop plans to overcome those barriers. Over time my confidence grew.

In order to participate in the training – I took a job working nights and weekends at Target, which means a great deal of time away from my family. However, it was a sacrifice I was willing to make on the path to hopefully getting a job at UCSF. And down the road my children will appreciate all that I have done for them.

At the end of the training, she was hired to work full-time at UCSF Medical Center.

Additional positive results are anticipated for jobseekers, as well as employers. Patients will ultimately benefit too as improved workforce skills improve quality of care.

For more information about the JVS Healthcare Career Ladders Program please contact 415.391.3600 or visit the JVS website at www.jvs.org.

MZHF Board of Directors

MZHF is pleased to welcome new board directors **Sheila Antrum, RN, MHSA**, Chief Nursing and Patient Care Services Officer, UCSF Medical Center, **Bethany Hornthal**, marketing and communications strategist, and **Jeffrey Zlot**, Founder, Managing Director, and Chief Operating Officer of Presidio Financial Partners. Both **James W. Asp II** and **Carl Goldfischer, MD** recently transitioned off the board, and we extend our thanks and appreciation to each of them for their thoughtful service.

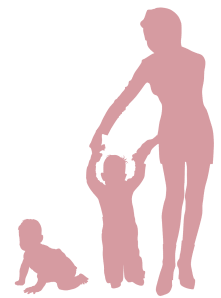
The board gratefully acknowledges **Susan E. Lowenberg**, immediate past President, and is pleased that she is continuing her involvement with MZHF as Emeritus Director. Susan's active leadership, and breadth of knowledge about community health, have been highly valued by her board colleagues and staff during her two years as president and nine years of service.

MOUNT ZION HEALTH FUND BOARD OF DIRECTORS 2008-09

Officers: James Davis, MD, *President*
Maribelle Leavitt, RN, DNSc,
Vice President
Alan Rothenberg, *Treasurer*
David Agger, *Secretary*

Directors: Sheila Antrum, RN, MHSA
Harvey Brody, DDS
Jill Einstein, MD
Don Friend
Bethany Hornthal
Ellen Kahn
Nancy Milliken, MD
Jeffrey Pearl, MD
Didier Perez
Robert Sockolov
Joelle Steefel
Margaret Tempero, MD
Jeffrey Zlot

Emeritus Director: Susan E. Lowenberg



Pediatric Health from Infants to Adolescents – Highlights of Recent Awards to UCSF

While MZHF's guidelines do not target a specific age population, a number of recent awards have focused on pediatric health. Housed at either the UCSF Mount Zion Campus or UCSF Children's Hospital on the Parnassus Campus, these programs strengthen pediatric patient care services and prevention education. Highlights include:

- **Radiation Oncology's Youth in the House** is utilizing an award to plan a health careers outreach program targeting high school youth from underserved SF communities;
- at-risk teens will also benefit from two programs sponsored by UCSF's **National Center of Excellence in Women's Health, Health and Leadership Program for Youth** and **Glass to Diamonds**, each of which has health education at its core while using different models to strengthen young women's self-esteem and leadership skills, and encourage healthy life choices;
- start-up funds were provided for a **Pediatric Integrative Pain Clinic**, a model program using an integrative approach to augment care for children suffering from acute and chronic pain;
- the **Childhood Cancer Survivors Program** was awarded funds to study whether improved patient care and treatment compliance would result from providing patients with a wallet size data summary of their diagnosis, treatment, risks, and recommended follow-up;
- the **Pediatric Heart Center** received funds for the purchase of echocardiographic equipment and supplies (see story, this page);
- the Division of Neonatology received start-up funding for the purchase of two cerebral function monitors to help establish a **Neuro-Intensive Care Nursery Unit** to improve clinical monitoring of infants with, or at risk for, neurological problems.

MZHF is pleased to support these and other initiatives to improve the lives of hundreds of young people and their families.

For more information on any of these programs please visit UCSF's website at www.ucsfhealth.org.

For decades, Libby Gross has engaged a wide network of family and friends in making contributions to the **Zena Gross Greenstrand Memorial Fund** of MZHF, to improve the health of pediatric patients. The Fund is named in memory of her daughter, who passed away at a young age from complications of a congenital heart defect. Libby's dedicated efforts have resulted in hundreds of donations. Over many years, these gifts have grown and generated considerable income. The Fund has supported selected pediatric initiatives, including efforts to increase well-child visits and immunizations for low-income families. More recently, the Fund awarded a grant to the UCSF Pediatric Heart Center to expand the Fetal Cardiology



Libby Gross touring UCSF's Fetal Cardiology Program with Dr. Michael Brook, Dr. Harold Bernstein, Bart Reyes, RN, and Yevgeny Gofman, ultrasound technologist.

Program. Cutting-edge diagnostic equipment was purchased to enable increased patient visits and improved diagnostic accuracy for families with newborns at risk for heart problems. At a tour and plaque dedication this past spring, physicians and staff gratefully acknowledged Libby and her family for their role in helping to improve the care provided for their youngest patients.

For more information about UCSF's Pediatric Heart Center, please visit www.ucsfhealth.org/childrens/medical_services/heart_center/ or call 415.353.2008.

For more information on the Zena Gross Greenstrand Memorial Fund of MZHF, please contact 415.512.6264.



Summary of Grant Awards 2007-2008

In fiscal year 2007-2008, MZHF awarded grants totaling approximately \$2,987,000. Of this total, approximately \$939,000 came from unrestricted funds, \$837,000 came from research funds, \$275,000 came from patient care funds, \$74,000 came from education funds, and \$862,000 came from advised funds. The following grants listing summary includes a selection of awards approved by the Directors of Mount Zion Health Fund during fiscal year 2007-08 from Board discretionary funds.

ACCESS INSTITUTE FOR PSYCHOLOGICAL SERVICES \$25,000
Second year of support to provide on-site mental health services for low-income children and families at a San Francisco public elementary school and explore adding an additional site.

THE ARC OF SAN FRANCISCO \$25,000
Support for a collaborative one-year planning process leading into a multi-year pilot project designed to improve access to adult health care for people with disabilities in San Francisco.

BAY AREA COMMUNITY RESOURCES..... \$30,000
“Let’s Be Healthy!” initiative to change norms about healthy living and improve chronic health conditions self-management among the Russian-speaking newcomer population in San Francisco (matches funds from Robert Wood Johnson Foundation Local Initiative Funding Partners award).

CHARLOTTE MAXWELL COMPLEMENTARY CLINIC ... \$120,000 (OVER THREE YEARS) To provide complementary alternative medicine and social services to low-income women with cancer in San Francisco.

ELDERGIVERS \$21,630
Support for Saturday Art with Elders at Laguna Honda Hospital, providing culturally-sensitive programming for African American patients and Cantonese-speaking patients to improve care and build community.

HOMELESS PRENATAL PROGRAM \$20,000
Continued funding for New Beginnings, to provide services and support to homeless pregnant women with substance abuse issues.

HOSPICE BY THE BAY..... \$10,000
To establish the Dr. Robert T. Mendle Nursing Education Fund to train qualified nurses as end-of-life care and pediatric hospice care trainers, who in turn can train other staff.

INSTITUTE ON AGING..... \$85,000
For the Bay Area Jewish Healing Center’s programs providing Jewish spiritual support.

JEWISH VOCATIONAL SERVICE..... \$225,000 (OVER THREE YEARS)
Healthcare Career Ladders Program to provide specialized training for low-income individuals in partnership with the Jewish Home and UCSF Medical Center.

JEWISH COMMUNITY FEDERATION \$12,500
Technical Assistance Reserve Fund to support the Bay Area Jewish Healing Center’s strategic planning process

LATINA BREAST CANCER AGENCY \$25,000
Continued support for a breast cancer outreach and screening project serving low-income women in collaboration with San Francisco General Hospital’s mammovan program.

OPERATION ACCESS \$10,000
Provide low-income, uninsured adults with donated outpatient surgeries and procedures in San Francisco.

SAN FRANCISCO CHILD ABUSE PREVENTION CENTER..... \$41,000
For the Counseling Program’s consulting psychiatrist to provide evaluations for at-risk children; and training, education and case consultation to the clinical staff and interns.

SF GENERAL HOSPITAL FOUNDATION \$75,000 (OVER THREE YEARS)
Cancer Awareness, Resources and Education (CARE) program to provide culturally and linguistically appropriate cancer education and psychosocial support to low-income monolingual Cantonese and Spanish speakers.

SFSU CESAR E. CHAVEZ INSTITUTE..... \$90,000 (OVER THREE YEARS)
Family Acceptance Project to develop culturally appropriate family interventions to decrease family rejection and increase support for LGBT children and adolescents (matches funds from Robert Wood Johnson Foundation Local Initiative Funding Partners award).

SHALOM BAYIT \$20,000
Continued support for San Francisco Healthy Jewish Families Project providing direct care and counseling, outreach and education to address domestic violence in the Jewish community.

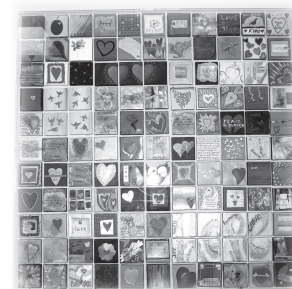
TENDERLOIN HEALTH..... \$25,000
Health-related care and support services to homeless and low-income adults in San Francisco.

WOMEN’S COMMUNITY CLINIC \$25,000
Support for the Western Addition Health Training Program (WAHT!) providing health careers training for young African American women and community health outreach in San Francisco’s Western Addition neighborhood.

UCSF Mount Zion's Art for Recovery celebrates 20 Years of Healing and Art

If you are looking for the “heart” of the UCSF Mount Zion Campus, you need look no further than Art for Recovery, a program that exemplifies the warmth and caring that has always been at the soul of the Mount Zion community. This year marks the program’s 20th anniversary of helping patients and their families to heal in both physical and emotional ways, through a unique range of art experiences that include an Open Art Studio, Healing Through Writing Workshops, The Healing Garden Music Series, the award-winning Firefly Project, and the Breast Cancer Quilts Project, among others. As a long-time supporter of Art for Recovery, MZHF congratulates the program on this milestone anniversary!

For more information about UCSF Art for Recovery please contact 415. 885.7221 or visit the website at <http://cancer.ucsf.edu/afr>.



Heart and Healing Project artwork at the Mount Zion campus



UCSF Mount Zion Awards

UCSF HELEN DILLER FAMILY COMPREHENSIVE CANCER CENTER

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|---|-------------------------|
| Mount Zion Health Fund Scholars Program for recruitment of promising clinical/translational investigators. | \$400k (over two years) |
| Clinical Investigator Research Program awards. | \$240k (over two years) |
| Art for Recovery for Firefly Project and part-time facilitator. | \$50,000 |
| Hereditary Gynecologic Cancer Risk Clinic start-up funds. | \$30,000 |
| Gynecologic Oncology Clinical Trials start-up funds. | \$27,800 |
| Childhood Cancer Survivors Program to improve survivors' knowledge of diagnosis, treatment, risks and recommended follow-up. | \$25,000 |
| Cancer Resource Center for children's support program and peer support training. | \$22,253 |
| Youth in the House to plan and develop a health careers outreach program (cancer research focused) targeting high school youth from underserved San Francisco communities. | \$11,375 |

UCSF OSHER CENTER FOR INTEGRATIVE MEDICINE

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| Pilot research - an integrated diet/exercise and stress-reduction meditation intervention for obesity with metabolic syndrome features. | \$47,556 |
| Pilot research - an intervention for those recently informed of their seropositive status. | \$42,219 |
| Pilot research - the effects of pranayama on fatigue among patients in chemotherapy. | \$34,874 |
| Mini Medical School for the Community. | \$25,000 |
| Mount Zion Wellness Initiative in Health Education. | \$35,000 |
| Prepare for Surgery Classes. | \$ 2,100 |
| Laughter Classes to promote patient and staff health. | \$ 3,750 |

UCSF NATIONAL CENTER OF EXCELLENCE IN WOMEN'S HEALTH

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|--|----------|
| Women's HIV Program at Mount Zion. | \$25,000 |
| Health and Leadership Program for Youth. | \$20,000 |
| Cultural Competency Training Project. | \$15,000 |
| Integrative Chronic Pelvic Pain Program. | \$15,000 |
| Centering Pregnancy Training Project. | \$13,500 |
| Glass to Diamonds Theatre Health Education Project. | \$10,000 |

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| Patient care study to improve safety and acceptability of intravenous tubing method in operative and critical care anesthesia practice. | \$40,500 |
| Pediatric Integrative Pain Clinic at Mount Zion start-up funds. | \$30,000 |
| Mount Zion Headache Center and Headache School start-up funds. | \$22,000 |
| Patient care study to improve quality of life among infertile men. | \$18,000 |
| Asian Heart and Vascular Center for inaugural symposium. | \$10,000 |
| Surgical Anatomy Curriculum for Obstetric and Gynecology Residents. | \$6,830 |
| Chaplaincy Services to enhance patient care and support during the holidays. | \$1,000 |

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An Overview of MZHF Community Grants Priorities

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 Federation of San Francisco, the Peninsula, Marin and Sonoma Counties, 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;
- 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 would like to hear from you. Please send address corrections, email address to receive future newsletters by email, and requests for further information to:

Mount Zion Health Fund
 121 Steuart Street
 San Francisco, CA 94105
 Tel 415.512.6264 Fax 415.495.6635
 Email information@mzhf.org

NAME _____

ADDRESS _____

CITY, _____

STATE _____ ZIP _____

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Please tell me more about how I can...

- Establish a fund in my lifetime and receive income tax benefits.
- Include MZHF in my will.
- Receive income for life & benefit my community.