



# SONOMA VALLEY HOSPITAL FOUNDATION

*Inspiring Support for Sonoma Valley Hospital*

News From Sonoma Valley Hospital Foundation

December 2016

Dear Gina,

## SVH Fortunate To Have Top Notch CEO At The Helm



Kelly Mather has been with Sonoma Valley Hospital for 6 years and continues to create a viable and community oriented Healing Hospital that exceeds expectations. She was selected earlier this year by the [North Bay Business Journal](#) for the Women In Business award that recognizes her achievements. Read article [here](#).

### In This Issue

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North Bay Cancer Alliance  
*An Independent Community Resource*

# SONOMA WINE COUNTRY WEEKEND



## Cancer Support Sonoma Seeks Participants For Study

Cancer Support Sonoma (CSS), Sonoma Valley Hospital Foundation's Integrative Health Program, invites people with or recovering from a cancer diagnosis to participate in a study to evaluate the effects of complementary health therapies on quality of life.

Watch CSS patient impact video [here!](#)

In partnership with North Bay Cancer Alliance and located in Sonoma Valley Hospital, CSS is a program to help people with cancer improve their quality of life. CSS provides therapies such as acupuncture, oncology massage, Naturopathic Medicine Consultations, Jin Shin Jyutsu, psychotherapy, Brennan Energy Work and Feldenkrais.



Participants must be adults over age 18 who are in the active phase of treatment (surgery, chemotherapy and radiation) for any type of cancer, or who are who are in a post-treatment stage and are still symptomatic due to side effects of cancer treatment.

All CSS sessions are provided on a sliding scale basis. Study participants will receive therapy sessions once per week for 12 weeks at a special rate.

For more information about CSS or to enroll in the study, please call 707-935-5244 or email [pkoppel@svh.com](mailto:pkoppel@svh.com).

Click [here](#) to support CSS.

### Reflections on Excellent Care



Ann Stoltz wrote this letter to the *Sonoma Index Tribune* on November 16, 2016

#### Life is like a box of chocolates...

As Forrest Gump once said, "Sh-- happens!" On Sept. 19, in the blink of an eye, my afternoon went from enjoyable to one of exquisite pain. After a delightful swim in my pool, I opted to restore the pool blanket before reclining on a chaise lounge with a good book and a cool drink.

Pulling the edge of the blanket with me as I walked along the decking, the unrolled portion hit a snag. Instead of checking why, I vigorously yanked causing a sudden release just as my sandal caught on an uneven section of coping. I sailed through the air, landing at my fence, a distance of five feet. Blink! Forrest Gump was right ...

My femur broke! "Help me, I've fallen and can't get up," echoed in my mind. My cries for help went unheard for six hours and, yes, finally being discovered was great. But the brief, 10-minute ride to Sonoma Valley Hospital, where I was immediately helped and where I spent the next three weeks, is equally appreciated.

From the EMTs to the emergency room, to surgery and the surgery-medical floor, to the Skilled Nursing Facility, I received



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tender, loving, capable care. Sonoma residents are blessed to have this community hospital.

A heartfelt thank you to all those caring hands at SVH for literally helping me get back on my feet.

Ann Stoltz  
Sonoma



Inspiring Support for Sonoma Valley Hospital

Thank you for your continued support of the [Sonoma Valley Hospital Foundation](#) and helping to ensure quality health care for the Valley!

**Contact Information**

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