

PALO ALTO MEDICAL FOUNDATION

SOURCES OF STRENGTH

Perspectives on Successful Aging



Report to the Community 2010-2011

TABLE OF CONTENTS

The Circle of Life	1
Letter from the CEO and Chair	2
A New Paradigm for Successful Aging	4
Be Strong	9
Serve Others	11
Honor Memories	15
Live in the Present	19
Accept Change	23
Stay Engaged	25
Do What You Enjoy	29
Share Knowledge	33
Live Happily	37
Support What Matters	41
Redesigning Chronic Care	44
Partnering for a Healthier Community	46
Opportunities for Giving	48
Provide for the Present. Plan for the Future.	50
Your Goal, Your Gift, Your Choice	54
Palo Alto Medical Foundation Donors	56
Palo Alto Fund Donors	74
Mountain View/Sunnyvale Fund Donors	82
Santa Cruz Fund Donors	87
Foundation at a Glance	90
Physician Leadership and Administrative Staff	91
PAMF Community Board of Trustees	92
Contact Information	94

THE CIRCLE OF LIFE

The march of time stops for no one. We are all aging, moment after moment and year by year. Yet the image of what an “old person” looks like and how he or she lives is changing in our society. People are living longer and doing more with the years they are given. Those who suffer from chronic illness are discovering better options for disease management. Family members and concerned friends are joining forces to support elderly loved ones who choose to live at home.

At the Palo Alto Medical Foundation (PAMF), we believe that our model of comprehensive, multispecialty care is ideally suited to serve patients as they navigate the last decades of their lives. In the pages that follow, our elderly patients share their stories of the past and their hopes for the future. More importantly, they reflect on the precious present. As a partner in health, we at PAMF consider it a privilege to provide the care and support that enable our aging patients to appreciate each moment as they complete the circle of life.

LETTER FROM THE CEO AND CHAIR

A commitment to healthy communities rests at the heart of everything we do at the Palo Alto Medical Foundation (PAMF). Our dedication to caring is shared by the more than 1,000 physicians and approximately 4,300 staff members who serve more than 650,000 patients in communities across Alameda, San Mateo, Santa Clara and Santa Cruz counties.

“We are deeply grateful for the support of our philanthropic donors, whose generosity is so vital to maintaining the extraordinary quality of our programs and services.”

Because PAMF is a not-for-profit organization, we operate in a fundamentally different way from investor-owned health care systems. We have no shareholders or corporate officers. Our sole purpose is to enhance the health of people in our communities. Any profit remaining after we cover salaries, benefits and other expenses is reinvested to enhance patient care through improved facilities and equipment, health education and medical research.

PAMF has been providing superb health care in our communities for 80 years, and we intend to continue doing so for at least 80 more years. Even as costs continue to rise for building new health care facilities and acquiring advanced medical equipment, we are committed to continuous improvement of our care and services.

National health care reform will impact our organization. Revenues from patient care will no longer be sufficient to cover our costs. The only way to fill the gap between lower reimbursements and the true cost of providing care is through philanthropy. With your support, we can continue to provide the very highest quality health care for everyone in our community who depends on us.

One special group of patients we care for is the elderly, and in these pages you will find compelling stories that describe the journeys into old age of some of our patients, and how their health providers at PAMF help them along the way. We hope these stories demonstrate the positive impact of PAMF on the patients we serve.

We are deeply grateful for the support of our philanthropic donors, whose generosity is so vital to maintaining the extraordinary quality of our programs and services. When people in our communities express their gratitude through philanthropic gifts, it strengthens our ability to uphold the excellence for which our organization is known. We also owe a tremendous debt of gratitude to our Community Board of Trustees for their guidance and wisdom, and to our physicians, staff and volunteers for the dedication and compassion they extend to our patients each day. Working in partnership with you, we are confident that we can sustain our superb quality of care for decades to come.



Richard Slavin, M.D.
Chief Executive Officer

Margaret Raffin
Chair, Community Board of Trustees

A NEW PARADIGM FOR SUCCESSFUL AGING

California has the largest population of people over age 65 of any state in the nation—more than 4.4 million senior citizens. That number is expected to nearly double over the next two decades, and by 2030, one in every five Americans will be over age 65. Today, people are living longer than at any other time in history. In 1900, the average life expectancy was 50. Due in part to advances in medical science, life expectancy today is much greater. In 1996, a woman who lived to age 65 could expect to live to age 84; those who lived past age 85 would be likely to live to age 92. Even as the horizon of a lifetime pushes further into old age, many elderly people are coping with multiple chronic illnesses that may include heart disease, cancer and diabetes.

As a not-for-profit community health care provider, the Palo Alto Medical Foundation (PAMF) is responding to these shifts in our patient population. By fostering innovative partnerships between patients and their physicians, medical staff, skilled nursing professionals, hospice workers, community organizations and family members, our vision is to create a new paradigm for successful aging—one that gives patients more choice and control over their health care in their later years.

Taking the initiative to care for our aging patients.

In 2006, geriatrician Sangeeta Kopardekar, M.D., was invited to join PAMF's Mountain View/Sunnyvale Division to set up a new Department of Geriatric Medicine with fellow geriatrician Stephen Nichols, M.D. In 2007, geriatrician Minerva Navarro, M.D., joined the team and Dr. Kopardekar was named chair of the new department. "Our first step was to visit skilled nursing facilities in Sunnyvale, Cupertino, Mountain View and Los Altos to ensure that the care provided to PAMF patients was up to PAMF standards," Dr. Kopardekar explained. By providing in-place care for PAMF patients and forging relationships with nursing facility staff, Dr. Kopardekar and her team have succeeded in raising the standard of care at skilled nursing facilities in their region. Dr. Kopardekar and her team also reached out to partner with hospice agencies, home health agencies and primary care physicians across all of PAMF's divisions.

Replicating a successful model across our divisions.

The success of the Mountain View/Sunnyvale Division's Department of Geriatric Medicine led to the expansion of geriatric medicine to two other PAMF divisions in 2009. Peter Cheng, M.D.,

is the lead geriatrician at the Palo Alto Division's Department of Geriatric Medicine, which includes geriatricians Albert Lam, M.D., and Steve Lai, M.D. The team also collaborates closely with colleagues in internal medicine, as well as PAMF nurse care managers, pharmacists and social workers. As Dr. Cheng explained, "Our vision is to promote successful aging to PAMF patients, from age 65 all the way to 120 and perhaps beyond!"

Two geriatricians also joined the staff at PAMF Santa Cruz in 2009. Naghmeh Pooya, M.D., and Tanu Garg, M.D., visit their patients at area nursing homes and skilled nursing facilities. "We provide care for our elderly patients during short stays at rehabilitation facilities, and we also care for those who are in long-term care at skilled nursing facilities," Dr. Pooya said. "In the future, we hope to begin offering geriatric care at our clinics as well."

Innovating the delivery of care for older patients.

In addition to caring for patients in skilled nursing facilities, in May 2010 the Palo Alto team began serving as sub-specialty consultants for their fellow PAMF physicians. "PAMF doctors have always consulted with cardiologists, oncologists and surgeons," explained Dr. Cheng. "Now, they also have the support of geriatric sub-specialists when help is needed to care for their elderly patients." PAMF's electronic health record continues to be an enormous asset when it comes to streamlining care and communication among PAMF's clinicians and their patients.

A similar program of interdisciplinary geriatric consulting is being planned at the Mountain View/Sunnyvale Division, and in time will be replicated at other PAMF divisions. "Our population of patients over age 80 is growing very quickly, and people in this age group often have multiple chronic illnesses and face complex psychological and social challenges," Dr. Kopardekar said. "We don't have enough geriatricians to care for all our elder patients, so we want to provide our primary care doctors and sub-specialists with better tools to help them provide their aging patients with the unique care they need."

During summer 2011, the Palo Alto Division's Department of Geriatric Medicine established the Shared Medical Appointment (SMA) in Successful Aging Program. This breakthrough program brings together aging patients who have similar concerns with geriatricians and other staff members who can answer their questions. As Dr. Cheng explained, "In the SMAs, patients can find out whether they are at risk for falls, depression or memory loss. Then we can help them come up with remedies. People not only benefit from the knowledge of our staff, but they also learn from one another."

Expanding geriatric services to meet growing needs.

"When I started the Department of Geriatric Medicine at the Mountain View/Sunnyvale Division, there were just two of us," Dr. Kopardekar said. "I am very proud that today there are nine geriatricians at PAMF and several internists and family medicine physicians who

are doing amazing things for our elder patients.” Most recently, Dr. Kopardekar has been working with PAMF’s Education Division to develop a series of presentations on healthy aging, which are set to begin by the end of 2011. “We want to impart knowledge and provide tools our patients need as they age,” she said.

PAMF is also seeking to expand its partnerships with other community-based organizations and health care providers to ensure that patients receive the level of care they need in their current environment, whether that is a retirement community, a skilled nursing or hospice facility, or the patient’s own home. “Every day, our patients and their caregivers inspire us with their wisdom, grace and courage,” Dr. Cheng said. “It takes a village to care for an aging patient, so discussions about care need to include family members, home health aides and anyone else involved in a patient’s life.” Dr. Kopardekar concurred. “Geriatrics is by definition an interdisciplinary practice that includes physicians, nurse managers, social workers and other sub-specialists,” she said. “With more philanthropic support from the community, we can expand our geriatrics staff to better serve our patients at a time of life when their need is greatest.”

Palliative medicine: a team approach to care.

Palliative Care and Support Services (PCSS) is a new program at PAMF that improves quality of life for patients with advanced chronic illnesses. PCSS was launched at PAMF Santa Cruz in early 2011 and is slated to be available at PAMF’s Palo Alto and Mountain View/

Sunnyvale divisions during 2012, with anticipated rollout to the entire Sutter Health Peninsula Coastal Region (which includes PAMF and Mills-Peninsula Health Services) in 2013. Unlike hospice, which is a care delivery system focused on terminally ill patients who choose not to have curative treatment, PCSS is a consultative service that provides compassionate care and comfort at any stage of an illness—at the time of diagnosis or concurrent with treatment. Palliative care is delivered by a team of specialists including physicians, advanced practice nurses and social workers.

PCSS is currently available by physician referral to PAMF Santa Cruz patients at home, at their physician’s office, in a hospital or in a skilled nursing facility. Sharon Tapper, M.D., who is board certified in hospice and palliative medicine, is leading the initial rollout of PCSS. Before each consultation, she conducts a thorough review of a patient’s medical records from PAMF, hospitals and any other care providers where records are available. She then speaks directly with physicians and others involved with that patient’s care. If the patient agrees, family members and others are invited to be present during the consultation. After defining palliative care, Dr. Tapper gathers a detailed medical and social history from the patient. “I do a life review,” she said. “My goal is to help each patient articulate his or her goals. I always ask patients to tell me what gives their life meaning and joy, because I believe medical professionals should honor that.” Dr. Tapper encourages patients and their families to speak openly about fears

and worries. “Nobody wants to be a burden to their family, emotionally, physically or financially,” she said. “But the fact is, many families go bankrupt caring for a loved one at the end of life. It’s important to have an informed discussion with patients to help them understand their disease process and choices for care.

“Even when patients can’t be cured of their disease, it doesn’t mean they can’t have healing and hope,” Dr. Tapper said. “But hopes change as one goes through an illness. Our job is to offer comfort, symptom management, treatment for pain, and support for the patient and family.” Dr. Tapper pointed out that most people want to be defined by something other than their disease. “People want and deserve to be loved, valued and respected,” she said. “That is what

ultimately creates a lasting bond between doctor and patient.”

Sharing Our Vision for the Common Good

At PAMF, we are constantly striving to increase the breadth and quality of the services we offer while keeping costs down. We know that patients who live at home have 45 percent lower medical costs and live on average 30 percent longer—compelling reasons to focus on ways to extend our model of comprehensive, multispecialty care. Going forward, we will continue to encourage partnerships among all the organizations and individuals that form the constellation of care around our aging patients. With shared effort and generous philanthropic support from our community, a more hopeful vision of successful aging can become a reality.

POLST: A NEW, LEGALLY BINDING FORM FOR END-OF-LIFE WISHES

In January 2009, the State of California adopted into law AB 3000: Physician Orders for Life-Sustaining Treatment (POLST). The POLST form was created by the Coalition for Compassionate Care of California, a partnership dedicated to the advancement of palliative medicine and end-of-life care in California. Designed to give seriously ill patients (those with a life expectancy of one year or less) more control over their end-of-life care, the bright pink POLST form is completed by a health care professional based on a patient’s preferences, and then signed by a physician and the patient or his or her health care decision-maker. Once completed and signed, the form can be posted in full view of care providers and emergency medical technicians,

who are legally bound to follow the orders. The POLST form is designed as a complement to the standard Advance Health Care Directive, which is not legally binding but does allow a person to assign a health care agent to act on their behalf at any stage of life. The POLST form is approved by the California Emergency Medical Services Authority and the statewide POLST Task Force, and offers choices such as “Do not transfer to hospital for medical interventions” and specific orders to accept or deny cardiopulmonary resuscitation, including defibrillators, and artificially administered nutrition. The latest POLST form, updated on April 1, 2011, is available online at www.capolst.org in nine languages and Braille.

BE STRONG

“If you don’t give your heart a reason to beat,
it won’t.”

As a young boy growing up in the pasture land of Southern Illinois, Edwin Hodges spent plenty of time outdoors, riding his bicycle, swimming in creeks and playing ball with his neighborhood pals. By the time he graduated from high school, Ed had earned letters in football, basketball and golf. At the University of Illinois, he spent two years in competitive wrestling, and was among the university athletes recruited to pull rickshaws at the 1933 Chicago World’s Fair. “I was under contract to pull the rickshaw for Sally Rand, the celebrity ‘fan dancer,’” he recalled. “I would pick her up at the Oriental Village and transport her to a taxi bound for the Chicago Theatre where she performed.” By 1937, Ed had earned bachelor’s and master’s degrees in economics.

} *Edwin Hodges, Born 1914*

Like so many young men of his generation, Ed served in the military—first in the United States Cavalry, and then with the Army Air Force during World War II, when he shared housing for a short while with bandleader Glenn Miller. While stationed in Fort Worth, Texas, Ed saw a beautiful young woman walking across a parking lot. Her name was Ariadne (“Arie”). On their first date, Ed and Arie played tennis,



promptly fell in love and got married in 1945. After living in Missouri for a short time, they bought a home in Des Moines, where two of their three sons were born. Ed took a job with a management consulting firm and moved the family to Minneapolis. When the firm relocated to Palo Alto in 1966, Ed and Arie moved west and bought a home in Los Altos.

“Exercise shows that you care about yourself.”

Ed still lives in that home today, and he has turned to Palo Alto Medical Foundation internal medicine physician Hank Jones for his health care for more than four decades. Over the years, Ed had both hips replaced and had his gall bladder removed. Today, at age 96, he says he is still in great shape. “Dr. Jones has been wonderful,” Ed said. “He doesn’t just look at my body, he considers all aspects of my life.” In 1979, Ed rediscovered his passion for physical fitness and began following a regimen of hour-long workouts, three or four times each week.

“I believe that you have to work at living. You need to keep your bones and cardiovascular system strong or your body will deteriorate,” Ed said. “When you exercise, it shows that you care about yourself, and it’s never too late to start.” Ed has encouraged many friends to join him in his workouts at the gym. He considers physical fitness just one facet of successful aging. “If you keep your mind and body active and also have social support, you’ll live a longer life,” he said. “If you don’t give your heart a reason to beat, it won’t.”

SERVE OTHERS

“I am sure there is a reason I’m still here, but I have no fear of dying.”

A generous and perceptive gift had a profound impact on Mary Ripley’s life path. “My maternal grandmother left money in her will for my brothers and me to travel,” Mary recalled. “So when I graduated from high school, my mother and I embarked on an 18-month trip around the world. It was an experience that shaped my whole life.”

In the decades that followed, Mary devoted her time and energy to a range of volunteer activities that have covered a span of more than 70 years. She also chose to carry on the tradition set by her mother and grandmother by taking her own grandchildren—who are now in their 30s—on world travels. “I took my granddaughter to South Africa, and to see the Berlin Wall when she was 10,” Mary said. “When my grandson was a child, I took him on safari in Africa to see the animals.”

A longtime supporter of women’s issues, Mary became a founding member in 1968 of American Women for International Understanding (AWIU), a nonprofit organization that brings women leaders together to foster goodwill among nations. Since it was

established, AWIU has sponsored delegations to 86 countries, including China, Russia, Iran and Libya. “I saw how much discrimination there was against women in these countries,” Mary said, “and I wanted to do something that would make a difference.” Mary also served on the national board of Planned Parenthood, and was the founding president of the International Association for Volunteer Effort, a global network formed in 1970 to explore how volunteers can create solutions to human and social problems. “I’m very proud of what these organizations have accomplished,” she said.

Since 1991, Mary has lived in a residential retirement community in Portola Valley where she has made many close friends. “I can’t travel any more, but I’ve had a marvelous life,” she said. “My mind is very clear and I am lucky to have perfect eyesight, so I still drive and I read a great deal.”

Mary is deeply committed to Compassion & Choices, a national nonprofit that advocates for choice and care at the end of life. She wears a Do Not Resuscitate bracelet and has made a point of having



frank discussions about end-of-life care with family members and her doctors at the Palo Alto Medical Foundation (PAMF). “My primary care physician, Catherine Baker, is very supportive of my choices, as is my cardiologist Bob Hu,” Mary said. “I feel so lucky to have PAMF nearby, with so many great doctors in one place. It’s a tremendous advantage for the community.”

have a private nonprofit organization like PAMF that can deliver the health care services that we need,” she said.

“I have no fear of dying. All my doctors respect and support my choice to die with dignity, without any artificial assistance,” Mary said. “I am sure there is a reason I’m still here.”

“All my doctors respect and support my choice to die with dignity.”

Mary appreciates the care she has received at PAMF over the years, and has fond memories of her longtime friendship with the late Dr. Robert Jamplis, former PAMF president and chief executive officer, and his wife, Cynthia. “It is a priceless opportunity to

} *Mary Ripley, Born 1915*

HONOR MEMORIES

“We wanted to honor the many people who had taken such good care of us over the years, so the decision to give to the Palo Alto Medical Foundation came naturally.”

At 95, Fran Escherich has accumulated a lifetime of treasured memories and enduring friendships. Born and raised in Ohio, she was working in Cleveland when Pearl Harbor was bombed in 1941 and she decided to apply for a job with the Federal Bureau of Investigation. “One day I got a telegram from J. Edgar Hoover telling me to report for duty in two weeks,” she recalled. “I ended up working in the division that handled counter-intelligence.” In 1944, Fran applied to the American Red Cross for duty overseas and was assigned to Home Service in Paris, where she managed a message center with the assistance of the Signal Corps. She subsequently trained personnel and set up message centers in Germany and Austria.

} *Frances Escherich, Born 1916*

While in Wiesbaden, Germany, Fran met and married her first husband. After returning to the United States to live in Seattle, Fran gave birth to their daughter, Lindsay. The marriage did not endure, so Fran moved back to Ohio to be near her family and provide a stable home for her daughter. “Lindsay was classified as a gifted child at a very early age,”

Fran said. “I wanted her to have the best schools, so I moved to Palo Alto in 1954 and found a job.” By 1957, Fran was working in the City Attorney’s office, where she remained for 20 years before retiring in 1977. A tireless volunteer, Fran also became involved with Gamble Garden, and was honored in 2010 as one of the Garden’s 20 founders.

One evening while attending a Parents Without Partners class, Fran met Al, a single father who was raising his two sons. Fran and Al were married in 1964, and joined their families together. All were patients at the Palo Alto Medical Foundation (PAMF), and Fran and Al expressed their appreciation by making annual philanthropic donations to PAMF.

After retirement, Fran and Al traveled the world, often taking two or three trips a year. They also took time to visit their children. By then, Fran’s daughter, Lindsay, had earned her doctorate in medieval literature at the University of Wyoming in Laramie and was teaching Chaucer at the University. Every summer for 12 years, Fran, Al and Lindsay met in Santa Fe, New Mexico to attend the opera. In March 2006, Al passed away at the age of 94, just before Fran and Al’s 42nd wedding anniversary.

In August 2007, Lindsay returned to Santa Fe to attend the opera with her stepbrother and his wife. Suddenly, Lindsay became ill and was rushed to a hospital, where she was scheduled for emergency surgery. The surgery revealed advanced peritonitis caused by undiagnosed ovarian cancer. Lindsay never regained consciousness.

The untimely death of her only child was the impetus for Fran to make a gift to PAMF in Lindsay’s memory. The purpose of her gift is to help fund research into finding biomarkers for early detection of ovarian cancer, a disease that claimed the lives of nearly 14,000 women in 2010. During nearly 42 years of marriage, Fran and Al donated 10 percent of their salary to nonprofit organizations and also set up a Charitable Remainder Trust, with PAMF as a major beneficiary. As Fran explained, “We wanted to honor the many people who had taken such good care of us over the years, so the decision to give to the Palo Alto Medical Foundation came naturally.”

I SING AND DANCE EVERY DAY

Ruby Trombetta credits her “very wonderful, philosophical” father for teaching her what mattered most in life. “He taught me to believe in myself and to always do my best,” she said.

Ruby and her two sisters were raised in the tiny town of Dinuba, California, where the whole family picked grapes to make raisins. While attending San Jose State University in the early 1940s, Ruby met her future husband, and together they raised two daughters.

Today, Ruby lives in a residential care home and visits with her 80-year-old sister in Santa Cruz when she can. She says she is thankful to be in relatively good health. “I’ve gotten all my health care at the Palo Alto Medical Foundation for the last five years,” she said. “All my doctors are great, and I especially appreciate Dr. Rika Bajra, my primary care physician, who takes such good care of me.” When asked what successful aging means to her, Ruby replied, “I keep learning,

Ruby Trombetta, Born 1915

and I always have a good time. I sing and dance every day at home, and I sang a solo of The Lord’s Prayer at church not long ago. You might say I fall in the footsteps of my father, who also loved to sing and dance.”

Like her father, Ruby takes a philosophical view of life. “When we’re young, we can’t really imagine how we will feel when we grow old,” she said. “We all get one good chance at life, and we can’t go back and live it over again.”



LIVE IN THE PRESENT

"I live in the present, and let my future unfold from day to day."

To see 94-year-old Felix Natis mowing the grass in his expansive yard with an old-fashioned push-mower is a testament to his physical strength, but it also speaks volumes about his spirit of determination. "When I was a child, I was around older people quite a bit—some of them in rest homes. I said to myself, 'I hope I never get in that condition,'" Felix said. "I live alone, and it's very important to me to maintain my independence. My son lives nearby and calls often to see if he can help out, but I remind him that I can still do most things for myself."

} *Felix Natis, Born 1917*

Felix has lived in Palo Alto since infancy and attended local schools before enrolling at San Jose State University, where he majored in music. He then headed east, where he played trumpet with the New York Civic Symphony and studied at the New England Conservatory of Music. "I started playing trumpet at the age of 12, when my mom bought me a beat-up horn," he said. "My greatest thrill was going on tour with Arthur Fiedler and the Boston Youth



Symphony in my early 20s.” The start of World War II cut that tour short, but Felix later played club dates in New York City. One late night, he found himself on the same stage as jazz great Dizzy Gillespie. “I could have had a career as a trumpet player, but instead I chose to settle in Palo Alto and raise a family.” Today, Felix has four children and three grandchildren. His wife of 24 years, Phoebe, passed away in 1972.

“I’ve given a lot of thought to my end-of-life care, so when the good Lord calls me, I’ll be ready.”

Long active in community organizations, Felix is particularly proud of the 10 years he spent volunteering as a Reserve Officer for the City of Palo Alto Police Department. “I rode in police cars with the regular officers, and checked to be sure homes were safe while folks were on vacation,” he said.

Felix refers to himself as a “Palo Alto Clinic kid” and has received his health care from the Palo Alto Medical Foundation (PAMF) since his youth. “I remember having house calls from our family doctor when I was a boy,” he said. “Then when I had my own children, Dr. Joe Davis was the pediatrician for all of them.” In recent years, Peter Cheng, M.D., a geriatrician at PAMF’s Palo Alto Center, has been Felix’s physician. “Dr. Cheng is a great doctor,” Felix said. “He’s a real family man with such a warm personality. I wish every community

could have an organization like the Palo Alto Medical Foundation. I really applaud what they do.”

These days, Felix takes the changes of aging in stride. “I live in the present, and let my future unfold from day to day,” he said. “I think about simple things: what I’ll make for dinner, doing repairs on my house—just what’s important for today and tomorrow.”

Felix still plays classical trumpet, but now it’s just for himself. He also loves to go fishing with his son. “I’ve given a lot of thought to my end-of-life care,” he added. “My children know I don’t want to be kept alive by artificial means. I have worked out all the details with my family, so when the good Lord calls me, I’ll be ready.”

I BELIEVE LIFE IS ABOUT QUALITY, NOT QUANTITY

Elaine Burt attributes her longevity and overall health to good genes. “My grandmother lived to 103,” she said. “I believe life is about quality, not quantity, so I keep a positive attitude and try to see the best in everyone.”



Elaine Burt, Born 1916

After 22 years working in human resources for the California Employment Development Department, Elaine retired in 1976. In the years that followed, she and her late husband indulged their mutual love of travel, taking cruises to the Panama Canal, Alaska, Norway and Sweden. “When I was 93, we went parasailing in Hawaii!” she said. “I still love to travel, and I plan to keep it up as long as I can.” A photograph of Elaine parasailing hangs in the office of William Mears, M.D., who has been Elaine’s primary care physician at Palo Alto Medical Foundation Santa Cruz since 1993.

“Dr. Mears has been wonderful. I had quadruple bypass surgery in 1995, and it hasn’t slowed me down,” Elaine said. “Then I broke my femur in September 2010, and they put a rod in my leg, but I’m still doing great.” Two months after Elaine’s leg surgery, her daughter Pat left Oregon, where she had lived for more than 30 years, to move in with Elaine and help her out. Today, mother and daughter share Elaine’s mobile home in Scotts Valley. Elaine keeps her mind alert by doing crossword puzzles, and she enjoys playing games like “Angry Birds” on her Apple® iPad.

When asked to describe her thoughts about the future, Elaine looked beyond her own life and took a more universal perspective. “I’d like to see peace throughout the world, and that can only come when people love one another and treat each other with respect.”

ACCEPT CHANGE

"I used to see growing old as peaceful but not very interesting. Now I have a much more evolved understanding of what it means."

Mary "Maxie" Bentzen attributes her ongoing health to luck and quality care. Maxie has been a patient at Palo Alto Medical Foundation (PAMF) Santa Cruz since moving from Los Angeles to Aptos in 1981. "I appreciate good health care, and I knew where to look for it," Maxie explained. Michelle Massie, M.D., has been Maxie's primary care physician at PAMF Santa Cruz for many years. "It's so easy to talk to Dr. Massie," she said. "I have great trust in her." Maxie also appreciates the convenience of having access to so many physicians close to home. "I've had the good fortune to stay relatively healthy, but I feel very safe knowing I can call and get a referral to a specialist if I need one," she said. Maxie keeps the bright pink POLST (Physician Orders for Life Sustaining Treatment) form in plain view near her front door if it is ever needed in a medical emergency. (Read more about the POLST form on page 7.)

} *Maxie Bentzen, Born 1921*

Maxie spent much of her life working to bring educators together to create more supportive learning environments for young children. After earning her doctorate in sociology and education at

the University of California, Los Angeles (UCLA), Maxie worked on a project funded by the Kettering Foundation to explore classroom dynamics between teachers and students. Later, she taught in elementary schools and was vice principal and principal at the now-named UCLA Lab School, an innovative elementary school that serves as a learning laboratory for teachers and researchers.

“I appreciate good health care, and I knew where to look for it.”

“I was always very interested in research,” Maxie said. “Back then, change in schools only happened when someone at the top would direct it, and I thought it would be far more helpful for teachers to talk to one another. So we brought teachers and principals together to share ideas for positive change.” In 1974, Maxie published *Changing Schools: The Magic Feather Principle*, a book based on her research. She and her late husband also had an educational film company that filmed teachers at work in the classroom. “My primary goal in education was to teach children to expect that the next person is not going to think exactly like you,” she explained. “Children should learn how to work with other people, and to accept that no two people are alike.”

Since her husband of 49 years died in 1998, Maxie has lived on her own in Aptos. A longtime fan of the San Francisco 49ers, Maxie still loves to

watch football games at home on television. “I can’t drive anymore so I’m dependent on public transportation much of the time,” she said. “But my son lives nearby, and I have friends who can give me a ride when I really need it. Still, I wish I could get out more often to see plays. I miss good theater!”

Maxie remembers when her grandparents lived with her family during the Great Depression, and there were nine people living under one roof. “Clearly, my grandparents were respected, and they were very kind to me and my sister and brother,” she recalled. “Back then, I saw growing old as peaceful but not very interesting. Now I have a much more evolved understanding of what it means.”

When asked about her view of aging, Maxie says she doesn’t give it much thought. “I know I’m getting older, but it would be foolish to think about it all the time,” she said. “I’ve slowed down a lot, but I accept change, and I still have many wonderful friends. To me, it’s most important to stay alert and be honest with yourself.”

STAY ENGAGED

“To have access to such an outstanding medical group gives us a great sense of comfort and tranquility.”

Gerard Seelig is clear about his priorities for successful aging. “First and foremost, you need your health: to be mobile and mentally alert,” he said. “For me and my wife Lorraine, successful aging is also about staying socially and intellectually engaged. We choose to live in the present, but we also recognize that as time goes by, our mobility will likely become impaired. So we focus on the pleasure and enjoyment we can experience now.”

“We recognize that as time goes by, our mobility will likely become impaired, so we focus on the pleasure and enjoyment we can experience now.”

When Gerard was younger, he witnessed his parents and grandparents becoming frail and withdrawn in their old age. Over time, they were less able to participate in the outside world and became housebound. “My experience is quite the opposite,” Gerard explained.

“Lorraine and I socialize with friends three or four times a week. We are season subscribers to the San Francisco Opera, Ballet and Symphony, and I am on the Board of the San Jose Opera Company. We also attend lectures and take continuing education courses at Stanford University.” In 1988, Gerard suffered a heart attack while waltzing with Lorraine in Vienna and has since fully recovered.

Gerard’s passion for intellectual and social stimulation has been cultivated over a lifetime. Raised in New York, he attended the Bronx High School of Science, earned his bachelor’s degree in engineering from Ohio State University and got a master’s degree in industrial management from New York University. Over the next 36 years, Gerard forged a successful career as a senior executive of international corporations that included Lockheed, IT&T and Allied Signal. Even after retiring in 1987, Gerard spent nearly 10 years as a visiting professor at the Columbia University Graduate School of Business and was also a distinguished lecturer at Rutgers School of Management.

Gerard and Lorraine moved to Palo Alto in 1996 to be closer to their children and grandchildren, all of whom live in California. Since that time, they have turned to the Palo Alto Medical Foundation's (PAMF) Palo Alto Center for their health care. "We have an extremely supportive and positive relationship with Jeffrey Croke, our primary care physician at PAMF," Gerard said. That doctor-patient bond is the main reason Gerard and his wife stayed with Dr. Croke for so many years. "I've had only two medical events," Gerard explained. "In 1998, I was diagnosed with arrhythmia and got an implanted cardiac defibrillator, and a few years later I got my left knee replaced." Gerard is thankful that he and his wife are still healthy enough to enjoy so many activities in the life they share together.

"Lorraine and I have looked to PAMF as our primary medical resource for many years. It is a very important part of our lives," Gerard explained. "To have access to such an outstanding medical group gives us a great sense of comfort and tranquility. We chose to live in the Bay Area for its many benefits, and this superb medical group is one of them."

} Gerard Seelig, Born 1926
(with wife Lorraine)

DO WHAT YOU ENJOY

"I believe you have to take care of yourself first, so I stay very healthy."

Five days a week, Sachiko Uyeda dances. She does the tango, the samba, the waltz and just about every other dance style, from Latin and swing to ballroom dancing. "My favorite is the Paso Doble," she said. "My teacher is a choreographer. She chooses the music, and I design and make all my own costumes."

Dancing has been Sachiko's passion for more than 20 years. She has two dance partners, one older and one "much younger." Several times a year, she and her partners perform in showcases at the dance studios in Mountain View and San Jose where Sachiko continues to practice each week.

} *Sachiko Uyeda, Born 1927*

Born and raised in Tokyo, Sachiko earned her degree in child development and child psychology at Japan Women's University when it was the country's sole university for women. In 1952, she met and married her husband, a United States citizen who was enrolled at intelligence school in Tokyo.



After living in Germany for several years, the couple moved to California in the 1960s and settled into a house in Sunnyvale. Since her husband passed away in 1983, Sachiko has continued to live in her home, and she is grateful to have frequent visits from her two children and three grandchildren. Sachiko considers Palo Alto Medical Foundation internal medicine physician Kristin Welter her good friend. “I know myself very well, and Dr. Welter knows me too,” Sachiko said. “I believe you have to take care of yourself first, so I stay very healthy. A positive attitude makes all the difference.”

“So many people are living longer these days. To age successfully, keep a positive attitude and do what you enjoy.”

For many years, Sachiko has traveled to Japan twice annually to serve as an interpreter for a group of Japanese doctors. She has also taken numerous trips to England, Italy, Germany and Australia. “To age successfully, do what you enjoy,” she advises. “So many people are living longer these days. My friend’s mother is 104 years old! You don’t live twice, and certainly nobody ever came back to tell me any stories. So I make it up as I go along and always try to keep a positive attitude.”

I TAKE EACH DAY AS IT COMES

Eleanor Howell, the only child of a doctor and a schoolteacher, was raised in Iowa, where she taught junior high school for several years before retiring to marry her college sweetheart. She and her husband raised six children together—four boys and two girls—and today Eleanor has five grandchildren and two great-grandchildren. “We’re a very close-knit family,” Eleanor said. “We get together two or three times a year, and we always spend holidays together.”

Since Eleanor was diagnosed with back problems several years ago, she has used a walker and cane to get around. Eleanor has lived in Mountain View since 2006 with her daughter and son-in-law, and her daughter Jane accompanies her mom to her medical appointments at the Palo Alto Medical Foundation’s (PAMF) Palo Alto Center. Eleanor was first referred to PAMF by a



Eleanor Howell, Born 1916

friend who works as a surgical nurse there, and she is grateful to have found such good health care nearby. “All my doctors at PAMF have been wonderful,” Eleanor said. “They are very conscientious and personable, and between visits to my primary care doctor, Heather Linebarger, and to the other doctors who take care of my eyesight and hearing, I’ve gotten to know the place pretty well.”

Early in her life, Eleanor gained an appreciation for the challenges of aging. “My mother had debilitating arthritis and was an invalid,” Eleanor said, “so she lived with me and my husband for the last 10 years of her life.”

When asked about her own daily activities, Eleanor said she “reads everything” and goes with her daughter every two weeks to the local library to check out a stack of large-print books. “At my age, I don’t worry about the future anymore,” she said. “I just take each day as it comes.”

SHARE KNOWLEDGE

"I would like to see people care more for each other
and be less concerned about themselves."

Joan Cook was six years old in 1922 when her younger sister June came into the world. "Our family knew June had some problems, but in those days people didn't know how to recognize autism. Much later, we realized that was her disability." Joan's parents decided to put June into an institution at an early age, and she died of unknown causes at the age of 41.

The impact of having a developmentally disabled sister who was misdiagnosed inspired Joan to pursue a career in special education. After graduating in 1938 with a master's degree in education from the University of Southern California (USC), Joan was hired as a teacher in Los Angeles city schools. "I started out teaching deaf children and became supervisor for special education at the elementary level," Joan said. "Later, I worked as principal of the first bilingual school in Los Angeles."

Joan also served as a school principal in the Watts section of Los Angeles at the time of the 1965 race riots. "Nobody would take teaching positions in Watts at that time," she recalled, "but I wanted to take on the challenge."

} *Joan Cook, Born 1916*



In the early 1970s, Joan took a five-month sabbatical and traveled through Europe and then on to India to conduct research on education. Upon her return, she presented lectures on her findings as part of her job as a training teacher for special education majors at USC.

“I’m an optimist, and I want to be independent for as long as I can.”

In 1976, Joan ended her 37-year teaching career, but she continued to help others. “I was a volunteer at a local hospital in Santa Cruz for most of the 1980s,” she said. “I did a lot of work in the rehabilitation department doing speech therapy for stroke victims and children.”

Since losing her husband in 1995, Joan has lived in a retirement community overlooking the Pacific Ocean in Santa Cruz. “I have lots of good friends here, many who share my love of classical music,” she said. Over the Christmas holidays in 2010, Joan was rushed to the hospital with pneumonia and atrial fibrillation. “I thought that was it,” she recalled. “I was in the hospital for six days, but it wasn’t my time to go.” Joan has been a patient at Palo Alto Medical Foundation (PAMF) Santa Cruz since 2005, and is thankful for the care she has received from her primary care physician, Mary Patz. “I have outlived my family, so most of what I have will be donated toward health care institutions after I’m gone,” she said. “I’ve been happy to make financial gifts to PAMF

Santa Cruz over the years, because I feel they are such an important health care resource for this community.”

In recent years, Joan has seen more and more people move into the retirement community she calls home. “It used to be people in their 80s. Now it’s people in their 90s,” she said. “Everyone is living so much longer now. It’s unfortunate that children don’t spend more time with their aging parents. It’s such a ‘me’ world now. I would like to see people care more for each other and be less concerned about themselves.

“When I was younger, I didn’t realize the tremendous changes that would come with aging, and those changes have begun for me. But I still walk a lot and I exercise while I’m watching television.” Since her Christmas trip to the hospital, Joan has noticed a decline in her energy level and physical strength. Still, she says, “I feel very strong in attitude and feeling. I’m an optimist, and I want to be independent for as long as I can.”



WITHOUT FRIENDS AND FAMILY, I NEVER WOULD HAVE LIVED AS LONG

In August 1942, Fern and Wendell Viall celebrated the birth of their first child, Gary. “We didn’t realize until he was nearly three years old that Gary was profoundly deaf,” Fern said, “so we moved back to Wisconsin in 1945 so we could enroll him in a school that accepted deaf children under age 6.” A second son, Terry, born nearly 10 years later, was also hard of hearing, but was able to attend mainstream schools.

Gary eventually graduated from Gallaudet University, raised a family and has since retired from a successful 41-year career. Inspired by his older brother and motivated by his own experience with hearing loss, Terry became credentialed to teach deaf children after graduating from the University of California at Berkeley. Terry and his wife Lisa have both taught at California School for the Deaf in Fremont for more than 30 years. “We now know that both our parents were carriers of Connexion 26, the recessive gene responsible for congenital deafness,” explained Terry. “Medical researchers are still trying to understand the cause of this genetic disorder, and they still don’t know why I’m not totally deaf like Gary.”

In 2007, Terry and Lisa moved Fern from Salinas to a retirement community in Fremont to be closer to them. They also referred Fern to Barbara Boyer, D.O., a family medicine physician at the Palo Alto Medical Foundation’s (PAMF) Fremont Center. “We’ve been with PAMF for more than 25 years,” Terry said. “Dr. Boyer is the doctor for my wife and our two daughters, and Dr. Scott Kehl is my doctor.” Over the years, Terry and Lisa have made several gifts to PAMF to honor these two physicians whom they admire so much. “PAMF is phenomenal,” Terry said. “They even have a doctor who knows sign language. They always seem to respond to what the community needs.”

Since moving to Fremont, Fern has made lots of new friends, and keeps her mind sharp by doing daily crossword puzzles and playing card games. “If you live alone without any contact, you’ll just fade away,” she said. “When your spouse dies, it’s important not to die with him. If it hadn’t been for my friends and family, I don’t think I ever would have lived this long.”

**Fern Viall,
Born 1913**

LIVE HAPPILY

“As the saying goes, ‘Man proposes, and God disposes,’
so you may as well live a happy life.”

Theresa Farrell explained the origin of the nickname that has been with her since she was five years old. “I used to carry my teddy bear with me everywhere,” she recalled. “One day my cousin started calling me Teddy, then my brother, and then the kids at school, so the name stuck.”

Born in Buckeye, Arizona, Teddy was 4 when her family moved to California. She remembers moving from town to town during her youth as her pharmacist father opened new drugstores. After graduating from high school in Sacramento, Teddy had aspirations to attend nursing school, but the Great Depression was underway and her family could not afford the tuition. So she enrolled in San Mateo College, married in 1933 and raised three children—two boys and a girl. Several years after the death of her first husband, Teddy remarried, and today she has six grandchildren and two great-grandchildren.

} *Theresa “Teddy” Farrell, Born 1911*

In 1980, Teddy and her second husband moved into Channing House, a not-for-profit retirement residence in Palo Alto established in 1961 by Dr. Russel Van Arsdale Lee, founder of the Palo Alto

Medical Clinic, which became the not-for-profit Palo Alto Medical Foundation (PAMF) in 1981. For more than 50 years, PAMF physicians have provided on-site medical care several days a week for Channing House residents. Three years after moving into Channing House, Teddy lost her husband to cancer. “My late husband and I both had Dr. James Stringer as our primary care physician at PAMF,” she said. “Dr. Stringer took such good care of my husband before he died, and I continue to go to him today. He has been my doctor for more than 30 years now!”

“I made up my mind I wanted to live a long time.”

Today, Teddy claims she is “as healthy as a horse,” a fact she credits to good genes. “My father was 92 when he died and my mom was 97,” she said. “My mother was one of 12 children who all lived into their 80s or 90s. I decided if I’m going to live this long, I’d better exercise!” For the past 25 years, Teddy has taken an exercise class at Channing House twice a week. “I made up my mind I wanted to live a long time, and if you want to stay healthy, you have to move.”

Although she has lost her eyesight, Teddy loves listening to books on tape. She enrolled in a government program that provides her with two cassette players and a free tape-lending library. “At the moment I have eight different books on tape,” she said. “And when I finish these, I’ll probably get eight more!”

When asked about the future, Teddy replied that she doesn’t give it much thought. “If I make it to the 2012 Arizona Centennial in Buckeye, I’ll consider myself very lucky,” she said. “I have no vision of dying early. As the saying goes, ‘Man proposes, and God disposes,’ so you may as well live a happy life.”



I NEVER EXPECTED TO LIVE THIS LONG, THAT’S FOR SURE

In 2000, Mary Bohman and her youngest daughter, Nancy, were in a bad car accident. “I broke my leg in several places, and my daughter was injured, too,” Mary said. “Then in 2010, I fell and broke the same leg again and am still healing from the surgery I had last January.”

After her most recent fall, Mary had to give up driving and begin using a walker to get around. She and Nancy now share a home in Sunnyvale.

Mary appreciates the tenacity of Stephen Cohen, M.D., her primary care physician at the Palo Alto Medical Foundation’s (PAMF) Mountain View Center. “Dr. Cohen is a digger,” she said. “He keeps on looking until he finds out what’s wrong. He discovered my gallstones when nobody else could find them.” Mary also has a cardiologist, urologist and orthopedic surgeon at PAMF. “I like all my doctors,” she said. “They communicate really well with each other, and they have my entire medical record in the computer.”

Mary Bohman, Born 1918

Mary has five children, all but one living in California. She also has 10 grandchildren and nine great-grandchildren. “I used to do a lot of knitting and quilting,” she said. “Over the years, I probably knitted two or three hundred baby sweaters. I miss it!”

When asked what matters most to her at this stage of life, Mary answered without hesitation. “The most important thing to me is my family. I’m not very independent now, and I love it so much when my kids take care of me.” Mary also appreciates the community at her church. “I never expected to live this long, that’s for sure,” she said. “After my last leg operation, my orthopedic surgeon Dr. Kier Ecklund said, ‘I didn’t think you’d get through this one’—but I did. I’m a little damaged, but I’m still here!”



SUPPORT WHAT MATTERS

"I don't believe in retirement. My work gives me a lot of pleasure. It keeps my mind stimulated."

John Stern knew from an early age what he wanted to be when he grew up. "When I was a boy, children followed in their father's footsteps, and I knew I wanted to be an engineer," he said. John later earned a bachelor's degree in physics and mathematics at the University of Chicago, a master's degree in aeronautical engineering at Massachusetts Institute of Technology, and did additional coursework in economics at Harvard University.

Before World War II, John entered the U.S. Navy, where he met the woman who would become his wife in 1945. "People said that my marriage to Betty wouldn't last six months," he recalled. "We were married 57 years and raised three children before she passed away in 2003."

} *John Stern, Born 1915*

By the time the war ended, John had risen to the rank of Navy Commander. "After the war, it was very hard to find work," he recalled. "I finally got a job in the engineering department of United Airlines." John worked with United for 24

years, and was promoted to Manager of New Aircraft Engineering. In early 1960, he relocated to Toulouse in the South of France for four years to collaborate with Sud Aviation on the development and manufacture of the Caravelle for United Airlines. The Caravelle was France's first rear-engine, jet-powered airliner, and United subsequently had 20 Caravelles built for their fleet. John later worked in aeronautical preliminary design with Boeing for 14 years before retiring in 1980 and settling in Palo Alto.

“I give to PAMF because I believe it is the medical care of the future. I believe health care should have first priority when people consider where to give.”

John and his late wife became patients at the Palo Alto Medical Foundation's (PAMF) Palo Alto Center in 1946, and John has continued to support PAMF with philanthropic donations over the years. “I have a team of the most magnificent doctors,” he said. “I give to PAMF because I believe it is the medical care of the future. They have the most time-efficient, cost-effective way to deliver medical care, and I believe health care should have first priority when people consider where to give.”

At age 95, John runs his own aeronautical consulting business in Palo Alto. “I don't believe in retirement,” he said. “I worked with the greatest aeronautical

engineers of my time, and my work gives me a lot of pleasure. It keeps my mind stimulated.”

At home, John has live-in caregivers seven days a week, one of whom is the same woman who cared for Betty prior to her death. “Sally cooks my meals and oversees all the details of keeping my home in order,” he said. “She also comes with me and my daughter to all my medical appointments.”

Reflecting on his long life, John recalled one of his most treasured memories. “It was a mid-winter evening in Paris. My wife and I were having dinner with my business colleagues at Tour D'Argent. The dinner was magnificent, and we shared the finest bottle of red wine we'd ever had. Just before dessert, the lights of Notre Dame suddenly illuminated. It was magical.”



I'M STILL WALKING, TALKING AND LIVING BY MYSELF

Dorothy Bolton majored in voice when she attended college in Seattle in the 1920s. “I loved to sing ballads and sad love songs,” she said. “After graduation I went to Los Angeles hoping to find a spot singing on the radio. That's when I met my husband. He was a singer, too.” The couple married in Berkeley, and then her husband was offered a job in Chicago. “That was the end of our singing careers,” Dorothy said. “My husband sold heating systems for some years, and later he worked in the surety business.”

In 1951, the Boltons built a home in Menlo Park—the same home Dorothy still lives in today. Her husband passed away in 2003 at the age of 98. Dorothy has been a patient at the Palo Alto Medical Foundation's Palo Alto Center for more than 10 years.

Dorothy Bolton, Born 1906

“My health is still fine,” she said. “I'm still walking, talking and living by myself, and I still have my own teeth!” Though she no longer drives, Dorothy has an electric scooter that she uses to do errands nearby. Still, she said, “It's not easy being alone, especially at night. Sometimes when I go in the bedroom and close the door, I wonder why I'm still here.”

Dorothy is an accomplished artist and worked extensively in oil and pastel. “I have a house full of my paintings and have sold many of my pieces over the years,” she said. “I also have a computer! I don't know everything about it, but I may take some computer classes at the senior center.” Dorothy also loves to travel. So far, she has taken five cruises around the world, most recently in April 2011. Though she has no children, Dorothy has two trustees who help her—one of whom accompanies her on her travels.

When asked about her future, Dorothy replied, “I hope to stay in my home as long as I can and to keep doing what I'm doing now.” Dorothy has also made plans for after she's gone. “I decided to contribute my body to a research facility for study,” she said. “It will help other people, and it's the only thing I can leave to this world.”