When Every Moment Counts

Calendar 2006
Annual Report to the Community 2005

Washington Township Health Care District

Washington Hospital Healthcare System
As the local Health Care District, our mission is to meet the health care needs of the District residents through medical services, education and research.

Within this scope, Washington Township Health Care District is committed to assuming the leadership role in improving and maintaining the health status of the residents by:

- Identifying and assessing community health care needs;
- Developing mechanisms to respond to the identified needs within the financial capabilities of the District;
- Providing access to high quality, cost-effective health services through an integrated delivery system;
- Providing appropriate employee, professional and community educational resources to enhance patient care and health promotion throughout the District.

To support the fulfillment of the mission, the District’s strategic vision is to be the regional medical center of Southern Alameda County offering services that span the full range of care within the available financial resources.

Resolved by the Board of Directors
Washington Township Health Care District
June 14, 1995
Washington Township Health Care District
During any 24-hour period throughout Washington Hospital Healthcare System, people experience thousands of moments in time. Some are sad, some are unexpected, some are joyous. Others are simply the routine actions of individuals living their lives and doing their jobs. In this report, we capture just a few of these moments to give you the essence of what our system is all about—the continuous search for new and better ways to help the people of Washington Township Health Care District live safer and healthier lives.

We are proud of the high quality of care we give our patients every hour of every day. Alongside our nurses, doctors, therapists and technicians are hundreds of individuals performing a myriad of other vital functions at all hours of the day and night—from food services, to housekeeping, to security, to financial services, to volunteering and many others. Without the contributions of each of these dedicated men and women, we would be unable to achieve our patient care mission.

Today, Washington Hospital is considered one of the major medical centers in the Bay Area. As we look to the future, we expect a substantial increase in demand for our services. Although we have invested significantly in improving and expanding our facilities throughout the years, Washington’s buildings can no longer keep pace with the escalating need. With the passage of Measure FF, the community has voiced its wish to invest in the growth of our healthcare system. We truly appreciate this support.

As a first step, and to comply with government-mandated safety standards, we have developed a new facility master plan. This vision of the future for our healthcare system includes expanded, state-of-the-art facilities in the ER, ICU and other vital areas of the hospital, as well as 68 more patient beds and four new operating rooms.

We are also taking strides in building a new information system infrastructure, as we work to make the patient Electronic Medical Record a reality at Washington Hospital. This advancement will further improve clinical quality and service excellence while fulfilling our ethic of always putting the patient first.

With so many changes underway, this is an exciting time at Washington Hospital, just as it is for the entire community. We value and encourage the involvement of all District residents as we move forward with anticipation into the promising era for local health care that lies ahead.
Not since the Washington Township Health Care District was founded nearly 60 years ago has our community seen such challenging, yet promising, times. As our region continues to evolve and grow, so have our residents’ needs and expectations for local health care services.

With the passage of Measure FF, the public has spoken. Now, our board is charged with the awesome responsibility of guiding the District through what promises to be an unprecedented time of change. Throughout the next 15 years and beyond, the Washington Hospital Healthcare System will be expanding to meet the need for increased capacity as we continue making our buildings safer in accordance with unfunded government mandates for earthquake preparedness.

Our five-member, publicly elected board has embraced these challenges wholeheartedly. We are already proceeding with plans to fulfill many of the most pressing needs. Among the projects in development are a new cardiac catheterization center with four state-of-the-art labs; a Women’s Health Center that will centralize all outpatient women’s services in one convenient, innovatively designed location; and the Nakamura Clinic, Union City, which will bring primary care and urgent care services closer to the people of that community.

As we move ahead, we invite you—the residents of our District and the true owners of Washington Hospital Healthcare System—to learn more about your hospital and become more involved in the process. Our monthly board meetings are open to the public. Or, you can watch the proceedings by tuning in to Cable Channel 78, Washington Hospital’s new InHealth program, at various times throughout the week.

At this auspicious moment in the history of our District, we thank the residents for your support and confidence. We assure you that, throughout this time of challenge and change, Washington Township Health Care District will continue to do what it has always done best—meeting the evolving health care needs of our community.

Michael J. Wallace
President, Board of Directors
Washington Township Health Care District
The 450 medical staff members of Washington Hospital are working shoulder to shoulder with the administration, staff and volunteers of the Washington Hospital Healthcare System to fulfill the community’s need for a wide range of health care services. These physicians are highly specialized and very well trained. Most of them call the Tri-City area “home,” and are personally invested in the future of health care in the Washington Township Health Care District.

The pride of the Washington Hospital Medical Staff is our diversity. Physicians at our hospital speak numerous languages to help break the barriers of ethnicity and culture.

We fully believe that the quality of patient care is a combination of individual care, the human touch and state-of-the-art technology. Our physicians have taken the lead in such fields as joint replacement, wound care, women’s health and innovative spinal surgery.

Recently, we introduced the Pediatrics, OB/GYN and Internal Medicine Hospitalist Programs. The sole focus of these programs is providing inpatient care. Through this initiative, these physicians are available at all times in the hospital to work with patients, their families and other members of the Medical Staff.

We are excited to participate in the 100,000 Lives Campaign because we think that it is good medicine. Our physicians are excellent, and are further improving with each passing day.

As Washington moves toward the next generation of patient care—the confidential patient Electronic Medical Record—the hospital will upgrade most of its information systems. This will have a major impact on continuing to improve the quality of clinical care at the hospital, in part, by making data more readily available to the appropriate caregivers and providing valuable support tools for clinical decision making.

We take access to patient care seriously. We reach out to Tri-City residents via outpatient clinics, Washington on Wheels (W.O.W.) Mobile Health Clinic, health fairs to provide screening, health education to prevent diseases and help care for those who are sick.

We, the Medical Staff, along with the administration, staff and volunteers reaffirm our commitment to ensuring the highest quality of patient care that has been a hallmark of Washington Hospital since its inception.

Ranjana Sharma, M.D.
Chief of Staff
Washington Hospital Medical Staff
Washington Township Health Care District

Board of Directors

Washington Township Health Care District
Board Officers 2005

Michael J. Wallace
Position: President
Elected: November 2002
Occupation: Vice Chairman of the Board, Fremont Bank
Address: 39150 Fremont Boulevard
Fremont, CA 94538

Bernard Stewart, D.D.S.
Position: Vice President
Elected: November 2002
Occupation: Dentist
Address: 2243 Mowry Avenue, Suite B
Fremont, CA 94538

Jacob Eapen, M.D.
Position: Second Vice President
Elected: November 2004
Occupation: Physician, Pediatrician
Address: 2000 Mowry Avenue
Fremont, CA 94538

William F. Nicholson, M.D.
Position: Treasurer
Elected: November 2004
Occupation: Physician, Cardiologist
Address: 2557 Mowry Avenue, Suite #33
Fremont, CA 94538

Patricia Danielson, RHIT
Position: Secretary
Elected: November 2004
Occupation: Consultant, Health Information Management
Address: 7189 Arbeau Drive
Newark, CA 94560
A Mother’s First Touch

6:16 AM Ed Cohen, M.D., places a newborn in the arms of his mother for the first time. It is a gesture he has performed hundreds of times, yet this moment never fails to touch his heart.

Dr. Cohen (above), a practicing obstetrician for 26 years, is one of about 24 “hospitalists” at Washington, which currently has three hospitalist programs—Internal Medicine, Obstetrics and Pediatrics. Hospitalists are a new breed of doctor that specializes in managing the care of inpatients. Lyn M. Dos Santos, M.D. (right), is the medical director of the Pediatric Hospitalist Program. These doctors are based at the hospital and available at a moment’s notice. Hospitalists are also a benefit to community physicians who can concentrate their full attention on patients in the office while these inpatient specialists closely manage their patients in the hospital. Although the idea of hospitalists is spreading, only a handful of hospitals, like Washington, have hospitalist obstetricians.
# January

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<td>Healthy Weight Week</td>
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For information about upcoming community classes and programs, call our Health Connection line at (800) 963-7070 or visit our web site at whhs.com.
Getting to the Heart of the Matter

Less than two hours after his cardiac catheterization procedure, a patient learns the cause of his earlier chest pain. It is frightening to hear his cardiologist explain he has a life threatening condition, but it’s a comfort to know he is in the care of one of the leading cardiac programs in the Bay Area.

Washington Hospital’s multi-million dollar cardiovascular program has won national awards for quality. The program has the area’s most advanced digital imaging equipment, which is exceptionally fast and provides high resolution images with vivid detail. It enables cardiologists like Medical Directors of Cardiology Ash Jain, M.D. (left), and Romesh Japra, M.D., to diagnose and treat problems more quickly and effectively than ever before. During the next several years, the program’s three cardiac catheterization labs will be further upgraded with the latest available technology.
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<td>American Heart Month</td>
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<td>National Burn Awareness Week</td>
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<td>National Cardiac Rehabilitation Week</td>
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<td>Health &amp; Wellness Class: Are You at Risk for a Heart Attack? Ischemic Heart Disease</td>
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For information about upcoming community classes and programs, call our Health Connection line at (800) 963-7070 or visit our web site at whhs.com.
Generators restore power to Washington Hospital after five seconds of downtime when a nearby transformer fails. The hospital remains on emergency power for the next 15 hours until the transformer is replaced. Stationary Engineers Al Kubo (above) and Jerry King (right) are part of a staff that makes sure Washington always has the power it needs.

In a hospital, mechanical and electrical power and plumbing systems aren’t just conveniences. They make it possible to save lives at any moment of the day or night. To operate reliably, hospitals use an incredible amount of power for critical life saving and safety systems, as well as to maintain the ability to function in case of a disaster. One key factor in Washington’s plans for expansion is a new Central Plant, providing the mechanical and electrical capacity for the 1 million-square-foot, 450-bed facility that will be Washington Hospital by the year 2030. The plant will meet all government seismic safety requirements and generate electricity and hot water, adding to the hospital’s self-sufficiency should disaster strike.
March

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| National Brain Injury Awareness Month  
National Colorectal Cancer Awareness Month  
National Eye Donor Month  
National Save Your Vision Month  
National Kidney Month  
National Nutrition Month | Health & Wellness Class:  
Is Colorectal Cancer Preventable? | | | | | |
| | National Pulmonary Rehabilitation Week | Health & Wellness Class:  
Do You Suffer From Diabetic Foot Disorders? | | | | | |
| | | St. Patrick's Day | | | | |
| | National Inhalants and Poisons Awareness Week  
National Poison Prevention Week | Health & Wellness Class:  
Men's Issues, Prostate Cancer & Your Erectile Dysfunction | | | | |
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Common Shoulder Disorders, Knee Conditions | Doctor's Day | | | | | |
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For information about upcoming community classes and programs, call our Health Connection line at (800) 963-7070 or visit our web site at whhs.com.
During their class in the Richard M. Warren Nursing Skills Lab, nursing students begin practicing how to take vital signs, with one student standing in as the patient. At that moment, each thinks, “Just maybe, my dream of being a Registered Nurse will come true.”

The shortage of trained nurses in California and across the country has reached crisis proportions. Yet, there aren’t enough training programs to produce the nurses we need; and existing programs don’t have the capacity to train enough nurses. In response to this dire situation, the Washington Township Health Care District Board of Directors provided a $1.5 million grant to Ohlone College to increase its nursing program enrollment each semester. In addition to the grant, Washington Hospital built a state-of-the-art nursing skills lab so that the hospital’s clinical nurse specialists and Ohlone College nursing faculty, like Marie Beauchemin, M.S., C.N.M., R.N. (right), can provide students with hands-on training in a hospital-like setting.
April

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National Foot Health Awareness Month
National Sexually Transmitted Diseases Awareness Month
National Autism Awareness Month
Youth Sports Safety Month
Cancer Control Month
National Occupational Therapy Month

Daylight-Saving Time Begins

National Public Health Week
National Radiology Nurses Day
Health & Wellness Class: Living & Dealing with Diabetes

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Easter Sunday

16 17 18 19 20 21 22

National Healthcare Volunteer Week
Health & Wellness Class: Are You Having Foot & Ankle Problems?

23 24 25 26 27 28 29 30

For information about upcoming community classes and programs, call our Health Connection line at (800) 963-7070 or visit our web site at whhs.com.
Designing Solutions to Joint Pain

7:00 AM  Orthopedist and Medical Director of the Center for Joint Replacement (CJR) John Dearborn, M.D. (above), readies himself for the eight joint replacement procedures on the schedule that day. In eight hours, the first patient will be up and walking, with the help of senior physical therapist Alisa Curry, R.P.T. (right), also from Washington Hospital’s CJR.

In recent years, advancements in technology, materials and surgical techniques have helped people experience miraculous recoveries from total hip and knee replacement surgery. Patients come from all over the country to have surgery at Washington’s highly acclaimed program, which performs more than 900 procedures annually. With five leading surgeons and a staff of specially trained, experienced nurses and physical and occupational therapists, the program helps patients to achieve outcomes far ahead of the national average.
May

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National Hospital and Healthcare Week

7 | 8 | 9 | 10 | 11 | 12 | 13

National Emergency Medical Services Week  Washington Hospital Healthcare Foundation Golf Tournament  National Employee Health and Fitness Day

Mother’s Day

14 | 15 | 16 | 17 | 18 | 19 | 20

Health & Wellness Class: Healthy Skin & Treatment of Skin Disorders

21 | 22 | 23 | 24 | 25 | 26 | 27

Memorial Day  National Senior Health and Fitness Day

28 | 29 | 30 | 31

For information about upcoming community classes and programs, call our Health Connection line at (800) 963-7070 or visit our web site at whhs.com.
Working to Save More Lives

2:00 PM Washington Hospital managers meet to plan how they will implement life-saving strategies as part of the nationwide 100,000 Lives Campaign. With full support of the District’s Board of Directors and the hospital’s leadership team, the staff and physicians are committed to implementing six proven clinical practices and methods as part of a widespread effort to save the lives of 100,000 hospitalized patients in the U.S. by June 14, 2006.

In the campaign, more than 3,000 participating hospitals are putting into action very specific, often simple, changes, such as taking extra measures to ensure medications are prepared in a sterile environment or routinely giving antibiotics to patients before surgery. In addition, a Rapid Response Team, which Alice Santos, R.N., nursing director of Medical/Surgical Units (right), is helping to implement, is bringing critical care expertise to the bedside. Each of these steps has been shown to improve patient outcomes and save lives. At Washington, where everyone is guided by the hospital’s patient first ethic, the 100,000 Lives Campaign has been welcomed.
For information about upcoming community classes and programs, call our Health Connection line at (800) 963-7070 or visit our web site at whhs.com.
Tuning in to Good Health

7:05 PM  Videographer Bill Emberley (above) tapes a community class on arthritis lectured by rheumatologist Barry Shibuya, M.D. The seminar is one of many classes offered by Washington Hospital Healthcare System’s Health & Wellness program. Later, the class will be broadcast on the hospital’s new InHealth Channel 78. In the comfort of their own homes, residents can now learn useful information on how to stay healthy from local experts.

On-air anchor, Barbara Kostick, M.D., Medical Director of Washington’s Community Health Services (right), is also involved with production of InHealth programming. InHealth is one of the first hospital-run, local cable TV channels in the nation. It was created to serve District residents—the true owners of the hospital—by providing greater access to community educational resources, including health education classes, safety programming and the Washington Township Health Care District Board of Directors’ meetings.
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**Independence Day**

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National Therapeutic Recreation Week  
Health & Wellness Class: Are You Having Vision Problems?

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For information about upcoming community classes and programs, call our Health Connection line at (800) 963-7070 or visit our website at whhs.com.
Minutes after having a blood glucose test taken inside the Washington On Wheels (W.O.W.) Mobile Health Clinic, Fremont resident Ron Hufstedler (above) will learn if he has high blood sugar, a possible sign of diabetes. Fortunately, Washington Hospital Nurse Practitioner Sherrie Kneebone (left) and Medical Assistant Connie Corral explain that, the earlier diabetes is detected, the easier it is to manage and avoid some of its most serious consequences.

According to the 2004 Community Needs Assessment performed by Washington Hospital in conjunction with the Hospital Council of Northern and Central California, Newark has the county’s highest death rate from diabetes. Since nearly one-third of the estimated 18 million Americans who have diabetes are unaware of their condition, it is critical that as many local residents as possible be screened for the disease. The W.O.W. Mobile Health Clinic travels throughout the District, offering diabetes testing and other basic health services. More than 1,000 residents have been screened for diabetes in the past year.
For information about upcoming community classes and programs, call our Health Connection line at (800) 963-7070 or visit our web site at whhs.com.
Radiologist Jason Cheng, M.D. (above), compares the results of a patient’s PET/CT scan to previous films—a critical step in developing the most effective plan for treating her cancer. With information from the latest, most powerful diagnostic tools and the skill of trained, experienced experts, the patient has hope she can beat the disease.

Radiology Department R.N. Christine McCarty (right) uses an electronic power injector, which introduces X-ray dye into the patient’s blood stream so that internal organs, tissue and blood vessels are easier to observe in CT images. Washington Hospital has invested in advanced technology to give patients the best possible chance to win their fight against cancer. For example, the hospital’s combination PET/CT scanner enables physicians to analyze the body’s metabolic activity and pinpoint the location of abnormal lesions at the same time. With these powerful tools, doctors are able to detect cancer earlier and select the most effective treatment for the best possible result.
For information about upcoming community classes and programs, call our Health Connection line at (800) 963-7070 or visit our web site at whhs.com.
Seeing the Power of Prevention

8:06 AM  Mammography technologist Nicole Jackson (top right) performs a screening mammogram as part of Washington Hospital’s digital mammography service. She notices how the patient appreciates the ease and quickness of the procedure. Yet, this advanced digital technology gives the radiologist a greater wealth of information to make the best possible assessment.

Washington’s advanced mammography services will soon be part of an entire Women’s Health Center being designed by the hospital to meet women’s needs. Located in Washington West and led by Medical Director William E. Dugoni, M.D. (right), the Center will provide women with a wide range of programs, including ultrasound, digital mammography, bone density testing and lymphedema care. Lymphedema therapy, which is already offered at Washington Hospital, helps people who suffer from lymphatic system problems, usually as a result of cancer treatment.
For information about upcoming community classes and programs, call our Health Connection line at (800) 963-7070 or visit our web site at whhs.com.
Waking Up to Preparedness

5:45 AM While preparing for a local emergency drill, Barry Ferrier (top left) and Cathi Sweeney (top right), district coordinators for Union City’s Community Emergency Response Training (CERT) team, take inventory of disaster relief supplies. CERT, which until recently had no adequate space for holding trainings and storing critical supplies, is now able to use space provided by Washington Hospital Healthcare System at its new Nakamura Clinic, Union City.

Named for longtime resident and local businessman Shigeharu Nakamura and his family, the Clinic is pleased to be able to share part of its 8,000-square-foot facility with local groups, while bringing primary and urgent care services closer to residents. With nine exam rooms, an on-site X-ray department and occupational medicine services, the Nakamura Clinic, Union City has leading-edge medical and communications technology throughout. Headed by Medical Director Hoang N. Trinh, M.D. (right), it is the fourth Washington Clinic in the Tri-City area.
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</tbody>
</table>

For information about upcoming community classes and programs, call our Health Connection line at (800) 963-7070 or visit our website at whhs.com.
Stepping Up Prevention

A visitor to the Washington Community Health Resource Library checks her blood pressure, height, weight and body mass index. By taking a few moments to use the free health monitoring equipment, she can keep regular tabs on her personal health status.

It's important for everyone to take charge of their own health by regularly checking on the status of vital indicators. This encourages people to stay healthy while detecting warning signs of disease at the earliest possible moment. At the Library, people using the self-monitoring equipment can get assistance from Washington Hospital Service League volunteers, like Janet Begin (right). Bone density screenings are also available. Located in Washington West, the library is open Monday through Saturday. For hours, go to www.whhs.com or call (510) 494-7030.
For information about upcoming community classes and programs, call our Health Connection line at (800) 963-7070 or visit our web site at whhs.com.
Sometimes, a moment can make the difference between life and death. And, the outcome can affect many people for years to come. That’s what happened to Louis Fernandez, president of the Washington Hospital Service League for 2005-2006.

In 1997, Fernandez suffered a heart attack. Using life saving measures, the Emergency Room doctors and nurses were able to revive him. Through the skill of the hospital’s doctors, nurses and technicians using some of the most advanced emergency and cardiac care technology available, Fernandez was revived.

“I got a new lease on life,” he says. “Soon after my recovery, it was time for me to give back.”

That life-saving event in the Emergency Room has gone on to benefit many patients, visitors and staff at Washington Hospital through Fernandez’ support and leadership of the Service League. Since 1997, the 78-year-old volunteer has given more than 4,000 hours working in the hospital and the Washington Community Health Resource Library.

This past year has been one of celebration for the entire Service League as it marked its fiftieth anniversary serving the hospital and the people of the Washington Township Health Care District. During half a century, the organization has donated more than $1.8 million and more than 1.5 million hours of service to the hospital. In 2004-2005 alone, the League donated $60,000 and volunteered more than 46,600 hours.

Now numbering 450, Service League members can be found throughout the hospital and related programs, including the Center for Joint Replacement, the Washington Community Health Resource Library and the Washington on Wheels (W.O.W.) Mobile Health Clinic. The League also continues a 44-year tradition of awarding scholarships to nursing students and others interested in pursuing careers in health care. During 2004-2005, it awarded $5,000 in scholarships to residents of the Tri-City area.
Memorable Moments Make for Another Successful Foundation Year

“Time is made up of a series of moments,” says Craig Silcox, Washington Hospital Healthcare Foundation President for 2005-2006. “Some can make all the difference in what you do with your life—whether you will help others and give back to your community.”

Silcox remembers the moment his predecessor at financial services company AIG VALIC, Keith Poch, a former Foundation president, handed him the responsibility of assisting Washington Hospital employees with their investments. Eight years ago, while volunteering at the Foundation’s annual fundraising golf tournament, Silcox was inspired to become more involved. Today, Silcox continues the tradition of the hospital’s AIG VALIC representative leading the Foundation.

“Most of all, I remember the moments when I see one of the many loving, caring people who work at Washington Hospital reach out to help someone in need—even when it’s not their job,” says Silcox. “It is an honor to help make it possible for these people to do the great work they do in our community.”

Other memorable moments from 2004-2005:

• The 20th anniversary of the highly successful Gene Angelo Pessagno Golf Tournament

• The inaugural occasion of a new Foundation gathering—a community cultural event in memory of David L. Johnson, M.D., this year featuring the nationally known comedic talents of the Capitol Steps

• For the first time in its history, the Foundation achieved $2 million in assets. (This milestone was achieved during the term of Foundation president Barbara Barrie, which ended in January 2005.)

These milestones, along with the traditional Top Hat Dinner-Dance and Trees of Angels holiday tree lightings, resulted in another successful year for the Washington Hospital Healthcare Foundation. More than $627,400 was raised to support vital hospital programs, including lymphedema services, local cancer care, hospice and the soon-to-come Women’s Health Center.
Voting for the Future
The residents of Washington Township Health Care District passed Measure FF by more than 70 percent, authorizing critically needed expansion and seismic upgrades for Washington Hospital. Essential repairs and improvements are planned for the Emergency Room, Intensive Care Unit, Cardiac Care, Laboratory and X-ray facilities, as well as more patient beds and operating rooms.

Saving More Lives
As part of the 100,000 Lives Campaign, Washington Hospital has joined more than 3,000 other hospitals in the first-ever nationwide initiative to use proven clinical practices and methods in saving a specified number of lives by a certain date. The goals of the campaign are consistent with Washington’s patient first ethic, guiding the actions of every staff member, physician and volunteer.

‘In-House’ Physicians
Washington Hospital introduced three new hospitalist programs—Obstetrics, Pediatrics and Internal Medicine. Specializing in the care of hospitalized patients, and many with years of experience, hospitalists are readily available to patients and families whenever they are needed.

InHealth, A Washington Hospital Channel
In July 2005, InHealth was launched as one of the first hospital-run, local cable channels in the nation. InHealth airs health, safety and informational programming seven days a week, 24 hours a day, throughout Fremont, Newark and Union City.

Care that’s Closer—in Union City
After groundbreaking, the structure of Washington’s new Nakamura Clinic, Union City, has emerged. With nearly 8,000 square feet of space, the facility includes a clinic and a conference center. As it brings leading-edge primary care and urgent care to local residents, the center will also provide space for Health & Wellness classes, community events, emergency preparedness training and equipment storage.

Fifty Years of Volunteering
In February 2005, the Washington Hospital Service League celebrated 50 years of service to the hospital and residents of the Washington Township Health Care District. The League’s more than 450 dedicated volunteers give their time in nearly every area of the hospital, from feeding patients to greeting visitors. They also raise funds and provide scholarships.

Help for Those with Lymphedema
Washington’s Lymphedema Clinic began helping people with this debilitating condition of the lymph node system in February 2004. Washington Hospital is one of only two hospitals in the county to offer the service. Lymphedema usually occurs after cancer treatment and can affect people of all ages.

Weekly Health Newsbeat
In March 2005, Washington Hospital began a collaboration with the Tri-City Voice newspaper to bring useful and interesting health and safety-related information to local residents. Every Tuesday, readers can open to page 2 and learn the latest on a myriad of health topics and events.

Pinpointing the Problem of Diabetes
According to the 2004 Community Needs Assessment performed by Washington Hospital in conjunction with the Hospital Council of Northern and Central California, Newark residents have a much higher rate of death from diabetes than other people in Alameda County. In response, Washington stepped up community diabetes screenings and education through its W.O.W. Mobile Health Clinic and offered free informational seminars through its Health & Wellness program.

Laughter for a Good Cause
Recognizing that nearly everyone enjoys a good laugh, Washington Hospital Healthcare Foundation presented its first community cultural event—an evening with the comedic troupe, “Capitol Steps”—in March 2005. Attended by 450 people, the program honored the memory of David L. Johnson, M.D. Proceeds supported the Foundation’s Lymphedema Services Fund.
2004-2005 Financial Statement
Fiscal year ending June 30, 2005.
Dollar amounts represent thousands.

<table>
<thead>
<tr>
<th>Balance Sheet</th>
<th>2005</th>
<th>2004</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current Assets</td>
<td>$ 61,005</td>
<td>$ 52,471</td>
</tr>
<tr>
<td>Assets Limited as to Use</td>
<td>$ 138,637</td>
<td>$ 136,422</td>
</tr>
<tr>
<td>Property, Plant and Equipment</td>
<td>$ 146,250</td>
<td>$ 139,709</td>
</tr>
<tr>
<td>Other Assets</td>
<td>$ 25,187</td>
<td>$ 25,343</td>
</tr>
<tr>
<td>Total Assets</td>
<td>$ 371,079</td>
<td>$ 353,945</td>
</tr>
<tr>
<td>Current Liabilities</td>
<td>$ 37,711</td>
<td>$ 33,643</td>
</tr>
<tr>
<td>Long-Term Debt</td>
<td>$ 77,667</td>
<td>$ 79,618</td>
</tr>
<tr>
<td>Long-Term Liabilities</td>
<td>$ 20,291</td>
<td>$ 20,029</td>
</tr>
<tr>
<td>Fund Balance</td>
<td>$ 235,410</td>
<td>$ 220,655</td>
</tr>
<tr>
<td>Total Liabilities and Fund Balance</td>
<td>$ 371,079</td>
<td>$ 353,945</td>
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</table>

<table>
<thead>
<tr>
<th>Income Statement</th>
<th>2005</th>
<th>2004</th>
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</thead>
<tbody>
<tr>
<td>Net Patient Service Revenue</td>
<td>$ 274,456</td>
<td>$ 251,538</td>
</tr>
<tr>
<td>Other Revenue</td>
<td>$ 8,948</td>
<td>$ 8,149</td>
</tr>
<tr>
<td>Total Operating Revenue</td>
<td>$ 283,404</td>
<td>$ 259,687</td>
</tr>
<tr>
<td>Salaries and Benefits</td>
<td>$ 148,591</td>
<td>$ 134,471</td>
</tr>
<tr>
<td>Other Expenses</td>
<td>$ 122,059</td>
<td>$ 110,770</td>
</tr>
<tr>
<td>Total Operating Expenses</td>
<td>$ 270,650</td>
<td>$ 245,241</td>
</tr>
<tr>
<td>Operating Income</td>
<td>$ 12,754</td>
<td>$ 14,446</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Non Operating Revenues and Expenses</th>
<th>2005</th>
<th>2004</th>
</tr>
</thead>
<tbody>
<tr>
<td>Investment Income, Including Unrealized Gains</td>
<td>$ 4,350</td>
<td>$ (39)</td>
</tr>
<tr>
<td>Interest Expense</td>
<td>$ (3,101)</td>
<td>$ (2,466)</td>
</tr>
<tr>
<td>Other</td>
<td>$ 752</td>
<td>$ 697</td>
</tr>
<tr>
<td>Total Operating and Non Operating Income</td>
<td>$ 14,755</td>
<td>$ 12,638</td>
</tr>
</tbody>
</table>

Fiscal Year 2004-2005

<table>
<thead>
<tr>
<th>Revenues</th>
<th>2005</th>
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</thead>
<tbody>
<tr>
<td>Net Patient Services</td>
<td>$ 274,456</td>
</tr>
<tr>
<td>Interest</td>
<td>$ 3,430</td>
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<tr>
<td>Other</td>
<td>$ 9,700</td>
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<table>
<thead>
<tr>
<th>Statistics</th>
<th>2005</th>
<th>2004</th>
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<tbody>
<tr>
<td>Admissions</td>
<td>15,936</td>
<td>15,329</td>
</tr>
<tr>
<td>Days</td>
<td>68,383</td>
<td>66,076</td>
</tr>
<tr>
<td>Deliveries</td>
<td>2,840</td>
<td>2,785</td>
</tr>
<tr>
<td>Surgery Cases</td>
<td>4,071</td>
<td>4,043</td>
</tr>
<tr>
<td>ER Visits</td>
<td>42,314</td>
<td>43,055</td>
</tr>
<tr>
<td>Physicians on Staff</td>
<td>448</td>
<td>410</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Expenditures</th>
<th>2005</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salaries and Benefits</td>
<td>$ 148,591</td>
</tr>
<tr>
<td>Property, Plant and Equipment</td>
<td>$ 19,503</td>
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<tr>
<td>Supplies</td>
<td>$ 39,690</td>
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<tr>
<td>Purchased Services</td>
<td>$ 44,324</td>
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<tr>
<td>Bad Debt</td>
<td>$ 17,978</td>
</tr>
<tr>
<td>Other</td>
<td>$ 10,385</td>
</tr>
</tbody>
</table>

Caring for the Community
Washington Township Health Care District provides many benefits to the community. One direct benefit that receives little notice is the health care that is provided for free or for which the District is not fully compensated.

In the past year alone, Washington provided nearly $24 million in health care to the community's medically indigent population and an additional $2 million for unpaid medical costs, community education and other expenses.
For Adults
Applies to healthy adults, age 18 to 75, with no symptoms or family history of disease and no other risk factors.

<table>
<thead>
<tr>
<th>Test or Check</th>
<th>Who and How Often</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Screenings</strong></td>
<td></td>
</tr>
<tr>
<td>Blood pressure, height and weight</td>
<td>As appropriate for age</td>
</tr>
</tbody>
</table>
| Cholesterol | Men every 5 years starting at age 35  
Women every 5 years starting at age 45 |
| Pap smear | Women every 1 to 3 years until age 65  |
| Mammography | Women every 1 to 2 years starting at age 40 |
| Colorectal cancer | Depends on test |
| Osteoporosis | Determined by health care provider |
| Dental | Twice a year |
| Skin | Every 3 years |

**Immunizations**
- Tetanus-diphtheria: Booster every ten years
- Chicken pox (varicella or VZV): Only for those susceptible 
  (two doses, 4 to 8 weeks apart)
- Measles, mumps, rubella (MMR): Women of childbearing age (one dose)
- Pneumococcal disease: At age 65 or older (one dose) or under 65 with chronic medical problems
- Influenza: Annually starting at age 50 or younger for high risk individuals
- Hepatitis B: For persons at risk
- Hepatitis A: For persons at risk
- Meningococcal: For persons at risk

**Chemoprevention**
- Assess risk of cardiovascular disease: Men every 5 years starting at age 40
- (CVD) and discuss aspirin to prevent CVD events: Women every 5 years starting at age 50

**Counseling**
- Calcium intake: Women periodically
- Folic acid: Women of childbearing age
- Depression: As needed
- Tobacco cessation, drug and alcohol use, sexually transmitted diseases and HIV, nutrition, physical activity, sun exposure, oral health, injury prevention, drug interactions: Periodically

For Children
Applies to children from birth to age 18 with no unusual risk factors. Parents should check with their child’s doctor about periodic screenings and counselings that should also occur.

<table>
<thead>
<tr>
<th>Test or Check or Service</th>
<th>At What Age</th>
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</thead>
<tbody>
<tr>
<td><strong>Immunizations</strong></td>
<td></td>
</tr>
</tbody>
</table>
| Hepatitis B | Dose 1: At birth-age 6 weeks  
Dose 2: At age 6 weeks-4 months  
Dose 3: At age 6-18 months |
| Polio (IPV) | Dose 1: At age 2 months  
Dose 2: At age 4 months  
Dose 3: At age 6-18 months  
Dose 4: At age 4-6 years |
| Haemophilus influenzae type B (Hib) | Dose 1: At age 2 months  
Dose 2: At age 4 months  
Dose 3: At age 6 months  
Dose 4: At age 12-15 months |
| Diphtheria, tetanus, pertussis (DTaP, Td booster) | Dose 1: At age 2 months  
Dose 2: At age 4 months  
Dose 3: At age 6 months  
Dose 4: At age 12-15 months  
Td booster: At age 11-12 years |
| Measles, mumps, rubella (MMR) | Dose 1: At age 12-16 months  
Dose 2: At age 4-6 years |
| Chicken pox (varicella) | At age 12-18 months (one dose) |
| Hepatitis A | At age 2 years  
6-12 months after dose 1 |
| Pneumococcal disease | Dose 1: At age 2 months  
Dose 2: At age 4 months  
Dose 3: At age 6 months  
Dose 4: At age 12-15 months |
| Influenza | Annually starting at 6 months |
| Meningococcal | At age 11 or 12 or younger kids who are high risk |

*For persons at risk: Medical/Exposure indications consult with your physician.*
Directory of Services

Programs and Services
Bras for Body and Soul
Cardiac Surgery and Care
Cardiac Rehabilitation
Care Card Program
Center for Joint Replacement
Childbirth and Family Services
Community Clinics
Community Education
Community Health
Diabetes Services
24-Hour Emergency Care
Financial and Insurance Counseling
First United Services Credit Union
General Medicine and Surgery
Health Insurance
Information Service
Health Promotion
Hospice Program
Laboratory Analysis and Support
Level II Special Care Nursery
Little Washington Township Childcare Center
Lymphedema Clinic
Mammography Center
Medical Imaging (X-ray, MRI and CT Scanners)
Minimally Invasive and Robotic Surgery
Neurosurgery
Nutritional Counseling and Care
Occupational Medicine Program
Occupational Therapy
Oncology Services
Orthopedics
Outpatient Wound Care Clinic
Pathology
Pediatrics
Pharmacy
Physical Therapy
Pulmonary Rehabilitation and Respiratory Care
Richard M. Warren Nursing Skills Lab
Sangalli Center for Critical Care
Sleep Disorders Clinic
Social Services
Speech Therapy
Sports Medicine Program
Volunteer Organizations
Washington On Wheels
(W.O.W. Mobile Health Clinic)
Washington Senior Care
Washington West Features
1st United Services Credit Union
Bras for Body and Soul
Cardiac Rehabilitation
Community Health Resource Library
Conrad E. Anderson, MD Auditoriums
Health Insurance Information Service
Lymphedema Clinic
Little Washington Township Childcare Center
Pulmonary Rehabilitation
Richard M. Warren Nursing Skills Lab
Washington Clinic/Fremont
Washington Clinic/Warm Springs
Washington Outpatient Surgery Center
Washington-Stanford Radiation Oncology Center
Washington-West
Washington-West Lab & Pre-Op Testing
Washington-West Mammography Unit
Women’s Health Center/Outpatient Imaging Center (coming soon)

Washington Clinic/Fremont
2500 Mowry Avenue, Suite 212
Fremont, CA 94538
510-608-6174
Monday – Sunday, 8 am to 8 pm

Washington Clinic/Newark
35500 Dumbarton Court
Newark, CA 94560
510-797-7535
Monday – Friday, 8 am to 6 pm

Nakamura Clinic, Union City
33077 Alvarado-Niles Boulevard
Union City, CA 94587
Monday – Friday, 8 am to 6 pm

Washington Outpatient Surgery Center
2299 Mowry Avenue
Fremont, CA 94536
510-791-5374
Monday – Friday, 6 am to 5:30 pm

Washington-Stanford Radiation Oncology Center
39101 Civic Center Drive
Fremont, CA 94538
510-796-7212
Monday – Friday, 8 am to 5 pm

Ohlone Student Health Center
43600 Mission Boulevard
Building 16
Fremont, CA 94539
510-659-6258
**Our Sincere Appreciation**

Special thanks to the physicians, employees, members of the Washington Hospital Service League and their families, and members of the community who volunteered to model for this calendar.

<table>
<thead>
<tr>
<th>Month</th>
<th>Title/Subject</th>
<th>Physicians, Employees and Volunteers</th>
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<tbody>
<tr>
<td>Front</td>
<td></td>
<td>Sunya and Ayesha Abbasi, Bill Emberley and Lyn Dos Santos, M.D.</td>
</tr>
<tr>
<td>January</td>
<td><em>A Mother's Touch</em></td>
<td>Ed Cohen, M.D., and Lyn Dos Santos, M.D.</td>
</tr>
<tr>
<td>February</td>
<td><em>Getting to the Heart of the Matter</em></td>
<td>Ash Jain, M.D., and Romesh Japra, M.D.</td>
</tr>
<tr>
<td>March</td>
<td><em>The Power Within</em></td>
<td>Al Kubo and Jerry King</td>
</tr>
<tr>
<td>April</td>
<td><em>Skills for Life</em></td>
<td>Students: Holly Martinez, Cheryl Martin, Crystal Knudsen, Ron DeLeon, Robert Maningat, Portrait: Marie Beauchemin, M.S. C.N.M., R.N., Nursing Faculty Ohlone College</td>
</tr>
<tr>
<td>May</td>
<td><em>Designing Solutions to Joint Pain</em></td>
<td>John Dearborn, M.D. and Alisa Curry, R.P.T.</td>
</tr>
<tr>
<td>June</td>
<td><em>Working to Save More Lives</em></td>
<td>Angela Perez and Alice Santos, R.N.</td>
</tr>
<tr>
<td>July</td>
<td><em>Tuning in to Good Health</em></td>
<td>Bill Emberley and Barbara Kostick, M.D.</td>
</tr>
<tr>
<td>August</td>
<td><em>On the Road to Early Detection</em></td>
<td>Ron Hufstedler, Sherrie Kneebone, N.P. and Connie Corral</td>
</tr>
<tr>
<td>September</td>
<td><em>Facing Cancer with Hope</em></td>
<td>Jason Cheng, M.D. and Christine McCarty, R.N.</td>
</tr>
<tr>
<td>October</td>
<td><em>Seeing the Power of Prevention</em></td>
<td>Cherie Gamardo and Nicole Jackson</td>
</tr>
<tr>
<td>November</td>
<td><em>Waking Up to Preparedness</em></td>
<td>Barry Ferrier, Cathi Sweeney and Hoang Trinh, M.D.</td>
</tr>
<tr>
<td>December</td>
<td><em>Stepping Up to Prevention</em></td>
<td>Jun Ye and Janet Begin</td>
</tr>
<tr>
<td></td>
<td><em>Service League Volunteers</em></td>
<td>Louis Fernandez, Laura Pessagno, Peg Tait and Stell Willard</td>
</tr>
<tr>
<td></td>
<td><em>Foundation</em></td>
<td>Michael Wallace, Lamar Hinton, Craig A. Silcox, Steven Chan, D.D.S., Suzanne Lee Chan, Senator Liz Figueroa, Peter Szekrenyi and Nancy Farber</td>
</tr>
<tr>
<td></td>
<td><em>Back Cover</em></td>
<td>Laura Pessagno, Peg Tait, Stell Willard, Bernard Stewart, D.D.S., Connie Corral, Sherrie Kneebone, N.P. and Douglas Van Houten, R.N.</td>
</tr>
</tbody>
</table>

If you would like additional copies of the Washington Township Health Care District Annual Report, or for more information, please contact:

**Community Relations Department**
Washington Hospital Healthcare System
2000 Mowry Avenue, Fremont, CA 94538-1716
Phone: (510) 791-3417 Fax: (510) 791-3496

This report has been published as a service to the District residents by the Washington Township Health Care District.

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**Christopher Brown**, Editor  
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**Carla Zaccheo**, Writer  
**Alain McLaughlin**, Photography  
**Jeff Firestone**, Photography  
**Martin Klimek**, Photography  
**Jean Van Ausdall**, Illustration  
**Spectrum Lithography**, Printing

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Washington Township Health Care District

Washington Hospital Healthcare System
Not just a hospital, your community hospital.

2000 Mowry Avenue, Fremont, CA 94538-1716
www.whhs.com