



**Dominican Hospital
Foundation.**
A Dignity Health Member

Path to Wellness Campaign

Creating a Healthier Future for Our Community





Investing in the Legacy

Celebrating over 80 years as a leading health care provider to our community.

Dominican Hospital has been a cornerstone of health and healing in Santa Cruz County since 1941, providing compassionate, high-quality care to all—regardless of circumstances or ability to pay. As a not-for-profit, mission-driven hospital, we are committed to ensuring that our community can access comprehensive healthcare services, from emergency care and acute treatments to preventative health and wellness programs that improve long-term quality of life.

Our legacy began with the call to action of four Adrian Dominican Sisters from Adrian, Michigan who traveled to Santa Cruz in September of 1941 to take charge of the 18-bed Hanley Hospital, (located on West Cliff Drive, across from what is now the Dream Inn). The newly formed Sisters Hospital grew to two locations with the purchase of Santa Cruz Hospital on Soquel Avenue, 10 years later. With a need for a larger and consolidated space, a \$1 million investment from philanthropic support of the community gathered by the newly formed Dominican Hospital Foundation, Dominican Hospital was formally dedicated in 1967. Since then, the mission of the Adrian Dominican Sisters has lived on and the Foundation has continued to respond and support the changing health care needs of Dominican Hospital.

Philanthropic contributions in support of Dominican Hospital are crucial for improving our community's well-being. Our journey started when the Adrian Dominican Sisters would ask local fishermen on the Santa Cruz Wharf for donations. This effort enabled our hospital to grow and created a lasting spirit of collaboration and care. Today, we provide a wide range of healthcare services that meet the different needs of our community, showing the positive impact of that early request for support.

Today, healthcare is at a critical crossroads.

The demand for accessible services is rising rapidly, driven by an aging population, increased chronic disease rates, and financial barriers to care. **By 2030, one in three Santa Cruz County residents will be over 65, making senior health services, fall prevention, cancer support, and chronic disease management more essential.** Additionally, as hospital operating costs increase and Medicare/Medicaid reimbursements fail to meet the actual cost of care, the need for philanthropic support to sustain and expand our community-based wellness programs has never been greater.

The Path to Wellness Campaign is an urgent call to action. This campaign seeks philanthropic investment to sustain and expand the Dominican Hospital Wellness Center and the Katz Cancer Resource Center—two lifesaving, community-driven programs that provide education, prevention, rehabilitation, and patient navigation services to thousands of individuals and families annually. These programs serve as an extension of traditional medical care, filling critical gaps in chronic disease prevention, cancer survivorship, rehabilitation, and mental well-being.



The Wellness Center, located in Live Oak, serves as an extension of an individual's primary and specialist healthcare plan.



The Katz Cancer Resource Center provides patients navigation through a cancer diagnosis, treatment, and survivorship.

By supporting this campaign, you have the power to make a direct and lasting impact on the health, independence, and resilience of individuals in our community. Your generosity will ensure that:

- Seniors maintain their independence and activity through accessible fitness, fall prevention, and rehabilitation services
- Cancer patients and their families receive vital support through counseling, navigation services, and survivorship programs.
- Low-income and at-risk individuals can access health and wellness services that help prevent disease and reduce healthcare disparities.

With your support, we can foster a stronger, healthier community where every individual—regardless of age, background, or financial situation—has the resources they need to flourish on their path to wellness.



Dignity Health Wellness Center

A community-based hub for health and social connections

The Dignity Health Wellness Center, located in Santa Cruz’s Live Oak district, is a medically integrated health and wellness facility that serves individuals of all ages, backgrounds, and health conditions. Designed to be an inclusive and accessible space, the Wellness Center offers a comprehensive range of health, wellness, and rehabilitation programs that promote well-being, disease prevention, and community engagement. This welcoming Center is particularly committed to supporting vulnerable populations, including individuals with chronic illnesses, disabilities, and those facing socioeconomic barriers to healthcare. By offering free or low-cost health services, the Wellness Center reduces barriers to care, empowering individuals to manage their health and improve their quality of life actively.

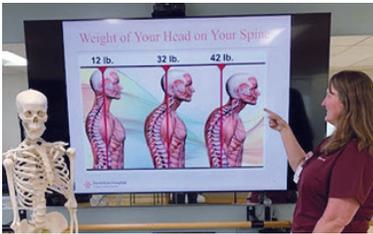
“For many of my patients, the Wellness Center is a valuable resource to help them get physically stronger, focus on better health, and be part of a wellness community. The center does a fantastic job of educating people on how to reduce falls and injury, how to recognize signs of cardiac distress and build up their cardiac endurance, and how to modify their diet in relation to certain diseases and medications. The exceptional staff helps them lead stronger, healthier and more confident lives.”

Melinda White, DO, internal medicine

Addressing Health Disparities in the Community

The Dominican Hospital Wellness Center is critical in addressing health disparities by serving individuals at higher risk for chronic illnesses, isolation, and functional decline. Many community members face challenges navigating the healthcare system, leading to delayed care, unmanaged conditions, and higher rates of hospitalizations.

The Wellness Center partners with primary care and specialists to bridge the gap in healthcare access:



Providing programs to improve the health outcomes of individuals with diabetes, heart disease, hypertension, and other chronic conditions.



Ensuring that vulnerable populations receive consistent, ongoing support for their physical and mental well-being.



Offering post-hospitalization resources for NICU graduates and their families to ensure healthy early development.

By integrating preventative health initiatives with rehabilitation and recovery programs, the Wellness Center reduces hospital readmissions, enhances quality of life, and provides ongoing support for long-term health management.

The Wellness Center also serves as a community center for individuals to remain engaged, active, and connected while also fostering mental wellbeing beyond traditional mental care.

A Lifeline for Vulnerable Populations: Targeted Support Programs

Seniors and Dependent Adults Program

Aging and chronic illnesses can lead to isolation, decreased mobility, and functional decline, which negatively impacts both mental and physical health. The Senior and Dependent Adult Program at the Wellness Center is specifically designed to:

- Reduce social isolation through structured group activities.
- Improve mobility and independence through targeted rehabilitation and exercise programs.
- Enhance mental well-being by fostering social connections and reducing feelings of loneliness.

This comprehensive program provides ongoing exercise and rehabilitation classes led by Physical and Occupational Therapists specializing in neurological rehabilitation. These professionals are trained to:

- Monitor changes in function and status in participants.

- Identify potential health concerns early and refer individuals to their primary care physician for intervention.
- Ensure long-term mobility, strength, and endurance through group-based fitness and therapy.

This program mainly serves individuals with progressive neurological disorders, traumatic injuries, and complex rehabilitation needs. Without continuous therapy, these individuals face a high likelihood of functional decline, leading to repeat hospitalizations, loss of independence, and increased healthcare costs. By providing maintenance therapy and structured support, the Wellness Center helps break this cycle of decline, keeping seniors and disabled adults healthier, more mobile, and engaged in the community.

In 2024

Senior Mobility

56 Classes/Week = 2,432 Classes/Year

Adapted Gym

17 Classes/Week = 782/Year





Infant Development and Parent Education Support Program — Support for Neonatal Intensive Care Unit (NICU) Graduates

High-risk infants and families receive individualized care at the Wellness Center after staying in Dominican Hospital's Level III Neonatal Intensive Care Unit (NICU). Babies who are born prematurely or experience medical complications at birth often require ongoing support to reach developmental milestones.

Through a collaborative approach, the Wellness Center provides:

- Infant feeding support – Ensuring proper nutrition and growth.
- Safe sleep education – Helping parents follow best practices to prevent sleep-related risks.
- Developmental therapy – Supporting infants in meeting crucial cognitive and motor development milestones.
- Parent education and resources – Providing families with the tools to care for their high-risk infant.

Working closely with pediatricians and therapists, the Wellness Center ensures that families receive specialized care tailored to their baby's needs. The goal is to promote healthy development, reduce stress for parents, and prevent long-term health complications.

In 2024

625 Individuals Served in the Infant Development and Parent Education Support Program



Katz Cancer Resource Center

A lifeline for cancer patients and their families.

The Bennett & Suzy Katz Cancer Resource Center (KCRC), located within the Mary and Richard Solari Cancer Center at Dominican Hospital in Santa Cruz, California, provides comprehensive, personalized support to cancer patients. Since its establishment in 2000, the Katz Cancer Resource Center has been a home base for patients and families navigating the complex and emotional journey of cancer diagnosis, treatment, and survivorship.

The Center offers a complete support system designed to help patients:

- Manage the emotional and physical distress of cancer treatment
- Understand and access resources for financial, emotional, and logistical support
- Receive assistance in care coordination, appointment scheduling, and survivorship planning
- Navigate challenges related to transportation, lodging, home care, and insurance

In 2024

**1,549 Individuals Served at the
Katz Cancer Resource Center**

As the only community-centered program accredited by the American College of Surgeons Commission on Cancer in Santa Cruz County, the KCRC ensures equal access to high-quality cancer care and support services, regardless of a patient's insurance status, oncologist, or health network affiliation.

Comprehensive Cancer Support Services

At the Katz Cancer Resource Center, services are designed to address the physical, emotional, and logistical challenges that come with a cancer diagnosis. All services are offered free of charge to ensure that every patient has access to the support they need.

Patient Navigation – A Guiding Hand Through Cancer Care

Cancer patients often face overwhelming medical jargon, multiple appointments, and complex treatment decisions. The Patient Navigation Program provides one-on-one assistance to help patients and families:

- Understand their diagnosis and treatment options
- Manage appointments and communicate with healthcare providers
- Access financial assistance, insurance navigation, and referrals
- Find transportation and lodging assistance for treatment travel

Oncology-Certified Nurse Support

The KCRC is staffed by Oncology-Certified Nurses specializing in cancer treatment, symptom management, and patient education. These nurses:

- Answer medical and treatment-related questions
- Help patients cope with the side effects of chemotherapy, radiation, and surgery
- Provide emotional support and guidance throughout the cancer journey

Support Groups & Emotional Wellness Programs

Cancer affects more than just the body; it also affects mental and emotional well-being. The Katz Cancer Resource Center offers various support groups, available in person and virtually, for:

- Advanced/Metastatic Cancer Patients
- Caregivers and Family Members
- Lymphedema Patients
- Prostate Cancer Patients

Additional wellness programs include:

- “Chemotherapy 101” – A class to help patients understand and prepare for chemotherapy treatments.
- “Creative Expression Through Art” – Art therapy to help patients process emotions and find relaxation.
- “Eating Well Through Cancer” – Nutritional guidance to support health and manage treatment side effects.

These integrative medicine programs aim to reduce treatment-related stress and enhance the overall well-being of patients, caregivers, and even oncology staff.

“A cancer diagnosis often causes fear, confusion and a feeling of hopelessness for patients and their families. The Katz Cancer Resource Center provides support and guidance for anyone in Santa Cruz County with cancer. Our services include a nurse navigator to lead patients through the complex healthcare system, nursing and psychological support, financial counseling and aid, dietary supervision, clinical trial participation and support groups. Our goal is to educate patients about their disease and their treatment options while giving them a sense of control over their choices.

The Katz Center also houses our Multidisciplinary Tumor Board bringing together Medical and Radiation Oncologists, surgeons, radiologists, pathologists and all support services to coordinate treatments consistent with national guidelines. Dominican has the only American College of Surgeons certified cancer program in Santa Cruz County and is overseen by the Cancer Committee at the Katz Center. This assures availability of the newest diagnostic techniques such as genomic testing and the newest immunotherapies and targeted therapies which have helped to reduce cancer death rates in the U.S. by over 30% in the last 30 years.”

Michael Alexander, MD, Medical Oncology Director

Located directly beneath the Infusion Center, the Katz Cancer Resource Center offers patients and their family’s convenient access to vital support before or after chemotherapy.

Through the *Path to Wellness Campaign*, we aim to expand and strengthen the Center’s services by funding the integration of key roles—bilingual navigators, social workers, and dietitians—that are essential to holistic, compassionate cancer care:

Bilingual Nurse Navigator:

This position is critical in helping Spanish-speaking patients overcome language and cultural barriers. The navigator ensures patients understand their diagnosis, treatment options, and follow-up care, while also offering culturally appropriate cancer screening, prevention education, and support throughout their journey. This service empowers families, reduces anxiety, and ensures no one has to navigate the healthcare system alone.

Oncology Case Worker:

Case workers provide personalized support, connecting patients with vital resources such as housing, transportation, and food assistance. They also assist patients in applying for grants specific to their cancer type—relieving significant financial strain. In fact, grant support coordinated through this service has saved patients more than \$500,000 in a single year.

Registered Dietitian:

Nutrition plays a vital role in treatment outcomes. A dedicated oncology dietitian works with patients to manage food-drug interactions, maintain a healthy weight, and support overall wellness. This guidance helps patients better tolerate treatment and recover more effectively, improving quality of life throughout their cancer journey.





Cancer Prevention & Screening Programs

In addition to cancer support services, the KCRC is dedicated to cancer prevention and early detection.

The Center partners with mammography clinics and screening programs to offer:

- Breast cancer screening and mammography referrals
- Education on early warning signs and cancer prevention strategies
- Lung cancer screening
- Follow-up care and referrals for abnormal screenings

By providing community education and outreach, the Katz Cancer Resource Center helps increase early detection rates, leading to better treatment outcomes and survival rates.



Ensuring the Future of Community Wellness

Through the Path to Wellness Campaign, Dominican Hospital Foundation will lead the funding for the Wellness Center and the Katz Cancer Resource Center. Dominican Hospital has proudly supported programs through community benefit funding for years. However, with rising financial challenges and increasing demands for healthcare services, the percentage of hospital funding available for these programs has significantly decreased.

Now, more than ever, philanthropy is essential to sustaining these life-changing services.

Join Us on the Path to Wellness

Your generosity is the key to sustaining and expanding these essential community health programs. Together, we can ensure that every individual—regardless of age, background, or financial situation—has access to the support and resources they need to thrive.

Make your gift today and be a part of a healthier tomorrow.

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