

Stories like these are only made possible because of donors like YOU

SUMMER 2024



## Support: Don't Give Osteoporosis a Break

Sometimes getting a break is not a good thing. Broken and fractured bones, especially related to bone density loss, can lead to disabilities or difficulties with everyday activities. Early detection of bone loss is important for prevention and treatment of disorders like osteoporosis.

A DEXA scan device was recently purchased for St. Louise Regional Hospital (SLRH) by Friends of St. Louise, Valley Health Foundation's South County giving society. A DEXA scan (dual energy X-ray absorptiometry) is a high-precision X-ray test that measures bone mineral density and bone loss. The machine at SLRH is currently

the only DEXA unit within the county-wide health system. Dr. Praveen Anchala, Medical Director of Radiology at SCVH speaks to the impact of this new equipment:

"The timeliness and availability of the DEXA scanner at SLRH has been critical to the success of getting our patients what they need. It could not have come at a better time. It also provides crucial access to an important imaging study within the growing community in the South County. I want to thank everyone involved for their amazing partnership in bringing such a crucial piece of equipment to our patient population!"

## How VHF Leads

The mission of Valley Health Foundation (VHF) is to be a leader for community health and healthcare in Santa Clara County by fundraising to support, innovate, and advocate better health for all. But how do we get there?

Santa Clara Valley Healthcare is the only healthcare system in the region with a 100% open door policy, providing care to all, regardless of ability to pay. Our work **supports** patients, families, and healthcare professionals to improve outcomes and address barriers.

VHF **innovates** new solutions for healthier communities, leveraging technology and creative approaches to achieve more and build a health system that works for everyone.

VHF also **advocates** for equitable access to high-quality health services. Our efforts are to ensure better health for all residents in Santa Clara County.

Please see more on how we impact health, in this, and upcoming issues. We love to keep you in the loop. As always, and on behalf of the entire VHF team, thank you for your support. We are working hard to continue to be worthy of it.

Yours in community service,



Michael Elliott,  
President and  
Executive Director



## Innovation: Healing Power of Music

Babies love music, and for good reason! Music has been shown to help soothe upset babies, promote bonding with parents, and even boost early brain development. With VHF's assistance, the Neonatal Intensive Care Unit (NICU) at Santa Clara Valley Medical Center is providing music therapy for premature infants. And because VHF supports science driven innovations, we are also supporting a research study that examines the benefits for a select group of higher risk premature infants. The study looks at the effects of six different

music therapy interventions to determine if music therapy can improve health outcomes and decrease hospital stays for select premature and highly vulnerable infants that have not previously been studied.

VHF is excited to support this program by funding the two board certified music therapists who are involved in this study and provide therapy to NICU infants. VHF believes that access to innovative and high-quality care begins at Day 1!

## Advocacy: Hope Around The Q Corner

VHF values diversity in all forms. It's one of our core values. We champion health programs that improve equity, inclusion and respect. This is why we have supported The Q Corner since its inception.

The Q Corner is a peer support program of the Santa Clara County Behavioral Health Services Department. The program supports the 2SLGBTQIA+ community with peer and mentoring programs, trainings, social activities, and community building. And because it's a peer program, it's driven by individuals with expertise and lived experience and guided by the needs of the 2SLGBTQIA+ community.

VHF partners with The Q Corner program in several ways, including supporting community outreach and building events, such as their holiday gifting program, purchases of gender affirming garments, and providing emergency temporary housing. We partner because we believe that all residents should have access to the highest quality health services.



## Stars & Strides Steps It Up!

Only 1 in 2 adults in Santa Clara County are meeting the Center for Disease Control and Prevention's (CDC) recommendation for physical activity. We get it, exercise is hard and often no fun.

This year, VHF brought the fun! VHF coordinated the 4th annual Bloom Energy & Tarana Wireless Stars & Strides 5K/10K Run-Walk on June 29, as a fun community event that also got people out to exercise. We must have done something right, with over 2400 attendees showing up to walk or run, celebrate our healthy community, and have a good time!

The event included a fun run for kids (because it's never too early to start healthy habits), face painting, and other activities for the entire family. Our long term race partners, the Santa Clara County Sheriff's office, thrilled the participants with a special helicopter landing.

Proceeds from this event go towards the innovative programs and projects that VHF supports. Come join us next year for the most fun you can have while exercising!

**Stories like these are only made possible because of donors like you!**

To read more about our work and how donations make a difference, visit our website at [valleyhealthfoundation.org](http://valleyhealthfoundation.org)