



ADVENTIST HEALTH
SONORA- Greenley

IMPLEMENTATION STRATEGY
Year Two Update, FY 2024
Period: 1/1/24 - 12/31/24

2024

Table of Contents

I.	PURPOSE & SUMMARY.....	3
II.	GETTING TO KNOW US	
	Who we Serve.....	4
	Adventist Health.....	5
III.	CHIS Update 2024.....	6
	a. High Priority: Financial Stability.....	7
	b. High Priority: Housing.....	11
	c. High Priority: Mental Health.....	12
IV.	SIGNIFICANT IDENTIFIED HEALTH NEEDS.....	20
V.	COMMUNITY HEALTH FINANCIAL ASSISTANCE FOR MEDICALLY NECESSARY CARE COMMITMENT.....	21
VI.	Closing.....	22

Purpose & Summary

Non-profit health systems, community-based organizations, and public health agencies across the country all share a similar calling: to provide public service to help improve the lives of their community. To live out this calling and responsibility, Adventist Health Sonora conducts a Community Health Needs Assessment (CHNA) every three years, with our most recent report completed in 2022. Part of that process is engaging our community through focus groups, key informant interviews and surveys. Represented and vulnerable populations included: Civic government, community-based healthcare workers focusing on behavioral health, faith, law enforcement, low-income, medically underserved, minority populations, older adults, providers and unhoused populations. Now that our communities' voices, stories, and priority areas are reflected in the CHNA, our next step is to complete a Community Health Improvement Plan (CHIP), or as we refer to it in this report, a Community Health Implementation Strategy (CHIS).

The CHIS consists of a long-term community health improvement plan that strategically implements solutions and programs to address our health needs identified in the CHNA. Together with the Adventist Health Well-Being team, local public health officials, community-based organizations, medical providers, students, parents, and members of selected underserved, low-income, and minority populations, Adventist Health Sonora intentionally developed a strategic plan to address the needs of our community. In this Implementation Strategy Year Two Update, FY 2024 also known as the Community Health Plan Update, FY 2024 you will find strategies, tactics, and partnerships that address the following health needs identified in the 2022 Adventist Health Sonora CHNA:

Financial Stability

Housing

Mental Health

Blue Zones Project Tuolumne County

Across the globe lie blue zones areas - places where people are living vibrant, active lives well into their hundreds at an astonishing rate—and with higher rates of well-being. Attaining optimal well-being means that our physical, emotional, and social health is thriving. Blue Zones Project works with communities to make sustainable changes to their environment, policies, and social networks to support healthy behaviors. Instead of a focus on individual behavior change, it is an upstream solution focused on making healthy options easy in all the places people spend most of their time. Blue Zones Project is committed to measurably improving the well-being of community residents and through their proven programs, tools and resources, utilizes rigorous metrics to inform strategies and track progress throughout the life of the project. This includes well-being data, community-wide metrics, sector-level progress and outcome metrics, transforming community well-being by making changes to environment, policy, worksites and social networks that create healthy and equitable opportunities for all.

Adventist Health Sonora proudly sponsors Blue Zones Project Tuolumne County (BZPTC). The BZPTC team collaborates with community leaders and organizations active in the sectors of built environment, education, economic and workforce development, mental and physical well-being, policy and public health. Together the BZPTC team and sector leaders develop a community Blueprint that strategically aligns and leverages the actions and resources of the sectors where we live, learn, work and play to help advance the efforts around the community's biggest Social Determinant of Health challenges while connecting them to Health-Related Social Needs organizations.

Equity is a strategic priority woven throughout the Blueprint and programs. Policies and initiatives are developed in a way that honors the local culture that is focused on reaching out to all populations. Each year BZPTC sector leads come together to evaluate and update the Blueprint to ensure community alignment.

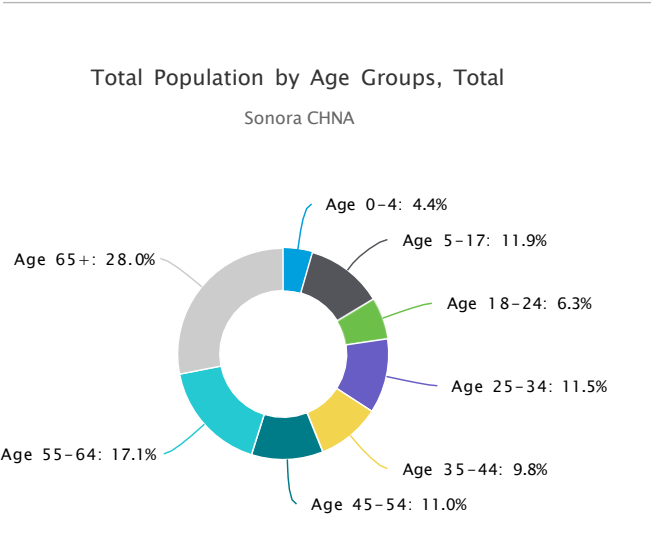
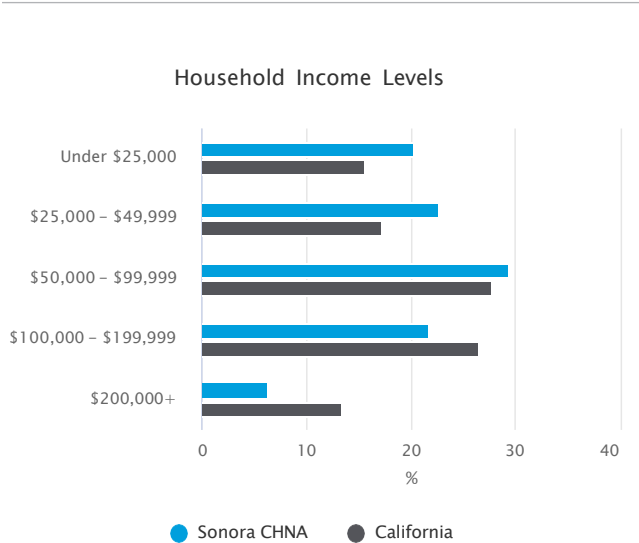
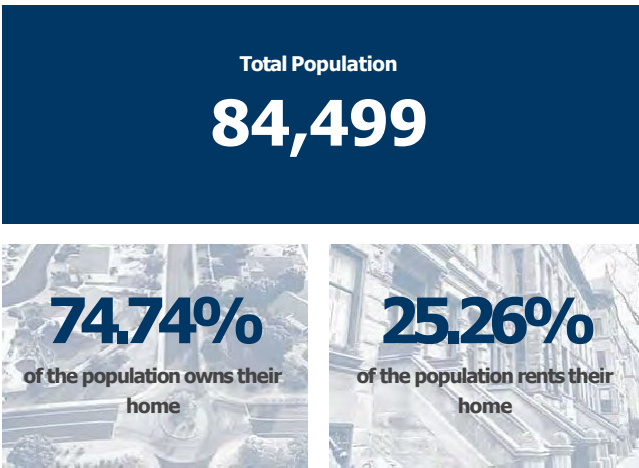
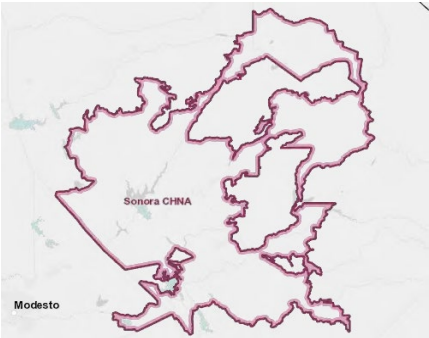
To learn more about Blue Zones Project Tuolumne County and how to get involved visit: tuolumnecounty.bluezonesproject.com

Who We Serve

DEMOGRAPHIC PROFILE

The following zip codes represent Adventist Health Sonora’s primary service area (PSA), accounting for 75% of hospital discharges. Additionally, we took a collaborative approach and expanded our PSA by inviting Steering Committee members to include the zip codes of those they serve.

The Adventist Health Sonora CHNA market has a total population of 84,499 (based on the 2020 Decennial Census). The largest city in the service area is Sonora, with a population of 4,904. The service area is comprised of the following zip codes: 95311, 95310, 95248, 95251, 95224, 95318, 95223, 95370, 95383, 95321, 95364, 95247, 95329, 95222, 95372, 95305, 95346, 95379, 95375, 95233, 95327, 95335, 95228, 95249, 95246.



About Us

Adventist Health Sonora

Adventist Health Sonora (AHSR) is located in the city of Sonora in Tuolumne County. Tuolumne County is in the beautiful Sierra Nevada foothills and is at the gateway to Gold Country. A 152-bed medical center in Sonora, California, serving the residents of Calaveras and Tuolumne counties. Our hospital prides itself on providing excellent emergency medical care, outpatient services, and wellness programs. Our vast network of healthcare resources and expertise allows us to provide the community with seamless coordination and access to specialized services.

Adventist Health

Adventist Health is a faith-inspired, nonprofit integrated health system serving more than 80 communities on the West Coast and Hawaii. Founded on Adventist heritage and values, Adventist Health provides care in hospitals, clinics, home care agencies, hospice agencies and joint-venture retirement centers in both rural and urban communities. Our compassionate and talented team of 34,000 includes associates, medical staff physicians, allied health professionals and volunteers driven in pursuit of one mission: living God's love by inspiring health, wholeness and hope. Together, we are transforming the American healthcare experience with an innovative, yet timeless, whole-person focus on physical, mental, spiritual and social healing to support community well-being.



Adventist Health's Approach to CHNA & CHIS

Adventist Health prioritizes well-being in the communities we serve across our system. We use an intentional, community centered approach when creating our hospital CHNA's to understand the health needs of each community. After the completion of the community assessment process, we address health needs such as mental health, access to care, health risk behaviors, and others through the creation and execution of a Community Health Implementation Strategy (CHIS) for each of our hospitals and their communities. The following pages highlight the key findings the Adventist Health Sonora CHNA Steering Committee identified as their top priority health needs, or as we refer to them in this report, their 'High Priority Needs'.

The High Priority Needs are addressed in the Community Health Implementation Strategy and are reported on a yearly basis through the Annual Community Health Plan Update. This is year two, of a three-year strategy to improve the health of our community. We invite you to learn about the actions, activities and programs that have been implemented in 2024.

Action Plan for Addressing High Priority Needs

The following pages reflect the goals, strategies, actions, and resources that Adventist Health Sonora provided in 2024 to address each selected High Priority Need.

ADDRESSING HIGH PRIORITY: Financial Stability

GOAL 1	Increase financial stability by reducing the negative impacts caused by chronic health conditions that lead to lost work time and increased health care costs.
Strategy 1:	Support community programs and events that promote healthy lifestyle choices and reduce the worsening of chronic health conditions.
Action 1: Program/Activity/Tactic/Policy	
<p>AHSR will offer and partner with community partners to provide the following educational, screening, and support group opportunities. These may include:</p> <ul style="list-style-type: none"> • Diabetes Awareness & Heart Health events that highlight the importance of early detection and lifestyle choices that impact the development of chronic diseases. • Establishing the annual cadence for the Tuolumne Health Fair or identifying other opportunities for screenings. • Support Blue Zones Cooking Classes to provide affordable, healthy meal options. • Promote low-to-no-cost fitness classes offered by partners including Blue Zone Project and AHSR Living Well Fitness Center. • Resume the HS physicals program so all youth can participate in school-based low/no cost sports. • Identify tobacco cessation programs for youth and adults. • Sponsor community health films at the local theatre. 	
FY 2024 YEAR TWO	
Continue to create and implement schedules. Depending upon the programming example, metrics may include: Number of trainings, number of participants, number of health screenings, number of classes/support groups, and number of athletes served.	
Strategy 2:	Reduce barriers that are preventing the most at-risk individuals from seeking treatment and screenings.
Action 2: Program/Activity/Tactic/Policy	
Provide transportation vouchers and assistance at clinics and at the main hospital to help patients access appointments, screenings, and services.	
FY 2024 YEAR TWO	
<ul style="list-style-type: none"> • AHSR will continue to evaluate the impact of transportation vouchers biannually. Evaluation will include the number of people served (unduplicated), and number of rides provided including locations. • Provide vouchers to 100% of patients making less than 250% of FPL and continue to work with CalAIM and MediCal to provide related support services. • Review data gathered of missed appointments at Rural Health Clinics due to transportation barriers. 	
Strategy 3:	Increase access to method of safe and affordable transportation for individuals who are in need of receiving care.
FY 2024 YEAR TWO	
Identify opportunities to support safe walking and transportation projects. Identify sponsorship opportunities to financial support development, maintenance, or expansion of projects. Metrics include the number of projects supported, and the number of projects sponsored.	

ADDRESSING HIGH PRIORITY: Financial Stability

GOAL 2	Expand the number of staff and providers able to see underinsured patients and increase the number of family practice practitioners in our community to reduce expensive travel and delayed treatment, which can lead to financial instability. These strategies will also improve outcomes for community members seeking to improve career opportunities.	
Strategy 2.1:	Provide opportunities for workforce development so individuals can pursue local, family wage careers.	
Action 2.1: Program/Activity/Tactic/Policy		
<ul style="list-style-type: none">Develop and implement local Certified Nursing Assistant (CNA), Medical Assistant (MA), and Registered Nurse (RN) training programs.Develop career technical education pathways with high schools and the community college to encourage the development of health career pathways.		
FY 2024 YEAR TWO		
Graduate first MA cohort <ul style="list-style-type: none">Track retention rate – AHSR and community Continue to track data established Year 1.		
Action 2.2: Program/Activity/Tactic/Policy	Organization	Lead
Establish a residency program for family care providers to train physicians in rural primary care. (Hanford Sonora Family Medicine Residency Rural Training Track)	Adventist Health Sonora – Program Director	Dr. Matthew Personius, Carlene Maggio
	Adventist Health Hanford	TBD
FY 2024 YEAR TWO		
Begin first year students – 4 residents.		

COMMUNITY IMPACT Financial Impact SUMMARY

In 2024, Adventist Health Sonora (AHSR) provided the following screenings and other health services to educate, prevent chronic disease, and increase access to healthcare and wellbeing services.

- Hosted 3rd annual diabetes awareness event – Turkey Trot. Increased awareness of diabetes prevention and screening tools. Increased participation to over 300 individuals.
- Hosted breast health awareness event - Ladies Night Out. It is an event to bring the community together to learn about the importance of early screening, education about breast health, and cancer treatments with community partners. Approximately 750 attendees.
- Hosted heart education events - Heart Health month included community outreach events to provide blood pressure screening, cardio/pulmonary health information, and access to no cost exercise to prevent chronic disease. Over 400 individuals impacted in February 2024.
- Tuolumne County Health Fair – October 2024. AHSR served as the co-Chair for the 2024 event after a hiatus of 3 years. Established screenings and lab draws at no/low cost. Over 500 people attended.
- MACT Health Board Health event in Calaveras County supported no cost health screenings to over 500 attendees.
- Nutrition support and education services: Supported and co-hosted Tuolumne County Blue Zones Project cooking demonstrations to provide affordable, healthy meal options to community members. In addition to cooking demos, AHSR representatives serve on the Tuolumne Thrives committee (CNAP) to promote healthy, low-cost foods, WIC, and food assistance services to the community.
- Promoted low-to-no-cost fitness classes offered by partners including Blue Zone Project (Tai Chi, Yoga and swim classes) and AHSR Living Well Fitness Center (6,677). Provided funding for the continued building of accessible, free outdoor trail system in Groveland, an underserved area of Tuolumne County (~500 currently accessing. Will increase as system is finished.)
- Provided low-cost high school physicals so all youth can participate in school-based low/no cost sports. May 2024.

- Created tobacco cessation programs for youth & adults at AHSR and provided funding to TUPE, so a screening of Screenagers was made available to the community.
- Provided volunteers and medical staff at the Life Hope Clinic – screenings included blood pressure, cholesterol, blood sugar, vision, dental, and foot health.
- First Aid provided at the July local county fair at no cost provided educational materials and services to over 1500 attendees.
- Increased access to dental screening, varnishes, and dental referrals through a collaborative program called Smilekeepers which served over 5,200 youth in preschool – 12 grade programs including juvenile hall.
- Breastfeeding Basics classes were provided with approximately 25 individuals served each quarter.

Services for individuals in financial distress/experiencing homelessness and general community support.

- Transportation was provided to 540 individuals who earn less than 250% of poverty level to access medical care and services.
- Funding was provided to support transportation services to/from Tuolumne (south) and Calaveras counties in order for people to keep health related appointments.
- Clothing Closet provided clean, new clothing for individuals who are unhoused. 75-100 individuals.
- Provided funding to support income eligible high school students access to ‘adulting’ skills such as career development, driver’s license applications, interview skills, and lessons on how to access health care/health insurance.

Tuolumne Blue Zone Project (For more detailed information, please see the “[2024 Blue Zones Project Tuolumne County Update.](#)”

- BZP Tuolumne conducted water walking and regular walking moais throughout Tuolumne County with participation ranging from 10 -40 per moai.
- Partnered with Tuolumne County Public and Environmental Health Departments to educate and inform the Tuolumne County Board of Supervisors of the Tobacco Retail License (TRL) process. Supported the creation and adoption of a Tuolumne County TRL, adopted by the County Board of Supervisors on 12/3/24 to be implemented on 1/2/25. Three schools were Blue Zone approved that included a walking school bus, farmers markets for kids, the installation of two disc golf courses, and membership on wellness committees.
- Four worksites were Blue Zone approved, including Adventist Health Sonora, ATCAA Head Start, Jamestown School District, and Tuolumne Health and Human Services Agency.
- Two grocery stores were Blue Zone approved.
- Six restaurants were Blue Zone approved.
- Partnered with Groveland Community Services District Community Services District to host the 2nd Community Walk & Talk to highlight completed trails, current developments, and future plans to promote active transportation and build community pride and connectivity.
- Completed support work for senior community needs assessment and moved forward with the creation of an Age-Friendly coalition/committee. Enlisted potential coalition members and planning a deep dive session for early 2025 to finalize the committee members.
- Partnership with Tuolumne Park & Recreation District to install a pop-up StoryWalk® Trail during the Tuolumne Great Pumpkin Halloween Parade and Trick or Treat event on 10/30/24. Kids and families walked and read the story, answered questions, provided positive feedback and supported the idea of a permanent StoryWalk® Trail in the future.
- September 2024, Sonora City Council approved a project on Stewart St between Linoberg and Theall for pedestrian safety improvements and beautification. Currently, informing businesses and residents who are directly impacted; collecting pre-installation data; and procuring project materials. Expected installation and launch by February and remain in effect for 10 to 15 months with on-going data collection.
- Partnered with Tuolumne County Public Health CalFresh Healthy Living Program and Sonora to bring EBT (a system that allows recipients to access government benefits electronically) to the Sonora Farmers Market.
- The Charlie Cart Project provides educators with everything they need to get their communities cooking. It includes a fully stocked mobile kitchen, well-tested curriculum, training and support, and a passionate network of food educators.

Project Activities

• ENGAGEMENTS	• # of Individuals	• # of Events
• Blue Zones Story Speech	• 215	• 8
• Walking Moais	• 259	• 11
• Community Tai Chi	• Average 35	• 45
• Purpose Workshops	• 230	• 14
• Cooking Demos/Classes	• 550	• 30
• Volunteers	• 120	• N/A
• Sharecare Digital Platform	• 9075	• Hubspot, Facebook, Instagram

Expansion of job opportunities available to working families and individuals in the community

- 10 CNAs graduated in 2024. A new cohort of MA recruits completed in 2024. An RN pathway started the 2024 with 18 participating.
- The Rural Medicine Residency Program began with four residents assigned to Adventist Health Sonora (AHSR). Four additional residents will start in July 2025.
- Partnership development in the K-16 grant – AHSR Operations Executive/leaders, education partners, colleges, and workforce partners collaboratively developed healthcare career pathways track as part of an \$18 million grant.

STRATEGY THAT CHANGED DURING THE YEAR:

The AHSR Health Equity (HE) Committee identified, through patient input of Social Determinant of Health (SDoH) questions, that food insecurity was an area to address in addition to transportation challenges. The HE Committee created a Food Insecurity strategy in order to help patients access food resources in the community.

ADVENTIST HEALTH COMMUNITY IMPACT IN THE NEWS:

https://www.uniondemocrat.com/news/article_9e09e356-8b5b-11ef-a386-abb63c040692.html (Ladies Night Out)
[Adventist Health Sonora will host 3rd annual Turkey Trot | News | uniondemocrat.com](#)
[Tuolumne County Health Fair Returning This Fall - myMotherLode.com](#)
[Tuolumne County Health Fair will return next month after hiatus | News | uniondemocrat.com](#)
[Adventist Health Sonora plans events for American Heart Month | News | uniondemocrat.com](#)

ADDRESSING HIGH PRIORITY: Housing

GOAL 1	Residents have access to safe, affordable, and stable housing and resources that provide the conditions necessary for health and well-being.
Strategy 1:	Develop and maintain partnerships to address unhoused individuals/families and housing using evidence-based strategies.
Action 1: Program/Activity/Tactic/Policy	
<ul style="list-style-type: none">• Support a “housing first” approach which prioritizes access to permanent (non-time-limited) housing with minimal preconditions, thereby reducing barriers to housing for people experiencing homelessness.• Provide outreach, navigation, and support services for individuals and families currently experiencing homelessness.• Investments made through grants and sponsorships related to housing needs are decided annually and based on community health needs.• Explore opportunities for homeless respite and recuperative care beds linked to complex care management services with community partners.	
FY 2024 YEAR TWO	
<ul style="list-style-type: none">• Identify areas where grants and sponsorships can support housing needs for short-term, transitional, and long-term needs.• Continue to serve on commissions, boards, and organizations that address housing issues.	

COMMUNITY IMPACT Housing SUMMARY

In 2024, Adventist Health Sonora (AHSR) provided the following:

Direct funding and support for individuals experiencing homelessness or housing insecurity.

- AHSR representative served on the Board of Supervisors Homeless Subcommittee. Accomplishments include the purchase of Oak Terrace Transitional Housing Center – low barrier, housing first temporary housing shelter.
- AHSR representative serves on the Resiliency Village and Amador Tuolumne Community Action Agency (ATCAA) Boards which provides temporary housing and financial support, including case management for those who qualify for assistance. Over 4,100 individuals and households served in the ATCAA temporary shelter, received utility and food assistance, and 54 individuals supported through Resiliency Village.
- Donations to Nancy’s Hope, Sierra Hope, and ATCAA which provides emergency, temporary shelter, rental assistance, and placement for unhoused individuals into residential recovery programs with case management services were made. Approximately 2,000 people were supported.
- Homeless Navigator and Community Health Worker positions were filled, and a Housing Support Specialist position was funded.

Direct funding and support for the development of affordable/workforce housing

- Habitat for Humanity was provided direct funding to support affordable housing builds in the community.
- Columbia College Foundation – Foster Youth Housing spaces were provided in onsite dormitories to address student housing needs. AHSR representatives serve on the board.
- The Tuolumne County Housing Collaborative met several times in 2024 with the goal of identifying opportunities to increase housing options in the area. The AHSR Operation Executive serves on the Committee.

ADDRESSING HIGH PRIORITY: Mental Health

GOAL 1	To prevent substance and tobacco use and improve health outcomes and recovery	
Strategy 1	Complete screening for substance use disorders (SUD) and co-occurring disorders in the community. Link individuals assessed as needing additional services to treatment and other resources. This will include, but is not limited to, referrals from AHSR's Emergency Department.	
Actions 1: Program/Activity/Tactic/Policy		
Implement the CA Bridge program, leading to increased navigation to ongoing care and community resources. The CA Bridge program links individuals who have SUD and who present in hospital emergency departments (EDs) to a Substance Use Navigator (SUN) to provide resources and immediate access to medication for addiction treatment (MAT).		
FY 2024 YEAR TWO		
<ul style="list-style-type: none">• Work with partners to evaluate program efficacy. Metrics may include: number of persons served (unduplicated), number of encounters and location of services, number of persons who received mental health referrals or services directly from the program, number of persons who received referrals or substance use services directly from the program, number of persons who received case management services directly from the program, number of persons referred out to social services.• Implement a navigation resource guide.• AHSR to maintain membership on Opioid Coalition.• Identify grants to support navigation services.		

Strategy 2:	Increase community knowledge of the risks associated with alcohol, tobacco, and drug use in youth and at-risk populations and provide resources.	
Actions 2: Program/Activity/Tactic/Policy		
Partner with the Tuolumne Tobacco Coalition and YES Partnership to create and implement programs to prevent and reduce substance use especially involving tobacco and vaping products.		
FY 2024 YEAR TWO		
<ul style="list-style-type: none">• Increase the number of Tobacco Cessation programs offered in the community.• Review CHKS and other data sources for downward trend in tobacco and vape use.• Metrics may include number of persons served (unduplicated), number of persons who received substance use/tobacco cessation or prevention services directly from programs, number of class, workshop, or support group sessions provided by the program, number of persons referred out to services		

GOAL 2	Providers, staff, community members, and trainees increase their knowledge of and skills in evidenced-based, culturally responsive, and/or trauma-informed behavioral health resources and services with a focus on childhood and youth.	
Strategy 2.1:	Increase access to support services and interventions for families who have experienced trauma and expand community centered activities.	
Actions 2.1: Program/Activity/Tactic/Policy		
Build and expand Adverse Childhood Experiences (ACEs) screening program across local clinics with a focus on youth and families.		
FY 2024 YEAR TWO		
<ul style="list-style-type: none">• Increase screenings to include parenting age individuals at the Rural Health Clinic. Continue tracking with metrics which may include number of referrals, number of individuals served, ranking of intensity of services, and ACE scoring over time.• Increase opportunities for training with AHSR staff and physicians measured by number of ACEs, Pediatric ACE's, and Related Life- events Screener (PEARLS) trained staff and demonstrated increase in knowledge of available resources.		

12

Actions 2.2: Program/Activity/Tactic/Policy
<ul style="list-style-type: none"> • Provide Mental Health First Aid (MHFA) and Youth Mental Health First Aid (YMHFA) training to community members to build peer-to-peer support networks. • Identify and provide grief counseling support in partnership with schools.
FY 2024 YEAR TWO
<ul style="list-style-type: none"> • Identify and train individuals to become trainers in MHFA and YMHFA. Record the number of trainers fully completing the training. Increase by four trainers from the previous year. • Track the number of MHFA trainings and the number of trained individuals. Increase the number of trainings to 10 per year. • Establish programs to help train peer support providers to lead grief counseling support to schools/parents. Record the number of sessions led and number of participants.
Actions 2.3: Program/Activity/Tactic/Policy
Provide Purpose Workshops through the Community Blue Zones Project and AHSR Blue Zones Certification process.
FY 2024 YEAR TWO
Identify Purpose Workshop opportunities. Record the number of workshops hosted for the community and the number hosted for AHSR associates.

COMMUNITY IMPACT Mental Health SUMMARY

In 2024, Adventist Health Sonora (AHSR) provided the following activities and resources:

Substance Use Reduction

- A Substance Use Navigator (SUN) was funded through the CalBridge program. 264 accepted services and follow-up consultations. 23 were referred to mental health services. 3880 Narcan kits were distributed. The SUN and Pharmacy Dept. representatives are on the Tuolumne County Opioid Coalition to create more opportunities to identify services. The Well-Being Director is a part of the Opioid Coalition.
- The Tuolumne County Tobacco Coalition continues to meet, and a tobacco license ordinance was passed to address the impacts of tobacco use and to develop tobacco use cessation programs for youth and adults. AHSR has representation in the coalition.
- Smoking Cessation and Pain Management classes were implemented in 2024 at AHSR that are open to the community.

Mental Health Support

- AHSR co-sponsored Adult and Youth Mental Health Training along with the YES Partnership. Over 300 individuals were trained at 10 trainings from January 2024 – December 2024. 3 trainers were certified.
- With the YES Partnership, AHSR now has an Applied Suicide Intervention Skills Training (ASIST) trainer to deliver 2-day trainings in the community. They attended a weeklong intensive training program and will provide three 2-day trainings to the community and employees at minimum.
- The Cancer Patient Support Group meets weekly with about 10-15 attendees.
- Neurological, Pulmonary Health, and Diabetes Support groups meet monthly with 10-15 attendees.
- Mental Health support for women was delivered during the International Women's Day event where a speaker focused on Purpose and Finding Connection – this was offered free to the community.
- The Tuolumne County Behavioral Health Advisory Board has AHSR representation at monthly meetings.
- The YES Partnership and EPIC Coalition have AHSR representation at monthly meetings and at the Executive Board.
- The BZP Public Policy Advocate is on the executive committee for the EPIC Youth Coalition. BZP principles have been incorporated into the program and address how social connectivity, purpose, healthy eating, physical movement, volunteerism, and mindfulness impact health and well-being.
- The Calaveras and Tuolumne County Youth Mentoring programs were supported through direct donations. Over 100 youth were served in 2024.

ADVENTIST HEALTH SONORA COMMUNITY IMPACT IN THE NEWS:

[International Women's Day | Adventist Health Sonora](#)

[International Women's Day event in Sonora looks at how close relationships improve health | News | uniondemocrat.com](#)

[Celebrating International Women's Day - myMotherLode.com](#)

2024 Blue Zones Project Tuolumne County Update:

From January through December 2024, The Blue Zones Project team worked together through many challenges to achieve countless successes this year! Our Organization Lead, Laura Sunday, took up the baton from Tyler Summerset in April this year to be our new Executive Director overseeing the many staffing changes in our office! Transitioning from Events Specialist, Gemi Battle replaced Laura Sunday as the Organization Lead. Erika Armstrong joined our team in May as our Senior Office & Events Specialist, and Marie Schermeister and Allie Madden were hired on Contract in October to help us reach our goals. Training for each of these positions while maintaining momentum in Year 3 was a strategic dance orchestrated with leadership and support from our Executive Director, Laura Sunday, and our two veterans on staff, Marketing and Engagement Lead, Judy Stoltenberg and Policy Lead, Krisit Conforti! Through creative teamwork our team accomplished - and in many areas - surpassed our Year 3 goals.

Engaging the community has always been a strength in our office, and we started this year with a 2-year celebration where the community was invited to preview the first in the Netflix Series *Live to 100*, Blue Zones Project Documentary, and enjoy a vegetarian meal catered by The Armory (one of our Blue Zones Project Approved restaurants). We continued the outreach with our extremely popular water walking moai, meeting Tuesday and Thursday evenings at the local community pool. We consistently had 40 or more people walking with us each time! Working with our many faithful Blue Zones Project volunteers and community members, we facilitated Purpose Workshops and Cooking Demonstrations at various places in the community, many hosted by BZP approved restaurants or participating organizations.

Starting our Year 3 drastically behind in our organization goals, the team made a concerted effort to support the Organization Lead in working with Worksites, Schools, Restaurants, and Grocery Stores. Working creatively together we were able to exceed our project goals in Restaurants and come close to Year 3 goals for Schools and Grocery Stores and making significant progress on Worksites. We expect to reach (and exceed) our Year 3 Goals in March 2025!

Many years of intentional work and relationship building in our community by our Policy lead, Kristi Conforti paid off big time in Year 3. Big Wins in Tuolumne County include County Supervisor Approved Tobacco Licensing. This was a multi-agency effort and culmination of years of planning and hard work. In addition, our office worked together with local volunteers from the Tuolumne Disc Golf Association to design and install (2) community Disc Golf Courses. Working with the health department, BZP Tuolumne was also a part of bringing EBT to the farmers markets, opening access to fresh produce to many community members.

More highlights and details of goals accomplished and wins for BZP Tuolumne County for PEOPLE, PLACES, and POLICY are below:

PEOPLE

BZP Tuolumne had an eventful year with many engagements reaching over 1,374 unique individuals in 2024 (and those were just the folks who signed up for our newsletter)! The three highlighted events we want to share this year are:

- June 13: Purpose Workshop for Columbia College Classified employees. The Purpose Workshop included over 40 people during their wellness retreat at Baker Station in the high country near Kennedy Meadows.
- June 15: Sonora Bike Day at Indiginy Reserve Apple Ranch. BZP hosted the 2nd annual Sonora bike day with several community partners including local bike shops, We Deliver Wheels, Tuolumne Public Health, Tuolumne County Bike Coalition, and Motherlode Mountain Bike Racing Team. This was an amazing cross-generation gathering of over 150

people who enjoyed bike rides on the Indigeny bike trails, free bike repairs, a bike rodeo, and more!

- October 26: Cooking demonstrations at the Tuolumne County Health Fair. This event required a separate building at the fair, where BZP volunteers and staff held 8 cooking demonstrations that engaged over 150 people. We invited 5 volunteer chefs and received lots of positive feedback from the community.

TOTAL: 1,374 unique individuals 15 years or older participated in Blue Zones Project activities.

ENGAGEMENTS	# of Individuals	# of Events
Blue Zones Story Speech	215	8
Walking Moais	259	11
Community Tai Chi	Average 35	45
Purpose Workshops	230	14
Cooking Demos/Classes	550	30
Volunteers	120	N/A
Sharecare Digital Platform	9075	Hubspot, Facebook, Instagram

PLACES

SCHOOLS

Tuolumne County is unique as each school is its own district. As of December 2024, we have three schools that have been approved this year and three more that are registered and working on their validation packets and pledge items as they work towards their approval.

- *Sonora Elementary School:* Our first school to be approved. The efforts were led by Associate Principal Kristie Quinn and the Wellness Committee comprised of teachers and staff! We started our work with a Walking School Bus demonstration at the school's Summer School Olympics' Day, collaborating with the local fire department to create a fun day for the students. Blue Zones hosted a cooking demonstration with the Cafeteria Manger at Back to School Night for 400 families! We supported two Farmers' Markets at the school giving out water bottles and supplying the school with fun "Drink more Water" signage at their 5 new hydration stations. This school is also working towards becoming an Approved Worksite.
- *Daria Cassina High School:* The second High School to be Approved. BZP Tuolumne helped install a school garden which inspired many students, one in particular has been given a leadership position and title of "Garden Manager" and is currently helping install hydroponic gardens in each classroom. This particular student has delivered presentations about their garden work to the School and District Board and local Foundations and as a result they received \$1,500 in grant monies to sponsor their work. Another big win for this school was the installation of a 5-hole Disc Golf Course which was sponsored by BZP Tuolumne and installed by volunteers from the Tuolumne Disc Golf Association. This school is currently being considered as a "Model Continuation School" for the State of California.
- *Columbia Elementary School:* Our third School Approved this year has a newly created Wellness Committee led by Superintendent, Dr. Nick Wade. This committee wrote a new school wellness policy modeled after the Blue Zones Project Pledge items. Their Wellness Policy was accepted and adopted by their School/District Board. This school is in the process of building a school garden complete with outdoor learning spaces. BZP Tuolumne also sponsored a 12-hole disc golf course installed by volunteers from the Tuolumne Disc Golf Association on their campus. This school is also working towards a Worksite Approval.

- *Jamestown Elementary School*: Jamestown Elementary school District (Includes Chinese Camp Elementary) is very close to Approval. This school has created “Wellness Wednesdays” where healthy tips are included in morning announcements, and students are encouraged to walk around the track before school and at recess. The 6-8th grade teachers are planning the “Blue Zones Challenge” for the students as they return to school from the Holidays. Another Big win was working with representatives from Blue Zones and Civic Well for Safe Routes to School (SRTS). The school will be looking at ways to improve the built environment in front of the school including walking and biking routes for students attending the school. Initially resistant to a Walking School Bus Event, after the SRTS meeting, the leadership at the school is excited to plan the first one in the Spring!
- *Twain Harte School Elementary*: Registered and plans to start work on the Validation packet in January 2025.

WORKSITES

Blue Zones Project Tuolumne currently has four approved worksites. Adventist Health Sonora and A-TCAA Head Start are two worksites that were approved this year, 2024. Our other two approved worksites, Tuolumne County Health & Human Services Agency and Jamestown Elementary School worked on Sustainability Plans. We currently have 9 more worksites that are registered and working on their validation and pledge packets towards approval.

- *Adventist Health Sonora*: Our sponsoring hospital received Blue Zones Worksite Approval in May this year! While working closely with Director Cathy Parker , Well-Being, our staff attended and facilitated many employee engagements including appreciation lunches, Purpose Workshops, and cooking demonstrations! Adventist Health Sonora is now in the BZP Certification Process.
- *A-TCAA Head Start*: Our second organization approved this year is a large employer of 80+ staff at 10 Head Start Preschool Centers. BZP Tuolumne worked with the staff on developing a year-long “Power 9 Monthly Challenge for 2024-2025” for the staff at each center. Staff will collect Power 9 stickers throughout the year and place them on their BZP-provided water bottles with a goal of collecting all 9 of the Power 9 stickers. BZP staff is assisting with family cooking demonstrations and staff Purpose Workshops. The year culminated in a huge family cooking demonstration collaborating with CalFresh, Public Health, and Infant Child enrichment Services. Families learned how to create healthy plant-slant meals for the holidays.
- *Tuolumne County Health and Human Services Agency (HHSA)*: BZP Tuolumne is actively supporting Tuolumne County HHSA as they work on their sustainability plan. We assisted HHSA with a (Health) Salus Symposium in February and conducted a staff-wide RealAge Test to compare with first year results. In addition, BZP sponsored a staff Power 9 Challenge through the summer and provided weekly winners with prizes.
- *Jamestown Elementary School*: Approved in 2023 as a worksite, we held their celebration this Spring (2024) at a school assembly. The school is actively working towards school approval and BZP Tuolumne staff are keeping teachers and staff engaged as we work through the Worksite Sustainability Plan. BZP representatives for Safe Routes To School conducted a *walkability survey* and study of the school in December, and the school is excited to see the results of the study and implement the suggestions.

RESTAURANTS

We met our project goal this year with the approval of 6 Restaurants. We are working on sustainability and collecting metrics with all of our restaurants. These restaurants not only serve food and beverages made with local produce, but each spot is a unique gathering place in our community and supports the BZP principles of well-being! The new restaurants approved in 2024

- *Garden Café*: The Adventist Health Sonora hospital Café/cafeteria was approved this Spring. Serving healthy and delicious food, this spot is a place to relax and recharge for many employees and family members visiting loved ones in the hospital.
- *Schnoogs and Schnoogs Station*: These two restaurants are owned by Sally Arnold whose commitment to organic and fair-trade products is evident in the quality of food and beverages served. These are beloved community gathering spaces and are a perfect fit for blue zones.
- *The Armory*: A popular Restaurant and gathering space with *line dancing* on the weekends and live bands on Thursday and Friday nights. The owners have expressed a dedication to conservation and serving food made with local produce and products.
- *Black Bomb Entertainment (BBE)*: The owners have a special goal of serving organic dishes made with whole foods as they have had their own experience and journey with healing inflammatory diseases with food. They wanted to share healthy food with the community as well as offer a place to gather, so BBE has events almost every night of the week and reserves the 5th Friday of the month (there are about 5 in each year) for Blue Zones Project events!
- *Yianni's Grill*: Our latest restaurant to be approved. Serving Greek cuisine – this restaurant was an easy win for the BZP Tuolumne Team. Our team enjoys using our creative talents to enhance businesses. Our team created a special insert for this restaurant featuring healthy living tips and information on the Blue Zone, Ikaria, and Greece along with five of their Blue Zones Inspired Vegetarian dishes. This insert has been a hit with customers, and we often find customers reading and discussing the insert as well as planning trips to Greece as they wait for their food to arrive!

GROCERY STORES

We have two Blue Zones Project Approved Grocery Stores in Tuolumne County with plans to approach several more in the beginning of 2025.

- *Nature's Whole Foods Depot* was our first Grocery Store. A natural fit for Blue Zones Project, this grocery store is the area's go-to health food store. The owner has several years of experience running local farmers' markets and has supplied her store with organic produce and farm-fresh goods through local farmers. This store also has a nursery and sells many hard-to-find gluten free products and health foods. Nature's Whole Foods Depot offers classes throughout the year on cider-making, canning, gardening, and BZP cooking demonstrations – educating the community and bringing the community together.
- *Columbia Mercantile 1855* is our newest Approved Grocery Store in December 2024 and sells locally sourced produce and meats. This was a special challenge for the team as we worked together with the owner to come up with signage solutions that met the BZP best practices and guidelines but also fit in with the historical branding of the 1855 reproduction store located in an historic park.

POLICY

BUILT ENVIRONMENT

- **Policy**
 - Groveland Community Connectivity Plan advancement. Partnered with Groveland Community Services District to host the 2nd Community Walk & Talk to highlight completed trails, current developments, and future plans to promote active transportation and build community pride and connectivity.
 - Advanced Safe Routes to School activities at Jamestown Elementary School.

- **Capacity Building**
 - *Age-Friendly Community* - Completed support work for senior community needs assessment and moved forward the creation of an Age-Friendly coalition/committee. Enlisted potential coalition members and planning a deep dive session for early 2025 to finalize the committee members.
- **Demonstration Projects**
 - *Tuolumne County* – Partnership with Tuolumne Park & Recreation District to install a pop-up StoryWalk® Trail during the Tuolumne Great Pumpkin Halloween Parade and Trick or Treat event on 10/30/24. Kids and families walked and read the story, answered questions, provided positive feedback, and supported the idea of a permanent StoryWalk® Trail in the future.
 - *City of Sonora*: September 2024, Sonora City Council approved a project on Stewart St, between Linoberg and Theall, for pedestrian safety improvements and beautification. Currently, informing businesses and residents who are directly impacted, collecting pre-installation data, and procuring project materials. Expected installation and launch by February and remain in effect for 10 to 15 months with on-going data collection.
- **Marquee Project**
 - Partnered with BZP People & Places to install Disc Golf courses on two school campuses. Installation of disc golf courses at Columbia Elementary & Dario Cassina High School. Grand opening Community Celebration at Dario Cassina High School on 11/1/24. Columbia Elementary School course completed; formal community celebration to take place in early 2025.

FOOD SYSTEMS

- **Policy**
 - Partnered with Tuolumne County Public Health CalFresh Healthy Living Program and the City of Sonora to bring EBT (a system that allows recipients to access government benefits electronically) to the Sonora Farmers Market.
- **Capacity Building**
 - Healthy Cooking Classes and Skill Building across all ages including mentorship of a high school senior to lead a healthy cooking class with teens; partnering with the Senior Center for summer cooking classes for seniors at the center and at the farmer's market.
 - Chop Chop Magazine coordination, promotion, and distribution.
 - Chop Chop: The fun cooking magazine for families issued quarterly teaches children how to cook and eat healthy foods (published English and Spanish).
 - Led to the first cooking skills class at Jamestown Elementary After School Program in December 2024.
- **Marquee Project**
 - The Charlie Cart Project provides educators with everything they need to get their communities cooking. It includes a fully stocked mobile kitchen, well-tested curriculum, training and support, and a passionate network of food educators.
 - The Charlie Cart Project partnerships with the Chicken Ranch Tribe and Dario Cassina High School to bring healthy cooking classes to two communities. Chicken Ranch Tribe's Charlie Cart arrived in early December with community classes planned for January. The Dario Cassina High School cart will ship in early January.

TOBACCO

- **Policy**

- Partnered with Tuolumne County Public and Environmental Health Departments to educate and inform the Tuolumne County Board of Supervisors of the Tobacco Retail License (TRL) process. Supported the creation and adoption of a Tuolumne County TRL, adopted by the County Board of Supervisors on 12/3/24 to be implemented on 1/2/25.

- **Capacity Building**

- Continued support of Red Ribbon Week activities (nationwide campaign held annually aimed at raising awareness about the dangers of drug abuse and promoting prevention strategies) at schools, talking to kids about healthy alternatives to vaping, and offering calm strips for anxiety.
- Attended Tobacco Information & Education Days in Sacramento to advocate for state legislature support to advance tobacco product regulation at the local level.

Significant Identified Health Needs

TABLE OF SIGNIFICANT IDENTIFIED HEALTH NEEDS

The Adventist Health Community Well-Being team and community partners collectively reviewed all relevant significant health needs identified through the CHNA process. Using a community health framework developed for this purpose, 12 significant health needs were initially considered. The list of significant needs are as follows:

- Access to Care
- Community Safety
- Community Vitality
- Education
- Environment & Infrastructure
- Financial Stability
- Food Security
- Health Conditions
- Health Risk Behaviors
- Housing
- Inclusion & Equity
- Mental Health

From this group of 12, several high priority health needs were established for Adventist Health Sonora. High priority health needs were chosen as they had demonstrated the greatest need based on severity and prevalence, intentional alignment around common goals, feasibility of potential interventions, and opportunities to maximize available resources over a three-year period.

Using the criteria mentioned above, we were able to determine which needs were high priority, as compared to those that were significant needs. The High Priority Needs are the focus of the community health implementation strategy and this accompanying Community Health Plan Update, FY 2024. The remaining significant health needs are not addressed directly but will likely benefit from the collective efforts defined in this report. The following table provides additional information on all the significant health needs that were considered.

Financial Stability
Housing
Mental Health
Lower Priority Needs that will not be addressed directly by Adventist Health Sonora due to limited resources, expertise and feasibility of viable interventions
Access to Care
Health Risk Behaviors
Health Risk Condition
Food Security
Environment & Infrastructure
Inclusion and Equity
COVID
Education
Community Vitality
Community Safety



Scan the QR code for the full Secondary Data Report



Community Health Financial Assistance for Medically Necessary Care Commitment

Adventist Health understands that community members may experience barriers in paying for the care they need. That is why we are committed to providing financial assistance to those who may need support in paying their medical expense(s).

Community members can find out if they qualify for financial aid in paying medical bills by completing a financial assistance application. Applications can be filled out at the time care is received or after the bill has been administered. To access the financial assistance policy for more information or contact a financial assistant counselor, please visit us at: [Adventist Health - Help Paying Your Bill](#)



Adventist Health Sonora - Greenley

1000 Greenley Rd. Sonora, CA 95370

Sonora, CA 95370

(209) 536-5000

HCAI #: 106554011

<https://www.adventisthealth.org/sonora/>



Thank you for reviewing our Implementation Strategy Year Two Update, FY 2024. We are proud to serve our local community and are committed to making it a healthier place for all. To provide feedback on this community benefit report or other reports referenced, please email community.ah.org. You may also request a copy free of charge.

To review this report as well as our most recent Community Health Needs Assessment and Community Health Implementation Strategy, please visit:
<https://www.adventisthealth.org/sonora/about-us/community-benefit/> or
<https://www.adventisthealth.org/about-us/community-benefit/>