



# Samaritan Medical Center

## Quarterly Newsletter

### New Year's Resolutions...

...often start out with great intentions, but how many of us fall short after a few months of attempting to stick with our goal. Some people find being accountable to someone else about their resolution(s) can help maintain the momentum.

It is with this spirit that SMC would like to start a "Walking Club" that is open to the whole campus. We would take one day per week and walk for 30 minutes during the lunch hour on or around the campus neighborhood.

We would like to know how many people are interested in participating in a Walking Club. We plan to have a sign-up sheet for participants, with a weekly check in. And as is SMC tradition, all participants will have an opportunity to enter the grand prize drawing every time they walk.

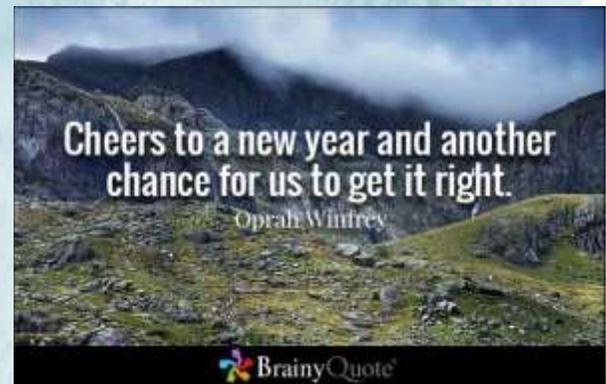
The goal is to get our feet moving by the week of February 27. So, if you are one of those



eager "resolutionists" who would like to get some exercise, enjoy some new social interactions, and earn a chance for a great prize...



...please contact Ann Marie in the Property Management Office by calling (408) 402-6602 or e-mailing her at: [annmarie@samaritanmedical.com](mailto:annmarie@samaritanmedical.com).



To stay abreast of SMC future development plans, please visit the website we created that contains updates on building plans for the medical campus.

[www.samplussj.com](http://www.samplussj.com)

**DID YOU KNOW?**

**WORKPLACE SAFETY SERIES**

According to the U.S. Department of Commerce, Office of Human Resources Management, the leading types of disabling accidents that occur within the office are the result of falls, strains and over exertions, falling objects, striking against objects, and being caught in or between objects. This month our series concentrates on **Falls**:

**Falls**

Falls are the most common office accident, accounting for the greatest number of disabling injuries. Fortunately, these fall hazards are preventable. The following checklist can help stop a fall before it happens:

- Be sure the pathway is clear before you walk.
- Close drawers completely after every use.
- Avoid excessive bending, twisting, and leaning backward while seated.
- Secure electrical cords and wires away from walkways.
- Always use a stepladder for overhead reaching. Chairs should never be used as ladders.
- Clean up or report spills immediately.
- Pick up objects co-workers may have left on the floor.
- Report loose carpeting or damaged flooring.
- Never carry anything that obscures your vision.
- Wear stable shoes with non-slip soles.

If you find yourself heading for a fall, remember to **roll, don't reach**. By letting your body crumple and roll, you are more likely to absorb the impact and momentum of a fall without injury. Reaching out an arm or leg to break your fall may result in a broken limb instead.



**cancer CAREpoint**  
Counseling • Assistance • Resources • Education

*"How do I talk with my daughter about her children? I am so concerned about what will happen. I am 70 years old and am worried about who will care for my grandchildren now that their mother has cancer. Why couldn't it have been me who was diagnosed with cancer?"*

*- Beth, mother of a 38 year old daughter who has cancer*

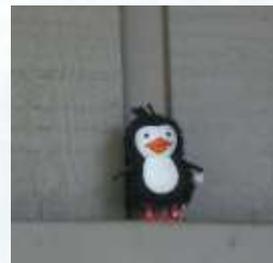
Do you know a parent with cancer? Cancer CAREpoint has developed a special program for parents with cancer and their children (ages 5 – 18) to help them cope and better understand the impact of a cancer diagnosis on the family. Our next Family CARE program will take place on Saturday, Feb. 4<sup>th</sup> at the Cancer CAREpoint Resource Center in San Jose (on the Samaritan Medical Center campus). This half-day program will provide support to parents to help their children cope as well as help children feel comfortable talking about cancer with their peers and communicate their feelings through activities. Lunch will also be provided. The program is free but participants must register by contacting Laura Crutchlow, LCSW at [laura@cancercarepoint.org](mailto:laura@cancercarepoint.org) or 408.402.6286.

**SMC OCTOBER TRIVIA WINNER!**

**Ramonda Collins**

**Palo Alto Medical Foundation  
Suite 2577/725**

*Clue...*



*Answer...*



Above 500 bldg stairwell to Maintenance Shop

**WHO WILL BE OUR NEXT STARBUCK'S WINNER? – SEE BACK PAGE FOR THE NEXT GAME'S CLUE**

## TENANT SPOTLIGHT

### Michael R. Nagel, MD, MPA, FACC *Cardiovascular Health Management* 2505 Samaritan Dr., Suite 306



**M**ichael R. Nagel M.D. established his private practice in Cardiology at the Samaritan Medical Center in San Jose, CA in 1971. Over the years his practice grew to an 8-person cardiology group, with several subspecialties represented. After 46 years of having the privilege of working with some wonderful colleagues and patients, he will be closing his office practice in 2017.

He served as Medical Director of Cardiology at Good Samaritan Hospital from 1973 to 1995, where he helped develop state-of-the-art cardiac intensive care units, the cardiac catheterization laboratories, and open heart surgery programs. Since 2007, he has returned to an office-based, solo-practice of Clinical Cardiology, with an emphasis on Preventive Cardiology.

From 2001-2003 Dr. Nagel was the president of the California Chapter of the American College of Cardiology and received the Cardiovascular Specialist Award for the Year 2003 from the California Chapter. He served on the Board of Governors of the American College of Cardiology from 2001 to 2003.

He is Board Certified by the American Board of Internal Medicine and the Subspecialty Board in Cardiovascular Diseases. He also passed the exam of the Certification Board of Nuclear Cardiology.

Dr. Nagel served as an Assistant Clinical Professor of Medicine from 1972-1983 at Stanford University Medical School.

He is a Fellow of the American College of Cardiology and a Fellow of the American Heart Association's Council on Clinical Cardiology. He was a member of the California Academy of Medicine, and served on the Experts Panel for the California Medical Board.

He served as President of the Santa Clara Chapter of the American Heart Association in 1975.

Dr. Nagel received his BA degree with Honors from UC Berkeley in 1961, and his MD degree from UC Medical School, San Francisco in 1964. After his internship at King County Hospital in Seattle, Washington, he served in the US Army in Vietnam in 1965-1966, and was awarded the Bronze Star Medal for Meritorious Service in 1966.

In 1967-1968, Dr. Nagel returned to UCSF for a two-year residency program in Internal Medicine. He then served a two-year fellowship in Cardiology at Georgetown University Hospital in Washington, D.C. until June 1971. He earned his Master's degree in Public Administration (with emphasis on Healthcare Administration) from the University of San Francisco in 1997.

A man with many interests, Dr. Nagel enjoys exercising, hiking, reading, listening to audio books, music, traveling, photography, and cooking. His wife, Shelley Barlas Nagel, Ph.D., has a psychotherapy practice in San Francisco. Their son, Mark and his wife, Debra, - and 3 grandchildren - live only 2 miles away from their home. On their trip to Kauai in September, to celebrate their 50<sup>th</sup> wedding anniversary, he fractured his toe and did more reading and listening to music than hiking for the rest of the vacation.

With the closing of his office practice in the coming year, he's sure to have more time to hike in Kauai and spend more time enjoying his family and interests. Samaritan Medical Center wishes Dr. Michael Nagel well and thanks him for his tenure on our campus and fine service to the medical community.



# SAMARITAN MEDICAL CENTER

Premier Medical Office Space

## SMC TRIVIA

Find Alex, the SMC Penguin!

**Can you identify where this photo was taken?** It is somewhere on the SMC campus, and many of you pass this perch every day, though Alex won't be there now! Answer will be revealed in the next newsletter if there is a winner.

Who wants to win?



*The first person who contacts our office with the correct answer wins a \$50 Starbucks gift card.  
All newsletters are found on our website – [www.samaritanmedical.com](http://www.samaritanmedical.com).*

### SAMARITAN MEDICAL CENTER

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### LOST & FOUND AT SMC

If you or any of your clients ever lose anything on the SMC campus, i.e., keys, purses, cell phones, credit cards, articles of clothing, please call the Property Management Office at 408-402-6600 or e-mail [annmarie@samaritanmedical.com](mailto:annmarie@samaritanmedical.com) since we continue to accumulate a collection of items.

*"You can never cross the ocean until you have the courage to lose sight of the shore." (Christopher Columbus)*