Many of us have more conversations with Siri than we do with our spouses. It’s understandable. Technology makes our lives more convenient. But is too much bad for you?

**Tech’s impact**

Here’s what we know:

**We can’t get away from technology:** Today, we consume about three times the information we did in 1960. Americans also check their phones on average 46 times per day; those ages 18 to 24 take a look 74 times daily. What’s more, 81 percent say they interrupt conversations, meals and other activities to do this, according to a University of California, San Diego, report.

**We spend more time with screens than people:** Three out of 5 people admitted to spending more of their free time on their computers than with their significant others. Yet, excess screen time can lead to loneliness. According to a Mayo Clinic study, lonely people often turn to Facebook to feel part of a group. However, seeing posts of happy folks increases sadness.

**It zaps focus and increases stress:** Multitasking actually limits our ability to pay attention. Taking a break makes you more productive, according to experts. Constant distraction leaves our brains over-stimulated and adds stress.

**It messes with your sleep:** Online activities keep us up late, too, and the constant information makes it difficult for the brain to turn off. Ambient glow from screens also impacts the release of the sleep chemical melatonin.

**It impacts childhood development:** Excessive use has proven to have both immediate and long-term negative side effects, explained psychiatrist Asad Amir, M.D., of Enloe Behavioral Health. “Social development, especially in children, can be affected without proper and consistent human interaction,” he said. “Learning to communicate and receive information solely via a cellular device impacts a child’s problem-solving skills, as well as social skills.”

**Take a tech break**

How can you reduce your usage?

- Schedule time with family and friends, and make it a digital-free zone.
- Set limits on daily screen time and stick to them.
- At night, charge your phone away from your bed so you can’t reach for it.

**Plugged-in lifestyle encouraged**

Despite our devotion to tech, companies want to make it more attractive and research how we respond to it. This “brain hacking” has led firms to incorporate features into their services that reward us, so we use our tech – and their products – more often. For instance, Snapchat, a messaging app popular with teens, has something called “streaks,” which shows you the number of days you’ve messaged back and forth with someone. Facebook, of course, shows you how many reactions your posts get.

According to experts, those streaks and reactions produce a dopamine rush that keeps us coming back.
J.B. and Vonnie Wilson lived their lives with a philosophy of service and wanted to help improve health care in Northern California. That’s why the couple set up a charitable remainder trust with the Enloe Foundation 20 years ago.

This trust was their commitment to create a lasting legacy of quality health care in the North State for future generations,” said Jim Wilson, J.B. and Vonnie Wilson’s son.

Now their vision is becoming a reality. A recent donation of $846,000 from The Wilson Charitable Remainder Trust brings the Enloe Foundation’s Cardiovascular Care Center campaign total to more than $3 million – about 60 percent of its $5 million goal, which the Foundation hopes to raise by 2019. The gift is one of the largest planned-giving donations ever made to the Foundation and helps support the new Cardiovascular Care Center, a state-of-the-art facility being built inside Enloe Medical Center.

A family history of service
Jim Wilson said his parents were very proud of Enloe’s high-quality care and supported efforts to maintain the hospital’s independent status as a nonprofit, local facility that made decisions in the best interest of the community, not the bottom line.

“Our dad was an active Chico businessman and life-long supporter of Enloe and the community,” added Patti Souza, J.B. and Vonnie Wilson’s daughter. “He served on the Enloe Board of Trustees for many years and played a key role in helping shape the future of the hospital. My mom was a volunteer in the Gift Shop for more than 35 years.” The support of Enloe Medical Center continues today with Souza and Jim Wilson.

Both my sister and I have continued to serve on Enloe boards and committees for decades to ensure that this high-quality and community-driven focus continue for the next generation,” Jim Wilson said.

Gifts have a big impact
The new facility will triple Enloe’s current capacity for cardiac care. New technologies and equipment, additional diagnostic, procedure and meeting rooms, as well as a spacious family lounge will improve patient access and serve the growing need for cardiovascular care for the North Valley region, said Enloe Director of Advancement and Communications Jolene Francis, CFRE.

As a nonprofit hospital, Enloe relies partly on community support to help make needed facility and technology improvements. The Wilson children chose to dedicate funds from the family’s maturing charitable remainder trust to support the Cardiovascular Care Center, which is the area of greatest need for Enloe patients at this time. The family has made other donations to the Foundation in the past, which have supported the Century Project, an expansion of Enloe Medical Center that included a new patient tower, an expanded Emergency Department and more, as well as the construction of the Enloe Gift Shop, which was named in J.B. and Vonnie Wilson’s honor.

Francis, who oversees planned giving options at the Enloe Foundation, said charitable gift planning can benefit donors and their chosen charity in a variety of ways. A charitable remainder trust, for example, can provide a lifetime stream of income for the donor, a charitable income tax deduction, relief or reduction of capital gains tax, and a reduction in federal estate taxes.

Other planned giving strategies include bequests in a will, gifts of appreciated stocks or real estate, and naming the charity as a beneficiary of a life insurance policy or retirement account.

“All of these options can have a huge impact on the donor’s charity of choice and, by extension, on the community as a whole,” she said. “That is certainly the case when donors choose to give to Enloe Medical Center.”

For more information about planned giving options or the Cardiovascular Care Center campaign, call the Enloe Foundation at (530) 332-4550 or visit www.enloe.org/give.
Enloe Medical Center is going for the gold. After earning several awards for quality, safety and patient satisfaction from health care rating systems, the medical center submitted an application for gold designation for Excellence in Patient-Centered Care with the Planetree organization.

Planetree is an international group dedicated to raising the bar for standards of patient care in hospitals and health care organizations around the world. In 2013, Enloe Medical Center received the Planetree Bronze Recognition for meaningful progress in patient-centered care, making it the first health care organization in California to receive the designation since Planetree introduced it in 2012.

Now Enloe is ready for gold. Getting here took nearly two years and a 700-page application. The decision to bypass the silver title and go for the gold standard instead was something Connie Rowe, RN, vice president of Patient Care Services, took to heart.

“We have undergone a complete transformation, and our success has been built around the core of our culture and mission: to improve the quality of your life through patient-centered care,” she said. “We recognized we weren’t far from meeting the criteria, so we went ahead with our direct pursuit of gold.”

Pursuing excellence

Enloe is becoming a leader among Planetree hospitals. At the 2016 Planetree International Conference on Patient-Centered Care in Chicago, the medical center was one of 10 medical facilities worldwide to receive a Patient-Centered Excellence and Innovation Award, which was awarded for its Bariatrics Services program.

Additionally, Enloe Behavioral Health, which made significant program and environmental changes, was invited to lead a conference breakout session to provide inspiration for other Planetree hospitals.

Achieving the coveted gold designation would be a great accomplishment, said Marcia Nelson, M.D., vice president of Medical Affairs for Enloe Medical Center.

“Only 73 health care organizations in the world hold Planetree gold designation,” she noted. “[Achieving that goal] shows our patients the expectations we hold ourselves to when it comes to their care.”

Next steps for Enloe Medical Center will be a site visit from Planetree this summer, followed by any improvements necessary prior to receiving gold designation.
Summer vegetable salsa

Chop up fresh veggies and cilantro in a salsa that’s perfect for dipping with your favorite tortilla chips.

Number of servings: 4

Ingredients

- 1 medium zucchini
- 1 medium white onion
- 3 Roma tomatoes (or 1–2 large tomatoes)
- 1 jalapeño pepper (optional)
- 4 cloves garlic, minced
- ½ cup fresh cilantro or parsley, chopped
- ½ teaspoon salt
- ¼ cup lime juice

Directions

1. Rinse all vegetables and herbs under cool running water.
2. Dice zucchini, onion, and tomatoes into small pieces and put into medium bowl.
3. Remove the seeds from the jalapeño (wear latex gloves when handling the jalapeño because it can burn the skin) and mince it. Add the seeded and minced jalapeño and garlic to the tomato mixture.
4. Add cilantro, salt and lime juice to the tomato mixture. Stir well.
5. Chill in the refrigerator for at least 30 minutes before serving.

Nutritional information per serving: 25 calories; 0 g total fat; 0 g saturated fat; 0 mg cholesterol; 198 mg sodium; 1 g fiber; 3 g total sugars; 1 g protein; 6 g carbohydrates; 212 mg potassium.

Recipe courtesy of the U.S. Department of Agriculture, recipefinder.nal.usda.gov.

Welcome New Doctors

This doctor recently joined Enloe’s Medical Staff.

Radiology
Rajinder Singh, M.D.

To view his profile, visit: doctors.enloe.org.

Classes, Events & Support Groups

Enloe Medical Center provides a variety of support programs to promote health and wellness. Find more details at enloe.org/events.

- 7/20 Pre-Diabetes Class
- 8/1 to 8/4 Celebration of World Breastfeeding Week
- 8/5 Walk with a Doc
- 9/19 Alzheimer’s event
- 9/22 32nd Annual Enloe Golf Tournament (www.enloe.org/golf)
- 10/5 CARD’s Healthy Aging & Senior Expo
- 10/7 Walk with a Doc
- 10/19 Pre-Diabetes Class

Donate to the Enloe Foundation

Enloe Medical Center has undertaken a multi-year project to create a Cardiovascular Care Center that will expand and improve upon facilities and equipment for cardiovascular care in our North State region. Learn more about this future center and our campaign at www.enloe.org/give or call 530.332.4550.