

TAHOE FOREST COMMUNITY HEALTH

Annual Report

2025



TAHOE FOREST
HEALTH SYSTEM

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Evolution & Growth of Community Health

Tahoe Forest Hospital is a Special District formed in 1949 to provide health care services and wellness and prevention programs for the benefit of Truckee and North Tahoe Communities.

Vision: To strive to be the health system of choice in our region and the best mountain health system in the nation.

Mission: To enhance the health of our communities through excellence and compassion in all we do.



TAHOE FOREST
HEALTH SYSTEM

Our Community Commitment

At **Tahoe Forest Health System** (TFHS), we are deeply committed to supporting an exceptionally healthy and thriving community. Guided by our strategic vision and the **Community Peak**, we continue to develop and implement innovative, proactive community health initiatives that extend beyond the walls of our hospitals and clinics. As a community health system, our commitment is rooted in a profound sense of connection to the people we serve.

To this end, we are proud to introduce the [Community Commitment website](#), where you can learn about our community health programs and initiatives, track our progress achieving key health goals on the Community Health Index, access health-related resources, and explore volunteer opportunities.

In FY25, Community Health continues to advance strategies outlined in the 2023–2025 Community Health Improvement Plan, along with complementary, measurable goals identified in the Community Health Index.

Several new initiatives were launched between July 2024 – June 2025, including the formation of two interprofessional workgroups focused on three Community Health Index metrics—Diabetes Control and Youth Vaping and Binge Drinking. Additional efforts included the launch of Community Health Labs to expand access to affordable, cash laboratory services, and the intentional incorporation of community voice into the 2025 Community Health Needs Assessment process.

Alongside these new initiatives, Community Health sustained its leadership of long-standing collaborative programs and partnerships highlighted in prior Annual Reports. These efforts include, but are not limited to, the internal Zero Suicide Initiative, the Truckee North Tahoe Immunization Coalition, Harvest of the Month, BFIT, Counseling for Nicotine/Marijuana, and cancer screening and prevention initiatives.

The highlights of the 2025 Annual Report reflect Community Health’s continued commitment to measurable impact, cross-sector collaboration, and responsiveness to evolving community needs.



**Health
Disparities**



**Substance
Misuse**



**Chronic Disease
Management**



**Mental &
Behavioral Health**



**Preventative
Care**

*Community Health Index
reflective of 2022 Community
Health Improvement Plan
Priority Areas*

Community Peak
Aspire to be an integrated
partner in an exceptionally
healthy and thriving community

Scan here

to explore the Community Dashboard or visit:
tfhd.com/commitment/dashboard/#dashboard





Priority Area 1: Health Disparities

Community Health Improvement Plan Goals (2023 - 2025):

- Develop a system-wide plan to identify disparities and support patients in navigation to resources.
- Develop a health equity strategic plan including quality improvement activities, engagement of leadership, collection and analysis of equity-focused data.
- Collaborate with community partners and local government agencies to address Social Drivers of Health (SDOH) needs and cultivate systemic change to advance the attainment of the highest level of health for all people in the Truckee-North Tahoe region.

Community Health Needs Assessment Focus Groups

Community Health Improvement Plan Strategy:

- Data collection/screening for race, ethnicity, language, financial hardship (utilities, internet access, employment), food insecurity, transportation barriers, intimate partner violence, housing, and social connectivity
- Data analysis and stratification to identify subpopulations with the greatest needs
- Continue to support socioeconomically disadvantaged community members and those with Low English Proficiency (LEP) through targeted programming
- Cultivate relationships with community leaders advancing equity work including Community Based Organizations, Town, County and State agencies

Much of FY25 focused on the development and execution of the **2025 Community Health Needs Assessment** (CHNA). The CHNA is a triannual assessment that provides information on wide-ranging health problems affecting our community. Results of the CHNA guide Tahoe Forest in creating targeted services, policies and interventions to enhance overall community well-being in areas ranging from health-related social needs to direct clinical care.

Needs Assessment Outreach to Subpopulations

Targeted CHNA outreach assures the experiences of diverse community subpopulations are reflected in the findings. Recognizing that there may be hesitancy in participating in the population-level survey delivered to randomly selected households by phone, TFHS Community Health partnered with Sierra Community House to collect data from those accessing Sierra Community House services, such as Promotoras/Peer Education, Family Advocacy and food distribution, to voluntarily participate in the survey. This targeted outreach is needed because, historically, community members experiencing socioeconomic challenges have had low participation in the population-based survey.

Additionally, focus groups were conducted with three targeted subgroups of the Truckee/North Tahoe community: seniors via the Truckee Donner Recreation and Park District's (TDRPD) Golden Hour, Spanish-speakers via Sierra Community House, and youth via the Community Collaborative of Tahoe Truckee (CCTT) and Tahoe Truckee Unified School District's (TTUSD) Youth Forum.

A focus group is a way to gather information from community members that may not be captured using a standardized survey. Focus groups add depth and insight to community health assessments by allowing community members to voice perceptions, opinions, beliefs and attitudes regarding health problems, barriers, disparities and solutions.

Focus Group Participant Summary (March - May 2025)

Focus Group	Language	Total	Male	Female	Hispanic
Sierra Community House (2 simultaneous groups)	Spanish	9	0	9	9
TDRPD Golden Hour (4 simultaneous groups of seniors)	English	20	3	17	0
CCTT/TTUSD Youth Forum (9 simultaneous groups)	English (7) & Spanish (2)	31	N/A	N/A	N/A
Total		60	3	26	9



Scan here

for all CHNAs or visit:
tfhd.com/community-reports





Collaborative Care with Sierra Community House

Community Health Improvement Plan Strategy:

- Increase awareness through system-wide campaigns, training and capacity building to deliver culturally responsive care to patients
- Improve navigation and support between care teams and community programs and resources
- Continue to support socioeconomically disadvantaged community members and those with limited English proficiency through targeted programming
- Financial support for Community Promotores and Family Support Advocates through Sierra Community House

Over the past three years, **Sierra Community House** (SCH) and TFHS have collaborated to implement a Community Health Coordination pilot with a special focus on serving socioeconomically disadvantaged (SED) community members. The pilot funded a part-time Community Health Services Coordinator position at SCH who works closely with the TFHS Health & Resource (formerly Community Health) Advocate team. The Coordinator connects individual patients with critical services such as health insurance enrollment, mental health peer support and home visitation, and conducts community-level outreach and education through health fairs, vaccine clinics and basic health screenings.

As part of the strategy to support SED community members, SCH staff participated in public health and grantor collaborative meetings, oral health coalitions, the Truckee North Tahoe Immunization Coalition, and Child Abuse Prevention Council, hosted quarterly “Junta Regional” meetings to strengthen partner relationships, share knowledge, and launched new strategic endeavors such as “Wellness Wednesdays”.

Additionally, as part of ongoing professional development, continuous growth and capacity building, four SCH Promotoras completed the Community Health Worker Certification provided by El Sol in February 2025. El Sol Community Health Worker/Promotor Core Competency Skills include:

- Communication
- Interpersonal and Relationship-Building
- Individual and Community Assessment
- Service Coordination and Navigation
- Advocacy
- Capacity Building
- Outreach
- Education and Facilitation
- Evaluation and Research
- Professional Skills and Conduct
- Knowledge Base

With this collaborative care model, which takes a broad approach to improving health, SCH supported TFHS in cultivating **935** linkages in FY25 to vital services — including to food relief, legal support, car seats, vaccines, dental care, crisis intervention, mental health support and much more.

“Through these connections, the community member not only found the support they needed but also began to rebuild a sense of belonging and confidence, form friendships, gain knowledge and truly feel a part of the community.”

– SIERRA COMMUNITY HOUSE



HIGHLIGHT

SNAP-Ed

Community Health Improvement Plan Strategy:

- Cultivate relationships with community leaders advancing equity work including Community Based Organizations, Town, County, and State agencies
- Community outreach and education on strategies to build resiliency and support healthy habits



SNAP-Ed is a federally funded grant program that supported programs to help families and youth in the community build healthier eating habits through hands-on cooking classes, nutrition education, and fun activities. With SNAP-Ed, TFHS Community Health promoted simple, affordable ways to enjoy fruits, vegetables, healthy snacks, and drinks while learning valuable life skills like cooking and making informed food choices. By partnering with schools and local organizations, these efforts create supportive environments that encourage long-term health and well-being.

In FY25, TFHS Community Health SNAP-Ed Programs included:

- Around the Table Cooking Class with Sierra High
- Boys and Girls Club Cooking Classes
- Harvest of the Month tastings throughout TTUSD
- Rethink Your Drink at Truckee Elementary
- Healthy Snack Day at Kings Beach Elementary, Truckee Elementary and Sierra Community House



Priority Area 2: Preventive Care

Community Health Improvement Plan Goals (2023 - 2025):

- Re-engage the community in preventative care and early identification of chronic conditions and health risks.
- Explore options to increase access to care for identified service gaps (tele-medicine, dental).
- Support community partnerships and coalitions to drive community health goals.
- Serve as a visible and trusted messenger with whom community members can engage for reliable information and resources outside of traditional medical care.

Community Health Labs

Community Health Improvement Plan Strategy:

- Continue to provide community health screening resources (Community Health Labs, blood pressure and blood glucose screenings)
- Implement programming to reduce barriers to preventative care
- Collaborate with regional partners to advocate and expand resources and infrastructure to support health education and behavior change

In 2011, Tahoe Forest Hospital launched the Affordable Labs program, a low-cost lab initiative designed to support uninsured and underinsured community members. Initially the program operated as a drop-in service, once a month in Truckee and every other month at Incline Village Community Hospital (IVCH).

Over time, the Affordable Labs program gained popularity, leading to growing concerns from both the community and internal departments. Key challenges included:

Community Challenges

- Long wait times: 1 to 1.5 hours
- Limited access: one Friday per month in Truckee and every other month in Incline Village

Organizational Challenges

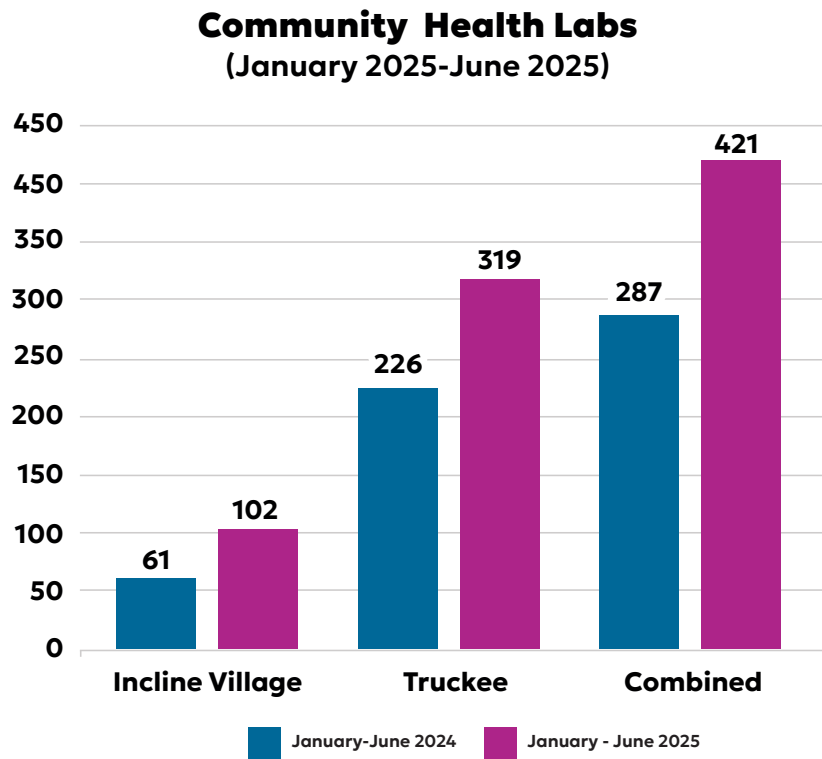
- Staffing and resource limitations
- Disruption to Occupational Health’s regular appointments

In response, the Community Health Department researched similar models at other health systems and proposed a new structure and rebrand as Community Health Labs.

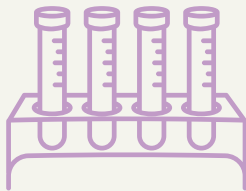
Launched in January 2025, the updated program now offers four scheduled appointments daily, Monday through Friday, at both IVCH and the Tahoe Forest Gateway Lab. Appointments are available between 8:00 AM and 9:30 AM, allowing for improved patient flow, reduced wait times, and better resource management. The new model integrates seamlessly with existing lab schedules and does not interfere with insurance-based lab services or require additional staff.

Since January 2025 to June 2025, the program has seen a 45.7% increase in participation, reflecting our community’s need for accessible and affordable lab services. The Community Health Department collaborated with the Access Center, Patient Registration, Occupational Health, Laboratory, and Business Operations to launch the new model.

Plans are underway to explore expanding Community Health Labs to the Tahoe City location in 2026.



Community **HEALTH LABS**



All Community Health Labs now REQUIRE an appointment.

Appointments available Mon - Fri, 8 - 9:30am:

Gateway Building

10978 Donner Pass Road, Suite 7, Truckee

Incline Village Community Hospital

880 Alder Avenue, Incline Village

Tahoe City Laboratory

905 N. Lake Boulevard, Suite 201, Tahoe City

Schedule at **TFHD.com/community-labs**
or call **(530) 582-6510**

*Schedule
now!*



TAHOE FOREST
HEALTH SYSTEM

TFHD.com

Priority Area 3: Chronic Disease Management

Community Health Improvement Plan Goals (2023 - 2025):

- Offer prevention and self-management programming for those with chronic diseases and their caregivers.
- Assess emerging trends of our aging population and develop targeted programming such as brain health, physical activity/balance, and social connectivity.
- Collaborate with regional partners to advocate and expand resources and infrastructure to support health education and behavior change.

Community Health Index (CHI): Diabetes in Control (A1c < 9)

Community Health Improvement Plan Strategy:

- Collaborate with TFHS departments to develop and implement monthly education and support for patients based on emerging trends
- Prevention & Wellness Strategy: Leverage technology, including tele-medicine, to increase access
- Prevention & Wellness Strategy: Community outreach and education on strategies to build resilience and support healthy habits
- Prevention & Wellness Strategy: Include the medical team in developing and promoting best health practices for community health

Diabetes is a common chronic disease that can cause serious health problems like heart attacks, strokes, eye damage, foot issues (such as nerve damage and ulcers), and kidney disease. When diabetes is controlled, there is less chance of these serious health complications occurring. TFHS strives to help community members with diabetes control their disease and maintain a healthy blood sugar level to support a high quality of life.

The CHI Diabetes in Control workgroup is a multidisciplinary team, led by Endocrinologist Alison Semrad, DO, whose aim is to identify approaches for improving diabetes management. Members represent Community Health, Nutrition, Primary Care, Care Coordination, Business Intelligence, Wellness, and Sierra Community House.

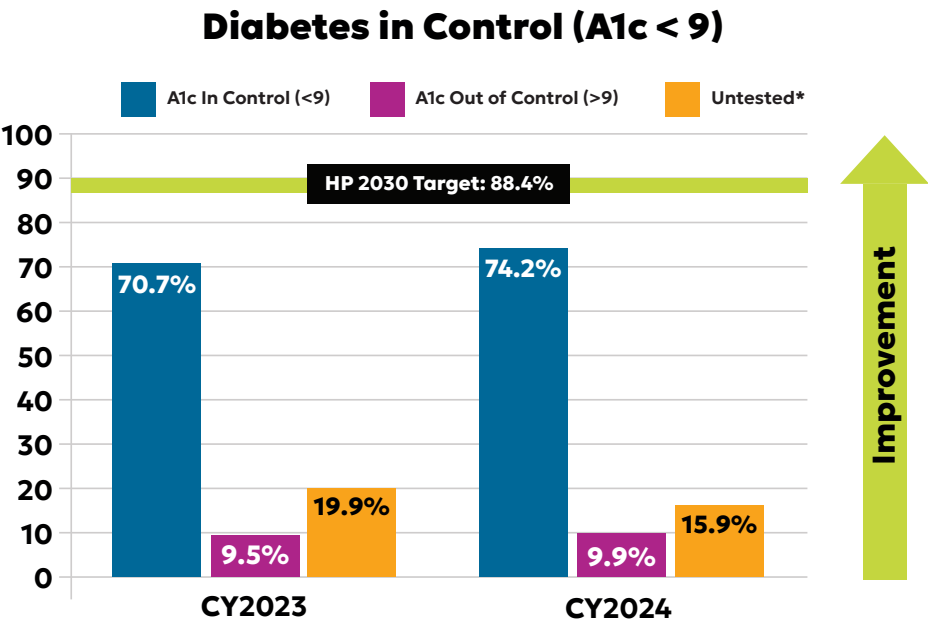
The workgroup's goal aligns with the Healthy People 2030 objective: to improve diabetes management and achieve an A1c <9% in at least 88.4% of our patients with diabetes.

FY2025 Workgroup highlights include:

- Improving data accuracy to better identify patients most in need
- Developing and enhancing diabetes education
- Conducting targeted outreach to patients with diabetes who had not had a recent A1c test
- Standardizing and improving workflows

In June 2025, the team proudly launched two new programs to further support patients with diabetes:

- **Pilot of weekly bilingual virtual diabetes education**, developed and facilitated by registered dietitians, offering free foundational education to anyone impacted by diabetes.
- **Individualized dietitian consults** for patients with uncontrolled diabetes (A1c >9), providing targeted support to help manage the disease.



**Patient has either not been tested within the past year or patient's electronic health record does not have an A1c value that is captured in the data.*



Stay up to date

on our progress: [tfhd.com/commitment/
dashboard/chronic-disease-management/
diabetes-in-control](https://tfhd.com/commitment/dashboard/chronic-disease-management/diabetes-in-control)



Priority Area 4: Mental/Behavioral Health

Community Health Improvement Plan Goals (2023 - 2025):

- Increase access to mental and behavioral health services.
- Expand suicide prevention and crisis response activities.
- Increase awareness of resiliency supports to address the increasing prevalence of depression, anxiety and poor mental health.

Truckee-Donner Recreation Center Goldens Meet & Greet

Community Health Improvement Plan Strategy:

- Collaborate with community partners and well-being leaders to grow the Network of Care and foster community adoption of resiliency practices including supportive relationships and social connectivity, nutrition, sleep, mental healthcare, mindfulness practices, time in nature, and physical activity
- Chronic Disease Management Strategy: Explore options for seniors to promote social connectivity, resilience, physical activity, and healthy nutrition
- Chronic Disease Management Strategy: Explore options for health programming in shared community spaces such as the Truckee Library, Truckee Donner Parks and Recreation Center, North Tahoe Events Center

Social isolation and lack of support can significantly harm both physical and mental health. People who are socially isolated are at higher risk for heart disease, obesity, high blood pressure, depression, and anxiety. They are also more likely to develop Alzheimer's disease and other forms of dementia.

TFHS is committed to strengthening social connection among seniors while providing opportunities to learn about topics that matter most to them. Through TFHS Community Health, local healthcare professionals deliver talks requested by the community, creating spaces where seniors can gather, engage, and connect with both peers and experts.



As the Golden Programs near their third anniversary, they remain a cornerstone of Truckee's commitment to its senior community. With ongoing support from community partners like Tahoe Forest Hospital, Truckee's Rotary Club, and the Town of Truckee's TART Connect, the initiative continues to adapt and grow.

– SIERRA SUN



In FY25, Tahoe Forest supported nine speakers at the Truckee Recreation Center’s Goldens Meet and Greet program, reaching 246 seniors. Topics ranged from mindfulness to healthcare decision-making, providing seniors not only healthcare knowledge but also opportunities to connect.

Topic	Speaker	Participants
Forest Bathing & Mindfulness	Justine Nelson, <i>Mindfulness Instructor</i>	20
Experienced Adults in Sports	Addie Brixey, RN, <i>Trauma Program Manager</i>	28
Medication Tips and Safety Strategies	Daniel Ohan, <i>Retail Pharmacist</i>	32
Cooking Demo: Healthy Halloween Snacks	Brooklyn Dreher, <i>Wellness Dietitian</i>	22
The Importance of Social Connection	Sunee Zrno, LMFT	32
Community Healthy Needs Assessment Focus Group	Lizzy Henasey, MPH, <i>Population Health Analyst</i>	25
Cooking Demo: All About Beans	Brooklyn Dreher, <i>Wellness Dietitian</i>	32
Advanced Care Planning for Healthcare Decisions	Joy Koch, MD, <i>Primary Care</i>	31
Cooking Demo: Potluck Dishes	Brooklyn Dreher, <i>Wellness Dietitian</i>	24

HIGHLIGHT



Perinatal Mood and Anxiety Disorder Support

Community Health Improvement Plan Strategy:

- Expand mental health services including groups, neuropsychology specialty services, and developmental behavioral pediatrics with the TFHS Behavioral Health Department
- Support socioeconomically disadvantaged community members through targeted programming

Perinatal depression and/or anxiety are mental health conditions that occur during pregnancy or after giving birth. These conditions occur in 1 in 5 women, 1 in 10 men, and can manifest in feelings of overwhelm, difficulty bonding with the baby, persistent sadness and potentially suicidal ideation. It is important to know that perinatal depression and/or anxiety is treatable, and Tahoe Forest has a licensed professional dedicated to providing support.

Since 2018, TFHS has had a Licensed Marriage and Family Therapist (LMFT) trained by Postpartum Support International in Perinatal Mood and Anxiety Disorders (PMAD), providing evidence-based psychotherapy for individuals experiencing PMAD, miscarriage, pregnancy loss, or fetal demise.

Referrals come from the TFHS Women's Center, Primary Care and Pediatrics where this population is screened for depression and anxiety during the perinatal period. Patients identified as needing additional PMAD support are referred to our Perinatal Care Coordination Team to determine if they would benefit from psychotherapy interventions. Patients who are experiencing these mood changes during this perinatal time are able to receive collaborative care through a team who is well versed in PMAD and pregnancy loss/grief and can determine the correct treatment route.

In 2023, the TFHS Foundation received a generous \$30,000 grant from the Martis Camp Foundation to support PMAD and Grief Counseling for patients receiving prenatal care and birthing services at TFHS. The grant funds allow TFHS to support patients who would not have the financial capacity to access PMAD and Grief Counseling services otherwise.

In FY25, TFHS Foundation and the TFHS PMAD Therapist supported 174 patient visits.





Priority Area 5: Substance Misuse

Community Health Improvement Plan Goals (2023 - 2025):

- Build partnerships to expand outreach, counseling and health education to those at risk of Substance Use Disorder.
- Support prevention and cessation programming and engage youth and the general community in making healthy choices.
- Increase clinical services to ensure access and adherence to Medication Assisted Treatment and Substance Use Treatment Programs.

Community Health Index (CHI): Youth Substance Use Workgroup

Community Health Improvement Plan Strategy:

- Re-launch the Vaping Task Force to educate on the risks of vaping
- Offer nicotine cessation for adults and youth
- Increase community awareness on the impacts of alcohol use on health and intergenerational effects of substance misuse

Substance misuse involves the inappropriate use of legal substances—such as alcohol, tobacco, or prescription medications—as well as the use of illegal drugs like cocaine, methamphetamine, and heroin. It can harm physical, mental, and social well-being, leading to serious consequences such as addiction, drug-related violence, overdoses, and alcohol-related car accidents.

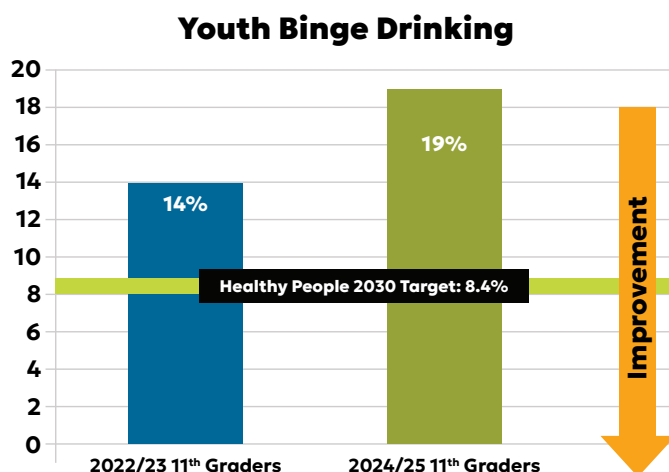
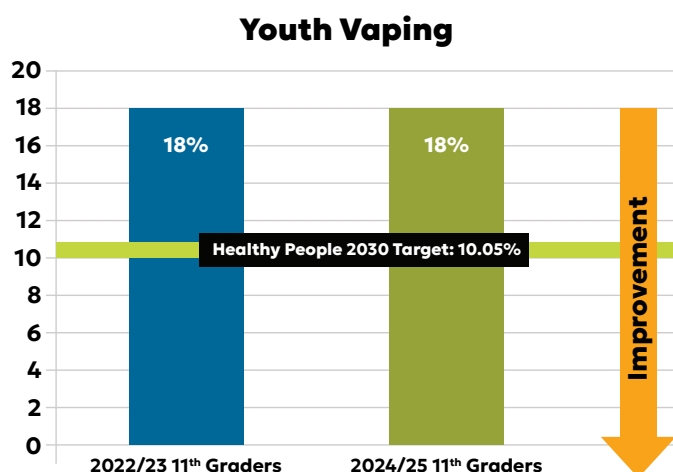
Youth substance use is especially concerning due to its effects on the developing brain, particularly in areas responsible for decision-making, impulse control, and emotional regulation. Research shows that adolescents who begin using substances are at a higher risk of developing substance use disorders later in life.

TFHS set a goal to reduce youth substance use to the Healthy People 2030 targets. California Health Kids Survey data collected from 11th grade students by Tahoe Truckee Unified School District (TTUSD) in 2022/2023 serves as the baseline. Youth Substance Use goals are to reduce 30-day vaping from 18% to the HP2030 Target of 10.5% and to reduce 30-day binge drinking from 14% to the HP2030 Target of 8.4%.

This community-centered, multidisciplinary workgroup is led by the Community Collaborative of Tahoe/Truckee. Additional members include representatives from TTUSD, TFHS, Placer County, Nevada County, and the Speedy Foundation.

FY2025 Workgroup focused on:

- Data/Surveys: Sierra Sun, multiple surveys at TTUSD, Tahoe Forest data collection
- Increasing awareness of local resources
- Identifying gaps in services for youth
- Early identification and increasing intervention and treatment options
- Increasing prompt response to take advantage of the window of opportunity when a youth requests support



Stay up to date

on our progress: tfhd.com/commitment/dashboard/substance-misuse/youth-substance-use



Supporting All Life Phases

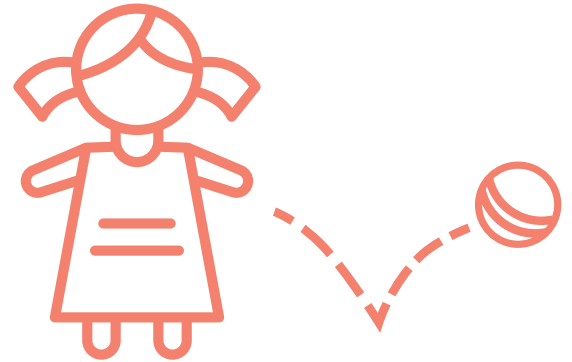


Child, Infant & Toddler Programs

869

Children & Families Supported

- Baby Friendly
- Birthing with Confidence
- Infant CPR
- Infant Nutrition
- Mama's Meet Up
- Nutrition for a Healthy Pregnancy
- Perinatal Mood and Anxiety Disorders



Chronic Disease Management

2,207

Community Contacts



- Alzheimer's Awareness
- Building Better Caregivers
- Caregiver Support Group
- Chronic Disease Management Support Group
- Community Health Labs
- Cooking Club
- Diabetes Self-Management Program
- Virtual Diabetes Education (A1C)
- Parkinson's Disease Support Group
- Gestational Diabetes Consults
- Pediatric Nutrition Consults
- Prevent T2
- Blood Sugar/Pressure Health Screenings
- The Wise Mind Series
- Community Health Index A1c>9 Consults



Community Health Outreach & Events

2,713

Community Members Reached

- Big Truck Day
- Community Health Needs Assessment Survey Preparation
- Golden Hour
- Healthy Snack Day
- Hike for Hope
- Lions Club Community Health Fair
- Rethink Your Drink
- Truckee Thursdays
- Zero Suicide booth at Hospital Week event
- Community Health Talks
- Family Farm Festival
- Tahoe Forest Hospital Harvest Festival
- Wellness Wednesdays

Youth & School-Based Outreach

31,313

Youth Contacts

- Around The Table Cooking Class
- Food for Thought: The Role of Nutrition in Brain Health
- Harvest of the Month
- Special Education Classroom Cooking Class
- BFIT (Be Fit in Tahoe)



Substance Misuse

1,454

Community Contacts

- Dry January Challenge
- Truckee High Safe Driving Event
- Smoking Cessation
- Mocktail Booths



40,820

TOTAL Community Contacts



Active Community

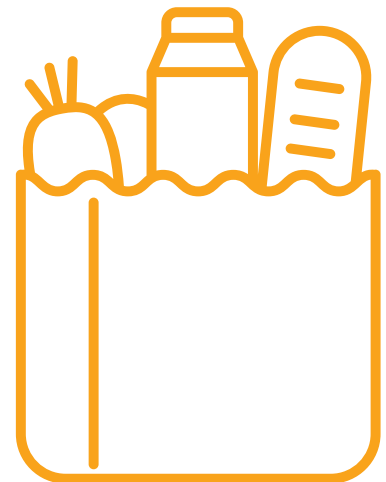
835

Adult Contacts

- Community Walking Challenges
- Senior Chair Yoga

Employee Produce
1,429

Produce bags delivered
to TFHS Team Members



Community Voice

Nevada County Medical Provider

“ People are so appreciative of the Community Health Labs program, so thank you!! ”

Truckee Host Lions Club

“ Dear Maria, You were one of the first to encourage the Lions to sponsor a health fair and now this event is our club's biggest service project for our community. Thank you so much for your continued support. You have our sincere gratitude for helping make our community a healthier place for everyone. ”

Teacher - Creekside Charter School

“ Hi Brooklyn & Maison - Thanks for organizing and supporting Harvest of the Month this year! The kids really enjoy learning about and trying out different food. Hope it's a great summer. ”

Harvest of the Month Parent Volunteer Truckee Elementary

“ Hi Maison - I just wanted to say that I think this program is FANTASTIC... I think it's genius and absolutely gets kids to try healthy food that they otherwise wouldn't! It got our family to start eating a lot of sweet potatoes each week, so thank you for it! ”

Local Community Leader

“ Dear Lizzy, I really appreciate how collaborative you are and all your connections and support this week. Thank you for pushing out the On the Verge program on our behalf as well as connecting me to Hilary and Jackie for the Housing Lunch and Learn today. You're an incredible partner and a true helper in our community. ”

Food for Thought: The Role of Nutrition in Brain Health Attendee

“ I learned a lot through the presentation, I appreciate the presenter also taking the time to connect the information to current relevant topics (i.e. social media and news and misinformation). ”

Prevent T2 Participant

“ This class changed my life for the better! I was worried in the beginning about committing to doing this class for 1 year, but it went by so fast and I can't believe it's over already! I am happy that Brooklyn is offering to continue to meet with us as a group quarterly to help with accountability. ”

“ I am now out of the prediabetes range, and so is my wife! ”

The Kidzone Museum

“ Dear TFHD Community Health, Thank you so much for coming to the Family Farm Fest! We loved having you and so did our 773 visitors. The spa water is AMAZING and appreciate everything you do for our community! We hope to see you again next year! Thanks again! ”

Around the Table (Cooking Class) Participant

“ This class has been great so far, I love learning new recipes, especially ones that are budget-friendly! ”

Team Members & Collaborators

Community Health Team Members in FY2025

Maria Martin, MPH, RDN, *Director of Community Health and QIP*

Megan Shirley, PA-C, MBA, *Population Health Medical Director*

Lizzy Henasey, MPH, *Population Health Analyst*

Maison Power, MS, *Community Health Manager*

Reyna Sanchez, MA, *Health and Resource Advocate, Master Trainer: Self-Management Programs*

Amelia Espinoza, MA, *Health and Resource Advocate*

Coco Pimentel Zarate, BS, *Health and Resource Advocate*

Jocelyn Sanchez Cruz, *Health and Resource Advocate*

Brooklyn Dreher, RDN, CDE, LD, *Wellness Dietitian*

Lisa Fligor, RDN, *Cardiac Rehab Dietitian*

Sunee Zrno, LMFT, *QIP Care Coordinator*

Lorna Fichter, RN, *QIP Care Coordinator*

Sandy Deason, RN, *Prenatal Educator*

Britte Ginty, RN, *Prenatal and Infant CPR Educator*

Justine Nelson, *Smoking Cessation Counselor/Health Coach*

Liz Schenk, NBC-HWC, MBA, *Health Coach*

Jackie Griffin, RN, *Care Coordinator, Master Trainer: Self-Management Programs*

Gwen Van Natta, *Occupational Health Program Coordinator*

Tahoe Forest Wellness

Wendy Buchanan, MS, *Director*

Brandy Willoughby, *Customer Care Navigator Manager*

Gloria Acevedo-Klenk, *Customer Care Navigator*

Whitney Mandel, *Customer Care Navigator*

Certified Athletic Trainers

Anna Aldridge, *ATC Manager*

Jennifer Hornback, MS, *ATC*

Thank you!

Tackling complex community health needs would not be possible without collaboration, teamwork and advocacy from voices throughout our community.

Thank you to all the Community Partners and Provider Champions who are helping to improve the health of Truckee North Tahoe.

Community Partnerships

Cancer Committee

Community Collaborative of Tahoe Truckee

Community Engagement Committee

CHI Youth Substance Use Workgroup

CHI A1c < 9 Diabetes in Control Workgroup

Crisis Team

Immunization Coalition

Nevada County Public Health Department

Partnership HealthPlan of California

Placer County Public Health Department

Sierra Community House

Suicide Prevention Coalition

Tahoe Forest Care Coordination

Tahoe Forest Lactation

Truckee Tahoe Perinatal Outreach Team

Tahoe Truckee Unified School District

Zero Suicide Initiative

Provider Champions

Alison Semrad, DO, CHI, A1c < 9 Workgroup

Brooke Schauder, PsyD, Zero Suicide

Chelsea Wicks, MD, CHI, Youth Substance Use Workgroup

Jonathan Lowe, DNP, CHI, Youth Substance Use Workgroup

Jen Lang-Ree, PNP, CPNP, Immunization Coalition

A big thank you

to **Maria Martin**, for more than a decade of outstanding leadership as TFHS Director of Community Health—always advocating to “make the healthy choice the easy choice.”



Evolution & Growth of Community Health



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