# Wellspring

Summer 2026

Northbay Health

## Art That Inspires. Care That Saves.

Meet Heidi Y Campini – artist, community leader and the generous spirit behind our Cancer Center's name.

INSIDE:

**What Is Women's HOPE?**
Find out how Northbay Health is changing lives in our community.

**Emergency or Urgent Care: Know Where to Go**
Understand your options when you need medical care quickly.

> **At Northbay Health our goal is for residents to have access to exceptional care without having to travel far to find it."**
>
> – Mark Behl, President and Chief Executive Officer

FROM THE CEO

# Expanding Access to Care

Community is not a buzzword for Northbay Health. We are a locally founded and locally governed health system. Therefore, community to us is a commitment that guides every decision we make. At the heart of that work is a care model built on relationships.

For most people, healthcare doesn't happen in a hospital – it happens through routine visits and ongoing connections with trusted providers. That's why Northbay Health continues to expand access to primary care, helping patients across Solano, Yolo and Napa counties build long-term relationships that support their health at every stage of life.

In this issue, Rio Vista Mayor Edwin Okamura and Benicia Mayor Steve Young share what it means to have primary care and urgent care facilities in their communities. We also highlight Northbay Health's Women's HOPE program, the specialty of endocrinology, and the vital role nurse practitioners and physician assistants play in expanding your access to care.

Of course, growth would not be possible without the generosity of people who believe in our mission as strongly as we do. Donors like Heidi Y Campini demonstrate what it means to invest in our region. When community members choose to support Northbay Health, they are helping to ensure that their neighbors have access to the kind of care everyone deserves. We are deeply grateful to all of our donors.

Thank you for reading, for your support, and for being part of the Northbay Health family.

**Mark Behl**
President and Chief Executive Officer

## IN THIS ISSUE


**3** **Care in the heart of Rio Vista, Benicia, Napa and beyond**
Removing barriers to care.

**6** **Women's HOPE**
How this hometown program changes lives.

**7** **Endocrinology expertise**
Get to know Teodor Duro, MD.

**8** **Meet Heidi Y Campini**
Generosity is an act of gratitude.

**10** **Visit an NP or PA**
Learn the facts about these expert clinicians.


**ON THE COVER:** Heidi Y Campini's donations include this art piece at the Heidi Y Campini Cancer Center.


WELLSPRING is published as a service for the friends and patrons of Northbay Health, a locally based nonprofit healthcare organization in Solano, Yolo and Napa counties.

Information in WELLSPRING comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider. Models may be used in photos and illustrations.

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Northbay Health

MAYO CLINIC CARE NETWORK Member

As a proud member of the Mayo Clinic Care Network, Northbay Health strengthens its commitment to advanced, expert care. Our physicians collaborate with Mayo Clinic specialists to confirm complex diagnoses and explore additional treatment options, while ensuring patients receive the highest-quality care.

## A New Chapter for Our Region

For 67 years, Northbay Health has cared for families across Solano, Yolo and Napa counties. This year, we reached an agreement with Providence Health and Services to bring Queen of the Valley Medical Center into the Northbay Health family. Northbay Health was built on a simple belief: Everyone deserves access to quality care where they live. Queen of the Valley has upheld that same standard for generations. The transfer is pending regulatory approval. To learn more, visit **advancingnapahealth.org/our-community**.

## Hospitals

**Northbay Health Medical Center**
1200 B. Gale Wilson Blvd.
Fairfield, CA 94533
707-646-5000

**Northbay Health VacaValley Hospital**
1000 Nut Tree Road
Vacaville, CA 95687
707-624-7000

**Heidi Y Campini Cancer Center**
1020 Nut Tree Road
Vacaville, CA 95687
707-624-8100

## Primary Care

**American Canyon**
416 Napa Junction

**Dixon**
1305 Stratford Ave

**Fairfield**
2470 Hilborn Rd

**Green Valley**
4520 Business Center Dr

**Napa**
3443 Villa Ln

**Rio Vista**
327 Main St

**Vacaville**
421 Nut Tree Rd

**Winters**
101 Main St

## Urgent Care

**American Canyon**
416 Napa Junction

**Benicia**
836 Southampton Rd

**Dixon**
1305 Stratford Ave

**Fairfield**
1320 Travis Blvd

**Rio Vista**
327 Main St

**Vacaville**
1679 E Monte Vista

**Winters**
101 Main St

## Specialty Care

See Northbay.org for complete listings

VACAVILLE
- Cardiac Rehab
- Gastroenterology
- Heart & Vascular
- Imaging & MRI
- Oncology
- Orthopedics
- Pain Management
- Podiatry
- Radiation Oncology
- Surgery Center
- Joint Replacement
- Rheumatology
- Women's Health
- Wound Care

FAIRFIELD
- Gastroenterology
- Heart & Vascular
- Imaging & MRI
- Labor & Delivery
- Neurology
- Neuroscience
- NICU
- Orthopedics
- Pain Management
- Podiatry
- Urology
- Women's Health
- Surgery Center

NAPA
- Heart & Vascular
- Podiatry

# Keeping Care **Close to Home in Rio Vista**

Imagine scheduling a doctor's appointment, getting in your car and then watching a drawbridge rise in front of you – knowing that by the time it comes back down, your appointment will be over.

For residents of Rio Vista, that's not hypothetical. It's a Tuesday.

Rio Vista Mayor Edwin Okamura

The small riverfront city sits between major highways, but **Rio Vista Mayor Edwin Okamura** describes it as "centrally isolated." With a median age of 64.7, Rio Vista's older population faced a daunting reality: Most medical care was 20 to 25 miles away, accessible only by Highway 12 and a drawbridge that rises without warning.

For seniors especially, that's a real barrier to timely access to care.

## Bringing healthcare closer to home

Before Northbay Health brought primary and urgent care to Rio Vista, many residents simply gave up on getting care. Some skipped appointments altogether. Others called **911** for conditions that, if a local clinic had been available, could have been treated quickly and easily – at far less cost to themselves and the community.

Research backs up what Rio Vista residents already knew firsthand: Communities with an urgent care center in their ZIP code see roughly **17% fewer emergency department visits overall and 27% fewer visits for nonurgent conditions.** That's less strain on emergency systems and more people getting the right care at the right time.

In the Northbay Health clinic's first eight days alone, 83 patients walked through the door – a clear sign that the need had always been there.

Keeping a clinic on Main Street means keeping families intact – grandparents close to grandchildren and longtime neighbors still next door.

## Expanding Care Across the Region

### Benicia: The care that was always needed

At the ribbon-cutting for Northbay Health's new urgent care center in Benicia on Feb. 9, 2026, **Mayor Steve Young** called the clinic "a commitment to provide more real-time access to medical care for the Benicia community." Offering walk-in treatment, X-ray, lab services, occupational health, and pediatric visits with extended hours, the clinic fills a gap in care. That care is finally here, in Benicia.

### Napa: A new chapter begins, and there's more on the horizon

As of early June, Northbay Health now has a practice in Napa. Three physicians are providing specialty care under one roof. Later this year, Northbay Health will launch an Integrative Health practice in Napa, pairing conventional medicine with evidence-based complementary care in a whole-person approach. Additional specialties and services are in the works!

## A front door on Main Street

When Northbay Health chose its Rio Vista location, the team didn't opt for land on the outskirts of town. Instead, they selected a brick-faced building directly across from the fire station at the foot of Main Street – the historic road that runs toward the Sacramento River and serves as the heart of downtown.

"It keeps people in the heart of town," Okamura says with evident pride. "You can have an appointment and then walk to lunch two blocks away."

That choice says something. Planting a healthcare facility in the center of a small downtown isn't just good medicine – it's also an investment in the community's economic and social fabric, keeping foot traffic and life flowing through Rio Vista's core.

Northbay Health made another early commitment as well: to show up beyond the clinic walls.

"Northbay Health made it clear they weren't just opening a building," Okamura says. "They are a part of our community."

## The right to age in place

The stakes here run deeper than convenience. When a small town lacks local healthcare, older residents face an impossible choice: Stay and go without care, or leave the home they've built over a lifetime.

"People leave because they can't age in place," Okamura says. "Having Northbay Health urgent and primary care here in our community helps our people feel supported and want to stay."

For Rio Vista, keeping a clinic on Main Street means keeping families intact – grandparents close to grandchildren and longtime neighbors still next door.

For a town defined by distance and divided by a drawbridge, having primary and urgent care nearby is a lifeline. It creates continuity – the ability to live, work and grow older without having to leave home.

WOMEN'S HOPE

# Neighbors Investing in the Care We All Deserve

Imagine a new mother finally able to nurse her baby comfortably because a skilled clinician corrected her baby's tongue-tie in minutes, or a person who once faced a long drive to have a routine procedure who now can stay close to home.

These are some of the life-changing moments made possible by Northbay Health's Women's HOPE, which stands for **Health**, **Opportunity**, **Philanthropy** and **Engagement**. The program brings community members together to learn about local healthcare needs, pool their resources, and vote on where their dollars go.

**Melissa Cohea**
**Executive Director, Philanthropy**

"It's very grassroots," says Melissa Cohea, Executive Director of Philanthropy.

Members attend quarterly lectures where Northbay Health physicians discuss the challenges facing patients in our region. At year's end, members vote on grant requests from departments across the health system.

## A real difference

In 2025, Women's HOPE gave just over **$60,000** to Northbay Health initiatives that support pediatrics, urology, family medicine, labor and delivery, and women's health. That includes a new laser frenectomy machine to help infants with tongue-tie and new uterine ablation equipment that cuts patient wait times and the need for travel.

## Want to help save lives? Join us!

Enjoy the camaraderie and collaboration of Women's HOPE. Connect with us by calling **707-914-2259**, or learn more at **northbay.org/JoinHope**.

## HEALTH TIP

# Love Your Heart

### Fill your plate with:

- Fruits and vegetables
- Whole grains, like quinoa, brown rice and barley
- Lean protein, like fish, tofu, chicken and egg whites
- Beans and legumes

### Limit these:

- Butter and fatty meats
- Sugars, high-fructose corn syrup
- High-sodium and ultra-processed foods, like salty snacks

### Get moving:

**150 minutes/week** of moderate aerobic activity – brisk walking, cycling or swimming and **2+ days/week** of strength training – body weight, bands or weights

Talk with your Northbay Health team about the heart-healthy plan that's right for you. Find a doctor at **providers.northbay.org**.

SPECIALIST SPOTLIGHT

# Bringing Endocrinology Expertise Home

Teodor Duro, MD, leads a vital specialty in Solano, Yolo and Napa counties

Northbay Health has recruited Teodor Duro, MD, a board-certified endocrinologist, to lead its Endocrinology Clinic, bringing specialized, relationship-driven hormone care back to the community it serves.

The response to the clinic's reopening has been enthusiastic. "It's been 100% positive," says Dr. Duro. "Many patients tell me how excited they are to have this care available locally."

## A specialist made for this community

Dr. Duro's approach is about relationships as much as it is about medicine.

"My goal is to understand each patient's needs and help them improve their health while supporting them as a whole person," he says. "I listen to what they're struggling with and try to find the best way to help them."

## Diabetes: A regional challenge

Diabetes is the most common condition Dr. Duro sees in his practice, and the numbers across Northbay Health's service region underscore why local care matters. Unmanaged diabetes significantly raises the risk of heart attack, stroke, kidney failure and vision loss.

"Having specialized care available here allows us to manage diabetes properly before those problems develop," Dr. Duro says.

Patients now have an expert who can prescribe advanced therapies, fine-tune insulin regimens and coordinate care across other specialties.

## Osteoporosis: The silent disease

The second most common condition in Dr. Duro's practice is osteoporosis: a progressive loss of bone density. "Osteoporosis is a silent disease," Dr. Duro explains. "People usually don't feel symptoms until a fracture happens."

The good news is that with bone density screening, medications, nutrition support and personalized exercise plans, much of this risk can be identified and addressed before a fracture occurs.

## Whole-person care

Dr. Duro cares for patients navigating the full range of hormonal transitions and disorders, including thyroid disease, adrenal and pituitary conditions, menopause, testosterone deficiency and gender-affirming hormone therapy. Many of these require monitoring over decades.

"I love building long-term relationships with patients," Dr. Duro says. "That's a favorite part of my job."

## Care where it belongs

Residents of Solano, Yolo and Napa counties managing lifelong conditions now have access to expert, personalized care without the burden of long-distance travel; with a specialist who knows your name, tracks your progress, and who is invested in your long-term health.

To schedule an appointment with Dr. Duro, contact Northbay Health at **northbay.org/duro** or call your primary care provider for a referral.

# The Heidi Y Campini Cancer Center: **Where Care Is Personal**

In October 2025, the Northbay Health Cancer Center and its infusion center were renamed the Heidi Y Campini Cancer Center and the James E Lawrenz Infusion Center in honor of the centers' benefactors.

"Give local. Give often. Give generously." is the motto of community leader, artist, and wellness advocate Heidi Y Campini and a principle that she and her late husband, James (Jim) E Lawrenz, championed for decades.

When Jim was diagnosed with cancer, they searched for the best possible care. They sought second opinions. They traveled to major medical centers in San Francisco and beyond. What they found surprised them.

"The treatment was going to be the same," Heidi recalls. "But in larger systems, you're more of a number."

## Feeling Whole Again After Cancer Treatment

For many women with breast cancer, survival is the first priority. But how they feel and see themselves matters too.

**Jason Marengo, MD**

"Surviving cancer and feeling whole again are two different things," says Jason Marengo, MD, a co-specialist in surgical oncology and reconstructive plastic surgery at the Northbay Health Heidi Y Campini Cancer Center. "My advanced training allows me to ensure we achieve both goals."

At Northbay Health, clinical teams integrate breast reconstruction into the cancer treatment plan. Dr. Marengo's specialized training makes this possible. After completing general surgery training and a fellowship in surgical oncology, he earned board certification in plastic and reconstructive surgery – which allows him to remove the cancer and reconstruct the breast in a single operation.

When reconstruction happens while tissues are still healthy, surgeons can better preserve the breast's natural contour, improve resilience to radiation and expand a patient's eligibility for breast-conserving surgery. Surgery alone doesn't restore wholeness, but it can help each woman feel like herself again.

## At Northbay Health, it was different

"The care was 100 times more personal – so much more empathy and caring," she says. "You are treated like a person. The compassion is fabulous."

And because Northbay Health has all the services that hospitals in San Francisco and Sacramento do, the infusions, radiology and follow-up appointments are available right here – close to home and in familiar surroundings.

That experience crystallized what Heidi and Jim had long believed: World-class care isn't defined by how far you travel. It's defined by quality – and by the relationships that carry patients through their hardest days.

## A blessing to share

Their decision to invest in cancer care was jointly made. "Jim and I always made these decisions together," Heidi says.

They decided that if Northbay Health was going to be their health system of choice, they had a responsibility to help make it even stronger. "We always wanted to make a difference and to do so locally," Heidi says. "To be able to give generously is a real blessing."

Those words are engraved on a plaque inside the Heidi Y Campini Cancer Center – a reminder that the building itself is an act of gratitude. Their support over the years has extended beyond cancer care. Hospice services, heart and vascular programs, community events, and the Center for Women's Health have all benefited from their generosity.

"You don't just benefit from something and then step back," Heidi says. "You do more."

## Putting patients first

That philosophy of doing more aligns with Northbay Health's commitment to its patients.

Medical oncology is just part of the comprehensive cancer care provided at the Northbay Health Heidi Y Campini Cancer Center. There, patients are offered lung and breast screening to detect cancer at its most treatable stage. A full spectrum of sophisticated diagnostic tools, from positron emission tomography (PET) scans and magnetic resonance imaging (MRI) to minimally invasive biopsy techniques, are available to provide our medical oncologists with the information they need to design customized treatment plans for every patient.

## A legacy that saves lives

A gift in your will or trust ensures our community has the latest medical technology, state-of-the-art facilities and world-class physicians. To explore planned giving options, contact Melissa Cohea at **melissa.cohea@northbay.org**.

# Care Teams in Action: How NPs and PAs Support Your Health

When you call Northbay Health to schedule an appointment, you might be offered a visit with a nurse practitioner (NP) or physician assistant (PA). If that's new to you, here's an overview of what these clinicians bring to your care.

## Skilled providers

NPs and PAs aren't shortcuts to seeing a doctor – they are highly skilled, specially trained clinicians. Both complete graduate-level education, rigorous clinical training and national board certification before ever seeing a patient independently.

They diagnose illnesses, prescribe medications, manage chronic conditions and deliver preventive care that keeps small concerns from becoming big ones.

For most everyday health needs – physicals, blood pressure checks, diabetes management and minor illnesses – an NP or PA provides the same comprehensive care you'd expect in any primary care setting.

One of the advantages of seeing an NP or PA? You can often get an appointment faster and secure a spot as a new patient in a physician's practice.

That means less time waiting to address a nagging concern and more opportunity to catch a condition early, when it's easiest to treat, with your preferred physician.

## Part of a trusted team

NPs and PAs at Northbay Health collaborate with physicians and specialists every day. If your condition becomes more complex or requires a physician-performed procedure, your care transitions seamlessly – within the same team, with no need to start over somewhere new.

That means your health history, preferences and relationships stay intact.

NPs and PAs provide treatment that's timely, thorough and connected. They work to make sure you get the care you need when you need it.

You might find choosing an appointment with an NP or PA at Northbay Health is one of the best healthcare decisions you ever make.

## Need an appointment?

Call **707-914-2261** or visit **northbay.org/services/primary-care** to find a provider near you.

# Urgent Care or Emergency Room?

**When you're unsure: Always choose the ER. If it feels like an emergency, it probably is.**

| Situation and symptoms | Where to go for care | |
|---|---|---|
| | Urgent Care | Emergency Room |
| **Breathing problems**<br>• Moderate shortness of breath (mild asthma) | ✓ | |
| • Severe difficulty breathing, sudden worsening | | ✓ |
| **Chest symptoms (go straight to the ER)**<br>• Chest pain/pressure, heart attack symptoms | | ✓ |
| **Minor injuries**<br>• Sprains, strains, minor fractures, small cuts | ✓ | |
| • Major fractures, deep wounds with heavy bleeding | | ✓ |
| **Head or eye injuries**<br>• Minor bump with no loss of consciousness | ✓ | |
| • Head trauma, vision changes, severe eye injuries | | ✓ |
| **Fever/infections**<br>• Fever without other severe symptoms, flu/cold, sore throat, ear pain | ✓ | |
| • Fever with confusion, stiff neck, rash that doesn't blanch | | ✓ |
| **Cuts and wounds**<br>• Small cuts, stitches needed, animal bites | ✓ | |
| • Uncontrolled bleeding, deep puncture wounds | | ✓ |
| **Abdominal symptoms**<br>• Mild pain, nausea, diarrhea | ✓ | |
| • Severe abdominal pain, persistent vomiting | | ✓ |
| **Neurological signs**<br>• Mild headache, dizziness | ✓ | |
| • Stroke signs, loss of coordination, seizure | | ✓ |
| **Allergic reactions**<br>• Mild hives, itching | ✓ | |
| • Severe swelling of face/lips, trouble breathing | | ✓ |

Clip and save

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Fairfield, CA 94534-6888

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NORTHBAY
HEALTHCARE

JUBILEE
2026
Northbay Health

## Savor the flavors. Celebrate community.

Jubilee returns with the best of Suisun Valley: award-winning wines, craft beverages, standout local cuisine and live entertainment. Experience more than 40 participating vendors at Caymus-Suisun and The Landing at Village 360, hosted by Northbay Health.

**Thursday, Aug. 27 | 5:30 to 9:30 p.m.**
Reserve your tickets today at **northbay.org/jubilee**.

# LEAVE A LEGACY. FIND SO MUCH MORE.

A planned gift ensures our community never loses access to exceptional healthcare. From advanced technology to compassionate physicians, the care that matters most depends on you.

Planned giving doesn't impact your day-to-day finances, yet it creates a lasting benefit for thousands of others. All thanks to you. **If you'd like to support Northbay Health through your will or trust, the next step is simply to talk with us.**

CONTACT
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*melissa.cohea@northbay.org*

Northbay Health