

Healthy Healers

Provider Well-Being Committees

Welcome to our latest Provider Well-Being Newsletter, brought to you by the Salinas Valley Health Provider Well-Being Committees. With this newsletter, we hope to foster a culture of health, well-being, equity, inclusion and fulfillment for our Salinas Valley Health provider community. In this issue, we focus on the role of physicians in government, policy and political advocacy. We share an article from the Georgetown Medical Review on the role of physicians as political advocates, and a portrait of Dorothy Boulding Ferebee, an American obstetrician and civil rights activist.

In early September, we held our second Salinas Valley Health Healer Heart of the Healer Retreat at 1440 Multiversity in Scotts Valley. Around thirty Salinas Valley Health physicians along with their invited guests participated in a weekend of shared learning, growth, relaxation and socializing. The connections we made with each other will continue to strengthen us as individuals and our entire healthcare system. We hope you can join us for future retreats!

If you have your own creative offerings (articles, poems, photographs, stories, artwork), we would love to include them in future newsletters. Please contact us via the Provider Wellness Tiger Text role if you have submissions or ideas to share about cultivating practitioners' wellness at Salinas Valley Health. We hope these contributions provide inspiration, reflection and connection as we continue to nurture our collective well-being.

The Physician's Role in Political Advocacy



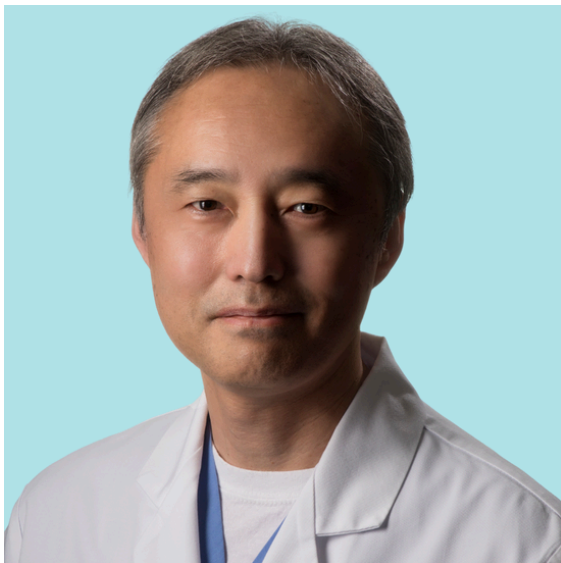
Should physicians utilize the full breadth of their status within their communities to help steer the collective body politic toward a more just society that promotes the health and well-being of all of its members? Read the article to learn more.

Dorothy Boulding Ferebee, MD

Dorothy Boulding Ferebee, MD, (1898-1980) was an American obstetrician and civil rights activist. She studied medicine at Tufts University but, despite graduating as one of the top five students in her class, was prevented by racism and segregation from continuing her career at Boston's white hospitals. She completed her training at the Freedmen's Hospital in Washington D.C. that cared for freed, disabled, and aged Blacks. There she promoted contraception and sex education. She was an active participant in the Civil Rights movements of Black Americans and of women. She became president of the National Council of Negro Women during which time she issued a "Nine Point Programme" against racism and misogyny in American public life. She joined the faculty at Howard University Medical School and was eventually named medical director for Howard's health services. In 1963, she traveled to Selma, Alabama, and took part in the campaign to register African Americans to vote. There she also spoke on behalf of women's rights. She chaired the D.C. Commission on the Status of Women from the years of 1971-1974.



In Memory of Yuji Saito, MD



Ocean

I am in love with Ocean lifting her thousands of white hats in the chop of the storm, or lying smooth and blue, the loveliest bed in the world. In the personal life, there is always grief more than enough, a heart-load for each of us on the dusty road. I suppose there is a reason for this, so I will be patient, acquiescent. But I will live nowhere except here, by Ocean, trusting equally in all the blast and welcome of her sorrow less, salt self.

- Mary Oliver

Remembering Yuji Saito, MD

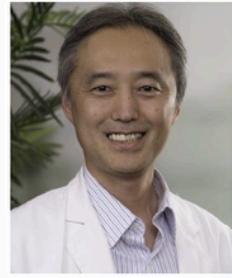
Dr. Yuji Saito, age 60, a dedicated husband, father, and esteemed cardiologist, passed away unexpectedly at his home on August 10, 2025. Born and raised in Japan, Yuji built a life marked by dedication, intellect and generosity. He served as a respected cardiologist at Salinas Valley Health, where he was known not only for his clinical excellence but for his deep compassion and unwavering commitment to his patients. He genuinely loved his work, and his presence left a lasting impression on colleagues and patients alike. Yuji is survived by his wife, Keiko, and his two daughters, Junna and Sarah. To his family, he was a source of strength, thoughtfulness, and humor, someone they could always

count on, who offered steady guidance and helped solve any challenge they faced. Outside of medicine, Yuji had a lifelong passion for history, travel and reading. He believed history was essential to understanding people and cultures, and that through this understanding, humanity could foster peace and build a better world, even in times of conflict. He found joy in exploring different cultures, learning about the past, and sharing stories — interests that reflected his curious mind and appreciation for the world and its people. Yuji will be remembered for the lives he saved, the wisdom he shared, and the love he gave to those closest to him. His loss leaves a space that cannot be filled, but his memory will live on in the countless lives he touched. A memorial service in his honor will be held on **Saturday, October 18 at 11:00am** at the event room of his Ryan Ranch office, a place where he dedicated so much of his time and care.

For anyone that cannot attend in person, click the button to attend virtually. The meeting number is 1875693145.



Memorial Service



Yuji Saito, MD

Dr. Saito's family invites you to join them in commemorating his life

Saturday, October 18th 11am-2pm
Salinas Valley Health Clinic – Tree Lobby
Room 5 Lower Ragsdale Drive, Monterey

Opening prayer and presenters at 11am and an opportunity for family, friends and colleagues to share a memory immediately after.

Please RSVP to mendris@salinasvalleyhealth.com

Virtual Memorial Link

See What Our Providers Have Been Up To

Heart of the Healer Physician Retreat



Summer Journal Club



Spring Fling at Earthbound Farms





Our Provider Well-Being webpage contains information about our well-being committees, peer support program, counseling services and more. Click the button to learn about helpful resources.

Provider Well-Being
