Our expanding stroke program brings lifesaving care closer to home.
YOUR GIFT
WILL PUT a SMILE on MANY FACES and CAN
CHANGE the FACE of MEDICINE.

You know that health and happiness go hand in hand. When you give a gift to Providence Saint John’s Health Center, you can help fund breakthrough technology and innovative clinical care that significantly advances the medicine of tomorrow. Your vital support enables us to continue to serve you, your family and the local community we all love. You can help others enjoy a better quality of life, which is something we can all smile about.

Please give now at www.SaintJohnsFoundation.org or call the Foundation at 310-829-8424, Monday through Friday, 9:00 a.m. to 5:00 p.m.

www.SaintJohnsFoundation.org
If you have a change of address or if you no longer wish to receive SJHC Foundation communications, please let us know by calling 310-829-8424, faxing 310-315-6127, emailing foundation.optout@stjohns.org or writing to Director, Data Management, Saint John’s Health Center Foundation, 2121 Santa Monica Blvd., Santa Monica, CA 90404.

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Director of Marketing, Public Relations & Communications
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Tabitha Ji

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MINUTES MATTER With the help of generous donors, Saint John’s Health Center plans to expand crucial services provided by the primary stroke center and achieve a comprehensive stroke center designation—saving more lives.

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# Life

- Robert A. Day
- Carolyn Dirks
- Richard M. Ferry
- Barron Hilton
- William K. Hummer, MD
- William S. Mortensen
- Thomas P. Mullaney
- Robert J. Wagner

# Honorary

- Virginia Zamboni

# Ex-Officio

- Victor A. Candioty, MD
- Robert O. Klein
- Marcel C. Loh
- Brenda McDonald
- James Uli
- Erik G. Wexler

# Emeritus

- Robert T. Campion *
- J. Howard Edgerton *

# Deceased

- * deceased
n essential part of a community hospital’s mission is to look closely at what our neighbors need to stay healthy and well.

That’s why we strove to become a certified stroke center (page 18). As the only certified stroke center west of the 405 Freeway, we can now successfully treat many patients who might otherwise miss out on vital, time-sensitive therapies simply because they live too far away.

Stroke is an emergency. Every second counts from the time symptoms first appear to arriving at a hospital. We can now assure Westside residents that they will have the best possible chance at a full recovery from a stroke, right here at the hospital that has always cared for their family.

As Saint John’s enters its 75th year, we remain steadfast to the mission set forth by our founding Sisters: to serve our community with compassion to the best of our ability. Our fundraising activities are aimed at programs and services that keep Westside residents healthy, including diagnostic services, innovative treatments, patient support, staff training, research, community initiatives and advanced medical technology.

As part of the upcoming anniversary year, we’re also taking the time to look back and honor the people who paved our way forward. In this issue of Saint John’s, you’ll find a new column, “Looking Back—the First 75 Years.”

Many talented and dedicated members of our community have guided us since our inception, and we continue to seek counsel from an outstanding board of trustees. Our board members remain with us for years and become part of our extended family. You can read about two of them, Chris Newman and Bill Mortensen, in this issue. We thank them and our entire board for contributing their time and talent. These dedicated individuals and you, our many friends and donors, help strengthen our ties to the community we care for. Your efforts make our work and successes possible.
The Front Windows
Written in 1995, Sister Maureen Craig, SCL

Most windows,
Square ones at least,
Limit our view.
Right ahead,
That’s about it, folks.
But these curve
Out and around;
Broaden our sights;
Make us know that life
Isn’t dead ahead.
No, views – and people –
Tend to curve,
Make us bend a bit,
Stretch our necks, our notions
Great how windows
Can bring such light!

IN MEMORIAM

The Foundation mourns the loss of several of our dear friends, major supporters and trustees. Their longtime devotion to our mission and their willingness to help will be remembered with fondness and deep gratitude.

- George A. Braun
- Barbara J. Foreman
- Mrs. Nancy Claire Kelsey
- Edward J. Schrillo

Saint John's Celebrates 75 Years of Compassionate Care

As Providence Saint John’s Health Center approaches its 75-year anniversary, we take time to reflect on our rich past. In this new column, we will share pictures, remembrances and other historical information to pay tribute to our roots and recognize our progress. We also invite you to share your own memories and photographs of the hospital. (See contact information on the next page.)

1942 Saint John’s Health Center
Over the years, we have worked hard to maintain our reputation for outstanding and compassionate medical care, while growing our research arm. Our campus is vibrant and buzzing with activity, including 30 ongoing clinical trials. Few community hospitals can boast of the ability to foster both clinical care and research—but it’s something we know is a winning combination. Patients at Saint John’s can be assured that our doctors and researchers are at the forefront of advances in medicine and that we value innovation. For example, our recently expanded board of directors at the Institute allows us to further advance a strategic vision for novel and impactful cancer research.

Eventually the Institute and other medical service lines will be relocated south of Santa Monica Boulevard to a beautiful new South Campus. The second phase of our Master Plan was recently presented to the Santa Monica City Council. We’re looking forward to the many benefits these new facilities will bring to our community in the years to come. Thanks to the generosity of our donors and supporters now and in the future, we will maintain the excellence patients and their families have come to expect from us.

With utmost respect,

MARCEL LOH
Chief Executive
Providence Saint John’s Health Center and John Wayne Cancer Institute

Letter from the Chief Executive

As we observe the coming 75th anniversary of Providence Saint John’s Health Center, I’m struck by the fact that we are constantly evolving in order to provide top-quality medical care. Our highly-regarded staff of physicians is known throughout Southern California, and we continue to attract talented doctors to the Health Center and leading cancer researchers to the John Wayne Cancer Institute. Our recent impressive U.S. News & World Report ranking is testimony to our efforts to remain among the region’s best hospitals.

Over the years, we have worked hard to maintain our reputation for outstanding and compassionate medical care, while growing our research arm. Our campus is vibrant and buzzing with activity, including 30 ongoing clinical trials. Few community hospitals can boast of the ability to foster both clinical care and research—but it’s something we know is a winning combination. Patients at Saint John’s can be assured that our doctors and researchers are at the forefront of advances in medicine and that we value innovation. For example, our recently expanded board of directors at the Institute allows us to further advance a strategic vision for novel and impactful cancer research.

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With utmost respect,

MARCEL LOH
Chief Executive
Providence Saint John’s Health Center and John Wayne Cancer Institute

WE WANT TO HEAR FROM YOU

We produce Saint John’s magazine biannually to update you on what’s new and exciting on the Saint John’s campus. Feel free to call, email or write to us with any feedback, suggestions or questions.

Phone: Andrea Salazar at 310-829-8424 Email: communications@stjohns.org
Address: 2121 Santa Monica Blvd., Santa Monica, CA 90404
MARK THE DATE

MARCH 17-19, 2017
Chautauqua Weekend
Ojai Valley Inn and Spa
Ojai, CA
A weekend full of education and
comradery awaits trustees, donors
and physician partners, Health
Center leadership and special friends
at the annual Saint John’s Health
Center Foundation board of trustees
Chautauqua Weekend. This will be the
38th year of the retreat and, as usual,
there will be a variety of enlightening
presentations on current medical and
scientific topics and trends.

MARCH 25, 2017
John Wayne Cancer Institute
Auxiliary Odyssey Ball
Beverly Wilshire
Beverly Hills, CA
The 32nd Odyssey Ball, benefiting the John
Wayne Cancer Institute at Providence Saint
John’s Health Center will be hosted by the
John Wayne Cancer Institute Auxiliary.
Dr. Steven J. O’Day, professor of medical
oncology and director of immuno-oncology
and clinical research at the Institute will
be awarded “The Duke” Special Service
Award.

EARLY MAY 2017
ABCs Mother’s Day Luncheon
Four Seasons Hotel Los Angeles
Beverly Hills, CA
Sponsored by the Associates for Breast
and Prostate Cancer Studies (ABCs), this
annual tradition includes a fashion show
and a luxury boutique with premium
vendors. A portion of the proceeds from
their sales is used to benefit cancer
research at the John Wayne Cancer
Institute. The luncheon is also an event to
celebrate highly-accomplished women
in a variety of fields with the Women of
Achievement award.

MAY 17, 2017
Irene Dunne Guild Think Pink
for Women’s Wellness
Upper Bel-Air Bay Club
Pacific Palisades, CA
One of the guild’s most popular events,
this year marks the 12th Annual Think
Pink for Women’s Wellness. Think Pink is
a health education event that promotes
women’s awareness of health issues,
programs and prevention that will help
keep them and their families healthier.
Always a sellout, the day includes
lunch, a boutique and enlightening
presentations from Saint John’s
physicians and other experts.

SPRING 2017
Board of Advocates Luncheon
Luxe Sunset Boulevard Hotel
Los Angeles, CA
The Board of Advocates Luncheon
is a bi-annual event for friends and
supporters of Saint John’s Health
Center and the John Wayne Cancer
Institute. These advocates serve as
ambassadors to the community and
encourage the support of various
projects and programs deemed to be
of the highest priority by the Health
Center and Institute leadership.

FALL 2017
75th Anniversary Celebration
Our exciting anniversary event will
commemorate and honor Saint John’s first
75 years. We will look back at our rich
past and celebrate what is still to come
with Saint John’s friends, trustees, staff
and physicians.

For more information about these and
other upcoming events, please visit
www.SaintJohnsFoundation.org or call
310-829-8424.
Introducing the New Foundation Trustees

We welcome two new members to the Saint John’s Health Center Foundation’s board of trustees. Every year this organization becomes stronger and more influential. These compassionate people give their time and energy and offer their individual experience to help the board with its mission to contribute positively to the community. We welcome our new members with deep gratitude.

**KEVIN M. EHRHART, MD**, has been in private practice in Santa Monica for more than 20 years and has been active in leadership positions with Providence Saint John’s Health Center, including serving as chief of staff, chairman of the department of surgery and as a member of the hospital’s board of directors. He is an experienced, board-certified orthopedic surgeon with an active practice in joint replacement and all other aspects of orthopedic and sports medicine.

Dr. Ehrhart graduated from St. Louis University School of Medicine and performed his post-graduate internship and residency at the University of California, Los Angeles School of Medicine. He has had numerous teaching positions, including clinic instructor at UCLA School of Medicine and with the American Academy of Orthopaedic Surgery.

Dr. Ehrhart remains involved with the latest techniques and treatments in his field, in order to benefit his patients. Many of the innovative procedures he employs are performed through the use of robotic-arm technology, allowing Dr. Ehrhart to achieve more precise, accurate results leading to enhanced patient mobility and stability.

**LORAINE SINSKEY** is an active member and past treasurer of the Irene Dunne Guild and volunteers at Saint John’s as a patient care concierge in the orthopedics department. She is an interior designer and co-owner of Meltzer and Sloan Interiors. Loraine has been active in many organizations throughout the years including the Club 100, Blue Ribbon, Cedars-Sinai Executive Board of Governors, Women’s Guild at Cedars-Sinai, Planned Parenthood, John Thomas Dye and Westlake School.

Loraine is a native of Los Angeles. She attended UCLA and received a bachelor’s degree in education. After graduation she taught elementary school for several years. She was introduced to Saint John’s by her late and very beloved husband, world-renowned ophthalmologist Dr. Robert M. Sinskey, who joined Saint John’s medical staff in 1956 and became a Foundation trustee in 2010. Loraine lives in Santa Monica and has a son, a daughter and three grandchildren. She is a gourmet cook and also enjoys playing golf, bridge, entertaining and traveling.

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**Our Influential Trustees**

Thirteen Foundation trustees were named among the 500 Most Influential People in Los Angeles by the *Los Angeles Business Journal*, in a report published August 22, 2016. Included in the “LA 500” were Ambassador Frank E. Baxter, Michael S. Burke, Rick J. Caruso, Robert A. Day, William Hilton, Jordan Kaplan, Marcel Loh, Robert J. Lowe, Bruce S. Meyer, Peter W. Mullin, Michael S. Sitrick, Patrick Soon-Shiong, MD, and James A. Thomas.

The magazine’s editorial staff considered thousands of potential candidates, solicited suggestions from numerous sources, and expanded their reach to universities, arts organizations, and nonprofit organizations. The final list of 500 includes notable politicians, philanthropists, entrepreneurs, architects, artists, business magnates, and authors, many of whom have attained worldwide fame, such as Steven Spielberg and Oprah Winfrey.

We congratulate our 13 current and life trustees for this honor and recognize the extraordinary influence all our board members have in our community. Their positive influence, combined with their hard work and leadership, has helped Saint John’s Health Center provide exceptional care and support to our patients and our community.
ON THE PULSE

Introducing—The John Wayne Cancer Institute Board of Directors

The Institute’s bylaws were recently changed to increase the size of its board. The nominating committee selected the following individuals for their dedication, experience and talent. Many of these new board members are also Saint John’s Health Center Foundation trustees or have served on the board of Saint John’s Health Center. Their combined strengths will help lead the Institute into the future.

MARIA O. ARECHAEDERRA
Maria’s wealth of experience in nonprofit health care administration and her history of Santa Monica community involvement make her a great asset to the board. Maria has been a prominent player in the field of gerontology as one of the founders of WISE and Healthy Aging, one of the first adult day care centers for seniors and those afflicted with Alzheimer’s disease.

MARK BAKER
Mark has more than 20 years of operational leadership experience. He is currently vice president of global business services for Capital Group. Prior to joining Capital Group, Mark held a variety of management roles, most recently with the Four Seasons Hotels and Resorts. He also serves as a finance module advisor to Pepperdine University’s president and the Key Executives MBA Program.

NORRIS J. BISHTON JR.
Norris, an experienced businessman and successful attorney, is a Foundation trustee. He is president and owner of the NOARUS Auto Group, one of the top 125 auto groups in the United States. He is also a partner in the law firm Bishton • Gubernick and general counsel to two other large auto groups. Norris is a member of several boards including the NPR Foundation and KCRW.

MARC EZRALOW
A Foundation trustee and former member of the Saint John’s Health Center board of directors, Marc brings expertise from real estate, financial services, technology and media to the board. He is president of the Ezralow Company and is actively involved in the company’s real estate portfolio. Marc was featured in the Los Angeles Business Journal as one of the Top 20 “Angel” investors in Los Angeles.
ON THE PULSE

MARK B. FARIES, MD
Board-certified surgeon Dr. Faries is director of the Complex Surgical Oncology Fellowship, director of the Donald L. Morton, MD, Melanoma Research Program and director of therapeutic immunology at the John Wayne Cancer Institute. Dr. Faries has overseen numerous clinical trials and has been awarded substantial research funding by the National Cancer Institute.

SEAN FISCHER, MD
Dr. Fischer offers a unique perspective as a highly-respected oncologist in private practice. He is a member of Providence Santa Monica Hematology-Oncology. Board-certified in internal medicine, medical oncology and hematology, Dr. Fischer has participated in clinical research and published articles in the fields of hemophilia, primary brain tumors and lung cancer.

DOUGLAS M. MANCINO
Doug, a partner at Seyfarth Shaw LLP and national chair of the firm's health law group, provides expertise to the Institute in the field of health care law. Doug has represented health care and nonprofit organizations on tax, business and financial matters. He serves on the board of advisors for the Center for Philanthropy and Public Policy at the Price School of Public Policy, University of Southern California.

DOMINIC J. ORNATO
Dominic has been a longtime Foundation trustee and major financial supporter of the Institute, the Foundation and Saint John’s. A prominent Southern California businessman with vast experience in investments and insurance, Dominic was co-owner of the Levitt/Kristan Company Insurance Brokers, and treasurer and a partner of Budget Rent-a-Car Mountain States.

CAROLE SCHWARTZ
A Foundation trustee, Carole works with Schwartz-Mei Group, a private investment management firm. Prior to her relocation to Los Angeles, she was a real estate tax partner with KPMG, LLP. Carole has served on many not-for-profit boards including several hospital boards in Florida and Colorado. She currently serves as a national trustee for National Jewish Health in Denver.

ROGER WACKER
Roger brings both important philanthropic experience and business acumen to the board. A Foundation trustee, he is currently the managing director of wealth management and senior portfolio manager for UBS Private Wealth Management. Roger serves on many boards including the board of trustees for California Institute of the Arts and on the Global Advisory Council for the Mayo Clinic.

JOHN WAYNE CANCER INSTITUTE SPECIAL ADVISORS

TONY ALAMO, MD
Dr. Alamo is a successful physician, community leader and businessman. Since 1994 he has owned and operated the Alamo Medical Clinic in Henderson, Nevada. He currently serves as chairman of the Nevada Gaming Commission and is former chair of the Nevada State Athletic Commission.

CATHERINE A. BROWN, RN
Cathy is president of the John Wayne Cancer Foundation (JWCF). In that capacity, she implements key strategies to increase JWCF’s presence both nationally and internationally. She has more than 30 years of experience in strategic governance, organizational development and fundraising.

ROBERT O. KLEIN
Bob oversees the overall management of Saint John’s Health Center Foundation and the John Wayne Cancer Institute’s philanthropic development efforts. Bob played college football at USC where he earned BS and MBA degrees and was a first-round pick by the Los Angeles Rams in the 1969 National Football League draft.

STEVEN J. O’DAY, MD
Dr. O’Day has a unique medical perspective to offer the board. He is a professor of medical oncology and director of immuno-oncology and clinical research at the Institute. Dr. O’Day has been in the forefront of new drug development and immunotherapies for cancers for more than two decades.

MICHAEL WAYNE
Michael, John Wayne’s grandson, has served on the John Wayne Cancer Institute board of advisors for several years. After 15 years as a partner in a Century City law firm, he started his own practice in January 2016 and concentrates on the areas of commercial, construction and business litigation. He lectures frequently on construction and commercial litigation.

PATRICK WAYNE
John Wayne’s eldest son, Patrick, has served as chairman of the Institute’s board since 2003 and has been a key leader and supporter of its mission since the Institute’s inception. A graduate of Loyola University in Los Angeles with a degree in biology, Patrick has had a successful career as an actor—appearing in more than 40 films, five TV series, countless TV episodes and several theatrical productions.

TIMOTHY WILSON, MD
Dr. Wilson is chair of the department of urology at the John Wayne Cancer Institute. He is one of the top six surgeons worldwide, in terms of volume, who perform robot-assisted radical prostatectomy. He has published numerous peer-reviewed articles and book chapters on urologic oncology, urinary reconstruction and robotic surgery.
Palliative Care

A new paradigm in medicine

WRITTEN BY NANCY BRANDS WARD

Palliative care, a form of specialized care for people with serious illnesses, has been in the news a great deal in recent years with research showing that early palliative care helps patients cope with disease and improve their quality of life. Palliative care can help people with diseases such as cancer, cardiac conditions, kidney failure, Alzheimer’s, Parkinson’s, amyotrophic lateral sclerosis (ALS) and many more.

A recent spate of books and news reports has also raised awareness about the delicate issues surrounding end-of-life decisions, including the book and documentary Being Mortal: Medicine and What Matters at the End of Life (Metropolitan Books, 2104) by renowned surgeon Atul Gawande. Dr. Gawande’s premise is that the ultimate goal is not a good death but a good life—all the way to the very end.

Nevertheless, there remains confusion about palliative care. Saint John’s magazine asked Brian Madden, MD, medical director of the Providence Saint John’s Health Center’s palliative care program, to clarify some of the issues.

What is palliative care?

It’s specialized medical care that provides relief from the symptoms and stress of a serious illness with the ability to improve the quality of life for patients and their families. Palliative care is associated with end-of-life care similar to hospice, but we think of ourselves as medical decision support. We help people understand what the course of their disease will look like down the road, how it will affect their quality of life and what kinds of decisions they will need to make.

Who needs palliative care?

It’s for patients who have a serious illness, but not necessarily a terminal diagnosis. That’s an important distinction, because palliative care can help patients at any stage during a serious or chronic disease, as well as a terminal disease.

How is palliative care delivered at Saint John’s Health Center?

We have a four-member interdisciplinary team composed of me as the medical director, a registered nurse, a nurse practitioner and a social worker. We’re also supported by another consulting palliative care physician, volunteers, resident chaplains and priests. Two or more of us often see patients together. This interdisciplinary approach enables us to skillfully address aspects of suffering that come with serious illness, be it physical, psychological, emotional, social or spiritual.

How does palliative care differ from hospice care?

It’s a common misconception that we’re the same as hospice care. Hospice is an insurance benefit that provides comfort-oriented care for patients who have a life expectancy of six months or less, often delivered at the patient’s home. Palliative care is a medical specialty intended to care for patients with serious or complex diseases who may also be terminal, but no specific prognosis is required to receive services.

Sometimes people don’t want hospice care even if they qualify for it—they may see it as giving up or not treating their disease. We try our best to take a neutral position, having in-depth conversations with patients about what we call their “goals of care” and what their future realistically looks like for them. [See the sidebar, “A Shift in Palliative Care Toward Understanding ‘Goals of Care.’”]

These conversations set the stage for what may be the last chapter...
in a person’s life and ensure that the whole process is meaningful.

If patients accept palliative care, does that mean they cannot receive aggressive medical treatment? It definitely does not preclude aggressive care. That’s another misconception about the difference between hospice care and palliative care. We offer a consultative service to help patients and their families through this challenging time. If necessary, we provide medical care for symptom management, but patients are certainly still able (and often encouraged) to receive desired treatment, such as chemotherapy, from other medical specialists.

How is palliative care given at the end of life? At end of life, our team may be asked to provide comfort care similar to hospice care provided in a hospital. In these cases, we may discontinue physician’s orders that are no longer necessary, prescribe medications used for comfort [i.e. to help with pain, shortness of breath, excessive secretions, anxiety, nausea, agitation, delirium, etc.] and gracefully unwind and discontinue treatments. We have conversations to let families know what to expect so they know how to shepherd someone toward the end of life peacefully.

Shouldn’t all doctors be concerned with alleviating my suffering and improving my quality of life? Of course, and we are. I am consistently impressed with the compassion and efforts of my colleagues in this respect. But these can also be difficult and time-consuming issues to discuss, not to mention increasingly complex and multifaceted. Our team has the luxury of time to get to know patients and their families, as well as the specialized knowledge to ensure a comprehensive review.

Do you have plans to extend palliative care to patients outside the hospital? Right now, we’re seeing all the patients who need us, about 5% to 10% of non-surgical or obstetrical patients in the hospital. Our goal is to bring palliative care services to outpatients in my office or through home visits. We expect to grow this over the next three to six months.

How would new funds be used to expand the palliative care program? Important program expansions include additional physician consultations on nights and weekends, a 24-hour telephone triage to support both our inpatient and outpatient services, and community events aimed at removing stigma from the concept of palliative care and end of life in general. We are also seeking sponsors to bring further support and volunteer services for our patients and community in general.

A SHIFT IN PALLIATIVE CARE TOWARD UNDERSTANDING “GOALS OF CARE”

There’s a shift taking place in palliative care—it’s a move away from seeing this as an end-of-life specialty and toward integrating palliative care specialists, along with the family, earlier in the care of a patient’s disease.

“Four years ago when I started, about 80% of my cases were end-of-life consults,” says Brian Madden, MD, medical director of the palliative care program at Providence Saint John’s Health Center. “Today the majority are calls to clarify ‘goals of care.’”

Goals-of-care discussions cover such topics as life support and resuscitation orders. Nowadays these discussions are also more likely to involve a broader examination of how a person with serious illness chooses to live and die.

“That’s where I see our role as particularly valuable,” Dr. Madden says. “We can help people understand what needs they’re going to have and then help them align those with the treatment they’re receiving or not receiving.”

For example, a goal of one of Dr. Madden’s patients was to be able to read and interact even though he had to stay in bed. Knowing this ahead of time clarifies the kinds of treatment to be given. It also relieves the family of the burden of making a decision when the patient isn’t able to.

Another 91-year-old patient considering chemotherapy asked, “What for?” He wasn’t afraid to die, wasn’t in pain and didn’t want to risk facing additional discomfort for the possibility of gaining a few more months of life. His primary goal was to be pain free, and Dr. Madden explained there was a high likelihood that chemotherapy would make the remainder of his life more uncomfortable.

Still another patient may want to try every treatment available. But if the patient’s goal is to go home, opting for aggressive treatment might preclude that.

“Again, no one has a crystal ball but we can present the alternatives,” Dr. Madden says. “It’s a hard conversation to have, but it can align a patient’s goals with their treatment so that everyone knows what we’re doing and why we’re doing it.”

To learn more about ways to support the palliative care program at Saint John’s, please contact Wendy Merritt at 310-829-8443.
Grants Help Build Healthy Communities

Saint John’s Health Center awarded grants to 13 nonprofit organizations in the greater Santa Monica area that have special expertise in serving the community’s less fortunate. According to Ron Sorenson, director of community services for the Health Center, these grants will “build better lives for individuals on the Westside.” The following organizations received funding:

Delivering care and support to the homeless: the Venice Family Clinic, which offers health care; Safe Place for Youth, which makes mental health services available to homeless youth; St. Joseph Center’s Bread and Roses Café, which serves meals to homeless and low-income clients; Upward Bound House’s Family Place Program, which allocates temporary transitional shelter; and Ocean Park Community Center’s Wellness Beds Program, which provides recuperative care to homeless clients who need a place to recover from illness.

Serving the needs of the elderly: OPICA (Optimistic People in Caring Atmosphere), which provides adult day care and counseling; WISE and Healthy Aging’s Training and Education Center, which offers evidence-based health promotion and disease-prevention programs; and Meals on Wheels West, which delivers meals and provides referral services.

Establishing medical care and wellness programs in underserved communities, and for at-risk youth: the Boys and Girls Club’s Healthy Lifestyles Program; Pico Youth and Family Center’s wellness program that offers fitness, health education classes and mental wellness services; and Westside Family Health Center’s Sweet Success diabetes management program.

Protecting the health of school-age children: Saint Anne’s School, through its school nursing, counseling services and tuition subsidies for low-income families; and Santa Monica Malibu Unified School District’s school nursing services in underserved schools.

“These outreach efforts to improve the physical and mental health of our community exemplify Saint John’s commitment to the core value of compassionate care. We are pleased to offer financial support to these fine organizations and their volunteers in their ongoing efforts to serve the Westside,” says Marcel Loh, chief executive, Providence Saint John’s Health Center.

Animal Magnetism

Certain Saint John’s Health Center volunteers have been known to lick the patients they visit. These furry visitors are part of the Paula Kent Meehan Pawsitive Pet Program, which uses volunteer dog and handler teams to bring friendship and comfort to hospitalized patients.

Allyson Buescher, a Saint John’s occupational therapist, has seen the benefits of this program firsthand. “One patient, whom I’ll call Greta, had experienced a stroke. She had difficulty controlling her movements and expressing herself through speech.” When Allyson learned that Greta had dogs at home, she arranged for a therapy team to visit.

“Within moments, Greta perked up and was the most alert she had been since her admission to the hospital,” says Allyson. “She practiced open-handed dexterity exercises, giving the dog a treat and petting him with help.”

The visits continued, and soon Greta started giving the dog one-word commands, such as “stay” or “down,” thereby working on her speech abilities. ”There’s nothing like seeing a patient’s face light up when a dog visits,” Allyson says. “By incorporating therapy dog teams, we allow patients the opportunity to feel human.”

To learn more about this project, please contact Wendy Merritt at 310-829-8443.
Irene Dunne Guild Funds Projects and Equipment to Enhance Nursing Care and Patient Comfort

Recognizing that a dedicated nursing staff plays a major role in the superior care provided at Providence Saint John’s Health Center, the Irene Dunne Guild this year chose to fund nearly $180,000 worth of predominantly nursing-related services and equipment.

“We know that nursing care makes all the difference in a patient’s experience,” says Brenda McDonald, guild president. “Saint John’s nurses show extraordinary competence and compassion every day, and we wanted to support their efforts with items that would help them do their job better, as well as give them ways to renew and revitalize.”

Funded Items Include:

- **Assisting Feeding Tube Placement**
  The CORTRAK 2 enables nurses to safely insert feeding tubes at the bedside without needing to rely on X-rays to assure proper placement. The FDA-approved system provides real-time tracking and allows for feeding tube therapy to begin more quickly.

- **Enhancing the Birth Experience**
  Expectant mothers who wish for a safe, natural childbirth experience will find a supportive, comfortable, home-like environment thanks to upgrades to the Minimal Intervention Natural Birthing Suite, including a new labor bed, new furniture and new décor.

- **Bringing Mental Health Assistance to Preschoolers**
  Research shows that prekindergarten children with psycho-social challenges are expelled from day care and early education centers at more than three times the frequency of children in grades kindergarten through 12. The Child and Family Development Center’s Preschool Mental Health Consultation Program embeds highly-trained mental health staff in high-need, underserved day care facilities to help identify children with developmental or behavioral challenges and connect them with early interventions.

- **Facilitating Needle Insertion with a Vein Mapping System**
  Nurses must carefully use needles to perform blood draws and insert IVs that are a necessary part of hospital care. The AccuVein AV400 makes it easier to find a vein by using infrared technology to project an image of the patient’s veins onto the skin’s surface.

- **Helping Great Nurses Continue to Provide Great Care**
  The Compassionate Care Symposium provides information on best practices as well as opportunities to share and discuss issues related to caregiving. This one-day, off-campus event includes dynamic speakers and team building opportunities and offers continuing education units (CEU).

- **Making a Difference for Low-Income Patients**
  Funding allows social service staff to provide small items that can make a big difference for patients with limited incomes. They may include such items as meal vouchers, bus tickets, clothing, hygiene kits, adult diapers, reading glasses, phone chargers and parking validations.

- **Caring for the Caregivers**
  The Providence Empowerment and Caregiver Engagement (PEACE) program aims to enhance the physical health and social wellness of Saint John’s caregivers. Components in the program will include: groups that engage in healthy practices such as walking, yoga or meditation; a quiet room for rejuvenating and recharging; a community garden; a farmer’s market; Zumba classes and opportunities to engage in community service projects.

- **Getting Patients Up from Bed Safely**
  Standing and walking improves the healing process for the patient but can create a risk of injury to nurses. The Sara Steady Seated Transfer Device helps patients to stand up independently without needing to lean on a caregiver for support. The stability of the system makes it safer for patients as well.

Donations are needed to help families in need.

Donations to the Irene Dunne Guild are tax-deductible. Please consider giving a gift or donating funds to help us provide care to these families during the holiday season.

For more information, please contact Wendy Merritt at 310-829-8443.
Ahmanson Foundation Gift Supports Specimen Repository

The specimen repository housed at the John Wayne Cancer Institute at Providence Saint John’s Health Center is a priceless resource for cancer research worldwide. A recent gift from The Ahmanson Foundation will help ensure the modernization and expansion of this unique laboratory.

The Ahmanson Foundation’s $500,000 gift recently facilitated the purchase of new freezers to store more than 1.6 million vials of serum and tissue.

Used by researchers in studies on both prognostic and diagnostic biomarkers in cancer, genetic and molecular analysis of the tissue has allowed research to better match a patient’s disease with personalized treatments. The medical information regarding each of the patients who have donated specimens has also been carefully maintained. Knowledge of patient outcomes allows researchers to analyze biological markers or genetic patterns.

The Ahmanson Foundation is a highly-regarded philanthropic foundation based in Los Angeles and is a longtime supporter of the Institute and Saint John’s Health Center. In recent years, gifts from The Ahmanson Foundation have also enabled facility upgrades to the Child and Family Development Center.

“Gifts like this help us to maintain John Wayne’s legacy,” says Mark B. Faries, MD, director of the Complex General Surgical Oncology Fellowship, director of the Donald L. Morton, MD, Melanoma Research Program and director of therapeutic immunology at the Institute. “The repository is a treasure and allows our scientists to pursue innovative research that is difficult or impossible to do anywhere else. We are extremely grateful to The Ahmanson Foundation and other philanthropic individuals who understand the importance of supporting the repository.”

Cancer survivors will soon have access to more coordinated resources for their cancer care or post-cancer needs. Providence Saint John’s Health Center has launched a new survivorship program, made possible by a major gift from cancer survivor Monica Salinas, PhD.

Dr. Salinas received her care from Marilou Terpenning, MD, an oncologist at Saint John’s and adjunct professor of medical oncology at the John Wayne Cancer Institute. The program will assist survivors with emotional and psychosocial issues, financial and career challenges, side effects from treatment and the impact of cancer on family members.

“Cancer survivorship starts with the diagnosis of cancer, which can be terrifying,” says Dr. Terpenning, who helped found the survivorship program. “There’s a very intense period of fact-finding to become knowledgeable enough to feel confident in care. Patients are often overwhelmed with information—it’s like trying to drink from a fire hose. This gracious gift will help us strengthen the program, which will give patients the fortitude and resources to cope with this diagnosis.”

Dr. Salinas has a special understanding of the needs of cancer survivors. In addition to her own experience as a patient, she is a licensed marriage and family therapist and holds a PhD in clinical psychology. She is an expert on how culture affects behavior and access to care and says she appreciates the many psychosocial challenges that cancer imposes on individuals and their families.

“Until I became a cancer survivor I had no idea about the immense value that a survivorship program could provide,” she says. “Dr. Terpenning, was the first person to make me aware that cancer is a prolonged situation that creates an entanglement of issues for the entire family, not only psychologically, but often economically as well. I am honored to participate in a program that has so thoughtfully been designed to help patients navigate their journey towards recovery.”

The survivorship program is part of a long list of services for cancer patients and their families. Saint John’s offers many programs, including a surgical nurse navigator for breast cancer patients, prehabilitation, rehabilitation, genetic counseling and spiritual care. The survivorship navigator, a position that is made possible through Dr. Salinas’ gift, will help patients understand what programs are available for them and coordinate that care.

For more information on supporting the specimen repository, please contact Michael Avila at 310-829-8351.

For more information on how to support the cancer survivorship program, please contact Jeanne Goldsmith at 310-582-7344.
A Vital Gift to Saint John’s Nursing Program

Compassionate nursing care is a hallmark of Providence Saint John’s Health Center. In order to continue that legacy, it helps to have friends like The Jean Perkins Foundation. This charitable organization is a longtime and generous donor whose support helps Saint John’s nurses maintain the exceptional care they have been providing for many years.

Funded by The Perkins Foundation in 2006, the crucial conversations program trained caregivers in the “Seven Crucial Conversations in Health Care,” the result of 25 years of research. These conversations helped to promote lasting change in health care by making caregivers aware of: rules, minimizing mistakes, supporting each other, competence, teamwork, respect and the downfalls of micromanagement. “These conversations taught caregivers how to have positive interactions with their colleagues which led to more compassionate—and safer—patient care,” says Dawna Hendel, Saint John’s chief nursing officer.

The Perkins Foundation also funded the human patient simulator (HPS), which is designed to accurately resemble anatomical structure and mimic human-life functions. “We use it in our nursing department and skill labs,” says Dawna. “It is an invaluable learning tool that allows nurses to work on realistic patient-care scenarios in a safe environment.”

The Perkins Foundation is also supporting Saint John’s in the nursing Magnet Journey by funding the Magnet manager position. Magnet recognition, by the American Nurses Credentialing Center (ANCC), is an important initiative in helping to maintain high-quality nursing through a systematic study of actions and their effects related to nursing care. The Magnet Journey is the process of working toward the esteemed Magnet designation, which in turn signifies the highest level of compassionate and quality care in nursing. The Magnet manager is essential in achieving this goal—which only 7% of hospitals nationwide have attained. “We wouldn’t be able to do this without [The Perkins Foundation],” says Dawna. “We are so happy to be on the road toward this prestigious designation. It raises the bar, which is already very high at Saint John’s, to another level in terms of nursing care.”

Top Rankings for Saint John’s

Providence Saint John’s Health Center is thrilled and honored to be listed among the most highly-praised institutions for knee replacements, hip replacements and treatment of congestive heart failure, according to the 2016 U.S. News and World Report ranking of more than 5,000 health care facilities nationwide.

The magazine has been publishing hospital standings for the past 27 years, guiding millions of patients and their families. Its “Best Hospitals for Procedures and Conditions Rankings” evaluates every hospital in the country that admits patients for specific procedures and conditions and shows consumers how well they perform. A rating of “high performing” indicates a hospital was significantly better than the national average. In all three categories, Saint John’s received “high-performing” rankings.

Our high scores for knee replacements were based on a “best” ratings in three categories: patient survival 30 days after hospitalization, preventing infections and preventing patients from being readmitted within seven days of discharge.

Hip replacements received its “high-performing” ranking based on “best” ratings in how well the hospital prevents a prolonged hospitalization and infection after surgery. Congestive heart failure treatment received its ranking based on a “better than average” survival rate 30 days after patients were hospitalized and a “best” rating for Saint John’s nurse staffing, reflecting a high ratio of nurses to patients.

The magazine measured data from multiple sources, including the Standard Analytic File, which contains details of every hospital admission paid for by traditional Medicare; the 2014 American Hospital Association’s annual survey and more.

“These high rankings could not be achieved without the coordinated effort of the entire Saint John’s team of physicians, nurses, technicians and support staff,” says Marcel Loh, chief executive, Providence Saint John’s Health Center. “With these accolades, patients can continue to feel good about choosing Saint John’s as their hospital.”
Mercedes Arana’s stroke occurred as it does for so many people—completely out of the blue. The retired certified nursing assistant had no prior medical issues like high blood pressure, high cholesterol or diabetes. She was active, doing Zumba five times a week and had never smoked. But while enjoying a weekend at the home of her daughter and grandchildren in Pacific Palisades this past July, Mercedes, 69, suffered a severe stroke that could have been permanently disabling or even fatal.

“Her stroke came as a total shock to all of us,” says Mercedes’ daughter, Bridgitte Fanous.

The night before, Mercedes felt well except for a slight headache. “When she spoke to my dad on the phone the next morning her voice sounded a little different,” Bridgitte recalls. “And she left the phone off the hook, which I thought was a little weird.”

What happened next set off Bridgitte’s alarm bells. “When my mom started talking, her face drooped to one side and she couldn’t speak right,” she recalls. “Then she said she had a really bad headache and started tapping one side of her head. It took me a little bit of time to register what was going on, but then I thought, ‘Mom is having a stroke—call 911.’ My next-door neighbors are doctors (Sharo Raissi, MD, and Violet Boodaghians, MD), and they helped my son, Michael, call it in and tell the dispatcher that we thought my mom was having a stroke.”
An ambulance arrived within 10 minutes and rushed Mercedes and Bridgitte to the Providence Saint John’s Health Center emergency room, where they were met by vascular neurologist and stroke program medical director Jason Tarpley, MD, PhD, and stroke neurologist, Daniel Franc, MD, who was on call at the time, and emergency room doctor, Sherry Yafai, MD. Right away, Samuel Hou, MD, PhD, an interventional neuroradiologist, who recently joined the stroke team at Saint John’s, was paged along with the rest of the interventional team.

At this point, Mercedes’ left side was paralyzed and she was unresponsive. Imaging tests were performed immediately, and the doctors determined she had a large blood clot in the carotid artery in her brain (an ischemic stroke). Luckily only about 24 minutes had elapsed from the time 911 was called.

“The doctors came out and told me my mom was having a severe stroke,” Bridgitte says. “They asked if they could administer the IV clot-busting drug tPA (tissue plasminogen activator). The doctors told me about all the potential side effects, and I asked if they would do it if it were their mom. They said yes. So I said, ‘Let’s do it.’” This medication was delivered in a lightening-fast 19 minutes after Mercedes arrived at the hospital.

The tPA didn’t work because the clot was so large; in fact, tPA only works in about one-third of ischemic stroke cases, partly because it is ineffective if given more than 4 1/2 hours after a stroke begins.

“Stroke is the second leading cause of death in Los Angeles county.”

The ED nurses and the stroke team quickly transported Mercedes to the interventional suite. Dr. Tarpley and Dr. Hou then immediately performed a thrombectomy, a newer procedure that has revolutionized stroke treatment. A catheter is inserted into an artery in the groin and up into the brain. The stroke-causing clot is then removed with a device called a stent retriever, which is threaded through the catheter into the artery where the clot is attached to a wire so that the stent and clot can be pulled into the catheter and removed. “Thrombectomy is wildly effective,” Dr. Tarpley says. “The results are very dramatic. If they get to us in time, patients often have very significant improvement right in front of your eyes. With Mercedes, we had her on the table getting the procedure 67 minutes after she hit the hospital.”

Mercedes spent two weeks in the hospital, part of that time in the intensive care unit where she was attended to by neurologists and nurses with specialized training in the care of stroke patients. After being discharged, she began receiving outpatient physical therapy and rehabilitation services at Providence Holy Cross in Mission Hills, near where she lives. Her husband cares for her and helps her at home.

“She’s about 75% there in terms of doing all the things she used to do,” Bridgette says. “She still drifts a little to the left side when she walks, but her arm and hand work well and she has full brain function. She takes walks. We are all doing everything we can to get her back to 100%, and we see progress every day.”

The right place at the right time
Not a lot of good can be said about having a stroke, but Mercedes was extremely lucky in a few regards. First, she was lucky that her family recognized the symptoms so quickly. She was lucky that her neighbors knew the importance of alerting emergency medical personnel that she was probably having a stroke. Finally, Mercedes was lucky to have been treated at Saint John’s Health Center. This past June, just before her stroke, Saint John’s was certified as a primary stroke center by the Joint Commission on the Accreditation of Health Care Organizations, an independent, nonprofit organization that evaluates disease-specific health care facilities.

Developed in collaboration with the American Stroke Association, the Joint Commission’s certificate of distinction for primary stroke centers recognizes treatment centers that undertake exceptional efforts in treatment of stroke. The centers need to be specially staffed and equipped to improve long-term outcomes for not only stroke patients but also those with cerebral aneurysms, carotid artery stenosis, arteriovenous malformations and other neurovascular disorders. In other words, Mercedes benefited from receiving the highest standard of care available at a state-of-the-art stroke treatment facility.

Meeting a growing need
A stroke occurs when a blood vessel that carries oxygen to the brain is either blocked by a clot in an ischemic stroke, such as the one Mercedes had, or ruptures (a hemorrhagic stroke). “About 75% of the strokes we treat are ischemic, 20% are hemorrhagic, and 5% are a subarachnoid hemorrhage, which occurs when an aneurysm [a ballooning, weak section of an artery] ruptures in the brain,” Dr. Tarpley says.

Strokes are medical emergencies and every minute can make a tremendous difference. If not diagnosed and treated very quickly, death or serious, long-term disability can result. “For an ischemic stroke, the best thing we can do is to get
that blockage open as soon as humanly possible,” Dr. Tarpley explains. “We know that about 1.9 million brain cells per minute die behind [the blockage].”

According to the Los Angeles County Department of Public Health, stroke is the second leading cause of death in the county. Nearly 800,000 Americans suffer a stroke every year, and the number of people who are at highest risk—older people as well as those with high blood pressure, diabetes, obesity and other medical conditions—is increasing.

“Data has shown that primary stroke centers like ours have better patient outcomes, but they have to be available locally, as time is of the essence,” says George Teitelbaum, MD, regional director of interventional neuroradiology for Providence California. “Unlike heart attacks, most ischemic strokes cause no pain. If you have one when you’re sleeping, by the time you wake up damage may have been occurring for hours and you may be outside of the window when tPA can be effective.”

In the sprawling, traffic-congested metropolitan Los Angeles area, cutting minutes off the time elapsed between suspecting a stroke and being evaluated and treated for it can be difficult—and dangerous. Since 2010 paramedics in Los Angeles County have been required to transport suspected stroke patients to the nearest primary stroke center. Until July the closest such facility for Westside residents was at the University of California, Los Angeles Medical Center.

Now, as the only primary stroke center west of the 405 Freeway, Saint John’s Stroke and Aneurysm Center fills a void in Santa Monica, Culver City, Pacific Palisades, Marina del Rey, Malibu and other surrounding communities. In August the center performed 36 emergency evaluations for possible stroke, compared to around 10 in March.

Working to raise stroke awareness
Receiving certification as a primary stroke center required meeting strict clinical practice guidelines, not only in treating strokes but in preventing them, and that requires educating the public, according to Dr. Teitelbaum.

According to the American Stroke Association, 80% of strokes are considered preventable. Among the risk factors that people can control are high blood pressure and cholesterol, cigarette smoking, diabetes, physical inactivity, obesity and poor diet.

“We host community education events at places like the Santa Monica libraries,” says Renee Ovando, RN, stroke and neurovascular program manager. “A stroke team, which includes doctors, myself and stroke survivors, takes part in lectures on...
Being designated a primary stroke center is a great step forward for local patient care. The next goal is to become accredited as a comprehensive stroke center, and this is anticipated to happen within a year or so. “The Los Angeles area probably needs 10 to 15 of them, and we want to be there to help people have the highest quality stroke care in this part of the city,” says George Teitelbaum, MD, regional director of interventional neuroradiology for Providence California. “We already have met some of the criteria, including the most important one: the ability to offer thrombectomy services 24/7,” he adds. “But we need to add more neuro-critical-care doctors and other personnel available around the clock, including people who can perform thrombectomies as well as neurosurgery procedures like craniectomies (removal of part of the skull to allow a swelling brain to expand).”

Being granted comprehensive stroke center status would also require expanding the Providence Saint John’s Stroke and Aneurysm Center’s advanced imaging capabilities and creating a dedicated facility where patients can receive advanced rehabilitation care after their stroke.

ways to prevent stroke through lifestyle habits, as well as how to know what the common signs are and, if they’re recognized, the importance of calling 911 immediately and letting emergency providers know that a stroke is suspected.”

Unlike Mercedes’ family members, most people are unaware of the common signs of a stroke. The acronym FAST is an easy way to remember the symptoms, Dr. Teitelbaum says:

F: Face drooping
A: Arm weakness
S: Speech difficulty
T: Time to call 911

Additional signs may include sudden numbness or weakness of the face, arm or leg, especially on one side; confusion or trouble understanding; difficulty seeing in one or both eyes; problems with walking, balance or coordination; dizziness; or severe headache with no known cause.
Taking a team approach
Working smoothly together, the center’s interdisciplinary team, which consists of neurologists, nurses, emergency room doctors, radiologists and other professionals who specialize in diagnosing and treating strokes, delivers the type of care that’s been shown to improve patients’ short- and long-term outcomes.

“We even have a spiritual care member on our team,” Renee says. “This person can explain to family members what’s happening to the patient in real time.”

The team gets patients the imaging or medications they need as quickly as possible. “Our nurses can even give patients tPA as soon as a specialized stroke neurologist deems it appropriate, usually when the patient is still in the CT scanner,” Renee says. Nurses are required to undergo extensive training in every aspect of patient care, from when a patient arrives to when a patient leaves the hospital, and to receive annual stroke education.

There’s a non-human stroke team member, too: the telestroke robot, which can observe and evaluate patients as well as their imaging, from an outside location. This allows for videoconferencing among on- and offsite clinicians, which saves precious time.

Improving life after stroke.
Being treated promptly for a stroke is essential, but what happens afterward is critical too. “We treat people from the prevention to the rehabilitation phase,” Renee says. Having an on-site outpatient clinic for follow-up treatment makes continuing care easier for patients and their families.

Preventing repeated strokes.
“Every hospitalized stroke patient is given specific, individualized education to help avoid future strokes,” Dr. Tarpley says. “We try to figure out why they had their stroke—for example, do they have high blood pressure or blood sugar or carotid artery stenosis? Having a stroke can be an eye-opening experience for a lot of people, so we do want to capitalize on that opportunity for education to avoid future strokes.”

Providing emotional and practical support.
“Recovering from a stroke can be a long and difficult process,” Renee says. “A stroke can be devastating emotionally as well as physically, but our patients are helped—and help each other—after the acute phase of their treatment is over.”

Monthly support group meetings are open to the entire community and cover topics that stroke survivors, their family members and caregivers need to know about. Speakers in the fields of neurology, nutrition, rehabilitation and other areas provide practical resources and a forum for learning new physical and emotional coping skills. “We’ve had an expert on mindfulness meditation, and we’re featuring a yoga instructor who specializes in stroke recovery,” Renee says.

Restoring lost function.
Many stroke patients suffer residual physical deficits after their strokes and require various forms of rehabilitation. “It’s part of the Joint Commission’s mandate that every stroke patient be evaluated for physical therapy, occupational therapy to help with performing daily tasks, and/or speech and swallow therapy,” Dr. Tarpley says.

“Considering that my mom had a massive stroke, it’s a miracle that she is walking and talking so well today,” Bridgitte says. “Our whole family is grateful to God that we had great neighbors, a great hospital, and great doctors and nurses. It was a miracle that put her in the right place where everyone did the right thing at the right time.”

WHO’S MOST AT RISK FOR STROKE?
According to the American Stroke Association, the following groups are at highest risk for stroke:

OLDER PEOPLE
Risk approximately doubles each decade after age 55, though younger people also suffer strokes.

PEOPLE WITH A FAMILY HISTORY
A person’s risk is greater if a parent, grandparent or sibling had a stroke.

RACE
African-Americans have a higher risk of strokes than Caucasians, partly because they have a higher incidence of high blood pressure, diabetes and obesity.

WOMEN
Females have more strokes (and more fatal strokes) than males. Possible links include pregnancy, having preeclampsia/eclampsia or gestational diabetes during pregnancy, smoking, use of birth control pills or post-menopausal hormone replacement therapy.

PEOPLE WHO’VE HAD A PRIOR STROKE, HEART ATTACK OR TIA (TRANSIENT ISCHEMIC ATTACK)
A TIA is caused by a temporary blood clot and is known as a “mini stroke” or “warning stroke.” A person who’s had one or more TIs is almost 10 times more likely to have a stroke than someone of the same age and sex who hasn’t.

To learn more about how you can support Saint John’s stroke program, please contact Jeanne Goldsmith at 310-582-7344.
A star athlete gets the glory and recognition, while a coach gets the satisfaction of having propelled that individual to greatness. That’s a good analogy for Chris Newman. Like a consummate coach, she inspires others to do their best, sometimes working behind the scenes and always keeping the interest of her team—whether it’s her family or Providence Saint John’s Health Center—in the forefront.

Chris became affiliated with Saint John’s at the urging of her longtime friend Mary Hesburgh. Mary, who in 1987 was launching a support organization to increase Saint John’s visibility in the community, invited Chris to an inaugural luncheon. The rest, as they say, is history. The event marked the beginning of the Irene Dunne Guild, a major support arm of the Health Center.

“We didn’t start as a fundraising entity,” Chris recalls.
“The idea was to create a group of young women who could spread the word and promote Saint John’s. It was much later that we started slowly earning money. Our first fundraiser was at the Brentwood Country Mart. We made about $3,000 and were very proud of ourselves.”

Chris went on to serve as president of the guild serving one year on her own and one year alongside trustee Mary Flaherty (Mary Hesburgh’s daughter). “Chris was instrumental in shaping the Irene Dunne Guild into what it has become,” says Mary Flaherty. “She provided invaluable direction and purpose in the early days and remains involved today.”

One of the projects Chris spearheaded was obtaining and installing VCRs in all patient rooms, as well as assembling a library of videotapes. Back in a time before smart phones and tablets, patients only had the in-room televisions to entertain them.

“Watching TV could get very depressing,” Chris says. “I thought people should be able to view tapes of events like weddings and birthday parties that they had missed or movies that they would prefer to watch.”

THE CONNECTION DEEPENS

Chris’s talents impressed members of the Saint John’s Health Center Foundation, and in 1995 she was invited to become a trustee. She has proudly held that position for more than two decades. In this role, she has hosted numerous fundraising events for the hospital. As a member of the board affairs committee, Chris has made it a priority to identify strong new members who can contribute their own unique talents to the Foundation.

Chris has made generous donations to support nursing and cancer research, as well as to sustain the general needs of the hospital. She took part in the Challenge to Lead, the 2008 campaign to rebuild the hospital, contributing personally and hosting an elegant cocktail party to recruit friends to the cause.

“I believe in Saint John’s,” she says. “There’s no hospital anywhere that provides better patient care or has better physicians. The nursing care is just wonderful. I tell people that if they’re not involved, they should be. Not only is it important to support the hospital for the good of the community, but also for personal reasons. You learn what’s going on and build relationships with physicians.”

Chris experienced the hospital’s excellent medical care and compassion from the patient side as well. In the late 1980s, she was diagnosed and treated for an aggressive type of lymphoma. “I was very fortunate,” she says. “My doctor, Daniel Lieber, was excellent and everyone on the oncology floor was wonderful.”

One of her favorite things about serving as a trustee involves the opportunity to attend Chautauqua Weekend, an annual retreat for trustees, hospital leadership and physicians. “We hear about the new things that are happening in areas such as heart and vascular care, women’s health, and cancer. It’s very exciting,” she says. “It’s also rewarding to see the physicians exchanging ideas and listening to one another … you know that we’re getting the best of the best.”

ATHLETES ONE AND ALL

Chris is married to AECOM founder and chairman emeritus Dick Newman. AECOM is a multinational company that provides design, building and project management services. The couple, who met as students at Bucknell University, celebrated 58 years of marriage this year, and Chris says that it just gets better every year. Residents of Santa Monica, Chris and Dick maintain close relationships with their three grown sons, John, Rick and Kevin, daughters-in-law Lori and Amy and long-term girlfriend Mari, and four grandchildren.

“They’re all athletes,” Chris says about her brood. Her husband played “every sport you could imagine” in college and remains physically active today. Her middle son played football, wrestled and was a shot putter, while the youngest played water polo, swam and wrestled. Chris and Dick enjoy watching their grandchildren (two are now in college) run and play water polo, soccer and volleyball.

As a special treat, when each grandchild turns about 13 or 14 years old, Chris and Dick take them on a trip—just the child and grandparents—to see the Olympics or anywhere they want to go. “No matter how much the parents beg to come, they cannot come,” she laughs. So far, these excursions have taken them to the Olympics in Beijing, London and Rio de Janeiro.

“Chris was instrumental in shaping the Irene Dunne Guild into what it has become.”

—Mary Flaherty

Chris supports several other institutions in addition to Saint John’s Health Center. She is on the boards of the Children’s Institute, Inc., a Los Angeles nonprofit dedicated to the treatment and prevention of child abuse and neglect, and Blue Ribbon, the premier women’s support organization of The Music Center. She served as past president of the Juniors of Social Service, which supports Regis House’s educational, recreational and social service programs in Los Angeles.

Chris was born in Warsaw, Poland. Her family moved to Canada when she was 3 years old. Chris’s parents told her that when she went to the park each day, she would watch the other children but not say a word. She simply listened. Then one day she opened her mouth and she could speak English perfectly.

Today Chris Newman still waits to speak until she feels she has something worth expressing. So when she talks, you know it will be worth your while to listen. And you’ll likely be enhanced by the experience. •
William S. Mortensen is generosity personified. Since he became a trustee in 1987, he has given freely of his time and energy. He has also made abundant gifts to the Foundation—supporting nursing, cardiac care and the Campaign for Saint John’s, among others. “Whenever I’ve had an opportunity to help someone, I’ve received more happiness and pleasure than if I’d bought something for myself,” he says. And considering the extent of Bill’s generosity over his long lifetime, not only with Saint John’s but in all aspects of his personal and professional life, it is easy to understand why he impresses most everybody he meets as genuinely happy.

Bill’s bigheartedness and deep belief in “putting people first” has been the cornerstone of his business philosophy. His career began in 1955 as a teller at First Federal Bank, an institution co-founded by his grandfather. In 1969 he was appointed president and was elected chairman of the board and chief executive officer in 1983. Under his leadership, the bank consistently gave back 3% to 4% of its profits to the community and was profiled in The 100 Best Companies to Work For in America, largely due to Bill’s long history of providing equal employment opportunities to minorities and women.

“I grew up in a time of racial discrimination, which I hated, and it was my mission to hire a diverse mix of high achievers, including many women and African-American people,” says Bill. “And as they rewarded us with their excellent service, so we rewarded them.”

Foundation trustee Charles F. Smith, both a former First Federal Bank board member and Bill’s neighbor, attests to Bill’s commitment to serving others. “As long as I’ve known Bill, he’s been a humble guy who provided the bank with strong, ethical leadership and treated all people equally,” he says. “He was amazingly successful as a businessman—and is an extremely caring neighbor and friend as well.”

THE BEGINNING OF A BEAUTIFUL RELATIONSHIP

Bill discovered a further outlet for his philanthropy when his good friend, the late Foundation emeritus trustee John H. “Jack” Michel, invited Bill to join the Health Center’s board of directors. Bill had converted to Catholicism in his early 20s,
and as his father and grandfather were prominent physicians, his involvement with a Catholic hospital seemed a natural alliance. “I’ve been delighted to be a trustee ever since,” says Bill, who became a life trustee in 2011. “I like having such a strong connection to the hospital and a closeness to the personnel. What is very unique about Saint John’s is their strong religious belief system. Patient care is extremely important to each employee, and that’s what truly makes Saint John’s special.”

Through the many years Bill has been a trustee, his most fulfilling experience was his involvement in the Health Center’s rebuilding after the 1994 Northridge earthquake. “It was a huge renovation and the spirit of the hospital really came through at that time,” says Bill. “The employees made many sacrifices because they loved what they were doing and they loved Saint John’s, and that was very evident.”

Bill has been actively involved in many organizations throughout his life, including the Los Angeles Metropolitan YMCA, Pepperdine University and the United Way. He and Nancy, his wife of 57 years, are loyal supporters of Santa Monica-Malibu Unified School District, and the Santa Monica High School library was named in Bill’s honor in 1997.

According to Bill, his most fulfilling charitable involvement outside of Saint John’s was his stint as president of the local Boys & Girls Club. “It provides wonderful activities for all young people at a price that anyone can afford,” says Bill.

Bill’s philanthropic spirit was inspired by his father, a prominent Santa Monica physician who built his practice during the Depression. “My dad made house calls in the middle of the night,” Bill says. “He told his bookkeeper that he didn’t want to know which patients were not paying their bills, because he wanted to treat all of them equally.”

This family legacy of compassion and generosity goes back even further, to Bill’s grandfather, a physician and businessman. As cofounder of Santa Monica Hospital, he put people ahead of profits, eventually donating the hospital—rather than selling it—to the Lutheran Hospital Society. “Both my father and grandfather impressed me with their giving natures,” says Bill.

Bill and Nancy have resided in Pacific Palisades for 54 years and have lived in their current home for the last 45 years. It’s where they raised their five children and now look forward to visits from their nine grandchildren. Of Nancy he says, “The greatest gift God gives to us is being married to the right person.”

Bill’s favorite room is still his cozy wood-paneled den, where a portrait of the family’s golden Labrador, Honey, hangs over the fireplace, and plenty of packed bookshelves accommodate Bill’s avid reading habit. Biographies and historical nonfiction are Bill’s favorite reading material. His latest good read was *Truman* by David McCullough. “I moved from disliking President Truman to thinking he was one of our greatest presidents. He had almost no ego.” It’s easy to understand why Truman’s humility impressed him, as Bill is overwhelmingly focused on making his community—and the world—a better place. His life’s focus has been to help others and look for the good in others, rather than pumping up his own ego. As a life trustee, he demonstrates that hard work, an enduring spirituality and a devotion to his community, is indeed, its own reward. •
MEMORABLE EVENTS

CARITAS GALA

The annual Caritas Gala was co-hosted by the Saint John’s Health Center Foundation board of trustees and the Irene Dunne Guild on the evening of October 22 at the Beverly Wilshire Hotel. Attendees kicked up their heels and danced the night away, enjoying delicious fare and engaging conversation during this black-tie event. The evening raises funds for vital programs and services at Providence Saint John’s Health Center.

Saint John’s Health Center Foundation trustee Kathleen McCarthy Kostlan, on behalf of the Thomas and Dorothy Leavey Foundation, received the Spirit of Saint John’s Award for her inspirational service to the mission of Saint John’s. The Caritas Award, which is awarded annually and honors individuals who demonstrate exceptional service to the community and beyond, was presented to film and television actor Jennifer Beals. Allyson Felix, decorated track Olympian, was honored with the first-ever Hope & Inspiration Award. All of the award recipients moved the audience with their heartfelt acceptance speeches.

Alisan Porter, winner of The Voice (season 10), delivered a soulful performance for gala guests. The attendees were warmly welcomed by gala chairs Judy Beck and Kathy Yawitz and Foundation chair, Donna Schweers. Special acknowledgement was given to the gala’s dinner chairs Debra and Norris Bishton, Martha and David Ho Family, Shelby Notkin, Dominic Ornato, and Donna Schweers and Tom Geiser.

1. Jennifer Beals
2. Dr. Peggy Gutierrez, Jennifer Beals and Dr. Sheryl Ross
3. Trustee Lee Ault, Rachel Ault, Kate Prudente and trustee Dr. Ernie Prudente
4. Allyson Felix, trustee Kathleen McCarthy Kostlan, Jennifer Beals and Alisan Porter
5. Jane Loh, Ruth Weil and Marcel Loh
6. Trustee Shelby Notkin, Teresita Tinajero, Graham Waring and Sylvie Waring
7. Brenda McDonald, Kathy Yawitz and Judy Beck
8. (From left) Tommy McDonough, John Paul McDonough, Maria McDonough, Frank Kostlan, trustee Kathleen McCarthy Kostlan, Kathleen Duncan, Colleen Pennell, Chris Pennell, Sheila Coco and Kevin Kostlan
9. (Front row from left) Dr. Terry Webber, Gloria Webber, David Grunwald, Dr. Tiffany Grunwald and Dr. Anthony Maister
(Back row) Dr. Kenneth Sacks, Brenda McDonald, Dr. Daniel McDonald and Liz Maister
10. Allyson Felix and Joanna Hayes
11. Alisan Porter
12. Erik Wexler and Stephanie Wexler
13. (From left) Robert Klein, Brenda McDonald, Allyson Felix, trustee Kathleen McCarthy Kostlan, Jennifer Beals, Alisan Porter and trustee Dominic Ornato
14. Thomas Geiser, Marcel Loh and trustee Donna Schweers
MEMORABLE EVENTS

NATIVE SONS OF THE GOLDEN WEST MASS AND BRUNCH

For the past 48 years, Native Sons of the Golden West has raised funds for the Cleft Palate Center at Providence Saint John’s Health Center. At this year’s lovely Mass and brunch, held at the Health Center’s chapel and dining court, the organization presented the center with a generous $55,000 gift. These funds will restore the smiles of many children and bring comfort to their families. Ann Masson, RN, BSN, clinic case coordinator at the Cleft Palate Center shared the story of a former patient, Brandon Forgo, now a young man recently graduated from the University of California, Berkeley, who spoke movingly about how the medical care he received from Saint John’s had positively impacted his life. Mark Urata, MD, DDS, medical director of the center, also provided attendees with an informative progress update on innovative cleft surgery practices.

PALISADES WILL ROGERS 5 AND 10K JULY 4TH RUN

Sponsored by Providence Saint John’s Health Center, the Palisades Will Rogers Run benefits the Will Rogers Race Foundation, which supports several Westside youth charities. A long-standing tradition in Pacific Palisades, many Saint John’s Health Center Foundation trustees, physicians, donors, patients and their families gathered over the long holiday weekend to participate in this year’s run and festivities. The race starter was Kevin Nealon, honorary mayor of Pacific Palisades.

AVON 39 THE WALK TO END BREAST CANCER

For the eighth consecutive year, the John Wayne Cancer Institute was proud to serve as the medical sponsor of the AVON 39 Walk to End Breast Cancer in Santa Barbara on September 10 and 11. Dennis Holmes, MD, interim director of the Margie Petersen Breast Center, served as the event’s medical director. In addition, seven surgical oncology fellows from the Institute provided medical care to 1,800 participants along the 39-mile race route. The event raised $4.6 million to accelerate breast cancer research; improve access to screening, diagnosis and treatment; and promote breast cancer education and awareness.
FOUNDATION OPEN HOUSE

On August 24, the Saint John’s Health Center Foundation welcomed trustees, friends, Health Center executives, staff members, physicians, and Institute faculty and researchers to the blessing and dedication ceremony of its new office space. The official opening event drew a large turnout and was especially poignant because it marked the return of the Foundation’s home to the Saint John’s Health Center campus—where it resided prior to the Northridge earthquake. The event kicked off with a warm welcome from Donna Schweers, chair of the Foundation board of trustees, who remarked that this felt like a “homecoming,” followed by an invocation from Sister Maureen Craig, SCL, Foundation chaplain. After a blessing at the front door by Father Patrick Comerford, the ribbon was cut by Donna, Foundation president and CEO Robert O. Klein and John M. Robertson, MD (former Foundation chair).

DISCOVERING BREAKTHROUGHS IN MEDICAL ONCOLOGY

An enlightening evening with thought-provoking presentations on breakthroughs in medical in oncology was held at the home of Saint John’s Health Center Foundation trustee Putter Pence on June 8. Steven J. O’Day, MD, spoke about immuno-oncology—lifesaving treatments harnessing the immune system to fight cancer that are part of a revolution in cancer care. Santosh Kesari, MD, PhD, shared information about precision medicine that uses targeted treatment based on the genetic profile of a tumor. And Marilou Terpenning, MD, discussed the challenges of living with cancer and life after cancer.
**JOHN WAYNE CANCER INSTITUTE AUXILIARY MEMBERSHIP LUNCHEON AND BOUTIQUE**

On October 19, three hundred John Wayne Cancer Institute Auxiliary members and friends came together for the annual membership luncheon and boutique at the Beverly Wilshire Hotel. Sheri Rosenblum, auxiliary and Associates for Breast and Prostate Cancer Studies (ABCs) board member was honored with the Angel Award for her dedication to furthering cancer research. Jason Jeralds, a longtime friend and supporter of the Institute, received the Public Service Award for his efforts in raising funds and awareness for cancer research through community partnerships and events. The elegant luncheon also included 20 boutique vendors with fun and classy wares. A portion of the proceeds from their sales are donated to the auxiliary, which is helmed by president Anita Swift. At this year’s luncheon, a check for $450,000 was presented to the Institute.

**QVC PRESENTS “FFANY SHOES ON SALE”**

The annual QVC “FFANY Shoes on Sale”, which took place on October 25 at the Waldorf Astoria in New York, is the largest fundraising event in the shoe industry. Each October during the on-air charitable sale, thousands of shoes are sold at half the manufacturer’s suggested retail price. For more than 20 years, the Fashion Footwear Association of New York has held this fun and shoe-filled event that combines great shopping with an amazing cause; the event has donated millions of dollars to research at the nation’s largest research organizations—the John Wayne Cancer Institute among them. This year the guests were treated to a performance by pop singer Zendaya, this year’s celebrity spokesperson, who impressed the crowd with her incredible vocals. The gala raised an impressive $1.6 million, and the Institute was grateful to receive a check for $273,000 as part of the research funds raised.

**JOHN WAYNE CANCER INSTITUTE SURGICAL ONCOLOGY FELLOWSHIP COMMENCEMENT AND RECEPTION**

On June 23, a ceremony and reception was held at the home of Institute benefactor Ruth Weil to recognize the 2016 graduates of the Surgical Oncology Fellowship Program and to acknowledge the Institute donors who support the fellowship. The afternoon included remarks from John Wayne Cancer Institute faculty members Anton J. Bilchik, MD, PhD, Mark B. Faries, MD, and Maggie DiNome, MD; an introduction of the graduating class; and words of appreciation from the graduates themselves who gave thanks for the program and shared where their training would take them. Institute board members Patrick and Michael Wayne reflected on the importance of the fellowship and surprised Ruth with a personalized doctor’s coat.
MEMORABLE EVENTS

BOARD OF ADVOCATES FALL LUNCHEON

The Board of Advocates convened for their biannual luncheon on November 2 at the Luxe Sunset Boulevard Hotel. The attendees listened intently to presentations by Jennifer A. Linehan, MD, and Steven A. Vasilev, MD, about building gynecologic and urologic oncology programs at the John Wayne Cancer Institute and Providence Saint John’s Health Center. The Board of Advocates is comprised of friends and patrons of the Health Center and Institute who serve as ambassadors in the community and encourage the support of programs deemed to be of the highest priority by Health Center and Institute leadership.

PLANNED GIVING RECOGNITION LUNCHEON

On September 21, Friends for the Future and Guardians of the Future, individuals who have remembered the Health Center or Institute in their estate plans respectively, gathered for their annual luncheon at the Luxe Sunset Boulevard Hotel. Dr. Santosh Kesari gave an enlightening presentation about the latest advances in the field of neuroscience research and treatment. He also discussed the Institute’s relationship and exciting collaboration with the Cancer Moonshot Initiative—a set of new public and private sector actions to drive progress toward ending cancer—which is underway at the White House.
PHILANTHROPY

Donor Advised Funds
Start planning your legacy now. | WRITTEN BY JOHN FERRARI

What will happen to your money? It’s a question everyone must consider at some point—and any financial advisor will tell you—better sooner than later. It’s the question attorney Jerome M. Applebaum asked his friend the late Charles B. Fiscus when Charlie starting weighing various charitable causes and giving options for his estate plan.

Charlie was already a veteran philanthropist, literally: a veteran of World War II, he supported veterans’ causes and educational and medical organizations. As Charlie considered the good his estate could do, he wanted to be able to direct and manage his funds, then and in the future. He and Jerry found the perfect fit—a donor-advised fund.

A donor-advised fund is a great way to leave a legacy of service. The benefit for Charlie was that after establishing the fund, he retained advisory privileges over the assets and decision-making capabilities to transfer the funds to qualified charities.

Charlie passed on in 2014, but since then the Charles Brewer Fiscus Foundation has continued to distribute grants to the causes he cared about, providing a meaningful legacy for an extraordinary individual.

Charlie’s attitudes were shaped by his childhood in Los Angeles during the Great Depression. “He always wanted to take care of other people, rather than himself,” Jerry recalls. That included not only his brother and sister, nieces and nephews, and grandnieces and grandnephews—several of whom he supported through college—but also neighbors and people who worked with him, from his auto mechanic to his housepainter. Short on funds, they’d find themselves with an impromptu grant from Charlie so they could pay their rent, buy gas or put food on the table for their kids. “He had no obligation to do that, but he felt he had a moral obligation,” Jerry explains.

Using his own savings and a rainy-day fund his mother gave him, Charlie built up holdings in real estate and motion picture joint ventures, among other investments. When Jerry met Charlie in 2004, he had no idea of the gentleman’s wealth—only that they both liked jazz and often went to the “Almost Vaudeville” show at the Unurban Coffee House in Santa Monica. “We got to be very good friends in a very short time,” Jerry says. “Charlie was smart, shrewd and a good judge of character.”

The two also discovered they shared many interests, from veterans’ care to medical research. When Charlie began to consider what to do with his money, it was natural that he’d involve Jerry, who now serves as the Fiscus Foundation’s sole advisor. In that capacity he oversees investments, seeks out grant possibilities and reviews grant submissions.

Jerry sees his role as a gift. After all, he gets to distribute grants to worthy causes. Providence Saint John’s Health Center is one of the fund’s four primary charities. Charlie came to know the Health Center through treatment, first for maladies resulting from his service during WWII and later for age-related conditions. “He was always treated very nicely, and he was grateful,” Jerry explains. The Health Center is, he adds, “a friendly place.” That’s high praise, considering hospitals can often be intimidating. Grants from Charlie’s fund have supported the Health Center’s No One Dies Alone and the Paulo Kent Meehan Pawsitive Pets programs—which Charlie, himself a dog owner, would have appreciated—as well as cancer research, the Emergency Department and women’s health. There are many areas of need throughout the hospital. “I just look for what I think Charlie would feel is important,” Jerry says. “I’m here to see that things are done right, because that’s what Charlie wanted.”

For information on establishing a donor-advised fund in support of Saint John’s Health Center, please contact Tanya Lopez, director of planned giving, at 310-582-7095.
Your life is filled with generosity - toward family, friends and your community. By remembering Providence Saint John’s Health Center in your estate plans, you are ensuring that your legacy will continue well into the future. A bequest can help fund cutting-edge technology as well as innovative clinical care that helps shape the medicine of tomorrow. All of this can be done without impacting resources during your lifetime. You will leave a lasting legacy of giving and make a significant difference for generations to come.

If you would like additional information or sample bequest language, please call Tanya Lopez at 310-582-7095 or email at Tanya.Lopez@StJohns.org.
SAINT JOHN’S HEALTH CENTER FOUNDATION MISSION STATEMENT

Saint John’s Health Center Foundation provides philanthropic support that is the catalyst for achieving excellence in health care and research at Providence Saint John’s Health Center and the John Wayne Cancer Institute.