

# Gratitude

Wled Wazni, MD  
*Advancing*  
Stroke Care



St. Mary Medical Center  
Foundation

A Dignity Health Member

Fall 2020



## A Message from the Hospital President & CEO

With a new year comes new opportunities, new goals, and new challenges. Challenges remind us of the importance of working hard and putting in the effort to achieve our goals. Goals keep us motivated and put us in the best position to seize any and all available opportunities. And opportunities are what keep us looking forward and excited about our future.

We have started this year with the promise of building on recent successes, while keeping in mind the importance of our greatest resource – our incredible team. The dedication of the entire St. Mary Medical Center team – physicians, our amazing employees, and volunteers – is so inspiring to me and I continue to be proud of the accomplishments that we have achieved together as we provide our patients with high-quality care in a compassionate environment.

This year marks the 50th anniversary of the St. Mary Medical Center Foundation, which has raised over \$160 million since 1970 to support the hospital's services, equipment needs, and community programs. We could not do what we do and reach as many lives as we have over the years, without the incredible support of our Foundation. The Board of Trustees, comprised of 30 community leaders and physicians, have made the provision of excellent care for our patients a top priority – and for that we say 'Happy Anniversary and here's to many more years.'

In January, St. Mary earned The Joint Commission's Gold Seal of Approval® for Advanced Thrombectomy Capable Stroke Center Certification, which you will read more about in this issue. This honor is a symbol of quality that reflects our commitment to providing safe and effective patient care, while ensuring our stroke patients receive the best possible outcomes.

For those of you who have gotten a chance to know me, you have learned that I am a strong believer in giving back to our community and supporting the needs of those who come to us for care. One of the things I treasure most about St. Mary is that it has always recognized the value of collaborating with our partners in the communities we serve.

I am proud that we were able to award two, local, non-profit organizations, Mental Health America of Los Angeles and Century Villages at Cabrillo, with essential funding to improve and expand their services to meet the needs of our most vulnerable populations.

I am grateful for our strong partnership with both the Long Beach Police Department and the Long Beach Fire Department, and thankful for the amazing work and dedication of our local police officers and firefighters. Thanks to Chief Robert Luna, Chief Xavier Espino, and their remarkable teams for helping St. Mary save lives each and every day.

As we move forward together, I am excited about the future of St. Mary and the impact that we can and will make in transforming the health care landscape in the Greater Long Beach Community.

**Carolyn Caldwell, FACHE**

Hospital President & CEO

Dignity Health - St. Mary Medical Center



## Message from the Foundation Chair

It is an honor and privilege to serve as Chair of the St. Mary Medical Center Foundation Board of Trustees. My goal as Chair, is to leave the Foundation a little better than I found it. That is a tall task given the work of my predecessor, David Lalonde, who I thank for his service and leadership.

As you know, St. Mary has been on the frontline of the COVID-19 pandemic. Our role, as a Foundation, is to provide financial support to help St. Mary save lives. We did that by raising money to purchase personal protective equipment when the crisis started and supplies were hard to come by. We did it when we purchased leading-edge medical equipment the hospital needed to provide top quality care to patients, some of whom could not afford it. We do that through programs like our Low Vision Center and our Mobile Care Unit, that go outside of our campus and into our community to provide health care and education to disadvantaged communities. And we do it by loving one another, caring for each other and "respecting the inherent value and worth of each person."

To those of you who have supported this Foundation over the years, I thank you and ask for your continued support. For those of you who are new to supporting this Foundation, I look forward to working with you. In these challenging times, we have an opportunity to do so much good together. Let's buckle up and get to work.

**Robin D. Perry, Esq.**

Chair

Foundation Board of Trustees

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Gratitude is the biannual magazine of St. Mary Medical Center Foundation, 1050 Linden Avenue, Long Beach, CA 90813. Please contact the Foundation office at 562.491.9225 for information about supporting Dignity Health - St. Mary Medical Center or visit our website at [supportstmary.org](http://supportstmary.org).

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# News and Notes

## Staff Sanctuary



In April 2020 St. Mary staff members were able to stay at the Broadlind Hotel free of charge, due to the generosity of many donors and the reduced rates provided by the co-owners of the Hotel. This opportunity provided a safe haven for staff members working during the early months of the pandemic. Many staff members felt at ease knowing that their families were safe at home, and while they stayed at the hotel they enjoyed private rooms with their own kitchenette and contact-less self-check-in all within 10 minute drive from work. “I am very grateful for the generous offer to stay at the hotel. The stay at the hotel has allowed me to rejuvenate myself emotionally and physically. I am able to focus more on patient care because I am not concerned about the well-being of my family,” shared Dina Lee, RN on the COVID unit.

## Welcoming St. Mary’s Newest Physicians

Dignity Health – St. Mary Medical Center is proud to introduce the following Medical Directors for Anesthesiology, Hospitalist, Radiology, Emergency Medicine and Rehabilitation. The following physicians will champion process improvements and clinical outcomes in their representative areas to ensure St. Mary Medical Center continues to provide the high-quality compassionate care our community has come to expect.

Anesthesiology	Hospitalist	Radiology	Emergency	Rehabilitation
				
TeSha English, MD Anesthesiologist	Babak Gachpaz, MD Hospitalist	Harold Park, MD Radiologist	Ali Jamehdor, DO Emergency Medicine	Henry Lee, DO Physiatrist

- Somnia Anesthesia is a national anesthesia practice management company that has helped to improve efficiency in the operating room by providing additional tools and resources.
- The hospitalist group focuses on improving overall length of stay and patient outcomes while partnering with specialists to provide 24/7 coverage of inpatient care.
- Renaissance Imaging Medical Associates (RIMA) offers sub-specialty fellowship trained radiologists in multiple areas and has significantly improved the turnaround time for imaging reports.
- Vituity is a national emergency provider group that brings expertise in patient throughput and has added additional providers to serve the growing needs of our diverse community.

## One Stop Shop for Employees



At the early onset of the COVID-19 pandemic in Southern California, Dignity Health – St. Mary Medical Center (SMMC) was able to offer an on-site grocery mini-mart and meet the needs of its’ employees. “I am so proud of the continued dedication of the entire St. Mary team and hope this program provides more time for our staff and physicians to spend with their families,” states Carolyn Caldwell, SMMC Hospital President. “Our community continues to rally around our healthcare workers and first responders and if we can help one another, even with simple things like groceries, we will get through this, together.”

Given the long, demanding work days – as well as the long lines to purchase limited food and household supplies – St. Mary Medical Center has been able in a small way take care of its’ employees, utilizing the Medical Center’s supply chain helping by offering milk, vegetables, fruits, pasta and canned goods in bulk quantities. As grocery chains face restocking issues, safety concerns, and restricted operating hours, it can be difficult for the essential healthcare workers to get items they need for their families. One positive outcome of the mini-mart was more time for staff and physicians to spend at home with their families instead of venturing out to the market. Thanks to the hospital’s partnership with distributors like U.S. Foods, the cafeteria is able to purchase items and sell them to staff at our cost.

## St. Mary Foundation raises \$27,000 from Long Beach Gives



September 24th marked the 2nd annual Long Beach Gives day of giving. In all, over 150 select nonprofits serving Long Beach residents participated and raised over \$1,738,000. With the incredible support of our generous donors St. Mary Medical Center Foundation exceeded it’s \$20,000 goal and raised over \$27,000 to support St. Mary Medical Center in our ongoing fight against COVID-19. The funds raised will go towards updating lab equipment, supporting our front line staff and so much more. The St. Mary Medical Center Foundation would like to express our deepest gratitude to all of our supporters who helped us surpass our goal!

## LA County EMS designates St. Mary as Comprehensive Stroke Center



On July 14, 2020, Dignity Health – St. Mary Medical Center earned its designation as a Comprehensive Stroke Center by the Los Angeles County Emergency Medical Services (EMS) agency. This allows SMMC to receive stroke patients with a large vessel occlusion (LVO) who are candidates for embolectomy, the surgical removal of a blood clot. “Receiving the Comprehensive Stroke Center certification is a huge success for St. Mary Medical Center. This certification provide us with the foundation to create a culture of clinical excellence as we continue to expand the services available to the communities we serve,” says Carolyn Caldwell, Hospital President of Dignity Health – St. Mary Medical Center.

Pictured (L-R): Dr. Wled Wazni and Lisa Johnson holding notification of award for Comprehensive Stroke Center.



# News and Notes



Pictured (L-R): Gregory Vanley, MD, Mona Cruz, RN, Bonnie Panlasigui, COO, Michael Zaghi, MD, Diane Leckie, CRT(M), Karen Joy Smith, Adaih Gutierrez, RDMS, Lillian Herrera, Jennifer Castillo Rodriguez.

## 3D Tomography now available at the Women’s Imaging Center

Thanks in part to the generous support of many Foundation donors, a 3D Breast Tomosynthesis Mammography system was installed at the Vince Esposito, MD Women’s Imaging Center.



The upgrade in imaging changes lives by\*:

- **Detecting tumors 15 months earlier than 2D mammography**
- **Increasing detection of all breast cancers by 29%**
- **Increasing detection of all invasive breast cancers by up to 65%**
- **Providing greater accuracy in pinpointing size, shape and location of tumors**
- **Reducing the number of unnecessary biopsies and additional tests**

*\* As compared to 2D Tomography*

Pictured (L-R): Joanne Heath and Nancy Bauer standing in front of the new 3D Tomography machine.



Sara Pol-Lim



Victor Parker



Wilma Powell

## Welcoming our three newest Foundation Trustees

St. Mary Medical Center Foundation is proud to welcome Sara Pol-Lim, Victor Parker and Wilma Powell to the Board of Trustees. Each Trustee will play an important role in advancing the mission and ministry of St. Mary Medical Center and the Foundation.

Sara Pol-Lim is currently a Regional Program Manager for the California Complete Count - Census 2020. Sara brought knowledge of historically undercounted populations such as immigrant and refugee communities to the State’s Census outreach campaign. A refugee herself, she understands the fear some California residents have of government. Sara was Executive Director of the United Cambodian Community (UCC) of Long Beach from 2007 to 2015. She broke cultural barriers by becoming the first Cambodian woman to lead the UCC back to sustainability.

Victor Parker currently serves as District Director for the Small Business Administration’s Los Angeles District Office. As District Director, he is responsible for the delivery of SBA programs and services to aspiring and existing small business owners, SBA lenders, and partners. Those program and services include business advisory services, capital access programs, entrepreneurial development, international trade development and contract procurement assistance.

A native of Waco, Texas, Wilma Powell holds a B.A. in Management from University of Redlands. In 1967 she began working at the Port of Long Beach. More than three decades later, she retired as Chief Wharfinger and Director of Trade & Maritime Services, the first African-American woman to hold that position.

## CARE During COVID

During the COVID-19 public health crisis, the CARE Center has greatly expanded its food pantry, doubling the number of clients served and providing delivery to the clients who are homebound. This expansion in services was made possible by a grant from the Long Beach Community Foundation. CARE’s Food Pantry is led by dietician Tammy Basile, who stated, “It is so important for our clients to receive the nutrition they need. When the pandemic began, many essentials were unavailable in the store, proteins, like meats, milk and eggs, were gone. One aspect of living a full life for those individuals with HIV/AIDS is healthy eating habits.” Thankfully, many CARE clients knew they could turn to St. Mary for help.

“The health and safety of the community matters more to us than anything else,” shared Carolyn Caldwell, St. Mary Medical Center’s Hospital President. “Part of ensuring the health of our community is meeting them where they are, that’s why programs like our CARE Center are so vital to our mission of improving the health of the people we serve, especially those who are vulnerable, while we advance social justice for all.”

The pandemic has been emotionally challenging and mentally draining for millions of Americans. As such, the CARE Center’s behavioral health providers are offering counseling through telehealth, seeing a 30% increase in CARE clients needing emotional support; some because of job loss and some because of social isolation.

St. Mary Medical Center is one of less than 500 healthcare providers nationwide to earn the coveted Human Rights Campaign Foundation’s “LGBTQ Healthcare Equality Leader” designation and the only facility in the greater Long Beach area. “Being a great leader requires that you lead by example,” noted Paul Lovely. “CARE Center has always been a leader in LGBTQ services, and our team’s ability to quickly adapt to the challenges of the pandemic are proof that the CARE Center is a great leader.”





## Wled Wazni, MD: Advancing Stroke Care

Just ten years ago, if someone came to the hospital having a stroke, the only treatment that doctors could administer was aspirin or – for a select few patients who were candidates – a clot-busting medication. Times have changed. In 2020, chances are excellent that people having a stroke can not only be treated, but can have their symptoms reversed.

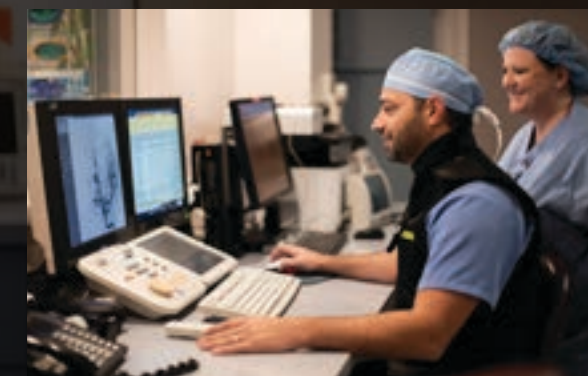
Wled Wazni, M.D., Medical Director of the St. Mary Medical Center Comprehensive Stroke Center, has been at the forefront of advancing the rapid evolution of stroke treatment. As a neuro-endovascular surgeon with advanced training, he has led the development of St. Mary's Primary Stroke Center and achieved a major milestone in just over a year: the certification of St. Mary as an Advanced Thrombectomy-Capable Stroke Center by the Joint Commission in August 2019, and subsequently, the certification as a Comprehensive Stroke Center by LA County Emergency Medical Services agency in July 2020.

"Thrombectomy is the current gold standard of treatment for stroke patients," Dr. Wazni explains. During the procedure, he uses small catheters and wires the size of a human hair to find the clot, and special devices to remove the occlusion. "With thrombectomy, every third patient who has the procedure goes home," he says. **"Stroke(s) has essentially gone from an untreatable, irreversible event to a preventable disease.** It's a tremendous improvement in the treatment of these patients."

A breakthrough technology, thrombectomy was not available in community-based hospitals until 2017. Prior to the hospital's thrombectomy-capable designation, 70 to 80 percent of stroke patients at St. Mary had to be transferred out for treatment. There was only one other hospital in the area offering the procedure.

A stroke occurs when the flow of blood is blocked to parts of the brain. According to the American Stroke Association, it is the fifth

leading cause of death in the country. In order to help prevent strokes, St. Mary operates an outpatient neuroscience clinic that uses carotid ultrasound and glucose, blood pressure and cholesterol checks to screen for potential stroke risk. Dr. Wazni treats a broad range of conditions, including brain aneurysms, brain tumors, and blood vessel blockages using balloons and stents. While St. Mary's neurovascular services have greatly expanded since Dr. Wazni's arrival, he has even greater aspirations for the future of the Stroke Center and Neuro Clinic.



"My goal is for St. Mary to become a pillar of excellence for neuro-stroke treatment and services in Long Beach," he states. "That means acquiring a biplane imaging machine and additional physicians and staff who specialize in stroke care." In the meantime, the hospital has recruited six neuroscience nurses who coordinate the care for patients from the moment they arrive in the emergency department, to their rapid transfer for thrombolytic treatment, and subsequent transfer to the intensive care unit. St. Mary already meets or exceeds the "door to treatment time" of 90 minutes, which is the period of time when patients enter the emergency department until the first puncture of their thrombolytic procedure.

"I chose this particular specialty because it allows me to change the course of a patient's disease," Dr. Wazni says. "I think that's pretty special."

## Top Five Tips for Stroke Prevention from Dr. Wled Wazni

- 1. Lower your blood pressure.** Hypertension is the number one cause of strokes, and many people may not even be aware they suffer from it. Check your blood pressure regularly and if your numbers are high, talk to your doctor about ways to lower them.
- 2. If you smoke, quit.** The nicotine in cigarettes raises blood pressure, and the carbon monoxide reduces the amount of oxygen your blood can carry. If you do not smoke, limit your exposure to secondhand smoke.
- 3. Control your diabetes.** High blood sugar can make you two-to-four times more likely to suffer from a stroke. See your doctor on a regular basis to screen for stroke risk factors.
- 4. Eat healthy.** A diet low in sodium and cholesterol, and high in lean proteins and fiber-rich foods, can help lower your risk of stroke. Avoid processed foods and those high in saturated fats, which can clog your arteries.
- 5. Move more.** Regular exercise can help you lose weight, and lower your blood pressure and cholesterol levels. Experts recommend a moderate workout of 30 minutes, five days a week.

Dr. Wled Wazni, Medical Director of the St. Mary Medical Center Comprehensive Stroke Center.





Pam Fair, RN stands outside the Women's Heart Center which she is proud to have supported through her work in the Women's Circle of Philanthropy.



## Pam Fair, RN A Passion for Healing

In 1977, a young woman graduated from nursing school in Virginia and headed out west. That nurse was Pam Fair, who is retiring as the senior director of the critical care and emergency services. Young Pam found herself living in Long Beach and looking for work when she stumbled upon St. Mary while driving around her newly adopted hometown.

"I decided to go in and apply for a position in the Emergency Department," she recalls. Although there were no openings in her preferred unit, she was hired to work in the Intensive Care Unit (ICU). That was the beginning of a long and storied career at St. Mary.

As a nursing professional, Pam Fair has made an extraordinary impact on St. Mary Medical Center. Within three years she was promoted to supervisor, and shortly thereafter she assumed a role as ICU manager. She was eventually named department director and in time was asked to take on leadership roles in the cardiac catheterization lab, gastrointestinal (GI) lab, and cardiology department.

Recognizing her talent as an administrator, hospital leadership asked her to assume the role of chief nursing officer, a position she held for five years. "But that just wasn't my cup of tea," Pam says. "I wanted to get back to my passion, which is providing direct care to patients." With the support of St. Mary, she returned to her previous management roles leading hundreds of nurses and helping countless patients through the years and in time advanced to senior director of the critical care and emergency services.

With all of the opportunities that had been given to her, Pam says she wanted to contribute to St. Mary in other ways. "St. Mary has given me a good career. I felt the need to give back and that meant participating in activities that provide the opportunity to give." When the co-chair of the employee giving campaign left St. Mary in 2004, Pam stepped in to fill the void.

"It has been a blessing to see all the types of things we fund through our employee giving campaign," she notes. "Our 'Helping Hands' program assists underserved families with groceries and gifts during the holidays. There is an employee assistance program that helps those who have fallen on hard times. Giving back to the people who need help is the Christian way. I love that."

Pam was instrumental in establishing a Women's Circle of Philanthropy group in 2005 with the intent of raising money to establish the Women's Heart Center and eventually, the Women's Imaging Center. "I am passionate about giving back," she says. Her long tenure and the relationships she has built over the years greatly enhance her ongoing work with the employee giving campaign.

"The key to it is that you can donate money wherever you want, including your own department," she says. The results speak for themselves. Under Pam's leadership, St. Mary ranked #1 in Dignity Health for employee dollars raised, with 66 percent participation rate and raising over \$265,000.

After 43-years of service, Pam is retiring from St. Mary this year. Her passion, commitment to excellence, and contributions as a nurse and leader earned her the prestigious Dignity Health Values in Action award in 2019. What does she hope her legacy will be?

"It really feels like a family here," she says. "I hope everyone continues to be kind and supportive of each other as coworkers, and also to our patients. I hope they will carry on our motto, 'Hello Humankindness.' The mission, the vision, and what we stand for – that's what brings people back to St. Mary. And it's why I've stayed here all these years."







# Stay at home Recipes

Recipes courtesy of  
Tammy Basile, M.S., R.D.,  
F.A.N.D., CARE Center

## Green Monster Smoothie

This recipe pairs nutritious lentils with avocado, spinach, apples and pea-based milk for a light and refreshing yet protein-packed drink.

**Prep time:** 10 minutes  
**Servings:** 5

### Ingredients:

- 1/2 cup avocado
- 1 tsp fresh ginger
- 1/2 cup chopped granny smith apples, frozen
- 1 frozen banana
- 1/2 cup cooked green lentils
- 1 cup frozen blueberries
- 1/2 cup spinach
- 1 cup pea milk (*such as Ripple*)
- 1 tsp cinnamon

### Directions:

1. In a blender combine lentils, ginger, spinach and cinnamon, blend until smooth.
2. Add frozen fruit and avocado, begin to blend, adding pea milk slowly until mixture is smooth and well blended.

### Nutrition Information:

- |                      |                  |
|----------------------|------------------|
| • Calories: 130 cal  | • Protein: 6g    |
| • Total Fat: 4g      | • Sugars: 13g    |
| • Saturated Fat: 1g  | • Vitamin A: 10% |
| • Cholesterol: 0mg   | • Vitamin C: 14% |
| • Sodium: 66mg       | • Calcium: 21%   |
| • Carbohydrates: 28g | • Iron: 12%      |
| • Dietary Fiber: 8g  |                  |

## Southern Stuffed Avocado

The true inspiration is a couple of ripe avocados. Then turn to a few staple ingredients – canned black beans, frozen corn, onions, tomatoes, spices, and herbs – and you are good to go.

**Prep time:** 10 minutes  
**Servings:** 4

### Ingredients:

- 2 avocados, ripe, but firm
- ½ cup frozen corn, thawed
- ½ cup canned black beans, rinsed, drained
- ¼ cup chopped red onions
- 2 tablespoon chopped fresh cilantro
- 1 medium ripe tomato, chopped
- Juice of ½ lemon
- 1 clove garlic, minced
- ½ teaspoon cumin
- Dash salt and pepper (*optional*)

### Directions:

1. Slice avocados in half lengthwise and remove pits. Set aside.
2. Mix remaining ingredients together in a small bowl.
3. Place each avocado half on a small salad plate. Fill cavity with salad mixture, allowing to overflow onto plate.

### Nutrition Information:

- |                       |                     |
|-----------------------|---------------------|
| • Calories: 169 cal   | • Total Carbs: 17g  |
| • Total Fat: 11g      | • Dietary Fiber: 7g |
| • Saturated Fat: 1.5g | • Protein: 4g       |
| • Cholesterol: 0mg    | • Sugars: 2g        |
| • Sodium: 59mg        |                     |



## Healthy Hummus

One taste of this yummy hummus recipe and you might not want to share it. Just spread this delightful mixture on anything from toast to gyros, also pairs great with deviled eggs.

**Prep time:** 10 minutes  
**Servings:** 14

### Ingredients:

- 2 cans (*16 ounces each*) reduced-sodium chickpeas, rinsed and drained except for 1/4 cup liquid
- 1 tablespoon extra-virgin olive oil
- 1/4 cup lemon juice
- 2 garlic cloves, minced
- 1/4 teaspoon cracked black pepper
- 1/4 teaspoon paprika
- 3 tablespoons tahini (*sesame paste*)\*
- 2 tablespoons chopped Italian flat-leaf parsley

### Directions:

1. Using a blender or food processor, puree the chickpeas.
2. Add the olive oil, lemon juice, garlic, pepper, paprika, tahini and parsley. Blend well.
3. Add the reserved liquid, 1 tablespoon at a time, until the mixture has the consistency of a thick spread.
4. Serve immediately or cover and refrigerate until ready to serve.

### Nutrition Information: per ¼ cup serving

- |                           |                     |
|---------------------------|---------------------|
| • Calories: 88cal         | • Sodium: 80mg      |
| • Total Fat: 4g           | • Total Carbs: 9g   |
| • Saturated Fat: <1g      | • Dietary Fiber: 3g |
| • Monounsaturated Fat: 2g | • Protein: 4g       |
| • Cholesterol: 0mg        | • Sugars: 2g        |







## CARE The Best Choice

Ray started his journey with the CARE Center over twenty years ago and life has never been the same. “Before going to CARE, I had my own physician who I thought was taking care of me but at 127 pounds soaking wet, I knew I was disappearing. The doctors I was seeing at the time had not caught up with the world in terms of AIDS,” Ray stated.

Ray was asymptomatic for seven years, but his body eventually began to exhibit the effects of his diagnosis. “I kept getting sicker and was feeling worse and worse with each passing day.” Ray had first heard of the CARE Center from his partner Michael, who was a CARE client when they met. Ray recalls Michael receiving compassionate, comprehensive services up until his passing five years later, on New Year’s Day 2000. Shortly afterward, Ray felt compelled to see if CARE could help him too. **It was the best decision he ever made.**

At CARE, Ray was connected with a physician who immediately recognized his wasting syndrome and referred him to a dietitian, who provided him with nutritional counseling and a plan to gain weight healthfully. He was also connected to a psychotherapist to help him process the grief of losing his partner, and the emotional impact of living with an AIDS diagnosis. In the 25 years since, Ray has accessed many of CARE’s other services and praises all of the staff throughout the hospital’s program.

“AIDS affects every part of your life – physical, mental, spiritual,” Ray attests. “My CARE doctor said, ‘I can’t cure you, but I can make you feel better.’ I hung onto that. Whenever I had an issue, the angels at CARE gave me direction. I am so grateful for them. They have allowed me to still be here and live my best life.”

For over 35 years, the CARE Center has provided comprehensive health care services and much-needed psychosocial services to people living with or affected by HIV. Established at a time when there was a pervasive societal stigma against those with an HIV or AIDS diagnosis, CARE staff have been staunch advocates and, in the words of one client, “angels” who provide compassionate medical, dental, and behavioral health expertise that many other health care professionals do not.

Today, CARE is recognized as a Leader in LGBTQ Healthcare Equality by the Human Rights Campaign, providing a full continuum of services for the newly diagnosed and their loved ones, to care for long-term survivors like Ray, to prevention and education programs. The CARE Center offers the greater Long Beach community HIV and STI testing and treatment, AIDS drug assistance, PReP and PEP services, dental care, behavioral health, benefits counseling, housing assistance and much more. CARE serves more than 1,600 people on an annual basis - regardless of the ability to pay - and has touched countless more lives as one of the largest LGBTQ health care providers in Los Angeles County.





Photo by Cheantay Jensen/LB Post.

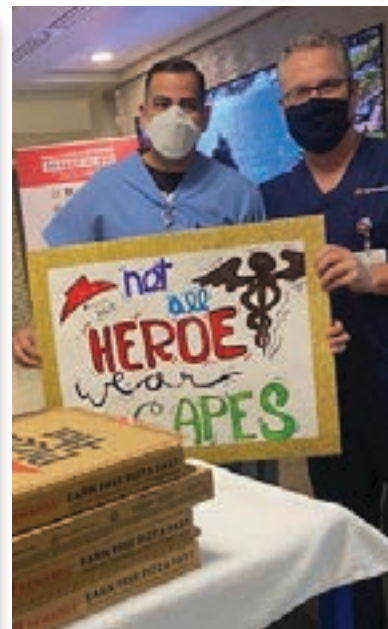


# Kindness — in our Community —

While COVID-19 made its way across Southern California in early spring, the greater Long Beach community came together to do its part in supporting our healthcare heroes. From face shields, to restaurant meals, over 300,000 items were donated since early March from donors in the community expressing their gratitude for those working on the frontlines of the pandemic. St. Mary's pediatric nurses were especially touched by care packages made by 10-year-old Nellie de la Cruz and Arlene Ramirez (L-R pictured in the upper left corner). Nellie was inspired to give back to the nurses who got her through the worst of times as she was treated for a serious kidney condition for over six years.



## To our Donors and to our Healthcare Heroes, Thank You!





# Save the Date St. Mary Golf Classic *Fore a Good Cause*

## 6/7/21



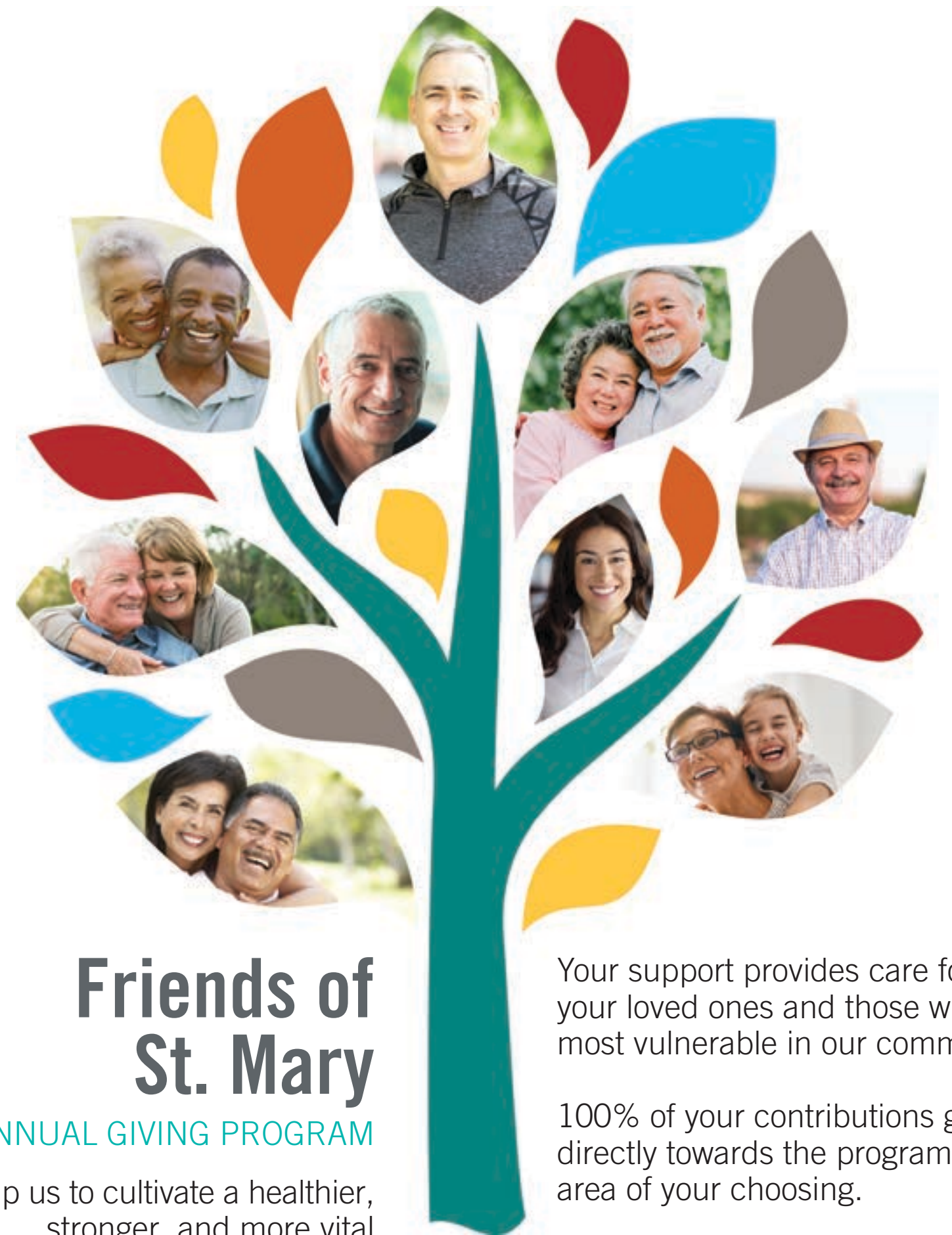
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Jennifer.Bourgeois@DignityHealth.org



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Your support provides care for you,  
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most vulnerable in our community.

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**St. Mary Medical Center  
Foundation.**

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# Humankindness connects us all.

*At St. Mary Medical Center, our mission has never been healthier.*

Dignity Health - St. Mary Medical Center continues to fight the good fight against COVID-19, seeking ways to improve the care we provide to our community. Having the supplies and equipment needed to care for our patients - and a clinical team committed to every person that walks through our doors - we remain vigilant and fully prepared.

A recognized leader in excellence, innovation, and community service, St. Mary Medical Center is well-known for its emergency services as a level II trauma center, its comprehensive cardiac and vascular center, award-winning maternal child health services, life-changing surgical weight loss, HIV treatment and prevention at the CARE Center, and much more.

This pandemic has changed many things - but our commitment to the health and well-being of the community, will never be one of them. To learn more, visit us at [dignityhealth.org/stmary](https://dignityhealth.org/stmary).