



St. Mary Medical Center
Foundation

A Dignity Health Member

Orthopedic Care
from Head to Toe

CARE When It
Counts Most

Nurturing Tomorrow's
Caregivers Today

Spring 2018

Gratitude





LaRae Mardescic Bechmann
President
St. Mary Medical Center Foundation

Foundation of the Year!

St. Mary Medical Center Foundation was honored as 2018 Foundation of the Year by Dignity Health Philanthropy. As the top performing Foundation in the healthcare system, St. Mary was honored for a well-balanced fundraising program in support of the healthcare mission of St. Mary. The award also reflects a low cost per dollar raised metric and outstanding stewardship of gifts from donors. Special thanks to our governing board and staff for their ongoing leadership and commitment to excellence.

Message from the Foundation President

As Foundation President, it is my honor to share with Long Beach and the Port community the latest developments in cutting-edge healthcare services offered at St. Mary Medical Center. St. Mary has some of the most respected and best regarded physicians in the area. They, along with our registered nurses, technicians, and more than 1,400 employees provide the very best in healthcare.

In the short time that I have been President of the Foundation, I have quickly gained appreciation for the diverse and skilled care St. Mary offers to our patients, family and friends. It takes the entire St. Mary family to achieve the superior results that our community has grown accustomed to over the 95 years since St. Mary opened its doors.

A key element to the story of St. Mary is the vital role of the Foundation, which has provided tens of millions of dollars in equipment and programmatic support to revolutionize healthcare in Long Beach. Thanks to generous charitable support from you, St. Mary has grown to offer a unique blend of state-of-the-art technology and quality care with an emphasis on the role of *humankindness* in healing.

Because of you, we've reached new heights and have been recognized for excellence in many areas including Cardiology, Trauma Services, Maternity Care and NICU, Rehabilitation, and HIV Treatment and Prevention, including our esteemed CARE program, and Emergency Services Department, which serves as the EMT hub for the area, coordinating all the paramedic calls for every Long Beach hospital.

In addition, St. Mary is designated by Homeland Security as the Disaster Resource Center for Long Beach and southern L.A. County, including the Port, ensuring the safety and wellbeing of all of our residents.

We couldn't do it without you.

On behalf of the St. Mary Medical Center's administration, physicians and caregivers, and the team at the Foundation, thank you for entrusting us with your most valuable assets, your loved ones.

Proud to support the Queen of the Beach,

LaRae Mardescic Bechmann

PS: I'm honored to have been born at St. Mary, along with so many residents in this vibrant region of California.



Credits

Gratitude is published by the St. Mary Medical Center Foundation, located at 1050 Linden Avenue, Long Beach, CA 90813. Please contact us at 562.491.9225 for information about how to get involved at St. Mary Medical Center or to make a tax-deductible contribution.

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On the Cover

(Top row, left to right) Lillian A. Herrera, Operations Manager at The Imaging Center, Sharon Sauser, RRT, RCP Manager for Respiratory Services, Kimberley Horton, MA, HFHM, Support Services Coordinator for the Intensive Care Unit, Marisol Esquivias, M.Ed., Administrative Associate for Outpatient Rehabilitation Services, and Katrina Puig, RN, Telemetry Unit.

(Bottom row, left to right) Maureen Harris, RN, Pediatrics Unit, Enrique Vega, Driver, Medical Transportation, and Lizelle G. Felix, Medical Student Coordinator for the St. Mary Medical Center Internal Medicine Residency Program.

St. Mary Medical Center President and CEO Carolyn Caldwell, FACHE

St. Mary Medical Center welcomed a new Chief Executive Officer in 2017, and Carolyn Caldwell is finding that being the top administrator for a faith-based organization is a refreshing experience on several levels.



Carolyn Caldwell
President and CEO, St. Mary Medical Center

the downtown Long Beach community. “I have not seen this level of collaboration in other hospitals,” she says. “But our neighbors know that we’ve been here for 94 years, and that we deliver on our mission of caring for the disadvantaged and the most vulnerable, while also providing high quality cost effective care in a compassionate environment to our entire community. We all want to be part of something bigger.”

The CEO recently sat down to discuss her vision for St. Mary’s and the challenges the medical center faces as health care continues to evolve.

Question: What are your short-term and long-term goals for St. Mary?

Answer: Our facility is older, and was built to serve far more patients than we actually treat. Over the short-term, we need to implement some quick fixes to address our patient throughput. Are we being as efficient as we can be? The ER is one area where we need to do a better job of moving patients through assessment and treatment that is as efficient and appropriate as possible. We are looking at ways to

“This is the first time I have worked for a non-profit organization,” says Ms. Caldwell. “Throughout my 30-year career in health care, I have always held executive positions in investor-owned hospitals. I am finding that the Mission-driven focus of our sponsors, the Sisters of Charity of the Incarnate Word, is in perfect alignment with my own passion for giving back and connecting with the community.”

She also has been impressed with how collaborative other organizations have been, all working toward the common goal of serving

expand our access through creative solutions. Over the long term, we need to look at a master plan for developing our 12.5 acre campus so that it reflects the way health care is evolving. We know that more and more care is being delivered on an outpatient basis. That means we may need fewer inpatient beds and more outpatient capabilities.

Question: What challenges do you see St. Mary facing?

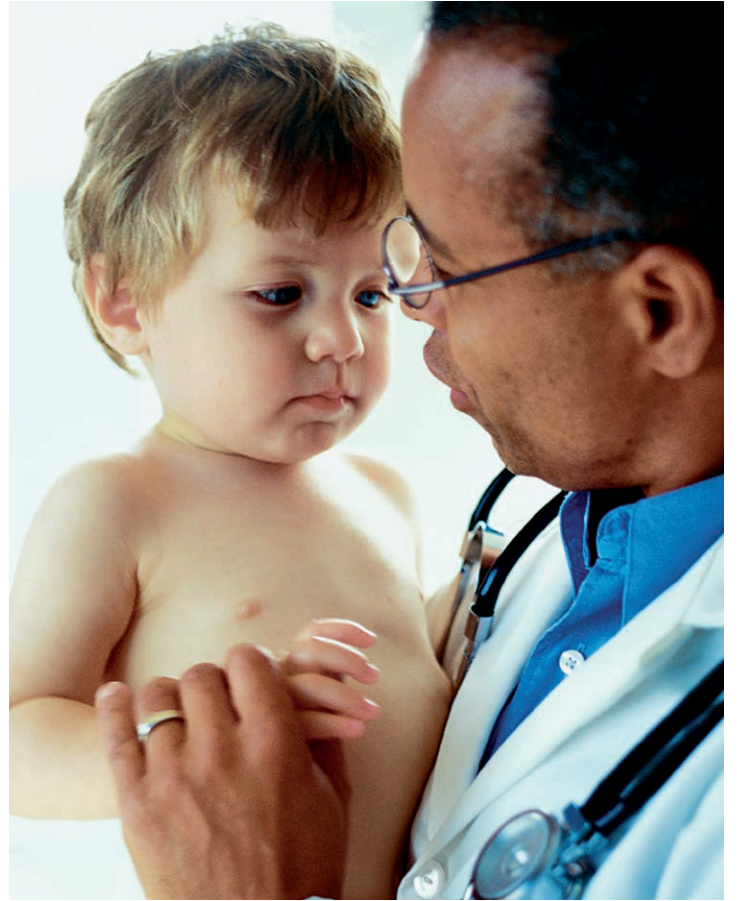
Answer: We provide some of the most advanced care available. The challenge is getting the word out about all of the services we provide and how good our medical services are. We also have a challenge with physician alignment and integration. Due to California’s corporate practice of medicine laws, we cannot employ physicians. We are exploring several options that will allow us to align with our medical staff around creating greater access to care for our community. Concerning the nursing shortage, I’ve found that one of the issues is not having enough training opportunities to meet the demand of individuals applying to nursing school. In some cases this is due to not having enough faculty to meet the growing demand of individuals wanting to enter the field of nursing. Which is why we collaborate with local nursing schools so that we have access to a healthy pipeline of new nurses entering the field.

Question: In your brief time in Long Beach, what excites you most about the region?

Answer: There is a lot of civic interest in revitalizing downtown Long Beach, and that is exactly where we are located. We are a part of those efforts and will play an integral role in shaping what our community looks like as the movement evolves. There is definitely a buzz about Long Beach and we are excited to be part of the revitalization.

Question: Why is mission still relevant in a “business-centric” health care environment?

Answer: Mission and values go together and they define what an organization stands for and why it exists. We are in the people business. Employees want to be part of something that serves a noble purpose. Patients know when an organization has their best interests at heart. And most patients, with the exception of expectant mothers, don’t really want to be in the hospital. That’s why it is up to us to make every patient’s visit with us an exceptional experience. It’s about building trust, and mission is the roadmap for doing just that.



Thank You: Your Giving Saves Lives

If you made a gift to St. Mary Medical Center in recent years, that gift very likely saved someone's life. Charitable contributions from our community and grateful patients play a vital role in providing our families, friends and neighbors access to expert life-saving care and comprehensive services.

Thanks to the generosity of thousands of individuals, businesses and private foundations, we have been able to make major improvements to equipment, facilities and vital healthcare programs.



In 2017, the St. Mary Medical Center Foundation transferred **\$5,177,000 to the hospital.** A partial list of key projects and programs include:



Families in Good Health

Community health education for underserved and disenfranchised populations

Hospital Wide

Improvements to nursing units and patient rooms

Bedside tables, high-back chairs, privacy curtains

Wi-fi phones to link nurses with housekeeping and other departments

Integrated Senior Center

Support for start-up cost of future clinic dedicated to senior healthcare

Operating Room

Two video towers for surgery

Cardiovascular ultrasound system

Student Training

Healthcare Education Program

Low Vision Center

Free School Vision Screening Program

Gastro-Intestinal Lab

Scope cleaning and procedure equipment

Respiratory

Pulmonary function machine

Labor and Delivery Unit

Isolette beds, labor beds and gurneys

CARE HIV Clinic

Operational support for the clinic, dental program and foodbank

Neo-Natal Intensive Care Unit

NICU beds and support equipment

ER Resident Training Program

Miscellaneous Equipment

Diabetes Education

Medical Education Training Fund for Nurses

Pastoral Care for Patients

Women's Imaging Center

Mobile Unit Support

Community Education Program

Employee/Patient Assistance Fund



Visit us online at **supportstmary.org** to make a gift, and impact a patient's life today.



Double the **Impact**

The Honorable Joan Comparet-Cassani and Lou Cassani

As a power couple, Lou Cassani and Joan Comparet-Cassani have made an indelible impact in their adopted homeland, Southern California. While both were born and raised out of state, Lou and Joan have divergent backgrounds that were challenging and yet created the movers and shakers that they are today.

Originally from Michigan, Lou was seven when he, his brother and sister were orphaned. They grew up with relatives and Lou enlisted in the service in 1949, serving three years in Korea before returning to Michigan. He entered the construction business as a young man but the weather was cold and he was attracted to the climate in California. He moved to California at the age of 29 and shortly after, his construction employer decided to sell the business. He offered to bankroll Lou into any business he wanted, and he chose insurance. That was in 1963. "I ran Prudential's western operations for 33 years," he says. "I decided to retire and started Cassani and Associates in 1995."

Lou has three adopted children from his first marriage. Now 83, he still works in the business every day with his son Joseph. For years, he has volunteered for and donated to various children's charities including ChildNet, which helps over 8,000 children in foster homes. He served as Chairman of the Board for ChildNet for several years, and has also been active in volunteering for the United Cerebral Palsy Foundation, and saving St. Anthony High School in Long Beach from closure. Lou's many achievements in the insurance industry and community service were recognized by the Los Angeles Insurance Group, who honored him with the Farrells Award in 1994.

Joan was born in Manhattan to a family who struggled financially. They moved to Florida when she was 13. She credits the scholarships she earned with funding her education at the University of Miami, where she earned an undergraduate degree in philosophy, and the University of Michigan, where she completed her doctoral exams in the same field. A job offer from California State University, Northridge brought her to the Golden State to teach philosophy. Her tenure there was short-lived, however.

“Philosophy was too esoteric and abstract,” she states. “You can’t sit down and talk with people about the theory of knowledge.” What she could apply was the questioning, reasoning and logic she learned in philosophy to a career as a lawyer. She graduated Loyola Marymount School of Law in 1977 and joined the Attorney General’s office in Los Angeles. In 1995, she was appointed as a judge by Governor Pete Wilson and assigned a bench in Long Beach, where she presided until her retirement in 2012 at the age of 75. She is justifiably proud of the eight law review articles she has had published, and especially the plaque presented to her by the Long Beach Police Department’s Homicide Detail for her years of dedicated service to the law enforcement community. Because she is grateful for the opportunities that her scholarships provided her, Joan has been actively involved in raising funds for deserving college-bound students. She served on the Board of Regents for her alma mater, Loyola Marymount College, for 18 years.

A life of community service

Lou and Joan were enjoying independent success when they met in Marina del Rey’s City Club in 1986. He was 53 and she was 49 and divorced with two grown children. They married a year later and relocated to Long Beach in 1988 to be near Alamitos Bay Harbor, Lou’s boat *Felicita* and Joan’s work. Shortly afterward, Lou became actively involved in Catholic charities, including St. Mary Medical Center. He has served on the St. Mary Foundation’s Board of Directors since 1988, and was its Chairman for two years. In addition, he has presided over numerous fundraisers and currently serves as the Foundation’s Capital Campaign Chairman. A devout Catholic, Lou says “I attend Mass every morning at St. Anthony’s. I have for years.” Joan has also served on the Foundation’s Board of Directors for over 10 years. It is rare for a husband and wife to both spend time concurrently on a Board such as St. Mary’s, but their dual service has doubled their impact. For their hundreds of volunteer hours and numerous contributions to support key St. Mary services, the Cassanis received St. Mary Foundation’s Lifetime Achievement Award before 600 well-wishers in 2015.

“All of the people who are involved on the St. Mary Board truly want to help the less fortunate. They don’t give for recognition or hoopla, but to help the impoverished in this community.”

Lou Cassani



Lou Cassani and the Honorable Joan Comparet-Cassani were the honorees at St. Mary’s Gala Dinner in 2015.

The St. Mary achievement that Lou is most proud of is the role he played in having St. Mary designated as a trauma center over 25 years ago. When he learned that the government was selecting hospitals to serve as trauma centers and that funding was available, Lou worked with a local congressman to direct the funds to St. Mary. “I learned the money was there on a Monday, and by Tuesday we had the designation,” he says.

Why have Lou and Joan stayed so active with St. Mary for so long? “All of the people who are involved on the St. Mary Board truly want to help the less fortunate,” he says. “They don’t give for recognition or hoopla, but to help the impoverished in this community.” Joan adds “We are a very ecumenical group. We have people from all faiths. Many of them do not live in Long Beach. But everyone on the Board is committed to helping the less fortunate, and someone you would want to be friends with.”

Given the many lives that the Cassanis have touched with their compassion, philanthropy and generosity over the years, it is clear that they have many friends of all ages and walks of life. The world is truly a better place because of their double impact.





CARE

When It Counts The Most

When Caleb Maxwell was diagnosed with HIV in September 2016, his life instantly became a blur. “I had been tested previously and the result was always negative. When I was told my blood showed HIV antibodies, I felt like my life was upended. I had all this information thrown at me, but really didn’t know what to do,” the 31 year-old entertainer says. His counselor at the clinic where he was diagnosed told Caleb that he could get comprehensive care at the CARE Center right in Long Beach. Fortunately, it was a piece of advice that Caleb remembered and decided to follow.



“I met first with a caseworker who assured me that CARE could give me all the information, help and support I needed to ensure my physical and mental health were taken care of,” Caleb says. “It was very comforting and exactly what I needed at the time.” In addition to receiving medications to manage the HIV antibodies, Caleb had blood work done every month at CARE to track how well the drugs were working to halt the progression of the virus. He also received a referral to a psychologist and met with a nutritionist on how the medication may affect his diet.

Since 1985, St. Mary Medical Center’s CARE Center has provided an array of programs and services to people like Caleb, who have been infected and affected by HIV/AIDS. Established as the Comprehensive AIDS Resource and Education (C.A.R.E.) Program, CARE is a non-profit that helps meet the medical and social needs of the HIV community. “There are only a handful of centers across the country that are as comprehensive as CARE in serving people affected by HIV,” notes Paul Lovely, CARE’s new Executive Director. CARE provides medical care, behavioral health services, food and nutrition, supportive services, oral healthcare, housing assistance, home-based care management, testing for Hepatitis C and HIV, psychiatric care, and assistance with health benefits. “Taking care of an HIV patient entails much more than just giving them a pill to take once a day. Our services are designed to care for the whole person,” Lovely adds.

In 2018, CARE will also be focusing more on prevention of HIV infection by offering Pre-Exposure Prophylaxis (PrEP) and PEP (post-exposure prophylaxis) on a 24/7 basis. PEP is an emergency medicine that can prevent HIV infection if one has had a recent exposure to HIV. It must be taken within 3 days of HIV exposure. PrEP is a once-daily pill that can prevent someone from contracting HIV. CARE is recognized by the Los Angeles County Board of Supervisors as a Pre-Exposure Prophylaxis (PrEP) Center of Excellence.



Paul Lovely
CARE's Executive Director

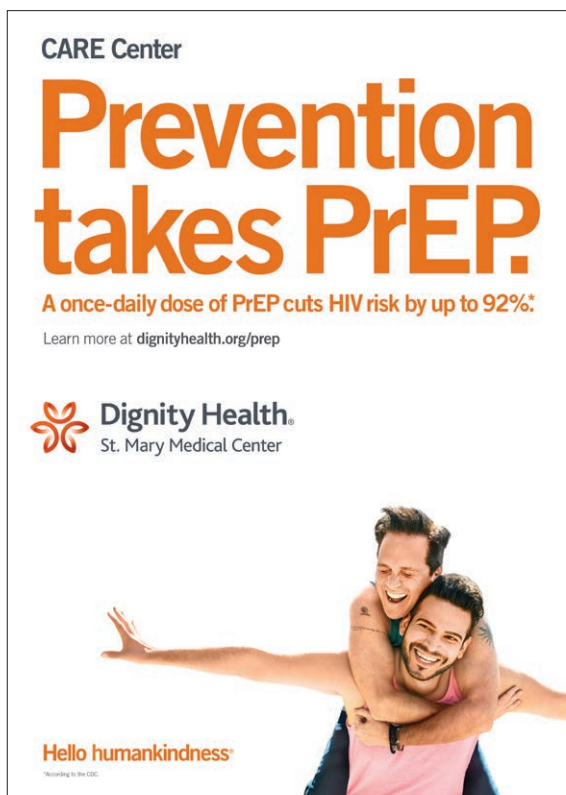
“We really want to raise awareness that these services are available and accessible to anyone who wants them,” Lovely says. “To reduce the rate of HIV infections, we need to approach it from two sides. We need to get more people tested for HIV so that, if they are positive, they can be treated and put on medications so they don’t pass on the virus. And we need to put more at-risk people on PrEP to protect them from contracting the virus in the first place.”

Lovely may be new to his role as Executive Director, but he isn’t new to CARE. He has been with the program since 1999 and has served in many different roles over the years, including Biomedical Prevention Services Coordinator. It was in that role that he actually started CARE’s PrEP program. His vision going forward is simple yet ambitious. “CARE has been here since the start of the HIV epidemic,” he says. “We have a responsibility to be here until this epidemic ends.”

CARE’s model of comprehensive services was one of the first of its kind. It serves over 1,600 people every year – regardless of their ability to pay – and has touched countless more lives in its 33 years of service. CARE is the largest HIV service provider in the South Bay.

At this stage, Caleb only needs to have his blood work done every four months. He then meets with a physician to go over his results, and also takes the opportunity to ask questions he may have about his health status. He obtains all his medications from CARE on an ongoing basis.

In addition to medical care and emotional support, Caleb found inspiration at CARE. Throughout his journey, he met other people who were living well with the virus. “There’s no better time to be living with HIV than now, with all the medications available to manage the virus,” he says. “They made me realize that life goes on after a diagnosis. The virus is a part of me but it doesn’t define me. It’s helped me find hope. What would I have done without CARE?”





Sylvia and Dennis Benko

Making Sure The Beat Goes On

St. Mary Cardiac Rehab Program

It all started with a persistent cough. Dennis Benko had been in good health when, in the Spring of 2007, he couldn't shake the cough he had developed. A trip to his internist at the time didn't help. His physician felt it was nothing to worry about. But Dennis did worry and when one of the Certified Public Accountant's clients raved about his own physician, Dr. Greta Wanyik, Dennis decided to make an appointment to see the vaunted doctor. That decision most likely saved his life.

“Dr. Wanyik insisted on doing a complete physical and when the results of the EKG came back, she asked me when I had my heart attack,” Dennis relates. “I told her I’d never had one and she insisted the results showed I had. A second EKG showed the same result, so she immediately referred me on to a cardiologist.” Through additional testing, his physicians found that Dennis had a 90% blockage in his arteries. They informed him that he would need a four-way coronary bypass the very next day at St. Mary Medical Center. Fortunately, the procedure was a success. But Dennis’ recovery was just beginning.

“While I was still in the hospital, I received a visit from Tracy Scales, an exercise physiologist from St. Mary’s cardiac rehab program,” he relays. “She told me about the program and how exercise would benefit my recovery. I agreed to try it for 12 weeks, the recommended course of rehab after heart surgery.” During those three months, Dennis would be monitored during his entire exercise session by the cardiac rehab staff. The monitor helped ensure that he was not overexerting while still maintaining a level of intensity that was improving his fitness level. “By the end of those 12 weeks, I knew that if I did not exercise here at St. Mary, I would not go anywhere else,” Dennis admits. “I also felt safe knowing that if something happened to me, I was in a hospital.”

And then there were the friends that Dennis made. “There were three older gentlemen who were regulars, and they were an inspiration to me,” Dennis notes. “They had been working out at St. Mary a lot longer than me.” The friends became an informal support group, checking in on each other when someone missed a day and informing the rest of the group if they would not be in. Dennis committed to a regular exercise routine at St. Mary’s Cardiac Rehab program to keep himself on track. For ten years now, the 76-year old has been driving from his home in San Pedro to work out at St. Mary at 6:15 am, three mornings a week.

Although two of the men who befriended Dennis have passed on, his third friend, Bob Tyo, is 92 and still inspiring him with his longevity and dedication to staying fit. Dennis says the cardiac rehab staff is another big reason he keeps coming back to exercise. And they are also why he and his wife Sylvia chose to make a philanthropic gift to St. Mary in 2017. “The program is staffed by both a registered nurse and an exercise physiologist, who watch over you as you work out. I wanted to acknowledge the help they have given to me over the years, as well as the help they have given Sylvia. Because of them, I’m still here!” he says. “I hope our gift will help St. Mary’s cardiac rehab program continue on into the future after we’re gone.”

Thanks to the generosity of the Benkos, future patients will be able to ensure that the beat truly does go on.



Dennis Benko with Tracy Scales, exercise physiologist at St. Mary.

Cardiac Rehab: Stepping up to Fitness

Cardiac rehabilitation at St. Mary Medical Center is a medically supervised program that helps heart patients recover more quickly from heart problems. Located on the first floor of the hospital in a newly remodeled gymnasium, the program offers a full array of cardio equipment including treadmills, stationary bikes, stair steppers, free weights and more.

“We offer three phases of cardiac rehab, beginning with an inpatient visit that includes an explanation of the program and education on the next steps to recovery,” says Tracy Scales, exercise physiologist. “Phase 2 offers monitored exercise, but visits are on an outpatient basis. We teach them how to exercise while making sure their blood pressure and heart are OK. Phase 3 is like a gym membership where patients come as often or as little as they like,” she says.

Tracy was the staff member who visited Dennis after his heart surgery ten years ago. “Everyone is in the same boat,” she observes. “We see people aged 29 to 93 years old in our program, but they are all here to exercise and maintain a healthy heart.” The program serves 30 outpatients each week. Many of them take advantage of the gym’s coffee cart, where they sit and socialize once the hard work of exercise is done. “The social part of our program is almost as beneficial as the exercise,” Tracy notes. “Our patients form lasting relationships, much like Dennis has experienced. It provides them an opportunity to talk about their doctors, their patient experiences, and just life in general. Sometimes they’ll go out to lunch together. The socialization is what keeps them coming back because they are accountable to each other.”

Cardiac rehabilitation is helpful for patients with all types of problems such as open heart surgery, congestive heart failure, chest pain, a recent heart attack or angioplasty, pacemaker implantation, arrhythmia and more. But regardless of the heart issue, cardiac rehab serves a single purpose: to ensure those problems are managed as well as possible, to help people live longer.

Left to right: Orthopedic patient Brian Hanawinkel, a Bio-Med Technician at St. Mary, gets instruction from Phil Herrera, Physical Therapy Assistant in the St. Mary Outpatient Department Rehab.



Orthopedic Care From Head to Toe

Dignity Health – St. Mary Medical Center Develops Strong Orthopedic Program

The Joint Replacement Center at Dignity Health – St. Mary Medical Center (SMMC) offers a full spectrum of orthopedic care to treat a wide variety of diseases and injuries of the bones, joints, ligaments, tendons, muscles, and nerves, including arthritis, general joint pain, carpal tunnel syndrome, repetitive motion injuries, spine conditions, and sports injuries. The most frequently seen orthopedic patient at the hospital is the joint replacement of a knee in an arthritic adult.

The growing need for quality orthopedic care, joint replacement, and post-surgical treatment is on the rise as the population of adults over the age of 60 surpasses 12% in the greater Long Beach area. At SMMC, a team of more than a dozen orthopedic surgeons are contributing their professional knowledge and experience to advancing orthopedic services at St. Mary.



For the past five years, research and experience has proven key advantages to getting patients up and around within 24 hours of surgery.

According to The Journal of Bone and Joint Surgery, the incidence of joint replacement procedures is high, with over 1 million total hip and total knee replacement procedures performed each year in the United States. With the aging of the “baby boomers,” higher rates of diagnosis and treatment of advanced arthritis, and growing demand for improved mobility and quality of life, the annual procedure volumes are projected to increase considerably in the future, making joint replacements the most common elective surgical procedures in the coming decade.

In an interview with Dr. William Kim, orthopedic surgeon, we learned that St. Mary Medical Center’s orthopedic surgery program is below the national average for length of stay post-surgery, which is a key factor to excellent patient satisfaction results. Health care professionals know

Dr. Kim shared, “Joint replacement recipients at St. Mary typically spend one day in the hospital after a hip replacement and two days after a knee replacement. If patients fit a specific profile, it is possible to do a same day surgery and discharge. This is through an effective pain management program, whereby the care team avoids the use of intravenous narcotics and instead uses an epidural. This multimodal pain management eliminates the need for total anesthesia, while creating fewer side effects.”

Dr. Kim says the leading cause of joint replacement surgeries is osteoarthritis, or wear and tear on the joint, whether it be a knee, hip, or shoulder. Osteoarthritis can be multifactorial, including age, activity, and genetics. Before surgery is considered, patients will try

Joint replacement recipients at St. Mary typically spend one day in the hospital after a hip replacement, and two days after a knee replacement.

that patients heal faster and better when they can recover in the comfort of their own homes, rather than in a hospital. Dr. Kim attributes the hospital’s success in this effort to the launch of an educational program that precedes all surgeries. “At St. Mary, when a patient is scheduled for orthopedic joint replacement surgery, they are invited to a pre-op class where they learn what to expect in the days leading up to surgery, as well as expectations of recovery,” shared Dr. Kim.

For the past five years, research and experience has proven key advantages to getting patients up and around within 24 hours of surgery. This “accelerated program” is drastically different than 20 years ago, where patients would stay in the hospital for two weeks.

non-surgical options, including physical therapy, supportive shoes, and medication, such as anti-inflammatory, supplements, or cortisone injections.

Dr. Kim told us one way patients can prepare for a speedy recovery is to ensure a healthy weight before operation. A body mass index (BMI) of 35-40 has been linked to increases in infection and delayed recovery. Additionally the heavy weight adds unnecessary strain to the joints, which can worsen the person’s symptoms and the stress on the joint. A registered dietician may be recommended to assist in the weight loss process before surgery.

Kathleen Burke

A Life of Service and Devotion

As a devout Catholic grounded in her faith, Kathleen Adell Burke was deeply motivated to include St. Mary Medical Center in her estate plans to help ensure that the values and mission of St. Mary and the Sisters of Charity of the Incarnate Word would be supported for decades long after her passing.



We lost our dear friend, Kathleen, at the age of 94 in January, 2017. She was kind and thoughtful to the end, remembering St. Mary with a generous bequest which included a 50% interest in several rental properties held in her trust. The largesse of her gift – more than \$3 million – will be dedicated to providing geriatric-centric care and services at St. Mary and notably, toward the pending Emergency Department expansion project. She was also generous to other Catholic charities.

Kathleen was a humble, caring individual who lived a simple life. As a dietician and health advocate for seniors, American Indians, schools and the vulnerable, Kathleen developed and supervised meal and nutrition programs. In leading a relatively quiet life that involved traveling the world, she became an astute investor and was able to amass a sizable estate. She never married and had no children, yet cherished her Irish heritage and devotion to the Catholic Church. Her annual Irish Tea party was an event not to be missed and always included the Sisters of St. Mary, many of whom were Irish themselves. With a warm hug, she greeted her guests with her beautiful twinkling blue eyes, singing the well-known Irish tune, “When Irish eyes are smiling....”

In addition to gifts of real estate, Kathleen’s trust also provided for the creation of the “Burke-Keating Family Fund” upon her death which will ensure that a significant annual gift will come to St. Mary and five other charities in perpetuity.

Indeed, we are so blessed to have known Kathleen over our decades-long friendship with her, and to have been blessed with her generosity. Her gifts and her name, along with that of her family, will continue to have a profound impact on the care and services we provide for generations to come.

*When Irish eyes are smiling Sure, ‘tis like the morn in Spring
In the lilt of Irish laughter You can hear the angels sing*

Bing Crosby standard



Good Reasons Why Everyone Needs a Will

More than two-thirds of American adults don't have a will. You wouldn't think about driving to work without wearing a seat belt. So why risk leaving those who you love unprotected by skipping an important document?

If you pass away without a will, consider how these important people in your life will be impacted:

Your spouse might have to share your estate with other relatives.

The laws of the state where you live determine how much of your estate goes to your spouse. Some states give your spouse one-third of your estate, with your children sharing the rest. In certain states, your parents, siblings and other relatives could get a cut – whether you want them to or not.

Your children could get equal shares. At first glance, this might not seem like a problem. However, perhaps one child has played a greater role in your caregiving or you gave one child special assistance during a financially difficult time. Do you intend to even things out by leaving your children different shares of your estate? Without a will, the state won't take this into consideration.

Your favorite charities won't receive anything. You likely have charitable causes, such as St. Mary Medical Center, that are important to you. When you create a will, you can include a gift that supports our mission in the future. In you pass away without a will, no state has laws that allow your estate to make charitable gifts.

Protect Your Loved Ones

Creating a will that protects the important people in your life is an act of love.

Everyone is encouraged to take the next step in this important task. We are here to help you start the process – just contact the St. Mary Medical Center Foundation at (562) 491-9225 and ask for Linda Rahn.



Nurse Scholars

Nurturing Tomorrow's Caregivers Today

For many years, St. Mary Medical Center has served as an important training ground for the next generation of health care professionals including physicians, lab and radiology technicians, pharmacists and more. One program in particular, the COPE Student Nurse Scholar program, focuses exclusively on training the nurses of tomorrow and it has received generous support from local grants funders. One of these long and beneficial partnerships has been with the Long Beach Rotary Scholarship Foundation.

In 1929, members from the Rotary Club of Long Beach initially funded student loans for adults seeking to learn a trade. It was incorporated formally as the Long Beach Rotary Scholarship Foundation in 1934. In 1963, it was reorganized to continue its tradition of aiding local students in their quest to pursue a higher education by offering scholarships for Long Beach City College and California State University Long Beach (CSULB) students. The Foundation is funded with contributions from Rotarians and other third parties.

In 2010, a local philanthropist established the Theron H. Slaughter scholarship fund with the express purpose of establishing the Student Nurse Scholar Program at St. Mary Medical Center. The program was built on the broader success of the COPE Health Scholars Programs, which brings high school and college students who are considering a career in health care to rotate through various departments

The Student Nurse Scholar program allows students to focus on just volunteering with nurses.

of the hospital. The Student Nurse Scholar program allows students to focus on just volunteering with nurses. So far the program has been integral to the success of five graduates who have gone on to become nurses. The Rotary Foundation continues to administer the scholarship fund, to the benefit of students like Marcolito Balajadia.

Marcolito grew up in Long Beach and started California State University Long Beach as a kinesiology major. Through his work as a volunteer at St. Mary, however, he discovered his true passion was nursing. "I was a Health Scholar at St. Mary because I wanted to help people," he says. "I saw what a difference that nurses made in people's lives. Little gestures can be so heartfelt." Marcolito decided to pursue an associate degree in nursing at Long Beach City College. He applied for and won a scholarship through the Student Nurse Scholar program. He hopes to go on to earn a bachelor's degree in nursing and come back to St. Mary to continue his career.

"I like being able to build a rapport with patients," he notes. "Nursing is hard, but it's also very rewarding." Thanks to the funding opportunities available through the Long Beach Rotary Scholarship Foundation, the biggest winners in these scholarship arrangements are patients under the care of people like Marcolito.



Marcolito Balajadia, a Student Nurse Scholar, finds nursing a rewarding career choice and enjoys being able to build a rapport with his patients.

St. Mary Donors Celebrate Giving



Members of the Team St. Mary Runners at the 2017 Long Beach Marathon include (L-R, top row) Patrick Beltran, Teri Pon Futaba, Thao Nguyen; (L-R, bottom row) Rogelio Gutierrez, Jr., Lizelle Felix, Kimberly Eclarino, Justin Barachina, Eileen Urbano and Maria Avalos.



St. Mary Team members celebrate running for good health and raising funds for St. Mary Medical Center: (L-R) Gabriel Hernandez, Maria Medina, Ana Mojica, Isidro Raya and Simon Lee.



St. Mary Medical Center Foundation Board members, Mike Walter, Ph.D., and Elizabeth Lucas, enjoy a moment at the Sister Alphonsus Circle of Philanthropy Holiday luncheon held at Parker's Lighthouse.



A memorial service honoring and celebrating the lives of two St. Mary icons, Sister Lucille Desmond, C.V.I., and William (Bill) Hanley, M.D., was held in December. Attending the service were former St. Mary administrators who had worked with Sister Lucille. Standing (L-R): Stephen Shea, M.D., Tom Hill, Pharm.D., Greg Landers and Ed Engesser; Seated (L-R): Jim Riedel, David Tillman, M.D., Seth Ellis and Cathy Stark.



Lynn Nagano-Choi and Chester Choi, M.D., longtime Foundation 21 Society members, at the memorial service for Sister Lucille Desmond and Bill Hanley, M.D.



Members of the Hanley family were all present to honor their father and husband of Sheila Hanley, M.D., who is shown in a photo with Sheila (center). Family members include (L-R): Daughter, Kitty and husband, Bob Campuzano; Kim O'Connell, Sheila Hanley, Kathy Mais with husband, Pat; and their daughter, Lindsay Mais; and son, Kevin Hanley. Sheila, with Sister Lucille, founded the St. Mary Auction in 1980, helping to generate significant support for St. Mary.

St. Mary Donors Celebrate Giving



New Sister Alphonsus Circle of Philanthropy member and St. Mary Trustee Emeritus, Mark Mills, drove in from Nevada to enjoy the festivities of the Sister Alphonsus Holiday luncheon.



Longtime Foundation 21 and CARE Center donors Wendy and John Henning at the Sister Alphonsus Circle of Philanthropy luncheon.



Sister Celeste Trahan, CCVI, and Sister Alphonsus Circle of Philanthropy member, Arline Walter, pick out their prizes at the Sister Alphonsus Circle of Philanthropy luncheon.



Attending the Sister Alphonsus Circle of Philanthropy Holiday luncheon were (L-R): June Gault, Bob and Sharon Berube, Kim Eclarino, Jo Ann Clark and Noreen Mandel.



Christmas carolers entertain guests as Claire Marmion (watching the carolers), Carolyn Kenny and Bill Marmion, Ph.D., sing along.



Members of Sister Alphonsus Circle of Philanthropy enjoy each other's company. Pictured (L-R) are Circle members, Nancy Higginson, Barbara Seelgen-Ellis, Gordon James and guest, Sheryl Walther.

St. Mary Donors Celebrate Giving



Celebrating the St. Mary CARE Center at the annual Summer Reception are (L-R) Evan Braude, Chris Veltrie, Assemblymember (Ret.) Bonnie Lowenthal, Michael Owens and Tom Tokunaga, Jr.



CARE Center donors gather at the home of Brad Duerre and Brad Miyasato for a donor reception. Pictured (L-R) Curtis Ryan, Patrick Doonan, Steven Pakiz, DDS, Brad Duerre and Paul Thompson.



Harley Deere, M.D., with wife, Sallie (couple on the left) and Sheila and Stephen Shea, M.D., (couple on the right) enjoy the engaging presentation given by St. Mary Emergency physician, Barry Heller, M.D., (center) at the Sister Alphonsus Circle of Philanthropy annual luncheon.



Sister Celeste Trahan, CCVI, shown standing next to a photo of Sister Alphonsus Tallon, for whom the legacy circle is named, joins Drew Gagner, (Former President, St. Mary Medical Center Foundation) in welcoming new Sister Alphonsus member, Noreen Mandel, into the Circle.



Sister Alphonsus Circle of Philanthropy members are thanked and honored for their generous legacy support to St. Mary. Members recognized were: (L-R): St. Mary Foundation Trustee, Leo Vander Lans (who sadly passed away in February) with wife, Honorable Judith Vander Lans; Noreen Mandel, Arline and Mike Walter, Ph.D., (St. Mary Trustee), Sylvia and Dennis Benko, Bert Thompson, Jane Meyer, spouse of the late Henry Meyer and Jo Ann Clark.

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To speak gratitude is courteous and
pleasant, to enact gratitude is generous
and noble, but to live gratitude is to touch
heaven. **Johannes A. Gaertner**



**St. Mary Medical Center
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