

Gratitude

ST. MARY MEDICAL CENTER FOUNDATION

95 Years of
Healing
and Hope

1923 - 2018



St. Mary Medical Center
Foundation

A Dignity Health Member

Fall 2018



LaRae Mardescic Bechmann
President
St. Mary Medical Center Foundation

Message from the Foundation President

Anniversaries are a time of celebration – both of what the past has given and what the future holds. As our beloved hospital celebrates 95 years of service, I find myself reflecting on the strength and courage of our founding Sisters. Their mission of health and healing has carried this hospital well into today's reality, empowering it to remain a relevant and vital part of the Long Beach community.

In this issue of Gratitude, we at the St. Mary Medical Center Foundation offer you a chance to learn more about the traditions we honor and the future we are planning. Here, you'll find stories about St. Mary's history, its achievements, and its dreams. This is a time to explore and recognize the dedication to care upon which our hospital was founded. It is also a time to celebrate you – the people we serve – who are so crucial to its mission.

Service to others defines St. Mary Medical Center. From our Mobile Care Unit to our Low Vision Center, Families in Good Health program, and CARE Center for the prevention of HIV and care for persons living with AIDS, St. Mary is dedicated to providing quality outreach and health care to every member of our community – particularly our brothers and sisters who are underserved. These and other programs are supported by generous gifts to the St. Mary Medical Center Foundation, which plays a vital role in sustaining the vision of our founding Sisters and securing the future of health care in our community.

I would like to express my gratitude to all who have given so much to St. Mary, now and in decades past. Your generosity has helped to shape an institution that has had a significant and lasting impact on countless lives. Your commitment to our mission is deeply appreciated, and I look forward to our shared future.

Yours,

LaRae Mardescic Bechmann
Foundation President



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Dedication of the new St. Mary Hospital in 1937. The original hospital building was destroyed in the 1933 Long Beach earthquake.

News and Notes

St. Mary Welcomes New Chief Operating Officer

St. Mary Medical Center has named Bonnie Panlasigui, FACHE, as its new Chief Operating Officer (COO). Bonnie will be responsible for overseeing all non-clinical departments, providing the leadership, management, and vision necessary to ensure the continuing growth and financial strength of the hospital.

Bonnie comes to St. Mary with more than a decade of progressive executive leadership experience in hospital operations. Her experience in partnering with clinical teams, including physician teams, nursing staff, and allied

professionals, has led to improvements in quality, service delivery, and patient satisfaction and safety. Previously, Bonnie served as Chief Operating Officer for Dupont Hospital in Fort Wayne, Indiana.

In addition to her health care experience, Bonnie is a noted author and speaker on the issues of diversity and mentoring, and she is a passionate advocate for women and minorities in executive roles. She also serves as chair of the Diversity and Inclusion Committee of the California Association of Healthcare Leaders.



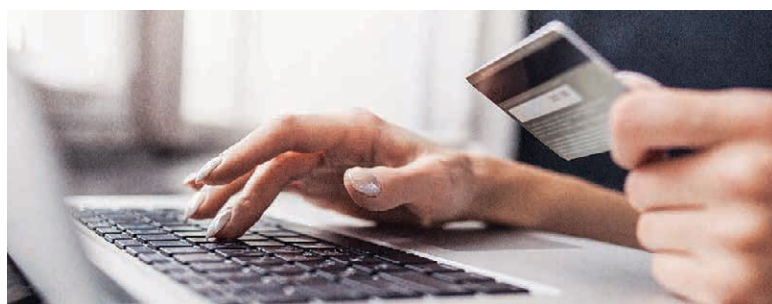
Dignity to Offer Real-Time Consumer Payment Model

Dignity Health has announced that it will streamline payments between payors and providers to improve the patient experience through a strategic technology partnership with OODA Health.

The OODA Health digital platform will help address historic and technological barriers between payors and providers by enabling real-time claims payments. “We believe OODA Health’s technology will help us better connect with our payor partners in the interest of better serving our patients,” said Lloyd Dean, president and CEO of Dignity Health. “This digital collaboration will allow physicians to devote more time to care and help patients focus on their healing – without the stress of anticipating a confusing medical bill.”

The collaboration with payors such as Blue Shield of California will help Dignity Health improve patients’ access to care by reducing administrative costs. Immediately after the delivery of care, the payor will pay the provider for the medical claim in real-time to speed up claims.

Dignity Health plans to pilot the OODA Health technology in hospitals in Arizona and California with the goal of integrating and scaling the technology across its network of 39 hospitals.



Mobile Care Continues With Port Grant

The Long Beach Board of Harbor Commissioners approved a \$970,000 grant to support St. Mary Medical Center’s successful Mobile Care Unit among other St. Mary programs. The funds are part of \$65 million the Port of Long Beach has committed to safeguard community health. The Port of Long Beach Community Grants Program, created in 2009, aims to mitigate the impact of goods movement on residents affected by air and noise pollution.

Originally developed to provide asthma outreach and respiratory diagnostic services to communities near the Port, the Mobile Care Unit’s mission has evolved to include primary care and cardiology services in Long Beach, Wilmington, and surrounding cities.

The unit is staffed by a highly-skilled health care team, including clinicians, respiratory therapists, health coaches and community outreach coordinators. To learn more about the Mobile Unit and its services, please call 562.491.4818.

Foundation Hosts Open House for Ambassadors Board

On October 30, the Foundation welcomed members of its Ambassadors Board and invited guests to St. Mary Medical Center, where nearly 50 community leaders enjoyed a breakfast, an orientation, and a tour of the campus.

The Ambassadors serve a special purpose for the Foundation, building partnerships and alliances within multiple segments of the community.

Among the Open House attendees were representatives from Congressman Alan Lowenthal's office, the Long Beach Fire and Police Departments, Cal State Long Beach, Long Beach City College and Long Beach City Council.

"It was exciting to bring our Ambassador family together, reinforcing our existing relationships and forging new alliances in support of St. Mary's mission," said Foundation President LaRae Mardesic Bechmann. "These biennial gatherings afford us civic, business and philanthropic engagement as we explore opportunities to better meet the emerging needs of our community, especially in the downtown and beach areas."

Ambassadors were invited to join one of several subcommittees that will support Foundation initiatives in the coming year. For more information about becoming an Ambassador, please contact the Foundation at 562.491.9225.



The Ambassadors' hospital tour included visiting the rooftop helipad for critically injured patient transport.



Team St. Mary Raises 30K at Long Beach Marathon

Nearly 200 runners and bicyclists from Team St. Mary participated in the 2018 JetBlue Long Beach Marathon, Half-Marathon, 20-Mile Bike Tour and Aquarium of the Pacific 5K held October 6 and 7.

This year, St. Mary Medical Center was proud to be one of four Gold-Level Charity Partners, with Team St. Mary raising \$30,000 for community-focused, health care programs and services.

The marathoners started in downtown Long Beach, then continued toward the Queen Mary and Shoreline Village, eventually finishing at Shoreline Drive, where they enjoyed refreshments, entertainment, and prizes. For information about supporting next year's Marathon, please contact the Foundation at 562.491.9225.

Building the Future

New Foundation Chairman David Lalonde reflects on his past and his goals for St. Mary.

“I’m a Long Beach guy. She’s a Long Beach girl. My roots run deep,” said David Lalonde, speaking of his wife of 25 years, Deborah Demuth, and the community they are proud to call home. David is the newly installed Chairman of St. Mary Medical Center Foundation.

Indeed, David’s roots are firmly entrenched in Long Beach – and his commitment to the community reflects his dedication both to his family and his faith. David (along with Deborah) was born and raised a stalwart member of St. Barnabas Parish in Long Beach where he and Deborah and their four children are still members. David graduated from St. Barnabas Elementary School in 1981 and St. John Bosco High School in Bellflower in 1985. He attended Santa Clara University and received a BA in Communications in 1989.

Following graduation, David went to work for the family-owned construction business R.J. Lalonde, Inc. In 1994, David married Deborah. Always one to venture broadly, in that year, he also started his own contracting company, Crew, Inc., which today employs 70 individuals with locations in Los Angeles, Orange and San Bernardino counties. Providing grading and excavating, the company’s in-house fleet is comprised of loaders, excavators, crushers, scrapers, and blades.

Both Lalondes are active members of the community. Deborah, who was born at St. Mary Medical Center, is a docent at the Long Beach Museum of Art. In addition to serving on the Foundation, David is on the Planning Committee for St. Barnabas Parish, a past president and a current member of Bixby Knolls/ North Long Beach Kiwanis Club, and a past president and a current board member on Team 100 Food For Kids.

Q and A with **Chairman David Lalonde**

What makes Long Beach a special place?

I was born and raised here, and I love how unique our community can be. I like the diversity I see in Long Beach. I’ve raised kids here and it’s important for them to be around all different cultures. They are far more aware and accepting of differences than they would be elsewhere. There is a sense of inclusivity and connectedness that I can’t imagine anywhere else.

Why should the community of Long Beach support St. Mary Medical Center and the Foundation?

Honestly, without St. Mary, we’d be in trouble. The hospital provides the community so many diverse and important services. Without it there would be a huge hole for segments of our population. It’s our mission to provide help where help is needed. That’s why we are based at 10th and Atlantic. We are a truly important part of what makes the community work.

What inspires your involvement at St. Mary?

I feel honored to have been a part of the Foundation for nine years. I see all of the things that make St. Mary and the Foundation work, and I feel a responsibility to keep that work going for the future. With all the exciting changes going on at the hospital – especially future construction of the new tower – I can see how important St. Mary is to the future of Long Beach. The hospital will create a hub where people can access medical care and social services in a single centralized stop.

How do you define what makes an engaged board member?

My parents raised a family and started a business, but they still found time to be involved in their church and their community. It’s my responsibility to carry on that tradition. Maybe part of it is having received a Jesuit education: service is about others. It isn’t about doing something to make yourself look or feel better. It’s about doing good for others. People who realize that – those are the ones that make the best board members.

As Foundation Chairman, what will you keep front and center?

The most important thing the Foundation can do is show that there is connection between the hospital and the community. I need to build the confidence our supporters feel and help build a strong sense of community for everyone involved. My dad recently received care at St. Mary. I saw first-hand how important that sense of connection and family was to my dad’s recovery and to the rest of us.

What is your vision for St. Mary Medical Center’s Foundation? How can the Foundation support that vision?

My vision for the Board is to help strengthen and grow the Foundation. We are a vital source of support for the hospital, providing millions of dollars for equipment and services every year. The Foundation is becoming stronger and more successful – and that strengthens the hospital and the community. We need to be sure that the community knows that St. Mary Medical Center is here to stay. And that we are getting stronger and better every step of the way.



Foundation Chairman David Lalonde in front of a giant skip loader at the family-owned construction business Crew, Inc.



This building, erected in 1937, replaced the original hospital, which was destroyed by an earthquake. It currently functions as a wing of the hospital, facing 10th Street.

95 Years of Healing and Hope

Decades after opening its doors, St. Mary Medical Center's ministry of care continues to evolve.

In August, St. Mary Medical Center marked its 95th anniversary. Its rich history reflects the strength and inspiration of the Sisters of Charity of the Incarnate Word who, in 1923, established the first Catholic hospital south of Los Angeles. Through nearly a century of growth, innovation, successes, and challenges, St. Mary Medical Center has become a beacon of hope and healing, serving hundreds of thousands of individuals and families in the greater Long Beach area. And, with state-of-the-art expansions planned for the future, St. Mary's healing ministry will continue to thrive as it meets the growing health care needs of our community.

Beginnings

In the early 1920s, the population of Long Beach was booming. Rich oil deposits had been discovered in the soil in 1921, making oil the city's primary industry. People flocked to Long Beach by the thousands, seeking its sunny, seaside climate and opportunities for work.

The city's Catholic population was growing rapidly, as well. It was the pastor of St. Anthony Parish, Fr. John Hegarty, who had a vision for a Catholic hospital. When he learned that a building at 10th and Linden – the former Long Beach Sanitarium – was up for sale, he contacted the Sisters of Charity of the Incarnate Word. The Houston-based order was devoted to serving the sick and had established hospitals in Texas, New Mexico, Iowa and Missouri.

Inspired by Fr. Hegarty's vision, the Sisters purchased the building for \$160,000. After months of renovations, the 70-bed hospital opened August 1, 1923. Four years later, as the

population of Long Beach increased exponentially, plans were made to construct an expanded, 10-story hospital. But when the Great Depression hit, these dreams collapsed with the devastated economy. Then, at the height of the Depression in 1933, a massive earthquake struck Long Beach, killing 115 people and destroying much of the city, including St. Mary's hospital, chapel, and convent. In the aftermath, the Sisters tended to the wounded in neighboring churches and parking lots.

Ever resourceful, the Sisters converted an abandoned building into a 25-bed facility and razed the original hospital building. Three years later, in 1937, a \$300,000 fundraising campaign led by the head of Hancock Oil financed a new, four-story, steel-and-concrete hospital. As the population of Long Beach continued to grow, plans were made for another expansion. In 1949, the six-story, \$2 million North Wing was opened, increasing the hospital's capacity to 253 beds and 75 bassinets.

continued

Innovations

With its expanded capacity – and increasing federal support for health care via President Truman’s Hill-Burton Act – St. Mary began a new era of success. The 1950s brought an outpatient department, a cancer treatment center, cardio catheterization, and artificial kidney treatment. Among the milestones: the first open-heart surgery ever performed in the city of Long Beach, in 1959.

Along with advances in medicine, the hospital gained support in many forms, including the St. Mary Guild, foundation grants, and gifts from benefactors such as Douglas Aircraft and Ford Motor Company. In 1962, the hospital opened its East Wing, a \$6 million facility supported by \$1.3 million in community gifts. The expansion offered state-of-the-art cardiac, respiratory and emergency care, and increased patient capacity to 349.

The 1970s heralded more significant growth, including the \$10 million Bauer Tower. It offered all private patient rooms, a larger emergency department, radiology, nuclear medicine, new intensive care and heart care units, as well as maternal child health services.

St. Mary Hospital was now St. Mary Medical Center, a community-based hospital at the forefront of medical science and technology.

In the mid-1980s, the Sisters, who were always attentive to the needs of the vulnerable populations, noticed that countless people with AIDS were coming to the hospital. The Sisters responded by opening the C.A.R.E. Program, a comprehensive center for persons living with HIV and AIDS that was the first-of-its-kind in the country. Today, it is considered the gold standard, providing social services, food, housing support, and medical treatment to more than 1,600 clients a year.

In 1987, the Sisters responded to yet another crisis: the influx of Cambodian refugees fleeing the Khmer Rouge. The Sisters partnered with the United Cambodian Community to establish the Southeast Asian Health Project, providing desperately needed health and medical care. The program has evolved into St. Mary’s Families in Good Health, a multicultural, multilingual health and social education program offering outreach and case management services to low-income communities.



The Sisters set up makeshift hospital wards in the aftermath of the 1933 Long Beach earthquake, which destroyed the original hospital and injured hundreds of residents.



The original St. Mary Hospital opened in 1923 after the Sisters purchased and refurbished the Long Beach Sanitarium.



The Sisters of Charity of the Incarnate Word pose for a photo in front of the rebuilt hospital in 1937.

As St. Mary Medical Center rolled into its 75th year, it launched a capital campaign headed by Sr. Alphonsus Tallon and Jim Ackerman, a local business leader and philanthropist. The campaign raised more than \$29 million, affording new capital improvements, program support, and endowments for community outreach. The 75th anniversary celebration in 1998 was one of the biggest in the hospital's history, with thousands of guests in attendance, including Sisters who flew in from across the country.

In the early 2000s, an additional \$7.3 million was raised to refurbish hospital patient rooms. The new century saw even more innovations, including The Mary Hilton Family Health Center, the Rehabilitation Institute, Older Adult Services, and a Disaster Resource Center. St. Mary became the only regional teaching hospital for UCLA School of Medicine students. And, its Emergency and Trauma Center won its ranking in the top five percent nationwide.

The Ministry Continues

Through the decades, nearly 150 Sisters from the founding congregation have served their mission at St. Mary, many providing direct patient care as nurses. In fact, from 1923 until 1991, the position of Hospital President was held by Sisters. In 1996, St. Mary Medical Center became part of Catholic Healthcare

West (renamed Dignity Health in 2012), continuing the Sisters' ministry of service. They remain an active and vital presence at both Dignity Health and St. Mary, serving in administration, spiritual care services, on boards, and as patient representatives.



The Sisters of Charity of the Incarnate Word played a vital role in the development of health care in Long Beach and other communities throughout the United States.

Today, St. Mary Medical Center is a 389-bed hospital committed to delivering compassionate, high-quality, affordable health care to approximately 150,000 patients each year. With more than 1,400 employees, including 500 physicians in 40 different specialties, St. Mary's healing ministry has become crucial to the well-being of Long Beach and surrounding communities.

As the demand for health care continues to grow, St. Mary's leadership is developing a vision to meet that demand. Carolyn Caldwell, President and CEO of Dignity Health -

St. Mary Medical Center, recently announced plans for a new patient tower that will become the centerpiece of the campus, offering the latest medical technology and world-class services (see related sidebar). This will be yet another evolution of an institution that, for nearly a century, has been a source of health and hope for millions, and whose continuum of care will thrive well into the future.

Transforming St. Mary to Serve Our Community

For 95 years, St. Mary Medical Center has been at the forefront serving the health care needs of Long Beach and surrounding communities. This year, St. Mary announced a modernization project that will transform it into the health care campus of the future.

"We are excited to announce the building of a new, modern patient tower," said Carolyn Caldwell, President and CEO of St. Mary Medical Center. "The new tower will be the centerpiece of the St. Mary campus."

St. Mary has started an in-depth design which measures future community needs and seismic safety standards that must be met by the year 2030. The timeline for construction will depend on the numerous phases of design and building, which will be approved through the St. Mary Board of Directors and Dignity Health leadership. "St. Mary will be embracing this opportunity of expansion to further assist the growing populations in Long Beach and provide the best continued care to all people," added Caldwell.

The new patient tower will feature private rooms, operating rooms with the latest surgical equipment and new labor and delivery suites, among other things. In addition to medical/surgical beds, it will likely include a new Intensive Care Unit, Ambulatory Surgery Center, Emergency Department and Urgent Care. St. Mary also will be expanding key services including Neurosciences, Women's and Children's Health, Orthopedics, and Cardiovascular Services.

St. Mary also is expanding its Emergency Department to offer leading edge technology as well as new trauma bays for the most critical patients.

"The community is excited to have Dignity Health investing in St. Mary with a multi-million dollar master plan to create a campus that will serve the dynamic growth of downtown Long Beach and beyond," said David LaLonde, Chairman of the St. Mary Medical Center Foundation.



Nancy Valla joined the St. Mary Medical Center team last spring after serving as Chief Nursing Officer of American Hospital Dubai.

Onward and Upward

St. Mary's new Chief Nurse Executive Officer brings a spirit of optimism and appreciation.

For Nancy Valla, joining St. Mary Medical Center as its new Vice President, Chief Nurse Executive Officer was a calling that she had to answer. In many respects, her entire career led her to this pivotal point in time.

"I studied the geographic community that St. Mary serves and wanted to support vulnerable populations that otherwise might not receive the care they need," Nancy said. She also researched the hospital's heritage and was excited to contribute to an organization headed into its 95th year. "Learning about the Sisters of Charity of the Incarnate Word and their vision and sacrifices was truly inspirational," she added. "The idea of helping to keep the Sisters' work alive for another 95 years was a calling I could not ignore."

Nancy grew up in Kansas City, Missouri, where she earned her Bachelor of Science in Nursing from Rockhurst University. She went on to complete a master's degree in human resources and organizational development and is currently completing a PhD in industrial and organizational psychology. Nancy is also a Six Sigma Green Belt and board-certified as an advanced nurse executive and in computer informatics by the American Nurses Credentialing Center.

Most recently, she served as Chief Nursing Officer of American Hospital Dubai in the United Arab Emirates. While there, Nancy successfully developed and implemented nursing and clinical strategies for the 300-bed facility. "During my international nursing experience, I learned just how much other countries admire the United States' standards of quality in health care," she said. "No country has a perfect health care system, but many international health care organizations try to emulate the U.S. We should be proud in knowing that other countries want to model aspects of their health care delivery system based on ours."

Nancy, who was appointed to her position in April, has some key priorities she hopes to accomplish in her new position. "I want to spread optimism and empowerment to help our team remain rooted in the fundamental premise for us being here," she said. "That includes a focus on family and community, providing health care with dignity, and the desire to perpetuate what the Sisters have placed in our hands." In terms of clinical improvement, Nancy is focused on strengthening

existing services to ensure they meet and exceed community expectations. She will also be assessing what future services may be needed in the growing Long Beach community.

Nancy often rounds through the medical center in the morning and at night, on weekends and holidays. She asks her staff, "What can I do for you?" From reading a patient letter aloud at a team huddle to delivering cookies in appreciation of a job well done, she wants employees to have the support they need to be successful. "When team members leave at the end of the day, they might be exhausted, but I want them to feel genuinely appreciated," she said.

Nancy also believes it is important to honor the trust that patients place in nurses. She points to a 2017 Gallup poll that rated nursing as the most honest and ethical profession. "The trust that patients and families have in us is something I take very seriously. I know I must lead by example and earn trust from my nurse team, allied health partners, colleagues, the Board, and our community." She said she is honored to be in a role that affords her the opportunity to embrace trust and encourage the nurses she leads. "At this point in my career, I feel like St. Mary Medical Center brings out the best in me."



Nancy Valla checks in with the team of St. Mary's cardiac catheterization lab.

Lasting Impact

Gina Araujo-Smith's gratitude for St. Mary inspired her desire to make a difference.

Little did Gina and Dorene Smith know – back in the 1970s, when they were selling real estate in Bixby Hill – that a hospital emergency room less than four miles away would one day bear their name.

The mother and daughter pair worked for S & S Construction, a division of Shapell Industries, one of the leading real estate developers in Southern California. Dorene was their first female project manager and, during the 1960s, sold several Long Beach homes to physicians from St. Mary. Many became close family friends, and Dorene grew to love the hospital's mission. She became an ardent supporter of its annual gala and other fundraisers, inspiring daughter Gina to follow in her footsteps.

Decades later, when Dorene was struggling with breast cancer, she sought treatment at St. Mary. Gina remembers the tremendous care her mother received. "My mother was in the emergency room many times the last seven years of her life," Gina said. "In fact, she spent nearly an entire year at the hospital. The staff was so kind to her – it was like a family taking care of other family members."

Gina and her mother were inspired by the level of compassionate and expert care provided to all patients, leading them to become founding members of the Foundation's Annual Giving Society. Gina also was moved by the courage of the Sisters of Charity of the Incarnate Word during the AIDS crisis in the mid-1980s, when they opened the St. Mary's Comprehensive Aids Resource and Education Program.

"It was such a frightening time," said Gina. "So many people would have had no place to go if weren't for St. Mary's." The program grew into the CARE Center, now in its 32nd year as one of the most comprehensive HIV centers in the nation.

Gina's involvement, leadership, and giving to St. Mary continued after Dorene's passing in 1995. She became a member of the St. Mary Board of Trustees in 2011.

In recognition of a legacy gift made by Gina in honor of her mother, the Emergency Department was named the Dorene and Gina Smith Emergency Department in 2001. Gina is an active fundraiser for the CARE Center

and was honored with a Community Service Award for her efforts on behalf of the Center at a donor reception in August at the Hotel Maya (see page 19).

This past year, Gina blessed St. Mary with a new legacy gift using appreciated real estate in a Charitable Remainder Trust, supporting a campaign to raise funds for the expansion of the Emergency Department.

Her deep commitment and generosity to the Foundation over the last four decades reflects her love for its mission. She and her partner, Ines Araujo (Arnie), whom she recently married, see St. Mary as an extension of their family. When Gina had her own health challenges a few years ago, she experienced the hospital as a patient. "The St. Mary staff is dedicated, devoting their lives to truly caring for people both in the hospital and through outreach programs," she said. "The level of care at St. Mary Medical Center takes the patient experience to a higher level of excellence."



Gina and Ines (Arnie) Araujo-Smith

Gina knows her mother would be proud to see her name associated with the hospital, and even prouder to know Gina is still so involved. "My mother loved St. Mary's," she said. "She knew it was a true community hospital and vital asset to Long Beach and surrounding cities it serves."

What is a Charitable Remainder Trust?

A Charitable Remainder Trust (CRT) is typically funded with highly appreciated, low or no yield assets such as rental property, a vacation or second home, undeveloped land or stock. After the asset is transferred to the CRT, the asset is sold and invested within the CRT and regular payments are made to the donor and/or a loved one. Once the donor/loved one passes, the assets remaining in the CRT are transferred to the St. Mary Medical Center Foundation and designated to the desired hospital program or service. For more information, please contact Linda Rahn at Linda.Rahn@dignityhealth.org or 562.491.9225.

Dorene & Gina Smith Emergency Department



Gina Araujo-Smith stands in front of St. Mary Medical Center's Emergency Room, named for Gina and her mother, Dorene Smith.



Dr. Mark Lee inside the new Cardiac Catheterization Lab. Dr. Lee is the medical director of the hospital's cardiac electrophysiology program.

Advancing Our Approach to Heart Care

St. Mary's cardiac electrophysiology services offer next-level heart care to the Long Beach community.

Last year, Dignity Health - St. Mary Medical Center, together with the financial support of St. Mary Foundation donors, opened a second catheterization lab with the specific intent to serve as an electrophysiology (EP) lab. As such, St. Mary has the most advanced equipment and technology to provide comprehensive heart rhythm management.

Electrophysiologist Mark Lee, MD, was appointed as the medical director for the EP program. Dr. Lee has provided in-service education to the St. Mary Residency Program while serving as an integral member of the hospital's cardiac co-management team, which analyzes and strategizes multiple cardiovascular services offered at St. Mary Medical Center.

Dr. Lee knows an EP program is essential to providing excellent heart care. "Electrophysiology refers to the study of heart rhythm disorders, both fast and slow," he said. "Many of our patients suffer from heart rhythm abnormalities. Here at St. Mary, we offer the full spectrum of care – from prevention to procedures."

Heart rhythm disorders can manifest in subtle ways, such as fatigue and lethargy, or more prominently, as chest tightness and shortness of breath. There are many types of heart rhythm disorders, and establishing the correct diagnosis is critical in providing tailored therapy.

A person's heartbeat is controlled by a series of electrical impulses traveling within the heart. If these electrical impulses are firing too slowly, quickly, or out of sync, symptoms may occur. Lightheadedness, palpitations or fatigue in the context of an abnormal electrocardiogram (ECG) are symptoms that may require an exam by a cardiac electrophysiologist, such as Dr. Lee, who can determine whether the issue can be treated with medications or procedures. Common EP procedures include:

Cardioversion - *to restore normal rhythm*

Device implant - *including pacemakers and defibrillators*

Ablation - *including supraventricular tachycardia (SVT), atrial flutter, atrial fibrillation and ventricular tachycardia*

One such rhythm is atrial fibrillation, or AFib. According to the Center for Disease Control (CDC), AFib is the most common arrhythmia, which occurs when the heart beats too slowly, quickly, or irregularly. When a person has AFib, the contraction

of the upper chambers of the heart (atria) is irregular, and does not allow synchronized blood flow from the atria to the lower chambers of the heart (ventricles). AFib begins as brief episodes but, eventually, transitions to a permanent condition.

Patients with AFib can have a stroke risk that is five times greater than those without AFib. St. Mary Medical Center is an Advanced Primary Stroke Center with skilled neurologists and clinical staff trained to recognize and treat patients with acute stroke. The CDC notes that AFib causes 15%–20% of ischemic strokes, which occur when blood flow to the brain is clogged by a clot.

"Early detection of AFib is critical as therapies are most effective during the initial stages. AFib is a progressive rhythm that worsens over time, and if detected too late, it can be difficult to treat," Dr. Lee explained.

Electrophysiology procedures are generally low-risk, and often, patients are released the same day. Planning for any medical procedure can be overwhelming, which is why St. Mary's team of specialists, nurses, therapists, and technicians are committed to high-quality, compassionate patient care in the safest environment possible.



The Arrhythmia and Cardiology Cath Lab at St. Mary Medical Center is one of the most advanced in Southern California. It offers a wide range of tests and various treatment options to manage heart rhythm.

Celebrations

Circle of Philanthropy Luncheon

Current and new members of the Sister Alphonsus Tallon Circle of Philanthropy were honored at the St. Mary Medical Center Foundation's annual recognition luncheon, held May 10 at Old Ranch Country Club in Seal Beach. Among the presentations was a lively and informative address given by keynote speaker Kathy Dollarhide, Director of the Disaster Resource Center for St. Mary. Chartered in 2001, The Circle of Philanthropy recognizes and honors those who have provided for St. Mary in their estate plans.



Honored at the luncheon were (left - right) Denise Fachko and Circle of Philanthropy members Elizabeth Lucas, Bert Thompson, Judith Vander Lans and Gina Araujo-Smith.



Sr. Alphonsus Circle of Philanthropy member Barbara Seelgen Ellis with longtime friend Sheryal Walther.



Foundation President LaRae Mardesic Bechmann and Sister Celeste Trahan, CCVI present a bouquet of flowers to the late Nancy Higginson in recognition of her generous support.



Foundation President LaRae Mardesic Bechmann welcomes Sister Alphonsus Circle of Philanthropy co-chairs Joyce Murchison and Elizabeth Lucas, along with presenter Kathy Dollarhide, Director of the Disaster Resource Center.



Longtime St. Mary Medical Center supporters Charlie and May Parks.

Celebrations

Teeing Up for a Good Cause

A full flight of 144 golfers hit the greens at Virginia Country Club on June 4 to benefit St. Mary Medical Center. The Foundation's 26th Annual Golf Tournament supported health care programs and services at St. Mary. The event has raised nearly \$4 million since its founding in 1993.

Foundation trustee and golf tournament co-founder Stephen Shea, MD was joined by Foundation board members Tim Aldrete, David Lalonde, Samantha Mahoney, Linda Rubin, Dave Shlemmer and an active golf committee in leading the effort.

Top level tournament sponsors included Farmers & Merchants Bank, Frank Suryan (Lyon Living) and Terry Dedeaux (Dedeaux Properties and Dart Entities). Sketchers USA Inc. provided a pair of golf shoes as the player tee gift while luncheon sponsor Hydroform USA provided Kobe beef sliders, mini brats and homemade coleslaw. Other major sponsors included Ascom Wireless Solutions Inc., the Esposito Family, Long Beach Emergency Medical Group, Stephen Shea, MD and Sheila Shea. Additional key sponsors were AUTOMAC Parking Inc., Caruso Ford, Golden Shore Medical, Shlemmer Investments and TIAA Endowment and Philanthropic Services. Save the date for our next tournament: **Monday, June 3, 2019.**



Celebrating victory at the 2018 St. Mary Golf Classic are Stephen Shea, MD, with Steve Cantrell, Carolyn Caldwell, St. Mary President/CEO, Stan Otake, David Ung, LaRae Mardescic Bechmann, Foundation President, and Bruce Novkov. The team won the Leslie Esposito Trophy for Lowest Overall Net Score.



Thomas Maulhardt with David Shlemmer, St. Mary Foundation Trustee, golf committee member and sponsor. Shlemmer Investments is a longtime sponsor of the golf tournament.



Tournament chairman Stephen Shea, MD, and Sheila Shea enjoying the silent and live auction at the tournament dinner. Dr. Shea is the Emergency Department Medical Director at St. Mary.



Golf tournament foursome Michael Cogan, MD, Jyoti Datta, MD, Jordan Miller, and Nikhil Kapoor, MD.



David Lalonde, Chairman of the St. Mary Foundation Board of Trustees, golf committee member and sponsor, with team members Jules Bourgeois and Darren Lalonde.

Celebrations

CARE Center Honors Dedicated Leaders

The 32-year legacy of the CARE Center at St. Mary Medical Center was front and center at the Sangria Saturday party at Hotel Maya in Long Beach. More than 150 donors and guests gathered at the bayside venue on August 25 to support the CARE Center and honor Gina Araujo-Smith and Tom Tokunaga, Jr. with well-deserved 2018 Community Service Awards. The event was chaired by Foundation Trustee Tim Aldrete.

Sister Celeste Trahan, Vice President of Mission Integration, shared the history behind the formation of the program in 1986 when the Sisters of Charity of the Incarnate Word responded to the AIDS health crisis. Paul Lovely, Executive Director of the CARE Center, detailed its impact, such as hosting nearly 10,000 medical and dental visits in 2017. He noted that the Center is one of the few facilities in the country where a multitude of specialized HIV services are offered on one campus.

The CARE Center is one of the most comprehensive in the nation, supporting people living with HIV and others directly impacted by the virus. CARE provides medical care, behavioral health services, food and nutrition, support services, oral health care, and PEP and PrEP preventative care to reduce the impact of HIV within Long Beach and beyond. The Center serves more than 1,600 people every year and has touched countless more lives in its three decades of service.



Tom Tokunaga, Jr., a long-standing donor and advocate of the CARE Center at St. Mary Medical Center, was honored with a distinguished Community Service Award.



LaRae Mardescic Bechmann, President of the St. Mary Medical Center Foundation, Paul Lovely, Executive Director of the CARE Center, Gina Araujo-Smith, 2018 Community Service Award honoree, and Tim Aldrete, Event Chair.



Marcia Alcoulourmre Senteno, MD, a physician on the Center staff, Paul Lovely, Executive Director of the CARE Center, Jennifer Samawi and Roger Samawi, DO.



CARE Center supporters Mark Quintana, Curtis Ryan, Javier Villarreal, Jorge Gonzales, Justin Potier, Brad Miyasato and Brad Duerre.

New Trustees Join Foundation Board

The St. Mary Medical Center Foundation proudly welcomes the following new members to its Board of Trustees:



Timothy Aldrete
Owner/Chief Financial Officer
Automac Parking Inc.



David Haberbush, Esq.
Principal
Haberbush & Associates, LLP



Julie Larkins
CEO
CDR Financial Services, LLC



Samantha Mahoney
Associate Attorney
Peacock Piper Tong + Voss, LLP



Robin D. Perry, Esq.
Founder
Law Offices of Robin D. Perry



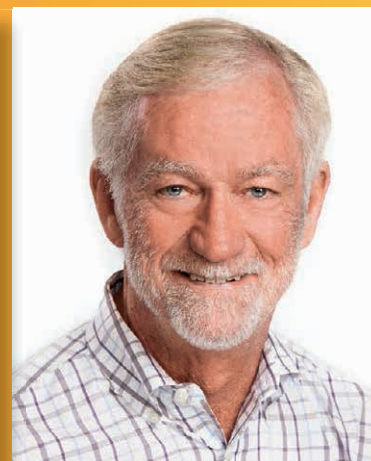
Linda Rubin
Community Leader



Laura Russell, MD
President
Long Beach Anesthesia Medical Group



Drew F. Satariano
Financial Consultant
King Financial Group
of Wells Fargo Advisors



Stephen R. Shea, MD
Medical Director, Emergency
Department, St. Mary Medical Center
President, Long Beach Emergency
Medical Group



Santa listens to Yadira Peña and her holiday wish list.

In the Spirit

St. Mary's Holiday Helping Hands event brings Christmas to underserved families in our community.

Since 1973, the St. Mary Medical Center community has been participating in a holiday tradition that makes the season brighter for both the giver and receiver.

The Holiday Helping Hands event, held on the hospital campus, brings together hospital employees, medical staff, board members, and volunteers who work to give an early Christmas to low-income families. Children from local Title 1 elementary schools and preschools, as well as from St. Mary clinics, are invited to join the event, where they receive toys, school supplies, and other items.

The children and their parents also can take a photo with Santa, participate in craft projects, enjoy holiday sweets, and meet the Long Beach Fire Department's mascot, Sparky the Fire Dog.

"The Helping Hands event reflects our Sisters' pastoral and social mission to serve the economically poor, especially children and families," said Sister Celeste Trahan, CCVI, Vice President of Mission Integration and director of Holiday Helping Hands. "The joy and gratitude that is experienced by the children – and all of those involved with this special day – provide a perfect start to the Christmas season."

Sr. Trahan said she anticipates serving 150 families this year, with more than 400 children, newborn through 16 years of age.

This year's Holiday Helping Hands will be held on Saturday, December 1. Gift donations and other means of support are greatly appreciated. For more information, please contact the St. Mary Medical Center Foundation at 562.491.9225.



Santa's helper Hunter Stehno, left and Long Beach Firefighter Lifeguard Fernando Lua. All photos by Brittany Murray, Press Telegram/SCNG

With heartfelt thanks.



We deeply appreciate the support of our sponsors, golfers, Trustees, and volunteers whose generosity made this year's St. Mary Golf Tournament a huge success. Since 1993, this event has raised nearly \$4 million for innovative programs and services at St. Mary Medical Center.

Thank you, friends, for your commitment to our community!



The Esposito Family

Long Beach Emergency Medical Group

Stephen Shea, M.D. and Sheila Shea



Shlemmer Investments



Endowment & Philanthropic Services



AUTOMAC Parking Inc.

2018 Golf Committee

Stephen R. Shea, MD, Committee Chair
Emergency Department Medical Director, St. Mary
Timothy Aldrete, Automac Parking
Juan Arreola, Farmers & Merchants Bank
Garrett Ashley, CSU Chancellor's Office
Stephen Dunn, St. Mary Medical Center
Brian Fong, MD, Emergency Department Physician, St. Mary
David Lalonde, Crew Inc.

Samantha Mahoney, Keesal, Young & Logan
David Meade
Mary Schiavone Milo, Dignity Health
Linda Rubin
David Shlemmer, Shlemmer Investments
Glenn Thompson, Coldwell Banker
Steven Vant, Ameriprize Financial
John Wagner, St. Mary Foundation

Save the Date!

27th Annual St. Mary Golf Tournament
Monday, June 3, 2019
Virginia Country Club

St. Mary Medical Center Foundation Board of Trustees and Leadership

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Crew, Inc.

Robin D. Perry, Vice Chair

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Financial Consultant
King Financial Group of Wells Fargo Advisors

Stephen R. Shea, MD

Medical Director, Emergency Department,
St. Mary Medical Center
President, Long Beach Emergency
Medical Group

Gina Araujo-Smith

Retired Real Estate Agent
& Community Leader

Robert R. Waestman

Attorney at Law
Law Offices of Robert R. Waestman

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Administration, CSULB
Distinguished University Professor,
College of Business Administration, CSULB