

Momentum

The Newsletter of


MemorialCare™
Saddleback Medical Center Foundation



Archie (4) and River (6) Cook gaze upon baby sister Sunday



Clockwise from top: Kevin, Sarah, Sunday, River and Archie Cook of San Clemente

Surprise Shower for Baby Girl Testament to Our Giving Spirit

It was Friday, April 16, 2021. Sarah Cook of San Clemente had given birth to a baby girl, Sunday, at MemorialCare Saddleback Medical Center two days prior. She had no idea something special was about to happen.

Returning to her room, she suddenly heard, "Surprise!" and saw balloons, cake, gifts, her husband Kevin, their two boys, her parents, and about 20 Saddleback Medical Center nurses. Sarah was overwhelmed with emotion.

"I couldn't believe it," Sarah said. "Nurses came in on their day off. I was so honored by all the love for our family and baby girl."

The Labor, Delivery, Recovery & Postpartum (LDRP) nurses knew that Sarah hadn't bought a single item for her baby girl. Many of them had cared for Sarah back in 2019, when, at 39 weeks pregnant, the unthinkable happened.

Unexpected tragedy

Sarah had come to Saddleback ready to deliver her third boy. Shockingly, doctors discovered the baby's heart rate was alarmingly low, so an emergency C-section was ordered. In surgery, doctors discovered Sarah's

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SAVE
THE
DATE

Spring
Gala

4.30.22
MONTAGE
LAGUNA BEACH

New President Opens Door To Hear Your Special Stories

What a warm welcome I have received since joining Saddleback Medical Center Foundation in June! From faithful volunteers who greet and direct patients, to longtime board members and donors who advocate for the hospital, I've felt Saddleback's rich history of philanthropy through meaningful personal stories and time together.



Christy Ward

Since receiving the prestigious "A" rating from the Leapfrog Group in May and being named one of only two hospitals in Orange County by Newsweek as a "Best Maternity Hospital 2021," we've heard from donors who are proud of their role in these accolades. Philanthropy — through a small gift, a bequest, or even a large endowment — is what helps make Saddleback so special.

As our county opens up, we look forward to spending time with you at social events and other enriching activities. We will have our first in-person event of the year, our Beauty In Grace annual member luncheon, on August 3. This special group of women collectively supports projects that benefit women's health at Saddleback. This fall, we'll host our Heritage & Friends luncheon for donors who have included Saddleback in their estate plans.

As I begin this role leading the Foundation, I would be grateful to hear why Saddleback is special to you. I welcome you to contact me at (949) 452-3724 or cward2@memorialcare.org, or visit our office on the first floor of the Medical Office Tower. Until then, with appreciation,

Christy Ward

Expert NICU Care Inspires Estate Gift

New babies give great cause for joy and celebration. For Nina and Sanjay Grover, M.D., it was no different. In 2002, they were thrilled when daughter Karina was born at Saddleback Medical Center (SMC). They were also touched by the exceptional care Karina, a preemie, received in the Neonatal Intensive Care Unit (NICU).

"The staff was so amazing," said Nina. "Karina received such nurturing care. Every staff member, from admitting to nurses to doctors, gave us so much personal attention. We are extremely grateful."

Saddleback has a Level III NICU, meaning neonatologists, specialized nurses, respiratory therapists and equipment for intensive infant care are available around the clock.

Nina and her husband decided to show their appreciation for the care they received by paying it forward — they included SMC in their estate plans, designating the gift to the NICU. Philanthropic gifts have enabled the hospital to purchase equipment like the NicView, which allows moms to see their baby from their smartphones when they can't be at bedside.

"We're excited that our gift will help continue this level of care for future families to have a great experience at Saddleback like we did," said Nina.

In 2007, the Grover family returned to SMC for the delivery of their twin boys Dillan and Davin, who were also preemies cared for in the NICU.



From left, Dillan, Karina, Sanjay, Nina and Davin Grover of Newport Coast

Today the 14-year-olds are looking forward to high school. Big sister Karina is a sophomore at UCLA, planning to study psychobiology and communications, and a member of the dance team — more cause for great joy and celebration for the Grover family.

Learn how you can create a legacy through an estate gift. Call Colleen O'Connor at (949) 452-3964.

From left, retired nurses Marcie Smith, Carleen Fellows, Connie Beaman, Carol Hadley, Lori Conconi and Mary Ann Davidson, who have contributed to the Nurses4Nurses Scholarship



Retired Nurses Pay It Forward To Boost Education, Patient Care

When Carol Hadley was ready to retire in 2013 from a long nursing career, including 15 years at Saddleback Medical Center, she knew that she would miss the people.

As a manager, she had attended the Foundation's Scholarship Awards Ceremony and was touched by those who donated. She discussed creating a scholarship for nurses, funded by nurses, with colleagues Connie Beaman, Marcie Smith and Carleen Fellows.

"All of them immediately thought it was a great idea," said Carol.

Marcie, who had been a previous scholarship recipient from the Foundation, said her award helped lighten the financial burden of earning her nurse practitioner degree, inspiring her to give back.

The nurses set up the Nurses4Nurses award through the Foundation, stipulating that the recipient be a nurse working toward a bachelor's, master's or doctorate degree. A greater percentage of nurses with

these degrees is vital for Saddleback Medical Center to maintain Magnet status, the highest recognition of nursing excellence, held by only 9 percent of hospitals in the United States.

Magnet recognition, which Saddleback Medical Center earned in 2018, has been shown to have a direct link to better clinical outcomes and increased patient satisfaction.

"The prevailing mindset of the nurses at Saddleback is to be patient-centered. It makes you feel good about your profession."
 ~ Carol Hadley, R.N., Nurses4Nurses

The group of donors contributing to the Nurses4Nurses scholarship has expanded; in total they have awarded more than \$26,000 through the years. This year alone, the entire scholarship program will award 17 scholarships to employees, totaling \$32,000.

Most importantly, this group of retired nurses found a way to impact a special place where they devoted so much of their careers.

We've raised more than \$160,000 for Nursing Education so far! Thank you to our generous donors* for supporting our superheroes.

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Foundation
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2021-2022

These individuals serve as trusted ambassadors for the hospital and our Foundation, and help promote a culture of philanthropy in the community.

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placenta had separated from the inner wall. This can decrease or block the baby's supply of oxygen and nutrients and cause heavy bleeding in the mother. Sarah had to receive 20 blood transfusions, and baby Fisher was delivered and rushed to the NICU. Ultimately, the trauma was too great, and Fisher would take his last breath the next day, in his parents' arms.

Compassion amidst grief

Within the sadness and despair, Sarah recalls that, in the darkest moments, she felt so much compassion and calm from the Saddleback staff.

"I truly believe the doctors and nurses saved my life," she said. "They also grieved and cared for us in a way that truly felt like family."

Sixteen months later, Sarah became pregnant again. Naturally, they worried about a similar outcome, so she was monitored closely as high-risk.

Eight months pregnant, Sarah was back at Saddleback, the first time since their devastating loss. She was having contractions, and doctors decided to keep her on bedrest. During that time, she saw many nurses who had cared for her and Fisher two years earlier.

Comfort through familiarity

"To be with the same people when I was back to deliver again was so therapeutic," Sarah said. "They had shared the painful moments with us. They cared so much about us. Every staff member went above and beyond their normal duties to ensure our well-being and comfort."

Sunday Lynn Cook was safely delivered on April 14, 2021. The nurses were already planning the surprise shower.

"Most of the clothes she wears today are gifts from the nurses," she said.

After 12 days in the NICU, baby Sunday went home on a Sunday. Wrapped in a snugly blanket covered in fish in honor of their angel Fisher, she ushered in a new era of joy for the Cook Family.

I truly believe the doctors and nurses saved my life. They also grieved with us and cared for us in a way that truly felt like family.

*Sarah Cook
Grateful Patient*

Support Our Legacy of Kindness

Planning a baby shower might seem extraordinary for nurses, but kindness is part of our culture. In fact, the community's kindness through philanthropic gifts helped open The Women's Hospital in 1988.

It was one of the first in the nation to create private Labor, Delivery, Recovery & Postpartum suites, where moms deliver and recover in the same room.

After 33 years, The Women's Hospital is getting a refresh and needs more kindness from our supporters. We're seeking gifts to help fund rockers for bonding with baby, patient bathroom renovations, and other improvements – all enhancing the comfort and well-being of delivering mothers during their stay. Thank you!

To give, text SBWOMEN to 41444, visit memorialcare.org/giveSB, or call (949) 452-3724.