

Momentum

MemorialCare Saddleback Medical Center Foundation

philanthropy in full color

Why Leslie Ann Palm gives to Saddleback Medical Center, p. 4



Heart Surgery Alternative Saving Lives Thanks to Your Support of Cardiac Care

One minute, Richard Caron was out walking his daughter's dogs.

The next — he was passed out, lying on the curb.

It was February 2018, and Richard didn't know it at the time, but he was in congestive heart failure.

After slowly making it back to his daughter's house, he was taken to the emergency room at MemorialCare Saddleback Medical Center, where he received the shocking news.

"My heart was so weak that open-heart surgery would carry a high risk," said Richard, 76, who lives with his wife in Laguna Niguel. In fact, he had a number of health issues that would make surgery difficult, including heart failure, coronary artery disease, diabetes, and severe aortic valve stenosis, which means the main valve of the heart wasn't functioning well.

"At the time, Richard had a heart function of 35 percent (normal is 55 percent or higher) as well as a blockage in his main coronary artery," said John Bahadorani, M.D., an interventional cardiologist at Saddleback Medical Center.

With open-heart surgery too high a risk, Dr. Bahadorani recommended less



John Bahadorani, M.D., center, with patient Richard Caron and wife, Mary. Richard's heart was too weak for open-heart surgery, but the TAVR procedure now has his heart functioning normally.

invasive procedures: inserting a stent to open up the left main artery, along with transcatheter aortic valve replacement, or TAVR, which have excellent patient

outcomes and faster recovery time.

During a TAVR procedure, a synthetic valve is pushed up via an artery in the leg up to the heart, and positioned across the patient's own aortic valve. It is then deployed, thereby pushing the patient's failing valve outward, effectively replacing it.

Remarkably, for Richard, the procedure only took about two hours. He spent a couple of hours in recovery and then was moved to intensive

TAVR: Transcatheter Aortic Valve Replacement

A synthetic valve is pushed up via an artery in the leg and positioned across the patient's own aortic valve. It is then deployed, thereby pushing the patient's failing valve outward, effectively replacing it.

+ FALL 2018

MemorialCare
Saddleback Medical Center Foundation

New Name, Goals Are Same

You'll soon see a new name on the outside of our door: MemorialCare Saddleback Medical Center Foundation.

On the inside, however, we're still the same. We're the friends you've come to know, those who can help you find the most meaningful, most impactful ways to support our nonprofit hospital. We're not just about raising money.

We raise awareness about hospital needs, and we raise compassion for causes that help us set the bar in patient care. We also raise standards, as every year we reach even further so patients like you in our community have access to the best and brightest physicians, the most advanced programs and technology, and unparalleled medical facilities. It's a new name, but we're still focused on the same goals.

SEE TAVR, p. 4

Charitable Gifts to Education Open Doors to Career Growth

Close-Up: Jeffrey Riedel, R.N.
Manager, Operations, Emergency Services

Sometimes an unexpected detour just happens to lead you in the right direction. That was the case for Jeffrey Riedel.

"I grew up in a family where my parents were not going to be able to afford college," Jeff said. "I wanted to go into law enforcement, but they said I was too young."

Knowing that joining the military could help pay for school eventually, Jeff headed off to serve in the U.S. Army.

In the Army, Jeff found a niche as part of the intelligence unit and a combat life saver. He enjoyed the work so much, he signed up for the Reserves when he was done serving, still with the goal to enter law enforcement. As luck would have it, the only position available was as a licensed vocational nurse (LVN), so he seized the opportunity.

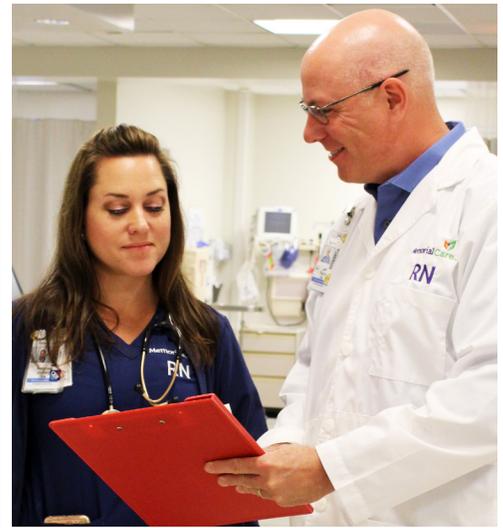
While working in the Reserves, going to school, and serving as a combat training instructor for medics headed to Afghanistan, Jeff went to a job fair in Anaheim and was eventually hired by Saddleback Medical Center.

"I chose Saddleback because of its program and support for new nurse graduates," Jeff said.

He worked two other jobs while working in the emergency department, while going to school to finish his bachelor's degree in nursing. At some point during this journey, the goal of becoming a police officer had detoured into becoming a nurse.

When Jeff first applied for a scholarship through Saddleback Medical Center Foundation in 2015, he wasn't eligible due to finishing his term before the funds were distributed. A Foundation staff member asked if he was

"I think Saddleback really allows nurses to spread their wings to their full potential, and the strong leadership really fosters our growth." Jeffrey Riedel, R.N., three-time Foundation scholarship recipient. In 2018, the Foundation distributed nearly \$50,000 in scholarships.



Rebecca Bolling, R.N., discusses a patient's chart with her manager, Jeffrey Riedel, R.N.

continuing his education because then he could apply the following year.

"Looking back, I may not have even pursued my master's if it hadn't been for the Scholarship Program," he said. He decided to go for it, and he ended up receiving three scholarships from the Foundation, which would help him earn his Master's in Nursing with an emphasis in Leadership and Management.

That decision paid off. After working 13 years as a nurse in the emergency room, this past year Jeffrey was promoted to Manager, Operations, Emergency Services.

"I've been sincerely blessed by the opportunities given to me here," said Jeff. "My entire college life was not traditional; those who don't take the traditional route can be especially appreciative of these opportunities and what they are able to accomplish. The Scholarship Program helps foster that."

At this year's Scholarship Awards on July 26, things came full circle. Jeff attended as a manager, celebrating his own staff as they received their awards.

"In this role I get to support them the way I was supported," he added.

Looks like you're headed in the right direction, Jeff.

Employees Reap Rewards of Giving Back



Marose Ang won front-row parking in our employee garage.

Every August the Foundation holds a two-week employee-giving campaign, iGIVE, to encourage hospital employees to give back to where they work. They can sign up for a payroll deduction each pay period or make a one-time gift.

During the campaign, employees are shown how philanthropic gifts impacted hospital projects and programs through the past year, perhaps even providing improvements to the department or service line in which they work.

Those who give are entered to win prizes, including coveted front-row parking in the employee parking garage.

iGIVE By the Numbers

- **38%** current employee participation
- **20% increase** from the same time last year
- **\$112,000+**: Estimated employee contributions for fiscal year 2019

We thank all our employees who share our commitment to giving back to our nonprofit hospital, Saddleback Medical Center.

Hip Fracture Patients Now Have Fast-Track to Surgery

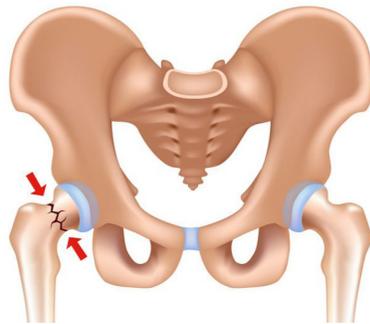
Generous Donor Support Helps Improve Programs

When the alert comes through, every member of the Saddleback Medical Center “Code Hip” team mobilizes. This special alert lets members across several specialties know that a patient with a hip fracture was brought to the emergency room, and it’s time to set things into motion.

Hip fractures are a common cause of hospitalization, disability, and health complications in the elderly. Saddleback Medical Center treats approximately 200 cases per year, with the average hip fracture patient being 83 years old, according to Marc Taub, M.D., medical director, emergency services for MemorialCare Saddleback Medical Center.

A few months ago, collaborative teams from emergency, orthopedics, anesthesia, physical therapy, surgery and others, held a special workshop with the goal of expediting the time to surgery for hip fracture patients, as well as improving the patient-family experience at our hospital.

The teams worked together to standardize and simplify the pre-operative process and streamlined their communication systems. They



“Seniors are so special to us. We want to make sure we’re giving them the best possible care and doing everything to avoid complications.”
Marc Taub, M.D.
Medical Director,
Emergency Services

dedicated a special time — 5 to 8 p.m. Mondays through Fridays — just for hip surgeries, so patients don’t have to wait for operating room availability.

They also applied best practices for recovery after surgery, like allowing them six hours of uninterrupted sleep, giving immediate access to physical therapy, and providing good nutrition and family education.

After implementing these expedited processes and reviewing new data, the average patient length of stay and time to surgery have been shortened, hospital readmissions have decreased, and patient satisfaction after hip fracture surgery has increased to an impressive 100 percent, according to Dr. Taub.

Philanthropic gifts from donors like you allow the hospital to allocate funds toward emergency and surgery department innovations, including the alert messaging technology for hip fracture patients. Thank you!

Barbara Victor, M.D.,
Chair, Saddleback
Medical Center
Foundation
Board of Directors



Scholarships Boost Goals in Health Care

A lot of people don’t know about my nontraditional journey to college and medical school. In fact, after high school, I told my mom I never wanted to step into a classroom again. Clearly I didn’t know what I was talking about. After working some odd jobs, I would find my way into health care, first as a nurse, and then eventually to medical school to become an emergency physician.

The main takeaway from my story is that, career paths are not always straight, and that is why the work of the Foundation is important. Our Scholarship Program often provides opportunities to those who maybe didn’t know they wanted a career in health care, like me.

When you give to education, you might give a special chance to someone who wasn’t raised in a supportive family, with a culture of academics, or with any means to go to college. The chance to further your education can open the door to higher goals, as you read in the story of Jeffrey Riedel on page 2.

Thank you to those who support our scholarships. You are changing lives and bolstering their futures.

Saddleback Medical Center sees almost 200 cases of hip fractures annually. The longer a patient waits for surgery, the higher the risk for complications later. Today, 81% of Saddleback Medical Center hip fracture patients are in surgery within 24 hours.

Active Senior Showing Us *76 Is the New 40*

At age 76, Leslie Ann Palm of Laguna Woods is the picture of health, and she does everything possible to keep things that way. She goes to a personal trainer twice a week, swims regularly, and even takes yoga and balance training classes.

Her mind is just as healthy. She is part of two book clubs and enjoys gardening; she has also participated in a potters and sculptors group for 18 years.

"I make one really good piece a year," she said. She is past president of a foodie club, goes to museums, sketches and draws, and creates her own needlework designs.

With her daily exercising and thriving hobbies, Leslie hasn't really needed the services of MemorialCare Saddleback Medical Center. So why

did she choose to include the hospital in her estate plans?

"I know the hospital will be there for me when I need it," Leslie said. "It's the gift that keeps on giving and helps set up future generations."

Leslie has donated several gifts in gratitude of Hospice & Palliative Care, in honor of her friend, aunt and mom, who all died in the same year.

"The hospice care was superb; they were available at all hours of the day," she said.

All of Leslie's physicians are Saddleback-affiliated,

and she also has given tribute gifts in honor of her primary care physician, Reza Govashiri, M.D.

Since all of her doctors are taking such good care of her, Leslie is able to continue with her beyond-busy life, which recently included travels to

**"I know the hospital will be there for me when I need it. It's the gift that keeps on giving, and helps set up future generations."
Leslie Ann Palm of Laguna Woods**



Leslie Ann Palm has included Saddleback Medical Center Foundation in her estate plans.

Barcelona and Amsterdam. She also has much to look forward to — this Thanksgiving, she will be off on a cruise to Spain and Greece.

Oh, to be young and 76.

For more info about leaving us in your will or estate, call Saddleback Medical Center Foundation at (949) 452-3724.

TAVR, from p. 1

care. He was up and walking the next day, and, amazingly, two days later he was back home.

"The cardiac team at Saddleback Medical Center was wonderful," said Mary, Richard's wife. "I've never met such nice people. It was such a great experience, and it saved our lives."

Today Richard and Mary, who have been married for 54 years, are especially thankful for the care they received at Saddleback Medical Center; it's allowing them to enjoy precious time with their four grandchildren.

This type of exceptional care and advanced technology is made possible because of our generous donors, who enable skilled physicians like Dr. Bahadorani to save lives. Saddleback Medical Center, a cardiac receiving center, is one of only three hospitals in Orange County with a TAVR program. Several certifications are required to establish and maintain this program.

Aortic stenosis is one of the most common problems



During the TAVR procedure, the artificial valve usually is inserted through an artery in the leg to the diseased aortic valve. It is expanded to replace the patient's own valve.

associated with heart disease, so it's comforting to know this procedure is being performed right in our own backyard, with excellent outcomes.

"This has really changed the game in how we look at the treatment of valvular heart disease," said Dr. Bahadorani.

Later this year we will open a hybrid operating suite, also funded by generous donors. This means the TAVR procedure will have the optimal setting if an operation becomes necessary. Saddleback Medical Center continues to pave the way in offering cutting-edge procedures by brilliant physicians, leading to longer lives for our patients.

Saddleback Memorial Foundation, dba MemorialCare Saddleback Medical Center Foundation, is a 501 (c)(3) organization. We partner with you to raise philanthropic support for MemorialCare Saddleback Medical Center, a community-based, nonprofit hospital. Tax ID #33-0011887

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