

philanthropy in full color

Robert
Sutter, M.D.,
and wife,
Lonnie
p. 4



Momentum

MemorialCare Saddleback Medical Center Foundation

Five Decades of Your Generosity Transformed Care for Our Patients

Fifty years ago, the land where our hospital stands today was just empty acres of land. The residents of Leisure World, a growing retirement community, knew they would soon need a hospital to care for its residents.

So they actually started going door to door to ask for donations. The first gift, in 1969, was \$100 from the Golden Rain Foundation. They would also gift nine acres (sold to them for \$1) to build Saddleback Community Hospital, which opened in 1974.

It all started with philanthropy and that continues today. The generous spirit has remained steadfast over five decades to create a legacy that has transformed care.

Today the nonprofit hospital is called MemorialCare Saddleback Medical Center. Its reputation has been built as the place where you, your loved ones, and your neighbors go for not just the best care, but the most compassionate care.

It's been named in recent years as one of the best hospitals in the country for its state-of-the-art emergency services, becoming a Cardiac Receiving Center and Stroke Receiving Center, and its reputation for being where south Orange County moms choose to have their babies.

Philanthropy has allowed Saddleback Medical Center to raise its level of care



Humble beginnings: The hospital was built on nine acres of land donated to our Foundation by the Golden Rain Foundation. After the first gift in 1969, Saddleback Community Hospital opened in 1974.

every year and provide the latest treatment options for all types of cancer, with leading-edge radiation-oncology equipment and world-class physicians.

Every area of the hospital has been impacted by gifts from Saddleback Medical Center Foundation. New projects like the Jean Howard Infusion Center (see p. 2) will allow chemotherapy and other infusion treatment patients to have a convenient outpatient facility in a soothing, comfortable environment.

Through your generosity, our mission of caring for others will endure for future generations. See our video about 50 years of giving on our Facebook page.

\$50 for 50
Give \$50, \$150 or \$250 to honor 50 years of giving!
Text 50FOR50 to 91999.

+ SPRING 2019

50 Ways You Made a Difference In 50 Years

1. Saddleback Community Hospital opens five years after receiving its first donation
2. Critical Care Pavilion (emergency room) built
3. Scholarships give employees opportunity to earn degrees
4. Free Medicare insurance advice for seniors
5. New hospital patient beds
6. Hospice and palliative care staff training
7. The Women's Hospital opens with LDRP (labor, delivery, recovery, postpartum) rooms
8. New hospital chapel
9. New vein finders for nurses starting IVs
10. Expanded and renovated Blood Donor Center
11. Patient simulators for clinical staff training
12. New 3D mammography equipment
13. New TrueBeam radiation oncology machines
14. Renovated hospital entrance
15. New surgical waiting room
16. Renovated Breast Center lobby and waiting areas
17. Renovated catheterization lab
18. Renovated inpatient pharmacy
19. Less-invasive robotic surgery system
20. NICU diaries for parents
21. Infant CPR classes
22. New Cancer Institute for radiation oncology
23. Bonding room for parents having babies via surrogacy

SEE 50 WAYS, p. 4

'Giving Spirit' of Patient Honored At Infusion Center Dedication

Three years since the inception of an idea, the Jean Howard Infusion Center is finally a reality. On March 9, the Foundation hosted a dedication event for the new outpatient facility for chemotherapy and infusion treatments.

Bill Howard, who partnered with the Foundation to raise more than \$700,000 to create the center, spoke at the event about how his late wife, who battled ovarian cancer for seven years, had to be admitted into the hospital for every chemotherapy treatment, sometimes sharing the room with other patients.

"If Jean were here today, she'd say all of you are wonderful," Bill told the event guests, mostly those who had donated to the project. With such generosity from Bill, his family, friends, and the community, as well as the Foundation's cancer funds, the center was 100 percent funded by philanthropy.

"When I saw her photo on the wall, it brought tears to my eyes. She was such a beautiful lady," said Bill.

Patients will benefit from the center's convenient first-floor location, the ability to receive treatments in an outpatient setting, and the relaxing, peaceful ambiance created. The bays feature comfortable recliner chairs, divided by frosted glass, and hookups for entertainment sources. Many of the bays have a window view to the outside trees. The center is truly an example of enhanced care for Saddleback Medical Center patients.



Thanks to the generosity of Bill Howard, his family and friends, and the community, the new Jean Howard Infusion Center was funded 100 percent by philanthropy.

Clockwise from left: A portrait of our patient Jean Howard greets guests in the lobby; recliner chairs look out the window and are separated by frosted glass; Marcia Manker, CEO of Saddleback Medical Center; Bill's son Brad Howard; Bill's daughter, Leslie O'Brien; Bill Howard; Cecilia Belew, president of Saddleback Medical Center Foundation; and Bill's son Steve Howard.

Smaller Refund? Find Ways to Lower Taxable Income

Well, the first tax-filing season just finished, and the new laws have left many people confused, as they discover the refund they've grown accustomed to has decreased this year, according to several news outlets. Taxpayers who are used to receiving refunds are even finding out they owe money.

If this applies to you, you might need to look into adjusting your withholdings, and possibly other ways to lower taxable income.

If you're age 70½ or older, you can accomplish this through an IRA rollover while making a donation to your favorite charitable organization, like Saddleback

Medical Center Foundation. Anyone who has an IRA and is required to take minimum distributions from it each year can use pre-tax dollars from their IRA to make charitable donations that will reduce taxable income dollar-for-dollar. This applies even if you plan to claim the standard deduction and not itemize.

The donation qualifies as your required minimum distribution, and it isn't included as part of your adjusted gross income, since it was directly transferred from your IRA to the charity. Note that you shouldn't withdraw the money first and then donate it; it must be directly transferred from your IRA to the nonprofit organization.



This type of gift provides a two-fold benefit: you can make a difference for the patients of our hospital *and* lower your income for the next tax-filing season.

Beauty In Grace Member Gifts Create Tumor Treatment Options

This is the third year — and best yet — for our women's giving circle, Beauty In Grace.

Members helped the Foundation raise \$74,000 for the purchase of cryoablation equipment for MemorialCare Breast Center at Saddleback Medical Center, which will allow our physicians to continue offering varied treatment options for benign tumors and select early-stage breast cancers.

Also, because our previous members helped us expand our membership this year — which means more dollars raised — the Foundation will also be able to purchase a blanket warmer to help make breast center patients more comfortable during office visits.

We announced that the funds would be used for this equipment at our annual member luncheon, held Jan. 24 at Shady Canyon Golf Club.

Guest speakers Nicole Lewis, M.D., and Ruth Niebuhr, R.N., explained cryoablation and why women may choose this procedure as an alternative to surgery. Dr. Lewis, a radiologist at our breast center, explained how the freezing technology works.

"After local anesthesia, a needle-like probe is inserted into the tumor to deliver liquid nitrogen to freeze the tumor and destroy it," said Dr. Lewis.

Unlike surgery, which requires general anesthesia and could cause scarring and disfigurement, cryoablation is a less-invasive, typically 20-minute procedure that leaves little to no scarring.

Niebuhr, patient liaison for Saddleback Medical Center Foundation and former Saddleback cancer nurse navigator, recounted the personal story of a patient she interviewed who chose to have a cryoablation procedure. She had



Nicole Lewis, M.D., radiologist with MemorialCare Breast Center at Saddleback Medical Center, spoke to the guests about how cryoablation works.

Beauty In Grace members raised \$74,000 to purchase cryoablation equipment to treat fibroadenomas.

Unlike surgery, the less-invasive procedure leaves little to no scarring and uses local anesthesia.

previously undergone surgery for a different tumor.

"Her skin changes with cryoablation are significantly less than those from surgery, leaving almost no visible mark," Niebuhr said.

Cathy Han, M.D., Beauty In Grace Chair, wrapped up the event by reminding everyone of the purpose of the women's giving circle.

"Because of your generosity, we can continue to raise the bar in care and provide another treatment option for Breast Center patients," said Dr. Han.

For information about joining Beauty In Grace, visit memorialcare.org/BeautyInGrace, or call the Foundation at (949) 452-3724.

Cecilia Belew,
President,
Saddleback
Medical Center
Foundation



50 Years of Wow!

We're so proud to be celebrating the 50th anniversary of the first gift to our Foundation to build this hospital. In the five decades since that gift, and even just in the past 10 years I have been with the Foundation, patient care has been truly transformed by the generosity of our donors.

Starting as a small community hospital to serve our local retirement population, we've grown and expanded into a destination for the most advanced cancer treatment, cardiac and stroke care, and joint replacement and vascular surgery, among other specialties. Since opening, our Women's Hospital has delivered more than 80,000 babies!

Philanthropy has touched every corner of this hospital. We're so proud to be continuing this legacy with recent projects that are tangibly impacting care and providing clinical staff with the optimal environment and latest technology to treat patients. As health care becomes increasingly unpredictable, the mission of our Foundation becomes more and more vital to our hospital. I am hopeful we can continue this legacy of giving that will allow us to serve our patients with the best care for another 50 years.

Cecilia Belew

Life of Opportunity Inspires Giving Back

The calling to become a physician came at an early age for Robert Sutter, M.D. — in the first grade. In his hometown of Painesville, Ohio, when he would have to see the doctor, he became fascinated with the idea of figuring out how to solve problems for patients.

He remained steadfast in his goal throughout school, and headed to medical school at University of Pittsburgh, completing his residency at Ohio State. Drafted in 1972, he was stationed in St. Louis for two years, where he treated POWs coming home from Vietnam. After marrying his wife, Lonnie, the two ended up in California.

Dr. Sutter, a neurologist, came to work at Saddleback Medical Center the first year it opened in 1974. Over the years, he saw the hospital transform from a community hospital to an advanced medical center with leading-edge technology and highly trained physicians.

He says Saddleback is special

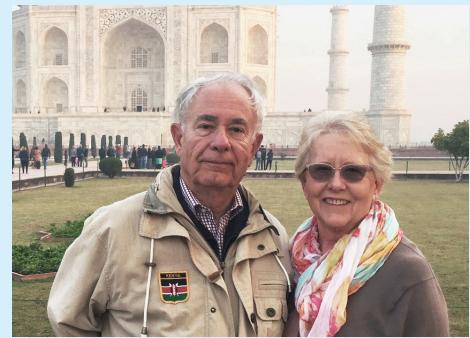
because it provides a unique level of care to the senior community.

"I was very close to my own grandfather and grandmother, and so I always felt a connection to seniors. I would want to always help them."

Dr. Sutter was lucky enough to meet Bill and Louise Meiklejohn, Saddleback's most prominent philanthropists, who provided the largest charitable gift to help build the Meiklejohn Critical Care Pavilion, which was fully funded by philanthropy.

"I could sense the pure joy Louise felt in being able to make a difference in the lives of patients and the community. She inspired my own giving that way," he said.

The Sutters enjoy giving back to their colleges and church, and Dr. Sutter has even designated Saddleback Medical Center Foundation as one of his IRA beneficiaries. (This can be done by calling your IRA administrator and providing instructions for a percentage or amount to be given to a charity after you're gone.)



Robert Sutter, M.D., and wife, Lonnie, spend much of retirement traveling the world.

Dr. Sutter retired in 2010, but he and his wife stay busy and think the key to living long is "never being bored." They take several trips each year, like an adventure to Ecuador last year and an annual car parts show in the U.K. They hope to visit Berlin and Krakow, in between golfing, watching their grandkids' sports, and visiting their son's family in Washington, D.C.

"I've always felt very lucky to have had a lot of opportunities in life," he said. "I remember a quote I used to see at my school: 'With opportunity comes responsibility.' I think we all have a certain responsibility to give back."

For information about giving through your IRA, call the Foundation at (949) 452-3724.

50 WAYS, from p. 1

- 24. Serenity rooms for families to have a place of respite
- 25. Xenex machine helps reduce hospital-acquired infections
- 26. Renovation throughout hospital to create a more healing environment
- 27. New intensive care unit beds
- 28. New cardiac defibrillators
- 29. New neonatal delivery stables
- 30. Blanket warmers for radiation-oncology patients
- 31. New MRI mammography machine for the Breast Center
- 32. NICU parent education room
- 33. Pulmonary rehab telemetry system
- 34. Respiratory therapy ventilators
- 35. LDRP nursing station and lounge
- 36. Cardiac rhythm monitors
- 37. Cardiac rehab treadmill and bike
- 38. Audiovisual system for simulation education training
- 39. Neonatal biliblankets to help jaundiced newborns
- 40. Outdoor atrium and garden for hospital guests and staff
- 41. Heart/lung bypass machine
- 42. Video streaming equipment for NICU parents who can't be bedside
- 43. New central nursing station on the second floor
- 44. Streamlined surgical patient flow and space
- 45. More private rooms for surgical recovery patients
- 46. New hybrid operating suite
- 47. New outpatient chemotherapy and infusion center
- 48. Blanket warmer for the Breast Center
- 49. Cryoablation equipment for the Breast Center
- 50. Cancer nurse navigator to help diagnosed patients coordinate care

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