

MOMENTUM

THE NEWSLETTER OF SADDLEBACK MEMORIAL FOUNDATION

philanthropy in full color

Benefits of the IRA charitable rollover, page 4



BREAST CENTER, CANCER INSTITUTE HELP WRITE 'HAPPILY EVER AFTER'

Laurie, the cheerleader, and Chris, the football player, fell for each other at age 15 at Valencia High School in Placentia. They've been through prom, graduation, college, 27 years of marriage, and three kids, and declarations of love and devotion are still the norm.

So when Laurie, 51, a seasoned writer by profession, decided to try her hand at writing romance novels, she had decades of personal experience to draw from.

"I enjoy coming up with the characters, developing the conflict, and building the story line," said Laurie, who lives in Rancho Santa Margarita and has four published romance novels so far.

And then ... a personal plot twist. Breast cancer.

It was October 2015. She had felt a lump that just didn't seem right. A diagnostic ultrasound led to a biopsy of the area and lymph nodes. Gary Levine, M.D., medical director of the MemorialCare Breast Center at Saddleback Memorial, gave her the news. He provided encouraging data, however, indicating the survival rate for her type was high and assured her she was in good hands.



Less than a month after finishing radiation, Laurie (with husband Chris) felt well enough to take a long-postponed trip to Washington, D.C.

What now?

"The first amazing thing was the patient navigator gave us information on how to tell our children," Laurie said. "It's the first thing you think about as a mom — how will I tell them? That really helped me."

Jackie Hower, breast care navigator, helped her outline next steps and set up appointments. Laurie had consultations with her breast surgeon, Anna Houterman, M.D., and her oncologist, Amol Rao, M.D., as well as testing with a genetic counselor. Since she tested negative for the BRCA (**BR**east **CA**ncer) gene mutation, she opted for a lumpectomy. With her doctors, she decided the best approach for her was neoadjuvant therapy: chemotherapy first to shrink the tumor, followed by a lumpectomy and then radiation.

She started chemo in December 2015. She had extreme fatigue and other common side effects and was usually in bed for two days after each treatment, but her oncology team

You Helped Laurie Beat Cancer!

Generous donors like you helped fund the Breast Center renovation and 3D mammography machines, build the Cancer Institute in 2014, and purchase the TrueBeam Linear Accelerator and PET/CT scan equipment for radiation oncology. Saddleback Memorial saw a 24% increase in breast cancer diagnoses from 2015 to 2016. Radiation oncology treatments increased 26%.

+ SUMMER 2017

Dollars at Work:
Items Funded
Page 2

Gala and Golf Events
Boost Campaign | Page 2

Volunteer Spotlight
Page 3

On a Personal Note:
Barbara Victor, M.D. | Page 3



THE AWARD SHELF IS GETTING CROWDED

Once again, Saddleback Memorial Medical Center has received the 2017 Get With The Guidelines Gold Plus Achievement Award for both Heart Failure and Stroke from the American Heart & Stroke Association. We could not continue to remain at the forefront of health care without the generous support of our donors.

SEE SANCHEZ, page 4

YOUR DOLLARS: SAVING LIVES EVERY DAY

+ ITEMS FUNDED

Philanthropic support enabled Saddleback Memorial Foundation to raise **\$5,181,616** from July 1, 2016, through June 30, 2017. Thanks to the generosity of our donors, the Saddleback Memorial Foundation Board of Directors approved **\$4,482,612** to be transferred to Saddleback Memorial Medical Center for the following:

EQUIPMENT/PROJECTS

I'MAGINE Project	\$1,400,000
Facility Improvements	\$865,388
Linear Accelerator for Radiation	\$492,608
RadSpeed Radiographic Imaging	\$366,846
Nurse Call System Project	\$354,915
Defibrillator Replacement	\$310,447
Breast MRI Equipment	\$270,035
Neonatal Delivery Stabilette	\$113,646
Brain Tissue Oxygen Monitor for ICU	\$ 47,543
Newborn Simulator Mannequin	\$ 39,367
Open Bed Warmers for NICU	\$ 38,728
Cardiac Monitor for NICU	\$ 14,597
Biliblankets for NICU	\$ 11,634
Vein Finders for ER	\$ 10,124
Blanket Warmer for ER	\$ 9,434
TOTAL	\$4,345,312

PROGRAMS/SERVICES

Employee Scholarships	\$ 50,000
MemorialCare Senior Plus	\$ 35,000
Hospice	\$ 30,000
Infant Safety CPR Classes	\$ 10,000
Volunteer Scholarships	\$ 7,000
Volunteer Cart	\$ 1,800
Bereavement Program	\$ 1,500
NICU Diaries	\$ 1,000
Blood Donor Ctr Scanner	\$ 1,000
TOTAL	\$137,300



The AccuVein Vein Finder illuminates veins to help nurses start an IV. Jeffrey Riedel, R.N., above right, recently had a patient whose veins were small and weak. "I wouldn't have been able to start the IV without this machine," he said.

"We are very grateful for all that Saddleback Memorial has done for us and our family. Through the years, the hospital staff has diligently, and with great care, seen us through our surgeries and hospital stays."
- Janet and Karen Hooper, AccuVein Donors



GALA, GOLF EVENTS BOOST I'MAGINE PROJECT

Patients of Saddleback Memorial will soon have access to more private rooms, advanced procedures performed in a hybrid operating suite, and a renovated rehabilitation gym, thanks to the I'MAGINE space redesign project. This three-year project, in its second year, received extensive support from our generous community at the Foundation's recent fundraising events. The Spring Gala, held May 6 at Monarch Beach Resort, netted \$300,000, and the Corporate Golf Classic on June 12 at El Niguel Country Club netted \$85,000 in support of the project. Physicians, corporate partners and local philanthropists enjoyed themselves at these events while giving back to a cause close to their hearts.

Fundraising for this project is still underway. Please contact us at (949) 452-3724 for other ways to contribute.

Top: Alan and Heidi King with Larry Gersten, M.D., medical director of MemorialCare Joint Replacement Center at Saddleback Memorial. Dr. Gersten performed knee replacement surgery on Alan. All three were featured in a gala video emphasizing the importance of the I'MAGINE project for patients. Bottom: From left, Corporate Golf Classic co-chairs Steve Geidt and Larry Lambert flank the winning foursome from Hollencrest Capital Management.

View more photos at facebook.com/SaddlebackMemorialFoundation.

DEEP LOVE OF VOLUNTEERING BRINGS IMMEASURABLE COMFORT

+ SPOTLIGHT: GARY HAYNES

When Gary Haynes was a high school teacher in Mission Viejo, he would sometimes see a kid sitting alone at lunch. He'd walk up and tell that student he or she was welcome to hang in his classroom any day. Every day at lunch, Gary would have up to 80 kids in his room.

"They just needed some place to go," Gary said. "The room was always happy and full of laughter."

That kind of sensibility made Gary the ideal volunteer for a special program at Saddleback Memorial Medical Center called No One Dies Alone, which is run by Chaplain Anette Rihovsky.

The program calls upon a volunteer to be with a dying patient during the last hours of life who may not have any family or friends nearby.

"Gary has a very tender heart to be present with people when they are dying," said Anette.

He will come and sit with the patient, read to them, pray, or play music. He can also write a note from the patient to give to the family.

"One time, after the patient passed, his daughter arrived later, so I described what had taken place, and how he died with honor and dignity," said Gary. "I don't ever want anyone to be alone during that time."

Gary, a young 77, also volunteers in the emergency room, where his daughter is a nurse. As patients come in, he sits with them and explains what will happen next.



Gary Haynes, a Foundation supporter, has been a Saddleback Memorial volunteer for six years.

"I say to them, 'When you come through the door, you are family. We are a family here, and this is a family hospital. I know it's scary, but you are surrounded by love.' "

He truly understands the value of listening to someone who might be having a rough day.

What is even more extraordinary

is that Gary himself is battling cancer and undergoing chemotherapy. Throughout the long fight, he says Saddleback Memorial saved his life three times. He will take a break from volunteering while undergoing treatments, but he always finds his way back, taking on four- or seven-hour shifts with an upbeat attitude.

For Gary, seeing the incredible kindness and amazing care the staff provides at all hours of the night, volunteering at Saddleback Memorial is like "going to church" for him.

"When I leave this hospital, I feel as though I've walked among angels."

"I tell the patients, 'When you come through the door, you are family. We are family here, and this is a family hospital. I know it's scary, but you're surrounded by love.'"

- Gary Haynes, Volunteer

Let's Hit the Ground Running

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



I've been very fortunate to work in one of the best emergency rooms in the country at Saddleback Memorial. It's wonderful to practice medicine where you have the most advanced equipment and technology, plus wonderful support from the community. I've seen firsthand how steadfast support from donors like you helps make this level of care possible, and how it enables us to constantly raise the bar.

This is why I've been a member of the Board for so many years — to impact the care at our nonprofit hospital. This month I stepped into the role of chair, and I'm truly excited about what the future holds for our medical center.

We have some important endeavors underway that directly enhance patient care. Plus, we are always looking for new ways to expand and improve our capabilities and expertise.

Our work, with your support, is crucial to the health and well-being of our community.

I'm so proud to be leading this amazing group of real difference-makers. Let's do this!

A handwritten signature in black ink, appearing to read 'Barbara Victor'.

MAKE A DIFFERENCE WHILE LOWERING TAXES

With the high stock market gains in recent months, it could be the right time to consider a charitable gift through your IRA. If you're age 70½ or older, a charitable gift made from your IRA (up to \$100,000 per year) — known as an **IRA charitable rollover** — are not reportable as taxable income, which could lower your taxes. The gift also qualifies as your required minimum distribution.

Plus, making a gift from your IRA to support Saddleback Memorial Medical Center, your local nonprofit hospital, can also help save lives.

For more information, call Saddleback Memorial Foundation at (949) 452-3724.



SANCHEZ, from page 1

always had solutions to combat side effects. Her hair began falling out after two treatments, and she shaved the rest of the straggling strands on Christmas Day. Chris planned a calendar to make sure a friend or relative met her at each chemo treatment to pass the time. After two phases lasting more than 20 weeks, an MRI could detect no signs of cancer.

"My oncology nurse and the staff hugged me," she said. "We were all so happy."

Surgery came next. Chemotherapy had shrunk her tumor from 4 cm to less than 0.5 cm. Dr. Houterman removed the tumor and the tissue around it, and three lymph nodes.

She followed up with radiation to kill any cancer cells that might have been left behind. She met with Linda Chan, M.D., medical director of the MemorialCare Cancer Institute at Saddleback Memorial, who "explained everything so well, in a way you can understand."

The Cancer Institute, which was designed and built into an existing building in 2014, received major funding from Foundation donors, such as the Damsker family, after which the pavilion is named.

"Everything inside is so calming and restorative," Laurie said. "From the elegant lobby to the light panels on the

ceilings that look like you're looking up at the sky through trees, everything is so soothing."

Laurie's radiation treatments lasted five days a week, for almost eight weeks. On February 10, 2017, her last treatment, she received a "graduation" certificate and was invited to ring the celebratory bell.

"My experience with the Saddleback Memorial doctors and staff as well as the facility, every step of this journey, was phenomenal," she said. "Today I know I have a lot more chapters to write."

Happily ever after cancer.



At the MemorialCare Cancer Institute, a patient undergoing radiation gazes up through light panels with calming trees and clouds.

Saddleback Memorial Foundation raises philanthropic support for Saddleback Memorial Medical Center, a community-based, nonprofit hospital.

For more information or to remove your name from our mailing list, please call (949) 452-3724, or email smf@memorialcare.org.

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