

# MOMENTUM

THE NEWSLETTER OF SADDLEBACK MEMORIAL FOUNDATION

*Philanthropy in full color*

Marcia Brown, page 4



## CARDIAC RECEIVING CENTER MOBILIZES QUICKLY TO SAVE LIFE

**W**e've seen the drama unfold on TV and in the movies hundreds of times. A man stands up, clutches his chest, his face stricken with pain, and we know immediately: he's having a heart attack.

For Sharon Philips of Trabuco Canyon, it wasn't quite as obvious. In fact, she wasn't even sure she was having a heart attack.

Back in January 2016, Sharon was lying in bed when, at 4:30 a.m., she felt a twinge in her chest.

"I have had some bouts with acid reflux in the past, so I took an antacid and went back to bed," she said.

She didn't feel any relief, however. The twinge turned into a burning sensation.

She took another antacid but thought it strange she was sweating when the room

was cold and the window open.

She woke up her husband Peter, who decided to take her to the emergency room.

She started to get dressed, and as she bent over to zip her boots, it all started to go terribly wrong. Pain

coursed through the back of her neck and shoulder. The room started spinning, and she started to scream for her husband. Peter called 911, and the paramedics arrived within minutes. They gave her nitroglycerin to help open up her arteries.

"Once I was in the ambulance, even then, I said, 'I think I'm okay,'" Sharon said. Paramedics insisted on taking her in, though, as her EKG was abnormal.

"When we pulled up, Dr. (Michael) Gault was standing outside waiting for me," Sharon said. "I felt so reassured." Later she discovered the paramedics had sent her cardiac stats to the ER, so Dr. Gault already knew she was having a heart attack, before she did.



Peter and Sharon Philips with daughter Tamara

She said she was whisked into the cath lab in what felt like minutes.

"Turns out I had 99% blockage in one artery," she added. "We had just returned from a 15-day cruise to the Panama Canal. It's a miracle it didn't happen on the cruise; I might have died on the ship."

That night, Dr. Gault inserted a stent to open up her artery.

"He saved my life," said Sharon.

"I was so impressed by how quickly everything happened. I know I would choose Saddleback Memorial again."

She wants to share her story so others, especially women, realize heart attack symptoms are often not what you see on TV dramas.

"The pain might not even be severe," she said. "Even with minor symptoms, you should call 911 right away for an ambulance. Don't drive yourself or have a family member take you to the ER." If you're possibly having a heart attack, paramedics will take you to a designated Cardiac Receiving Center like Saddleback Memorial.

These days things are pretty normal for Sharon. She and Peter are looking forward to two cruises and their daughter's wedding. She makes greeting cards, stays active in church, and exercises daily. And while watching TV, she prefers comedy over drama.

**You make these stories possible!**

**+ SPRING 2017**

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**THIRD YEAR IN A ROW. THANK YOU.**



Your generosity enables us to remain at the forefront of health care in your community, resulting in better medical outcomes for you and your loved ones.

We are so pleased that Saddleback Memorial Medical Center was again named one of

**America's Top 50 Hospitals by Healthgrades, the top 1% in the nation!**

We could not achieve this without your support.

# DOLLARS AT WORK: PRIVATE ROOMS HELP PATIENTS HEAL

## + I'MAGINE PROJECT

One thing everyone knows is important after any type of surgery: rest. This is one of the main reasons Saddleback Memorial Medical Center is creating more private rooms for surgical patients as part of the I'MAGINE space redesign project.

"When you're in the hospital for only 1½ days for elective surgery, you want to be as comfortable as possible," said Susie Roof, Director of Rehabilitation Services for Saddleback Memorial. "Peace, quiet and rest is important for recovery. If an IV is beeping in a double room, you sometimes don't know if it's yours or your neighbor's. It can be distracting."

People have varying preferences for room temperature and TV volume, which makes private rooms much better options.

With private rooms, family and friends can visit for longer periods without disturbing roommates, who also need rest.

Each room is designed to include a



Private Room Rendering

small freezer to store ice packs for elective joint and spine surgery patients. These patients receive the ice packs in the hospital and then take them home. Currently, they are stored in a central freezer where they are often left behind and can't be reused.

Joint replacement patients are required to designate a coach (family or friend) to be in charge of their care when they go home.

"The coach should be there as much as possible to watch the physical therapist and see how much to help and not help," Susie added. "It is beneficial if the patient has a private room so they all have adequate space."

It's all part of Saddleback Memorial's goal to focus on enhancing the patient-family experience at the hospital.

To support a private room for the I'MAGINE project, call (949) 452-3724.

## + EVENTS CALENDAR

### Spring Gala 2017

Saturday, May 6, 2017  
Monarch Beach Resort

Join nearly 500 guests for a spectacular evening featuring a beautiful reception, gourmet dinner, live auction and dancing to benefit I'MAGINE, Saddleback Memorial's three-year space redesign project. Major renovations will include a new hybrid operating suite, additional private rooms for surgical patients, and a complete redesign of our inpatient rehabilitation gym. For more info, visit [memorialcare.org/SpringGala](http://memorialcare.org/SpringGala).

### Corporate Golf Classic

Monday, June 12, 2017  
El Niguel Country Club

Saddleback Memorial's corporate partners, community leaders, physicians and hospital administrators tee off to benefit Saddleback Memorial Medical Center. This day on the course culminates with a reception, silent auction, and awards ceremony.

For more information, call (949) 452-3724.

## NICU RECEIVES LIFE-SAVING GIFTS FROM PREMIES ALL GROWN UP



Grateful patients Ali Wolf and her quads, Samantha, Adam, Michael and Danny, celebrated the kids' 18th birthday back in December by returning to the Neonatal Intensive Care Unit (NICU) to visit with the doctors and nurses who brought them into the world and cared for them for months. They also presented a generous gift to purchase cardiac monitors for the NICU.

View more photos: [facebook.com/SaddlebackMemorialFoundation](https://www.facebook.com/SaddlebackMemorialFoundation).

# WOMEN SUPPORTING WOMEN: GIFTS FUND BREAST MRI MACHINE

+ BEAUTY IN GRACE WOMEN'S GIVING CIRCLE

**W**hen women stand up for other

women, amazing things can happen.

Saddleback Memorial Foundation's new giving circle, Beauty In Grace, was created to support women's health programs and services at Saddleback Memorial Medical Center.

The members join by making an annual gift of \$1,000; the gifts are pooled to be able to make a bigger impact on a women's health service or program.

So far this year, a diverse group of 65 women, ranging from professionals to stay-at-home mothers, have joined our giving circle.

This translated to \$65,000 in gifts that has been designated to the MemorialCare Breast Center at Saddleback. The funds helped purchase breast MRI equipment for breast cancer diagnoses, biopsies, and pre-surgical evaluation. The machine has been purchased and is scheduled to begin clinical use May 1. With one in eight women being diagnosed with breast cancer each year, this important equipment will help save many lives.

"I can't always get excited about a machine or piece of equipment, but I can get excited about the women, many of whom have been my patients, who this will help," said Cathy Han, M.D., Beauty In Grace chair and retired OB/GYN with Orange Coast Women's Medical Group.

Beauty In Grace members attend an



**Top: Beauty In Grace Founding Circle; Right: The Siemens Aera Breast MRI machine, partially funded by the gifts from Beauty In Grace, is scheduled to begin clinical use May 1, 2017.**



annual luncheon to find out how their gifts are impacting women in our community and hear from an inspiring guest speaker.

At January's inaugural luncheon, Elizabeth Johnson, M.D., OB/GYN with Orange Coast Women's Medical Group, brought the members to tears and laughter by recounting her personal journey fighting breast cancer as a physician, mother and wife.

Each year, the membership gifts will be designated to a different area of service at Saddleback Memorial to benefit women's health. The hospital's hallmark is caring for patients with a special level of kindness and humanity, combined with providing advanced technology and medical expertise.

This group of women will be able to continually impact a range of programs and services that care for thousands of women — women like our mothers, sisters and daughters. For more information, call (949) 452-3724 or visit [memorialcare.org/BeautyInGrace](http://memorialcare.org/BeautyInGrace).



BEAUTY IN GRACE

## So Long ... But Not Goodbye

**Bill Phillips,  
Chair,  
Saddleback  
Memorial  
Foundation  
Board of  
Directors**



The saying goes, "Time flies when you're having fun," and this certainly rings true for my past three years as chair of the Board. In that short time, I have seen the Foundation, boosted by our supporters, accomplish great things for Saddleback Memorial and our patients.

I've seen the healing environment transformed with the Designed for Healing campaign, the Breast Center receive the latest mammography equipment, and the Cancer Institute open with advanced radiation therapy.

These projects could not have happened without you, our generous Foundation family. You have helped enable change that directly affects and enhances patient treatment and care for you and your loved ones.

We have even more exciting projects on the horizon with the addition of a hybrid operating suite, more private rooms, and a renovated rehabilitation gym.

Although I'm signing off as Chair at the end of June, I'm not saying goodbye, as I will remain a Board member. I look forward to being part of more achievements. I am extremely proud to be connected to this wonderful hospital, and to you.

## MARCIA BROWN: A STORYBOOK LIFE

If you met Marcia Brown in person, you felt her warmth, kindness and sincerity immediately. She always greeted others with a big smile and took a “glass half-full” approach to life. She was the sweet lady next door, living quietly in Laguna Woods. But that hardly tells the whole story.

In fact, that sweet lady next door was an internationally renowned author and illustrator of dozens of well-known children’s books, including classics like *Stone Soup*. She was also a three-time Caldecott Medal winner and was celebrated in the literary world for the way she brought magical, lively characters to life with her storytelling illustrations.

She not only created delightful original stories, but also retold well-known folk and fairy tales, like *Cinderella*.

Originally from New York, Marcia worked in the New York Public Library, where her sense of “wonder and joy in beautiful things” was awakened, according to a University of Albany published biography. Her parents supported her artistic expression and her desire to be an artist at an early age. Her first book, *The Little Carousel*, the sweet story of a lonely

boy who hears a merry-go-round close to home, was published in 1946.

Marcia’s warm spirit was reflected in her desire to pay it forward, contributing to worthy nonprofit entities like Saddleback Memorial Medical Center, where she often received care.

She provided a generous gift to the establishment of the MemorialCare Cancer Institute at Saddleback Memorial. Because of her giving nature, cancer patients in our community are being cared for in an advanced treatment facility. Marcia also included Saddleback Memorial Foundation as one of the beneficiaries of her estate.

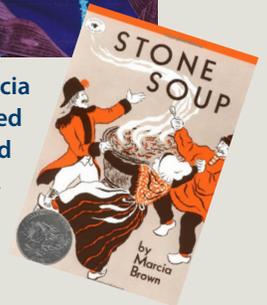
“She often said that the excellent care she received at Saddleback Memorial contributed to her long life,” said Janet Loranger, her longtime companion.

Marcia passed away at her Laguna Woods home in April 2015, but her stories and illustrations will continue to enchant children for generations.

Sounds like a fairy tale ending.



**Author Marcia Brown loved children and giving back.**



### Do You Have a Will?

If you have a will or estate plan, you can set up a charitable bequest, a distribution from your estate to a charitable organization. There are different kinds of bequests: general, residual or contingency. Which is right for you? Call the Foundation for more information.

**For information on including Saddleback Memorial Foundation in your estate or will, call (949) 452-3724.**

## GIVING BACK TO WHERE THEY WORK



Saddleback Memorial employees understand the importance of giving back to the place they go to every day. Our most recent employee giving campaign, called iGIVE, resulted in a **35% increase** in the number of employees initiating a paycheck deduction to benefit the hospital and the patients we care for. Their regular contributions can be designated to a particular area of service and can help the hospital purchase equipment or fund important programs for patient care.

## HERITAGE SOCIETY MAKES NEW FRIENDS

On March 3, we welcomed new Heritage Society members Carol Schmidt and Sandy Benson at our annual Heritage & Friends luncheon. Heritage Society members have included Saddleback Memorial Foundation in planned gifts as part of their estates, wills or bequests. Thank you, Carol and Sandy, for leaving a wonderful legacy to the patients of our hospital!



**Cecilia Belew, Saddleback Memorial Foundation President, and Sandy Benson, new Heritage Society Member**

### **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](mailto:smf@memorialcare.org).

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