

reasons

Lindsey, Shaun,
Asher (3), Greyson (5)

How Can We Make This Beautiful?

Meet Lindsey Burrell, RN—ICU nurse at Little Company of Mary and our newest trustee.

How did you first get involved with TrinityCare?

I'm an ICU Nurse working with cardiothoracic surgery patients and wound up being a patient myself. I had a mitral valve prolapse right after having my first child, and found myself talking to my husband about my mortality. I said I'm not going to turn this into a pity party. *Continued on page 2*





Meet Lindsey Burrell, RN

Continued from page 1

I need it to become something positive, which turned into understanding the importance of talking about the end of life. I started

talking about it to my parents, family and friends. Many of them said, "You're too young to have this conversation." I said, "**Today is a gift and tomorrow is not promised.**"

I became an advocate for having these conversations, especially in the intensive care unit but not having them under duress. I addressed this in my talk at Little Company of Mary's 2021 Power of Pink, where I met Lynn Taylor, TrinityCare's board chair, who said "Let's sit down and talk. I think you belong on our board." I really view it as a gift that Lynn was in that audience. I knew TrinityCare and knew this was my next step in life. I can't wait to see what happens next.

How about your professional career—how did you get started and what is your greatest reward?

Well, I think everything about me is very atypical. I studied at USC with the intention of being an attorney. When I graduated, I was offered a job at a finance firm and stayed there for six years. My neighbor Mim, who was my angel and a second mom for me, was diagnosed with stage four lung cancer and told me she wasn't going for treatment.

I remember the bed being brought to the house. I went over every day and told her, "I won't leave you." One night while we sat, she looked at me and said, "You've done a really good job taking care of me. You should be a nurse; it's your calling." She passed at 2 the following morning. When I woke up in the morning, I called Mount Saint Mary and they said the deadline was in two days. I started nursing school and never looked back.

People ask me all the time in the ICU, "How do you do this?" I tell them I don't do it for a paycheck. My focus is how to preserve the last few days of someone's life and make it beautiful. That is my goal, and the ICU is my home. If I can bring a smile to a patient's face, I feel I can go home. I've done my job. I feel so many people are searching for something that makes them feel complete, and I'm there.

What about your family?

What do you like to do together?

I've been married to my husband, Shaun, for nine years and we have two children: Greyson, 5, and Asher, who just turned 3. Shaun and I met when I was 21. He was there from the beginning when I began having shortness of breath when I was 15, which was diagnosed as anxiety. He is my biggest cheerleader, and my boys are just the same. We love spending time on the beach and traveling. My husband was a professional surfer for 17 years and we've traveled all over the world. We're a very active family. Even during COVID we'd go for a bike ride, a walk, and down to the beach. You could find pounds of sand in our house!

I see a lot of very sad cases. Yes, we're at the end of life but how can we make this beautiful? COVID really has put a strain on all of us, but I'm at home in the ICU. It's not just a job. I'm there for 13 to 14 hours, but it's something I love to do.





Letter from the Foundation Chair

"Our Board is expanding with exceptional new members such as Lindsey Burrell who bring new ideas and energy to the table as we do the important work of raising funds to be certain TrinityCare can continue to provide the best care possible."



Dear Friends,

The articles you are about to read are just a few of the many stories of Providence TrinityCare's past months as we gratefully began to transition from virtual ways of being to in person gatherings once again. And what a treat that has been!

For example, in May we held a small in person outdoor reception for the Thousand Cranes Endowed Chair honoring Dr. Glen Komatsu, our first such gathering since the pandemic began. With thanks to Kathy and Brian Johnson and Suzy Summit Cyr a beautiful garden was transformed into a mini art studio with attendees channeling their inner artists creating lovely silk scarves while learning more about Dr. Komatsu's compassionate work and the programs made possible through the Thousand Cranes.

Then in June, 475 days following 2020's Embassy Dinner, over 100 people gathered at the home of Jacky Glass to celebrate this year's Embassy Dinner honorees, Sharon Martinez and Jim Sala along with Sunday by the Sea longtime volunteers John and Mindy Kirk, Chris Leist and Marilyn Prindle. What a beautiful evening it was as a tennis court changed into an al fresco café providing a backdrop for us to once again gather together and celebrate the good works of these five deserving TrinityCare friends.

Joseph Ramirez's whole person care story so beautifully represents the scope of services philanthropy allows us to provide not only for our patients but for their loving and caring family members as well.

So thank you loyal friends, one and all, for your unwavering generosity. What a difference you make, we are truly grateful.

With love,

Lynn Taylor

Providence TrinityCare Foundation Board Chair



The Reasons Campaign for Bereavement Services

Special thanks to Tom Komp and Mary Misiti for opening their home for a small private reception to share the impact of Providence TrinityCare's bereavement program on the lives of families in grief.



Crystal Walsh,
Manager of Support Services



The Ramirez Family and Their Journey with TrinityKids Care

"...Joseph's quality of life was their top priority and each decision they made would reflect that."

Joseph Ramirez was admitted to Providence's pediatric palliative care program (TrinityKids Care) in August of 2019. Joseph had been through several previous admissions with our hospice team early in his life due to a congenital diagnosis, but this was the family's first experience with Palliative Care.

Upon admission, his mom (Angelina) explained that the past year had been extremely difficult for the family as they believed Joseph continued to suffer from unmanaged symptoms that were causing he and his family a great amount of distress. The team worked to explain the principles of Palliative Care to her and to assure the family that we weren't going to give up on Joseph and would continue to work with them to find a place of calm and comfort. It was clear from the beginning that Joseph was very loved and that his family had provided him with an incredibly high level quality of care.

Angelina reported her excitement to be receiving additional support and she was open to utilizing all of our services. During the admission visit she shared that her and her husband's top priority was "listening to Joseph's body" and they were unwavering in that request. She stated that very early on they had decided Joseph's quality of life was their top priority and that each decision they made would reflect that. She also shared their desire to prevent him from any suffering or pain and to provide peace and comfort in their own home.

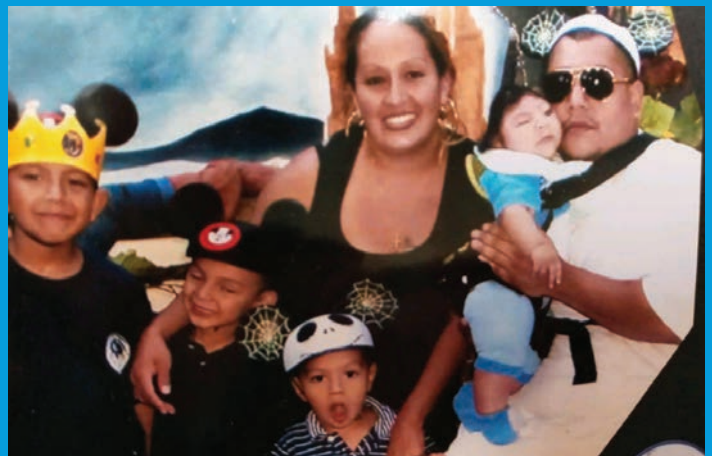
As a rapport was built, the team was able to facilitate goals of care conversations with the family as well as complete an advanced directive documenting Joseph's parent's

desire to avoid any life sustaining interventions and instead to focus on comfort measures.

The team provided family training, care coordination as well as pain and symptom management.

A few months after admission Angelina called and tearfully stated she knew Joseph was suffering and she felt that other medical professionals were continuing to dismiss her worries. The TrinityKids Care team worked expeditiously to assess her concerns and worked with her to identify medical interventions she was comfortable with. The interventions were effective, and Angelina reported a decrease in his agitation and discomfort. She also expressed her appreciation that we were willing to listen to her thoughts and ultimately stand alongside her while she listened to Joseph's body.

As Joseph entered into the last chapter of his life our palliative care team was able to facilitate a gentle and seamless transition back to the hospice team with whom he began his journey. In July of 2020, Joseph passed peacefully surrounded by his mom, dad and siblings.



Joseph as a baby with his family

Embassy Dinner

Just days before the Covid-19 pandemic forced us all to stay home, Providence TrinityCare Foundation celebrated its 2020 Embassy Dinner at the Doubletree Hotel in Torrance. 475 days later we celebrated once again, this time outside, on the tennis courts of Jacky Glass' home in Palos Verdes Estates.

Over 130 friends and community supporters were on hand to bestow a special honor, The Glass Family Award for Philanthropy, Leadership and Service, upon Sharon Martinez and Jim Sala for their dedication to, and heartfelt support of, the many programs and services of Providence TrinityCare. Also recognized at the dinner were John and Mindy Kirk, Chris Leist and Marilyn Prindle.



Sr. Terrence Landini, Dorothy Krupa, Ed de Renzis, Nancy Siskowic, and Jacky Glass (clockwise from bottom left)



Teri and Gary Kuwahara



Honorees John & Mindy Kirk, Chris Leist, Marilyn Prindle, Jim Sala and Sharon Martinez (left to right)



Lynn Taylor and Terri Warren

An Afternoon of Art and Acoustics

As this summer began, Kathy and Brian Johnson invited supporters for an afternoon of Art and Acoustics in support of the Thousand Cranes Endowed Chair in honor of Dr. Glen Komatsu. Artist Suzy Cyr led the group in creating unique hand painted scarves, outside and safe!



Monique Thorington (right) and daughter Mary Monaghan



Kathy and Brian Johnson (hosts)



Guests showing off their beautiful creations

A Tax-free Gift From Your IRA

If you are 70½ or over, a transfer directly from your IRA to the Providence TrinityCare Hospice Foundation (a qualified charitable distribution) is a simple but highly effective way to give.



Although there is no tax deduction, **the amount transferred counts toward your required minimum distribution** if one is due.



The transferred amount is excluded from your income for federal tax purposes – you pay no income tax on the amount transferred!



Transfers up to \$100,000 (annual aggregate amount) qualify for this favorable tax treatment each year.



Your gift makes an immediate impact – there is no need to wait until the end of the year!



Let us know if you are planning a charitable gift from your IRA. We will be happy to help you explore the many ways you can make an impact on our mission.



Honor Your Loved One with a Star on the Tree of Life

In honor National Hospice and Palliative Care month, we invite you to place a star on our Tree of Life.

When you make your holiday donation in honor of your loved one, we will write their name on a special star and place your star on our Tree of Life.

Your gift will help sustain the services that Providence TrinityCare provides throughout the year and bring comfort and warmth into the lives of our most vulnerable patients and their families.

Join us for a Special Tree Lighting Ceremony and Celebration of Life

Thursday, December 2, 5:30 pm
Douglas & J. Glass Family Center
5315 Torrance Blvd., Suite B-1
Torrance, CA 90503



Layla Paige's Nature Walk for TrinityKids Care

Join us for our **third annual Layla Paige's Nature Walk for TrinityKids Care**. Community and corporate leaders, children and their families will gather for a nature walk through beautiful gardens and waterfalls at the South Coast Botanic Gardens. Entertainment, food and activity booths, raffle prizes, and art created by TrinityKids Care patients and their families are included in this fabulous morning while we celebrate the life and legacy of Layla Paige and all patients and families touched by TrinityKids Care.



Saturday, October 9, 2021

8:00 a.m. – 11:00 a.m.

South Coast Botanic Garden

26300 Crenshaw Blvd.

Palos Verdes Peninsula, California 90274



Jack Black leads
our 2019 walk

All proceeds benefit
TrinityKids Care,
a program of
Providence TrinityCare
Hospice.

Register today at
providence.org/laylaswalk.



**TrinityKids
Care**



The Douglas and J. Glass Family Center
5315 Torrance Blvd., #B1
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Providence TrinityCare Hospice is a regional hospice and palliative care provider with a long and dedicated history for providing end of life and supportive care. Our mission is to provide compassionate service for all, especially the poor and vulnerable. TrinityCare started as a small, local service that has grown into a regional program with four interdisciplinary teams and a dedicated staff of more than 200 serving all of Los Angeles and Orange Counties. Since 1977, TrinityCare staff has provided compassionate care and services to more than 50,000 patients and families. TrinityKids Care was created in 2001 to help children with life limiting illnesses live as normally as possible, for as long as possible, in their own homes. TrinityKids Care is the only dedicated pediatric hospice and palliative care provider serving all of Los Angeles and Orange Counties.



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