

SAINT JOHN'S



Weight Loss Wonder

Some diabetes medications also address obesity and heart health.

**THE EARTHQUAKE
THAT TRANSFORMED
SAINT JOHN'S**

**CANCER CARE
THAT ADDRESSES
ALL NEEDS**

EXPERT CARE WITH COMPASSION IN YOUR COMMUNITY



HEART FAILURE



COPD



COLON CANCER SURGERY



KIDNEY FAILURE



HEART ATTACK



KNEE REPLACEMENT



LUNG CANCER SURGERY



HIP REPLACEMENT



PNEUMONIA



PROSTATE CANCER SURGERY



UTERINE CANCER SURGERY



STROKE



GERIATRICS



NEUROLOGY & NEUROSURGERY



ORTHOPEDICS



PULMONOLOGY & LUNG SURGERY



MATERNITY



Saint John's
Health Center
FOUNDATION



To learn more, visit SaintJohnsFoundation.org or call 310-829-8424

INSIDE THIS ISSUE

Fall/Winter 2023

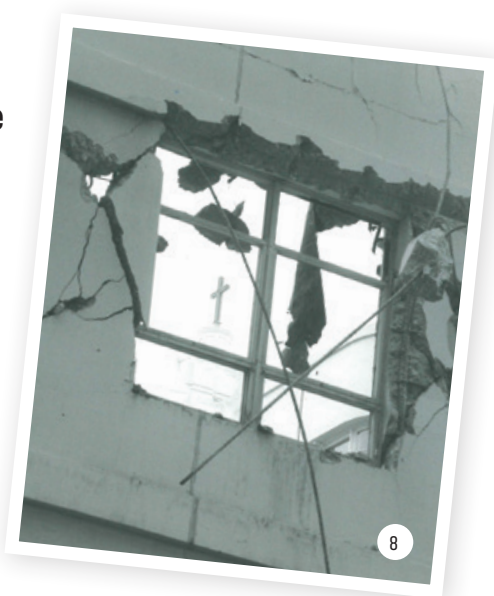
8. The Northridge Earthquake Ushered in Change

11. Remembering Robert A. Day

14. Edward and Mary White Give to Help Others

20. Maintain Your Health Through the Holidays

33. Remembering Peter Mullin



24. Who Should Use the New Diabetes and Weight Loss Medications?



DEPARTMENTS

- 4.** Welcome from the Foundation
- 5.** Honors for Saint John's
- 6.** Health for a Better World
- 12.** Q&A: Cancer Supportive Care
- 16.** Planned Giving
- 18.** Philanthropy in Action
- 29.** Events

SAINT JOHN'S HEALTH CENTER FOUNDATION

President & CEO, Saint John's Health Center Foundation
Sheryl A. Bourgeois, PhD

Chief Executive, Providence Saint John's Health Center
Michael Ricks

Vice President, Development,
Saint John's Health Center Foundation
Andy Trilling

If you have a change of address or no longer wish to receive SJHC Foundation communications, please let us know by calling 310-829-8424, faxing 310-315-6127, emailing foundation.optout@stjohns.org or writing to Director, Data Management, Saint John's Health Center Foundation, 2121 Santa Monica Blvd., Santa Monica, CA 90404.

moontide

VP, Branded Media: Emily S. Baker

Creative Director: Ajay Peckham Editor: Shari Roan Copy Editor: Laura L. Watts

Contributors: Laurel DiGangi, Patrick J. Kiger, Nancy S. Steiner, Nancy Brands Ward

Photographers: Phillip Graybill, Michael Neveux, Shane O'Donnell, Matthew Smith

Managing Partners: Charles C. Koonos, Todd Klawin



To the many friends I have already made at Providence Saint John's Health Center and the many more I will make in the near future, hello and thank you for your wonderful, supportive welcome. Because of you, Saint John's already feels like home.

Although I am new to the foundation, I have quickly come to appreciate the special qualities that define this truly dynamic health center. Each day brings many life-changing and lifesaving success stories, remarkable acts of brilliance and bravery, and inspiring deeds of courage and kindness. And then there are the exceptional acts of generosity. In a place where we see the best of humanity, something newsworthy happens almost daily.

In this edition of *Saint John's* magazine:

Our gifted physicians will help prepare you for the stress that inevitably comes during the holiday season.

They provide advice on how to maintain healthy

eating habits, get proper exercise and the importance of sleep while managing your holiday demands. The story also focuses on New Year's resolutions and preparing for a healthy 2024.

We will also introduce "Philanthropy in Action," a recurring feature that will highlight the impact of your generosity at Saint John's. Visionary donors are making possible exciting advances in robotic spine surgery and treatments for those with hearing loss.

Finally, please read our story commemorating the 30th anniversary of the 1994 Northridge earthquake. That terrifying experience will be long remembered by Southern California residents. Yet despite the devastation she wreaked, Mother Nature was unable to break the human spirit at Saint John's. Every member of the Saint John's family overcame their fears and minimized—even overlooked—personal obligations to focus on their professional responsibilities on January 17, 1994, and during the long, dark days, weeks and months that followed. Their unrelenting commitment to Saint John's continues to this day.

On July 31, 2009—more than 15 years after the earthquake—we proudly opened our 285,000-square-foot Howard Keck Center. With its cutting-edge medical technology and a system that allows the building to move in all directions during a major temblor, the Keck Center has been called the final phase of the rebirth of Saint John's Health Center.

The rebirth may be complete, but we still have many important plans for Saint John's. The future of your health center is brighter than ever.

After the New Year, I look forward to meeting you and sharing our exciting plans for Saint John's. Until then, I hope you and your loved ones enjoy a holiday season filled with great peace and joy.

With great appreciation for all you do on behalf of Saint John's Health Center,

SHERYL A. BOURGEOIS, PhD

President & CEO, Saint John's Health Center Foundation

Saint John's Recognized for Quality of Care

BEST
REGIONAL HOSPITALS

& WORLD REPORT
U.S. News

LOS ANGELES METRO
RECOGNIZED IN 19 TYPES OF CARE
2023-2024



5-star Rating from CMS
for Quality, Safe Care

U.S. News and World Report recently announced its prestigious “Best Hospitals” rankings and ratings, with Providence Saint John’s Health Center receiving a total of 116 honors. Saint John’s experienced significant rise in the ratings, ranking 6th in the Los Angeles metro area (up from 9th last year) and 12th in the state (up from 17th last year). Saint John’s also maintained its position as No. 38 in the nation for orthopedics.

U.S. News evaluated more than 4,500 hospitals across 15 specialties and 21 procedures and conditions; only 12% of those hospitals earned a Best Hospitals ranking. Hospitals awarded a “Best” designation excelled at factors such as clinical outcomes, level of nursing care and patient experience.

“Please join us in congratulating Chief Executive Michael Ricks, his entire executive leadership team, and all the Saint John’s caregivers for their incredible achievements,” says Roger Wacker, chair of the Saint John’s Health Center Foundation board of trustees.

Other recent honors include:

Saint John’s Health Center earned a 5-star rating from the Centers for Medicare & Medicaid Services (CMS). This puts Saint John’s in the top 10% of U.S. hospitals. The CMS hospital rating system is considered the gold standard and is a critical source of information when consumers are choosing a hospital

For the second year in a row, Providence Saint John’s Health Center was named among *Newsweek’s* World’s Best Hospitals, a program that measures hospital quality, safety, patient satisfaction and other factors in health care.

Cardiac Care

Saint John’s was recently designated as a Blue Distinction Center for Cardiac Care, signifying expertise in delivering safe and effective heart care. Blue Distinction Centers are nationally designated providers that show expertise in delivering improved patient safety and better health outcomes, based on objective measures.

“This designation is a testament to the innovative and leading-edge work that takes place here and the endless dedication of our incredible physicians and staff to providing exceptional cardiac care to our community,” says Angela Luna, executive director of the Kenny and Carol Miner Heart and Vascular Institute at Providence Saint John’s.

Nursing

Nursing at Saint John’s has also garnered accolades. The American Board of Nursing Specialties (ABNS), which represents 37 nursing certification boards and over 920,000 board-certified LPNs, RNs and advanced practice nurses, recently named Saint John’s as a winner of its 2023 Nursing Certification Advocacy Award. This annual ABNS award recognizes employers who go above and beyond in their support of specialty nursing certification for their nursing teams.

“We believe it’s critically important to encourage nurses to advance their training in specialties to provide the expertise our patients deserve,” says Stephanie Nolan, RN, Providence Saint John’s chief nursing officer. “This not only improves our care but also creates career growth opportunities and provides our newer nurses with a glimpse of the possibilities in our profession.”

» **VACCINES AND MORE VACCINES**

Several important new vaccines are available to protect you from some of winter's worst respiratory viruses. Here's what you need to know:

FLU

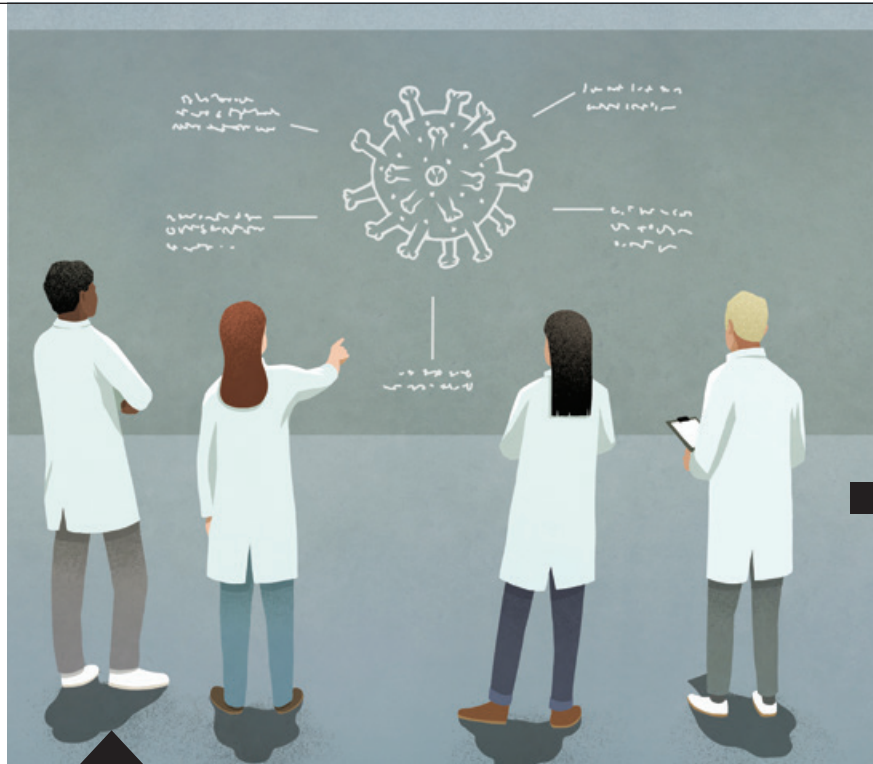
It's not too late for your flu shot. Experts say this year's vaccine specifically targets the current circulating viruses. An annual flu shot is administered annually and recommended for people of all ages.

RSV

This year, the Food and Drug Administration approved the first-ever vaccine for respiratory syncytial virus (RSV) for adults ages 60 and older. The single-dose shot, called Arexvy, is recommended for adults 60 years and older. RSV vaccines are also available for pregnant women and infants.

COVID-19

An updated COVID-19 booster shot is now available. The formulation protects against the Omicron variant XBB.1.5.



DID YOU KNOW? Flu viruses are constantly changing. Preliminary estimates show that last season, people who were vaccinated against flu were 40% to 70% less likely to be hospitalized because of flu illness or related complications. *Source: CDC*



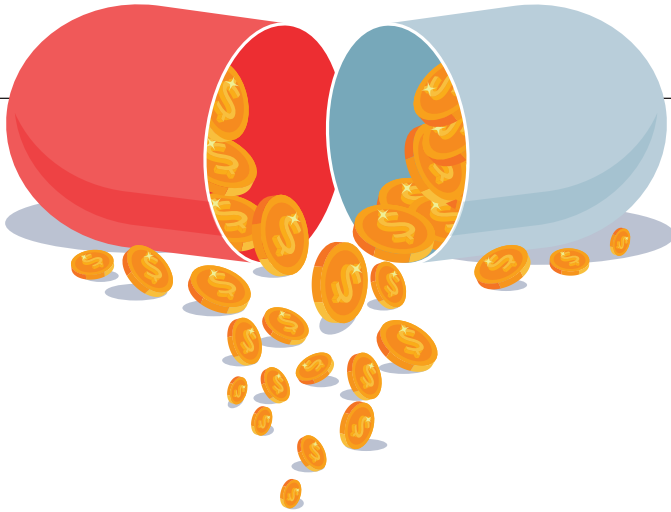
60,000 TO 120,000

Annual U.S. hospitalizations for RSV infection among adults ages 65 and older

200,000

Annual U.S. hospital admissions for flu and flu-related complications for all age groups

Sources: FDA and CDC



LOWER PRESCRIPTION DRUG PRICES

The Inflation Reduction Act—the historic law lowering health care costs—allows Medicare, for the first time, to negotiate the prices of a limited number of prescription drugs under Medicare Part D. It's going to take time to see the full benefits of the new law.

SEPTEMBER 1, 2024

Centers for Medicare & Medicaid Services will publish negotiated prices for the selected drugs.

JANUARY 1, 2026

The new negotiated prices on the 10 medications will go into effect.

DRUGS SELECTED FOR THE INITIAL ROUND OF NEGOTIATION:

- Eliquis
- Jardiance
- Xarelto
- Januvia
- Farxiga
- Entresto
- Enbrel
- Imbruvica
- Stelara
- Fiasp; Fiasp FlexTouch; Fiasp PenFill; NovoLog; NovoLog FlexPen; NovoLog PenFill



HOLIDAY WEIGHT GAIN: IT ADDS UP

According to research, most people don't gain that much weight during the holidays. However, it's the inability to lose that weight that matters most.



AVERAGE HOLIDAY WEIGHT GAIN

(November to January)

0.8 POUNDS



AVERAGE POST HOLIDAY WEIGHT GAIN

(January to March)

0.1 POUNDS

AVERAGE WEIGHT GAIN FROM THE PRE HOLIDAY PERIOD IN SEPTEMBER TO THE FOLLOWING SEPTEMBER

1 POUND

Source: *New England Journal of Medicine*

We Will Rebuild

Thirty years after the Northridge earthquake, we remember the effort that led to the impressive rebirth of Saint John's Health Center.



At 4:31 a.m. on January 17, 1994, the ground throughout Southern California rumbled violently when the Northridge earthquake unleashed its devastating power. In less than one minute, the San Fernando Valley crumbled. Santa Monica, Northridge, Santa Clarita, Fillmore, Simi Valley and Sherman Oaks were among the cities most severely affected by the 6.7 magnitude earthquake and its 10,000 aftershocks.

The number of lives lost during the earthquake was low considering its intensity and location. Fifty-seven people died and nearly 9,000 were injured during the quake. If it had struck when schools, workplaces and freeways were at capacity, many more people would likely have died or been injured.

There was \$20 billion in property damage to thousands of buildings, houses, apartment complexes, schools, shopping centers, freeways, bridges and other structures. Combined with \$40 billion in business interruption losses, it was the costliest natural disaster in United States history to that point. The Northridge earthquake was one of the largest temblors in California since the Long Beach earthquake in 1933. The tremors were felt as far away as Central California, Las Vegas, Phoenix and Ensenada, Mexico.

Closer to Home

Saint John's Health Center was one of 11 Southern California hospitals damaged so severely that immediate action was required. Nurses spent the hours following the quake comforting patients and ultimately helping 300 of them—including newborns wrapped in blankets—evacuate the facility. Other staff members were already in the parking lot, caring for traumatized patients and sheltering them in cars to keep them warm. Clutching flashlights, the nurses bravely took turns reentering the badly damaged buildings to retrieve diapers, formula, medication and other supplies. They performed these heroics while trying to answer the questions of understandably nervous family members of patients when they called or arrived at the hospital to check on their loved ones.

An inspection on January 20 confirmed what seemed obvious to any observer: The hospital's north wing was destroyed. The south and main wings were salvageable but not immediately safe for use. Repairs would take many months. During that time, Saint John's would not be



allowed to admit patients, meaning there would be no revenue to sustain the hospital. The Sisters of Charity of Leavenworth, Kansas—then the health center's sponsor—and health center leadership faced a challenge with no



ST. JOHN'S HOSPITAL
SANTA MONICA
SISTERS OF CHARITY

easy answers or quick fixes.

Early the following morning, the Sisters convened to decide the hospital's future. To no one's surprise, Sister Marie Madeleine Shonka, who was then president and CEO of Saint John's, left the meeting and boldly exclaimed to a waiting audience: "We will rebuild."

The Sisters of Charity of Leavenworth faced many challenges on their 1939 journey to California, where they would partner with community members to begin a ministry of compassionate care. Bringing hope and healing, they raised funds to buy land and build Saint John's Hospital in 1942. Now, in the aftermath of the earthquake, the Sisters would raise funds to rebuild Saint John's.

According to Bob Klein, former CEO and president of Saint John's Health Center Foundation, a few key foundation trustees—including Waldo H. Burnside and the late Jerry B. Epstein—met with the Sisters and urged rebuilding. "They said, 'This hospital is important to the Santa Monica community, and we want to put our philanthropic energies to work,'" Klein recalled in a 2014 interview.

"Saint John's will never be the same. It will be different. It will always be better."

Sister Marie Madeleine

Still, some people in the community wondered how the hospital could survive. In a *Los Angeles Times* interview on February 23, 1994, Sister Marie Madeleine, was asked: What will happen to Saint John's Hospital?

She replied, "Saint John's will never be the same. It will be different. It will be better. The most dramatic thing will be razing the north wing. This is an opportunity to prepare ourselves for the health care of the next century."

One area of the hospital that was not as severely damaged reopened in October 1994, nine months after the temblor.

"There was concern that the hospital would not be the same," says John M. Robertson, MD, chair of thoracic and cardiovascular surgery, and executive medical director of clinical surgery. "I was privileged to operate on the first patient in the reconstructed

hospital operating room. This was an open-heart surgery that went very well. I believed that if we could show the other physicians that you can do open-heart surgery at the newly reconstructed Saint John's, we truly were back and ready to serve our community."

Today, Providence Saint John's Health Center is different, and it is undeniably better. A nationally renowned 266-bed hospital, Saint John's is a complex and vibrant hospital that serves the Santa Monica and Westside Los Angeles communities. The health center has a well-earned reputation for clinical excellence in a compassionate and tranquil healing environment.

In 2014, on the 20th anniversary of the earthquake, Jerry Epstein, who chaired the rebuilding committee, reminisced.

"Saint John's ended up with a phenomenal new facility." Added Waldo Burnstein, his colleague on the committee: "The earthquake showed what we were made of."

With your help, we continue to affirm Sister Marie Madeleine's visionary response: "Saint John's will never be the same. It will be different. It will always be better."

Robert A. Day

Robert A. Day's support aided Saint John's at a critical time.



Robert A. Day, a longtime friend and trustee of the Saint John's Health Center Foundation, passed away on September 14 at the age of 79. Day was committed to the success of the hospital and foundation, extending a legacy that began with one of the earliest gifts to Saint John's Health Center, made by his grandfather, oil entrepreneur and philanthropist William Myron Keck.

Day served as a Saint John's Health Center Foundation trustee from 1993 to 2016, then a Life Trustee until his passing. He once said that grants to Saint John's Health Center were "strategic investments in the future of the Westside and the entire Southern California region."

Through his work with the W. M. Keck Foundation, Day's influence was felt not only at Saint John's but throughout the world. "Robert's generosity and leadership extend far beyond Saint John's Health Center," says Sheryl Bourgeois, PhD, president and CEO of Saint John's Health Center Foundation. "His contributions to our community, its cultural and educational institutions, as well as his contributions to the worlds of business and philanthropy are matched by very few others."

Day continued the interest that his uncle, Howard B. Keck, showed in Saint John's. Following the

1994 Northridge earthquake, the Keck Foundation led the rebuilding capital campaign by providing a critical planning grant of \$10 million, as well as a capital grant of \$20 million—at the time the largest contribution in Saint John's history. In recognition of this generosity, the principal building on the new Saint John's campus was named The Howard B. Keck Center.

Other gifts from Day and the Keck Foundation bring total donations to more than \$40 million. The funds have benefited the hospital's nuclear medicine department, emergency department, ambulatory care center, intensive care unit and radiation therapy department.

Day served as chair of the Keck Foundation for more than 30 years. Under his leadership, the Keck Foundation touched every aspect of life in Southern California and throughout the world. The foundation made transformational grants to many of the region's most renowned institutions, including USC, the California Institute of Technology, Chapman University, Claremont McKenna College, UCLA and the Los Angeles County Museum of Art.

Day was as generous with his time and talent as he was with his financial resources. He was a life trustee of the Los Angeles County Museum of Art and a member of the board of governors of The Eli and Edythe Broad Foundation, the board of overseers at Keck School of Medicine of USC, the board of trustees and chairman emeritus at Claremont McKenna College, and the board of trustees of The Ronald Reagan Presidential Foundation & Institute.

"It seems safe to say that Saint John's would not be the same without Robert Day's remarkable vision, leadership and generosity," Bourgeois says. "I know I speak for every member of the Saint John's Health Center family when I say that Robert will be sorely missed and that we extend our deepest condolences to his wife, Marlyn, his three children and his many friends."

Q & A

Easing the Way

The Cancer Support Services Program addresses the patient's quality of life.

Providence Saint John's Health Center is committed to addressing all aspects of cancer care for its patients. In addition to expert medical care, the Cancer Support Services Program offers supportive programming to help patients regain their sense of well-being during and after treatment. Believing that no one should go through a cancer journey alone, Saint John's offers integrative and wellness services addressing patients' physical, emotional, social, mental and spiritual needs. We spoke with Shanthi Gowrinathan, MD, a psychiatrist specializing in cancer care and director of Saint John's Cancer Support Services program, about how these programs impact lives.

What is cancer supportive care?

Cancer supportive care is the practice of assessing and meeting the quality-of-life, mental health and emotional-social needs of patients at every point along their cancer journey.

Why is cancer supportive care important?

Cancer care has come a long way from our parents' generation, but there's still a misconception that

suffering is a necessary part of the treatment process. We now have so many tools for alleviating that suffering. It's important that we treat the challenges that come along with cancer and its treatment: physical symptoms, financial hardship, changes in brain functioning, spiritual issues and other issues related to facing illness. There is more support available to help with these issues for patients and their families than ever before.

How do patients benefit from cancer supportive care?

We provide the scaffolding our patients need during this very vulnerable time in their lives. We treat symptoms or help reduce the patient's physical and emotional burden. We also provide advocacy for patients to augment the support offered by their caregivers and loved ones. Our social workers are well versed in the cancer treatment process; they provide the space for patients to express what they're experiencing and guidance on how to process these experiences.

What services are available?

A dedicated multidisciplinary team of physicians, social workers, nutritionists, rehabilitation and palliative care specialists, spiritual counselors and others offer support for all aspects of cancer that can become stressors for patients.

- Survivorship programming

includes financial assistance, peer-to-peer mentorship, support groups and educational programs.

- Psycho-oncology addresses the emotional response to cancer and the effects of treatment; it is offered by social workers and psychiatrists.
- Social workers help with the impact of cancer on a patient's life.
- Nutrition counselors help patients tolerate treatment better, promote recovery, lower infection risks and address other issues related to the disease.
- Genetic counseling offers risk assessments, testing and management of high-risk patients.
- Physical and occupational therapists aid in recovery and healing.
- Spiritual support can help with difficult life situations from medical diagnosis to end-of-life concerns and grief.
- Palliative care promotes quality of life and relieves suffering at any stage of the illness.

How does the program aid people who are diagnosed with terminal cancer?

When someone is close to the end of their life, they need support just as much—if not more. Our team works diligently to make sure that a patient has a voice in his or her care at the end of life. We try very hard to provide



Dr. Shanthi Gowrinathan

a good quality of life with dignity and minimal suffering. We provide support and tools to minimize physical and emotional pain and discomfort.

How do patients sign up for the Cancer Supportive Services Program?

Our program is embedded in the cancer center and Pacific Neuroscience Institute (PNI), so patients are screened there to identify distress and referred to us for help. They may also contact our team directly at 310-829-8648.

Is there a cost for these services?

Most of our Cancer Supportive Care services are free to our patients thanks to the generosity of donors who understand the importance of this care.

Does the program include support for family members and caregivers?

Caregivers carry a tremendous emotional burden. At PNI, we have several programs for brain tumor patients that focus on the caregiver's needs. Our Cancer Support Services team has also developed

educational programs that teach caregivers best practices in helping their loved ones.

You specialized in cancer care. Why?

Working with cancer patients is challenging and inspiring—we bear witness to many pivotal life moments. I help patients navigate changes and reinvent themselves after they finish treatment, and together we try to hold on to hope and find peace. Every day, my patients remind me of the incredible resilience of the human spirit.

Thinking Ahead

Edward and Mary White's irrevocable trust gift signals their belief in Saint John's' future.

BY SHARI ROAN

It is fair to say that Edward and Mary White are true friends of Providence Saint John's Health Center. Edward serves on the Saint John's Health Center Foundation board of trustees. Mary is a longtime volunteer at the health center, helping organize and train members of the Angels of the ER. They have also been patients at Saint John's.

And now they have chosen to leave a gift that will have an impact on the community for years to come. The couple has made a \$2 million irrevocable estate gift to the foundation that will provide state-of-the-art cardiac care at the health center.

"Having good health care means so much," Mary says. "It is not how old you are; it is how you feel. For people to get the kind of health care that Saint John's provides is an invaluable opportunity and life-changing experience."

The gift will help ensure that the highly regarded cardiac care program, which has been a national leader in innovative therapies, will remain among the vanguard programs in the region.

"Mary and I are committed to health care. We genuinely believe Saint John's is an exemplary health care provider, and we are pleased to support its services to the Los Angeles community and beyond," says Edward.

The Whites are longtime Los Angeles residents. Edward grew up in Bakersfield. After service in the Air Force during the Vietnam War, he earned a bachelor's degree at California State University, Northridge, a master's degree in business administration at the University of Southern California, and did postgraduate studies in corporate, fiduciary, partnership and individual taxation at USC. Edward is the founder and senior partner of Edward White & Co., LLP, Certified Public Accountants. Mary was raised in the Midwest and worked in San Francisco in the 1970s. After meeting Edward, she moved to Los Angeles.

Later, both Mary and Edward experienced health challenges that brought them into close contact with Saint John's. Mary was treated for breast cancer,

and Edward experienced cardiac issues. Both recovered and decided to give back to the institution that had helped them regain their health.

"Other people whom I have met at Saint John's—on the board or the Irene Dunne Guild or the volunteers—are also grateful patients. Ed and I fall into that category," notes Mary, who has served as an Angel of the ER for 16 years. "We both had wonderful medical care at Saint John's."

Edward was treated by Paul Natterson, MD, for his heart issues and underwent cardiac ablation under the care of Shephal Doshi, MD. "Dr. Natterson was gracious and committed to excellence and assisted me with the challenge I was confronting," Edward says. "Dr. Doshi performed a very challenging procedure, and his talent changed my life. I have enjoyed restored health, and my heart has been in sinus rhythm since his exemplary cardiac procedure."

Edward later joined the Saint John's Health Center Foundation board. "The board members are



“When you are sick, having Saint John’s talented medical professionals committed to your care with humility and kindness is a gift and a blessing.”

a wonderful group of people committed to excellence, innovation and research. It is an honor to serve with them.”

Their estate plans reflect their gratitude and desire to help others receive outstanding health care at Saint John’s, Edward says. The couple have made previous charitable gifts to the health center. However, the irrevocable estate gift reflects a desire to make an impact over many years to come and is a vote of confidence in the future of Saint John’s, he says.

“We want to express our gratitude and continue to be a part of our community even after our demise,” Edward says. “An irrevocable gift means that upon the demise of the surviving spouse, the funds are committed. The capital will be transferred to the hospital in accordance with our estate plan. This type of estate planning is tax efficient and is available to effectuate a person’s eleemosynary objectives while materially reducing their otherwise estate tax obligation.”

An irrevocable gift allows

the Saint John’s Health Center Foundation to conduct detailed planning for the future, says Sheryl Bourgeois, PhD, president and CEO of the foundation. “We are grateful for Edward and Mary White’s service to Saint John’s and for making a planned gift,” Bourgeois says. “Their gift will help us maintain the highest standards of care.”

Establishing their gift has been a blessing, Mary says, providing the couple with a feeling of peace and satisfaction. “There is nothing like the feeling of getting it done. You have to take a little time out of your life and document your plans in black and white.”

Edward says he is confident the leadership at Saint John’s will use the funds wisely. He appreciates the health center’s core values and commitment to innovation.

“When I think of Saint John’s, I think of humility and kindness,” Edward says. “When you are sick, having Saint John’s talented medical professionals committed to your care with humility and kindness is a gift and a blessing.”



Ensuring Saint John's Future

Mary Ann Jackson found a health care home at Saint John's and will remember the hospital through an estate gift.

BY NANCY BRANDS WARD / PHOTOGRAPHED BY MATTHEW SMITH

In 2007, Mary Ann Jackson and her husband, Roger, were hiking in the Swiss Alps when he began experiencing extreme balance problems. “We knew something was wrong,” the now-87-year-old Mary Ann says. “We needed a doctor, and Saint John’s was highly recommended.”

Roger’s difficulties were caused by Parkinson’s disease, a degenerative condition of the brain cells that control the body’s movement. Parkinson’s tends to affect people after age 60 and more men than women. It is characterized by unintended or uncontrollable movements, such as shaking, stiffness, and difficulty with balance and coordination. Although it’s not curable, treatment can slow the disease’s progression and treat its symptoms.

But Mary Ann faced a problem in obtaining the medical treatment her husband needed. Roger had grown up on a farm in Illinois where medical care was sparse, and he had a “brick wall” attitude about medical care. “He didn’t like doctors,” Mary Ann explains.

Then someone recommended Jonathan Weaver, MD, a gerontologist at Providence Saint John’s Medical Center. Patiently, over time, Dr. Weaver got to know Roger and broke down that wall one brick at a time, gaining his trust.

“He was this young kid just starting out,” says Mary Ann, who can often be found gardening at her Brentwood home or walking around the neighborhood. “But he did such a masterful job, I always thought it should be videotaped for teaching other doctors.”

Dr. Weaver took care of Roger for seven years until he died nine years ago. During those years, Roger had seen several neurologists who offered to try various medicines to see which would work. He rebuffed them, saying, “That’s not the kind of medical care I want.” And he returned to Dr. Weaver at Saint John’s.

Mary Ann also became a patient of Dr. Weaver and continues to see him for “age-related” issues. “If you have a doctor who cares, where else are you going to go?” she says.

It’s not just Dr. Weaver. Mary Ann praises the many Saint John’s physicians who, she says, provide individualized care. She referred a friend to Saint John’s after that friend was unable to find the right doctor for breast cancer treatment. “My friend was treated like an individual with particular needs,” Mary Ann says.

Because of that kind of personalized care, the Jacksons supported Providence Saint John’s Health Center over the years. After Roger passed at age 83, Mary Ann began thinking about making a larger gift to the hospital through planned giving.

“Who knows what the next phase in my life will be? And with no children, it’s a good idea to give the money to an organization I believe in,” she says.

Mary Ann worked with the Saint John’s Health Center Foundation four years ago to set up a charitable gift annuity that provides her with fixed payments for life, with the remaining principal going to the foundation when she passes.

Following several years of annuity payments from the foundation, Mary Ann recently decided that she did not need the income and generously chose to cancel her annuity. Her funds will now be available for immediate use and will be designated to support the greatest needs of the hospital and the Surgical Oncology Fellowship Program.

“We are truly grateful to Mary Ann for her visionary generosity that now we can put right to work in the areas she cares about. We are honored to be a part of Mr. and Mrs. Jackson’s philanthropic legacy,” says Andy Trilling, vice president of principal and estate gifts.

“I don’t like sending money where I don’t know the organization, the people, and what they do,” Mary Ann says. “But Saint John’s provides care to the community and individualized care for their patients. We need large research hospitals, but we also need community hospitals. The fact that Saint John’s is both is truly special.”

The Grace of Legacy Giving

Legacy gifts, such as bequests, are made through charitable estate planning and can have significant tax advantages for you and your heirs. There are many additional reasons to consider a legacy gift:

- Charitable bequests are viewed as one of the most meaningful expressions of gratitude about the care received.
- It allows you to leave a legacy in an area that may be close to your heart.
- You may be able to make an impact greater than you thought possible.
- Legacy donors may be eligible for special recognition and amenities.

Our experienced staff can work confidentially with you and your financial advisors to help ensure your charitable wishes are fulfilled. Please contact Andy Trilling, vice president of principal gifts, at 310-449-5246 or Andrew.Trilling@stjohns.org



YOU Are Making A Difference

Charitable giving is fundamental to our success at Providence Saint John's Health Center. Your support helps us provide high-quality, academic-level medical care in a community hospital that values compassion and personal connections. In our new column, "Philanthropy in Action," we describe the concrete impact of philanthropy. Your generosity is making a difference in the lives of our patients each day.

Robotic Technology for Spinal Surgery

Providence Saint John's Health Center is now the proud recipient of a robotic surgical device that greatly enhances the accuracy of spinal surgery. The ExcelsiusGPS robotic arm was purchased earlier this year with funding from the Saint John's Health Center Foundation. The gift positions the health center to enhance our state-of-the-art spinal care.

"This is the most precise spinal robotic technology the FDA has approved," says Amir Vokshoor, MD, a neurosurgeon with the Pacific Spine Institute, an affiliate of Providence Saint John's. "It has artificial intelligence components and memory settings that help the surgeon navigate."

"The software in the robotic arm, which includes intraoperative imaging, helps the surgeon plan

the procedure and make precision incisions and placement of surgical screws, thus optimizing patient care," says Jim Kotwis, executive director of neurology, orthopedics and spine services at Providence Saint John's.

"We need this technology for safety, accuracy and better patient outcomes," he says. "We already have outstanding surgical outcomes. The robot and imaging technology delivers consistency in medicine that is critical today."

The device doesn't perform the surgery, Dr. Vokshoor explains. "With this technology, the surgeon stands at the patient's spine. The robotic arm helps the surgeon point to exactly where the instruments are supposed to go."

Spinal surgeons at Saint John's participated in training and certification before undertaking surgeries with the technology a few months ago. The ExcelsiusGPS arm can be used for cervical, thoracic, lumbar and iliac surgeries.

At a price of \$2 million, the medical staff at Providence Saint John's is grateful to the foundation's friends and supporters for the purchase of the ExcelsiusGPS robotic arm, Dr. Vokshoor says. "Being able to afford this robotic technology is challenging," he says. "Without the foundation this would not be possible."



Learn more about supporting key Providence Saint John's Health Center initiatives. Contact Cookie Galanti, development director, at 310-829-8423 or cookie.galanti@stjohns.org.

The Hearing Restoration Project

Hearing loss is not just an inconvenience. According to Courtney Voelker, MD, PhD, director of the Adult & Pediatric Cochlear Implant Program, hearing loss is associated with depression, anxiety, isolation, balance impairment, loss of independence and, most significantly, it can play a role in dementia and cognitive decline.

“A lack of awareness about hearing loss from middle age on is one of the major obstacles to those considering cochlear implants,” she says. “Hearing loss is a major factor in brain health and cognitive decline. Reversing hearing loss is the No. 1 way to improve cognition. It can also reduce depression and anxiety. It’s vital to brain health.”

It’s critical for adults to get hearing exams and track any hearing loss as they age, she says. The most common treatment for hearing loss is hearing aids. For people with significant hearing loss who don’t have success with hearing aids, cochlear implants are a great option. Unfortunately, only 8% of adults with severe hearing loss who could benefit from a cochlear implant receive it. Only 50% of children with congenital hearing loss receive an implant. That’s why Dr. Voelker has made it her mission to raise awareness and to educate potential patients.

With support from the Saint John’s Health Center Foundation’s generous donors, Dr. Voelker is

working to improve access to cochlear implant surgery for both children and adults. She would like to use philanthropic funds to increase hearing exams for adults in primary care offices. These exams could identify adults who would benefit from a neurological consultation. The funding would support medical assistants who would train the medical staff in primary care offices to use the hearing screening platform.

Dr. Voelker joined Pacific Neuroscience Institute in 2022 to launch the cochlear implant program. The program has received funding to spread the word so that more people can benefit from this technology. “We’re using philanthropic funds to address all of the obstacles that prevent people from getting an implant,” she says.

One obstacle is that most cochlear implant programs are located at university hospitals. Introducing programs to community hospitals, such as Saint John’s, will help increase access.

Philanthropic funding is also needed to hire pediatric audiologists and buy equipment for cochlear language acquisition. “There is a crisis in pediatric hearing loss in L.A.,” Dr. Voelker says. “We can identify hearing loss in children who have congenital hearing loss because it’s a law to do the newborn screening. However only about 50% of those children get implants. We’re trying to find out why.”



Flip the Script:

Head Into the Holidays With Healthy Choices



From relationship stress to diet to drinking to exercise, our experts offer their best advice.

BY PATRICK J. KIGER

End-of-the-year holidays are supposed to be a joyous time filled with togetherness and celebrations. But for many people concerned about their physical and mental health, the period from Thanksgiving to the New Year can be a difficult time as well—whether it’s worrying about gaining weight from calorie-rich holiday meals, resisting the temptation to drink too much alcohol, or dealing with the anxiety of spending time with difficult family members or missing those who aren’t still around. A poll conducted last year by opinion research firm Civic Science found that 48% of adults in the United States say they’re more stressed during the holidays.

But the holidays don’t have to be an ordeal, according to doctors at Providence Saint John’s Health Center. It’s possible to manage holiday stress and anxiety while enjoying holiday dinners and parties without overindulging in a way that’s detrimental to health. One part of the solution, they say, is for people to lead a healthy lifestyle year-round so they’re more resilient in dealing with holiday stresses and temptations and their possible ill effects.

It helps to equip yourself with a few simple strategies for reducing the effect of holiday health risks. And try not to worry too much. “Concentrate on what brings you joy,” emphasizes Lisa Valle, DO, an OB-GYN and expert in women’s health who is affiliated with Saint John’s.

In a world filled with pressures and expectations, achieving that joyful holiday spirit may take a little work. Part of the problem may be the necessity of giving up a degree of autonomy to meet family or social obligations.

“Concentrate on what brings you joy.”

Lisa Valle, DO



“I definitely think most patients, especially the younger guys, are worried about overindulgence at holiday parties and get-togethers,” says Mehran Movassaghi, MD, a urologist and expert in men’s health at Saint John’s. “They’re feeling a bit of loss of control in terms of their dietary habits, weight control and alcohol use. These are things that, the rest of the year, they feel more confident about.”

Dr. Valle sees self-imposed pressure or pressure from family and friends to attend too many events. That overload can diminish the self-care we usually rely on, as well as alter our regular eating

patterns. Whatever the cause, she says, the negative effects of holiday stress are tangible. “You’re going to increase your risk of mental health issues, which also affects you physically.”

Stress can manifest itself in headaches, stomach issues, back pain and fatigue. But both doctors say there’s a lot that you can do to cope with holiday stresses and health risks. Here are a few of their suggestions:

1 Trim your schedule if you can. Dr. Valle recommends going through the list of holiday events and dividing them into activities you want to do and activities you don’t really want to do but feel obligated to take part in. Then reconsider the events in the second category. “If something doesn’t bring you joy, maybe you don’t need to add to your schedule,” she says.



2 **Think before you eat and drink—but don't overthink.** If you're worried about overeating, Dr. Movassaghi suggests eating lightly during the day before going to a holiday party so you've got more leeway without jacking up your daily caloric count. "But don't starve yourself and get there so hungry that you'll overeat," he cautions.

You don't have to deny yourself the foods and beverages you enjoy. Dr. Valle recommends what she calls intuitive eating.

"Ask yourself, 'When I'm eating this, does it make me feel good?' If it does not, maybe you should stop. The same goes for alcohol. Are you enjoying a glass of wine or are you using it to cope with anxiety or other things?"

As Dr. Movassaghi notes, your lifestyle over the longer term is the most important factor. It's OK to enjoy yourself for a few weeks, knowing that you'll return to your usual diet and exercise regimen once the holidays are over.



3 →



Fit in small bits of exercise. Many people rely on working out as a release for stress, as well as an aid to weight control. But when you're traveling or have a schedule filled with holiday obligations, it can be tough to get to a gym for a workout. Dr. Valle suggests looking for opportunities to exert yourself.

"If you're going shopping, for example, park your car as far away from the store as you can so you have to walk further. Or when the family comes over, ask them to go for a walk after dinner. It may not be the same kind of workout schedule you are used to, but at least you get in some exercise."



4 **If you feel anxious or depressed during the holidays, be sure to get some help.**

Dr. Movassaghi says older patients who are experiencing the holidays for the first time after the death of a spouse often struggle with traditional activities that remind them of their loss. He's also observed people who are stressed or anxious about dealing with family issues that can arise during the holidays. "Seek out some care," he recommends. "Don't wait until it becomes a major problem."

5 **Don't expect to change everything all at once with New Year's resolutions—and don't wait until New Year's Day to start them.**

The reality is that most people don't stick to their resolutions. A study by University of Scranton researchers published in the late 1980s tracked 200 people who made resolutions. It found that only 19% were following their pledges two years later. Dr. Movassaghi questions the whole concept.

"You don't have to wait until January to start your new diet," he advises. "You can do it now. Your diet should be a lifestyle change that's healthy and will help you succeed, and it doesn't matter whether you begin in January or July."

If you still are going to write down a list of resolutions,

Dr. Valle recommends putting some serious thought into them. "It's always a good idea to self reflect. What did you learn from the previous year, and what would you have wanted to change?"

She also suggests making an action plan for each resolution—a series of smaller, incremental steps throughout the year that you can achieve gradually. This way you will see your progress.

Make your goals narrowly focused. "Instead of saying, 'I'm going to redo my entire way of eating,' try weaning away from processed sugar over 21 days to four weeks," Dr. Valle recommends. "Figure out how many cookies you eat and try to decrease that number. And then ask yourself how you feel. Most of the time, people will say, 'I feel amazing. I'm not tired anymore.'"

She continues: "OK, now we're



ready for the next part: Your goal over the next month is to add more vegetables to your diet. If people do things one step at a time, they're more likely to engage."

Most important, don't stress over this list of holiday health strategies. Try the suggestions that make the most sense to you and see how well they work in your life. Hopefully, you'll not only get through the holidays with fewer ill effects, but you'll also enjoy that special time even more.

A Revolution in Weight Loss

A new class of diabetes medications helps patients drop pounds, but questions have emerged about their potential misuse.

BY LAUREL DIGANGI / PHOTOGRAPHED BY SHANE O'DONNELL



Obesity is on the rise in the United States and around the world, and many people are seeking quick, easy, long-lasting solutions to their weight loss struggles. With snappy TV ads and an array of celebrity spokespersons, Ozempic, Wegovy, Mounjaro and similar drugs seem to offer people hope for a thinner, healthier future.

Not only do these medications reduce appetite and food cravings, resulting in weight loss, they also help lower blood glucose levels, increase cardiovascular health and may have other health benefits too. It's no surprise that millions of people are clamoring for prescriptions—leading to supply shortages.

“These new drugs are

revolutionary,” says Pouya Shafipour, MD, director of the bariatric program at Providence Saint John's Health Center.

“They've shined a bright light on the obesity epidemic, proving to be preventive for people with heart disease and diabetes and giving hope for people who need weight loss.”

However, as Dr. Shafipour notes, the drugs might not be suitable for everyone. They're not always covered by insurance, and patients who take them should be closely monitored by their physicians.

Ozempic, Wegovy and Mounjaro

Semaglutide, a GLP-1 hormone, is the active ingredient in Ozempic, Wegovy and several other brands. The compound

lowers blood sugar by helping the pancreas make more insulin and aids in weight loss through a dual mechanism.

“It causes a feeling of satiety and fullness because it slows down gut motility,” says Dr. Shafipour. “It also reduces cravings for carbohydrates and addictive foods that work on the dopamine center of the brain.”

Ozempic and Wegovy are once-weekly injectable drugs, each sold with slightly different injection pens. However, Ozempic is the only one approved by the FDA for the treatment of diabetes. If doctors prescribe it “off-label” for uses like weight loss, most health insurance plans will not cover the cost—which can be as much as \$1,000 a month. Physicians have occasionally reported



shortages of the drug due to off-label demand. The drugs have appeared on the FDA shortage list this year, according to the American Pharmacists Association.

However, semaglutide is FDA-approved for weight loss under the brand name Wegovy if certain conditions are met. “The patient’s body mass index (BMI) has to be 27 or more, and they must have a comorbidity related to their weight, such as prediabetes, high cholesterol, sleep apnea, arthritis or high blood pressure,” says Dr. Shafipour.

Tirzepatide, marketed as Mounjaro, is a newer drug that is FDA-approved for diabetes but also results in weight loss. “Besides raising the GLP-1 hormone in the body, this drug also increases another hormone in the body, GIP, which works on increasing insulin secretion, as well as suppressing appetite and reducing gut motility,” says Dr. Shafipour. “Compared with Ozempic and Wegovy, the GLP-1 effect is less, thus people have fewer digestion-related side effects.”

Currently Mounjaro is only FDA-approved for diabetes. However, Dr. Shafipour expects it to be approved for weight loss later this year or early next year, although it may be marketed under a different name for that purpose.

“I have no desire for anything chocolate or super sweet. The hunger noise has gone away.”

Quieting the “hunger noise”

A self-described “yo-yo dieter,” Jonna Hachmann achieved dramatic weight loss success with both Ozempic and Mounjaro. The 62-year-old Brentwood resident and administrator for a defense contractor was referred to Dr. Shafipour by her primary care physician. After a thorough consultation, Dr. Shafipour prescribed Ozempic. Later, when Hachmann’s husband’s insurance no longer covered the drug, he prescribed Mounjaro. Today, after 14 months, these medications helped Hachmann lose 82 pounds and lower both her blood sugar and cholesterol to normal levels.

Her cravings have subsided too. “I’ve had a complete shift in my thoughts about food,” she says. “I have no desire for anything chocolate or super sweet. The hunger noise has gone away.”

Semaglutide also delivers overall cardiovascular benefits. A recent double-blind trial demonstrated a 20% reduction in major adverse cardiovascular events, such as heart attack and stroke, in people with cardiovascular disease. “Consequently, cardiologists have been advocating for the prescription of semaglutide to eligible candidates,” says Dr. Shafipour.

In addition, these drugs may even decrease the craving for alcohol. “Often, we see alcoholics who barely drink when taking these drugs,” says Dr. Shafipour. Clinical trials are now in the early stages of exploring this phenomenon further.

Side effects and warnings

The side effects of the medications include nausea, bloating, constipation and diarrhea. These effects usually go away after a few days, but not always. “If a person already has these issues for a medical reason, I generally don’t prescribe these drugs because they’re going to be miserable,” says Dr. Shafipour.

Pancreatitis caused by rapid weight loss is another side effect. “I check my patients’ pancreas enzymes each year to ensure they’re not developing pancreatitis, which can be dangerous if caught too late,” he says. “I’ve only had a couple patients with mild cases so far.”

The medications can also cause sarcopenia, which is the loss of lean muscle mass that happens as we age. Unfortunately, even when dieters lose fat, they also lose some muscle mass. According to Dr. Shafipour, this mechanism seems to be stronger with these drugs. “That’s why I emphasize that patients get adequate protein in their diets and do some type of strength training two or three days a week,” he says.

Other people who should not take this class of drugs are those with a family history of medullary thyroid cancer, a rare thyroid cancer, or multiple endocrine neoplasia type 2, or pancreatitis. “These people who have diabetes would have to be on metformin or another diabetes drug,” he says.

Unfortunately, the demand for Ozempic, Wegovy, Mounjaro and similar products has outweighed the supply, leading some people to seek compounded versions of these drugs. According to the FDA, products sold online as “semaglutide” may not contain the same active ingredient as FDA-approved semaglutide products and have not been shown to be safe and effective.



Jonna Hachmann
lost weight on
GLP-1 medications.

According to Dr. Shafipour, people who take these drugs need an extensive consultation with their physician. “Buying pharmaceuticals online is dangerous because you’re just filling out paperwork, saying ‘I’m obese,’ but nobody is monitoring any other conditions that you might have,” he says.

Life-changing results—and maintenance

Dr. Shafipour cautions that people should not look to these drugs as a quick fix. “A person can’t just think, ‘OK, I’m going to take this shot for six months, and then I’m going to get off it and everything will be good,’” he explains. “The causes of obesity are multifactorial and complex. It’s not just calories in and calories out. It’s what you eat, how much you eat, how late you eat, how frequently you eat, any medical conditions you have or medications you’re taking. Even the quality of our sleep affects our weight. The hormone leptin, an appetite suppressant, gets secreted during sleep. So if our leptin level is low— if we’re not sleeping long enough—we’re prone to overeating the next day.”

Dr. Shafipour also warns that once a person stops taking these drugs, their appetite and cravings may return along with weight gain, unless they make other lifestyle changes. “To keep my patients from regaining the weight they’ve lost, I generally titrate them slowly off the medication,” says Dr. Shafipour. “I also do nutrition counseling, exercise counseling and behavioral counseling.”

Today, Hachmann feels that Ozempic and Mounjaro have turned her life around. She is titrating off Mounjaro and is taking the diabetic drug metformin for maintenance. She loves hiking, goes to the gym five times a week and has not lost any muscle mass.

She uses Weight Watchers to help maintain healthy eating habits.

“I’m very proud of my success,” she says. “These definitely are not miracle drugs,” says Dr. Shafipour, adding, “But they’re getting close to it.”



Dr. Pouya
Shafipour

Study Links Abdominal Fat to Brain Shrinkage

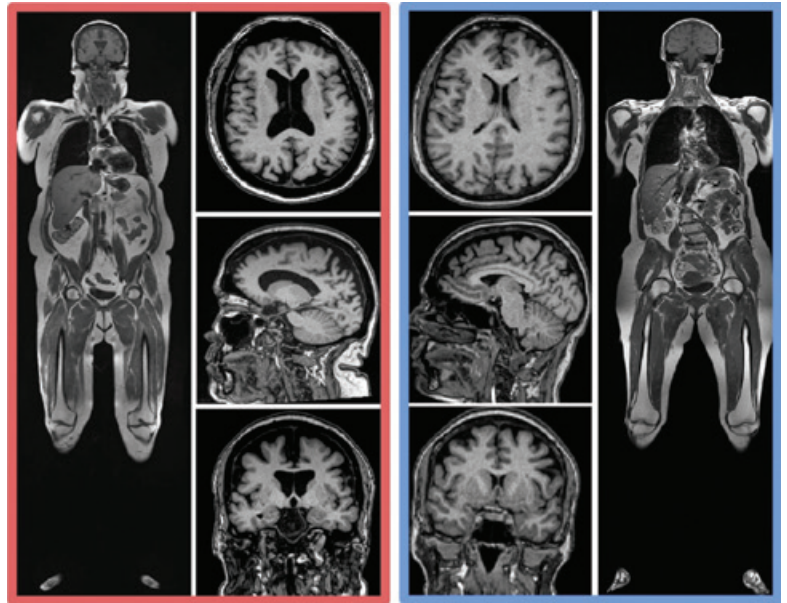
An international research team that included members of the Brain Health Center at Pacific Neuroscience Institute has found a link between abdominal fat and brain shrinkage. The atrophy of brain tissue can be a marker of dementia, the authors say.

The study, published in August in the journal *Aging and Disease*, lends support to the idea that good metabolic health and a healthy weight and lifestyle may help prevent the onset of cognitive decline in old age. Researchers found study participants who had more of two types of abdominal body fat—subcutaneous fat under the skin and hidden visceral fat wrapped around the organs in the abdomen—are more likely to have a loss of brain cells that might lead to dementia than people with smaller amounts of these types of abdominal fat.

The study, featuring more than 10,000 adults of all ages, used deep learning, a type of machine learning and artificial intelligence, to draw conclusions from whole-body, MRI scans. “By conducting MRI in a large sample of adults spanning a wide age range, our study identifies patterns of brain shrinkage and links those findings to important contributors such as abdominal fat,” says Somayeh Meysami, MD, assistant professor of neurosciences at Saint John’s Cancer Institute and a study coauthor.

“Evidence from research like this motivates healthier behaviors in early and mid-life when changes make the most difference in patient care outcomes,” says study coauthor David Merrill, MD, PhD, director of the Brain Health Center.

After controlling for factors that could affect brain volume, such as age and the total volume inside the skull, researchers found higher amounts of both visceral and subcutaneous fat were associated with greater atrophy in the overall gray and white matter of their brains and the main lobes of the brain. Increased subcutaneous and



These images show a whole-body MRI of one 61-year-old woman with high level of fat (red border) and a woman with a normal level of fat (blue border). There is corresponding increased brain atrophy in the person with more fat, as shown by enlarged ventricles and other brain differences.

visceral fat also was associated with cell loss in the hippocampus area of the brain and other areas associated with memory and thinking skills that are affected by dementia.

For the same groups of people who had high visceral fat, when looking at white matter atrophy in particular, people ages 20 to 39 had almost four times the risk when compared to people with normal visceral fat levels; those ages 40 to 59 had over four times the risk; and people ages 60 to 80 had over five times the risk.

The study also found that women experienced a higher correlation between increased body fat and lower brain volume compared to men.

Up to 40% of worldwide dementia cases are linked to 12 modifiable risk factors including obesity, according to a 2020 Lancet Commission report and the fact that women have a higher risk of Alzheimer’s disease. “We need additional research to better understand sex differences and brain health,” Dr. Merrill says.

POWER OF PINK

More than 400 supporters attended this year's Power of Pink (POP) luncheon and boutique, held October 18 at the Skirball Cultural Center. The event raised more than \$461,000 to support breast cancer research, the breast surgical oncology fellowship and Cancer Supportive Care Services at the Margie Petersen Breast Center at Providence Saint John's Health Center.

A highlight of the luncheon was the presentation of the inaugural Ruth Weil Spirit of Hope Award, which went to Saint John's Foundation trustee and former board chair Mary Flaherty. The award is named for the late Ruth Weil, a longtime health center advocate, friend, animating spirit and generous supporter. Attendees also heard presentations from Janie Grumley, MD, director of the Comprehensive Breast Program at Saint John's, foundation president and CEO Sheryl Bourgeois, PhD, and health center CEO Michael Ricks.

Kim Kraver Lee and Ellen Weitman served as the 2023 POP cochairs, assisted by committee members Laura Alanis, Debbie Brady, Barbara Bundy, Krystal Dreifort, Rachelle Park and Michelle Notkin Rosen.



1. Doctors and staff of the Margie Petersen Breast Center
2. Power of Pink Committee
3. Margie Petersen Breast Center information table
4. POP committee with honoree Mary Flaherty and Dr. Janie Grumley
5. Cochairs Kim Kraver Lee and Ellen Weitman with Dr. Janie Grumley
6. Sharon Weil, daughter of Ruth Weil, and honoree Mary Flaherty
7. Roger Wacker, Chairman, and Angelle Grace Wacker

CHAMPIONS OF PHILANTHROPY

Philanthropy is essential to sustaining the unique place of care that Saint John's Health Center has become. The health center's physicians and other clinicians are philanthropic ambassadors as well as contributors. On September 13, their contributions were honored at the second annual Champions of Philanthropy event. The evening honored all who contribute so much to the health center's continued success. About 100 people gathered at the Hotel Casa del Mar, where Dr. Trevan Fischer received the Rising Star award and Dr. Daniel F. Kelly was given the Physician Champion award for their contributions to advancing Saint John's mission.



1. Michael Ricks, Dr. Daniel F. Kelly, Dr. Trevan Fischer, Sheryl Bourgeois, PhD
2. Daniel F. Kelly, MD, recipient of the 2023 Physician Champion Award, and Trevan Fischer, MD, recipient of the 2023 Physician Rising Star Award.





LEGACY SOCIETY DONOR APPRECIATION LUNCHEON

Saint John’s Health Center Foundation hosted a luncheon in recognition of Legacy Society donors. The luncheon, held on September 12 at Shutters on the Beach in Santa Monica, recognized individuals who have created a lasting philanthropic legacy by naming Saint John’s Health Center Foundation as a charitable beneficiary in their estate plans.

More than 50 people attended the luncheon, including Allan B. Goldman, chair of the Legacy Committee and a Saint John’s Health Center Foundation trustee; Legacy Society donors Pat Flaagan and Margaret Dano; and featured speaker, Russ Kino, MD, medical director of emergency services at Providence Saint John’s Health Center. Representatives from Saint John’s Cancer Institute also participated in the program. The luncheon was hosted by Sheryl Bourgeois, president and CEO of the Saint John’s Health Center Foundation, and Michael Ricks, chief executive of Providence Saint John’s Health Center.

1. Deborah Nimick, Allan Goldman, Ellie Goldman, Stephanie Nolan
2. Dr. Russ Kino, Alan Weston, Stephanie Weston, Michael Ricks
3. Vickie Murray, Dr. Sophie Andriaschuk
4. Dr. Russ Kino, Sheryl Bourgeois, PhD, Margaret Dano, Dr. Rob Amonic

TREATS FOR CAREGIVERS

The Irene Dunne Guild hosted its annual Treats for Caregivers on September 14 at Mullin Plaza and in the café at Providence Saint John's Health Center. The event honors the wonderful caregivers at the health center and affiliated institutes for their hard work and dedication.

The event was cochaired by Diane Morgan, Cathy Singh and Pam Kogan and supported by committee members Suzanne Caldwell, Janie Coolidge, Lorena Craven, Evelyn Guerboian, Jo Ann Klein, Julia Nilsen, Christine Ofiesh, Liora Powers, Kate Prudente, Antonella Rossi, Sila Vokshoor, Kathy Yawitz, Mary White and Nancy Wu.

Sheryl Bourgeois, president and CEO of the Saint John's Health Center Foundation, attended to thank guild members for hosting this annual event.

Saint John's chaplain, Marilyn Batchelor, provided fantastic music that was enjoyed by everyone.





Peter Mullin

A dear friend and generous donor to Saint John's

Longtime Saint John's Health Center trustee Peter Mullin passed away on September 18 at his home in Big Sur. He was 82. Mullin was known throughout the world for his Mullin Automotive Museum private collection in West Los Angeles. But the Providence Saint John's Health Center community will remember him as a dear friend and stalwart supporter of the hospital.

Mullin joined the foundation board of trustees in 2007. Mullin and his wife, Merle, supported the rebuilding of Saint John's after the 1994 earthquake, contributing funds to establish Mullin Plaza and Mullin Gardens—the tranquil space marking the main entrance to Providence Saint John's Health Center. The space continues to be a place of restoration and healing for all who come to the health center. The opening of the space in 2013 was a joyful event that included Peter and Merle leading a procession of vintage cars through the circular entrance. Mullin also arranged a special opening of his automobile collection for a magnificent fundraiser benefiting Saint John's, with legendary singer Johnny Mathis providing entertainment.

Mullin earned his Bachelor of Arts in economics from the University of California, Santa Barbara, and then entered the business world. A native of Los Angeles, he developed a passion for plants and landscaping. But he also loved cars. He was renowned among automobile enthusiasts for his collection of vintage French cars, many of which he toured and exhibited around the world with Merle. The couple have five children.

Mullin was chairman of Mullin Barends Sanford Financial and cofounder and chairman emeritus of M Financial, a reinsurance and financial services company. He was a giant in the Southern California philanthropic community, serving on the boards of several notable nonprofit institutions in addition to his work at Saint John's. Supporting health, education, religious and cultural organizations was important to him. He gave his time and resources to the Archdiocese of Los Angeles, Anderson Graduate School of Management at UCLA, ArtCenter College of Design, International Guggenheim Museum, Petersen Automotive Museum, FAI (the National Trust of Italy), the Los Angeles Music Center, Occidental College, UC Davis School of Viticulture and Enology and the Huntington Library and Gardens.

"Peter's memory will serve as a blessing to all who loved and respected him," says Sheryl Bourgeois, PhD, president and CEO of Saint John's Health Center Foundation. "Saint John's has lost a great man and a true friend. May he rest in peace."

SAINT JOHN'S HEALTH CENTER FOUNDATION BOARD OF TRUSTEES

Roger Wacker, Chair
 Robert Amonic, MD,
 Secretary
 Craig C. Benell, Treasurer
 Charles F. Adams
 William S. Anderson
 Rae W. Archibald, PhD
 Margot S. Armbruster
 J. Jeffrey Assaf
 Lee A. Ault III
 Christine Avanti-Fischer
 Donnalisa Parks Barnum
 Kathy K. Barrett
 Ambassador Frank E. Baxter
 Rudolph A. Bedford, MD
 James P. Birdwell Jr.
 Norris J. Bishton
 Eric Borstein
 John C. Bowlin
 Abbott L. Brown
 Jules Buenabenta
 Charles G. Cale
 Rick J. Caruso
 Alex M. Chaves
 Scott Cohen
 Jonathan R. Cole, MD
 Jonathan L. Congdon
 Cynthia S. Connolly
 Richard F. Corlin, MD
 Angela Courtin
 Marian H. Craver
 Michael W. Croft
 Richard R. Crowell
 Kathy Danhaki
 George H. Davis Jr.
 Kevin Ehrhart, MD
 Marc Ezralow
 Miles Fisher
 Mary H. Flaherty
 Frances R. Flanagan
 Bradford M. Freeman

William M. Garland III
 Risa L. Gertner
 Kris Gibello
 Allan B. Goldman
 Jae Goodman
 Glenn A. Gorlitsky, MD
 Steve Gozini
 Michael Hackman
 Peter V. Haight
 David L. Ho
 Tonian Hohberg
 Mark C. Holscher
 Stanley Iezman
 Blake Johnson
 Steaven K. Jones Jr.
 Paul R. Kanin
 Mary Ellen Kanoff
 Jordan L. Kaplan
 Russ Kino, MD
 Scott M. Klein
 Kathleen McCarthy Kostlan
 Bernadette Leiweke
 Robert J. Levitt
 Judith D. Licklider
 Melvin D. Lindsey
 Robert J. Lowe
 Carl W. McKinzie
 Lawry Meister
 Bruce A. Meyer
 Paul D. Natterson, MD
 Lee S. Neibart
 Lisa D. Nesbitt
 Chris Newman
 Shelby Notkin
 Peter C.D. Pelikan, MD
 Putter Pence
 Dallas P. Price-Van Breda
 Ernie L. Prudente, MD
 Justin E. Rawlins
 Eric Reiter
 Elizabeth G. Riordan

John M. Robertson, MD
 Jeanne D. Robinson
 Victoria B. Rogers
 Theodore H. Schneider
 Carole Schwartz
 Donna L. Schweers
 Robert Shuwarger
 Laura K. Siart
 William E. Simon Jr.
 Cary Singleton
 Rosa K. Sinnott
 Loraine Sinskey
 Michael S. Sitrick
 Charles F. Smith
 Juan Suarez
 Charles A. Tharnstrom
 Nadine E. Tilley
 James J. Toth II
 J. David Tracy
 Donna F. Tuttle
 Bennet Van de Bunt
 Brian M. Webber
 Edward White
 Shannon M. Wickstrom
 Gretchen A. Willison
 Michael E. Wise
 Brett G. Wyard

LIFE

Mary Y. Davis
 Richard M. Ferry
 Ambassador Glen Holden
 John G. Huarte
 Robert O. Klein
 Dominic J. Ornato
 William P. Rutledge
 Robert J. Wagner

EMERITUS

Waldo H. Burnside
 Robert T. Champion †
 A. Redmond Doms †
 J. Howard Edgerton †
 Jerry B. Epstein †
 James L. Hesburgh
 Mrs. Earle M. Jorgensen †
 Glen McDaniel †
 Ruben F. Mettler, PhD †
 John H. Michel †
 Sister Marie Madeleine
 Shonka, SCL
 Flora L. Thornton †

EX-OFFICIO

Laureen T. Driscoll,
 Chief Executive,
 Providence South Division

Carol Nishikubo, MD,
 President, Executive
 Committee of the Medical
 Staff, PSJHC

Sheryl A. Bourgeois, PhD,
 President & CEO, SJHCF

Michael Ricks,
 Chief Executive, PSJHC

Stephanie Weston,
 President,
 Irene Dunne Guild

John F. Goeders,
 CFO, PSJHC

† deceased

THIS HOLIDAY SEASON, GIVE THE GIFT OF HEALTH



When you give to Saint John's Health Center Foundation, you help ease the way of patients suffering from cancer and other serious diseases. Your essential support enables us to continue to serve you, your family and the local community we all love.

**Saint John's
Health Center**
FOUNDATION



Please give now at [SaintJohnsFoundation.org](https://www.SaintJohnsFoundation.org) or call 310-829-8424, Monday through Friday, 8 a.m. to 5 p.m.

Saint John's Health Center

FOUNDATION

2121 Santa Monica Boulevard
Santa Monica, CA 90404 USA
310-829-8424
SaintJohnsFoundation.org
TAX ID: 95-61000079



NONPROFIT
ORGANIZATION
U.S. POSTAGE

PAID

LOS ANGELES, CA
PERMIT NO. 31327



PAGE 12

The Cancer Support Services Program

Treatment for cancer at
Saint John's includes services
aimed at quality of life.

PAGE 20

Maintain Your Health Through the Holidays

Enjoy the holidays while
embracing healthy habits.

