

SAINT JOHN'S

THE MAGAZINE OF SAINT JOHN'S HEALTH CENTER FOUNDATION

Winter 2021-2022

PROVIDENCE SAINT JOHN'S HEALTH CENTER

**THE DIGESTIVE HEALTH
INSTITUTE FOCUSES ON
DISEASE PREVENTION**

SAINT JOHN'S CANCER INSTITUTE

**EMBRACING THE GOALS OF
STAND UP TO CANCER**

PACIFIC NEUROSCIENCE INSTITUTE

**THE MULTIPLE
SCLEROSIS PROGRAM
TAKES A HOLISTIC
VIEW OF HEALTH**



It's a Hit

Music legend Berry Gordy's philanthropy addresses health care disparities.

SAINT JOHN'S HEALTH CENTER FOUNDATION



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When you give a gift to Saint John's Health Center Foundation, you can 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.



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or call 310-829-8424, Monday through Friday,
8 a.m. to 5 p.m.



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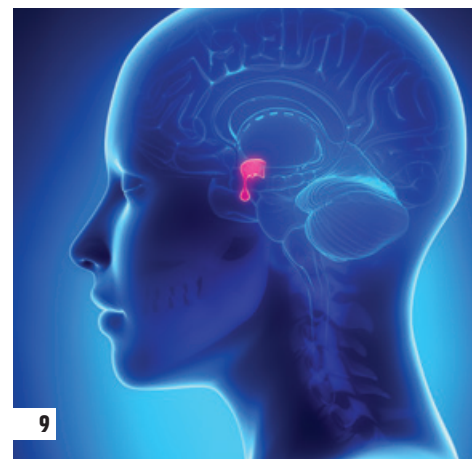
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» This holiday season brings some normalcy and the opportunity to restart traditions that didn't feel safe last year. While the medical community was challenged with the pandemic, other health issues were still prevalent. Providence Saint John's Health Center maintained a safe environment for our caregivers as well as those seeking health care and remained at the forefront in research and fundraising to combat diseases. As the pandemic emphasized disparities in health care, in the following pages you'll learn how resources have been allocated to address inequities in our underserved communities.

This season finds us gathered around bountiful tables and eating favorite holiday foods with family and friends. To keep your digestive health in mind, please read our conversation on page 10 with Rudy Bedford, MD, and Anton Bilchik, MD, from the Saint John's Digestive Health Institute. Our doctors discuss gastrointestinal (GI) health as well as noncancerous diseases and colorectal cancer.

On the subject of colorectal cancer, our GI team is working to eliminate inequities among underserved groups in our community. Providence Saint John's and Stand Up To Cancer have teamed up to create a new Health Equity Dream Team dedicated to providing screenings and colonoscopies. As younger people—especially those of color—are being diagnosed with colon cancer, the Digestive Health Institute has created the Early Onset Colorectal Cancer Research Project to raise awareness and study early onset.

In this issue, you'll also read about Samantha Brown's health care journey and how she lives her best life despite having multiple sclerosis (MS). Samantha sought out neurologist Barbara Giesser, MD, for her comprehensive treatment approach. Dr. Giesser reveals how advances in diagnosis, disease-modifying drugs and evidence-based treatments have helped MS patients live full lives as ongoing research aims at further breakthroughs.

Before you read on, please let me offer my sincere thanks to our caregivers, nurses, doctors and generous donors who support our mission. As you recommence your favorite holiday traditions with loved ones, we hope you'll share the holiday spirit by gifting Saint John's Health Center Foundation. Wishing you and yours a safe and happy holiday season.



Michael Ricks

MICHAEL RICKS

Chief Executive
Providence Saint John's Health Center
Saint John's Cancer Institute



Robert O. Klein

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» When we think about what the holidays mean to us this year, we celebrate our resilience and give thanks for medical advances that allow us to gather safely. We appreciate gifts from our benevolent donors who have made a meaningful difference in so many lives—because a donation to Saint John's Health Center Foundation supports groundbreaking research leading to lifesaving treatments. Everything feels more festive this year, and the heartening stories on the following pages will put you in the holiday spirit.

Our cover story showcases an icon who has gifted us with music for more than half a century. Motown founder Berry Gordy Jr. shares insights about his monumental accomplishments in the music industry. He discloses his actions to help underserved communities by providing health care for preventable diseases. Gordy's generous donation funds the Berry Gordy Clinical Research Laboratory at Providence Saint John's Health Center. After a lifetime of making music for everyone, his donation will help make health care available for everyone.

Did you know the Cleft Palate Center at Providence Saint John's was the first cleft care team on the West Coast? Find out more about it and how the Community Impact Fund supports the Cleft Palate Program. Please read about the experiences of 11-year-old cleft palate patient Julian Garza, how he benefits from a 360-degree patient view and the personalized care that will support him into adulthood.

Another reason for holiday smiles is the success of our Power of Partnership campaign. Thanks to our philanthropic donors, we've exceeded our \$150 million goal by raising \$213 million—enabling our community hospital to drive advancements in technology, research and education, making us a world-class health center.

Of course the need continues, and we're grateful to donor Grace Cherry, RN, who has charitably created a lasting legacy by including Saint John's in her living trust. Her story illustrates that being kind, supportive and respectful can lead to success. As the year ends, we thank all of the Saint John's caregivers and donors who have gone above and beyond. We hope you have a safe, warm and wonderful holiday.

>> THE NOSE KNOWS

This is the time of year for runny or stuffy noses. But it's sometimes tough to tell what's behind bothersome nasal symptoms and headaches. Abbas Anwar, MD, a board-certified otolaryngologist - head and neck surgeon at Pacific Neuroscience Institute, helps explain the difference between colds and chronic sinusitis.

“Chronic sinusitis is important to diagnose and treat because studies have shown it can lead to an overall decreased quality of life.” — Dr. Abbas A. Anwar

11.6%

PERCENTAGE OF U.S. ADULTS WITH CHRONIC SINUSITIS

NUMBER OF DOCTORS VISITS FOR CHRONIC SINUSITIS:
4.1 million a year (U.S.)
 Source: CDC



What's the difference?

COLD

- Nasal congestion/runny nose
- Clear or white discharge
- Lasts three to seven days

CHRONIC SINUSITIS

- Persistent facial pain, pressure or tenderness
- Thicker, discolored discharge
- Symptoms persist at least three months



SYMPTOMS OF CHRONIC SINUSITIS:

- Pressure around eyes and nose
- Nasal drainage
- Nasal congestion
- Decreased sense of smell
- Postnasal drip
- Overall lethargy

» NEW YEAR'S RESOLUTIONS—

**MAKE
THEM
STICK**

TIPS TO ENSURE SUCCESS AS YOU SEEK TO IMPROVE YOUR LIFE IN 2022:

- SET REALISTIC GOALS
- TAKE ON GOALS THAT YOU WANT, NOT GOALS THAT OTHERS WANT FOR YOU
- DEVELOP AN ACTION PLAN
- PREPARE YOURSELF FOR THE CHALLENGES INVOLVED
- THINK OF HOW IT WILL ENHANCE YOUR LIFE
- ASK FOR SUPPORT
- TRACK YOUR PROGRESS USING A JOURNAL
- HAVE A PLAN TO GET BACK ON TRACK IF YOU SLIP

Source: NIH

» **HONORING ORGAN DONATION**

Earlier this year, Providence Saint John's Health Center chief executive Michael Ricks honored recent local organ donors. On New Year's Day, the nation will once again remember the gift of life at the Rose Parade with the 2022 Donate Life Rose Parade float. Donate Life America is a not-for-profit alliance of national organizations and state teams across the United States committed to increasing organ, eye and tissue donation. The Rose Parade float inspires viewers to help people in need of organ, eye or tissue transplants each year. Register today to become an organ, eye or tissue donor by visiting donatelife.net.

Number of Americans awaiting an organ transplant: **107,000**

Another person is added to the waiting list **EVERY NINE MINUTES**



NUMBER OF PEOPLE WHO STICK TO THEIR NEW YEAR'S RESOLUTIONS:

77% FOR ONE WEEK

19% FOR TWO YEARS

Source: University of Scranton

Understanding COVID-19 Respiratory Distress Syndrome

Providence Saint John's Health Center physicians were among the coauthors of a paper that makes a major contribution to the understanding of COVID-19. The study was published in October in the prestigious journal *Science Translational Medicine*.

The study, undertaken by the National Institute of Allergy and Infectious Diseases, focused on lung tissue collected postmortem at hospitals around the country to better characterize the mechanisms involved in severe COVID-19-related lung disease, including underlying risk factors.

Worldwide, more than 221 million people have been diagnosed with severe acute respiratory syndrome related to COVID-19 infection, while more than 5 million people have died as of September



2021. Medical experts have been perplexed as to why some individuals suffer only mild systems while others experience severe respiratory distress.

The study of patients—the majority of whom were Saint John's patients who succumbed to severe respiratory distress—shows a wide range of abnormal pulmonary responses to the infection that were linked to the amount of

virus present in the body, immune response and the duration of illness prior to death. The authors found older patients and those with other serious health problems were more likely to succumb to the disease.

Contributors to the paper from Saint John's Cancer Institute included Steven J. O'Day, MD, Trevan D. Fischer, MD, and Terese C. Hammond, MD. Contributors also included USC Keck Medicine

cardiothoracic surgeons who partner with Providence Saint John's Health Center in cardiovascular care: Raymond D. Lee, MD, J. Christian Cash, MD, and Matthew E. Powers, MD.

"This study provides detailed insight into the mechanism of damage to the lungs of those patients with severe COVID-19 and will help us identify new therapeutics that may lessen the severity of the illness," says Dr. Fischer.



Health Center Garners Honors for Quality Care

Providence Saint John's Health Center has received several recognitions recently that reflect our commitment to excellence. The health center was named one of the top 10 hospitals in Los Angeles and top 20 hospitals in California by *U.S. News & World Report*. The neurology program was also ranked among the top 1% in the country.

Healthgrades named Saint John's a recipient of its Surgical Care Excellence Award and Joint Replacement Excellence Award, placing our ministry in the top 5% in the nation for surgical care and top 10% for joint replacements.

We are also proud to share that Saint John's was one of the only comprehensive stroke centers in the Greater Los Angeles area to receive the American Heart Association's GoldPlus Get With The Guidelines®-Stroke Quality Achievement Award for our adherence to nationally recognized, research-based guidelines.

PNI Publishes Landmark 10-Year Study on Pituitary Surgery

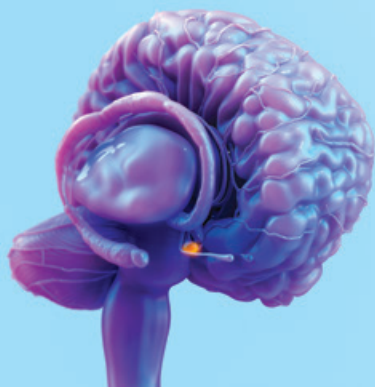
A sweeping study led by Pacific Neuroscience Institute (PNI) at Providence Saint John's Health Center provides the fullest picture to date of complications associated with endoscopic neurosurgery for pituitary adenomas. The research, published in July in the journal *Pituitary*, highlights the importance of protocols to avoid complications in patients undergoing endoscopic endonasal surgery for pituitary adenomas. The data encompass 514 patients treated over the past decade at Saint John's.

Pituitary adenomas make up about 15% of brain tumors. They are usually benign but can cause pituitary gland failure, vision loss, headaches and over-production of some hormones. PNI surgeons often employ an advanced minimally invasive surgical approach that removes the adenoma through the nostrils.

The study showed more than 98% of the patients were discharged home after the surgery, with an average hospitalization of two days. Over time, hospital stay decreased to one day. Fewer than 1% of patients sustained permanent neurological damage.

PNI neurosurgeons are among the world's leaders in endoscopic neurosurgery for pituitary adenomas. The team has focused on developing protocols to avoid complications including the loss of smell, nasal bleeding, carotid artery injury, pituitary gland damage, cerebrospinal fluid leaks and meningitis.

"We believe these results set a new standard for complication avoidance and optimizing outcomes for pituitary adenoma surgery and are happy to share this experience with colleagues who manage these patients," says Daniel F. Kelly, MD, PNI director and senior author of the study.



Get Back To Your Doctor

Providence Saint John's Health Center has joined other Providence Southern California hospitals and several nonprofit health systems in the region to urge Southern Californians to seek the health care they need. The public service digital campaign, found at the website [BetterTogether.Health](https://www.bettertogether.health), addresses the decrease in people seeking regular health checkups and screenings since the advent of the COVID-19 pandemic almost two years ago.

The educational campaign features everyday patient heroes with the theme "Get Back to Your Doctor. Your Health. Your Joy. Because We Love a Healthy L.A." Health care professionals are concerned that people are not seeking timely, preventive and lifesaving services, health screenings and medical assistance when it is critical to do so. Too often the results are late-stage cancers, advanced heart disease, debilitating strokes and other serious medical conditions.

The five health systems behind the campaign—Providence, UCLA Health, Keck Medicine of USC, Dignity Health and Cedars-Sinai—remain committed and available to serve the community's health care needs, including emergency, primary, specialty and urgent care. Emergencies don't stop and neither do hospitals providing emergency care 24/7, the campaign notes.

"We are confident these efforts make a positive difference in community health. This collaboration of health systems is not only extraordinary, it provides critical information in meeting a challenge beyond anything any of us ever experienced," says Kevin Manemann, chief executive of Providence Southern California.

To learn more, visit [bettertogether.health](https://www.bettertogether.health).

Q & A A Focus on the Gut

The newly opened Digestive Health Institute provides comprehensive care in a comfortable setting.

BY NANCY BRANDS WARD

PHOTOGRAPHED BY SHANE O'DONNELL

Almost everyone experiences problems with digestive health at some point. For some, it's acid reflux, abdominal bloating or just plain discomfort. For others, it's trouble swallowing, persistent irritable bowel syndrome or inability to maintain normal weight. For still others, it's diverticulitis, Crohn's disease or cancer of the pancreas, liver or colon.

Providence Saint John's Health Center recently established the Digestive Health Institute to provide coordinated specialty care for patients in the community and across the nation. *Saint John's* magazine spoke to the institute's co-directors and longtime friends and collaborators, Anton J. Bilchik, MD, PhD, chief of general surgery, director of gastrointestinal and hepatobiliary and gastrointestinal (GI) research programs, and Rudolph A. Bedford, MD, gastroenterologist, about their goals for the institute.

What attracted you to specialize in gastrointestinal health?

DR. BEDFORD: It is one of the few medical specialties where we can intervene and have an effect on everything from uncomfortable to annoying to life-threatening diseases.

DR. BILCHIK: I realized early in my career that much disease begins in the gut. Over three decades of research we've learned so much about the immune system, microbiome and how GI health affects other organs and a range of diseases. After medical school, I did a PhD in gastrointestinal physiology to better understand pancreatic cancer. Survival remains dismal, and it's been

my passion to identify treatments.

How long have you two worked together, and how is the institute an opportunity for you to expand your collaborative work?

DR. BEDFORD: I was the director of pancreatic biliary services at UCLA when Anton did his training there. Since joining Saint John's, our collaboration and friendship has grown stronger as we work together to deal with everything under the sun in the gastrointestinal tract.

DR. BILCHIK: We're a perfect dyad because both of us have special interests in complex GI problems, ranging from pancreas and liver malignancies to colorectal cancer. I wouldn't be able to do the kind of surgeries I do without the close collaboration of such an excellent gastroenterologist.

Why did Providence Saint John's feel it was important to create this institute?

DR. BEDFORD: The digestive system is central to everything from eating to eliminating, and problems with it affect a wide range of diseases. The institute provides a hub for highly coordinated care with a range of specialties under one symbolic roof.

Is it common for people to struggle with digestive system symptoms and either not get help or not get the right help?

DR. BILCHIK: Absolutely. Every person in some point in their life has digestive health symptoms, ranging from mild to severe—but unrecognized. A worst-case example is pancreatic cancer, whose symptoms don't appear until the cancer has already spread.

DR. BEDFORD: Too many patients have seen multiple doctors for different problems, and they suffer because of the lack of coordinated care.

What are the strengths of the institute?

DR. BEDFORD: We provide university-

level quality of care, coordinated in a personalized, caring and intimate setting.

DR. BILCHIK: Patients with advanced problems come to us from across the country. We have expertise that most community hospitals don't have. Saint John's has been involved in GI research for more than 25 years. Our findings have led to improvements in treatments. We've led large, National Institutes of Health-funded clinical trials. We're at the forefront of treating liver tumors and the leading edge of minimally invasive robotic surgery.

What are some of the institute's goals surrounding colorectal cancer?

DR. BILCHIK: We're working with Stand Up To Cancer to eliminate inequities among underserved groups in Santa Monica. We offer colorectal screening and colonoscopies without charge to those who test positive. We've also teamed with Harvard University to offer screening for underserved populations in Boston, Los Angeles and South Dakota. During the pandemic, screening rates dropped to 17%. Our goal is to get that up to 80%.

What are some of the non-cancer-related conditions you'll see?

DR. BEDFORD: Most of what we see at the institute are non-cancer diseases: irritable bowel and fatty liver disease, pancreatic, esophageal or motility disorders, and more.

Why include a bariatric program in the institute?

DR. BEDFORD: Morbid obesity is a large factor in heart disease, stroke, colorectal cancers, diabetes and many more conditions. For those people who have difficulty losing weight and keeping it off, bariatric surgery combined with a metabolic weight-loss program can be lifesaving. 🍷



Southern California
Gastroenterology

Rudolph B. Bostrom, M.D.

Alan B. Bickel, MD, PhD, FACS
Surgery

For more information on the Digestive Health Institute, contact Pam Solomon at 310-829-8644 or pamela.solomon@stjohns.org.

HEALTH (THAT'S WHAT I WANT.)

**MOTOWN FOUNDER AND
ROCK LEGEND BERRY GORDY
EMBRACES HIS OWN GOOD
HEALTH AND REACHES OUT
TO PEOPLE IN NEED.**

BY SHARI ROAN

PHOTOGRAPHED BY PHILLIP GRAYBILL



At 92, Motown founder Berry Gordy Jr. has spent a lifetime nurturing others. He developed and guided the careers of superstars such as Diana Ross, Michael Jackson and the Jackson 5, Smokey Robinson and The Miracles, The Temptations, Stevie Wonder, the Four Tops, Marvin Gaye, Martha & the Vandellas, Lionel Richie and the Commodores and countless others, helping to uplift the world of music. He has shared his love of life with family members and friends. And he has honored his own body by eating healthy foods, exercising and “counting my blessings.”

Now, Gordy is reaching out to help the Westside community address disparities in health care that cause too many people in the Black community and other ethnic minority groups to suffer from preventable disease. A generous donation to Saint John’s Health Center Foundation will fund the Berry Gordy Clinical Research Laboratory at Providence Saint John’s Health Center.

“I want the discoveries made at the lab to have an impact on the Black community and all communities in need,” Gordy says. “Disease affects all of us. Motown made music for all of us. Health care should be the same way.”

The Saint John’s leadership team is reaching out to identify ways to improve the health of underserved people—work that Gordy’s donation will elevate to a new level, says Anton J. Bilchik, MD, PhD, chief of general surgery and director of the gastrointestinal and hepatobiliary program at Saint John’s Cancer Institute. Those efforts include addressing the higher risk of colorectal cancer among Blacks.

“There really are two major issues in colon cancer,” Dr. Bilchik says. “There is an epidemic of young people diagnosed with colon cancer under age 45, particularly people of color. We need to try to understand why it’s going on and improve screening in that population group. Both are important issues we’re dealing with right now. Mr. Gordy’s gift will go a long way.”

Gordy says he believes outreach can bring more underserved people into the health care arena, which will improve quality of life and strengthen communities. “We need to educate the susceptible communities early and build trust among people,” he says, adding that good health is everything.

In 1959, he released a hit song based on the concept that there’s more to life than money. A young man wants money, he says, but a mature man wants health. “The best things in life are free. Give me health. That’s what I want.”

BELIEVING IN OTHERS

It’s clear that people mean everything to Gordy. He credits his close family and siblings with giving him support he needed to go from a music-loving kid in Detroit to the head of an historic record label.

“The key to my success were the people who believed in me,” he shares, “even when they had no reason to. That began with the Gordy family. “I was the black sheep of the family, a failure at everything. But somehow they always supported me—especially my sisters, Gwen and Anna, and even the family favorite, my younger brother, Robert, who continues his support to this day. I didn’t do very well. I didn’t have any major goals other than writing songs and trying to make people like my songs.”

Detroit during Gordy’s childhood was a thriving place, proud of its automobile industry. “It was a competitive town,” he says. He learned to be strong and ambitious. While working on the assembly line at the Ford Motor Company, he learned a lesson that stayed with him when he launched



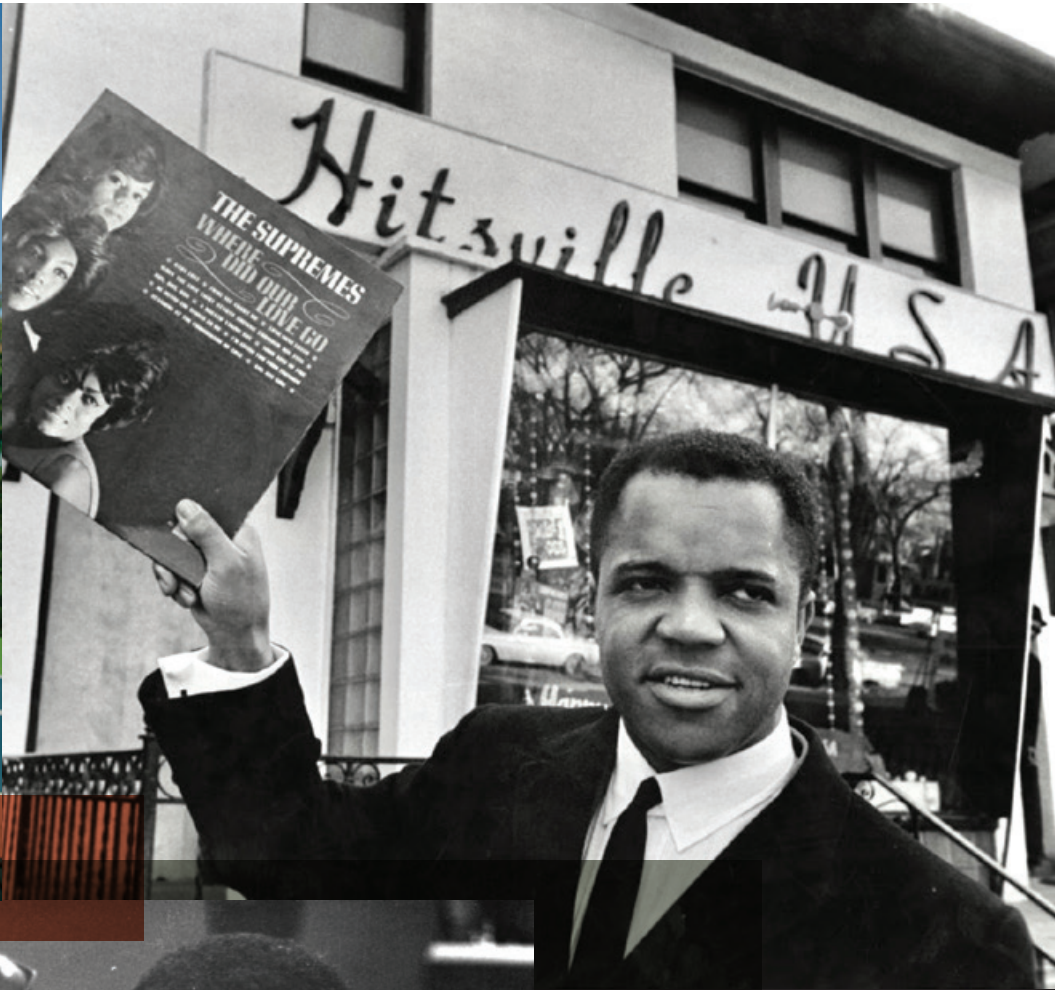
Motown Records in 1959: He marveled at the efficiency of a well-run assembly line—how a bare metal frame could come in one door and go out another a shiny new car. “That gave me the blueprint for my business where a kid off the street could come in one door, an unknown, and go out another a ‘star.’”

Gordy was born in Detroit, the seventh of eight children. He began composing songs as a child, and although he was a talented amateur boxer, he never gave up songwriting. His musical career, however, didn’t take off until after a stint in the Army in Korea and some time spent working in Detroit’s Lincoln-Mercury auto plant in 1955.

Gordy borrowed \$800 from his family savings fund to start Motown.

Motown became the largest Black-owned company in the United States in the 1960s as he developed the careers of numerous acts. In 1968, Motown had an unprecedented five out of the Top 10 records at one time

“What I found at Saint John’s was personal attention from the physicians, the medical staff and, in many ways, it was home away from home.”



on Billboard's pop charts.

Gordy moved his company to Hollywood in order to expand into television and movies. He continued to dream and he continued to succeed. He sold Motown in 1988 and in that same year was inducted into the Rock & Roll Hall of Fame. In December 2021, Gordy was a recipient of the Kennedy Center Honors award, joining other luminaries such as Bette Midler, Joni Mitchell, Lorne Michaels and Justino Diaz.

"I'm very lucky. There are so many people I'm grateful to and grateful for," he says. "There are a lot of stars that followed me. But there were also the unsung heroes of Motown, the people behind the scenes who followed me down roads that didn't even exist. Together, they laughed and cried, lived

and died, to make my dream and the Motown legacy possible.”

It is typical of Gordy to deflect from himself and turn the attention on others, Dr. Bilchik says. “For a person to accomplish what he has accomplished, he’s extremely humble. He’s truly one of the most remarkable kind, human beings I’ve met. He has a way of making people feel at home, comfortable and has really become a good friend over the years. I always find him to be kind, compassionate and a good listener.”

A WORTHWHILE GIFT

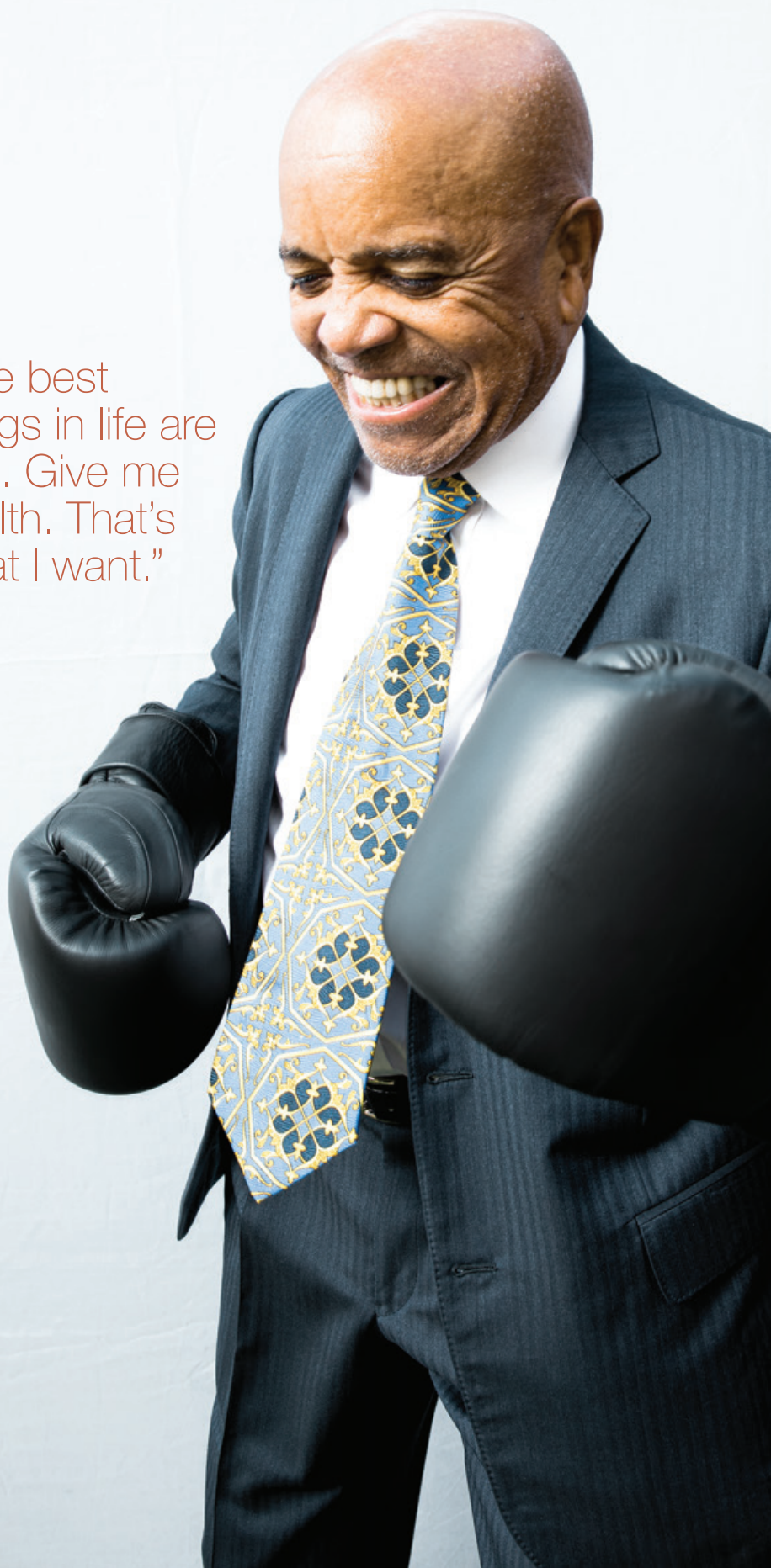
Generosity comes easy to Gordy, says Rudolph A. Bedford, MD, a gastroenterologist who is one of Gordy’s personal physicians. “The gift was a surprise,” says Dr. Bedford, who is also co-director of the Digestive Health Institute at Saint John’s. “It is wonderful. It will certainly go a long way with the clinical research we’re performing here. We are looking forward to being able to report back to him regarding the progress and that his gift was worthwhile.”

The Digestive Health Institute researchers have a long list of compelling ideas requiring research funding—studies that are designed to move the needle on gastrointestinal disease treatments and reduce suffering, Dr. Bedford notes. “We hope Mr. Gordy’s gift will excite others and help them see the need for this kind of philanthropy.”

Gordy’s goals to help elevate preventive health care in the community and address health care disparities align with the mission of Saint John’s, says Dr. Bilchik. The health center has made colorectal cancer screening a key initiative. Moreover, Gordy and his network of Saint John’s physicians have an easy and honest rapport.

“What I found at Saint John’s was personal attention from the physicians, the medical staff and, in many ways, it was home away from home,” he says. He could see several of his doctors at the same place and

“The best things in life are free. Give me health. That’s what I want.”



To learn more about how you can support the Berry Gordy Clinical Research Laboratory, contact Andy Trilling at 310-449-5246 or andrew.trilling@stjohns.org

the same time. He felt he was being well taken care of.

“The physicians who care for him are honored to do so,” says Timothy G. Wilson, MD, director of urology and the urologic oncology research program at Saint John’s Cancer Institute.

“Since I arrived at Saint John’s in 2015 one of the ultimate highlights has been the good fortune of getting to know Berry Gordy and interacting with him at different events that support the community,” Dr. Wilson says. “His personality is genuine and heart-warming, and he truly cares about others and giving back to the community. My department of urologic oncology at Saint John’s Cancer Institute was a fortunate recipient of a recent gift by Mr. Gordy that will help us better understand how to increase cures of urological cancers and have less side effects from the treatment.”

The gift will also benefit neurological research, says Santosh Kesari, MD, PhD, chair of the department of translational neurosciences and director of neuro-oncology at the Saint John’s Cancer Institute, who has cared for Gordy. “This kind of philanthropy,” Dr. Kesari says, “permits researchers to turn to the most innovate ideas, such as testing highly sensitive research methodology and tools, to study the underlying causes of neurological diseases.

“Mr. Gordy’s gift will allow us to accelerate our research into understanding and discovery of new treatments for neurological disorders from dementia to brain cancer by allowing us to test novel, cutting-edge technologies.”

Gordy inspires others not just through his philanthropy, however, Dr. Kesari notes.

“Mr. Gordy is a genius in many ways and an inspiration for healthy living that has motivated me on a better way to move forward in the future with optimizing health and longevity,” he says.

ESTABLISHING A LEGACY

To maintain his good health and high spirits (he turned 92 in late November), Gordy eats a vegan diet, plays golf and a little tennis and enjoys a good game

of chess. A few years ago, however, he resisted a needed medical procedure. A friend contacted Saint John’s Health Center Foundation trustee Ruth Weil, who connected Gordy with Dr. Bilchik.

“From the moment I walked in, Dr. Bilchik’s patience and expertise and confidence changed my mind about having this procedure,” Gordy says. “It began my relationship with Dr. Bilchik, Saint John’s, and my friend, Ruth Weil, who is the only person I know who can out-dance me.”

Gordy says he was immediately impressed with the level of care shown by the Saint John’s physicians. “They are brilliant and patient. And they seem to go beyond their call of duty. They took care of me like a brother, father or even grandfather. I thought I was so special. Then I found out they do that with everyone!”

As he learned more about Saint John’s, Gordy says, he saw the opportunity to make a meaningful impact on the community. During the early days of Motown, Gordy met one of his heroes, Rev. Martin Luther King Jr., as he traveled the country urging racial equality. Dr. King told Gordy that his music was helping him with his mission and that they were on the same path. He was trying to bring “intellectual and political” integration to America, Gordy says, while Motown music was already bringing “social and emotional” integration.

“The COVID-19 pandemic has been an eye-opening event in health care,” he says, and he derives great satisfaction from his philanthropic gift to Saint John’s. “What we’ve learned during this pandemic is how the health of one of us can affect the health of all of us. Saint John’s can be a driving force to finding a solution. I love just being a part of that legacy. Motown was a place where dreams came true. The unachievable became the achievable. We have that same opportunity here at Saint John’s.”

He plans to closely follow the work that takes place in the lab bearing his name— The Berry Gordy Clinical Research Laboratory. He adds, “I don’t know about you, but it sounds like a hit to me!” 🎵

JOINING FORCES TO Defeat Cancer

**SAINT JOHN'S JOINS THE ESTEEMED
ADVOCACY GROUP STAND UP TO CANCER TO
ADDRESS COLORECTAL CANCER DISPARITIES.**

BY NANCY BRANDS WARD

Providence Saint John's Health Center and Stand Up To Cancer (SU2C) have partnered together to create a new Health Equity Dream Team dedicated to addressing colorectal cancer disparities, with a focus on the Los Angeles area. Research has shown that colorectal cancer screening rates are the lowest in Hispanic communities, with Black and Hispanic people typically being diagnosed at a later stage in the disease, when it is more difficult to treat.

The partnership with SU2C provides Saint John's the opportunity to advance research and clinical efforts on a national scale while closing the equity gap so desperately needed in the fight against cancer, says Michael Ricks, chief executive of Saint John's. Before he died, actor Chadwick Boseman, who was treated at Saint John's for colorectal cancer, expressed his desire to work on colorectal cancer prevention and early

diagnosis in the Black community.

"He was passionate about wanting to find a way to inform and educate and prevent colorectal cancer within the Black community," Ricks says. "When he passed, we became even more determined to honor his legacy. We had to make this happen."

Saint John's has long been at the forefront of surgical care and innovative clinical research on gastrointestinal malignancies including stomach, liver, pancreas and colorectal cancers, in addition to treatment for other digestive health conditions, says Anton Bilchik, MD, PhD, professor of surgery, director of the Gastrointestinal Research Program and co-leader of the SU2C Colorectal Cancer Health Equity Dream Team.

"There is no bigger organization in the world that has been as successful as SU2C in terms of promoting cancer awareness, cancer screening and cancer research," he says. "They have massive

connections within the entertainment world, within the sports world. They have aligned themselves with some of the top scientists in the world."

The Health Equity Dream Team will steer community initiatives in predominantly Black communities throughout the Los Angeles area for early colon cancer screening, provide follow-up health care services for those who need it and mentor the next generation of equity researchers involved in the initiative. Additionally, Dr. Bilchik and Rudy Bedford, MD, co-directors of the Digestive Health Institute, have created the Early Onset Colorectal Cancer Research Project at Saint John's to complement and further support the work of SU2C's Colorectal Cancer Health Equity Dream Team.

"I see far too many patients diagnosed with advanced colon and rectal cancers, so I'm thrilled that the Colorectal Cancer Health and Equity Dream Team will be raising awareness

BY THE NUMBERS

Colorectal cancer is the
3RD LEADING
cancer in the U.S.

Black Americans are 20% more
likely to get colorectal cancer and
40% more likely to die from the disease.


Saint John's Health Center Foundation trustee Jim Toth and his wife, Reese Witherspoon, served as co-executive producers of the Stand Up To Cancer national telecast earlier this year. Says Toth: "As a longtime supporter of Saint John's, I'm familiar with the amazing, lifesaving work being done here in cancer research and treatment. Knowing the two organizations I hold so close to my heart are working together on the front lines of the fight against cancer really means a lot to us."



about getting screened and gaining early access to screening," Dr. Bedford says. "Here at Saint John's, we have a long history of colorectal cancer treatment and research, and we've created the Early Onset Colorectal Study to learn more about the differences between younger and older people who are being diagnosed with the disease."

The partnership between Saint John's and SU2C is a natural fit, Dr. Bilchik says. "Stand Up To Cancer treats us as partners. They also recognize the strengths of Saint John's and Providence. I think they feel we can help them make their mission more successful."

The alliance with SU2C is the chance many caregivers at Saint John's have been waiting for, Ricks says.

"We have an opportunity to dramatically improve the health of these vulnerable communities that have suffered for years around health inequity," he says. "We are thrilled we have the opportunity to put action to our words." 

WHAT IS SU2C?

Stand Up To Cancer raises funds to accelerate the pace of cancer research and to save lives. As of January 2021, more than 1,950 scientists representing more than 210 institutions are involved in SU2C-funded research projects. Strongly supported by the entertainment industry, collaboration is a cornerstone of the organization's efforts. Stand Up To Cancer is a 501(c)(3) charitable organization.

UNDERSTANDING EARLY-ONSET COLORECTAL CANCER

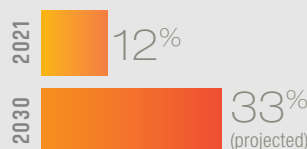
The Early Onset Colorectal Cancer Research Project at Saint John's, part of the SU2C Colorectal Cancer Health Equity Dream Team, is a comprehensive study that will:

- Evaluate tissue and blood from patients with different backgrounds, lifestyles and family history.
- Analyze differences in genomic and immunologic profile between young and older colorectal cancer patients.
- Study the impact of the microbiome in either causing or preventing colorectal cancer.
- Improve our understanding of why certain polyps evolve into cancer.

Study results will help experts know who is at higher risk for colorectal cancer, create genetic screening and ultimately develop prevention strategies in order to reduce the number of patients who get colorectal cancers.

Since 2007, colon cancer rates in people under age 55 have increased **2%** per year.

RATIO OF COLORECTAL CANCER CASES IN PEOPLE UNDER AGE 50:



To support Saint John's Colorectal Cancer Research Fund, go to saintjohnsfoundation.org/su2c-eocrc or contact Pam Solomon at 310-829-8644 or pamela.solomon@stjohns.org.

MAKING KIDS WHOLE

A young boy with dark hair is running through the shallow ocean waves. He is wearing a blue and yellow wetsuit with a white logo on the chest. The water is splashing around him, and the background shows a calm sea under a clear sky.

**FOR MORE THAN 55 YEARS,
THE SAINT JOHN'S CLEFT
PALATE CENTER HAS
PROVIDED COMPASSIONATE,
COMPREHENSIVE CARE TO
CHILDREN AND THEIR FAMILIES.**

BY MELANIE ANDERSON / PHOTOGRAPHED BY JEFF BERTING



THE GIFT OF HEALTH

The Community Impact Fund (CIF) was established by Saint John's Health Center Foundation to support our local health care partners in improving the health of our community. Each year the CIF committee reviews applications and makes grants to entities, striving to improve the health of local residents. In this issue of *Saint John's*, we update readers on the CIF support of the renowned Cleft Palate Program at Providence Saint John's Health Center.

Vanessa Garza was halfway through her second pregnancy when a routine ultrasound detected a shadow on her baby's face. Doctors suspected a cleft lip and possibly a cleft palate, which are some of the most common birth defects.

"He was eligible to do an ultrasound every month, so it became more and more evident that, yes, there's a cleft, and it's a bilateral cleft affecting both sides," says Garza. "Then it became more evident that the roof of the mouth was also involved, so it was also a cleft palate."

As babies develop, a gap in the lips and roof of the mouth is normal but it usually closes in early pregnancy. Since clefts interfere with the baby's ability to nurse, it's crucial to line up care before birth.

Garza, whose family lives in Encino, researched cleft care programs throughout Los Angeles and ultimately chose the Cleft Palate Center at Providence Saint John's Health Center. "What struck me with my visit to Saint John's was the amount of individual attention and how the meeting was organized," says Garza. "The late Dr. Janet Salomonson [a plastic surgeon

and Cleft Palate Center medical director from 1998 to 2013] and current nurse coordinator Ann Masson had a binder with the before-and-after pictures. They explained how treatments and approaches to reconstruction and repair evolved. I learned that Saint John's was a pioneer in cleft care. It was very clear that my family was going to receive a community-based model of care with renowned, state-of-the-art technical expertise."

Choosing a cleft care team is a big decision since children typically require care from birth until they're fully grown. Today, Garza's son Julian is a thriving 11-year-old who enjoys surfing, bike rides and online games and continues to receive cleft care at Saint John's.

PIONEERING A PERSONALIZED, TEAM-BASED APPROACH TO CARE

Founded in 1964, the Saint John's Cleft Palate Center was the first cleft care team on the West Coast. Serving families from all over Los Angeles and Southern California, the center is supported by the Community Impact Fund (CIF) at Saint John's Health Center Foundation.

“Dr. Leslie M. Holve, pediatrician [and the center’s founding medical director, who passed away in May] and pioneers who followed him, both in Los Angeles and around the country, saw the fundamental importance of providing multidisciplinary care to children, because at different points in their lives they require different types of care,” says Reza Jarrahy, MD, craniofacial plastic surgeon and co-director of the Cleft Palate Center and the surgical director.

Since no two clefts are the same, patients also require individualized care. “These kids don’t all need the same things at the same time, and some might need more support in certain areas than others,” says Danelle M. Fisher, MD, pediatrician and program co-director and medical director. “It’s a unique challenge with each family that walks in the room.”

The Saint John’s cleft care team assembles for clinics, which allow families to see multiple providers on a single day, typically every six or 12 months. The core team includes plastic surgeons, pediatricians, pediatric dentists, speech pathologists, audiologists, otolaryngologists (ear, nose and throat physicians), social workers, pediatric nurses, genetics specialists, orthodontists and prosthodontists.

“We each take turns going in, speaking with the family, examining the child and formulating a plan,” says Dr. Fisher. “After clinic is over, the team gets together and everybody gives their input about each child.”

Afterwards, the team shares a report with the child’s family and care providers. “It’s just amazing to be able to get to solutions in one day,” says Garza.

The Saint John’s cleft care team also coordinates an annual symposium—started by Dr. Holve—focusing on the latest strategies and treatment in cleft care across disciplines and providing an opportunity to hear from families, including the Garzas, about the patient experience. “It’s really



PATIENTS SERVED BY
THE SAINT JOHN’S CLEFT
PALATE CENTER:
2,000

SAINT JOHN’S CLEFT
PALATE CENTER YEARS
IN OPERATION:
57

U.S. CHILDREN BORN
EACH YEAR WITH CLEFT
LIP OR PALATE:
**1 OR
2 PER
1,000
BABIES**

important to understand a 360-degree view of this patient and what they go through,” says Dr. Fisher. The 2021 symposium marked the 52nd year of the event, which draws specialists from across the country.

SUPPORTING CHILDREN WITH CLEFTS FROM BIRTH TO ADULTHOOD

After Julian was born, Garza’s first priority was learning to feed him with a special bottle using her own pumped breast milk, as well as donated milk. Like most babies with cleft lips and palates, Julian had his first two surgeries, which involved repairing his lip and palate and

helped him breathe and eat more easily, before his first birthday.

“I’m teary-eyed as they’re rolling him away, and he’s in this oversized toddler hospital gown,” says Garza, recalling Julian’s lip repair surgery at just 10 weeks. “At that time, they told us it’s likely he needs ear tubes, so he got his first set of ear tubes. We did that as much as possible, what we call two-for-ones.”

“Every step of the way, if there’s indication for any other surgical intervention, we go out of our way to make sure the surgery is coordinated so kids don’t have to undergo anesthesia twice,” says Dr. Jarrahy.

“Having surgery is very traumatic for a child and anxiety-producing for parents. Our job is to address those concerns and anxieties for the child and the child’s parents.”

Like many of his peers with clefts, Julian has attended speech therapy twice a week since he was in diapers. “In the age group of about 1 to 5, children are really developing their language skills. When children have problems with cleft lip or cleft palate, it very much can affect their speech and that affects how they communicate with the world,” says Dr. Fisher. “This is why speech therapy is such a crucial part of our team care.”

As children become more aware of their appearance around school age, Dr. Jarrahy sometimes does revision surgeries on the lips and nose. Psychosocial support is available to children who experience bullying or other challenges. “As they move through their childhood, we try to get them on the same footing as their peers,” he says.

Orthodontics often becomes important since clefts may affect alignment of the teeth. For some patients, the final big procedure is a jaw surgery, which is done between the ages of 16 and 21 after the patient has stopped growing and completed orthodontic preparation for the surgery.

Some therapies can be prohibitively expensive, so the CIF provides scholarships to families that would otherwise have difficulty accessing speech therapy. “It’s our safety net, and these therapies are so impactful for these children and for us being able to provide excellent, ongoing care,” says Dr. Fisher. “We simply could not do it without the generous CIF grant, and we are immensely grateful.”


As Julian has gotten older, he has become deeply involved in his care. “He’s very well-versed on the issues that pertain to his situation—almost to the degree of sophistication of some of my residents in the plastic surgery residency,” says Dr. Jarrahy. “He takes everything in stride.”

After 11 years, the personalized care

“IT’S REALLY IMPORTANT TO UNDERSTAND A 360-DEGREE VIEW OF THIS PATIENT AND WHAT THEY GO THROUGH.”

of the Saint John’s team continues to impress Julian’s mom. “They have truly sourced the best of the best in the community,” says Garza. “I can’t get over that. My biggest fear is them all retiring before Julian is done.”

Dr. Fisher and Dr. Jarrahy agree it’s the care team as well as dedicated families like the Garzas that make the Saint John’s program special. “We have a smaller number of patients compared with academic centers, but we are so involved with these patients,” says Dr. Fisher. “Saint John’s has a very personal feeling about it. It truly is a labor of love and a passion project, starting with the people who founded the team more than 55 years ago.”

Dr. Jarrahy, who introduced Julian to his godson of the same age, considers his patients to be part of his extended family. “It’s really rewarding to know that when I meet a child, I’ll be part of their lives and they’ll be a part of mine for the better part of two decades,” he says, “and that’s part of the beauty of how we deliver cleft care at Saint John’s.” 

For more information on how you can support the Cleft Palate Program, please contact Susan Wilson at 310-829-8593 or susan.wilson@stjohns.org.



Pablo and Vanessa Garza turned to the Saint John’s Cleft Palate Center for the care of their son Julian.

ALL-AROUND CARE

A COMPREHENSIVE APPROACH TO TREATMENT EQUALS BETTER OUTCOMES FOR PATIENTS WITH MULTIPLE SCLEROSIS.

BY LAUREL DIGANGI

PHOTOGRAPHED BY THE MATTHEW SMITH

When Samantha Brown was first diagnosed with multiple sclerosis (MS) 14 years ago, she knew nothing about the disease. Frightened and confused, she consulted with a specialist who told her, “Just try to forget you have this disease and live your life the best you can.”

But that meager advice didn't sit well with Brown, so she sought out neurologist Barbara Giesser, MD, who was at another hospital at the time. Dr. Giesser joined Pacific Neuroscience Institute at Providence Saint John's Health Center, where she is building an MS program, in February 2020. “Dr. Giesser changed my life,” she says. “If I had listened to that first doctor, I can't imagine how challenged I'd be.”

Dr. Giesser is an internationally recognized expert with 40 years of experience in the treatment of MS who employs a comprehensive approach to treating patients. “Our mission at PNI is to treat the whole patient,” says Dr. Giesser. “It's not just about medication. The





state-of-the-art care for people with MS involves disease-modifying drugs coupled with symptom management coupled with lifestyle and psychological well-being.”

This multifaceted approach, which includes individualized treatment plans and encourages patients to be active participants in their care, has helped Brown, now 49, manage her disease. She also continues to live an active, productive life, which today includes regular exercise, multiple hobbies and a full-time career in technology and media.

DISEASE-MODIFYING THERAPY

Multiple sclerosis is a chronic, autoimmune disease that affects a patient’s central nervous system by damaging myelin—a substance that wraps around and protects nerve fibers—causing lesions on the brain and/or spine that interrupt the nerve signals. Patients with MS can experience a wide variety and range of symptoms from fatigue, muscular weakness and “brain fog” to difficulty walking and full or partial paralysis. Patients may also experience vision issues, numbness,

speech problems, tremors, hearing loss or depression.

Because other conditions can be mistaken for MS, Brown had a battery of tests including an MRI, evoked potential testing and a spinal tap. “An accurate diagnosis is a very important part of managing patients with MS because the earlier you start disease-modifying drugs, the better the patient will do overall,” Dr. Giesser says.

These drugs are an important tool in MS treatment. “Since the advent of disease-modifying therapies, I tend to rarely see the profound levels of disability that I used to see 40 years ago,” says Dr. Giesser. “There are about two dozen Food and Drug Administration-approved disease-modifying therapies that can decrease the occurrence of new areas of nerve damage.

The most common form of MS is called relapsing-remitting. “Over three-quarters of people with MS start out this way,” says Dr. Giesser. They get an episode, which is the onset of neurologic impairment. Then they’re OK for a while until they get another episode. Disease-modifying therapy has shown to reduce the number and severity of attacks.”

Brown is currently taking one of the newer, highly effective disease-modifying therapies—which is an immunotherapy. “In her case, it’s resulted in clinical and radiological stability,” says Dr. Giesser.

“It’s a great medication that’s slowed my MS, and I haven’t had any new lesions in two years,” says Brown. “But we don’t know how much of this success is due to the medication and how much is due to how well I take care of myself.”

Dr. Giesser agrees. “Lifestyle strategies are equally as important in managing this disease as medications,” she says. “Brown’s healthy lifestyle, combined with highly effective therapy, has proven very successful.”

EVIDENCE-BASED DATA ABOUT EXERCISE AND DIET

Exercise plays a big role in Brown’s overall health. Each day she engages in some form of physical activity: walking on a treadmill, training with resistance bands and hand weights, or even playing tennis.

She’s also participated in Walk MS and Bike MS—the latter after not having ridden a bike since she was 10 years old. “But I got on that bike! I was riding along with other people, and it was amazing to see the support,” she says.

“People with MS should exercise, just like we all should,” says Dr. Giesser. When she first began her practice, the conventional wisdom was that MS patients should not exercise or exert themselves, she says, adding: “That’s the worst thing doctors could have told them.”

Conventional wisdom is that exercise promotes cardiovascular health, bone health and endurance. However, for MS patients in particular, Dr. Giesser explains that exercise has also been shown in some cases to improve MS symptoms such as fatigue, muscle tightness and depression.

“In addition, we’re starting to get evidence-based data from animal studies showing that exercise and physical activity are anti-inflammatory and help establish new nerve connections. We also have some data that in people, they have the potential do the same thing,” she says.

Diet is also important for people with MS. “We’re also starting to get evidence-based data from small trials that certain diets might improve certain symptoms in patients with MS. A general guideline is to eat a diet that includes lots of colorful fruits and vegetables and avoid highly processed foods and saturated fats.”

SYMPTOM MANAGEMENT

According to Dr. Giesser, medications can lessen the symptoms of MS, and there are also certain strategies, such as physical therapy, occupational therapy and



psychological counseling, that can benefit patients. She referred Brown to an occupational therapist, who gave her the tools to succeed in her career despite the occasional “brain fog” brought on by MS.

“The occupational therapist showed me apps that helped me organize my life so I wouldn’t need to hold so many things in my head simultaneously,” says Brown. “She also showed me exercises to help strengthen my fingers.”

These exercises not only helped Brown at a computer keyboard but also in two of her favorite hobbies—abstract painting and gardening—which help de-stress her. She’s also supplemented her care with Eastern medicine, such as acupuncture, and has learned to find quiet time and how to listen to her body.

“If I push myself too hard, I could have an MS attack or my body will feel it the next day,” she says. “In the past, I told myself that I can push through—I can do it—but now I ask myself, “Should I?”

NEW FRONTIERS

Although disease-modifying drugs may stop damage, they cannot repair the nerve cell’s myelin. However, researchers are hopeful about the potential to develop new therapies.



Medication and lifestyle management have helped Samantha Brown stay healthy and active.

“There’s a lot of work going on in MS research with compounds that can stimulate repair,” says Dr. Giesser. “The cells that make the myelin are called oligodendrocytes. In MS, the normal repair mechanisms where the oligodendrocytes would normally help repair the myelin are blocked or prevented from repairing or don’t mature. So researchers are testing compounds that will help these cells make more myelin when an area is injured.”

According to Dr. Giesser, MS diagnosing techniques also continue to improve as MRI software and hardware is tested and refined. “Researchers are also conducting trials now to look at new imaging metrics that will help us be even more sensitive and more specific,” she says.

THE DREAM OF “ONE-STOP SHOPPING”

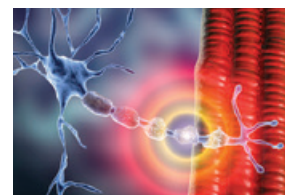
MS patients are particularly frightened after their initial diagnosis. Thus, Dr. Giesser feels they would benefit from visiting multiple professionals back-to-back. Her ideal scenario would be for patients to receive all their information about medication, treatment, diet, exercise, counseling and other support specifically geared toward MS patients under one roof at PNI, in the form of “one-stop shopping.” Philanthropic support of the program would

help develop this approach as well as provide for an expansion of MS programs.

“I would also like to have different programs for people at different stages of the disease, because someone who’s newly diagnosed has different needs than someone who’s been living with MS for a long time,” she says.

She believes that this is a very hopeful time in the treatment of MS. “This is a treatable and controllable condition, and it is absolutely possible to live well with MS.”

Brown agrees and is grateful to the philanthropists and supporters of MS fundraisers for their heartfelt support of patients who are battling a lifelong condition. “Dr. Giesser has helped me see that MS is one part of me; it’s not all of me,” says Brown. “It can be an awakening that helps you look at what you want to do in life and find ways to do it—to not be frightened by the journey ahead but instead be excited about what’s to come.” 🍷



To learn more about how you can support the multiple sclerosis program at Pacific Neuroscience Institute, contact Meghan Chereck at 310-829-8394 or [meghan.chereck@stjohns.org](mailto:chereck@stjohns.org)

Helping Others is Her Way of Life

Including Saint John's in her estate plan ensures Grace Cherry's legacy will endure.

BY NANCY SOKOLER STEINER / PHOTOGRAPHED BY TAMEKA JACOBS

When Grace Cherry, RN, was only 3 years old, she would take her grandfather's pills to him. "I was a nurse at a very young age," she says with a laugh. Her drive to help others has remained with her ever since.

A registered nurse by training, Cherry recently created a living trust that includes Providence Saint John's Health Center as a beneficiary. "I think Saint John's is the best hospital in Southern California," she says.

Raised in the Philippines, Cherry came to this country at age 18. She grew up without much financial security and witnessed the necessity of hard work to succeed in life. However, despite the early experience with her grandfather, she didn't yet realize how fulfilling she'd find the profession of nursing. She decided to go to nursing school when she discovered that nurses earned \$20 per hour—an impressive wage at the time.

Cherry soon discovered that she loved the profession. After working at Children's Hospital Los Angeles for several years, she joined a nurses registry and found herself regularly assigned to the orthopedic floor at Saint John's. There she met the late Leonard Marmor, MD, a renowned orthopedic surgeon who pioneered the technique of unicompartmental knee surgery (partial knee replacement).

Impressed with Cherry's nursing skills, he began referring private patients to her for at-home care following surgery. "Dr. Marmor told me, 'You're such a good nurse. You should start your own agency,'" recalls Cherry.

She took his advice and in 2001 founded Allwest Nursing Services, Inc., a licensed home care agency serving patients with a range of care needs and specializing in recovery after orthopedic surgery. The agency's reputation grew, and new clients poured in.

Cherry's responsibilities as CEO keeps her busy. And she takes pride that she has a reputation for strictness among current and potential

employees. But the Glendale resident finds time for many philanthropic endeavors. In addition to Saint John's, she supports the Los Angeles Regional Food Bank, Los Angeles Mission, Midnight Mission, Hope Valley Rescue and other organizations. She also donates to seminaries in the Philippines, sponsors nursing scholarships and supports programs to feed the poor.

"Success in business is indeed a blessing," she says. "I so wanted to give back to the community. I wanted to make a difference in our world. Though I have no children, I feel I have many children through the many charities I help."

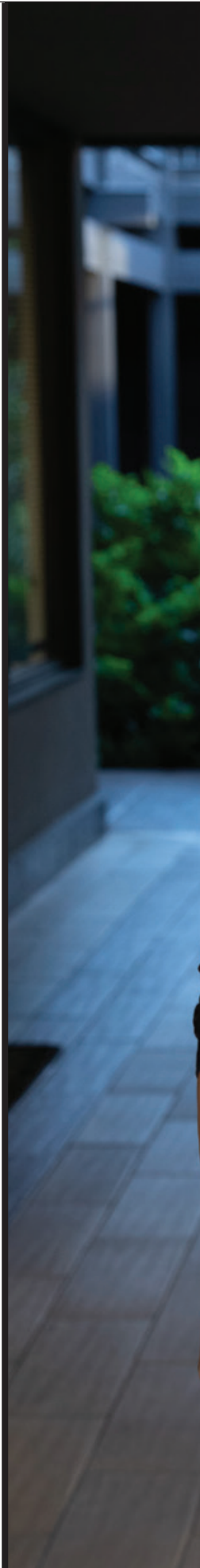
Giving is a value she embraces every day. While shopping, Cherry says, she sometimes asks herself: Do I really need this? My charity projects need it more.

"When I see the thousands of cars lining up for groceries at the LA Regional Food Bank, one of my favorite charities, my heart hurts," she says. "I thank the Lord every day to gift me the privilege to help the less fortunate. What good is success if you won't share with others? There's a satisfaction in knowing that my hard work will pay off in helping others even beyond my lifetime."

As the owner of a home, investments and a successful business, Cherry recently decided to complete a living trust. She is single, so she wanted to make sure her assets would go to worthy causes and individuals when the time came. That meant including Saint John's in her estate plans.

"I wanted to leave my estate to people who helped me, respected me and were good to me," she says. "If not for Saint John's, I don't know what the trajectory of my company would have been."

But more than business motivated Cherry's bequest to the health center. "I have been to almost every hospital in Greater Los Angeles," she says. "Saint John's is the only one I'd go to if the need arose. They have great doctors, great nurses—great everything!"





“What good is success if you won’t share with others? There’s a satisfaction in knowing that my hard work will pay off in helping others even beyond my lifetime.”

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 for 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.

Exceeding Our Goal and Exceedingly Grateful

Philanthropy is a key component in funding community hospitals. Without the generosity of our private donors, the clinical performance and compassionate care we expect from Providence Saint John's Health Center would be difficult to achieve. The overwhelming success of our three-year Power of Partnership campaign is a testament to our donors and Saint John's leadership who propel us to next-level excellence.

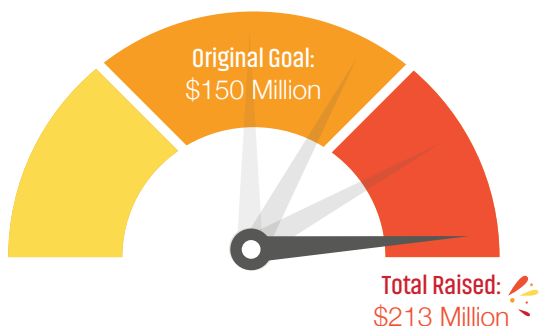
The initial fundraising goal was to secure \$150 million to drive advancements in technology, research and education. To date, we've received \$213 million—exceeding our original goal by more than \$60 million. The Power of Partnership campaign began with our campaign committee and was driven by our trustees and donors who inspire us and share in serving our community. Transforming Saint John's from a small community hospital into a world-class health center is a team effort that attests to the power of partnership.

MARY FLAHERTY

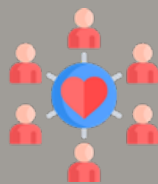
Chair, Saint John's Health Center Foundation Board of Trustees
Co-Chair, Power of Partnership Campaign

GRETCHEN WILLISON

Co-Chair, Power of Partnership Campaign



NUMBER OF DONORS, GIFTS AND DOLLARS RAISED BY FIRST-TIME DONORS:



NUMBER OF DONORS
3,040

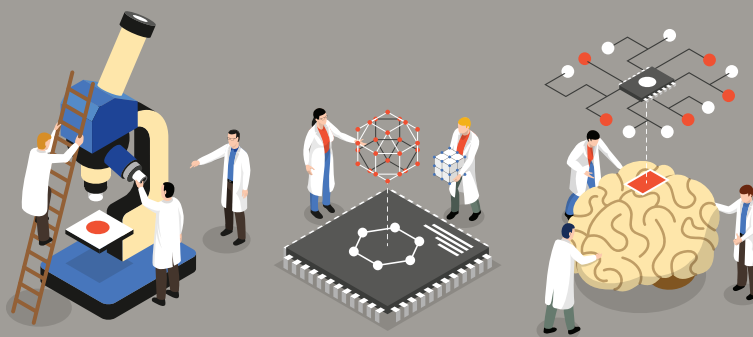
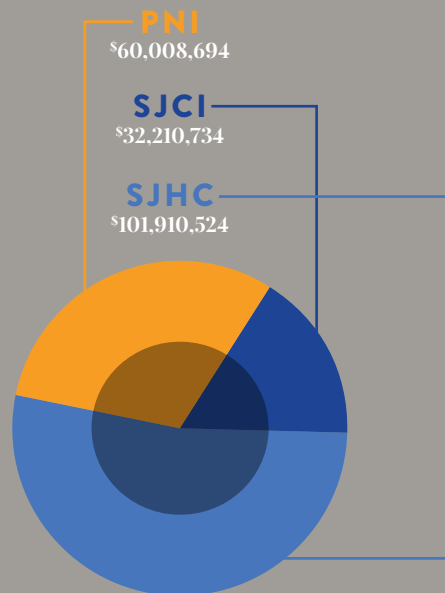


GIFTS
3,042



DOLLARS
\$7,942,945

FUNDS RAISED TOWARD PNI, SJCI AND SJHC:



NUMBER OF DONORS, GIFTS AND DOLLARS RAISED BY CONSTITUENCY:

Donors	Gifts	Dollars Raised
124 TRUSTEES	636	\$61,360,425
204 EMPLOYEES	4,244	\$115,496
67 PHYSICIANS	117	\$290,632
5,174 INDIVIDUALS (OTHER)	10,788	\$42,281,616
352 CORPORATIONS	592	\$34,664,160
239 FOUNDATIONS	1,275	\$54,314,149
47 ORGANIZATIONS	259	\$1,103,474
25 REVOCABLE ESTATES	24	\$18,992,165

NUMBER OF DONORS, GIFTS AND DOLLARS RAISED BASED ON GIFT LEVEL:



Campaign Honor Roll

Our generous donors share in the privilege of serving the community and changing people's lives through access to better health care every day. Saint John's is proud to acknowledge and thank the following individuals and organizations for contributing gifts totaling \$10,000 or more during the Power of Partnership campaign, September 1, 2018, through August 31, 2021.

\$25M+

Providence St. Joseph Health System
Will and Cary Singleton
Anonymous

\$5,000,000 – \$24,999,999

Ruth and Alan Berliner
Mary and Jay Flaherty
Hildegard Brant Harris *
Rosalie and Harold Rae Brown
Charitable Foundation

\$1,000,000 – \$4,999,999

Bonnie and Bill Apfelbaum
Aramont Charitable Foundation
Judy and Chuck Beck
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Blossom Trustman *
Donna Tuttle and David Elmore
Dallas Price and Bob Van Breda
Paul Verdon
Dr. Byron Vreeland
Edward and Mary White
Anonymous

\$500,000 – \$999,999

The Ahmanson Foundation
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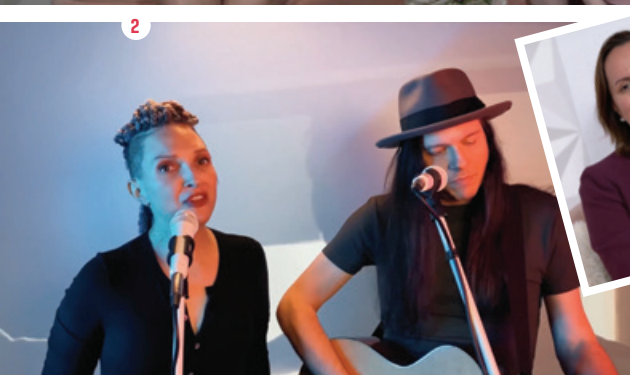
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POWER OF PINK

The Margie Petersen Breast Center at Providence Saint John's Health Center presented "Power of Pink 2021" on October 26. The inspiring and informative event featured Janie Grumley, MD, director of the Comprehensive Breast Program, Margie Petersen Breast Center, as well as Parvin Peddi, MD, Crystal Fancher, MD, and Robert Wollman, MD, who discussed the latest in breast cancer prevention, treatments and research. The event was hosted by breast cancer survivor and advocate Kym Douglas, a bestselling author and beauty expert on *The Ellen Show*. Guests also enjoyed appearances by Samantha Harris, Emmy-winning TV host, author and former host of *Dancing with the Stars*, and singer-songwriters Dausat St. Marie.

We are grateful to all who supported this vital fundraiser. If you haven't donated yet, please consider making a gift to help transform the lives of breast cancer patients and survivors. Breast cancer services and research has come a long way, but there is still much work to be done.

1. Dr. Crystal Fancher, Tara Kays, RN and Molly Frankle
2. Special Performance by Dausat St. Marie
3. Dr. Parvin Peddi
4. Dr. Janie Grumley
5. Host Kym Douglas, TV host, best-selling author, beauty expert on *The Ellen Show* and breast cancer survivor advocate

For more information on supporting the Margie Petersen Breast Center, visit saintjohnsgoespink.org/saintjohnsgoespink or contact Pam Solomon from Saint John's Health Center Foundation at pamela.solomon@stjohns.org or 310-699-7794.

In Memoriam: Remembering Thomas P. Mullaney



Saint John's Health Center Foundation mourns the passing of a friend and Life Trustee Thomas P. Mullaney, who died on March

16, 2020, at age 86. His wife, Carol, predeceased him in 2010. They leave behind four children and nine grandchildren.

Mullaney graduated from the University of New Hampshire with a degree in civil engineering and then obtained an MBA from Harvard Business School. His business career was varied and extremely active for more than 40 years. He served as president and director for a number of major international corporations including Wilson Sporting Goods, Dart Industries, The Olga Company and Softsel Computer Products. He is remembered as a mentor to many.

He supported numerous charitable organizations, including Saint John's Health Center Foundation. He was an active trustee who joined the board in 1976, sponsored by the late John Anderson. Mullaney served on the investment and board affairs committees and regularly participated in numerous foundation events, such as the annual golf tournaments, Chautauqua, Epicurean Society dinners and trustee gatherings. We were blessed to have his wise counsel, generous support and Irish humor.

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- PAGE 10 -

Preventing Digestive Disease

A new institute focuses on keeping patients free of gut ailments.



- PAGE 28 -

A Caregiver to the End | A longtime nurse seeks to help others for decades to come.

Saint John's has a very personal feeling about it. It's truly a labor of love and a passion project, starting with the people who founded the team more than 55 years ago."

—DR. DANELLE M. FISHER

Making Kids Whole

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