

FALL-WINTER 2019-20

The Difference

Three families:
Journeys of gratitude



Adventist Health

Glendale Foundation



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FALL-WINTER 2019-20

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It's a privilege...



*Helen McDonagh
Chair, Foundation
Board of Directors*

...to lead the Foundation Board during these two years and serve alongside my fellow Board members who often refer, in the first-person, to Adventist Health Glendale as “my hospital.”

As a local business owner, I've been involved in business-related activities in Glendale and a large portion of the Los Angeles area for many years. Selecting the “best” hospital, particularly with the sizable number of highly regarded medical facilities within and located a short distance from Glendale, is an important health care decision to those who live and/or do business here.

So, when employers and other business leaders tell me of the positive experiences they've had at Adventist Health Glendale — for themselves, a family member, perhaps a friend, a business colleague — that's a great feeling worth sharing.

It's a great feeling because I experience first-hand the Foundation Board's efforts in securing the resources needed that help support the hospital's mission and future goals. As volunteers, it's a privilege for each one of us to serve such a noble cause. And for me, personally, I'm also proud to say that Adventist Health Glendale is “my hospital.”

A handwritten signature in black ink, appearing to read 'Helen McDonagh'.

The greatest joy...



*Irene Bourdon, MPH, CFRE
President, Adventist Health
Glendale Foundation*

...that my Foundation team — staff, volunteers and Board members — and I experience is witnessing the deep satisfaction and fulfillment that everyday donors feel when they make a philanthropic gift. It doesn't matter if it is a monetary gift, a gift of time and talent, or if it is the simple gift of offering and accepting thanks.

Giving back to others makes us happy and can not only contribute to a purposeful and meaningful life, it can also be an important part of one's healing process. The “everyday donors” you will meet in this issue of *The Difference* illustrate this far better than any words can express. The cumulative impact that our annual donors have on the lives of our patients and our clinical staff is truly exponential. Together, we do more, we accomplish more and most of all, we all enjoy more.

A handwritten signature in black ink, appearing to read 'Irene Bourdon'.





'We've come a long way in the past year'

Dear donors and friends:

When I joined this hospital in July 2018, I saw tremendous potential for growth and positive change. Since then, I've shared with you my optimism and ideas for the future. I've also done a lot of listening, and what I've heard is that you have pride in our physicians, nurses, associates and the quality of services we provide. I really like hearing that!

Adventist Health Glendale is hearing that from others, too. Most recently, *U.S. News & World Report* ranked us 10th among the 130 hospitals in the Los Angeles metro area, with special recognition for high performance in six specialty areas including neuroscience, orthopedics and geriatrics, nephrology, urology, and GI & GI surgery.

Earlier this year we earned The Leapfrog Group's Hospital Safety Scorecard "A" grade for the ninth consecutive time! This put us among the top 4% of hospitals nationwide. The American Heart Association/American Stroke Association certified the hospital with the highest rating for stroke and cardiac care. The City of Glendale also recognized the exceptional life-saving care at our Comprehensive Stroke Center.

Readers of the *Glendale News-Press* voted us "Best Hospital." The next Compassion in Action — Mission Armenia is planned this fall, once again reaching thousands of patients in need of care.

FIVE-YEAR STRATEGIC PLAN

I was appointed at a critical time when this hospital strongly needed strategic direction for the future. I want you to know of the exceptional steps we've already taken to develop a five-year strategic plan and the momentum we've gained to continue improving patient outcomes, enhance the physician-patient experience, grow and expand our services, and move closer toward becoming a destination medical center for Southern California.

Among advancements is the addition of more than a dozen world-class doctors in several specialty areas at our medical center. We will continue to recruit more "top docs" to our medical staff so you will receive an even wider selection of services right here on our campus.

We've come a long way in the past year, and with your continuing support for this medical center and the Foundation, there's no limit to what we can achieve together. Thank you for being a valuable part of the Adventist Health Glendale team!



Sincerely,

Alice Issai

Alice Issai, President

Randy Miller, RN, left, and Edith Pierson, RN, give Jayson Lee a tour of the NICU.



*“We know this gift is going to help children (today) and children to be.”
— Jayson Lee*

Promise made, promise kept

A mother’s gift is fulfilled for saving her son’s life

FORTY-FOUR YEARS AGO, JAYSON Lee’s mother made a promise. Some day, when times were better, she would make a gift to the Neonatal Intensive Care Unit (NICU) at Adventist Health Glendale, where in the summer of 1975 the doctors and nurses saved the life of her premature baby.

“My mother made a promissory pact with the Lord God Almighty Jesus Christ, that if He allowed her son to live,” Jayson said. “Maybe you could call it pay it forward.”

His mother’s promise is now fulfilled.

This past June, Jayson made a surprise visit to the Foundation office. He shared the story of his mother’s “promissory pact” and wanted to make a contribution on her behalf to the department where he was born and cared for during the first weeks of his life.

“My mother always had this in her mind,” Jayson explained. “She prayed that when we’re in a better place in our lives... that she wanted to make good on her promise. I applaud that in her; that’s a good trait to have.”

Jayson grew up in Los Angeles and for the past 10 years has driven a bus for the city’s Metro Transit Authority. On a recent day off from work, he visited the NICU and was welcomed by Randy Miller, RN,

nurse manager; John Mapp, MD, neonatal-perinatal specialist; and Irene Bourdon, Foundation President, plus NICU nurses and other members of the Foundation staff.

“We know this donation is going to help children (today) and children to be,” said Jayson, who presented a generous check as a gift from his mother, who wishes to remain anonymous.

“It is with much gratitude that our NICU accepts this generous gift from the Lee family,” Randy said. “I was very proud and impressed to hear Jayson’s story and to know that even 40 years ago our community NICU was making such a great impact in Glendale.”

“What a privilege it was to witness Jayson’s gift and to see how happy and complete it made him feel to fulfill his mother’s promise. It was also very meaningful for the NICU team, Randy and Dr. Mapp to meet one of their miracle babies 40+ years later.”

*— Irene Bourdon,
Foundation President*

Jayson Lee (center) is welcomed to the NICU by Nurse Manager Randy Miller, RN, and Dr. John Mapp.



Marilyn's journey



Each New Year's Eve, Marilyn remembers a life saved

Like clockwork, on or about New Year's Eve, Marilyn Brooks makes a donation to the Foundation at Adventist Health Glendale. She has done this faithfully since 2006, the year her husband Chip suffered a stroke, because, in her words, "I credit the hospital with saving his life."

Today, Charles (Chip) Brooks is in good health, and the gratitude Marilyn feels is a life-long commitment to "giving back" to the hospital by contributing toward ongoing needs in patient care.

"I'm not giving because I expect anything in return," she says. "I'm continuing to give so it's there for someone else as well. Hopefully, they will have the same benefit and the same positive outcome."

How this story began 13 years ago and what motivated Marilyn to initiate her journey of gratitude involves guardian angels and insurance payments to the hospital. If this sounds like an unusual combination, read on. They'll come together.

"GODSEND OF ALL GODSENDS"

On a Wednesday at around 9 p.m., Chip was at home with Marilyn when his stroke occurred. It was attributed to "atrial flutter," a heart-related abnormality when upper and lower chambers beat at a different rate. In other words, they're out of synch. As a result, blood clots may form around the heart and can break off.

Treatment may consist of cardioversion, an electrical charge that restores a regular rhythm to the heart, and a blood thinner such as Coumadin.

At the time, Chip, a former TV sitcom and variety shows editor and director with more than 600 network credits, was in the care of doctors at a hospital outside of Glendale. However, on the night he suffered the stroke, paramedics were turned away from that hospital because its emergency room was full. The next closest hospital was Adventist Health Glendale,

"which turned out to be the godsend of all godsendings," Marilyn recalls.

"Glendale in their protocol had the ability to go up with a probe and clamp and remove the clot. The other hospital did not (at that time) have that capability. Had he gone to the other hospital, my guess is a significantly different result. I believe in guardian angels, and I think Chip has a lot watching over him."

*"I believe in guardian angels, and I think Chip has a lot watching over him."
— Marilyn Brooks*

"IT WAS RIDICULOUS"

Later that night, the hospital's stroke team performed a clot-removing thrombectomy, a procedure performed successfully at AHGL long before many facilities in the Los Angeles area. By morning, Chip was beginning

to regain motion on his left side, which had been paralyzed by the stroke, and two days later he went home.

"I credit that to the fact they were able to do the procedure," Marilyn explains.

of gratitude

*“Life is priceless, and as such
you can’t put a price tag on it.”*
— Marilyn Brooks



Cocoa relaxes at home.

When her husband’s medical bills arrived, Marilyn noted that insurance reimbursement paid to the hospital was less than 15 percent of its charges.

“I thought it was ridiculous,” recalled Marilyn, now a retired CPA with experience auditing health insurance carriers. “I was offended and appalled at the lack of money the hospital got for the quality of care provided. The amount that hospitals receive from insurance...that’s not a sustainable business model.”

“I WAS SO GRATEFUL”

Marilyn wanted to contribute additional financial support to the hospital. “I was so grateful...it was sort of trying to make up the difference and give back for the excellent care they had given Chip.”

While visiting her husband in the intensive care unit, she noticed that his bed

was given by an anonymous donor. She asked what ICU beds cost: they’re \$75,000 each. “Well, guess I’m not buying you a bed this year!” she joked. Not to be deterred, she made a commitment — \$1,000 a year to start — from money saved each pay period for charitable contributions.

“It started at a lower amount and when I was able to do more I upped the ante,” she reflects. She’s had good reason to give more. In 2013, Chip confronted a burglar at home and nearly died from his injuries and, once again, AHGL gave life-saving care.

As certain as the clock strikes midnight this coming New Year’s Eve, Marilyn once again plans to be in touch with the Foundation with a donation to AHGL.

“The hospital saved Chip’s life. It’s a debt that can never be repaid.”

Latest figures from Adventist Health Glendale’s Finance Department report the hospital’s rate of reimbursement from insurance is running at 17.5% of charges. “Each insurance carrier pays differently, so this is our overall percentage,” says Sara Osmanson, Finance Director.

*Chip’s gallery of people
he’s worked with
ranges from President
Lyndon Johnson and
Bob Hope to Mary
Tyler Moore and
Lucille Ball.*



Transforming Clinical Practice

Millions of dollars in savings, patients 'leading healthier lives'

THERE'S A DRAMATIC improvement in the way patients with chronic health-related conditions are being monitored and receiving care, and it's happening in Glendale and surrounding neighborhoods.

Adventist Health Glendale (AHGL) is part of a growing network (Los Angeles Practice Transformation Network) of primary care physicians and clinics working to transform the delivery of care to hundreds of thousands of adult patients.

Through a Medicare-funded grant, the Transforming Clinical Practice Initiative (TCPI) is completing its fourth year. The initiative strengthens the quality of patient care which helps practices spend health care dollars more efficiently, according to Project Director Kerry Nelson. The outcome is better coordination in treating patients with diabetes, depression,

mental health, obesity and other chronic health-related conditions.

"TCPI is also benefitting communities by saving millions of dollars in fewer hospital readmissions and a reduction in emergency room visits by chronic users," Nelson explains, "but the most important beneficiaries are the patients themselves — they're leading healthier lives!"

At-risk patients are routinely engaged and undergo periodic assessments for key health-trend indicators, and their data is maintained in electronic medical records (EMR). The practice team then generates comprehensive reports which are reviewed regularly for any changes.



Dr. Emil Avanes (second from right), alongside office staffers Kristina Davtyan and Evana Grigorian display Certificates of Achievement for their exemplary outcomes in TCPI, presented by Project Director Kerry Nelson and Sai Vodela, LACare/LAPTN.

"What's the old saying? 'If you can't measure it, you can't manage it,'" says Emil Avanes, MD, one of about 16 medical practices and 24 AHGL physicians whose practices are participating in the project. "The most important thing is that it keeps us monitoring our patients in the same categories. By measuring the numbers, it indicates whether modifications are needed for improvements."

Each of the 16 participating practices has recently been designated by Medicare as a "Medicare Exemplary Practice," and the initiative's process has become a model for other practices in communities across the U.S.



The outcome is better coordination in treating patients with diabetes, mental health and other chronic conditions

Dr. Edmund Lew (right), Lew Medical, and members of his staff also are TCPI honorees.

ADVENTIST HEALTH GLENDALE physicians, nurses and support staff are traveling to Stepanakert and surrounding rural areas this fall, marking the hospital's fifth annual medical mission to deliver free lifesaving care to patients and specialized mentoring for doctors. The mission is scheduled from Sept. 26 to Oct. 6.

Founded in 2015, Compassion in Action — Mission Armenia is a collaboration between the hospital and the Armenia Fund. Physicians and other team members volunteer their time and pay their own travel and lodging expenses.

During four previous visits, more than 8,000 men, women and children received medical care, ranging from physical exams to complex procedures. Nearly 500 surgeries were performed, and many lives have been saved as a result.

Compassion in Action

MISSION ARMENIA

Dr. Mikayel Grigoryan, stroke and neuro-interventionalist, has performed procedures during several medical missions.



Hospital's medical team returning to Armenia

HOW YOU CAN HELP

Mission Armenia depends largely on donations to cover such critical needs like pharmaceuticals and medical supplies. The Foundation extends its appreciation to Greg and Caroline Tufenkian and Tufenkian Fine Arts for hosting a special fundraising evening on Sept. 15 in their Glendale gallery.

Additional donations to support Mission Armenia 2019 may be made by:

- Contacting the Foundation office at (818) 409-8055;
- Mailing a contribution to the Adventist Health Glendale Foundation, 1509 Wilson Terrace, Glendale, CA 91206; or
- Visiting adventisthealth.org/glendale/giving, and selecting Compassion in Action — Mission Armenia under the "Designation" section.

Nariene Torosyan, RN, volunteers for medical missions to Armenia and Mexico. This is her fourth Mission Armenia visit.



Photos courtesy of the Armenia Fund





Martha Rivera (left), CalFresh program director, congratulates Edison Principal Carmen Lebreque for her leadership in making the program successful. Team members who guided the project are (from left) Jennie Yopez and Stephanie Rodriguez, health educators; and Vanessa Cortez, project coordinator.

LEARNING TO EAT HEALTHY

Foundation supporting program to reduce obesity

WHEN CHILDREN LEARN at an early age that growing their own food is fun — and the fruits and veggies taste good, too — they're well on the way to eating healthy.

CalFresh Healthy Living, a health education partnership linking the Adventist Health Glendale Foundation and L.A. County Department of Public Health, is working to reduce the rate of obesity, high blood pressure and Type 2 diabetes among local school children. The focus is on preschool- and elementary-age kids and their families, featuring interactive activities such as food demonstrations, exercise (Zumba) and gardening.

For the past two years, students at Thomas Edison Elementary in Glendale have been growing carrots, tomatoes, kale, broccoli, chard, and other healthy greens, along with fruit and varieties of plants.

“Students reaped the rewards of their harvest by making a kale-broccoli-cranberry salad,” explains first grade teacher Kim Labinger. “They made soup in a solar oven from the carrots, tomatoes and chard they grew and harvested themselves. Most importantly, gardening teaches students patience and how to share and work as a community for a common good.”



Students experience a connection to the food they eat by growing it themselves.

Principal Carmen Lebreque adds, “For our students, this is a great opportunity not only to grow their own food, but to learn how the process works, how this food affects their body, and how it helps them grow and be healthy. It’s not just about the garden; exercise is an important component.”

The long-term goal of the program is sustainability of healthy consumption and exercise behaviors among the students. CalFresh Healthy Living hopes that the knowledge and experiences gained from the program will promote long-term positive health effects.



CalFresh recently recognized the Foundation for improving access to healthy food and physical activity in low-income communities.

Garden photo provided by CalFresh

Hattie Eick presents a diaper cake to Stephanie Castillo and her new baby daughter. She is joined by her mother Tina Eick and nurse Christal Bergado, RN.



Daughter donates gifts of gratitude

Hattie praises the hospital
for being 'so good to my dad'

Hattie Eick is one grateful daughter!

In October 2018, her dad, Foothills attorney Bill Eick, suffered a stroke that left him paralyzed on one side. He underwent emergency treatment by Adventist Health Glendale's ER and Neuroscience Institute stroke teams, and in the months that followed has made significant progress as an outpatient in the hospital's Physical Medicine and Rehabilitation Dept.

"Since this hospital has been so good to my dad in helping him toward recovery, I thought it would be a great place to make a donation," says Hattie, an elementary school teacher with considerable artistic skills.

And so, true to her word, she and her mother Tina loaded a good-sized rental truck and delivered 158 diaper cakes to the hospital's Maternity Unit, to be given to new mothers and their babies as a homecoming gift.

Diaper cakes are gift baskets resembling a fancy, multi-tiered birthday or

wedding cake. Hattie makes these cakes herself for friends and for her own online business. Each cake contains 50 disposable diapers, three receiving blankets and goody bags filled with cute but functional items for mom and baby — all topped with a plush toy and personalized for a boy or girl.

Hattie was inspired to create diaper cakes for other mothers when a fellow teacher gave her one during a difficult pregnancy with her first child. "It was gorgeous and thoughtful, a beautiful piece of artwork, and I thought it would be nice to share a little bit of magic with other moms."

Grace Kwasman, Women's Services director, and Marby Villarruz, Couplet Care manager, expressed their appreciation "on behalf of all our mothers and their infants. We thank Hattie and Tina for these generous gifts to our unit. Our patients are so delighted to receive such lovely gift baskets for their babies."

The Foundation is pleased to receive donations of gratitude that recognize exemplary care by the hospital staff in general, programs or specific treatment teams such as highlighted in the above article, and/or individuals such as physicians, nurses and support associates.

For information on how you may make a tax-deductible tribute gift, please contact the Foundation at (818) 409-8055.

Foundation workshop offers ‘Insights for Women’

By the year 2030, it’s estimated that two-thirds of wealth in America will be controlled by women. Further, 90 percent of all women will one day be solely responsible for their family wealth and estate.

How prepared will women be for these important responsibilities? Last May, the Foundation presented “Insights for Women: Assuming the Mantle of Family Financial Leadership,” a workshop that focused on this very question.

“It’s never too soon to begin preparing for your financial future and that of your

family,” Foundation President Irene Bourdon advised. “It’s also a good time to learn about the opportunities and potential tax benefits of a planned charitable giving program.”

Foundation Board member Alina Koutnouyan, a certified financial planner, organized the workshop and moderated a panel of specialists covering wealth management, financial and estate planning, insurance and accounting.

“When it comes to sound financial, estate, tax and philanthropic planning, you don’t need to know it all,” said panelist Diane Doolin, financial advisor, Morgan Stanley, “but you do need a team of trusted advisors to help you make the important decisions that benefit you and your family.”



Endowment gifts will benefit patient care for generations

DO YOU KNOW ABOUT THE Oak Society? Established in 2005, it’s a group of caring people among the Foundation’s family of donors and friends whose financial contributions are growing the hospital’s endowment.

Why is this important?

“An endowment helps ensure the future stability and legacy of the medical center for future generations,” explains Foundation President Irene Bourdon.

The portfolio of endowment funds is carefully managed by the Foundation’s Board of Directors. As the principle grows, income generated by the interest will provide ongoing support for greatest needs throughout the hospital, such as advances in technology and other patient care programs.

“Your tax-deductible gifts of any amount to the Oak Society helps the endowment to grow,” Bourdon adds. “Every donation is important and will benefit patient care for many years to come. All gifts are gratefully acknowledged with a letter of appreciation.”

A LEGACY OF GIVING WALL

To those donors whose cumulative gifts to the endowment total \$10,000 or more, whether through the Oak Society or a separate donation, the Foundation offers the opportunity for recognition on the new Legacy of Giving Wall, located in the East Tower’s Robert C. Osher Memorial Lobby.

“Many of our donors and friends have given to the endowment over a period of years and may be nearing the cumulative \$10,000 level,” Bourdon says. If you are interested in learning how you can join other community leaders in this special recognition, we invite you to contact the Foundation office at (818) 409-8055.

Donors currently recognized on the wall are:

NAMED ENDOWMENTS

The Robert & Wende De Pietro Endowment
The Robert C. Osher Memorial Endowment

\$250,000 - \$499,999

Mr. Fred Keenan; The Robert C. Osher Trust

\$50,000 - \$249,999

Mr. George Dawley; Robert & Wende De Pietro; Mrs. Margaret Kaufman, Mr. Page Whyte

\$25,000 - \$49,999

Estate of Victor R. Cicone

\$10,000 - \$24,999

Rev. and Mrs. Andy Bales; Family Practice of Glendale; Mr. and Mrs. Kenneth Fanning; Mr. and Mrs. Michael Hamilton; Mr. and Mrs. Alfred Montapert; Dr. and Mrs. Douglas Schultz; John and Ann Scoggins

Test Your Family Financial Readiness

Workshop participants were put to the following test.
How well are you prepared?

1. Are all of your **important records** organized in a central location?
2. Does your spouse/partner/children (or executor) know where to access your **key records** and other information (passwords, authorizations, etc.)?
3. Do you have an **up-to-date** will, living trust, power of attorney, and healthcare directive?
4. Do you have a relationship with your family's **financial advisor** and know what services and advice are provided?
5. Do you have a relationship with your family's **estate planning attorney** and know what services and advice are provided?
6. Do you have a relationship with your family's **insurance advisor** and know what services and advice are provided?
7. Do you have a relationship with your family's **tax advisor** and know what services and advice are provided?
8. Have you introduced your children to your family's **professional advisors**?
9. Do you have family meetings to **engage your children** in the financial and estate planning process?
10. Have you established a formal or informal **giving program** to engage your entire family in sharing their passions and values?

Make philanthropy a family tradition where family members understand the importance of philanthropy to the family's identity and the good it does in the community and beyond.

*Courtesy of The Doolin Group at Morgan Stanley.
Source: Institute for Preparing Heirs,
© 2019*



Speakers and panelists

Alina Koutnouyan, MBA
Principal
AOK Consulting, Inc.

Jason Brown
Vice President, Financial Advisor,
Senior Portfolio Manager
*Morgan Stanley
Wealth Management*

Diane Doolin
Executive Director —
Financial Advisor
*Morgan Stanley
Wealth Management*

Mica Miyamoto, CPA
Partner
Hutchinson and Bloodgood, LLP

Vanessa Terzian
Partner
Primuth, Driskell & Terzian, LLP

Irene Bourdon
President
*Adventist Health
Glendale Foundation*

Just a phone call away

To learn more about the benefits of a planned giving program through the Adventist Health Glendale Foundation, you are invited to call the Foundation at (818) 409-8055.



Foundation Board Chair Helen McDonagh (center) greets seminar presenters Alina Koutnouyan, Vanessa Terzian, Jason Brown, Diane Doolin and Mica Miyamoto.

To enroll in the program, make a reservation, or if you have questions, please contact Melissa Varraveto, Live Well Senior Program at (818) 409-8354, or visit: adventisthealth.org/glendale. Click on Services and scroll down to Live Well Senior Program.

Live Well Senior Program:

Have you enrolled yet?



Exercise classes are especially popular with seniors.

Photo provided by Live Well Senior Program

SENIORS ACROSS THE community are discovering exercise classes and learning programs offered by the hospital's Live Well Senior Program. They are offered free to people age 60 and over, but you must first enroll in the program to take advantage of the free classes and other activities. Enrollment is quick, easy and free. Please see the contact information (phone or online) highlighted above.

Here are classes and activities offered to those who enroll in the Live Well Senior Program:

Tai Chi — A mindfulness practice combining breathing with gentle flowing movements. Bobbi Koonse, instructor, Tuesdays, 11 a.m.-noon.

Chair Yoga — Use the support of a chair to improve flexibility, increase strength, balance and flexibility. Tracy Moroney, certified yoga specialist, Fridays 11 a.m.-noon.

Balance Fit — Designed to reduce risk of falls, restore balance, and improve mobility. Bobbi Koonse, certified balance and mobility specialist. Thursdays, 2:30-3:30 p.m.

Yoga for Bone Strength — Increase flexibility and bone density while improv-

ing balance and coordination. Barbara Wood, certified yoga therapist, Wednesdays, 2:30-3:30 p.m.

Diabetes Awareness Workshop — How to identify risk factors and prevent diabetes. Third Thursday of each month, 1:30-2:30 p.m.

Alzheimer's Workshop — Learn about the latest research, causes, detection and supporting information about Alzheimer's and dementia. Inquire for dates and times.

Classes are held in the Community Services Center on the hospital campus, 311A Vallejo Drive (across from Vallejo Drive Seventh-day Adventist Church).



Most classes are held in the Community Services Center, located on campus and accessed from Vallejo Drive.

LEARN FROM PHYSICIANS

Come for monthly luncheons in the hospital auditorium and hear a presentation by one of Adventist Health Glendale's outstanding physicians on subjects of special interest to seniors. Upcoming luncheons, guest physicians and events are:

Oct. 14 — Dr. Linh Chen, medical director of radiology, will talk on "3-D Mammography: Early Detection Saves Lives."

Nov. 11 — Dr. Charles Peterson, family medicine physician, will talk on "Addiction and Prescription Management."

Dec. 12 — Year-end holiday party, location to be announced.

TEA TIME WITH A PHYSICIAN

New this year, come for tea with a hospital physician. This program is open to adults of all ages, but seniors also are invited. The next tea is scheduled for Thursday, Nov. 7, from 2 to 3:30 p.m. Physician and topic to be announced.

Reservations are required for the luncheons and teas. Please call Melissa Varraveto at (818) 409-8354 or send an e-mail to varravmb@ah.org

Breast surgeon Dr. Dennis Holmes talks with guests Seta Babaian and Grace Long following a Live Well Senior Program tea.



Oct. 13 Health Fair planned for seniors

The Live Well Senior Program will host a free health fair for people age 60 and above on Sunday, Oct. 13, from 1 to 4 p.m. at the hospital's Community Services Center.

Health screenings planned include blood pressure, stroke, heart and diabetes risk, glucose test, carotid artery, vision and hearing. A pharmacist will be available for consultation, and free flu shots also will be available.

"We want our seniors to be as healthy as possible, so this is an important event to attend. No reservations are needed," says

Melissa Varraveto, senior community outreach associate. "We're also going to have food, raffles and prizes."

The Community Services Center is located on the hospital campus, right across from the Vallejo Drive Seventh-day Adventist Church.

For further information, please contact the Live Well Senior Program at (818) 409-8354, or go online to: adventisthealth.org/glendale/. Click on Services and scroll down to Live Well Senior Program.



The John Stauffer Charitable Trust Community Health Van will be at the fair to provide free screenings, including stroke, heart and carotid artery. Now in its fifth year of service to the community, the van enables the hospital to reach into neighborhoods to increase residents' access to essential health care needs.

The Guild.

at Adventist Health Glendale



Membership growth makes big splash at annual meeting

*Marguerite Marsh, PhD,
joins host Michele Boghossian*

Beach party attracts enthusiastic support

Ten new members joined at the annual membership meeting in June, a one-day record for that event, and since 2017 the number of “new faces” in The Guild has grown by 25.

“Our membership makes us mighty,” Kathy Lefkovits, Membership VP, told a large gathering at The Guild’s summer social and member update at the La Cañada Flintridge home of Michele Boghossian. “And we are mighty proud of all that we are able to accomplish for the medical center because of our members.”

President Anita Aghajanian presided over the evening, which celebrated the past year’s successes and, among other activities, looked forward to hosting the biennial Courage Awards in October. (*See separate article on page 17.*)

Treasurer Tina Parsegian announced that in 2018 The Guild raised more than \$166,000 in total revenue, from proceeds

including Laugh 4 a Cause, Valentine luncheon, and the Grandparent/Grandchild Fashion Show.

Donations to The Guild support:

- **Center for Cancer Services** — Wigs, exercise and special interest classes, and counseling are available free of charge to any cancer patient through Ingeborg’s Place Apart/Positive Image Center.

- **Children’s Services** — The hospital’s Play to Learn Center that serves children with special needs, children’s day care center for employees and community, and the Neonatal Intensive Care Unit (NICU).

New Guild members are always welcome. It’s a great opportunity to make new friends while supporting worthwhile causes related to the hospital. For information, please contact the Foundation at (818) 409-8055 and ask for Gayle Craig, annual giving officer.



*Marina Raines and Nick Martinez,
Foundation philanthropy officer*



Jenik Akopian

*Traci Martinez, DPT,
Kathy Lefkovits,
Margo Bottcher,
Sandy Moreno*



*Peggy Martin and daughter
Melissa Varraveto*



*Neena Dorigo,
Ann Marie Smith*



*Seated: Ninet Megardichian, Guild
President Anita Aghajanian, Hilda
Avanessian, Shushan Petrosyan.
Standing: Hermineh Baghdassarian,
Alice Petrossian, Tina Parsegian,
Jenik Akopian, Nazeli Aghajanian,
Shakeh (Jackie) Gasparian*

*Lots of laughs for guest speaker,
interior decorator Lynn Chichi*

Stela Fejtek





*Nazeli Abedian,
Monica Sierra,
Heather Ghermezian,
Miryam Finkelberg,
Laurie Leask*



*Terence and Joanette DeSousa,
Beth Petersen, Georgiana Wu*

The Guild.

at Adventist Health Glendale

*Front row: Gracie Carvajal, daughter Lisa
Vigil and granddaughter Shannon; Foundation
President Irene Bourdon. Back row: Ida Parker,
Margaret Kaufman, Jennifer Hronek, Denise
Kafrouni, Georgiana Wu*



*“Our membership makes us mighty. We are proud of all
that we are able to accomplish for the medical center.”*

— KATHY LEFKOVITS, MEMBERSHIP VP



*Interior decorator Lynn
Chichi delights guests
with “table talk” hints
on party hosting*



Courage Awards celebrate dedication to fighting cancer

Courage: Strength in the face of pain or grief. Strength and hope in the face of cancer.

THE DEDICATION OF FIVE people — physician, patients, healthcare professional, community leader — in the fight against cancer will be celebrated at Courage Awards 2019, presented by The Guild on Thursday evening, Oct. 24, at the Brandview Ballroom in Glendale.

Awards and honorees are:

- Physician — **Boris Bagdasarian, DO**
- Health Care Professional — **Allen Molina, RN**, Infusion Coordinator, Center for Cancer Services, Adventist Health Glendale
- Patients and cancer survivors — **Calvin Devnich, DDS**, and **Mary Wang**
- Community leader — **Paula Devine**

The event also is a benefit for Adventist Health Glendale’s Center for Cancer Services and its free services provided by Ingeborg’s Place Apart/Positive Image Center, including wigs, caps, counseling and classes available to anyone in the community with a diagnosis of cancer.

Dr. Bagdasarian, specialist in hematology and oncology, joined the medical staff in 1999 and is well known throughout the community. “Dr. B” is praised by his patients for advancing the hospital’s quality of cancer care, his positive approach and sense of hope, kindness and calm manner.

Molina has been a nurse at Adventist Health Glendale for more than 30 years. “She has never lost her passion,” said a patient. She is respected by patients and colleagues alike for her caring and compassionate nature as a member of the Cancer Center’s team.

Dr. Devnich, now retired from his Glendale dental practice, is a cancer survivor who has undergone multiple surgeries and treatments, including for a rare form of breast cancer. Friends say that his faith in God and his doctors personifies a strong role model for others.

Wang is “the backbone of Adventist Health Glendale’s cancer survivors,” according to Cancer Center staff. She is a “pillar of support” for other cancer survivors, and she is a leader in promoting classes and events that bring people together and foster friendships.

Devine has championed the fight against cancer for many years, supporting Adventist Health Glendale, Relay for Life and City of Hope. She has volunteered in Ingeborg’s Place Apart/Positive Image Center and was the first recipient of the Cancer Center’s Flame of Hope Recognition.

Advance reservations must be made by Oct. 15 to attend the Courage Awards. To confirm, please email Gayle.Craig@ah.org or call the Foundation office at (818) 409-8055.



Boris Bagdasarian, DO



Allen Molina, RN



Calvin Devnich, DDS



Mary Wang



Paula Devine

Cancer Center knitting group making caps for patients.



Beautiful knitted caps in attractive colors.

Anita Aghajanian

'I want to be able to do more'



Motivated by a personal tragedy in her life, Guild President Anita Aghajanian was inspired to participate in programs funded through the Foundation that provide support for patients diagnosed with cancer and their families. We asked Anita to share her story.

■ **How did you first become involved with the hospital?**

My brother was treated at the Cancer Center, so I was aware of some of the services that The Guild supported. After his passing, my friend Ramella Markarian wanted me to get involved with The Cancer Care Guild. They invited me to one of the meetings, where I met families affected by cancer. They talked about their experience and how they were helped by our programs.

My personal experience at the hospital combined with this presentation made me want to do more for our community and the patients diagnosed with cancer.

■ **What are some highlights of your participation as a Guild member?**

There are many. It has been an extremely gratifying experience to help others not to feel alone during their cancer journey. One particular incident that pops in my mind is when we organized Relax 4 a Cause. It was an event at the Massage Envy Spa – Glendale; donors purchased gift cards for massages

or facials. Proceeds benefited our programs at the Cancer Center.

Some donors re-gifted these cards to cancer patients who were under treatment at the time. The joy on the patients' faces as they walked in to receive their treatment touched my heart. Some had never been to a spa before. They are my bright stars, they inspire me, they make all my problems look so insignificant. The many friendships I have developed along the way with other Guild members is just the icing on the cake.

■ **You have a talent for organizing and leadership. How did that come about?**

In my position as a construction project manager, I am required to provide a lot of coordination, scheduling, budgeting and managing employees. I guess those skills also come in handy when planning a charity event.

■ **As Guild president, what would you like to accomplish during your term?**

Membership growth! I'd also like to raise more funds so the Cancer Center can increase its number of free services to patients. I want to be able to do more.

■ **Why do you support Adventist Health Glendale?**

It is a privilege and blessing to offer a helping hand to those in need. Choosing the right charity is a very important part of giving back. Due to the severity of my brother's illness, he was treated at different health institutions around the country. Here at Adventist Health Glendale is where we were treated with the highest level of humanity and integrity.

Time and time again I was told that my brother had been receiving the best conventional care possible at that time. Considering the difficult circumstances, that was the best news anyone could have given us. We knew that we were doing everything humanly possible for him. There was no question in my mind that I wanted to give back to Adventist Health Glendale and the Foundation.



*Helen McDonagh,
Foundation Board Chair*

'When You Wish'

Sunday, April 14 • JW Marriott L.A. LIVE

ON AN EVENING OF WISHES, the Foundation made a special wish of its own — to purchase a Blanketrol® cooling unit for the hospital's Neonatal Intensive Care Unit (NICU), where the tiniest and most vulnerable patients receive life-saving care.

If a newborn is deprived of oxygen at birth due to trauma, it can have a devastating effect on the baby's brain. The Blanketrol® unit prevents, or at least minimizes, permanent brain injury if treatment is initiated in a timely manner.

It didn't take long for scores of the nearly 600 guests to raise their paddles with a resounding "fund-a-need" affirmation: wish granted!

Altogether, the Foundation received more than \$1.1 million on this evening to help fund new equipment and other needs throughout the hospital.

ADDITIONAL HIGHLIGHTS

Co-chairs Amanda Dundee and Dr. Harlan Gibbs, joined by Foundation Board Chair Helen McDonagh, Adventist Health Glendale President Alice Issai, and Foundation President Irene Bourdon, presided over the evening's festivities, which also featured:

- Presentation of the 2019 Physician Hero Award to Radiation Oncologist Dr. Sara H. Kim;

- Special recognition of Sam and Grace Carvajal for receiving the Lifetime Legacy Award for extraordinary philanthropic leadership and service;

- A tribute honoring the late Orfi Barros, whose presence, friendship and generosity are remembered with affection by the Foundation and for her years of devotion to the hospital's mission. Among Orfi's many gifts to the hospital is the future renovation of the hospital's chapel, in the name of Hernan and Orfi Barros. *(See excerpts from a tribute presented at the Gala by Dr. Gary and Marina Raines on page 20.)*

"Of all the gifts that Orfi gave to us, the most precious were the personal friendships that developed around Adventist Health Glendale, the hospital she loved and the mission she carried in her heart," Bourdon said.

The Foundation once again wishes to thank everyone who joined in making Gala 2019 such a memorable evening and for making wishes come true that will further enhance patient care.

"I wish for the continued inspiration, courage and support of the patients, doctors and staff as they bravely fight to overcome disease and focus on the curing and healing of our community."

— Amanda Dundee, co-chair, Gala 2019

We appreciate our Gala 2019 sponsors!

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Autumn Hills Health Care Center
Orfi Barros
Sam and Grace Carvajal
Glendale Adventist
Emergency Physicians

DIAMOND

Consultants for Anesthesia
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Glendale Heart Institute
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Remembering Hernan and Orfi Barros



WILLIAM COLE PHOTOGRAPHY

With husband Dr. Gary Raines by her side at Gala 2019, Marina Raines offered a tribute in memory of her parents, Hernan and Orfi Barros. The following are excerpts from Marina's presentation.

WHEN HERNAN AND ORFI BARROS came to the United States from Bolivia in August 1957, they carried little else except their most treasured possessions: my sister Fran, age 15; brothers Bill, 14, Robert, 13, and David, 11; and me, Ruthe Marina, age 9.

We knew little of what to expect in this new land, except we felt the amazing kindness and love of missionaries who were such a strong part of my parents' new-found and beloved faith, as taught by the Seventh-day Adventist Church and its mission.

My parents developed a "mission" of their own in bringing their large family to this country. Their goal was simple: "Our children must have a Christian education." For this they left behind the comforts of a successful auto parts import business that my dad established in the City of Cochabamba.

They also gave up a new home they designed and built, and being near loved ones, lifetime friends, as well as their parents and siblings.

My parents were fearless when it came to hard work. Dad re-invented himself over and over. They opened a small alterations and dry cleaning business on Chevy Chase Drive in Glendale and a hardware

store in Burbank, but neither were successful because working on their Sabbath was never an option. Dad took night courses at UCLA to improve his language skills, while renewing his CPA degree in finance and accounting.

I was in 8th grade when my parents sold their home and bought their first apartment house and moved in to manage it. Dad purchased other properties and studied to earn a Realtor's license.

Dad and Mom were always saving — to build schools in their homeland, open orphanages where they could, help with different church-related projects, rebuilding at least three churches in their hometown of Santa Cruz, Bolivia. They left us a legacy of participation and generosity — within our world.

So, it is not surprising that my mom Orfi gave her invigorating support to participate in yet another beautiful project of the human spirit with Adventist Health Glendale — and committed to restoring and beautifying the hospital chapel.



FOUNDATION FILE PHOTO

Orfi and Hernan Barros received the Erwin J. Remboldt Founder's Award for philanthropy at the Foundation's 2009 Gala.



GALA 2019 'When You Wish'

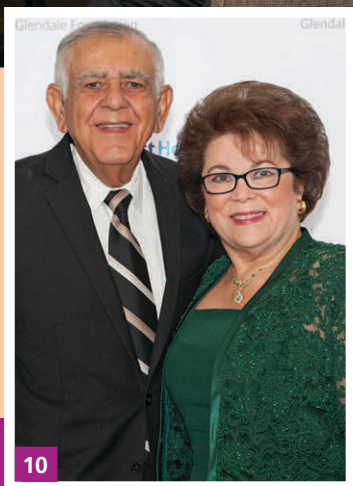


1. Amanda Dundee and Dr. Harlan Gibbs, Gala co-chairs; Dr. Sara H. Kim, 2019 Physician Hero
 2. Glendale Adventist Emergency Physicians: Drs. Harlan Gibbs, Evelyn Wong, Sylvia Kotikian, Serineh Melidonian, Anthony Cardillo
 3. Jenik Akopian (second from right) and Autumn Hills Health Care Center team
 4. Elder Velino and Esther Salazar, Grace and Sam Carvajal
 5. Dr. Edmund and Sophie Lew and family
 6. Dr. Annette Ermshar, David Schultz and daughter Jennifer Schultz Bertolet, Dr. Carl and Arlene Ermshar
 7. Seated: Andrew Jahn, Art and Paula Devine, State Assemblymember Laura Friedman, Dr. Anait Galfaian. Standing: Robert and Alice Issai, Natasha Milatovich





- 8. Dr. Harlan Gibbs joins Robert and Seda Babayans (left), Dr. Hasmik and Arsen Danielian, Esq.
- 9. Ramella and Dr. Norik Markarian
- 10. Vabe and Alice Petrossian
- 11. Margaret Kaufman, Foundation President Irene Bourdon, Grace Carvajal
- 12. Richard and Lorna Frankel, Brian Gauthier and daughter Shona
- 13. Dr. and Mrs. Hugo Riffel-Dalinger
- 14. Mitchell Fuerst
- 15. Wende and Robert DePietro



GALA 2019
'When You Wish'



Event photography:
 William Cole

16



17



18



19



16. Dr. Gary and Marina Raines (second from right), family and guests

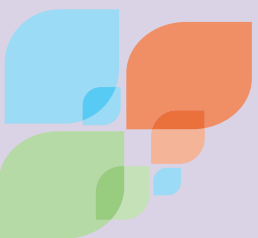
17. Dr. Sara H. Kim (third from left), husband Jeff and family

18. Issac Middleton, pianist, and Trinity Rose, vocalist

19. Tchaikovsky's "Swan Lake" ballet finale

20. Neonatal Intensive Care Unit: Drs. Robert Gall and John Mapp, RNs Randy Miller and Tracey Sanchez, and guests

20



Hospital acquires advanced 3-D mammography system



*Dr. Linh Chen, medical director,
Diagnostic Radiology*

Detecting breast cancer earlier — a gift of life

GUESTS WHO ATTENDED last year's Gala, along with a generous gift by members of The Guild, enabled the hospital to acquire the latest three-dimensional technology that can detect small, potentially cancerous lesions in dense breast tissue earlier and more accurately than the older 2-D mammogram.

The 3-D system, called digital breast tomosynthesis, became operational last spring and has already proven invaluable in several cases, according to Dr. Linh Chen, medical director, Diagnostic Radiology.

"We definitely have cases where the 3-D system is giving us a more accurate image, particularly when lesions are hidden beneath glandular tissue," Dr. Chen said. She further explained that the 3-D technology "is very different" than the tradi-

tional mammogram, and it's going to result in lives saved.

The Foundation extends its appreciation to our donors for making this lifesaving system available to the greater Glendale community.



**"We definitely have cases where the 3-D system is giving us a more accurate image."
— Dr. Linh Chen**

Karen & Elan

KAREN SAUNDERS remembers the time when a patient asked if Elan could climb onto her bed and cuddle.

Elan is a sweet and loving Doberman — a certified therapy dog — and Karen is her owner and handler. Together, they volunteer their time and skills (plus Elan's doggie cuddles) to help lift spirits and bring smiles to the faces of patients in the Physical Medicine and Rehabilitation Dept. and other units at Adventist Health Glendale.

"There was a young woman with a brain injury," Karen recalls.

Karen Saunders brings Elan to the hospital's Physical Medicine and Rehabilitation Dept.



“I get paid in smiles, and those smiles are totally worth it!” — Karen Saunders

Lifting patients' spirits and bringing smiles

“She had a dog at home and wanted Elan to be in her (hospital) bed so she could cuddle her.”

She jokes that Elan “doesn’t get into a lot of beds,” but the nursing staff prepared a place for the Doberman on the bed, and there she stayed and cuddled for nearly 15 minutes. “Elan brought calm and comfort, just what the patient wanted.”

With 33 years’ experience training and working with dogs, including as a puppy raiser with Guide Dogs for the Blind, Karen has also raised four therapy dogs — German Shepherd, Golden Retriever and two Dobermans. She acquired Elan (her French name means “spirited elegance”) as a puppy, and training took about six months. Now 6½, Elan has been a star attraction in more than 300 visits to hospitals, retirement homes, schools and organizations.

“This is a different kind of volunteering,” explains Karen, citing out-of-pocket expenses and considerable time invested in training before a therapy dog is certified for visitations.



“Exposing the dog to different situations, distractions are the biggest thing,” she continues. “For example, in the hospital if

a patient is eating or holding food, Elan cannot touch the food while she is being petted. This is all part of her testing.”

A long-time member of Therapy Dogs International (TDI), Karen is pleased during hospital visits to answer questions about the program. Meanwhile, Elan is busy being petted and getting hugs. “Sometimes, people look at the Doberman — my big, mean Doberman — but you know what? She’s as sweet and loving and kind as can be,” she assures. TDI requires that dogs be examined regularly to meet strict health criteria and are kept well-groomed and clean.

A CALMING INFLUENCE

An often-asked question is what effect Elan has on patients? “Therapy dogs have a calming influence...it cuts down on the pain patients are feeling because they’re distracted while petting the dog,” Karen explains. “It drops their blood pressure because they’re more relaxed. Most patients find it’s a good feeling to have the dog there.”

When walking Elan into a room, Karen goes by what patients want. Some just want to look at the dog from a distance, others ask to bring the dog close to be petted. “Most patients will tell me how much they miss their dog at home; they start crying,” Karen says. “They tell stories about their dogs at home and dogs they had as a kid. I’ll leave a room and a nurse tells me this is the first time a patient has spoken — my dog broke the ice.”

Karen has many more stories to share and why she loves being a therapy dog volunteer, but most of all, she does it for the smiles. “I think it’s wonderful volunteering. I get paid in smiles, and those smiles are totally worth it.”

Thank you also to Ann de Toth and her therapy dog Essex! Ann has volunteered at Adventist Health Glendale since August 2014, visiting patients along with Essex in the Behavioral Health and Recovery Unit. Ann and Essex have been together since the dog was 15 months old. They usually come to the hospital twice a month and, like Karen Saunders and Elan, have many heartwarming stories to tell of their visits with patients.

Keep busy. Be a volunteer!

To learn how you can keep busy by contributing your time and skills at Adventist Health Glendale, please contact Volunteer Services at (818) 409-8057. All positions require proficiency in English, and knowledge of a second language is a plus. Volunteers must meet health screening requirements and commit to at least four hours of service each week for a period of six months, primarily on weekdays during daylight hours.

Thank you, donors!

Received January 1 to June 30, 2019

We gratefully acknowledge and appreciate all donations and in-kind gifts made to the Adventist Health Glendale Foundation during the timeframe noted above. Your gifts support medical excellence in patient care that saves lives, offers hope and healing, and gives strength to survivors. **The Foundation offers several choices of giving programs. For further information and personalized service, please call (818) 409-8055 or go online to: adventisthealth.org/glendale/giving**

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Tribute gifts 'In honor of'

Received January 1 to June 30, 2019

The Foundation is pleased to receive tribute gifts honoring a loved one to commemorate a special occasion; a devoted physician, nurse or caregiver in appreciation for exceptional care; or other individuals deserving of this unique honor. Gifts may be designated for a particular program or where there is greatest need within the medical center. Unless otherwise directed, gifts are published in *The Difference* magazine and, as appropriate, may be acknowledged in other ways.

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Tribute gifts 'In memory of'

Received January 1 to June 30, 2019

The Foundation invites tribute gifts in memory of family members, friends or others who have passed away. Gifts may be designated for a particular program or where there is greatest need within the medical center. Unless otherwise directed, gifts are published in *The Difference* magazine and, as appropriate, may be acknowledged in other ways.

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Understanding two planned giving options

Planned giving is a way for you and your family (as applicable) to integrate your personal, financial and estate planning by making lifetime or testamentary charitable gifts. Two of the most common types are the Charitable Gift Annuity (CGA) and Charitable Remainder Trust (CRT). Here is the difference between these two options:

CHARITABLE GIFT ANNUITY (CGA)

You make a gift of cash or property to a non-profit organization and receive fixed payments for the future.

Benefits

This plan works well with a gift of cash or appreciated stock that is providing little or no income.

CHARITABLE REMAINDER TRUST (CRT)

You transfer cash or property to fund a trust that makes payments for your lifetime or a specified number of years. It then passes what remains to the organization.

Benefits

You own appreciated property that produces little or no income and would like to sell without paying capital gains tax. You may be wanting income for retirement.

For more information

We recommend that you talk with your financial advisor for the option that best fits your needs.

You also may contact the Foundation at (818) 409-8055 or visit our website at: adventisthealth.org/glendale/giving



GOLF CLASSIC

scores a winner for patient care

MORE THAN 135 GOLFERS participated in the Foundation's 36th annual Golf Classic on Sept. 9, 2019, at Oakmont Country Club. Together with our sponsors and supporters, they formed a winning team for patient care.

Through the generosity of participants, sponsors, donors and friends, each year the Golf Classic raises funds for such needs as new equipment, staff training updates, and other enhancements in patient care. Over the course of three decades, proceeds from the tournament have benefitted the hospital by hundreds of thousands of dollars.

"Golfers have the opportunity to play some of the finest courses in Southern California. This year we are pleased to return home to Oakmont," says Foundation President Irene Bourdon. "At the end of the day, there's a good feeling that everyone has contributed toward making Adventist Health Glendale a better hospital."

Appreciation for their leadership goes to event co-chairs Drs. Robin Kim and Joseph Lee, and Dr. Harlan Gibbs, emeritus chair.

The Foundation wishes to thank our sponsors for their support of the tournament.

From left, Dr. Harlan Gibbs, Dr. Robin Kim and Dr. Joseph Lee.



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Michael and Terry Chang congratulate Samuel Chan, RN, one of several nurses, therapists and support staff who they selected for Care Hero honors. Shown here are nurses and support staff in the surgical telemetry unit.

“We’d already given donuts and cupcakes. What else could we do to say thank you that wasn’t trivial?”

— MICHAEL CHANG

MICHAEL CHANG AND HIS sister Terry were asking themselves this question when they learned about Care Hero, a recognition program created by the Foundation that honors hospital associates for exceptional acts of caring and/or overall service.

Their father, Richard Chang, was admitted to the hospital in June with a long-standing, health-related condition. Sadly, he passed away at the age of 82.

“Throughout the time Dad was in the hospital, there was exemplary care,” Michael said. “Everybody was very conscientious, thoughtful, helpful and compassionate. It wasn’t just the doctors and nurses, it was the housekeeping staff, nursing assistants — everyone. We were looking at ways to say thank you, other than a card.”

Michael and Terry learned about Care Hero from one of Dad’s doctors, who referred them to the Foundation. The program was just what the Changs were looking for.

“There were a few special individuals who not only had an impact on Dad, they also helped us as a family,” Terry added.

“The (Care Hero) program was a nice, formalized way that made it easy for us.”

HUGS, SMILES AND TEARS

Showing their personal gratitude and that of the extended family, the Changs visited the hospital in August and were reunited with many of the nurses, therapists and support associates who provided their dad with such great care. There were lots of hugs and smiles, mixed with a few tears.

Nearly two dozen associates were honored with a certificate from the Foundation, signed by Adventist Health Glendale President Alice Issai and Foundation President Irene Bourdon.

Associates represented the following units or services: Chaplains, Cardiac Telemetry (CTU), Surgical Telemetry (STU), Medical/Surgical Acute, Cardiac Intervention Telemetry (CITU), Intensive Care (ICU), Respiratory Therapy, Rehabilitation and Physical Medicine, and Hospice.

“We all felt good having Dad here at Adventist,” Michael said. “We knew everyone was doing all they could do. We are deeply grateful.”

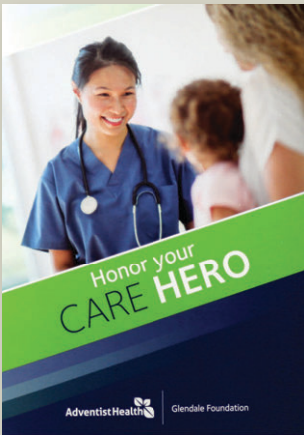


Dr. Hovanesyan is our ‘Hero’

Cardiologist Dr. Arsen Hovanesyan, left, is presented with a Care Hero award during a surprise visit from Mr. and Mrs. William Wu, in gratitude for the care William has received. The couple also made a donation in Dr. Hovanesyan’s honor to the Foundation, which supports patient care in the hospital.

6TH ANNUAL LIGHT UP A LIFE

Tree-lighting ceremony to illuminate the holidays



Gratitude means a lot

To a health care professional and support staff, small gestures of appreciation are incredibly meaningful.

“Recognizing a Care Hero is a thoughtful way to honor the excellent care that a patient receives,” says Foundation President Irene Bourdon. “When a patient or family member takes a moment to show gratitude, that means a lot.”

Each honoree receives a certificate from the Foundation, often in the presence of co-workers.

The Foundation invites a tax-deductible donation in the Care Hero’s name, which goes toward patient care. Each donation amount remains confidential within the Foundation.

To begin the Care Hero recognition process, you may:

- Go to adventisthealth.org/glendale/giving (look for the Care Hero button that takes you to the form), or
- Call the Foundation at (818) 409-8055, or
- Stop by the Foundation office, located in the East Tower on the main floor.



Photo provided by the Petrossian family

Jake and Mina Shirvanian will be remembered at this year’s Light Up a Life celebration, as the Tree Top Star is dedicated in their memory.

LIGHT UP A LIFE, ADVENTIST Health Glendale Foundation’s annual Christmas tree-lighting and tribute ceremony, will be celebrated on Thursday, Dec. 5, beginning at 5:30 p.m. in the West Tower lobby.

Now in its sixth year, this tradition is an inspiring beginning to the holiday season, and it’s an opportunity to remember those among us who are living and those who have passed on.

“Light Up a Life is a time when we gather for uplifting messages of hope, love and remembrance,” says Foundation President Irene Bourdon. “This is a meaningful way to honor special people in our lives — loved ones, colleagues and friends who are with us today, and those passed whose memories we celebrate.”

This year’s Tree Top Star is dedicated to the memory of Hacop (Jake) and Mina Shirvanian, in a special tribute

given by the Petrossian and Shirvanian families.

The evening’s keynote speaker will be Dr. Edmund Lew, Glendale family/primary care physician and medical director of Adventist Home Health and Hospice Services.

Light Up a Life is an inspiring beginning to the holiday season.

MAKING A TRIBUTE GIFT To those who wish to make a tribute gift by sponsoring a tree light, inscribed dove or engraved angel ornament, tax-deductible donations support the hospital’s bereavement and hospice programs. Each light and

ornament represents a loved one being honored or memorialized. Names will be listed in a tribute booklet presented at the event.

For further information on making a tribute gift, please contact the Foundation at (818) 409-8055, or go online to: adventisthealth.org/glendale/giving



Glendale Foundation

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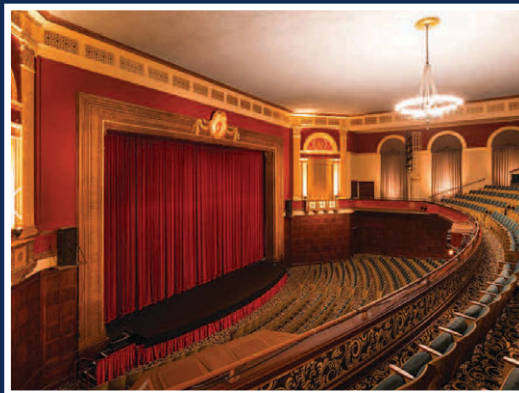
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Sunday evening,
April 19, 2020

Save the date for
2020 Gala
Reimagined
at The Ebell
of Los Angeles



To receive your personal invitation, please contact
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