

A NEW LEASE ON LIFE



Twenty-five years ago, a friend of Suzanne DiLena, now 87, referred her to a cardiologist by the name of Dr. Boris Larreta. For more than two decades, she has trusted Dr. Larreta for her heart care.

Suzanne would require heart surgery just a few years after meeting Dr. Larreta. After a disagreement with the surgeon who would perform the surgery, Suzanne sought the advice of others. Conflicted on what to do, she decided to turn to someone she had grown to trust — Dr. Larreta.

Given his history with Suzanne, Dr. Larreta convinced the surgeon to let him personally supervise the procedure, which brought peace of mind to Suzanne. Feeling much better about the situation, Suzanne agreed to let the surgeon perform the operation under Dr. Larreta's supervision.

"Thank goodness he did. An issue arose during the surgery, and Dr. Larreta was able to give the surgeon the right recommendations to navigate the situation, which in turn, saved my life," said Suzanne. "That's why I treasure Dr. Larreta. I know I would not be here without him."

During a follow-up visit, Suzanne and Dr. Larreta were discussing new technologies in cardiology, and he mentioned a piece of equipment that would benefit patients at Providence Saint Joseph Medical Center. Suzanne offered to purchase the equipment for the hospital and left a gift in her will to Providence Saint Joseph Medical Center so that the hospital could purchase more equipment in the future.

"It's been almost 20 years since my surgery and I still call Dr. Larreta whenever I have questions and concerns. He gave me a new lease on a long life that continues on because of the advice he continues to give to me," said Suzanne. "My gift to Providence Saint Joseph Medical Center will enable physicians to save many more lives, just as Dr. Larreta did mine."

Bequests like Suzanne's are easy to set up, provide an estate tax benefit, and create a lasting legacy at an institution that has touched the lives of donors and their loved ones.

"We are most grateful for Suzanne's generous gift, which is a meaningful vote of confidence in the work being done at Providence Saint Joseph Medical Center. Bequests, large and small, have a significant impact on our medical center," said Joe Ward, Executive Director of Planned Giving.

Making a bequest through a will or living trust gives donors the immediate satisfaction of creating a lasting and personal legacy that ensures Providence Saint Joseph Medical Center's future, and costs nothing now.

Donors can use a wide range of assets to make their gift and create a highly personalized plan. Additionally, bequests can be modified if the donor's financial situation changes. Here are some options to consider:

- Simply name Providence Saint Joseph as a beneficiary in your estate documents and direct your giving to any department, like Suzanne did
- Choose to give a specific amount or a percentage of your estate in support of Providence Saint Joseph Medical Center
- Name Providence Saint Joseph Medical Center as a retirement plan beneficiary

If you have already included Providence Saint Joseph Foundation in your plans (or intend to do so), please contact Joe Ward, Executive Director of Planned Giving, Providence Foundations, Southern California Region, at (310) 793-8117 or via email at joseph.ward@providence.org.

PROVIDENTIAL



Dear Providence Saint Joseph Family,

As Chairman of the Providence Saint Joseph Foundation Board of Governors, I am delighted to thank you for your support of our medical center. As you look within our second issue of *Providential*, I invite you to take a moment to reflect on the meaningful difference your support has made in our community, to our patients, their families and our compassionate caregivers.

During this unprecedented time, we remain steadfast in our dedication to the health and well-being of our community as we respond to the COVID-19 (coronavirus) health crisis. We are here for you and your loved ones, now and always.

We are privileged to touch so many lives and grateful to count on friends like you who make our work possible. In these pages, you will read about an inspiring and philanthropic individual moved to leave a legacy in honor of the physician who saved her life.

There is so much for which to be grateful. Thanks to you, we have made great progress towards our \$78 million *Minutes Matter* Campaign. More than \$63 million has been raised towards this goal and the hospital was able to break ground on construction last summer. Thank you for being part of the Providence Saint Joseph family at this great moment in our history.

As you know, Providence has been growing in exciting ways. A little more than three years ago, St. Joseph Health and Providence Health & Services came together as Providence St. Joseph Health. New mission and vision statements were agreed upon and a new logo created to unify our organization. New branding will be unveiled in the coming months to reflect this wonderful advancement. Stay tuned!

I look forward to celebrating another year of triumphs as we continue to share with you the moving stories that connect us in our mission to create healthier communities, together.



Sincerely,

Michael Cusumano
Chairman of the Providence Saint Joseph Foundation
Board of Governors
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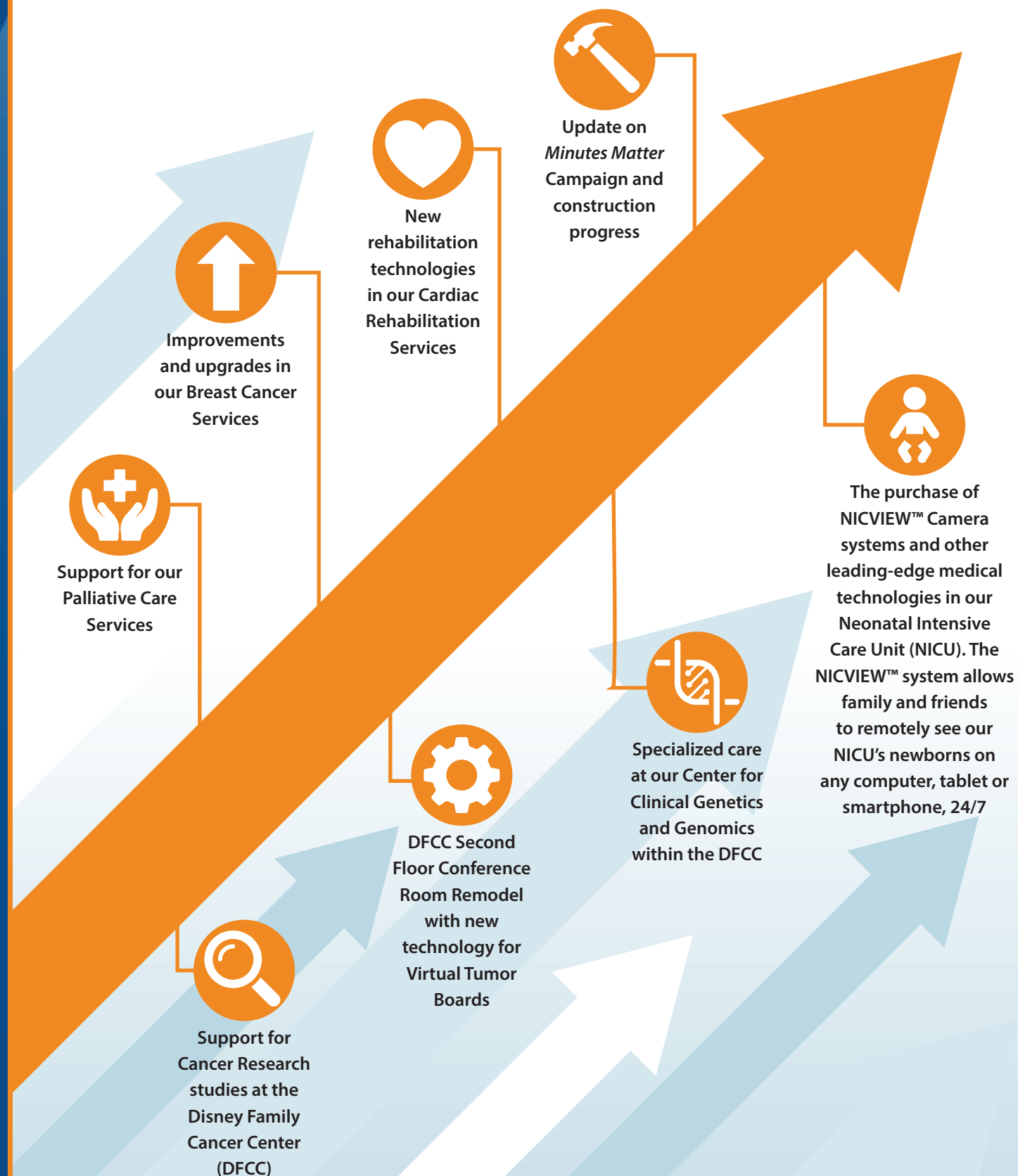
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In Focus:

2019 IMPACT OF PHILANTHROPY AT PROVIDENCE SAINT JOSEPH



COVID-19: WHAT YOU NEED TO KNOW

WHAT IS COVID-19?

While COVID-19 is a new disease, it is part of a family of viruses called coronaviruses.

The first identified case of COVID-19 was in China in 2019. This virus has now spread to many countries around the world.

HOW DOES COVID-19 SPREAD?

The most common way this virus spreads is from person to person. This is much like what happens with the flu. When someone with COVID-19 coughs or sneezes, they send out respiratory droplets that have the virus.

Here are examples of how it can spread:

- If you are in close contact (within 6 feet) of this person, you can catch the virus by breathing in their respiratory droplets.
- You can get the virus from shaking hands with someone who has it and then touching your own face, nose or mouth.
- You can also get the virus from drinking from the same cup, or eating from the same plate, as someone who has COVID-19.

WHAT ARE THE SYMPTOMS OF COVID-19?

COVID-19 affects the respiratory system. Symptoms can be mild, like those of the common cold. Or symptoms can be more severe like shortness of breath and other breathing problems. Sometimes people die from COVID-19.

Beyond these symptoms, people with this virus can also have complications. Those can include pneumonia (an infection of the lungs) or too little oxygen getting to the lungs.

Sometimes these symptoms and complications lead to death. That is most likely when people are older or also have other medical problems.

As of now, there is no vaccine to prevent COVID-19. There is also no cure for it yet. Scientists are working hard on that.

The good news is that there is supportive care — treatments to help control or relieve a person's symptoms while their immune system works to kill the virus.

HERE ARE SOME WAYS TO TREAT COVID-19 SYMPTOMS AND COMPLICATIONS:

If you have mild symptoms (like that of the common cold), it is best to stay home from school, work, and away from others. Keep doing this until you feel better.

If you have more severe symptoms (such as breathing problems), you might need to be in the hospital. Treatments can include oxygen, IV (intravenous) fluids, and special medicines.

If you have very severe symptoms, you may need to be in the hospital's ICU (intensive care unit). Patients this sick might need to be on a breathing machine (ventilator) that helps them breathe.

HOW CAN I PROTECT MYSELF AND OTHERS FROM GETTING COVID-19?

There are some common-sense ways you can help protect yourself, your family, and the community from getting COVID-19:

1. Wash your hands
2. Keep your distance
3. Clean items that are used by many people



Visit coronavirus.providence.org/socal-updates for up-to-date information and links on COVID-19.

"We suit up, glove up, and go to work for the sick and vulnerable. It's what we signed up for."

Angelique Campen
Emergency Department MD

Like firefighters rushing into burning buildings, our doctors and medical staff are racing toward the COVID-19 crisis to help everyone they can. It is what they do. It is why we exist.

Please help us protect these heroes and provide them with the equipment they need to save lives. Visit give.providence.org/CA/SaintJoseph-COVID-19 and give generously to the **Heroes of Providence Saint Joseph Medical Center**.