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85	8.3%

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For more information about all the Planned Giving options, please contact Joe Ward, Executive Director, Planned Giving, Providence St. Joseph Health Foundations, Southern California Region, at 310-793-8117 or [Joseph.Ward@providence.org](mailto:Joseph.Ward@providence.org).

## BRUSHING YOUR TEETH CAN HELP YOUR HEART



We all know that a healthy diet and exercise can help prevent heart problems such as heart attacks or strokes. But there's another healthy habit that may play a role in lowering your risk of heart disease, and it starts with brushing your teeth.

Studies have shown that poor dental health can also be a sign of poor heart health. The opposite is also true: a healthy smile and good dental hygiene may translate to a healthy body. Gum (periodontal) disease causes bacterial infections that inflames your gums and tissue around your teeth. Research shows that these bacteria can also cause your blood vessels and arteries to become inflamed or narrowed — a risk factor for heart disease.

Although researchers are still looking for a direct connection between dental bacteria, inflammation and heart disease, maintaining healthy habits like flossing, brushing regularly and visiting your dentist twice each year can help lower your risk of other health complications. Doctors believe if you take care of your teeth, you're more likely to have other healthy habits like not smoking, eating a well-balanced diet and exercising — all of which can lower your risk for heart disease. That's something to smile about!

To learn more about the connection between dental and heart health and other health tips, visit [blog.providence.org](http://blog.providence.org).

Providence Saint Joseph Medical Center  
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# PROVIDENTIAL



As the new Chairman of the Providence Saint Joseph Foundation Board of Governors, it is my pleasure to introduce you to the *Providential* Newsletter, which I hope will become an additional connection to the Foundation and our medical center.

Your support has played a pivotal role in Providence Saint Joseph's ability to provide the highest level of medical care to our patients. Thank you for your commitment to improving lives by bringing healing and compassion to every member of our community.

In this issue, we provide a retrospective look as we celebrate 75 years of service. Please read about Romy and Ashley to learn more about the lifesaving care we offer to our smallest and most fragile patients in the Neonatal Intensive Care Unit — it is testament to the power of your support.

This is an exciting time at Providence Saint Joseph Medical Center. We have officially launched the *Minutes Matter*: Emergency Services Campaign — an initiative designed to raise \$78 million to build a new, state-of-the art Emergency Department and Urgent Care Center. Thanks to committed supporters like you, we have raised 75 percent of our goal and began construction on our new emergency services facility this summer. When completed in 2021, the new Jaromír Strižka Emergency Department will more than double the size of our current facility and — in combination with the Cusumano Family Urgent Care Center — will treat more than 93,000 patients each year.

Like you, my family and I strongly believe that everyone in our community deserves access to world-class healthcare close to where they live and work. I hope you will partner with us on the *Minutes Matter* campaign to create healthier and stronger communities together.



Sincerely,

Michael Cusumano  
Chairman of the Providence Saint Joseph Foundation  
Board of Governors  
Phone number: (818) 847-4673  
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- One Family's Story of Critical Care from a Trusted Hospital
- *Minutes Matter* Emergency Services Campaign
- Celebrating 75 Years of Service

- Planned Giving Strengthens Our Mission
- Health Tip: Brushing Your Teeth Can Help Your Heart



STROKE CERTIFICATION  
Primary Stroke Center  
Thrombolytic Capable Center



# ONE FAMILY’S STORY OF CRITICAL CARE FROM A TRUSTED HOSPITAL

On November 20, 2012, Romy Mehlman was in a meeting at Disney Studios, directly across the street from Providence Saint Joseph Medical Center. All of a sudden, her face dropped. The gentleman next to her (who happened to serve on the Providence Saint Joseph Foundation board) told her to immediately go to the ER. Romy couldn’t see her own face, so she had no idea what was wrong and why everyone was so concerned.

At Providence Saint Joseph Medical Center, Romy was diagnosed with Bell’s palsy and preeclampsia. She was 35 weeks pregnant with twins at the time and was immediately scheduled for an emergency C-section.

Thankfully, her twin boys, Asher and Levi, were delivered safely. Although her newborns were healthy, Romy remained in trouble. She stayed at the hospital five days, while the Labor and Delivery nurses assisted her with breastfeeding and cared for her sons — all while making sure she continued to receive necessary care and rest.



*“There is nowhere else in the world I would rather be treated than Providence,” said Romy. “Everyone is treated with love and warmth.”*

Today, Romy still has symptoms of Bell’s palsy, but she believes her outcome could have been much worse had she not been so close to Providence Saint Joseph Medical Center to receive immediate, quality care.

Her experience inspired her to give back to the hospital that played such a crucial role in the health of her family. As co-chair of the Mother/Baby Campaign Committee, she has helped raise \$2 million for new equipment in the neonatal intensive care unit (NICU), including new Giraffe OmniBed infant incubators.



When Romy’s wife, Ashley, became pregnant with the couple’s third son, they knew they wanted to have their baby at Providence Saint Joseph Medical Center. Very early in her pregnancy, Ashley began having contractions and was immediately admitted into Labor and Delivery. Because she was only in the 27th week of her pregnancy, Ashley’s medical team wanted to delay the delivery as long as possible — each additional day can make a lifesaving difference.

However, Paxton was born several days later, extremely premature and very tiny. Ashley was only able to hold her baby for a moment before he was taken to the NICU. Romy had no idea that their son would end up needing one of the Giraffe OmniBeds made possible by her fundraising efforts.

Every day, Ashley and Romy took turns to be as close as possible to Paxton. He was too fragile for his older brothers to see him for the first 72 days of his life. It was an incredibly difficult time for the family, and the hospital staff did everything they could to help.

*“The nurses who work in the NICU are just unbelievable. They were compassionate and supportive through our whole ordeal,” says Ashley.*

Philanthropic gifts from dedicated supporters like Romy and Ashley ensure that the doctors, nurses and staff at Providence Saint Joseph Medical Center have the tools and the training needed to provide outstanding care. With help from our community, our smallest and most vulnerable patients continue to receive the compassionate care for which our hospital is known.

# MINUTES MATTER EMERGENCY SERVICES CAMPAIGN

To meet the surging demand for emergency care in Los Angeles County, Providence Saint Joseph Medical Center has launched the *Minutes Matter* Emergency Services Campaign to fund a new 33,000-square-foot Emergency Department and adjacent Urgent Care Center to provide additional capacity in a larger, more efficient and patient-friendly environment.

**This campaign will provide Providence Saint Joseph Medical Center with:**

- More space for critical treatment: from 13,800 square feet to 34,500 square feet
- More beds for our signature compassionate care: from 24 beds and 8 hallway beds to 44 ER beds and 12 urgent care beds
- On-site Urgent Care: 8,500 square feet of additional space for expedited treatment for minor cases to reduce wait times
- Improved triage: separate and specialized waiting and treatment areas for patients who are ill, injured, pediatric, geriatric or psychiatric
- Sophisticated, dedicated imaging and labs: faster diagnostics and reduced wait times to expedite patient care



- Increased ability to treat more people: from nearly 72,000 visits per year to more than 93,000 visits annually in the emergency room and urgent care facilities

The *Minutes Matter* initiative continues to attract strong support from our community. Many donors throughout our service area and ministry have stepped forward in inspiring ways to reach 75 percent of our fundraising goal, with construction commencing on the new Emergency Department.

“Our community built this hospital and continues to expand and improve the care we provide,” said Michael Cusumano, Chairman of the Providence Saint Joseph Foundation Board of Governors. “Our donors have saved thousands of lives by ensuring our care teams have the latest equipment to heal injuries, treat strokes and heart attacks and provide state-of-the-art cancer diagnostics and treatment. They are our partners in serving our patients.”

# CELEBRATING 75 YEARS OF SERVICE

Providence Saint Joseph Medical Center — the San Fernando Valley’s first hospital and one of its largest — is celebrating our 75th anniversary this year. Since opening our doors in 1944, we have been a leader in innovative healthcare, adopting the latest technology and patient-centered practices, while earning recognition as one of the nation’s top hospitals.

“For 75 years, Providence Saint Joseph has played a significant role in our community,” said Kelly Linden, the hospital’s chief executive. “We are one of Burbank’s largest employers, but more importantly, we are a trusted healthcare center led by the traditions of our founding Sisters of Providence — values that have endured through the decades and a mission of compassionate care to our neighbors most in need.”

The hospital opened its doors a little earlier than planned when a woman in labor showed up ready to deliver her baby at 5:30 a.m. on February 1, 1944. Special accommodations were made, and her son was the first of 902 babies born that year. Since that memorable opening day, Providence Saint Joseph Medical Center has been faithful in serving all — especially those who are poor and vulnerable.

**During our first 75 years, Providence Saint Joseph achieved a number of firsts including:**

- 1967:** The first coronary care unit in the state
- 1974:** The first linear accelerator in the San Fernando Valley begins operation

- 1976:** The first hospital-based pacemaker clinic in the Valley  
The first designated paramedic base station in the Valley
- 2010:** The Valley’s first comprehensive cancer center, The Roy and Patricia Disney Family Cancer Center, opens
- 2011:** Southern California’s first Critical Care Transport ambulance that provides expeditious patient transportation with a registered nurse for those in need of advanced cardiac- and neuro-interventional care
- 2013:** One of the first hospitals in the region to use robots as part of a 24-hour Telestroke Center that enabled Providence Saint Joseph’s experts to support patients at other hospitals
- 2017:** The first hospital in Los Angeles County to expedite mental healthcare to patients by training caregivers to write psychiatric holds for those in need of specialized care

We remain steadfast in our commitment to the poor and vulnerable, providing community programs to help the elderly, the homeless, those with mental illnesses, school children from low-income households and other vulnerable populations.

“We continue to be blessed by the talents and dedication of highly skilled medical staff, nurses, support staff and volunteers who work tirelessly to maintain a healing environment for our patients and their families,” said Linden.