PLANNED GIVING STRENGTHENS OUR MISSION

Give & Get!

WITH A CHARITABLE GIFT ANNUITY, you can provide a gift to support excellent healthcare in your community while enjoying the following benefits:

- A steady, fixed income for the rest of your life
- A high rate of return that is based on your age and guaranteed, regardless of market fluctuations
- Avoidance of capital gains when you fund your gift with appreciated securities
- A tax-advantaged income stream that can start now, or in the future when you want extra cash
- An immediate charitable tax deduction

Avoidance of capital gains, future when you want extra cash

Age Rate for 1 annuitant
75 6.2%
80 7.3%
85 8.3%

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.

Health TIP

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 can translate to a healthy body. Gum (periodontal) disease causes bacterial infections that inflame 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 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.

Healthy Heart Month

In this issue, we provide a retrospective look at the 75 years of service. Please read about Romy and Ashley to learn 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 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.
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 31,000-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 1,800 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

CELEBRATING 75 YEARS OF SERVICE

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 Patrica 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.