

FALL 2020

Patrons

TORRANCE MEMORIAL FOUNDATION



COVID-19 CARE DEMANDS

Infectious Disease Experts Meet
Pandemic Needs

PHIL AND CHRISTINA PAVESI

Crafting a Meaningful Life



TORRANCE MEMORIAL
A CEDARS-SINAI AFFILIATE



STRONGER TOGETHER

Torrance Memorial Foundation is proud to continually nurture our long-standing partnership with the South Bay. When you donate to Torrance Memorial Medical Center through the Foundation, you are supporting an independent, not-for-profit hospital recognized for providing expert care to all who walk through our doors. Your support allows us to continue to provide excellent treatment to the community and make a difference every day—be inspired by our partner organizations.

Learn more at TorranceMemorialFoundation.org



TORRANCE MEMORIAL IS FAMILY

WRITTEN BY NADINE BOBIT

As a founding member of Torrance Memorial's Young Physicians and Professionals Alliance (YPPA), I have helped many understand the importance of getting young doctors and professionals involved with supporting our hospital. YPPA sponsors an internal award called *The Reason is You*. The award recognizes and celebrates employees and physicians who provide extraordinary service by going above and beyond their everyday roles. This award profoundly resonates with me and makes me feel confident my community hospital cares for my family, my welfare and the people who live near me.

I became involved at Torrance Memorial in 1982 when my oldest son, Blake, was born. As my family grew (my son Ben is now 31 and daughter Brooke is 30), my volunteering involvement did as well. When Blake was in high school, he wanted to volunteer in the emergency room. During this time, a parent was required to be present if he was going to have the opportunity. Together, we volunteered until he left for college, and I have continued volunteering in the ED since 1999. Now with two granddaughters, Alice (9) and Anna (6) who were both born at Torrance Memorial, I have new recruits to get involved as volunteers in the future!

Additionally, I have served on the Foundation board for 18 years and have participated as a co-chair for the high-fashion runway show during the Holiday Festival for 17 years. My husband Ty and I are Patrons and support the hospital by attending many events throughout the year. I have been fortunate to have the time and energy to give back to our wonderful community by volunteering. I am from a family household of eight children, two grandparents and two parents—a full house where everyone pitched in to help one another.



Consequently, many of us volunteer, and my 97-year-old mother still does too.

Exemplary workers, quality doctors, dedicated nurses, kind staff and great volunteers make Torrance Memorial the best hospital in the South Bay! The growth and expansions of the Medical Center, the Lundquist Tower, our affiliation with Cedars-Sinai, the cutting-edge Hunt Cancer Center, new medical facilities in Torrance, Rolling Hills Estates and El Segundo are all great examples of how we excel. I feel very fortunate to be involved because of these high standards and excellent associates.

The value of having supreme medical care in our community is of the utmost importance to me, my family and my friends. Once the pandemic restrictions have lifted, I encourage you to come take a tour. I would love to host you. I admit, it gives me great pleasure to call Torrance Memorial my family. It is the best of the best! •

Volunteering is a way of life for Nadine Bobit, YPPA founding member, ED volunteer, Holiday Festival Fashion Show co-chair and Foundation board member.

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TORRANCE MEMORIAL
A CEDARS-SINAI AFFILIATE

Patrons

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Torrance Memorial Foundation

EDITOR

Julie Taylor

DIRECTOR, MARKETING COMMUNICATIONS

Erin Fiorito

PUBLISHER, CREATIVE DIRECTOR

Vincent Rios

COPY EDITOR

Laura Watts

CONTRIBUTORS

Michelle Abt

Grace Greer St. Clair

Nadine Bobit

Nancy Sokoler

Lisa Buffington

Steiner

John Ferrari

Julie Taylor

Robin Heffler

PHOTOGRAPHERS

Siri Berting

Vincent Rios

Deidre Davidson

Rick Thompson

Philicia Endelman



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Phil and Christina Pavesi are grateful to Torrance Memorial for saving Phil's life—not just once, but twice.

PHOTOGRAPHED BY VINCENT RIOS



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CALENDAR OF EVENTS

MIRACLE OF LIVING

Meetings held via Facebook Live on third Wednesday of the month at 7 p.m.*

Information & Questions: 310-784-3707

November 18

COVID-19 Update – Testing and Flu Vaccination
Learn from infectious disease specialists, pediatricians and internists about recommendations and best practices to approach flu season and COVID-19.

December

No event scheduled

January 20

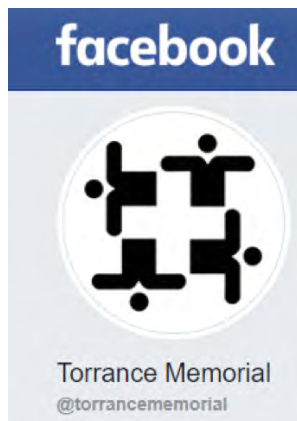
Healthy Lifestyles

February 17

Advances in Heart Care

March 17

Stroke Prevention



Visit our Torrance Memorial Facebook page for links to upcoming events.

How to join Facebook Live

Step 1: Go to Facebook.com/TorranceMemorial

Step 2: Click on the "videos" button

Step 3: Select the monthly video to join

**All dates and times are subject to change*

HELP PREVENT THE SPREAD OF RESPIRATORY VIRUSES SUCH AS THE CORONAVIRUS



- Stay home when you are sick.



- Avoid close contact with people who are sick.



- Wash your hands often with soap and water for at least 20 seconds.



- Use an alcohol-based hand sanitizer that contains at least 70% alcohol if soap and water are not available.



- Cover your cough or sneeze with a tissue, then discard.



- Avoid touching your eyes, nose and mouth with unwashed hands.



- Wear a mask or cloth face covering when in public spaces like the grocery store.

- Clean and disinfect frequently touched objects and surfaces.

FINANCIAL HEALTH SEMINARS

Held via Zoom, Fridays at noon*

Approximately 90 minutes

Information & RSVP: 310-517-4728

January 8

Individual Taxation: Wrapping Up 2020 and Planning for 2021

March 12

Family Matters of Money and Legacy Planning: Panel

May 14

Generating Income in Retirement

**All dates and times are subject to change*

HOLIDAY FESTIVAL 2020



HOLIDAY FESTIVAL GOES VIRTUAL

Even though we won't have the big white tent this year, you have many ways to celebrate, participate and support Torrance Memorial.

November 1

Holiday Story submission deadline

November 22-29

Online silent auction
biddingforgood.com/
holidayfestival

November 25

Holiday trees added to
online auction
Video tour of trees posted
online

December 2

Winning holiday stories read
on Facebook Live

December 4

Virtual Gala and Live Auction
MC and Auctioneer Fritz
Coleman

December 10

Gingerbread House Decorating
Contest
Photo submission deadline

December 5-20

Online shopping with Fashion
Show vendors
20% of sales donated to
Torrance Memorial

December 15

Gingerbread House winner
announced



GIVING OPPORTUNITIES

Opportunity Drawing

Call 310-517-4703 to purchase tickets for your chance to win a 2021 Toyota Venza Hybrid XLE

Heroes Tree*

Honor a hero in your life – physician, nurse, staff member, department, patient, first responder, community member – with digital signage recognition at this 12' decorated tree in the Grand Lobby of Lundquist Tower (new in 2020).
Donation levels \$100 to \$10,000.

Festival Friend*

Donation of \$150, \$300, \$500, \$1,000

Gift Cards for Silent Auction

Support your local restaurant and/or retailer by purchasing a gift card to donate to the silent auction. Your gift has double impact by supporting local business and Torrance Memorial!

Gingerbread House Decorating Contest*

With a donation of \$100, you'll pick up a gingerbread house kit at Torrance Bakery, decorate it and submit your best photo by December 10 to enter the contest.

Holiday Story Contest

People of all ages are invited to submit a holiday story. Winning stories will be read by Santa "Live from the North Pole" on December 2.

*Donations of any amount are welcome. All donors receive an entry in the drawing for an opportunity tree – our special community-designed and decorated trees.

FOR MORE DETAILS VISIT

TORRANCEMEMORIAL.ORG/HOLIDAYFESTIVAL



Pedestrian bridge signage dedicated to American Honda Motor Co., Inc.

SUPPORTING HEALTH CARE THROUGH A 30-YEAR PARTNERSHIP

WRITTEN BY ROBIN HEFFLER

When American Honda Motor Co., Inc. moved its corporate headquarters to Torrance in 1990, it became both a neighbor and a partner of Torrance Memorial Medical Center, beginning a three-decade history of supporting the medical center.

Located just three miles apart, they share both a neighborhood and a dedication to serving their community. "Over the years, we

developed a wonderful working relationship," says Laura Schenasi, executive vice president of the Torrance Memorial Foundation. "They are one of our largest corporate donors over the longest period of time. We are grateful and appreciative for their generous support."

The company's most recent donation to Torrance Memorial was a \$1 million gift in 2019 to support overall operations, which the medical center acknowledged by placing the words "In appreciation, American Honda Motor Co., Inc." on a pedestrian bridge that connects the medical center's West Tower and the hospital, Schenasi says.

It's the second \$1 million gift from Honda. In 2014, the company gave the same amount to help build the Lundquist Tower, a seven-story building that houses state-of-the-art technology and patient care.

"Our community relations are extremely important to us," says Alexandra Warnier, manager of corporate social responsibility for Honda, who notes the company supports hospitals nationwide. "The first \$1 million pledge was to help support the cause and vision of exceptional care while also providing stability for Torrance Memorial, because when organizations depend only on year-to-year donations, it makes it difficult to plan."

The \$1 million donation in 2019, Warnier explains, was to "continue the partnership by supporting the medical center, the patients and the community. Good health care is how communities thrive and become strong."

Honda has contributed to Torrance Memorial in other ways too. Beginning in 2006 and continuing through 2019, the medical center was the recipient of the \$100,000 to \$200,000 raised each year at the Evening Under the Stars Gourmet Food & Wine Festival, held at Honda's corporate campus on Torrance Boulevard near Western Avenue. The event featured well-known musicians, including Kenny G, Peabo Bryson, David Benoit and the Torrance Symphony. It was also a way to spotlight and support local restaurants. Proceeds benefitted children's health care at Torrance Memorial.

Honda has also supported the medical center by providing a Honda Odyssey minivan to the security services team, and volunteer members of the Honda Community Action Team have presented holiday toys to children in the hospital.

Children's health and education are among Honda's largest areas of community support. "Our motto is 'the power of dreams,'" Warnier says. "Nothing is greater than children's dreams. By supporting those dreams and what they want to accomplish, we're supporting how they can make us better and where society will go in the future. Health care and education are extensions of that focus on young people."

Continuing to partner with Torrance Memorial is particularly needed now. "We're always working to innovate, grow together and give back, which is especially important during these challenging and changing times," Warnier concludes. •

MENDING BROKEN HEARTS

A gift to the Lundquist Lurie Cardiovascular Institute supports its service to the South Bay.

WRITTEN BY JOHN FERRARI

What's the most important organ in your body? They all are—they're vital. But the heart has a special emotional resonance. That's part of what makes Torrance Memorial's Lundquist Lurie Cardiovascular Institute an especially precious resource for the South Bay community and the broader southern California region. The Institute provides peace of mind: It quite literally mends broken hearts.

As Mark Lurie, MD, the Institute's medical director, says, "Building up a complex cardiovascular institute doesn't happen overnight, and it never really ends. The Institute was not started by inexperienced people. Torrance Memorial's innovative physicians have a high level of expertise in cardiac care. Now our affiliation with Cedars-Sinai expands the scope of what we can do."

Building the Institute's facilities, equipping them with the latest medical technology and staffing the Institute with medical professionals—physicians, nurses and technicians who have the training and experience to use it all in order to save lives—"doesn't come free," Dr. Lurie says. "There's not just the initial cost of the equipment and personnel but continuing costs to maintain and upgrade everything to the highest standards."

That's why continuing support from the community is vital for the Institute. And that's why Gerald and Patricia Turpanjian's recent \$2 million gift is so welcome. The Turpanjians' generous gift will benefit the Institute's Structural Heart and Valve Program, a center for new and recently developed procedures that have, without exaggeration, revolutionized treatment for disorders of the heart's valves.

"Until recently, Dr. Lurie explains, these disorders could only be corrected with open-heart surgery." However, a procedure first developed in France, known as transcatheter aortic valve replacement, can replace diseased valves without surgery. As the name suggests, in this procedure a replacement valve is inserted using a catheter.

The procedure, Dr. Lurie says, is even less intrusive than minimally-invasive surgery—it's performed much like an angiogram. Lundquist Lurie Cardiovascular

Institute physicians have performed this procedure more than 550 times. Other conditions including holes in the heart and leaking mitral valve also can be corrected without surgery.

The Structural Heart Program at Torrance Memorial Medical Center was started by interventional cardiologists Salman Azam, MD, Christopher Matchison, MD, Ankush Chhabra, MD and Michael Wyman, MD. Cardiac surgeons John Stoneburner, MD, and Aziz Ghaly, MD, are also part of the team that involves anesthesiologists, nurses and catheterization lab technicians.

"Despite the tremendous progress made in the United States and throughout the world, the leading cause of death for men and women is heart disease," Gerald Turpanjian said in a statement. "More people die of heart disease than all cancers combined. It is gratifying to know the Lundquist Lurie Cardiovascular Institute is minutes away from home and ranks among Southern California's top heart programs, providing the highest level of care in the South Bay. We are pleased to support the Institute's lifesaving and transformative structural heart program. We are very grateful."

As Dr. Lurie says, building and supporting the Institute is more than a medical project. "It's an emotional involvement." •





FROM HOSPITAL BED TO SON'S WEDDING— ON THE SAME DAY

WRITTEN BY NANCY SOKOLER STEINER

North Torrance resident Alan Satow doesn't remember much of his 50-day stay at Torrance Memorial Medical Center as a COVID-19 patient, nor even what led up to it. His wife of 30 years, Chris, saw her husband slip off his chair and fall to the ground, banging his head in the process.

Chris called the paramedics, who took Satow to Torrance Memorial to check for a possible head injury. Instead, they determined he had COVID-19 and admitted him to a

COVID-19 unit. It was March 31.

Satow, who has a history of high blood pressure and diabetes, continued to deteriorate. Intensive care physician Brian Sherman, MD, moved Satow to the ICU. "His oxygen levels were decreasing, and he was struggling to breathe—even on maximum oxygen therapy."

Dr. Sherman recommended Satow be put on a ventilator and placed in an induced coma with the hope his body could recover. "Alan was still aware and able to communicate, so we discussed the risks and benefits of the

procedure," says Dr. Sherman, who also spoke with Satow's wife and adult children. "Alan couldn't survive without a ventilator, but there was no guarantee he would survive even on it."

When Alan and his family spoke by video to make the decision, they knew it could be their last conversation. It should have been a happy time for the family. Satow's son, Matthew, was engaged to Julie Bower, a nurse floater at Torrance Memorial. The couple had planned to wed on April 15. They postponed

Alan Satow was overjoyed to be discharged from Torrance Memorial after a two-month stay as a COVID-19 patient. He then witnessed his son's wedding the same afternoon in his own backyard.

the event, not knowing whether Alan would live to see them married.

The Satows placed their trust in Dr. Sherman and Torrance Memorial. Alan was intubated and placed in the induced coma. Julie's mother, Beth Bower, is an ICU nurse at Torrance Memorial. Although she was not assigned as Satow's nurse, she kept an eye on him and visited him.

After 16 days on a ventilator, Satow's condition improved and he was no longer in grave danger. Dr. Sherman felt confident taking Satow off the ventilator and bringing him back to consciousness.

Although the crisis had passed, Satow would need to remain in the hospital to regain strength. He was unable to stand up or walk. Julie and Beth helped him start to move his limbs, which had severely weakened during his intubation. Satow moved to the Transitional Care Unit, where he continued to get stronger and receive physical therapy.

On May 20, Satow was discharged. As his family greeted him at the hospital doors, Julie and Matthew told him, "We're getting married right after you get home."

So after a short nap, Satow witnessed his son and daughter-in-law wed. It was a brief ceremony, attended by the bride, her parents and grandfather, along with the four Satows and his daughter's boyfriend, who performed the ceremony. They celebrated with a meal of hotdogs and beans, followed by flan in lieu of wedding cake.

"I felt very weak but very happy," says Satow. "There was a lot of joy from getting out of the hospital and seeing the kids moving on to the next stage. I couldn't wait for Julie to become part of our family."

"Torrance Memorial is a wonderful hospital," he says. "It feels like a community hospital because of the personal care you receive, but they also have the expertise and equipment you'd find in a much bigger place."

Satow still deals with post-COVID-19 syndrome, which causes shortness of breath even upon mild exertion. But when his son and daughter-in-law have their wedding reception sometime next year, Satow plans to be there. And not fresh out of the hospital. •



Alan and his wife, Chris, were proud to witness their son Matthew get married to Julie Bower in a backyard ceremony.

Alan Satow credits critical care nurse Celina Castro, among the many doctors, nurses and staff members who took care of him during his most difficult days in the COVID-19 ICU.



TORRANCE MEMORIAL MEDICAL CENTER



Left to right:
Dr. David Rand, Dr. John Kunesh,
Dr. Eric Milefchik

INFECTIOUS DISEASE EXPERTS PROMOTE POSITIVE OUTCOMES

An experienced team of physicians helps Torrance Memorial meet pandemic care demands while protecting patients, staff and the South Bay community.

WRITTEN BY LISA BUFFINGTON | PHOTOGRAPHED BY SIRI BERTING

Since the start of the coronavirus pandemic, Torrance Memorial Medical Center's infectious disease specialists Eric Milefchik, MD, chair of infection control; David Rand, MD, chair of the special pathogens committee; and pathologist John Kunesh, MD, have been working collaboratively to successfully guide the hospital's pandemic response. During the initial pandemic surge and the spike in COVID-19 cases in Los Angeles County after the Fourth of July, having an in-house team of talented, experienced infectious disease experts who are familiar with the intricacies of dealing with various aspects of emerging diseases has proved invaluable to the hospital and the community.

Backed by the latest scientific research and its on-staff team of specialists, Torrance Memorial has managed testing resources, offered some of the latest COVID-19 treatments, and protected hospital staff and South Bay residents. Torrance Memorial team members are also using their experience to assess key protocols to ensure the hospital remains equipped to handle COVID-19 care demands.

LEARNING FROM EXPERIENCE

During the first wave of the pandemic, Torrance Memorial's team gained valuable knowledge about how to optimize COVID-19 care and develop effective safety protocols for non-COVID-19 patients and staff. Today that knowledge is allowing team members to meet the health care needs of the entire community—including those who are COVID-19-positive

and those who require non-COVID-19 care.

"We are really prepared and have remained well below our capacity to treat COVID-19 patients," says Dr. Rand. "Also, our safety protocols work. We have had no patient-to-patient transmission and no staff-to-patient transmission."

Ongoing safety measures at the hospital include conducting training on the proper use of personal protective equipment (PPE), maintaining specialized COVID-19 units and triage areas, adjusting treatment protocols based on new data, maintaining emergency department intake procedures and travel paths, exploring clinical trials, and stocking up on supplies and equipment.

ACCESS TO TESTING

In collaboration with Dr. Rand and Dr. Milefchik, Dr. Kunesh and his team of pathology specialists continue to analyze COVID-19 data so they can adjust Torrance Memorial's testing protocols as needed and obtain the testing kits required to meet the hospital's needs.

"From day one, our goal has been to provide our patients and the community with the highest-quality testing options that appropriately utilize testing resources," says Dr. Kunesh, CLIA director of the clinical laboratory and medical director of the Blood Bank and Donor Center. "We want to make sure we test people using the right test and, most importantly, get the right results."

Torrance Memorial is primarily using its on-site lab to perform inpatient and emergency COVID-19 tests that require a

fast turnaround. The hospital's on-site lab is staffed by a team of highly-trained clinical laboratory scientists and equipped with specialized testing technology—including BD Max and GeneXpert instrument platforms that allow staff to perform automated molecular testing for COVID-19. Molecular testing looks for actual bits of the virus that causes COVID-19 and is used to diagnose an active COVID-19 infection.

Dr. Milefchik (left) and Dr. Rand have been integral to orchestrating Torrance Memorial's pandemic care demands.



ANTIBODY TESTING VS. MOLECULAR TESTING: WHAT'S THE DIFFERENCE?

Molecular testing is a screening tool that looks for actual bits of the virus that causes COVID-19. This test shows an active COVID-19 infection.



Antibody testing looks for antibodies that indicate an immune response to the virus. Antibody testing only shows likely exposure to the virus and does not provide information on whether those antibodies are protective or how long any protection might last. The results cannot be used to determine whether someone is “safe” from COVID-19. Antibody testing is primarily used to provide epidemiological researchers with information about how COVID-19 has spread through the population.

“WE WANT TO MAKE SURE WE TEST PEOPLE USING THE RIGHT TEST AND, MOST IMPORTANTLY, GET THE RIGHT RESULTS.”

“Getting fast, reliable COVID-19 test results for our in-hospital patient care teams is a critical component of our hospital’s ability to effectively manage COVID-19,” says Dr. Kunes.

Torrance Memorial has partnered with third-party testing labs in the past to meet outpatient and presurgical COVID-19 testing needs, but has now optimized existing testing capacity and implemented a new platform to increase volume. Beginning this Fall, all testing for both the hospital and ambulatory needs will be 100% in-house. This will result in shorter turn-around times and provide a significant cost savings. The hospital will continue to build test supplies and still offer an off-site, drive-through, appointment-only testing center. To date, Torrance Memorial has tested more than 4,000 symptomatic patients for COVID-19.

PATIENT CARE EXPERTISE

As part of their day-to-day responsibilities unrelated to COVID-19, Dr. Rand and Dr. Milefchik treat patients in their office at Torrance Memorial Physician Network’s Infectious Disease Center, as well as at the hospital, for infectious conditions such as HIV/AIDS, hepatitis, meningitis, tropical diseases, tuberculosis, MRSA and Lyme

disease. They also work with hospital administrators to ensure the safety of hospital staff. Sometimes referred to as Torrance Memorial’s “COVID-19 Dream Team,” their expertise and experience has proven to be key during the pandemic.

“We are involved in the care of every COVID-positive patient at the hospital,” says Dr. Rand. “Our treatment protocols are very successful, leading to positive patient outcomes.”

Dr. Kunes, Dr. Milefchik and Dr. Rand were instrumental in bringing clinical trials for several novel COVID-19 treatments to Torrance Memorial. The hospital is currently participating in studies for the drug remdesivir, and a biologic medication called tocilizumab.

EVOLVING CARE FOR THE COMMUNITY

With community safety in mind, Torrance Memorial has maintained an active COVID-19 unit. The team is continually evaluating testing needs and supply levels and applying lessons learned during the initial surge to inform ongoing preparedness efforts.

And because the worldwide health care community’s understanding of COVID-19 is constantly evolving, Torrance Memorial’s experts are continually monitoring new research and data to determine the hospital’s best next steps to protect patients, staff and South Bay residents.

“Over the past weeks and months, we have developed effective protocols to keep patients and staff safe, and we are prepared to move quickly to increase our COVID-19 care capacity,” says Dr. Rand.

Torrance Memorial is continuing to follow ongoing procedures to keep non-COVID-19 patients safe, such as temperature checks for everyone who enters the facility, a “limited visitors” policy, physical distancing and use of PPE. COVID-19 screening is also becoming an important part of ongoing safety.

“Torrance Memorial’s role is to provide health care for our entire community,

including people who have COVID-19 and others who require care for non-COVID-related conditions,” says Dr. Kunes. “Testing is a component of the collaborative, comprehensive screening plan involving all levels of the hospital that has been put in place to keep everyone safe so the hospital can care for all members of the community.”

COLLABORATION, PRIDE AND GRATITUDE

Despite the changes, concerns and challenges since the start of the pandemic, the entire team at Torrance Memorial is working together with one objective: providing outstanding care for all patients.

“I am overwhelmingly proud of everyone at the hospital, from the administrators to the frontline workers,” says Dr. Milefchik. “There was a lot of anxiety and many questions at first, but everyone has worked together, took on the challenges and accepted them as a part of the job.”

“The partnership between the emergency department, blood bank, pathology, critical care and infectious disease was essential to making everything work,” says Dr. Kunes.

The community continues to echo these sentiments, expressing their gratitude for hospital staff who go above and beyond to keep South Bay residents safe. Grateful residents show their support with “thank you” messages, food donations and even a drive-by parade that included hundreds of honking cars and waving passengers.

“We couldn’t continue to provide this level of care without everyone in the hospital working together,” says Dr. Rand. “It is a remarkable team effort.”

However, the Torrance Memorial infectious disease team agrees the community also plays an important role in ongoing COVID-19 management efforts. “Wearing a mask, social distancing, washing hands and following other public health guidelines can help everyone stay safer, so it is critical the entire community remains vigilant,” says Dr. Rand. •

TORRANCE MEMORIAL EMERGENCY DEPARTMENT’S SAFETY PROTOCOLS

When Torrance Memorial Medical Center’s expert team of health care professionals began planning the hospital’s COVID-19 response in February, they knew the Emergency Department (ED) would likely be the first stop for people who were seriously ill as a result of coronavirus.

“In emergency medicine, we are used to being the ‘front door,’ so we have lots of experience with triage and making decisions with limited information,” says Zachary Gray, MD, MPH, medical director of the Torrance Memorial ED. “We used every stream of information we could find to develop our COVID-19 response plan, and we were able to draw from our disaster management training and our experience with other highly infectious diseases such as Ebola, H1N1 and SARS.”

One of the team’s first steps was to set up a large outdoor triage area for the ED and develop specialized triage procedures to assess the likelihood each patient may be infected with COVID-19. Based on the results of this initial assessment, people who had a potential COVID-19 infection and those who were not potentially infectious were sent to separate waiting and treatment areas within the ED.

Next, the ED team developed guidelines for the use of personal protective equipment (PPE) to safeguard staff and patients. In the COVID-19 area of the ED, which is sealed off from the rest of the department, staff wear eye protection, masks, gloves and gowns. When an airway procedure is performed, staff follow more stringent guidelines and use additional PPE. Although there was initial concern about having sufficient PPE to handle the expected number of COVID-19 patients, PPE remains in ample supply.

In the non-COVID-19 area of the ED, staff wear eye protection, gloves and masks. In both areas, patients are asked to wear masks.

The safety measures implemented at Torrance Memorial’s ED—including specialized triage procedures, isolation of COVID-19 patients and PPE protocols—proved to be effective during the initial stages of the pandemic and continue to remain in place. Torrance Memorial has also implemented mandatory daily screening and temperature checks for everyone who enters the facility, physical distancing protocols, enhanced cleaning and a limited visitor policy.

If necessary, the outdoor triage area, which has since been taken down, can be easily restored to serve the patient community.

“All of our COVID-19 response plans remain in place, so there is no reason to delay emergency care,” says Dr. Gray. “We’ve combined what we’ve learned about COVID-19 so far with our experience and training to ensure our staff and patients are cared for and protected. Our team is constantly analyzing community risks and remains ready to meet the community’s needs.”



THERE'S A SEVEN-STEP PROCESS FOR CLEANING ROOMS, AND THAT PROCESS ITSELF IS HIGHLY REGIMENTED.



Rosalia Blanco, environmental services tech 1, demonstrates the rigorous, seven-step cleaning process to prepare a patient room.

CLEANING 'ROUND THE CLOCK

There's clean ... and then there's Torrance Memorial clean.

WRITTEN BY JOHN FERRARI | PHOTOGRAPHED BY PHILICIA ENDELMAN

How often do you clean your house? Once a week? Every other week? That's enough to keep a home as clean as it needs to be, and it takes time and effort. Now imagine cleaning your house methodically, top to bottom, continually. That's what Torrance Memorial does—all day, every day.

Of course, Torrance Memorial is a medical center, and it needs to be kept sanitized to avoid any potential spread of infection. The hospital's Environmental Services (also known as EVS) department employs 120 full-time staffers to make sure every space—from waiting areas to operating rooms—is kept spic-and-span. The process is much more methodical than any house cleaning.

"If I go into my house and I do some cleaning, some days I do this first and some days I do that. Some days I may clean this, and some days I may clean that," explains vice president of ancillary/support services Debby

Kelley. "Not in a hospital. Everything gets totally tip-toe cleaned. There's a seven-step process for cleaning rooms, and that process itself is highly regimented."

"The seven-step process has proven to be effective in preventing hospital-acquired infection," adds director of environmental services Jesse Castañeda. In each patient room and bathroom, for example, a member of Castañeda's staff removes trash and linen, dusts high areas, and then, working clockwise from the entrance all the way around the room, wipes down all furniture and walls with a disinfectant, dry mops the room (to collect dust), wipes down all surfaces, mops the room with a disinfectant and, finally, double-checks the procedure and reports any issues.

That, says Castañeda, is a daily room cleaning. It happens every 24 hours, at a minimum. When a patient leaves the hospital, the room cleaning is even more thorough.

Torrance Memorial's environmental services practices are guided by the hospital's Infection Prevention Committee, comprising infectious disease specialists, doctors and nurses as well as environmental services staff and others. When the COVID-19 pandemic began, the hospital intensified its cleaning regimen even more. The infection prevention director "went into high gear, basing decisions on recommendations from the CDC," says Castañeda. "We were all having daily, literally daily, communication with the infection prevention director, making sure what we are doing was in line with the latest CDC guidance."

Much of that guidance reinforced what Torrance Memorial already had been doing: using the seven-step process and approved disinfectants. "We were already ahead of the curve," says Kelley.

As the pace of elective procedures slowed, environmental services staff members spent more time in critical areas. For example, "We put extra resources in the emergency department," Castañeda says. "We wanted to make sure that area of the hospital, although it was being cleaned effectively and thoroughly, was being thoroughly cleaned three times a day. We reallocated resources to areas we felt needed some additional support to ensure COVID-19 did not spread to other areas of the hospital."

The hospital also incorporated cleaning time into every staff member's daily routine: Every two hours, in every area of the hospital, every employee cleans his or her work area. "We've continued to up the ante on wiping frequently touched surfaces, from doorknobs and railings to elevator call buttons," says Kelley.

Environmental services staff were given daily refresher training on the use of personal protective equipment (PPE), to further ensure they didn't spread any infection, or contract COVID-19 themselves. And it's worked, Castañeda says. "The outcomes in my department? Zero cases of COVID-19."

"We have been diligent about maintaining our PPE supply and distributing it to our staff," Kelley says. "Not only are we following CDC-approved procedures for the use of PPE and cleaning, we're taking it higher than CDC guidelines."

While the COVID-19 virus continues to circulate, "Don't delay your health care. If you need our care, please come to the hospital. It's far safer there than anywhere else," says Kelley. "Preventing infection or spread of infection is what we do." •



Above: Gabriela Sanchez, assistant director, and Jesse Castañeda, director of environmental services for Torrance Memorial. Below: Gabriela performs a swab test on a high-touch surface in a patient room.



TORRANCE MEMORIAL'S SEVEN-STEP CLEANING PROCESS

(every 24 hours, at a minimum):

1. Remove trash and linens
2. Dust high areas
3. Wipe all furniture working clockwise from entrance; wipe all walls and furniture with disinfectant
4. Dry mop room (to collect dust)
5. Wipe all surfaces
6. Mop room with a disinfectant
7. Double-check the procedure and report any issues

AWARDS AND ACCOLADES

TORRANCE MEMORIAL CONSISTENTLY RANKS WITH THE TOP RENOWNED HOSPITALS IN OUR NATION, STATE, REGION AND IN THE SOUTH BAY.

Every year, Torrance Memorial Medical Center receives accolades from national organizations—and deservedly so. But what do the awards really mean? This is important to understand especially when other South Bay organizations are also receiving similar awards. The criteria below highlight the key performance indicators (KPI's) that determine rankings, ratings and scores from *U.S. News & World Report* and *Newsweek*. The reference brochure to your right illustrates our performance and serves as a quick glance to know the score.



US NEWS & WORLD REPORT

Torrance Memorial Medical Center is ranked the 12th best hospital in California by *U.S. News and World Report* for 2020–2021 and the 6th best hospital in the Los Angeles Metro area, including Orange County. The data is analyzed from nearly 5,000 medical centers and survey responses from more than 30,000 physicians to rank hospitals in specialties including cancer, cardiology, diabetes, rheumatology and more. Survival rates, patient experience, specialized staff and advanced technologies were among the factors weighed. Torrance Memorial was also rated high-performing in 8 of 12 specialties.

The best hospitals procedures and conditions ratings evaluate almost every hospital in the U.S. that admits patients in any of ten common procedures and conditions: colon cancer surgery, lung cancer surgery, heart bypass surgery, aortic valve surgery, congestive heart failure, abdominal aortic aneurysm repair, hip and knee replacement, chronic obstructive pulmonary disease (COPD) and transcatheter aortic valve replacement (TAVR). Torrance Memorial was rated in 9 out of 10 procedures and conditions.



Lundquist Lurie
Cardiovascular Institute

NEWSWEEK

Recognized by *Newsweek* as part of its list of World's Best Hospitals 2020. Torrance Memorial Medical Center ranked as the 48th best hospital in the nation and 10th best in California out of the thousands of qualified organizations in the world.

Newsweek partnered with Statista Inc., to develop a complex methodology to ensure the quality and validity of the ranking. Three data sources were used for the evaluation:

1. Hospital recommendations from peers (weighted at 55%): online survey among tens of thousand of doctors, health care professionals and hospital managers
2. Patient experience (weighted at 30%): surveys of patient satisfaction with hospitalization
3. Medical KPIs (weighted at 15%): data on quality of care for specific treatments, hygiene measures and patient safety, patient-per-doctor/nurse ratios, etc.

Additionally, Torrance Memorial was recognized as a World's Best Specialized Hospital in Cardiology (Lundquist Lurie Cardiovascular Institute) on *Newsweek's* inaugural list. Over 40,000 medical experts participated in online surveys that allowed them to recommend and assess various hospitals within their respective specializations. The results of the survey were then validated by a global board of renowned medical experts.



TORRANCE MEMORIAL
A CEDARS-SINAI AFFILIATE

Experience the Best

Torrance Memorial
Ranks Best in Class

TORRANCE MEMORIAL MEDICAL CENTER

FUTURE FOCUS



Nancy Weisel finds peace living close to the beach and giving back to the community.

THANKFUL FOR THE BEST CARE IMAGINABLE

Nancy Weisel makes a bequest to Torrance Memorial in gratitude for her husband's care.

WRITTEN BY NANCY SOKOLER STEINER | PHOTOGRAPHED BY VINCENT RIOS

She was a financial professional from New York City. He was a cowboy-turned-plumber from Oklahoma. She loved to socialize and traveled extensively for work. He loved the outdoors and his motorcycle and preferred barbecuing at home to a night out.

On paper, Nancy Weisel and Jim Benton may have sounded incompatible. But when the two met in Texas, they both felt an immediate attraction. In 1991 Nancy, who had moved to Dallas for her job with Merrill Lynch, had a leak in her home. Jim was the plumber who showed up at her door to fix it. Upon completing the three-day job, he asked her out.

Within a year, they were living together. "We led completely different lives, but we made it work," says Nancy. "He could calm me down, and I could get him to go out and do things."

In 1995, the couple relocated to California for Nancy's work and settled in Redondo Beach. They would often set out with an overnight bag and no destination in mind, exploring the Golden State. The pair, who wed in 1997, enjoyed taking hours-long walks, cruising and traveling abroad.

Jim opened his own company, Benton Plumbing, and worked locally until his retirement in 2014. Nancy continued to work in finance until her retirement in 2018. Two years prior, Jim had fallen down a flight of stairs and suffered a massive hematoma—a leaking of blood outside the blood vessels—on the side of his body. He spent more than three weeks in Torrance Memorial Medical Center's Burn, Wound and Amputation Prevention Center and underwent two surgeries.

"Dr. Matthew Reiss and his team gave Jim amazing care," says Nancy. "They were there for both of us. They always put Jim's medical and emotional needs first during this difficult time. As for me, they were always available to address my concerns."

In 2019 Jim began experiencing worsening symptoms of liver disease. He had difficulty walking and

catching his breath. In October 2019, he spent six days at Torrance Memorial. "The hospitalists were so caring and giving and answered a million questions. The nurses never lost patience," said Nancy, who knew her husband's health was irreversibly failing.

By the end of November, Jim's condition had seriously deteriorated. He returned to the hospital, but nothing could be done to reverse his multiple organ failure. He passed away December 7.

Despite their different styles, Nancy and Jim both believed in giving. The couple had no children and had chosen to leave a large share of their estate to charitable causes. After Jim's death, Nancy decided to add a bequest to Torrance Memorial.

"People need to know that even though my husband didn't survive, he still got the best care imaginable. That's what I wanted for him, and that's why I included the hospital in the trust," she says. "I like to think he would be 100% on board with my decision." •

Jim had a passion for motorcycles, cruising the open road and the outdoors.



DEFINING AN ESTATE PLAN AND ROADBLOCKS TO AVOID

WRITTEN BY GRACE GREER ST. CLAIR



Grace Greer St. Clair
St. Clair Law

Getting motivated to establish your estate plan can be uncomfortable, but if you knew what our clients experience when a good plan is not in place, you would rush to get it done. Without a well-crafted plan, the Probate Court will determine who will receive your hard-earned assets and belongings, and this is not likely to be your first choice.

You can protect yourself and your loved ones with a basic estate plan that includes a living trust, a will, an assignment and certain powers of attorney.

A **living trust** is a document created by the person who owns the property and who most often serves as the current trustee. All property and assets are transferred to the trust. The trust names a person or people as successor trustee(s) to succeed the original trustee when needed at death or incapacity. The trust designates how the property will be handled during life and after a death.

A **will** is created by a person (testator) during their life for use upon death to designate distribution of assets. A pour-over will is used in conjunction with a living trust and allows assets to be included in the trust plan when they may have inadvertently been left out of the living trust.

An **assignment** is a document used to assign personal property without recognizable title, such as furniture or household goods, to the living trust. It shows the grantor's intent for their nontitled property to be governed by the trust terms and is coupled with the pour-over will.

A **durable power of attorney** is executed to name a trusted person as your agent to manage your financial and personal property if you are unable to do so.

An **advance health care directive** is executed to name a trusted person as your agent to make decisions about your health care if you are unable to speak for yourself.

These basic definitions provide a description to help you get started, and an estate planning attorney can go into more detail with you. Do not let the following common roadblocks stop you from protecting your assets and ensuring their disposition is handled according to your wishes:

Who Wants to Talk About Death? Discussions of death, dying, illness, money, family, wills and trusts make many uncomfortable. Do not let a few minutes of discomfort cost your family thousands of dollars. Without a plan, your estate goes to probate court, where fees can severely reduce your estate's value. The entire process is public—an emotional drain on those subjected to it—and is totally avoidable with proper planning.

This Is Not a Good Time. Everyone is busy, and there will ALWAYS be something seemingly more urgent or more important to do. The best time is now, because if you wait too long it may be too late. Estate planning helps you handle your property while you are alive, and, once your plan is accomplished, you will live with the security of knowing your wishes will be fulfilled.

I Don't Know Where Everything Is. Gathering important documents can be daunting, but once you have completed the estate planning process, the time you invested will be worth the effort. You'll feel better knowing a plan is in place which will make it much easier for your heirs.

The truth is, estate planning is not really that scary, and there is no better time than today to begin. The process involves analyzing your family and financial situation, discussing your goals and concerns with your loved ones and working with a trusted professional to create a solid plan. You'll incur some legal fees, but they will pale in comparison to what your estate will bear if it ends up in probate court. With proper planning you can be assured your plan will keep you out of court. •

Grace Greer St. Clair is an estate planning attorney with St. Clair Law in Redondo Beach. Grace is also a member of the Torrance Memorial Professional Advisory Council. grace@qualityestateplanning.com, 310-374-5479

A group of five medical professionals, three men and two women, are standing in a bright, modern hospital hallway. They are all wearing white lab coats. The man on the far left has a name tag that reads "Alex Osh, MD, Endovascular Surgery" and a Cedars-Sinai logo. The woman next to him has a name tag that reads "Torrance Memorial" and a Cedars-Sinai logo. The man in the center has a name tag that reads "Cedars Sinai". The woman next to him has a name tag that reads "Torrance Memorial" and a Cedars-Sinai logo. The woman on the far right has a name tag that reads "Cedars Sinai". The hallway has large windows on the left and a bright light source in the distance.

just got more experts.



TORRANCE MEMORIAL
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Cover Story

CRAFTING A MEANINGFUL LIFE

After a busy career, Phil Pavesi enjoys pursuing hobbies and supporting Torrance Memorial.

WRITTEN BY NANCY SOKOLER STEINER | PHOTOGRAPHED BY VINCENT RIOS

Phil Pavesi used to supervise 3,000 employees as a division general manager at TRW.

His wife, Christina, traveled to every continent as a flight attendant for Delta. Now the retired couple fills their days with hands-on activities, including supporting Torrance Memorial Medical Center.

Born and raised in a coal mining town outside Pittsburgh, Phil apprenticed with his father, an electrician and plumber. From the time he was six years old, Phil would spend his weekends and vacations accompanying his dad on jobs.

He picked up more than the trades from his father. "I've had 20 years of schooling, and I learned 70% of how to be a success from my dad," Phil says. "He taught me a work ethic, honesty, fairness, to treat all

people with dignity. He taught me not to walk away from a problem but to always tackle it and somehow it would work out."

Phil's work ethic soon became apparent. During his sophomore year in high school, he enrolled in a 20-month electrical technician correspondence course. He completed it in 11 months. After a short stint repairing television sets, Phil got a degree in electrical engineering at Carnegie Mellon University.

In 1963 he headed west to Southern California for a job at North American Aviation, where he worked on the XB-70 experimental trisonic bomber. Soon he moved to TRW's Space and Defense program, where he remained for the duration of his career—with the exception of a stint at Stanford to earn his graduate degree in industrial management.





"It's home away from home," says Phil and Christina Pavesi, who enjoy spending time on their motor yacht Jaguar.

PATRON PROFILE



At TRW Phil worked on a variety of projects, including earth-orbiting satellites, interplanetary probes, space telescopes and spacecraft. The 10-hour days were hectic, but he found it rewarding to interact with and supervise such a diversity of employees, ranging from physicists to chemists to engineers to manufacturing personnel.

"I was never bored," he says. "Every day was different."

Always one to continue learning, Phil also took night school classes at UCLA to obtain his real estate broker's license. He purchased and operates apartment buildings along with his business partner, Virgil Bourgon, who is also a Torrance Memorial Medical Center Patron.

In 1997 during a routine physical exam,

Phil's physician detected a problem. He was diagnosed with an aggressive prostate cancer and went to Torrance Memorial for treatment. Urologist Joy Paul, MD, performed a radical prostatectomy, and radiation oncologist Thomas Simko, MD, supervised Phil's external beam radiation treatment.

"I credit Torrance Memorial for the first time of saving my life," says Phil, who joined the medical center's Foundation board in 2005 after retiring. He continues to serve today and currently holds the role of vice president.

Meanwhile, Christina, who traveled extensively during her 36 years as a flight attendant, also became involved with Torrance Memorial after retiring. She volunteers for the annual Holiday Festival, creating

Captain Phil takes in the view from the controls on Jaguar.



lavish decor and decorating trees. A tree she designed with a nautical theme sold for \$5,000 in the live auction. A Parisian-themed tree fetched \$5,500. Christina also served as president of Las Amigas in 2018. Las Amigas is the group of volunteers who create Holiday Festival each year. Together, Phil and Christina have traveled to 57 countries and all seven continents.

Phil returned as a patient to Torrance Memorial in 2013. He had been exercising on his treadmill and felt chest pressure. "I knew that was a bad sign, so I called the hospital," he says. In the emergency room, Phil was diagnosed with a 90% blockage of his left anterior descending artery, a condition often referred to as the "widow-maker" due to its severity.

Interventional cardiologist Victoria Shin, MD, inserted a medicated stent to clear and hold open the artery. She used an intravascular ultrasound camera to assure the stent's proper placement, equipment that was purchased with a donation by Virgil Bourgon.

"Once again my life was saved by Torrance Memorial," says Phil. "I'm so appreciative. I live in a beautiful area served by an excellent medical center in our neighborhood. Unless I need an organ transplant, there's no reason to leave the community for my care."

"I've been overwhelmed by the professionalism, dignity and empathy I've experienced during treatment, and friends have shared similar experiences," he adds. "Christina and I don't have children, so Torrance Memorial Medical Center will receive the bulk of our estate upon our passing. If you want to benefit the biggest number of people, it's hard to imagine a better place than a hospital."

Phil no longer works 10-hour days as he did during his years at TRW. Now he and Christina fill their time with leisure activities, many of which showcase their creative sides. Phil learned woodworking from his father and today has a wood shop in his garage, where he enjoys working with rare woods. The Pavesis' home is graced by many of his



Handmade by Phil using rare woods this intricately designed clock is proudly displayed in their home.

creations, including a floor-to-ceiling wine rack, a bar cart and an intricately designed clock. He also built an electric organ, assembling it from 40,000 parts.

Christina sews, crafts and paints. Her holiday decorations and craft supplies fill a 16-foot-by-20-foot shed on the couple's property. She donated two of her paintings to the Festival Gala auction.

The couple enjoy taking their RV on camping trips, visiting many California destinations as well as Montana and Mount Rushmore. And they love spending time on Jaguar, their 60-foot motor yacht. "It's our home away from home," says Phil. "We'll stay on it in the summer, and we do a lot of entertaining there."

They are happy to be in a position where they can make a difference with their support of Torrance Memorial. "The culture is very positive, consistently friendly, helpful and compassionate," says Phil. It sounds like he's describing himself. •



First mate Christina enjoys entertaining aboard Jaguar.



Three generations gather. Front: Charlotte Adlam, Chris Adlam, Val Adlam, and Val's father, Ed Demirjian. Back: Nick Burdiak, Elizabeth Burdiak, Michael Christopher Burdiak

A FAMILY TRADITION OF CARING AND COMMITMENT

WRITTEN BY ROBIN HEFFLER | PHOTOGRAPHED BY SIRI BERTING

For Palos Verdes Estates residents Valerie and Chris Adlam, receiving high-quality care at Torrance Memorial Medical Center and then giving back in return has become a family tradition. Both of their daughters, Elizabeth, 31, and Charlotte, 28, were born at the hospital, and in August Elizabeth gave birth there to the Adlams' first grandchild, Michael Christopher.

"We're excited our family is growing and there are more people to love," says Valerie, whose late mother, Barbara Demirjian, volunteered on the hospital's labor and delivery floor for many years. "My daughter changed her obstetrician-gynecologist to one affiliated

with Torrance Memorial because she wanted to give birth there, and when she did, she loved the nurses who cared for her."

Since 2001 Valerie and Chris have been giving back by being members of the Ambassadors, the annual giving program that supports a variety of services at Torrance Memorial. *U.S. News and World Report* ranked the medical center among the top 3% of hospitals in California for the ninth straight year.

"At a time when people are living longer, the need for advancements in the areas of neuroscience, orthopedics and spine care, cancer and cardiovascular disease is more

More to Love - Chris and Val enjoy a cooing session with their first grandchild Michael Christopher Burdiak.
Below: There's nothing like a man's best friend - Chris and Rocco

important now than ever," says Judith Gassner, senior director of development and principal gifts, in describing the program's focus areas. "Ambassadors donate because they believe in the hospital's mission and how it touches their own lives."

This year the Ambassadors are concentrating on supporting the medical center's Lundquist Lurie Cardiovascular Institute, a leader in cardiac care, research and clinical trials. Gassner points out the hospital is noted for its high performance in aortic valve surgery and heart bypass surgery, as well as in treating heart failure. And its partnership with Cedars-Sinai's cardiothoracic experts enhances the hospital's ability to offer advanced cardiac care to South Bay area patients.

The Adlams were introduced to the Ambassadors through their friend, Laura Schenasi, executive vice president of the Torrance Memorial Foundation. Admired for their down-to-earth friendliness, the couple also has interacted with other hospital leaders through their real estate business.

Chris has been a very successful agent for more than 30 years, helping clients buy and sell properties in South Bay communities from El Segundo to San Pedro, with the majority of his clients being on the Palos Verdes Peninsula. Valerie's full-time role in the business includes managing files, marketing and helping "stage" homes to be placed on the market.

Their younger daughter, Charlotte, who is working to get her real estate license and is being mentored by her dad, recently became part of the team. Similarly, their son-in-law and new dad, Nick Burdiak, is a Realtor and sometimes helps with the family enterprise.

Both Valerie and Chris grew up in the Los Angeles area and went to high school on the peninsula. Initially involved in his family's catering business, Chris says he became intrigued with real estate. "Every transaction is unique, and I really enjoy that each one is like a puzzle," Chris explains. "You have to figure out how to get your clients the best deal, and you wear a lot of hats to do that, from legal to marketing and psychological. That keeps it interesting."

In addition to the medical center, the Adlams also support the Palos Verdes Peninsula Unified School District through the Peninsula Education Foundation, where Chris served as a trustee for several years. Yet Torrance Memorial remains the steadiest focus of their community support.

"The hospital is an amazing place," says Chris, who is also on the committee for Torrance Memorial's annual golf tournament. "Everyone who works there is so helpful, knowledgeable and wants the best for you, as we saw most recently when our daughter gave birth."

Adds Valerie, "We respect so many of the medical center's leaders, and we find the Ambassadors program a good way to contribute to our community, because what better focus than a local hospital that is such a good provider of fundamental services? And we always leave Ambassadors events truly inspired by a perfect mix of fun and informative speakers." •





No paddler left behind - Ava, Kona, Brooke, Pam and Brian Sherman get ready to head out to dolphin country.

LIVING LIFE TO THE FULLEST

Dr. Brian Sherman's career and hobbies reflect his zest for life.

WRITTEN BY NANCY SOKOLER STEINER | PHOTOGRAPHED BY VINCENT RIOS

During a serious conversation, a close friend asked a perfectly healthy Brian Sherman how he wanted to die. Sherman, who had been considering a career change, took the question to heart. He thought about what he would want his tombstone to say and decided on, "Here lies Brian Sherman, who made life better and happier for other people."

That's when he knew it was time to pursue a career in medicine. But in truth, the decision had been forming for some time. As a successful real estate and marketing

consultant living in Florida, the South Bay native had all the trappings of success: a nice house, a boat, a Harley and vacations around the world. His desire to be of service manifested itself in the time and care he'd taken with his clients.

"I would spend a lot of time with them to help them improve their business, their process and their profits," says Sherman, who began to realize that wasn't enough. He wanted a more meaningful and deeper connection.

At the same time, Sherman had a taste of medicine through his adventure travel.

A self-proclaimed "adrenaline junkie," he has hiked a glacier in Iceland, run with the bulls in Pamplona and sailed his boat down the length of Mexico (surviving a hurricane in the process).

Because some of his excursions took him to remote locations—such as the Alaskan backcountry—with no facilities or communication, he learned basic medical skills such as bracing broken bones and stitching wounds. This way, he could provide care should the need occur. He eventually became certified as an Emergency Medical Technician.



All for one and one for all... Pam, Brooke, Ava and Brian Sherman make a splash.

"I decided I enjoyed it," says Sherman. "It was more meaningful to me to help people in a medical way than in my business career."

He also thought back to his college years when a serious digestive illness landed him in the hospital for a month. "You feel totally out of control," he recalls. "My doctors were good, but there was still this approach of treating the organ, not the person."

Looking back, Sherman wishes he had received "holistic, humanistic care that makes you feel like you're a part of the process and allows you to connect with your physicians in a real way." He decided that was the kind of medicine he wanted to practice.

Sherman continued with his marketing job while taking medical school prerequisites as well as working in a trauma center on weekends. He decided if he could save one life, his own life would be complete. That goal helped him persevere through medical school and training as a critical care physician.

At Torrance Memorial Medical Center, Dr. Sherman works in the critical care ICU. As the highest level of care, "the ICU is the last line of defense," he says. Critical care ICU physicians (intensivists) see the sickest patients—those who need to be on life support via means including medication, special dialysis machines, heart-lung machines and ventilators.

Dr. Sherman joined the Young Physicians and Professionals Alliance (YPPA) soon after arriving at Torrance Memorial in 2018. "It's a fantastic group. Every hospital should have one," he says.

YPPA holds social events and community programs and raises funds to support the hospital and community health. Recent projects include funding equipment for the pediatrics department and purchasing supplies for caregivers and staff during the COVID-19 crisis.

One of Dr. Sherman's favorite YPPA-supported programs, *The Reason Is You* recognition, honors a hospital staff member from any job classification for providing an outstanding patient experience. "It's fantastic because it recognizes everybody in the hospital is a part of the caregiving team," he says. "One of the recipients was a security guard who saw someone fall, and when he went to help them up, he realized they'd had a stroke. He was able to quickly get the person the help they needed."

Dr. Sherman himself earned *The Reason is You* recognition in 2019. The man who nominated him, David Stade, appreciated how Dr. Sherman "went so far above and beyond" in providing care to his wife, Lindsey Stade, who was gravely ill and wished to return home for hospice care.

Lindsey needed sophisticated medical equipment to sustain her, and Dr. Sherman explored many options to make her homecoming possible. Ultimately, she was not able to travel so Dr. Sherman, with help from the palliative care and hospice departments, made Torrance Memorial "home" where her family could surround her as she made her transition.

"He was my bulldog—my advocate," David wrote in his letter of appreciation to the hospital. "I so loved him for trying every exhaustive attempt to get Lindsey to our home."

In addition to advocating for his patients, Dr. Sherman guides young people who show an interest in medicine. "For years, I was involved with a UCSF program called the Doctors Academy, where I would mentor young high school students—mostly the children of laborers in the Central Valley. Many of them are now in medical, nursing, pharmacy or veterinarian schools."

"I like to mentor young people," he adds. "That's something I've done through my life even before medicine."

Married and the father of twin girls, Dr. Sherman feels having a family is part of living life to the fullest. "Nothing makes me happier than having a family adventure," he says.

Dr. Sherman appreciates how his love of challenges and his love of helping people have merged together in his career as a critical care physician. It allows him to live out his motto, a paraphrased quote from Albert Einstein that would also make a fitting epitaph: Only a life lived in the service to others is worth living. •



Adventure junkie Brian Sherman about to climb the Vatnajökull glacier in Iceland.

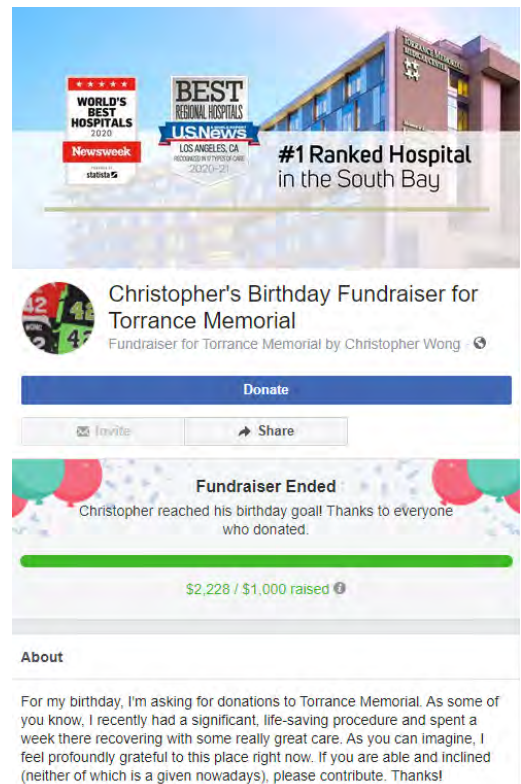
EAGLE SCOUT MAKES FACE COVERINGS

Inspired to make a difference for frontline health care heroes during the COVID-19 pandemic, assistant senior patrol leader **Tristan Pacleb** designed his Eagle Scout project around sewing and donating 200 reusable face coverings for use by Torrance Memorial staff. Tristan enlisted help from his fellow Troop 211 Boy Scouts and managed shifts to maintain appropriate social distancing on the back patio of his home. With borrowed sewing machines—including his grandmother's (who also provided sewing lessons)—the face coverings were completed. Tristan, his parents and sister Mia delivered the face coverings to Torrance Memorial on July 21. Tristan has close connections to Torrance Memorial since his father, Glenn, is an operating room RN and his mother, Michelle, worked as an LVN for Home Health & Hospice.



FACEBOOK BIRTHDAY FUNDRAISER GOES VIRAL

Feeling profoundly grateful to Torrance Memorial after a lifesaving procedure and spending a week in the hospital recovering, **Christopher Wong** posted a birthday wish on social media. His wish asked for donations to go directly to Torrance Memorial in recognition of the great care he received. He raised \$2,228.



MILES FOR THE FRONT LINE

Katie Chung, a South High Torrance sophomore, set a goal for the month of May to run 136 miles and raise \$1,000 for Torrance Memorial through a GoFundMe page. As a team member for cross-country and track, Katie loves to run and she says she "wanted to be able to make a difference by doing what I love most: running." Katie exceeded her goal by running 141.39 miles (May 4–31) and raised \$1,180, which she presented to VP/chief nursing officer Mary Wright and VP of nursing Shanna Hall on June 8. Katie says, "I wanted to give back to the many people on the front lines who are working tirelessly to help our community." Thank you, Katie!



STARBUCKS FOR STARS

The North America Taiwanese Women's Association and Torrance city councilman George Chen presented the Torrance Memorial environmental services (EVS) management with 52 Starbucks \$10 gift cards to honor the tireless work of EVS staff during COVID-19.

George Chen (councilman, city of Torrance), Marvin Cruz-Santanta (EVS staff), Merlin Yang (president-elect, NATWA-SC), Gabby Sanchez (EVS staff), Rosalina Blanco (EVS staff), Jesse Castaneda (director EVS), Linda Wu (NATWA)

PHOTOGRAPHED BY DAN NGUYEN



SERVING AND GIVING - LUMINARIES AND NOVAS CLASS OF 2020 GRADUATING SENIORS

The Luminaries and Novas of Torrance Memorial Medical Center are nonprofit volunteer groups founded in 1990, involving mothers and their high school children (Novas) who provide services and financial donations to the hospital. To date they have donated more than \$500,000 to support many important hospital projects.

This year, more than 6,000 hours were volunteered in escort services, Torrance Memorial fundraisers and community events on campus. The group brings smiles to patients with donations of blankets, hospitality kits and decorations in the transitional care unit. Luminaries president, Dr. Alice Diego-Malit, announced the 2020 class donations of \$10,000 to Torrance Memorial Foundation and "wish list" items valued at \$2,000 to the neonatal intensive care, pediatric and burn units.

The 2020 graduating class of 18 seniors celebrated their successes virtually due to social distancing requirements with a congratulatory senior gift package of novelty items including leis, gift cards, DVD and photos to celebrate at home with their families. Now more than ever, they are grateful for the experiences gained and the value of giving back to the communities where they live.



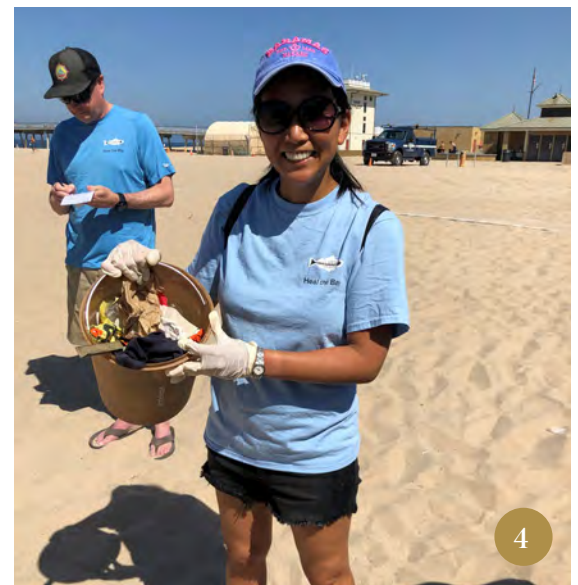
L to R, top row: Sean Lipps, Ethan Ikegami, Ferrin Ferdows, Kevin Alon, Gordon Hur, Nickon Maher, Brandon Arcilla, Kaden Asamoto, Sam Jongkind; bottom row: Sammy Monroy, Jonathan Louie, Paige Arai, Mari Shigekawa, Mia Kobayashi, Mariko Bronson, Jack Bronson, Justin Watanabe, Laura Jankowski



START THE DAY WITH YPPA

July 11, 2020

Young Physicians and Professionals Alliance (YPPA) hosted a beach cleanup and breakfast at the Hermosa Beach Pier. Participants enjoyed breakfast on the beach from Brother's Burritos and discussed tips from Heal the Bay on how to safely organize DIY cleanups. After a long walk on the beach, more than 10 pounds of trash was collected. For more information on YPPA membership and upcoming events, visit TorranceMemorial.org/YPPA or call Sophia Neveu at 310-257-7266



1. Louie Alejandro, Cynthia Alejandro,, Ethan Hoffman, Dr. Heidi Hoffman, Dr. Vimal Murthy, Stephanie Bezner, Kevin Bidenkap, Sophia Neveu, Nadia Antii **2.** Dr. Heidi Hoffman, Ethan Hoffman **3.** Nadia Antii, Kevin Bidenkap, Stephanie Bezner **4.** Angela Park Sheldon

WINE PROCUREMENT DRIVE-BY

August 9, 2020

In lieu of the annual wine procurement cocktail party, donors were invited to “drive by” for delivery of their wine donations for this year’s virtual Holiday Festival silent and live auctions. COVID-19 restrictions prevented gathering for the traditional summer party of cocktails, hors d’oeuvres and socializing, but innovation allowed for greeting at the street in front of the home of Helaine and Steve Lopes. As donors delivered their wine donations from their cars, they received a thank-you party bag, containing a charcuterie to-go box, branded wine glasses and a wine sleeve.

1. Jackie Halvorsen and Craig Halvorsen 2. Barbara Demming Lurie and Dr. Mark Lurie 3. Jack Baker, Song Cho Klein, Judith Gassner, Helaine Lopes, 4. Rick Higgins, Emily Chen, Hailey Chen 5. Kathleen Wilson, Helaine Lopes, Kristin Curren, Andrew Curren 6. Heather Kline



34TH ANNUAL TORRANCE MEMORIAL GOLF DAY

August 24, 2020

Like most events in 2020, COVID-19 dictated changes to Torrance Memorial's annual golf tournament. Postponed from its original date of June 1, the City National-sponsored golf event took place on Monday, August 24, at Palos Verdes Golf Club (PVGC). With great support from the PVGC staff to create a COVID-19-safe experience, 104 golfers teed off in foursomes every 10 minutes. Stocked with a box lunch and beverages on single-occupancy carts, golfers completed 18 holes in a scramble format with entertaining games and contests along the way. After their round, golfers returned to the clubhouse, where they finalized silent auction bids and received a packaged dinner and bottle of wine or spirits to enjoy at home. Event proceeds support the Lundquist Lurie Cardiovascular Institute, and we thank the golf committee chaired by Don Douthwright for their diligence and participation to make the event successful.



TOURNAMENT COMMITTEE:

Chris Adlam	Jonathan Lund
Tracy Bracken	John Moody
Erik Chessmore	Lauren Phan
Harv Daniels	Rosemary Pudlik
Don Douthwright	Mark Rouse
Mike Emenhiser	Marc Schenasi
Dan Finnegan	Marianne Sfreddo
Rick Higgins	Neal Verga
David Klein	

WINNERS:

1st place Brian Matthews, Jordan Lopez, Craig Leach, Eric Souders
2nd Place Harry Archung, Dave Johnson, Kevin Rude, Robert Perez
3rd Place Michael Belcher, Scott Davis, Brett Dillenberg, John Durnell
4th Place Eric Read, Alan Wozniak, Darin Miller, Mike Kim
5th Place John Layana, Chase Smith, Ron Cloud, Mark Schlig

CLOSEST TO THE PIN

#2 Rob Schnee	20'
#4 Brandon Hovard	7'2"
#8 Mark Schilg	18"
#15 Julie Taylor	4'4"

LONGEST PUTT #18 – Scott Rouse
 LONGEST DRIVE #16 – Men (tie): Chase Smith/Jarratt Rouse, Women: Julie Taylor
 STRAIGHTEST DRIVE #6 – John Moody

DONATIONS FROM THE HEART



Torrance Memorial president/CEO Craig Leach (right) receives 400 donated gas cards (each card \$100 value) for staff from Jeff Wilson of **Chevron**.



SKECHERS

Skechers founders Michael Greenberg and Robert Greenberg donated \$100,000 and more than 2,000 N95 masks.



Mimi Liu and Robert Liu launched the COVID-19 Relief Fund with their \$200,000 cash donation.



The Brian McDonnell Family of **Smurfit Kappa** donated \$100,000 for the COVID-19 Relief Fund.

IN YOUR COMMUNITY

DONATIONS FROM THE HEART



Bread of Life Church in Torrance donated over 3,000 masks and 400 face shields.



Dogtopia of South Bay owner Kathy Miller donated more than 250 certificates for a free day of doggie daycare for the pets of Torrance Memorial staff. Kathy thought dogs belonging to frontline health care workers could also use some TLC, and their owners would feel relief knowing they were in good hands for the day.



Lovers of the Holy Cross nuns in Gardena sewed and donated 4,300 face coverings, including children sizes!



SpaceX, **Northrup Grumman** and **Boeing** donated face shields, ear savers and masks, while **JPL** designed, built and donated two intubation boxes for use in surgery.



Callie Chen, seventh-grader at Madrona Middle School, designed and sewed 50 washable, reusable bouffants for doctors and staff to use during surgery. Callie was inspired to make the bouffants by her surgeon aunt who mentioned potential shortages and the benefits of washable, reusable PPE.



Dr. Anthony Chen, primary care doctor with Torrance Memorial Physician Network, and **James Luo** of the Chinese University Alumni Association Alliance of Southern California facilitated the donation of thousands of masks and other PPE.



Sam's Club Torrance donated PPE, hand sanitizer and Clorox wipes to supplement supplies at Torrance Memorial.



Amber with **Coffee Bean and Tea Leaf** delivered special Heroes at Heart bags of coffee and canisters of tea for distribution to staff. Heroes at Heart is a special campaign to encourage Coffee Bean customers to donate in support of first responders in the community.

IN YOUR COMMUNITY

DONATIONS FROM THE HEART



Rodrigo and Alexis of **Jeff Leatham Studio** at Four Seasons Hotel in Beverly Hills delivered 60 flower bouquets as a thank-you to all staff caring for COVID-19 patients (received by Sean Yokoe, RN director, and Ashley Wright, unit secretary).



Kinecta Credit Union treats staff to free ice cream from its iconic ice cream truck.



El Pollo Inka Torrance owners and staff provided many INKA CARES meals to staff (balloon display donated by **Balloons by Tommy**).



Off Their Plate partnered with local restaurant Bites and Bashes to deliver meals to #HealthCareHeroes.



Fresh-baked and individually wrapped cookies by **Mykie's of Mychal's Learning Place** are delivered by executive director/founder Edward Lynch and assistant. Mykie's is a social enterprise of Mychal's with all bakers and baristas who are developmentally and intellectually disabled young adults.



Los Guzman Mexican Food delivered 150 meals to operating room teams.



Brandy Van Zitter RN, and YPPA members raised funds for COVID-19 relief by selling #Frontline Strong T-shirts.

Palos Verdes Peninsula Unified School District (USD), Manhattan Beach USD and El Segundo USD donated a variety of PPE including gloves, N95 and surgical masks. **Hawthorne High School of Engineering and Manufacturing** used 3D printers to create face shields for donation.



Southland Credit Union's \$3,000 donation was converted to 300 \$10 gift cards for the emergency department, security and other Torrance Memorial staff to use in the hospital's Yang or Helena's Cafés.

TORRANCE MEMORIAL WOULD LIKE TO GIVE A SPECIAL THANKS TO OUR MANY SPONSORS

GIFTS FROM MARCH 1 TO AUGUST 31, 2020

\$1.5 MILLION +

Priscilla Hunt
Melanie and Richard Lundquist

\$200,000 +

Betty and Jake Belin
Jenine and Brett Cravatt
Mimi and Bob Liu
Nancy and Larry Pasquali
Sophie and Arnaud Solandt

\$100,0000 +

Darla Valliant and Jack Feldman
Carol and Karl McMillen
Skechers – Robert Greenberg and
Michael Greenberg
Smurfit Kappa North America,
Brian McDonnell
Carol A. Wharton
Jackson and Julie Yang

\$50,000 +

Renate and Steve A'Hearn
Deri and Jim Antrim
Lisa and Ken Baronsky
Sandy and Thomas Cobb
Francesca and Doug Deaver
Michael Greenberg
Sandy and Jason Huang
Jayashree and Vinod Jivrajka,MD
Robert Koch
Torrance Memorial Medical Staff
Frances and Stanley Zee

\$25,000 +

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Yoichi Sumit†

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COVID-19 dreaming...missing our Torrance Memorial Parties L-R, Priscilla Hunt, Ryan Moore, Sara Moore, Saxon Nowotka, Brenda Nowotka



Crossing off another bucket list item - Michael Rouse celebrating his 70th birthday with his wife Nancy at actor Cyril Ritchard aka "Captain Hook" tombstone in CT.

Suzanne and Paul Grudnitski
Kimberly and Justin Guichard
Timme and Kurt Gunderlock
Nancy and Keith Hauge
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Chih-Ming and Shirley Ho
Sakiyo Horie

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\$100 +

AmazonSmile Foundation
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Randy Dauchot and Luke Dauchot enjoy an ATV adventure in Utah.



The Lei Family - Mason, Jeff, Connie and Max at Zion National Park during a sunset jeep tour.

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Clinton, Emily, Grant and Mia Foy enjoying ice cream on vacation in Alaska

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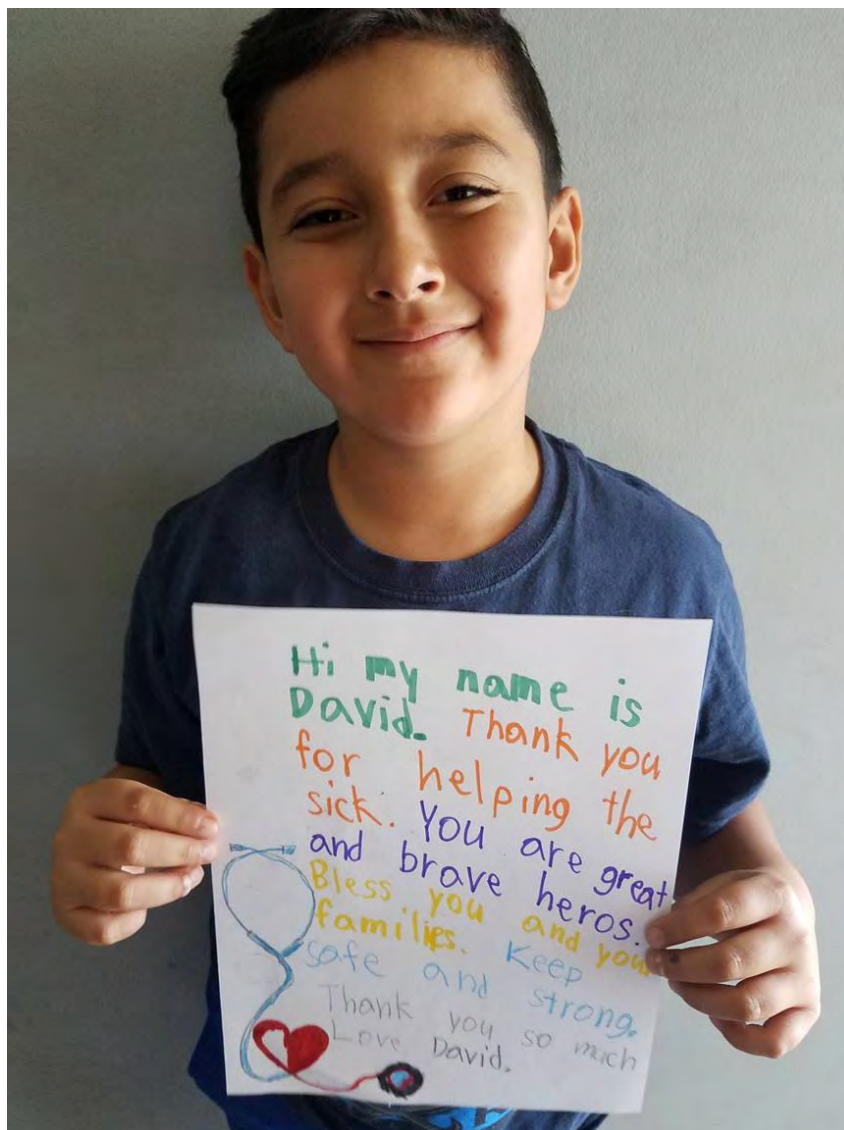
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November 22-29

Auction Trees added November 25
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