



17 THINGS TO
KNOW ABOUT
CANCER CARE TODAY

GIULIANO FAMILY
SHARES A RECIPE
FOR SUCCESS

SANTA AND ELVES
PREP FOR
HOLIDAY FESTIVAL



A LEGACY OF CARE

Our lives are defined in many ways, some which reflect the level of our accomplishments. But for those with a deeper interest, few qualities endure longer than the expression of our love—whether it's aimed toward our family, our community or the thousands of lives we help transform along the way. Your support and contributions, of any amount, help expert community care thrive for years to come.

Learn more about starting your own legacy at www.TMLegacy.org



MY JOURNEY WITH TORRANCE MEMORIAL MEDICAL CENTER



Terry and Joseph Hohm

“TORRANCE MEMORIAL HAS ALWAYS BEEN A LEADER IN THE COMMUNITY, WORKING WITH DOCTORS TO PROVIDE TOP-NOTCH CARE TO ITS PATIENTS, ACQUIRING STATE-OF-THE-ART EQUIPMENT AND BUILDING A PHYSICAL STRUCTURE TO BEST SERVE PATIENTS.”

My journey with Torrance Memorial began in 1978 when I met Ray Rahn, then chief financial officer with Torrance Memorial Medical Center. I was in the process of starting my own CPA practice, and I was focusing on the medical and dental community. Ray introduced me to Mr. Louis Corso, owner of Medical Accounting Service, who coincidentally was looking for a young accountant to join him and eventually take over his practice. So in 1980, I wound up purchasing the practice. Wow, it was a perfect fit!

Ray also introduced me to George Graham and eventually Craig Leach, now president and CEO of Torrance Memorial and George Graham's successor. I recognized the value of a local community hospital and also felt I should give back to the medical community, since I was deriving my income from doctors who worked at Torrance Memorial. I joined the Ambassadors annual giving program and was asked to serve on the board of directors, which I enthusiastically accepted.

Serving on the board and finance committee allowed me to see the financial operations of the hospital firsthand as well as how the hospital was run. My hat is off to both George Graham and Craig Leach, along with senior management, who have brought Torrance Memorial to where it is today. They have created an atmosphere where the administration and doctors work together so the hospital prospers and patients receive the most up-to-date and best care available anywhere. I can tell you, it is absolutely not easy to run a hospital, especially in light of the numerous regulations and high cost of providing patient care. It is through generous donations of community leaders such as the Lundquists, Hunts and many others that Torrance Memorial is able to sustain its growth and success.

After my time on the board, I continued my involvement with Torrance Memorial, going to events and sponsoring a tree at Holiday Festival. I currently serve on the hospital Foundation board as well as the board of Torrance Memorial Integrated Physicians, LLC, an accountable care organization of physicians. I believe it is important to give back in areas of our local community that best serve the needs of people living here. For me, these are education and medical care. Torrance Memorial is without a doubt the premier hospital in the South Bay.

From my board positions, I have watched as Torrance Memorial affiliated with Cedars-Sinai to form a regional health care delivery system that will serve our community well and provide access to the technical and medical expertise of both institutions. I am honored to be on this journey with Torrance Memorial and look forward to my continued involvement with both my time and my financial support. I'm also happy to see my son and son-in-law get involved with their membership in Torrance Memorial's Young Physicians and Professionals Alliance. Their journey is just beginning! ●

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TORRANCE MEMORIAL
A CEDARS-SINAI AFFILIATE

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Patrons

A Publication of the
Torrance Memorial Foundation

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CALENDAR OF EVENTS

NOVEMBER 9

HUNT CANCER CENTER OPEN HOUSE

Open House for the community to tour the new 38,000-square-foot, state-of-the-art Hunt Cancer Center, opening in December.

WHEN: 10 A.M. TO 2 P.M.

WHERE: HUNT CANCER CENTER

NOVEMBER 13

MIRACLE OF LIVING - CANCER PREVENTION

Come learn what you need to know about cancer screening, the importance of early detection and integrative therapies for preventing and treating cancer patients. Specialty experts will be on hand to discuss your questions and share helpful information.

WHEN: 7 P.M.

WHERE: HOFFMAN HEALTH CONFERENCE CENTER

FREE; INFO AND RSVP: 310-517-4711

NOVEMBER 11 (VETERANS DAY)

MOL AT THE BEACH - NOVEMBER

November is Prostate Cancer Awareness Month and kicks off with Torrance Memorial's "Pints for Prostate." The event encourages men to get regular tests and exams. Speakers Lawrence Flechner, MD and Keith Chumley, MD discuss the importance of early detection and men's health.

WHEN: 6:30 P.M.

WHERE: THE BREWS HALL

OPENING CHARITY EVENT

21770 DEL AMO CIRCLE, TORRANCE

\$20 DONATION; RESERVATIONS RECOMMENDED.

CALL 310-517-4704 FOR DETAILS AND RESERVATIONS.

NOVEMBER 17

LIGHT UP A LIFE

A special celebration of someone loved, someone remembered. Individuals are honored during a tree-lighting ceremony benefitting Torrance Memorial Hospice.

WHEN: 4 TO 6 PM

WHERE: HOFFMAN HEALTH CONFERENCE CENTER

FREE; INFO AND RSVP: 310-517-4694

FINANCIAL SEMINARS: MAKE A FRESH FINANCIAL START IN 2019

With knowledge and education, we are better equipped to overcome problems and success in our objectives. The Professional Advisory Council (PAC) is a volunteer group of attorneys, financial planners and CPAs who are committed to educating the community on the benefits of charitable tax and estate planning. To support Torrance Memorial's community outreach, PAC members volunteer their time to conduct a series of

informative, interactive and educational seminars on a variety of financial topics. These free seminars are strictly educational- no products or services are sold to attendees.

SATURDAY, 9 TO 11 A.M.

CONTINENTAL BREAKFAST

WHERE: HOFFMAN HEALTH

CONFERENCE CENTER

INFO AND RSVP: 310-517-4728

JANUARY 11

Individual Taxation: Wrapping up 2019 & Planning for 2020

FEBRUARY 8

Do-It-Yourself (DIY) with Estate Planning and Investing

MARCH 13

Savvy Social Security Planning

HOLIDAY FESTIVAL EVENTS

*All activities are located at Torrance Memorial Medical Center, 3330 Lomita Blvd., Torrance.
\$5 general admission; children 5 and younger are free.
For more information, call 310-517-4606.*

PUBLIC EXHIBIT AND BOUTIQUE SHOPPING HOURS

TUESDAY, DECEMBER 3

1:30 to 3:30 p.m.

WEDNESDAY, DECEMBER 4

10 a.m. to 9 p.m. — Open to the general public
10 a.m. to 2 p.m. — Free admission for seniors and the physically challenged

THURSDAY, DECEMBER 5

10 a.m. to 9 p.m. — Open to the general public
10 a.m. to 2 p.m. — Free admission for seniors and the physically challenged
4 to 9 p.m. — \$2 discounted admission for members of community service organizations

FRIDAY, DECEMBER 6

Closed to the public due to gala preparation

SATURDAY, DECEMBER 7

10 a.m. to 9 p.m.
Admission free with an unwrapped toy

SUNDAY, DECEMBER 8

10 a.m. to 4 p.m.
Opportunity drawing at 1:30 p.m.

FESTIVAL FASHION SHOW

Tuesday, December 3
9:30 a.m. to 3:30 p.m.
\$150 per person

FESTIVAL GALA

Friday, December 6
5:30 to 11 p.m.
\$325 per person or
\$600 per couple

LUNCH WITH SANTA

Sunday, December 8
11 a.m. to 1 p.m.

\$20/person (minors must be supervised by a paid adult).
Reservations required.
Children under 2 are free.

BRING YOUR CAMERA.

Visit TorranceMemorial.org/HolidayFestival to purchase tickets or view the entertainment schedule.



HOLIDAY FESTIVAL COLLECTS TOYS FOR TOTS

Torrance Memorial's Holiday Festival will once again support the annual Torrance Police and Fire Departments Toy Drive.

On Saturday, December 7, collection bins will be placed inside the Holiday Festival tent. Attendees are encouraged to bring an unwrapped toy to help children in need have a more joyous holiday season. Those who bring an unwrapped toy (one toy per person with a suggested value of \$4 to \$5 per toy) will receive free admission to the Holiday Festival.

Members of the police and fire departments—along with their vehicles—will be on hand for kids to interact with from 2 to 4 p.m. on Saturday. After the festival, the departments will be delivering the toys to families in the South Bay.



Torrance firefighters and volunteers give back.



Joyce Jimenez, Celeste Crandell, Nina Guidry, Santa

IT TAKES A VILLAGE TO BE SANTA

Torrance Memorial honors its generous Holiday Festival volunteers.

WRITTEN BY LAURA ROE STEVENS

Can you imagine Torrance Memorial's Holiday Festival without Santa, Mrs. Claus and the elves present? A team of volunteers works tirelessly during the six-day annual festival to ensure the North Pole crew is always there. And what do they receive in turn? The best gift of the season: spreading joy.

"I always enjoy the people who want their pictures taken with Santa," says Steven J. Thompson, pharmacy director at Torrance Memorial, who also plays the role of Santa every year at the hospital. "I have 80- to 90-year-olds climbing in the sleigh and telling me they haven't sat with Santa for years!"

Thompson has dressed in the red suit and white beard for more than 40 years—spreading joy to staff and patients alike in multiple departments at Torrance Memorial. "Several years ago, I was asked if I could fill in a couple of days for the festival because one of the Santas had foot surgery," he shares of how he got involved with playing the

role at the festival.

Thompson has generously volunteered at the festival each year since. Why does the busy pharmacy director make the time? Because volunteering among the “beautiful trees and local entertainment gets me in the festive mood of the season.”

You won’t find a better Santa than Thompson, who doesn’t let being tall intimidate young children. He does what it takes to ensure parents get a good holiday photo!

“When I see a child who is afraid to come sit with Santa, I will climb out of the sleigh and sit on the floor with a big book about Santa to be at eye level with them,” he says. “I’ll see if they will come look at the pictures with me so their parents can get a picture.”

St. Nick isn’t the only one who goes out of his way to accommodate children at the festival. Mrs. Claus and the elves also get quite a workout.

Diane Urquhart has been volunteering for the festival for 18 years, and her daughter Angie has been an elf for four. Both of them assist the children in line to see Santa. This includes lifting them up to Santa’s sleigh, helping them down, reassuring them if they cry and assisting in writing letters.

And sometimes Mrs. Claus has to fill in for her famous husband if he’s needed at the hospital children’s luncheon. For Urquhart, the role is treasured. In fact, it’s so important to her, she has done it while in pain.

“I will [volunteer as Mrs. Claus] until I can’t do it anymore,” she exclaims. “Last year I had a broken hip while I was doing this. I had my surgery and am perfectly fine now.”

Her positive attitude is infectious, and one can imagine how much fun she has with the children. “I’m looking forward to doing more. I have a rocking chair I sit in, and I smile and say hi to all the children. It’s a really happy time.”

Urquhart is the only Mrs. Claus, so as she puts it, she enjoys having “a different husband every day at the festival.” Her daughter and four other elves help take pictures, talk with the kids in line and make Christmas cards in the Santa booth.

“The little kids are afraid of Santa, and they cry and cry. We take their pictures anyway, because soon they will love Santa,” Urquhart explains cheerfully.

Some children are too afraid to get into Santa’s sleigh, but none are frightened of Mrs. Claus. “They tend to be more okay with me, because I’m like the old grandma. By the end of the day—believe you me—I’m one tired girl, from picking them up and putting them down and then smiling all day,” she shares.

It’s clearly a happy exhaustion, and one she wouldn’t give up. Why? Because it lifts the spirits of some children who need it the most.

When asked what the most special moments have been for her as Mrs. Claus at the festival, she replies quickly, “We have a mailbox to Santa, and kids can write a letter and mail it to him. One year many children didn’t ask for anything except having their daddies come home. Many of them were deployed (with the military). It touched



Steven Thompson, Eloise Thompson, Loralyn Thompson, Santa and Mrs. Claus



Dr. Stanley Chang with Santa, Mrs. Claus and Elf Michelle Rand

me. I didn’t realize so many were overseas. It’s better now.”

To say Urquhart is dedicated to Christmas cheer would be an understatement, as her role as a Holiday Festival volunteer has become a year-round commitment. “We work on it from January to December. I help decorate the Santa room, and then we do different trees—32 of them are for the festival and 10 go to the hospital.”

She even creates her own tree each year to be auctioned off. This year’s tree is an animal theme with deer and bears.

The Holiday Festival is an important tradition at Torrance Memorial and a true cornerstone in fundraising efforts. This year’s event will be held December 3–8, and all proceeds will support Torrance Memorial’s new Hunt Cancer Center—a two-story facility that will consolidate all cancer treatment and services. None of it would be possible without the generous time and effort of our volunteers. ●

CHARTING A COURSE FOR WOMEN'S HEALTH

**Upon her retirement, Dr. Pat Sacks
looks back at an accomplished career.**

WRITTEN BY COLLEEN FARRELL | PHOTOGRAPHED BY PETER COOPER

Thanks to the perseverance and leadership of Pat Sacks, MD, Torrance Memorial Medical Center boasts the finest Breast Center in the South Bay. So much of what we take for granted today is thanks to her vision. As we thank her and bid her a bittersweet farewell, we recognize how Dr. Sacks traversed uncharted territory and blazed new trails in the course of her career.

Dr. Sack's medical journey began at Tufts University School of Medicine, where she was one of five women in a class of 90. As the only woman on rounds, she faced patronizing questions like "Are you still here?" and "Are you pregnant yet?" and "Did you bake us some cookies?"

"In those days you had to just stand there and take it," she says.

While serving as the first female house officer in internal medicine, she met a woman radiologist who inspired her. "I was fascinated," she says.

She earned board certifications in nuclear medicine and radiology and began practicing in Medford, Oregon—one of two women practicing among 250 physicians. In 1981, after 11 years in Oregon, Dr. Sacks joined the Torrance Memorial radiology department as a partner and the medical center's only female radiologist.

"When I arrived, it was a time when people were starting to acknowledge women's health issues were different than men's," she recalls. Seizing upon that idea, Dr. Sacks set up the first mammography center in a physician office on Madison, eventually moving to the hospital campus and to multiple satellite locations in the community. Today the breast center screens nearly 35,000 women and diagnoses approximately 400 cases of breast cancer annually.

"Not only did Dr. Sacks provide the clinical leadership to the breast diagnostic program, she also forged the relationship with Vasek Polak—then the owner of local foreign car dealerships in the South Bay," says Sally Eberhard, senior vice president of planning and development for Torrance Memorial Health System. "She convinced Vasek to donate funds to support the purchase of state-of-the-art breast imaging technologies, adding new locations to accommodate the growing demand for breast cancer imaging. After Vasek's death,

Dr. Sacks continued to build the relationship with the trustees of the Vasek Polak Charitable Foundation, which ultimately led to donations of over \$20 million for the medical center's breast diagnostic and imaging capabilities."

Among other South Bay "firsts" during Dr. Sacks' tenure:

- Obtaining the single-insertion mammotome biopsy system in 1997, the ultrasound guided mammotome system in 1999 and digital breast tomosynthesis (3-D mammography) in 2014
- Earning recognition as a Breast Imaging Center of Excellence by the American College of Radiology
- Creating the first breast cancer tumor board
- Establishing a high-risk breast clinic

Also under Dr. Sacks' leadership, Torrance Memorial opened three satellite breast diagnostic centers: Carson, Manhattan Beach and Rolling Hills Estates. She's particularly proud of the 3-D mammography technology, available at all locations, noting it is 41% more accurate at diagnosing breast cancer than the previous technology and reduces call-backs by 40%.

"When we go to breast conferences and they're talking about new procedures, processes or systems, we're usually already doing them," says Tiffani Zanelli, director of the Polak Imaging Center. "We're already ahead of the curve, and that's because of her."

In addition to championing advanced technology and practices, Dr. Sacks built a team of excellent physicians, nurses and technicians who unflinchingly put patients first.

"She's very passionate about patients always receiving the best care," says Zanelli. "We had a nurse who would give results, check on the patient and answer questions before the term 'navigation' came about. She already saw the need for navigation before the idea became widespread."

Dr. Sacks goes above and beyond the call of duty. She'll call insurance companies to demand coverage for patients and give patients her home phone number.

"She's been an amazing visionary leader for the Breast Center," says radiologist Rachel Knopoff, MD. "She has great respect and love for all of the people she works with and truly cares about them and wants to make them better professionally."

Julie P. Sim, MD, and Sarina Pai, DO, will take the reins from Dr. Sacks, continuing her legacy of excellent patient care delivered compassionately and with the most advanced technology available.

Dr. Sacks says two things bring her the most satisfaction from her work. The first is her colleagues at the Breast Center. "They're another family to me," she says. "They are really dedicated people who truly care about our patients."

The second is the patients she helps. Describing a letter of thanks she recently received, Dr. Sacks says, "This is what life is about. Doing things for other people."

Looking back on all she's accomplished—both the trials and triumphs—she says, "I would do it all again. I've had a wonderful time."

The feeling is mutual, Dr. Sacks. Thanks for a marvelous journey. ●

“WHEN I ARRIVED, IT WAS
A TIME WHEN PEOPLE
WERE STARTING TO
ACKNOWLEDGE WOMEN’S
HEALTH ISSUES WERE
DIFFERENT THAN MEN’S.”





Elaine and Jack Schneider

UNDER THE GUIDANCE OF ANGELS

Well-orchestrated steps avert a deadly outcome for a stroke and heart attack patient.

WRITTEN BY COLLEEN FARRELL | PHOTOGRAPHED BY SHANE O'DONNELL

Jack Schneider, a spry senior who refers to his age as “just a number,” thought he had a simple case of GERD (gastroesophageal reflux disease or acid reflux). He first noticed it after eating a lobster dinner in Las Vegas with his wife, Elaine, the weekend before Thanksgiving. However, the pain persisted.

On the drive back home to the Southland, it became so acute he had to pull into the escape zone on Interstate 15. At that point he “knew something wasn’t right.”

The couple made it back home. But it wasn’t until days later and a skipped Thanksgiving dinner with family that Jack finally followed

his wife’s urging to visit an urgent care facility. When they arrived his vital signs were normal, but the doctor was concerned by Jack’s appearance. “His face was pale—ash gray,” says Elaine.

The doctor advised Jack and Elaine to immediately drive or travel by ambulance to the nearest emergency department for further assessment. Elaine listened to a hunch to call her daughter and son-in-law for advice about which hospital to choose for Jack’s care. Elaine reminded their daughter that Jack was already under the care of a Cedars-Sinai physician but also shared concern that Cedars-Sinai was a long distance away.

Their daughter recalled that Torrance Memorial Medical Center had recently affiliated with Cedars-Sinai. Familiar with Cedars-Sinai's reputation for quality cardiac care, Elaine voiced a decision without hesitation. "We're going to Torrance Memorial," she told Jack.

Upon arrival at Torrance Memorial's emergency department, Jack received an electrocardiogram to monitor his heart's electrical activity. Again results were normal, but a high protein count in his blood work indicated Jack had suffered a heart attack—likely when his pain was most acute a few days prior. He was fast-tracked into the catheterization laboratory under the care of cardiologist Leonard Scuderi, MD, who discovered Jack's right coronary artery was 99% blocked. Dr. Scuderi performed a procedure to place a stent in the artery to clear the blockage.

NOT YET OUT OF THE WOODS

Jack was on the road to recovery but began experiencing atrial fibrillation (known as AFib), a quivering or irregular heartbeat that can lead to blood clots, stroke and heart failure. He remained in the hospital for a few days where he could be closely monitored.

While speaking on the phone with his granddaughter from his hospital room, Jack complained of having the "worst headache of his life" and Elaine noticed he started slurring and jumbling his words. Elaine, who is a speech-language pathologist, was familiar with the devastating effects caused by a stroke and recognized the signs in her husband. She brought it to the attention of the nurse who called in Torrance Memorial's rapid response team.

Through a joint program between Torrance Memorial and Cedars-Sinai called Telestroke, the team wheeled in a robot video monitor to the bedside to conduct a remote consultation with Cedars-Sinai neurologist and stroke specialist Dr. Shlee Song, who serves as medical director of Torrance Memorial's stroke program and associate director of the Cedars-Sinai department of neurology stroke program. Her visual assessment of Jack's speech and movement confirmed a diagnosis of stroke.

Working in Jack's favor, his stroke was timed with the recent arrival at Torrance Memorial of VIPRE RapidScan® Technology artificial intelligence software, which helped interventional radiologist Richard Krauthamer, MD, quickly determine the appropriate intervention. With each minute that passes before stroke intervention, about 2 million brain cells are lost. Prior to RapidScan, radiologists might have had to wait several minutes longer to receive MRI results, so access to this technology was critical to Jack's stroke outcome.

"The RapidScan looks at the blood flow or perfusion to the brain and indicates which tissue is in jeopardy of dying but still able to recover, versus which tissue is likely already dead and not likely to recover," says Dr. Krauthamer.

According to the doctor, Jack had a lot of "in jeopardy" brain tissue that could be salvaged and none at that point was damaged beyond repair. With this encouraging news, Dr. Krauthamer decided Jack would be a good candidate for a relatively new minimally invasive

procedure called mechanical thrombectomy to attempt to remove the clot that had caused his stroke.

"The RapidScan really helped us decide to intervene and to visually show the family the need to proceed. Not every hospital can afford to use this high-tech program, but fortunately Torrance Memorial has the resources to have it available for the benefit of the community," Dr. Krauthamer says.

During thrombectomy a catheter is guided through an artery in the leg and into the brain. Once inside the brain, the clot is removed using a specialized clot retrieval device in combination with a suction device.

"We went ahead and did an angiogram, and we were able to remove a fairly peripheral clot that was very subtle and very difficult to see on the CT scan images," Dr. Krauthamer says.

He continues, "If this were another hospital and we didn't have the RapidScan, the quick interaction with our Cedars-Sinai neurology team, our dedicated in-house stroke team of nurses and IR technologists, as well as our comprehensive stroke center designation by L.A. County, he would have had to be transferred. That would have required an ambulance ride, clinical reassessment, taking another nursing report, wheeling him into the lab, prep work, anesthesia—those things take time and he was running out of time. Fortunately Torrance Memorial can routinely handle these critical patients."

Jack had a sense he might be running out of time as well. He recalls seeing a white light and thinking in that moment, "This must be what dying is like, and it isn't that bad." As the light narrowed he remembers hearing a loud popping sound. He now believes that may have occurred at the moment the clot was removed.

Thrombectomy comes with risks of bleeding, rupturing or damaging an artery and lack of removal of the entire clot. About 1 in 3 people have a good result like Jack, Dr. Krauthamer says. "It's a procedure not without risk, but the benefits in Jack's case outweighed the risks," he asserts.

Without intervention for a stroke of Jack's type, Dr. Krauthamer believes he would have faced the possibility of lifelong disability, incapacitation or even death if his stroke progressed. Instead Jack woke up from the procedure with no visible signs of a stroke. He was able to stand up, sit, eat and talk. "It was absolutely amazing," Jack says.

To control his AFib and prevent another heart attack or stroke, Jack must now take nearly a dozen medications daily. But despite the inconvenience, he and Elaine are grateful for what he calls the "stroke of luck." He shares, "I was really lucky to have the two best doctors who saved my life."

"Angels were guiding us every step of the way—from the time we went to the urgent care to the emergency room at Torrance Memorial," Elaine says.

Today, Jack and Elaine say their priorities have shifted. "People are more important than things," Jack says. Elaine adds, "We are more grateful for every day we wake up, see the sun and take a breath. We thank the Lord for each new day, our family and friends, and the miracles all around us." ●

MIDDLE SCHOOL STUDENTS GO “OLD SCHOOL”

Torrance students at Calle Mayor Middle School were recently assigned a community service project. Among them were two seventh-graders, David Tanioka and Rajiv Cherkupally, who thoughtfully chose to direct their efforts to raising money for cancer research. The boys went about this the old-fashioned way: selling cookies and refreshments at their lemonade stand. Their kindhearted, hard work paid off, and they were able to raise just over \$54. Using their bicycles for transportation, the boys found their way to Torrance Memorial's Foundation Department where they hand-delivered their generous donation. Thank you, David and Rajiv, for your positive contribution to the community!



David Tanioka and Rajiv Cherkupally shared a smile when they delivered the proceeds from their community service project.



REMEMBERING GLEN TSURUTA

For nearly two decades the Focus Cup Golf Club has been enjoying a quarterly gathering to play golf. Its annual tournament is held in Solvang every August, and this year 21 members participated. This year's event was also a time of remembrance for their friend and member, Glen Tsuruta, who passed away from leukemia in July at the young age of 57. Glen, who lived in Garden

Grove when he passed, was born in Torrance and attended North Torrance High School. During their post-tournament dinner celebration, Derrick Kawamoto, a financial planner with Cetera Advisor Networks in Torrance and a member of the Torrance Memorial Professional Advisory Council, offered to match any donations the group would make in memory of Glen. With some “rounding up” help from Glen's siblings, Focus Cup Golf Club members gave \$1,000! Derrick presented a \$2,000 check to Torrance Memorial in support of the Hunt Cancer Center, which is scheduled to open in December.



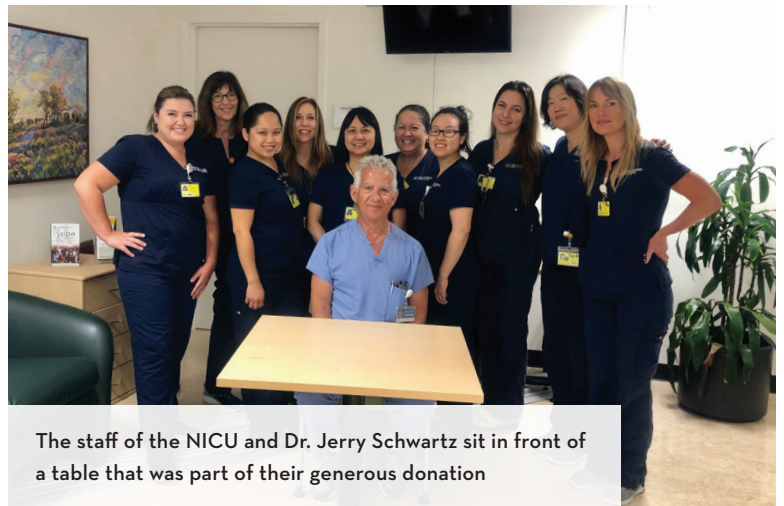
Members of the Focus Cup Golf Club honor their friend and golf buddy Glen Tsuruta by providing a generous donation in his honor.

NEW TOYS AND ART SUPPLIES!

A wooden toy storage unit with multiple shelves and drawers, filled with various toys including a red fire truck, a blue and white car, a red and white train, and a yellow and red car. The unit is labeled "Lakshana" at the bottom.

YPPA GIVES BACK

YPPA is proud to make this tangible contribution to ensure our NICU families have a comfortable place to relax during their stay. With many growing families among its members, YPPA has a strong passion for supporting maternal child care.

PATRONS | FALL 2019 **15**

ADVANCING TOWARD A CURE

17 things you need to know about Torrance Memorial's cancer care today and into the future.

WRITTEN BY MICHELLE ABT, BRIE CADMAN, COLLEEN FARRELL, CAROLE JAKUCS, PEG MOLINE, NANCY SOKOLER STEINER, LAURA ROE STEVENS, LAURA WATTS

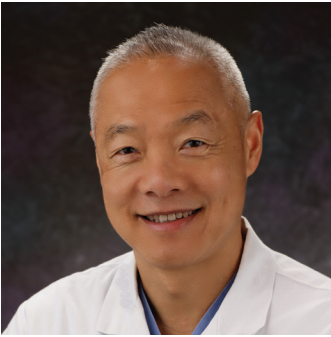
Very little about cancer can be considered positive. It's a frightening diagnosis and a challenging journey to recovery. Torrance Memorial Hunt Cancer Institute is committed to providing the best cancer care in the South Bay. And with the new alliance with Cedars-Sinai, patients will have more access to cutting-edge technologies and clinical trials, just for starters. In a word, the partnership is changing everything. Here are just a few of the reasons Torrance Memorial is the first step on the road to recovery.



1. THE HUNT CANCER CENTER

The Hunt Cancer Center will have one focus: to serve the patient. The center will consolidate many of Torrance Memorial's existing cancer treatment services in the new building, due to open in December 2019. Nurse navigators, genetic counseling services, the Torrance Memorial team of oncology experts as well as Cedar-Sinai specialists and clinical research trials with Cedars-Sinai will move into the Center. Even the parking (this is Los Angeles after all) has been designed with cancer patients and their support teams in mind. "We wanted a comfortable environment," says Heidi Assigal, vice president of business and operations for Torrance Memorial Health System. "The environment will

be relaxed and open—yet private and efficient—allowing patients to feel comfortable where they really will be spending a lot of time." This starts with the 32 chemotherapy infusion service areas. "They'll be quiet, with internet and TV and plenty of room, while still giving staff a good visual connection and helping patients not feel shut off. I think we struck a good balance in the new center." The key, says Assigal, will be the care clusters—groups of four so each nurse can focus on their group and patients can feel that personal attention. Even the exam rooms reflect the reality of treating cancer patients. "Some really important conversations take place there," she says. We tried to think of everything."



Torrance Memorial's
Dr. David Chan,
medical oncologist

2. DOCTORS LEADING THE FIGHT

David Chan, MD, leads the breast cancer clinical research for Torrance Memorial Physician Network. Their team is developing liquid biopsy technology that could be groundbreaking for breast cancer detection and monitoring. Additionally, the team participates in a number of clinical trials using novel treatment approaches for DCIS, triple negative breast cancer, hormone receptor positive breast cancer and HER2 positive breast cancer.

"David Chan is a rare combination of leading cancer researcher and empathetic, patient-oriented physician," says Heidi Assigal. Dr. Chan, who will join several oncologists in the Hunt Cancer Center, also literally wrote the book on breast cancer—and has authored 17 studies on breast cancer. Good hands, indeed.

3. PARTNERSHIP WITH CEDARS-SINAI

In 2018, Torrance Memorial established a formal affiliation with Cedars-Sinai, one of the nation's foremost academic health systems. The goal of this affiliation is to bring the resources and expertise of Cedars-Sinai's clinical specialties and programs to the South Bay. From oncology to neuroscience to advanced medical research and clinical trials, this partnership will expand our community's access to the best in medical care.

In certain specialties—including all types of cancer—Cedars-Sinai physicians will partner with Torrance Memorial physician leaders to help our patients access the latest clinical trials, new treatments and advanced technology.

As our relationship with Cedars-Sinai continues to grow, we fully expect the benefits and opportunities for our patients to expand.

"At Torrance Memorial, we already have very high quality and patient experience ratings, new facilities and equipment and a great staff," says CEO Craig Leach. "The addition of the Cedars-Sinai relationship will only strengthen our foundation as the South Bay's premier hospital system."

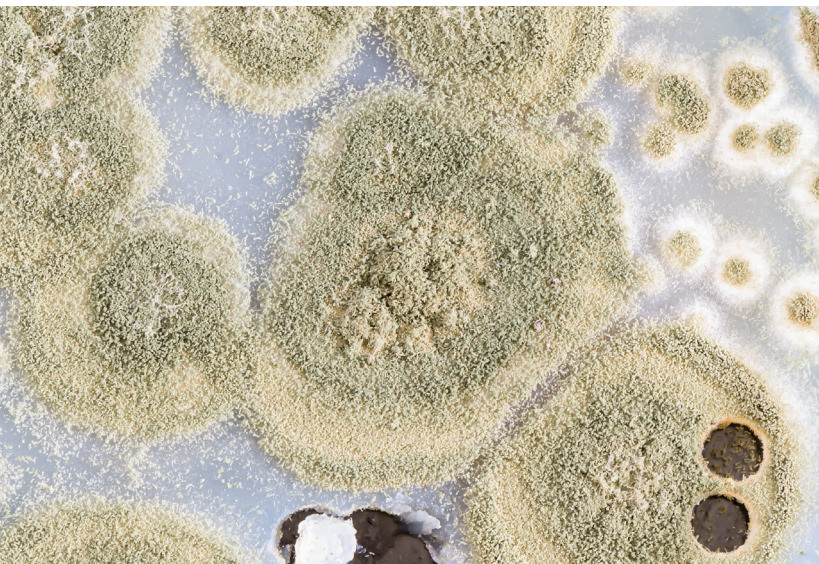


An alliance between Torrance Memorial and Cedars-Sinai promises to enhance access, convenience and care for patients.

4. ON-SITE GENETIC COUNSELOR

Imagine learning you carry a gene mutation that puts you at higher risk of cancer or that may explain why you developed cancer. It would potentially impact not only your health situation but also those of your family members. It's not the kind of news you'd want to receive or discuss over the phone.

That's why the Hunt Cancer Institute has a genetic counselor on-site to provide medical guidance and emotional support. "Genetic counseling is a key component of multidisciplinary care for cancer," says Mary Wright, senior VP of the nursing office. "And this can be difficult information for people to hear and absorb. Having someone to connect with in person can make a big difference."



5. NURSE NAVIGATORS

Getting a diagnosis of cancer is devastating enough. But as anyone who has tackled cancer knows, it's just the beginning. The journey toward treatment can be almost as overwhelming as the disease itself.

This is where the nurse navigator program at Torrance Memorial's Hunt Cancer Institute steps in. Nurse navigators guide patients along the path to recovery by helping them make informed medical decisions, assisting with scheduling multiple doctors' appointments and tests, making sure they stay on track with their treatment plans, running interference on insurance issues and offering emotional support. All this is at no additional charge to patients.

The ultimate success for a patient, of course, is survival. And Torrance Memorial is uniquely equipped to lead a patient through that phase as well. Cancer survivorship coordinator Miriam Sleven, RN, MS, OCN segues patients as they complete treatment and move forward with their lives. "One of my most important roles is as a coach," Sleven says. "I help survivors practice talking to their doctors and asking questions, so they will get the answers they need."

Bottom line: The program is a shining beacon of guidance and hope.



Top row, from left: nurse navigators Linda Maynor-Gardea, RN; Director Nancy Lean, RN; Miriam Sleven, RN; Anne Milliken, RN
Bottom row: Jacqueline Matsuo, RN; Evelyn Calip, RN

6. TUMOR BOARD

One of Torrance Memorial's cornerstones, the Tumor Board brings a crucial, multidisciplinary approach to all types of cancers. Nurse navigators, surgeons, pathologists, oncologists, radiologists and more meet weekly to address prevention, early detection, diagnosis, treatment plans and survivorship. All these experts collaborate on the best treatment plan for every stage and every possibility.

"Patients see and appreciate how comprehensive this approach is," says Andrew Horodner, MD, chairman of Torrance Memorial's Tumor Board, oncologist and hematologist with Torrance Memorial Physician Network. "We spend as much time as needed on each case, and our team is well coordinated and collegial. We look at everything involved, from cellular, genetic and pathology characteristics to imaging, to ensure we provide a personalized treatment plan for each and every patient."



Dr. Andrew Horodner and Tumor Board colleagues

7. CANCER CLINICAL TRIALS

The oncology program at Torrance Memorial has been very active in developing new cancer treatments, allowing our patients to receive new technologies years before they are available to the general public. These treatments have included such important treatment advances like HER2 targeting antibodies and CDK4/6 targeting pills in breast cancer, EGFR targeting drugs for lung cancer, and immune checkpoint inhibitors in melanoma, lung, kidney and bladder cancers.

“Our relationship with Cedars-Sinai will allow us to expand our clinical trial offerings, providing the best cancer care for our patients close to home,” said Hugo Hool, MD, director of the Hunt Cancer Institute and oncologist/hematologist at Torrance Memorial Physician Network – Cancer Care.



8. TRUEBEAM RADIATION THERAPY

The very word “radiation” can be terrifying. It also can be an important treatment tool. The good news: Torrance Memorial is utilizing the latest in radiation therapy, TrueBeam, a state-of-the-art linear accelerator that helps zero in on tumors while sparing normal tissue.

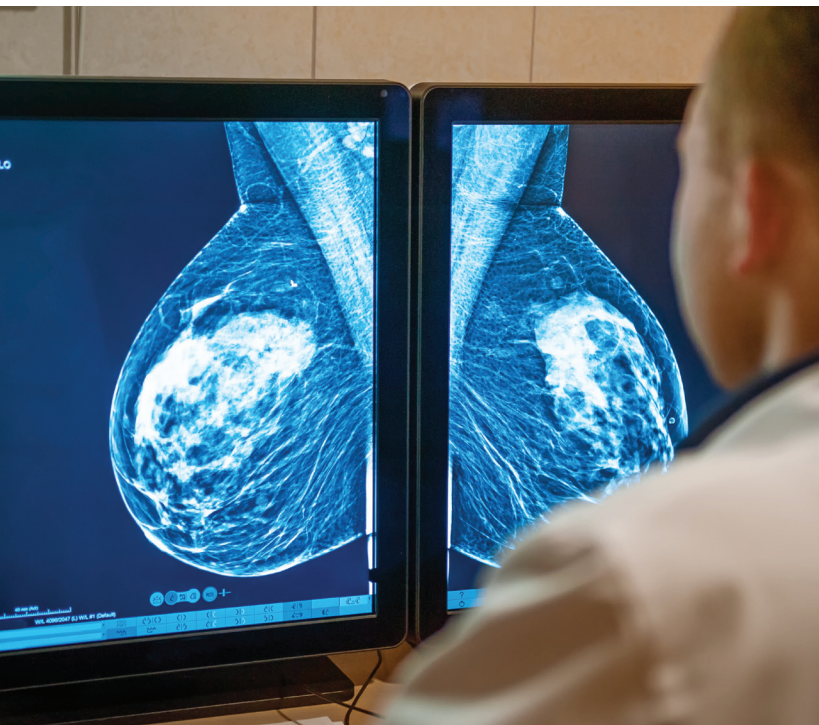
“The TrueBeam has two great strengths: high precision and flexibility,” notes Thyra Endicott, MD, a radiation oncologist at the Hunt Cancer Institute. “It can be used for treating tiny tumors with very tight dose margins and highly exact setup, and it can be used to treat broader areas if the cancer has already spread to adjacent lymph nodes.”

Qinan Bao, the lead physicist working with TrueBeam, notes it enables better treatment by targeting the tumor volume more precisely. As a result, it “gives a smaller dose to the critical organs, so the patient may experience fewer side effects.”

And because normal tissue is less likely to be damaged, higher doses of radiation can be delivered. If a patient is a good candidate for the therapy, a team of experts will develop the best course of treatment. “It’s a wonderful machine,” Endicott says, “but the people behind it are the most important variable.”



TrueBeam enables better treatment by targeting the tumor volume more precisely.



9. 3-D BREAST IMAGING

The battle against breast cancer continues at Torrance Memorial Medical Center, and one of the best weapons today is 3-D mammography. “The center has always been the leader in diagnosis and bringing cutting-edge technology to the South Bay. 3-D mammography provides a 41% increase in detection of invasive breast cancers, which can reduce the number of callbacks by 15%,” according to co-clinical directors Julie Sim, MD and Sarina Pai, DO.

A conventional mammogram creates a two-dimensional image of the breast from two X-ray images of each breast. Several studies have found 3-D mammograms find more cancers than traditional 2-D mammograms and also reduce the number of false positives. And a three-year analysis published by JAMA Oncology found the benefits last over time. While 3-D imaging may soon be the standard of care, only Torrance Memorial offers it in all four of its breast centers.

For information on mammography or any of the other services offered at the Polak Breast Diagnostic Center, please call 310-517-4709.

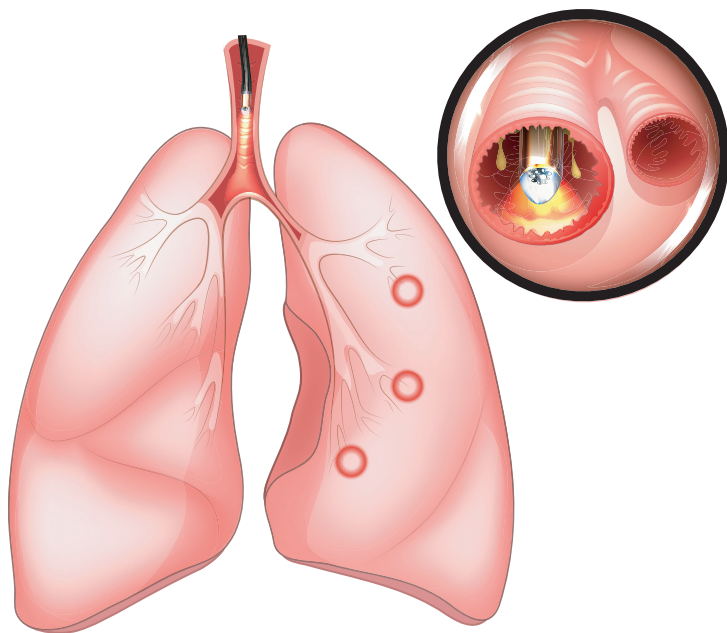
10. BRONCHOSCOPY

Lung cancer is more common than you think, causing more deaths from cancer than breast, prostate and colon cancer combined. While smokers have a high risk of developing lung cancer, nonsmokers can get it too.

Diagnosing lung cancer early and finding tumors when they’re still small can help improve patient outcomes, says John T. Abe, MD, a physician at Torrance Memorial Physician Network, board-certified in pulmonary and critical care medicine.

Of the different types of bronchoscopy, one of the latest is electromagnetic navigation bronchoscopy (ENB), says Abe. This cutting-edge diagnostic tool, can biopsy areas of the lungs that previously could only be biopsied by performing invasive surgery and opening a patient’s chest.

“Another important diagnostic tool we use is endobronchial ultrasound,” Abe adds, “which allows us to sample mediastinal lymph nodes without surgery and assists in appropriately assigning a stage to patients with lung cancer.” In addition, a lung CT scan can find tumors early, also without invasive surgery. “We treat patients as an interdisciplinary team, calling on our experts in pulmonary medicine, critical care, cardiothoracic surgery, oncology and radiation oncology to provide the best treatment for each.”



“We treat patients as an interdisciplinary team.”

— John T. Abe, MD

11. LIQUID BIOPSIES

A new type of biopsy is under investigation at Torrance Memorial, and it may change the way we detect and treat cancer.

The new method is known as a liquid biopsy, and it is much less invasive than a standard biopsy, which can require surgery. Instead, it analyzes DNA or other genetic material produced from tumor cells circulating in the blood.

In partnership with liquid biopsy companies, three clinical trials are currently underway at the Hunt Cancer Institute. A national multi-center feasibility trial is developing a DNA/RNA blood test to diagnose breast cancer in its early stages. Another trial aims to better diagnose lung cancer so patients will need fewer scans and biopsies.

Detection is just one of the hopes for liquid biopsies. A third clinical trial is identifying specific genetic markers or mutations that can help physicians choose the most appropriate course of care. Though all studies are in the development phase, the promise of liquid biopsies is great, and Torrance Memorial is at the forefront of this exciting technology.

12. TEAM COLLABORATION

Sometimes one plus one equals three. That's what thoracic surgeon Clark Fuller, MD, says of the partnership between Torrance Memorial and Cedars-Sinai. "It's a blending that truly benefits patients," he explains.

Take Fuller himself. A full-time faculty member at Cedars-Sinai, his current collaboration with Torrance Memorial and Cedars-Sinai was a good model for how the two teams could work together. His specialty is lung surgery, which traditionally requires a large incision—but the minimally invasive techniques he pioneered reduce both the incision and the recovery time. Hospital stays decrease from an average of nine days to two, and recovery times are measured in weeks not months. Only 40% of thoracic surgery performed in the United States is minimally invasive, Fuller says, and Cedars-Sinai is "the epicenter of that certainly in the Western hemisphere, if not the world."

World-class care relies on an interdisciplinary approach, bringing surgeons, oncologists and others together to take on and defeat cancer. Torrance Memorial, Cedars-Sinai and doctors like Fuller will take that teamwork to new heights.



"The community as a whole benefits tremendously from this partnership." — Dr. Clark Fuller

13. CANCER SUPPORT GROUPS

"The first thing people say [after diagnosis] is 'Why me?'" says Kristel Quinto, the psychosocial coordinator of oncology services at Torrance Memorial. She's charged with starting new groups to support the existing women's, men's, head and neck, lung cancer, breast reconstruction and mastectomy groups.

"When you're in a peer support group, you don't feel so alone," Quinto asserts. "You might still feel overwhelmed, but there's nothing like knowing you can talk to people going through the same thing. The groups provide a safe environment where everyone embraces you with love and kindness."

Quinto says the gatherings are very positive and are led by expert facilitators—some of whom are cancer survivors themselves—who have a special passion for advocating and supporting the members. "Our goal as a team is to make sure our patients and their families receive a balance of support in achieving physical, emotional, social and spiritual wellness for better health outcomes." All the groups deal with a wide variety of types of cancer. For more, search support groups at TorranceMemorial.org.



"There's nothing like knowing you can talk to people going through the same thing." — Kristel Quinto



From left: Dr. Vanessa Dickey, Dr. Melanie Friedlander, Dr. Thyra Endicott, Dr. Lisa Jewell

14. TEAMING UP TO BEAT BREAST CANCER

Torrance Memorial's entire cancer care team—which includes male and female breast cancer specialists—is committed to delivering leading-edge breast cancer care in a warm, compassionate and supportive environment. But some women who have breast cancer may feel more comfortable or supported discussing certain health issues with a female health care provider.

That's why our breast cancer patients have the option to choose female health care providers—including a radiologist, medical oncologist, radiation oncologist, breast cancer surgeon, plastic reconstructive surgeon and nurse navigator—for all aspects of their breast cancer care.

"A female breast cancer patient may feel more comfortable expressing concerns or talking about sensitive issues with a female health care provider," says Vanessa Dickey, MD, an oncology hematology specialist at Torrance Memorial Physician Network. "If we can cut through that embarrassment, it will make the patient feel more at ease and give them one less thing to worry about."

15. THE DA VINCI XI ROBOT

R2-D2 in the operating room?

Well, almost. Under the watchful eye—and hands—of skilled surgeons, major operations become minimally invasive procedures thanks to a robot. The da Vinci Surgical System offers surgeons increased precision compared to other types of surgery, and patients experience less pain, decreased blood loss and shorter recuperation time.

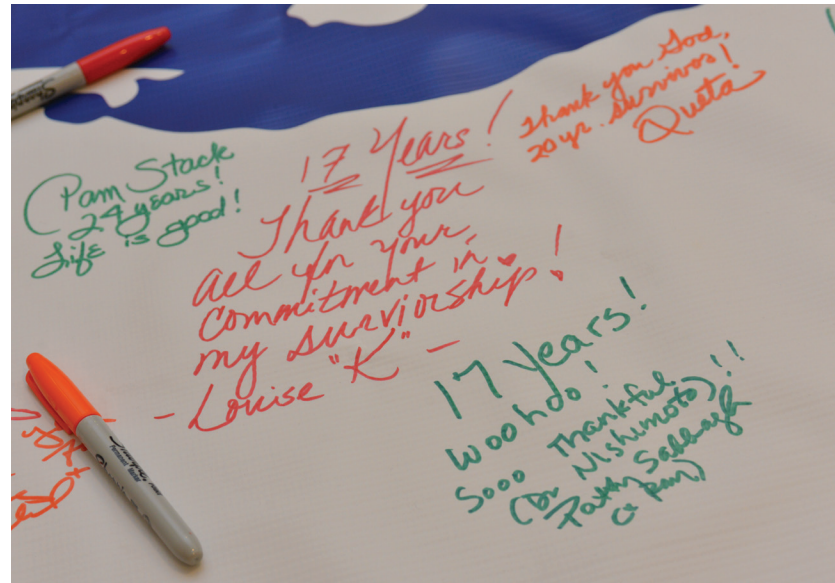
Torrance Memorial began using the system in 2006, and now utilizes the newest technology available with the Xi robot to aid the skilled robotic surgery team led by Hoa Van, RN, BSN. Robotic surgery greatly improves the experience of cancer patients, says surgeon Ramin Mirhashemi, MD.

"We are at the cutting edge at Torrance Memorial Medical Center, there is no doubt in my mind," he says.



16. A CELEBRATION OF LIVING

"It's a celebration of survivors and their loved ones, an acknowledgment of the team that got them through. It's a celebration of living," Miriam E. Slevin, RN, MS, OCN enthuses about National Cancer Survivors Day at Torrance Memorial, observed annually with a dinner, a banner to sign, a keynote speaker and doctors and patients sharing their stories. "Dinner is served by our Luminaries and Novas, Torrance Memorial volunteers. The keynote speakers are different every year, and range from scientists to survivors. One year we had a survivor who shared her journey of resilience through multiple cancers, another year we had a doctor talking about chemobrain," Slevin continues. "From my perspective it's a great uplifting and meaningful event and I know the patients, families, staff and speakers who attend feel the same. It's a beautiful celebration and we invite all survivors and their loved ones to attend this free event the first Wednesday evening in June."



Survivors write notes of gratitude on banner.



17. THERE'S NO PLACE LIKE HOME: TORRANCE MEMORIAL HOME HEALTH

This award-winning department, headed by Theresa Ferry, RN, BSN, MBA, CHCA, provides nurses who make visits to patients' homes to provide services such as assessments, wound care, blood draws and infusions. They teach patients how to manage their chronic illnesses through symptom monitoring and medication management. They also provide rehab therapists to assist with fall prevention and home exercise programs, social workers to help arrange for community services and caregivers and home health aides to assist with bathing, meals and light housekeeping. "We're focused on a high bar for quality," says Ferry. "It literally starts at the top, with our CEO, Craig Leach."



HUNT CANCER CENTER TO BRING ADVANCES AND ENHANCED COMFORT

Given the complexity and challenges of treating cancer, Torrance Memorial Hunt Cancer Institute is building a new hub for cancer care where patients will find expert guidance, the most advanced treatments, a comforting environment and staff who is very attentive to patient needs.

Scheduled to open in December, the Hunt Cancer Center will bring together the oncology expertise of Torrance Memorial and its partner, Cedars-Sinai, as well as community specialists. “This will give us a very comprehensive oncology team on-site,” says Heidi Assigal, vice president of business and operations for Torrance Memorial Health System.

The center will consolidate Torrance Memorial’s existing cancer treatment services to one location, including its nurse navigators, genetic counseling services, clinical research trials to be conducted in partnership with Cedars-Sinai, and infusion and chemotherapy. It will also relocate the Torrance Memorial Physician Network – Cancer Care medical group from its Redondo Beach office to the medical center’s main campus.

Team members will include nurse navigators, who serve as care coordinators, patient advocates and personalized schedulers for patients through all aspects of care. At the same time, there will be on-site genetic counseling with additional medical expertise coming from Cedars-Sinai, she says. The new partnership will also expand access to promising new treatments, as the oncology team strives

to bring as many clinical trials to the South Bay as possible. And the multidisciplinary approach to care, in which Torrance Memorial’s tumor board develops a personalized treatment plan for each patient, will be enhanced by new subspecialists.

Planners also have paid significant attention to the patient environment, focusing on both comfort and monitored care, Assigal says. Because patients often bring family members along to hear a diagnosis or post-treatment evaluation, exam rooms will have extra space for them. And waiting and treatment areas will feature soothing colors and art of nature, along with plenty of window space and natural light. Infusion centers, where patients are given chemotherapy, will offer snacks, warming blankets and personal entertainment consoles.

Those receiving chemotherapy will be housed in care clusters, with each nurse caring for four patients. “Patients will have more of a personal zone,” Assigal says, “yet nurses will be just a couple of steps away for easy monitoring.”

Overall, she says, “The whole center is designed around convenience for the patients, starting with being able to park on-site, take the elevator right up and sit in comfortable, beautiful waiting rooms before being seen.” ●

Take a tour of the Hunt Cancer Center at the Community Open House
Saturday, November 9, 2019 10 a.m to 2 p.m.

DONORS SUPPORT THE CENTER THROUGH NAMING OPPORTUNITIES



The Deaver Family

FRANCESCA AND DOUG DEAVER AND THE TORINO FOUNDATION CONFERENCE ROOM

To have the Hunt Cancer Center available in our community will consolidate existing cancer treatment services into one location. The goal of the center is to create personalized schedules and take logistics and administrative hurdles away from the patients. Francesca Deaver says, "We have known friends and family members who have been treated for cancer. This hits home for many of us, and it is our pleasure to support and contribute to the endeavors of Torrance Memorial." With an eye toward supporting care teams working with patients, Francesca and Doug Deaver donated \$250,000 to name the conference room.



Betty Belin, Jake Belin

JAKE AND BETTY BELIN INFUSION CENTER

Now in remission, Jake Belin learned the importance of having good care close to home. While in treatment, he traveled the 405 too frequently from Palos Verdes to UCLA, so he and his wife, Betty, decided to give \$1.5 million to name the Infusion Center. They were impressed with its thoughtful design and wanted a specific way to make it possible for others to not make it such a long journey for their regular treatments.



Barbara Bentley, David Bentley

BARBARA AND DAVID BENTLEY CANCER RESOURCE CENTER

Years ago when Barbara Bentley's mother was faced with a cancer diagnosis, the family was overwhelmed by the challenge of finding the best possible care. They traveled from Santa Monica to Newport Beach without getting consensus on treatment. Reflecting on that stress and confusion, Barbara and her husband, David, were impressed with the support and guidance offered at the Cancer Resource Center. They donated \$500,000 to support this free service providing patients and families resources to manage and cope with their diagnosis.

LEAVING A LEGACY

Paul Johnson wants to make sure he leaves behind a legacy that will benefit members of the Torrance community.

WRITTEN BY TABITHA HOGUE

Growing up on a flower farm in rural England, Paul Johnson and his family grew tulips, daffodils and other bright blooms that were sold to flower markets in London and Manchester, and as far afield as Rotterdam in the Netherlands. Now living in the South Bay, he has turned his home's yard into something of an English country garden with roses, hydrangeas and oleander.

"I do enjoy gardening in the sense that it gets you outside and back to nature. It's somewhat fulfilling and relaxing," he notes.

Perhaps part of what makes it relaxing is how different it is from the busy corporate world of international finance, where he has spent his career. Working in finance brought him to Los Angeles in his mid-20s. A few years later he moved to Torrance, where he was introduced to the work of Torrance Memorial Medical Center.

He remembers hearing about the hospital from George Graziadio Jr., a stalwart supporter of Torrance Memorial. At the time, Johnson was working at a bank owned by Graziadio.

"He would often talk about his activities there and the mission of the hospital," Johnson recalls. "He was a big advocate of supporting the community and giving back."

Graziadio's passion for philanthropy—and for supporting Torrance Memorial in particular—remained in the back of Johnson's mind, and a few years ago as he was putting together his estate plan, he decided he'd like to include a bequest for the hospital in his trust. As a single man with no children, Johnson wanted to make sure he left behind a legacy that would benefit members of the Torrance community.

"I think we all like the idea of seeing the direct impact of our giving in the community we live in," he says. "And that's certainly the case with Torrance Memorial, seeing not just the physical presence of the hospital and its outpatient facilities, but also how it contributes to the

well-being of South Bay residents."

Now 58, Johnson is giving up 70-hour work weeks in the corporate world in favor of starting his new consulting business, Trade Lanes Consulting LLC. He has more time to give back to the community through volunteering and philanthropy, and he is also crossing items off his bucket list. A big fan of the outdoors, he enjoys hiking, playing volleyball and golfing, in addition to gardening.

"I was looking to rebalance time away from banking, essentially in favor of the things that bring joy and happiness to me and the people around me," he notes.

Johnson's planned contribution to Torrance Memorial is part of his desire to give back in the areas of health care and the environment. He knew the hospital had an outstanding reputation and felt confident his gift would be put to good use.

"I actually was a customer of the hospital a couple of months ago," he said. "I had fairly minor shoulder surgery to remove a bone spur. I was treated well, and that just reinforced the fact I'd made a good decision." ●



HOW TO MAKE A BEQUEST

Making a bequest through your will or living trust is the simplest of planned gifts. With simple language included in your will or trust, you can support Torrance Memorial after you leave this world, and your heirs also enjoy a tax benefit.

Contact your estate planning attorney for guidance in reviewing and updating your will/trust or Torrance Memorial's

Office of Planned Giving. Sandy VandenBerge, director of Planned Giving, can be reached at 310-784-4843 or sandy.vandenberge@tmmc.com. Please also let us know if you have included Torrance Memorial in your estate plan, so we can acknowledge your advance planning and include you in our Heritage Society.

IRAs, RMDs AND QCDs

What you need to know now
and why your timing matters.

WRITTEN BY CHRISTIAN CORDOBA, RFC®, CFS



When you reach age 70½, required minimum distributions (RMDs) from IRAs and retirement plans usually begin. Your annually recalculated RMD is the amount you *must* withdraw (you can take more) each year for the rest of your life. Any shortfall triggers a 50% penalty. For example, if your RMD for 2019 is \$10,000 and you take only \$2,000 from your IRA, your penalty would be \$4,000—50% of the \$8,000 you left in the account.

MAKING THE CALCULATION

Your IRA administrator can provide your RMD amount each year. The number depends on your age and your previous year's ending account balance. Generally, you start with an RMD of nearly 4% of that balance. As you grow older, it increases to approximately 5% at age 78, almost 6% at 82 and so on.

TAKING RMDs

You can take your RMDs any time during the year, but there are two common strategies.

1. Monthly distributions. Your IRA administrator can do the math and provide your monthly amount. With a \$12,000 RMD in 2019, for example, you can request a \$1,000 transfer to your bank account every month. This serves as a reliable source of monthly income during the year to supplement your Social Security income.

Although the easiest way to take RMDs, it isn't always the most effective for your stock market investments. To meet your required dollar amount, you'll likely be selling more or fewer shares on autopilot each month. This preset timing may not always be optimal based on the market performance.

2. Year-end lump sum. If you don't need the monthly income, you can defer the distribution until late in the year. This tactic offers the potential for greater tax-deferred investment earnings, because you'll retain more dollars in your IRA throughout each year.

Investment-wise, this method could work against you if the markets fall during the course of the year. Also, taking distributions at the

start of the year could be advantageous when your account balance might be higher from any investment gains the previous year.

What's more, the *Tax Cut and Jobs Act* of 2017 created a possible reason to consider another option for taking your RMD: the Qualified Charitable Distribution (QCD).

DONATING RMDs

IRA owners who are age 70½ or older can initiate QCDs of any amount, up to \$100,000 a year. A QCD counts toward your RMD for the year, but is not added to your income on your tax return, so you don't have to pay income tax on it.

For example, suppose your RMD for 2019 is \$25,000. You authorize a \$15,000 QCD to Torrance Memorial (or any other qualified charity) and take \$10,000 for yourself. You will have reduced your taxable income by \$15,000, getting a tax benefit from your charitable contribution, even if you don't itemize deductions!

Many strategies are available to maximize use of your RMDs for personal income and/or charitable purposes. I encourage you to consult with your financial advisor to determine the best strategy for your situation and investments. ●



Christian Cordoba, CFP®, RFC®, CFS is a CERTIFIED FINANCIAL PLANNER™ and the founder of California Retirement Advisors, a financial consulting and services firm in El Segundo. He is a Registered Principal offering securities through Mutual Securities, Inc., member FINRA/SIPC. Christian is a member of the Torrance Memorial Professional Advisory Council. californiaretirementadvisors.com, Chris@CRARetire.com, 310-643-7472.

A photograph of four medical professionals standing in front of a modern, multi-story hospital building with large glass windows. The building has a curved facade and a mix of blue and tan panels. The four individuals, two men and two women, are all wearing white lab coats with the Torrance Memorial Medical Center logo on the left chest. They are smiling and standing on a paved area with some greenery in the background. The text "Expert care just" is overlaid in a large, blue, sans-serif font across the middle of the image.

Expert care just

TORRANCE MEMORIAL AND CEDARS-SINAI'S AFFILIATION BRINGS MORE EXPERT CARE TO THE SOUTH BAY. More access to Cedars-Sinai specialists and programs from oncology to neuroscience located within Torrance Memorial. More patient benefits including innovative medical research and clinical trials. More expert care for our patients and the South Bay. Learn more at MoreExperts.org

Left to right: Torrance Memorial: David Chan, MD; Elisa Anhalt, MD; J. Christopher Matchison, MD; Donny Baek, MD.



got more experts.



TORRANCE MEMORIAL
A CEDARS-SINAI AFFILIATE

Left to right: Cedars-Sinai: Clark Fuller, MD; Michael Alexander, MD; Dominick Megna, MD; Shlee Song, MD.



1 lb. each
1000 hours. See label for more info.
See also for more info and more information.

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LARGE
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LOAF
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MICHÉ
LOAF
\$4.95 20 oz.

ROSEMARY
GARLIC
LOAF
\$2.99 each

COUNTRY
FRENCH
BOULE LOAF
\$3.99 each

Ported focaccia

Giuliano's
DELICATESSEN

WALNUT
RAISIN
WHEAT
\$4.95 each

STIRATO
LOAF
\$3.95 each

OLIVE
STIRATO
LOAF
\$4.19 each

MULTI GRAIN
CHERRYBLOSSOM
\$4.95 each

LOAF
\$1.95 each

TORINO
TWIST
\$3.79 each

BRIOCHE
LOAF
\$5.69 each

SMALL
CIABATTA
LOAF
\$3.49 each

LARGE
CIABATTA
LOAF
\$3.49 each

SICILIAN
LOAF
\$3.49 each

ITALIAN
TWIST
\$2.99 each

SESAME
ITALIAN

FAMILY RECIPE

The Giulianos share a love of food, family and community.

WRITTEN BY NANCY SOKOLER STEINER

PHOTOGRAPHED BY LAUREN PRESSEY

Down a hill behind Paul Giuliano's house in Rolling Hills Estates, more than an acre of land teems with life. Bright green stalks of corn stretch toward the sky. Plump orange and red heirloom tomatoes grow in raised beds next to pale green peppers and shiny, deep-purple eggplants. Chickens strut around a generous-sized chicken coop, and fresh eggs sit waiting to be collected.

The care Paul lavishes on his garden is the same care he lavishes on his businesses and his family. He learned from his parents and grandparents. His Italian-born grandfather ran an Italian grocery store in Boston, and his parents, who moved to Southern California in 1949, opened Giuliano's Italian Delicatessen in Gardena in 1952.

Today the beloved South Bay institution continues to delight customers with baked goods, cured meats and imported items such as olive oil, pasta and wine. The ever-popular torpedo sandwich is still made just as it has been since the beginning.

"Being in business 67 years is quite an accomplishment, especially in the food industry," says Paul. "Trends change. The customer base changes. But there's no compromise for quality, for service or for maintaining pride in the product you produce."

Paul grew up in Giuliano's doing everything from sweeping floors to serving customers. Farming was in his blood. As a student at Gardena High School, he took vocational agricultural classes and was a member of Future Farmers of America. Over the years he raised a steer, a hog and sheep he'd show at community fairs. At Cal Poly San Luis Obispo, he again majored in vocational agriculture.

After college, Paul joined the army, which took him to East Africa and the Middle East. He didn't think he'd follow his parents into the business. However, his three-year stint made him homesick not just for his family but for all the traditional foods they'd share on holidays.

In 1960, Paul became part owner of the business with his older brother.

Five years later he married Joanna, who shared his Italian heritage. She helped in the deli and created lavish gift baskets. Over two decades, Paul and his brother opened 13 Giuliano's stores around the Southland.

Eventually the brothers decided to each go their own way. Paul kept the original Gardena location, and his brother took the others. (Today, two Giuliano's stores remain in Redondo Beach and Torrance but have no relation to the Giuliano family.)

Paul kept getting requests for the delicious breads he sold in the deli, so he opened a wholesale industrial bakery called Little Brothers Bakery. Today, that business supplies major chain stores, supermarkets, restaurants and specialty markets—as well as Giuliano's Delicatessen in Gardena—with breads, rolls, pastries and cookies.

Just as Paul and his brothers worked at Giuliano's Delicatessen while they were growing up, so did Paul's three children.

"I started at the bottom. I mopped floors, took out the trash and cleaned toilets," says oldest son, Paul Jr. "Then I learned how to work the cash register and wait on customers and eventually worked behind the deli counter in high school and college."

After graduating from USC with a degree in business finance, Paul Jr. joined his father in the business. He started making sandwiches and opened a new company, Integrated Food Service, in 1991. The business manufactures products for schools in approximately 40 states, as well as items for their private-label retail customers.

While at USC, Paul Jr. met his wife, Noelle, who shares an interest in culinary arts. An expert baker, she helps with recipe development for the businesses. Her chocolate chip cookie dough, for example, is a huge hit at a major retailer. Noelle is also an active volunteer in the community. She served for seven years on the board of trustees for the Peninsula Education Foundation and is an active member of Peninsula Committee Children's Hospital.



Paul Giuliano Sr. with the outstanding crew at Giuliano's in Gardena.

It's truly a family affair. Paul Jr.'s brother, Anthony, is involved in the business, and sister Jennifer's husband, Bill Kirk, is the company controller. All three children live within a 10-minute drive of their parents' home.

RECOGNIZING QUALITY

The Giulianos had been fortunate not to require hospitalization, but they were aware of Torrance Memorial's excellent reputation because of their relationship with Torrance Memorial Foundation board member Michael Zisli, a childhood friend of Paul Jr.'s. Then about a year ago, Joanna's sister took a bad fall, breaking several bones. She was taken to Torrance Memorial, where she received top notch care.

"Just as it's key to my business, it was evident Torrance Memorial provides quality and service," Paul Sr. says of the Medical Center. "We were also impressed with the community support and outreach they provide."

He and Joanna decided to become Patrons, knowing the importance of having a quality hospital in their community not only for themselves and their family, but for their customers and employees as well.

That idea hit home for Paul Jr. when two of his employees suffered burns in an industrial accident last year.

"We rushed them to the nearest clinic, and they told us we should go to the Burn Center at Torrance Memorial," he says. "They took such good care of these individuals, who had burns on their faces and chests. If you see them now, there is no scarring, no issues. To watch the way the doctors took care of my employees—my family—I realized this was a place I wanted to support."

So just as Paul Jr. followed his father into the business, he followed his father's philanthropic lead. He and Noelle became Patrons at the same time as Paul Sr. and Joanna.

Since becoming patrons, Paul Sr. and Joanna have made use of the Medical Center. Paul had a heart angiogram, and Joanna is under the watchful care of the "one and only Torrance Memorial."

Time has proven the Giulianos know the recipe for success. It's a simple formula, yet it takes effort and commitment. And just as it has served their family for 67 years, the formula has been a hallmark of Torrance Memorial since its founding nearly 95 years ago: quality and service, without compromise. ●



GIULIANO'S FAMILY MEATBALL RECIPE

Ingredients:

- 1 pound ground beef (15% lean)
- ½ pound ground pork
- 1 ½ cup bread crumbs (plain)
- ½ cup whole milk
- 5 large fresh eggs
- 1 cup imported Romano cheese, grated
- 3 cloves garlic (pressed)
- ½ teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon finely chopped Italian parsley

Directions:

1. Mix all ingredients well. It should be well-incorporated into a smooth, soft mix.
2. With a medium-sized ice cream scoop, form meatballs; fry in vegetable oil over medium heat.





Dr. Roy Fu, Dr. Alexander Shen

A HOSPITALIST'S HELPING HAND

YPPA members build community through philanthropy.

WRITTEN BY JOHN FERRARI
PHOTOGRAPHED BY SHANE O'DONNELL

What makes Torrance Memorial Medical Center an exceptional hospital? The people. The facilities and state-of-the-art equipment are important, but it's the staff that provides the outstanding care. Torrance Memorial clinical staff are passionate about their work and about sharing Torrance Memorial with their community.

That's why hospitalists Alexander Shen, MD, and Roy Fu, MD, joined Torrance Memorial's Young Physicians and Professionals Alliance (YPPA). "A large part of Torrance Memorial is people have the best health care right in their backyard," explains Dr. Shen. "YPPA is one avenue to build community awareness of that."

Established in 2012, YPPA is an annual giving program that brings together young physicians and professionals for social and philanthropic activities. The group gives members opportunities to learn about Torrance Memorial but also to socialize, network and help their community together with like-minded members.

"I started attending YPPA events from the very first meeting," recalls Dr. Fu. "I met some interesting people, whom normally I wouldn't have run across unless they were my patients. I've been going ever since."

YPPA is a key component of Torrance Memorial's efforts to broaden the South Bay's knowledge of its resources and services. "Since I joined Torrance Memorial, they've really worked to raise awareness and increase their accessibility to the community, adding urgent care centers and office practices in Hermosa Beach and Manhattan Beach, expanding beyond just the city of Torrance," says Dr. Fu. "Lundquist Tower has done a lot to raise awareness, and the hospital has really expanded its reach through urgent care and events our neighbors can participate in."

For YPPA members, those events include social activities ranging from casino nights and beer tastings to trivia nights and group hikes. The YPPA volunteer committee, comprising both physicians and professionals, is creative in developing new events, notes Dr. Shen. "There are different venues and opportunities to meet people from various industries. I've met very impressive people—people who are leaders in the community."

That community—served by Torrance Memorial—is Dr. Shen's community. He grew up in Palos Verdes, and when he completed medical school he and his wife, Allyson, realized "there was no better place in the world for us than the South Bay."

Along with supporting YPPA and Torrance Memorial Foundation, Dr. Shen has been a trustee on the Peninsula Education Foundation for several years. He's also served on the Palos Verdes Little League Board and is an active Little League coach—his sons, he says, are "big-time baseball players."

In addition to activities open to all of the group's more than 100 members, YPPA also sponsors smaller events. Dinners at physicians' homes are especially popular. "I love the more intimate events," says Dr. Shen. "They're such a personal way to get to know people, to meet like-minded, philanthropic people. We have conversations about their families and their health care experiences, and after speaking with Torrance Memorial physicians, they come away with a personal connection to the hospital."

"YPPA is a way I can connect with people as far as being a representative of the hospital and letting them know just what a great place it is to work," agrees Dr. Fu. "In a day and age of a lot of big hospital conglomerate entities out there, it's nice to know your local hospital is a facility that provides excellent care."

YPPA also is unique in that the social and networking aspects are emphasized as much as the educational component. "I've developed a lot of close friends through the organization," notes Dr. Shen. "It's just great to make those connections." And, says Dr. Fu, "It's good to not only meet community members but also to see some of my colleagues outside of work."

YPPA actively supports Torrance Memorial through philanthropy,

donating \$30,000 to date for renovations and equipment benefitting the hospital's Mother/Baby Postpartum, Neonatal ICU and Pediatric departments, and most recently donating \$3,000 for furniture for the NICU Family Lounge. In 2015, YPPA proudly launched its support for two awards that recognize Torrance Memorial employees who go above and beyond to make a difference with our patients and visitors.

The DAISY Award (**D**iseases **A**ttacking the **I**mmune **S**ystem) was created in 1999 to say "thank you for the gifts nurses give their patients and families every day." The Reason Is You award recognizes doctors and other employees providing extraordinary service in patient care and throughout the hospital.

It's no surprise Drs. Shen and Fu enjoy sharing Torrance Memorial with the community. They've both chosen a medical specialty that emphasizes patient interaction. Dr. Shen and Dr. Fu are hospitalists—in fact, Dr. Shen joined Torrance Memorial in 2009 as medical director of the center's then-new hospitalist program. Hospitalists "specialize in coordinating care and making sure care is delivered in a safe and efficient manner," he explains.

But that doesn't quite capture the scope of their work. Hospitalists are patients' primary "touchpoint" while they are hospitalized. Essentially, they serve as primary care physicians for hospitalized patients.

Torrance Memorial recognizes the increasing complexity of medical care requires a physician team dedicated to inpatient care, coordinating with patients and their specialists to analyze and interpret test results and provide treatment quickly and efficiently. "It's a lot of work," Dr. Shen says, "but it's also very rewarding."

Hospitalists prioritize communication with their patients. "I try to take the time to explain to them in layman's terms what's going on with them," says Dr. Fu. "We're sort of the patients' stewards through the hospitalization. We manage their medical care but also guide them through the hospitalization and answer any questions they might have."

"Straight out of residency I decided being a hospitalist was more rewarding than being a primary care physician," he adds. "I often reflect on my career choice, and I truly enjoy what I do... I get a sense of satisfaction out of my job. To this day I enjoy what I do as much as I did when I finished my residency, if not more."

Between his roles as a hospitalist (he's also a physician advisor, helping doctors new to Torrance Memorial) husband and father, Dr. Fu has a full schedule, but his involvement with YPPA is an outlet, not a chore. "I enjoy working at Torrance Memorial so much," he explains. "This is my way of investing and giving back." ●

FOR MORE INFORMATION ABOUT HOW TO JOIN YPPA,
VISIT TORRANCEMEMORIAL.ORG/YPPA
OR CONTACT SOPHIA NEVEU AT 310-257-7266
OR SOPHIA.NEVEU@TMMC.COM





WE'RE ALL IN THIS TOGETHER

Ambassador Laura Short McIntire serves her community with the Families Connected Project.

WRITTEN BY MELISSA BEAN STERZICK

South Bay resident and Torrance Memorial Ambassador Laura McIntire has a desire to serve her community that is both resolute and remarkable. In addition to her support with annual giving to Torrance Memorial Ambassadors, in 2015 she launched the Families Connected Project and South Bay Families Connected (SBFC), an extensive resource for parents that includes education events, online resources and school partnerships.

After many years focused primarily on raising her three children, McIntire returned to full-time professional consulting work in 2013 by starting her own company, LSM Communications. Her first client was the Thelma McMillen Center, where she created content for web and print publications. That's where she gained deep insight into addiction, prevention and youth wellness issues prevalent in the South Bay.

Insight led to a determination to help her community, so once her business was on sure footing, McIntire started SBFC. "It was first piloted at Mira Costa High School in Manhattan Beach, and its success was due in large part to the support of parent advisors and administrators within MBUSD," she says.

SBFC is dedicated to helping parents navigate the tough issues that come with raising their children and teens. At the website southbayfamiliesconnected.org, parents can find resources for helping youth cope with issues such as anxiety and depression, grief, social media use and bullying, as well as preventing underage substance use.

Some of SBFC's other offerings include workshops, speakers, a monthly newsletter and specific initiatives to inform parents on trends like vaping and opioid abuse.

McIntire says her research for the McMillen Center gave her serious concerns about the health and safety of modern teens, but there was also encouragement. Data showed widely used prevention programs like DARE, assemblies and advertising campaigns were not very effective—especially considering their costs. However, McIntire's research also showed parents and mentors have much more influence than previously reported.

If parents are the first and most successful line of defense, they need education, support and connections. Anyone can visit SBFC's website or attend workshops, and SBFC has partnered with 90 schools within the El Segundo, Manhattan Beach, Hermosa Beach, Redondo Beach, Palos Verdes and Torrance school districts, as well as Rolling Hills Prep, Da Vinci Schools, Chadwick and Martyrs.

"In my role with South Bay Families Connected, I have the privilege of meeting with school administrators regularly, and I sit on many social-emotional wellness committees," she says. "It's a privilege to be able to support our schools in their efforts to improve student wellness."

She continues, "If you read the national headlines, this is a hard time to be a teen. Both national data and self-reporting surveys of

students at our South Bay schools confirm kids' levels of anxiety and suicidal ideation are on the rise, and vaping and some types of substance use are also trending."

McIntire says the feedback she gets from parents who have found the support they need through SBFC is her reward and inspiration. "The website served 40,000 visitors in 2018, and we hope to serve 50,000 in 2019. Those visitors read our blogs from other parents, attend our education events, read our monthly newsletter, view our videos and access resources that empower them to help their kids navigate today's unique challenges. Many parents find resources because a counselor at one of our partner schools connected them with the website or an event or support group at a time when they were feeling overwhelmed or isolated."

In 2017, SBFC became a non profit directed by a board of dedicated community leaders who hope to expand SBFC's program offerings to families throughout the South Bay. There is a long list of projects to plan and information to provide for families in the area.

"Our hope is to expand the reach of SBFC through more school partnerships in the South Bay and to continue to connect parents with information that empowers them, to reduce stigma about mental health and addiction, and to spark conversations," McIntire says.

During the early years of her career, McIntire was director of marketing and public relations for Cedars-Sinai's Cancer Center. That was the first time she created an online forum for gathering and sharing information when she built an online resource center for cancer patients. She is pleased the affiliation between Torrance Memorial and Cedars-Sinai combines two organizations she respects so deeply.

"My friends, family and I have benefited from the breadth and depth of the free education events Torrance Memorial offers residents and professionals," she says. "I'm a big believer in empowering people with education and the tools they need to thrive. I became an Ambassador in 2014 primarily because of my admiration for Torrance Memorial's long-term commitment to doing just that."

In her role as a Torrance Memorial Ambassador, McIntire is part of the committee planning the Miracle of Living at the Beach community lecture series at Shade Hotel in Manhattan Beach. She is also looking forward to the launch of the Hunt Cancer Center.

"The convenience of having a world-class, comprehensive cancer center in the South Bay is remarkable. I love that Ambassadors also support the Hunt Cancer Institute. I can't wait to see Torrance Memorial's vision for this true center of excellence for cancer care in the South Bay," she says.

In the future, McIntire has plans to expand the Families Connected project—a scalable model—beyond the South Bay. Several schools in Los Angeles and in other states have contacted her to inquire about implementing the project in their communities.

McIntire and her husband, Ron, have lived in Manhattan Beach for



Laura McIntire interviews pro surfer Alex Gray.

"IF YOU READ THE NATIONAL HEADLINES, THIS IS A HARD TIME TO BE A TEEN. BOTH NATIONAL DATA AND SELF-REPORTING SURVEYS OF STUDENTS AT OUR SOUTH BAY SCHOOLS CONFIRM KIDS' LEVELS OF ANXIETY AND SUICIDAL IDEATION ARE ON THE RISE, AND VAPING AND SOME TYPES OF SUBSTANCE USE ARE ALSO TRENDING."

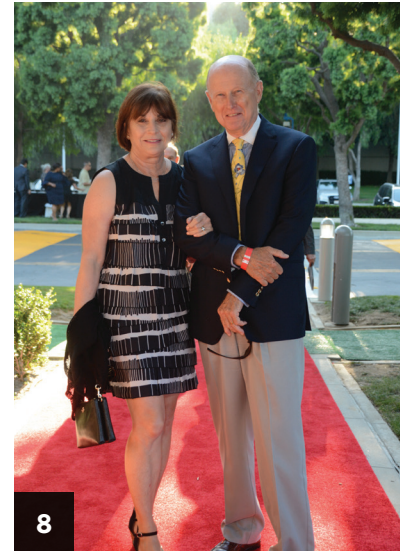
30 years and have long prioritized community service. The success of McIntire's work is helping make the South Bay—a large area with huge diversity in ethnicity and income levels—a place of connection, not separation.

"We see it in the headlines all the time—issues related to screen time, anxiety, college pressure, vaping are all trending among teens. Helping our youth navigate all of that is a challenge for parents. But through sharing authentic stories, expert advice, resources and support, we can make a difference in helping our youth thrive." ●

HONDA EVENING UNDER THE STARS BENEFITS TORRANCE MEMORIAL

World-renowned saxophonist Kenny G once again serenaded a summer night audience at the 33rd annual Honda Evening Under the Stars Gourmet Food & Wine Festival on Saturday, August 24. Presented in partnership with the Torrance Area Chamber of Commerce, this year's event at American Honda's Torrance campus raised funds for the new Hunt Cancer Center opening in December. In addition to the very best in South Bay cuisine, approximately 80 varietals of wine were offered. Thank you, American Honda!

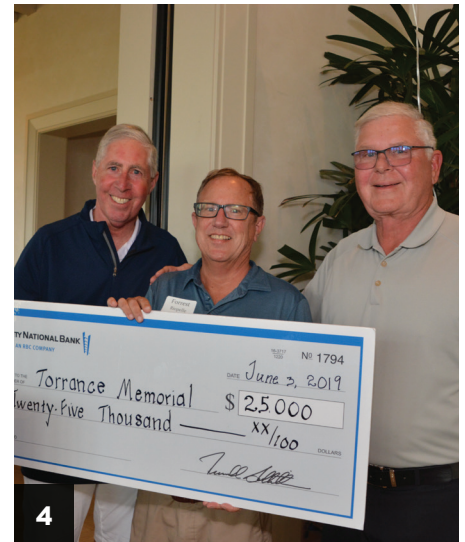




1. Front: Hideto Yamasaki, Craig Leach, Judy Leach, Mary Morikawa, Steve Morikawa; Back: Kyoko Yamasaki, Laura Richter, Sabina Helton, Jon Megeff, Martin Serna, Maria Serna; 2. Dr. Jerry Unatin, Sally Eberhard; 3. Michael Zislis, Andrea Zislis, Dottie Rudinica, Vince Rudinica, Liz Griggs; 4. Carla Zanino, Walt Zanino; 5. Andrea Sala, Steve Lopes, Helanie Lopes; 6. Song Klein, Dave Klein; 7. Front: Dr. Robert Burke, Sherri Burke, Priscilla Hunt, Juan Pablo Di Pace, Brenda Nowotka; Back: Hunt Family and Friends; 8. Terry Hohm, Joseph Hohm; 9. Steve Morikawa, Kenny G, Craig Leach; 10. John Vanhara, Dr. Dagmar Hruzova, Marcela Vanhara; 11. Laura Schenasi, Sigrid Allman, Ralph Allman; 12. Torrance Mayor Patrick Furey, Terry Furey, Judith Gassner

GOLF TOURNAMENT A SELLOUT SUCCESS

Proceeds from the 33rd annual Torrance Memorial Golf Tournament on June 3 support the new Hunt Cancer Center slated to open in December 2019. It will provide a personalized, patient-centered environment to meet the needs of our oncology patients. Guests teed off for 18 holes at Rolling Hills Country Club. The day kicked off with a putting contest and concluded with a cocktail reception, silent auction, dinner and awards banquet. City National Bank once again served as the tournament sponsor, and Don Douthwright served as the tournament chair. The honorary chair was the late George L. Graziadio Jr., who founded the tournament.





1. Chris Adlam, Dave Klein, Rich Severa, Mark Pfeil, Dan Finnegan, Steve Lopes, Caddie Bob; 2. Front: Kellie Piken, Elaine Gee, Uni Mayesh; Back: Christy Abraham, Ann Zimmerman; 3. Front: Kathy Johnson, Scott Rouse, Faith Rouse; Back: Mark Rouse, Dolly Rouse; 4. Craig Leach, Forest Riopelle, Don Douthwright; 5. Barbara Demming Lurie, Dr. Mark Lurie, Judith Gassner, Sophia Neveu; 6. Eben Perison, Andrew Sloves, Mark Pfeil, George Sheth, Tom McCarthy; 7. Dr. Brian Miura, Brandy Van Zitter, Maria Olton; 8. Volunteers; 9. Roy Omoto, Gerry Soldner, Mark Pfeil, Jim Scriba, Daniel Scriba; 10. Front: Chris Adlam, Laura Schenasi, Marc Schenasi; Back: Todd Schenasi, Eric Maniaci, Dan Maniaci; 11. CJ Beshke, Carole Hoffman, Terry Hohm, Joseph Hohm; 12. Mark Schlig, Brian Johnson, Mark Pfeil, Ron Cloud, Gavin Herbert

CELEBRATING CHINESE AMERICAN HEALTH CARE

Torrance Memorial hosted a special dinner event to celebrate the 25th anniversary of the Chinese American Community Healthcare Services on Monday, May 20. The program, held at the Hoffman Health Conference Center, included special recognition of local community members including Ted Lieu, Al Muratsuchi and Pat Furey, among others. A keynote presentation by Craig Leach, president and CEO of Torrance Memorial, also highlighted the one-year anniversary of the Torrance Memorial and Cedars-Sinai affiliation.



1. Yu Zhao, Shirley Ho, Harry Zhu; 2. Alicia Kao, PVE Mayor Kenny Kao; 3. Torrance Mayor Patrick Furey, Yue Rong; 4. Yu Gi, Shirley Ho, Dr. Chih-Ming Ho, Yue Rong, James Lin

AMBASSADORS WOMEN'S LUNCHEON

On April 23 the women of Torrance Memorial's Ambassadors came together to network, socialize and enjoy a specially prepared menu from Shade Redondo at Sea Level Restaurant. Guest speaker Dr. Melanie Friedlander spoke about advanced, minimally invasive robotic surgery to perform breast conservation therapy (lumpectomy). Ambassadors financially support Torrance Memorial's Burn Center, The Hunt Cancer Institute, Turpanjian Rehabilitation Services and Health Education. For more information on membership, visit TorranceMemorial.org/Ambassadors or call Judith Gassner at 310-517-4704.



1. Back: Diane Moore, Carol Magee, Judith Gassner, Ann Zimmerman, Mary Mealer, Song Klein, Elaine Gee, Karen Varon, Suzann Douthwright; Front: Robyn Peacock, Valerie Adlam; 2. Sandy Jackson, Judith Gassner, Sherry Kramer; 3. Terry Hohm, Valerie Adlam, Diane Davis; 4. Jane Mehra, Sylvia Bruni, Vicky Mar, Christine Smith; 5. Barbara Demming Lurie and Song Klein; 6. Suzan Douthwright, Patti LeGrelus, Angela Furkioti

YPPA TRIVIA NIGHT AND NETWORKING

Young Physicians and Professionals Alliance (YPPA) hosted its first Trivia Night on Tuesday, April 30 at the beautiful home of Shalini and Dr. Vimal Murthy, Torrance Memorial’s medical director of the burn unit and burn/wound care surgeon. Guests networked and answered challenging trivia questions while enjoying wine and wood-fired pizza. For more information on membership and upcoming events, visit TorranceMemorial.org/YPPA or call Sophia Neveu at 310-257-7266.



1. Dr. Meena Bhasin-Shah, Jason Stone, Nadine Bobit, Danielle Boujikian, Kevin Bidenkap; 2. Members of YPPA; 3. Wayne Clarke, Chelsea Kooba, Leah Turano Locale 90; 4. Dr. Vimal Murthy, Shalini Murthy; 5. Dr. Omer Deen, Amit Pandit, Dr. Roy Fu, Dr. Karen Shum, Dr. Swati Sikaria; 6. Nancy Andrade, Thess Duong

PHOTOGRAPHED BY DEIDRE DAVIDSON

HOLIDAY FESTIVAL WINE PROCUREMENT PARTY

Picture-perfect weather set the scene for the sixth annual Holiday Festival wine procurement party at the home of Song and Dave Klein. Guests donated more than 114 bottles of wine for the silent and live auctions at the upcoming Holiday Festival gala on December 6. The party was co-hosted by silent auction co-chairs Song Klein, Diane Landon, Helaine Lopes and Kathleen Wilson. Attendees enjoyed live music, cocktails and delectable appetizers as the donated wine accumulated.



1. Jack Baker, Barbara Demming Lurie, Dr. Mark Lurie; 2. Chris Wilson, Dave Klein, Steve Lopes; 3. Mary Jo Unatin, Dr. Jerry Unatin; 4. Lucia Bucklin, Valerie Adlam, Dan Finnegan, Veann Bracken; 5. Vandana Sheth, George Sheth, Dr. Cynthia Williams; 6. Diane Landon, Song Klein, Helaine Lopes, Kathleen Wilson

GRAND FINALE (NOVAS/LUMINARIES)

From a handful of women in 1990 to nearly 150 members today, the Luminaries and their high school-aged children, the Novas, continue to volunteer approximately 6,000 hours annually. Collectively the groups have donated more than \$500,000 to support many of the hospital's important projects on May 22. The Grand Finale event honored 23 graduating seniors along with 89 Novas who volunteered more than 6,300 hours to Torrance Memorial.



1. Congratulations to the Nova class of 2019!; 2. Ways and Means VP Kara Kent presents Lisa Takata of the Torrance Memorial Foundation with a donation of \$7,500 on behalf the Luminaries and Novas; 3. Luminaries founding member Judy Sipes presents Jacob Kobayashi with his raffle prize; 4. Jenny Shigekawa presents daughter Mari with the President's Volunteer Service Award; 5. The hard-working 2018-2019 Luminaries Board; 6. Grand Finale co-chairs Cathy Siegel and Jennie Tom

LAS AMIGAS CHAMPAGNE, TEA AND FASHION SHOW

Members of Las Amigas modeled ready-to-wear looks from local retailer CJ Fashions at the group's third annual Fashion Show fundraiser on May 7. Las Amigas is a support group that helps plan and raise money for the annual Torrance Memorial Holiday Festival. Attendees took in the runway parade while enjoying a high tea and Champagne menu. To learn more, visit TorranceMemorial.org/volunteer/foundation.



1. Helen Connelly, June Leach, Barbara Hall, Marilyn Skolich; 2. Celeste Crandall, Cynthia Cohen; 3. Carolyn Snyder, Michelle Rand, Valerie Punzal, Mary Richardson, Brittany Roehm, Linda Roehm, Elena Bates, Ginny Frazier; 4. Dolly Talbott, Bonnie Medina, Kathy Patton; 5. Ginny Frazier, Nedra Trusk; 6. Back: LaVerna Edmonds, Camella Serferian, Terry Furey, Terry Ragins, Elena Bruns; Front: Mary Hoffman, Carolyn Snyder, Kathryn Joiner

MIRACLE OF LIVING AT THE BEACH

Millions of Americans find themselves squeezed by the demands and strain of tackling child care and elder care and are at risk for stress, depression and other health issues. A panel of experts spoke to a full house at the July 16 Miracle of Living at the Beach lecture series at Shade Hotel Manhattan Beach. They included Lisa Korn, family caregiver; Sylvia Thompson, Certified Care Manager; Rachel R. Mand, PhD, psychotherapist; Marie Herbrandson, Torrance Memorial hospice manager; and Cristin Rigg, Certified Financial Planner. Speakers discussed financial health and the necessary steps to prevent burnout, individual care plans, home evaluations, finances, understanding hidden costs, resources for caregivers and medication and prescription management. Miracle of Living at the Beach is free to attend and made possible through the generosity of the Shade Hotel, Manhattan Beach.



1. Judith Diamond, Cathy Lundy, Ann Zimmerman; 2. Pat Lucy, Rich Lucy; 3. Erin Fiorito, Judith Gassner, Vicky Mar; 4. MOLB committee, Front: Barbara Demming Lurie, Manette McDermott; Back: Pat Lucy, Ann Zimmerman, Sherry Kramer, Elaine Trotter; 5. Speakers, Front: Rachelle Mand, PhD, Sylvia Thompson, Cristin Rigg; Back: Lisa Horn, Marie Herbrandson, RN

HERITAGE SOCIETY

Heritage Society members and donors who have made a contribution annually for 10 or more consecutive years were acknowledged and appreciated at a luncheon on June 20 at Palos Verdes Golf Club. Craig Leach, president and CEO, and Sally Eberhard, senior VP of planning and development, updated the audience on the state of the medical center. The Heritage Society includes those who have designated a gift to Torrance Memorial in their estate plan. For more information, please contact Sandy VandenBerge, director of planned giving, at 310-784-4843 or sandy.vandenberge@tmmc.com. You may also visit TorranceMemorial.org/plannedgiving.



1. Pedro Castro, Michelle Rand, Jim Andrews; 2. Mark Tsujimoto, Rita Meistrell, Stephen Connors, Stuart Tsujimoto, Joseph Meistrell; 3. Dr. Stanley Chang, Craig Leach, Joanne Chang; 4. Lois Winters, Dick Winters; 5. Larry Maizlish, Judith Maizlish, Sandy Jackson, Karl Jackson; 6. Russ Lesser, Judith Opdahl, Rose Feng, Sam Feng, Sally Eberhard

PATRONS EVENING PETERSEN MUSEUM

On July 27, Torrance Memorial Foundation thanked and appreciated its patrons with dinner among the Hollywood Dream Machines at Petersen Automotive Museum. Upon arrival, patrons were greeted in the lobby with a photo next to the impressive 1925 Rolls Royce Phantom Round Door before taking a guided tour of the famous Vault—home to cars representing over 120 years of automotive history. After viewing the exhibit, patrons enjoyed wine and gourmet cuisine at dinner tables set among iconic cars from movies like *Back to the Future*, *Black Panther* and *Batman*. Craig Leach, president and CEO of Torrance Memorial, spoke to the group and thanked patrons for their continuous and generous support of the medical center.





1. Carla Zanino, Walt Zanino; 2. Craig Leach, Judy Leach, Barbara Demming Lurie, Dr. Mark Lurie; 3. Ralph Allman, Marc Schenasi; 4. Donna Worch, Oliver Saltzman; 5. Ann Buxton, David Buxton; 6. Pat Theodora, Ellen Theodora; 7. Ryan Moore, Sara Moore; 8. Roy Kaneshiro, Brandie Kaneshiro, Jacob Kaneshiro, Emmanuel David; 9. Bill Levine, Vicki Levine, Andrea Zisli, Michael Zisli; 10. Janette Dawson, Yvonne Royan; 11. Ty Bobit, Nadine Bobit, Sally Eberhard, Mike Eberhard, Dell Fortune, Stephen Nash, Carole Hoffman, Greg Popovich

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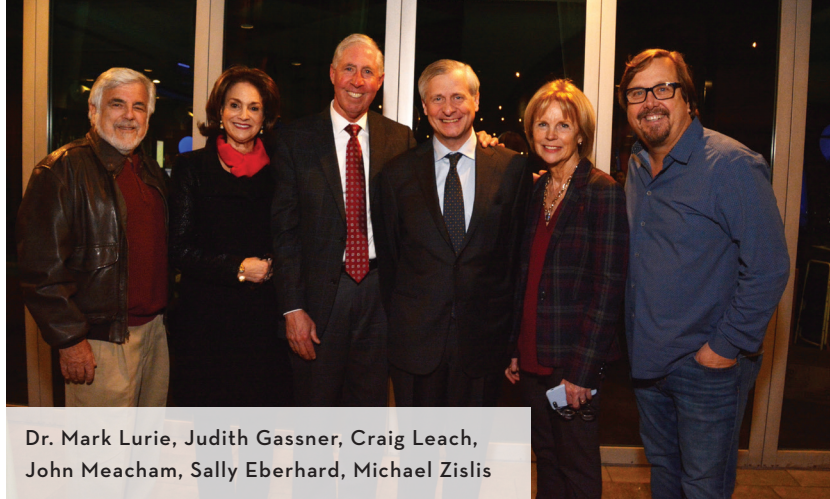
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Holiday Festival

DECEMBER 3 – 8, 2019

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Enjoy beautifully decorated holiday trees, boutique, food court and local entertainment

PUBLIC EXHIBIT • BOUTIQUE SHOPPING

Tuesday, December 3 1:30 - 3:30 p.m.
Wednesday, December 4 10 a.m. - 9 p.m.
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Friday, December 6 Closed to Public
Saturday, December 7 10 a.m. - 9 p.m.
Sunday, December 8 10 a.m. - 4 p.m.

\$5 General Admission
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Tuesday, December 3 Fashion Show
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Sunday, December 8 Santa Lunch

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