

SPRING 2022

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TORRANCE MEMORIAL FOUNDATION



LORI AND TOM O'HERN

A triathlon of passion:
family, sports, community



TORRANCE MEMORIAL
A CEDARS-SINAI AFFILIATE

THE HUNT CANCER INSTITUTE AT TORRANCE MEMORIAL OFFERS MORE EXPERT CARE WITH INNOVATIVE CLINICAL TRIALS AND RESEARCH. Our patients have access to a range of new treatments with clinical trials for both common and rare cancers. Our investment in research, technology and the expansion of our affiliation with Cedars-Sinai ensures our patients have access to more expert cancer care in the South Bay. Learn more at [MoreCancerExperts.org](https://www.morecancerexperts.org)



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We Fight Cancer by Researching New Ways to Beat It.

THE HUNT CANCER INSTITUTE
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Alan and Ronnie Goldstein understand the value of exceptional health care.

“I HAVE FOUND IT ALMOST IMPOSSIBLE TO EXPLAIN TO SOMEONE WHO HAS NOT BEEN A PATIENT AT OUR HOSPITAL HOW IT FEELS TO BE TREATED IN AN INSTITUTION THAT TRULY EMBODIES THE MISSION OF ‘PATIENTS FIRST.’”

BOARD NOTES

I have been in the financial industry for over 50 years. I am very comfortable with numbers and understand the magic of compounding numbers. In serving on the Torrance Memorial Medical Center Foundation board for the last three years, I always begin with a modest goal in my fundraising efforts.

Each week I engage in a conversation, meeting, email or interact with a new acquaintance to talk about Torrance Memorial. From friends, neighbors, business associates, fellow golfing enthusiasts or standing in line at Starbucks, I openly share my own experience. I know an honest, one-on-one conversation can lead to many places, and one thoughtful investment can lead to a wealth of possibilities.

As friends and supporters of Torrance Memorial, we have a unique and exciting story to tell. Our affiliation with Cedars-Sinai, the opening of the new Hunt Cancer Center (where I am a grateful patient—more on that below), the exciting breakthrough work occurring at the Lundquist Lurie Cardiovascular Institute, as well as our recent national *Newsweek* ranking of being in the top elite 250 hospitals in the world. Our job in promoting Torrance Memorial is relatively simple. Just tell the story in your own words. It works, it feels good and with any luck, you are helping others get and support the best medical care available to anyone in the South Bay community.

My Torrance Memorial story began in 2018 with a lung and prostate cancer diagnosis and my subsequent admission to the hospital. It was an anxious time for my family and me. I was amazed to realize my anxiety level dissipated significantly after being admitted. The physicians', nurses' and professional staff's attention and empathy, combined with the exceptional medical care, made for an overwhelmingly positive experience. Thanks to the world-class team at Torrance Memorial, one of the most frightening moments of my life turned out to be life-changing in the most positive way. I am alive and well and committed to sharing my Torrance Memorial story with as many people as possible in our community.

My wife, Ronnie, and I have been married 54 years, and together we have two daughters. We are blessed with four grandchildren, and we understand the value of exceptional health care. I have found it almost impossible to explain to someone who has not been a patient at our hospital how it feels to be treated in an institution that truly embodies the mission of “patients first.” These are words to live by at Torrance Memorial and the reason why I keep talking. Serving on the Torrance Memorial Foundation board has been an honor and a privilege. •

TORRANCE MEMORIAL MEDICAL CENTER FOUNDATION

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CALENDAR OF EVENTS



MIRACLE OF LIVING

Via Zoom, Miracle of Living lectures are held during the third week of the month at 6:30 p.m.* Information and questions: 310-784-3707

MAY 18

(WEDNESDAY)

Brain Health, Stroke and
Emerging Technologies

JULY 20

(WEDNESDAY)

Caregivers and Stress

SEPTEMBER 22

(THURSDAY)

Vertigo/Dizziness

NOVEMBER 17

(THURSDAY)

Autoimmune

TBD:

COVID-19 Long-haulers and Long-term
Effects

*All dates and times are subject to
change

WATCH PAST LECTURES

Miracle of Living and Miracle of Living at the Beach community health education lecture series are dedicated to educating and enhancing the lives of members of the South Bay communities.

Visit our YouTube channel for past Miracle of Living lectures at
[TorranceMemorial.org/MOL](https://www.torrancememorial.org/MOL).



FINANCIAL
HEALTH
SEMINARS

Via Zoom, Fridays at noon, approximately 90 minutes. Information and RSVP: 310-517-4728

MAY 13

Estate Planning Basics in 2022

Presenters: Eric Harris, attorney,
and Nadia Antii, CRPC®

JULY 8

Emotions of Estate Planning and
Investing

Presenters: Grace St. Clair, attorney,
and Phillip Cook, CFP®

SEPTEMBER 9

Retirement Planning – IRA, 401(k)

and RMD Planning to Help Protect

Your Retirement

Presenters: Christian Cordoba, CFP®,
and Connor Hartwell, CFP®

Dates and topics are subject to
change. Our goal is to resume
Saturday mornings in person as
soon as COVID-19 guidelines allow.

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Lori and Tom O'Hern are passionate about their family, wellness, Torrance Memorial and cheering for L.A. sports teams, especially the Dodgers!

PHOTOGRAPHED BY MICHEAL NEVEUX

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Experience the Best



Torrance Memorial Medical Center has been recognized by Newsweek as part of its list of World’s Best Hospitals 2022. This year, Torrance Memorial moved up a point to rank as the 39th best hospital in the nation, 10th best in California and places Torrance Memorial in the top elite 150-250 hospitals in the world. Torrance Memorial is one of five hospitals in Los Angeles and **the ONLY hospital in the South Bay to rank among the top elite in the world.**

NEWSWEEK BEST HOSPITALS 2022

| HOSPITAL | CA Ranking | US Ranking |
|--|------------|------------|
| UCLA Health Medical Center | 1 | 5 |
| Cedars-Sinai Medical Center | 3 | 12 |
| Keck Hospital of USC | 9 | 37 |
| Torrance Memorial Medical Center | 10 | 39 |
| MemorialCare Long Beach Medical Center | 12 | 94 |
| UC Irvine Medical Center | 16 | 115 |
| Hoag Memorial Hospital Presbyterian | 21 | 134 |
| Providence Little Company of Mary Medical Center | 26 | 170 |
| Kaiser Permanente Los Angeles Medical Center | 28 | 184 |

AWARDS & ACCOLADES

Torrance Memorial earns many well-deserved awards and accolades each year. This year we are proud to have raised the bar. We have demonstrated this strength with *Newsweek* and moved up another point to rank 39th in the nation and 10th in California. Most impressively, Torrance Memorial is one of five hospitals in Los Angeles and the only hospital in the South Bay to rank among the top elite (150 to 250) in the world!



AHA GET WITH THE GUIDELINES PROGRAM

Torrance Memorial has recently been recognized by the American Heart Association’s Get With The Guidelines program for our commitment to quality patient care. Our physicians, nurses and staff have worked to close the gaps separating patients from timely access to appropriate treatments. The care our patients receive is our No. 1 priority, and we are proud to be recognized for Gold Plus performance in Heart Failure, Stroke and Receiving, and Gold in Resuscitation.



JC GOLD SEAL OF APPROVAL FOR TOTAL HIP AND KNEE REPLACEMENT CERTIFICATION

After rigorous on-site reviews, Torrance Memorial earned The Joint Commission’s Gold Seal of Approval® for Advanced Total Hip and Knee Replacement Certification by demonstrating continuous compliance with its performance standards. The Gold Seal is a symbol of quality that reflects a health care organization’s commitment to providing safe and quality patient care.



MBSAQIP AWARD

The Metabolic and Bariatric Surgery, Accreditation and Quality Improvement Program (MBSAQIP) ensure metabolic and bariatric patients receive multidisciplinary medical care, which improves patient outcomes and long-term success. To earn MBSAQIP accreditation, Torrance Memorial met essential criteria for staffing, training, facility infrastructure and patient care pathways, ensuring its ability to support patients with obesity. The center also participates in a national data registry that yields semiannual reports on the quality of its surgical outcomes and identifies opportunities for quality improvement.



WOUND AND AMPUTATION PREVENTION CENTER RESTORIXHEALTH DISTINCTION AWARD

Torrance Memorial recently earned the RestorixHealth Clinical Distinction for Wound Center Recognition 2021 for its 90% patient healing rate, median patient healing time of 32 days and 96% patient satisfaction rate.



PRESS GANEY PEDIATRIC AWARD

Torrance Memorial has been named a 2021 Guardian of Excellence® winner by Press Ganey, a national leader in patient engagement. The Guardian of Excellence award recognizes top-performing health care organizations that have achieved the 95th percentile or above for performance in Patient Experience. This award is based on achieving the 95th percentile in Pediatrics Child CAHPS scores.

CEDARS-SINAI AND TORRANCE MEMORIAL MARK FOUR YEARS OF AFFILIATION

Heart, stroke and cancer patients discuss how the unique collaboration fostered healing.

WRITTEN BY CHRISTINA ELSTON



This year marks the fourth anniversary of the affiliation between Torrance Memorial and Cedars-Sinai, a partnership forged to provide coordination of leading-edge health care and services to patients throughout Greater Los Angeles.

“Our affiliation with Cedars-Sinai has worked out remarkably well and exceeded our initial expectations. By enabling both institutions to continue the unique relationships both have within the communities they serve while working together to coordinate world-class care, the South Bay community has benefited greatly,” president and CEO Craig Leach says.

The collaboration continues to provide Torrance Memorial patients with convenient local access to treatments in cancer, heart disease and brain disorders, all backed by an academic-level medical institution and making a profound difference in the lives of many over the years.

SUSAN SESTICH

Today Susan Sestich is happily planning her daughter’s August wedding. But nearly two years ago she suffered a massive stroke that almost ended her life.

When Sestich collapsed at home and couldn’t move,

Torrance Memorial Medical Center celebrates four years of collaboration with Cedars-Sinai.

her husband called 911 and insisted paramedics transport her to Torrance Memorial, a Comprehensive Stroke Center that partners with a telestroke team at Cedars-Sinai.

“If a clinician at Torrance Memorial believes one of their patients might be having an acute stroke, they activate their emergency stroke system,” says Konrad Schlick, MD, assistant professor of neurology and director of the Vascular Neurology Fellowship Program at Cedars-Sinai. “We jump on camera to see the patient and rapidly make an assessment.”



Dr. Schlick, who was on call when Sestich was brought in, saw there was no blood flow on one side of her brain and she needed immediate treatment. He contacted George So, MD, an interventional radiologist at Torrance Memorial. “Her kind of stroke is the worst type we treat,” Dr. So says, “but our team is prepared for this kind of patient.”

Sestich was given medication to dissolve the blood clots in her brain, and Dr. So used a tiny catheter guided through an artery in Sestich’s groin to remove the clots that remained. Three days later, she was discharged from the hospital with very few aftereffects.

“I can drive. I can ride a roller coaster. I was in Hawaii with my daughter and my son-in-law-to-be when he proposed,” says Sestich. “I get to live my life fully, and I’m so lucky to do it.”

KRISTEN ENOMOTO

Kristen Enomoto is celebrating her defeat of stage 3 breast cancer with the help of a Cedars-Sinai cancer clinical trial combined with treatment at the Torrance Memorial Hunt Cancer Institute.

Susan and Mike Sestich enjoy a walk with Rosie.

A year ago, an ultrasound follow-up to a routine mammogram detected two noncancerous cysts in Enomoto’s left breast. Fortunately, Enomoto had been experiencing discomfort under her left arm and asked the technician to check that area as well.

The ultrasound and a biopsy confirmed Enomoto had HER2-positive breast cancer that had spread to multiple lymph nodes. HER2, or human epidermal growth factor receptor 2, is a protein that promotes the growth of cancer cells.

Enomoto was facing 5½ months of chemotherapy, but Torrance Memorial breast cancer specialist David Chan, MD, suggested Enomoto enroll in a Cedars-Sinai clinical trial that let her complete chemotherapy in just three months.

In the study, Reva Basho, MD, codirector of the Women’s Cancer Program and assistant professor of medicine at Cedars-Sinai, is testing a treatment plan that increases the body’s immune response against HER2-positive breast cancer with the addition of a checkpoint inhibitor.

“The goal is to engage the immune system to allow us to de-escalate the amount of chemotherapy that needs to be given to patients with curable cancers while improving their long-term outcomes,” Dr. Basho says.

After 12 weeks of treatment, Enomoto had a mastectomy, and test results showed no active cancer remaining.

“We couldn’t prescribe this therapy outside of a clinical trial,” says Dr. Chan. “But our partnership with Cedars-Sinai gives our patients the opportunity to participate in studies for potential new treatments they wouldn’t be able to access otherwise.”

Without Torrance Memorial’s physicians alerting her to Dr. Basho’s study, Enomoto says she wouldn’t have known about the opportunity. Being able to have her treatment take place close to home in Torrance was a big convenience at a difficult time.

“My result was excellent,” Enomoto says. “The treatment essentially killed all the cancer, and without this partnership, I might not have received it.”

JESSIE SAVOLT

Jessie Savolt will celebrate her seventh year with a new heart because the partnership between the Torrance Memorial Lundquist Lurie Cardiovascular Institute and the Smidt Heart Institute at Cedars-Sinai, which was in place before the affiliation, made a transplant possible.

“I’ve just been very fortunate between the two hospitals, with the different doctors who took care of me,” says Savolt. “I’m here because of all of them—all their hard work.”

PROGRESS NOTES



Savolt spent decades battling debilitating fatigue and shortness of breath and two years on the transplant waiting list at another institution. Then in 2015, Torrance Memorial cardiologist Mark Lurie, MD, director of the Lundquist Lurie Cardiovascular Institute, contacted Jon Kobashigawa, MD, director of the heart transplant program at Cedars-Sinai. He was willing to take her on right away in conjunction with colleagues at Torrance Memorial. Within three weeks, Savolt had a heart.

“The teamwork of our integrated heart failure programs, employing ever-evolving medical advances, managed her condition,” says Dr. Lurie. “While heart failure patients are living longer, the time had come to find another option for Jessie.”

Danny Ramzy, MD, vice chair of innovation and director of robotic and minimally invasive cardiac surgery in the Smidt Heart Institute and associate professor of surgery at Cedars-Sinai, performed Savolt’s transplant. He says her case was too high risk for many other medical centers.

“She had two previous heart operations and other issues,” Dr. Ramzy says. “At Cedars-Sinai we have some of the best cardiologists, cardiothoracic surgeons and ICU doctors in the world, and we have an intensive care unit specifically trained for post-transplant management. This allows us to take on these higher-risk patients.”

The affiliation with Torrance Memorial brings these capabilities to patients in and around the South Bay area, Dr. Ramzy says. •

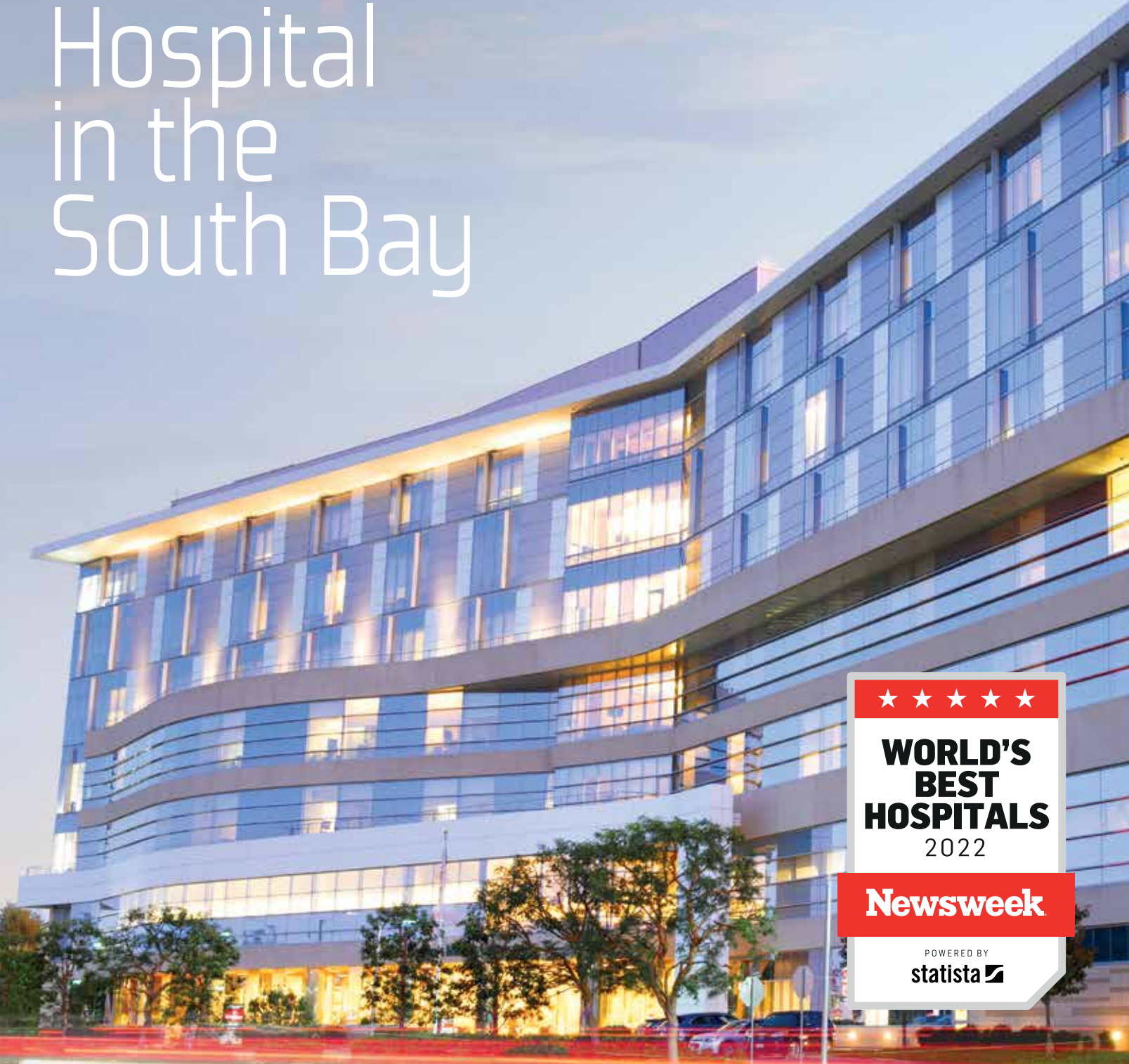


Terry Savolt, Jessie Savolt, Mark Lurie, MD, and heart failure nurse Roxanna Balter show their medals after the 2017 Redondo Beach Super Bowl 10K race.

TORRANCE MEMORIAL IS AGAIN THE ONLY HOSPITAL IN THE SOUTH BAY AND ONE OF FIVE IN LOS ANGELES COUNTY TO RANK IN THE WORLD’S 250 ELITE HOSPITALS BY *NEWSWEEK*. We are leading the way in the South Bay for expert care. Learn the facts. Visit TMFirst.org



#1 Ranked Hospital in the South Bay



★ ★ ★ ★ ★

**WORLD'S
BEST
HOSPITALS**
2022

Newsweek

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MAJOR IMPROVEMENTS TO PATHOLOGY LAB

Torrance Memorial invests in high-quality improvements to this testing center.

WRITTEN BY NANCY SOKOLER STEINER | PHOTOGRAPHED BY VINCENT RIOS



Core laboratory manager Patty Drew had the honor of cutting the ribbon to celebrate with Abbott Laboratory Inc. representatives and Torrance Memorial staff.

A few drops of blood. An ounce or two of urine. These simple substances can reveal what’s going on inside the body, giving physicians information crucial to successfully treating their patients. In fact, 70% of clinical decisions rely on lab tests, says Ihab Abumuhor, director of Torrance Memorial Medical Center’s pathology and clinical laboratory.

Operating 24 hours a day, seven days a week, the lab performs more than 4½ million tests annually. Thanks to Torrance Memorial’s investment in renovations and new technologies, lab services are of higher quality and greater efficiency than ever before.

“Our goal is to provide high-quality,

accurate, timely and innovative clinical laboratory services,” says Abumuhor. “We aim to turn around 95% of blood chemistry tests, CBCs and coagulation tests within 45 minutes.”

Blood chemistry tests are used to evaluate and screen for many conditions including electrolyte balance, kidney function and liver function. CBC, or complete blood count, measures the types and numbers of cells in the blood. Coagulation tests, such as prothrombin time, measure how long it takes blood to clot.

NEW TESTING SYSTEM

The ambitious 45-minute goal became possible thanks to several major updates. The first involved a lab reconstruction to

remove the previous testing platform and install a new Alinity system. The new platform allows for faster, more accurate results while increasing capacity and lowering costs.

It has a fully automated track, meaning once a sample is placed on the track, the system performs all the steps required without a technician needing to move or prepare samples. These steps include:

- Reading the barcode on the samples
- Determining the type of tests needed and routing samples to the appropriate instrument(s)
- Centrifuging the tube and uncapping it
- Portioning the samples
- Separating samples that need to be sent out from those done in-house

- Analyzing the sample’s chemistry (37 types of tests available, including blood glucose, electrolytes, hormones, lipids and proteins)
- Interfacing with the electronic medical record (EMR)
- Recapping the sample
- Delivering the completed sample to refrigerated storage

Torrance Memorial is the first Alinity hospital-based core lab to go live in California. When it was time to update and replace the chemistry line, offerings from multiple manufacturers were reviewed in detail. The decision to go with Alinity was primarily due to quality, measured as the Sigma metric for each test, which is a combination of both accuracy and precision (reproducibility). Head-to-head comparison showed Alinity to be superior overall.

“We knew the change to Alinity would be a difficult transition and we would have to suffer through the pain of change for a few months with new construction and completely new instrumentation. But long-term it was clearly the right move,” says pathologist John Kunesch, MD.

He notes accuracy and efficiency have many positive impacts, including getting the most accurate and reproducible results possible to physicians faster, thus allowing for patient discharges to happen in a timely manner. It also provides speedy results, which appear on the patient portal.

In addition, notes Abumuhor, the new Alinity system frees up lab personnel to engage in other vital activities including working on quality control metrics, validating testing, training employees, troubleshooting issues with instruments and manually performing tests that are not automated.

In December the lab brought in-house 15 tests previously requiring off-site analysis. That brings the number of tests performed at Torrance Memorial to more than 130. The array of services and programs provided by the lab include molecular microbiology

testing (e.g., bacteria and viruses), pathology, phlebotomy, point-of-care testing and the Blood Bank and Blood Donor Center. It maintains three blood draw stations on the medical center campus as well as four community locations.

PERFORMANCE AND INVENTORY MONITORING

The lab also acquired AlinIQ Business performance capability, which enables monitoring of volumes, capacity, costs, turnaround times and other important metrics. Among other things, analysis showed the lab performs an average of 6.35 tests per sample.

Another new system, the ABBOTT Inventory Manager, performs automated inventory management. Items get scanned upon delivery and tracked during usage. The system alerts lab personnel when to order new stock and when items are approaching expiration. Previously, staff manually logged each item on a spreadsheet.

OFFICIAL DEBUT

Torrance Memorial staff involved in the many aspects of making the lab enhancements possible attended a ceremonial ribbon-cutting on November 16. Core laboratory manager Patty Drew cut the ribbon, accompanied by Dr. Kunesch. The ribbon was held by Abumuhor and executive vice president Keith Hobbs.

“This was a collaborative effort that involved the support of administration, finance, IT and purchasing. IT alone involved server, desktop, remote access and security capabilities,” says Abumuhor. “Everybody was behind this effort because they knew it was vital for the lab’s future and because they understand how important it is to provide high-quality, accurate and timely results.”

He adds, “Labs tend to operate behind the scenes. COVID-19 put the spotlight on the role of labs when testing became so crucial. People now have a better understanding of how essential the lab is.”

- LOOKING AHEAD**
- Abumuhor notes more improvements are planned for the lab in the future. They include testing for:
- Immunology
 - Allergy
 - Infectious disease
 - Autoimmune disease
 - Serum proteins
 - Calprotectin (an indicator of bacterial or parasitic infections, colorectal cancer or certain diseases that cause intestinal inflammation)
 - Fungitell (fungal infections)

“The pathology and clinical laboratory at Torrance Memorial aims to continue being the leading clinical laboratory in the area,” says Abumuhor. “The new enhancements serve our goal of providing innovative, timely, accurate and high-quality testing. We see this as an ongoing process where we continuously aim for even greater excellence and improvement.” •

The new Alinity fully automated track at Torrance Memorial Medical Center’s pathology and clinical laboratory.





Members of the experienced physician team at the new El Segundo Medical Complex, left to right: Jamie Kagihara, MD, Houman Solomon, MD, Rumi Cader, MD, and Nidhi Agarwal, MD.

EL SEGUNDO MEDICAL COMPLEX OFFERS STATE-OF-THE-ART, FAMILY-FOCUSED CARE

Opened April 2022, the complex includes urgent, primary and specialty care and related health care services in one accessible location.

WRITTEN BY LISA BUFFINGTON

In mid-April 2022, Torrance Memorial opened a new, multispecialty, family-centered medical complex in El Segundo. Located at 2110 E. El Segundo Boulevard, the 42,000-square-foot complex expands access to Torrance Memorial’s award-winning care beyond the South Bay and into the growing communities of El Segundo, Inglewood, Hawthorne, Lawndale and Gardena. The state-of-the-art medical complex was designed to meet the comprehensive health

care needs of every member of the family, providing adult and pediatric primary and specialty care services, urgent care, outpatient imaging and laboratory services, endoscopy care and more. “By bringing a range of services together in one location, we are hoping to make the health care experience as pleasant, efficient and easily accessible as possible,” says Heidi Assigal, vice president of business and operations for Torrance Memorial Physician

Network. “Every detail of the complex—from access to physician suites to waiting areas to the layout, colors and art—has been designed with patient comfort and convenience in mind.”

Features of the complex include:

PRIMARY CARE

Patients can receive comprehensive preventive, acute and chronic condition treatment in the spacious primary care suite, which can include up to six providers and 14 exam rooms. “Featuring multiple intake areas and easy-access pathways, this efficient, well-designed space will minimize wait time and maximize quality time with your health care provider,” says Assigal. Additionally, all office suites and staff workspaces are state-of-the-art and designed to promote efficiency, allowing team members to deliver a smoother patient care experience.

URGENT CARE

Patients who are experiencing an injury, acute illness or another condition that requires prompt, nonemergency care can receive efficient diagnosis and treatment at Torrance Memorial Physician Network Urgent Care. The 6,000-square-foot urgent care suite features:

- Seven exam rooms
- Two procedure rooms
- Integrated x-ray access
- Blood draw station

“Our Urgent Care Center can also assist people in getting established with a primary physician if they don’t already have one,” says Assigal.

DIGESTIVE CARE CLINIC AND ENDOSCOPY CENTER

The Digestive Care Clinic and Endoscopy Center provide a full range of preventive, diagnostic and therapeutic care for conditions of the digestive tract. Patients can schedule office visits in the Digestive Care Clinic, while procedures such as colonoscopies and upper endoscopies are performed in the 6,000-square-foot onsite Endoscopy Center.

SPECIALTY PHYSICIAN CLINICS

Torrance Memorial’s El Segundo Medical Complex will include specialty physician practices affiliated with Torrance Memorial, including:

- Pediatrics, for two providers and six exam rooms
- Obstetrics-gynecology, for three providers and eight exam rooms
- Endocrinology, pulmonology, oncology and other specialties, for five providers and 12 exam rooms

Additional specialty offices include:

- COR Cardiology
- Association of South Bay Surgeons
- Digestive Care Consultants
- Beach Cities ENTs
- South Bay Gastroenterology
- Gynecologic Oncology Associates

“We have a talented group of experienced adult and pediatric primary care and specialty physicians who bring a wealth of knowledge and are enthusiastic about being part of a project to expand Torrance Memorial’s services to El Segundo and the surrounding communities,” says Assigal.

EASE OF ACCESS

The El Segundo complex is conveniently located off the 405. “Free adjacent parking will make it easy for patients to pull up,

park and get into their physician’s office,” says Assigal. “The points of entry and exit to the facility are convenient, and navigating GPS directions is simple.”

WELL-PLANNED DESIGN

The new space features office suites that allow for safe distancing in waiting rooms, common areas, staff spaces and patient care areas—meaning there is no reason for patients to delay care over concerns about physical safety and social distancing. “The pandemic validated the need to have well-planned spaces and reinforced the strength of the facility’s design,” says Assigal. “If necessary, these spaces will allow us to pivot or modify operations to meet extra demands of a high-pandemic care model so people can

feel safe while receiving critical health care services.”

ADVANCED IMAGING

In addition to x-ray imaging services, the El Segundo Medical Complex will also feature on-site, state-of-the-art CT and ultrasound technology (opening early fall). The physicians and team members at the center are looking forward to welcoming members of the community to their new facility. “As we learn more about El Segundo and the surrounding communities, we will be looking at new opportunities to address health care and health education needs,” says Assigal. “This is the community’s health care center, and we want to make sure it is meeting the community’s evolving and expanding needs.” •

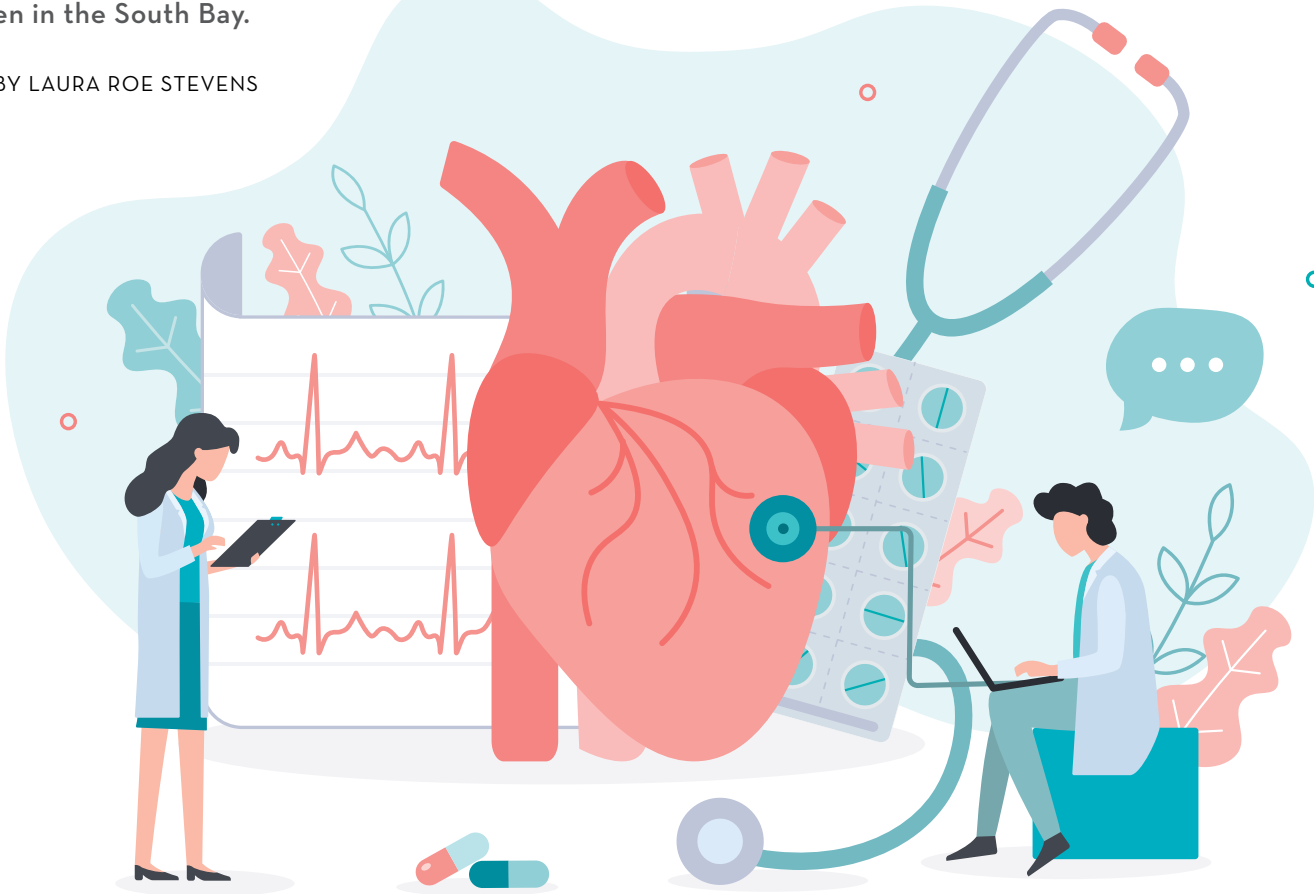
Torrance Memorial and Cedars-Sinai have worked together to bring this new multispecialty medical complex to the people of El Segundo and the surrounding areas. This 42,000-square-foot, modern, cutting-edge medical facility provides many specialties and services in the same location: urgent care, endoscopy center, imaging and lab draw stations.



HEART HEALTH FOR WOMEN

The Lundquist Lurie Cardiovascular Institute’s New Women’s Heart Health Clinic focuses on specialized care for women in the South Bay.

WRITTEN BY LAURA ROE STEVENS



The Lundquist Lurie Cardiovascular Institute’s newly opened Women’s Heart Health Clinic provides up-to-date comprehensive care for women in the South Bay.

Heart disease is the leading cause of death for women in America—striking 1 in 5 females each year. While cardiovascular disease (CVD) was thought to predominately afflict men, we now know women are equally at risk. However, women have different risk factors than men and unique CVD symptoms that are often not taken into consideration. Understanding these differences is critical because gender inequities still exist in the diagnosis and treatment of heart disease. For some conditions, women may be undertreated when compared to their male counterparts. Focused, specialized care is necessary to address this disparity and the unique concerns of our female population. “When we founded the cardiovascular institute in 2006, I began planning women’s heart-healthy conferences straightaway because

women are simply not aware their symptoms for heart disease are different from men,” says Melanie Lundquist, a philanthropist who, along with husband Richard, established the Lundquist Lurie Cardiovascular Institute. “We have hosted four conferences thus far, and frankly women are still not aware what the symptoms [of female heart disease] are. And if they have been made aware, they often disregard them.” Melanie is passionate that the symptoms of female heart disease—numbness; wrist, neck or back pain; indigestion, nausea and vomiting—need to be posted at every doctor’s office in the nation until they are fully recognized by women. “I have many examples of friends who disregarded symptoms that led to heart attacks,” she shares. “Women need to take these symptoms seriously and let someone drive them to the emergency room if they are experiencing them.



Nadia Jafar Curran, MD, weighs in on cardiovascular disease risks, symptoms and warning signs every woman should know.

KNOW THE SIGNS HEART ATTACK SYMPTOMS: MEN VS. WOMEN

The most common symptom of a heart attack for both men and women is chest pain. But women may experience less obvious warning signs.

WOMEN

- Chest pain, but not always
- Pain or pressure in the lower chest or upper abdomen
- Jaw, neck or upper back pain
- Nausea or vomiting
- Shortness of breath
- Fainting
- Indigestion
- Extreme fatigue

MEN

- Squeezing chest pressure or pain
- Jaw, neck or back pain
- Nausea or vomiting
- Shortness of breath

Source: American Heart Association’s journal Circulation

It’s best to go to the ER and have them tell you it’s not a heart attack.” Committed to providing the most up-to-date, comprehensive care for women in the South Bay, the Women’s Heart Health Clinic at Torrance Memorial’s Lundquist Lurie Cardiovascular Institute is working to correct these gender inequalities and educate women on how to recognize female-pattern heart disease symptoms. The clinic provides convenient access to the hospital’s diagnostic and treatment resources for heart disease and is designed to help women reduce their chances of heart disease through a preventive approach, including state-of-the-art screening and testing. The clinic also provides thorough cardiovascular risk assessment and preventive care, as well as management of coronary artery disease, microvascular dysfunction, vasospasm, stress cardiomyopathy (broken heart syndrome), heart failure, spontaneous coronary artery dissection, pregnancy-related heart health and other conditions known to affect women. The clinic provides complete cardiovascular care uniquely tailored for women. “Ideally, the best way to treat cardiovascular disease is to prevent it,” says Nadia Jafar Curran, MD, a Torrance Memorial cardiologist and director of the Lundquist Lurie Cardiovascular Institute’s Women’s Heart Health Clinic. “By raising awareness of female-specific conditions that can increase CVD risk and by treating modifiable risk factors, there is hope to reduce the death rates for women.” Women who come to the Lundquist Lurie Cardiovascular Institute’s Women’s Heart Health Clinic are screened by professionals trained in female-specific heart disease—risk factors, symptoms and treatments that differ from those commonly seen and needed for men. For instance, women who have had hormone imbalances, pregnancy complications, inflammatory diseases or are in menopause have a higher risk for the development of heart disease. The clinic assessment

addresses all these risks and provides comprehensive heart services such as cardiac stress test, cardiac imaging, echocardiogram, electrocardiogram, electrophysiology study and Holter monitoring. Dr. Curran outlines the top CVD risks, symptoms and preventive tips for women: **What are the main risk factors for the development of CVD in women?** The classic risk factors include hypertension, high cholesterol, diabetes, smoking, etc. However, diagnoses like polycystic ovary syndrome and adverse pregnancy outcomes can increase the risk for women and are not addressed within traditional assessments. Even after a woman has been diagnosed with a risk factor for heart disease, there’s a chance she may not receive the appropriate treatment either. For example, fewer women are treated with statin medications for high cholesterol than men. **What are the warning signs or symptoms of CVD in women?** In terms of overt warning signs, chest pain or discomfort or shortness of breath should always be a concern. Women can also present with less “classic” signs including abdominal pain, nausea, vomiting, dizziness, jaw pain or back pain. If these symptoms are recurrent or persist, women should seek medical care immediately. **What are the most important things women can do to improve heart health?** Get some exercise! My approach to exercise is to do at least one activity every day, whether it’s a quick run or a 30-minute at-home workout. Doing some sort of activity daily is not only good for physical well-being but also to help reduce mental stress. It’s easier said than done, but increasing activity, watching your diet (the Mediterranean or DASH diets are proven to reduce cardiovascular morbidity and mortality) and decreasing stress are key to preventing cardiometabolic risk. •

Nadia Jafar Curran, MD, is a cardiologist and director of the Lundquist Lurie Cardiovascular Institute Women’s Heart Health Clinic located in Torrance at 2841 Lomita Blvd., Suite 100. She can be reached at 310-257-0508.



Cardiologist Brenton Bauer, MD, and Echo technician II Zachary Leazer collaborate on patient care.

CARDIO-ONCOLOGY

Building a new program for heart care

WRITTEN BY JOHN FERRARI | PHOTOGRAPHED BY VINCENT RIOS

The body is a system. More than that, it's a system of systems: respiratory, cardiovascular, musculoskeletal and more. These systems interact and work together, so it's no surprise an illness or treatment of one system can affect other systems. With increasing awareness of the complex interplay between the body's systems, physicians have adopted a multidisciplinary approach to treatment.

At Torrance Memorial Medical Center, physicians, surgeons and other medical specialists work in teams to care for the whole patient. That's why the hospital is investing in a cardio-oncology program. A relatively new

specialty, cardio-oncology provides specialized heart care for patients undergoing cancer treatments. *Patrons* spoke with cardio-oncologist Brenton Bauer, MD, about this field and how it can improve outcomes for fighting cancer.

Briefly, what is a cardio-oncologist?

What I like to tell people is we are cardiologists with a special interest in patients fighting cancer. We help prevent heart conditions or treat heart conditions that developed as a result of a patient's cancer treatments. The ultimate goal is to partner with oncologists to ensure we provide the most optimal treatments for cancer patients.

How did this specialty develop?

Back in the 1960s cancer treatments were very toxic, and we can track the birth of cardio-oncology to the '60s and '70s. The specialty has only gotten broad recognition in the last five to seven years though. Over the past 20 years or so, there's been an explosion in oncology research and treatment modalities. It's not just chemotherapy anymore. There are so many different types of cancer treatments available—and more in development. We're learning so much about them and their effects.

How do cancer treatments affect the heart?

There are a lot of different types of cancer treatment, and they can affect the heart in different ways. Using radiation can affect the body beyond the targeted area. Other treatments can, for example, raise the patient's blood pressure, so there are interactions and concerns with patients who already have high blood pressure and may face an increased risk of cardiac arrest.

Are cardiology treatments different for cancer patients than for others with the same cardiac conditions?

Cardio-oncology is not a one-size-fits-all specialty. It's tailored to each patient—to cancer type, treatment type, types of radiation, if the patient has radiation therapy—all of this is considered in a cardio-oncology plan for monitoring and treatment specific to the patient. We consider what may be useful to prevent cardiac conditions and monitor for the development of any cardiac condition. There's increased monitoring and surveying for heart toxicity. This extends beyond the course of cancer treatment. Due to prolonged cancer treatment that can damage the heart, cancer survivors are at risk of developing heart disease as they get older, so we continue to check in after the cancer treatment is complete.

“AT THE END OF THE DAY, MEDICINE IS STILL THE PRACTICE OF TREATING HUMAN BEINGS.”

Can cardio-oncology treatments begin before the cancer treatment?

Yes, it's called pre-hab. We work to get patients in the best shape possible through cardio-pulmonary conditioning and dietary changes, if appropriate. This can be preventive in and of itself—people do much better when they enter cancer treatment in good shape. Pre-hab emphasizes actions patients can take themselves without medication. Besides the physical benefits, pre-hab gives patients some control in a very uncontrolled environment. Having some pieces they can control, through dietary or exercise changes, can help them stay healthy physically and psychologically. It promotes a positive mental outlook, and that really helps. Mood disorders have a direct correlation to cardiac conditions—what's called the mind-heart connection.

How are oncologists working to identify and minimize the side effects of cancer treatments?

Oncologists and oncology researchers have been doing this all along. Some types of cancer are very rare, which can make it difficult to identify all the possible side effects of treatment for a particular cancer. In cardiology, when we have trials for a new treatment, we have 5,000 or 10,000 people in the study. Cancer research doesn't have the luxury of the numbers and time to get that kind of data, so we build knowledge from post-approval surveillance and monitoring. Some toxicities may be picked up in the years coming after approval, when tens of thousands of patients are on the treatment. We're always trying to prevent a cardio toxicity or vascular toxicity in the

very early stages of the development of a new treatment. It's a very dynamic and changing landscape, so there are advantages to receiving care from a hospital like Torrance Memorial, which offers a multidisciplinary approach to treatment.

Your own specialties include preventive cardiology and advanced imaging techniques, as well as cardio-oncology. How much time do you spend on cardio-oncology?

Cardio-oncology is a growing focus and a new program. You have to build the program, and that's what I've come here to do. It's difficult to give numbers—the different areas of practice overlap—but certainly I spend more time on cardio-oncology now than five years ago, about half my time now. I wear a lot of hats, but cardio-oncology is my main passion. It's very satisfying because I'm still coordinating patient care with other specialists, but I also have my own specialty and expertise. It gives me the chance to intervene early and guide care.

How are you building the cardio-oncology program at Torrance Memorial?

It's an extremely multidisciplinary specialty, and I've been working with oncologists and other specialists to increase awareness of what cardio-oncology can offer. It's becoming a very robust program at Torrance Memorial—and the only cardio-oncology program in the South Bay. Building the program requires personal interaction. At the end of the day, medicine is still the practice of treating human beings. That's the art of medicine: It's human beings treating other human beings. •

TWO CELEBRATED NEWBORNS RECEIVE A COMPLIMENTARY PHOTO SESSION

For the past four years, newborn photographer Kristy Black of Riley Cooper Photography has generously donated a complimentary photo session to Torrance Memorial's firstborn New Year's baby. This year, beautiful Baby Boy Sanchez was born to Guadalupe Sanchez on January 1, 2022, at 3:53 a.m. weighing 8 pounds, 1 ounce and 20.5 inches of pure joy.

"Twosday" baby girl was born on February 22, 2022, at 2:22 p.m., 6 pounds, 11 ounces and 18 inches. Starla is the beautiful daughter of Torrance Memorial radiology employee Esperanza and Marlan Cooper.



Riley Cooper Photography,
310-561-4852,
rileycoperphotography@yahoo.com



YOUNG PHILANTHROPIST DONATES TO PEDIATRIC DEPARTMENT

Inspired by the charitable giving she was observing around her, 8-year-old Addy Franklin decided to take action. The pandemic wouldn't allow a traditional lemonade stand, so Addy built upon the slime kits she received for Christmas. From scratch in her kitchen, she made slime in a rainbow of colors and sold it at a street stand in her Redondo Beach neighborhood. Adding the proceeds from also selling her prized dollhouse, Addy donated \$100 to the pediatrics unit at Torrance Memorial. Later, Addy also donated another \$130 earned from slime sales at her school student marketplace event.



BLOOD DRIVE DONATIONS WITH HEART

Torrance Memorial and the Torrance Fire Department showed acts of love on Valentine's Day by donating blood as the nation faced critical blood shortages. John Kunes, MD, Torrance Memorial pathologist and CLIA director, gave interviews to the press discussing the importance of lifesaving blood donations. Mayor Pat Furey of Torrance stopped by to donate blood along with our very own Foundation director of planned giving Sandy VandenBerge, and Captain Adam Brown and Chief Brian Hudson from the Torrance Fire Department. Donations increased by 25% and with the help of employees, donors and the community the Torrance Memorial blood donation center collected an additional 300 red cells. 🩸



1. Sandy VandenBerge
2. Wendy Pangindian, Captain Adam Brown, Torrance Mayor Pat Furey, Shannon Holzmillier, Chief Brian Hudson
3. A Torrance Fire Department captain, John Kunes, MD, Torrance Mayor Pat Furey, director of laboratory services Ihab Abumuhor

LUMINARIES AND NOVAS 2022 SUPPORTING OUR HEALTH CARE HEROES

The Luminaries and Novas have been incredibly good to our health care workers throughout the pandemic. They have been donating baked goods for a year and a half, starting in September 2020. Their collective donations tallied up to impressive numbers: volunteering 4,920 hours and baking more than 42,000 items. WOW! They also made signs, greeting cards, Valentine's candy bouquets, blankets and other gifts to help support Torrance Memorial workers. •



Novas Graduating senior class of 2022
L to R, back: Jami Galdones, Kellie Au, Riley Yang, Katie Keough, Lindsay Eisenman, Angelina Mendoza
L to R, middle: Taryn Loui, Candace Baik, Kayla Jung, Dina Eltawil, Katelyn Won
L to R, front: Matt Yang, Ko Tanoura, Jack Sedillos, Sean Mirikitani
Not Pictured: Ryan Hetchler, Kayla Kaplan, Aaron Lin, Adela Riggs



TOM & LORI O'HERN: IRONMAN AGENTS FOR WELLNESS

WRITTEN BY DIANE KRIEGER | PHOTOGRAPHED BY MICHEAL NEVEUX

Being passionate about health and wellness is what you'd expect of any Torrance Memorial Patron. But Tom and Lori O'Hern take it to the next level.

He's a nine-time Ironman triathlon finisher, including three Hawaii Ironman races. He has also completed the Western States 100-mile run and the Catalina 50-mile run many times. She was part of an

Lori and Tom O'Hern have built a life dedicated to making family a top priority along with wellness, staying fit, giving back and volunteering in the community.

all-female relay team that won first place in the Escape from Alcatraz Triathlon.

The O'Herns met in Manhattan Beach back in the 1980s. "We literally bumped into each other at Hennessey's," says Lori with a grin.

Extreme athleticism was baked into their romance from the starting line. Their third date was a camping trip to the Grand Canyon where Tom and friends did a double crossing in the pouring rain.

Tom's first gift to Lori was a bike. "The second gift was a workout bag with a wetsuit in it," she says. "Then running shoes. I was like, 'Hmm, there's a theme to this.'"

Tom was already a triathlete and ultra-distance runner when they met. Once Lori entered the picture, "he just kind of roped me into it," she says. On their honeymoon in 1989, the O'Herns rode a tandem bike from San Francisco to Manhattan Beach with a "Just Married" sign hanging from the back.

Since then, they've raised four fitness-minded children who are their pride and joy: Tommy, 29, Augie, 27, Ellie, 24, and Maggie, 17. For the first 15 years of their marriage, Lori and Tom continued to train and compete as triathletes.

This was all happening alongside high-octane careers. Tom was recruited as CFO of The Macerich Company in 1993, helping take the real estate company public in 1994. Lori worked in the aerospace industry, running logistics and purchasing operations for McDonnell Douglas. She later moved into pharmaceutical sales after earning her MBA at Pepperdine University in 1991.

But long hours and frequent business trips took a toll on family life, and Lori left the workforce in 1995 to make parenting her top priority. Tom also slowed down. As an athlete, anyway.

Lori has a series of pictures showing him crossing the finish line of the Canadian Ironman in the mid-1990s. First by himself. Then with a kid in his arm. Then two kids. Then three. With each finish, his time grew a little longer.

Tom eventually stopped competing around 2002. "At that point," he says, "the kids' activities were more important than me disappearing for six or eight hours on Saturday and Sunday to train for the Ironman."

Lori's triathlon days are also long behind her, though she still works out every day. "We have a full gym in our garage and a Peloton," Tom says. "Fitness and health are an important part of our lives and our kids' lives."

A MATTER OF THE HEART

A health crisis brought the O'Herns into the Torrance Memorial community. Twenty-five years ago, Tom's dad, Thomas O'Hern, came to the ER with life-threatening congestive heart failure. Though Thomas belonged to an HMO, the family was grateful the ambulance took him to Torrance Memorial that day because he received "extraordinary care" from prominent South Bay cardiologists Bruce Jackson, MD, and the late Gary Kissel, MD.

"It was about as good an experience as it could possibly have been under those circumstances," Tom reflects. The doctors ordered a quadruple bypass, but first Thomas had to get strong enough for the surgery. In a time of revolving-door medicine, Dr. Jackson and Dr. Kissel took great care of him, Tom says.

After the successful bypass surgery, Thomas spent a few more weeks in Torrance Memorial's cardiac rehab facility before moving into Lori and Tom's Lunada Bay home for the remaining six months of recovery.

"That's how we first really got to know Torrance Memorial," says Tom, who in addition to being a Patron sits on the board of the Torrance Memorial Foundation.

His twin sister, Mimi, also recently became a Torrance Memorial Patron. "Dad got great care, and we all had great memories of how well he was treated in those days," Tom says.

On their honeymoon in 1989, Lori and Tom rode from San Francisco to Manhattan Beach with a "just married" sign on the back of their bike.





At home, the O'Hern family is pictured on the front patio, left to right: Tom, dog Hunter, Augie, dog Dugan, Ellie, dog Moo Moo, Tommy, Lori, Maggie, dog Bear.

MIDWESTERN ROOTS

Tom and Lori hail from the Midwest. Lori's Belgian and Italian immigrant grandparents originally settled in Detroit. A second-generation Michigander, Lori grew up in Bloomfield Hills, a northern suburb of the Motor City, where her dad was an executive with General Motors. The youngest of three sisters, Lori studied business at Michigan State University before heading west.

Though Tom was born in Indianapolis, his family roots ("mostly Irish with a little German in there") are in Chicago, where his dad and three sisters "scraped and clawed to get through the Depression." Tom's grandfather died in the 1918 pandemic, and Tom grew up hearing about the Spanish flu. "Never in a million years would I have envisioned we would see a version of that," he says.

Thomas worked in the textile business for Philadelphia Carpet Company, later Shaw Industries. The company transferred the family to California in 1964, and Tom and Mimi grew up in Palos Verdes. Their mother died when the twins were only 10, and Thomas raised them alone.

They attended St. John Fisher Parish School, then Rolling Hills High School (now Peninsula High). Tom majored in accounting at Cal Poly San Luis Obispo and began his career as an accountant with Arthur Andersen in 1978. He spent 25 years as Macerich's chief financial officer prior to becoming its CEO in 2019.

"My timing was far from perfect. I got to lead the company through COVID-19," he says, grimacing at the memory.

"We have 48 'A-quality' regional malls in top markets around the

country," he explains, "and at one point, around April 2020, they were all shut. Every single one of them. In places hit hard—like New York and California—it was a battle to get them open and keep them open. Everything's going great now, in fact better than pre-pandemic, but that was a tough couple years."

He credits "hard work, determination and support from my family, particularly my loving wife," with his rise from CPA to CEO. An iron will, tempered by years of Ironman training and competition, surely helped.

In addition to his role as a board director of Torrance Memorial Foundation, Tom also serves on the USC Marshall board of leaders. He's also on the boards of Douglas Emmett, a publicly traded real estate investment trust, and the National Association of Real Estate Investment Trusts.

FOCUS ON FAMILY

Though Tom's work requires a fair amount of travel, the O'Hern children always stayed front and center. All four will have graduated from Palos Verdes High, where Lori and Tom are longtime parent leaders, volunteers and boosters.

Year after year, Lori was the football and lacrosse team mom as well as team photographer. Tom chaired the Palos Verdes High stadium committee, which raised the capital to rebuild and turf the football field and replace the tartan track.

Earlier, Tom was president and treasurer of Lunada Bay Little League and president of the PVHS Booster Club. He and Lori

both served on the board of the Peninsula Education Foundation. In other community leadership roles, Lori cochaired Los Hermanos, a philanthropic service organization for PVHS; served on the Lunada Bay Elementary PTA board; and worked on the silent auction committee for Vistas for Children. Tom was on the capital committee for the campaign to rebuild St. John Fisher Church.

The kids rewarded their parents' dedication and communal service by growing into healthy, balanced, successful young adults. Tommy attended Washington University in St. Louis, where he studied business and played NCAA Division III football. He later earned a Master's of Accounting degree from USC and now works as a CPA for KPMG in Los Angeles.

Augie attended Notre Dame and the University of Virginia, majoring in business. He's now an investment banker with BTIG in San Francisco.

Ellie studied business and cinema at USC and raced on the snowboard team. She's now at Parsons School of Design in New York pursuing a degree in fashion design.

Their youngest, Maggie, is a cheerleader finishing her junior year at PV High. She is active in student government and the Peninsula chapter of National Charity League (NCL), a mother-daughter organization.

Lori remains a steadfast supporter of NCL and has held various board positions over the years including heading the scholarship committee for several years. "With four kids, you kind of get involved," she says.

As her children left for college, Lori's community involvement has only increased. "The fewer kids I had at home, the more I started volunteering," she says.

EYEING THE EMPTY NEST

With only one child to go, Lori looks forward to the next stage of life. Maggie graduates a year from now. The nest isn't going to be truly empty anytime soon, however.

The O'Herns share their home with a yellow lab named Dugan and a rowdy rescued giant schnauzer named Hunter. After Dexter, their beloved mini schnauzer, passed away last year, an irrepressible whoodle named Bear joined the family. "He's a COVID puppy and totally Lori's dog," Tom says.

Family gatherings still happen regularly, though it's rare for all six O'Herns to be in the same city. Dodger Stadium is Tom's and Lori's favorite place to be on a Sunday afternoon, and it's not unusual for two of the younger O'Herns to accompany them. Rams, Clippers and Lakers games are also favorite family outings.

Though he no longer trains for triathlons, Tom continues to enjoy outdoor activities. Every year he takes a fly-fishing trip to Alaska, sometimes with Tommy or Augie by his side.

The whole family regularly vacations in Hawaii, getting in lots of hiking and kayaking. All the O'Herns are dedicated skiers or snowboarders. On many winter weekends, they head for their family retreat in Mammoth, which Lori has "basically gutted and rebuilt."

"It's a hobby of hers," says Tom, with a grin. "She's got this propensity for buying homes and redoing them—in one case, all the way down to the studs and back. She's always got a major project going."

"He's exaggerating," Lori says, with an amused eye roll. "We've done it a couple of times."

Since the O'Herns love to entertain and have hosted many large social gatherings in their home, the organizations they patronize—Torrance Memorial Foundation among them—continue to benefit from their generosity and charm. •

Fitness brought Lori and Tom together, and it remains an important part of their routine.





George So, MD, enjoys cooking and loves to create new dishes for fun.

INGREDIENTS FOR SUCCESS

Dr. George So blends medical and technical expertise to best serve his patients.

WRITTEN BY NANCY SOKOLER STEINER | PHOTOGRAPHED BY VINCENT RIOS

At home, Torrance Memorial Medical Center interventional radiologist George So, MD, enjoys cooking. “It’s a creative outlet,” he says. “I don’t use a cookbook—I create new dishes for fun.” Just as he mixes ingredients and methods to craft satisfying meals, Dr. So combines medical and technical expertise in providing patient care. His degrees in electrical engineering and computer engineering inform his practice of interventional radiology and neuroradiology, where he harnesses new technologies to perform minimally invasive procedures. And as with his cooking, no two cases are alike.

“The same disease manifests differently in different patients,” he says. “It requires making specific, individual plans rather than relying on a formula or recipe.” Dr. So graduated from the University of Michigan with degrees in both electrical engineering and computer engineering. In graduate school, he became interested in medical equipment. He was challenged to design and build an MRI scanner to study the brain. No commercial machines existed then, so he had to study, acquire components and assemble a functioning machine. The experience piqued his interest in medical imaging. He enrolled in medical school knowing he would specialize in radiology.

After a stint in private practice, Dr. So came to Torrance Memorial Medical Center in 2000. Soon after, he and his wife, Hsin-Yi Lee, MD, welcomed their first child at the hospital. (Dr. Lee, also an interventional radiologist, works at VA West Los Angeles/UCLA Medical Center.) Dr. So was charged to develop an interventional radiology program at Torrance Memorial. The specialty uses medical imaging—including MRI, CT and ultrasound—to guide minimally invasive surgical procedures. These include dilating blood vessels (angioplasty), inserting a metal scaffold to keep blood vessels open (stenting) and dissolving blood clots (thrombolysis). Interventional radiology procedures frequently performed at Torrance Memorial include cancer treatment, repair of spine compression fractures, staunching internal bleeding and treating strokes by extracting blood clots from the brain’s feeding arteries. “Interventional radiology is still a small specialty in medicine, and many hospitals don’t have even a single interventional radiologist on staff,” says Dr. So. “Torrance Memorial has four.” He has been instrumental in identifying and bringing new technologies to Torrance Memorial. The hospital is in the process of creating a new angiography suite. “It will incorporate a lot of high-end technology benefitting the community, enabling us to do more complex procedures efficiently and with better outcomes,” he says. “Minimally invasive procedures are the way to go in the future.” Most recently, the department became the first in the South Bay to offer new clot removal therapies for patients suffering from venous thromboembolism (blood clots in the veins) and pulmonary embolism (blood clots that enter the lung arteries). Dr. So says the new equipment allows for treating these blood clots quickly and with little blood loss. He says innovative interventional radiology procedures in the pipeline include those for weight loss and arthritis. The hospital is also planning to incorporate artificial intelligence, robotics and augmented reality to assist many complex interventions. “Our hospital is different from other regional hospitals. Much of what we do is at the same caliber as what you’d find at a big tertiary medical center,” he says. “Our administration and physicians all stand behind building Torrance Memorial into a premium regional medical center. Pride in the hospital made joining Ambassadors a natural for Dr. So and his wife. “Hsin-Yi and I give back through the Ambassadors Program because of the hospital’s important, lifesaving programs and services. We give every year to show our support and gratitude. We are proud Torrance Memorial Ambassadors.” Torrance Memorial’s Ambassadors donate annually to support care in neuroscience, orthopedics and spine, cancer and

cardiovascular disease. They understand the importance of supporting vital, innovative programs that benefit the community. “I consider myself part of the hospital and want it to do well,” says Dr. So. “I contribute whatever I can to support Torrance Memorial, both financially and with my time—such as helping research and plan our new angiography suite.” Dr. Lee shares her husband’s passion and profession. The two met in medical school at the University of Chicago. Dr. So was her orientation leader, being the upperclassman to her incoming first-year class. Today, the couple live in Westwood. They have two children in college, Alexandra and Andrew. The family enjoys traveling. Prior to the pandemic, they traveled extensively along with Dr. Lee’s parents, with whom the children are very close. Destinations have included Europe, Scandinavia and Mexico. Most recently, the group visited Japan. Also before the pandemic, Dr. So regularly presented to medical and lay audiences. He particularly enjoys speaking to South Bay high school students about medicine and interventional radiology. One could say commitment and innovation add spice to his days. Between his career, family, philanthropy and travel, Dr. So seems to have created his perfect recipe for a fulfilling life. •



Cooking lobster was one of the first culinary feats George tackled when he was dating his wife Hsin-Yi.



REAL ESTATE PASTIME STILL GOING STRONG

Dr. Schulz’s planned gift will benefit Torrance Memorial.

WRITTEN BY KIMBERLY DURMENT LOCKE
PHOTOGRAPHED BY PETER COOPER

Barbara Schulz, MD, who has worked in obstetrics and gynecology for more than 35 years, used to spend her childhood Sundays accompanying her dad to look at properties for sale in the Bay Area of Northern California. Sometimes her parents would purchase a property and then sell it for a profit.

Her only request for the time spent property searching was that she could go to the corner market and pick out all the candy she wanted once they concluded their search for the day. That was the deal.

Since then, Dr. Schulz’s passion for real estate opportunities in the Bay Area and the South Bay has grown and has often included her siblings, who also caught the property bug from their parents. Her atypical childhood pastime has proven to be beneficial not only for her but will now benefit Torrance Memorial Medical Center. Dr. Schulz has made a planned gift to the hospital. She funded her gift of a charitable remainder trust (CRT) with a rental property she owned.

A fellow of the American College of Obstetrics and Gynecology, she left private practice to join the Torrance Memorial Physicians Network eight years ago. During her extensive career, she has treated such medical issues as infertility, recurrent miscarriages, high-risk obstetrics, menopause and hysterectomy alternatives. Her positive, long-standing relationship with Torrance Memorial inspired her to choose the hospital as the recipient of a planned gift.

“I’ve called Torrance Memorial home for more than 35 years, and they’ve treated me like royalty during my career,” says Dr. Schulz. “It’s a classy hospital; they do things the right way, and they offer so much to the community. Looking ahead, I want to be able to come here for treatment too. So what better way to help ensure they have the funds they need than to make this gift to them?”

Her upbringing not only had a strong influence on her investment choices—as she has continued to buy and sell real estate—but also on her career choice. Her mother, who wanted to become a doctor, became a nurse instead due to societal pressures that prevented many women from becoming doctors.

“My mother came to the U.S. in the 1940s, having lived through the Holocaust, and wanted to become a doctor. But she was told, ‘Women don’t become doctors. You will be a nurse.’” So her mother became a pediatric nurse.

As the time approached for Dr. Schulz to choose a career field, her family advised her to either go into medicine or retail, as the family owned a dime store in San Francisco. Her decision to become an OB-GYN was partially fueled by her desire to bring new life into the world.

Dr. Schulz has a history of giving to organizations she has a connection with. In October 2021 she selected Torrance Memorial, the University of San Francisco and the Friendship Foundation school in Redondo Beach as beneficiaries. With the aid of a wealth manager, Dr. Schulz ensured through her CRT all three entities will receive an equal amount in the years ahead and she will enjoy the tax benefit.

When not searching for the next real estate investment, Dr. Schulz enjoys playing pickleball, watching sports and trying new dining experiences. •

For more information on the variety of ways to donate to Torrance Memorial, please contact Sandy VandenBerge, director of planned giving, at 310-784-4843 or sandy.vandenberge@tmmc.com.

CHARITABLE REMAINDER TRUST (CRT)

Typically funded with highly appreciated assets like stock or real estate, the CRT generates income for life or a period of years to the donor while avoiding capital gains tax. The donor receives an immediate tax deduction at the time the CRT is established, and Torrance Memorial receives a future gift of the remaining funds in the CRT after the donor’s lifetime. Please contact Sandy VandenBerge with any questions.

USING QCDs TO LOWER INCOME TAXES

For charitably-minded individuals who are at least 70½ years old, did you know you can make tax-free charitable donations directly from your traditional IRA?



A Qualified Charitable Distribution (QCD) allows you to benefit your favorite charity and exclude up to \$100,000 from gross income. If you file a joint return, your spouse can exclude additional QCDs up to \$100,000 (if 70½ or older).

To make a QCD, you instruct your IRA custodian to make a distribution directly from your IRA to the eligible charity, which must be a qualified 501(c)3 organization. The distribution check (payable to the charity) can be mailed directly to the charity or to

you, if you’d like to give them the check yourself.

These QCDs qualify as your annual otherwise-taxable Required Minimum Distributions (RMDs) from your IRA account. While RMDs are considered taxable income, a QCD is not, which can be especially beneficial to you if you must take RMDs and don’t need the extra money. The QCD amount is excluded from your adjusted gross income on your tax return, thus impacting various tax calculations.

Additionally, because taxable RMDs may also push you into higher tax brackets and result in negative impacts, such as the cost of Medicare benefits, making QCDs may help prevent such occurrences from happening. QCDs may also help reduce your taxable RMDs in future years.

Note: The first IRA distribution of each year is considered your RMD. You cannot retroactively deem the first distribution to be a QCD, so make your QCDs early in the year.

Other regulations may apply. This article is for informational purposes only and does not represent tax advice. Please be sure to consult your tax and other professional advisors to review what is best for your personal situation.

Larry Takahashi, CFP®, AIF®, RICP®, is a wealth advisor in Torrance and Co-chair of Torrance Memorial’s Professional Advisory Council. Reach him at 424-247-7268 or larry@larrytakahashi.com.

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Meg and Anthony Walker make family time a priority with daughters Eve and Sloane.

YPPA PLAY-BY-PLAY:

COMMEMORATING LIFE’S MEANINGFUL MOMENTS

WRITTEN BY MELANI MOROSE EDELSTEIN

Happy couples have a way of making each other and the people around them feel good. Like Meg and Anthony Walker’s, some relationships are strong enough to endure adversity—not because of luck or chance but thanks to the continuous effort and hard work that bears success.

The Walkers understand and embody this theory. The accomplished South Bay couple are driven, focused and proud of their achievements. They value their hard-earned life of travel, adventure, philanthropy and the pursuit of knowledge. With two young daughters at home, they delight in entertaining, seriously appreciate good food, and feel lucky to contribute to the community where they live and work.

Meg Walker, a native of Manhattan Beach and graduate of Villanova University, is the CEO and executive chef of Made by Meg Catering and the new proprietor and overseer of the historic La Venta Inn. She is driven by her passion for hospitality and aims to elevate every experience with incredible flavors, impeccable design, top-of-the-line service, happiness and joy. “We are part of our clients’ most important celebrations,” she explains.

Falling madly in love with food and entertaining at a young age, Meg continued to cook for family and friends after college while she explored a career in the world of finance. But that was not her calling.

Before long, she followed her passion for cooking and enrolled in Le Cordon Bleu culinary school. While working in the kitchen of a Michelin-starred restaurant, she also occasionally catered small dinners for friends. After one successful dinner in 2007, she decided to create her own catering company—a decision that has proved to be both wise and enlightening. Catering has allowed her the opportunity and honor of serving the South Bay.

Anthony Walker, a graduate of USC and LMU, is CEO and managing broker of Buckingham Investments. He helps many clients achieve financial independence and retirement security by investing in multifamily income property. He believes real estate wealth is not created only at the time of purchase but well before an investment is ever made through planning and education. Driven and disciplined, Anthony also teaches various

investment seminars to help as many people as possible find the best investment opportunities.

Looking for a way to give back and have fun, the couple joined the Torrance Memorial Young Physicians and Professionals Alliance (YPPA) almost nine years ago. The YPPA is a fundraising group that brings together local physicians and professionals whose goal is to support Torrance Memorial Medical Center and safeguard the future of our health care. The group is an excellent fit for the Walkers.

“We feel fortunate to be members of our beautiful South Bay community and try to give back through our time and financial commitments as much as possible. We loved participating in YPPA events and wouldn’t miss the annual Torrance Memorial Holiday Festival. Our girls were so tickled to meet Mr. and Mrs. Claus, make paper cup snowmen and pick their favorite trees under the big tent,” Meg shares.

Finding the balance between work, home and community is a welcome challenge for the couple, but when it comes to relaxing and enjoying a good time, they look no further than their Palos Verdes Estates home. Family time with daughters Eve and Sloane is their No. 1 priority.

“Along with the girls, we have two dogs, Sugar and Tiger, and Snack, the feisty black cat,” Anthony says with a smile. “Given our intense work lives, we make a concerted effort to be together as much as possible and away from the girls as little as possible. Given a choice, we usually opt to be with the pack,” he quips.

When not participating in sports and activities like swim classes and ballet with the girls, the Walkers love skiing and exploring the mountains, and they are huge Rams fans. “Football season keeps us busy on Sundays, and Meg catered one of the official Super Bowl LVI tailgate parties for the NFL. So we were at the Super Bowl and attended the game too,” Anthony says excitedly.

The Walkers are experts at celebrating life’s joyous moments. As they continue to build more bright spots and infuse happiness and abundance into people’s lives, they also serve as an example to the community that hard work and dedication pay off when you follow through and stay focused. •

WINE PROCUREMENT DRIVE-BY
SEPTEMBER 26, 2021

With ongoing uncertainty surrounding COVID-19 still in play, donors were invited for a second year to “drive by” for delivery of their wine donations for Holiday Festival silent and live auctions. In spite of the cool, dreary weather, our generous donors delivered wine donations with bright smiles and were warmly greeted in front of the home of Helaine and Steve Lopes. They received a thank-you charcuterie box onsite with a promise for later delivery of its accompanying party bag whose contents fell prey to supply chain issues!

PHOTOGRAPHED BY DEIDRE DAVIDSON

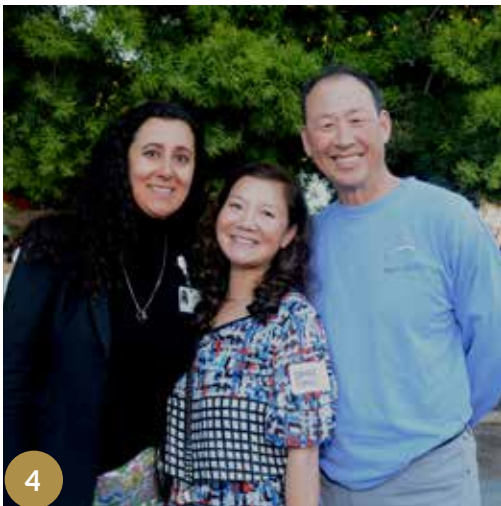


- 1. Donated bottles of wine
- 2. Andrea Sala, Jim Sala
- 3. Song Klein, Sherry Kramer, Ian Kramer, MD, Jennifer Chen, Anthony Chen, MD
- 4. Deena Ruth, Song Klein, Jennifer Chen
- 5. Helaine Lopes, Jack Baker, Jennifer Chen
- 6. Steve Lopes, Helaine Lopes, Song Klein, David Klein, Jennifer Chen, Anthony Chen, MD

YPPA SMOG CITY
MARCH 22, 2022

Members of Torrance Memorial’s Young Physicians and Professionals Alliance (YPPA) and guests gathered for a beer tasting event at South Bay craft beer maker Smog City Brewery and Taproom in Torrance. Nearby and newly opened, Piccini Italian Takeout delivered a variety of appetizers and pizza to accompany the beer. YPPA was established with the purpose of bringing together physicians and professionals in the South Bay community to increase awareness and support for Torrance Memorial. For more information contact Sophia Neveu, development officer, at 310-257-7266.

PHOTOGRAPHED BY DEIDRE DAVIDSON



- 1. Jamie McKinnell, MD, Nadine Bobit, Angela Park Sheldon, Ty Bobit
- 2. Happy YPPA members
- 3. Karen Shum, DPM, Linda Medoza
- 4. Sophia Neveu, Joanne Chang, Stanley Chang, MD

TORRANCE MEMORIAL AMBASSADORS ANGELA AND DEAN FURKIOTI HOST FALL FUNDRAISING EVENT

Members of the Torrance Memorial Ambassadors, an annual giving program and fundraising arm of the Torrance Memorial Foundation, gathered in October at the home of Angela and Dean Furkioti, DDS, to learn about how their donations are supporting the lifesaving work of the Lundquist Neuroscience Institute. Guests were treated to an empowering story of a stroke survivor who, during a weekly Zoom call with friends, benefitted from the friends knowing exactly what to do. When Dorothy Farris slurred her words and slumped over, the women sprang into action and Farris was rushed to Torrance Memorial Medical Center, where she underwent surgery to remove a clot. With a complete recovery and 0% deficient, she spoke movingly about her friends and Torrance Memorial for saving her life. “I refer to myself as the miracle child,” Farris said. President/CEO Craig Leach gave an update on the medical center, and Dr. So, Dr. Krauthamer and Dr. Lurie spoke. PHOTOGRAPHED BY DEIDRE DAVIDSON



- 1. Winston Mar, Dean Furkioti, DDS, Peter Imwalle, Patrick Rendon
- 2. David Klein, Song Klein, Gary Zimmerman, Ann Zimmerman
- 3. Peggy Reich, Elaine Gee, Pam Crane, Sandy VandenBerge, Dorothy Farris
- 4. Marcia August, Lawrence August, Gene Naftulin, MD, Karen Naftulin
- 5. Mark Lurie, MD, Judith Gassner, Barbara Demming Lurie
- 6. Steve Lopes, Helaine Lopes
- 7. Craig Leach, Judy Leach
- 8. Julie Coser, Angela Furkioti, Song Klein, Tracy Livian
- 9. Brett Dillenberg, Karla Burns, Dino Furkioti, DDS
- 10. George So, MD, Richard Krauthamer, MD, Riad Adoumie, MD, Khrystyna Pavlova, Kathleen Krauthamer
- 11. Chris Adlam, Valerie Adlam
- 12. Christy Abraham, Lori Richards

HOLIDAY FESTIVAL FASHION SHOW

With much excitement for a return to the big white tent for the 38th annual Holiday Festival, the festivities kicked off with a high-fashion runway show on November 30. Professional models wearing designs by Lourdes Chavez and Oliver Tolentino wowed the audience. A duet singing *The Prayer* during a short interlude between designers gave tribute to frontline heroes and all those impacted by COVID-19. All funds raised support the Lundquist Lurie Cardiovascular Institute.



PHOTOGRAPHED
BY DEIDRE
DAVIDSON



1. Front row: Tracy Livian, Heather Kline, Melanie MacLean, Marilyn MacLeod
Back Row: Diane Hawke, Patti Delcarson, Kristen Kudrave, Song Klein,
Deena Ruth, Jennifer Brown
2. Chelsea Gaudenti, Christine Gaudenti
3. Front Row: Wei Shi Lee, Mimi Liu, Beatrice Sheng, Denna Chang
Back Row: Betty Tung, Cherry Endo, Yin Lo, Candice Hom, Cathy Kwan



4. Ashley Sanello, MD, Kirsten Liu, MD, Stephanie Tang, DO, Elisa Anhalt, MD, Gina Sulmeyer, MD, Shannon Stacy, MD, Amanda Clauson, MD, Monica Lee, MD, Ellen Baker, MD
5. Front row: Melissa Weinberg, Liz Umbrell, Jo Margolf
Back row: Karen Varon, Chelsea Gaudenti, Christine Gaudenti, Cynthia Williams, MD, Judith Gassner, Patricia Sacks, MD
6. Michelle Rand, Ruth Daniels
7. Laura Schenasi, Lindsay Imwalle, Carla Zanino, Kathy Santarosa
8. Ayne Baker, Teri Young
9. Angela Furkioti, Vicky Mar, Ann Zimmerman, Melanie O'Regan, Christy Abraham
10. Craig Leach, Judy Leach, Sally Eberhard
11. Linda Perry, Joy Theodora, Roxanne Mirhashemi

HOLIDAY FESTIVAL GALA

The magic of the holiday season returned this year in person under the big white tent at Torrance Memorial Medical Center. Celebrating our 38th year, the tradition of Holiday Festival raised \$1.4 million through event ticket sales, a Toyota opportunity drawing, holiday boutique sales, themed decorated tree sales, live and silent auctions, and donation pledges. Guests attended the sold-out dinner gala with all funds raised supporting the Lundquist Lurie Cardiovascular Institute, which provides groundbreaking treatment options for cardiovascular conditions. PHOTOGRAPHED BY DEIDRE DAVIDSON AND PHILICIA ENDELMAN



1. Patricia Mastali, Rich Umbrell, Liz Umbrell, Cami Evans
2. "Shaken not stirred" Jack Baker
3. Stanley Chang, MD, Joanne Chang
4. Front: Greg Leimbach, Rick Mayer, Luke Dauchot
Back: Jacquie Leimbach, Ty Bobit, Nadine Bobit, Randy Dauchot, Ben Bobit, Ellie Dauchot
5. Ryan Jancula, Chelsea Gaudenti
6. Carolyn Snyder
7. Zac Gray, MD, Charlotte Gray, MD
8. Thyra Endicott, MD, Jonathan Chute
9. Rob Young, Roxanne Mirhashemi, Teri Young, Ramin Mirhashemi, MD
10. Ian Kramer, MD, Jack Baker, Sherry Kramer, Marc Schenasi
11. Timur Tecimer, Janice Tecimer
12. Weezie Steinmetz, Kay Sheth, Bharti Sheth, Laurie McCarthy



1. Brian Miura, MD, Brandy Van Zitter

2. Michael Zislis, Andrea Zislis

3. Jeff Lai, MD, Connie Lai

4. Front: Brett Lorber, MD, Craig Leach, Dana Kennedy, MD
Back: Brian Miura, MD, Stephanie Tang, DO, Zac Gray, MD, Elisa Anhalt, MD, Jenny Luo, MD, Eric Nakkim, MD

5. Front: Cathy Lin, Sam Sim, Karen Chan, Vince Chan
Back: Major Lin, Jeffrey Lee, Shin-Ting Tsai, Carol Xia, Summer Xia, Emily Chan

6. Richard Krauthamer, MD, Kathleen Krauthamer, Mary Jo Unatin, Jerome Unatin, MD, Philippe Neveu
7. Thyra Endicott, MD Jonathan Chute, Susan Welch, Wade Welch

8. Marc Schenasi, Angie Masincup, Chris Adlam, Valerie Adlam

9. Connie Senner, Sally Eberhard, John McNamara, MD, Lisa Humphreys, MD, Sandy VandenBerge

10. Jack Baker, Ayne Baker, Emily Baker, Jerry Baker

11. Steve Lopes, Helaine Lopes, Mark Lurie, MD, Barbara Demming Lurie, Judith Gassner, Jack Baker

12. Pat Theodora, Michael Zislis, Jerry Marcil

13. Devena Chandra, Jay Bajaria, Michelle Rand

14. Heidi Assigal, Eric Mellor, Anna Mellor, MD



1. Ofelia David, Irene Goldman, Manny David
2. Priscilla Hunt and friends
3. Jenny Luo, MD, Bryce Fukunaga, MD, Stephanie Tang, DO, Christopher Angemi, MD, Pam Chitamitara, MD, Dana Kennedy, MD
4. Connie Lai, Chan-Chou Chuang, MD, Karen Chuang
5. Regina Finnegan, Dan Finnegan, Todd Schenasi
6. Front: Regina Finnegan, Dan Finnegan, Lori Baldwin, Janice Tecimer
Back: Andy Livian, Tracy Livian, Dave Klein, Song Klein, Timur Tecimer, Dave Baldwin, Steve Lopes
7. Greg Halvorsen, Laurie Inadomi-Halvorsen
8. Front: Alicia Minana, Serena Ngan, John Ngan, Karen Chuang
Back: Ken Baronsky, Lisa Baronsky, Rob Lovelace, Janice Chou, Allan Jones, DDS, Dora Zhang, Wan Ping Yu
9. Eric Nakkim, MD, Lisa Nakkim
10. Gloria Fonacier, Ramona Vallaluz, MaryBeth Martinez, Roy Martinez, Brandie Kaneshiro, Ofelia David
11. Alex Shen, MD, Ally Shen, Tracy Bercu, MD, Peter Weinstein
12. Joe Hohm, Terry Hohm, Gina Whittlesey, Bill Whittlesey



- 1. Ryan Jancula, Danielle Gatto, Priscilla Hanudel, MD, Mark Hanudel, MD, Vanessa MacDonald, Mike Gatto, Russ Varon, Chelsea Gaudenti
- 2. Jenn Hohm, Brandon Hohm
- 3. Brian Sherman, MD, Roman Litwinski, MD, Marina Litwinski, Pam Sherman
- 4. Front: Sally Eberhard, Rich Lucy, Pat Lucy
Back: Walt Zanino, Carla Zanino, Lisa Hansen, Judy Leach, Craig Leach
- 5. Jackie Ayres, John Ngan, Serena Ngan
- 6. Bharti Sheth, Michelle Rand, Kay Sheth, Sam Sheth

HEROES & FESTIVAL TREES

For the second year, a majestic 12-foot Heroes Tree lit up the Grand Lobby of the Lundquist Tower to honor community heroes including physicians, nurses, staff members, departments, patients, first responders and community members. Donation levels ranged from \$150 to \$10,000, and \$23,481 was raised. Digital signage acknowledged the many generous donors.

Outside in the festival tent were 32 beautifully decorated themed trees available for purchase through silent and live auctions. Themes included the colorful underwater world of *The Great Merrier Reef* and the magical botanical wonder of *Enchanted Christmas Garden*. Thanks to our generous sponsors and auction winners for raising \$46,350. Collectively, nearly \$70,000 was raised!

PHOTOGRAPHED BY DEIDRE DAVIDSON



- 1. Heroes Tree
- 2. USC Fight On! Sponsored by Joe and Terry Hohm
- 3. Chinese Celebration Sponsored by Anesthesia Medical Group
- 4. Reading Our Way To Christmas Sponsored by The Alexander Shen Family
- 5. A Merry Go Round Christmas Sponsored by Torrance Pathology Group
- 6. The Great Merrier Reef Sponsored by Nixon Peabody LLP
- 7. Enchanted Christmas Garden Sponsored by Vince Kelly and Rose Straub



AN EVENING TO REMEMBER WITH DISTINGUISHED SPEAKER DR. DOUGLAS BRINKLEY

On February 17, guests of the Torrance Memorial Foundation enjoyed a reception at Shade Hotel in Manhattan Beach with best-selling American author and presidential historian Douglas Brinkley, PhD. Brinkley spoke about presidents Roosevelt, Kennedy, Carter, Ford and Clinton. He talked about Gen Z (zoomers) and commented on how January 6, 2021 will be remembered. “It’s a dark day on the calendar of American history,” he said. “But we have to use the anniversary every year to remind people how fragile our democracy is.” Brinkley spoke to 85 guests before heading to address the crowd for the Distinguisher Speakers Series at Redondo Beach Performing Art Center.

PHOTOGRAPHED BY DEIDRE DAVIDSON



- 1. Marc Schenasi, Susan Welch, Wade Welch
- 2. Randy Dauchot, Luke Dauchot
- 3. Joe Meistrell, Hilda Kassardjian, Gary Kassardjian, Rita Meistrell
- 4. Douglas Brinkley, PhD, Mark Lurie, MD
- 5. Jody Jonsson, Erin Fiorito
- 6. Barbara Bentley, David Bentley, Marc Schenasi, Laura Schenasi
- 7. Mark Lurie, MD, Judith Gassner, Doug Brinkley, PhD, Craig Leach, John McNamara, MD
- 8. Kate Crane, The Honorable Milan Smith
- 9. Steve Spierer, Phyllis Spierer
- 10. Eve Higgins, Rick Higgins
- 11. Van Honeycutt, Diana Honeycutt

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