

PLANNED GIVING STRENGTHENS OUR MISSION

Give & Get!

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

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



Joe Ward, Executive Director, Planned Giving, Providence Saint Joseph Health Foundations, Southern California Region, will be the featured speaker at our next planned giving event. Join us October 16, 2019 at Porter Valley Country Club from 11:00 am – 1:00 pm to hear more about planned giving. For additional information about this event, please contact Michelle Barritt, Philanthropy Advisor, Providence Holy Cross, at: 818-496-7525 or Michelle.Barritt@providence.org.

For more information about all the Planned Giving options, please contact Joe Ward at 310-793-8117 or Joseph.Ward@providence.org.

Health TIP



BRUSHING YOUR TEETH CAN HELP YOUR HEART

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

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

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

To learn more about the connection between dental and heart health and other health tips, visit blog.providence.org.



PROVIDENTIAL



It is my pleasure to introduce you to *Providential*, the Providence Holy Cross Foundation newsletter, which I hope will become an additional connection to Providence Holy Cross Foundation and our medical center. In each issue, you will learn how your support uplifts us in our mission to serve our patients and our community.

In this issue, you will read about our beloved OB/GYN, Dr. Kevin Gallivan, and the beautiful gallery his Providence Holy Cross colleagues created to honor his life and service. You will also read about our Pancreatic Cancer program and other initiatives that your generous contributions have helped shape.

Thanks to the support of friends like you, we have made great progress on our *Little Miracles* initiative to increase the size of our Level III Neonatal Intensive Care Unit. Once completed, the expansion will address the growing demands of our community and position Providence Holy Cross as a world-class care provider for at-risk newborns and their families.

We are extremely fortunate to have generous supporters like you and hope that this update on our latest news and recent advances will help demonstrate the impact of your gifts. Thank you!



Sincerely,

Ben Chandler
Chief Philanthropy Officer
Providence Holy Cross Foundation
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Email: phcfoundation@providence.org

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In Focus:

PANCREATIC CANCER PROGRAM

Pancreatic cancer is the third-leading cause of death by cancer in California and across the nation. Providence Holy Cross Medical Center is working to improve care by exploring options for earlier diagnoses, recruiting top oncology talent to our hospital and providing patients with support close to their homes.

Babak "Bobby" Eghbalieh, MD FACS, who joined Providence Holy Cross Medical Center in 2017, is leading an exciting expansion of the Pancreatic Cancer Program that will improve service navigation for pancreatic cancer patients — from diagnosis to treatment to survivorship — and increase access to resources for patients and their families.

With an interdisciplinary approach that includes social workers, radiologists, nutritionists, surgeons, oncologists, and nurse navigators, our teams perform complicated surgeries through the use of robotic equipment as well as minimally-invasive procedures. They also offer genetic evaluations and pancreatic cancer screenings for high-risk patients and their family members.

Currently, Providence Holy Cross Medical Center is leading the Valley in the number of pancreatic surgeries and is the only hospital in the Valley recognized as a partner of the Pancreatic Cancer Action Network, an organization supporting pancreatic cancer patients and families through research, clinical initiatives, patient services and advocacy.



Dr. Eghbalieh is working tirelessly and diligently to position Providence Holy Cross' tertiary pancreatic cancer center as a leader in the screening, treatment and support of pancreatic cancer patients. "Our goal is for Providence Holy Cross Medical Center to be recognized as a Pancreatic Cancer Center of Excellence by the end of the year."

PANCREATIC CANCER SUPPORT GROUP

Fully-funded through philanthropic support, the Pancreatic Cancer Support Group, led by Dr. Eghbalieh at Providence Holy Cross Medical Center, is the only support group specific to pancreatic cancer in the San Fernando Valley. The program offers education, nutritional guidance, service navigation and social-emotional support for pancreatic cancer patients and their loved ones both during and after treatment.

OUR PROGRAM INCLUDES:

- Updates on the latest treatment options and community resources
- Dedicated cancer dietician/nutritionist to provide counselling
- Access to American Cancer Society representatives
- Opportunities to learn from others living with pancreatic cancer
- Discussion of issues such as treatment options, coping with emotions, and treatment effects

The Pancreatic Cancer Support Group meets monthly and is free and open to all community members. For more information, call 818-496-7736.

2019 NUTRITION CLASSES FOR PANCREATIC CANCER PATIENTS

Proper nutrition and healthy eating are important both during and after cancer treatment. Providence Holy Cross Medical Center offers free nutrition classes on the third Wednesday of each month to help patients make informed choices about nutrition and how to achieve and maintain good health. Taught by registered dietitians, the classes are designed to address common diet and nutrition questions and concerns that are unique to patients undergoing treatment for pancreatic cancer and/or pre- or postoperative surgery.

Dates:

October 16, November 20 and
December 18 | Time: 2:30 PM – 4:00 PM

Location:

Providence Holy Cross Medical Center
15031 Rinaldi Street, Mission Hills | North Building Conference Room B

Parking:

Visitor self-parking lot (Entrance on Rinaldi Street)

For more information, call 1-888-432-5464.



REMEMBERING DR. KEVIN GALLIVAN

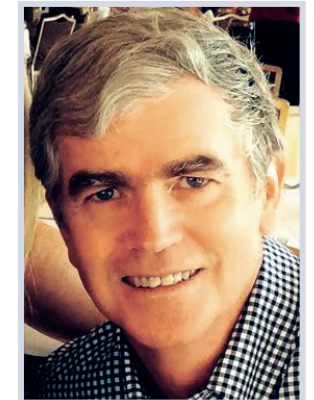
For 25 years, OB/GYN, board member and department chair Kevin Gallivan, MD, cared for expectant mothers and their babies at Providence Holy Cross Medical Center, bringing thousands of new lives into the world until his passing in June 2018.

To honor his lifetime of service, a tribute project — spearheaded by the Maternal Child Health Unit staff and supported by generous donors — has been created to allow Dr. Gallivan's memory to continue with his family, friends and colleagues at the hospital.

A beautiful hallway gallery in the Maternal Child Health Unit at Providence Holy Cross Medical Center honors his legacy and celebrates the new lives born at the hospital each day. Hospital leaders and nurses, joined by Dr. Gallivan's loved ones, hosted a blessing ceremony as they unveiled the gallery — a collection of 50 black-and-white portraits

of families thriving after successful deliveries at the hospital, surrounded by a mural.

This heartfelt tribute to Dr. Gallivan's life and his commitment to patients is a shining example of how our physicians, nurses, donors, volunteers and staff work together to improve lives and live our mission.



Little Miracles BIG IMPACT

Providence Holy Cross Medical Center believes that everyone in the San Fernando and Santa Clarita Valleys deserves access to world-class healthcare close to home. We also believe that newborns who require extra help at birth deserve every advantage they need to thrive to have a healthy start in life.

Little Miracles is a \$6.4 million initiative to expand and modernize our Level III Neonatal Intensive Care Unit (NICU) to better serve the thousands of new or growing families who rely on us for care each year. Newborns who arrive prematurely need the highest level of attention for healthy development. Newborns who arrive as early as 23 weeks before their due date — and who can weigh as little as 1.1 pounds — require sophisticated

technology and round-the-clock attention from physicians and nurses with specialized training.

Generous donor support will help expand the size of our existing NICU by 50 percent, increasing its capacity from 12 incubators to 18, and modernize our technology. Providence Holy Cross is the only medical center offering a Level III NICU in our area, and we are operating at full capacity virtually all the time. Support for the *Little Miracles* initiative will provide urgently needed neonatal care for our smallest patients and their families.

For more information about this program, please visit: california.providence.org/littlemiracles