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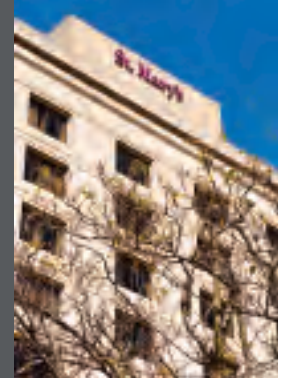


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St. Mary's Medical Center

Volume 3, May 2012

Foundation connection



Message from Executive Director



St. Mary's is beginning the final chapters on our major capital campaign. Amazingly, the Cancer Center was built and has been serving patients for over a year! The Women & Medicine - Catherine McAuley Society is leading the final fundraising and design of the new Women's Health Center, and I am happy to announce a

tremendous achievement for the Vascular Suite.

Anthony Mistretta, Senior Director for Cardiovascular, Critical Care & Emergency Services, and his team have officially gone live with the entire CVPACS (cardiovascular picture archiving system), Hemodynamics, and Echo PACS for the Suite in the cardiac catheterization lab. Hemodynamics is the standard of care for monitoring patients during procedures and makes the medical records accessible to physicians from any location. The Echo PACS allows the same storage and retrieval for echocardiography data. These units enable all of the Cardiac Cath Lab procedures to be stored and retrieved for viewing by physicians using Virtual Private Network (VPN) technology.

Thanks to many generous gifts to the Foundation, we have created a one-of-a-kind truly integrated cardiovascular information system. It is the first of its kind in all of the 40 Dignity Health hospitals, as well as the first in Northern California.

It is extremely gratifying to help donors support our projects and work with the excellent hospital staff. We all share the same commitment - to provide the best medical care and technology to St. Mary's patients.

Thank you one and all for your faith and support of St. Mary's.

Margine Sako, Executive Director

Grateful Patients Donate Nearly \$30,000 in Honor of Doctor's Day

"You are a great doctor with all your healing ways. Your kind heart and your way of listening show how truly you care for your patients. I want you to know how much I appreciate you and what you mean to me. May God continue to bless your healing hands."

--St. Mary's Grateful Patient

March 30, 2012 exemplified yet another extraordinary Doctor's Day at St. Mary's. Not only did grateful patients donate nearly \$30,000 in honor of their favorite doctor, but many wrote hand-written personal notes to their physician, that were delivered to their offices that day.

St. Mary's is not just a place that area residents come for their medical care, but it is a place

where hundreds of doctors provide compassionate and



deeply personal care to each and every patient. It is evident by the overwhelming response on Doctor's Day, that the doctors of St. Mary's have a special place in the hearts of many grateful patients.

Auxiliary Contributes Over \$400,000 in 3 Years

Since 1922, the Auxiliary of St. Mary's Medical Center has promoted the welfare of St. Mary's through their activities and fundraisers. In addition to the many friends introduced to St. Mary's, the Auxiliary has provided over \$6,500,000 for hospital improvements and new medical equipment.

Contributions in the past three years have included:

- \$250,000 for the Cancer Center
- \$50,000 for the Women's Health Center
- \$50,000 for the Vascular Suite in the Cardiac Cath Lab
- \$10,500 for the refurbishment of the Chapel
- \$50,000 to the Coffee Kiosk in the Hospital lobby

The Annual Holiday Boutique in years past has provided funds for patient care such as: blanket warmers for the Acute Rehab patients and surgery, wheelchairs for the Therapy Unit, and funds for the Sister Mary Philippa Clinic and the McAuley Psychiatric Inpatient programs.

The Auxiliary sponsors annual events to raise money and to increase community awareness for the hospital. The events include:

- *Annual Holiday Boutique*, mid-November
- *Raffle*, begins in June and runs all year
- *Games Day*, early October

The Auxiliary of St. Mary's warmly welcomes new members who would like to become involved. If you are interested in joining, please call 415.750.5790

A Life-Line to the San Francisco Community

The heart is known as the blood pump of the body. It belongs to the circulatory system, which is the life-line of the body.

Police officers can be known as the blood pump of any city. They are one of the life-lines of a city when disaster, crime or accidents occur.

St. Mary's patient, Henry Shishmanian, knows all too well how vital a life-line is to your body or city. Shishmanian, a retired San Francisco Police Officer, put his life on the line for 17 years for the residents of San Francisco - the same city in which he was born.

However, in December 2009, he experienced the shock of a lifetime - when your very own life-line of your body gives out. He suffered a massive heart attack. For the past two years, Shishmanian has been rebuilding a healthier lifestyle.

St. Mary's not only saved his life in 2009, but also when he was born prema-



Henry Shishmanian exercising on the new Nu-Step machine

ture at only 2 pounds, 12 ounces. Given the medical technology in the 1950s, babies born that small were not given a high chance of survival. Thus, Shishmanian credits St. Mary's for his survival twice!

Since the heart attack, Shishmanian has attended cardiac rehabilitation twice a week at the hospital and has built lifelong friendships with other heart patients. During his rehab, he noticed a great need for another Nu-Step equipment machine. The therapists who teach cardiac rehab implement circuit training for patients and have three of each machine; however there were only two Nu-Step machines. To show his gratitude to the hospital, Shishmanian donated a substantial monetary gift to the Foundation to buy another machine.

"I wanted to say thank you to St. Mary's for saving my life and I figured what better way than giving back. Having three Nu-Step machines makes our rehab circuits flow better and ultimately more fun. Our group has all really bonded and we not only come each week to keep our hearts healthy, but we enjoy socializing together, too."

Aging Gracefully

Dr. John Fullerton delivered an informative session, kicking off this year's seminar series. His address was titled *Aging Gracefully and How to Recognize Cognitive and Physical Declines*. Dr. Fullerton is the Director of Geriatric Education at St. Mary's Medical Center. He is devoted to Internal Medicine and has added the focuses of Geriatrics and Palliative Medicine to his practice.

Dr. Fullerton's practice, Hampton Health, was named for his grandmother, Mary Hampton, who lived to be 102 years old. Mary lived a full and independent lifestyle, and her memory remains core to his mission of helping his patients create, live, and thrive in their communities.

Highlighted are several key points to aging successfully, based on his grandmother's long life and verified by the Institute on Aging:

1. *Understand and be informed about sound health information and healthy lifestyles*
2. *Be open to new experiences, socialize, and maintain networks of friends and family in a stimulating environment*
3. *Make a difference in your community by volunteering*
4. *Control your own destiny and make choices that promote health, happiness, and spirituality*
5. *Participate in wellness and fitness programs*
6. *Consume food and beverage in moderation*
7. *Avoid cigarette smoking; this includes second and third hand smoke*

Dr. Fullerton stressed these points to promote a healthy brain:

- *Reading and performing crossword puzzles*
- *Practicing faith and reducing stress*
- *Being married*
- *Trans-generational support system of friends and family*
- *Having a pet*
- *Enjoying art and music*
- *Avoiding isolation*

If you missed Dr. Fullerton's talk in February, we plan to invite him to speak next year. We look forward to your attendance!



Dr. Fullerton speaks on Aging Gracefully

33rd Annual Golf Tournament The Olympic Club - Home of the 2012 US Open Monday, August 27, 2012

Did you know the 112th US Open Golf Championship will be held at the prestigious Olympic Club in June?



The Olympic Club

All around the world, people will watch the 2012 Open and wish they could play the same course. Come walk in the footsteps of golf legends and play in the shadow of golf champions, while supporting compassionate health care at St. Mary's! Show your support by signing up to play or requesting to volunteer.

For more information, contact the Foundation at 415.750.5790

Women's Health Forum
Saturday, June 23, 2012
9:00am - Noon
St. Mary's Medical Center, Cafeteria



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Physician speakers on: *Risk of Hereditary Cancer, Women Beating Heart Disease, Menopause and Healthy Lifestyles*

Free Screenings: *Blood Pressure, Achilles Bone Density, Diabetes, Balance/Fall Risk*



Information tables with women's health material, including breast reconstruction and other plastic surgery.

To reserve a space, please call the Foundation at 415.750.5790



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