

WINTER 2015

Envision



Elevating Philanthropy in the San Gabriel Valley

Gratitude

“Gratitude is the memory of the heart.”

– A French Proverb, attributed to Jean Baptiste Massieu, Clergyman

/ Cont'd. on p2

Gratitude / Cont'd. from p1

As we greet the final months of the year, months that ask us to pause and celebrate with gratitude, we remember the “home” of gratitude—our hearts. Thankfulness is how we demonstrate with our hearts that we remember what has been done for us.

In the world of health care, many of our patients, knowing their team of physicians and nurses have eased the way for them, decide to make gifts to their hospital or hospice out of gratitude for the care they have received. In addition to sending financial support, many patients and their families send written notes. The following thank-you notes represent just a handful of the many expressions of appreciation received by Citrus Valley Health Foundation.

CITRUS VALLEY HOSPICE

“I wish to thank all of you for the support and caring spirit you showed my dad and my family during the last few months. I don’t know that we could have kept Dad at home without your help. I know that Dad was not able to express his feelings to all of you, but I know in his heart he was very appreciative. Please continue to do what you do. You are all very special people.”

– Mrs. S. S.

FOOTHILL PRESBYTERIAN HOSPITAL

“Dr. Thomsen has been our family physician for over 20 years. We trust her to do the right thing for us. She educates us and explains things so we understand. She goes above and beyond the call of duty, and we value her very much.”

– Mr. and Mrs. S. P. H.

INTER-COMMUNITY HOSPITAL

“As my cardiologist, Dr. Bitar is caring and easy to talk to. He listens and answers my questions, gives advice, and understands my concerns. He makes me feel he enjoys taking care of me. I consider him a friend as well as my doctor.”

– Mrs. D. H.

QUEEN OF THE VALLEY HOSPITAL

“I was in serious condition and entered Queen of the Valley Hospital. I depended on Dr. Ali and Nurse Vivian’s care. I am now healthy and comfortable. I am thanking God.”

– Ms. S. J.

“While we cannot always cure, we can always care.”

– Henri Nouwen, Dutch clergyman, professor and writer

Photographed in the gardens of Citrus Valley Hospice.

November 2015



I recently wrote a much larger check than my budget permits in order to express my gratitude. Let me explain my gift to Citrus Valley Health Foundation.

As chief philanthropy officer for Citrus Valley Health Partners, I am often invited to represent the organization to groups in the community. I have spoken to numerous service clubs and civic organizations about the high quality of care we provide for our patients. I love talking about our nurses and our healing environment, but until this summer, it had all been “hypothetical.”

On August 1, I was packing for a family vacation on the East Coast. I had a headache and took two Tylenol tablets and laid down for an hour. When I woke up, I felt hot and discovered my temperature was 103.5 degrees! I was trained as a lawyer, not as a physician, so I called my physician colleague, Pavel Bindra, MD. He warned me how dangerous an elevated temperature can be for adults and to get to the nearest emergency room as soon as possible. So, my son Sam drove me to Foothill Presbyterian Hospital.

I shall spare you the details of my visit to the Arthur and Sarah Ludwick Emergency Care Pavilion and admission to the hospital. I was quickly diagnosed with bacterial pneumonia, resulting in a week-long stay at Foothill Presbyterian. Thankfully, I returned home and continued my recovery under the watchful eye of a talented medical team.

I consider myself fairly sophisticated in understanding health care, but there is no level of knowledge that prepares one for the treatment of a serious infection. The nursing staff was extraordinary and I was blessed to have incredible care and the knowledge of a team of physicians—Jeffrey Shapiro, MD; Gurjeet Kalkat, MD; Sohan Bassi, MD; Jorge Reyno, MD; Ibrahim Hanna, MD; and Pavel Bindra, MD.

I realize that I had the best imaging and diagnostic equipment available to me, but in the end, that’s not what mattered most. Most important to me were the “little” things—the cheerful dietary associate who brought breakfast and the *Los Angeles Times* every morning, the nurses who helped me shower, the technicians who helped me through a battery of tests, and the environmental staff who cleaned my room—they provided my healing environment.

Everyone is important when they are admitted to our hospitals and hospice. We care for the whole person with excellent and compassionate care. Thanks to my illness and hospital stay, I understand more than ever the important role that community support and philanthropy play in keeping this organization strong financially. It gives me great pride to know that vital resources secured through the efforts of our Foundation trustees, donors, and staff played a role in my recovery, and the recovery of so many others.

Please join me in continuing our quest for excellence by making your own personal commitment before the end of the year. Thank you!

Happy Holidays!
Joseph M. Zanetta, JD
Chief Executive Officer, Citrus Valley Health Foundation



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Mary Jane is slated to become Citrus Valley Health Foundation's board chair in January 2016. She is prepared to lead and to learn in order to promote the best in health care for the San Gabriel Valley communities.

For the Love of Humanity

Mary Jane Bettfreund, Citrus Valley Health Foundation
Board Chair, January 2016



“I just love volunteering and take it very seriously, I’m like a sponge, soaking up new information about the organization. Then I commit myself to giving back a hundred percent, hopefully leaving my mark.”

– Mary Jane Bettfreund

A LEGACY OF BENEVOLENCE

Community-based volunteerism comes naturally to Mary Jane Ahmanson Bettfreund—it was firmly rooted during her childhood, growing up in Hancock Park. The Ahmanson family legacy of philanthropy was Mary Jane’s heritage, but it was her mother, Patricia Ahmanson, and Patricia’s belief in helping society, that established the value of hands-on volunteerism for Mary Jane. Her mother made significant volunteer commitments to Children’s Hospital Los Angeles, the Assistance League, National Charity League, and the Junior League; Mary Jane was happy to help—assembling newsletters, working on puppet shows, modeling in fashion shows—whatever the organization needed. By the age of 18, Mary Jane had been trained as an assistant docent for the L.A. County Museum of Art.

THE WILLINGNESS TO SERVE

Now, Mary Jane considers herself a professional volunteer, recognizing her mother’s positive influence. “I just love volunteering and take it very seriously,” says Mary Jane. “I’m like a sponge, soaking up new information about the organization. Then I commit myself to giving back a hundred percent, hopefully leaving my mark.”

Mary Jane is slated to become Citrus Valley Health Foundation’s board chair in January 2016. She is prepared to lead and to learn in order to promote the best in health care for the San Gabriel Valley communities. If her 25-year history as a volunteer is any indication of her future leadership, she will find the best way to advance the cause. Her open-minded leadership style matches well with the ever-evolving healthcare environment.

Mary Jane joined the Foothill Presbyterian Hospital Foundation board in 2010, served for six months, then transitioned to the Citrus Valley Health Foundation board. Serving with Gordon Shipp, Rich Jett, Robert Duncan, and Lisa Fuerst on the Foundation executive committee, Mary Jane has held the offices of secretary

and vice president. She chaired the 2015 Autumn Nocturne committee and is proud of its success. The 550 guest audience enjoyed the fun of the evening’s entertainment—Citrus Valley Health Partners Chief Executive Officer Rob Curry and his band, the Gurneys.

Supporting Foundation events is a family tradition, and Mary Jane’s husband of 33 years, John, and their adult children, Travis and Becky, attend the gala every year. Grandson Samuel, 20 months of age, is too young now, but Mary Jane is confident her family understands the importance of volunteering and knows how to give back.

Mary Jane’s volunteer and professional history reaches beyond her commitment to Citrus Valley. She is currently the president of the Glendora Kiwanianes. She also has a rich history of serving the Glendora schools as president for Cullen Elementary School PTA, Goddard Middle School PTA, and the Glendora Council PTA. She has served on the boards of the Museum of Natural History, Club 100 of the Music Center, the Robinson Garden Foundation, and the First District PTA, as well as serving for six years on the Glendora Community Services Commission. Earlier in her career, Mary Jane held the position of assistant deputy to Supervisor Deane Dana. She holds a bachelor of arts degree in business administration from California Lutheran University.

PASSION AND ENTHUSIASM

The importance of excellent, safe, and compassionate health care became very personal for Mary Jane and John this year. “Both John and I have experienced health challenges,” explains Mary Jane. “It has been an emotional time, but now I have a renewed passion and enthusiasm. I’m looking forward to digging in and seeing what needs to get done. And I want the board to feel more involved. I’m excited about what we can accomplish for the people of the San Gabriel Valley.” ■

FIVE YEARS + 52 AUXILIARY MEMBERS + \$100,000 = TIME + TALENT + TREASURE.
In 2013, the Queen of the Valley Auxiliary made the largest gift in its history—a \$100,000 pledge benefiting the hospital's emergency department.

A Passion to Serve

Bonnie Kasamatsu
Queen of the Valley Auxiliary President



“I am proud of the Auxiliary. Serving as president requires lots of time and energy, but I have thoroughly loved the experience and all the volunteers who share my passion.”

– Bonnie Kasamatsu

THE PLEDGE

In 2013, Queen of the Valley Auxiliary made the largest gift in its history—a \$100,000 pledge benefiting the hospital’s emergency department. This represents a five-year giving commitment by the volunteer group and requires leadership and a passion to serve. Fortunately, Bonnie Kasamatsu, Queen of the Valley Auxiliary president, possesses both of these personal qualities.

The Auxiliary, founded in 1960 to support the new hospital in West Covina, currently has 52 members. They fund the \$100,000 gift largely through proceeds from their Queen’s Shoppe (hospital gift shop). They also sponsor monthly vendor sales at the hospital, with the vendors donating a percentage of the sales back to the Auxiliary. Former Auxiliary President Lucie Frias led the initial effort to commit \$20,000 per year for five years to the Citrus Valley Health Foundation. Bonnie followed, serving two terms as president, beginning in June 2013 and extending through June 2017.

A HANDS-ON VOLUNTEER

Serving others is not new to Bonnie. Trained as a Stephen Minister (a Christian lay caregiver who provides high-quality confidential care to people who are in crisis) through her church, Bonnie has the listening skills and compassion required for most volunteer roles. Bonnie credits her mother and grandfather as her mentors: “Although my mother worked full-time, she always seemed to be helping someone. My grandfather was always helping others, too.

“My parents stressed the importance of doing well in school, being a friend to those without friends and finishing what I start. Our family didn’t have money to contribute, but we were able to give of our time.”

In November 2000, Bonnie noticed a newspaper

article announcing the need for volunteers at Queen of the Valley Hospital. She signed on. Fifteen years and 3,437 volunteer hours later, Bonnie leads by example with her hands-on volunteer assignments in the emergency department and information desk in the main lobby. She takes blankets and pillows to the patients, serves ice water to family and visitors, cleans gurneys, and restocks supplies to help the nurses. “I bring little bears—sewn by members of my church—for the children who are patients,” says Bonnie. “I also enjoy escorting patients and visitors to different areas of the hospital.”

LEADERSHIP IS A FAMILY AFFAIR

Born in East Los Angeles, Bonnie lived in the Crenshaw district of Los Angeles with her parents, younger sister, and brother until moving to Hawthorne where she lived until graduating from college. She holds a bachelor’s degree in sociology and Japanese from California State University, Los Angeles. She also earned teaching credentials for secondary and adult education and math. Bonnie taught English conversation at Keiwa Gakuen High School in Japan, Japanese at North High School in Torrance, and math at South Hills High School in West Covina.

Bonnie and her husband, Ken, raised two daughters, Tami and Tricia, both of whom now work in the teaching profession. Ken was the founder and chief executive officer of Pacific Commerce Bank in Little Tokyo. Recently, he was appointed as a member of the Citrus Valley Health Foundation finance committee—so, providing leadership for Citrus Valley is a family affair!

Bonnie readily admits Queen of the Valley has a piece of her heart: “I am proud of the Auxiliary. Serving as president requires lots of time and energy, but I have thoroughly loved the experience and all the volunteers who share my passion.” ■

Milestones are a part of every journey. This past year's journey has been a remarkable one, and we look forward to the road ahead—together.

Moments + Milestones

Special Gifts. Events. Dedications. Honors and Awards.



Special Gifts. Events. Dedications. Honors and Awards. These are the Moments + Milestones that are a part of our Citrus Valley Health Foundation. They may represent progress along the way, mark a significant development or worthy accomplishment, or offer a glimpse of the good will of the people in the San Gabriel Valley.

FOOTHILL PRESBYTERIAN HOSPITAL RECOGNIZES FOUNDING PHYSICIANS

Foothill Presbyterian Hospital founding physicians were recently honored with a plaque dedicated in memory of Sanford Shard, MD. Elizabeth Jane Shard, wife of Dr. Shard, thanked Citrus Valley Health Foundation CEO Joseph Zanetta for recognizing the physicians' foresight and commitment.

In sincere appreciation, Elizabeth Jane Shard wrote: "My heartfelt thanks to you for all the time, work, and effort you, Lise Farr, and John DiMare, MD, (and

anyone else I may not even know about) put into the beautiful memorial plaque installed at Foothill Hospital. Just know that my husband would have been (and I am) so pleased and satisfied."

CVHF GOLF TOURNAMENT 2015

It was a beautiful day on the links at Glendora Country Club in Glendora on June 15, 2015, as 135 golfers gathered in support of the Citrus Valley Health Foundation.

The tournament generated \$200,000 in proceeds to help meet the community's growing healthcare needs.

THANKS TO THE GABRIEL FOUNDATION

Children experiencing difficulties with gross or fine motor skills, developmental delays, or other challenges can benefit from the early intervention and therapy options available at Citrus Valley Centers for Rehabilitation Services.

Thanks to a generous gift from The Gabriel Foundation, children can now receive these therapies at Queen of the Valley's newly remodeled Pediatric Rehabilitation Gym. ■



Left to right: Queen of the Valley's Pediatric Rehabilitation Gym; CVHF Golf Tournament at Glendora Country Club; Sanford Shard, MD; Plaque dedicated in memory of Sanford Shard, MD

“Giving is the secret of a healthy life. Not necessarily money, but whatever a man has of encouragement and sympathy and understanding.” – John D. Rockefeller Jr.

Do More Than You Thought Possible

Partner with us by making a gift to
Citrus Valley Health Foundation today.

It is our mission to help people keep well in body, mind, and spirit by providing care in a safe, compassionate environment. Our ability to provide consistent, high-quality care continues thanks to the generosity and good will of the people in the San Gabriel Valley.



We know you care about your health, and the health and safety of your family and community. Be assured Citrus Valley Health Partners cares, too. In fact, it is our mission—helping people keep well in body, mind, and spirit by providing care in a safe, compassionate environment. Our ability to provide this consistent, high-quality care continues thanks to the generosity and good will of the people in the San Gabriel Valley.

YOUR GIFT MAKES A DIFFERENCE

Greatest Need. Your gift will benefit the area of greatest need within Queen of the Valley, Foothill Presbyterian, and Inter-Community Hospitals, and Citrus Valley Hospice.

Designate Your Gift. If you prefer, you can designate your gift to one of our three hospitals, hospice, or a specific program or service.

Pay Tribute. Remember the life of someone special (In Memory gift), or say thank you (In Honor gift) to a nurse or doctor whose care made a difference in your life.

WAYS TO MAKE YOUR GIFT

There are many ways to make a gift to Citrus Valley Health Foundation. You can make an outright gift, or if you prefer, a pledge payable over a period of years. Your contribution can entitle you to a charitable income tax deduction or other substantial tax savings.

GIFTS OF CASH

An outright gift of cash (check or credit card) is the easiest way to support Citrus Valley Health Partners and has an immediate impact on our patients, our programs, and services. Use the enclosed envelope or make your gift on our secure website at www.cvhf.org.

MATCHING GIFTS

Many companies and foundations will double or triple the value of charitable contributions made by employees and their spouses, board members, and relatives.

GIFTS OF STOCKS, BONDS, AND MUTUAL FUNDS

A gift of publicly traded or closely held securities can result in significant tax savings for you, as well as provide meaningful support to Citrus Valley Health Partner's programs and services.

GIFTS OF REAL ESTATE, PERSONAL PROPERTY, OR LIFE INSURANCE

Explore the possibilities of a gift of developed or undeveloped property, as well as the significance of making a gift of an existing or newly established life insurance policy.

LEGACY AND PLANNED GIFTS

Through smart charitable planning, you can shape the future of Citrus Valley Health Partners beyond what you thought possible. A planned gift not only impacts your financial goals and tax benefits, it directs your passion to make a lasting impact on the people and places most important to you.

If you do include Citrus Valley in your plans, please don't forget to let us know. Understanding your goals in advance helps to ensure that funds are used in accordance with your wishes.

NEED HELP PLANNING?

Making a gift by including Citrus Valley Health Foundation in your long-term financial or estate plan is an important decision. The Foundation team of advisors can help you achieve your charitable intent while maximizing tax advantages and financial flexibility.

To plan a gift that is right for you and your family, please contact Joseph Zanetta, JD, or Michelle Stoddard at the Foundation Office at 626-814-2421.

ADDITIONAL WAYS TO GIVE

There are a variety of ways you can support the good works of Citrus Valley Health Foundation:

- Take part in Citrus Valley Health Foundation events—the annual Golf Tournament and the Autumn Nocturne.
- Become a member of a Foundation volunteer committee.
- Commemorate your baby or grandbaby's birth with a special tile of their newborn footprint. ■



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The Last Page

Welcome Michelle Stoddard

Citrus Valley Health Foundation Chief Executive Officer Joseph Zanetta is pleased to announce the arrival of Michelle Stoddard as vice president of development. Michelle's role includes providing administrative oversight for the Foundation and working with board members in support of their fundraising initiatives.

Michelle has more than 20 years of development experience, providing leadership in fundraising, policy decision-making, and team building. She recently held the position of interim vice president for University Advancement at California State Polytechnic University, Pomona. Her experience includes serving as the lead fundraiser for a \$42 million private foundation gift, the largest in the history of Cal Poly Pomona and the California State University. Previously, Michelle served as director for the Casa Colina Centers for Rehabilitation Foundation. Early in her career, Michelle was the

campaign office coordinator at Glendale Memorial Hospital and Health Center.

Michelle holds a bachelor of science degree in business administration from Cal Poly Pomona and a master of science degree in leadership and management from University of LaVerne. She is also certified by the American Institute for Philanthropic Studies as a specialist in planned giving.

Raised in LaVerne and currently residing in Claremont, Michelle has two daughters, is an avid reader, and enjoys her two Labradanes, Charlie and Klaus.

Michelle had been seeking an opportunity to return to the healthcare environment and is pleased to have found her new "home." Michelle recounts: "After meeting Citrus Valley Health Partners President Rob Curry and several of the Foundation board members, I knew there was a strong commitment to the development program. Citrus Valley has established itself as a provider of outstanding programs and services to the community. I wanted to be a part of it, along with Joe Zanetta and the development team." ■



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