

## Planned Giving

### A WORLD TRAVELER WHO LOVED HER HOMETOWN

It's little surprise that Pamela Ryan, a Hermosa Beach woman who died last August at age 73, decided to remember Providence Little Company of Mary Medical Centers Torrance and San Pedro in her estate. According to her friends, Ryan loved life, appreciated the life-saving care she received at the hospital and wanted to make sure others had the best medical care possible.

Ryan, who left a generous estate gift to Providence Little Company of Mary Foundation, gave from her heart, said friend and former colleague Judi Hadfield of Napa Valley, California.



*"She was so bubbly and kindhearted. She knew how to live life," Hadfield said. "She had a large circle of friends and stayed in contact with them. She knew how to be a good friend. She never forgot birthdays and brought small gifts from her travels to her friends and coworkers."*

Ryan's passion was seeing the world. She was born in Australia and lived in the South Bay ever since coming to the United States in the 1960s. She was in the travel business for many years, working for Marriott and travel agencies. She assisted people with bookings and would visit at least six countries a year.

She also enjoyed cooking and baking, said Don Smith, executor of her estate and a personal friend.

*"She was always involved and followed what was going on in the community," Smith said. "She loved cooking, and could cook anything from scratch. She was an exceptional chef."*

In her later years, various ailments sent her to Providence Little Company of Mary for treatment. She had a blood disorder and broke bones on several occasions, Hadfield says.

*"She got to know a lot of people and she always felt very comfortable at Providence," she says. "She was very grateful that it was close by and there for her."*

*"She enjoyed the care she got at the hospital and decided she'd like to give a good portion of her estate to the hospital," Smith said. "They saved her life with their treatment."*



*"Bequests, like this gift from Ms. Ryan, have a significant impact on our medical center," said Joe Ward, Executive Director of Planned Giving. "They are easy to set up, provide an estate tax benefit and create a lasting legacy at an institution that has touched the lives of you and your loved ones."*

*"Pamela was extremely grateful for the care she received here, and asked if she could do anything to help," says Dr. Jashdeep Dhoot, the cardiologist at Providence Little Company of Mary who treated Ryan. "I was so sorry to hear that she had passed, but it's nice to know that her estate gift will continue benefiting the patients of the medical center for years to come."*

She is remembered not just for her generosity toward the hospital, but also to her many friends. Before embarking on a trip to the Solomon Islands last summer – where she became suddenly ill and died – Ryan had planned a September party at her beach house in Hermosa Beach. Her friends showed up to toast her memory.



*"She invited a group of us to come to her house in early September. She had the party all planned," Hadfield says. "We went ahead with party even though she wasn't there — knowing she would want us all to get together. She somehow knew that might be her send-off."*

**For more information about Planned Giving, please contact Joe Ward, Executive Director, Planned Giving, Providence Foundations, Southern California Region at (310) 793-8117 or [joseph.ward@providence.org](mailto:joseph.ward@providence.org)**

# PROVIDENTIAL



Dear Providence Little Company of Mary Family,

I am delighted to thank you for your support of Providence Little Company of Mary Foundation. As you look within our second issue of *Providential*, I invite you to take a moment to reflect on the meaningful difference your support has made in the community, among our patients, their families and to our compassionate caregivers.

During this unprecedented time, we remain steadfast in our dedication to the health and well-being of our community as we respond to the COVID-19 (coronavirus) health crisis. All of us at Providence are here for you and your loved ones, now and always.

We are privileged to touch so many lives and grateful to count on friends like you who make our work possible. You can read about an inspiring and similarly philanthropic individual in this issue, Ms. Pamela Ryan. You'll also read about McKenzie Strong's connection to the nurses who assisted her as McKenzie's first child was born at our medical center.

There is indeed so much for which to be grateful. Thanks to you, 2019 has been one of the most successful years in Providence Little Company of Mary's history, including completing the foundation's \$10 million fundraising initiative in support of the brand-new Advanced Care Center in Torrance. Thank you for being part of the Providence Little Company of Mary family and for supporting our vision of high-quality, compassionate care to all who need it.

As you know, Providence has been growing in exciting ways. A little more than three years ago, St. Joseph Health and Providence Health & Services came together as Providence St. Joseph Health. New mission and vision statements were agreed upon and a new logo created to unify our organization. New branding will be unveiled in the coming months and our fall newsletter will change accordingly to reflect this wonderful advancement. Stay tuned!

2020 will present a unique set of challenges but together, I am confident we will triumph in new and important ways as we strive to fulfill our mission to create healthier communities.

Sincerely,



*Kurt Hinrichsen*

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- A Birth Story
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## In Focus:

# 2019 IMPACT OF PHILANTHROPY AT PROVIDENCE LITTLE COMPANY OF MARY

-  Cardiovascular Services equipment and building upgrades in Torrance:
  - Upgraded obsolete endoscopy system
  - Replacement of Catheterization Laboratory
  - Cardiology equipment, including an EKG machine, a digital mobile C-arm, hybrid printer and two sets of defibrillator packages
-  Construction of the Ortho/Spine Institute within the new Providence Advanced Care Center
-  Project planning and design for upcoming renovations to Labor & Delivery and Mother/Baby Rooms in Torrance
-  Bionic arm robot system for Occupational Therapy in San Pedro

-  ADA Bathroom Shower upgrades for Acute Rehabilitation Unit in San Pedro
-  Enhancements and upgrades to the Women's Imaging Center in Torrance
-  Security and NICVIEW™ web camera system for the Neonatal Intensive Care Unit in Torrance
-  State-of-the-art equipment including a neurosurgical chair, blood gas machines and a Bovie® LigaSure™ machine for vessel sealing
-  Nursing Professional Development, including scholarships for professional certification, degree programs, and attendance at professional conferences for nurses at San Pedro and Torrance

## COVID-19: WHAT YOU NEED TO KNOW

### WHAT IS COVID-19?

While COVID-19 is a new disease, it is part of a family of viruses called coronaviruses.

The first identified case of COVID-19 was in China in 2019. This virus has now spread to many countries around the world.

### HOW DOES COVID-19 SPREAD?

The most common way this virus spreads is from person to person. This is much like what happens with the flu. When someone with COVID-19 coughs or sneezes, they send out respiratory droplets that have the virus.

Here are examples of how it can spread:

- If you are in close contact (within 6 feet) of this person, you can catch the virus by breathing in their respiratory droplets.
- You can get the virus from shaking hands with someone who has it and then touching your own face, nose or mouth.
- You can also get the virus from drinking from the same cup, or eating from the same plate, as someone who has COVID-19.

### WHAT ARE THE SYMPTOMS OF COVID-19?

COVID-19 affects the respiratory system. Symptoms can be mild, like those of the common cold. Or symptoms can be more severe like shortness of breath and other breathing problems. Sometimes people die from COVID-19.

Beyond these symptoms, people with this virus can also have complications. Those can include pneumonia (an infection of the lungs) or too little oxygen getting to the lungs.

Sometimes these symptoms and complications lead to death. That is most likely when people are older or also have other medical problems.

### HERE ARE SOME WAYS TO TREAT COVID-19 SYMPTOMS AND COMPLICATIONS:

If you have mild symptoms (like that of the common cold), it is best to stay home from school, work, and away from others. Keep doing this until you feel better.

If you have more severe symptoms (such as breathing problems), you might need to be in the hospital. Treatments can include oxygen, IV (intravenous) fluids, and special medicines.

If you have very severe symptoms, you may need to be in the hospital's ICU (intensive care unit). Patients this sick might need to be on a breathing machine (ventilator) that helps them breathe.

### HOW CAN I PROTECT MYSELF AND OTHERS FROM GETTING COVID-19?

There are some common-sense ways you can help protect yourself, your family, and the community from getting COVID-19:

1. Wash your hands
2. Keep your distance
3. Clean items that are used by many people

## A BIRTH STORY

As she approached the birth of her first child, McKenzie Strong had a plan for how everything would go.

The Manhattan Beach resident chose Providence Little Company of Mary Medical Center Torrance partly based on her obstetrician's affiliation there, the experiences of co-workers who had given birth there, and a previous experience in the hospital's emergency room.

*"I was thinking about so many things as we approached the birth," Strong says. "In hindsight, my husband and I didn't realize the level of support we'd need before, during, and after the birth."*

As it turned out, things didn't go according to plan. Strong went to the hospital three times before she was actually in labor — the third time she was in excruciating pain as the baby, who was turned the wrong way, pressed into her spine.

*"It was my first baby, and I didn't know what to expect. The pain was the most intense of my life — all I could do was scream," she said. "The nurses jumped into action, put me into a bed and made me comfortable."*

Now, after the birth of Noah, it's the nurses' helpfulness, skill and compassion throughout the experience that has left Strong humbled and grateful.

*"I will never forget the nurses for the rest of my life," she says. "I felt like I was the only patient in the unit, and it turns out that the unit was almost full. That really speaks to the level of care they gave me."*

Strong has special praise for two nurses in labor and delivery, Sarah and Sierra.

*"They managed my every need, coaching me through my labor. At one point, Sarah went on break and Sierra was caring for me. When my monitor fell off, Sarah came bursting into my room to check on me — while she was on her break. I couldn't believe their dedication to my care."*

Besides the extraordinary pain, which was made bearable with the help of an anesthesiologist's spinal injection, the birth wasn't easy. After four hours of labor, pushing, and hoping the birth could happen without a cesarean section, the on-call obstetrician, Kenneth Holliman, MD, made it happen.

Noah was born the next morning.

*"I don't remember what they said or did, but they made me feel so dignified and human," she says. "They're really doing God's work there."*

Strong also appreciated how patient the maternity nurses were with her and her husband, Russell, as they learned to care for their newborn son.

*"I would have been so annoyed with me," she says with good humor. "But those nurses were so patient and explained everything they were doing to monitor Noah — I knew he was in safe hands."*



*McKenzie Strong and her son Noah, found the support they needed at Providence Little Company of Mary Medical Center Torrance.*

Strong was delighted with the free celebration dinner — complete with sparkling cider — for the new parents to share. The birthing suites, which come with a full bathroom and a couch, were so large and comfortable, Strong says, that she felt like she was at the Four Seasons.

Noah's birth changed Strong's whole world. Motherhood is

everything that everyone said it would be, she says.

As a restaurant and bar manager, Russell works nights. The shifts were once difficult but now give the new father time during the day to bond with his son.

*"It's starting to get really fun. He's laughing and interacting with the world around him. He's teaching us what life really means," Strong told In Good Company.*



Please visit [coronavirus.providence.org/social-updates](https://coronavirus.providence.org/social-updates) for up-to-date information and links on COVID-19.