Ethan is a very curious 18-month-old, who loves digging in the dirt, his grandma’s spaghetti, and hiding in his fort (aka: curtains).

Meet Some of Our Tiniest Patients and Read Their Success Stories. Do You Have a Success Story?

Putting an End to the Pain: Nationally-recognized Program Restores Lives.


Should I See a Neurosurgeon or an Orthopedic Surgeon for My Spine Condition?

Changing Lives with the Minimally Invasive da Vinci Xi Robotic Surgical System.

Read us online at sjhnews.org/stjude
Putting an End to the Pain
Nationally-recognized program restores lives

Last January, 10-year-old Haley Abeelen broke two toes while playing with friends. After weeks of pain that only grew worse, Haley was diagnosed with Complex Regional Pain Syndrome (CRPS), an uncommon chronic pain condition in which high levels of nerve impulses are sent to an injured area.

Even wearing a sock became unbearable for the fifth grader, whose fear that someone might accidently touch her foot kept her increasingly isolated. As Haley’s parents unsuccessfully sought solutions from physicians and surgeons, the La Habra couple began to wonder if their daughter would ever walk again.

In March, Haley’s mom Cheri found a description of St. Jude Medical Center’s Chronic Pain Program online and within days, Haley was enrolled in the innovative, nationally-recognized program — one of only a handful in the country with the expertise and services the 10-year-old needed.

A MULTIDISCIPLINARY APPROACH
The comprehensive, interdisciplinary program began addressing the physical, emotional and psychological effects of Haley’s pain. Pain intervention techniques were combined with carefully-structured physical and occupational therapies, biofeedback, medication management and clinical counseling. The first success came when Haley could rest her foot on the floor — next was wearing a shoe. To rebuild atrophied muscles in Haley’s leg and foot, as well as rebuild her confidence and love of being active, there were games of Wii Sport with her occupational therapist and impromptu soccer games against her physical therapist in the parking lot. The day she walked unassisted into her classroom at school, her classmates clapped and cheered.

“The physicians and therapists weren’t just experts at treating her pain, they were experts at helping her heal emotionally. For Haley, it became less like therapy, and more like going to a safe place filled with people who genuinely cared for her,” explains Cheri, who watched Haley move from a fearful, withdrawn child who wouldn’t look at her therapists, to a talkative, outgoing girl who eagerly gave goodbye-hugs at the end of therapy sessions.

By July, Haley was doing all the things that seemed unimaginable a few months earlier: running, climbing trees, biking, and boogie-boarding in the ocean. “They gave us back our daughter — and they gave Haley back her life,” Cheri says. “How can you thank someone for that?”

MEASURING SUCCESS BY CHANGED LIVES
Within the pain program, transformations like Haley’s are common. From debilitating back pain and fibromyalgia,
to headaches and abdominal pain, hundreds of patients — ages 10–90 — have learned firsthand why the highly effective program is one of the nation’s most respected. “Those who live with chronic pain often feel trapped inside a hopeless and helpless existence,” explains Fred Nowroozi, MD, a board-certified rehabilitation medicine expert and medical director of the St. Jude Chronic Pain Program. “We help patients transform that suffering into living passionately in a world of wellness, productivity and potential.”

ONE OF ONLY TWO IN THE STATE

By bringing together an interdisciplinary team of pain specialists — rehabilitation medicine, clinical psychology, interventional anesthesiology, physical therapy, biofeedback, occupational therapy, pharmacy, and recreation therapy — the program treats the entire patient, addressing each problem that contributes to their pain and inability to live life fully.

St. Jude’s program is one of only two in the state — along with Stanford Medical Center — to offer a comprehensive approach to pediatric and adult pain. “Before reaching us, patients have often been to many doctors and clinics, and suffered for years,” explains Cynthia Crane, CTRS, point of care coordinator. “Pain is an extremely complex, often poorly understood medical problem that profoundly affects everything you do,” explains Arthur Zepeda, MD, a board-certified interventional anesthesiologist with the pain program. “Unlike so many programs that focus almost exclusively on pain medications, we bring together the entire spectrum of today’s best evidence-based treatment options.”

The results are evident in the almost constant smile of a 10-year-old girl.

Affected by chronic pain?
You’re invited.

The hospital’s innovative Chronic Pain Program includes “after care” activities and support groups to help patients continue their healing and success — and community members are welcome. “If chronic pain impacts your life, we invite you to join us,” explains Tiffany Richardson, RT, a certified recreation therapist with the Chronic Pain Program.

HOPE (Happiness Over Pain Everyday) Support Group
This monthly group offers comradery, encouragement, advice and peer support from others who are successfully managing chronic pain.

Activities & Leisure Class
A fun and engaging weekly class that offers activities from container gardening and art projects, to outings in the community — each designed to promote healthy behaviors that pain may have crowded out.

To learn more, please call (714) 992-3000, ext. 3706.

For more information about the St. Jude Chronic Pain Program, please call (714) 578-8716.

Pictured above:
Once sidelined by chronic pain, Haley is now an active 10-year-old.
A Very ‘Hip’ Joint Replacement

Less-invasive approach to hip replacement surgery being performed at St. Jude

Eight days after having total hip replacement, Larry Horton, 60, was back at work — not at an office job but as an equipment mechanic who spends his days kneeling, lifting and moving heavy machinery.

Ellen McKoy, a self-employed writer, had total hip replacement in the morning and that afternoon was returning work emails between walks down the hallway with her physical therapist. Two days after returning home from the hospital, the Yorba Linda resident was grocery shopping without a cane or walker.

Both had ‘direct anterior’ total hip replacements at St. Jude Medical Center, a minimally-invasive option for hip replacement that offers a variety of benefits, from less pain to a much faster recovery.

“Less than 24 hours after surgery, a physical therapist had me climb a flight of stairs,” explains Larry, who dealt with osteoarthritis pain in his hip for several years before being referred to Dr. Mayo. “The freedom of movement and stability almost immediately after surgery was a huge advantage, both professionally and personally.”

According to Joseph Mayo III, MD, a board-certified orthopedic surgeon, “Patients have less pain, spend less time in the hospital, and have far greater freedom of movement in the weeks after surgery. Patients don’t have to put their life on hold for two months.”

Unlike traditional total hip replacements, the direct anterior approach uses a small incision at the front of the hip, instead of the side or back of the hip. This anterior approach allows a surgeon to access the hip joint by going between the muscles, making it the only hip replacement procedure that avoids cutting or detaching the muscles and tendons.

By preserving the muscles as well as the posterior hip capsule, the less invasive procedure reduces hip dislocation rates — the leading cause of replacement failure — and eliminates the need for hip precautions: the restrictions on sitting, moving and other activities often required after a total hip replacement. Not every patient is a candidate for this procedure, speak to your doctor to better understand the risk and benefits associated with your specific medical needs.

Stewart Shanfield, MD, a board-certified and fellowship-trained orthopedic surgeon, who also performs the direct anterior approach says, “the technique is appropriate for most patients suffering from osteoarthritis in the hip, including young and active patients: Ask questions, do some research and discuss your options with your surgeon.”

PLEASE JOIN US FOR A SPECIAL PRESENTATION
THURSDAY, MARCH 3, 6 - 7:30 P.M.

Join our board-certified orthopedic surgeons who specialize in this technically-advanced procedure for a free, special presentation — and learn how we can get you back to doing the things you love to do, pain free.

Reservations required. Please call (877) 459-DOCS (3627) or visit us online at stjudemedicalcenter.org/healthclasses.

Joseph G. Mayo III, MD
Orthopedic Surgery
(714) 524-3800

Stewart L. Shanfield, MD
Orthopedic Surgery
(714) 626-8630
For My Spine Condition, Should I See a Neurosurgeon or an Orthopedic Surgeon?

It can be very helpful to have the perspective of both — which is why the St. Jude Heritage Spine Center brings together board-certified neurosurgeons and fellowship-trained orthopedic surgeons to offer patients the best advances from each specialty.

The only practice in Orange County to take this comprehensive approach to back and neck care, the Spine Center’s specialists hold bi-weekly conferences to discuss individual cases and share the expertise of neurosurgeons and orthopedic surgeons.

By combining the expertise of these two separate, but related fields, patients benefit from a collaborative approach to diagnosis and treatment, which can be particularly helpful with difficult or complex conditions.

“Each of us brings to the table the best clinical advances and improvements within our specialty,” explains Eric Lin, MD, a board-certified orthopedic surgeon. “Together, we offer a unique skill set that addresses all aspects of spinal disease and injury; ensuring patients receive the right level of care no matter what their diagnosis.”

The Spine Center’s innovative multidisciplinary approach also includes board-certified interventional neuroradiologists and radiation oncologists as well as experienced physical and occupational therapists who specialize in evidence-based therapies for neck and back conditions.

By bringing these skills and capabilities together, the Spine Center provides the entire spectrum of treatments, from non-surgical therapies to state-of-the-art image-guided surgery. Because we draw upon the expertise of several specialties, we can create a more individualized and comprehensive plan of care for each patient.

“From the surgical perspective, the Spine Center through our expert surgical specialists offer advanced techniques, including minimally invasive spinal procedures, motion preservation surgery, to very complex vascular and tumor spine surgery, as well as reconstructive deformity correction surgery,” says Hector W. Ho, MD, a board-certified neurosurgeon.

MAKING AN APPOINTMENT WITH THE RIGHT DOCTOR JUST GOT EASIER.

Raed Ali, MD
Orthopedic Surgery
(714) 446-5200

Lars Anker, MD
Neurosurgery
(714) 734-3120

Hector W. Ho, MD
Neurosurgery
(714) 734-3120

Eric Lin, MD,
Medical Director,
Spine Program
Orthopedic Surgery
(714) 446-5200

Bradley Noblett, MD
Medical Director, Neurosurgery
Neurosurgery
(714) 734-3120
The Perfect Setting  
For One of Life’s Best Moments

A baby’s birth should be filled with celebration and joy: we’re pleased to have made that a reality for thousands of families.

Within our Southwest Tower, two entire floors of maternity services feature today’s best concepts in care, including beautiful private rooms, innovative mother-baby bonding, advanced monitoring and support, and a highly respected medical team who specializes in “happily ever after.”

From our prenatal classes and breastfeeding support groups, to a state-of-the-art NICU that creates some of the state’s best outcomes, we offer a unique and comprehensive range of services for new moms and babies.

It is an excellence that earns awards. For instance, we are one of a small percentage of hospitals to receive the national “Baby-Friendly” designation — but more importantly, it is an excellence that offers families the best possible start.

To view videos of these families’ heartwarming stories, please visit stjudemedicalcenter.org/maternity.

Do you have a story to share? Go to the website above and tell us why St. Jude is your hospital.

Meet Sophie: Ready to spread her wings

“We were greeted at 3:30 in the morning by a wonderful nurse who put her arm around me and from that moment, we knew we were in the right place.”

— Bonnie Winthrop, mom

Meet Erica: Sugar and spice and everything nice

“ It was comforting to be at St. Jude when my daughter was born with an abnormality. One nurse, Leslie, prayed with me while I waited — without my daughter — to be released. I have so much gratitude for St. Jude being there in my time of need.”

— April Delgadillo-Jolley, mom

Meet Elysia: Giggles and curls

“Our daughter was born 3 months early at 24 weeks and had a series of complications. It was a surprise — no one ever thinks their baby will come that early. She had such fantastic neonatologists and staff to watch over her, and did marvelously well as the weeks progressed. To see the care and commitment given to her was amazing. They made our family what it is today.”

— Teresa and Carlos Escabor, mom and dad
Meet Lamees: Thank heaven for little girls

“That is where I was born and so I was excited to have my children here too. The nurses were amazing and I was so happy we chose St. Jude. It was a great experience.”
— Linda Otsuji, mom

Meet Ethan: Mischievous Sweetheart

“When my baby was born not well, he got the best care from great doctors and nurses. He was immediately diagnosed and treated. They made sure he came home.”
— Meredith Hughes, mom

Meet Vivian: Hide-n-peek

“This is where I was born and so I was excited to have my children here too. The nurses were amazing and I was so happy we chose St. Jude. It was a great experience.”
— Dahlia Muhaimin, mom

Mother Baby Prenatal Classes

A must for first-time parents, St. Jude Medical Center’s comprehensive prenatal classes are taught by certified and experienced instructors who will help you prepare and boost your confidence as you approach your big day. To register, or for more information on dates and prices, please visit stjudemedicalcenter.org/healthclasses. For questions, please call (714) 578-8774.

Breastfeeding Basics

All the information you need to get breastfeeding off to a great start. Learn latching and positioning techniques, how to establish or increase an abundant milk supply, signs of success, and how to avoid or treat common breastfeeding concerns.

Maternity Tours and Open House

Find out more about our innovative programs and services available to parents. A tour of the Labor and Delivery unit is included, and important details for your delivery day will be covered, including where to park and check in at the hospital. To ensure you are able to get the most out of your visit, this tour has been designed for adults only.

Grandparents In The Know

This class helps grandparents understand their new role and the latest parenting techniques. Playing with baby, infant communication and temperament, health and safety will also be discussed.

Newborn Baby Care

How will you adjust to life with a newborn? From the first hours after birth to the first weeks at home, this class offers information, tips and proven techniques to keep your baby safe, happy and healthy. Learn the basics of bathing, diapering, swaddling, calming a crying baby, and more.

Prepared Childbirth Class

This evidence-based class will cover the anatomy and physiology of pregnancy, the labor and birth process, pain management, and more. Participants will have the opportunity to learn and practice breathing, relaxation methods and positions that will be very important tools throughout labor.

Safety/CPR Classes

Our Heartsaver CPR class will prepare you to recognize life-threatening emergencies, provide CPR and relieve choking in a safe and effective manner for infants, children and adults. At the end of this class you will be eligible for a two-year Heartsaver/AED certification card through the American Heart Association.

Our Infant Safety/CPR class is highly recommended for expectant mothers, spouses/partners, grandparents and any child caregivers. This non-certification course will cover CPR and choking for infants as well as the important principles for childhood safety.

Sibling Class

This interactive class is specially designed for the big brother or sister-to-be who is between 3 to 8 years of age. Children will learn what to expect when the new baby arrives and have the chance to practice safe holding and helping to care for the new addition to the family.
Mindfulness Based Stress Reduction

- **Stress Reduction**
  - **Thursdays:** 6:15 – 8:30 p.m.
  - **February 18 – April 7
  - **Retreat Day:** Saturday, March 19
  - **9:30 a.m. – 3:30 p.m.

Stress saps our energy and undermines our health, and if we let it, it shortens our lives. It makes us more vulnerable to anxiety and depression, disconnection, and disease.

Based on the groundbreaking work of Jon Kabat-Zinn, Ph.D. at the University of Massachusetts Medical Center and supported by extensive, widely published research, this eight-week program will show you how to counteract stress as well as improve well-being and healing. Documented health benefits include improved immune function, reduced pain, lower blood pressure, less anxiety, and improved sleep and energy.

Come and experience Mindfulness Based Stress Reduction for yourself. This life-changing program is for the young and old, the well and ill, and anyone interested in taking an active role in their own vitality and health.

Presenter: Kimson Johnston, LMFT, MA
Fee: $350 includes CD and a Mindfulness Based Stress Reduction Workbook

Mindfulness Training/Coaching

Individual mindfulness training is also available. The sessions explore key practices and are adapted according to the needs of the individual. Through this personalized supportive process, clients will be able to work hand-in-hand with our trained mindfulness expert to optimally integrate this practice into their lives.

- **Time for Mindfulness** — 3 session package. This package is suitable for those new to mindfulness or those wanting to refresh their practice.
- **Extended Mindfulness Training** — 6 session package. This package is suitable for those who are interested in gaining or developing a deeper understanding of mindfulness as well as establishing the regular practice of meditation.

Presenter: Kimson Johnston, LMFT, MA
Fee: $300
6 session package: $450

Trader Joe’s Tours

- **February 3 and 17, 8 – 9 a.m.

February is National Heart Health Month! To celebrate, join us for a healthy grocery shopping tour to learn what foods to choose to keep your heart healthy.

This two-part tour is led by Synergy’s Wellness Coach, Susan Randolph, registered dietitian nutritionist. She will include useful nutritional information such as: What kinds of fats are ok? What to look for on a food label? How much salt should I eat? You’ll learn new ways to use familiar ingredients — and get to sample some tasty items. Part 1 includes: deli, produce, dairy, dry goods. Part 2 includes: frozen foods, bread, meat, snack foods, vitamins.

Presenter: Susan Randolph, RDN
Fee: $15 per person

Pilates Mat & Equipment Training

Pilates training is the most effective way to realize your fitness goals. At Synergy, our premier Pilates studio and experienced trainers offer clients personalized and varied sessions that create results: a toned body with increased strength, flexibility and range of motion.

Working against resistance is essential to the 500 classical Pilates exercises. Through the use of pulleys and springs, Pilates training with equipment offers a more challenging workout than mat classes and may produce visible results sooner — arm, leg and abdominal muscles can look more firm and defined within just a few sessions.

If you are new to Pilates, or a regular on the mat, Pilates training is the ultimate workout to begin, expand, or enhance your current Pilates practices and provides you with tremendous cross-training and injury prevention benefits.

Private sessions:
- (1) 50 minute session is $60
- (5) 50 minute sessions are $275
- (10) 50 minute sessions are $500

Duet sessions:
- (1) 50 minute session is $45/person
- (5) 50 minute sessions are $215/person
- (10) 50 minute sessions are $400/person

Group sessions: $25/person

Massage Therapy

Massage therapy is considered one of the oldest, most basic forms of healing arts, that strengthen the immune system and relieves the stress and tension of everyday living that can lead to disease and illness.

Our certified and licensed Professional Massage Therapists are experienced in using the ancient practice and tailoring each massage experience to meet the unique needs of the individual to help every client achieve a new state of well-being for both mind and body.

We offer a variety of styles and techniques customized to meet your needs including:
- Pressure Point Massage
- Deep Tissue/Sports Massage
- Swedish Massage
- Hot Stone Massage
- Specialty Massage
  - Therapeutic Touch — Oncology Massage
  - Prenatal Massage
  - Manual Lymph Drainage Massage

**MASSAGE OPTIONS:**

Please inquire about special package pricing:
- 20 minute session: $25
- 50 minute session: $50
- 80 minute session: $80

**SPECIALIZED MASSAGES:**

- Manual Lymph Drainage Massage
  - 50 minute massage: $35
  - 80 minute massage: $80
- Prenatal Massage
  - 50 minute massage: $65
  - 80 minute massage: $90
- Oncology Massage
  - 20 minute massage: $25
  - 50 minute massage: $55
  - 80 minute massage: $80

Personal Training

At Synergy, we take pride in our highly qualified team of personal trainers to meet you at your fitness level. Whether you are a weekend warrior, or someone who is just starting, or even getting back into exercise, we can help you achieve your health and fitness goals.

All of our qualified personal trainers possess a bachelor’s degree in exercise science and are equipped with the education, experience, and certifications to best serve you. If you have a pre-existing condition or are seeking a specialized trainer, you may want to work with our advanced prepared personal trainers who have a master’s degree in exercise science, with advanced certifications and training. Depending on your fitness needs and goals, we can help match you with the appropriately qualified expert.

Fee:
- Private: Level 1 $60, Level 2 $72
- Duet: Level 1 $45, Level 2 $54
- Trio: Level 1 $25, Level 2 $30

Please inquire about special package pricing.

Gift Certificates

Happy New Year! A gift of health and wellness is a gift that will keep giving. This new year, help a friend or a loved one commit to a new year of happiness and good health. Stop by Synergy to pick up gift certificates for any health and wellness services. Call us at (714) 578-8770.
LifeStyle Rx 365
Research continues to demonstrate the power of simple lifestyle changes in preventing almost every significant disease, from stroke and diabetes to heart disease and Alzheimer’s. We can help you make those changes. Our new eight-week Lifestyle Rx 365 program will motivate you to stay on track as you make healthy choices that improve your physical and mental well-being. Each of the practical, hands-on sessions are designed to help you reach your personal health goals. You will gain confidence as you learn to eat healthier, exercise more, build stress resilience and gain useful tools and techniques to keep you on track.

THE PROGRAM
Each week during this eight-week program you will participate in experiential learning sessions with our wellness experts listed below:

NUTRITION & MIND SKILLS 365
Nutrition: Nutrition and cooking education sessions with a Registered Dietitian Nutritionist focusing on a low-fat, plant-based eating style.
Mind Skills: Learn practical tools and techniques with a behavioral health specialist to change your thoughts on food and eating and overcome the emotional and mental hurdles to weight loss.

FITNESS 365
This exercise class is designed for anyone who wants to exercise — whether you are a beginner, an expert, or somewhere in between — our fitness experts will coach and support you in achieving and maintaining your fitness goals.

STAYING ON TRACK 365
Weekly educational/support group session led by a behavioral health specialist to reinforce positive behavior change, develop strategies for setback recovery and address issues and barriers to staying on track.

STRESS RESILIENCE 365
Build stress resilience with practices that nurture mind-body health and vitality. Learn to manage stress more effectively, enhance concentration, productivity, creativity and self-care.

FREE MEDICARE SEMINARS

Understanding Medicare
Turning 65? Help eliminate the confusion and guesswork around Medicare by attending one of our no-cost education meetings. You’ll learn about the different parts of Medicare, enrollment windows and timing. Make your reservation online at stjhs.org/medicare or call (877) 459-3627.
Hearing impairment, call: TTY (949) 381-4947.

St. Jude Heritage Medical Group
4300 Rose Drive, Yorba Linda, CA 92886
6 p.m. Thursday January 7 6 p.m. Thursday March 10
6 p.m. Wednesday January 13 6 p.m. Tuesday March 15
6 p.m. Wednesday February 3 6 p.m. Tuesday April 5
6 p.m. Thursday February 11 6 p.m. Thursday April 14

Medicare Benefits
Covered by Medicare? Join our informative, no pressure meeting where representatives from our partner health plans will discuss their benefits so you can determine the best plan for you. Make a reservation online at stjhs.org/medicare or call (877) 459-3627.
Hearing impairment, call: TTY (949) 381-4947.

St. Jude Heritage Medical Group
4300 Rose Drive, Yorba Linda, CA 92886
6 p.m. Tuesday January 26
6 p.m. Tuesday February 23
6 p.m. Tuesday March 29
6 p.m. Tuesday April 26

Medicare has neither reviewed nor endorsed this information. Sales persons will be present with information and applications at the Medicare Benefits meetings. For accommodation of persons with special needs at benefit sales meetings, please call (877) 459-3627.
“The thought of another surgery so soon was terrifying,” said Mary Hartigan, “but it had to be done.”

Still recovering from a hysterectomy surgery the prior week, the retired library media specialist listened as her physician, Dr. Donald Henderson, explained the reason for the second surgery. The pathology report revealed Mary had cancer and it was spreading.

“I was really worried,” she said. “How was I going to get through another abdominal surgery?”

Fortunately for Mary, St. Jude Medical Center could offer an innovative and much less invasive option to the large-incision abdominal surgery. For the past five years, skilled surgeons have been performing robotic-assisted, minimally invasive surgery here with the da Vinci surgical system. The types of surgical procedures that can be performed with the da Vinci are increasing as is the demand for its use. That is why St. Jude Memorial Foundation is again seeking support from our generous community to purchase the latest $2.2 million da Vinci Xi system. It has broader capabilities than prior generations of the system.

“The thought of another surgery so soon was terrifying,” said Mary Hartigan, “but it had to be done.”

“Robotic surgery allows a precision that isn’t possible through other techniques — which means better outcomes, fewer complications and higher quality of life for patients,” said Dr. Krishnansu Tewari, who was able to remove Mary’s cancer, guided by CT and PET scans that had identified the exact location.

Mary left the hospital elated the day after her operation. As a result of the state-of-the-art surgery, her recovery period was much shorter, giving her more strength to cope with the difficult chemotherapy and radiation treatments that followed.

Mary is just one of the many patients who have benefited from the da Vinci. The types of surgical procedures that can be performed with the da Vinci are increasing as is the demand for its use. That is why St. Jude Memorial Foundation is again seeking support from our generous community to purchase the latest $2.2 million da Vinci Xi system. It has broader capabilities than prior generations of the system.

The da Vinci Xi system is designed for more complex procedures using thinner robotic tools, visual enhancements and wider range of motion that allows for greater freedom for the surgeon. It will expand St. Jude’s capabilities in surgeries for complicated diseases and conditions in the colon, liver, gall bladder, prostate, esophagus and lungs.

As a technological leap forward, this system will attract distinguished surgeons to St. Jude, bringing the latest advances and world-class techniques to our community.

Today, Mary is cancer-free and grateful for the care she received. “After seeing first-hand how philanthropy can change a patient’s life — how it changed my life, I wanted to make my own gift in support of St. Jude Crosson Cancer Institute,” exclaimed Mary.

“I’m very thankful that robotic surgery was there for me when I needed it. I know my gift will help others like me at a frightening time in their life.”

Changing Lives with the da Vinci Xi Robotic Surgical System

If you would like to learn more about how you can support this innovation, please contact St. Jude Memorial Foundation at (714) 992-3033.
Charitable Giving ... From the Very Beginning

We are fortunate to have many supporters with a long relationship with St. Jude Medical Center, but few can claim a history dating back as far as Mr. Christian Gerola. He has the distinction of having stood with the Sisters of St. Joseph of Orange on the very day Cardinal McIntyre came to dedicate and bless the hospital. When it came time to consider his legacy, Mr. Gerola said he was committed to supporting the hospital he and his family have known and admired for nearly 60 years.

“I do not have children of my own, so I wanted to designate several local charities as the beneficiaries of my IRA. I found that making a bequest to St. Jude as a beneficiary of a portion of my IRA assets afforded me the opportunity to give a greater gift because it will result in a tax-free gift.”

CHARITABLE GIFTS THROUGH BENEFICIARY DESIGNATION

You can make a bequest of your Individual Retirement Assets (IRA) by selecting St. Jude Medical Center as your beneficiary. This can be done at any age. No cost is involved, and you don’t need to change your will or trust as these assets are passed entirely by beneficiary designation.

Why assign a charity as a beneficiary of your IRA assets?

These non-probate assets are excellent choices for charitable giving because they may save your heirs income taxes and/or estate taxes.

- IRAs and other retirement plans are the most expensive assets for family members to inherit due to heavy taxation.

- Charities are exempt from taxes.

- After assigning a charitable beneficiary, you can still leave a portion of the assets to a spouse and/or other family members.

It’s simple! Just complete a change of beneficiary form with the custodian of your assets designating a percentage to St. Jude Medical Center. Then, please be sure to let us know your plans so we can thank you.

You can change your beneficiary designation any time by completing a new form and returning it to the administrator of your plan.

For more information on how you can include St. Jude Medical Center in your estate plans, contact Carolyn Swanson at (714) 992-3033 or Carolyn.Swanson@stjoe.org.
Expanded Urgent Care Center coming soon.

We're pleased to announce the opening of our new Urgent Care Center on the corner of Bastanchury Rd. and Harbor Blvd. in Fullerton, across the street from St. Jude Medical Center.

Opening early 2016, our new Urgent Care Center will do more than simply replace the St. Jude Heritage Medicenter and Occupational Health Medical Office, located at 2720 N. Harbor Blvd. This new, larger center will also offer greater convenience, including significantly expanded hours to better serve you and your family.

It will also offer on-site laboratory and X-ray services.

While the address and hours will be new, one thing will remain the same: for situations that require immediate medical attention, but are not life-threatening, visiting our Urgent Care Center offers a more convenient and less-expensive option than heading for an Emergency Room.

We look forward to serving you and your family in our new location.