Sharp Grossmont Hospital sees nearly 800 stroke patients each year, with a 24/7 multidisciplinary stroke unit of dedicated neurologists and specialized clinical staff. Sharp Grossmont is committed to being the best place for stroke patients to receive treatment.

Since 2006, Sharp Grossmont has been certified by The Joint Commission as a Primary Stroke Center. Our goal is to become a Comprehensive Stroke Center in 2020 and with the $4 million grant from Grossmont Healthcare District, we are well on our way.

Achieving Comprehensive Stroke Center designation will demonstrate the greatest level of commitment to our East County community by providing high quality, early intervention for our patients. In addition, since we see the highest stroke volume in the county, it is important that we provide the most advanced level of stroke care needed for our patients to get back to the highest quality of independence and productivity.

For more information, or if you would like to support the Comprehensive Stroke Center, please contact Josh Rendon at (619) 740-4369 or josh.rendon@sharp.com.
Grossmont Hospital Foundation Welcomes New Board Members Fabienne Hanks, Corinne Marteeny, Rocky Qualin

Fabienne Hanks was born in Cape Girardeau, Missouri. She is the owner of Hanks and Associates and is now retired after a 40-year career in corporate special events. Awards and recognitions include the YMCA-Gold Triangle, Red Triangle Family Business Award and the ADME Lifetime Achievement.

Mrs. Hanks served as a Candy Stripper in the mid-60’s. She became involved as the chair of the Laurel Amstower Cancer Center campaign after having been diagnosed with a brain tumor. Her tumor was successfully removed and she was inspired to give back and has shared her story at multiple events.

She and her husband, Terry, live in La Mesa and have two children.

Corinne Marteeny graduated from University of San Diego, she resides in El Cajon and is the Owner/Managing Member of Marteeny Management Co, LLC.

Corinne’s mother, Elaine Marteeny served on the Foundation Board of Governors for ten years.

Corinne has been involved with the Singing Hills Little League and Mission Valley Planning Committee and is active in her church. She has two children, Cameron and Carson Odabashian.

Rocky Qualin attended San Diego State University and graduated in 1997 with a B.S. in Finance. He has been the Senior Vice President of McGriff Insurance Services in San Diego for seven years. His company has been a Sponsor of the Sharp HospiceCare Benefit Regatta for the past four years.

Rocky is a member of the Lions Club Downtown, MCAC and is on the board of the AGC Foundation: Lions Camp Jack. He is also active with local campaigns, ran for the Santee City Council in 2010 and was awarded the AGC Affiliate of the Year in 2012.

Rocky lives in Santee with his wife, Jennifer, and his two children, Allie and Noah.

The David and Donna Long Center for Cancer Treatment at Sharp Grossmont Hospital has been taking care of East County residents for nearly three decades, touching the lives of countless patients and family members. The design of the cancer center was innovative in 1991. However, a lot has changed since then. The Cancer Center is undergoing a much-needed renovation to improve the healing environment and provide more privacy for our patients. The redesigned space will emphasize privacy, comfort and stress reduction for our patients – designed to support patients’ emotional, physical and spiritual well-being with a more “spa-like” atmosphere.

As we look forward to the enhanced environment, Sharp is also planning for the most aggressive cancer-fighting technology for our radiation patients. It is time to upgrade and replace the original TomoTherapy system purchased by Grossmont Hospital Foundation in 2004. The Radixact TomoTherapy treatment system is the next generation of TomoTherapy, Radixact TomoTherapy is one of the most advanced therapies involving a combination of image guidance (IG) intensity-modulated radiation therapy and CT scanning. This system provides real time images to customize the radiation to the exact patient’s tumor, sparing healthy tissue. It is effective in treating all types of cancer and has the ability to treat multiple sites at once.

Sharp Grossmont will be the only medical facility in San Diego County to offer this technology to cancer patients.

Funding for these two initiatives will come from a combination of revenue from Sharp Grossmont Hospital’s operations, capital funding from Sharp HealthCare and charitable donations from the community. The total budget for this project is $7 million; our goal is to raise $2 million in donations from grateful patients, their families and friends.

For more information, or to schedule a tour of the Cancer Center, please contact Josh Rendon, Development Officer at (619) 740-4369 or josh.rendon@sharp.com.
Hats Off to Raising $410,000!

Grossmont Hospital Foundation’s “Hats Off to our Crusade against Cancer” 34th Annual Gala was held on October 19, 2019 at the Sheraton San Diego Hotel and Marina. Thanks to our sponsors, guests and community members, the event netted over $410,000 benefitting David and Donna Long Center for Cancer Treatment at Sharp Grossmont Hospital.

More than 430 guests dressed in their best hats, enjoyed a cocktail reception, live & silent auction, a full-course dinner and dancing to the live entertainment of the amazing NRG.

Special thanks to Connie Conard, 2019 Event Chair.

Presenting Sponsors
Grossmont Healthcare District
Sharp Grossmont Hospital Medical Staff
Scott and Sue Wing

Superstar Sponsor
EDCO Disposal Corporation

Visionary Sponsor
Napierskie/Landis/Conard Families

SAVE THE DATE
Grossmont Hospital Foundation’s 35th Annual Gala Saturday, November 21, 2020 Sheraton San Diego Hotel and Marina.
For more information, please contact Bill Navrides at (619) 740-4316 or bill.navrides@sharp.com

Rolling with the Punches

In April 2019, Patricia and Dennis Punches set off from Tucson, Arizona to Cabo San Lucas, Mexico to celebrate nearly 50 years of marriage. Their plan was to spend three weeks relaxing and enjoying the resort amenities. However, one week into their trip, a blood vessel in Patricia’s brain required an immediate change of plans.

Patricia and Dennis were working out at the resort’s gym when Patricia recalls felling a bit off. She began to experience an excruciating headache behind her eye, unlike anything she had ever felt before. The last thing she remembers is her husband, Dennis, urgently seeking medical help.

After losing consciousness, Patricia was rushed to the closest hospital in Cabo. The doctors were able to identify that she had a brain aneurysm, but they were not equipped to treat her beyond keeping her stable. Thanks to the quick work of the medical team and Sharp HealthCare’s Global Patient Services (GPS), Patricia was booked on an emergency flight to the nearest hospital in the GPS network: Sharp Memorial Hospital.

After three long hours the Punches arrived at Sharp Memorial Hospital. Due to the complexity of Patricia’s case, the team referred her to the specialized neurovascular care available at Sharp Grossmont Hospital’s Burr Heart & Vascular Center. Dr. Ryan Viets, an interventional neuroradiologist affiliated with Sharp Grossmont, deftly performed an innovative endovascular coiling procedure to stop the blood flow to Patricia’s aneurysm. “This minimally invasive procedure could be performed because of the specialized state-of-the-art X-ray equipment available at the Burr Heart & Vascular Center,” says Dr. Viets.

This less invasive endovascular procedure was performed two more times following the initial coiling procedure in order to inject anti-spasm medication directly to the brain before Patricia was in the clear. Dennis recalls the moment when Dr. Viets finally gave him the news that he could expect Patricia to make a full recovery. “I felt such an enormous sense of relief and gratitude,” he says.

Patricia and Dennis will never forget the care and compassion they received during their month stay at Sharp Grossmont Hospital.
In the Spotlight

Thank You
We Built a Better Hospital Because of You

Over a decade ago, residents of San Diego’s East County overwhelmingly passed a landmark bond measure that provided critically needed funding to expand and modernize Sharp Grossmont Hospital. With our community’s support—and in partnership with the Grossmont Healthcare District leadership—we’ve been able to:

- Expand the Emergency and Critical Care Center, improving treatment for seriously ill patients
- Deliver state-of-the-art heart and stroke care at the new Burr Heart & Vascular Center
- Implement earthquake safety upgrades to help ensure continuity of care during a disaster
- Improve energy efficiency with a new central plant that generates nearly 100% of our electricity on site

Our vision doesn’t end here. We continue to look ahead to meet the needs of East County families for generations to come.

A Special Gift for Your Loved-One this Holiday Season

This holiday season remember your loved one through a gift to Sharp HospiceCare. The Brigantine Family of Restaurants and Grossmont Hospital Foundation invite you to honor a loved one with a personalized tree ornament that will be proudly displayed throughout the 2019 holiday season. Your ornament will be hung on the holiday tree at your preferred Brigantine restaurant for you to view. To learn more, go to https://give.sharp.com/ornament or contact Grossmont Hospital Foundation at (619) 740-4200.

Pet Therapy Dogs Celebrate Halloween

Pet therapy, provided by Volunteer Services at Sharp Grossmont Hospital, involves animals as a form of healing, happiness, and unconditional love. Our furry friends offer an alternative form of healing for our patients and their families. On October 23rd, the pet therapy dogs dressed up in their Halloween costumes and paraded through the Cancer Center and Main Lobby at Sharp Grossmont bringing smiles to everyone!

Thomas Kent Buxton Memorial Golf Tournament

The Thomas Kent Buxton (TKB) Memorial Golf Tournament fundraiser was started in 2015 after Mr. Buxton passed away from brain cancer. His family began this tournament as a way to raise money for the Cancer Center at Sharp Grossmont Hospital in his honor. To date, the tournament has raised $62,500. Thank you for your thoughtfulness!

Sharp HospiceCare’s Regatta – Success Once Again

The 17th Annual Sharp HospiceCare Benefit Dinner and Regatta’s two-day event was held on August 23 & 24, 2019 and netted over $408,000! All proceeds will benefit Sharp HospiceCare’s Homes for Hospice Program—an initiative to build and maintain residential hospice homes in San Diego County.

The Regatta and Sharp HospiceCare experienced an inspiring display of support—550 dinner guests enjoyed a program featuring live and silent auctions as well as a full-course dinner and live entertainment at the Hotel del Coronado. The following day, a sell-out crowd of 675 guests boarded 39 Spectator Yachts to view the magnificent regatta race on San Diego Bay.

Special thanks to the 2019 Regatta Co-Chairs, Kathy Bongiovanni and Sherri Summers.

Honorary Admiral Sponsors:
In Memory of Virginia Napierskie
Horizon Oxygen and Medical Equipment, Inc.

Honorary Rear Admiral Sponsor:
Progressive Management Systems

SAVE THE DATE

Sharp HospiceCare’s 18th Annual Benefit Dinner and Regatta
Friday, August 28 and Saturday, August 29, 2020.

For more information, please contact Bill Navrides at (619) 740-4316 or bill.navrides@sharp.com
In 2019, Grossmont Hospital Foundation provided over $4.5 million in funding to Sharp Grossmont Hospital and Sharp HospiceCare. Thank you for making a difference for our community. If you have any questions, please contact Kate Wayne at 619-740-4627 or kate.wayne@sharp.com.

**2019 Year-End Tax Planning Guide**

By Norman W. Timmins, JD

**NOW THAT WE ARE IN THE SECOND YEAR of the Tax Cuts and Jobs Act, the sweeping tax legislation that passed at the end of 2017, its provisions are generally better understood by both taxpayers and tax professionals.** The rule changes regarding certain deductions may have provided extra incentive for you to look for new ways to minimize tax liability. At the same time, you should be aware that further changes may come from a tax package that some in Congress are hoping to pass by the end of this year.

1. **Decide whether itemizing is still for you:**

   The new law greatly increases the standard deduction to $24,400 for married couples filing jointly, $12,200 for single filers in 2019. It also places new limits on itemized deductions, including a $10,000 cap on property and state and local income tax deductions. Taking the standard deduction instead of itemizing may make tax preparation simpler.

2. **Look for tax-aware investing strategies:**

   If your income is at least $200,000 [$250,000 for married couples filing jointly or qualifying widow or widower, $125,000 for married filing separately], you’re subject to a 3.8% Net Investment Income Tax [NIIT] on either your net investment income or your modified adjusted gross income over the threshold amount, whichever is less. Putting a portion of your income into investments not generally subject to federal income taxes, probably won’t affect your tax picture this year, but could potentially ease your tax burden down the road when they start generating income.

3. **Cover health care costs efficiently:**

   Both health savings accounts [HSAs] and flexible spending accounts [FSAs] could allow you to sock away pretax contributions for qualified medical expenses that your insurance doesn’t cover. But there are key differences to these accounts. Most notably, you must purchase a high-deductible health insurance plan and you cannot have disqualifying additional medical coverage, such as a general purpose FSA, in order to take advantage of an HSA. One important benefit of HSAs is that you don’t have to spend all of the money in your account each year.

4. **Give to your favorite charity—or your family:**

   Charitable gifts such as cash or appreciated stock are still tax-deductible if you itemize, but not if you take the standard deduction. If you give regularly to charities, consider putting several years’ worth of gifts into a donor-advised fund (DAF) for a single year—that step may make it worth your while to itemize, and then, you can spread out the giving from the DAF over the next several years, based on your charitable intent.

5. **Charitable Gift Annuity Rates:**

   We wanted to be among the first to let you know that the American Council on Gift Annuities released its new suggested maximum charitable gift annuity rates for gifts established on or after Jan. 1, 2020. On average, rates will decrease by an estimated 0.3 to 0.5 percent. The top rate will now be 9.0 percent for donors who are 90 and older. Now is a wonderful time to lock-in your higher rate and start enjoying additional income.

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**How your donations** **Save Lives**

**2019 FUNDED PROGRAMS**

<table>
<thead>
<tr>
<th>Program</th>
<th>Amount</th>
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</thead>
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<tr>
<td>Heart &amp; Vascular Center</td>
<td>$946,961</td>
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<tr>
<td>Events</td>
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<tr>
<td>Sharp HospiceCare</td>
<td>$805,502</td>
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<tr>
<td>Behavioral Health/G-Path Funding</td>
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<tr>
<td>Stroke Program</td>
<td>$569,304</td>
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<tr>
<td>Continuing medical education for physicians and nurses</td>
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<td>Transitional Care Unit (TCU)</td>
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<tr>
<td>Senior/Mall Walker Program</td>
<td>$151,612</td>
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<tr>
<td>Cancer Center Programs &amp; Equipment</td>
<td>$138,938</td>
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<tr>
<td>Hospital Related Programs &amp; Equipment</td>
<td>$61,528</td>
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<tr>
<td>Disaster Preparedness</td>
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<tr>
<td>Care Transitions Program</td>
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<tr>
<td>Neonatal Research &amp; Family Support</td>
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<td>Care Clinic</td>
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<tr>
<td>East County Concussion Clinic</td>
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<tr>
<td><strong>TOTALS</strong></td>
<td><strong>$4,522,506</strong></td>
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**2019 PERFORMANCE**

<table>
<thead>
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<th>Category</th>
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<tr>
<td>Cash &amp; Pledge Donations</td>
<td>$9,477,951</td>
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<tr>
<td>Operating Expenses</td>
<td>$1,193,042</td>
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<tr>
<td>Contribution from Foundation to Grossmont Hospital and Sharp HospiceCare</td>
<td>$4,522,506</td>
</tr>
</tbody>
</table>
Generations of donors have helped to ensure the highest quality of care at Sharp Grossmont Hospital and supporters like you, allow us to continue to be a recognized leader in health care throughout the East County community. Our Partners donate $1,000 or more annually, helping Sharp Grossmont Hospital and Sharp HospiceCare to make a difference in the lives of those entrusted to our care with the most advanced technology, programs and services. Partners receive special communications, invitations to events, donor wall recognition, and are part of the Friends of the Foundation program, receiving concierge benefits while at any Sharp Hospital.

Please join us in thanking our many Partners in Health members. To learn more, please contact Josh Rendron at (619) 740-4309 or josh.rendron@sharp.com.
Foundation Board of Governors express their sincere appreciation to the following individuals, organizations, and businesses.

**Our Distinguished Friends** are donors who give substantial financial support.

- AstraZeneca Pharmaceuticals LP
- American Scissor Lift, Inc.
- Alpha Mechanical Services & Engineering
- Dr. Raed Al-Naser and Dr. Leila Bolandgray
- Linda L. Alexander
- Airgas USA, LLC
- Rina Adams
- aark engineering inc.
- Scott and Susan Wing
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- Tanya Carley and Scott Burgess
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- City National Bank
- City of San Diego – Department of Administration
- Reinvestment Program
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- St. Jude Medical
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- Stuart Mithcen
- RADY MD, M.D., San Diego, (UCSD)
- Dr. and Mrs. Perry T. Mansfield
- Diana Monto
- Shikhar P. South
- Lisa M. Sullivan
- Gary F. Hurst
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- Angela Andrade
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- Delores Horn
- Dr. and Mrs. Kenneth B. Johnson
- Teresa Johnson
- William and Alchera Ayyad
- Dr. and Mrs. Kenneth B. Johnson
- Linda M. Todd
- Dr. and Mrs. Kenneth B. Johnson
- Ron and Lisa Oberndorfer
- Memorial Fund
- Tom Monroe
- Roseann Giordano and Kenneth Engelbrecht
- Dr. and Mrs. Kenneth B. Johnson
- Linda M. Todd
- Dr. and Mrs. Kenneth B. Johnson
- Ron and Lisa Oberndorfer
- Memorial Fund
- Tom Monroe
Legacy society

The Legacy Society honors a distinguished group of patients, families and community members who stand apart through their example of caring and thoughtful planning. Legacy Society donors use estate planning as a pathway to becoming significant philanthropists today with gifts that will provide for the future. Our Legacy Society recognizes those who, through their example of caring and thoughtful planning. Legacy Society donors use estate planning as a pathway to becoming significant philanthropists today with gifts that will provide for the future.

Volunteer committees

Volunteers play a crucial role in enhancing the quality of health care in our community through philanthropy. Volunteers lend their expertise in fundraising activities, special event management and numerous other activities. We are grateful for the tremendous support of these fiscal year 2019 committee members.

Golf Tournament

Regatta

Gala
Connie Conard, Chair Sherry Akers Dee Ammon Renae Arabo Mary Alice Brady Vickie Cady Li de Beaumont Leticia Derr Jemer DeVries Jenny Ella Terri Gentry Ann Goldberg Sunny Golden

2019 Gala Planning Committee

Julie Allen*
Anonymous*
Frank M. and Edna D. Arbuckle*
Claire and Carlos Arias Family Trust*
Dixon J. and Hazel R. Arnold*
Dorothy A. Ashpole*
Alice J. Bates*
Manin J. Belluso – In memory of Wanda June Belluso*
Robert C. Bergman and Colleen A. Conaway*
Stanley F. Bernstein*
Mary Ellen Burns*
Gladys Brooks*
Barbara Brockhouse*
Gladys Brooks*
Debbie Burnett
Mary Ellen Burns*
Anita A. Butner*
John W. Cave and Betty G. Cave Trust*
Helen J. Clark
Gary and Denise Czies
C. Dan and Claudia Conaway*
Virginia A. and Virginia Cowen*
Christine and Michael Crawford
Anita Crisp*
Donald Davidson, In loving memory of Lucy Davidson
Norma dePauva
Josephine DePue*
Robert W. and Barbara Mercer Derrutz*
John Dickinson
Claude Dooley*
Toshi Jackie Dunning*
William E. Edel*
Fred and Terry Edwards – In Memory of Mary Hightower
Dr. Glennen V. and Mrs. Peggy Elliott*
William T. and Betty J. Elliott*
Dorothy J. Efrin*
Lawrence Evans*
Agnes J. Farber*
Jane Fellerman*
Wendy Frantin
Elyse D. Frueh
Kate Garcia
Harvey Gillespie*
David R. Greenberg Family Foundation
Douglas B. Grodley
Dorothy A. Hall*
Hazel L. Hall*
Marilyn B. Hall*
Laura E. Harrington*
Leona Hartman*
Jenisa Hegstrom
Teresa G. Henkel
Mary J. Herbst*
Linda L. Hester*
Allen K. Hitch
Margaret W. Hilburn*
Newton Homer*
George and Beverly Hust
Dean Imman
John J. and Angelika Isaacson*
Erik Jacobson*
Helen Joyce Johnson
Al and Carol Kaditow
Warren E. Kemn
Morris and Edith Knutson*
Jo Ann and Lee* Knutson
Grace M. Keog*
Ted and Catherine Komersweis
Connie Krik
George and Ruth Kuba*
Alan Laslo* and Constance Vickers
Carol Leibeck*
Shirley Lenox, in memory of my son
Michael Lichtenberg
Ted Litichfield
George R. and Elizabeth R. Logan*
Dr. David* and Donna Long
Alfred Newton* and Esther Drew
Long in memory of Elmer Joseph and Violet Coleman Drew
Marie Laugh* in memory of Ivan Joseph
Kathleen Jane Mac Donald*
Dr. and Mrs. Robert M. Malkus
Elizabeth Mauseth*
Barney* and Terry McCool
Edwin and Phyllis McM unst*
Sally E. McGuff* in memory of Ivan Joseph
John H. Mehnert, M.D.*
Patricia Miller
Marjorie Miller*
Susanne Iris Miller in memory of
Iva J. and Edna E. Miller
Anthony T. Mirabiles*
Stuart Mitchellson
Isabel M. Monahan*
Beth and Tony Morgan
Walter K. Mueller*
Edward (Buzz) Murphy*
Mr. and Mrs. Fares Nasri
Mr. and Mrs. Vern Poehls
Mr. and Mrs. Daniel* and Margaret Somes
Carol and Frederick* Sommer
Margaret Sterling*
David W. and Bonnie J. Stoter
Catherine Sullivan*
Omar M. Swergin*
Floyd R. Swingel
Dr. Philip* and Cindy Sould
Don* and Lois Thiel
Charlotte Toerner*
Dr. Jack* and Loreen Tracy
John and Adeline Valenzuela*
William T. and Norma M. Verbeck
Helen Vilain*
Lee* and Julie Ann Wagner
Edward B. and Grace P. Warren*
James and Jean Walters
Fred and Wilma Watson
Diana D. Wells
Bryan G. Wheelie*
Janet Widmer Burton
Shirley M. Wold
John and Margaret Wood
Dale A. and Betty J. Wynn*
William G. and Audrey L. Young*
*Deceased

2019 Gala Planning Committee


2019 Gala Planning Committee
Grossmont Hospital Foundation
36th Annual Invitational Golf Tournament

SAVE THE DATE
4.16.20

For more information please contact
Bill Navrides
(619) 740-4316
bill.navrides@sharp.com