Good News
A Magazine for Patients, Friends and Donors
Summer 2019

Dr. Richard Onofrio
His gift to Radiation Oncology
“...helping make people better for generations to come”
Good Samaritan Hospital is a progressive, tertiary, not-for-profit hospital. Our mission is to provide accessible, quality, cost-effective and compassionate health care services that meet the needs of our patients and their families, the community and our physicians. Good Samaritan Hospital’s centers of excellence focus on advancing the science of medicine and providing outstanding health care. We will manage our resources responsibly, maintaining the financial viability necessary for success.

Cover
Dr. Richard Onofrio

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Mission Statement

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A Message from

Charles T. Munger
Chairman of the Board of Trustees

Andrew B. Leeka
President and Chief Executive Officer

Dear friends of Good Samaritan Hospital,

What inspires you?

For Kelly Leno Wilson, it’s a desire to live free from diabetes.
For Monique, it’s getting back to exercise after a stroke.
For Dr. Myra Chai, it’s a working environment that allows her autonomy.
For Dr. Richard Onofrio, it’s supporting the place where his family received care.

Dr. Onofrio, a renowned urologist, had a colorful Hollywood childhood that led to a love of people and medicine. Generations of his family were cared for at Good Sam, and when the time came, he gave back. His generous gift will support the hospital’s Radiation Oncology Services.

Monique and Kelly both came to Good Samaritan Hospital with medical emergencies and are now thriving. Their stories offer valuable health education about the signs and symptoms of stroke and diabetes, and how Good Sam doctors and clinicians helped save their lives.

Dr. Chai chose to practice here because it’s one of the few hospitals that allows doctors to treat their patients for both outpatient and inpatient care.

These are just some of the stories that inspire us to give of our time, our talents, and our resources. We thank our donors, friends, supporters, physicians, and staff for making our mission possible.

Very truly yours,

Charles T. Munger
Chairman of the Board of Trustees

Andrew B. Leeka
President and Chief Executive Officer
Dr. Richard Onofrio — a self-proclaimed local boy who became a well-respected urologist — has generously given back to the hospital that has cared for him and generations of his family members.

Dr. Onofrio was born in 1925 in Los Angeles at Hollywood Presbyterian Hospital. His grandparents had immigrated from Italy and settled near the Plaza in downtown Los Angeles.

A relative of his mother’s was the first of his family to leave the area and move to Hollywood. The rest of the family followed, and that was where Dr. Onofrio grew up. He was an only child with lots of cousins.

Reflecting back on his long career, Dr. Onofrio was committed to making his patients feel better.

“I enjoyed my patients and being their doctor.”
His father had been a sought-after jewelry engraver, but then the Great Depression hit and demand for that type of luxury dried up. So he and a friend opened a bar on Hollywood and Western. That line of work led to another less legitimate one—a bookmaker (bookie).

Young Onofrio would sometimes help out by listening to a wire service that reported the horse race results from around the country and calling them out so his father could write them down.

His Hollywood childhood even included stints in the movies. “One of my mother’s cousins was a child star, and after that everyone got registered with Central Casting.” He didn’t like the limelight though because it took him away from a place he liked—school.

He attended Grant Elementary, Le Conte Junior High, and Hollywood High, eventually heading to UCLA for his undergraduate studies. He received good grades and enjoyed science and biology. In 1947 he earned his medical degree from the University of California San Francisco, and his medical training continued with a residency program at the University of Southern California. Once there a urology professor impressed him, influencing his choice of field.

“After a stint as a flight surgeon in the U.S. Air Force where he was stationed in Savannah, Georgia, he moved back to Los Angeles. He practiced urology for nearly 40 years, primarily at Hollywood Presbyterian Hospital. He built a strong reputation along the way, serving as president of the Los Angeles Urological Society, California Urological Society, and American Urological Society.

Reflecting back on his long career, Dr. Onofrio was committed to making his patients feel better. “I enjoyed my patients and being their doctor.”

His personal connection to Good Sam goes back generations. He is extremely grateful to the doctors at Good Sam who provide compassionate and exceptional care to him, and to his family members throughout the years.

“My father, my mother, my grandmother all received wonderful care at Good Sam. My doctors are at Good Samaritan Hospital — Dr. Cindy Huang and Dr. David Cannom.”

His gift to Radiation Oncology will be directed to the new linear accelerator and treatment bay used to treat cancer. “My father, my mother, my grandmother all received wonderful care at Good Sam. My doctors are at Good Samaritan Hospital—Dr. Cindy Huang and Dr. David Cannom.” It was fitting for Dr. Onofrio to support the Radiation Oncology Services at Good Samaritan Hospital with a meaningful gift.

“I did very well practicing medicine,” said Dr. Onofrio. “I had good financial advice. I made appropriate investments. I have no heirs, so why not put it to good use?”

His gift to Radiation Oncology will be directed to the new linear accelerator and treatment bay used to treat cancer. His gift will indeed be put to good use, greatly contributing to that which he loved most about his work—helping make people better—for generations to come.

“I want to help Good Sam continue to be at the forefront of patient care.”
Thirty minutes into her kickboxing routine, Monique heard a pop as she delivered a punch into the air. She didn’t think much of it and went on to hit the treadmill. After a short time, she felt numbness in her legs.

“It was very abnormal,” said the mother of two, who regularly runs about 4 miles. She also felt dizzy. Thinking maybe she was dehydrated, she stopped exercising and drank water. She felt a little better and went on with her day.

The next morning she woke up with neck and arm pain, but went to work as usual. It was a typical day with her fifth-grade special education class. She was about to prepare her students for dismissal when suddenly things went very wrong. She felt dizzy again. Her vision started to blur, and she thought she might faint.

Her colleagues called the paramedics. By the time they arrived a few minutes later, Monique couldn’t speak. “I was very well aware what they were asking me, but I couldn’t open my mouth,” she said.

Monique was showing the signs of stroke.

The paramedics rushed her to Good Sam. She was conscious, but unable to move the left side of her body. Scans revealed she had an injury to the basilar artery—one of the large veins in the neck that carries blood to the brain. A clot had likely formed and was blocking the flow of blood. This type of blockage almost always leads to death or severe disability.

The team immediately went into action. They gave her a clot-busting medicine, tissue plasminogen activator, then rushed her to surgery. Neurosurgeon Dr. Brian Walcott performed a mechanical thrombectomy—a procedure that uses a device to grab clots and remove them.

The surgery was successful, and an MRI showed no permanent injury to the brain. Monique was able to go home in two days.

In an unusual twist, Monique was back two days later with numbness in her left arm. An MRI showed she had tiny embolic strokes to the right side of her brain. Embolic stroke is when clots or debris form away from the brain, typically in the heart, and get swept through the bloodstream through narrower veins.
The MRI also showed a tiny hole in between the chambers of Monique’s heart. Many people have this small hole and have no symptoms, but it can make it more likely for clots to form and go up into the brain and cause a stroke. Interventional cardiologist Dr. Steven Burstein performed a procedure to close the hole.

Monique had suffered two strokes in a week from two different sources. But due to the quick and effective care she got from her Good Sam teams, Monique is fully recovered with no speech or movement problems.

Dr. Walcott recalled, “Monique had a great recovery. We were able to get the blood vessel back open and get blood flowing back to her brain before there was any permanent damage. Monique had an MRI scan after the procedure and there was no evidence of brain damage whatsoever on the MRI; so we were real happy about that and she was able to go home the next day.”

“They are the A-team,” said Monique of her doctors and nurses. “They saved my life. I was absolutely 100% satisfied with the care and treatment I received.”

Good Samaritan Hospital (GSH) is a certified Comprehensive Stroke Center with one of the highest levels of competence for the treatment of a serious stroke event. A Team Approach to State-of-the-Art Stroke Care, GSH is affiliated with neurointerventionalists from the Keck School of Medicine of USC to diagnose, treat, and coordinate rehabilitative care for stroke patients.

For more information about the Comprehensive Stroke Center at GSH, please call (213) 977-2150.

DID YOU KNOW...

According to the Centers for Disease Control and Prevention

- Stroke kills about 140,000 Americans each year — that’s 1 out of every 20 deaths.
- Someone in the United States has a stroke every 40 seconds. Every 4 minutes, someone dies of stroke.

Risk Factors for Stroke

- **Age** — Risk doubles for each decade after 55.
- **Gender** — Women are more likely to stroke younger and over the age of 85. Men have a higher rate of stroke between the ages of 50-75.
- **Race** — Blacks and Hispanics have a higher rate of stroke.
- **Family history** — Increases the risk by 30%.
- **Having a prior stroke**

**Act FAST when spotting a stroke**

**F**ace

**A**rm

**S**peech

**T**ime! Call 911! Now!
Dr. Myra Chai grew up around Good Samaritan Hospital. Her father, Dr. Alex Chai, has been a practicing internist for nearly 40 years.

After completing her medical school training at St. George’s University and her residency in internal medicine at East Carolina University, she was faced with the decision about where to practice. Coming to Good Sam, she said, was a “no-brainer.”

“Good Samaritan offers its physicians a rare opportunity to practice both inpatient and outpatient care. It’s a model that’s become increasingly rare in the age of large hospital systems that strictly separate inpatient and outpatient care. But to Dr. Chai, it’s one that makes sense.

“When my patients find out if they end up in the hospital, I’ll be the one caring for them, that’s reassuring for them,” she said.

It’s understandable that patients like the idea of their primary care doctor at their hospital bedside. But the model provides more than just the comfort of a doctor that knows you. It’s also been shown to help improve health outcomes. Dr. Chai noted studies showing lower mortality and decrease in length of stay with this more traditional type of doctor-patient relationship.

Being a boss, however, can have a downside. “They don’t cover how to be a business manager in medical school,” she noted. In addition to treating patients, she must deal with insurance companies, take care of credentialing, hire and fire people, and more. “There’s always something to learn,” she said.

Fortunately, she knows someone at the hospital she can go to for advice. “It’s helpful that I can ask my father questions,” she said. He comes to her with questions, too, about recent advances in the field. “It’s a different phase in our relationship,” she said. “It’s professional, but unique.”

Dr. Chai came to medicine a bit later in life. She majored in Hispanic studies and photography and travelled the world. But eventually, her father’s example inspired her. As a child, she saw how his patients looked up to him. “They would follow him to the ends of the earth,” she said.

When Dr. Chai isn’t caring for patients of her own at the hospital, she enjoys spending time with her husband and 20-month-old daughter.
In recognition of National Stroke Awareness Month last May, Good Samaritan Hospital hosted its first ever Physician Focus Series featuring Dr. Matthew Tenser, Medical Director, GSH Comprehensive Stroke Center. Close to fifty guests heard Dr. Tenser present on “Dispelling the Myth of a Stroke Patient.” Guests learned of the signs and symptoms of a stroke, along with the latest less invasive treatments available to stroke patients and their families at Good Sam.

Physicians’ Gala

Nearly 300 GSH physicians along with their guests attended the Physicians’ Gala held in January at The California Club. Physicians were recognized for their service and commitment to patients and their families who come to Good Sam for the best in life-saving care.

15th Golf Classic

GSH held its annual Golf Classic on May 6, 2019 at Wilshire Country Club. GSH physicians, corporate friends, and donors of the hospital raised almost $115,000 for the Complex Care Coordination program, which provides critical comfort to patients experiencing long-term or chronic illness as well as support for those patients’ families. We wish to express our sincere appreciation to all of our generous sponsors who partnered with us to make the Classic the most successful outing to date.
Kelley’s Fight Against Diabetes

When Kelley Leno Wilson, 57, came through Good Samaritan Hospital’s Emergency Department, her blood sugar levels were dangerously high—a condition that can lead to coma or death. “I was feeling like I had to urinate all the time. I was so thirsty.” Finally, she asked a friend to take her to the ER.

Her A1c level—a measure of the average amount of glucose in the blood—was 13.1%. Under 5.7% is normal. The Good Sam staff put her on insulin right away and she began to improve, but that was just the beginning of her recovery.

“I’ve had a personal relationship with Dr. Kumar for almost twenty years. We’re like family—I just love her.”

Dr. Nupur Kumar and Kelley Leno Wilson

Dr. Nupur Kumar, her primary care doctor, recommended she take the diabetes and heart health classes offered by the hospital’s Community Health Education department. Kelley was all in. “I went to all the Living with Diabetes classes and the Support Group cooking class and followed all their directions,” she said.

Nine months after putting what she’d learned into practice, her A1c was down to 6.2%.

She cut down on higher-fat foods and reduced portions of high-sugar foods. “I used to love pasta. Now I eat just a half a cup,” she said.
She discovered new dishes, like cauliflower rice. “I add other vegetables like spinach, squash, and carrots, and sauté it in olive oil. I use very light seasoning,” she said.

She found a way around previous injuries that made exercise hard. She practices gentle forms like water aerobics and walking around her apartment complex.

Kelley finds that the lifestyle changes haven’t been as hard as she thought. “I can still have a piece of chocolate,” she said. “I just work it into my carbohydrate total, drink a lot of water after, and take a walk.”

Over a year since her health crisis, Kelley is off insulin completely. She’s lost 20 pounds and intends to keep up her healthy habits.

As a grateful patient, Kelley appreciates the health care she received and continues to receive at Good Samaritan Hospital. She credits her positive health and lifestyle change to the classes and support provided by the Community Health Education team, along with Dr. Kumar’s guidance and patient care.

Diabetes is a serious disease that has many potential complications. Blindness, nerve issues called neuropathy and possible amputation are just a few. As a person with this diagnosis you have to realize that you as a patient have the power to take control of this disease.

“Kelley was a perfect example of a person that took her own body’s healing power and personal motivation to fight it. She should be an example to everyone with diabetes or any other health problems,” said Dr. Kumar.

Losing weight is an important step in treating diabetes. An unfortunate side effect for Kelley is sagging skin. The extra skin can be painful as well as discouraging. “I’d like to feel beautiful,” she said.

Kelley has strong words of encouragement for anyone who’s struggling with diabetes. “Look in the mirror and see how beautiful and unique you are,” she said.

“Go to the classes at Good Sam. You’ll meet so many caring people at the hospital who can help you.”

The Community Health Education & Lactation Center at Good Samaritan Hospital provides patient and family education which promotes health, prevents or manages chronic disease, and improves the health of our community. Most classes are no or lost cost, and also available in Spanish. To learn more, please call (213) 977-2150 or email HealthEd@goodsam.org.

Looking for a doctor? Good Samaritan Hospital is affiliated with over 600 physicians for you or for your family’s health care needs.

To find a physician, please contact Physician Referral 1 (800) 472-2737 or visit https://www.goodsam.org/Doctors.aspx.
Last October, Good Samaritan Hospital Board of Trustees Chairman, Charles T. Munger and the Board of Trustees hosted the annual Major Donor Dinner at the California Club in downtown Los Angeles. The event honors benefactors for their contributions to help us provide the best in modern medicine, all delivered with care and compassion.

GSH received over $27M in FY 2018 from Good Sam friends and donors to support the hospital’s most critical needs; the expansion and renovation of Emergency Services, Heart and Vascular Center, Radiation Oncology and Cancer Services. Without their generous support, Good Samaritan Hospital could not continue to save lives, and help improve the health of the community at the level of excellence that it does. Donor support makes all the difference!

Mr. Munger and Andrew B. Leeka, President and CEO, both spoke about their appreciation to the donors and thanked them for their philanthropic investment and commitment. “We are very fortunate to have so many loyal and dedicated donors who support Good Samaritan Hospital,” said Mr. Leeka.

A special thank you goes out to GSH Board Trustees Susan Blumenthal and Maribeth Borthwick who helped arrange a beautiful evening for all.

Good Sam receives over $27M from friends & donors
GOOD NEWS |
SUMMER 2019

Welcome to our new Leaders

JEAN MEUSSNER
Vice President of Human Resources
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Jean Meussner joined Good Sam in February, bringing the experience of a career spent in health care human resources. She started on the east coast with Kindred Healthcare, transferring to Southern California in 2012, where she oversaw 13 hospitals. That led to several years at UC Irvine Health Sciences. On interviewing for her current job, she knew right away Good Sam was the place for her. “I liked the way the leadership team talked about the services they provide for the community and how they supported the staff as well.” Meussner is excited about increasing staff engagement by providing more tools and training.

SHAUNA PEARCE
Chief Experience Officer
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Shauna Pearce started a new role as chief experience officer in May. Shauna’s not new to Good Sam, however, having started here in 1995 as a nurse in labor and delivery. She worked her way up through various roles relating to customer experience and performance improvement, including director of organizational excellence and vice president of patient care/chief nursing officer. In her new role, she’ll be focusing on high-level projects within the organization that will improve the patient’s experience, such as improving emergency room wait times. With over 20 years devoted to Good Sam, she obviously finds it rewarding. “I always feel supported in doing what’s right for the patient,” she said.

IRENA ZUANIC
Vice President, Chief Nursing Officer
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Irena Zuanic was drawn to Good Samaritan’s mission to deliver quality, compassionate, and affordable care to patients, families, and communities. “That’s what health care should be,” she said. Originally from Croatia, Irena moved to the U.S. in 1990. She got her bachelor’s then master’s degrees in nursing, and she’s now pursuing a doctorate in health care administration. She’s worked for St. Francis Medical Center, Saint John’s Health Center, and Centinela Hospital. She always loved nursing and found over the years that leadership was also her calling. “I’m a lifelong learner,” she said. Irena’s vision is to always think of patients first. She is looking forward to creating an inclusive multidisciplinary environment where everyone can carry on that vision. Irena is honored to have the opportunity to work with and oversee a nursing staff that provides high-quality patient care.

GOOD SAMARITAN HOSPITAL’S
MOTHER AND BABY CARE CAMPAIGN
A Loving Start for Every Baby… Loving Care for Every Family

Your Help is Needed

The Mother and Baby Care Campaign will raise $3.5 million to continue Good Samaritan’s tradition of caring through the purchase of state-of-the-art equipment and improve its Perinatal facilities. This project will dramatically transform patient care and services for our smallest, most fragile patients, pregnant women and their families.

From birth, to illness, to life-threatening emergency, Good Samaritan has been here for its communities since 1885. Caring community partners have been here for Good Samaritan as well… standing beside it, working with it to provide world-class health care close to home. Together, the hospital and its communities continue to build for the future.

Your support will be an investment in the young lives that will eventually shape the future of our communities.

To make a gift go to www.goodsam.org.
For further information please contact Gina Adams, Director of Major Gifts. (213) 977-2930 or gadams@goodsam.org
GOOD NEWS

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