

# Healthy Giving

## Leadership Gift to Support Nursing Research and Innovation

Los Altos Hills philanthropists Pamela and Edward Taft have made a gift to support nurse engagement in quality improvement science, research, and investigative work over the next five years. “These projects strongly support ongoing nursing strategic goals of empowering teams with trust and purpose, and providing education for nurses to learn new skills to support the best in evidence-based practice,” says Chief Nursing Officer Cheryl Reinking. “Projects are highlighted and shared, not only at El Camino Health, but at regional and national conferences, thereby contributing to practice changes that improve healthcare around the world. This work not only improves

patient outcomes, it forms the basis for retaining our hospitals’ American Nurses Credentialing Center (ANCC) Magnet status, one of the most visible and widely recognized indications of nursing and hospital excellence.” El Camino Health is one of only 502 Magnet-recognized hospitals in eight countries throughout the world and was the first in the Bay Area to receive the coveted designation.

For each of the next five years, the Tafts’ gift will underwrite an innovative patient care improvement project, selected from among ideas submitted by nurses leading healthcare teams; two research projects approved by the clinical

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Edward and Pamela Taft

## Healthy Connections: Stay Virtually Connected

During this time of spatial distancing, El Camino Health Foundation invites you to stay virtually connected with us. Healthy Connections is a series of educational programs that feature El Camino Health medical experts and executive leaders in dialogue with the community. There are two more programs in the series:

### Finding Balance During Difficult Times January 20, 2021, 4:00 p.m.



Michael Fitzgerald, APRN



Rev. John Harrison



Bob Stahl, PhD

All of us are reeling from a frightening pandemic, social isolation, polarizing politics, and the visceral memory of cataclysmic fires, record-breaking heat, and unhealthy air. Any one of these disasters is enough to induce stress. This year we have been coping with all of them simultaneously. Please join us for a conversation about staying mindful and reducing anxiety in a chaotic, unpredictable world. The panelists are Bob Stahl, PhD, El Camino Health Chaplain Reverend John Harrison, and Scrivner

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Andrew T. Cope  
andrew\_cope@elcaminohealth.org  
650-940-7154

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heather\_marzynski@elcaminohealth.org  
650-988-4188

**SENIOR PHILANTHROPY OFFICER**

Lindsay Ehrman  
lindsay\_ehrman@elcaminohealth.org  
650-988-7849

**ANNUAL GIVING OFFICER**

Katie Kehriotis  
katie\_kehriotis@elcaminohealth.org  
650-988-7665

**MANAGER OF SPECIAL EVENTS**

Kirsten Krimsley  
kirsten\_krimsley@elcaminohealth.org  
650-988-4189

**MANAGER OF DONOR RELATIONS**

Bettina Rosenberg  
bettina\_rosenberg@elcaminohealth.org  
650-988-7514

\* of blessed memory

650-940-7154  
foundation@elcaminohealth.org  
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## Message from the Foundation Chair

This has been one of the most challenging years for our hospitals but leadership and staff have performed admirably. The staff is well-equipped and well-trained, and the facility is ready to handle growing numbers of patients with the highly transmissible, airborne disease. We can be proud. Although the virus is resurging now, we see the light at the end of the tunnel as the long-awaited vaccine begins to arrive in communities across the United States.

Throughout these dark days, the generosity of our donors has provided much-needed light. Your philanthropy has lifted spirits and supplied material and financial support that is helping staff deliver the outstanding care our community needs during these exceptional times. In this issue we highlight two special recent gifts, one to support nursing research and innovation, which has a tangible impact on bedside care, and the other for the Scrivner Center for Mental Health & Addiction Services. If you have not yet done so, there is still time to contribute and take advantage of the special tax incentives for charitable giving in 2020.

Looking ahead, there will be many opportunities to support our hospitals in the coming year. Norma's Literary Luncheon, a virtual event featuring author Susan Orlean on February 4, 2021, will benefit three lifestyle medicine programs. The gala committee is planning Taking Wing, a benefit for the Women's Hospital-Orchard Pavilion supporting a new vision for mother-baby care. It will take place on May 1 in a

format to be determined. We invite you to help match generous challenge gifts to the Chinese Health Initiative and South Asian



Heart Center. And Hope to Health always welcomes new members to join them in supporting healthcare programs for women and families at our hospitals.

Meanwhile, please stay connected with the foundation by tuning into the Healthy Connections learning series. The next program, Finding Balance During Difficult Times, will take place on January 20 and will provide tools to help us manage the multiple stresses we are all facing.

Thank you for making the gifts that inspire doctors and staff, advance patient care, support families, and are keeping our hospitals strong through this unprecedented global pandemic. We wish you and your family a happy, healthy, safe New Year,



John A. Conover, Chair  
El Camino Health Foundation  
Board of Directors

*Your philanthropy has lifted spirits and supplied material and financial support that is helping staff deliver the outstanding care our community needs during these exceptional times.*

## Emergency Response Fund Helps El Camino Health Through COVID-19 Resurgence

*COVID-19 has returned to California with a vengeance. El Camino Health is caring for approximately three times more COVID-19 inpatients than were admitted when coronavirus first peaked. Our hospitals are well prepared with a three-tier surge plan and CEO Dan Woods is coordinating with his counterparts throughout the county.*

On December 18, the new laboratory platform that was purchased with an allocation of donations to the El Camino Health COVID-19 Emergency Response Fund, went into service. This high throughput analyzer and ancillary equipment, which is typically found only at academic medical centers, supports pooled testing and enables our lab to run tests from multiple vendors, thereby increasing capacity to approximately 1,400 coronavirus tests per day at a significantly lower cost. This will support more frequent, regular testing of employees and enable El Camino Health to test every patient in the emergency department and every direct admission to the hospital.

“I believe increased frequency of employee testing and expanded patient testing will go a long way in maintaining El Camino Health as a safe and healthy place to both receive and provide patient care,” says CEO Dan Woods. The new platform will also enable our hospitals to do more community testing and improve turnaround time.

El Camino Health has begun collaborating with Bloom Energy and the University of Illinois to provide medical oversight of a new, mobile lab that is capable of processing 10,000 COVID-19 tests daily. The non-invasive saliva test processed by this lab could provide results in as little as six hours. The test itself is simple, does not require a nasal



*El Camino Health laboratory staff are thrilled to implement the new testing platform purchased with donations to the El Camino Health COVID-19 Emergency Response Fund. “Knowing that our foundation is so into making tests available for our community, our patients, our employees, means everything,” says Enterprise Laboratory Director Laura Gutierrez.*

swab, is highly accurate, and is a fraction of the cost of traditional PCR testing. El Camino Health was instrumental in getting this test to some of the hardest hit areas of San Jose through the organization’s existing relationship with Gardner Family Health Clinics.

Increased testing is an important component of tracking and managing coronavirus in our community. The vaccine will eventually disrupt the

spread. El Camino Health received its first allotment and is prioritizing distribution beginning with frontline healthcare workers at greatest risk of exposure, per guidance from the California Department of Public Health. Meanwhile, the organization has joined 114 of the nation’s top healthcare systems to urge Americans to wear a facemask in order to slow the surging COVID-19 pandemic.



*“I believe increased frequency of employee testing and expanded patient testing will go a long way in maintaining El Camino Health as a safe and healthy place to both receive and provide patient care.”  
- CEO Dan Woods*

# LEADERSHIP GIFT TO SUPPORT NURSING RESEARCH AND INNOVATION *continued from page 1*

research executive team, the Nursing Research Council, and the Internal Review Board; and professional support for evidence-based practice provided by a PhD consultant and statistician. It will fund the development of 25 posters that nurses share internally, regionally, nationally, and internationally to highlight the patient care improvements they have initiated in their service areas, and activities during nurse week, which celebrates and highlights our 1,500 nurses' goals, achievements, and awards. The Taft gift will also enable nurses to attend regional and national conferences. This year, in lieu of travel, it is helping to defray costs of El Camino Health's fourth Magnet re-designation evaluation, an intensive process.

"We are so proud that El Camino has received the Magnet designation – three consecutive times!" said Pamela Taft. "Innovation in nursing practice is key to attracting and retaining top-quality nursing talent and improving patient experiences."

The Tafts have generously supported El Camino Health for more than a decade, investing in philanthropic opportunities that are often overlooked but have wide-ranging impact. Their philanthropy is

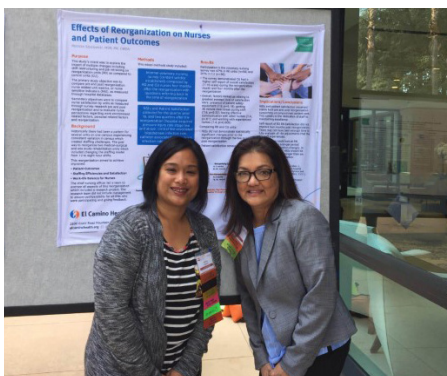


Chief Nursing Officer Cheryl Reinking presents the DAISY Award to Yen Lu. El Camino Health honors a nurse each month to celebrate the skillful, compassionate care our nurses provide. We are one of only 502 Magnet-recognized hospitals in eight countries throughout the world and were the first in the Bay Area to receive the coveted designation.

most readily apparent at the Taft Center for Clinical Research and the Cancer Center's Pamela and Edward Taft Healing Space. The couple has also championed robotic surgery, palliative care, mental health & addiction services, and the future patient-family residence, among other hospital projects.

Allocations of unrestricted donations to El Camino Health Foundation have helped to foster nursing excellence at our hospitals in myriad ways, including

the sepsis and pain management programs, Elemeno point-of-care and advanced care planning education, backpacks and other support for homeless or indigent patients, and the nurse residency and transitions programs. Since 2016, 83 top-ranked newly credentialed nurses have graduated from the residency program with a retention rate of 92 percent, and 29 nurses have transitioned to specialty departments.



Last summer, Marissa Szyłowski, RN and Meriam Signo, RN presented a poster at a healthcare conference that highlighted research and evidence-based-practice projects. The Taft gift will support continued nurse research and conference participation over the next five years.



Jill Byrne, RN, assists a new mom with skin to skin care in the Mountain View Hospital NICU, a best practice brought to El Camino Health by another nurse, who learned about it at a conference.

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# Norma's Literary Luncheon to Benefit Lifestyle Medicine Programs

Save the Date: February 4, 2021

The Centers for Disease Control (CDC) reports that six in 10 adults in the United States have a chronic disease. Four in 10 have two or more. These illnesses, which include heart disease, cancer, stroke, arthritis, and diabetes, are leading causes of death and disability, and some can put you at greater risk for dying from COVID-19. Many of the diseases, and the underlying conditions that cause them such as obesity and high cholesterol, have their roots in lifestyle choices. Fortunately, while they are among the most common and costly health conditions, they are also among the most preventable.

Lifestyle medicine, a new, board-certified medical specialty, is an evidence-based approach to preventing, treating, and even reversing chronic diseases and conditions by addressing the underlying cause rather than the symptoms. Its primary therapeutic modality is helping individuals and families adopt and permanently integrate healthy behaviors into daily life. It does so by providing personalized lifestyle prescriptions, education, coaching, and support.

At El Camino Health, lifestyle medicine is presented through three distinct programs that together meet the diverse cultural preferences of our local community: South Asian Heart Center, Chinese Health Initiative, and the newest, Lifestyle Medicine. All three rely on philanthropic support from generous community members and will be the beneficiaries of the 9th annual Norma's Literary Luncheon. The memorial tribute to longtime hospital benefactor Norma Melchor, a yearly benefit for El Camino Health programs focused on women and families, will be held virtually on Thursday, February 4. We are pleased to announce a new speaker, Susan Orlean, author and staff writer for *The New Yorker*.

Orlean has been described by *The New York Times Book Review* as "a kind of



Susan Orlean, author and staff writer for *The New Yorker*

latter-day Tocqueville." She is the best-selling author of *Rin Tin Tin*, *The Orchid Thief*, and *The Library Book*. In addition to contributing feature stories to *The New Yorker*, Orlean has also published articles in *Outside*, *Esquire*, *Rolling Stone*, *Vogue* and *The Boston Globe*, and she has edited both Best American Essays and Best American Travel Writing. Her novel *The Orchid Thief* served as the inspiration for Spike Jonze's Academy Award-winning film *Adaptation*. *The Library Book*, was one of *The New York Times*' 100 Notable Books of 2018 and is being adapted for a forthcoming television series.

Event chair Judie Wolken and committee members Betsy Dawes and Mary Scrivner are planning a creative, engaging event. Proceeds will help El Camino Health's three lifestyle medicine programs grow, thrive, and maximize the number of area residents who can benefit from this proactive approach to healthcare.

Tickets are \$150 each.  
For more information about Norma's Literary Luncheon or sponsorship opportunities, or to purchase tickets, please contact Sarah Garcia-Angulo, sarah\_garcia-angulo@elcaminohealth.org.



## Healthy Connections

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Center for Mental Health & Addiction Services Executive Director Michael Fitzgerald, APRN. There will be a guided exercise.

## Building for the Future March 31, 2021, 4:00 p.m.



Ken King



Deb Muro



Cheryl Reinking, RN

El Camino Health continues to be a leader in the implementation of new technology to improve patient care. Advanced robotics, buildings designed to optimize healing and the patient experience, and apps that give hospitalized patients access to their chart from the bedside are examples of the ways our hospitals harness the latest technologies. Hear from Chief Nursing Officer Cheryl Reinking, Chief Administrative Services Officer Ken King, and Chief Technology Officer Deb Muro about these and other technological advances that empower patients today and are preparing our hospitals for the future.

Register online at <https://healthyconnectionslive.com>. Email [foundation@elcaminohealth.org](mailto:foundation@elcaminohealth.org) if you would like more information.

# 10th Anniversary Challenge Gift Inspires Donations to Chinese Health Initiative

A group of donors have contributed a \$70,000 challenge gift to celebrate Chinese Health Initiative's 10th anniversary and launch the culturally-tailored lifestyle medicine program into its second decade of service.

Chinese Americans are at increased risk for hypertension and diabetes, and have been disproportionately impacted by hepatitis B, which causes the majority of primary liver cancers. El Camino Health established Chinese Health Initiative to better address these disparities and provide a more culturally comfortable inpatient experience for Chinese members of our community.

In collaboration with Chinese professional, community, and healthcare organizations it conducts free screenings and educational programs for the diseases that have an outside impact. It encourages wellness through a program of Qigong classes and lectures that integrate eastern and western approaches to health and prevention. During COVID-19 this work is continuing virtually, including a new, culturally-



Chinese Health Initiative Volunteers at a women's health fair in 2019

tailored Diabetes Prevention Program and Diabetes Learning Series. Chinese Health Initiative has also organized a Chinese-speaking physician network and compiled a bilingual "Health Resource Guide for Chinese Seniors in Santa Clara County."

Challenge match donations will help Chinese Health Initiative continue to provide these impressive services and develop new ones needed to improve the health of more community members. Its next initiative is to address the serious gap between the need for mental health and addiction care and access to culturally appropriate treatment.

"It costs money to do all of this work," Tenny Tsai, a longtime volunteer for and recipient of Chinese Health Initiative services, reminds us. "Making a donation is the best investment one can make for your own health, your family's and your community."

Please make a gift to help match the challenge and ensure Chinese Health Initiative can continue to serve our community for decades to come. Donate online at [donate.elcaminohealth.org/CHICChallenge](https://donate.elcaminohealth.org/CHICChallenge)

*Chinese Americans are at increased risk for hypertension and diabetes, and have been disproportionately impacted by hepatitis B, which causes the majority of primary liver cancers.*

## RED ENVELOPE CELEBRATION

A BENEFIT TO HONOR THE CHINESE HEALTH INITIATIVE'S 10TH ANNIVERSARY

SEPTEMBER 2021  
MORE DETAILS WILL BE ANNOUNCED IN COMING MONTHS

CELEBRATING 10 YEARS  
SUPPORTING A HEALTHY  
CHINESE COMMUNITY  
守護華人健康 歡慶十周年



# Challenge Gift Spurs Donations to South Asian Heart Center

A group of donors has made a \$75,000 challenge gift to the South Asian Center to support plans for new and expanded services. The center was established in 2006 to address the epidemic incidence of heart disease and diabetes among people who trace their origin to India, Pakistan, Bangladesh, Sri Lanka, or Nepal. The South Asian Heart Center's pioneering AIM to Prevent™ and STOP-D™ lifestyle-focused heart disease and diabetes screening and prevention programs have been recognized by the American Heart Association, Centers for Disease Control, and U.S. Surgeon General. To date, the center has helped more than 9,500 program participants improve their health but thousands more South Asians in the Bay Area and across the United States remain at elevated risk.

The challenge gift and matching donations will help the South Asian Heart Center:

- Market the STOP-D diabetes prevention program to a wider audience.
- Grow AIM to New Beginnings™, a new program to help expectant and young parents develop the nutrition, fitness, and wellness habits that will keep their family healthy.



*The South Asian Heart Center pays tribute to the dedicated volunteer coaches who motivate participants to make healthy lifestyle changes.*

- Build a South Asian Health Consortium to replicate the program in communities across the United States.
- Expand the center's presence in local corporations and double the number of affiliated physicians.
- Make the center's lifesaving programs available to underserved members of the community.

Please help match the challenge by making a donation online at [donate.elcaminohealth.org/SAHCChallenge](https://donate.elcaminohealth.org/SAHCChallenge).



## 29TH ANNUAL ALLIED PROFESSIONALS SEMINAR

Erik Dryburgh, principal in the law firm of Adler & Colvin specializing in charitable gift planning, endowments, and nonprofit organizations, will be the featured speaker at the 29th Annual Allied Professionals Seminar. The event will be held virtually on February 9, 2021.

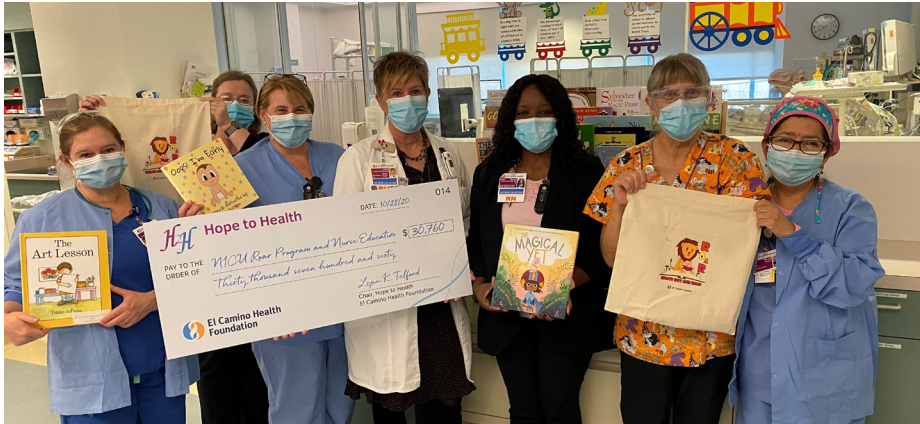
The topic of the presentation is, "Gift Completion: The Devil is in the Details." Mr. Dryburgh will review the numerous rules that surround the nuts and bolts of completing a charitable gift. He will start with the definition of a gift and the return benefit rules, address the appraisal requirement, the pre-arranged sale issue, define when charitable gifts are deductible, and review the substantiation rules applicable to charities and donors.

The Allied Professionals Seminar is presented by the El Camino Health Foundation Planned Giving Council. The individual ticket price is \$45 but will be discounted \$5 if you register by January 26. Register online at [echf.cventevents.com/APS2021](https://echf.cventevents.com/APS2021). Contact Lindsay Ehrman at [lindsay\\_ehrman@elcaminohealth.org](mailto:lindsay_ehrman@elcaminohealth.org) for more information.



Erik Dryburgh

# Staying Connected with Hope to Health



Hope to Health did a virtual check presentation to the NICU on October 28.

Members of Hope to Health (H2H), the foundation's philanthropy council for women and families, met virtually on October 28 for a check presentation to the neonatal intensive care unit, their 2020 grantee. Their \$30,760 grant is funding the NICU's ROAR (Reach Out and Read) program and supporting nurse education and research on reducing chronic lung disease in premature babies. The attendees heard an update from NICU Clinical Manager Jody Charles, RN on the impact of their generosity and then enjoyed socializing while they decorated pumpkins.

The Hope to Health grant enabled NICU staff to launch ROAR and begin distributing logoed book bags filled with books and a hand-freeing breast pump strap to all NICU admissions starting in

July 2020. They have since documented a rise in the amount of time parents read to their babies. The increased parent contact supports the infants' physiologic stability and neurological development, and improves long-term outcomes. It also helps to reduce parental depression and anxiety, and improve adaptation to having a baby in the NICU. Staff members will present their findings at the 34th Annual Gravens Conference and the Vermont Oxford Network Conference.

Families love receiving the book bags. One grateful new mother wrote, "We LOVED reading to Jackson in the NICU. It was such a nice distraction from all the stress of him being in there to take a few moments to read to him a few times a day. It was fun to pick out the books and I even purchased a few that I loved

after reading them to him in the NICU. It was great to feel a connection with him through the ROAR program and we still read to him today."

In preparation for the meeting foundation staff delivered care packages of small pumpkins, pumpkin decorating kits, a bottle of wine, and an El Camino Health Foundation mask to each H2H member. The conversation following the check presentation was lively and members enjoyed showing their creative pumpkins to each other.

Hope to Health members vote each year on the El Camino Health program they wish to philanthropically support with their pooled dues. They will begin reviewing the 2021 grant applications early in the new year. New members are always welcome. The more members, the greater their impact. For more information, contact Kirsten Krimsley at [kirsten\\_krimsley@elcaminohealth.org](mailto:kirsten_krimsley@elcaminohealth.org).



## TAKING Wing



A GALA BENEFITING MOTHER-BABY CARE  
A NEW VISION FOR THE WOMEN'S HOSPITAL-ORCHARD PAVILION

SATURDAY, MAY 1, 2021



LOOK FOR MORE INFORMATION  
IN THE NEW YEAR.



# Memorial Gift to Scrivner Center Honors Charlotte Ross's Contributions to Mental Health

Charlotte Ross, a pioneer of the suicide prevention movement, long admired and respected El Camino Health's mental health and addiction services. Her family has named the staff lounge in the Taube Pavilion to honor her memory.

Charlotte was active in developing best practices and procedures for crisis centers. She founded the San Mateo County Suicide Prevention & Crisis Center in 1966 and served as its executive director for 22 years. She particularly focused on youth suicide and developed innovative prevention programs for public schools, group counseling for high-risk adolescents, and community-based programs for depressed and suicidal young people. As chairperson of the California Senate Select Committee on Children and Youth's Task Force on Youth Suicide Prevention she was instrumental in passing the first suicide prevention legislation in the United States. Charlotte worked with the U.S. Department of Health and Human Services to develop a series of national initiatives for addressing youth suicide and during her tenure as executive director of the Youth Suicide National Center in Washington D.C. developed model local and state legislation. Late in her career she became an advocate for the rights of the terminally ill to be allowed to die with dignity.

*"I heard from my mother often about the mental health and addiction programs at El Camino Health. The ASPIRE and MOMS programs were particularly dear to her heart and part of her legacy is in her involvement in many conversations that went into planning those programs."  
- Beverly Jamison*

Charlotte consulted on and generously contributed her expertise to the design of El Camino Health's pioneering After-School Program Interventions and Resiliency Education® (ASPIRE) program for youth and young adults and the MOMS program for women experiencing perinatal mood conditions. "I heard from my mother often about the mental health and addiction programs at El Camino Health. The ASPIRE and MOMS programs were particularly dear to her heart and part of her legacy is in her involvement in many conversations that went into planning those programs," recalls her daughter Beverly Jamison.

Charlotte believed passionately in meeting the needs of each individual and that every contact with every staff member is critical to patient care. She also understood the importance of providing the support that the staff needs in order to do this difficult work. By recognizing Charlotte in the Taube Pavilion staff lounge, her daughters Beverly and Sandra, her family, friends, and admirers seek to honor her life and accomplishments in a way that supports the doctors, nurses, and therapists who provide frontline care, and in a building that honors her values and ideas.



Charlotte Ross

"Taube Pavilion is such a fitting place for a tribute to her life's work. As I attended the groundbreaking in her place, and as I worked on the tribute gift, I had an opportunity to learn more directly about the programs offered there," says Beverly. "I, too, admire the thoughtful, innovative, and compassionate approach that guides everything from the architecture of the facility to the staff operations and content of the programs. Amid the unprecedented healthcare challenges of 2020, the need for mental health services is less visible but quite pressing. I would commend El Camino Health's mental health and addiction services to anyone interested in the well-being of this community, and the greater good that is done as other regions adopt these programs."

# Last Chance: Take Advantage of Tax Incentives for Charitable Giving in 2020

*2020 is drawing to a close but you still have time to take advantage of the tax benefits charitable donations provide.*

- If you take the standard deduction on your taxes, you can also take a charitable deduction for cash contributions up to \$300 per return.
- This year only, if you itemize your deductions you can deduct cash gifts to qualifying organizations like El Camino Health Foundation up to 100% of your adjusted gross income (AGI). Normally the limitation is 60% of AGI.
- Although the required minimum distribution is suspended this year, if you are 70½ or older, you can still make a charitable gift from your IRA. You will not pay income taxes on the donation and it can reduce your annual income level since it doesn't count as income, if it is paid directly to the charity from the IRA.

Please check with us or your tax advisor for more information.

As you consider your end-of-year giving and assess the favorable tax consequences of making a charitable



donation, please remember El Camino Health Foundation and the thousands of patients our hospitals serve each year. Donations to the foundation help El Camino Health provide outstanding care to our community. They contribute to the purchase of the latest technology, launch and sustain pioneering programs, provide financial assistance to patients in need, and spur the innovation that helps to keep our community well. This year, in

particular, they are helping our hospitals take care of patients, keep staff safe, stay well supplied, and provide testing during the unprecedented COVID-19 pandemic. Your support can help our hospitals now and keep them strong for the future.

[elcaminohealth.org/donate](https://elcaminohealth.org/donate)



## Season's Greetings

Warm wishes for a joyous holiday season and healthy, happy 2021