Fall 2023

The Campaign for Emanate Health

Where {healthy} comes from

A Publication for Friends and Supporters of Emanate Health Foundation
**Nutrition for Life meets needs of patients and caregivers**

“Emanate Health is standing out as a health system that reaches out to our diverse community. We are helping to change these issues in a meaningful way for people from all walks of life…”

— LINDSEY LOZANO, Nutrition for Life’s lead dietitian

**AN ANGEL SENT FROM HEAVEN’’**

When Blanca Lomeli received a call from Emanate Health inviting her father, Rogelio, to enroll in its Nutrition for Life program, at first she was skeptical. “I learned important information that I can use in the future,” shared Blanca, who now replicates her father’s favorite low-sodium, no-sugar recipes such as meatloaf and turkey sandwiches. “This program doesn’t just help patients, but also their caregivers.”

“IT TAKES A VILLAGE’’

Lindsey Lozano, Nutrition for Life’s lead dietitian, identified that her career interest in nutrition dates back to her childhood when she taped a food pyramid on her parents’ refrigerator that she explained to family and friends. Lindsey regularly visits participants at their homes to provide guidance within the context of their own kitchens and recipes. In addition to Lindsey, the program team includes Emanate Health’s director of quality improvement, several dietitians, two directors of nutrition, nutrition assistants and volunteers. The team also collaborates with physicians, whose referrals are critical for success. “It takes a village to run this program,” noted Lindsey, “but the reward is so impactful.”

Nutrition for Life is supported by a grant from UniHealth Foundation, a non-profit philanthropic organization whose mission is to improve the health and well-being of individuals and communities within the organization’s service area. As the program begins its third year, it closely aligns with Emanate Health’s campaign priority of improving the health and well-being of individuals and communities within its service area. The program’s success also depends on everyone who is involved.”

“EMANATE HEALTH FOUNDATION continues on page 5

**“How can you describe such generosity and how can you thank someone for saving your life?”**

— RICHARD VIVEROS, Nutrition for Life patient

“I wanted to give back to the organization.”

“I can see that a lot of people are struggling, but they are still so grateful for this program.”

“In addition to financial support, the program also collaborates with physicians, whose referrals are critical for success. “It takes a village to run this program,” noted Lindsey, “but the reward is so impactful.”

“About how can you describe such generosity and how can you thank someone for saving your life?”

— RICHARD VIVEROS, Nutrition for Life patient

“I wanted to give back to the organization.”

“Growing up in Los Angeles, Richard and Irma Viveros relied on the hospital for their medical treatments. Married for 65 years, the couple recently celebrated a milestone when Irma recalled Richard’s medical breakthrough. “I wanted to give back to the organization.”

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If you are like most people who have traditional IRAs and are over the age of 73, the IRS requires that you withdraw a certain percentage from your IRA each year. This mandatory withdrawal is known as the required minimum distribution (RMD), and the withdrawal percentage increases each year. Giving directly from your IRA account is another way to support Emanate Health Foundation! In doing so, you can satisfy some (or possibly all) of your RMD while elevating health care for our local community.

HOW DOES THIS TYPE OF GIVING WORK?

• Once IRA owners reach the age of 70½, they become eligible to make charitable contributions from their traditional IRAs.
• Once IRA owners reach age 73, they are required to take a minimum annual distribution from their IRA (RMD). The IRS requires all traditional IRA owners to withdraw a certain amount based on the owner’s age and IRA account balance.
• IRA owners may give up to $100,000 per year, and in doing so, satisfy their RMDs for the year.
• The RMD withdrawal is subject to income tax, which may push some IRA owners into a higher tax bracket each year.
• If IRA owners do not take their RMDs, they will face stiff penalties.

GIVE FROM YOUR IRA AND SATISFY PART OR ALL OF YOUR RMD

Instead of withdrawing from your IRA and claiming additional income that you may not need, make a direct gift from your IRA to support Emanate Health Foundation using pre-tax assets. In essence, you are giving your RMD to charity, and that’s a tax-smart way to give!

Want to reduce your income tax? Give from your IRA!

To learn more about giving from your traditional IRA and satisfying your required minimum distribution (RMD), contact Kimberly Jetton at 562.568.5700 or foundation@emanatehealth.org.

“Thank you for taking such good care of our mom. This has been a tough time, but you have helped make things less frightening and stressful through your gentle care, loving hearts, and kindness.”

– QUEEN OF THE VALLEY HOSPITAL, MEDICAL-SURGICAL UNIT, FIFTH FLOOR

“I was so grateful to all the doctors, nurses, and staff on the day of my procedure. Everyone was very pleasant, professional, and made me feel at ease. They are definitely there because they love what they do.”

– FOOTHILL PRESBYTERIAN HOSPITAL, OUTPATIENT SURGERY

To make a gift that supports community programs like Nutrition for Life, return the enclosed envelope, call 626.814.2421, or visit emanatehealth.org/give. To volunteer as a Nutrition for Life driver, call 626.858.8527 or visit emanatehealth.org/volunteers.

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Couple’s Legacy Giving Creates Meaningful Impact and Tax Benefits

GRATITUDE FOR THEIR PATIENT EXPERIENCES
When George Petrokowitz suffered a heart attack nearly 30 years ago, he received emergency care at Queen of the Valley Hospital (QVH). During his stay, a volunteer from the hospital’s spiritual care team visited him regularly, and these interactions were deeply meaningful to him. “She encouraged me and made me feel like tomorrow will be a good day,” recalled George.

Six years after that stay, George took his future wife, Donna, on their first date—the couple has now been married for 25 years. Donna worked as an orthopedic nurse at QVH for nearly seven years before transitioning to a pulmonary clinic. “Working with my team was the best part,” she shared while reflecting on her time at QVH. “It was a supportive atmosphere for nurses.” Her positive feelings about the hospital inspired her twin girls to become volunteers while in high school, creating another generation of helping the community. Like her husband, Donna is also grateful for the patient care she received at QVH.

CREATING THEIR LEGACY
A native of Chicago, George remembers having a paper route as a young man. Instead of being compensated in cash, he was paid in chickens, as his family and those in his neighborhood did not have many financial resources. After serving in the Air Force, he began his successful real estate career. At his retirement, George had headed two corporations and owned several homes and apartments throughout California. The couple generously supports dozens of charities, including Wild Wings of California and Emanate Health Foundation. For two years during the COVID-19 pandemic, they donated meals for numerous Emanate Health frontline staff on all three shifts. As they considered their estate plans, it was important for George and Donna to give back in significant ways. “We wanted to do something wonderful for the community,” said Donna.

The couple has established three charitable gift annuities with the Foundation through gifts of property, the proceeds of which will support the new Emergency Department-ICU at QVH. George and Donna are proud that their giving will help supply sophisticated equipment to help future patients extend their lives. “I was excited to learn that the new facility was designed with the clinical perspective in mind,” shared Donna. “Our hearts are with helping other people.”

George’s business savvy has helped guide their philanthropic investments. “An investor wants to invest in something secure,” noted George. “With these annuities, we get a tax deduction and lifetime income.” Increasingly, he is also thoughtful about the legacy he will leave. “Many people know me as a successful agent and broker/exchanger,” noted George, who has served on several local investment real estate exchange chapter boards.

To make a gift of property like George and Donna, contact Kimberly Jetton at 562.568.5700 or foundation@emanatehealth.org. “It is important to me for our name to be connected with something that helps and inspires other people… that’s what I want my legacy to be.”

– GEORGE PETROKOWITZ

To make a gift of property like George and Donna, contact Kimberly Jetton at 562.568.5700 or foundation@emanatehealth.org.

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OUR MISSION: Emanate Health exists to help people keep well in body, mind, and spirit by providing quality health care services in a safe, compassionate environment.

Don’t Miss Out!

34th Annual Autumn Nocturne Gala:
A Night in Old Hollywood
Saturday, October 7, 5:00 pm
at Pacific Palms Resort, City of Industry
eumanatehealth.org/gala

Estate Planning Seminar
Wednesday, October 25, 11:30 am at Queen of the Valley Hospital & 4:30 pm at Foothill Presbyterian Hospital. No cost to attend — RSVP at sygarcia@emanatehealth.org

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emanatehealth.org/foundation

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