President’s Message

Greetings to CARES Friends,

CARES has a new website! Find us at: lacusccares.org

CARES launched its new website on December 9, 2013. Please look us up! Take time to browse the website and send us your comments. We have new LAC+USC Medical Center logo merchandise that you can order online and have shipped to you. We are pleased to announce that we have a new vehicle donation program: go to “Ways to Give” on the CARES website and follow the directions. This is a very reputable organization that has come highly recommended.

The CARES “Treasure Trove” Thrift Shop needs donations and can now sell high end items by placing them on our website to sell them at their full value. Help us by spreading the word that CARES has a new website! Once again, share your comments and tell us how we can improve.

Remember, find us at: lacusccares.org

Thank you for your support of CARES in 2013

Happy Holidays!

President Mindy Halls

CARES New Website!
lacusccares.org

The Historic General Hospital is continuing its legacy of healing though taking a different path and promoting healthier lifestyles through “The Wellness Center.”

Formed by a partnership between First District Los Angeles County Supervisor Gloria Molina and The California Endowment, the Wellness Center will house like-minded nonprofit organizations that have the vision of making the surrounding community a healthier community. Its tenants will provide services that strengthen the efforts of forward-thinking philanthropists, foundations, activists and organizations to make the world a better place.

The Wellness Center will utilize the first floor of General Hospital as a common space where nonprofits can coordinate wellness programming and promote prevention of disease. CARES already houses its administrative offices and operates a Gift Shop on the first floor of General Hospital and a Thrift Shop behind GH.

After a meeting with Dawn McDivitt, Manager, Property Development, Chief Executive Office, CARES was inspired to join in the wellness program by incorporating space in the GH Gift Shop as a “A pathway to Healthy Living.” Previously, before the move to the new facility, CARES operated a “Health Food Store.” The CARES Gift shop will still have the traditional items one might find in a Gift Shop, i.e. purses, sports memorabilia, jewelry, greeting cards, sundries and so on, but it will also include items such as literature for a Healthier Lifestyle, a safety resource center* (see pg. 6) containing such things as bike helmets, and items to make the home safer for toddlers.

CARES will be increasing its choices of healthier foods. Also, the CARES Coffee Bar is being remodeled and reopened with an emphasis on healthier choices. CARES embraces the opportunity to enhance its services in a way that will promote longer and much healthier lives for the members of the community.

Save the Date:

CARES Annual Awards Meeting and Luncheon

Wednesday, April 30, 2014
In Memoriam: Evelyn Abrahamson

Evelyn Abrahamson, a charter member of CARES, volunteered over 7000 hours and served on the CARES Board of Directors and Shops Committee since the early 1970s. A regular volunteer in the CARES Gift Shop in General Hospital, she always made up the difference if someone was short of change for their purchase. A former teacher, she even offered to help Junior Volunteers and Medical Students with their papers or applications...if they brought them to her, she would proof read and make suggestions for improvement. Customers asked about her, even when she was no longer able to volunteer in the Shop. She hosted the CARES Gift Shop Volunteers in her home in South Pasadena and CARES Board Meetings when she moved to Villa Gardens in 2001. The one thing that Evelyn didn’t want was to be honored herself, although she was named CARES Volunteer of the Year in 1996. All she wanted was to be of service and to help others. Though she also requested that no memorial service be held for her, her husband, Dr. Stephen Abrahamson, posted notices in Villa Gardens to tell friends of her passing and requested that in lieu of flowers, donations could be made in her memory to CARES.

Congratulations to Louise Ball on her 95th Birthday!

LAC+USC Medical Center Named “Baby Friendly Hospital”!

CARES and the community have donated many items for the newborn baby layettes. Members of both have knitted or crocheted blankets and caps, and bought onesies, wash cloths, towels and receiving blankets to ensure that all new moms take their newborns home in style. Often these families have very little.

To celebrate this recent honor, the goal is to print “A Baby Friendly Hospital” on infant onesie shirts as part of the layette program. CARES has offered to help with that effort. World Health Organization and UNICEF created this designation and award it to hospitals whose protocols make entry into the world friendly to the baby by keeping mother and baby together and supporting the family’s choice to breastfeed. Any baby would like that! This is a difficult designation to achieve and involves a site visit by Baby Friendly USA to see if all of the ten steps have been truly met. They interview doctors and nurses to see if they have been well trained in lactation management and interview the parents to be sure they had the Baby Friendly experience. In Los Angeles County there are only 13 hospitals that have achieved this honored designation of excellence: all 3 county hospitals, all 7 Kaiser Hospitals and only 3 private hospitals. The program began as a grass roots effort on the part of the maternity unit nurses who bought some of the items themselves. Additional donations from CARES and others have kept it going. Thank you to all who have made LAC+USC Medical Center “Baby Friendly”!

Maria Tomé, Child Life Specialist, Plans Halloween Event for Patients and CARES Childcare Children & Parents

Dan Castillo, CEO, LAC+USC Medical Center, greets the young judges for the event, Volunteer Emilio Ceja, and Emily (patient) who holds the distinction of being the only girl on an otherwise boys’ baseball team!

Mireya Gurrola and son Julian (1 yr.)

On Halloween Day, excitement could be felt in the halls as staff and patients prepared for the annual Trick-or-Treat event planned and organized by the Child Life Program. Twenty hospital departments participated as Trick-or-Treat stops and provided treats. The Child Life Playroom was converted into a costume room where patients could choose a costume. Face painters were on hand to add the final touches.

CARES Childcare Centers participated in this year’s event and the children, parents and staff had a fun time. CARES enjoys participating in any of the Child Life activities and is always there to help Maria Tomé with additional resources.
Many events take place at the Medical Center throughout the year with special emphasis on the holiday season. This extra effort put forth by the Medical Center staff, all volunteers, including CARES, and the community illustrates the dedication of those who provide support to the patients served here. CARES takes great pleasure in featuring some of these special events, as a tribute to those who make them happen.

Maria Tomé, Child Life Specialist, organizes many activities for the pediatric patients, not just during the holidays, but every day throughout the year. Maria said, “Spending time in the hospital during a major holiday or event is disappointing to many children. The Child Life Program strives to bring events and activities to the hospital that children and families would be otherwise doing in the community.”

Though many groups over the years have supported the Child Life Program and worked with Maria Tomé to bring cheer to the patients, the groups featured below have been coming for many years and were back this year to spread the joy and join in the fun.

The Keck School of Medicine at USC: Project Santa and the USC Skull and Mortar Service Fraternity Operation Santa students have years of tradition in outreach to the patients. Mrs. Tomé spoke of recent visits by both groups that were heartwarming. The lovely voices of the medical students, Santa stapling his suit together, students giving gifts and performing as dancing reindeer, pediatric patients laughing and beaming with pleasure as gifts were being passed out—and relief that Santa’s suit did not fall off, constituted a memorable event for all.

The For the Need Foundation and Spartan Truck provide a holiday party for both the Inpatient and Outpatient patients every single year where over 300 children receive gifts, play games and rejoice! The First City Credit Union Santa brings gifts donated by the Credit Union to the pediatric patients, and in Maria Tomé’s words, “Terry O’Steen (CEO of the Credit Union) is definitely a fantastic Santa and the children love this visit.”

The staff on the Burn Service has held an annual Burn Survivor Holiday Party for many years. The dedicated staff are extremely involved with the day-to-day care of their patients and choose not to end that association after their patients are released. At the Burn Survivor Party, patients are welcomed back to be presented with gifts and to reunite with and spend some social time with those who cared for them in the hospital.

Under the direction of Volunteer Services:
A very special group, the Self Realization Fellowship Choir, has come to perform at the bedside of adult patients for over 40 years. Not only do they sing like angels, though they are actually monks, they generate a kindness and caring that fills all who hear them with a sense of eternal peace.

Other amazing community groups like St. Lucy’s choir, Sacred Heart High School choir, and the Salvation Army help with gifts and provide caroling to bring holiday cheer to the patients.

Making Special Yuletide Memories for LAC+USC Patients and Their Families

The Holiday Charity Gift Giving Program at the LAC+USC Medical Center is a team effort with the overall planning and operation managed by the Volunteer Services Department under the direction of Coco Ceja, Director of Volunteers. With support from the National Charity League, the Social Work Department, CARES, and other community individuals and organizations, many of the children who come to this Medical Center for their healthcare needs receive gifts during the holiday season. The holiday event was held on December 7th & 8th. Coco Ceja reported, “Over 1300 excited, happy children and their parents walked away with Santa bags filled with toys, gifts and a message that somebody cares.”

The history of this program goes back to 1980 and it has become a tradition that has lasted thirty-three years. Many families who come to the LAC+USC Medical Center are usually low income, and when illness strikes any family member, their financial situation only becomes worse. At a time when others are rejoicing and preparing for a holiday filled with shopping, decorating, and eating special treats, these families are devastated by the illness of a loved one and are trying to pay their bills, figure out how to get their ill family member to doctor appointments or how to visit them during their hospitalization. If a parent is ill, perhaps there is no one to even go shopping for the children, even if the funds are available.

It is not too late to donate as families with special needs are admitted every day and all your donations of funds or toys will be put to good use. You may contact Coco Ceja at (323) 409-6945 to see what is needed most. Thanks to those who have already donated or participated in the Holiday Charity Gift Giving Program and blessings to you all for a happy holiday season and a healthy and prosperous New Year!
A Festive Recipe:

**Thin Pancakes**

Naleśniki

3 eggs
1 cup flour
1/4 tsp. salt
1 cup milk
1 cup water
1/4 cup margarine
Jam, lemon and sugar, or cheese filling*

Beat the 3 eggs well. Gradually mix the eggs into the 1 cup flour and 1/4 tsp. salt. Gradually add the cup of milk, then the cup of water to make a smooth batter.

Heat a 7” skillet over medium heat, then coat it well with about 1 tsp. margarine.

Pour in about 1/4 cup of batter, turning the pan to cover the skillet surface evenly and completely. Cook for 1-2 minutes until edges look cooked. Turn quickly and cook about 1 minute more. Turn the pancake out onto a plate.

To make each succeeding pancake, coat the skillet with 1/2 tsp. margarine and repeat the process.

TO SERVE: Reheat to serve in any or all of these ways:

Fold into quarters and serve with lemon to squeeze on them and sugar to sprinkle on them.

Put one large spoonful of a very thick jam, such as powidlo on one side, and fold into quarters.

Put one large spoonful of cheese filling* on one side with 1 Tablespoon of “Chubby Cherry” sauce-optional [sold in CARES Gift Shop!] and fold into quarters. Top with sour cream and 1 more tablespoon of “Chubby Cherry” sauce-optional.

*CHEESE FILLING:

1 egg yolk
2 tsp. sugar
8 oz. Ricotta cheese
1/2 tsp. vanilla

Mix the egg yolk and 2 tsp. sugar. Stir into the 8 oz. of cheese. Add the 1/2 tsp. vanilla.

If the naleśniki are made ahead, fold in fourths and reheat gently in a buttered skillet before serving. They can be made ahead and refrigerated for several days. If they are to be frozen, put two sheets of waxed paper between each two.

Recipe from "Grandma Babcia's Cookbook," one you can not find on the internet today. Maria Dolinski, a true Grandma Babcia, one from the Ol’ Country of Poland, frequently made these lovely crepes for her family.

This recipe is included here as a tribute to a donor and long time CARES sponsor, Bonnie Borchardt, who loved recipes which previously had been a standard of the CARES’ newsletter.

In Memoriam

Evelyn Abrahamson
Dr. John L. Denney
Alvin Sorkin

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**CARES News**

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Thank you to CARES Circle of Friends! 

The following generous supporters (amounts have been combined) have donated to date in 2013:

**Faculty Medical Group, Inc.** ($5000)
**Dr. James J. & Sue Femino** ($2500)
**Bonnie Borchard** ($1300) *Weta Mathies* 
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**Judith Volin**
**Dr. & Mrs. Leslie Weiner**

An envelope is enclosed for your convenience if you would still like to donate to CARES for 2013.
The notice below was created for the Pediatric Injury Prevention Program, but because it can be useful for everyone, it is included here. Please feel free to pass on this information.

Cynthia Berne, Vicki Carlson, Nancy Castillo, Agnes Chaney, Margie Dolinski, Martha Galaif, Loretta Henderson, Kathleen Lohr, Mildred Milgrom, M.D., Genevieve O. Minjarez, Marilyn C. Paine, and Joanne Yoshii

Donors in memory of
Liddy Dye, R.N.

CARES policy for donation requests: CARES does not like to inundate its patrons with requests for donations. CARES sends out official donation requests only twice a year. The Valentine Mail Appeal is sent in February and the Fall Mail Appeal will go out in early October. The Fall Mail Appeal has replaced the Membership Drive (CARES has been informed that "membership" suggests that the donors receive something for their gifts). All those who donate will be acknowledged. Additional donation envelopes will always be included in the CARES newsletter for your convenience. All donors to CARES receive 10% off gifts in CARES Gift Shops.

Thank you for your continued generosity.

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Pediatric Injury Prevention Items in the Safety Resource Center Display

(Outside of the entrance to Peds Triage)

Please let families know that these items may be purchased in the D&T CARES gift shop:

- Halo sleeping sacks that "help reduce SIDS"
- Bike helmets for younger children and teens
- Adhesive Mount cabinet/drawer Lock
- Toilet lock
- Sliding Closet Door Lock
- Appliance Lock
- White Adjustable Locking Strap
- Foam Corner Protector- Brown (For example- corners of glass top table)
- Furniture Strap
- TV Strap Sets
- Outlet plug cover
- Sliding Cabinet Lock
- Electrical Outlet Cap
- Finger guard
- Mesh Window Guard
- Stove Guard
- Deluxe Food Mill
- Universal Outlet Cover (computer outlets-usually have larger spaces to cover)
- Safeway gates that block doorways and stair cases

**For financially disadvantaged families:

- Physician/ER nurse call CARES office for free item
  - 323-226-6941 ask for Nancy or 323-226-6952 ask for Margie