



THANK YOU FOR YOUR TRUST AND LOYALTY

By John Engle



John B. Engle,
Corporate Senior
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I want to personally thank you for your generosity, leadership and investment in the future of health care at Scripps. Your trust and loyalty not only help Scripps keep pace with the fast-changing landscape of health care, they help us lead the way. Scripps President’s Council members have an immense impact on our success and ability to provide the highest standards of excellence in patient care, offer the latest treatment options, recruit the best and brightest physicians, and obtain the most advanced technology. Thank you for giving year after year so that we can advance the resources that will allow our physicians to do what they do best — heal, enhance and save lives.

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SCRIPPS PRESIDENT’S COUNCIL
Insights

Summer 2019

Dear Friends,

Health care is evolving.

In this Digital Age, as people grow more accustomed to the convenience of online ordering, rapid deliveries and mobile access to information, patients are coming to expect the



same with their health care. To meet these expectations, health care is becoming even more focused around the needs of the patient. It’s moving away from the hospital settings toward easily accessible outpatient settings, including conveniently located clinics, outpatient surgery centers and virtual physician visits.

It’s also shifting away from episodic care toward a lifelong partnership that is centered around providing an always exceptional patient experience.

As San Diego County’s health care leader, Scripps is on the forefront of this patient-centric evolution. We are providing nurse navigators at Scripps MD Anderson Cancer Center to guide patients through their care, opening Scripps HealthExpress locations throughout the county to offer care with no appointment needed, and developing digital technologies to make health care more accessible for our patients, including telemedicine, online appointments and the use of cell phone apps to self-monitor chronic health conditions.

As a member of the Scripps President’s Council, you are the key to our evolution. Unrestricted donations to Scripps are instrumental to the advanced care we are able to provide now and seek to provide in the future.

Thank you for your continuing support.

Chris Van Gorder, FACHE
Scripps President and CEO

FRONTIERS IN MEDICINE

The 25th Annual Frontiers in Medicine, on April 4, featured leading oncologists from Scripps MD Anderson Cancer Center, in a presentation about what has changed since partnering with one of the nation’s top cancer hospitals. As a result of the partnership, Scripps cancer patients are now presented a “one-stop” multi-disciplinary treatment plan following diagnosis for certain cancer types. The efficient and cohesive approach allows patients to consult with a team of oncology specialists during one appointment. This supports greater integration and communication among the specialized cancer care team and enables patients to focus all their energy on treatment and recovery.

Frontiers in Medicine is an annual President’s Council event that gives our members the opportunity to meet top physicians, learn about the latest in healthcare at Scripps and meet other President’s Council members in the community.



Kayda Johnson, David Johnson, Ann Hill, Frank Panarisi, Marti Panarisi, John Ciullo, Ruby Edman, and Dee Johnston enjoy the Scripps President’s Council Frontiers in Medicine event in April.

CHRIS VAN GORDER PRESENTS ANNUAL SCRIPPS HEALTH BRIEFING



Chris Van Gorder presenting at Scripps Health Briefing and luncheon event in April.

Scripps Health President and CEO, Chris Van Gorder presented the Scripps Health Briefing during a luncheon on February 28. Highlights included details about the launch of Scripps MD Anderson Cancer Center and efforts to improve patient experience, efficiency and access across the Scripps network. More than 80 Scripps President’s Council and Mercy 1000 members were in attendance at the exclusive annual event.

View photos from 2019 events at [Scripps.org/presidentscouncil](https://scripps.org/presidentscouncil).

BRIDGING THE GAP IN OPIOID TREATMENT

In February, Scripps Mercy Hospital received a \$260,000 grant for opioid addiction treatment thanks to The California Bridge Program, a statewide initiative aimed at reducing the drug’s overuse and dependence.

Through the grant from the California Department of Health Care Services and Substance Abuse and Mental Health Services Administration, Scripps Mercy will receive funding, training and technical assistance to create a two-pronged program. First, emergency room doctors will be trained in how to administer specific medication to ease any severe symptoms of withdrawals in patients. Doctors may also prescribe medication as a temporary “bridge” for patients waiting for ongoing care. Second, counseling support will be added to Scripps Mercy’s emergency department to connect patients with services at Scripps’ outpatient clinic partner, Family Health Centers of San Diego. Scripps also will provide follow-up monitoring of patients’ outpatient care.



risks of opioids, outlines alternative medications and resulted in a 25% reduction in the number of opioid pills prescribed at Scripps hospitals and outpatient centers last year.

These two plans will work together with Scripps Mercy’s Opioid Stewardship Program (OSP) and the Scripps drug take-back kiosks that help patients dispose of unused, unneeded or outdated medication. Scripps Mercy’s OSP is an initiative that educates patients about the

UPCOMING EVENTS

Genetics + Genomics

Learn about genetic counseling and how it fits in with genomic medicine at Scripps MD Anderson Cancer Center.

Tuesday, August 20
For more information contact Chelsea at Buser.Chelsea@scrippshealth.org

10th Annual President’s Council State-of-the-Hospital Breakfast

Monday, August 26, 2019
8 – 9:30 am
Scripps Memorial Hospital La Jolla
Schaetzel Center, Great Hall
9890 Genesee Avenue
La Jolla, CA 92037
For more information contact: Ryan at Thibodeau.Ryan@scrippshealth.org

**Feast of Our Lady: Mercy 1000
Breakfast Meeting**
Tuesday, September 24
Scripps Mercy Hospital, San Diego.
For more information contact: Carina at Burns.Carina@scrippshealth.org

Special Events*

**51st Annual Scripps Clinic
Invitational Golf Tournament
and Dinner**
Dinner: September 19; 6 p.m.
Del Mar Country Club
Golf Tournament: September 20
Torrey Pines North Golf Course
*Benefitting Scripps Clinic Research
and Innovation*

Rockin’ Encinitas
Thursday, October 17; 5 p.m.
Belly Up Tavern Solana Beach
*Benefit concert featuring Johnny
Rzeznik of the Goo Goo Dolls, to
support Scripps Memorial Hospital
Encinitas*

90th Annual Candlelight Ball
Saturday, December 7; 6 p.m.
Fairmont Grand Del Mar
For more information contact
specialevents@scrippshealth.org

**Special Event Fundraisers require ticket purchase*

IN THEIR OWN WORDS: *Insights from Members*

Lane and Marilyn Hauck

A week after hiking the sacred mountains of Machu Picchu, Peru, President’s Council member of the Mercy 1000 chapter, Lane Hauck found himself in a race against the clock. It was 2:45 a.m. and he was having a stroke. Thankfully, his wife Marilyn recognized the signs and sprang into action.

“Marilyn noted the time and knew right away to call 911. This split-second decision turned out to be the biggest factor in my full recovery,” Lane recalls.

An ambulance rushed Lane to Scripps Memorial Hospital La Jolla, where scans and lab work determined that he would be eligible for tPA, a time-sensitive, clot-busting drug.

Wasting no time, Lane agreed to treatment and physicians began to administer the drug at 4:49 a.m. During the next hour, as Lane received the medicine, he regained the use of his left hand and could elevate his leg.

“This was one of the most amazing experiences of my life,” Lane says.

Thanks to a quick response from his wife and lifesaving care from his team of Scripps physicians, Lane walked out of the hospital after two and a half days fully recovered.

“I can’t emphasize this enough — if you even suspect a stroke, note the time and immediately call 911,” says Lane. “Nobody will hold it against you if it turns out to be a false alarm, which you must know is the best possible outcome.”

Thanks to President’s Council members like the Hauck’s, access to advanced care and medical technology at Scripps is made possible through philanthropy.

When Stoke Strikes, Every Minute Matters Know the Signs

B	BALANCE Sudden loss of balance or coordination.	
E	EYES Sudden blurred, double, or loss of vision.	
F	FACE DROOPING Drooping or numbness of the face.	
A	ARM Weakness or numbness of arms or legs on one side of the body.	
S	SPEECH Slurred speech, unable to speak, or difficult to understand.	
T	TIME If you experience ANY of these symptoms, call 9-1-1 immediately.	
Scripps is San Diego’s leader in stroke prevention, lifesaving stroke treatment and stroke rehabilitation.		

PLAYING IT SAFE THIS SUMMER

Whether you’re heading to the beach, hiking a local trail or enjoying the Southern California sunshine with family and friends, these tips will help keep you safe.

Know the ocean

Whether you’re surfing, swimming or just cooling off, never underestimate the hazards of the ocean. Stick to beaches that are patrolled by lifeguards and heed warnings about dangerous riptides, currents and areas to avoid. Always let someone know when you are going into the water and never let children go in alone.

Protect your skin

San Diego has one of the nation’s best climates — and one of its highest rates of skin cancer. Protect yourself

and lower your risk by staying out of the sun when rays are strongest, between 10 a.m. and 2 p.m., wear a wide-brimmed hat and apply a sunscreen with an SPF of 15 or higher 30 minutes before you go out, reapplying every two hours.

Support your feet

Flip-flops, sling backs and mules may be fashionable warm-weather footwear, but they put your feet at risk of heel pain. You are more vulnerable to getting plantar fasciitis, if you wear them every day. They can also make you vulnerable to an ankle sprain, so wear them in moderation.