

# HEALTHCARE



# GROWTH IN OC CONTINUES

## THE CARE YOU NEED, ANYTIME AND ANYWHERE



If you are unable to visit one of our more than 200 locations throughout Orange and Los Angeles Counties, you're in luck! MemorialCare has increased the use of telehealth technology with virtual doctor visits and ways for patients to connect quickly with urgent care physicians from home.

"Telehealth practices are not new, but the pandemic rapidly advanced the demand for it as our community avoided going to hospitals or medical offices over COVID-19 concerns," said Mark Schafer, M.D., CEO of MemorialCare Medical Group and Greater Newport Physicians. "Since January, the medical staff at MemorialCare urgent care centers are available 24/7 for a virtual consultation in real time."

MemorialCare's 350 primary care physicians use video and virtual visits, in addition to in-person care, making access to care incredibly convenient for our patients.

"Better access to primary care can reduce the costs of health care," Dr. Schafer said. "I liken the strategy to banking. You can do your banking by phone, on a computer, at a walk-up or drive-through ATM, or you can go inside the bank and talk to a teller. Health care should be the same way."

Visit [memorialcare.org/on-demand-care](https://www.memorialcare.org/on-demand-care) to learn more.

## MEMORIALCARE CONTINUES TO GROW IN ORANGE COUNTY



Mark Schafer, M.D.  
CEO, MemorialCare Medical Group and Greater Newport Physicians

MemorialCare Medical Group continues to expand access to primary care in Orange County by opening several more offices and expanding access at existing locations.

"The new health centers are located throughout the region to reduce the distance and travel time for primary care," said Mark Schafer, M.D., CEO of MemorialCare Medical Group and Greater Newport Physicians.

We recently opened MemorialCare Medical Group Cypress and announced plans to open another office in Irvine at University Park. In addition, we are expanding access to care at our locations in Huntington Beach, Westminster, and San Juan Capistrano.

Our expansive network of primary care and urgent care locations provides Orange County residents convenient access to the care they need close to home.

## MEMORIALCARE SADDLEBACK MEDICAL CENTER NATIONALLY RECOGNIZED FOR THE FOURTH TIME WITH 'A' LEAPFROG HOSPITAL SAFETY GRADE

MemorialCare Saddleback Medical Center in Laguna Hills received an "A" from Leapfrog Hospital Safety Grade for spring 2022. This is the fourth "A" grade in a row that MemorialCare Saddleback Medical Center has received to recognize its achievements in protecting patients from preventable harm and error in the hospital.



Marcia Manker  
CEO, MemorialCare Saddleback & Orange Coast Medical Centers

"We are extremely pleased to once again receive Leapfrog's 'A' Safety Grade," said Marcia Manker, chief executive officer, MemorialCare Saddleback Medical Center. "This important designation reflects our ongoing commitment to improving the health and well-being of the communities we serve by ensuring that our patients' safety is the top priority."



MemorialCare Saddleback Medical Center is consistently recognized as one of America's top hospitals, receiving U.S. News & World Report high performance rankings for Heart Attack, Congestive Heart Failure, Stroke, Diabetes, Aortic Aneurysm Repair, Knee Replacement, COPD, Kidney Failure and Pneumonia. It was named among America's 50 Best Hospitals, Top 50 U.S. Cardiovascular Hospitals, Orange County Register Best Orange County Hospitals and Top Workplaces; and many other third-party accolades.

To learn more, visit [memorialcare.org/saddleback](https://www.memorialcare.org/saddleback).

## CARING FOR YOUR EMPLOYEES AND YOUR BOTTOM LINE

In today's uncertain economy, it's important to reduce unnecessary expenses and keep your employees healthy. MemorialCare works with employers to provide award-winning, performance-based care to reduce waste, avoid overdiagnosis, and prevent large claims costs, all while improving the health outcomes of your employees.

We accomplish this by focusing on data-driven performance that incentivizes our providers to continually improve the health of our patients, and we are held accountable to achieve results. Our focus on performance, coupled with our extensive ambulatory network, the largest and most diverse in our region, makes it possible for us to provide the highest quality of health care at a substantially lower cost.

To learn more about how you can improve quality of care while reducing costs for your employees, contact Cathy Capaldi at [ccapaldi@memorialcare.org](mailto:ccapaldi@memorialcare.org) or (714) 377-2960.



- MemorialCare Medical Centers
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- MemorialCare Shared Services
- Children's Specialty Care Centers
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# An entire healthcare system, focused on you.

Serving you with 225 locations. Personalized care for the whole family. That's MemorialCare. Giving you 24/7 access to virtual care, a local navigation center and the ability to speak online with a provider. With expert guidance and an experience entirely focused on your best health, access to top-quality care has never been more convenient.

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# COVID-19 and childhood diseases

Dr. Coleen Cunningham

## Is COVID changing the course of childhood illness?

After two years of living with COVID-19, parents and pediatricians alike are noticing that childhood viruses virtually unseen during the pandemic are back — including flu, rhinoviruses and respiratory syncytial virus — and they're showing up out of season.

"Years of masking, handwashing and social distancing made most of these viruses disappear," says UCI Health pediatrician Dr. Coleen Cunningham, who specializes in childhood infectious diseases. "Now that we are all out and about and resuming our normal lives, it's natural that they are resurfacing."

There is no need to be unduly alarmed or cocoon your kids, though, adds the professor and chair of the UCI School of Medicine's Department of Pediatrics and senior vice president and pediatrician-in-chief for Children's Health of Orange County.

"It's a normal part of childhood to get viral infections. Although we're seeing these viruses return out of season, kids are not at any higher risk catching them this summer versus the normal fall and winter season. They are not any more dangerous than they were before COVID-19."

### Which illnesses should parents be most concerned about?

Historically, viruses go through mutations, changing a little bit every year.

"I would say respiratory syncytial virus (RSV) — a common respiratory virus that causes mild, cold-like symptoms — is of most concern right now," says Cunningham. "RSV can require hospitalization in children under 12 months of age, especially pre-term babies, and those whose immune systems are compromised. It also can be serious in older adults."

But COVID-19 and influenza viruses remain a serious risk for kids, she adds, and parents should make sure to vaccinate their children for both.

### What are the best ways to keep kids healthy?

The tried-and-true methods for preventing childhood infections are still paramount, Cunningham says. They include:

- Washing your hands and those of your little ones frequently.
- Getting regular checkups and staying up-to-date with all childhood vaccinations, especially for COVID-19 and influenza.
- Keeping kids home when they are sick.

But don't restrict activities out of fear of infection, she says. "Children really do need to be active and to socialize. Outdoor activities have the lowest risk and if you're worried about indoor activities, you can certainly have them mask."

### Are COVID-19 vaccines safe for kids under 5?

The U.S. Food and Drug Administration (FDA) and the Centers for Disease Control and Prevention (CDC) last week authorized Pfizer's three-dose vaccine for children ages six months to 4 years and Moderna's

two-dose vaccine for children ages six months to 5 years.

In both the Pfizer and Moderna clinical trials, the most common side effects were pain at the injection site, irritability and crying, loss of appetite and sleepiness, the FDA reported. Very few children developed a fever higher than 102 degrees Fahrenheit and none developed myocarditis, a type of heart inflammation.

Understandably, parents want to make the best choices, Cunningham says. But it's important to get accurate information when making decisions, rather than rely on social media or anecdotal reports. That's why she recommends consulting with your child's doctor.

"Our role as pediatricians is to provide the most up-to-date information and guide parents toward the most beneficial health outcomes for their children."

Cunningham has no qualms about recommending the newly approved COVID-19 vaccines to prevent severe illness among the youngest children.

"Besides being a pediatrician, I'm a mother to five grown children and now a grandmother to four," she says. "I can pretty much guarantee that my kids will vaccinate all my grandbabies with the COVID-19 vaccine as soon as they turn 6 months old."

*"I can pretty much guarantee that my kids will vaccinate all my grandbabies with the COVID-19 vaccine as soon as they turn 6 months old."*

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**UCI Health**

[ucihealth.org/pediatrics](https://ucihealth.org/pediatrics)

# UCI Health

## A clinical trial was my best hope. The treatment saved my life.

At UCI Health, we're actively enrolling patients in more than 400 clinical trials for cancer, digestive health, cardiology, neurology and neurosurgery. With every new discovery and breakthrough moment, our research improves the lives of our patients and shapes the future of medicine for Orange County and beyond.



Learn more about our clinical trials  
at [ucihealth.org/clinicaltrials](https://ucihealth.org/clinicaltrials)  
Or call 714-464-6920

Model used for illustrative purposes.

# As City of Hope Expands in Orange County, So Does Our Incredible Team

DRIVEN BY SCIENCE, MOTIVATED BY COMPASSION — WE ARE LOOKING FOR PEOPLE WHO SHARE OUR VISION



(L-R): Diego Rodriguez, Sr. Regional Nursing Director, Amrita Krishnan, M.D., Director, Multiple Myeloma Program, Nikki Gee, Clinical Practice Education Specialist

City of Hope Orange County has been named a “Best Place to Work” by the Orange County Business Journal for two years running. Now, as we are getting ready to change the way cancer care is delivered in Orange County, we are seeking more team members who feel called to be part of our lifesaving mission. Our goal is to recruit more than 300 of the finest healthcare professionals, including nurses, medical assistants, technologists and clinical lab scientists. This is a nationwide search — we want the best of the best — but we are particularly excited about welcoming the best of Orange County to our team.

When we open City of Hope Orange County Lennar Foundation Cancer Center in Irvine this summer, we will bring unprecedented, advanced cancer therapies to the area and world-renowned expertise. This year, we’re also breaking ground on Orange County’s only hospital exclusively focused to treating and curing cancer, opening in 2025. Here, and at our four regional sites in Orange County, our dedicated physicians and staff members care for our patients with compassion. At City of Hope, we take a patient’s hand and never let go — and that’s how we believe health care should be delivered.

For those who want to join us in our fight against cancer, we offer an incredible opportunity to be on the ground floor as we shape the future of cancer care, as well as a competitive salary and benefits package and a welcoming work culture.

## COMPASSION IS FOUNDATIONAL

We are looking for uniquely talented people who bring new ideas and who share our passion and calling for this work, with empathy and compassion at the heart of all we do. In designing our cancer center, we asked patients, health care experts, and others to help us develop a building that offers healing, sanctuary, and, most of all, hope. The individuals who work with us must carry on this tradition of inclusion and community.

## INTELLECTUAL CURIOSITY DRIVES US

To qualify for our team, intellectual curiosity and a dedication to the latest City of Hope Orange County Lennar Foundation Cancer Center is four football fields’ worth of advanced cancer research and treatment. Patients

will benefit from access to more than 400 physicians and more than 1,000 researchers and scientists solely focused on treating and curing cancer. Patients will have access to more than 1,000 phase 1-3 clinical trials. We seek those driven by the power of innovative research and science because we are making groundbreaking discoveries every day. Working at City of Hope means carrying on a legacy known worldwide for lifesaving discoveries. We’re looking for people who share our intellectual curiosity, love for lifelong learning and who will embrace opportunities to become colleagues with many of the nation’s top cancer experts. We encourage one another to continue challenging the boundaries of today’s medical knowledge to pursue new horizons. None of this is easy, but it is always rewarding.

## OUR UNIQUE AND DIVERSE WORKFORCE

Diversity and inclusion are core values at the heart of our mission. We offer an inclusive workplace environment that engages all our employees and provides them with meaningful opportunities to develop and grow. We are committed to true workforce diversity and a welcoming internal culture, knowing that we deliver better and more equitable care when we fully understand and can respond to all our patients’ needs.

## LEARN MORE ABOUT A BEST PLACE TO WORK

For the right person — joining City of Hope Orange County is the career opportunity of a lifetime. This is more than a job. It’s a calling. It’s about making a difference to achieve what we all want — health and hope for the people of Orange County.

If you are interested in joining City of Hope Orange County, please visit [CityofHope.org/OC/HopeisatWork](https://CityofHope.org/OC/HopeisatWork)





# THE FUTURE IS HOPE

From the moment you connect with a City of Hope physician, you feel it. The focused dedication. The infinite compassion. The curiosity that has led to breakthrough cancer research and treatments known around the world. City of Hope is an NCI-designated comprehensive cancer center bringing a new level of science and compassion to Orange County. This is the most advanced cancer care in the county. **This is Hope and it's here to cure cancer.**

Learn more at [CityofHope.org/OC](https://CityofHope.org/OC)



City of  
Hope®

ORANGE  
COUNTY



National  
Comprehensive  
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## When it Comes to Spine Surgery, Trust the Experts at Hoag Orthopedic Institute to Get You Back to You

Hoag Orthopedic Institute (HOI) performs more spine surgeries than any other institution in Orange County. With that volume comes honed expertise. All of our staff including surgeons, medical doctors, nurses, surgical techs, physical therapists and more, work exclusively with orthopedic and spine patients, ensuring the best and safest surgical experience.

"When patients come in for an evaluation at Hoag Orthopedic Institute, we are looking comprehensively at the patient to ensure they receive the optimal course of treatment for them," shared Jeremy Smith, MD, Division Chief of Spine Surgery at HOI. "Non-operative methods are utilized first, for as long as possible. If surgery is determined to be the correct course of treatment, we utilize the most up-to-date and advanced technology that helps guide and optimize the surgical approach in the most minimally invasive way, all while ensuring we maximize the safety of the patient."

### What makes HOI unique?

One of the differentiators at HOI is the surgeons' participation in clinical research and education through the research and non-profit arm Hoag Orthopedics. HOI has several fellowship programs including a spine fellowship, where HOI surgeons assist in training fellows, thus preparing the new generation of spine surgeons.

"At HOI, you really have all the benefits of private practice physicians combined with the clinical research and experience of an academic institution, and the drive to continuously improve our techniques and patient outcomes," said Dr. Smith, who is one of HOI's spine surgeons that is fellowship trained in orthopedic spine surgery and specializes in the cutting-edge treatment of degenerative and deformity spinal conditions.

Numerous studies indicate that the more surgeries you perform, the better the results. With our HOI physicians, staff, physical therapists and care team members all focusing exclusively on orthopedic and spine cases, you can rest assured that you are being cared for by the best of the best. HOI's multidisciplinary team of spine surgeons, nurses, anesthesiologists, technologists also conference on complex cases to ensure the right approach is taken for each patient to ensure that their condition is fixed and that they will have a great outcome.

"Our surgeons and team at HOI are specially trained to perform the most complex spinal surgeries including major deformity and revisions that other organizations often refer elsewhere," said Dr. Smith.

### Outpatient Location Upgrades Allow for Improved Spine Surgeries

Leading up to the beginning of the pandemic, more orthopedic and spine surgeries have been moving to the outpatient setting for a number of reasons, including the patients' desire to be discharged more quickly to recover at home.

Anticipating this need to safely do more complex spine surgeries in the outpatient setting to meet the growing demand, HOI underwent a year-long \$3 million expansion, redesign and equipment upgrade to its Main Street Specialty Surgery Center in Orange, California. The expansion was undertaken for increased capacity at the facility to meet the demand of outpatient total joint replacement and spine surgery for HOI orthopedic surgeons.

Two operating rooms were expanded to meet the need for state-of-the-art equipment and processes to accommodate increasing demand for total joint replacement and spine surgeries at HOI. The redesign included an area for a Post Anesthesia Care Unit, an overnight space and a new lobby design. It also included an investment in new infection control technology, as well as an improved floorplan for better flow of staff and patients.

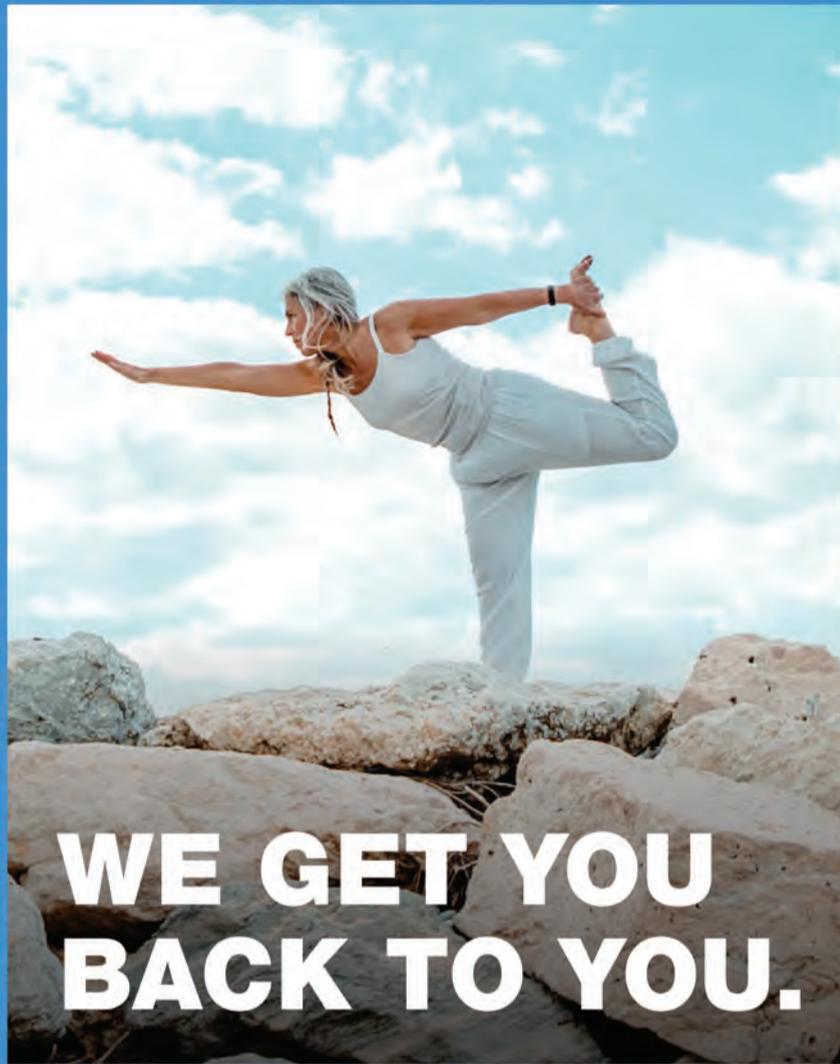
"In spine surgery, we are seeing a trend toward motion preservation with newer implants and technology driving this forward with positive results," shared Dr. Smith. "Disc replacements are up by 50 percent compared to even a year ago as we see some clinical trials demonstrating that this minimally invasive technique can be utilized appropriately in place of the traditional fusion surgery, depending on the individual patient's needs."

The 15,000-square-foot Main Street Surgery Center is one of three ambulatory surgery centers HOI owns and operates in Orange County with a fourth center scheduled to open in early 2023, in addition to its inpatient hospital in Irvine and one more in development in Los Angeles County.

"Our orthopedic and spine surgeons are performing more outpatient joint replacement and spine cases, so we wanted to enhance our ambulatory surgery center "ASC" to ensure the community had improved access to our cutting-edge facilities, technology, and world-class surgeons" said Michael Shepard, M.D., an orthopedic sports medicine surgeon at HOI. "As one of the leaders in the move to providing patient access to more outpatient total joint replacement surgeries, we're pleased to have an updated facility that is specifically designed for surgeons, patients and their families."

For more information or to find the doctor that's right for you, visit [hoagorthopedicinstitute.com/doc](http://hoagorthopedicinstitute.com/doc) or call (855) 999-4641.





**WE GET YOU  
BACK TO YOU.**

## Orthopedics & Spine – It's All We Do

Of the 27 hospitals in Orange County, **only one** specializes exclusively in orthopedics and spine: **Hoag Orthopedic Institute.**

- #1 Orthopedic Hospital in Orange County and Top 1% in the Nation by *U.S. News & World Report*.
- Rated in the Top 1% of hospitals recommended by patients.
- Fellowship and specialty trained physicians and nurses focused exclusively on orthopedic and spine care.



When it comes to world-class orthopedic and spine care, choose the experts right here at Hoag Orthopedic Institute to **GET YOU BACK TO YOU.**

*For more information about the world-class orthopedic care, or to find a physician, visit [HOlexperts.com](https://www.hoagexperts.com) or call 855-299-1158.*

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# HAPPENS

Coming Together to Build Orange County's  
World-Class Mental Health System Today.

*Join the movement at [bewelloc.org](http://bewelloc.org)*



**Be Well**  
ORANGE COUNTY

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# Hoag Family Cancer Institute Invests in Expertise, Technology, Research and Continuum of Cancer Care.

Ranked in the top 10% in the nation for cancer care, Hoag consistently exceeds national cancer survival rates and is on the forefront of diagnostics, treatment and prevention.

**Why?** Because your health and your trust are at the forefront of everything we do.

From our leading-edge Molecular Therapy and Imaging Program and groundbreaking work in genomic medicine, to our advanced clinical trials and innovative technology, Hoag strives to make cancer more preventable, more treatable and more beatable for you.

“Our patients drive us to seek out the most advanced techniques and technologies, to think way beyond what is standard of care now and to be the first to implement the treatments that will be standard of care tomorrow,” said Burton L. Eisenberg, M.D., Grace E. Hoag Executive Medical Director Endowed Chair, Hoag Family Cancer Institute.

Hoag’s dedication to improving patient quality and research is attracting many nationally renowned doctors like Gary Ulaner, M.D., Ph.D., F.A.C.N.M., medical director and James & Pamela Muzzy Endowed Chair in Molecular Imaging and Therapy, a leading expert in bringing cancer treatments and diagnostics down to the molecular level; Michael J. Demeure, M.D., Otis Healy Family Endowed Chair in Applied Genomics, director of Hoag Precision Medicine Program; Chaitali Nangia, M.D., director of breast cancer research and co-director of Natural Killer (NK) cellular therapy research; Tara Seery, M.D., co-director of NK Cell therapy research whose work in hepatobiliary cancers such as pancreatic, liver and bile duct cancers is changing patients’ lives every day; and Burton Eisenberg, M.D., a recognized leader in cancer care, who serves as executive medical director of Hoag Family Cancer Institute.

In addition to this incomparable line-up, two prominent new recruits have recently joined Hoag Family Cancer Institute, including Thomas Wang, M.D., Ph.D., F.A.C.S., a leading researcher and nationally recognized author, who is the director of the Melanoma Program; and Steven Wang, M.D., a fellowship-trained dermatologist and specialty skin cancer surgeon from Memorial Sloan-Kettering, who will be the

director of dermatologic oncology at Hoag Family Cancer Institute.

Hoag Family Cancer Institute’s comprehensive program includes robotic and minimally-invasive surgical care and clinical trials to advance the prevention, diagnosis and treatment of cancer.

We guide every aspect of a patient’s journey, from appointments with specialists, to dieticians, physical and occupational therapists, mental health professionals, social workers and other resources. A dedicated clinical nurse navigator will support you with resources, connections to providers, and most importantly, help make you feel like you again.

We treat more than cancer, which means we are ready for any complication that might arise. Our comprehensive inpatient care means Hoag is also here for you should you have an emergency or need to be admitted into the hospital for any other health care need.

**“At Hoag, we provide care based on the most up-to-date science with the innovative, personalized and compassionate approach for which Hoag is known.”** Dr. Demeure

With three cancer center locations in Newport Beach, Irvine and Huntington Beach, Hoag’s care is not just comprehensive, it’s convenient. Because in everything we do, we’re here for you.

Hoag Family Cancer Institute. World-class cancer treatment. Right here in Orange County.

**To learn more about the Hoag Family Cancer Institute, visit [hoag.org/cancer](https://hoag.org/cancer)**



In 2021, Newport Coast boxer Laurie Paolone became one of the first people to be treated with the ViewRay after the Stage 4 pancreatic cancer she beat in 2019 returned. The ViewRay’s precision-focused radiation delivery allows for lower doses of radiation and higher precision. Recently, Laurie shared that she received her test results: “I’m cancer free. With the MRIdian I was able to beat cancer two times!” With molecular therapy, genomic medicine, advanced clinical trials and cutting-edge technology, Hoag is Orange County’s trusted home for cancer care. Consistently exceeding national cancer survival rates, Hoag’s comprehensive program includes robotic and minimally-invasive surgical care and clinical trials to advance the prevention, diagnosis and treatment of cancer.

**hoag**  
Hoag Family  
Cancer Institute

# At Hoag

You plan for everything.  
We're here for the things you can't plan for.  
At Hoag, when it comes to cancer, you are not alone.

Hoag is the top provider of cancer care in Orange County, ranked in the top 10% of cancer treatment hospitals in the nation. Our dedicated, world-class teams are wholly focused on helping you survive your cancer, heal and move forward with your life.

## when it comes to cancer

At Hoag Family Cancer Institute, we treat many types of cancer in many different ways. Our world-class teams of top-ranked oncologists, surgeons, scientists, nurse navigators, radiation oncologists, pathologists, therapists, pharmacists, social workers and nutritionists work shoulder to shoulder to provide comprehensive, coordinated care for all of you—body, mind and spirit—every step of the way.

## you are not alone.

We begin by providing an individualized treatment plan, designed by experts who specialize in your specific type of cancer. Our state-of-the-art treatment options include advanced molecular imaging to find cancer cells sooner and more precisely deliver radiation therapy, robotics to remove cancer tumors, pioneering methods to deliver chemotherapy and groundbreaking clinical research. All these leading innovations are precision-guided by our top-ranked physicians.

We also support your family, caregivers and loved ones with a full range of services that include psychology, patient education, support groups, social workers, physical and occupational therapy and nutrition counseling.

At Hoag, when it comes to cancer,  
you are not alone.

World class cancer treatment.  
Right here in OC.

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Hoag Family  
Cancer Institute



### An ER Doctor Fights – and Defeats – Breast Cancer

Sarah worked on the front lines as an emergency room physician in the height of the COVID pandemic. Her world came to a halt when the mother of three found out she had an aggressive form of breast cancer. At Hoag, Sarah never felt like a number. Hoag saw her as a person, a mother and a fellow physician. Daily, she felt the support of a team fighting hard to get her back to being healthy for her family. Today, cancer-free, Sarah credits the care and support she received at Hoag for helping her defeat breast cancer once and for all.

[hoag.org/fight](https://hoag.org/fight)

# Providence contributes \$299 million to serve Orange County's underserved



Barbara quit her job many years ago to care for her ailing parents. But after both were gone, the family sold the La Habra house and Barbara, now in her 70s and suffering numerous serious health issues, spent the next nine years living in her car. A health scare changed that.

Suffering from epilepsy since she was young, Barbara suffered a seizure and was rushed to Providence St. Jude Medical Center in Fullerton. When it was time to leave the hospital, she expected to continue her independent lifestyle but soon realized she needed support. Unity House, which opened late last year in partnership with Providence St. Jude, became her haven.

Unity House is a recuperative care facility created through a partnership among the three Providence hospitals in Orange County and the Illumination Foundation to serve vulnerable women who have been hospitalized and are experiencing homelessness or are at risk of homelessness. Unity House not only has helped Barbara manage her health but worked with her to manage her life and to find more appropriate housing.

Providence Mission Hospital, with campuses in Mission Viejo and Laguna Beach, and Providence St. Joseph Hospital in Orange, as well as Providence St. Jude, refer patients to Unity House.

"This is Providence. This is what we do to continue the mission of our founding sisters, to care for those who are poor and vulnerable," said Kevin Manemann, chief executive, Providence Southern California. "Providence firmly believes health is a human right, and to that end regularly assesses community health needs and seeks solutions through community investment."

Every three years, Providence collaborates with like-hearted organizations in the communities we serve to conduct community health needs assessments. Local nonprofits, social services agencies, charitable foundations, educational institutions and many others provide expertise to identify the greatest areas of need. In Orange County, one of those is homelessness and related social determinants of health including food insecurity and chronic physical and mental health issues.

In 2021, Providence contributed \$299 million in grants, MediCal subsidies, programs and charity care in Orange County. The organization's community health investment team partners with like-hearted agencies that have expertise in providing affordable housing, food access, health care, COVID-19 testing and vaccinations and other critical services to the under-served.

Providence, with 52 hospitals in seven states, has four priorities when determining its investments: foundations of health, removing barriers to care, community resilience and innovating for the future.

Using data and information collected through our community health assessments, our hospitals collaborate with other Providence teams and many longstanding partners to develop solutions reflected in our community health investment plans, or CHIPs. Each CHIP contains coordinated strategies responding to immediate needs as well as root causes affecting health and well-being. For common needs present across our seven states, such as access to care or housing instability, the Providence Community Health Investment Team uses a coordinated strategy that is tailored to local situations.

## Housing is a priority for those with no place to call home

In Orange County, we seek to help those who live hidden along the shorelines, freeways, train tracks and other locales, who for one reason or another have no place

to call home. The causes vary but often come down to economics and mental health issues, including addiction. These individuals are old and young, men and women and children, all races, religions and ethnic groups. Our neighbors.

They are among those Providence is called to serve.

By engaging like-hearted partners, immediate needs can be addressed. But that's just one part of a two-pronged approach to improving the lives of those living on the margins.

"Providence also advocates for changing systems and policies that aren't working and collaborating to build effective strategies to get to the root of problems," Manemann said. "Homelessness is complex and can't be remedied without understanding its many causes and creating strategic solutions."

To that end, Providence created two collaboratives, one that involves 44 agencies and seeks to prevent evictions in Orange County. The second is a housing advocacy collaboration that works in partnership with nonprofits that advocate for affordable housing.

Providence is funding development of a pilot program across Orange County to provide rent relief and case management to prevent residents from being evicted. Working with the courts, the goal is to develop a replicable model to keep people in their homes. While the three hospitals provide advocacy for the program, United Way has become the lead agency.

"We want to prevent homelessness through community partnership," said Cecilia Bustamante-Pixa, director, Providence community health investment. "We want to keep people in their homes. Unfortunately, when residents are evicted and have no options for housing, their problems often multiply and they find they face job losses, food insecurity, unsafe situations and limited access to comprehensive health care."

Last year, a 70-unit permanent supportive housing project called Buena Esperanza – Spanish for "Good Hope" – opened in a converted Anaheim motel. Providence partnered in this project by providing a low-interest \$9 million bridge loan that allowed affordable housing developer Jamboree to expedite the purchase of the property. The project houses some of the county's most vulnerable, including veterans, and provides targeted services for residents.

A count earlier this year found 5,718 county residents experiencing homelessness, a 17 percent decline from 2019. Providence will continue its advocacy until that number is zero.

Our employees – whom we call caregivers – are with us in this work, made possible by turning profits after expenses into services, grants and other community investment. Providence Orange County's annual caregiver engagement surveys show a significant majority of our caregivers say the mission of outreach to the poor and vulnerable resonates with them.

"This spirit of compassion is inspired by our Providence Promise, *Know me, care for me, ease my way*, which is our commitment to all we serve, inside our hospitals and out in our communities," Manemann said. "We're honored to make a difference in the lives of those in need of housing, food, health and mental health care and other life-altering outreach."

[Providence.org/CHI](https://www.providence.org/CHI)



## 3 STEPS TO GET RID OF BACK PAIN

If you suffer from back pain, you already know the negative impact it can have on your lifestyle. The simplest tasks are often challenging and may even be impossible. But you are hardly alone. According to the National Institute of Neurological Disorders and Stroke, around 80% of Americans will suffer from some form of back pain, making it the most common cause of job disability and a leading contributor to missed days at work.

Your spinal column is a complex organization of bones, muscles, ligaments, and nerves that not only provides support (enabling you to walk, run and sit), but also affords a vast range of movement, allowing you to bend, stretch and twist. The 33 vertebrae that form the spinal column protect the spinal cord while providing passageways for blood vessels and nerves that supply the entire torso.

And when such a complex part of the body causes you pain, it can be difficult to know where to start for help. Here's what we recommend:

### 1 - Try conservative options first.

Surgery should not be your initial approach to treating back pain. Several non-surgical options may alleviate your symptoms, allowing your body to heal naturally. These include physical therapy and exercise, medications, hot/cold therapy and acupuncture or massage.

### 2 - Know when it's time to seek a surgical consultation.

If your condition fails to improve despite these conservative approaches, it may be time to consult with an experienced surgeon. A few key indicators are decreased mobility, increased pain, and a profound negative impact on your quality of life.

The best surgical option will depend on your individualized condition. The goal is to correct the underlying disorder, alleviate pain and improve mobility. This may involve replacing worn or herniated discs, fusing vertebrae to provide greater stability to the joint, or clearing away bony growths that are diminishing flexibility and aggravating associated nerves.

### 3 - Find an experienced surgeon trained in minimally invasive techniques.

Specially trained physicians in minimally invasive surgery (MISS) are now able to safely perform outpatient procedures that once required drastic incisions and lengthy hospital stays, so look for a doctor well-versed in these techniques.

MISS procedures, like disc replacement and spinal fusion, are performed using high-powered microscopes via small incisions about the size of a quarter, with minimal scarring and reduced trauma. Patients are walking hours after surgery. They recover faster, experience less postoperative pain and are at far less risk of surgical infection.

If your surgeon is unable to offer a minimally invasive approach, keep looking.

DISC Sports & Spine Center's roster of pain management experts, orthopedic physicians and neurosurgeons utilizes innovative solutions to diagnose, treat and rehabilitate patients within a fully integrated medical facility. The result is an unmatched quality (98% Net Promoter Score) and continuity of care trusted by thousands of patients, including elite athletes, who get back to life and sport quickly.

For more information about DISC, call (949) 988-7800 or visit [www.discmdgroup.com](http://www.discmdgroup.com).



# Jump back into action.



Dr. Mesiwala, one of the DISC MDs specializing in spine strategies that improve performance.

## Spine health — the core of better performance.

We understand, you want to perform at your highest level and not have back pain get in the way. At DISC, we're experts in sports medicine. And, as the Official Partner of Red Bull Athlete Performance Center, we help some of the world's best athletes stay at the top of their game — and we can do the same for you. Make an appointment this week, meet with one of our physicians and tell us what's going on. We'll listen, and work with you to develop a plan that helps you perform at your best.

Offices in Newport Beach and Marina del Rey.  
Call 949-988-7800 today to schedule an appointment.



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# Healthy with a Side of Happy



## Health care made simple.

Nothing should come between oneself and a long, healthy, and happy life. For more than 40 years, Kaiser Permanente Orange County has provided its members with the health care they need and the coverage they deserve.

Kaiser Permanente's industry-leading, fully integrated care model and renowned Permanente Medical Group physicians, specialists, and team of caregivers, work together to keep members healthy by delivering high quality, personalized care. By collaborating and seamlessly sharing members' records, Kaiser Permanente's care team stays on the same page, and each member's health always takes center stage.

## Multiple locations to choose from.

Kaiser Permanente members can get care where, when, and how they want it, near home or work, including same-day, next-day, urgent and emergency care. At most Kaiser Permanente facilities, with many services under one roof, members can do more in less time, including visiting their physician for routine care and preventative services, getting a lab test, and picking up prescriptions – all in a single trip. Members can also leverage phone and video visits (if available), a convenient, secure way to see a physician,

face-to-face online. With the Kaiser Permanente mobile app and website, members can make routine appointments, email physicians, refill most prescriptions, and even view most test results. Health care made convenient.

## Health care made inclusive.

Kaiser Permanente recognizes that where one lives and how they live have a big impact on their health and well-being. To ensure health access, improve community conditions for health and equity, and advance the future of community health through innovation, Kaiser Permanente shares financial resources, research, nurses and physicians, and their clinical practices and knowledge through a variety of grantmaking and investment efforts.

Kaiser Permanente is committed to helping shape the future of health care and their expert and caring medical teams are empowered and supported by industry-leading technology advances and tools for health promotion, disease prevention, state-of-the-art care delivery, and world-class chronic disease management.

For more information, visit [kp.org/orangecounty](https://kp.org/orangecounty).





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## 7 Healthcare Jobs in High Demand in 2022

### 7 Healthcare Jobs in High Demand in 2022

Healthcare careers have been exploding in recent years, with 2.6 million new jobs in the field anticipated by 2030. The Covid-19 pandemic has created some of the surge in healthcare jobs, but major growth will continue as the baby boomer generation ages.

Whether you're a healthcare employer seeking to fill those growing vacancies or a healthcare professional looking for just the right position, it's important to understand just which positions in healthcare are most in demand right now. Take a look at the current jobs that employers are hard-pressed to fill.

#### Nurse Practitioners

Not only are nurse practitioners a top-growing healthcare career, they're the no. 2 fastest-growing job in the United States, as of 2022. Nurse practitioners, who typically have a Master of Science in Nursing degree, can specialize in different areas of patient care, working in doctors' offices, hospitals, and a range of outpatient care centers. Like physicians, nurse practitioners are able to prescribe medication, diagnose illnesses and carry out advanced treatments.

Job growth is expected to be robust for nurse practitioners in coming years, with a 52% increase expected by 2030. The average salary for a nurse practitioner is \$111,840 per year, which translates to \$53.77 per hour.

#### Physical Therapists and Physical Therapist Assistants

Both physical therapists and their assistants are in fields expected to grow in the near future, with about 35% growth anticipated by 2030 for both types of positions. These healthcare positions provide rehabilitation services and care to patients who live with chronic or debilitating conditions and those who are recovering from injuries. Physical therapists require professional training up to a Doctor of Physical Therapy degree, while physical therapist assistants typically have an associate's degree. Both also require professional accreditation.

Physical therapists make an average of \$95,620 per year. Physical therapy assistants average \$58,790 per year, which works out to \$28.14 an hour.

#### Physician Assistants

Physician assistants are highly trained healthcare workers who work alongside physicians or surgeons to treat and diagnose medical conditions. They hold a master's degree and can find employment in hospitals, doctors' offices or outpatient clinics. All physician assistants require licensure in their states.

The demand for physician assistants is anticipated to grow at a rate of 31% by 2030, making this healthcare career one with an appealing future. Physician assistants can anticipate an average salary of \$121,530, which translates to \$58.43 per hour.

#### Registered Nurses

Registered nurses are in many ways the backbone of the healthcare system. They provide patient care in a multitude of ways and educate patients about health conditions. RNs can be found everywhere healthcare is provided, including hospitals, doctors' offices, clinics, and nursing homes. They can also work in home healthcare or in schools. RNs require a college degree, typically a Bachelor's in Nursing, and they must be licensed.

More than 3 million registered nurses are already at work throughout the United States, and that number is expected to increase by 9% in the coming decade. RNs can expect to make an average salary of \$77,600 per year, or \$37.31 per hour.

#### Licensed Vocational Nurses

Registered nursing isn't the only nursing profession that's expected to grow during the 2020s — in fact, the demand for nurses is so high that some people consider that we're in a nursing crisis at the moment. The need for licensed vocational nurses should also increase going forward. These nurses provide nursing care in hospitals, doctors' offices, clinics, nursing homes, and other long-term care facilities, working under the supervision

of doctors and registered nurses. While being an LVN requires about a year of post-secondary education, no degree is required. Licensed vocational nurses must all be licensed by their state.

The demand for LVNs is expected to expand by 9% between now and 2030. Licensed vocational nurses can expect to earn an average of \$48,070, or \$23.11 per hour.

#### Medical Assistants

Medical assistants work throughout the healthcare industry, finding positions in hospitals, doctors' offices, clinics and just about every type of healthcare facility. They handle both clinical and administrative duties, depending largely on where they're working. While it's possible to get certification as a medical assistant, no degree is required for the job, and many medical assistants learn the ropes through on-the-job training.

The need for medical assistants is expected to grow at a robust 18% until 2030. Medical assistants can earn an average of \$37,190, which works out to \$17.88 per hour.

#### Nurse Anesthetists

Nurse anesthetists are another type of highly skilled and trained nursing specialist. They work in operating rooms and clinics, administering anesthesia, and they also provide care surrounding surgical, obstetric and therapeutic procedures in hospitals, doctors' offices and clinics. To be a nurse anesthetist requires a master's degree as an advanced practice registered nurse (APRN).

The anticipated job growth for nurse anesthetists is extremely high, with an expected 45% increase between now and 2030. Nurse anesthetists make a median salary of \$195,610, which works out to \$59.61 per hour.

#### How Can We Help Your Staffing or Job Search Needs?

At Marquee Healthcare Staffing, we bring together clinical and nonclinical healthcare professionals with employers who urgently need their skilled services. In addition to the most in-demand jobs, we can also help place certified nursing assistants, licensed practical nurses and phlebotomy assistants on the clinical side. In your healthcare offices, we help connect employers with medical receptionists, medical billing specialists, healthcare administrators, medical clerks, and healthcare recruiters.

We pair our deep industry experience with a personalized approach that prioritizes your specific needs, and we help fill both part-time and full-time vacancies, including those that are time-critical. Contact us today to see how we can help you by visiting our website at [www.marqueestaffing.com](http://www.marqueestaffing.com) or giving our Orange County office a call at (949) 222-6430.

#### Claudia Perez Sr. Vice President of Operations

As the Sr. Vice President of Operations, Claudia oversees strategic operations, including implementing marketing projects, increasing recruitment efficiency, and growing Marquee Staffing's healthcare recruiting division. With her strong background in business development, she continuously strives to build lasting partnerships with clients by helping their teams grow.

As a result, her team focuses on quality, customer service, and strategic placements.





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## CLINICAL

- RNs
- Nurse Practitioners
- CNAs
- Nurse Anesthetists (CRNA)
- LVNs
- PPNs
- PBTs (Phlebotomy Technicians)

## NON-CLINICAL

- Medical Assistants
- Medical Receptionists
- Medical Billing Specialists
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