


In Memoriam

Sol Bernstein, M.D.

Dr. Robert Tranquada, CARES Advisory Council, remembers Dr. Bernstein...“In 1960, Sol joined the USC School of Medicine faculty and rose quickly in leadership in the Dept. of Medicine including service as Chief of Cardiology. In 1974, he was promoted to the position of Medical Director and Associate Dean of the School of Medicine. This was when we were operating 2,000 beds between General Hospital, Women’s Hospital, Pediatric Pavilion and Psychiatric Hospital. We were admitting more than 100,000 patients per year and delivering nearly 20,000 infants...he had to manage all this for the next 20 years with inadequate budget (Medi-Cal covered only a fraction of the population that it covers now), continuing inadequacy in many staff positions, overcrowded wards where the only surplus was the number of patients. It also was a time when the house staff were expressing their feelings about these conditions and related issues publicly and loudly...with his tremendous talent, and remarkable interpersonal skills, Sol provided constructive leadership and much needed support to our cherished institution. In 1986, I relied on Sol’s invaluable help while we were building the Keck University Hospital...and initiating the brand new idea of departmental practice plans. He was



L-R: **Mireya Jones**, President of CARES, **Carol Mishell**, CARES Director of Development, **Dr. Sol Bernstein** and **Dr. James Halls**. Dr. Bernstein is shown receiving a plaque from CARES thanking him for his years of support.

remarkable. He loved the County Hospital; his heart and soul were totally dedicated to it. He was deeply appreciated by the medical staff and no one could have asked for a more talented and thoughtful associate. And it has been a real privilege for me to share some of this with all of you.”

In 1994, the Los Angeles Times ran the headline: *“In the world of Public Medicine, where supply never meets demand, it’s one crisis after another. Dr. Sol Bernstein has spent his life managing the chaos at County-USC”*

LOS ANGELES COUNTY/USC
MEDICAL CENTER AUXILIARY



1200 N. State St., Room 1900
Los Angeles, California 90033



Newsletter



President’s Message



CARES Star Power!!

Dear Friends of CARES,

This newsletter will share with you two important events that took place recently, the CARES Annual Awards Meeting and the 10th Annual Trauma Survivor Reunion. They were incredibly successful and the photographs tell each story.

I would like to take this opportunity to talk about **Dr. Sol Bernstein** who was my boss for over 22 years. Dr. Bernstein passed away several weeks ago at the age of 90. I was his assistant during his tenure as Medical Director of LAC+USC Medical Center, and it was the privilege of my life. He was beloved, respected, kind, wise, loyal, and dedicated to everything L. A. County Hospital. I learned so much from him. He was also a major supporter of CARES. We will all miss him.

Best!
Mindy Halls

CARES Celebrates “48 Years of Service”

10th Annual Trauma Survivor Reunion, May 20th

Trauma Survivors came to thank the LAC+USC Medical Center staff for their devoted care. Patients gathered with doctors, nurses & administrators to share hugs, fun, food, and poignant stories about their lives during recovery.



“It was a resounding, festive and inspiring event!” **Toby Horn**

CARES Board members modeling their balloon hats, **Christine Rufolo, Cynthia Berne, Weta Mathies, Mindy Halls, Norma Zagorsky, Kathy Lohr, Toby Horn**, (not pictured, **Agnes Chaney & Elia Riley**) welcomed and registered all the trauma survivors and their families!



Dr. Lam presents jar of kisses to winning guesser!



The amazing **Dr. Lydia Lam** is the driving force behind the Trauma Survivor Reunion!



Survivor friends re-united!

For the 10th anniversary of the event, **Martha Navarro, RN, Patricia Tapia, RN, Olga Arevalo, RN, Annie Ternate, RN, & Gilma Ramos, RN**, (above) created a marvelous “carnival” complete with balloon decorations, raffle and activities for the returning patients!

Chief Medical Officer, **Dr. Brad Spellberg**, and CEO **Bonnie Bilitch, RN**, greet Survivor **Brian Stow** (see his moving testimonial on CARES Website: lacusccares.org)

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Lydia Lam, M.S., M.D., FACS, CARES Annual Meeting Guest Speaker, presented "Surgical Care Does not End with a Surgical Mend"



Hosts **Allen (Dr.) & Weta Mathies** greet **Dr. Lam** at the Valley Hunt Club

Dr. Lam began her presentation with a film clip from **CODE BLACK**, the television series filmed in General Hospital about the stresses of a busy Trauma Center. The scenes shown were much like scenes that take place every day in the LAC+USC Trauma Center. Patients near death are frequently brought back to life, yet there are still those that painfully can not be saved.

In her humanitarian work in Haiti, the Pacific Islands and Nepal, the resources immediately after the crises are so scarce that nothing can be done but to try to get something as vital as drinking water for the injured. Doctors who traveled so far to help don't always end up helping the disaster victims medically at first, but they still lend a hand wherever they can. Once conditions improve, they are able to set up field hospitals and really get to work, but even then, they must choose to help those that have the best chance to survive. It is a sharp and humbling contrast to the cutting edge resources available in the major Trauma Center at LAC+USC.

Rebecca Trotzky-Sirr, M.D., CARES 2017 Woman in Medicine ★ ★ ★



Dr. Brad Spellberg, Dr. Rebecca Trotzky-Sirr & her sister Shamira Sirr

Dr. Brad Spellberg, Chief Medical Officer, presented the CARES 2017 Woman in Medicine Award to **Dr. Rebecca Trotzky-Sirr** at the CARES Annual Meeting. Dr. Spellberg described Dr. Trotzky-Sirr as the ultimate advocate for patients. The more downtrodden they are, the more she fights for them. She was part of the team that redesigned from scratch the Urgent Care Center and Continuity Care Clinic and currently serves as Medical Director of both areas. It is no wonder that she was the recipient of the Medical Center's 2014 "Passionate Performer Award" for her commitment to the patients and the local community. As an example of her dedication to her job, he mentioned the time that he was informed that she had been hit by a car while riding her bike to work and was unconscious in the ER. While he was preparing to find substitutes to take over her shifts, he was told that she had been treated for her injuries and reported to work to serve her patients with her arm in a sling the very next day.

She truly embodies the spirit of caring that is the LAC+USC Medical Center.

Jennifer Quintero, RN & Graciela Montes, LVN, receive LAC+USC Nursing Awards



★ ★ ★ **Jennifer Quintero, R.N.**, is an alumni of LA County College of Nursing and Allied Health who graduated in May, 2008. "Ever since I was nine years old, I wanted to become a nurse." As a student nurse, most of her clinical was done at a large public hospital in Los Angeles which served mostly those who weren't able to afford healthcare. After working on the medical surgical unit at LAC+USC for the first 6 months, she realized that this would be the hospital that she would retire from. Ms. Quintero "loved that most of the patients appreciated the care that I was providing for them. They looked at me as if I was one of their family members, as opposed to being their personal servant. My sole purpose was to make them well enough to return home and have a newfound knowledge regarding their illness in order to prevent them from continuously returning to the hospital."

Ms. Quintero takes over in emergency situations even though the patient isn't assigned to her. New staff see her as the best mentor and preceptor who empowers nurses and patients with knowledge so they can even advocate for themselves. She is always the first to offer expert advice and

assistance with difficult tasks. She demonstrates vast knowledge and clinical understanding; her patients love her and trust her. One patient said, "she has been so nice and attentive to me, also has great bedside manners...Thank you very much Jennifer, I appreciate you a lot! It's awful to be sick and in the hospital; you're awesome, Jen!" Last October, she received the Daisy Award for her exceptional caring. Congratulations Ms. Quintero, 2017 RN of the Year!



★ ★ ★ **Graciela Montes, LVN**, has worked at the LAC+USC Medical Center for 11 years on the OB/Gyn unit. She holds patient care as a top priority and puts the needs of the patients at the center of her care. She is caring, compassionate, and is always giving 100% to her patients. She is proactive in her assessments and goes above and beyond to make sure the patients have what they need. Her devotion to our patient population is admired. Her colleagues have said that there is nothing that Ms. Montes can't do and that they know it will a good day when she is here.

Congratulations Ms. Montes, 2017 LVN of the Year!

Richard B. Brock: CARES 2017 Volunteer of the Year ★ ★ ★



Toby Horn, Richard Brock, Tom Watson, Mindy Halls & Jill Singer-Koller

Toby Horn, CARES Board Member in charge of the Music Program, writes: "**Richard Brock, R.N.** was a Nursing Director at LAC+USC Medical Center for 10 years. He has played the piano by ear since the age of four. He can play more than 2000 (!) songs, yet cannot read music. When asked to play a song of which he does not know the title, one has only to hum a few bars, and Richard is off and running with a beautifully arranged rendition of that piece. The Medical Center has always known about Richard's talents and he has been called upon innumerable times to play at hospital events, parties, and for holiday music in our lobbies. In addition to volunteering at the piano in several nursing homes, Richard began playing twice a week at the Medical Center after pianos were donated for each lobby in the new Medical Center facility. He has acquired a fond following of patients and employees who arrive at the specific days and time he is scheduled, just to hear him play. When Richard is not at the piano, patients stop by and ask for 'the elegant man with the tie.' How very, very lucky we are that Richard Brock has returned to the fold." Special guests, **Tom Watson** and **Jill Singer-Koller**, were on hand to help Richard celebrate his surprise award.

Congratulations Richard, and thank you for all you do!



Dr. Spellberg, Mindy Halls, Bonnie Bilitch, R.N., CEO, and James Halls, M.D. Ms. Bilitch recounted her long history with the Medical Center and her deep appreciation for what CARES does for the patients.



CARES Volunteers and Friends Came to Celebrate Special Awardees and CARES' Many Services to Patients ★ ★ ★



Norma Zagorsky, Annual Meeting Chair, and **Cecelia Melendres** designed the table centerpieces



Cynthia Berne, Fund Raising VP, & **Karla Torres**, CARES Administrative Assistant



Maritza Morales, Vivian Saldivar, Marisela Torres (CARES Staff), & **Maria Tomé**, Child Life Specialist



Lois Ramer, RN, NP, & Susie Nakao, RN, CARES Board Members



Carol Salva Nidorf, Toby Horn (CARES Music Program), & **Ruth Young**, Volunteer pianist



Rosa Soto & Heather Hays Wellness Program Administrators



Christine Rufolo, Financial VP, **Shirley Ebberts & Linda Jenkins**



Fotine O'Connor, CARES Advisory Council, **Richard Brock**, CARES Board