

# BREATHING ROOM

*A gathering space for friends and families of Barlow Respiratory Hospital*

**WINTER 2015**

this issue

**A GIFT OF A LIFETIME 03**

**BERNIE BRILLSTEIN GOLF CLASSIC 05**

**GETTING TO KNOW BARLOW'S REHAB DEPARTMENT 07**



# Winter 2015

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Issue 1



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## CEO's Corner

# Making Our Current Home, Our *Future* Home

As I write this piece, I find my eyes drawn outside by the bright sunlight streaming onto my desk – and I am reminded once again of the idyllic setting in which Barlow Respiratory Hospital was founded 113 years ago.

When Dr. W. Jarvis Barlow purchased this property in Chavez Ravine, he did so with the belief that there was something special about the air here, something he had not found at any of the other sites he considered buying. He was sure the microclimate here would help tuberculosis patients along in their recovery.

We, too, believe there is something special here, and I am proud to say that we are carrying forward our rich history of healing in beautiful and homelike environs. As you may know from being on campus, our current facility was built in 1927 and is no longer adequate for the state-of-the-art care we provide. Our patient rooms lack privacy and have little room to accommodate visitors. Cutting-edge technology also requires expanded spaces for equipment and updated utilities.

I am thrilled to share with you that Barlow Respiratory Hospital is in the final planning stages of its new, modern facility designed to enrich the healing environment and complement the world-class care our physicians and staff deliver every day. Incorporating ideas from our physicians, nurses, therapists – everyone who works here – our team produced plans for a new, three-story hospital with 56 patient beds, a surgical suite, and an intensive care unit. All of the rooms are private, and have ample space for loved ones to spend the night if they choose.

As a not-for-profit hospital, we would not be able to do our work without our donors. Generous contributions allow Barlow to treat critically ill patients and provide them an opportunity to undergo rehabilitation to restore their quality of life. Words cannot describe the joy and satisfaction we see each and every time patients do even the simplest of tasks they thought impossible – from taking a breath to taking a step.

None of this incredible work would be possible without our talented medical team led by Dr. David R. Nelson, the dedicated staff, the vision of our board members, and the many volunteers and donors who so strongly believe in and support what we do. I invite you to visit Barlow for a tour and to view the plans for our new facility, as I am sure you would be as excited as we are about our ever-brightening future.

Sincerely,

CEO, Barlow Respiratory Hospital

## BREATHING ROOM

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# From a Gift of Time to a Gift of a Lifetime



Nancy Katayama's mother, Hana, had emphysema and had been in a Los Angeles hospital for many months. She was on a ventilator, and Nancy was not happy with the level of care she was getting. But she had no idea where else to go that would be any better.

Nancy had never heard of Barlow Respiratory Hospital, but she was open to anything when Hana's doctor eventually suggested it. Like many people who find themselves faced with healthcare decisions for family members, Nancy was apprehensive about transferring her ailing mother to an unfamiliar place. But the doctor assured her the care would be good, so Nancy agreed to move Hana to Barlow.

"It turned out to be the best place for her! In terms of the equipment and ventilator care, Barlow was head and shoulders above the rest."

Nancy spent a lot of time at Barlow over the ensuing months, and was struck by the attentiveness of the medical staff. "I had to clean equipment myself at the other hospital," Nancy says, "but not at Barlow." Everything was always clean and functional, and Nancy felt comfortable knowing her mother was in good hands when she wasn't there.

Hana passed away in 2000, but her experience at Barlow made a lasting impression on Nancy. "I was very happy with the care she received, so I sent a little note to the hospital," she remembers. The Barlow Foundation contacted Nancy and asked if she would be willing to tell her story for a video they were producing about Barlow.

Soon thereafter, Nancy was recruited onto the Barlow Foundation Board of Directors. More than a decade later, Nancy is still serving on the board, currently as Secretary. "I've been involved with the Foundation for a long time, and it has been the quality of care that has kept me here."

But for Nancy, volunteering on the board wasn't enough to express the level of appreciation she felt for how her mother was cared for at Barlow. During her board tenure, Nancy made the decision to name Barlow as a beneficiary in her estate plan. "It's a gift I have made in gratitude for the care my mother received," she says. Nancy hopes her future gift will help ensure that Barlow, "is here for future generations to get the same kind of care my mother got – possibly even better!"

If you or someone you love has been touched by the quality of care at Barlow, please consider making a gift to the Barlow Foundation in your will or trust. For more information, please call us at 213.202.6816 or send us an email at [foundation@barlow2000.org](mailto:foundation@barlow2000.org).

## RECEIVE INCOME FOR LIFE FROM THE BARLOW FOUNDATION

In exchange for your contribution of \$10,000 or more for a Barlow Foundation Charitable Gift Annuity, we'll pay you a high, guaranteed and secured fixed annuity rate for life. After your lifetime, your gift will be used to support the ongoing work of Barlow Respiratory Hospital. You can fund charitable gift annuities with cash, marketable securities or real estate. Use the enclosed reply envelope to request more information or call the Barlow Foundation at 213.202.6816. Find your age on the chart to see how much a Barlow Foundation Charitable Gift Annuity can pay you.

### Rates in effect as of November 3, 2014 ANNUITY RATES

One Recipient		Two Recipients	
Age	%	Age	%
65	4.7	65/70	4.4
75	5.8	75/80	5.3
85	7.8	85/90	7.3
90+	9.0	90/95+	8.8

*Call for rates for other ages.*

Barlow Foundation Charitable Gift Annuities are issued via an agreement with the University of Southern California.

# Will You Leave A Legacy?

With a simple gift that costs nothing during your lifetime, you can make a transformational difference.

## What Your Legacy Could Do

Every gift is important to us and shows that you share our vision. If the Barlow Foundation is one of your most important charitable causes, you can make it part of your legacy. When you remember the Barlow Foundation in your will, you leave a lasting legacy to your values as you help continue our work far into the future.

## Why Include a Charitable Gift in Your Will?

- It's simple to do. It can be as easy as including language stating, "I give 10% of the net value of my estate to the Barlow Foundation."
- You can change your mind. We won't receive the gift until after your death. During your lifetime, you can amend anything you choose, i.e., beneficiaries, amounts, etc.
- Tax-wise, it could be beneficial. Gifts to qualified charitable organizations reduce the value of your estate for estate tax purposes.
- It's an easy way to support the Barlow Foundation, and we'd be grateful for your gift. Bequests of every size build our future financial strength.

How you include a gift in your will or revocable trust depends on what you want to accomplish, and what you want to give to the Barlow Foundation. Here are some options:

- Give a percentage of your estate — e.g., "I give 25% of the net value of my estate as finally determined for federal estate tax purposes to the Barlow Foundation."
- Give a percentage of the residue of your estate — the amount left after specific bequests have been given to individuals and organizations; e.g., "I give 25% of the rest, residue, and remainder of my estate to the Barlow Foundation."
- Give a specific dollar amount or item of property; e.g., "I give the Barlow Foundation \$25,000," or, "I give the Barlow Foundation 100 shares of IBM stock."

## Let Your Legacy Mirror Your Passion

Besides choosing how your bequest will come to us, you also have a say in how it will be used and acknowledged here:

- Make the gift unrestricted—it will be used for the top priority need identified by the leadership of the Barlow Foundation.
- Make the gift restricted, i.e., to support a specific area of interest.
- Set up a named fund, e.g., the Family Fund for Research.
- Memorialize or honor a loved one: "This gift is made in memory of my loving husband, a friend of the Barlow Foundation."

## The Solano Society

The Solano Society is named for Alfred and Ella Brooks Solano (Dr. W. Jarvis Barlow's in-laws) who, along with Dr. Barlow and J. B. Lankershim, were the founding donors of the Barlow Sanitorium in 1902. To honor their indefatigable, lifelong support of Barlow, we established the Solano Society to recognize those who have chosen to give a gift to Barlow through their estate plan. If you have already made a gift by naming the Barlow Foundation as a beneficiary of your will, trust or a financial account, please let us know so we may thank you and welcome you into the Solano Society. Please call 213.202.6816 or send us an email at [foundation@barlow2000.org](mailto:foundation@barlow2000.org) for more information about member benefits or for assistance in planning your visionary gift. Your gift of a lifetime could save a life.



The Lowe Group of Wells Fargo Advisors takes second place in the tournament.  
(L-R): Brandon Lowe, Ken Coelho, Charlie Lowe, Jason Zayon  
Patrick Lowe, Dr. Larry Schatz

The 4th Bernie Brillstein Golf Classic was held on October 20, 2014 at the Wilshire Country Club in Los Angeles. This year, with the support of our presenting sponsor, The Lowe Group of Wells Fargo Advisors, the golf classic raised more than \$300,000 for Barlow Respiratory Hospital.

Carrie Brillstein, Bernie's widow, once again served as event chair for the tournament. An entertainment industry icon, Bernie was a patient at Barlow Respiratory Hospital while he struggled with complications from chronic obstructive pulmonary disorder. Bernie passed away in 2008 after several months at Barlow, but Carrie never forgot the quality of care he received – and the warmth she felt from everyone at Barlow during his illness.

"It's the care that sets Barlow apart. It's what makes it special," Carrie says. She continues to support Barlow and is currently serving on the Barlow Foundation Board of Directors.

After a fun day out on the links, the golfers were joined by dozens of additional dinner guests who came to support Barlow and congratulate this year's Bernie Brillstein Legacy Award recipient, Richard Weitz. Richard is a talent agent, partner and board member at William Morris Endeavor Entertainment who shared clients with Bernie, including Rob Lowe. Some of Richard's other clients, including LL Cool J, Katharine McPhee and Sean Hayes were on hand as Rob Lowe gave a heartfelt and hilarious introduction of Richard before presenting him with the Legacy Award, better known as "the Bernie."

In accepting the award, Richard spoke about his experience getting to know Barlow better. Richard toured the hospital and campus with Medical Director Dr. David Nelson and CEO Margaret Crane, and left with a genuine appreciation of the quality of care provided at Barlow. Coincidentally, the father of one of Richard's friends had recently been a patient at Barlow—his friend told Richard that Barlow, "saved his father's life."



(L-R) Lisa Gastineau, Amy Weiss, event chair Carrie Brillstein  
and Beverly Sassoon on the red carpet at the award dinner



Richard and Candie Weitz (second and third from left) enjoy dinner with  
LL Cool J (second from right) before the presentation of the Bernie.



Rob Lowe mingles with event guests.  
(L-R) Terry Henschel, Junko Prior, Rob Lowe, Diane Naegele,  
Bonnie Kho, Leanne Carpenter



*Event Chair Carrie Brillstein and Bernie Brillstein Legacy Award recipient Richard Weitz sharing memories of Bernie Brillstein.*

In closing, Richard shared what he learned from this experience of being honored with the Bernie: "It's never easy to think about a loved one, friend or even yourself having to be a patient at Barlow. In fact, I can only hope that none of us ever will be. But what this event has taught me is that we all have a responsibility in life to give back our time and money, and to use our stature in life to help others."

The Barlow Foundation would especially like to thank our generous sponsors for making this event such a success:

Brillstein Entertainment Partners, Richard and Candie Weitz, CBS Television, 20th Century Fox Television and William Morris Endeavor Entertainment, along with ABC Television, Carrie Brillstein, DPR Construction, HBO, Dr. David Nelson, Paramount Pictures, PIH Health, Sony Pictures Television, Warner Bros. and the Wasserman Foundation.



*Dr. David Nelson discussed the impact Barlow doctors have on patients' lives.*

# GETTING TO KNOW BARLOW RESPIRATORY HOSPITAL'S REHABILITATION DEPARTMENT

The staff members of the Rehabilitation Department at Barlow Respiratory Hospital play a vital role in caring for our patients. Their hard work literally helps patients get back on their feet. Our therapists teach patients how to breathe, walk, conserve energy, and perform other common activities by providing practical tools to navigate everyday situations.

**Breathing Room** recently sat down with Andrea Hicklin, Director of Rehabilitation, to learn more about how the department works with patients to lead more active, independent lives.

## **Q: What is the Rehabilitation Department's role in helping patients at Barlow?**

**A:** The role that our department plays in helping patients can vary from day to day and from patient to patient. Obviously, our biggest role is mobilizing our patients, restoring function and strength and restoring communication and the ability to swallow. Though each discipline provides their unique skill set and expertise, each rehab member becomes a patient advocate, cheerleader and motivator. Therapists are unique health care providers in that we spend more one-on-one time with our patients than other providers. We get to know the patients and their personal interests, what motivates them and what frustrates them. Our therapists are treating the whole person, not just the impairment or the illness. I commonly hear from our patients and their families how much they appreciate the smiles, the warmth and compassion that our therapists give each and every day. I think that's why people choose to become physical, occupational or speech therapists – it's to have that kind of positive impact on people.

## **Q: What are the parts of the rehab team and what are their roles?**

**A:** Physical therapists and physical therapy assistants primarily focus on functional mobility and gait training (walking). Functional mobility treatment may start with just being able to sit oneself up at the edge of the bed and progressing to transferring out of bed into a chair and eventually, getting back to walking safely. PTs also work on gross motor coordination, motor planning tasks and balance.

Occupational therapists and OT assistants focus primarily on those important activities of daily living such as grooming, hygiene, eating, dressing and bathing. They also play a key role in helping to restore cognitive functioning such as memory recall, processing, sequencing and executive functioning tasks. PTs and OTs both address strengthening and endurance as part of their treatment plans. Often our OTs and PTs co-treat the patients to maximize the patients' abilities and treatment effectiveness.

Speech Language Pathologists (SLP) may be the most loved by our patients because they are the gate-keepers to the restoration of an oral diet! SLPs play a very important role in the weaning of patients from mechanical ventilation. As soon as the patient is medically stable, the SLP assesses the patient's ability to tolerate the use of a speaking valve. This is the first step in restoring the natural airway, a patient's ability to communicate and the process of restoring the ability for oral intake. The SLPs perform bedside swallowing evaluations, video swallow studies and cognitive assessments.

All the therapists spend a lot of time educating their patients and their families about their impairments and how to help their loved ones with exercises or compensatory strategies when they go home or to a lower level of care.

## **Q: What is it like working at Barlow?**

**A:** Even though it's a small hospital in terms of size and capacity, we deal with some big challenges in our patient population, so each day is unique and interesting. I appreciate the sense of camaraderie and the sense of family among the employees. I feel that we're all willing to roll up our sleeves and do what it takes to deliver high quality care to our patients and their families.

## **Q: What is a typical day for the department?**

**A:** After they've created their schedule of patients to see, their day starts with reviewing the electronic medical records for the previous day/night events to get the latest updates on all their patients. Care coordination is very important, so before they see any patient, they check in with the patient's nurse and respiratory therapist and the MD, if available. The staff works closely with nursing and respiratory departments in order to be effective at their jobs. Being flexible and fluid are essential to a happy





*Barlow Respiratory Hospital's Rehabilitation Department Team*

*Front Row – Miri Ramirez (Physical Therapy Assistant), Bong Unido (Physical Therapy Assistant), Rachel Dela Rosa (Speech Language Pathologist), Andrea Hicklin (Director of Rehabilitation)*

*Back Row – Anita Mascarinia (Certified Occupational Therapy Assistant), Erin Lichtor (Occupational Therapist), Sara Zuelke (Physical Therapist)*

therapist as so many variables affect each daily schedule. Patient's may not feel well, they may be scheduled for a procedure, or they are busy with another healthcare provider so the therapists are constant juggling their caseload to meet the needs of the patients. But somehow, somehow, they get it done and provide great therapy services to patients at Barlow. I'm really proud of the staff. They always come in with a smile and embody an attitude of caring for all of the patients.

### **Q: What are the greatest challenges you face working as a rehabilitation professional?**

**A:** We face similar challenges as other healthcare providers – lower reimbursement, more data reporting, onerous paperwork to meet regulations and increased demand for services. As we see health care delivery being more concentrated in the community and outpatient clinics, there are more opportunities for physical therapists to provide value in preventative services in addition to rehabilitative services. Physical therapists are trained to be key resources in preventative care including exercise program development, diabetes management, injury prevention, and chronic pain management.

### **Q: Are there any research projects focused on rehabilitation?**

**A:** At Barlow there are many interesting research ideas that have been tossed around between me and Meg Hassenpflug, Barlow's Research Administrator. We've been collecting functional data outcomes on our patients who were admitted on mechanical ventilators and received rehabilitation services. We have almost a year's worth of data. Next spring, we are considering putting an abstract together for an upcoming physical therapy conference.

There's a lack of research on rehabilitation in the long term acute care setting – particularly with ICU survivors. There's growing research on Post-ICU syndrome and the effects on functional outcomes, costs of care and quality of life. That's another area of interest that's relevant to the patients admitted to Barlow.

### **Q: What advice do you have for others thinking of entering the Rehabilitation field?**

**A:** For the right types of people, it can be very rewarding and for others, it could be very frustrating. Get volunteer experience working with therapists and ask a lot of questions to make sure it's the right fit for you. Physical therapy training requires a big financial investment and takes seven years to complete. There are lots of opportunities in the field and many different settings to work in.

# Making the Most of Tribute Gifts

Are you looking for a way to say “thank you” to a physician or caregiver you encountered while at Barlow Respiratory Hospital? Consider making a gift to the Barlow Foundation in their honor. This is a wonderful way to not only let your gratitude be known, but also to help ensure others will have access to the same exemplary care you experienced by supporting our ongoing services.

If you have lost someone dear to you, you can keep the spirit of your loved one alive with charitable gifts from family and friends to the Barlow Foundation. Memorial gifts are a thoughtful way to honor the life of your loved one or express your condolences to another when someone loses their battle with respiratory disease.

If you would like to request donations to the Barlow Foundation in lieu of flowers, please give us a call to let us know at 213.202.6816. This way we can notify you or someone you designate when we receive gifts in your loved one’s name.

To make a tribute gift, please check “I wish to honor/memorialize” on our donation envelope (attached to this newsletter) and include the name of your honoree or loved one. When your gift is received, the Barlow Foundation will promptly send a letter to whomever you designate informing them of your kind gesture. You can also make tribute gifts online at [www.barlowhospital.org](http://www.barlowhospital.org) by completing the Tribute Options section of the donation page.



## Support the Barlow Foundation while you shop!

If you shop at Ralphs or Food4Less, you could be making a gift to the Barlow Foundation every time you check out. It’s easy with the Ralphs Community Contribution Program!

It couldn’t be simpler – just swipe your Ralphs or Food4Less Rewards card and Barlow will receive a percentage of your total grocery bill.

It only takes a minute to enroll. Visit [www.ralphs.com](http://www.ralphs.com) or [www.food4less.com](http://www.food4less.com) and sign in to your account. If you don’t have an account, click on Register to create a new account.

After signing in, click on your name in the upper right corner or on Account, then scroll down to **Community Rewards**. Click on Enroll and type in “**Barlow**.” Choose “**Barlow Foundation**” and click **Enroll**. That’s it!

Enrollment must be renewed every September 1, so please remember to check your account to ensure you are still taking advantage of this program to help support the care provided at Barlow Respiratory Hospital.

**Thank you for taking the time to enroll, and thank you, Ralphs and Food4Less, for your support!**



*Anna Buchting, Anne Urling, Pam Athwal, Margaret Crane*



Barlow Respiratory Hospital concluded another fantastic year by hosting a holiday celebration for the employees. Colleagues gathered for good food, great company and an opportunity to share in the warmth of the holiday season.

The Barlow Foundation thanks everyone at the hospital for their tireless efforts to provide exemplary care to our patients and their families.



*Ranjini and Prem Mark*



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## THE NEW BARLOW FOUNDATION WEBSITE IS COMING!

DONATE

“Barlow saved my life. Now I give back to them any way I can.”

**The new site will launch in February. Stay tuned for more information and the official launch date!**

During this holiday season, please give generously to help our future lives.

Would you like to receive this newsletter via email?

Email us your name and address to [foundation@barlow2000.org](mailto:foundation@barlow2000.org) and we will switch you to our email list!