

HOAG HOSPITAL FOUNDATION in support of Hoag Memorial Hospital Presbyterian

# Scanner

## Living on Purpose

Philanthropists Judy and Richard Voltmer

### MEDICAL/TECHNOLOGY:

Patients at the newly opened Judy & Richard Voltmer Sleep Center Enjoy First-Class Accommodations, Outstanding Care

### CENTER OF EXCELLENCE:

Internationally Respected Hoag Leader Named Judy & Richard Voltmer Endowed Chair in Neuroscience





*“A good laugh and a long sleep are the best cures in the doctor’s book.”*

~Irish Proverb

Dear Friends of Hoag:

The quality of our sleep has a direct impact on the quality of our lives. We know that sleep disorders are associated with several life- and health-threatening conditions such as stroke, heart disease and diabetes. That’s why the Hoag Sleep Disorders Center has always played a key role in Hoag’s multidisciplinary approach to care.

Due to this pivotal role in the health of Hoag’s patients, and the additional capacity required by our growing community, the center has been slated for expansion for some time. Judy and Richard Voltmer came along and catapulted the plans for a new sleep center from the drawing board to reality with their transformational gift.

We are deeply grateful to the Voltmers for aligning with Hoag to upgrade our sleep center into a handsomely appointed facility with state-of-the-art technology as it reopens at Hoag Health Center-Newport Beach. The Voltmers are a great example of how so many members of this community, after having experienced wonderful care at Hoag, have been inspired to give back. We are pleased and proud to honor the Voltmers with the opening of the Judy & Richard Voltmer Sleep Center.

When I think of the benevolence of the Voltmer’s, I am reminded of the generous and compassionate spirit of all of our donors and volunteers who give back to our community with open hearts. These gifts impact the quality of care and the lives of so many, and for that we are all profoundly grateful.

On behalf of the Hoag Hospital Foundation Board of Directors, I thank all of you for your support. Please enjoy this special issue of Scanner with our warm regards.



With heartfelt thanks,

Karen Linden, Chair  
Hoag Hospital Foundation Board

# Resting Easy

Patients at the newly opened Judy & Richard Voltmer Sleep Center Enjoy First-Class Accommodations, Outstanding Care



Although the clinical excellence at the former Hoag Sleep Disorders Center was all you would expect from Hoag, the aging six-bed facility was lacking in atmosphere and space. The opening of the new Judy & Richard Voltmer Sleep Center not only increases the capacity to eight beds, it upgrades the facility to five-star status.

Patients receiving over-night sleep studies now enjoy lovely rooms in a hotel-like setting that includes comfortable queen-sized beds with fine linens, attractive décor and private bathrooms. “We wanted it to be warm and comfortable for patients,” says Trish Stiger, B.B.A., R.P.S.G.T., C.R.T., manager, Voltmer Sleep Center. “At the same time, we’ve also completely upgraded all of the diagnostic equipment to the latest state-of-the-art technology.”

According to Paul Selecky, M.D., F.A.C.P., F.C.C.P., medical director, Voltmer Sleep Center, the generosity of Judy and Richard Voltmer was crucial to the success of this project. “Thanks to the Voltmers, we were able to reopen our new and improved sleep center with all of the services our community expects and deserves,” he says. “This is an important community resource that will have an ongoing positive impact for years to come.”

## Sleep Impacts Health

According to national surveys, over 132 million Americans suffer from sleep-related problems and nearly two-thirds of all adults experience insufficient sleep at least three or more times each week.

“Poor sleep has a negative impact on overall well-being, and is strongly tied to serious health conditions such as hypertension, stroke, heart disease, diabetes and obesity,” says Dr. Selecky. “Through expanded facilities and increased outreach, the Voltmer Sleep Center will make a tremendous difference for

patients and their loved ones.”

The Voltmer Sleep Center is one of the few sleep centers in Southern California that is accredited by the American Academy of Sleep Medicine. In addition, all of the sleep physician specialists and sleep technologists are nationally board-certified. As a result, the Voltmer Sleep Center can diagnose and treat the full range of sleep disorders including sleep apnea, insomnia, restless leg syndrome, narcolepsy and many others. It also provides continued specialized treatment and support following diagnosis.

## Multi-Disciplinary Care

Recognizing the serious complications of sleep disorders, Hoag has incorporated the Voltmer Sleep Center within the Hoag Neurosciences Institute. “The link between sleep and neurological health is clear and profound,” says Michael Brant-Zawadzki, M.D., F.A.C.R., executive medical director of Hoag Neurosciences Institute. “Depression and other neurobehavioral disorders have long been associated with poor sleep and recent research has revealed that 70 percent of stroke patients suffer from sleep apnea.”

Because sleep disorders also raise the risk of diabetes, congestive heart failure and other cardiovascular disorders, the Voltmer Sleep Center will collaborate with Hoag Heart & Vascular Institute and the Mary & Dick Allen Diabetes Center to ensure that community members are at the center of a multi-pronged, comprehensive health care model.

The Voltmer Sleep Center is located at 510 Superior Avenue, Suite 280 in Newport Beach.

To learn more about the Voltmer Sleep Center or to find out how you can get involved, contact Kenya Beckmann at (949) 764-6384 or [Kenya.Beckmann@hoaghospital.org](mailto:Kenya.Beckmann@hoaghospital.org) ■



*Judy and Richard Voltmer*



# Living on Purpose

Philanthropists  
Judy and Richard Voltmer

If living life to the fullest is an art form, then Judy and Richard Voltmer are maestros. After 28 years of marriage they are as devoted, attentive and affectionate with each other as newlyweds. Time in their company is primarily spent laughing—they find the humor in everything and get a kick out of making life fun for themselves and everyone around them.

Following a successful career, Richard retired six years ago after he and his business partners of 18 years sold their hair-care products company to a large international corporation. Born in Texas, he moved to Long Beach, California as a small child. He stayed in the area and made his mark in health and beauty product sales and merchandising before becoming a partner at Advanced Research Laboratories.

A native of Los Angeles, Judy spent her career in sales, training and consulting in the beauty industry. As a single, working mother, she was immediately smitten with the newly divorced Richard when she called on him as part of her job. “It was love at first sight,” smiles Judy. Their love story began. The couple was married in Seal Beach and started their life together in Huntington Beach. Between them they have five grown children, four of whom are married, and they enjoy six grandchildren.

## Laughter Transcends

Although they are blessed with a wonderful life together, they’ve weathered some difficult times as well. Judy and Richard had a scare when, six years ago, Judy went in for an angiogram and ended up having a quintuple bypass.

Vibrant, active and fit, Judy does not look like a candidate for heart disease. A frequent speaker for the American Heart Association, she transformed her personal challenge into an opportunity to help others. “I love to educate women about heart disease,” she says. “It can happen to anyone and I like motivating them to take the right steps to

protect themselves.”

Then a year ago Judy was diagnosed with lung cancer and went through surgery and chemotherapy at Hoag Cancer Center. She credits her great care at Hoag and Richard’s steady support with getting her through the ordeal. Fully recovered from her cancer, Judy and Richard are facing the challenge of Richard’s Parkinson’s disease, diagnosed six years ago.

Buoyant by nature, Richard doesn’t let his slight tremor stop him from his many enthusiasms including golf, Pilates,

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“We are excited to be working with Hoag and helping to bring such an important community resource to fruition.”

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Tai Chi and dancing with Judy. “Judy’s favorite hobbies are shopping, exercising, shopping, traveling and shopping,” laughs Richard.

Admittedly a little apprehensive about the future as anyone would be, Judy and Richard rely on their trademark humor to live in the moment each day. Richard’s dry humor and deadpan delivery is the perfect counterpoint to Judy’s quick-witted and often irreverent one-liners. “We have fun with life no matter what’s going on,” laughs Richard, “We are our own best audience.”

## Giving Back

Long time philanthropists and community volunteer leaders, Richard and Judy find great joy and meaning in using their good fortune to help others. Describing Hoag as their “home away from home” they were inspired to make a \$2 million gift to Hoag Neurosciences Institute.

Although Parkinson’s disease was what initially steered their attention toward neurosciences, they are interested in positively impacting those struggling with

all types of neurological disorders. Their gift went to establish the first endowed chair at Hoag Neurosciences Institute awarded to Hoag’s current Executive Medical Director of Neurosciences, Michael Brant-Zawadzki, M.D., F.A.C.R. One of the world’s most acclaimed interventional neuroradiologists, Dr. Brant-Zawadzki’s success as a clinician, researcher, faculty member, and administrator makes him uniquely well-suited to hold the endowed chair.

Aware of the importance sleep plays in overall neurological and cardiovascular health, and knowing that many with neurological issues also suffer from sleep disorders, they also directed part of their gift to the sleep program. In recognition of their significant commitment, the Judy & Richard Voltmer Sleep Center was named in their honor.

The Voltmers’ intention to touch lives goes beyond their initial financial support. They are excited about the opportunity to be directly involved. “We wanted to do something where we could really make a difference right in our own community,” says Richard. “But we didn’t want to make a donation and walk away from it. We want to be hands on, to see what’s taking place and figure out other ways to help. It gives Judy and me a wonderful feeling to be able to participate.”

Richard is also interested in lending his time and talent to Parkinson’s support groups that are positive and hopeful. “So many neurological disorders are not very curable or even very controllable,” he says. “I want to get involved in helping support people with Parkinson’s because it’s much more than physical, it’s emotional, mental and it impacts the whole family.”

Compassion and the desire to serve are deeply woven into the fabric of this couple’s life together. “It’s very fulfilling to do this,” says Judy. “We are excited to be working with Hoag and helping to bring such an important community resource to fruition.” ■

“Endowed chairs are a terrific way of supporting program development including research, education and innovation.”

*Michael Brant-Zawadzki, M.D., F.A.C.R.*

# Internationally Respected Hoag Leader Named

## Judy & Richard Voltmer Endowed Chair in Neuroscience

Recently named as the first recipient of the Judy and Richard Voltmer Endowed Chair in Neuroscience, Michael Brant-Zawadzki, M.D., F.A.C.R., executive medical director of Hoag Neurosciences Institute, is a world-renowned neuroradiologist and neuro-interventionalist. Dr. Brant-Zawadzki is deeply grateful for this honor and considers endowed chairs to be an important element in Hoag's vision to become a trusted and nationally recognized healthcare leader.

### Endowing the Future

Like all endowed chairs at Hoag, the principal funds of the Voltmer Endowed Chair will remain intact in perpetuity and the Chair holder will use a portion of the annual interest as a discretionary budget to fund staff, programs, technology and special projects that otherwise would not be possible.

"Endowed chairs are significant to Hoag's success because traditional third-party payments for medical services do not cover the costs of programmatic management and administration, which are some of the duties considered when we recruit world-class physicians," says Dr. Brant-Zawadzki. "To recruit such physicians, obtain and manage the newest technology, philanthropy is critical and endowed chairs are a terrific way of supporting program development including research, education and innovation."

Community support couldn't come at a better time in the evolution of Hoag Neurosciences Institute. Dr. Brant-Zawadzki's intention is to make its reputation synonymous with exceptional care. "There are benchmark institutes out there that we look to, places like Barrow Institute in Arizona, where the name is recognized nationwide as a place where neurological care is delivered with world-class capability," he shares. "That's where we're headed so that five years from now, when the phrase 'Hoag Neurosciences Institute' is heard, people will instantly associate it with superlative care."

### Hoag MVP

According to Richard Afable, M.D., president and CEO of Hoag, Dr. Brant-Zawadzki is the ideal leader to distinguish Hoag Neurosciences Institute as a national high-water mark in neurological care. "Dr. Brant-Zawadzki is a nationally and internationally recognized researcher in neurologic disorders,"

says Dr. Afable. "He's a veritable rock star in his field and we're so proud to have him leading Hoag Neurosciences Institute."

Under Dr. Brant-Zawadzki's leadership, Hoag has achieved recognition and renown on several fronts including ranking in the top five percent of stroke programs in the U.S. Recent accomplishments include the award of a second National Institute of Health (NIH) research grant to Hoag's Stroke Program, led by Dr. David Brown. Also, the awarding of a \$772K grant to establish the Orange County Vital Aging Program\*, a Hoag Neurosciences Institute project aimed at assessment of early memory and cognitive disorders in individuals at risk for dementia under the direction of Dr. William Shankle.

A sought after speaker and author, Dr. Brant-Zawadzki is frequently invited to present at international conferences and symposia. He earned his undergraduate degree from Stanford University and his medical degree from the University of Cincinnati College of Medicine, where he received the Hoffheimer prize, awarded to the top graduating medical student. He has authored and co-authored more than 180 papers in professional journals, 17 textbooks and numerous book chapters.

He acts as a consultant to industry in the imaging, pharmaceutical and informatic fields and serves as Associate Editor of the *Journal of the College of Radiology* and is on the editorial/reviewer board of numerous publications including *JAMA: Journal of the American Medical Association* and the *American Journal of Neuroradiology*. He has received the Gold Medal from the Society of Magnetic Resonance in Medicine for pioneering achievements in Magnetic Resonance Imaging. In addition to his work at Hoag, Dr. Brant-Zawadzki also holds an Adjunct Clinical Professorship in Neuroradiology at Stanford University.

For more information about Hoag Neurosciences Institute, please contact Kenya Beckmann, Hoag Hospital Foundation at [Kenya.Beckmann@hoaghospital.org](mailto:Kenya.Beckmann@hoaghospital.org) or (949) 764-6384. ■

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\*Supported by a generous grant to Hoag Neurosciences Institute from UniHealth Foundation, a non-profit philanthropic organization whose mission is to support and facilitate activities that significantly improve the health and well being of individuals and communities within its service area.

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## The Newly Opened Judy & Richard Voltmer Sleep Center

