

A Hoag Hospital Foundation Publication

SCANNER

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Mike and Laurie Gray

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IN THIS ISSUE

02 Outpatient Care Leader

03 Entrepreneurs with
Hearts for Giving

05 Supporting Happy and
Healthy Teens

LETTER FROM THE PRESIDENT



Dear Friends of Hoag:

We are deeply grateful to Mike and Lori Gray for their significant estate gift to Hoag.

Mike and Lori are a great example of how the Foundation works with passionate, community-driven donors to meet their personal and philanthropic goals. Their commitment ensures that Hoag will be positioned to leverage opportunities today and meet the challenges of tomorrow.

Planned Giving donors, those who include Hoag in their estate plans, account for a significant portion of the \$522 million raised of the \$627 million Hoag Promise Campaign goal (by December 31, 2020). We are pleased and honored to count Mike and Lori among them.

In honor of Mike and Lori's transformational gift, Hoag Health Center Newport Beach has been named the Mike & Lori Gray Campus. I hope that Mike and Lori's children and grandchildren will have great pride in their family legacy when they drive by the recently unveiled sign facing Superior Avenue.

Please join me in thanking this visionary couple for their extraordinary generosity to Hoag. I applaud their commitment to ensuring that Hoag continues to meet the high standard of care that the Orange County community expects and deserves.

Sincerely,

A handwritten signature in dark ink that reads "Flynn A. Andrizzi". The signature is written in a cursive, flowing style.

Flynn A. Andrizzi, Ph.D.
President, Hoag Hospital Foundation

Outpatient Care Leader

Hoag Health Center Newport Beach at the Mike & Lori Gray Campus was Hoag's very first, state-of-the-art outpatient health care village and the model for those that followed

Home to Hoag's innovative services including the Mary and Dick Allen Diabetes Center, Hoag Imaging Services and the Richard & Judy Voltmer Sleep Center, Hoag Health Center Newport Beach at the Mike & Lori Gray Campus has grown to include specialized health services that complement the acute and emergent care at Hoag Hospital Newport Beach including:

Hoag Women's Health Institute opened Hoag for Her | Center for Wellness in 2016, the first of its kind in our region, empowers women at all stages of life to achieve optimal health and wellness through specialized care and support services such as acupuncture, pelvic health, physical therapy, meditation, yoga, massage therapy and more.

Hoag Neurosciences Institute's Judy & Richard Voltmer Sleep Center provides a technology-advanced facility, custom built with eight private bedrooms to conduct sleep studies using top-of-the-line technology. Sleep studies are often required to treat and diagnose disorders such as obstructive sleep apnea, which affects more than 12 million Americans.

Mary & Dick Allen Diabetes Center provides comprehensive services for both adults and children

with diabetes and offers clinical, educational and support services including medical nutrition therapy, diabetes self-management education, Herbert Family Program for young adults with type 1 diabetes and "Sweet Success" for pregnant women with diabetes.

Hoag Medical Group is a multi-specialty physician group that provides patients access to a full complement of primary care physicians including family medicine, internal medicine, pediatrics as well as specialists which include allergy & immunology, medical genetics, endocrinology, geriatrics, neuromusculoskeletal medicine, acupuncture, and HIV medicine.

Hoag Health Center Newport Beach is also home to Children's Hospital of Orange County (CHOC) pediatric sub-specialty clinic, Hoag Urgent Care, Hoag Imaging Services, Hoag Blood Donor Services, Hoag Lab Services, Hoag Wound Healing and Hyperbaric Medicine Center, Pulmonary Rehab, Physical Therapy and Occupational Therapy & Speech Pathology.

For more information about how you can support Hoag Health Center Newport Beach, please contact Hoag Hospital Foundation at (949) 764-7217.



Mike & Lori Gray Campus

Mike and Lori Gray

Entrepreneurs with Hearts for Giving

Entrepreneurs Mike and Lori Gray share a passion for building and growing businesses that has led to an unbroken string of successful ventures over many years. They live in gratitude for their hard-earned successes which makes it all the more meaningful for them to be able to give back. The Gray's transformational gift, among the largest in Hoag history, speaks volumes about their commitment to the community, and their respect for Hoag.

After spending 25 years in the family business, St. John Knits, Mike "retired" for two weeks. He then started a new venture, Sweet Life Enterprises in Santa Ana. Shortly after, he met Lori when he interviewed her for a sales and marketing position. She later became the senior vice president of sales and marketing and, after working together for a few years, the two married in 2003. The couple has four adult sons between them, three grandchildren and one on the way. In 10 years, Mike and Lori grew Sweet Life from Mike's favorite lunch spot a food service company servicing more than 20,000 locations. When he sold the company in 2008, Sweet life was growing at a rate of 65 percent a year and producing over one billion-plus Sweet Life cookies a year.

As the couple began thinking about estate planning, they met Julie Heggeness, JD, CSPG, TEP, executive director of gift planning for Hoag Hospital

Foundation. "We wanted to use our resources as a tool to affect multiple lives, and Hoag seemed like a perfect avenue for that," Lori shares. As they considered their decision, Mike and Lori had the opportunity to meet many of Hoag's exceptional team, which further solidified their passion and respect for Hoag.

Growing up with an alcoholic mother, Mike often felt isolated, an isolation that he laments is pervasive in today's society. "We live in a society of 'I' – iPhones, iPads, I-everything - versus thinking in terms of 'we'," he notes. "My wife and I want to be a part of the team that's the 'we' group, and there are a lot of those folks at Hoag."

Thanks to the Grays' generous donation, more individuals and families struggling with mental health and addiction issues can become part of the "we" community of Hoag services. "It is a blessing to be able to live here, and it's a blessing to be able to be a part of giving back to the community," says Mike. "To know that we have given something back to our community is a very special feeling."

In honor of Mike and Lori's transformational gift, Hoag Health Center Newport Beach has been named the Mike & Lori Gray Campus.

For more information about gift planning, please contact Julie Heggeness, JD, CSPG, TEP, executive director of gift planning for Hoag Hospital Foundation at (949) 764-7206 or Julie.Heggeness@hoag.org. Visit www.HoagPromise.org.



Mike and Laurie Gray

David Cook, AMFT; Prerna Rao, LMFT, clinical program manager; Valeri Trezise, LMFT; Kambria Hittelman, PsyD, Director of Neurobehavioral Health; Sina Safahieh, MD, director ASPIRE Team



Supporting Happy and Healthy Teens

Mike Gray is very frank about growing up in the shadow of his mother's alcoholism. Those early experiences gave him a deeper appreciation for the importance of mental health services and resources for teens. Close to his heart is ASPIRE (After-School Program Interventions and Resiliency Education), an evidence-based intensive outpatient program to treat teen anxiety, depression and other mental health conditions.

More Than Simple "Growing Pains"

While some might dismiss teen anxiety as "growing pains," donors like Mike and wife Lori understand that a significant number of adolescents need help for a variety of mental health issues. For many families, unaddressed neurobehavioral challenges can result in devastating catastrophes.

In 2010, 30 percent of students in the Newport-Mesa school district reported drug abuse. Fifty percent reported alcohol abuse, and the numbers continue to rise. Depression, mood disorders and anxiety experienced by teens feed and are fed by this substance abuse epidemic.

"There is a huge need for adolescent services. ASPIRE provides a supportive environment for teens to feel validated and learn how to better manage their feelings and emotions," says Kambria Hittelman, PsyD, Director

of Neurobehavioral Health at the Pickup Family Neurosciences Institute. "Treatment for teens is rarely evidence-based and is often too late. Hoag's ASPIRE program combines clinical interventions by a multidisciplinary team of specialists that strengthens the family and supports the individual to live a productive and healthy life."

A Wealth of Resources

ASPIRE at Hoag gives parents and their teens a wealth of resources – including support, early intervention tools, access to care and continuity of care after completing the program. The intensive outpatient program occurs after school hours, four days a week for eight weeks, during the school year. The program uses dialectical behavioral therapy, mindfulness and expressive arts to help teens develop and practice healthy behaviors and coping strategies. ASPIRE builds interpersonal relationships, requires participation of parents or guardians, as well as educational groups, skills groups and weekly family meetings.

"When they leave the program, we want them to be equipped with effective coping skills they can take with them throughout life," says Michael Brant-Zawadzki, M.D., Ron & Sandi Simon Executive Medical Director Endowed Chair, Pickup Family

Neurosciences Institute and Hoag Senior Physician Executive. "We want them to function effectively, have the resilience to overcome inevitable challenges, to feel confident and experience success."

Expanding the Reach

Dr. Hittelman worked closely with El Camino Hospital to refine ASPIRE and plans to grow the program through close collaboration with the Newport-Mesa Unified School District and Huntington Beach Unified School District. She hopes that ASPIRE at Hoag will expand to include multiple new tracks for different age groups and target specific behaviors as well as offer services at Hoag Health Center Irvine.

"ASPIRE focuses on hope, not mental illness," Dr. Hittelman says. "We are here to offer solutions and skills and create a positive learning environment for teens and families."

For Dr. Hittelman, her personal experience with a close family member who struggled with alcoholism and long-term sobriety drives her passion to work with teens.

"When someone you love is struggling with addiction, the entire family is impacted," Dr. Hittelman says. "There is nothing more rewarding than finding ways to help everyone achieve long-lasting recovery."

For more information on how you can support ASPIRE or any of the other innovative programs at the Pickup Family Neurosciences Institute at Hoag, please contact Stacy Sanchez-Hunt at (949) 764-7210 or Stacy.Hunt@hoag.org

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