

# Grateful Journeys

GRATITUDE IN ACTION



Volume III



## Juan De La Cruz, M.Ed.

President – Charitable Foundation

Juan was born and raised in Boyle Heights and holds Adventist Health White Memorial in the highest regard. His youngest son was born at White Memorial, and he is determined to work with the medical center to further health care access and the quality of care.

Juan holds a Bachelor of Arts from University of California, Los Angeles and a Master of Arts in Education from Whittier College.

Feel free to reach out to Juan directly at [delacrjc01@ah.org](mailto:delacrjc01@ah.org) or 323-260-5739, ext. 2.

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## Letter from the Foundation President

In these past two months, I've been inspired by our community's unwavering passion and commitment.

In April, we hosted REVIVE!, an event where our associates learned more about the future of Adventist Health White Memorial and when associates could meet the executive team. I had the pleasure of sharing my personal story, from growing up in Boyle Heights to welcoming my son at Adventist Health White Memorial. And keynote speaker Warren MacDonald's inspiring words of resilience left a strong impression.

We also celebrated Volunteer Week in April, acknowledging our volunteers who contributed over 7,100 hours of service in 2022. Their hard work makes our hospital genuinely exceptional!

On May 1, we held the 2023 Golf Classic at Porter Valley Country Club. I want to thank Golf Classic Committee Co-Chairs Sean King and Frank Robinson for their support. And thanks to our donors and sponsors, the event raised significant funds for the Cecilia Gonzalez De La Hoya Cancer Center.

As we present this month's edition of Grateful Journeys, we share powerful stories demonstrating our work's impact. Among these stories are Ruben Rosales, who received life-saving care at our hospital 23 years ago, and El Monte Mayor Jessica Ancona's battle with COVID-19. We also feature Nurse Maria Lozada, a dedicated member of our maternity unit since 2005.

Since May is Mental Health Awareness Month, we also wanted to highlight and express our gratitude to our community partners who support us in delivering comprehensive behavioral health to our community.

I hope you are inspired by these stories of hope. As always, if you'd like to learn more about our mission or the Foundation, contact me at [delacrjc01@ah.org](mailto:delacrjc01@ah.org) or 323-260-5739, ext. 2.

Juan De La Cruz, M.Ed.



White Memorial  
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Stories That Inspire



### Grateful Patient Stories

## El Monte Mayor Jessica Ancona's COVID-19 Struggle Fuels Passion for Healthcare Access

On Tuesday, December 1, 2020, Jessica Ancona was sworn in as El Monte's mayor. But as she took her oath of office, the ceremony was tinged with bittersweet emotions: just two days earlier, Ancona tested positive for COVID-19. ([Read about how the compassionate care Mayor Ancona received at AHWM spurred her to fight for healthcare access](#)).

### Nursing with Compassion

## María Lozada: An Inspiring Path To A Calling

Twenty-five years ago, María Lozada's infant son, Jeremiah, developed a fever. At the time, Lozada was a 24-year-old wife and mother, juggling her work at the California Women, Infants and Children (WIC) Program with the classes needed to become an elementary school teacher. But as Jeremiah's fever raged, the experience changed Lozada's life forever. ([Read how María serves mothers and families in our community](#)).



### Grateful Patient Stories

## Defying a Lupus Death Sentence

In 1991, at 31 years old, Ruben Rosales received a life-altering lupus diagnosis. Doctors delivered a chilling prognosis: "You have 10 years to live." By 2000, Ruben's body succumbed to debilitating effects of steroids. His kidneys began to fail and he was experiencing heart attacks. His doctors conceded that there were no other treatment options. ([Read how Adventist Health White Memorial and Dr. Manzanilla changed the Rosales family forever](#)).

## Adventist Health White Memorial Partners with Key Mental Health Organizations

### Mental Health Awareness Month

May is Mental Health Awareness Month, an annual public health awareness campaign to shed light on the importance of emotional well-being and its crucial role in overall health. At Adventist Health White Memorial, we prioritize improving pediatric behavioral health with an emphasis on prevention, working tirelessly to serve the children and families of East Los Angeles and Boyle Heights. Our mission is strengthened by collaborating with three dedicated partner organizations: Wellnest, Family Care Specialists and White Memorial Community Health Center. ([Read more about our mental health partnerships](#)).

One in six youth\* experience a mental health disorder each year.

50% of those received treatment in 2016.

