



Providence Foundations of Oregon 2018 Gratitude Report

Your support truly makes a difference



Dear Providence supporters and friends,

There is no greater gift than good health. Thanks to your support and commitment, Providence patients and families have new hope, our communities are healthier, additional services and programs are now available, and new scientific discoveries are directly benefiting our patients.

You have made so many things possible. Because of you, Providence Foundations of Oregon raised \$67 million in 2018. Your gifts reached every corner of the state, throughout our 10 Providence Foundations in Oregon.



Your support of Providence took on many forms in 2018. We were able to create a new emergency room in Seaside and begin a huge addition in Newberg thanks to our donors. Events like the Black & White Ball for Providence Heart Institute, Creating Hope for Providence Cancer Institute, Festival of Trees events throughout the state, and Hearts of Gold dinners in Hood River and Newberg all bring in funding for critically important projects and services. In addition, landmark gifts, such as those from the late Elsie Franz Finley, fund groundbreaking cancer research.

Truly there are hundreds of programs and services and thousands of people that have been strengthened and enriched at Providence in Oregon through the power of philanthropy. You have made a difference.

Lives are saved and lives are better ... all because of you. We are eternally grateful, and it's an honor to work with each of you. Thank you for everything you do.

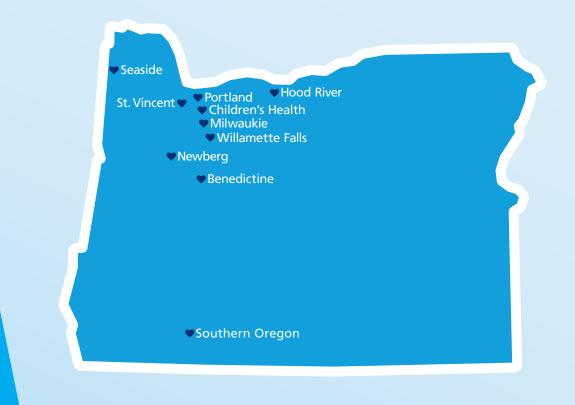
Gratefully yours,

Laurie Kelley President and Chief Development Officer Providence Foundations of Oregon

Our donors help fund programs and services that otherwise would not exist. With your help, we provide support for families who need financial assistance, create and sustain essential programs not covered by insurance, and fund research to explore new ways to treat – and even cure – our patients.

10 Foundations. 1 Mission.

Providence Benedictine Nursing Center Foundation
Providence Community Health Foundation – Southern Oregon
Providence Children's Health Foundation
Providence Hood River Memorial Hospital Foundation
Providence Milwaukie Foundation
Providence Newberg Health Foundation
Providence Portland Medical Foundation
Providence St. Vincent Medical Foundation
Providence Seaside Hospital Foundation
Providence Willamette Falls Medical Foundation



Providence Foundations of Oregon

You gave generously to support the people and programs of Providence in 2018. Your gifts provided care for the most vulnerable people in your community, advanced research and funded programs that would not otherwise exist.

2018 total dollars raised statewide by fund.

- Area of Greatest Need 9%
 \$6,100,242
 - Brain and Spine / Orthopedics 1%
 \$176,498
 - Cancer Research 61% \$40,918,994
 - Cancer Support and Services | 6%
 \$3,933,861
 - Center for Medically Fragile
 Children 2%
 \$1,517,714
 - Charity Care 1%
 \$268,633
 - Heart 7% \$5,103,875
 - Hospice and Palliative Care 1%
 \$387,805
 - Women and Children's 1% \$1,139,737
 - Other Funds | 11%
 \$7,503,775

In-kind gifts not included in chart **\$262,750**

Total **\$67,313,884**

Providence Benedictine Nursing Center Foundation

Therapy garden beautified

Harmony Lane resident Louise Schroder enjoys spending time in the gardens. A resident since 2010, Lou participates in many of the activities offered at the center and loves attending Oktoberfest each fall. Because of you, patients, residents, guests and caregivers have a beautifully enhanced therapy garden.

The nursing center's therapy garden had not seen a major update in more than eight years. "It was time to fix it," said Valisa Way, life enrichment coordinator and garden committee chair. "It's a part of our healing environment."

As the garden committee chair, Valisa is responsible for keeping the gardens maintained and clean. She collaborates with Cindy Thomas, volunteer coordinator, to recruit gardening volunteers and oversee their work.

"We brought in some experts to look at the garden and help us understand what needed to be done," said Valisa. "We removed bushes that had grown too big and were overrunning the space, we removed trees that were dying and we cleared up the drainage system. With new plants, a better drainage system and drip irrigation, the garden has a fresh new look. Many of our plants are donated from local nurseries, and we want to show our appreciation for these gifts and have pride in our garden."

In addition to being a peaceful place, the garden helps to rehabilitate patients. Occupational and physical therapists use the area to help patients learn how to navigate different terrain using a walker or cane, practice turning, sitting on the bench and getting up, and going through doorways.

Some patients in transitional care can see the garden from their windows. With its blooming flowers, visiting birds and resident squirrels, the garden provides a calming view. Families enjoy the space when they visit. Children especially love the fountain. The gardens provide a nice, relaxing area for quiet conversation and social interaction.

"We also have a couple of raised beds with tomatoes and peppers. Often, you'll go into a resident's room and see a tomato or pepper they've picked from the beds," said Valisa. "We are thankful to be surrounded by such peaceful healing gardens and landscapes, a benefit for both employees and residents."

2018 Highlights

New kitchen equipment creates better meals



Hot food stays hot and cold food stays cold now, thanks to your support. "Our Aladdin Temp Rite Activator was 20 years old and could no longer be repaired," said Cheryl Havens, dietitian for the nursing center. "With the new one, our plates and meals are much hotter than before." For cold entrees, new frozen bases go under the plates and clear domed lids keep cold temperatures intact. These upgrades keep everything better regulated for food safety and enjoyment. Thanks to The Salem Foundation - Larry and Jeanette Epping Family Fund and The Bob Fessler Family Foundation for their gifts to purchase this equipment.

Therapy options expanded for hospice patients

Thanks to a generous grant from the Storms Family Foundation, alternative therapy options for hospice patients now include more massage therapy and music therapy. "This grant has allowed patients to have the best variety of care options," said Kate Graham, massage therapist at Providence Benedictine. Patients in hospice often want treatments that can soothe the body and mind and help them relax during their end-of-life journey. "These programs are doing more to care for our patients, and that is something to celebrate."

2018 total dollars raised by fund

Total amount raised: \$305,234

- Area of Greatest Need | 25%
- Building and Equipment | 21%
 - Charity Care | 1%
 - Home Health | 1%
 - Hospice | 9%
 - Therapy Garden | 20%
 - Other Funds | 23%

Providence Children's Health Foundation

> Respite care gives families a break

> > Amanda Leeder is thankful for the respite care her son Kobi receives at the Providence Center for Medically Fragile Children.

"We moved to Portland a few years ago and don't have any family nearby to help us care for our medically fragile two-year-old son Kobi," said Amanda Leeder.

"Kobi has a feeding tube and a major seizure disorder and will likely never walk or talk," explained Amanda. "Caring for a child like Kobi every day can be emotionally and physically draining, and is often met with practical limitations and frustrations."

Thanks to your generosity, Kobi has been able to stay at the Center for Medically Fragile Children for respite care, giving his family a much-needed break. In addition, short-term care also is available at the center. This can be very helpful for a child who is cared for at home and develops a new (or recurring) medical issue that needs highly specialized professional care. A short-term stay can last from several days to several months.

"While these challenges can pose a threat to our quality of life, having the Center for Medically Fragile Children nearby allows Kobi to receive incredible care while we recharge our batteries or tend to other areas of our life," said Amanda. Kobi has both a younger and an older brother.

"The patience and attentiveness of the center's staff is beyond measure and far exceeded my expectations for a caregiving job that is so demanding. My overwhelming impression of CMFC is that the children there feel very loved and cared for," she said.

"We are grateful that we have access to respite care so close to our home, and we feel incredibly blessed that this care is nothing short of extraordinary. Thank you for all that you do for us!"

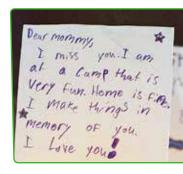
2018 Highlights

Safety Net for Families provides support system for those in need

Thanks to your generous gifts, families in need have an important resource. The Safety Net for Families Fund helps provide pregnancy supplies (prenatal vitamins, diabetes supplies, compression socks, etc.), rent assistance, transportation vouchers and other services not covered by insurance to at-risk mothers. The fund helps social workers support pregnant women who have accessed or tried other community resources.

Camp Erin provides safe space for grieving children

Camp Erin gives children mourning the loss of a loved one a safe place to express their grief. Because of you, more than 85 children and teens ages 6 to 17 attended the weekend-long camp in 2018.



Along with traditional camp activities, children also receive grief education and emotional support from grief professionals and specially trained counselors. "Camp Erin helped me grieve and say goodbye to my loved one," said one 14-year-old camper. Thank you for giving children a safe space to grieve.

2018 total dollars raised by fund

Total amount raised: **\$3,220,498**

- Area of Greatest Need | 8%
- Center for Medically Fragile Children | 47%
- Children's Health | 3%
- Festival of Trees | 22%
- Swindells Resource Center | 3%
- Women and Infants | 13%
- Other Funds | 4%

Providence Community Health Foundation - Southern Oregon

> New surgical robot means faster recovery

> > Nicole Brooks, M.D., uses the new da Vinci XI robot for an abdominal surgery.

The da Vinci XI is Providence Medford Medical Center's newest robotic surgical system for minimally invasive procedures.

Thanks to a generous estate gift from a long-time donor, the latest da Vinci robot is the first one in southern Oregon and now is available for our patients.

Nicole Brooks, M.D., urogynecologist surgeon, said this new machine allows surgeons to do more complex surgeries than before. It also means faster recovery times for most patients. "It's the difference between an overnight stay in the hospital or going home the same day, versus staying in the hospital three to five days to recover from a large abdominal incision," Dr. Brooks said. This also means less pain and scarring for patients.

"Making a large incision is an insult on the body," Dr. Brooks said. "The da Vinci allows us to reduce the number of large-incision surgeries we do, and it allows better access to areas of the body requiring surgery."

"The new robot is absolutely amazing. The visualization is so superior to the older model that I can almost see individual capillaries," Dr. Brooks said. "This enhances my ability to perform delicate dissection and allows me to do a much better job for my patients. The superior maneuverability allows me to perform the surgery with greater precision and safety. I am so thankful that Providence was able to provide this amazing new technology for our patients and a big thank you to our donors who made this possible."

The system is used primarily for abdominal surgeries, hysterectomies, and colon and hernia procedures. With the addition of this new robot and its advanced technology, Providence Medford Medical Center is now a center of excellence for minimally-invasive surgery.

2018 Highlights

Palliative care meets wishes of patient

Roger* has dementia and when his health began to decline, Roger's family turned to palliative care. The aim of palliative care is to alleviate suffering in all its forms and to improve quality of life for those with a chronic or terminal illness. "The palliative care team gave us several ideas on how we should provide care for him," said Mark*, Roger's lifetime friend and legal guardian. "We now have some direction for his future." Your gifts provide training and resources for the palliative care team.

*Names are changed to protect privacy

Scholarship leads to degree

Jeremiah Jackson, RN, is the clinical coordinator for spine, orthopedics, inpatient rehabilitation and acute medical departments. He received a Beverly Lowman Scholarship in 2018. "The Beverly Lowman Scholarship has made it possible for me to pursue my bachelor's degree in nursing without incurring more



student debt. This means a great deal to my family and me," said Jeremiah. "Words cannot express how thankful I am for this opportunity."

2018 total dollars raised by fund

Total amount raised: **\$3,612,959**

- Area of Greatest Need | 81%
- Birthplace | 4%
- Cancer Care | 1%
- Charity Care | 1%
- Hospice/Palliative Care | 1%
- Leila Eisenstein Breast Center | 1%
 - Nursing Education | 1%
 - Other Funds | 10%

Providence Hood River Memorial Hospital Foundation

> New 3D mammography takes on special meaning for one volunteer

VOLUNTEER

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Longtime volunteer Kay Lincoln benefitted from the advanced detection of cancer provided by the new 3D mammography machine. Ay Lincoln has been a volunteer at Providence Hood River Memorial Hospital for 18 years. When she filled out her application in 2001, little did she know her work as a volunteer might save her life one day.

For nearly two decades, Kay has served in a variety of volunteer roles – working in the gift shop, directing patients and families to their destinations in the hospital and serving as an officer on the Volunteer Auxiliary board. "Kay just has a way of making people feel comfortable," said Brandi Sheppard, director of volunteers for the hospital.

Kay also has raised more than \$20,000 for the foundation through sales of trips through Collette Travel. The money is used to provide scholarships to caregivers and help purchase equipment for departments every year. In the spring of 2019, Kay learned she had breast cancer and would be cared for at Providence Hood River.

Kay likes to say that she somewhat "owns" part of the new 3D mammography machine that helped diagnose her cancer early. Kay and her volunteer auxiliary in 2018 donated \$25,000 to help buy this new piece of life-saving equipment. "I didn't think I would be among the women benefitting from the advanced detection the 3D images bring. But if it had to happen, I am so glad they found it early," she said.

When she was first diagnosed, she was about to leave on a trip to Poland. "My care team said, 'take the trip, and we'll see you in two weeks.' After a wonderful vacation, I arrived for lumpectomy surgery, and now I am cancer free."

2018 Highlights

Veggie Rx program

Cancer can change the way food tastes and how it is processed by the body. But it is essential for patients to maintain good nutrition before, during and after treatment. Thanks to you, cancer patients can participate in the Veggie Rx program to ensure they have fresh produce. Participants receive a prescription (voucher) for fruits and vegetables to help alleviate hunger while increasing consumption of fresh produce. The vouchers are redeemable at local farmer's markets and grocery stores.

Sunshine Club provides respite for seniors with dementia

Thanks to your generosity, the Sunshine Club exists for seniors with Alzheimer's or dementia and their families. While participants are busy with various structured activities, their caregivers can take a break. The Sunshine Club focuses on giving participants an



opportunity to engage in activities specific to their mobility and mental interaction needs. "We try to plan activities that make participants feel useful," said Tonya DeHart, activities coordinator. "We make sure they're successful in all that they do."

2018 total dollars raised by fund

Total amount raised: **\$208,225**

- Area of Greatest Need | 8%
- Cancer Services and Support | 48%
- Hospice/Palliative Care | 17%
- Community Outreach | 8%
- Other Funds | 19%

Providence Milwaukie Foundation

> Cooking becomes fun for Jamie and her family

> > Jamie Waddle enrolled in the Cooking Matters class for parents of young children to give her kids healthy eating habits.

Jamie Waddle wants her children to eat well. "I want to be healthier, and I want my kids to be healthier since diabetes runs in both mine and my boyfriend's families. I want my kids to start now to have a broader palate."

Thanks to your support of the Community Teaching Kitchen, Jamie participated in a new Cooking Matters class for parents and caregivers of children up to age 5. Jamie has two young children. Her daughter is 4, and her son is 1. "My daughter has been really interested in learning how to cook," said Jamie. "This class came at the right time."

"I want to get my kids started on eating healthy foods and not junk food, and now is a good time," she said. "I've really enjoyed hearing what cooking tricks others in the class know. I learned what other people do for snacks, which inspired me to get rainbow carrots and make beet hummus. My daughter loved it because of all the colors."

Jamie wasn't a confident cook before she took the class. "I've become a lot more adventurous in cooking. I'm getting better at adding my own spices and learning to substitute ingredients. Many of the foods we've cooked, I would not have tried on my own. It makes cooking more fun too."

Jamie works long hours, and her boyfriend works the graveyard shift. "It would be easier to grab fast food, but we don't. We eat at home and we eat together," she said.

Class participants also visit the food pharmacy after class to select food to take home. The food pharmacy provides a wide variety of dry, fresh and frozen foods to help families who are facing hunger. "It's been very helpful because I can try different foods and not feel like I'm wasting money. It's awesome."

"I would 100% recommend this class to anyone," said Jamie. Thank you for your gifts that help Jamie and her family live healthier.

2018 Highlights

Free books for young children

Thanks to you, children in our community receive books to take home and learn the joy of reading. Providence Milwaukie Foundation participates in Reach Out and Read, a national program that supplies free books to children ages 6 months to 5 years at every well child doctor's visit. Doctors "prescribe" books and reading to promote literacy and to encourage quality family time by reading aloud. Your gifts support Reach Out and Read at our two low-income clinics under the Family Residency Program.

New harps help soothe patients

Music-thanatologist Josh Ward witnesses the power of music every day. Music thanatology brings physical, emotional and spiritual comfort to patients and their families during a time of serious illness or at the end of life. A recent patient found a sense of calm when Josh brought him the reverie harp



to play. A reverie harp is lightweight, comfortable to hold and requires no musical training to play. Your generosity allowed Providence Milwaukie Foundation to buy the reverie harp, along with a full-size harp for our music-thanatologists.

2018 total dollars raised by fund

Total amount raised: **\$2,090,814**

- Area of Greatest Need | 2%
- Behavioral Health | 1%
- Cancer Care | 1%
- Charity Care | 1%
- Community Teaching Kitchen | 7%
- Family Medicine Residency Program | 88%
 - Other Funds | 1%

Providence Newberg Health Foundation

> Campaign for expanded health services nearly complete

> > Richard Ellis encouraged his friends to donate to the foundation instead of sending him flowers or gifts during his treatment for cancer.

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Thanks to your generous gifts, the Elevating Care, Close to Home campaign is nearly complete. The new Providence Newberg Medical Plaza, with cancer support services and cardiac rehabilitation, will be expanded because of you.

"I'm here today because of the caring, talented people who saved my life," said Richard Ellis. Diagnosed with cancer at age 40, Richard told his friends not to send him flowers or gifts. Instead, he asked them to donate to Providence Newberg Health Foundation. He told them, "It would be the most profound gift you could give me. It's a thing that regenerates and makes this community as good as it is and gives it an even better future."

Expanding cancer services will double the number of infusion chairs, provide more private space for lengthy infusion appointments, and add more exam rooms. For patients like Richard, this means a more comfortable experience during cancer treatment.

In addition, Providence Heart Institute is creating a new cardiac rehabilitation center at Providence Newberg. Cardiac rehabilitation at Providence Newberg will bring life-changing care closer to home for hundreds of people each year.

"Patients who graduate from cardiac rehabilitation often say they continue their program not only because of the health journey, but for the connections and friendships it creates," said Ted Foster, D.O., MPH, cardiac provider at Providence Newberg. The new cardiac rehab center will accommodate more than 400 patients and 8,000 visits each year.

A generous gift from the Austin Family Foundation bolstered the campaign early on. Ken and Joan Austin, along with their children and grandchildren, have been long-time supporters of Providence Newberg. The community mourns Ken's passing in May 2019 at age 87.

2018 Highlights

Community breaks ground for new medical plaza

Under a bright August sun, the Yamhill County community held a ceremonial groundbreaking event for the future home of Providence Newberg Medical Plaza. Expected to open in late 2019, the



new stand-alone building will be located across the street from the hospital on Providence Drive. Thanks to your support, the new building will increase access to primary care, cancer services, cardiac rehab and more – bringing more care options to the community, close to home.

3D mammography detects cancer sooner

Because of your support, more women in our community will now hear these hope-filled words: "We found your cancer early." Installed in March, the new tomosynthesis, or 3D mammography, machine helps doctors detect breast cancer earlier. Patients now have access to the best technology for diagnosing breast cancer and have the ability to receive care close to home. Thank you for bringing this life-saving technology to our community.

2018 total dollars raised by fund

Total amount raised: \$845,490

Area of Greatest Need | 2%

Cancer Care | 4%

- Charity Care | 2%
- Heart | 59%
 - Hospice/Palliative Care | 1%
 - Mike Olberding Education | 9%
 - Women & Children's | 1%
 - Other Funds | 22%

Providence Portland Medical Foundation

> Basecamp opens at Providence Portland Medical Center

> > Ginger Park was thankful to be able to do her cardiac rehab close to home at Providence Portland.

Thanks to your generosity, heart services expanded at Providence Portland Medical Center in 2018. Newly-renovated space is now home to Basecamp Cardiac Prevention + Wellness, which includes the Hal Lesser Cardiac Rehabilitation Center and echocardiogram, electrocardiogram and vascular ultrasound services.

Ginger Park had a stroke when she was 39. Doctors found she had a problem with her mitral valve (stenosis) that caused a clot to travel to her brain. After surgery to replace the failing valve, she began cardiac rehab at Providence Portland.

"It feels like the surgery took 10 years off my age. I never really had a great relationship with exercise," she said, "but now I do, with this program. The staff in cardiac rehab, they're my guardian angels, eternal cheerleaders."

"Patients have to do cardiac rehab three days a week. Too many of my patients wouldn't do it because of the travel (to Providence St. Vincent). So it's really great to have it here," said David Schroeder, M.D., director, Hal Lesser Cardiac Rehabilitation Center.

The center accommodates 400 people and 8,000 visits per year, creating much better access for thousands of heart patients who live on the east side of Portland. The center is named for Hal Lesser, a retired news reporter who received life-saving heart care at Providence. Along his heart health journey, Hal made some significant lifestyle changes and exercised regularly through a program sponsored by Providence.

Always happy with the care he received, Hal has contributed regularly to the Providence Portland Medical Foundation since his heart attack. "I've been fortunate in my investments and I don't have an extravagant lifestyle. I just decided I'll donate now rather than waiting."

2018 Highlights

MR-Linac provides more precise treatment

Accuracy is key to successful radiation therapy. But cancer often doesn't remain in one place and doesn't stay the same shape or size. Now, thanks to a generous gift from the late Elsie Franz Finley, our radiation oncologists and technicians soon will have a new MR-Linac machine to help them. The MR-Linac delivers radiation with more accuracy and adapts to tumor shape and position in real time, sparing more healthy tissue. Providence Portland is the first medical center in the Pacific Northwest to have this technology.

Expanded cancer services

Thanks to you, the 11th floor of the Robert W. Franz Cancer Center at Providence Portland Medical Center is open and caring for thousands of patients with cancer. The clinic offers a range of services, including surgery,

a specialty dentistry clinic, a cancer genetics program, expanded infusion spaces, and a specialty pharmacy. Having all these services located in one space eases the way for our patients and gives them increased access to clinical trials and promising new research.



2018 total dollars raised by fund

Total amount raised: **\$47,434,114**

- Area of Greatest Need | 5%
- Cancer Support | 6%
- Cancer Research Operations | 82%
- Charity Care | 1%
- ▶ Heart | 1%
 - ► Hospice/Palliative Care | 1%
 - Long-Term Care and Aging | 1%
 - Medical Education | 1%
 - Other Funds | 2%

Providence St. Vincent Medical Foundation

> Children with special needs now have services in one location

> > The newly expanded Providence Children's Development Institute helps more patients and families get the care they need close to home.

Providence Children's Development Institute started in two small rooms in the basement of Providence St. Vincent Medical Center. Michele Raddish, M.D., worked three half-days when the thennamed Providence Neurodevelopmental Center opened to serve children with behavioral, developmental and complex health care needs. Now, thanks to your support, about 500 patients are seen each week.

"Very little of this growth would have happened without the support of donors," said Dr. Raddish. "Parents tell me how grateful they are to have such a calm and safe space for their children."

The expanded institute opened in April on the fifth floor of the hospital. This bright and colorful space has 31 exam rooms, four audiology rooms, three therapy gyms, an education area and places for teams to work.

Your support helped bring together all the services onto one floor, which previously were scattered in four locations within the hospital. "Doctor visits can be stressful for children with developmental delays, said Dr. Raddish. "Now they don't need to move to a different floor or office, which helps children stay composed."

Because of you, children with special needs can learn skills to be more independent. In the adaptive kitchen, for example, they learn how to cook and clean. The adaptive bathroom is used to teach children toileting skills and bathing.

"We also have a quiet room now. There is no medical equipment or computer in the room," said Dr. Raddish. Kids can sit on a beanbag chair, in a swing or in a tent equipped with lights that go off and on and change colors. All of these options help reduce the child's stress and help them to keep calm.

"Every day I feel extremely blessed that we can see these great numbers of children," said Dr. Raddish. "On any given day you're more than likely to come to a place that feels joyful, kids are having a great time and families are calm. It's pretty remarkable."

2018 Highlights

New healing garden serves as peaceful sanctuary

The new Sister Rita Peace Garden was blessed with great fanfare and joy on Oct. 22. Named after long-time hospital administrator Sister Rita Ferschweiler, SP, the garden provides a sanctuary for our patients, their families and our caregivers. Situated just outside the



Emergency Department, the garden features lush greenery, bright flowers and a soothing waterfall. "I hope it makes people happy to see such a nice place," said Sister Rita at the dedication.

Providence Black & White Ball

Thanks to your generosity at Providence Heart Institute's first Black & White Ball, more than \$726,000 was raised for heart disease prevention and cardiac wellness programs. Because of you, we can provide 6,000 free youth heart screenings; give 200 life-saving AEDs free to schools and community organizations; and help 170 families with resources and support to develop heart-healthy lifestyle, eating and exercise habits. The special event was made possible through a partnership with the Portland Timbers and Portland Thorns FC.

2018 total dollars raised by fund

Total amount raised: **\$7,876,803**

- Area of Greatest Need | 1%
- Behavioral Health | 9%
- Brain/Orthopedics | 2%
- Cancer Support & Services | 17%
- Charity Care | 1%
- Ethics Center | 1%
- ► Heart | **57%**
- Hospice/Palliative Care | 1%
- Women & Children's | 5%
- Other Funds | 6%

Providence Seaside Hospital Foundation

> Faster, more secure and more private emergency services

> > Diana and Troy Podoll supported the Beyond 911 campaign to bring improvements to the emergency department.

Your generous support of our Beyond 911 Campaign raised \$1.5 million toward a \$5.7 million plan at Providence Seaside Hospital that will support high-quality emergency care in the community for years to come.

The expansion of our Emergency Department includes more treatment areas plus two areas for patients who need an extra-secure and quiet environment. The new space also features private treatment rooms that will accommodate several visitors, protect confidentiality and encourage patients to communicate more openly with doctors and nurses.

Diana Podoll was a patient in the Emergency Department in early 2018. "The quality of care I received was absolutely unparalleled," said Diana. "But it was obvious there was a need for improvements."

The department was last updated in the early 1990s. Construction on the new facility began July 2019 and is expected to be completed by summer 2020. This would not be possible without your support.

"This is a small town we live in, and the hospital is the cornerstone of our local health care," said Diana. "You never know when you will find yourself needing the Emergency Department. It's nice to know you will receive the greatest of care."

"When someone comes into the emergency department, they're honoring us with their trust," said Lisa Huddleston, M.D., medical director, Emergency Department. "Now we can continue to earn that trust with a facility that is modern and a model of calm care and healing."

Thank you for helping make these crucial changes that will better serve our north coast friends and neighbors.

2018 Highlights

Cancer care bags support patients in treatment



Seaside High School's basketball team not only was back-to-back 4A state champions in 2017 and 2018, but team members also are warriors in cancer awareness and services. Seaside High School's basketball team sold cancer awareness T-shirts and raffled off a framed basketball shirt to support team manager Mathew Carpenter, who lost his mom to breast cancer in 2017. Nearly \$2,800 was donated to the cancer fund, which provides comfort care bags filled with items that help ease the way for patients during treatment.

Healthy Smiles = healthy kids

The 2018-2019 school year was the third full year of the Healthy Smiles program. Justin Abbott, patient navigator, works with schools in Clatsop County to bring dental care to children who might not otherwise see a dentist. In 2018, Justin coordinated oral health screenings for more than 700 students and handed out more than 2,500 dental kits. He also helped coordinate dental services for more than 150 students. Your support means better health for the children in our community.

2018 total dollars raised by fund

Total amount raised: **\$1,143,640**

- Area of Greatest Need | 1%
- Charity Care | 1%
- Dental Care | 6%
- Festival of Trees | 10%
- Innovation | 79%
- Pet Therapy | 2%
- Other Funds | 1%

Providence Willamette Falls Medical Foundation

> Art therapy helps children express feelings

> > Art therapist Adam Graves helps children use art to express their thoughts and feelings.

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Children and teens who are admitted to the Child and Adolescent Psychiatry Unit usually are frightened and confused. A behavioral health crisis throws families into turmoil. Anxietyis high. What is happening, and why is it happening?

The inpatient unit at Providence Willamette Falls Medical Center cares for children and teens when they are most vulnerable. Among the treatments used to help them is art therapy, which can offer a way to understand their confusing feelings.

"The art therapy program is focused on stabilizing the children and reducing their anxiety," said Adam Graves, MA, ATR-BC, LPC, MHP- art therapist. "Using art, we help them make connections to the thoughts and feelings they'd otherwise push away. Through art, they can work through those feelings in a way that is more comfortable and safe."

For young children, art therapy helps them express feelings they might not understand or be able to articulate. "Family art therapy sessions have been helpful for improving communication between children and their families," said Adam. "Working on artwork and talking about it helps create connections between family members that are otherwise difficult to make during times of crisis."

Your gifts bring life-changing programs, such as art therapy, to the children. Thank you for supporting these very vulnerable children.

2018 Highlights

Birthplace receives new equipment and training for caregivers

Thanks to you, the Birthplace team has access to the latest training and telemedicine support for high-risk



delivery situations. Your gifts have allowed the purchase of a special baby-sized mannequin to help our birth teams practice resuscitation on a newborn. In addition, our providers can connect by special video equipment (telemedicine) to specialists at Providence St. Vincent and Providence Portland medical centers – giving babies the benefit of life-saving specialized care close to home.

John honors caregivers with gift

Your support ensures that patients at Providence Willamette Falls Medical Center receive the best care possible. For 78-year-old John Saul that means his life was saved. He was admitted to the hospital on two separate occasions, the second time with pneumonia. "I feel as if Willamette Falls hospital saved my life," he said. "The doctors and the nurses were super." John was so impressed with his care he made a donation to the foundation. "I wanted to pay it back. I've had a very good life."

2018 total dollars raised by fund

Total amount raised:
\$313,357
Area of Greatest Need | 14%
Cancer Care | 11%
Charity Care | 2%
Heart | 2%
Hospice/Palliative Care | 37%
Women & Children's | 9%
Other Funds | 25%





"Alone we can do so little; together we can do so much."

– Helen Keller



Providence Cancer Institute

Acupuncture eases symptoms of chemotherapy

The side effects of chemotherapy can be extremely difficult for patients and last long after chemotherapy is completed. Loch Chandler, N.D., medical director, Providence Integrative Medicine Clinic, heard from patients that acupuncture during chemotherapy infusion helped relieve many of these side effects. Thanks to your gifts, Dr. Chandler began a study in 2015 to track the benefits of acupuncture.

Patients were offered the option of receiving acupuncture before, during or after their chemo appointment. Students from the National University of Natural Medicine and the Oregon College of Oriental Medicine provided the care under Dr. Chandler's guidance.

Erin Weaver, N.D., MSOM, spent a year interning at Providence St. Vincent Medical Center, providing acupuncture treatments for patients undergoing chemo. "Patients were at various stages of their treatment. Some had a new diagnosis, some were post-surgery and some were actively going through chemo," she said. "One incredible feature was that we also could take care of the patient's family. Caregivers often don't have anyone to care for them. It was really lovely to take care of the patient's family member." And if time allowed, Providence employees who worked in the infusion suite also could receive treatments.

As part of the study, patients were surveyed after receiving acupuncture. More than 95% responded that they were very satisfied or satisfied with the acupuncture care they received, and more than 92% felt acupuncture helped their quality of life. At the conclusion of the study in 2019, more than 2,500 patients and caregivers will have received acupuncture care as part of the study.

"I'm really grateful to donors and the foundation for being visionary enough and having enough faith in this project to fund it," said Erin.

> Erin Weaver, N.D., MSOM, provides an acupuncture treatment to a cancer patient.

2018 Highlights

New labs support more research, new discoveries

With the addition of 10,000 square feet of lab and office space in the Earle A. Chiles Research Institute, doctors and researchers are expanding the scope of their investigations to treat and cure cancer. Three new principal investigators have joined Providence to lead new laboratories, and more investigators will

be added in 2019. This couldn't have been possible without gifts from our generous donors. The \$5 million expansion was funded by a bequest gift from Robert W. Franz in honor of his sister, the late Elsie Franz Finley. The new lab space includes a beautiful new conference room named in honor of Elsie.



Elsie Franz Finley

Golf tournament inspired by patients with cancer

Julieann Park and Sheryl Langerman, members of the Robert W. Franz Cancer Center Leadership Cabinet, both have had family members who struggled with cancer. They decided to host a golf tournament to help raise money for cancer research and programs. "We were inspired by other people's stories and the impact that Dr. (Walter) Urba and the cancer institute make in our community," said Sheryl. "The Go Beat Cancer Golf Tournament is unique because every person involved is passionate about making an impact in the fight against cancer, as we all know someone who has battled the disease," said Sheryl. More than \$90,000 was raised by sponsors and players in 2018, with all proceeds going to cancer research at Providence.

P.C.C. BERRICH MARCHINE

Providence Heart Institute

Cardiologists tap mobile technology to advance care

Chris Kiepke has battled heart disease his entire life. The 43-year-old father of two has had four open heart surgeries and multiple hospitalizations for heart failure. "By the time I feel my symptoms, I need to go to the hospital," he said. "It's too late to turn it around at home."

Thanks to your support, Chris received a mobile early-warning system from Providence Heart Institute's Center for Advanced Heart Disease. The center implanted a tiny device in one of his arteries. The device records data about his heart rate and pulmonary blood pressure, transmitting it wirelessly each day to his cardiologist, Jacob Abraham, M.D., and his Providence caregivers. If Dr. Abraham sees a problem developing, he calls Chris to adjust his treatment.

Dr. Abraham is medical director of the center, which cares for nearly 100 patients using the mobile devices. "We can do a lot to improve the lives of people with heart failure and heart transplants by adjusting their medications, diet and exercise. But, as with Chris, "the key is ongoing monitoring and early detection," he said. "This technology gives us the timely information we need to help people stay healthy and out of the hospital."

Chris has avoided hospitalization since he received his monitor. He is grateful for the care he has received from the center and is speaking out about upcoming options for people with heart issues – options frequently made possible by generous donors. "People should know that, even if you have bad heart failure, there are choices coming that can really improve your life."

> Chris Kiepke received a mobile heart monitoring device from Providence Heart Institute's Center for Advanced Heart Disease. Each day the tiny transmitter sends data about his heart health to his doctor. He has avoided hospitalization since he received the monitor.



We Love That! campaign is a success

In 2014, Providence Heart Institute launched a plan to accelerate our efforts to combat heart disease and advance heart health. Spurred by a generous gift from Phil and Penny Knight, the We Love That! campaign sought \$50 million to take

the institute to greater heights. Thanks to you, We Love That! surpassed its goal and helped the institute soar to new heights. Our clinics earned national recognition as models on how to collaborate and communicate with patients and their primary care providers. The Ronald and Patricia Peterson Heart Valve Center earned national recognition for repair and replacement of heart valves without open heart surgery.



Dennese Kelsay is one of the first participants in a nationwide clinical trial testing nonsurgical replacement of mitral valves in patients who previously had the valve replaced surgically.

The campaign helped increase patient access to cardiac rehabilitation, tripling our capacity and growing from one to four sites. We created new Basecamp Cardiac Prevention and Wellness facilities for people beginning their journey to greater heart health.

Our physicians and surgeons participated in clinical trials and developed new treatments and technologies. Our heart experts are harnessing gold mines of clinical information through large databases of research through the new Center for Cardiovascular Analytics Research + Data Science, or CARDS.

All of these achievements are thanks to your generous support.

Providence Brain and Spine Institute

Your gifts help Angela live a full life

Angela Johnson's life changed dramatically 16 years ago. Enjoying a day at the beach, she was suddenly struck with an excruciating headache. "I was sick, and I couldn't function normally," she said.

After a CT scan she found out it wasn't a headache, but a brain tumor. She then learned that she has epilepsy caused by cerebral cavernous malformation, or CCM. Lesions on her brain were causing pain and seizures. She had life-saving surgery at the age of 27.

After surgery, Angela learned CCM is hereditary. "My husband and I would need to think seriously about having kids. Life would be forever different. It was a lot to process," said Angela. "But life continued on. I was very active, and life was almost normal. My husband and I decided to adopt and by 2013, I was working full time and taking care of my family."

Then the seizures returned – multiple times a day, every day. Depression set in. Her medical team at Providence helped her correct her medications and work through her depression. In March 2018, she had more surgery.

"But I wasn't afraid this time. I knew I was in the best hands here at Providence, and I knew I would come through it and begin the next phase of my journey – building the new me and learning how to live as normally as I can with CCM."

"Your support helps patients like me and so many others get the mental health support we need for the depression, anxiety, confusion and memory loss that accompanies epilepsy," said Angela.

Friends, family and Providence caregivers surround Angela (at podium) Johnson after she shared her story at Brainwaves.



Research studies uncover some best practices for hip and knee replacements

Providence Orthopedic Institute performs more than 12,000 inpatient and outpatient procedures each year. Thanks to your support, we can conduct research that helps discover effective new treatments for our patients. With a projected 174 percent increase in the number of hip and knee replacements during the next 15 years, this research is vitally important.

Studies completed in 2018 include:

- Same-Day Total Hip Arthroplasty at an Ambulatory Surgical Center vs. a Hospital: Similar Results at Lower Cost This study compared two surgical cohorts receiving elective THA at a stand-alone outpatient ambulatory surgical center and in an inpatient hospital setting. We evaluated patient demographics, complication and readmission rates, and cost. Our series demonstrated that outpatient THA can be performed with similar results as inpatient THA.
- Robotic-Assisted Total Knee Arthroplasty: A Comprehensive Analysis The purpose of this study was to determine if robotics improved outcomes and to determine the cost effectiveness. The study determined that outcomes did not improve and the cost per case increased.
- Routine Use of Antibiotic Cement in Total Knee Arthroplasty Increases Cost But Does not Reduce Deep Infection Rates

This study looked at the effectiveness of using antibiotic cement to reduce infection in TKA and the associated cost/benefit. The study revealed that antibiotic cement (vs. plain cement) should not be used routinely.

Because of these studies, we can provide the best scientifically proven care for our orthopedic patients.



Providence Orthopedic Institute

Providence Center for Health Care Ethics

Ethics team supports patients and families in difficult situations

Each of us makes ethical decisions every day. In a health care setting, the decisions by patients, their families and care providers have the potential to affect their lives forever. In some cases, these are life-and death decisions.

What happens when there isn't a clear course of care for a patient?

Because of you, the Providence Center for Health Care Ethics can help with these difficult decisions. Funded 100% by donors, the center provides five to 10 consultations each week to Providence facilities throughout Oregon. It is the only clinically-based ethics center in Oregon.

The center particularly focuses on ethical issues in caring for patients with diverse religious and cultural traditions. Currently, the center has two full-time ethicists supporting our caregivers and leaders across the region.

"I rely on the ethics center for assistance with the toughest cases – the ones where the patient, family and caregivers are all feeling dissonance and angst," said Shelley Sanders, M.D., Providence Medical Group-St. Vincent. "The ethics team serves a vital role both for patients and caregivers, creating a path forward and providing an educational and philosophical framework for moral action."

Center staff provided 461 ethics consultations in 2018, many of which required multiple meetings and took several hours.

Your generosity also allows the ethics center to train thousands of physicians, nurses and other team members in ethical decision-making through its educational programming. These courses help health care teams provide better patient care.



"The ethics center has supported a wealth of educational programs that have deeply influenced my role as a doctor and a teacher. New insights and skills have opened greater understanding, empathy and healing, not only in how I approach patients but also myself and my fellow caregivers," said Laura Loertscher, M.D., director, Continuing Medical Education, Providence Medical Group.

Thank you for your support in helping to ensure our caregivers support patients and families in even the most difficult of circumstances.

Ethics Center staff Kelsi Charlesworth, Kevin Dirksen, Eileen Mooney and Nick Kockler.

Behavioral health is as important as physical health

At Providence, we're working to change how we care for our patients who need behavioral health support.

Behavioral health is more than mental health. It includes the treatment of mental illnesses in addition to addressing emotional well-being, domestic violence, substance abuse and other addictive behaviors. By caring for the whole person, we can reduce the reluctance many patients have when seeking help for behavioral health issues.

Donors help fund projects and services that benefit patients struggling with issues related to behavioral health, including:

Senior Psychiatric Unit at Providence Milwaukie Hospital

The Senior Psychiatric Unit is a safe, secure environment that allows patients to maintain as much normalcy in their everyday routines as possible. Opened in July 2016, the unit provides short-term inpatient behavioral health services for patients 65 and older.

Family involvement is highly encouraged to ensure a smooth transition back home or to a residential care facility. Your support purchased art that beautifies the space and promotes a healing environment. Your gifts allowed for the purchase of musical instruments, such as tone chimes, various drums, a xylophone and a glockenspiel.

Adolescent Behavioral Health Program at Providence St. Vincent Medical Center

Thanks to your generosity, a new program is starting in 2019 to serve teens between the ages of 13 and 17 who are experiencing a significant behavioral health crisis. The youth and their families will engage in an intensive 28-day therapy program, attending individual, group and family therapy sessions for six hours a day at Providence St. Vincent Medical Center.

This program will fill a critical and significant gap in behavioral health care for vulnerable young people. It does not exist anywhere else in Oregon.

Thank you for providing support for these vital programs so that patients can receive care for their behavioral, as well as physical health.



Providence Behavioral Health

Providence Senior Health

Providence Senior Health provides innovative care for aging population

The number of seniors is projected to grow more than any other age group in Oregon over the next 35 years. Thanks to your support, we are creating programs and services now that will meet the needs of our senior patients for decades to come.

Providence Senior Health was launched in 2015 and is led by Medical Director Marian Hodges, M.D., MPH. The program has received national recognition for its innovative, comprehensive approach to senior-focused care.

This includes Providence Elder at Home, which provides 24/7 in-home care from an interdisciplinary team of clinicians to medically fragile seniors with Providence Health Plan Medicare Advantage insurance. Providence Elder at Home is designed to help eligible seniors get the care they need while remaining in their own homes for as long as possible.

One of the most significant risks to seniors is falls, which is the No. 1 cause of hip fractures. In 2018, Providence's Fall Risk Management program organized 10 free, community-based fall prevention events across Oregon. The program, in collaboration with Providence Medical Group primary care clinics, also conducted more than 40,000 fall risk screenings in Oregon - a 46% increase from the previous year.



Providence Senior Health in 2018 began offering a four-week fellowship over six months to provide specialized, intensive geriatric training to PMG primary care providers. The fellowship's first year was a great success, and a second group of primary care providers began its training in April 2019.

"There are so many things we can do to provide specialized care for seniors so they can live longer, healthier lives," said Dr. Hodges. "Nearly everyone will need geriatric care at some point. The Providence Senior Health team is passionate about creating new, evidence-based systems that ensure seniors receive the state-of-the-art, compassionate care they deserve."

A family's generosity helps other seniors

Allen Eaden felt there was no greater way to honor his beloved wife Annemarie than with an estate planning gift to Providence's Elder at Home program.

The Eaden family had received excellent, compassionate care from Providence for many years – including the heart care Allen received, a daughter's diagnosis and exemplary care in the ICU, and the senior care that Providence Elder at Home provided as Annemarie needed additional support in her later years.

Providence Elder at Home is staffed by a team of geriatric-trained experts, providing health care access 24/7 at home for eligible seniors who are too ill to visit their primary care clinic.

In addition to reducing hospitalizations and emergency department visits, Providence Elder at Home:

- Supports the overall health of eligible Providence patients and their families
- Provides seniors with quality-of-life care so they can remain in their homes
- Reflects the Providence Mission of compassionate care for those who are vulnerable

After his wife's passing in April 2018, Allen and his children decided to designate a portion of his IRA to the Providence Elder at Home program. "We had a whole team caring for both of us, and when it became Annemarie's time to meet our Lord, they took care of the last arrangements and made it so easy for me. They understood from the beginning what mattered to Annemarie."

As a result of the Eaden family's generous gift, other seniors and their families will receive care and support at home when they need it most.



Planned Giving

Allen and Annemarie Eaden

Dear Friends of Providence,

Our Providence vision is to improve health for people in our communities. We do this by providing whole-person care in partnership with providers and partners. This means that together, we focus on improving each person's health through care that is affordable, high quality and provides a great experience.



Your support is helping us achieve our vision.

In 2018 you helped us expand the 11th floor of the Robert W. Franz Cancer Center, placing cancer services together in one convenient location. Your gifts are paving the way for us to open a new heart transplant program. Because of your support, we have expanded cardiac rehabilitation, emergency services and outpatient clinic space in growing communities, including Seaside and Newberg.

Your gifts to fund cancer and heart research will save the lives of countless Oregonians. Your commitment to children of all ages means they have access to dental care in underserved communities, to expanded behavioral health services, and to therapies for various health and developmental needs.

On a personal note, 2018 marked the year I returned to Providence in Oregon after working for Providence's system office in Renton, Washington. I couldn't be happier or more fulfilled to be back in my home state. Every day I'm inspired by our donors, caregivers, doctors, nurses, care teams, volunteers and community partners. I'm so proud of all we accomplish.

Together we're making sure people we serve live longer, healthier lives. You play a vital role in that, and I'm so grateful for your generosity and support.

Sincerely,

Lisa Vance Chief Executive Providence in Oregon



OUR MISSION

As expressions of God's healing love, witnessed through the ministry of Jesus, we are steadfast in serving all, especially those who are poor and vulnerable.

OUR VALUES Compassion, Dignity, Justice, Excellence, Integrity

ProvidenceFoundations.org

Inspiring Generosity •



