



Providence Foundations of Oregon 2019 Gratitude Report

Your support truly makes a difference.



Dear Providence supporters
and friends,



Sharing our annual Gratitude Report with you always is a humbling, joyous and affirming experience for us at Providence Foundations of Oregon. We hope you enjoy these inspiring stories and photos, which represent just a small sample of everything you made possible for our patients, programs and communities in 2019.

Thanks to your generosity, Providence Foundations of Oregon raised \$54 million in 2019. This includes gifts to our ministries throughout Oregon – all 10 foundations, which represent our hospital campuses and statewide centers of excellence, such as cancer, heart, brain and spine, women and children's, orthopedics and more.

Examples of what YOU made possible include: deep brain stimulation to help patients with Parkinson's disease; peer-to-peer support for patients with behavioral health needs; a new immunotherapy drug to treat breast cancer; Swindells Resource Center programs for children with special needs and their families; support for patients with advanced heart failure; improved oral health for North Coast residents; automated external defibrillators donated in Hood River; tools to help families of patients with dementia; expanded cardiac rehabilitation services in Clackamas County; and much more.

Because of you, our scientists are discovering new cures and treatments, our programs are growing to serve more Oregonians, our ministries are expanding services for the poor and vulnerable, and our communities are growing stronger and healthier.

We are eternally grateful for your support and friendship. You are an important partner in caring for our communities, and we are deeply appreciative.

Sincerely,

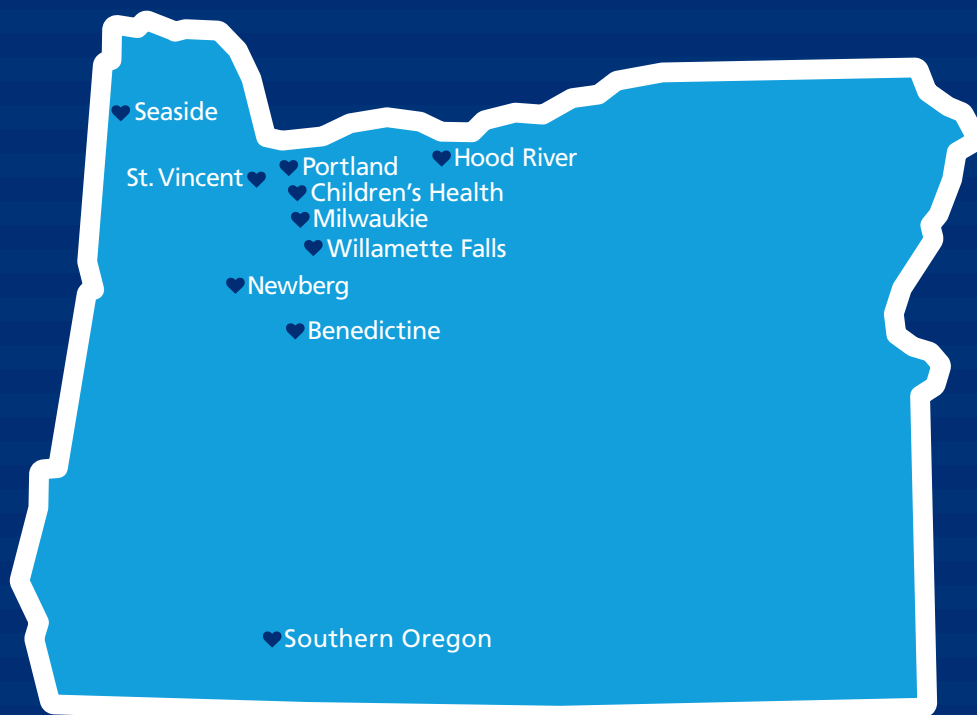
A handwritten signature in black ink that reads "Kelly S. Buechler". The signature is fluid and cursive.

Kelly S. Buechler
Chief Philanthropy 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.

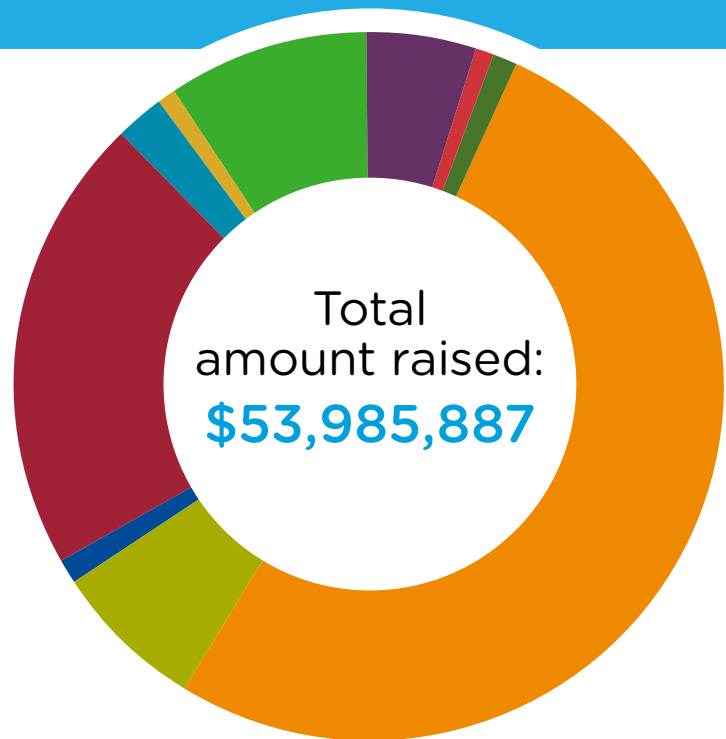
Providence Benedictine Nursing Center Foundation
Providence Community Health Foundation - Southern Oregon
Providence Children's Health Foundation
Providence Hood River Memorial Hospital Foundation
Providence Milwaukie Foundation
Providence Newberg Health Foundation
Providence Portland Medical Foundation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



Providence Foundations of Oregon

2019 total dollars raised statewide by fund

You gave generously to support the people and programs of Providence in 2019. Your gifts provided care for the most vulnerable people in your community, advanced research and funded programs that rely on donor investment.



Area of Greatest Need | 5%
\$2,870,052

Behavioral Health | 1%
\$344,874

Brain and Spine / Orthopedics | 1%
\$728,049

Cancer Research | 52%
\$27,835,006

Cancer Support and Services | 7%
\$3,853,025

Center for Medically Fragile Children | 1%
\$560,846

Heart | 21%
\$11,555,095

Hospice and Palliative Care | 2%
\$904,196

Women and Children's | 1%
\$357,870

Other Funds | 9%
\$4,976,874



Providence Benedictine Nursing Center Foundation

Blake Johns, cook's helper, appreciates all the new kitchen equipment donors helped purchase. "The kitchen now has a better flow that makes everything run more smoothly and efficiently," he said.

Nourishing bodies and souls at Providence Benedictine

The nearly completed \$160,000 kitchen and dining enhancement project at Providence Benedictine Nursing Center means more than just a better way to prepare and serve food. The improvements bring a higher quality of life for residents, patients, visitors and employees.

Funded by grants and generous donor support, new commercial-grade stainless steel equipment allows for much better quality of food preparation. Grants from the Larry & Jeanette Epping Fund at Salem Foundation and the Bob Fessler Family Fund helped support the project. A board member's company, GEM Equipment, generously custom designed, manufactured, donated and installed \$74,000 in kitchen equipment.

“Thank you to everyone who made this transformation possible to better serve our residents, patients and visitors,” says Emily Dazey, executive director, Providence Benedictine. “Everyone put their hearts into this effort, and it shows.”

The kitchen and dining enhancement project included: a redesign to improve work flow; a plate warmer system, a cold foods system, and insulated delivery carts that provide capacity for over 250 room service meals a day; new stainless steel fixtures, including a dishwashing line to reduce repetitive stress injuries for kitchen employees, countertops, service staging area in the dining room, central beverage island, and shelving for made-to-order meals; and air conditioning for the dining room.

“The donations we received though the foundation have greatly improved our quality of service and efficiency in the kitchen,” says dietary aide Chaz White. “Our new large coolers and mini freezer provide quick access to what we need and allow us to keep our ice cream cold.”

2019 Highlights

New fences enhance safety

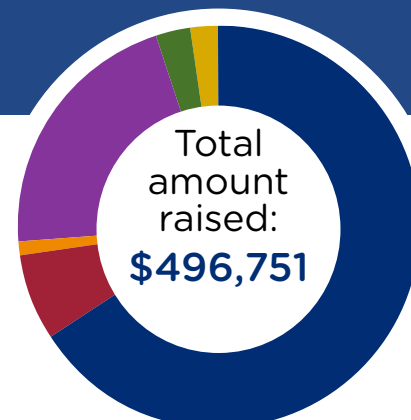
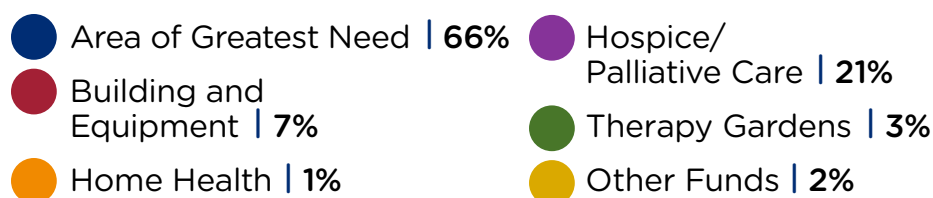
Two aging wooden fences were damaged in a windstorm and needed to be replaced in 2019 to keep the Providence Benedictine campus safe. A smaller fence surrounded the Child Development Center. It was replaced with a new wooden fence at a cost of \$12,000, thanks to donor support. In addition, a long fence along the back of campus was replaced with a new, \$30,000 chain-link fence and privacy slats, also funded by generous donors.



Replacing worn hospital beds

Like any equipment, hospital beds age and stop functioning as well as they should. Replacing them requires a substantial cost. Providence Benedictine researched renting replacement beds but learned it would be more expensive in the long run, compared to buying them. Thanks to generous grants – from the Confederated Tribes of Siletz Indians and the AJ Frank Family Foundation – the nursing center was able to buy 15 new hospital beds to better serve our patients and the employees who care for them.

2019 total dollars raised by fund





Providence Children's Health Foundation

Mimi Orozco-Caravantes was so thankful for the support her family received for her two sisters Genesis and Onieda, that she joined Providence Swindells Center four years ago.

Serving children and families with special needs

Maria Edith Rangel Valle said the experts at Swindells Resource Center – a part of Providence Children’s Development Institute – have made an “enormous” change in the life of her 6-year-old son, Alan, who has autism.

Alan’s resource specialist, Kathy Keesee, helped

recognize that Alan had far more potential than anyone realized. The little boy with a big smile taught himself to understand numbers and to read simple words.

“At Swindells we assume competence, and Alan is a perfect example of this,” said Hannah Lobingier, director of Swindells Resource Center.

“Kathy has been and continues to be an important part of Alan’s progress,” said his mom Maria. “I am very thankful for all the support I’ve received from this marvelous person.”

Since 1994, Swindells Resource Center has been supporting parents and caregivers of children with special health, behavioral or developmental needs. The center had more than 35,000 interactions with families in 2019, providing resources, information and education in two locations in Portland and one in Medford. Swindells services are available at little or no cost to families because of your gifts.

Mimi Orozco-Caravantes originally came to Swindells as a family member – she has 7-year-old twin sisters with Down syndrome and autism – and then was recruited to work there four years ago. As a bilingual community resource specialist, she often works with the Latinx community.

“I don’t know what my mom would have done without Swindells,” says Mimi. “Throughout this whole process, they’ve helped us mold our path for the journey we’re on with my sisters.”

Swindells Resource Center celebrated its 25th year of serving children and families in 2019.

2019 Highlights

Child life therapists help young patients feel at ease

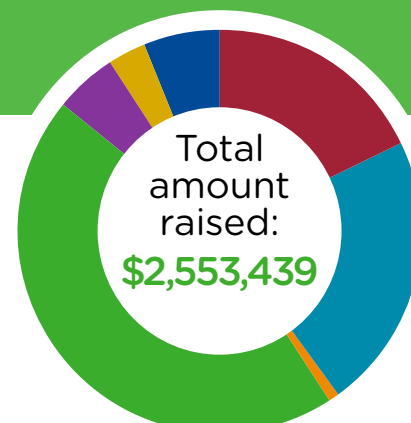
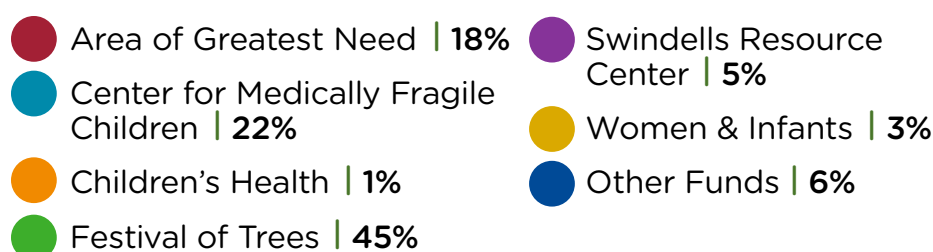
When 2-year-old Lilla needed to get tubes in her ears, she was nervous. But thanks to child life therapists at the Gerry Frank Center at Providence St. Vincent Medical Center and to generous donors, Lilla’s mind soon was at ease. The curly-haired toddler drove around the waiting area in a mini red Ferrari, donated by Ron Tonkin Gran Turismo. The car is among several tools used by child life therapists, and supported by you, to help young patients feel less fearful.

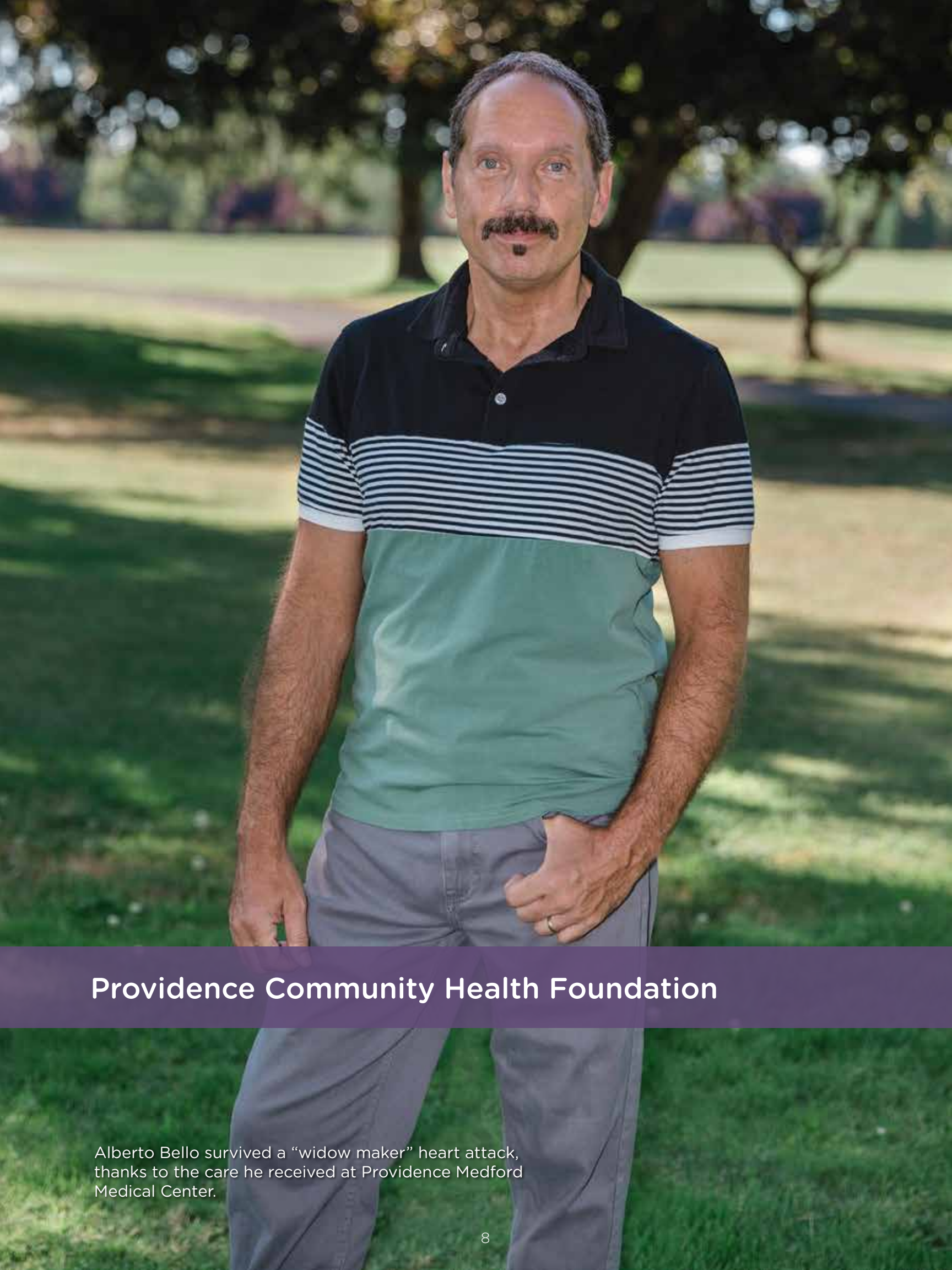


Aquatic spa brings relaxation for children and families

There’s nothing more soothing than relaxing in a pool of warm water. Add aromatherapy, gentle waves and quiet music, and it becomes a true spa experience. Young residents at the Center for Medically Fragile Children soon will have a tranquil aquatic spa, thanks to your support. Although the center has a larger Jacuzzi tub, it’s not ideal for some children because of their medical limitations. The new spa will include a special tub equipped with a hydro-therapy system that produces sound waves through the water to soothe muscles and ligaments.

2019 total dollars raised by fund





Providence Community Health Foundation

Alberto Bello survived a “widow maker” heart attack, thanks to the care he received at Providence Medford Medical Center.

Alberto beats the odds

Alberto Bello and his wife, Barbara, were running errands when he suddenly felt excruciating pain in his shoulders and broke out in a severe sweat. Before they made it out of the store, Alberto had to sit down due to chest pains

and numbness in his left arm. His wife, a nurse at Providence Medford Medical Center and familiar with the signs of a heart attack, called 911. Alberto was hooked up to an EKG during the ambulance ride.

As a retired Oregon Institute of Technology professor of radiology, with a specialty in cardiovascular interventional radiology, Alberto knew his results were not promising. Upon arriving at Providence Medford, the whole STEMI (ST-Elevation Myocardial Infarction) team and cardiologist, Paul Gilmore, M.D., were ready for him. Alberto knew this type of heart attack was referred to as the “widow maker” because the survival rate is very low.

To his surprise, one of his former students, Angela Martin, registered radiologic technologist, happened to be working in the Cath Lab that day. Alberto shared that he had the unreal experience of watching the STEMI team work on him. It dawned on him that the expert on cardiovascular interventional radiology was now the patient. “It really is too bad I am retired. This would have been the greatest possible case study I could have brought to the classroom for my students,” Alberto said.

Alberto’s recovery has been great, and he has been able to return to his original lifestyle. “From the STEMI team, to the ICU caregivers, to the doctors, everyone was compassionate, caring and truly eased my way. Even the follow-up has been textbook, truly incredible.”

Today, Alberto is back to doing what he loves – running 5Ks, hiking, gardening, working on projects at home and traveling with his wife. Thank you for supporting heart services at Providence Medford Medical Center.

2019 Highlights

Festival of Trees

2019 was a record-breaking year with more than \$700,000 raised at the Festival of Trees Gala Dinner and Auction. Donors generously gave in support of palliative care services during the special appeal. Palliative care offers comfort to alleviate symptoms – emotional, spiritual and physiological. The palliative care team gets to know the patient’s story outside of their illness to ensure the best care is delivered. Thanks to your gifts, we can expand this free service to more patients and families in the Rogue Valley. Other special services highlighted in 2019 included the Leila J. Eisenstein Breast Center, Swindells Resource Center and Providence Cardiac Services.

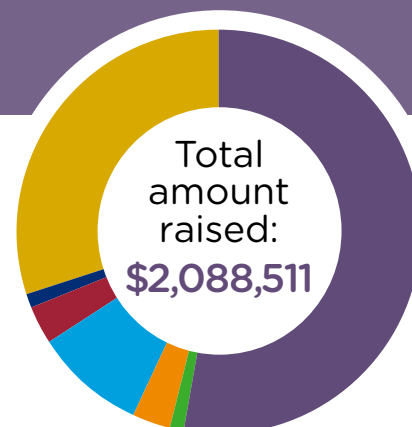
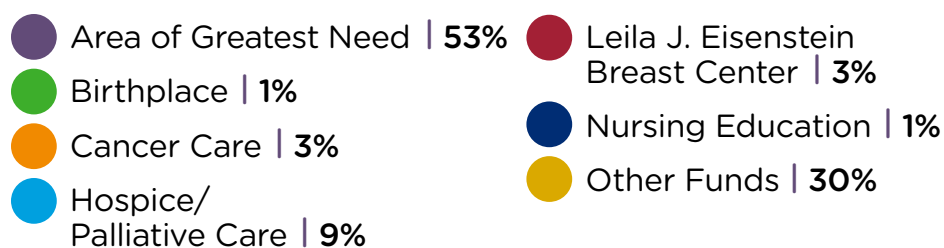
It’s a girl!

Baby Middy arrived on August 20 to much fanfare. Middy is a newborn baby simulator that will help train caregivers in BirthPlace.

Generously funded by the Maybelle Clark Macdonald Fund, Middy is named after Maybelle. Middy is designed to provide realistic training for complications that may arise. Having Baby Middy to practice on will prepare our BirthPlace caregivers to handle critical situations quickly and efficiently.



2019 total dollars raised by fund





Providence Hood River Memorial Hospital Foundation

Eight life-saving automatic external defibrillators were donated to the Hood River County School District. Brandi Sheppard, Providence Hood River Memorial Hospital Foundation development manager; Catherine Dalbey, HRCSD human resources director; Don Benefield, HRCSD operations director, holding an AED; and Rich Polkinghorn, HRCSD superintendent, are grateful for donor support of this important equipment.

AEDs donated to keep kids safe

Thanks to donors at the 2019 Hearts of Gold “Powered by Basecamp”

event, the Hood River County School District has eight new lifesaving AEDs. An automatic external defibrillator is used when a person goes into sudden cardiac arrest. The AEDs were placed in locations that might be used by the public when school is not in session.

“We are pleased to partner with HRCSD to enhance safety at their facilities and someday maybe save a life,” said Susan Frost, foundation director. “Through our larger Providence network, our purchase of four AED units was matched by Providence Heart Institute and Providence Sports Medicine for a total of eight units placed at HRCSD locations.”

Another program supported by the same donors is Heart to Start. In its second year, the program brought together about 40 patients, family members and community members. They met at the Hood River Valley High School track to train together for a family-friendly 5K run/walk. Rather than focusing on numbers and times, participants are encouraged to take several small steps (e.g., weekly training) and work toward a remarkable finish.

Veronica Espe participated in her second Heart to Start training in 2019. Before joining, she had never used running as exercise. “I’m training for a half marathon,” said Veronica. “I love Heart to Start because it keeps me on track to commit to working with others toward a goal.”

The Heart to Start group participated in the Turkey Trot Fun Run on Thanksgiving Day. The run benefits Mosier Community School.

2019 Highlights

PREVENT program helps patients prevent diabetes

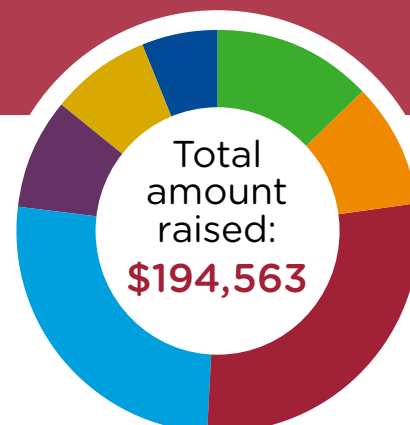
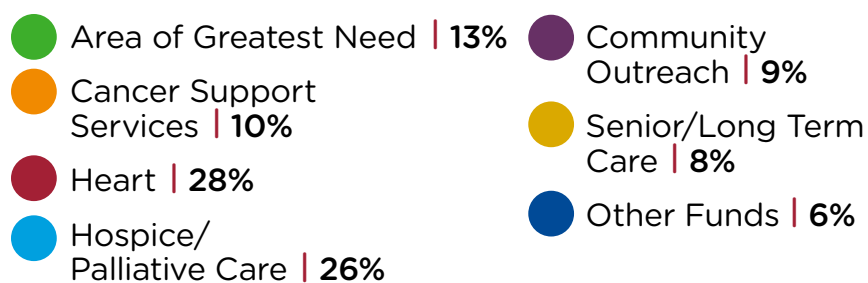
Patients who have been diagnosed as pre-diabetic can participate in the PREVENT program, which helps them stop the disease before it starts. In Hood River, 10 patients joined the program, in March. They met weekly with a certified lifestyle coach to discuss ways they could prevent diabetes. “I learned not to give up. I know I can get to my ideal weight by applying the tools I’ve learned in these classes,” said one participant. Your generous gifts covered the cost of the program for those patients whose insurance didn’t cover it.

Sound dampeners enhance hearing

Tom Manfull lived in Providence Down Manor until he died last May. He asked that donations in his memory be directed to enhance the lives of other residents. Tom sometimes had difficulty enjoying the music he loved due to hearing loss. Donations in his memory funded the installation of sound dampeners in the great room where meals and activities take place. Now all can enjoy singalongs and concerts. “We couldn’t think of a better legacy for Tom’s memory. I can see Tom and his friends smiling and enjoying music together in my mind, and he wanted to share that with others” said Ben Bronson, building manager.



2019 total dollars raised by fund





Providence Milwaukie Foundation

Kasey Edwards Snider provides support to pregnant women participating in the Project Nurture program.

Project Nurture saves families

Project Nurture is a low-barrier outpatient substance abuse treatment program for pregnant women. “Project Nurture not only saves moms, it saves families,” said Kasey Edwards Snider, peer support counselor for the program. Project Nurture provides prenatal care and drug treatment as early in pregnancy as possible and care for the mothers and their infants for up to a year postpartum, providing peer support, case management and advocacy services throughout.

The program is centered in the family medicine primary care clinic at Providence Milwaukie Hospital. “We have three doctors who help these women meet all their medical needs on the same day they come to treatment group,” said Kasey. “Our doctors genuinely care about these women and want them to succeed; they don’t have negative preconceptions of them. Many of the women struggle to stop using while pregnant.”

Participants attend a treatment group on Mondays. While there, “we are able to connect them with all the resources they need to get where they want to be in life,” said Kasey. She helps her clients prepare for meetings with the Department of Human Services by working with the mother to create a plan for addressing the challenges she faces. “Many times, my participation in the meeting between the mother and DHS is a game-changer for both of them. It is one of the most important things I do,” she said.

Kasey knows what it’s like for these mothers. “I am almost 9 years clean, but I struggled with substance abuse, homelessness and domestic violence while I was pregnant with my daughter. I think I am trusted because I have lived a similar life,” she said. Her daughter is now 11 and thriving.

Your support helped provide educational materials and training to staff.

[Project Nurture is a collaboration between Providence, Legacy, Lifeworks NW, CODA, OHSU, Oregon DHS Child Welfare and Health Share of Oregon.]

2019 Highlights

An oasis of calm

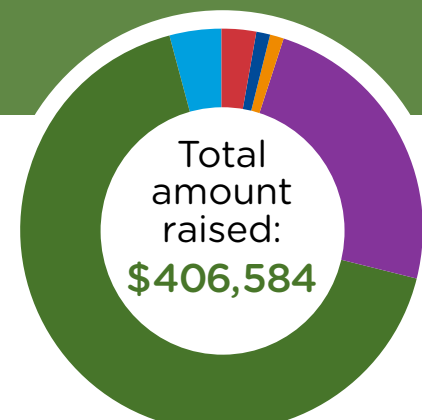
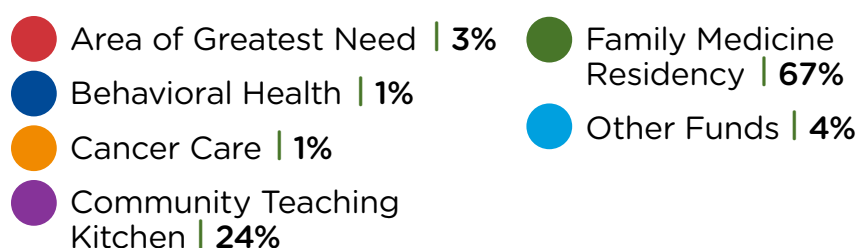
Amid the noise and chaos that occurs on the Senior Psychiatric Unit at Providence Milwaukie Hospital is a small cozy room that can provide patients with a bit of calm. The sensory room offers patients a place to ease their anxiety and to quiet racing thoughts. Your generosity provides some of the items patients can use to self-soothe and calm themselves. “We are so grateful to donors for supporting these vulnerable patients by giving them the items needed to make their stay a little less stressful,” said Kendra Munroe, occupational therapist, who has worked on the unit since 2016.



Challenges of poverty

The Cost of Poverty Experience - Health Care Training offers participants a glimpse into the lives of low-income people in our community. Participants receive a profile of a low-income patient and then have to navigate a social service and health care system. As participants make their way through the morning, they experience the impact of poverty on chronic medical diseases, mental health and substance abuse. “I am so grateful for the foundations’ support of this experience,” said Charlotte Navarre, COPE facilitator.

2019 total dollars raised by fund





Providence Newberg Health Foundation

April worked with Lindsay Gardner to find the programs and resources she needed to manage her anxiety and depression.

BOB program helps April with basic needs

depression were becoming overwhelming. She finally asked her doctor where to get help.

That's when April learned about the Better Outcomes thru Bridges behavioral health program. A BOB outreach worker comes alongside patients of Providence hospitals and some clinics in Oregon who are experiencing behavioral health issues, need support or help with basic needs. The BOB worker provides support and helps bridge the gap to find services the patient or family needs.

Once accepted into the program, April was connected with Lindsay Gardner, outreach specialist. April has dealt with depression and anxiety most of her life and has received treatment before. She said this time was different.

At the time, April and her daughter were living in a shelter. Her daughter was also struggling with behavioral health issues. "I needed a village," said April. "Lindsay helped me realize my strengths, and I never felt alone at any time."

Lindsay's role is to build a relationship with her patients so "they feel acknowledged, supported, valued and heard. We connect patients with resources in the community so that, long term, they are sustained and can be independent with a built-in support network."

The goal is help patients learn how to advocate for themselves," said Lindsay. "I help connect the dots, but the patients do the work."

By working with Lindsay, April is building connections in the community, "People do care," she said. She now has stable housing and is attending community college.

April is grateful to the donors who support the program. "Thank you so much for helping my life. You have touched my life in ways I don't think would have been possible otherwise. You helped my children, and you helped me heal."

April was at her lowest. She had been through five surgeries for severe endometriosis.

Her anxiety and

2019 Highlights

Sherwood Police get specialized workouts

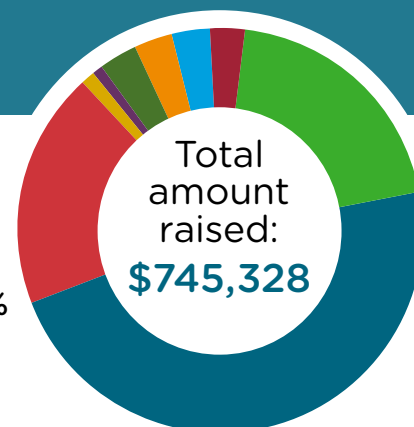
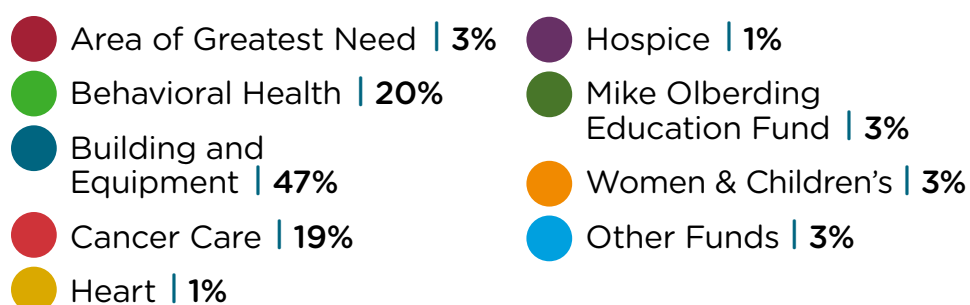
Heart attacks are a leading cause of death among law enforcement. "A lot of officers haven't learned techniques for managing the stress that comes with the job," said Sherwood Police Captain Ty Hanlon, an advocate for the new partnership. Ted Foster, D.O., a cardiologist in the Providence Heart Institute Newberg clinic, connected the department with Basecamp. Dr. Foster oversees the program and leads advice forums where he answers questions and provides information on heart health and risks. Thanks to your support, Sherwood police have access to personalized assessments of their heart disease risk, classes and heart healthy fitness plans.

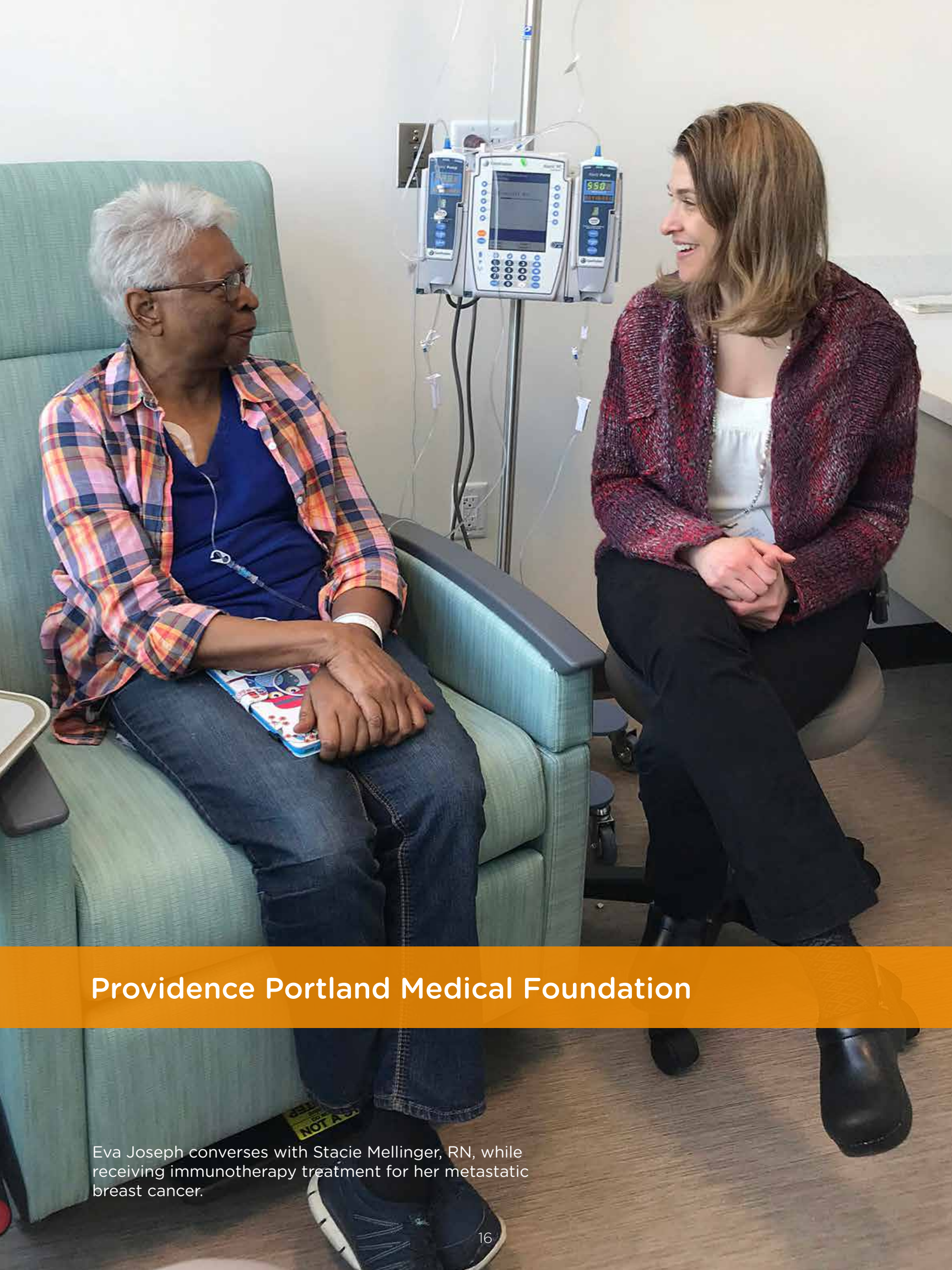
New Foundation Staff

Doug Cain was named executive director of Providence Newberg Health Foundation in October. He has several years of fundraising experience, most recently with Providence Cancer Institute and Providence Heart Institute. Doug looks forward to continuing his work with Providence at a hospital with a strong commitment to patient care.



2019 total dollars raised by fund





Providence Portland Medical Foundation

Eva Joseph converses with Stacie Mellinger, RN, while receiving immunotherapy treatment for her metastatic breast cancer.

Beating Breast Cancer

In 2014, Eva Joseph learned her breast cancer had spread to her lungs and sternum. First diagnosed in 2002, she underwent chemotherapy, radiation treatment and had a mastectomy. She persevered through hair loss and weight gain and was declared cancer-free.

Eva was accepted into a clinical trial at Providence Cancer Institute for a new immunotherapy drug to fight her deadly type of breast cancer. The drug was proven effective and, in 2019, received early approval by the U.S. Food and Drug Administration for use in breast cancer for the general public.

Because of your support, we are able to conduct clinical trials that benefit breast cancer patients like Eva. David Page, M.D., an oncologist with the Robert W. Franz Cancer Center at Providence Portland Medical Center, is the lead investigator in two significant trials that were underway in 2019, including Eva's.

In one trial, Dr. Page evaluated the effects of chemotherapy over time in women with early-stage breast cancer during and following chemotherapy, and whether adding an androgen (hormone) blockade can help the body regenerate immune cells and enhance immunotherapy response. Early results showed great promise in promoting T-cell (a type of immune cell) production.

The second trial, a pilot study, led by Dr. Page evaluated whether injecting cytokines (a type of protein) into the tumor can activate immune cells to fight cancer and improve the response to chemotherapy in stage II-III triple negative breast cancer. The completed study again showed promise, that cytokine therapy is safe and potentially helpful in activating immune cells.

Today the cancer in Eva's lungs has shrunk so much it can't easily be seen in X-rays. "Basically, I'm healthy," she said.

Thanks to you, Providence Cancer Institute can begin and continue promising research and collect data that may one day save lives.

2019 Highlights

More beds for patient care

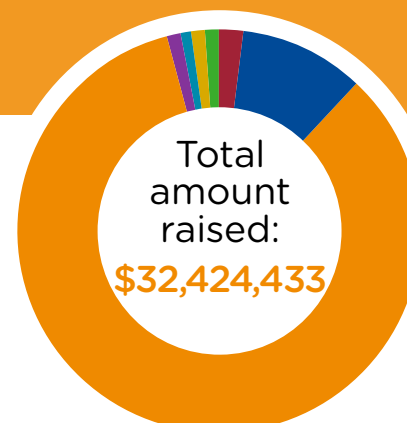
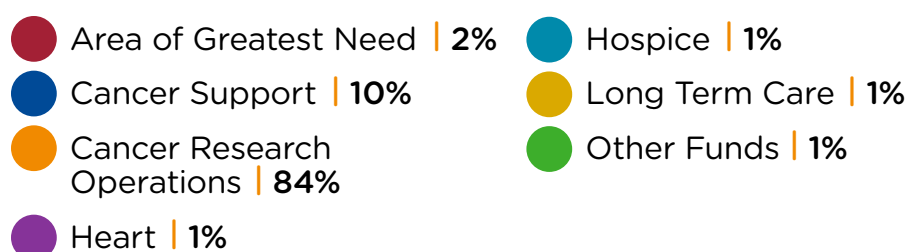
The newest patient-care unit at Providence Portland Medical Center opened on Dec. 9. Eleven patients were cared for that first day, and the 21-bed unit has been full since the first week. "I am so grateful for the new unit at PPMC," said Krista Farnham, chief executive, Providence Portland Medical Center. "Because of your generous donations we have been able to care for an additional 500 patients since it opened. Thank you for making this a reality and giving us the opportunity to better serve our community."

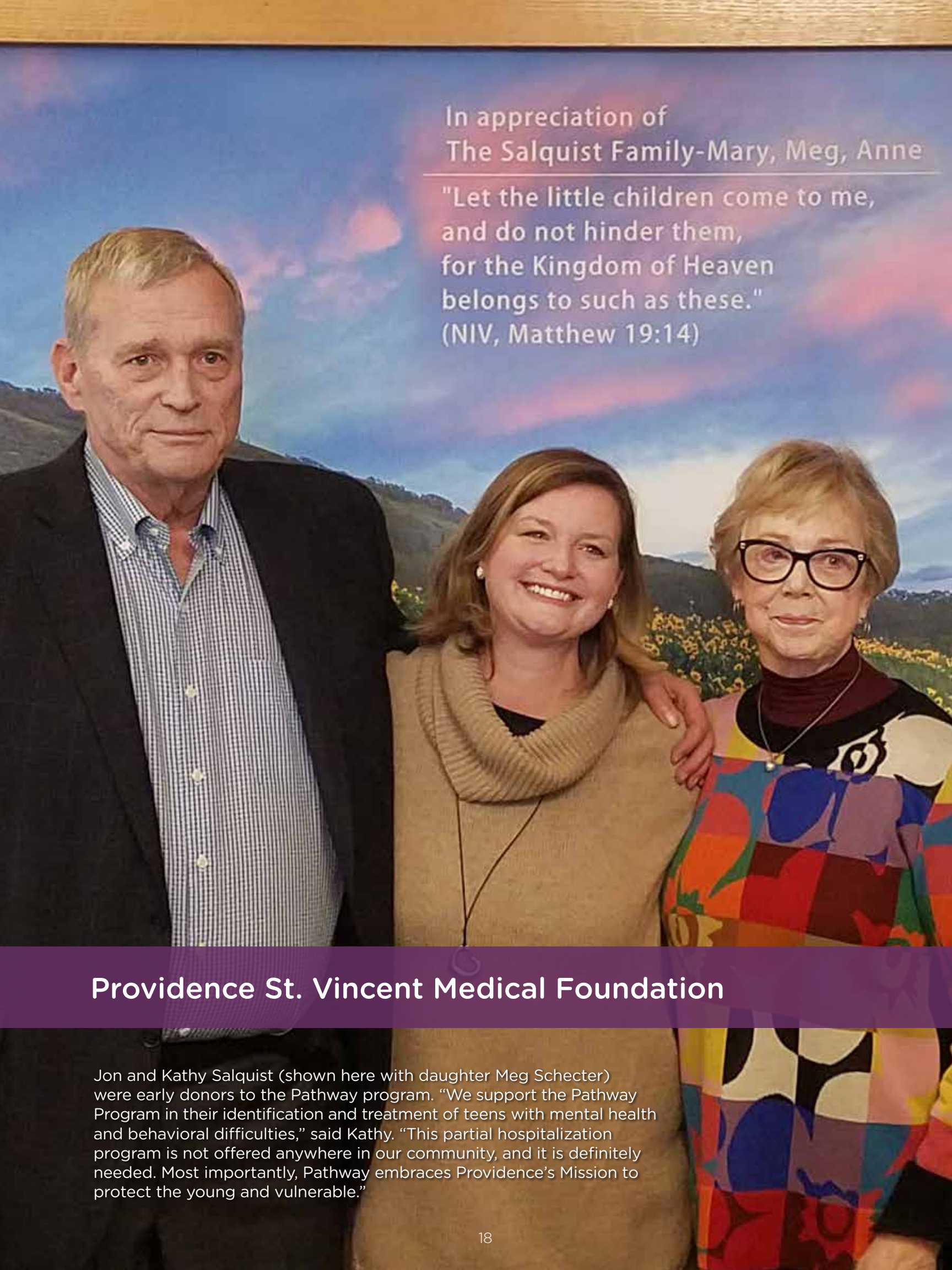
2019 was a banner year

Your generosity in 2019 was record-breaking, with those at the Providence Creating Hope Dinner raising a record \$1,023,260 for immunotherapy research and clinical trials. In addition, the Safeway Foundation announced its annual campaign for cancer research at Providence raised \$453,909 in customer contributions at the check-out. Next, about 12,000 people (including 100 Providence employees) participated in the 2019 Providence Hood to Coast Relay, running and walking from Mt. Hood and Portland to Seaside, Ore. This year's event raised more than \$900,000 to support cancer research at Providence Cancer Institute.



2019 total dollars raised by fund





In appreciation of
The Salquist Family-Mary, Meg, Anne

"Let the little children come to me,
and do not hinder them,
for the Kingdom of Heaven
belongs to such as these."
(NIV, Matthew 19:14)

Providence St. Vincent Medical Foundation

Jon and Kathy Salquist (shown here with daughter Meg Schecter) were early donors to the Pathway program. "We support the Pathway Program in their identification and treatment of teens with mental health and behavioral difficulties," said Kathy. "This partial hospitalization program is not offered anywhere in our community, and it is definitely needed. Most importantly, Pathway embraces Providence's Mission to protect the young and vulnerable."

Pathway Program helps teens in crisis

For a teen experiencing a significant mental health crisis, spending days, weeks or even months in the emergency department because there is no other place for them is unthinkable. Now, thanks to your support, the Pathway Behavioral Health Program at

Providence St. Vincent Medical Center is open and helping teens get the care they need and deserve.

Patients and their families engage in an intensive therapy program with individual, group and family therapy sessions for six hours each day at Providence St. Vincent. Teens return home each afternoon. This allows teens to transition back to school sooner and practice their new skills in the real world.

“Having family involved is critical to helping teens get better,” said Megan Ingle, LCSW, CADC-III. “When parents are engaged in treatment, it sends the message that it is not only the teen who needs to make changes to ensure their success. Outcomes significantly improve when families are engaged in treatment.”

“I couldn’t be happier that we were referred to this program, and I feel so grateful for Amy (program therapist) and all the therapists here!” said one grateful mom. “I wish every teen had the opportunity to go through a program like this. Thank you so much for everything!”

At the end of the program, children continue behavioral health treatment, but their symptoms are reduced enough to engage in activities they might not have been doing prior to treatment. “The hope is that teens have gained skills and tools that they can use throughout their lives to manage their behavioral health symptoms and to go on to lead fulfilling lives,” said Megan. “We hope that families also learn tools to turn them towards lasting changes in the ways they communicate and support each other.”

“Thanks to donors, Pathway Behavioral Health is saving the lives of teens every day,” said Megan.

2019 Highlights

Delirium project helps shorten hospital stays

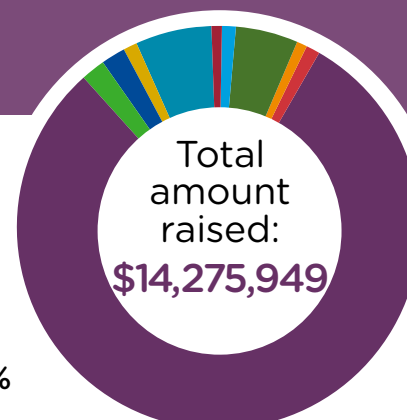
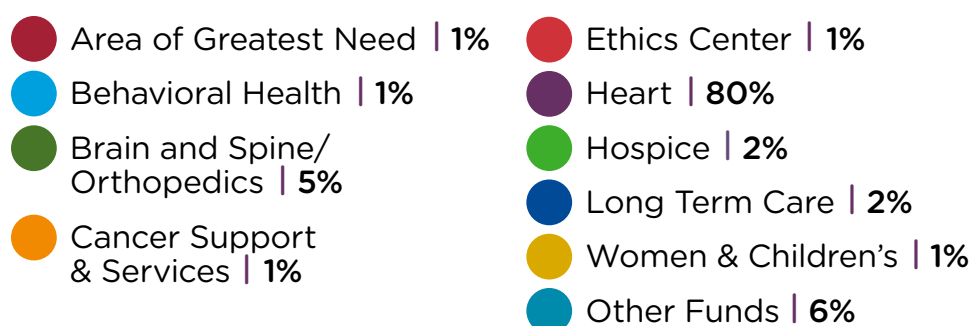
Elderly patients often experience a high degree of delirium during extended hospital stays. It worsens with immobility and can affect dementia patients more. Thanks to your support, a study was launched with dedicated certified nurse assistants who walked with patients several times a day. These walks have helped reduce the incidences of delirium, resulting in shorter hospital stays and improved patient satisfaction. “The walks allow the patient to actively engage in and be in control of a critical aspect of their recovery,” said Amber Petersen, CNA.

Child life specialists ease the way for children

Your support provides child life specialists with the many items they use to ease the anxiety of our youngest patients. Child life specialists visit children throughout the hospital whether they are in the hospital for a day or overnight. The specialist makes the rounds with a cart full of toys and technology to give pediatric patients fun distractions to ease their fears about being in the hospital.

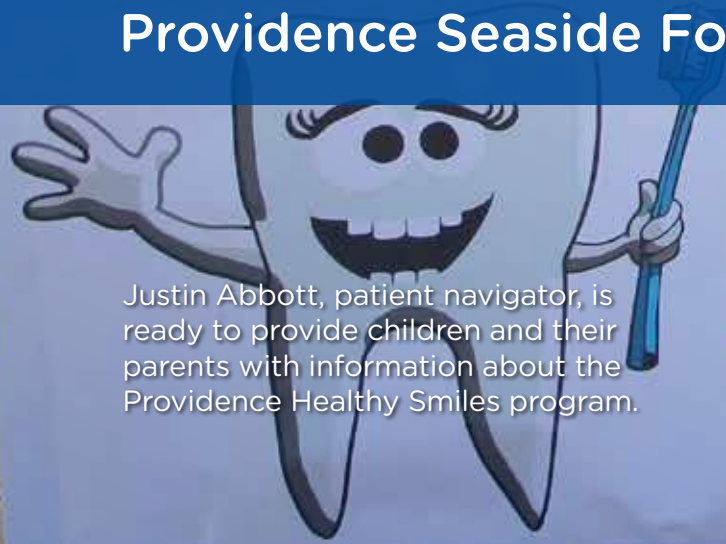


2019 total dollars raised by fund





Providence Seaside Foundation



Justin Abbott, patient navigator, is ready to provide children and their parents with information about the Providence Healthy Smiles program.

PROVIDENCE

Healthy Smiles

Dental care continues to improve lives

Smiles has been offering schoolchildren and their families ways to better care for their teeth.

Justin Abbott runs Healthy Smiles, which includes a dental sealant program and dental learning labs. In 2019, he was able to visit nearly all schools in Clatsop County.

Kindergarten through eighth-grade students participate in dental learning labs geared to their grade level. Dental assistants teach the children about teeth and how to care for them.

“In our school district, the majority of students’ families are challenged by poverty that often threatens their healthy smiles,” said Liane Bogh, RN, Warrenton-Hammond School District. “The students enjoy participating in the dental education and receiving their dental goodie bags. Months after the dental education activities, I have overheard children in competitive debate over how many times they brush and floss their teeth!”

Justin also connects families with dental care if a problem is uncovered during the sealant process or by the school nurse.

“Justin works diligently every year to ensure this program is successful in our schools,” said Tobi Boyd, RN, Seaside School District. “If I have a student who has tooth pain and no insurance, I call Justin. He has been able to either get that student signed up for the Oregon Health Plan or has been able to get them in to see one of our local dentists – sometimes pro bono. Our community has definitely seen the benefits from such amazing programs and Justin’s hard work.”

Thank you for supporting this vital service and providing our community’s children with healthy smiles.

Improving oral health is the goal of the Healthy Smiles program in Clatsop County. Supported by your gifts and a grant from the Oregon Community Foundation, Healthy

2019 Highlights

Simulation baby

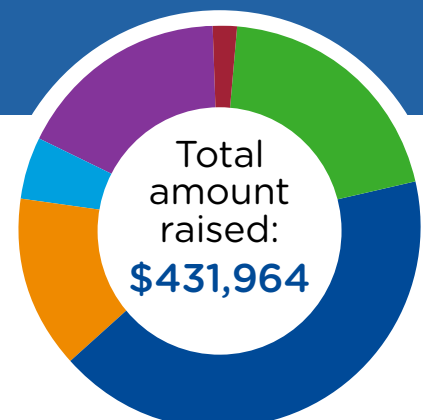
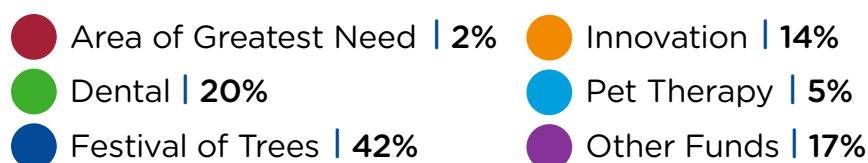
Thanks to a grant from the Ford Family Foundation, nurses in labor and delivery can train for unusual or life-threatening events. The first 10 minutes of life is critical for newborns. Baby Ford is designed to provide realistic training for interventions, such as clearing an obstructed airway. While few babies have breathing problems at birth, when one does, quick action is required. Having Baby Ford to practice on gives our caregivers confidence to handle these critical situations quickly and efficiently.



ED renovation starts

Remodeling of the Emergency Department began in July 2019. The first phase included building out the triage room, reception area, security office, waiting area and a portion of the nurse’s station. The reception area will also serve as an after-hours entrance. Once completed, the emergency department will have nine treatment rooms, two rooms for patients who need an extra secure and quiet environment, triage space, and an airborne infection isolation room. Thank you for your support of this important project.

2019 total dollars raised by fund





Providence Willamette Falls Medical Foundation

Kae Wise helps mentor other breast cancer patients who are receiving treatment at Providence Willamette Falls.

Providing the latest mammogram technology for Clackamas County patients

It was a special day on Aug. 14, 2019, when Providence Willamette Falls Foundation Board members, donors and Providence employees gathered for the blessing and ribbon-cutting for the new 3D mammography unit at Providence

Canby Medical Plaza. The event was the result of several years of hard work and dedication to provide the latest mammography equipment for Clackamas County women.

Thanks to donors who attended Gala at the Falls, contributed to a community-driven Facebook campaign, and supported Pink Night at Canby Rodeo, patients in Clackamas County have a powerful new weapon in the fight against breast cancer.

No one recognizes the importance of the latest mammography technology more than Kae Wise, 79. She was diagnosed with breast cancer in 2003 after a suspicious mammogram. The lifelong Molalla resident received her treatment at Providence Willamette Falls and says she is honored to serve as a personal mentor for other women going through breast cancer.

“It means a great deal to have the hospital so close. It’s like having a neighbor close by,” said Kae. “To me, Willamette Falls is just home.”

“Cancer has given me a second chance to do a better job in this world. Sometimes it can be helpful to talk with someone who has gone through it,” said Kae. “I’ve lived in the same community all my life. People know they can come to me, and it’s very rewarding. I was blessed with life again.”

2019 Highlights

Cardiac rehabilitation clinic triples in size

Clackamas County patients needing cardiac rehabilitation services at Providence Willamette Falls now have significantly more space in which to receive their care, thanks to generous donor support. The cardiac rehabilitation clinic, built at the hospital in 2014, had outgrown its space because of patient and community needs. The newly expanded clinic is three times larger, providing additional space for lifesaving cardiac rehabilitation, exercise therapy equipment, and free health and wellness classes for the community.



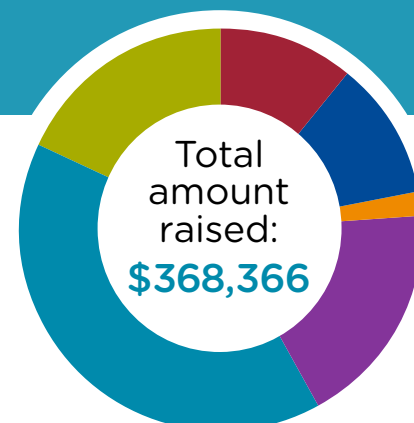
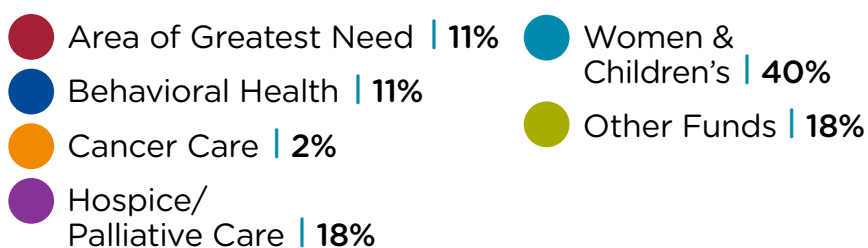
A hug and a cuddle make everything better

A hospital can be scary to a young child. A group of volunteers at Providence Willamette Falls Medical Center works to reduce those fears, thanks to the Comfort Bear Project.

Small stuffed bears are given to children receiving emergency, psychiatric, day surgery or lab services. Funded by donors, the Comfort Bear Project began in 2019 and has given out about 400 bears.

“The kids grab their bears and hug them, and sometimes the bears help stop the crying,” says volunteer Peggy Bartlett. “It’s very rewarding.”

2019 total dollars raised by fund







A single act of kindness throws out roots in all directions,
and the roots spring up and make new trees.

– Amelia Earhart





Providence Cancer Institute

Rom Leidner, M.D., and Bryan Bell, M.D., D.D.S., are happy to have all services for patients with head and neck cancer under one roof.

Head and Neck Cancer Care in One Location

Nobody wants cancer. But head or neck cancer can be particularly devastating because it can affect your appearance and

require extensive reconstructive surgery. It's hard to hide.

"We can treat and eliminate cancer with surgery and radiation therapy, but cancer can leave patients with permanent defects. They can lose the ability to speak, swallow, chew, taste, hear or even see. Their physical appearance may change to the point where a patient doesn't like to go out in public," said Bryan Bell, M.D., D.D.S., F.A.C.S., director of surgical oncology and clinical programs at Providence Cancer Institute and co-director of the Providence Head and Neck Cancer Program and Clinic

But now, thanks to your generosity, head and neck cancer patients can receive all their care under one roof. The new head and neck cancer clinic on the 11th floor of the Robert W. Franz Cancer Center on the Providence Portland Medical Center campus offers the full spectrum of diagnostic, oncologic, reconstructive, rehabilitative, prosthetic and dental services. Patients receive all of the necessary care, including surgical oncology, medical oncology, radiation oncology, and dental oncology.

"I am so thankful for the support of the donors who made this clinic possible. We can provide these vulnerable patients with all of the compassionate care they need and deserve," said Dr. Bell.

The new space has two fully outfitted dental suites, state-of-the-art radiographic imaging capabilities, a dental/maxillofacial prosthetics lab, access to nutritionists, speech/swallowing therapists, audiologists and other members of the head and neck cancer team.

2019 Highlights

Researchers thrive in new lab suite

Through a bequest from Robert W. Franz, doctors and researchers at the Earle A. Chiles Research Institute thrive in a new research suite completed in February 2019. The 10,000 square foot suite is designed and outfitted with state-of-the-art lab technology and modern office space, including the Elsie Franz Finley Conference Room named in honor of Bob's beloved sister and fellow champion of cancer research at Providence. The suite is home to four laboratories led by established and newly hired researchers, with additional laboratory space reserved for the recruitment of more investigators. Thanks to your support, Providence researchers continue their steadfast pursuit of developing more effective immunotherapies and other treatments for patients with cancer.

Fund provides opportunities for oncology nurses

The Elsie Franz Finley Oncology Nursing Education fund provides grants and scholarships to Providence oncology nurses in Oregon. Grants may be used to attend conferences and develop new nursing programs. Scholarships are available for nurses pursuing a graduate degree that will enhance their nursing career. Jenn Moore, RN, BSN, OCN, oncology nurse navigator, has attended two conferences. "Without the fund, I would not have benefited from the knowledge of experts in their respective fields. I feel so grateful that I was given the opportunity to improve the care I give," said Jenn.





Providence Heart Institute

Jacob Abraham, M.D., cared for Yvonne Cooper before and after she received a new heart.

Portland woman grateful for heart care

Yvonne Cooper's heart was failing.

She had her first heart attack in 2006. She managed for years with heart medication, but in 2017 she learned her congestive heart failure could no longer be controlled with

medication alone. Doctors at Providence Heart Institute placed a small pump called a left-ventricle assist device into her heart. "That was the first time the foundation helped me with my care. Thanks to donors, I was able to receive some critical dental work that would allow me to receive the LVAD," said Yvonne.

The LVAD worked, but one year later Yvonne developed a severe infection that surgery and antibiotics could not stop. She desperately needed a heart transplant.

Yvonne worried about who would care for her young grandchildren if something happened to her.

Because of the shutdown of the heart transplant program at OHSU, her doctors referred her to the transplant program at the University of Washington. Yvonne had to travel to Seattle for her transplant, taking her away from her family support network in Portland. This created financial hardships, as she had to stay in Seattle for an extended period after her surgery.

"My social worker with Providence worked tirelessly to help me find housing at the Transplant House [in Seattle] for my aftercare," said Yvonne. "Thanks to generous support from donors, I was able to stay there for the whole three months at no cost. Without this help, I would not have received the transplant."

"There isn't a day that goes by that I am not grateful. With every beat of my heart, I am reminded of all those who helped me survive. I get to be around for my children and my grandchildren. They are my whole world."

Thank you for making a difference for Yvonne as well as the many others just like her.

2019 Highlights

CARDS helps bring innovative care

Because of your generosity, the Center for Cardiovascular Analytics, Research + Data Science (CARDS) gained greater recognition and visibility in 2019 as its investigators were able to complete significantly more publications, presentations and posters. CARDS-supported researchers shared their discoveries and innovations in more than 100 publications, presentations and posters in 2019. Projects undertaken and supported by CARDS include a broad spectrum of investigations, from advancing the frontiers of care by discovering and evaluating new treatments to research that helps practitioners translate new treatments and best practices into their everyday work.

New conference provides tools and practical information

With support from The Shiley Foundation, Providence Heart Institute's first continuing medical education conference, "Cardiovascular Updates That Will Change Your Practice," was a sell-out. More than 140 physicians and other caregivers attended and received up-to-date, practical information for improving prevention, diagnosis and care of heart disease. "For decades, our cardiologists and surgeons have brought patients the world's most advanced cardiovascular treatments," said Dan Oseran, M.D., executive medical director, Providence Heart Institute. "However, it is primary care providers, nurses, pharmacists and other caregivers who form the front line in delivering heart care." This conference provided these caregivers with the tools and practical information they need to enhance care for the thousands of patients they serve.





Providence Brain and Spine Institute

Tremors stopped with deep brain stimulation

Jim Powell first noticed his left hand and wrist would move involuntarily. Then his left arm began to tremble. He was diagnosed with Parkinson's disease in 2014. In early 2019, his neurologist, Elise Anderson, M.D., encouraged him to look into deep brain stimulation.

Your support allowed us to bring deep brain stimulation to Providence to help to patients like Jim.

DBS uses a small device that looks like a pacemaker. It is placed under the skin in the chest and sends electrical signals to brain areas involved in Parkinson's disease. Electrodes are placed deep in the brain and connected to the stimulator. These electrical signals prevent the abnormal brain messages that cause symptoms of Parkinson's.

While the drugs to treat Parkinson's are effective, the side effects can be unpleasant. "A strong side

effect is sedation," said Jim. "Everything happens at a slower speed. It can also cause narcolepsy. It isn't very pleasant."

"As Parkinson's disease progresses, medical therapy becomes less effective, and significant side effects develop with higher doses," said Seth Oliveria, M.D., neurosurgeon who treated Jim. "In many patients like Jim, deep brain stimulation can provide a dramatic improvement in quality of life by addressing many of the most bothersome symptoms of the disease."

About a month after surgery to implant the DBS device, it was adjusted. Once that process was over, "the tremor in my left arm just stopped. It was a great feeling," said Jim. Now he no longer has to take medication during the day. He still takes medication at night, but it has fewer side effects.

Where Jim once couldn't use his left arm, by December he was able to help put up and remove Christmas decorations – something he hadn't been able to do for five years. He's able to do yardwork and help with other chores around the house. Thank you for supporting the treatment that has helped him live a more normal life.

New hips improve life

“My daily life is what it is because of orthopedic intervention,” said Mike Staropoli. Mike was in his 50s when he had both hips replaced.

Mike has always been active. In his younger days, he played a lot of soccer, which in the ‘70s and ‘80s was mostly on Astroturf-covered concrete fields. And shoes didn’t provide the same support or cushioning as they do now. Paired with a family propensity toward arthritis and bad joints, he wasn’t surprised when he began to experience hip pain.

Mike had his first surgery at Providence St. Vincent Medical Center. His second was at the Center for Specialty Surgery, an ambulatory surgical center developed in collaboration with Providence. While the experiences at both were good, the time he spent at the center was shorter and felt more personal to him.

Your support of orthopedic research helped provide doctors with adequate information to

know that surgery at an outpatient clinic is as effective as the same surgery done at a hospital but at a lower cost.

Paul Duwelius, M.D., performed both surgeries. “From the moment I met him, I felt comfortable. He is very personable and real,” said Mike. “I genuinely love Paul and his team. They are truly invested and deeply committed to helping all their patients achieve successful outcomes.”

“Seeing patients like Mike and having the privilege to get to know them over time is amazing. Being able to hear in clinic that they are back doing the passionate things in life they enjoy is a gratifying part of my job,” said Dr. Duwelius. “Our Orthopedic Institute also has been very fortunate to have grateful patients support our research goals.”

Although the father of four has had to make some adjustments, Mike is still very active. “I can hit tennis balls, shoot baskets and hike extensively – which my wife and I love to do. All of these are high-use but low-impact. And, I do it all with zero pain. It’s unbelievable to me!”

Providence Orthopedic Institute





Providence Center for Health Care Ethics

Ethicists provide guidance in difficult situations

Every day, the team at Providence Center for Health Care Ethics helps patients, families and medical caregivers make difficult decisions. The center is funded 100% by your generous gifts and provides five to 10 consultations each week to Providence facilities throughout Oregon, more than ethics centers at comparable facilities.

Our ethicists consult on a wide range of situations that pose moral dilemmas. By providing professional guidance, they help patients, families and caregivers make the decision they feel is best for the situation.

In addition, our caregivers enhance their professional skills in ethical decision-making through the center's programming. Ethicists teach medical residents and offer courses through the Ethics Core Program. In these programs, caregivers learn principled and compassionate approaches to caring for persons from diverse backgrounds.

One of the most difficult clinical situations caregivers can face is not knowing when to intervene to protect

a patient from himself. Oftentimes, patients want to leave the hospital against medical advice, or they want to go home instead of to a care facility or nursing home.

Jeffrey's* care team had arranged for him to go to a rehabilitation center after his hospital stay. He insisted on going back to his car, where he slept. "I'll be fine," he said. "You'll see."

Jeffrey's caregivers knew he was very sick and that he was likely to end up back in the hospital, but they also felt that he was able to make his own decisions. Knowing there was a tremendous burden of keeping him in the hospital against his will, the ethicist helped Jeffrey's caregivers allow him to leave. Caregivers called his friends and public agencies to let them know his situation. By working with the ethicist, caregivers were able to preserve Jeffrey's dignity and honor his wishes while keeping him as safe as possible.

Thank you for supporting this vital resource. Your gifts help ensure patients, families and caregivers have the support they need in the most difficult circumstances.

*Name and circumstance has been changed to protect privacy and confidentiality

The power of peer-to-peer support

“Hi, my name is Jon. I’m calling to see how you’re doing today. I work for Providence, and I see that you were discharged recently from the emergency department. How are you?”

Jon has this conversation many times every day. Because of the work he and others do through the BOB program, visits to Providence emergency departments have decreased 42% among behavioral health patients.

BOB, also known as Better Outcomes thru Bridges, is part of Providence Behavioral Health. It is partially funded by donors who give to Providence Foundations.

Jon was hired in 2019 as BOB’s first peer-to-peer support specialist. The program now has three peer

support specialists. They connect daily with every behavioral health patient who was seen in crisis and discharged from seven Providence hospitals in Medford, Hood River, Newberg and Portland. The support specialists usually connect with discharged patients by telephone, although they sometimes visit patients at their homes, in shelters, on sidewalks or even at campsites.

“A suicidal person who used to come to Emergency a couple times a month now comes less than once in three months,” said Jon. “People really like getting our phone calls. They feel like someone cares.”

Jon is now a state-certified peer support specialist, but six years ago, he drank heavily and lived on the streets. After a hospitalization and detox, he went through treatment and started working in a shelter. His former life helps him succeed now as a peer support specialist. “I can relate to these patients, what they’re facing, how it feels to be where they are.”

“I tell my story to give hope, to inspire others to get help,” said Jon. “I care, and I’m here to help.”

Providence Behavioral Health





Providence Senior Health

Help is Here Project

For years, families of loved ones with dementia have turned to the book “Help is Here: When someone you love has dementia” for resources to help them cope.

Now, thanks to donor support, caregivers can access the book electronically, too. An eBook version is available on Amazon and Kindle, and an audiobook is available on Amazon, Audible and iTunes. This gives caregivers the ability to access this valuable resource wherever and whenever they need it.

“As with many diseases, but particularly with dementia, the family is suffering. They may even suffer more than the person with dementia,” said Marion O. Hodges, M.D., MPH and co-author of the book with Anne Hill, J.D.

First published in 2014, there are now four versions for caregivers of patients with dementia. Help is Here: When someone you love has dementia in both English and Spanish; Help is Here: When a Resident

has Dementia – for anyone who works in a senior residence, and Help is Here: When a Resident has Dementia – Leader Manual.

“We face a great challenge to care for persons with dementia in the years to come. The number of persons with dementia will grow in Oregon by 25% over the next 5 years,” said Dr. Hodges. “One reason the Help is Here Project is so important is that it helps put a compassionate face on the disease, and eases the way for the person with dementia and their family.”

Oregon passed an administrative rule in 2018 that requires all staff in assisted living and memory care facilities to have approved annual in-service dementia training. Help is Here: When a Resident has Dementia along with the Leader Manual were approved for use in these trainings for residential care, assisted living facilities and adult foster home in 2019.

After a training, one participant said she felt “more informed and more sympathetic to both the family members and the person with dementia.”

Investment property turns into retirement income

Phil and Marge Rood met in Seattle at a Chancellor Club dance for single Catholics. They danced together most of the night. One year later, they married.

Around 2006 they decided to sell two duplexes they owned. They chose to create a charitable remainder trust benefiting Providence to reduce the amount of taxes they paid and have an income source in retirement. A charitable remainder trust lets you benefit a favorite charity and convert a highly appreciated asset into lifetime income without having to pay capital gains or estate taxes.

“It was a win-win thing,” said Phil. “It is a good contributor to our bucket of retirement income.”

Phil and Marge designated Providence Cancer Institute and Providence Child Center as the beneficiaries of the trust. “My mother and father both died of cancer, so most of the money goes to cancer research. The rest will go to the Child Center for the nice boys and girls there. It’s well worth it,” said Phil.

Phil has a long history with Providence. As a student at Central Catholic, he had two teachers who were Sisters of Providence. They were profound influences in his life and he wanted to honor them, too, by giving to Providence. He has also been a Eucharistic minister at Providence Portland Medical Center for many years.

Phil spent his career as an executive for Kellogg’s, and Marge was a commercial artist. They have three sons, seven grandchildren and six great-grandchildren.

Planned Giving





Dear friends of Providence,



Throughout Providence ministries in Oregon, we are dedicated to providing exceptional, compassionate care for our patients and communities. This commitment is shaped by the Sisters of Providence who, for nearly 165 years, have inspired and guided us in caring for people who are poor and vulnerable.

You are a key partner in this work – whether it's providing exceptional care, researching the latest cures and treatments, or expanding programs that support healthy communities. Every day our 22,000 Oregon caregivers and I are grateful for you.

Because of you, our scientists are making lifesaving discoveries that are brought to the bedside; our community outreach experts and partners provide programs to help keep people healthy; our services grow to serve expanding needs throughout Oregon; and our teams of doctors, nurses and other caregivers have the latest equipment to serve our patients.

Throughout 2019, your gifts have supported your local hospital and community, as well as Providence's statewide centers of excellence in cancer, heart, brain and spine, women and children, behavioral health, orthopedics and senior health.

Your gifts truly make a difference, and I hope you can see and feel the results of your support every time you and your family enter our doors.

Thank you for everything you do and for all your support in 2019. I truly appreciate you.

Gratefully yours,

A handwritten signature in black ink, appearing to read 'Lisa Vance'.

Lisa Vance
Chief Executive
Providence Health & Services, 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 ♥

