



Providence  
Hood River  
Memorial Hospital  
Foundation

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

Longtime volunteer Kay Lincoln benefitted from the advanced detection of cancer provided by the new 3D mammography machine.

## 2018 Highlights

Kay 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.”

### 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%