

A photograph of a woman with long, straight blonde hair, smiling at the camera. She is wearing a light-colored, long-sleeved sweatshirt tied at the waist. She is leaning over a dark wooden counter, holding a white plate with a sandwich or wrap filled with various toppings like lettuce and tomatoes. The background shows a kitchen or food preparation area with stainless steel equipment.

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.

2018 Highlights

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.

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%