



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

