



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

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

Her anxiety and 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."

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

- Area of Greatest Need | 3%
- Behavioral Health | 20%
- Building and Equipment | 47%
- Cancer Care | 19%
- Heart | 1%
- Hospice | 1%
- Mike Olberding Education Fund | 3%
- Women & Children's | 3%
- Other Funds | 3%

