



# The Power of giving

Winter 2020

## A place of hope

Because of your generosity, 95 children and teens attended Camp Erin last August. Camp Erin is for kids who have experienced the death of a family member, friend or other significant person.

It can be challenging for parents and other caregivers to know what to do or say and how to help children who are hurting. Trained grief therapists and a dedicated group of volunteers supported campers throughout the weekend. Camp is offered free of charge.

Campers engage in typical camp activities like swimming, archery, movie night and bouncing in inflatable castles. Those are balanced with sharing circles, memory boards and one-on-one care from trained adults. Campers floated luminaries on the water on Saturday night in remembrance of loved ones. All of the activities are designed to help campers express their grief and develop resiliency.

“Breakthroughs and healing showed in subtle and monumental ways as campers, volunteers and staff embraced the meaning of the Camp Erin Pledge: I care for you; you care for me; we care for each other, at Camp Erin,” said Christi Crowley, camp director.

Thanks to you, children at Camp Erin find community to help one another grieve, heal and hope again. Your generosity gives the campers a place to fit in and shows them that they are not alone. ●



Camp Erin provides grieving children a safe place to share their grief and find comfort.

## Calming fears and anxiety in children in the hospital

A mini Ferrari, virtual reality goggles and even stuffed animals all have the ability to ease the anxiety of our youngest patients at Providence St. Vincent Medical Center.

Caregivers known as child life specialists make the rounds with a cart full of toys and technology in hopes of giving pediatric patients fun distractions to ease their anxiety about being in the hospital.



Lilla drives a mini-Ferrari to the operating room before having tubes placed in her ears

“A lot of kids come into this setting with fears and uncertainty about what to expect,” said Christina Becerra, child life specialist at Providence St. Vincent. “Our job is to say here’s what’s happening and here is why it is important.”

For patients like Lilla, the ability to drive a mini Ferrari back to the operating room can greatly calm nerves in preparation for medical procedures. “She was nervous in this environment,” said Lilla’s mom Naree. “I think comfort for children is key to making sure they have a good experience. Experiences you have as a child with medicine can really influence your ability to handle different medical situations as an adult.”

“To hear a child say ‘I was brave, I did that and I’m proud of myself for doing that’ is what I love most about my job,” said Christina.

Child life specialists visit children throughout the hospital whether they are staying for a day or overnight. Your support provides child life specialists with the many toys and technology they use in easing the way for our youngest patients. ●



## Families of medically fragile children get a break

When Kobi was diagnosed with a rare disease, his family knew their lives were forever changed. “We had to privately grieve all these things our child would never do,” said his mom Amanda. “Caring for a child like Kobi every day can be emotionally and physically draining, and is often met with practical limitations and frustrations.”

Thanks to your generosity, 3-year-old Kobi has been able to stay at the Center for Medically Fragile Children for respite care, giving his family much-needed breaks. In addition, short-term care also is available at the center. This can be very helpful for a child who is cared for at home and develops a new (or recurring) medical issue that needs highly specialized professional care. A short-term stay can last from several days to several months.

“The Center for Medically Fragile Children is an essential player in Team Kobi,” said Amanda. “The care, love and attention all the kids get – everyone who works there loves these kids.”

Your generosity helps families take a break to rest and recharge. ●



Kobi's family is thankful for the respite care they can use at Providence Center for Medically Fragile Children.



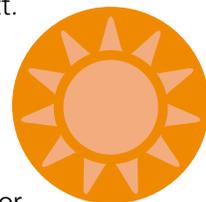
The Children's Healing Art Program brought art and crafts supplies to the Pediatric Specialty Care Unit at Providence St. Vincent to the delight of children and parents.

## Art helps children heal

Children are naturally drawn to creating art. And in that is the power to heal. That's the philosophy behind the Children's Healing Art Project.

Thanks to you, CHAP began regular visits to the Pediatric Specialty Care Unit at Providence St. Vincent last year.

CHAP volunteers arrive with art supplies for children to create whatever they like. The workshop is free to all kids who want to participate and they get to take home their art.



“There's something powerful about creating, about the tactile experience of making something,” said Barb McDowell, executive director, CHAP. Being able to focus on something other than an upcoming appointment or procedure can make a huge difference for children and their parents, she added. ●

## Save the Date

Providence Child Center  
celebrates its  
75th Anniversary  
in 2020.



Saturday, June 27, 2020  
Providence Child Center.  
Invitation to follow. Questions?  
Please call 503-215-2406. ●

## Festival of Trees Success

Thanks to you, the 37th annual  
Safeway | Providence Festival of Trees  
raised \$1.5 million in 2019. More than  
15,000 visitors enjoyed the trees and



activities. New  
this year was  
Festival After  
Dark for young  
professionals and  
Elf Academy for  
children and

families. Proceeds from the festival  
benefits the various programs and  
services of Providence Child Center. ●

## 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

## Newborn research update

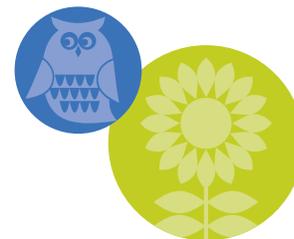
Providence Women and Children's research program, under the leadership of Joseph Kaempf, M.D., has been a part of a National Institutes of Health clinical trial to review the role of umbilical cord milking versus delayed umbilical cord clamping among preterm infants born at less than 32 weeks' gestation. The study's results were published in the November 2019 Journal of the American Medical Association.

Placental transfusion has many established benefits related to improved blood volume and iron stores for premature or term babies, and the study aimed to review what method of transfusion might be the best for the newborn. The study found there was a significantly higher rate of severe brain bleeding in the umbilical cord milking group. Until more data is published, Providence will avoid cord milking in babies born at 23-27 weeks, and optimize delayed umbilical cord clamping for these babies. Thank you for making this novel newborn research possible. ●



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Inspiring Generosity ♥



Thank you for your support of the special children in our community.  
You make it possible for children to reach their full potential.