

# Power of giving

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*the difference*

Fall 2020

## Hearts of Gold and Sunshine Club



Bob Nickelsen participates in the virtual exercise program offered through the Sunshine Club.

Thanks to your support at the 2020 Hearts of Gold, \$100,000 was raised to help fund the Sunshine Club Program.

The Sunshine Club is a life enhancing resource for local families living with dementia and Alzheimer's disease. The Sunshine Club provides a day group for people with memory loss disease offering respite for families or friends who are full-time caregivers. It's a place where families can help their loved ones socialize, be active, share community and enjoy themselves.

However, the onset of COVID-19 forced the in-person meetings to move online. All participants have an iPad and the opportunity to gather online five times a week. At 10 a.m. on Monday, Wednesday and Friday they can exercise. Music is offered on Wednesday afternoons and Friday is Bingo. Each participant received a CD and a booklet for the Wednesday sing-along, and weights and a ball for exercise.

A special thank you to Tonya DeHart, program manager for the Sunshine Club, whose passion

for the program has not diminished. The Sunshine Club provides caregivers with a break and brings incredible joy to participants and their families. We are all looking forward to when the group can meet in person again as regulations allow. ■

# Help for local nutrition programs and emergency responders

When longtime Gorge resident Ken Tamura learned he had inoperable liver cancer, he told his wife Nancy he wanted to leave a legacy. To honor his life and fulfill his request, a crisis management fund was set up in his name in 2010. Money from the fund has provided resources, tuition and training for local emergency responders with an emphasis on dealing with trauma.

This year due to the pandemic, Nancy came to the Foundation Board with an idea. She asked that the balance of the fund be used to support local nutrition programs and fire departments. FISH Food Bank, Meals on Wheels and the fire departments of Hood River County, including West Side, Hood River, Wy'East, Parkdale and Cascade Locks all received support.

"Ken started his volunteer fire work at Parkdale. When we moved to Hood River, he joined West Side," said Nancy. "He worked closely with all the fire departments over the years for city, county and wildfire units."

Nancy Tamura served on the Providence Hood River Foundation Board for many years and now is a volunteer leader for Providence Gorge Service Area Advisory Council. She also volunteers at Providence Sunshine Club adult day group. ■



Nancy and Ken not only had a successful business but always made time to volunteer and help their community.

# Volunteers in Action adjusts to continue serving their clients

Thanks to your support, Volunteers in Action has continued to provide help to older adults throughout this pandemic. ViA is still going strong with 80 volunteers and 86 clients.

ViA provides social and practical support to empower their clients to pursue wellness on their own terms. ViA serves adults with long-term health care needs and those with developmental, mental or physical disabilities, most of whom are age 60 and older.

“We are all living through a time of crisis and great need. Many people are looking for some way to feel useful to the community and caring for our community’s elders is perhaps the greatest responsibility we have”

– Britta Willson, program manager

Some of the services volunteers provide include:

- Weekly check-ins by phone
- Pen-pal program for the residents of Down Manor and Meals on Wheels clients
- Creating an outdoor pantry at the Adult Center to help distribute donated food to seniors in need
- Grocery shopping and delivery
- Online health promotion classes like Powerful Tools for Caregivers and WISE
- Yard work
- Weekly Lunchtime Listening Hour through Zoom

“We are all living through a time of crisis and great need. Many people are looking for some way to feel useful to the community and caring for our community’s elders is perhaps the greatest responsibility we have,” said Britta Willson, program manager. “They are the most at risk from COVID-19 and they have given us so much and made possible the life we all enjoy. It’s easy to underestimate the power of a kind gesture, a listening ear or a small act of caring but all of these have the potential to bring happiness to an individual’s life. The small act of a phone call or grocery shopping is heroic during these times.” ■



Volunteer Mary Ryan plays music for residents outside of Providence Brookside Manor.

# Dental providers fitted with N95 masks

A few months into the COVID-19 outbreak, the Providence Hood River Memorial Hospital Foundation approved funding for N95 mask “fit-testing” to support our partners in the Hood River dental community as they welcomed back patients for services.

Many dental practices had to temporarily close and although some facilitated emergency cases, most had significant financial losses. To reopen, most practices needed staff members “fit tested” to wear an N95 mask.

Because unmet dental needs can lead to larger health issues, it is important for people to have access to dental care. Funding for the N95 fit testing covered testing costs for up to 100 dental providers. Providence Occupational Medicine Clinic administered the fit testing.

“The Providence Hood River Foundation Board has been actively working to help our community respond during the pandemic,” said Susan Frost, foundation director. “I’m grateful to our board members for taking time to approve projects like N95 testing in direct response to COVID-19.” ■



Seri Schutt, occupational health nurse, fits a local dentist with an N95 mask and other protective gear, which allowed the dentist to re-open her practice.

Inspiring Generosity ♥

## 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.

## Values

Compassion, Dignity, Justice, Excellence, Integrity

**Providence Hood River  
Memorial Hospital Foundation**

810 12th St. ■ Hood River, OR 97031

**Susan Frost, Executive Director**

503-387-6342 ■ Susan.Frost@providence.org

ProvidenceFoundations.org/hoodriver