

# The power of your giving

Donors *make  
the difference*

Winter 2024

## Saving lives – one recipe at a time

*“It helped me look forward to tomorrow. There is no way to describe the feeling of someone giving you hope.”*

– Candice Brown

When doctors told Candice Brown that eating better was key to improving her health, she was unsure how to start. “I just didn’t know how to cook that way,” said Candice, who suffered from heart disease, high cholesterol and other problems. “I was lost.”

Enter the Community Teaching Kitchen at Providence Milwaukie Hospital, made possible by your generous gifts. The care team there showed Candice how to prepare nutritious – and delicious – meals that improved her health and her outlook.

“They taught me how to cook in my own kitchen and have good food,” said Candice. “It helped me look forward to tomorrow. There is no way to describe the feeling of someone giving you hope.”

Kayla Guillory, RD, a Providence dietitian who is part of the Community Teaching Kitchen team, said the team creates a healthier community by:

- Offering cooking classes and nutrition lessons
- Providing a garden and a full kitchen
- Supplying foods for families facing hunger

Better yet, the Community Teaching Kitchen does so in a caring, supportive manner. “We work to create a safe space for everyone,” Kayla said.



The teaching kitchen helped Candice learn how healthy food improves her mental health.

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Candice took some of her initial classes online. "I probably would have never, ever stepped into the kitchen had I not been able to have classes over Zoom," she said. "That was a huge plus."

After learning to cook fresh vegetables and other healthy foods, patients report experiencing more energy, feeling less depressed and having lower blood sugar.

The approach is working for Candice, who has lowered her cholesterol, doesn't need to see her heart doctor as often and is feeling better about herself.

"And I have made some lifelong friends," she said. "Not only staff, but also other patients."

"The Community Teaching Kitchen is truly saving my life," Candice said. "One recipe at a time." ■

## CPR device gives caregivers an extra hand

For those in an emergency, CPR can be a lifesaver. For caregivers, it can be exhausting.

"CPR is hard work," said Tia Shea, RN, nurse educator at Providence Milwaukie Hospital. "It's physically demanding."

With your help, though, critical caregivers at Providence Milwaukie have a new tool, the LUCAS device, which provides automated chest compressions. "It's a great machine – very helpful," Tia said. "We are really excited."

The LUCAS device comes in a backpack-like carrier, allowing a caregiver to rush to a patient and apply consistent chest compressions.

"It's more effective," Tia said. "The machine doesn't get tired like we do." ■



The LUCAS device applies CPR under clinical guidelines.

# Special fund fills in the gaps for those in recovery and their babies

Times were tough for Shelly (not her real name): With a severe opioid problem, no job, no home and a newborn, she wasn't sure where to turn.

That is, until she found Project Nurture at Providence Milwaukie Hospital, which guided her to recovery, found her temporary housing and helped her with other needs.

"Baby is doing well, and Mom is doing great. She is sober and working really hard to find a place to live," said Maria Wunderbro, a licensed clinical social worker with Project Nurture. "Shelly is looking for work and trying to be self-sufficient. She is really getting on her feet for the first time."

By offering a team that provides medical care, counseling and coordination of services, Project Nurture is changing the way we care for people with substance use issues who are pregnant or new parents.

Data and observations show the program is improving outcomes: shorter NICU stays, improved birth outcomes and a drastic increase in the use of maternal and pediatric medical primary care.

Providence Milwaukie Foundation supported Project Nurture with \$30,000 this year for a special discretionary fund.

"The fund is really filling gaps that other organizations can't fill," Maria explained. "We have items people need – formula, diapers, clothes."

"The people who come here become really connected," Maria said. "We all work together, share the challenges and celebrate successes together." ■



Project Nurture gives at-risk babies a boost.



Brad Henry, named CEO in 2023

## New CEO inspired by heartwarming care

As the newly named CEO of Providence Milwaukie Hospital, Brad Henry is impressed by the local support – and how it contributes to our Mission.

“The desire to support the hospital has been a real highlight,” said Brad, who became CEO in 2023. “To work with those in the community and see how they rely on it as a cornerstone to serve all, especially the poor and vulnerable.”

Brad, who has been with Providence Health for more than 20 years, is also inspired by the caregivers at Providence Milwaukie who make the hospital such a welcoming, friendly place while also providing the absolute best care.

“We are in the community to serve,” said Brad. “We do that to the best of our ability—you can walk around our hospital and witness amazing care. It’s heartwarming to know how we can make a difference.” ■

## Event raises funds for echo machine

What a night. What a cause.

Our recent Partners in Health event raised \$270,000 to help buy two new echocardiogram machines for Providence Milwaukie Hospital.

Known as an “echo,” this type of machine is the most common tool used by doctors to diagnose heart problems in people with cardiac symptoms. In the Portland area, patients sometimes must wait several weeks to get an echocardiogram. Thanks to the event’s supporters, and other pledges of \$145,000, those wait times will be cut in half.

The event featured performances by Aaron Meyer, Molly Parker and special guest David Saffert (as Liberace, pictured), as well as a silent auction, raffles and more. Thank you to everyone who joined us in support of Providence Milwaukie. We are grateful for your friendship and generosity! ■



The Partners in Health event raised funds to improve heart care.

### 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

Inspiring Generosity ♥

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