

DONORS MAKE THE DIFFERENCE

JULY 2020

# THE POWER OF GIVING

## FEEDING OUR NEIGHBORS

In March when COVID-19 hit, classes at the Community Teaching Kitchen were canceled. At the same time, we increased our food banking operations. Registered Dietitians conducted nutrition visits by phone, and the Family Market (healthy food pantry) remained open with expanded access to include patients, volunteers and Providence employees in need.

"In April, we began taking phone orders for pre-packed food boxes with curbside pick-up," said Heidi Davis, MSW, Manager-Community Teaching Kitchen. "We also partnered with Ride Connection to do home deliveries of food boxes."

Thanks to your support of the Community Teaching Kitchen, we had the agility to adjust the food delivery process making a difference for many of our neighbors and friends. ●



Jeanette Kite, patient navigator, loads food from the Family Market into a patient's van.

SAVE the  
DATE  
OCT. 22

## PARTNERS IN HEALTH

Due to COVID-19, our event is going virtual!

Please plan to join us on Thursday, October 22 for a fun and vibrant online event celebrating our Providence Heroes. Proceeds will benefit the Community Teaching Kitchen. Stay tuned for more info.

## ***FAMILY MEDICAL ENDOWMENT NEARS GOAL***

The Family Medicine Residency Program at Providence Milwaukie Hospital trains residents in patient-centered care of diverse populations and the underserved. The program attracts many of the brightest medical students from across the country and educates one-quarter of all family medicine doctors graduating in Oregon each year.

The Foundation kicked off a major campaign in 2018 to raise \$3 million to ensure the program continues. Thanks to a generous \$1.5 million gift from the late Elsie Franz Finley, the campaign is at \$2.4 million of its \$3 million goal. Because of your generosity, we can provide enhanced training and inspire our residents to become future leaders in health care. ●

## ***AN OASIS OF CALM***

Amid the noise and chaos that occurs on the Senior Psychiatric Unit at Providence Milwaukie Hospital is a small cozy room that can provide patients with a bit of calm.

The sensory room offers patients a place to ease their anxiety and to quiet racing thoughts. Your generosity provides some of the items patients can use to self-soothe and calm themselves.

Occupational Therapist Kendra Munroe has worked on the unit since it opened in 2016. "The unit can get excitable at times and for individuals who need some down time or time away from the chaos, the sensory room is perfect," she said. Patients spend from 10 minutes to an hour in the room. A staff person is always with them.

Patients can choose from many items to use while they are in the room. They can sit in the glider and simply rock, play with the vecta machine that is equipped with a bubble tube, tentacle lights and a projector or select from an assortment of sensory boxes. Several sensory boxes offer different experiences that help patients self-soothe and relax.

"Ultimately, it's to provide a sensory experience for the patient that is positive," said Kendra. "It's a safe place to de-escalate from their symptoms. We are so grateful to donors for supporting these vulnerable patients by giving them the items needed to make their stay a little less stressful."

The Senior Psychiatric Unit can accommodate up to 19 patients and provides compassionate crisis intervention and stabilization. The Senior Psychiatric Unit offers short-term inpatient psychiatric care for patients typically age 65 and older. ●



**Kendra Munroe, occupational therapist, demonstrates one way the vecta machine is used by patients.**



## **PROJECT NURTURE SAVES FAMILIES**

Project Nurture is a low-barrier outpatient substance abuse treatment program for pregnant women. "Project Nurture not only saves moms, it saves families," said Kasey Edwards Snider, peer support counselor for the program. Project Nurture provides prenatal care and drug treatment as early in pregnancy as possible and care for the mothers and their infants for up to a year postpartum, providing peer support, case management and advocacy services throughout.

The program is centered in the family medicine primary care clinic at Providence Milwaukie Hospital. "We have three doctors who help these women meet all their medical needs on the same day they come to treatment group," said Kasey. "Our doctors genuinely care about these women and want them to succeed; they don't have negative preconceptions of them. Many of the women struggle to stop using while pregnant."

Participants attend a treatment group on Mondays. While there, "we are able to connect them with all the resources they need to get where they want to be in life," said Kasey. She helps her clients prepare for meetings with the Department of Human Services by working with the mother to create a plan for addressing the challenges she faces. "Many times, my participation in the meeting between the mother and DHS is a game-changer for both of them. It is one of the most important things I do," she said.

Kasey knows what it's like for these mothers. "I am almost 9 years clean but I struggled with substance abuse, homelessness and domestic violence while I was pregnant with my daughter. I think I am trusted because I have lived a similar life," she said. Her daughter is now 11 and thriving.

Your support helped provide educational materials and training to staff. ●



**Kasey Edwards Snider provides peer support to pregnant women in the substance abuse treatment program Project Nurture.**

## CHALLENGES OF POVERTY

More than 60 people gathered in September 2019 to learn what it's like to live in poverty. The Cost of Poverty Experience – Health Care Training offers participants a glimpse into the lives of low-income people in our community. Thanks to your support, we sponsored three COPE training sessions in 2019. The first two, in April, were done in partnership with Kaiser.

"People struggling with poverty are our neighbors, our co-workers, attend our places of worship, have children who attend school with our children. They are us," said Charlotte Navarre, COPE facilitator. The poverty rate in Oregon is 13.2%. Clackamas County has three "hot-spots" where poverty exceeds 20%.

The morning started with a lecture by Tanya Page, M.D., on "Health Effects of being Un-housed." Participants then received a profile of a low-income patient and had to navigate a social service and health care system. As participants made their way through the morning, they experienced the impact of poverty on chronic medical diseases, mental health and substance abuse.

Jessica Hu, D.O., participated to gain "better insight into the many barriers that my patients face on a daily basis." She is now more mindful of potential challenges her patients may face as she creates medical plans. "I find myself partnering with my patients more by asking them what feels manageable and what doesn't. My goal is to be a member of their community who helps them be the healthiest they can be to achieve their health care goals."

"Spending just a couple of hours immersed in the reality of what not having enough to get by FEELS like it's worth more than hours of lectures, articles, and books on the topic. I am so grateful for the foundations' support of this experience," said Charlotte. ●



Tanya Page, M.D., gave the keynote address on the "Health Effects of Being Un-housed" at the Cost of Poverty Experience – Health Care Training last fall.

**T** O BE CONTINUED ... WITH YOUR HELP.

### 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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