



Providence Newberg Health Foundation

Registered dietitian Grace Laman works with cancer patients to ensure they are getting the right nutrition to improve their quality of life.

Cancer patients receive nutrition help

The side effects of cancer treatment can wreak havoc on a person's diet. Side effects, such as loss of appetite, sore mouth or

throat, dry mouth, nausea, abdominal pain, etc., can impair a patient's nutritional intake.

Thanks to generous donors, cancer patients at Providence Newberg Medical Center have help navigating this part of their treatment. Grace Laman, RD, meets with cancer patients at Newberg once a week. She helps patients based on the type of cancer they have and the problems they are experiencing.

Each patient receives a nutritional screening prior to treatment to identify those most at risk for malnutrition. After the initial screening, the test is done again every few weeks so risk can be identified at any point during treatment.

Working with each person, Grace focuses on maximizing a patient's ability to get nutrients. "By improving nutrition, we prevent hospitalizations for things like dehydration and malnutrition," she said. "We prevent delays in treatment, and overall quality of life outcomes are improved."

After treatment, Grace may refer a patient to an outpatient dietitian to help with any lingering nutritional concerns. Many patients have long-term recoveries after their cancer care.

Grace didn't plan to become a nutritionist. She was going to be high school biology teacher, but when she took a class in women's nutrition, she was hooked. She received her master's degree in nutrition and has focused on oncology nutrition for the past three years.

Nutrition appointments are not covered by most insurance, so your support means we can offer them at no charge to cancer patients.

2020 Highlights

Top-notch cancer care

In 2020, Mike was diagnosed with a rare, aggressive form of non-Hodgkin's lymphoma. He said his experience at Providence Newberg has been top-notch. "The new cancer center is super clean, and I have nothing but great things to say about all the people there." Mike is also thankful for the financial assistance he's received. He was hesitant to apply for help at first, "but everyone was overly kind and made the whole process very easy. The assistance has relieved a lot of stress and helped with my healing."

BOB adapts outreach

Donor generosity fueled many programs for Better Outcomes thru Bridges in Newberg. When in-person appointments were suspended due to COVID, BOB adapted to continue to offer services. BOB outreach specialists made calls to senior patients to offer support and resources. Patients, their families and caregivers expressed gratitude for taking the time to call and making them feel cared for. BOB school outreach provided donated supplies, such as diapers, food and toilet paper, from NW Christian Church and other organizations to families in need. Cold weather and hygiene supplies were delivered to people living outdoors in Yamhill County. These would not be possible without your support along with Austin Family Foundation, Albertsons/Safeway Foundation, and Yamhill Community Care.



2020 total dollars raised by fund

- Area of Greatest Need | 20%
- Behavioral Health | 58%
- Cancer Care | 5%
- Faith in Action | 2%
- Heart | 1%
- Hospice | 1%
- Women and Children's | 9%
- Other Funds | 4%

