

Power of giving

Donors *make the difference*

Fall 2018

Sunshine Club brightens days of dementia patients

Swaying to music, playing Bingo, or enjoying the kiss of a puppy are just a few of the activities that participants in the Sunshine Club might enjoy.

Thanks to your generosity, the Sunshine Club is now available for seniors with Alzheimer's or dementia. While participants engage in various activities, their caregivers can take a break.

Ten participants can come on any of the program days – Tuesday, Wednesday and Thursday.

"We try to plan activities that make participants feel useful," said Tonya DeHart, activities director. "We make sure they're successful in all that they do. They become like a family."

Thank you for your generous support of our most vulnerable citizens. ■



Thanks to you, 3-D mammography is now available at Providence Hood River Memorial Hospital

Events raise enough to fund a Tomosynthesis machine.

Jo Herring

Jo Herring's life was saved by a mammogram. Because she didn't want cancer, she put off seeing her doctor, hoping the "small something" she felt while doing a self-exam would go away. When she finally went to see her doctor, he immediately sent her for a mammogram. That "small something" was breast cancer. "Within a whirlwind week, I had a mastectomy and was on my way to recovery," she told attendees at the Hearts of Gold award dinner.

"If I had ignored it and maybe caught it at a later stage, I probably would not be here," she said. Twenty-two years ago, "they didn't have the treatments then that they have today. And, they didn't have digital mammography."

Tomosynthesis, or 3-D mammography, provides detailed images of breast tissue. The technology has shown a 41 percent increase in detecting invasive breast cancers, compared to traditional two-dimensional mammograms.

Over the years, Jo had questionable mammograms a couple of times that required additional screenings and an ultrasound, causing her anxiety and stress but ending with good news. "With 3-D mammography, maybe fewer patients will have those scary times," she said.

"I am thankful to be a survivor and I really push my friends to have routine mammograms and to pay attention to their health," she said. "Early detection makes a huge difference and will save lives – it certainly saved mine." ■



I Hate Cancer concert

The "I Hate Cancer" concert series was the hot ticket in February, selling out two shows in fewer than 48 hours. Improv and comedy star Molly Schwarz didn't disappoint the 600 attendees at this year's variety shows. Molly was joined onstage by several popular Hood River musicians. The show was both funny and touching.

Hearts of Gold DINNER

2018 Hearts of Gold Honorees

Coco Yackley and Robin Henson, M.D., were honored at the Hearts of Gold annual award dinner this year. Their unwavering support and work to promote health in the community earned them this distinction. Both live by the belief that health care systems should provide the same care for all people, no matter their situation.

Honoree Coco Yackley was a driving force behind the nationally recognized Columbia Gorge Health Council and its leadership role in health care reform. She's most interested in creating systems that really work for those that use them. This shines through in her diligent work advocating for Medicaid recipients and other low income or vulnerable members of our community.

It was Dr. Henson's vision to create a clinic focused on women's health needs. The Providence Women's Clinic offers great health care by engaged specialty providers, thanks to her leadership. Henson was instrumental in getting the Columbia Gorge Health Council's Clinical Advisory Panel up and running to help guide clinical transformation in the Gorge Coordinated Care Organization. As a professional, she used her skills to mentor others and made an impression on other doctors by helping them advocate for their patients, always presenting a calm nature and sharing her experience. ■



Coco Yackley and Robin Henson, M.D. were honored for their support and work to promote health care in our community.

This is the third year Molly donated all proceeds from the shows to Providence Hood River Foundation's cancer funds. This year she and her group raised \$17,000 for a 3-D mammography machine, and over the years, she's generated more than \$30,000 for cancer services. ■



CARE Group supports cancer patients



Thanks to you, patients with cancer, cancer survivors, their friends and families have the opportunity to participate in CARE group. The group meets once a month and is offered in English and Spanish simultaneously. The group shares a meal while connecting with one another about living with cancer.

“It’s not just information from the experts who speak at each group, but the support participants give each other that really stands out,” said Cathy Blair, MSW, LCSW. “With the foundation covering the costs of a healthy meal and professional group leaders, it creates a perfect setting for participants to come together to share in their support.” ■

[Cathy Blair, MSW, LCSW, facilitates the monthly CARE group for cancer patients, cancer survivors, their friends and families.](#)

Grief support groups offer comfort after the death of a loved one

Providence Hospice grief support groups are open to anyone seeking extra support as they grieve the death of a significant person in their lives. Professionally trained facilitators create a supportive space where participants may share their feelings and experiences as they give and receive mutual support.

Kids or teens who have lost a loved one can attend a group designed specifically for them. They talk about what they are going through and can express their grief in a safe and caring space. Kids learn coping tools and strategies to help them navigate a difficult time. They do arts and crafts that may help them share how they are feeling or just talk with one another.

Your generosity insures all groups and classes are offered free of charge. ■



[More than 150 children and teens have been served by the Grief Support Group over the past 11 years.](#)

Thank you for making a difference in our community.

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

Inspiring Generosity ♥

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