

Power of giving

Donors *make the difference*

November 2018

Music in the hospital offers comfort

It is often quite stressful for people to be in the hospital, whether they are patients or just visiting. But music has the ability to change emotions and ease pain. Now, because of you, musicians can be found at the hospital more often, playing a variety of instruments and types of music.

The eight volunteer musicians, many who are also Providence employees, have expressed how meaningful the opportunity to play is to them.

Pianist Randy Johnson, clinical pharmacist specialist in Adult Critical Care, shared that “while playing a song very meaningful to me, a mother and her special needs son stopped to listen. The music was calming to him, he started to croon, giggle, and laugh. I began to weep quietly, and finished the song. His mother was clearly pleased with her child’s engagement in that moment.”

“Having the chance to fill one corner of the hospital with music is such a privilege,” said pianist Desirae Burkley, physicians’ relations coordinator at the Providence Brain and Spine Institute. The music “takes patients and visitors away for just a few minutes to some other place where they don’t have to think about what’s going on.”

Your generosity is improving the outlook and experience of our patients, families and employees through music. ■

“ Music speaks what cannot be expressed, soothes the mind and gives it rest; heals the heart and makes it whole, flows from heaven to the soul. ”

– Unknown



Volunteer Richard Scott enjoys playing piano for hospital guests.



Sister Rita celebrated her 100th birthday and 75 years of service as a Sister of Providence this year. The Sister Rita Healing Garden was dedicated in her honor on October 22.

New Healing Garden Opens

The new Sister Rita Peace Garden was blessed on October 22. Named after longtime hospital administrator Sister Rita Ferschweiler, SP, the garden will provide a sanctuary for our patients, their families and staff.

Situated just outside the emergency department, the Garden features lush greenery, bright flowers and a soothing waterfall.

"I hope it makes people happy to see such a nice place," said Sister Rita at the dedication. Thank you for your generous gifts that make this special space available to all who visit the hospital. ■



Katie Schafer, emergency department RN, provides special care for victims of sexual assault.

SANE-certified nurse cares for most vulnerable

Katie Schafer, emergency department RN, became a certified sexual assault nurse examiner (SANE) four years ago. Your generous gifts to the Providence St. Vincent Medical Foundation nursing education fund paid for her training.

This special certification helps her provide the best care for victims of the most underreported crime in the United States. Providence is the only health care organization in the Portland metro area that has its own SANE program.

When an assault victim arrives in the emergency department, Katie takes over making sure the patient is in a safe room that provides the most privacy. She explains the process and allows the patient to make the decision on the type of care they receive. "I'm there to act as their friend and caregiver, no matter how long the process is," said Katie.

Thanks to your generosity, more nurses are in training to become SANE certified.

"I wanted to be able to help anyone that walks through our doors," said Katie. "I knew once I became SANE certified I'd be able to give back the dignity and autonomy stolen from victims." ■

A new home for Providence Children's Development Institute and Swindells Resource Center

Your gifts provided a new and expanded space for children's health care needs on the Providence St. Vincent Medical Center campus. Because of you, more children and their families have easier access to the resources they need.

The expanded Providence Children's Development Institute opened in April on the fifth floor. This bright and colorful space has 31 exam rooms, four audiology rooms, three therapy gyms, education space and teamwork spaces.

The team at Providence Children's Development Institute assesses a child's developmental progress. They work with families to create personalized treatment programs designed to help each child reach his or her highest potential. Your generosity has helped us reduce wait times for appointments

The Swindells Resource Center also expanded to help more families navigate the world of having a child with special needs. Thanks to your support, families no longer have to travel to the eastside for all of the services offered at Swindells. One-on-one support, connections to resources, education and training are all available close to home. ■



The FIT Project piloted at Basecamp

This year, in partnership with "The FIT Project," we piloted a six-month lifestyle intervention program at Basecamp. The FIT Project works with families experiencing childhood obesity to help all family members adopt healthy eating and exercise habits.

"I was so happy to find a program where our whole family could work together toward a healthier lifestyle," said Hallie Gentry. Hallie, her husband and two daughters participated in the pilot program. "My husband and I feel it is important for our girls to see us setting the example and working with them towards a meaningful goal."

Families work with a wellness coach who consults with them twice a week. They also receive a gym membership, nutrition and cooking classes, and dietary counseling. Families must commit to use these resources, attend weekly FIT Project community events, attend nutrition meetings and complete a food intake log.

Thank you for supporting families to become their best, healthiest selves. ■



The Gentrys took part in the FIT Project learning about healthy eating and exercise habits.

Your gifts help Angela live a full life

At the second annual Brainwaves event in July, more than 150 guests learned about the exciting research underway as well as the programs and services offered at the Providence Brain and Spine Institute. Through hands-on activities and chats with doctors and caregivers, guests learned how their support is making a difference.



Friends, family and Providence caregivers surround Angela Johnson after she shared her story at Brainwaves.

Angela Johnson shared her story that night. 15 years ago, her life changed dramatically. What she thought was an excruciating headache turned out to be a brain tumor. She then learned that she has epilepsy caused by cerebral cavernous malformation or CCM. Lesions on her brain were causing pain and seizures. She had lifesaving surgery – she was just 27.

After surgery, “life continued on. I was very active and life was almost normal,” said Angela. “My husband and I decided to adopt and by 2013, I was working full time and taking care of my family.”

Then, the seizures returned. Multiple times a day, every day. Depression set in. Her medical team at Providence helped her correct her medications and work through her depression. This March she had more surgery. “I knew I was in the best hands here at Providence, and I knew I would come through it and begin the next phase of my journey – building the new me and learning how to live as normally as I can with CCM.”

“Your support helps patients like me and so many others get the mental health support they need for the depression, anxiety, confusion and memory loss that accompanies epilepsy,” said Angela. “Thank you.” ■

Thank you for your compassionate support of our patients and their families.

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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