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Winter 2009



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One week after surgery
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Community news

A message from Chief Executive Ty W. Erickson



There are many things that make me proud to work for Providence. Two I'd like to talk about are our dedication to providing excellent clinical care and our commitment to those we serve.

Providence Hood River Memorial Hospital recently completed the Joint Commission's survey and achieved an outstanding outcome – the highest within Providence Health & Services.

This high level of achievement is due to the dedication and commitment of the physicians, employees and volunteers who continually strive toward excellence.

Our steadfast commitment to our Mission and core values is the heart of who we are. Our Mission calls us to reveal God's love for all – especially the poor and vulnerable – through our compassionate service.

In 2008, Providence in Oregon provided \$166 million in community benefits, including \$77 million in free or reduced cost medical care. In the Gorge, Providence Hood River Memorial Hospital provided more than \$4.1 million in community benefits alone. See page 7 for a complete community benefits report.

We are proud to provide the highest quality of service to our Gorge communities and to be your health care provider of choice.

Thank you for choosing Providence Hood River. It is our honor to serve you.

Best regards,

Ty W. Erickson
Chief Executive, Providence Columbia Gorge Service Area

**PROVIDENCE HEALTH & SERVICES
COLUMBIA GORGE SERVICE AREA**
www.providence.org/hoodriver

ADMINISTRATION

Ty W. Erickson, chief executive
Doug Mahurin, chairman, community advisory board
Stephen Vogt, M.D., chief of staff

PROVIDENCE HOOD RIVER MEMORIAL HOSPITAL

13th and May Streets, Hood River, OR 97031
541-386-3911

Providence Hood River is a full-service, not-for-profit community hospital offering a wide range of health care services for Columbia Gorge communities including: 24-hour emergency services, intensive care, acute care, surgery, occupational health, family birth center, infusion therapy, pharmacy, education, mobile health unit, radiology, lab services, interpreters, oncology, neurology, respiratory therapy, sleep lab and travel health services

PROVIDENCE HOOD RIVER MEMORIAL FOUNDATION

541-387-6474

A not-for-profit corporation dedicated to enhancing quality health care at Providence Hood River and the Gorge communities it serves through philanthropy

PROVIDENCE HEALTH SERVICES

1151 May Street, Hood River, OR 97031
541-387-6125

Specialty clinics and services, including internal medicine, arthritis, cardiology, cardiac rehabilitation, ear, nose and throat, allergy testing, audiology, dialysis, surgery, urology, home health services, home medical equipment, diabetic education and testing

PROVIDENCE WOMEN'S CLINIC

917 11th St., Suite 200, Hood River, OR 97031
541-387-8940

Providing full-service gynecology, including ultrasound, major and endoscopic surgery, basic infertility, urinary incontinence treatment and surgery, as well as normal and high-risk obstetrics

PROVIDENCE MOUNTAIN CLINIC

Urgent care clinic at Mount Hood Meadows
503-337-2292
(ski season only)

PROVIDENCE GORGE COUNSELING AND TREATMENT SERVICES

814 13th St., Hood River, OR 97031
541-387-6138 or 800-955-3911 x. 6138
(Gorge only)

PROVIDENCE BROOKSIDE MANOR PROVIDENCE DOWN MANOR PROVIDENCE DETHMAN MANOR

These senior housing communities provide assisted living, memory care and independent retirement living. Dethman Manor offers subsidized housing for seniors and disabled people.
541-387-8296

This magazine is published by the Providence Hood River Marketing and Public Affairs Department.
P.O. Box 149
Hood River, Oregon 97031
541-387-6342

Gorge scenic photos by Richard Hallman

New providers



Daniel McCabe, M.D.

Psychiatrist Daniel McCabe, M.D., recently joined Providence Gorge Counseling and Treatment Services, and is welcoming new patients to his practice. “I believe therapy is a tool used to help patients gain compassion for themselves. My goal is to help patients live life to the

fullest capacity,” said Dr. McCabe.

Dr. McCabe is a graduate of Tulane School of Medicine and served his residency at Duke University Medical Center. He was the recipient of the 2005 Bick Award given by the Louisiana Psychiatric Medical Association for the “most promising medical student in psychiatry.” His primary focus is adult psychiatric medication management and psychotherapy.

Dr. McCabe enjoys short film production, fly fishing and professional basketball. He looks forward to meeting and helping people throughout the Gorge communities.

Providence Gorge Counseling and Treatment Services offers individual therapy and medication management to children, adolescents and adults. Chemical dependency treatment is available for adults. To schedule an appointment, call 541-387-6138.



Christeen Osborn, M.D.

Christeen Osborn, M.D., recently joined Providence Hood River’s Surgery Center to serve the community’s health care needs. She and her husband moved to Hood River to embrace the outdoor, healthy lifestyle and the personal contact available in a small town.

A graduate of Stonybrook University School of Medicine in New York, Dr. Osborn completed her residency at Beth Israel Deaconess Medical Center at Harvard Medical School. She is extensively trained in treating diseases and disorders of the gastrointestinal system, breast, skin and soft tissue, and endocrine organs. In addition, she’s trained to perform laparoscopy, endoscopy and surgery for vein care.

“I become deeply invested in my patients’ well-being,” Dr. Osborn said. “I want to connect on a personal level and help them through their ailments. There is a sense of fulfillment from this connection. This fulfillment is what attracted me to the medical field.”

Dr. Osborn is accepting new patients. To schedule an appointment, call 541-387-6125.



Linda Torres De Guzman

Licensed clinical social worker Linda Torres De Guzman joined Providence Gorge Counseling and Treatment Services as a bilingual and bicultural mental health therapist.

Raised in Mexico, Torres De Guzman came to Hood River in 1990. “It was a dream come true,” she said. “My father worked seasonally in the Hood River area and my husband grew up here. I feel lucky to have the opportunity to live in the Gorge and give back to my communities.”

Torres De Guzman is a graduate of Portland State University and holds a bachelor’s degree in sciences psychology and a master’s degree in social work. Her scope of practice includes working with depression, anxiety, stress reduction and family conflict.

Torres De Guzman is accepting new patients. To schedule an appointment, call 541-387-6138.



Neil Washington, D.P.M.

Neil Washington, D.P.M., is the Gorge’s newest podiatrist. Dr. Washington is originally from Vancouver, British Columbia and recently moved to Hood River with his wife Lyndall and two daughters. “We knew this area would be a great place to raise our children and a

great place to practice medicine,” he said. “I look forward to serving the Gorge communities in the years to come.”

He attended Temple University School of Podiatric Medicine in Philadelphia, where he also completed his residency in surgery.

Prior to podiatric college, Dr. Washington worked as a pedorthic technician assessing, designing and fabricating custom foot orthotics for recreational, amateur and professional athletes.

He joins John Belknap, D.P.M., and Stacy Atherton, D.P.M., at Mt. Hood Podiatry and is accepting new patients. To schedule an appointment, call 541-386-1006 or 541-296-1006.

Superb surgical services close to home

The surgery center at Providence Hood River Memorial Hospital

The team at Providence Hood River Memorial Hospital's surgery center provides quality, compassionate care. More than two dozen surgery specialists provide Gorge patients with expertise and excellence. Available surgical services include arthroscopy, gynecological, orthopedic, soft tissue and gastrointestinal, and advanced minimally invasive surgical techniques in all specialties.

"We're fortunate to have these high caliber physicians in our community bringing decades of combined experience," said Ty Erickson, hospital chief executive. "Their experience, coupled with our highly skilled surgery team, provides each patient with the best result."

Providence Hood River Memorial Hospital recognizes that no surgery is ever "routine." From pre-operation spiritual needs to post-operative care, patients receive personal attention and are supported by a team whose goal is to provide the best experience.

The state-of-the-art surgery center is designed for in-patient care as well as out-patient care, where patients return home the same day. One of the new features is private patient/family rooms; knowing that having loved ones nearby helps the healing process.

New surgery center: more space – more surgeons

Providence Hood River's surgery center includes:

- More than 25 surgeons offering a variety of surgery specialties
- National Centers of Excellence designation
- Health Grades 2009 recognition for "Superior Clinical Performance in Joint Replacement"
- Five operating rooms, including a dedicated C-section suite available on a 24-hour basis
- State-of-the-art technology in all operating rooms
- In-house services allowing easy access to imaging, lab and advanced care
- 18 all-private patient rooms in the same-day (outpatient) surgery area
- Two dedicated endoscopic suites and a minor procedure room
- Valet parking for patients



Surgery patient comments

"Very professional and kind. Everyone had a smiling face. This was the best experience I've had and it met every requirement. I would recommend anyone to Providence Hood River."

"The staff was nothing shy of excellent to me and my family. We are thankful to have a hospital like ours."

Providence Hood River Memorial Hospital Surgeons

Ear, Nose & Throat

Charles Ford, M.D. 541-386-5119
Mendy Maccabee, M.D. 541-387-6125
Alex Moreano, M.D. 541-387-6125
Matthew Proctor, M.D. 541-386-5119

General Surgery

John Garcia, M.D. 541-387-6125
Michael Hauty, M.D. 541-387-6125
David Maccabee, M.D. 541-386-1818
Christeen Osborn, M.D. 541-387-6125

Ophthalmology

Daniel Kelly, M.D. 541-386-1399
John Willer, D.O. 541-296-1101

Orthopedics

John Durkan, M.D. 541-386-1818
H. Douglas Hering, M.D. 541-386-1818

Alice Facteau

Providence volunteer and patient,
one week after surgery



She sits at the surgery information desk, offering a warm smile and kind words to patients and visitors. Volunteer Alice Facteau is an important part of Providence Hood River Memorial Hospital’s surgical team of caregivers.

“I want each person to feel at home while visiting the hospital – to feel like family,” said Facteau. “Patients and families endure a great deal of anxiety, fear and apprehension. Often they need someone who will listen. I provide a listening ear and a hand to hold. I know if I were having surgery, I would want to be treated the same way.”

Recently, Facteau was admitted to the hospital for knee surgery – switching her role from caregiver to patient. “I felt

completely at home,” she said. “As a volunteer in the surgery waiting area, I’ve seen how caring the staff at Providence is toward patients. They are committed to providing quality and compassionate care. I’ve known the anesthesiologist to call the surgery information desk from the operating room to let the family know everything is fine. I knew my team of caregivers would provide me with the same type of experience.

“As a patient, I felt their caring manner as they welcomed my sister-in-law to stay with me. I appreciated the privacy of the individual rooms while waiting for surgery and the one-on-one personal attention I received from my nurse, anesthesiologist and surgeon. They truly work

as a cohesive team. I was in the best of hands.”

Facteau’s surgery went flawlessly and she was back to her normal duties within days. “I was amazed at how quickly I could get back to my yard work,” she said. “I feel blessed to have had my surgery at Providence Hood River. They took extraordinary care of me, both physically and emotionally.”

Today, you’ll find Facteau back at the surgery information desk offering the same comfort and support she received as a patient. “It takes a whole team to make it happen,” she said with a smile. “I’m proud to be a part of this one.”

Obstetrics/Gynecology

Elaine Adsit, M.D. 541-387-8940
George Bailey, M.D. 541-387-6464
Charlie Chambers, M.D. 541-387-6464
Laurel Robinson, M.D. 541-387-6464
Robin Henson, M.D. 541-387-8940

Pain Management

Trey Rigert, M.D. 541-386-9500
David Russo, D.O. 541-386-9500
Adam Soll, M.D. 541-386-9500

Pediatric Dentistry

J. Kyle House, D.D.S. 541-387-8688
Steven Wohlford, D.M.D. .. 541-387-8688

Podiatry

Stacy Atherton, D.P.M. 541-386-1006
John Belknap, D.P.M. 541-386-1006
Neil Washington, D.P.M. ... 541-386-1006

Urology

Michael Saltzman, M.D. 541-387-6125

Hope, help and determination

"It is possible, at age 85, to get a new life. My advice is, just go for it and get the help you need!"

*- Bud Harvey
Providence patient*

After a busy career owning a company in Hood River and many years of volunteer service to Westside Fire District, Bud Harvey retired to an active life at Providence Down Manor.

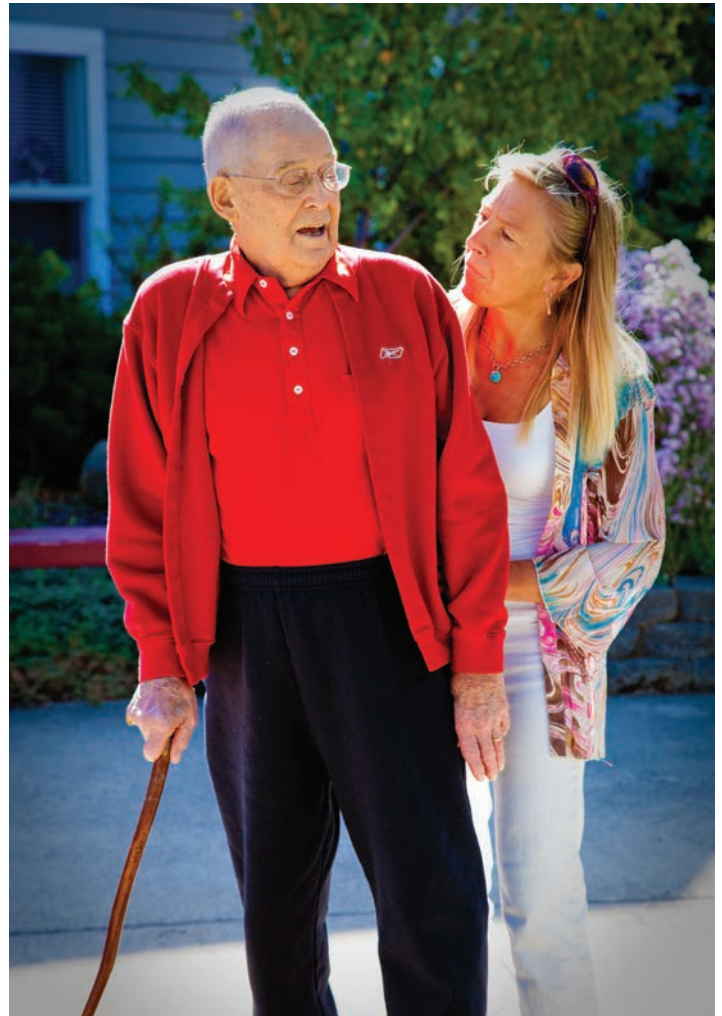
Harvey was the picture of health until age 84 when things took a turn. Diagnosed with congestive heart failure, he received lifesaving open heart surgery at Providence Portland Medical Center. After surgery, his heart was in fine shape, but his kidneys and lungs began to fail. He started weekly dialysis at Providence Hood River. He suffered a stroke, became bedridden and was moved to a nursing home. "All I could do was bat my eyes," Harvey said. "I had been working and was active until I became completely paralyzed. Mentally I was all there, but physically I was only 5 percent."

Tonya DeHart, a certified nursing assistant, took over Harvey's care at her foster care home in Hood River. "When Harvey moved in, he was on dialysis, and the only way to get him out of bed was with a Hoyer lift because he was totally immobilized," DeHart said. "His choices were to die or to get better. My goal was getting him strong enough to return home."

Working with Harvey's physician, James Pennington, M.D., DeHart called in Providence Home Health Services to help Harvey heal. A team of occupational therapists, physical therapists, nurses and aides kicked into gear. "They were like a swarm of bees," DeHart said. "Bud was now surrounded by enthusiastic caregivers working with him daily to tackle his numerous health challenges."



Occupational therapist Alison Betzing helped Harvey regain his independence and said his determination made all the difference in his remarkable recovery.



Providence physical therapist Heidi Engbersen helped Harvey walk again.

"I never had heard of home health before," said Harvey. "All I wanted to do was get out of bed and go to the bathroom by myself, yet those were my biggest hurdles."

The team, including DeHart, Providence nurses and dieticians, improved Harvey's diet and medicine regime, and over time his vitality returned. To his surprise, Harvey was able to stop dialysis treatment. "We were thrilled," he said with a smile.

Alison Betzing, a Providence occupational therapist, worked to transition Harvey from bedridden to mobile. "At first, he was assisted 100 percent of the time with the lift. And then one day I came in and he was sitting in a wheelchair," DeHart smiled. "It was very exciting to watch him progress so quickly."

Betzing also brought in home health equipment to outfit Harvey's rooms and retrained him to help him meet his goal of solo bathroom visits.

Community benefits

Physical therapists took on the challenge of getting Harvey walking again. He moved from a wheelchair to a rolling walker, then a cane. “They taught me to walk again,” Harvey said. “They gave me back my life.”

After two months of intensive care by the team at DeHart’s home, Harvey was able to walk and resume his independent retired life at Providence Down Manor. He’s back doing puzzles with his wife and other residents.

Recently, Harvey and his wife Vada held a reunion for his home health care givers. It was a joyous occasion. “I am so grateful to all of you,” Harvey said, with tears in his eyes. “If it wasn’t for you, I wouldn’t be here.” Betzing spoke up for the team. “We love you,



Bud’s care team reunion. Left to right: Dawn Rankin, Heidi Engbersen, Alison Betzing, Harvey and his wife, Vada, Tonya DeHart. Not pictured: James Pennington, M.D., Amy Graham, R.N. and Alison Fits, R.N.

Bud. Your determination made all of this possible. You are an inspiration.” Betzing continued, “Bud followed everything we said and he did this all himself. Now he wants to inspire others to get up and walk. That is our hope – that others will see his story and see that it can be done.”

“It is possible at age 85 to get a new life,” Harvey said. “My advice is, just go for it and get the help you need!”

For information about Providence Home Health, call 541-387-6339.

Providence Health & Services

Giving back to Oregon communities
2008 community benefits:

\$166 million

Increased \$20.3 million from 2007

Providence Hood River

Giving back to Columbia Gorge communities
2008 community benefits:

\$4.1 million

Increased \$800,000 from 2007

2008 Providence Hood River community benefits

Free medical care	\$2,602,000
Health services for underserved patients	\$860,750
Oregon Health Plan and other government-sponsored medical care	\$174,000
Medical education and research	\$37,500
Community health and wellness	\$106,000
Grants and donations	\$333,000
Total	\$4,113,250

Examples of Gorge community contributions:

2008 Providence Hood River community benefits

Community health education	\$73,863
Blood borne pathogen training Diabetes clinic and diabetes education training Free or low-cost health education classes	
Community based clinical services	\$764,502
Free or low-cost pharmacy service for underinsured, uninsured patients Free services provided by Providence Mobile Health Unit Treatment for children suffering from debilitating orthodontia problems	
Health care support services	\$46,194
Sunshine Club – respite care for Alzheimer’s patients Free lab exams and prescriptions for underinsured, uninsured patients The Next Door, Inc.	
Columbia Gorge Community College nursing program	\$95,607
Annual nursing program donation Hospital internship program to enhance student skills	
Cash donations to Gorge community organizations	\$167,195
American Diabetes Association American Cancer Society Big Brothers, Big Sisters City of Cascade Locks fire and emergency medical service City of Hood River fire and emergency medical service FISH Food Bank Health care career scholarships for Gorge youth Heart of Hospice and Hospice of the Gorge Helping Hands Against Violence Hood River County Chamber of Commerce Hood River County Community Education programs Hood River County School/County Health nursing program Hood River Lions Club Hood River Little League Hood River Rotary Hood River Valley High School athletic trainer program Soroptomist Club The Next Door’s HAPA program	
In-kind donations	\$92,031
College of Pharmacy student training Free taxi or bus service for patients in need Providence Mountain Clinic free first aid	
Community building activities	\$62,977
Emergency voucher program Faith in Action community caregivers	

Healthy bodies, healthy minds

At Providence, you can find what you need to achieve wellness at every stage of life. Enjoy a variety of classes and educational forums that are open to the community. Classes include child birth, diabetes education, nutrition, smoking cessation and many more. For more information, a complete list of classes with dates and times, or to register, visit www.providence.org/hoodriver.

A good night's sleep

Many people suffer from a sleep disorder without knowing it. The negative side effects of untreated sleep disorders can wreak havoc on our quality of life and health. Common sleep disorders and treatment options will be reviewed. Participants will tour the sleep clinic.

Choose from these course dates:

6 p.m. to 7:30 p.m.

Jan. 14, Feb. 11, March 11, April 8

Providence Hood River Education Center

Fee: free

To register, call 541-386-2055.

Diabetes education class

Whether you have a new diagnosis of diabetes or have been dealing with it for some time, Providence offers patients and their families information and support. Each month, a series of four classes is offered, each having the same topics.

9:30 a.m. to noon, Jan. 12, 14, 19

1 p.m. to 3:30 p.m., Feb. 9, 11, 16

9 a.m. to 11:30 a.m., March 9, 11, 16

5:30 p.m. to 8 p.m., April 13, 15, 20

Providence Hood River Health Services Building

Registration is required and insurance often covers the cost. Scholarships are available. A referral by your health care provider is required.

To register, call 541-387-6381.

Smoking cessation series

This Providence pharmacist-assisted smoking cessation series is designed to help you quit smoking for good and is based on the American Lung Association's "Freedom from Smoking" course. A pharmacist will assess your need for medication. Smoking cessation medications and class materials are provided at no additional cost. Pre-registration is required two weeks in advance and class size is limited to 10 people.

Session 1: 5:30 p.m. to 7 p.m.

Jan. 20, 25, 26, 27, 28, Feb. 3, 10, 17, 24

March 3, 10

Session 2: 5:30 p.m. to 7 p.m.

March 24, 29, 30, 31, April 1, 7, 14, 21, 28

May 5, 12

Providence Hood River Education Center

Fee: \$250

This 11-session series requires each participant to have a primary care physician to receive medications. Insurance often covers course expense. To register, call 541-386-2055.

Faith In Action Providence Community Caregivers volunteer training

Volunteer to help your neighbors with long-term health needs maintain their independence. *Faith in Action* serves Hood River and Klickitat counties. Volunteers provide assistance with household chores, transportation, shopping and more. Attend any one of the following sessions.

5:15 p.m. to 7:30 p.m.

Jan. 26, Feb. 23, March 23, April 20, May 18,

June 29

Providence Hood River Education Center

Fee: free, includes a light dinner

To register, call 541-386-2055 or e-mail

jill.rowland@providence.org.

Take a moment for your heart – heartwise living class and cooking demonstration

Join Xiaoyan Huang, M.D., cardiologist from Providence Heart and Vascular Institute, Providence Hood River Memorial Hospital and The Oregon Clinic to learn more about heart disease and how it can be prevented. And enjoy a presentation on "cooking for the heart," a cooking demonstration, taste test of heart healthy food samples and recipe sharing.

Providence Hood River Education Center

5:30 p.m. to 7 p.m., Feb. 3

Fee: free

To register, call 541-386-2055.

Ready, set, go: disaster prep and evacuations made easy

In a quick and fascinating session, learn what you can do to help yourself, your family and your neighborhood if faced with a disaster. Two Gorge-based federal disaster responders, who recently returned from the Samoa earthquake response, will share photos and stories. In addition, a certified community emergency response team manager will share new lessons learned while evacuating the Mosier fire.

5:30 p.m. to 7 p.m., Feb. 9

Providence Hood River Education Center

Fee: free

To register, call 541-386-2055.

Alzheimer's forum

Whether you have had a recent diagnosis, are caring for a loved one or just want to learn more about Alzheimer's disease, this forum is for you. It will feature an award-winning HBO film with

tips on how to cope with the disease. A panel will include local residents who have experienced the disease first hand as caregivers, family members or clinicians, and also staff from Providence Hood River Memorial Hospital, and Providence Down and Brookside manors. Appetizers will be served.

6 p.m., April 14

Providence Down Manor

1950 Sterling Place, Hood River

Fee: free

To register, call 541-386-2055.

Family Birth Center talk and tour

You and your birth partner will receive a short presentation about our services, followed by a tour of our Family Birth Center.

10:30 a.m. to noon, March 6

10:30 a.m. to noon, May 22

Preparing for the birth of your baby

Prepare for the birth of your baby and learn effective strategies for labor and delivery. Through lecture, active participation and group discussion, you will gain education and confidence for this life-changing experience. This six-week series also includes classes on breastfeeding and newborn care.

Six-session beginner courses are held:

6 p.m. to 8:30 p.m.

Feb. 8, 15, 22

March 1, 8, 15

6 p.m. to 8:30 p.m.

April 19, 26

May 3, 10, 17, 24

Child birth preparation weekend course

This class provides condensed but valuable tools for a positive birth experience, such as labor variations, comfort techniques, breastfeeding and what to expect after the birth of your baby.

Condensed weekend courses are held:

6 p.m. to 8:30 p.m., Jan. 22

9 a.m. to 4 p.m., Jan. 23

6 p.m. to 8:30 p.m., April 9

9 a.m. to 4 p.m., April 10

6 p.m. to 8:30 p.m., June 25

9 a.m. to 4 p.m., June 26

For more information on registration, fees and location, please contact the Family Birth Center at 541-387-6344.



Celebrating the art of giving back

2009 Hearts of Gold winners (left to right) Mike Schend, Bruce Burton, D.M.D., Jeff Kopecky, C.R.N.A.



The 2009 Hearts of Gold Gala drew more than 200 guests to celebrate health and healing in Gorge communities and to support early cancer detection programs at Providence Hood River Memorial Hospital.

Three Hearts of Gold winners were recognized for exceptional community spirit: dentist Bruce Burton, D.M.D., Providence Hood River nurse anesthetist Jeff Kopecky, C.R.N.A., and community member Mike Schend.

The annual gala event supports Providence Hood River Memorial Hospital Foundation's *The One Campaign*. Net proceeds exceeded \$65,000 and will support the addition of digital

mammography to the hospital's new women's imaging center and free cancer screenings for the uninsured and underinsured.

The hospital foundation's goal is to raise \$3.5 million dollars to support the hospital's renovation, enhanced clinician education programs and care for the uninsured of Hood River County.



The tonsil twins

This Halloween, a pair of caped crusaders - identical twins Alessandro and Andres Montufar, dressed as Batman and Superman, respectively - received back-to-back tonsillectomies at Providence Hood River Memorial Hospital's newly expanded surgery center. They returned home within a few hours of the procedures. With the addition of 18 new private surgery patient rooms at Providence Hood River, the Montufar family enjoyed family time together, watching cartoons before, during and after the youngsters' surgeries. Children are shuttled throughout the hospital in red wagons. These popular red wagons were donated by a community member through the Providence Hood River Memorial Hospital Foundation.

Maria and Paulo Montufar with their children, Alessandro, Andres and Natalie, the children's grandparents Gary and Noretta Hornbeck, and Providence surgery nurse Julie Engle, R.N., are all smiles after the twins' surgery.

Foundation At A Glance

Providence Hood River Memorial Foundation giving report

April through August, 2009

Assisted Living

Rebecca Bloomdahl
Phyllis Bowers
Donna Davis
Jamie Hanshaw

Building and Equipment

Alice's Orchard & Fruit Stand
Barbara Ayers
Charles & Barbara Beardsley
Rachel Blouin
Catherine Bourgault
Michael Brinster
Jane & Bruce Burke
Alan Cady
Lisa Cantrell-Miller
Jenny Clark
Jeff Cocklin
Dr. James & Leslie Cogswell
Isabelle Doroski
Debi Douglas
Dr. and Mrs. John Durkan
Rachel Ellis
Ty & Karin Erickson
Karen Estes
Mr. & Mrs. Ray Ferns
Catrina Fontino
Eileen Fordonski
Dr. & Mrs. John Garcia
Mr. & Mrs. Leopold Gauvin
Mr. & Mrs. William Gildehaus
Mr. & Mrs. Joe Guenther
Jamie Guth
Ron & Marg Guth
Janet Hamer
Jamie Hanshaw
Dale Hewitt
Janice Hogan
Hood River Emergency Physicians, LLC
Deanna Hulet
Joanne Johnson
Tim & Karn Jones
Robert Jung
Lori Kirkwood
Anita Kramer
Duane & Claire Laurelton
Amancay Maahs
Erika & Felipe Magana
Elizabeth Martin
Dr. & Mrs. Rich Martin
Carolyn Matherly
Lisa Mauroni
Pat McCall
Mr. & Mrs. David Meriwether
Mr. & Mrs. Bruce Morris
Glenna Murphy
Karen Neitzel & Jim Ealer
Mr. & Mrs. Peter W. Nelson
Annette Osborne
John Phillips
Mr. & Mrs. James Ralph

Patrick & Becci Rawson
Ron & Charlene Rivers
Jill Rowland
Bruce Ruttenburg
Steven Sandlin
Mr. & Mrs. Ben Sheppard
Craig & Jean Sheppard
W. O. & Virginia Sheppard
Brian Smith
Mr. & Mrs. Richard Smith
Dr. Shelly Smith
Julie Stephens
Mary Stiller
Susan & Robert Stone
Nori Suguro
Lynn Sutton
Mr. & Mrs. Ken Tamura
Mr. & Mrs. George Thomas
Meagan Thomsen
Jan & Scott Thomson
Sareni Torres
Annie Upton
Ron & Marlene Van Metre
Jeanie & Greg Vieira
Gary Webster
Mr. & Mrs. Farris Allen
Brenda Whitaker
Lori White
Rena Whittaker
Shannon Willis
Debbie Wise
Maija & Philip Yasui
Barbara & Gary Young
In Memory Of...
Tom Brazille
Patricia Alabe
Jay Bryant
Beverly Bryant
Jeanne & Terri Jeanne Lundin
Cpl. James Edward Lundin
Duane & Claire Laurelton
Ray Sato
Columbia Gorge Fruit Growers

Cardiac Rehabilitation

Laney Gale
Mr. & Mrs. Patrick Graham

Chaplain's Employee Emergency Fund - Pastoral Care

Mayra Judd
Mr. & Mrs. Cory Krizman
Margaret Mahaffey
Nikki Mathis
Janine Oppenheimer
Eula Oswald
Jennifer & Randy Price
Judy Etzel Samples
Brenda Whitaker

Charity Care

Walter Baumann
Cocoa Norton
Mr. & Mrs. Mark Waters
Lori White

Child Loss - Perinatal Child Loss Grief for Families

In Memory Of...
Matti Oaks Erickson
Alice Facteau
Gayle Bronson Gray
Mr. & Mrs. Tom Hanenburg
Janice Hogan
Mr. & Mrs. David Meriwether
Schwab Charitable Fund
John Schwartz
Mr. & Mrs. Terry Smith
Mr. & Mrs. Mark Thomas
Dr. & Mrs. Stephen Vogt
Karen Weylandt
Rena Whittaker

Community Outreach

Alice's Orchard & Fruit Stand
Dick Andersen
Andersen Construction Company
Mr. & Mrs. John Arens
Fiona Arrigo
Aaron Asai
Barbara Ayers
Mr. & Mrs. Erik Bailey
Aimee Baumgarten
Steve & Mary Sue Benton
Steve Benton
Mr. & Mrs. Marc Betts
Steve Beyer
Steve Bickford
Chuck Blomquist
Amy Bloodworth
Rachel Blouin
Michael Borrego
Mr. & Mrs. Seth Bradley
Sami Bradshaw
Philip Brady & Patricia Evenson-Brady
Barney Brennan & Autumn Woods
Cynthia Brockelsby
Jane & Bruce Burke
Bruce Burton, D.M.D. PC
Alan Cady
Jane Camero
Renee Carl
Patricia Carter
Carlos Garrido & Maria Elena Castro
Centerpointe Community Bank
Chamberlin Distributing Company, Inc.
Elizabeth & Charles Chambers
Mr. & Mrs. Scott Chambers
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Mr. & Mrs. Jim Clair
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For information on how you can support current needs for Providence Hood River Memorial Hospital, call the foundation office at 541-387-6474 or visit us at www.providence.org/hoodriver.



Providence Hood River

PO Box 149
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Clean hands are important

Clean hands are important

Clean hands help stop infections, colds and flu. Wash with soap and water or use gel and scrub your hands for 15 seconds. Do this often during the day.

Soap and water cleaning

If hands are visibly dirty, wash your hands with soap and water:

- Wet your hands with a nickel-sized amount of soap warm water.
- Rub your hands together for at least 15 seconds.
- Scrub your wrists, between your fingers and under your fingernails.
- Rinse your hands well under running water and dry with a paper towel or hand dryer.

Gel cleaning

If hands are not visibly dirty and you don't have access to a sink, use gel for routine cleaning:

- Follow directions on the bottle for how much gel to use.
- Rub your hands together for at least 15 seconds.
- Scrub your wrists, between your fingers and under your fingernails.
- Do not rinse your hands with water or dry with a towel.

Remind others to clean their hands.

Remind your family and friends. You also can remind your health care providers; they will welcome your friendly reminder. Do not hesitate to ask people to clean their hands.

Find more health information online at www.providence.org/healthinformation.

Providence Health & Services, a not-for-profit health system, is an equal opportunity organization in the provision of health care services and employment opportunities.

Don't spread germs around.



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