



Partner. Neighbor. Friend. 2009 ANNUAL REPORT







# From the Chair

In tough economic times, it's common for those on a budget to tighten their belts so to speak. It's just as true for businesses as it is for individuals and families.

The Salem Hospital Foundation is in the unique position of being in two places at once. We too have felt the effects of the economy. Yet, at the same time, our mission — our reason for being — is to help the hospital and community we serve. When others feel the economic pinch, that's when we're needed most. This requires we be extra prudent with our funds, so our well doesn't dry up at the same time our partners are thirsty.

While it may seem boastful to talk about contributions the Foundation made in 2009, it affirms we're doing what we've been created to do. And we're thankful to have your support in making it happen, and making it happen year after year, both in hard as well as fruitful economic times.

You'll read in this report how the Foundation partners with the hospital to improve patient care. You'll learn how we help financially strapped individuals pay for school that will eventually lead to quality healthcare providers. You'll discover how we fund hospital staff who go into the community and implement programs that create healthy lifestyles.

The bottom line — investments we continue to make each year are calibrated for an important return. Those returns mean a healthier, happier, more prosperous community.

Economists and financial planners tell us there is a crucial balance between investment and savings. You can be sure the Salem Hospital Foundation is planted firmly in both camps. And it's because of you, our community donors; our partners, neighbors and friends, that we are able to succeed even in these tough economic times.

Tim Abrahamson, Chair
Salem Hospital Foundation Board of Directors



# From the Chair

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# Get Fit Salem

Imagine being 10 years old, sluggish and out of shape, being able to proudly declare: "This program changed my life." "I'm enjoying exercise for the first time." And "I'm spending more time playing basketball with my family."

Those statements came from three of 1,660 students who took part in the Salem Hospital Foundation-funded *Get Fit Salem* program last year. A \$27,000 grant from the Foundation provided pedometers and journals for fifth graders in local Title 1 schools.

"Many districts have been forced to reduce or cut their PE programs due to budget constraints," said Ronnie Meisenheimer, a Keizer Elementary School PE teacher. "This makes it difficult for students to get the recommended 150 minutes of moderate to vigorous physical activity each school week."

The 12-week *Get Fit* program, coordinated through the hospital's Community Health Education Center (CHEC), coached students on increasing activity and improving their diet. But it can also impact other areas of students' lives.

"Oregon's quest to drive academics has taken its toll on fitness," said Marigay Schoop, lead PE teacher for the Salem-Keizer School District. "Getting blood to the brain is a significant factor in brain activity and learning."

According to Oregon's Department of Human Services, 25 percent of eighth graders are at risk of obesity. Between 2001 and 2007, the

percentage of overweight or obese children in eighth and 11th grade increased 17 and 13 percent respectively.

"The fifth grade is a perfect time to introduce the *Get Fit* concepts," said Alicia Polston, a health education specialist at the CHEC. "What kids learn in this program will hopefully lead to better choices and good habits in middle school, and for the rest of their lives."

Each child received a *Get Fit* workbook that included not only a place to track their daily "steps," but also a place to list the fruits and vegetables they ate.

"The nutrition side of the program was just as important as the fitness side," said Matt Drahn, the hospital's employee fitness and wellness coordinator. "Our goal was to change the mindset ... this isn't a diet, it's a series of small changes that make up life changes."

When asked if leading the *Get Fit* program had any impact on her life, Meisenheimer said, "I'm more apt to keep moving because I've seen the motivation and benefits with my students. I know every step leads to increased fitness."

While the program is called *Get Fit*, and will surely start kids on the road to better health, it may also lead to better classroom behavior, and maybe even a heightened interest in academics, too.

# "...small changes ... make up life changes."

- Matt Drahn, Salem Hospital Fitness & Wellness Coordinator





# **Year-End Wrap Up**

# **Palliative Care**

Barbara was a little frustrated. Her cancer responded to surgery and chemotherapy. However, side effects kept her coming back to the hospital. She received lots of advice from many different people, and that was confusing.

To pull all the pieces of the puzzle together, Barbara's oncologist referred her to the hospital's palliative care team.

Palliative care is a medical specialty that helps seriously ill patients find relief

from the symptoms of their disease.
The care teams include physicians,
nurses, social workers and chaplains,
with support from dietitians,
physical therapists, pharmacists and
complimentary medicine practitioners.
Together they help patients and families
sort through the maze of information.
Initially, Salem Health's palliative care program

will see patients through the Salem Cancer Institute.

"When I was in the hospital, so many people came in my room who wanted to help." said Barbara. "They took such good care of me, and gave my family and I excellent resource materials."

An \$84,000 grant from the Salem Hospital Foundation is funding a clinical nurse educator for the program, as well as providing materials that give patients and families new ideas for managing serious chronic illnesses.

"For Salem Hospital to be able to offer palliative care services to our community, the assistance provided by the Salem Hospital Foundation has been absolutely essential. Without their support, this service may not have become a reality," said Becky Ruppert, RN, MS, palliative care nurse. "Palliative care changes lives of patients and families for the better, and the Foundation has made that happen." To learn more about the palliative care program, call the hospital at 503-561-3133.

"Palliative care changes lives of patients and families for the better, and the Foundation has made that happen."

- Becky Ruppert, RN, MS, Salem Hospital



# By the Numbers

Since opening last October, thousands of people have counted on finding accurate health information from the hospital's new Community Health Education Center (CHEC).

Thanks to the generous support from our many donors, the Foundation raised \$4.1 million to create the CHEC.

The Health Education Center is located on the hospital campus in Building D (the Family Birth Center). For more information about the CHEC, visit *salemhospital.org/chec* or call 503-814-2432.

# New Ultrasound Equipment

Keeping pace with today's technology is a challenge. But thanks to support from the Salem Hospital Foundation, pregnant mothers who may have complications now have access to a new ultrasound machine. This machine gives care providers a clear picture of the fetus, and allows them to do diagnostic work-ups, testing and even surgery before birth if necessary to care for the unborn child.

Clear pictures of what is happening to the fetus before delivery helps the health care team plan and care for mother and child.

The Foundation provided \$75,000 toward the \$250,000 purchase of the premium ultrasound machine.



# A Lifetime of Learning

She's gone back to college, joined the local volunteer fire department, loves her career path – medicine – and is head over heels about being a wife and mother of four. Listening to Amanda talk, you can hear that she's passionate about many things.

As a second-year recipient of the Salem Hospital Foundation's Emmons Nursing Scholarship, Amanda is attending Linfield College's School of Nursing in Portland.

"The Foundation scholarship award has been huge for us," said Amanda. "My husband works full time, and he and my sister and dad help tremendously with the kids. Having financial support relieves me of some worries," said Amanda.

"I wanted more responsibility ... to be involved more in patient's lives."

– Amanda Beyer

Before deciding to go back to college, Amanda worked as a certified medical assistant at Salem Clinic for seven years. But she wanted to do more with her passion to enrich lives. "I wanted more responsibility ... to be involved more in patient's lives," she said.

She joined the Mt. Angel Volunteer Fire Department to get more trauma care experience, which "helps me think of diagnoses from a holistic perspective, not just a list of unrelated vital signs," she said.

Mark Fischl, M.D., who supervised Amanda while she worked at Salem Clinic, recalled an instance where Amanda took the meaning of being involved in a patient's life to a new level.

An elderly patient was telling Dr. Fischl how much he missed eating red meat because his wife wasn't able to cook anymore.

Amanda recalled that, "My husband and I were just married, and I was thawing out prime rib we'd saved from our reception. So, I took some of it to the gentleman. His smile made all the hard things I do worthwhile," she said.

With 18 months of nursing school left, Amanda's already thinking about the kind of care she'd like to practice.

"People who are sick are emotionally as well as physically hurting. If I can support patients in their emotional health, their physical health will improve even faster," she said. "Getting to treat and educate people every day, I wake up each morning wanting to go to school and work."



# Counting on Employee Support

Joanne Vietty, physical therapist, worked at Salem Hospital for 31 years in various inpatient and outpatient rehabilitation areas before retiring in December of 2009. She is enjoying spending more time with her grandchildren, and looking forward to exploring other parts of the world including places like England, Australia and Italy.

Why do you support the Salem Hospital Foundation?

I have so much to be thankful for, and I feel it's important to give back especially in these times when there are so many needs to be met. I realize that working for the hospital and doing my best in terms of my job is one way to give, but I also want to be supportive of a variety of programs and services, and a wonderful way to do that is through the Foundation. The Foundation knows about the needs of different hospital programs and services, so by giving to the Foundation, I know that my gifts will be put to

What do you hope to accomplish with your gifts?

Although I make my contributions to Where the Need is Greatest, when I see all the incredible programs, services and equipment that the Foundation has supported for the benefit of hospital patients, I feel I've played a small role in that support. For instance, the Foundation funded a NuStep machine that at the time was a state-of-the-art piece of equipment

good use helping someone, somewhere, that I may not even know about.

for patients undergoing physical rehabilitation on their legs. Another example is Easy Street. The Foundation funded part of this replica of a city street that includes a grocery store, curbs, a car, and kitchen that staff at the regional rehabilitation center use with patients on an ongoing basis to practice activities of daily living that help patients regain their independence in performing everyday tasks.

What message do you have for employees considering making a gift to the Foundation?

I would encourage everyone to give what they can. Monthly payroll deductions are such an easy way to give throughout the year, unlike a larger one-time gift which can seem unmanageable. Certainly, in this time that has been so difficult for so many, giving a small amount really makes a difference, and adds up over time. Wonderful things can be accomplished if everyone just takes a moment and does what they can to help others.

"...by giving to the Foundation, I know my gifts will be put to good use helping someone..."

– Joanne Vietty







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NEVER DOUBT THAT A SMALL

GROUP OF THOUGHTFUL, COMMITTED

CITIZENS CAN CHANGE THE WORLD.

INDEED, IT IS THE ONLY THING

THAT EVER HAS.

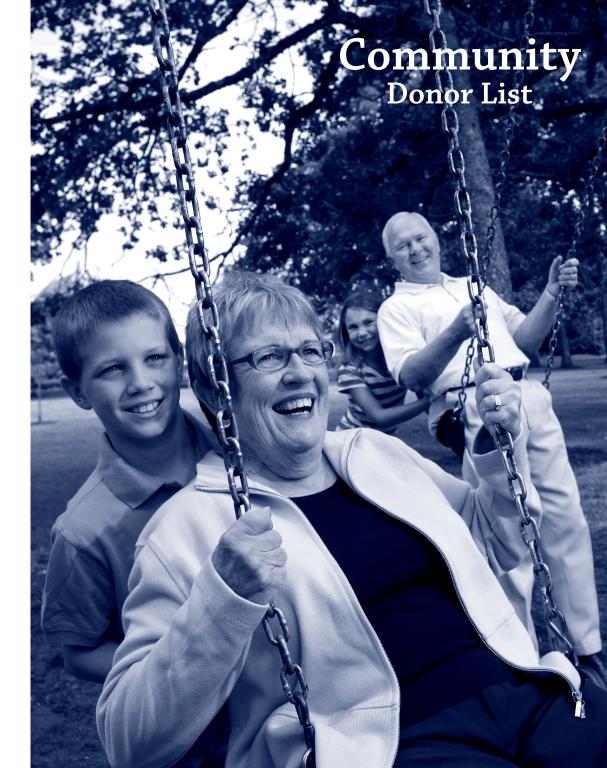
Margaret Mead

When you give to the Salem Hospital

Foundation, you help provide

equipment, programs and services that

impact the health of our community.



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## 1896 Society

Coleen Frantz

Marshall & Bette Franz

In honor of the year Salem Hospital opened its doors to the community, the 1896 Society was created to recognize the commitment of individuals who have made planned gifts to the Salem Hospital Foundation, regardless of the amount.

Planned gifts can take many forms, including a bequest in a will, a life income gift (charitable gift annuity, charitable remainder trust), or some other arrangement.

**Judy Mouery** 

Mountain Glass

Kristen Myers

If you have already made provisions that would qualify you to be a member of the 1896 Society, please call the Foundation staff and let us know so that we may properly thank you for your generosity and commitment to the health of our community.

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This list reflects gifts made between January 1 and December 31, 2009.

#### Tribute Gifts

#### **Bailey Physician Scholarship**

In honor of Mary Bailey Goodell LTC & Mrs. Craig Webb

#### Cancer

In memory of William H. Burrell Jr. Kelly & Pete Yunker

In memory of Lattimer "Ladd" Chambers Ralph & Mary Jane Grieve

In memory of Joanne Collings Luz M. Hesley

In memory of Gary Curry Kristi Ryan

In memory of Carl Dallas Mrs. Margaret S. Dallas

In memory of Daisy Gardner Lynn & Joan Spencer

In memory of Maurie Greenstein Mrs. Sharon Greenstein

In memory of Ralph Hammack Mrs. Bettye Hammack

In memory of Robert Warren Hendrick

Robert & Virginia Baxley Jack & Lilv Gibson Anna Marie & Donald Graham Jr. Bill & Janice Hendrick Sue Hendrick Joyce Kline

Mr. & Mrs. Ron McKee Dr. & Mrs. Larry Over Lois Parrish

Mrs. Helen Petrie Santiam Women's Golf

In memory of Peggy Hill

Oregon State University

Extension Study Group

In memory of Delbert LeRoy

Sherryll & William Hoar

Johnson

In the name of Dutch Sealev Association 18 Hole Club Mr. & Mrs. Gordon Sexton Diane Stepan

In memory of Maureen Windedahl Mr. & Mrs. Bob Furer

# Scholarship

Ken & Donna Baker

In honor of Marilyn Kirk Joe & Elizabeth McCormick

In memory of Julie Kirkpatrick Drs. Ryan & Michelle Kirkpatrick

In memory of Sharon Lee John & Ann Dobrinin

In memory of Alyssa Malchow AA Sports, LTD. Karla Burgess Diagnostic Imaging Assoc, Inc. Friends of Alyssa Malchow Hasson Company Realtors, Portland West Office Michael & Lvnn Keefe

La Margarita Kati McCrae Keri Moore

Orchard Heights Winery Pacific Residential Mortgage, West Portland Branch

Portland Fire Chiefs Association Portland Police Association Silverton Flower Shop

Detective Julie Smith Charlotte Stevenson

Michael & Jeanne Stevenson Joe Stoddard

Ron Vachter Ed White

In memory of Dr. Robert McNaughton Mr. & Mrs. John Knott

In memory of Shari Roe Floyd Roe

In memory of James R. Ryan Kristi Ryan

Ladies of the Keizer Elks #2472

# **Carter Employee Nursing**

In honor of Susan Christensen

#### Clinical Excellence

In honor of Cheryl Wolfe Susan & Dan Christensen Debbie Goodwin

#### **Community Health Education Center**

In memory of Bill Burrell Kelly & Pete Yunker

In memory of John, Reva, Alton, Dave & Larry Chamberlain Mr. & Mrs. Ellis Sanders

In memory of Ned Clark Dr. & Mrs. Thomas Carev

In memory of Dr. Charles Gray Mrs. Thelma Ross

In honor of Dr. Bud Pierce Kelly & Tim Bellinger

In memory of Dr. George "Jim" Schunk

Mrs. Thelma Ross

#### deMarrais Nursing Scholarship

In memory of Kathy deMarrais Dr. & Mrs. William Bonniksen

#### Diabetes

For Greg's Diabetes Keith Burbidge

In memory of Anita Stauss Eldon & Molly Johns

In honor of Rick Yurk's 50th Birthday Lindsay & Sherri Partridge

#### **Employee Recognition**

In memory of Sam Haley In memory of James Noland & Irene Krattehol Noland In memory of John Paulus Dr. George Squire

#### Clara Graham Fund for Cancer Patients in Need

In memory of Dr. Paul Kucera Kellie & Francis Lombardi

In honor of Darren & Ruth Volbeda's Wedding Denise Bochsler Carl & Geraldine Buchholz Michael & Marisa Demasi Yvonne Good James GrosJacques Randy & Dani Lack John & Jessica Lindsay Karl & Mary Paulson Lori Pavlicek Nancy Peterson Kevin & Christine Purdy Thomas & Sharon Riedman Michele Ruby Ray & Ida Ruby Liannha Sa Linda Shafer Gary & Anne Smalley

#### **Health Sciences Library**

John & Lucvann Volbeda

Norman Steckley

Karen Ziemer

In memory of Dr. Gordon Clappison Dr. & Mrs. George Schunk

In memory of Dr. George "Jim"

Schunk Jane Anderson Dr. G. Donald Beardsley Jeanette Burwell Arthur Duraski Fred & Barbara Fosmire John & Raye Gaskin through the Schwab Charitable Fund Dr. & Mrs. Robert Goetz

Dr. Robert Jackson Kansas Department of Transportation-Bureau of Traffic Safety Dolores M. King

Terry & Joyce Kirk Dr. James Lium

Ron & Anne Lyman

Delores Myers Mary Neal Roy & Marie Scheel Dr. John Schulte Mrs. Betty Schunk Mrs. Betty Settecase Sam Skillern Jr. Slater Public Schools Dr. George Squire Ted & Mimi Stang Catherine Treleaven

#### Heart

In memory of David Anderson Dr. & Mrs. Richard Brust

In memory of Dr. John Balvo William Hansen & Betty McDonald

In memory of Ida Connor Howard D. Connor

In memory of David John & Ann Dobrinin

In memory of Lois Few Katharine DeVore

In memory of Ernie Fish Mr. & Mrs. Jerry Herman

In memory of Kathy Nicholls Grimes Mr. & Mrs. Jack Strickfaden

In memory of Ruby Hamilton Gary Buyserie

Rebecca Walker Sally Zeigler

In memory of William Harper Mrs. Mary Anna Harper

In memory of Thomas Makey Gordon & Ruth Ballard

In memory of Jewell Strickfaden Slick Mr. & Mrs. Jack M. Strickfaden

In memory of Virgil Six Orville & Della Hatfield Marilyn Pates Bill & Reta Siefken Mrs. Doris Six

In memory of Pat Smith Salem Hospital Radiation Oncology Employees

#### Home Care

In appreciation of the Home Care Staff Mr. & Mrs. John McMillan

#### **Judy Manselle Nursing** Education

In memory of Sam Haley Ted & Mimi Stang

In memory of Marjorie McBride Harold Jensen

In memory of Morrie Saffron Richard & Roxanne Allen Dr. & Mrs. Thomas Bailey Braka Industries, Inc. Mr. & Mrs. Douglas Chambers Russ & Marilyn Chandler Clyde's Key Lock & Safe Service, Inc. Merri Lynn & Sid Coleman

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Mr. & Mrs. Oscar Specht Ted & Mimi Stang

Mr. & Mrs. Jack Strickfaden

#### Tribute Gifts continued

#### **Oncology Nursing Unit**

*In memory of Tom Ostrin* Mr. & Mrs. Carl Ostrin

#### Pastoral Care

In honor of Barry Heath Ken & Donna Baker

*In memory of Father Bill Steinberg*Barbara Steinberg

In memory of Alan Wright Molly Wright

#### Pediatrics, OB & Infant ICU

In memory of Fritz Boost Dr. & Mrs. Dan A. Sewell

In memory of Howard & Charlotte Pownall Terri Douglass

In memory of Lois L. Rands Dr. & Mrs. Dan A. Sewell

In memory of Dr. John Schulte Dr. & Mrs. Robert Goetz Carla & Tim Plenk Dr. & Mrs. Dan A. Sewell

In memory of Dr. George "Jim" Schunk

Salem Pediatric Clinic, LLP Dr. & Mrs. Dan A. Sewell Glenn Weybright

In memory of Jewell Slick
Mr. & Mrs. Craig Anderson
Raymond & Patricia Browning
Joyce Carstensen
Margaret Hill
Daryl & Janell Johnson
Mike Pittman
& Pam Strickfaden

#### Laura Prince Nursing Scholarship

In honor of Mildred Atkinson's Birthday Mrs. Doris Foster Mrs. Patti Nopp

In memory of Jill Campbell
Mrs. Patti Nopp

In honor of Doris Foster's Birthday Mildred Atkinson Mrs. Patti Nopp

In memory of Florence Neavoll Mildred Atkinson

In honor of Patti Nopp's Birthday Mildred Atkinson Mrs. Doris Foster

In memory of Laura Prince
Mr. Kenneth L. Prince
Mr. & Mrs. Michael G. Prince
United Way of the ColumbiaWillamette on behalf of
Michael G. Prince

In honor of JoAnne Thearle Mildred Atkinson

In memory of Maureen Windedahl Mrs. Patti Nopp

#### Rehabilitation Medicine

In memory of Jerry Whipple Frances Jean Whipple

#### Scholarship

In memory of Jess Gregory Mary Gregory

In memory of Billie Jensen-Merwin

Woody & Jane Lovelace

In memory of Marjorie McBride Harold Jensen

In memory of J. Lawrence Richardson William Hansen & Betty

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In memory of Morrie Saffron Harold Jensen

In memory of Aileen Truax Woody & Jane Lovelace

In memory of Linda Visintainer Jeff Abraham Steve & Valerie Ambrose Philip & Maria Bawol Cheryl Booza Terri Calahan
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Carl Visintainer, J.D.
Kevin Visintainer
Gary Wierzbicki
Michael & Elizabeth Wilder
Virginia Worley
Mary Wright

In memory of Sharon Vogt
Mrs. Florence Craft

Joe Yott

#### Where Need is Greatest

In memory of Dr. Phillip Andrews Anne Brown Jon & Kathryn Lamoreaux

In memory of Dr. Ed Burke William Hansen & Betty McDonald

*In memory of Larry E. Chambers* Dorothy Kilmer

In memory of Sherrel Coleman Jan & Dennis Denton *In memory of Charlotte Cooper* Dr. Robert Cooper

In memory of Pauline DeArmond Mr. & Mrs. Marvin Abeene

In memory of the Honorable
Duane R. Ertsgaard
Heltzel, Williams, Yandell, Roth,
Smith & Petersen, P.C.

In memory of Bill Foster Cynda Foster

In memory of Rozella Gephardt Cinda Jane Huffman

*In memory of Dr. Charles Gray* Dr. George Squire

*In memory of Sam Haley* Ted & Mimi Stang

In memory of Robert Warren Hendrick

The Employees of Northwest Natural Services

In memory of Mary Herd
Lee, Bill, Mike & Sherri Stortz &
Serena & Matt Stovall

In memory of Dr. Fred Holcomb
Ms. C. L. Holcomb
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In honor of Betty McDonald & Bill Hansen Meredith Russell & John McDonald

In memory of James McKeehan Moya McKeehan & Fred Harris

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In memory of Dr. Keith Robertson Mrs. Thena Palnick-Bamber

In memory of Dr. & Mrs. Keith Robertson Dr. & Mrs. Bud E. Hanzel

In memory of Lynn Robertson-Homan

Dr. & Mrs. Bud E. Hanzel

*In memory of Dr. John Ross Sr.* Mrs. Thena Palnick-Bamber

In memory of Dr. Dick Rowell Mr. & Mrs. Mark Mueller Dr. & Mrs. John E. Ross

In memory of Erma Saalfeld Mr. & Mrs. Mark Mueller Ted & Mimi Stang

*In memory of Morrie Saffron* Ted & Mimi Stang

In memory of Dr. John Schulte City View Funeral Home & Cemetery Gary & Diane Cooper Judith Daugherty Joyce & Alex Gori Daryla & David Haven Barry Hendrix Fran Kirschenbaum Elaine & Fred Newman The Employees of the Mid-Columbia River Refuges Raymond & Kathleen Peerenboom Richard & Bonnie Schaedle Mrs. Betty Schunk Ted & Mimi Stang

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In memory of Alton Tice Ronald & Susan Spears

In memory of Frances Wavra
Ted & Mimi Stang

In memory of Marie Wiggins Carole Johnson

*In memory of S. Daniel Wiles* Mr. & Mrs. Marvin Abeene

In memory of Georgia Wineland Vernon Humphreys

In memory of Kimber Wingett John & Nancy Ritter

In memory of Alan Wright
Molly Wright

In memory of Marianne Zwart
John Zwart



Partner. Neighbor. Friend.