

April 2008



The Oregon Health Care Foundation (OHCF) is the non-profit 501(c)(3) charitable organization dedicated to supporting quality long term care in Oregon. OHCF was established to provide educational opportunities for current and future employees at long term care facilities in Oregon, programs that enrich the lives of Oregon Seniors, and outreach programs to enhance the public understanding and appreciation of the long term care profession.

## Message From the Executive Director, Janel McKenna



When you talk with long term caregivers about the Oregon Health Care Foundation, they are most excited about the Senior Wish program because it enables them to fulfill the dreams of people in their care. Yet, when you talk with residents about OHCF, they are pleased to learn that there is a way they can show appreciation for their caregivers by making a gift to the Foundation that supports scholarships for continuing education. We are seeking your help to get the word out about Foundation programs in your community.

You will find that the Senior Wish program enhances staff and resident morale, highlights the positive spirit of your community among residents, their family members and friends and, importantly, prospective residents. The Senior Wish program also creates connections with area businesses and volunteer organizations that can provide valuable resources for conducting Senior Wish and other resident activities while also generating terrific word of mouth promotion of your community's positive culture. Conducting the Senior Wish program in your facility helps to enhance the perception of the long term care environment by changing the concept of "Activities" to "Opportunities for meaningful and memorable experiences for Oregon elders."

By informing your residents of the Foundation's scholarship program and how it can help caregivers further their education, you are providing them with an ideal vehicle for expressing their appreciation for those who tend to their needs everyday. Residents want to thank their caregivers and having a method of doing so contributes to their feeling of self worth and independence.

At Powell Valley Assisted Living and Memory Care, residents greeted the news that their beloved housekeeper had received an OHCF scholarship to attain a CNA with warm smiles and teary-eyed heartfelt joy. Powell Valley residents formed the *Joy of Life Club* which organizes monthly fundraisers for the Foundation in support of OHCF's scholarship program. Staff and caregivers

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## Board of Directors

OHCF appreciates the commitment and support from its diverse group of Board Members comprised of long term care profession leaders and business partners.

### **Officers:**

Terri Waldroff, OHCF Board President, CEO/Farmington Centers

Margie Murphy Carley, OHCF Board Treasurer

Rick Miller, OHCF Board Secretary, Chairman/Avamere Health Services, OHCA President

support these fundraisers to make the Senior Wish program possible for their residents.

In June, the Oregon Health Care Foundation will launch a community based awareness effort and we welcome your help by including information about the Foundation and ways to contribute in your marketing and communication materials including your monthly newsletter, promotional folders, admission and discharge packets, and monthly billing statements. The Foundation will provide these materials for your distribution. More details to follow. If you think you would like to help, please contact me directly at [jmckenna@ohca.com](mailto:jmckenna@ohca.com) or 503-726-5225.

As always, the Foundation appreciates your support.

## Scholarship Program

OHCF is proud to make a difference in the lives of those who dedicate their careers to serving Oregon's elders through its Scholarship Program.



### Business Partner Scholarship

The Foundation is pleased to announce that Consonus Healthcare Services has established an annual scholarship that will be awarded to an individual currently employed or seeking to be employed in long term care and pursuing education in one of the following disciplines: Occupational Therapist, Certified Occupational Therapy Assistant, Physical Therapist, Physical Therapy Assistant, Speech Language Pathologist, Pharmacist or Pharmacy Technician.



Up to a total of \$4,000 will be awarded in 2008. Awards may be made to one or more candidates and will be based on Education program costs. The Consonus Healthcare Services Scholarship will be awarded during the OHCF Summer Scholarship Cycle. Application deadline is June 30th.

### General Studies Scholarships

Up to twenty-five \$500 General Studies Scholarships will be awarded during the Summer Scholarship Cycle to those pursuing further education in **any field related to long term care**. Application deadline is June 30th.

### Margaret Murphy Carley (MMC) Scholarship

Application forms for the MMC Scholarship are now available for the Summer Scholarship Cycle. The MMC Scholarship of up to

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## Donors

\$1,000, depending on program costs, will be awarded to a certified nursing assistant currently working in the field of long term care and seeking an LPN, RN, advanced nursing degree, or other health care related degree program, including health administration. Application deadline is June 30th.

Click on the links above, visit the [Scholarship Program](#) page, or contact Sara McNall (503-726-5238, [smcnall@ohca.com](mailto:smcnall@ohca.com)) to access applications and learn more about opportunities available.

### Featured Scholarship Recipient

Bryan Goodin is currently enrolled in the Master of Public Health Program at PSU, specializing in Health Policy and Non-Profit Management. After graduation, he plans to pursue a PhD in Medical Sociology. Bryan works part-time for the Oregon Public Health Division in the field of adult immunizations where he runs a non-profit statewide coalition.



Thanks to the OHCF Winter Scholarship, Bryan recently completed an Advanced Grantwriting course offered as part of the Non-Profit Management Certificate. He has already put his new skills to use in several grant applications to support his favorite public health cause.

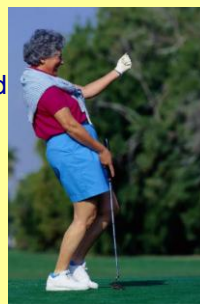
Bryan's research interests include health disparities and addressing system barriers to preventive health in underserved families. Bryan began his career in health services as an Emergency Medical Technician in New Mexico and has lived in Portland for nine years. During his time in graduate school, Bryan has also been recognized with the PABA Diversity Scholarship, the PSU Bookstore Scholarship, the Pride of the Rose Scholarship, and the Kaiser NW Leadership Scholarship.

If you have received a scholarship from the Foundation and would like to be featured in the next OHCF Newsletter, please [send us](#) information on how you've put your award to good use, your future education plans, where you are working in long term care, and a photo of yourself (at work if possible)!

## Senior Wish Program

The Senior Wish Program enriches the lives of Oregon's senior citizens living in long term care residences by making lifelong dreams a reality and building community within facilities. Visit OHCF's [Senior Wish Program](#) page to learn more.

**Learn How to Make Dreams Come True**



OHCF is grateful to those individuals and companies that support its mission.

2007-2008 leadership contributions were made by:

### **Unforgettables** **(\$50,000 plus)**

Avamere Health Services

### **(\$25,000-\$49,999)**

Marquis Companies

Pinnacle Health Care

### **Champions** **(\$10,000- \$24,999)**

Farmington Centers, Inc

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Westcare Management

Western States Land Reliance Trust

For a complete list of donors April 2007- April 2008 visit OHCF's [Honor Roll of Donors](#) page.

Financial contributions are tax-deductible under section 501(c)(3) of the IRS code.

Thank you for your support!

## Resources

[Register Now](#) for the next Senior Wish Training Session to be held at OHCF offices on May 13th!

This training session provides the model for developing Senior Wish Programs in LTC communities and inspires attendees through a motivating Senior Wish Video. Attendees come away not only excited to make wishes come true in their community, but also with the tools to make them happen.

This class is appropriate for: activity & life enrichment directors, marketing/community relations directors, administrators, nursing staff, social services directors, and family members.

This training program is underwritten by OHCF- **there is no cost to attendees**. All attendees are eligible to earn three **Continuing Education Units** for this course.

### Senior Wish Spotlight

Activities Director Susan Bowker of Marquis Care at Centennial knew she had a resident who was "Born to be Wild." 83 year old Morry Sattgast challenged Susan to come up with a more exciting activity for him to participate in. "I will never play Bingo, find some other activity for me to do!" were the words that inspired Susan to come up with something that would really spark his interest.

Morry had been riding motorcycles since age 10 and would have continued to do so for the rest of his life if the aging process and decline in his health hadn't gotten in his way. In March 2008 Morry was granted another chance to ride with help from John Cole of Wingman Enterprises along with a group of bikers from the Portland Rose City HOGS. After getting outfitted in official motorcycle gear and being transferred from his wheelchair to the bike, Morry and the gang hit the road for the ride of his life as family members, friends, and residents of his long term care community gathered for a grand send off celebration.



Susan's plan accomplished more than she had anticipated, although it was what she had hoped for. Since the motorcycle ride Morry's spirits have been lifted to the point where he now takes pleasure in socializing within his long term care community and participating in everyday activities- even Bingo!

Each month OHCF will feature an outstanding Senior Wish that has become a reality for an Oregon senior living in long term care. An outstanding Senior Wish is one that not only realizes the dream of the wishful senior, but enriches the lives of all residents living in the facility by uniting the community.

If you, or someone you know has granted an extra special Senior

Learn about the Oregon Health Care Association at [www.ohca.com](http://www.ohca.com).

Get information about OHCA's upcoming events at [www.ohca.com/events](http://www.ohca.com/events).

Explore some of the rewarding career opportunities in long term care at [www.ohca.com/workforce](http://www.ohca.com/workforce)

Join Our Mailing List!

Wish, please [contact us](#) to be featured in a future edition of the OHCF newsletter!

## Partnerships For Quality Long Term Care

### Ageing Well in Oregon Series

The Oregon Health Care Foundation is partnering with The Arthritis Foundation, the Oregon Health Care Association, and the Oregon Medical Association to present the second program of *Ageing Well in Oregon*- a series of seminars and communications among health care professionals about chronic illness management within the long term care environment.



The second program of the series will examine Arthritis awareness, including the Arthritis Foundation and the services they offer, Arthritis treatments, and the benefits of exercise:

**Date: Wednesday, April 30, 2008**

**Time: 3:00pm - 5:00pm**

**Location: Oregon Medical Foundation Education Center  
(11740 68th Pkwy- Portland, OR 97223)**

This session will include presentations by:

Andre Barkhuizen, M.D. - Portland Rheumatology Clinic, L.L.C.,  
Rheumatology and Osteoporosis

Audrey Sienkiewicz, Arthritis Program Coordinator - Oregon  
Department of Human Services

Janet Lamb, Oregon State Executive Director

This education program is underwritten by OHCF, there is no cost to attendees. Long term care professionals are eligible to earn two continuing education units.

For more information, or to reserve your seats please contact [Melodie King](#) by April 25th.

### Oregon Partnership for Prescription Assistance

The Foundation is a supporter of the Oregon Partnership for Prescription Assistance (PPA), which was developed to improve access to health services and medications for Oregonians in need.



The PPA program comprises

simplified access points for free and discounted medications via a toll-free Call Center at (888) 4PPA-NOW ([888] 477-2669) and a web-based portal for patients, caregivers and doctors at [www.pparxor.org](http://www.pparxor.org). These access points create an easy way to apply for both public and private prescription assistance and to learn about access to other health services.

Some of your residents may qualify to benefit from this program and OHCF encourages you to share this information with them.

## Support the Mission of OHCF



You are invited to support OHCF's work by making a tax deductible charitable contribution. The Oregon Health Care Foundation is pleased to recognize donations in its Honor Roll of Donors, which is published annually, included in this newsletter, and [posted on the OHCF website](#). Additionally, supporters at the Advocates level (\$1,000 and above) are invited to an annual donor appreciation event.

Visit the [giving section](#) of our website to learn more about what your contribution will support and how to make a gift. Or send your gift payable to the Oregon Health Care Foundation:

Sara McNall  
OHCF  
11740 SW 68th Parkway, Suite 250  
Portland, OR 97223

OHCF appreciates your support.