

December 2008

# OHCF

Oregon Health Care  
Foundation



During this season of giving we hope that you will make a charitable tax deductible contribution to the Oregon Health Care Foundation.

Your gift will support the:

- OHCF Senior Wish/Forget-Me-Not program that brings joy and fulfillment into the lives of seniors in Oregon
- OHCF Scholarship Program that provides professional development opportunities for those who work or seek to work in the long term care profession

OHCF has been awarded a one to one matching grant from Avamere Health Services of up to \$5,000 for every individual contribution received by the end of 2008. This means your gift is doubled.

Please help us reach our goal of \$5,000 by [donating now!](#) Visit the [giving section](#) of our website for ways to contribute, click on the link above, or simply send your contribution payable to the Oregon Health Care Foundation:

Sara McNall  
Marketing & Fundraising Coordinator  
OHCF  
11740 SW 68th Parkway, Suite 250  
Portland, OR 97223

To learn more about what your contribution will support please contact Executive Director, Janel McKenna at 503-726-5225/[jmckenna@ohca.com](mailto:jmckenna@ohca.com).

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## Board of Directors

OHCF appreciates the commitment and support from its diverse group of Board Members.

### **Officers:**

Terri Waldroff, OHCF Board President, COO/Lifestyles Senior Housing Managers

Margie Murphy Carley, OHCF Board Treasurer

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

### **Directors:**

Pam Arvidson, VP/CareWise Management, Inc.

Karri Bolman, Community Relations Coord./Metro West Ambulance

Susan Bowker, Activities Director/Marquis Care at Centennial

Robert Decker, President/Westcare Management

## Senior Wish Spotlight

Each month OHCF features an outstanding Senior Wish, 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. The following Senior Wish came true thanks to the staff and community of Avamere at Waterford of Medford and with funding from OHCF.

After attending her first OHCF Senior Wish Training Session Life Enrichment Director, Josie Wilmoth, was so energized that she wasted no time putting the program into action in her community. Fortunate for residents Evelyn and Dick Strellman Josie was already aware of their wish to attend a concert in Ashland's Lithia Park. The Strellmans lived in Ashland for over 40 years before moving to Waterford and missed experiencing live music.

With determination and an enthusiastic spirit Josie planned an evening the Strellmans would never forget. On the night of the concert staff and residents of Waterford gathered for a festive send off before Evelyn and Dick were given a surprise limo ride to Ashland. At the concert, Ashland City band director, Don Bieghler, arranged special seating for Evelyn and Dick, announced their names during the concert, and played the couple's favorite song that was rehearsed specifically for them. The Strellmans were also treated to a champagne toast and given a bountiful food basket to complete this magical wish.

"The evening you have given to us was just wonderful! A complete surprise to both of us. Thank you many times over," wrote the Strellmans to Josie after their Senior Wish experience.



This wish was featured in Oregon's Young at Heart newspaper and on Medford's Channel 10 News.

If you, or someone you know has granted an extra special Senior Wish, please [contact us](#) to be featured in a future edition of the OHCF Newsletter! Visit OHCF's [Senior Wish page](#) for more information on the program and learn how you can help make a Senior Wish come true.

Dan Desler, CEO/Western States Land Reliance Trust

Rick Dillon, Vice Chairman of the Board/Avamere Health Services, OHCA Vice President

Steve Fogg, CFO/Marquis Companies

Melody Gabriel, VP/Generations LLC

Albert Garibaldi, Principal/Garibaldi & Associates, LLC

Jennifer Hoffer, Administrator/Marquis Vintage Suites at Wilsonville

### Donors

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

Jan 2007- Nov 2008 leadership contributions were made by:

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

Avamere Health Services

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

The Gabriel and White Families

Marquis Companies

Pinnacle Health Care

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

Generations LLC/WGW LLC

OHCA

Westcare Management

Western States Land Reliance Trust

## Featured Scholarship Recipient

Achieving her goal of becoming a Registered Nurse seemed very far off when Rajdeep Kaur was first settling into a new life in the United States. Upon moving from India to the US in 2003 she faced many personal struggles as a single mother and had only herself to rely on. She credits her passion for caring for the elderly with surviving these challenging times.

Through the encouragement she received from residents and staff of Odd Fellows Home where she began work as a caregiver, Rajdeep enrolled in a Nursing Assistant training program to receive her CNA. Since then she has been taking prerequisites at Mt. Hood Community College and plans to pursue an LPN. Now, after receiving two OHCF Scholarships during 2008, Rajdeep says she is very determined and is confident she will be able to balance home life, work, and school in order to finally see her dream of becoming a Registered Nurse come true.



Good luck Rajdeep and keep up the good work!

If you have received a scholarship from the Foundation and would like to be featured in the 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!)

Please visit OHCF's [Scholarship page](#) to learn more about available opportunities.

## Online Nursing Assistant Training Program

The Oregon Health Care Association recently announced Oregon's first learner lead Online Nursing Assistant Training Program specifically designed to help address the statewide shortage of CNAs.

We encourage you to share information about this innovative new training program with those who may be interested in pursuing their CNA. For more information on the program and to apply please visit [www.OregonCNAonline.com](http://www.OregonCNAonline.com).

### **Stewards (\$5,000-\$7,499)**

Thomas and Margaret Carley

Consonus Healthcare Services

Gateway Living

JEA Senior Living

Metro West Ambulance

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

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

Thank you for your support!

### **Resources**

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\\_center/](http://www.ohca.com/workforce_center/)

### **IHC Caregiver Training Available Online**

The long awaited caregiver training for In Home Care Agencies is now available and includes the following six modules:

- 1) Becoming a Caregiver
- 2) Basic Foundations for Care
- 3) Caregiving in an Emergency
- 4) Nuts & Bolts of Caregiving
- 5) Providing Personal Care
- 6) Crucial Skills

## The Purpose Prize

"In 2006 [Civic Ventures](#), with generous grants from The Atlantic Philanthropies and The John Templeton Foundation, launched a major initiative investing in a new generation of social innovators--individuals in the second half of life who are marshalling their accumulated experience to tackle some of America's most urgent issues.



At the heart of the effort is The Purpose Prize®, which celebrates and supports outstanding individuals 60 or older who are already producing significant social innovation and accomplishing work of great importance.

Unlike any other major national award or fellowship, The Purpose Prize® challenges prevailing perceptions by investing significantly in carefully screened social innovators over the age of 60. Each year five \$100,000 prizes, as well as ten \$10,000 prizes, are awarded to individuals who have demonstrated uncommon vision, determination and entrepreneurialism in addressing community and national problems. The Purpose Prize® will highlight the stories of these and dozens of other innovators in the second half of life."

Nominations for the 2009 Purpose Prize are now open through 2009. Please visit the [Purpose Prize website](#) to learn more.

## OHCF

The Oregon Health Care Foundation (OHCF) is the nonprofit 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 to enhance the public understanding and appreciation of the long term care profession.

Executive Director  
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For more information, please contact Wendy Finch at aQuire Training Solutions, (877) 843-8374 or [Wendy@acquiretraining.com](mailto:Wendy@acquiretraining.com).

### New Online help for Caregivers

Caregivers now have a new resource, the Ask Medicare website, launched by the Centers for Medicare & Medicaid Services. The site, [www.medicare.gov/caregivers](http://www.medicare.gov/caregivers), includes information on navigating through Medicare, health care services, links to partner organizations that assist caregivers, and personal caregiver anecdotes.

### J&J Promise of Nursing for Oregon- Scholarship Opportunity

Scholarships are available for undergraduate nursing programs and graduate programs to teach nursing through the Johnson & Johnson Promise of Nursing for Oregon Scholarship Program. Applications for undergraduate programs are due **January 16, 2009** and applications for graduate programs are due **March 6, 2009**.

For criteria information and to access applications please visit the [Foundation of the National Student Nurses Association Scholarship page](#).

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