

In This Issue

[Board of Directors](#)

[Donors](#)

[Online Training Course Discount](#)

[Online Help for Caregivers](#)

[Nursing Assistant Training Program](#)

[Resources](#)

[Scholarship Program](#)

[Senior Wish Program](#)

[OHCF Ambassador Network](#)



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 and the OHCF Scholarship Program that provides professional development opportunities for those who work or seek to work in the long term care profession.

Join our list of supporters 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:

Janel McKenna
Executive Director
OHCF
11740 SW 68th Parkway, Suite 250
Portland, OR 97223

To learn more about what your contribution will support please contact me directly at 503-726-5225/ jmckenna@ohca.com.

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Scholarship Program

Featured Scholarship Recipient

Anna Potter is grateful for the OHCF Scholarship she received during the 2009 summer cycle, which she is using to help pay for books and tuition as she pursues her Master's Degree in Occupational Therapy at Pacific University.

Anna developed compassion for the elderly at a very young age when she used to accompany her mother, a nurse, to the skilled nursing facility where she worked. Anna did not realize at the time how much of a positive impact she was having on the residents' lives just by stopping by to say hello. These experiences, along with caring for her own grandparents, inspired her to follow her dream of providing exceptional care for a population she feels deserves the utmost respect.

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jmckenna@ohca.com, 503-726-5225

Donors

OHCF would like to recognize the generosity of those individuals and companies that support its mission. [Make A Gift.](#)

January 2008-2009 leadership contributions were made by:

Unforgettables

(\$50,000 plus)

Avamere Health Services

EHC Management

(\$25,000-\$49,000)

The Gabriel and White Families

Marquis Companies

Champions

(\$10,000-\$24,999)

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Stewards

(\$5,000-\$7,999)

During her undergraduate studies Anna majored in Spanish and Health and spent one year studying at the University of Guanajuato in Mexico. Upon graduation she worked in a Hispanic clinic as a bilingual health promoter. Before graduating from her Master's program she plans to travel to Nicaragua to use her Spanish and Occupational Therapy skills to benefit elders in need, as well as to increase her abilities to interact with different cultures. Anna is committed to serving the geriatric population and appreciates her scholarship.



"Thank you to the donors of OHCF for investing in my educational pursuit, and ultimately my professional development as a future occupational therapist. My contribution to you will be manifested in my work as an occupational therapist and the impact that I will have on the lives of elderly individuals." - Anna Potter

For additional information about the OHCF Scholarship Program please visit www.ohcfonline.org.

Senior Wish Program

Matching fund grants for Senior Wish initiatives are now available. Please [contact us](#) to make a request or to receive more information.

Training Session

Thank you to Foundation volunteers who helped make OHCF's December 3rd Senior Wish Training Session a success:

Karri Bolman, Metro West Ambulance

Jodi Burroughs, Porthaven Healthcare Center, Prestige Care Inc.

Allyson Famous, Tanner Spring AL, Premier Sr. Living

Therese Lambert, Miramont Pointe, The Goodman Group

Participants found the hands-on training inspiring and left the session excited about implementing the program.

Senior Wish training sessions, sponsored by the Foundation, provide the model for developing Senior Wish programs in LTC communities. Attendees come away not only excited to make wishes come true in their community, but also with the tools to make them happen.

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 of Rose Haven Nursing and Rehab Center in Roseburg, Oregon.

Pam and Randy Arvidson/
CareWise Mgmt.

Thomas and Margaret Carley

Consonus Healthcare Services

Del Mar Healthcare, Inc.

Gateway Living

JEA Senior Living

McKesson Medical-Surgical

Metro West Ambulance

Betsy and Wendell White

For a complete list of donors January
2008-2009 please 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.

OHCA Members - Online Training Course Discount

OHCA members can receive a 10%
discount on online training courses
through:

[aQuire Training Solutions](#)

An Oregon based company that offers a
training solution that lets you focus on
care - not on compliance. Explore the
various staff training programs online
today.

[EasyCEU](#)

Explore accredited CEU courses
available online.

Check out OHCA's

[Member Advantage Program page](#)

within the member resources section, or
simply call OHCA at (503) 726-5260 for
the current discount code.

Greg Mayne, a resident of Rose Haven, shared
with his fellow residents and staff of his community,
his wish to go deep sea fishing off the Oregon
Coast. The staff of Rose Haven coordinated a plan
with Betty Kay Charters Fishing Company in Coos
Bay who provided the fishing trip for Greg as well
as covered costs for the fishing license.



Right before the trip was to take place the weather
took a turn for the worse and Greg's outing was
cancelled. Undeterred, the Rose Haven staff rescheduled and the
second deep sea fishing plan went smoothly. Greg caught 17 fish during
the excursion! Before heading home he was also treated to a
celebratory lunch.

Rose Haven held a fish fry so Greg's fellow residents and staff were able
to be part of his Senior Wish. He invited some friends from outside the
community as well to take part in the feast and was very happy his
dream was realized.

To learn more about the Senior Wish program please visit
www.ohcfonline.org.

OHCF Ambassador Network

The Oregon Health Care Foundation invites your long term care
community to appoint a staff representative to join our network of
Ambassadors who can help build awareness and excitement for the
Foundation among residents, family members, and staff of your
community.

Your community and Ambassador will be prominently recognized on the
OHCF website, in our newsletter, and in our Honor Roll of Donors.
Ambassadors will be given the opportunity to help guide the
Foundation's work to develop new life enrichment programs that can be
implemented at your community.

Thank you to our current Ambassadors:

Community name/Owner name/Ambassador name(s)

Camelot Care Center/Prestige Care, Inc./Nancy Leifheit

Caring Heart Health & Homes Services/Dixie Hofer

Clare Bridge Beaverton/Brookdale Senior Living/Amaka Aniefuna

Clare Bridge of Salem/Brookdale Senior Living/Sue Warren

Cornell Estates/Seabold Construction/Debbie Van Dyne

Elite Care at Fanno Creek/Elite Care/Jason Hess

Elite Care at Oatfield Estates/Elite Care/Jason Hess

Fountains at Town Center Village/Generations/Terry Rose

Gateway Gardens/Gateway Living/Mark Kinkade

Online Help for Caregivers

Online Help for Caregivers
The Ask Medicare website, launched by the Centers for Medicare & Medicaid Services, is a resource for 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.

Online Nursing Assistant Training Program

Take advantage of affordable prices for the Online Nursing Assistant Training Program, Oregon's first learner lead program of its kind specifically designed to help address the statewide shortage of CNAs notwithstanding the diversion made by the current economic environment.

We encourage you to share information about this innovative 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.

Resources

Learn about the Oregon Health Care Association at www.ohca.com.

Get information about OHCA's upcoming events at <http://www.ohca.com/events.htm>

Explore some of the rewarding career opportunities in long term care at http://www.ohca.com/workforce_center/

Hearthstone at Murrayhill/Hearthstone Management Service/Tom Freitag
Meadow Park Health and Specialty/Extendicare/Stephanie A. Meyer
Porthaven Health Care Center/Prestige Care, Inc./Jodi Burroughs
Powell Valley Assisted Living/CareWise Management, Inc./Pam Arvidson
Rosewood Park/Seabold Construction/Roberta Bradfield
Rosewood Specialty Care/Seabold Construction/Jennifer Edimon
The Terrace at Laurelhurst Village/Farmington Centers/Linda Trenholm
The Woods at Willowcreek/Willowcreek Management Company/Linda Fortune, Holly Simpson, Jackie Morrey

Please [contact us](#) with who from your community you would recommend to be an OHCF Ambassador.

FNSNA Scholarship Opportunities

The Foundation of the National Student Nurses Association's Promise of Nursing program is offering scholarships for undergraduate nursing students and Fellowships for RNs enrolled in graduate programs preparing to be nurse educators.

Promise of Nursing - Undergraduate Scholarships

Deadline: MUST BE RECEIVED BY FRIDAY, January 15, 2010

Those who are currently enrolled in a state approved school of nursing, pursuing their initial RN licensure and in need of financial assistance may be eligible to apply for the undergraduate scholarship.

Undergraduate students who are pursuing their initial RN licensure may be eligible to apply for a scholarship for the 2010 - 2011 academic year to assist with payment of their tuition, fees, and books. Scholarship amounts range from \$1,000 to \$5,000 for the Summer 2010, Fall 2010, and Spring 2011 semesters. Scholarships may be applied toward tuition, books, and academic fees only.

Selection criteria are based on academic achievement, financial need, involvement in NSNA and involvement in community health activities. A selection committee composed of both nursing faculty and nursing students is appointed by the FNSNA.

For More Information on the Promise of Nursing - Undergraduate Scholarship Program contact:

The Foundation of the National Student Nurses Association
45 Main Street, Suite 606
Brooklyn, NY 11204

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.



Janel A. McKenna
Executive Director/OHCF
jmckenna@ohca.com, 503-726-5225
www.ohcfonline.org

Join Our List

(718)210-0705
nsna@nsna.org

Also from the Foundation of the National Student Nurses Association:

Promise of Nursing Regional Faculty Fellowships **Deadline: MUST BE RECEIVED BY FRIDAY, March 5, 2010**

Those who are in a Doctoral or Masters Degree program preparing to be a nurse educator may be eligible to apply for the Promise of Nursing Regional Faculty Fellowship.

Registered Nurses enrolled in graduate level, degree-granting colleges and universities in selected regions of the US may be eligible to apply for a Promise of Nursing Regional Faculty Fellowship (PON Fellowship). The PON Fellowship is designed to assist RNs who are preparing for the nurse educator role to achieve their degrees. PON Fellowships, up to \$7,500 annually, may be applied toward tuition, academic fees, and books.

For more information on the Promise of Nursing Regional Faculty Fellowship contact:

Jasmine Melendez
Scholarship and Grants Administrator
Foundation of the National Student Nurses Association
45 Main Street, Suite 606,
Brooklyn, NY 11201
(718)210-0705
Jasmine@nsna.org

To access applications forms and for more information on these opportunities visit www.nsna.org and click on "Foundation & Scholarships."