

November 2008



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

Janel McKenna
503-726-5225
jmckenna@ohca.com

As year-end approaches, please consider making 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.

Why support the OHCF Senior Wish/Forget-Me-Not Program?

In the words of those whose lives we have impacted.....

"I loved the Senior Wish/Forget-Me-Not training and can't wait to share the program with my community! I was impressed with all the speakers and information presented."

- OHCF Senior Wish training participant, Life Enrichment Director

"I'd like to express my extreme gratitude for OHCF's financial support which made our resident's wish of attending the Great Oregon Steam-Up possible. It is my belief that because of OHCF we are able to truly touch the hearts and lives of our residents by enabling meaningful life experiences."

- Caregiver of Senior Wish recipient



In This Issue

[Senior Wish Program](#)

[Featured Scholarship Recipient](#)

[Online Nursing Assistant Training](#)

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.

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.

Senior Wish Program

Training Sessions

The Foundation would like to thank the following volunteers who lead four Senior Wish training sessions at OHCF's office during 2008. The final training session of the year, held on November 11th, was both "informative and motivating" according to participants.

- Pam Arvidson, CareWise Management, Inc.
- Karri Bolman, Metro West Ambulance
- Susan Bowker, Marquis Care at Centennial, Marquis Companies
- Jodi Burroughs, Porthaven Care Center, Prestige Care, Inc.
- Krista Davis, Courtyard Senior Living, LifeStyles Senior Housing
- Allyson Famous, formerly with River Valley Landing, Sunwest Management
- Jennifer Hoffer, Marquis Care at Wilsonville, Marquis Companies
- Therese Lambert, Miramont Pointe, The Goodman Group

Senior Wish Training Sessions, sponsored by the Foundation, provide the model for developing



Karri Bolman, Community Relations Coord./Metro West Ambulance

Susan Bowker, Activities Director/Marquis Care at Centennial

Robert Decker, President/Westcare Management

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

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. Please visit www.ohcfonline.org for the 2009 Senior Wish training schedule and registration form. For a full list of OHCF training program participants visit the [Senior Wish Makers](#) page.

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 Emerald Valley Assisted Living, a Sun Management Services property.

Beverly Andreason, a 73 year old cancer patient with macular degeneration and described as very caring with a sharp sense of humor, is a treasured friend of both residents and staff of her community, Emerald Valley Assisted Living. So when Beverly expressed her lifelong desire to visit Catalina Island in California, Lifestyles Coordinator Jenny Graves got right to work.

After much planning in conjunction with OHCF and many generous in-kind and cash donations totaling over \$3,500 from both local and California businesses, Beverly's trip started off with a bang. Her Senior Wish surprise was revealed to her during a *Bon Voyage* celebration held at Emerald Valley for the entire community to enjoy. Just a few days later Beverly, along with a private caregiver, departed for the 4 day adventure. Beverly enjoyed taking in the beautiful California setting, touring the island, and making new friends everywhere she went.

"Thanks for including us, Beverly was a hit with the entire staff!," expressed Wally, owner of Cafe Del Rey where Beverly was treated to a special menu. This Senior Wish not only fulfilled Beverly's dream of seeing Catalina Island, but touched the lives of all involved with making it possible. Special thanks to the following generous donors:

Alaska Airlines/Horizon Air
Revera In Home Care and Concierge Services
Jan Nixon at Emerald Valley Hair Salon
Greg Veralrud
Cafe Del Rey
El Torrito
Marina Del Rey Hotel
Sally's Waffle Shop
Abed's Limo Service
Sweet Life
Environment Control
Super Shuttle



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

Generations LLC/WGW LLC

OHCA

Westcare Management

Western States Land Reliance Trust

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

Thomas and Margaret Carley

Consonus Healthcare Services

JEA Senior Living

Metro West Ambulance

For a complete list of donors Jan 2007- Nov 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.

Get information about OHCA's upcoming events at www.ohca.com/events

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

IHC Caregiver Training Available Online

The long awaited caregiver training for In Home Care Agencies is now available and

Organic Panificio
Art, Caps, n' Designs
Catalina Island Inn
Catalina Adventure Tours

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.

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

For more information, please contact Wendy Finch at aQuire Training Solutions, (877) 843-8374 or Wendy@aquiretraining.com.

Featured Scholarship Recipient



As a recent recipient of the Consonus Healthcare Services Scholarship awarded through the Foundation, Linda Wong is closer to reaching her goal of completing pharmacy school. Made possible by Consonus Healthcare Services, this Scholarship is awarded to those currently employed or seeking to be employed in the long term care profession within the fields of Occupational Therapy, Physical Therapy, Speech Language Pathology, or Pharmacy. Candidates must have also demonstrated a commitment to quality in their work and a desire for career advancement within the long term care profession.

Linda was always interested in studying science and math and was inspired to explore the field by her aunt's career in pharmacy. After previous experience working in a long term care pharmacy, Linda pursued her goal by enrolling in Oregon State University's College of Pharmacy program. Now in her 3rd year of the program and with three years experience as a pharmacy intern she is applying what she's learning in the classroom to working with patients at the pharmacy. Linda feels the knowledge she is gaining about how to be part of a health care team is helping prepare her for challenges she'll face once she graduates.

Linda is passionate about working with the aging population because she feels they are a unique group of patients that require individual attention due to their heightened risk of multiple diseases that require integrated treatment therapies. She enjoys interacting with the elderly and learning how to respond to their health needs and concerns.

Linda was a guest speaker at OHCF's Annual Celebration of Supporters, held October 17th, where she expressed her gratitude for her



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, 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](#).

Join Our Mailing List!

Consonus Healthcare Services Scholarship and explained that after graduating in 2010, she hopes to pursue a residency program allowing her to enter the field of pharmacy in a long term care clinical setting.

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.