a healthy future

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FALL 2016

+ **a place to call home**
  helping the homeless
+ **a new kind of hope**
  Unity Center for Behavioral Health

LEGACY
HEALTH

a place to call home

It was February 2016 and Lorie Grasso was pregnant and homeless. "I got a no-cause eviction after my landlord died and the new owners said they knew somebody who could pay more," she says.

Desperate to find housing before her baby arrived, Lorie began engaging with a Facebook group focused on the area's gentrification, displacement and housing affordability. "I just kept commenting and commenting, repeatedly, over and over again, 'I got a no-cause eviction, I'm pregnant and homeless,' until one of the members replied 'I'm going to find a way to help you.'"

This new Facebook connection put Lorie in touch with Portland mayoral candidate, Sean Davis, who introduced her to his wife, Kelly Davis. Kelly connected Lorie with Becky Wilkinson, a hospital outreach worker on the Legacy Emanuel Medical Center care management team.

After days of phone calls, both Becky and Lorie exhausted every resource to find an opening in a shelter. "Every time I called, Becky would call too . . . I would tell them 'I'm pregnant and I'm homeless,' and they would say 'waitlist, waitlist, waitlist,'" Lorie explains.

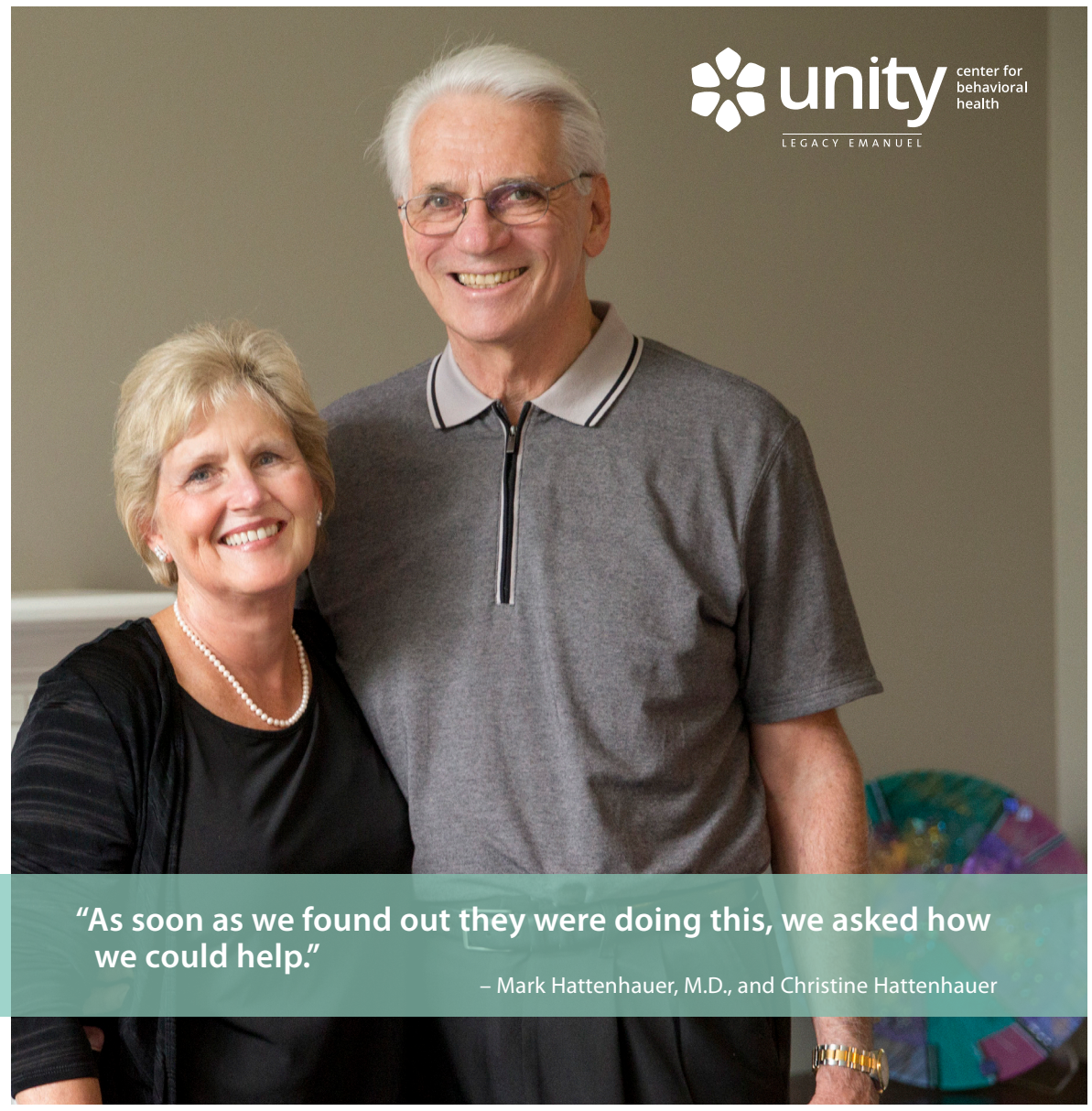
Because Lorie was receiving her prenatal care at Legacy Emanuel, Becky was able to access care management support through the foundation to pay for temporary housing for Lorie. "My proposal was to pay for her to rent a room until she had the baby, which gave me time to help Lorie find permanent housing," Becky says.

Donor support also provided Lorie with bus passes. "Legacy Emanuel was awesome," Lorie says. "I don't think they could ever imagine how valuable this support was . . . just having the ability to have a room to myself."

Lorie's son, Aeon, was born May 26. On July 7 she moved into her new home. "It just took one person with the right connections to reach out and say 'I'm going to help you,'" Lorie says. "That makes me very, very happy."

"Legacy Emanuel was awesome. . . I don't think they could ever imagine how valuable this support was."

– Lorie Grasso



"As soon as we found out they were doing this, we asked how we could help."

– Mark Hattenhauer, M.D., and Christine Hattenhauer

a new kind of hope

When Mark Hattenhauer, M.D., and his wife, Christine, heard Legacy Health and three other health care providers were finally addressing the area's mental health crisis by creating a hospital dedicated to emergency psychiatric care, they immediately got involved. "We lived it, and it was terrible . . . that's why we are so enthused about this whole thing," Dr. Hattenhauer exclaims.

Dr. Hattenhauer's son, Scott, was in his twenties when he was diagnosed with schizophrenia. At the age of 26, Scott had a psychological break and committed suicide. "We felt very isolated," Christine says. "There were no networks or resources available for him or us. We had to go it alone."

Opening in January 2017, the Unity Center for Behavioral Health will provide people in crisis the entire spectrum of care. Dr. Hattenhauer believes if Unity had been around for his son "it might have made a real difference for his life . . . we would have had so much more support and the necessary follow-up."

Using the minimum distribution from their individual retirement account (IRA), they were able to gift $100,000 tax-free to name Unity's multipurpose room after Scott. "It was the best way for us to give this gift," Christine says. "This way all the money goes to Unity," Dr. Hattenhauer adds.

"This is a community thing," Dr. Hattenhauer says. "Everybody has to join in and everybody has to be a part of it and support it." Christine remarks, "They are people with a serious problem and we owe it to them to give them real sustained help. Our hope is Unity will ignite a whole new idea of public help."

To learn more about the Unity Center for Behavioral Health, visit unityhealthcenter.org.

wine working wonders

Since 2013, Randall Children's Hospital at Legacy Emanuel has been a beneficiary of the Classic Wines Auction. We are so grateful for this special partnership, which has generated nearly $1.5 million for programs, like Child Life Therapy and Art Therapy, that allow kids to be kids during their hospital stay.

A nonprofit organization, Classic Wines Auction, is dedicated to raising funds for local nonprofits that serve children and families. In 2017, this epicurean event will support the Unity Center for Behavioral Health.

"Unity is a door to recovery, the door to a better life," says Chris Farentinos, M.D., MPH, vice president, Unity Center for Behavioral Health. "Participating as a Classic Wines Auction charity will help ensure this fragile population receives the right care at the right time," she says.

a preventive approach

Every day in the United States, four children die from child abuse. In Oregon, there are nearly 70,000 reports of child abuse filed each year. And, in the state of Washington there are about 80,000 reports filed annually.

CARES Northwest and Legacy Salmon Creek's Child Abuse Assessment Team (CAAT) are working to reverse the cycle of violence and end child abuse and neglect.

Did you know childhood trauma can have lifelong consequences? A recent study in Oregon found 63 percent of Medicaid recipients who used the highest number of services had been abused by the time they were 19. In addition to adverse health outcomes, kids who experience abuse or neglect are at risk for dropping out of school, teen parenting, mental health issues, addiction problems and homelessness.

Early intervention and prevention programs can transform young lives. Your support is helping young victims reclaim their lives, because children deserve a happy, healthy and safe childhood.

good medicine

What if you couldn't afford the $700 monthly gap in your prescription coverage for the insulin necessary to control your diabetes?

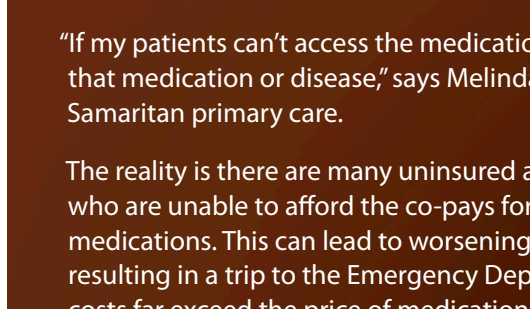
Or, imagine losing your job and, now with no health insurance, you can no longer afford your asthma medications. Without these medications you most certainly will need emergency treatment.

"If my patients can't access the medications I prescribe it affects everything – beyond just that medication or disease," says Melinda Muller, M.D., Legacy Medical Group – Good Samaritan primary care.

The reality is there are many uninsured and underinsured patients who are unable to afford the co-pays for their prescribed medications. This can lead to worsening health conditions, resulting in a trip to the Emergency Department, where costs far exceed the price of medications.

Legacy wants to keep people healthy and out of the hospital and clinic, whether it's removing barriers to access essential medications or providing patients the critical assistance needed so they can improve their health and decrease their use of the Emergency Department.

Through generous donations, Legacy's seven hospital foundations are able to provide emergency medication and charity care. "You guys saved my life. Without this assistance, I couldn't get my medications for my pulmonary problems," says a grateful patient.



getting around town

Access to safe, reliable transportation can be challenging if you are living with a disability, have a health condition that affects your ability to drive, are slowing down with age or lack the financial means to afford a car or a bus pass.

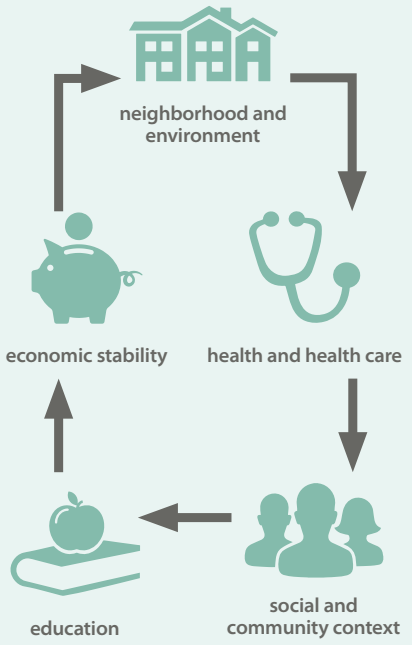
Support from donors to Mount Hood Medical Center Foundation helps East County residents get to and from medical appointments at Legacy Mount Hood in partnership with Ride Connection, which provides more than 850 free rides each year.

At Legacy Silverton Medical Center, the CareVan program provides about 450 complimentary rides each month to and from Legacy Silverton and its affiliated clinics. Thanks to generous donations from the community, the program will soon replace three of its five vans, making the entire fleet of vehicles wheelchair accessible.

"We receive compliments every day; people appreciate it so much," says Kay Seiler, CareVan program manager. "There is such a need for transportation, especially for patients who either don't drive or who have a chronic illness and have to come in every day."

what does it mean to be healthy?

Legacy Health recognizes that many factors contribute to your overall well-being. In fact, medical care is only a small portion of an individual's health. By asking the right questions and connecting patients to existing resources, small investments that help meet basic needs – such as housing, transportation and food security – pay big dividends in people's lives. With your support, we are investing in programs that speed recovery and promote independence.



PO Box 4484 • Portland, OR 97208 • 503-415-4700
giving@lhs.org • www.legacyhealth.org/giving

LEGACY HEALTH

Legacy Health
The Office of Philanthropy
PO Box 4484
Portland, OR 97208