

Giving Health

Donor Annual Report
2015





Dear Friends,



In the last few years, donors to Legacy Health have grown into a force for big change. The call for bold dreams is out and you continue to step up with your generosity. Thank you for supporting Legacy Health and giving back to the health of our communities.

Lives can be transformed when you combine a great need with a group with great vision and desire to give back. We see the power of this combination at Legacy Health in so many ways. From community health programs, such as free vaccination clinics and cancer screenings, to new life-changing facilities like the Unity Center for Behavioral Health, our donors are supporting projects that are impacting the health of our region.

With your support we will continue to make a difference for all who come through our doors. Thank you for being our partner in creating a healthy future.

Sincerely,

Maureen A. Bradley, MBA
Senior Vice President and
Chief Development Officer
Legacy Health

Philanthropic support makes a difference

Through generous philanthropic support, Legacy Health's foundations can continue to provide innovative services that change patients' lives. We are creating new ways to treat mental health, acquiring new robotics technology to increase surgery success and providing compassionate care and support for patients and their families through programs like Nurse Navigators and family liaisons. With your help, we are reaching underserved communities with educational outreach and free disease screening programs, as well as helping all those in need, regardless of their ability to pay.

Your support is essential to the continued health of our community. The opportunity to make a difference has never been greater.

Together, we can continue to create a lasting impact that saves lives, advances health care and creates educational opportunities for our communities.



thank you

At Legacy Health, we celebrate the partnerships that have led to creating healthier communities.

We invite you to celebrate the joy of giving through the following stories.

“The Unity Center for Behavioral Health will change the trajectory of people’s lives by providing a clear path for people facing a mental health crisis.”

– Simone Brooks





When unbearable pain persists

From the outside, Simone Brooks appears to have a charmed life. She graduated from high school when she was 16, successfully completed a four-year degree in marine and environmental science and, today, is president of her family's business, Brooks Staffing. However, from the inside, her journey has been anything but easy.

Simone was 16 years old the first time she attempted suicide. She was lucky; she survived, but she masked the attempt. At 18, she attempted suicide a second time. An ambulance rushed her from her college dorm room to the nearest Emergency Department in Hampton, Virginia. As she sipped activated charcoal from a Styrofoam cup, she assured the doctors it was an accident – she didn't mean to take so many sleeping pills.

Repeatedly dodging the truth, she hid the fact that she was actually experiencing a mental health emergency. "I thought it was scary, but flashed out of it because nobody wants to say they're depressed," she says. Also, she thought if they knew her overdose was really a suicide attempt, her insurance wouldn't cover the bill. "As a college student, I couldn't afford to pay the cost of being in the emergency room," says Simone.

While under observation, Simone never received a psychiatric evaluation by a mental health professional. And, since she was technically an adult, the hospital couldn't share information with, or even notify, her parents about her close call with death. Within five hours, she was released from the hospital; in mental health distress, without a treatment plan.

Her unbearable pain persisted. "It sliced my cerebellum," she says, "unbalancing the already stilted and unsteady gait of my life." She found herself rapidly cycling through mania and depression. "I was living minute by minute," she says, "I was literally looking at the clock and watching each minute pass."

It wasn't until after her third suicide attempt that Simone realized she needed help or she was going to die. This time, she was 28, divorced with two children. "I wasn't worrying about leaving my kids alone as much as I knew how much higher their risk of mental illness and suicide was if I died from suicide," she says.

Finally, with the help of mental health services, she learned her inescapable suffering was actually due to a chronic illness – a real illness, treatable with medication, but with no cure. She had bipolar 1 disorder – a manic depressive ailment that can affect anyone.

The right care at the right time

"Ideally, mental illness should be identified before it becomes an emergency," says Simone. That is why she is publicly advocating for the Unity Center for Behavioral Health – the area's first comprehensive care center for people facing a mental health crisis. "It is so important to have a clear path to walk – to know there is something better and that somebody is going to help you stay on that path," she says.

Legacy Health has launched a campaign to raise \$50 million to create the Unity Center for Behavioral Health. And, the community is already rallying around this life-changing center that will transform Oregon's mental health care. "The Unity project is an example of the magic that happens when you collaborate and bring in the community," says Jeff Gordon, who, along with his wife, Lisa, contributed \$1 million to the project. "If our giving can help spur this collaboration, we are honored to be a part of it."

Simone wonders if someone had just said to her during that first visit to the Emergency Department "You're not okay and you're not safe to go home" I'd like to think I am smart enough that it would have triggered something for me." She believes the Unity Center's approach to intervention can change the trajectory of people's lives. "Because it's not okay to let people die," she says.

Solving Oregon's behavioral health access issue



1 in 20

Oregonians experienced a serious mental illness in the last year.

31,000

Oregon youth suffer a major depressive episode each year on average.

50%

of the Multnomah County jail population have a diagnosed mental illness.

"We need
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– Christine Lolic



Always helping others

"You couldn't help but like him," says Christine Loliche about her husband, John Hopkins, "He had a smile and hello for everyone." In 2009, John was diagnosed with idiopathic pulmonary fibrosis and pulmonary hypertension. After a bilateral lung transplant, he lived every day to its fullest until he passed away in July 2014.

Christine and John met at Legacy Emanuel Medical Center, where they each worked on critical cases. A nurse for 34 years, Christine worked in the Legacy Oregon Burn Center and then the Emergency Department. John's career spanned 26 years. He was the program director of Life Flight Network and later the director of outreach programs.

After John became ill, Christine began to see things through the eyes of the patient and family. Because they had retired on the Oregon Coast, she saw how medical services in a rural community did not stack up to a large city hospital. "It clicked once I was in a smaller place," she says, "If you get an injury and need care from a city hospital, where does the family stay?"

That's why she made a gift to name a room in support of the Legacy Emanuel Family House, which – once built – will provide safe, affordable lodging for families of seriously injured or ill patients, some of whom must stay at Legacy Emanuel or the Legacy Oregon Burn Center for weeks or months. "I worked at the Burn Center; I worked in the Emergency Department; I did trauma. John was here doing Life Flight – he did outreach – it just made perfect sense," she says.

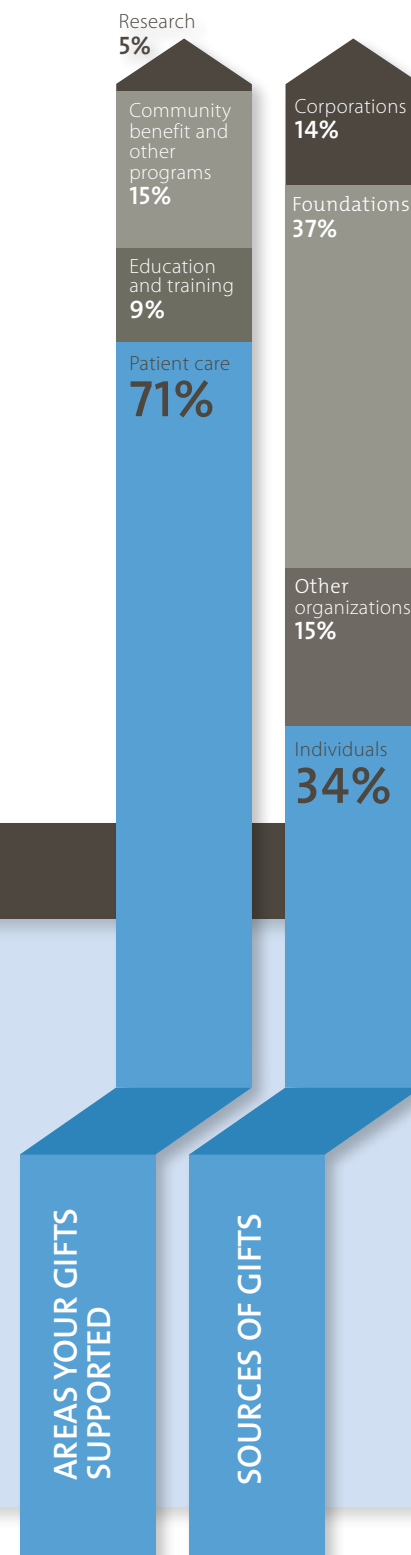
In addition to her generous gift, Christine has included Legacy Emanuel in her estate plans. "Basically, we had good runs here – this was family," she says. It's this reason why she also volunteers her time as the chair of the Oregon Burn Center Advisory Council and as a trustee for the Emanuel Medical Center Foundation. "We need this house so families will have a safe, calm place near their loved one during a medical crisis," she says.

Legacy Emanuel Medical Center

Legacy Emanuel Medical Center is nationally known for expertise in critical injuries and health conditions and features specialists in virtually every field of medicine. Opened in 1912 in a converted three-story house, the hospital has been central to the health and growth of the greater Portland area for more than 100 years. Your support allows us to provide important community health programs, as well as save the lives of patients with severe injuries.

2014-15 Highlights

- Invested in a hybrid operating room for trauma, vascular and cardiac procedures, combining minimally invasive surgical technologies, medical imaging and communication in one room so if patients develop complications, physicians can operate immediately.
- Purchased a mobile 3-D mammography unit to support the early detection of breast cancer.
- Supported advanced burn life support training for referring hospitals and first responders throughout Oregon on the proper care and treatment of injuries, which is essential to survival for severely burned patients.
- Sponsored free vaccination clinics providing flu and Tdap shots on Veteran's Day, serving community members who cannot afford to pay for vaccinations.



“We support
Legacy Good
Samaritan
because
miracles
happen here
every day.”

– Gary and Suzanne Eichman



A miraculous place

For Gary and Suzanne Eichman, Legacy Good Samaritan Medical Center has always been their neighborhood hospital. Gary was born in the Wilcox building. Suzanne, an avid horse enthusiast, has frequented the Emergency Department due to equestrian mishaps.

So, it was only natural for them to volunteer as co-chairs of the capital campaign to transform Legacy Good Samaritan's Emergency Department into a modern, multi-faceted space. "We have always felt the importance of giving back," says Suzanne, "We feel strongly that we need to make Good Sam even better than it is."

As co-chairs, they have been sharing with friends and community leaders the need to support the creative

Emergency Department remodeling that will better accommodate modern medical equipment and offer more privacy. Plus, this exciting renovation will create innovative care pathways, such as geriatrics and behavioral health, and include Oregon's first Urgent Care within an Emergency Department. "It's a much needed project and it's incredibly important for the community to get behind this endeavor," says Gary.

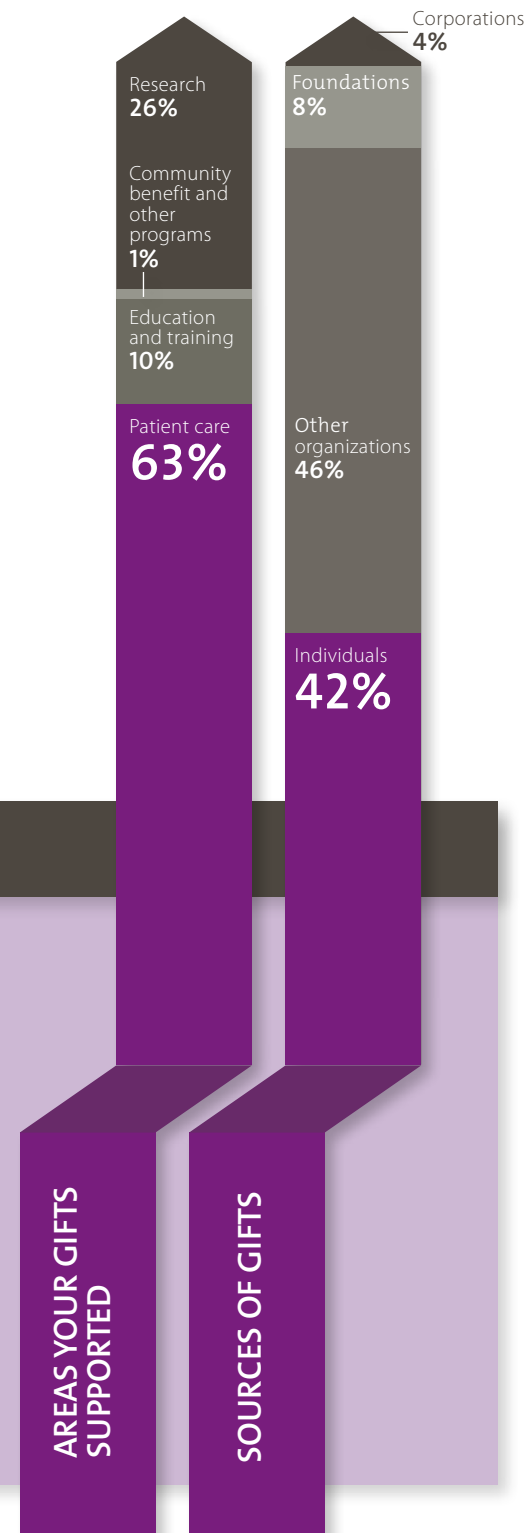
As Portland's only downtown hospital, Legacy Good Samaritan has a diverse population coming through its doors. During a visit to the Emergency Department, the Eichmans saw everything from a man with a severed finger to a woman having a heart attack. "Miracles happen here every day," says Gary, "The folks at Good Sam are unbelievably caring people."

Legacy Good Samaritan Medical Center

Legacy Good Samaritan Medical Center is a nationally acclaimed hospital specializing in cancer, eye disease, heart and vascular care, rehabilitation, weight management and kidney transplantation. Your support advances medical research, education and technology, as well as the most advanced and compassionate care for all of our patients.

2014-15 Highlights

- Invested in the newest robotic surgery technology available to offer new minimally invasive surgical procedures in urology, colorectal, gynecology and cardiac surgery.
- Provided free screening for lung cancer, the second leading cause of death in the United States after heart disease, to underserved patients throughout the Portland metropolitan area.
- Funded a pilot study offering underserved patients, who have difficulty obtaining eye exams, telemedicine screenings at primary care clinics to detect diabetic retinopathy and glaucoma, the two leading causes of blindness.
- Supported innovative research to identify specific receptors that can be regulated through medication and diet to assist patients with neurological diseases, including stroke, epilepsy, Alzheimer's and Parkinson's.



“Legacy
Meridian Park
is going to
take care of
you – there’s
no reason to
go outside the
area for your
medical needs.
The care here
is the best.”

– Mike Nelson



The heart of the community

When Mike Nelson was helping raise funds for a new Cardiac Rehabilitation Center at Legacy Meridian Park Medical Center, he didn't know that one day he would need it. However, after having his heart valve replaced due to aortic stenosis, Mike began to worry about every little thump his heart was making. "When someone has pulled stuff out of your heart and put in something new," he says, "you become a bit of a hypochondriac."

Upon hearing his concerns, his cardiologist pointed him in the direction of the Cardiac Rehabilitation Center at Legacy Meridian Park. "This is a safe place," says Mike, "You have trained medical personnel in case something does happen." The center's staff put him through various workouts that gradually got harder – more incline, a faster pace and a shorter time to cool down. Mike gained assurance that his heart could handle just about anything. "You're in a setting that gives you confidence, so when you're doing heavy

work around the house or running up and down the steps, you realize, if you can do this, you can do that," he says.

As a longtime resident of the South Metro area and president of the Meridian Park Medical Foundation, Mike knows the impact of Legacy Meridian Park's cardiac services on the surrounding communities. "If they didn't have some of these programs here you would have to go to a hospital that's a lot farther away," he says, "It's made a lot of difference – the care here is the best."

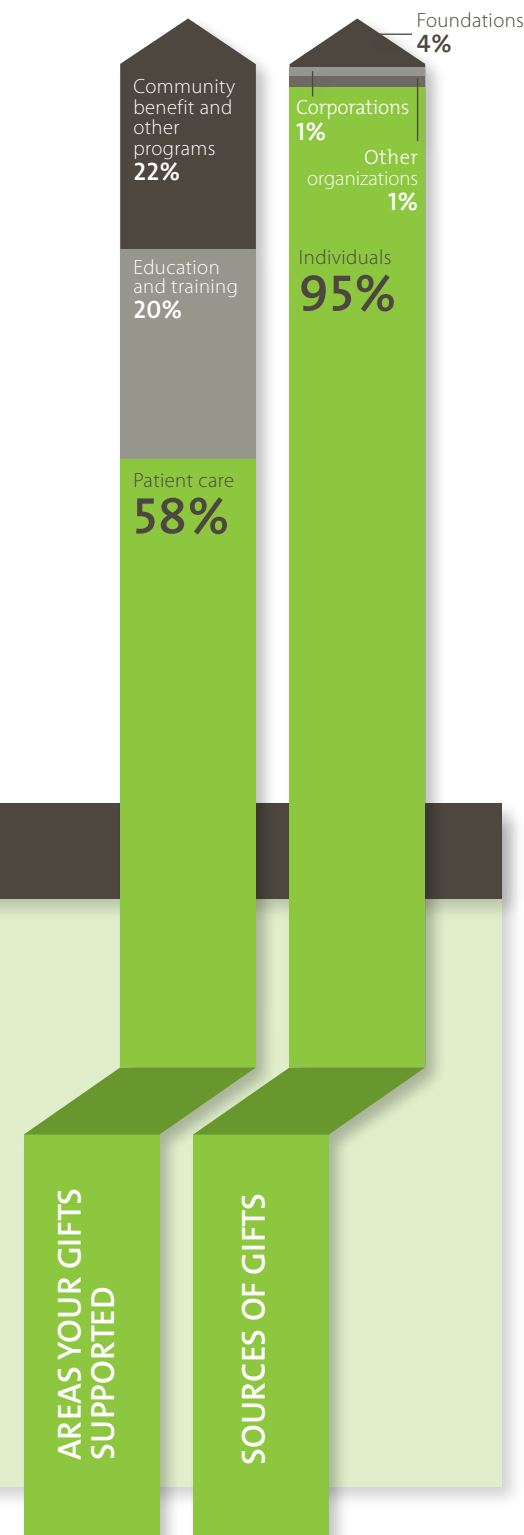
It's that high-quality care right in his neighborhood that has Mike excited about the Foundation's upcoming campaign to modernize the hospital. "This area is growing," he says, "the hospital is going to take care of you – there's no reason to go outside the area for your medical needs."

Legacy Meridian Park Medical Center

Founded in 1973 as a community hospital, Legacy Meridian Park Medical Center has grown into one of the area's most sophisticated hospitals—without losing the personal touch of caring for neighbors and friends. Legacy Meridian Park is nationally known for stroke care and neurology, and is a leader in serving older adults. Generous donor support for these and many other programs enables us to ensure a healthy future for all of our patients.

2014-15 Highlights

- Purchased new software to enhance the quality and accuracy of bone density testing, which is critical to women's health and the prevention of osteoporosis.
- Purchased equipment designed to reduce the risk of nerve damage to patients during surgery; improving patient safety and outcomes.
- Expanded the Healthy Hearts Middle School program, which teaches healthy lifestyles and hands-only CPR to nearly 3,000 students annually in twelve participating middle schools.
- Provided short-term medications to low-income patients to support their safe discharge and recovery following hospitalization.



“Legacy Mount Hood is opening doors for people who might not be able to receive care because they are unable to travel to Portland.”

– Julianna Paradisi



Removing barriers

Julianna Paradisi was a pediatric intensive care nurse at Randall Children's Hospital at Legacy Emanuel when she heard those dreaded words, "You have breast cancer."

"It felt like a bomb hit," she says. She began expressing her feelings about her illness through art. She created a sculpture depicting how she felt when she initially heard her diagnosis. "It's called 'Kaboom, Julianna we have a cancer,'" she says. She also began painting a series on barriers. "We see mountains as a destination, but when you stand on the peak you realize the mountain was a barrier to the vista beyond."

This life-altering moment eventually led her to become an adult oncology nurse and, just this year, a Nurse Navigator at Legacy Mount Hood Medical Center. Now, a 16 year breast cancer survivor, Julianna understands the feeling of being overwhelmed, confused and frightened when receiving a cancer diagnosis. "I have this opportunity to bring the understanding I gained through my own experience – I love being able to do that for my patients," she says.

Legacy Mount Hood's Breast Health Center provides seamless cancer care for the East County community. "We are opening doors for people who might not be able to receive care because they are unable to travel to Portland," says Julianna, "As a Nurse Navigator I remove barriers so my patients can access care."

Because being an artist and a nurse are deeply entwined in her life, she's donating a piece of her art to the Denim & Diamonds Dinner and Auction, Sept. 17, 2015, a benefit for the Legacy Mount Hood Breast Health Center. "Many of the resources we have now are the result of generous giving," she says. Her job allows her to connect patients to those resources, many supported by Foundation donations.

She knows cancer treatment is very effective, but it comes at high prices. "To have someone who can connect you to resources when you're having trouble paying bills or affording your medications; someone who will answer questions and who you can talk to about being afraid – it's peace of mind giving," she says.

Legacy Mount Hood Medical Center

Founded in 1922 as Gresham Community Hospital, Legacy Mount Hood Medical Center has expanded to provide a full range of inpatient and outpatient services as the community has grown. As East Multnomah County's full-service community hospital, the center offers advanced medical technology and care delivered with a personal touch. Your support creates positive differences in people's lives.

2014-15 Highlights

- Funded the continuation of a Nurse Navigator program for patients diagnosed with breast cancer, offering education and support services through the continuum of care.
- Provided free mammogram screenings to underserved women in Gresham and east Multnomah County.
- Funded transportation for seniors and disabled patients in the East County area for over 3,000 medical appointments.
- Provided resources to assist low-income patients meet specific, short-term basic living needs that are impacting their health.

Community benefit and other programs
60%

Corporations
33%

Other organizations
13%

Education and training
1%

Patient care
39%

Individuals
54%

AREAS YOUR GIFTS SUPPORTED

SOURCES OF GIFTS

“We contribute
to CAAT
because we
know it’s
working.”

– Kate Jones and Marty Rifkin



Changing young lives

When Kate Jones and her husband, Marty Rifkin, first toured the Child Abuse Assessment Team (CAAT) program at Legacy Salmon Creek Medical Center, they were in awe of the caring, dedicated staff that helps thousands of children through terrible circumstances. "It's a very tragic thing when you realize what an abused child has to go through," says Kate. "Without this program, a lot of kids would just get returned to the same situation," says Marty.

That visit sparked their continuous support of Legacy Salmon Creek's CAAT program since its inception in 2009. Providing an entry point into a network of resources for families when concerns of abuse or neglect exist, the CAAT program assesses children on behalf of law and social service agencies. They also coordinate with other organizations so kids have the treatment and resources they need to heal.

Marty says, "How do you prove something when the witnesses are kids? Who is going to advocate for them and try to stop

the ongoing abuse?" Since the CAAT program specializes in medical, psychiatric and evidentiary aspects of child abuse cases, they can take the process to the next step to help ensure a conviction. "They are there for them, they make them feel comfortable and help them normalize something that is not normal," says Kate.

The health and well-being of children have always been at the heart of Kate and Marty's work through their family foundation – KMR Group Foundation; they want to alter the path for vulnerable children. "You want all children to be in a safe living environment," says Marty. "We hear from CAAT 'this kid got moved' and that's why we keep contributing – we know it's working."

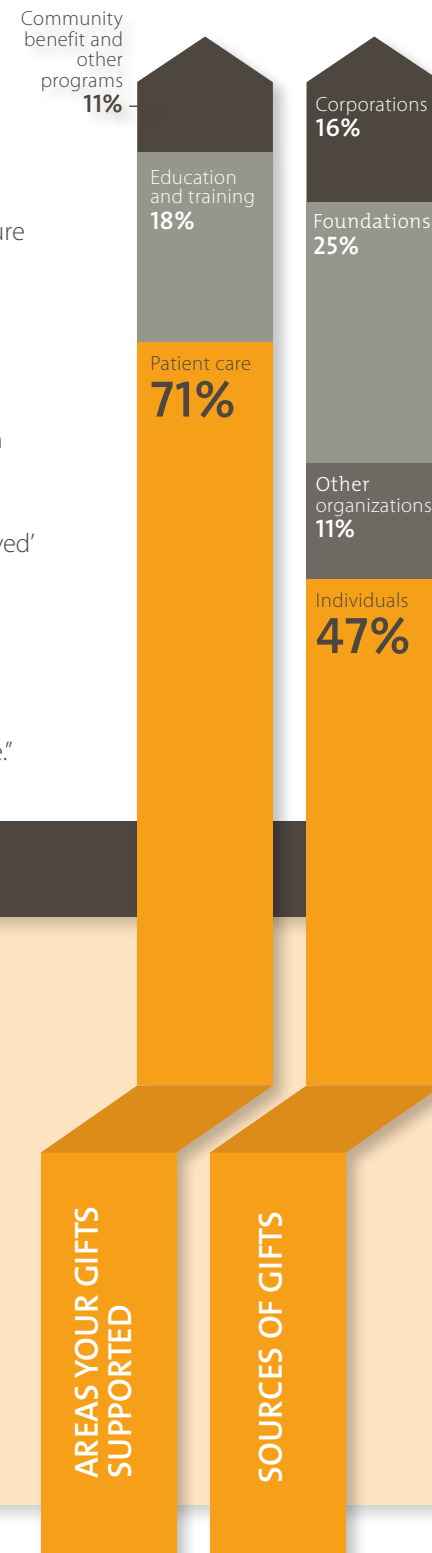
"The future of our community lies in the hands, hearts and minds of our children," says Kate. "If the CAAT program has enough funds they can help even more children," says Marty, "It's extremely rewarding if you did something to change a life."

Legacy Salmon Creek Medical Center

Legacy Salmon Creek Medical Center stands as Southwest Washington's most modern hospital; combining the latest in medicine and technology with a warm, comfortable, family-focused environment. Your donations help enhance patient experiences so they can focus on healing.

2014-15 Highlights

- Supported participation in NICQ Next, a collaborative endeavor that shares best practices and focuses on quality improvement in the care of "micro-premature" neonatal intensive care unit patients.
- Supported the Compassionate Prescriptions program for patients who have limited financial resources and who cannot be discharged from the hospital without medication.
- Purchased augmentative communication treatment equipment to assist children who cannot communicate their needs verbally.
- Provided operating support for the Child Abuse Assessment Team (CAAT).



“Randall
Children’s
Hospital
radiates
positivity –
you know they
are going to
do everything
they can to
help you.
That’s why we
give back.”

– Richard and Shellie Silliman



Caring for our future

Richard and Shellie Silliman love children. Not just their four children and 18 grandchildren, they care for all the children at Randall Children's Hospital at Legacy Emanuel. "This is our future – what is being taken care of here is our future," says Shellie.

As a former neonatal intensive care nurse at The Children's Hospital when it was housed inside Legacy Emanuel Medical Center, Shellie recalls the amazing care her team provided babies even after having outgrown the space. "We had the determination that we were going to be the best," she says, "If you are in need of expert medical care, this is where you should come first."

One day, after seeing babies and parents once again in cramped quarters, she went home and told Richard they needed to do something. They soon were part of the capital campaign committee to build a new children's hospital. "It's investing in the community," says Richard, "It's investing in kids."

Richard was part of the construction team that built the new children's hospital. As a partner with Hoffman Construction Company, his company not only helped create the modern hospital, but 140 of their employees donated \$51,600 to Legacy's capital campaign. Then, Richard and his two business partners individually matched their employees' gifts, which was followed by another match from the company. This circuitous path of giving led to \$501,600 in donations to help build Randall Children's Hospital. "We like the idea of thinking big," says Richard, "You get to this concept of really making a difference."

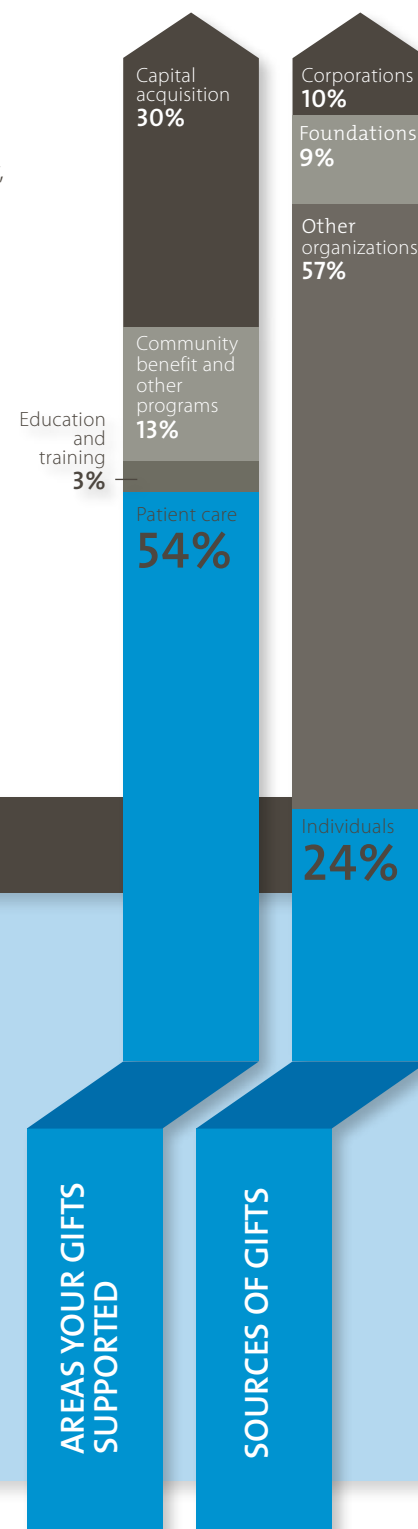
The Sillimans both continue to advocate for the families and children of Randall Children's Hospital by helping direct new donations to needy programs and patients. Shellie also serves on Randall Children's Hospital Foundation's board of trustees. "I'm hoping Randall just keeps getting better and better – that we can provide better and better care, better and better results for illnesses that take the lives of little kids," she says, "The world isn't supposed to have sick kids."

Randall Children's Hospital at Legacy Emanuel

Every aspect of Randall Children's Hospital at Legacy Emanuel has been carefully created to promote maximum care, healing and comfort for young patients and their families. Thanks to the generosity of thousands of donors giving gifts of every amount, our legacy of healthy kids grows stronger.

2014-15 Highlights

- Funded a family liaison for the Neonatal Intensive Care Unit to support families in accessing the education and resources they need during an extremely challenging time.
- Supported Randall Children's Hospital injury prevention programs including the Safety Center, Child Passenger Safety, Helmet Safety and Shaken Baby Prevention.
- Helped establish the Transgender Youth Clinic (the only one in the state) by expanding staff, funding specialized training and purchasing materials for a resource library for staff, patients and families.
- Invested in the Child Life Program and Art Therapy to provide education, distraction and support for more than 5,000 children treated at Randall Children's Hospital and their siblings.





Legacy Hopewell House Hospice

Leaving a legacy

Peter and Crystal Metz were only married 21 years when Crystal passed away at Legacy Hopewell House Hospice after a lengthy illness; she was just 48.

During Crystal's final 23 hours she was cared for by the compassionate, competent hospice staff. For the first time in the 13 years of her illness, Peter no longer worried if he was giving her the correct dose of her medication. He knew the hospice staff was managing her pain so he could focus on sharing their last hours together.

During this most difficult time, the peaceful and caring environment put him at ease. For this, Peter was extremely grateful. So, he included Legacy Hopewell House Hospice as a beneficiary on his life insurance policy.

Sadly, Peter died four years later, at the age of 50. However, his legacy will always live on through his generous gift. Hospice gifts ensure that future patients benefit from not only high-quality, end-of-life care, but also bereavement programs, respite care, interpretive services for their families and other special programs like Pet Peace of Mind, which keeps hospice patients with their pets.



Our Legacy is yours

There are many ways you can bring your passion to life and leave a legacy for the future. A gift of any size can have an impact on a life. You can extend your commitment to excellent care with a gift made through your will or trust. Or, you can make a gift that will provide income to you and others during your life. Life insurance or retirement plans are also giving options. Your gifts can be easily established with cash, stock, bonds, personal property, life insurance or real estate.

Explore all the ways you can create your legacy by visiting www.legacyhealth.org/giving or by contacting Wendy K. Hill, senior estate and gift planning advisor, at 503-413-8123 or wkhill@lhs.org.



A garden can have healing powers

Health care research has shown that patients with access to a garden, or even a garden view, have fewer complications, require less pain medication and are discharged more quickly from the hospital. Healing gardens, supported by donor gifts, are a hallmark of Legacy Health hospitals.

Our award-winning Horticultural Therapy program uses plants and gardening as part of patients' physical, speech and recreational therapy. Our healing gardens provide a sanctuary where patients, visitors and staff can benefit from the healing powers of nature.





Our Legacy is yours.
Thank you for your gift.

Our legacy is good health for our people,
our patients, our communities, our world.

The Office of Philanthropy | Legacy Health

PO Box 4484 • Portland, OR 97208

Phone: 503-415-4700 • Fax: 503-413-6447


www.legacyhealth.org/giving

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EMANUEL Medical Center

GOOD SAMARITAN Medical Center

MERIDIAN PARK Medical Center

MOUNT HOOD Medical Center

SALMON CREEK Medical Center

RANDALL CHILDREN'S HOSPITAL Legacy Emanuel

LEGACY MEDICAL GROUP

LEGACY LABORATORY

LEGACY RESEARCH

LEGACY HOSPICE