



a healthy future

Partnerships are key to our ability to bring good health to our people, our patients, our communities and our world. Here are some of the ways Legacy Health is working with the community to break down barriers and help everyone get the healthcare they deserve.



Homelessness complicates so many other illnesses, such as Chronic Obstructive Pulmonary Disease and diabetes. A lot of emergency room visits and hospitalizations could be avoided if someone had shelter, somewhere to heal.

– Maureen Bradley, senior vice president development and community engagement officer, on the importance of Legacy Health's participation in Housing is Health.

Patients report hunger is their biggest health concern

Emergency Food Support program helps patients experiencing food insecurity

Peanut butter, tuna, mandarin oranges, almonds – these may not be the kinds of items you would expect to pick up at your doctor's office, but thousands of Legacy Health patients receive them and more as part of the Emergency Food Support program. Healthcare providers and social workers at 30 Legacy Health locations provide food packages to patients experiencing immediate hunger and help connect them to community support services.

Each package is prepared by our Food and Nutrition Services staff with a variety of shelf-stable, protein-rich and easily prepared foods meant to cover a few days' worth of meals. A tailored list of local resources such as food pantries and other safety net services is also included. Patients facing ongoing food insecurity are invited to pick up fresh food bags containing produce and dairy every other week.

Work to launch Emergency Food Support started after a 2019 survey revealed 26% of our Medicare/Medicaid patients cited food insecurity as their biggest health concern. Following the economic effects of the COVID-19 pandemic, the figure jumped to 40% of patients worrying most about food.

With the amazing support of our donors and community partners, the program is growing to help patients meet their food needs. Our goal for this year is to raise \$250,000, enough to provide 5,000 individual bags and 700 family bags, which equals 104,000 meals distributed and 8,000 individuals served within a one-year timeframe.

These foundations were instrumental in providing grants to create and sustain the Emergency food Support program, and we are deeply grateful for their partnership.

- Community Foundation for Southwest Washington
- Kroger Zero Hunger | Zero Waste Foundation (Fred Meyer)
- No Kid Hungry (a program of Share our Strength)
- Pacific Power Foundation
- Swigert Foundation
- Swigert-Warren Foundation
- Wheeler Foundation

We also appreciate vital support from individual donors and Legacy staff who donated through the Employee Giving Campaign.



COVID-19 has contributed to the rise of food insecurity reported by our patients.

Support for Silverton

grant helps alleviate financial barriers to healing

The Care Management team at Legacy Silverton Medical Center has always been committed to helping patients facing financial hardships. Social workers and health navigators ensure patients can focus on their recovery rather than worry about monetary stressors. That help can come in a variety of ways – from a few days’ worth of medication to one-time assistance with rent or utility bills.

People from Silverton and the surrounding area were hit hard by the health and economic effects of COVID-19, particularly members of Latinx communities. Oregon Health Authority (OHA) awarded a \$75,000 grant to our Care Management team to help meet those patients’ needs and prevent families from becoming homeless. These funds helped over 70 people at the end of 2020. Here are two examples of the way small distributions from this grant made an enormous impact for our patients:

- A newly single father of three young children had recently accepted a lower-paying job to have more time to care for his family. When his income was further reduced due to COVID-19, he fell behind on bills and was facing eviction. Then an unexpected hospitalization further complicated the matter. Money from the OHA grant was used to pay three months of rent so he could recover knowing he and his children were safely housed.
- A single mom of three who was caregiver to her mother and grandfather and managing her own chronic health issue decided to take some time off work in order to minimize risk of exposing her household to COVID-19. After her grandfather unfortunately passed away, she returned to working on a night shift but was finding it difficult to get caught up on her bills. Sensing her immense stress and its negative effects on her health, her doctor referred her to the Care Management team, which used funds from the OHA grant to bring her up to date on rent and utility payments and provided gift cards for groceries and personal items.

Thanks to the OHA grant and donors like you who support our patient assistance funds, we’re able to help our community stay healthy and safe, especially during this pandemic.



Housing is Health initiative

Central City Concern provides housing, healing and hope at the Blackburn Center

Five years ago, Legacy Health partnered with Central City Concern on a mission to alleviate one of the biggest health challenges people can face – not having a safe and stable place to live. Five other local health systems joined the effort, making this a truly community-wide project to improve outcomes for those experiencing social barriers to health. Together the organizations committed \$21.5 million toward construction of three buildings to provide 382 affordable homes co-located with healthcare and social support services.

Among those buildings is the Blackburn Center, which provides individual housing units, healthcare, pharmacy, mental health counseling, recovery support and employment services all under one roof. Since opening in July 2019, more than 3,500 individual clients have been served by the center’s various programs.

Success stories abound from Blackburn Center clients. People are finding their first stable living situation, overcoming addiction and receiving healthcare for conditions that would otherwise go untreated. As they recover with the support of Central City Concern’s programs, clients are learning new skills, finding employment, healing broken personal relationships and building their own network of support for moving forward.

When someone is ready to leave Blackburn, they are aided through active case planning to ensure they will continue to have safe and stable housing. Central City Concern helps clients remove barriers, obtain referrals and get added to waitlists for housing options throughout the metro area.



Following the impacts of COVID-19, community support for the Blackburn Center is more critical than ever. Philanthropy is key to ensure Central City Concern can continue to provide our most vulnerable neighbor with comprehensive support services and safe housing.

A group of volunteers wearing blue beanies and backpacks, some with "PORTLAND STREET MEDICINE" logos, are standing outdoors. One person is wearing a red backpack with a similar logo. The photo credit "photo credit: Cole Keister" is at the bottom left.

Portland Street Medicine:
2020 in numbers

126
volunteers

2,489
hours of service

165
days of medical outreach

3,500
patient encounters

2,000
individuals served

Improving healthcare for the unhoused

Portland Street Medicine brings care and compassion to people where they live

At least 4,000 of our neighbors live in unstable housing situations or on the street. One of the many challenges they face is access to healthcare. Issues such as affordability and broken trust limit their opportunities to receive traditional medical treatment. Portland Street Medicine (PSM) is removing those barriers by bringing healthcare to them.

An entirely volunteer team of medical professionals are out every week offering basic health services to houseless people, with a focus on immediate acute care and essential primary care. COVID-19 didn’t slow PSM down, neither did the wildfires. In fact, last year the team grew by 30 new volunteers, and they didn’t miss a single day of outreach, which are schedule multiple times per week.

Legacy Health has provided grants to the organization and many of our employees make personal donations to Portland Street Medicine through our annual Employee Giving Campaign. Additionally, Legacy Health supports their work by providing warehouse space for their clinical supplies and medical van. This reduces overhead costs, so all money donated directly helps their team provide tailored assistance to the unique needs of each client following their medical examination.

Sometimes clients need a \$20 gift card to fill a prescription, others might require supplies to improve sleeping conditions. Whatever the need is, Portland Street Medicine does more than just deliver the basics – they give dignity and humanity to an often-overlooked part of our community. Their outreach also helps provide stability for people whose lives are constantly in flux and is building back trust so more people will be open to receiving the care they need.

Take the right steps

Class helps seniors manage their risk of falling



A common myth among seniors is that falls are an inevitable part of aging. The Trauma Nurses Talk Tough program has been working to set the record straight with its Take the Right Steps community education class. While falls are certainly serious and a leading cause of injuries for those 65 and older, people can take steps to minimize their risk of falling.

Take the Right Steps empowers seniors to reduce their risk by teaching them how to control their environment with simple tips and

equipment. The class can help those who have fallen overcome their fear of falling again and covers what to do if a fall does occur. Seniors who complete the course are thrilled to realize they can decrease their fall risk by making modest and achievable lifestyle changes. The class is now available virtually to continue educating seniors while physical distancing.

A recent philanthropy-funded expansion of the program made the class available to 350 underserved and low-income seniors. After completing the class, these seniors received a package of safety materials to implement the recommendations covered in class. The packages include eye glass cleaning kits, motion-sensor nightlights, waterproof whistles, and non-skid bathmats.

Avoiding falls is key to good health and quality of life for older adults. Erasing the hardship of purchasing these items ensures anyone who attends the class can implement the recommendations to make their homes a safer place and lower their risk of falling.