



OCTOBER 2017

a healthy future

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a legacy campaign



is your home **safe**?

EACH YEAR...

Poison control
centers receive
2.2 million calls



A **home fire** is
reported every
86 seconds

Falls from windows cause more injuries and
deaths for children than any other type of fall

The Safety Store at Randall Children's Hospital can help you identify hidden and common child safety hazards around your home. The store also offers below-retail-cost safety products, including smoke detectors, fireplace guards, cabinet and appliance locks, and window stops and guards.

The staff of the Legacy Oregon Burn Center provide free classes on the treatment and prevention of burn injuries, from education on electrical injuries to how to prevent common causes of burn injuries.

To learn more, visit www.legacyhealth.org.

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safe sleep **solution**

Sleep. It is vital to your overall health. However, when a new baby arrives, quality sleep can seem elusive. "We often see parents who are just overwhelmed," says Natalie Monk, MSW, a pediatric social worker at Randall Children's Hospital. "When you're not getting adequate sleep, it becomes quite the stressor."

During a well-baby visit, Tara Thompson informed her daughter's pediatrician she was co-sleeping with her baby. "At the end of the day, when parents are exhausted, convenience plays a major role in their decision-making," says Amber Kroeker, child injury prevention coordinator at Randall Children's Hospital. "Sleep deprivation can lead them to choose unsafe sleep environments for their infant."

Sleep-related infant deaths are the most common cause of infant mortality. Nationally, nearly 4,000 babies die each year from sudden unexpected infant deaths (SUID) while sleeping; half of these SUID deaths are due to the placement of an infant in an unsafe sleep space – a car seat, bouncy chair or bed-sharing, leading to suffocation or strangulation. "Those kids haunt me," Amber exclaims. "So many babies die from preventable circumstances."

That's what led her to develop a way to prevent future infant deaths. Three years ago, Amber received an Innovation Award to develop the American version of the Finnish bassinet box. The resulting Smitten Sleep System is a thoughtfully-designed box with a firm mattress and fitted sheet. "It's small, it's portable, it's user-friendly," Natalie notes.

Thanks to the generosity of donors, Randall Children's Hospital Foundation recently purchased 160 of these bassinet box beds for caregivers to offer new parents who need a safe sleep option for their infant. "The first six months of life is when the risk of SUID is the highest," Natalie states. "If we can reduce the number who are co-sleeping – the parent's get better sleep and the kids are safer – it's a win-win."

"I love it!" Tara remarks. "She sleeps perfectly and I know she's safe – it's a lifesaver."

The rate of SUIDs has decreased 50 percent since the American Academy of Pediatrics (AAP) came out with safe sleep guidelines in the mid-1990s. AAP recommendations on creating a safe sleep environment include:

- Placing baby on his/her back on a firm sleep surface with a tight-fitting sheet.
- Avoid crib bumpers, blankets, pillows and toys.
- For the first six months, babies should share a bedroom with parents, but not the same sleeping surface (room-sharing decreases the risk of SUID by as much as 50 percent).



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get better sleep and the kids are safer – it's a win-win."**

– Natalie Monk, MSW
Pediatric Social Worker, Randall Children's Hospital



“Our work is about rehabilitation, recovery and restoration.”

– Teresia Hazen, MEd, HTR, QMHP
Coordinator, Legacy Health’s Therapeutic Garden Programs



planting seeds of therapy

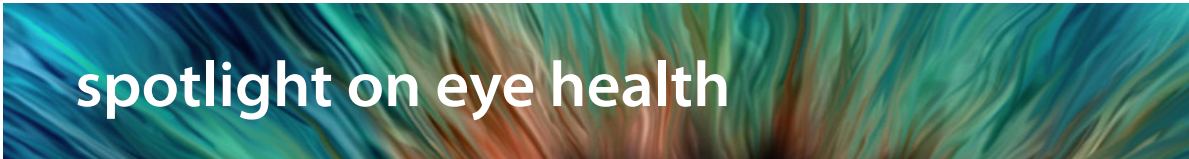
Displayed prominently on Teresia Hazen’s office bulletin board is the old proverb ‘Nature, time and patience are three great physicians.’ As the coordinator of Legacy Health’s Therapeutic Garden Programs for the past 26 years, Teresia has been instrumental in creating natural environments on Legacy’s hospital campuses that support healing for patients, families and employees, as well as the community.

In 1997, Legacy Health unveiled its first therapeutic garden – the Stenzel Healing Garden at Legacy Good Samaritan Medical Center – marking the beginning of Legacy’s leadership in therapeutic garden programs. Today, Legacy has more therapeutic gardens than any health care organization in the world. And, our multi-disciplinary approach to the design process is used as an international model for healing gardens.

“Our work is about rehabilitation, recovery and restoration,” Teresia says. “We don’t plant a plant or install a pathway unless it’s going to engage patients.” Legacy’s 11 (soon to be 12) therapeutic gardens are all designed as recovery tools with plants of varied heights, textures and colors. “Everything in the garden has a therapeutic purpose,” she remarks. For example, a patient recovering from a stroke can practice reaching out with their weak side to touch a flower petal.

Even the walkways have a mix of surfaces, from smooth and bumpy to gently inclined, allowing patients to practice using a wheelchair, walker or crutches. Physical therapists can work with patients on posture, balance or the correct use of a cane or walker. And, all of Legacy’s gardens are equipped with handrails for both young and old to gain stability with limited assistance.

“Our gardens are focused on health and wellness for every person,” Teresia exclaims. “When patients, staff and visitors step into the garden, they get a good health opportunity without even thinking about it – the good health is just wrapped around them.”



spotlight on eye health

Right now, about 1.5 million Americans are unaware their sight is in jeopardy. Like a thief in the night, glaucoma is slowly stealing their side vision and will eventually take away their sight altogether.

The second leading cause of blindness in the United States, glaucoma can affect anyone. Nearly three million Americans are living with glaucoma, yet half of them don’t know it. Although there is no cure, early detection leads to treatment, which can delay further vision loss.

Thanks to generous donations, Legacy Devers Eye Institute provides free glaucoma screenings. To learn more, visit www.LegacyHealth.org/Devers.

studying nature’s healing power

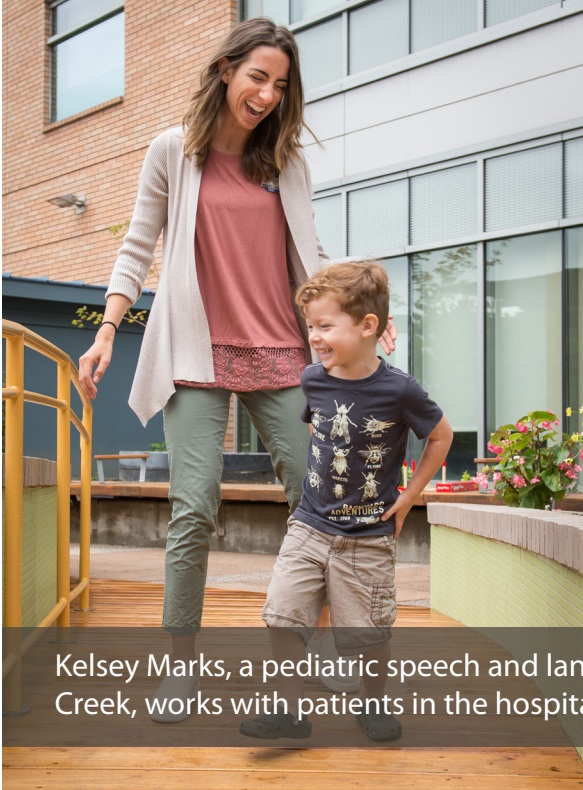
An in-depth study of the restorative benefits of therapeutic healing gardens is underway in Legacy Emanuel Medical Center’s second-floor terrace garden, thanks to a \$560,000 Open Spaces Sacred Places grant from the TKF Foundation.

Located near the hospital’s Family Birth Center and Cardiovascular Intensive Care Unit, the 6,800-square-foot open-air terrace garden is the setting for four research studies investigating the impact of nature on patient care:

- A postpartum study measures the use of the garden by women and their partners.
- A family study identifies the garden’s effect on the stress faced by family members of Cardiovascular Intensive Care Unit patients.
- A nurse study evaluates how the garden helps with work stress.
- An observation study evaluates the visitors to the garden and how they use it.

Studies conducted in health care settings show that exposure to nature views promotes healing both physiologically and mentally. “The garden is such a peaceful place and the perfect antidote from the stress in a hospital environment,” says registered horticultural therapist, Teresia Hazen.

The TKF Foundation is a private grant-making foundation whose mission is to provide the opportunity for a deeper human experience by inspiring and supporting the creation of public green spaces that offer a temporary place of sanctuary.



Kelsey Marks, a pediatric speech and language pathologist at Legacy Salmon Creek, works with patients in the hospital’s new healing garden.



transforming unusual spaces

The 12,000-square-foot rooftop plaza on Legacy Salmon Creek Medical Center’s third floor is now a beautiful, therapeutic green space. “We get better and better at designing, refining and working with challenging spaces,” Teresia Hazen says. “The Legacy Salmon Creek space was hard because we had to keep it from feeling like a fish bowl.”

Teresia and her team carefully chose plants and created well-defined spaces to encourage various activities for therapists to engage with patients; from squeezing the flower blossom of a hydrangea plant and pointing out the colors on bird houses to traversing across a boardwalk or winding through the circular path of the labyrinth.

“I like knowing every day of the year people can go in our gardens and find something blooming,” Teresia says. “Every one of the four seasons is really distinct and draws people outside or to look out the windows.”

Many special activities also take place in the garden. Other features include: a bubbling fountain, a pavilion for shade and meditation, night lighting for safety, benches and tables.

because of you . . .

All of Legacy Health’s therapeutic gardens are made possible by the generous philanthropic support of many individuals and diverse organizations who recognize the positive impact these beautiful spaces offer patients and families.

“What a beautiful gift your garden is – a sliver of peace in times of uncertainty.” - A grateful family

“The garden is a wonderful escape – this is a perfect place for us to walk off some energy – thank you for everything this place offers.” - A grateful family

“It made my very ill husband’s day to feel the sun, breathe fresh air and see the beautiful flowers.” - A grateful spouse