

Giving Health

Donor Annual Report
2014



LEGACY
HEALTH



dear friends

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

Your giving is making an impact! Thanks to your ongoing support, **close to \$15 million** was directed in 2013-2014 toward improving the health of our communities. Please join me in celebrating this year of giving through our 2014 annual report!

As you will see in this report, by making philanthropic commitments to Legacy Health foundations – you have helped save lives. This year, donors have funded community services like free mammogram screenings for underserved women in East Multnomah County, research into neurology, ophthalmology and diabetes along with beautiful healing gardens and child abuse assessment programs.

Donors also gave to areas of desperate need, such as charity care. Despite the goal of insurance coverage for all, gaps remain and high deductibles can overwhelm a family in crisis. Philanthropy not only helps provide immediate medical attention but it can also cover preventive screenings and budget-busting follow-up care and expensive medications.

Our aim going forward is to continue to provide the best possible care for all those in need and to take a new leadership role in how our community approaches the care of those experiencing

a mental health crisis. Incredibly, one in four people in the U.S. suffer from a behavioral health-related concern, such as depression, addiction or bipolar disorder. Unfortunately, we too often hear about the sad consequences of those in need after it is too late.

Legacy Health is partnering with other local health care systems to change this trajectory by providing the right care at the right time. You will hear more about these life-changing efforts in the coming year.

On behalf of all those we serve, I thank you for your ongoing investment. Together, we will continue to make an impact and lead the way towards optimal health for all!

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 foundations can continue to maintain innovative medical services, such as new ways to treat mental health, digestive disorders or breakthroughs in treatments for those afflicted with Parkinson's disease. We are also dedicated to reaching underserved communities with new education and disease management programs, as well as helping all those in need, regardless of their ability to pay.

Support for Legacy's funding priorities is essential to the continued health of our community. The opportunity to make a difference has never been greater.

With the generous support of donors, Legacy Health 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. Our impact is made possible by the generosity of our donors, working together to enhance and improve patient care.

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

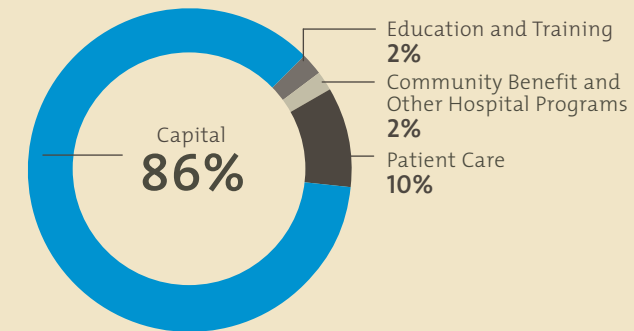
Miracle baby

Randall Children's Hospital at Legacy Emanuel

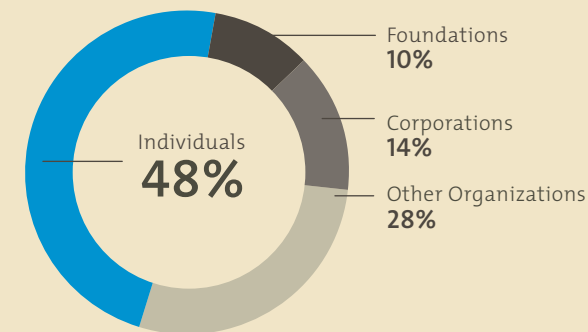
Every aspect of Randall Children's Hospital has been carefully created to promote maximum care, healing and comfort for our young patients and their families. Thanks to the generosity of thousands of donors giving gifts of every amount, our legacy of healthy kids grows stronger.



Areas Your Gifts Supported



Sources of Gifts



2013-14 Highlights

- Supported child abuse assessments for more than 1,400 children at CARES Northwest.
- Purchased milk warmers and 45 new parent chairs to enhance care in the Neonatal Intensive Care Unit.
- Supported Randall Children's Hospital's injury prevention programs including the Safety Store, Child Passenger Safety, Helmet Safety and Shaken Baby Prevention.
- Supported the Compassionate Care Program which provides memory-making activities and referrals to support services for families who have lost a child.

For more information on giving back to our foundations please visit legacyhealth.org/giving.

Serenity Hansen was two and half years old when she unexpectedly stopped eating and drinking and began having fevers. "She was so lethargic and didn't want to wake up," says her mother, Heather Carter. On Aug. 1, 2013, Serenity was diagnosed with acute myeloid leukemia (AML), a cancer of the blood and bone marrow. "It just didn't seem possible," says Carter.

Born five weeks prematurely and not breathing, Serenity also had Down syndrome, as well as pre-leukemic cells, which is common in Down syndrome children. Three days after her cancer diagnosis, Serenity started chemotherapy at Randall Children's Hospital at Legacy Emanuel. According to certified child life specialist, Jessica Thompson, children with AML need to remain in the hospital for months during their chemotherapy treatment. "Because Serenity was immune compromised she was stuck in her room a lot," she says.

At Randall Children's Hospital though, Serenity was still able to have some fun. The Child Life program provides certified child life specialists to engage hospitalized children with

normal play experiences. "We want kids to be kids, even when they're sick," says Thompson, "I brought Serenity toys and activities that worked her fine motor skills and stimulated developmental play."

Thompson also helped plan Serenity's third birthday party, Dec. 24. And, on Christmas Day, she brought a small artificial tree into her room. "It was more than we expected," says Carter. At Randall Children's Hospital everything is family-friendly. "We imprint the positives," says Thompson. For children and their families, the child life specialist is their advocate who also helps them understand their medical procedures. "We try to help parents by keeping them informed and creating an environment with stronger memories of fun," says Thompson.

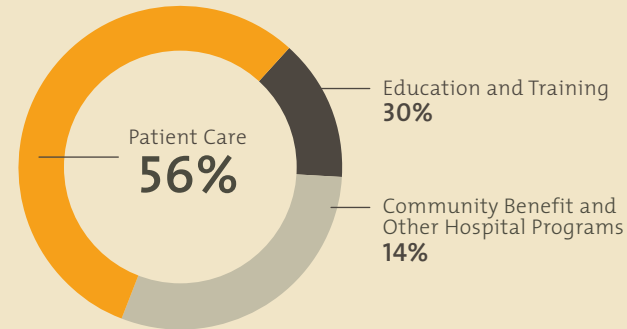
After six rounds of chemotherapy, Serenity is now in remission. Thompson joined Serenity and her family for a 'last day of chemo' celebration complete with balloons on Feb. 6, 2014. Carter says after everything Serenity has been through, "She's a miracle baby."

Legacy Salmon Creek Medical Center

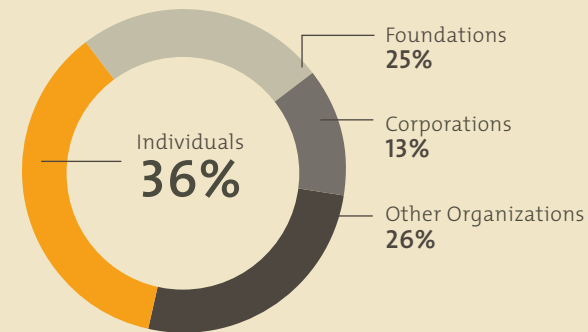
Legacy Salmon Creek Medical Center stands as Southwest Washington's most modern hospital, combining the latest in medicine and technology with a warm, comfortable, family-focused environment. Your donations help enhance patient experiences so they can focus on healing.

Giving back

Areas Your Gifts Supported



Sources of Gifts



2013-14 Highlights

- Purchased augmentative and assistive communication devices to support patient care.
- Provided operating support for the Child Abuse Assessment Team program.
- Purchased pediatric development and rehabilitation equipment for patients that cannot afford them on their own.
- Provided essential, physician-directed, short-term emergency medication to patients without prescription drug coverage or sufficient financial resources.



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Jeff Burnett was the kind of person you could rely on for anything, says his wife, Mary Burnett. "He would be the first one in line if someone needed help." After an 18-month battle with Glioblastoma – a highly aggressive, cancerous brain tumor – Jeff passed away in January 2011. He was 48.

As a tribute to Jeff and a celebration of his 50th birthday, Mary and her two sons, Keaton and Dalton, organized the first Jeff Burnett Memorial Golf Tournament in May 2012. "I tried to encompass all the things Jeff loved – family, giving and golf," she says. "For Jeff, I know, if a difference was made, it would be okay that we made a fuss over his birthday."

The money raised from the tournament goes directly to families in need at Legacy Salmon

Creek Medical Center. "I imagine if you're alone in this process you might wonder if anyone cares," says Mary. The proceeds also provide gift cards and other necessities for the nurse navigator at Legacy Salmon Creek to distribute to cancer patients who are financially stressed. The gift cards help patients who just need gas to get home from an appointment, or some groceries, or birthday gifts or clothing for their children.

After three years, the tournament is a time to reconnect with Jeff's supporters while giving back to others in need. "We laugh for him and have a good time," Mary says. "Jeff was always pulling for the underdog so we created a 'toughest day prize' for the last two finishers." Jeff's spirit of rooting for people in need continues each year out on the course, and every day for cancer patients in need of extra support at Legacy Salmon Creek.

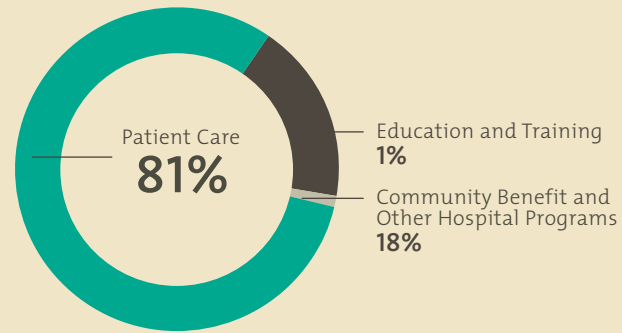
Feeling lucky



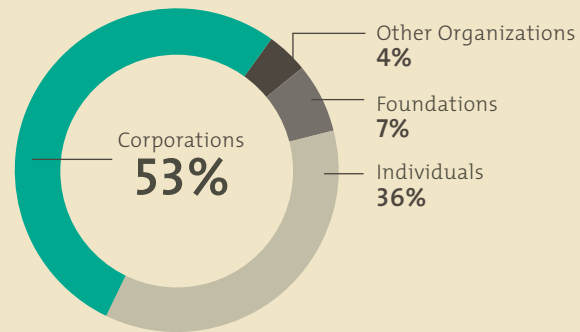
Legacy Mount Hood Medical Center

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.

Areas Your Gifts Supported



Sources of Gifts



2013-14 Highlights

- Purchased 3-D mammography equipment to detect tumors earlier; reducing repeated screenings, radiation exposure, patient stress and the need for biopsies.
- Purchased compression garments for lymphedema patients to prevent the return of swelling, which allows patients to regain use of the affected extremity.
- Provided free mammogram screenings to underserved women in Gresham and East Multnomah County.
- Provided essential, physician-directed, short-term emergency medication to patients without prescription drug coverage or sufficient financial resources.

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Connie Schmitt knew she needed a mammogram before her doctor would refill her prescription for hormones. So, she went to Legacy Mount Hood Medical Center's Breast Health Center. "I kind of had a gut feeling something was not normal," she says. "I thought, just go, and get your answers." Her mammogram revealed something suspicious. "With 3-D mammography I could see the tumor, and I don't know how to read X-rays," she says.

On Oct. 31, 2013, she learned the biopsy and ultrasound results revealed Stage 1 HER2-positive breast cancer, which tends to be more aggressive than other types of breast cancer. "They said, this is treatable and these are the next steps," says Schmitt. In addition to undergoing a double mastectomy, Schmitt's treatment requires one year of chemotherapy.

Schmitt appreciates having cancer treatment services in East County. "I'm a horrible commuter," says Schmitt. An employee at Legacy Mount Hood since 1988, and currently the office assistant

in the Legacy Mount Hood Birthing Center, Schmitt says, "I live five minutes from here. My chemotherapy is right across the hall from the Breast Health Center – how convenient is that?"

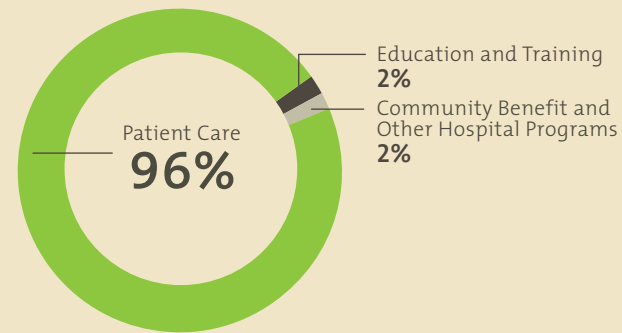
Before the Breast Health Center opened, Schmitt got her mammograms in a tiny, closet-size room at the hospital. "They did the best they could with what they had," she says. "But it wasn't personal, it wasn't warm, it wasn't comforting." According to Schmitt, the Breast Health Center is welcoming, offering plenty of elbowroom, as well as locker rooms for changing. "I just felt they treated me like I was their best friend," she says.

"From the admissions staff and housekeepers to the nurses and the doctors – you're a person, not a patient," says Schmitt. She also believes 3-D mammography saved her life. "If I had 2-D mammography, it would probably be Stage 3 or Stage 4 before they found the cancer," she says. "I feel lucky."

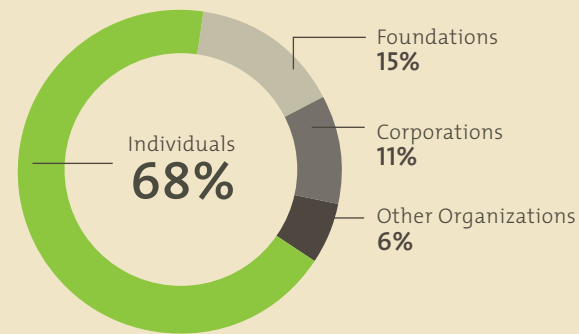
Legacy Meridian Park Medical Center

Founded in 1973 as a community hospital, Legacy Meridian Park Medical Center has grown into one of the area's most sophisticated medical centers—without losing the personal touch of caring for our 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.

Areas Your Gifts Supported



Sources of Gifts



2013-14 Highlights

- Supported the development and construction of a specialized chest pain center.
- Supported the remodel of the Cardiac Rehabilitation Center, including a new kitchen, treadmills and other environmental enhancements.
- Purchased new furniture, including sofa sleepers for the Family Birth Center and chairs for the Emergency Department to make patients and visitors more comfortable.
- Purchased a surgical bariatric operating table to enhance patient care and safety for pregnant women.
- Supported nutrition counseling for cancer patients who do not have insurance coverage or financial resources to pay for this essential service.

Incredibly fortunate



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"My husband is having a heart attack," cries Sandra Meekcoms to the 911 operator. The operator calmly replies, "We're going to start CPR on him." Sandra sets her husband, Raoul Meekcoms, flat on the floor. She exposes his chest and kneels by his side. The heel of her hand is in the center of his chest as she begins to push down firmly. "Stay with me," Sandra shouts to Raoul.

The Meekcoms had started the day with their normal routine – sipping coffee while reading the newspaper. Feeling cold, Raoul stepped out of the room. "Suddenly, I heard a thump," says Sandra. Raoul recalls, "My heart just stopped – I had no chest pain and I didn't have a blockage." Sandra performed Hands-Only CPR for five and a half minutes before first responders arrived. The paramedics then resuscitated him three times prior to transporting him to Legacy Meridian Park Medical Center.

"A lot happened in a very short period of time," says Sandra. Pulmonologist, Jerry Tran, M.D., took the journey with the Meekcoms. "If Sandra hadn't started CPR right away, and then all the players in the field – the police department, fire department, ambulance, Emergency Department and intensive care unit – if one of those people failed, Raoul probably wouldn't be here," says Dr. Tran.

That crisis led the Meekcoms to give back by becoming health care activists. They lobbied the state senate for Hands-Only CPR as a high school graduation requirement. And they have volunteered with Legacy Meridian Park's Healthy Hearts Education program, which teaches seventh-graders Hands-Only CPR and heart health.

"Hands-Only CPR, that's basically why he's here," says Dr. Tran. "And, what the Meekcoms have done for CPR awareness is incredible."

Bonded forever



Jana Hopkins (right);
Courtney Hergert
Spears (left)

During Jana Hopkins' first pregnancy, she developed toxemia – a complication characterized by high blood pressure. Women with toxemia carry a higher long-term risk for developing kidney disease. Hopkins' doctors were not worried, but wanted to keep an eye on it. Over the years, they closely monitored her kidneys.

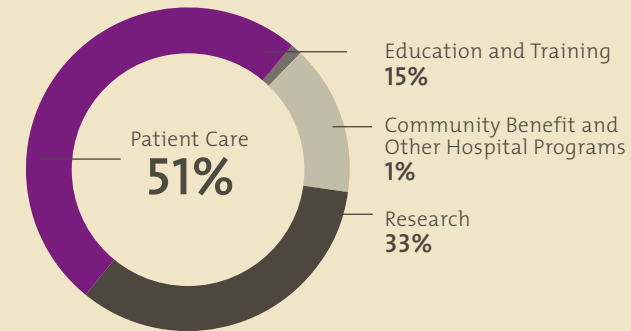
On March 13, 2013, a routine ultrasound revealed the need for an immediate kidney biopsy as Hopkins' kidneys had begun to fail – doctors quickly placed her on dialysis. A kidney transplant was now necessary. However, with a three percent chance of finding the perfect match, Hopkins would need hope, faith and Facebook.

After more than six months, the perfect match remained elusive despite 12 of her closest friends and family stepping forward to be tested. Hopkins' husband, Dave, created a CaringBridge site and her community group leader from her church reposted it on Facebook. Courtney Hergert Spears happened to be surfing Facebook when she saw the post and

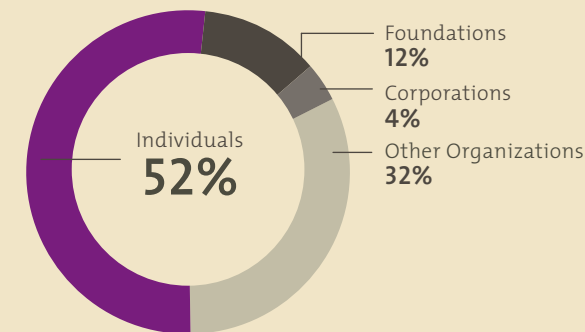
Legacy Good Samaritan Medical Center

Legacy Good Samaritan Medical Center is a nationally acclaimed medical center 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.

Areas Your Gifts Supported



Sources of Gifts



2013-14 Highlights

- Supported the addition of three new exam rooms and a waiting area to increase access to care at Devers Memorial Eye Clinic.
- Purchased eight new beds to enhance the comfort and safety of behavioral health patients in the Emergency Department.
- Supported a pilot project with My Street Grocery to increase access to low-cost, healthy food and nutrition counseling for low-income patients of the Internal Medicine Clinic.
- Provided operating support for hospice services.
- Supported a variety of research projects in neurology, ophthalmology and diabetes.

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clicked the link. "I knew Jana from our church, but not well," says Spears. While reading the post, Spears noticed they had the same blood type. She thought, "What if I am a match?" After weeks of testing, the transplant team at Legacy Good Samaritan Medical Center called Spears saying, "Amazingly your antibodies are the perfect match." Hopkins says, "Courtney was magic number 13."

During the kidney transplant process, Legacy's Transplant Services provides advocates for the donor, as well as the recipient. After months of waiting, Hopkins underwent a kidney transplant on Jan. 6, 2014 – Spears birthday. "It was the best party favor ever," says Spears, "A birthday I will never forget." She fondly recalls her surgical team singing 'Happy Birthday.' "The care was just amazing," says Hopkins, "The doctors, nurses and medical team were phenomenal times three."

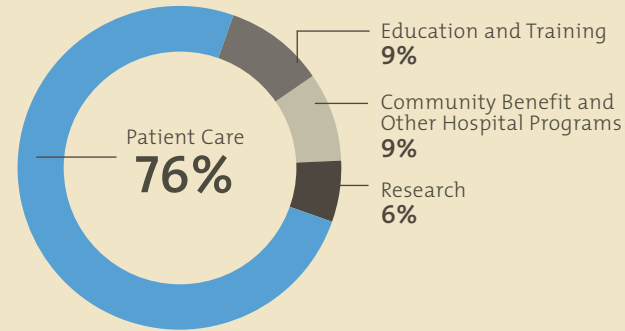
Reflecting on the path that brought them together, Spears says when you give the gift of life it changes your life for the better. Hopkins adds, "We are two lives bonded forever."

Legacy Emanuel Medical Center

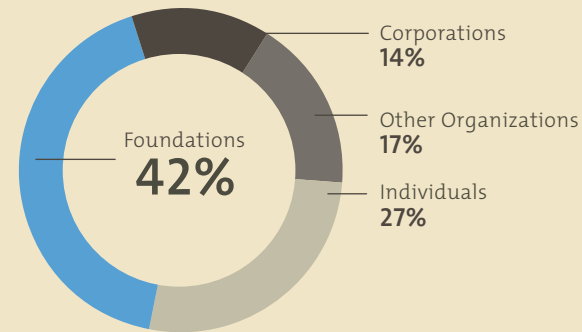
Legacy Emanuel Medical Center is nationally known for expertise in critical health conditions and features specialists in virtually every field of medicine. Opened in 1912 in a converted three-story house, the medical center has been central to the health and growth of the greater Portland area for more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

Every breath is a gift

Areas Your Gifts Supported



Sources of Gifts



2013-14 Highlights

- Supported the addition of a shower and restroom in the waiting room at the Legacy Oregon Burn Center for families visiting loved ones who cannot afford hotel accommodations.
- Supported participation in a multi-center study to compare traditional and restrictive blood transfusion thresholds in patients with large burns.
- Supported the construction of a therapeutic Terrace Garden, Legacy Health's newest healing garden.
- Supported the TraumaNet program, which provides education and training to providers in community hospitals throughout Oregon.



For more information on giving back to our foundations please visit legacyhealth.org/giving.

"I just had a small cough," says Kristen Feuz, who was visiting her family in Woodburn, Oregon. In two days, she spiraled from feeling great to feeling horrible. "I felt achy, tired and I could not get cool," she says. The physicians at Legacy Meridian Park Medical Center notified Legacy Emanuel Medical Center that Feuz's lungs were in severe distress and she needed extracorporeal membrane oxygenation (ECMO).

ECMO allows the lungs to rest, giving the body time to fight the infection, by oxygenating the blood outside of the body when the lungs cannot function normally. Feuz was fighting a potentially lethal combination of pneumonia and the H1N1 virus. Legacy Emanuel immediately sent a team of doctors in a specially equipped ambulance. In less than ten minutes, they hooked her up to a portable ECMO machine. "It was like clockwork, the doors opened and everyone knew exactly what to do," she says. "It was like watching a movie."

She was transported to the intensive care unit at Legacy Emanuel where she remained on ECMO for 22 days and was hospitalized for 32 days. Taking it in stride, Feuz refers to her team of caregivers as her dream team. "They were absolutely the most professional, most loving, caring and empathetic," she says.

It can take about two years to achieve a full recovery after an event like hers. "That machine gave my lungs the chance to heal – I really love that machine!" she says. "Every day is a blessing and every breath is a gift."

Legacy's ECMO program has earned the ELSO (Extracorporeal Life Support Organization) Award for Excellence in Life Support. This award signifies that Legacy's program has been recognized as a "distinguished leader in critical care" with "demonstrated extraordinary achievement in patient care, training, collaboration, education and communication."



A legacy of caring

"Let the giver have the pleasure of the gift," Mollie Bihn would say to her neighbor, Carol Murray. For more than 27 years, Murray lived next door to Mollie and Harold Bihn. "They were always very generous," she says. "Their belief was everyone should make their own way, but sometimes you need help getting on your feet." That is why she believes the Bihns left a transformational gift to Randall Children's Hospital at Legacy Emanuel. "They knew there were a lot of sick children who couldn't afford the care they needed," she says. "They wanted to help fill in the blanks so parents wouldn't have to worry."

The Bihns were married 63 years when Harold died in June 2010; Mollie passed away in December the following year. The Bihns loved children, but were unable to have their own. Murray says, "They were kind to all the kids in the neighborhood." Mollie would bake cookies and play songs on her organ while Harold and the children sang. "They helped me raise my children – they were very wonderful people," she says.

Our Legacy is Yours

Planned giving is not just for the wealthy. A gift of any size can extend your impact beyond your immediate family and provide high-quality health care to everyone in our community. Planned gifts include bequests made through your will or trust; gifts that provide income to you and others in your life; and gifts of life insurance, charitable lead trusts or retirement plans. These gifts can be made with cash, stock, bonds, personal property, life insurance and real estate. By making a planned gift to Legacy, you are improving the wellness of everyone we touch, empowering people to live healthier lives and investing in the health of our communities.

Explore your legacy by visiting www.legacyhealth.org/giving or by contacting Wendy K. Hill, associate director of gift planning, at 503.413.8123 or wkhill@lhs.org.



Through their generous estate gift, the Bihns continue to help children every day at Randall Children's Hospital. They chose to donate unrestricted funds to the hospital, the most powerful type of gift one can give because it can be used to support the most critical needs at any time, to save children's lives and help them heal. Unrestricted funding at Randall Children's Hospital supports patient experiences that fees-for-service do not cover – programs such as child life and art therapy, as well as charity care for those who cannot afford prescriptions and items such as wheelchairs, walkers or other patient care equipment.

Caring donors help sick kids at the children's hospital not only get well, but also allow them to be kids while at the hospital, a critical component to their healing. The Bihns continue their legacy of caring for kids every day at Randall Children's Hospital.

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

The Office of Philanthropy | Legacy Health

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