When Shawna Larsen looks back on her journey through breast cancer last year, she thinks first of the people who took her experience from what could have been dreadful to one of positivity. Her world was turned upside down when a screening mammogram and biopsy last February revealed cancer. So began a whirlwind of appointments, surgery, chemotherapy and radiation. “It was a lot to take in,” Shawna recalls. And while the medical treatment was seamlessly taken care of, it was the additional support that transformed her experience into something manageable.

A week after her lumpectomy, Shawna met with an occupational therapist who helped her with deep breathing techniques and exercises to reduce swelling. Shawna was also connected with the Cancer Center’s social worker who provided counseling to help with anxiety. Shawna recalls that Alex taught her to “take on a different perspective and say today, we’re just going to look at this a different way.”

Shawna also discovered the cancer support group and Zentangle-inspired art. Having local care made a world of difference for her. Despite how terrible she felt after chemo, she was appreciative that “I ache, I hurt, I hate chemo. But I’m in my house.”

For Shawna, ending cancer treatment was bittersweet. While overjoyed her cancer was in remission, Shawna felt she was losing her support system who had been there for her daily during treatment. “But Brittany helped bridge that gap,” says Shawna. As a Survivorship Nurse, Brittany meets with people once they’ve finished treatment and provided Shawna a care plan and tips on staying healthy. “Meeting with Brittany was ceremonial for me,” says Shawna. “It gave me a sense of closure and put my mind at ease.”

And now, Shawna can look at her cancer diagnosis a little differently.
Celebrating Our Impact

$2.2 million invested in technology, equipment and programs to ensure exceptional local cancer care

402 cancer and dialysis patients received financial assistance for basic needs, allowing them to focus on their health

170 screening mammograms provided to uninsured women to promote the early detection of breast cancer

396 overnight stays by patients at Herring House, a home away from home for those receiving cancer treatment

800 Sleep Sacks distributed to ensure safe infant sleep practices at home

3 Panda Warmers in the Family Birth Center

Donate online: providence.org/stmaryfoundation
More than 700 babies are welcomed into the world at Providence St. Mary each year. As the valley’s only birth center, our friends, family and neighbors rely on us for high-quality care for their newborns. Last August, construction began to increase the number of labor rooms, add a surgical suite for cesarean deliveries and to enlarge the special care nursery for babies requiring a higher level of care.

Why now?

- **Increased Capacity** – As the only birth center in our valley, more space is needed for deliveries. Unfortunately, more babies now than ever are requiring higher levels of care resulting in a stay in the special care nursery. Enlarging the space is critical to serving the needs of our community.

- **Reduced Travel** – Babies born at less than 34 weeks gestation require transport to a Neonatal Intensive Care Unit to be stabilized. Often, those babies spend several days in the NICU as ‘feeder growers’; eating and gaining weight before they can come home. A larger nursery will bring those babies home sooner, reducing travel for families.

- **Enhanced Security** - the birth center will be a locked unit where staff and visitors will need special entry access to ensure security and protection for newborns.

Philanthropic support from cash, multi-year pledges and planned gifts will play a vital role in the successful completion of the expansion by June 2018. Please contact us if you’d like to be part of this special legacy.
Family Birth Center Expansion by the Numbers

- Total cost: $3.2 million
- Philanthropic goal: $400,000
- Two additional labor and delivery rooms
- Special care nursery will be enlarged and relocated adjacent the surgical suite and recovery room for faster access in an emergency
- New surgical suite will allow cesarean sections to be performed in the birth center, eliminating the delay of an elevator trip in a situation where seconds matter and increasing capacity in the current operating room space
- Phase II (ongoing): Future plans include renovating all eleven postpartum rooms to be more spacious, comfortable and updated. Philanthropic investments beyond our $400,000 goal will make renovation of these rooms possible, one room at a time.

Contact us to be a part of this special legacy:
providence.org/stmaryfoundation
Many thanks to our 2017 donors

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As people of Providence we reveal God’s love for all especially the poor and vulnerable through our compassionate service.

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