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SPRING 2019



Cornerstone

Compassion

NEWSLETTER

The benefits of close-to-home cancer care

When Patty Powell was diagnosed with Stage 2 breast cancer, she wanted to move fast. "I met my surgeon on Oct. 3 and had the lump removed on Oct. 11," Patty says. "Honestly, I just wanted it out of me."



Patty Powell

Patty, 51, is an accounting administrator near her home in Centralia. She found the lump in her breast and was diagnosed with cancer through a mammogram

and biopsy. Once diagnosed, she had some difficult decisions to make.

Having treatment at Providence Regional Cancer System - Centralia appealed to her, but she wanted to be sure she made the right choice. "I checked out clinics in Olympia, Tacoma and Seattle," Patty says. "I discovered I'd be receiving the same treatment here as I would in Seattle. However, if I opted for Seattle, I'd have to wait weeks or months to start, and I would be driving three and a half hours daily or weekly, depending on the treatment I needed. And if there were complications, I'd be traveling while I felt sick. I really wanted a local clinic."

Her decision was reinforced by connecting with other cancer patients who received treatment in Centralia. "One just finished chemo and was happy, and one had my same surgeon. It really helped having that inside knowledge. Without it, I might have second-guessed myself." Patty has

completed surgery and chemotherapy and four weeks of radiation remains. Having almost finished her treatment, Patty says she's happy she stayed close to home.

"Since I was receiving treatment in Centralia, and it only took half a day, I could go back to work if I felt well enough. My employer has been very generous and understanding, giving me time off when I needed it.

Patty is very pleased with her experience at Providence Regional Cancer System - Centralia and is grateful for the care so close to home. "There are benefits to staying in a small community," she says. "You need support to heal." Patty met people in treatment - both fellow patients and clinic staff - who are now part of her circle of family and friends. This was a comfort she didn't anticipate, but it helped her.

"The nurses are so kind and helpful, the doctors are wonderful, and the volunteers are always there to help. Anything I needed, any questions, they took care of me. Now, when I'm out and about and I see one of my nurses, they say they miss having me there, which is nice to hear. I'm glad to be done with the chemotherapy visits, but I know what they mean."

Want to learn more about Providence Regional Cancer System - Centralia, call 360-330-8939

Save the date!

31st annual PCH Gala Dinner & Auction

Saturday, October 12, 2019

5-9 p.m.

**Jester Auto Museum
& Event Center**

Providence Centralia Hospital's largest fundraising event of the year includes a champagne hour with auto museum viewing, silent and live auction, dessert dash, wine grab and live music.

Advance Gala reservations are required. Reservations are \$100 per person and tables can seat up to 8 guests.

If you are interested in purchasing reservations, being a sponsor or volunteer, please contact Jennifer Woodford, Annual Giving Officer, at Jennifer.Woodford@Providence.org or 360-827-7940.

Proceeds provide vital funds to ensure better health for the entire community.

YOUR GENEROSITY PROVIDES HOPE & COMPASSION
Donate at www.providence.org/centralia-giving or call 360-827-7940

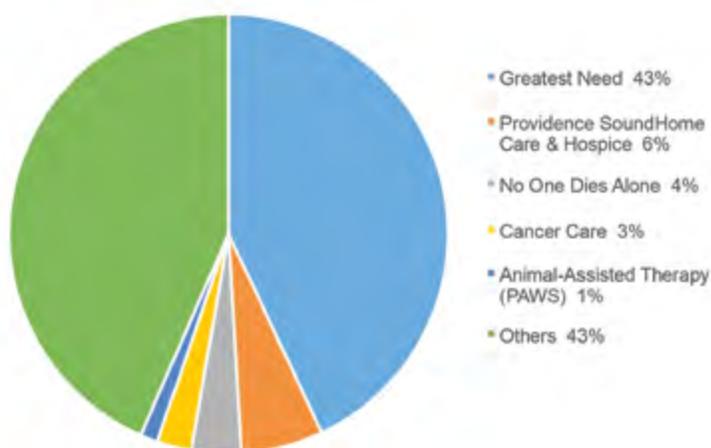
Your gifts enable foundation to award over \$438,000 in support

Thanks to charitable gifts from generous donors, in 2018, the foundation awarded more than \$438,000 in funding for state-of-the-art medical equipment, community outreach, and other healthcare programs provided by Providence to improve the health and wellness of our community in Southwest Washington.

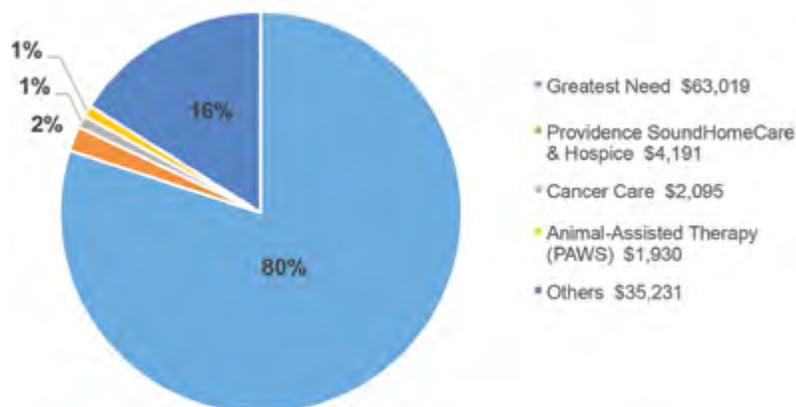
The largest grants awarded include: \$151,000 to upgrade two patient care beds in the Critical Care Unit into electronic intensive care units; \$92,000 to purchase a TRU-D Robot, an ultraviolet light disinfection system which can disinfect an entire room and reduce hospital-acquired infection rates; \$64,000 to purchase an ultrasound machine for the Emergency Department, and \$18,200 to purchase two arthroscopy sets.

Several Providence community outreach and other healthcare programs received continued funding in support of compassionate mission-focused wellness, including: Providence SoundHomeCare and Hospice, No One Dies Alone, and Providence Animal Wellness Services, the animal-assisted therapy program at PCH.

552 total donors in 2018



2018 raised contributions: Total \$211,974



Program highlights in 2018

Providence Regional Cancer System – Centralia

- Open now on Fridays
- Added full time Gynecologic Oncology providers
- Added additional support groups and classes
- Offered several support events, including: Cancer 101, Living with and Beyond Cancer, Learning Through Laughter, Mediation Services as well as our annual Cancer Survivor Celebration
- Offered integrative therapies such as yoga, massage and acupuncture

Providence Animal Wellness Services (PAWS)

- Celebrated our first year of service in 2018 with 3,016 visits; including: 452 in rehabilitative therapies, 633 in medical, and 1,931 in the first floor waiting areas and administrative offices
- Recruited 11 human and 6 canine volunteers and 3 new teams onboarding as of March 2019
- Provided animal therapy dogs helping children overcome significant cognitive and behavioral challenges.

PSHCH SoundCareKids

- Served more than 90 children and 61 families.
- Provided outreach support in schools
- Created a workbook for children who have experienced death of a loved one

PSHCH Bereavement Services

- Provided service to 1,074 people and families
- Hosted Adult Grief Support Groups with 271 attendees
- Hosted 213 individuals with One-on-One Adult Counseling
- Hosted an annual memorial event
- Coordinated 3 *Navigating Grief in the Holidays* workshops