Spine surgery keeps Darrell on his feet

Darrell McGregor has generally taken his mobility for granted until one day, he couldn’t. The active 68-year old works as a lumberyard manager, plays vigorously with his grandkids, and is an avid lifetime hunter. Last fall Darrell thought he suffered a slight injury during a hunting day. He remembers stepping in a hole and feeling like he jarred his neck. Over the next few days, it became apparent his condition was more serious than he originally thought.

“I had trouble walking, and it became progressively worse,” Darrell says. “At work, I could hardly grab a pencil. It was like my brain was not telling my body what to do.”

Darrell’s wife Chris made an appointment with their long-time family physician Edward Jansen, M.D., at Providence Medical Group – Hawks Prairie Internal Medicine. They scheduled a same-day appointment, and after ruling out stroke symptoms, Dr. Jansen ordered a brain/spine MRI to assess other neurological problems.

Chris remembers Dr. Jansen’s concern when he called Darrell at work. “He first told Darrell the good news – you have a brain!” Chris jokes. “While his brain was clear, there was a problem in his spine. Dr. Jansen recognized that it was serious.”

They cancelled Darrell’s appointment with a neurologist and went directly to a neurosurgeon - Sheila Smitherman M.D., at Providence Medical Group - Southwest Washington Neurosurgery.

Dr. Smitherman conducted an exam, reviewed Darrell’s films and watched him walk. “Darrell’s injury was serious,” Dr. Smitherman says. “The MRI showed severe spinal compression that could only be relieved by surgery, and delaying would have caused permanent loss of mobility. Surgery is always a hard decision, but Darrell’s other choice was quadriplegia.”

The urgency was a surprise to Darrell and Chris, but they trusted Dr. Smitherman. “I could have ended up in
a wheelchair,” Darrell says. Within a month from the first appointment with Dr. Jansen, Darrell arrived at the hospital for surgery.

Spinal surgery is among the most delicate and complex of all surgical procedures because it requires the surgeon to work around the spinal cord and critical nerves, inside an extremely narrow anatomical space. “Spinal cord decompressive surgery is not a new procedure; Dr. Smitherman says, it’s been in the neurosurgeons’ wheelhouse for decades. What is new are advances in medical technology that make these delicate surgeries much safer.”

“We now use stereotactic navigation equipment while operating; it’s sort of like GPS for the spine,” she says.

“We’re getting 2-D and 3-D images in real time, during the surgery. We’re working around the artery that serves the brain, so stroke is a risk. But with this technology, we can see with 100 percent accuracy where we’re placing hardware in relation to vital structures. This means neurosurgery is safer than ever before.”

In addition to the decompression, Darrell needed spinal fusion to link together and reinforce his injured vertebrae. Both screws and rods are placed in bone, “like rebar in a concrete building,” Dr. Smitherman says. After his successful surgery, Darrell’s spine was decompressed and reinforced, preventing further compression and symptoms in the future.

Continued from page 1
A message from the foundation president

I am profoundly grateful for your ongoing partnership with us as we continue to ensure access to high-quality healthcare for all who live in, work in, or visit Southwest Washington. Our success in 2018 would not have been possible without you.

In the very challenging and constantly changing healthcare environment we now face, where funding constraints and ever-growing patient care needs have stretched our health care delivery system to its limits, the support of our community inspires us to remain steadfast in our goal to lead positive change that continually improves patient care for all.

Our ability to do so is greatly influenced by the remarkable support and generosity of donors. It is your ongoing philanthropic support that has helped us to establish and provide the highest standard of care possible for over 255,000 patients who turned to Providence last year.

To help us meet the area’s growing health care needs, ongoing donor support is crucial in order to continually improve patient outcomes; acquire state-of-the-art equipment; and expand programs that will help shape and advance a more accessible and effective health system for the future.

I encourage you to reach out to my colleagues at Providence St. Peter Foundation to learn more about how you can support the greatest needs. Whether at our hospital, primary and specialty care clinics, or skilled nursing and transitional care facilities, donations to the foundation are instrumental in helping us provide the best possible care to patients and families throughout our Southwest Washington communities.

Thank you to all those whose contributions help change and save lives.

With gratitude,

Mick Phillips,
Board President

2018 charitable giving snapshot

1,772 total donors in 2018

2018 raised contributions – Total $2,271,579
Your gifts enable foundation to award $3.9 million in grants

Thanks to charitable gifts from generous donors, in 2018, the foundation awarded more than $3.9 million 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.

Several Providence community outreach and other healthcare programs received continued funding in support of compassionate mission-focused wellness, including: Community Care Center, Sexual Assault Clinic and Child Maltreatment Center, SoundHomeCare and Hospice, Advance Care Planning, Sunshine House, No One Dies Alone, Animal Assisted-Activities Therapy, Comprehensive Sports Concussion Program and SoundCareKids.

Capital investment for Providence St. Peter Hospital include: $498,000 to purchase anesthesia machines; $376,000 to purchase patient monitors for the Critical Care Unit; $369,000 to purchase ultraviolet light disinfection systems, which can disinfect an entire room and reduce hospital-acquired infection rates; $217,000 to purchase a transmyocardial revascularization laser and $170,000 in various orthopedic equipment.

PSHCH SoundCareKids
• Served over 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 individuals and families
• Hosted Adult Grief Support Groups with 217 attendees
• Provided 213 individuals with one-on-one Adult Counseling
• Hosted an annual memorial event
• Coordinated an educational event at Sacred Heart Church
• Hosted 3 Navigating Grief in the Holidays workshops

Cardiac Services
• Served 3,000 individuals in Cath Lab
• Performed 100+ TAVR’s
• Completed 325 cardiac surgeries
• Added a cardiothoracic surgeon
• Heart Failure efforts improved readmission rates
• Served over 21,000 patients
• Provided Cardiac Advanced Life Support training to nurses to assists with emergent bedside open heart surgery

Community Care Center
• One year in service
• Integrated partnership between 9 agencies
• Provided hygiene and hospitality services and connected individuals to shelters and other services
• Averaged 88 clients per day

Animal Assisted-Activities & Therapy
• Celebrated their 30th anniversary, making over 8,200 hospital visits and touching the lives of over 140,400 patients, caregivers and visitors
• Visited 2,454 patients, caregivers and visitors
• Program has 18 handler-animal teams (17 dogs and 1 cat) and 18 unleashed partners

Sexual Assault Clinic and Child Maltreatment Center
• Provided services to 259 patients
• Provided Darkness to Light, child abuse prevention training, to community members
• Provided weighted comfort blankets to children

No One Dies Alone
• Provided services for 74 patients at Providence St. Peter Hospital and Mother Joseph Care Center
• 24 new volunteers joined NODA and 12 retired
• 3,365 volunteer hours provided

Providence Regional Cancer System
• 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 Cancer Survivor Celebration
• Upgrades made to the Oncology Healing Garden
• Offered integrative therapies such as yoga, massage and acupuncture
31st annual Christmas in the Forest funds hospice services

Providence St. Peter Foundation Christmas in the Forest continues the mission of Providence serving the poor and most vulnerable.

More than $280,000 was raised to support Providence hospice services, making it the third highest Fund-a-Need total in the event’s history. The hospice mission is to provide compassionate care to terminally ill people and their loved ones and to ensure that each individual experiences dignity, comfort, and support in their own home. Gifts to hospice help more than 1,400 patients each year, including comfort care therapies to patients and providing bereavement programs to people who are grieving the loss of a loved one. These programs can only exist through the generosity of our community.

“The foundation board has been raising philanthropic support for Providence hospice in our area for over 25 years, providing care that wouldn’t otherwise be available,” shared Peter Brennan, executive director of the foundation. “We made hospice our Fund-a-Need focus for the Forest to bring attention to the importance of compassionate end-of-life care in our community. We are very grateful to our community for making so much possible.”

More than $607,000 was raised at the Christmas in the Forest to support life-saving, compassionate care and Providence mission-driven programs.

Many of the purchased trees and wreaths were donated back to the community, and were on display in the main, north and south lobbies of St. Peter Hospital, Providence St. Peter Sunshine House, Providence Mother Joseph Care Center, Providence Chemical Dependency Center, Panorama Convalescent & Rehabilitation Center, Olympia Senior Center, Heritage Bank, and Kaiser Permanente.

“This was the 31st anniversary of Christmas in the Forest, and the history and magical tradition of this event continued this year,” shares Jen Foley, a Providence St. Peter Foundation board member who co-chaired the event with her husband, Eric. “Both Eric and I were so humbled by the outpouring of generosity from gala attendees, and others in the community who gave generously. Our incredibly talented designers created a beautiful event that kicked off the holiday season.”

In the past 31 years, more than $11 million has been raised, providing vital medical equipment and mission-driven programs.

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Make a difference

Purchase a brick or paver by July 12

Providence Way is a natural garden setting near the main entrance to St. Peter Hospital. It is a serene place where patients, families, friends and staff can find comfort and solitude amidst beautiful landscaping, benches and paths. A healing area lined with bricks and pavers, many of which are personalized with the names of those loved, respected and honored.

Consider honoring someone and create a lasting tribute on Providence St. Peter campus by purchasing a brick or paver. Gifts to this commemorative area are designated to the Greatest Need Fund, which enables the Providence St. Peter Foundation to support many needs within local Providence ministries.

Take a moment to think of those who mean the most to you, and purchase a brick or paver by July 12, 2019 so it can be installed in time for the September 11 dedication.

To purchase a brick or paver, please call 360-493-7981 or visit www.providence.org/provwaySW

Making a gift of a lifetime

A bequest is one of the easiest and most personal gifts you can make to support the Providence Mission. Your bequest could be a specific asset (such as real estate), a specific dollar amount or a percentage of your estate. A bequest can even be made from the residue of your estate after all gifts have been distributed to your heirs.

Each year, the foundation receives gifts through bequests from those who have been touched by Providence during their lifetime. These thoughtful bequests, in turn, touch the lives of those in need for years to come.

How a bequest works:

- You include a bequest to Providence St. Peter Foundation in your will or trust (we can provide sample language).
- You can make your bequest unrestricted or designate it to a specific purpose.
- You indicate an amount, a percentage, an asset or simply the balance remaining in your estate or trust after your heirs have been taken care of.
- If you already have a will, you can simply add Providence St. Peter Foundation by executing a codicil.

Benefits of a bequest:

- You create a legacy.
- It costs you nothing today.
- You can modify your bequest.
- Heirs can still benefit with your gifts.

Anyone can make a bequest, supporting the causes you care about including Providence St. Peter Foundation, without affecting your current financial circumstances.

Please let us know if you have named Providence St. Peter Foundation in your will. We welcome the opportunity to thank you personally and include you in the Legacy Club. We are also happy to answer questions, 360-493-7981.

Donors are gratefully acknowledged at Providence Society reception

On May 22, 2018, at the Indian Summer Golf and Country Club, the Foundation held its annual Providence Society reception to recognize and thank donors who contributed $1,000 or more in 2017 and donors who are Legacy Club members by making a contribution through estate plans. Over 300 donors qualified as members of this very special group of friends.

Join the Providence Society!

Your annual gift of $1,000 or more—made as one gift, or cumulative over a calendar year, or contributions made through estate plans—qualifies you for membership.

Make your gift today online at www.providence.org/giving, or call us at 360-493-7981.
Honor Roll

We gratefully acknowledge the many donors who support Providence St. Peter Foundation. This list includes outright gifts and pledges committed from Jan. 1 – Dec. 31, 2018. This does not include payments made on pledges recognized in previous years.

We make every effort to ensure accuracy. Please inform us of errors or omissions by contacting us at 360-493-7981 or ProvStPeterFoundation@providence.org.

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- Activities and Therapy Program
- Providence Physicians
- Providence St. Peter Hospital
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- Cherri Sears, M.D.
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- Jay Scott Smithherer, M.D.
- Sheila M. Smithherer, M.D.
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- Dr. Snow
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- Dean Stohl
- Michael W. Strohbach, M.D.
- Xingwei David Sui, M.D., Ph.D.
- Corey R. Sullivan, M.D.
- Jimmy Z. Swan, M.D.
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- Lane Tittle
- Ruby Jean Toe Hio, M.D.
- Kevin H. Touney, M.D.
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- Harry and Jessica Veenhouwer
- Diana E. Velikova, M.D.
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- Hui Wang, M.D., Ph.D.
- David M. Ward, M.D.
- Robert S. Warz, M.D.
- Craig J. Wehrli, M.D.
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- Carolyn A. Wild, M.D.
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- Ambrose R. Winans
- Amy M. Winston, D.D.S.
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- P. Brodie Wood, M.D.
- Jocelyn Harris Wood
- Mohammad Yavari-Rad, D.O.
- Joseph Zhou Ye, M.D., Ph.D.
- Jerome Peter Zechmann, M.D.

In Memory of

- Agnes, Kelvin, and Eleanor Jeanette Marie Arnwine
- Glenn Anderson
- Earl K. Andrews
- Annie Elizabeth ‘Liz’ Arnold
- Cynthia Ashcraft
- Wilbur Carr ‘Will’ Ashcraft
- Janet Lee ‘Jan’ Avery
- Mark Alan Baker
- William A. ‘Bill’ Baker
- Marvin R. Bartholomew
- Kristi Darlene Berg
- Dr. Carl Russell Birchard
- Mary Kathryn ‘Katie’ Bland
- Paul Aurele Bourgault
- Sandra Gail Branner
- Aurora Brennan
- John L. Brennan
- Robert Harold Breselow
- Howard R. Brown
- Mary Alice Brown
- John Buildis
- Andew Ellis Buthorn
- Eva C. Campbell
- Joseph L. Capron
- Edith and Francis Carney
- E. Faye Castonguay
- Edith and Francis Carney
- Joseph L. Capron
- Andrew Ellis Buthorn
- Eva C. Campbell
- Joseph L. Capron
- Edith and Francis Carney
- E. Faye Castonguay
- Edith and Francis Carney
- Joseph L. Capron
- Edith and Francis Carney
- E. Faye Castonguay
Deceased

Dewey Albert Clawson
Dwight S. Clayville
William E. Cleland
Frances M. Clogston
Jeremy Cole
Joseph Carl Cole
Sheena Veda Connell
Arley Ray Conner, Sr.
Merle Arlene Cowan
Benjamin Dahl
Evelyn Dahl
Stella DeBiose
Gary Deyette
Eufemia C. ’Feme’ Diaz
James ’Jimmy’ Dowdell
Lynn Dowdell
Sherry A. Drake
Curtis A. Drew
Leona M. Dye
Marilyn Hanset Earsley
Ted Easley
Curtis R. Eaton
Mary I. Edwards
Robert J. Edwards
Marilyn Hanset Earsley
Leona M. Dye
Curtis A. Drew
Sherry A. Drake
Lynn Dowdell
James ’Jimmy’ Dowdell
Eufemia C. ’Feme’ Diaz
Gary Deyette
Stella DeBiose
Evelyn Dahl
Benjamin Dahl

2018 Animal Tributes

In Memory of

Brady
Breezy
Cooper (Hendrickson)
Cooper (Genzlinger)
Cozy
Danny
Esme
Frankie
Fred
Gracie
Lollie
Mandy
Ruby
Sally
Tessa
Toby
Tucker
Walter
Yogi

Legacy Club
Anonymous (2)
Bonita J. Bourgault
Peter and Kelsey Brennan
Marie M. Burters
Medrice M. Coluccio
Diane M. Coulter
Dixie L. Dougherty
Dr. Thomas and Suzanne Fell
Virginia Frost
Judy and Stephen Henderson
Betty J. Hutt
Dr. Jim Kruidenier and Susan Bryant
Bob and Mardel Lovely
Phyllis J. Mandel
Inge Marcus
Dr. James and Kathy McDowell
Dr. Michael and Christine Murphy
Linda and David Newsome
Mary C. O’Leary
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Karen J. Stay
Feodora C. Stedman

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Norman Worthington Conference Center

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