

## Providence takes the lead on health care reform effort

Reforming health care to make it affordable and accessible for everyone is a goal that many people believe is essential. Providence believes health care reform should be a key priority for lawmakers and policymakers in the state, the region and the nation, and we now are taking steps to help make that happen.

In Oregon, Providence is taking a leadership role among health care providers. We began working on our reform elements about a year ago – taking a step-by-step approach to forming policy recommendations that emphasize health care affordability, access and accountability. Providence has begun sharing these recommendations with key leaders – including physicians, elected officials, economists and health care executives.

“We are in a prime position to understand the needs in our communities,” said Russ Danielson, chief executive, Oregon Region. “The people of Providence help thousands of patients every year through our financial assistance program, which is one of the best in the nation. Yet we also know that every day many thousands of Oregonians worry about how to get



Former governor John Kitzhaber, M.D., (center) meets with John Koster, M.D., president and CEO of Providence Health & Services, (right) and Russ Danielson, chief executive, Oregon Region, to strategize on how to advance health reform in Oregon and around the country.

health care and how to pay for health services, and some people delay getting care because of these worries. We want to help solve that.”

Providence supports several reform efforts already under way in Oregon, such

as the model emerging from the Oregon Senate Commission on Health Care Access and Affordability that closely mirrors our own efforts. We support the work being done by the Oregon Business Council in such areas as improving quality, lowering costs and expanding Medicaid. Providence also is providing funding to former Oregon governor John Kitzhaber, M.D., whose vision has led to the Archimedes Movement that is helping regional and national leaders recognize the need for health care reform.

“In doing all this, we are following in the footsteps of the Sisters of Providence 150-year commitment to caring for the poor and vulnerable,” says Russ. “Our mission stands at the forefront of this important work.”

To learn more about Providence’s commitment to the communities we serve, please visit [www.providence.org/cares](http://www.providence.org/cares).

### Providence Festival of Trees makes spirits bright



Jan Lindsay decorates the “One Baby at a Time” tree for the Providence Milwaukie foundation – one of 46 trees raffled at the Providence Festival of Trees that raised over \$700,000 – including \$25,000 for a new prostate cancer trial. Says Versie Meyer, who with her late husband, Raleigh, have been long-time Providence supporters, “Because of Providence, Raleigh and I were able to enjoy 18 additional months of quality of life together. I want to help others with cancer extend their quality of life and eventually contribute to a cure for cancer.”

Please go to page 5 for photos of the festival.

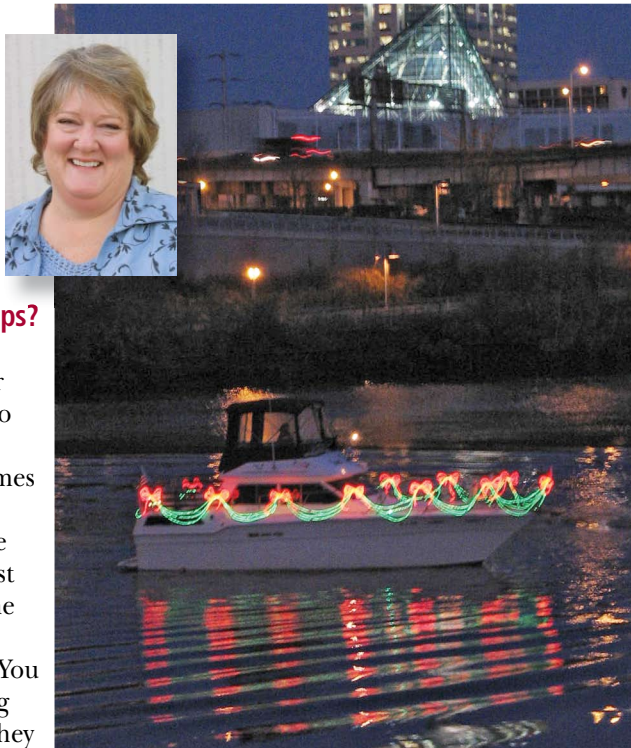


## PROV PEOPLE

Up close and personal with Portland-area employees and volunteers

### JANETTE SCHWARTZ, MEMBERSHIP ACCOUNTING MANAGER, PROVIDENCE HEALTH PLANS

*Although a relatively new skipper of her boat "Sweet Liberty," Janette Schwartz is in her second season with the Christmas Ships parade. The only female boat owner to captain a Christmas Ship on her own, Janette is braving the cold, dark river to help continue this celebrated holiday tradition – now in its 52nd year.*



#### What's it like doing Christmas Ships?

It's a big undertaking, but it's very rewarding. Nobody does it for the recognition, because there's no advertising or sponsorships of any kind allowed. You can find the names of the boats on the Web site, but not the names of the skippers. The people who do Christmas Ships just like doing it and being a part of the Christmas spirit – especially the reaction they get from spectators. You can hear people on shore cheering and honking their horns, even if they can't see you piloting the boat. Last year it snowed on one of the nights and it was absolutely beautiful watching the lighted boats gliding among the snowflakes.

#### Is it difficult to navigate at night?

I've become a much better skipper because of Christmas Ships. You have to be really alert to navigation, staying in formation and watching out for floating debris in the water or running into rocks and other boats if the weather is bad – especially if there's fog. You're working the whole time and must have crew to

help you. There's no partying, eating, drinking or socializing while underway.

#### Is it expensive to run the boat?

I haven't calculated what I've spent on gas – because I don't want to know! [laughs] Being a part of Christmas Ships is worth it. It's pretty inexpensive recreation. If you want to go on vacation, you just cast off your lines and go – no packing!

#### What kind of boat is "Sweet Liberty"?

It's a 36-foot Sea Ray motor yacht, which I've had about four and a half years.

Inside it has two staterooms, two full heads (bathrooms), a salon and galley, and it can sleep up to six people. The boat is moored in Scappoose where I live on it. I love to take it out on cruises on the Columbia as far as Astoria, and go up and down the Willamette.

#### How did you choose the name?

I chose that name primarily because I'm a very patriotic person, and I've decorated it in red, white and blue. But there's another reason – it's given me a lot of freedom. After my divorce I wanted to do something adventurous. Although I've had ski boats, this is my first large boat and so everywhere I go on it is a new adventure. I have met many wonderful people through boating – especially those who volunteer with Christmas Ships.

#### Are you having fun on the boat?

Yes, definitely! I've also gotten very involved volunteering with teaching boating safety classes for the United States Power Squadron and am currently the commander for the St. Helens club. Getting involved in the boating community has enriched my life in so many ways and I love it. One of my friends asked me if I was having a mid-life crisis. I said no, what I'm having is a mid-life celebration!

*Catch Christmas Ships through Dec. 20. For details go to [www.christmasships.org](http://www.christmasships.org).*

### Craig Wheeler chosen POP Employee of the Month



Congratulations to Craig Wheeler, senior analyst, Contracting and Reimbursement, who has been selected as the December Employee of the Month at Providence Office Park.

Craig's team members had this to say about him:

"I consider Craig the best co-worker I could have. He is responsible, dependable and goes above and beyond what's required. He is kind and caring toward everyone, he keeps us laughing with his humor, and he always takes time to help new employees."

"Craig shows a consistently hard work ethic and will do whatever it takes to meet important deadlines. He takes the lead in organizing the nonstop budget and long-range financial plan process within our group. He demonstrates excellence with his dedication and understanding of the complicated reimbursement processes."



## The time is right for ProvTime

The ProvTime automated time and attendance system (formerly known as Kronos) is ready to begin an 18-month rollout in the Oregon Region.

In late January, Columbia Gorge Service Area and Providence Benedictine Nursing Center will be the first areas in Oregon to begin using the new ProvTime system. These facilities were selected because employees at these sites already use an automated time tracking system. Following these two sites, other Oregon region sites will begin using the new system, allowing employees to use badge swipes and online time tracking instead of paper timecards.



“ProvTime will give us a more accurate and automated system to collect employee and agency time on a daily basis,” says Terry Smith, chief operating and financial officer for the Oregon Region and executive sponsor of ProvTime. “It gives us a more efficient and cost-effective method of processing payroll, and it will allow managers to better report their labor hours and manage productivity.”

With ProvTime, most non-exempt (hourly) employees will track their time through an automated timecard reader that they swipe with their name badge. Most exempt (salaried) employees will record their time online. Either way, timecards no longer will be used.

“Swiping in and out at the beginning and end of the day will be quick and easy,” says Judy Samples, regional director, Human Resources. “Employees will find that the system will consistently and fairly report hours worked.”

More specific details and training will be given at each facility within two months of implementation.

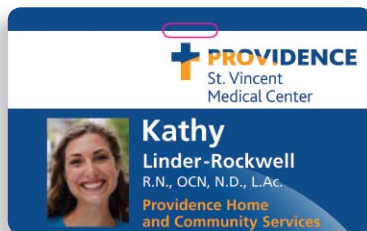
Here is the schedule of how the system will roll out (subject to modification).

### 2007

- 1st Quarter** – Providence Hood River; Providence Benedictine
- 2nd Quarter** – Providence Newberg; Providence Milwaukie
- 3rd Quarter** – Providence Seaside; Providence St. Vincent
- 4th Quarter** – Providence Portland; Providence Child Center

### 2008

- 1st Quarter** – Providence Medford; PMG South
- 2nd Quarter** – Providence Home Services; Providence Health Plans
- 3rd Quarter** – Providence Regional Services; PMG North; Property Management



All employees will receive a new name badge next year that is compatible with ProvTime clocks and has the new Providence Health & Services logo.



Craig Wright, M.D., chief executive, Providence Physician Division, speaks at the Providence Mercantile blessing and open house. Also speaking are (left to right): Bruce Rife, coordinator of the Heath & Fitness Center; Judie Hammerstad, mayor of Lake Oswego; Sandy Miller, manager of Regional Health Education, Diabetes and Fitness Services; and Sheila Schaeffer, chaplain at Providence St. Vincent. (Not pictured is Ruth Fischer-Wright, M.D., medical director of the clinic.)

## Mercantile clinic is blessed

Providence has an expanded presence in Lake Oswego at the bustling intersection of Kruse Way and S.W. Boone’s Ferry Road.

In its first month, Providence Medical Group – Mercantile family medicine clinic has had 600 patients seen by Ruth Fischer-Wright, M.D., Kristina Rashid, M.D., and Gillian Rosicky, F.N.P.

The newly-remodeled fitness center boasts a membership of 850 with new equipment and 8,000 square feet of space.

“Providence employees get a discounted membership, so it’s a great deal for those who live in this area and want to exercise before or after work,” says Sandy Miller, Fitness Services manager.

“It’s a blessing to us to have Providence in Lake Oswego,” says Mayor Judie Hammerstad. “No organization has more integrity and excellence, and we welcome you here.”

## Sweets or Santas, anyone?



Three generations of volunteers staffed the Providence Child Center Guild bazaar at Providence Portland. Fifty-year volunteer Eloise Savage (second from left) had support from her daughters Anamaria Hefeneider (far left), Dina Kay Smith (second from right) and Monica Grinnell (not pictured), as well as her granddaughter Chloe Fennell (far right).

## Spine patients go home sooner

A Six Sigma quality study at Providence Portland showed that many spine surgery patients can be safely discharged home within 24 hours. The study looked at common spine surgeries, including laminectomy, anterior cervical fusion and discectomy.

Participating in the pilot study were surgeons James Makker, M.D., Curtis Hill, M.D. and Tom Rosenbaum, M.D., with 4L nursing staff and project managers Gwen Conner and Keith Hyde.

“We felt we could discharge patients within one day, but we would do so only if we could show that we weren’t compromising safety or patient satisfaction,” says Karen Logsdon, R.N., project co-sponsor and PPMC assistant administrator for nursing and patient care services.

A team from Pre-Surgical Services, Short-Stay, PACU, 4L, Surgery Scheduling and Neurosurgery collaborated on the design and execution of the project. They used an education tool called “No Place Like Home” that helped patients understand the process and procedures they would go through. Nursing staff created care plans and protocols to help ensure a smooth patient flow.

The 34 patients in the pilot had a much lower average length of stay (23.9 hours) compared to other patients (37.6 hours), and all said they felt they felt prepared for their earlier discharge. Nurses in the pilot said that while the work was more intensive, it was rewarding for them to see patients more involved in their care and recovery.

“This study demonstrates the great value that rigorous Six Sigma projects deliver to our organization,” says Dave Underriner, chief executive, Portland Service Area. “It allows patients and practitioners to open the lines of communication and ensure the highest quality of health care delivery and patient outcome.”

## Providence ElderPlace administration relocates



Providence ElderPlace has moved its offices to 4531 S.W. Belmont from its former location at Providence ElderPlace at Glendoveer – allowing a clinic expansion and room to serve more participants. Providence ElderPlace is an integrated model of care for frail seniors that contracts with more than 60 Providence providers, clinics and departments. Pictured are (left side) Karen Stelter, Holly Itami Springfels, Jeannie Frederick and Brantley Dettmer (middle, kneeling) Karen Casciato and Lori Miller (first row) Linda Jensen, Zenia Balazs, Mary Larsen, Jerrie Nelson and Heather Block (middle) Anissa James, Jan Meyer and Melinda Lee, M.D. (back) Perry Chambers, Cindy Noordijk and Rosalie Wachsmuch (right side) Sarah Booth, Joan Bischoff, Melissa Clark and Scott McDonough.

## She’s going to Hawaii!



Julie Koch, Access Services at Providence Newberg Medical Center, is the Oregon Region winner of a free trip to Hawaii from the Providence Prospects Employee Referral Bonus Program. Julie won travel and accommodations for two to Honolulu, five days of PTO and \$500 cash. When she found out she won the award, Julie

thought she was heading to a meeting, until she saw the room was filled with Hawaiian-themed decorations. “I can’t believe this ... I am so surprised!” she said when she learned she won the trip. “Providence is such a wonderful place to work.” Pictured with Julie is Spike Sumner, assistant administrator for finance. For details on the employee referral bonus program, go to the Human Resources page on the employee intranet and click on “Human Resources Forms.”

## Employment director begins

Isaac Dixon is the new regional director of Employment in Human Resources. He received his master’s degree from Marylhurst University and is a doctoral candidate in business administration from Capella University in Minneapolis.



Previously, Isaac was vice president of human resources for Unitus Community Credit Union and staffing manager for Nike. He also has worked with the Oregon Department of Transportation and Administrative Services.

“Isaac brings a passion for developing others,” says June Chrisman, chief human resources officer, Oregon Region. “I am very excited to be working with him on our HR team.”

## Fraud and abuse training required

By federal law, all Providence employees by Dec. 31 need to complete training on our policy for preventing fraud and abuse in government health care programs. This is a requirement of the federal Deficit Reduction Act (DRA).

The 15-minute course, “Fraud and False Claims in Federal Health Care Programs – Oregon Region,” can be found on the Providence HealthStream Learning Center, linked from the right navigation bar on the PHS intranet home page. You also should read the DRA employee handout, also linked from the intranet home page under “Compliance.”

For questions, speak with your manager or call Patty Bragg, Compliance and Audit Services, at 503-574-7307.



## *Festival of Trees makes spirits bright*

The 2006 Providence Festival of Trees again delighted visitors with spectacularly decorated Christmas trees and so much more. This year's "Making Spirits Bright" theme struck just the right note with the 15,000 people who included the festival in their holiday celebration.

The gala dinner and tree auction set a new record for the sold-out event, with 850 guests raising more than \$700,000 for Providence Cancer Center, Providence Center for Advanced Heart Disease, the Center for Medically Fragile Children at Providence Child Center, Providence Medical Assistance Program and Providence Gately Academy.

The Saturday night Jingle Bell Jam, now in its third year, also was a big hit with its "Dessert Dash." It raised more than \$50,000.



Paul and Pamela DeBoni, co-chairs of the festival, flank master of ceremonies Steve Dunn, KATU-TV news anchor.



Christian Poehlein, M.D., Providence Cancer Center (left), and Fr. Jon Buffington, PPMC Pastoral Care, stand in front of "The Spirit's Alive" tree, sponsored by Tom and Marcy Lasley, which included \$2,000 worth of goods for the PPMC Food Cupboard.



"Christmas on the Beach in Mexico," sponsored by the Chiles Foundation, wouldn't be the same without decorators Dorothy Piancentini (left) and Sharon Arrigotti.



Sandy Jordan, Providence Newberg Health Foundation, helped make "An Evening of Wine and Roses."



The "Checking His List - Checking It Twice" tree, which drew the highest bid of all the trees auctioned at the festival, was taken by Dr. John and Sue Hayhurst. They allowed their grandchildren to each have a toy, and all the rest were donated to a children's charity.



## How to submit an ad

• Complete an electronic form on the Providence employee intranet. From the home page, click on "Spirit" under "Key Links."

— OR —

• Fax a paper form to 503-574-9330. Hard-copy ad forms are available from each hospital's Public Affairs office.

**Spirit classified ads may be placed only by Providence Health System staff, volunteers and physicians.**

**The next ad deadline is Friday, Dec. 29, 4:30 p.m.**

## Classified Ads Policies

Only active Providence employees, volunteers and physicians (including their medical office staff) may place a classified ad. Providence assumes no liability for ads that are erroneous, misleading or result in harm or loss. Ads will be edited for length and clarity, and because of space limitations may be held over until the following issue. Providence phone numbers and e-mail addresses may not be included.

Repeated ads must be resubmitted for each issue. Individuals may submit no more than two ads per issue. To cancel an ad prior to printing, or if having difficulty submitting an ad online, email or call Tracy Vanderzanden at 503-574-9345.

Ads will be rejected if they:

- are not in accordance with Providence core values, mission or policies
- advertise a business
- conflict or compete with a Providence program or service
- advertise a job opening

## Housemates

**Housemate**, 2BR/2BA, home to share, \$425 + 1/2 util, professional female, male or female welcome, SE PDX, no smoking/pets, close to bus line. 503-310-5169

**Housemate**, share a very roomy 2BR duplex, close to PPMC, on a quiet street, \$587.50/month and 1/2 utilities. 503-201-2781

**Housemate**, 3BR/2.5BA, 5 min St V and 10 minutes from downtown, in the Westhills, professional, non-smoker, \$500 plus 1/2 util. 503-780-4397

## Homes for Rent

**1BR apt**, lovely home for rent, furnished \$575/mo, one mile from St. Vincent. 503-292-0498

**1-2BR apts**, \$550-\$750, brand new, spacious near mall 205, great, cozy plans, all appliances included, double decks. 503-380-3315

**2BR**, duplex, \$750, all appliances, fenced yard/garden space/garage/basement, 5325 NE Davis, avail Jan 1, do not disturb residents. 503-756-7933

**2BR/1BA + den**, fully remodeled Alameda Bungalow, hardwoods, basement with washer/dryer, garage, great neighborhood, nice landlady, \$1495. 503-284-5377

**2BR/1BA**, duplex, Newberg, \$700/mo, \$500 deposit, no smoking/pets, water/sewer paid, avail after X-mas. 503-538-5685

**2BR/2BA**, cozy 1200 SF bungalow with charm, basement, fenced yard, no garage, 7 minutes from PPMC, on bus line, 97th and Prescott, \$895. 503-762-7612

**3BR/1.5BA**, SE PDX home with family room, fenced yard and attached garage. 503-761-7791

**3BR/2.5BA**, brand new Bethany town home with attached garage, 8 min to PSVMC, avail Dec 15th, \$1275/month. 503-936-6224

**3BR/2.5BA**, PDX new home, 16123 SE Madison Court 97233, washer/dryer, fenced, pet ok, avail 12/28, \$1050 mo + dep. 503-650-7370

**4BR/2.5BA**, SW PDX, 1800 SF, new floors/carpet/paint/granite, fenced yard, 15 min to PSVMC and PPMC, \$1650/mo. 503-244-4940

## Homes for Sale

**1BR/1BA**, condo for sale, close to PSVMC on Barnes road and max, low HOA, great for first time buyer. 503-516-2363

**3BR/2BA**, \$215750, new condo home, swing by NE 105th/Prescott in Parkrose, master suite same floor w/ living room. 503-380-3315

**3BR/2BA**, \$225000 updated home w/ 1196 sq ft. on a quiet cul-de-sac, central air, new floors and vinyl windows, MLS #6090581. 503-502-1408

**3BR/2BA**, SE home, great neighborhood, hardwoods, tile baths, covered deck, large 8400+ sqft lot, private fence yard, RV parking. 503-502-7789

**3BR/2.5BA**, desirable, Bethany area, 1504 SF, 15292 NW Nightshade, \$287500, AC, spotless. 503-642-9689

**3BR/3.5BA**, + den/huge bonus room, very large open floor plan, custom details, wood/tile floors, flag lot, brand new, call for walkthrough. 971-506-7592

**4BR/2.5BA home**, exc cond, 5-10 min St. V's, off Saltzman rd, 2373 sq ft, granite, tile, hardwoods, great yard. MLS#6098898, 503-260-1113

**4BR/2BA**, restored 1906 craftsman foursquare, edge of Laurelhurst, minutes to PPMC/Central Catholic, 4056 SF, FSBO at \$649000, 2.7% courtesy. 503-285-1173

**3435 NE 79th ave**, remodeled old PDX, close to Prov, sun porch, lrg backyard, must see, \$359900, Mls#6096553. 503-495-5770, agray@equitygroup.com

## Vacation Getaways

**1BR**, RAVC Waikiki report, AC, kitchen, w/d, pool, sauna, beach, golf, tennis, shopping, 1 week 1/29-2/5 2007, one time offer, \$400. 503-235-8220

**3BR condo**, Lincoln City, Cascade Head Ranch, view of Salmon River and ocean, hiking, fishing, summer swimming, golf near, \$95/nt, 2 nt min. 503-245-5946

**3BR/2BA**, beach house, north of Seaside, sleeps 7, all amenities, \$80/nt, 360-699-5677, www.sunsetbeachoregon.com click "Pete's Place".

**5BR/3.5BA**, Pacific City, Serenity by the Sea, close to golf, 1 mile from the beach, sleeps 12. 503-659-2049 www.serenitybytheseapacificcity.com

**Cabo San Lucas**, Feb 10-17, '07, luxury suite at Solmar Resort, ocean front, sleeps 4, includes maid service, \$900. 503-643-4985

**Disneyworld**, only 4 miles away, studio, sleeps 4, great Christmas gift for the family, \$600/week. 360-834-3103, kelacro@msn.com

**Lincoln City**, beach house, cozy cabin nestled in Old Growth Sitka, sleeps 8, swimming pool/private beach, \$95/nt. 503-281-9729

**Lincoln City, one block from beach**, sleeps 5, fully equipped, exc cond, \$100/night, two night minimum, no smoking/pets. 503-284-6374

**Mt. Hood cabin**, river rock fireplace, cable TV, full kitchen with dishwasher, sleeps 6-8, \$120/nt, 2 nt min. 503-655-1451, 503-484-5934

**Orlando**, Florida, Orange Lake Resort, Jan 21-28, '07, family get-away, only 4 minutes from Disney World. 360-834-3103 or email kelacro@msn.com

## Vehicles for Sale

**'75 Porsche**, 914, runs ruff, complete or sell for parts, make offer. 503-538-1126

**'76 Ford**, 9000 dump truck with Lufkin boxes, \$10000/OBO, ask for Ward. 360-909-1246

**'92 Chevy**, Silverado, off road, newer transmission, tow package, bed liner, \$2800. 503-252-6390

**'93 Ford**, Aero, one owner, new rear tires, running condition, 105K mi, leave message. 503-408-1488

**'95 Volvo**, 850 sedan, AT, all power, black leather, good tires, new breaks, 126K mi, sunroof, runs great, \$3250. 503-442-3007

**'97 Ford**, Explorer, V8, AT, leather, all power, AC, cruise, multi-disc CD, ABS, air bags, 97K (mostly hwy) mi, \$5000/OBO. 503-654-7027 or 971-404-5403

**'98 Land Rover**, Discovery, good condition, PW, PD, PL, AC front/rear, jump seats, tint, 75K mi, \$12000. 503-644-6399

**'98 Suburban**, 1500 LT 1/2 ton, air condition, CD, power locks/windows, third seat, exc cond, \$7950. 503-645-8122

**'98 BMW**, 328i, good condition, PW, PD, PL, leather, AC, red, 95K mi, \$11000. 503-644-6399

**'98 Saturn**, SC2 Coupe, 2dr, navy blue, AT, 85K mi, '08 tags, A/C, CD, sunroof, very clean, good tires/brakes, runs perfect, \$3750/OBO. 503-442-3007

**'98 VW**, Beetle, red, auto, 80K mi, this car is not in perfect condition but it drives well, has current tags, gas saver, \$3000 firm. 503-757-3954

**'99 Honda**, CRV, blue, very good condition, one owner, well maintained, 117K mi, if interested please call Mark. 503-310-3095 or 503-639-6011

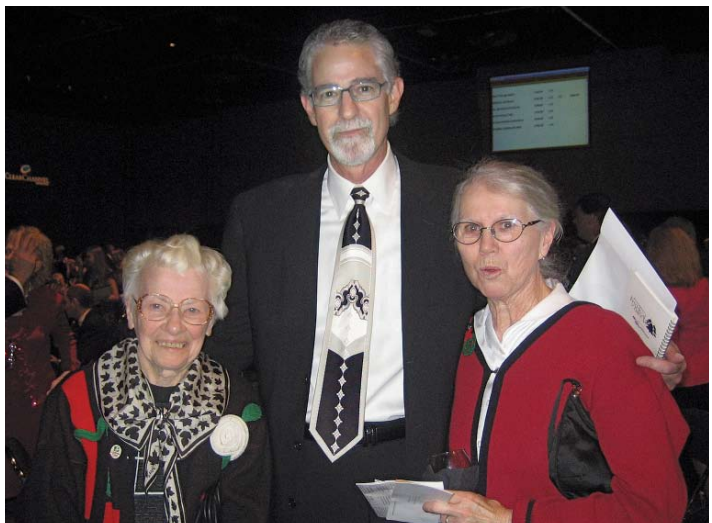
**'00 Ford**, Ranger, 4x4, 3.0 V6, 107K mi, 5 speed, bed liner, exc cond, \$6200. 503-780-2609

**'00 Mazda**, Protégé, LX, silver, 55K mi, exc cond, automatic transmission, clean title, spoiler, 30+ mpg, \$6900. 503-649-6740

**'01 Mazda**, Tribute, DX, \$7300/OBO, 5 spd, power options, A/C, CD, roof rack, tilt, 88K mi, looks and runs great! 503-544-2514

**'01 Volvo**, XC70, black, AWD wagon, great for winter, 98K highway mi, all services done, \$16400/OBO. 503-975-7787

**'01 Saab**, 9-3, 59K mi, black, power windows/locks/moon roof, heated leather seats, 5 spd, air filter, tint, ABS, TCS, \$11995/OBO. 971-570-4202



Rick Cagen, chief strategic and administrative officer for the Oregon Region, greets Sister Rita Ferschweiler, S.P., (left) and Sister Lenore Donovan, S.P. at the Providence Festival of Trees gala.



**'02 Montero**, sport, limited SUV, leather, electric seats/locks/windows, sunroof, runners, hitch, CD, \$9000. 360-901-2606

**'02 Audi**, A4, 1.8L turbo, metallic blue, 75K mi, leather, F & B heated seats, exc cond, Quattro (AWD), Bose stereo, CD, newer tires, \$15900. 503-999-0905

**'03 Dodge**, Durango SLT+, great condition, 33K mi, leather, loaded with power everything, tow package, warranty to 36K mi, service records. 503-648-6721

**'04 Ford**, Explorer, Eddie Bauer, loaded, very low miles, immaculate, garaged, new tires, beautiful, white, must see, \$19000. 503-313-6599

**'05 Mazda**, RX-8, black, 5-speed, w/ navigation system, spoiler, moonroof, 18K mi, asking \$22500. 503-449-1903

## Items for Sale

**Baby swing**, one owner, barely used, Winnie the Pooh theme, has music, nature sounds, 5 speeds, quiet, easy in and out, super clean, \$50. 503-692-0712

**Bakers rack**, 4 shelves, corner style, black metal, \$50, two beautiful brushed bronze table lamps, shades, double bulbs, \$60 pair. 503-764-9640

**Band saw**, Delta, 14", like new, the most popular style for home and hobby, \$500. 503-598-9521

**Bed**, king size, headboard, footboard, sideboard, and queen size boxspring, all are in exc cond, \$550/OBO. 503-289-3910

**Bedroom set**, queen, oak, head/footboard, 1 nightstand, dresser w/ mirror, 5 years old, \$500/OBO. 503-330-1547

**Bedroom set**, solid Oak, 9 drawer dresser, 2 night stands & mirror, queen brass headboard, exc cond, \$350, call Ellen. 503-761-8654

**Bike racks**, two Thule 599xtr, auto, self adjusting jaws, dual locking design locks bike to carrier/carrier to rack, keyed locks, \$80/pair. 503-789-9398

**Boat motor**, outboard, Evinrude, 35 horse, long shaft, console controls, Gresham area. 503-665-7652

**Books**, 7 Princeton Reviews, 1 College Board, official SAT study guide and practice tests for new SAT & AP, like new, \$10/each. 503-699-3505

**Cabinet**, stereo equipment, section for components w/ glass door, CD/DVD storage, Sauder, good condition, will email picture, \$50/OBO. 503-558-0130

**Cage**, two story, for small animal, previously used for two guinea pigs, can email pictures, \$25. 503-667-4204

**Camera body**, Canon, EOS 650, full auto or manual, great starter for Christmas gift, \$50. 503-975-7786

**Chairs**, 6 Danish dining room set, Ladderback w/ upholstered seat, cherry, one has repaired back piece, otherwise in great shape, \$200. 503-558-0130

**Chair**, large, comfy, overstuffed, rose colored with pattern, \$25, Thomas Kincaid collector calendar and plate set for entire year, \$250. 503-853-9621

**China**, Porcelain "Christine", exc cond, place settings for 16, 16 dinner/ bread plates, cups/saucers, fruit bowls, much more, \$250. 503-635-4241

**China**, Noritake "Rothschild", exc cond, place settings for 12, includes 12 dinner, salad, bread plates, cups/saucers, platter, more, \$425. 503-635-4241

**Christmas tree**, artificial, 7.5 foot with 900 white lights, used once, storage box included, \$100. 503-764-9640

**Church pew**, antique oak, 5ft long, 3ft high, engraved cross on each end, great entryway bench, \$300/OBO. 503-222-0026

**Cupboard**, antique court, (buffet), intricate carvings, stain glass, very beautiful, paid \$2600, will take \$1800. 503-366-3744

**Computer**, custom gaming, all the bells and whistles, need to sell for Christmas money, \$800/OBO, pictures and details. 503-880-6919

**Couch**, sleeper, great condition, must sell soon, navy blue with stripes, slip cover, style high back, 7 feet long, asking \$200/OBO. 541-543-7272

**Diamond earrings**, for Christmas, 1/4 carat, round cut, stud, white gold, less than 6 months old, \$90. 503-281-5457

**Dishes**, fiesta ware, six full sets of the scarlet red dishes, dinner and salad plate, bowl, mug, salt/pepper shakers, all for \$90. 503-626-0282

**Dog crate**, for large breed, white plastic with wire door, large vents, exc cond, clean and secure, \$45. 503-692-0712

**Dressers**, 3 drawer, one w/ book shelf on top, one w/ mirror, all white, antique style, great condition, \$275. 360-686-8683 or 360-909-8119

**Elliptical**, Vision fitness exercise machine, will consider all models, in good to exc cond, price negotiable, will pick up. 503-675-1714

**Exercise equipment**, Cardioglide, will email picture, you move, \$100. 503-558-0130

**Exercise machine**, Soloflex, 250lb + weight straps, full butterfly and leg extension attachments, compact, excellent fitness system, \$125. 503-667-1293

**Freezer**, extra upright, don't need anymore, works great, \$100. 503-538-1126

**Furniture**, matching 6-drawer dresser and 3-drawer nightstand, in perfect cond, honey maple finish, \$250, will email pictures, you move. 503-558-0130

**Furniture**, leather living room/dresser/nightstand/tables/chairs/exercise equip/speakers/misc. 503-647-7550

**Futon**, chair, mission style oak, upgraded mattress and purple cover, like brand new paid over \$700, asking \$225. 360-666-2407

**Futon bed**, full-size, with black metal convertible frame, good condition, asking price \$25, but can negotiate, call between 6PM-10PM. 503-674-4499

**Granite slab**, 42" by 56" tan/gray, \$80, will email picture. 503-705-6078

**Guitar**, electronic Silvertone, SRKI, cloth case, rarely used, exc cond, \$120. 503-235-0517

**Hide-a-bed**, in brown stripe, exc cond, \$100. 503-244-0866

**Hot dog cart**, two steam tables, lots of storage, ice bin, propane fueled, on wheels, umbrella, comes w/ grill, great condition, \$1500/OBO. 503-757-3954

**Kirby G6**, 2004, all attachments, with shampooer, \$500/OBO. 971-255-0549

**Laptop**, new, Toshiba computer, great Christmas gift, all the goodies, \$1199. 503-975-7786

**Laptop**, Toshiba Satellite, 192MB ram, 600Mhz w/6GB HD, 2 USB & PC card controllers, ac adapter, Windows XP, updates. 971-221-6826

**Leather jacket**, black, great condition, XL, hip length, bought at Meier and Frank for \$200, asking \$150/OBO. 503-252-3283

**Mattress**, twin, memory foam, used only 1 month, free older box spring/frame included, covered in plastic during use, exc cond, \$500/OBO. 503-574-6311

**Misc**, front end cover for '02 Mitsubishi Lancer, \$75, four studded snow tires, paid over \$300 used one season, sell for \$150. 503-247-8182

**Monitor**, Sony Trinitron CRT, 15", works great with no problems, \$25. 503-667-4204

**Mug**, large Scooby Doo, collectors item, make offer. 503-639-1612

**Pendant**, matching earrings, beautiful, Tahitian pearl and white gold, asking \$150, paid \$300 for the set, bought from ice.com. 971-219-5099

**Piano**, Wurlitzer console, light oak finish, exc cond, \$1200. 503-626-6677

**Piano**, Howard of Cincinnati small upright, dark wood, beautiful, very nice, \$700/OBO, u haul. 503-252-6390

**Plates**, gold, dinner, made in Italy, 8 round, \$25 set, 8 squarish, \$25 set, rarely used. 503-635-4241

**PlayStation 3**, 20GB, new in box, includes additional controller and DVD Talladega Nights, bought at Target, \$950. 503-629-8681

**PlayStation 3**, console brand new in box, 2 yr warranty, 2 games w/ extra controller nice bundle for the holidays make offer. 503-936-5988

**Puppies**, AKC Yorkie, 3F, 1M, teddy bear faces, 1st shots, health checked, \$800 to \$1200. 503-761-0522

**Puppies**, Huskey, Malamute, labs, 8 weeks old, blond hair, blue eyes, just in time for Christmas, \$50. 503-840-4482

**Puppies**, adorable Maltese/Shitsu/Toy poodle puppies, 8 weeks old, one brown and white male, one black and white male, \$400. 360-241-4812

**Puppies**, Cavalier King Charles Spaniels, born Nov 15th, placement Jan 15, '07, Blenheim, 1 male, 4 females papered. 503-366-3744

**Puppy**, red nose American pit bull, shots, mostly housetrained, healthy, 5 m/o, \$25 adoption fee (charity for Humane society), house check. 503-757-3954

**Puppy**, Chihuahua, 8 months old, male, brown, neutered, all shots, very friendly, wonderful with kids, potty trained, \$400. 503-913-9236 after 4:00.

**Rabbits**, Lionhead, adults, tame, \$7 each, some cages available. 503-359-4515

**Recliners**, 2 matching La-Z-Boy blue rockers, good condition, \$300, call Sandy. 503-658-7732

**Refrigerator**, nice, clean side by side white Whirlpool/icemaker, water in door/crisper, 22 cubic feet, exc cond, \$250, pics available. 503-521-1058

**Ring**, beautiful, ladies, Tanzanite, diamonds and inlaid opal, brand new, still in box, new \$900, asking \$600, just in time for Christmas. 503-352-4077

**Scrubs**, brown sugar, soft, 100% organic, w/ eight essential oils that leave your skin feeling soft, perfect holiday gift, many scents. 503-332-9898

**Sewing machine**, serger, Singer Merritt lock, bought in '97 for \$250, used once, multiple thread spools included, \$50. 503-803-3606

**Skis**, Kastle, 185cm, straight design, darker colors, 6 years old, used once, nearly perfect cond, no bindings, \$65/OBO. 360-903-4652

**Snowboard**, w/ bindings, 155 ride impact, bag, boots men's sz 11, helmet, goggles, used 7times, For price/info: Stevan 971-255-2208

**Snowboard**, Burton bullet, never used, great X-mas gift, \$185/OBO. 503-244-6904

**Sofa**, La-Z-Boy motion, egg plant color, with fabric protection, originally \$1139, 2 years used, asking \$500. 503-491-3284

**Stair climber**, like new, black, barely used, perfect condition, \$175. 1-503-949-0617

**Stereo & Misc.**, Sony sys w/5disc CD changer & speakers, \$150. Louis Vuitton and Coach new & used purses, \$100 ea. J. Henckl 12-pc knife set, \$65. Revere pans new, \$75. 503-992-1250

**Table**, seats 6, pine with white legs, no chairs, \$25, WW2 hospital bed repainted blue, crank lifts head, \$100. 360-901-1793

**Table**, dining room, w/chairs, 42x60 glass, like new, \$125, computer desk w/ hutch etc, grey/black, \$125. 503-820-1570 or 503-665-3906



**Table**, glass, dining room, w/ stone/iron base, 4 chairs included, can seat 8, gently used, \$400/OBO. 503-209-6738, 503-657-1316

**Table**, kitchen, oval, w/ 2 leaves, \$10/OBO, pick up please, call Jessica. 503-440-3615

**Tickets**, "Pink Martini" pair for New Years Eve 10:30 show, dress circle level at the Schnitzer, sell at my cost \$150/pr. 503-997-0144

**Tickets**, Cinderella ballet at the Schnitzer, 12/29 @ 7:00, 4 tickets DCIR C row C seats 4,5,6,7, bought for \$65/each sell for \$45/each. 503-215-4297

**Tickle Me Elmo**, TMX, brand new, still in box, just in time for the holidays, \$80. 971-230-4283

**Tires**, studded, Les Schwab, never used, 4, Polar Trax model P-175/65 R14, never used, \$100/OBO. 503-649-2505

**Tires**, snow, studded, 195-60R-15 w/ wheels, \$150. 503-998-1365

**Tires**, mounted/studded, (4) 185/60R14, 82T, fits Mazda \$125, Gresham. 503-665-7652

**Tires**, 4, all season, P205/70R15/95S M+S, used on a Subaru, lots of tread, \$100/OBO. 971-219-7509

**Tires**, snow, P155-80R/13, set of 4, studded tires on four holed rims for Toyota Corolla, only used one season, \$150/OBO. 503-452-4102

**Tires**, snow, 4 Les Schwab 14" wheels, S175/70R-14, purchased at Les Schwab for a '99 Civic, used 2-3 times, great condition, \$250/OBO. 503-658-8307

**Tire chains**, Les Schwab quick fit diamond, used once, fit P/235/75R15, P235/70R15, P234/65R15, P275/51R15, \$35. 503-579-5004

**Tools**, assorted, drills, saws, WWII Japanese sword and other collectibles, price negotiable, ask for Debbi. 503-997-8354

**Trumpet**, Blessing scholastic, smooth valves, excellent condition \$375. 503-715-2485

**TV**, 2 y/o, flat screen, 36" RCA Tubular, barely used, \$225/OBO. 503-330-1547

**TV**, Panasonic, 57" rear-projection, 3 yr old, HD ready, works great. 360-885-2149

**Vacuum cleaner**, Dirt Devil, upright, \$25. 503-244-0866

**Walnuts**, just in time for the Holidays, by the pound, \$4 de-shelled, \$1.50 in the shell. 503-681-9230

**Washer/dryer**, Kenmore, extra large capacity top load washer, drying rack, white, \$300 for set. 503-998-8609

**Weight bench**, w/ leg extensions and leg curl attachment, Olympic size bar (45 lbs) with dumbbells, 300 lbs, great condition, \$180/OBO. 503-641-0241

**Workout machine**, "Body by Jake" total body, uses bands for resistance, includes instructor book, \$75. 360-576-4144

**X-mas ornaments**, Coca-Cola Polar bear, from '90's, all original boxes, all 11 ornaments, \$40, Coca-Cola Polar bear cookie jar, \$15. 503-309-9685

**X-mas tree**, artificial, no lights 3 pieces, \$55, still in box, used 2 times. 503-775-1484

## Services

**Band**, live music for your party or event, songs you know and love, see <http://www.jayeparks.com/>, duo or four piece band. 503-335-0457



Merrily decorating "The Pioneering Spirit of Providence" for Providence Health Plans are (left to right) Velma Rodriguez, Becky Klaudt, Tracy Scharn, DeAnn Rolison and Ronni Nichulas.

**Catering**, wide variety of menu options, references available. 503-516-7446

**CPR/AED**, healthcare provider certification, AHA, private, one on one, small group, short notice, evenings, weekends, \$25-\$65. 503-521-5472

**Decks**, fences, windows, remodels, painting, call Steve. 503-319-4826

**Dog walking**, quality, one dog at a time, specialize in Laurelhurst area but am flexible, call Betsey. 503-255-0223

**Dog walking**, specialize on west side of Portland. 971-222-9776

**Fencing**, wood custom gates, repairs, 30 years experience, exc workmanship and great prices. \$375-309-8716

**Gift wrapping**, holiday, allow me to handle your wrapping needs, fancy, professional, ribbons, bows, decorations, \$2-\$10. 503-459-6330

**Home loans**, if you need help, contact me. sean@cfmortgage.net

**Housekeeping**, apt/offices/homes, 9 years experience, reasonable rates, refs on request, please call 503-650-2920 or pager 503-237-2046.

**Legal services**, protect yourself with prepaid services by preparing a will to collecting child support, call Mari at 503-939-8565.

**Massage therapy**, in your home, Liza Tapp, LMT, 503-975-4689, gift certificates available. <http://bodytapp.com>

**Musicians**, 5, to play music at your next function, great refs, 25 yrs exp, DJ system, discount, Providence employees. sandinwilsonmusic.com, 503-313-6599

**Organization**, if you can't find things, get organized with Wessel Organizing, residential, 3 yrs experience, flexible fees. 503-283-3982

**Painting ext/int**, remodeling kitchen, baths, over 25 yrs experience, free estimates, refs available. 503-312-4169

**Painting**, residential cleaning, remodel, int/ext, great references available, free estimates. 503-641-7922

**Pool lessons**, review/learn, aiming/shot-making skills, improve position play, learn strategies/banking/kicking/deflecting, gift certificates. 503-262-9269

**Square dance**, classes, two opportunities, Thurs, Milwaukie area, beginning January 4th, Tues, East County beginning January 9th. 503-465-9398

## Free

**Birds**, 1 male 1 female cockatiel yellows, mother and son, separate cages, take one or both. 503-678-7818

**Carpool**, I come from HWY 99 in Milwaukie toward I-205 then to 82nd to the POP, have room for 2 people, 7am to 4:30pm. 503-545-9395

**Cat**, 4 year old, spayed, tortoise shell cat, very sweet, affectionate and flea free. 503-703-8525

**Cat**, found in neighborhood, loving, sweet tempered, well behaved male tabby, 1 yr old, full shots, neutered on Oct 27, 2006. 503-289-3160

**Compost**, leaves and grass, we'll deliver. 503-531-9310

**Cook**, gourmet African dishes for up to 10 people, will accept money donations to build a small medical clinic for village in Nigeria. 503-318-2980

**Dog-Shar Pei**, 1 y/o, w/ papers, loves people, great for family with no other pets, please call Dean or Barb. 503-318-4003

**Kittens**, 2 males 3 females, long and short haired, very friendly, litter box trained, hold until Christmas, good homes only. 360-693-1823

**Kitten**, fun loving, adventurous, good with kids, 6 mo old cuddly Tabby, needs a new home. Please contact Ashley 503-317-3863 for more information.

**Piano**, 60 inch Remington upright, exc cond, sounds like a baby grand, free to registered non-profit, it's lonely and needs a musician. 503-762-7612

**Treadmill**, incline does not work otherwise in great shape, come and get it. 503-668-5382

**Typewriters**, portable electric Smith Corona, portable manual Olympia. 503-430-5545

## Wanted

**Air purifier**, filter, couple with new baby must find economical HEPA air filter system to keep beloved kitty, please help. 503-440-0886

**Cabinets**, to put in garage, 971-219-5508 after 4:00 pm.

**Car seats**, strollers, toys, to take to orphanages in Haiti. 503-473-4295

**Childcare**, for a 1 year old boy and 3 year old girl, 4 to 6 hours per week, salary negotiable, in NE Portland, please have references. 503-267-5139

**Childcare**, after school, two children, ages 10 and 7, Beaverton, transportation & references, couple hours, 2-3 days a week. 503-848-0123

**Childcare**, 2 year-old boy, in my home or yours, SE PDX, 148th & Powell, up to 10 hours/4 days a week, responsible, trustworthy, experienced. 503-544-3848

**Coats**, free, winter XL-XXXL, hats, gloves, large duffel bags/back packs, sleeping bags, men's wallets, Homeless Infirmary Program. 503-231-2437

**Couches**, newer, slightly used couches/ loveseats/recliners, monochromatic neutral colors, reasonably priced. 541-914-8660

**Freezer**, chest, non-working OK, for free, can't carry up stairs, will pick up. 503-632-5516

**House to rent**, under \$1000/mo by young family with baby & small dog. 503-513-8352

**Home/apartment**, to rent in Bend/ Redmond/Sunriver area May 1st - June 30th 2007, up to \$1500/mo, non-smokers/no pets, 1-2 bedrooms ok. 503-222-0026

**Home to rent**, dog friendly, for Providence Portland employee, preferably under \$800/ close to Providence. 503-757-3954

**Lap top**, for college student, wifi, DVD, CD, compatible. 503-632-5516

**Ping pong table**, Providence Emilie house, low income senior apartments, in good shape, hand/eye activities are great indoor therapy.

**Vacation rental**, in exotic location, preferable apartment or room in home where we would have access to kitchen. 503-757-3954

**Walkers**, crutches, canes, accepting donations to bring on Haiti mission trip on Jan 30, 2007, must be useable. 503-473-4295

**Weight set**, bow flex, or any other work out unit for home gym. 503-313-6599

## Notices

**Ballet**, "A Nutcracker Tea" Northwest Dance Theatre, Dec 19-20, 2 & 7 pm, Performing Arts Center, PCC Sylvania, \$8-16. 503-885-0545

**Employee sale**, Dec 20, 7:30-9:00 am and 3:30-5:00 pm, excess warehouse at 6408 NE Halsey St, removal is required at time of sale, watch for Dept flyer.

**Sale**, lots of great stuff. [www.mybackyardflea.com](http://www.mybackyardflea.com)



## Congratulations to Aaron Jones, December Employee of the Month



Aaron Jones, Security, knew he wanted to work in health care since he was in high school. Following his discharge from the Marine Corps, his sister Marie an ED tech at PPMC, exposed him to the world of emergency medicine. "Being in the hospital really directed me to nursing," says Aaron, who will be finishing his prerequisite classes for nursing this month and hopes to begin nursing

school classes in the fall.

A four-year veteran of Security, Aaron likes the activity in the Emergency Department. "You get to see things people don't normally get to see," says Aaron, who applies what he sees at work to what he's been learning in school. "It keeps me motivated to stay on top of things." Eventually, Aaron hopes to work in the ED or ICU. "It's good to know you can help people go from being at their worst to back on their feet."

His co-workers know that Aaron will manage any difficult situation or concern with justice and respect. "Aaron is very professional, compassionate and understanding towards patients, visitors and staff," says Carol Coates, Security manager. "Aaron is always willing to go the extra mile to assist those in need. He is a valued employee who is well respected by all."

## Employee of the Year to be honored

It's time to vote for the 2006 Employee of the Year. While all PMH Employee of the Month nominees are exceptional, only one can be Employee of the Year. If you haven't received a ballot via e-mail, check with your manager or pick up a ballot in Human Resources. Ballots are due back to Human Resources by Dec. 29. The 2006 honoree will be announced at the end of the quarterly service awards presentation at 2 p.m., Tuesday, Jan. 16 in the Mother Gamelin Room. All are welcome to attend.

## Christmas dinner a delicious event



With good wishes to all, managers took turns serving staff at our annual Christmas meal, including (left to right) Linnea Roberts, Pam Snyder, Richard Smith, Penny Wilson and Doug Spencer.

## Fall baskets benefit employees



While congratulations go to the four fall basket winners, the true beneficiaries are PMH employees who will access the Helping Hand fund of Providence Milwaukie Foundation. The four baskets generated \$320.50 in ticket sales. Joyce Lind, who covers Milwaukie clinics for Regional Courier Services, was excited to win the "Gem in the Making" basket. Other baskets were won by Lee Foster, Gay Foster's husband, Denise Anderson and Koren

Bowker. Access Services staff will enjoy an ice cream social for creating "Lets Cozy Up," the basket that drew the most tickets. Many thanks to the Employee Activities Committee for coordinating this fun event!

## Holiday greetings from Jackie



*I spent Thanksgiving with my parents and extended family in Baltimore again this year. I am grateful to still have my parents in my life, and encourage you to cherish the special moments with those you love, far and near. This time of year reminds us of what is truly important – sharing, loving and hopefully finding peace. One of the greatest gifts we give is when we extend this loving spirit to others, especially those who are most vulnerable. This community is blessed to have such wonderful caregivers, staff and volunteers at Providence Milwaukie, and I am thankful for the dedication you bring every day to our patients. I wish you and your family a joyful and peaceful Christmas.*

## Fundraiser no trivial pursuit



A.S.U-Know, composed of Day Surgery nurses Betty Fish-Ferguson, Catherine Brunscheon, Sheryl Owens (retired), and Ediy Paulsen, was the winner of this year's Tricky Trivia and Treats competition, a benefit for Providence Milwaukie Foundation's Helping Hand Fund. Employees raised \$600 while enjoying a delicious meal prepared by

Environmental Services staff. Thanks to all the participants and to Heidi Heydlauff, Tina Seely and Gay Foster for coordinating this event.



## Congratulations to Lauren Bridge, Employee of the Month

When Lauren Bridge, R.N., was hired as a student nurse in October 1978, she made it clear she was only making a one-year commitment to Providence. She didn't want to get bogged down in one place, she says. She laughs about that now.



"I've had so many fun jobs and different roles since then," Lauren says. "This is such a special place."

Recently promoted to nurse manager of both 4L (neurology) and 4G (orthopedics), Lauren says this is a great time to be part of the Providence team.

"Administration, managers and staff have tremendous energy and excitement as we face some of our greatest challenges," she says. "I've had personal experience as a patient at Providence and it truly is a great place to work and to be a patient!"

Lauren's nominators call her a team player who is "intuitive, creative and always open to discussion." She also is described as "a great manager who is committed to the mission and core values of Providence." Another says, "She has introduced a daily reflection into shift reports and always tries to present context and perspective into difficult situations."

Speaking of difficult situations, Lauren was convinced she had a whopper to deal with when she was summoned from a meeting to find Administrator Lisa Vance and most of her team waiting in the hall. Finding out she was the next Employee of the Month brought not just shock, but great relief.

### Festive family fare!



Holiday decorations created by the family of Kelly Rentfro, R.N., of Surgical Services were among the festive items for sale at the eighth annual E.A.C. Craft Faire. The event raised more than \$1,000 to be shared between the activities fund at the Center for Medically Fragile Children and Father Jon's food cupboard, says organizer Maria Fotis (center). Pictured with Maria are Kelly's mother, Donna Rentfro (left), and Kelly's grandmother, Norma Rentfro. The winner of the raffle for a table full of crafts and jewelry was Jayme Sheppard of Health Information Management.

### Employees will assist 40 families at Christmas



More than 50 families in need will benefit from the generosity of Providence Portland employees this holiday season. Pictured at last year's gift drive are volunteer Kristina Fetterman (left) who helped her mother, Patti Fetterman, Pastoral Care. Offers to adopt Christmas families this year came fast and furious. Says Patti, "This is just one of the many ways our Providence family shows its compassion for those in need."

### Holiday greetings from Lisa



*At this very special time of year, it is appropriate to pause and reflect on our life and what gives it meaning. For me, it is easy. It is living the mission of Providence and sharing that mission with all of you. Together we make every day another opportunity to provide caring and compassionate service. I am so proud of the work we do, and the difference it makes in the lives of our patients and our community. Thank you for all you do to make Providence*

*Portland a great place to be a patient, to work and to practice medicine. It is my pleasure and my privilege to send all of you my warmest wishes for a healthy and happy holiday season.*

### Christmas dinner is almost here

No need to pack a lunch or lunch money on Thursday, Dec. 14. That's the day all employees at Providence Portland will be treated to a free Christmas dinner. A "Bounty of the Pacific Northwest" menu will include roasted prime rib, mushroom stew and Oregon shrimp pasta salad. Employees with badges will be served free, and guests will be asked to make a \$5 contribution to the "Helping Hand Fund." Meal times will be 1:30 to 3:30 a.m., 10:30 a.m. to 1:30 p.m., and 5 to 8:30 p.m. Managers are encouraged to stagger employee lunches as much as possible to help avoid long lines at peak dining times.

### Holiday shopping by moonlight!

Skip the mall traffic and do your last-minute holiday shopping right here! The PPMC gift shop will stay open until 2 a.m. for its last Moonlight Madness shopping event of the year on Wednesday, Dec. 20. Cookies and coffee will be served and, best of all, the 10 percent Providence employee discount will be honored.



## P.R.I.D.E. Winners for December

The people at Providence St. Vincent Medical Center make the caring difference, and we are pleased to congratulate the December winners of PSVMC's P.R.I.D.E. (Program for Recognition of Individuals Demonstrating Excellence) Award . . .



**Theresa Vithayathil Edmonson**, Pastoral Services, is the December ancillary recipient. Theresa's compassion as a chaplain is a gift to both patients and co-workers. She offers pastoral presence and support to others, as well as provides leadership for new areas of outreach. Theresa's desire to serve others is evident in her work and relationships.

This month's clinical recipient is **Nora Stern, P.T.**, Rehabilitation Services. As a leader, Nora brings the unique gift of balancing fun and professionalism in work. She is able to manage schedules and people efficiently. Her kindness and wisdom make her a great resource for sorting out problems and sharing ideas.



**Karen Twilleager, R.N.**, Perinatal, is the nursing recipient. Karen's positive attitude and witty sense of humor help to build morale and ease stress on the Perinatal Unit. Karen also sets patient care standards high as she treats all patients with dignity and respect while providing excellent clinical care. She is an asset to the team and a well-respected leader.



### PHS values in every cup



Theodore Moffit, Oregon Medical Laser Center, pours himself a cup of organic Free Trade coffee. Free Trade ensures that the farmers who grow the coffee are paid a fair trade price for the beans we buy. When farmers receive a fair price for their goods, they are better able to provide for their families and contribute to their communities. So, next time you need an early morning pick-me-up, go for the green pump coffee – organic and Free Trade – and feel confident that your cup of coffee is making a difference on a global scale. Stop by The Eatery, Café West, MJ's espresso, Vinnie's or Vinnie's Espresso and ask for Free Trade coffee.

### Christmas giving



Fifty-eight families in need were sponsored this year by staff and volunteers who generously collected Christmas gifts. Pictured are Emergency Department nurses gathered around a Christmas tree decorated by the Volunteer Guild, including (left to right) Jen Moylan, Eileen Wheaton, Pat King, Kaylee Alberts and Dorothy Churchill.es in need.

### Holiday greetings from Janice

As 2006 draws to a close I am filled with joy and gratitude.

We have had a challenging and successful year at Providence St. Vincent. We opened our new tower with an additional 72 patient beds, we again were certified as a primary stroke center by JCAHO, and we passed our Joint Commission visit this summer.

Our successes are the result of your hard work and commitment to the people we serve. I am honored and filled with joy to work with you in living out our mission of caring for the poor and vulnerable.

May you enjoy a peace-filled Christmas and holiday season.



### Leaving peacefully through music

A first-of-its-kind study looking at the benefits of live harp music thanatology on dying patients and their grieving families is now available to check out at the Providence St. Vincent medical library.

The study, titled "Relief of Suffering at End of Life," showed that music thanatology made a profound difference in the way patients and their families experienced the end-of-life journey.

### Enjoy the Hanukkah lights

PSVMC will display a public menorah during Hanukkah as a sign of hospitality and solidarity between Jewish employees, volunteers, patients and family members and those of other faiths. It is also a reminder that our Jewish employees are a vital part of the hospital community. Please come to the lighting of the menorah, including a blessing and reflection, at 5 p.m., Dec. 15 to Dec. 22 in the West Pavilion lobby.

## Safety net expands with help from Providence and others

It's 6 p.m. on a Wednesday night at the newly-opened Essential Health Clinic near Tigard's King City, and the waiting room has been packed for more than an hour. The volunteer doctors, nurses, translators and the few paid staff members are finishing their simple dinner of chicken, rice and beans cooked by other volunteers. The first patients are brought in to exam rooms, and it's time to go to work.

A moment after lightly knocking on the closed door, Dan Mangum, M.D., politely cranes his head into the exam room – sizing up the woman seated on a plastic chair next to the exam table. Next to her is José Herrera, a volunteer translator.

The woman is nicely dressed and calm, but clearly in some pain or distress. Dr. Mangum greets her and introduces himself in Spanish before asking how he can help her. José may be needed at some point, but Dr. Mangum's conversational Spanish is serving him well. Over dinner, he and other staff members pumped José on medical terms – including whether “gripa” or “fria” was the best Spanish term for “a cold.”

The woman is having headaches and light-headedness, and knows from experience that it's her high blood pressure. She's run out of medicine for it, and has no health insurance to pay for more. She heard about the Essential Health Clinic from a friend, and she isn't disappointed. Dr. Mangum examines her and takes her history. He prescribes an anti-hypertension drug, and speaks to her about why it's important she takes it. She nods and reaffirms that she knows this already, adding that she couldn't afford to buy the medication on the pay from her hotel restaurant job. Like many patients at the clinic, she is given medicine supplied by Providence.



Volunteer physician Dan Mangum, M.D., (left) sees patient Maria Lucas at the free Essential Health Clinic in Tigard, sponsored in part by Providence. Helping translate is volunteer José Herrera.

Dr. Mangum, who did his residency at Providence St. Vincent, volunteers one night a month at the weekly clinic, which is just a couple of miles from his internal medicine practice near Washington Square. Most weeks, he goes there with his wife, Stacy, who helps organize charts on each of the 20 or so patients seen each night. Since Thursday is his day off, he and Stacy usually go back to the clinic for a couple of hours in the morning to review the charts and make sure all are in order.

The Essential Health Clinic, which has operated in Hillsboro for five years before opening the new satellite office in Tigard, represents a collaboration between many providers and agencies, including: Washington County Health and Human Services, Providence Health System, Legacy Meridian Park Hospital, Tuality Healthcare, Virginia Garcia Memorial Health Center, Pacific University's medical assistant school, and

several other community organizations. The Essential Health Clinic relies heavily upon volunteer physicians, nurses and office staff, including some who work at Providence.

Providence supports the Essential Health Clinic through supplying prepackaged medications dispensed to patients – either from pharmaceutical samples or else paid for by funds from Providence Health System and Providence Health Plans. Providence also funds a prescription voucher system at local pharmacies for medications that aren't stocked.

“I think the impact of this is very significant,” says Rick Sahli, director of Pharmacy in the Portland Service Area. “We're serving patients who have nowhere else to go. And, if they didn't go to safety net clinics, they would be in our EDs – or go untreated and wind up being admitted to our hospitals.”

### DECEMBER CALENDAR

Dec. 15 Charity Auction Bake Sale. MBC Eastwood Café, 9:30 a.m. - 2 p.m. All proceeds go to community charities. Contributors call 503-574-5659.

Dec. 20 “Moonlight Madness.” PPMC Gift Shop remains open until 2 a.m. for last minute shopping.

Dec. 23 “Family Matters.” KATU-TV special on holiday giving, 6:30 p.m. Focus on two PPMC volunteers and ElderPlace physician.

Dec. 30 “Family Matters.” KATU-TV special on companies with a conscience. 7 p.m. Features several Providence volunteers, staff and special events that make a difference.

*Providence Spirit* is published on the 2nd and 4th Wednesdays of every month for Providence Health System in the Portland Service Area. To submit ads and see past issues, visit the PHS intranet. If you have questions about ads, e-mail or call Tracy Vanderzanden at 503-574-9345. To submit story ideas, e-mail or call Chuck Williams at 503-574-9342. The next issue is Jan. 10; the ad deadline is 4:30 p.m., Friday, Dec. 29.