



Willamette
Vital Health

Previously known as Willamette Valley Hospice

journeys

summer 2022



Marty works in the clinic

WVH Clinical Manager Helps Ukraine Refugees

Most of us feel helpless as we watch the war unfold in Ukraine knowing there is not much we can do to help those who are suffering. WVH staff recently rallied to bring the passion and empathy we provide to our patients and families every day to help the situation in Ukraine. Aside from gathering donations of medical supplies and funds to purchase more, two staff recently returned from helping refugees. Marty Crittenden, RN Clinical Manager of the Supportive Care program, spent two weeks volunteering in Poland. Autumn Nihart, Family Nurse Practitioner, left about the same time that Marty returned.

“Another manager was already out on vacation, so other managers and departments stepped in to be able to cover for me,” says Marty. “Things are very busy, and we usually don’t have two managers off at a time. We all know about the nursing shortages that are facing healthcare organizations right now. I wouldn’t have been able to go without the support of our whole team.”

WVH staff also contributed to the cause. “We sent the medical supplies across the border into Ukraine,” says Marty. “I packed two huge suitcases and a huge duffel bag of donated supplies and one small suitcase for my own things.”

This trip was also personal for Marty. Her own grandparents are from the Poland/Ukraine area, and she was recently matched with a cousin in Ukraine on an ancestry discovery website.

“Until our team got there, there was 1 nurse and 1 doctor at the onsite clinic,” says Marty. “Then, the first week we were there, they lost funding for the clinic. All operations were by volunteers after that.” The team provided the type of care usually provided in a walk-in clinic.

“A 9-year-old came in with shrapnel in her legs,” says Marty, astounded by how the refugees endured. “A man came in

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Grounds of Ukraine orphanage re-located to Poland



Memorial wall for victims of the war in Warsaw, Poland

Marty arrived at a refugee center for 3,000 people in Warsaw with no training ahead of time. With only two weeks’ notice that she would be assigned, Marty was grateful to the team at WVH for managing her workload while she was away.

Experience.
AT YOUR SIDE.

Ukraine Refugees

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that had a shattered pelvis after a bombing. He was told he would die at the first place he received care. When he lived, he was told he would never walk again. He walked to our clinic and asked for Tylenol for his pain, less than two months after the injury.”

Marty also went to a local orphanage to treat the 133 Ukraine orphans there. Her primary duty while on assignment, though, was running the pharmacy at the refugee center. “The medications available changed day to day,” says Marty. “They were donated from all over Europe. So, one day you might have antibiotics and the next not have any available.”

Despite the many refugees, Marty was pleased to see the resilience in people, too. “A pregnant woman shared with me the joys of her pregnancy while also showing me photos of her house that had been destroyed in the Ukraine,” says Marty. “They no longer had a home to return to with their child, yet she couldn’t contain her excitement about her baby that would be arriving.”

Marty and Autumn are happy to be back at Willamette Vital Health and for the support they received from other WVH staff who filled in during their absence. Their trip serves as another example of our commitment to caring for the needs of our community. We bring our passion and empathy to patients, their families, and the broader community each day.

COMMUNITY LEADERSHIP

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Journeys is a publication of Willamette Willamette Vital Health, a non-profit agency, serving our friends and neighbors in the communities of Marion, Polk, Yamhill, Benton, Linn and parts of Clackamas Counties.

Our Mission

We are a community owned, not-for-profit organization providing innovative, personalized, and compassionate care to patients and families facing serious illness.

Monthly Giving Circles

Join our monthly giving programs for \$5 or more per month and help hospice patients and their families while receiving these benefits:

Each month members receive program updates sent to their email boxes from our board-certified music therapists. Read heartwarming stories about how music therapy is making a difference in the lives of hospice patients sent directly to your email address.

Members of our *Music Patron Circle* help provide more frequent music therapy services to patients in need.

To join, go to wvh.org/donate and click on the Music Patron Circle logo to complete the form.



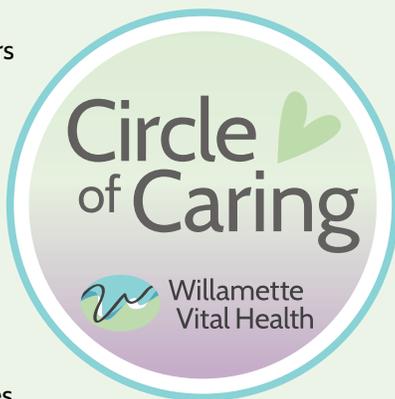
Each month members receive an update with stories about how your gift is making a difference.

Support services like Pet Peace of Mind®, Grief Care, the Tokarski Home, and Veterans’ Services.

Members also receive special invitations, sneak peaks on upcoming projects and holiday cards.

To join, go to wvh.org/donate and click on the *Circle of Caring* logo to complete the form.

See wvh.org/news-events for a list of our generous community donors. To join our family of supporters, simply complete the enclosed envelope and mail it back or join online by visiting wvh.org/donate.



New Name. New Look.

Same Mission for Over 40 Years

By now, you may have seen that Willamette Valley Hospice has changed our name to Willamette Vital Health. WVH is still the same non-profit organization that the mid-valley has counted on for the last 44 years. Since nothing about our board of directors, non-profit status, or expert staffing has changed, you might wonder why a name change was necessary. Why did WVH need to re-brand? Rebranding is when an agency creates a new look and/or name. We decided to rebrand to stay current, limit confusion for those looking for our services other than hospice, and be prepared for new services we may offer in the future.

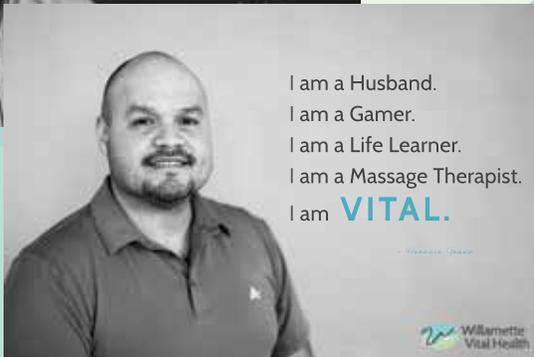
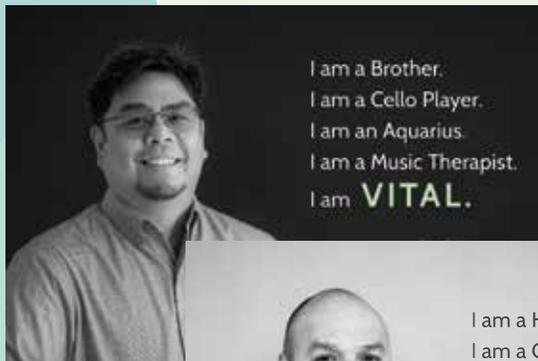
"It is important to look to the future development of end-of-life and serious illness care, says Iria Nishimura, WVH Executive Director. "It is a dynamic and evolving industry that offers expertise in symptom management as well as grief care. The rebranding is an important step to innovative program development at our agency."

WVH used both the help of its own staff and outside experts to choose the new name. As Iria says, "It is important that the community at large realizes that Willamette Valley Hospice is more than hospice care. Under the new name we can present all the wonderful programs we currently offer, including Hospice, Supportive Care, the Tokarski Home, and Grief Care."

A variety of staff members working in the various services at WVH recently participated in a project to express how each employee makes up a vital part of our agency. Ivan Caluya, Music Therapist, participated in the "I Am Vital" project. "As staff at WVH, we are all different, but have several characteristics in common: compassion, diligence, and an authentic concern for the dignity of patients and families," says Ivan. "I am reminded every time I am present with another clinician on a visit how meaningful and vital our work is in the local history of our community." Soon, you will see some videos featuring some of our vital staff, so be sure to watch our social media and YouTube channels for those.

Looking to the future, Willamette Vital Health will likely expand its current offerings. As Iria says, "It is vital for us to serve the community in the continuum

of care with our expertise on end-of-life care and symptom management with programs that are needed in the community."



CALENDAR OF EVENTS

For more information about any of the events listed below, call 503.588.3600.

For a complete list of calendar and bereavement events, visit wvh.org.

Advance Directive Webinar

June 14, 2022
12:00-1:00 pm

This free webinar will focus on explaining Oregon's brand-new Advance Directive for health care.

Register at wvh.org/news-events.

Camp Mighty Oaks

July 16, 2022
8:30 am-7:00 pm

A one-day camp experience for children 6+ and their families who have experienced the death of a loved one in the last two years. Lunch and dinner are included.

Call 503.588.3600 to register by 6/25/22.

Reflections on the River

September 8, 2022
7:30-9:00 pm

Celebrate, honor, and remember your loved ones at this free community event.

More info at wvh.org/Reflections.

10th Annual Walk-n-Wag

Saturday, September 24, 2022
1:00-4:00 pm

Walk with your pet to support the hospice patients' pets and grief services.

Register at wvh.org/pets.

Walk-n-Wag Turns 10 Years This Year

This autumn will mark ten years of gathering our mid-valley community around the needs of hospice patients and their pets. During this decade WVH has helped develop strong connections among animal-loving people and organizations so we can respond to pet needs all year long. We celebrate and nurture the human-animal bond as an important contributor to quality of life.

This year's Walk-n-Wag will be **Saturday, September 24th from 1:00-4:00 pm at Minto Brown Island Park in Salem.** Special events will include a children's dance performance from The Lotus Studio, the Border Collie International Performing K-9 Team, and interactive games for people and their dogs led by local trainers. Throughout the day,

Rebecca Cozart of NosesTailsPaws Pet Photography will take dog photos for the annual Poster Contest.

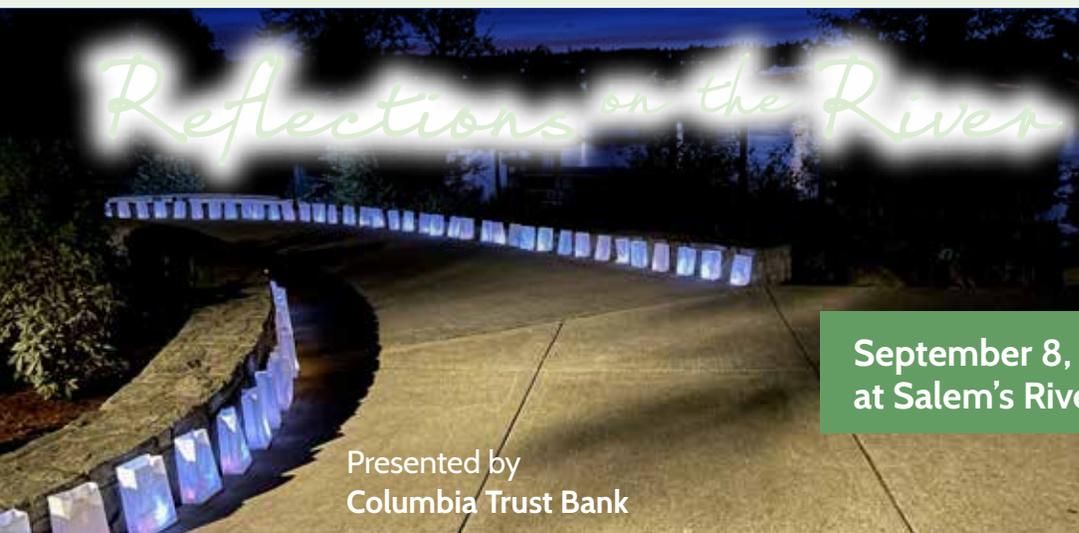
The enthusiasm and generosity of Walk-n-Wag sponsors and donors has built a solid foundation for our Pet Peace of Mind® program. Starting in 2020, with the COVID pandemic, we began sharing some of the fundraiser's proceeds with WVH's community Grief Care programs so that no one has to face the loss of someone they love without local support.

To register for the Walk-n-Wag or volunteer at the event, go to wvh.org/pets. To volunteer with the Pet Peace of Mind® or Grief Care programs, contact VolunteerServices@wvh.org.

Registered trademark of Pet Peace of Mind, Inc.



"From young to old, dogs love the Walk-n-Wag!"



Presented by
Columbia Trust Bank

5th Annual Program is Back to the Park

September 8, 2022 from 7:30 – 9:00 pm
at Salem's Riverfront Park

Reflections on the River will be back for the fifth year in Salem's downtown park in September with a return to both the live program and river walk for 2022. The event will include a self-paced walk with personalized luminarias lining the park paths as well as a luminaria-lit labyrinth, available until 9:00 pm. This event is offered free to the community to celebrate, honor, and remember loved ones who have died.

A short program will be offered in the Rotary Pavilion on the north side of the park at 7:30 pm, featuring music,

words of comfort, and a memorial to veterans. Seating is limited and you are welcome to bring your own chair.

Personalized luminarias in honor or memory of your loved ones can be purchased at wvh.org/Reflections. Luminarias will be placed along the park paths in alphabetical order and attendees can take their luminarias home with them after the event if they wish.

Sponsorship opportunities are also still available for this special annual event. For more information, contact Theresa Hart at donorservices@wvh.org or 503.588.3600.