



PROVIDING COMPASSION, ONE BAG AT TIME

While it's a critical part of the cancer treatment process, chemotherapy is physically and mentally stressful for patients. Those undergoing this form of infusion therapy often remain seated for several hours at a time and

experience a wide variety of challenging physical side effects. According to the United States Centers for Disease Control and Prevention, 650,000 patients receive chemotherapy treatment every year.

Thirteen years ago, when Salem Health Cancer Institute (SHCI) Peer Navigator Lynetta Kirsch began her chemotherapy journey, her husband wanted to do something to help. "He felt unsure of what he could do for me heading into chemo and packed me a bag of comfort items he thought I would need," says Kirsch. Inspired to share this kindness with other cancer patients, Lynetta and her husband founded Chemo Bags Filled with Love Inc. in 2008 and began assembling bags out of their home. Shortly afterward, they could not keep up with the need, and the program shifted to the SHCI campus.

Since 2016, the Salem Health Foundation has sponsored SHCI's Chemo Bags Filled with Love program. Each gift bag contains various items to comfort the patient, such as fleece blankets, journals, magazines, puzzle books, snacks, and bottles of hand sanitizer.

What started as a loving gesture between spouses has now grown to a program that provides care to over 3,600 patients each year. "This project came from a place of love and support. We wanted to provide a little comfort for what was sure to be a very uncomfortable moment in life," says Lynetta.

We thank our donors who have enabled this work. Gifts made to the Salem Health Foundation's Cancer Fund provide the resources for programs and services like this with the intended purpose of offering extra care and

comfort to our vulnerable community members at a time when they need it the most.

SPOTLIGHT ON EMPLOYEE GIVING

Phil is making a difference locally and globally



Phil Segura Jr. has over a decade under his belt in giving to the West Valley Hospital Foundation.

Phil is a staff physical therapist at the Salem Health Medical Clinic – Monmouth and has been there since it opened. Throughout his time with the organization, Phil has served in a few capacities, including a supervisor, but much more prefers the one-on-one patient interaction he currently has.

Phil's first gift to the West Valley Hospital Foundation was in 2010. Phil sees his donations to the foundation almost like a 401k contribution — he knows his donations "grow

over time," even though he knows that he doesn't directly benefit from it. He approaches giving through the mindset of knowing that his contributions, regardless of the size, added with the contributions of others, goes far to help individuals, hospital departments and the community.

When asked about why he gives, Phil recalls that he was the recipient of assistance when going to school. While the assistance Phil received wasn't tied to Salem Health or West Valley Hospital, he knows the foundation supports students in the community in similar ways. Phil admits he doesn't keep up with every project the foundation does. However, he is aware through hearing about those who have received scholarships or seeing equipment purchased with foundation dollars.

Phil's giving nature is not restricted to his foundation dollars either. Phil recently spent a couple of weeks working with Venezuelan refugees at the Colombian border with his daughter. The foundation staff is grateful to have Phil as an employee donor!



WELLNESS CLASSIC 2021 IS COMING!

The Wellness Classic is returning for its 14th year on Monday, August 2nd and we couldn't be more excited! As in previous years, the tournament will take place at Creekside Golf Club.

In its 13-year history, the Wellness Classic has raised over \$800,000 providing support for scholarships, employee assistance and cardiac needs — to name a few!

We learned a lot last year about running an event during a pandemic. This year, we plan to return to a shotgun start, where everyone starts at the same time on different holes. But instead of having lunch at the end of the tournament, food will be available throughout the course. We will

continue to follow all recommended health guidelines for a safe and fun event.

Participants enjoy this event and we remain grateful for the generosity of our sponsors.

We are still looking for volunteers to assist with this event! If you would like to volunteer — or have questions about volunteering — please email Micheal Seraphin at Micheal.Seraphin@salemhealth.org.



RESOURCES FOR CAREGIVERS

For adult patients experiencing the symptoms of dementia, hospital visits can be especially stressful and confusing. They may not understand why they are there, resulting in feelings of nervousness, agitation and hopelessness. What's the solution to help provide comfort to some of our most vulnerable patients? Therapeutic activity carts!

The Therapeutic Activity Cart program — overseen by Salem Hospital's General Medical Unit and funded by donor support — gives activity-type items to hospital patients experiencing dementia. Cart items include activity books, dolls, and fidget toys which can offer patients a much-needed sense of calm in an otherwise frightening environment.

Providing patients who have a pet at home with a plush cat or dog toy helps them feel more relaxed. Offering nervous patients who may fidget with their medical equipment (like their IV) with a fidget toy keeps them occupied while the medical equipment does its job.

As a direct result of donor generosity, the foundation can continue assisting with programs like the therapeutic activity cart that supports Salem Hospital's exceptional patient care.



**NOMINATE US FOR
BEST LOCAL NON-PROFIT**

The Statesman Journal is inviting you to nominate your favorite local organizations for the “2021 Best of the Mid-Valley awards.” The top organizations that get the most nominations in each category will advance to the voting round that will start in July.

Please consider nominating Salem Health Foundation for “Best Local Non-Profit” (*services category*).

Voting Closes on May 28, 2021 @ 11:59pm

<https://statesmanjournal.secondstreetapp.com/2021-Best-of-the-Mid-Valley/gallery?group=384542>

You Make a Difference

Your gifts to the Salem Health Foundation or Salem Health West Valley Foundation supported the fight against COVID-19. Because of you, the foundations delivered necessary life-saving supplies and equipment to the front lines.

Your continued support will matter. As new challenges related to COVID-19 emerge, we need your help to put resources in the hands of those who can make the most difference.

Donate



See the latest COVID-19 guidance and resources from Salem Health.

“There is no exercise better for the heart than reaching down and lifting people up.”

— John Andrew Holmes



P.O. Box 14001
Salem, Oregon 97309-5014
503-814-1990



[Privacy Policy](#) | [Unsubscribe](#)
[Salem Health Foundation](#)
foundation@salemhealth.org