

THE GIVING EFFECT

COMMUNITY HEALTH IMPACT | SUMMER 2026 UPDATE

Turning support into action

Nourishing health

Groceries for diabetes patients

NICU caregivers, patients and families

An unbreakable bond

Wellness fairs

Empowering the next generation

Dear Friends,

I'm writing to thank you for being an important participant in the Salem Health Foundation community. We view your generosity as your commitment to ensuring that close to home, there is ample availability of high-quality, compassionate care for everyone who needs it.

This issue illuminates how we turn your support into action. We demonstrate how collaboration and innovation improve every patient's experience, and how thoughtful programs positively impact health and address everyday challenges. Together, we build programs and connections that support area patients and families long after care is delivered.

What also stands out in this issue is how people working together truly makes a difference. Why do physicians work across disciplines? What happens when community members step forward and address urgent needs? These stories demonstrate the power of shared belief: When we work together, we will create meaningful, lasting changes.

**When we work
together, we will create
meaningful,
lasting changes.**

Please accept our thanks for your support. You fuel this work that advances new ideas and strengthens essential support. You ensure that care is accessible and responds to a genuine need, often unseen by people outside the pathway of care.

We are proud to share these stories with you and grateful for the role you play in making them possible. Together, we make a difference for people that truly need a helpful extra hand-up of support and care.



With gratitude,

Jim Bauer

Chief Development Officer

Salem Health Hospitals & Clinics

Salem Health & West Valley Hospital Foundations

Salem Health Foundation Board of Directors

Pat Force – Chair
Alex Rhoten – Vice-Chair
Ryan Allbritton – Treasurer
Alex Casebeer – Past Chair
Steve Altman
Garth Brandaw
Tim Duenas, MD
Eric Fiskum
Kathy Gordon
John Pollino
Robert Ponec, MD
Nancy Reyes-Molyneux, MD
Anda Yangson, MD

West Valley Health Foundation Board of Directors

Darin Silbernagel – Chair
John Oberst – Vice Chair
Eric Olsen – Treasurer
Mitch Ratzlaff – Past Chair
Claire Blosser
Eric Larsen
Jesse Peters, Ph.D.
Allan Pollock
Craig Pope
Kathy Voves



Caring beyond the NICU: A community that endures

Inside the Neonatal Intensive Care Unit (NICU) care is not only clinical; it is deeply human. Highly trained, compassionate professionals support some of the most vulnerable patients and their families through moments of uncertainty, hope and resilience. From the moment the NICU doors open, that care is palpable. Providers and staff quickly become part of each family's inner circle, offering comfort, expertise and unwavering support.

Keeping the tradition going

Since 2006, NICU Reunions have extended that circle of care beyond the hospital walls. For the past four years, generous donors to the Salem Health Foundation have made these gatherings possible, ensuring they remain free and accessible to every family who has experienced the NICU



Salem Health volunteer and NICU parent mentor Maggie Emery.

journey. These reunions have become a cherished tradition, offering connection, celebration and community.

A key part of this effort is Salem Health volunteer Maggie Emery, NICU parent mentor, whose own child once

received care in the NICU. Drawing on her personal experience, Maggie provides meaningful guidance

to new families navigating similar paths. She also leads the planning of the annual reunions, bringing empathy and understanding to every detail.

The bond between families and NICU staff is enduring. Many families return year after year to reconnect and celebrate milestones. Notably, families who have experienced the profound loss of a child also attend, finding comfort in a community that understands, remembers and honors their journey.

“This event is important in showing solidarity among our families,” shared NICU nurse manager Andrea Bell.

“They come together on the common ground of their NICU experiences,” added nurse practitioner Kacy Bradshaw. “The reunion becomes a radiant celebration of resilience and connection.”

The passion of the NICU team — for their patients, their families and their work — extends far beyond hospital walls. Through events like the NICU Reunion, that care continues through community, remembrance and joy.

Thanks to donor support, what begins in the NICU as lifesaving care grows into something even greater: a lasting network of connection and compassion.

NICU caregivers, patients and parents at the 2026 reunion.



Donor investment advances patient-centered surgical care

Salem Health is making it easier for patients to feel informed and prepared before surgery through a project led by the Physician Leadership Institute (PLI). The effort focused on improving anesthesia consent forms — an important step that helps patients understand what to expect and feel confident about their care.

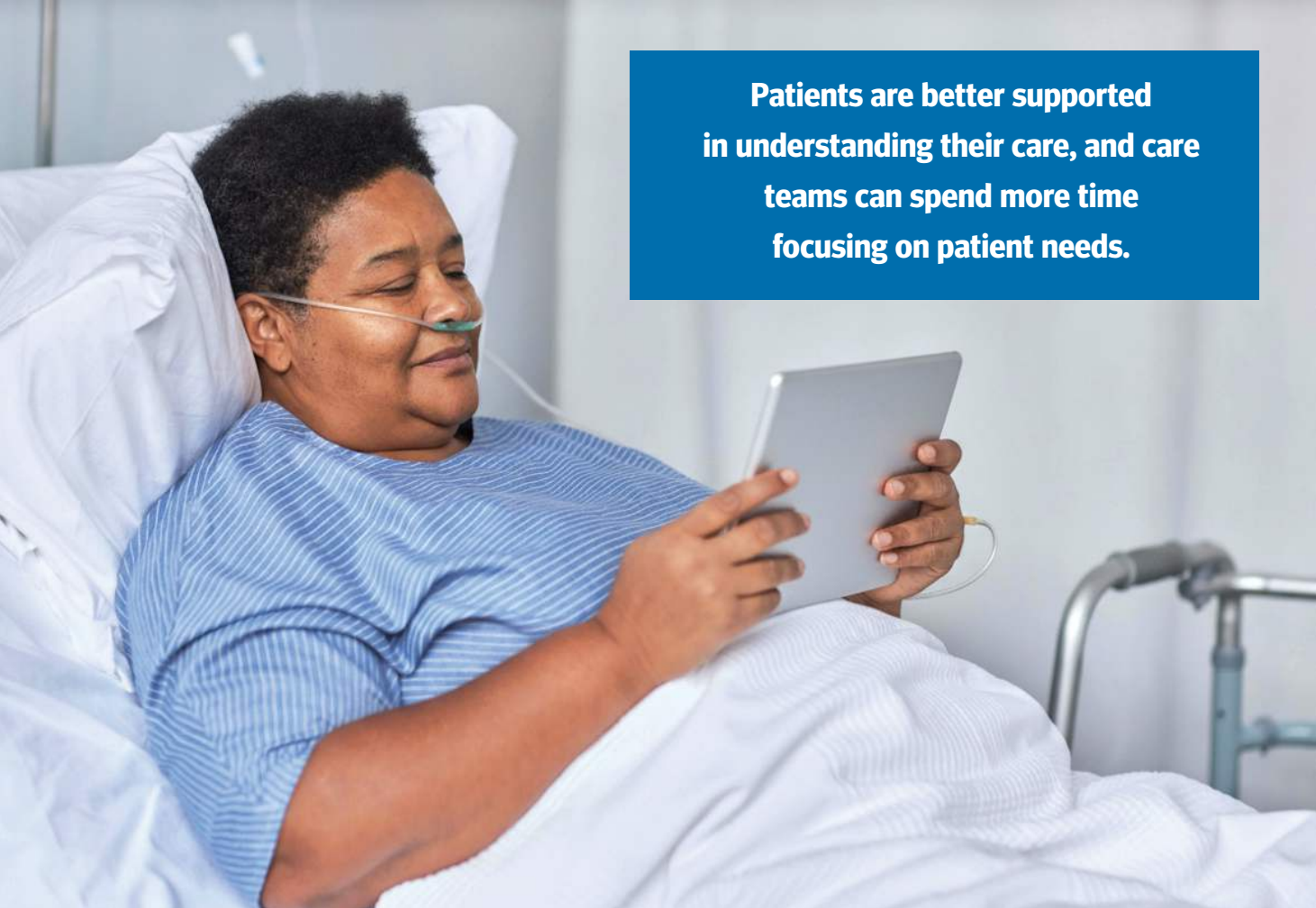
Before surgery, patients are asked to review and sign consent forms that explain anesthesia and allow time for questions. The PLI team saw an opportunity to make this experience more seamless, helping ensure that information is clear, complete and available when patients need it.

To support this goal, the team introduced simple

tools to guide the process, starting with checklists to help confirm that everything was ready ahead of time. They then made it even easier for patients and care teams by introducing a digital option using iPads and Salem Health's electronic health record system. With this approach, patients can review and sign forms electronically alongside their care team, making the process more convenient and easier to follow.

Small upgrades, major impact

These changes have helped create a more consistent and reliable experience for patients preparing for surgery. Patients are better supported in understanding their care, and care teams can spend more time focusing on patient needs

A photograph of a patient lying in a hospital bed, wearing a blue hospital gown and an oxygen mask. The patient is holding a tablet computer and looking at the screen. The background shows a typical hospital room setting with a bed rail and some medical equipment.

Patients are better supported in understanding their care, and care teams can spend more time focusing on patient needs.



rather than paperwork. As staff became comfortable with the new approach, adoption continued to grow across surgical areas.

Thanks to the generosity of donors from the Salem Health Foundation, iPads are now being introduced to expand this improved experience to more patients. This investment helps ensure that more people benefit from clearer communication, fewer delays and a smoother surgical experience.

By focusing on the patient experience, Salem Health, with the support of the foundation, will continue to build new processes that are not only efficient but also reassuring and centered on each person's care journey.

About the Physician Leadership Institute

Salem Health's Physician Leadership Institute (PLI) is a unique, four-month program that goes beyond traditional continuing education. Physicians from across specialties come together in collaborative cohorts to identify opportunities for improvement, develop solutions and implement them in real time. Through this hands-on approach, PLI empowers physicians to lead meaningful change — enhancing care delivery and improving the patient experience across Salem Health.

Tax matters: Turning required distributions into lasting impact

For donors age 70½ and older, there's a powerful way to support Salem Health Foundation while also receiving tax advantages. A Qualified Charitable Distribution (QCD) allows you to give directly from your IRA to a qualified nonprofit — such as Salem Health Foundation — making an immediate difference in patient care across our community.

Through a QCD, up to \$100,000 per year can be transferred directly from your IRA to charity. For those age 73 and older who must take Required Minimum Distributions (RMDs), these gifts can count toward that requirement. Even better, QCDs are excluded from your taxable income, which may lower your overall tax burden and help minimize impacts on Medicare premiums and Social Security taxation.

This approach offers a simple, meaningful way to give — without needing to itemize deductions. Your generosity goes further by maximizing both your philanthropic impact and your financial efficiency.

How to give from an IRA

- Contact your IRA custodian.
- Sign the application to give a set amount or percentage to charity.
- Your IRA custodian will make the transfer.
- If you prefer to designate your gift to a specific purpose, contact the charity.

Leave a lasting legacy

By directing your IRA distribution to Salem Health Foundation, you are investing in vital programs, innovative care and the well-being of patients and families throughout our region. We encourage you to consult your financial advisor to explore how this giving strategy can support your charitable goals.

To learn more about how you can support the Salem Health Foundation, please contact Jill Munger at 503-814-1957 or Jill.Munger@salemhealth.org.

The power of preceptors: Strengthening

A career in health care is deeply meaningful — but it can also be overwhelming, especially for those just beginning. For newly hired staff and recent graduates, the first months on the job are critical. These early experiences shape their confidence, skill and ability to deliver exceptional care.

That's where preceptors make a difference. At Salem Health, preceptors are trusted mentors, educators and guides. They help new team members navigate a fast-paced environment, build essential skills and grow into confident, capable caregivers.

A far-reaching program

Across Salem Hospital, West Valley Hospital and Salem Health Medical Clinics, more than 1,600 preceptors in 129 departments support their colleagues every day. Their influence extends far



Preceptors are trusted mentors to those entering the health care field.

beyond onboarding — they play a direct role in strengthening patient care, safety and outcomes across our community.

This impact is made possible in part by the generosity of Salem Health Foundation donors.



Strengthening care from the inside out

Philanthropic support provides ongoing education and development opportunities that help preceptors excel in their roles. Each year, preceptors gather for a focused learning event designed to enhance teaching skills, address real-world challenges, and share best practices.

These sessions equip preceptors with practical tools to better support new staff, foster confidence and create strong learning environments. When preceptors thrive, the entire care team grows stronger — and patients benefit.

“When health care wins, everyone wins,” says professional development specialist Amy Stokes, RN. “We are so grateful that the Foundation recognizes the extraordinary work our preceptors provide each day.”



Above, education coordinator Jacqueline Landers and clinical educator Randy Ceniza participate in the preceptor celebration. Below, preceptors being honored at the 2025 Preceptor Recognition gala.

Thanks to donor support, preceptors are shaping the future of care — ensuring compassion, excellence and confidence for every patient we serve.



Building a healthier future together:

Turner Construction and Salem Health Foundation



Members of the Turner Construction team stand on the roof of Building A.

Since 2003, Turner Construction has stood alongside the Salem Health Foundation as a dedicated corporate partner in advancing health care access for the mid-Willamette Valley. Their unwavering support has helped the Foundation raise vital funds that directly benefit patients and strengthen community health.

Turner is deeply committed to the community it calls home. By growing and investing in its local Salem team, Turner builds, lives, and serves alongside the people of the region. The company actively supports initiatives that uplift youth and education, promote health and welfare, and sustain local business vitality. Every initiative reflects their

belief that when businesses and communities work together, real change happens.

“At Turner, we believe in building not only for the staff who deliver care, but for the patients who will receive it,” says Kyle Warren, Vice President and General Manager, Turner Portland. “As a cornerstone of the community, Salem Health provides critical care that supports the entire region. Their impact touches all of us as patients, patrons and staff. It is our honor and privilege to be a part of this community and 20-year partnership.”

Thanks to Turner’s partnership, the Salem Health Foundation can continue its mission of ensuring families across the mid-Willamette Valley have access to quality, local health care — when and where they need it most. Together, we’re not just building buildings; we’re building hope, health and a stronger future for all.

Become a corporate-level supporter

For more information contact Micheal Seraphin at micheal.seraphin@salemhealthfoundation.org or call 503-814-1993.



Turner Construction built Salem Hospital’s Building A expansion and Emergency Department entrance improvements.



Central High School Youth Advisory Council members.

Empowering the next generation through community and care

Student health care partnerships create meaningful opportunities for learning, connection and growth. Across the country — and here in our community — students are eager to engage, contribute and make a difference.

Each year, Central High School in Independence hosts a wellness fair that brings students together to learn and connect. The event is led by the Youth Advisory Council, whose student members meet regularly to plan and organize the fair. Through this process, students build leadership, communication, organization and outreach skills.

These experiences help students navigate the challenges of high school and prepare for future opportunities. The skills they develop will support them no matter which path they choose. The wellness fair continues to grow thanks to a

partnership among the Central Health and Wellness Center (a school-based health center staffed by Salem Health), the Youth Advisory Council and the Salem Health Foundation. Together, these partners help create opportunities that benefit both students and the broader community.

Students describe their experience on the council as building a sense of community, providing

opportunities to share creativity and put goals into action, and creating space to discuss ideas with mutual respect.

Christina Reynolds, CMA, clinic site supervisor for

the Salem Health Medical Clinics in Monmouth, Independence, and Central High School, is a strong advocate for the program. “School districts have faced financial challenges, and programs like this are often at risk,” she said.

**Thanks to support from
Salem Health Foundation
donors, we are able to continue
investing in the health and well-being
of our students.**

— Christina Reynolds, CMA, clinic site supervisor

Nourishing health:

Donors support diabetes patients



A diagnosis of diabetes — or any chronic condition — can feel overwhelming. Patients are often faced with managing symptoms, adjusting their diets, affording medications

and navigating significant lifestyle changes.

For many, especially those already experiencing financial strain, these challenges can feel insurmountable.

In Marion County, diabetes disproportionately affects people with lower incomes, including many who earn less than \$25,000 annually. For these patients, accessing nutritious food while meeting everyday expenses and medical costs can be a constant struggle. Yet proper nutrition is a cornerstone of managing diabetes and plays a vital role in overall health across many chronic conditions.

To help address this need, Salem Health's diabetes education team partnered with the Salem Health Foundation to provide food bags — a simple yet impactful solution. Each bag contains affordable, nutritious foods aligned with the dietary guidance patients receive as part of their care. These food bags serve as both immediate support and a practical extension of education, helping patients apply what they've learned in real, meaningful ways.

The impact is evident. Patients consistently report that the food bags make it easier to manage their conditions and adopt healthier habits. Over the past year, approximately 250 bags have been distributed to patients in need.

This effort is made possible through collaboration among dietitians, nurses, medical providers and volunteers who are committed to meeting patients



Providing nutritious food helps diabetes patients manage their condition.

where they are. More than just a resource, these food bags represent care in action — reducing barriers, reinforcing healthy choices and offering reassurance during a challenging time. The bags help bring diabetes educators' teaching to life.

Thanks to generous donor support, programs like this extend care beyond the clinic and into patients' daily lives — where it matters most.

Salem Health diabetes education staff pose for a group photo.



‘All In’ pays off!

When a community comes together, healing happens

On a recent evening in March, nearly 200 people gathered in Polk County with a shared purpose: caring for one another. Friends, neighbors, local businesses and families came together for the West Valley Hospital Foundation’s ‘All In – Play It Forward’ event, united by the belief that everyone deserves access to care close to home. The evening was more than a fundraiser. It was a reflection of a community choosing to support one another.

Through a paddle raise, led by a generous \$5,000 gift from Columbia Health Care, attendees raised a total of \$25,000 to purchase a new ceiling lift for the inpatient rehabilitation therapy gym at West Valley Hospital.

A shared resource

More important than the total raised is what that generosity makes possible. It means safer care for patients. It supports smoother recovery. It helps ensure that people can receive the care they need without leaving their community.

Because of this effort, patients will experience greater comfort and dignity during recovery. Everyday movements, such as getting in and out of bed or participating in therapy, become safer and less stressful. For families, that added sense of security matters.

Healing does not happen alone. It happens with the support of loved ones and a community that shows up when it matters most. Local giving strengthens both care and connection.

Personal impacts

For Evelyn, this support is personal. As her husband, Pat, continues his recovery, she sees the impact firsthand. “The staff is exceptional,

and the equipment in the therapy gym, including the lift, will change Pat’s life,” she said. “When we return home, it will feel much closer to normal. I am very grateful.”

Her experience reflects what many in Polk County already know: giving is not only about financial support. It helps restore independence, preserve dignity and support people as they return to their daily lives.

In Polk County, community is more than a place. It is a commitment to care for one another.



During inpatient therapy at West Valley Hospital, patient Jerry receives support from physical therapist Kerry using a donor-funded Hoyer lift.



To improve the health and well-being
of the people and communities we serve.



PO Box 14001
Salem, OR 97309-5014
503-814-1990
salemhealthfoundation.org

PRSR STD
US POSTAGE
PAID
Salem, OR
Permit No. 67

*Save
the date!*

Bubbles & Bites

Plus

B I N G O

Join us for a festive evening championing healthy starts for newborns and their families.

Friday, October 2
Willamette Heritage Center in Salem