



Oregon Health Care
Foundation

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2012 Fall Cycle Scholarship Recipients

17 Scholarships Awarded

\$500 General Scholarships

The OHCF Scholarship Program provides professional development opportunities for those who work or seek to work in the long term care profession. The Oregon Health Care Foundation awards general studies scholarships to long term care professionals as well as scholarships for specialized study.

Retention of experienced and educated caregivers helps to ensure that our elders receive quality care. A recent survey documents that 82% of scholarship recipients have remained in long term care, many pursuing advanced careers in the field. This is one critical way the Oregon Health Care Foundation works to address the shortage of caregivers and nurses in the field. Congratulations to all thirteen people who were chosen to receive awards in the following scholarship categories.

The Oregon Health Care Foundation is pleased to announce the recipients of the 2012 fall cycle scholarship awards!

Congratulations to all seventeen people who were chosen to receive the General Scholarship awards. Each one of these recipients is a deserving individual and should be proud of their accomplishments. The Oregon Health Care Foundation is very proud of them and proud to award these scholarships.

Troy Alexander is currently enrolled in the Caregiver Training Institute in the area of Nursing Assistant 1 to gain his Certified Nursing Assistant degree. Troy has worked in long term care for almost seven years at Swan House, a division of Our House of Portland. He is a Lead Caregiver there; however he began as a volunteer for two years prior to his being hired. The Director of Nursing wrote "Troy's genuine intentions to connect with residents and co-workers coupled with his innate caregiving skills paint a well-rounded picture of a competent and compassionate caregiver."

Jasmin Cheyne has worked in long term care for almost three years and is currently working as a Mental Health Therapy Technician in Neuro-Geriatrics. She is enrolled at OHSU in the area of nursing, working towards her Bachelor of Science in Nursing. During Jasmin's first time of working in long term care, she realized caregiving was more than just doing rounds, getting vitals or turning patients every two hours. She says "Caregiving is developing therapeutic and trusting relationships with people while assisting them to cope, heal and adapt in a dignified manner." "This population needs competent, qualified health care professionals to advocate for them and their needs."

Shawn Cobb has worked in long term care for over nine years and is currently working as the Rehab Program Manager at green Valley Rehabilitation and Health Center. Shawn is enrolled in the Colorado Technical University. His area of study is health care administration and his long term goal is to receive his Bachelor of Science in Health Care Services Administration. Over the years Shawn has found his work to be very gratifying to witness the results of his work and efforts and how they can have a very profound impact to so many patients and their families. Shawn has also enjoyed fostering the interest of geriatric physical therapy and share his passion as he worked as a clinical instructor, helping to develop new physical therapist assistants. He finds a large portion of his job is advocating for his patients and their needs, always looking for ways and strategies to make sure his patients get the help and therapy they need despite the challenges financially that are ever changing in the field of health care.

Shai Fisher is a CNA at a Salem Nursing and Rehabilitation facility, and has worked in long term care for about six years. Her long term goal as she attends the University of Phoenix is to become a Social Services Director. Her area of study in Human Services will lead to a Bachelor of Science in Human Services. Shai has experience as a caregiver on both sides of the spectrum. She has known what it is like to have a family member who was very ill and she wanting the best care for that loved one. As a young child, she had firsthand experience in caring for her loved one herself. Now, she cares for other peoples loved ones. Shai has a great perspective on how she treats the geriatric folks she cares for. She cares for them with empathy, compassion, a smile and is often times a cheerleader to them! She wants to better the long term healthcare field, not only for the patient's experience, but also for their families and those that care for the geriatric population.

Mark Flickinger is very interested in caring for people. His goal is to receive his Chaplain certificate, which he is working towards in the CPE Clinical Pastoral Educational program. Mark has worked in the long term care field for over 28 years! Responding to the Lord's calling for ministry, Mark already serves in multiple long term care and rehab facilities in Southern Oregon for the staff, residents and families in long term care. He has a gift of compassion for those in need during their grieving process, the ability to provide a peaceful atmosphere during emotional distress and has attentive listening skills to best discern a patients needs spiritually. His long term professional goal is to obtain all four CPE units and become a board certified chaplain through ACPE "The Association for Clinical Pastoral Education.

Christopher Grimm has worked in long term care for couple of years; beginning at the facility in the dietary department. He took over doing the food orders for the kitchen, and then began his role as the dietary manager. Christopher is working towards being a Certified Dietary Manager so that he can provide quality, nutritional food to the community he works for. Christopher has always been drawn to cooking and loves the combination of using two skills that he excels at; cooking and managing! Christopher says he likes knowing the food he is cooking is improving someone's life. He loves to make people happy and enjoys doing that by not only cooking great meals, but also by being personable with each resident of the community he works for. He aspires to improve the quality of food and the conditions in which his staff works. He is someone that enjoys improving the quality of other people's lives and he wants to lead the entire kitchen team to all feel the same way as he does. The administrator of the facility says that Christopher has brought harmony, is interested in cultural change and has a good moral compass!

Tina Hill has working in long term care for over 18 years. She is working towards her Master's in Nursing, specializing in education and anticipates her MSN-NED degree this spring through Excelsior College. Tina likes to share and apply her knowledge, skills and expertise of geriatric nursing by utilizing best practice with a collaborative approach and critical thinking to best meet the needs of the participants, their families and caregivers. Tina works full time as a RN-BC at a facility in Portland. Tina's operations manager has watched Tina earn promotions through several different positions and for the last few years, Tina developed a new role for the facility, currently working as the RN liaison between hospital physicians and the facility site physicians. While working towards her master's degree in nursing and maintaining a 40+ hour a week job, she's also a motivator and a champion for nurse education! Tina showcases her skills through her talents as a negotiation, educator and team member. She shines in her assessment skills and has been a huge asset and advocate for the participants that are served through their program.

Tiana Hook has worked in long term care for five years. After receiving her degree in Health Management and Policy at OSU, and with her interest in long term care, she began her career with passion for serving seniors. Beginning as an activity director, she has moved up the ranks within the same company, becoming a social services director and an administrative intern. Tiana's long term goal is to become a long term care nurse, serving in a management role such as director of nursing or in a consultant position. Tiana is taking nursing prerequisite courses at Mt. Hood Community College, which fulfill the application requirements for several second degree nursing programs. Tiana said she truly feels seniors are the population she was meant to serve.

Erica Knepper has worked in long term care for 16 years. She is currently an Operations Manager (Administrator), RN, Skin Care Expert and is working full time. Erica is enhancing her career by taking a specialty course in Wound, Ostomy and Continence Care through Emory University School of

Medicine. Erica recently completed her Leadership Certification in Health Care at the Leadership Academy of Leading Age. A co-worker wrote that Erica is fully committed to long term care. As a Bachelor's trained RN, she has many opportunities available to her in nursing, but she chooses long term care leadership and is succeeding. She has a strong work ethic and a commitment to integrity in her decision making. Collaboration is a hallmark of her leadership style. Eric also provides mentorship to nursing leaders.

Lucas May is C.N.A. and has worked in long term care for 11 years. Lucas has a long term goal of becoming an LPN/RN. He received his Certificate of Successful Completion of Medication Aide and as acquired his Medication Aide license. Lucas began his interest in caregiving after taking care of a loved one who was ill. He discovered through that experience and providing care that he had the temperament, patience and desire to work in the health care field. Lucas says that being able to spend time with a resident, and at times their family, in their final days has taught him so much and has been a great honor. Lucas is described as a calm, compassionate and thorough caregiver and is thoughtful in all of his communications with staff, volunteers and residents.

Debbra Newton is an Administrative Assistant and has worked in long term care for over two years. She is enrolled in Chemeketa Community College studying the area of accounting. She anticipates receiving a degree in Accounting Associate of Applied Science. A couple of years ago Debbra decided to pursue a career in healthcare administration, with a goal of becoming proficient in all aspects of administration so that she can contribute to the lives of those needing long term care. All three owners of the company she works for say that she is highly organized and professional, works hard and is willing to learn, step in wherever needed and has been a tremendous asset not only to the owners, but also to the staff at the facility level. It's not surprising that Debbra earned the Chemeketa winter term 2012 Honor Roll Certificate of Academic Recognition.

Lauren Parry's long term goal is to be a Registered Nurse, with a Bachelor's of Science in Nursing. She is enrolled in the University of Portland Nursing School and plans to use this scholarship award to help pay off loans. Lauren works for Maryville Nursing Home as a Medical Records Clerk, but also has quite a history of volunteering there since she was young. Seniors have been part of Lauren's life since before she could walk or talk because her mother has been an administrator in the Pacific NW area since before Lauren was born. In fact, Lauren says she was first introduced to long term care on the way home from the hospital after she was born! Her mother had stopped by the facility with Lauren, when the director of rehab took her and off she went for her first visits with residents!

Bertese Smith has worked in long term care for four years and is a C.N.A./Occupational Therapy Aide. She is taking the occupational therapy assistant program to continue do the work she loves. Lauren enjoys each person that comes into the building as a new resident and they each claim a special place in her heart. Lauren said many have shared their stories, frustrations, fears and joys. She has laughed with them, cried with them, and has even shared the most intimate moments before and after their last breathes. As a mother of three boys, she strives to be their example by showing them the importance of continuing their education, and support what is in their hearts to be in life. The support of this scholarship will help her to follow her heart and work towards a degree in what she is already passionate about.

Martha Valladares will enroll into the Institute of Technology/Salem, OR to begin studying nursing and working towards her LPN degree. Martha has been in long term care for over seven years and is currently working as a C.N.A./C.M.A. She'd eventually like to pass her experience on to others who are pursuing a career in long term care. Martha first started her career in long term care when the facility she began to work for first opened their doors to her when she applied to be enrolled into their C.N.A. program. Prior to enrolling that program, she enrolled in the ESOL program at the community school, not only improving her speaking ability, but also her writing ability. She was interviewed again at the same facility and was accepted into their C.N.A. program and was hired upon completion from the program and certification from the state board of nursing. Each day Martha tries to improve the quality of the resident's lives – even if with small details. She wants to further her education and make an even bigger difference in the lives of the residents.

Aleksandr Vinokurov has worked in long term care for over six years and his goal is to become an administrator. He currently works as the Human Resources Director while continuing his studies. Alex is a senior at Warner Pacific College and is accomplishing his goal of receiving his Bachelor's Degree in Business Administration. OHCF is proud to say they have been following Alex over the past few years as he continues to advance in his educational endeavors and his career. In a letter of reference from the facility administrator, Alex's skill sets and work performance consist of a great leader in the making with perfect attendance, being prompt and timely, being organized and efficient, and by conducting himself in a professional manner. He is a role model in his work ethic and personality to fellow staff members. Alex continually strives to be better and more knowledgeable in the long term care industry. Alex also received several wonderful letters of referral by co-workers as well!

Drew Watts is working in rehab/long term care as a C.N.A.1 and is studying at Lane Community College for his two year associates degree in Registered Nursing and he aspires towards his Master's degree in nursing. He likes working in both the rehab and long term care areas, bouncing back and forth between the two types of care. It gives him a sense of using the full spectrum of his skills. He likes that he is able to reach out and build trusting relationships. Residents trust his word, confide in him and are comfortable, feel a sense of security and can be comfortable enough with him that they can reach their goals in personal health faster. Drew doesn't want to settle within the ranks and become an average RN. He aspires to become much more within the work place, the community, and in the hearts of those he gets to treat. In a letter of recommendation from the facility LPN, these traits are confirmed as being very true, along with also being very reliable, has strength of character and unyielding integrity.

Dawn Wise has worked in long term care for over 10 years and has a goal of becoming a long term care administrator. Dawn is attending the University of Phoenix, studying Health Care Administration in Long Term Care to receive her Bachelor of Science in Health Care Administration. She is currently working as a C.N.A. while studying. In a letter of recommendation from Dawn's supervisor of three years, she writes that Dawn has proven herself to be very dedicated to geriatrics. She is devoted to providing quality and best practice to the residents in her care. She not only goes out of her way to ensure the residents have what they need, but also often goes beyond her job duties to enhance the quality of the geriatric residents in her care. Dawn knows she can make a lasting impression on the lives of many while moving forward in her education and career. During her 13 years, she has already done that and more.

Many thanks go to the generous people that donate to OHCF programs! These particular scholarship awards absolutely would not happen without their generosity and thoughtfulness. Please consider having your company make a donation to the Oregon Health Care Foundation. Find out more about how to help at www.ohcfonline.org.

Thank you to those that work so hard on the Scholarship Committee. These folks work full time and put a lot of their personal time into volunteering for the scholarship program. A special and heartfelt thank you to the committee members:

- Co-chair, Brian Hart
- Co-chair, Melody Gabriel
- Margaret Murphy Carley
- Darcie Ryan
- Mary Radke Klein

And let's not forget the person that signs all of the scholarship checks, Terri Waldroff, President of the Foundation.

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