



# The View

Friendsview Retirement Community • Winter 2017

## Building Healthier Communities Together

### Providence Newberg Medical Center and Friendsview

by Mike Antrim, communication manager  
Providence Health & Services

Psalm 24:1 says, “The earth is the Lord’s and all that is in it.” At Providence, we believe that everything entrusted to us is for the common good. We strive to care wisely for our people, our resources, and our earth. We seek simplicity in our lives and in our work.



This guiding philosophy of being good stewards with our resources helped shape construction of Providence Newberg Medical Center—the Renton, WA-based health system’s first hospital built from the ground up in nearly 40 years. With more than 525 employees, a medical staff of nearly 200, and a small army of 135 active volunteers, Providence Newberg Medical Center strives to offer exceptional customer service coupled with compassionate care in a state-of-the-art facility.

#### **Positioned to Grow with the Community**

With a 56-acre campus, Providence Newberg has lots of room to grow with the community. The hospital offers a full array

continued on page 2



photo credit pp. 1&2: Benjamin Benschneider

**In this issue of *The View*** we want to answer questions many prospective residents ask about Newberg’s medical services. While Friendsview offers quality long-term care services (residential, memory, and 24-hour nursing care), we are grateful that Providence Newberg Medical Center is available to residents for other medical needs. Here, Mike Antrim gives an overview of the benefits and services offered by the hospital, located directly north of Springbrook Meadows and minutes away from our Fulton Street campus. As both Friendsview and PNMC are not-for-profit and mission-based organizations, we enjoy a strong relationship and many mutual goals.



continued from page 1

of services using the latest diagnostic imaging equipment such as MRI, ultrasound, mammography, CT, and nuclear medicine. The 15-bed emergency department treats 20,000 patients each year. Our family birth center, with eight birthing suites, welcomes nearly 600 babies every year. Our surgical services department includes 18 short-stay rooms with three operating rooms and two medical procedure rooms. For patients requiring inpatient care, the medical/surgical unit provides 28 private rooms, and the four-bed intensive care unit is designed to expand to eight beds to meet patient demand.

Attached to the hospital is a three-story, 37,500-square-foot medical office building that houses more than 40 physicians and providers. Providence Medical Group—Newberg, located on the first and second floors, offers family and internal medicine. The clinic also has specialists in general surgery; neurology; orthopedics; ear, nose, and throat; and psychiatry. On the third floor: Women’s Healthcare Associates, Providence Heart Clinic—Newberg, and Providence Cancer Center—Newberg, as well as a time-share clinic with rotating specialists. Future plans include building a second medical office building as we continue to welcome more physicians to the community.

#### ***Built with the Environment in Mind***

- Providence Newberg Medical Center was named the “greenest” hospital in the United States.
- Our facility is the first LEED (Leadership in Energy and Environmental Design) gold-certified hospital

in the country. LEED is a certification from the U.S. Green Building Council to encourage and support construction of healthier, more energy efficient buildings.

- Our location maximizes views and daylight for heating and cooling efficiency.
- Courtyards increase natural lighting inside the building; every patient room has natural light.
- Specially treated windows improve heating and cooling efficiency.
- Occupancy sensors control lighting and HVAC, cycling down systems when they are not in use.
- Our ventilation system does not recycle air inside the building. The air you breathe is 100 percent fresh.
- The healing garden outside PNMC’s Ruth’s Café allows patients, visitors, and employees to take advantage of spectacular views of nearby Parrett Mountain.

#### ***Our Five-State Range of Services***

Providence is an integrated health system spanning several states and is committed to building healthier communities.

We operate 34 hospitals, 600 physician clinics, 22 long-term care facilities, 19 hospice and home health programs, and 693 supportive housing units in 14 locations. Our health plan serves our caregivers and other large employer groups covering 513,000 members.

We touch more than five times as many lives in non-acute settings as we do in the traditional hospital setting. On any given day, we care for more than 1,200 people in our long-term care settings, more than 4,000 in our hospitals, and more than 15,000 in our clinic settings. Daily we serve more than 7,000 people in our many home health and palliative care programs and almost 800 in supportive housing.

### ***A Tradition of Caring for Everyone***

When the Sisters arrived in the Pacific Northwest in 1856, they came to answer a call for help from a new pioneer community. They found many communities in need of service. With dedication to the mission and collaboration with like-minded partners, their ministry became an effective health system.

The cornerstone of the mission of Providence Health & Services is to provide compassionate care accessible for all. We in Newberg continue a tradition of caring that the Sisters of Providence began 160 years ago. We want you to know that we stand ready to welcome you and to serve you.

To learn more, visit [oregon.providence.org](http://oregon.providence.org).



by Bonnie McCulley, director,  
and Samantha Gilbertson, pastoral care  
*Mission Integration and Spiritual Care*

**K**now me; care for me; ease my way. These words express the desire of most patients who enter our medical facility in a vulnerable state of health. The Providence spiritual care team seeks to offer appropriate support when and where needed. Care for the physical body only partially provides what will bring about complete healing. Being a faith-based hospital opens many opportunities for us to serve all people from all walks of life in the spiritual aspects of their healing process. Day and night, one or more of our 12 chaplains is on site, ready to provide prayer support, presence, and resources. They offer blessings for new babies, baptism, communion—even providing a comforting “passage quilt” for those near death, a keepsake for those who remain.

Over the years we have appreciated the involvement of several Friendsview residents who serve our hospital as volunteer chaplains. Our spiritual care department greatly values the gift of their service to this ministry. The caregivers of Providence fulfill the mission by revealing God’s love for all, especially the poor and vulnerable.

As we think about the people investigating the possibility of moving to Newberg, we wonder why *wouldn’t* they want to live where most of their health-care needs can be met efficiently, whether at Friendsview or at Providence only a few miles away. A core value our organizations share is *excellence*: “We set the highest standards for ourselves and for our ministry. We strive to transform conditions for a better tomorrow while serving the needs of today.”

### ***Comments from Dr. Sean Stadtlander, Providence Medical Group—Newberg***

As a local physician for more than 20 years, I’ve had the unique perspective to observe the high quality of care Friendsview residents receive long term. While not many physicians are able to visit their patients in Friendsview’s health



center, I call on those who find it difficult or impossible to come to my office. Friendsview nurses and caregivers give excellent care, and I value partnering with them to assess the best ways forward.

In addition, Providence provides a physical therapy annex at Friendsview,

directed by Garry Tranby. On-site therapy treatments can be ordered for residents right on their own campus.

Friendsview makes every effort to accommodate the health needs of their residents. I see it first hand.



# When Is the Best Time to Move?

by Frank Engle  
director of marketing

Every resident who moved to Friendsview in 2016 has a unique story that reflects how their plans and our availability came together. For many, the desire to move coincided with our reaching their names on the intent list, which for each neighborhood/floor

plan is listed in order of application date.

While some applicants share their concern about leaving

their homes, downsizing, and dealing with moving logistics, they also look forward to the many benefits that come with moving to Friendsview. Most new residents anticipate a new chapter, whether it's having time to audit a class at George Fox University, volunteer, or travel. Moving to a Life Plan Community frees residents to explore new opportunities with peace of mind, leaving behind home maintenance and worries about long-term care needs. It's rewarding to see how it all comes together.



We've heard the phrases "timing is everything" and "it's better sooner than later." Both can be applied in making a decision to move to a place like Friendsview. In my 12 years on staff here, now as director of resident services/activities, I've seen many people come to look at Friendsview and say, *When things start changing, I'll move then.* Unfortunately, when change happens it may also change the options one has for living independently.

I would say that the most successful moves occur when the individuals are still actively involved. They can transition more easily while enjoying old and new friendships and adding some new routines, such as exercise classes or dining with others.

When we see new residents choose to become involved, we also see them enjoy the benefit of longer overall health as they thrive in their new home and environment.

— Sherry Oakley



Several factors came together for Linda and me within the period of a few months. There were needs in our extended family that made it desirable to be free to travel on short notice without having to arrange for care of our house. And the housing market made it a good time to sell. Friendsview had an opening for a residence very desirable to us and we knew it wouldn't always be available. Finally, we wanted some separation between major life transitions; we wanted to move when that would be the only big adjustment we'd have to face at the time.

— Dick Sartwell



Late in the fall, some types of ginkgo trees lose all their leaves in a single night. It's as if some secret voice in the cosmos whispers to the wood, *Now*.

I'm not a ginkgo tree, and the timing for major life changes is not so clear. Hal and I were caught off guard when Frank Engle alerted us that we were at the top of the list for one of our preferred neighborhoods.

"We're too young!" zipped through my brain, but another voice whispered, "Think about it."

So we spoke peace to our shaky hearts and engaged the reasons—right apartment available, economic and health considerations, and the positive responses of our kids. But it wasn't enough, until we heard the still small voice again whisper, *Yes*. When reason, intuition, and spirit joined hands, we moved in.

— **Nancy Thomas**



photo credit: Eric Muhr



If you were to ask me when is the right time to move to Friendsview, I'd say: right now! For me, from a time of seeking God's help and direction to moving in took only two and a half months.

My son brought up the subject, asking where I planned to live when I could no longer care for myself. I figured I'd just stay in my condo and hope for the best. Then Brenda, my son's wife, said her mom had just moved to Friendsview and suggested I look into the options I might find there. So I contacted Friendsview, was given a thorough tour, loved what I saw, and started making plans to move! Very quickly, a large studio residence became available, and soon I was settled in my new home. No more cooking or cleaning! No more cares about my future! I praise God for his guidance—and my children do as well.

— **Deloris Burg**



I first learned about Friendsview when I began working at George Fox University in 1991. My friend Frieda Hinderlee lived here, and I often came over after work to visit. Friendsview seemed like a special place to live, and I began to think about being part of this community at some time.

My husband would have found it difficult to leave our seven and a half acres, but after his death nearly three years ago, I gave serious thought to moving. I added my name to the intent list and waited to see what would happen. Only one problem remained: I would not part with my dog. But when a pet-friendly Spaulding Oaks condominium became available that welcomed

Jasper, I made my decision.

It was not an easy decision but an *emotional* one. The property my husband and I owned was beautiful and peaceful with creatures in abundance and a wonderful view of Mount Hood. I cried and prayed for nearly two weeks, but in my heart knew I'd made the right decision. My move to Friendsview was a gift to my children; they will not have to worry about me as I age.

Family and friends helped me move last July—on Independence Day! I feel safe at Friendsview, have met many wonderful people, and have participated in a variety of events. Everyone is friendly and kind. When friends ask me about my life here, I wholeheartedly recommend they consider moving here too.

— **Jan Bell**



# From My View

*Board chair Lisa McMinn reflects on her new role.*



by Lisa McMinn

About five years ago I accompanied a friend to check out a Creekside apartment. As a fairly long-term resident of Newberg (33 years—though interrupted by a 13-year jaunt to Illinois), I've known Friendsview residents over the years but hadn't been inside. I went home, talked to Mark, and we got our names on the intent list. What drew me were the same things residents say: Friendsview feels warm and welcoming; the values are evident in day-to-day operations; the place is full of energy from having involved residents.

Shortly after that, someone recommended me as a prospective board member, and soon I was serving with a group of thoughtful people committed to the mission and values of Friendsview. Among us are people in education, business, accounting, social services, law, and those who have served in various ministries. I'm a college professor who taught sociology for 20 years before starting a small CSA (Community Supported Agriculture) farm as an outgrowth of what it means for Mark and me to live deeply into our community. That describes a good portion of our board—people who strive to live deeply into our community.

Boards can be distant from the daily life of organizations over which they sit as strategic visionaries and keepers of missions and values. It's advantageous that a number of board members have personal connections at Friendsview. My mother (Bobbe Graham) is a resident, and soon my mother-in-law and her husband will be as well. Other board members have relatives who have lived or currently live at Friendsview, and a lot of us have friends and prior colleagues living there. We are a strategic board that works to forge a future able to meet the demands Friendsview will encounter 5, 10, 20 years from now. But we also seek to ensure that Friendsview is on task in meeting the needs and fulfilling its obligations to current residents.

That I hope to live at Friendsview someday is the best compliment I can offer. Serving as board chair will undoubtedly deepen my connections and commitments to a place I already hold in high regard.

# A Modern-Day Fairytale

as told by Nancy Mylander and Sandra Waller



left: Sandra and Nancy take on the challenge of visualizing their future homes. top: They find it more fun to compare their chosen carpet samples.

Once upon a time, in a place called Salem, Oregon, two six-year-old girls started first grade together at McKinley Grade School—blue-eyed blonde Sandra (pronounced Sondra) and hazel-eyed brunette Nancy. They became friends, shared many experiences, and continued going to school together through high school. During 2nd and 3rd grade the girls attended Blue Birds together. In 4th and 5th grade it was a 4-H group led by Sandra’s mother.

Nancy and Sandra were part of the “war babies” generation, resulting in crowded schools. While each lived in their same homes, they attended three different grade schools and were known as “the group from Fairmont Hill.” In junior high, they both decided to learn to play the string bass in the school orchestra and did so for several years. In high school, they took sewing and advanced clothing construction together. Sandra even won a “Make It with Wool” contest.

After high school graduation the girls never lived in the same city/state again. The postman kept them in touch for the next few decades, and they would meet

for lunch with another childhood friend whenever they could. There were no cell phones or social media in those days.

Fast-forward to early spring 2016. As the (much older) girls enjoyed lunch together at the Allison in Newberg, Sandra said to Nancy, “I need to ask you about that place where your mother lives.” (Nancy’s mother, Eilene, has lived at Friendsview since 1982.) What a coincidence! Nancy and her husband, Chuck, had just made the decision to move from California and become part of the planned University Village, and Nancy had a brochure to give Sandra as they parted that day.

Unknown to Nancy, Sandra followed up with Frank Engle and Phyllis McKinney and quickly became a depositor in University Village. She texted Nancy and said, “I’m in!” (Yes, they are adept smart phone users now.) There was much mutual rejoicing between these childhood friends who will now live happily ever after, close by each other as they grow old(er) together at Friendsview.

## Friendsview Board of Directors

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To learn more about Friendsview, please contact Friendsview’s marketing staff at 503-538-3144 or visit the website at [www.friendsview.org](http://www.friendsview.org).

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## Your Future in View

for those on the Friendsview intent list  
and those contemplating the possibility

### ANNOUNCING...

#### 2017 Intent List Gathering

**Save the Date:**  
**Thursday, October 12**  
**or**  
**Saturday, October 14**

Our 2017 intent list gathering will be held at Friendsview this year. Due to the size of the list, applicants can choose which of two dates best suits their schedules.

The event will include a luncheon, tours, and an open house of our newest neighborhood—University Village—set to open late summer.

Be watching for more information about this annual gathering, but mark your calendar now to attend one of these two luncheons in our main auditorium.

### University Village Update



#### Webcam!

**University Village** depositors from across the country are watching progress at the construction site with live-streaming video.

Check it out at:  
<http://friendsview.org/webcam/>

**University Village** is more than 90 percent reserved. You still have time to investigate the possibilities of making it your home!

Select the “neighborhood” tab on our website to find floor plans, listings of services and amenities, and 2017 entrance and monthly fees for our various neighborhoods. Or contact our marketing offices for an updated information packet.

<http://friendsview.org>  
503-538-3144