**What are community benefits?**

Community benefits are health care related programs and services that Oregon’s non-profit hospitals provide — often with little or no compensation — to address critical health needs in the community.

Here are some examples:

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<th>Immunizations for low-income children</th>
<th>Health screenings</th>
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<td>Transportation vouchers to appointments</td>
<td>Continuing medical education</td>
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<td>Donations to community clinics</td>
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<td>Support groups</td>
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<td>Violence prevention programs</td>
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Learn more at [MyOregonHospital.org](https://www.MyOregonHospital.org)
Improving community health is at the core of our mission

In 2015, Samaritan invested more than $118 million in community health activities such as services for low-income individuals, free health screenings, health-related research, training for health professionals, and grants to local non-profits in support of health initiatives.

These investments are designed to help address priorities and gaps as identified through local community health assessments and the resulting community health improvement plans. The current focus of our investments is the following priority areas:

1. Healthy families
   Increase physical activity, fitness and access to nutritious foods for children through age 18 and families.

2. Greater access
   Increase access to medical, dental and mental health supports and services in the community.

3. Better networks
   Increase social supports for families.

4. Healthy kids
   Increase services and supports for children.

5. Healthy teens
   Increase services and supports for adolescents.

6. Healthy seniors
   Increase social supports for seniors.

As we complete these activities each year, we believe it’s important to report back to the community regarding progress that has been made in each goal area. On the following pages, you’ll find success stories as well as data that help illustrate how we’re partnering with many others in our region to build healthier communities together.

Larry A. Mullins, DHA, FACHE
President/CEO, Samaritan Health Services
In 2015, St. Vincent de Paul of Lebanon’s food pantry:
- Served 2,770 families, feeding 11,700 people
- Distributed 152,872 pounds of food
- Twelve volunteers worked in 90-minute shifts to run the pantry, logging 2,604 hours
- Twice a month, food pantry shelves are stocked with items from Linn-Benton Food Share
Goal 1: Healthy families

Increase physical activity, fitness and access to healthy, nutritious foods for children, youth and families

Les Adams jokes about the time he missed a St. Vincent de Paul food pantry meeting. In his absence, he was promoted to food buyer for the Lebanon agency that feeds 11,700 people a year.

Adams is among a dozen regular volunteers from St. Edward’s Catholic Church who run the food pantry. Not only does he order all the food from Linn-Benton Food Share, but he also helps to unload, stock and distribute it.

One time in their distribution, there were several large cans of escargot. Adams wasn’t sure what to do with the cooked snail, so he asked each recipient if they liked it. Most people said no.

“One woman said she loved it, so I gave her the rest,” Adams recalled.

Another time, a grocery store ordered too many bananas, and the pantry ended up with 1,200 pounds. Adams knew they wouldn’t keep another week, so they contacted other area food programs and shared their banana bounty.

The food pantry strives to be attentive to the needs of the people it serves, said its bookkeeper Bernadette Ferraro. Most of the people who access the food boxes are single parents, people who are unemployed or underemployed, seniors and people with disabilities and those who are homeless. A typical food box feeds four people, including children who need nutritious food to grow.

“We do milk for kids, canned vegetables, pasta and peanut butter,” she said. “It’s not just a block of cheese.”

The agency is also able to provide appropriate food for people with diabetes and other dietary restrictions or food allergies.

Families can receive a three-day emergency food box once a month, but they can come every week for fresh fruits and vegetables.

The food pantry is supported by donations, fundraising and grants, including one from Samaritan Lebanon Community Hospital, which provides funding to purchase food. Volunteers also collect food donated by local grocers to expand their offerings.

Ferraro said someone once asked if she had any cake for a child’s birthday. Among the donated items from a bakery, there was a cake!

“We have lots of stories,” Ferraro said.

Other partners in supporting programs and services for healthy families:
Corvallis Environmental Center
Sweet Home Emergency Ministries
Family Promise of Lincoln County
Goal 2: 
Greater access

Increase access to medical, dental and mental health support and services in the community

Lucy Lima Sanchez has lived in Newport for 15 years, but she still needs support to navigate the complex system of health services. Through a new class being offered by Centro de Ayuda (Center for Help) in Newport, Sanchez and other first-generation immigrants are learning the steps to a healthier life.

Centro de Ayuda is a non-profit educational organization that offers culturally appropriate assistance and referrals for community services. The center received a grant from Samaritan Pacific Communities Hospital for a health intervention and prevention class. Informational materials are provided in the native language of participants, who come from Mexico, Guatemala and South America. The class also addresses cultural barriers, said Omar Antonio-Hernandez, the center's co-director.

“I've been telling people we don’t focus on prevention enough,” said Antonio-Hernandez. “We’re trying to get a cure for whatever it is that we have. People fail to realize that changing your lifestyle is so much better.”

The traditional Latino diet is based mostly on plants and grains, said Joaquin Varo, the Center's other co-director. The typical American diet is full of carbohydrates, which can lead to diabetes, high blood pressure and other diseases.

“Food is more easily available — meat, milk and cheese — a whole load of carbohydrates,” Varo said. “Our bodies are not designed for the sugar.”

The Center spent months researching government and health advocacy websites and tailored the class specifically to Lincoln County's Latino community. They've already seen results, with participants joining the local running club, Outdoor Adventure, and signing up for half marathons.

Sanchez is taking the class so she can improve her family's diet. She is 36, and works at Pacific Shrimp Company on the Newport Bayfront. Sanchez and her husband, Emmanuel, have two children, Maritza and Joshua.

“My biggest motivation is my daughter,” Sanchez said. “I want her to learn how to follow a healthier diet so she can have a better life.”

Sanchez has a goal of losing 20 pounds to achieve a healthy weight for her age and height.

“I do feel very motivated,” she said. “The class is helping me to keep going and not falter.”

Other partners in supporting programs and services for greater access:

Corvallis Drop-In Center
Fish of Albany and Lebanon
Benton County Oral Health Coalition
In 2015, Centro de Ayuda:
- Assisted people with limited English skills fill out job applications
- Helped people complete housing applications
- Provided interpreters at medical appointments
- Assisted people with enrolling in health insurance
- Partnered with Legal Aid Services, Lincoln County School District and other social service agencies

Pictured above: Centro de Ayuda co-director Joaquin Varo teaches participants about the important of making healthy lifestyle choices when it comes to diabetes.
Pictured above: The Moss family received support from Vina Moses when their twin babies, Rayne and River, were born four months early and needed specialized care at an out-of-area neonatal intensive care unit.

In 2015, Vina Moses Center:
- Received 71 requests for one-time housing assistance
- Works with 20 volunteers who help families with housing needs
- With grant funds from Good Samaritan Regional Medical Center’s Social Accountability Budget, served 28 households in the first six months of the grant, with the average rental assistance being about $200
- Has set a goal of using the grant funds to assist 100 households
Goal 3:  
Better networks  
Increase social supports for families

Nichole Moss knew her twin babies would arrive early due to complications with her pregnancy. She didn’t know they would come four months early.

Moss was just about to start a job to help with the family’s expenses when daughters Rayne and River were born on Dec. 18, 2015. The babies needed highly specialized care at an out-of-area neonatal intensive care unit. Hospital staff made arrangements for Moss to stay at a guest house near the hospital so she could be close. But with her husband having to take time off from work, and four other school-age children at home, they didn’t have enough money to cover the next month’s rent.

That’s when Moss turned to Vina Moses, a Corvallis non-profit that provides clothing and other household items to low-income people. Moss moved to Oregon from Long Beach, California, two years ago. She knew of the center because she goes there for clothing. Vina Moses also oversees FISH, a program that provides one-time financial assistance for people facing eviction.

“It’s very comforting to know that there’s an agency out there that helps,” Moss said.

In March, River was able to come home while Rayne remained in the hospital.

With Social Accountability grant funds from Good Samaritan Regional Medical Center, FISH has been able to help Moss and other families by covering unmet housing expenses, including partial or full rent payment, and security deposits to move in. Before the grant, FISH was only able to fulfill about a quarter of the requests it received. Now they are able to help more than half the people who ask, including families with children, seniors and people moving from homelessness to stable housing. They’ve also been able to increase the amount of assistance, which is often pooled with funds from other organizations, including churches.

A lack of affordable housing affects many people living in Benton County, said Vina Moses director Christine Duffney. Many households already spend a high percentage of their income on housing, surviving paycheck to paycheck.

“I admire that they can pull this off,” she said.

But any number of events can lead to housing instability: an illness, injury or medical issue, a death or other tragedy, the sudden and unexpected loss of a job or reduction in hours, or an unexpected expense, such as replacing a tire or buying a medication. Duffney said the goal is to help people remain in their homes.

“If people have a safe, clean place to live,” she said, “they are able to be successful in other places.”

Other partners in supporting programs and services for better networks:
- Community Services Consortium, Corvallis
- Lebanon Basic Services
- Center Against Rape and Domestic Violence, Corvallis
- Northwest Coastal Housing, Newport
Goal 4: Healthy kids
Increase services and supports for children

When 4-year-old Maria Hurtado entered preschool this fall, she had a head start on her ABCs and 123s. That's because she already attended the Therapeutic Early Childhood Program at Family Tree Relief Nursery in Albany. Family Tree supports and nurtures families, helping them to thrive and teaching parents how to keep children safe and healthy.

Maria's mom, Yolanda Meza, said her daughter had lots of stories about what she did at Family Tree.

“They were always going outside and she did a lot of painting,” Meza said.

The opportunity to attend preschool might have been out of reach for Meza's children if not for Family Tree. Transportation and finances were an issue. At Family Tree, a bus picks up and drops off children at home, and the program doesn't cost anything for participants.

Meza's sons Juan Aguilar, 7, and Enmanuel Hurtado, 2, have also attended. Meza said Family Tree support specialists give her confidence and are attentive to her needs. She's received diapers, food, clothing, even holiday gifts for her children.

“They give me a lot of support,” Meza said.

Family Tree is a voluntary child abuse and neglect prevention program. Since 2004, it has helped hundreds of families to stay together, said director Renee Smith. Those outcomes are even more extraordinary because the program works with only the highest-risk families.

A grant from Samaritan Albany General Hospital supports the Therapeutic Early Childhood program, a classroom experience for children, home visits for families and parent coaching and education linked to health outcomes. Family Tree is also piloting a new project where community health workers help families to access medical services.

“So many families have so many barriers,” Smith said.

Parents get help scheduling appointments and arranging transportation. With authorization from parents, Family Tree is also able to share information about children and families with medical providers. Linking social services with health care is already showing promise.

When Meza's son Enmanuel started in the toddler class at Family Tree, right away staff recognized his speech problem. They referred him for evaluation and helped Meza to schedule and attend the appointment. Enmanuel was diagnosed with autism, and he now receives the support he needs to learn and grow.

“They really know your kids,” Meza said.

Other partners in supporting programs and services for healthy kids:
ABC House, Linn and Benton counties
Court Appointed Special Advocates (CASA) of Linn County
Old Mill Center for Children and Families, Corvallis
Children’s Advocacy Center of Lincoln County
Neighbors for Kids, Depoe Bay
Yachats Youth & Family Activities Program, Inc.
In 2015, Family Tree Relief Nursery:

- Served 197 children in the Therapeutic Early Childhood Program
- Helped 99 percent of children to remain living safely with their parents
- Provided 95 percent of children with developmental screenings
- Referred 100 percent of children with a developmental delay to early intervention and appropriate physician care

Pictured above:
Yolanda Meza is thankful for the supportive, nurturing and fun environment that the Family Tree Relief Nursery provides for her children Maria, Juan and Enmanuel.
Pictured above:
Newport High School athletes warm up for their events at track practice.

In 2015, PAADA:
• Prepared Life of an Athlete online training for 500 student athletes
• Worked with 62 high school sports teams
• Trained 10 coaches and administrators on the new curriculum
• Held annual student leadership trainings for Lincoln County
Goal 5: Healthy teens

Increase services and supports for adolescents

Drinking and partying to celebrate a team’s victory or to dull the agony of defeat is part of the sports culture in professional and collegiate athletics. But it has no place in a high school setting.

In Lincoln County, the Partnership Against Alcohol & Drug Abuse, or PAADA, is tackling the topic head-on with a revamped mandatory online training program that every high school athlete in the school district must now take.

“Life of an Athlete” is modeled after a national program that’s used to educate student athletes about the dangers of using drugs, alcohol and steroids and misusing prescription medication. PAADA’s Elise Jordan helped to create the online training.

“Part of PAADA’s mission is to help reduce the use of drugs and alcohol in the community,” Jordan said.

The new online training specifically helps to reinforce accountability with violations of the student athlete code of conduct. In addition, PAADA worked with school leaders and coaches to review the district’s code of conduct.

“We really wanted to make sure that the consequences were as clear as possible,” Jordan said.

With a Social Accountability grant from Samaritan Pacific Communities Hospital, PAADA was able to update and localize the curriculum. PAADA received photos of local athletes to use in the training module from community partner Newport News-Times newspaper, so student athletes can better relate when they see their schools and teams represented.

Starting with Spring 2016 sports, all Lincoln County School District student athletes must complete the training, which takes about 20 to 30 minutes. There are short video clips and a test at the end.

Jordan said student athletes who participate in PAADA leadership gave them feedback on how to improve the training. With the old program, people could skip through the content and the test questions never changed. The new program monitors individual completion of each segment, and participants must now achieve a score of 80 percent or higher, and return the printed completion form to be eligible to compete.

PAADA will conduct an end-of-year survey of athletes who’ve taken the new training, and will also track student health assessment results in the Oregon Healthy Teen Survey.

“Drug and alcohol use is a big issue in sports in general, including high school athletics,” Jordan said.

“We want to help student athletes understand the facts.”

Other partners in supporting programs and services for healthy teens:
- Boys & Girls Club of Albany
- Sweet Home Pregnancy Care Center
- Jackson Street Youth Shelter, Corvallis and Albany
- Pregnancy Alternative Center, Lebanon
Goal 6: Healthy seniors

Increase social supports for seniors residing in the community

When Mary Hancock moved to Lincoln City two years ago, she had just turned 79 and was looking for a new adventure in life. She heard about the Senior Meals and Meals on Wheels programs and decided to check it out.

“I feel that I have a gift for serving, so this was a place where I could do that,” Hancock said.

Three days a week, Hancock and other volunteers gather at the Lincoln City Community Center to package meals for delivery to around 80 people who are homebound, and to set up the dining area to serve another 25 people who come to the meal site for lunch Mondays, Wednesdays and Fridays.

In addition to food, Senior Meals provides nutrition education and companionship. As people arrive at the center to eat, Hancock likes to visit and make new friends.

“I feel good about coming in and serving people,” Hancock said. “I look forward to when I am here.”

On delivery days, the prepared food arrives between 8:30 and 9 a.m. Volunteers assemble two meals for each person, a hot one that can be eaten right away, and a frozen one that can be reheated. Each meal comes complete with bread, a salad or vegetable, and dessert.

Terri Hayden is the manager in Lincoln City, one of 11 meal sites operated by Cascades West Council of Governments. Meals are also served at community centers in Albany, Brownsville, Corvallis, Lebanon, Mill City, Newport, Siletz, Sweet Home, Toledo and Waldport.

The Lincoln City program serves people as far north as Rose Lodge and as far south as Depoe Bay. A grant from Samaritan North Lincoln Hospital helps to pay for the cost of food. There are five different driving routes, which is another volunteer opportunity. For new volunteers, Hayden pairs them to ride with current drivers to learn the routes.

“We are 95-percent volunteer,” Hayden said. “We couldn’t pull this off without them.”

Other partners in supporting programs and services for healthy seniors:

Volunteer Caregivers, Albany
Retired and Senior Volunteer Program (RSVP), Corvallis
Pictured above: Mary Hancock, volunteer, enjoys serving the local community members with the Senior Meals and Meals on Wheels programs.

From October 2014, through September 2015, Senior Meals in Lincoln City:

- Served 22,863 meals
- Total meals included 17,459 home deliveries and 5,404 meal site lunches
- Meals were served to 178 people
- Volunteers logged 5,600 volunteer hours
How Oregon hospitals contribute to their communities:

- **Charity care**: Health care services provided to people who are unable to pay.
- **Community health improvement**: Activities designed specifically to improve the health of the community, like education events, health screenings, clinics, hotlines and support groups.
- **Health research**: Clinical and community health research, as well as studies on health care delivery, with results being shared outside the hospital.
- **Health professions education**: Training future health care professionals by providing a clinical setting for training, internships, vocational training and residencies.
- **Cash and in-kind contributions**: Funds and services — grants, scholarships, food, equipment, meeting space — to individuals or groups in the community.

Learn more at [MyOregonHospital.org](http://MyOregonHospital.org)
Financial Overview 2015

In 2015, Samaritan provided more than $118 million in community benefit support for the region.

This number encompasses nine main community benefit areas:

1. **Charity care** is the estimated cost of providing discounted or free services to patients that qualify for financial assistance.

2. **Public programs** include Medicare, Medicaid and other government-sponsored programs. Unpaid costs are the estimated costs of care in excess of reimbursement from these government programs.

3. **Community health improvement services** are free services offered to the community, such as classes, clinics and workshops.

4. **Health professions education** includes the cost of training programs for students pursuing health care careers.

5. **Subsidized health services** are the estimated cost of providing certain clinical services despite a financial loss because the service meets a community need. Examples include emergency and trauma care, behavioral health services and hospice and home health care.

6. **Cash and in-kind contributions** are grants given to individuals in need and charitable organizations in the community.

7. **Research** includes the costs associated with clinical trials whose results are made available to the public.

8. **Community building activities** include programs, such as the Samaritan Early Learning Center, designed to address the root causes of health problems.

9. **Community benefit operations** are costs required to conduct and coordinate community benefit activities.

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<thead>
<tr>
<th>Community benefit services (in 000s)</th>
<th>2015</th>
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<td>Charity care</td>
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<td>Unpaid costs of public programs</td>
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Working together to improve community health