



Your support through Providence St. Mary Foundation creates a healthier community. Stay connected with the latest program highlights, donor events and health care news.

Make a  
gift



Friends,

When someone in our community suffers a heart attack or other cardiac emergency, they have access to exceptional, immediate care right here in Walla Walla.

Each year, hundreds of our neighbors receive life-saving cardiac care at the Heart and Vascular Center at Providence St. Mary. This care includes cardiac catheterization which is a procedure that allows your doctor to see how well your blood vessels supply your heart. The procedure is used to check for heart disease, see how your heart muscle is working and to decide whether further treatment is necessary.

Further treatment comes in the form of angioplasty. The Heart and Vascular Center performs more than 130 coronary

angioplasties each year. The procedure involves inserting either a balloon or a stent to open the artery to boost blood flow to the heart.

For patients who undergo a heart procedure, their journey back to health may start with a short hospital stay but continues through cardiac rehab that includes a monitored exercise program, education about healthy eating and building a support system.

You can learn more about managing heart disease, the latest research findings that are changing heart disease treatment and brush up on common terminology around cardiovascular conditions, tests and treatments from the Providence Heart and Vascular team [here](#).

As a Foundation board member, I have seen first hand how the funds given through the Foundation impact our patients and help to ensure we have these comprehensive cardiac services in our Valley. You can read below about the Foundation funded cardiac telemetry system, an essential piece of equipment that allows patients to get safely back on their feet after a cardiac event.

Gratefully,

Steven Maxood, MD, PhD  
Cardiologist, Providence Medical Group

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**Cardiac Rehabilitation  
Telemetry System helps patients**

## recover

For a patient recovering from a heart attack, heart surgery or other cardiac event - the road to recovery doesn't end when they are discharged from the hospital.

These patients join a cardiac rehab program that connects them to a support system and helps them incorporate healthy eating and an exercise routine into their daily lives.

After being discharged, patients in the program come in to the hospital two or three times a week to exercise while being monitored by a cardiac rehabilitation telemetry system. The system tracks the patient's heart rate while they are exercising to make sure their routine is safe and isn't putting too much strain on their healing heart.



The program serves more than 75 people at a time, and the telemetry equipment is used during 6,000 cardiac rehab visits each year. Carly Elliott, cardiac service line director, reached out to the Foundation at the end of last year for help replacing the aging equipment after years of use. Thanks to the generous contributions through the Foundation, the equipment was purchased and is set to be installed by the end of February.

The new equipment will serve hundreds of patients in our hospital each year, helping them recover and start healthier lifestyles.

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## February is the perfect time to give a gift from your heart!

Your donation today will help purchase vitals monitoring equipment (heart monitors) for each delivery room and surgical suite at the Providence St. Mary birth center. In the event a newborn needs resuscitated or some other intervention, heart rate must be assessed as quickly and accurately as possible. Currently, heart rate is taken manually using a stethoscope.



Your gift of any size will directly impact each of the 700 babies born annually in the Walla Walla Valley. Heart rate is an important way to measure the clinical status of a newborn and these state of the art monitors can make a lifesaving difference if a newborn needs resuscitated.

Every donation stays local and helps to improve the quality and safety of each and every birth.

**♥ Give today ♥**

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## Share some love this month for our #healthcareheroes

Share some love with a Providence St. Mary caregiver who made an impact on you or a loved one! Each honored caregiver receives a special pin and postcard to let them know that a gift was made in their honor, along with your message of gratitude.



Several Providence St. Mary caregivers were recently honored through the [Honor a Healthcare Hero program](#). View the full list of honorees [here](#).

*"Thank you for the recognition and the generous donation to our hospital".* - Environmental Services healthcare hero

[Learn more](#)

## Exceptional Care, Close to Home

Providence St. Mary Foundation is committed to strengthening local healthcare through the generosity of donors. Philanthropic support funds innovative programs, equipment and capital projects that help create a healthier community.

## Leaving a Legacy

Have you included Providence St. Mary Foundation in your estate plan? Please let us know - we would love to express our gratitude. Including us in your will, as a life insurance beneficiary or in a charitable remainder trust offers more than potential tax savings. It continues the legacy of compassionate care that the Sisters of Providence began many years ago.

Please reference the Providence St. Mary Foundation, EIN #45-2841492 in any estate planning document to provide a lasting impact on the health of our community. [Learn more.](#)