Earline Alston’s Story

Imagine being a healthy, active 49 year old. One morning, after your husband leaves for work, your head feels like it is exploding, and 24 hours later you are having brain surgery.

On January 2, 2014 Earline Alston’s life changed forever. A healthcare worker, former Army soldier and independent woman, Earline found herself in an unfamiliar position of needing help. After calling 911, she waited. When help arrived and the door opened she felt a breeze that “kissed me on the cheek”. She says, “I remember thinking that I had been rescued”.

After nine days in the hospital, Earline was transferred to Foss.

“I knew that this was a major event in my life, I couldn’t walk normally and my speech was impaired... so I knew it was important to have rehab.”

“The Foss staff was exceptional; the aides and the therapist care team were wonderful”. Initially it was challenging for the staff to get her engaged since she couldn’t walk, and the rehab was physically and psychologically demanding. But the therapists that worked with her “were very supportive and took their time”.

Earline knew it probably wasn’t common that people say they love being in rehab, but Earline really liked being at Foss; “they took good care of me, making sure my needs were met”, she said. It was such an excellent experience for her, she wanted to come back and be part of Foss. Earline recalls, “I told the staff when I get better, I am going to return and give back”.

“Being at Foss, I felt I had a spiritual awakening”.

Never having painted, in early 2015 at the urging of a friend, Earline began painting. She created three pieces and entered them in a juried art event. One of them won honorable mention. This was something Earline felt she needed to explore a bit more and she feverishly started painting. By June of 2016, Earline had about 18 larger paintings and had an exhibit at the NW African American Museum.

Dottie, Earline’s sister who had multiple sclerosis and ALS, passed away seven months after Earline’s stroke. Dottie is her greatest inspiration. Today when Earline paints a tree, she sometimes sees Dottie in the picture, like when branches or twigs come together to form the shape of her familiar smile.

As Earline’s recovery progressed, she reached out to Foss and began volunteering with an ongoing painting program; Creative Art Expression, led by Chaplain Al Roehl.

Earline comes to Foss twice a month and works with the Village residents. “One of the things I enjoy the most, is you don’t have to be an artist. It’s not about doing something right, it’s about having fun. It is a wonderful opportunity to engage other people and I love being there.”

“Having the opportunity to give back to the organization that helped in my recovery, when I was at my weakest point, is just a blessing and a gift.”
I can think of no other time in the 35 years I have been in senior services that there are more challenges and more unknowns ahead. Foss has a history of stepping up to the challenge of funding cuts, stifling regulation, and steadily increasing complexities of care. I am certain that we will continue upon this creative path into 2017 and beyond.

With mixed feelings I will be retiring in April of this year and, it is with a firm feeling of trust that I leave, knowing Foss is in the hands of a strong team, particularly our direct care staff, and the dedicated leadership of Rick Henry, Pat Updegraff, Nancy Mohrman, Gilbert Diga and the Board of Directors who provide guidance and oversight.

There is compassion and continuity at Foss. I think particularly of Dr. Don Compaan, past chair of the Board, who hired me in 1985. I think of Dr. Jay Irby and Rev. John Henkel who preceded me as President / CEO and from whom I learned so much. I think of the Board members who have provided guidance at critical times. I hope I have continued their example as I pass the baton.

Our mission, “Transforming Lives With Dignity And Grace” will continue for us at a time when dignity and grace appear to be in short supply at the national level where decisions that could affect us are made. I would say, do not be discouraged, keep focused on what we do best, caring for our elders who deserve so much.

We are grateful to have generous organizations, community partners, and Friends of Foss that share our mission. Thank you.

Warm Regards,

David Crouch
President & CEO

With longevity, expertise and a passion for Foss, the executive team looks forward to continued service in the following roles:

Rick Henry
President & CEO
Pat Updegraff
Vice President and Chief Financial Officer
Gilbert Diga
Vice President of Human Resources & Support Services
Nancy Mohrman
Vice President of Assisted Living & Resident Services
What is Post-Acute Rehab

Sometimes after a hospital stay patients who have suffered unanticipated events—strokes, fractures, traumatic brain injuries, or heart attacks—or scheduled surgeries like a hip replacement—may be referred for rehabilitation or “rehab” services. This additional recovery time, and individualized therapy program, can assist with strength building, regaining abilities that may have been lost, or to help maintain function. This prepares the patient for a safe transition home.

Physical therapy is a treatment method that seeks to restore your body’s function and movement, as well as provide pain relief and promote healing. The goal of physical therapy is to help restore and improve functionality, reduce pain and increase mobility for better strength and balance.

Occupational therapy is a treatment that focuses on improving life skills; activities of daily life like eating, cooking, dressing and grooming. The treatment is designed to help people live more independent and productive lives by incorporating meaningful activities to promote participation in everyday life.

Speech therapy is a treatment that focuses on difficulties with speech, swallowing or cognitive skills. Treatments may focus on improving speech communication, problem solving skills or improving swallowing safety.

Rehab at Foss

At Foss, our state-of-the-art rehabilitation services help with recovery after surgery, injury or illness. The expertly trained care team consists of Physical Therapists, Occupational Therapists and Speech Language Pathologists which utilize evidence-based treatment programs designed to facilitate a return to home.

Two specific tools available to the Foss therapists are the Omni VR system and the Omni Cycle. Omni VR is an interactive virtual rehabilitation system that is specifically designed for the needs of geriatric patients and medically complex conditions. The Omni Cycle is an advanced therapy cycle with interactive Biofeedback designed to improve exercise participation and performance.

Foss also uses interventions to increase comfort and tolerance to treatment by decreasing pain, inflammation and edema. These enable participation in more intensive therapy which can aid in a quicker recovery. They are: Electrical Stimulation, Patterned Electrical Neuromuscular Stimulation (PENS), Therapeutic Ultrasound and Shortwave Diathermy.
Gifts given from 9/8/16-1/31/17

Heartfelt Gratitude to Donors

IN MEMORY OF...

Isabel Ann Anderson
Rick Asher
Ed and Margaret Arnold
Nancy Goodno
Frances M Bean
Russell Bean
Grace M Bell
Lois Bell
John Braislin
Sandra Braislin
Amanda Brenden
Estelle Morley
Isabel Cardona
Danae and I. H. Kokenos
Marie Carter
Betty Sanders and Bruce Carter
Gail Christopher
Jan Blue
Ted Foster
John Shotwell
Paul Fox
Rebecca Streng
Elvira Frare
Therese Freze
Nancy Fredrickson
Nancy Peterson
Acadio Fresco
Sylvestre Fresco
Wayne Fuji
Sharon Fuji
Grace Z Gair
Lois Bell
Beth Goodman
Estelle Morley
Louise Gordon
Margaret and Andrew Gordon
Laima Grauds
Valdis and Susan Grauds
Marilyn Grube
Clair Grube
Stella Halmo
Charlotte and Bernt Larsgaard
Evelyn Hazell
Suzanne and Kurt Lippmann
Otto W. Herman
Evelyn Herman
Dorothy Jane Hicks
Eugene N. Hicks
Nora Holmes
Jean and Emmett Holmes
Marillyn Johnson
Kristy and Brian Anderson
Sam Harpst and Richard Bates
Roy Johnson
Ingrid LaBlanc
Leon LeBlanc
Donald Lilleness
Elfreda Lilleness
Violet Lippman
Suzanne and Kurt Lippmann
Sue Lovell
Gail Scott
Marie Lundli

IN HONOR OF...

Rosewitha from Foss
Margaret and Andrew Gordon
Agnes Beresford
Mark and Barbara Mullen
Roberta Brumbaugh
Vicki Glover
Linda Eastwood
James and Becky Eastwood
Mary Heck
Christie Francis McClure
Wanda Freeman and Jim Cheney
Marvin Helsel
Karen Helsel
Rick Henry
Anthony Dubose
Debbie and Chris Hicks
Trudy James
Isabel Hull
Elizabeth Hull and Jeffrey Ambers
Dorothy L. Johnston
Jamie Marsden
Pat Roback
Laurie Farmer
Virginia Rogilio
James Hummer and Lynn Hagerman
Tony Soder
Gayle and Stephen Amorosi
Mary E. Sullivan
Sister Maggie Pastro
Charlene Taylor
Janelle Taylor
Diana Taylor-Williams
John VanderHoek
Tena and Harry Carver
Evelyn Walker
Andrea Demuro
Hal Williams
Harold and Elizabeth Williams

Gifts can be made payable to:
Foss Home and Village
UNDER CONSTRUCTION

The front lobby at Foss is under construction. The new layout will create a guest and family lobby, an expanded gift shop and a resident friendly sitting area.

One person can make a Difference

To make a donation online:
Visit www.fosscare.org; Get Involved; Make a Gift

Quality care and services, business referrals and employment opportunities are not a condition of donations received.

Some employers match employee contributions made to non-profits. Please check with your employer. It’s easy! Thank you.

Foss has signed up with three retail organizations; Amazon, Fred Meyer and Bartell Drugs. Every time a registered member makes a purchase, Foss receives a percentage. It only takes a minute to sign up. Please see our website for instructions.
Visit the Foss website: fosscare.org/Get-involved/Donate by Shopping Thank you.

THANK YOU!

Thank you to all who donated to the Employee Thank You Fund. We received over $17,600 that was passed on to the front line staff at Foss! We are proud of our staff and appreciate your generosity!

Board of Directors

David Crouch
President & CEO
Pat Updegraff
Treasurer, VP & CFO
Julie Yari
Chairperson
Carlos Guangorena
Vice Chairperson
Larraine King
Secretary
Marta Acedo
Lynne Dasher
John Gienapp
Jane Jones
Bev Roach
Paul Wold
• Watch your weight.
• Quit smoking and stay away from secondhand smoke.
• Control your cholesterol and blood pressure.
• If you drink alcohol, drink only in moderation.
• Get active and eat healthy.