

*Evergreen Healthcare's commitment to provide services outside the walls of our hospital is unique on the Eastside and contributes significantly to the health and well-being of our community. In this continuing series, we highlight some of the programs made possible by your levy support.*

## “She’s like a special friend.”

Myrna Rogers has one goal in life. “I want to live in my own apartment for as long as possible,” the feisty 91-year-old states. “I don’t want to be in a nursing home.”

Fortunately, Rogers has a powerful ally in her fight to maintain her independence – social worker Stacy Cowin from the Evergreen Care Network. Cowin makes sure Rogers has a roof over her head, medical care and a caregiver’s help with personal care, grocery shopping, cooking and cleaning. She’s been working with Rogers for nearly five years.

“Myrna suffered a stroke in 2002 and was in a nursing home,” Cowin explains. “She wanted to return to her apartment and was referred to COPES, a State Department of Social and Health Services (DSHS) program that provides assistance to people like Myrna who want to stay in their own home.” The Evergreen Care Network is contracted with DSHS to provide case management and coordinate the various resources available in the community to help people remain independent.

### ASSESSING INDIVIDUAL NEEDS

Cowin meets annually with Rogers to complete a detailed assessment that looks at her health and medications, her functional abilities and her support network. That information is then fed into a DSHS computer program that determines the number of caregiver hours needed for Rogers to remain independent. “Myrna qualifies for about 35 caregiver hours a week,” Cowin says. “Her caregiver assists with personal care, cooking, cleaning and getting Myrna to doctors’ appointments. There’s no way she could live on her own without this help.”

Rogers is under the care of Evergreen’s Senior Health Specialists, a primary care clinic that specializes in geriatric medicine, and is



Myrna Rogers and Evergreen case manager Stacy Cowin

visited weekly by an Evergreen home health nurse who monitors her health. “This coordinated care is very helpful,” Cowin explains. “For example, I spoke with Myrna on the phone one day. I was worried because she didn’t sound like herself, so I called her home health nurse to check on her.”

Cowin also helps Rogers acquire equipment to make her life easier, such as a walker with its own seat and a lift chair to help her stand. She also helps with paperwork and is always available to answer any questions Rogers might have.

“I don’t know what I’d do without Stacy,” Myrna Rogers says. “She always knows who to call and how to deal with problems. She’s great – she’s like a special friend.”

*To see if you qualify for the COPES program or other community health services, contact Evergreen Information and Assistance at 425.899.3200.*



### Did you know?

Healthline is a free community service of Evergreen Healthcare. We’re available 24/7 to help you:

- Find a physician
- Register for health education classes
- Talk to a nurse about a health concern

Call the Healthline at **425.899.3000**

### ABOUT THE EVERGREEN LEVY

About 2.7 percent – roughly \$13.2 million – of Evergreen Healthcare’s annual operating budget comes from the levy money paid to King County Public Hospital District No. 2. Some of this money is used to pay for buildings and equipment; the rest funds innovative community health programs to meet the diverse needs of the area we serve. The taxation rate for 2006 was \$.31 per thousand, or \$93 for a \$300,000 home.