



## May 2014 Newsletter

### Talking Wellness & Longevity at the 2014 Health Care Symposium



Over 250 members of the Oregon health care community came together this week for the Virginia Garcia Health Care Symposium, where they learned how to leverage knowledge from around the globe to maximize wellness in Oregon.

This year's keynote speaker was National Geographic writer Dan Buettner, Founder of [Blue Zones](#). During his international travels, he has identified Blue Zones - places that have the greatest life expectancy and where more people reach age 100 than anywhere else.

Dan explained that communities where people tend to live long, healthy, productive lives have strong social connections and environments that encourage healthy actions.

We were joined by a panel of local experts who shared their views about how we can adopt many of the Blue Zones principles in communities here in Oregon.

Thanks to our outstanding sponsors and dedicated volunteers for making this year's Symposium a great success!

### DONATE

#### VG By The Numbers

# 6

The number of years Virginia Garcia has hosted a Health Care Symposium. The 2014 symposium was on May 13th.



#### Who Is Virginia Garcia?



[Discover the story](#) behind our name and where we come from.

Friends-Level Donors\*

## A prescription for produce



In April, [the Oregonian's Clare Lennon wrote about the Adelante Mujeres partnership with Virginia Garcia to provide low-income residents with access to fresh produce.](#)

Health care providers at the [Cornelius Wellness Center](#) can recommend patients who would benefit from participating in the program. If patients qualify and show a commitment to participation, they will receive vouchers to exchange for fresh produce at the Forest Grove farmers market.

The program is supported by the Providence Community Grant Council and will allow about 60 people to receive fresh produce over the next two years.

## Support Virginia Garcia at the Winco Foods Portland Open



The WinCo Foods Portland Open, an inaugural PGA TOUR-sanctioned Web.com Tour event, is coming to the renowned Witch Hollow course at Pumpkin Ridge Golf Club. Mark your calendar for **August 18-24, 2014** and a spectacular week of festivities at this world-class venue.

When you [purchase tickets](#) through the link below, 100% of your ticket purchase directly benefit Virginia Garcia.

You can get a ticket to watch the tournament or upgrade to a Players Package that includes a

Dr. Brenda J. Brischetto, MD &  
Dr. Evan T. Saulino, MD, PhD  
Rachel M. Dummigan, FNP &  
R. Brendan Dummigan  
Dr. Hui-Ning Fung, MD  
NW Natural  
William Neuhauser & Laura Byerly  
Oregon Fund of The Oregon  
Community Foundation  
PGE Foundation  
St. Juan Diego Parish  
Tuality Healthcare  
Yamhill County Mental Health  
Department  
Social Venture Partners Portland  
The Holzman Foundation, Inc.  
Beth A. Goodman  
Oregon School-Based Health Alliance  
Yellow House Fund of the  
Tides Foundation  
Brand incite  
Morgan Family Foundation  
Many2one, LLC  
Mint Dental Works  
Lee Cameron & Lee Cunningham  
\*Added or renewed 1/1/2014-  
3/31/2014.

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Portland Open hat and Green Fees for Ghost Creek  
at Pumpkin Ridge.

[Get your tickets today!](#)