

"I had a picture in my head of being a family doctor," she recalled. "I wanted to do the full spectrum in a small town in Alaska, learning to fly my own plane and saving the world, basically. At some point I realized that while some doctors do that (flying), a lot have died. You have to be awfully good at it."

Instead, she went through residency training to do things she thought she would have to be able to do in a small rural practice. She did obstetrics and C-sections, but also learned to do hernias and appendectomies by assisting. "The surgical training was very valuable because I could assist and be there for the patient in surgery. Patients really liked that, especially with things that were scary for them."

Cathy spent her first two years of practice in Anchorage, working part time after the birth of her son with the family doctor who had delivered two of her siblings. She later opened her own practice in the Mat-Su Valley, where she wanted to raise her own children. She chose Wasilla, becoming the first woman physician there and the only one delivering babies and providing obstetric care. She was pregnant with her daughter in the first year of her solo practice and hired another physician to start two weeks before her due date.

... she "has dedicated her entire professional career to caring for the needs of children – who we know are often the most vulnerable and in the most need of a careful, watchful eye, and a compassionate heart and hand..."

It was really important to Doctor Cathy that her children be close by so she could be a doctor and a mom. "We had child care in my office from the get go, for me and the employees. The kids all went through chicken pox together. My children knew if they needed me, I was there, so they knew they were a priority regardless of the craziness of my work."

Her practice was slowly growing, and changing. "Parents began to bring their concerns about things their kids said, their behaviors and symptoms of possible sexual abuse. Law enforcement would ask for an evaluation, but I didn't have adequate training for that." The course to give her that training changed everything. Doctor Cathy began to get emergency room calls asking her to do all the sexual assault exams. That was impossible, but she learned from a nurse about Sexual Assault Response

Teams and adopted that model, training professionals from multiple disciplines to work together. "I went to the Mat-Su Valley hospital and said I can't do it all, but here's a model. Let's get people trained."

As a volunteer medical director in that role, she realized that evaluation in the office or an emergency room is not a great model for kids. A good child advocacy model offers a safe haven for children. Everyone comes to the child, rather than shifting the child from agency to agency, forced to tell their story multiple times, behind locked doors and at metal tables bolted to the floor, seated in chairs where their feet don't touch the ground. "The process itself is traumatizing."

Doctor Cathy and a colleague, pediatric nurse practitioner Marg Volz, spearheaded pulling together a group of community members representing child protection, schools, mental health, law enforcement and others to develop a child advocacy center. They formed a nonprofit board, she became volunteer medical director, and The Children's Place was born in 1999. "Some things are just meant to be," Doctor Cathy said. They received 10 of the first 10 grants they wrote. It was easy to demonstrate the need.

"I feel led to do child abuse work. I loved delivering babies, going through pregnancy with women and hearing the

baby's heartbeat for the first time. There are not many better feelings. It is such a privilege. It was hard to give that up." She also helps families go through the process when things don't go well, when they need to grieve or get help. It's hard to know that terrible things happened to some of those babies she delivered. "For adult patients, maybe a doctor was the first person they ever told the terrible things that had happened to them." She talked about the Adverse Childhood Experiences Study done between the Centers for Disease Control (CDC) and Kaiser Permanente. The subjects were middle-aged, mostly white, employed and with some college education. Not a high-risk population, and yet the more adversity they experienced at a young age, the more health problems they had as adults – "cancer, heart disease,

lung disease, diabetes, you name the disease; the more likely they were to have it. We need to do a better job of understanding and do better prevention and intervention so they don't carry that burden for the rest of their lives."

After delivering her last baby in 2008, Doctor Cathy began spending most of her time at Alaska CARES, the Child Advocacy Center in Anchorage founded in 1996. She describes this work as "very, very fulfilling. I work at a place that is safe for kids who have had terrible things happen to them. It is a place to tell their story and to get help for them and their family. Then they won't suffer all of these ill effects."

Admittedly, doctors and nurses only have control over so much. They can't make decisions for law enforcement or for social workers, she said, but through a multi-disciplinary approach they can explain the high risk of lethal child abuse, help them see the dangers and even intervene by going to court and explaining to a judge and jury.

When children are abused, many of their own parents have a trauma history, Doctor Cathy said. "They don't know how to keep their kids safe. They don't get up intending to hurt or neglect their kids, or to leave them with people who will abuse them. They don't have the skills. We need to work on prevention projects."

She was surprised by the Mother Joseph Award, "and it was humbling to see that the last person chosen in Alaska started Beans Café." (Lynne Ballew of Anchorage, founder of the drop-in center and free restaurant, received the Mother Joseph Award in 2008.) "I'm certainly very passionate about the work I do, supporting my colleagues that do this work, as well. I don't do this work in isolation; it's not just me. I work with an incredible group that is committed, passionate and dedicated to these kids and to this work."

She is especially proud that her children are continuing to give to the community. Her son Travis, a commercial pilot, volunteers at Alaska CARES' Kids Day, and her daughter Kristin, a chef and caterer, and her husband Mike McLaren donate wine for fundraising events for The Children's Place.

At 61, she's not through yet. "I need to find and train a replacement for me." Just like Mother Joseph, making sure that the legacy continues. ●

Look for presentation photos on the website

Sister Karin Dufault receives *Lifetime Achievement Award*

Five tables of people from the Providence family were present February 26 to applaud Congregational Leader Karin Dufault, SP, as she accepted a Lifetime Achievement Award from *Seattle Business* magazine at its Washington Leaders in Health Care awards gala at the Marriott Seattle Waterfront Hotel. Sister Karin was one of 19 honorees identified by the magazine as transforming medicine. Also honored was Elaine Couture, regional chief executive of Providence Health Care, Spokane, who was named Outstanding Health Care Executive outside the Puget Sound Region.

Seattle Business magazine's March issue features the awardees.

Sister Karin has been serving those who are poor and vulnerable in Pacific Northwest communities and nationally for more than 55 years with compassion and wisdom. She has served in pivotal leadership roles for Providence Health System, now Providence Health & Services, including as a nurse, hospital administrator, vice president of mission leadership, chairperson of the board of directors, and acting president and CEO.

Early in her nursing career, Sister Karin recognized that caring for the whole person -- care of the mind, body and spirit -- was essential for those in their most vulnerable stage at the end of life. She has worked tirelessly to raise awareness and understanding of palliative care and to make those resources available to all patients.

Palliative care is a critically needed set of services for vulnerable patients and families and is a hallmark of the mission of Catholic health care. Sister Karin completed her doctoral work in nursing in this field and has been a key figure in advancing the national effort to improve care at this critical time of life. She has provided nationally and globally recognized leadership regarding excellence in palliative and end-of-life care. She has served as executive director of the Supportive Care Coalition: Pursuing Excellence in Palliative Care, in Portland, Ore. The coalition, sponsored by 20 Catholic health organizations throughout the United States, works to advance excellence in the care of persons with life-threatening illness through knowledge transfer, advocacy and partnerships.

A native of the Yakima Valley, Sister Karin entered the Sisters of Providence congregation in 1959 at 18 years old. ●



Congregational Leader Karin Dufault, SP, shows her Lifetime Achievement Award from *Seattle Business* magazine.

Excerpt from remarks on accepting *Seattle Business* magazine's Lifetime Achievement Award

Karin Dufault, SP

“ . . . **W**herever one serves in health care and in whatever roles, collaboration with one another in service of others is THE way to get the best outcomes. Health care is a team sport and I have been blessed to minister with amazing teams including so many of you!

I accept this honor on behalf of the Sisters of Providence, to whom I owe the privilege of serving in the health care ministry for so many years -- at the bedside, in administrative council rooms and in board rooms in our own health system

and those of other Catholic health systems as well as the Washington State Hospital Association. I also accept it on behalf of Providence Health & Services, who provided me with so many ministry opportunities and supported me in ministries within and outside the system.

I admit that once a nurse always a nurse, and in my case a sister-nurse, so that is the lens through which I have looked -- how are we impacting the individual patient and the community. Do we know them, do we care for them, and are we easing their way, as Providence Health and Services' vision states.

In all our ministries, the relationships with the people served and with colleagues have been the greatest of blessings for me personally.

I thank all of you for what you and your organizations are doing to assure that everyone, especially the most vulnerable, has access to the safe, effective and affordable health care that meets their needs. I also commend you for the community benefit and community health initiatives that are addressing the underlying causes of illness and promoting health within populations of people . . . “ ●

Sr. Karin's full remarks may be read on the website at
www.sistersofprovidence.net.



Sister Maureen Newman in Guatemala

Sister Maureen travels to Guatemala with PH&S health-care team

A team of dedicated Providence and Swedish caregivers from Montana, Alaska, Washington, Oregon and California practiced the ministry’s core values in the central highlands of Guatemala during the week of April 24 to May 2. The team--comprised of nurses, doctors, dentists, translators, pharmacists and Sister Maureen Newman as spiritual leader --saw 1,573 patients in the municipality of Chicamán in the department of Quiché.

“It was delightful to work alongside Sister Maureen,” said Clarissa Cisneros, photographer on the trip. “To see her interact with the people we met in each village was inspiring. She listened with compassion and counseled with respect and understanding.”

This was the first time that Providence Health & Services joined efforts with established in-country NGOs (Medical Teams International and Faith in Practice) in a collaborative endeavor to bring medical attention and resources to a region where 88 percent of the population lives on less than two dollars a day and to a municipality where there is one doctor for every 10,726 people. ●

Sister Maureen, serving as spiritual leader, interacted with people of all ages.



Sister Mary Phillips professes first vows in Holy Angels Province

Sister Mary Phillips, who spent her canonical novitiate year in Mother Joseph Province, professed first vows in Holy Angels Province in Edmonton, Alberta, Canada, on April 26.

Sister Mary is a “sister mom” with two adult sons. She was raised in a fishing town on the east coast of Newfoundland to Catholic parents who welcomed the poor and shared what they had with them. Mary had several volunteer experiences in ministry before entering religious life, including at a safe house for women and children in Saskatoon, homeless shelters in Calgary, and serving the poor on the streets of Calcutta, India. She learned that her desire was to work with the poor in a religious community rather than as an individual.

She said the Sisters of Providence were a good fit because of their openness, simplicity of life, their trust in Providence, and their love and compassion for God’s poor.

Congratulations on your profession, Sister Mary! ●



Sister Mary (third from right) is pictured with sisters who traveled from MJP to attend: (from left) Sisters Josie Ramac, Julie Macasieb, Margaret Botch, Celia Chappell and Rosa Sen Nguyen.

Ten Sisters of Providence

mark 50,
60 and 70
years of
religious
life

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Ten Sisters of Providence will celebrate 50, 60 and 70 years of religious life at 10:30 a.m. Saturday, August 1, at Our Lady of Guadalupe Parish, 7000 35th Avenue SW, Seattle. Most Rev. J. Peter Sartain, D.D., S.T.L., Archbishop of Seattle, will be the celebrant. The Rev. John R. Walmesley, pastor at Guadalupe, will be the principal concelebrant for the liturgy, which will be followed by a reception in Guadalupe Hall.

There is much more to learn about these Jubilarians than can be included here. To learn more about them and their lives, look for the Jubilee interview stories on the Sisters of Providence website (www.sistersofprovidence.net) after August 1.

70 years

Georgette Bayless, SP

(Sister Mary Joan)

Born in San Jose, Calif., Sister Georgette Bayless trained as a nurse before entering the religious community in 1944 as a 21-year-old. Her first ministry was as a nursing supervisor at St. Elizabeth Hospital in Yakima, Wash., followed by service in Providence hospitals in Washington, Alaska and Oregon, in nursing, pastoral care, outreach, hospice, mission effectiveness and other capacities. This 93-year-old has organized people to start new programs, raise money for community needs and expand outreach to the forgotten. Her legacy includes a sexual assault center in Everett, Wash., and Hospice of Snohomish County. Sister Georgette's determination, passion and commitment led to her being named as one of six Washington recipients of the Jefferson Awards for community service in 1980. She lives in Seattle. ●



the former Sacred Heart Province, taking responsibility for oversight of construction and development of its first low-income housing projects. She also was treasurer of Mother Joseph Province. In addition, she ministered in long-term care in the Oregon region of PH&S, was superior/administrator of St. Joseph Residence in Seattle, and has chaired and been a trustee of retirement committees for the religious community and for PH&S employees for 35 years. She lives in Seattle. ●

Lenora Donovan, SP

(Sister Stephen)

Sister Lenora Donovan moved with her family from Nebraska to Yakima, Wash., in 1941 when she was 9 years old. She graduated from St. Joseph Academy in Yakima in 1952, moved with her family to Portland, Ore., and went to school to become an LPN at Multnomah County Hospital. She entered the Sisters of Providence in Seattle and made first profession in 1956. Assigned to Mount St. Vincent Home for the Aged for several years, she eventually became a registered nurse, serving in Port Townsend and Portland. Certified as a chaplain, she served at the parish in Medford, Ore., and then was assigned to Providence ElderPlace in Portland, assisting the elderly to stay in their own homes by regularly assessing their ongoing health needs. In 2011, she and Sister Rita Ferschweiler were the last sisters to move out of the convent at Providence Hall in Portland. Sister Lenora was a longtime volunteer with St. Vincent de Paul Society in Portland and continues that role today in Seattle. ●



60 years

Anita Butler, SP

(Sister Francesca)



For the past five years Sister Anita Butler has been a sponsor of Providence Ministries, entrusted with ensuring that the ministries of Providence Health & Services (PH&S) remain Catholic and true to the sisters' mission. Born in Los Angeles and raised in Burbank, Calif., she entered the Sisters of Providence in Seattle in 1954. She served in teaching and administration for 23 years in grade schools and high schools in Vancouver, Tacoma, Moxee City and Seattle, Wash., and in Burbank. She served as provincial treasurer in

the former Sacred Heart Province, taking responsibility for oversight of construction and development of its first low-income housing projects. She also was treasurer of Mother Joseph Province. In addition, she ministered in long-term care in the Oregon region of PH&S, was superior/administrator of St. Joseph Residence in Seattle, and has chaired and been a trustee of retirement committees for the religious community and for PH&S employees for 35 years. She lives in Seattle. ●

Mary Catherine McGuire, SP

(Sister Mary Margaret)



Fresh out of the novitiate, Sister Mary Catherine McGuire was assigned to teach a class of rambunctious second graders at St. Joseph Grade School in Yakima, Wash. Over the next 15 years she taught six different grades in nine different places, including in Yakima's consolidation of three Catholic schools: St. Joseph's, Carroll High School and Marquette. Born in Providence Hospital in Everett, she grew up on a dairy farm in rural Snohomish. She entered the novitiate after a postu-

the former Sacred Heart Province, taking responsibility for oversight of construction and development of its first low-income housing projects. She also was treasurer of Mother Joseph Province. In addition, she ministered in long-term care in the Oregon region of PH&S, was superior/administrator of St. Joseph Residence in Seattle, and has chaired and been a trustee of retirement committees for the religious community and for PH&S employees for 35 years. She lives in Seattle. ●