

**HELEN PORTER
REHABILITATION AND NURSING**

We believe the health and well-being of our community can be measured by how we treat our most vulnerable.

People have basic rights to housing, health care and the support they need to live fulfilling lives. This shouldn't change because we get older and need extra help.

Helen Porter provides people with access to compassionate health care, housing and other essential services when they are not able to receive the care they need at home.

Helen Porter is a skilled nursing facility that has been caring for vulnerable citizens on the Porter Medical Center campus for over 50 years. It began as a department in Porter Hospital before it moved to a new building in the early 1990's where it exists today.

Since the facility was built 30 years ago, a lot has changed in the realm of health care—but the compassionate care, dedicated staff and sense of community among our residents and patients has never been stronger.

As a mission-driven non-profit, we seek philanthropic support from our community to help renovate and modernize the Helen Porter facility for current and future generations of families in Vermont and northern New York. We hope you will partner with us.



Helen Porter is an essential part of Porter's commitment to provide health care to people of all ages, incomes and circumstances.

Quick facts about Helen Porter:

- **The only skilled nursing facility in Addison County**
- **65% of residents on Medicaid**
- **38 long-term care beds**
- **31 memory care beds**
- **27 post-acute care beds**
- **2 end-of-life suites and 1 end-of-life room**

THE
University of Vermont
HEALTH NETWORK

Porter Medical Center

PORTER MEDICAL CENTER Helen Porter Improvement Project

Helen Porter Rehabilitation and Nursing provides long-term care, memory care, short-term rehabilitation, palliative and end-of-life care services in one convenient location on the Porter Medical Center campus in Middlebury.

It is an essential resource for local residents in need of 24-hour health care, especially aging people on Medicaid who won't be accepted at other facilities in our region.

A renovated Helen Porter will give residents and patients updated and more comfortable spaces, indoors and out, promoting an enhanced quality of life in a homelike environment with clinical expertise available 24/7.

With your support, we can make necessary improvements to the timeworn facility, allowing us to continue to provide compassionate care in a comfortable setting for years to come.

"To care for those who once cared for us is one of the highest honors." – Tia Walker

The goal of this project is to improve care and quality of life for our residents and patients. The four-phase plan is estimated to cost \$5.5 million and includes updates to indoor and outdoor spaces, including clinical upgrades.

Porter has raised \$1.5 million towards our philanthropy goal of \$3 million to finish the project and we seek an additional \$1.5 million to invest in this vital community resource.



Not just a facility, a home.

Helen Porter provides emotional and spiritual care as part of its commitment to compassionate health care. For most residents, it is their last home. The planned upgrades will improve their quality of life and modernize our clinical care environments.

“ “In the end, everyone's efforts contributed to an experience made possible because this institution called Helen Porter is alive and well in our community. It's easy to assume it will always be there, and it will always be well-equipped, and it will always be well-staffed but I know more than many how much work goes into assuring it remains the mainstay it is. I will never take that work for granted. So please pass my thanks to everyone involved, those I met and those I didn't. I'm a grateful family member, and my father a fortunate patient, and I will not forget the chance you afforded my family and him to live his final days in a dignified manner.” ”

~ A grateful son

The Four-Phase Plan: *A better design for a better quality of life*

Building Exterior

- Install new energy efficient windows which will make the interior more comfortable for residents—less drafty and easier to maintain a consistent temperature. The new windows will be residential-style, to provide a more homelike aesthetic.
- Replace siding and add insulation, soffit and fascia to improve energy efficiency and ensure the facility looks as warm and inviting on the outside as the renovated inside.



Memory Care Unit

- Relocate and expand nursing station to improve the way care is delivered to memory care residents and to allow staff to see more areas of the unit from one central location.
- Create separate meal service and kitchen areas for efficient meal serving and establish the kitchen as a homelike social space—the “heart” of the unit.



Courtyard

- Improve walkways to provide smooth, easy-to-maintain, well-lit surfaces for residents using walkers or wheelchairs to access all areas of the courtyard.
- Install a new pavilion to provide expanded capacity for gatherings and special events in the fresh air.
- Add natural elements including ADA accessible planters to enhance the experience of being outside for improved health and happiness.



Common Areas

- Install sound-absorbing wall coverings to reduce noise and create a more peaceful environment.
- Replace worn flooring, improve lighting and add new, easy-to-clean handrails to ensure optimum safety for people moving around the building.





PLEASE JOIN US...

Charitable giving provides a clear pathway for patients, residents, families and community members to contribute in a meaningful way to this important project. We are happy to meet with you or your financial advisors to discuss how your support can make the most impact.

Naming opportunities are available.

WAYS TO GIVE

DONATE ONLINE

Making a donation online is secure, quick and simple. Go to PorterMedical.org/Donate

DONATE BY MAIL

Make checks payable to Porter Medical Center with "Helen Porter Improvement Project" in the memo section and mail your gift to:

Porter Medical Center
Office of Development
115 Porter Drive
Middlebury, VT 05753

PLANNED GIVING

Gifts of securities or donations through your will or trust make a positive impact while also providing benefits to you during your lifetime. Call the Office of Development at 802-388-4762 to learn more.

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