

## Press Release

### **Dr. John Forsyth and Sean Bowden named as “Inspirational Oregonians”**

*“I Am Oregon” award sponsored by Meyer Memorial Trust recognizes citizen problem-solvers across the state*

**(May 14, 2013 – Portland, OR)** Dr. John Forsyth and Sean Bowden were named two of eleven regional representatives for the “I Am Oregon” campaign, which called on Oregonians to nominate and recognize everyday heroes doing good in their communities. The campaign received more than 1,200 nominations from across the state.

Dr. Forsyth received numerous nominations for his devotion to patient care as a cardiologist in Medford, his program development which has provided volunteer doctors and specialists with safety net health clinics, and his leadership since retirement in the Jefferson Regional Health Alliance and in promoting critical conversations about end of life care among families through the organization Choosing Options, Honoring Options (COHO).

“John has inspired this collaborative effort of over a hundred people from more than 20 organizations and businesses to promote community education to encourage end of life conversations among family members and loved ones,” said nominator Kathy Bryon.

At the age of 17, Sean Bowden was nominated for his outstanding volunteerism in the Southern Oregon community of Roseburg, particularly for his work at Mercy Medical Center. Bowden served as chair fundraiser for the hospital’s day camp and was the force behind creating Roseburg High School’s drug prevention team.

“Sean is an inspiration for his community, friends and family. His positive influence in volunteering at Mercy Hospital, Roseburg High Drug prevention team and maintaining a 3.8 grade average is making a huge impact on teens, friends and family,” said nominator Theresa Roche.

Forsyth and Bowden were selected as the Southern Oregon regional representatives by a group of their peers at the Oregon Unlimited Roadshow, a series of networking events that convened community-minded Oregonians in six cities across the state. They both received a \$100 gift card and rain jacket from Columbia Sportswear and a trip to the Conference on Volunteering and Service in Washington, DC this June. The conference is the world's largest gathering of volunteer and service leaders from the nonprofit, corporate, and government sectors. Bowden will attend the conference with other regional representatives from every corner of the state, from a teen to an octogenarian, from those working to improve access to health care in rural communities to community arts.

“I Am Oregon” was launched by Meyer Memorial Trust to kick off [Oregon Unlimited](#), a new online tool and network designed for the “21st Century frontier” as a virtual

commons enabling Oregonians to share ideas and resources and connect to take action for the public good. Haile and the other regional representatives from across the state will share what they learn from conference through Oregon Unlimited.

### **About Choosing Options, Honoring Options**

Choosing Options, Honoring Options (COHO) is a coalition of individuals and organizations whose purpose is to facilitate end of life conversations in the Medford community. They do this by offering seminars, workshops and online resources to individuals, family members, and professional medical staff and care givers.

### **About Mercy Medical Center**

Mercy started with a \$12,000 gift from the Roseburg community. The 25-bed Mercy Hospital was dedicated on Feb. 22, 1909, just four months after construction began. It was built on the banks of the South Umpqua River where Douglas County Health Department now stands. Mercy has grown into a sophisticated 174-bed medical center as it has upgraded its technology and expanded its services to ensure Douglas County residents access to state-of-the-art healthcare without having to leave town.

### **About Oregon Unlimited**

Launched by Meyer Memorial Trust this March, Oregon Unlimited ([oregonunlimited.org](http://oregonunlimited.org)) is a free open platform that enables Oregonians to share ideas and forge connections to solve problems, start projects and accomplish their shared goals. From concerned citizens exploring solutions to seasoned problem-solvers already at work, Oregon Unlimited is open to all “trailblazers” who want to make a difference. The platform is a virtual commons for all Oregonians—designed to make it easy to discover people and projects by region, form teams and to host group projects.

### **About Meyer Memorial Trust**

Meyer Memorial Trust is a private foundation that represents the personal philanthropy of Fred G. Meyer, whose will established the foundation upon his death. Meyer Memorial Trust has made close to \$600 million in grants and program-related investments to tax exempt organizations primarily in Oregon since it began operating in 1982. Its corpus stands at more than \$700 million in May 2013 and it expects to award around \$32 million this year. The foundation has no connection to Fred Meyer Inc., the retail enterprise.