

February 24, 2023

South Gilliam Health District Board of Directors

422 N Main

Condon, OR 97823

Dear SGHD,

It's with deep regret that I write this letter of resignation from the board. I have enjoyed getting to know those of you I didn't know well before and working alongside you all. When I joined the board, the reason was that I believe in healthcare and want to be part of making it better for my community. I also think it's important to volunteer and give back to my community. I felt at the time this was a good fit for me. Over the last several months, I've realized it's not a great fit for me and it's time I step away. The conflict has become too much.

My hats off to you, the board, for volunteering and giving back to your community. I also appreciate all the hard work that all clinic staff do for the health of our community.

Sincerely,

A handwritten signature in black ink that reads "Lisa Helms". The signature is written in a cursive style with a large, looping "L" and "H".

Lisa Helms