MultiCare
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TOUCHING LIVES

SPRING 2015

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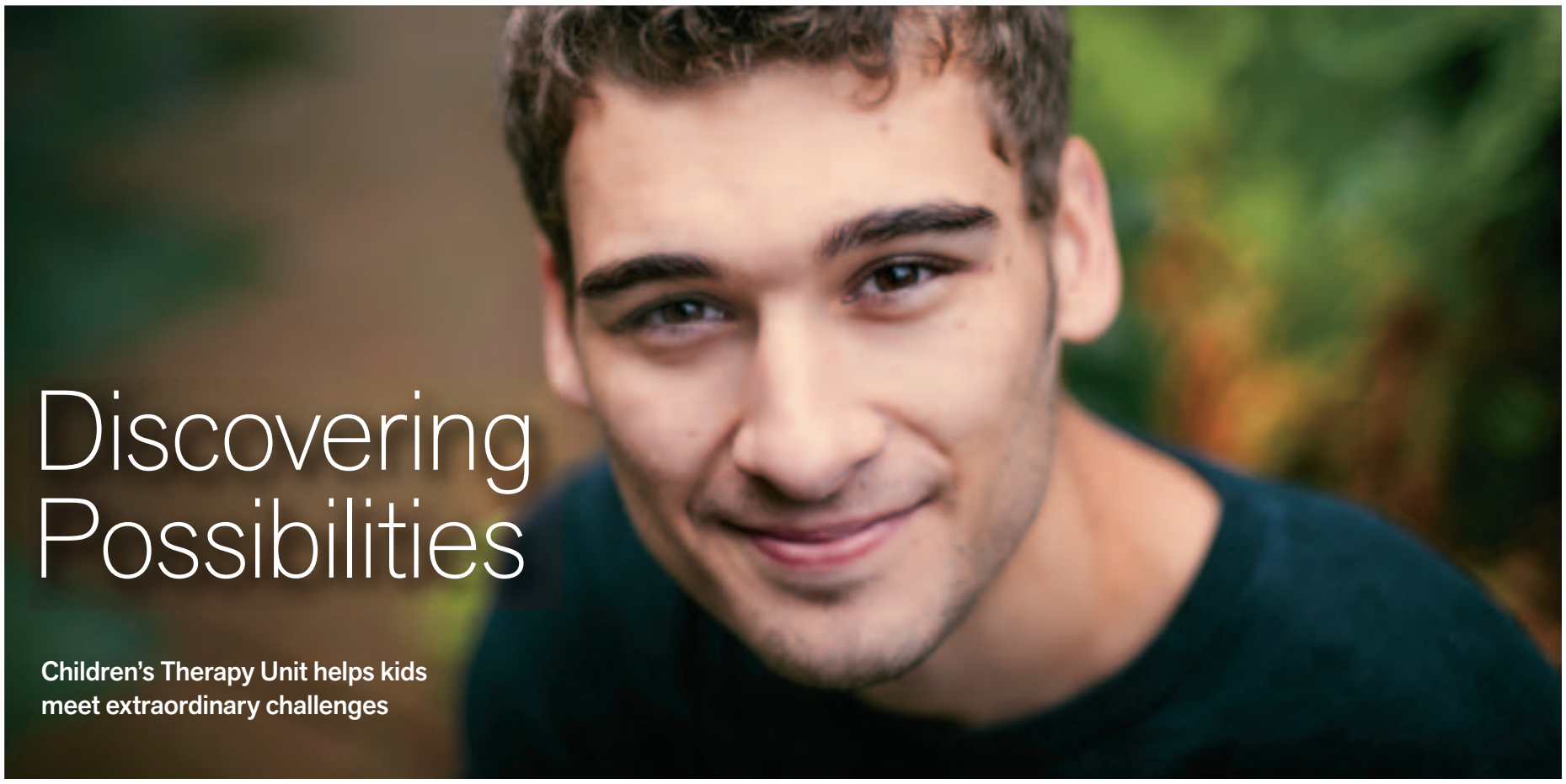


Discovering Possibilities

Children's Therapy Unit helps kids meet extraordinary challenges

Luke Davidson

If it takes a village to raise a child, it takes a committed team to work with a child who faces big challenges. This team includes family, therapists, physicians and the community – and you.

Luke: The untouchable boy

Luke was one of five abused and neglected children born to a mentally ill, drug-addicted mother. At 14 months, the Davidson family adopted him. The little boy couldn't bear to be touched—even a haircut hurt—and he had uncontrollable rages. Overwhelmed, the Davidsons took him to Glenn Tripp, MD for an evaluation, then to Robert Beilke, PhD MC, Pediatric Psychology/Psychiatry at MultiCare Mary Bridge Children's Hospital. Dr. Beilke diagnosed Luke as having an attachment disorder and ADHD — an easily over-stimulated child with major anger issues. Later, Luke was also diagnosed with Tourette's syndrome.

At the CTU, Luke worked well with occupational therapist Wendall Nakamora. Using poker chips of varying values, Wendall and the Davidsons rewarded Luke for good behavior with chips he could redeem for treats; if he misbehaved, chips were taken away. With this "game" Luke began to learn to govern his temper. The Davidsons also took classes at the CTU, which helped them explore more effective parenting techniques.

When Luke was four, he experienced a breakthrough with his aversion to being touched. He was fitted with a specially made spio suit. (A spio suit is constructed of a Lycra-like blend that provides deep pressure through compression on specific places on the body. In Luke's case, these were areas where he found gentle touch unbearable.) He loved his spio suit, which he wore under his clothes—just like Superman! Luke also grew socially. He befriended another boy who had similar problems. They worked together in their therapy sessions and encouraged each other.

Now twenty years old, Luke has far exceeded his goal of "staying out of prison." A cum laude graduate with an AA from Bates Technical College, Luke is currently taking a psychology class at PLU. He was also recently named "employee of the month" at the store where he works and received

Continued on page 2

Our College-bound Quadruplets 2

Happy Birthday, Mary Bridge! 5

Rock Stars: The Rotarians of Pierce County 7

Dr. Glenn Tripp with Luke

Luke and his mother, Diane

a bonus. His mom, Diane, adds proudly, "He took me out to dinner for the first time." When asked about the CTU's impact on her family, Diane says, "It's been our lifeline. I could call there and know they'd help me find the help I needed. The CTU is truly a place to go when you have no idea where else to turn."

Please be part of the team that cares for children with extraordinary challenges – and helps them become adults who believe in themselves. Make a gift to the permanent endowment for the Children's Therapy Unit to ensure that children in the future will receive all the therapy they need to discover what is possible, regardless of insurance limitations or a family's ability to pay.

Please join with others in our community by giving generously to the CTU endowment. Go online at **www.multicare.org/dreams** and choose the Children's Therapy Unit.

Donate online at **http://waystohelp.multicare.org/building-dreams-together** or use the enclosed envelope.

A Visit from our College-bound Quads

On February 18, 2015, four high school seniors walked through the Tacoma General Neonatal Intensive Care Unit. The NICU was already buzzing that night with a flurry of activity. Nearly filled to capacity, doctors and nursing staff remained focused on monitoring all of the fragile newborns under their care, but the sight of the four teenagers brought smiles to staff who clearly remembered them from eighteen years ago.

This was a homecoming for the Kulesza quadruplets.

Amy, Blake, Chad and Caree were born at Tacoma General Hospital on Dec. 7, 1996, about two months early and weighing between 2 pounds, 11 ounces and 3 pounds, 12 ounces. They were the first quadruplets ever born at Tacoma General.

When the Kulesza quadruplets occupied the NICU for the first few weeks of their lives in 1996, the unit looked much different. Until January 2014, the NICU was sectioned off into four separate, open bay areas and one room with a door. Today, there are 52 separate, private rooms with enough space for parents to sleep and bond privately with their babies.

Lora and Todd Kulesza, parents of the quadruplets, praised the care their children had received in the NICU eighteen years ago. They were also delighted to see some of the incredible amenities of the newly-updated NICU. While the care they received was outstanding, they do remember the lack of privacy and inconveniences like having to go to a specially designated area to pump breast milk. The modern layout and amenities of the new NICU mirrors the high quality of care that precious newborns like the Kuleszas have been receiving at Tacoma General for decades.

Amy, Blake, Chad and Caree are all heading off to college this fall after they graduate from Stadium High School. We may see at least one Kulesza return to MultiCare. Caree is currently a volunteer at Mary Bridge and has her sights set on becoming a pediatric nurse! We wish them all the best of luck.

Help finish the construction and remodel of the Neonatal Intensive Care Unit with a gift to Building Dreams Together: *The MultiCare Campaign for Healthy Children*. Use the attached envelope or visit www.multicare.org/dreams.

A Little Sunshine Hug

Imagine what it would be like to watch your six-year-old son crawling on the floor because it's too painful for him to walk.

Imagine watching your normally healthy child struggle to get out of the pool during swim lessons because his joints are painfully tight.

Imagine having to decide between calling 911 or driving to the Emergency Department because his stomach pain becomes so frighteningly intense.

Sarah and Kenny Benjamin lived this nightmare. It turned out to be the beginning of what Sarah refers to as the "dark, gray road" — her son, Isaac's, battle with leukemia.

After being diagnosed with leukemia last year, Isaac came to Mary Bridge Children's Hospital for treatment. Isaac is a very social, outgoing first-grader who loves being surrounded by people. One day, Isaac was visibly upset. He missed the excitement of having friends around, explaining to his mom, "I can't handle all this loneliness."

"I can't handle all this loneliness."

It's a sentiment wise beyond his years, and the reason why family-centered care is such a critical part of Mary Bridge. Kids, especially kids like Isaac, heal faster when they are surrounded by friends and loved ones. That's why large patient rooms, a steady flow of Piper's Playhouse activities, and frequent visits from parents, friends, staff, and special guests are so important.

Today, Isaac is doing very well. With the most intensive chemotherapy treatment phase now behind him, he'll receive maintenance chemotherapy until 2017. Isaac is back in school and enjoying the return to his active social life. Isaac's hair is starting to grow back as well, a particularly thrilling development because, as Sarah describes, "that's our crown jewel, Isaac's curly hair!"

Life is starting to feel normal again for the entire Benjamin family, which also includes eight-year-old daughter Kayli. Thanks to the generosity of donors to cancer patients at Mary Bridge, this family of four from Port Orchard will not face the crushing burden of medical bills.

Mary Bridge donors are part of the treatment team — paying for a child's cancer treatment relieves an incredible amount of stress. Donors also make patients and families feel that they are not alone. Sarah describes the feeling of having Isaac's treatment paid for by saying, "When you are on that dark, gray road, it's like a little sunshine hug."

Thank you, Mary Bridge donors, for your sunshine hugs.

To Those Who have Donated to Mary Bridge Cancer Treatment,

I really want to tell you thank you for providing funds that would cover children's medical expenses when they are being treated for cancer. My gratitude is very real.

It's tough having a child who is so ill, but if you hadn't given that money, we would have added to our lives the huge financial burden for his cancer treatment. I really believe that paying for all that would have swung our lives in a different direction. This gift of staying "normal" has been a very big blessing in our lives. I want you to know that you have made an impact, and that we are grateful.

Isaac was six when he was diagnosed with Leukemia (acute lymphocytic leukemia or A.L.L.). Isaac has been positive in treatment, and he has done well. He never lost his hair until about a week ago (in December 2014). I told him he will be stronger after cancer.

We wish you well, and we want you to know we are grateful for what you have done.

Thank you,

Sarah Benjamin and the rest of the family: Isaac, Kayli, and Kenny

Happy 60th Birthday, Mary Bridge!

On a cold February day, metal shovels broke the earth on a plot of land in Tacoma. It was the start of something spectacular.

A year later in 1955, thousands gathered in this same spot to dedicate Mary Bridge Children's Hospital. Beloved television star, Ed Sullivan, led the momentous ceremony and remarked, "This will always be my memory of Tacoma, one of human values and sacrifice."

Sullivan's sentiments explain why Mary Bridge has been such a successful place for caring for children. This year, Mary Bridge Children's Hospital celebrates its 60th birthday. It has flourished for sixty years because of the unwavering human values and sacrifice of our community.

"Mrs. Michael Yuscko, Mrs. Roscoe (Margaret) Smith, Mrs. Roy (Kathryn) Elstrom and Mrs. C.H. Kane represent the Tacoma Orthopedic Association at the laying of the Mary Bridge Children's Hospital cornerstone"

What makes Mary Bridge so special is the one thing that has remained consistent throughout the past sixty years: strong community support. Year after year, Mary Bridge grows stronger through generous donations of all sizes — and through the 350 volunteers who serve at Mary Bridge today.

Compassionate and dedicated providers and staff also make Mary Bridge unique.

Karen Lynch, RN, started working as a nurse at Mary Bridge in 1958. She had just graduated from Pacific Lutheran University nursing school and explains, "I was only going to work here one year, then I was going to California." She stayed nearly forty years, retiring in 1996 as a top administrator.

While working at Mary Bridge, Karen was a fierce advocate for her patients. In the early 1960s, family visiting hours at Mary Bridge were restricted to 2pm-3:30pm. However, she allowed parents to stay much longer and even spend the night. Karen also remembers gathering the children who were well enough in a common room where they would attack her with spitballs.

Karen was clearly on to something. Over the years, Mary Bridge has evolved to focus on family-centered care, the idea that kids get better quicker when they are surrounded by loved ones and encouraged to be themselves. That's also why today's Mary Bridge patients — in place of the spitballs of the 1960s — are often armed with Nerf guns.

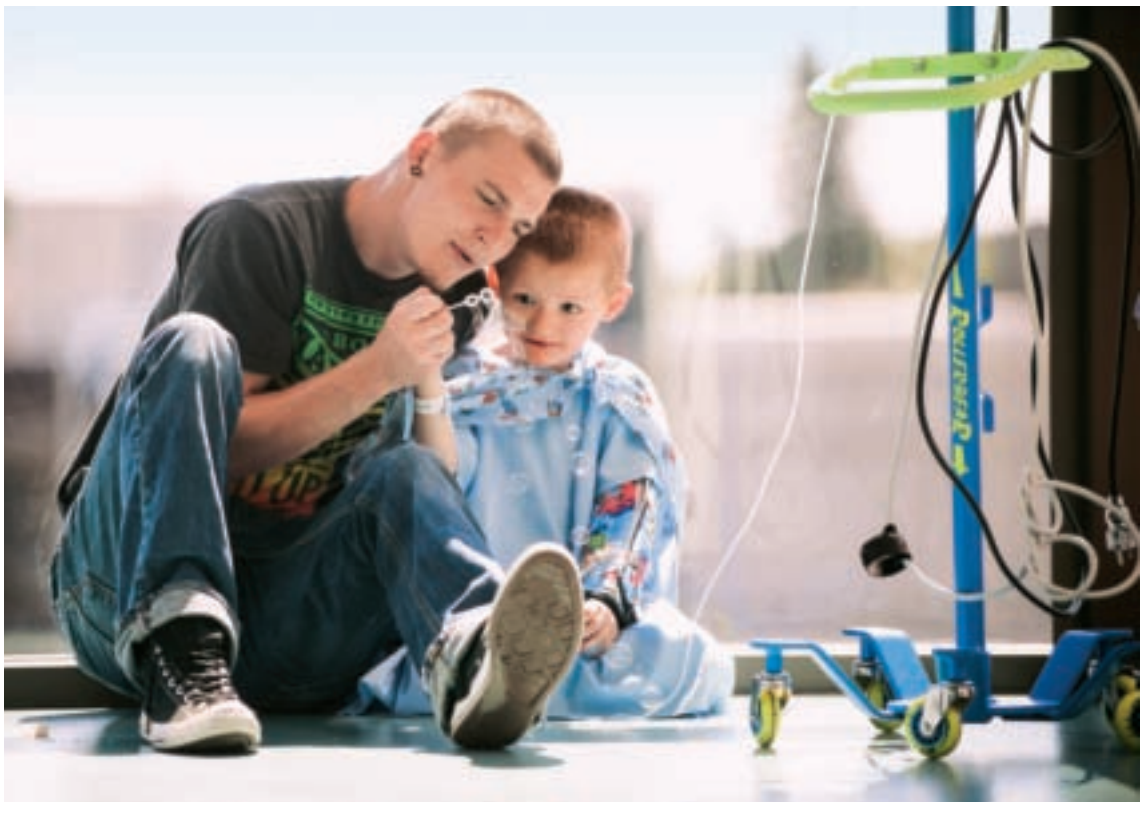
Although she retired in 1996, her dedication to Mary Bridge continues. A member of the Karen J. Lynch Guild (named in her honor) of the Mary Bridge Brigade, Karen and hundreds of others members support the hospital through advocacy and fundraising.

The same year that Karen retired, Mary Bridge welcomed its first hospitalist, Dr. David Brunelle. Nineteen years later, Dr. Brunelle serves as the medical director of pediatric palliative care — a special team devoted to providing children with serious illnesses relief from their pain, symptoms and stress.

Like so many other staff at Mary Bridge, Dr. Brunelle gives back to Mary Bridge even in his personal time. He's designed four trees in the past six years for Festival of Trees, an annual event that raises much-needed funds for Mary Bridge.

What is it about Mary Bridge that creates such dedicated care providers?

In Dr. Brunelle's words, there is a special camaraderie among Mary Bridge staff. "We care for a tremendous variety of kids — many of them with extremely complex conditions,



some with rare and unusual medical issues — and yet we are small enough to respond, change and transform fairly quickly and efficiently. Everyone at Mary Bridge is important; it's all about teamwork."

Mary Bridge will always be staffed by people like Karen Lynch and Dr. Brunelle — the kind of people who seek the reward of, as Dr. Brunelle

In 2014, the Mary Bridge team handled 13,166 inpatient days, 37,000 emergency department visits and 66,000 outpatient visits.

explains, "having a daily chance to improve the lives of our community's children and their families. There is not a day I go home and question whether I've done something good and useful to help someone else."

There are exciting changes on the horizon for Mary Bridge. The hospital network is expanding throughout the region to serve more children through outpatient services and programs.

As Mary Bridge continues growing and adapting to the health care needs of children, support from the community will remain as important as ever — especially support from its greatest champion, the Mary Bridge Brigade.

The Heart of Mary Bridge – The Mary Bridge Brigade

What does it really take to build and sustain a children's hospital for six decades? Better yet, who does it take?

For Mary Bridge, it all started with 15 women.

A century ago, 15 women began driving children from Tacoma to Seattle because no medical treatment was available for these children in South Puget Sound.

In 1921, these 15 women formed the Tacoma Orthopedic Association (TOA). As early as the 1930s, the TOA had its sights set on an ambitious goal: a children's hospital in Tacoma.

The TOA won a passionate fight for the estate of Dr. Albert Bridge, a local physician who left money in his will for a children's clinic to be named after his mother, Mary.

The TOA had also been raising money through endeavors like collecting and selling tin, baked goods and flower sales, and penny drives. At the start of World War II, the TOA wisely invested in war bonds.

In 1954, with combined funds from TOA, the Bridge estate gift and other contributions, the children's hospital in Tacoma was underway. By then, the TOA had grown to more than 1,700 members.

The opening of Mary Bridge is often celebrated as the TOA's crowning achievement, but the group's power and influence has remained a driving force.

Today, the TOA is known as the Mary Bridge Brigade — a change that reflects the expanded geographical reach. Since 1921, the TOA/Mary Bridge Brigade has donated more than $30 million and countless volunteer hours to Mary Bridge.

The Mary Bridge Brigade continues community fundraising and outreach through projects like holiday wreath sales, a successful thrift shop in Gig Harbor, the immensely popular Festival of Trees event (which its members established 26 years ago) and dozens of other fundraising projects and events.

The Mary Bridge Brigade also carries on the tradition of making transformational gifts. The group contributed $5 million in 2001 to support charity care and construction of the Mary Bridge Children's Health Center. It was the largest gift in the history of the hospital. And most recently, in 2014, the Mary Bridge Brigade made a $2.5 million gift — the largest of the Building Dreams Together campaign — toward building a better facility.

Thank you to the generous donors, dedicated volunteers, and kindhearted staff who make Mary Bridge such a special place.

Help Celebrate Mary Bridge's 60th Birthday!

Looking for ways to become part of the great tradition of community support for Mary Bridge?

- Make a donation to Mary Bridge at waystohelp.multicare.org/donate-to-mary-bridge
- Join the Mary Bridge Brigade – find out more at marybridgebrigade.org
- Become a volunteer at Mary Bridge – visit waystohelp.multicare.org/volunteer-services
- Attend or volunteer for an event benefitting Mary Bridge (Courage Classic and 2015 Festival of Trees)

Save the Dates 2015 Fun-Raising Events

Corks & Crush | Saturday, May 16, 2015

corksandcrush.org

To do: Fine wines, elegant dinner, lively auction
To wear: Black tie optional
To support: Children's Therapy Unit at Good Samaritan Hospital
Thanks to: Presenting sponsor - CBRE

Sound to Narrows | Saturday, June 13, 2015

soundtonarrows.org

To do: Run! Or jog, stroll, roll or crawl. 2K, 5K or 12K.
To wear: Your Sound to Narrows t-shirt
To support: MultiCare's Center for Healthy Living
Thanks to: Title sponsor - Roman Meal

Golf Classic | Friday, July 17, 2015

multicare.org/golfclassic

To do: Tee up, swing, laugh with the kids
To wear: Golf attire
To support: Children's Therapy Unit at Good Samaritan Hospital
Thanks to: Title sponsors - Leverage Information Systems, Juniper Networks and Graybar
Presenting sponsor - Korum for Kids Foundation

Courage Classic | Saturday, Sunday and Monday, August 1 – 3, 2015

courageclassic.org

To do: Pedal, eat, pedal, eat, pedal harder – 3 days, 3 mountain passes, 3 rides
To wear: Helmet! And bike gear
To support: Child Abuse Intervention Department at Mary Bridge Children's Hospital
Thanks to: Title sponsor - Alaska Airlines; supported by Rotary Clubs of Pierce County and UPS

Courage Classic Lite | August 1, 2015 (Saturday only)

courageclassic.org

To do: Pedal on a scenic bike trail with waterfalls, a cool tree canopy, railroad trestles and a 2-mile tunnel, with lunch at the end.
To wear: Helmet, headlamp and bike lights for the tunnel!
To support: Child Abuse Intervention Department at Mary Bridge Children's Hospital
Thanks to: Title sponsor - Alaska Airlines; supported by Rotary Clubs of Pierce County and UPS

Rock the Foundation | Friday, September 18, 2015

multicare.org/rock-foundation

To do: Wine, dine and rock the night away
To wear: Cocktail attire
To hear: Rock band to be announced in June!
To support: MultiCare Health Foundation

Come Walk With Me | Saturday, October 3, 2015

comewalkwithme5k.org

To do: Walk – or ride your motorcycle
To wear: Pink! And bedazzled bras
To support: Breast health programs at Good Samaritan Hospital
Thanks to: The Old Cannery Furniture Warehouse

Festival of Trees | Wednesday - Sunday, December 2 – 6, 2015

marybridge.org/fot

To do: Celebrate the winter holidays
To wear: Events range from jeans to tuxedos
To support: Mary Bridge Children's Foundation
Thanks to: Mary Bridge Brigade and 700 volunteers

News from our Newest: South King Health Foundation

MultiCare has a solid history of serving communities in South King County with clinics and the comprehensive Covington Medical Center. Two years ago, Auburn Regional Medical Center became Auburn Medical Center – a nonprofit organization with a firm focus on overall community health. South King Health Foundation, governed by a board of volunteers, was established early in 2014 to forge a new and strong partnership with the community.

It is exciting to report on the first steps of our newest foundation. Here is what has been achieved:

New Equipment and Supplies for Auburn's Geriatric Psychiatry Center

Through the generosity of donors, including board members and many MultiCare employees, the Center has acquired a variety of musical instruments, classic movies, art supplies, reading materials, personal care items, aromatherapy and exercise equipment. These activities, especially music, help patients reconnect with reassuring memories. This reduces acute psychiatric

symptoms, comforts patients and families, shortens length of stay and curtails readmissions.

Nutrition Education in Auburn and Kent

This outreach program targets low-income and ethnically diverse populations where poor nutrition, obesity, diabetes, cardiac issues and chronic diseases are prevalent. Funding will provide education resources and customized cook books to community partners, including the Auburn and Kent food banks. This program, available to over 30,000 people, will also provide diabetes and cardiac information, as well as screening for blood glucose levels and blood pressure.

Improved Family Waiting Area near Auburn's Operating Rooms

The physical environment of a hospital is important, not only for patients, but for family members. Following a well-designed "refresh" this summer, the waiting area near the operating rooms, serving 700 families monthly, will provide a quieter, calming environment.

Reach Out and Read

This program, funded largely by grants, makes books and literacy part of routine pediatric checkups, especially for high-risk, low-income children. Participating doctors use books to assess a child's development and educate parents on the importance of reading. Each child is given a book to keep. Some of the books cover topics specifically for children experiencing anxiety, bullying, or sleep disturbances. The Mary Bridge Pediatric Clinic in Auburn distributed 900 books in 2014.

Rotary Clubs of Pierce County:
Courageous Advocates for Children

Decades ago, a child suffered an assault that horrified our community. The crime was the catalyst for members of local Rotary Clubs, who created a permanent endowment to help abused children. They introduced the first Courage Classic fundraising ride in 1991 and have raised $8 million. Every year, over 400 Rotarians from 11 Rotary Clubs in Pierce County volunteer at rest stops along the three-day route. The funds raised are critical to the children who are served by the Child Abuse Intervention Department at Mary Bridge Children's Hospital.

Courage Classic riders will testify: It isn't just about the pedaling. It's about the food and the spirit of the volunteers. The Rotary Clubs, their refreshments and their encouragement are a celebrated tradition.

Rotary Club	Rest Stop	Famous for
South Hill/Sumner	Blewett Pass	Superb soup/sandwiches
Gig Harbor	Snoqualmie Summit	Mama mia! Spaghetti, salad, garlic bread
Tacoma Sunrise	Lake Easton	Indulgent ice cream sundaes
Tacoma Rotary 8	Leavenworth Beer Garden	Oom-pah! Beer Garden
Puyallup Downtown	Ingalls Creek	So snowlicious snow cones
Tacoma Narrows	Stevens Pass	Decadent baked potato bar
Lakewood/Clover Park/Tacoma South	Nason Creek	Old-fashioned frosty root beer floats
Tacoma North	Mineral Springs	Homemade cookies and fresh fruit
Gig Harbor Mid-day	Plain-Beaver Creek	Delectable chocolate-dipped bananas
Parkland/Spanaway	Olallie State Park	"The cow" coffee and bagels
Tacoma Sunset	Forest Road 9020 Off-road	Fabulous fat tire support

By the Numbers:
Festival of Trees 2014

$1.74 million raised for the patients of Mary Bridge Children's Hospital for:

- Uncompensated care for children, alleviating financial burdens for families
- Tree House: A Place for Families
- Helping Hands Fund

700 volunteers

44,000 volunteer hours

15,260 attendees

Special thanks to co-sponsors:

Associated Petroleum Products, Inc. (APP)
Emerald Queen Casino (EQC)
Mary Bridge Brigade
Potelco, Inc.
Propel Insurance
Tacoma Rainiers

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TOUCHING LIVES

SPRING 2015

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Dear Colleagues, Donors, Friends and Supporters,

Imagine you are driving through town, sometime in the late 1940s, when you notice two neatly dressed young girls standing on the street corner, bunches of freshly picked daffodils in buckets at their feet. It's April, so of course it is raining. But these children seem to have their own supply of sunshine. They ignore the drizzle and share a smile and words of thanks with everyone who buys a flower, just as their mother instructed. You decide to buy a few daffodils from them and find out that the money will be used to fulfill their mother's dream — a dream of building a children's hospital, right here, in this not-so-big city.

(left to right): Alice Marr, Florence Berry, Mrs. Charles Denzler, Peggy Brown, Vina Brandes and Helen Bennett.

The girls' mother was Florence Berry, a founding member of the Tahoma Guild, Tacoma Orthopedic Association (now Mary Bridge Brigade). By all accounts, she was a dynamic woman whose intelligence, compassion and persistence established a legacy of philanthropy in her family and in the community. Her two daughters, Carol and Nancy, related the story of standing on street corners selling daffodils to raise money to help build Mary Bridge Children's Hospital to their own children and grandchildren.

Nancy and Carol followed their mother's philosophy of working on behalf of others. Carol married Gary Milgard and, over time, helped establish the Gary E. Milgard Family Foundation. A few months ago, the foundation made a $2 million gift to support *Building Dreams Together: The MultiCare Campaign for Healthy Children* in memory of Mrs. Berry and her dedication to the children of our community.

The new Florence Berry Family Birth Center at Tacoma General Hospital will be named in her honor — and in recognition of her descendants who continue her legacy.

Sincerely,

Sara J. Long
Vice President,
Foundations of MultiCare

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