

# FOUNDATIONS

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## JOURNAL

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*Letter from*  
**DORI YOUNG**  
Vice President, MultiCare Foundations

*Dear friends,*

There is a saying that goes, “If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help somebody.”

It’s a beautiful concept — giving can fill your cup instead of leaving you with less.

More than 10,000 people will give to MultiCare this year and help others through acts of volunteerism or generous financial support. Each person who gives has a special story. Many of those stories are united by a common theme: generosity is healing.

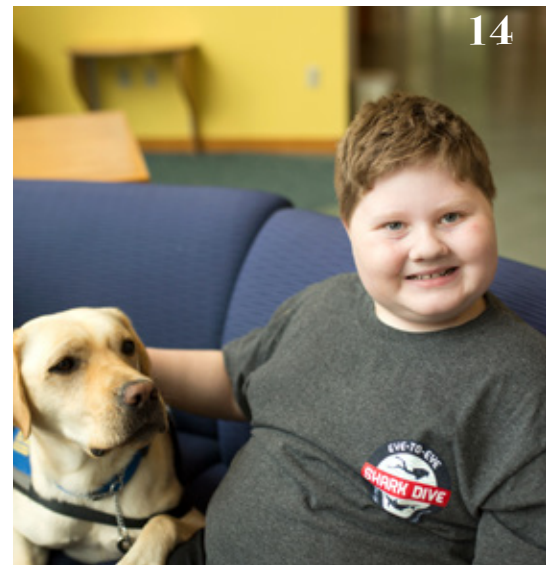
This issue of the MultiCare Foundations Journal is filled with stories about remarkable people who give and serve as a form of healing. I am so grateful to them, and to everyone who donates their time and resources to MultiCare.

During the season of giving, it’s important to reflect, share and celebrate the ways generosity makes an impact at MultiCare. It’s also important to recognize the impact it makes on the people giving back.

I know there’s a story behind every gift. Thank you for sharing yours through your generosity.

Wishing you a holiday season filled with health, happiness and healing,

DORI YOUNG, Vice President  
MultiCare Foundations



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Do you have a story to share or want to connect with us?  
We'd love to hear from you. Send us an email at [stories@multicare.org](mailto:stories@multicare.org).

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**MultiCare**   
**Foundations**

*Partnering for healing and a healthy future through philanthropy*

[supportmulticare.org](http://supportmulticare.org)

Good Samaritan Foundation | Mary Bridge Children's Foundation | MultiCare Health Foundation  
MultiCare Inland Northwest Foundation | South King Health Foundation | MultiCare Behavioral Health Foundation

2019



MultiCare Philanthropic

# EVENTS IN REVIEW

## Heart Strings, May 10

Raised \$235,000 for cardiac care in the Inland Northwest.

**Presenting sponsor: Radia**

[multicareheartstrings.org](http://multicareheartstrings.org)

## Corks & Crush, May 18

Raised more than \$1 million to support cardiac and vascular care at MultiCare Good Samaritan Hospital.

**Presenting sponsor: Howard S. Wright**

[corksandcrush.org](http://corksandcrush.org)

## Vision of Hope, May 22

Raised more than \$83,000 for client-assistance programs provided by Greater Lakes Mental Health Care.

[glmhc.org/vision-of-hope-fundraiser/](http://glmhc.org/vision-of-hope-fundraiser/)

## Changing Minds Luncheon, May 30

Raised more than \$318,000 to support behavioral health programs and services at Navos.

**Presenting sponsor: Martyn Family Foundation**

[navos.org/changing-minds-lunch](http://navos.org/changing-minds-lunch)

## Sound to Narrows, June 8

4,500 runners and 151 volunteers helped raise \$166,000 to support MultiCare's Center for Healthy Living.

**Presenting sponsor: Wells Fargo**

[soundtonarrows.org](http://soundtonarrows.org)

## Mary Bridge Children's Courage, August 24 and 25

The cycling fundraiser raised more than \$400,000 with 300+ riders for Mary Bridge Children's Child Abuse Intervention Department and Where The Need Is Greatest.

**Presenting sponsor: Alaska Airlines**

[ridewithcourage.org](http://ridewithcourage.org)

## Rock the Foundation, September 21

Raised more than \$500,000 to expand emergency care at MultiCare Allenmore Hospital.

**Presenting partner: Howard S. Wright**

**Honorary Partner: Tacoma Emergency Care Physicians**

[rockthefoundation.org](http://rockthefoundation.org)

## Come Walk With Me, October 5

2,000 participants raised more than \$200,000 for breast health programs at MultiCare Good Samaritan Hospital.

**Supporting partner: The Old Cannery Furniture Warehouse, City of Sumner**

[comewalkwithme5k.org](http://comewalkwithme5k.org)



## YOKES STRONG: Breast cancer survivor forms one of the largest teams in Come Walk With Me history

When Patti Yokes was told she had breast cancer in August 2017, she wasn't completely surprised.

"I had a gut feeling because breast cancer runs in the family," Patti explains. "My mother had it, so I kind of always thought maybe I would one day, too."

What came as more of a shock to Patti and her family was that, unlike her mom, Patti's cancer came back a second time.

"The second diagnosis was scarier than the first. I was surprised because it's never returned for anyone else in my family and I thought we had over-treated it," Patti says. Just eight months earlier, she opted to have a double mastectomy, thinking that would be the end of it.

Patti was first diagnosed with lobular breast cancer. Then in June 2018, she noticed a lump near her armpit. She soon learned that the cancer cells had returned and spread to her lymph nodes.

"I thought it was nothing, but I still felt it the next night when I went to bed. So, I called my doctor and she told me to get an ultrasound," Patti recalls. "I ended up finding out on my birthday."

People like Patti are the reason for Come Walk With Me, a breast cancer fundraising walk benefiting breast cancer care and support at MultiCare Good Samaritan Hospital. Patti first learned about the event in 2018 when she visited the Richard C. Ostenson Cancer Resource Center. She had no idea that many of the services available to patients through the resource center were funded by the walk. Things like free wigs and complimentary wig fittings, for example, which she received while going through treatment.

"I was so impressed with everything I had available to me, and I just thought, how can I support this? How can I give back?" Patti says. "When I found out about this

walk and that it could help other people going through the same thing I was, I knew I just had to do it."

She signed up right away and took her participation a step further by starting her own team — a team that grew to be one of the largest in the history of the event at 105 members. Patti's granddaughter was the first to encourage her to create the team, which they named Yokes Strong. Then her husband shared it with his coworkers, and the rest is history.

"My husband is a home builder, so he works with lots of people from different industries and we've made a lot of connections over the years that way," Patti explains. "He shared it with his subcontractors, and it really just took off from there. It was really cool because they all had a story. Realtors, mortgage lenders; it seemed like almost everyone had a connection in some way. I also shared it with my former colleagues from Intel. It was really incredible to see that people other than our close family and friends wanted to participate."

Patti is still undergoing treatments to keep her cancer from spreading, but she doesn't let that slow her down. Yokes Strong was back in full force for Come Walk With Me 2019. Between walking in 2018 and 2019, they've raised nearly \$20,000 to support breast health programs and services at MultiCare Good Samaritan Hospital.

*Come Walk With Me had a record-breaking year in 2019, with 2,000+ participants and more than \$200,000 raised. Since the event began 15 years ago, it has raised more than \$1 million to benefit breast health services.*



# Onward

“

Being adrift among a sea of emotions is a lonely and drowning feeling, often with the feeling of no end in sight. This piece shows a boat as a safe place to navigate the darkness, and the moon represents the fact that there is light. No matter how far away it may seem, there is always light.”

PETER JACOBSEN



There's a stunning piece of artwork that hangs in the entryway of Wellfound Behavioral Health Hospital. It's impossible to miss; not just because of its sheer size, but because of what it represents.

The piece is 14 feet long, laid out in three woodcut panels. Next to it, there will soon be a plaque with a

message from the artist. Part of it will read:

"Being adrift among a sea of emotions is a lonely and drowning feeling, often with the feeling of no end in sight. This piece shows a boat as a safe place to navigate the darkness, and the moon represents the fact that there is light. No matter how far away it may seem, there is always light."

These words belong to Peter Jacobsen. At just 19 years old, he's already made a name for himself as a talented Tacoma artist. He's designed and sold dozens of pieces made out of wood, glass, metal, canvas and more.

Art is a form of expression for Peter. Sometimes, it's also a form of therapy. He's struggled with depression since he was in middle school. That's why there was no question in his mind when he was approached in August 2018 about creating an original piece that would be displayed in Wellfound.

"When I heard it was going to go in a hospital for people struggling with mental illness, it really had a different kind of impact on me," Peter explains. "I was 12 when I started having suicidal thoughts. I was going to therapy and doing other things to help me through it, but I found the only thing that really helped me feel at peace was my art."

The construction of Wellfound was made possible through a partnership between MultiCare and CHI Franciscan, as well as support from community donors. The 120-bed hospital was built to address the overwhelming need for more inpatient psychiatric services in Pierce County.

"When my parents tried to hospitalize me after I had an incident in the past, there weren't any hospitals nearby that had room for someone like me. I just went to the regular ER instead," Peter says. "There's not enough places like Wellfound for people who need them, and there's still a stigma around depression. But with Wellfound, it was really cool to see so many people who were stepping in with their own resources to make future generations more accepting of mental illness. I was happy to help and be part of it, however I could."

John Thoennes, associate project manager for the Wellfound project, was tasked with leading the art direction for the building.

"I brought Peter to the entryway and I said, 'This is the wall for you.' Looking back on it now, that was a really bold thing to do because I didn't really know exactly what he would produce. But I just knew I had to give him that main lobby," John says. "It was a gut feeling."

Peter dedicated the next six months of his time to carving, sculpting and sealing the piece that he fittingly named "Onward." By the time he showed John a photo of his finished creation, it was already inked almost entirely in black.

John was taken aback, at first.

"He was concerned about seeing so much black because black is perceived as a depressing color," Peter remembers. "But I told John, that's the point — it's black on purpose. It's meant to acknowledge the darkness and the sadness that's there when you're depressed, but to also show that there's a light in the distance that can help you overcome it. As dark as it may seem sometimes, if you stay your course, you'll eventually find that light. You just have to know where to look."

Since it was installed, "Onward" has already made an impact on those who have visited Wellfound. Peter knows this because people have contacted him directly to tell him. Some have even requested to meet him, to share how much it resonated with them.

"This has been one of the most meaningful pieces I've ever done because of my own connection to it," Peter says. "I'm grateful to have been part of this, and excited to be able to share what it meant to me with any patient who might be going through what I did. I feel like I'll always have that connection with them now. If my message can help even one person, that makes it all worth it for me."

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One in five adults will experience behavioral health issues.  
You can bring hope, healing and recovery to people in your community by  
making a donation to the MultiCare Behavioral Health Foundation.

navos

Lake Burien

Ruth

ter





# Navos board member finds healing through service

Brian Abeel leads International Accounting Operations for the world's largest aerospace company as a director at Boeing. He's also an active member of Navos' Board of Directors, and has served on the board for the past three years.

There was a powerful, personal reason behind Brian's decision to join the board in 2016. He knew it would give him an opportunity to lead others and make decisions in an entirely new way — a way that hits much closer to home for him and his family.

He also knew firsthand that the efforts of Navos board members made a difference for people in his community because his daughter, Meseret, received compassionate care through Navos for a severe mental illness.

Meseret was adopted by Brian and his wife, Leticia Lopez, from an Ethiopian orphanage when she was 12 years old. The first time Brian and Leticia realized that Meseret needed professional help was in 2013, when she was 15. After several months of increasingly challenging, defiant and angry behavior, Leticia brought Meseret to a Seattle hospital where she was given a diagnosis of depression and possible anxiety. What seemed like a phase of teenage rebellion, at first, resulted in several episodes when she became increasingly paranoid, then unresponsive.

In April 2014, Meseret was taken to a behavioral health hospital in Kirkland where she stayed for 10 weeks. She rarely spoke when her parents came to visit, and sometimes, she was completely catatonic. Brian and Leticia worried that the daughter they once knew was gone.

That's when Navos stepped in.

After leaving the hospital, Meseret was placed in a state-run program administered by Navos and Seattle Children's Home called the Child's Long-term Inpatient Program. The very first thing the Navos team did when Meseret arrived was to gather everyone involved in her care to discuss planning for her future — that included Brian, Leticia, Meseret's doctors and psychologists, and Meseret herself.

That first day at Navos was different than other facilities they'd been to. It finally felt "like day one," according to Brian.

"At other hospitals, they weren't about recovery or making families feel hopeful," he says. "They just wanted to find the right medication combination to clear the patient. At Navos, for the very first time, we as parents became partners in the process of our daughter's treatment. Our fears were replaced with feelings of hope. Meseret thrived there. She set goals, began to learn about emotional regulation and coping skills, and acknowledged for the first time that she had a mental illness."

Brian and Leticia were so grateful for the level of care their daughter was shown at Navos that they decided to become donors to the organization. Many Navos programs, including some that Meseret benefited from, rely on donor support. It wasn't long after that when Brian was approached about the idea of becoming a board member and readily applied.

Today, Brian calls it a privilege to serve on the board in two different capacities, through the Finance and Operations Committee and the Executive Committee. He says this service has

provided a new space for his own personal form of healing, as many of the other board members have gone through similar experiences with loved ones trying to overcome mental illness.

He recalls one recent interaction with an emeritus board member that especially stuck with him.

“This other member and I have a lot in common in that we both have children who struggle with different types of severe mental illnesses,” Brian explains. “She came up to me after a meeting one Monday evening and said, ‘I hope everything’s going well with your family, and I just want you to know that I know what you’re going through.’ That meant a lot.”

Meseret continues to live with behavioral health issues today and has received care at other Navos facilities. The reality of her diagnosis (determined as schizo-affective disorder) is that her treatment isn’t a short-term chapter in her life that can be quickly treated and resolved.

“This type of diagnosis is a long game; it’s not a one-time episode in our lives,” Leticia says. “By sharing this, we hope that other people can become more educated about the realities that we, and so many other families like ours, face when it comes to behavioral health. Through it all, Navos has been a beacon for us. From the beginning, they’ve held the vision of Meseret as a well person with a bright future ahead of her.”

As a dad, there are two big things Brian hopes for Meseret’s future. He knows they’re both possible, with the help of Navos and their newly formed partnership with the MultiCare Behavioral Health Network.

“My number one hope for her is that she winds up with some really good friends who will love her no matter what,” Brian says. “And number two, I hope that one day, she’s able to live a normal life where she has a job she loves, working with people she enjoys, who accept her for who she is. And I think that can happen, I really do. That’s the beauty of what Navos and MultiCare Behavioral Health can do together.”

“

*Through it all,  
Navos has been  
a beacon for us.  
From the beginning,  
they’ve held the  
vision of Meseret as  
a well person with a  
bright future ahead  
of her.”*

**LETICIA LOPEZ**



## Introducing: MultiCare Behavioral Health Foundation

The MultiCare Foundations are proud to announce the launch of the MultiCare Behavioral Health Foundation. This new foundation will build philanthropic partnerships to support programs and services offered by the MultiCare Behavioral Health Network.

The MultiCare Behavioral Health Network, comprised of MultiCare Behavioral Health, Greater Lakes Mental Healthcare and Navos, is the largest nonprofit behavioral health provider in Washington.

With your support, recovery happens.

[Learn more at support.multicare.org/behavioralhealth](https://support.multicare.org/behavioralhealth)

# The power of volunteering

Kate



## Kate Drury

### Tacoma General Volunteer Services

Every person who volunteers for MultiCare wears a special name badge on a green lanyard to let others know they're in our facilities to help. At more than 800 volunteers strong across our system, that's a lot of name badges!

Someone has the job of creating each and every one of them – her name is Kate Drury.

"It's important to me to help others in the community, and to help the other volunteers too. That's what I like to do, so I keep doing it," Kate says.

It makes her especially happy when she walks around the hospital and sees her fellow volunteers wearing the badges she put together.

"Someone has to be the one to do it!" Kate jokes. "I'm happy it's me."

## Victoria Terrill

### Mary Bridge Children's Hospital

Victoria Terrill has ambitious goals for her future. The high school senior plans to become a pediatric surgeon, and she's been preparing for that career in a unique way: she volunteers at Mary Bridge Children's Hospital.

Victoria normally volunteers once a week, doing whatever she can to help the Mary Bridge inpatient unit and the Child Life Services team.

"One of my favorite things to do is just playing with the kids — letting them still be kids as much as they can while they're here. It's amazing how resilient they can be," Victoria says.

She encourages everyone to look for ways to volunteer, even if you don't think you have the time.

"You never know when you'll need help, so it's important for people in the community to take care of each other," Victoria says. "You'd be surprised how flexible it can be. Figure out a schedule that works for you and just start by asking. Giving a little bit of time is better than not giving at all."

Victoria





Myra

## Myra Trucco

### Allenmore and Hospice Companion

When Myra Trucco's mother was in hospice care, her caretakers would often call to ask if their family was in need of respite or any other type of assistance, giving the family a temporary break as her primary caregivers.

Through that experience, Myra was inspired to become a hospice volunteer herself. She's been giving her time and talents as a MultiCare volunteer for more than two years now.

"I have one hospice patient that I visit with twice a week for two hours," Myra explains. "I'm there to give her my complete, undivided attention. It's my job to be a calming presence and a sounding board for her, for whatever she needs on that particular day. I do my best to brighten her day however I can," she says.

When it comes to giving back, Myra believes there's power in numbers.

"I think we would be a better community, and a better country, if everyone took the time to give back in some way," she says. "Even if all you can give is your time, know that it's still going to help someone."

You can make a difference in your community by joining Kate, Myra, Victoria and Sam as a MultiCare volunteer. Visit [multicare.org/volunteers](http://multicare.org/volunteers) for more information.

## Sam Losoya

### Auburn Medical Center Registration Desk

Sam Losoya spent most of his career in hospitals.

"I have been working in hospitals most of my life," Sam says. "I started as an emergency room tech and worked my way up to surgeon's assistant."

Now that he's retired, Sam volunteers to give back to his community and as a way for him to socialize and stay mobile. He's the first smiling face you see when you enter MultiCare Auburn Medical Center.

"I volunteer because I think it's something that is needed," Sam says. "I know if I had to go to the hospital, I would appreciate it if someone was there to greet me and to show me where I needed to be. People who are coming to the hospital already have something heavy on their mind. I am happy to help."



Sam

# Community support: *the heart of* Mary Bridge Children's



**A hospital or medical clinic can be a scary place for anyone, especially a child. For 9-year-old Liam Parnell, check-ups, blood draws and medical tests have always been a regular part of his life.**

Liam was first seen at the Mary Bridge Children's Emergency Department when he was almost a year old. Shortly after being admitted, he was diagnosed with epilepsy.

While Liam has been seizure-free for three years, he continues to receive support related to autism and Tourette's syndrome. Like many kids on the autism spectrum, he experiences anxiety and sensory processing challenges that affect his development, learning, communication and mental health.

Liam leaves every visit with a sense of accomplishment and comfort, thanks to his team of Child Life Specialists whose work is made possible through donor giving.

"All along our journey, Mary Bridge and the Child Life team have been there to meet us wherever we are for whatever we've been facing," Liam's mom, Bev Parnell, says. Every single time, visiting with a Child Life Specialist has made things better for Liam."

For Child Life Specialist Jesse Bartlett, a successful appointment means helping patients achieve their goals.

"Our job is to figure out what is causing stress for a patient, and then help them to come up with a plan to cope with this stress so they can overcome some of those challenges," Jesse says. "The first time I met Liam, that meant talking about one of his interests – Pokémon – and keeping him engaged in that conversation and doing things that he needed to do in order to make the appointment successful for him."

This unique and specialized type of care is essential to helping Liam get through the medical requirements of his appointments with minimal stress and fear.

The impact Mary Bridge Children's has had on the Parnell family inspired Bev to pursue a career at MultiCare as a leadership development consultant. She continues to volunteer for various roles with Mary Bridge Children's Festival of Trees, including her most recent position as Trees Group Chair.

"For me, it's important to give back because of Liam," Bev says. "So much has been given to him and to us."

Giving back is what Mary Bridge is all about according to Bev.

"I think community support is at the heart of Mary Bridge," Bev says. "When we can walk out of Mary Bridge and Liam has his head held high and you can tell that he feels proud – that's huge. So, for me to have even a small part in giving back to something that powerful – I can't say no to that."



# Legacy advisors share smart, simple ways to leave a legacy

Every legacy gift tells a story. The story of a lost loved one, a trying personal journey or the story of someone who has a heart for their community. Armed with the right information and a passion for philanthropy, anyone can leave a legacy. We gathered three members of our Professional Legacy Advisory Council (PLAC) to show you how easy it is to give back. PLAC is a group of financial and estate planning advisors who help promote values-based legacy giving and estate planning.

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## Meet our advisors:

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### **Amy Lewis**

Estate Planning Attorney with  
Eisenhower Carlson PLLC  
Mary Bridge Children's Foundation  
Board Member



### **Bob Pittman**

Estate Planning Attorney with the Law  
Offices of Robert C. Pittman



### **Jun Chea**

Certified Financial Planner, Senior Vice  
President and Senior Relationship  
Manager at KeyBank, Good Samaritan  
Foundation Board Member





### What inspires people to give a legacy gift?

**Amy:** Often it's because they're grateful for something they have received or that their family has received. Sometimes people give because it's a way to pass values onto their family. For others, it's to continue their lifetime giving after they're gone.

**Bob:** I tend to see people leaving them in order to honor a family member or as a token of appreciation to a charity that was meaningful to them.

### Who can give a legacy gift?

**Bob:** Everybody. I think it's surprising to a lot of people that they can leave a legacy gift. I was talking to someone the other day who gives to her favorite charity every year. I asked her, 'What will happen to that gift when you're gone?' Through legacy giving, it's easy to leave even a small amount that will continue your charitable giving after your lifetime.

**Amy:** Just about everyone can give a legacy gift in some way. People think they must leave a large gift or that they have to be wealthy. The reality is that there are lots of options to consider at the end of your life that can be used to give back, like retirement accounts and life insurance policies. All these things make it much easier to give.

### What is one of the easiest ways to give a legacy gift?

**Amy:** I think one easy way to leave a legacy gift is through a beneficiary designation on a retirement account because it doesn't require an attorney to draft anything. It's also something they can easily change and it's a tax advantage because the charity you designate won't pay income taxes on the gift like a family member or friend would.

**Bob:** If an individual has some type of permanent life insurance, they could add a charity as a partial beneficiary. Another simple way to give back is to include your favorite charities in your will.

### Does a legacy gift have to be large to make a difference?

**Jun:** Not at all. It just has to be a meaningful amount for the donor.

**Bob:** Everybody can leave something meaningful. Small, but consistent gifts are important and accessible to everyone. They add up over time. If you can leave money so that your charity receives a steady income stream from you every year, even after death, you will make a huge difference.

### Do you have to be wealthy to have an estate?

**Jun:** Everybody has an estate. A retired estate planning attorney once told me, 'When you have a pulse, you don't have an estate. When you don't have a pulse, you have an estate.' It could be very small, but everyone has one.

**Amy:** Not having an estate is a common misconception. People forget that they have a house, retirement accounts, life insurance — assets that they can't fully access while alive but they will be there when they pass. Most people have an estate of some kind, and with that, they can make a gift.

### Is it possible for people to leave money for their loved ones and their favorite charity?

**Jun:** There are lots of different techniques. You could set up a charitable lead or remainder trust. A remainder trust means family members would receive current income from the trust and the residual goes to charity. A lead trust means the current income goes to charity and the residual goes to family members.

**Amy:** Most often, people just pick a percentage split on things. A lot of the time it requires us to talk to people, so they understand what their estate will actually consist of. I ask folks who are planning on giving each of their kids \$500,000, if you gave each kid \$450,000 would that still be enough for them? You could give that remainder to charity.

### What advice do you have for people who are just beginning to explore legacy giving?

**Jun:** Start with what you are passionate about. Do your due diligence on selecting the charities you want to work with. I highly encourage people to connect with others.

**Amy:** I often advise people to chat with the organization they are considering giving to in order to understand how they can give back. I advise people to use free opportunities, like those offered by Thompson & Associates through the MultiCare Foundations, to explore all of the possibilities.

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For more information about how you can leave a legacy, contact our gift planning team.

[plannedgiving@multicare.org](mailto:plannedgiving@multicare.org) | 253-403-3093 | [multicarelegacy.org](http://multicarelegacy.org)

# Giving back helps wash away 'flood of emotions'

Every Christmas Eve for the past seven years, Heather, Mike, Joe and Hadley Jackson have walked through the doors of the MultiCare Deaconess Hospital Neonatal Intensive Care Unit (NICU) with gift bags in hand.

Together with their extended family, the Jacksons put together care packages for families and staff spending their holiday in the NICU.

Heather says the annual "Born Babies" donations are their way of recognizing the hardworking NICU staff and the families who are going through such a stressful time — feelings that they know personally.

Heather's youngest child, Hadley, was born at 34 weeks weighing 4 pounds, 13 ounces and spent 15 days in the Deaconess NICU.

The staff and families made the difference. From staff caring for and educating the family to family members bringing in comforts from home and looking after then 2-year-old Joe.

"When someone does something else for your child, it's the greatest gift anyone could ever give you," Heather says.

During their stay, the Jacksons saw other families without strong support systems, and witnessed the great lengths staff members went to in order to help.

That experience now inspires them to collect blankets, mobiles, diapers, wipes, clothes, coloring books for siblings and treats for staff each year.

"We think it's important to surround families with a little bit of love and comfort in their time of need," Heather says. "Walking back through those doors every year can bring a flood of emotions, but to hug and show appreciation to those who were there for us washes away those hard feelings."



Make your year-end donation to the  
MultiCare Inland Northwest Foundation at  
[support.multicare.org/inw](https://support.multicare.org/inw)

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**MARY BRIDGE  
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## A recipe for SNOW

*from Child Life Services*

Create your own winter wonderland at home by following this easy recipe.

### Tools and Ingredients

Mixing bowl  
Fork  
1 cup of baking soda  
Water

### Steps

1. Start with 1 cup of baking soda in a mixing bowl.
2. Add 1 tablespoon of water.
3. Stir with a fork.
4. Add 1 tablespoon of water and stir again.
5. Continue until snow reaches preferred consistency.



  
MARY  
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CHILDREN'S  
FESTIVAL  
of TREES

# JOIN US

**Public Hours:** December 6 and 7 from 9am to 1pm

**Tinsel on the Town:** December 6 benefiting Child Life Services

**Gala:** December 7 benefiting Where The Need Is Greatest

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