



2022 **IMPACT** Report

A message from your Foundation team

The Memorial Foundation is a love story about you and this beautiful valley we call home. From humble beginnings and passionate determination, it was activated in 1989 to fund and promote children’s health care opportunities in our Valley. A gift made by Mr. Stan Dumas decades ago not only initiated the creation of The Memorial Foundation, but it quite literally saved lives. Generations later his gift is still making an everlasting impact on our community. What an incredible legacy!

In the decades since, our community has responded with generous enthusiasm, growing our mission to include a robust array of health programs from beginning of life to end of life. It truly is a love story that comes full circle and it is thriving thanks to your passion and fueled by your generosity. Thank you for carrying the torch and for your kind and heartwarming support. Our hearts have been touched by your readiness to fill the gap where needed, making our Valley truly one of a kind.

2022 was a challenging year full of exciting ideas and goals as our team adapted to many efficiencies and changes. We are in the midst of growing our digital expertise and use of technology to inform a wider audience, quicker response to your gifts, and a variety of platforms to communicate with you. Although change can be hard, your positive response has encouraged our efforts, and we couldn’t do this without your helping hands.

We have several goals, and one that is always at the top is to strengthen your experience as a donor. We want you to know you are part of an important change in the Yakima community and we value you! We are eager for our team partnership with the MultiCare Foundations to exchange ideas for meaningful donor experiences and community impact. You can expect to hear from us more often, as your ideas and input drive our growth, and we cannot thrive without you!

Because of you, families are stronger, healthier, and more prepared for life’s challenges. These changes create an ever-widening ripple effect that reaches beyond our community, leaving a legacy for those who will come after us.

Gratefully,

Your Memorial Foundation Family



“We live temporarily through what we take and live forever through what we give.”

Fareed Zakaria

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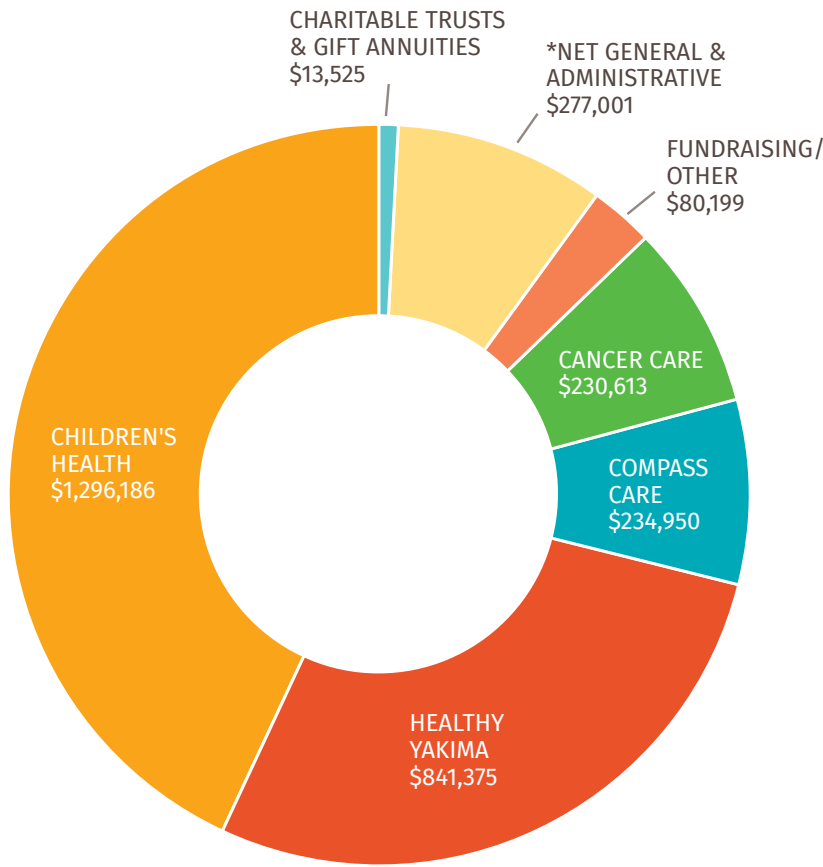
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FY 2022 IMPACT

Through your generous support we allocated a total of \$2,973,849 to programs and services that have direct impact throughout our Valley!



**MultiCare Yakima Memorial Hospital paid \$526,554 of additional general and administrative expenses on behalf of the Foundation. These expenses are recorded on the statement of activities (audit).



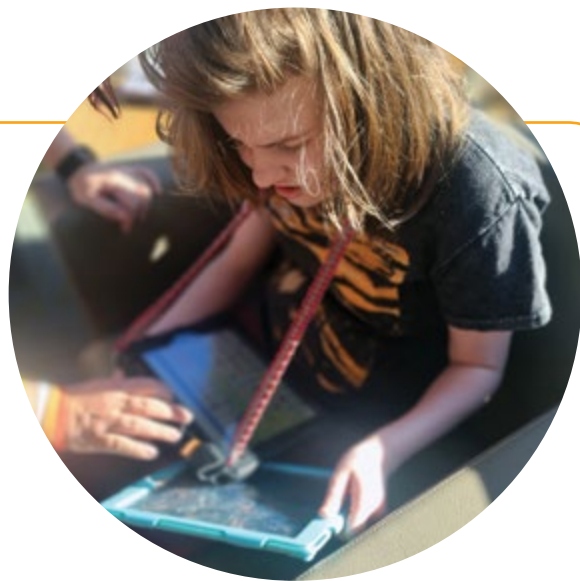
For over 25 years Children's Village has been a central location where families receive an array of services needed for kids with special health care needs.

The phrase "it takes a village to raise a child" originates from an African proverb and conveys the message that it takes many people ("a village") to provide children with a safe and healthy environment to allow them to thrive and live their best life. Many fondly refer to Children's Village as "The Village" or "My Village" and it just speaks volumes about our community. Raising a child quite literally takes a village, and you are part of that village that continues to show up year after year.

Children's Village is such a unique form of providing care and is one of a kind in the nation...right here in our community

thanks to supporters like YOU. What an amazing story of a community coming together to fill the gap for thousands of families.

The Village was built and sustained by your generosity, through community contributions and your continuous support of our mission and the need continues to grow. Thanks to you we are close to meeting our goal to help expand programs and services at The Village through our capital campaign: CHAMPS. To learn more visit www.champscampaign.org. Doing so will help fill the gap and get children the care they deserve while minimizing waiting times.



Aubrey's mother recently shared with her speech therapist how proud she is of her daughter and how Aubrey is truly the "poster child" for AAC (Augmentative and Alternative Communication).

Aubrey's

abilities to understand language, including her literacy skills, were never fully realized in her school program until she received her communication device through the Village. Aubrey uses an iPad and uses a fairly complicated application with a significant store of vocabulary available on it to communicate with those around her.

Aubrey's mother shared that when Aubrey took her most recent reading assessment, she scored above grade level for her age! Prior to receiving and becoming competent with the

device use, Aubrey was not able to participate in assessments that identify the strengths she possesses. Aubrey's mom was in tears as she explained how all of this has been made possible by her AAC device and therapy. Stories like Aubrey's are possible because of your continued support!



IMPACT

- Children's Village serves a 10-county region in Central Washington ensuring local access to specialized treatment
- You have helped alleviate critical shortage of health care providers in rural areas
- Early intervention services increased by 220%
- In the past 10 years children served has more than doubled from 4,000 to 11,200



Benefiting



More than 10 million kids enter a hospital like Yakima Memorial across North America every year. Yakima Memorial is one of only three Children's Miracle Network Hospitals in the state. Each year, thousands of children require specialized, expensive health care and many children don't have the health insurance or rely on Medicaid to cover their health-related expenses. Providing high quality, compassionate care that children need can't be done alone.

To provide the best care for kids, hospitals rely on donations and community support, as Medicaid and insurance programs do not fully cover the cost of care. This is where Children's Miracle Network steps in to help bridge the gap.

Since 1983, corporate and local partners have stepped up to raise funds for the cause. **In 2022 they helped by raising more than \$1 million, most of it \$1 at a time through Miracle Balloon icon campaigns.**

Partners across our region help provide the highest quality of pediatric, neonatal, and specialized care in Yakima. This helps ensure a healthy development of our Valley's children as the pediatric unit and NICU of choice.

IMPACT

- 62 children enter a CMN Hospital every 60 seconds
- 1 in 10 children in North America are treated by a CMN Hospital each year
- 32 million patient visits are provided for 10 million kids every year by CMN Hospitals

2022 Fundraising Total: \$1,050,148

Corporate Sponsors

Ace Hardware
Walmart
Costco Wholesale
Credit Unions for Kids: Gesa Credit Union, HAPO Community Credit Union, Solarity Credit Union
Panda Express

Local Partners

Tree Top
McCurley Subaru of Yakima
Central Washington University
Fieldstone Communities

CMN CHAMPION

Sawyer

was due to come into the world on June 29, 2011. After an easy and very uneventful pregnancy, Sawyer's mom suddenly ended up in the hospital on bed rest. Sawyer was born exactly 8 weeks early. He weighed 3 pounds 7 ounces and was immediately taken to the NICU at Yakima Memorial where he was quickly intubated and placed in an isolette. The biggest concern was Sawyer's underdeveloped lungs. The doctors and the nurses in the NICU monitored his oxygen levels very closely 24 hours a day, and he was fed through a feeding tube. The whole experience was a roller coaster of emotions. **The one constant thing we experienced in the NICU was the superb care we received from the doctors and nurses. Every nurse there cares for these little babies as their own. They have a very deep compassion for the families and understand how painful it is to not be able to take your baby home. They very quickly become a part of your family as you have to put complete trust in them to care for your child.** They prepared us and taught us to be able to do things for Sawyer ourselves. They taught us the best way to bath a tiny baby, how to change feeding tubes, and how to monitor oxygen levels. Knowing these things gave us the opportunity to actually care for and parent Sawyer instead of feeling like we were just "visitors" at the hospital. Because of this, after 3 months in the NICU, we were able to take Sawyer home with a feeding tube and oxygen and we felt totally prepared. We can't say enough about the amazing care the NICU nurses and doctors provided not just for Sawyer, but for Michael and I as well.



Brooke Maloney, Sawyer's mom, and Sawyer speaking at CMN Golf to Give Classic.



"We had a bit of follow up care through Children's Village as Sawyer got older to make sure he was developmentally on track. We are happy to say that Sawyer is a smart, healthy 12-year-old boy. We are eternally grateful to the NICU for their amazing care."

—Brooke Maloney

NICU and Pediatrics

Memorial's pediatric service line includes a regional service Level-III Neonatal Intensive Care Unit (NICU), the Pediatric Unit, which is Central Washington's only pediatrics unit, and Children's Village. Your donations are vital to keeping health care local by providing services and care that otherwise wouldn't be readily available. It's thanks to you that the tiniest of patients are able to receive life-saving care.



Our twins were born at 26 4/7 weeks by emergency Cesarean section. Tate weighed 2lbs 9oz at birth and Carter weighed 1lb 14oz. The boys were fortunate enough to reap the benefits of the donor breast milk program. They used Prolacta to fortify my own breast milk to increase their caloric intake to help them grow out of their lung prematurity. They were discharged after 115 days, each weighing nearly 10 lbs. They have chronic lung disease because of their prematurity. Both twins will be followed by Children's Village early intervention program to monitor their development.

We are so grateful for the specialty care the boys received from everyone involved; Family Birthplace, the NICU, and even Children's Village who came to them in the NICU.

We truly can't pick one particular person that has helped us most. They are all fantastic in their own ways and have different things that they bring to the table.

—Matthew and Jamie Slahtasky

Genetic counseling services are traditionally located within a large metropolitan city and associated with a large hospital system. This serves only a specific patient population and leaves patients in smaller, more rural cities without direct access to genetic services. Genetic services can be essential to providing accurate diagnoses, treatment, and recurrence information to families and providers. The ability for only a select portion of the population to easily access these services creates inequity within the health care system and may cause individuals to receive incorrect care throughout their lifetime. The genetics program at Yakima Memorial is unique in its ability to provide this specialty care to individuals in the Yakima Valley.

Genetic counselors meet with expecting mothers and also during their time in the hospital to provide education, support, and testing. The family is then connected to other services within the community to continue care, most time at Children's Village. The ability to reassure a family that they have support within the community allows the family to focus on what matters most, their child.

Your donations keep care local, and once again bridge the gap by providing health equity!

Dr. Leung, Jim Emmerson (RN), Monica Hernandez (UCA), Janice Northrup (Nurse Manager) and Brian Vetsch (UCA).



IMPACT

Over the last several years your donations have helped bring top of the line care for our tiny patients in the NICU.

Your donations helped Yakima Memorial launch its donor breast milk program. For our sick and convalescing infants who require expert NICU care, optimal nutrition is a critical component of these babies' care plan to support their recovery, growth, and development.

Mother's own milk is always considered the best basis of nutrition—even if mother's own milk requires fortification with additional nutrients. Mother's own milk has the best balance of macronutrients, including essential fatty acids for optimal brain and eye development. It provides proteins from mother's immune system, called antibodies, that help protect the baby from infections. It includes protein components that help protect a premature infant's gut from a unique type of injury called necrotizing enterocolitis that can be devastating and life-threatening. And mother's own milk supports a healthy gut microbiome. The gut microbiome is comprised of healthy bacteria living in our intestines that protect us from disease.

However, mother's own milk is not always available because of a variety of situations. When mother's own milk is not available, donor breast milk can be a critically important resource until mother is able to provide milk or until baby is well enough to transition to alternative formulas.

Donor breast milk is expensive and has historically only been available in resource-rich settings such as metropolitan areas, larger health care organizations, and children's hospitals. But all babies deserve the best start possible—especially when those babies are born prematurely or have other medical vulnerabilities.

Because of the generous donations and your commitment to our children, the NICU is able to provide the tiniest of patients the best possible nutrition!

Our **Healthy Yakima** initiative strives to improve the overall health and well-being of our community through classes, one-on-one sessions and more. This outreach includes diabetes education programs, childhood obesity prevention, nutrition programs and more. Your support is helping those at risk live a better-quality life and reducing hospital admissions at the same time.

I would like to share how Memorial's Diabetes Prevention Program recently changed my life, my health, and my overall outlook about myself.

When I asked Dr. Kristin Larson to help me manage my weight, she recommended the Diabetes Prevention Program as a means to control my obesity and avoid developing diabetes. I knew nothing about the program, but signed up when the referral call came in, skeptical that I could stick to the one-hour-once-a-week meeting.

All it took was the first 10 minutes of that first class, and I was hooked! Linda, the facilitator, was warm and friendly, and the other 5 students all had a similar story to mine. When Linda looked me straight in the eye and stated:

'If you track your calories and fat grams, and be active 150 minutes per week, you will lose weight! I was so excited - I could do this!

I embraced the program and made it my mission to succeed, which was easy to do with Linda and the other students' support. Magical!

My newfound desire changed my whole outlook

on my own personal wellness. I totally surprised myself when I started to enjoy racking up the activity minutes every week, and challenging myself to exceed the 150 minute allotment.

I started my personal journey on January 3rd 2022 (because you always start a diet on a Monday!) and amped it up in the middle of February when the DPP classes started. To date, I have shed 53 pounds, many inches, taken up water walking and lap swimming 5 days a week, and best of all, enjoying my new size 10 clothing, which used to be an 18/20. Yikes!!

Thank you, Memorial Foundation, for providing an easy-to-follow, healthy, doable program that changed my life forever.

Also, if all the stars align, I would love to share my new-found knowledge with my own group of students in the classroom, teaching the way I love to teach - leading by example.

—Paula Andrew

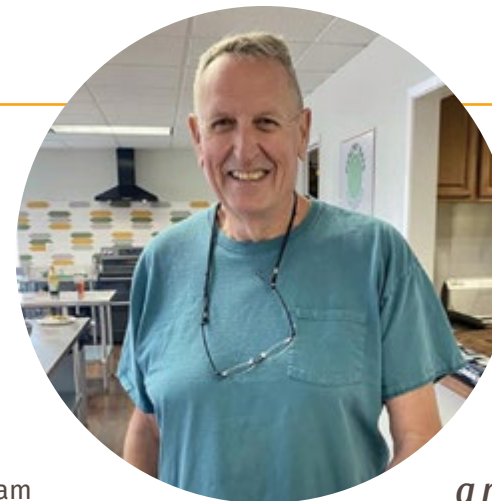
Maury

Riker and his wife were

enjoying their retirement in the Yakima Valley when their doctor told them about the Diabetes Prevention Program offered by Yakima Memorial. Dedicated to each other and improving their health, they attended an orientation and enrolled in the 16-week program. It's designed to help people reduce their risk of developing Type-2 diabetes. As part of the program, Maury had his A1C levels checked and was shocked to discover that he was pre-diabetic. "I had no idea that I had any issues with my blood sugar," Maury said. "It was a wake-up call for me."

Maury began following the program's recommendations to refine his diet and implement an exercise plan.

"The program has been life changing. It's not difficult. There are no food restrictions, nothing is off limits," Maury said. "It's been absolutely amazing."



Maury was able to bring his A1C levels down from 8 to 5.4 in just three months. Though never officially diagnosed with diabetes, the program had a major impact on his health.

He lost over 100 pounds, and also reduced his risk for heart attack and stroke.

Maury was so inspired by his results, he became a program instructor and facilitator to help others make the same positive changes in their lives. He continues to follow the lifestyle changes he learned in the program, but he's equally dedicated to encouraging others to attend the Diabetes Prevention Program.

"It's the best-kept secret in Yakima," he said.

Classes are limited to 15 to 20 students and attendees work in small groups to share their stories, knowledge and challenges

IMPACT

Diabetes Prevention Program

- 227 referrals received (a 50% increase from 2021)
- 117 participants enrolled in the program (a 15% increase from 2021)
- 107 participants started the program
- Average weight loss at the 16 week mark was 13 lbs.
- Total weight lost at the 16 week mark was 692



Healthy Eats Classes

- Classes resumed in person in April of 2022
- Total of 9 classes were held in person
- Average of 9 participants attended each class

YMCA

- 17 Diabetes Prevention Program participants took advantage of a YMCA discounted membership



Compass Care is a continuum of care starting from diagnosis of a life limiting illness and gives hospice patients, family and health care providers options for care and treatment so they're not doing this alone. It's transforming how people approach their long-term health care decisions regarding their life limiting diagnoses. Compass Care provides supportive care, home health, hospice and bereavement and also Cottage in the Meadow. The goal is to provide the best quality of life in the final stages of a person's life to patients and families embarking on this journey. Your gift to Memorial's Hospice programs changes lives!



Our Mom

Phyllis

was diagnosed with a brain tumor in January, which turned out to be lung cancer with brain metastasis. After three weeks of palliative radiation, Mom decided she did not want to pursue further cancer treatment. In the hospital, we were introduced to David Eichwald, MSW. He allowed our family to come to the decision to have Mom go into hospice care, after many conversations to answer all our questions.

We were able to take Mom home for a couple months, and truly benefited from the care of hospice nurse Cheri Alexander and support staff. Mom was able to go to church, enjoy tea parties with her grandchildren and spend quality time with our Dad. Cheri helped us arrange our last family vacation with Mom at Ocean Shores.

In April, we took mom to ER for a severe nosebleed. Mom was not strong enough to return home and was admitted to Cottage in the Meadow. The staff was extremely gracious, making Mom comfortable and caring for her. Mom was able to enjoy being outside, as we wheeled her out to her patio to enjoy the sunshine and the beautiful waterfall beside her door. We were able to take her to see her grandsons play baseball. We anticipated bringing Mom back home, however God had a different plan. Mom slowly began to decline, unable to feed herself, drink or even communicate.

The Cottage staff encouraged us to bring our whole family into her room to have dinner as a family. We watched the Mariners play on the TV in her room as we sat with her in the evenings. The Living Care Facility Chaplain came and played her favorite hymns on his guitar. Her nurses were fantastic...I remember Laura, Peggy, Anna and various caregivers that gave us clear and accurate ideas of what to expect, as well as helping keep



Mom comfortable and pain free. David Eichwald met with my sister and me to help us understand our Dad's unique way of grieving as well as to help us verbalize our good-byes to Mom, even though she did not acknowledge hearing us.

We received a phone call the morning of April 21st, asking us to come to the Cottage as Mom's passing was imminent. We were able to sit with our Mom, read Scripture and play her favorite hymns for an hour. Mom was smiling as she took her last breath. The nurses helped clean her body, arrange her hair and place a bouquet of flowers in her hands as she was taken to the departure chapel, where we said our final good-byes.



Our family will always be grateful to the precious Cottage staff that helped make our Mom's end of life care a lovely experience. We could not have hoped for better care or a better outcome.

—Geri Catton





The YouthWorks Council is a philanthropic group of high school students from around the Yakima Valley. For the 2022-2023 school year, there were 35 members. YouthWorks had representatives from eight schools this year. Each month, the council meets to learn more about, discuss, and plan to fundraise for Memorial Foundation's four initiatives: Cancer Care, Compass Care, Children's Health, and Healthy Yakima. Throughout the council meetings, the members tour health care facilities including North Star Lodge, Children's Village, Cottage in the Meadow, and the Neonatal Intensive Care Unit.

Along with fundraising, the YouthWorks Council is passionate about volunteering. Members have devoted their time to many volunteer events including the Garden Reception, Children's Village 25th Celebration, the Radiothon, the Trunk or Treat, decorating North Star Lodge, the Holiday Tree Lighting, the Children's Village Toy Drive, and several YouthWorks Pageant events. YouthWorks is ardent about using our time, talent, and treasure to make our home a better place for all.

—Abi Longbottom, YouthWorks Council Executive Chair



provided, to the kids who benefit from those services.

Pageant nights are filled with nerves, dances, speeches, talents, and excitement. The most anticipated moment of the night is the end where the total raised, Mr./Ms. Congeniality, and pageant winner are all revealed. Through all these schools working towards a common goal, YouthWorks Pageants raised a record amount of \$194,320.25 this year, with a record setting year for both West Valley at \$33,065.14 and East Valley with an all-time record of \$50,018.12 which all stays right here in Yakima to support children's health programs.

—Anabelle Kollman, YouthWorks Vice Chair and Mr. Ike Coordinator

**Pageants 22 -23 School Year
Total Raised: \$194,320.25**

IMPACT

Through the Memorial Foundation's YouthWorks pageants, high school students work for months to raise awareness and funds for Children's Miracle Network at Yakima Memorial, all culminating with a pageant usually held in the spring. Not only is this a great opportunity to help meet a need in the community, but students also have the opportunity to become educated about and experience philanthropy and the effects it has. As a YouthWorks council member and Mr. Ike pageant coordinator, I have seen the impact of this experience firsthand.

One of the most rewarding aspects of YouthWorks pageants for many students is meeting their school's "miracle child", a child who received services that the YouthWorks pageants support. For example, a miracle child may have Down syndrome and receive services through Children's Village, be a preemie who spent time in the NICU, or a child who was ill and had to be admitted into the pediatric unit. The relationship developed between pageant coordinators/contestants and their miracle child is so impactful because it gives them a direct connection from the work they do, to the funds that are raised, to the services that are

Cancer Care

Many can relate to and know the roller-coaster of emotions that come with a cancer diagnosis. Year after year, thanks to your support, North Star Lodge has been providing hope and care for thousands of local families. Cancer doesn't have to be fought alone. North Star Lodge is offering hope, compassion and care for those patients and families when they need it the most. Offering high-quality cancer care is the driving force behind our mission...and we can't do it without your continued support.



The Bruce McDonnell Emergency Fund

Established in 2007 by the McDonnell Family, The Bruce McDonnell Emergency Fund at North Star Lodge began with a golf tournament coordinated by friends and family to honor Bruce McDonnell, who lost his battle with cancer.

The intent of the fund is to help those patients and families undergoing cancer care treatment. With the help of social workers, areas of need are identified and the fund helps bridge the gap to allow patients uninterrupted time to heal and focus on their wellbeing. Many patients are forced to stop working in order to allow for adequate care. The McDonnell fund helps cancer patients with utility bills, grocery expenses, and transportation, to name a few.

Patients undergoing life-changing treatments for cancer and other chronic conditions should be solely focused on healing, not matters of transportation or appointment coordination, or worried about how the next utility bill will be paid.

Since its inception the McDonnell fund has helped thousands of patients and families, even inspiring others to do the same. A gentleman by the name of Alfredo was a recipient of the



Bruce McDonnell with father, George McDonnell

McDonnell fund several years ago as he was undergoing cancer care. After he went into remission, he couldn't think of a better way to celebrate than to give back. He and the bike club he was a part of, started a fundraiser to give back to the cause. The cause that he says saved his life.

Without access to the emergency fund, many people would face disruptions or delays in their treatment...they don't have to worry about this thanks to generous donors like you.



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Mission Partner



Gesa
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Don Miller, CEO Gesa Credit Union, comments
on the continued Mission Partnership
between Gesa Credit Union and Memorial Foundation:

“ *As two organizations who strive to make a positive impact on our communities, we're grateful that our partnership has allowed us to maximize our efforts. Together, we're supporting health care initiatives and achieving goals that ultimately build toward a stronger and healthier Yakima for all.* ”

Gesa Credit Union became the Memorial Foundation's first Mission Partner with its gift to support the Foundation's four initiatives; Children's Health, Healthy Yakima, Cancer Care, and Compass Care. In 2021 and 2022, Gesa renewed the partnership and increased their investment, to further impact areas of well-being across the entire lifespan, from birth through end-of-life care.