

# We joyously greet 2023 with some changes:



**1** Memorial Foundation quietly moved up the street two years ago to a new location at 3111 Tieton Drive. We are delighted to be able to host more strategic group meetings and celebrations right here in the building and our spacious gardens while remaining close to our colleagues and programs.

**2** Thanks to your generosity, the Foundation Board of Trustees has committed \$3,162,248 for 2023 hospital program funding. You make the difference in promoting a healthier community!

**3** The CHAMPS campaign to update Memorial’s Family Birthplace and Children’s Village is picking up speed. We have only 29% more to raise! Construction has already begun at both locations so more mothers and children can receive specialized services.

**To learn more about this, go to [champscampaign.org](http://champscampaign.org) or call our office at 509-576-5794.**

**4** We are pleased to welcome MultiCare Health System into our Valley. We are excited to partner with MultiCare Yakima Memorial in creating a healing and healthy future for our community. Be assured that your gifts to Memorial Foundation will continue to stay in the Valley to help our local communities.



*YouthWorks students serve attendees at Passion for the Village*

## YouthWorks High School Pageants to Benefit Children’s Health Programs

Teens from eight Valley high schools are back at it this year, learning about philanthropy, health care, and leadership through the Foundation’s YouthWorks program. These young men and women have also been quite busy raising money for Children’s health programs and honing their stage talents to present endearing and enjoyable evening pageants. Please come and join the fun! Each show is held at the respective high schools.

- Mar 16, 7pm Eisenhower
- Mar 18, 7pm Sunnyside
- Mar 23, 6:30pm Highland
- March 24, 6pm East Valley
- Mar 25, 7pm LaSalle
- Mar 30, 7pm Davis

## Hospice Helps Families Cope

**A word of thanks to you all for your unwavering support of hospice programs.**

“To the beautiful staff at Cottage in the Meadow: No words can express what you have meant to this family. Because of you, Mom passed away with comfort and dignity. Every hand that touched her at the Cottage was an amazing expression of love. How can one even begin to convey what you have meant to our family? To have the blessing during Mom’s last days of just ‘being with’ Mom while all of you worked so passionately to care for her and for us. You have blessed this family beyond earthly words.”

– Renee Dittmar

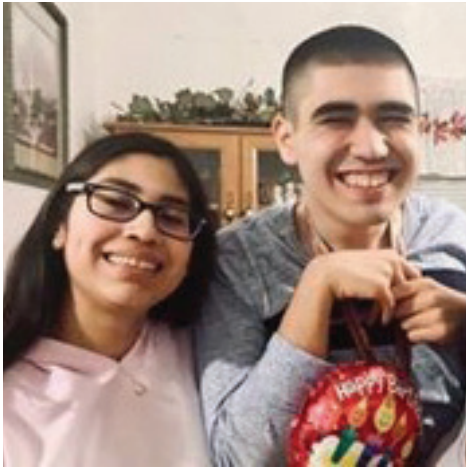
### Save the Date: May 12

Passion for the Village dinner auction to benefit Children’s Village. Now at the Fairgrounds’ Modern Living building! Sponsored by Fieldstone Communities, Avail Home Health, and Tree Top, Inc.

**Learn more: [PassionForTheVillage.org](http://PassionForTheVillage.org)**



# Children's Village Family Support



Andrea and Adriel are siblings. Adriel has been visiting Children's Village since he was very young. Andrea shared her family's experiences with Children's Village.

"I really appreciate the Parent-to-Parent events that are set up for

children with disabilities and their families because there are not a lot of events that are accessible to us or that welcome us with open arms. I have been a mentor with Parent to Parent's One 2 One program since 2014. Being involved in events like Sibshops meant I could relate to others who have a sibling with a disability. It also meant that I was in a place where I felt safe to be myself. Being a mentor helped me realize that I want to be a special education teacher and led me to go to college. I am now in an autism self-contained classroom for my advanced practicum and student teaching experience and will graduate soon. Having a brother with a disability has helped me be accepting, inclusive, patient, and considerate of others."

– **Andrea Gonzalez**



## Volunteers Provide Vital Support

Dan Dallman, volunteer extraordinaire, can be found on Mondays and Tuesdays brewing urns of coffee and delivering it throughout the vast building at MultiCare Cancer Center, formerly called North Star Lodge. He makes his rounds, resupplying the coffee urns while offering warm blankets, snacks, a kind and supportive word, and hope. Why? Dan, who recently retired, is also a cancer survivor.

Dan was deeply touched by the kindness of the volunteers he met at North Star Lodge. They made a deep impact on his life and his healing. As soon as Dan got the cancer-free report from his physician, he returned to offer his services. He gratefully credits his surgeon, oncologist, and the staff and volunteers at North Star Lodge for helping him through his cancer treatment. His goal is to help others, telling his story to prove that there is always hope.

Thank you for your donations, which help fund the volunteer program costs at MultiCare Yakima Memorial Hospital. You can become a volunteer by contacting Regina Bedolla at (509) 574-6729 or [voluntaryworkforce@yakima.org](mailto:voluntaryworkforce@yakima.org).

## Healthy Yakima... The Best-Kept Secret in Yakima

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 MultiCare 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.

Determined to address the issue, Maury began following the program's recommendations to refine his diet and implement an exercise plan. He got a membership to the YMCA, where he now walks laps every day. He also made changes to his diet. Thanks to his efforts, Maury was able to bring his A1C levels down from 8 to 5.4 in just three months. Not only did he lose over 100 pounds, but he also reduced his risk of heart attack and stroke.

Maury was so inspired by his results that he became a program instructor and facilitator to help others make the same positive changes in their lives.



**"Memorial's Diabetes Prevention Program has been life-changing. It's not difficult. There are no food restrictions; nothing is off-limits. It's been amazing."**

To learn more about the Diabetes Prevention Program, please visit [yakimamemorial.org](http://yakimamemorial.org) for more details or contact Maggie Castaneda at [margaritacastaneda@ymvh.org](mailto:margaritacastaneda@ymvh.org).

This program is made possible by Memorial Foundation and donors like you. Learn how you can help at [memfound.org](http://memfound.org).

**A Gift That Echoes Across the Valley**



Your gift to the Memorial Foundation affects countless lives and future generations. A healthier today is a happier tomorrow. Please consider Memorial Foundation as part of your legacy. For information on including the Memorial Foundation in your will, visit our website:

**[memfound.org/get-involved/ways-to-give](http://memfound.org/get-involved/ways-to-give)**