



# 2023 IMPACT *Report*



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# A message from the Board of Trustees

Memorial Foundation is the culmination of committed and generous community members, dynamic leadership, creative partnerships, and a collective belief in the value and importance of robust, comprehensive health care accessible across the Yakima Valley.

For nearly 35 years, you have addressed gaps in health care, looking for innovative ways to impact patients and their families. From the beginning of life to the end of life, and every journey in between, the commitment made by our community, to our community, is to fund health care programs that make a difference.

We look back at the hard work and dedication of 2023, inspired by the collaboration and innovation brought to the Valley through the partnership formed with MultiCare Health System.

Last year, **you raised an astounding \$7.3 million** to fund and transform health care initiatives across our Valley through programmatic and capital campaign support. Access to good health care is necessary for a thriving community, and when that system of care serves all people, at all stages of their lives, the benefits to the community are profound.

**Lily Baker**, 11 years old, was named the 2023 Ace All Star. She was the national patient ambassador for Children’s Miracle Network Hospital campaigns with Ace Hardware. Lily was born at MultiCare Yakima Memorial Hospital, received life-saving care at the NICU, and frequented the in-patient pediatric unit over the years. Lily has Down syndrome and continues to receive specialized services and therapies through Children’s Village. Without the access to local care, Lily’s quality of life for her and her family would look very different.

We are honored to announce **Dr. James (Jim) Haven** and **Bill Dolsen** transitioned to Emeritus status in 2023. Jim has a dedicated history of faithful service to the Yakima Valley, including: orthopedic surgeon for more than 34 years, Yakima Memorial Board (2001-2010), and the Memorial Foundation Board of Trustees (2005-2023). Bill has a long-standing devotion to health care access in our community, including 8 years on the Yakima Memorial Board (2006-2014), during which he served as Chairman, and more than 20 years on the Memorial Foundation Board of Trustees (1995-2006 and 2014-2024). We are forever grateful for their humble service.

Because of you, the work continues. Families across our Valley are stronger, healthier, and equipped to take on life’s challenges. When a health care challenge needs to be confronted, you are there with us, ready to serve and innovate, creating a ripple effect that reaches every corner of our community.

Gratefully,

Memorial Foundation Board of Trustees



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## Marie Halverson

*It is with profound sadness that in 2023 we said farewell to our dear friend, founding Board member, and ultimate change agent, Marie Halverson.*

*Marie was committed to the values of legacy and family, and she was a staunch supporter of health care across the Yakima Valley – particularly for mothers and children. This dedication included a 50-year membership in the Florence Wight Guild, a stint on the Yakima Memorial Board, and more than 30 years as a founding member on the Memorial Foundation Board of Trustees.*

*Among many accomplishments, Marie co-chaired the very first Follies event, raising the initial funding that the Foundation invested in the hospital. She was a fierce advocate and champion for the construction and expansions of Children’s Village and the Family Birth Center.*

*Marie is sorely missed, but we’re confident her legacy will continue to shine across our community for generations to come.*



*Florence Wight Guild Members*

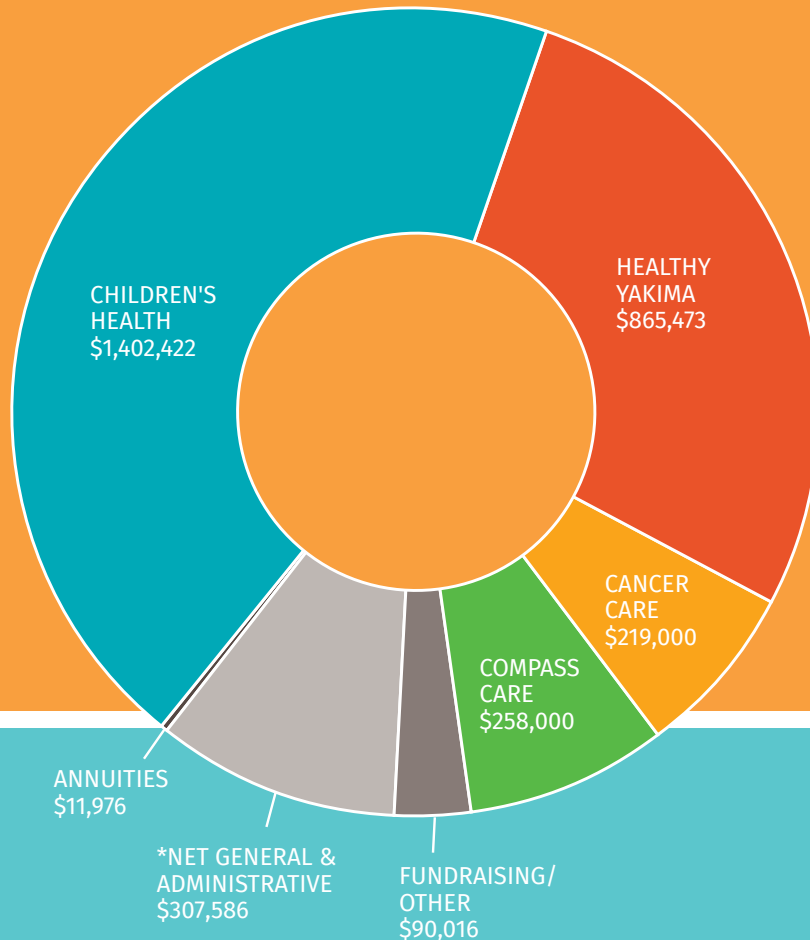


*Memorial Foundation Founding Board of Trustees*

# IMPACT FY 2023

## of Your Commitment and Generosity

Through your generous support we allocated a total of **\$3,568,146** to programs and services that have direct impact throughout our Valley!



\*\*MultiCare Yakima Memorial Hospital paid \$528,906 of additional general and administrative expenses on behalf of the Foundation. These expenses are recorded on the statement of activities (audit).

**\$1.2 Million**

raised through Children's Miracle Network Hospitals partnerships and events

**\$1.88 Million**

funds granted to Memorial Foundation and Yakima Memorial

**\$1.2 Million**

donated to the Children's Health and Medical Program capital campaign



On behalf of MultiCare Yakima Memorial Hospital, I would like to express our deepest gratitude to Memorial Foundation donors. Your unwavering support has allowed us to enhance and expand our programs and services across the continuum of care. Your generosity has made a significant impact on the lives of our patients, and we are truly grateful for your dedication to our mission of partnering toward a healing and healthy future. Thank you for playing such a vital role in providing exceptional health care to our community.

Tammy Buyok, President,  
MultiCare Yakima Memorial  
Hospital and Clinics



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**5,425** volunteer hours from high school students through the YouthWorks program.  
**165 high school** students raised **\$194,228** through YouthWorks Pageants and fundraisers.

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Record-breaking amount of **\$424,874** raised at **Passion for the Village**

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**\$233,775** raised through Community Partner Events

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**\$82,264** donated by **429** Yakima Memorial employees through the Employee Giving Program

# Children's Health



## Neonatal Intensive Care Unit (NICU)

**267** babies treated at Yakima Memorial's Level III NICU

## Pediatric Unit

**327** kids cared for at Yakima Memorial's in-patient Pediatric Unit

Every year thousands of children and their families in the Yakima Valley depend on services through Yakima Memorial's Family Birth Center, Maternal Health Services, Neonatal Intensive Care Unit (NICU), Pediatric Unit, and Children's Village.

Unique to Yakima, the Children's Village Early Intervention Program developed a **NICU to Home** program streamlining the resources and services parents need for their high-risk infants as they make the transition from the hospital setting to caring for their child at home.

"Having your baby spend time in the NICU can be terribly traumatic for parents, especially if the baby is going home needing extra support like oxygen or a feeding tube," Children's Village Occupational Therapist Mackenzie Franke said. "We are there to support the family as they make the transition to being at home, so they feel as safe and confident as possible in caring for their baby."

Babies in the NICU are assessed and begin therapeutic services while they are still inpatient at Yakima Memorial. The NICU is the only neonatal intensive care unit in Central Washington, and without it, families would be in the difficult position of being separated from their newborn as their baby would have to receive care at a hospital in a larger urban area such as Seattle or Spokane.

Based on what the infant needs in the NICU, families are invited to participate in the Early Intervention Program as they are readying to go home. The program brings occupational and speech therapies to the child's home on a weekly or monthly basis depending on the needs of the child.

*"The beauty of the program is that we can provide immediate care," Mackenzie said. "We already know their baby because we are the therapists in the NICU and now we can support the family through Children's Village as they learn their new normal at home."*

Last year, the NICU to Home program served over 20 infants and their families. A team of four therapists and two resource coordinators run the program.

"Lots of NICU babies do just fine," she said. "But for the babies and families who do need us, our NICU to Home model has the ability to revolutionize access to care for the highest-needs children in our community."

# Lillian, A Story of Thriving

Brandy was in shock when she was told at 20 weeks pregnant that her daughter had a 98% chance of being born with Down syndrome. At 25-years-old and with no family history, Brandy had no idea what to expect. And while Lillian was the surprise of her life, born early at 35 weeks through an emergency c-section, she is pure delight bringing a ray of sunshine everywhere she goes.

Now almost two years later, Brandy reflects on those early days of visiting Lillian in the NICU, where she stayed for just over a month, and the first weeks at home where she was on oxygen and fed through a NG tube.

"I remember feeling so overwhelmed at first," Brandy said. "I was scared to take Lillian out of the house while she was on oxygen, but our occupational therapist Mackenzie helped me so much."



Twice per month, Lillian receives occupational and speech therapies at home through the NICU to Home and Early Intervention Programs through Children's Village.

*"Lillian loves Mackenzie - she is always so happy to see her," Brandy said. "She works on fine motor skills and feeding therapy with Lillian, but she's also so supportive and understanding of me, always answering questions I might have."*

Lillian continues to thrive at home. As she rounds the corner toward her second birthday with a much-anticipated cow-themed party, she is walking and learning sign language through the therapies. Therapies will continue, but to Lillian, it's just fun playtime with some of her favorite people.



**872** individuals participated in Parent to Parent programming

**395** moms and babies supported by the Nurse Family Partnership Program

More than **5,550** medical specialty appointments (cardiology, neurodevelopment, neurology, orthopedics, and gastroenterology)

**123** kids were supported through the Cleft Lip and Palate program

## The Family Birth Center

**2,352** babies delivered at Yakima Memorial

## Maternal Child Health

**351** first-time parents participated in 39 Childbirth Education classes





Benefiting



In 2023, **more than \$1,223,500 was raised** through Children's Miracle Network Hospitals, most of it \$1 at a time donated by customers at businesses and organizations across the region that partner with our hospital. Our partners and events support the mission of giving kids a world of opportunities. Every dollar raised across Central and Southeast Washington through CMN Hospitals impacts our community through programs and services offered through Yakima Memorial's Family Birth Center, Maternal Health Services, Neonatal Intensive Care Unit, Pediatric Unit, and Children's Village.

Next time you're visiting a CMN Hospitals corporate partner, thank them for supporting Yakima Memorial's smallest patients!



*Our community partners respond year after year with generous enthusiasm – growing our mission to include a robust array of health programs through Yakima Memorial for our neighbors from the beginning of life to the end of life. Thank you to our 2023 Signature Event and Premier sponsors – your generosity changes lives!*



**MARK YOUR CALENDAR!**

**FRI | OCT 11**

The annual Radiothon raised **\$92,458** for pediatric programs and services at Yakima Memorial and Children's Village! Hosted by Townsquare Media Yakima, this 12-hour event highlights patient stories, features staff and providers, and celebrates the access to specialized pediatric health care services in our community because of donor support. Thank you to our anonymous donor who matched every dollar raised igniting supporters across the Valley to dig deep and donate.







# *Peach Younker*

## *2023 Children's Miracle Network Hospitals Champion*

With a love for the ocean, a free-spirited propensity for adventure, and a knack for problem-solving, 8-year-old Peach is a force to reckon with.

After receiving a diagnosis of Down syndrome during her pregnancy through Maternal Health Services genetics testing, Peach's mom Melia tried her hardest to maintain a level of pragmatism. Aware of the potential for heart disorders and other serious complications, she was terrified of the heartache that might be on the way.

But with a little time to process and adjusting her expectations—Melia acknowledged she was all in. She told her unborn baby: "Listen kid, you have to hold it together. Because I'm all in, so you better be too." And thus began Peach's fierce persistence and tendency to defy the odds.

As Peach's parents, Justin and Melia, and big sister Coral utilized resources Children's Village offers parents and families, Peach received a variety of services including the Birth to Three program and occupational, physical, and speech therapies. She learned how to crawl and take her first steps through her physical therapy sessions.

*"It was so nice to have all of these resources right here in our community," said Melia. "We didn't have to drive all the way to Seattle for each appointment, and we always felt so welcomed at Children's Village."*

Melia and Justin found other parents through Children's Village who were going through similar experiences and over time created a network of relationships built on that understanding. Through the Parent to Parent program, the Younkers participated in a cohort for families with a child with Down syndrome called Homies with Extra Chromies. This group connects monthly over social activities and contributes to city-wide Down syndrome awareness activities like the World Down Syndrome Day Walk held annually on March 21.

"We're so thankful for what we have," Melia said. "We're so fortunate to have gotten involved with Children's Village."

The Younker family proudly raises funds and awareness for Children's Village. Peach is the namesake behind Just Peachy, a fundraising effort around our Valley for Children's Village.

Together with our community more than \$4,000 was raised through Just Peachy events at Bale Breaker Brewing Company, Tieton Cider Works, Cowiche Creek Brewing Company, and À La Mode Spa. Participating organizations collaborated to develop signature Just Peachy drinks or special merchandise with proceeds benefiting Children's Village.



# YouthWorks Pageants

2022 - 2023 School Year

## Pageants Raised \$194,320.25



# YOUTH

— WORKS —

The YouthWorks initiative engages our community's next generation of leaders directly through mentoring, volunteering, and philanthropy. This experience is carried out across the Yakima Valley through the YouthWorks Council and YouthWorks Pageants.

The YouthWorks Council acts as a youth-led board of directors over the initiative. This group of highly dedicated and motivated students works to improve the future of health care in our Valley by learning about the variety of services provided through Yakima Memorial, participating in and encouraging volunteerism among their peers, and raising and allocating funds across Memorial Foundation's four health care initiatives: Children's Health, Compass Care, Cancer Care, and Healthy Yakima.

For the 2022-2023 school year, 35 high school students representing eight Yakima Valley schools worked together to learn about and raise money for cancer care programs and services. The students launched an online bake sale to raise funds and managed the efforts every step of the way from developing recipes, pre-selling items, baking and packaging items, and coordinating pick-up and delivery times.

*"One of the best things about the YouthWorks Council is how the students really direct the focus of everything," said Anabelle Kollman, 2022-2023 YouthWorks Council Fundraising Committee Chair. "Cancer care resonated with us because we all know somebody who has been diagnosed with cancer — it's personal."*

The group raised an impressive **\$1,000** to purchase insulated cups gifted to participants of Eating for Survival: A workshop for cancer survivors through North Star Lodge at Wellness House (read more about this workshop on page 15). One of the recipes was a nutrient-dense smoothie - perfect to take on the go in the special cups funded by the YouthWorks Council.

# Compass Care

For many families, the comfort of being at home holds great significance in the care of a sick loved one. The familiarity of home and need for routine is often at the forefront of not only the patient navigating an illness but also the caregivers or family members working around the clock to care for their family member.

When Don Johnson was first diagnosed with pulmonary fibrosis in 2017, he and his wife Beulah managed his illness and care at home with relative ease and comfort. But slowly his disease began to progress and by late summer 2020, Don was on oxygen constantly and needing significant help with daily life.

“My mom was a warrior, she took care of him all the way to the end,” Don’s son Chad recalls. “But finally, his disease had taken a toll and he needed to be hospitalized.” After a week in the hospital, Don stabilized enough to return home. He and Beulah were insistent he go home much to the concern of their adult children.

“We could see that the care he needed was way beyond what we could do at home, but I think my parents were afraid and didn’t know what to expect and home was their comfort,” Chad recalls.

Yakima Memorial’s Home Health and Hospice team came to the Johnson’s house the same day Don was released from the hospital. A hospice nurse and social worker met the family at the house to help the Johnsons navigate Don’s care. Some of the Johnson’s fears and anxieties were put to rest knowing that the hospice team could help Don be more comfortable at home.

After several conversations about the services and care that could be provided to Don if he were to move to Cottage in the Meadow, with his blessing, the family decided to move Don the very next day.

*“The entire hospice staff was amazing, both the team we worked with at home and everyone at the Cottage,” Chad said. “It was a massive relief to have him go to the Cottage, and the care was so good. The nurses were able to talk us through what to expect and we just felt so relieved to have him there.”*

Don spent just three nights at Cottage in the Meadow before passing, but Chad cherishes those special days. “We had so many family and friends who came through to say their goodbyes and see my dad one more time,” he said. “He wanted to watch the Gonzaga basketball game on tv, so we had that turned on and watched a bit of it together.”

From thorough care in the hospital, to supportive and trustworthy support at home, and finally to a tender and comforting care at Cottage in the Meadow, patients receive comprehensive dignified care specific to their needs and desires. The team at Home Health and Hospice has the privilege of walking alongside families as they move their loved one from one path to the next in the story of their life.

*Introducing Dr. Joshua Johnson, Medical Director, Home Health and Hospice, and Dr. Alana Muir, Physician, Home Health and Hospice (pictured below).*

**368** Home Hospice Patients Served

**260** Cottage in the Meadow Patients Served

**188** Participants in Bereavement Classes





# Healthy Yakima



**348** Diabetes Prevention Program (DPP) referrals

**813 lbs** total weight loss at the end of DPP program

**112** referrals to ACT! Program. **85%** reported a decrease in daily screen time.

**2,592** Participants in 97 Zumba Classes and 95 Yoga Classes with **1,410** Participants

"Healthy Eats" Cooking Classes held 12 monthly in-person classes with a total of **201** attending

## *Full Circle: Taking Control of Health and Helping Others do the Same*

Diabetes Prevention Program (DPP) and ACT! Get Up, Get Moving (ACT!) program facilitator Elizabeth Garcia remembers the day everything changed for her.

*"I was very, very pregnant and so run down and fatigued," Elizabeth said. "My son wanted to play, and I was struggling with exhaustion. Looking over at him, I had the thought 'I want to be here for you. I want to play and run around with you.'"*

Something had to change.

After hearing an advertisement on the radio for Yakima Memorial's Diabetes Prevention Program which helps prediabetic patients lower their risk of Type 2 diabetes, Elizabeth decided to sign up.

The year-long program focuses on equipping participants with the tools and knowledge they need to take control of their health – halting the progression of the disease.

*"I learned so much," she said. "I was eating out a lot and didn't understand how the different kinds of food I was eating could impact my health."*

After completing the program and inspired by the change in her own health, Elizabeth embarked on becoming a facilitator. In 2019, Elizabeth became a DPP and ACT! facilitator, leading groups in both English and Spanish.

The ACT! program is an evidence-based program that educates youth and their families on how to lead healthy lifestyles. Nutritional and physical components are incorporated into the program, including cooking classes and gym memberships to help kids improve their health.

Recognizing the impact on her own life and hungry for more knowledge, Elizabeth dove into her own research, listening to podcasts, reading books, and working with local pediatrician Dr. Yami Lancaster where she began pursuing a plant-based lifestyle and ultimately decided to become a Food for Life coach.

Completing her certification in the late fall of 2023, Elizabeth uses her knowledge and personal experience to help others on their own health journeys. Working in the Yakima School District full-time along with raising her children and caring for her family, Elizabeth is happy and appreciative to feel energetic and healthy.

*"It is incredibly rewarding to serve and connect with people, I never would have predicted this is what I would be doing, but now I just want to help any way I can," she said. "If I can help someone prevent or halt their disease with the tools I've learned, then I'm grateful."*



# Fiesta de Salud: Working Together for a Healthy Community

Yakima Memorial's annual Fiesta de Salud health fair is a free community event bringing access and resources to the most vulnerable and underserved individuals in our community.

The health fair is the largest health event of its kind in Central Washington serving over 4,000 attendees with 45 community partners in 2023. The event showcases valuable health, wellness, fitness, and lifestyle resources across the community.

Last year, through a Department of Health grant, Yakima Valley Community Foundation and OIC of Washington, 10 LDX screening machines were funded for Yakima Memorial to facilitate accurate and fast health screenings. The LDX machines test cholesterol and related lipid levels along with blood glucose.

*“Out of 250 people screened at the event last year, 43 percent did not have a primary care physician,” said Juanita Silva, Community Education Coordinator. “We were able to immediately connect individuals to clinics in town for follow-up care as well as get them connected with the Diabetes Prevention Program or ACT! program.”*

The portable LDX machines make health screenings fast and efficient. Immediate results allow attendees to connect with the important health resources they need. The machines are portable, making it possible to continue to grow Fiesta de Salud or use them throughout the year in different capacities. The event was also hosted in Kittitas County during the spring as well as a special event for H2A workers.

*“We are anticipating a lot of growth, and the machines make it possible to serve our community in a really important way,” said Juanita. “Not only do people learn about what is happening with their bodies and health, but we are able to act as a resource to connect them with the services they need; we can help people access health insurance, primary care, and get them connected with prevention programs that make a big difference in a person’s health and wellbeing.”*



**4,000** Attended **Fiesta de Salud**

**1,348** Health Screenings  
Completed with LDX Machines at  
Fiesta de Salud and **423** Health  
Screenings at Regional Health Fairs



# Cancer Care

It's no secret cancer treatment can be physically taxing with an array of side effects including exhaustion and nausea. Sometimes the nausea that comes alongside life-saving treatment is debilitating enough that patients find it difficult to maintain their weight. Nausea and vomiting eliminate a patient's appetite and the ongoing fatigue make it that much harder to meal plan or prepare food they find appetizing.



*“Our team here at North Star Lodge assesses patients during their treatments and if we see they are struggling to maintain their weight, we can provide them with Boost nutrition shakes to have at home,”* said Callahan Britt, nurse at MultiCare Cancer Center – North Star Lodge.

Callahan has managed the nutrition pantry for several years, ordering the calorie-dense shakes to have on hand for when patients might need them. The service is funded by the generosity of community donors, and patients can access up to two cases of Boost per month.

“I always try and talk to patients about the Boost shakes because they can be such a help when they feel awful and can't eat much,” said Pat Archambeau, North Star Lodge volunteer. “The drinks can be expensive and it's not always easy to get out to the stores when you are sick, so I always say: ‘Take a sample, see if it helps, and if it does, we can help you get more to have at home.’”

A Boost shake can seem like a small thing. Because of your ongoing support, the nutrition program can make a patient's treatment a little easier on them, and for that we are grateful for you.

***Thank you to our 2023 community partners who raised vital funds for cancer care services!***







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**\$29,569.09** Patient Assistance  
Fund Distributed

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**145** individuals supported by Patient  
Assistance Fund

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**206** Patients Served at Lymphedema  
Clinic with compression garments, lotion,  
and donning equipment

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Nutrition Supplements disbursed: **730**  
Cases supporting **252** individuals

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**47** Participants in 2 Cancer Survivor  
Nutrition Workshops held

## *Nutrition After Treatment*

Nutrient-dense foods, antioxidants, and eating the rainbow are more than just buzzwords in the wellness industry. Nutrition and properly fueling the body, especially after cancer treatment, is fundamental to a patient's overall health.

Survivorship and nutrition go hand in hand and last year, cancer centers, as part of their standing accreditation, built programs that identified how to support patients uniquely in their health journey post-cancer treatment.

"We call it survivorship in the cancer world, but what we're talking about is people who completed their cancer treatments and no longer need services with us through North Star Lodge," Beth Palmer, North Star Lodge oncology nurse said.

Last year, in partnership with Wellness House, North Star Lodge hosted two workshops focused on addressing the specific nutrition needs of cancer survivors. Open to anyone who experienced cancer, the workshops were well-attended with over 50 attendees and focused on helping people learn the importance of healthy foods and the benefits foods can have in their journey with cancer. During the first hour of the workshop a local nutritionist shared tips and tricks for adding more fruits and vegetables into

their daily diet. During the second hour attendees enjoyed making several delicious recipes.

"The workshops were wonderful," said Pat Archambeau. "We found out things we should be eating to support our health and to prevent disease, and we learned about a few things we really shouldn't be eating - it was excellent."

Pat attended the workshop with her friend Wendy Heberlein who is a longtime North Star Lodge volunteer. Wendy is a cancer survivor nearing the end of a long road back to health after enduring several surgeries and many rounds of radiation and treatments over the last year. *"Every single part of the night was just terrific," Wendy said. "We learned a ton, got to sample different foods, and we could ask as many questions as we needed - I can't say enough good things about it."*

Not only does your support care for our neighbors during their battle with cancer, it also invests in helping engage them during recovery and remission and learn new ways to support their health.



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# Mission Partner

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

“ *For years, Gesa has proudly partnered with the Memorial Foundation, and we are honored that our combined efforts have allowed us to make a tangible difference in the lives of so many Yakima residents. Together, we remain committed to fostering healthier, more vibrant communities, ultimately leading to a brighter future for all.* ”

Gesa Credit Union became Memorial Foundation’s first Mission Partner in 2018 with its gift to support the Foundation’s four initiatives: Children’s Health, Healthy Yakima, Cancer Care, and Compass Care. In 2023, Gesa renewed the partnership and significantly increased their investment to further impact areas of wellbeing across the entire lifespan, from the beginning of life to the end of life, and every journey in between.



**Gesa  
Credit  
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