

FOUNDATIONS

JOURNAL

*Join us at
Mary Bridge
Children's
Festival
of Trees, a
cherished
holiday
tradition*



Dear friends,

'Tis the season to celebrate the enduring impact of philanthropy! In this issue of our Foundations Journal, we highlight community partnerships and donor-powered programs making a difference across our state.

Your support makes lasting legacies possible. Bridges Center for Grieving Children has provided a place for kids to heal and be in community with one another since 1988, and Good Samaritan Regional Rehabilitation Center has served patients for 70 years. Decades later, donors remain integral to both life-changing programs.

Speaking of legacy, did you know that Mary Bridge Children's Festival of Trees turns 38 this month? Our cover features 9-year-old Ollie and his mom Sarah, who will be working with other patient ambassadors to decorate a starry, Wish-inspired tree. Festival of Trees proceeds will directly support the new MultiCare Mary Bridge Children's hospital campus, increasing access to world-class pediatric care in the South Sound.

In addition to sponsoring signature events and hosting community fundraisers, our philanthropic partners are helping launch bold initiatives to create a healthier future. Grants are providing medical career opportunities for Tacoma high school students, expanding statewide nurse training to better care for sexual assault victims and growing health care options in Yakima Valley.

However, it's not just financial contributions that transform lives. MultiCare volunteers give their time every day to lift up patients, families and staff. The return of our beloved volunteer pet therapy program is already brightening clinics and hospitals.

I hope you'll enjoy and be inspired by the stories inside. On behalf of everyone at MultiCare Foundations, have a healthy and joyful new year!

In gratitude,



Dori Young, Vice President ~ MultiCare Foundations



MULTICARE FOUNDATIONS

Mary Bridge Children's Foundation ~ MultiCare Behavioral Health Foundation ~ MultiCare Capital Foundation
MultiCare Good Samaritan Foundation ~ MultiCare Health Foundation ~ MultiCare Inland Northwest Foundation
MultiCare Volunteer Services ~ Our partner in philanthropy: Memorial Foundation

Since 2021, Waste Connections (known locally as Murrey's Disposal and LeMay Pierce County Refuse) has been an important Mary Bridge Children's Foundation partner, offering eye-catching purple recycling carts for a \$200 donation to the children's hospital.

Join "Carts for Kids" today and tangibly show your support for kids in our community.



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Topping Celebration marks a milestone

In May, Mary Bridge Children's reached a major construction milestone with the placement of the final steel beam on the structure's exterior. To commemorate this pivotal point in time, a "Topping Celebration" was held in June.

According to Abbott Construction President Troy Stedman, this Scandinavian construction tradition originally involved placing a pine tree atop new buildings to appease displaced tree-dwelling spirits and signal to builders when the wood frame had dried so they could enclose the structure.

More than 180 donors turned out and heard from Executive Director of Mary Bridge Children's Foundation Alicia Chapman, Foundation Board Chair Tory Green, MultiCare CEO Bill Robertson, MultiCare President Florence Chang and Troy.

Each speaker thanked those who have paved the way for what will become one of the most advanced children's hospitals in the nation, including the Mary Bridge Brigade, Mary Bridge Children's leadership and staff, construction crews, generous community members and more.

Brigade President and Foundation Board Member Tammy Hall attended the event and reflected, "To think about where it started as just a small community hospital all those years ago — thanks to the work and vision of all the women that came before us — to where Mary Bridge Children's is going with a whole campus, it's an honor to continue the legacy and bring hope to the community."

Foundation Board Member Wendy Stricherz also joined the festivities, toasting a truly full circle moment.

"I spent six weeks in the hospital when Mary Bridge Children's was first built," she says. "My mom slept on the floor, while my dad stayed home with my brothers. My mom and dad vowed that when they were able to, they would purchase sleeping chairs for the rooms. Fast-forward about 20 years, and my parents bought 30 sleeping chairs for the rooms.

"Mary Bridge Children's has always held a special place in my heart," Wendy continues. "Our family wanted to make a special gift to the new hospital and chose to make our largest donation to a place that was so special to us and honor our parents."



Abbott Construction President Troy Stedman, Executive Director of Mary Bridge Children's Foundation Alicia Chapman and Foundation Board Chair Tory Green.



Jim and Donna Boulanger — Donna is an emeritus director of Mary Bridge Children's Foundation board — Brigade President and Foundation Board Member Tammy Hall and President & Market Leader of Mary Bridge Children's Hospital Jeff Poltawsky.



Foundation Board Member Wendy Stricherz and Patient Ambassador Claire, who is now leukemia free because of Mary Bridge Children's.



A special thanks to our partners Turner & Townsend, ESa, WSP, Abbott Construction, Layton Construction, Hermanson Company LLP, Patriot Fire Protection, Inc. and AHBL for making the new Mary Bridge Children's a reality.



Exterior



Waiting Area



Hospital Lobby

Here's a look at the latest exterior and interior artistic renderings of our new hospital campus. Thank you for helping us build the best in the South Sound for kids today and tomorrow!

Your gift will still have an impact, helping shape the future of pediatric health care.



marybridgewonder.org



Donor-powered bereavement program has ripple effects

Taped inside Sergeant Travis Brunner's duty vest is a little fleece "Feelie Heart." He's carried the pocket-sized symbol of comfort throughout his 16-year career at King County Sheriff's Office and for 14 years on top of that — ever since his brother Ryan passed away at age 12.

Remembering Ryan

Following that tragic loss, Sgt. Brunner's parents brought him to Bridges Center for Grieving Children at age 10. Bridges aims to be a safe place for children ages 4 to 18 to grieve as they grow.

Support services like peer groups and youth bereavement camp are offered at no cost to families, thanks to donations through Mary Bridge Children's Foundation.

Reflecting on his Bridges experience, Sgt. Brunner remembers learning how even after death, the person lives on with their loved ones.

"I still recall that first Christmas — making Christmas ornaments and doing things around specific holidays to help solidify that," he shares. "gone, but they're still in your memories. They're still with you."

Connecting with community

Bridges also gifted Sgt. Brunner with his Feelie Heart, providing something tangible for him to hold on to in his grief. Today, he uses it as a connection point with the community he serves.

"It shows the human side of us in law enforcement," Sgt. Brunner explains. "We do have the same raw emotions around tragedy that everybody else does."

In fact, he frequently reaches out to Bridges for additional Feelie Hearts to pass on to the public and share about their available resources.



Ryan left the world too soon at age 12.

Sergeant Travis Brunner (pictured far right) and extended family visit Ryan's grave, Christmas 2023.



"Recently, we had a tragic fatality accident in my district," Sgt. Brunner says. "A community was impacted, as well as three families where three children died on scene and so did one of the mothers."

"In that wreck, I've kind of grown a little bit with the family, and I shared my testament to them, gave them the hearts and told them about Bridges," he continues. "All three families have surviving children and knowing where to get help was a relief."

A testament of donor impact

Bridges has served over 12,000 children from more than 6,100 families since 1988, helping them process, cope and heal. From day one, these vital services have been free because of community generosity.

"Thirty years later, I'm a testament to those donors," Sgt. Brunner says. "Still to this day, I carry that heart, and I still provide guidance to families at work. I have a true and deep appreciation for all of them."

[Learn more at marybridge.org/bridges](https://marybridge.org/bridges)



Cause *fur* celebration: Volunteer pet therapy program returns

Tails are wagging again in MultiCare hospitals and clinics.

After a multi-year pause due to the COVID-19 pandemic, MultiCare's Person & Animal Wellness Support (PAWS) program is back, returning volunteer therapy dogs like 13-year-old dalmatian Ellie to hospitals and clinics to the delight of patients and staff.

A paw-fect pair

Ellie and owner Karen Wissinger have been side-by-side for over a decade.

After 45 years in the medical field, Karen is spending retirement channeling her lifelong passion for dogs and healing into pet therapy. Along with her husband, she travels to hospitals, colleges and elementary schools, so kids and adults alike can find comfort amid stressful moments.

"I feel like what I'm doing is very valuable," Karen shares. "What really keeps me going is Ellie. She enjoys it so much."

On a gray August morning, Ellie sits in the waiting area of Mary Bridge Children's Therapy Center – Renton, patiently watching for arriving kids. Her ears perk up and her tail sways whenever they walk through the door, as Karen invites patients in for a gentle pet. The moment their hands brush the pup's soft, spotted fur, smiles aren't far behind.

Ellie's eyes tell the story — she's in her happy place.

The duo is elated to be back at the clinic; they've been volunteers for years. Soon, they'll begin visiting MultiCare Good Samaritan Hospital.

Animal-assisted staff care

In addition to patient visits, the program is relaunching with an emphasis on MultiCare staff.

Kristi Martin, director of professional outreach at Good Samaritan and MultiCare Good Samaritan Foundation board member, is utilizing her educational background to help expand the program at the hospital. She's currently writing her dissertation on the benefits of pet therapy for health care professionals.

"With high levels of burnout and stress, how can we as an organization use something like PAWS that we already plan to use for patients?" Kristi says. "How do we also take care of our team members?"

Research shows that even small amounts of time with pets have positive effects — releasing endorphins, lowering blood pressure and decreasing anxiety. An opportunity for staff to visit with a furry friend during their shift can provide important rejuvenation.

"We want to create moments that are more meaningful than just 'Do you want to pet my dog?' and then moving on," says Fran Waller, executive director of MultiCare Volunteer Services. "It's a more engaged opportunity."

In the future, pet therapy teams will be available on-call for MultiCare's donor-supported Code Lavender program, providing additional care for staff who've experienced an emotionally stressful event.

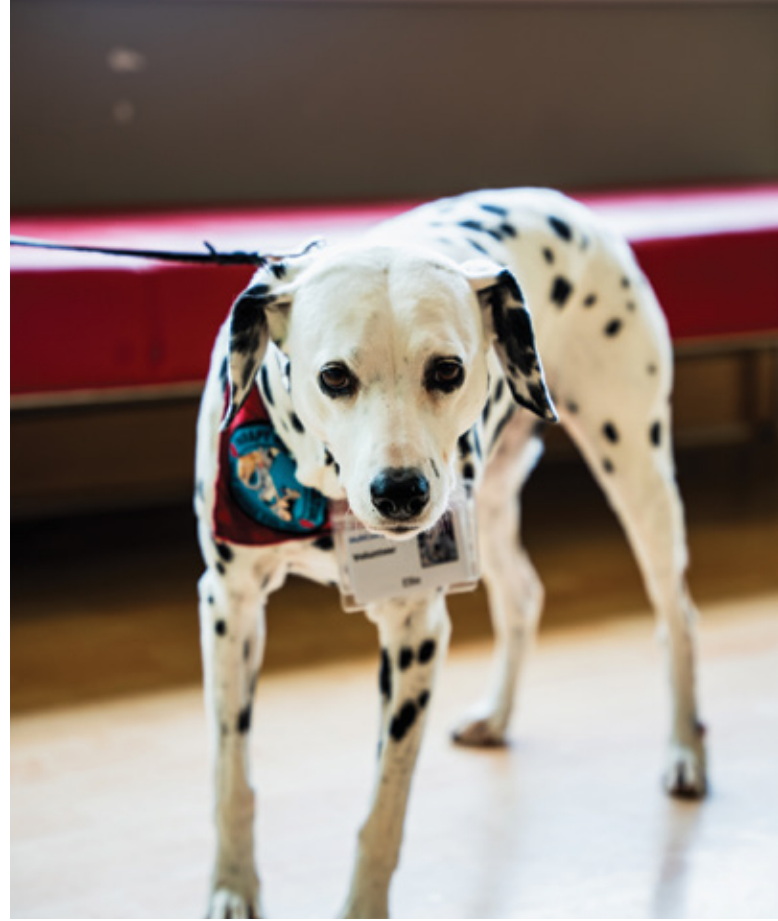
"We want all staff to feel supported, to feel like MultiCare is a great place to work, a healthy place and that we're taking care of all of their health needs, too," Kristi explains.

The impact of giving unleashed

Volunteers like Karen and Ellie are the heartbeat of MultiCare PAWS. While only previous volunteers are returning at the moment, teams will soon be invited into more hospitals and clinics. This expansion can be expedited with donor support.

To safely enter MultiCare facilities, all dogs must have specific certifications, vaccines and health tests — costs volunteers currently take on themselves. Giving toward this beloved program reduces financial barriers, meaning more pets and handlers can spread joy.

"I'm so thankful for our pet therapy volunteers, those with two legs and four," Fran says. "And to everyone who supports this program, you're bringing much-needed comfort and smiles to our patients and staff."



Partnership opens doors for the future of health care

At Mount Tahoma High School, there's a classroom that could easily be mistaken for a medical clinic. Inside, students dressed in scrubs practice ultrasounds, perform vital sign exams and mimic blood draws.

Each teenager is part of the Healthcare Careers Academy program, and thanks to a partnership between MultiCare, Cambia Health Foundation (through a grant to MultiCare Health Foundation) and Tacoma Public Schools, they're the next generation of health care professionals.

A professional pipeline

Healthcare Careers Academy is a four-year, part-time high school program that prepares Tacoma students for careers in the medical field. Through experiential learning, mentorship, internships, field trips and guest speakers, students can explore 10 different career paths. At the program's conclusion, they have the option to get certified as medical assistants.

Students can then be hired at MultiCare, graduating with a job and valuable training that would have otherwise cost thousands of dollars.

"A lot of high school graduates don't necessarily know what they want to do right away, but for those who have an interest in health care, this is a great pathway," explains Mona Bontemps, MultiCare director of clinical practice and development.

In addition to young people gaining skill sets, the program is an investment in the future medical workforce and the South Sound community.

"To us ... it's about building a community that values health care and allowing students who might not otherwise have that opportunity to get their foot in the door and start a career," Mona says.

School's in session

On a school day, students partner up to perform CPR on an adult dummy, checking the pulse,

demonstrating chest compressions and using an automatic defibrillator. At the next station, Tasyana Francis, a senior and aspiring pediatric occupational therapist, practices taking vitals and explaining the results.

"This class helped me realize the opportunities available to me," she says. "And that the class itself is an opportunity. By having a pathway and people to help me figure it out, I feel organized and less stressed."

Teacher Noel Montgomery stands by, quietly quizzing Tasyana and her classmates.

"The younger they learn these skills, the more they'll retain them," Noel says.

Before teaching, she had a long career in the medical field. Noel's experience helps students visualize the many career possibilities available to them.

"I've had the opportunity to be in the operating room, the emergency room and to work among so many medical professionals and different specialties," she reflects. "Starting as a medical assistant opened up so many more opportunities for me."

Investing in the future

Philanthropy plays a pivotal role in strengthening local health care. Cambia Health Foundation's support of MultiCare Health Foundation creates professional opportunities for the next generation, while also benefiting South Sound communities.

"Creating a workforce that represents the community it serves will improve the quality of care and patient satisfaction," explains Peggy Maguire, president of Cambia Health Foundation. "We wanted to be creative in thinking about how to build the future workforce that we all need."



Support a cause close to *your* heart!

Scan to make your gift to
MultiCare Foundations



Physical Medicine & Rehabilitation



Changing lives through donor-supported rehabilitation

For 70 years, Good Samaritan Regional Rehabilitation Center has been increasing patients' independence, restoring function and preventing complication following a gravely serious injury or illness. To commemorate this anniversary, we're looking back at where Good Samaritan's donor-supported rehab services began.

Grounded in holistic care

Erv Severtson built and ran Good Samaritan's psychology department for 20 years and was instrumental in shaping its rehab program.

Born and raised in Minnesota, higher education brought him to Washington state. At Pacific Lutheran University (PLU), Erv majored in classical languages and ancient history, served as the student body president his senior year, taught in the psychology department after getting his PhD in clinical psychology and became the vice president of student life. He additionally attended a theological seminary, earning a master's degree in theology.

Erv's zest for learning and interest in the nervous system's physiological processes related to behavior and cognition would inform his work at Good Samaritan.

Months after joining the PLU faculty, Sherburne W. Heath, Jr., MD, called with an invitation to become the hospital's psychologist.

"Long before the term was popular, Dr. Heath was holistic," Erv shares. "He believed that good medicine involved not only the body, but the mind, the emotional well-being — that we should view the person as more than a spinal cord that's injured or a hemisphere of the brain that's been pierced by a bullet. It's the whole person."

Rehab at Good Samaritan

Erv came on board in 1966, initially working one day a week, plus evenings and weekends. Over the next 17 years, he hired staff and added neuropsychology until Good Samaritan was ready to build the new inpatient rehab center.

Together, Erv, Dr. Heath and Hildur Gleason — the

center's first social worker — along with occupational and physical therapy, speech and nursing staff united around a philosophy of treating rehab patients holistically and inclusively.

“Every person at the table had a voice, which was so unique,” Erv shares. “Patients’ families, schools and employers also had a voice. Dr. Heath felt that rehab was not done ultimately in the hospital, in the center, but if that person did not get home and make it back into his or her family, employment, school, community, we had failed.”

Erv's psychological approach was deeply humanistic, as well. He started by doggedly identifying the patient's strengths — even a flea flicker response of a muscle — and being honest about weaknesses. Then, Erv collaborated with the patient's team, listening to their observations and offering his insights to paint a full picture. He would also assist families, answering questions and helping them come to terms with the realities of their loved one's situation.

Coming full circle

Decades later, the center would take on new meaning.

Nancy and Erv celebrating an anniversary.



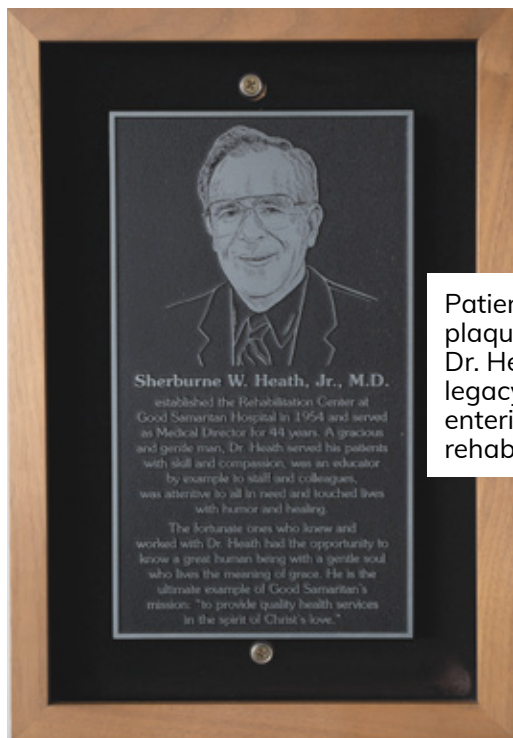
In 2015, Erv's beloved wife Nancy utilized rehab services after suffering a perforated colon and subsequent coma. Because of the care received, including hundreds of hours with a speech pathologist, he and Nancy had four more beautiful years traveling around the country and attending family events before her passing.

Erv himself fell in the shower, severely damaging his spinal cord. While his four extremities shouldn't be functional, his incredible rehab experience and determined nature helped him defy the odds.

“What captured me and kept me here for 20 years ultimately came back to serve Nancy and gave quality of life to me with only half a spinal cord at the cervical level,” he shares.

As a former patient and employee, Erv believes that a donation to the program is a life-changing investment.

“Rehab deals with the whole person as they deal with things that impact the whole being,” he explains. “Because these things require so much in specialized care and often long-term care, if a person wants their dollar to really count in changing lives, I can't think of a better place to give to.”



Patients see this plaque honoring Dr. Heath's legacy when entering the rehab center.

Funds raised during our 70th anniversary will ensure continued rehabilitative care, helping members of our community rebuild skills and address activities of daily living following a life-changing event or injury.

Give at give.multicare.org/gsrehab



Grant equips MultiCare to do more for sexual assault survivors

In Washington state, an estimated 61 percent of women and 34 percent of men experience sexual violence in their lifetime. Victims often turn to their local emergency department for immediate help, but most nurses are undertrained when it comes to caring for these patients in crisis.

MultiCare Health System is ready to change that.

Meeting a critical need

In June 2024, MultiCare received a \$1.5 million grant from the Health Resources and Services Administration to expand access to sexual assault nurse examiner (SANE) training. The three-year federally funded project will add approximately 300 SANE-trained and 15 SANE-certified nurses across the Inland Northwest, Yakima and Puget Sound regions.

A SANE is a registered or advanced practice nurse who's trained to provide trauma-informed care to sexual and domestic violence survivors. They're responsible for conducting forensic exams, documenting injuries, educating patients on available resources and testifying in trial if necessary — tasks that aren't standard in nursing curriculum.

The grant will double the state's SANE workforce by offering training to MultiCare nurses, as well as nurses outside of MultiCare. Classes will take place quarterly in all three regions using a hybrid learning model, increasing accessibility for rural and medically underserved areas.

MultiCare is one of only four non-university-affiliated applicants to receive this funding.

"It's a really big deal," says Jennifer Cantrell, RN, MSN, NPD-BC, SANE-A, interim project director. "Being chosen as a grant recipient proves that not only is there a need for this training, but MultiCare has the capability to support it."

First line of response

In the aftermath of sexual assault, survivors who bravely come forward need a safe environment

where they're believed and provided wraparound care. Nurses, in turn, require training to feel confident and capable in these crucial moments.

"The risk of re-traumatization is real," Jennifer shares. "We need to prepare our staff to handle and manage these complex, emotional and sometimes very traumatizing cases. There are so many physical aspects, but there's also the psycho-social aspects."

Only about a third of victims report their sexual assault. How well they're supported at an initial emergency department visit could influence whether they continue seeking help. More SANE-trained nurses will have a profound impact.

"We're giving survivors control back over their body when they leave that hospital," Jennifer explains. "They'll know they were able to make decisions; that somebody believed them and validated that what happened to them is not OK; that they're strong; and there are people there for them."

A game-changer for rural health

Deirdre Demel, RN, has experienced the demand for more SANE training firsthand at MultiCare Yakima Memorial Hospital. As a single hospital caring for an entire county — comprised of many rural communities — resources like this have often been out of reach. MultiCare's 2023 acquisition of Yakima Memorial has expanded what's possible.

"This training is so important because it provides a standard of care here that you usually see in the bigger cities," Deirdre says.

Upon hearing news of the grant award, she was moved to tears. Deirdre's department has administered more exams in recent years, and now new and experienced nurses will gain these important skills.

Philanthropy-powered care

Philanthropic funding — from individuals, businesses and government grants — allows MultiCare to pursue and launch bold initiatives that build safer, healthier communities.

"If we can start to put resources to help people in the early stages of trauma, we can help set them up for success to have a healthier life down the road," Jennifer shares. "This grant is going to set a statewide foundation."

This project is supported by HRSA, an agency of the HHS, as part of an award totaling \$500,000 per year with 0 percent financed with nongovernmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. government.

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JENNIFER CANTRELL
RN, MSN, NPD-BC, SANE-A
Interim Project Director

Leave your mark on your community's health

There are many ways to make a planned gift to MultiCare Foundations.



Will or living trust

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Designate MultiCare Foundations through your IRA, 401(k) or other savings plan



Stock

Donate gifts of stock and securities

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Learn more at multicarelegacy.org or contact plannedgiving@multicare.org

Growing health care on hop farms

Every year, as the season turns to fall, Yakima Valley hop fields are overflowing with ripe, healthy vines ready to be harvested. Now, thanks to Yakima Memorial — which is supported by our partner in philanthropy, Memorial Foundation — access to health care is growing right alongside them.

A blossoming partnership

This spring and summer, Loftus Ranches — one of the region's oldest and largest hop farms — partnered with Yakima Memorial to host two

health fairs for its employees, including domestic workers and temporary agricultural workers on a H-2A visa.

“Our team members are our most valuable asset,” shares Alex Munoz, director of human resources at Loftus Ranches. “We couldn't do what we do without them, and we care deeply about their health and access to health care.”

MultiCare staff and contractors provided bilingual health screenings using 10 portable point-of-care testing devices that measure cholesterol, blood glucose and related lipid levels. Participants could request follow-up consultations and received information about recommended local providers, nutrition and Yakima Memorial's Diabetes Prevention Program.

The testing devices were made possible through a Washington State Department of

Health grant, administered by Yakima Valley Community Foundation and Opportunities Industrialization Center of Washington.

Cultivating access

While Loftus Ranches provides health insurance coverage, many of their employees had been struggling to find a primary care provider — especially a bilingual one — and very few had ever been seen by a physician. Partnering with Yakima Memorial is helping bridge that gap.

Luis Vega, 32, conducts pest control for the hop fields. He doesn't have a primary care physician, so attending a fair was an appealing opportunity to learn more about his health.

“I have four children at home, and I want to be healthy and strong for them,” Luis explains. “If I needed to get something checked out or taken care of, this was an easy way to find out.”

Loftus Ranches is working to incorporate health fairs into their wellness program, making them an annual event.

“It's exciting to see that health care opportunities in Yakima are being brought directly to our workers at their workplaces,” says Patrick Smith, Loftus Ranches CEO. “We're proud to be part of this milestone and hope it becomes commonplace in the agricultural industry.”

A healthy, flourishing Yakima Valley

Memorial Foundation has been meeting Yakima Valley's emerging health needs for over three decades.

With a commitment to expanding access to care and championing health equity, the foundation ensures more patients and families receive the care they need, regardless of their ability to pay.

In a community that stretches across multiple counties, donors help Yakima Memorial programs and services reach further, creating a healthier home for all.



MultiCare Foundations *Events*

Recaps



Leadership Luau

On September 10, MultiCare Capital Foundation put on its second annual Leadership Luau and celebrated its board of directors' official formation. Guests donned their best tropical attire and gathered in the name of building a healthier Thurston County.

give.multicare.org/capital

Rock the Foundation

On September 21, MultiCare Health Foundation hosted its annual party for a purpose in support of the newly established MultiCare Cancer Institute. Attendees witnessed the latest in surgical robotics technology and heard cancer survivor Rachel Turner's moving story, including the need for expanded cancer care and prevention in the South Sound.

rockthefoundation.org



Come Walk With Me

On October 5, more than 2,000 participants turned downtown Sumner pink, walking a 5K in support of breast health programs at MultiCare Good Samaritan Hospital and through MultiCare Cancer Institute's Good Samaritan Cancer Resource Center.

comewalkwithmenow.org

Upcoming

2024



Festival of Trees | November 30 – December 7

South Sound's happiest holiday celebration kicks off Thanksgiving weekend and runs through December 7, bringing together champions for children's health.

Benefits: The new Mary Bridge Children's hospital campus.

Title Sponsor: Trouvés Health Care Corporation

festivaloftreestacoma.org

2025



YouthWorks Pageants | January – April

Experience the power of collective action as Yakima Valley high school students join together to support kids across Central Washington.

Benefits: Children's health programs and services at Yakima Memorial and Children's Village.

memfound.org/events

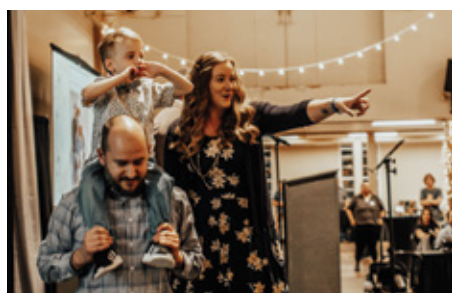


Heart Strings | April

Spokane's favorite concert for a cause is back for a special evening of live music and fundraising.

Benefits: Programs and services at MultiCare Inland Northwest hospitals and clinics.

multicareheartstrings.org



Passion for the Village | May 9

Memorial Foundation's annual dinner and auction is raising support for children's health in Yakima Valley.

Benefits: Programs and services at Children's Village.

passionforthevillage.org



Corks & Crush | May 17

Join MultiCare Good Samaritan Foundation for an evening of fine wines and fundraising at East Pierce County's premier gala.

Benefits: Programs and services at Good Samaritan.

2024 Presenting Sponsors: Edward Jones & Howard S. Wright

corksandcrush.org

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of TREES**

THE WHOLE FAMILY'S INVITED!

PUBLIC DAYS

**NOVEMBER 30 + DECEMBER 1 • 10AM - 4PM
UNIVERSITY OF PUGET SOUND TENNIS PAVILION**

Explore a fairy-tale wonderland of trees lovingly decorated by talented community members! Partake in festive kids' activities, peruse our holiday gift shop or pose for a picture with Santa. Please bring a donation of a new teddy bear, Play-Doh and/or Matchbox car to brighten the season for Mary Bridge Children's patients.

