

# FOUNDATIONS

---

# JOURNAL

*Donors open up  
a world of play  
& empowerment  
for Riley, pg. 12*

## Dear friends,

Summer's arrival brings a renewed sense of hope with longer, sunnier days and vibrant landscapes. This issue of our Foundations Journal celebrates that spirit, just as it reminds us that your support of MultiCare Foundations helps everyone flourish.

Our cover story features Riley, a magnetic, sociable young girl who's been overcoming challenges her whole life. Thanks to your generosity and Children's Therapy Unit, this 9-year-old's future is bright.

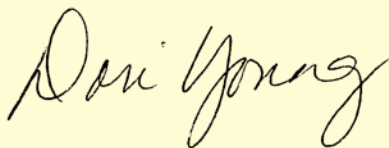
Throughout these pages, you'll also find heartening, donor-powered stories from Spokane, Olympia and Yakima.

MultiCare's recent growth directly addresses our communities' mounting health care needs. We're expanding and improving services in areas like children's health, behavioral health and emergency care. Generous donors, like you, make these advancements possible.

Across the Pacific Northwest, we're deeply inspired by the passion and dedication of our board members, volunteers and partner organizations. Their commitment and resources are essential to delivering high-quality health care and building stronger, healthier communities.

On behalf of the team at MultiCare Foundations, thank you for your gifts of time, talent and treasure. It's a privilege to see the far-reaching impact you have on patients, providers and the places we call home.

Wishing you a season filled with sunshine and warmth,



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

On February 14, Spirit Halloween generously donated more than \$98,000 to Child Life Services as part of their annual Spirit of Children campaign, helping MultiCare Mary Bridge Children's Hospital be less scary for kids! We're grateful to have community partners so committed to South Sound children.

Scan to learn more about starting your own community fundraiser:



## Table of contents

4	Mary Bridge Children's update	14	Experiencing care close to home
6	Turning birdies into bucks for kids' health	16	Yakima program supports whole-person health
10	Refugee finds healing in the INW	18	2024 events
12	Children's Therapy Unit helps 9-year-old thrive		

# Building the best for South Sound kids

If you've driven on Tacoma's Division Avenue recently, you've likely marveled at the massive structure taking shape — the future home of Mary Bridge Children's hospital campus.

On May 17, the structural steel framing was completed, and staff past and present, patient ambassadors and construction teams signed a beam that will forever be part of Mary Bridge Children's. Currently, concrete decks are being poured and spray fire-proofing has started. What's more, \$66 million (and counting) has been raised for this once-in-a-generation project!

It's incredibly exciting to see construction progress on what will become one of the most advanced children's hospitals in the nation thanks to our generous supporters.



Did you know you can watch construction in real time? View the live stream by scanning here:

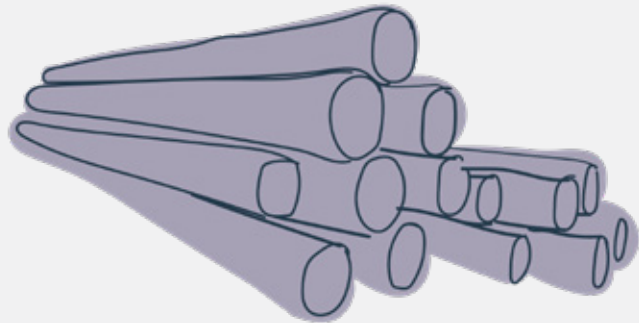


# Once finished, there will be:



**30,375,000 pounds of concrete**, the weight of more than 3,000 adult elephants.

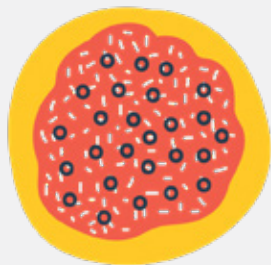
**190,000 square feet of metal deck**, enough square footage to make a sidewalk to Gig Harbor.



**115,200 square feet of ceiling tile**, which could cover two football fields.



**33,000 linear feet of HVAC piping**, equal to 940 school buses lined up end to end.



**30,000 feet of sprinkler pipe**, the equivalent length of 100,000 standard-sized pizzas placed side by side.

Help build the new Mary Bridge Children's Hospital and ambulatory building! Scan to join The Wonder Project, our fundraising campaign to create a space uniquely designed for kids and their families:





# Professional golfer gives back to Mary Bridge Children's

Golf is a family affair for Andrew Putnam. His father took to the sport around age 30 at Fircrest Golf Club, and Andrew and his brother Michael began playing at the junior level.

Michael would go on to attend Pepperdine University on a golf scholarship and join the PGA Tour. Andrew followed in his footsteps on both fronts, turning pro himself in 2011.

Even as Andrew's swing has taken him to greens across the globe, he's always remained rooted in his University Place community.

## **Seeing a need**

While kicking off his holiday season with Mary Bridge Children's Festival of Trees, the professional golfer was struck by all that his local children's hospital is accomplishing in the South Sound.

"Our son was born at that hospital, but Festival was the first time we were learning about it and got involved," Andrew explains. "My wife Tawny and I had a great time and wanted to chip in. We bought a couple trees and heard the stories of some of the kids, but just thought it was a great organization to partner with."

## **Turning birdies into bucks for kids**

Inspired to do even more for Mary Bridge Children's Hospital patients, he connected with his close friend Tyler Hjelseth, whose company Edgewater Wealth Management has sponsored Andrew over the past couple of years. Out of their brainstorming, "Birdies for Bucks" was born.

With the campaign, Andrew and Edgewater pledged to collectively contribute \$100 for every birdie he made during the 2023 PGA Tour season, helping expand access to pediatric care.

"We just thought this would be a cool idea to make it more than just a traditional sponsorship and a way to give back," Tyler says. "We're just excited to play a small part in all of it."



To increase their impact, Andrew and Tyler invited individuals and businesses to commit a set dollar amount to be donated per birdie to Mary Bridge Children's. Dr. Jason Stockton at Tacoma Family Chiropractic and Carl Bronkema at Farmers Insurance, among others, rose to the challenge.

### The results are in

Andrew's successful season saw him card more than 400 birdies. For him, every tournament was a win-win — the better he played, the more money he was raising for kids in need.

On a drizzly spring day, Andrew and Tyler presented Mary Bridge Children's Foundation with a check for \$40,000.

"It's an easy, no-brainer thing to get behind — helping kids who are in unfortunate circumstances get the help they need," Andrew shares.

He and Tyler are glad to have the opportunity to live out the philanthropic values extolled by each of their families.

"Growing up I was taught that with whatever you have, try to give a portion of that back to the community in general," Tyler says. "I'm just passionate about kids, as well, and especially kids going through tougher times — whether it be health- or financial-related. And so, I think the hospital was a pretty natural beneficiary."





# Together *we* can

Make a difference  
in your community;  
become a MultiCare  
volunteer today!

Scan to learn more about  
joining our team or contact  
[vservices@multicare.org](mailto:vservices@multicare.org)



# Spokane's donor-supported behavioral health clinic helps refugee heal

In May 2023, Mohamed Fall arrived in Spokane as a refugee — 6,000 miles away from his native country of Senegal. The people looked different, they spoke another language and nothing was familiar.

While he missed home, he knew he had to seek a better life.

## Searching for acceptance

Mohamed is a gay man. Homosexuality is illegal in Senegal, and individuals face violence, persecution and discrimination. When his family and community learned about his sexual orientation, he was ostracized.

"I have no contact with them," Mohamed says. "It's hard to even talk about. But this is who I am."

When his refugee application was approved, he thought his hardships were behind him. While moving to the U.S. did offer greater safety, the challenges of starting a new life in a foreign country began to stack up.

A local refugee resettlement organization helped Mohamed locate an apartment and find a job, but ongoing resources were harder to come by. Coupled with his limited English — he speaks Wolof — life quickly became difficult.



"I don't know the system here," Mohamed explains. "I don't understand a lot of things."

## Help at the right time

After arriving in Spokane, Mohamed established primary care at MultiCare. As his provider learned more of his story, she discovered he was struggling with his mental health.

Mohamed was referred to donor-supported MultiCare Behavioral Health Northeast Spokane, which opened in October 2023 to provide greater access to behavioral health programs and services.

With the help of a translator, he began meeting with a therapist and Madison Birdsell, a peer support specialist.

“My first impression of Mohamed was someone who was brave enough to seek services in a world that was, and is, still foreign for him,” she shares. “From the moment I met him, he showed extreme kindness, gratefulness and was eager to start working toward his goals.”

In addition to mental health support, Mohamed’s MultiCare Behavioral Health team helped enroll him in English courses at Spokane Falls Community College, acquire furniture and build his resume to re-enter the workforce.

“This clinic is truly a great clinic,” he reflects. “They see me in a very human way.”

### **Grateful for compassionate care**

Mohamed found MultiCare at a critical moment before his health reached a crisis point. He’s particularly grateful for his mental health referral that’s helped him cope with the loneliness and stress of beginning anew.

“There was even a time when I was so frustrated, I wanted to take pills,” Mohamed remembers. “But the clinic providers talked me through it. They understand that I don’t speak English, and they work with me. They’ve really listened and helped me.”

While adjusting to life here is a slow process, Madison is continually impressed by her client’s efforts.

“His commitment to seeking care is astounding,” she says. “There have been many points in his journey of feeling hopeless and discouraged with how his transition happened to America, but he kept going. He continues to show up to the clinic to receive support, and most importantly, he shows up for himself every day.”

His primary care provider also sees “more hope” in Mohamed as he connects to resources, improves his health and gets to know Eastern Washington. His story, she says, shows the importance of donor generosity.

“Your whole community is uplifted when people have access to care,” she shares.



# Support a cause close to *your* heart!

Make your gift  
to MultiCare  
Foundations by  
scanning here:



# Donor-powered therapy services, talent show empower Sumner girl

On April 27, people packed the Emerald Ridge High School theater to see kids shine in “Celebration of our Stars,” a special talent show where all participants are patients at Mary Bridge Children’s Therapy Services. Among them was 9-year-old Riley, dressed to the nines in a sparkling headpiece and rainbow tutu and ready to dance.

MultiCare Grannies’ Attic Thrift Store sponsored the event, which honors children’s developmental differences and showcases their joy and zest for life. This year’s acts included demonstrating movement milestones; playing sports like bowling, basketball and baseball; delighting in music through song and dance; and more.

“This opens the door for everything,” shares Riley’s grandparent Jeanette, who turned to the donor-supported Children’s Therapy Unit (CTU) following Riley’s in-utero loss of the left side of her brain. “These children get to be in the public, and they’re not pushed away. They go through so much, and whatever their story is, it puts them in the limelight.”

## Riley’s CTU story

Riley became part of Celebration of our Stars at around 15 months old — about 10 months after she started attending CTU for physical and occupational therapy.

Jeanette credits CTU with playing a leading role in Riley’s journey.

“During her infancy, my due diligence as a grandparent then was to make sure she got all these services that were offered to her,” Jeanette explains. “The therapy unit was a big piece. It made her overcome a lot because with us having this rigorous schedule that was always the same — that’s what she thrived on.”

Clinical Education Coordinator and Clinical Specialist in Pediatric Physical Therapy Sara Kerrick, PT, C/NDT, has worked with Riley since the beginning. Sara has helped Riley progress her walking, refine her gait and explore opportunities for community involvement. Both the young girl and Jeanette never cease to amaze Sara.

“I am in a unique position to see how people adapt when life throws them a curve,” Sara writes. “Riley has a very strong, some would say tenacious, will that has helped her overcome so many obstacles.

“Jeanette understands my explanations of neuroplasticity and takes it to heart in her management of Riley’s needs,” Sara continues. “We have great conversations that are focused on how to help Riley go as far as we can help her in the world.”

## Philanthropy supports CTU rising stars

While doctors had warned that Riley may be in a vegetative state all her life, Riley is defying the odds and flourishing, lifted up by Sara, Jeanette, Jeanette’s partner and the donors who invest in CTU.

“The support from our community has allowed me to better serve kids and families in ways that meets their needs through increasing creativity in my approach and collaboration with my peers,” Sara says. “I am so appreciative of all the support, from supporting the STARS to buying shoes to helping bridge the gap between what insurances provide versus what a child might need for therapy.”



# Long-time MultiCare donor reflects on recent emergency care experience

On December 5, 2023, Jeff Cook stood at the ribbon cutting ceremony for the new MultiCare emergency department (ED) in Lacey and marveled.

Ten exam rooms, an in-house lab, on-site radiology services and around-the-clock staffing. Such excellent care was now available in his new neighborhood.

Little did Jeff know that in four short weeks he would be back to visit again. This time as a patient.

## A rich MultiCare history

Jeff's connection to MultiCare started with his wife Becky Walsh, who graduated from Tacoma General Hospital School of Nursing (which is supported by MultiCare Health Foundation) in 1969. For years, they attended the annual alumnae luncheon and donated to the scholarship fund.

After more than four decades as a critical care nurse, Becky retired, and the couple established The Becky Walsh and Jeff Cook Endowment for Nursing Excellence. The fund will help MultiCare nurses pursue education and develop critical skills on the job now and into the future, thanks to their legacy gift.

"We love nurses," Jeff explains. "They're the backbone of health care."

Most recently, the couple moved to a Lacey retirement community right as MultiCare acquired Olympia-based Capital Medical Center. Jeff and Becky have been taking the time to learn more about the health system's footprint in the Puget Sound region through tours at MultiCare Tacoma General Hospital, Wellfound Behavioral Health Hospital and MultiCare Capital Medical Center.

"We've been impressed with the places we've toured," he shares.

## Emergency care close to home

In the early morning hours of January 2, 2024, Jeff woke to discomfort on his right side. While Becky slept, he slowly walked around the house until the pain grew too much to bear. Jeff finally roused her at 5am in need of immediate emergency care.

Upon arrival at the ED less than a mile from their home, Jeff was promptly admitted, had his vitals checked, received a CT scan, met William Hurley, MD, and was diagnosed with a kidney stone in his right ureter.



“They had everything,” he says of the Lacey ED. “All the staff, Dr. Hurley. Everything was there that one could need.”

Jeff received medications for his pain and nausea, along with a few prescriptions. He was discharged later that morning, and the kidney stone successfully passed. While Jeff’s visit was short, it left a lasting impression.

“We expected to get good care,” he explains. “But it was just an exceptional experience. I think we’re really blessed to have that facility there.”

### **Lasting importance of local care**

Jeff’s emergency visit has given him a new perspective on MultiCare’s mission of partnering for healing and a healthy future.

“One thing I liked was we got to have the MultiCare experience, since we’d never done that before,” he explains. “And it turned out we were at the place we had the ribbon cutting. That was like icing on the cake. We saw what it was like, and then we saw it in action.”

With this newfound appreciation of expert care close to home, Jeff and Becky are inspired to continue investing in their community’s health.

“We appreciate the good that MultiCare is doing for communities across Washington, and we want to support them in their efforts,” Jeff shares.



## *Legacy giving*

Scan for smart ways to support the future of care in your community:



# Our partner in philanthropy invests in a healthier Yakima

Elizabeth Garcia remembers the day everything changed for her in 2018.

"I was very, very pregnant, and so run-down and fatigued," she says. "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.'"

After hearing a radio advertisement for MultiCare Yakima Memorial Hospital's Diabetes Prevention Program (DPP) — which helps prediabetic patients lower their risk of Type 2 diabetes — Elizabeth decided to sign up and get her energy, and life, back.

Supported by generous Memorial Foundation donors through the Healthy Yakima initiative, the year-long program focuses on equipping participants with tools and knowledge to take control of their health and halt the disease's progression.

"I learned so much," Elizabeth shares. "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, she set her sights on becoming a facilitator. In 2019, Elizabeth achieved her goal, leading groups in English and Spanish as both a DPP and ACT Get Up, Get Moving! (ACT) facilitator.



Also powered by Memorial Foundation supporters, ACT is an evidence-based program that educates youth and their families on how to lead healthy lifestyles nutritionally and physically. Offerings include cooking classes and gym memberships to help kids improve their health.

Today, Elizabeth uses her knowledge and personal experience to help others on their own health journeys as a Food for Life coach. Working in the Yakima School District full time, along with raising her children and caring for her family, she's happy and appreciative of feeling 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,” Elizabeth explains. “If I can help someone prevent or halt their disease with the tools I’ve learned, then I’m grateful.”

Sustaining Yakima Valley’s health begins by ensuring everyone can access the tools and resources necessary to better their own health and well-being. Thanks to Memorial Foundation donors, community members like Elizabeth have access to diabetes education and nutrition programs, childhood obesity prevention and more.



# MultiCare Foundations *Events*

## Recaps



**Heart Strings** | At MultiCare Inland Northwest Foundation's sixth annual Heart Strings concert and fundraising event on April 26, attendees helped raise funds for one of the most urgent causes in the region — behavioral health. During the program, college student Samie Schaffer shared how local mental health resources shaped her recovery journey.  
[multicareheartstrings.org](http://multicareheartstrings.org)

**Changing Minds** | MultiCare Behavioral Health Foundation held its annual benefit to sustain and expand access to behavioral health treatment and services on May 7. Guests learned about Collaborative Care integration and how the direct referral from primary care provider to mental health therapist changed the trajectory of Stephen Soran's life as he sought help for high anxiety.  
[multicare.org/changingminds](http://multicare.org/changingminds)



**Corks & Crush** | MultiCare Good Samaritan Foundation's Corks & Crush wine tasting and fundraising gala on May 18 helped expand access to affordable, high-quality health care at MultiCare Good Samaritan Hospital and throughout East Pierce County. The evening featured General Surgeon Anthony Kim, MD, and Good Samaritan Chief of Staff Camille Samujh, DO, talking about their passion for Puyallup's hospital on the hill.

**Presenting Sponsors:** Edward Jones and Howard S. Wright  
[corksandcrush.org](http://corksandcrush.org)

# Upcoming



## Golf to Give Classic | September 19

Tee off for a great cause and give future golf champions the care they need to thrive.

**Benefits:** Children's health at MultiCare Yakima Memorial Hospital and Children's Village

[memfound.org/golf](http://memfound.org/golf)



## Crush for Cancer | September 20 & 21

Wine-pairing dinner, a grape stomp and fundraising festivities hosted by Whitman Hill Winery.

**Benefits:** Cancer care at Yakima Memorial Hospital and MultiCare Cancer Center - North Star Lodge

[whitmanhillwine.com](http://whitmanhillwine.com)



## Rock the Foundation | September 21

An evening of music and fundraising supporting health and healing in our South Sound community.

**Benefits:** MultiCare Cancer Institute

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



## Come Walk With Me | October 5 – 31

Festivities begin with Pierce County's pinkest 5K on the first Saturday in October and continue with community events throughout Breast Cancer Awareness Month.

**Benefits:** Breast health programs at Good Samaritan Hospital and Good Samaritan Cancer Resource Center

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



## Bridge to Brunch | October 12

Spokane's favorite 5K fun run and walk ends with tasty treats at the finish line.

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

[multicare.org/brunch](http://multicare.org/brunch)



## Festival of Trees | November 30 – December 7

South Sound's happiest holiday celebrations kick off Thanksgiving weekend and run through December 7, bringing together champions for children's health.

**Benefits:** The new MultiCare Mary Bridge Children's Hospital

**Title Sponsor:** Trouvés Health Care Corporation

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



2024

MAGIC LIVES HERE

**MARY  
BRIDGE  
CHILDREN'S  
FESTIVAL  
of TREES**

TITLE SPONSOR  
 Trouvé's Health Care Corporation

FESTIVALOFTREESTACOMA.ORG

MARY BRIDGE Brigade  
ASADO CUCINA ARGENTINA  
TOM & MEG NAMES FAMILY FOUNDATION  
ABBOTT CONSTRUCTION  
John L. Scott FOUNDATION  
UNIVERSITY OF PUGET SOUND

*Experience the  
magic of Mary  
Bridge  
Children's  
Festival of  
Trees during*

**PUBLIC  
DAYS**

**NOV. 30  
& Dec. 1**

**UNIVERSITY OF  
PUGET SOUND,  
TENNIS PAVILION**

