

FOUNDATIONS

JOURNAL



*Donor-supported
programs put a
spring in August's
step, pg. 6*

Dear Friends,

As summer begins to blossom, your impact is in full bloom. This issue of our Foundations Journal captures the stories of lifesaving care happening around our state, made possible by donors like you.

Our cover story features active August, whose life came to a grinding halt at age 3 when he suddenly needed brain surgery. Thanks to world-class providers and donor-supported programs at MultiCare Mary Bridge Children's Hospital, the entire Thurston County family received expert, compassionate care and attention.

I'm also thrilled to highlight a groundbreaking whole blood pilot program for emergency services in West Pierce County. Championed by MultiCare Health Foundation supporters, this initiative is already enhancing first responders' ability to treat trauma patients in the field.

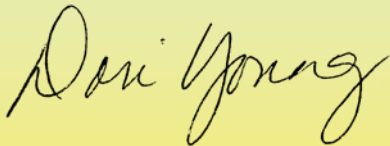
Across these pages, you'll find moving stories of patient-centered cancer treatment and how behavioral health services are a lifeline for Spokane veterans.

Throughout our health care system, countless individuals give the gift of time through board service, hospital and clinic volunteerism and more. Please join me in thanking them!

As we look to the future, I want to share a personal note with you. After 13 fulfilling years of working with our exceptional philanthropy and volunteer services team, I will be retiring.

It's been an immense privilege to witness our donors' and volunteers' extraordinary generosity. I'm deeply grateful for your partnership in creating a healthier future for all. Please know that our mission and vision will continue onward, propelled by your passion and the ongoing commitment of our MultiCare Foundations team.

With sincere appreciation,



Dori Young, Chief Development Officer ~ MultiCare Foundations



MULTICARE FOUNDATIONS

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



Teddy Bear Clinic at Mary Bridge Children's Outpatient Center



Mary Bridge Children's patient ambassador Liam

In April, Combat Veterans Motorcycle Association members held their third annual "Operation Teddy Bear" drive at Destination Harley-Davidson of Tacoma joined by 15-year-old patient ambassador Liam. The group gave 1,800 stuffed animals, bringing comfort and joy to patients at Mary Bridge Children's Hospital, Mary Bridge Children's Cardiology and MultiCare Gig Harbor Medical Park's ambulatory surgical center. The donation also inspired a Teddy Bear Clinic, where 30 patients performed checkups on their new toys. This is one of the many ways play helps kids cope with medical appointments.

Learn more about starting your own community fundraiser here:



Combat Veterans Motorcycle Association members with carts full of toys



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Construction to *cutting-edge care*

Just like the lavender and lilacs around us, the new Mary Bridge Children's Hospital is rapidly growing. As of May, the hospital tower, outpatient center and visitor parking garage are almost 70 percent complete! Massive connection work is already underway to connect the tower to permanent power this month, with network systems coming online shortly thereafter. Final site concrete and paving, donor signage and cabinetry installations are scheduled to finish later this summer.

As the components of our pediatric campus come to life, thanks to the support of our generous community, here's a look at some of the additional services we'll be able to offer:



New hospital building with:

- Pediatric surgical center of excellence
- Shared pre-post/anesthesia care unit and sedation
- Diagnostic PET imaging, including magnetic resonance imaging, Artis zee cath lab, radiographic fluoroscopy, single-photon emission computed tomography and two endoscopy suites
- Same-floor care continuums with colocated services according to patient group needs



New medical office building with:

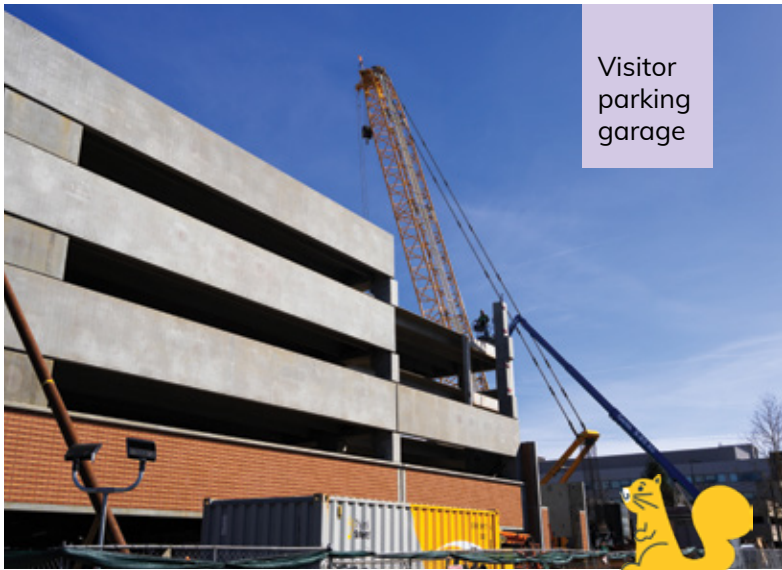
- Expansion of the existing Mary Bridge Children's Outpatient Center, doubling its current footprint
- State-of-the-art pediatric hematology and oncology center and ambulatory infusion center



Medical office building expansion to Mary Bridge Children's Outpatient Center



Visitor parking garage



With your help, Mary Bridge Children's provides expert care, so kids can get back to being kids.

Donate now:
marybridgewonder.org







Brain surgery to *bright future*

Rocks, car camping, LEGO sets, Play-Doh and painting. These are a few of 5-year-old August's favorite things.

His mom Julia describes him as constantly being on the move.

"He's never, ever, ever been a kid that stays still," she says. "Even in utero."

The one exception? The two weeks he spent recovering from brain surgery at Mary Bridge Children's.

An ear infection gone south

At age 3, August had a middle ear infection that went bad very quickly. Almost 24 hours post-diagnosis, the infection had penetrated the skull, and the pressure caused a cerebral venous sinus thrombosis — a blood clot in the brain's venous sinuses. An abscess then formed between his brain's hemispheres, compressing the left side of the brain from the middle.

August was at Mary Bridge Children's for 16 days, followed by several shorter stays as complications arose.

"Seeing him going in and out of procedures, sedations, needing to be hooked up to everything, becoming depressed, completely losing hope at 3 was really, really hard," Julia says, thinking back on that terrifying time. "But my husband and I were very, very thankful, especially for Dr. Kelly specifically because she walked us through everything leading up to that major brain surgery.

"She and the other doctors were so good at giving us that information in a way that we could then kind of digest it," Julia continues. "They also sat with us and allowed us to cry and treated us gently, but not with kid gloves."

Donor-supported services at the ready

After surgery, August rapidly began to feel better. Julia was greatly encouraged to see her little boy become more and more wiggly. But the big shift came when August learned there was a playroom on the sixth floor.





Made possible by Piper Cheney and the Ben B. Cheney Foundation, Piper's Playhouse is a space where kids can be kids even in a sterile hospital environment.

"We had to be really careful with him at Piper's Playhouse because he had a hard time with moving, but he really wanted to get onto everything," Julia shares. "As the days went by, he had a lot of fun. He loved anything construction like excavators, and there's this little Ferrari that he drove around the hospital."

August's older sister Alanna also welcomed the distraction of the playhouse and connected with Bari Bates. As part of the donor-powered Child Life Services team, Bari makes it her mission to minimize stress and ease anxiety for Mary Bridge Children's patients and their siblings.

"When August was in brain surgery, Bari sat down with her and just talked through what was going on," Julia says. "She didn't just stay for like 10 minutes — she stayed for a long time. She was so good at getting on Alanna's level."

Going home and gratitude

To mark his discharge from the hospital to his Olympia home, August selected a chicken bead to go on his Beads of Courage strand — another donor-funded program that empowers kids to tell their treatment journey through colorful, artist-made beads. His other beads represent subsequent follow-up visits and appointments, where everything continues to look good.

Recovery from brain surgery is a long process, and August has made considerable strides forward in moving, talking and emotional regulation. He's also beginning to read.

The future is bright for both of Julia's kids, and she couldn't be more grateful for the support from Mary Bridge Children's.

"The doctors and nurses can only do so much for little ones," she tearfully reflects. "Now because of a playroom, my kids aren't scared to go to a hospital, and they were both able to experience those fun little things. There's also the beads. Those were huge. As a parent, that hope goes a very long way."



MultiCare clinic *bridges behavioral health gap* for Spokane veterans

In October 2023, MultiCare opened an outpatient behavioral health clinic in Spokane's Hillyard neighborhood to improve access to services in a historically underserved area. The clinic, funded in part by donor contributions, is part of the Northeast Community Center and serves many active-duty military personnel, veterans and their families.

Home to Fairchild Air Force Base, Spokane County has over 32,000 veterans. This population faces a disproportionately high need for accessible behavioral health treatment due to the unique challenges of serving in the armed forces.

Military service members are often exposed to traumatic events. Frequent deployments, combat, violence and loss can result in anxiety, depression and post-traumatic stress disorder. Untreated, these issues can further lead to substance use disorders or suicidal ideation.

Ahmad Bennett, a marriage and family therapist associate at the MultiCare clinic and military veteran, can deeply relate. On April 4, 2008, he went to the emergency room unable to speak or control the left side of his body. During the exam, Ahmad's physician inquired about his behavioral health and concluded that undiagnosed mental health issues had contributed to the stroke.

"It took an ER visit for me to realize my mental health was impacting my physical health," he reflects. "My coping mechanisms, like ignoring my feelings and substance use, weren't working. Too often, veterans in Spokane seek help in the ER."

A personalized approach

After engaging in therapy, Ahmad regained his health. Research indicates a strong connection between mental and physical health, with mental health impacting recovery from injuries and chronic illnesses, such as heart disease and cancer.

Today, the therapist associate practices humanistic-experiential therapy, drawing on his personal experiences to build trust with his clients.

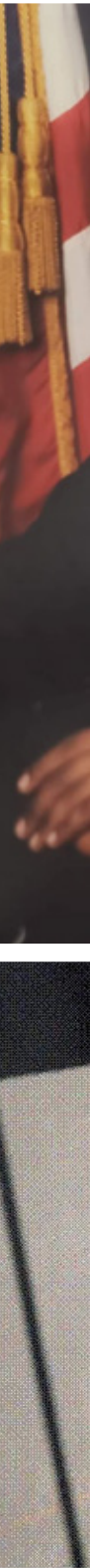
"Many of my clients arrive feeling ashamed," Ahmad shares. "My priority is to dispel that shame and show them that managing their behavioral health improves their overall health. Demonstrating that I walk the talk adds credibility to therapy with veterans."

"Asking for help is difficult for veterans — it took me a decade and an ultimatum from my family," he continues. "Here at the clinic, we aim to normalize these conversations."

Showing up for Spokane

Donations to MultiCare Inland Northwest Foundation support expanded access to behavioral health care in the Inland Northwest. Ahmad is thankful for those in his city who are standing up for this pressing cause.

"I want to say thank you to all the donors for supporting this community," he says. "Outpatient/inpatient mental health is definitely needed. When people like yourself show up, it reminds us that we're not alone."





Donor-powered program is a *'game changer'* for trauma patients

Trauma is the number one cause of death for people under age 45. Experts estimate that up to 40 percent of these deaths are preventable when rapid blood transfusions are administered in the field.

Thanks in part to generous MultiCare Health Foundation donors, Pierce County paramedics can immediately perform whole blood transfusions armed with the necessary equipment, latest training and ongoing support required to sustain the program. The Tacoma Fire Department and Central Pierce Fire & Rescue are now the first in the region to offer this vital intervention for trauma patients experiencing severe blood loss.

The whole blood program aims to improve survival rates by closing the gap between the time of a traumatic injury and when a patient receives definitive hospital care. By immediately replacing lost blood with universally compatible whole blood product — which contains red blood cells, plasma and platelets — at the scene or during transport, paramedics can stabilize critically injured individuals and give them a better chance of survival.

Early results

Benjamin Constance, MD, Emergency Physician and Chief of Staff at MultiCare Tacoma General and Allenmore Hospitals, is already seeing the impact.



“We have already administered blood to patients from penetrating trauma — gunshot wounds and stabbings — motor vehicle collisions, severe gastrointestinal bleeding and bleeding related to gynecological conditions,” he explains. “Paramedics have noticed that patients ‘immediately look better’ in the paramedic rig, sharing that vital signs improve, color is coming back into faces and they are more alert on arrival.”

Tacoma Fire Chief Sionna Stallings-Ala'ilima is equally heartened by the program's early successes.

“I am very encouraged by the early results of the whole blood program,” she says.



“It’s allowing our crews to begin lifesaving care in the field and increasing the odds of survivability.”

Stronger and healthier together

Community partnerships are at the core of the whole blood program. Central Pierce Fire & Rescue and the Tacoma Fire Department collaborated with Bloodworks Northwest, which supplies the blood product, in addition to MultiCare and other local emergency departments.

Philanthropic support of this groundbreaking initiative further demonstrates the community’s commitment to enhancing emergency medical services and improving patient outcomes.

“Thanks to the support of MultiCare Health Foundation, critically ill patients can have basic labs completed, whole blood transfusion and point-of-care ultrasound assessing for life-threatening injuries prior to their arrival,” Dr. Constance shares. “It’s a game changer.”



Support MultiCare Foundations and save lives! Scan to make your gift:





Sharing the *joy of giving*

When Doug and Sue Walker opened Toscanos Italian Grill in 2004, with Jerry and Kristie Mahan, they had a vision that extended beyond serving delicious food. They wanted to become an integral part of their Puyallup community. Their journey began with tours of local organizations dedicated to championing children, leading them to Children's Therapy Unit (CTU).

Supported by MultiCare Good Samaritan Foundation and Mary Bridge Children's Foundation donors, CTU provides essential care for children with developmental differences or disabilities through occupational therapy, physical therapy and specialty care.

"It tugged at all of us," Sue recalls. "We decided from that day on we would figure out how to raise money and improve the lives of the children and families in our community."

Undaunted optimism

In 2019, the Walkers made a generous personal gift to remodel the CTU's kitchen, which helps children overcome feeding challenges and develop the skills to eat, enjoy and prepare food alongside their families.

To commemorate Toscanos' 20th anniversary, they hosted a fundraising dinner and launched an exclusive wine aptly named Optimism — "because everything we do in life is optimistic," Sue says. Guests, donors and Damon and Julie Huard from Passing Time Winery all made significant donations to the cause.

Sales continued past the event, raising \$70,000 and ensuring the remodel reached completion.

The overwhelming response underscores a lesson the couple has learned through philanthropy.

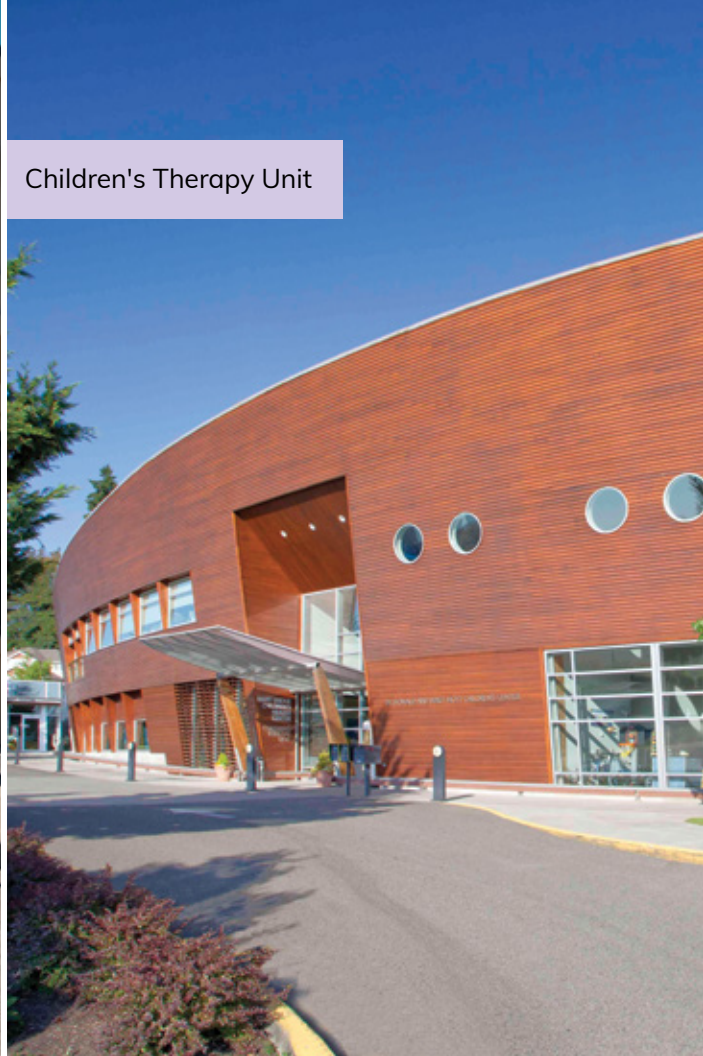
"People will follow if you show your passion and give them the opportunity to join in," Doug shares.

A far-reaching legacy

For decades, Doug and Sue have shown up for their Pierce County neighbors.

In 2005, they hosted a fundraiser at Toscanos to benefit CTU, an event that has transformed into the annual Corks & Crush gala.

With the help of the community, the restaurant has donated over \$1.25 million since opening.



Children's Therapy Unit

Doug served nine years on the Mary Bridge Children's Foundation board of directors and has made a donation on behalf of each of the thousands of homes he's helped close as a realtor.

Sue is in her 15th year on the MultiCare East Pierce Regional board of directors, where she's gained a deep understanding of her community hospital's needs. When the COVID-19 pandemic first shuttered in-person dining, the restaurant delivered individual meals to health care workers and first responders each week.

"Being on those boards, I think it creates awareness of what people go through day in and day out that we don't always experience or realize," Doug explains.

Generational generosity

Early on, Doug and Sue taught their children Travis and Lindsey the value of giving back. Charitable donations, school auctions and restaurant fundraisers were all part of everyday life.

"I remember growing up with that as part of the family ethos and who our family was," Travis reflects.

As community-minded people, just like their parents, Lindsey works at the Gates Foundation, and Travis serves on the MultiCare Good Samaritan Foundation board of directors.

"I'm really grateful to have grown up learning the values and importance of giving back with whatever it is that you have to give," Travis says.

Through the years, the Walkers have invited thousands to experience the joy of giving and make a difference in the place they call home.

"It's been a joy seeing what we've been able to accomplish and meeting wonderful people along the way," Sue shares.

Craft *your legacy*

We're proud to offer values-based estate planning services through our trusted partner, Thompson & Associates.

What is the Thompson process?

Through one-on-one consultation with professional advisor, Darren Penny, PhD, MBA, FCEP, you'll receive guidance on how to craft an estate plan that meets your own goals, objectives and values. Sessions are complimentary, confidential and help you:

- Ensure your financial independence
- Provide for your loved ones in the most effective way
- Reduce taxes and direct dollars to causes that matter to you

After a few meetings, you'll have a blueprint for your estate plan, or an update to an existing one, ready to implement with the help of your own trusted advisors. Thompson doesn't draft legal documents, manage money or sell products, and they won't ask you to make a gift.

Why is this important?

No matter where you're at in life, estate planning is important. It's how you look after those you care about and ensure a healthier future for your community. In an ever-changing tax law landscape, there are always more effective ways to give, provide and save. By thoughtfully organizing your assets with the help of Thompson, you're in control of your legacy.

Why is MultiCare Foundations offering this?

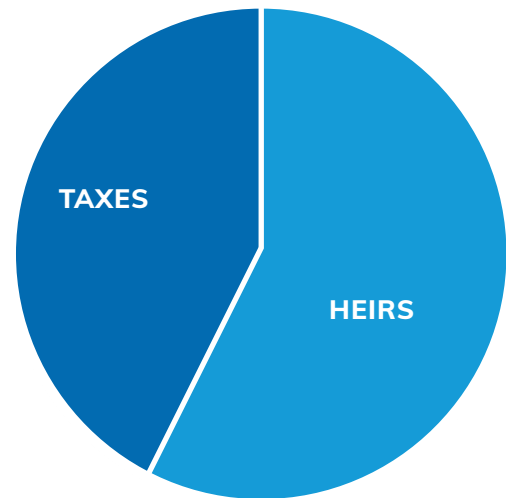
This is our way of saying thank you! Just as you've partnered with us for healing and a healthy future, we want to reciprocate that generosity. We hope you'll find the process rewarding and feel inspired to continue supporting high-quality health care.

How do I get started?

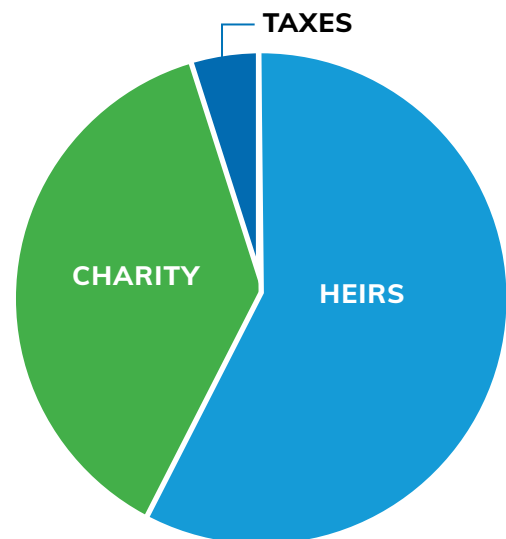
Contact us at plannedgiving@multicare.org or 253-403-1746 and learn more at give.multicare.org/thompson.

How Thompson *can help*

Previous plan



Recommended plan



Donor spotlight:

David Deitz, MD

After spending 34 years as a vascular surgeon at Capital Medical Center, Dr. Deitz recently joined the MultiCare Capital Foundation board of directors and began Thompson estate planning sessions.

What motivated you to complete the Thompson process?

A few years ago, I set up an estate plan that was adequate but not sophisticated. When I heard about Thompson, I thought it could provide me with additional ideas. The fact that it was free — of cost or any kind of pressure — was also attractive. The more I learned, the more I thought, “Why not?”

What did you find valuable about your experience?

I appreciated that Darren spent time learning about my values and intentions for my assets before presenting a number of ways I could actually enhance my charitable contributions, while minimizing taxes. Some ideas I hadn’t considered before, like a charitable remainder trust. Going into more detail gave me new ways to leave money behind.

Why have you chosen to support MultiCare as a donor?

Capital Medical Center has been an important part of my life, and it benefits the community I live in with my family and friends. When MultiCare purchased the hospital in 2021, it was more than a breath of fresh air — it was a hurricane, blowing in the good. When there was an opportunity to give back financially, I was an automatic yes.

What would you say to other donors who may consider the Thompson process?

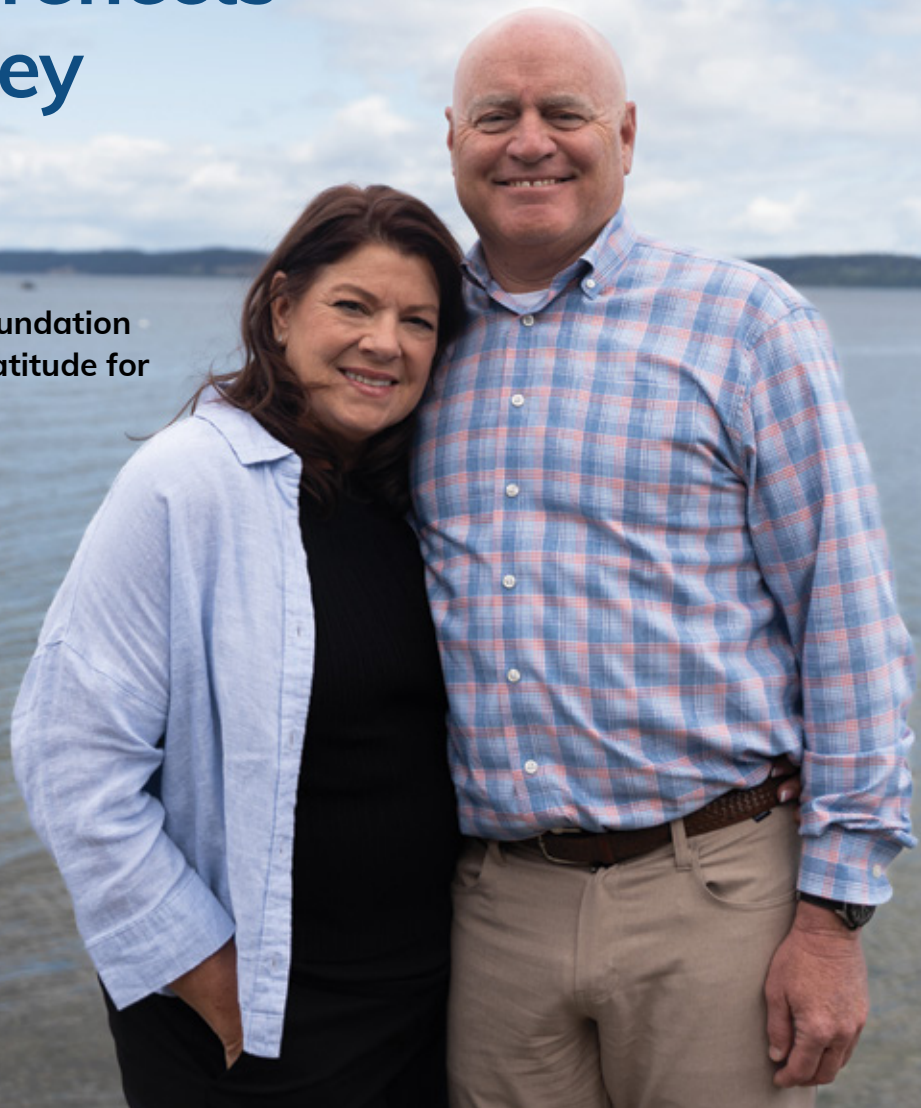
I would strongly advise anyone to make the appointment and go through the process. They are knowledgeable, it’s confidential and costs nothing except a little time. Estate planning isn’t something many people think about, but it’s never too early.



Dr. Deitz with his wife Donna

In my own words: Board member reflects on cancer journey

Dennis Bloom, a MultiCare Capital Foundation board member, shares his story of gratitude for excellent care.



On October 10, a small lump on my neck changed everything.

My cancer diagnosis offered me two competing perspectives: Why has this happened to me? Or why has this happened for me? I chose the latter.

The past eight months have not only given me a firsthand understanding of MultiCare's unwavering commitment to patients, but they have also transformed my outlook on life.

Care in crisis

As I got home that fall day, my wife Connie, a registered nurse, took one look and recommended I see my doctor, who ordered a CT scan.

When the results came back, he said, "You need to visit an oncologist."

I wanted to be seen at MultiCare, and fortunately was referred to oncologist Blair Irwin, MD,



at the donor-supported MultiCare Cancer Institute (MCI). She scheduled me for a biopsy and scan near our home at MultiCare Capital Medical Center. As we ran more tests, I took the soonest appointments available at any MultiCare hospital — Tacoma General, Allenmore, Auburn Medical Center, you name it.

During this time, my whole family was caught in the sudden tidal wave of uncertainty.

Would I be around to walk my daughters down the aisle? Would I meet my grandkids? Would Connie and I get to live out our golden years together?

Every week revealed a bit more. We never got the good news, but also never lost hope. It was an agonizing time waiting for answers.

When the results came back, they showed I had stage 4 mantle cell lymphoma, a rare form of cancer that develops in lymph nodes and had also formed in my bone marrow.

Patient-centered treatment

From day one, Dr. Irwin put me and my family first and prioritized my healing. I remember her calling in excitement when I was accepted into a clinical trial at Fred Hutchinson Cancer Center, thanks to her colleague Ajay Gopal, MD, which was showing promising results for my cancer.

While I restlessly waited to begin treatment, my lymph nodes continued to swell, triggering a cough that forced me to visit my local emergency department. By now, I could cup my hand around the lump and felt the toll it was taking on my body.

Finally, the day came when we could fight back.

On November 27, I began alternating weeks of injections at MCI – Tacoma General and infusions at Fred Hutch. Friends would cringe as I described these hours-long sessions. Baloney, I'd say, tongue in cheek — these are my spa days! We're killing the disease.

Every time I walked into a full waiting area at MCI, I was reminded I'm not the only person with cancer. But every interaction I've had with staff or doctors makes me feel like I am. I've treasured the relationships I've made during my constant appointments and blood draws. The compassion, empathy and personalized care I've experienced — and watched others experience — across the health system have been remarkable.

Within a few weeks, my cancerous lymph node had shrunk to a nearly undetectable size, which made Dr. Irwin literally jump for joy.

Since then, the journey hasn't been easy, but I've never doubted my team.

“We don’t know where we go from here, but we both feel so optimistic. Of course I worry, but I’m not scared like I was. I feel really confident in the care that he received and how he’s reacted to the treatment. Hopefully, he’ll be in remission for a long, long time.”

Connie Bloom, MultiCare Capital Foundation board member



While my cancer isn’t technically curable (yet), I’m now in remission. Dr. Irwin reminds me that I’ll always have someone like her in my life. “That’s OK,” I reply. “I like you.” I’m eternally grateful for the care I’ve received.

Choosing to fight

As a longtime high school baseball coach in Olympia, I’ve approached this journey with the same competitive mindset I try to instill in my players: give it your all.

From the beginning, I’ve thought, “If this is the last lesson I can teach my kids, I want them to see that I put every ounce of fight into this.” Most days, you wouldn’t realize I have cancer.

The past eight months have given me a perspective I could only gain from facing mortality and an unprecedented level of uncertainty. The outpouring of love and support from my family, friends and community has been so uplifting and heartwarming. It truly has been one of the richest times of my life.

Today, I know I’m a better husband, father, friend, practitioner and coach. This is all why having cancer happened for me.

As a MultiCare Capital Foundation board member, I also have an entirely new view on high-quality health care. I’m proud to be elevating the level of care in Thurston County as a leader and donor, and I’m more committed to that mission than ever before.

What MCI is doing throughout our region is inspiring. Thank God we have providers who come together and do what’s best for patients. We’re so fortunate that MCI is leading a movement to expand access to lifesaving treatment, clinical trials and cutting-edge technology here in the South Sound. I invite you to join me in supporting this type of exceptional care.

It’s made all the difference for me, and I’m thankful to still have more innings ahead.

Compassion and comfort in Yakima woman's last months

When Cyndi Page was first diagnosed with an aggressive form of lung cancer shortly after moving to Yakima, her family quickly mobilized to support her. In fact, her daughter Lisa made regular trips all the way from Bellingham.

Buoyed by her family, Cyndi fought the disease with everything she had, enduring months of chemotherapy, radiation and immunotherapy at MCI at North Star Lodge.

Unfortunately, the cancer returned last year and spread rapidly. Cyndi's condition worsened, significantly impacting her memory and independence.

"The question became, 'Is Mom safe at home?'" Lisa remembers. "And quickly, we realized, 'No she wasn't.'"

Cyndi was moved into an assisted living facility. After an injury resulted in a hospital stay last August, her family turned to donor-supported hospice care.

A helping hand

Hospice offers compassionate, holistic care during a person's final months of life, supporting the patient and their loved ones. Nurses, social workers and chaplains work in tandem to manage symptoms, ease pain and provide emotional and spiritual guidance.

In 2024 alone, MultiCare Yakima Memorial Hospital's Home Health & Hospice program served nearly 800 hospice patients. Whether in a private home, assisted living or at the hospital, hospice care ensures patients can spend their final days in peace and dignity, surrounded by love.

"The entire hospice team tended to my mother so lovingly and went above and beyond what I ever expected," Lisa shares.

"Specifically, my mom's nurse Melissa became my eyes and ears when I couldn't be there. She was gentle, persistent and absolutely vital to my mom's comfort. She helped me care for my mom all the way to the end. That's something I'll never forget."



Philanthropy's role

Yakima Memorial's hospice services continue to grow in strength and scope, ensuring no family walks their journey alone.

Thanks to generous donations through Memorial Foundation, our partner in philanthropy, offerings extend beyond bedside care. Community support of the Compass Care initiative helps fund grief workshops, bereavement events, volunteer support, grief training, bilingual education materials and more, changing the course of end-of-life care in Yakima Valley.

MultiCare Foundations *Events*

Recaps



Heart Strings

MultiCare Inland Northwest Foundation hosted its seventh annual Heart Strings on April 25 to raise funds for a new behavioral health unit at MultiCare Deaconess Hospital, enabling compassionate care in a safe, therapeutic setting. Guests heard from Ahmad Bennett, a MultiCare therapist associate (read his story on page 10), whose personal experience shined a light on the importance of addressing mental health needs, especially for veterans.

Presenting Sponsor: McKinstry
multicareheartstrings.org

Passion for the Village

At Memorial Foundation's annual event on May 9, community members gathered in support of the vital programs and services offered through Children's Village, Yakima Memorial's outpatient pediatric facility. Guests were introduced to 11-year-old Kami and her family, who shared the profound impact that Children's Village and Yakima Memorial have had on their daughter's care, growth and future.

Presenting Sponsors: Avail Home Health and Tree Top
passionforthevillage.org



Corks & Crush

On May 17, MultiCare Good Samaritan Foundation celebrated its 19th annual Corks & Crush wine tasting and fundraising gala. Guests were inspired by MCI President and Chief Medical Officer Margo Shoup, MD's vision, giving big to advance cancer care in East Pierce County.

Presenting Sponsor: Howard S. Wright
corksandcrush.org



Upcoming



CMN Golf to Give Classic | September 18

Tee off and drive positive change for babies and kids at Yakima Memorial and Children's Village.

Benefits: Children's Health at Yakima Memorial
memfound.org/golf



Rock the Foundation | September 27

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

Benefits: Emergency and trauma services at Tacoma General and Allenmore
rockthefoundation.org



Come Walk With Me | October 4 – 31

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

Benefits: Breast health programs at MultiCare Good Samaritan Hospital and MultiCare Cancer Institute
comewalkwithmenow.org



Bridge to Brunch | October 11

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

Benefits: Behavioral health care in the Inland Northwest
multicare.org/bridge-to-brunch



Festival of Trees |

November 29 & 30: Public Days

December 5: Tinsel on the Town

December 6: Gala

South Sound's happiest holiday celebrations kick off Thanksgiving weekend and run through December 6, bringing together champions for children's health.

Benefits: New Mary Bridge Children's hospital campus
festivaloftreestacoma.org

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PUBLIC DAYS



NOVEMBER

29 + 30



**UNIVERSITY OF
PUGET SOUND'S
TENNIS PAVILION**

