

# FOUNDATIONS

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## JOURNAL

*Community  
generosity  
helps reunite  
Ukrainian  
family, pg. 12*



## *Dear friends,*

As I write this letter, I'm returning from Heart Strings, MultiCare Inland Northwest Foundation's annual fundraiser. It was a joy to witness Spokane's outpouring of love for the tiniest babies in need at MultiCare Deaconess Hospital's neonatal intensive care unit. Special events like these always remind me of how philanthropy can truly unite a community by creating a shared sense of purpose and caring.

In this issue of our Foundations Journal, I hope you'll feel the impact of your support. Your generosity is helping fund vital causes, such as women's health, behavioral health and children's health, along with expanding access to care.

Giving to a local MultiCare Foundation helps build vibrant, engaged communities with a strong sense of shared purpose and belonging. As you'll read, we're continuing to grow and warmly welcome our newest partner in philanthropy located in Yakima, The Memorial Foundation.

Philanthropy reflects a community's commitment to compassion, generosity and hope. Ultimately, your support helps MultiCare Foundations improve the lives of countless individuals and families.

On behalf of our entire team, thank you for your ongoing support and investing in our communities' health, so we may all lead fulfilling, productive lives. We hope to see you at one of our events this year!



*Dori Young*

Dori Young, Vice President ~ MultiCare Foundations

For the past three years, Waste Connections (known locally as Murrey's Disposal and LeMay Pierce County Refuse) has partnered with Mary Bridge Children's to raise funds for critical programs and services through our Carts for Kids initiative.

Support Mary Bridge Children's and increase your "curb appeal" with a purple recycling cart of your own.

Scan to  
learn  
more:



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# *Baltimore mother finds “second family” at Deaconess Hospital’s NICU*



*They really became a family to me, because all of my family is in Maryland. It was the best feeling ever to have that much support.”*

Samantha “Sam” Williams

April 16, 2022, was a day filled with unexpected firsts for Samantha “Sam” Williams. Just five months into her pregnancy with twins, she made a trip to the emergency department after experiencing early signs of labor. That same day, she went on her first flight when she was transported from MultiCare Valley Hospital to MultiCare Deaconess Hospital by helicopter once her nurse discovered she was 3 centimeters dilated.

Sam remembers the whirlwind of emotions as the nurse called for transport and a member of the team prepared her for takeoff.

“They started taking me upstairs, and he said, ‘Look, I’m not going to let go of your hand at all. I’m going to hold your hand the entire ride,’” Sam remembers.

Within minutes, Sam arrived at Deaconess Hospital where the doctor gave her the news — she was going to deliver twins Lorenzo and Layla at just 24-weeks gestation.

The twins were delivered by cesarean section, both weighing less than 2 pounds. They were immediately taken to Deaconess Hospital’s donor-supported neonatal intensive care unit (NICU).

Supported by community generosity through the MultiCare Inland Northwest Foundation, the Level III NICU creates a supportive, low-stimulant atmosphere where babies born prematurely like Lorenzo and Layla or with serious health conditions can develop and thrive.

### **Finding a second family at Deaconess**

For the next five months, the NICU became a second home for the family, as Sam adapted to a new routine, visiting the unit daily to be with the twins. Along the way, she connected with a care team dedicated to helping her little ones grow strong and healthy, including nurse manager Sarah Hurley, as well as NICU nurses Debra Mort, Erica Ziemer and Nate Cates.

“I was there every single day, all day long,” Sam shares. “As time went on, I got to meet different nurses and different people. There was a time where they thought Layla had caught meningitis. Her tube came out right in front of me, and they did her spinal tap right in front of me. And Sarah — I love her so much. She came in and told me it was OK, hugging me. Everybody was just making sure I was OK.”

Having moved from Baltimore, Maryland to Spokane, Washington in 2015, many of Sam’s relatives were nearly 2,500 miles away. The twin’s care team stepped in to ensure Sam knew they were there to support and advocate for her, too.

“They really became a family to me, because all of my family is in Maryland,” Sam shares. “It was the best feeling ever to have that much support.”

On August 3, 2022, a day before the twin’s original due date, Layla finally came home. Her brother followed a month later on September 16.

Now a year old, the twins are both healthy and happy with different yet complementary personalities — Lorenzo is quiet and calm, while Layla is feisty and cuddly.

To the Deaconess NICU team that supported Layla, Lorenzo and their parents, Sam has this message: “Thank you for everything you did to get me through this process. Thank you for being a family to me because my family isn’t here. And thank you for saving my babies.”

**Give to the greatest needs in your community by scanning here:**





## *Q&A: The women behind Capital Medical Center's Center for Women's Health*

In June 2022, women across Thurston County formed a Women's Community Advisory Council along with MultiCare leadership to discuss the needs, concerns and vision for women's health in their community.

"Wellness and access to care are paramount to our quality of life," Thurston County resident and Women's Community Advisory Council member, Valerie Fluetsch says. "Taking care of our health is not just important for ourselves, but also for our families and communities."

This summer, L. Abigail Tan, MD, Brittany Little, ARNP, and Kerry Gamble, ARNP, will be the first providers to be part of MultiCare's Center for Women's Health at Capital Medical Center — a brand new space for women seeking access to quality health care.

### What do you love about your job?

**Dr. Tan:** I love the opportunity to learn and meet new people every day. I also love puzzles, and family medicine is often a series of puzzle-solving exercises.

**Little:** My patients. I hope to make a positive impact and love helping people to further their education on their health and well-being.

### What excites you most about the new Women's Center?

**Dr. Tan:** I took a year off in medical school to do a Fulbright in Jordan, and I worked in a Women and Children's Center at one of the refugee camps. It totally shifted my career course, and I see this opportunity as a return to that which fueled my initial interest and passion in medicine. I am most excited about the classes that we're hoping to provide for our patients to help them learn more about their bodies and health.

### What will this new center mean for the women and families of Thurston County?

**Little:** Women deserve to have unlimited education on their bodies and a health care partner to help with customized care, as their health is not one size fits all. The new center will mean that women and families in Thurston County can have increased access to primary care and specialty services. They can feel at ease knowing they have a medical home.

### Why is donor support critical to the work you do?

**Dr. Tan:** I think it's important for our communities to show that they support women's access to health care by donating, whether it's time, money or resources. This center is striving to be something different, to look at women's health as a whole rather than a series of medical problems to treat. To do this, we need financial support to make it happen.

### What's your vision for the new center/what are you hoping to see?

**Dr. Tan:** I am hoping to have more health care providers join the effort to improve outcomes and access for women. I hope it becomes a place where patients feel that they have resources and partners. A place where patients are well cared for because their providers see that treating a young woman's blood pressure is as much about getting her a couple hours of childcare access to make the visit as it is about getting her the right medication.

**Little:** My vision is a safe, supportive environment where women will be comfortable to access care. Somewhere where no topic is off-limits. I hope we get to see specialists and community members partnering with us to increase access to specialty care and community resources for women, as well.

Support women's health by scanning here:



**TAKE A TOUR of the Center for Women's Health during the grand opening on July 25 from 3-5pm at 601 McPhee Road SW #1, Olympia, WA 98502!**

***If you have any questions or would like to RSVP, please email [capmcevents@multicare.org](mailto:capmcevents@multicare.org)***





# *Recoveries and a family reunited thanks to donor-supported programs*

When Corinne Bankosh met her son Jaxon, she swore off opioids forever.

Before giving birth, Corinne lived in a tent with Jaxon's father David Hatch. She became gravely ill about halfway through her pregnancy but was wary of going to the hospital.

Around this time, peer case manager Trisha Munson, substance use disorder professional (SUDP) Glen Kelley, registered nurse practitioner Elliott "Benson" Bagwell, intensive case manager Brandon Rabisa and a mental health professional and recovery coach came into the couple's lives.

This team makes up Greater Lakes Mental Healthcare's Homeless Outreach Stabilization and Transition (HOST) program and provides medical and mental health services, in-field substance use disorder (SUD) assessments and intensive case management to individuals experiencing houselessness and serious behavioral health challenges.

MultiCare Behavioral Health Foundation supporters help bridge the gaps between what's covered by the program contract and what it takes to care for the whole person. For Corinne, this meant getting to MultiCare Good Samaritan Hospital and being treated for a life-threatening kidney infection. For David, this meant having two teeth pulled free of charge.

"Trish and Glen and Elliott took the time to come out and check specifically on us and make sure we were alright," David says of the experience. "You could tell they wanted to be there to help, and they're like family to us now."

## **Beginning recovery**

HOST staff further facilitated a detoxification inpatient stay for David and connected Corinne with the donor-supported Substance Treatment and Recovery Training (START) inpatient unit.



*David and I both had the mindset: I have to do this (rehabilitation) for my kids. It was hard, but I was there for the full stint.”*

Corinne Bankosh

In July 2022, START opened its doors to pregnant patients with SUD due in large part to community generosity through the Good Samaritan Foundation. Corinne arrived to be admitted on November 8 but ended up delivering her baby immediately. Two days after Jaxon’s birth and her first sober day, Corinne entered the program, committed to recovery.

“David and I both had the mindset: I have to do this (rehabilitation) for my kids,” she says. “It was hard, but I was there for the full stint.”

For 28 days, Corinne stayed the course, working with “down-to-earth” SUDP Eric Siljeg, nurse Tanya Phelps who still sends texts of encouragement, impactful Chelsea Crabtree, MD, the “caring” founder of START, Abi Plawman, MD, and many more.

“From our first meeting, Corinne was clear about what support would help her,” Dr. Plawman remembers. “Her ability to communicate and insist upon collaboration allowed multiple care providers to work together to set up a functional support plan. Her motivation to engage and her profound love for her baby were apparent.”

### **Giving thanks**

In February 2023, Corinne and David brought their “little man” home after passing every observation and completing all necessary steps. Baby Jaxon has settled in beautifully.

The couple is grateful to the donors who championed them on their months-long journeys toward recovery and building better lives.

“If it wasn’t for these donors and these programs and our family, we probably would’ve lost Jaxon to the foster care system,” David reflects. “Without them, who knows if we’d even be alive right now. You’ve changed our lives for the better. Thank you.”

**Give to the greatest behavioral health needs by scanning here:**



HOST drew on community partnerships to get Corinne, David and their family into a temporary substance-free housing situation.



## *Legacy Giving*

Visit [give.multicare.org/legacy](https://give.multicare.org/legacy) for smart ways to support the future of care in your community.

# Community generosity *helps reunite Ukrainian family*

Ukrainian singer Roman Vashchuk has always had a superpower — bringing people together through the power of music.

While visiting Washington state last February to perform, Roman fell ill. His friends urged him to go to the hospital, but he was hesitant due to his lack of U.S. insurance coverage.

He ended up losing consciousness, and on February 13, 2022, he visited MultiCare Auburn Medical Center's emergency department. There, he tested positive for COVID-19, was admitted and diagnosed with myocarditis (a rare disease marked by inflammation and damage of the heart), a clot in his heart and heart failure.

All Roman could think about was returning to his wife Roza and their three children who were still in Kyiv, Ukraine.

"The doctor told me, 'If you fly right now to the Ukraine, you probably won't make it because you have a clot, and it's dangerous for you to fly,'" Roman remembers.

Less than one week after his diagnosis, the news struck — Russia had invaded Ukraine, targeting cities including Kyiv where Roman's family was. The weeks following brought unimaginable chaos, leaving Roman feeling helpless from afar.

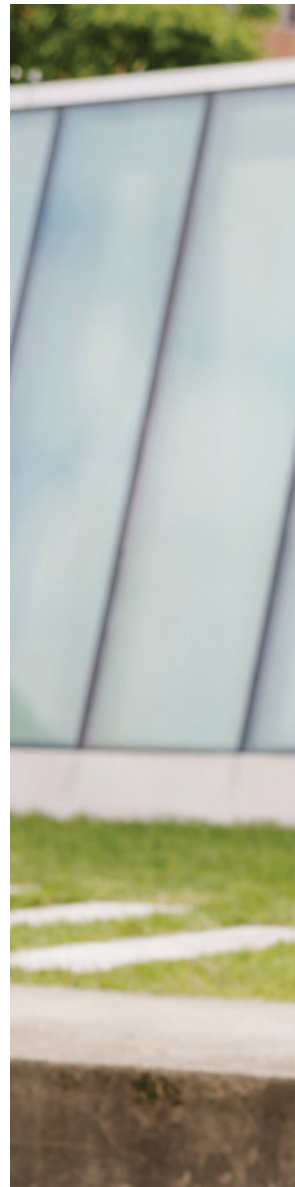
## **A helping hand at Pulse Heart Institute**

Over the next month, Roman had two priorities: getting his family to safety and recovering. In March, he was referred to Pulse Heart Institute's Heart Failure Clinic for treatment, while his wife and children fled to a refugee camp in Poland.

At Pulse, Roman connected with hospital social worker Jenn Bayne who worked to address barriers to care, enabling him to focus on recovery and reuniting with his family.

"As distressing as having a heart failure diagnosis can be for most people, it's even harder to focus on taking that pill every day or locating where to go for your hospital follow-up, while your family is in serious danger," Jenn explains. "Now imagine trying to pay for health care in a foreign country where you can't even be legally employed and now need to take specialty medications to survive. That's where MultiCare and the Helping Hands fund stepped in to support Roman and his family."

Drawing on the donor-supported Helping Hands fund and partnering with a pharmaceutical manufacturer, Jenn helped get the cost of Roman's essential heart failure medication covered, along with connecting him to resources like gas gift cards for appointment transportation.





“When Jenn told me my medicine was covered, I had tears in my eyes,” Roman shares. “It was amazing, and I didn’t expect it.”

### Reunited in Seattle

In the following months, Roman finally reunited with Roza and his children in Seattle. Now just over a year since his diagnosis, he’s happy to report his health has also improved. He’s even returned to the stage, using his voice to advocate for Ukrainian refugees.

Roman and his family are grateful for the many people who have been part of their journey — Jenn, who Roman shares is “like a friend,” his MultiCare doctors and nurses and donors committed to lifting up others like him.

“Thank you so much for everything,” he shares. “(You) are like angels, and (you) helped me be still alive.”

Give to the greatest needs in your community by scanning here:



# Mary Bridge Children's *helps patient find peace despite chronic pain*

MJ is a sophomore in high school who likes to sing, enjoys heavy metal, and has big dreams of becoming a hematologist or running their own business. Whatever their goals are, it's guaranteed they'll give 100 percent, never letting their sickle cell disease (SCD) diagnosis slow them down.

SCD is an inherited red blood cell disorder that affects millions of people worldwide. According to the Centers for Disease Control and Prevention, those affected show signs around 5 months old. Pain is a common side effect of SCD and can get so intense that MJ is hospitalized to receive fluids and pain medication intravenously.

Other serious complications can include infection, acute chest syndrome and stroke. Mary Bridge Children's treats more than 70 patients with SCD like MJ every year. MJ calls SCD an "invisible disease" in that it's not something that people can see on the surface, but the symptoms are very real.

"Pain is subjective and expressed very individually," says Trinna Bloomquist, pediatric care nurse manager, who has been working with MJ for more than 10 years. "We have some things we expect of a person in pain: grimacing, guarding, crying. When a sickle cell patient has had pain often, they no longer express these physical manifestations. When medical people continue to expect those behaviors, they can unintentionally 'teach' patients to act out those behaviors and then the patient may be accused of faking. It's a vicious cycle that's a strong point of advocacy for me and our providers."

## **MJ's Mary Bridge Children's team**

MJ doesn't remember a lot about their first time at Mary Bridge Children's, but they do recall feeling a sense of safety.

"I just remember them helping me get better," MJ says. "From then on, it was just an instant bond with this hospital."

After receiving care at Mary Bridge Children's for more than a decade, MJ has been to almost every department, from medical imaging to gastroenterology to inpatient to therapy services. But their "homebase" is the hematology/oncology clinic at Mary Bridge Children's Outpatient Center where they receive routine blood tests and treatment.

MJ's face lights up when talking about their care team which, in addition to Trinna, includes Robert Irwin, MD, Christine Perry, RN, and Jessica Pabst, MSW. MJ loves them for their positivity, kindness and overall calm nature, and the feeling is mutual.

"MJ is always very concerned about everyone else in the room even when pain levels are high and would be intolerable to another patient," Trinna says. "MJ is always checking in on others and is thoughtful about how others are doing."



### Philanthropy-powered services

Mary Bridge Children's programs and services go beyond medicine to care for kids and families like MJ's. Child life specialists like Bari Bates provide MJ with welcome distractions during long hospital stays, massage therapy helps with pain management and vouchers make it easier for family to get a warm meal without leaving their side for too long.

"Parents who work full time have a large financial burden when their children are admitted to the hospital," Trinna says. "Missing work and having to feed the parent who accompanies their child to the hospital can really add up. We try to help by giving vouchers to offset the costs of eating from our cafeteria."

These programs and services are offered at no cost to patients' families and are made possible thanks to donations through the Mary Bridge Children's Foundation.

"The thing I love about Mary Bridge is that it's just a generally pleasant place to be," MJ says. "You'd think a hospital would be sad most of the time, but it's a cheerful place. You can tell the people who work there want you to get better so you can go home. They are always rooting you on, reminding you that you'll get better."

Support child-centered care for kids like MJ by scanning here:



# The Memorial Foundation:

## *Our partner in philanthropy*

On January 20, 2023, MultiCare Health System welcomed Yakima Valley Memorial Hospital (now MultiCare Yakima Memorial Hospital) and clinics into the fold, continuing its vision of being the Pacific Northwest's highest value system of health.

As a result of this development, MultiCare Foundations is pleased to announce our partner in philanthropy, The Memorial Foundation. The Memorial Foundation was established in 1979 and has been proactively addressing Yakima County and the Central Washington region's emerging health needs with real, sustainable solutions ever since.

The Yakima community is highly diverse and home to a large Hispanic (52 percent and up to 86 percent in outlying rural areas) and Yakama Native American (7 percent) population. Since, historically, these individuals have been culturally, linguistically and geographically isolated, access to care and health equity are among the Foundation's key priorities.

What's more, there are 1,479 patients for every one primary care physician in Yakima County, and Yakima Memorial Hospital serves a patient mix that's 71 percent Medicare/Medicaid. Donor dollars are essential in meeting every patient and family where they are, regardless of their ability to pay.

With a mission to advance and transform health care in the Valley to improve outcomes for a healthy community, The Memorial Foundation focuses on the following causes:

- **Cancer Care:** Cancer treatment can be costly, and community generosity helps make care accessible for anyone who needs it.
- **Children's Health:** Philanthropy aids in delivering the highest-quality and most specialized health services, like Children's Village, to ensure the healthy development of children in Yakima County and the Central Washington region.
- **Compass Care:** Or end-of-life care, gives families comfort and support as their loved ones reach their final days.
- **Healthy Yakima:** Educational programs to help community members improve their overall well-being.

MultiCare Foundations is proud to walk alongside a nonprofit equally committed to connecting donors with programs and services that fuel their passions and bridge funding gaps.



Learn more about The Memorial Foundation by scanning here:

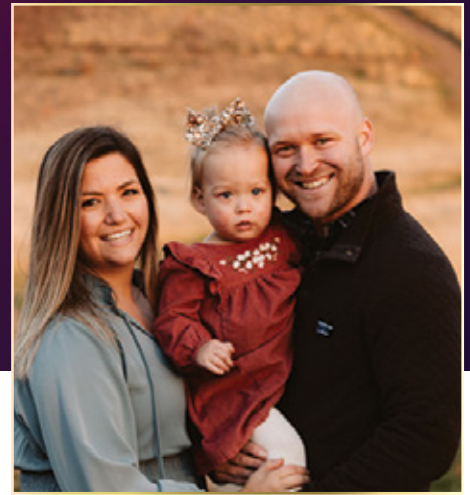


MultiCare 



Presented by: **RADIA**

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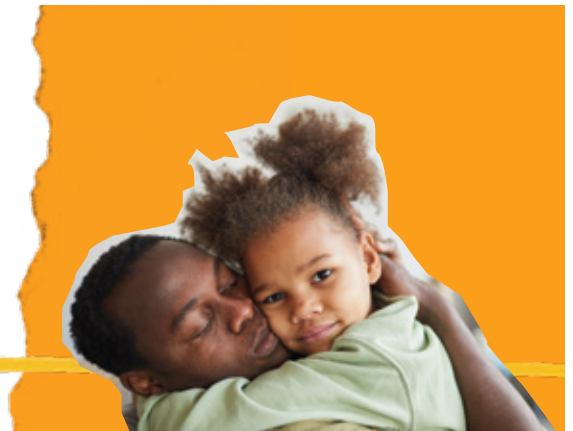
At MultiCare Inland Northwest Foundation’s fifth annual Heart Strings concert and fundraising event, attendees helped raise funds for MultiCare Deaconess Hospital’s neonatal intensive care unit (NICU). During the program, guests met Ellie and learned how community generosity and her NICU care team helped her blossom into a healthy, rambunctious 3-year-old.

Watch Ellie’s story by scanning here:



**Changing Minds**  
MultiCare 

Presented by:  **Amerigroup**



On May 3 and May 25, MultiCare Behavioral Health Foundation held its annual benefits to sustain and expand access to behavioral health treatment and services. Each event had a panel of community experts and advocates discussing the youth mental health crisis, and guests saw generosity in action with two moving client testimonials.

Read Janessa’s story, which was featured during both programs, here:





This year's Corks & Crush wine tasting and fundraising gala helped increase access to care at MultiCare Good Samaritan Hospital, beginning with improvements to the emergency department. The evening featured Raquel and Ross Doud's story of needing fast action and compassionate care following a stroke.

Watch Raquel and Ross' story by scanning here:



# MultiCare Foundations 2023 UPCOMING EVENTS



## Rock the Foundation September 16

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

**Benefits:** MultiCare's cancer programs and services

**Presented by:** TOTE Maritime

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



## Come Walk With Me October 7-31

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

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

**Premier sponsors:** Amerigroup and Howard S. Wright

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



## Festival of Trees December 1 & 2

In partnership with Mary Bridge Brigade, South Sound's happiest holiday celebration supporting Mary Bridge Children's.

**Benefits:** Expanding access to care for children and families throughout Mary Bridge Children's Hospital & Health Network

**Presented by:** Amerigroup, John L. Scott Foundation, Tom & Meg Names Family Foundation and Trouves Health Care Corporation

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

2023



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

*Once upon a time*

THE FIRST WEEK IN DECEMBER

[FESTIVALOFTREESTACOMA.ORG](http://FESTIVALOFTREESTACOMA.ORG)

