


FOUNDATIONS

JOURNAL



Precious Payton, pg. 10
Learn how this brave toddler is smiling in the face of her diagnosis.

Dear friends,

As 2022 comes to a close, we watch with concern as hospitals and clinics surge to capacity with children suffering from respiratory illnesses and as an unprecedented number of teens and adults visit our emergency departments seeking treatment for mental health care.

Yet behind the urgent headlines, stories of people helping people abound, thanks in large part to donors like you. As you'll see in this edition of the Foundations Journal, hope is literally born in our hospitals, therapy units and cutting-edge programs.

Stories about young patients and their families inspire us with their themes of resilience and joy. The vital role of our medical providers, who give everything to care for people of all ages, backgrounds and walks of life, reminds us of our empathy and compassion.

Inside you'll find happily ever afters from our neonatal intensive care units, a feature on a remarkable toddler who's defying odds because of her care team's advocacy and a piece on how donor dollars helped an entire family navigate loss.

You'll also read about MultiCare's expansion journey. As the demand for high-quality health care rises, MultiCare is responding — with your help.

These incredible moments are made possible by your generosity, community involvement and heart for others.

Thank you for joining us on this journey toward greater health,



Dori Young

Dori Young, Vice President ~ MultiCare Foundations



On Oct. 19, 2022, MultiCare, Mary Bridge Children's and Mary Bridge Brigade leadership gathered with community leaders and supporters to celebrate the major milestone of finalizing construction plans for the expansion of Mary Bridge Children's Tacoma campus.

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Donor-supported Tacoma General NICU helps Butts babies thrive



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*They were not only there for my babies,
they were also there for me.”*

Sarah Butts, mom of Brooklynn, Emerson and Easton

Each year, more than 850 babies born prematurely or with serious health conditions are treated at MultiCare Tacoma General Hospital's donor-powered Neonatal Intensive Care Unit (NICU) — a place Sarah and Kyle Butts know all too well. It's the spot where all three of their children started their lives.

Their NICU journey began in 2018 when Sarah was pregnant with twins. Just 26 weeks in, she woke up and knew something was wrong. Sarah and Kyle went straight to Tacoma General Hospital for help.

In the hours that followed, Sarah was taken in for a classical Cesarean section, and twins Brooklynn and Emerson were born the following day — three months shy of their due date.

"They were taken into the NICU, and then they did two hours of surgery, recovery and compressions on my uterus," Sarah recalls. "They wheeled me down to see my babies at one in the morning, and our journey began."

As the only Level IV NICU in Southwest Washington, Tacoma General Hospital's unit provides the highest level of care to babies born prematurely like Brooklynn and Emerson. Thanks to community generosity, babies across the state can access the support they need to grow.

For the Butts family, one of the most impactful parts of their stay was their personalized care team, including neonatologists Cherrie Tan-Dy, MD, and Michael Kuluz, MD.

"I was really empowered to find the people that worked well with me, my family and my emotional overload I was going through," Sarah says. "By the end, they had taught me and empowered me so much."

After 89 days in the NICU, the twins went home together on February 13, 2019, as NICU staff lined the hallways to send them off.

Fast-forward two years, and the family returned to the Tacoma General NICU last December when their third child, Easton, was born at 35 weeks gestation. He spent four days in the NICU, bonding with the same team that cared for his older siblings.

"They were not only there for my babies, they were also there for me," Sarah shares. "There are so many resources they plug you into and make sure that, as a new mom with potentially medically-fragile children, you have everything right there with you — therapies when we discharged, how we were going to get oxygen in our home. Even just listening and hearing my frustrations — why I was sad, why I was upset, any concerns I had."

Today, the three NICU graduates are thriving, thanks to staff committed to helping them grow. They've each blossomed into their own characters: Brooklynn is spunky, Emerson is an old soul and Easton has the sweetest personality.

"If it weren't for having the NICU close to us, I don't know what would've happened to my kids," Sarah says. "Being in the same hospital then was so crucial for my story because I was able to be there within hours, and I was able to go see my kids and still get my care because I was close enough to home."



You can help babies born prematurely or with serious health conditions access life-changing care, regardless of their family's financial situation. Scan here:





Mary Bridge Children's finalizes construction plans for Tacoma campus expansion

Mary Bridge Children's Hospital, the only Level II Pediatric Trauma Center in Western Washington, unveiled changes to the design of its Tacoma construction project. Originally targeted for completion in late 2024, the campus is now slated to open for patient care in early 2026.

The campus will include the new inpatient hospital tower and an ambulatory building featuring specialty clinics and urgent care services. The new buildings will be detached from the hospital's existing outpatient center. The entrance for both acute and emergency services will be a single covered drop-off point accessible from Martin Luther King Jr Way, providing easy access for pedestrians, vehicles and Sound Transit's Hilltop Tacoma Link light rail riders.

By reallocating space from the planned inpatient tower to a new ambulatory building, Mary Bridge Children's is creating a pediatric-focused medical campus that not only provides better access to care for patients, but also creates opportunities for future growth.

"Our vision is to be the Pacific Northwest's highest value system of care for kids," says Jeff Poltawsky, president and market leader of Mary Bridge Children's Hospital and Health Network. "The COVID-19 pandemic continues to disrupt every part of health

care, including staffing and global supply chain issues. We took this time to reassess our master plans for this once-in-a-generation opportunity and implemented additional feedback from physicians, staff and community members, as well as adjusted designs to reflect trends in medicine, such as bringing more services into the outpatient space. While this delay is unfortunate, we're confident that it's the best way to improve access to care for the thousands of children who rely on us for their medical needs."

Major updates to the project and timeline include:

- Adjusted timeline for project completion, from late 2024 to early 2026.
- Creation of an ambulatory building featuring specialty clinics, urgent care and behavioral health crisis management services.

Generous donations to the Mary Bridge Children's Foundation help the hospital expand access to care so all children can receive the care they need. The Mary Bridge Brigade is the largest and oldest donor and, throughout its more than 100-year history, has donated in excess of \$50 million to Mary Bridge Children's, including a \$10 million commitment to the new children's hospital.

"Our passionate Brigade members and guilds are continuing this century-long commitment with our biggest gift to date," Mary Bridge Brigade President Tammy Hall says. "I would like to think that the generations before us would be proud of how far this community hospital has come, and I personally can't wait to see it grow."



Learn more about opportunities to give or get involved at marybridge.org/our-new-hospital

Ellie's NICU stay inspires her parents' generosity



Creston Grant has worked as a helicopter firefighter and police officer, both of which are high-intensity careers. However, he says the most stressful experience of his life was getting a call that his pregnant wife, Lauren — a labor and delivery nurse at MultiCare Deaconess Hospital — had checked into the hospital for an emergency cesarean section. Fortunately, the procedure went well, and Ellie Louise was born at 31 weeks, weighing less than 2.5 lbs.

Creston and Lauren also count themselves lucky that they were only 15 minutes away from Ellie's temporary home at the Deaconess NICU.

"Lauren and I went to almost every feed and visiting time," Creston says. "It made that transition much easier — we could feel we were doing everything we could, and we were still getting to see her every day."

For 50-plus days, Ellie received expert care from her NICU team, along with four occupational therapists who helped with her bilateral clubfeet. Everyone's calm demeanor and positive outlook put the Grant family at ease; they knew their daughter was in good hands.

NICU staff also understood how critical it was to involve Creston and Lauren in Ellie's routine.

"The most important thing the staff did was to include us," Creston explains. "Even though we couldn't take her home right away, we felt Ellie knew who we were, and we could be along for the ride — whether it was changing diapers or doing skin-to-skin contact."

A few years later, and Ellie has grown from the third percentile to one of the taller kids at daycare. Although she wears braces nightly, her clubfeet don't stop her from being wicked fast and a master climber. She also has a heart of gold and is mentally strong, an attribute her parents credit to the early obstacles she's had to overcome.

Enamored with their nearly 3-year-old, Creston and Lauren leaped at the opportunity to assist with MultiCare Inland Northwest Foundation's 2022 Heart Strings event after hearing the concert was benefiting the NICU.

"To go to this event and see how many people out of the kindness of their hearts are like, 'I'm going to donate' was incredible," Creston shares. "For the rest of our lives, each of us will try to do everything we can to help support the NICU."

**You can help fund the most advanced neonatal care for premature babies
like Ellie by scanning here to make a gift:**



Payton teams up with Mary Bridge Children's gene therapy and CTU to defy odds

Spinal muscular atrophy (SMA) is a genetic condition when a child's muscles progressively deteriorate. The disorder affects 1 in 10,000 babies born in the United States each year. If untreated, most kids diagnosed with SMA don't live past the age of 2.

Payton, 2, was referred to Mary Bridge Children's neurology department at 3 days old with symptoms of low muscle tone, weakness and no startle reflex. After a few more lab draws and a visit with the genetics specialist, she was diagnosed with SMA type 1 at just 6 days old.

Payton and her community of supporters have a different definition for her SMA: strong, motivated and adorable — a perfect description of this bright, happy toddler.

In February 2020, she received ZOLGENSMA, the only gene therapy medication available (at the time) to treat SMA. Payton was just 16 days old, making her the youngest postnatally diagnosed baby to ever receive the treatment. That day, Mary Bridge Children's Hospital also became the first non-university hospital in the region — from Wyoming to Alaska — to provide this type of gene therapy.

"ZOLGENSMA transfers the genetic material that a child with SMA is missing," Mary Bridge Children's pediatric neurologist Anisha Chandra Schwarz, MD, explains. "After receiving the gene therapy, Payton began to move her arms and legs, first while in the water and then eventually, 'on land.'"

Crushing milestones at CTU

Although gene therapy has made a world of difference for Payton, she still must work to move and build muscle tone. Her first experience with physical therapy at Mary Bridge Good Samaritan Children's Therapy Unit (CTU) was at 3 weeks old, and she's been going weekly ever since.

For nearly two years, Payton has seen CTU physical therapist Meredith Graham Lawver.

"Payton has undergone multiple procedures, a nasogastric tube and then a gastrostomy tube, casting for orthotics and braces and then finally, several body casts in the last eight months due to her worsening scoliosis," Meredith explains.





“Through it all she just exudes joy. She loves coming to therapy and brings smiles to all who get to interact with her. She has been through much in her short life and has a lifetime of challenges ahead of her, but she's certainly a hero to me — with all she's been through, she just keeps loving and smiling.”

Thanks to Meredith and CTU, Payton has reached many milestones that wouldn't have been possible without therapy — like rolling over for the first time or sitting up with a brace. Recently, her biggest milestone is using her own personal walker (with assistance) to gain independence while practicing walking. This has been accomplished by using a stander that was recommended and ordered through Meredith's advocacy.

“My husband and I are Payton's number one advocates, but Meredith is easily number two,” Payton's mom Paige says. “She supplies us with research articles and loaner equipment so Payton can keep working at home. She constantly is open to my suggestions and my questions. She's a very good teacher. She specializes in SMA and has really taken that on and has pursued further education since being with Payton, which is very important to us. She advocated for new bracing for Payton's scoliosis, which delayed her needing casting for nearly a year. We love her.”



Donor-supported adaptive technologies

Thanks to MultiCare Good Samaritan Foundation and Mary Bridge Children's Foundation donors, adaptive technologies and the Mary Bridge Children's Therapy Services (MBCTS) Orthotics and Prosthetics Team at CTU can help children like Payton reach their full potential.

Because of her low muscle tone, Payton has been fitted with a thoracic-lumbar-sacral orthosis brace (used to prevent worsening scoliosis), ankle and foot orthotics, hand braces and more. The MBCTS team is one of only a handful of programs that addresses patients' orthotic and prosthetic needs in one location with direct input from their care team.

Each product is custom-made for the patient including casting/measurement, fabrication and fitting, as well as the ribbon that the child uses to decorate the piece. From solid colors to superheroes, each child receives a piece that reflects their own unique personality.

When Payton was wearing a brace up until her second birthday, her dad picked out Wonder Woman straps. Now Payton is receiving body jacket casts every three months, settling for her favorite color purple.

Forging a path unique to Payton

Today, Payton is very talkative and loves singing at the top of her lungs. In between her body castings to treat her scoliosis and other symptoms related to SMA, she likes to dance and has been scooting around, with assistance, on her knees.

Payton has already overcome many challenges in her short life, but she faces every obstacle with a smile, and her outlook is beyond bright.

"One of the things I've learned from having a child with a disability is that she doesn't have to be defined by any one thing," Paige says. "She's going to be her own path and milestone maker and that's OK."

Your gift to donor-supported services — like genetic testing and CTU — can help diagnose kids like Payton early and provide them with therapies that can help them reach their full potential. Learn more by scanning here:



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Through it all she just exudes joy. She loves coming to therapy and brings smiles to all who get to interact with her. She has been through much in her short life and has a lifetime of challenges ahead of her, but she's certainly a hero to me — with all she's been through, she just keeps loving and smiling.”

Meredith Graham Lawver, CTU physical therapist



LEGACY GIVING

Visit give.multicare.org/legacy for smart ways to support the future of care in your community.

Making women's health a priority in Thurston County and beyond

In the late 1970s, Angela J. Bowen, MD, saw a need for more accessible health care for women and their families. As a passionate and dedicated provider, she spearheaded a campaign to improve access to women's health care services, successfully bringing a second hospital to Olympia — Capital Medical Center.

MultiCare purchased Capital Medical Center in April 2021, making it a nonprofit hospital for the first time in its history. Dr. Bowen's legacy inspired MultiCare's strategic plan for Capital Medical Center, which is extensively focused on expanding care for women.

An advocate for this critical cause, Monica Young, MD, is picking up where Dr. Bowen left off and leading this significant effort. Dr. Young has been a surgeon at Capital Medical Center with her husband, Timothy Feldmann, MD, for nearly six years.

"Historically, the medical world has been a male-dominated profession, so I do think that's part of where medicine has been geared toward — that male perspective," Dr. Young says. "For this effort, we're trying to reevaluate things, play a little catch up and look at how we deliver care. I think it's important to bring it back to overall wellness, well-being, preventative care — really trying to provide something that women feel like is customized for them and aligned with what they want their care to be."

Dreaming up a center for women's health

The first step toward expanding access to care for women in Thurston County was launching the Women's Community Advisory Council this past June, with a goal of meeting and gathering input from women in the community, hearing from specialists and creating a vision for a donor-supported Center for Women's Health — the first of its kind in the region.

Every woman deserves compassionate health care at every step of their journey, but sometimes there are existing barriers preventing them from seeking care. In a study conducted by the Kaiser Family Foundation, nearly 25 percent of the women surveyed had delayed care because they couldn't find time to go to the doctor, 15 percent had trouble securing childcare and nearly 25 percent delayed because of the cost.

A one-stop shop for women's health care needs would not only prevent some of these delays, but it would also provide a safe space for women to address their health care beyond a yearly checkup.

"When you go to your primary care doctor and you have 15 things on your list that you want to talk about, you'll probably get to one or two," Dr. Feldmann explains. "These 'extras' that aren't life-threatening — like pelvic floor incontinence and leakage — don't hit the top of the list but can significantly affect women. To be able to say, 'Come here, get help. Don't suffer in silence' — that's what I look forward to in the center."



The first phase of this project is estimated to be completed by the end of 2023, featuring a strong support system for patients. This might include a health care navigator, a cancer coordinator, a social worker, a rotating breast surgeon, a rotating pelvic floor specialist and a primary care department with two female family medicine and two female internal providers, as well as a place to look after children so parents can have unencumbered and devoted time with their providers.

“I’m excited to create a space inspired by the Women’s Community Advisory Committee,” MultiCare Capital Medical Center President Will Callicoat says. “The committee members have volunteered their time providing input and feedback into what care should look like in the Women’s Center. We’re passionate to implement their vision and have a dedicated focus on women’s services in a new and innovative way.”

A community spirit of generosity

Along with committing her time to the Women’s Community Advisory Council, Dr. Young supports reducing barriers to care through MultiCare Gives, MultiCare’s employee and volunteer giving program.

“I’ve always loved the idea of being in a community and providing a service to that community,” Dr. Young says. “Especially because this is where our family is. I want them to feel like they can come to their local hospital and receive great care, and I want that for all the other families in the community, as well. As a medical professional, there are lots of different ways to provide a service, but I feel like this is the way I’m called to provide and to serve.”

Join Dr. Young and Dr. Feldmann in financially supporting programs like the Center for Women’s Health by scanning here:



Bridges Center for Grieving Children helps family overcome significant loss

Gail Warner is no stranger to loss. She experiences grief in a variety of spaces: as a mental health counselor for Catholic Community Services, as a volunteer at Bridges Center for Grieving Children and in her personal life.

But it wasn't until the passing of her daughter in 2020 that Gail knew she needed outside help for her and for her grandkids, Asianette and Anonte.

"I didn't want my grandkids to be alone in their grief," Gail says. "I called the Bridges program director and asked if I could get them into a support group. She said 'yes' and encouraged me to join as well. I was hesitant. I had facilitated groups like this in the past as a volunteer, but nothing could prepare me for attending as a group member."

A place where no one grieves alone

Every year, Bridges Center for Grieving Children at Mary Bridge Children's provides a safe space for hundreds of children, youth (ages 4 to 18) and their families to face their grief and heal. Since 1989, Bridges has served more than 7,000 children from more than 4,200 families, helping them process, cope and heal through bimonthly peer support groups. Thanks to generous donors and volunteers, these services are provided at no cost to families.

"Grief support gives children, teens and adults in their lives a community where they can acknowledge what they are experiencing," says Lisa Duke, MSW, program coordinator of Bridges.

During COVID, Gail, Asianette and Anonte attended these groups virtually. Every month, they would wait in anticipation for their "care packages" filled with activities and treats for their upcoming group.

In these sessions, participants express their feelings through activities and crafts that align with different themes, including healthy coping mechanisms, memorialization and sharing.

Grief is a process

For nearly two years, Bridges supported Gail and her family as they processed the loss of their mom and daughter. In addition to attending support groups, Asianette and Anonte went to Camp Erin — a free overnight camp for youth who are grieving the death of a significant person in their lives.



“Bridges has taught me many ways to manage grief,” Anonte says. “Instead of building it up inside, tell someone how you feel.”

For Asianette, the program normalized grief and loss and gave her an outlet to share.

Gail is incredibly grateful that she made that first call to Bridges and says she’ll never forget the way they felt like an extension of her family.

“I couldn’t talk about my daughter — how she passed and everything — without just freezing,” Gail says. “Thanks to Bridges, I realized you do have to talk about the person to move forward. It’s OK to keep them in your heart, but not to be stuck in ‘what I could’ve done.’ I had to move past that for myself and my grandkids.”

Thanks to donor support, Bridges is offered at no cost to families. You can support the incredible work they do with a gift by scanning here:





MultiCare Foundations

2022 EVENTS RECAP

Heart Strings | April 29

The concert raised more than **\$654,000** for the Neonatal Intensive Care Unit at MultiCare Deaconess Hospital.

Presenting sponsor: Radia
multicareheartstrings.org

Changing Minds Luncheon | May 4

Raised more than **\$255,000** to support treatment programs and services provided by the MultiCare Behavioral Health Network (Navos, Greater Lakes Mental Healthcare and MultiCare Behavioral Health).

Presenting sponsor: Wright Hotels, Inc.
multicare.org/changing-minds/

Corks & Crush | May 21

Raised more than **\$920,000** for therapy programs at MultiCare Good Samaritan Hospital.

Presenting sponsors: Howard S. Wright and The Old Cannery
Furniture Warehouse
corksandcrush.org



Sound to Narrows | June 10

Participants walked and ran 5K and 12K, raising more than **\$148,000** for MultiCare Academy for Students in Healthcare (MASH) Camp.
soundtonarrows.org

Courage | August 20-21

Raised more than **\$358,000** with **131** participants supporting child abuse prevention and treatment programs at Mary Bridge Children's.

Presenting sponsor: Waste Connections
ridewithcourage.org



Rock the Foundation | September 10

This fundraiser raised more than **\$594,000** for MultiCare's cancer programs and services, supporting earlier diagnosis and treatment efforts.

Presenting sponsor: Amerigroup
rockthefoundation.org

Come Walk With Me | October 1-31

The walk and month-long activities raised more than **\$200,000** to support breast health programs at MultiCare Good Samaritan Hospital with nearly **2,000** participants.

Premier sponsor: Howard S. Wright
comewalkwithmenow.org

Festival of Trees | December 2-3

This multi-event fundraiser benefits expanding access to care for children and their families at Mary Bridge Children's Hospital and Health Network.

Presenting sponsors: E9 Brewing Co. and Tom & Meg Names
Family Foundation
festivaloftreestacoma.org

*At the time of publication, this event hadn't happened yet. Please check the website for fundraising updates and totals.

GIVE.MULTICARE.ORG/EVENTS

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This year, you showed up to support your community:

Advancing health equity.

Investing in healthy futures.

Empowering families to overcome barriers to care.

Giving everyone a voice throughout their health care journey.

Every gift of time, talent and treasure reminded MultiCare patients, clients and their families that they matter and that **you** care.

Wishing you a happy and healthy holiday season!

