

Let's show them how much we care.



What is a healing garden?

A healing garden is a peaceful greenspace located within a healthcare setting that provides a therapeutic atmosphere to reduce physical and emotional manifestations of stress, anxiety, pain, and discomfort. Hospitals throughout the nation have established healing gardens for patients, staff, and visitors. This will be the first healing garden located at a Confluence Health facility.



What are the benefits of healing gardens?

Healing gardens are multipurpose—providing space for quiet reflection, meditation, prayer, or comforting conversations. Studies have shown that garden visitors report significant changes in mood after visiting a healing garden, including reduced stress, anxiety, and sadness; a greater sense of calm, peace, belonging, and feeling of well-being. Researchers have also documented physical benefits, like reductions in blood pressure.



What is the goal of the project?

Donations will be used to create a healing garden dedicated to the employees and providers who faithfully serve the healthcare needs of residents of North Central Washington.



Where will the healing garden be located?

The new healing garden will be at Central Washington Hospital in the courtyard across from Expressions Gift Shop. It can be accessed through the main lobby entrance.



Can I use my donation to honor an individual or group that works at Confluence Health?

Absolutely! You can use your gift to honor a loved one, an employee or provider, or a department at Confluence Health. The enclosed donation form provides specific instructions.



How will my gift be used?

When you make a gift to the Foundation, your gift stays close to home. One hundred percent of your donation will be devoted to the development and maintenance of the healing garden.

For more details about the project, or to make a donation, visit confluencehealthfoundation.org.

Help Us Heal Campaign

Honoring Confluence Health employees and providers who faithfully serve the healthcare needs of residents of North Central Washington

To see "before" images of the garden space and renovation plans, visit confluencehealthfoundation.org/help-us-heal-campaign/.



Yes! I would like to make a tax-deductible contribution to the Help Us Heal Campaign.

Donations can also be made online at confluencehealthfoundation.org.

Donor Name(s):	
Phone:	
Email:	

Sign me up for the Foundation's quarterly e-newsletter I'd like my contribution to be anonymous

Donations received before September 30, 2021 will be recognized in the garden. Please see the back of this page for more information about donor recognition levels.

Make my donation in the amount of:

\$1,000 \$500 \$250 \$100 \$ _____
other amount

Pay by:

Enclosed Check VISA Mastercard

Card # _____ Exp. Date _____

If making an honorary gift, please complete the section below.

Are you making a gift in honor of a Confluence Health employee, provider, or department?

- Yes (We will send them acknowledgement automatically)
 No (Please see note below)




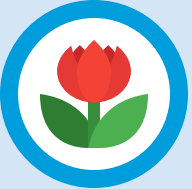


Make my gift in honor of: _____

Note: If you are making a gift in honor of an individual or group that is not employed by/affiliated with Confluence, include their mailing address if you would like them to receive acknowledgement of your gift.

Honoree's mailing address: _____

Thank you for your generous support!

Healing Garden Donor Recognition Levels

Recognition Description	Gift Amount
 A circular icon with a blue border containing a yellow and black striped bee with blue wings. <p data-bbox="553 684 699 737">Friend</p>	Gifts under \$100
 A circular icon with a blue border containing three blades of green grass. <p data-bbox="553 919 748 972">Nurturer</p>	Gifts between \$100 - \$249
 A circular icon with a blue border containing a green leafy branch. <p data-bbox="553 1163 704 1215">Healer</p>	Gifts between \$250 - \$499
 A circular icon with a blue border containing a red tulip flower with green leaves. <p data-bbox="553 1400 776 1453">Caretaker</p>	Gifts between \$500- \$999
 A circular icon with a blue border containing a green deciduous tree. <p data-bbox="553 1638 743 1690">Founder</p>	Gifts between \$1,000 - \$2,499
 A circular icon with a blue border containing a yellow sun with rays. <p data-bbox="553 1875 716 1927">Legacy</p>	Gifts above \$2,500