

FOUNDATION IN FOCUS

Confluence Health Foundation Quarterly Newsletter



In Memory of Dr. Ed Farrar

BY ABEL NOAH, CFRE, VP, EXECUTIVE TRUSTEE

I was deeply saddened to hear about the loss of a true friend of the Confluence Health Foundation, Dr. Ed Farrar, who passed away in March.

Dr. Farrar was an extraordinary individual, who shared his time and talents with the Confluence Health Foundation in many meaningful ways. I got to know Dr. Farrar after he joined the Foundation's Board of Trustees in 2010. During his tenure, he applied his keen insights into Confluence Health and his knowledge of philanthropy to become a powerful advocate for the patient community.

In 2015, Dr. Farrar was the driving force behind the effort to acquire the first robotic exoskeleton in the region. The Ekso is a powerful device for stroke and spinal cord-injury rehabilitation. This state-of-the-art therapy is cost prohibitive for many of Confluence's patients. Dr. Farrar used his platform as the "Spirit of A. Z. Wells" Award recipient to mobilize Foundation donors, ensuring that all Confluence Health patients in need will have access to this groundbreaking treatment regardless of their ability to pay.

This is merely one example of many in which Dr. Farrar made a difference in this community. His commitment and enthusiasm for this region, Confluence Health, and its patients were ever-present, and it will live on in his legacy. Our deepest sympathies to those who know and love the great Dr. Ed Farrar.



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Foundation Mini Grant Helps Nurse Navigators Provide Remote Care

The Confluence Health Foundation is pleased to announce that Central Washington Hospital Heart Failure Clinic's program, Cardiology Cares, has received seed funding that will kickstart the program for the next six months.

The goal of the Cardiology Cares program is to empower patients so that they are better equipped to monitor their chronic systolic or diastolic heart failure, which will lead to improved management of the diseases and longer, healthier, happier lives.

To accomplish this, Heart Failure Clinic patients in need will receive a free automatic blood pressure cuff and a scale that they can take home. They will also receive training on how to use the devices and what information to share with their providers. Blood pressure monitors and scales can not only help with managing medications and treatment plans, but they can also catch precursors to life-threatening medical events so that patients can get the emergent care they need right away.

This program targets patients that have difficulty getting to the Clinic because of mobility challenges, those that live in rural areas, and individuals that don't have the financial resources to purchase their own blood pressure cuff or scale. By reducing barriers like these, healthcare providers can decrease health disparities.

Foundation seed funding is intended to provide programs like Cardiology Cares with an opportunity to get off the ground. During this initial period, those managing the program will collect data that demonstrates the program's impact. The Foundation uses this data to build a case for support which is used when approaching possible funding partners or donors. The goal is to find a long-term, sustainable funding source for programs that deliver significant benefits for patients as well as those that advance health equity in the region.

Are you interested in learning more about how you can use your donation to launch novel, high impact programs that improve the health of North Central Washington? Want to support Cardiology Cares? If so, reach out, and we will tell you more!



Our donors
are at the
heart of
everything
we do.

Did You Know?

The Confluence Health Foundation is able to fund programs for pediatric patients because of the generosity of our donors.

- The Wade Family Literacy Endowment sustains the program, Baby's First Book. This program enables every newborn baby born at Central Washington Hospital to go home with their very first book.
- Reach Out and Read provides books to primary-care patients ages 6 months to 5 years at the start of a well-child check-up. This program has been adopted as a standard of care in pediatrics because it creates an opportunity for providers to assess the development of their patient and helps stimulate important discussions with caregivers about language and literacy. In 2021 participating Confluence clinics distributed 3,547 books!
- Curious how your donation can bring comfort and joy to Confluence's youngest patients? Contact us today!

Pediatric Patients Get a Helping Paw Thanks to the Lions Club

Being admitted to the hospital can be a difficult experience for all patients. There's a lot of uncertainty and fear that can go along with being in a strange place when you're not feeling the best. At times like these, it's important to have a friend by your side—especially a courageous, fluffy, loyal friend like Lennie the Lion, the Confluence Health Foundation's newest snuggle buddy!

Snuggle buddies are plush stuffed animals that pediatric patients receive when they are admitted to Central Washington Hospital. They help reduce the stress and uncertainty of their stay, and, best of all, kids can take their new friend home with them after their visit.

The Snuggle Buddies program was created by Adele Haley, Expression's Gift Shop Manager, and is made possible by gifts from local service clubs. Since the program launched, we have been able to provide approximately 200 children under the age of 16 with snuggle buddies each year.

Recently, the Wenatchee Central Lions Club made a generous donation to help sustain the program through 2022. Fittingly, Adele selected Lennie as this year's face of the program. Lions are symbolic of strength, bravery, and protection. You might agree that Lennie is also quite adorable!

The Foundation is so grateful to the Wenatchee Central Lions Club for their ongoing support of Snuggle Buddies. Programs like these help our medical providers bring smiles to the faces of our patients and their families.





Confluence Health Foundation Board Updates

The new year brings some changes to the Confluence Health Foundation's Board of Trustees roster.



Carol Wardell & Ted Fukuzawa

Carol Wardell and Ted Fukuzawa have rotated off the board after many years of exemplary service. Carol joined the board in 2002, and over the course of her commitment to the Foundation served as both president and vice president. Ted Fukuzawa joined the board in 2004. He held the treasurer role for several years prior to his departure. Both served on the executive, finance-audit, and scholarship committees. Carol also participated on the gala committee. In 2019, Carol received the Foundation's distinguished 'Spirit of A. Z. Wells' Award, an honor bestowed to individuals that have had a remarkable impact on the local community through philanthropy and service. Carol and Ted's expertise and commitment to the Foundation's mission will be greatly missed by trustees and staff. We are grateful to both of them for their dedication, and wish them the best on their next adventures.



Sue Ozburn & Steve Neher

Additional changes include leadership transitions. Sue Ozburn has rotated out of the president role and will now serve as past president. During her two-year term, Sue has skillfully performed her leadership duties and navigated the unique challenges brought about due to the COVID-19 pandemic.



John Stoll & Jake Davison

Steve Neher will now move from his role as vice president into a two-year term as president. In accordance with the Foundation's bylaws, a vote of trustees was conducted to fill vacant leadership positions. John Stoll has been elected vice president, and Jake Davison was elected treasurer.

The Confluence Health Foundation's mission is to enhance and support Confluence Health's ability to provide safe and superior healthcare close to home.



The possibilities are endless, the impact is personal.

Everything we do, we can do because of you. Thank you donors!

2021 Annual Impact Report:

- Established the Respite and Recovery Fund for Patients Experiencing Homelessness: Provides flexible funding that case managers and healthcare administrators can use to address the unique and complex needs of patients experiencing homelessness after hospital discharge to improve outcomes and reduce readmission.
- Launched of the Vaccine Equity Initiative: Leveraged donations to fund community health partners focused on breaking down barriers to vaccine uptake and improving vaccination rates among the Latinx community. This effort is now continuing with funding from a federal grant.
- Purchased Innovative Heart Pumps: Purchased three new Impella heart pumps for Central Washington Hospital. These innovative pieces of equipment serve as a crutch for the heart, supporting its function by continuing to pump blood to the vital organs while simultaneously allowing the heart to rest and recover following a critical event.
- Distributed Hugs for Healthcare Heroes: With the help of the Community Foundation of NCW, 917 Hugs in a Mug were distributed to honor healthcare workers on the frontlines of the pandemic with gift cards to locally owned businesses, treats, and hand-written notes of appreciation from thoughtful community members.
- Funded Sentimag Localization Systems: Purchased two Sentimag Localization Systems - equipment that has completely change the patient experience for those receiving surgical treatment for breast cancer. All the way around, this technology provides a smoother, less invasive process for patients.
- Awarded Academic Scholarships: Thirty-seven deserving students received Confluence Health Foundation scholarships. 2021 was also the first year we offered the Barb & Charley Wilson Nursing Scholarship, which was awarded to Daisy Castro, a Nurse Assistant pursuing her nursing degree at Wenatchee Valley College.
- Publication of the Healthcare and Homelessness in the Wenatchee Valley Report: The report describes the rationale for supporting resources that target the unique needs of patients experiencing homelessness and create as platform for decision-making and collaboration leading to health improvement for people experiencing homelessness.
- Establishment of a Healing Garden at CWH: Transformed a small outdoor courtyard in Central Washington Hospital's (CWH) lobby into a beautiful healing garden dedicated to employees and providers who faithfully serve the healthcare needs of North Central Washington.
- Completion of 'Your Local Cancer Care' Campaign: Raised \$3.5 million to bring a radiation treatment facility to Moses Lake. In conjunction with the Columbia Basin Cancer Foundation, the Foundation was able to leverage donor support for a much-needed project that will bring high quality healthcare close to home for those battling cancer.
- Funded State-of-the-Art Medical Equipment: Even though the golf tournament was cancelled, our sponsors generously donated funds to help us purchase state-of-the-art equipment, including a Colposcope for Moses Lake Family Medicine and a Blood Culture Incubator for Central Washington Hospital's lab.

Want to find out how your donation can make an impact in 2022? Reach out to us:

(509) 436-6275

foundation@confluencehealth.org



Free Adaptive Cycling Events

The Confluence Health Foundation is sponsoring two adaptive cycling events this summer. These events aim to provide community members with physical, cognitive and/or sensory impairments with opportunities to try adaptive bikes in a safe, supported atmosphere. Outdoors for All will be supplying the fleet of adaptive bikes, and volunteers from Confluence Health's Rehabilitation Department will be available to assist riders.

These events are part of a larger collaboration between the Confluence Health Foundation and Confluence Health's Rehabilitation Department. Current efforts are underway to integrate adaptive bikes into inpatient and outpatient rehabilitation services to better assist patients seeking to pursue recreation opportunities in a community setting. More information about this will be included in the next issue of the quarterly newsletter in July 2022.

Event Details

Free community events for ages 5 to 105+
Bikes include handcycles, trikes, and more!

Saturday, May 7, 2022

2:00-6:00 p.m. at Pybus Market, Wenatchee

Saturday, June 4, 2022

11:00 - 3:00 p.m. at Pybus Market, Wenatchee

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