

VOL. 1 ISSUE 2 · JULY 2022

# FOUNDATION IN FOCUS

Confluence Health Foundation Quarterly Newsletter

## Armada Golf Classic Shifts Adaptive Cycling Program into Gear

The benefits of exercise are innumerable, but for people with physical, cognitive, or sensory impairments living in this region, outdoor recreation opportunities are often inaccessible. That's because of the 140 adaptive recreation programs throughout the country, none directly serve North Central Washington.

This year, the proceeds from the Foundation's Armada Golf Classic will help Confluence Health's Rehabilitation Services Department establish a first-of-its-kind adaptive cycling program.

Cycling is uniquely accessible to many individuals when compared with other recreational opportunities because adaptive bikes can accommodate a wide range of needs. Some bikes are even designed to allow family members and caregivers to be directly involved in the activity.

Erin Keeley, an occupational therapist at Confluence Health, has been championing this effort. "We live in such a beautiful area with great access to outdoor recreation for able-bodied residents, but we have a significant lack of options for those with physical, cognitive, or sensory impairments," Keeley said.

With the support of Confluence leadership, Keeley has been working to integrate adaptive bikes into inpatient and outpatient therapy services at Confluence Health hospitals and clinics. This will allow patients and their caregivers to familiarize themselves with different styles of bikes in a safe and supportive environment with their rehab team at their side.



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# Thank You Sponsors!



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## 2022 "Spirit of A. Z. Wells" Celebration: A Breath of Fresh Air

The Confluence Health Foundation invited our donors, sponsors, and friends to join us at the beautiful Malaga Springs Winery on Friday, June 24, 2022, for the "Spirit of A. Z. Wells" Celebration. After the long hiatus from events, we decided to break from tradition and take a fresh approach to celebrating philanthropy. This year's event honored the Foundation's donors and sponsors who are committed to our mission of enhancing Confluence Health's ability to provide safe and superior healthcare close to home.

The goal of the Celebration was to create an opportunity for our community of supporters to mix and mingle in a laidback, outdoor setting. Guests were treated to award winning Malaga Springs wines and cheese plates produced by our friends The Cheesemonger Shop. Local artist Darnell Scott played the blues and provided an entertaining ambiance that complemented the natural beauty of the venue.

The event exceeded our expectations in large part due to the people that made it possible. We're grateful to our gracious hosts, Malaga Springs Winery. Thank you to those who came to our event. Also, a special thank you to our Celebration Planning Committee, Jake Davison, Marcela Covarrubias, Lindsey Reynolds, and Committee Chair, René Baca. Last, but certainly not least, we want to thank our event sponsors. Without them, the event would not have been possible.

We hope to see you at next year's event!



## Congratulations 2022 Scholarship Recipients

We are thrilled to announce the 2022 Confluence Health Foundation scholarship winners. This year, \$129,100 was awarded to deserving employees and members of our community. These scholarships are made possible because of donors like you.

When we say the possibilities are endless and the impact is personal, we mean it. That's because the power of scholarships goes beyond the financial support. Scholarships can transform the careers and lives of recipients and ensures a legacy of talented healthcare professionals in North Central Washington. We all benefit by having a well-trained healthcare workforce.

Since 1985, more than \$1.2 million in scholarships has been awarded to an average of 35 students a year, most of whom are Confluence Health employees. Staff that receive an additional degree increase their earning potential, experience greater economic security for themselves and their families, and add valuable skills to our healthcare workforce.

### JEAN WOOD NURSING SCHOLARSHIP

Gabriela Alvarado Ortiz	\$6,000
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### BARB & CHARLIE WILSON NURSING SCHOLARSHIP

Silas Hilliard	\$6,000
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### WENATCHEE VALLEY STREET RODS SCHOLARSHIPS

Morgan Sisson	\$1,500
Rachel Kelly	\$1,500
Kara Young	\$1,500

### DIANNE KASNIC PRINZ SCHOLARSHIP

Isaiah Ray	\$2,500
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### CAREER ASSISTANCE SCHOLARSHIP

Kelly Burchardt	\$2,000
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### MARGARET WEED RN TO BSN SCHOLARSHIP

Cyrus Desmarais	\$1,500
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### ONCOLOGY GRATEFUL PATIENT SCHOLARSHIPS

TOTAL AWARDED - \$58,500

Haily Payne  
Irelyn Branam  
Baylee Brown  
Malea Williams  
Brayden Ames  
Mary Justine Wood

### EMPLOYEE SCHOLARSHIPS

TOTAL AWARDED	\$48,100
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Alejandra Alejandrez  
Maria Bravo Tovar  
Maria Aparicio  
Maria Arroyo Mejia  
Cassandra Berry  
Kelly Burchardt  
Kiersten Burke  
Heather Curry  
Phillip Davenport  
Gabriela Diaz-Zepeda  
Jessin Donnelly  
Maria Equiua  
Jessica Ferguson  
Kayla Flores  
Lenae Gilmore  
Kailen Howser  
Jasmine Hutchinson  
Rachel Kelly  
Teri McIntyre  
Amber Miller  
Adam Monroe  
Brianna Nicolino  
Jaimee O'Brien  
Caelan Peter  
Stephanie Rudin  
Madelynn Schnur  
Morgan Sisson  
Joel Yoakum  
Amalia Zapata

## Adaptive Cycling

From page 1

The second component of this work will be free community adaptive cycling events. The Foundation partners with a Seattle-based non-profit called Outdoors for All to bring their fleet of adaptive bikes to North Central Washington. This enables patients and other members of the public to try adaptive bikes in a community setting.

“It feels like freedom!” exclaimed a participant at the May 2022 adaptive bike event held at Pybus Public Market in Wenatchee. Although she can ride a stationary bike, the event was the first opportunity for her to ride a bike outside in a very long time. She tried a few styles of adaptive bikes before finding one that suited her best.



Staff from Confluence Health’s Rehabilitation Services Department volunteer at the community events. It provides them with an opportunity to see their patients reach a new phase of independence. Two community events have taken place in Wenatchee this year. The goal is to eventually provide access to these resources throughout Confluence Health’s four county service area.

“We see participants come back to free events time after time. They really look forward to it,” says Keeley. She hopes that one day North Central Washington has access to the outdoor recreation opportunities found in places like Seattle and Spokane. With the help of the proceeds from the Armada Golf Classic, the work will gain traction.

“These efforts are important for our region and our patients because they help to improve access to outdoor recreation for people living with a disability,” Keeley stated. “It ultimately improves the health and quality of life for participants and allows everyone the opportunity to enjoy outdoor recreation, regardless of their ability level.”

## Expressions Gift Shop Delights Staff, Patients & Visitors

Expressions is a full-service gift shop featuring a well-curated selection of flowers, candy, home décor, plush toys, skincare products, clothing, and other gifts. Located in the lobby of Central Washington Hospital, Expressions has become a staple for employees, patients, and visitors alike.

### Did you know?

- Most shoppers don’t realize that Expressions is a non-profit store of the Confluence Health Foundation. That means, all gift shop profits go back to supporting the programs and initiatives supported by the Foundation.
- If your friend or loved one has been admitted to the hospital, Expressions will deliver flowers, balloons, and plush toys within the hospital at no extra charge. For individual assistance, please call Central Washington Hospital at and ask for the gift shop.
- The gift shop is staffed by dedicated volunteers. The friendly faces you’ll find behind the gift shop’s register help the store succeed by generously donating their time and talent to running the store.
- The gift shop sources local items.
- Last, but not least, Confluence Health employees

# ALWAYS GET 20% OFF

at the gift shop!

See for yourself next time you’re at CWH!





## Healing Garden Update

In June 2021, the Confluence Health Foundation, with the help of its donors, embarked on an effort to transform a courtyard in the lobby of Central Washington Hospital into a healing garden. The new healing garden is dedicated to the employees and providers that faithfully serve the healthcare needs of North Central Washington.

The pandemic has been a continuous reminder of the importance of having a strong healthcare system that is fortified by skilled and devoted people that work within the organization. Foundation donors used their gifts to express their sincerest gratitude for those that work at Confluence Health.

Last summer, the transformation began. The English Ivy that had choked out the trees and shrubs was pulled, new plants and mulch were added, and fixed elements, like tables, benches, accent walls, and lights were replaced or refinished. Funds were also used to add an ADA accessible automatic door.

After a very hot summer and bitter cold winter, Foundation staff and garden designer, Sue Simmons, spent a few days giving the garden some TLC.

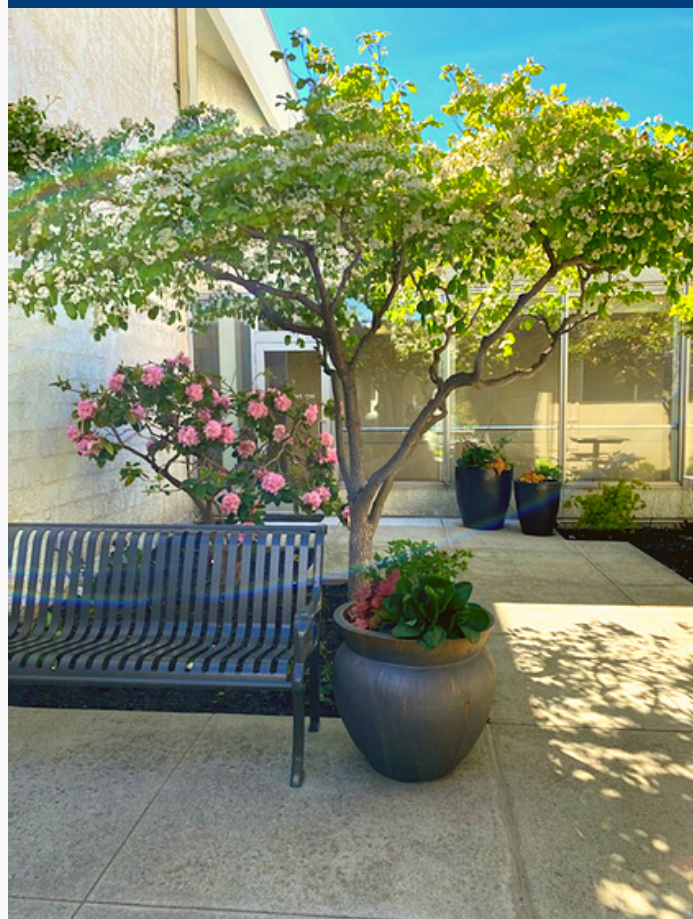
The established dogwoods and rhododendrons were pruned last summer to revive their shape and remove dead branches. This spring, they were full of gorgeous, bright flowers and new growth.

The older plants aren't the only stars of the show. The potted plants, hostas, hellebores, and new shrubs are thriving. Plants that didn't survive have been replaced, and a few new species were added to the garden, including a unique Japanese maple variety called Moonrise, bergenia, and yellow heuchera.

An old garden adage claims that the first year a garden is planted, it sleeps. The second year, it creeps, and the third year the garden will leap. If this year's display is only the beginning, it will be a stunning legacy that will continue to honor those that faithfully serve the healthcare needs of this region.

The final remaining element of the garden is the donor wall. The anticipated timeline for installation is summer of 2022. The web-based donor wall, which includes the individuals our donors chose to honor with their gift, is live and accessible on the Foundation's website [confluencehealthfoundation.org/garden](https://confluencehealthfoundation.org/garden). You can also visit the web address to see more before and after photos.

Our donors  
are at the  
heart of  
everything  
we do.



## Board Updates

The Confluence Health Foundation is proud to welcome new board member, Lincoln Denny, and new Confluence Health CEO, Andrew Jones, MD, to the Board of Trustees.

Lincoln is a VP, Team Leader of Commercial Banking at Washington Trust Bank. His knowledge of finance and commitment to our local community are attributes that make him an asset to the board.

Incoming Confluence Health CEO, Dr. Andrew Jones, has moved from Grand Junction, Colorado where he served as the chief medical officer and vice president of Medical Affairs at SCL Health St. Mary's Medical Center.

We look forward to working with Lincoln and Dr. Jones!

## Upcoming Events

[Tentative Moses Lake Adaptive Bike Event](#)  
Saturday, September 10, 2022

Contact: [erin.keeley@confluencehealth.org](mailto:erin.keeley@confluencehealth.org)

[Armada Golf Classic](#)  
Monday, September 12, 2022  
Desert Canyon Golf Resort

Contact: [adele.haley@confluencehealth.org](mailto:adele.haley@confluencehealth.org)

## Peter Rutherford Endowment Leaves a Legacy of Growing Our Own

This year, our scholarship funds are evolving in an exciting way. A grateful patient and their family established the Peter Rutherford Professional Development Endowment as a tribute to Dr. Rutherford's exemplary career and unwavering commitment to healthcare in North Central Washington. Dr. Rutherford is retiring from his role as CEO of Confluence Health this summer.

The Peter Rutherford Professional Development Endowment will provide a source of funding for academic scholarships, career assistance, and continuing education benefiting Confluence Health staff and providers in perpetuity.

The Endowment was created with a \$250,000 gift. Working together, the Confluence Health Community raised another \$250,000 for the Endowment, which the establishing donors matched dollar-for-dollar, bringing the total endowment to \$750,000. We are moved by the inspiring generosity of the establishing donors, and all those who contributed to meeting the matching challenge.

The endowment will have a substantial impact on the future of our local healthcare. By providing promising Confluence Health employees with proper training and education we can nurture tomorrow's qualified, capable leaders. This type of resource is needed now more than ever before. Critical staffing shortages challenge Confluence's ability to meet the healthcare needs of the region. Traveling nurses and other medical professionals are expensive and temporary solutions. Now is the time to invest in our talented local workforce. That's why we're increasing our fundraising goal by another \$250,000 to bring the total endowment to \$1 million.

The Peter Rutherford Professional Development Endowment is a fitting way for our community to honor Dr. Rutherford's impact on North Central Washington. We will be forever grateful for his generosity, leadership, and passion for serving the healthcare needs of the region. You can help us succeed in meeting our fundraising goal. Please consider a financial gift to support the Peter Rutherford Professional Development Endowment today!





## Do You Have the WILL to Plan Your Estate

BY ABEL NOAH, CFRE, VP, EXECUTIVE TRUSTEE

When you die, your assets could go to the government, your loved ones, and the causes you care about. A will is an estate planning tool that allows you to clearly specify how your assets are distributed among these three groups.

It is frightening to think that as many as 50 percent of all adults in the United States do not have a will. If you die without a will, the distribution of your assets will be governed by a statute.

Regardless of your financial circumstances and capabilities, you have the legal right to control the distribution of your assets after your death.

Though wills may seem complex—and frankly, uncomfortable to think about—there are straightforward ways to begin your estate planning process.

### Identify Your Beneficiaries:

A will provides specific instructions for how your belongings should be distributed among loved ones and the causes you care about. Start the planning process by making a list of the people and organizations that you want to inherit your assets.

### List All of Your Assets and How They Are Owned:

Assets include real estate, securities, life insurance, and personal property.

### Determine a Plan for Your Assets:

To complete the planning stage, match the people and organizations you listed with the property you wish for them to receive.

### Seek Proper Legal Advice:

Once the decisions have been made, your attorney and other financial planners can use proper legal terminology and financial instruments to ensure that your goals are met and the beneficiaries of your will receive maximum benefit.

For more information on how you can support the legacy of locally controlled, independent healthcare at Confluence Health, contact the Confluence Health Foundation at 509-436-6276.



## The Power of One

An individual can use their donation to impact the lives of so many in our Confluence Health community.

An anonymous donor wanted to do something to help ease the significant trauma and burnout experienced by frontline healthcare workers during the height of the pandemic. This donor believed her gift could make a difference.

Working with the Confluence Health Foundation and Confluence Health's Chief Nursing Officer, Tracey Kasnic, the donor provided a gift to the Foundation's General Fund. Her donation enabled a world-renown speaker, author, and advocate from the Trauma Stewardship Institute to speak about how nurses can build resiliency, recognize trauma, and start the healing process after some of the most difficult professional and personal years they have faced. Nurses and leadership learned skills, including ways to build a healthier, more supportive environment for frontline workers.

This is powerful work made possible by a donor.

The Foundation will work with donors to ensure that your goodwill targets the causes and the people you care about. If you want to make a difference with a gift, the Foundation will help you explore the endless possibilities. No matter what, when you give to the Foundation, the impact is always personal.



**The possibilities are endless, the impact is personal.**  
Everything we do, we can do because of you. Thank you donors!



## Subaru Loves to Care Blanket Giveaway Hosted by Our Friends at Cascade Auto Center



We're grateful to our friends at Cascade Auto Center for putting together a Subaru Loves to Care blanket giveaway in June. This year, representatives from Confluence Health Oncology Department and the Confluence Health Foundation received a truckload of plush blankets from Cascade Auto Center. These blankets are part of an effort launched by Subaru and The Leukemia & Lymphoma Society to "spread warmth, love and hope to where it's needed most."

Blankets are given to Confluence Health patients who are undergoing treatment for cancer at Wenatchee Valley Hospital and Central Washington Hospital. On any given day, up to 35 patients can be admitted for infusion at WVC, and treatments can last from one to eight hours per day over a course of months or years.

Patients tend to get cold and feel very weak while undergoing treatment. In addition, we can all appreciate the comforting feeling of being under a cozy blanket when we're not feeling our best. We are grateful for the efforts of our community partners Cascade Auto Center and Subaru. Thanks for showing us you care!

## CSI Camp: A Behind-the-Scenes Look at Healthcare Careers

The Foundation is pleased to support the 2022 Caring Student Interns Camp (CSI), which took place from July 11-15, 2022. CSI is an opportunity for high school students to take a behind-the-scenes look at healthcare careers that can be found at Central Washington Hospital.

This year, 24 local students donned scrubs and got to work beside Confluence Health staff and providers. Highlights of the week including learning how to draw blood from a phlebotomist, dissecting pig hearts with a surgeon, checking out a the helipad and talking with a flight nurse, and learning more about the exciting life of the hospital security team.

CSI helps us expose a young people to a world of opportunities that they might not have known existed. This type of program helps us inspire the future doctors, nurses, administrators, and other essential workers that enable the hospital function. For a minimal investment from the Foundation, made possible by donors like you, we can make a big impact on the future of local students as they set out into the workforce. For more information about CSI, or to help this program thrive, contact the Foundation.







# Día Del Niño Community Health Fair – A Huge Success!

BY BINDU NAYAK, M.D. ENDOCRINOLOGIST AND CO-CHAIR OF THE CONFLUENCE HEALTH HEALTH EQUITY, DIVERSITY AND INCLUSION (HEDI) COUNCIL

On Saturday, April 30th, Confluence Health partnered with the community-based organization, Parque Padrinos, to host a community health fair, “Be Well-Stay Well! A Celebration of Health on El Día Del Niño.” The health fair was held at Kiwanis Methow Park in Wenatchee.

The event aimed to target health disparities in our community that disproportionately affect Latino/Hispanic individuals by providing health information and opportunities to sign up for cancer screenings. This would not have been possible without our partnership with the community-based organization, Parque Padrinos and the Madrinas de Salud who went door-to-door inviting neighbors in the Kiwanis Methow Park area. At the fair, we celebrated El Día Del Niño, which is a traditional day of celebration of children in Mexico and other countries. We had Children’s games, traditional Mexican youth dance performances and soccer games partnering with Wenatchee FC players and coaches. The kids had a great time while the adults had a chance to visit the health booths.



We had informational health booths on diabetes, heart health, nutrition and wellness, children’s health, cancer screenings, behavioral health and information on research opportunities.

Several of our community partners were also there, including the Chelan Douglas Health District, providing COVID-19 vaccinations, CAFE, Comunidades Sin Fronteras, Molina, Wenatchee for Immigrant Justice, and the Chelan Douglas Land Trust. The event had live broadcasting by La Nueva radio and apples donated by Stemilt.



The event was very well attended with an estimated 400 attendees. We were able to get feedback with surveys from those who attended. There were requests for more events like this one and great appreciation from the community members for Confluence Health for having this event for them. It was truly a joyous and uplifting day for all. We appreciate all of our 85 volunteers, and we appreciate the support of the Confluence Health Foundation.



We are continuing this journey of promoting health equity for everyone in our community. The fair was a great example of how collaborative work between Confluence Health and community-based organizations can accomplish so much. We learned that there is a need and desire for more events like this in our community. We know that we need to continue to work to identify and address health disparities and we hope to continue to push this work forward with continued collaboration with our community partners.

## THIS WORK MATTERS

We need to get important health messages and resources to people when and where it makes the biggest impact.

Help us do more! This summer, the Foundation is raising funds for "Reconnecting with Our Communities" efforts.

Gifts from donors like you will be used to purchase at-home cancer-screening tests, organize community-outreach events and education efforts, enable technology-based remote patient monitoring, and much more.

You can help by going to our website and making a donation to the Foundation. Your gift will fund creative solutions that will help get those in need get back on track with their healthcare. Give today!

**CONFLUENCE HEALTH FOUNDATION**  
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Wenatchee, WA 98801

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# Well, that was fun!

READ ABOUT THE "SPIRIT OF A. Z. WELLS" CELEBRATION & OTHER  
FOUNDATION NEWS IN THIS ISSUE

