

VOL. 1 ISSUE 4 · JANUARY 2023

# FOUNDATION IN FOCUS

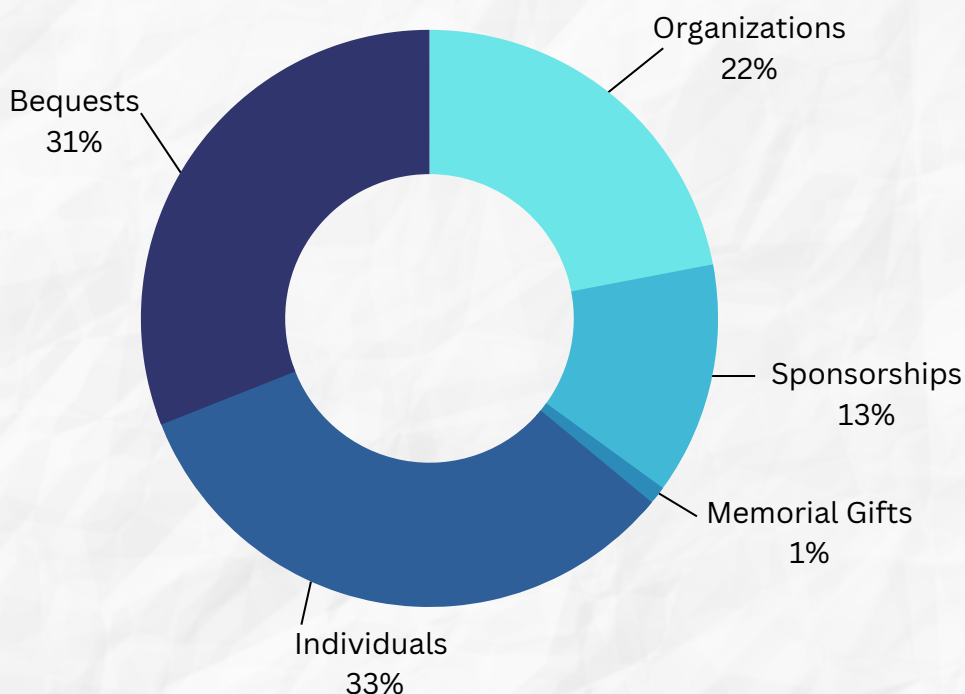
Confluence Health Foundation Quarterly Newsletter

## 2022 Annual Impact Report

Everything We Do, We Can Do Because of You

Our generous donors contributed \$1,080,725\* in 2022.

### DONATION SOURCES



**Giving Back:** In 2022, the Confluence Health Foundation gave \$705,541 to support high quality programs and equipment at Confluence Health and provided \$3 million of funding for the creation of the Moses Lake Radiation Treatment Facility.

*\*Preliminary, unaudited numbers*

## This issue:

2022 Annual Impact Report  
PAGES 1-7

New Friend Brings Joy to  
Pediatric Patients  
PAGE 8

Miracle Milk for Babies  
Program Update  
PAGE 8-9

Thank You, Alice  
PAGE 10

Fred Hutch Community Grant  
Targets Colon Cancer Screening  
PAGE 10-11

# 2022 Annual Impact Report



## Special Events Are Back in Full Swing!

After a nearly three-year hiatus, Foundation events resumed in 2022. We were thrilled to reconnect with donors, sponsors, and friends at the “Spirit of A.Z. Wells” Celebration and the 25th Annual Armada Golf Classic. Foundation events are important fundraisers for the organization. This year, the two events combined netted over \$102,956 that was invested back into initiatives that support Confluence Health’s ability to provide high quality healthcare close to home.



## Establishment of the Peter Rutherford Professional Development Endowment

An anonymous grateful patient and their family honored Dr. Rutherford’s retirement with a gift that will provide funding for academic scholarships, career assistance, and continuing education benefiting Confluence Health staff and providers in perpetuity. The initial gift was \$250,000 with an offer to match up to an additional \$250,000 of funds raised by Foundation donors. We met the matching challenge, which will create a \$750,000 corpus. The Peter Rutherford Professional Development Endowment is a fitting way to honor Dr. Rutherford, Confluence Health’s first CEO. It exemplifies his steadfast commitment to locally controlled healthcare and vision of access to high quality healthcare close to home for residents of North Central Washington.



## Healing Garden Project Completion

This fall, the final fixed elements were installed in the Healing Garden at Central Washington Hospital. The garden project honors Confluence Health staff and providers who faithfully serve the healthcare needs of the region. With the help of our donors, an overgrown courtyard adjacent to the lobby was transformed into a thriving garden sanctuary for all to enjoy.





### Radiation Treatment Facility Groundbreaking

In August, the Confluence Health Foundation joined donors and project collaborators at the Moses Lake Radiation Treatment Facility groundbreaking event. Construction on the 6,800 square foot facility is in progress, with anticipated completion in early fall 2023. The Radiation Treatment Facility will provide patients in Grant, Douglas, and Adams counties with access to high quality cancer treatment services closer to home. This is a project made possible by \$3.5 million of philanthropic support from the community.

### Scholarships Make a Lasting Impact in NCW

Hospitals across Washington are facing shortages of skilled workers, leading to dependence on costly, temporary contract workers to fill essential roles. These additional costs contribute to the precarious finances of many health systems in the state and threaten access to local services.

Gifts to our scholarship fund enable the Confluence Health Foundation to provide scholarships that fortify the local workforce and ensure a legacy of talented healthcare professionals in North Central Washington. This year, the Foundation increased its investment in scholarships and career advancement programs. Scholarships remove financial barriers to education and empower awardees to advance their careers, earn more money, and contribute valuable skills to the healthcare workforce. We all benefit from the growth and development of a highly capable, qualified healthcare workforce. In 2022:

- Over \$129,100 was awarded to 40 promising individuals in support of their academic pursuits in a healthcare-related field, a 44% increase in scholarship funding awarded in 2021.
- The Foundation continued its commitment to fund scholarships for employees earning their Surgical Technologist degree. Since it began in 2019, the Surge Tech program has graduated 9 employees, with 11 more employees in the pipeline.
- New in 2022, the Foundation funded the Allied Health scholarship program, which seeks to promote the training and retention of faithful employees as they earn their Medical Lab Technology, Radiologic Technology, Medical Assistant, or Pharmacy Technician degrees. So far, 5 employees have entered the pilot year of the program.

# 2022 Annual Impact Report



## Golf Tournament Funds Region's First Adaptive Cycling Program

This year, the proceeds from the Foundation's Armada Golf Classic were used to help Confluence Health's Rehabilitation Services Department establish a first-of-its-kind adaptive cycling program. The program integrates 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 adaptive bikes in a safe and supportive environment with their rehab team at their side.

The second component of this program is the availability free community adaptive cycling events. The Foundation partners with the Seattle-based nonprofit, Outdoors for All. They bring their fleet of adaptive bikes to North Central Washington so that patients and other members of the public can try adaptive bikes on the Apple Capital Loop Trail. This program will improve access to physical activity and outdoor recreation for people that have physical, cognitive, or sensory impairments.

## Funding Partners Make Health Equity Investments in Our Community

SERVING THE  
UNDERSERVED  
THROUGHOUT NORTH  
CENTRAL WASHINGTON

Organizations that provide grants to the Confluence Health Foundation believe that we can make a difference for Confluence's patients and members of our local community. Much of the work funded in 2022 had a health equity focus, defined as "...attainment of the highest level of health for all people, where everyone has a fair and just opportunity to attain their optimal health regardless of race, ethnicity, disability, sexual orientation, gender identity, socioeconomic status, where they live, preferred language, or other factors that affect access to care and health outcomes." Therefore, the act of advancing health equity means reducing or eliminating disparities that prevent Confluence's patients from attaining their highest level of health.

Coordinated Care Grant Funds Cardiology Cares Program: 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 disease and longer, healthier, happier lives. Grant funds help patients that live in rural areas and those with limited financial means gain access to free blood pressure cuffs and scales. In addition to these devices, patients will receive training on how to use the cuff and scale to monitor their health and share vital information with their care team. The program improves health outcomes and reduces preventable healthcare visits.



### **American Cancer Society Grant Connects Patients with Cancer Treatment**

The American Cancer Society (ACS) understands that transportation can be one of the biggest barriers to healthcare. The high cost of gas and frequent trips to the clinic can add up quickly for patients living in rural areas of North Central Washington. The ACS has provided a second year of patient transportation grant funding. Grant funds are used to purchase gas cards that are given to patients to help defray the costs of traveling for cancer treatment appointments.

### **Fred Hutch Grant Helps Improve Local Hispanic/Latinx Colorectal Cancer Screening Rates**

The goal of this work is to find an efficient, sustainable way to engage our Hispanic/Latinx population in colorectal cancer screening, and ultimately, improve screening rates to par with non-Hispanic/Latinos in our region. The project aims to develop and test health promotion messages that can be delivered by both bilingual clinic-based support staff and community-based health workers.

### **Omak Stampede, Inc. Supports "Tough Enough to Wear Pink" for Breast Cancer Awareness**

This year, the Omak Stampede, Inc. donated funds raised at the event to support under-insured patients for prevention and early detection of breast cancer. Historically, these funds have been used to reduce barriers to accessing care.

## **2022 Event Sponsors**

Apple City Electric  
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Bank of America  
Carpet One Inside Design  
Cascade Autocenter  
Cashmere Valley Bank\*  
Chandler Business Interiors  
Columbia Valley Community Health  
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Health Alliance NW\*  
HRS, Health Resource Group  
Infor  
Key Bank  
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Physicians Insurance  
Statum Med  
Stantec  
TruBridge  
Verus  
Washington Capital Management  
Washington Trust Bank  
Weinstein Beverage Company  
Wenatchee Vally Medical Group\*  
Young Bucks Landscaping

*Thank  
you!*

\*Sponsored both the "Spirit of A.Z. Wells" Celebration and Armada Golf Classic

# 2022 Annual Impact Report

## 2022 Volunteers

This year, Foundation volunteers made a huge impact. Combined, they donated over 1,178 hours to benefit Expressions Gift Shop and to ensure the success of Foundation events. If we used minimum wage rates as a standard to calculate the monetary value of their time, they would have contributed over \$17,040.24. We are grateful for these superstars!

### Gift Shop Volunteers

Pam Cackler  
Peg Dreisinger  
Janice Palmer  
Connie Enick  
Kelley Kennedy  
Justine Wood

### Golf Tournament Volunteers

Teena Hauck  
Erin Keeley  
Laurie & Tom Kutrich  
Darci Christopherson  
Erin Boatright  
Linda Haglund  
Dr. Makrina Shanbour  
Don Brawley  
Kathy Campbell

### Gala Volunteers

Lin Renberg  
Nina Hackworth  
Teena Hauck  
Kathy Campbell  
Bruce Campbell  
Jerri Neely

## Pediatric Programs Show Love to Patients

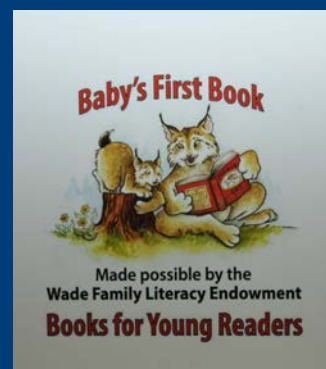
### Snuggle Buddies

This year, thanks to the Central Lions Club, Confluence Health was able to give snuggle buddies to 120 young patients. 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 Wade Family Literacy Endowment

The Wade Family Literacy Endowment sustains the Baby's First Book Program. This program ensures every newborn baby born at Central Washington Hospital will go home with their very first book. It's founded on the principle that early exposure to books and literacy builds a strong foundation for learning and thriving. This year, the Endowment funded 1,200 books for newborns.





### Reach Out & Read

Reach Out & 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 opportunities for providers to assess the development of their patients and helps stimulate important discussions with caregivers about language and literacy. In 2022 participating Confluence clinics distributed more than 2,500 books!

## A Heartfelt Thank You

Dear Donors,

When we say, “everything we do, we can do because of you,” we mean it. The progress made over the last year is due to your generosity and commitment to local healthcare. It is incredible what we have accomplished together.

**Access** was the common theme of the Foundation’s work in 2022. The Moses Lake Radiation Treatment Facility will drastically improve access to cancer care for rural patients in the Columbia Basin. Foundation scholarships reduce financial barriers to higher education and create pathways for some of Confluence’s brightest and best employees to reach their full potential. The Foundation’s newest programs ensure resources and information are available to underserved patients to help close gaps in health outcomes. This work builds connections to the people, places, and things our community needs to access, maintain, and improve quality of life.

We all deserve access to high-quality healthcare close to home, and because of your support – we can do more to make this a reality. Thank you for all you do to move our mission forward.

I wish you a healthy, joyful 2023.

Sincerely,

Steve Neher, CPA  
Confluence Health Foundation Board President



## A New Friend Brings Joy to Pediatric Patients

Every once and awhile, the Confluence Health Foundation finds a new friend who is working to make the world a little brighter. This past fall, we had the pleasure of meeting Odessa, Washington resident, Bonnie Campbell. She reached out to see if we could find a home for 24 Cuddle Bears and their companion books.

Bonnie took part in a fundraiser through her employer, Usborne Books. For every Cuddle Bear and book set she purchased, a portion of the proceeds would be donated to the Scott Carter Foundation, an organization working to eliminate pediatric cancer.

Bonnie then donated the Cuddle Bears and books to the Foundation. We worked with our friends at Central Washington Hospital to get these gifts to pediatric patients who have been admitted to the hospital. No doubt they will bring a smile to the faces of patients and their families.

We're grateful to Bonnie for her kindness and generosity!



## Miracle Milk for Babies Update

*The Miracle Milk for Babies Program started in 2018. The work was made possible because of a grant from the Community Foundation of NCW and donor support. The following update shares how this program with philanthropic origins continues to help our smallest patients thrive.*

The donor milk program at Central Washington Hospital has been going strong now for the past several years. This collaborative effort between donor mothers in the community and the Mother-Baby Unit at Confluence Health ensures that Wenatchee's youngest and most fragile new citizens receive optimal nutrition to meet their needs. We look back over the startup of this program and the success it has enjoyed thus far.

Carrie Bews, Coordinator of the Lactation Department for Confluence Health, began the process of getting donor milk to Wenatchee soon after her hire in August of 2015. "This was a huge goal in taking this job. Donor milk is the standard-of-care in higher-level hospital nurseries, and we wanted the best for our Wenatchee babies, too. If a mother's own milk is not available, pasteurized human donor milk is the next recommended food for new infants, according to the American Academy of Pediatrics."

Networking with two previous co-workers in Oregon, Bews formed a partnership with Northwest Mothers Milk Bank (NWMMB) in Tigard, Oregon. This partnership provides the safe, tested, pasteurized human breast milk that babies need to have the best nutrition and immune support early in life. Wenatchee area mothers who have an abundance of breast milk are tested and screened locally. Then they can drop off milk at Central Washington Hospital. This is shipped to NWMMB where it is tested again and pasteurized gently in a very



Bews, Carrie



specific process that protects and maintains the antibodies and nutrients. This milk is then bottled and shipped, frozen, back to Wenatchee where it is used in the Mother-Baby Unit.

The first year of program funding came from a grant from the Community Foundation of NCW, community support from the Give NCW campaign, and the Confluence Health Foundation. In April of 2018, we placed our first order for donor milk and implemented the official start of the Miracle Milk for Babies program. The first donor milk was utilized by pre-term twin baby boys who stayed in our Special Care Nursery. Their parents were surprised and happy to learn that donor milk was an option for feeding their babies. This option helped keep their twins safe and well-nourished until mother's own milk came in several days later.

Nurses love having the donor milk for nursery babies. "They tolerate it so much better than formula in the early days. Their digestive systems just do so much better with the milk. They have less spitting up, less tummy upset, and they grow well on it," reported one nurse. One such baby is little Gael, who was born 10 weeks early. He received donor milk, in addition to his own mother's milk, until he was strong and ready to go home, which happened to be on Christmas Day!

To date, 80 women in Wenatchee and the surrounding areas have donated over 52,700 ounces of milk. We have ordered and utilized over 13,000 ounces of pasteurized donor milk from NWMMB. The program continues to thrive, just like the newborn babies it benefits.

*Top right photo: Baby Gael, born 10 weeks early and weighing only 3 pounds 11 ounces, needed help initially with breathing. Bottom right: He grew and thrived! Gael got to go home to his family on Christmas Day.*



# ANNOUNCING THE 2023 CONFLUENCE HEALTH FOUNDATION SCHOLARSHIPS

Scholarship Applications Available  
MARCH 1-31, 2023



## Thank You, Alice!

It is with sincere appreciation that we recognize the contributions of longtime Confluence Health Foundation Trustee, Alice Meyer. Alice joined the Foundation board in 2014 and completed her final term in December 2022.

During her commitment, Alice took on many leadership roles. She served as president in 2018 and 2019 and was instrumental during the launch of the Moses Lake Radiation Treatment Facility Capital Campaign. She also served as vice president and past president and sat on the executive leadership, finance, and scholarship selection committees.

We are so grateful to Alice for her service to the Confluence Health Foundation and for sharing her talents to benefit our community.

We wish Alice the best as she embarks on new adventures! Thank you, Alice!



## Fred Hutch Community Grant Targets Colon Cancer Screening

We totally get it.

Colon cancer screening doesn't sound like very much fun.

But it is important.

Colorectal cancer is the fourth most common cancer type, behind lung, breast, and pancreatic cancers and is the second leading cause of cancer-related deaths in the United States. About 1 in 23 men and 1 in 25 women will be diagnosed with colon cancer during their lifetime.

Fortunately, there are safe, proven methods of screening for colon cancer that can help detect or even prevent the disease. Screenings are so important that they are recommended for everyone over the age of 45.

During the height of the pandemic, colon cancer screening rates declined in North Central Washington. Efforts to raise screening rates have generally been successful, but there is a lingering disparity among the local Hispanic/Latinx population. Understanding that there are cultural and demographic nuances to how people receive and act upon health messages, Kimberly Fischer, Cancer Program Quality Coordinator for Confluence Health, wanted to identify more effective ways to engage the Hispanic/Latinx community in colon cancer screening.

Around the same time, the Fred Hutchinson Cancer Research Center began promoting a grant opportunity for innovative community-based projects addressing health equity. Kim led the effort to submit a grant application that included project partners Parque Padrinos, the Madrinas de Salud, Confluence Health Oncology Department, and the Confluence Health Foundation. In April 2022, the team was awarded funding to test and compare the effectiveness of two unique health education strategies to determine which was more effective at increasing colon cancer screening rates among members of the Hispanic/Latinx community.

The work centered around key health messages. Dr. Jennifer Jorgensen, a physician in the Gastroenterology Department at Confluence Health, was instrumental in developing



the messages, which included the basics, like what colon cancer is and who it affects, as well as messages about the vital importance of screening and how to get screened. Kim Fischer and Dr. Jorgenson provided training to those that would be delivering the messages to patients and the public.

The first strategy tested relied on delivering health messages in a clinical environment. In this case, a bilingual member of the healthcare team, such as a medical assistant or nurse, would provide information about colon cancer screening benefits and link patients with screening opportunities.

The second strategy relied on Spanish-speaking community health workers to deliver the same information in a community-based setting. To facilitate reaching many people within the target audience, project partners planned an outreach event on Día de los Muertos, or Day of the Dead. Locally, the annual Día de los Muertos celebrations are well attended by members of Hispanic/Latinx communities. Celebrations honor the dead with music, food, dancing, and elaborate altars decorated with flowers, food, candles, sugar skulls, and photos of deceased friends and loved ones.

In the week prior to Día de los Muertos, the Madrinas de Salud, a group of Spanish-speaking community health workers, provided community education to friends, family, and fellow church members. They provided information about colon cancer risk and the availability of free screening at the upcoming event. During the 2022 celebration, the Madrinas de Salud prepared a special altar to honor members of the community that have passed away from colon cancer. Nearby, the Madrinas de Salud engaged attendees in conversation about colorectal cancer screening and directed those who were interested to a waiting team of Confluence Health Volunteers who provided screening instructions and at-home test kits. By pairing the altar with health promotion activities, the hope was that visitors would make important connections leading to life saving colon cancer screening.

Every outreach experience offers a learning opportunity. Work is still underway to determine the most effective approach. Once the data has been analyzed, project partners can look ahead to implementing work on a larger scale to better serve the needs of this region. Special thanks to the Fred Hutchinson Cancer Research Center for providing the funding to make this important work possible. We'd also like to thank our project partners and the Confluence Health employees that volunteered at the Día de los Muertos event. Projects like these are essential to moving North Central Washington on a path towards greater health equity.



Above: An altar honoring those that have passed from colon cancer shows relevance of the disease.



Above: The giant walk-through inflatable colon is always a head-turner. It's a useful teaching tool when educating people about colon cancer.

Below: The group strikes a pose at a training session that took place prior to the community event.



# CONFLUENCE HEALTH FOUNDATION

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## Have You Been to Expressions Gift Shop Lately?

There's always something new at the gift shop! 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. It is located in the Central Washington Hospital lobby.

**All gift shop proceeds benefit  
the Confluence Health  
Foundation.**

Stop in and see what you find!

*Confluence Health employees  
always get*

**10%**  
— off —