

VOL. 2 ISSUE 3 · FALL 2023

FOUNDATION IN FOCUS

Confluence Health Foundation Quarterly Newsletter

Changing of the Guard

Remembering the Past, Inspiring the Future

Confluence Health Foundation Executive Trustee, Abel Noah, has announced his retirement after nearly 20 years of service to the region. Abel's last day at Confluence Health will be January 6, 2024. He took some time to reflect on his career at the Foundation and share his plans for retirement. You can read his interview on pages 6 and 7 of this issue. Take a look!



Abel Noah speaking at the 2019 "Spirit of A.Z. Wells" Gala.

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2023 Armada Golf Classic: A Good Time Had by All

There's something universally wonderful about fundraising events. Although they vary greatly in format and purpose, the principle is the same—people gathering to invest time, talent, and treasure in meaningful causes with the goal of making a difference.

This year's Armada Golf Classic was no exception.

On Monday, September 18th, more than 100 golfers convened at Highlander Golf Course in East Wenatchee, Washington to play a round of golf benefiting healthcare in North Central Washington. The event netted over \$80,000 for Confluence Health programs and services that advance the health and wellbeing of residents of the region.

We recognize and celebrate the generosity of our sponsors, event volunteers, community partners, and golfers who facilitated the success of the 26th annual Armada Golf Classic. We are grateful!

2023 Armada Golf Classic Winners

1st Place Gross: Team Numerica

Josh Melcher, Andy Stirling, Ken Plank,
Ben Richardson

2nd Place Gross: Team VK Powell

Adam Henke, Morgan Arnold, Peter Pascacio,
Connor Doyle

1st Place Net: Team HRS #1

Tyler Fischback, Tim Diggs, Jared Bradeberry,
Marcus Miller

2nd Place Net: Team Health Alliance

Jim Heinlein, Jim Bendel, Kristen Hankins,
Dirk Fowler



THANK YOU, ARMADA GOLF CLASSIC SPONSORS!

Fundraising events like these are made possible because of generous sponsors. Join us in celebrating the outsized charitable impact of our 2023 Armada Golf Classic sponsors!

Title Sponsor - Armada Corp.

Golfer Gift Sponsor - Wenatchee Valley Medical Group

Dinner Sponsor - Health Resource Services

Golf Cart Sponsor - TruBridge

Bag Tag Sponsor - Moss Adams

Brunch Sponsor - Health Alliance

Golf Ball Sponsor - Fidelity Investments

Hat Sponsor - Eide Bailly

Raffle Prize Sponsor - Apple City Electric

Hole-In-One Sponsors - Bank of America
VK Powell Construction

Towel Sponsor - DA Davidson

Driving Range Sponsor - KDA Architecture

Pin Flag Sponsors - Lockton
Stratum Med

Putting Contest Sponsor - Washington Capital Management

Eagle Sponsors

Parker Smith & Feek + Physicians Insurance
Washington Trust Bank + Weinstein Beverage Company

Birdie Sponsors

Apollo Mechanical Contractors + Cashmere Valley Bank + Chandler Business Interiors
Delta Dental of Washington + Infor + Inside Design Carpet One
Numerica Credit Union + Stantec + Verus Investments



The event was made possible by support from Armada Golf Classic sponsors!

The tournament kicked off with a contest at hole 18.

We were blown away by Highlander's outstanding staff!

2023 Armada Golf Classic Highlights



The beer and brats provided by Washington Trust were extra delicious this year.

Ben Richardson (R) took 1st and Mark Blaklney (L) took 2nd in the putting contest.

Our volunteers are the best!



Thank You, Volunteers!

It's official! The Confluence Health Foundation has some of the best volunteers around. This year, we had the support of sixteen amazing individuals. Because of them, the day went off without a hitch. Their work is a meaningful gift to the Foundation and greatly appreciated by staff and participants alike.

2023 volunteers include:

- Erin Boatright
- Jessica Bowen
- Kathy Campbell
- Darci Christoferson
- Peggy Dreisinger
- Linda Haglund
- Teena Hauck
- Michelle Jester
- Laurie Kutrich
- Casey Moore
- Leslie Peterson
- Erica Porterfield
- Makrina Shanbour, MD
- Jill Therriault
- Tia Wilkins
- Ceci Wood



The Foundation honored Armada with a plaque in recognition of their 10th year as the title sponsors of the Armada Golf Classic.

In-Kind Support

We are so grateful to the local businesses that provided in-kind support to the Armada Golf Classic. Their generosity helped us make the most of the event.

- Stan's Merry Mart
- Wenatchee Golf & Country Club
- Town Toyota Center
- Highlander Golf Course
- Numerica Performing Arts Center
- McGlinns
- Wild Huckleberry
- Bob's Classic
- Dell



Dr. Andrew Jones, CEO of Confluence Health, shared his appreciation for sponsors and donors.

Q. How did you end up in North Central Washington?

Abel: I was looking to advance my career in healthcare philanthropy. I lived in Oklahoma, but I was interviewing all over the country, mainly the East Coast. When I was invited to interview for the Executive Trustee role at the Foundation, I jumped at the chance. My wife, Rhonda, and I fell in love with the community and the Pacific Northwest during our visit, and, fortunately, I was offered the job.

Q. What are you most proud of accomplishing during your time at the Foundation?

Abel: It's hard to pick just one thing. My time at Confluence Health has been very fulfilling, and the Foundation has impacted local healthcare in so many ways.

The thing that sticks out to me is the exoskeleton device we purchased for the hospital. At the time, Dr. Ed Farrar was on the Foundation Board of Trustees. He had a personal interest in therapies for people with spinal cord injuries and believed that this would be a life-changing piece of technology for patients. The Foundation purchased the first Ekso suit used for patient care in Pacific Northwest. It's therapeutic on so many levels. You can still see the Ekso serving patients in the halls of Central today.



The exoskeleton device in action

I'm also proud of the work the Foundation has done around cancer treatment. My parents and my sister passed away from cancer, so the work hits close to home. Being a part of the effort to bring the Moses Lake Radiation Oncology Center to fruition is pretty meaningful to me.

Q. After all the years you've spent in this community, how would you describe it?

Abel: When people hear I'm retiring, the first thing they ask me is, "Are you going to stay here?" The answer to that is yes. This is my home, and I love it here. My wife and I have been fortunate to build some great friendships, and our roots are strong. It's a beautiful place. North Central Washington has it all, in my opinion. It's grown a lot since we moved here almost 20 years ago. That's because people here are industrious, innovative, and generous. You can tell that the people who live here are invested in this place. Most of all, it's a close knit, independent community. I've always admired that spirit.

Q. What are your plans for retirement?

Abel: Not working! I like my projects. I have some home improvement and yard projects I'm going to tackle. But first, I'm going to head down to Arizona for spring training. I've signed up as a volunteer to park cars at the Mariners/Padres spring training in Peoria. I had my interview with the volunteer coordinator last week – I'm hopeful I will make the cut. I'll park cars then go eat hot dogs and drink beers while I watch baseball. I can't wait!

Q. What are your parting words to Foundation stakeholders?

Abel: The first thing that comes to mind is thank you. I am truly grateful to this community, especially donors, who have supported the Foundation’s work. I also want to say thank you to the colleagues I’ve worked with over the years. I’ve been fortunate to know so many committed, talented people working at Confluence Health and serving on the Foundation’s Board of Trustees.

Also, my belief in the Foundation’s importance to our region will remain strong. It has a unique role in the healthcare environment. At the Foundation people can have a direct impact on local care through their donations. It’s an asset to this community, and I know it will continue to do great things.



Abel and Rhonda Noah

The Many Expressions of Abel

As told by Foundation staff

Although the Foundation’s staff take their work very seriously, they aren’t always serious at work. Over the years Abel has had a rotation of expressions that have been picked up as office vernacular. These tongue-and-cheek sayings will stick around long after Abel’s retirement.



Expression	Translation
<i>That's how the cow eats the cabbage.</i>	It is what it is.
<i>It's just business.</i>	Don't take it personally.
<i>Say what you mean. Mean what you say.</i>	Spit it out!
<i>Know your numbers.</i>	You better know what you're talking about.
<i>That's past my bedtime.</i>	Referring to anything after 6 p.m.
<i>I don't eat that stuff.</i>	Referring to most vegetables.
<i>It will be a glorrriious day!</i>	Referring to days he has the office to himself.
<i>BOOM!</i>	I tricked/busted you guys.
<i>Listen to me, Linda!</i>	I am trying to tell you something!



Fond Farewells

Don Brawley announced that he will be resigning from the Confluence Health Foundation Board of Trustees at the end of 2023 after nearly 20 years of loyal service.

In 2004, Don began attending Confluence Health Foundation board meetings as a representative of the Wenatchee Valley Street Rods.

The Street Rods are a local benevolent group bound together by their love of classic cars and their community. They are best known for their annual car show, an event that grew to more than 385 car entries from around the country during its 35-year history. Profits generated by the car shows went back to local non-profits. In total, the Wenatchee Valley Street Rods donated nearly \$140,000 to the Confluence Health Foundation. Part of the funding was used to establish the Wenatchee Valley Street Rods scholarship, which helps further the education of Confluence Health employees who engage in community service. To date, the Foundation

Don and Bonnie Brawley pictured at the 2018 "Spirit of A.Z. Wells" Gala that honored the Wenatchee Valley Street Rods.

has given away \$63,500 in Wenatchee Valley Street Rod scholarships to deserving employees.

Don became an official member of the Board of Trustees in 2005. In addition to serving as board president from 2010 to 2011, he faithfully served on the scholarship committee and finance audit committee during his tenure.

Abel Noah, Executive Trustee of the Confluence Health Foundation said, "Don has been a valuable part of the Foundation, and his contributions will be missed. He has a true passion for our community and heart for service."

Foundation staff member, Karen McCart, said about Don, "Don has been a committed board member. We could count on him to wake up at the crack of dawn to help us set up for the Foundation's annual golf tournament. Each spring, he would spend countless hours evaluating scholarship applications. Every Foundation event, Don and Bonnie would be there to support us. Don took his role as a trustee to heart and led by example."

We are honored by Don's support of the Confluence Health Foundation. Thank you, Don, for your outstanding commitment to North Central Washington.

Confluence Health Foundation bids adieu to another respected trustee, Rick Deich. Rick resigned in August 2023 after more than six years of exemplary service.

During his time on the board, Rick served as secretary and as a member of the Foundation's finance audit committee. His knowledge of finance and friendly, thoughtful nature made him a valuable member of the team.

We're grateful to Rick for his commitment to the Foundation. Rick's dedication to residents of the region will continue through his thriving investment business. We wish him continued success in all of his endeavors. Thank you, Rick!



Events Provide Patients, Community Greater Access to Outdoor Recreation



Talk about turning heads.

The 2023 adaptive cycling events sparked curiosity from some Apple Capital Loop Trail visitors.

“What’s this about?” people asked as they passed a long lineup of adaptive bikes—bicycles that have been designed or modified for people with disabilities.

Some would just stop to admire the variety of unique designs of the adaptive bikes. Others would smile and give a thumbs up. Many people who inquired were excited to share details about the events with someone they know who has a physical, cognitive, or sensory impairment impacting their mobility.

“We heard several people say things like, ‘I’ve got to tell my mom or my brother or my friend about this event.’ People inherently understand how adaptive bikes can benefit people they know,” said Erin Keeley, an occupational therapist and coordinator of the adaptive cycling program at Confluence Health. “The community has been really supportive of what we are doing.”

It’s no wonder why the fleet of adaptive bikes resonated with so many people who passed by the event. In the United States, 1 in 4 adults and about 4.3% of children have a disability. Because adaptive bikes are designed to accommodate a wide range of needs, cycling becomes possible for those who may not be able to ride a traditional bike.

The excitement of those passing by the events was second only to event participants. This year, about 32 people partook in at least one of the

four free events held over the summer. Some participants came to multiple events.

One young man couldn't get enough of the Terra Trike recumbent bike. "He rode the bike with a smile from ear-to-ear for about an hour straight. His mom brought him to all of the cycling events this year—he absolutely loves it," said Keeley.

A man recovering from a stroke came to the event to try a recumbent bike. His wife, his kids, their spouses, and his grandchildren brought their own bikes, skateboards, and rollerblades so that they could roll on the trail as a family.

"Outdoor recreation brings us together," said Keeley. "The events are meant to be inclusive."

In addition to riders, some people came just to learn more about adaptive bikes.

The Adaptive Cycling Program is run by Confluence Health's Rehab Department with funding provided by donors to the Confluence Health Foundation. The program has two parts. The first is a clinical component. Adaptive bikes have been integrated into inpatient rehabilitation and outpatient therapy services at Confluence. Patients can try bikes during their therapy appointment. The second component of the program is free community events. Bikes for the events are provided by Seattle-based Outdoors for All, a non-profit whose mission is to enrich quality of life for children and adults with disabilities through outdoor recreation.

While the clinical aspects of the program are available to Confluence Health patients all year, the community events are typically scheduled between May and September. Scheduling for 2024 events is in the works, and more information will be posted on the Confluence Health Foundation's website in early spring. Thanks to our partner, Outdoors for All, and the donors and volunteers that made these events possible.



Thanks, Volunteers!

Kudos to the adaptive cycling event volunteers. We couldn't have done this work without you! We are so grateful for your commitment.

Kristin Beyerl
Carmen Canales
Susanne Cushman
Kim Dilling
Sophie Gresh
Teri Hopkins
Amy Jennings
Erin Keeley
Megan Parish
Jessica Schell
Kevin Schell
Lizzy Schroeder
Steph Sipes



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LOCAL CARE

Exciting News!

Confluence Health's Moses Lake Radiation Oncology Center is now serving patients. This critical resource was made possible in part by donors to the Confluence Health Foundation and Columbia Basin Cancer Foundation.

The Center will provide local access to cancer care for residents of the Columbia Basin, saving lives and improving quality of life for patients and their families. From the bottom of our hearts, thank you to all that made this possible!

