



Community Connection

Board Officers:

President
Karin Stoltz
Brooks Welding

Vice-President
Barbara Tolbert
Fly-In

Secretary
Kay Duskin

Treasurer
Gloria Chase
Cascade Valley Hospital

Members at large:

Linda Knight
First Heritage Bank

Penny Peeters
Penway Printing & Design

Hospital Representative:

Heather Logan
Cascade Valley Hospital

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Public Hospital District #3
Snohomish County

Letter From Cascade Valley Hospital Foundation President



I am honored to be leading Cascade Valley Hospital Foundation as President. In this lead role, I am helping make a substantial and positive impact in my community. I also get the pleasure of working with and meeting many of the bright, engaged, and hard-working people in my community who truly want to make a meaningful difference. The Foundation represents a cross section of some of the finest of our community members.

This is an exciting time for the community of Arlington as we all await the completion of the hospital expansion due in 2009, which is the hospital's 100th year of service. With your help we have been incredibly successful in meeting a number of hospital "dream donation" items; I hope you take the time to check out our section of Funding Projects in this, our first newsletter.

As the Foundation moves forward in the next year, we hope to assist the hospital in acquiring items on the "Expansion dream list", and we hope to strengthen our presence, and increase community awareness of our organization.

I would like to thank everyone in the community who has contributed and participated in making our contributions possible, and because we always risk missing someone on a thank you list, I will simply say that as an organization with no paid staff — volunteers are the backbone of our organization and thanks are simply not enough.

For our current members, I want to thank you for your ongoing support and hope you will continue supporting us in the administering of funds towards the support Cascade Valley Hospital and community health services.

For everyone else, please consider becoming a member and check our website: www.cascadevalley.org/foundation for information on how you can help or make a donation to our organization.

With warmest regards,

Karin Stoltz

Who Are We and Why We Serve

Your CVH Foundation directors are a diverse group of individuals who have one joint passion — maintaining, sustaining and promoting quality healthcare at Cascade Valley Hospital in Arlington.

President **Karin Stoltz** was raised in Marysville and has lived in both large and small towns with no health care facilities. “In volunteering through the Hospital Foundation I support quality healthcare close to home. The Hospital and the care it offers to our community are important to me as it should be to you. It is also my hope to make an impact, make a real difference and hopefully leave a legacy of good for others.”

Barbara Tolbert, vice-president, works as Executive Director of the Arlington Fly-In. She currently serves on the Board of Directors for the Arlington/Smokey Point Chamber of Commerce and the city of Arlington Economic Development committee. “I am a private pilot, with a passion for flying and enjoy flying both power planes and gliders.” She adds, “Having quality health care as a part of our community is one of our most precious assets. I feel strongly that we as a community need to make sure these services will always be available.”

Serving as treasurer, **Gloria Chase** has worked as a CVH RN for 22 years, retiring in 2006. She is married to Gene Chase and has four children, three grandchildren and two great grandchildren. She has been a long time board member of “Open Door Theatre,” which deals with sexual abuse and violence. Travelling and gardening, as well as supporting the U of W Huskies, are high on her list of interest.

Kay Duskin is serving as secretary. She has been involved with the hospital since 1978 serving first with the hospital auxiliary and then with the Foundation since its inception. She currently serves as president of the Arlington School District Board of Directors and is vice-president of the Cocoon House Board of Directors. She believes that “the hospital is a key part of the infrastructure of the Arlington community and is key to keeping Arlington vital.”

Board member **Penny Peeters** is the owner of Penway Printing & Design and has been in business in Arlington for over 20 years. A member of the CVH Foundation since its formation in 1998, Penny recognizes the importance of CVH to the people it serves and to Snohomish County. Penny also serves on the board of Arlington’s Kids Kloset which provides school clothing to low-income students in Arlington, Lakewood and Darrington school districts.

Virginia Collins is a board member who is also a registered nurse with many years of experience in the medical case management/rehabilitation field. Through her experience, Virginia recognizes “the importance of providing comprehensive community medical services allowing people to be treated in the community in which they live.” Virginia is a former Alaskan state legislator and she and her husband, Bucky, have eight grandchildren.

Linda Knight is a board member who was born and raised in Dallas, Oregon, and spent 17 years in Juneau, Alaska. She is also currently the vice-president of the Stillaquamish Senior Center and has a passion for quality health care for all. Her daughter is also an RN at a small rural hospital in Alaska and she has a sense of responsibility for assuring quality health care at hospitals, by volunteering for the Foundation, she feels she is doing her part to assure this and to help educate the community on the importance of supporting their local hospitals.

The Foundation has two ex officio members on the board. **Heather Logan**, who was born and raised in Alaska, received her BA from the University of Chicago and her MBA from City University of Seattle. She has been employed by CVH since 1994 and is currently the assistant administrator for Diagnostic and Support Services. She chose to be involved with Foundation because “I think CVH is a marvellous community resource and the Foundation makes it even better.”

Steve Peterson is the ex officio board of commissioners’ member of the Foundation. Steve was born and raised in Oso and has lived in the hospital district his entire life. Steve was appointed to the board of commissioners when Ray McClure resigned. He was elected in 2007 to fill the remaining two years of his term. Steve has been an enthusiastic supporter of the Foundation, so he jumped at the opportunity to fill the board member position on the Foundation.

Please Become Part Of Our Membership For The "Community Connection" Newsletter

This past year was one of celebration at Cascade Valley Hospital. Our community overwhelmingly voted to support the effort that will allow us to continue growing to meet the needs of health care into the future. The Cascade Valley Hospital expansion will provide more privacy for patient treatments; more nurses stations and a larger emergency department, plus much more efficiency.

Did you know our health care service at Cascade Valley Hospital is more than just the Hospital? It also consists of 10 different clinics, including our wound care clinic, which specializes in wounds found typically in diabetes patients, and is ranked in the top 20 in the nation.

With your membership in the Cascade Valley Hospital Foundation we can continue to provide the hospital and clinic staffs with the equipment and technology to make all our

health care world class, the focus of your gifts will be on patient care and comfort.

Philanthropy is critical to the Cascade Valley Hospital mission to provide high quality care for people in the community. Through your past support the Cascade Valley Hospital Foundation has been able to contribute over \$229,000 in ten years to improve the quality of the health care experience..

Your continued participation in the Cascade Valley Hospital Foundation is critical to our ability to continue to improve the health care we need in our community. To that end your membership in our Foundation will have an immediate impact on the lives of Cascade Valley Hospital patients, staff and our community.

Please join us or renew your annual membership for \$25 a year by returning the form below.

Community Connection



Our New Brand and What It Represents

The concept for the 'Community Connection' is the CVH Foundation and Arlington coming together as parts of a puzzle. This brand represents the connection between the hospital, the foundation, vested individuals and the general public.

The dots connecting the "I's" are the give and take of all involved; foundation to board, hospital to community, board to hospital, community to foundation.

The brand was designed and donated by Penway Printing & Design.

Yes, I/we would like to subscribe to CVH Foundation quarterly newsletter "The Community Connection".

Name: _____

Address: _____

Phone Number: _____

E-mail: _____

Business Contact: _____

**Please fill out form, make checks payable to CVH Foundation for \$25 for a one year subscription to our newsletter and mail to:
330 S. Stillaquamish Ave.
Arlington, WA 98223**

Donations From Years Past

Cascade Valley Hospital Foundation has raised and donated close to a quarter of a million dollars in equipment and supplies for the hospital since the Foundation was formed in 1998. With patient care and services as our top priority, the Foundation has worked to provide more state-of-art diagnostic equipment so that our medical staff can diagnose illnesses even earlier, faster and more accurately. Our most significant purchases have included:

A portable X-ray machine. This mobile system allows for x-raying in locations away from the main department and allows for easy positioning of patients and easy movement in small spaces.

A Bone Densitometer. An easy,

safe and comfortable way to provide accurate information about a patient's bone density. This was the "gold" standard of technology when it was purchased in 2003.

Automatic External Defibrillators. All of our clinics are now equipped with AED's thanks to the Foundation. In addition, the Foundation also purchased an AED trainer so that those who are most likely to use the equipment can received proper training.

Two Datascoptes. A portable monitoring unit that continuously monitors vital signs and is a detector for oxygen saturation.

Emergency Room equipment. The Foundation has donated the cost of new equipment for one of the Emergency Department

treatment rooms that will be added during the hospital's expansion.

Portable Bone Densitometer for use at community events to educate the community about osteoporosis. Used as a screening tool at community events including the CVH groundbreaking, the Arlington Fly-In and the Olympic Place Health Fair.

In addition to major equipment, the Foundation has purchased **recliners** for OB and Oncology departments, an ambulance **AutoVent system**, **portable lifting system** for patients and numerous other small pieces of equipment.

Thanks to generous donors to the Foundation we hope to continue our investment in quality health care in Arlington.

The Foundation Latest Acquisition To Make Patients More Comfortable

I recently had an exam with Magnetic Imaging Resonance equipment (MRI). If you've ever had an MRI scan you know the experience can be somewhat intimidating. While talking with the technician I found out there are sound systems that can safely be installed in the MRI building. The system allows the patient to listen to music while the scan is taking place.

I approached the Cascade Valley Foundation with the idea of purchasing a sound system for the MRI and they said yes! The Newmatic MR Sound System will provide everything needed for the patient to relax with music during their MRI scan. The Foundation is even buying a selection of compact discs so patients will have a variety of music to enjoy.

Thanks to the Foundation, MRI exams at Cascade Valley Hospital will be much more enjoyable for patients.

Connie DiGregorio, MRI Patient

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VALLEY Hospital
Foundation

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