

QUACK! DUCK RACE SUCCESS

A small crowd cheered as 2,874 yellow, rubber ducks raced toward the finish line at the Enumclaw Rotary and Enumclaw Regional Healthcare Foundation's 23rd annual duck race September 8. This year's event paired the float with a family-fun golf tournament at Enumclaw Golf Course and raised \$32,000 with Rotary and ERHF each netting \$13,000 for community projects.

Greg Vesey Insurance was the big winner, picking up the \$1,000 first-place prize. Second place, Alaska Airline tickets went to Joanne Treat. Other winners were: Lisa Kowlitz, third, boat tour around Lake Washington; Mary Bartley, fourth, \$200 in local gift certificates; Judi Puttman, fifth, full car detail at Gamblin Motors; Jennifer Chu, sixth, black rope Pandora bracelet from Tom Poe Diamonds; and Caren Radford, seventh, \$100 gift certificate to Rendezvous. The medical team of Dr. Hosoda and Dr. Tepper were this year's sponsor winner.



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HEALTHY COMMUNITIES, OUR REASON FOR BEING.

No. 2, Vol. 3 - Fall 2012



Celebrating 30 Years

BRIGHT LIGHTS! BIG NIGHT!

22nd Holiday Fantasy Dinner-Auction Gala
Friday, November 30, 2012 | Emerald Downs | 5:30 PM

Kick start your holiday season with the Foundation's annual Holiday Fantasy fundraiser. This year, the dinner and auction moves back to Emerald Downs Friday, November 30.

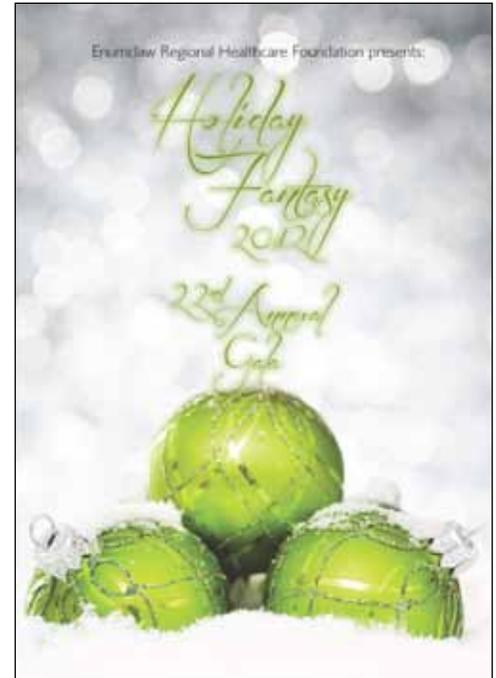
Start making plans now. Live auction items include three nights in beautiful Sandpoint, Idaho; a progressive dinner with limousine transportation; cabin in Leavenworth and more.

Ticket prices are only \$65 this year, so grab a few friends for a night of fun, fantasy and fundraising for a great cause!

Buy Tickets Now!

Available at the ERHF Office
or online at www.enumclawrhf.org

To make a donation to this event, become a sponsor or purchase tickets, please contact the ERHF office at 360-802-3206 or relep@enumclawrhf.org.



CELEBRATING 30 YEARS!!!

Our 30th anniversary celebration August 9 at the Park Center Hotel was a great evening. A number of founding members



Dorothy Sleight and Jim Puttman share a laugh.

were on hand to share their stories about the Foundation's roots. There were several new faces as well, pointing toward the vitality of the future and 30 more years of serving the Plateau's healthcare needs.

Hard to believe it started with a vision to help fund the

hospital emergency room and blossomed into a vibrant, dedicated service organization that continues to support the hospital, while also funding a dental van, care van, immunization clinics, prenatal



Guests enjoyed the evening in the courtyard.

assistance, drug and alcohol prevention, mental health, nutrition programs and so very much more.

Thank you to all who have played a role through the years, your continued support is treasured, and thank you to all who are serving ERHF now and to those who are considering a future with us.



Care Van driver Nancy Nibarger gives Carl Giersch a hand.

100-YEAR-OLD BECOMES CARE VAN'S 99TH RIDER

When Carl Giersch boarded the Care Van September 11, he became Enumclaw Regional Healthcare Foundation's 99th registered rider.

But "Pinky" as he's known, was to celebrate a bigger milestone September 26 - turning 101 years old.

The short trip from his home at Lakeside Manor Adult Family Home in Enumclaw to the Franciscan Medical Clinic – Enumclaw for a routine doctor's visit was just a routine check up for the man born in 1911, who has lived in this area most of his life.

"He's really healthy," said Dawn Zejavac, his caregiver. "He must have taken good care of himself all his life."

Having the Care Van back in service has been a lifesaver, not just for the centenarian, but for all the Lakeside Manor residents, Zejavac said.

"It was devastating," she said when the van went out of service in 2010. "The van

is a great service. It's very hard on them (Lakeside residents) to get in and out of cars."

THE VAN IS A GREAT SERVICE. IT'S VERY HARD ON THEM (LAKESIDE MANOR RESIDENTS) TO GET IN AND OUT OF CARS.

DAWN ZEJAVAC, CAREGIVER
LAKESIDE MANOR ADULT FAMILY HOME

COUNTY DONATES 'RETIRED' VAN TO FOUNDATION PROGRAM

In September, the Metropolitan King County Council approved sending more than two dozen King County "retired" vans to second careers of helping transport county residents. The Council adopted a motion donating 27 retired Metro Vanpool vans to provide transportation assistance to local governments, community programs, senior citizens and young people.

Enumclaw Regional Healthcare Foundation was one of the recipients, promised a 2000 Astro van.

"I am proud to be able to assist this worthy organization with a new van that will help them better serve the surrounding community," said Councilman Reagan Dunn in a press release.

"The Enumclaw Regional Healthcare Foundation is a non-profit organization that has been taking care of healthcare needs on the Plateau for 30 years," said Rene Popke, Executive Director. "We are excited to receive assistance from King County so we can continue to increase our Care Van service to Plateau residents. Thank you King County and Councilmember Dunn for the support and for implementing the recycled van program. Plateau residents truly will benefit from this donation to our organization."

The retired vans have been part of Metro Transit's vanpool fleet

for at least six years and have reached the end of their service life. When the vans reach this age, they are considered surplus. The vehicles that are not donated are sold.

Enumclaw Regional Healthcare Foundation brought the Care Van back into service in March after St. Elizabeth Hospital canceled the Care Van in 2010.

The Care Van takes residents of Enumclaw, Black Diamond, Bonney Lake, Buckley and surrounding areas to non-emergency, healthcare related appointments Monday through Friday. The van has a hydraulic lift and seats eight passengers, plus two wheelchairs. The lift is used an average of five times per day. The Care Van program is not limited to seniors or the disabled – our riders range in age from 24 to 101.

Care Van Statistics

March – 98 transports; April – 166; May -194; June – 160; July – 153; August – 110; September – 125.

Hours of operation:

9 AM to 2 PM Monday through Friday.

To schedule a ride call:

360-284-2444 (this is a local number)
When possible, please call at least two days in advance to schedule a ride.

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TASK FORCE UPDATES

Purple lights and silhouettes with the stories of silent domestic violence victims can be found around town.



LINCKK Domestic Violence Has NO Place in Our Community

Emphasizing “domestic violence has no place in our community,” ERHF’s LINCKK Task Force kicked Domestic Violence Awareness Month with a tree-lighting ceremony in downtown Enumclaw October 1.



Dean Smith told of his DV experience.

Dean Smith, founder of Live to Forgive Ministries, shared his message about growing up in Enumclaw in a home with domestic violence. His powerful message is one of love, grace and reconciliation.

Jennifer Batts, domestic violence advocate for Enumclaw Municipal Court, and LINCKK member Victoria Throm, chair of the Covington Domestic Violence Task Force and founder of Purple Light Nights, also spoke.

In observance, the city of Enumclaw installed purple lights down Cole Street. City Hall will be dotted with silhouettes with local domestic violence stories to bring attention to silent witnesses. Businesses along Cole Street are encouraged to add more purple lights. St. Elizabeth Hospital is trimming its roof line with purple lights.

Please help the cause and make our numbers strong; contact Task Force Chair Trip Hart at 360-825-5581 or trip@tx3.net.

Foothills Healthy Community Coalition

The Foothills Healthy Community Coalition in partnership with the Enumclaw Police Department participated in our first DEA Drug Take Back Day on Saturday, September 29. We would like to thank the many volunteers who helped make it a success.

Many Enumclaw residents participated by disposing their unwanted or expired pills. Recent studies show that 70 percent of youth who are abusing prescription medications obtain it from friends or relatives.



If you were not able to participate in the Drug Take Back in September there are other ways you can help. 1) Safeguard all drugs in your home, by monitoring quantities and controlling access. 2) Set clear rules for teens about all drug use, including not sharing prescriptions. 3) Be a good role model by following the same rules with your medicine. 4) Ask friends and family to safeguard their prescriptions as well. Following these simple tips will help keep our community healthy.

Mental Health

The Mental Health Task Force has teamed up with Valley Cities to identify key stakeholders in the community to attend a 12-hour mental health First Aid training. The idea behind this training is to provide the community with individuals who can assist with training other individuals in the community to identify and provide next steps to someone with a mental health issue. The training will be offered again in the community. If you are interested in future training, please call the ERHF office or Task Force Chair Gary Hemminger at 360-825-4586 or GaryHe@ayr4kids.org.

Neighbors Feeding Neighbors

Nearly eight months ago more than 65 people gathered to find ways to help the hungry on the Plateau. Neighbors Feeding Neighbors now has a plan and needs your help to make it happen. Join us at 6 p.m. October 18 at the Enumclaw library to find out how you can help.

As a result of our initial meeting, NFNTF formed. The task force members are working hard to replace the senior hot, home delivered meals funding and need help to get it rolling.

We also have three ways to feed children on the Plateau, but we need you to join us. For information on all our programs, please contact richardelfers@clearwire.net, britt@plateauoutreach.org or jnickum@ci.enumclaw.wa.us.

Remember www.AskFLIN.com



to find your local health resources

DESIGNATE ERHF FOR YOUR UNITED WAY DONATIONS

Did you know your United Way dollars can directly benefit Enumclaw Regional Healthcare Foundation?

Just write in **Enumclaw Regional Healthcare Foundation** when filling out your United Way campaign

form this fall.

Better yet, ask your company if they match those funds.

Company not a United Way participant? You can still direct dollars to support Enumclaw Regional Healthcare Foundation, contact ERHF Executive Director Rene Popke to find out how – 360-802-3206 or renepop@enumclawrhf.org.

