



## GET READY TO DIG IN! GARDEN TOUR JUNE 22

Mark your calendars, back by popular demand the Plateau Garden Tour to support the Care Van, hosted by the Enumclaw Regional Healthcare Foundation. We have lined up some of the most fantastic gardens the Plateau has to offer, along with garden columnist/speaker Marianne Binetti, vendors, prize drawings and more. Rain or shine these gardens look great!

Advance tickets are \$15 and go on sale in May. Tickets will be \$20 the day of the event.

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Enumclaw, WA 98022  
PO BOX 905

# CREATING THE HEALTHIEST COMMUNITIES IN WASHINGTON



Enumclaw Regional  
**Healthcare Foundation**

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## NEIGHBORS FEEDING NEIGHBORS

### ERHF task force and volunteers hungry to fill community need

The importance of a hand-delivered, hot meal became evident the first week the Enumclaw Regional Healthcare Foundation's Neighbors Feeding Neighbors Senior Meal Program started January 2.

Volunteers came to a local senior's home to deliver her meal, knocked and waited. She did not answer. They continued to knock. Following their training, they rapped on several windows until they heard



Volunteers prepare meals for delivery.

a cry for help from inside. The quick-thinking volunteers called 911 and alerted Senior Meal Program directors. Paramedics credited those NFN volunteers with saving her life.

A listening ear, offering encouragement, sharing laughter, opening a stubborn lid, helping to communicate specific needs and heading off potential problems, offered one volunteer, this is the difference between a frozen meal dropped off to be reheated later and a hot meal delivered by a friendly face.

Neighbors Feeding Neighbors is a partnership between ERHF, Enumclaw Senior Center, Enumclaw Youth and Family Services, Enumclaw School District and dedicated volunteers to help meet the hunger needs of our senior and youth population.

It is the latest of the Foundation's five Task Forces, which the ERHF began forming in the 1990s when the board decided to broaden its focus on the greater community's healthcare needs. The series of Community Health Summits that followed resulted in ERHF's Rainier Foothills Community Network Coalition, which currently oversees task forces in the areas of youth substance abuse, violence prevention, mental health, hunger and access to healthcare.

When the county said it would be eliminating funding for our local hot meal delivery program Dec. 31, 2012, it didn't sit well with the community. Even though the program would continue with frozen meals, the more than 60 members who first met decided a chilly meal could not replace a hot meal delivered

with a warm smile, and they stepped into action. Through the senior center kitchen hot meals are produced and delivered three times a week. Each delivery includes a picnic meal for the following day for a total of six meals a week.

The program started small, but continues to grow and is expected to increase as the economy continues to flounder and the population continues to age. According to AARP statistics nearly 9 million Americans 50 years old or older are at risk for hunger each day. Due to the current economic situation, this number has seen a 79 percent increase in eight years.

Enumclaw's elderly community is 14.9 percent of the population. Since its inception in the 1970s, the center has delivered approximately 41,690 meals to homes. In November 2012, Plateau Outreach Ministries (POM) reported 16 percent of its food bank clients were older than 55 years of age.

The program is self-supported through donations and grants. Each meal costs \$5, which the Foundation is asking those seniors or their families who are able, to pay, but there are many who cannot pay and will not be turned away. A donation of \$5 provides one meal. A donation of \$30 feeds a senior for a week.

Those who know a senior who could benefit from the program may call 360-825-4741 for information.



### Weekend Backpack Meal Program

Many children in our Foothills Communities leave school Friday and do not eat another nutritious meal until they return to school Monday. Neighbors Feeding Neighbors Weekend Backpack Meal Program volunteers are moving to end that cycle.

The goal for the Weekend Backpack Meal Program is to provide Enumclaw and Black Diamond elementary students in need with a backpack containing two breakfasts, two lunches, two dinners and a couple snacks each weekend. Research shows children who do not have enough to eat during the weekend are not able to effectively return to school and focus on classroom work when they are hungry.

Please see **Neighbors inside**

# HOLIDAY FANTASY – MAGICAL NIGHT



## Thank You...

Holiday Fantasy was a success!

Enumclaw Regional Healthcare Foundation is proud to report our 2012 Holiday Fantasy Gala guests and sponsors raised more than \$131,000 November 30 at Emerald Downs in Auburn.

Reaching our Fund-An-Item goal of \$30,000 will continue our Care Van effort, transporting area residents to healthcare related



appointments for free. Our Tooth Fairy helped raise funds so we can keep providing dental care to uninsured and low-income adults and



the homeless and the sale of centerpieces at the event raised money to feed underprivileged youth in the Enumclaw School District on weekends.

A portion of the evening games will provide free mammograms at St. Elizabeth Hospital in April and provide support in serving hot meals to homebound seniors, reduce youth alcohol and drug

use, address mental health issues, support violence prevention, and provide access to healthcare services on the Plateau.

We are grateful for the generosity of our sponsors, donors, attendees and guests. Thank you for moving us closer to being the healthiest region in Washington State.



*You*  
made 2012 *Fantasy* a success!



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**Neighbors** from front  
In 2011, the POM  
Food Bank noted 30  
percent of its clients  
were children under age  
18. Recent statistics  
from the Enumclaw  
School District reported  
its free and reduced

lunch counts are up from 21 percent in 2005 to 34 percent today.

The long-term goal is to provide the backpack program at each of the Enumclaw School District's five elementary schools. A pilot program will launch in late spring at Southwood Elementary School.

A \$5 donation will fill a weekend backpack with enough food for six meals.

**Sandwich Program**

Where do kids find meals when they are not in school? That was the question Neighbors Feeding Neighbors asked last summer and began serving sandwiches at the Enumclaw Youth Center daily and continued into the fall and winter.

"The Enumclaw Youth Center is supplied with sandwiches Monday through Friday all year long," said Ryan Overbay, youth and family center staff member.

The program serves approximately 25 youth daily. Volunteers from churches, community organizations and businesses provide the sandwiches on a rotating basis. Youth Center leaders noted since the program started positive behavior at the center has noticeably increased.

Donations to all programs, senior, backpack or sandwich are tax deductible. For information, call the office at 360-802-3206.

Friday, March 1  
4 to 7 p.m.  
\$20/person  
Enumclaw High  
www.emptybowls.org



Guests arrive for a simple soup meal and choose a bowl to keep as a reminder of the world's hunger. Proceeds benefit POM and local food banks.

**TASK FORCE NEWS**

**Mental Health Task Force**

Ten community members teamed up with Valley Cities to provide a 12-hour Mental Health First Aid Training. Participants learned how to identify and provide direction and resources to individuals struggling with mental health issues. Feedback from the participants was positive. The training will be offered again soon. If you are interested in participating, call the ERHF office.

**LINCKK – Violence Prevention Task Force**

LINCKK (Civility-Compassion-Kindness) found its recent program with King County Sexual Assault Resource Center on the topic of violence prevention geared toward youth enlightening and also plans to host a representative from Harborview Children's Response Center on its violence prevention program for schools. We hope to incorporate elements of both programs into our strategy. It was great to see Enumclaw schools' effort with Rachel's Challenge produce the student initiated response to the tragedy at Sandy Hook, and see it covered by King 5 TV.

**Foothills Healthy Community Coalition – Drug & Alcohol Task Force**

The FHCC mission is to educate, communicate and collaborate for youth, adults and families to prevent underage alcohol and drug use on the Plateau.

With the passing of I-502, FHCC emphasizes it is illegal for anyone under 21 years of age to use marijuana. Many studies show regular conversations with your children can reduce the age youth begin using substances. FHCC is working on an education campaign to educate everyone about this new initiative.

**2013 CALENDAR**

- Garden Tour – June 22
- Health/Wellness Expo – Fall
- Enumclaw Street Fair 5K – July 27
- Holiday Fantasy – December 6

**HEALTHY SUPPORT FROM ERHF IN 2012**

- Enumclaw School District, CPR Training Equipment
- Valley Cities Counseling and Consultation
- St. Elizabeth Hospital
- Enumclaw Rotary, Street Fair 5K Sponsorship
- Franciscan Family Education
- White River School District, Great Body Shop curriculum
- Enumclaw Specialized Recreation, Adaptive Bowling Mini Grant
- Dental Van
- Books for Babies
- Care Van
- Mental Health – First Aid Training
- Foothills Healthy Community Coalition
- AskFlin.com

**THANK YOU MAJOR 2012 DONORS**



\$10,000 for Operating



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\$10,000 for Care Van



\$9,500 for Care Van



\$6,000 for Care Van



\$20,000 for Care Van  
Neighbors Feeding Neighbors



Franciscan Health System  
\$5,000 and \$17,846  
for Care Van



Save money. Live better.  
\$1,250 for Backpack  
Program

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