

CMF Board Meeting Minutes February 16, 2022

Attending: Marlene Farrell, CMF Coordinator; Diane Blake, CM CEO; Mary Helen Mayhew, CM Commissioner; Katie Schmitten, Cascade School District social worker; Vito Fidor, potential board member; Owner Squirrel Tree

Board Members: Bob Jennings, Bob Adamson, Rich Adamson, Wade & Kathi Nash, Dana Wilson, Ted & Kathy Montgomery, Bob & Shannon Keller, Strode Weaver, Mogens Bach, Shari Campbell, Ann MacPherson

Absent: Vangie Schasse, Jeff Wilson, Helen Rayfield, CM Commissioner

Call to Order at: 9:20

Bob Adamson read Our Mission statement: To enhance and financially support Cascade Medical's ability to deliver quality healthcare to our community.

1. Consent agenda

- a. January 2022 minutes*
- b. February 2022 agenda* approval: Motion to approve was made by Wade Nash and seconded by Ann MacPherson and passed unanimously

2. Board Education – Katie Schmitten, Cascade School District social worker

- a. Suicide Prevention Education in the school district

Notes: Cascade Medical and Cascade School District received a joint grant for suicide prevention. Training has been ongoing. Staff at all schools are being trained. Coaches will be trained. Eventually parents will also be invited to training. There are 4 trainers (2 CM, 2 CSD). There are three objectives: understanding suicide's impact, understanding the LEARN acronym, integrating prevention approaches in your personal and professional life. She discussed the common myths about suicide. Statistics regarding suicide were shared. In 2019, 47,511 lives were lost to suicide. There were 1.2 million suicide attempts that same year. Males are more likely to die by suicide than females, but more females attempt. A Healthy Youth survey of WA State 8th, 10th and 12th graders was administered in 2018. The statistics shown represented the numbers in Cascade School District. It is important to change the language; instead of "committed suicide," one should say, "died by suicide."

LEARN: Look for warning signs; Empathize and listen - empathize rather than sympathize, examples of helpful things to say were included, i.e. I'm so glad you told me; Asking about suicide - use a matter of fact tone, be direct, i.e. Are you thinking about suicide?, also "What if they say no?" "What if they say yes?". Remove the Dangers: One's role in reducing danger will vary. Follow up questions may include: "Have you thought about how you might end your life?" Firearms account for 50% of the means of suicide. Medication is another method. ... Next Steps - this depends on your role, provide support.

One of the last steps in the training is to do role playing with staff. Many staff members are not comfortable with this exercise. Debriefing after this exercise is also important.

Katie shared a link to the Rene Brown video on empathy vs sympathy.

<https://www.youtube.com/watch?v=1Evwgu369Jw>

Questions: There has been some parent and student push-back to the survey. Many students opted out of doing the survey this year. This is the first year that Cascade School District has hired a social worker and great strides are being made.

3. CM Update – Diane Blake

Notes: Diane is grateful for the foundation's work on getting that grant. Her son was in a hospital in California because of suicidal idealization. She found the training helpful when interacting with her son.

Shared Value Story: Ray Ryan, a patient care technician, makes rounds around the facility to ensure that things are as they should be. He considers the safety and security of the building. He works extra from time to time, as needed. This week he is working additional hours in supply as there is presently not a person in that position. He is an example of what it is to be a committed team member at Cascade Medical.

Updates: Covid rates in our region are starting to go down. Hospital admissions for Covid in eastern WA starting to dip down, although western WA is a little ahead of us. She expects hospitals to be full for some time due to delayed procedures or due to people who were reluctant to come in due to Covid. The proclamation from the governor to delay certain procedures will soon be lifted. She expects a loosening of the mask mandate, but perhaps not in healthcare facilities. Electronic Records System (Meditech): The transition has been a little bumpy. Representatives from the company were on site to help with the transition, but they spent most of their time to "fix" the system. The CM team has been committed and helpful. The portal facet is being rolled out just now. Diane admitted that there are some frustrated community members, as they have not scheduled as many patients due to this implementation. Job Updates: There are two nursing positions, a .3 and a .9 position. Support staff in the clinic has been an issue but things look better now. There is still a recruitment effort for the COO. There are interviews scheduled. LeAnne Lewis is the interim COO. She is committed to be in that position until it can be filled. A replacement has been found, Tammy Spencer, for Jill Barich as an executive assistant.

Questions: Meditech communicates well with the EPIC system, which Confluence has in place. Sam Lynn has been hired to fulfill the position for the Mobile Clinic. Currently, the mobile clinic is scheduled to be up in Plain/Lake Wenatchee and Peshastin. Other locations, such as Blewett Pass area and Cole's Corner are being considered as community needs are being assessed.

4. Finances – Strode Weaver

a. Review January finances* approval

Notes: Positive report, but unremarkable. Total assets are slightly down, less than 1%, from last year. There were payments made to CM during the preceding year. Total assets are about the same though from money coming in due to our activities. P&L: Net operating income is just under \$14,000, compared to \$19,000 last year. Cash receipts for the month show funding from the Rotary (for the AED campaign) and the Chamber grant \$1,500. Investment unrealized losses were large in January, but they fluctuate, having good and bad months.

Ted Montgomery made a motion, Rich Adamson seconded the motion to approve the financial report. It passed unanimously.

5. Governance – Wade Nash/Strode Weaver

Notes: Vito shared his verbal interest in joining the board. Vito has been a big supporter of the foundation. Another potential board member is David Larsen. The foundation is short on board members and everyone is encouraged to seek out new members. Remember to use the nomination form. Ken West is also interested in rejoining the board. Bob Jennings has a potential board member up in Plain. Strode assured the board that all past board members have been contacted. Strode is still in the process of speaking with Rich Winkelmann.

6. Website refresh

- a. The Executive Committee recommends the board approve doing a website refresh with 3 Sherpas for \$2900, paid for over the year. Action - vote to approve.

Notes: There was a lesser amount that would only correct the golf page. No updates have been made for the last 5 years. The website is difficult for people to navigate and not user friendly. More photos need to be added to make it more effective. The entire refresh could be completed within a month or two. It would be paid over the year. Part of the update would include the 30th year anniversary. A motion to approve the \$2900 was made by Bob Adamson, seconded by Shari Campbell, and the motion passed unanimously.

7. AED campaign – Marlene Farrell

- a. The Executive Committee recommends the board approve moving some golf sponsorship funds to the AED account so that campaign can be completed, and we can move to the implementation phase. Action – vote to approve.

Notes: Marlene shared a slide show she worked on with Bob Keller regarding the AED campaign. The video explains the project's aim; funding partners including Confluence, City of Leavenworth, Leavenworth Rotary, GiveNCW, and golf sponsorships; where current AEDs are; Gaps in AED locations, i.e. Balance Point, Wenatchee River Institute, Dan's, an additional 3-6 locations downtown, i.e. near Icicle Brewing, Rhein Haus, Greater Leavenworth Museum, Visconti's, Chamber, Boyd's shops; where AEDs should be located; Other Aspects, including CPR/AED classes for city officials, business owners, rotary, pool employees, community members and Public Awareness campaign – map of locations.

A motion was made by Rich Adamson to pay out \$40,000 for the AED campaign monies (utilizing some of the golf sponsorship funds to bring it up to the \$40K mark) was seconded by Kathy Montgomery, and passed.

8. Golf – Bob Adamson & Rich Adamson

Notes: Once the snow melts, the location for the banquet will be looked at. The dinner will be a taco bar. The golfers will appreciate the meal, according to Rich. Board members need to continue to connect with the sponsors on their list. If a negative answer is given, remind sponsors that we also need in-kind donations. For example, Pension Anna offered one overnight at the hotel. Skill contests are being changed a bit. One of the long drives will use foam balls, perhaps a fun twist on this event. The regular long drive will be in place for the serious golfers. Golf committee members need to stay online for a few minutes directly after the board meeting. Teardrop banners are fixed; we have 5 working ones again. A beer tasting on the back 9 is being considered in conjunction with Plain Brewing, just as we had wine tasting last year and this. Strode reminded folks on the board that it is traditional to support this event

with a donation (board sponsors a hole or more). Contact Marlene with your donation. It is important that we can say we all support this event. The hospital commissioners will be united in their support, according to Mary Helen.

9. Donor Appreciation Event update – Kathy & Ted Montgomery

Notes: Nothing has changed about Benevolent Nights. Munchen Haus is hoping for June. Squirrel Tree will be July 19. Colchuck's is working on a date for November. Wildflour for October.

Donor Appreciation Event: Two years ago, there was a donor appreciation event given at Silvara Winery. Due to Omicron this year's event was canceled for the February event; it has been rescheduled for May 25. Not all board members will attend. An advantage of the May date is the ability to spend it outside. Those members who are donating food can attend.

10. Charm Walk – Kathi Nash

a. Date moved to Saturday, 9/24

Notes: The Charm Walk is an event where participants buy a bracelet and local businesses give out charms. Participants have a map of businesses where they can obtain a charm. It was going to be in the spring, but now it is scheduled during Autumn Leaf, 9/24. This is an advantage because of the number of people in town for that event. It is scheduled for one day rather than two days. The cost is \$20 for the bracelet. Due to cancelling this campaign because of Covid, we already have the bracelets and charms. Linda Bradshaw has been involved in the planning of this event. Businesses can also give additional discounts for participants. The biggest need at this time is for advertising. The event needs to be evaluated at its conclusion to discuss whether we'll continue it in successive years.

11. Swing Band event – Shannon Keller

a. In Sept/Oct, partnering with ICCA

Notes: Shannon Keller presented a Power Point to explain the event. It would be held at the Snowy Owl Theater on October 1. The entire Snowy Owl theater is being offered gratis and also they're donating staff for the event. CMF would have to pay for any excessive cleaning as well as addition staffing for light and sound setup crew. Food and Beverages - ICCA may or may not provide food and beverages; CMF will approach wineries/breweries and restaurants for food and beverages that can be sold as well as Dan's and Safeway. Event Description: will be called an indoor big band fundraising event rather than swing dance event. An indoor event has several advantages because it allows for temperature control and escape from potential wildfire smoke. There are two possible big bands. Ellensburg big band, \$2000-\$2500 and Wenatchee Big Band, cost tbd, although we will ask for a fee reduction. Sponsorship levels were discussed. Raffle tickets, gift cards and gift certificates were discussed. If 130 attendees, \$4550 raised from tickets alone. Volunteers needed - 10-13 according to the presentation. Perhaps Rotary could provide volunteers. Online & In-Person Ticket Sales - an online option includes Brown Paper Ticketing. This plan does not replace the Garden & Art Tour but will aid in fundraising for our campaigns.

Concerns about the Event: Sponsor fatigue; too much asking for wine donations - perhaps we can ask wineries to sell wine with the idea that they could donate 20% of their proceeds. There needs to be a good quality band. Bob Jennings suggested that we give the Event Committee (Mogens, Kathi, Bob & Shannon Keller, Marlene) a green light to continue to make plans for this event so we have more exact numbers.

12. Coordinator Report – Marlene Farrell

- a. Paver brochure: Shari and Marlene made new paver brochures. They will be put in the lobby today.
- b. P2X project ideas: Marlene has met with Jess and they generated a lot of good ideas. Interviews will be done in April for 30th Anniversary video. She will also be involved in the golf event. She suggested a video of the use of the mobile clinic as well as other projects we have funded. Updating the page of the board members could also be done this year. Send any possible ideas to Marlene.
- c. Newsletter: It is coming together. Marlene had a good interview with Karen Arnold who does automatic donations each month. She will be hearing from Marson & Marson about the golf tournament and included in the newsletter.
- d. Other Grants –State Farm, Coverys, Confluence/Wen Med Group, DOT: These are all potential grants but Marlene is not working on those yet. She needs to know some capital expenditures that need funding in order to apply for grants.
- e. Cleaning up the Storage Closet in March: Thanks to Bob J, Bob A and Rich for coming in and helping with the cleaning of the bat cave.
- f. Co-worker challenge: People appreciate each other at the clinic and random prizes were given out. It has been requested by the clinic that it be done again, happening now.
- g. We've been approached by the Chamber of Commerce. We are going to be the beneficiary of the funds raised at a 5K on Mother's Day. We will be supplying volunteers for a few hours.

Bob Jennings asked for a representative at the Commissioners meeting on the 22nd. Bob Keller agreed. Bob thanked Vito for attending.

Wade moved that the meeting be adjourned, Bob A seconded and the meeting was adjourned at 11:07.

Upcoming Events

2/22 CM Commissioners Meeting – 9am – Volunteer?

3/8 CMF Exec Comm meeting – 1:30pm

3/16 CMF Board meeting – 9am

Donors & Sponsors from 1/18/22 to 2/11/22 (not including board members or CM staff)

Karen Arnold, Suites on Main (Lisa & Mike Bedard), William Bruders,
Dan's Food Market (Eric & Lisa Worthen), Leavenworth Rotary Club, Bill & Mary Jones,
Syndicate Smith (Todd Smith), Icicle Ridge Winery (Kristen Wood), Ken & Lee Walker,
Pool to Spa Services (Jacob Specht), Der Sportsman (Dwayne McMahon), Anthony's Restaurants,
Leavenworth Quilt Company (Kara Davies), Ken & Margaret Marson