Bob Adamson understands matters of the heart. The former elementary school principal and past Cascade Medical Foundation board member suffered a heart attack a few years ago.

“When the doctors at Confluence told me they’d signed me up for cardiac rehab three days a week in Wenatchee, I said, ‘I can’t do it. I’ll exercise on my own!’” he said.

The hour-long drive from his home in Plain, especially in the winter, was too much.

“Now, if Cascade Medical had cardiac rehab, I would’ve been there in a heartbeat. And when I talk to my neighbors, they agree. It would be great to have more services locally,” he said.

Foundation board members agreed, embarking on this year’s campaign to raise $87,000 for equipment and training to develop a Cardiac Rehabilitation Center at the Leavenworth hospital.

Cascade Medical Chief Operating Officer Pat Songer said the project is another good choice by the Foundation, which has contributed more than $1.7 million to hospital projects in the past 30 years.

“It’s really a great community service to offer and it’s one where people are more apt to stick with it, if it’s close by,” Songer said.

The program could be up and running as early as January.

How can you help?

Your contributions, big or small, can help make a Cardiac Rehabilitation Center at Cascade Medical a reality.

Donate Volunteer Attend an Event

FOR INFORMATION OR TO MAKE A DONATION: CascadeMedicalFoundation.org

Why a Cardiac Rehab Center at Cascade Medical?

Here are four reasons, from heart health to life-saving logistics.

1. Research shows people recovering from heart attack, heart surgery or other cardiac-related events get stronger faster if they complete a cardiac rehab program, which includes exercise and nutritional/lifestyle education.

2. Patients who complete 36 sessions reduce their chance of death in four years by 47% and they lower their risk of heart attack in five years by 31%.

3. Distance matters! Cardiac patients in rural areas are less likely to complete cardiac rehab because of the travel required to get to the nearest center.

4. Cardiac rehab at Cascade Medical would save Upper Valley patients up to 90 minutes in travel time per session — that’s 54 hours less time spent driving to Wenatchee for the 36 sessions.

It’s really a great community service to offer and it’s one where people are more apt to stick with it, if it’s close by.

Pat Songer, COO
Cascade Medical
**Spring 2023 Calendar**

**MAY**
- **18**
  - 4 P.M. - CLOSING BENEVOLENT NIGHT* @ Yodelin Broth Company

**JUNE**
- **6**
  - 4 P.M. - CLOSING BENEVOLENT NIGHT* @ München Haus

**JUNE**
- **19**
  - 11 A.M. @ KAHLER MOUNTAIN CLUB
    - **Marson and Marson Cascade Golf Classic**

**JULY**
- **2**
  - 4 P.M. - CLOSING BENEVOLENT NIGHT* @ Plain Cellars

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**WHAT IS A BENEVOLENT NIGHT?** Enjoy a meal out and participating restaurants will donate a portion of the proceeds to Cascade Medical Foundation.

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**Teeing Up for Two Decades**

**Marson and Marson Cascade Golf Classic Coming June 19**

Gimmes, a gopher hole and a chance at glory make getting on the greens more fun than ever this summer as registration opens for the Marson and Marson Cascade Golf Classic, Cascade Medical Foundation’s biggest fundraiser of the year.

The 20th annual fundraising golf tournament, coming **June 19** to Kahler Mountain Club near Lake Wenatchee, includes a host of pre-tournament and on-course contests, activity packages, a raffle, mystery wine options, tee prizes, bragging rights and a taco bar dinner.

Marson and Marson Lumber has stepped up to be the title sponsor for the seventh year, joining forces with other major Foundation supporters, including Louws Truss, Der Sportsmann and host Kahler Mountain Club, to champion an event that benefits the entire community.

In all, more than 70 businesses and 40 volunteers chip in to make the Cascade Golf Classic a success.

**In all, more than 70 businesses and 40 volunteers chip in to make the Cascade Golf Classic a success.**

Last year’s event raised more than $43,000 to help purchase cardiac monitors, EMS e-bikes and community AEDs. Proceeds from this year’s tournament support the Foundation’s current campaign to develop a Cardiac Rehabilitation Center at Cascade Medical.

**20th Annual Marson and Marson Cascade Golf Classic at Kahler Mountain Club**

Help fund a new Cardiac Rehab Center at Cascade Medical!

11 a.m. Monday, June 19
Pre-tourney contests start at 9:30 a.m.

**Registration $125/player**
Some sponsorships are still available!

**FOR MORE INFORMATION OR TO REGISTER:** CascadeMedicalFoundation.org