



**Women's
Healthcare Fund**
Saint Alphonsus



Newsletter | Summer/Fall 2024

The Saint Alphonsus Foundation Women's Healthcare Fund (WHF) is an active giving circle that began in 1999 to improve the health of women in Idaho through education and prevention. Our members are a diverse group of women committed to bettering their community. Some members choose to support the WHF through their annual contribution and others also have chosen to participate in WHF special events or serve on the board that facilitates the operation and growth of the Fund.

A letter from the Chair

Welcome to the summer/fall edition of our WHF newsletter! As we reflect on the past year, we are eager to share the significant **impact** your support has had on our community. The fall season fills us with **gratitude**, and we are especially thankful for our members who generously contribute their time, treasure, and talent to the Treasure Valley.

The Saint Alphonsus Women's Healthcare Fund was established to enhance the health and **well-being** of women in Idaho. **Since 1999**, we have been dedicated to this mission.

Our members make a difference through volunteering, **charitable donations**, and by fostering connections with various organizations. This last year, the WHF volunteered with the Idaho Diaper Bank, bundling 3,335 diapers in May; assisted at the 40th Anniversary of the Saint Alphonsus Capitol Classic Children's Race; and participated in the 2023 Saint Alphonsus Festival of Trees. Our membership funds have been used to provide meaningful support to numerous organizations, including the **Saint Alphonsus Breast Care Center, Women's & Children's Alliance, Family Advocates, Casting for Recovery, and the Salvation Army-Booth program** for pregnant and parenting Teens. We serve with passion and compassion, and I am so proud of our group!

I want to personally invite you to a fun fall event that we're planning **October 29 from 5:30 - 8 PM at the Saint Alphonsus Regional Medical Center McCleary Auditorium**. This is a wonderful evening of friendship and fun, dedicated to a great cause of supporting women's health. You will see firsthand the impact your membership has had on our community.

Please feel free to reach out to me or any of our Women's Healthcare Fund Board Members with your ideas or questions. If you haven't had a chance to renew your membership and continue to support the Women's Healthcare Fund you can do it here. www.saintalphonsus.org/foundation/get-involved/womens-healthcare-fund or scan the QR code.



Sincerely,

Pamela S. Grove

Pam Grove
WHF Chair 2023-2024



Mission of Saint Alphonsus and Trinity Health We serve together in the spirit of the Gospel as a compassionate and transforming healing presence in our communities.



2024 WOMEN'S HEALTHCARE FUND BOARD



Jill Alessi



Char Burt



LuAnn Corlett



Kirsten Coughlin



Pam Grove



Robina Holmes



Linda Martin



Connie Maus



Tracey Stone Mooney



MaryAnn Murdoch



Becky Rowan



Valerie Rudd



Char Smith



Callie Thomsen



Dawn Walp



Cindy Williams



2024 MEMBERSHIP ROSTER

Thank You to these wonderful women!

Gift of Sisterhood

Mary Abercrombie
Lorrie Apel
Delores Fery
Beverly Harad
Betsy Klene
Pamela McNamara
Laura Miller
Becky Rowan

Gift of Impact

Annette Christensen
Kirsten Coughlin
Jenifer Dellgard
Keli Elledge
Sharon Glover
Pam Grove
Rebecca Humphries
Amy Jones

Kelly Lodge
Linda Martin
MaryAnn Murdoch
Diane Plastino Graves
Char Smith
Margaret Widener
Cindy Williams
Shauna Williams

Gift of Support

Shawna Abbott
Jill Aldape
Jill Alessi
Mary Ann Arnold
Nancee Bakken
Marissa Bloomer
Andrea Braddock
Amber Buckles
Char Burt

Stacy Calhoun
Briana Cash
Margaret Collins
LuAnn Corlett
Patti Eaton
Rachel Flachbart
Terrance Gallaher
Beverly Geddes
Lacie Gillepsie
Janelle Haag
Suzie Hall
Melinda Harrold
Marisa Hendrix
Kathleen Higgins
Robina Holmes
Evelyn Mason
Connie Maus
Cari Moodie
Nancy Moulton

Judith Murray
Jennifer Myers
Robin Navert
Becky Newberry
Linda Payne Smith
Valerie Rudd
Christine Shirazi
Lauren Smith
Margarita Shore
Tracey Stone Mooney
Callie Thomsen
Janet Turner
Dawn Walp
Alexy Welch
Janell Zuckerman



2024 SAINT ALPHONSUS PERSONNEL SUPPORTING WOMEN'S HEALTHCARE FUND



Andrea Lohse

Andrea Lohse is serving as the Regional Director of Marketing for Saint Alphonsus. Leading the marketing team, she works directly with organizational and physician leadership to build and strengthen the brand of the organization and drive strategic growth.



Jennifer Myers

Jennifer Myers is the Manager for Non-Invasive Cardiology and Cardio-pulmonary Rehab Services. She is our liaison between cardiac care and what women in our community need to know and do about taking care of their own hearts.



Jill Aldape

As VP of Philanthropy for Saint Alphonsus Health System, Jill Aldape, MBA, leads development and stewardship of charitable contributions for our four hospital foundations in Idaho and Oregon. She leads myriad fundraising initiatives focused on generating sustainable and transformational philanthropic commitments to support the sacred mission of healing.



Robin Navert

Robin Z. Navert, CFRE, is the Director of Development of the Saint Alphonsus Foundations, serving the Treasure Valley. She leads community engagement, board development, fundraising and "friend raising" efforts on behalf of the Foundation in order to serve and support our Boise and Nampa hospitals.



Nancy Moulton

Nancy Moulton is the Regional Philanthropy Specialist, responsible for donor recognition and appreciation, fund management and reconciliation, supporting the foundation boards in Boise, Nampa, Ontario and Baker City and is liaison to the Saint Alphonsus Regional Medical Center Auxiliary. She has recently taken on responsibility for our donor database management and reporting.



Rachel Flachbart

Rachel Flachbart is the Saint Alphonsus Foundation Programs & Events Manager, overseeing the foundation's events including Festival of Trees, Capitol Classic, assisting with the Project Haiti Dinner and the Nampa Golf Tournament. She helps with project planning and implementation, volunteer management and marketing for special events.



Rebecca Thompson

Rebecca Thompson is a Senior Marketing Specialist, promoting the Musculoskeletal, Women's & Children's and Breast Care service lines. Her role allows her to blend her marketing acumen with a genuine passion for enhancing healthcare services and patient outcomes.

OUR PROJECTS



The Women's Healthcare Fund membership dollars are used to make a positive impact in our community. Our members enjoy giving back through time, charitable donations, and talent. This past year we have supported and volunteered with the Idaho Diaper Bank, a nonprofit organization helping to positively impact the 1 in 3 babies and families in Idaho who are struggling to obtain an adequate supply of diapers to stay clean and dry. There is zero governmental assistance for basic hygiene items such as diapers. We are proud to help and support this great nonprofit organization! Our other volunteer activities include the Saint Alphonsus Capitol Classic and the Festival of Trees.

Some of our other favorite programs to support through volunteering and giving back include the Saint Alphonsus Breast Care Center, Salvation Army-Booth program for pregnant and parenting teens, and the Women's and Children's Alliance.

We are excited to participate and support this year's Saint Alphonsus Festival of Trees which is the 40th Anniversary of this cherished event. Join us for another great year!

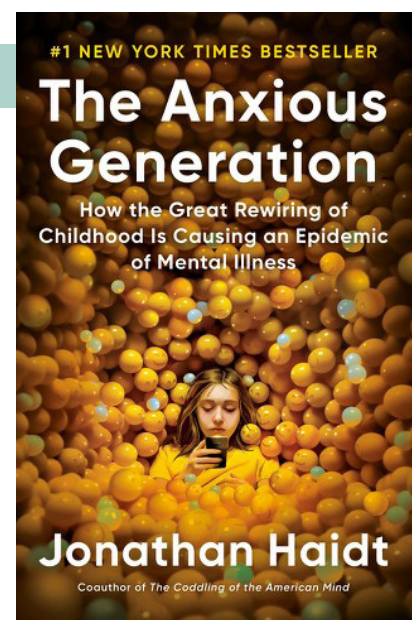
RECOMMENDED READING

Some of our members are enjoying reading and discussing, "The Anxious Generation," by Jonathan Haidt. This #1 New York Times Bestseller is a must read for all parents: the generation-defining investigation into the collapse of youth mental health in the era of smartphones, social media, and big tech—and a plan for a healthier, freer childhood. In the final section of his book, Haidt recommends four norms as next steps for governments, tech companies, schools, and parents that he would like to see be adopted.

His four norms he would like to see are:

1. No smartphones before high school. Flip phones for essential communication are fine!
2. No social media before age 16
3. Advocate for phone-free schools
4. Encourage independence, free play and responsibility in the real world

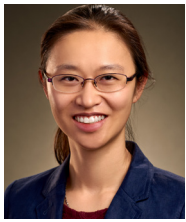
We hope this book leads you to having lots of interesting and thoughtful discussions around the impact of technology on future generations!



SAVE THE DATE FOR THE FALL EVENT

Tuesday, October 29, 2024 from 5:30pm - 8:00pm
at the Saint Alphonsus Regional Medical Center McCleary Auditorium

Our featured speakers will include Dr. Jenny Jin and Dr. Emily Squyer who will discuss orthopedic challenges women encounter as we age. It will be a wonderful evening of friendship, fun, and dedicated to a great cause of supporting women's health.



Jenny Jin, MD



Emily Squyer, MD

Reserve your seat here!



SaintAlphonsus.org/foundation/get-involved/womens-healthcare-fund



On March 28, we had the Women's Healthcare Fund, Wellness, Women, and Wine (WWW) spring event at McCleary Auditorium. The event was filled with 109 women for an inspiring and fun social evening that included building connections, a panel about women's health, and giving back to our community. WWW featured a panel moderated by Jennifer Myers (Regional Manager of Non-Invasive Labs and Heart Center Administration) that discussed women's health, showcasing Elizabeth Anderson (RDN, Corporate Health & 10 Wellness Supervisor); Graci Meier (PA SAMG Heart Care); and Dr. Kara Denby (Interventional Cardiologist).

SPOTLIGHT: TRACEY STONE MOONEY



Tracey Stone Mooney grew up in Seattle and attended the University of Washington, graduating in public health and community medicine. She worked for health departments for many years in public health programs governing food protection, water supplies, noise reduction and vector control. She spent 13 years at the Seattle King County Department of Public Health managing the food protection program.

Tracey then started her journey around the United States supporting her first husband with his career as she managed a household of three incredible children as they moved almost every year. With this, she became the “volunteer queen” at school and church taking on all events and activities. She made lifelong friends along the way.

When she moved to Idaho, Tracey knew she was “back home” in the Northwest. Her life changed for the best and with the kids older, she went back into the workforce to tackle the next phase of her life. She became involved in the life insurance and retirement planning world and spent many years helping people better prepare and protect those that matter most. She became involved as a volunteer in the community with numerous leadership roles at the local Chambers of Commerce, the Buy Idaho Association, the National Association of Insurance and Financial Advisors, Boise State University and her most passionate cause, the Saint Alphonsus Foundation Board. She has chaired the Festival of Trees Fashion Show for a dozen years. She became the first woman President of the Buy Idaho Board and in 2018, Tracey was honored as one of the Women of the Year from the Idaho Business Review. Tracey now works as an independent insurance agent helping clients wade through tough economic impacts resulting from Covid and high inflation.

Tracey met the love of her life, Bill, and together they now have seven grandchildren with an 8th on the way. With a diagnosis of Stage 4 ovarian cancer in 2019, and a recurrence in 2023, Tracey cherishes family and friends every single day. She speaks out on the importance of being your own health care advocate, the need for early detection and prevention of cancer and the need to fight to insure good insurance coverage.

Tracey and Bill are honored to be selected as the Chairs for this year’s Saint Alphonsus Festival of Trees weeklong event benefiting the Saint Alphonsus Cancer Institute. Funds raised from the 2024 Festival of Trees will enhance our oncology services, ensuring that patients have access to life-saving preventive care, early detection screenings and cancer treatment. Please contact Tracey Stone Mooney if you’re interested in learning more about the Festival of Trees!

WOMEN’S HEALTHCARE FUND GIVING LEVELS

JOIN US: www.SaintAlphonsus.org/womens-healthcare-fund

Gift of Sisterhood - \$1,000

Your gift will support the Women’s Healthcare Fund at the highest level - thank you!

Gift of Impact - \$500

Make a big difference with a gift of impact.

Gift of Support - \$200

Become a champion and support the Women’s Healthcare Fund.

We now offer the opportunity to pay your yearly membership with a monthly payment as well as set up auto-renewal of your annual membership dues.

VOLUNTEER OPPORTUNITY

The Saint Alphonsus NICU (Neonatal Intensive Care Unit) and Family Maternity Center in partnership with the Ronald McDonald House invite members of the Women's Healthcare Fund to engage in a volunteer opportunity.

The "Happy Wheels Hospitality Cart" provides comfort and support to families of seriously ill and injured children while they're in the hospital. The cart provides parents and siblings of newborns with a hot beverage, books, activities, and toys as well as information about the Ronald McDonald House Charities of Idaho and how we can support them through their journey. The Hospitality Cart program is run by volunteers and we invite members of the Women's Healthcare Fund to lend a hand and support families in need.

We are looking for volunteers who would be willing to commit to a two-hour shift once a month ideally Monday or Tuesday morning or afternoon. Ideally on a Monday or Tuesday and it could be in the morning or afternoon. If five members of the Women's Healthcare Fund volunteer, it would ensure that Saint Alphonsus families would have access to these amenities once a week. Families like the Dobbies whose son Cal was born prematurely and spent 28 days in the NICU.

Those who are willing to participate would need to be onboarded through Saint Alphonsus Volunteer Services as well as Ronald McDonald Charities of Idaho. The role would include pushing the Happy Wheels Hospitality Cart to the NICU and Family Maternity Center and spending about an hour at each location interacting with families and providing them items from the cart.

To learn more about how you can make a difference and become a Women's Healthcare Fund Hospitality Cart volunteer, please contact Nancee Bakken at nancee@rmhcidaho.org or call 208-336-5478.



Cal Dobbies and his brother whose family are grateful for the Happy Wheels Hospitality Cart who helped them while Cal spent 28 days in the NICU.



Happy Wheels Hospitality Cart



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Saint Alphonsus

A Member of Trinity Health

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