



Women's
Healthcare Fund

 Saint Alphonse



Newsletter | Summer 2023

The Saint Alphonse 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

Dear Members:

Hello, we look forward to our sharing with you the recent humbling work of the Women's Healthcare Fund. I invite you to get a better understanding of the dedication and collaboration our membership has in supporting women in Idaho. Your participation in the Women's Healthcare Fund is welcomed and encouraged for our events in 2023.

The Saint Alphonse Women's Healthcare Fund is mission-driven to support the health and well-being of women. The dedication of our membership is astounding - volunteer hours, education and endless contributions of resources are given to organizations across Idaho. We have: provided support for women's breast cancer preventative screenings, funded resources for victims of domestic violence and sexual abuse, championed mental health and emotional wellbeing during a time of challenge especially during the pandemic and its after-shocks, and we have been a trusted partner in programs that empower parents and caregivers in raising children.

We aspire for all women to have good health and whole well-being. Donors and supporters of the WHF make a worthwhile difference in our community. Thank you!

Feel free to contact us with ideas, questions, or support! **Reach me at JillAlessi@Gmail.com or 208.869.3283.**



Sincerely,
Jill Alessi, RN, BSN, MHA
WHF Chair 2022-2023

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



2023 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

Saint Alphonus Women's Healthcare Fund Personnel



Cindy Williams



Jill Aldape



Nancee Bakken



Amber Buckles



Andrea Lohse



Jennifer Myers

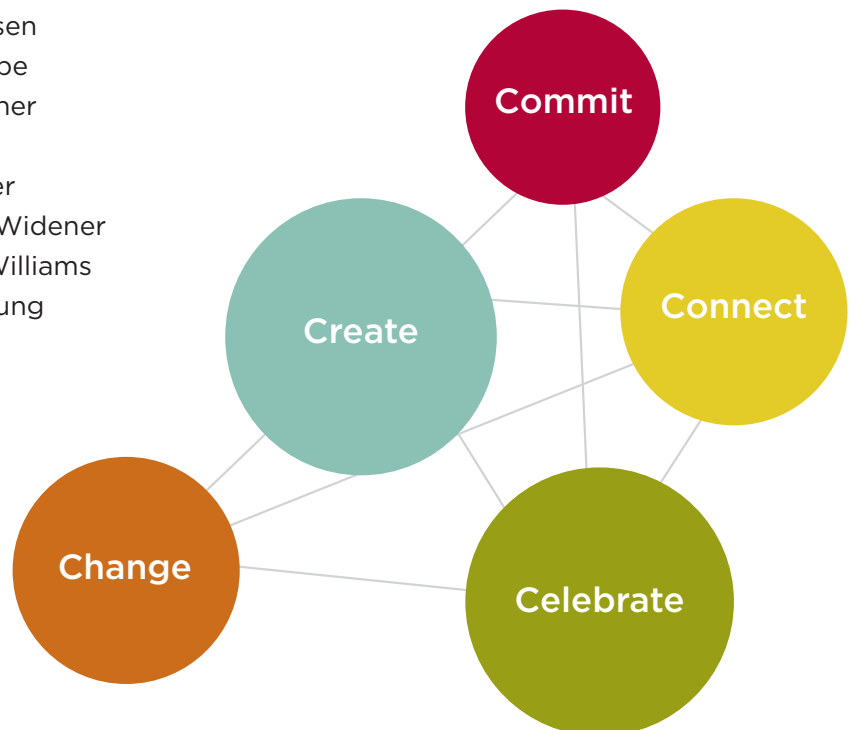
Thank You to these wonderful women!

Shawna Abbott
 Mary Abercrombie
 Jill A. Aldape
 Jill E. Alessi
 Mary Ann Arnold
 Debbie Arstein
 Nancee M. Bakken
 Odette Bolano
 Andrea E. Braddock
 Amber R. Buckles
 Char Burt
 Stacy Calhoun
 Briana Cash
 Annette R. Christensen
 LuAnn Corlett
 Kirsten Coughlin
 Jennifer A. Cox
 Keli A. Elledge
 Diana J. Fairchild
 Delores L. Fery
 Terrance N. Gallaher
 Sharon K. Glover
 Rebecca A. Gordon
 Pam Grove
 Janelle M. Haag
 Suzie M. Hall
 Kathleen L. Higgins
 Robina F. Holmes
 Rebecca M. Humphreys
 Maite Iribarren-Gorrindo
 Victoria Jekich
 Elizabeth J. Klene
 Julia Kukuruda
 Linda Martin
 Evelyn J. Mason
 Connie Maus

Jennifer Myers
 Pamela A. McNamara
 Laura J. Miller
 Nancy G. Moulton
 MaryAnn Murdoch
 Judy Murray
 Helen A. Napier
 Robin Navert
 Becky R. Newberry
 Diane M. Norquist
 Kathy Rowan
 Rebecca A. Rowan
 Valerie K. Rudd
 Tammie L. Sherner
 Christine C. Shirazi
 Jaspreet Singh
 Char Smith
 Lauren Smith
 Mary Lou Stallcup
 Joan M. Stirling
 Tracey A. Stone Mooney
 Callie Thomsen
 Sophia T. Tobe
 Janet H. Turner
 Dawn Walp
 Kim Wegener
 Margaret L. Widener
 Cynthia A. Williams
 Becky A. Young

“If you want something said, ask a man; if you want something done, ask a woman.”

- Margaret Thatcher



OUR PROJECTS



The Women's Healthcare Fund membership dollars are used to make a positive impact in our community. Some of our favorite programs to support include:

- Saint Alphonsus Breast Care Center - mobile mammography for the underserved
- Salvation Army Marian Pritchett School for Pregnant and Parenting Teens
- Idaho Diaper Bank
- Faces of Hope Victim Center
- Women's & Children's Alliance
- Saint Alphonsus Women's Heart Care
- Family Advocates

NEWS YOU CAN USE

Keep Your Skin Healthy and Happy: Tips for Preventing Skin Cancer

As we head into the warmer months, it's important to remember the potential dangers of the sun's UV rays. Skin cancer is one of the most common types of cancer but also one of the most preventable. By raising awareness and taking preventative measures, we can significantly reduce the number of cases of skin cancer.

Skin cancer occurs when skin cell growth is abnormal, usually caused by exposure to ultraviolet (UV) radiation from the sun or tanning beds. There are three main types of skin cancer: basal cell carcinoma, squamous cell carcinoma, and melanoma. While basal and squamous cell carcinomas are less dangerous and usually treatable, melanoma can be more aggressive and spread quickly to other body parts.

It's important to note that skin cancer can affect anyone, regardless of skin color. However, those with fair skin, freckles, light hair, and blue or green eyes are at a higher risk. Additionally, those who spend a lot of time in the sun, have a history of sunburns, or have a family history of skin cancer are also at a higher risk.

So, what can you do to prevent skin cancer? Here are some tips:

Use sunscreen: Apply sunscreen with a minimum SPF of 30 at least 15 minutes before going outside and reapply every two hours. Make sure to cover all exposed areas of skin, including your face, ears, neck, and hands.

Wear protective clothing: Choose clothing that covers your arms and legs and wear a hat with a brim that shades your face, ears, and neck.

Seek shade: Stay in the shade during peak sun hours, typically between 10 a.m. and 4 p.m.

Avoid tanning beds: Tanning beds are just as harmful as the sun, if not more so. Avoid them altogether.

Check your skin regularly: Perform self-exams at least once a month to check for any new or changing moles or spots on your skin. If you notice anything suspicious, see a dermatologist right away.

By following these tips and spreading awareness about skin cancer, we can all work together to reduce the number of cases and keep ourselves and our loved ones safe. Remember, prevention is key!



Thursday, September 21

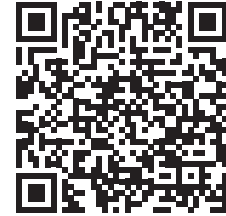
Wellness, Women & Wine

in McCleary Auditorium at Saint Alphonus

Featuring two new physicians: Sophia Airhart, MD and Sonia Hasbun, DO

Reserve your seat here! 

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



Sophia Airhart, MD

Sophia Airhart, MD is an advanced heart failure physician known for her expertise in the management of patients with advanced heart failure, cardiac transplantation, mechanical circulatory support and pulmonary hypertension. As Idaho's only fellowship trained Advanced Heart Failure Cardiologist, she serves as the Director for the Heart Failure, Mechanical Circulatory Support and Pulmonary Hypertension programs. She is a dedicated researcher and

has conducted several clinical trials as primary investigator in the field of heart failure. She has authored multiple original research publications as well as several book chapters and is committed to offering her patients the most advanced therapies and treatments. Dr. Airhart grew up in rural Oregon and loves the outdoors. She moved to Boise, Idaho with her husband, cardiothoracic surgeon Dr. Nathan Airhart who grew up in Idaho. In her spare time, she enjoys cycling, running, meditation and yoga. Dr. Airhart is also an Adjunct Assistant Professor at the University of Utah.



Sonia Hasbun, DO

A proud DO, I believe in treating the whole person instead of only focusing on treating symptoms. I am passionate about all facets of cardiovascular health whether it be healthy preventative lifestyle changes, in hospital care, or chronic disease management.

A successful physician-patient relationship is built on trust, communication, and teamwork. As heart disease is the #1 killer of women, I also provide a special emphasis on women's heart health. Hablo Español porque creo que es importante que todos mis pacientes entiendan bien su enfermedad y el cuidado.



Odette Bolano and Tracey Stone Mooney, 2022



Linda Martin, Char Burt, Pam Grove, and Robina Holmes at WWW 2022

SPOTLIGHT: PAM GROVE



Pam Grove was raised in Boise and graduated from Boise State University in 1979 with an Associate's Degree in Marketing and Fashion Merchandising. She and her husband Ron have two sons, TJ and Shawn, and a granddaughter, Sophia. She loves relaxing in McCall and Maui and spending time with her family.

When the boys were growing up, Pam was very active in their schools in the PTA and in their sports activities -- mainly hockey. Pam was an Idaho Jr. Steelheads board member and founding member of the team, and a BSU Hockey team board member.

Pam owned a Promotional products, Embroidery & Screen printing company from 1993-2006. And since then, has been a realtor. She is currently with Silvercreek Realty Group where she has been on the leadership council and is currently on the Philanthropy Committee.

Over the years, Pam has been very active in the community and is very passionate about volunteering and helping wherever she can. She was honored with The Darlene Manning Humanitarian award in 2017 through the Boise Regional Realtors, where she was on the Gala and Community Outreach Committees. Pam was a classroom volunteer and board member for the Junior Achievement organization, where she helped to create the Idaho Trivia game which is used in most 4th grade classrooms in Idaho. She has also volunteered for Paint the Town, Boys and Girls Club Wild West Auction, and Move for Hunger.

Pam is a long-time supporter of The Salvation Army in their Dress A Kid program, in the Booth School Incentive Store as Store Manager, on the steering committee for The Daffodil Tea, and as a member of the Red Kettle Kickoff Committee and Executive Advisory Board, and as Chair for the Development & Nomination Committee.

A volunteer with the Festival of Trees for over 30 years, volunteered for the Capitol Classic Race for Children and is a member of the Women's Healthcare Fund. In 2021 Pam was honored to be the Idaho Mother of the year.

WOMEN'S HEALTHCARE FUND GIVING LEVELS

JOIN US: www.SaintAlphonus.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.

My To-Do List for Today

- Count my blessings
- Practice kindness
- Let go of what I can't control
- Listen to my heart
- Be productive yet calm
- Just breathe