

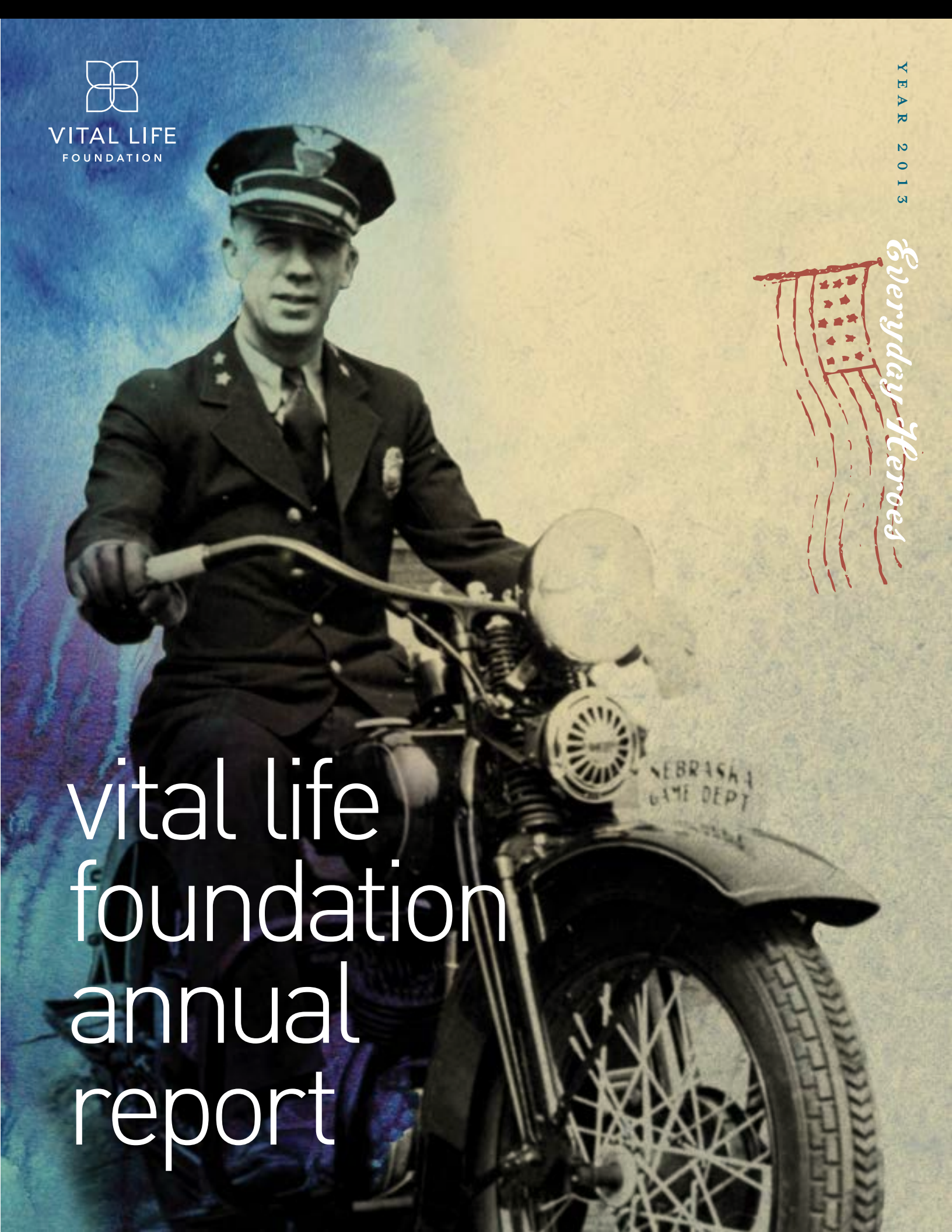


VITAL LIFE  
FOUNDATION

YEAR 2013



# vital life foundation annual report



# LETTER FROM THE BOARD

At the Vital Life Foundation, 2013 was a banner year for heroes. Epic heroes, like the 20 World War II veterans who saw their Memorial for the first time. And everyday heroes, like the Vital Volunteers who put heart and soul into their jobs, work tirelessly to provide for their families and yet still find ways to give back.

Whether you're a therapist buying holiday gifts for a cancer-stricken child, a med aide donating to typhoon disaster relief through Spirit Club or a local business owner supporting a cause you care about, you're all heroes—and you are the reason Vital Life is able to keep making magic in our communities.

On behalf of our charitable partners and beneficiaries we say thank you to all our heroes.

## Board of Directors

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*Jennifer Hoffer, Secretary*  
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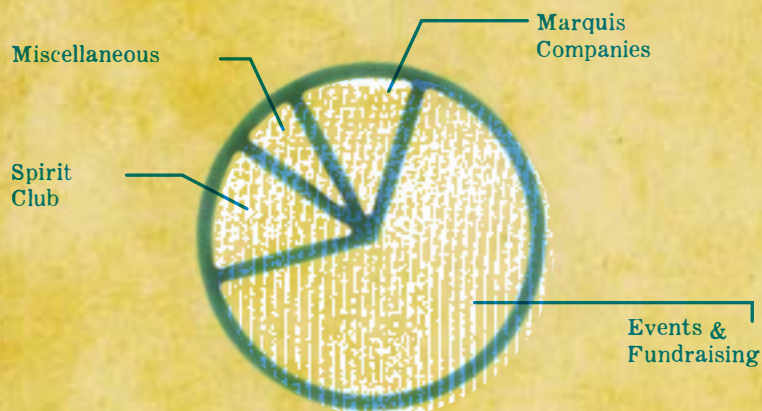


LIFE, WELL LIVED.

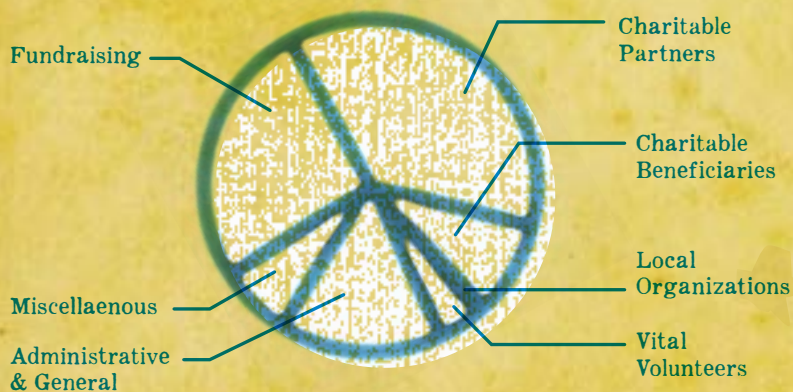
Giving back to the community has always been a significant part of the Marquis Companies and Consonus Healthcare philosophy. Bringing the causes we support to the forefront is important to us, and that's why we've formed the Vital Life Foundation. The foundation is the vehicle for our commitment to supporting youth, wellness, education, families, women, and seniors.

THE VITAL LIFE FOUNDATION  
[vitallifefoundation.org](http://vitallifefoundation.org)





REVENUE	\$	%
Spirit Club	104,643	13
Marquis Companies	115,688	14
Events & Fundraising	540,128	66
Miscellaneous	62,680	7
<b>Total</b>	<b>823,139</b>	



EXPENSES	\$	%
Charitable Partners	235,670	37
Charitable Beneficiaries	59,514	9
Local Organizations	5,500	<1
Vital Volunteers	25,473	4
Administrative & General	100,020	16
Miscellaneous	42,650	7
Fundraising	164,675	26
<b>Total</b>	<b>633,502</b>	

*The 2013 expenses are reflective of 2012 donations. All donations commensurate with the previous year's fundraising. 2013 revenue will drive 2014 donations.*



*We are a foundation that gives to the givers— lending a hand to those who are always there to lend a hand. Our work is making sure the teachers have the tools to teach, that grandparents can feel grand and that a soldier's honor and sacrifice gets a full salute.*

## CHARITABLE PARTNERS

\$225,000 was distributed among four charitable partners.

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\$70,000	Alzheimer's Association
\$30,000	Friends of the Children
\$65,000	Meals on Wheels
\$60,000	Ronald McDonald House Charities

## CHARITABLE BENEFICIARIES

\$60,000 was distributed among seven charitable beneficiaries.

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\$5,000	American Cancer Society
\$20,000	American Heart Association
\$5,000	Children's Cancer Association
\$10,000	JFR Foundation
\$5,000	Medical Teams International
\$10,000	Susan G. Komen
\$5,000	United Cerebral Palsy

2009



2010



2011



2012



2013



*The give that grows*

# 2013 HIGHLIGHTS

## Bridgetown Bash Raises the Roof and Nearly \$500,000

For the 600 people who attended the 2013 Bridgetown Bash, it may have been the food carts, the tattoo artist, the cheerleaders or the driving energy of the event. Or maybe it was something Charles “Ted” Altman, a World War II veteran, said when he took the stage to movingly ask for their support.

Whatever the reason, nearly \$500,000 was raised for the annual Vital Life Foundation fundraiser—representing more than half its yearly income. This incredible outpouring of support makes it possible to continue aiding charitable organizations, involving employees and residents, sponsoring programs and raising awareness of Vital Life’s important mission.

Highlighting the most interesting aspects of life in Portland, the Bash included local cuisine, artisans demonstrating their crafts and rousing live musical performances. But the true stars of the evening were all those who contributed—ensuring a brighter 2014 for Vital Life partners and those they serve.

## World War II Vets Make Journey of Heroes

Thanks to the Vital Life Foundation and Jeremy Bloom’s Wish of a Lifetime, 20 wide-eyed veterans and their caregivers traveled to Washington D.C. all-expenses-paid in 2013.

From Arlington to the Vietnam Memorial, they experienced an outpouring of appreciation from total strangers, young and old. “They were treated like rock stars,” recalls participant Charles Bloom.

For Milt, the World War II Memorial was a monument to the many friends he lost in the conflict. For Goldie, seeing the Enola Gay reminded her that, “War is hell. I don’t care who fights it.”

Expenses were mostly covered through contributions made by Spirit Club members and matched by Marquis Companies and Consonus Healthcare. Two groups will be sponsored each year through the VLF’s “Journey of Heroes” program.

It was a life-changing, long-overdue experience for Autumn, a volunteer companion. “They are an amazing generation,” she says, “and we’re losing them fast.”

## Spirit Club Helps Bring Hope to the Philippines

As Typhoon Yolanda approached the Philippines in November of 2013, Jo Ann Perez was worried about the safety of her loved ones. A contract physical therapist at Consonus Healthcare, she was born there, and many members of her family lived directly in harm's way.

At Medical Teams International (MTI), responders huddled around televisions as the storm grew to one of the strongest ever recorded. It came ashore with deadly force, killing more than 6,000 and leaving widespread devastation.

While MTI mobilized to provide direct care, the Vital Life Foundation also swung into action. Through matching Spirit Club donations from 736 employees of Marquis Companies and Consonus, \$27,000 was donated—funding two shipping containers filled with life-saving supplies.

Days later, Jo Ann received word that her brother and sister had survived, but also the sad news that other family members had perished. “I’m so grateful for all who provided help to my countrymen,” she says. “It’s heartwarming to work at a company that encourages that.”

## Children and Seniors Experience Kindness—and Cupcakes

The first time John\* visited Marquis Mt. Tabor, the seventh-grader didn't know what to expect. “Sometimes in the movies old people are mean and say, ‘Get off my lawn!’” he says. “But these were nice.”

John has been visiting the post acute rehab facility for four years, as part of a partnership between the Vital Life Foundation, Marquis Companies and Friends of the Children, a mentoring program. “It brings out the best in our youth and the residents,” says Andrew Baldwin, a Friends team leader.

On past visits, the group of children and seniors have made cupcakes together, picked garden vegetables or played board games. “The residents light up when the kids come in,” says Baldwin, “and it empowers the children to be making a difference.”

“They’ve taught me kindness,” says John, but he’s not willing to say which resident he likes best. “They’re all my favorite. I can’t really choose.”

*\*Name has been changed to protect identity.*

## Life Change Yields an Exponential Impact

It took a snowboarding trip with his buddies for Consonus Rehab employee Matt Feldmar to realize he was badly out of shape and needed to change his life. Today, he's an Ironman athlete, and motivating coworkers to action through the Vital Life Foundation.

Matt's quest for fitness led him to support the Leukemia and Lymphoma Society's "Team in Training" program. Since 2010, he's lost 100 pounds and is currently prepping for his fifth Ironman—a notoriously grueling swim, bike ride and marathon.

Along the way, he's recruited 26 others to donate to the Society through the Vital Volunteers program. With matching funds, he's inspired a total contribution of almost \$10,000 to the Vital Life charitable beneficiary.

"Matt has not only taken control of his personal health, but has had an impact far beyond," says Guy Cowart, Vice President of Operations at Consonus. "It's been awesome to see."

## Delivering Joy to Families Struggling With Cancer

Pink, zebra-print pajamas with matching slippers. That's what caught Patrice Staas' eye as she shopped for the little girl with cancer. "I could just see her opening them on Christmas morning and shouting, "I got what I wanted!" she says. "It was really exciting."

Along with dozens of coworkers, the Marquis Companies employee volunteered to contribute to "Hope for the Holidays," sponsored by the Children's Cancer Association (CCA). The program brightens the lives of families who are struggling to care for a child with a serious illness.

The Vital Life Foundation adopted three CCA families in 2013, and reached out for help to all Marquis and Consonus Healthcare staff. Employees personally did the gift shopping, and formed an assembly line to get them wrapped.

"It was magic to have Vital Life involved," says Regina Ellis, CCA founder and CEO. "Thank you for helping us deliver joy."



## Laughing Matters Breaks Through Alzheimer's Gloom

Stand-up comedians first took the stage for Laughter is the Best Medicine in 2010, and the annual Vital Life Foundation fundraiser has raised \$47,000 for the Alzheimer's Association in the past two years alone. Now through "Laughing Matters", comedy is a form of therapy in some Marquis Companies facilities.

The innovative model uses comedy improvisation techniques to engage people suffering with dementia. They're encouraged to "be in the moment," often with amazing results.

One resident had difficulty forming single words, but during an improv game was encouraged to make a sheep sound. That opened the floodgates, and soon an entire story tumbled out—how her father had tended sheep, and how those were her happiest memories. She was suddenly speaking in sentences—a mind briefly unlocked.

In 2013, a \$7,100 grant from the Oregon Community Foundation helped replicate the program in other facilities, and it's being considered for national endorsement by the Alzheimer's Association.



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ACP	IQ-Logic	Rose City Rollers
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Courtney Corda	LaRayne Barrios	Ramona (Felicia) Breazeale
Dawn Jackson	Lori Brees-Eaklund	Sara Hoffman
Faye Foster	Margaret Zheng	Sophia Dijkstra
Gurpreet Singh	Maria Stone	Sue Nguyen
Guy Cowart	Matt Feldmar	Viktoriya Ingram
Jenna Smith	Melody Jones	Zachary Kinzer
Judith Letterer	Monteca Zumalt	

### Everyday Hero. def/

*Ordinary people doing extraordinary things in service to others and their community.*

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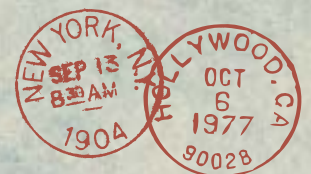
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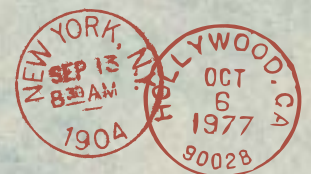
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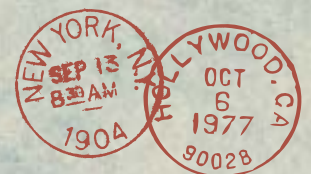
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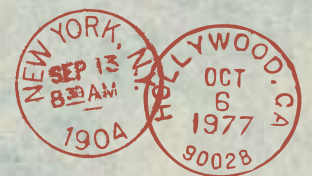
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Donna Baker	Imelda Mercado-Reyes	Jonathan Boyar
Donny Nguyen	Imelda Hewitt	Jonathan Reman
Drew Fogg	Irene Jones	Jonathan Owens
Edna Oppenheim	Irvina White	Jordan Costanzo
Eleanor Jimenez	Jacade Hanson	Jose Moo
Elizabeth Macagba	Jaimie Patchin	Josephine Hernandez
Elizabeth Klope	Jaizee Reyes	Josephine DeBlasio
Elizabeth Wilks	James Garfolo	Josh Hewitt
Elizabeth Stovall	Jami Dube	Josie Hendricksen
Elizabeth Stephenson	Jamie Perez	Joy Lankford
Elizabeth Gomes	Jamie Weinel	Joy Christian
Elizabeth Zeharuns	Jamilee Dube	Joy Hemsley
Elona Orel	Jammie Hall	Joyce Johns
Emelyn Alpapara	Jana Kirchner	Juanita Summers
Emily Fukuda	Jane Dunafon	Judith Holznagel
Emily Skipper	Janelle Barlow	Judith Letterer
Emily Mattos	Janet Lee	Judy Dungan
Emily McLaughlin	Janis Gianquitti	Judy Marie Harbin
Emma Gatchet	Jaron Sue	Juli Pfau
Enedina Evans	Jasmin Fowler	Julia Moody-Warren
Eric Litner	Jason Shorts	Julianne Davis
Erica Senn	Jason Lee	Julie Vogt
Erika Martinez	Jassir Velez	Julie Barnes
Erin Sprando	Jeanette	Julie Kresel
Estela Luria	Clendenon	Julie Gould
Ethan Lindsey	Jeanne Barnes	June Kunkle
Eva Larios	Jeanne Dill	Karen Olomua
Evelyn Dondoy	Jeannie Braden	Karen Barker
Fabian Salazar	Jeff Carter	Karen Neuenfeldt
Faye Foster	Jeffery Evans	Karen Teichrowe
Fiona Reynolds	Jennie Bodine	Karen Harris
Frederick Hieber	Jennifer Geer	Karen Harper
Gabriel Cranley	Jennifer Johnson	Karen Wright
Gabriela Martinez	Jennifer Dunaway	Kari Morrison
Gail Pitchford	Jennifer Hagen	Karina Garcia
Garn Loveland	Jennifer Miller	Kasey Simmons
George Reed	Jennifer Parent	Kassie Reed
Georgina Canizales	Jennifer Cates	Katherine Olsen
Gina Hendrix	Jennifer Conrad	Katherine Smith
Ginger Norconk	Jennifer Johnson	Kathleen Melgarejo
Glenda Saunden	Jennifer Millay	Kathleen Lotti
Guadalupe Valenzuela-Torres	Jennifer Eastlund	Kathleen Jones
Gretchen Wright	Jennifer Hoffer	Kathleen LeVee
Guy Cowart	Jennifer Cavender	Kathleen Sarvent
Halie Footman	Jennifer Hampton-Meissner	Kathryn Cardwell
Hanan Dahir	Jesse Cade	Kathy Brunkow
Heather Avilla	Jessica Holland	Kathy Covington
Heather McNamee	Jessica Perry	Katie Boudreau
Heather Mizner	Jessica McIntosh	Katrina Sanders-Carlbon
Heather Case	Jessica Hobbs	Kay Roe
Heather Anderson	Jessica Hutchinson	Kayla Baldwin

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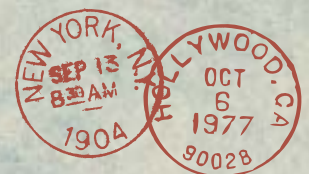
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## SPIRIT CLUB MEMBERS CONT.

Kayla Bateman	Lindsay Luck	Melisa Aranda
Kayla Russell	Lindsey Schaub	Melissa Ellsbury
Kaylee Yother	Lisa Holland	Melissa Robinett
Kelly Warren	Lisa Stedman	Mellody Grosvenor
Kelsey Larsen	Lisa Slavik	Melody Jones
Kelsey Sahn	Lisa Bond	Mesenogna Terefe
Kerri Stubb	Lisa Cantrell	Meuy Saelee
Kevin Smith	Lisa Pendery	Michael Mishler
Kim Burris	Lisa Peterson	Michelle Weisler
Kim Hancock	Lisa Weber	Michelle Lutz
Kimberly Struever	Lisa Brothen	Michelle Fray
Kimberly Morales	Lori Piro	Michelle Gunderson
Kimberly Brassfield	Lori Ewing	Michelle Zander
Kimberly Ard	Lori Schindler	Monique Green
Kirk Mann	Lori Taylor	Monteca Zumalt
Kirk Langer	Lorinda Archie	Muriel Ferris
Kris Miller	Louise Tower	Nadine Rojas
Krissa Ferguson	Luz Topete	Nancy Koerner
Kristen Savorelli	Lynn Barnard	Nancy Norberg
Kristin King	Lynn Hughes	Nancy Williams
Kristin Stewart	Mahshid Solati	Naomi Land
Kristin Erdmann	Marcelina Cammalba	Natalya Malyugina
Kristin Keen	Marceline Hutchinson	Nathan Clark
Kristin Duhrkoop	MarDee Petersen	Neal Campbell
Kristine Juhola	Margaret Mulligan	Neil Marshall
Kylie Evenhus	Margaret Williams	Nguyet Nguyen
Kym Wells	Maria Iesulniels	Nick Huston
Ladene Woodward	Maria Smith	Nicole Burnham
Lakeia Brown	Maria Amsler	Nicole Easley
LaRayne Barrios	Maria Agnes Pombuena	Nicole Sims
Larissa Hosler	Maria Norma Munoz	Nikki Edwards
Lashaunda Repp	Mariah Everett	Nikki Watson
Latisha Peery	Marianna Revenko	Nola Davenport
Laura Tullock	Maribeth Taennler	Novi Ridjab
Lauren Mosbrucker	Marie Marshall	Nurafaidung Ntekpere
Lauren Monsen-Kelly	Marilyn Anderson	Odessa Odekirk
Lauren Kippen	Marilyn Pegross	Olivia Clark
Lauren Mosbrucker	Marisa Vogt	Omar Ugalde-Munoz
Laurene Fox	Marissa Mitchell	Pam Miller
Lauri Cruz	Marissa Summers	Pamela Henrichs
Laurie Crawford	Marjean Gannon	Patricia Burton
LaVohne Smith	Mark Hutchinson	Patricia Craig
Leah Brandis	Marlo Piane	Patricia Kerr
LeAnne Gibbs	Marna George	Patrick Tabor
Leilani Bennett	Mary Amick	Patti Helgeson
Lesa Wooton	Mary Picard	Patty Benedict
Lesley DeFazio	Mary Dhillion	Patty Kleckner
Leslie Anderson	Mary Hindal	Paul Barth
Lewam Gebremichael	Mary K. Simpson	Paulette Reischman
Liana Tschen	Maryann Collini	Penny DeMoss-Ventura
Lila Backer	Matt Reinikka	Pete DelSignore
Lilian Leiva	Matthew Pool	Peyton Dyer
Lily Fry	Matthew Feldmar	Phyllis Orton
Linda Eckerton	Max McIntyre	Porfirio Cano
Linda Slocumb	McKenzie Dodge	Ramona Picard
Linda Cheyne	Meagan Brunelle	Raschelle Dupell
Linda Vandusen	Meagan English	Raymond LaForest
Linda Kirch	Megan Kerekes	Rebecca Bowen
Lindsay Ross	Melany Laughter	Rebecca Cox

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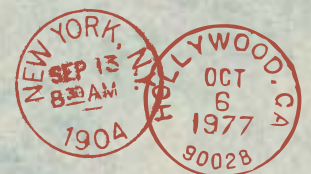
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Rebecca Garrett  
Rebecca Evans  
Rebekka Rivas  
Regie Downs  
Rene Haney  
Renee Lewellen  
Renita Armstrong  
Rhia Lumanog  
Rhoda Parreno  
Rhonda Manker  
Ricardo Mungarro  
Rich Jones  
Richard Littrell  
Rick Murphy  
RJB Free  
Robert Frosco  
Robert Hodges  
Robert Zied Roberto Soto  
Robin Jimenez  
Robin Vanlandingham  
Robyn Trahan  
Rochelle Ruffin  
Rodney Corbin  
Ron Gribble  
Ronalee McCarthy  
Ronnelt Siilata  
Rosa Diar DeBarajas  
Rose Lee  
Roseann Casillas  
Roselind Vela  
Rosemarie Enriqnce  
Russ Kittrell  
Ruth Wadsworth  
Ruth Elliott  
Ruthella Moore  
Sable Ockree  
Saira Gantzer  
Sally Stocker  
Samuel Gameda  
Sanahab Kuyateh  
Sandra Sam-Kim  
Sandra Ward Crowley  
Sandra Connolly  
Sandra Hodge  
Sara Hardy  
Sara Valencia  
Sara Hoffman  
Sara Dougherty  
Sarah Rice  
Sarah Dhillion  
Sarah Staples  
Sarah Stevenson  
Sarah Tatom  
Scott Collinsworth  
Scott Miller  
Shannon Bates  
Shannon Dillon  
Shaunal Setterlund  
Shaylee Nannery

Shehani Fernando  
Sheila Collins  
Shelley McCleskey  
Shellie Anderson  
Shelly Allison  
Sheri Ascariz  
Sherry Dodson  
Shirley Gomez  
Shy-Anne Rio  
Sierra Steenson  
Simoura-Michelle Rahman  
Sinell Harney  
Sonam Diki  
Sonam Tsomo  
Sonya Bell  
Stacey Ufer  
Staci Tone  
Stephanie Johnson  
Stephanie Loome  
Stephanie Ferree  
Stephanie Pekarek  
Stephanie Grady  
Steve Hill  
Susan Meyers  
Susan Oakes  
Susan Kelly  
Susan Broxon  
Susan Debates  
Susanna Walther  
Syliva Hess  
Talia Ferrioli  
Tamara Nason  
Tamara Brister  
Tammy Boyd  
Tammy Blaney  
Tany Nawalaniec  
Tanya Almond  
Tara Danks  
Tarrysa McDonnell  
Taylor Daniels  
Teddy Nielsen  
Teresa Smith  
Teresa Ohmart  
Teresa Navarro  
Teri Ferreira  
Terri Wallace  
Terri Fagan  
Terrilyn Virgus  
Theresa Decker  
Thomas Mendoza  
Tien La  
Tien Ngo  
Tiffany Douglas-Walker  
Timothy Epperson  
Tina Parker  
Tina Shafer  
Toni McKoy  
Tony Manninen  
Tracy Anderson

Tracy Fritts  
Tram Ho  
Trevor Richardson  
Tricia Burk  
Trudy Marie Devila  
Tseing Gawatsang  
Valerie Weaver  
Veronica Ostergen  
Vicki Bishop  
Vicki Nordby  
Vicky Chavarria  
Victoia Hamilton  
Violeta Reyes  
Voletta Hays  
Wanda Chiscolm  
Wendy Lewis  
Wilma Diaz  
Zach Fogg  
Zeny Lopez

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