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H VITAL LIFE FOUNDATION

### Letter from the Board

The mission of the Vital Life Foundation is to support organizations and programs that provide meaning and vitality in the lives of seniors and staff members living and

working in Long Term Care. We partner with charities whose values and missions complement our own. These partners have committed to include our clients in their programs as a way to connect them to their community. Our charitable partners include: Alzheimer's Association, American Heart Association, Backpack to School, Meals on Wheels, Ronald McDonald House Charities and Susan G. Komen.

Over this past year, our external fundraising efforts have produced \$201,197, with \$138,000 coming in from our golf tournament. Our Spirit Club donations (monthly commitments from Marquis and Consonus Staff) increased to \$101,684 from \$64,000 the previous year. We also had an increase in our Vital Volunteers, individual donors and corporate donors.

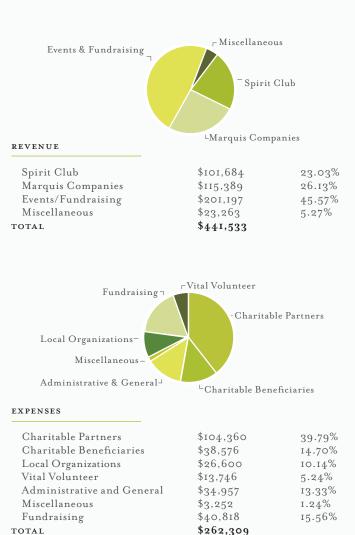
Throughout the year, we budget donations to match the amount raised the previous year. Last year we donated \$201,197 to deserving charities based on 2009 fundraising activities. Our next fundraising event will be The Stomp which will take place on July 16, 2011. It will be a western-themed event with activity venues, dinner, auction and casino. With your continued support, we hope to increase the dollars raised so we can make an even greater impact on the organizations we partner with.

Thank you for generously supporting the Vital Life Foundation.

#### Board of Directors

Angie Fogg, Chairperson Charles Bloom, Vice-Chair Staci Tone, Treasurer Jennifer Hoffer, Secretary Kathy LeVee, Director Dale Glasser, Director John Tipton, Director Phil Fogg, Director Steve Fogg, Director Julie Kresl, Director

#### Financials



The 2010 expenses are reflective of 2009 donations. All donations commensurate with the previous year's fundraising. 2010 revenue will drive 2011 donations.

#### Charitable Partners

Alzheimer's Association American Heart Association Backpack to School

Meals on Wheels Ronald McDonald House Charities Susan G. Komen

# 2010 Highlights

Alzheimer's Association | Raised and donated over \$18,000 for the Alzheimer's Association through 12 facility fundraisers and the Beavers Baseball Game. The first annual Laughter is the Best Medicine comedy show, put on by Marquis and Consonus staff members raised \$2,015 with approximately 100 people in attendance.

American Heart Association | donated \$16,000 through 5 fundraisers and programs. 1,112 Vital Life Foundation team members attended the Heart and Stroke walk in Portland, Oregon.

Backpack to School | 47 participating facilities aided in distributing 1,035 backpacks to children of those working in the long term care community. Each backpack was filled with back-to-school essentials.

Ronald McDonald House Charities | Seven Marguis facilities delivered toys and food for families to enjoy during the holiday season. Forest Grove residents also made 40 large fleece blankets for the kids of Ronald McDonald House and donated \$262 from their "Day of Change" fundraiser.

Susan G. Komen | 8 fundraisers and 558 Marquis and Consonus staff members, employees and residents aided in a final donation of \$15,545.

Meals on Wheels | Purchased 149 Valentine-a-Grams and donated \$1,470 through facility fundraisers.

Medical Teams International | \$18,236 was matched for Spirit Club and Vital Volunteer donations for the victims of the Haitian earthquake.

Golf Tournament | The Reserve Vineyards and Golf Club hosted our first golf tournament fundraiser on September 19, 2010. 35 sponsors, 28 teams and 54 volunteers aided in the success of raising \$138,000.

#### Donor Increases from 2009-2010

- Spirit Club: Doubled to 656 members in 2010, increasing their donation from \$64,000 to \$101,000.
- Vital Volunteers: Increased by 66% to 49 members bringing awareness to additional causes in our community
- Corporate Donors: Increased 24%,

Revenue | Increased by nearly \$200,000 in 2010.

# Vital Volunteer Stories

#### Matt Feldmar | Consonus Rehab

Matt Feldmar graduated from high school as a three-sport athlete. Throughout college, he began to struggle with his weight. In 2009, he decided to turn his life around and take his health seriously. He tried a few things but nothing seemed to be sticking. He decided he needed an event to look forward to and keep him motivated so he joined Team-in-Training and starting training for the Tahoe Century Ride, a 100-mile bike ride around Lake Tahoe.

Team-in-Training, or TNT, is set up for people who are training for a high-endurance sporting event. In exchange for the training and support, participants raise money for the Leukemia and Lymphoma Society (LLS) whose sole mission is to find a cure for blood cancers such as leukemia, lymphoma, Hodgkin lymphoma and myeloma. Each team is paired with an "honored teammate", who is battling cancer but has agreed to be the face of the cause for the race season. When Matt started training for his first race, he recalls, "Riding even 10 miles was exhausting. But I always knew in the back of my mind that whatever pain I was feeling was far less than what my honored teammates were going through."

Since the beginning of 2009, Matt has competed in 5 highendurance sporting events including triathlons and longdistance bike rides. During this process, he has raised over \$10,000 for the Leukemia and Lymphoma Society. In addition he has been able to involve Marquis and Consonus employees in his fundraising process. Over 20 different employees have donated \$2,400 through the Vital Volunteer program in 2010 That money was then matched by the Vital Life Foundation.

Not only has Matt been an ambassador for the Vital Volunteer program, he has also been a strong ambassador for the Teamin-Training program. He has even gotten a few coworkers to join a team to train and fundraise through TNT. He most recently completed the Pacific Crest Half Ironman with TNT, has become a mentor for a group of TNT trainees, and has his sights set on the Ironman Canada in August, 2012. When asked to reflect on his fundraising efforts, Matt states, "Raising money is the least I can do for a group of people who have helped me reclaim a huge part of my life."

#### Forest Grove Residents | Marquis Forest Grove

After the residents of Marquis Forest Grove had lunch with Ronald McDonald himself while attending the Washington County Fair it sparked the thought of doing something for the children of the Ronald McDonald House in Portland. The residents were excited to find out that there were things they could do to help out. They got busy making change donation cans that were placed in various businesses around town to help with the Ronald McDonald House Day of Change which takes place in the month of September.

After talking with staff members at the two Portland Houses, the residents learned that the charity had a need for new blankets for the rooms in the house. The children get attached to these blankets, taking them with them to the hospital while they receive treatment. These security blankets provide a sense of comfort and many children take them home with them. Over half of the blankets were sponsored by family and community members. The residents took advantage of every opportunity to work on the blankets.

On October 6th, a group of residents from the campus arrived at the East Ronald McDonald House of Portland bearing 40 new large size fleece blankets, 2 cookie jars filled with fresh homemade chocolate chip cookies and a check from their *Day of Change* cans in the amount of \$262.93. Upon loading the bus to head back home, a young boy who had just come back after a procedure at the hospital and had selected a blanket came on the bus to meet the residents. Seeing the cheerful face of a boy they had helped, the residents were inspired to find ways to continue giving back to the charity.

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iving with a monetary donation.

Donna Baker

Fric Litner

Fieke Diikstra

**Forest Grove** 

Garn Loveland

Heather Mizner

sica DeNardo

Holly Edwards

Jerry Nelner

Guy Cowart

Residents

Eva Smith

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Dr. Graitzer

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Joy Lankford Kathleen Kramer Kent Brook inda Plummer inda Ward \_ipman Wong Mannee Burron

Joseph and Kathleen Mary Amick

Marcus Pegross

al Volunteers | Marquis and Consonus employees who have a personal

volvement in charitable giving through volunteer hours or monetary

onations. The Vital Life Foundation was able to match their charitable

John Moore

Judith Little

Julie Gould

Kathy LeVee

Kelsey Larsei

Keri Merchant

Krissa Ferguson

Morrison

Kym Wells

\_aurine Fox

Mary Oliver

Matt Feldmar

Julie Barnes

Melissa Robinett

Patricia Kume

Patty Magid-Volk

Pete Del Signore

riscilla Vazquez

Fammy Vandevender

Rebecca Smith

Phil Fogg, Jr.

Ruth Reimer

Tracy Fritts

Verity Pang

Mike Larsen

Nathan Redberg

Nicholas Bell

Paul Mills

Patricia Collins

Paula DeLoriea

Rolf Gearbart

Susan Rousseau

Tamara Sullivan

Teresa & Danie

Todd Saunders

Victor Burrone

Katsares

Staci Tone

Phil & Angie Fogg

Ricky & Susan Rouse

Nick Ball

Accelerated Care Plus Accounting Connections Advanced Vending Alphagraphics Aquatic Sports Columbia Roofing & Sheet Metal Isler Consonus Healthcare **Construction Management** Group, Inc. Contemporary Healthcare Capital KOOK Curious Comedy Theater CW Capital D&D Recycling Direct Supply Dynamic Medical Syster Embassy Suites Emerio Design Encompass Entegra First Quality Forest Pharmaceuticals Frontier Management Generations

Gracelen Terrace HB Electronics HBE Healthcare at Foster Creek Hospice of the Northwest Icon Salon & Spa Jeffery DeMure Associates Kam's Fine Foods. Inc. Kinetic Group KPD Lewis & Clark LTC Risk Retention Sysco Group Liberty Mutual Group LifeWise Health Plan of Oregon The Saunders Compar Lockton Insurance Marquis Companies Martin-Harris Construction Umpqua McKesson Metro West Ambulance Midcap Financial Mt. Hood Solutions Odyssey Hospice Orepac

**Pavillion Construction** Pinnacle Portland City Grill Prestige Moving and Storage R/West RMA Salon West Schucks O'Reily Auto Parts Serenity Palliative Care & Hospice Smartlinx SON Clinical Labs The Nathanson Group The Private Bank The Triad Group UHF Purchasing Uni Ter Group US Bank Western Foodservice Ma Willow Creek Management

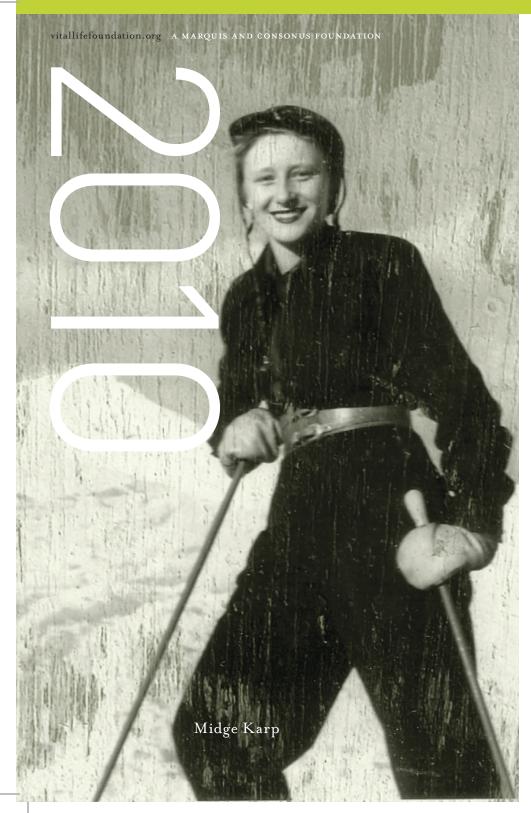
Vital Life Foundation supports organizations that contribute to the lives of seniors, staff members, and the community at large. We believe that community health is every bit as important as personal health.

Thanks to our donors and volunteers, revenue \$200,000 in 2010.

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Giving back to the community

# new adventure

Where will tomorrow take you?

## Spirit Club Members

A JAY SINHA

AMY PYRITZ

APRIL DIAZ

ABIGAIL HOWARD AISLING SABIN ALESHA STEWAR ALISHIA GILLER ALLEN MARTINDA AUTUMN REED-WALKER CINDY STEWART ΔΙ Ι Ι SON DEHAA ALLISON HOELTER ALWINDER JOHAL RBARA BALMER CLAUDIA LONG ARBARA O'CONNOR CLYDENE TURNER AMBER GLOVER ARBARA SMITH COLLEEN HUNT AMBER MAAS AMINATA ARCE BEATRIZ ZAMORA-DIAZ CONNIELE AMY BUCHER BECKY WASHINGTON COURTNEY CORDA AMY EVINGER BELINDA CARSLEY COURTNEY MILLER BETH BIGGS AMY SEIGER AMY STONE BETTY BLAKE AMY TAYLOR BONNIE NELSON CRYSTAL HUSTON BRANDON BARNHOUSE CYNTHIA BILES ANA SCHNEIDE RAUNWYN MATHEWS CYNTHIA JOHNSON ANA VARGAS BRENDA ELWONGER CYNTHIA KUHN ANDREA APARO ANDREA KRAMER BRENDA SANCHEZ BRENDA WILSON CYNTHIA MARTIN ANDREA PARK BRIAN ANDERSON CYNTHIA MILLER ANDRES DELAO BRIGITTE REY WAGNER CYNTHIA WATSON ANDREW SMITH ANDREW TAYLOR BRIGITTE ROCHA DAN LYMAN ANGEL MATHEWS BRUNHILDE PATTERSON DANETTE ANTONNEN ELIZABETH KLOPE ALLEY SCHANDERL DANIEL CANCHOLA ANGELA PENK ANGELA RAMPONE CAMIA GONZALES ANGELA ROELOF ANGELA RUDE CARLABAKER ANGELA VALDES CAROL REID ANGELA WATTERB ATHERINE FLOWERS DARLA HARRIS ANGELA WATTERS THERINE WILKINSON DARLA MANNING ANGELICA ALONZO ATHRINE SQUIRE ANGELICA WILLIAMS I IA MADSEN ANGIE LATTA ANN BARBA HARISSE ELORY ANN BRODIE-KNO HARISSE HOPP ANNA BROWN ANNA EVANS ANNA HOWARD CHARLES BLOOM CHARLOTTE MARCOL ANNE RIEKE ANNIE KANG CHELSEA ANTHONY ARRINGTO CHELSY HALL APRIL SMELTZER CHERYL CONKLIN ADDILL HAMBLIN ARIELLE ELSENBACI CHRIS HARRINGTON CHRISTINA GLOS DEBORAH OTTO ARTICE CARTER CHRISTINE HUSTON DEBRA BILLS ARVIN BUSTILLO

DEISREE MCKEE CLAUDIA GOME CLAUDIA NELSON CORRINA CARRASCO DONNA GARDNER NONNA MORGAN CRAIG SIMMONS NNA SPICER CRYSTAL HOGAN RIS DREW-GALLEY HOLLY WILSON ED SPORRERT EDIE VICTOR CYNTHIA LANSDOWN ELISA HUNT FLISA IO CABATIC ELIZABETH ACKERMAN JAMES EDMONDS ELIZABETH GOMES FLIZABETH KELLEY ELIZABETH RATHFON JANET SANDERS DANIEL CASILLAS SR. **ΕΓΙΕΥΔΚΙΙΝΙΝ** DANNA CANSLER EMILYGOETTE DARIN YOSHIMOTO ΕΜΠ Υ ΗΔΤΩΗΕΡ ΕΜΜΔΙΕΔΒΟ DAVID LEWIS FRIC BERRY DAVID VAN WAGNER DAWN CLINE DAWN GORDON DAWN GUILLING DAWN JACKSON ESTER (SHE) I VNI ANNA KATTNER FAYE FOSTER DEBORAH DIL FERNANDO RUE FRANCES MANUELL FRED BUCHER

The Spirit Club includes Marquis and Consonus employees who have a personal involvement in charitable giving through volunteer hours or monetary donations.

GARNI OVELAND

**SHADALIPE** 

HANNAH GAY

HASEENA VASWANI

EATHER MIZNER

HEATHER PATTERSON

HEIDI LONG

HEIDIE JENSEN

HELEN YOUNG

HOLLY DAVIS

HYANG CHA

IAN STRAND

JAMES SANTA

JANET LEE

JARON SUE

JANEL HERRING

JANET SHEPPARD

JASON BAKER

JEANNE DILL

JAYME VAZQUEZ

JEANNIE BRADEN

JENNE COATES

JENNI ZIMOWSKY

JENNIFER BARDELL

R HAGEN

JENNIFER COOK

JERRY NELNER

JERRY WILLIAMS

JESSICA BRADLEY

JACLYN GUTIERREZ

JACOB SHIPMAN

HERB MCKINNEY

ABBY BAGOS HOOD ASELE BUGINGO CHRISTINE KETCHUM DECHEN DOLKAR GAIL DEVENPORT JESSICA GATES KATHLEEN BRUNKOW LIDIYA BROWN IESSICA HOWLAND KATHLEEN JONES LINDA KIRCH JOANNA DE LA ZERDA KATHY HIENDLMAYR LINDA STULT VALENZUELA-TORRES IOANNA YONI IODIE CAPEL LISA BERTASH JOEY MARTIN LISA BREWER KAY BALDWIN LISA CLINE ΙΟΗΝ ΒΔΚΕΒ HAZEL CHRIS GRIBBLE IOUN DIEDOE KEALY ADAMS KELLY VALISH KELSEY LARSEN LISA SLAVI KENDRA RUSHING IORDAN COSTANZO OSEFINA CONCEPCION KERRY RILEY I ONI WALLIN SEPHINE CURTISS KEVIN SMITH JOYCE JOHNS JUAN DELA CRUZ JACQUELINE POYTRESS JUAN RAMIREZ (IMBERLY BEIGHT MACKENZIE PHILLIP JUDY HARBIN JUDY HARTWEL JUJI JANNA DAVIS MARGARET CLEMEN( KRISTI RIIMI EV JEANETTE CLENDENON JULIE BARNES ΙΙ ΙΙ ΙΕ ΕΔΤΟΝ IULIE GOULE JULIE KRES JULIE MARTIN KYMBERI Y WELL JULIE MOSKOWITZ IIII IE OBER JULIE SOLEIM LARAE PIKE JENNIFER CORDONIER IIII IE VOGT ΚΑΙ ΥΝ ΜΑΓΠΟΝΑ KAREN FETTY-AL MARK SCHUL NNIFER FOREMAN KHALEDY MARIADUE KAREN KOHL I AURA MUNDA NNIFER HOFFER KAREN NEUENFELDT MARTHA PERE I ALIREL RAMIREZ MARY ANN SEEGE KARIMARTENS MARY ELLIS FAHBRANDIS KATHERINE LAMERE LEE WESTOVER MARY HINDAL KATHERINE OLSEN LEILANI BENNETT MARY JO ENGE KATHERINE WOLF MARY PICARD LESLIE LEHMAN JESSICA FARRELL KATHLEEN BRAASCH LESLIE RICKERT MARY SIMPSON

#### The Vital Life Foundation was able to match their charitable giving with a monetary donation.

MARYANN COLLINI NORA JACOBS MATTHEW IRVIN MATTHEW POOL ραμεί α τγε MAX MCINTYRE MEAGAN ENGLISH MEGAN ESCALANTE VELANIE SATHER MELINDA SANCHEZ MELISSA KELLY ΜΙCHAELA ΡΙΝ RICHARD JONE MIGUEL HERERR VISCHELLE DOUGLAS ROBERT MACH MOLLY JONES MONICA LANGE MONICA WOODY ROEANNE CASTLEBERRY VADINE AYUYU NADINE ROJAS RONDA MANKER ROSA VALENCIA NANCY KOERNER NATALIE ELWEL ROSELIND VELA ROSEMARIE GARAY NATHAN CLARK NERISSA WRIGH RUBEN HINOJOS NGUYET NGUYEN RUFINA (JESSICA VELAZCQUEZ NICOLE BURNHAM RUSS KITTRELL NICOLE EASLEY RUTH KIRKPATRICK NICOLE HARPOLE SAIRA GANTZER NICOLE SHAFFER SALLY FORST NICOLE SIMS SAMANTHA CRONIN NIKKI EDWARDS SAMANTHA MORRISON NINA HILL

SANDI HAMMONI

SANDRA CONNOLLY SARA GORDON STACIE GEROV STACY DENNIS STACY HEENER DIDGE VICTORIANN STEVE HOOD SUSAN BODINI SUSAN MEYERS SUSAN ROUSE SUSIE MCGILLIVRAY SUZANNA WALTHER TALIA FERRIOLI ZEYNAB DAHIR TAMARA MALDONADO TAMBRA ARMSTRONG TAMILAFLEN TAMMIE HISE TAMMY BOYD

TANGELA BROWN VALERIE EL DE VALERIE STRICKLAN ναν κοναμα VOLETTA HAYS WILLIAM BARTI WILLIAM MARTIN WILMA DIAZ-CETINA WINNIE GALLESTRE XAVIAR FLORES