

Vital Life Foundation Annual Report



YEAR 2010 Phil Fogg Sr.

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.

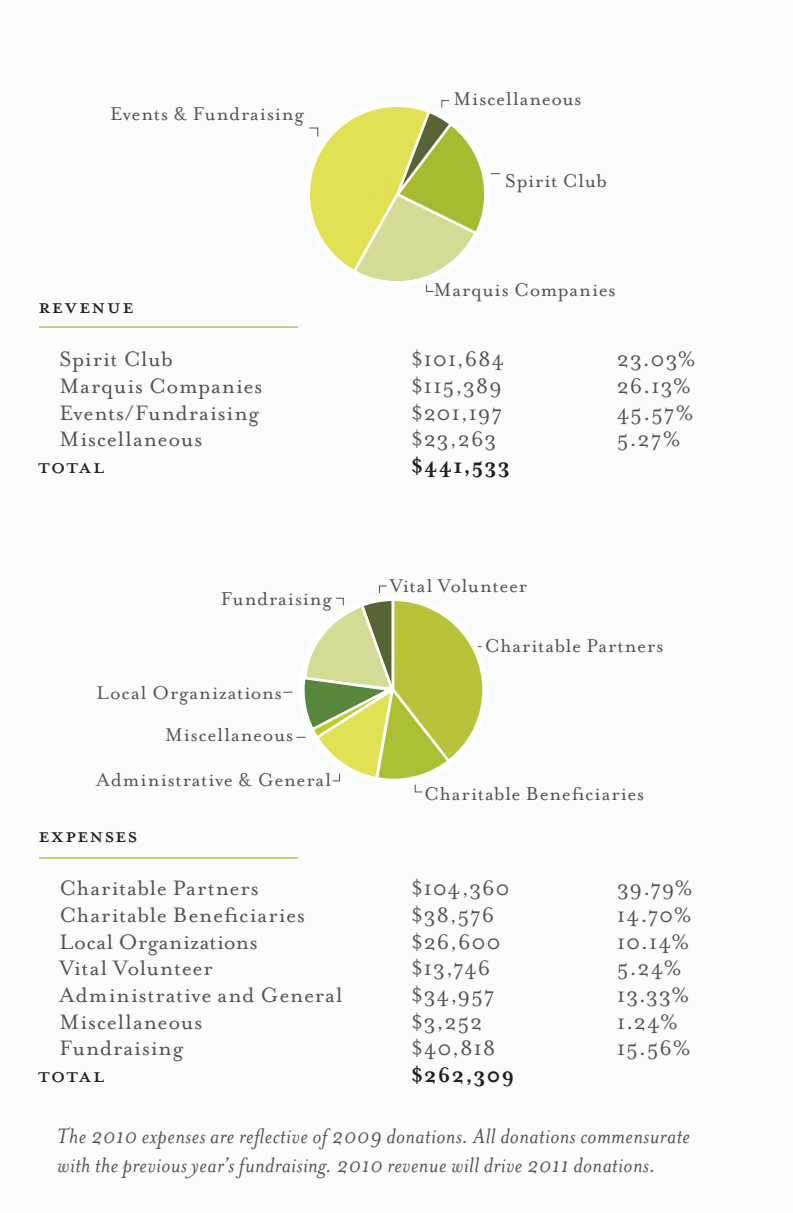
Throughout the year, we budget donations to match the amount raised the previous year. Last year we donated \$201,197 to deserving charities based on 2009 fundraising activities. Our next fundraising event will be The Stomp which will take place on July 16, 2011. It will be a western-themed event with 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



- 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 Marquis 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 high-endurance sporting events including triathlons and long-distance 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 *Team-in-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.



Donors

Vital Volunteers | Marquis and Consonus employees who have a personal involvement in charitable giving through volunteer hours or monetary donations. The Vital Life Foundation was able to match their charitable giving with a monetary donation.

Andrea Parks	Donna Baker	John Moore	Melissa Robinett
Angela Wykes	Elizabeth Gomes	Judith Little	Nick Ball
Angie Latta	Eric Litner	Julie Barnes	Patricia Kume
Anna Browne	Eva Smith	Julie Gould	Patty Magid-Volk
Asele Bugingo	Fieke Dijkstra	Kathy LeVee	Pete Del Signore
Babak Amali	Forest Grove Residents	Kelsey Larsen	Phil Fogg, Jr.
Brenda Etwonger	Garn Loveland	Keri Merchant	Priscilla Vazquez
Catherine Squire	Guy Cowart	Morrison	Rebecca Smith
Charles Bloom	Heather Mizner	Krissa Ferguson	Ruth Reimer
Charlene Bauzon	Holly Edwards	Kym Wells	Tammy Vandevender
Christine Mize	Jerry Nelner	Laurine Fox	Tracy Fritts
Courtney Corda	Jessica DeNardo	Mary Oliver	Verity Pang
Dawn Lutter		Matt Feldmar	

Individual Donors | Individual donors may include employees of Marquis and Consonus who made donations beyond that of the Spirit Club.

Allison Dehan	Erin Taylor	Watson	Mike Larsen
Allison Dyer	Faye Foster	Joy Lankford	Nathan Redberg
Andrea & Christine Herrera	Gay Pool	Juliana Cooper	Nicholas Bell
Ben & Darla Harris	Harry Oren	Phil & Kae Fogg	Patricia Collins
Bob Nagel	Ivan & Shirley	Karina Garcia	Paul Mills
Charles E. Heniken	Mundhenke	Kathleen Kramer	Paula DeLorica
Christiane Ettelman	Jack & Carolyn	Kathy Hiendlmayr	Phil & Angie Fogg
Cody Erwin	Patten	Kelsey Larsen	Ricky & Susan Rouse
Courtney Corda	Jack & Mary Hewson	Kent Brook	Rolf Gearhart
Daniel & Teresa Katsares	Jack Warner	Kim Fuller	Staci Tone
Darrel & Daniel Long	Jacob Herbst	Kurt Elliott	Susan Rousseau
Dave Lewis	James Kleinheinz	L. Reimer	Tamara Sullivan
David & Andrea Aparo	Jamie Perez	Lee Sommars	Teresa & Daniel
David & Rebecca Beasley	Jay & Susan Bennett	Linda Plummer	Katsares
Dr. Graitzer	Jeff Zeeb	Linda Ward	Todd Saunders
	Jo Leuze	Lipman Wong	Victor Burrone
	John & Mary Cain	Marcus Pegross	
	John Tipton	Mary Amick	
	Joseph and Kathleen		

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



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.

