

# Heartbeat

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## 'Jive Time in the Cascades' returns

*Fundraising concert features big sounds, classic favorites*

Toe-tapping, swinging and swaying are encouraged as Cascade Medical Foundation's *Jive Time in the Cascades* fundraising concert returns to the Snowy Owl Theater on September 17.

The Wenatchee Big Band, a community-based, 20-piece jazz orchestra whose members range in age from 17 to 82, brings a set lineup of swing and jazz standards — and popular crowd favorites.

"The Wenatchee Big Band is looking forward to the opportunity to play and support a very worthy cause," said Tim Zanol, the band's manager and bass trombonist. Proceeds from the concert, sponsored by Kahler Mountain Club, will go to help with the Foundation's next fundraising campaign for community health.

New this year is a pre-concert social and gourmet charcuterie table by Modern Mountain Creations. Concert goers also will find deals on a "Buy-It-Now" board of gift cards to local restaurants and businesses.



"Events like these help the Foundation fund critical needs for us and, in turn, we're able to continue to provide high quality care to our community," said Cascade Medical CEO Diane Blake. "We're so fortunate and grateful for our community's support — it really takes us all, working together, for a healthier community."

**FOR MORE EVENT INFORMATION:**  
[CascadeMedicalFoundation.org](https://www.CascadeMedicalFoundation.org)

## An evening with the Wenatchee Big Band

Sunday, September 17 at Snowy Owl Theater

### PRE-CONCERT SOCIAL

4:30 - 6 p.m.

Enjoy a gourmet charcuterie table by Modern Mountain Creations and no-host bar.

### CONCERT

Doors open 6 p.m. / Concert 6:30 p.m.

Look for the Buy-It-Now board with deals on gift cards donated by local businesses.

### TICKETS

\$40 general admission / \$65 social + general admission

Available online at [Icicle.org](https://www.Icicle.org)

**New this year!** Extend your evening out and your charitable contribution by joining us for a pre-concert social. Attendees will be treated to a gourmet charcuterie and appetizer spread, surrounded by friends and the backdrop of the Cascades. (Photo: Modern Mountain Creations)

## Donors, businesses support Foundation events

*A year of giving generously is bringing the cardiac rehabilitation center to life*

Orders will soon be placed for equipment needed to get a cardiac rehabilitation center at Cascade Medical up and running by January — thanks to the generosity of donors and businesses and the hard work of volunteers.

The \$87,000 needed to offer therapy prescribed to patients recovering from heart attack and heart surgery has been the Foundation's fundraising focus this year.

In addition to \$28,000 received directly from individuals since the campaign was announced and a series of smaller events, the Marson and Marson Cascade Golf Classic on June 19 at Kahler Mountain Club raised \$46,000.

Benevolent Nights, where hosts donate a portion of the evening's proceeds, generated more than \$13,000 so far. Hosts to date include Larch, Yodelin Broth Company, 509 Spirits, München Haus, Rocky Pond

Winery, Plain Cellars and The Squirrel Tree. More events are planned.

Foundation and Cascade Medical leaders are currently exploring ideas for the next capital campaign. Visit [CascadeMedicalFoundation.org/fundraising-projects](https://www.CascadeMedicalFoundation.org/fundraising-projects) for a list of past and current campaigns.

You can get involved by donating, volunteering, attending an upcoming event, and following us on Facebook and Instagram.



# CASCADE MEDICAL FOUNDATION

817 Commercial Street  
Leavenworth, WA 98826

## OUR MISSION:

To enhance and financially support Cascade Medical's ability to deliver quality healthcare to our community.

## CONTACT US:

(509) 548-2523

Foundation@CascadeMedical.org

We are a 501(c)(3) nonprofit EIN 91-1576083.

Non-Profit Org.  
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## Summer 2023 Calendar

- AUG 16** 4 P.M. - CLOSING  
*Benevolent Night\* at Wok About Grill*
- SEPT 17** 6:30 P.M. AT SNOWY OWL THEATER  
*Jive Time in the Cascades with the Wenatchee Big Band*
- SEPT 21** 5 P.M. - CLOSING  
*Benevolent Night\* at Colchuck's*
- OCT 12** 4 P.M. - CLOSING  
*Benevolent Night\* at Wildflour*

### OCT 1-31 **Breast Cancer Awareness Month**

Cascade Medical Foundation's *Think Pink* fund covers the cost of mammograms for uninsured women at Cascade Medical.

Do you know someone who is putting off a mammogram because of the cost?

Encourage them to call Cascade Medical for an appointment — (509) 548-2512.



### \*WHAT IS A BENEVOLENT NIGHT?

Participating restaurants will donate a portion of the evening's proceeds to Cascade Medical Foundation.

## AEDs at hand, ready to save lives

Cascade Medical Foundation helped raise more than \$40,000 to purchase 21 new AEDs (automated external defibrillators) in 2021 and 2022, making the life-saving devices more accessible to residents and visitors. Between schools, city offices, fire stations and businesses, more than 30 AEDs are available throughout the greater Leavenworth area to help those experiencing sudden cardiac arrest.

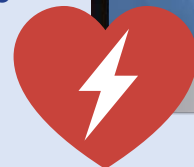
Key project partners included the City of Leavenworth, Cascade School District, Leavenworth Chamber of Commerce and Leavenworth Rotary.

The new WiFi-enabled AEDs, which analyze a heart's rhythm and, if necessary, deliver an electric shock, are easy to use, with instructions in English and Spanish. They allow EMS to know event details before arriving on scene and battery replacement sends alerts to staff who monitor them remotely.

Future fundraising efforts could provide upgrades and expand the number of life-saving devices available in the community.

### Local Businesses Equipped with AEDs

A map and informational video on how to use the devices can be found under the Projects tab at [CascadeMedicalFoundation.org](http://CascadeMedicalFoundation.org).



#### LEAVENWORTH

- Alpine Lakes Elementary
- Balance Point Health & Fitness
- Cascade High School  
*Office & Gym (2 AEDs)*
- Cascade High School Soccer Field  
*Concession Stand & Bus Garage (2 AEDs)*
- Cascade Medical
- Cascade School District Admin Office
- Chelan Count Fire District #3
- City Pool *(summer only)*
- Club West Fitness Center
- Dan's Food Market
- Icicle Brewing Company

- Leavenworth Chamber of Commerce
- Leavenworth City Hall
- Leavenworth Festhalle
- Leavenworth Golf Course
- Leavenworth Ski Hill  
*Ticket Booth & Lodge (2 AEDs)*
- Mountain Meadows
- Mountain Modern Supply Company
- Nutcracker Museum
- Rhein Haus
- Wenatchee River Institute

#### ICICLE ROAD

- Icicle Road Discovery School
- Icicle River Trails *(winter only)*
- Leavenworth Fish Hatchery

#### PLAIN, LAKE WENATCHEE

- Beaver Valley Elementary School
- Kahler Mountain Club  
*Clubhouse & Fitness Center (2 AEDs)*
- Lake Wenatchee Fire & Rescue
- Plain Hardware
- Squirrel Tree Restaurant

#### PESHASTIN DRYDEN

- Cascade School District  
Softball Field Concession Stand
- Peshastin-Dryden Elementary School  
*Building & Track Announcer Booth (2 AEDs)*