



Heartbeat

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Matters of the Heart

2023 Campaign: Cardiac Rehabilitation Center

Bob Adamson understands matters of the heart. The former elementary school principal and past Cascade Medical Foundation board member suffered a heart attack a few years ago.

“When the doctors at Confluence told me they’d signed me up for cardiac rehab three days a week in Wenatchee, I said, ‘I can’t do it. I’ll exercise on my own!’” he said.

The hour-long drive from his home in Plain, especially in the winter, was too much.

“Now, if Cascade Medical had cardiac rehab, I would’ve been there in a heartbeat. And when I talk to my neighbors, they agree. It would be great to have more services locally,” he said.

Foundation board members agreed, embarking on this year’s campaign to raise \$87,000 for equipment and training to develop a Cardiac Rehabilitation Center at the Leavenworth hospital.

Cascade Medical Chief Operating Officer Pat Songer said the project is another good choice by the Foundation, which has contributed

more than \$1.7 million to hospital projects in the past 30 years.

If Cascade Medical had cardiac rehab, I would’ve been there in a heartbeat.

Bob Adamson

“It’s really a great community service to offer and it’s one where people are more apt to stick with it, if it’s close by,” Songer said.

The program could be up and running as early as January.

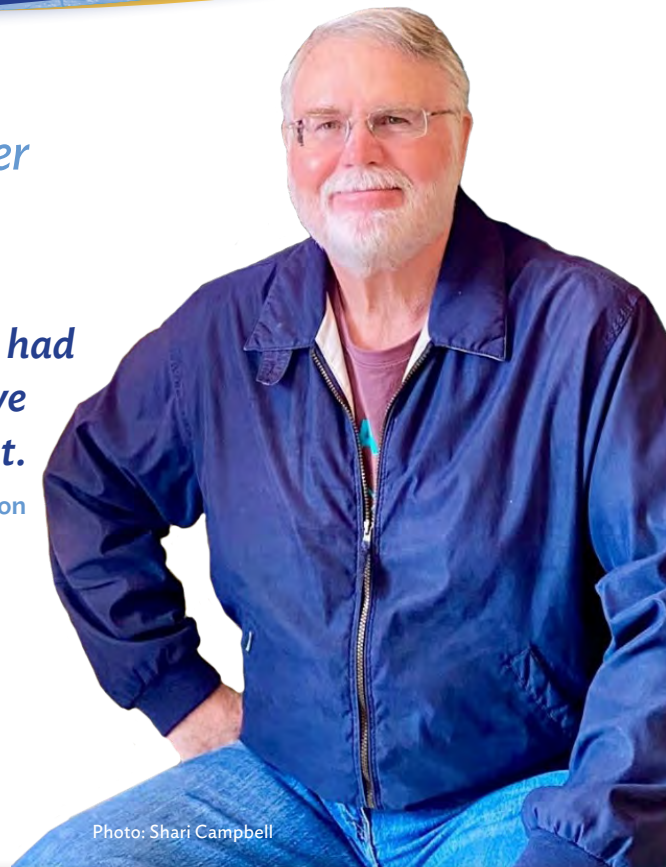


Photo: Shari Campbell

How can you help?

Your contributions, big or small, can help make a Cardiac Rehabilitation Center at Cascade Medical a reality.



Donate



Volunteer



Attend an Event

FOR INFORMATION OR TO MAKE A DONATION: [CascadeMedicalFoundation.org](https://www.CascadeMedicalFoundation.org)

Why a Cardiac Rehab Center at Cascade Medical?

Here are four reasons, from heart health to life-saving logistics.

1. Research shows people recovering from heart attack, heart surgery or other cardiac-related events get stronger faster if they complete a cardiac rehab program, which includes exercise and nutritional/lifestyle education.

2. Patients who complete 36 sessions reduce their chance of death in four years by 47% and they lower their risk of heart attack in five years by 31%.

3. Distance matters! Cardiac patients in rural areas are less likely to complete cardiac rehab because of the travel required to get to the nearest center.

4. Cardiac rehab at Cascade Medical would save Upper Valley patients up to 90 minutes in travel time per session — that’s 54 hours less time spent driving to Wenatchee for the 36 sessions.

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**Pat Songer, COO
Cascade Medical**



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:

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

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Spring 2023 Calendar

- MAY 18** 4 P.M. - CLOSING BENEVOLENT NIGHT* @ Yodelin Broth Company
- JUNE 6** 4 P.M. - CLOSING BENEVOLENT NIGHT* @ München Haus
- JUNE 19** 11 A.M. @ KAHLER MOUNTAIN CLUB Marson and Marson Cascade Golf Classic
- JULY 2** 4 P.M. - CLOSING BENEVOLENT NIGHT* @ Plain Cellars

MAY 14 10 A.M. IN DOWNTOWN LEAVENWORTH
Leavenworth Chamber of Commerce Mother's Day 5K Run/Walk

The course starts in downtown and winds through Waterfront Park, Blackbird Island and around Enchantment Park. Proceeds benefit Cascade Medical Foundation's fundraising campaign to create a Cardiac Rehabilitation Center in Leavenworth.

Visit Leavenworth.org/Maifest for information or to register for the event.



Proceeds from the Leavenworth Chamber of Commerce Mother's Day 5K Run/Walk benefit Cascade Medical Foundation.

*WHAT IS A BENEVOLENT NIGHT?

Enjoy a meal out and participating restaurants will donate a portion of the proceeds to Cascade Medical Foundation.

Teeing Up for Two Decades

Marson and Marson Cascade Golf Classic Coming June 19

Gimmes, a gopher hole and a chance at glory make getting on the greens more fun than ever this summer as registration opens for the Marson and Marson Cascade Golf Classic, Cascade Medical Foundation's biggest fundraiser of the year.

The 20th annual fundraising golf tournament, coming **June 19** to Kahler Mountain Club near Lake Wenatchee, includes a host of pre-tournament and on-course contests, activity packages, a raffle, mystery wine options, tee prizes, bragging rights and a taco bar dinner.

Marson and Marson Lumber has stepped up to be the title sponsor for the seventh year, joining forces with other major Foundation supporters, including Louws Truss, Der Sportsmann and host Kahler Mountain Club, to champion an event that benefits the entire community.

In all, more than 70 businesses and 40 volunteers chip in to make the Cascade Golf Classic a success.

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Last year's event raised more than \$43,000 to help purchase cardiac monitors, EMS e-bikes and community AEDs. Proceeds from this year's tournament support the Foundation's current campaign to develop a Cardiac Rehabilitation Center at Cascade Medical.



Photo: P2X Studio



Photo: P2X Studio

20th Annual Marson and Marson Cascade Golf Classic at Kahler Mountain Club

Help fund a new Cardiac Rehab Center at Cascade Medical!

11 a.m. Monday, June 19
Pre-tourney contests start at 9:30 a.m.

Registration \$125/player
Some sponsorships are still available!

FOR MORE INFORMATION OR TO REGISTER: CascadeMedicalFoundation.org