



Each day, RFWF helps someone in our community. County funds went away, local resources were reduced, RFWF stepped in and today we are successful changing lives. Whether it is getting a senior to an appointment, delivering a hot meal to an isolated resident, helping a family cope with a loved one's mental illness, or feeding a child over the weekend – bottom line, we are filling the gaps.

Testimony from Family to Family Class

"The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this."

What Did We Accomplish?



50 people completed Adverse childhood Experience training



Over 9000 meals were delivered to seniors and disabled



290 children received bags of food every Friday for weekends



2736 transports were completed in the Care Van

140 first responders complete Crisis Intervention Training



454 Dental Procedures were completed in the Dental Van



3171 Meals were served at Full Bellies



Over 400lbs of prescription drugs have been collected on take-back days.

As I reflect on the last year at Rainier Foothills Wellness Foundation (RFWF), I find myself grateful, inspired and extremely humbled by the community that surrounds us.

In December 2016, we celebrated our 3-year anniversary of Full Bellies. Over the course of 3 years, we have served over 8,700 meals to low-income families, seniors on a fixed income, and a growing population of youth that are technically homeless, otherwise referred to as couch surfing.

In April 2016 we used the funds from a successful capital campaign in 2015 to purchase a new Care van. This enables us to continue transporting our seniors and disabled population to health and wellness related appointments.

Of course, these are just a couple of the accomplishments that inspire me every day to continue to move forward and articulate our collective vision of RFWF. The work of our volunteers, our staff, and our board is the reason we have been successful implementing our community driven initiatives.

I am grateful for the partnerships of agencies that entrust in our vision and serve as an extension of our work. I am also grateful for the generosity of donors and supporters at so many different levels.

Thank you for a successful 2016. Every gift to our foundation impacts our community.

-Rene' Popke, Executive Director

Board of Trustees

Suzanne Lewis - President
Kaylee Garrett - Vice President
Kirk Parce - Treasurer
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Staff

Rene' Popke - Executive Director
Sue Stanwood - Office Manager
Shelly Pricco - Mental Health Community Coordinator
Monica Robbins - Drug Free Community Grant Coordinator
Debbie Fank - Care Van Driver
Ann Smith - Care Van Driver



Your investment at work...



Heard from a volunteer -
"I survived by the kindness of others when I was growing up, it is my turn to give back."

Grants

\$222,874



Individual Donations

\$72,793



Special Event Fundraising

\$155,869



Where did our funds come from?

Corporate Donations

\$16,950



\$21,497
Distribution from Reserves

401 Donors made 963 gifts to RFWF totaling over \$439,000.

161 returning donors continued to support the work of RFWF

171 New donors in 2016

68 Reactivated Donors

Overview - 2016 by the percentage

*Where is your money going?



2016 Summary of Expenses



8%
General



12%
Care Van



2%
Violence Prevention



1%
Books for Babies



Neighbors Feeding Neighbors
14%



31%*
Drug Free Community



15%*
Mental Health



3.5%
Dental Van



12%
Fundraising Events

*Grant Funded

Our Mission: To Create a Healthier Community



rfwellnessfoundation.org

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