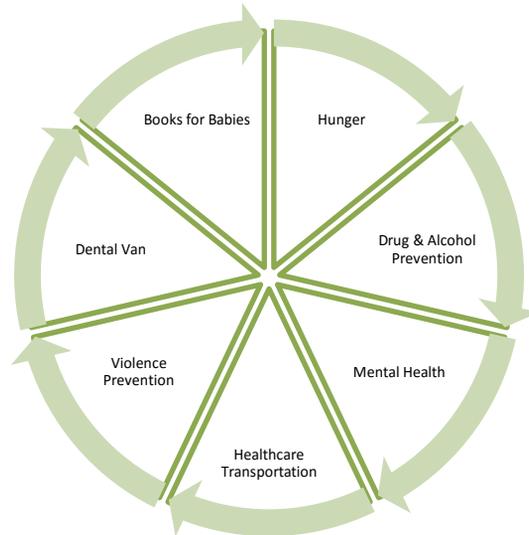


Our Foundation creates opportunities for individuals and organizations to come together, innovate, and collaborate to address issues that impact the health of our community and its people.

Our Initiatives



Committed to good stewardship

Thank you for your continued generosity. 2015 was a pivotal year for Rainier Foothills Wellness Foundation. There were **168** new donors who provided first-time gifts, and **193** returning donors continuing their support towards the Foundation. RFWF enjoys great success due to the hard work of the staff, board and volunteers. The persistence and growth of RFWF revolves around conversations centered around our initiatives. Whether there is a young child that experiences hunger over the weekend, a family just simply trying to cope with a loved one experiencing mental health issues, or a senior that needs a ride to their next dialysis appointment, our work is about filling the gaps and taking care of basic needs for a healthy community.

The Foundation had an positive response participating with the Seattle Foundation's GiveBig day in May with generous donations reaching over \$6,000. Two successful Dine-Out-Nights made it easy for the community to simply add a few extra bucks to their tab at local restaurants bringing in nearly \$10,000 to support Neighbors Feeding Neighbors. Together, we reached a goal of raising \$60,000 to purchase a new Care Van. These are just three examples of the community supporting our mission and helping us reach our goals.

We are grateful for your continued generosity. We could not do the work that we do without the countless volunteers and hours spent creating and supporting our infrastructure. On behalf of our board of directors, staff and volunteers, we thank you and hope that we can continue to count on you as a continued donor in 2016!

Overheard by a senior...

"It has helped me tremendously because I am getting up in age and I don't know how to cook. My wife no longer cooks because of her medical issues and I was feeding us microwave meals. I do not know what I would do without this program, it is a blessing to us."

Shared Responsibility ~

The Rainier Foothill Wellness Foundation board has always believed our programs and service can and should have a positive impact on the communities and people we serve.

It is our vision we will come together and **share in the responsibility** to create a strong community. Through elevated awareness, program sustainability and positive change with in our neighborhoods, everyone we touch can thrive.

Mental
Health

Drug &
Alcohol
Prevention

Hunger

Care Van

Violence
Prevention

Dental
Van

Books for
Babies

2015 PROFILE

Care Van



Transportation option for Plateau residents to be transported for healthcare related appointments.

Neighbors
Feeding Neighbors



***Senior Hot Meal** - hot home-made meal prepared and delivered to the homes of those in need.
Full Bellies - free weekly dinner provided for low-income families, seniors, and the homeless.
Backpack Program – food provided to elementary age children to be consumed over the weekend. Six meals and a couple snacks are provided on Fridays before the children go home for the weekend.*

Foothills Healthy
Community Coalition
(Drug & Alcohol)



To educate, communicate and collaborate for youth, adults and families of the Plateau to prevent substance abuse and encourage healthy life choices within our community. Coalition work is about environmental changes to reduce substance use.

Mental
Health Task Force



Improving mental health by increasing treatment and resources. Opportunities to discuss mental health disorders, suicide awareness, substance abuse by self-medication, mental health disorders affecting youth (including self-harm), how adverse childhood events affect mental health, and protective factors to reduce the incident of mental health illness, senior isolation are a few areas of focus.

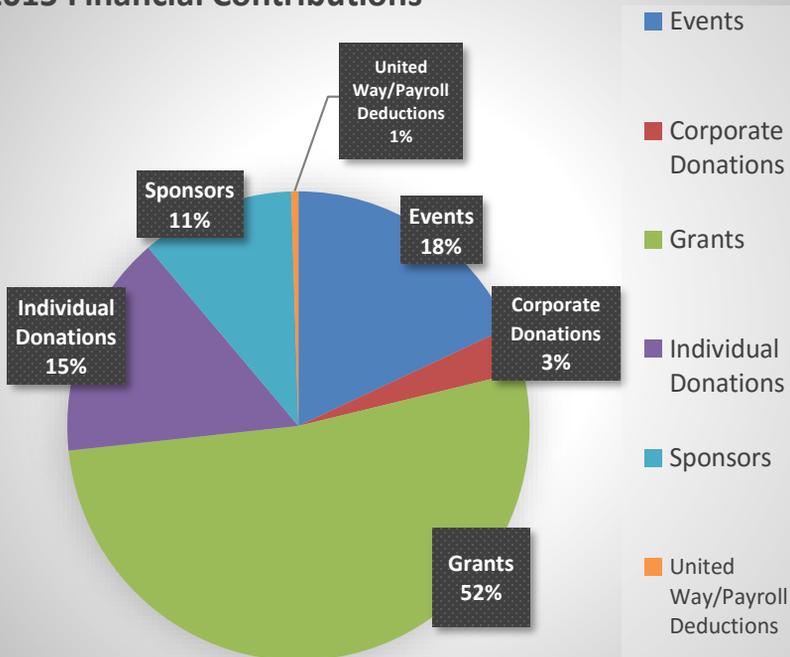
Mobile
Dental Van



Partnering with Medical Teams International, RFWF offers free dental care to low-income children and adults, the homeless and others who have urgent dental care needs and lack insurance or a realistic way to pay for treatment.

2015 SUMMARY

2015 Financial Contributions



Neighbors Feeding Neighbors - Senior Hot Meals

- Average # of meals served per week -171
- Average cost per meal - \$5
- Total Meals served in 2015 - 9181

Weekend Backpack Program

- Average # of backpacks filled per week – 282
- Average cost per backpack - \$5
- Total # bags of food sent home during 2014/2015 academic year – 10,998

Full Bellies

- Average # of meals served per week – 90
- Average cost of each meal - \$2.08
- Total # of meals served in 2015 – 3449

Care Van

- Average number of transports a month – 250
- Total miles driven in 2015 = 20,146
- Total transports = 2,602
- Average cost of a roundtrip transport from Enumclaw to: Enumclaw - \$17
Buckley - \$40
Black Diamond - \$47
- Average cost per trip \$26

Dental Van

Number of patients – 117
Number of Procedures – over 4940
Value of Procedures – over \$60,000
Cost to Foundation - \$9,600

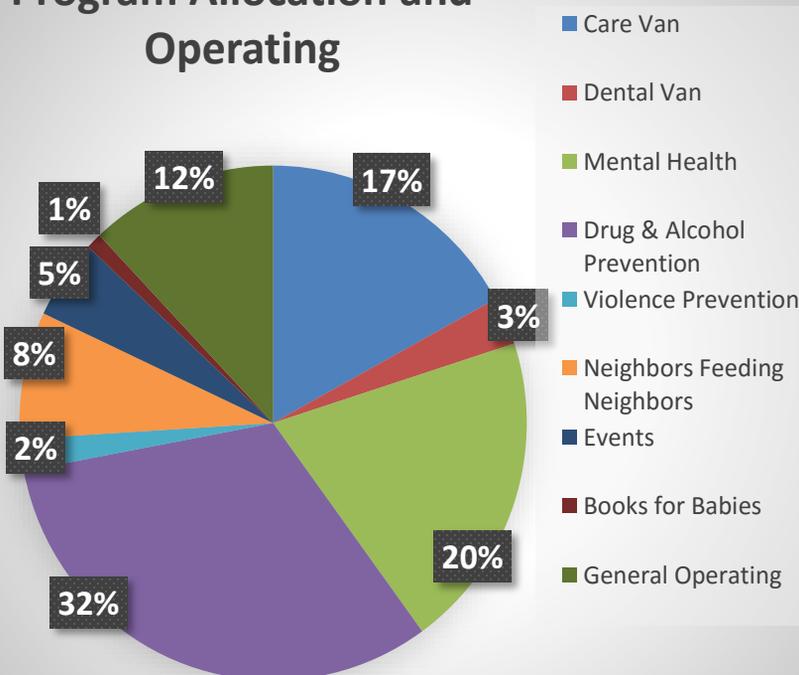
Mental Health Task Force

- Trained 125 first responders with de-escalation tactics
- Educated over 200 community members with mental conversations
- Trained 10 community members with suicide prevention training
- Twenty-six people received Adult Mental Health Certification

Drug & Alcohol Coalition

- Collected nearly 100lbs of prescription drugs
- Nearly 50 community members participated in Reality House, a reenactment of what parties look like on the plateau .
- Starts community wide Drug free Work Place Campaign
- Completed Tobacco Compliance Check, issued two citations,
- EHS Health classes

Program Allocation and Operating



Violence Prevention

Completed strategic framework process to restructure the task force mission.

Tremendous time was spent focusing on the mission, process and strategic planning process. This involved an extensive look at the desired outcomes and systems the group will be implementing to reduce violence in our community.

Rainier Foothills Wellness Foundation

Board of Trustees

Suzanne Lewis, President | Kaylee Garrett, 1st Vice President | Kirk Parce, Treasurer | Scott Gray, Secretary
Michelle Apodaca | Resa Bolton | Stefanie Erickson | Megan Farr
Alicia Kelsey | Ed Lindner | Alan Predmore | Kim Sweeney

Staff

Rene' Popke
Executive Director

Shelly Pricco
Mental Health Community
Coordinator

Maria Blackwell
Drug Free Community Grant
Coordinator

Cam Keith
Office Manager and Grant
Manager

Debbie Frank
Ann Smith
Care Van Drivers

EXECUTIVE MESSAGE

We value the needs of our community as an opportunity to serve. 2015 was quite a year! Friends like you are vital to RFWF's ability to fulfill our mission "To create a healthier community." A healthy and vibrant community provides a safe place to learn, grow, and raise a family. The people who live in Enumclaw deserve access to resources and education around healthcare and wellness. Our commitment to improve the access and resources is stronger than ever.

During the past year, tremendous time was spent looking at each initiative with a focus on the mission of the Foundation looking for tangible outcomes. With growth, we also experienced growing pains. Some of the initiatives were broken down and redirected to maintain alignment of the original goals. Loyalty to donors and maintaining a level of trust is valued by our staff and board of trustees when directing funds. Every gift to our foundation, large or small, plays an important role in the work we do to care for our community. Thank you for a remarkable 2015

-René Popke, Executive Director

OUR IMPACT



Overheard by a child,
"My mom said this food helps
us so she can pay other bills."



A



- A. Sr. Hot Meal Delivery
- B. Care Van Rider
- C. Support at Holiday Fantasy
- D. Officer Floyd greeting a guest at Full Bellies

Overheard by a Care Van Rider,
"My family works and I can't drive,
I don't know what I would do
without the Care Van."



Our Mission -To Create a Healthy Community



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P-360.802.3206 | rfwwellnessfoundation.org

