



THANK YOU

Heartfelt Thanks
to Our Employees,
Partners, Vendors,
and Friends



Thank you seems so small in comparison to what you have done through your donations of time and funds. With your help and commitment, we have served a diverse group of people. Your efforts have gone to children at the Ronald McDonald House and Children's Cancer Society. Through Susan G. Komen you have provided support for women who are battling the ravages of breast cancer. You have helped Loaves and Fishes provide meals for seniors who would otherwise not have enough food. You have helped many people fight heart disease through the American Heart Association and brought quality of life to those who are living with Alzheimer's. These are just a few of the many causes you have provided for.

The Vital Life Foundation continues to grow because of you. What a testament to the joy of giving you are.

-Angie Fogg, Board Chair

Welcome Mary Amick as Foundation Director

Because of our growth, the board has hired our first full time employee as Foundation Director. Mary Amick comes to us with many years of long term care experience including education, marketing, and event coordination. She has been with Marquis for nine years and has worked for both profit and not-for-profit organizations. Mary's greatest love is networking and creating programs and events that benefit seniors and underserved populations. The role of Foundation Director is a perfect match for Mary's background and skills. Please join me in welcoming Mary.

-Angie Fogg, Board Chair

UPCOMING EVENTS

December

- 08 Friends of the Children – Holidays with the Trail Band, Portland, OR
- 18 Alzheimer's Association – How Can I Keep From Singing?, Hillsboro, OR

January

- 10 JFR Foundation – Health Care Work Team Trip, Jinotepe, Nicaragua

February

- 03 American Heart Association Wear Red Day
- 04 American Heart Association Heart Ball, Portland, OR
- 11 Our House Auction, Portland, OR
- 14 Meals on Wheels Valentine-O-Gram, Portland, OR

March

- 03 Friends of the Children Classic Wines Auction, Portland, OR

April

- TBD Vital Life Foundation's Laughter Is the Best Medicine

May

- 02 American Heart Association Walking Challenge
- 03 Loaves and Fishes Spring Luncheon, Portland, OR
- 05 Susan G Komen, Race for the Cure, Las Vegas, NV
- 10 Friends of the Children – The 13th Annual Friend Raiser, Portland, OR
- 12 Susan G Komen, Race for the Cure, Boise, ID
- 20 American Heart Association Portland Heart Walk, Portland, OR



Backpack to School, Our Growth is Exponential!

The Backpack to School program originated in 2008 with a goal to assist staff, who are dedicated to the Long Term Care profession, by easing the burden of purchasing costly school supplies for their children. School supplies and a backpack can often cost upwards of \$100. The growth of the Backpack to School program has increased exponentially over the last four years. In our inaugural year, we provided 400 backpacks to children in grades K-6. The

number has increased each year. This year, we provided 2,969 children with new backpacks and school supplies!

This year's growth was significantly impacted by our new partnership with Consonus Healthcare. Both the rehab and pharmacy branches of Consonus participated in 2011 and were successful in recruiting 37 new partner facilities, which distributed backpacks to 1,290 children. Marquis Companies continued its outreach efforts and brought another 33 facilities into the project. The Backpack to School program is now represented by 105 facilities in seven states: Oregon, Washington, California, Idaho, Nevada, Montana, and Texas.

Finally, as the school year neared, the facilities entered "party mode" and prepared to give the backpacks to the children. Creativity abounded with parties that included mad science, a back-to-school fashion show, pony rides, magic shows, and carnivals. The smiles and delight displayed on the children's faces as they rummaged through their backpacks and discovered their new supplies were priceless, but it was the parents whose silent tears of appreciation or joyous words of thanks showed us we had truly achieved our goals.

Many thanks go out to everyone involved in the Backpack to School program; we couldn't do it without you!

-Kym Wells, Event Organizer

Laughter is the Best Medicine

On September 16, 2011, the Vital Life Foundation hosted the second annual Laughter is the Best Medicine comedy fundraiser benefitting the Alzheimer's Association Oregon Chapter. Over 380 people came out to the beautiful Alberta Rose Theatre in NE Portland to laugh for a good cause and to raise money and awareness for Alzheimer's. Thanks to our outstanding performers, sponsors, donors, volunteers and attendees we netted an amazing \$6,250!

We were thrilled to have last year's headliner, Ron Funches, perform for us once again. We also enjoyed host Dwight Slade, Ian Karmel (Portland's Funniest Person 2011), Stacey Hallal (Curious Comedy), Gabe Dinger and Anthony Lopez. Each performer graciously donated their time to our event and we encourage you to support them at upcoming shows.



LAUGHTER CONTINUED

The most exciting part of this year's show, however, was the addition of videos from Marquis residents. The new Senior Schtick segment featured fantastically funny folks from both long term care and memory care populations. From the simplest of knock-knock jokes to long tales of shared teeth, the audience absolutely adored them all.

Planning has already begun for next year's event. Through our strengthened partnership with the Alzheimer's Association Oregon Chapter, we are looking to make the event even bigger. Plans include a national headlining comedian, more Senior Schtick videos and a larger venue.

Producing this event has also inspired the creation of the New Memories Project, a program dedicated to bringing joy and improved quality of life to Alzheimer's patients, families and caregivers. The Vital Life Foundation, Curious Comedy and the Alzheimer's Association are partnering to bring more laughter to the lives of Alzheimer's patients, their families and caregivers.

-Jessica DeNardo, Event Organizer



“The Stomp” a great success for the VLF

On Saturday, July 16, over 700 people attended an outdoor, western themed fundraiser at the Rifkin Farm, in West Linn, OR, with all proceeds benefiting the Vital Life Foundation (VLF). In its inaugural year, The Stomp brought in \$310,000 in funds raised. These dollars will allow VLF to continue to support its charitable partners and beneficiaries, along with continued growth in our programs. As you might imagine, planning for an event of this size is not a small task. Many people played a role in making sure that all would be a success; including representatives from several of our Charitable Partners. It was important that attendees could more closely understand who these organizations are that VLF supports.

The event began in the late afternoon with various entertainment venues including a horse show, picture booths, wine toss, and hot air balloon rides. As the National Anthem was coming to a close, there was a dual formation jet fly by. 700 people dined as they listened to a moving testament of how the VLF touches the lives of others. Then the real fun began. A creative site set up included a fully constructed bar, a mechanical bull, two dance floors with music and videos, a full casino, and several locations for people watching. Just seeing some of those who “TRIED” to ride the mechanical bull was worth the price of admission!

We would like to extend a big thank you to all who participated in The Stomp. The willingness for those to give time is inspiring. These efforts are the reason that VLF can enjoy such success.

-Steve Fogg, Event Organizer and VLF Board Member

Marquis Vermont Hills Has A Heart For Giving

The Spirit Club is composed of Marquis and Consonus employees who support the Vital Life Foundation with a minimum contribution of \$60 a year – just \$5 a month. It was established as a way for employees to aid the many charities the foundation supports.

A HEART FOR GIVING CONTINUED

The Spirit Club has many contributors but, as a group, there is one facility that stands out: Marquis Vermont Hills. Vermont Hills has over 100 employees and an astonishing 99 percent of them donate through the Spirit Club.

Many of us work in long term care because it gives us a purpose beyond simply collecting a paycheck. Helping people in need gives meaning to our lives and creates a personal connection to our communities.

It is clear that the staff at Vermont Hills has taken that sense of commitment to a new and amazing level. Whatever their individual reasons for giving, the staff has provided an extraordinary example of selflessness. They will never know how many lives their gifts will have touched, but that makes their generosity all the more compelling. They give because they believe it is the right thing to do.

-Mary Amick, Foundation Director

Start 2012 in the Spirit of Giving

January is the time of year that we ask employees to renew their commitment to the Spirit Club. We hope that those of you who have been part of this giving program will sign up for a payroll deduction again this year and those of you who have never been a part of the Spirit Club will consider becoming a valued member of this amazing program.

There are many ways to enroll. You can see your Administrator, enroll online, or contact info@vitallifefoundation.org.

Because of your contributions, we have been able to support thousands of men, women, children and families who have been challenged with disease and circumstances that have devastated their lives.

First Walk To End Alzheimer's

The city was awash with purple, the official color of the first Walk to End Alzheimer's held in Redding, California on Saturday, October 22, 2011. It was a remarkable effort with 600 walkers and over \$40,000 raised in large part because of the efforts of Julie Eaton, assistant administrator at Marquis Shasta. The Vital Life Foundation was the premier sponsor.

Julie chaired the committee that designed and organized the walk which took place at the Redding Civic Auditorium. Redding Mayor Missy McArthur prepared the crowd with some poignant words about her grandmother who was affected by Alzheimer's. Many of the walkers were there because they also have family members who are living or have lived with the disease.

Marquis Shasta was well represented with 20 residents and 35 staff and family members arriving adorned in everything purple. Marquis's 2009 Legend winner, Andrew Taylor was there with his band, Ellis and Alchemist, playing before and after the walk. It was the perfect touch for an emotional, yet joyful event.

In a ceremony prior to the walk, participants wrote the names of loved ones with Alzheimer's on the petals of pinwheel flowers and dedicated the day to them. The flowers were "planted" by walk volunteers in a field along the walk route where the owners stopped to retrieve them.

It was a wonderful and moving experience that Julie Eaton has already been asked to start working on for 2012. We are so proud of Julie, as well as of Andrew and all the other Marquis Shasta staff, residents, and family members who helped make the event a rousing success.