I hope your Spring is starting out to be a happy and healthy one. 2013 was a great year for the Women’s Healthcare Fund. We welcomed 27 new members! Our Wine Women & Wellness event was a wonderful evening with 120 people attending, including 8 new members! The Bunko Babes for Boobs event was held on October 4 and raised $9,000. Thank you to the dedicated group of women that commit to hosting this event every year.

Through our fundraising efforts, we will be providing $2,000 in scholarships for two breast cancer survivors to participate in the Casting for Recovery Retreat coming up in June. This is our fifth year of providing scholarships to this wonderful event. And, we will be providing $7,700 for a treadmill and stationary bike for the Saint Alphonsus Cardiopulmonary Rehab Program in Nampa.

This year we’re adding something new to our calendar: the WCA Swap-A-Fair, to be held the weekend of May 16 & 17. This event is a boutique-like “swap-shopping” event to benefit the Women’s and Children’s Alliance. The Women’s Healthcare Fund is partnering with the WCA by volunteering our time at the event. I encourage anyone who has an hour or two during the event to volunteer for a shift. Look for information about this and other upcoming events in the newsletter.

I thank each of you for your continued support of the Women’s Healthcare Fund and encourage you to tell your friends who we are and what we do. By increasing our membership, we can have an even greater impact on educating and improving the health of women in our community.
Since its inception, the WHF has invested $325,000 in wellness initiatives. Some recent examples of making a difference include:

2014

• Funded two scholarships for the Casting for Recovery Retreat for breast cancer survivors and patients

• Cardio Chicks funded exercise equipment for the Cardiovascular Rehab program at Saint Alphonsus Nampa

2013

• Funded two scholarships for the Casting for Recovery Retreat for breast cancer survivors and patients

• Provided funding for 147 screening mammograms

2012

• Funded two scholarships for the Casting for Recovery Retreat for breast cancer survivors and patients

• Sponsored “The Beat Goes On” – an educational event that focuses on Hands-Only CPR and Sudden Cardiac Arrest in young athletes

• Provided funding for 59 screening mammograms, 27 diagnostic mammograms and 24 diagnostic ultrasounds

2011

• Provided the lead gift of $40,000 for the new Women’s Mobile Wellness Clinic

• Funded print & television “No Excuses” Campaign during Breast Cancer Awareness Month

• Sponsorship for the Breast Cancer Symposium

• Funded two scholarships for the Casting for Recovery Retreat for breast cancer survivors and patients

2010

• TV and Radio ads in September for the Ovarian Cancer Awareness Campaign

• Funded two scholarships for the Casting for Recovery Retreat for breast cancer survivors and patients

• Cardio Chicks sponsored the Saint Alphonsus Inside Ride to encourage heart health

• Funded scholarships for four members from the Saint Alphonsus Breast Care Center staff to attend the National Consortium of Breast Care conference

• Provided funding for 41 screening mammograms
The Women's Healthcare Fund is pleased to announce its support of the 2014 Swap-A-Fair, a signature fundraising event for the Women’s & Children’s Alliance (WCA). Recognizing that the Swap could draw a community of women together to support one another led the event founder to approach the WCA as a potential beneficiary. Bringing the Women’s Healthcare Fund and the WCA together seemed like the next logical step.

The event is a boutique-like community swap meet in which participants bring their unwanted, but quality, merchandise to share with other event guests. In return, participants select an unlimited amount of new-to-you treasures. Donated merchandise is not traded or sold, but is available on a first-come – and unlimited – basis. The nominal entrance fee, an affordable $10, provides funding to support the WCA mission to provide safety, healing and freedom from domestic abuse and sexual assault; 100% of event proceeds are returned to the WCA.

The WHF is showing its support of the WCA by sponsoring this year’s Swap, scheduled for May 16 and 17 at the WCA’s downtown location. The Swap-A-Fair was first launched by a current Saint Alphonsus employee, Jillien Morga, Director of Grants Development, more than a decade ago, to increase awareness of how consumerism impacts the environment – and to show women from all walks of life how useful, and fun, used goods can be. After launching her first public swap in Colorado, the founder quickly learned that the event had another equally compelling purpose.

“Women from all socio-economic backgrounds were enjoying the event together,” she says. “I recognized some guests from black-tie galas I had attended. For women who had very little, the event meant more than I could have imagined. An unemployed woman who was struggling to care for her terminally ill mother was having the best time modeling her new wardrobe for other guests. A young nanny had just landed her first office job – and had no idea how she was going to come up with a professional wardrobe until the Swap. She gave us a tearful hug and kept telling us we had saved her.”

Here is how you can help support the Swap-A-Fair:

**Pare Down:** Donate your no-longer-wanted (but quality) women’s & children’s clothing, accessories, books/media, and even home décor for the Swap. Bring your donations to the WCA at 720 W Washington on Thursday, May 15.

**Trade In:** On May 16 or 17, bring your unwanted (but quality) items to the Women’s & Children’s Alliance (720 West Washington Street in Boise) to share with others from across the Treasure Valley.

**Trade Up:** In exchange for a nominal admission fee ($10 for one day; $15 for two), choose an almost unlimited amount of new-to-you merchandise to take home with you – at no additional cost per item. (Items are not traded at the event – all merchandise is simply available on a first-come basis to all participants.)

**Volunteer to help at the Swap-A-Fair:** You can join some of the Women’s Healthcare Fund Board members at the volunteer shifts for set-up on Thursday, May 15, and sorting & stocking during the event on Friday, May 16 and on Saturday, May 17. If you are interested – please contact Val Rudd at 880-6558 or luvmccall@q.com or Becky Gordon at 371-7970 or gorkire@cableone.net. And…you can join us at the event.

Easy! Simple! Affordable!

“Women’s personal safety, and their health and wellness, go hand-in-hand,” she says. “The WHF recognizes that you can’t be well if you are not safe in your own home, or free to make choices that contribute to your health. And, unfortunately, Saint Al’s ERs are routinely caring for survivors of sexual assault and family violence – the same individuals who are seeking help from the WCA.”

For more information about the WCA, visit www.wcaboise.org or call 343-3688. For more information about the Swap, or to volunteer, please email swapshopboise@gmail.com. More event details can be found at www.facebook.com/SwapAFairBoise.
Saint Alphonsus Foundation and the Women’s Healthcare Fund invite you to join us for an evening of new friends, good health, and great wine!

10th Annual Wine, Women & Wellness
Thursday, Sept. 25, 2014 at 6pm
at the home of
Women’s Healthcare Fund member
Becky Rowan
241 N. Alto Via Ct.
Boise, Idaho 83712

The 9th annual Wine, women & Wellness event was held at the beautiful home of Brandy Stemmler on October 15, 2013. More than 120 ladies enjoyed wine from BRJ Distributors, food from our own Chef Vern from Thomas Management and learned the importance of breast health from Dr. Elizabeth Prier and Jackie Babb from the Saint Alphonsus Breast Care Center.

Plan to invite a friend and join us at the 10th annual Women’s Healthcare Fund Wine, Women & Wellness on Thursday, September 25, 2014 at the home of Becky Rowan, Women’s Healthcare Fund member.
Bunko Babes for Boobs - Breast Cancer Awareness Event

On Friday, October 10, 2014, McCleary Auditorium at Saint Alphonsus will be decked out in pink for the 6th annual Boise Bunko Babes for Boobs event. **Mark your calendars and plan to join us!**

The 2013 event raised more than $9,000 to support mammograms for women in our rural communities who receive services from the Saint Alphonsus Women’s Wellness Mobile Clinic. In the five years of this event, more than $27,000 has been raised.

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**Join us for a FUN night of Bunko to beat breast cancer**

**When:** Friday, October 10, 2014

**Where:** Saint Alphonsus McCleary Auditorium

**Cost:** $25.00 per person
Bunko Groups Welcome

**Time:** Registration & Raffle Prize viewing – 6:00 pm
Bunko play begins – 7:00 pm
Door prizes given out throughout the evening

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**Raffles, Snacks & a No-Host Bar**

Questions or for more information call Marian Evans at 859-9662.
Casting for Recovery

Two participants at the June 2014 retreat will benefit from scholarships provided by the Women’s Healthcare Fund. This is the 5th year that the WHF has supported Casting for Recovery with scholarships.

Words can’t express how grateful Casting for Recovery Southern Idaho is for the continued support of the Women’s Healthcare Fund....they are a group of very caring individuals with loving hearts who share generously with our community. I look forward to reporting back after the retreat with smiling pictures of the women you have helped!!

-Gail Baird, Program Coordinator

“What a wonderful and powerful weekend! I will carry it with me in such gratitude. I feel a quiet power that is still carrying me forward. Like a little bird leaving the nest-soaring with new strength and new determination to see just what IS around the bend... ready to face it. See you again down the road... or stream!”

-2013 participant

Spotlight on Char Smith - Women’s Healthcare Fund Board Member

Char grew up in Pasadena, California, spent her college years at UC Berkeley, worked with Bullock's in retail clothing, then joined the family sporting goods business manufacturing football, baseball, basketball uniforms, etc. After designing a college clothing line, Char traded sportswear for memory chips and moved to Boise joining Micron Technology 27 years ago. After almost 10 years at Micron, Char left the corporate world to become a volunteer offering her time to various boards dedicated to education and healthcare. Char co-founded Step Ahead Idaho, a non-profit college-advising organization that helps Treasure Valley students and their families navigate the college-application process and provide other services to prepare students for college.

With her interest in healthcare, Char joined the Saint Alphonsus Foundation Board five years ago. She chairs the Foundation Grants Committee and is a member of the Executive Committee. Char and her husband, Bruce, are honored to chair the Festival of Trees in 2015.

“Create, commit, change, celebrate and connect.”

These are words that epitomize the Women’s Healthcare Fund at Saint Alphonsus. They reflect the reason Char Spanjian Smith joined the WHF nine years ago and why she continues to devote her time and support to the organization. Women’s health issues are important to Char, and she treasures the dedicated women that embrace the group’s mission. She co-chairs Wine, Women and Wellness, an annual affair that promotes health education along with a night of fun!
 Invite a friend to join us!

Yes, I want to make a difference.

Name: ________________________________
Mailing Address: ____________________
City: ______________ State: ___ Zip: __________
Phone (H): ______________ Phone (C): __________
Email: ______________________________

Women’s Healthcare Fund Annual Dues:

☐ WHF Membership .......................... $100
   Members receive newsletters, notification of healthcare events and invitations to all WHF events and activities.

Check here to add support for these specific projects:

☐ Secret Sisters Society Membership ............ $50
   Sign me up to provide funding for mammograms for women in my community.

☐ Cardio Chicks Membership .................. $50
   Yes, I want to provide funding for heart health education & activities.

☐ Current Women’s Health Priority ............. $50
   I want to help make a difference with support for the current funding priority, mental health.

Total tax-deductible contribution $: ______________

OR

☐ Gift of Support ............................ $250
   Consider me a champion for all three causes.

☐ Gift of Impact .............................. $500
   I want to make a big difference with my Gift of Impact to support health education of many issues for women in my community.

☐ My check is enclosed.

☐ I want to pay by credit card: ☐ Visa ☐ MC ☐ Amex
   Account: ______________________________
   Exp. Date: __________________ CVS Code: __________
   Print Name: ______________________________
   Signature: ______________________________

Mail to: Saint Alphonsus Foundation
1055 N. Curtis Rd., Boise, ID 83706  208-367-3997
☐ Please contact me with more information.

Women’s Healthcare Fund members celebrate both the great and the small. Members have opportunities to learn about women’s health issues at events throughout the year. Celebrate with us!

Change

It is indeed “wonderful” in the words of Anne Frank, “that no one need wait a single moment to improve the world.” Our members recognize the urgent and myriad needs of our community and seek to improve the world with membership and participation in the WHF.

Celebrate

Women’s Healthcare Fund members celebrate both the great and the small. Members have opportunities to learn about women’s health issues at events throughout the year. Celebrate with us!

Connect

Although some members choose to participate in the WHF only through their annual contribution, others also have chosen to serve on the various committees that facilitate the operation and growth of the Fund.

Spring/Summer 2014

Women’s Healthcare Fund
JOIN US! FREE INFORMATIONAL HEALTH SERIES FOR WOMEN

- Hear helpful insights from Board Certified Physicians
- Learn healthy information and wellness tips
- Socialize and share with other women

Presented at Saint Alphonsus Regional Medical Center Campus Mulvaney Building, Main Level

Free Gift for attending.
RSVP @ (208) 367-3454 or saintalphonsus.org/healthy-me

**WOMEN’S HEALTHCARE FUND MEMBERS**

Mary Abercrombie  
Jill Aldape  
Jill Alessi  
Patricia Amyx  
Jackie Babb  
Sharon Bantrup  
Charidy Belau  
Julie Bennison  
Sarah Berggren  
Rachel Bergmann  
Hollis Brookover  
Neshia Brown  
Charla Buatte  
Carol Cardin  
Elizabeth Carney  
Jean Cenarrusa  
Kirsten K. Coughlin  
Paula Coulter  
Julia Crossland  
Doris Cruzen  
Martha Daltoso  
Juliana DiGiosia, MD  
Andrea Draper  
Jenifer Delgard  
Patti Eaton  
Keli Elledge  
Frances Ellsworth  
Hilarie Engle  
Joanna Engle  
* Delores Fery  
Lori Fisher  
Beverly Geddes  
Becky Gordon  
Kellie Gough  
Barbara Grant  
Debbie Hamilton  
Deborah Herndon  
Carolyn Holly  
Robina Holmes  
Marcia Hoyt  
Carmelyn Johnson  
Amber Kirtley-Perez  
Kathleen Lewis  
Carol Lloyd  
Kelly Meadows Lodge  
Beth Malasky, MD  
Erika Malmen  
Linda Martin  
Joan Mattox  
Connie Maus  
Nancy McDaniel  
Kim McReynolds  
Nancy Moultion  
Mary Ann Murdoch  
Judy Murray  
Jennifer Myers  
Molly Negron  
Kay Nice  
Diana Nicholson  
Susan Norby  
Diane Norquist  
Jennifer Palagi  
Annette Park  
Jackie Parrish  
Linda Payne Smith  
Joey Perry  
Lori Otter  
* Cris Polk  
Renee Pontious  
Jill Reed  
Nat Reynolds  
Julia Robinson  
Becky Rowan  
Valerie Rudd  
Susie Schumacher  
Char Spanjian Smith  
Aimee Stein  
Tori Stein  
Brandy Stemmler  
Cathy Strausser  
Sara Thomson  
Petra Thorseth  
Sophia Tobe  
LeAnna Toweill  
Lisa Uhlmann  
Karen Watkins  
Rebecca Watkins  
Cindy Williams  
* Shauna Williams, MD  
* Kathryn Zimmerman  

* Gift of impact – supporting all of the projects of the Women’s Healthcare Fund at the highest level.

**Minimally Invasive Surgery Options**

- Incontinence  
- Bleeding  
- Pelvic and Period Pain

Jon Kattenhorn, MD  
Mary Janowiak, MD  
Obstetrics & Gynecology

Wednesday, May 14th  
6:00 – 7:00 pm