



Women's  
Healthcare Fund



Newsletter | Summer/Fall 2025

The Saint Alphonsus Foundation Women's Healthcare Fund (WHF) is an active giving circle that began in 1999 to improve the health of women in Idaho through education and prevention. Our members are a diverse group of women committed to bettering their community. Some members choose to support the WHF through their annual contribution and others also have chosen to participate in WHF special events or serve on the board that facilitates the operation and growth of the Fund.

## A note from the WHF Board

We hope this summer/fall newsletter finds you well, enjoying the great outdoors (and the comfort of indoors on the days that are super hot)!

Thanks for taking the time to see the following pages of activity and initiatives of the Saint Alphonsus Women's Healthcare Fund. To get us started, here are a few notes of gratitude . . .

### HUGS & hugs!

Thanks to the Women's Healthcare Fund and other donors, the Saint Alphonsus Foundations will be covering the \$520K cost of the new HUGS infant security system that will be installed this fall. We are so grateful for all the charitable contributions and offer heartfelt hugs to everyone who supported safety for babies!



### Welcome to new board members

Check out our wonderful women who serve in leadership of the WHF. Many are familiar faces to you, and we are delighted to welcome our new board members, Lauren Smith, Jamie Martin and Jill Zimmerman.

### Healthy Habits

If you weren't able to join us at the WHF Lunch & Learn in May, we took a few notes from the presentation given by Notes from Dr. Matt Nelson:

Get 8,800 steps a day! (The 10,000 number was more about marketing than research-based. The science shows that optimal health benefits can be reached at the 8,800 threshold.) Resistance is the magic that keeps muscles working and bones strong. Get more out of your steps and walk with a weighted vest!

If your doctor agrees, consider requesting a calcium test at your next blood draw. It can screen for conditions affecting bones, heart, nerves, kidneys and teeth.

Eat plants, nuts, and fish.

Wishing you wellness! Hope to see at one of the upcoming events! (See inside . . . )



**Mission of Saint Alphonsus and Trinity Health** We serve together in the spirit of the Gospel as a compassionate and transforming healing presence in our communities.



## 2025 SAINT ALPHONSUS PERSONNEL SUPPORTING WOMEN'S HEALTHCARE FUND



**Jill Aldape**

As VP of Philanthropy for Saint Alphonsus Health System, Jill Aldape, MBA, leads development and stewardship of charitable contributions for our four hospital foundations in Idaho and Oregon. She leads myriad fundraising initiatives focused on generating sustainable and transformational philanthropic commitments to support the sacred mission of healing.



**Rachel Flachbart**

Rachel Flachbart is the Saint Alphonsus Foundation Programs & Events Manager, overseeing the foundation's events including Festival of Trees, Capitol Classic, assisting with the Project Haiti Dinner and the Nampa Golf Tournament. She helps with project planning and implementation, volunteer management and marketing for special events.



**Nancy Moulton**

Nancy Moulton is the Regional Philanthropy Specialist, responsible for donor recognition and appreciation, fund management and reconciliation, supporting the foundation boards in Boise, Nampa, Ontario and Baker City and is liaison to the Saint Alphonsus Regional Medical Center Auxiliary. She has recently taken on responsibility for our donor database management and reporting.



**Jennifer Myers**

Jennifer Myers is the Manager for Non-Invasive Cardiology and Cardio-pulmonary Rehab Services. She is our liaison between cardiac care and what women in our community need to know and do about taking care of their own hearts.



**Robin Navert**

Robin Z. Navert, CFRE, is the Director of Development of the Saint Alphonsus Foundations, serving the Treasure Valley. She leads community engagement, board development, fundraising and "friend raising" efforts on behalf of the Foundation in order to serve and support our Boise and Nampa hospitals.



**Lauren Smith**

Lauren Smith, MSN, RN, is the Vice President of Operations and Chief Nursing Officer for Saint Alphonsus Health System. Lauren is strategically positioned as a caretaker of the patient experience at Saint Alphonsus by leading all nursing functions across the health system, while also being responsible for the Medical Access Center, Resource Center, Switchboard, and Performance Excellence team.



**Rebecca Thompson**

Rebecca Thompson is a Senior Marketing Specialist, promoting the Musculoskeletal, Women's & Children's and Breast Care service lines. Her role allows her to blend her marketing acumen with a genuine passion for enhancing healthcare services and patient outcomes.



**Jill Zimmerman**

Jill Zimmerman is the Administrative Assistant to Philanthropy, Community Health and Well-Being and Mission Strategy for Saint Alphonsus. She is an active participant in supporting events such as the Festival of Trees and Ski & Mountain Trauma Conference. She is a co-lead on the LGBTQIA+ colleague resource group and on the SAHS Regional Council for creating a culture of Inclusion and Belonging.



## 2025 WOMEN'S HEALTHCARE FUND BOARD



**Jill Alessi**



**Char Burt**



**Kirsten Coughlin**



**Pam Grove**



**Robina Holmes**



**Jamie Martin**



**Linda Martin**



**Connie Maus**



**Tracey Stone Mooney**



**MaryAnn Murdoch**



**Becky Rowan**



**Valerie Rudd**



**Char Smith**



**Callie Thomsen**



**Dawn Walp**

 **2025 MEMBERSHIP ROSTER****Thank You to these Wonderful Women!****Gift of Sisterhood**

Pam Grove  
Amy Jones  
Becky Rowan

**Gift of Impact**

Annette Christensen  
Margaret Collins  
Kirsten Coughlin  
Keli Elledge  
Becky Gordon  
Diane Plastino Graves  
Kelly Lodge  
Linda Martin  
Char Smith

**Gifts of Support**

Shawna Abbott  
Jill Aldape  
Mary Bodine  
Andrea Braddock  
Amber Buckles  
Char Burt  
Stacy Calhoun  
Briana Cash  
Camille Colvin  
Jennifer Cox  
Jodi Dooley  
Frances Ellsworth  
Rachel Flachbart  
Sladek  
Martha Fobes  
Terry Gallaher  
Lourdes Gonzalez  
Amy Groves  
Janelle Haag  
Karin Hart  
Kathy Higgins  
Robin Holmes  
Becca Humphreys

Erica Machigashira

Cindy Malinowski  
Evelyn Mason  
Connie Maus  
Cari Moodie  
Nancy Moulton  
MaryAnn Murdoch  
Robin Navert  
Becky Newberry  
Annette Park  
Linda Payne Smith  
Valerie Rudd  
Susie Schumacher  
Christine Shirazi  
Destiny Sisk  
Tracey Stone  
Mooney  
Jan Turner  
Dawn Walp  
Cindy Williams  
Jeanne Yamamoto  
Sandi Young  
Janell Zuckerman

## OUR PROJECTS

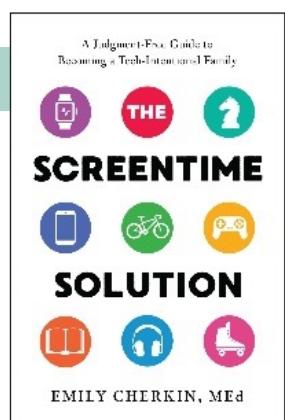


The Women's Healthcare Fund membership dollars are used to make a positive impact in our community. Our members enjoy giving back through time, treasure, and talent. This past year we have supported the Idaho Diaper Bank, Youth Mental Wellness Alliance, Festival of Trees benefiting the Saint Alphonsus Cancer Institute, and Salvation Army-Booth program for pregnant and parenting teens. The Women's Health Fund also committed to a two-year \$15,000 total gift to the Foundation to support the Saint Alphonsus Health System HUGS safety program for newborns.

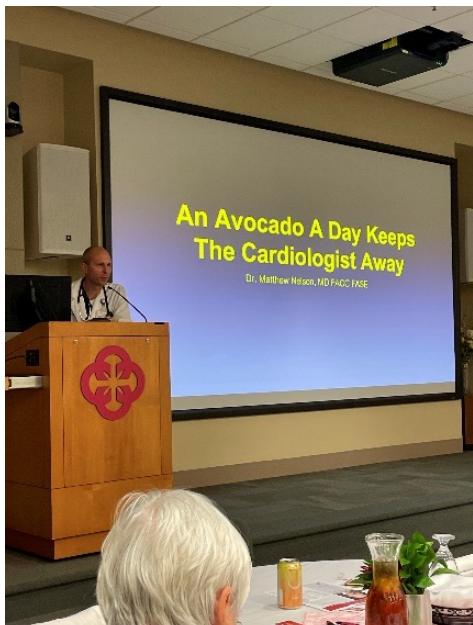
Our members enjoyed volunteering with the Idaho Diaper Bank, where they packaged over 3,000 diapers to support families, as well as assisting in a variety of roles at the Capitol Classic and the Festival of Trees. We are excited to once again participate in and support the 2025 Saint Alphonsus Festival of Trees as a Grand Benefactor Sponsor!

## SOME READING TO CONSIDER

The Women's Healthcare Fund supported the Tech-Intentional Parenting event, hosted by You. Me. We. at One Stone Lab School on February 26, 2025. Emily Cherkin, "The ScreenTime Consultant," shared insights with parents in Treasure Valley about how to support, connect, and guide children in a tech-intentional way – judgment free. Some of our members are enjoying reading and discussing The ScreenTime Solution, in which Emily teaches parents how to use screen-based technologies to enhance and align with family values—while also avoiding, delaying, or limiting screen time that could interfere with healthy mental, physical, cognitive, and emotional development.



# RECAP OF WOMEN'S HEALTHCARE FUND SPRING LUNCH & LEARN



On May 13, 2025, we hosted the Women's Healthcare Fund Lunch & Learn at McCleary Auditorium. The event welcomed over 50 women for an inspiring and enjoyable lunch that featured opportunities to build connections, learn healthy lifestyle tips, and enjoy delicious food.

Our featured speaker, Dr. Matthew Nelson, delivered his presentation, "An Avocado a Day," which was both informative and engaging for all participants.

## Upcoming Events

You're invited to two exciting upcoming events that celebrate health, connection, and community! Join us for our Lunch & Learn on **Thursday, August 21, 2025, from 11:30 am to 1:00 pm at McCleary Auditorium, Saint Alphonsus Regional Medical Center**. Enjoy a delicious lunch while gaining valuable insights. Then, mark your calendar for Wellness, Women, & Wisdom on **Thursday, October 23, 2025, from 5:00 p.m. to 8:00 p.m.**—an empowering evening filled with a featured speaker, meaningful conversations, and opportunities to connect with other women in our community. We hope to see you at both events!

The Festival of Trees will return for its 41st year in the Treasure Valley, kicking off the holiday season with a festive lineup of events. The Festival of Trees supports advancements at Saint Alphonsus to meet the growing healthcare needs of our community. Given that heart disease and stroke are currently the leading cause of death in both men and women in the United States, your support this year will especially focus on the life-saving cardiovascular care provided by the Saint Alphonsus Heart Institute, giving Idahoans access to world-class care close to home. It all begins on Tuesday, November 25 with the elegant Black-Tie Gala, setting the tone for a week of celebration. From Wednesday, November 26 through Sunday, November 30, the community is invited to enjoy the public exhibition, where beautifully decorated trees will be on display and Santa will be available for visits. The festivities conclude on Monday, December 1 with the Fashion Show, where local community members model clothing from area boutiques, all while raising funds for a meaningful cause.

For more information on the Festival of Trees please go to:  
[boisefot.afrogs.org](http://boisefot.afrogs.org)



## ◆ SPOTLIGHT: VALERIE RUDD



Valerie Rudd has been a member of the Women's Healthcare Fund since 2004 and a board member for 18 years. She was born and raised in Boise, Idaho. She is a wife, mom of two, and "Mimi" to five grandsons. Valerie has volunteered for various community organizations including the Saint Alphonsus Festival of Trees, Beaux Arts Society, Fundsy, St John's Cathedral, and in her younger days, schools that her children attended. She enjoys spending time in McCall, flower gardening, spending time with her grandsons, walking with friends and crafting greeting cards.

Her time spent with the Women's Healthcare Fund has been rewarding, especially as a survivor of cancer. She's had the privilege of serving with other dedicated women to raise and provide funds for women's healthcare. Her experience has allowed her to help improve access to essential medical services such as heart care and mammograms, empowering women in our community, and making a positive difference in their lives.

## ◆ WOMEN'S HEALTHCARE FUND GIVING LEVELS

### **Gift of Sisterhood - \$1,000**

Your gift will support the Women's Healthcare Fund at the highest level - thank you!

### **Gift of Impact - \$500**

Make a big difference with a gift of impact.

### **Gift of Support - \$200**

Become a champion and support the Women's Healthcare Fund.

We now offer the opportunity to pay your yearly membership with a monthly payment as well as set up auto-renewal of your annual membership dues.



**JOIN US!**

## IN LOVING MEMORY OF SOPHIA T. TOBE (1964-2024)



Sophia T. Tobe, 60, of Meridian, Idaho, passed away on December 27, 2024 in Boise after a courageous battle with ovarian cancer. She was a dedicated member of the Saint Alphonsus community and she will be dearly missed. Born in Watertown, New York, and raised in Seattle, Sophia was a devoted daughter, sister, wife, and mother. She earned degrees in cognitive psychology and education from the University of Washington and Seattle University, later dedicating herself to teaching and raising her three children with unwavering love and support.

Sophia moved to Boise in 1995 with her husband, Dr. Christopher Tobe, and their children, Christina, and Ariana. Their third child, Nicholas, was born later that year. After moving she embraced Idaho's natural beauty and community spirit. An avid equestrian, certified yoga instructor, and accomplished hunter, Sophia lived life with passion and purpose.

Sophia's deep commitment to service was reflected in her long-standing involvement with Saint Alphonsus, where she served on the Saint Alphonsus Regional Medical Center Foundation Board from 2012 to 2021. She was also a dedicated board member of the Women's Healthcare Fund beginning in 2004 and was Chair from 2010 to 2012.

She brought warmth and grace to every endeavor, including modeling in the Festival of Trees Fashion Show in 2007 and 2011—events that celebrated community and raised vital funds for healthcare. In 2023, Sophia courageously shared her experience navigating ovarian cancer, using her voice to inspire hope and advocate for others.

Her legacy of compassion extended to her volunteer work at The Peregrine Fund's World Center for Birds of Prey, where she combined her love of animals and education. Sophia's warmth, strength, and generosity touched all who knew her. She is remembered for her boundless kindness and enduring belief in the goodness of others.

“Human beings are at the core good, caring and loving... we must never forget the kindness of others.”  
— Sophia T. Tobe

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