Friends of Hospice Southwest Washington

Fall into Giving!

Volume 3 Issue 4 October, 2019

Our mission is to provide for the care of hospice and palliative care patients through established hospice organizations in Southwest Washington.

President's Message

Can you believe it is almost the end of the year; and look what we have done!

We have had such success all due to the time commitment and generosity of our members and supporters! A successful Bunco in March and a very successful Spring Basket Sale in May. Not to mention the new fundraisers, Sip & Paint and our Cooking Classes that added almost $6,000 to the funds. And then, of course, the piece de resistance, our annual Luncheon. Lyn Dee Rhodes, Joan Cummings and their incredible team of many, many volunteers made this a banner year bringing in $46,000! Most recently, we received over $9,000 from our Give More 24 campaign! Don't forget our Poinsettia Sale, going on now. Get your order placed!

Remember why we are here. We are FUNDRAISERS for Hospice and Palliative care patients and their families. The more we can raise the more we can provide help, care, love and blessings! The heart of what makes Friends of Hospice SW Washington so special is our members, their hearts and dedication to raising funds. The more of us who get involved, the more we will be able to do. THANK YOU, for all the blessings you provide and for the care and love those blessings provide to so many others during their final journey.

Gail Czech, President

Calendar of Events

2019 Fundraiser

Poinsettia Sale — December 2-5, 2019

2020 Fundraisers

Cooking Classes

Portuguese Cooking	February 15, 2020
Classic French	April 23, 2020
Greek	June 15, 2020
Italian Gnocchi	Date to be determined
Emerald Island	Date to be determined
Italian Chicken	Date to be determined

Other Dates of Interest

Time Change — November 3. 2019
Turn your clocks back 1 hour

Honoring Choices — November 13, 2019
6 pm - 8 pm
Advanced Care Planning
Let Your Wishes be Known
To register go to: heeps://eolcoalition.eventbrite.com/
or call Lynn Crawford 360-991-3197

Chili and Game Night — November 16, 2019
Clark County Newcomers Club

General Membership Meetings
Keller Williams Building — November 18, 2019
2211 E Mill Plain Blvd.
Vancouver, WA 98661

Meeting will be at CHHH — December 16, 2019

Happy Thanksgiving — November 28, 2019

Catharine Beall Byrd
August 23, 1929 - August 19, 2019

As a founder of Friends of Hospice SW Washington, Catharine was one of the first recipients of the Honorary Life Membership established in 2016. This award is given to active participants who have shown commitment to the mission, vision and core values of our organization. Catharine volunteered with Friends of Hospice SW Washington since 1985 giving many hours of talents and time helping to raise needed funds for end of life care. Catharine will be missed by all. The family has requested remembrances be sent to Friends of Hospice SW Washington.

Support Friends of Hospice Southwest Washington by connecting us to your smile amazon account.

Amazon donates 0.5% of the price of eligible purchases to Friends of Hospice Southwest Washington whenever you shop on Amazon Smile.

#1 holiday hack:

When you shop at **smile.amazon.com**, Amazon donates.

amazonsmile

Friends of Hospice Southwest Washington
32 Annual Poinsettia Sale Fundraiser

Place your order by going to our website at www.friends-of-hospice.org OR use the included order form.

These beautiful, locally grown poinsettias are provided by Fessler's Nursery and make perfect gifts and/or decoration for your home or office. These traditional holiday flowers bring joy throughout the holiday season. The poinsettias come in a wide variety of colors and sizes, including red, white, pink, burgundy and bicolor. Christmas cactus, which are the perfect size for a desk, are also available. **Order deadline is November 10, 2019.**

Delivery Dates	**Orders over $100 can be delivered upon request** Delivery dates are: **Wednesday, December 4th, Friday, December 6th, Saturday, December 7th**
Pre-Order Pickup Dates & Sites	**Orders under $100 can be picked up from 9:00 am -5:00 pm** **Monday, December 2nd** PeaceHealth SW Medical Center, 92nd Street entrance **Thursday, December 5th** Legacy Salmon Creek Medical Center, main lobby
Plants can be purchased at these sites on these dates	**Poinsettia and Christmas Cactus plants are available for purchase from 9:00 am - 5:00 pm** **Monday & Tuesday, December 2nd & 3rd** PeaceHealth Southwest Medical Center, 400 NE Mother Joseph Place, Vancouver, WA Firstenberg Tower & 92nd Street entrance **Wednesday, December 4th** Fairway Village Clubhouse, 15509 S.E. Fernwood Drive, Vancouver, WA Touchmark (lobby), 2911 S.E. Village Loop, Vancouver, WA **Thursday, December 5th** Legacy Salmon Creek Medical Center, 2211 N.E. 139th St., Vancouver, WA

Your purchase benefits the southwest Washington hospice and palliative care patients and their families.

We look forward to your support again this year.

Thank you!

You can print this form and mail it with your check made out to Friends of Hospice Southwest Washington:

Friends of Hospice Southwest Washington
P.O Box 3116
Vancouver, Washington 98668.

OR you can go to **www.friends-of-hospice.org** and place your order online and pay at the same time.

No later than November 10, 2019.

POINSETTIA ORDER FORM

Place your order no later than November 10, 2019

Orders over $100.00 can be delivered if requested

PLEASE PRINT

Sold to: (mailing address)

Name: _____

Business: _____

Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____

Phone : _____

Deliver to: (If different than mailing address)

Name: _____

Business: _____

Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____

Phone: _____

Select Date of Delivery: _____ Wed, Dec. 4th _____ Fri, Dec. 6th _____ Sat, Dec. 7th
(Churches only: December 20th)

Or, pick up your order at: *(please indicate which site you will pick up your order)*

_____ **PeaceHealth SW Medical Center**
400 NE Mother Joseph Place, 92nd Street Entrance
Monday, December 2nd 9 am – 5 pm

_____ **Legacy Salmon Creek Medical Center**
2211 NE 139th St., Main Lobby
Thursday, December 5th 9 am – 5 pm

POINSETTIAS: (colors)	Petite 4" Pot $9.00 EA	Small 6.5" Pot (5 – 7 blooms) $18.00 EA	Medium 8" pot (8 – 10 blooms) $25.00 EA	Large 10" Pot (12 – 14 blooms) $33.00 EA	TOTAL
Red					
White					
Pink					
Bicolor (varies)					
Burgundy				Not Available	
TOTAL					
CHRISTMAS CACTUS: No choice of color				Small 4" Pot $9.00 EA	
TOTAL					
				ORDER TOTAL	

Mail the order form and check (made out to Friends of Hospice SW Washington) **No later than November 10th to:**
Friends of Hospice SW Washington, P.O. Box 3116, Vancouver, WA 98668

Office Use Only: *Order filled by:*_____ *Order picked up:*_____

divine consign Presents **Divine Trees**

Seven holiday trees will be decorated and sponsored by the following local, nonprofit organizations: *Friends of Hospice Southwest Washington, Hudson Bay Foundation, Humane Society for SW Washington, Pink Lemonade, Project Hope 4 Humanity, Vancouver's Farmer's Market and Divine Consign*

Friends of Hospice Southwest Washington is excited to be participating again this year in Divine Trees.

Win a professionally decorated Christmas tree worth over $750 with $500 CASH PRIZE!

Purchase the $5.00 ticket(s) from Friends of Hospice member(s) or at Divine Consign, where the trees will be on display, and place a ticket in the container next to your favorite tree. There is no limit to the number of tickets you can purchase; the more tickets, the better the chance to win!

Drawings for winners at a reception on December 18th at 4:00 pm at Divine Consign.

Trees will be on display starting November 13th

Chili and Game Night for Charity November 16, 2019 5:00-9:00pm

Feeling chilly? Come warm a cold November night by chilling out with friends for a night of games and hot chili to raise money for our charity!

Friends of Hospice Southwest Washington are so excited that the Clark County Newcomers Club has selected us as the charity they will be supporting this year.

Friends of Hospice Southwest Washington

Liz Jansen's home: 17714 NE 99TH Ave. Battleground, WA

Name:_____

Phone:_____

Email:_____

$15 per person
(checks payable Clark County Newcomers Club) CCNC

_____ Number of people attending

$_____ Total Included

Return form/payment to: Linda Gilles 300 NW 52nd St., Vancouver, WA 98663.

Our Caregiver Respite Program needs YOUR HELP!

We are happy to report that Friends of Hospice SW Washington is helping more and more caregivers! There are many hospice and palliative care families in our community, and we've experienced a significant increase in the requests for support. As a result, our fund is depleting more rapidly than anticipated.

Caregivers forego their lives to care for a loved one with a terminal illness and these incredible individuals need and deserve a break. Our Caregiver Respite Program allows caregivers time off to recharge so they have the strength, energy and spirit to carry on. Without additional funding, we will be unable to continue to fulfill the requests through the end of 2019.

PLEASE find it in your heart to HELP with this immediate need!!

Go to our website, www.Friends-of-Hospice.org, and make a donation to Respite Care.
Or, send your donation to:

Friends of Hospice S.W. Washington
P.O. Box #3116
Vancouver, WA 98668
Attention: **CAREGIVER RESPITE PROGRAM**

If you wish to make your gift in a loved one's memory, please include their name along with your gift.

THANK YOU!! Without your generosity we would not be able to help make a meaningful difference in the end of life journey for hospice and palliative care patients and their families. Everyone benefits with paying kindness forward and helping others.

COOKING CLASSES

Time: 1 pm to 4 pm

Place: 2826 NW Lacamas Drive
Camas, Washington 98607
Cost: $75 each

Registration is required.
Register online at www.friends-of-hospice.org
You will need the date and name of the class to register.
Class size is limited to 13.

The 2019 Cooking Classes were such a success six more classes have been scheduled for 2020. Mark your calendars and register early so you don't miss out. Enjoy a beverage while international chef Edurne Andre demonstrates how to prepare dishes from various cuisines. There are new menus, tasting and even some take home with each class. Chef Edurne teaches cooking classes at Clark College and Portland Community College.

Saturday, February 15, 2020 — **Portuguese Cuisine**
Portugal is sometimes the forgotten country in the Iberian Peninsula. Its cooking is tasty with some simple but elegant notes.

Menu: Caldo Verde
Peixe Asado (baked fish with port)
Portuguese steak

Thursday, April 23, 2020 — **Classic French Cuisine**
Learn to make some of the most iconic French dishes.

Menu: Savory cheese cream puffs
Provencal tomato & potato gratin
Coq qu Vin (chicken in red wine)
Cassoulet (lamb, chicken & beef stew)

Monday, June 15, 2020 — **Greek Cuisine**
Explore the classic among Mediterranean cuisine of bold flavors and fresh produce.

Menu: Greek salad
Dolmades
Moussaka
Tzatziki
Baklava

Date to be determined — **Italian Cuisine**
In this hands on class learn to make fluffy pasta dumplings and two different kinds of gnocchi (potato and ricotta) as well as two different sauces.

Menu: Italian Gnocchi

Date to be determined — **Ireland - Emerald Island Cuisine**
Let the hearty flavors of good old-fashion cooking take you to Ireland. Get inspired with the pride of being meat and potato eaters, nothing fancy but with fantastic taste, simplicity and great flare.

Menu: Mussels or clams in garlic and Guinness
Dublin coddle
Guinness beef stew
Chocolate Guinness cheesecake

Date to be determined — **Italian Cuisine**
Learn to make three different and tasty chicken dishes from Italy.

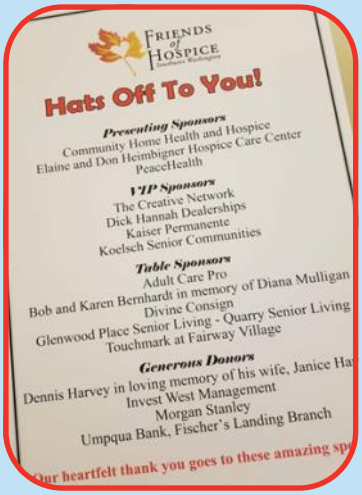
Menu: Italian prosciutto and fontina cheese stuffed chicken breast
Pollo a la Cacciatora
Elegant chicken breast stuffed with herbed goat cheese and sundried tomato pesto

Oh, the places we're going to go with your donations!

The annual fall luncheon was not only a fun event, but, thanks to our GENEROUS SUPPORTERS, very successful! We are excited to announce that we made **$46,000** to help provide the needed comforts to those Clark County residents and families in the last days of their lives. What a blessing! Thank you very much!

In correlation with the Dr. Seuss theme, there were hats galore, a photo booth and of course the Cat in the Hat frolicking around the event! Dr. Benjamin Surmi who made us laugh while encouraging us to think about the power of giving! Fun was had by all in the Dash for Desserts!

"It's not what it IS, It's what it CAN be!" Dr. Seuss



Become a Friend in Vantucky!

Poem by
Dr. Benjamin Surmi
Luncheon Keynote Speaker

Over the river from the City of Strange
Lies a destination of sorts, be it modest or plain.

A city where many long journeys will end—
With uphill's
and downhills
and crookedly bends.

The folks of that city are a welcoming sort.
They live, work, and play around the old fort.

'Round that same fort
long ago
gathered people—
From Europe, and Islands,
and native People.

Together they worked toward a common endeavor
And generously helped those at the end of the Trail.

Now today there are friends in this City of 'Couv'
Who care for the weary, for those on the move,

For those who are ending their very long journey,
To make it more pleasant—
less worry,
less hurry.

These friends in Vantucky,
They make you feel lucky!

They know what you want!
They know what you like!

"How could they?"
you ask?
Well it's really quite simple.

(They even notice your dimple!)

They look—

And they listen—

For Sarah they cook up some cozy cuisine
That brings her back home,
To the home of her dreams

These friends in Vantucky,
They make you feel lucky!

For Randall they sing and they draw back the shades,
And they open the windows until daylight fades.

And on I could go about Milton and Harry,
and Lucy and Paige,
and Bella and Larry.

These friends in Vantucky,
They make you feel lucky!

Could you be a friend
To a soul near the end,

Of a journey that's long
With both sorrow and song?

Then go to the city,
somewhat modest or plain,
That's over the river from the City of Strange.

And live, work, and play
In that city today,
And as it happens you may

Bring comfort and cheer
To those who are near
To their journey's end

As you kindly serve strangers
And treat them as friends.

Yes, you can be a friend to a soul near the end! There is a tremendous growing need to provide funding for those in our community in need of Hospice Care.

Go to www.friends-of-hospice.org and click on the "donation" tab, make a monthly donation. Just think, for pennies a day you too can become a *"friend in Vantucky"* and make a huge difference in the love and care of hospice patients and their families.

2019 Honorary Life Membership Awarded to Cherie Staehely

The Honorary Life Membership Award is presented to members in recognition and sincere appreciation of outstanding loyalty and commitment to the mission, vision, and core values of the Friends of Hospice Southwest Washington for more than 10 years. Friends of Hospice Southwest Washington is proud to honor **Cheri Staehely** at the luncheon.

Cheri Staehely is one of a kind! Cherie joined the Friends of Hospice Southwest Washington team in 2002 running and hasn't stopped. She served on the Board from 2011 through 2018. She has held every office on the Board except treasurer and served as Co-President from 2011-13. Cherie has volunteered to be part of every fundraiser we have sponsored. In fact, she and her husband, Dennis, were instrumental in starting the Poinsettia Sale Fundraiser event. They did it all! They handled the ordering, scheduled delivery times for the hospitals, retirement communities, schools, hospital lobbies and church sanctuaries. Countless hours of volunteering for just this event. Oh, and has it been noted that Cherie also initiated the first Spring Basket Sale fundraising event.

Cherie is also a quintessential recruiter! She set in motion a membership drive committee during her co-presidency tenure. Many current members are part of this organization because Cherie saw their potential, knew the value of our group and our fundraising efforts. She's tough to say NO to! She shows compassion and empathy towards people, looks for positivity in everyone she meets and takes on each task with a fervor. She'll be the first one to step in if anyone needs a helping hand.

Luncheon Photos

Luncheon Host
Jim Cummings

Awesome hat!
Gail Czech

Model
Rita Alveraz-Haller

Table Setting

Cat in the Hat
Julie Rinard

2019 Recognition Award Winners

Each year Friends of Hospice SW Washington select businesses and or individuals that have supported us in a meaningful and significant manner. These are our honored recipients for 2019.

Edurne Andre is an International Chef and a popular cooking instructor for *Clark College*. Earlier this year, along with Gail Czech, they came up with a fundraising idea. "Cooking Classes" for our members, friends and anyone in the community. Edurne taught six classes on yummy dishes from all over the world. These classes were so popular six more have been scheduled for 2020.

Kathy Hammer is a talented decorator, especially known for her award-winning Christmas Tree designs. Kathy designed and decorated trees from 2006 – 2016 for the *Vancouver Rotary's* "Festival of Trees." Kathy volunteered her design talents, the tree decorations and her time to F.O.H.SW.WA. for participation in the 2017 Divine Trees event, sponsored by *Divine Consign*. Watch for her 2019 Christmas tree featuring snowmen.

Liz Pike, after retiring from her elected position as Representative for the State of Washington, has become a recognizable talented artist and art instructor in our community. Earlier this year, Liz contacted helped and formulate a new fundraising idea, Sip & Paint. We may have some new artists among us!

Marita Sempio is Manager/Editor-in-Chief of the *Messenger*; a publication that focuses on our community's 50-year-old and above population. Friends of Hospice SW Washington is entering its 35th year, yet it's amazing how many people have not heard about us nor understand that we are a fundraising organization. Marita has been instrumental in introducing F.O.H.SW.WA. to the community. She not only approaches us with opportunities within the paper, she guides us, writes and designs our advertisements. We are becoming better known because of Marita!

Mark Hughes is a broker for Hughes Team Realty, a part of the Keller Williams Real Estate Company. Mark and his Team awarded Friends of Hospice SW Washington with the "Northwest Heroes" award. He has also provided us with two very spacious and professional rooms for the monthly Membership and Board of Director Meetings, as we had outgrown our other meeting location.

Terri Shinners is the artist and owner of "Glass Fusing with Friends." For the past three years Terri has donated the glass, studio and kiln time for an all-volunteer team of friends to make the glass fused plant stakes that are sold as a fundraising project. Terri and her volunteers make sure that the plant stakes are available all year round. They've made angels, hearts and flowers.

Seasons of Hope Grief Center

Thank you to the Friends of Hospice Southwest Washington for helping Community Home Health & Hospice provide free community grief support at our new Seasons of Hope Grief Center in Salmon Creek. Your generous gifts to the center have made a lasting impact in the lives of many people.

Opened in 2019, community response to the center surpassed our expectations. More than 400 people have participated in free grief support groups for children, teens, parents, adults, men, Survivors of Suicide loss, and in free classes for Survivors of Suicide Loss, Widows Journaling, Grief Recovery Method, Walk Through Grief, and Moving On. In addition, our grief counselors provided 212 hours of free grief counseling to 76 different individuals. The need was so great that we added another counselor to address the volume of grievers.

We offered the center to nonprofit organizations to hold meetings at no charge. Nearly 80 staff from the Vancouver School District SMART team met at the center earlier this year. The SMART team responds when a trauma occurs in the schools. In addition Death Café events have been held at the center, as well as Humanitude training on caring for patients with dementia. We look forward to welcoming the Friends of Hospice to the center for your holiday event. Having a spacious center with multiple rooms also makes it possible to reach out to Vancouver schools to offer grief support to staff and students.

It's only through the generosity of donors like Friends of Hospice Southwest Washington that we can provide these much-needed grief services to the community. Thank you!

Friends of Hospice Southwest Washington members and Community Home Health & Hospice CEO Greg Pang flank the fireplace in the new Seasons of Hope Grief Center. Friends of Hospice Southwest Washington made a generous gift to the center

Laurel Numbers, Diane Hunter, Apryl Graham, Carole Kelley, Gail Czech, Greg Pang, Beth Anderson.

FRIENDS OF HOSPICE SOUTHWEST WASHINGTON MARKETING

Friends of Hospice Southwest Washington has had quite a bit of exposure during these past few months. We were selected as Business of the Week from the Chamber of Commerce. The November/December Vision magazine will have an article all about us!

We have also been selected by the Clark County Newcomers Club as their charity of the year. Different activities throughout the year will have us benefitting in more than just monies received but our name recognition has been increased as well.

We have been attending many events in our community as well... Blind Athletes, HOPE Dementia, Habitat for Humanity, Loving Them Forward, and the Caring Closet as well as many events with the Greater Vancouver Chamber of Commerce. Friends of Hospice Southwest Washington is being noticed for all we to do for our community.

Please go on our Facebook page and invite your friends and family to "like" our page. It's important for our visibility.

Ray Hickey Hospice House

The front entry of the Ray Hickey Hospice House is decorated with an origami crane for every person who passed away...both sides of the entry way have many multi-colored cranes, which in Japan, are the symbol of hope and healing during difficult times.

PeaceHealth Hope Bereavement Stepping Stones: a family support group is now in session

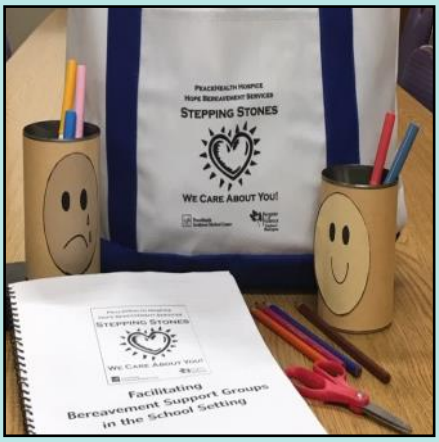
Stepping Stones family support groups specialize in helping children (ages 4—19) with their grief. Healing is found as group participants share their stories and express their thoughts and feelings through art, writing and other guided activities.

Bereavement counselors and volunteers provide a safe, caring environment where children learn about death, the importance of expressing emotions and special ways to remember loved ones.

This is a very important program for the hospice families and our community. Friends of Hospice SW Washington plays a vital role in supporting the work done. Through donations provided by Friends of Hospice, funds are available to provide art supplies, music therapy, as well as "extras" for families who are struggling to make ends meet, and the, oh so important and much appreciated, SNACKS!

Taking the Show on the Road

PeaceHealth Hope Bereavement's mission statement is ***To provide support to individuals, families and children as they work through their grief process and find healing***. We achieve our mission by facilitating a variety of support groups, one of them being Stepping Stones; a family support group for children ranging from 4 to 19 years of age.



Children grieve a loss of a loved one just like adults. What a child understands about death and how they will process their grief has a lot to do with the developmental age of the child. Because children have less coping skills they often do not know how to express their feelings. This often results in acting out, a decrease in their grades, and feelings of isolation

Stepping Stones provides a safe and caring environment where children learn how to process their feelings, but what happens when a family is unable to attend the group? Where do the children get support?

Hope Bereavement, with support provided by Friends of Hospice, has created an eight week bereavement program to assist school counselors in facilitating a grief support group during school hours. Each school will be given a "grief" bag and a printed manual to guide and support the counselor as they help the group process their feelings and begin the healing process. Thank you Friends of Hospice SW Washington for supporting us and helping us heal our community! We are GRATEFUL!

FRIENDS of HOSPICE
Southwest Washington

Board of Directors

President
Gail Czech

Vice President
Laurel Numbers

Secretary
Pattie Miller

Treasurer
Ellen Kane

Directors
Debbie Iverson,
Past President

Dora McAneny,
Co-Treasurer

Beth Anderson
Joan Cummings
Apryl Graham
Carole Kelley
Dee Memering
Lyn Dee Rhodes

CONTACT US

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P.O. Box 3116
Vancouver, WA 98668

Phone
360-696-5056
Messaging

Website
www.friends-of-hospice.org

Email
customerservice@friends-of-hospice.org

Facebook
Friends of Hospice Southwest Washington

We are a 501(c)3 tax exempt non-profit organization registered with the State of Washington.

Federal tax ID#20-4672767

Flowers From Friends

Autumn arrangements to brighten the corners of the Ray Hickey Hospice House.

MYTH

Hospice means giving up hope.

FACT

Hospice redefines hope and helps patients and their families reclaim the spirit of life. Hospice care focuses on improving the patient's quality of life allowing them to make the most of the time they have.

Join our Team...Become a Member!

WHAT ARE FRIENDS FOR…
…HELPING EACH OTHER IN A TIME OF NEED!

That is exactly what we do through our fundraising! We would love to have you join us! Become a ***Member!***

For more information:

- Go to our website: www.friends-of-hospice.org and click on the Membership tab
- Call 360-696-5056 and leave a message or
- Attend a fundraising event or general meeting and ask for more information.
- **General meetings are held on the 3rd Monday of every month**

10 am -12 noon
Keller Williams Building
2211 E Mill Plain Boulevard
Vancouver, Washington 98661

2019 New Members

Judy Aadland	**Mavis Albertsen**	**Donna Ashby**	**Jeannie Berg**	**Brenda Calahan**
Caren Frank	**Twanna Cooksey**	**Kathy Corwin**	**Sally Gannaway**	**Sean Gregory**
Kevin Getch	**Dennis Harvey**	**Justine Heckroth**	**Lynn Hubbard**	**Jennifer Linde**
Dodie Lopez	**Amy Loudenbach**	**Jan McLain**	**Ray Maly**	**Tami Miller**
Marykay Morelli	**Erin Orren**	**Joelle Osterhaus**	**Sheryl Reeder**	**Karen Santangelo**
Julie Sheldon	**Deborah Snider**	**Joey Yourchek**		

Our 100% volunteer membership continues to grow with the addition of these talented and gifted people.

Friends of Hospice Southwest Washington is a member of the following organizations.

SEAL OF TRANSPARENCY GOLD GUIDESTAR

GREATER VANCOUVER CHAMBER OF COMMERCE MOVING BUSINESS FORWARD

WASHINGTON NONPROFITS
WE MAKE SURE NONPROFITS HAVE WHAT THEY NEED TO SUCCEED.

Nonprofit Network Southwest Washington