



NURSE OF THE YEAR WASHINGTON

PRESENTED BY:



KAISER PERMANENTE®

Thursday, December 10, 2020

Thank you, nurses!

You're the friendly face our patients depend on and the personal touch they rely on. We appreciate your commitment to healing.



Seattle Children's is proud to support the March of Dimes Nurse of the Year Awards.

We honor and thank our wonderful nurses for the dedication and compassionate care they provide to our patients and families.



Hope. Care. Cure.™

OUR AGENDA

WELCOME & OPENING REMARKS

June Altaras

NOMINEE, SPONSOR & COMMITTEE RECOGNITION

June Altaras

AWARD PRESENTATION

Heather Lee
June Altaras
Ruth Flint
Margo Bykonen
Debra Ridling
Jennifer Graves
John Roehm

Mission Speaker

Karen Kelly



EMCEE

Heather Lee



EVENT CHAIR

June Altaras, MN, NEA-BC
Senior Vice President and Chief Quality
Safety and Nursing Officer
MultiCare Health System

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Bringing your A game everywhere you go.



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Providence Regional Medical Center Everett

Seattle Cancer Care Alliance,

Simplifii

Washington State Hospital Association,

Washington State Nurses Association

EXECUTIVE LEADERSHIP TEAM

June Altaras

Senior Vice President/ Chief Quality, Safety and Nursing Officer
MultiCare Health System

Margo Bykonen

Chief Nursing Officer
Swedish Medical Center

Kathleen Shannon Dorcy

Director of Clinical/Nursing
Seattle Cancer Care Alliance

Ruth Flint

Chief Nursing Officer/Vice President
St. Joseph Medical Center/CHI Franciscan Health

Janine Holbrook

Chief Nursing Office
Providence Regional Medical Center Everett

Michelle James

Chief Nursing Officer
Providence St. Peter/Providence Centralia

Debra Ridling

Associate Chief Nurse, Practice and Research, Director, Center
for Pediatric Nursing Research
Seattle Children's Hospital

Christi Sifri

Chief Nurse Executive
Regional Hospital for Respiratory and Complex Care

Danuta Wojnar

Associate Dean for Undergraduate Education
College of Nursing | Seattle University



FOR HEALING OUR BODIES AND TOUCHING OUR HEARTS – THANK YOU.

Kaiser Permanente is proud to honor nurses across Washington. Thank you for your expertise, compassion, and tireless dedication when people need it most.

kp.org/wa

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Health Plan of Washington



KAISER PERMANENTE®

2020 AWARDS CATEGORIES

Advanced Practice Nursing

Those who are nurse practitioners, clinical nurse specialists, nurse anesthetists, and nurse midwives.

Advocacy for Patients

Sponsored by: Swedish Health Services

Those who go beyond the call of duty to advocate for patients.

Ambulatory Care

For those that treat patients that seek routine medical care for acute and chronic illnesses as well as injuries.

Behavioral Health

Those who work with Mental Health and Addictive Services.

Clinical Care

Sponsored By: Overlake Medical Center & Clinics

Those who demonstrate excellence in delivering care directly to the patient in any clinical setting.

Continuum of Care

Nursing Care provided to patients/families in non-hospital settings such as skilled nursing centers, assisted living, home health, public health and hospice.

Distinguished Nurse of the Year

Sponsored By: MultiCare Health System

Those whose contributions and accomplishments have had an extraordinary influence within the nursing profession in Washington.

Education

Sponsored By: WGU Washington

Those that have made significant contributions in education, professional development, and/or long-term learning of nursing professionals.

Emergency

Those who work in emergency rooms, flight services and ambulance services.

Front Line Leader

Sponsored By: Kaiser Permanente

Includes those in general medical/surgical or specialty unit area of nursing who function in the Charge Nurse, ANM, or Supervisor role. Includes Adult ICU/CCU, IMC, cath lab and special procedures, PTCA Interventional Radiology, ER, Surgical, Labor & Delivery, NICU with intermediate care units and PICU.

2020 AWARDS CATEGORIES

Nursing Administration and Leadership

Includes CNE's, CNO's, VP's, Administrative Directors, and Department Directors/Managers.

Nursing Technology/Analytics

Includes those in all settings and all levels who demonstrate leadership in implementation, adoption, or optimization of technology or the use of data or data analytics.

Pediatric

Sponsored by: Seattle Children's Hospital

Those whose influence and service in the care of pregnant mothers and babies exemplifies the mission of the March of Dimes to improve the health of babies.

Research Advancement

Those who use, implement, supervise, conduct, design, or teach research to advance quality improvement, evidence-based practice or clinical outcomes. This category recognizes nurses who use research to guide practice and develop policies.

Rising Star

Sponsored by: KeyBank

Those who, within the first 18 months of practice exemplify outstanding caring, leadership, and professionalism.

Travel Nurse

Sponsored by: Simplifi

Those RN's who are on a contract (i.e. non-FTE staff), whose contributions have had an extraordinary influence on nursing at the hospital, and who demonstrate exceptional day-to-day delivery with direct patient care, as well as those who have shown what it means to be a team player by having embedded themselves into the hospital's nursing culture.

Women's Health – Lactation/Maternal Services

Sponsored by: Elan Consulting

Those who provide care in ante partum clinics, antepartum hospital units, labor and delivery, maternal/baby care, post-partum and gynecology.

The strength of our community is its greatest asset.

When people work together, anything is possible. It's why we support organizations that bring people within our community closer. They reinforce the bonds we share and help us celebrate the traditions we hold dear. It's just one part of our investment in our neighbors and the community.

KeyBank thanks **the March of Dimes** for making a difference.



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Congratulations to our

**March of Dimes
Nurse of the Year
award nominees!**

We're grateful
for all you do.

MultiCare 

multicare.org

HEALTH FOR GOOD

Swedish honors each
nurse and their
contributions to
patient care.



swedish.org

CONGRATULATIONS TO OUR NOMINEES

Abbie David

Seattle Children's Hospital

Abby Lust

Swedish Medical Center
Issaquah

Adela Delos-Reyes

Swedish Medical Center
Cherry Hill

Adriana Shanko*

MultiCare - Covington Medical Center

Adriane Martinez*

Evergreen Home Health

Albina Petrus

Providence Regional Medical
Center Everett

Alexa Rousey

Providence Regional Medical
Center Everett

Alexandra Smith

Providence Regional Medical
Center Everett

Alexandra Smith

Seattle Children's Hospital

Alexandra Truzzi

Swedish Medical Center

Alexis Bjork

Swedish Medical Center
Cherry Hill

Alexis Maes

Swedish Medical Center
Cherry Hill

Alisha Bouwkamp

Swedish Medical Center
Cherry Hill

Alison Coit

Swedish Medical Center
First Hill

Allison Choppa

Overlake Hospital Medical Center

Ally Sloppy

St. Francis Hospital
CHI Franciscan

Alvina Wong*

St. Francis Hospital
CHI Franciscan

Alyson Willard

Overlake Hospital Medical Center

Amal Ali

Swedish Medical Center
First Hill

Aman Kaur

St. Francis Hospital
CHI Franciscan

Amanda Ashcraft

Providence Regional Medical
Center Everett

*Nominated more than once

CONGRATULATIONS, 2020 NURSE OF THE YEAR NOMINEES AND WINNERS!

We support nursing education because better training means better patient outcomes! For information on WGU Washington's College of Health Professions, visit

washington.wgu.edu/healthcare

Accredited. Respected. Recognized.

WGU  **WASHINGTON.**

Jacqueline B.
M.S. Nursing—Leadership
and Management



MY NICU BABY® APP

Having a baby in the neonatal intensive care unit (NICU) can be overwhelming. The My NICU Baby App from March of Dimes provide the latest information and helpful resources to improve a family's experience during and after their baby's NICU stay. My NICU Baby is available in English, and in Spanish as Mi bebé en la NICU. Download the app for free from the App Store and Google Play.



MARCHOFDIMES.ORG

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CONGRATULATIONS TO OUR NOMINEES

Amanda Macpherson

Swedish Medical Center
First Hill

Amanda Teachman

Providence Regional Medical
Center Everett

Amber Pries

MultiCare Health System

Amy Lamson

Seattle Children's Hospital

Amy Morgan

Virginia Mason Medical Center

Amy Sullivan

Swedish Medical Center
First Hill

Angela DeBay

Swedish Medical Center
Cherry Hill

Angie Albright

Kaiser Permanente

Angie Naylor*

MultiCare Health System

Anita Stuart

St. Michael Medical Center
CHI Franciscan

Ann Green

EvergreenHealth

Ann Hefflinger

Swedish Medical Center
Edmonds

Ann Jarvenin

Swedish Medical Center
First Hill

Anna Bell

St. Anthony Hospital
CHI Franciscan

Anne Anderson*

Seattle Children's Hospital

Anne Powers

Swedish Medical Center
First Hill

Anne Young

Swedish Medical Center
First Hill

Apolinario Domingo

RNnetwork

April Rhodes

St. Joseph Medical Center
CHI Franciscan

Araceli Javier

Swedish Medical Center
First Hill

Arushi Dodeja

Swedish Medical Center
Ballard Campus

*Nominated more than once

CONGRATULATIONS TO OUR NOMINEES

Arvilyn Cereno*

Swedish Medical Center
Cherry Hill

Ashley Bower

Swedish Medical Center
First Hill

Ashley Fisher

St. Clare Hospital
CHI Franciscan

Ashley Ludlow

EvergreenHealth

Ashley Turner

Seattle Children's Hospital

Bailey Marquez

St. Anthony Hospital
CHI Franciscan

Barlin Mohamed

Swedish Medical Center
First Hill

Billi Jo Coy

MultiCare - Deaconess Hospital

Bonne Childs

Swedish Medical Center
First Hill

Bonnie Fryzlewicz

Seattle Children's Hospital

Bonnie Poore

St. Anthony Hospital
CHI Franciscan

Boyon Yun

Swedish Medical Group

Brandee Dew

St. Joseph Medical Center
CHI Franciscan

Bree Sievers

Providence Regional Medical
Center Everett

Bree Smith

MultiCare - Covington Medical Center

Brian Norris

Swedish Medical Center
First Hill

Brian Trickel

Swedish Medical Center
Issaquah

Brittany Gaudreault

Seattle Children's Hospital

Bryan Benitez

Swedish Medical Center
Cherry Hill

Caitlyn Anderson

St. Francis Hospital
CHI Franciscan

Carolyn Waller

MultiCare - Valley Hospital

Catherine Haverman

Providence Regional Medical Center
Everett

*Nominated more than once

CONGRATULATIONS TO OUR NOMINEES

Catherine Noel McNeal

St. Anthony Hospital
CHI Franciscan / Joint Base
Lewis-McChord

Cathie Rohleder

St. Francis Hospital
CHI Franciscan

Cathy Unthank

Swedish Medical Center
Cherry Hill

Chad Markward

Seattle Children's Hospital

Cherry Ann Selguerra

Swedish Medical Center
Cherry Hill

Cheyenne Haines

Swedish Medical Center
First Hill

Chris Henshaw

Virginia Mason Medical Center

Christa Zimmerman

MultiCare - Good Samaritan
Hospital

Christine Barnhart

Swedish Medical Center
Issaquah

Christopher Baker

Seattle Children's Hospital

Christy Dallenbach

Shoreline Community College

CJ Johnston

MultiCare Health System

Colleen Holden

Swedish Medical Center
Cherry Hill

Connie Kim

Swedish Medical Center
Cherry Hill

Corina Arrieta

Kaiser Permanente Tacoma
Medical Center

Coty VandeWerfhorst

Providence Regional Medical
Center Everett

Courtney Pittman*

EvergreenHealth

Crystal Almazan

MultiCare - Tacoma General
Hospital

Crystal Benjamin

MultiCare - Deaconess Hospital

Danielle Epperson

St. Francis Hospital
CHI Franciscan

Darinka Obradovich*

EvergreenHealth

David Dickerson

Swedish Medical Center

*Nominated more than once

CONGRATULATIONS TO OUR NOMINEES

David Swale

EvergreenHealth

Dawn Hennig

Swedish Medical Center

Dawn Morrell

MultiCare - Good Samaritan
Hospital

Deanne Ishee

Overlake Hospital Medical Center

Debra Cadiente

Swedish Medical Center - First Hill

Debra Cathers

Kaiser Permanente Consulting
Nurse Service, Renton, WA

Diana Crump

Swedish Medical Center
Cherry Hill

Diane Mass

Swedish Medical Center
First Hill

Dony Samuel

Swedish Medical Center
First Hill

Dr. Antwinett Lee

Seattle Pacific University

Dr. Eunjung Kim

University of Washington School of
Nursing

Dr. Rebekah Maldonado-Nofizger

University of Washington and Seattle
Public Schools

Drew Coleman

St. Francis Hospital
CHI Franciscan

Drew Stanley

MultiCare - Tacoma General Hospital

Eileen Francisco

MultiCare - Tacoma General Hospital

Elias Gordon

Swedish Medical Center

Elina Khovsun

MultiCare - Navos Hospital

Elizabeth Chamberlain

St. Anthony Hospital
CHI Franciscan

Elizabeth Hinkson

Providence Regional Medical Center
Everett

Elizabeth Munn

MultiCare - Greater Lakes Mental
Healthcare

Elizabeth Pesek

Overlake Hospital Medical Center

Elizabeth Puckett

Kaiser Permanente

*Nominated more than once

CONGRATULATIONS TO OUR NOMINEES

Ellen Tillman

Evergreen Home Health

Emilie Renninger

Swedish Medical Center
First Hill

Emily James

Valley Medical Center

Emily Lightfoot

Seattle Children's Hospital

Emily Yancy

Providence Regional Medical
Center Everett

Emma Nally

St. Francis Hospital
CHI Franciscan

Eric Peterson*

Seattle Children's Hospital

Eric Sailor

MultiCare - Navos Hospital

Erica McCartney

Swedish Medical Center
Edmonds

Erika Watkinson

Swedish Medical Center
First Hill

Erin Enderle

St. Francis Hospital
CHI Franciscan

Erin Lomas

Swedish Medical Center
Cherry Hill

Estephanie Credo

Virginia Mason Medical Center

Eva Philippe

EvergreenHealth

Faina Yoffe

Swedish Medical Center
First Hill

Faye Kaufmann

Harborview Medical Center

Flora Salanga, RN

Swedish Medical Center
First Hill

Florina Piroi

Valley Medical Center

Gina Piccirilli

Swedish Medical Center
First Hill

Giselle Deibler

Swedish Medical Center
Edmonds

Gissela Ochoa

Kaiser Permanente

Gordy (Gordo) Fields

Overlake Hospital Medical Center

*Nominated more than once

CONGRATULATIONS TO OUR NOMINEES

Hannah Hill

Swedish Medical Center

Hannah Van Dinter

Swedish Medical Center
First Hill

Harmony Brammer

MultiCare - Tacoma General Hospital

Heather Brown

Swedish Medical Center
First Hill

Heather Klawer

Providence Regional Medical
Center Everett

Heather Martin

Swedish Medical Center
Cherry Hill

Heather Svitak

St. Clare Hospital - CHI Franciscan

Heather Thomasson

MultiCare - Covington Medical Center
and Auburn Medical Center

Heidi Hohman

Swedish Cancer Institute
First Hill

Hillary Woods

Swedish Medical Center
First Hill

Holly Denihan

Swedish Medical Center
First Hill

HollyBeth Hill

MultiCare - Deaconess Hospital

Ivy Carslay

Valley Medical Center

Ivy Pearson

St. Anthony Hospital
CHI Franciscan

Jack Mystkowski

Swedish Medical Center
Cherry Hill

Jackie Bartosh*

MultiCare - Deaconess Hospital

Jamie Addington*

MultiCare - Mary Bridge Children's
Hospital

Janice Gibson

Swedish Medical Center
First Hill

Jeanne Stinebrickner

Swedish Medical Center
Cherry Hill

Jennifer Bergstrom

Kaiser Permanente Lidgerwood
Medical Center

Jennifer Copeland

EvergreenHealth

Jennifer Livingston*

Franciscan Women's Health at
Virginia Mason

*Nominated more than once

CONGRATULATIONS TO OUR NOMINEES

Jennifer McGill

Swedish Medical Center

Jennifer McKinlay

EvergreenHealth

Jennifer Norman

Swedish Medical Center

First Hill

**Jennifer Wulff, DNP, ARNP,
AOCNP**

Swedish Cancer Institute

Edmonds

Jereme Fauble

Swedish Medical Center

First Hill

Jessica Clark

EvergreenHealth

Jessica Fritschle

St. Francis Hospital

CHI Franciscan

Jessica Williams

Providence Regional Medical

Center Everett

Jill Harris

Overlake Hospital Medical Center

Jillian Minuth

Swedish Medical Center

First Hill

Joan Begrovich

Providence Sacred Heart Medical

Center

Jordan King

Seattle Children's Hospital

Joseph Juntala

Providence Regional Medical

Center Everett

Joy Dennis

Providence Regional Medical

Center Everett

Judy Salesky

Providence Sacred Heart Medical

Center

Julie Burns*

Seattle Children's Hospital

Julie Dunn

Valley Medical Center

Karen Bliesner, RN

MultiCare - Rockwood Clinic

Karen Thomas

Seattle Children's Hospital

Kari Miller

MultiCare - Deaconess Hospital

Karleen Nazario

Valley Medical Center

Kasea Harbachuk

Seattle Children's Hospital

*Nominated more than once

OVERLAKE MEDICAL CENTER & CLINICS

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Compassionate care for every life we touch

Proud Sponsor of

March of Dimes Nurse of the Year, Washington

overlakehospital.org

1035 116th Ave NE
Bellevue, WA 98004

Thank you to our top fundraising nominees!

- Adriane Lee Martinez
- Alexa Noel Rousey
- Allison Frances Choppa
 - Alvina Wong
 - Amal Ali
- Amy C Morgan
- April Jo Rhodes
- Arvilyn Cereno
 - Brian Norris
- Brittany Gaudreault
- Catherine “Noel” McNeal
- Diana I Crump
- Dr. Antwinett O. Lee
- Heather Klawer
- Holly Elizabeth Hill
 - Jordan King
 - Joy Dennis
 - Julie Dunn
- Kennedy Burton
 - Lori Ketter
- Mandie Gardner
- Monica Nicole Hoyer
- Nancy Megan Bershon
 - Sandi L Kim
 - Sarah Jurado

MAKE A GIFT TO PAY TRIBUTE TO A NURSE

We believe that every baby deserves the best possible start. When you support March of Dimes you help provide programs and resources for moms and babies in communities across the country. You also become part of a remarkable group of people who fund lifesaving research and local efforts to unite communities, including those with the greatest need.

Nurse of the Year Awards acknowledge the best of the best throughout Washington State. Now it's your chance to celebrate excellence and support the mission of March of Dimes.

This morning you will have the opportunity to make a gift in honor of an extraordinary nurse who goes above and beyond in delivering outstanding, compassionate care.

Please text **NOTYWA to 91999** to join and participate in our Fund the Mission to support the March of Dimes. **All IN ONE LINE, PLEASE TEXT "NOTYWA, YOUR GIFT AMOUNT, NAME OF THE NURSE YOU WANT TO HONOR.** Example "NOTYWA, \$250, All Nurses"

Your generous gift is 100 percent tax-deductible and will benefit moms and babies everywhere.

THANK YOU!

CONGRATULATIONS TO OUR NOMINEES

Kassy Kvam

MultiCare - Tacoma General
Hospital

Katherine Bachenberg

Swedish Medical Center
First Hill

Katherine Macklem

Swedish Medical Center
First Hill

Kathy Kuhnau

St. Anthony Hospital
CHI Franciscan

Katie Facklam

St. Anthony Hospital
CHI Franciscan

Katy Frasi

MultiCare - Mary Bridge Children's
Hospital and Health Network

Kaycee Kim

Swedish Medical Center
Cherry Hill

Kayla Kendall

Kootenai

Kelli Kennedy

EvergreenHealth

Kennedy Burton

Swedish Medical Center
Cherry Hill

Kim Abad

Swedish Medical Center

Kim Goddu*

Swedish Medical Center

Kim Yamamoto

Swedish Medical Center
Cherry Hill

Kimberly Webster

Skagit Regional Health

Kristin Bohreer

Virginia Mason Medical Center

Kristin Jensen

Swedish Medical Center

Kristin Richey

EvergreenHealth

Kristy Jones

St. Anthony Hospital
CHI Franciscan

Kristyn Pavnica

Swedish Medical Center
Cherry Hill

Kyla Richardson*

Swedish Medical Center
First Hill

Lalania Olsby

Seattle Children's Hospital

Laura Langstead

MultiCare - Tacoma General Hospital

Lauren Gerty*

MultiCare - Deaconess Hospital

*Nominated more than once

CONGRATULATIONS TO OUR NOMINEES

Lauren Jeglum

Swedish Medical Center

Lauren Munechika

Swedish Medical Center

Laurie Miller

Swedish Medical Center

Leaodivica Galeon

Swedish Medical Center
Cherry Hill

Leigh Anne Bundag

Valley Medical Center

Lennie Zamora

Swedish Medical Center
First Hill

Leonie Enriquez

Valley Medical Center

Lilia Valtcheva

Virginia Mason Medical Center

Lily Y. Pang

Swedish Medical Center

Lindsay Malone

Swedish Medical Center
Cherry Hill

Lisa Haag*

Swedish Neuroscience Institute

Lisa Malone

EvergreenHealth

Lori Ketter

MultiCare - Covington Medical
Center

LoriAnne Johns

MultiCare - Tacoma General
Hospital

Lorraine Devine

MultiCare - Deaconess Hospital

Lorraine Wilson

MultiCare - Maple Valley Family
Practice

Lucy Norris

MultiCare - Auburn Medical Center

Lydia Armad

Swedish Medical Center
Ballard Campus

Mally Michaely

EvergreenHealth

Mandie Gardner*

MultiCare - Tacoma General
Hospital

Margaret Mecka

St. Michael Medical Center
CHI Franciscan

Maria Devekos

EvergreenHealth

*Nominated more than once

CONGRATULATIONS TO OUR NOMINEES

Marion Ray
CHI Franciscan

Marissa Pettit
St. Michael Medical Center
CHI Franciscan

Marissa Schroeder
Providence Regional Medical
Everett Center

Mark Berneking
Swedish Medical Center
Edmonds

Martin Garrett
MultiCare - Deaconess Hospital

Mary Ederadan
St. Francis Hospital
CHI Franciscan

Mary Hansen
Valley Medical Center

Mary Stottlemeyer*
Swedish Medical Center
Issaquah

Matley Jones
St. Michael Medical Center
CHI Franciscan

Matthew Dustin
MultiCare - Tacoma General
Hospital

Megan Case
St. Michael Medical Center
CHI Franciscan

Megan Hawver
MultiCare - Auburn Medical Center

Melanie Stockwell
St. Anthony Hospital
CHI Franciscan

Melissa Fouty
Swedish Medical Center
Edmonds

Mena Biscocho
St. Clare Hospital
CHI Franciscan

Micahel Welker
St. Michael Medical Center
CHI Franciscan

Michelle Chapman
Swedish Medical Center
Cherry Hill

Michelle Patti
Swedish Medical Center
First Hill

Michelle Peretz
Evergreen Home Health

Michelle Prim
Seattle Children's Hospital

Michelle Reither
Swedish Medical Center
Edmonds

*Nominated more than once

CONGRATULATIONS TO OUR NOMINEES

Misha Severson

EvergreenHealth

Mo Qayoum

Swedish Medical Center
First Hill

Molly Aaseby

Seattle Children's Hospital

Monica Hoyer

Swedish Medical Center
First Hill

Nadine Agner*

Swedish Medical Center
Cherry Hill

Nancy 'Nanny' Rawlings

Swedish Medical Group

Nataliya Borsuk

St. Francis Hospital
CHI Franciscan

Nathan Dewing

Swedish Medical Center

Nicole Roehrig

Swedish Medical Center

Nicole Todd

Swedish Medical Center
Cherry Hill

Nicoleta Roate

Valley Medical Center

Niki Estes

Swedish Medical Center
First Hill

Noy Monserate

Swedish Medical Center
First Hill

Odessa Santamaria

Swedish Medical Center
Edmonds

Pam (Sarah) Salas

EvergreenHealth

Parminder Bhandal

EvergreenHealth

Patricia Cami" Alvarez"

Swedish Medical Center
First Hill

Patricia Pineda

Swedish Medical Center
Cherry Hill

Patty Palmer

Swedish Medical Center
Edmonds

Paul Bautista

St. Francis Hospital CHI
Franciscan

Qiong "Summer" Ma

Swedish Medical Center

Queena Kim

Swedish Medical Center
Cherry Hill

*Nominated more than once

#*un*SPOKENSTORIES

Pregnancy and parenting don't always go as planned, yet we rarely hear the real stories. March of Dimes is changing that.

Join our #*un*SPOKENSTORIES community to give voice to honest stories of the joys of parenting to the heartbreak of loss. The community is made up of people like you—hundreds of parents, would-be parents, family, partners, doctors, nurses and friends—who want to connect and share with each other one story at a time.

It only takes hearing one story like your own to know you are not alone.

Share, listen and connect at #*un*SPOKENSTORIES.ORG and share your story on social using #*un*SPOKENSTORIES.



CONGRATULATIONS TO OUR NOMINEES

Rachael Smith

St. Francis Hospital
CHI Franciscan

Rachelle Foreman

Seattle Children's Hospital

Raj Gurung

Swedish Medical Center
Ballard Campus

Renee Paquet

University of Washington Medical
Center

Renee Rassilyer-Bomers

Swedish Medical Center

Richmond Buerthey

Valley Medical Center

Riley Glad

Providence Regional Medical
Center Everett

Roberta (Bobbie) Salvesson

MultiCare - Mary Bridge Children's
Hospital

Ronnie Elaydo

MultiCare - Auburn Medical Center

Rory Rochelle

Kaiser Permanente

Rose McKenzie

Seattle Children's Hospital

Rosemary Kugler

RNnetwork

Ruth Welch

Swedish Medical Center

Saaliha Nawaz

Seattle Children's Hospital

Sally Hallen

EvergreenHealth

Sally Perla

Swedish Medical Center
First Hill

Sam Clark

Providence Sacred Heart Medical
Center

Samantha R Basovitch

Swedish Medical Center
First Hill

Sandi Kim

Swedish Cancer Institute
First Hill

Sandy Kreider

EvergreenHealth

Sarah Barnes

MultiCare - Tacoma General Hospital

Sarah Jurado

Overlake Hospital Medical Center

Sarah Post

MultiCare - Covington Medical Center

*Nominated more than once

CONGRATULATIONS TO OUR NOMINEES

Sarah Storhoff

Seattle Children's Hospital

Sarah Wood

MultiCare - Auburn Medical Center

Scott Puhalla

Swedish Medical Center
First Hill

Shanna Lafranca*

MultiCare Health System

Shannon Bollinger

MultiCare - Deaconess Hospital

Sharon Hento

MultiCare - Allenmore Hospital

Sharon Watts*

Virginia Mason Medical Center

Shayna Dieken*

Swedish Medical Center
First Hill

Sheri Love

Swedish Medical Center

Sherilyn Love

Swedish Medical Center
First Hill

Shirley Cheng

Harborview Medical Center

Siri Bergdthom-Moan

MultiCare Women's Center

Sohyun Park

Swedish Medical Center
Cherry Hill

Sonh Phetsomphou

Swedish Medical Center
First Hill

Spring Truax

Swedish Medical Center

Stefanie Baker*

Overlake Hospital Medical Center

Stefanie Sorensen

Seattle Children's Hospital

Susan Alonzo

Swedish Medical Center

Susan Hanser

EvergreenHealth

Susan Talbot

Virginia Mason Medical Center

Tamara Brown

Providence - St. Joseph's Hospital

Tamara Colglazier

MultiCare - Mary Bridge Children's
Hospital and Health Network

Tami Allen*

Providence Regional Medical
Center Everett

Tamie Rickman

St. Michael Medical Center
CHI Franciscan

*Nominated more than once

CONGRATULATIONS TO OUR NOMINEES

Tammy Guenzi

MultiCare - Tacoma General Baker
Ambulatory Surgery Center

Tammy Lord

Swedish Medical Center
First Hill

Tanya Nguyen

Swedish Medical Center

Tasha Hensdill

Swedish Medical Center
Issaquah

Tatyana Huber

Swedish Medical Center
Issaquah

Taylor Metcalf

EvergreenHealth

Terra Caswell

Seattle Children's Hospital

Terry Lynch

Valley Medical Center

Therese 'Tee' Mirisola*

Seattle Children's Hospital

Tisha Naegele

EvergreenHealth

Traci Rounseville

MultiCare - Valley Hospital

Travis McSpadden

MultiCare - Deaconess Hospital

Trish Bouzek

Seattle Children's Hospital

Tyler Kessler

Swedish Medical Center
Cherry Hill

Vickey Lee

Swedish Medical Center
Cherry Hill

Victor Albanese

Swedish Medical Center
Cherry Hill

Victoria Drobkov

Swedish Medical Center
Cherry Hill

Victoria Keller

Swedish Medical Center

Virginia Baradi*

Swedish Medical Center

Vivian Camaliong

MultiCare - Navos Hospital

Wendy Rychwalski

Kaiser Permanente - Northgate

Yuzuki Gushikan

Swedish Medical Center
Cherry Hill

*Nominated more than once



REDUCE YOUR TAX BURDEN EVEN IF YOU DON'T ITEMIZE DEDUCTIONS

- Do you own an IRA account?
- Are you 70½ years of age or older?
- Do you want to reduce the tax burden on your minimum required distributions?
- Would you like a tax-wise option to support March of Dimes?

Careful planning is very important when it comes to qualified retirement plan assets. If you answered yes to all of the above questions, we would like to send you our booklet **"Maximize Your IRA"**. This publication highlights important estate planning considerations for spouses, family and charity that can help you make the most of your retirement plan assets.

Contact us today to receive your copy of "Maximize Your IRA". The booklet is free and you're never obligated to make a gift.

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March of Dimes does not provide legal, financial or estate planning advice. Please consult with your own advisors before making any decisions.

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