

LAKESIDE WELLNESS FOUNDATION PRESENTS...



& Festa Italiano

To Benefit 2009 Lakeside Wellness Foundation Health and Wellness Programs

Since its inception in 2002, the Lakeside Wellness Foundation has been supporting the Sutter Lakeside Hospital, the Wellness Center and the hospital's community health programs. The Foundation supports making wellness affordable and accessible through free and low-cost fitness and health programs and getting fundamental health services to the seniors, children and families who need them most.

We invite you to celebrate and help us build healthier, happier lives by participating in **Pulse! Strut Your Stuff for Wellness**, our new, upbeat fundraising "Festa Italiano" (Italian themed party)! This crowd-pleasing, high-energy community fashion show, live auction and raffle, plated lunch and dance will be held on **Saturday, August 15, 2009** at Mt. Konocti Growers, 2550 Big Valley Rd., Kelseyville, 11 a.m. to 3:30 p.m.

This year, because we understand how carefully you evaluate your company's investment in marketing, we have increased the dollar value of the Sponsor Benefits. Please take a careful look at the enclosed information about Sponsor Benefits and Opportunities and see why we think you will want to become a Sponsor of this dynamic and fun event.

With the community's help, Sutter Lakeside's fundraising events have been very successful, generating valuable funding to enable us to help Lake County children, teens, adults and seniors. **Your sponsorship will help us give the greatest gift of all – the gift of a healthier tomorrow. Thank you for your thoughtful consideration.**

Sincerely,

Mark Buenerkemper, Chair
Board of Directors

Tammi Silva
Executive Director

Attached you'll find the following: Organization & Event Overview, Sponsorship Benefits, Lakeside Wellness Foundation Accomplishments and a fax form to get back to us



Strut Your Stuff for Wellness & Festa Italiano

“If we all did the things we are capable of, we would astound ourselves.”

This quote from Thomas Edison really speaks to the celebration-worthy achievements of thousands of Lake County men and women (many whom have limited or no access to health care), who lead transformed lives thanks to the inspirational and innovative programs and services provided by Sutter Lakeside Hospital.

We believe that to truly improve one’s health we must treat not only the physical ailment, but the whole human being – mind, body, and feelings. Our goal is to inspire people to make changes that will move them closer to their desired goals and a healthier, happier life.

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This year’s event will have the festive feel of an impromptu gathering at a Tuscan village square at harvest time; dress comfortably and enjoy the party! “Mangia (eat) deliziosi antipasti and sip complimentary champagne aperitivo while strolling through the rustic piazza filled with local merchants, music and dazzling raffle items.

A sit-down, authentic country-Italian prazno (lunch) will be followed by a fast-paced live auction. The highlight is the community fashion show featuring many of Lake County’s young and not-so-young men, women (and children) from business and community leadership, law enforcement, public service, and of course, health care! We guarantee that the crowd will find themselves on their feet. The music will be “Pulsing,” the room Rocking, and the models will be Strutting hot, creative and fun fashions from formal, to vintage, to outdoor wear. You never know what to expect from a bunch average Joe’s and Jill’s, under the spotlight, and in front of an enthusiastic crowd of friends, family and fellow community members!

Saturday, August 15, 2009

Mt. Konocti Growers

2550 Big Valley Rd., Kelseyville

11 a.m. to 12:30 p.m.

Aperitivo and Antipasto
Reception
Vendors on the Piazza
Dream Raffle

12:30 p.m. to 1:45 p.m.

Welcome
Pranzo
(lunch is served)
Live Auction

1:45 to 3:30 p.m.

Community Fashion Show
Dancing
No-Host Bar

2008 Lakeside Wellness Foundation Accomplishments

- ☆ Served nearly 9,000 children and families with our “Healthy Kids Are Contagious” programs that provide wellness education to all schools in Lake County and distributed 800 curriculum binders to 6th grade students
- ☆ Raised funds to provide the following life-saving medical devices and specialized training for hospital staff:
 - ☆ Grant to provide advanced training and best practice protocols for anticoagulation therapy
 - ☆ Blood lead screening machine for pediatric patients
 - ☆ Continuous Passive Motion (CPM) device to aid recovery after joint surgery
- ☆ Provided over 75 scholarships to Create Your Health (Wellness University), Lighten Up, and Stress Reduction and Relaxation programs to help at-risk adults take charge of their health
- ☆ Provided 50 scholarships for Lake County children to attend Camp Watta Watta as part of our campaign to empower children to achieve and maintain good health
- ☆ Completed the Mobile Health Services Unit capital campaign, raising over \$150,000 from individuals, service groups, health care providers and community leaders to purchase the Unit and meeting a \$100,000 matching grant
- ☆ Collaborated with the Health Leadership Network to develop a plan to address childhood obesity in Lake County.

2009 Lakeside Wellness Foundation GOALS

In 2009 the Lakeside Wellness Foundation and Wellness Center team wish to do the following:

- ☆ Purchase the Medical Mobile Unit and begin providing access to basic health care at no cost to at-risk populations around the county
- ☆ Purchase wireless fetal heart rate monitoring equipment to enhance the birthing experience.
- ☆ Expand the wellness education programs to all communities around the lake. We intend to strengthen partnerships with other Lake County agencies that serve at risk populations particularly pregnant women and families with children
- ☆ Increase the volume of children served by continuing to offer *Camp Watta Watta* and by partnering with the schools to provide mandated wellness programming
- ☆ Increase investment in *Healthy Kids are Contagious* program
- ☆ Partner with businesses to assist in promoting employee health and wellbeing and to decrease illness care costs, sick time, workers’ compensation claims while boosting productivity and job satisfaction
- ☆ Purchase a BiliSoft LED Phototherapy System for the treatment of indirect hyperbilirubinemia in newborns.
- ☆ Enhance each patient’s healing experience by providing in-room accommodations and supplies for family members.
- ☆ Expand the fitness room capacity to accommodate more students.



Strut Your Stuff for Wellness & Festa Italiano

Sponsorship Response Form

Yes, our company will be a Sponsor at the level indicated below.

Name as you wish it to appear on promotional materials

Mailing address/ City/ State/ ZIP

Contact Name

Telephone Fax E-mail address

FESTA ITALIANO SPONSORSHIP OPPORTUNITIES

- "Community Catalyst" Patron- \$5,000
- Community Leaders- \$3,000
- Silver Sponsor- \$2,000
- Bronze Sponsor- \$1,000
- Booth Sponsorship- \$500

Program ads:

- Half page: \$750
- Quarter page: \$500
- Business card size: \$250
- Unfortunately, we will be unable to participate, but would like to make a donation of \$_____ to support the Wellness Foundation

Method of payment

Check: (payable to Lakeside Wellness Foundation) Amount \$_____

Credit card: €Amex €Visa €MasterCard

Credit card number Exp. date 3 digit security code

Name as it appears on card

Billing address

Please return this form and direct inquires to:

Tammi Silva, Director, Lakeside Wellness Foundation, 5176 Hill Road East, Lakeport, CA 95453

Fax: 707-262-5094

Cell (707) 349-1506

friendsofsutter@sutterhealth.org