Health Heroes
COMMUNITY HEALTH CARE AWARDS
Congratulations
Community Health Care
on your
50 years of
service to our community

Amerigroup
RealSolutions®
in healthcare

We listen and engage families
to understand their culture,
values, and beliefs to build
meaningful relationships
and improve quality of care.
The Evening

Social Hour

Welcome
Lori Matsukawa, Master of Ceremonies

Dinner

Celebrating Community Health Care’s 50th Anniversary
Dr. George Tanbara’s family presented with
Community Health Care’s first Health Hero recognition

Announcement
Introduction of the Kimi & George Tanbara, MD Endowment Fund

Honoring Our Health Heroes
Celebrating those health heroes in our midst who work to improve the
general health of all of us who live and work in Tacoma and Pierce County

Closing Remarks

Thank You and Good Night

Molina Healthcare proudly supports
Community Health Care

Congratulations to Community Health Care on its 50th Anniversary!

Thank you for your dedication to serving those in need.

To learn more about Molina and opportunities for building partnerships, please contact
WACommunity@MolinaHealthcare.com

MolinaHealthcare.com
Community Health Plan of Washington knows all about the ‘power of community.’ We are proud to celebrate Community Health Care’s 50th year of making our community a healthier place. Here’s to another 50 years of making health care accessible and affordable to all.

Happy birthday!
How do you measure a healthy community?

Does a healthy community strictly mean access to clinical health care? That is part of it but by no means, all of it.

Addressing the needs of a community requires a team of people and entities, working together, to improve the environments where we live and work.

What are some of these needs?

**Economic Stability** – Knowing that the bills will be paid or that there is some money put aside for emergencies can bring great peace of mind.

**Education** – Easy access to comprehensive education services are linked with better health, less stress, and higher self-confidence.

**Physical Environment** – Clean air and water, healthy workplaces, safe homes and neighborhoods, safe working conditions, all contribute to better health. People who have more control over their living and working conditions are generally found to be healthier.

**Social Support Networks** – Being surrounded and supported by family, friends, and neighbors is linked to better health. Customs, traditions, and culture all play important roles in stability and better health.

**Personal Responsibility** – Purposefully living a healthier lifestyle – such as not smoking, getting regular exercise, and moderate (or not) drinking, getting sufficient sleep – contribute to general well-being. Good coping skills and stress management – or stress reduction – are all integral to maintaining good health.

**Access to Health Services** – Access to medical, dental, and behavioral health care is vital to a healthier life. Getting regular checkups, adhering to disease prevention advice from medical and dental providers are key factors to general good health.

Health Heroes are those persons or entities who live and work quietly among us, in all the areas outlined by the overall needs of the community, helping our neighborhoods stay or become healthier, happier places to live and work. *Community Health Care will continue to accept nominations for Health Heroes as we will be recognizing them throughout the year, culminating in another celebration next October.*

Join us in honoring the first of our Health Heroes.
Congratulations

COMMUNITY HEALTH CARE

on 50 years of providing quality, accessible healthcare for all.
**Lois Bernstein** -- While Lois is employed by a healthcare system, the impactful work she has done in the community has been in a number of areas. One of Lois’ great skills is in coalition building to serve the needs of our community. Lois is a respected leader, who others trust to have the best interest of the community at heart.

Fifteen years ago, Lois was instrumental in starting the first Nurse Camp (a free summer camp) in the state as a way for high school students to explore their interest in nursing and other health professions. The MultiCare Nurse Camp was honored by the Washington State Hospital Association. Other healthcare systems followed MultiCare’s lead and developed similar programs.

Lois also had the idea to start the first health care careers curriculum for high school students in Tacoma. In honor of Lois’ work, the Healthcare Careers Collaborative named a fund after her, The Lois Bernstein Fund for the Healthcare Careers Academy that supports the school. She was also instrumental in implementing the first school based health clinic in the Tacoma Public Schools District. The clinic opened in April 2018, and has been welcome by students, families and leadership.

**Shirly Carstens** -- Ms. Carstens, RN, MSN is the Planning Section Chief of Pierce County Medical Reserve Corps (PC MRC). She is responsible for the planning of all activities requiring the activation of PC MRC volunteers. This includes such diverse engagements as organizing public flu clinics starting with the H1N1 epidemic of 2009, quarterly Pierce County Project Homeless Connect health clinics since October 2012, and mobilizing the PC MRC to assist in the measles outbreak in Clark County in early 2019.

When she retired as a school nurse, she still had the passion to exercise her chosen profession, and signed up with the PC MRC. She volunteered in a leadership capacity, placing herself front and center of a new organization with all the demands of growing a professional affiliation.

Ever the nurse and teacher, she has mentored several students as they fulfilled internships at the Tacoma-Pierce County Health Department. As the caring nurse, she has filled in last minute requests for help at a local free clinic when other nurses became indisposed. She is equally at ease with a single client experiencing homelessness at the Tacoma Stability Site as she is giving a presentation to a group of professionals at Jackson Hall at Tacoma General.

**Cheri Denise Coleman** -- Cheri is the founder of PartnerCafe-Bridging the Gap across Sectors. A consortium of City, State, and Federal agency decision-makers joining nonprofit organizations and Community Leaders & Activists- working interdependently to collectively impact social issues.

Cheri currently works as a Community Engagement and Resource and Service Provider, contracted by DSHS. She sits on the Board of Directors for a number of service organizations, volunteers for endless councils, committees and boards, going above and beyond to make sure that everyone is heard. She always says “You are the most important person in the room,” and even in a crowd of one hundred she means it. She doesn’t just advocate for her clients but for everyone, save herself. She makes sure that she is the last one in line so as not to take from anyone that may be suffering. She doesn’t cry for her clients but with them as she helps them navigate this chaotic healthcare system.

She helps people connect with resources and facilitates healing by walking with her clients rather than behind them.
Claude Remy & Dr. Claire Spain-Remy
are proud to share this celebration with
Community Health Care

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No written referral is needed for a screening mammogram.

On behalf of the staff and physicians at the Carol Milgard Breast Center,
CONGRATULATIONS TO Community Health Care on CELEBRATING 50 YEARS!
Kathleen Figetakis -- Kathleen is a non-stop worker as a volunteer to support young people in schools who have not had a chance to develop their literacy skills. She created a contest for the local Ocean Fest providing middle and high school youth mentors and trainers to learn how to write a poem, make a graph or prepare a film on a theme within the issues of the world’s oceans. She is the literacy chair of the Tacoma Sunrise Rotary. We didn’t have a literacy chair until Kathleen joined the Club. She took over immediately and has scored high marks each year throughout the Rotary District. Kathleen has touched the hearts of Tacoma City Council members, tribal members, teachers and parents. She contacts every person or group that has a stake in this important skill for our kids to succeed in the future.

Andie Gernon -- Andie Gernon has lived and worked in and for Lakewood since moving there when her husband was stationed at Madigan Army Medical Center at Fort Lewis.

An integral part of the committee that worked to incorporate the City of Lakewood, she has been laughingly referred to as “The Mother of Lakewood,” a title she bears with good humor. She has spent countless hours over the years volunteering at local schools, tutoring children in reading as well as serving as a basketball coach. She was the first female chair of the Lakewood Community Council and participates in many community coalitions and boards to support health care, education and community building. Andie served on the St. Francis Cabrini Parish Council, the Bellarmine Prep Board of Directors, and co-founded Communities in Schools.

Experience on boards and community building has led Andie to fund development. She helped to raise funds for Bellarmine Prep, YMCA of Pierce and Kitsap Counties, and has co-chaired The Development and Advisory Council of Community Health Care since 2003, raising funds to renovate three major health centers.

City of Lakewood -- The record of the City in improving the community’s physical infrastructure makes for a positive impact on community health and wellbeing. It uniquely dedicates 1% of General Fund revenues to providing funding to partner agencies which deliver human services to its 60,000 residents, particularly those who live in low-income neighborhoods.

The City also has a Youth Council to advise the City Council. Beginning with a single youth advisor twenty years ago, it now has in excess of 20 members representing all four high schools to present the voice of youth in City affairs.

To enhance neighborhood and individual safety and well-being, Lakewood implemented a Residential Safety Inspection Program for Rental Properties as well as a Behavioral Health Contact Team in partnership with Greater Lakes Mental Health to assist those in crisis. Lakewood has partnered with Habitat for Humanity to house low-income people in Lakewood.

Lakewood has developed numerous new parks and refurbished many others, to include the new Springbrook Park, and has created many free or low cost activities to residents to enhance their quality of life and enjoyment of the city.

Florence Reeves -- As a nurse and military wife, Florence cared for patients in four states before coming to Tacoma. In 1980, the three Community Health Care Delivery System clinics were brought under the auspices of the Tacoma-Pierce County Health Department. The primary administrator job was posted and Florence, a public health nurse/team manager with the Health Department, applied, knowing there would be a huge learning curve, along with more than 100 other applicants. Florence was hired and would begin the tough job of managing this complex organization for nearly 15 years. She was responsible for hiring the first paid medical staff and overseeing a tremendous amount of change and growth.

Through Florence’s hard work and diligence, Community Health Care had the only HIV care program in Pierce County. She started the first comprehensive maternity care unit for mothers-to-be who could not otherwise afford care. Florence learned to write and administer grants, enabling her to increase Community Health Care’s grant income by 3000% in 3 years.

After leaving Community Health Care, Florence worked for the state in several capacities, including Manager of DSHS - Women’s Treatment Services, Chemical Dependency and the Mental Health Administrator for McNeil Island. She also won the Nathan Davis Award for outstanding government service.
HELPING OUR COMMUNITY COMES WITH THE TERRITORY.

Around here, “business as usual” means giving back to the community. It means leading by example. Paying it forward. And doing good, where good is needed most. Our commitment to local philanthropy is as important as our commitment to our customers.

Happy birthday Community Health Care! Keep doing what you do.

We’re proud to celebrate Community Health Care’s 50th Anniversary.

wants to thank Community Health Care for 50 years of service.

We look forward to continuing to serve with you over the next 50!
Todd Silver -- Todd, along with his brother Scott, owns the JL Darling LLC, that produces Rite in the Rain, waterproof writing tools used by loggers, firefighters, and anyone else who needs to write while it’s raining. He is a local, graduating from Puget sound University in 1975. After college, he worked in Australia running the Darwin branch of Wycliffe Bible Translators, helping to translate the Bible into aboriginal languages. After returning to the states, he and his brother joined their father in the running of JL Darling.

In addition to his busy life running his company, Todd serves the Tacoma/Pierce County YMCA on their Board, serves on the Forest Foundation board, and has been leading the efforts to establish Waterway Park on the Foss for over 20 years. He also has led volunteers for the Young Life food stand at the Fair for many years. He even staffs a checkpoint for the Iditarod Sled Dog race.

Doug Swanburg -- Doug worked with high risk, high need populations between 1985 – 2014, 30 years. His work includes time at the Metropolitan Development Council, a community-based agency located in Tacoma. The council provides overall management and supervision of support and outreach services for homeless and at-risk youth, counseling and casemanagement services for the elderly, energy and emergency assistance, and educational opportunity and resource services. Family and children services are provided as well as food projects, chemical dependency treatment programs, and home weatherization services.

Doug has also worked at a Comprehensive Mental Health Center and for the Juvenile Court. He has provided key stewardship and stability as a Board Member at Community Health Care for the last 25 years. This has included multiple terms as an officer and chairing various committees.

Rick Talbert -- Rick served for 16 years as member of the Tacoma-Pierce County Health Board, and 3-5 years as its chair. During his tenure he took the lead in authorizing the Health Director to initiate a county-wide policy to create and mandate smoke free workplaces. Rick was a consistent supporter of the Point Defiance needle exchange program seeing it as one of the premier accomplishments in the public health arena. He also led in the creation and implementation of the prescription drug buyback program now in effect throughout Pierce County.

While on the City Council, he took the lead and secured the funds for the Crystal Judson Family Justice Center. The center deals with the issue of domestic abuse in a comprehensive and inclusive manner. It is a leader in the nation. Rick also took a keen interest and supported providing preventive dental care for low income people—particularly children.

While serving as chair of the board, Rick led the effort to recruit Dr. Anthony Chen as Health Director. He also secured major City of Tacoma funding for the successful capital campaign in support of the Eastside-Tanbara Family Medical Center. Rick has simply been the leader in public health policies as a Tacoma and Pierce County Council Member.

Ellie Wilson -- For over 25 years Ellie has been a tireless champion for community, kids and families in Lakewood, chairing and serving on numerous committees, always volunteering for and leading community causes.

Early on she chaired successful bond and levy campaigns for Clover Park School District, worked on Lakewood Incorporation, helped found Communities in Schools of Lakewood and now chairs the Lakewood’s Promise Advisory Board to the City. Recently she hosted a Chinese student at Pierce College in her home for two years, giving life changing support to this young woman who has now graduated with honors and transferred to the University of Michigan to continue her studies. A former teacher, widow of a US Army officer, Ellie helps make the whole community a healthy place for all.
Congratulations Community Health Care!

LILT has been proud to partner with CHC during their anniversary year and in the launch of the Health Heroes Awards.

CONGRATULATIONS TO ALL OF TONIGHT’S HEROES!

TACOMA COMMUNITY HOUSE
EDUCATION EMPLOYMENT IMMIGRATION ADVOCACY
SINCE 1910

is proud to celebrate this milestone with Community Health Care
Dr. George Tanbara -- Dr. George Tanbara was a humble man who lived through much to become the person he was – founder of Community Health Care and Pediatrics Northwest, and an inspiration to those who want to use their time and talents to serve the community where they live.

George was a 2nd generation Japanese American born in Portland Oregon in 1922, member of the USC tennis team, and graduate of the Pharmacy program at the University of Idaho.

His family was sent to an internment camp during WWII when resentment against the Japanese ran high. There he met his wife, Kimi, who had been relocated to the camp from Tacoma. Dr. Tanbara joined the army, serving as a combat medic. After his stint in the military, he completed medical school at the University of Minnesota. He and Kimi were married and moved to her hometown of Tacoma where he opened a solo pediatric practice.

In 1969, the Public Health Hospital was closed. George worried about what would become of those patients who had so few resources and relied on the Public Health Hospital for health care? He began talking with community leaders who were also concerned, they would incorporate as the Urban Coalition with Jim Walton (later Tacoma City Manager) as its Executive Director. Dr. Tanbara was the medical lead and together they opened two free clinics. One was on the Hilltop in the basement of the Nurses Quarters at St. Joseph’s Hospital, the other in Lister Elementary School in Salishan on the east side.

The two free clinics they established were the humble beginning of what is today, Community Health Care (CHC) serving 46,000 patients. CHC owns five Health Centers offering medical, dental, pharmacy, behavioral health, maternity support, and substance abuse, along with an Urgent Care at the Hilltop location and prompt care at the other four. From its inception, and until his passing in July 2017, Dr. Tanbara was not only on the Community Health Care Board of Directors and active in influencing the growth of the organization, but his singular mantra of, “Put the Patient First” has been this organization’s soul and focus. He believed that access to healthcare was a basic human need and right.

George’s impact on Pierce County Health is now responsible for the health and well-being of nearly 100,000 patients a year all around Puget Sound. It is an incredible feat, and one which we should honor, cherish and memorialize. Honoring Dr. Tanbara is especially apropos this year, our 50th anniversary of serving Pierce County patients.

Norm Dicks -- Norm Dicks is the former United States Representative for Washington’s 6th congressional district, serving between 1977 and 2013. He was born and raised in Bremerton. As a student at the University of Washington, he played linebacker on the football team, while earning his B.A. and Juris Doctor Degrees. After graduating, he worked as a legislative and administration assistant for former Washington Senator, Warren G. Magnuson.

Running for a seat on the House of Representatives for the first time in 1976, he won and was awarded a seat on the House Appropriations Committee during this first term. He also served 8 years on the House Intelligence Committee. He served his constituency in the House for 36 years before retiring from Congress in 2013.

Congressman Dicks has a long history supporting health care and Community Health Care in particular. In 1980, the Urban Health Initiative (UHI), a federal funding source, would spur new growth for the fledgling clinic network. Tom Hilyard, Program Development Specialist in Tacoma’s Human Development Department and a member of the Pierce County Health Council, was instrumental in writing the first UHI grant request. When the proposal became stalled in Washington, D.C., Norm Dicks ushered it through what was then called the Health, Education & Welfare Committee.

In 1990, a Health Care for the Homeless Program opened under sub-contract with Tacoma’s Metropolitan Development Council, and Community Health Care Delivery System, (CHCDS) received federal support for HIV/AIDS care through the Ryan White Title III HIV Early Intervention Program. A new Children’s Clinic was dedicated in the Hilltop neighborhood in August of 1991, with Representative Norm Dicks, continuing his faithful support for the clinics, in attendance.

We are honoring Congressman Dicks for being a Health Hero, due to recognition that health care is a right and not a privilege and his work towards affordable and accessible health care for all.
Happy 50th Anniversary to Community Health Care!

Michael A. Tucci

Pediatrics Northwest is proud to share a heritage with Community Health Care. Thank you for all you do and here’s to continued service to our community!

Congratulations on 50 years

The patient is at the center of everything we do!

Honoring Community Health Care on their 50th anniversary. We celebrate your continuing effort to make health care accessible and affordable for all!
We congratulate Community Health Care for its continued service to our community, making Pierce County a healthier place to live.

We are a proud supporter and even prouder to help celebrate this milestone.

Thank you!

We want to recognize Community Health Care for its 50 years of service to the citizens of Pierce County.
Looking forward to continuing our partnership with Community Health Care for another 50 years!

Wishing Community Health Care a happy 50th anniversary!

Congratulations COMMUNITY HEALTH CARE on 50 years Here’s to 50 more!

Rick Oldenburg
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We are proud supporters of

Community Health Care

and all the work they do to make our community healthier!

Best wishes to

Community Health Care on their 50th anniversary!
I am looking forward to seeing your accomplishments over the next 50 years.

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Thank you, Community Health Care, for all that you do. We look forward to your continued service to our community.

Thank you to all of those who have supported Community Health Care with their time, talent or finances to make this anniversary possible.
Paul and Gretchen Hansen

Happy Anniversary Community Healthcare! We are grateful to remain your partners in health education.

We are proud to have partners like Community Health Care in our efforts to improve the Hilltop community. Looking forward to working together for the next 50 years.

Thank you Community Health Care for the care you give the community.

Willie Stewart
We are happy to be a part of Community Health Care’s 50th Anniversary Celebration.

We look ahead to the next 50 years.

Thank you, Community Health Care for your work in our community!
Thank you to our sponsors for your continued support!
We could not do it without you!

Claude Remy &
Dr. Claire Spain-Remy

Michael A. Tucci