



fyi

Spring
2017

Still;run

by Sasha Wolff

INSIDE fyi



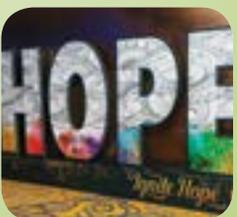
1
Still I Run

I was first diagnosed with depression and anxiety during my freshman year of college. The only thing I did at that time was start taking an anti-depressant. I didn't want to deal with the depression. Almost 10 years later my life came crashing down. My depression completely took over, and I spent a week at Pine Rest in their adult inpatient services getting treated for my depression.



2
Passion for
Philanthropy

It took another year of letting my depression and anxiety take over before I could fully admit I had a mental illness and would need more than an anti-depressant pill to live a healthy life.



3
Leadership
Dinner
Ignite Hope

It was then I noticed a pair of brightly colored running shoes in the corner of my room. I put them on, laced them up, and started dealing with my mental illness. Each day I put one foot in front of the other. I also registered for a 5K; it helped hold me accountable to running.



4
Save the Date

It wasn't always easy. Some days I wanted to stay curled up in my bedroom alone. But more than that I wanted others to know it's possible to manage their anxiety and depression, and being physically active will help that. In 2015, I ran my first marathon (and have run two others since then). After my first 20 mile training run, I got a tattoo I had been wanting. My tattoo says 'Still ; Run,' with the semicolon signifying there is more to my story than my mental illness, and I'm able to be active and healthy even though I have depression.

Driven by wanting to share my story to help others, this November, I launched an organization and running group called [Still I Run](#). The idea is to bring others together who



continued

“... Pine Rest and running saved my life, and I don't ever want money to be a reason someone does not get the help they need.”

– Sasha Wolff

Still;run continued

suffer from a mental illness and to stop the stigma that comes with mental illness. The organization sells items such as T-shirts and bracelets with 20 percent of the proceeds benefitting Pine Rest's [Patient Assistance Fund](#) (PAF). I chose PAF to receive part of the proceeds because Pine Rest and running saved my life, and I don't ever want money to be a reason someone does not get the help they need.

Get connected with Still I Run:

Website: www.stillruncommunity.com

Facebook: www.facebook.com/StillIRun

Instagram: www.instagram.com/stillruncommunity/



Life Long Passion for Philanthropy

“I credit my passion for giving back to my parents, who have always been philanthropic and encouraged me to start volunteering in the community at a young age. After graduate school, my spirit and capacity to give continued to grow, so I looked for the best ways that I could give back to causes I was passionate about in my community.

I got connected with other young professionals in the Grand Rapids area who wanted to get involved with local non-profits by giving their time and energy. I wanted to focus on organizations that were communicating to and engaging millennials. I also felt it was important to get involved with organizations addressing issues for which I have a passion, one of those being mental and behavioral health. In 2012, I joined with other young professionals who were also passionate about this topic to form PR Connect, which is an advisory board to the Pine Rest Foundation. The goal of [PR Connect](#) is simple – to get people talking in order to **break down the stigma surrounding mental illness**.

As I have grown in my career, I have more money available to give, and balance that with giving my time and talents. My hope is that groups like PR Connect will inspire other young professionals to get involved and give back in whichever ways they are able.

Recently, I added Pine Rest to my estate plans because mental illness needs the same attention and care as our physical health. I've also seen the benefits of someone getting help when they have reached out to Pine Rest and want to make sure everyone is able to get treatment when they need it.



Mark Breon, Advisor,
Strategic Ventures
& Partnerships at
Spectrum Health

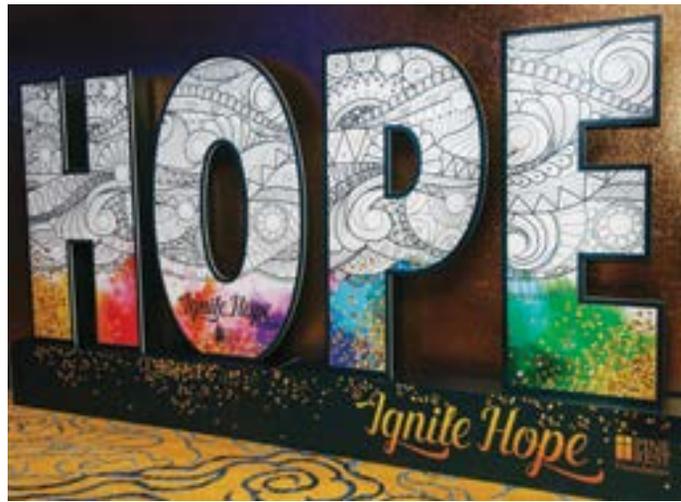
I hope my passion for giving back will encourage you to do the same. Go out and find what interests you and give how you can. Every bit helps!”

For more information about advocating and fundraising with PR Connect or leaving Pine Rest in your estate plans contact Kristin Long, Philanthropy Officer, at Kristin.Long@pinerest.org or 616.956.9611.

Igniting Hope

The Pine Rest Foundation hosted the Leadership Dinner on Tuesday, November 15 at the Amway Grand Plaza Hotel in downtown Grand Rapids. Over 300 guests gathered in the Ambassador Ballroom to *Ignite Hope* for children and adolescents in our community.

James K. Haveman, Jr. was honored with the *Jay Van Den Berg Leadership Award*, which was presented by Dr. Mark Eastburg and Lieutenant Governor Brian Calley. Jim, former director of the Michigan Department of Community Health, advocated for increased access to quality, affordable mental health care throughout his career. Pine Rest was pleased to recognize Jim for his passionate advocacy, as well as his significant efforts to advance the mission of Pine Rest.



Attendees also heard about our current programming for children and adolescents, as well as the incredible need for increased services for that population.

While Pine Rest treated over 1,300 kids in the hospital last year, we turned away over 1,600.

Video montages described how the new 26-bed flex unit will help meet that need. Over \$200,000 in event proceeds will be applied directly to the Flex Unit and Contact Center Project, which is currently under construction. The Pine Rest Foundation is grateful for the event sponsorships, ticket sales, and donations that were contributed to Ignite Hope for our youth. To watch the videos created for the event, go to:

www.pinerest.org/dinner.



Mike & Susan Valq with Terry & Michelle Linn



James Haveman, Jr. surrounded by his family



Leslie Young & La Tarro



Sharon & Tim Becker with Geralyn Lasher, Lynda Zeller & Farah Hanley



Dennis Muchmore with Nick & Wendy Lyon

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Love Running?

Running the Fifth Third River Bank Run this May? Join Pine Rest's running team – **Team PR Pacing**. By joining **Team PR Pacing** you will be partnering with and supporting Pine Rest by running and fundraising for the **Patient Assistance Fund (PAF)**. Gifts made on your behalf to PAF will reduce the cost of treatment for patients who are experiencing financial hardships.

Thousands of people have already experienced renewed hope and healing through services they received with help from PAF. One hundred percent of your fundraising will help another person receive the treatment they need to be restored to a better and healthier life.

Contact Jessica Kogelschatz, Annual Giving Manager, at Jessica.Kogelschatz@pinerest.org or 616.281.6367 to join Team PR Pacing or to receive more information about the team. You can also visit pinerest.org/run.

For more information, questions or comments please contact pinerestfoundation@pinerest.org or 1.800.248.3485



Pine Rest Foundation Golf Classic 2017



Presented by:



Merrill Lynch

Bank of America Corporation

On June 5, 2017, the Pine Rest Foundation will host our annual golf outing – the **Pine Rest Foundation Golf Classic**. This “*special cause deserves a special course*” event will be held at the beautiful Point O’ Woods Golf & Country Club in Benton Harbor, Michigan. Partnering with the Pine Rest Foundation again this year will be our Presenting Sponsor, Merrill Lynch.

The Golf Classic proceeds directly support the **PATIENT ASSISTANCE FUND**, which provides access to treatment for those with financial need. Last year, over 2,500 people received funds through PAF, allowing them to secure much needed treatment.

Point O’ Woods Golf & Country Club is a private, members only facility located in Benton Harbor. Designed by Robert Trent Jones, Sr., it is a world-class championship golf course with 6,600 trees—each catalogued by species and number. The Point’s perfectly manicured grounds wind through rolling terrain and tree lined fairways which provide a challenging but fair test to players of all calibers.

First awarded the Western Amateur in 1963, Point O’ Woods became the Tournament home from 1971 through 2009 and will serve as host again in 2019. Some of professional golf’s top players have participated in the Western Am at the Point, including Tom Weiskopf, Andy North, Ben Crenshaw, Curtis Strange, Tiger Woods, Dustin Johnson, Rickie Fowler and Phil Mickelson, who described the course as “one of the finest tournament venues in the world.”

Many sponsorship and marketing opportunities are available. Contact Dana Stenstrom at dana.stenstrom@pinerest.org or 616.258.7575.