

**August 2018**



**2nd Annual Polynesian Paradise Event Helps Raise Funds for Hospital Programs and Services**

On Saturday, August 25, guests and volunteers gathered poolside at Castlewood Country Club to help raise funds for vital programs and services at Stanford Health Care – ValleyCare. The event grossed over \$210,000. The highlight of the evening was the Fund a Need, where a [touching video](#) was shown featuring long-time Tri-Valley residents Joan and Lynn Seppala. Lynn Seppala bravely shared his personal experience of suffering from a stroke when he was 46 years old and invited his neighbors to donate to the Campaign for Stroke Care. Watch the video and see photos from the event [here](#).



Thanks to generous donors like you, including a \$25,000 gift from Amity Home Health Care, we have claimed \$68,169.73 of the \$150,000 available through the Seppala Challenge. **For every \$2 that you donate to the Campaign for Stroke Care, the Seppalas will donate \$1, up to \$150,000.** Please make your donation now and claim the additional matching funds to bring comprehensive, around-the-clock lifesaving stroke care services to your community hospital.

**Make your gift & help meet the Seppala Challenge**



**New Heart Failure Rehabilitation Program Started in Early August**

The Stanford Health Care -- ValleyCare Outpatient Cardiac Rehabilitation Department is pleased to announce a new program started earlier this month to improve the quality of life for patients diagnosed with heart failure. Heart failure is a diagnosis that requires life-long management. Even through it can severely limit daily activities in the present, it does not mean the end of a fulfilling life. Through this new program patients learn how to track their own daily vitals and manage their weight. Participants also receive education on stress management, coping skills, and an individualized home exercise program. Anyone with a diagnosis of heart failure who wants to improve overall function and quality of life can join the program. A physician's referral is required. For more information, contact the Cardiac Rehab Department at 925.373.8054.



**Did You Know That You Can Make a Contribution to VCCF Directly From Your IRA?**

“As a CPA specializing in taxes, I have advised many clients on ways they can support their favorite charitable causes. Now that I’m over 70 ½ years old, I decided to make a tax-free gift directly to VCCF from my Individual Retirement Account (IRA) as part of my Required Minimum Distribution (RMD). I know that it’s a great way to reduce both my Adjusted Gross Income and taxable income while supporting a vital need in our community through the Campaign for Stroke Care. Join me, and you too can benefit by saving taxes as well as possibly saving a life with your gift to our community hospital.” – Tim Weaver, CPA

*Please consult with your financial advisor about this creative giving opportunity. The information in this email does not constitute and is not intended to be legal or financial advice. Please consult your own qualified advisors in considering these and all charitable giving options.*

**Here’s how charitable IRA rollovers work:**

- **Who?** Donor must be 70 ½ or older to make an IRA rollover gift to a qualified charity such as VCCF.
- **What?** You can give up to \$100,000 from your Traditional or Roth IRA.
- **How?** Instruct your plan administrator to send a specific dollar amount directly to VCCF. (You cannot withdraw the funds yourself.) VCCF’s tax ID number is 94-2941652. Your IRA administrator can send the gift by check. You can contact VCCF (see below) for a sample letter of instruction. Please let us know of your charitable intentions, so we can ensure your gift is processed in an accurate and timely manner.
- **When?** Anytime!

**Benefits to you:**

- **RMD** – Your donation will count towards your required minimum distribution for the current year.
- **Tax Savings** – You can exclude up to \$100,000 of this gift from your federal gross income – resulting in lower taxable income and possible tax savings. (A \$200,000 exclusion may apply for taxpayers who are married and filing a joint return.) *Tip:* This tax savings is especially valuable to donors who are non-itemizers and donors who have reached their limit on itemized charitable deductions.
- **Impact** – You have the personal satisfaction of benefiting our community hospital more than you may have originally thought possible.

For more information about supporting the Campaign for Stroke Care or other funding priorities at our community hospital, please contact Shaké Sulikyan, Executive Director of ValleyCare Charitable Foundation, at [vccf@stanfordhealthcare.org](mailto:vccf@stanfordhealthcare.org) or 925.373.4560.

**2nd Annual Polynesian Paradise Saturday, August 25, 2018**

Special thanks to our 2018 event sponsors, underwriters, in-kind donors, volunteers, and vendors for helping to advance health care in the Tri-Valley.

<p><b>Sponsors</b></p> <p>Heritage Bank of Commerce California Engineering Brad Kinney Productions Hamilton Zanze Marques Pipeline Martin, Wardin &amp; Eissner Financial Group Pleasanton Emergency Medical Group Cal West Steel Detailing Callahan Property Company, Inc. DeLacey, Riebel &amp; Shindell, LLP Golden 1 Credit Union J&amp;M Inc. Sensiba San Filippo LLP Summit Financial Group</p>	<p><b>Underwriters</b></p> <p>Turman Commercial Painters Tim Weaver</p> <p><b>Vendors</b></p> <p>Randle Hill, Castlewood Country Club Brad Kinney, Brad Kinney Productions (In-Kind) Rachael Peer Consulting, LLC</p> <p><b>In-Kind Donors</b></p> <p>Airflow Heating &amp; Cooling, Inc. Alden Lane Nursery Amador Valley Charismatic Andy &amp; Yu's Amario Venema Homes Real Estate Team, Keller Williams Realty Altone Wines Barbara Berlogar Steve Black Black Tie Transportation Blomies on Main Lisa and Randy Brown Buzzbok Premium Cocktails Clover Creek Family Forever Photography Flowers With Friends Chris and Traci Garber Shelley Goldblum – Boisset Collection Wines Habitat Children's Museum Happy Hollow Park and Zoo</p>	<p><b>In-Kind Donors - Continued</b></p> <p>Harrah's Harveys Lake Tahoe Susan Hayes, Professional Writer &amp; Editor Keller Jewelers Jewellers Gallery Lance Cavalleri Jewelers Marriott Pleasanton Moab Tourism Center Kathy Harum Natalie Avery Designs Oakland Symphony Posada Southwestern Cuisine Pump It Up of Pleasanton Razzini Vineyards &amp; Estate Winery Herb Ritter – Ritter Investments, LLC Joyce and Bob Shapiro SideTrack Bar &amp; Grill Six Flags Discovery Kingdom SolarAmerica Inc at San Jose Stockton Ports Baseball Team Tahoe Donner Association Terra Mia Ristorante Italiano The Independent Uptown Girls Valley Catering Winchester Mystery House Zephyr Grill &amp; Bar</p> <p><b>ValleyCare</b> CHARITABLE FOUNDATION Supporting Stanford Health Care - ValleyCare</p>
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**ValleyCare**  
CHARITABLE FOUNDATION

Supporting  
Stanford Health Care - ValleyCare

Your ValleyCare Charitable Foundation (VCCF) team has one mission: To help provide Stanford Health Care - ValleyCare with the resources it needs to offer the Tri-Valley with exceptional, patient-centered community medicine, coupled with specialized Stanford Medicine programs to deliver a full continuum of care. This eNewsletter is a monthly email newsletter distributed to friends of ValleyCare Charitable Foundation. If you have questions about the content in the newsletter, please contact the [VCCF Team](#).

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ValleyCare Charitable Foundation  
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