





OUR MISSION

To improve the health and well-being of each person we serve

OUR VISION

Health for a better world

OUR VALUES

Compassion, justice, excellence, dignity, integrity and safety

ON THE COVER Explorers members Richard and Kathy Miyauchi invest in cancer research at Swedish. Read their story on page 10.

SWEDISH MEDICAL CENTER FOUNDATION BOARD OF GOVERNORS

Our Board of Governors supports and guides us as we work with you—our extraordinary community—to raise significant philanthropic support for Swedish. The following members served during 2019. Thank you for the incredible gift of your time and your expertise.

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President,
Swedish Medical Center Foundation

**A MESSAGE
TO OUR DONORS**



DIANE SABEY
Chair, Board of Governors
Swedish Medical Center Foundation



**HAROLD A. (JAY)
VOGELSANG, CFRE**
Chief Development Officer,
Swedish Health Services
President,
Swedish Medical Center Foundation

Here for you, no matter what.

As we look back on 2019, we're more grateful for you than ever.

Your support put us in the best position to tackle the challenges of 2020. And while many things are uncertain, you can continue to count on us to care for you and your family.

It's been a transformative year for cancer research in particular. Thanks to support from donors like you, our patients have access to world-class research and out-of-the-box thinking right here at home.

One example is our VIBE study, which tracks the side effects breast cancer survivors experience to better understand the toll chemotherapy can take on their body. The results will give future breast cancer survivors hope for better quality of life following treatment.

And our patients with a lethal form of brain cancer called glioblastoma are gaining months or years of extra time thanks to a trial that's harnessing the brain cancer fighting properties of existing medications for other cancers.

Those are just two examples of what you've made possible. On the following pages you'll meet donors just like you who are fueling innovative health care for every member of our community with their philanthropic support.

You are changing lives with your investment in Swedish. Thank you for your extraordinary caring.

Two handwritten signatures in black ink. The first signature is 'Diane' and the second is 'Jay', both written in a cursive style.

2019 by the numbers




5
HOSPITALS

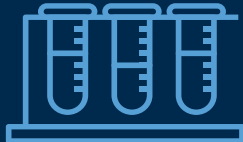


2 AMBULATORY
care centers

60,291
INPATIENT
ADMISSIONS
to our hospitals



3,310 patients
participating in **640**
CLINICAL
TRIALS



123
PRIMARY AND
SPECIALTY CARE
CLINICS



1,571



LICENSED BEDS

3,867
PHYSICIANS and
allied health professionals




227,332
EMERGENCY
ROOM VISITS



JUST **1** YOU!


671

GRANTS
providing
financial help
to **PATIENTS**
WITH
CANCER



BABIES
DELIVERED


11,174



41,921
SURGERIES
PERFORMED



213
TAVR
procedures



12,845
CARING
EMPLOYEES



**MORE
THAN \$26M**
Amount invested by YOU in 2019!

318
participants
took part in

28
events with the
**MS CENTER
ADVENTURE
PROGRAM**



2,284,664
OUTPATIENT VISITS
(excluding surgery and ER)



Your 2019 investment: \$26,052,721

Following is a full summary of financial results for 2019.

HOW YOU GAVE

- \$9,794,786** from individual current gifts | **38%**
- \$5,875,000** from individual planned gifts | **22%**
- \$3,843,555** from corporations and organizations | **15%**
- \$3,595,953** from foundations | **14%**
- \$2,943,427** from individual realized estate gifts | **11%**

WHERE YOU GAVE

\$6,833,981

SWEDISH CANCER INSTITUTE

Social work, research, patient financial assistance and education

\$5,113,011

SWEDISH HEART & VASCULAR INSTITUTE

Swedish Comprehensive Atrial Fibrillation Network (SCAN), Structural Heart program, education and technology

\$5,024,113

SWEDISH ORTHOPEDIC INSTITUTE

Hip and pelvis surgery research and education, nurse education

\$2,051,922

SWEDISH NEUROSCIENCE INSTITUTE

The Ben & Catherine Ivy Center for Advanced Brain Tumor Treatment, MS care, spine fellows education and ALS care

\$1,602,145

RESEARCH AND EDUCATION

Continuing medical education, nurse education and residency program

\$1,600,464

SWEDISH FUND FOR EXCELLENCE

Nurse education pilot program, same-day behavioral health care and streamlined scheduling

\$1,259,643

OTHER

Helping Hands Fund, behavioral health care and patient financial assistance

\$1,210,246

ACUTE SERVICES

Emergency surgery, urology fellowship and robotics, and endoscopy education

\$1,194,323

WOMEN'S HEALTH AND PEDIATRIC SERVICES

Pediatric care, doula services and the Lytle Center for Pregnancy and Newborns

\$162,873

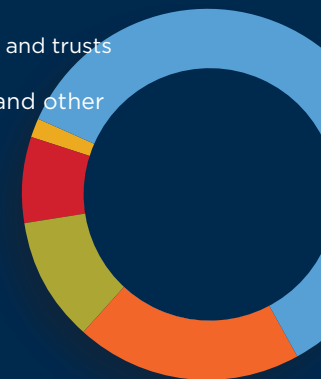
SWEDISH DIGESTIVE HEALTH INSTITUTE

Patient financial assistance and liver research

TOTAL ASSETS

\$133,585,120

- Investments and endowment funds **\$80,785,160**
- Cash and cash equivalents **\$26,087,212**
- Contribution receivables **\$14,665,668**
- Gift annuities and trusts **\$10,106,946**
- Real estate and other **\$1,940,134**



TOTAL LIABILITIES AND NET ASSETS

\$133,585,120

- Restricted **\$106,847,531**
- Unrestricted **\$23,483,380**
- Accounts payable and other **\$2,768,691**
- Obligations held under gift annuities **\$485,518**



Figures include all cash and new pledges received in 2019. A formal audit has not yet been conducted.

R. GUY HUDSON, M.D., MBA
CEO, SWEDISH HEALTH SERVICES

FOUNDERS MEMBER | Invests in the Swedish Fund for Excellence

Giving for the greater good.

Dr. Guy Hudson's relationship with philanthropy is a tale of two eras. Early on, as a pediatric urologic surgeon, he saw it through a lens specific to his practice: a grateful parent would thank him for treating their child by sending a donation that he would put toward a new piece of equipment.

That lens has broadened since he became Swedish's CEO three years ago. "I've realized philanthropy is a cornerstone of what a health care organization stands for and what it can accomplish," Dr. Hudson says.

That's why he gives to the Swedish Fund for Excellence. Launched in 2018, it's built on that broader view of philanthropy: gifts are pooled and directed to a handful of big-picture priorities chosen by our leadership team, including Dr. Hudson.

"The most important thing for me is delivering the best possible care with the greatest safety for all of our patients," he says. "So being able to donate money that can be used for the greater good—and used by people who understand where those needs lie—means the world to me."

Thanks to supporters like Dr. Hudson—and you—our patients and caregivers have access to innovative health care and hope for a healthy tomorrow.

Read Dr. Hudson's full story at www.swedishfoundation.org/yourimpact.



R. Guy Hudson, M.D., MBA

"I donate to ensure every member of our community has access to world-class health care right here at home."

— DR. HUDSON

SWEDISH FUND FOR EXCELLENCE

WHAT YOU INVESTED

\$1,600,464

WHERE YOU GAVE

- Nurse education pilot program
- Same-day behavioral health care
- Streamlined scheduling

HOW YOU HELPED

Your gifts fostered mentorship and hands-on training for nurses.

CELIA AND GORDON BOWKER

FOUNDERS MEMBERS | Invest in maternal and newborn care

Painting a new vision for new moms.

When Celia Bowker closes her eyes, she sees a mom alone in her home with a newborn baby and no help.

Celia's a visual thinker—a painter and sculptor, as well as a mother with two grown daughters—so the image of an exhausted woman trying to soothe her distressed baby is clear in her mind.

Then, in Celia's vision, a Swedish postpartum doula walks through the door.

"It's the most beautiful picture I can imagine," Celia says. "Having children was extremely stressful and isolating for me."

That's why Celia and her husband Gordon, an entrepreneur and co-founder of Starbucks, support our postpartum doula program, which provides in-home care for families with newborns during what can be a challenging time.

Since the launch of our postpartum doula service in 2019, many families have already taken advantage of it to help them get the best start together. But it's only thanks to donors like Celia and Gordon that our program has expanded to help a growing number of families in financial need.

And with the program's commitment to hiring doulas of color and LGBTQ doulas, Celia is glad that all the families we serve can receive care that makes them feel comfortable.

Thanks to supporters like Celia and Gordon—and you—families have access to holistic health care at Swedish.

Read Celia and Gordon's full story at www.swedishfoundation.org/yourimpact.



"I just feel happy to think my gift is helping new moms."

— CELIA

WOMEN'S HEALTH AND PEDIATRIC SERVICES

WHAT YOU INVESTED

\$1,194,323

WHERE YOU GAVE

- Pediatric care
- Doula services
- Lytle Center for Pregnancy & Newborns

HOW YOU HELPED

Your gifts enabled parents and babies in the NICU to bond.

TODD AND ANNE HOLMDAHL

INNOVATORS MEMBERS | Invest in caring for patients with ALS

Care that crosses the Cascades.

After a month of sleepless nights and worrying, Todd Holmdahl was in an exam room, waiting to find out if he had amyotrophic lateral sclerosis (ALS).

With his wife Anne at his side, he braced himself for the test results. Todd had done enough research to know just how much ALS could take from him: his career, his independence and eventually his life.

When Michael Elliott, M.D., confirmed Todd did not have ALS, his reaction was immediate.

"I sat up and said, 'I want to donate a bunch of money!'" says Todd, a corporate vice president at Microsoft. "I felt instant relief, but it was also a revelation for me. Taking care of myself, my family and my community—those things have become more important."

A gift from Todd and Anne, who is a college admissions counselor, is bringing Dr. Elliott's care directly to patients in Eastern Washington, where Todd grew up, via telehealth technology. Our patient rooms have also gotten a technology upgrade for the best coordinated care.

"We want to take one tiny piece of the burden away from someone with ALS," says Anne.

And with a matching gift from Microsoft, Todd and Anne's gift is going twice as far for our patients.

Thanks to supporters like Todd and Anne—and you—our patients have access to innovative health care.

Read Todd and Anne's full story at www.swedishfoundation.org/yourimpact.



Todd and Anne Holmdahl

"We're so grateful for Dr. Elliott, and we want to support his work."

— ANNE

SWEDISH NEUROSCIENCE INSTITUTE

WHAT YOU INVESTED
\$2,051,922

WHERE YOU GAVE

- The Ben & Catherine Ivy Center for Advanced Brain Tumor Treatment
- MS care
- Spine fellows education
- ALS care

HOW YOU HELPED

Your gifts improved mobility for patients with paralysis via robotics.

DOLLY LEFEVER

SUMMIT MEMBER | Invests in orthopedic care

Can't stop. Won't stop.

Six months after Dolly Lefever had her left hip replaced, she climbed Mount Rainier. Six months after she had the other hip replaced, she scaled the second highest peak in New Zealand. "I looked at those procedures as solutions to my problem," Dolly says. "I fully intended to continue my lifestyle, just slightly modified."

So for the next two decades, she kept climbing mountains, cross-country skiing, training search-and-rescue dogs and working as a midwife in Alaska and Canada's Yukon Territory. Not even return trips to the Swedish Orthopedic Institute (SOI) in 2018 and 2019 to have both knees replaced sidelined her for long.

Dolly gives her surgeon, James P. Crutcher Jr., M.D., a lot of credit for her ability to stay so active. "That man is a jewel," she says.

That gratitude is why she supports SOI. Giving what she can, where she can has always been important to Dolly. In this case it just so happened that nationwide concerns about access to quality, affordable health care began to grab headlines right about the time of her knee replacement surgeries, and everything clicked. "It's important to me to give back wherever I'm able," she says. "It's my philosophy of life."

Thanks to supporters like Dolly—and you—our patients have access to innovative orthopedic care and hope for a healthy tomorrow.

Read Dolly's full story at www.swedishfoundation.org/yourimpact.



Dolly Lefever

"When I donate,
I want it to go to
improving care for
other people."

— DOLLY

SWEDISH ORTHOPEDIC INSTITUTE

WHAT YOU INVESTED

\$5,024,113

WHERE YOU GAVE

- Hip and pelvis surgery research and education
- Joint replacement research
- Nurse education

HOW YOU HELPED

Your gifts helped patients move again with less pain.

KATHY AND RICHARD MIYAUCHI

EXPLORERS MEMBERS | Invest in cancer research

Taking care of our family.

Kathy and Richard Miyauchi are guided in life by a simple question. As Richard sat at his son Michael's bedside in 2004, the teenager asked him, "How are you helping others? It is great that you give your money to help others, but how do you give of your hands and your heart?"

After fighting non-Hodgkin's lymphoma for just over a year, Michael passed away at the age of 20. But his family continues to answer the question he posed all those years ago.

"Losing a child changes you," says Kathy. "And you have a choice which way you want to change."

Because of the care Michael received, Kathy and Richard give to support the pioneering and collaborative cancer research of their son's oncologist, Hank Kaplan, M.D. They both also volunteer with us weekly.

For Kathy and Richard and their two daughters, everyone who helped take care of Michael is family.

"How do you pay back the love and support?" says Kathy. "They made us their family. They loved on us and cried with us." Sixteen years later, Kathy is still in contact with many of Michael's caregivers, including Dr. Kaplan, and she looks forward to exchanging holiday cards with them each year.

Thanks to supporters like Kathy and Richard—and you—our patients have access to innovative health care and hope for a healthy tomorrow.

Read Kathy and Richard's full story at www.swedishfoundation.org/yourimpact.



Kathy and Richard Miyauchi with their grandson Michael, who is named after their son who passed away.

"The staff at Swedish adopted us. So why wouldn't we take care of our family?"

— KATHY

SWEDISH CANCER INSTITUTE

WHAT YOU INVESTED

\$6,833,981

WHERE YOU GAVE

- Social work
- Research
- Patient financial assistance
- Education

HOW YOU HELPED

Your gifts equipped our social workers to best support patients with cancer.

CRAIG AND TERESA PAPE

FOUNDERS MEMBERS | Invest in heart and vascular care

Where the heart is.

What started for Craig Pape as a run-of-the-mill annual appointment ended with his being loaded into the back of an ambulance bound for the emergency department at Swedish Cherry Hill. "I was in disbelief," says Craig, a director of executive recruiting at Amazon.

Craig was in atrial fibrillation, or AFib, an irregular heartbeat that can have serious long-term consequences. And upon arriving at Swedish, he learned that his heart had taken such a beating from the arrhythmia that it was beginning to fail. The out-of-left-field diagnosis left Craig and his wife of 20 years, Teresa, reeling.

They credit John Mignone, M.D., Ph.D., with slowing their spiral of despair. The Robert M. and Patricia Arnold Endowed Medical Director for Heart Failure mixed conscientiousness with compassion as he explained the path ahead.

As Craig's prognosis improved, he and Teresa decided to support Dr. Mignone's work. In particular, they liked the idea of helping him provide that same level of care to patients in other communities, through a telehealth initiative. "Life is different now, but in very manageable ways," Craig says. "I consider myself very lucky."

Thanks to supporters like Craig and Teresa—and you—our patients have access to innovative cardiovascular care and hope for a healthy tomorrow.

Read Craig and Teresa's full story at www.swedishfoundation.org/yourimpact.



Teresa and Craig Pape

"We wanted to support Dr. Mignone in a way that would allow him to provide care to others who might not otherwise have access to it."

— CRAIG

SWEDISH HEART & VASCULAR INSTITUTE

WHAT YOU INVESTED

\$5,113,011

WHERE YOU GAVE

- Swedish Comprehensive Atrial Fibrillation Network (SCAN)
- Structural Heart program
- Education
- Technology

HOW YOU HELPED

Your gifts advanced multidisciplinary care for patients with AFib.

SANDEEP SACHDEVA, M.D.
CMO, SWEDISH EDMONDS AND MILL CREEK

SUMMIT MEMBER | Invests in the Edmonds Experience Excellence Fund

Giving goes both ways.

When Sandeep Sachdeva, M.D., made his first gift to support our patient care, he was surprised to notice he felt more connected to Swedish.

As a physician, he was already giving his time and energy to provide his patients with excellent health care. But as a philanthropic supporter, he became more invested in the larger picture.

Now chief medical officer for Swedish Edmonds and Mill Creek, Dr. Sachdeva is committed to “helping the people who help our patients,” as he puts it. And he believes the compassion that comes from giving will benefit our caregivers, as well as the patients we serve.

“In the busyness of our work and helping patients who are in distress we can soak up that distress, and it affects us both physically and mentally,” says Dr. Sachdeva.

He’s quick to cite the many benefits of giving from a medical standpoint. Feelings of compassion toward others have been shown to reduce stress levels and make us more receptive to social support. “Giving has brought me a sense of peace and joy,” says Dr. Sachdeva. “It’s helped me feel re-energized.”

He hopes that by speaking about his giving, he can show his colleagues its many benefits.

Thanks to supporters like Dr. Sachdeva—and you—our patients have access to innovative health care and hope for a healthy tomorrow.

Read Dr. Sachdeva’s full story at www.swedishfoundation.org/yourimpact.



Sandeep Sachdeva, M.D.

“Giving bonds us to the community in a different way; it makes us an active participant.”

— DR. SACHDEVA

RESEARCH AND EDUCATION

WHAT YOU INVESTED
\$1,602,145

WHERE YOU GAVE

- Continuing medical education
- Nurse education
- Residency program

ACUTE SERVICES

WHAT YOU INVESTED
\$1,210,246

WHERE YOU GAVE

- Emergency surgery
- Urology fellowship and robotics
- Endoscopy education

HOW YOU HELPED

Your gifts empowered our team to better care for you.

MIKE SACK AND JOHN SAUL

SUMMIT MEMBERS | Invest in the Swedish Fund for Excellence

Same neighborhood, same values.

When Mike Sack and his husband, novelist John Saul, moved into their apartment on Seattle's First Hill, they joked about the benefits of living next-door to Swedish.

"We'd say it was a great place to grow old together," remembers Mike, chuckling. Little did they understand just how much Mike would one day rely on the care they found right across the street. Mike and John do everything together, including collaborating on all of John's 37 bestselling thrillers. It was important to them that they find health care that supports them as a couple. They found that at Swedish.

Mike didn't have the same experience at other hospitals. When he and John first lived together in the Midwest, a trip to the emergency department became an ordeal neither has forgotten. "John wasn't allowed to see me," says Mike.

Mike is thankful that his experience at Swedish has been different. He's had prostate surgery and is undergoing treatment for kidney disease as he awaits a transplant, and John has been welcome at his side the whole time.

While recovering from surgery, Mike has gotten to know the different buildings at Swedish First Hill on neighborhood walks. And he has always felt like a part of the community.

Thanks to supporters like Mike and John—and you—our patients have access to innovative health care and hope for a healthy tomorrow.

Read Mike and John's full story at www.swedishfoundation.org/yourimpact.



"I want to take care of the people who take care of me."

— MIKE

SWEDISH DIGESTIVE HEALTH INSTITUTE

WHAT YOU INVESTED

\$162,873

WHERE YOU GAVE

- Patient financial assistance
- Liver research

HOW YOU HELPED

Your gift relieved the financial burden for patients undergoing an organ transplant.

Thank you for your investment in the health of our community.

Your philanthropic support makes innovative, compassionate and personalized care possible at Swedish.

SC = Stellar member with lifetime giving of \$250,000+
 SLP = Swedish Legacy Partner giving through will or trust
 TS = Turner Society member recognizing 25 years of giving
 * Donor who has passed away

2019 LIFETIME GIVING

Recognizing donors for their cumulative gifts and outright leadership gifts of \$250,000 or those who give through their will or estate.

Vanguard \$1,000,000+

The Paul G. Allen Family Foundation
 Paul G. Allen Trust
 Chap and Eve Alvord
 Apex Foundation, Bruce R. McCaw
 Lawrence and Grace Arnold*
 Robert M. and Pattie Arnold* SLP
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 Bentley Family Trust
 Helen M. Bentley Trust
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 John L. Locke Jr. Charitable Trust TS
 Chuck and Karen Lytle SLP TS
 Kismet 805 Foundation
 Robert B. McMillen* TS
 Microsoft
 The Norcliffe Foundation
 Bruce and Jeannie Nordstrom
 Katharine and Elmer Nordstrom* TS

Northwest Hope and Healing Foundation
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 The Seattle Foundation TS
 Seattle Radiologists APC TS
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 The Foundation for Surgical Fellowships
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Stellar \$250,000+

Abbott Laboratories TS
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 ACS Inc.
 Advanced Health Media
 Alaska National Insurance Company
 The Allen Institute for Brain Science
 Amgen USA TS
 Sophie L. Anderson Trust TS
 Pheobe Andrew TS
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 The Polik Family/
 ACME Food Sales

Providence Hospice of Seattle
 Providence Medical Center
 Volunteer Services
 Quantum Leap Healthcare
 Collaborative
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 Roger and Ryan Hill
 Research Foundation
 SAFECO Corporation ^{TS}
 Safeway Foundation
 Sandusky Radio Seattle
 Sanofi-Aventis
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 Kjell and Katerie Schei
 Schlanger Charitable Foundation
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 Scott and Darel Harrison ^{SC}
 Drs. Michael and Teresa Hart ^{TS}
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 Michael Hatmaker and Ruby Okada
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 Ralph and Gail Hendrickson ^{SC}
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 John Hooper
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 Patricia Hackett
 Marlene Houtchens
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Last year you invested more than \$26 million in innovative and compassionate health care at Swedish. The following recognizes investments made between Jan. 1 and Dec. 31, 2019.

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\$1,000,000+

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John and Janet Wang SC SLP
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Foundation
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Performance Home Medical SLP
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Healthcare Collaborative
Barbara Walton SC TS
Nicholas and Carol Westlund SC SLP TS

Innovators

\$50,000+

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Ronald L. Berenstain SC
Estate of Helen Boedigheimer
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Jindra Rieger
Lynda M. Gilman SC
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North America, Inc. SC
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Penumbra, Inc.
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Rick Smith
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Linda Banchemo
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Ms. Nicole A. Boand
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Lois Hartman and
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Evergreen Chapter
Estate of George C. Anderson
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Bike the US for MS SC
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Diamond Parking Inc.
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Mrs. Ann E. Givan
Pete Higgins and
Leslie Magid Higgins
Ann Jarris, M.D.
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KLA-Tencor Foundation SC SLP
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Ryan Hill Research Foundation SC
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We are grateful for you.
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