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ST. CHARLES EMPLOYEES HONOR LONGTIME FAMILY KITCHEN VOLUNTEER

Sponsorship Funds and Volunteer Team Honor The Late Tracy Parmele

Bend, OR, July 19, 2017 –

Tracy Parmele, 20 years an employee at St. Charles Medical Center, volunteered in our community as a meal team leader at Family Kitchen among other gifts of her time and talent. Cancer took Parmele away from us too soon in August of 2016. To honor her work, a team of her former co-workers chose to serve the Family Kitchen lunch meal on August 5th this year. In addition, the St. Charles Health System's Partnership and Sponsorship Fund has awarded Family Kitchen a \$5,000 grant to help cover the cost of serving meals in August.

Lina Raftshol, a former colleague of Parmele's at St. Charles is acting as team leader in planning and organizing the volunteer team of six.

"Tracy was an amazing role model in many aspects of her life; work, family, church, volunteerism, and living life with grace, humor, and humility. We feel privileged to honor her commitment and passion for the Family Kitchen's mission by sharing in her tradition," says Raftshol with her team.

Family Kitchen will serve a lunch meal on August 5th from 11:00 - 12:30. To protect our diners' privacy, we do not encourage dining room photos during meal service times. Volunteers will be on site between 9am 1:30pm.

Founded in 1986, Family Kitchen continues to be a safe, welcoming refuge for those who need a meal. We are currently serving an average of 4,600 meals each month from our location in downtown Bend at 231 NW Idaho Avenue. Our mission: to serve anyone who needs a nutritious meal in a safe and caring environment. As always, anyone who walks in our doors during mealtimes will be fed a nutritious meal. No questions. No hassles. To donate or for more information including mealtimes, please visit www.FamilyKitchen.org. Donations are also accepted via mail to Family Kitchen, 469 NW Wall Street, Bend, OR 97703.

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