

# CONNECTIONS

IMPROVING THE HEALTH OF OUR REGIONAL COMMUNITY



June 2009

## CHIP sponsors wellness day at Sacred Heart

Learning to recognize health risks at an early age may be a key to reversing national trends of increased obesity, diabetes and other diseases, which in many cases could be prevented.

With this in mind, the Foundation's Community Health Investment Program made a \$2,500 grant to Sacred Heart Junior/Senior High School to help sponsor a wellness fair that demonstrated the effects of alcohol and tobacco, promoted healthy eating, discussed heart health and offered blood pressures and height and weight checks to calculate body mass index.

Several hospital employees volunteered at the event that brought together many area health and wellness related agencies to provide information to the students.

"We took a survey of students asking questions about health and wellness both before and after the event," said Shelly Gaskill, event coordinator. "Typi-



Organic farmer Kirk Cusick speaks to Sacred Heart students about the importance of eating fruits and vegetables.

cally students answered only about 50 percent of the health questions correctly before they went through the fair. After the fair students answered 90 to 100 percent of the questions correctly, so I'd say they learned a lot."

## Cats for the Cure raise funds for Cancer Center



K-State Salina students presented a \$730 check to Tom Martin at the Cancer Center.

In order to raise awareness for breast cancer K-State Salina students held a 'Cats for the Cure' fundraiser selling pink T-shirts, ties and magnets. The students in turn donated a portion of the proceeds to the Tammy Walker Cancer Center to assist patients undergoing treatment there.

"Many people have been touched by breast cancer," said Jonathan McLelland, K-State Salina student body president. "Whether it's a mother or a friend, we all know someone who has had to face the disease."

# Service Auxiliary furnishes ED family room

Emotions can run high for family members who have a loved one seeking care in the Emergency Department. In recognition of this the newly opened Emergency Department at Salina Regional was designed to allow a special room for family members to meet with physicians, clergy and others when a crisis is unfolding.

Recently, the Salina Regional Service Auxiliary completed a project of furnishing and decorating the family consultation room to make it as accommodating and comforting as possible.

"We wanted it to portray a family living room and chose furnishings and artwork that are both comforting and inspiring," said Maxine Strawn, project volunteer.

Artwork for the room was purchased from the collection of Salina born photographer Judd Patterson who is renowned across the country for his pictures taken of wildlife and images of the Konza Prairie. The chairs and couch offer flexible seating to easily accommodate 10 people. Games, coloring supplies, and books are also tucked aside to entertain children.

"It's vital for us to be able to provide a sanctuary and place of safety for families and even children during situations like traumatic accidents or a life emergency," said hospital chaplain Harry Tysen.



Maxine Strawn, Jeanette Wooster and Sandy McIntire headed up a Service Auxiliary effort to furnish the family consultation room in the Emergency Department.

"Families can feel like they're nearby their loved one without being traumatized by the efforts of our nurses and doctors who are working to stabilize the patient. It also affords a level of privacy that is important for us to provide."

## *Healthcare scholarship applications due June 26*



Assistance is available to help nursing students and others seeking a career in healthcare.

The application deadline for the 2009 Salina Regional Health Center Service Auxiliary and Salina Regional Health Foundation Healthcare Education/Nursing Scholarships is June 26. Information and application forms are available on the hospital website at [www.srhc.com](http://www.srhc.com).

In 2008, \$45,500 in scholarships was awarded through the program. Priorities are given to students entering nursing programs and other specialties in high demand. Award recipients will be expected to attain employment at a Sunflower Health Network hospital for a minimum of 24 months upon completion of their education programs.

Contact Gayle Rose, Volunteer Director, at (785) 452-7541 for more information about the program.

# Gift annuities make an attractive investment

With the economy taking its toll on retirement portfolios and certificate of deposit interest rates lower than some would like, many are exploring investment alternatives.

Gift annuities have proven to be good investments for those who have a charitable intent, yet desire a disposable income stream. Under terms of a simple contract a donor can transfer cash, securities, land or other assets to the Foundation. In return, the Foundation agrees to pay the donor a specified annuity as long as the annuitant is living.

Gift annuities offer a variety of benefits, including:

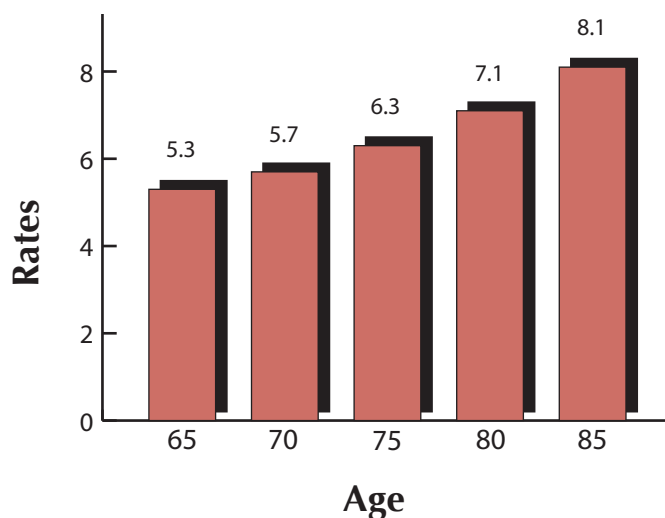
- High rates of return
- Lifetime income
- Charitable income tax deduction
- Partially tax-free income
- Satisfaction of helping others

As an example, let's say a husband and wife are both 75 years of age and give \$10,000 to the Foundation through a gift annuity. In exchange for their gift, the Foundation will pay a 5.6 percent rate of return (\$560 per year) as long as either spouse is living. Single life rates are even higher (See accompanying graph).

In addition, annuitants will receive a charitable income tax deduction for a portion of their gift and a portion of their annuity income will be tax free for a period of years. This combines to make the effective payout much higher than the rate of return.

Contact the Foundation at (785) 452-6088 to learn more about these investment opportunities.

## Charitable Gift Annuity Rates (Single Life)



## Volunteers honored for service



Bette Timmel and Nancy Chandler prepare to enjoy the Volunteer Week Supper at the Salina Country Club as part of National Volunteer Week festivities. About half of the hospital's 200-plus volunteers enjoyed the meal and entertainment from Salina Central High School's Jazz Combo Band.

## Dr. Smith set for retirement

Pathologist Boyd Smith and laboratory director Janice Struble reminisced about Smith's 31 years in Salina. Hospital laboratory staff hosted a reception in honor of his retirement in May.

Smith is widely known in the community for his charitable giving. In Smith's classic giving fashion, he deferred a retirement gift from the hospital and asked that the money instead be donated to the Health Foundation.



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# Trustee's Message



**Dave Sellers**  
President/CEO  
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In place of the usual message from Foundation director Tom Martin, I have been asked to deliver my thoughts as chairman of the Foundation board, as to why I serve as a foundation trustee. That's easy to do, except for the limited space.

Salina Regional Health Center is my community hospital. My family, friends, neighbors, and employees have used and will continue to use Salina Regional and its programs and services at one time or another... births, surgeries, cancer treatments, rehab, community outreach and more. I think each of us has an obligation to do what we can to ensure that quality medical care is available right here in our community for all who need it. It's personal with me. I hope it is with you too.

CONNECTIONS is published every other month by the Salina Regional Health Foundation. If you no longer wish to receive fund-raising contacts or materials, please notify: Privacy Office, Salina Regional Health Center, Health Information Management, P.O. Box 5080, Salina, KS 67402-5080/Phone: (785) 452-7313/Fax (785) 452-7312/E-mail:Privacy@srhc.com.

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