

# CONNECTIONS

IMPROVING THE HEALTH OF OUR REGIONAL COMMUNITY



June 2016

## Registration now open for Fe for a Cure, Oct. 1

More than 900 registered for last year's Fe for a Cure 5K through downtown Salina and race organizers anticipate this year's Oct. 1 event could grow even bigger. All proceeds support breast cancer patients and services at the Tammy Walker Cancer Center.

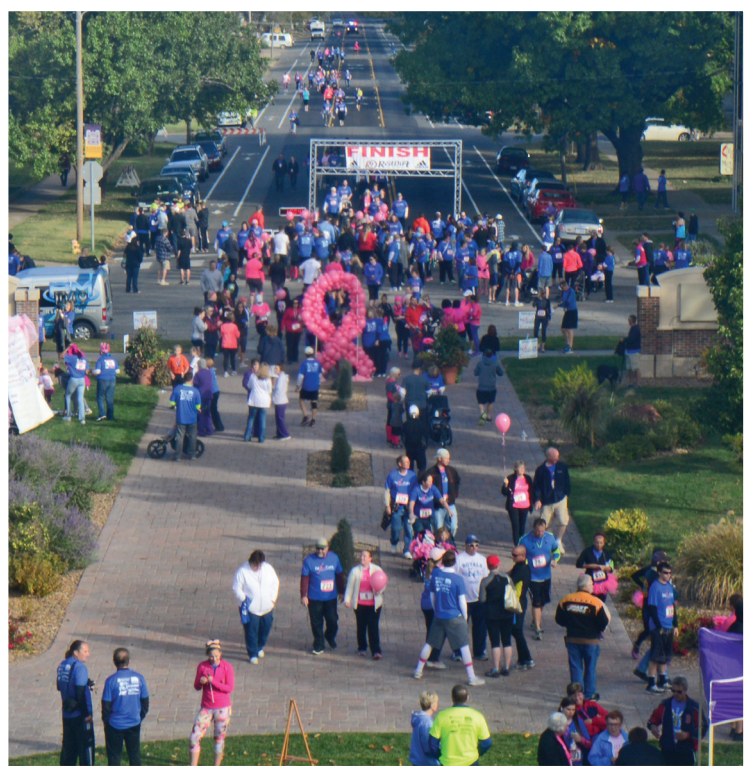
The 3.1 mile race/walk starts at 9 a.m. on the north end of Santa Fe Avenue at St. John's Military School and finishes on the south end of Santa Fe Avenue at the Kansas Wesleyan University campus.

Registration is \$20 for participants age 10 and older and \$10 for children age 9 and under. All who register before September 23 are guaranteed a commemorative Fe for a Cure race shirt.

A shuttle service will be available from 7 a.m. to 8:15 a.m. for those who want to park near Kansas Wesleyan and receive a ride to the start of the event at St. John's Military School. An awards ceremony giving medals to the top three male and female finishers in 16 different age groups, live music, snacks and a survivor celebration lap will be part of the post-race festivities held on the Kansas Wesleyan campus.

The event is sponsored by Salina Regional Health Center, Salina Downtown, Inc., Kansas Wesleyan University, North Salina Community Development, St. John's Military School and Alpha Media. Salina Supply Company is a gold medal underwriter for the event.

Find out more information or register by visiting [FeForACure.com](http://FeForACure.com). Paper registrations are available at the Tammy Walker Cancer Center, Salina Regional Health Center, and many area gyms and sporting retailers. Additional contributions are welcome and will be used to directly support breast cancer patients in our community.



More than 900 participated in last year's Fe for a Cure 5K Race/Walk down Santa Fe Avenue. Registrations for the third-annual event, scheduled for Oct. 1, are now being accepted at [FeForACure.com](http://FeForACure.com).

# Paula Haworth memorial supports cancer patients

Paula Rose Haworth was a firm believer in community service and loved helping and caring for others. She served on numerous community boards and volunteered for many different causes over the years, but had a special place in her heart for helping patients and family members at Salina Regional Health Center.

She was an active member and past president of the Salina Regional Service Auxiliary, volunteer counselor at the Tammy Walker Cancer Center and a trustee on the Salina Regional Health Foundation board.

Her untimely death from cancer in May 2014 was a blow to all who knew her.

As Paula's wish, memorial funds were directed to the Cancer Center, which have been used to enhance a number of patient and family areas throughout the facility. A coffee bar, tables and chairs and more private seating now grace the first floor main lobby at the Cancer Center. New televisions for those receiving chemotherapy, and charging stations for electronic devices like phones and computers are also now available.

The idea for private seating, coffee bar and places to sit down to grab a bite to eat were from Paula's husband, Bob, as a result of his experiences at the facility.

"The first floor was just so wide open and there are times when the doctor gives you news you don't want to hear, so I thought creating a little more privacy was in order," Bob Haworth said. "A better place to grab something to drink and sit down and have something to eat will also be helpful."

A memorial quilt also is being created in Paula's honor to be hung in the Cancer Center. The quilt will carry a rose theme, in honor of Paula's middle name, which has passed through many generations of her family. Thirty blocks for the quilt have been created by family members, friends, volunteers and staff to complete the design. Paula's daughter, Sara Guidry, is making preparations to put the blocks together and complete the quilt. Bob and sons Kyle and Ryan plan to construct the display case for it.

Sara made kits to construct the blocks with designs ranging in difficulty from beginner to advanced. Bob and the boys even sewed blocks with Sara's guidance.

"We just wanted to involve as many people as we could," Sara said. "Mom was very much involved in the community and worked with so many different people. Roses were mom's favorite."

Cancer Center staff tell stories like the time a patient receiving chemo commented on the beauty of a shawl Paula was wearing, and then Paula gave the shawl to the patient, making her day. And, how she began voluntarily counseling patients, working to lift their spirits, putting the worry of others before her own. Many patients never knew Paula herself had cancer.

"She wanted everyone to live life to the fullest, even if that life was being shortened by cancer," Bob says.



ABOVE: Bob Haworth visits with Tammy Walker Cancer Center staff. LEFT: Sara Guidry, Paula Haworth's daughter, holds a large quilt block of a rose that will be a part of a memorial quilt, which will be hung in the Cancer Center upon completion.

## \$35,000 CHIP grant supports prenatal education program

Now in its sixth year of existence, the “Becoming a Mom/Comenzando bien” prenatal education program available through the Saline County Health Department in collaboration with Salina Regional Health Center and several other agencies and local clinics has achieved a number of positive outcomes in the community.

The program was developed to improve area infant mortality rates and premature births. Since inception Saline County’s infant mortality rate has dropped from 7.9 percent per 1,000 live births to 5.5 percent per 1,000 live births and the prematurity rate has dropped from 9.8 percent in 2013 to 9.0 percent last year.

Living a healthy lifestyle and knowing the warning signs of premature labor can go a long way to reduce infant mortality rates and premature birth. A \$35,000 grant through the Salina Regional Health Foundation’s Community Health Investment Program (CHIP) will again support the program next year. The program is free and open to everyone. Local obstetricians and family physicians actively register their patients in the program.

The program offers six monthly courses that have been developed as stand-alone topics so participants can begin the classes at any time during pregnancy. Incentives like free diapers and wipes are given to those who attend four or more courses. Those who attend all six courses can receive their choice of a free high chair, car seat or pack-and-play.

“We commonly have patients from surrounding communities in the region who are amazed Saline County can offer such a program at no cost, with all the nice incentives,” said Sherri LaFollette, Maternal Child Health coordinator at the health department. “We’re more than grateful for the Foundation’s support and collaboration with the hospital, local clinics and health agencies.”



Sherri LaFollette, with the Saline County Health Department, is one of the instructors for the free ‘Becoming a Mom’ prenatal education classes recently supported by a \$35,000 CHIP grant.

## Med-A-Van continues growth with support from Foundation

The Salina Regional Health Foundation recently extended its support of OCCK Inc.’s Med-A-Van non-emergency health care transportation services with a \$35,000 grant.

The service provides a free ride to any patient within the Sunflower Health Network who has an appointment at Salina Regional Health Center or one of its affiliated facilities. Rides to health facilities not affiliated with the hospital can be provided for a nominal charge.

Foundation support for Med-A-Van started in 2004 and today has grown to offer more than 330 rides per month.

“We’re grateful for the relationship we’ve had with the Foundation and hospital all these years,” said Patrick Wallerius, vice president and chief financial officer at OCCK Inc. “Many people have come to depend on this service over the years.”



Jacquelyn Lay, Salina, receives a ride from Med-A-Van to an appointment at Salina Regional Health Center.

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## Director's Message



**Tom Martin**  
Executive Director

Ralph Waldo Emerson said, "It is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself." Expand the gender and Mr. Emerson got it right.

One of the most pleasurable aspects of my job is to see firsthand the sheer joy and satisfaction that people derive from giving of themselves and their resources to help others.

This phenomenon occurs on a daily basis here at Salina Regional Health Center. I see it in the patient care delivered by nurses and staff, in our trustees at meetings, in hospital volunteers delivering flowers to bedridden patients, and in donors giving back some of their good fortune to help others.

Do yourself and others some good, catch the spirit of giving.

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.