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January 2010

# Foundation

## focus



### THE BI-MONTHLY ELECTRONIC NEWSLETTER OF SIERRA VISTA REGIONAL HEALTH CENTER FOUNDATION

*Our Mission: Sierra Vista Regional Health Center Foundation develops public awareness of, builds community partnerships with, and raises charitable contributions for Sierra Vista Regional Health Center to secure better healthcare for our patients and community.*

*Our Vision: Sierra Vista Regional Health Center Foundation provides opportunities for people to invest their time, money and energy in a mutually beneficial relationship that makes Sierra Vista Regional Health Center the patient-centered hospital of choice in our community.*

### Tip A Healthcare Professional Night

Come on out to La Casita Restaurant and Cantina on Fry Boulevard on Wednesday, January 20, from 5-8 p.m. and support the Foundation with your tips!

Our hospital leadership and employees are eager to serve your favorite Mexican dishes and beverages. Phil Garcia, owner of La Casita, covers the tips with his employees for this event, so we can keep the tips from our customers. It's a great win-win situation which helps the Foundation with our fund raising endeavors.

Reservations are suggested, as the tables fill up for this popular event. You can call La Casita at 458-2376 and they will hold a table for you.

Thank you for your support, AND for being hungry!



### Our Fabulous Festival of Trees Results....

Our 10<sup>th</sup> Annual Festival of Trees event, one of the Foundation's major fundraisers of the year, was a smashing success in 2009.

Held from November 22-December 3, 2009 at the Mall at Sierra Vista, the event brought in a net total of just over \$29,000.

The money will be used to help retire the debt for the renovation of our new Lab/Infusion/Hospice building on Moorman Avenue.

We thank all of our donors, participants, judges and volunteers who all worked together to make this a wonderful, fun, successful event!

## The Hidden Benefits of Exercise

As many of us work on ambitious New Year's resolutions to get in shape and lose weight, did you know that regular workouts may help fight off colds and flu, reduce the risk of certain cancers and chronic diseases and slow the process of aging?

According to a recent article in The Wall Street Journal, research is showing that regular exercise, even as simple as a brisk 30- to 45-minute walk five times a week, can boost the body's immune system, which increases the circulation of natural killer cells that fight off viruses and bacteria.



Better yet, regular exercise has been shown to combat the ongoing damage done to cells, tissues and organs that underlies many chronic conditions. Studies have found that exercise can lower blood pressure, reduce bad cholesterol, and cut the incidence of Type 2 diabetes.

Check out these numbers....Exercise:

- ❖ Lowers the risk of stroke by 27%
- ❖ Reduces the incidence of diabetes by about 50%
- ❖ Reduces the incidence of high-blood pressure by about 40%
- ❖ Can reduce mortality and the risk of recurrent breast cancer by about 50%
- ❖ Can lower the risk of colon cancer by over 60%
- ❖ Can reduce the risk of developing Alzheimer's disease by about 40%
- ❖ Can decrease depression as effectively as Prozac or behavioral therapy.

These are all great reasons to get off that couch and get moving. Even a small investment of time and effort in your health and wellness can reap huge benefits. If you start small and gradually build on your exercise regimen, you'll feel better in no time!



Remember, doing something is better than doing nothing!

~ Contact us ~

By mail:

Foundation Office  
300 El Camino Real  
Sierra Vista, AZ 85635  
Phone (520) 417-4990  
Fax (520) 417-4989

Email: [foundation@svrhc.org](mailto:foundation@svrhc.org)

Web Site: <http://www.svrhc.org/foundation1.htm>

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Introducing.....

## OUR 50/50 FUSION RAFFLE

The SVRHC Foundation and Auxiliary are teaming up to retire the debt incurred on the renovation and expansion of our new Lab/Infusion/Hospice building, opening soon.

Located on Moorman Avenue, the new location will feature ample patient parking, more privacy, 6 infusion beds, a wound care area to treat patients, elimination of long patient waits due to more space and better work flow, and the ability for staff to hold confidential telephone calls with Hospice patients and family members.

The renovation will cost \$250,000, and the Foundation and Auxiliary have each paid \$100,000 from their coffers to pay for most of the construction expenses. To defray the \$50,000 balance, we are selling a total of 1,000 raffle tickets at \$100 each. One lucky winner will win \$50,000, and the other \$50K will pay for the remainder of the expansion expenses. The drawing will be held at our Key West Night event on May 1 at the Windemere Hotel and Conference Center.

Want to participate? Call us at the Foundation office, 520-417-4990. We can explain the details and answer any questions you may have. We accept cash, check or credit cards. You can have the chance to win some big money, and do a good deed for our healthcare community at the same time!

### Upcoming Events:

- Tip A Healthcare Professional Night at La Casita Restaurant  
Wednesday, January 20,  
from 5-8 p.m.
- Key West Night at the Windemere Hotel and Conference Center,  
Saturday, May 1.

