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March 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

This fun, quarterly event is coming up again at La Casita Restaurant and Cantina on Fry Boulevard on Wednesday, March 31, from 5-8 p.m. The tips and donations we earn will go towards the Moorman Avenue Outpatient Services building renovation.

Our resident doctors will be there serving your favorite Mexican dishes and beverages! Come join in the fun!

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

*"Life's most urgent and persistent question is: What are you doing for others?"  
-Martin Luther King, Jr.*



### Coming attractions: Key West Night May 1, 2010

You won't want to miss it!!!

Featuring the musical talents of Gary Seiler, fabulous silent and live auctions, great food, fun, games and our infamous pie eating contest, Key West Night is just around the corner! Come to this shorts-and-flip-flops event on Saturday, May 1 starting at 5:00 p.m. at the Windemere Hotel and Conference Center.

Tickets are \$40 each and are available at the Foundation office. Call us at 520-417-4990 to reserve your place!

It's 5:00 somewhere.....



## Are you happy?



The year 2009 was one that few of us will forget. Humans have the ability to weather challenges that might at first seem daunting. As many of us have painfully learned, we can't fully control our circumstances, but we can control their effects on our well-being.

Experts attribute about 50% of a person's happiness to genetic endowments and another 10% to circumstances...where we live, how much money we make, how healthy we are. That leaves 40% of our happiness in our control. Fortunately, science has much to say about how we can make the most of that 40%.

Even small improvements in mood can have cascading effects. The trick is to pay attention to what strategies work best for you.

Recent research finds that the little things we do regularly, like exercising or attending religious services, can have a major impact on our happiness.

Some other surprising strategies researchers found:

- ❖ Flip through old photos – people's moods rose after looking at personal photos
- ❖ Put on a happy face – even if you don't feel like it – your smile can actually induce a greater happiness.
- ❖ Say thanks more often – Expressing an attitude of gratitude helps you pinpoint what you're happy about.
- ❖ Make needed changes in your life – sticking with bad jobs or unhappy relationships can make you feel like you're wasting money, time, effort and emotional investment.
- ❖ Clear away clutter – It is a reminder of things that should be getting done but aren't. Arranging your papers and books and getting organized can ease your mind.
- ❖ Talk to a friendly neighbor – Socializing with a cheerful person increases the likelihood that you'll be happy too.

Finding what works for you is the key. Breaking old habits and getting organized may just do the trick. And there's always chocolate!

~ Contact us ~

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## Pull out your shot records....

Did you know that tens of thousands of American adults die each year from pneumonia, influenza and other infectious diseases that could be prevented by routine vaccinations?

Only about a third of seniors were vaccinated in 2008 against pneumonia, a complication of seasonal flu, according to a report released by the Robert Wood Johnson Foundation.

Only 36 percent of all adults were vaccinated against the seasonal flu in 2008 and only about 2% of adults had tetanus, diphtheria, and whooping cough vaccines, the report found.

Limited health insurance coverage, high out-of-pocket costs and limited access are major reasons adults skip vaccinations, but misinformation is also an obstacle, the report said.

"Despite the evidence of safety and effectiveness of vaccines, many adults are unaware that they need certain vaccinations, or are misinformed about vaccines," the report said.

The immunization report says adults need vaccinations for new diseases and booster shots for diseases they were vaccinated against as children, because the immunity may wane over time.

Call your physician for more information about your immunization needs.

## Check your calendars:

- Tip A Healthcare Professional Night at La Casita Restaurant  
Wednesday, March 31,  
from 5-8 p.m.
- Key West Night at the Windemere Hotel and Conference Center,  
Saturday, May 1.

