

May 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

Our quarterly event was held at La Casita Restaurant on Wednesday, March 31. Our resident doctors had a great time serving food and drink to customers who came and supported the Foundation.

We raised \$ 1,907 from tips and donations earned at this event! All proceeds helped to pay off the debt incurred from the Moorman Avenue Outpatient Services building renovation.

Our next event will be on Wednesday, July 21. Mark your calendars!!!

**“For fast-acting relief, try slowing down.”
-Lily Tomlin**

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**A great time was had by all:
Key West Night
May 1, 2010**

“What a blast!”

Music, games, silent and live auctions, dessert auction, 50/50 raffle drawing, pie eating contest....we are describing our Key West Night fundraising event held on May 1 at the Windemere Hotel and Conference Center.

Our most successful Key West Night ever, we raised, after expenses, \$31,982, which will be applied to the debt incurred during the renovation of our Moorman Avenue Services Building. Our entertainer, Gary Seiler, received rave reviews from attendees.

Next year, this event will be held on April 30, 2011!!!



Giving More to Both Kids and Charities

Tax advisers are pushing new maneuvers that allow taxpayers to get more money to their children and to their favorite cause – at the same time.

Many involve converting an individual retirement account to a Roth IRA. The traditional IRA gets pretax contributions while a Roth gets after-tax contributions. Future withdrawals from a Roth are tax-free.

Roth conversions are especially attractive to retirees who hope to leave their IRAs largely untouched as an inheritance for their kids and grandkids. By converting to a Roth, the retirees can avoid having to make mandatory withdrawals each year. And the heirs; withdrawals will be income-tax free.

But there's a catch: When you convert to a Roth, you have to pay income tax on assets you are moving from the traditional IRA. Financial planners and accountants usually discourage conversions unless clients can pay those taxes from a separate account.

That is where charitable contributions come into play. If done correctly, the donation can reduce your tax bill. You can spread the conversions out to keep the taxes as low as possible. Each year you declare conversion-related income, you can contribute to a donor-advised fund and count it as a charitable contribution.

Know that your generous donations to Sierra Vista Regional Health Center Foundation are used to purchase equipment and services that promote health care in our local community.

Consider future gifts by consulting your tax preparer or financial planner. We sincerely thank you!



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Things that make you go “Ewww!”



- Most people lose half of their taste buds by sixty years of age.
- The average human has about 10,000 taste buds — however; they're not all on the tongue. Some are under the tongue; some are on the inside of the cheeks; some are on the roof of the mouth. Some can even be found on the lips — these are especially sensitive to salt.
- The strongest bone in the body, the thigh bone, is hollow. Ounce for ounce, it has a greater pressure tolerance and bearing strength than a rod of equivalent size in cast steel.
- The pupil of the eye expands as much as 45% when a person looks at something pleasing.
- The temporal lobe is the area of the brain that allows humans to hear and understand people speaking.
- The average human eyelash lives about 150 days.
- The thumbnail grows the slowest; the middle nail grows the fastest.
- The average human scalp contains between 120,000 and 150,000 hairs.
- It takes about 20 seconds for a red blood cell to circle the whole body.
- Like a finger print, every person has a unique tongue print.
- The air released from a sneeze can exceed the speed of 100 mph.
- You burn more calories sleeping than you do watching television.
- Most dust particles in your house are made from dead skin.
- The average human body has 14 to 18 square feet of skin.
- The skin of the armpits can harbor up to 516,000 bacteria per square inch, while drier areas, such as the forearm, have only about 13,000 bacteria per square inch.
- A bird's eye takes up about 50 percent of its head; our eyes take up about 5 percent of our head. To be comparable to a bird's eyes, the eyes of a human being would have to be the size of baseballs.

Upcoming Events:

- Tip A Healthcare Professional at La Casita, July 21, 2010
- Carter Classic Golf Tournament, August 21, 2010

