

# HEALTHY FOUNDATIONS

KADLEC FOUNDATION &amp; HEALTHY AGES AFTER FIFTY

## BRAIN MATTERS: Keeping Your Mind Active

### Use it or lose it.

Research clearly shows this old adage applies not only to the fitness of our body, it pertains to our brain as well. Just like our bodies, our brain deteriorates with neglect.

The brain is not a static organ. The size and structure of the neurons and the connections between them actually change as a person learns. The brain grows and changes throughout life in response to our experiences and even our thoughts. Just as physical activity is good for the lungs, muscles and heart, learning is important for keeping the brain healthy.

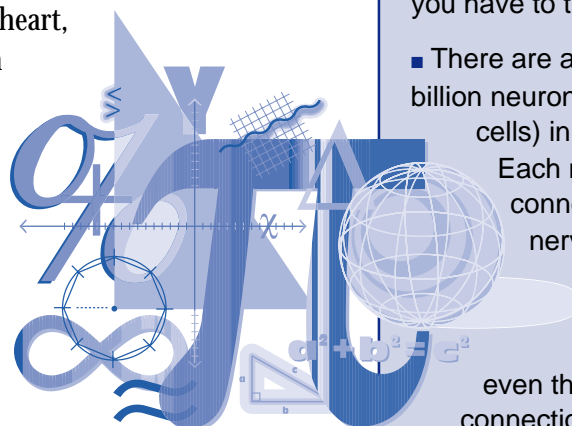
And, it is estimated that only 35 percent of how a person ages is determined by genetics; the rest is determined by lifestyle, environment and other factors many of which can be controlled and changed. Studies also indicate individuals who spent leisure time pursuing intellectual activities appeared to be less likely to develop Alzheimer's Disease or other brain diseases.

### Active Brain Activities

How do you exercise your brain? Here are some ideas (and thinking up your own would be good exercise, too!).

- Try your hand at jigsaw or word search puzzles.
- Travel and before you go, learn as much as you can about your destination. It doesn't have to be someplace exotic. For example, take a day trip to the Whitman Mission, spending time studying before you go so you can appreciate it all the more.

(See Brain Matters, Page 2)



## Fast Facts...

**The Brain is the Most Complex Organ in the Human Body. The brain...**

- weighs about 3 pounds (or 2% of body weight)
- Consumes about 20-30% of the calories you eat.
- If you want to lose weight you have to think harder.
- There are about 100 billion neurons (or nerve cells) in the brain.

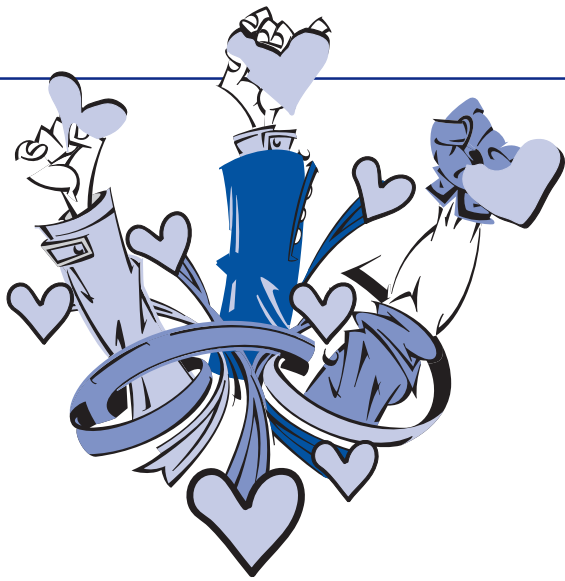
Each neuron is connected to other nerve cells in the brain, by sometimes hundreds or

even thousands of connections, called dendrites.

- It is estimated that there are over 1,000,000,000,000,000 connections in the brain, more connections than there are stars in universe.
- The brain is more complicated than any computer we can imagine. The world's most sophisticated computer is currently only as complicated as a rat's brain.
- Your brain is very soft. It is the consistency of soft butter or a raw egg.

**Fitness and wellness apply to your financial health, too!**

See Seminar Information, Page 7



## Starting Points: Volunteering

Starting Points is designed to offer help getting plugged into the services and programs available within our community. This time, it focuses on volunteer opportunities.

**The Kadlec Medical Center Auxiliary** is currently seeking new members, especially with the addition of many new services and expanded facilities. The commitment can be long term or short term with a variety of jobs available from escorting patients and guests to sewing or working in the gift shop. Both men and women are invited, and needed, to become Auxiliary Volunteers. For information, contact Dottie Leach at 375-1097 or Betty Nash at 375-5374.

**The Volunteer Center** serves as a clearinghouse for a myriad of volunteer opportunities throughout the community. To find out where you might plug in as a volunteer, call them at 582-0631.

## HEALTHY FOUNDATIONS

Healthy Foundations is published semi-annually by the Kadlec Medical Center Foundation, (942-2661) and Healthy Ages After Fifty, (942-2700), 888 Swift Boulevard, Richland, WA 99352. Mary Lynn Merriman, MLM Communications, editor; Sara Nelson Design, design and layout; Esprit Graphic Communications, Inc., printing; Litz's New Media Solutions, photography.

## Brain Matters

(From Page 1)

- **Tackle a musical instrument or even a foreign language.**
- **Keep a journal** or take the time to write down memories and experiences from your past.
- **Volunteer.** The opportunities to volunteer abound in this community. You not only benefit by being active, the community benefits, too. See the Starting Points article.
- **Take a Class.** Columbia Basin College offers hands-on, workshop-styled classes for people 55 and older. These classes have no tests, no homework and no grades. They are offered on a quarterly basis; the charge is \$17.50/class each quarter. Classes range from woodcarving, drawing, quilting, computers, painting, sewing, fiber arts, physical fitness, yoga, Spanish, English as a second language, creative writing, porcelain dolls and artistic crafts. For more information, call 547-0511, ext. 2225.
- **Pick up an old hobby or start a new one.** Hobbies do not necessarily cost a lot of money, but can be avenues for keeping you active and connected with others.
- **Read.** Check out one of our wonderful libraries.
- **Teach your grandchildren something,** maybe a song or poem from your childhood or a game you used to play. Consider starting a collection together.

Don't stop the physical exercise to start the mental exercise. There also appears to be a relationship between physical movement and thinking. They are controlled by the same brain regions and evidence is mounting that movement is crucial to every other brain function.

## Working Together, Making a Difference

It's a partnership between Kadlec Foundation and its donors. Donor contributions, of all sizes, allow the Foundation to support a myriad of programs and services within the Medical Center. Here are some areas the Foundation is working as well as areas where they are hoping to assist the Medical Center.

- **Renovation of existing main lobby.** With the completion of the new entrance, the current main lobby will continue to be the surgery waiting area. The Foundation is undertaking a \$30,000 renovation of this area to create additional comfort and privacy. The renovation includes dividers, new chairs and more.
- **\$53,000 to the Women's and Children's Center.** The Foundation is supporting the expansion and renovation of the Women's and Children's Center on the second floor to meet the growing number of patients. The Foundation recently approved the purchase of two additional fetal monitors at a cost of \$25,000. The Foundation also committed to \$28,000 for refurbishment of this entire floor.
- **Expand and Enlarge Kadlec's Outpatient Chemotherapy Area.** This area of the Medical Center is being enlarged and as a part of that, the Foundation hopes to create a more cheerful and comfortable area. Input from patients has been solicited and they have asked for videos, CD's, brighter colored surroundings and other items to make the time they spend receiving chemotherapy more comfortable. Donations for this project are being sought.

**Thank you for your support of the Foundation. If you would like to help with Foundation projects you may make a donation on the form on page 7 in Healthy Foundations.**

## Kadlec Medical Center Foundation

### Vision Statement

By building and strengthening broad-based community support, we make a difference by enhancing the hospital's ability to meet the emerging health care needs of the community.

### Mission

With donor support, we fund opportunities to create the optimal hospital experience for our community.

### Value Statement

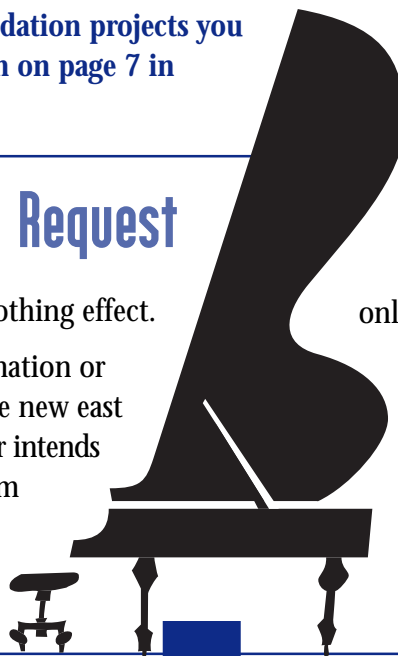
We will be clear in what we do and who will benefit.

## A Special Foundation Request

Music has both a healing and a soothing effect.

The Foundation is seeking the donation or loan of a Baby Grand Piano for the new east entrance lobby. The Medical Center intends on arranging to have musicians from throughout the community provide musical interludes in the new lobby. The music will not

only be heard by those in this section of the hospital, but also in the new Critical Care Unit waiting area. If you have a Baby Grand Piano in good condition that you would like to loan or donate, please call the Foundation office at 942-2661.



## A Heart to Help

Effective volunteer board members contribute their energy, ideas and enthusiasm and it is something Susan Kayser exemplifies. Now in her second term of six years on the Kadlec Foundation Board of Directors, Kayser serves with a passion for both the raising of funds in support of the Foundation's work and for the use of those funds to enhance the Medical Center and honor those who give them.

Kayser's work on the board began on the Development Committee in the mid-1990s. "I saw that Kadlec was expanding, becoming more advanced and more regional with the growth of programs such as the Neonatal Intensive Care Unit and the addition of programs including heart surgery. Fund development and fund raising have become even more important as the Foundation supports this growth," she said. "We need to look for avenues for raising funds and become even more visible in our efforts in the future."

Kayser realizes the significance of each gift to Kadlec, too. "Whether it's a big donation or a small gift in memory of someone, each one is valuable because they chose to give it to the Foundation. We are very careful to be good stewards of the gifts and use them to enhance the Medical Center," Kayser said.

One of the projects the Foundation is undertaking is the development of a "garden" outside the new main entrance on the southeast corner of the Medical Center. Kayser's energy for the project is clear.

"We have a vision for this – creating a very beautiful space that will benefit a lot of people who are dealing with illness, death or difficult circumstances," said Kayser. "As a Foundation, our new mission and vision is not only to support the hospital with the purchase of equipment that it otherwise would not be able to obtain, but also to support patients and families while they are here. That can take many forms, including having a beautiful, quiet place to go away from the hustle and bustle of the Medical Center. We envision a garden area with private places to sit, a water feature of some kind and beautiful landscaping."

Without the support of the Foundation, the garden area would not be possible. "The budget for the construction of the expansion did not include this. The Foundation was approached about the idea and we have become very excited about how it will benefit those coming to the Medical Center," said Kayser. Construction of the garden will begin next spring.

"It will be a wonderful place for our donors to honor someone's memory or even to thank someone by giving a donation to the garden in their name," said Kayser. "It will be through the support of gifts and donations that we will be able to create a beautiful place."

That's typical of Susan Kayser — a vision for enhancing Kadlec while honoring those who give.



*Foundation Board Member Susan Kayser stands in front of the proposed garden area.*

# Accurate Health Care Information on the Internet?

Looking for information on an ailment? Trying to find current facts on a new medication? More and more, people are starting the search for information on the Internet. In 2001, an estimated 100 million Americans sought health related information on the Internet.

Unfortunately, not everything on the Web is accurate. How do you sort out what's real and what's not? You have to learn to assess what you come across so you can determine what's reliable and what's questionable. Here are some tips:

**Accuracy.** Can the information be verified by other sources? Are references cited? Is the document well constructed? Accuracy or verifiability of the information provided is an important part of the evaluation process.

**Authority.** Is there an author listed with contact information? Is the author an authority on the subject? Who is the sponsor? Authority is a major criteria used in evaluating the reliability of information.

**Objectivity.** Can you detect any potential bias?

Is the site promoting a particular viewpoint? Is advertising separate from the objective information? Are they trying to sell you a product? Everyone has an opinion and the popularity of the Internet — along with the lack of quality control — makes it a perfect venue to post questionable data in order to sway your opinion.

**Currency.** Is the information clearly dated? Is so, when was the last revision? How current are the links to other documents? Web pages that are kept current usually contain more reliable information.

**Coverage.** What is the scope of the Web page? Does it contain references to more material? What does this page offer that is not found elsewhere? References to other sites or documents will give you further opportunities to find information related to the subject.

When looking for health care information on the Web, be smart and be discerning. For more information contact the Center for Medicare Education at [www.MedicareEd.org](http://www.MedicareEd.org).

Information provided by the Center for Medicare Education.



**Actual Fact:** An estimated five million Americans suffer from a recurring ailment know as SAD. For what is SAD an acronym?

Seasonal Affective Disorder a wintertime syndrome. Lack of sunlight caused by the shorter and darker days of winter, darkened or indoor working places, and long cloudy spells have been linked to episodes of depression in people with SAD.

## Original Prints Now Enhance New 4<sup>th</sup> Floor Rooms

While touring the new 4<sup>th</sup> floor private patient rooms earlier this year, Elaine Yunker decided she wanted to make a gift to Kadlec Medical Center in memory of her husband Wayne. After kicking around several ideas, she happened to spot a print hanging on the wall in her home office. It was handmade by an Oregon artist who was also a family friend of her husband's from his childhood. Now, thanks to the generosity of Yunker, each of the 19 private patient rooms on the newly opened 4<sup>th</sup> floor feature a one-of-a-kind monoprint by artist Barbara Weber.

"This was the perfect tribute to Wayne, because he loved Barbara's work," said Elaine.



*Elaine Yunker, right, holds one of the original prints by artist, Barbara Weber, center, who is joined by husband Jim Weber.*

In her unique method, the botanical prints are made by using a soft roller, inked with a thin layer of oil paint and rolled across a flower, leaf, branch or even weed. As Weber rolls it back on paper, the image is offset onto the paper. The prints range in sizes and color combinations. Each print was made especially for Kadlec.

Yunker funded the purchase of the prints as a gift to the Kadlec Foundation.

"We are extremely pleased with this gift. As a Foundation, in addition to supporting the purchase of major medical equipment, we are also working to enhance the experience of each patient and each patient's family," said Foundation President Gary Louie. "The addition of these prints in each room certainly fits into that vision. We appreciate Elaine's donation very much."

## Sorting Through Medicare

Healthy Ages is now offering a monthly class on Medicare and secondary insurance and how they coordinate with each other. The class is offered on the first Wednesday from 9 – 11 a.m. throughout the year. You must register to attend as seating is limited. If you are interested in taking the class, give Healthy Ages a call at 942-2700.



*Congratulations to three Mall Walkers who have achieved significant milestones! Esther Brazzell, far left, and Rita Davidson, right, have walked 10,000 miles and Jim Dempsey, center, 5,000.*

## Thank You... And Keep Responding!

We really do love it when you take the time to answer the questions in Healthy Foundations! Your input helps formulate classes, programs and even this publication.

Many of you responded that you would like to take a class entitled "How to Talk to Your Doc." You will hear from Healthy Ages as the class is put together. If you did not initially respond, but still would like to take the class, we've included it again.

**I find the services offered through Healthy Ages at Kadlec Medical Center to be helpful?**

- Strongly Agree     Somewhat Agree  
 Strongly Disagree     Somewhat Disagree  
 Don't Know

Additional Comments:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**I would like to participate in a "How to Talk to Your Doc" class.**

Time of day that works best for you:

- Mornings     Afternoons     Evenings

**I am interested in a class on Long Term Care.**

Time of day that works best for you:

- Mornings     Afternoons     Evenings

**I would like to support the work of the Kadlec Foundation.**

- Undesignated gift to meet the most urgent need  
 Designated Gift in support of the Out-patient Chemotherapy Area Renovation

Name \_\_\_\_\_

Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

*Please clip and return in envelope provided.*



## You are Invited: Financial Health 101 Seminar

Could your financial health support your lifestyle if there were unexpected changes? Do you really want that ne'er-do-well relative to get an inheritance? In the spirit of getting this part of your life in shape, Kadlec Medical Center Foundation is teaming up with Washington Trust Bank for a discussion geared to inspire you to examine important personal considerations such as:

- Keeping it simple: understanding and planning your estate.
- Ways to own and control assets: living trusts, joint ownership and community property.
- How to pass property assets to beneficiaries: gifts, bequests and trusts.

**Bring your best questions and choose a session that's convenient for you. Limited seating.**

**Wednesday, November 13**

**at the Hampton Inn, Richland**

Morning Session: 10:00 - 11:30

Afternoon Session: 1:30 - 3:00

Refreshments/Door prizes provided

RSVP by **November 8** to 942-2026

(Leave a message with your name, phone number and indicate morning or afternoon session.)

This is a public service event co-sponsored by the Kadlec Foundation and Washington Trust Bank. This is not a sales presentation. It is intended for education purposes only.

Kadlec Medical Center  
888 Swift Boulevard  
Richland, WA 99352

Non-Profit Organization  
U.S. Postage  
PAID  
Richland, WA 99352  
Permit No. 227

## HEALTHY FOUNDATIONS

A publication of Healthy Ages After Fifty and  
Kadlec Medical Center Foundation

Friends,

We are just beginning to gear up for the quickly approaching holiday season! It is indeed a special — and busy — time of year. One of the traditional activities this time of year is sending warm thoughts and special greetings to friends and family. We are most appreciative of your continued participation and support.

Healthy Ages After Fifty continues to experience significant growth. Our programs and services are always well received and well attended.

Through your generous support, the Kadlec Foundation has been able to provide the Medical Center with technology enhancements, program support, assistance to patients and their families, and health care scholarships.



*Rozanne Tucker,  
Foundation  
Coordinator and  
Janet Artzer,  
Healthy Ages  
After Fifty  
Program  
Coordinator.*

We wish you and yours a most healthy and happy finish to the year 2002. We look forward to serving you and this community in the year ahead.

A handwritten signature in cursive script that reads "Rozanne Tucker".

Janet Artzer,  
Healthy Ages After Fifty  
Program Coordinator

Rozanne Tucker,  
Foundation Coordinator

**Kadlec Medical Center Foundation truly appreciates all Memorial Gifts.  
They are a lasting tribute and make a difference.**