

## Giving that Lasts Through the Decades

For nearly 60 years, Richland's Emma Stull has been a consistent supporter of Kadlec Medical Center.

Emma – who in early June celebrated her 99th birthday – began working for General Electric in 1950. Early in her career, she began donating \$2 per weekly paycheck to Kadlec; that donation continued until her retirement in 1974. Her consistent donation, like hundreds of other similar donations from people throughout the community, helped move Kadlec from the original barracks facility to the new four-story building which opened in 1970.

"Every week my paycheck would say \$2 to Kadlec. Week after week. When the building was dedicated in 1970, I was sitting in the front row.

It was a very cold and windy day," she recalls. All the while, Emma knew that

her donation helped make the new hospital possible and there was great ownership in that. "The community really supported building that new hospital and that was so important. Kadlec has really grown and changed so much since then."

That campaign was the first and, until the current Pediatric Center campaign, the only Kadlec capital campaign. "They set a goal to raise \$1 million to build the four-story building. They met that goal with the help of the community. Just like today, every donation like Emma's makes a difference," said Rozanne Tucker, Kadlec Foundation director of Philanthropy.

"That consistent commitment to Kadlec is such a remarkable part of the hospital's history."

Emma's support of Kadlec was not limited to financial donations. She is the oldest active Kadlec Auxiliary member, joining in 1967 even while she was still working. After she retired in 1974 – 34 years

ago – she was able to become more involved in Auxiliary activities sharing her talent for preparing artwork, posters and forms. Much of what

Emma has been committed to helping Kadlec for nearly 60 years.

can now be easily designed on a computer, Emma did by hand with a precision that looks as if it were done on today's equipment.

She designed Auxiliary stationery, helped formalize the organization's logo, prepared posters and signs, and more. Through the years she has also served as vice-president (twice) and secretary (three times). Now, she serves on the Auxiliary's Sunshine Committee, sending out cards to members. "It is a way for me to remain active from home," she said.

Emma has been acknowledged for putting in more than 10,000 volunteer hours. She was also recognized for her support of the Kadlec Foundation.

Her financial support also continues. "When someone passes away, instead of giving a flower arrangement which lasts only a few days, I give a \$50 donation to the Foundation for The Garden. Over the years it has counted up to over \$2,000," said Emma.

Thank you, Emma – and the thousands of others from throughout the community – for your years of support of Kadlec in so many ways!



Emma Stull

# Giving Continues to Make it Possible

Just like those gifts to Kadlec 40 years ago helped make the building of the then-new hospital possible, gifts are now making Kadlec's Pediatric Center a reality.

With a goal of \$7 million, the Kadlec Foundation undertook the hospital's second capital campaign early in 2008 – Kadlec 4 Kids. The initial phase of the campaign raised over \$6.4 million in outright gifts and pledges even before the campaign was announced to the public.

Among those initial contributions was a major gift by a local Tri-Cities family. The Don and Lori Watts Pediatric Center will be built on the fifth floor of the new River Pavilion. The new center was not part of the original Tower project, which includes new operating rooms, an outpatient observation unit and a wing of private patient rooms, but became a vision of the Kadlec Foundation.

The Watts family has been longtime community supporters of a wide variety of philanthropic projects and they understand the impact giving can mean in a community. "We are honored and grateful to the Watts family for their generous support

of our project," said Larry Christensen, Kadlec vice president of Resource Development. "Time and time again, they have stepped forward in our community to give of their time and financial resources. We are proud they have chosen our project to support in such a tremendous way."

For the Watts family, "our donation is about the families in the Tri-Cities and making our community an even better place for them. When you find out that your child is seriously ill, it is a very heartbreaking, stressful situation. Many families have had to travel to Seattle for the medical care of their child. Then when you add all the time away from home, family, jobs, and community support systems, it only adds to the stress.

"Donating the money to help bring this project to life was an easy decision for our family. God has blessed Don and me in many ways and for us



*Lori and Don Watts*

it is all about giving back. This is not about the amount of money you can give; it is about making a difference in the lives of others and making our community better for all. The person that gave only one dollar or volunteered one hour of their time is just as valuable to the success of this project," said Lori.

Thanks to the donation of the Watts family and so many others, construction of the Don and Lori Watts Pediatric Center will begin later this year.

## HEALTHY Foundations

Healthy Foundations is published semi-annually by the Kadlec Medical Center Foundation (509-942-2661) and Healthy Ages after Fifty (509-942-2700), 888 Swift Blvd., Richland, WA 99352. Mary Lynn Merriman, MLM Communications, editor; Sara Nelson Design, design and layout; Esprit Graphic Communications, printing; Mark Roberts and Delt Clark, photography.

- Count me in! I want to help support the Kadlec 4 Kids campaign.
- Please contact me about other ways I can support the work of the Kadlec Foundation.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Amount of gift \_\_\_\_\_

Return using the enclosed envelope or donate online at [http://www.kadlecfoundation.org/kadlec\\_4\\_kids.htm](http://www.kadlecfoundation.org/kadlec_4_kids.htm). If you have questions, please call the Kadlec Foundation at 509-942-2661.



# A Heart to Help: Foundation Board Member, Grant Baynes

His accent gives him away. And, although he may have been born and raised half-a-world away, today Grant Baynes is making a difference in the quality of the health care of our region.

Baynes, who hails from New Zealand, is one of the newest members of the Kadlec Foundation Board of Trustees, becoming a member just over two years ago. Since joining, he has been involved in a number of the Foundation committees including Planned Giving and the Foundation Nominating Committee.

Baynes came to the United States in 1995 after marrying his wife, Traci. He had been a fire fighter in New Zealand for nearly 20 years and in 1996 began working for the Washington State Patrol as a fire investigator. In 1999, he joined the Richland Fire Department and in 2003 became the city's Fire Chief.

"I knew when I arrived here I wanted to do something in the community. I just didn't know what. After I met Rand Wortman and Larry Christensen from Kadlec, I realized there is a real connection between emergency services and Kadlec, and that I could offer some value to the hospital," said Baynes.

And he has.

One of the projects he has been deeply involved in has been the Kadlec 4 Kids fund raising campaign for Kadlec's new Pediatric Center. "Traci and I really wanted to be involved in this. We were able to talk to lots of folks about the new Center and it really opened our eyes as to how many children had been leaving this community for health care. We want to play a part in reducing that

number, to have our kids cared for here at home whenever possible," he said. "It's so much easier on families.

"Raising the money for the Pediatric Center was a perfect fit for the Foundation. It is helping meet a very specific health care need that would not otherwise have been met for a long time. I was surprised about how quickly we were able to raise the money. I thought it might take a number of years, but the community really responded because it was for something that people can clearly see as needed."

Baynes considers his role on the Foundation Board as "bringing the common man perspective. I try to look at everything we do from that perspective. How does the average person in the community think about

things and what do they want? I try to offer a different perspective," he said.

Baynes also appreciates the work that the Foundation does in educating the community. He participates in the mini-seminars the Foundation sponsors on health care issues. "My role is to talk about what to expect if there is a sudden death of a loved one at home. It's very different than a death from an extended illness, and it is helpful for people to understand what will happen.

"These types of programs are what a good hospital foundation should be doing. It is about looking at people's needs and addressing those in many different ways – it's so much more than only chasing money which is what some people assume is what a foundation does," he said.



*Kadlec Foundation Board Member Grant Baynes and his wife Traci.*

# Ongoing Education

## **“Preparing for End-of-Life” Class Offered Again**

Over the last year, Healthy Ages and the Kadlec Foundation have teamed together to present programs on end-of-life issues. Your feedback indicates the need to continue this class.

This seminar is presented by a panel of experts in the fields of law, taxes, asset protection, financial, emergency response and the funeral process. Each session is limited to 20 people. If you would like to attend a future class, please call the Healthy Ages office at

942-2700 or email your request to [healthyages@kadlecmed.org](mailto:healthyages@kadlecmed.org). You will be contacted with date, time and place of the next class.

## **Monthly Medicare Class**

This class is held on the first Wednesday of each month from 9 to 11 a.m. This class covers all parts of Medicare – including Parts A and B, and Part D for prescriptions. Also covered are Medigap Plans, Medicare Advantage Plans and Retiree Plans. Learn what is and isn't covered by Medicare and how your secondary insurance coordinates with Medicare.

## **“How to Talk to Your Doc” scheduled for Tuesday, July 22 from 1 to 3:00 p.m.**

This is a 2-hour class that helps participants identify the problems or obstacles that get in the way of maximizing their appointment time. The class also identifies ways to overcome these, while learning better and more effective communication skills. It is informative and fun.

To sign up for the Medicare Class or the “How to Talk to Your Doc” class, please call the Healthy Ages office at (509) 942-2700.



# “Defining Your Quality of Life”

Do those closest to you know what your health care wishes are?

Would they be able to make choices for you if you are unable to choose for yourself?

How do you have this conversation with those who need to know?

These are some topics that may be difficult to talk about, but are also critically important to discuss with family or close friends.

Healthy Ages after Fifty has something that may help and it's free!

Kadlec's Jim Hall, director of Community Relations, recently interviewed Spencer and Rhea Manlove, parents of Dr. Jeremy Blanchard, Kadlec's Intensive Care Medical Director. During the interview, the couple discussed many of these tough questions and the importance of communicating with those closest to you.

From this interview, an 18-minute DVD was created. It is not only informative on its own, it is also a great conversation starter. If you wish to have a copy of the DVD, call the Healthy Ages after Fifty office at 942-2700 or you can request a copy of the DVD by emailing your name and address to [healthyages@kadlecmed.org](mailto:healthyages@kadlecmed.org).



## Do you know the warning signs of a stroke?

Every second counts when helping someone who may be having a stroke. If you know the warning signs, you can act more quickly. Know the signs and teach them to others:

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache with no known cause.

Call 911 immediately if you experience symptoms. Time lost is brain lost.

# Help for Medicare Questions

Looking for help with Medicare? A free online service might be able to help. Click on over to [mymedicare.gov](http://mymedicare.gov). It's a secure site which, once you register, will give you access to information regarding your Medicare benefits and services. You can use [mymedicare.gov](http://mymedicare.gov) to:

- View claim status (excluding Part D claims).
- Order a duplicate Medicare Summary Notice (MSN) or replacement Medicare card.
- View eligibility, entitlement and preventive services information.
- View enrollment information including prescription drug plans.
- View or modify your drug list and pharmacy information.
- View address of record with Medicare and Part B deductible status.
- Access online forms, publications and messages sent to you by Centers for Medicare and Medicaid Services.



## Free Screening Kits Available The Importance of Colorectal Cancer Screening

Colorectal cancer is the second leading cause of cancer-related deaths in the United States for both men and women combined. Because there are often no symptoms, routine screening is important to help detect this type of cancer in the earliest stage possible.

One effective screening method that can detect blood in the stool is the EZ Detect Kit. Through the joint efforts of Healthy Ages after

Fifty and generosity of Kadlec Foundation donors, kits are available, free of charge, to anyone in the community age 40 and over.

Screening should be done each year.

To receive your free kit, call (509) 942-2039 or you can simply email your request with your name and address to [healthyages@kadlecmed.org](mailto:healthyages@kadlecmed.org). Your kit will be mailed to your home.

## Four Simple Steps to Fight Foodborne Illness

- 1 COOK IT.** Thoroughly cook all food to proper temperatures.
- 2 CHILL IT.** Refrigerate foods quickly and never defrost at room temperature.
- 3 SEPARATE IT.** Do not cross contaminate (never use the knife to cut raw meat, then cut vegetables without washing the knife).
- 4 CLEAN IT.** Wash your hands and surfaces often.

# Bring Your Bottles (and List) with You

With many Americans regularly taking more than one medication, many people – and especially the elderly – won't know or remember all of those medications when they arrive at an emergency room. Add in the stress of having to visit an E.R., getting the medications right can become even more difficult particularly when time is of the essence.

## But there are two things that you can do which will help.

**1** Make a medication list which should contain most recent prescriptions, including the name, dose and schedule. The list should also include vitamins, eye or

ear drops as well as medicated ointments, inhalers, injectables, herbals or any other over-the-counter drugs.

This list should also include drug, food and other allergies along with a description of any side effects experienced from medications.

Kadlec Medical Center has available a small card specially designed to help you create this list. It's small enough for you to carry in your wallet. You can pick one up at the hospital, or from the Foundation or Healthy Ages offices. It is good information not only for a trip to the E.R., it will come in handy any time you need to know the medications you are taking.

**2** If you are making a trip to the E.R., if possible, Kadlec encourages its patients to bring all current medications with them as well as any bottles or containers of medications that they have recently stopped taking. Hospital staff needs to know the exact medication and dosage a person is taking, and has taken in the past, to determine appropriate treatment and care.

Have both the list and the bottles readily accessible, so if you find yourself taking that sudden trip to the Kadlec E.R., grabbing these two important things won't slow you down.

**A medication list** should include: prescriptions, vitamins, herbals and other over-the-counter medications.



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## HEALTHY *Foundations*

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### *Healthy* **Spinach & Fruit Salad** with Honey-Lime Dressing

#### **Ingredients:**

1/2 cup plain, non-fat yogurt	1 large orange, peeled and sectioned
1 Tbsp. lime juice	
3 Tbsp. honey	1 small red onion, sliced and separated into rings
2 cups spinach, torn fresh	1/2 cup seedless grapes, halved
2 cups bib lettuce, torn fresh	

#### **Instructions:**

Combine yogurt, lime juice and honey. Stir well, cover and chill. Combine remaining ingredients. Pour dressing over salad, toss and serve.

