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January 2012

Foundation

focus

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

Our Mission: Sierra Vista Regional Health Center Foundation develops awareness of and raises charitable contributions for better healthcare in our regional service areas.

Our Vision: The Foundation envisions making Sierra Vista Regional Health Center the patient-centered hospital of choice for our regional service areas.



TIP A HEALTHCARE PROFESSIONAL – FEB 8, 2012



Coming to La Casita Mexican Restaurant and Cantina, 465 E. Fry Blvd., is our next fundraising event – Tip A Healthcare Professional, on Wednesday, February 8, from 5-8 p.m.

Stop by and indulge in some fabulous Mexican food while being waited on by our dedicated and friendly hospital workers! This is a fantastic way for our staff to connect with the community outside of the hospital as they take orders, serve drinks and bus tables in an effort to raise funds for our community hospital. Don't worry; they will be assisted by the wonderful La Casita staff to make your dining experience fun and exciting!

All tips received at this event will support the SVRHC Foundation, as we work to provide equipment for the expansion of our operating room suites.

**For reservations call
La Casita at 458-2376**



GET READY FOR KEY WEST NIGHT!

Your Gray Matter..... Matters!

- The human brain cell can hold five times as much information as the Encyclopedia Britannica.
- The brain is soft and gelatinous – its consistency is something between jelly and cooked pasta.
- The average number of nerve cells in the brain is 100 billion.
- Though it makes up only two percent of our total body weight, the brain demands 20 percent of the body's oxygen and calories.
- The time until unconsciousness after loss of blood supply to the brain is about 8 to 10 seconds. (So don't let anybody squeeze your neck!)
- Nerve impulses to and from the brain travel as fast as 170 miles per hour.
- The human brain is about 75% water.
- The right side of your brain controls the left side of your body.
- The Neanderthal's brain was bigger than yours is. (Not a comforting thought!)
- The human brain is the fattest organ in the body and consists of at least 60% fat.



Our next major fundraising event is already gearing up....

Mark your calendars for **Key West Night**, at the Windemere Hotel and Conference Center in Sierra Vista on Saturday, April 28.

Featuring the laid-back musical talents of Mark Mulligan, this event has a little bit of everything: An awesome silent auction, a dessert auction, a hysterical pie eating contest, games and appetizers, plus fun table decorations you can take home.

So get your shorts and flip-flops ready for a fun, relaxing evening, and help the Sierra Vista Regional Health Center Foundation raise money to reach our goal of \$250,000 to purchase equipment for our new operating room suites, coming soon to a hospital near you! Tickets are \$40 each, and can be purchased by calling the Foundation office at 520-417-3021.

"I am convinced digestion is the great secret to life."

~ Contact us ~

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