

March 2011

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.



Key West Night....the "fun" fundraiser!

One of our major fundraising events is coming up on April 30.

Are you ready to "conga"??? Once again, it's time for our Key West Night fundraiser at the Windemere Hotel and Conference Center in Sierra Vista. There will be games, lots of prizes, a 50/50 raffle, desserts for sale, a silent and live auction, appetizers, a plated dinner, and the golden voice of Gary Seiler...not to mention our *infamous* pie eating contest! Tickets are \$40 each, and are available at the Foundation office, the SVRHC Wellness Depot at the Mall at Sierra Vista, the Windemere, and at Ace Hardware.

If you would like to provide a dessert, be a valued sponsor, or provide a silent auction item, CALL US at 417-3021! We'd LOVE to hear from you!

It's 5:00 somewhere . . .

▶ KEY WEST NIGHT.....1

▶ FOUNDATION NEWS.....2

▶ HEALTH TRIVIA, DID YOU KNOW?2

Health Trivia Facts



- The average human body has 14 to 18 square feet of skin.
- Most people lose half of their taste buds by 60 years of age.
- Relative to size, the strongest muscle in the body is the tongue.
- Sneezes can reach up to 100 mph; coughs, up to 60 mph.
- You spend 1/3 of your life in bed.
- One out of every three people can't snap their fingers.
- The average human eyelash lives about 150 days.
- Like a finger print, every person has a unique tongue print.
- Banging your head against a wall will use roughly 150 calories an hour.
- To humans, acorns are poisonous and if digested can cause kidney damage.
- It takes about 20 seconds for a red blood cell to circle the whole body.
- 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.
- Most dust particles in your home are made from dead skin.

~ Contact us ~

By mail:

**Foundation Office
300 El Camino Real
Sierra Vista, AZ 85635
Phone (520) 417-3021
Fax (520) 417-3029**

Email: foundation@svrhc.org

Web Site: <http://www.svrhc.org/foundation1.htm>

If you prefer not to receive this e-newsletter, just email or call us and we will remove you from our distribution list.

WHAT'S NEW AT THE FOUNDATION?

Let's talk!

We are starting a Planned Giving program, to encourage YOU, our invaluable donors and supporters to consider including the SVRHC Foundation in their wills, trusts or estate plans.

We would welcome the opportunity to talk with you about this new program. You may learn that in giving to the Foundation, you can still leave as much as you planned to your family and loved ones, due to the tax savings. Call us or see your tax preparer for more information!

Go the extra mile. It's never crowded.

~Author Unknown

Upcoming Events:

- Key West Night, April 30, Windemere Hotel and Conference Center
- Tip A Healthcare Professional at La Casita, May 11, 2011
- Carter Classic Golf Tournament, Pueblo del Sol Country Club, August 20, 2011

