

September 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.



DID YOU KNOW?

- Apples are more efficient than caffeine in keeping people awake in the mornings!
- Bananas have high levels of sugars, starch, and Vitamins A and C.
- Eyes contribute towards 85% of your total knowledge.
- Your brain uses 20% of your body's energy.
- An average person's short-term memory can only hold 7 digits at a time, which is why telephone numbers are seven digits long.
- Although we associate yawning with sleepiness and boredom, a yawn functions to *wake us up* by allowing more oxygen to enter the brain.
- The brain thinks more *at night* than any other time.
- Eyes can process 36,000 bits of information every hour.
- A recent study indicates that those who take an annual vacation have less heart disease and a lower mortality rate.



**SHRED A THON – SATURDAY,
SEPTEMBER 24, 2011**

Our fabulous shred a thon fundraising event will be held on September 24, from 8:00 a.m. until 12:00 noon in the Ace Hardware parking lot.

Copy paper-sized boxes will be \$5, and computer hard drives will be shred for \$10 each.

Protect your identity and consider putting together your sensitive documents that you no longer need. We'll take care of the rest.

**TIP A HEALTHCARE
PROFESSIONAL
OCTOBER 12, 2011, 5-8 P.M.**

Come and be waited on by our Resident Doctors! They have generously agreed to donate their time to serve you at La Casita Restaurant and Cantina on Fry Blvd.

Enjoy some fabulous Mexican food and meet our wonderful hospital staff. All tips received at this event will support the SVRHC Foundation. For reservations, call La Casita at 458-2376.

Thanks!!!

"Sometimes I get the feeling the aspirin companies are sponsoring my headaches."

-Terri Guillemets

~ Contact us ~

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If you prefer not to receive this e-newsletter, just email or call us and we will remove you from our distribution list. We share your contact information with no one outside of our organization.

**It's Festival of Trees time....
already!!!!**

We are already making plans and getting organized for our fabulous community fundraising event, the Festival of Trees.

Held at the Mall at Sierra Vista, this event will display trees, wreaths, gingerbread houses and centerpieces from November 20 – December 1. Donated items will be available for sale on Wednesday, November 23, and can be taken home after our Celebration event on December 1.

If you have an interest in creating an item to display, a raffle item, or would like to be a part of this fun, festive event, call us at the Foundation office, 520-417-3021.

