

Newsletter

Ridgecrest Regional Hospital Development Foundation

SPRING INTO SUMMER

Hello Spring! Hello Summer! A time for change, rebirth, new goals, new life. As with the changing seasons, RRH continues to experience changes and rebirth. New physicians and staff have joined our team and the same is true of the Foundation. So many new happenings and new faces on our Board. Current goals are coming to fruition and new goals will be set. In this issue of our Newsletter it is our

intent to introduce you to our Board and highlight some of our recent events and accomplishments.

Enjoy!



From Kim

Hello Warmer Weather! Having just finished my first ten months as the Director of the Foundation, I am excited about what we have accomplished through the Foundation and I am just as excited for what is to come. In December we held our first annual Christmas Tree Village which was a fun time for the staff and guests. Departments donated "theme" decorated Christmas trees that were bid on throughout the day - cookies and hot cider were served and the RRH employees joined in the fun by donning their "ugliest" sweaters. Women in Philanthropy was reintroduced and as of this date, we are twenty-four women strong and counting.

Women in Philanthropy, under the direction of the Foundation, hosted their first annual Women's Health and Wellness Expo which was a great success. Six health care providers spoke to 100 attendees and numerous

exhibitors were present to showcase what Ridgecrest has to offer local women.

We instituted a new Community Partner Program wherein local businesses can be involved with the growth of the hospital through the Foundation and we have benefited by several new local business sponsors.

There is always something happening and something new to report. I can't wait to see what the rest of year will hold in store. If you are interested in any of our events or groups I would love to hear from you....I continue to be grateful for the opportunity to serve in this position and I continue to be amazed by our caring and giving community we are lucky enough to call home.

Happy Spring and Summer!



With Sincere Gratitude,

Kim Metcalf

Kimberly Metcalf, Foundation Director

Meet our BOARD MEMBERS



LESLIE O'NEILL
CHAIR



RITA READ
VICE CHAIR



FRED HAWKINS
TREASURER



ERIC BRUEN
BOARD MEMBER



BREANNE DAVIS
BOARD MEMBER



GERI HARADON
BOARD MEMBER



HARRIET LUZINAS-SMITH
BOARD MEMBER



GAYLE PIETRANGELO
BOARD MEMBER



JO STAUFFER
BOARD MEMBER



BEVERLY WAGNER
BOARD MEMBER



LAWRENCE SIRES
RRHDF BOARD MEMBER
OCT. 2018 - MAR. 2019

IN MEMORIAM

Pave THE Way Pathway to Hope

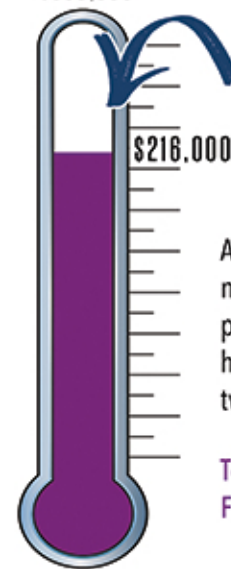
The Foundation is pleased to announce its most recent fundraising campaign in support of Hospice Services. Anticipating the opening of a new Hospice House in the future, we have implemented a "Pave the Way to Hope" program. Donors will have the opportunity to purchase a brick that will be engraved with their loved one's name that will be laid in a pathway from the house to a patio located on the grounds. All donations from the purchase of the bricks will benefit hospice services and the bricks and path in the garden will become a forever reminder of special people and memories.

Your brick's inscription may be in memory of, recognition of, honor or tribute to your family, friend, business, club, church, service organization or the military.

Please feel free to contact the Foundation at (760) 499-3955
or kimberly.metcalf@rrh.org to acquire your Pave the Way brick.

On behalf of all the patients and loved ones served by Ridgecrest Regional Hospice, we thank you for your most generous gifts and support.

MEET THE GOAL:
\$300,000



We're almost there!

As to the hospice house, with the help of our community we are nearing our goal of raising \$300,00.00 to assist in the purchase and renovation of a hospice home and we hope to have met this goal by the end of 2019. We are well over two-thirds of the way there.

To donate, please contact Kim with the RRH Development Foundation at (760) 499-3955 or kimberly.metcalf@rrh.org.

Mark your calendar!

FOR THESE UPCOMING EVENTS



SEPT. 14TH 2019
Third Annual Wine Gala

NOV. 23RD 2019

Fall Tea



DEC. 13 & 14TH 2019
Christmas Tree Village

Oh what a Year.....



WOMEN'S HEALTH & WELLNESS EXPO 2019

Approximately 100 women attended this sold-out event. Six of our healthcare providers presented educational and fun lectures covering many aspects relating to women's health. Thirty exhibitors were onsite showcasing what Ridgecrest has to offer women in our community. Attendees were also treated to a gourmet "box lunch" prepared by RDK Catering and the Flamingal Mimosa Bar was available all day thanks to our friends at Avis Rent-A-Car. A fun time was had by all!



CHRISTMAS TREE LANE

This fun event raised just over \$3,000.00 for the hospice campaign.

BUTTERFLY RELEASE

The 9th Annual Butterfly Release was held on May 4, 2019. Attendees celebrated the memory of loved ones by releasing beautiful butterflies.



Employee GIVING

Did you know that a great deal of our monthly donations come from the hospital's employees? Many of the staff donate regularly, from each paycheck, towards the goals and campaigns of the hospital. Watch our Facebook page on Fridays to see why they give as we spotlight one employee every Friday!



~ Crystal,
Medical Scheduler at Rural
Health Pediatrics

"I made the commitment to give to the RRH Development Foundation through pride for my community. I was raised here in Ridgecrest and my kids will be too, so the development of the hospital is really important to me."



~ Shantell, MSN, BSN, RN,
Clinical Manager Outpatient
Pavilion and Cancer Center

"The (RRH Development) Foundation is fundamental to our hospital and our community. It raises the necessary money for both hospital and community needs. I feel grateful to have the ability to give back to the community I have grown up in."



7 Tips to Keep YOUR HEART HEALTHY

By Dr. Ghassan Mohsen

BOARD CERTIFIED CARDIOLOGIST AND INTERNIST

Every day your heart beats about 100,000 times and pumps nearly 2,000 gallons of blood throughout your body! If you want to keep this vital muscle healthy, try this 7 TIPS to take your heart health to the next level!

1. KEEP IT MOVING. The heart needs activity to stay healthy. Adults who do 30 minutes of moderate intensity exercise five times a week significantly reduce their risk of a cardiac event, which includes heart attacks. Regular exercise improves your weight, blood pressure and lowers the bad cholesterol (LDL) while increasing the good cholesterol (HDL).

2. EAT WISELY. You are what you eat! Try to eat a diet full of fiber based foods such as legumes, healthy fats such as avocados, and lean meats such as chicken and fish. Try to focus on achieving a well balanced diet while limiting processed foods such as chips and cookies, while making your food from scratch. You can visit www.eatright.org to help you learn about some good food choices. Don't eat past the point you feel full!

3. DUMP TOBACCO FOR GOOD. If you don't smoke, DON'T START. If you are smoking, remember that it is never too late to quit. In fact, over time, a smoker who quits reduces his or her risk of heart disease to that of a nonsmoker's risk. Within 20 minutes of quitting, your heart rate and blood pressure drop and by 12 hours, the carbon monoxide level in your blood returns to normal.

4. DON'T SHORT CHANGE YOURSELF ON SLEEP. Sometimes we have to miss some sleep because of unexpected events such as work duties, but you should focus on good sleep hygiene. Getting less than six hours of sleep per night is associated with buildup of plaque in the arteries including the heart, known as atherosclerosis. Sleeping more than 9 hours a night also seems to be bad for your heart health. Shoot for 7-8 hours of good sleep a night and be ready for a refreshing day ahead!

5. ADD LAUGHTER TO YOUR DAY. Good laughter goes a long way to protect your heart. Studies have shown that those people with heart disease were less likely to recognize humor or use it during uncomfortable situations. Try to lighten up and give your heart a break throughout the day.

6. KNOW YOUR NUMBERS AND FAMILY HISTORY. Schedule an appointment with your doctor to measure your blood pressure, cholesterol, and glucose (sugar) levels, so you can assess your health and make necessary changes. At your next family reunion or dinner, ask questions to your other kin about their heart health and share this with your doctor at your next appointment.

7. LEARN THE SYMPTOMS OF A HEART ATTACK. Heart attacks are serious, life-threatening emergencies. You must recognize these symptoms and act without delay. It is now increasingly recognized that women often exhibit different heart attack symptoms than men. For men and women, the most common symptom is pressure in the chest also referred to as chest pain. Women may also experience more times than men, other alarming symptoms, including shortness of breath, back or jaw pain, and nausea or vomiting. Prevention is the best treatment for heart disease. Your doctor can guide you through symptoms and prevention to make sure your heart keeps beating strong and stays healthy.

TO SCHEDULE YOUR APPOINTMENT WITH DR. MOHSEN, CALL (760) 499-3855

COMMUNITY Partners

This past few months we have celebrated the success of our Foundation with a number of community partners who have made generous and thoughtful donations. This edition celebrates the following:

Mercy Air

Square Print

The Swap Sheet

Avis Rent-A-Car

Rotary Club China Lake

Desert Valley's Federal Credit Union

AltaOne Federal Credit Union

