Fire Up your Life

Saturday, February 8
FEATUED SPEAKER

Donna Hartley
Former Miss Hawaii, international inspirational presenter, actress and renowned author

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A Time for Everything

Executive Director, Gayle Jones, Says Goodbye

One of my favorite bible verses is Ecclesiastes 3:1-8. The familiar words read,

1 There is a time for everything, and a season for every activity under the heavens:
2 a time to be born and a time to die, a time to plant and a time to uproot,
3 a time to kill and a time to heal, a time to tear down and a time to build,
4 a time to weep and a time to laugh, a time to mourn and a time to dance,
5 a time to scatter stones and a time to gather them, a time to embrace and a time to refrain from embracing,
6 a time to search and a time to give up, a time to keep and a time to throw away,
7 a time to tear and a time to mend, a time to be silent and a time to speak,
8 a time to love and a time to hate, a time for war and a time for peace.

In verse two, a time to plant and a time to uproot, has never been more true in my life as it is now. I feel I was called to Wichita Falls and United Regional Foundation for a specific purpose, and now it is time to return to Oklahoma City.

This journey began a little more than three years ago. I was not seeking relocation, nor a change in employment. However, over a period of several weeks, I continued to receive opportunities to look at the position at United Regional. After several conversations with various United Regional leaders and United Regional Foundation board members, I received a phone call from Phyllis Cowling. She offered me the position of Executive Director at United Regional Foundation. I was elated to receive her call and invitation to relocate to Wichita Falls and establish a new home, new friends, and a new adventure.

As a Texas native, I was eager to return to my home state. Although reared in the DFW area, I knew a little bit about Wichita Falls, having driven through town multiple times via Highway 287 on our way to Colorado.

Once I arrived, I was immediately welcomed with southern hospitality and charm. My husband, Matt, who was still employed in Oklahoma City, traveled south every weekend, and we enjoyed the city, restaurants, the trail, and visits with new friends.

As the months flew by, my family dynamics changed. Our daughter had her first child (and now expecting her second), Matt did not find opportunities to interview for any positions, and my aging parents began showing signs of disability. For this and more, it became obvious that it was time to uproot and move back to Oklahoma City.

My time as Executive Director of United Regional Foundation has been a wonderful experience. In my three short years here I believe we accomplished much through the Advancing Cardiovascular Campaign, restructuring our Annual Fund Drive and Grateful Patient Campaign. We also upgraded our stewardship program to express our great thanks for the generosity of our donors.

My 38-year career in fundraising has come to an end, and I am very thankful that it ended at United Regional Foundation – one of the best employment experiences in my life.

Thank you for all of your support, and may you continue to receive God’s great blessings each day of your life.

Gratefully yours,
Gayle
Executive Director, United Regional Foundation
Fire Up your Life

Former Miss Hawaii, international inspirational presenter, actress and renowned author Donna Hartley will be the featured speaker at United Regional Foundation’s Heart of a Woman.

The event is scheduled for Saturday, February 8, 2020, and will be held at the Wichita Falls Multi-Purpose Event Center.
Donna Hartley is proof that one woman can walk through fire and deliver a message powerful enough to impact millions of lives. For more than two decades, she has captivated audiences worldwide with straight talk, vision and wisdom-based strategies to master life’s challenges. In her empowering story of survival, she draws on three life-changing events in her life. Donna has survived a fiery DC-10 plane crash, stage III melanoma and an unexpected open heart surgery to replace a faulty aortic valve.

Hartley ignites you with firepower for inner leadership and gives you proven strategies to master change in your life. Cry, laugh, and be inspired! She is a graduate of the University of Hawaii and has been featured on PBS, NBC, ABC and in The New York Times. She is the author of Fire Up Your Life!, Fire Up Your Intuition! and Fire Up Your Healing!

KFHX Channel 3 news anchor Melanie Townsend will serve again as emcee for the event, and proceeds are earmarked for Cardiology Services at United Regional.

The Bryant Edwards Foundation is the Presenting Sponsor, and the Joe and Nan Johnson Family Foundation will underwrite our speaker. Thanks to Union Square Credit Union, all attendees are offered free fasting blood screenings. Additional sponsorship opportunities are still available, as well as premium tables of eight for $1,500 and VIP tables for $1,000.

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**Saturday, February 8, 2020**
MPEC Exhibit Hall
Doors open at 8 a.m.

- $1,000 for reserved table of eight
- $65 reduced price ticket, first-come, first-served seating

For further information or reservations, please contact Tina Roe at 940-764-8200 or troe@unitedregional.org.

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**Here are a few statistics about heart disease and stroke from the American Heart Association:**

- Cardiovascular diseases claim more lives each year than all forms of cancer and chronic lower respiratory disease combined.
- Heart disease (including coronary heart disease, hypertension, and stroke) is the number one cause of death in the US.
- Approximately every 40 seconds, an American will have a heart attack.
- Someone in the US has a stroke every 40 seconds on average.
Beyond the Walls

Through the Community Care Fund at United Regional

United Regional has launched an initiative to create an environment that reaches beyond the walls of the hospital and clinics, and into the community, providing innovative care and services to some of the most vulnerable populations.

Food security, medication assistance, transportation services, and alignment with appropriate community services have been identified as a starting place to begin to address the social determinants of health.

The Transition Clinic at United Regional was developed as a primary intervention/prevention service to help with the overall wellness of our community.

• The Transition Clinic is made up of nurses, educators, a physician and social workers – helping to identify patients’ needs and align them with services to improve access to the right care at the right time.
• Staff makes arrangements for patients – many of whom make choices between having food to eat or the medication they need – to go into an assisting living facility for ongoing care, preventative services and wellness services.
• And our staff works with various community partners who offer additional resources such as housing/utility assistance, job/technical training, home health services, wound care services, infusion services and mental health/behavioral health referrals.

The Community Care Fund allows donations to assist the needs for patients of the Transition Clinic. Federal regulations prohibit use of hospital funds for the provision of these supplies and services to Medicare, Medicaid, and Tricare patients. Therefore, donations made to the Community Care Fund help ensure these supplies and services to ALL patients in need.

Supplies and services made available through the Community Care Fund include:

• **Diabetic supply kits** – Provides uninsured patient with insulin, syringes and testing supplies for 60 days.

• **Food box program** – Provides patients who frequently experience difficulty accessing the food necessary to maintain health and general well-being. United Regional has partnered with the Wichita Falls Area Food Bank to provide heart-healthy food boxes.

• **Nebulizers** – Nebulizers turn medication into a mist that can be inhaled to treat lung diseases that make it very difficult to breathe.

• **Medication assistance** – United Regional and Gufey’s Pharmacy have partnered to provide medication necessary to maintain health and manage chronic illnesses.

• **Transportation assistance** – This program provides transportation for uninsured patients to obtain medical care and prescriptions.

• **Hygiene kits** – Provide basic items necessary to maintain good hygiene, thus preventing illness and infections from viruses and bacteria.

The Community Care Fund provides certain, specific supplies and services for patients once they leave the hospital, in order for them improve their health and perhaps avoid returning to the hospital. The donations received through the Community Care Fund help ensure all patients get these post-hospital supplies and services.
Two patients recently helped through the Transition Clinic and the Community Care Fund

Mr. Lucas came to the Transition Clinic via the Emergency Department where he had been treated for cellulitis. He also had a case of carcinoma on his nose that needed desperate attention. He was seen regularly at the Transition Clinic for treatment. Mr. Lucas said, “If it weren’t for you people, I wouldn’t be here now. I’d probably be six feet under, and y’all gave me a reason to live.”

Ms. Wisdom also found help from the Transition Clinic after a bite from a brown recluse while on the job at a local motel. She feared she would lose her leg, but after wound treatment and medications, her condition greatly improved. “Everybody worked like a team and did an awesome job - and they saved my leg,” Ms. Wisdom said.

“Many of the patients seen at the Transition Clinic have a catastrophic illness,” said Dr. Brian Hull, Medical Director of the Transition Clinic. “They have to have resources and they need to be cared for, so philanthropy goes a long way.”

United Regional has also teamed up with the Wichita Falls Area Food Bank to improve the health of our community by operating a mobile pantry to serve the Eastside and City View communities.

According to Feeding America, the food insecurity rate in Wichita County is 18.5 percent.

The Eastside and City View communities are considered food deserts - areas without access to fresh, healthy foods often due to a lack of nearby grocery stores or a farmers’ market. Instead, residents often rely on local convenience stores that provide a wealth of processed sugar and fat-laden foods that are known contributors to our nation’s obesity epidemic.

The few food options available to those residing in food deserts often lack adequate nutritional value. These communities were chosen based on proximity to a brick and mortar pantry, status as food deserts, and access to transportation.

Many of those living in these communities are also elderly, disabled, have health issues, and/or have small children. The Food Bank and United Regional will be meeting their need for nutritious food and working toward improved health.

The impact of the Mobile Pantry in these strategically chosen communities could be life-changing for local residents, bringing awareness to the importance of nutrition while also providing healthy options. This investment in the fight against hunger is truly an investment in the future of our community.

We thank all who have donated to the Community Care Fund. If you’ve not had the chance, please consider a gift that will help the overall health of our entire community.
MIRACLE STORY: Faith

Like many families, the Sternadel family escapes the blistering Texoma heat in their pool. On one particular weekend, the family of seven enjoyed the cool amenity; the kids were playing while mom and dad prepared dinner nearby.

Faith, a long, blond-haired girl, played in the whirlpool. She went underwater to swim to the other side. Suddenly, she felt her hair being yanked by the spa filter. **For the next two long minutes, Faith was trapped underwater and struggled to free herself from the grip of the intake filter.** As the water rushed into her nose and mouth, she fought to free herself by pulling on her hair with both hands.

“I really thought I was going to die,” Faith said. “No one noticed I needed help, so I wailed my arms, and when my sister, Farah, came by, I tried pinching her to get her attention.”

Farah then screamed, “Ouch, Faith hurt me!”

Faith’s mom Dusty said, after realizing the severity of the situation, “I think I was in shock. I did not initially think much was wrong. Faith appeared to be fine, but she kept complaining that she felt heavy. I felt her arm; it was heavy and hard. I decided to consult with a family member who is a Nurse Practitioner - they suggested we take Faith to the Emergency Room as soon as possible. So we did.”

**Upon arriving at United Regional, the local Children’s Miracle Network hospital,** Faith was immediately wheeled to a room full of staff. Faith was scared. This was her first visit to the hospital since birth, “but they made me feel comfortable and talked me through everything,” she said. She stayed in the ER for a few hours to ensure her lungs were clear.

Faith is now home doing the things she loves –drawing and painting. Faith stresses that she wants everyone to know that hair should be tied back while swimming in a pool or hot tub, so others do not experience the trauma, and near-death experience she did.
Patient safety is paramount at United Regional. With the help of generous partners and donors, Children’s Miracle Network purchased a new protection system for the Women’s and Children’s Unit. This $250,000 upgrade has swaddled the unit in protection and peace of mind.

The previous system was dated and caused false alarms. Now with Hugs®, caregivers are empowered with real-time insights. Staff can be alerted in many situations, such as:
- Tampering with the Hugs® tag
- Low battery power in the tag
- The tag is too close to a monitored, protected doorway
- A skin-sensing feature that uses a proximity sensor helps ensure the tag is always securely applied and protecting baby

“The administration and staff at United Regional Health Care System are, and always have been, committed to the safety and well-being of parents and their newborns,” said Bernadine Crosson, Director of Women’s Services.

“United Regional Health Care System has increased security to protect the newborns and pediatric patients entrusted to our care. In addition, the Hugs® infant security system has been installed. The system consists of door locks, cameras, and an electronic infant protection system. Every newborn and child is protected with the most advanced system available today,” Crosson said.

Thank you, community partners, for providing comforting security to every infant born at United Regional!
A Culture of Generosity
AT UNITED REGIONAL

United Regional employees give of themselves daily through patient care, whether directly interacting with the patients, or indirectly helping them in areas such as pharmacy, housekeeping, information services, billing, admissions, valet and many more.

Our employees also give of their resources to various charities. The 2019 – 2020 campaign shows their generosity, with 93% of our employees pledging over $300,000.

This year’s Spirit of Giving campaign highlights:

- **Community Care Fund - $46,000** | A new, unique effort to improve the well-being of our community – by stepping outside hospital walls and helping patients with their transition from being a hospital patient to their care beyond the hospital.

- **Friendship Fund - $43,000** | Assists with unexpected medical emergencies and expenses for United Regional employees.

- **Children’s Miracle Network - $80,000** | Provides treatments to more than 20,000 pediatric patients each year.

- **Rathgeber Hospitality House - $35,000** | Provides a home-like facility to family members of patients at United Regional and other area medical facilities.

- **United Way - $47,000** | Supports local programs in the areas of education, income and health.

- **Hands to Hands Community Fund - $49,000** | Provides support to Children’s Aid Society, Boy Scouts, Burk Burnett Boys & Girls Club, Camp Fire, CASA, Friendly Door of Iowa Park, The ARC, and Straight Street.

Over a 16-year period, United Regional employees have donated almost $4 million.

2019-2020 Spirit of Giving Cash Drawing Winners
Everyone thinks of Hawaii as a paradise, but sometimes we must be reminded that its people can be subject to the same life-interrupting events as all of us. Bernie, a kind lady with a beautiful smile from Waimanalo, Oahu, came to us after her brother was involved in an accident.

As a therapist and social worker, she is one of the most compassionate and helpful of humanity, dealing with cases of troubled children, drug addiction, marital issues, and personal tragedies. Most of her clients are indigent yet are received openly.

When Bernie got a call from a hospital in Wichita Falls, TX, she knew immediately that it could not be good. Her brother had been in an agricultural accident, and the outlook was bleak. Bernie’s mind churned with concern for him and his severe injuries. In addition, she wondered how could she take care of her many patients and keep her private practice going while thousands of miles away. Fortunately for her, other therapists, friends, and even her patients came together to see that her cases were taken care of while she came to be with her brother.

Bernie told us the kind people from United Regional kept calling with updates and let her know about the Rathgeber Hospitality House. She was comforted by a statement on our website, “Don’t let money stand in the way of being with people you love.” So she called us and said she was amazed by our kindness and compassion.

Her reservations were made, and she began to pack. Almost as an afterthought, Bernie included her ukulele. Waimanalo is home to many talented musicians, and she said she had bought it used and taught herself to play. She felt that music has the power of healing and thought her brother might enjoy hearing it.

Bernie said she was completely overwhelmed with the reception she received at Rathgeber Hospitality House. She described our facilities as clean and professional, and our staff as welcoming and patient. The morning coffee and the available kitchen made it so much easier, she said, than going to an expensive restaurant. “Where I was staying was such a blessed refuge,” Bernie told me. And, Rathgeber allowed her to focus her attention on where it needed to be, her brother.

Later in the week, Bernie’s brother came out of ICU and was growing more stable. They began to make plans for his potential return home. When Bernie first took her ukulele to play for her brother, he declined. But she said he later agreed, and the music immediately relaxed him. Bernie reported that her brother finally got a good night’s sleep after hearing her play.

Bernie has other siblings, but they are all far away as well. She said she notified them immediately about Rathgeber, calling this an “amazing yet inexpensive place to stay” when they come to care for their brother.

By Angela Boyd, Rathgeber Hospitality House
Upcoming Events

FEBRUARY 8
Heart of a Woman
MPEC

MARCH 26
CMN “A League of Our Own”
All-Star Softball Game
Sunrise Optimist
Softball Complex

MARCH 30
National Doctors’ Day

Go Green!
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