

Calling All Stories

Whether it's a "once upon a time," a parable filled with lessons, a funny joke, or even a math problem, stories are a big part of our lives. We are entertained by them, informed through them, and most importantly, live out our very own each and every day. But as much as we enjoy stories, sometimes we hesitate to share them.

Like most humble Kansans, many of us dislike talking about ourselves. We learned the lesson at an early age that it's much better to "keep quiet and be thought a fool, than to speak and remove all doubt." Yet, so often we are surrounded by people with questions about things we have the answer to, with pain that we can share, and with truly remarkable insight that would make the world a better place.

In this issue of Clara Barton Heartbeat, you will



find several stories of the amazing people who have made part of their stories at Clara Barton Hospital. We hope you enjoy them, but we really, really hope you won't stop there. We want to share more of the great stories we know happen within our walls. Maybe it's the story of a family member who spent time here, a really great visit to one of our clinics, or the care of one of our staff that you will never forget. It can even be as simple as sharing why you choose to be a member of the Foundation!

We know the history of Clara Barton Hospital and clinics is rich, and we want to continue to document the importance of our hometown hospital, keeping the story of our hospital as vibrant as ever. So if a story in this newsletter touches you, or brings to mind a story of your own, let us hear about it! Don't let your story go untold- after all, we all have one!

To share your story, contact Michelle Moshier at (620) 653-5012 or mmoshier@clarabarton.hpmin.com and be sure to watch for more stories on our Facebook page (facebook.com/clarabartonfoundation) and in our e-newsletter (Good Health, Good Works).

Introducing "Clara's Corner Cafe"

Since becoming a Kansas Healthy Hospital, the dietary department at Clara Barton has been in overhaul mode, with new dietary director, Brian Dolezal, leading the charge. The dietary department has recently taken on the name "Clara's Corner Cafe" in an effort to be more visible to hospital visitors and the community. Although the kitchen was already ahead of the healthy game in many areas, such as not using a fryer, and the adding a salad bar with fresh options in 2006. But there is always room for improvement!

Brian and his wife and kids returned to Hoisington after college, where his wife, Andrea, was hired as a 5th grade science and social studies teacher at Hoisington Middle School. Brian has a passion for the culinary industry and has been involved in food service for the majority of his adult life, from managing large casual dining restaurants to tending bar. He is currently pursuing a Certified Dietary Manager's certificate through Barton Community College which he plans to follow by becoming a registered dietician. Brian's story at Clara Barton Hospital is just beginning, but he has big plans ahead!

Tax Time

We are grateful for the Foundation members who make it possible to keep investing in our hospital! Did you know that tax benefits exist for those who give? All gifts to Clara Barton Hospital Foundation are tax deductible, which allows you to reduce your taxable income! Just be sure to keep records. After any gift is made, the Foundation will send you a receipt which can be used to document your gift for tax purposes. It is also possible to donate in other ways; some donors choose to donate a set number of bushels

Q: Why are you passionate about making CBH Dietary a healthier option?

A: "Even in rural Kansas we struggle to keep up with today's fast paced lifestyle. Unfortunately, it is our diet that suffers. According to *The State of Obesity: Better Policies for a Healthier America*, Kansas has the 13th highest adult obesity rate in the nation, currently at 31.3%. We need to reverse this downward trend through education and awareness by offering healthier options that won't break the bank. We committed to offering delicious, healthy options to aid in the fight against the growing obesity epidemic in our state."

Q: What are some of your main goals to move CBH Dietary forward?

A: "Often, patient's families are surprised when they find out Clara Barton Hospital has a kitchen open to the public. One of our main goals is to raise awareness that Clara's Corner Cafe is open to the public as a lunch option. We want to expand our healthy option campaign and invite the entire community to come see what we have to offer. Being a small community, we want people to feel at home when they walk through

our doors, which is why we are committed to great service and the highest quality products available."

Q: What has already been done to provide healthy options?

A: "In order to reduce the amount of sugary drinks purchased in our kitchen, we now offer fruit/vegetable infused water. With numerous combinations such as apples and cinnamon, strawberry kiwi, and cucumber melon. We have also introduced lower calorie sandwich wraps such as the Hilltop Chicken and the Mexicali. With an eclectic selection to choose from, these have been our biggest seller over the past few weeks. We are constantly exploring new wrap options and combinations including a "build your own" option in case we don't have what you are looking for. We are continually evolving and exploring innovations in healthy cooking and options to help people make more health conscious decisions."

It's easy to see the potential for positive change with such vision! When Brian isn't making leaps and bounds for health in the kitchen alongside his dietary team, he enjoys hunting and fishing, playing golf, and spending time with his family.



of an agriculture commodity, or a percentage of a piece of land sold. Contributions made in this way have a few more guidelines to follow. It is always important to consult with your tax advisor when considering tax deductible donations. For more information, on ways to help continue the mission of Clara Barton Hospital Foundation, get in touch with us at foundation@clarabarton.hpmn.com or (620) 653-5012.

23rd Annual Benefit Event: Friday, June 17th

EXPEDITION

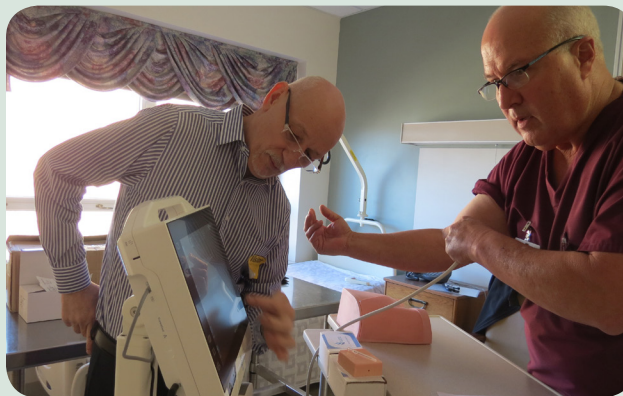
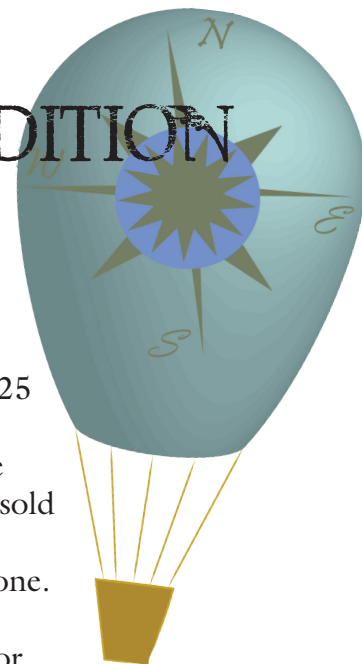
The 23rd Annual Benefit Golf Tournament, Dinner, and Auction will be an Expedition of fun this year! The Hospital Foundation celebrates all the journeys to bigger and better things that have been explored in the past year, and in the history of Clara Barton Hospital.

Just a few of these journeys have been opening a new family practice clinic in Great Bend, remodeling the medical clinic in Hoisington, expanding the provider staff to include three additional P.A.s, expanding the therapy services department, providing in house laundry, and striving to always provide the best patient care possible.

This annual event will again consist of a golf tournament, dinner, and silent and live auctions. This is the third year the benefits from the annual event will help fund the Therapy Services and Laundry expansion project.

With such a fun theme, we hope you will mark your calendars and plan to join us for the annual benefit event. With only 225 tickets sold, be sure to get yours soon! Tickets will be available on May 1st until sold out and can be purchased online, by email, or by phone.

Anyone interested in volunteering, registering, or supporting the event should contact the Foundation at (620) 653-5012 or foundation@clarabarton.hpmin.com.

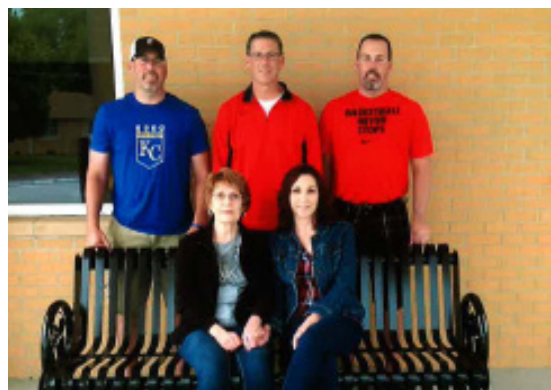


Specialized New Equipment Comes to Clara Barton Hospital

Thanks to members' support, the Foundation funded the eZono 4000 this year. This sonography equipment is top of the line, with only about 100 in the U.S. so far! It can be used during evaluation of trauma victims, precisely locating tumors and completing biopsies, and assisting in regional anesthesia blocks. Thanks for helping Clara Barton Hospital reach this new frontier in specialized equipment!

Your Support Continues the Mission!

Thank you! Because you care, Clara Barton Hospital is continuing to do great things! The annual memberships, charitable gifts, memorials, and support through trusts and wills make Clara Barton Hospital successful. We are so glad you choose to invest in a facility that serves your friends, family, and neighbors. The hospital's services continue to grow thanks to you! So thank you to all those who give in big ways and small- you truly make a difference!



Thank you to those who choose to make memorial gifts in honor of a loved one! Your unrestricted memorials help the Foundation truly carry out its mission. Memorials like the Larry Haxton bench (pictured here with the Haxton family) also make a beautiful reminder of the legacy others have left.

Sweet Sounds of Recovery

August 16th sticks out in Sister Celeste's mind. It was like any other day, except that she woke up at the Dominican Sisters of Peace and couldn't seem to form sentences as usual. After some tests at the doctor, they determined that the damage had been done- Celeste had a stroke. But the effects weren't truly felt until about a week later. Celeste was traveling to Kansas City to record a CD with her sisters. Her language barrier seemed to be getting worse and it was decided they would go to the Emergency Room. After an MRI, Celeste was told more effects from her stroke were being seen and in order to recover, she would need therapy.

The scariest part of this for Celeste was the fear of losing her ability to play and sing music. Music has been a big part of her life since

childhood, when she took piano lessons, on into adulthood when it became her passion.

"I couldn't find my music,"

Celeste recalls after returning from Kansas City, unsure of where her sheet music and special glasses for playing the organ were located, or even if she would ever be able to play again. The frustration and feeling of loss she felt were overwhelming, leading her to seek solace the best way she knows how: through prayer. At a loss for which way to turn, she prayed "if You want me to play my music again, help me to find it!"

This led to Celeste's journey to recovery, which started at Clara Barton Therapy Services. Celeste worked with Bobbi Cuffe, a therapy professional at Clara Barton, to regain her words and memory. Completing word finds,

constructing sentences, unscrambling words, and slowly relearning the names of objects were part of Celeste's therapy. Her sisters at the Dominican Motherhouse even helped her therapists put together a log of every Dominican sister in Great Bend, so Celeste could work on remembering each of their names.



Sister Celeste enjoys playing for Mass at the Dominican Sisters of Peace and sharing her love of music with others. Since "getting her music back" she has played an hour a day ever since.

The journey wasn't easy. Relying on the good will of others for transportation to and from her appointments left her feeling dependent on those around her, as she could not drive. While her music came back, some days it felt like the rest would not. "One day it felt

like I went backwards," Celeste remembers. Even through the hard times where she searched her mind for words that would not come, her joy and faith were ever present.

The support of her therapists' constant encouragement to push forward and trust that her hard work would pay off reassured her.

"They walked with me and worked with me. I am so grateful for the therapists at Clara Barton and all they did for me," she says, referring to

having Bobbi work with her and her fellow sisters at the Dominican Motherhouse walk through this experience with her. And they still are- a fellow sister who has undergone a similar experience partners with Celeste twice a week at 2:00 as they work together for progress. Three other retired sisters also work with her so she can practice daily. Being surrounded by support provided Celeste with the encouragement she needed to make small strides every day.

It was at an appointment with her neurologist



that Sister Celeste realized how much her work and prayers had paid off when he stated that her therapy had done fantastic things for her. Celeste knows she "couldn't have had a better group to work with." Although she remembers starting to feel improvement after about three weeks of therapy, her journey has taken time. Just two weeks prior, she completed memorizing all her sisters' names.

"The most important thing I can do is share God's love with others," Celeste states proudly, and she fulfills her mission beautifully through music. Celeste knows, "Always being greeted with a smile and the encouraging words of the Clara Barton staff helped me find hope in recovery."

Clara Barton Therapy Services offer a wide variety of services in physical therapy, occupational therapy, speech-language therapy, ASTYM treatment, lymphedema care, wound care, and stress incontinence. With the expanded therapy gym and treatment rooms, they have the capability to specialize your therapy to you in a comfortable, private setting, with the attention of professional and devoted staff. As Celeste shares, the therapy takes hard work, but at Clara Barton Hospital, doing the work with a smile and an encouraging word goes a long way.

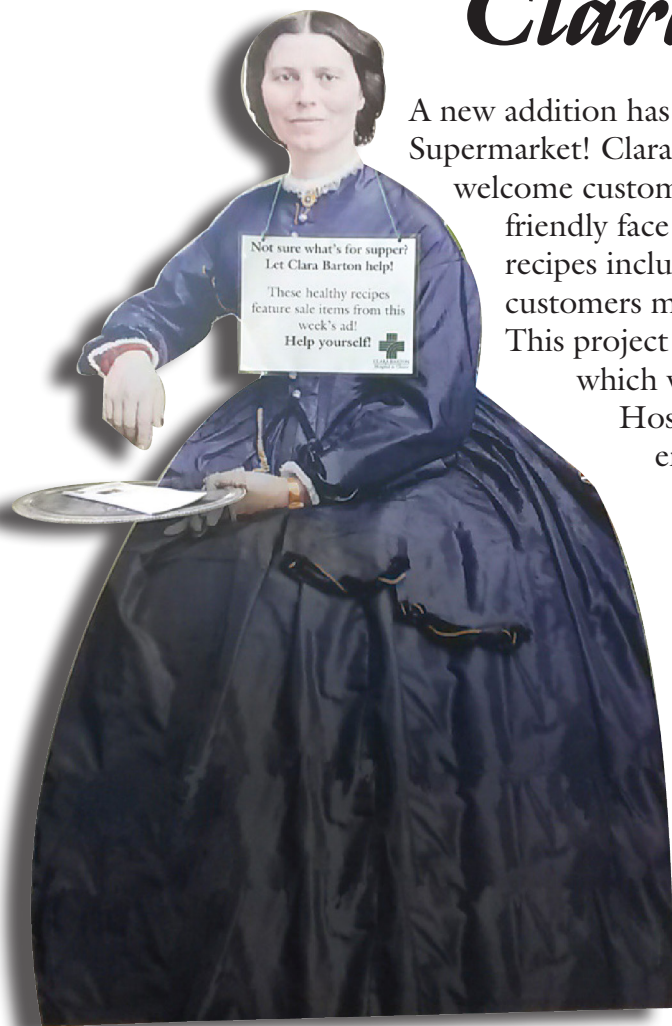
Clara's Healthy Recipes

A new addition has made its way into Hoisington's Town and Country Supermarket! Clara Barton, a five foot tall figure is standing proudly to welcome customers to the grocery store. But not only is she another friendly face in the neighborhood supermarket; she is also offering free recipes including items from the weekly sale advertisement to help customers make healthy, affordable food purchases.

This project is an effort of the Clara Barton Hospital Wellness Committee, which was formed after the hospital became a Kansas Healthy Hospital, in order to find innovative and collaborative ways to encourage health in the hospital and in the community. Thanks to a partnership with Randy Deutsch, owner of Town and Country Supermarket, the Wellness Committee is excited to be able to offer a new recipe focused on healthy sale items every week.

In addition to providing a healthy and easy recipe each week, the recipe cards which can be picked up from Clara Barton's platter, have a reverse side which provides important nutrition reminders and tips to encourage everyone to eat a balanced diet with plenty of vegetables, fruit, grains, protein, and dairy.

While these recipes are tied to items on sale in Heartland Foods grocery stores in central Kansas, it's easy to get in on the fun and healthy benefits from anywhere! Each weekly recipe is also posted to Clara Barton Hospital's Pinterst site. Following Clara Barton Hospital on Pinterest.com will ensure you are always up to date with the latest weekly recipe, plus other nutrition and exercise tips and all around health information.



www.pinterest.com/clarabartonhospital

No Gift is Too Small

Complete the Dream...Continue the Vision is in year three of the five year capital campaign and we only have \$127,000 left to reach our goal! This campaign is funding the Therapy Services and laundry department expansion which has been functional since Fall of 2014, providing patients with clean, quality linens and with privacy and space for therapy services. With only \$127,000 left to go, we encourage you to remember that no gift is too small or too large. There are opportunities to be included on our donor wall and with three years left in the campaign, a pledge can be made to be given over a three year period. Most importantly, your generosity funds this service for our community and allows Clara Barton Hospital to create great patient experiences! To find out how you can give, visit www.clarabartonhospital.com or call the Foundation at (620) 653-5012.

\$127,000

Gifts From the Heart

A tradition that began three years ago has become an ongoing legacy of true dedication to Clara Barton Hospital. The Gift From the Heart appeal began at the 20th Annual Benefit Event in honor of Janet Hipp, long time employee of the hospital, who was missing the annual benefit for the first time. Her habit of hovering between auction tables and bidding up items was one of her many ways of supporting her beloved Clara Barton Hospital and Foundation. But without Janet's giving heart there at that 20th Annual Benefit, something had to be done so Janet could continue to give back, and the Gift from the Heart was born.

This appeal allows auction bidders to give from the heart towards a piece of hospital equipment in critical need of replacement. In the first year of the appeal, donors provided enough funds for the hospital to purchase a surgery recovery monitor. In its second year, donors funded a stress test machine which is used for patients with heart conditions.

These pieces of equipment have provided added benefits for many at Clara Barton Hospital. One such patient is Sue Hammeke of Claflin. After her first heart attack, Sue was worried she would have to travel to receive the healthcare she needed. "One of my hobbies is taking care of my hubby," she shared, speaking of her husband who uses a scooter to stay mobile.

"It took a load off my shoulders when they told me I could do my testing here at Clara Barton,"

Funding the Dream

2013: \$11,550

Surgery Recovery Monitor

2014: \$10,317

Stress Test Equipment

2015: \$10,600

Funds Available for Critical Need

grateful she didn't have to leave her husband for a long period of time to travel for testing and procedures. Sue has done stress tests to keep an eye on her heart after her heart attacks and bypass surgery. In addition to being close to home, she appreciates the helpful staff who have always made her experiences positive and efficient so she could get back home.

One of Sue's seven daughters, Margaret Frisbie also helps care for her father and is grateful the hospital can work on her mom's schedule, and provides these services close to home without a lengthy drive to Wichita or elsewhere. Margaret was also close to Janet and knows,

"This was a big dream of Janet's to get this kind of equipment here. She worked really hard to make that possible."

The continuation of Janet's dream will be seen at this year's 23rd Annual Benefit event, where the Foundation hopes to raise more than ever through the Gift from the Heart appeal to keep Clara Barton Hospital up to date with modern equipment and services.



Sue Hammeke is just one patient who has utilized equipment made available at Clara Barton Hospital through the annual Gift from the Heart appeal.

Get Involved!



Being part of the 23rd Annual Golf Tournament, Dinner, and Auction is easy! Help sustain our rural hospital by donating an auction item, volunteering to help with the golf tournament, or making your donation today! For more information get in touch with us at foundation@clarabarton.hpmin.com or call 620-653-5012

SAVE THE DATE

April 16th: Lab Fair

April 20th: Book Fair

May 4th: Jewelry Fair

June 17th: 23rd Annual Benefit

STAY CONNECTED

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