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Her Home Away From Home

Paulette Karlin has always considered St. Anthony Hospital (later merged to become HaysMed) to be her home away from home.

Diagnosed at four months with polio, Paulette's summers as a child in the 1950's were not like other kids. For several years, she attended summer camp at the former St. Anthony Hospital where physicians treated children who needed surgery or other treatments for diseases such as polio. Having children come to the hospital during the summer gave them the opportunity to attend school the remainder of the year.

Over several years, Paulette spent three months each summer draped in hot packs of wet wool to relieve the muscular pain that is typical of acute polio. Paulette credits the hot packs in keeping her from being put in an iron lung, a common polio treatment at the time. She also endured numerous surgeries. Despite the pain from treatment and being away from her family, she fondly remembers the kind nurses, doctors, and friendships with the other children.

"Our goal was to get Dr. Mattick to smile," laughs Paulette. "He was really very nice but he was so focused on helping us get better."

With physical limitations due to her health, she became interested in art, wrote stories, and drew pictures to keep busy. As the years passed, Paulette continued to explore her interest in art. She transferred from high school in Victoria to Marian High School in Hays because they had art classes. Paulette married after high school and lived in a variety of communities due to her husband's career. She taught art classes at times, and began to experiment in a wider variety of artistic endeavors. As a stranger in a new city in 2000, Paulette joined a quilting class as a way to make new friends. She would shop at second-hand stores and search for unique fabrics to utilize in her quilts.

A few years later, Paulette was sharing her quilts with her sister and Brenda Meder, Director of the Arts Council in Hays. Brenda was impressed with the artistic quilts and insisted Paulette have an exhibition at the Council during an upcoming Art Walk. Despite misgivings, Paulette agreed and the exhibition was a success.

With paper, pencils, paints, fabric, and clay, the self-taught artist continues to create a wide variety of freehand artwork, which she has been exhibiting throughout the country since.

During a recent exhibit at the Art Council, her textile artwork, "Feeding Frenzy" was purchased by Drs. Warren and Pam Shaffer of Hays and donated to the Hadley Art Collection at HaysMed. The artwork was inspired by her joy in viewing the different types of fish in the canal behind her current home in Florida.

It seems only natural for Paulette's artwork to now hang in her "home away from home."



Paulette Karlin with "Feeding Frenzy"



Ruth Heffel, Executive Director
HaysMed Foundation

A View From Here

It has been four short months since the public announcement of our capital campaign, "Powerful Technology, A Look Inside."

The people of western Kansas have spoken. They understand the need for our families and friends to have access to up-to-date medical equipment, and have generously stepped forward to assist. It gives me great pleasure to announce that we have already surpassed \$2.6 million in gifts and pledges towards our \$3 million goal. Our thanks and deep appreciation go out to all who have given.

The Campaign has four components. The first is the replacement of a 14 year-old CT scanner with one that provides detailed images of vital organs in a fraction of a second, while reducing the radiation dose up to 82 percent from traditional scanners. The second component is directed at replacing all patient monitors that will offer a more comprehensive way to monitor patients' health status. The third element of the Campaign is the renovation and upgrading our two heart catheterization labs. The final component includes the establishment of endowed funds that will produce ongoing revenue to HaysMed programs in the future. All areas of the Campaign are essential in providing quality healthcare for the people of western Kansas.

If you have not been contacted, or have an interest in participating in this Campaign, please give me a call at the office at (785) 623-2350. Your gift will make a difference in ensuring that our physicians have the necessary tools to care for our families, friends, and neighbors.

As always, thank you for your commitment and support of HaysMed!

HaysMed Receives \$25,000 Grant To Support Baby-Friendly Designation

HaysMed is among six Kansas sites receiving grants to facilitate attainment of the Baby-Friendly designation, the gold standard of breastfeeding support for hospitals.

The Baby-Friendly Hospital Initiative encourages and recognizes hospitals and birthing centers offering an optimal level of care for infant feeding and bonding between mother and baby. For mothers, delivery at a Baby-Friendly hospital means they will have the information, confidence, and skills to initiate and maintain breastfeeding.



The grant will support HaysMed in implementing the Ten Steps to Successful Breastfeeding, a collection of evidence-based practices shown to increase breastfeeding initiation and duration rates and a requirement for attaining Baby-Friendly designation. An abundance of scientific evidence has demonstrated lower risks for certain diseases and improved health outcomes for both mothers and babies who breastfeed. Information on Baby-Friendly may be found at babyfriendlyusa.org.

The project is funded by the United Methodist Health Ministry Fund and the Kansas Department of Health and Environment's (KDHE) Bureau of Family Health, with support from the Title V Maternal & Child Health Block Grant.

Foundation Names New Development Officer



Jeff Brull

The HaysMed Foundation is pleased to announce that Jeff Brull has accepted the position of Development Officer. He will begin his duties in September.

In this position, Brull will be responsible for assisting with HaysMed Foundation's fundraising, including major gift and planned giving programs, as well as advancing HaysMed's mission by articulating the critical role of private philanthropy in healthcare.

Brull brings extensive knowledge to the position, having previous experience in development and nonprofit relations. He served with the Fort Hays State University Foundation, and most recently as the Advancement Director for Thomas More Prep – Marian High. Brull received both his Bachelor's and Master's degrees in Communications from Fort Hays State University.

"We could not be more pleased with this opportunity to utilize Jeff's strengths as a dynamic new member of the Foundation staff," said Foundation Executive Director Ruth Heffel. "He has a successful background in development and great passion for Hays and western Kansas. Both of which will help continue the Foundation's impact on the health of our friends and neighbors in our region."

A Legacy of Friendship and Giving



Robert E. "Bob" Schmidt

The Hays community lost a dear friend and benefactor on August 8, 2017. Robert E. "Bob" Schmidt passed away at the age of 90. Bob and his late wife, Patricia "Pat", were well known throughout Kansas for their philanthropic endeavors.

Bob and Pat played a vital role in transforming HaysMed into the great hospital it is today. The Dreiling/Schmidt Cancer Institute and Eagle/Bickle Health Complex are both named in honor of their significant financial support. Bob was on the Board of the HaysMed Foundation in its early years and was currently serving as a Director Emeritus. He was a strong advocate for the medical center and once shared that he believed it was important "to provide future funding of initiatives and projects that will provide a continuity of progress for better healthcare in western Kansas."

HaysMed is a better place because of the Schmidts' friendship and financial support. Although they will be forever missed, their positive impact leaves a lasting legacy.

Hooked On Sugar

There's no doubt that Americans love sugar. Foods like cake, pie, and ice cream are hard to resist. But data from a research firm in Chicago found that the American love of sugar, "may border on lunacy, at least compared with the rest of the world."

In the United States, the average person consumes about half a cup of sugar each day, the equivalent of drinking three 12-ounce cans of a soft drink. That's three and a half cups of sugar per week, which is pretty disgusting when you think about it, and more than twice the average sugar intake of all 54 countries observed in the study. It's also more than twice what the World Health Organization recommends for daily intake, which is roughly 50 grams (3-4 tablespoons) of sugar for someone of normal weight.

A fun and interesting way to find out how much sugar you eat is to use the free website www.myfitnesspal.com. This site allows you to track what you eat, and learn how much sugar, salt, calories, fat, and carbs each food contains.

If you know the sugar content of food you're consuming, it's easier to stop eating one or two of those foods, or eat them in smaller quantities.

HaysMed can treat you if you get diabetes, an all too common disease caused in part by too much sugar. But we'd rather see you take care of yourself so you won't have to come to the hospital in the first place.



Dr. Aron Splichal, radiologist, spoke to the Paul & Virginia Miller Society Luncheon on the new state-of-the-art CT scanner.

If you would prefer to receive this newsletter by e-mail, please send a message to jana.fross@haysmed.com and include Newsletter Subscription in the subject line. You will then begin receiving an e-mail directing you to the newsletter on-line.



Recognizing The Care In Healthcare

The HealthCare Champion program recognizes the CARE in healthcare. Each month, patients and their families send heartwarming stories about special ways members of the HaysMed HealthCare team impact their lives. There is truly no higher compliment!

Recent first-time recipients include: Heather Darnell, Brenda Dechant, Susie Kohlrus and Jackie Krueger,

To nominate your healthcare champion, visit <https://www.haysmedfoundation.org/forms/health-care-champion-program>.



Bequests: A Gift Anyone Can Make

A bequest is a gift of money or assets that you leave through your will. For many people, leaving a bequest is a chance to give more than they could imagine during their lifetime, and to express deeply-held values in a lasting way.

After considering your loved ones first, a bequest of any size to the HaysMed Foundation is a powerful way to assist HaysMed with an ongoing source of income, ensuring we can purchase essential equipment and provide highly specialized medical care for the people of western Kansas for many years to come. Plan now for a future gift and ensure that your generosity and your impact on our patients and families carry on beyond your lifetime.

In Memory and In Honor

We respectfully recognize the names of family members, friends and HaysMed Associates who have been honored or memorialized through contributions to the HaysMed Foundation from May 1, 2017 through July 31, 2017.

Nancy Bates*
Ruth Bean*
Margaret Billinger*
Roberta Bombardier*
Alfreda Broetzmann*
Lolly Brewster
Heather Darnell
Brenda Dechant
Sheyllynn Eickhoff
Dr. Joel Fort
Dorothy Gideon
Teresa Gitche!*
Lorraine Hammeke*
Jimmy Harrell*
Dr. Lee Hodny

Susie Kohlrus
Molli Heitshusen
Earl Lambrecht*
Helen Legleiter*
Stan Maskus*
Jacqueline Massaglia*
Ronald Mead*
Chardell Parke*
Machelle Peace*
Renette Saba*
Bentley Scoby*
Arielle Simpson
Jerry Truax

* Deceased