

# CONNECTIONS

IMPROVING THE HEALTH OF OUR REGIONAL COMMUNITY



February 2021

## KWU, KU construction projects wrapping up

Two major construction projects that will play a major role in training tomorrow's health care professionals for the region are winding down.

Kansas Wesleyan University opened its new Nursing Education Center in January and a major expansion project at the Salina Health Education Center - home to University of Kansas Schools of Nursing and Medicine in Salina - is slated for completion in March. Both projects were heavily supported by Salina Regional Health Center and the Salina Regional Health Foundation.

The KWU Nursing Education Center will allow the program to accommodate up to 80 students, 40 each in their junior and senior years, working towards a bachelor of science degree with a major in nursing.

The Salina Health Education Center expansion accommodates KU nursing class sizes that have gradually increased since the program opened in 2017. Beginning this fall KU will cap out its nursing class sizes with 48 students on campus - 24 each in the junior and senior classes. The KU-Salina nursing program offers a bachelor of science in nursing to admitted students who have completed their first two undergraduate years at a regionally accredited college or university.

"Our mission is to provide health care services to the region," said Joel Phelps, President/CEO at Salina Regional Health Center. "Nursing is a core that allows us to deliver our services. We have a lot of confidence these two programs will provide us with the nurses that will allow us to accomplish our mission."

The Salina Health Education Center expansion also will accommodate a new KU Rural Health office, which will coordinate rural health initiatives, help students connect with career opportunities in rural Kansas and facilitate continuing education for rural health care workers.



Joel Phelps (Top Left), President/CEO at Salina Regional Health Center, receives a tour of the new Nursing Education Center at Kansas Wesleyan University from Janeane Houchin, KWU Director of Nursing Education and Matt Thompson, KWU President.

## Five Wishes program facilitates advanced care planning

Talking to loved ones about forming advanced directives and end-of-life care is hard.

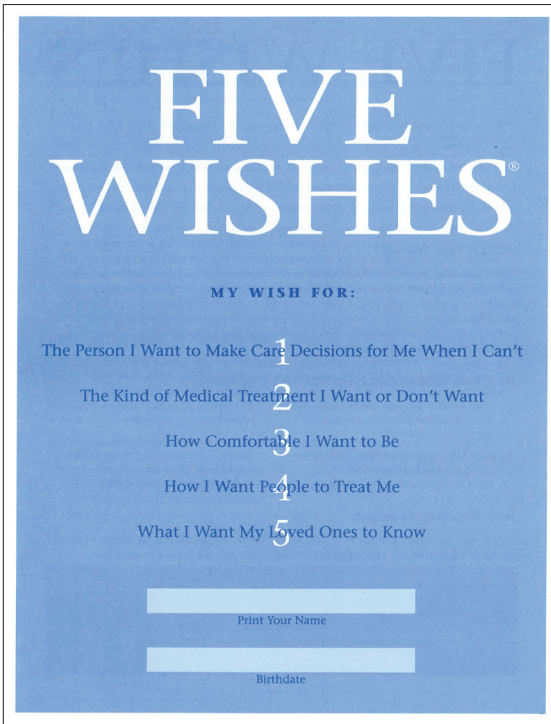
Salina Regional Health Center is using a new tool to get these conversations flowing thanks to support from the Salina Regional Health Foundation.

Through the use of a simple workbook, the “Five Wishes” program offers step-by-step guidance for people to have conversations with loved ones about choices that should be made if a serious health condition arises. By documenting these decisions, loved ones and care givers can carry out these wishes.

Wish One walks people through choosing a health care agent. Wish Two sets a framework for the types of treatment decisions that should be made when a patient can no longer speak for themselves. Wish Three discusses interventions that should be pursued to alleviate pain. Wish Four explores ways patients can maintain their dignity and support. Wish Five offers final important messages to loved ones.

Participants in the “Five Wishes” program can upload their information to a website that makes their decisions easily accessible from anywhere.

“Don’t make family and friends guess what kind of treatment you want or don’t want,” said Kathy Pike, Director of Organizational Development at Salina Regional Health Center. “Give them peace of mind knowing that they are honoring your choices.”



You can receive a free “Five Wishes” workbook for advanced care planning by clicking on the “Contact Us” tab of [srhc.com](http://srhc.com). Please provide your name and address when making the request so it can be mailed to you.

## CHIP grant supports Salina winter homeless shelter

A \$20,000 grant through the Salina Regional Health Foundation’s Community Health Investment Program (CHIP) is supporting Salina Grace, which operates a low barrier shelter for Salina’s homeless during the winter months.

Many of the homeless individuals served by the shelter are struggling with alcohol or drug addiction, mental illness or other behavioral problems. There are no requirements of those seeking shelter to participate in rehabilitative programming through Salina Grace. The shelter is held in the Grand Avenue United Methodist Church gymnasium.

COVID-19 required additional barriers be constructed in the sleeping areas and fewer people in each sleeping section. Additional sanitation efforts, masking and social distancing precautions are also utilized.

“We wouldn’t be able to continue this program without the support of CHIP,” said Chad Young, a Salina Grace board member.



A \$20,000 CHIP grant helped Salina Grace operate its low barrier homeless shelter this winter, which had to make special accommodations for COVID-19.



## Grant supports lactation pod purchase at hospital

Research has shown there are many advantages to breastfeeding infants. Antibodies contained in breast milk help babies fight off viruses and bacteria. There are also links to lower risk for developing asthma, obesity and other chronic diseases for babies that are breastfed.

To support visiting mothers and employees who are breastfeeding at Salina Regional Health Center, the Salina Regional Health Foundation has awarded a \$23,900 grant to purchase a Mamava lactation pod that will be located near the hospital's main lobby in the coming months.

The pod provides a freestanding lactation suite for pumping breast milk or nursing an infant in a private, clean, easy to access location. According to the manufacturer, Salina Regional Health Center will be the first health care facility in Kansas to provide the service to breastfeeding mothers.

The use of these lactation pods has caught on in a number of factory and industrial settings around the country to support employees who want to pump breast milk. They are also becoming prevalent in airports, shopping centers, and other high-traffic public areas.

The company also provides women with a free app that can be downloaded to a smart phone to tell them when a lactation pod is located nearby nationwide.

"Many units within the hospital don't have a designated space where employees can go to pump," said Stephanie Buchholz Jones, clinical coordinator in the



A \$23,900 Salina Regional Health Foundation grant is purchasing a lactation pod that will be available for visiting mothers and employees who are breastfeeding. The lactation pod will be located near the hospital's main lobby in the coming months.

Birth Center. "When visitors ask for a place to pump, our dietitians have made an office space available to them, but it's not readily accessible. We're very excited to be able to support breastfeeding visitors and employees with this service.

"I think lactation pods will continue to become prevalent in our society, and hopefully its introduction in our community will inspire others to offer this service locally," Buchholz Jones said.

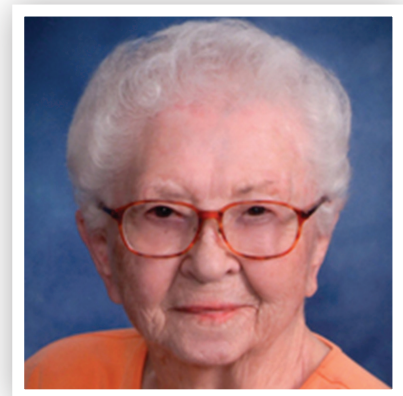
## Former employee, volunteer leaves estate gift to Foundation

The Salina Regional Health Foundation recently received a significant gift from the Margaret Bott estate. Bott, who died in September 2019 at the age of 95, was a former surgery nurse supervisor at Asbury Medical Center before she retired in 1989. After retirement she volunteered at Salina Regional Health Center for more than 20 years.

Bott was known for running a very tight ship in the surgery department. She strongly supported her staff, but held high expectations.

"It doesn't surprise me that Margaret would leave a gift to the Foundation," said Luanne Smith, VP of Nursing at Salina Regional, who once worked for Bott in surgery. "She was a very loyal and dedicated employee."

There are many ways you can support Salina Regional Health Center through the Foundation. Gifts of real estate, cash, stock and securities are all welcome. If you are interested in making a planned gift, call the Foundation at (785) 452-6088 for more information.



Margaret Bott  
1923–2019

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## Director's Message

One way that the Foundation utilizes donations for the Tammy Walker Cancer Center is to purchase gas cards. The cards are distributed to cancer patients and their families, in dire need, to help them get to and from their treatments and medical appointments.

The Cancer Center recently exhausted its supply of the cards, and I had the privilege of delivering new cards to a roomful of Cancer Center staff. They applauded! The one comment that stayed with me, as I walked out of the room was, "You don't know how many people you just helped!"

Obviously, as the delivery man, the applause was not really directed at me, but to those who gave and made the gas cards possible. The applause is for you. The comment I had the good fortune to hear, bears repeating: "You don't know how many people you just helped!"



**Tom Martin**  
Executive Director



CONNECTIONS is published every other month by the Salina Regional Health Foundation. If you no longer wish to receive fund-raising contacts or materials, please notify: Privacy Office, Salina Regional Health Center, Health Information Management, P.O. Box 5080, Salina, KS 67402-5080/ Phone: (785) 452-7313/Fax (785) 452-7312/E-mail:Privacy@srhc.com.