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## Grin & Bear It 5K and Family Fun Run

The seventh annual Grin & Bear It 5K Run/Walk will be held on Saturday, September 17, at Cass Regional Medical Center. This year’s event will once again feature additional family-oriented activities, including the Family Fun Run.

### 5K Run/Walk\*

The run/walk will begin at 8 a.m. in Cass Regional’s front parking lot. Same-day registration is available beginning at 6:45 a.m.

### Family Fun Run\*

The run will begin at 8:10 a.m. in Cass Regional’s front parking lot. Family runners will begin after the 5K walkers have departed. Same-day registration is available beginning at 6:45 a.m.

### Breakfast

A free pancake breakfast is available for the run/walk participants. The food will be available starting at 8:30 a.m. in the Healing Garden Courtyard.

### Plant Sale

The plant sale will begin at 8 a.m. in the Healing Garden Courtyard. See below for more information.

## Annual Plant Sale - Mum’s the Word

Cass Regional’s Very Important Gardeners (VIGs) will be hosting the annual plant sale in the Healing Garden during the Grin & Bear It Run weekend. The sale will begin on Friday, September 16, from 8 a.m. to 1 p.m. and will conclude on Saturday, September 17, from 8 a.m. to 1 p.m.

Join us to shop for perennials, mums and other fall color favorites. Proceeds from the sale will benefit the Cass Regional Gardens.

Free health screenings and carnival-themed activities for children will be hosted in the Healing Garden Courtyard. Proceeds will benefit the Patient Assistance Fund at Cass Regional. For more information, please contact Melissa Lattin at (816) 380-5888, ext. 4810, or via e-mail at [mlattin@cassregional.org](mailto:mlattin@cassregional.org).

\*Registration is required. Registration forms are available at [www.grinandbearitrun.com](http://www.grinandbearitrun.com) and on the Grin & Bear It Run Facebook page. Online registration is available at [www.runsignup.com](http://www.runsignup.com).



*During the sale, a handcrafted wooden truck planter constructed by the Old Order Mennonites of Tipton, Mo., will be available for raffle at \$5 per ticket.*



## Foundation Hosts “The Inside Scoop”

Over 100 people attended Cass Regional Foundation’s “The Inside Scoop,” a fundraising dinner hosted on April 16 at Loch Lloyd Country Club in Belton, Mo. In addition to the dinner, the Foundation hosted the Celebration Basket Raffles from May 9-13 in the Cass Regional Rotunda. Over \$70,000 was raised to help underwrite the expansion of the Medical Imaging department to house a new magnetic resonance imaging (MRI) machine.

Cass Regional Foundation would like to thank all of the attendees, donors and sponsors that made this event a success and helped Cass Regional continue to care for the person in each patient.

### **Presenting Sponsors**

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### **Bronze Sponsors**

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*The live auction commences at “The Inside Scoop” dinner.*



*Seventeen Celebration Baskets, a chaise lounge and a trip to Rocheport, Mo., were raffled on Friday, May 13.*



*The \$2.3 million expansion will provide 7,000 additional square-feet within Medical Imaging and shell space for future Emergency Department expansion.*



## The Healing Garden at Cass Regional

The Healing Garden at Cass Regional was established in 2009 with the opening of the present facility, and was made possible by donations to the Foundation's *Help, Hope and Healing* campaign. The garden is a courtyard located on the southwest side of the hospital, and is bordered by Rock Haven Medical Mall on the west. It includes a water feature and fountain, walking paths, and benches.

In 2012, the Rotary Club of Harrisonville donated and constructed a pergola, footbridge and sidewalk extension in the Healing Garden. The first of several donated kinetic wind sculptures was placed in 2013, and the sculptures have since become a much-beloved and recognized feature of the Healing Garden.

The Healing Garden also offers a variety of naming opportunities at different donation levels. To inquire about costs, please contact Sonya McLelland, Administrative Director, at (816) 380-7915 or at [smclelland@cassregional.org](mailto:smclelland@cassregional.org).

Naming opportunities include:

- Trees and other plantings
- Kinetic wind sculptures
- Rocking chairs for the terraces
- Automatic door openers for doors leading to gardens
- Solar lighting for the garden paths
- Concrete pads for the Healing Garden benches (with additional space next to each to accommodate wheelchairs)



## *Healthy Angels Ride Comes to the End of the Road*

After careful consideration, Healthy Angels Ride co-founders Ginger Friesz and Sheryl Knox, along with the staff and board of Cass Regional Medical Center Foundation, have decided to discontinue the Healthy Angels Ride as a motorcycle ride fundraiser. Declining participation, increased costs, and the risks involved with motorcycle travel were the main factors that contributed to the decision.

During its 11 years, the ride netted over \$50,000 for the Foundation's Patient Assistance Fund, which is used to help Cass Regional patients with expenses such as transportation, medication, and home care supplies.

"We are grateful to everyone who has supported the Healthy Angels Ride through the years," said co-founder Ginger Friesz. "I hope that our 'angels' will continue to support the Patient Assistance Fund with donations or by participating in the Grin & Bear It Run, which is also a fundraiser for the Patient Assistance Fund. Our main goal has always been to help patients, and we plan to continue to do that in other ways," she said.

For questions, or for more information, please contact the Foundation office at 816-380-5888, extension 4810.



## “Wanda’s Favorite Recipes” Cookbook Still Available

“Wanda’s Favorite Recipes: Collector’s Edition” cookbooks are still available for sale at \$15 each in Cass Regional’s Gift Shop. Proceeds benefit the Patient Assistance Fund, which assists disadvantaged Cass Regional patients with expenses after discharge, and the Wanda Brown Scholarship, which aids students seeking higher education in nursing. A portion also supports the Cass Regional Auxiliary’s Helping Hands Project, which provides handmade comforts, such as cough pillows, walker caddies and afghans, to Cass Regional patients.

The cookbook, which honors the late Wanda A. Brown, features hundreds of recipes that were submitted by Mrs. Brown over a 30-year span for her column in the *Cass County Democrat-Missourian* newspaper. Get your copy of the cookbook today and discover your next favorite summer recipe. Will it be Braised Pork Medallions with Apples, Frozen Banana Punch, Baked Crab Salad, Coconut Cream Cake or Hawaiian Snow Storm Ice Cream?



### *Upcoming Events*

#### **Grin & Bear It 5K and Family Fun Run**

Saturday, September 17, 8 a.m.

Cass Regional’s Front Parking Lot

*See more information on the front cover*

#### **Annual Plant Sale**

Friday, September 16, 8 a.m. - 1 p.m.

Saturday, September 17, 8 a.m. - 1 p.m.

Cass Regional’s Healing Garden Courtyard

*See more information on the front cover*

*“Like” Cass Regional Medical Center Foundation on Facebook to keep up with the latest information and upcoming events.*

### *Our Mission*

*The mission of Cass Regional Medical Center Foundation is to support the medical center in its quest to provide exceptional quality health care for the community. The Foundation encourages private philanthropy to further the vision, values, and goals of the medical center, especially in community outreach.*



*Cass Regional Medical Center Foundation is an IRS-designated 501(c)(3) charity (EIN 43-1501416).*



*Please remember Cass Regional Medical Center Foundation in your will.*



*We hope you have enjoyed this issue of “Making a Difference.” If you wish to be removed from our mailing list, please e-mail [mlattin@cassregional.org](mailto:mlattin@cassregional.org) or call (816) 380-5888, extension 4810.*