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## Grin & Bear It 5K to Be Held September 28

The tenth annual Grin & Bear It 5K Run/Walk will be held Saturday, September 28, at Cass Regional Medical Center.

### 5K Run/Walk

The run/walk will begin at 8 a.m. in Cass Regional's front parking lot. Registration is required. Registration forms are available at [www.grinandbearitrun.com](http://www.grinandbearitrun.com) and on Cass Regional Foundation's Facebook page. Online registration is available at [www.runsignup.com](http://www.runsignup.com). Same-day registration is available the morning of the run/walk beginning at 6:45 a.m.

### Breakfast

A free pancake breakfast will be served to the run/walk participants starting at 8:30 a.m. in the Healing Garden Courtyard. Special thanks to Chris Kurzweil for providing the meal!

### Plant Sale

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

Proceeds from the Grin & Bear It 5K Run/Walk will benefit the Patient Assistance Fund at Cass Regional. For more information, please contact Becky Welch at (816) 380-5888, extension 4810, or via email at [rwelch@cassregional.org](mailto:rwelch@cassregional.org).



## Annual Plant Sale to Benefit Gardens Fund

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 27, from 8 a.m. to 1 p.m. and will conclude on Saturday, September 28, from 8 a.m. until sold out.

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





## Boots & Bar-B-Que Event Raises Funds for Community Trail

More than 160 people attended Cass Regional Foundation's Boots & Bar-B-Que, which was held June 1 at Big Iron Town in Pleasant Hill, Missouri. In addition to the dinner, the Foundation hosted the Celebration Basket Raffles from May 6-10 in the Cass Regional Rotunda.

Over \$50,000 was raised to help build the Floyd and Franceline Parris Community Trail on land behind the Cass Regional campus in Harrisonville. (See next page for additional information regarding the trail.)

Cass Regional Foundation would like to thank all of the attendees, donors and sponsors that made this event a success.

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## Floyd and Franceline Parris Community Trail

Initial discussions regarding the Floyd and Franceline Parris Community Trail began in 2016, when both the Program Committee of the Cass Regional Medical Center Foundation board of directors, and the Cass Regional Medical Center Employee Wellness Team, had the dream of building a paved trail on a portion of land behind the existing medical center campus.

In October 2018, the foundation made a formal request to the Cass Medical Center Improvement Corporation board for a donation of eight acres on which the trail could be developed, and the donation was approved. During the same time frame, the foundation received a generous bequest from the Franceline Parris Trust. In January

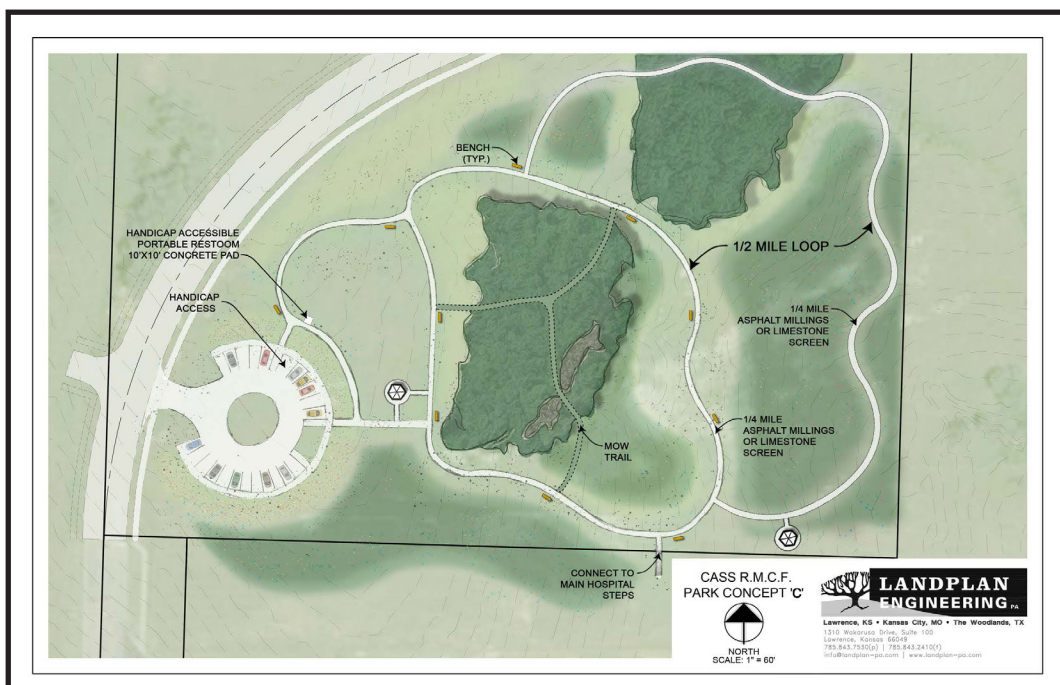
2019, the foundation board of directors voted to allot \$150,000 of Mrs. Parris' bequest to the trail, and to name the project the Floyd and Franceline Parris Community Trail.

The estimated project cost is \$585,000, which includes the value of the donated land, an extension of Healing Way to provide access to a small parking area at the trailhead, an endowment fund to cover ongoing maintenance, and a contingency fund. Because the trail will be built solely with donations, its completion date is yet to be determined. Construction on the trail is tentatively scheduled to begin in the spring of 2020.

The trail path will be 8 feet wide and have two connecting 1/4-mile loops. A key feature of the trail is

that it will be paved and be accessible for disabled patrons who use wheelchairs. There will be minimal new landscaping, with a focus on native, sustainable plants. The trailhead will include a small circular parking area with 10 spaces, two of which will offer access for persons with disabilities. A concrete pad will be located near the parking area to accommodate a portable unisex restroom. Ten benches will be placed along the trail to provide resting points, and at least one gazebo will be constructed to provide shelter.

For more information, or to make a donation in support of the trail's construction, please contact Becky Welch at (816) 380-3474, extension 4810, or via email at [rwelch@cassregional.org](mailto:rwelch@cassregional.org).





## Join Us As We Celebrate Ten Years on Rock Haven Road!

Cass Regional is celebrating its ten year anniversary on Rock Haven Road Saturday, September 28, from 10 a.m. to 2 p.m., following the Grin & Bear It 5K Run/Walk. Our grand prize giveaway will be two Chiefs tickets! This is a community event. Everyone is welcome to attend!

**Saturday, September 28, 2019**

**10 A.M. - 2 P.M.**  
Following the Grin & Bear It 5K

- Free food
  - Face painter
  - Balloon twister
  - Police car, fire truck, ambulance and LifeFlight
- Grand prize drawing of two Chiefs tickets
  - Free health screenings
  - Giveaways
  - Rotary train
  - Cornhole toss

This is a community event. Everyone is welcome to attend!  
For more information, please visit [www.cassregional.org](http://www.cassregional.org) or our Facebook.

### *Upcoming Events*

#### **Grin & Bear It 5K Run/Walk**

8 a.m., Saturday, September 28  
Cass Regional Medical Center  
*See more information on page 1*

#### **Plant Sale**

8 a.m. - 1 p.m., Friday, September 27  
8 a.m. - sold out, Saturday, September 28  
Cass Regional Medical Center  
*See more information on page 1*

*“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 email [rwelch@cassregional.org](mailto:rwelch@cassregional.org) or call (816) 380-5888, extension 4810.*