

Katie Johnson: Good morning to Apple A Day, Lake Region Healthcare's health and wellness program, where we feature news and information you can use to live a healthier life. I'm Katie Johnson your host, and my guest today is Angie Conklin. She's the director of rehab therapies here at Lake Region Healthcare and here to talk about a very special event that she and her team are planning. Good morning Angie.

Angie Conklin: Good morning, thanks for having me.

Katie Johnson: Well thanks for joining us. As our listeners may or may not know, there is a therapist at Lake Region Healthcare, Amber Simonson, who recently had a very traumatic event happen to her. As a member of your therapies family, you guys are planning a really special event to just support her and lift up her and her family. Tell me about what you've got planned.

Angie Conklin: Yes, we have a large group here that we often say it's our work family. We're all really close and we wanted to do something fun and special for Amber and her family, so we were thinking of things that Amber really likes to do. She likes to work out, she likes to be with family and friends, she's strong in her faith, she likes to run and we know that she likes ice cream and some sweets once in a while.

Angie Conklin: So we thought we'd put together this Family Fun Sweet Run. So it's just going to be a family fun event on September the 12th, the Wednesday evening, the course is open from 5.00 to 7.00, and I say course, it's just the lap around Lake Alice. You can do half a lap, you can do multiple laps, whatever you want to do. It's not going to be a start finish race type of thing, they'll just be a few fun family activities around the lap and you can register on www.active.com. It's just \$10 a person, so come and have fun and support Amber and do your run or your walk, whatever you'd like to do. Do some fun activities around there and then have some sweets. We thought it'd be a great way to show our support and love for Amber and her family.

Katie Johnson: Oh for sure, and getting out and being active, like you said is one of the things that she loves to do and it's always nice to show that kind of support in that healthy kind of a way. Lake Alice is such a great venue for that too.

Angie Conklin: Definitely. We are so fortunate to have great community members that live around the lake that are helping us out by not parking on the street, or coming out to show their support. We have the church there, St. James Episcopal Church, that is going to open up their bathrooms for us and let us use their facility and their parking lot. So that'll be kind of our little main staging area thing where if you didn't register online and you just show up, you can still register at the day of the event, that's fine too. So we'll have snacks there after you do your walk/run lap and we have Dairyland, who's donating a freezer to help us and we have Service Food, who's donating some sweets. We also have the Friends of Lake Region that are giving money toward the event and of

course, Lake Region Healthcare is a big supporter of this, that they're helping get some sweets for the end of the run and just giving us time to organize this.

Katie Johnson: I don't know about anyone else, but to me, a sweet treat always tastes better after I've worked out and felt like I've earned it a little bit.

Angie Conklin: I agree, I think we all feel the same way.

Katie Johnson: So the St. James Church parking lot is kind of the start finish area then?

Angie Conklin: Yes, that should kind of be the hub area that you can go to and there's parking all around on the side street so the community, we've notified them, so that they're aware that there'll be some extra cars around the area. We're also going to have a food truck there for ... that's just for additional purchase if you would like and make a fun night of it. If you want to come out and have some supper at the food truck and then have dessert after your race, you can certainly do that too.

Katie Johnson: Sounds like a great night to spend with family. So if you do want to register online, where should folks go to find that online registration?

Angie Conklin: Yes, they should just go to www.active.com and it's a race site that it'll say, "Family Fun Sweet Run," and you can register there.

Katie Johnson: All right, so search the Family Fun Sweet Run for Amber Simonson on active.com and again, if you don't register ahead of time, certainly free to just show up. You mentioned there's no official start time, so any time between 5.00 and 7.00?

Angie Conklin: Yes, that's right. Any time between 5.00 and 7.00, the race will be open, so if you want to come a little early and get your registration done early and get some food, you're welcome to do that too.

Katie Johnson: For folks who maybe have something going on on the 12th of September, you know how it gets, especially once the school year starts-

Angie Conklin: Mm-hmm (affirmative).

Katie Johnson: ... but still want to show some support to the Simonson family, how can they do that?

Angie Conklin: Yeah, we'll be collecting any donations through our therapy department here. You can certainly give us a call at 736-8388 and we can help you get that donation to them. Another thing is, like you said, Wednesday we understand there's church groups and youth groups going on, and we think it'd be a great activity for some groups to come participate too.

Katie Johnson: That's a great idea. For people who might not know, maybe tell us just a little bit more about Amber's family. She has a husband and children and they all do need support.

Angie Conklin: Yes, you're exactly right, a husband and three little kids and a very large extended family, thank goodness for that, but we're just here to show them that we care for them and we're a huge community that was affected by this and there's a lot of people that just want to show their love and support. So we thought this would be a fun way to do that.

Katie Johnson: Well thank you to you and your team for giving the community this way to rally around the Simonsons and to really rally around and lift up one another. When something like this happens, it does shake the community and affect all of us and it's important for all of us to let each other know that we acknowledge that but we're here for each other and we'll be strong and come through it together, so we appreciate that you and your team are willing to step forward and do that.

Angie Conklin: Thank you.

Katie Johnson: So again, it is Wednesday, September 12th, the Family Fun Sweet Run. Give us just quickly the details, how to register, where it's going to be, the hours and those details.

Angie Conklin: Yeah, so Wednesday, September 12th at Lake Alice and it's from 5.00 to 7.00. The course will open, come any time during that time. Register on active.com searching Family Fun Sweet Run.

Katie Johnson: Super, and we invite everyone to come out and join us in showing support for Amber Simonson and her family on Wednesday, September 12th. If you have more questions, certainly give us a call at Lake Region Healthcare, or check out our website, we'll have a link to the details at lhrc.org as well. I should mention we have another event coming up in September that will be the topic of future show, just to make sure you don't get them confused. We're also sponsoring a 5K at the end of September, our annual Shatter The Silence luminary 5K walk run at DeLagoon in recognition of suicide awareness and prevention. So we'll look forward to talking to Maria more about that event but we wanted to get this one on your calendar now. Again, Wednesday, September 12th, the Family Fun Sweet Run being organized by the staff at Lake Region Healthcare's rehab therapies department where Amber's a valued member of the team and we invite you to join us in that event for Amber Simonson and her family. Angie, thanks for joining me this morning.

Angie Conklin: Thanks Katie.

Katie Johnson: Angie Conklin, director of rehab therapies my guest today on Apple A Day, inviting you to the Family Fun Sweet Run on September 12th and reminding you there is so much to do here, stay healthy for it. Have a great day.