

Katie: Good morning and welcome to Apple a Day, Lake Region Healthcare's Health and Wellness Show 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 Laura Gervais. She's our foundation coordinator and she's here to talk with us about a very exciting opportunity to learn about how to best leave your legacy. Good morning Laura.

Laura: Good morning.

Katie: I am really excited about this event that you have put together with some community partners. You're calling it Healthy, Wealthy and Wise, Leaving a Legacy. Tell me a little bit about the general details of the event and then we'll talk some more about the specifics.

Laura: Well, yes, we have an awesome opportunity. We are inviting public and foundation donors, volunteers, really anyone who has an interest in learning more about retirement or thinking about retirement. We're having an exceptional panel of community leaders who will be chatting about how to reach our goals and dreams of retirement.

So a fantastic opportunity hearing from four different people here in our community. We have Nick Height from Pemberton Law, talking about bequests and planned giving. We have Eric Johnson from A&P Insurance. He is going to be talking about Medicare products and Bonnie Denzel from Dorn Investments talking about investments in retirement. And our awesome Dr. Overgaard from our primary care talking about healthy aging.

Katie: I really love this concept of healthy, wealthy and wise and the idea that really ties into so much of what we talk about at Lake Region Healthcare and that's that paying attention to all of the components of wellness, not just your physical health, is really the way to truly live a fully healthy life. And I re I like how this format in this seminar is going to tie in the financial health so much. Tell me a little bit more about how some of the speakers will address the importance of financial health to your overall health.

Laura: Well, research has shown that thinking about our finances and money can induce a lot of stress and especially in retirement, there's a lot of questions and questions that we're not sure which direction we should go. And so this is just an opportunity to bring your questions. We have this awesome panel that can give some great advice and tips and just maybe kind of facilitate those next steps for you. And then just thinking about how we can make sure we leave a legacy and thinking about the generations that come after us and learning about other opportunities that are within that. So I just think that it's a great opportunity to learn about different strategies and make your dreams become a reality.

Katie: You mentioned the stress, so that in itself naturally ties into another component of wellness, right? If we're under a lot of stress, we're not as healthy as we can be. So our financial health leads to our emotional and social health. So it's so interesting how this is all tied together. Who do you think would be the best kind of ideal person to attend? Is

it somebody that's already in retirement, looking at retirement? Who would be the target audience here?

Laura: Honestly, Katie, I think anyone who's thinking about retirement, both of those that you mentioned I think are great candidates for attending. If you're thinking about retirement, you're coming up with a lot of questions and where do I start? This would be a great opportunity for that. If you're in retirement and you just want to almost like have a wellness checkup, I mean, this is a great opportunity for that as well.

Katie: Right. And if you're thinking about retirement, the session on Medicare sounds like it would be great to me. That just seems so complicated and overwhelming. So to have, like you said, all these experts in one place that you can ask those questions to will be really a nice opportunity.

Laura: Well, in the financial world and in the healthcare world, I think it changes so much and it's constantly changing every year, the laws change. So they're the ones that are really up to date on what's going on, what's new. So yeah, I think it's going to be a great opportunity. They're all really excited and I'm just so thrilled that they were willing to come and just talking with them, they're going to bring a lot of good stuff.

v They are a fantastic panel. The other thing I really like about this is when I think about it, it's an opportunity for you to improve your own health, thinking about your own financial, social wellbeing. But it's also an opportunity as you're doing that to improve the health of the generation after you.

Laura: That's right. And that's what we really want to make an impact on is just the generations coming after us. I think we all have a responsibility to think about those who come after us. And so it's just an opportunity to think about maybe making an impact financially in our community. And so that will be something that we talk about at this panel, and just helping show others how we can better ourselves and our community.

Katie:: We all want to obviously live our best life, but we also want to leave something bigger than ourselves behind. I think in that healthy, wealthy and wise while we're living and in how we leave our legacy will be a fantastic opportunity to talk about this. So it's a lunchtime session coming up on Wednesday, October 9th. Give us the location and how people can find out more or RSVP. We do have some limited space here.

Laura: Yep. It will be hosted on site here at Lake Region Healthcare. It'll be in our lower level conference room. The easiest way to get there, you just go into the main hospital lobby, go straight ahead down to the elevators by physical therapy, and it will be right there in the lower level. You're just going to take a left off the elevator there. We have 40 spots available and we'll have a lunch hosted by our Lake Region Cafe here, very healthy lunch, so I hope you consider attending. You can RSVP, (218) 736-8498 or feel free to email at foundation@lrhc.org.

- Katie: And this is just one of several things the foundation has going on right now. You're just busy coordinating all kinds of things. Maybe just talk a little bit about some of the other things happening this fall and into the winter with Lake Region Healthcare's foundation.
- Laura: We have a lot of things going on right now. We are holding a compassion campaign. We have a friends and family compassion fund. Patients and employees, there's access to funds when there's a greatest need. And so right now we have an opportunity to support that. We have Love Your Melon beanies, and that is something we've just been really thrilled about. These are beanies that are supporting our cancer center along with pediatric care through the Love Your Melon initiative. So we have a cuff style and a palm style and they're just super cute, and I think they look great on men and women, all ages. And so if you can look at our foundation Facebook page for more information on that. We're going to also be selling these at some area games, community events. So you'll see us around with those.
- Katie: Can they get them at the gift shop or the cancer center too?
- Laura: Oh for sure. Yep. We'll have those in stock at the gift shop and at the cancer center.
- Katie:: Awesome.
- Laura: We have a sheet sale going on in October that we're going to have in our clinic. This is our bed sheet sale. We've done this before. It's kind of a fun opportunity. We kind of have some limited shopping here in Fergus. We're bringing in some unique fundraising opportunities and things that we can't necessarily get as easily here now as we used to. So you can come check that out in October.
- Katie: Awesome. And a Christmas will be here before we know it and 2020 is going to be a special celebration year for our cancer center. And I know you have a special tree lighting planned for that.
- Laura: Yeah. So 10 years of the cancer center, it's truly remarkable. So we're going to be doing a very nice remembrance tree lighting event and celebrating the staff and patients here at at Lake Region. And we'll be doing it as special recognition donor event at that time as well.
- Katie: Well, a lot of things going on, a lot to look forward to, but first and foremost coming up on the calendar, on Wednesday, October 9th we have the Healthy, Wealthy and Wise Leaving a Legacy seminar featuring Nick Height, Eric Johnson, Bonnie Denzel and Dr. Josh Overgaard as a panel of speakers, helping those of you thinking about retirement or in retirement to make the most of the money that you have as far as how it impacts your health and how it impacts the generation following you and the legacy that you leave. Laura, anything else you want our listeners to know about this morning?
- Laura: I don't think so. Thanks so much, Katie.

Katie: All right. If you'd like more information or to RSVP, call 736-8498 or send an email to foundation@lrhc.org. Laura Gervais, our foundation coordinator, my guest today on Apple a Day, reminding you there is so much to do here. Stay healthy for it. Have a great day.