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Dehydration — Summer time, Thirsty time -

by *Connie Opheikens, Community Relations Coordinator*

During the long days of summer, it's natural to think about watering your lawn and garden, the houseplants, and the pets. But what about *your* need for water?

Getting plenty of fluids every day is essential for good health. Water is in every cell in the body. It helps regulate body temperature, cushions and lubricates joints, protects sensitive tissues, and assists the digestive system.

Most people can meet their need for water by drinking when they are thirsty and consuming fluids with meals. But with hot weather, vigorous physical activity or an illness, your body needs even more water.

The need for hydration

You need water to replace what your body loses through everyday functions—such as sweating, going to the bathroom and exhaling. It's essential to replace lost fluids to avoid becoming dehydrated.

Among the symptoms of dehydration are dry mouth, weakness and dizziness. In athletes, dehydration may also lead to muscle cramps.

Being thirsty is a signal that your body is already on the way to being dehydrated. It is important to drink

fluids even before signs of thirst appear and to drink more than your thirst demands.

Getting plenty of fluids the healthy way

When quenching your thirst, take care in choosing what you drink. While beverages such as soda and sports drinks do contain water, they are also high in sugar and calories. Along with water, other healthy choices for keeping well-hydrated include:

- Fat-free or low-fat milk.
- Unsweetened, 100 percent fruit juices.
- Unsweetened iced tea or coffee.
- Fruits and vegetables with a high water content, such as watermelons, grapefruits, apples, lettuce, broccoli and carrots.

When you do choose water, you can give it a kick by adding a wedge of lemon or lime.

Individual water needs vary widely, depending on factors such as physical activity, exposure to heat and age. Some people need to restrict fluids because of health conditions.

Be sure to talk with your doctor about the amount of water you need each day. Your health care provider can help.

Sources: American Council on Exercise; Centers for Disease Control and Prevention; International Food Information Council Foundation

Samaritan Healthcare Foundation Focus Funds

Contributions can be made to one of these funds, or to other healthcare interests of the donor. Your hospital foundation is proud to state that 100% of every dollar contributed to our focus funds goes to the specific program or project. We feel this provides you with increased accountability for your contributions.

Patient Care Equipment Endowment Fund

Annual income on our patient care equipment endowment fund provides support to help Samaritan Healthcare purchase vital patient care equipment. When you make a gift to an endowment fund, the gift amount is invested and only the investment income is available. This is one of the greatest ways to impact the future healthcare of our local hospital district.

Greatest Need Endowment Fund

Giving to this fund puts your dollars to work where the greatest need exists for many years to come. Volunteer board members decide, on an annual basis, where the investment income is most needed to impact local healthcare related programs and projects right here at Samaritan Healthcare.

Prescription Medication Program Fund

As all of us know, the cost of prescription medications are rising at an alarming rate. This fund pays for take home prescription medications for low-income inpatients in Samaritan Hospital who are not being discharged due to a lack of money available for necessary medications.

Samaritan Employee Scholarship Fund

Scholarship support is available to employees of Samaritan Healthcare who wish to further their work-related education through college level coursework. Assistance can only be provided if employment in the field of study is expected at Samaritan Healthcare. The Foundation awarded \$8,000 in scholarship assistance in 2010.

Vital Signs Monitors Equipment Fund

The Medical/Surgical Unit at Samaritan will be raising the bar on the standard of care for patients in the Unit with the purchase of Spacelabs Ultraview DM3 vital signs monitors for 20 patient rooms. Our goal is to fundraise the entire \$83,835 cost of these important monitors and purchase the monitors in late 2011. *(We were able to negotiate a lower cost from the previous quote!)*

Neonatal Ventilator System Fund

Samaritan Hospital will be purchasing a new Puritan Bennett 840 Ventilator System to be used in the Mother & Baby Unit. The new ventilator will be used to stabilize newborns that are in respiratory distress while waiting for a flight team to arrive and transport the infant to another facility for more intensive care. The cost is \$27,815 and our goal is to fundraise this amount and purchase the new ventilator later this year.

Bladder Scanner Equipment Fund

The Emergency Dept. and Short Stay Surgery Department at Samaritan Hospital will be purchasing a new Verathon BVI9400 Bladder Scanner for patient care. The new scanner is a portable 3D ultrasound instrument that helps diagnose urinary retention and post-operative urinary retention, and helps evaluate many common urological concerns. We hope to raise the \$15,146 cost and purchase the scanner by the end of this year.

Area of Greatest Need Fund

Giving to this fund puts your dollars to work where the greatest need exists. Volunteer board members decide where your donation is most needed to impact local healthcare related programs and projects right here at Samaritan Healthcare. The Foundation does not assess any fees on restricted funds, so every donation dollar received is used to provide grant funding.

New Patient Care Equipment Projects Added To List of Focus Funds

At its March board meeting, the Samaritan Healthcare Foundation Board of Directors added three new patient care equipment projects to its list of focus funds. We hope our community will embrace the importance of helping our local hospital provide the best possible patient care by donating to one of these important projects. These new projects are detailed in this newsletter:

Spacelabs Ultraview DM3 Vital Signs Monitors

The Medical/Surgical Unit at Samaritan Hospital will be raising the bar on the standard of care for patients in the Unit with the purchase of Spacelabs Ultraview DM3 vital signs monitors for 20 patient rooms.

The new fixed monitors will allow for the monitoring of vitals such as temperature, respiration, blood pressure, pulse rate and oxygen saturation levels. Monitoring capability will be at the nurses fingertips for routine vital sign checks as well as for emergencies with the availability of continuous monitoring when required.

Our goal is to fundraise the entire \$83,835 cost of these important monitors and purchase the monitors in late 2011.



Spacelabs Ultraview DM3 Vital Signs Monitor



Puritan Bennett 840 Ventilator System

Puritan Bennett 840 Ventilator System for the Mother & Baby Unit

Samaritan Hospital will be purchasing a new Puritan Bennett 840 Ventilator System to be used in the Mother & Baby Unit.

This new ventilator will have neonatal capabilities and will replace an older ventilator that is no longer supported by the manufacturer for parts and training. The new ventilator will be used to stabilize newborns that are in respiratory distress while waiting for a flight team to arrive and transport the infant to another facility for more intensive care.

The cost of the new ventilator is \$27,815 and our goal is to fundraise this amount and purchase the new ventilator later this year.

New Patient Care Equipment Projects Added To List of Focus Funds *(continued from page 3)*

Verathon BVI9400 Bladder Scanner

The Emergency Department and Short Stay Surgery Department at Samaritan Hospital will be purchasing a new Verathon BVI9400 Bladder Scanner for patient care.

The new scanner is a portable 3D ultrasound instrument that quickly, accurately and noninvasively measures urinary bladder volume. It helps diagnose urinary retention and post-operative urinary retention, and helps evaluate many common urological concerns.

The cost of the new scanner is \$15,146 and the hospital foundation hopes to raise this amount so the new equipment can be purchased by the end of this year.



Verathon BVI9400 Bladder Scanner

Please remember Samaritan Healthcare Foundation in your will or trust!



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