



SHARE Foundation

Building a Healthier Community

# NEWSLETTER

## SHARE FOUNDATION'S 23RD GRANT AWARDS



SHARE accomplishes its mission to improve the health and well-being of our community and surrounding area through programs and services at Life Touch Hospice, Interfaith Clinic, PRIDE Youth Programs, Chaplaincy Services, SHARE Grants and HealthWorks Fitness Center. SHARE also administers ten scholarships.

These SHARE Foundation agencies and programs have reached thousands of people in our community as has our grants program.

Many of you may not know that the letters in SHARE identify SHARE's areas of interest: **S** is for Service, **H** is for Health, **A** is for Art, **R** is for Research, and **E** is for Education.

Grant funding of \$279,405 was awarded to 14 area non-profit agencies that fit into these areas of interest and help further SHARE's mission.

UAMS / AHEC .....	\$8,000	Turning Point.....	\$15,500
Single Parent Scholarship ..	\$10,000	Boys & Girls Club.....	\$17,500
Comm. Living Arrang. ....	\$12,021	Boy Scouts .....	\$18,800
SADCCF (ECCEL).....	\$21,379	CASA .....	\$21,000
Camp Fire.....	\$13,065	Hannah Medical Center .....	\$26,500
El Dorado Connections .....	\$14,200	Salvation Army.....	\$41,000
South AR Fights Aids .....	\$14,340	Hope Landing .....	\$46,100

For additional information about SHARE grants or other SHARE Foundation programs, contact Debbie Watts, Vice President of Administrative Services at (870) 881-9015 or [debbiejwatts@sbcglobal.net](mailto:debbiejwatts@sbcglobal.net). You can also visit [www.sharefoundation.com](http://www.sharefoundation.com).



SHARE Grants



Share the Spirit  
Chaplaincy Services  
& Education



Interfaith Clinic



# **DIET MISTAKES AND HOW TO AVOID THEM**

Part 5 of a 6 part series



*Interfaith Clinic*

## **IS LOW-FAT REALLY BETTER?**

Low-fat is not the same as low calorie. Low-fat is not a ticket to extra helpings. For example if you pile your plate full with low-fat cake you may be eating more calories than if you had a small slice of regular cake. Some foods that are low-fat are replaced with added sugar for flavor. The best way to know how much fat, sugar and calories you are getting is by checking the nutritional label.

## **CALCIUM AND DAIRY BENEFITS**

Osteoporosis is characterized by loss of bone mass. Calcium is the major component of bones and is crucial to maintain bone density. Calcium rich foods are preferred over supplements because the supplements do not yield the same benefits. If you do take a supplement, Calcium Citrate is preferable over Calcium Carbonate. Foods rich in calcium are salmon, sardines, orange juice, turnips, spinach, and broccoli. Also, dairy products such as milk, cheese, yogurt, and ice cream. Some research suggests the body burns more fat when it gets enough calcium and produces more fat when it's calcium deprived. Although, most diets say dairy is taboo, dieticians suggest sticking to non-fat or low-fat dairy products. Don't ditch the dairy.



Volunteer dentist, Dr. Marty Baumgardner (left) is joined by Dr. Justin Smith (right) in treating patients at Interfaith Clinic. The Dental Program at Interfaith Clinic began in 2001 with two dental operatories and one dentist working two days a month to provide relief of pain for patients. In 2008 the clinic treated 130 dental patients for relief of pain. In 2009 the clinic treated 124 patients. For information about Interfaith Clinic Dental Program call 810-864-8010.

# **HEALTHWORKS HURRICANES NOW INTRODUCING...**

**STARTING  
MARCH 1**



# **U.S. MASTERS SWIMMING**

HealthWorks Masters (over 18 years of age) Swimming welcomes swimmers of ALL different swimming ability levels. We try to encourage those that might be embarrassed to be seen in a swim suit, and those who normally water walk to those who aspire to be Ironmen/women as well as pool competitors. We enjoy helping our members improve and achieve their fitness goals. It is amazing how a few laps up and down in a swimming pool can have a positive impact on your well being.

If you have an interest in any of the following, our program would like to help!

- \*General Fitness
- \*Lap Swimmers
- \*Triathlons
- \*Swimming Competitions
- \*Injury Recuperation
- \*Staying Fit
- \*Motivation and Support
- \*Meeting new friends

We offer on deck coaching (with many years of swimming experience) at all workouts. This keeps your workout on track and provides direction for technique and fitness improvement, as well as motivation.

Workout Schedule: Tuesday 5:30-6:30PM

Thursday 5:30-6:30PM

Cost: Registration: Members= \$75 Non Members= \$100

Monthly Dues: Members= \$55 Non Members= \$65

**HEALTHWORKS**  
Fitness Center  
a service of SHARE Foundation

## **2010 SWIM LESSONS**

HealthWorks offers swim lessons year round in our climate controlled indoor pool.

Swim lessons can be arranged for all ages and levels from beginner to advanced.

### **PARENT CHILD AQUATICS**

Level 1 ~ Introduction to Basic Skills

Level 2 ~ Holding and Support Techniques

### **PRESCHOOL AQUATICS**

Level 1 ~ Orientation to the Water

Level 2 ~ Independence in the Water

Level 3 ~ Propelling in the Water

### **LEARN TO SWIM LEVELS**

Level 1 ~ Introduction to Water Skills

Level 2 ~ Fundamental Aquatic Skills

Level 3 ~ Stroke Development

Level 4 ~ Stroke Improvement

Level 5 ~ Stroke Refinement

Level 6 ~ Swimming and Skill Proficiency

### **Group Sessions will be held**

Mar 8- 18, 6:00pm

April 12-22, 4:00pm

May 3-13, 4:00, 4:30, and 5:00pm

Jun. 7-17 & 21-Jul 1, 1:00 or 6:00pm

July 5-15 & 19-29, 1:00 or 6:00pm

October 11-21, 6:00 pm

Registration forms available at the front desk.

For more information contact

Laura Taylor at 870-862-5442 extension 40.

Follow these five tips to help improve the health of your child's teeth and gums:

1. *See the Dentist Early and Regularly.*

Experts agree that parents should schedule their child's first dental appointment at age 1, and take their child to the dentist every six months.

2. *Brush and Floss with Your Child*

One mistake many parent make is assuming their child can brush their teeth on their own.

3. *The Rule on Flossing*

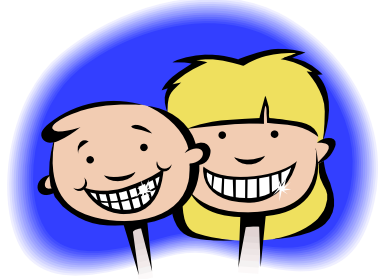
When does your child need to start flossing? Some experts say at age 1; others say when two teeth touch each other. Talk to your child's dentist to get his or her opinion.

4. *Watch the Diet*

Diet is another important factor in maintaining healthy teeth. Limit snacks between meals, and choose healthy natural snacks over sugary, processed ones. It's also important to limit sodas, sports drinks and even fruit juices, opting instead for water.

5. *It's Never Too Late to Start*

Think the damage is already done? It's never too late to start healthy dental habits. Beginning a healthy regimen now can prevent future damage.



### *Snack on This, Not That*

*Craving something sweet?* Pick fruit over candy and cookies. Not only is fruit better for your teeth, but it's more filling too.

*Craving something salty?* Choose cheese or nuts (not coated in sugar) over pretzels and chips.

*Craving something ice-cold and refreshing?* Freeze a batch of grapes for a much more satisfying snack than a sticky, sugary popsicle.

*Need to quench your thirst?* Nothing beats water or milk. Staying away from sodas (even diet ones) and other sugar-laden beverages will protect teeth for years to come.



healthteacher.com

*El Dorado School District Coordinated School Health*

### **WE'RE GOING DIGITAL**

If you would like to receive our newsletter via email, please send your email address to [amanda.cooley@sbcglobal.net](mailto:amanda.cooley@sbcglobal.net).

# PINCKARD HIGHLIGHTED IN NATIONAL PUBLICATION



*Phil Pinckard*, Director of Chaplaincy Services and Education, has an article published in an upcoming issue of "Healing Ministry" a journal published by Weston Medical Publishing. The article is entitled "Coincidence or Providence".

## CALENDAR OF EVENTS

### MARCH

- 2 "Appealing Appetites"\* , 11:30AM
- 11 Healthy Cooking\* , 11:30 AM
- 14 Daylight Saving Time
- 17 St. Patrick's Day
- 23 Diabetes & Exercise\* , 9:30 AM
- 28 Palm Sunday
- 31 World Drug Prevention Conf.  
(AR PRIDE attending)

### APRIL

- 1 April Fool's Day
- 1 Scholarship deadline for summer term
- 2 Good Friday
- 3 HealthWorks Indoor Triathlon/  
End of FitQuest 2010
- 4 Easter Sunday
- 6 "Appealing Appetites"\* , 11:30AM
- 8 Healthy Cooking\* , 11:30 AM
- 22 Diabetes & Exercise\* , 9:30 AM
- 30 Birthday Bash for Feb.-Apr. Birthdays

\*Meet in the HealthWorks Conference Room. Call 870-862-5442 for more information. Spots are limited.

## EMPLOYEE SPOTLIGHT



**Elizabeth "Libby" Kloap**  
Grant Writer  
*SHARE Foundation*

Place of Birth: Ft. Sam Houston, TX

Favorite Song: "Jesu, Joy of Man's Desiring" by J.S. Bach

What I like most about my job: Helping people get the services that they need

I drive: 2008 PT Cruiser

My fondest memory: July 4, 2008  
Waikiki Beach holding hands with my husband watching fireworks with the waves washing over my feet

I'm most thankful for: My family

I never imagined: working somewhere as awesome as the SHARE Foundation!! Really!

A little known fact: I make jewelry.

My dream is: to live in Hawaii

## **LIFE TOUCH HOSPICE VOLUNTEERS**

In 2009, our volunteers traveled 16,476 miles and logged over 4,689 hours in a variety of ways including; patient visiting, pet therapy, bereavement contact, administrative and office assistance, respite, and preparing meals. *Life Touch* Hospice volunteers reach out to help others and in return receive many blessings themselves. They are critical members of our team. Thank you!!



### **BEREAVEMENT COUNSELOR COMPLETES TRAINING**

Stephen Attebery, bereavement counselor for *Life Touch* Hospice, recently attended “Helping Children and Adolescents Cope with Grief” training completing 30 hours of classroom education at the internationally recognized Center for Loss and Life Transition in Fort Collins, Colo. The course, one of five required to earn The Death and Grief Studies certificate, is accredited through Colorado State University.

The course was taught by Dr. Alan D. Wolfelt, Ph.D., a noted author, educator and grief counselor, a news release said. The course was held at the Center for Loss and Life Transition, founded in 1983 by Wolfelt. The center is a private organization dedicated to furthering the understanding of grief, the release said.

*Life Touch* Hospice has served more than 3,210 patients in five counties—Bradley, Calhoun, Columbia, Ouachita and Union - and the John R. Williamson Hospice House.

### **NEW VOICE AT SHARE FOUNDATION**

SHARE Foundation announces the addition of Betty Dowty as the new voice of the Foundation. Betty has accepted the position of Data Entry Clerk/HR Assistant with SHARE. Betty previously worked at *Life Touch* Hospice as Inventory Coordinator and the SHARE Foundation as HR Assistant. Betty resides in El Dorado with husband Mike. They have two children Damon (Derby, KS) and David (Fayetteville).



### **HEALTHWORKS FITQUEST 2010**



FitQuest 2010 is an 8 week fitness challenge that focuses on total wellness, community involvement, and teamwork. These three aspects work together to promote motivation, enthusiasm, and focus. Participants will gain points for working out and at the end prizes will be awarded to the winners!! Teams consist of 3 individuals and with over 50 participants, this year’s FitQuest is already making a huge impact on the lives of those involved.

HealthWorks FitQuest 2010 started February 8 and ends on April 3 with an indoor triathlon.

# Happy Birthday!

## MARCH BIRTHDAYS

Randal Garner 1<sup>st</sup>  
 Farrin Cain 14<sup>th</sup>  
 Pam Rowland 19<sup>th</sup>  
 Kyle Rainwater 20<sup>th</sup>  
 Erin Welch 21<sup>st</sup>  
 Joseph Askew 22<sup>nd</sup>  
 Ruby McDiarmid 24<sup>th</sup>  
 Marsha Robertson 27<sup>th</sup>  
 Cynthia Greer 27<sup>th</sup>  
 Brandy Guidry 28<sup>th</sup>

## APRIL BIRTHDAYS

Libby Kloap 1<sup>st</sup>  
 Gabby Smith 3<sup>rd</sup>  
 Sharron Slater 4<sup>th</sup>  
 Ann Wilson 4<sup>th</sup>  
 Shawna Ruffin 4<sup>th</sup>  
 Penne Galbraith 5<sup>th</sup>  
 Staci New 5<sup>th</sup>  
 Vickie Jelks 9<sup>th</sup>  
 James Bennett 15<sup>th</sup>  
 Carrie Eads 22<sup>nd</sup>  
 Wanda Brown 23<sup>rd</sup>  
 Marsha Cowling 24<sup>th</sup>  
 Sharon Story 24<sup>th</sup>  
 Aaron Leggett 28<sup>th</sup>



## **BROILED TILAPIA PARMESAN**

1/2 cup parmesan cheese  
 1/4 cup butter, softened  
 3 Tbs. mayonnaise  
 2 Tbs. lemon juice  
 1/4 tsp. basil  
 1/4 tsp. black pepper  
 1/8 tsp. celery salt  
 2 lbs. Tilapia fillets

1. Preheat broiler, grease broiler pan or line with aluminum foil.
2. In small bowl mix together all ingredients except fillets.
3. Arrange single layer in pan. Broil a few inches from heat 2-3 minutes, flip fillets and broil a few more minutes. Remove and cover top of fillets with mixture. Broil 2 more minutes or until topping is browned and fish flakes easily.

# SHARE ANNIVERSARIES

## MARCH ANNIVERSARIES

Bettye Thurmon 13 years  
 Charlotte Ellen 11 years  
 Julie Goodwin 6 years  
 Barbara Jamerson 6 years  
 Andy Guinn 5 years  
 Linda Brewer 4 years  
 Betty Dowty 3 years  
 Tamela Matthews 2 years  
 Shelbi Reynolds 1 year  
 Michele Griffith 1 year

## APRIL ANNIVERSARIES

Jeanna Thomason 12 years  
 Wanda Brown 11 years  
 Janelle Silliman 6 years  
 Staci New 4 years  
 Jared Young 4 years  
 Terrie Powell 4 years  
 Shonda Ratliff 3 years  
 Jessica Wasson 3 years  
 Lauren Russell 2 years  
 Audrey Tidball 2 years  
 Mandi Mouser 2 years  
 Shantana Harper 1 year



# SHAREing

From: Linda Stringfellow, President/C.O.O., SHARE Foundation

May you be blessed in some way by these excerpts from Paul Harvey's message to his grandchildren:

"I'd really like for them to know about hand me down clothes and homemade ice cream and leftover meatloaf sandwiches. I hope you learn humility by being humiliated, and that you learn honesty by being cheated. I hope you learn to make your own bed and mow the lawn and wash the car and I really hope nobody gives you a brand new car when you are sixteen. It will be good if at least one time you can see puppies born and your old dog put to sleep. I hope you get a black eye fighting for something you believe in. I hope you have to share a bedroom with your younger brother. And it's all right if you have to draw a line down the middle of the room, but when he wants to crawl under the covers with you because he's scared, I hope you let him. When you want to see a movie and your little brother wants to tag along, I hope you'll let him. I hope you have to walk uphill to school with your friends and that you live in a town where you can do it safely. On rainy days when you have to catch a ride, I hope you don't ask your driver to drop you two blocks away so you won't be seen riding with someone as uncool as your Mom...I hope you learn to dig in the dirt and read books. When you learn to use computers and calculators, I hope you also learn to add and subtract in your head. I hope you get teased by your friends when you have your first crush on a girl, and when you talk back to your mother that you learn what ivory soap tastes like.

These things I wish for you - tough times and disappointment, hard work and happiness. To me, it's the only way to appreciate life".

870-881-9015 Phone  
870-881-9017 Fax

[www.sharefoundation.com](http://www.sharefoundation.com)

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