

# TIME MATTERS...



## IN AN EMERGENCY!

- **STROKE:** CT Scan under 25 min./Activase (clot buster) under 60 min.
- **CHEST PAIN:** EKG within 10 minutes
- **TRAUMA:** Treat and stabilize immediately

## IN YOUR LIFE!

- **KEEP IT LOCAL**
- **KEEP TRAVEL TIME FOR VACATION—**not commuting for healthcare
- **RECOVER CLOSE TO HOME—**for an Acute or Swing Bed stay
- **SERVING BARNES COUNTY FOR OVER 90**



*Valerie saves over 4 hours of drive time for her Infusion Therapy!*



**GIVING  
HEARTS  
DAY 2019**



**#countme**



**As a Giving Heart for Charity!**

[GivingHeartsDay.org](http://GivingHeartsDay.org)



**CHI Mercy  
Health**

*Imagine better health.™*

## WHY GIVE TO CHI MERCY HEALTH?

- **Support local IV Therapy**
- **Raise \$25,000** to purchase an IV Therapy Recliner and 2 Vital Sign Monitors
- **Gift Giving Increases Happy Hormones!**  
Science has shown that giving creates joy and happiness, and can **improve a person's overall health**. An increase in the production of dopamine, serotonin and oxytocin, occurs to achieve the **"Happiness Trifecta."**

## HOW CAN YOU HELP?

- **February 11**—join us at the VC Eagles Club for a Spaghetti Supper from 5-7pm. We will be giving away 270 First Aid Kits made by local 5th Graders!
- **February 14**—CHI Mercy Health Open House from 10am-2pm in the lobby. The Auxiliary will be holding a "Chocolate A'fair" Bake Sale during that time too.
- **February 14**—go online anytime (12:01am until 11:59pm) to [givingheartsdays.org](http://givingheartsdays.org) and select CHI Mercy Health Foundation for your gift!



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