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AUGUST 2009

Connecting you to everything healthy from Westside Family Healthcare

## [Westside is Heating Up for 19th Annual 5K the Westside Way!](#)

**Westside Family Healthcare's 19th Annual 5K the Westside Way!** (formally the Latin Way) is fast approaching, but there is still time to sign-up! The event will take place on the evening of **Wednesday, August 5th at the Wilmington Riverfront** with a free after-race party sponsored by Dynamic Physical Therapy on the deck of C.W. Harborside for participants immediately following the race. To sign up, go to [www.races2run.com](http://www.races2run.com) or download the race brochure from Westside's Website-[click here](#).



Don't let the summer heat stand in your way! **Coach Jenny Hadfield**, the co-author of the best-selling "**Marathoning for Mortals**", and the new "**Running for Mortals**" and "**Training for Mortals**" series, provides great tips on how to safely run in the heat of the summer!

- **Switch gears and adapt.** Coach Jenny encourages you to slow your pace and reduce your intensity, as your body gets used to the warmer weather.
- **Stay cool and slow down.** Cars aren't the only thing that can overheat! Make sure to manage your core body temperature, allowing for power walk breaks every 4 to 8 minutes if you feel your body temperature rising too much.
- **Dress appropriately.** Coach Jenny encourages runners to wear light colored, and loose fitting wicking running gear, allowing for ventilation. Even though the event is in the evening, make sure to protect yourself

from the sun's rays with waterproof sunscreen, sunglasses, and a hat or visor!

- **Stay hydrated.** Make sure to drink plenty of fluids, by drinking lots of waters, and for longer runs, research suggests drinking a sports drink every 15 to 20 minutes to maintain electrolyte levels and refuel muscles.

For all of Coach Jenny's tips please visit [www.active.com](http://www.active.com).

### Event Information:

5K the Westside Way will begin at 5:30pm with registration at the Overlook Pavilion on the Wilmington Riverfront, the race will begin at 6:30pm. Immediately following the race, participants can head on over to refuel at the free after-race party at C.W. Harborside to enjoy a Latin-American inspired food buffet, live entertainment and random prizes!

The cost of the event is \$16 before the race and \$20 the day of the event. All proceeds will go towards providing affordable, quality family medical, dental, and mental health care to the uninsured and underinsured. For more information or to register for this event, please go to [www.races2run.com](http://www.races2run.com) or contact Sarah Noonan at [sarah.noonan@westsidehealth.org](mailto:sarah.noonan@westsidehealth.org) or (302) 656-8292.

We look forward to seeing you there to support this great cause!

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## Westside "Reaches Out" for Community Volunteers and Book Donations for its Reach Out & Read Program

**Reach Out and Read (ROR)**, a national nonprofit organization which promotes early literacy as a standard part of pediatric care, has been an integral part of Westside Family Healthcare since July 2008. ROR focuses on promoting literacy at well-child checkups, where doctors and nurses test the child's developmental milestones through the use of age-appropriate books. The programs also encourages parents to read aloud to their young children by providing a new book for the child to take home with them at the visit.



Another key component of ROR is encouraging a literacy-rich waiting room environment, offering gently used books that children may read while they are awaiting their doctor visit, but also may take home with them once they are finished. Westside is now expanding this component of the program by welcoming volunteer readers to engage parents and children by reading stories in the waiting rooms. These community volunteers are a vital part of the children's reading experience, and also model book-sharing and reading aloud techniques for parents to encourage reading in their homes.

If you have a love of books and stories, and a heart for helping children, Westside needs you! If you are interested in becoming active as a volunteer reader, or hosting a corporate book drive to collect gently used or new books for one of our four centers, please contact Sarah Noonan at 656-8292 or [sarah.noonan@westsidehealth.org](mailto:sarah.noonan@westsidehealth.org). With your support, we look forward to continuing to make a difference in the lives of Westside's children!

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## Delaware Community Foundation Contribution Brings Westside's 2008 Capital Campaign to a Close!

The **Delaware Community Foundation** made a grant to Westside in the amount of \$20,000, officially marking the closing of Westside's 2008 capital campaign. Other generous contributors to the campaign include: **the Longwood Foundation, Welfare Foundation, Laffey-McHugh Foundation, Crystal Trust, Marmot**

**Foundation, and Crestlea Foundation.** Funds from this campaign will enable Westside to renovate its Fourth Street, Wilmington location, providing for much needed expanded clinical space for mental health services, as well as patient care services and scheduling. In June, Westside relocated its administration office to 300 Water Street in Wilmington to vacate the space that will be used for Westside's new expanded mental health suite.

Westside's Fourth Street Wilmington location is the organization's most comprehensive and populous, and will serve approximately 60% of the over 18,000 patients who will walk through Westside's doors this year. On behalf of Westside and the patients that we serve, thank you to all of our generous donors!



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## Westside's Bear/New Castle Office to Open This Week!

Westside is pleased to announce that on **Wednesday August 5th**, we will begin providing care to patients at our new Bear/New Castle office, located in the Fox Run Shopping Center. Westside would like to extend a warm welcome to Family Physician Dr. Hema Gouri, a new member to the Westside team, who will be staffing this site, along with Family Nurse Practitioner Stacey Graves and office manager Maria Angel. To schedule an appointment at Westside's new location, please call **836-2864**. For information on hours and services, go to Westside's website at [www.westsidehealth.org](http://www.westsidehealth.org).



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