

# CARE IN ACTION

FOUNDATION FIRST FRIDAYS

## JOIN US FOR: THE DERBY

One month to go! Join the Mon Health Medical Center Auxiliary for The Derby, an evening of community, connection, and care on May 2, 2026, at 4T Arena.

Enjoy live music, local food and drinks, specialty cocktails, activities, and more all in support of Vandalia Health's Progressing Through Postpartum (P3) Program.

Ticket sales are now live! Interested in sponsoring the event? Contact [Jacob.Mulder@VandaliaHealth.org](mailto:Jacob.Mulder@VandaliaHealth.org) to learn more.



**THE DERBY**

May 2 2026  
3-7:30PM 4T ARENA

PRESENTED BY  
**MoodrHealth**

A relaxed, lively and inclusive evening celebrating community, connection and care, all in support of the Vandalia Health Progressing Through Postpartum (P3) Program. Enjoy live music, local food and drinks, games and all the excitement of Derby Day while making a meaningful impact close to home.

**WHO YOU'RE Helping**

Proceeds from The Derby benefit the P3 Program, which supports families through pregnancy, postpartum and pregnancy loss.

Funds raised help provide:

- Trauma-informed training for Emergency department and OB-GYN teams
- Emotional and mental health support for parents and caregivers
- Education and outreach for families during pregnancy and beyond

Together, we're helping every parent, whether celebrating new life or grieving loss, receive the care, compassion and support they deserve.

**EVENT Highlights**

- Live music and entertainment
- Derby Day games and activities
- Specialty cocktails and local cuisine
- Silent auction and raffle
- Fun, casual attire encouraged, hats welcome!
- Doors open at 3 p.m.

HOSTED BY THE MON HEALTH MEDICAL CENTER AUXILIARY

**TICKETS \$100**

LEARN MORE OR BECOME A SPONSOR AT [MONHEALTH.COM/THEDEBRY](http://MONHEALTH.COM/THEDEBRY)

Contact Jacob Mulder at [Jacob.Mulder@VandaliaHealth.org](mailto:Jacob.Mulder@VandaliaHealth.org)

## APPLICATIONS ARE STILL OPEN

The Mon Health Medical Center Foundation Health Career Scholarships supports local students who are passionate about building a career in healthcare and giving back to our community.

The future of healthcare starts with our students! Applications close Monday April 15th. Learn more and apply on our website: [MonHealth.com/Foundation/Scholarships](http://MonHealth.com/Foundation/Scholarships)



# EXTENDING CARE BEYOND OUR COMMUNITY

At Vandalia Health, care doesn't stop at our community's borders. Recently, Dr. Mark Johnson, a surgeon at Mon Medical Center, traveled to Haiti on a medical mission trip to provide life-changing care to a patient in need. While there, he performed a double mastectomy and also spent time working alongside local physicians — sharing his expertise and helping teach procedures that will continue to benefit patients long after his visit.

In addition to surgical care, this mission was able to provide something equally meaningful: comfort. Through our Bra Bank, funded by generous donations, the patient received a new bra following her surgery — a small but powerful reminder that compassion is part of every step of healing.



This spirit of compassion is something we see every day across Vandalia Health. During our recent Gratitude Heals Doctors' Day campaign, we received an outpouring of messages from patients and families recognizing our physicians for their kindness, attentiveness, and dedication. Words like compassionate, thoughtful, and truly caring were shared time and again — a testament to the extraordinary care our providers deliver.

From West Virginia to Haiti, the impact of that care reaches far beyond our walls.



# VANDALIA HEALTH DRAGON BOAT FESTIVAL



The second annual Vandalia Health Dragon Boat Festival is quickly approaching, and we hope you will join us at Stonewall Resort on June 20 as we get ready to paddle with purpose. Proceeds from this year's event will continue to support clinical expansions at Mon Preston Memorial Hospital and Mon Stonewall Jackson Memorial Hospital, helping ensure our communities have access to the high-quality care they deserve.

For those new to dragon boat racing, the sport's history is rooted in ancient Chinese traditions dating back more than 2,000 years. The modern version of the sport began in Hong Kong in the 1970s and has since grown into one of the fastest-growing team sports in the world. Nearly 50 million people participated last year, and there is even a movement to make dragon boat racing an Olympic sport.

Dragon boat racing is truly a sport for everyone. No experience is necessary, and teams include people of all ages, abilities, and backgrounds. In addition to being a fun and exciting competition, the sport promotes fitness, teamwork, and meaningful connections within the community.

Whether you are returning for your second year on the water or considering joining for the first time, this year's festival promises to be another memorable day in support of a great cause.

Sponsorships and paddler registrations are now available, and spectators are welcome to attend at no charge.

Please visit [MonHealth.com/DragonBoats](https://MonHealth.com/DragonBoats) to learn more or to become a sponsor.



# UNDERSTANDING STRESS AND ITS IMPACT ON YOUR HEALTH

Stress is a normal part of life. In small amounts, it can help motivate us to meet deadlines, solve problems, and respond to challenges. But when stress becomes constant or overwhelming, it can take a serious toll on both physical and mental health.

## **What Exactly Is Stress?**

Stress is the body's natural response to pressure or change. When you feel stressed, your body releases hormones such as adrenaline and cortisol, triggering the "fight or flight" response. This reaction can be helpful in short bursts, but when stress continues for weeks, months, or even years, it can begin to affect nearly every system in the body.

## **The Effects of Long-Term Stress**

Chronic stress has been linked to a wide range of health concerns, including:

- High blood pressure and heart disease
- Weakened immune system
- Trouble sleeping
- Anxiety and depression
- Digestive problems
- Headaches and muscle tension
- Difficulty concentrating and memory problems

Over time, untreated stress can increase the risk of serious conditions and make it harder for the body to recover from illness.

## **Healthy Ways to Cope with Stress**

While we cannot eliminate stress completely, there are healthy ways to manage it and protect your well-being:

- Stay physically active, even a short daily walk makes a difference
- Maintain a regular sleep schedule
- Eat balanced, nutritious meals
- Take breaks from screens and news when needed
- Practice relaxation techniques such as deep breathing, stretching, or meditation
- Stay connected with family and friends
- Talk with your healthcare provider if stress feels overwhelming

## **When to Seek Help**

If stress begins to interfere with your daily life, work, or relationships, it may be time to seek professional support. Managing stress is an important part of staying healthy, and help is available at Vandalia Health.

Taking care of your mental and emotional health is just as important as caring for your physical health. *This month, we encourage everyone to slow down, check in with themselves, and make stress management a priority.*