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March 10, 2006

Dear Friend of the Surry County Health Foundation:

Since its founding in 1986, the Surry County Health Foundation has been at work enhancing the health of the residents of Surry County. Over the past two decades, the Foundation has made significant contributions to our community. The foundation has been instrumental in a number of programs that help to protect and to promote good health.

Allow us to share some of the worthwhile efforts you support through your gifts to the Health Foundation.

- Students at Mount Airy Middle School are being involved in selecting healthier food choices through the “PAWS CLUB”. The goal of this program is to get half of the students to improve their nutrition and to get more physically active.
- Research shows that reaction time is critical when someone suffers a heart attack. Students, staff, parents and visitors are safer in the Elkin City Schools, thanks to foundation support which help place three defibrillators in the schools.
- Disease management and good nutritional habits are important factors for anyone with diabetes. The Health & Nutrition Center has a certified diabetes program with monthly sessions that teach diabetics how to live with diabetes. The foundation supports these meetings by providing healthy snacks which reinforce the education provided.
- The Health & Nutrition Center received a call last year from a woman who had several medications for chronic conditions. She had lost her job and insurance coverage and could not afford the medications, one of which was for a heart condition. Through our medication assistance, we provided the necessary medications for her until she could find other coverage.

With March as American Nutrition Month, it's a good time to pause and consider the work that needs to be done. The efforts of the Foundation are as important as ever and we are committed to supporting healthy futures for our children and families. You can help with your gift of financial support. The Foundation welcomes honorariums and memorials. I urge you to consider a donation to support the Health Foundation in its vital goal of ensuring that our citizens have a healthy life. This year is the 20<sup>th</sup> Anniversary of the Health Foundation. With the many gifts received over the years, just look at what's been done. Imagine what is still to be done. Won't you consider a minimum of \$20 in honor of the Foundation? **Your tax-deductible donation can be sent to the Surry County Health Foundation, 118 Hamby Road, Dobson, NC, 27017.**

Thank you for considering the Foundation in your giving.

Sincerely,

David Stone  
Health Director

Don Matthews  
President, Surry County Health Foundation

Yes, I would like to make a donation to the Surry County Health Foundation and have enclosed my tax deductible check in the amount of:

\$25  \$50       \$100       \$250       Other \_\_\_\_\_

My donation is in memory of \_\_\_\_\_ or in honor of

\_\_\_\_\_.