

It is a Family Affair - Raising Awareness for Good Mental Health

Cambridge, Maryland

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As we gear up for our 2014 event to be held on May 10th, the Eastern Shore Hospital Center Auxiliary would like to extend a sincere thank you to the Dorchester community for its continuing support of our efforts to reduce the stigma associated with mental illness.

The 2013 Great Chesapeake Bay Wellness Race & Family Walk was a rousing success, with approximately 300 people on hand and more than 200 runners and walkers registered. As in the past, all proceeds directly benefited our patients, residents and special programs. One such program allowed us to have local watercolor artist, Jeanne Ewell work for eight hours within our Art Therapy Program. Secondly, we were able to bring in Guest Clay Instructor, Margaret Boozer from Red Dirt Studio. Margaret secured 1,000 year-old clay from ‘The Hill’ House project in Easton. The patients then created clay plaques using the ‘red’ clay from the oldest free African-American neighborhood in the United States.

Comments from last year’s participants are very encouraging: Pharmacist, Marisa Morris shared the following – *“The children loved it. It is a great way to get some energy out of them and benefits a great cause – the patients and residents of the Eastern Shore Hospital Center in Cambridge. Both Ashley and Landon were very proud of themselves for being the first walkers over the line...they still talk about it. I think it is a good confidence booster for them.”*

The purpose of this event is to create awareness about mental health issues and stigma associated with this disease.

The level of personal challenge is completely up to each participant – walker or runner. The River Marsh Golf Course at the Hyatt Regency Chesapeake Bay Golf Resort & Marina is second to none. Chip timing is used for the race through OC Tri Running.

Eastern Shore Hospital Center staff member, Jennifer Harrington's entire family participated in the Family Walk. Jenny's along with her family's testimonials say it all... *Chase H. - "I ran the whole time and I'm only 7. It was great! We had a good breakfast too."* *Kendall H. - "I had fun. Daddy carried me on his shoulders and I got a t-shirt to wear."* *Jenny H. - "A fun day with the whole family. The course was beautiful. What a nice way to raise money for the patients at Eastern Shore Hospital Center."*

This year's Wellness Race and Family Walk will be held on Saturday, May 10, 2014 beginning at 8:00 AM. Participation fees for the race for adults are \$30 pre-registration for the 10K run and 3K Walk and \$35 day of race. There is no fee for youth under 12. The fee includes a commemorative tee shirt, refreshments, post-race breakfast and prizes.

Businesses, organizations and other individuals are encouraged to enter a team of 5 individuals for a reduced fee of \$125. (\$150 on race Race Day). All teams will be listed in the Race Program.

Trophies and medals will be awarded for top male/female runners in the following groups: under 18, 18-29, 30-49, 50+.

Please join the Eastern Shore Hospital Center Auxiliary & the Hyatt Regency Chesapeake Bay Golf Resort, Spa and Marina in Cambridge, to celebrate May as National Mental Health Month to help raise awareness for good mental health.

The Great Chesapeake Bay Wellness 10K Race and 3K Family Walk will help raise funds for direct patient services supported by the Auxiliary such as the horticulture and art therapy programs, indigent patient funds, annual patient art show and special patient activities.

For donation, participation or sponsorship information, please contact Judy Slaughter, Volunteer Services Coordinator at [410-221-2358](tel:410-221-2358). To register use the registration form located on the hospital's website page or email JUDITH.SLAUGHTER@MARYLAND.GOV for a registration/pledge form.