



**JUST GETTING STARTED**, Deanna Castle (above) headed to the upper rim of the old Sappa Lake bed during the Decatur County Hospital's annual Community Walk on Thursday.

Emergency Medical Technicians Chris Koerperich, Gaylen Huntley and Karen Waterman (below) helped grill hot dogs to serve the walkers.

## Families and friends take a walk in the park

Some walked on the road curving up towards the highway, others on the freshly mowed trails, while others rode their bicycles.

Some walked with their friends, some with their kids and others walked their dogs.

Deb Klima, respiratory care manager, and one of the organizers, said 110 people took part in the Decatur County Hospital's annual Community Walk on Thursday afternoon and evening at Sappa Park.

The hospital has held the walk for at least the past five years, she said. It started as a hospital staff event, she said, with employees walking from the park entrance down the paved road. Then the hospital would provide a little snack. When the walking trails opened up, said Mrs. Klima, they moved the event down by the shelter house. The walk started at 4 p.m. with just a handful of people. Within an hour, though, there were a lot more out walking around.

The walk, she said, is part of the observance for Hospital and Nursing Home Week. The hospital is a health care facility, she said, and part of the job is promoting preventative exercise.

Walking is important because it's good for the heart, for stress control and for relaxation. People should walk three to five times a week for 20 to 30 minutes each time, Mrs. Klima said, but not just a leisurely walk. To do any good, people need to get their heart rate up each time.

Volunteers from the Decatur County Ambulance Service grilled hot dogs at the shelter house, which they served with bags of chips and bottles of water. The hot dogs



**WITH HER ARMS FULL** of boxes of coffee mugs, Deb Klima, respiratory care manager at Decatur Health Systems, got ready to hand out the gifts to some of the adult walkers.

were provided by the hospital, as lunch bags they handed out to all were the coffee mugs and insulated participants.



**ON THE PLAYGROUND** at Sappa Park, Mollie Tate and little sister Jessie (above) played while Kim Weishapl (left) and Jackie Anderson headed up the road.



— Herald story and photos by Kimberly Davis