



Newman Regional Health  
Business Development  
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[www.newmanrh.org](http://www.newmanrh.org)

**FOR IMMEDIATE RELEASE**

**June 3, 2020**

**Capitol Federal Foundation® Awards \$10,000 in Grant Funds to Becoming a Mom Program**

(Emporia, KS) — Newman Regional Health Women’s Life Center announced receipt of a \$10,000 grant from Capitol Federal® through the Capitol Federal Foundation to support their Becoming a Mom education program.

Becoming a Mom is a free prenatal education program offered to pregnant women in Lyon County and surrounding areas. The goals of the program include:

- Providing moms-to-be with information about prenatal care.
- Developing a supportive environment that fosters healthy behaviors.
- Overcoming barriers to care.
- Encouraging interaction between facilitators and program participants.
- Helping participants become more intentional about making positive choices and to change behaviors in order to benefit baby.
- Raise expectations for positive and healthy birth outcomes.

Newman Regional Health partners with Flint Hills Community Health Center to offer the free program to community members. Each registered participant attends a weekly Tuesday evening session over the course of 6 weeks. For more information about the program, or to register for an upcoming session, visit <https://www.newmanrh.org/bam>.

“Becoming a new parent is both a wonderful and scary experience, even for mothers who have already had children. Each pregnancy and each birth is unique and parents can experience different emotions and circumstances. If we can help new mothers become more knowledgeable about their pregnancy and about early childcare, the more likely the mother and child will be healthy,” said Heather Aylward, Director of the Women’s Life Center at Newman Regional Health.

“Thanks to a \$10,000 award from Capitol Federal Foundation to be used for supplies and equipment, our largest prenatal education program offered by the Women’s Life Center will be able to continue providing essential education to expecting mothers. Newman Regional Health is grateful to Capitol Federal Foundation for its financial investment in improving the health outcomes of mothers and newborns,” said McKenzie Cinelli, Director of Business Development at Newman Regional Health.



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“Through the Capitol Federal Foundation, CapFed® is proud to grant this funding to Newman Regional Health. Financial and community well-being are priorities at Capitol Federal. We know this donation will be implemented to best help expecting mothers and their babies,” said Capitol Federal Emporia Branch Manager, Clare Spellman.

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**About Newman Regional Health:** Newman Regional Health is a not-for-profit 25-bed Critical Access Hospital owned by the citizens of Lyon County, Kansas. Recognized as a Level 4 Trauma Center, Newman Regional Health provides inpatient acute and medical rehabilitation services along with a full range of emergency and outpatient care to patients of all ages in Lyon County and surrounding areas in East Central Kansas. Newman Regional Health offers 24/7 care with a newly renovated, state-of-the-art 19-bed emergency room and 10-bed Clinical Decision Unit. With a mission to improve health in the community by providing high quality care and a vision to be a valued, trusted partner and regional provider of exemplary services, Newman Regional Health receives recognition as a top Critical Access Hospital each year.