

EXPEDITIONS



Himalayan Panorama – View from Tingboche Monastery, near Mount Everest. As the visible full moon sets, the rising sun illuminates the mantle of the snow and ice capped range.

Walter Glover had a dream to climb all Seven Summit mountains. Since 2007, he climbed on five of the seven, and then headed to Rainier to qualify for the other two. A fall led to three aneurysms and open heart surgery prompting him to re-imagine his quest. His advocacy for youth weight management prevention / treatment and for senior wellness, led him to Spain and El Camino. There the mountains are only 5,000 feet high while the pilgrim journey is 500 miles long. “Buen Camino.”

2014		
El Camino		500 miles
2012-13		
Mount Rainier Summit		14,411 feet
The Cleaver	✓	11,065 feet
Muir Hut	✓	10,080 feet
2012		
Mount Aconcagua Summit		22,841 feet
Independencia Hut +	✓	21,063 feet
2011		
Mount Kosciuszko Summit	✓	7,310 feet
2010		
Mount Elbrus Summit	✓	18,513 feet
2009		
Mount Kilimanjaro Summit	✓	19,340 feet
2007		
Mount Everest Summit		29,035 feet
Base Camp	✓	17,600 feet

St. Vincent Salem Hospital
911 N. Shelby Street, Salem, IN 47167

St. Vincent Dunn Hospital Foundation
1600 23rd Street, Bedford, IN 47421

St. Vincent Jennings Hospital Foundation
301 Henry Street, North Vernon, IN 47265



El Camino

2 Trek 4 Kids

El Camino
1 Sept–13 Oct 2014

Downsizing Youth Obesity
L.I.F.E. for Kids
Lifetime, Individual, Fitness and Eating
A holistic healthy lifestyle program for children



*St. Vincent Salem,
St. Vincent Dunn and
St. Vincent Jennings
Hospitals*



NO FINISH LINE

Since 2007, Walter Glover has been busy in his “free” time: He has climbed on five of the world’s Seven Summits mountains, climbed twice on Mount Rainier, bounced back from three recent aneurysms and open heart surgery, and helped found three youth obesity prevention/treatment – weight management programs. In Autumn 2014, the 66 year old chaplain, retired from St. Vincent’s southern Indiana hospitals, celebrates his new found wellness with another ambitious expedition – the 500 mile trek across Spain known as El Camino, The Way of St. James. This trek is the equivalent of 35 mini marathons in 40 days.



Raegan, age 13
Salem

Walter’s fund-raising climbs have helped create three clinical programs to combat youth obesity at Salem, Bedford, and North Vernon, in rural southern Indiana. Each small community is home to a St. Vincent Hospital ministry. There, staff registered dietitians, physical therapists, and behavioral therapists provide information and coaching to children and their parents on how to lose weight and keep it off. The emphasis is on increasing knowledge and building behavior management skills so kids can make good nutrition, exercise and wellness choices.

The expeditions have raised more than \$110,000. Donations, largely used for scholarships, support the programs 1 in 3 Indiana children and families need in order to live healthy and productive lives. Wally pays all of his own expedition expenses. Your generous donations, and his efforts, help fight youth obesity amid struggles for funding.

“Please partner with us to fight one of the most serious issues Indiana kids face. Accept this invitation to empower children to become adults who know how and why to choose wellness behaviors. There are no finish lines in helping kids,” Wally said.

Follow along on Wally’s 40 day pilgrimage of 500 miles across Spain at

2trek4kids.org

and post a message of support.
Thank you.



Saint Vincent Salem and Jennings
Clinical Coordinator, Jackie Kramer,
Registered Dietician Certified with
Chloe, age 11, Salem.

L.I.F.E. for Kids (Lifetime Individual Fitness and Eating) hospital-based clinic programs help southern Indiana children and families learn how to lose weight and keep it off. Our emphasis is to increase knowledge and build behavior management skills so kids make good nutrition, exercise and wellness choices.

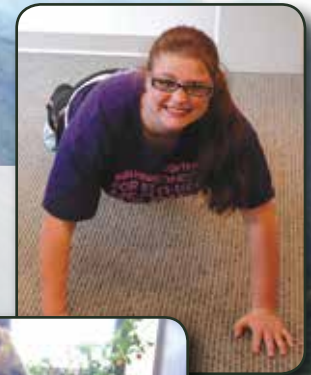
FAST FACTS – YOUTH OBESITY

- Overweight is now the most common medical condition of American children
- 1 in 3 Indiana children are clinically overweight or obese
- 40% of today’s children are expected to develop Type 2 Diabetes during their lives if there is no change

*You
can
help!*



Cari Littrell, Registered
Dietician Certified at
Saint Vincent Dunn, Bedford.



Andrea, age 17
North Vernon

Expedition blog: 2trek4kids.org
Contact Wally at: waglover@stvincent.org

Yes... I WANT TO HELP WALLY TREK ACROSS SPAIN FOR KIDS’ HEALTH!

- Enclosed is my check for \$ _____
- I pledge \$1.00 for every mile Wal walks
- I would like to remain anonymous

NAME: _____

ADDRESS: _____

PHONE: _____

E-MAIL: _____

(to receive blog reports and pictures)

Checks should be payable to your choice of the following:

St. Vincent Dunn Hospital Foundation
1600 23rd Street, Bedford, IN 47421

St. Vincent Salem Hospital
911 N. Shelby St., Salem, IN 47167

St. Vincent Jennings Hospital Foundation
301 Henry St., North Vernon, IN 47265

All contributions are tax deductible to the maximum extent allowed by law.