

# Advancement

Advancing Premier Regional Community Healthcare

WINTER 2014



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NINETEENTH ANNUAL

# Tree of Remembrance

*Frontier Mall, Dillard's West*

Help us to honor the memory of those who are no longer with us and those who continue to touch our lives. Donations may be made at the tree between December 6 and December 24. All donations will support Cheyenne Regional Hospice services and programs.

**For more information,  
please call 633-7667.**



Cheyenne Regional  
Foundation



# Advancement

Volume 17, Number 4 | Winter 2014

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**Cheyenne Regional  
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Message from  
**Carol Merrell**  
*Foundation Chair*

*The Foundation Board and staff extend a sincere thanks to Carol Merrell for serving as Board Chair in 2014. Thank you Carol for helping us achieve another year of solid growth!*

My year as Board Chair has flown by, partly because of all the changes the Foundation is going through. It's been a satisfying, but busy year.

Recently, we selected a new investment firm to manage our endowment funds. Per policy, every five years we submit an RFP to hire or retain an investment firm. After a very thorough process, led by Dr. Sandra Surbrugg, Investment Committee chair, rich input from many people, and scrutiny of the final three firms, we selected RBC Wealth Management of Cheyenne. They are a solid firm with a good track record, and having them right down the block will be a bonus.

As you may know, Dave Foreman has retired from the Board after 15 years. What an enormous job he did getting the endowment program rolling! He established a solid funding process to ensure the money we give to hospital departments is needed and well used. He created a review process where committee members go on site to observe funds in action. Under Dave's sharp eye the fund has been well utilized. We are now able to award 4% of our investments, nearly \$425,000 in 2014.

On another note, I'd like to welcome Ashley Breton to the Foundation team. You can read about her in this issue. Ashley is very down to earth and smart. She has a PhD and a strong ability to think outside the box. I'm pleased that she has joined the Foundation staff. And I would like to thank all of the Foundation staff for their help during my chairmanship. Also, thanks to John Balsler for his guidance this past year.

The Board anticipates that Carmalee Rose will be elected Board Chair for 2015. I welcome her to the position and have confidence that she will do a wonderful job and carry forward a strong commitment to the Foundation.

This holiday season please consider honoring a loved one, as I honor my own mother, at the Tree of Remembrance event that runs through December. Let's also remember and honor Amy Davis. Great people who give of their substance, not just what they have left over, make many lives richer besides their own.

**2014 Board Officers:**



**Carol Merrell**  
*Chair*



**Carmalee Rose**  
*Vice Chair*



**Fran Naler**  
*Treasurer*



**Carol Waeckerlin**  
*Secretary*

# Hospitalists Benefit Patients and Healthcare as a Whole



*The hospitalist team from left to right: Tanya Jones, Tenley Roeder, ACNP, Carissa Pereda, MD, Houssam Marwany, MD, Roberta Whalen-Lomax, RN, Stan Hartman, MD, Mompoloki Nkhumane, MD, Jim Hejmanowski, MD, Cherry Valino, MD, Kiran Panuganti, MD, Sahar Abdelqader, MD, Renee Krysal, RN. Not pictured: Rodolphe Taby, MD, Vineela Battini, MD.*

The landscape of healthcare is changing. Whether it's due to healthcare reform or simply a realization that the system needs improving, it seems everyone—from hospitals, doctors, insurance companies, the government and patients—are considering how we can better give and receive healthcare.

Healthcare reform is demanding more of hospitals and providers across the nation. Viewpoints are shifting towards the idea of working together as a team to serve the community as a whole. No longer is it enough to treat a patient in the hospital, help them get well and release them. There's a greater focus on following that patient after discharge and taking steps to make sure they are not readmitted due to inadequate aftercare or education. Reimbursements for Medicaid and

Medicare are now based on outcomes, such as readmission rates and length of stay.

This shift has created a trend amongst hospitals across the nation to employ hospitalists to serve as the patient's doctor while they are in the hospital. Hospitalists are a key player in creating good outcomes for both patients and the healthcare system as a whole. Traditionally, your doctor manages your care at the hospital. Today more often than not a hospitalist (usually a family medicine or internist physician) manages your care during your hospital stay.

## Benefits to the Patient

“There's several benefits to having hospitalists—who act as your personal physician in the hospital—provide care rather

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## Hospitalists Benefit Patients and Healthcare as a Whole

*continued from page 3*

than your primary care physician. For starters, we are here 24/7 and can see you quickly and as needed throughout the day,” says Tenley Roeder, the first acute care nurse practitioner (ACNP) to join the staff of 10 medical doctors that make up the hospitalist team at Cheyenne Regional.

Another benefit to patients is that they can be discharged more quickly—sometimes that means going home a day earlier than you would have if you were waiting for your doctor to release you.

“To be released, patients must have a doctor sign off that they are well enough to go home.

Hospitalists can do that into the afternoon where a doctor might not get back to the hospital in person or over the phone until late in the day—making a patient stay an extra night,” Roeder states.

“Shortening the length of stay and lessening complications are documented results of having hospitalists manage patient care,” says Dr. Stan Hartman, president of the Cheyenne Regional Medical Group and a

hospitalist at Cheyenne Regional.

Rest assured that the hospitalist who is caring for you keeps your doctor informed on your condition and your care. The hospitalist along with inpatient and outpatient managers, are in



*Dr. Marwany, Hospitalist Medical Director, Dr. Hartman, CR Medical Group President and Tenley Roeder, ACNP, Director of Hospitalist Advanced Practice Providers Services head up the hospitalist team.*

contact with your doctor’s office, even setting up a follow up appointment.

“Our job is twofold—to give patients the best care while they are here so they have good outcomes, and to coordinate their care with outpatient providers. We try our best to integrate the overall system into one system,” Hartman states.

The hospitalists are committed to providing continuity of care: “Whenever possible, we see the same patients from admission to discharge,” Hartman adds.

### Helping the System Run More Smoothly

Likely, you’ve never considered what it takes to have your doctor come to the hospital. Since they have a full load of patients scheduled in the office they either have to cancel appointments to go to the hospital or come early in the morning to see you when you are barely awake to ask and answer questions.

“Outside doctors often find it hard to maintain their office and see patients in the hospital. That’s where we come in,” Hartman says. “Initially, patients wonder why their regular doctor is not coming to see them but more and

“All of our hospitalists at Cheyenne Regional have completed their residency in the United States and are American board certified. We seek out and hire the best.”

—Dr. Stan Hartman,  
President of the Cheyenne  
Regional Medical Group

## Hospitalists Benefit Patients and Healthcare as a Whole

*continued from page 4*

more patients are realizing that hospitalists are part of the landscape and they come to appreciate that we are here for them,” he adds.

Having hospitalists manage a patient’s care rather than an outside physician means more physicians are available to see patients in the community. Increasing access to healthcare is something all communities are considering, with over 30 million more Americans insured and able to see a doctor when needed than before.

“There is a shortage of primary care physicians in this community. We help lighten that demand,” Roeder says.

Hospitalists know their way around the hospital and work well with staff nurses, making patient care run more smoothly. “Nurses appreciate having direct access to providers to clarify orders or to take a look at a patient when a concern arises. It’s really about availability,” Roeder adds.

It means making a shift for all of us to start thinking about healthcare from a community viewpoint. “Hospitalists are a growing area of medicine. It supports healthcare reform goals of preventing readmission, improving continuity of care and care transitions, and improving patient satisfaction scores,” Roeder concludes.

“A lot of patients wonder what the qualifications are of hospitalists at Cheyenne Regional, as we have a number of foreign born doctors. Yet everyone we hire has completed their residency in the United States and is American board certified,” Hartman concludes.

Next time you or a loved one goes to the hospital you’ll likely have a hospitalist caring for you. No doubt you’ll appreciate having them available when you need them and the high quality care they provide.

### Cheyenne Regional Hospitalists

**Sahar Abdelqader, MD**

American Board of Internal Medicine

**Vineela Battini, MD**

American Board of Internal Medicine

**Stan Hartman, MD**

American Board of Internal Medicine

**James Hejmanowski, MD**

American Board of Family Medicine

**Renee Krysal, RN**

Registered Nurse

**Houssam Marwany, MD**

American Board of Internal Medicine

**Mompoloki Nkhumane, MD**

American Board of Internal Medicine

**Kiran Panuganti, MD**

American Board of Family Medicine

**Carissa Pereda, MD**

American Board of Internal Medicine

**Tenley Roeder, ACNP**

Advanced Care Nurse Practitioner

**Radolphe Taby, MD**

American Board of Family Medicine

**Cherry Ann Valino, MD**

American Board of Internal Medicine

**Roberta Whalen-Lomax, RN**

Nurse Practitioner

*Having hospitalists manage a patient’s care rather than an outside physician means more physicians are available to see patients in the community. Increasing access to healthcare is something all communities are considering.*

# Q & A with Dr. Margo Karsten

Chief Executive Officer of Cheyenne Regional

Each quarter, *Advancement* sits down with the hospital's CEO to gain insight into current happenings within the system and to reflect on the landscape of healthcare in our community and beyond. Here's a recap of our discussion with Dr. Margo Karsten, CEO.



*Dr. Margo Karsten,  
CEO of Cheyenne Regional*

**Q: You are out and about in the community quite a bit, enhancing community partnerships and making connections. Can you tell us about that?**

A: It's important to me to be accessible to the community and to form partnerships with other leading organizations so together we can enhance healthcare delivery in our community. In the fall, I was invited to speak at a University of Wyoming's MBA program event. My message was that healthcare is a good option for MBA students, and we encourage UW students to apply at Cheyenne Regional because we value keeping Wyoming people in Wyoming. I am also pleased to be a part of the Cheyenne LEADS board and stay abreast of economic and growth opportunities in Laramie County and to serve on a taskforce to enhance employment opportunities in the County. I was also honored to be a part of the Vision Council for our community through United Way, and having played a part in the "All roads lead to Cheyenne" video with Mayor Kaysen.

**Q: How about internally at the hospital, what's happening that's exciting?**

A: What's exciting is we as an organization continue to work on our overall strategy, focusing first on our employees. "Best Place to Work" is a strategic focus that has been in place for

years. Annually, an employee engagement survey is completed and once the results are compiled each department completes an action plan with their team. Literature supports that when organizations focus on creating a culture where employees are highly engaged, all other outcomes improve. Ninety-nine percent of our departments have completed their action plans, and throughout the year we will be doing mini surveys to make

sure we are moving the level of engagement in a positive direction.

On the more fun side of things, we were happy to be a part of the downtown Christmas parade on the Saturday following Thanksgiving. Our employees, led by Brad White, built an amazing float for the light parade with the theme "A Christmas Story." In addition, the leadership team and board members have decided that the best teambuilding exercise we can do is to volunteer in the community and at Cheyenne Regional. In October, we spent two hours working beside the hospital's aesthetic group pulling weeds and beautifying the grounds. Many of us gave up our lunch hour to help out. It helped us realize just how much property we have to maintain and to really appreciate all the good work the ground crew does. In the next few months, we will be teaming up with Element Church in Cheyenne to fill backpacks with non-perishable food for elementary students who might otherwise not have enough to eat over the weekends. We'll pick a different organization each month throughout the year to do intentional volunteer work as an organization.

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**Q: Can you give us an update on the lobby construction project?**

A: We are wrapping up the project and soon will have an open house to unveil the reconstruction. The lobby remodel is one of the last outcomes of the successful bond measure of 2011 to repair and upgrade the hospital. We've completed work on the parking structure, cancer center and emergency department already. When the pipe broke it became an opportune time to complete the work on the lobby. We thank the community for their patience and realize that it's been challenging. We appreciate our volunteers and staff for walking people to where they need to go. It's satisfying to have it nearly completed.

**Q: Cheyenne Regional has won quite a few awards recently. Can you tell us about them?**

A: Lately there have been several awards that affirm our good efforts in different areas. The Becker's Hospital Review named CRMC a top 100 "Great Community Hospital" in the nation. It's a tremendous honor for our hospital and our medical community. We also received three awards from the Wyoming Hospital Association (WHA) for 2014. They named our volunteer program as the most outstanding hospital auxiliary in the state, based on the exemplary service they provide to our employees. The WHA also presented us with the Medicare Commitment to Quality Award and the Medicaid Award for decreasing inappropriate use in the emergency room among Medicaid patients. Also, our nurses continue to be recognized for their good work. Several nurses received DAISY Awards, which is a nationwide recognition program that healthcare organizations can internally implement to reward and celebrate the extraordinary clinical skill and compassionate care given by nurses every day.

Joint Commission recently recognized Cheyenne Regional as a "Top Performer on Key Quality Measures." Heart Attack, Heart Failure, Pneumonia and Surgical Care were named areas where the hospital ensures that evidence-

based interventions are delivered the right way and at the right time. As a top performer, we will be recognized in the America's Hospitals Improving Quality Safety annual report, on the Joint Commission website, and on the Joint Commission Quality Care website. We're thrilled about this achievement.

Finally, earlier this year we received the "Health Care's Most Wired" award from Hospitals & Health Networks (H&HN) for having a state-of-the-art, secure information technology system that helps us provide higher quality, coordinated care to patients. It was a major achievement for our IT department. Jody Siltzer, our director of information technology, completed a lengthy application and showed that we met all requirements in four focus areas: infrastructure, business and administrative management, clinical quality and safety as well as clinical integration. I commend him on a job well done.

We continue to focus on efforts to provide effective and efficient care. Our goal for the coming year is to achieve an "A" rating on the Leapfrog report, which recognizes hospitals for outstanding processes for patient safety. Healthcare will continue to have various public and governmental agencies evaluating and publishing health care data, and Cheyenne Regional Medical Center will strive to achieve the best possible ratings.

In closing, for me the best award is having patients notice our high level of care and to have outsiders visit and see our clinicians providing care in their respective departments. This fall, Senator Mike Enzi and his team walked through the emergency department and cancer center. It was a wonderful opportunity to show Senator Enzi the caring environment we are able to provide to the Cheyenne community. I commend our staff, including all of our physician and colleagues, for the care they provide every day.

# Avoiding Slips and Falls in Your Home

by Jamie McMurtrey, Physical Therapist, Cheyenne Regional

While snowy outdoor conditions pose a risk for falls, fall prevention in the home is just as important to consider this holiday season. Each year, one in three adults aged 65 and older fall. Falls can cause moderate to severe injuries



such as hip fractures and head traumas, and can increase the risk of early death. In 2010, 2.3 million nonfatal fall injuries were treated in the emergency rooms. Fortunately, falls are largely preventable with good habits.

Follow these 10 tips to avoid falls in your home:

1. Use your recommended assistive device at all times, even when taking just a few steps.
2. Adequately light rooms in your home: use nightlights and turn on lights so you are not walking in the dark.
3. Pick up clutter and loose rugs from the floor.
4. Pick up children's toys and pet toys. Watch out for the pets themselves.
5. Dry wet floors.
6. Wear non-slip socks or well-fitting shoes especially on wood or tile floors.
7. Install grab bars in bathrooms and two stable railings on stairs.
8. Never rush to get to the phone or doorbell. If it is important they will wait for you!

9. Be smart and do not participate in risky activities, i.e. climbing step stools or ladders.

10. Stay active and exercise regularly.

Many health issues may contribute to your risk of falls, including muscle weakness, dizzy

spells, arthritis and the use of alcohol. It is recommended that you have your doctor review your medications to avoid taking too many, and report reactions immediately. Have your eyes checked to optimize your vision. Eat healthy and drink plenty of water to avoid malnutrition or dehydration.

Physical therapists can help you address common health issues that increase your fall risk. Request a consultation with your physical therapist to help you improve orthopedic (musculoskeletal) challenges such as weakness or poor endurance in the lower extremities. Physical therapists can also help manage dizziness, recovery from neurological insults, and balance education and rehabilitation. We can help you get on the right path of improving your physical condition.

Don't live in fear of falling or hold a false belief that it will never happen to you. Unfortunately, accidents do happen. You have a one in three chance that it will happen to you this year. To decrease this chance, take action to prevent falls.

*This article is advice only and does not represent medical opinion and/or diagnosis. We do not assume any liability for the information contained in this article.*

## Donor Profile

# Percy "Jim" Trudeau



*Jim and his beloved wife, June.*

It would be hard to find a man who loved his wife more than Percy "Jim" Trudeau. In March 2013, Jim lost his beloved wife June to cancer, something she battled at different times throughout her later life. Yet it rarely slowed her down. Even in the end, it only subdued her for four days before she died peacefully in her own home with the help of hospice nurse Deb Barnes, and Jim at her side. She was 84 years old.

Jim and June lived a full life and had many adventures. Jim describes June as a "gypsy at heart" who was "full of spit and vinegar"—claiming she'd traveled to 100 countries and nearly did so. The couple spent time in Italy, Germany, Jerusalem and Iceland, to name a few. Jim tells how once she was travelling by train across Europe alone when she ended up in a passenger car with three priests—an amusing set up for a woman who wasn't very religious!

"This girl was something else. Other women stand where she stood, but no other woman will ever fill her shoes," says Jim.

The couple was fortunate to have careers that complimented each other well. Jim had a long, interesting career in the armed forces: he served in the army in Korea, and then joined the air

force and was stationed at McGuire Air Force Base in New Jersey, Hamilton Army Air Base in California, overseas in Iceland and Italy, and later at the black hangar in Denver where he dismantled nuclear weapons. His last stop before retirement was at Warren Air Force Base in Cheyenne. June worked in finance for the Air Force and fortunately was able to get a position at or near every place Jim was stationed.

"When I was sent to Cheyenne, June put in a transfer but when we got here they said she didn't have a job. She was a digger that wouldn't quit, so she got a lawyer and before we knew it the Air Force calls and says they have a job waiting for her," Jim exclaims.

June was raised in the coal mining town of Pottsville, Pennsylvania. Her father was a mechanic who worked in the mines. June was one of 12 children. Jim says that's where she learned to penny pinch as the family would go for three or four days without eating.



*Foundation Director Steve Stone assists Jim Trudeau in hanging a plaque to honor his donation in the name of his wife, June.*

*continued on page 13*

# Donor Recognition Dinner

**Thank you to everyone who attended the 2014 Cheyenne Regional Medical Center Foundation Donor Dinner. The event was held on October 28th at Little America. What a pleasure it was for us to formerly recognize so many of our generous supporters.**

## On Giving

*“What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal.”*

– Albert Pike



Marietta Dinneen & Margo Karsten, CRMC CEO



Judy Hinkle & Linda McGuire



David Lind, MD, Robert Prentice, MD & Sandra Surbrugg, MD



Bob & Ernie Shriner



Board of Trustee President Joe Evans & Foundation Chair Carol Merrell



Ron & Janice Thiel



CR Volunteer President Pam Winter & Foundation Treasurer Fran Naler



Kim Johnson, MSN, RN  
Clinical Manager, CRMC



Gale & Leonard Geringer



CRMC Trustees Michelle Mulberry & husband Ron, Janet Marschner, Joe Evans and Bill Larson

## Department Profile Grounds Crew

Have you ever noticed how the grounds at Cheyenne Regional and the Foundation are always beautiful? That’s the handiwork of the dedicated, conscientious grounds crew—Dave, Dallas, James, Rick and Mike. This hardworking team makes it their daily goal to keep the lawns, gardens and sidewalks immaculate and free of debris.

“The guys take great pride in ownership of what they do day-to-day. They compete against each other to see who can do a better job. They are all really dedicated,” says James Smith, Facilities Operations Manager.



*The Cheyenne Regional Grounds Crew. From Left to Right: Dave Moore, Dallas Sanders, James Smith (Facilities Operations Manager), Rick Griego, and Mike Zoss.*

Dallas, who has been a groundskeeper at CRMC for 17 years, has been deemed the “CEO of First Impressions.” Most of the crew has been with Cheyenne Regional for nearly the same amount of time.

“They look at the grounds as a first impression of the facility, and they want them to look beautiful so they reflect the great services that the hospital provides,” James adds.

The crew is responsible for the upkeep of 6.5 acres of grounds around the hospital and nearby clinics. Duties include mowing, trimming, weeding, planting, snow and trash removal, sweeping, sidewalk cleaning and manicuring.

“They start each day with garbage pick up and then pretty much get busy with all other tasks. They set their own schedules and priorities,” James says.

On October 10, the hospital leadership team joined the grounds crew for a few hours of volunteering. “After working on one spot for a long time, you realize how much property we have and what a large task it is. The grounds crew does good work and they never complain,” says Margo Karsten, CEO of Cheyenne Regional.

When needed, the guys go the extra mile and help set up events that take place on the grounds. “I simply call up Dallas and let him know what the event is, and what we need to do as far as furniture or getting areas cleaned up and he and the crew organize it all,” James states.

The crew gets direction when needed from local landscape designers, and also gets help during any snows over two inches from local snow removal companies. When it snows, the priority is clearing the entrances first, to ensure patient safety.

The next time you go to Cheyenne Regional and notice the grounds or a nicely shoveled walk, say a little thanks to the grounds crew guys.

“I know they are recognized by a lot of people. People are always walking by and telling them what a great job they are doing. They are committed to working hard and it shows,” concludes James.

The crew is responsible for the upkeep of **6.5 acres of grounds** around the hospital and nearby clinics.

# Reflections from the Director

By Stephen V. Stone, M.S., CFRE  
Foundation Executive Director

On behalf of the entire Foundation Board of Directors, I want to wish you all a very happy holiday season. Each year at this time we pause to give thanks to our Creator for the food on our table, the family we share it with, and for the peace and prosperity we enjoy here in America. We also pause to reflect on the myriad of things we are thankful for in our lives. One thing in particular we are thankful for at the Foundation is the support we receive from you, our donors. For nearly a century and a half, Cheyenne Regional has enjoyed unwavering support



from the communities we serve. Because of your support and their prudent management, the hospital has never received any tax funding from Laramie County! Through your support we are able to continually upgrade our medical facilities and services to the community, and we thank you for that. As we come to the end of the year, we extend our wishes that you will continue to support us economically as well as emotionally so we can continue serving as **YOUR** community hospital for another 150 years. Thanks for all you do.

## Donor Profile: Percy "Jim" Trudeau *continued from page 9*

Jim was born in Michigan but raised mostly in Prince Albert, Saskatchewan, Canada, where his grandfather homesteaded 100 acres of land.

The two met by chance at a dance and Jim says he chased June for three years; her cousin finally told June 'marry that man or else!' They were married 58 years.

"She was the fiery one and I was calm and quiet. We were meant to mix but I knew she was sort of bossy and if she wanted something it was my job to please her," Jim adds.

Jim tells how he was more of a homebody in his later years, but June still loved to travel. That's why on the way home from getting a series of tests in Denver during her final days, he suggested she visit her friend Shirley in Florida.

"I didn't realize she was so close to the end, but she only lived a few days longer. Ms. Barnes from hospice was an angel if there ever was one and came that night and the next morning and the next. I figured since she was so nice to my Junie in her last few days that the place deserved a half a dollar, and then I decided they needed a little more," Jim concludes.

Jim's generous donation of \$100,000 in honor of his wife, June, will live on in perpetuity helping other patients and their loved ones face their final days with love and care.

## Meet our New Team Member, Ashley Breton!

The Foundation Crew is delighted to welcome Ashley Breton as our new Data Management Specialist. Ashley's attention to detail, strong organization skills, and educational experience ensure our financials are in very competent hands.

Ashley was raised in Cheyenne and has never left, except to commute to Laramie for school to earn her Master's and PhD degrees in reproductive biology. During her graduate studies she had the opportunity to gain experience in data collection, entry and management.

"I like working with numbers and data. Reports and data make sense to me," she says.

Ashley started at the Foundation in October and will work approximately 30 hours a week tracking financials and performing a variety of other duties. She will manage accounts receivable and accounts payable, keep track of donations, work hand-in-hand with the accountant on monthly reports and help in other areas as needed.

"I was told that I would be wearing many hats—which is great with me. I'm excited to be a part of the Foundation, and I look forward to working with everyone on staff," Ashley states.

Ashley and her husband Eric live just outside of town with their three-year-old daughter, Kail. Ashley and Eric have been married eight years—they met in a physics class in college. He is retired from the Air Force where he performed missile maintenance. He currently works in building maintenance for DTZ.



*Ashley Breton, Data Management Specialist for the Foundation*

"As a family, we like to travel when we can. But mostly we enjoy spending time together doing simple things like going on walks, hanging out at home and watching movies," she says.

Ashley enjoys riding with Kail, who has her own pony named Felix. The two enjoy riding around their property. The family owns two Arabians, along with the pony. In the past, Ashley owned an equine business in town.

"Horses have been a passion of mine since I was a child. The goal is to someday ride together in the mountains," Ashley says,

noting that Eric doesn't ride.

Ashley worked previously as a medical assistant and practice supervisor at the Cancer Center at Cheyenne Regional, so she is familiar with the Foundation and the good work they do. She looks forward to learning the new computer systems necessary for her job, and working with donors and board members as well as staff.

"I am thrilled to be here," she concludes.

Stop in and meet Ashley the next time you are at the Foundation office!

"I was told that I would be wearing many hats—which is great with me. I'm excited to be a part of the Foundation, and I look forward to working with everyone on staff"

# All Things Pink in October

Who knew so many people enjoyed wearing pink and raising awareness for breast cancer? In October, Cheyenne Regional hosted its first ever “Think Pink” week. The participation was beyond anything expected. Various hospital groups, including the Foundation, got involved to raise awareness and money to support breast cancer patients at Cheyenne Regional.

In honor of October’s Breast Cancer Awareness Month, the Hospital’s Employee Advisory Board with the Foundation’s assistance staffed a booth in the Greenhouse Grill for one week. We exhibited copies of the breast cancer handbook and other literature provided to cancer center patients free-of-charge. We displayed wigs, hats, scarves, therapies and prosthetics that are provided to patients thanks to the generosity of Foundation donors. It was a successful venture. Approximately \$7,000 was raised and the funds will be used to

replenish the cancer center library and boutique, as needed.

Employees who contributed to the cancer center in October were allowed to wear jeans or colored scrubs for one week—and several took advantage.

CEO Margo Karsten and the

administration team funded pink light bulb covers to turn the cancer center bridge pink in a “paint the bridge pink” event. The light bulb covers will be re-used in subsequent years. Administration thanked the Foundation for our outreach at the University of Wyoming pregame event on October 18, and



*Cheyenne Regional staff kick off Think Pink week with an information booth in the lobby.*



*A Pink Glove Dance Group shows their style and support for all things pink!*



*Zumba Glow Party at Gold's Gym.*

also thanked the hospital’s Employee Advisory Board for coordinating the fundraiser.

Even community groups got involved. The Gold’s Gym staff and members raised \$385 at their Party-in-Pink and donated it to the cause. They hosted a rockin’ zumba glow party to raise the funds.

Finally, if you haven’t seen the Pink Glove Dance 2014 yet, you need to visit Cheyenne Regional’s Facebook page ([www.facebook.com/crmcwv](http://www.facebook.com/crmcwv)). Foundation staff, along with several members of the medical team and support staff got together to create an entertaining video to raise awareness for breast cancer. There are quite a few amazing dancers, including our own Steve Stone who kicks up his heels!

It’s great to live in a community and work at an organization that gets involved for a good cause, and isn’t afraid to wear pink!

## Board Profile

## Dr. Jean Halpern

Dr. Halpern is no stranger to the Board of Trustees. Since he joined in 2008 he has held various positions, including president. Currently, he is chair of the quality committee and serves on the strategic planning committee, the medical staff executive committee, and as the representative on the Wyoming PACE board.



*Dr. Halpern*

“What’s rewarding about being on the board today is that we’ve expanded our focus from only looking at capital to also discussing the quality of healthcare we are delivering, and how the hospital fits into the equation of population health,” says Halpern.

Dr. Halpern sees the hospital as one stop along a continuum of care. He’s pleased that Cheyenne Regional is adopting a broader view of healthcare, and taking a more community health approach that supports patients before, during and after hospital care.

He sees the Foundation’s work to expand the Pine Bluffs clinic as a piece of that community health puzzle, and as a good example of how Cheyenne Regional is being proactive in its efforts to make sure healthcare is accessible to all Wyoming residents. He likes that the hospital is offering telemedicine to remote areas, and would like to see that expanded.

Dr. Halpern was the first nephrologist in the community upon his arrival in 1982. During his 30 years in private practice in Cheyenne in nephrology and internal medicine, he expanded the first dialysis program, coordinated care with transplant centers, and created a kidney disease management program. Dr. Halpern was Chief of Staff at Memorial Hospital in the late 1990s, and also led the education committee at Cheyenne Regional for over 20 years.

In retirement, Dr. Halpern and his wife Salli stay active in the community and fill their days with meaningful activities, such as volunteering, gardening and caring for their grandchildren in the mornings before school.

Dr. Halpern is a lifetime learner and since retirement has been taking history, philosophy, art, religion and music classes online. He holds a

Master’s in Business Administration (MBA) that he completed several years ago so he could learn more about the business world. He also enjoys photography.

Salli is an artist who works in fused glass – warm glass, spending time nearly every day at her kiln. She worked as a rehabilitation physical therapist before

retiring. The two met during Dr. Halpern’s graduate studies in New York City. Around that time, Dr. Halpern completed a military tour in Vietnam as an artillery staff officer, and years later joined the National Reserve and the National Guard.

“After completing medical school, we moved to New Mexico and realized we enjoyed living in the West. Coming to Cheyenne was an easy transition, and we’ve been here ever since,” he adds.

The couple has two children—David and Rachel. David has served in active duty in the Army for the past 10 years and completed tours in Afghanistan and Iraq. Rachel settled in Cheyenne and has two children, Ace (13) and Isaac (6).

“I’ve really enjoyed my time on the Board of Trustees. It has motivated me to further research healthcare delivery in this country. It’s postulated that 30 cents of every healthcare dollar is wasted, and if, as a national system, we could recover just a nickel of that cost we’d have enough to successfully care for many of the uninsured and underinsured,” Dr. Halpern states.

He believes that Cheyenne Regional is moving in the right direction to improve regional healthcare delivery in a more efficient way. He is a proponent of the Institute for Healthcare Improvement’s Triple Aim approach—improving the patient experience, improving the health of populations and reducing the per capita cost of healthcare. He believes taking a community approach to healthcare is part of the solution.

“The board has an active role in improving the health of our community. Hospital care is becoming more than care in the hospital but also pre-hospital preventive care and post-hospital transition to recovery and optimal wellness,” he concludes.

# Art to HeART: A Pathway to Healing through the Cancer Journey

Through a grant from the Wyoming Arts Council, the Foundation is supporting the use of art to help bring about healing for cancer patients at the hospital. The Art Therapy Program at Cheyenne Regional will explore the relationship between health and creative expression through classes for cancer patients.

The main objective of the workshops are to help patients express themselves and to talk to patients about their emotions and concerns as they relate to their creations. Doing so may help patients process hard to talk about emotions, or ones that may not yet be fully formed. Patients will also get the chance to look at pieces of art and talk with the artist about what they have seen and how it makes them feel.

The foremost goal is to nurture and improve the health of individuals and the quality of life in our community. Healing is more than getting quality medical care. The hospital is working to create an environment that exceeds the boundaries of traditional medicine and use the power of the creative process of art as a healing force. There is a growing understanding of the intricate relationship between many types of health disorders and the personal experience of emotions, stress, attitudes and beliefs. If we can have a positive impact on these factors we can reduce the burden of illness.

Medical practitioners are discovering that art, music, dance and poetry have profound healing



effects, and are now working with artists and musicians to heal people of all ages with many conditions -- including cancer. The world is discovering that art combined with traditional medicine is a powerful tool. Hospitals all over the world are incorporating art into patient care. Cheyenne Regional wants to be an active participant in this progressive ideology. Art cracks the sterile space of fear patients can live in, and opens them to the joys of the human spirit. The spirit freed then helps the body heal.

The Foundation supported this grant because we recognize

that much has been learned already about the benefits of art in preventing illness and generating a sense of wellbeing, and we would like cancer patients to experience that benefit. We also wanted to support the cancer center in offering complementary therapies along with the traditional to promote healing and enhance quality of life for our patients. Art therapy adds to meditation, yoga and the healing garden already available for patients and families.

Medical practitioners are discovering that art, music, dance and poetry have profound healing effects.

Classes will begin in spring 2015 and will be led by local art therapist Andi Berry and artist Kathleen Jacobsen.

# 2014 Grants

The Foundation Board granted the following requests from the listed departments at Cheyenne Regional with endowment fund dollars. The Endowment Advisory Committee meets bi-annually to review and reward grant requests. This represents all grants in 2014.

Acute Rehabilitaion-Bariatric Bench, Commode and Recliner	Mar-14	\$2,200.00
Acute Rehabilitation Unit-1 CPM Machine & Patient Education Binders	Sep-14	\$3,745.00
Acute Rehabilitation Unit-16 TV's	Mar-14	\$7,500.00
Acute Rehabilitation-Therapeutic Activity Equipment	Mar-14	\$1,826.00
Behavioral Health In Patient Services-2 Floor Bed Mounts	Sep-14	\$2,225.00
Behavioral Health In Patient Services-22 Mobile Duress Buttons	Sep-14	\$2,996.00
Behavioral Health Out Patient Services-Neuropsychological Testing Equipment for Children 9-14	Sep-14	\$1,414.00
Behavioral Health Out Patient Services-Play Therapy Supplies & Equipment	Sep-14	\$4,835.00
Behavioral Health-18 Inpatient Bed Mattresses	Mar-14	\$5,880.00
Behavioral Health-Stationary Bike and Incline Trainer	Mar-14	\$2,149.00
Cancer Center-Breast Cancer Treatment Handbook & Bag	Mar-14	\$2,508.00
Cancer Center-Portable Massage Chair	Mar-14	\$228.00
Cancer Center-Yoga Mats	Mar-14	\$203.00
Cardiac & Pulmonary Rehab-Recumbent Elliptical Cycle	Mar-14	\$4,577.00
Cardiac and Pulmonary Rehab-Handheld Oximeter with Ear Probe	Sep-14	\$1,100.00
Cardiology-Handrail Scale	Mar-14	\$2,421.00
Cardiopulmonary-1 Non Invasive Rescue Ventilation Machine	Mar-14	\$12,641.00
Children's Clinic-Pediatric Design/Décor'	Mar-14	\$1,000.00
Davis Hospice Center-12 Replacement Floor Lamps & 6 Portable CD Players	Sep-14	\$2,460.00
Davis Hospice Center-2 Reclining Chairs on Wheels with Accessories	Sep-14	\$2,873.00
Davis Hospice Center-2 Washer & Dryer Replacement Sets for Patients & Guests	Sep-14	\$3,020.00
Davis Hospice Center-Conference Room Chairs and Portable Cabinets	Mar-14	\$3,670.00
Davis Hospice Center-Duct, Electrical & Plumbing Upgrade/Repair	Sep-14	\$11,566.00
Davis Hospice Center-Educational Materials	Mar-14	\$3,993.00
Davis Hospice Center-Flood Risk Mitigation	Mar-14	\$17,825.00
Davis Hospice Center-Gutters	Jun-14	\$3,800.00
Davis Hospice Center-Holiday Decorations	Sep-14	\$820.00
Davis Hospice Center-Industrial Grade Washer & Dryer	Mar-14	\$13,000.00
Davis Hospice Center-Landscaping and Grounds	Mar-14	\$17,900.00
Davis Hospice Center-Meeting Room Remodel	Mar-14	\$8,412.00
Davis Hospice Center-Replace 2 Garden Table Tops	Mar-14	\$1,200.00
Davis Hospice Center-Woodwork Repair/Refinishing	Mar-14	\$7,000.00
Diabetes Education-Glucose Monitoring Systems	Sep-14	\$2,000.00
Diabetes Education-Training Equipment	Mar-14	\$3,300.00
Emergency Department-10 Thermometers	Mar-14	\$4,209.00
Food & Nutrition Services-Room Service Refrigerator/Bereavement Snack Cart/4 Ascom Phones	Sep-14	\$7,791.00
Foundation-Video Production of Foundation's Impact on Hospital	Sep-14	\$7,500.00
Heart & Vascular Institute/Best Life Wellness-Wake Up to Women's Heart Health	Sep-14	\$5,000.00

Information Technology-3 Microsoft Surface Pro2 Tablets	Mar-14	\$8,011.00
Information Technology-5 Microsoft Surface Tablets	Sep-14	\$10,880.00
Injury Prevention-Educational Billboards	Mar-14	\$5,000.00
Inpatient IV/PICC Team-SonoSite Ultrasound	Mar-14	\$20,932.00
Intensive Care Unit-Electronic Speech Device	Mar-14	\$2,000.00
Intensive Care Unit-Flexible Portable Bronchoscope	Sep-14	\$10,180.00
Intensive Care Unit-NPi 100 Pupillometer	Sep-14	\$5,510.00
IV/PICC Team-Portable Ultrasound	Sep-14	\$4,800.00
Laboratory-Start Pack for In House Factor II/Factor V Testing	Mar-14	\$3,532.00
Laboratory-Start Pack for In House GC/Chlamydia Testing	Mar-14	\$5,580.00
Medical Imaging-Imaging at the Plaza-Stereotactic Biopsy Table Package	Sep-14	\$28,000.00
Medical Imaging-West Campus-1 Trophon Ultrasound Probe Transducer	Mar-14	\$10,582.00
Medical Imaging-West Campus-2 Fujitsu Scanners	Mar-14	\$1,798.00
Medical Imaging-West Campus-Blanket Warmer	Mar-14	\$5,816.00
Medical Imaging-West Campus-Medifusion Syringe Pump	Mar-14	\$3,172.00
Medical Imaging-West Campus-MRI 22" Wheelchair	Mar-14	\$3,737.00
Occupational Health-2 Powered Air Purifying Respirators	Sep-14	\$3,138.00
Occupational Health-3 Powered Air Purifying Respirators	Mar-14	\$2,962.00
Oncology Unit-16 Permanent Pulse Ox Sensors	Mar-14	\$2,000.00
Oncology Unit-Powered Air Purifying Respirator	Sep-14	\$1,929.00
Organization Development & Learning-Classroom Tables	Mar-14	\$5,480.00
Outpatient Rehabilitation Physical Therapy-Vectra Neo Ultrasound/ Electrical Stimulation Unit	Sep-14	\$6,003.00
Outpatient Rehabilitation Services-Tritan Traction Unit	Sep-14	\$3,005.00
Physical Rehabilitation Services-MamaRoo Infant Seat with Accessories	Sep-14	\$726.00
Surgery-2 Anesthesia Carts	Mar-14	\$4,000.00
Telemetry Unit-24 Patient Room Desks	Mar-14	\$1,968.00
Transitional Care Unit-Bariatric Recliners, Straight Back Chairs & Wheel Chairs	Mar-14	\$6,000.00
Women & Children's Services-Breast Feeding Café Education & Support Program	Sep-14	\$2,000.00
Women & Children's Services-Mother-Baby 13 Patient Rooms Mini Makeover	Sep-14	\$25,000.00
Women & Children's Services-Nursery-Neonatal Orientation & Education Program	Mar-14	\$4,500.00
Women & Children's Services-Perinatal Bereavement Program	Sep-14	\$8,842.00
Wound Care Services-Cellutome Epidermal Harvesting System	Mar-14	\$3,375.00
Wyoming Institute of Population Health-2 Online Dementia Training Modules	Mar-14	\$3,500.00
Wyoming Orthopedics & Sports Medicine PT Clinic-Vectra Neo Ultrasound/Electrical Stimulation Unit	Sep-14	\$6,003.00
Wyoming Pace- 1 Nu-Step Recumbent Cross Trainer Machine	Mar-14	\$6,285.00
Wyoming Pace-Electric Bariatric Power Mat Platform Table	Sep-14	\$4,470.00
Wyoming Pace-Electric Therapy Work Table	Mar-14	\$3,355.00
Wyoming Pace-Electrotherapy/Ultrasound Machine	Sep-14	\$3,650.00
<b>76 Grants Totaling</b>		<b>\$424,508.00</b>

# Ways to Give

Victoria Fry, J. D.  
Wendy Fanning



*Victoria Fry, J.D.,  
Director of Major Gifts  
and Planned Giving*



*Wendy Fanning,  
Director of Annual  
Giving and Grants*

During the holidays, as well as on special occasions, we often think of generosity. Generosity can be giving a wreath or organizing a party with friends. Generosity can also mean helping out your local nonprofit. Most people we know are blessed with all the “things” they need, but gifts of generosity strengthen the holiday spirit. This holiday season, instead of giving traditional gifts complete with gift receipts, wrapping paper and frilly bows, consider giving the gift of charity in honor of a loved one.

Giving the gift of charity can take on many forms. At Cheyenne Regional we have many options for you to give:

- **Be a part of the 19th annual “Tree of Remembrance” to benefit Hospice.** The tree is located in Frontier Mall in front of Dillard’s West. Hang a white dove on the tree in honor or memory of someone special in your life. Then, join us at our “Lighting Ceremony” on Saturday, December 6 at 1:30 pm to hang your dove with love. If you are unable to attend the ceremony we will hang your dove for you.

- **Personalize a brick at our cancer center** – a customizable brick will be placed in the Patio of Hope near the Healing Garden.
- **Pick an item off the wish list (page 24) and play Secret Santa** in honor or memory of a loved one while at the same time helping a department at the hospital.



Combining gift giving with charitable donations is a great way to support your community hospital in providing the best care for Cheyenne. Donating the money you would have spent on a gift to an organization that reflects the interests or passion of a family member or friend is a gift that not only has lasting importance but also a lasting impact on your community.

As we approach the end of 2014, we ask that you keep us in your gifting and giving plans. When you contribute to Cheyenne Regional, your donation is used in the most cost-efficient manner possible. For every dollar raised by the Foundation, 100% goes directly to support patient care. As a savvy donor, you are aware of just how impressive that is!

**Remember Cheyenne Regional this holiday season!** What do you get for the person who has it all? Or for the person who says they do not need anything, but you would still like to give them something anyway? The satisfaction of making a difference!

# Contributions

3rd Quarter: July 1 -September 30, 2014

## Area of Greatest Need

Mr. & Mrs. Brad Cooper  
Mr. & Mrs. Oliver Berry  
Mr. & Mrs. James Collins  
Mr. Wayne Davis  
Mr. Jacob Hess  
Mr. Donald Marwhinney

## In Memory Of

### Sylvia Minnick

Anonymous

### Don Olson

Anonymous

### Harriet Smith

Anonymous

### Michael Spaulding, MD

Frontier Emergency Physicians, LLP

### Joyce Turner

Ms. Janice Halle

## In Honor Of

### Jimmy Orr & Marian Schulz

Mr. & Mrs. Roger Shaffer

### TREE OF LIFE

In Memory of

Michael Spaulding, MD

## Behavioral Health Fund

Clean & Free N. A.

## Cancer Center

Mr. & Mrs. Robert Corless  
CRMC Volunteers  
Ms. Wendy Fanning  
Mr. & Mrs. Matt Fry  
Mr. & Mrs. Leonard Geringer  
Ms. Sylvia Hackl

Dr. & Mrs. Joe Horam  
Ms. Vicki Johnson  
Mrs. Elizabeth Lanier  
Mr. & Mrs. Steven Lovas  
Mrs. Mary Meyer  
Ms. Vicki Mitchell  
Mr. & Mrs. Mauri Rose  
Mr. & Mrs. Donald Schmidt  
Dr. & Mrs. Larry Seitz  
State of Wyoming-State Auditor's  
Office  
Mr. & Mrs. Stephen Stone  
Mr. & Mrs. Douglas Thiede  
Mr. Samuel Tuttle  
Ms. Cynthia Vais  
Ms. Shauna Vigil  
Mr. & Mrs. Kerry Warburton  
Wells Fargo Bank  
Whedon Cancer Foundation  
Ms. Stacy Wood

## In Memory Of

### Deanna Bauman

Mr. & Mrs. Jeffrey Fornstrom

### Liz Martinez

Dr. & Mrs. Ron Waeckerlin

## In Honor Of

### Jimmy Orr & Marian Schulz

Mr. & Mrs. Nick Healey

## Davis Hospice Center

Mr. and Mrs. Darryl Buckley  
Mr. Ton Hodgeman  
Mr. and Mrs. Michael Greff  
Ms. Julie Rhoades  
United Way of SE Wyoming

## In Memory Of

### Frances Anspaugh

Mr. & Mrs. Jeffery Gore  
Mr. & Mrs. James Lester

## Joseph Aragon

Mr. & Mrs. Mike Rakestraw

## All the Bade's passing from Cancer or other forms of illness.

Mr. & Mrs. Paul Petitt

## Deanna Bauman

Ms. Kimberly Miller

## Penny Bennett

Mr. Larry Brinlee

Ms. Frances Hardy

Mr. & Mrs. John Lenton

## Dorothy Brand

Ms. Joann Huck

Mr. & Mrs. Arthur Merrell

Mr. & Mrs. Russell Williams

Ms. Mary Long

Ms. Dollie Fletcher

Mr. & Mrs. Paul Hickey

Davis & Cannon, LLP

Dr. & Mrs. R.C. Mead

Mr. & Mrs. Michael Schilling

Mr. & Mrs. Cheryl Aleman

Dr. & Mrs. Earl Kincheloe

Mrs. Linda McGuire

Schuetz Family

Dr. & Mrs. John Winter

Mr. & Mrs. George Zunker

Mr. & Mrs. Richard Nelson

Mrs. Jean Townsend

## Dorothy Brand & Norene

Mr. & Mrs. Michael Purcell

## Thelma Brubaker

CRMC Volunteers

## Frank Chambers

CRMC Volunteers

## Peggy Chambers

CRMC Volunteers

## James Clafin

Mr. Richard Kohler

## Martin Ferguson

CRMC Volunteers

## Mina Ferguson

CRMC Volunteers

## Floyd Foresman

Ms. Ruth Cegelski

Mr. & Mrs. Glenn Crock

Ms. Becky Burney

Mr. & Mrs. Charles Adams

Mr. Brian Andreas

Mr. & Mrs. Donald Carlson

Ms. Jodee Pring  
 Mr. & Mrs. B. Patrick Collins  
 Mr. & Mrs. Robert Curtis  
 Ms. Janice Hansen  
 Mr. & Mrs. Bill McIlvain  
 Mr. Donald Nelles  
 Mr. & Mrs. Francis O'Connor  
 Mr. Darwin Pace  
 Ms. Pamela Schuetz  
 Mr. & Mrs. James Vandell  
 Mr. & Mrs. John Warburton  
 Mr. & Mrs. Bill Willingham  
 Mr. & Mrs. George Zaharas

**Polly Gardner**

Ms. Betty Butler  
 Mr. & Mrs. Deane Skinner  
 Mr. & Mrs. Paul Schwieger  
 Mr. & Mrs. Bill Wiggam  
 Mr. & Mrs. Steve Bruckner  
 Mr. & Mrs. Ricky Carpenter  
 Mr. & Mrs. Donald Collamore  
 Mr. & Mrs. David Kelsey  
 Ms. Alice Theobald

**Eddie Herdt**

Mr. & Mrs. Robert Kirkpatrick  
 Mr. & Mrs. Galen Herdt  
 Mr. & Mrs. David Garver  
 Ms. Mary Joetta Meininger

**Bernice Iverson**

Anonymous  
 The family of Bernice Iversen

**Edwin Johnson**

Ms. Doris Dickson

**Paul Kriss**

CRMC Volunteers

**Betty Laney**

Ms. Sheila Rulli

**Kathryn Larsen**

Mr. & Mrs. Gene Barbour  
 Mrs. Peggy Leland  
 The Dildine Luncheon Group

**Wallace Leland**

Mr. & Mrs. R L Bohling  
 Ms. Shirly L Brownlow  
 Mrs. Jeanne Eustis  
 Mr. & Mrs. John Firestone  
 Mr. & Mrs. James Hecker  
 Mr. & Mrs. Craig Heino  
 Dr. & Mrs. Joe Horam  
 Jim & Tammy Johnson & Family  
 (Harold F. Johnson Masonry)  
 Dr. Donald & Dr. Nancy Lawler  
 Mrs. Linda L. McGuire  
 Mr. & Mrs. Robert Nelson  
 Ms. Carol Nicolarsen

Mr. & Mrs. Eugene Nodland  
 Mr. & Mrs. Harry Risius  
 Mr. & Mrs. Michael G. Schilling  
 Ms. Rosalind Schliske  
 Mr. & Mrs. Greg Stampfli  
 Mr. & Mrs. Michael Swisher  
 Mr. & Mrs. David Talley  
 Mr. & Mrs. David Vaagen  
 Ms. L Grace Vee  
 Mr. & Mrs. Michael C. White  
 Mr. & Mrs. Russell Williams  
 Dr. & Mrs. John Winter  
 Mr. & Mrs. George Zunker

**Wayne Lewis**

Mr. & Mrs. Paul Schwieger

**Pat Lucero**

Mr. & Mrs. Rick Durante  
 Mr. Thomas Kelly  
 Ms. Janalee Rasmussen

**Eleanor MacMillan**

Ms. Arlene Nelson

**Janice McBride**

CRMC Volunteers

**Velma Miller**

CRMC Volunteers

**Helen Peters**

Mr. & Mrs. Leonard Anderson  
 Mr. & Mrs. Melvin Fornstrom  
 Mr. & Mrs. Ray Freeburg  
 Mr. & Mrs. William Gross  
 Mr. & Mrs. William Holgerson  
 Mr. & Mrs. Lon Johnson  
 Mr. & Mrs. Louis McAlister  
 Mr. & Mrs. Robert Moore  
 Mr. & Mrs. Richard Person  
 Mr. & Mrs. Howard Peters  
 Ms. Mary K. Romsa  
 Mr. & Mrs. Terry Sandberg  
 Bertha G. Sandberg Revocable Trust  
 Mr. & Mrs. Dale Sandberg  
 Mr. & Mrs. C. Deane Skinner  
 Mr. & Mrs. Craig Taylor

**Patricia Petersen**

Mr. & Mrs. Mark Evanoff

**Ken Racine**

Ms. Kelly Bremer  
 Mr. & Mrs. R. D. Marrs  
 Mr. & Mrs. Kevin McCarthy  
 Ms. Mary Nystrom

**J. Douglas Reeves**

Mrs. Marietta Dinneen  
 Mrs. Linda McGuire  
 Mr. & Mrs. Russell Williams

**C.J. Renfro**

Ms. Pamela Schuetz

**Margot Robinette**

CRMC Volunteers

**Eldon Sandberg**

Mr. & Mrs. Theodore Bastian  
 Mr. & Mrs. Jack Bomhoff  
 Ms. Janice Hansen  
 Ms. Charlotte Hutton  
 Ms. Sue Maxted  
 Petsch Ranches  
 Mr. & Mrs. Scott Ross  
 Mr. & Mrs. Dale Sandberg  
 Mr. & Mrs. Kevin Sandberg  
 Mr. & Mrs. Richard Scott  
 Ms. Sherry Warren  
 Mr. & Mrs. Bill Wiggam  
 Mr. & Mrs. Leonard Wiggin

**Joyce Sandy**

Mr. W.B. Sandy

**George Scott**

Mr. & Mrs. William Gross

**Deborah Sena**

CRMC Volunteers

**Marjorie Simineo**

CRMC Volunteers

**Joy Terrel**

Mr. & Mrs. Dale Martin

**Marilyn Terwilleger**

CRMC Volunteers

**Marie Torres**

Mr. & Mrs. David Glennie

**June N. Trudeau**

Mr. Percy Trudeau

**Lyn Wahl**

Mr. & Mrs. Frank Bradley  
 Ms. Kimberly Miller  
 Mr. & Mrs. Charlie Radich  
 Ms. Joan Stout  
 Mr. & Mrs. Charles Wing  
 Mr. & Mrs. George Zunker

**Larry West**

Halladay Motors/Joannides Family  
 Foundation

**Virginia Wyburn**

Mr. & Mrs. Robert Jacques

**Cherrie Yost**

Mr. John Yost

**Richard Zakrezewski**

Ms. Shannon Gorman

Contributions *continued*

3rd Quarter: July 1 -September 30, 2014

**Denim 'N Diamonds**

Mr. & Mrs. Jon Downing  
 Ms. Megan Ellen  
 Mr. & Mrs. Joe Evans  
 Mrs. Dalene Frantz  
 Frontier Emergency Physicians, LLP  
 Mr. Curtis Lambert  
 Mr. & Mrs. Jason Shenefield  
 Mr. & Mrs. Dale Strickland

**Emergency Medical Services****In Memory Of**

**Robert McGuire, MD**  
 Frontier Emergency Physicians, LLP

**TREE OF LIFE**

In Memory of

**Robert McGuire, MD****Hospice**

John Von Kennel Estate

**In Memory Of****Elizabeth Duncan**

Ms. Anna Sherman &amp; Ms. Cecelia Panos

**John Morris**

Mr. Phil Rosenlund &amp; Ms. Leigh West

**In Honor Of**

**Margo Karsten, Candis Pickard & Arlene Flood in helping acquire equipment for a hospital in Rwanda.**

Dr. &amp; Mrs. Robert Kanard

**Jimmy Orr & Marian Schulz**

Mr. Phil Rosenlund &amp; Ms. Leigh West

**Injury Prevention**

Mr. & Mrs. Toby Alkire  
 Mr. & Mrs. Gregg Boughton  
 Mr. Cesareo Cerenil  
 Mr. & Mrs. Christopher Clark  
 Ms. Eileen Edwards  
 Mr. & Mrs. David Ellgen  
 Ms. Katie Faber  
 Ms. Mary Kaempfer

Kohl's

Mr. & Mrs. Joseph Neary  
 Mr. & Mrs. Robert Shank  
 State of Wyoming

**Neonatal**

Mr. &amp; Mrs. Steven Lovas

**Pine Bluffs Clinic**

Anonymous  
 Mr. & Mrs. William Gross

**Powers Neonatal & Pediatrics**

Mr. D. G. Diller  
 Ms. Constance Hand  
 Pat Kennedy

**In Honor Of****Pat Kennedy**

Dr. & Mrs. Ron Waeckerlin  
**Ken & Pat Kennedy**  
 Ms. Susan Westedt

**Cheyenne Regional Case Managers Help the Homeless**

In October, case managers at Cheyenne Regional got together to fill backpacks with basic necessities for homeless individuals in Cheyenne. The backpack project was made possible by a grant from the Cheyenne Regional Foundation and by donations from local businesses. Packs included granola bars, water, bar soap, washcloths, tooth brushes, tooth paste, combs, deodorant, chap stick, sun screen and socks. Our case managers were also able to purchase sweatpants, sweatshirts and bus tokens to be given out as needed. In addition, several of the backpacks will be given to community agencies that help the homeless.



*Cheyenne Regional case managers step up to help those most vulnerable in our community.*

## Give a Gift of Healthcare

Want to give the gift of healthcare access or quality to patients at Cheyenne Regional? Sometimes, just a little is needed to allow staff to give better care, like a thermometer or oximeter, or the ability to provide music to patients going through therapy. Choose a gift from the list below and bring your donation to the Foundation. We will make sure the item gets purchased, and delivered, to the departments that have made the request for the hospital or on behalf of patients. Pick an item that fits your giving desires!

### Hospital Wish List

**\$10 - \$200**

Gas cards for patients having to travel long distances for treatment, any amount - Cancer Center

**\$100 - \$300**

Temporal Thermometers - Assessment & Rehabilitation  
Small stereo for patients to use in therapy - Cardio Pulmonary

**\$250**

iPod Touch with docking station for patients to use while journaling and exercising - Behavior Health

**\$100 - \$2500**

Nursing Endowment Scholarships - All departments

**\$1000 - \$2000**

Pulse Oximeters - Assessment & Rehab, Cardiac Rehab  
Vein Finder - Assessment & Rehab

**\$1500**

Specialized breast pump for use by mothers whose babies are premature - Neonatal Intensive Care Unit  
Bariatric Recliners - Transitional Care Unit



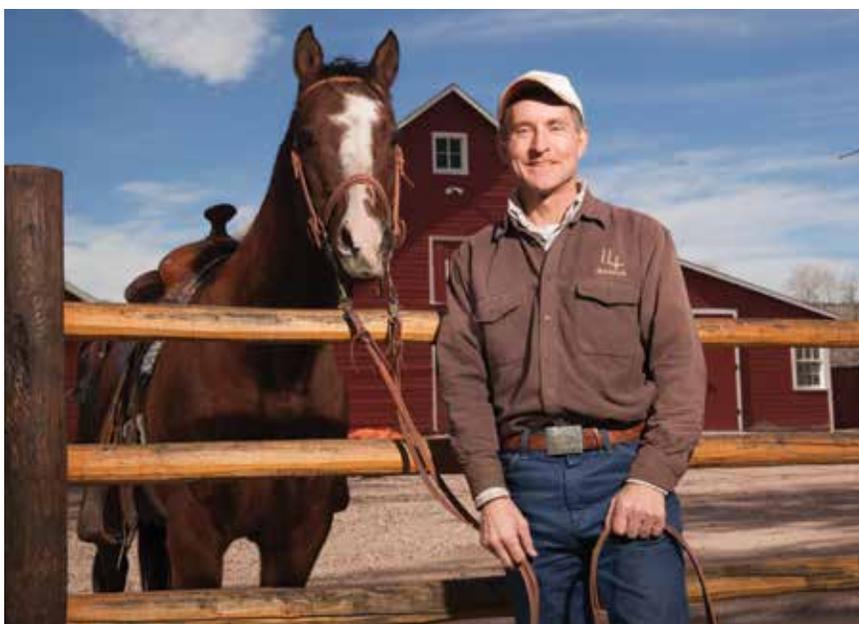
# A Special Thank You to Dave Foreman



The Foundation Board and staff would like to extend a heartfelt THANK YOU to Dave Foreman for his nearly 15 years of service on the Board. Dave played a major role in creating a strong endowment fund for the Foundation, and for making the endowment committee the highly functioning entity that it is, today.

## Highlights during his time on the board

- Served 15 years (2000-2014)
- Started the endowment committee and increased endowment funds from \$44k in 2009 to nearly \$450k today
- Raised \$12 million in private donations for the Davis Hospice Center during his time as chair of the Foundation Board (from 2006 to 2008)
- Served on the DHC committee, the investment committee and the executive committee



*Thank you, Dave, for your stewardship all these years—we are much stronger today because of you. We wish you well and will miss your wisdom and dedication.*



## Cheyenne Regional Foundation

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### Physician Profile

## Dr. Dan and Dr. Jessica Kisicki

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Ever wonder what it would be like to be married to someone who has the same career as you? What if it went one step further in that you worked together at the same organization? Meet doctors Dan and Jessica Kisicki, both physicians at Cheyenne Regional. According to them, it's the perfect set up.



Dan is a family practice physician with Cheyenne Family Medicine and he also specializes in sports medicine at Wyoming Orthopedics and Sports Medicine. Jessica, or Jess, is an emergency department physician at Cheyenne Regional.

"It's great to be married to another doctor. We can relate to the joys and hardships that we encounter, and we understand why it's necessary to work long hours. As for working at Cheyenne Regional, we are both invested in the same hospital system and community," Jess states.

The two enjoy knowing the same people at work, and especially having some of the same patients: "I love hearing patients' tell me that Dan is a great doctor and

they are thankful to have him," Jess says. Beyond her duties in the emergency department, she also serves on the Credentialing Committee and the Peer and Quality Review Committee.

Jess was born in England and grew up in Littleton, Colorado. Dan was born and raised in Cheyenne. After Dan earned his Bachelor's

of Science Degree at the University of Wyoming, both Dan and Jess attended medical school at the University of Colorado in Denver. That's where the two met.

"It was December 2006, and we were in the middle of our third year of medical school. We had previously met on the first day of medical school and had multiple small groups together through the years. We went out as a group after our last winter final, and the rest was history," she adds.

The couple has been with Cheyenne Regional since 2012. They have two children, Lily (4) and Oliver (2) with a third child expected in the spring.