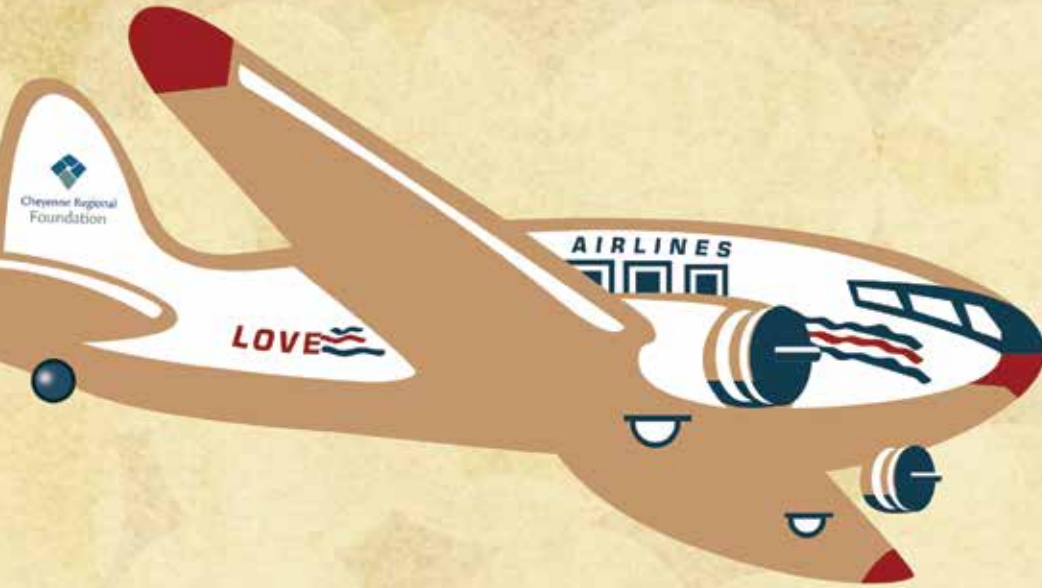




Advancement

Advancing Premier Regional Community Healthcare

SUMMER 2015



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Advancement

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Message from
**Carmalee
Rose**
Foundation Chair

As a grandmother of three with another grandchild on the way, this year's Denim 'N Diamond's fundraising efforts to enhance the neonatal intensive care unit (NICU) are close to my heart. Purchasing needed equipment and supplies is a strong first step in making this area of the hospital more robust. Helping to keep mothers and infants together is beneficial to all involved, especially for our future children and the promise they hold. I hope you join me in attending Denim 'N Diamonds on Friday, June 26 and supporting these essential improvements.

As board chair, I am amazed by the impact of our generous supporters. Your gifts allowed us to give a total of \$186,627 so far in 2015 to fulfill various needs at the hospital ranging from behavioral health and medical imaging to the Davis Hospice Center, oncology services and urgent care. Besides endowment grants, we have recently helped build the new Pine Bluffs Medical Clinic and of course the Cancer Center was a major achievement. We could not do this good work without you. Through our joint efforts and the hospital's focus on high quality patient care, we really can provide excellent care in our region. Carol Merrell's good leadership as board chair in 2014 helped us carry out these important efforts.

If you have any questions about giving, please contact our development team—Wendy Fanning or Vicky Fry at 307-633-7667. You are in good hands with these two hard-working, kind and productive women. I am honored to be working side-by-side with such a dedicated group of board and staff members.

Lastly, I would like to welcome Dr. David Lind as the medical representative of the hospital to the Foundation Board. I would also like to recognize that we lost a very talented and committed board member in Georgiana Stewart. She will be missed not only by the board but also by the community.

2015 Board Officers:



Carmalee Rose
Chair



Natalie Winegar
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Secretary



PACK YOUR BAGS! It's time for Denim 'N Diamonds!

Friday, June 26

Whether you bid on the mystery weekend getaway or not, this year's Denim 'N Diamonds event is bound to be a fun trip! It's a melding of old and new with the tradition of a gourmet dinner at beautifully-dressed tables along with lots of room to mingle and enjoy country swingin' bands and scotch, wine and moonshine tastings—all culminating in an exciting send off of a lucky few in a private plane. Now that's a good time no matter your taste!

"We wanted an event that touched all corners of the Cheyenne population," says Marcia Graham, head of the Denim 'N Diamonds committee.

The Suitcase Party will be held in a historical hangar at Cheyenne Regional Airport. It will cater to the same first-class dress style and ambiance—wear denim or diamonds—either way you will fit right in.

"We are going to transform this enormous venue into a swanky, high-class, travel-themed and vintage setting. There will be individual banquet tables for those who want a more intimate experience, along with open seating that will encourage elbow bumping and meeting new people. It will be elegant and zippy with dining areas, a stage and dance area, bar areas, and plenty of room for mingling. That way people can sit or move around as they like," Graham adds.

The meal will be served buffet style with a roast beef carving station—catered by the Girls Gone Gourmet, a popular catering company in Cheyenne. Guests can take the Cheyenne Trolley to and from the event, and request their very own flight attendant (wait staff) if desired.

What sets this Denim 'N Diamonds apart is that it is a suitcase party—complete with the chance to watch the plane land and take off.

"If you want to play, pack a bag for a warm and sunny weekend destination and cross your fingers that your raffle ticket wins, or bid on a few seats at the live auction. We'll give the lucky six a bon voyage before the party ends," Graham says.

The mystery destination promises lots of opportunities for sight seeing with spa and golf packages to enjoy. Two seats will go to a raffle winner, and the other four can be bought as a foursome or twosome.

If packing up and going for the weekend (returning on Monday morning) isn't what you desire, there will be many other travel-themed items to bid on. Coldwell Banker The Property Exchange and Jonah Bank of Wyoming sponsored the private plane.

"We are planning to have several weekend trips to bid on, including a museum tour in Denver and a weekend in Nashville," Graham adds.

continued on page 4

Pack Your Bags! It's time for Denim 'N Diamonds!

continued from page 3

The bands, both well known in Cheyenne and throughout Wyoming and the Front Range, include Brand 307 and Chancey Williams and the Younger Brother's Band (see side articles) promise to get people up off their feet, as does Steve Price, Cheyenne's infamous auctioneer.

Proceeds will support new medical equipment—warmers, breathing machines, and more—for Cheyenne Regional's neonatal intensive care unit (NICU), allowing more families with fragile infants to stay near home (see side article).

Tickets are available at the Cheyenne Frontier Days Box office in Frontier Park or by calling 307-778-7222. For more information, go to cheyennegiving.org and select News and Events.



Boarding Passes

Every traveler (ticket buyer) will be entered into a raffle for the opportunity to board a jet for a fabulous weekend getaway. Buffet dinner included with every ticket.

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Jetsetter – \$175.00

Includes Jetsetter Lounge—a private lounge area with VIP food and bar service, and 2 complimentary drink tickets.

Frequent Flyer Package – \$2000.00

Includes complimentary table for 8, Flight Deck Lounge, complimentary bottle of wine, 4 complimentary raffle tickets. Contact your travel agents Wendy (307-432-2677) or Vicky (307-996-4510) to book your package today!

Meet the Bands!

Brand 307

Brand 307—yes, named after our area code—opens the night and is well known up and down the I-25 corridor, especially in Cheyenne and Fort Collins. Likely you've seen them. They play Uncle Charlies over Frontier Days and other interesting venues, but never before at an airport.



"I've been playing music for 20 years, but this is my first airplane hangar gig," says Drew Reutlinger who plays lead guitar and vocals.

The band prides itself on its red dirt style, a sub-genre of country music that Drew describes as "living between country and rock, kind of like John Mellencamp with a fiddle." Red dirt got its start in Oklahoma and was named after the famous red clay of the state. One of the biggest compliments fans give the band is to say that, "their music feels real" and that it has an "old school feel."

Some big moments for the band have been opening for Casey Donahew in Cheyenne and Laramie, and other national acts including Uncle Kracker, and Randy Rogers plus many others. They've had success with their debut album, *Justified*, and are busy pulling together their second album coming out in October: *Front Range Gypsy*. Visit the band's website at brand307.com.

Get ready to not only dance, but to sing along and stomp your feet at the Suitcase Party: "I like to mess around with the crowd and get them involved. We sing *Friends in Low Places* and if the audience isn't singing along, we'll stop. We like to have a good time and to see our fans enjoying themselves," Drew says.

Meet the Bands! *continued*

Chancey Williams and the Younger Brothers Band

If you're a little bit county and a little bit rock and roll, we've got the band for you. Chancey Williams and the Younger Brothers Band is in town and ready to jam, with promises to bring a rowdy, raucous, unapologetic, memorable show.



Chancey Williams, the band's front man, was raised on a ranch near the small town of Moorcroft, Wyoming. He started the Younger Brothers Band with the intent of simply entering the high school talent show. With his good friend Travis DeWitt, their high school dreams quickly turned into wedding receptions, small bars, large bars and ultimately sharing the big stage with legends like Miranda Lambert, Eric Church, Lady Antebellum and even Merle Haggard.

"We think of Wyoming as one big town. Our fans are all over the country, but Wyoming people are our biggest supporters. When we play it's a bonding of natives, since we are all from



Wyoming," says Wyatt Springsteen, the band's guitar player.

A recent highlight was playing the Wrangle National Finals Rodeo

in Las Vegas, since Chancey was right at home—a saddle bronc rider himself having gone to the National College Finals and even winning a couple of rounds at past Cheyenne Frontier Days.

Making their first appearance at Denim 'N Diamonds, Springsteen says, "This sounds like an awesome and unique event for a great cause. We always like doing something that makes a difference."

Visit the band's website at chanceywilliams.com.

**Denim 'N Diamonds' Proceeds...
New Equipment to
Keep Younger Preemies
in Town**

Local mom Victoria Ganskow is anxiously anticipating the birth of her third daughter. That's because she knows she'll likely be born early, like her other two. Madelynne, 4, was born at 29 weeks and Willow, 2, at 31 weeks.

"With Madelynne I was airlifted down to Denver because they couldn't stop my labor. It was a really scary experience. They would have airlifted me with Willow, too, but we got lucky. She was able to breathe on her own and was able to stay at Cheyenne Regional," says Victoria.



Willow at birth

Victoria and her husband Preston, an airman in the Air Force, are both hoping that more advanced NICU services are offered at Cheyenne Regional by the time their third daughter is born in the fall.



Willow 14 months

"If I knew they had the technology and training to handle births under 32 weeks at Cheyenne Regional, I'd feel so much better. It's nerve racking to be the mom of such a young baby, especially if you have to get care out of town. I was blessed that I could take off work and stay in Denver with Madelynne, but I've heard of moms who have had to drive back and forth," she says.

Wendy Volk was one of those moms. In 2007, her daughter Quincy was born at Cheyenne Regional at 29 weeks, due to complications of preeclampsia. Quincy was airlifted to Presbyterian/St. Luke's Medical Center in Denver where she spent seven weeks.

New Equipment to Keep Younger Premies in Town

continued from page 5

“Todd and I commuted every day. We had a seven-year old and didn’t want to disrupt her schedule, and we both worked full-time jobs. We’d drive to St. Luke’s to deliver breast milk and if we missed the feeding rotation due to traffic we’d have to wait hours to feed her, or let the nurses do it later. So many days I drove back crying my eyes out,” Volk says.

Once stable, Quincy was transferred back to Cheyenne Regional where she spent two weeks in the NICU. The big

question was how to get this three-pound, fragile infant back to Cheyenne. Since she still needed constant care she had to be airlifted, which came with a \$20,000 price tag.

“I advocated with the insurance company to help cover the cost, since care at Cheyenne Regional was much less expensive per day than at St. Luke’s. It worked and it was such a relief to have her home. St. Luke’s was very complimentary of Cheyenne Regional and its ability to give great care, and they were right. Everyone here was so wonderful,” Volk says. Today, Quincy is a healthy and vivacious seven year old.

With proceeds from this year’s Denim ‘N Diamonds Suitcase Party, the Foundation hopes to purchase much needed equipment for the NICU (See wish list on page 12). With extra training and certification for



Nurses Margot Bonifas and Donna Moreland, on left, and Erin Rooney, Clinical Director of Women & Children’s Services, on right, surround Timothy and Natalie Moore with their premature baby, Michael, who was recently delivered and cared for at Cheyenne Regional.

nurses, the hope is that Cheyenne Regional can care for more babies younger than 32 weeks.

“If we can get upgraded equipment we will be able to keep more babies here in our community rather than have them airlifted to Denver,” says Erin Rooney, Director of Women & Children at Cheyenne Regional.

In the last year, CRMC has employed more pediatricians and hospitalists who have received specialized training in neonatology and who work regularly in Women & Children’s Services.

With the arrival of these new physicians, Cheyenne Regional has seen the number of neonates airlifted to other hospitals drop during the last year.

“The doctors have asked for new equipment to support them in the NICU and if we get it we’ll likely be able to keep more premature infants and higher-risk mothers here at Cheyenne Regional,” Rooney says.

A key to keeping premies in town is the ability to support their breathing. New ventilators would help, as would additional training for



Quincy Dereemer at one year



Quincy today, age 7

New Equipment to Keep Younger Premies in Town

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nurses with the cardio-pulmonary team.

“A new CPAP machine would be very useful. CPAPs allow for small tubes in the nose rather than a ventilator tube down a baby’s throat, so it’s much less invasive,” Rooney adds.

New incubators and warmers are also needed—ones that are technologically advanced to precisely regulate a baby’s temperature 24/7. The hospital also would like a twins bassinet, breast pumps designed for premies, and neonatal positioners (for a complete list, see page 12).

“Our nurses are passionate about taking care of premature babies. Being able to keep more mothers and babies together here at home would greatly benefit the community,” she concludes.

NICU Wish List

If you cannot attend this year’s Denim ‘N Diamonds but would like to help



advance the care of fragile infants at Cheyenne Regional, select an item on the wish list. See *Ways to Give* on page 12 for details.

We’ve Earned a Gold Star!

The Cheyenne Regional Foundation recently moved from the Silver to the Gold level of participation with GuideStar Exchange. GuideStar is a database where people can review a nonprofit’s mission, financial data, programs and results—as well as donate to the organization. The Gold participation level for Cheyenne Regional Foundation through the GuideStar Exchange is a testament to our organization’s commitment to data transparency.



By keeping our report up-to-date with GuideStar, we are ensuring that timely and accurate information about our nonprofit reaches the 10 million annual visitors to GuideStar’s website and millions of other viewers reached through GuideStar’s network of donation providers, search engines, donor advised funds, foundations and more. Check us out at www.guidestar.org.



Ashley Breton, Data Management Specialist for the Foundation, shows off carnations for sale.

Foundation Gets Flowery for NICU

We teamed up with the Hospital’s Employee Advisory Board to help raise money for NICU upgrades through carnation sales. The Babies in Bloom campaign sold carnations to hospital employees who gave flowers to coworkers, with deliveries on May 14. A total of 534 carnations were sold, raising over \$500. That’s one flowery day!

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 recent discussion with Dr. Margo Karsten.



*Dr. Margo Karsten,
CEO of Cheyenne Regional*

Q: Denim 'N Diamonds is raising funds for the NICU. We understand this cause is close to your heart?

A: All three of my children were preemies and required care from the NICU or Special Care Nursery. As parents, it was an overwhelming experience. My first child, Steven, was just two pounds at 26 weeks. He was so tiny that my husband's wedding band fit around his leg! I commuted 45 minutes one way every day for almost two months. My next two children followed a similar path, however with bed rest I was able to make it to 35 weeks with each of them. Both ended up in the NICU for two weeks each. Not being able to bring your newborn home is something I hope no parent is confronted with, and if they are I'm hoping Cheyenne Regional Medical Center will provide a nurturing and quiet place until their infant is ready to go home.

Given my personal journey, I'm excited that the Foundation chose to support the NICU in Women & Children's Services this year. Our physicians and nurses are amazing and we need our environment to match their technical expertise. Patients consistently rank their nursery/newborn experience above 90% for satisfaction. Our commitment is to ensure that we have state-of-

the-art equipment as well as a warm, welcoming and quiet environment to help their newborn thrive.

Q: In what ways are you working to improve the emergency department?

A: Our emergency department cares for over 35,000 patients every year. The new environment has been a welcome improvement for our community. To ensure that we are implementing best practices within the

department we have established a new system that provides feedback to the team during the patient/families stay. If you are asked questions during your stay, we appreciate your comments so that we can be responsive to your needs. With this new feedback system and the newfound focus our team has on providing individualized care, the overall experience in the ED has dramatically improved. The physicians and care team will continue to work on improving wait times since we know this has been an issue. We will continue to implement best practices to ensure we are meeting the community's expectations.

Q: Tell me about this new role on your leadership team—chief experience officer? What does a CXO do?

A: As Cheyenne Regional Medical Center continues to look for best practices across the health care industry, we have been noticing that a few of the top ranked health systems have been implementing a new role called the "Chief Experience Officer." Cleveland Clinic and Sharp Chula Vista Medical Center are just a few. Kristen Truman-Allen is our CXO and she is delighted to be given the chance to develop this role here

Dr. Margo Karsten, Chief Executive Officer of Cheyenne Regional
continued from page 8

are CRMC. The Chief Experience Officer will provide organizational direction through senior leadership participation and strategic planning, act as a system champion dedicated to creating a culture of excellence in patient experience, work across the system to build an environment that promotes a superior experience for patients and families, and enhance and strengthen the relationship between CRMC and its customers across the entire system including the medical group, service lines and ambulatory services. Our goal will be to see an improvement in the overall patient experience. Kristen will be creating a strategic plan that will have specific interventions and behaviors we all can implement to ensure we are meeting the community's expectations wherever they enter our health system.

Kristen is also active in the patient experience team huddle that occurs each day. She also assists our Patient Family Advisory Board—a group of community members who have had experiences at Cheyenne Regional Medical Center and provide ongoing feedback on various issues.

In closing, it is exciting to build on the foundation that has been in place at Cheyenne Regional Medical Center. The commitment of the physicians and employees continue to impress me. Cheyenne Regional Medical Center has always implemented best practices, and the commitment continues. The above examples are just a few ways we are continuing to improve. We could not do this alone, and we appreciate the support of our community.

Thank You to our Event Sponsors

The Foundation would like to extend our warmest appreciation to the following Denim 'N Diamonds Suitcase Party Sponsors. You have made this event possible.



Department Profile

Women & Children's Services

The Women & Children's Services department at Cheyenne Regional is a special place. It's roughly 78 employees made up of nurses, certified nursing assistants, OB techs and secretaries. They receive rave reviews from many of its patients. That's because the staff goes above and beyond for their patients—making sure they not only receive the best care but that they are pampered and made to feel at home during their stay.

Parents who have a fragile infant that needs to stay in the NICU are offered "boarding rooms" free of charge—spare hospital rooms within the department. Skilled nurses are there to help moms develop their own plan of care, assist with breastfeeding if desired, teach infant care, and to answer questions. The department consistently receives high scores on patient satisfaction surveys (HCAHPS).

"Our patients say that our team is caring, that we listen, and that we like our jobs and it shows in the attention we give them. They say they trust us to take care of them. That's a great feeling," says department director Erin Rooney, Clinical Director of Women & Children's Services.

With the Foundation's help, the department continues to grow and become even stronger. Through the years, the Foundation has funded equipment—from breast pumps, isolates and furniture—and programs, including Tender Care and more recently bereavement training for nurses.

"Tender Care was created to support patients and help them be successful. A nurse sees patients a few weeks before delivery to help establish a birth plan and get them familiar with what to expect when the big day arrives. The same nurse is available to meet after discharge to answer questions and provide individualized support. It helps them relax during a time that makes them feel excited, vulnerable and scared all at once," Rooney said.

The new bereavement training will help nurses better support families who experience a loss. The department hopes to start a support group



Department nurses Amanda Westby-Moyer (left) and Landi Hoard

for parents. A breastfeeding coalition, called Breastfeeding Connection, has been formed by the department and other community groups to provide a gathering place for nursing moms.

The promise of Denim 'N Diamond proceeds this year to support the NICU will compliment a recent \$25,000 grant from the Foundation that's updating patient rooms with new paint, new cabinets and lighting.

The department delivers approximately 1,200 babies a year, with about four on average each day needing extra care in the NICU. All nurses are nationally certified in neonatal resuscitation and select nurses are certified in inpatient obstetrics, pediatrics, as lactation consultants, international board certified lactation consultants, and to provide care to neonates in the NICU. They are also all trained in stabilizing moms and infants for transport. The department includes a pediatric unit.

"Our nurses have received numerous nominations by patients for the national DAISY Award that recognizes exceptional nurses around the country. I am proud of our team and the compassion we get to share with our community," Rooney concludes.

Board Profile

Patrick Madigan

Having arrived in Cheyenne in 1987, Cheyenne Regional Board of Trustee Patrick Madigan knows what a great community Cheyenne is, and he was happy to return in recent years for a fitting end to his dynamic career.

“I’ve done quite a bit of traveling and had the opportunity to experience much larger cities, so I appreciate the lack of tension in living in a vibrant community like Cheyenne,” Patrick says.

Patrick is a 36-year veteran of the federal service, having spent four years with the Department of Defense and 32 years with the Bureau of Land Management. As of January 2015 he retired, his last duty was as an Information Technology Manager for the Bureau of Land Management overseeing MT, WY, CO, NM and the Washington, DC offices.

“As a Zone Chief and once Field Manager (Monticello, UT, Tucson, AZ and Rawlins, WY) with the BLM, I had a great deal of opportunity to look at issues and come up with alternatives to accomplish our set goals. I enjoyed the challenge,” he states.

The skill to problem solve in creative ways comes in handy on the hospital’s Board of Trustees, where Patrick has served for the last four years.

“It’s a great make-up of people on the board, and we have lively dialogues and discussions. All of our motivations are aligned over making sure the best interest of the community is upheld and to ensure we have good quality care in this area,” Patrick says.

He views CEO Margo Karsten as a highlight, stating that he appreciates how she engages employees and the board and sees everyone as a member of the team.



Patrick Madigan

While a resident of Cheyenne, he has been involved with Cheyenne Frontier Days, Leadership Cheyenne, the Board of Trustees for Warren Federal Credit Union, a part of Laramie County Pride, and was a member of the Cowboy Joe Club at the University of Wyoming. Patrick looks to his former supervisors Jerry Jessen and Bob Bennett as mentors who always emphasized giving back to the community.

“Now that I’m retired, I am looking forward to getting even more involved in the community,” he says.

After being absent from Cheyenne for nine years, he found his way back to Cheyenne in 2010 when he met and married Marian.

Patrick and Marian met through coworkers at BLM and WYDOT, where Marian works in accounts payable. The two were married in 2013. They enjoy being outdoors together and going to Laramie to visit her two grown sons, Brandon and Steve Scott. Both are working at UW. Patrick’s daughter Tammy is attending LCCC to prepare for studies in culinary arts.

Patrick is looking forward to taking more bike rides and getting in shape. He signed up for the “Triple Bypass” this July in Colorado—a 120 mile ride with over 10,000 feet of elevation gain. In the past, he enjoyed technical climbing and has been up to the top of Devil’s Tower.

“I really enjoy being on such a diverse board where everyone is engaged and wants to be involved,” Patrick concludes.

Ways to Give

Victoria Fry, J.D.
Wendy Fanning

Did you know that one in nine babies are born premature? The donations from this year's Denim 'N Diamonds proceeds will fund necessary medical equipment upgrades in the NICU, allowing for some premature infants that now have to be transported to Denver to be cared for in our own community. This upgrade will enable parents to visit as much as possible, sharing loving touches that are so important to their infant's development. Below is our NICU wish list.

If you cannot attend the Suitcase Party event but are interested in making a donation towards the purchase of much needed equipment, please contact Wendy Fanning at (307) 432-2677 or wendy.fanning@crmccwy.org. If you are attending, know that your Denim 'N Diamonds contribution is being put to good use!



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



*Wendy Fanning,
Director of Annual
Giving and Grants*

NICU Wish List

Incubators	\$50,000 per unit
Bubble C-Pap	\$21,000 per unit
Syringe pump	\$2,500 per unit
Ventilators	\$25,000 per unit
Therapeutic sink station (replace existing)	\$10,000
Positioners	\$65 per unit
Twins bassinet	\$7,500
Aesthetic storage & relocate existing medical storage	\$20,000
Wall mounted computer (facing patients)	\$2,000
Preemie sized infant clothing	\$500
Comfortable recliners/rocking chairs	\$10,000
Privacy curtains	\$200 per curtain
3 breast pumps specialized for premature babies	\$1,500 per pump
Freezer for donated and purchased breast milk	\$1,500
2 tablets for remote charting	\$1,500 per tablet
Ergonomically designed development swaddlers	\$100 each
1 year's supply of pasteurized breast milk	\$15,000
Renovate private room to be more comfortable	\$20,000
Reflex wedges	\$50.00 each
Warmers	\$11,000 per unit

New Board Member Dr. David Lind

If you're familiar with CRMC and the Foundation, you've likely met Dr. David Lind. He has been on staff at CRMC for 27 years and served as Chief Medical Officer (CMO) from 2008 to 2014. The Foundation is pleased to welcome him to the board.

"I am struck by the diverse talent and views that my fellow board members bring to the table, making for a strong board. As one of four physicians we provide unique insight into how the Foundation can best support the hospital with equipment and services that will have the greatest impact. I am pleased to support the Foundation and its efforts, and I encourage other doctors to do the same," he states.

As CMO, Dr. Lind is proud to have helped improve compliance with core measures and see the hospital make steady improvements



in quality care. Over the years, he also spent many years in the Army National Guard, completing several foreign deployments. Today, he is in private practice as an OB/GYN physician.

"I particularly enjoy delivering babies, and these days I get the extra pleasure of delivering babies from moms I delivered in the past," he exclaims.

Dr. Lind has lived in Cheyenne all of his life and was born at The Memorial Hospital, which is now Cheyenne Regional. He and his wife Kathy have six children, the youngest being twins. Kirstie and Kaylee are graduating from Central High School this spring, where he and Kathy graduated from years ago. The couple enjoys their six granddaughters.

Homage to Georgiana Stewart



Georgiana Stewart, Foundation Board Member, passed away on January 8, 2015. In her short time on the board she was an inspiration to others. Her generous spirit was felt throughout the Cheyenne community. Georgiana ("George") was an active presence on many boards and committees including the United Way Allocation Committee, Goodwill Board of Directors, Meals on Wheels Board (chair), LEADS board (chair), Realtor Family Fund Trustees (president), Wyoming Land Title Association, Chamber of Commerce Wrangler Committee, and of course the Cheyenne Regional Foundation. Georgiana's presence and strong leadership on the board is greatly missed.

HEALTH TIP

Use A FitBit to Improve Physical Activity

The weather is great, the bike paths are clear and people are out and about. It's a great time to make a vow to increase your physical activity. Do you need an incentive to get moving? Join the 1000+ employees at Cheyenne Regional who are counting their steps with a FitBit – a wearable device that has a 3D motion sensor that tracks each step you take, among other things.

CRMC Counts its Steps with FitBit

Cheyenne Regional is taking the lead in promoting physical activity among its workforce. While large companies, including BP, have embraced FitBits as part of their wellness program, it's not common among hospitals. Cheyenne Regional leaders adopted this best practice as their own by purchasing a FitBit for all interested employees.

"Approximately 1000 of our 2200 employees have a FitBit and are keeping track of their steps," says Molly Maley, Wellness Coordinator for CRMC. The organization is recording steps and hopes to measure the practice against future employee health claims to see if it has a positive effect. CRMC's goal is to reach a collective 250,000 steps a month.

"Nearly 150 employees have reached the ultimate goal of tracking about 8,000 steps a day, and I feel confident that number will continue to rise. As healthcare workers, it's important that we stay fit so we have the stamina to take care of others," Maley adds.

Community Challenge: Count Your Steps with Us!

We invite you to purchase a FitBit or another activity tracker and count your steps along with us! Once set up, it's easy to use. Besides counting



Members of the Employee Advisory Board show off their FitBits.

steps, it can track your sleep habits, nutrition, calories burned, and more.

"Our goal is 8,000 steps a day, with every 2,000 steps equaling a mile. I encourage people to set a goal that's realistic for them. I had employees who lowered the default of 10,000 to a more manageable number so they could experience success. That's just fine. The real goal is simply to move our bodies every day," Maley says.

At first you might feel intimidated by the technology, but soon enough you will get used to it. If you are not tech savvy, have someone who is help with the set up. The device can automatically download your steps and information onto your computer or phone via Bluetooth technology.

"It's a great tool to bring awareness on how much we move every day. Our employees became aware of their steps and changed habits in little ways to increase them, like taking the stairs, parking far away, adding in a daily walk around the block or neighborhood. These small changes really add up," Maley states.

Enlist a friend to venture into tracking steps with you. That way you can motivate each other, become walking buddies, and compare goals and steps counted. As a community, let's step together into better fitness!

*This article is advice only and does not represent medical opinion and/or diagnosis.
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4th Quarter: October 1 - December 31, 2014

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 Mrs. Betty J. Abernathy
Mr. Michael D. Acosta
 Mr. & Mrs. Michael D. Freeman
Ms. Rosemary Alexander
 Mr. Donald C. Alexander
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Mr. & Mrs. Russell Telander

Mr. Russell A. Telander, Sr

Mr. & Mrs. Russell Telander

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Ms. Rose M. Terlesky

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1st Quarter:

January 1 - March 31, 2015

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Mr. Levi Van Kirk & Dr. Kristy Van Kirk

Ms. Shauna Vigil

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Wyoming Medical Center

Neonatal & Pediatrics

Mr. Darrell Bloomquist

Pine Bluffs Medical Center

Mr. Lance Theobald

Powers Neonatal & Pediatrics

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Epic Grant Helps Military Moms Succeed at Breastfeeding

Thanks to a grant from Epic, the hospital's electronic medical records vendor, local military

mothers just got a boost when it comes to breastfeeding.

For too long the responsibility of breastfeeding falls on the mother to navigate the barriers. One of the barriers to breastfeeding is the cost of purchasing or renting breast pumps. Though young mothers are sent home with a starter kit, which includes

a hand pump and varying tubing accessories and attachments – it's not enough to ensure success.

Women in the military often need to return to work quickly and complete jobs that make pumping milk at work difficult. Breastfeeding while serving in the armed forces, or while their husband serves, can be one of the most fulfilling, yet demanding times for a

military mother. This may be especially true if their husband is deployed and they have to face it alone with no family nearby.

That is why we are so excited about a recent \$6,000 grant from Epic! The grant will provide high quality breast pumps to military families.

"Providing this support is really important in helping these moms reach their breastfeeding goals," says Lori Boussuge, RN, CMRC Lactation Specialist.

Currently many of our military families served by Tricare Insurance are unable to afford a high-quality breast pump. Tricare only covers breast pumps for infants born at 35 weeks gestation or less—the exception, not the rule. Many of these families do not qualify for WIC assistance and cannot afford \$150-\$250 for a high-quality pump.

The funding from the Epic grant will provide 40 military families with pumps. We are so pleased to be able to assist these families in our community, therefore allowing military moms the means to provide the best nutrition available for their baby.



Linda Valenti, RN in Women & Children's Services, shows off a new breast pump.

2015 Spring 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. The list below represents the grants from the Spring granting cycle.

Acute Rehabilitation Unit-Adaptive Feeding Aids	April-15	\$2,169.00
Anesthesiology-Portable Ultrasound System	April-15	\$6,850.00
Behavioral Health-Testing Materials and Table	April-15	\$2,732.00
Behavioral Health-In-patient Spacelab Vital Sign Tower	April-15	\$4,147.00
Behavioral Health-DVD and VHS Players	April-15	\$743.00
Behavioral Health-Elliptical Machine	April-15	\$1,049.00
Behavioral Health-Rolling Display Monitor	April-15	\$1,645.00
Behavioral Health-Out-patient Spacelab Vital Sign Tower	April-15	\$4,147.00
Cancer Center-Cancer Survivor Day Barbeque Celebration	April-15	\$1,346.00
Cancer Center-Printing of 100 "Chemotherapy and You" books	April-15	\$1,200.00
Cardiopulmonary-Flex Ventilator	April-15	\$12,357.00
Cardiac Rehabilitation-Rowing Machine	April-15	\$945.00
Clinical Education-Nesting Chairs and Nesting Tables (Matching Grant)	April-15	\$7,000.00
Davis Hospice Center-Arjo Tub	April-15	\$18,512.00
Davis Hospice Center-Blanket Warmer	April-15	\$9,837.00
Davis Hospice Center-Maintenance on Wood Fence	April-15	\$6,000.00
Davis Hospice Center-Maintenance repairs to Cottage 1	April-15	\$12,269.00
Endocrinology-Afrezza (Inhaled human insulin for Diabetes patients)	April-15	\$3,065.00
Laboratory-Evolis System Analyzer (Matching Grant)	April-15	\$10,000.00
Marketing-Audio Equipment and Memory Card	April-15	\$500.00
Medical Imaging-Diagnostic/Interventional Radiology-Lead Glasses and Shielding Devices	April-15	\$3,500.00
Medical Imaging-CT and Diagnostic-3 Wheelchairs	April-15	\$886.00
Medical Imaging-Ultrasound XP Upgrades	April-15	\$3,012.00
Medical Imaging-Ultrasound-2 HAG Chairs	April-15	\$1,998.00
Medical Imaging-Radiology Department-Spacelab Upgrade (Matching Grant)	April-15	\$18,000.00
Medical Imaging-Radiology-Upgrade Antiquated Ergatrons (Matching Grant)	April-15	\$9,500.00
Medical Imaging-Diagnostic Anchor Leg Stabilizer	April-15	\$494.00
Neonatal Intensive Care Unit-Carbon Dioxide Infant Monitor	April-15	\$18,210.00
Oncology Unit-16 Thermometers	April-15	\$2,845.00
Oncology Unit-Bladder Scanner	April-15	\$13,870.00
Pediatrics-Kid Friendly IV Poles	April-15	\$3,500.00
Transitional Care Unit-Stand Up Scale	April-15	\$1,599.00
Urgent Care-Blanket and Fluid Warmer (Matching Grant)	April-15	\$2,700.00
33 Grants Totaling		\$186,627.00



Cheyenne Regional Foundation

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Physician Profile

Dr. Joanne Hassell, Pediatrician



Knowing she'll be getting newer, updated equipment to take care of babies in the NICU—thanks to Denim 'N Diamonds proceeds—is exciting for Dr. Joanne Hassell, pediatrician with the Children's Clinic.

“With new ventilators and

CPAP machines we can avoid using breathing tubes in babies or sending pre-term babies down to Denver for care. With better equipment and more training for our wonderful staff, our hope is that we can keep more babies and families here in Cheyenne,” she says.

Dr. Hassell sees pediatric patients in the Children's Clinic and also spends a week each month in the hospital's Women's & Children's Services. She started her career at Cheyenne Regional last July, and is happy to be here.

Dr. Hassell grew up in England and completed medical school and her pediatric specialty training in Houston, Texas at Texas Children's Hospital, a part of the Texas Medical Center. That's where she met her husband, Walter, who was working as an EMT. She is relieved to be living in Cheyenne rather than muggy Houston.

“We really love Cheyenne. Everyone is very friendly and we like the less busy, more calm pace of the town,” she adds.

She enjoys the Children's Clinic and the doctors and nurses she works with, saying she was “quite surprised by how excellent the nursing staff is” and that she really likes her work as a pediatrician because it lets her “get to know families and watch kids grow.”

The couple has an 18-month old boy, Nicholas, and will soon welcome a new baby girl. They enjoy spending time hiking and fishing and what better place to do those things than in Wyoming?