



Foundation
CHEYENNE REGIONAL
MEDICAL CENTER

Advancement

Advancing Premier Regional Community Healthcare

WINTER 2013

Cheyenne Regional great option
for total joint replacements and
other orthopedic carepage 3



Q & A with
Dr. Margo Karsten,
Interim CEOpage 8

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EIGHTEENTH ANNUAL

Tree of Remembrance

Frontier Mall, Dillard's West

Help us 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 from December 1 through December 24. All donations will be used to support Cheyenne Regional Hospice services and programs.

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



Cheyenne Regional
Foundation



Advancement

Volume 16, Number 4 | Winter 2013

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Advancement Wins Prestigious Award!

The Foundation's Advancement Magazine received an Honorable Mention as a Best Print Publication in the Ragan Communications, Inc. 2013 Health Care PR & Marketing Awards. Congratulations to our staff and helpers!

If you have an address correction or are receiving multiple copies of *Advancement Magazine*, please let us know by calling (307) 633-7667.

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Cover photo from left to right: Kristin Dobbin, RN, and Janet Glasner, orthopedic patient.

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Message from **John Balsler** *Foundation Chair*

Hello to supporters of the Cheyenne Regional Foundation. This will be my last letter to you as the Foundation Chair. While I will remain on the Board to complete my current three-year term through 2015, my year stint as Chair is ending.

I have seen a lot of growth and progress in the Foundation Board and staff over this past year. With our supporters, we have done a lot of good work.

Thus far in 2013, we have received 60 grant requests and approved 38 with a total of \$393,444 for desired equipment and services. I am impressed by the outstanding commitment from the Foundation Board volunteers and the hospital's Board of Trustees to make a difference during this difficult time in healthcare.

One major achievement of late is the opening of the new, stand-alone Cancer Center at Cheyenne Regional. Doors will open soon to loud cheers from hospital trustees, leaders and staff, Foundation supporters and the community at large. We are pleased to have raised \$3,345,075 to date toward our 10 million dollar capital campaign to purchase much-needed equipment for the Center. Thank you for your contributions.

I welcome Carol Merrell as the new Board Chair. I have great confidence in her ability to carry on with strong commitment and drive. I know she has already made good headway in forming a new leadership team—including Marian Schulz, Hospital Trustee, and our own Mona Pearl—to put a fresh face on Denim 'N Diamonds for next year. Without spoiling it, I'll just say what they have planned is different and exciting.

Finally, I urge you all to be a part of this year's Annual Tree of Remembrance by placing a dove ornament on the tree to honor someone you love during the month of December. Saturday, December 7 at 1:30 pm was chosen as the date for lighting the tree at the Frontier Mall. The tree is hosted each year by Cheyenne Regional's Hospice services and the Foundation.

The happiest of holidays to you all.

2013 Board Officers:



Carol Merrell
Vice Chair



Bill Dubois
Treasurer



Carmalee Rose
Secretary



Tom Stuckey
Past Chair

Multiple Joint Replacements Make Janet Glasner An Expert On Care At Cheyenne Regional

While playing flute for the Cheyenne Civic Concert Band at Concerts in the Park last summer, Janet Glasner felt an aching pain in her right shoulder. She knew what she had to do—have another total joint replacement surgery—making it her eighth.

Janet had both knees replaced, and then both hips. Last came the shoulders. She most recently had shoulder surgery on September 3 of this year with Dr. John Winter at Cheyenne Regional.

“I said to him, I hope this is the last one, and he said, ‘It better be, you don’t have anything else left!’ He has done all of my surgeries. He’s an excellent doctor; he’s so caring and is very up on the best treatments. It’s amazing how little pain I had. The afternoon of my surgery I sat up solved a crossword puzzle using the arm and hand of the recently replaced shoulder,” exclaims Janet.

One reason Janet felt so little pain is due to cutting-edge advancements in pain management at Cheyenne Regional. “After surgeries, we now use nerve blocks that are much safer and non-invasive postoperatively than standard medicines,” says Jeff McGee, Unit Manager for Orthopedic Services at the hospital.



Patient Janet Glasner, center, was pleased with her nursing care at Cheyenne Regional. Orthopedic charge nurses Kristen Dobbins, RN (left) and Annie Barnes, RN, (right) are proud of the good care their nurses provide.

Top-notch nursing makes for quality care

“My stay at Cheyenne Regional was pleasant and the nurses were very good. I feel very comfortable with the doctors in Cheyenne and I’m convinced they are all marvelous,” adds Janet.

The nursing staff has whole-heartedly taken on the philosophy of patient-centered care, where patients and family members are encouraged to give input into their care and hospital experience. The 24 rooms on the unit are all single occupancy with private showers and windows. The nurses’ station is centralized to minimize noise and disruption so

patients can get much-needed sleep.

“Nursing in orthopedics at Cheyenne Regional is first rate. We’ve specially trained our nurses and I am especially proud of our certified nursing assistant (CNA) ratio—we have one CNA to every six patients while the national average is closer to one to 12,” adds McGee.

Cheyenne Regional operating room stands above the rest

Tana Carpenter, Operating Room Director, has worked in 11 hospitals across the nation including Denver and Dallas, and she

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Orthopedic nurses are proud of the awards the service line has won in recent years. CareChex named Cheyenne Regional a “Top 100 Hospital” and a “Top 10% in the Nation for Orthopedic Care.” From left to right, Top: Jennifer Barnes, RN, Kristen Dobbin, RN, William Reddicks, RN, Janelle Kilber, CNA, Annie Barnes, RN. Bottom: Tana Carpenter, RN, Janet Glasner, Nellie Fillpot, CNA.

was impressed with Cheyenne Regional’s commitment to best practices in the operating room (OR) from day one.

“Cheyenne Regional has one of the best ORs I have ever seen. As a consultant I helped ORs across the nation troubleshoot their problems. Often, they had too little staff or poor equipment. Cheyenne Regional had little of that then, and now we are exceptional. We are currently participating in quality initiatives and performing several best practices in the OR to increase care

quality and safety,” adds Carpenter.

One outstanding best practice is having specially-trained teams of nurses and surgical techs for each area of surgery, including neurology, cardiology, and orthopedics. “It’s the very best care. When surgeons come in they know and trust their specialty team. The OR is also arranged by specialty, so each specialty has its own sterile “core” area, lessening the risk of contamination,” says Carpenter who also speaks of the hospital’s cutting-edge equipment. “When I ask for equipment on behalf of staff or surgeons, I’ve never been told no.”

“We are a part of Project JOINTS with the Institute of Health Improvement (IHI), an initiative to spread evidence-based practices to prevent infections after hip and knee replacement surgery. Our readmit rates due to infection are lower than the national average for hospitals our size,” adds Cheryl Crumpton, Service Line Coordinator for Orthopedics and Neurosurgery.

<p>National Awards Held by Cheyenne Regional</p> <p>CareChex #1 Ranking in Wyoming for Orthopedic Care (www.carechex.com)</p> <p>CareChex Top 100 Hospital for Hip Fracture Repair</p> <p>CareChex Top 10% in Nation for Medical Excellence</p> <p>“Top 25 Best Hospitals” in the nation for heart valve replacement surgery</p> <p>Bariatric Surgery Center of Excellence</p>

Multiple Joint Replacement Surgeries

continued from page 4

The hospital is also a part of The American Joint Replacement Registry (AJRR) to optimize patient outcomes through the collection of data on total joint replacements.

Excellent surgeons add to success

As a Wyoming native and a third-generation graduate of the University of Wyoming, Janet Glasner has seen many changes over the years when it comes to healthcare: “My mother was born at the old St. John’s Hospital, and my dad, whose parents settled here from Texas because of the railroad, had a terrible heart condition and would end up in the hospital regularly,” she comments.

Cheyenne Regional has come a long way from its roots as a tent hospital to treat Union Pacific railroad workers in the late 1800s. A part of its success stems from attracting skilled physicians and surgeons.

“We have excellent surgeons that can do every surgery you need. Between our nine local orthopedic surgeons we cover every specialty. The only surgery we do not do is transplants,” adds Carpenter.

“I would compare our results to pretty much any hospital in the nation. There are very few highly specialized areas of orthopedic surgery. We effectively perform at least 95% of everything here in Cheyenne,” says Dr. Richard Torkelson, one of three orthopedic surgeons with Cheyenne Orthopaedics, PC.

Dr. Bruce Smith, one of five orthopedic surgeons with Wyoming Orthopedics & Sports Medicine, is also confident about the skill level of surgeons in the area: “We have very well-trained orthopedic surgeons here in Cheyenne. I’ve seen a number of patients go elsewhere but they return because they are not happy with feeling like a number versus getting personalized treatment here.” One myth he feels the Cheyenne orthopedic community battles is that for true sports medicine care patients have to go elsewhere. “That’s simply not true, we have very good people here in

Orthopedic Surgeons in Cheyenne

There are nine orthopedic surgeons in Cheyenne. Between the three practices listed, they offer the full gamut of orthopedic surgeries and care—from sports injuries to trauma care, elbow and ankle joint repairs, and total hip, knee and shoulder replacements, among others. A staff of skilled physical therapists, occupational therapists, surgical techs and nurses support the surgeons.

Cheyenne Orthopaedics, PC

2301 House Avenue, Suite 505
Cheyenne
307-632-9261

Jean D. Basta, MD

Mark R. Rangitsch, MD

Richard E. Torkelson, MD

SMART Sports Medicine Center

5307 Yellowstone Road
Cheyenne
307-632-7677

Dr. Michael Kuhn

Wyoming Orthopedics & Sports Medicine

4028 Laramie St/ 4017 Rawlins St.
Cheyenne
307-635-2562

Gary I. Molk, DO

Michael J. Shannon, MD

Bruce D. Smith, MD

Bret Winter, MD

John E. Winter, MD

Daniel R. Kisicki, MD (Primary Care/Sports Medicine Specialty)

Cheyenne who have completed fellowships in sports medicine and are highly trained,” he adds.

Another myth the medical community of Cheyenne continues to battle involves infection rates. “There was an issue a decade or so ago where people felt there was a problem with high infection rates. I arrived in 2003 and that was definitely not the case. In fact, we continue to have extremely low infection rates, below

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the national average,” Smith concludes.

Dr. Michael Kuhn is an orthopedic surgeon specializing in sports medicine in private practice in Cheyenne. He serves as the Medical Director for Cheyenne Frontier Days and volunteers with local high school teams, so he has seen his share of sports-related injuries. “Cheyenne Regional is just the right size. It’s a mid-town, midsize facility that offers better patient care and family ease than some large, urban hospitals that can feel like a maze. I sit on many quality care boards at the hospital and they just continue to get better and better when it comes to quality,” he states.

Quality care, close to home

Having quality care close to home is important to Janet Glasner. “My mother had osteoarthritis that ate her joints, just like I have. I am so grateful to Dr. John Winter and my family physician Dr. Amy Gruber for all their good care over the years. This new shoulder joint is working beautifully,” she says.

Now Janet can get back to doing things she loves. As a former English teacher, library technologist at Central High School and public and school library volunteer, Janet would rather read a good book more than

Orthopedic Services at Cheyenne Regional

Cheyenne Regional offers award-winning orthopedic services. The following is a list of offered surgeries and services:

Total joint replacement surgery

Minimally invasive arthroscopic procedures

Fracture management (including socket injuries and complex long-bone fractures)

Hand and foot surgery

Physical therapy and rehab to restore movement, strength and function.

Orthopedic pain management

Orthopedic trauma

Sports medicine treatment and surgeries

Pediatric orthopedics

Shoulder/rotator cuff repair

Knee disorders

Orthopedic disorders (arthritis, osteoarthritis, bursitis, elbow pain, etc.)

Regenerative therapy (platelet rich plasma) coming

“In the past, people felt there was a problem with infection rates at Cheyenne Regional. I arrived in 2003 and that was definitely not the case...we have extremely low infection rates, below the national average.”

-Dr. Bruce Smith, Orthopedic Surgeon

anything else. Yet she is no stranger around town.

“I like the cosmopolitan atmosphere of Cheyenne and I’ve been involved in arts and music in Cheyenne all of my life,” Janet says.

As a child, Janet sang in the church choir. Later, she sang in the Messiah Choir, the Capitol Chorale and the Mother Singers. She also played flute in the old Cheyenne Symphony. Now when she plays her flute in the Cheyenne Civic Concert Band her shoulder will not give her fits anymore. “I am looking forward to picking up my flute again,” she adds.

Feeling good also allows Janet to keep up with her three grown children, Karl, Margaret and Katharine, and their children. “I have six grandchildren and six great grandchildren. The oldest is 32 and the youngest is one. I catch up with them on Facebook,” she says.

Last year, she and her husband Marlin, an artist, celebrated their 50th wedding anniversary. “The kids all came home and treated us to The Horse Barn Dinner Theatre. We had so much fun,” she concludes.

For Janet, eight total joint replacement surgeries is enough. But if you need any advice on orthopedic care in Cheyenne, she’s the expert. She’s earned it, after all.

Employee Profile

Cheryl Crumpton

If nurses had to take the Hippocratic Oath, Cheryl Crumpton, MS, RN, CEN, would've done so whole-heartedly, especially when it came to accepting the call to treat patients with "warmth, sympathy and understanding." Everything she does, every single day at work, moves toward the ultimate goal of improving care for orthopedic and neurology patients at Cheyenne Regional.

Cheryl has been a nurse for over 24 years, starting at Cheyenne Regional in 1992 before the merge between Memorial and DePaul hospitals. She worked in the emergency room and ICU. Today, she holds the position of Service Line Coordinator for Orthopedics and Neurosurgery—a busy service line that averages 240 total joint replacement surgeries a year, among many other services.

Cheryl takes pride in creating programs that help better the patient's experience and advance care in the service line. One of her greatest accomplishments was serving as the project lead on implementing the Tele-Stroke Program.

"We work in conjunction with Swedish Hospital in Denver to provide 24/7 neurological stroke coverage that provides rapid treatment for strokes via telemedicine," Crumpton says.

"The ambulance calls in a stroke alert to the emergency department and the stroke team gets ready. They administer a CAT scan immediately and send it via telemedicine to a neurologist who reads it on the spot. Our goal is to diagnose and treat within 60 minutes. We recently earned a CareChex award for our excellent stroke care," she adds.

Cheryl names establishing a Bachelor's of Nursing Program with Regis University on site as another major accomplishment. The program brought in professors in the evenings so busy nurses could gain their Bachelor's Degree without leaving their workplace. A similar arrangement now exists with UW.



Cheryl Crumpton, MS, RN, CEN, Orthopedic/Neurosurgery Service Line Coordinator for Cheyenne Regional

In addition, the hospital received national recognition for its Patient Call Manager Program—something Cheryl helped implement. Cheryl also helped create a Patient/Family Advisory Council.

"We have 16 to 18 patients who make up the council and meet monthly. They bring such a valued perspective," she says.

Cheryl is a fifth generation Wyoming native, who grew up in Rawlins. She received her RN at LCCC and

just recently completed her Master's in Nursing Management and Leadership from Regis University.

"My great grandfather was Charles "Pap" Deloney, one of the first forest ranger supervisors in Teton County, Wyoming. He built the first general store in Jackson, which is now the Jackson Museum," she exclaims.

Cheryl has been married 32 years to her husband Glen, who served as the Director of the Laramie County Combined Communications Center and is a retired lieutenant from the Sheriff's Department. The couple has two children. Their son Jason, who is a police officer in Laramie, his wife Jamie who works in the Emergency Department at CRMC and grandbaby Talynn. Their daughter Janna works at the University of Northern Kansas City hospital as a clinical pharmacist, and just recently married Isaac Kittle.

"As a family, we love the outdoors and enjoy spending time together at our cabin in Ryan Park in the Snowy Range," she adds.

Cheryl is a big supporter of the Foundation. She co-chaired the Denim 'N Diamonds employee campaign for nearly five years, coordinating such events as casino night, the employee auction and luncheon, the 50/50 raffle and the golf tournament.

Q & A with Dr. Margo Karsten

Interim Chief Executive Officer of Cheyenne Regional

Speaking on leading Cheyenne Regional in the interim until a permanent CEO is found, Dr. Margo Karsten shares insights and wisdom into the hospital's strengths and good standing for the future.

Q: Welcome to Cheyenne Regional as interim CEO. How did the position come about for you?

A: Last May I was featured as a keynote speaker during Nurses Week. I noticed there were really good people in the audience who were making a difference and who were extremely dedicated to their work. I gained a good sense for Cheyenne Regional. The Chief Nursing Officer, Constance Schmidt, mentioned that the hospital Chief Operations Officer had just announced his retirement. I said that as a private consultant I had been missing my time working in a health system, so I would be interested in stepping in as interim if that would be helpful to the board. It was, and I started in that position. One month later, Dr. John Lucas decided to shorten up his tenure and the board asked me to step into the CEO role as interim.

Q: Tell us about your healthcare background. What makes you suited for the interim CEO position?

A: I have a doctoral degree in human resources with a specialty in change management. My dissertation was on physician job satisfaction, all topics that can be applied here at Cheyenne Regional.

I bring nearly 30 years experience working in healthcare administration. I started out as an RN in orthopedics, became a nurse manager



Dr. Margo Karsten, Interim CEO of Cheyenne Regional

then director, and then a chief nursing officer. From there I held CEO and COO positions at regional hospitals.

In the early 2000s I was CEO/President of Poudre Valley Hospital (PVH) in Fort Collins. At that time, PVH was facing a similar situation as Cheyenne Regional is facing now as a sole provider who is maximizing its strengths and letting the community know of all the services offered, as well as a need for growth. That experience helped me

see the need to strengthen the culture at PVH and its clinics, and to work in partnership with the community and physicians. But Cheyenne is unique and we need to appreciate that uniqueness and not assume what works in Colorado will work in Wyoming. So what's best for me is really listening and keeping an open mind when working with physicians, employees, the board and community leaders. As a CEO, I've learned being accessible and approachable—and listening more than talking—are good ways to lead.

Q: Tell us a bit about yourself. Do you live in the area? Do you have family? What are your interests?

A: I have lived in Northern Colorado for 19 years and currently live in Windsor on 2.5 acres. I enjoy spending time with my family—my husband Steven, son Steven (22), who plays lacrosse for UNC, my son Joe (19) who hikes with me, and my daughter Emily (10) who loves to dance. I love to run, bike, ski and hike—all those good amenities of the West. One hobby that might turn into more is writing and publishing about dementia. My mom had dementia and I am really intrigued by how we can do better work around vulnerable aging.

I am originally from Minnesota with roots in a farming community and work ethics that show forth. That's why I feel at home here.

Q: We understand you have a consulting business, called Creative Healthcare Management. Tell us a bit about that.

A: My team supports healthcare organizations in different capacities as they move through transitions. My partner, Craig Luzinski, joined me at Cheyenne Regional and is acting as the interim COO. Craig and I are a strong team with an amazing track record. We worked together for eight years at PVH, and we know each other's strengths and values. We have both been in executive roles in hospitals so we can jump in and do the work. Even though we are both here transitionally, we are committed to strengthening the good work that's already in place at Cheyenne Regional. Craig's CV is amazing, and he is currently getting his PhD. From a consulting perspective, we've both assisted innovative places—he at Henry Ford, and me at Baylor—so we bring fresh ideas on what makes sense to consider during the interim.

Q: As someone who knows healthcare organizations well, what do you see as Cheyenne Regional's strengths?

A: The commitment from the physicians is unbelievable, and I am really impressed with the medical directors. There may be turnover at the executive level, but those on the front lines, the doctors, nurses and support staff, are committed, dedicated and loyal—with some having given 20-plus years. This stable base is certainly one of the hospital's greatest strengths.

Also, some of the service lines are incredible. I have only had really good access to the cardiovascular service line, and what I see are amazing outcomes and a commitment to care that's really strong, both from the cardiology & vascular standpoint and the surgical perspective. I believe this is just one success story, and there are many more out there. For example, the behavioral

health model is probably the best I have ever seen. The group is really clear on what they want to do to help the community. Also, the patient navigator program and the management of population health—these are very innovative and leading edge in the country, actually.

Q: What message would you like to send to Foundation supporters and the community at large?

A: I would like to reassure the community, staff and hospital supporters that even though the hospital has had transition at the executive level, the existing team is very talented and committed to the hospital.

Q: What is the hiring process? How long until a permanent CEO is hired, and are you interested in the permanent position?

A: The position is only an interim option for me. The hospital board has sanctioned a steering committee (of which the Foundation Board Chair and Executive Director are participants) to work with the national recruiters responsible for identifying candidates. As soon as the board makes their final decision and presents an offer, I will step back and let the new person take over. It will most likely take 3-6 months.

I think it is important that the candidate is someone who lives in Cheyenne and is in the fabric of the community. There is good heritage here and lots of community pride, and I think the role could maximize that. I am confident that the board will find a good leader. There are some very intriguing opportunities here for a CEO. For one, it's rare for a CEO to have a chance to work directly with the board, and this board is an amazing group. Plus, there are exciting strategic opportunities here as a sole provider in the community. Also working two blocks from the State Capital provides an opportunity to be active at the legislative level. Cheyenne Regional is a great place, and I am happy to be here; I am committed to helping as long as I'm needed.

"The commitment from the physicians is unbelievable, and I am really impressed with the medical directors."

Tips on Preventing Falls at Home

by Amber Carroll, PT, DPT, CLT,
Outpatient Rehabilitation Services, CRMC

With the coming ice and snow, what better time to make simple changes to prevent falls? According to the Centers for Disease Control and Prevention, falls are the leading cause of injury deaths and non-fatal injuries in older adults. Despite these statistics, steps to help prevent falls are easy to take.

There are simple changes that you can make in your home to help reduce your risk for falls. Here

are some tips:

- Remove loose rugs that can slip under your feet, or use a slip-resistant backing to keep them in place.
- Move loose cords or extension cords in areas where you walk.
- Add extra lighting.
- Remove clutter.
- Install a handrail at your stairs or grab bars in the bathroom.



- Use nonslip mats in the bathroom.
- Ensure that you wear stable shoes with good traction. Tie laces; if you are unable to lace your shoes, opt for Velcro fasteners.

Certain conditions create risk factors for falls. Your physician or healthcare provider can help you take control of these illnesses and effectively decrease your risk for falling. For example:

- Diabetes can cause numbness in your feet, making it hard to feel tripping hazards.
- Changes in your vision can make it hard to see obstacles.
- Research shows that if you take more than four medications, you are at an increased risk for falling. Consult your healthcare provider to review your medications for possible side effects.

- Abnormal blood pressure, abnormal heart rate or shortness of breath can also factor into falls. Dizziness when standing up from a sitting position sometimes occurs with these conditions and should be discussed with your physician.

Physical therapists are specially trained to help you improve your balance and mobility. Here are ways they can help:

- Weak or shortened muscles affect how your body moves. A therapist can help strengthen these muscles by giving you exercises or stretches, thereby helping them work better.
- If you are having problems walking, a therapist can help you find a walking aide, such as a cane or a walker, which may help stabilize you.
- If you are having problems with sensation or coordination, therapists can help your brain learn to interpret information faster or differently to improve your balance.
- Joint pain can be addressed by a physical therapist to improve walking.

Prescribed exercises can range from group exercises to individual programs and can be done in the home or at a gym facility. Overall, the goal of physical therapy is to help you gain and maintain strength through an exercise program that you will hopefully enjoy and continue for a lifetime.

CRMC has two physical therapy clinics well suited to address any risk factors you may have. Outpatient Physical Rehabilitation Services (307- 633-6175) is located in the Medical Office Building, and Wyoming Orthopedics & Sports Medicine (307-635-2562) is located on Rawlins Street. If you think you could benefit from physical therapy, call.

We wish you an enjoyable winter season, free of 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.*

This Year, Let's Give Thanks for Advances in Healthcare

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

As we near the end of the calendar year, I am often reminded of my childhood and the lessons taught me by my grandparents, parents and extended family members. Starting with all hallows eve (a.k.a. Halloween) which originally was a time to remember those who have died, we are called to pause and reflect on the people who have gone before us, yet gave us the world we live in today. As my son observed, “we stand on the shoulders of giants”, which is true in that all the wonderful advancements we live with today and which make life so easy, were developed by our relatives—mostly deceased now, but not forgotten.

Thanksgiving is a time of year when we are called to pause and reflect upon the many blessings we have. In the early years of this nation, people celebrated a bountiful harvest which would sustain them through coming harsh winter months. Today, we are fortunate to have developed an agricultural system which provides more than enough food, and we are able to direct our thanks to other areas such as a healthcare system which is robust—one which has helped eradicate or minimize many diseases which traditionally claimed so many lives each year.

Today, people are living longer, healthier lives thanks in large part to the incredible advancements brought about in medicine. In the past, if disease or accidents didn't claim an individual in the prime of his/her life and they made it to “old age,” their golden years were often fraught with pain and misery. Today however, thanks to modern medicine, people no longer must suffer with such maladies as heart disease, arthritis and other joint problems, various cancers and vision and hearing loss; rather, they can lead active and enjoyable lives



thanks to advances in medicine and medical devices.

At the solstice of the year, many religions across the northern hemisphere celebrate the time as one of birth and renewal. The days promise to grow longer and soon enough the world will awaken to renewed growth and vitality. Thanks to the rapid

development of cancer treatment this analogy is also true for oncological care. Today, many types of cancer can be cured, allowing people to enjoy decades of healthy, productive, cancer-free lives, which is incredible when one considers that just a few years ago survivability rates were nearly zero.

We are pleased to participate in this cancer care revolution as the hospital prepares to open a new 40,000 square foot facility on the CRMC campus. In much the same way as the seasons renew themselves, so to with us. We continue to grow and evolve each year in order to provide high-quality, leading-edge medicine for the residents of our region. Those of us at the Foundation feel fortunate to be a part of this journey. We are thankful every day for our many generous donors who continue to support the work we do through their contributions of money and time. On behalf of everyone here at CRMC, we thank you and wish you a very healthy and happy holiday season!

Your Denim 'N Diamonds dollars at work

Thanks to your participation in Denim 'N Diamonds last spring, children in our community are exposed to substantially less radiation when getting scans at the Children's Clinic than ever before. The new digital radiology equipment shows a 71.3% reduction in dose radiation to patients, with further reductions expected. Now that's good news!

Donor Recognition Dinner

Thank you to everyone who attended the 2013 Cheyenne Regional Medical Center Foundation Donor Dinner. The event was held on November 14th at Little America. What a pleasure it was for us to formerly recognize so many of our generous supporters.

Unable to attend:

Humanitarian

Jeff & Lynne Carlton

Visionary Council

Town & Country Plumbing, Inc.

Founder

A. J. Meares

Bob & Ernie Shriner

Benefactor

Perry & Judy Dray

John Lucas & Ramona Schmidt

Rita Meyer

Spradley Barr Motors, Inc.

John & Pam Winter

*All awards were presented by
Board Chair John Balsler and
Foundation Executive Director
Stephen Stone.*



Humanitarian

Jan & Ron Thiel

On Giving

*“We make a living
by what we get. We
make a life by what
we give.”*

By Winston Churchill



Chairman’s Circle

Hal & Marion Kissel



Chairman's Circle –
Timothy & Kathy Joannides, *Accepted by Tim*



Chairman's Circle –
Bob Prentice & Sandra Surbrugg



Chairman's Circle –
Betsy Lanier



Chairman's Circle – Western Vista Federal Credit Union,
Accepted by LaVelle VanVoast and Cathy Balsler



Visionary Council –
Cheyenne Light Fuel & Power,
Accepted by Mark Stege



Visionary Council –
Life Care Center of Cheyenne,
Accepted by Caroline Veit



Visionary Council –
Pioneer Printing,
Accepted by Jerry Ziemann



Visionary Council – John Gross



Visionary Council – Percy Trudeau



Founder – GE Johnson Construction Co., Inc., *Accepted by Matt Glenn*



Founder – Jonah Bank of Wyoming, *Accepted by Ward Anderson*



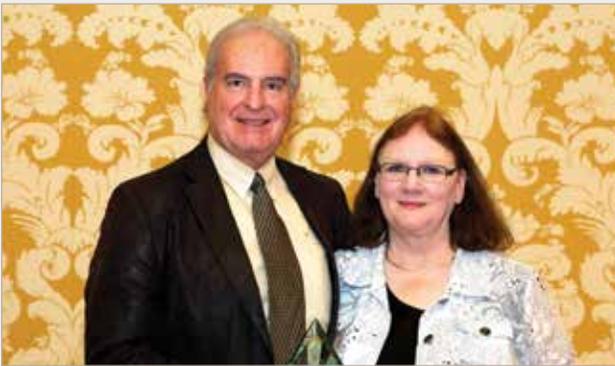
Founder – Taco John's International Foundation, *Accepted by Jim Creel*



Founder – Art & Carol Merrell



Founder – David & Fran Naler



Benefactor – Mark & Judy Anderson



Benefactor – Jean & Salli Halpern



Benefactor – Black Hills Corporation, *Accepted by Sharon Fain*



Benefactor – Linda Doering



Benefactor –
David & Kathy Lind



Benefactor –
John & Dana Metzke



Benefactor –
Larry & Patricia Seitz



Benefactor –
Philip & Mary Sharp



Benefactor –
Tri-County National Bank,
Accepted by Rick Flood



Benefactor –
Warren Federal Credit Union,
Accepted by Michele Bolkovatz and Steve Salazar

Board Profile

Philip Rosenlund

Cheyenne Regional Board Member Phil Rosenlund was never a man to sit around in his spare time. He enjoys being busy in retirement, just as he did when he juggled two jobs and helped to raise and support five children.

Phil didn't grow up in Cheyenne but he got here as fast as he could. Phil was born in Long Beach, California, but spent most of his childhood in Layton, Utah. With a degree in agriculture from Utah State University, Phil headed to Cheyenne to begin a 37-year career at the University of Wyoming as an Extension Agent. He had a lot of responsibilities, from managing the master gardener program to coordinating 4H activities.

"I had the opportunity to judge a variety of contests and fair entries including horse, livestock, vegetable and wool. 4H is a great growing experience for kids," he says.

While at UW, Phil earned his Master's Degree in Plant Pathology—something he put to immediate use in his position.

But that wasn't enough. Phil had always wanted to fly and soon after moving to Cheyenne he made that dream come true: "I had been in the Air Force and so I continued on with the Wyoming Air National Guard as a member of their flight crew of their C130 Hercules aircrafts. I really enjoyed the chance to see the world and meet people," Phil exclaims.

Phil has five grown children. The oldest, Jeremy, is a computer consultant in Leesburg, Virginia with five children. Next in line, Nicole, lives in Laramie and works part-time for the school district while raising her four daughters. Shelley remained in Cheyenne as a dental hygienist and a partner in the family business while also raising two children. Kara is currently in Eugene, OR while her husband finishes up his PhD. Tracey,



Philip Rosenlund

the youngest, is a public information specialist for a computer software company in Laramie and has one daughter. Phil also has one stepson, George, who is currently attending the University of Wyoming.

"They are all great kids, and I am proud of them all," Phil says. Even though the family is spread out across the state and nation, they get together and enjoy each other—and the 12 grandchildren—as often as they can.

Phil and his wife Leigh enjoy travelling, reading, running, fishing and continually learning together. "Leigh is a musician by training, so we often attend art events including operas, plays and exhibits," he says.

Leigh worked in hospital administration for over 16 years—including a long stint at Cheyenne Regional Foundation as the Executive Director from 1997 to 2008.

"After I retired from the University, I started a small construction company called Vanguard Construction. I like the challenge—it's a little bit of science and a little bit of art. Leigh helps with her artistic perspective when it comes to design," Phil says.

Phil is proud of the Cheyenne Regional Board's accomplishments during his five years on the board. "Our overarching goal is to improve the quality of this hospital. We've done that with the new ER expansion and the self-contained Cancer Center. It's satisfying to see it all come together," he says.

Phil believes the Foundation plays a critical role in the operations of the hospital as it brings a community perspective to the table: "Most of the Foundation's Board is made up of longtime residents who recognize the value of having a versatile hospital in close proximity to where we live," he concludes.

Contributions

3rd quarter: July 1 – September 30, 2013

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Admiral Wayne L. Davis

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Davis Hospice Center

United Way of Southwest Wyoming

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3rd quarter: July 1 – September 30, 2013

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High West Energy

Cheyenne Regional Medical
Center Foundation is now a

Ways to Give

by Stephen V. Stone, M.S., CFRE Executive Director



Due to two new hires at the Foundation, we now offer expanded services to help you explore different ways to give to support your local hospital. The Foundation recently welcomed two new staff members: Ms. Wendy Fanning who assumed duties as Director of Annual Giving and Grants, and Ms. Victoria Fry, J.D., who is our new Director of Major Gifts and Planned Giving. Both women are consummate professionals who are very well versed in their areas of development. Read more about them on the next page.

As they get settled into their new positions be sure to watch for new and exciting programs to be released. These programs will help you design your personal estate plan and help you preserve your wealth for your family, while minimizing

taxes owed to state and federal sources. At the same time, we will help you plan how to leave a portion of your estate to your favorite local charity. Nonprofit organizations rely increasingly upon the generosity of donors as they rarely receive funds from tax revenue nor from stock sales as private businesses do. Your thoughtful support helps organizations like Cheyenne Regional Medical Center to continue providing high-quality, compassionate care close to home.

Join me as we welcome Wendy and Victoria to the Foundation development team. We look forward to helping the hospital provide another 146 years of service to the residents of Cheyenne and surrounding communities.

Foundation Welcomes Two New Employees



*Wendy Fanning,
Director of Annual Giving
and Grants*

Wendy Fanning,
*Director of
Annual Giving
and Grants*

We are pleased to have Wendy Fanning on board at the Foundation! Wendy received her B.A. in Humanities and Fine Arts with an

emphasis in Art History and English from the University of Wyoming. She eventually earned her spot as the Cultural Programs Coordinator/Outreach Director for the University of Wyoming Cultural Programs/Outreach office. While at the University, Wendy benefited from the university environment and enrolled in graduate classes through the American Studies, English and Art departments.

After her twelve-year career at UW, Wendy decided it was time for a change of scenery (and weather) and moved to Tucson, Arizona where she served as the Director of Development for the Arizona Opera. After a three-year stint at the opera, Wendy realized she missed the rich culture and lifestyle of Wyoming and decided to move her family back to this great state. She then joined the team at the Cheyenne Frontier Days Old West Museum as the Director of Development and Arts in Education. Given that Wendy is a farm girl from Nebraska and grew up surround by the rodeo, she truly embraced the remarkable history and story of the “Daddy of ‘em All” rodeos.

Yet Wendy considers herself a lifelong learner and upholds intellectual growth as a top priority. With interest in a new adventure, Wendy sought out the position as Director of Annual Giving and Grants for the Cheyenne Regional Foundation. She is excited to start this new chapter in her life, and to meet with donors and supporters of this great Foundation.



*Victoria Fry,
Director of Major Gifts and
Planned Giving*

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

Please help us welcome Ms. Victoria J. Fry to the Foundation! Vicky is a Wyoming native. She grew up in Rawlins, Wyoming. In 2001, she graduated

from the University of Wyoming with Bachelor of Science degree in Finance and Business Administration. In 2005, she graduated from the University of Wyoming College of Law with her J.D. A few days after graduation, Vicky argued a search and seizure case in front of the Wyoming Supreme Court. Vicky clerked under the Hon. Dave Williams and the Hon. Daniel J. Kaup in Ft. Collins, Colorado for the 8th Judicial District of Colorado for two years.

From 2007-2012 Vicky worked for the Wyoming Public Service Commission as a Staff Attorney. In 2008, Vicky collaborated with the Governor’s Office to win the 2nd place award for 2008’s Best Informational Campaign from the Wyoming Press Association. From July 2012 until October 2013, Vicky worked for Bailey, Stock & Harmon P.C. with her practice primarily focused on utility and regulatory law, estate planning, family law, litigation, worker’s compensation, creditor’s rights and business law. Vicky is a member of the Wyoming and Colorado State Bars.

Vicky is married to Matthew Fry, a biologist at the Wyoming Department of Game and Fish. They have a young daughter. In her spare time she enjoys cheering on the Denver Broncos, defying Wyoming nature by gardening and volunteering for the City of Cheyenne’s Historic Preservation Board.

Physician Profiles

Dr. John Winter and Dr. Bret Winter, Orthopedic Surgeons

You may have heard the saying, “families that play together stay together.” Add in work together and you’ve really got a bond. Dr. John Winter and his son Bret Winter are both orthopedic surgeons at Cheyenne Regional.

While Bret didn’t set out in life to follow in his dad’s footsteps, he soon discovered in college that it’s what he wanted to do.

“He was a biology major at the University of Kansas. On a visit home, I overheard his frat brother ask him when he was going to apply to medical school. It was the first we’d heard of it!” exclaims John, whose son not only went on to choose orthopedics as his specialty, but now performs surgeries with him, side-by-side.

Both men graduated from the University of Kansas School of Medicine, one in 1972, the other in 2002. Both practice general orthopedics and sports medicine.

“What I like most about orthopedics is the variety of patients I see; my youngest patient is one, and my oldest is 103. It’s important to us to improve people’s



Dr. John Winter



Dr. Bret Winter

quality of life,” says Bret Winter.

Before settling in Cheyenne, Bret practiced in Salt Lake City. “We were riding a ski lift in Steamboat and I said, ‘If you decide not to stay in Salt Lake, I’d love to have you come work with me.’ Two years later he called and said he was coming,” John Winter exclaims. Bret joined his father’s practice—Wyoming Orthopedics and Sports Medicine—in 2011.

There’s more to this family affair: Bret’s wife, Dr. Natalie Winter, works at Cheyenne Regional and heads up the pain management program in the Medical Specialty Clinic.

The extended family enjoys biking, skiing and travelling together, including John’s wife Pam and their second son Eric and his wife Heather—both general dentists in Broomfield CO—and their two children.

“It’s been a pleasure to see Bret grow into an excellent orthopedic surgeon. We support the Foundation’s good work. My wife Pam served on their Board in the past,” John Winter concludes.