



Foundation
CHEYENNE REGIONAL
MEDICAL CENTER

Advancement

Advancing Premier Regional Community Healthcare

SUMMER 2012

Introducing this year's
Denim 'N Diamonds
Honorary Chair
Amy Davis

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Dr. John Lucas**
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Exciting Ride!**
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It is going to get exciting around here!

Cheyenne Regional Medical Center is transforming from a hospital to a regional healthcare system. The *Blueprint for the Future* is taking shape every day, including a new Comprehensive Cancer Center, and it's nothing short of exciting. Exciting for our regional community and exciting for our donors.

Each new phase of our future growth brings opportunities for those who value excellent and accessible healthcare and the Wyoming spirit of giving. Find out how you can help.



Foundation
CHEYENNE REGIONAL
MEDICAL CENTER

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Advancement

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Message from Tom Stuckey Foundation Chair

Hello!

We are going through exciting times here at the Foundation. Denim ‘N Diamonds is right around the corner, we are in the midst of hiring a new Executive Director, and we’re funding some great projects at the hospital.

It’s hard to believe that we’ll soon be hosting our 23rd Denim ‘N Diamonds gala to support the hospital and continue to improve healthcare in Wyoming. Many of you have joined us for several years now. I look forward to seeing you at this year’s event on Saturday, June 23. Carmalee Rose, Denim ‘N Diamonds chair, promises an evening of surprises and inspiration.

We’re pleased that Amy Davis will serve as our honorary chair—read about her life story in upcoming pages. This year’s gala supports the hospital’s growing telemedicine services—services that link rural patients to experts in Cheyenne via virtual appointments. Telemedicine increases quality of care, convenience, and offers healthcare opportunities in small towns where they otherwise don’t exist.

By the time you read this, we expect to have hired a new Executive Director for the Foundation. We were very pleased with the high-caliber candidates we attracted from Wyoming and across the nation. Watch for an introduction in the next issue of *Advancement!*

The Board’s Endowment Advisory Committee met recently to determine our spring round of fundings. We received 28 requests for a total of \$425,898. Twelve requests are headed to the Board for final approval and another 12 are still under review. The Committee is recommending we fund a variety of equipment and training requests. For example, items include an improved nuclear medicine lab, additions to our state-of-the-art TCOM wound care equipment, patient educational materials for the Davis Hospice Center, an electromagnetic diathermy machine for outpatient rehab, and much more. Current recommendations total \$150,094 with more to be given in the near future.

Being able to fill these requests by hospital staff members really brings home the purpose of the Foundation. With these “extras” we lift healthcare from good to great for Cheyenne residents and others across the state. Thanks for making this possible.

Best regards,

2012 Board Officers:



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Carmalee Rose
Secretary

Introducing this year's Denim 'N Diamonds Honorary Chair

Amy Davis: Rancher, Adventurer, Philanthropist

Amy Davis' life story reads like a novel with surprising twists and turns—a good book that you can't put down. Her childhood makes for a great Western—filled with stories on the ranch of herding cattle, surviving fires, droughts, storms and rattlesnakes. Her adult years definitely make for an adventure story complete with meeting famous people, sailing across the Pacific in a small sailboat and working at the White House.

You're left satisfied in the end, feeling glad you met this refined and tough character, who taught you that life is not about hesitation, but grabbing the reins and hanging on for a good ride. Oh—and of course it's also about giving of yourself to make the world a better place.

The Early Years on the Y Cross Ranch

Amy grew up splitting her time between Kenilworth, Illinois, just north of Chicago, and Horse Creek, Wyoming. She spent her school years in Kenilworth

and her summers on her family's Y Cross Ranch outside of Cheyenne. After graduating



An artist's rendering of the Davis Y Cross Ranch, Horse Creek, Wyoming

high school, Amy and her family moved to the ranch year-round.

“We raised commercial Herefords at the ranch. Over time, the ranch grew from 17,000 to 67,000 acres,” says Amy who worked right alongside her family and the ranch hands to manage the land and care for the cattle. Amy did every job on the ranch that stretched over 100 square miles. “We worked Percheron teams in the hay fields. I drove a sweep team of horses named Precious and Beautiful. The days were long and my brothers and I got so tired we used the bedsheets as reins and drove the teams all night,” recalls Amy.

She and her brothers called themselves the Lollipop Hay Crew because they would pass by the Horse Creek Store in the morning and load up on lollipops to endure the long day in



Amy, approximately 9 years old.

Amy Davis: Rancher, Adventurer, Philanthropist *continued*

the hay fields. At noon, her mother and the foreman’s wife brought lunch to the hay crew in the family’s sole pick-up truck.

The ranch house was built in 1895 and was 30 miles from Cheyenne via dirt roads. “It was a lovely old house but it didn’t have any insulation and it had just one tree near the house when we first bought it,” says Amy who remembers planting trees and “dragging the hose around” the yard. She wasn’t a timid girl—quite the contrary. “If I saw a rattlesnake I’d grab a shovel or hoe and take care of it,” she exclaims, once finding a rattlesnake in the kitchen. She has fond memories of the family dog, George, and her horse, Babe, that she loved to ride. She even had a pet deer. “The men found her abandoned in the hills. I fed her milk from a bottle and named her Jane Doe. She liked to eat cigarette butts and cornflakes,” recalls Amy.

The ranch offered some exciting times. Once, a spark from a train that started a grass fire which caught the hay field on fire. “The fire raced across the meadow so fast that it singed



Amy’s honored parents, Lucy Patten Davis and Courtenay C. Davis. Their foundation continues to strengthen our community.

Amy’s father, Courtenay C. Davis, was a man of big character and intellect. Today, he stands in full cowboy garb 8-foot-tall in a painting above her fireplace in her home in Denver. At his feet

the artist placed real grass from the ranch. “He was a lawyer, but he was more interested in real estate,” says Amy who recalls spending Sunday afternoons driving around Chicago looking at properties. Yet he had another love—farming. The family had two farms outside Chicago where they grew corn and soybean on one and raised dairy cows on the other. “Father was the secretary of the Chicago’s Farmer’s Club and a state champion badminton player,” adds Amy. Even though his friends “thought he was crazy” for buying the ranch at Horse Creek, it really wasn’t that strange for him. Amy has great respect for her father.

“I had the best parents in the world. My mother was the greatest lady. She was in the Junior League in Evanston but she came out to the ranch and helped without a complaint,” says Amy. She recalls her mother, Lucy, serving



Amy as a young adult outside her family’s ranch with the dog, George, and her pet deer, Jane Doe.

the backs of the calves, making it impossible for the cows couldn’t identify their calves by smell anymore,” exclaims Amy. Other times there were droughts or storms that kept them snowed in for days without many supplies.



Amy says goodbye to George before getting on the train to head East for college.

Amy Davis: Rancher, Adventurer, Philanthropist *continued*

cocktails from the back of the wagon to visiting guests—of which there were many. Her mother had a soft side. Amy remembers when a woman from the limestone quarry north of the ranch knocked on the back door with her 9-year-old son, Joe, in tow and asked if he could work for the family. “He was small, but my mother agreed to take him on for two hours a day to help with our truck-patch garden. She worried about Joe getting tired, so she made him sit under the tree and rest often while she fed him cool lemonade and homemade cookies,” exclaims Amy.

The Middle Years, Full of Adventure

When it came time for college, Amy took the train out to Massachusetts and attended Pine Manor Junior College. From there, she graduated from the Katharine Gibbs Secretarial School in New York City. That’s when the fun began. Every corner she turned seemed to present a new opportunity and Amy never hesitated.

“My first job was for NBC. I was one of three secretaries for Sylvester Weaver who created the *Today Show* and eventually became president of NBC. He’d sign celebrities for the show—they’d come in one door and leave anonymously by another,” says Amy who remembers meeting Mickey Rooney among others.

“I am truly honored to share the Denim ‘N Diamonds event with Amy as the honorary chairperson. She is such an incredible woman. We share a ranching background, and I have the most respect for her that’s possible. What she has given back is priceless. Our theme for this year’s event is “Wyoming Treasures” and Amy is truly a treasure of Wyoming.”

– Carmalee Rose, CRMC
Foundation Board Secretary,
Denim ‘N Diamonds 2012 Chair

From there, Amy went on to work at the Wyoming state legislature. “The ranch was calling, and it was time to go home,” she says. The ranch was her touchstone. Amy would come home for a few years, often working for the state legislature while it was in session, then leave again. In between she’d have adventures. Like the time she sailed on a 36-foot sailboat from San Diego to Hilo, Hawaii.

“It was 26 days at sea. I think of it as 26 days without a shower,” jokes Amy, who says they really shouldn’t have made the trip, as none of the crew

had enough sailing experience. In fact, Amy and her three male companions were lucky to survive. Three days outside San Diego they ran into a Force 7 storm. “We had no idea where we were,” she recalls. Luckily, a navy ship was near and agreed, against their policy, to radio their location. Another time they ran into a big redwood log that had fallen off the back of a

Japanese freighter: “I was down below cooking and heard this terrible crack. We hit it straight on, otherwise it would have sunk us in two minutes.” Later in the trip, they lost the motor and the radio. Her travelling companion had promised it would be an idyllic trip with lots of time to sun bathe, but instead Amy wore turtlenecks and long underwear and spent most her time cooking. She kept a journal of



Amy, somewhere in the Pacific, on board a small sailboat headed for Hilo, Hawaii.

Amy Davis: Rancher, Adventurer, Philanthropist *continued*

the whole experience, in which she lists herself as the “crew’s cook.”

One year, Amy lived in Hawaii and worked in the office at Liberty House, a beautiful retail store in Waikiki. Upon arriving home she was met at the Cheyenne airport by a friend, who was waiting on the tarmac. She told Amy that Governor Milward Simpson needed a secretary. Of course, Amy took the job.

“My father took pity on me because it was hard to get in and out of the ranch pick-up truck in skirts. He bought me a car,” says Amy who picked out a bright green T-Bird with white leather upholstery. “I was so excited! I loved that car,” she exclaims. When Governor Simpson wasn’t reelected, Amy returned to the ranch. She wasn’t without a job for long. Soon after, her father’s friend Dave Kendall, who was the legal advisor to President Eisenhower, called to see how the family was doing. When he found out Amy was looking for a job he offered her one at the

White House. Amy ended up working in the West Wing where she managed thousands of presidential appointments. Amy had a parking space right on the apex around the White House. After the election, Amy lost her job as

“Because of Amy’s generous gift, our patients have a beautiful and peaceful setting for their end-of-life care. Her altruism has allowed many people to experience a wonderful quality of life. Her personal engagement in the Davis Center insured that everything from aesthetics to function was perfectly executed. Her attention to the smallest of details created a stellar facility. We are proud to have a hospice center that serves as an example for other communities to aspire.”

– Jamie C. Presgrove, MEd.,
Hospice Volunteer Coordinator,
CRMC

President Kennedy brought in a whole new crew. No matter, she returned to the ranch and picked up where she left off—working for the state legislature again.

The Later Years of Philanthropy

In 1995, Amy’s father died and she legally had to sell the ranch within five years. During that time, she ran the ranch and cared for her mother, who was living in the Pointe Frontier Retirement Center in Cheyenne. Amy created a conservation easement on the ranch with the Nature Conservancy of Wyoming, meaning the land will be protected forever from development. She then donated the entire ranch, cattle and all, to

the University of Wyoming and Colorado State University to be used as a working laboratory for students to learn good ranch management.

After gifting the ranch, Amy moved to Denver where she runs her family’s foundation—The Courtenay C. and Lucy Patten Davis Foundation—and

volunteers with local non-profit organizations. For example, she was President of the Auxilliary for Children’s Hospital in Denver and at the Barbara Davis Center for Childhood Diabetes where she started a guild. Over the



Davis Hospice Center, Cheyenne Regional Medical Center

Amy Davis: Rancher, Adventurer, Philanthropist *continued*



Amy and Jacqueline Ferrall.



Amy with Leigh West at a past Denim 'N Diamonds gala.

years she has supported numerous causes, focusing on educational scholarships and healthcare.

Although Amy lives in Denver, she is dedicated to Wyoming. “We lived in Wyoming almost 60 years. My father loved the ranch and I know he’d wish the Foundation to assist in Wyoming’s future,” she says.

While her mother was dying of cancer Amy had

hospice nurses from Cheyenne Regional come in and care for her. Amy was very appreciative of the care and asked the attending nurse what hospice needed. The nurse replied that they ‘needed their own building’ and Amy said ‘maybe I could help with that.’ And help she did. She not only donated \$8 million to build the Davis Hospice Center, but she was involved in choosing the location, hiring the contractor and architect, and managing the interior design. She travelled to Minnesota to buy granite for the water features and Santa Fe to buy the statue of the elk that sits in the south garden. She and her close friend and neighbor Joni Bell shopped in Denver for furniture and art. A Y Cross branding iron hangs on the wall. The Center took five years to complete and was finished in 2006. For the grand opening event, Amy rented a bus and brought her closest Denver friends to witness the unveiling of the new center.

Amy has attended several of the Foundation’s Denim ‘N Diamonds galas over the years, and this year she will attend as Honorary Chair. “I’ve never done anything like this before,” she quips—hard to imagine with the life she’s led. In her usual style, Amy is diving in and getting involved. She’s serving on the Denim ‘N Diamonds committee, helping to plan every aspect of the event from invitations to programs. Once again, Amy plans to rent a bus and attend the event with many of her Denver friends. Obviously, Amy’s adventures are not over yet.

CRMC Foundation will always be indebted to Amy for her generosity and her get-it-done spirit. Please join Amy at this year’s Denim ‘N Diamonds event where it’s sure to be a festive time.

“How fortunate that the Davis family left Chicago for the West. With efficiency, enthusiasm and boundless energy, Amy has championed endless causes and has touched many, many lives. Wyoming and Colorado have been made richer by her generous contributions.”

– Joni Bell - Lifelong friend

“Amy Davis is a special daughter of the region. Over the years, she and her family achieved success and wealth and Amy has spent the past two decades giving back and paying forward. We are honored to recognize this wonderful human being as this year’s Denim ‘N Diamonds honorary chair.”

– Ted Adams, CRMC Foundation Executive Director

Q & A with Dr. John Lucas

Chief Executive Officer, Cheyenne Regional Medical Center

With plenty of exciting changes happening at Cheyenne Regional, we sat down with Dr. Lucas again for a look at CRMC's future.

Q: Could you give us an update on the results of the bond rating and the issuing of those bonds for upcoming construction?

A: The site visit from Standard & Poor's was very favorable. They were extremely complimentary about our operating results and our vision for the future. We received an A+ rating and we were certainly honored by that. Less than 20% of all hospitals receive a rating that high.

Our staff demonstrated great teamwork during the site visit. It was clear that we have a consistent story and commitment around our strategy moving forward.

The County approved our finance plan and the bonds were issued. All the bonds sold out quickly; and because of the A+ rating, they were offered at a very favorable interest rate. More than \$102 million was raised during the sale of the bonds, allowing us the funds we need for construction without tapping our reserves.

Q: What is the latest on the construction and what can people expect this summer around the hospital?

A: The parking structure is underway and on schedule to be completed in July. Also in July we will be breaking ground on the new Cancer Center, starting work on our main lobby, and



*Dr. John Lucas, CEO
Cheyenne Regional Medical Center*

expanding the Ambulatory and ER Departments. We are hoping for a grand opening of the Cancer Center in late summer 2013. The ER project is scheduled for completion by January 2014. These projects represent Phase I of the facility plan.

We also reached an agreement with the Historic Preservation Board that will allow us to remove a few structures near the hospital and to improve a few others. The buildings that won't

be saved will be documented by photographers and architects to record anything of historical importance. The contractor will also identify ways to recycle or reuse materials. City planners have really been helpful during this mitigation process.

Q: What should donors know about Poudre Valley Health System, soon to be University of Colorado Health, making their presence known recently in Wyoming?

A: Poudre Valley Health System has partnered with Cheyenne Medical Specialists. Healthcare is very competitive and giving patients a choice is a good thing. CMS is still a primary caregiver group in our community and we certainly want to maintain a good relationship with them.

I like to say that I don't believe in building fences. Our job is to stay ahead of the curve and offer the very best care and services available. We need to continue to improve affordability, quality and access. We need to continue to actively engage

"Even though we are a very financially healthy organization, for every ten good ideas, we can usually only fund three. With donors, we can do more."

**Q & A with Dr. John Lucas, Chief Executive Officer
Cheyenne Regional Medical Center** *continued*

patients in their care and make sure everyone in our state has a medical home.

We are still very focused on becoming a healthcare system for our state. We are currently exploring how a not-for-profit partnership with the Wyoming Medical Center in Casper would align the hospitals into a more efficient and unified system of care.

Q: You mentioned making CRMC a strong healthcare system for the state; can you tell us more about that?

A: Our Wyoming Integrated Care Network is reaching out to hospitals and physicians across the state. As a dedicated group, we are educating communities about the new ways in which medical care can be delivered, such as Telemedicine and the newer services of TeleStroke and AirLife transport for critical cases. These are really shared-care models that are being embraced by partners, such as other hospitals and physicians, who really want the best care to stay in Wyoming.

Of course I don't need to explain the geographical makeup of our state. We are spread out and access can be a challenge. However, with new technology, a lot of exciting things are being done to reduce travel to physicians' offices and bring specialists into rural communities. The potential is incredible!

The proceeds from this year's Denim 'N Diamonds will help purchase an expanded "bridge" that will help increase the technical capacity of our TeleHealth programs. Whether it's physician to patient care, or a consultation between physicians, the need is there for more capacity. In fact, our behavioral health programs

are reaching close to 200 patients through this virtual system already, and I see the need only increasing.

"Sharing clinical data electronically is a real game changer for the future of medicine."

In addition to the technology for a patient and doctor to have a "virtual visit," our Health Information Exchange (HIE) will give physicians immediate access to patient health records. Sharing clinical data electronically is a real game changer for the future of medicine. It will give doctors the opportunity to instantly share and compare patients' current numbers against their longitudinal data in a usable, easily-accessible format. It's extremely powerful.

Even the State of Wyoming is investing in our HIE. They support the HIE's ability to benefit patients with accurate diagnoses and spot-on treatment plans. Our HIE also gives the State a data

registry to track chronic diseases, trends, etc.

Q: If CRMC was so successful in selling the bonds for new construction projects, why do you still need the support of donors?

A: To continue growing our system and offering state-of-the-art care, it's critical that we have outside support from the Foundation and the community. We rely on the fact that approximately 10% of our capital needs are funded through the Foundation. We have ongoing new equipment needs, and with more and more technology, the prices are going up.

Even though we are a very financially healthy organization, for every ten good ideas, we can usually only fund three. With donors, we can do more. Donors allow us to not only give good care, but to give great care—and we do that locally, right here at home.



Rendering of the future CRMC Cancer Center.

Carmalee Rose

Cheyenne Regional Medical Center Foundation Board Secretary Carmalee Rose knows that in order to create a great community, you have to get involved. There's no sitting on the sidelines for Carmalee. Not only did she recently take on a second year as Board Secretary, she also agreed to chair this year's Denim 'N Diamonds Steering Committee. Besides that, she's involved with a half dozen other organizations, including GFWC Women's Civic League of Cheyenne, the Greater Cheyenne Chamber of Commerce, Cheyenne Frontier Days and the Boys and Girls Club—and she's doing it all with great enthusiasm.

“I want to make sure the community has something to offer everyone. I like a small town feel with big city amenities. That's why the hospital is so important to me. I don't want to go anywhere else for my healthcare, so I want to help grow healthcare expertise right here at home,” exclaims Carmalee.

She's excited about Denim 'N Diamonds supporting an expanded telemedicine bridge at CRMC because it: “allows us to access state-of-the-art medical information and technology and also share our expertise with rural areas around the state.”



*Carmalee Rose,
Foundation Board Secretary*

Carmalee has called Cheyenne her home for 30 years. She grew up on a farm and ranch in Sargent, Nebraska where she was expected to work just as hard as her brothers. After college she moved to Cheyenne and quickly met her husband, Mauri. “He had relatives in Sargent and would come visit as a child. In a town of 800, it's amazing that we never met,” she recalls.

Mauri is an engineer for the city fire department and her son, Caleb, is a paramedic. Caleb's wife Jennifer is an RN in pediatrics at Cheyenne Regional. Carmalee's daughter Carli is studying pharmacy at Laramie County Community College and is also working at CRMC. Her youngest son, Mason, is studying welding in Torrington.

Carmalee has spent her career in banking. She graduated from Regis University with a bachelor's degree in business management and obtained her Southwestern Graduate Banking Certificate from Southern Methodist University.

Carmalee calls herself a lifetime learner: “I like to learn new things and see what's going on in the world.” When not working or volunteering, Carmalee enjoys camping, fishing, water and snow skiing, scuba diving and travelling.



WYOMING TREASURES

Denim 'N Diamonds 2012

23rd Annual Gala & Auction

Saturday • June 23, 2012 • 6:00PM
Little America Grand Ballrooms

Honorary Chairperson,

Amy Davis



Foundation
CHEYENNE REGIONAL
MEDICAL CENTER



Denim 'N Diamonds Proceeds to Strengthen Virtual Bridge

Telemedicine delivers quality care across the miles and in stormy weather

Remember that big snowstorm in mid-March? It blew in hard and fast and closed the road from Cheyenne to Rawlins. On that day, Dr. Michael Higginbotham, CRMC Cardiologist, had heart patients to see in Rawlins.

“He couldn’t get to them, but they could get to their local hospital. Thanks to telemedicine, he was able to see his patients that day via video-conferencing technology equipped with an electronic stethoscope. He could see and talk with them, listen to their hearts, and get real-time read-outs just as if they were in the room together,” states Dana Barnett, Director of Outreach and

Telehealth Services at CRMC.

You probably never imagined that by contributing to this year’s Denim ‘N Diamonds event you’d play a part in helping people in rural communities see specialists, like Dr. Higginbotham, despite distance and weather. Proceeds to this year’s gala will help expand the telemedicine infrastructure (bridge) at CRMC, creating a powerful

virtual connection between doctor’s offices, hospitals, specialists and patients throughout the state and beyond.

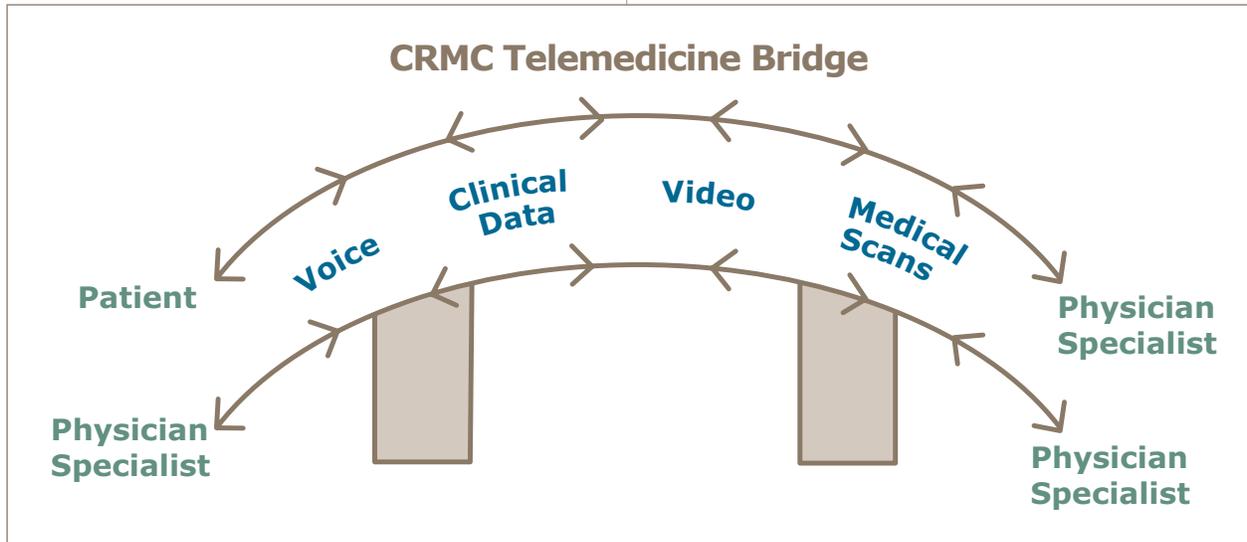
“In a state like Wyoming where everyone is so spread out and there are only a few large cities with healthcare specialists, telemedicine allows people access to advanced care who would not



otherwise have it, or who would have to travel great distances to get it,” adds Dana.

Currently, telemedicine—which allows doctors and patients to speak face-to-face and conduct a virtual exam, complete with labs, scans and monitoring systems—is being used at CRMC to deliver psychiatric care, stroke assessments, wound care, cardiac care and follow up care after bariatric, orthopedic and other surgeries. More specialists are getting on board, including rheumatologists, dermatologists and home health care providers. “Whatever you can imagine that doesn’t demand a hands-on treatment by a specialist can be performed via telemedicine,” says Dana.

For example, Dr. Abhishek Mehra, a psychiatrist with CRMC, and his partners find telemedicine invaluable for completing diagnostic evaluations and medication management with faraway patients: “We’ve been providing telemedicine for the past year and we’ve already seen over 200 patients in places like Evanston, Saratoga, Douglas, Rawlins and Afton. There are not a lot of psychiatrists to go around in Wyoming. Telemedicine allows us to reach patients who previously went without psychiatric care.” Dr. Mehra believes telemedicine allows CRMC to participate in statewide, rather than just regional, healthcare.



“The expanded, higher quality bridge will make video and voice crystal clear, which is really important when a psychiatrist wants to read facial expressions, an orthopedic surgeon wants to view how a patient is walking post surgery, a dermatologist needs to assess a rash, or a wound care specialist wants to determine how a wound is healing,” explains Dana. He says the new bridge will provide extra bandwidth to handle more doctor/patient visits at once. It also will eliminate delays in video, voice and data delivery—making everything happen in real time without fluctuations or pixilation. The new bridge will also meet strict privacy and security requirements for transmitting clinical data.

“With the enhanced bridge, it will be like I’m sitting in the room with my patient. There won’t be much difference,” says Dr. Mehra. Studies show that patients are very satisfied with their virtual appointments. Studies even show that some psychiatric patients prefer videoconferencing over the real thing. Dr. Mehra is pleased that the new bridge will help him expand his reach to patient populations who traditionally have gone without care—namely the elderly in nursing homes and individuals with developmental disabilities.

“CRMC is the referring hospital for many Wyoming hospitals and communities and has the only telemedicine bridge resource for hospitals in the state.”

Dr. Gerrie Gardner, CRMC Cardiologist, wants to see telemedicine expanded across the state. “CRMC is currently partnering with the American Heart Association to bring up-to-date EKG equipment to our ambulances. What this means is that if an ambulance is out in the field, say at a sporting event, and someone has a cardiac event the EMT can send an EKG reading immediately to the nearest

hospital for evaluation,” says Gardner. Having instant access to someone’s heart readings—in this case, cardiologists receive the EKG on their cell phones—can prevent a major heart attack or save a life. Today, this service only exists within the city limits of Cheyenne. “My goal is to get this happening across the entire state. Quite frankly, if you live in a rural area and have an acute heart event it’s hard to get care fast enough.” She is a strong user and supporter of telemedicine, which she sees as the way of the future for medicine.

Telemedicine is not new at CRMC. For several years, the hospital has been video-conferencing with other hospitals in the state and beyond, mostly for staff education and training and state-wide healthcare meetings.

In the last few years, telemedicine has expanded

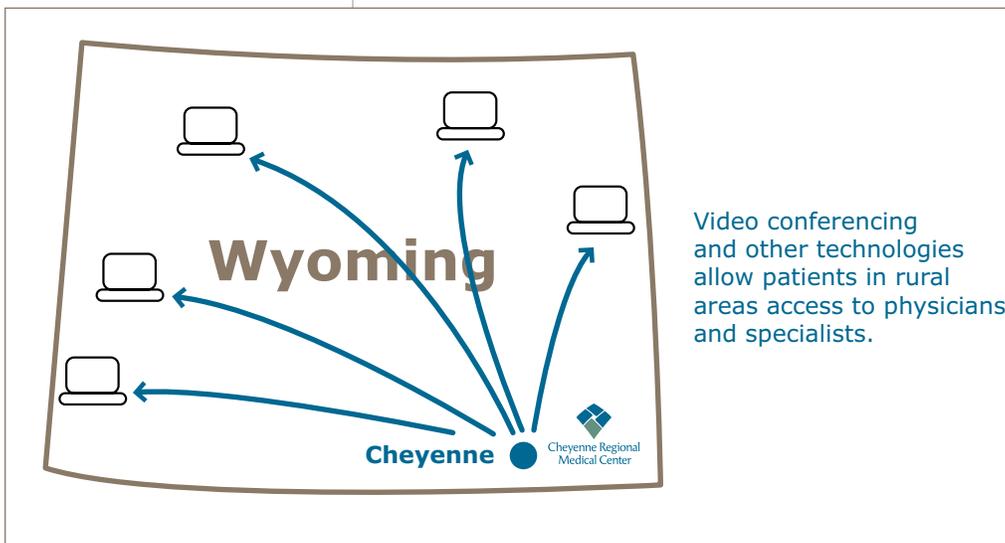
Denim 'N Diamonds Proceeds to Strengthen Virtual Bridge *continued*

into the clinical setting. Monitors have been installed in doctor's offices across the state, allowing patients to go to their local doctor's office for a virtual appointment with a specialist in Cheyenne. Doing so has the added benefit of keeping the family doctor at the center of the patient's care. This fits perfectly with healthcare reform goals of family doctors serving as "medical homes" for patients.

"We have a contract with the state of Wyoming to advance telemedicine. Currently, we have set up web-cams in 70 rural doctor's offices and 25 of the 27 hospitals in the state. We expect to have 500 doctor offices connected to our bridge in the next few years," says Dana who serves as vice-chair of the Wyoming Telehealth Consortium.

Over time, some of these sites will have peripheral devices attached to their telemedicine units—such as electronic stethoscopes and blood pressure, oxygen saturation and glucose monitors. Today, doctors can install a portable web camera on a computer for a mere \$100, where in the past it might have cost thousands and demanded a separate video room with heavy equipment. Affordability adds to the explosion of telehealth demands, further solidifying the need for an expanded bridge.

Today, telemedicine is used when weather prevents specialists from getting to outlying clinics, but Dana sees it being used more routinely for follow-up care and ongoing check ups: "It will increase physician efficiency so that they can see more patients from more locations. I can imagine they would go into one room and treat a patient in person then step into another room and teleconference with a patient from the



Video conferencing and other technologies allow patients in rural areas access to physicians and specialists.

far corners of the state," he says. In other words, telemedicine would become part of a doctor's daily routine.

The new bridge will help CRMC advance its goal of becoming the leading healthcare system for the state. It unifies healthcare in Wyoming, creating a giant web of interconnectivity. "CRMC is the referring hospital for many Wyoming hospitals and communities and has the only telemedicine bridge resource for hospitals in the state," explains Dana. CRMC also has a new Medical Director for Telemedicine—neurologist Dr. Paramjit Kaur.

To get an idea of what the new bridge will be able to do over the old, compare a cell phone from 7 years ago (when the existing bridge was purchased) to the smart phones of today. You can send crystal clear images in seconds, store loads of telephone numbers and messages, view documents and websites, and receive videos of real-time events. The new bridge is similar in its advancement. "Every type of data is delivered in a different manner with its own unique protocols and algorithms. The new bridge can take all those different streams of data, including voice, video, photos, and device readings and "bridge" them all together. Plus, it will double our capacity for multi-location events and will allow us to handle several hundred users, as long as they are not on all at once," explains Dana.

Denim 'N Diamonds Proceeds to Strengthen Virtual Bridge *continued*

The beauty of the bridge is that it goes both ways—it lets CRMC doctors provide care to patients across the state, but it also allows CRMC doctors to consult with specialists across the nation. “The new bridge will give patients access to state-of-the-art facilities throughout the medical world,” says Carmalee Rose, Foundation Board Secretary.

Telemedicine is already advancing stroke care for Wyoming residents due to an agreement CRMC has with a stroke care program out of Denver. “While we have highly qualified neurologists in Cheyenne, we simply don’t have enough of them. By collaborating with this Denver group of doctors we can provide better stroke care to Cheyenne residents,” explains Dana. It works like this: a patient comes to the ER at CRMC

or another Wyoming hospital with stroke-like symptoms. The ER doctors set up a video consult between the patient, themselves, and a participating Denver neurologist to determine if the patient can be treated locally or if he or she needs transport to a partner hospital for a higher level of service. “The meeting is set up within minutes and a determination is made quickly,” adds Dana. The hope is to eventually expand this program throughout the state. Another telemedicine program from Denver provides diabetic education and treatment to children.

Telemedicine will play a large role in the future of medicine. Contribute to Denim 'N Diamonds and become a link in the bridge that connects healthcare across the great state of Wyoming!

Tree of Life Has a New Home

The “Tree of Life” is a physical symbol of the generous gifts given by individuals, families, corporations, civic and religious organizations over the years to the Cheyenne Regional Medical Center Foundation. The Tree of Life was recently moved from the hallway that connects the lobby to the Emergency Room to the Administration hallway.

Contributions are recognized and added to the tribute in the form of an engraved leaf, for gifts greater than \$1,000, or a stone, for gifts greater than \$5,000. Often a donation is given in honor of an individual, providing a lasting and visual representation of that gift.



“We loved our mother so much. The Tree of Life is a great way for myself, my brothers and my sister to honor her memory. It is also a visible and lasting way to thank the staff at the Acute Rehab Unit for their compassionate care of her.” – Anne Holmes

A Surprise “Gift of Love”

Margaret Mohrlang was born in Denver, Colorado on November 29, 1915. She and her loving husband Chris lived most of their adult lives in Cheyenne. After Chris passed on in 1985, Margaret became a modest annual donor to the CRMC Foundation. She cherished the good work of the hospital and was especially interested in supporting the Davis Hospice Center. When Margaret passed on last year, she left a very generous charitable bequest to The Foundation at Cheyenne Regional Medical Center. What a nice way to leave a lasting legacy.

If you or a loved one is interested in making a charitable bequest you should know:

- **It is simple** – just a few sentences in your will or trust is all that is needed.
- **It is flexible** – because you are not actually making a gift until after your life time, you can change your mind any time.
- **It is versatile** – you can structure the bequest to leave a specific item or amount, make a gift contingent on certain events, or leave a percentage of your estate.
- **It provides tax relief** – if your estate is subject to estate tax, your gift is entitled to an estate tax charitable deduction for the full value of the gift.



Literally hundreds of loving donors provide special support for our CRMC healthcare system.

We invite each of you to consider the many ways of giving available with your Cheyenne Regional Medical Center Foundation. In addition to making a charitable bequest, you can give online, establish an endowment, participate in our annual fund giving program, and of course sponsor and support the Denim ‘N Diamonds Gala.

Please call or email us for additional information about opportunities to leave a legacy for those who will follow.

Cheyenne Regional Medical Center Foundation

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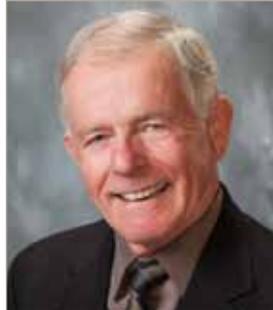
Thank You for the Exciting Ride!

By Ted Adams, Executive Director
Cheyenne Regional Medical Center Foundation

One year ago this month, I assumed the role of Executive Director of our CRMC Foundation. It has been a very exciting ride! Let me share a few of the highlights with you:

- CRMC received an unsolicited offer to be purchased by a for-profit mega healthcare corporation.
- After careful analysis it was determined that CRMC was not for sale, but in fact CRMC would need to grow and vigorously pursue excellence in service quality while reducing costs.
- The CRMC Planned Unit Development (PUD) for a new Comprehensive Cancer Center, a new Emergency Department, a parking structure and major renovations was approved and construction has begun.
- **Amy Davis, a “Wyoming Treasure” was named Honorary Chair of our 2012 Denim ‘N Diamonds Gala. (Read Amy’s remarkable story in this issue of *Advancement*.)**
- It became clear that Wyoming’s physicians, nurses and the network of Wyoming hospitals are all at risk of being purchased or controlled by mega healthcare systems from outside the state. (E.g., A small Cheyenne physicians’ group has been purchased by a Colorado-based system.)
- Leaders from both Casper and Cheyenne commit themselves to exploring “The Wyoming Solution” involving a partnership between Cheyenne Regional and Wyoming Medical Center. (They are hopeful Laramie and Ivinson will be interested in joining the partnership.)

Cheyenne Regional Medical Center is a priceless and precious asset for Cheyenne and



Wyoming. The same could be said for Wyoming Medical Center and Casper; as well as Ivinson and Laramie. If we want to protect and preserve our “quality of life” we must protect and preserve our Wyoming healthcare systems.

How can donors get involved?

Philanthropic support is a key to preserving and protecting our CRMC healthcare system. That is why Amy Davis is a bold highlight. She is “the” model for Wyoming philanthropic support. Without Amy we would have no Davis Hospice Center. Few of us have the resources Amy has, but each and every one of us has some resources we can gift every year to ensure quality healthcare for our children and grandchildren. We donors are taxpaying citizens as well as prospective patients. We have a responsibility to make sure we have quality local healthcare available for generations to come.

Soon the CRMC Foundation Board of Directors will name a new Executive Director and I will return to retirement. This past year has been an amazing learning experience for me. I have had the opportunity to come to understand the importance and value of our healthcare system. I have had the privilege of coming to know exceptional donors, volunteers, community leaders and healthcare professionals. Most importantly, I have learned that I have a responsibility to get involved and to stay involved in supporting my healthcare system.



Ted Adams
CRMC Foundation Executive Director
ted.adams@crmcwy.org
(307) 633-7645

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1st quarter: January 1 - March 31, 2012

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Aerobic Activity – What is it and do you need it?

by Gretchen Halley, RD, LMNT, MAT
Cheyenne Physicians Group, Weight Loss Center

Fitting in aerobic activity as well as resistance training into your weekly schedule can be challenging but according to the Centers for Disease Control and Prevention (CDC) it is necessary for overall health. A report by the Surgeon General on physical activity and health highlighted the benefits of aerobic activity, which included decreased

risk of premature death and a lowered risk of heart disease, high blood pressure, high cholesterol, certain cancers, and diabetes. Aerobic exercise also reduces anxiety and body weight while enhancing work performance and muscles, joints, and bones of the body. The benefits of resistance training (weight lifting) include improved muscular, tendon, and ligament strength as well as increased muscle mass and decreased body fat. Resistance training can potentially decrease blood pressure as well as improve glucose tolerance and blood cholesterol. It will also improve balance and strength, which promotes independent living in elderly adults. With all of these benefits, you may still have some simple questions. Three common questions include:

How much aerobic activity and resistance training do I need to incorporate per week? The average adult needs 2 hours and 30 minutes of moderate aerobic activity per week; 1 hour and 15 minutes of vigorous activity per week; or a combination of the two. Aerobic activity, exercise that increases your heart rate and gets you breathing, must be done in 10-minute bouts in order to receive the benefits. This will allow the heart rate to reach an optimal level (and sustain it) to promote overall health. The recommendations for resistance training include a minimum of 2 full-body workouts per week. A full-body workout



Exercising with a friend is much more fun, and a great way to get in regular, aerobic activity.

incorporates exercises for the chest, back, biceps, triceps, shoulders, abdominals, hips, and legs.

How can you get your body moving? Moderate physical activity is any form of exercise that gets your body moving to the state that you can talk, but not sing. Common activities include a brisk walk, playing doubles tennis, riding a bike on a level

surface, and pushing a lawn mower. Vigorous physical activity is classified as any activity that gets your body moving to the state that you can only say a couple a words before pausing for a breath. Common activities include jogging, running, swimming laps, a fast bike ride or biking on a hill, single tennis, and basketball. A rule of thumb is 2 minutes of moderate physical activity equals 1 minute of vigorous physical activity. Resistance training includes free weights, weight machines, resistance bands, and resistance from your own body weight (e.g., push ups). You can get creative and use common items around your house such as canned goods or detergent bottles for resistance training.

How do I get started? First, you need your doctor's approval before starting any organized exercise program. Once you have your doctor's approval, make sure you have appropriate shoes and workout attire. Remember to start slow and gradually build upon your exercise program. Starting too quickly can cause injury and soreness, which can hinder compliance. Think of it as a lifestyle change and schedule exercise into your week until it becomes routine.

Fitting in aerobic activity as well as resistance training does not have to be a challenge. It is a lifestyle choice. Choose to be healthy and make time for exercise, today!

Resource: <http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html>

Physician Profile

Dr. Gerrie Gardner, Cardiologist

The moment you meet Dr. Gerrie Gardner you know you're talking to a real go-getter. Her life is chock-full with barely a minute to spare, but she approaches it with determination and humor. Not only is she a busy cardiologist, she's also a mother of two school-aged children and a dedicated professional with an eye on improving cardiovascular services across the state.

With so much going on, you might assume she'd be rushed and impersonal—just the opposite. She says the best part of her job is “the fabulous patients I get to interact with every day.”

Dr. Gardner is dedicated to improving cardiovascular care in Wyoming. She has served as the President of the Wyoming Medical Society and has also been on the Wyoming Governor's Council on Cardiology. “We can improve cardiovascular care in Wyoming by expanding



Dr. Gerrie Gardner

telemedicine and getting more immediate care to rural patients,” she says.

Dr. Gardner is a strong supporter of the CRMC Foundation. She gives, because, “they give back to us. I want to thank the Foundation for their support of the cardiology department. They've done a tremendous amount to advance our technology and improve

our quality,” she exclaims.

When not seeing patients or working to improve healthcare in Wyoming, Dr. Gardner enjoys spending time with her husband Hank, daughter Isabella, and son Wyatt. She was born and raised in Afton, Wyoming and still has family there. In April, the clan went to Iowa to watch her brother, Rulon Gardner of Afton, compete in the Olympic heavyweight trials in wrestling.

Dr. Gardner has been practicing cardiology at Cheyenne Regional for six years.