



Cheyenne Regional  
Foundation

# Advancement

Advancing Premier Regional Community Healthcare

FALL 2014

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# Pine Bluffs Clinic Project Underway

## Construction has begun on Cheyenne Regional's New Medical Clinic

Demolition on the old Pine Bluffs clinic took place the week of July 14, 2014. The hospital opened a temporary clinic on July 4 and started construction the end of July. Construction will run from July 2014 through January 2015.

**Projected opening date  
February 9, 2015!**

The new clinic will be twice as large with four examination rooms, new X-ray equipment, a reception area, pharmacy/dispensary, and physical therapy services. The clinic project is a joint effort between the Cheyenne Regional Foundation, Wyoming Business Council, Cheyenne LEADS, and the Southeast Wyoming Economic Development Council.



Cheyenne Regional  
Foundation



# Advancement

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October is Healthy Lung Month

### PUBLISHER

Cheyenne Regional Foundation

### CONTRIBUTING WRITERS

Lynn Utzman-Nichols

### CORRESPONDENCE

Kat Nicholson

### DEVELOPMENT TEAM

Wendy Fanning, *Annual Giving,*

*Grants Director*

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

#### *On the Cover:*

*Amber Schlabs gets a cardio workout on the arm bike with the help of her trainer, Brenton Mess, at the Cheyenne Regional Fitness Center.*

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Foundation

### CHEYENNE REGIONAL FOUNDATION

214 East 23rd Street (mailing)

408 East 23rd Street (office)

Cheyenne, WY 82001

(307) 633-7667

found@crmewy.org

cheyennegiving.org

AWARD WINNING MAGAZINE

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



Message from  
**Carol Merrell**  
*Foundation Chair*

Hello! The Foundation is wrapping up a busy season of fundraisers, including Denim ‘N Diamonds, the Golf Tournament and the Scrub Shuffle. The Foundation worked hard to make these events successful. We appreciate all your support and participation in these events. Take a look at photo spreads of each of these events on upcoming pages.

The Denim ‘N Diamonds events went well this year. The Denim event was held at the Riata Ranch and the food stations were good mixing areas and the bands were amazing. There were many new people who attended. The Diamond event was a special evening with old and new friends. There was an energy in the room that evening that felt like a reunion.

My daughter Kelly and I were a part of the Shuffle, which we really enjoyed. It felt good to be a part of a group doing something good for ourselves and for the community. There were people of all ages and physical abilities from mothers pushing babies in strollers to a Brownie troop. Dode Goreham, who is 101 years-old, did the course in her wheelchair with her granddaughter Roxanne Ostlund. Roxanne is our featured donor and you can read about their experience in this issue.

We look forward to making progress in Pine Bluffs on the new medical clinic. I’m thrilled that the Foundation is able to play such a large role in bringing quality medical care to the people living in the area.

Finally, I want to give recognition to the Board’s Endowment Committee. They are an amazing group that works hard to ensure donor funds are well spent. Last year alone, they received requests for \$880,000 worth of equipment from hospital staff members. It is very rewarding that every year we are able to meet more and more of the hospital’s requests. Endowment Chair Dave Foreman says that soon we will be able to supply nearly \$500,000 a year. This really drives home the point that our only mission at the Foundation is to support the hospital. It’s that simple.

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*Secretary*

# Your Dollars at Work

*Every year, the Foundation selects several programs and departments at Cheyenne Regional to receive grants. This year, we funded over \$400,000 worth of equipment, thanks to generous donors. Read about how these grants are helping babies with heart issues, patients who have been traumatized, and the physically challenged maintain their health and fitness.*

## **Grant Spotlight:** **Adaptive Exercise Equipment in Physical Therapy and the Fitness Center**

Amber Schlabs (39) may have lost the use of her legs, but her spirit is fully intact. What started as a fun outing on a summer day at the lake ended in Amber almost losing her life. Her strong spirit helped her live despite broken ribs, a lacerated liver, a severed spine, collapsed lungs, brain trauma and a broken collarbone.

Amber and her husband James went to Glendo Reservoir to jet ski in June 2012. Amber was riding in the back when a boat came out of nowhere and hit them from behind.

“After a couple of weeks in the hospital, my family was relieved to see that I was regaining consciousness and remembering who they were. I couldn’t talk because of the tracheotomy but my family was gathered around me and I lipped Philippeans 4:13. ‘I can do all things through Christ who strengthens me.’ That verse carried me through my recovery first at the hospital in Casper and then through the three months I spent at Craig Hospital in Denver,” Amber recalls.



*Amber Schlabs is grateful to have access to the arm bike so she can get a cardio workout. Amber works out twice a week with her trainer, Brenton Mess.*

Amber is paralyzed from the chest down but still considers herself lucky.

“When I saw other patients at Craig Hospital who had brain trauma beyond what I had and couldn’t speak and didn’t know who their families were, that’s when I knew I was lucky. If it hit just a few inches higher I would have lost the use of my arms and can you imagine not being able to hug your family?” she exclaims.

Amber is extremely grateful to her family—her husband who she says is “incredibly strong and has served me so well through all of this,” her parents who are nearby and help her get around weekly while her husband is working, and her sister who maintained the Caring Bridge page and solicited prayers from around the world. She says her family and friends have surrounded her with love and incredible support: “My husband is so strong. He has lived in the shadows of everything that’s taken place offering assistance, love and encouragement.”

*continued on page 4*

Even though the doctors say Amber will not walk again, she has not given up hope: “I know God is ultimately in control and I plan to prove medicine wrong,” says Amber.

That’s why she works out regularly at the Cheyenne Regional Fitness Center. She wants to keep up her strength for when that day comes. Amber worked out at the fitness center for 10 years before the accident, so it was natural for her to come back. But it was the arm bike that really encouraged her cardiovascular rehabilitation and strength building abilities.

“It’s the only piece of equipment that I can actually get a cardio workout on,” she says.

The center has an arm bike, thanks to the Foundation and its generous supporters.

“We asked the Foundation specifically for this piece of equipment to accommodate those who are unable to use their legs, are confined to a wheelchair or need to remain seated while exercising. It has become quite popular and is used daily. We are one of only a few gyms in the region with a state-of-the-art arm bike and without the Foundation’s donation we would not have been able to purchase it,” says Andy Hendrickson, Fitness Center Manager.

The Foundation also recently funded a New Step, which is a seated stepper for people with balance issues, arthritis or joint issues. It allows them to do lower body activity without the fear of falling.

“By adding these two pieces of cardio equipment to the Fitness Center, we will be able to better accommodate those in the community with different needs who can benefit from exercise the most,” Hendrickson concludes.

### **Grant Spotlight:** **Sexual Assault Imaging Equipment – Emergency Department**

When sexual assault happens, victims are often overcome with a barrage of emotions including, shock, disbelief, fear, anger, self-blame, and a



*Marion Kershaw, RN, shows off new imaging equipment purchased by the Foundation for the SANE Program.*

general sense of feeling out-of-control. They may also be haunted by recurring memories or flashbacks of the event. Because they feel violated in such an intimate way, providing private and gentle care is of utmost importance. That’s where the Sexual Assault Nurse Examination (SANE) program at Cheyenne Regional comes in. SANE nurses are trained in forensics and in counseling techniques for such traumatic events.

“We provide safe, compassionate and confidential care, free of charge, to anyone who has been affected by sexual abuse or sexual violence,” says Krista Lewis RN, BSN, CEN, SANE — a Forensics Coordinator for Cheyenne Regional.

The department has a dedicated, private exam room in the Emergency Department where the patient can be taken quickly without having to wait.

“We check them in immediately and we use the conference room where they can talk with police in private rather than in the public

## Your Dollars at Work

*continued from page 4*

waiting area. Our exam room has forensic equipment and a shower to use after the exam,” Lewis adds.

Last fall, SANE determined they needed new sexual assault imaging equipment to record evidence during physical exams. The one they had was outdated, and often didn’t catch small injuries—only blatant ones. Thanks to generous donors to the Foundation, patients now receive an accurate and clear record of their injuries.

“Before, we used a basic camera and a scope designed for diagnostic purposes, not forensic purposes. We now have a forensic camera that makes even small injuries clear and easy to see. It provides really detailed images for use in court. When patients go forward with detectives, they have evidence of injuries that couldn’t be recorded before. That’s good for their case,” Lewis states.

The equipment is also designed to upload photographs to a secure, remote database, ensuring it’s available for years to come. It is also lighter and more portable for when the team has to travel to a patient.

“It helps the jury understand what they are looking at, and helps nurses be clear on their expert testimony, even if it happens a year or two later. We also use the images to guide our best practices,” Lewis adds.

There are many benefits to patients, beyond the ease of mind of having a clear record of their injuries. The new equipment allows patients to see, and understand, their own injuries in a way they couldn’t before.



*Hi-tech imaging camera purchased for SANE*



*The Foundation continues to work toward its goal of raising funds for the new Cancer Center. Cancer Center patients who have become good friends, from left to right: Jerry Long, Jerry Heimsoth, Trisha Peacock, Patsy Troncin, and Lori Ziemann. The group says, “Chemo CAN BE fun!”*

“It also can save patients from having to come in for a second exam. Experts can interpret the injuries from our images without needing to see patients themselves,” she adds.

The program received the equipment in November 2013 and it was put into use in January 2014, after a training session. SANE sees between six and 14 patients a month, on average. The equipment cost \$23,500, and was one of 40 grants given in 2013. For more information on SANE, visit [www.cheyenneregional.org/sexual-assault-nurse-examination](http://www.cheyenneregional.org/sexual-assault-nurse-examination).

### **Grant Spotlight:** **Neonatal Echo Probe – Women & Children’s**

Nothing is scarier for new parents than finding out their newborn has serious health issues. Getting answers right away helps ease minds and calm nerves. Until recently, parents of newborns who were showing signs of cardiac concerns not only had to wait, but they had to go through the trauma of having their newborn airlifted to Children’s Hospital in Colorado for an echocardiogram.

“We found that it was becoming pretty regular that we had to transport babies out of town for an echocardiogram. Sometimes, this meant that new moms who had to remain in the hospital were separated from their new baby, which was really hard for them,” says Erin Rooney, RN, Clinical Nurse Manager for Mother/Baby at Cheyenne Regional.

The nursing team took action and requested a neonatal echo probe from the Foundation’s Endowment Committee. The group asked for \$10,950 to purchase the equipment.

“We really wanted to decrease our families’ stress over travel and transport. It was really hard for them to travel to Children’s Hospital in Denver when they were worried about their newborn. With the new probe, we get answers quickly and our local pediatricians partner with cardiologists at Children’s Hospital for an accurate and thorough reading,” Rooney adds.

Nurses were specifically trained in using the neonatal echo probe, which is also used on a less urgent, outpatient basis in the clinic. The grant nicely compliments other recent grants Women & Children’s Services have received in the last few years from the Foundation. In 2013 they were given funds for training supplies for fetal heart monitoring, money to supply car seats to low-income families, and money for neonatal orientation and education program in the nursery.

For more stories about *Your Dollars at Work*, visit the Foundation’s Facebook page. 

[www.facebook.com/  
CheyenneRegionalMedicalCenterFoundation](http://www.facebook.com/CheyenneRegionalMedicalCenterFoundation)

## The Inner Workings of the Endowment Committee

Ever wonder how the Foundation decides which hospital projects and equipment to fund? It’s a well-oiled process of grant requests, debates and ultimately verifying that the money was spent as intended – and it happens twice a year. This important job falls on the Endowment Committee of the Foundation’s Board.



*Dave Foreman*

“Donor intent is the primary concern in all our actions and deliberations,” says Dave Foreman, the committee’s founder and chair.

The 9-member committee is made up of three doctors, a financial advisor, a bank president, business owner, insurance agency president, past hospital trustee and a past hospital administration employee. It’s an insightful and diverse group. Since its inception in 2009, the Endowment Committee has recommended the funding of grants from a steadily growing Foundation portfolio.

“It was my goal when we first started that we reach a point of being able to give away \$500,000 a year, and we are quickly approaching that goal. We generally make grants totaling 4% of our portfolio’s average principal balance. Our portfolio investments have performed better than that, so the principal base keeps growing,” Foreman says.

All grants are made from three types of accounts, originally established according to donor intent: the unrestricted general fund, restricted funds (created for specific purposes such as cancer care, cardiac care, maternity care, etc.), and permanent endowments.

The committee meets two to three times a year to discuss policy and the proper expenditure of funds granted, and twice a year to deliberate new grant requests. The grant deliberation meetings take place in April and October.

“Grant deliberations are involved and lively. Committee members often defer to the doctors present to tell us which requests are most essential. Occasionally we have frank exchanges over the priority of requests and the intent of the account from which funding comes,” Foreman adds.

Once grants are chosen they are presented to the Foundation Board for final approval. Monies are then disbursed. The equipment or programs acquired are eventually audited for compliance through onsite inspection by committee members. In 2013, 40 grant requests were funded, for a total of \$403,219. This year, the committee expects to be able to grant nearly \$450,000.

“Our mission is to implement the mandate of the Foundation Board – to support the hospital to be the best provider of healthcare in our region,” Foreman concludes.



# Scrub Shuffle a Success

The 2nd annual Scrub Shuffle attracted a great crowd. The weather cooperated well and everyone was in high spirits.

The event was held Saturday, July 12th on the Greenway near Laramie County Community College. There were 209 runners and virtual participants, ranging from babies to 101 years old and dogs of all sizes. A local troop of girl scouts participated in the children's 1K fun run.

A big thank you to our sponsors Roxanne P. Ostlund, Coldwell Banker – The Property Exchange, Sierra Trading Post, U.S. Corporate Wellness, and Dr. Roper from Associated Podiatrists, PC.

A list of the winners and their finishing times is available at: <http://cheyenneregional.org/sites/cheyenne-regional-foundation/news-and-events/scrub-shuffle/race-results/>



Vicky Johnson with her pal, Daisy Mae.

A gallery of photos from the race is available on the Foundation's Facebook page.

Congratulations to the top finishers in the 5K: John Russell and Carrie Nix, and Brad Cooper and Sheri Price in the 10K.

Race proceeds went to the Cancer Services Fund, a Foundation fund that provides a variety of services to cancer patients free-of-charge or at low cost. Services include therapy, wigs, equipment and miscellaneous requests. Thanks to all of our participants!

*We honor the passing of our generous donor, Amy Davis. Amy created this metal tree for the terrace at the Cancer Center. It serves as a tribute to her shining spirit and giving heart.*



# DENIM 'N DIAMONDS Diamond Event – June 28, 2014



*Auctioneer Steve Price*



*First Lady Carol Mead & Gov. Matt Mead*



*Past Honorary Chairs of Denim 'N Diamonds*

**Denim 'N Diamonds** *continued*



*Trustee Joe Evans, Beth Evans, Trustee Michelle Mulberry, Ron Mulberry*



*Wearing a cowboy tuxedo, John Green & Denise Green*



*Joe Horam, MD & Carol Horam*



*Ronald Stevens, MD & Cassandra Stevens*



*Board member David & Julie Cook*



*Board members and DND co chairs, Mona Pearl & Marian Schulz*



*Kathy Lind & David Lind, MD*



*H.E. Moore & Desiree Hannabach*



*Bill & Beth Edwards*



*Thomas Pryor, Francesca Hinkle, Rene Hinkle, MD, Gary Able*



*Foundation's Executive Director Stephen Stone & Board member John Gross*



*John Winter, MD & Pam Winter*

**Denim 'N Diamonds** *continued*



*Bill Dubois, Judy Hinkle, Sandra Surbrugg, Linda Baggs, Marietta Dinneen, Marcy Helser*



*Ruthanne Hubbard & Jim Hubbard, MD*



*Natalie Winter, MD & Bret Winter, MD*



*Susan Reinhardt & Margo Karsten, Cheyenne Regional CEO*



*Former Trustee Dianne Kirbride, Board members Dave Foreman & Mark Anderson*



*Board members Jacqueline Ferrall and H. Davis, MD*

Please note: In recognition of all the hard work that went into our 25th Denim 'N Diamonds anniversary, many of our photos feature board members, physicians and staff. For more photos, visit the Foundation's Facebook page. Thank you.

# 2014 Golf Classic - June 13, 2014

*The Cheyenne Regional Medical Center Foundation wishes to thank these fine sponsors whose generous contributions made the 2014 Golf Classic a success.*

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Wyoming Home



*Cheyenne Regional VP of Business Strategy, Jason Shenefield*



*CRMC Board of Trustees Bill Larson and Joe Evans with Executive Director, Stephen Stone*



*Hospital Volunteers Karen Boehner and Kimberly Johnson*



*Otis Elevator handing out treats at hole 10*



*Title sponsor GE Johnson*

# Your Dollars at Work— How the Foundation Oversees Their Use

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

I hope you are enjoying this issue of Advancement magazine where we showcase a few of the projects that were made possible through your generous support. In today's rapidly changing healthcare arena, private financial support from people like you is critically important. With your help, Cheyenne Regional purchases new equipment with advanced technologies, which in turn helps our dedicated staff to save lives and help patients heal faster. All contributions to the Foundation are managed by a dedicated board to ensure the money is used as the donor intends.



The Foundation Board of Directors and staff take the trust you place in us to manage your donated funds very seriously. This sense of responsibility comes largely from the fact that we all live in the region served by CRMC and want to ensure that we'll continue to have the best hospital in which to receive care. In order to work closely with the hospital, the Foundation Board is comprised of community volunteers from many professions and includes two CRMC Hospital Trustees, representatives from banking, private business owners, physicians (active and retired), real estate, investments, government, and legal professions among others. This broad array of talent allows the Foundation to provide the strongest fiduciary oversight for the money which you donate. In fact, the Foundation recently earned a **Silver Level Participant** designation on [www.Guidestar.org](http://www.Guidestar.org), a national oversight

group formed to ensure financial transparency and quality management of funds by non-profit fund-raising organizations.

Whether you support the Foundation through Denim 'N Diamonds and its yearly projects, contribute to the Foundation for direct funding projects such as the Cancer Center or Davis Hospice Center, or donate funds to specific endowment funds that

help us make grants on an ongoing basis, you can rest assured that your funds will be used as you intended and will be managed prudently by a highly-dedicated Board of Directors.

On behalf of the many departments and staff within the hospital who have benefited from your generosity when they receive new equipment, the Foundation Board with whom you place your trust to manage your gifts effectively, and the many patients who benefit from the equipment you help us purchase, we extend a huge THANK YOU!!! Because of your support we have now contributed over \$6 million to the hospital to keep healthcare strong in Cheyenne. You are the reason CRMC continues to be a healthcare leader throughout Wyoming.

*I hope you have an enjoyable and healthy autumn.*

To learn how you can donate to help CRMC remain at the forefront of patient care please visit; [www.cheyennegiving.org](http://www.cheyennegiving.org).

# Q & A with Dr. Margo Karsten

Chief Executive Officer of Cheyenne Regional

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



*Dr. Margo Karsten,  
CEO of Cheyenne Regional*

**Q: What did you think of the Foundation's Denim 'N Diamonds events this year?**

A: I am impressed by the support that the community demonstrates for Cheyenne Regional. The monitors that the Foundation is able to purchase for us with the funds that were raised through the Denim 'N Diamonds event will help us provide the best care to our patients. In addition to everyone who attended the Denim 'N Diamonds events, I was also impressed with the creativity and the generosity demonstrated by our volunteers, physicians and employees. An in-house silent auction was held on June 20, 2014, various departments donated various items, and in all over \$7,000.00 dollars were raised, which surpassed the goal of \$5,000.00.

**Q: You are really visible in the community and at the hospital. Why is that important to you?**

A: Getting involved in the community is one of my top priorities. Cheyenne Regional's mission is to nurture and improve the health of individuals and the quality of life for our community. When I'm engaged with various community groups

and individuals from the community it helps me make sure Cheyenne Regional is living our mission. We are here to support the health and wellbeing of our community, and the feedback I gather is critical to hear so we can make the improvements the community expects from us.

Over the spring and summer I have held two community meet and greet sessions. Everyone who came gave me great ideas on what they would like us to

focus on. These small group sessions also allows me the opportunity to share current updates and information regarding the various programs and services Cheyenne Regional provides. Also, I have appreciated the invitation from KGAB 650 AM to join Gary Freeman every quarter on Friday morning. It's an open-ended session for listeners to ask me questions and for me to give general updates from the healthcare perspective. My next appearance is Sept 19th so anyone who is curious or has a question for me, please tune in!

**Q: Any news or updates from the Board of Trustees?**

A: Our fiscal year started July first, so over the past few months the executive team and board has reviewed and refined the organization's strategic plan. Through this review, we have implemented two additional strategies that capture the work we have been doing in regard to community health, as well as managing health data. We will be finalizing metrics for the coming year, so that we can publicly demonstrate various outcomes, highlighting what is going well and where we need to improve.



In addition to starting our new fiscal year, we completed an employee engagement survey. The results of this survey will be forthcoming, and I look forward to seeing what themes and insights our employees shared, especially how the executive team can continue to support them in the work they do every day. Also, this fall we will be asking our physicians to complete a survey to share with us, from their perspective, what is going well and more importantly tell us what we can do to support them in the care they provide every day to the patients and families in our community. I am happy to share highlights from those surveys in future issues of Advancement.

Lastly, we have finished hiring our last member to the executive team. While I was in the interim CEO position, I intentionally held several positions open. Once I accepted the CEO role, I assessed the team and identified where we needed additional expertise. I was thrilled to announce a month ago that Craig Luzinski had accepted the Vice President of Performance Optimization. Craig had been working in a interim role since last fall, and has a very strong background in quality, clinical excellence, human resources and, fortunately for us, clinical documentation systems. Craig has over 20 years of experience in leading various departments both in the acute

**“The Board and I will be finalizing metrics for the coming year so that we can publicly demonstrate various outcomes, highlighting what is going well and where we need to improve.”**

care (hospital) and in ambulatory settings. He held national positions, and is known for his focus on achieving excellence. I welcome him to our team and feel very fortunate to have him as a colleague.

**Q: How is your family adjusting to living in Cheyenne?**

A: We currently live north of Cheyenne on five acres, and have really enjoyed the serenity and the beauty that surrounds us. I’m a runner and I love and appreciate the long and

gentle hills, and my daughter has enjoyed her new mountain bike! My daughter Emily will be entering sixth grade at St. Mary’s this fall. I look forward to volunteering at St. Mary’s as well as knowing that she is only five blocks away from work. We all have quickly embraced the hospitality and warmth of the Cheyenne community.

**Catch Margo on KGAB 650AM radio every third Friday of the month from 9 to 10 a.m.!**

Ask questions or make comments about the hospital, and hear general updates.

**Upcoming Dates:**

September 19

October 17

November 21

# Department Profile Wyoming Institute of Population Health

You may have heard of the Wyoming Institute of Population Health (IPH), but did you know it is a division of Cheyenne Regional and about all the important work it does? Here's a quick look at this dynamic and varied organization.



*The Wyoming Institute of Population Health Team*

“To define the Institute of Population Health, we first have to talk about healthcare reform.

While healthcare reform appears to be playing out mostly on the national stage, an equally important role in transforming healthcare delivery and improving the health of our communities is played by hospitals like ours, because we are closer to the people and to the problems causing poor health and lack of access to quality, affordable, care,” says Phyllis Sherard, VP of the Institute of Population Health.

Population Health uses a variety of individual and community interventions to help improve the illness and injury burden and healthcare behavior of high-risk populations.

“Population Health was created to support Cheyenne Regional’s mission of improving the health status of the people we serve, and we do that by designing community-centered care,” Sherard adds. Programs include:

**Community Health and Benefit** – Creates initiatives and funding to help make Laramie County the Healthiest County in Wyoming!

**Healthcare Delivery Transformation** – Expands access to Primary Care Medical Homes (PCMHS); provides care management/care transitions for high-risk patients; expands access through Telehealth for surrounding counties; and links our most vulnerable patients to community-based social services.

**PACE** – A program of all-inclusive care that assists the frail elderly to live safely and with dignity in their homes. PACE provides healthcare services, professional guidance and emotional support to patients and their family caregivers.

## **Palliative Care and Advanced Illness Management**

– Works directly with patients, in concert with physicians, to help relieve the burden of chronic diseases including treating late-stage symptoms and pain associated with serious illness. Moreover, it improves the quality of life for patients and families.

**Davis Hospice Center** – A team of caregivers that supports patients and families with end-of-life care mentally, emotionally, physically and spiritually. Both inpatient and outpatient hospice services are offered at Cheyenne Regional.

**Home Care** – Provides care at home for patients of all ages who cannot leave home due to a medical condition, limited mobility or disability. Services are offered in Cheyenne, Wheatland and Torrington.

**Rural and Community Outreach and Telehealth** – Provides healthcare to rural communities at outreach clinics and via telemedicine. The program helps Cheyenne Regional grow its services while meeting the healthcare needs of rural communities.

**Staying Abreast of Governmental Affairs** – Staff of the IPH update Cheyenne Regional Board and executive team on new and changed healthcare policies at the national and state level.

“The Institute of Population Health is focused on not only learning about healthcare reform and population health, but on helping Cheyenne Regional inspire and innovate tactics that will help us be accountable and build the competencies that we need to succeed in a transformed and reformed environment,” Sherard concludes.

To learn more about the IPH visit  
[www.cheyenneregional.org/sites/wyoming-institute-of-population-health](http://www.cheyenneregional.org/sites/wyoming-institute-of-population-health)

## Donor Profile

# Roxanne Ostlund



Roxanne Ostlund

Roxanne Ostlund had so much fun pushing her grandmother, Dode Goreham, in the Foundation’s Scrub Shuffle last year that she decided to do it again this year. At 101 years-old, her grandmother won her age division in the race. Despite being the only one in her age category, she is a winner no matter what.

“Dode put her hands in the air and high-fived people as she passed the finish line. The next morning, I woke up to find her wearing her medal over her pajamas. It was a lot of fun,” says Roxanne.

Roxanne came to Cheyenne 14 years ago from Powell, Wyoming. She leads an active life as a Certified Public Accountant with Auer Woodley Ostlund in town. She has over 26 years of experience providing proactive-tax planning, research, and education to clients. Roxanne obtained her BS and MBA from the University of Wyoming. She’s currently a candidate for her Ph.D. in business and organizational leadership.

“My friend Belinda and I participated in the Scrub Shuffle to support the Foundation’s good work,” Roxanne says.

Roxanne is active in Rotary International, and was a past president of the local chapter. She is also on the Safehouse Services of Cheyenne Board. Helping others is important to her. That’s why she founded Accounting for One Another at her firm, a small non-profit that helps individuals with medical and living costs due to accident or illness.

Dode gets around with a walker and is incredibly sharp for her age often beating Roxanne at scrabble because she knows so many archaic words from the long past according to Roxanne. She lives with Roxanne and her husband, Tom.



*Dode Goreham, 101, proudly wears her medal for winning her age category at this year’s Scrub Shuffle event. Dode is Roxanne Ostlund’s grandmother.*

“I’ve been a runner for a long time. I even won the Wyoming Governor’s Cup Marathon one year! It’s a funny story. I ran the course the year before—it was around Guernsey and it was hilly and horrible. I was the third woman to cross the line—all of us within seconds of each other. The next year I hadn’t trained and wasn’t planning to run it, but I thought I should support Wyoming, so I did. I ran 30 minutes slower than the year before, but I was the first woman to cross the finish line so I got a huge medal and the Governor’s Award for Excellence. The funny part is I was the only woman who ran the course so it was an automatic win even if I crawled across the line! It is important to select races with no one else in your category,” Roxanne concludes: like grandmother, like granddaughter—winners regardless.

# Ways to Give

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*Victoria Fry, J.D.,  
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No one likes to think about what might happen when they pass away. However, if you want to protect your family and assets, it is vital to be prepared. Estate planning can ensure that your final wishes are respected and your assets are preserved for your family.

You have worked hard to create a secure and comfortable lifestyle for your family and loved ones. Now is the time to take the necessary steps to protect their financial security and to preserve your estate and legacy for your future generations.

Our new website, [cheyennegiving.org](http://cheyennegiving.org), is not only a source of information about upcoming Foundation events, but we are pleased to offer complimentary estate planning information for the public and our donors.

On this website we provide free wills guide and an online wills planner which is available at <https://cheyenne.giftlegacy.com>. The guide assists in developing the considerations that are necessary of any estate plan, including family, finances, and healthcare decisions. The guide also explains typical estate planning terminology to assist the user in understanding various options and tools for his or her disposal. The guide discusses the difference between wills and estate plans and how to avoid costly probate.

This online guide is designed to assist in the gathering of information which an attorney will need to create an estate plan.

The guide also assists the user in important considerations for estate plans, such as reducing estate taxes, increasing current income, providing for guardianship of minors, providing for healthcare decisions in the event of disability, protecting against liability, creating a legacy, selling assets tax free, and business planning.

We offer numerous specialized publications depending on the user's interest, including Christianity-related guides, military-related guides, Jewish-related guides and one aimed for people who have charitable intent. For more information about this new service or to receive a free Wills Planner, please contact Victoria Fry at 996-4510 or [victoria.fry@crmcwy.org](mailto:victoria.fry@crmcwy.org).



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### Health Tip

## Recognizing Signs of Lung Disease

October is Healthy Lung Month



During the day, we often notice our physical body—what aches and pains we are having, if we are clear-headed or tired, and more. Rarely do we stop and notice our lungs, yet along with our heart they are in constant motion—working whether

we feel good or not. Take a moment and celebrate your healthy lungs. Millions of people live with lung diseases every day, and know with each breath what it feels like to have lungs that don't work well.

If you are experiencing breathing problems, know that there are solutions to such common lung diseases as chronic obstructive pulmonary disease (COPD), chronic bronchitis, asthma, emphysema, asbestosis, restrictive airways conditions from tumors, inflammation or scarring, cystic fibrosis and allergies.

Symptoms people notice when they have possible

lung diseases are shortness of breath, chronic cough, chronic mucus production, chest pain, wheezing and coughing up blood, according to the American Lung Association. When people come in to see their doctor for these chronic, ongoing symptoms, the doctor will often order a pulmonary function test (PFT)—a series of different procedures that measure lung function. Cheyenne Regional offers pulmonary function tests by registered respiratory therapists.

Pulmonary function tests tell doctors how well your lungs are working, and pinpoint the exact loss of function. Technically, the tests measure the volume of air that your lungs can hold, the rate of airflow into and out of your lungs and the gas exchange between your lungs and your blood.

If you have been experiencing chronic breathing problems, it might be time to see your doctor. There are several different treatments for lung diseases, including medicines. Bronchodilators are used to expand bronchial air passages and inhaled steroids work to reduce inflammation in the lungs. Oxygen therapy and pulmonary rehabilitation are also known solutions.

*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.*