



Cheyenne Regional
Foundation

SPRING 2018

advancement

Advancing Premier Regional Community Healthcare



BUILDING COMMUNITY

LCCC & CRMC
PARTNERSHIP

pg. 10

pg. 5

DENIM & DIAMONDS
IS JUNE 22

pg. 15

HEALTHWORKS:
CARE FOR THE UNINSURED
& UNDERINSURED



{2017}

donor impact

BY THE NUMBERS

BOTTOM LINE

\$1.03
million

TOTAL REVENUE
(DONORS & GRANTS)

exceeded \$1M for 6th straight year

\$18
million

STEWARDED IN
DONOR FUNDS

\$1.13
million

TOTAL PROGRAM SERVICES
(PROVIDED TO CRMC)

exceeded \$1M for 5th straight year

SPECIFIC IMPACTS

\$482
thousand

AWARDED IN 57 GRANTS TO
CRMC DEPARTMENTS

\$270
thousand

COMMITTED FOR NEW WYOMING PACE CENTER
FROM 2017 ANNUAL CAMPAIGN

\$81.5
thousand

TRANSFERRED TO CRMC FROM HOSPICE
ENDOWMENT FOR OPERATING EXPENSES

OTHER DATA POINTS

\$355
thousand

DONATED TO SUPPORT DAVIS HOSPICE
CENTER & HOSPICE PROGRAM SERVICES

\$117
thousand

DONATED BY 600+ NEW DONORS

\$162
thousand

DONATED BY CRMC & FOUNDATION
EMPLOYEES & VOLUNTEERS

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The Cheyenne Regional Foundation is a nonprofit 501(3)(c) organization committed to enhancing the health of individuals and the overall quality of life for our community. The Foundation informs, develops and stewards resources to enable the Cheyenne Regional Health System to provide the best possible health care.



Dr. Harmon H. “Bud” Davis

CHEYENNE REGIONAL FOUNDATION BOARD CHAIR



With 2017 behind us, I’m proud to start 2018 by reporting that for the sixth year in a row, the Cheyenne Regional Foundation received donations of more than \$1 million for Cheyenne Regional. The gifts came from donors and external grants. At the same time, and for the fifth year in a row, we also provided Cheyenne Regional with more than \$1 million in program support!

To say that achievements of this magnitude take a team effort is clearly an understatement, and I am thankful for each part of our Foundation team. I’d like to thank each member of our volunteer Board and Staff for their

dedication and service, but I’d like to especially highlight Ernie Shriner, who retired from our team at the end of December. She touched the Cheyenne Regional mission in many ways over the years, not only as a hospital Trustee, but also as the chair of that Board! She went on to serve 10 years on the Foundation Board and it would be impossible to count her many contributions.

We also added three new members to our Board in January, and we are excited that Lew Roney, Steve Newton, and Greg Vaughn have chosen to join our ranks! They each bring a wealth of talent and experiences and we are confident they will help take our Foundation to the next level.

Finally, I would like to offer two challenges:

First– I hope you will each continue to support community healthcare in our community. That may take the form of advocacy, sharing positive stories and experiences, or even taking the time to learn more about the amazing services offered today at Cheyenne Regional. That support can also take the form of financial donations, and that leads to the second of my challenges.

Second – I’d ask you also to engage with the Foundation Board and staff members and allow us to help you find the perfect way to help Cheyenne Regional in their mission to “inspire great health.”

One way you might help is by supporting and attending Denim & Diamonds. After a year off, we are bringing our annual gala back! In the past, this event has been “the” event of the Cheyenne year, and we hope each of you will help us rekindle that excitement. Our project this year supports the hospital’s Mother-Baby Unit as it moves into a newly remodeled space, and we will be purchasing new equipment and furnishings. Sponsorships are available, and we would love for you to attend, bring your friends or even donate if you can’t make it to the event.

Thank you all very much for your continued support and we look forward, with your help, to an even more amazing year, and I hope to see you at Little America on June 22!



OUTGOING BOARD MEMBER



ERNIE SHRINER

“She touched the Cheyenne Regional mission in many ways over the years... it would be impossible to count her many contributions.”

Patrick Madigan

CHEYENNE REGIONAL INTERIM CHIEF EXECUTIVE OFFICER

I've got some exciting, and long-awaited, news to share. The Laramie County Board of Commissioners voted on February 20 to approve the management services agreement (MSA) between Cheyenne Regional Medical Center (CRMC) and UCHealth. Our Board of Trustees approved the MSA in January, so this was the last step needed to move forward with the agreement.

The agreement between CRMC and UCHealth is for three years, with an option for renewal in the third year. Major terms of the agreement include employment of CRMC's chief executive officer (CEO) by UCHealth, and helping CRMC meet three major goals; to become "better than the best" in patient experience, safety and clinical quality, to improve its financial performance, and to enhance physician integration and alignment.

As I've shared previously, this has been a well-designed and deliberative work that began in the fall of 2016. The process included a comprehensive assessment of the challenges our mid-sized community hospital will encounter moving forward. It quickly became apparent that to continue our hospital's tradition of caring and innovation into the future, some model of strategic affiliation would be necessary.

We assembled a 25-person search committee which included CRMC trustees, executives, physicians, nurses, support services staff and the county commissioners. In the end, the committee and our trustees believed that UCHealth emerged as the unsurpassed partner to help us deliver a well-coordinated and well-communicated continuum

It quickly became apparent that to continue our hospital's tradition of caring and innovation into the future, some model of strategic affiliation would be necessary.

of care for the communities we serve.

For the next step, UCHealth, alongside our leaders and employees, are in the midst of a four-month assessment. The

assessment will review our current situation and how we can make improvements. Based on the results, UCHealth will make recommendations to our Board of Trustees this summer.

UCHealth is also conducting a leadership assessment to determine the desired characteristics of a CEO for our health system.

The assessment has included input from CRMC leaders, employees, providers and trustees. UCHealth is expected to report the results to our Board of Trustees this spring. Once selected, the permanent CEO will be employed by UCHealth, but will also be accountable to our Board of Trustees. I will continue to serve as interim CEO until a decision is made.

I would like to thank everyone who has been involved in this process. Special thanks to Phyllis Sherard, our chief strategy officer and vice president of population health and governmental affairs; Fran Cadez, our chief legal officer; and their staff for all they've done. They, along with the 25-member search committee, spent many long evenings and weekends engaged in this work. I also want to thank the county commissioners, our Board of Trustees, employees and providers, our community and the UCHealth leadership, for their invaluable contributions to the search and selection process.



KEVIN UNGER

PRESIDENT AND CEO OF UCHEALTH'S POUDBRE VALLEY HOSPITAL AND MEDICAL CENTER OF THE ROCKIES

Cheyenne Regional Medical Center and UCHealth have very similar cultures and values, always putting patients first and providing exceptional service and benefits to the communities we serve. We are excited and honored to begin working with the leaders and providers at CRMC to identify ways that UCHealth can provide support while ensuring CRMC remains the strong, locally-owned hospital it is today.



Scott Fox

CHEYENNE REGIONAL FOUNDATION
EXECUTIVE DIRECTOR

Even as I start my third year with the Foundation, I still find myself both humbled and awed by our community. As healthcare continues to evolve and changes happen all around us, there is one thing that appears to continue as a reassuring constant – the generous and caring nature of the individuals and organizations around us.

Some of those individuals selected Cheyenne Regional as the place where they would come to, very simply, help people. I find great comfort that we have amazing people who made the choice to truly put service before self and, as a family, care for the families of our community with compassion, experience and innovation! Our physicians, nurses, clinical and non-clinical staff members truly “inspire great health,” to quote the new mission of Cheyenne Regional.

But they aren’t alone. Individuals and organizations across the community and region continue to step up and support our community hospital. To each of you, I offer our sincere and heartfelt thanks. Without you, the Foundation could not have provided this level of support for more than 40 years.

I’d like to also thank each member of our Board of Directors and our tireless and awesome staff. It’s been said that teamwork allows you to divide up tasks and

DID YOU KNOW?

Cheyenne Regional updated their Mission, Vision & Values

MISSION:

*We inspire great health! Putting service before self, our family cares for your family with compassion, experience and innovation.
We inspire great health!*

VISION:

To provide the most trusted healthcare with an inspired personal touch.

VALUES:

Respect, Integrity, Compassion, Caring, Teamwork, Excellence and Service

multiply success. Over the past two years, I’ve seen that demonstrated repeatedly. Unfortunately, great performers also get great new opportunities, and I’d like to thank Wendy Fanning, former annual giving and grants director, for all she did in her four years at the Foundation. She built strong relationships and represented Cheyenne Regional in a classy and professional way. We wish you all the best in your new role with the Boys & Girls Club of Cheyenne. I also want to officially welcome Ruth Benson, who joined the Foundation team as our new operations manager in November, and Danielle Jensen-Ryan, who joined us in April as our new annual giving and grants director. Ruth and Danielle both bring a wealth of experience and jumped into their new roles head-first!

Finally, I hope all of you can come out and participate in our 2018 events. Denim & Diamonds is back: join us on June 22 and help us raise money to support Cheyenne Regional’s Mother-Baby Unit relocation and renovation. We are also having the “Great Bison Shuffle” trail run again on September 8, and our annual Foundation Golf Tournament on September 28. Please watch – and Like – our Facebook page and visit our website at give.cheyenneregional.org to keep up with all the opportunities.



OUTGOING
STAFF MEMBER



WENDY FANNING

“She built strong relationships and represented Cheyenne Regional in a classy and professional way. We wish you all the best...”

» Gala to Support «

MOTHER-BABY UNIT

On June 22, more than 650 people will gather at Little America to welcome back Denim & Diamonds at our "Black and White Ball" and raise funds for a great cause.

Proceeds from this year's event will purchase new furnishings and medical equipment for the Mother-Baby Unit's 2019 renovation and expansion. Part of the upgrade includes a new Neonatal Intensive Care Unit (NICU), which further enhances the hospital's ability to care for newborns needing specialty care.

Since 1990, Denim & Diamonds has supported the purchase of more than **\$5.1 million** in medical equipment for the hospital.

"This renovation will allow families to be more comfortable during their stay and improve care for the more than 1,200 babies delivered at the hospital each year," explained Scott Fox, the Cheyenne Regional Medical Center Foundation executive director.

The ball includes gourmet cuisine, performances by the Jane Robinette Quintet and Dr. Claudio Feler's classic rock band "Misspent Youth" and an auction like no other. Dr. Joe Schaffer, President of Laramie County Community College (LCCC), and his wife Brooke are this year's honorary chairs, in celebration of LCCC's shared vision for community healthcare. ✱

DENIM & DIAMONDS

BLACK & WHITE BALL

JUNE 22 2018

BLACK-TIE ATTIRE
GALA AT FIVE-THIRTY IN THE EVENING
AFTER-PARTY AT NINE-THIRTY IN THE EVENING
LITTLE AMERICA HOTEL & RESORT, CHEYENNE, WY

PRESENTED BY



Cheyenne Regional
Foundation



Feeding Minds and Bodies with

OUTREACH PROGRAMS

Cheyenne Regional Medical Center’s Foundation supports two programs that increase education for medical professionals and the community.

The Foundation offers free planned giving seminars for local residents, and supplies the noon meals at continuing education sessions for healthcare professionals.

Monthly planned giving seminars provide the opportunity for donors, hospital employees and community members to educate themselves on strategies and options for finances, retirement, estate planning, elder care and other issues. Major Gifts and Planned Giving Director Vicky Fry said, “The decisions we make today will impact not only ourselves, but our families, our finances and our community for years to come.”

Fry started the free seminars a little more than a year ago. She has organized programs about estate planning, wills, planning for long-term care, Social Security, Medicaid and identity theft.

All of the sessions feature guest speakers who are specialists on the featured topics of the day. “We offered a seminar on organizing and creating simplicity in your life because we were hearing horror stories from attorneys, trust officers and donors about the burdens and expenses of administering estates that left cluttered and unorganized homes,” she said. “The speaker was inspiring and helped break down the process for decluttering and

organizing a lifetime of possessions in a very understandable and manageable way.”

The meals the Foundation supplies are served during Grand Rounds, which are weekly continuing education programs for doctors, nurses and other employees at Cheyenne Regional Medical Center. The sessions are open to all medical professionals in the community as well.

Participation has increased since the Foundation started providing meals, according to Cheyenne Regional Clinical Educator Colleen Rodgers. “(It) has been wonderful because time during lunch is limited. So it makes it more feasible for providers and other staff to be able to attend these by having meals already at our learning events,” she said.

Topics at the sessions focus on current trends in various medical areas, including ways to prevent antibiotic resistance and treatment and care for cancer patients.

Dr. Edward Illions, associate professor of clinical obstetrics and gynecology at the University of Colorado, recently presented information about gender selection and genetic screening. Those who attended enjoyed the baked potato bar with all the trimmings courtesy of the Foundation.

“We’re excited to be able to offer that continuing education credit and make it more feasible by offering lunches through the Foundation every Thursday at Grand Rounds,” Rodgers said. ✨



NEXT SEMINAR:
**ROADMAP TO RETIREMENT:
TOP INDIVIDUAL
RETIREMENT ACCOUNT
MISTAKES**

JUNE 14 | 1:30 P.M.

**Cheyenne Regional Medical Center
214 E. 23rd Street
Auditorium A and B**

All seminars are free, but attendees are asked to RSVP by calling 307-996-4510 so organizers know how many will attend.

Find more seminars at cheyenneregional.org/foundation.



Patients *Rest Easier* with CarePacs

Within the 24 hours of admission, patients are now receiving a bright blue CarePac, a small bag filled with the goodies patients commonly ask for, like lip balm and other personal toiletry items.

The hospital has been offering CarePacs to patients since February 26; thanks to a generous CRMC Foundation grant to purchase approximately six months' worth of supplies.

The CarePacs have two components, refresh and relax. The refresh side consists of higher-quality personal toiletry items, in



addition to a menu where patients can request additional items. The à la cart menu includes commonly-requested items such as a ponytail holder, hairbrush, hair conditioner, nail file and dental floss.

The relax side includes an eye mask, earplugs, notepad and pencil, crossword and Sudoku puzzles, playing cards and signage that can be placed on the patient's door that can be a visual queue for care providers to respect a patient's rest times. *

SAVE THE DATE

SEPT 8

Great Bison Shuffle Trail Run
Terry Bison Ranch

SEPT 28

Golf Classic -
Annual Foundation Golf Tournament
Cheyenne Country Club

DID YOU KNOW?



ENROLL WYOMING SUCCESS IN FALL 2017

Traversing the state, Enroll Wyoming's navigators held 700 events and individual appointments as part of their free enrollment assistance to those who needed health insurance coverage for 2018.

Over a period of six weeks, the navigators traveled more than 12,000 miles throughout Wyoming. Their dedication, combined with education efforts from the previous four years, helped citizens sign up for a record number of plans in 2017. Initial enrollment includes 24,889 Wyoming plan selections for families and individuals. This is a steep increase from the first open enrollment period, where navigators signed up 11,970 people.

The U.S. Department of Health and Human Services awarded the Wyoming Institute of Population Health, a division of CRMC, a grant to run Enroll Wyoming in 2013. Since then, enrollment has included over 100,000 Wyoming plan selections.

Unfortunately, due to recent federal budget cuts, the Enroll Wyoming program will end on September 1. The program is currently encouraging communities to continue the work. Consumers may continue to call Wyoming 211 for assistance. *



Kandin West was born at Cheyenne Regional Medical Center on March 5.



1

BONDING WITH BILIBLANKETS

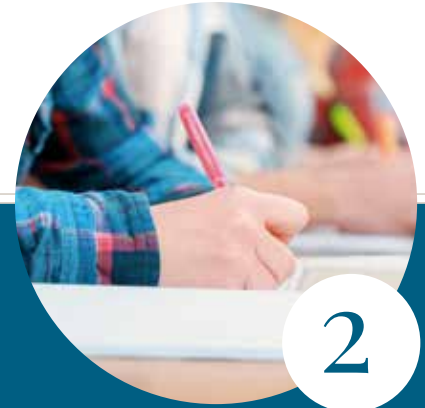
There aren't many things better than holding a newborn baby, and Cheyenne Regional Medical Center wants to make sure babies get their cuddles, even during phototherapy sessions.

This year, the Foundation helped purchase BiliBlankets for the hospital's mother and baby floor. These new blankets replace BiliBlankets that wore out after countless snuggle sessions.

BiliBlankets are flexible devices that glow with specially-designed fluorescent light. Medical professionals use phototherapy to treat infants with too much bilirubin in their blood, which can cause yellowing of the skin and eyes, known as jaundice. During phototherapy the skin absorbs the light, which changes the bilirubin to help the baby's body get rid of it.

"The great thing with BiliBlankets is mom can hold baby during phototherapy. So it improves bonding during therapy sessions," said Sarah Whitman, clinical nurse manager for Women and Children's Services.

"The great thing with BiliBlankets is mom can hold baby during phototherapy. So it improves bonding during therapy sessions."



2

CERTIFICATIONS KEEP STAFF ON CUTTING EDGE

Staying current with rapid changes in medicine is important for healthcare professionals at Cheyenne Regional Medical Center.

To reach that goal, the Cheyenne Regional Medical Center Foundation recently provided a \$15,000 grant to help employees become certified in their careers.

Grant money reimburses employees who pass these exams and show they have mastered specific knowledge in their jobs. Exam fees range from \$250 to \$600, an amount that can discourage employees from testing, said Colleen Rodgers, clinical educator at Cheyenne Regional. "If there is an option to be reimbursed, they're more willing to take those tests to become specialized in their areas," she said.

Any employee who wants certification to enhance their role in the CRMC organization can apply for grants, she said. So far, five employees have passed exams using this grant money and five more are ready. The goal is for 30 employees to test in the 2018 grant year. "Employees who receive reimbursements are highly engaged and very competent. We really appreciate the Foundation for being able to give us that opportunity to recognize them," she said.



3

TACT TEAM OFFERS CONTINUED CARE

The Transitions Across Community Team (TACT) is a program that is designed to improve high-risk patients' quality of life and help reduce readmissions, by going beyond the hospital's walls to provide additional care.

High-risk patients can have frequent emergency department visits or hospital admissions, and difficulty managing chronic medical conditions, explained Kelley Turner, the interim administrator for Aging Services at Cheyenne Regional Medical Center.

The TACT team, part of CRMC, is a group of registered nurses who collaborate with patient-centered medical homes, the hospital and other community healthcare providers to help patients develop self-care plans and better understand their discharge instructions, medications and chronic illnesses.

The TACT nurses perform one to two home visits, provide weekly phone calls, create individualized care plans, and coach patients and their caregivers on medication, symptom and disease management.

TACT is available to high-risk patients 18 years of age and older and who are residents of Laramie County, regardless of their healthcare coverage.



GRANTS

2017

The Foundation Board granted the following requests from the listed departments at Cheyenne Regional in 2017. The Endowment Advisory Committee meets bi-annually to review and approve grant requests.

TOTAL: \$482,318.97

Blood Bank/Lab: Ortho Workstation	\$6,250.00
Cancer Center/Ambulatory Infusion Clinic: Patio Umbrella and Stand	\$441.00
Waiting Room Window Shades	\$1,788.00
Cancer Center: iPad Pro Tablet and Color LaserJet Printer	\$1,088.60
Community Outreach, Cancer Survivor Day BBQ Celebration	\$2,204.00
Cardiac & Pulmonary Rehab: Recumbent Bicycle	\$3,765.00
Care Management: Transitions Across Community Team (TACT) Program	\$1,500.00
Cheyenne Internal Medicine Associates: Two Motorized Brewer Exam Tables	\$12,800.00
Clinical Education: CDCI, Magnet Program, HIM: Flooring, Painting/Renovation and Furnishings	\$28,000.00
Training Equipment for Pediatric Advanced Life Support Class	\$2,775.00
Laminator	\$1,100.00
Two Infant Airway Trainers	\$1,400.00
Clinical Education & Shared Governance: National Certifications Reimbursement	\$15,000.00
CRMG Neurosurgery & Spine Association: Radiation Protection for Imaging During Surgery	\$1,400.00
CRMG Medical Specialty Clinic: Flooring	\$32,083.69
Davis Hospice Center: Landscaping and Grounds Work	\$11,900.00
Water Feature Maintenance	\$40,000.00
Van Equipment	\$3,500.00
Hospice Outpatient Equipment/Supplies	\$3,100.00
Bereavement Program Support	\$2,500.00
Hydrostatic Front Engine Riding Lawn Mower	\$2,500.00
Carpet	\$10,822.00
Commercial Kitchen Dishwasher/Sanitizer	\$7,000.00
Diabetes Self-Management Education & Support Program: 4th Annual Diabetes Day 2017	\$3,500.00
Emergency Department: Vital Sign Monitors	\$5,000.00
Endoscopy: Endoscope Storage Cabinet	\$4,394.86
Family First: Furniture	\$963.03
Food & Nutrition Services: Handheld Indirect Calorimeter (MedGem System Kit by Microlife)	\$4,597.00
Food Trays and Lids, Electric Food Transport Hot Box	\$6,310.74
Forensic Nursing Program: CortexFlo Photographic Examination System	\$19,985.00
Nova Torch Base Kit	\$3,000.00
Building Hope Project Supplies	\$3,000.00
Intensive Care Unit: ICU Nursing Station Chairs	\$2,234.58
Inpatient Physical Therapy: Three Knee Sling Attachments for Walkers	\$308.25
Lab: Double Door Stainless Steel Refrigerator for Chemistry Reagents and Supplies	\$11,476.08
Medical Imaging: Computer Monitors	\$2,053.68
Operating Room: Scope Cabinets	\$6,154.63
Lead Aprons to Protect Staff and Patients from Radiation	\$2,000.00
Platte County Home Care: Aesthetics	\$8,000.00
PACU/Same Day Surgery: Survey Compliant Chairs with Wipeable Surfaces	\$3,577.00
Replacement of Broken/Failing OR Tracking Screens	\$1,120.14
Oncology/Hematology/Infusion: NaviCare Nurse Call System	\$62,917.90
Outpatient Physical Rehab: Compression Garments for Lymphedema Treatment	\$3,696.00
TechnoGym Pro Med Leg Press	\$9,421.50
Patient Access: Two Mobile Carts	\$13,282.19
Radiation Oncology: American College of Radiology Accreditation	\$11,000.00
Service Excellence: Patient CarePacs to Replace Current Personal Hygiene Supplies	\$30,000.00
Speech Therapy: Laptop Computers for Documentation	\$3,224.18
Telemetry Unit: Patient Reclining Chairs	\$6,073.40
Transitional Care Unit: Hyrdoculator, Bariatric Wheelchairs, Bariatric Shower Chair	\$4,689.75
Trauma Services: Bleeding Control Kits	\$7,200.00
Women & Children's Services: Novii Wireless Patch System	\$11,579.00
Individual Heat Control in Labor and Delivery Rooms	\$12,948.00
Four Sofa Sleepers	\$8,370.92
BiliBlankets for the Nursery	\$10,012.50
Wound Care Clinic: SARA 3000	\$4,070.00
Wyoming PACE: Quantum Fitness Exercise Equipment	\$3,241.35



BUILDING COMMUNITY

CRMC PARTNERS WITH LCCC

Cheyenne Regional Medical Center and Laramie County Community College share a partnership powerhouse that benefits both organizations and the greater Cheyenne community.

“We see this relationship as creating the type of community we all really want to see for ourselves and future generations,” said LCCC president Joe Schaffer. “When you have a vibrant, successful, complex health system in the community, the opportunities for our students to make a good living and have meaningful work is substantial. When graduates find meaning in their work, they tend to give that meaning back to the community. People working in healthcare are going to be civically involved, and they’re going to be compassionate back toward the community.”

From cooperating in the training of qualified nurses, to working together to keep student athletes healthy and safe, the working relationship between these entities is a two-way street that benefits both.

“The partnership is very collaborative,” said Heidi Tatum, BSN, RNC-NIC, director of professional practice at CRMC. “We do hands-on training for their students so they get real-world experience at a hospital bedside. They help us by recruiting new nurses.”

When it comes to training those new nurses for their profession, learning in a large medical facility like CRMC is key.

LCCC’s Interim Program Director of Nursing Karen Clark-Bond, MSN, RN is quick to applaud the instruction her nursing students get at CRMC.

“It’s a joint effort to teach and train these students,” said Clark-Bond. “We couldn’t do what we do if we didn’t have them.”

STUDENTS WORK ALONGSIDE NURSES

Second semester nursing students work in transitional care, while third semester students spend time working in the oncology, medical, orthopedic and surgical departments at the hospital. They also get experience in the cardiac catheterization lab, working with the IV team, in interventional radiology and occasionally in the emergency room, surgery or labor and delivery. During this third semester training, eight students at a time work at the hospital with a nursing instructor. Because there are more students than instructors, nurses on the floor jump in to help train.





Fourth semester students participate in a preceptorship, working one-on-one with a nurse at the hospital. The student works the same schedule as the nurse for a total of 144 hours.

“They are joined together with that nurse to learn the final pieces of the nursing role,” Clark-Bond said. She said her students already know many nursing skills, but they learn so much about the actual job of nursing with their preceptor. As a nurse herself, Clark-Bond knows how important this one-on-one coaching is.

“The nurses who take on a student realize they were there once, and we, as a profession, have to take ownership and share in the education of those who come after us,” Clark-Bond said. “They will be our co-workers one day.”

”

“Many new graduates leave nursing within the first year, but our nursing residency program members have a first year turnover rate of only 10 percent.”

HEIDI TATUM, BSN, RNC-NIC, DIRECTOR OF PROFESSIONAL PRACTICE AT CRMC



STUDENTS STAY ON AS NURSES

LCCC nursing graduates have the opportunity to apply for the hospital’s nurse residency program, which is a year-long program that helps them transition from the classroom to their career through continued class time, mentorship and on-the-job training.

“There is no way to teach everything a nurse needs to know in just four years,” said Tatum. “Most graduates get out of school still unsure about nursing. The nurse residency program gives them another year of training with work on the floor.”

Kevin Johnson, BSN, RN works at CRMC and is a graduate of the nurse residency program. He now serves as an adjunct



Cheyenne Regional Medical Center Nurse Shay Lemaster poses with Laramie County Community College nursing students Zack Edwards and Steven Cheek at the hospital on March 6. Both Cheek and Edwards are third semester nursing students at the college.



“Every day we know that we are helping every student. We know that we are there if they need us.”

AUDRA KENT, PRACTICE MANAGER FOR WOSM



instructor for the program. He said one facet of the program is the relationships between nurses built during the residency. Though working in different areas of CRMC, they come together during classes and learn about the experiences of their fellow nurses.

“It helps build a foundation of experience,” Johnson said, noting the residency also gives new nurses a network of support in a field that can be daunting at first.

CRMC invests many resources into the participants of the nurse residency program, knowing it pays dividends.

“Nurse residency programs improve the retention rates for new nursing graduates,” said Tatum. “Many new graduates leave nursing within the first year, but our nursing residency program members have a first year turnover rate of only 10 percent.”

LCCC nursing staff help to facilitate this program.

“They sit on our advisory board and help us know how it should run,” said Tatum.

IT'S NOT JUST NURSES

While education of quality nurses is one of the main areas of collaboration, it certainly isn't the only one. LCCC has a robust offering of medical, business and IT training for its students, and these trained students often find their way to CRMC.

Carol Merrell serves on boards at both the CRMC and LCCC, and she noted how many students from LCCC become employed at CRMC upon graduation.

“It's not just the nurses,” Merrell said. “It's the X-ray techs, the surgical techs. The health science classes are almost always full.”

Because the partnership is a two-way street, CRMC also sends providers to the college. For example, staff from the hospital go to the college as guest lecturers, Tatum said. They also go to the college to help out.

Wyoming Orthopedics and Sports Medicine doctors, led by Dr. Dan Kisicki, are now working in conjunction with Megan Shifflett, LCCC's athletic trainer.

“It gives me a lot of back up,” Shifflett said. “It's a nice collaboration to make sure our athletes are healthy.”

These providers care for student athletes from sports physicals to injuries. They are available during sporting events at the college in case an athlete is injured and host a weekly clinic for the athletes during training to address any concerns they may have.

“We are very proud of the partnership with LCCC,” said Audra Kent, practice manager for WOSM. “Every day we know that we are helping every student. We know that we are there if they need us.”

READY FOR THE FUTURE

As both CRMC and LCCC look forward, continuing their cooperation keeps both entities vital and strong.

Schaffer said the college keeps an eye on the changing medical field and new ideas, such as the hospital's future management services agreement with UCHealth, to see how LCCC can prepare their students for the future.

“One of the major trends we watch is in medicine and healthcare,” said Schaffer. “As technologies advance, we know that there's a workforce that comes with it. As those areas change and adapt, we recognize there's opportunities not only to meet future needs of the hospital but also to open up career opportunities for students that may not exist right now.” ✨



Awareness First Step to

COMBAT CANCER

In 2010, Cheyenne Regional Medical Center's Cancer Center became accredited through the American College of Surgeons Commission on Cancer. A requirement of that accreditation included appointing a community outreach coordinator to raise cancer awareness and encourage cancer screening and early detection.

Registered nurse and oncology program manager Barbara Lawyer fills that role. She conducts programs not only in the community of Cheyenne, but throughout Laramie, Albany, Goshen and Platte counties. The education she provides includes information on cancer prevention and recognizing possible warning signs.

"Education is important because cancer awareness can lead to early detection, which increases the chances of successful treatment," she said. "The greatest needs are educating on cancer screening and knowing warning signs, which can lead to early detection. Catching cancer early can make a difference in a person's survival rate."

She attends health fairs and makes presentations for businesses and various organizations, reaching several hundred people each year through these programs. Raising awareness

about the importance in screenings for breast and colon cancer are especially important, for those two types of cancer especially impact Wyomingites. According to the Center for Disease Control (CDC), the top five cancers in the state are (1) breast, (2) prostate, (3) lung, (4) colon and (5) skin/melanomas.

Lawyer's outreach programs address these issues. For example, sun safety talks include a reminder to wear hats and apply sunscreen when outdoors, colon cancer programs discuss the importance of screening, especially for people 50 years of age and older, and breast cancer programs remind women to check their bodies and to receive mammograms.

"It's all about early detection," Lawyer said. "Screening is huge. Through education, we're able to help people."

According to the CDC, Wyoming experienced more than 2,600 new cancer cases in 2014, and nearly 1,000 residents died that year. Outreach can make a dent in those numbers.

"Awareness can help save lives. You are educating people to know what to look for, and therefore, be proactive with their health," Lawyer said. *

TOP FIVE CANCERS IN WYOMING:

- 1 Breast
- 2 Prostate
- 3 Lung
- 4 Colon
- 5 Skin/Melanomas

”

“Education is important because cancer awareness can lead to early detection, which increases the chances of successful treatment.”



The Doctor Says Reading is Key

Cheyenne Children Benefit from #GivingTuesday Movement.

Last fall, local residents joined the national #GIVINGTUESDAY movement and donated to the clinic’s “Reading is Key” project. The program provides a free book to children ages 2-months to 5-years-old during their well child check-ups. “Reading is Key” aims to reduce children’s fears about vaccinations and exams and gives parents a chance to read to their children, said Clinic Practice Manager Trudy King.

“Each physician gives the kiddos a book, signed from them. They talk about it and encourage families to read it together,” King said.

#GIVINGTUESDAY is an international day observed after Black Friday and Cyber Monday. Pediatricians at the clinic raised approximately \$7,700 during last year’s event.

Thousands of books have been distributed since the reading program began some 40 years ago. The Cheyenne Regional Medical



Center Foundation started its support a few years ago after federal funding was cut. The Foundation approved a \$10,000 grant in 2016, which was equally matched by two clinic doctors.

“We’ve been able to keep it going because of the Foundation’s help,” King said. “I can’t imagine not doing it. It’s like getting a little present when you get your shots and your visit.”

Cheyenne Regional Medical Center Foundation Director of Major Gifts and Planned Giving Vicky Fry said children receive the books at a time when their brains are ripe for reading development. *

DONATIONS CAN BE MADE ANYTIME AT:
visit give.cheyenneregional.org and click “Donate Now”
(307) 633-7667
Private monetary donations – which have helped the program in the past – also are welcome.



KNOW YOUR NEW BOARD MEMBERS



GREG VAUGHN
SENIOR TAX MANAGER, MHP LLP

“CRMC Foundation helps ensure that the hospital has the tools to provide the best medical care. I am very excited to be a part of this.”



CLINIC PROVIDES FOR THE

UNINSURED AND UNDERINSURED

The Community Health and Benefits grant, dispersed by Cheyenne Regional Medical Center, assists a local clinic that helps thousands of people, particularly the uninsured and under-insured.

The grant provides operational money to HealthWorks, a federally qualified health center. HealthWorks features a primary care clinic and pharmacy, plus dental and behavioral health services, said Josh Hannes, director of strategy and external affairs for the hospital.

“HealthWorks provides the front door for people needing medical services. It operates on a sliding-fee scale, providing greater access to healthcare for residents in our community. We want people to have that option, especially those with chronic conditions, like diabetes,” said Hannes.

HealthWorks receives approximately 10,000 visits per year; 3,300 patients “use us as their medical home,” and 50 percent of them have no health

insurance, said David Squires, CEO of the facility. Healthcare would be beyond their reach without the clinic’s no-pay and sliding-fee scale systems, as most of those seeking care fall below the federal poverty level. Therefore, they would most likely seek medical care in an emergency-only situation.

“We don’t turn anyone away,” Squires said, “and we try hard to keep people out of the (hospital’s) emergency department, which is a significant savings for those without insurance.”

Offering dental services is also critical.

“We are the only place that provides dental care on a sliding-fee scale. Virtually no one has dental insurance,” Squires said.

Receiving the grant money from the hospital is vital to HealthWorks’ operation.

“It helps keep our doors open. It’s a wonderful partnership – they have been

HealthWorks Staff Pharmacist Ashley Cassel looks through purchase stock inventory in the center’s pharmacy.

Dental Assistant Holly Washechek demonstrates a procedure in the dental operator.

Medical Assistant Amy Nickerson puts blood vials in a centrifuge to prepare them for testing.

supporters since the beginning,” he said.

HealthWorks opened a decade ago. The facility emerged when a small clinic and a free clinic, both of which had served Cheyenne for some time, closed. HealthWorks receives about \$600,000 from the hospital grant.

“We believe we’re investing in outcomes,” Hannes said. “Affordable’ is important. Having a healthy community is important. HealthWorks is a real benefit to the community and partnering with them is the right thing to do.” *

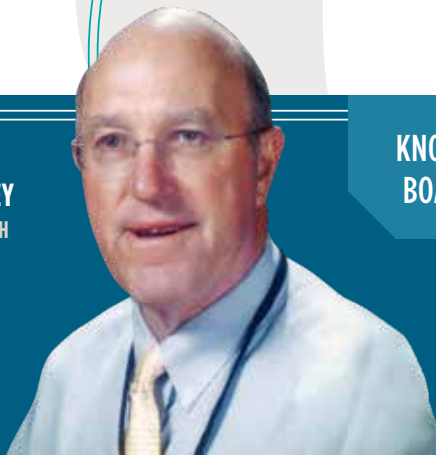
DID YOU KNOW?

FREE BEREAVEMENT COUNSELING

Our team at the Davis Hospice Center can provide one-on-one private counseling. Call (307) 633-7016 for more info!

LEW RONEY
RETIRED EDUCATOR & COACH

“Having been the recipient of the quality care at CRMC, I am grateful for the opportunity to help the Foundation and hospital continue their history of excellence.”



KNOW YOUR NEW BOARD MEMBERS



Care at Home for Chronically Ill

PALLIATIVE CARE INSURANCE

Most insurance plans, including Medicare and Medicaid, cover Palliative Care. A social worker from the Palliative Care team can help determine coverage.

Offering round-the-clock on-call service and home visits, the Palliative Care program at Cheyenne Regional Medical Center improves care for about 300 patients with life-threatening illnesses a year.

The program, started about ten years ago, is designed to give patients care at home and keep them out of the hospital, said Ashley Davis, director of Davis Hospice Center and the Palliative Care program. “We have the lowest readmission rates.”

Davis stressed that Palliative Care is not the same as hospice, which cares for patients near the end of their life, usually the last six months. Palliative Care patients typically have chronic illnesses such as heart or lung disease and can receive care for many years to ease their symptoms.

The program offers specialized medical and social support through a team that includes a physician, nurse practitioner, social worker and chaplain. The Palliative Care team works with all providers, including the

patient’s primary doctor to provide symptom management, extra time for communication, and help in navigating the health system.

The team visits patients in their home for up to an hour, gaining a true picture of what is happening, including any problems with medications, food intake, pain management, finances and any social issues.

Palliative Care patients typically have chronic illnesses such as heart or lung disease and can receive care for many years to ease their symptoms.

“The program is really a blessing for our patients who are chronically ill, especially for those who live outside of town,” Davis said. ✨

KNOW YOUR NEW BOARD MEMBERS



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DIRECTOR OF INSTRUCTION, LCSD #1

“As a Board member, I feel blessed that I am able to give back to our community in this special way supporting the work of our local hospital.”

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