



Cheyenne Regional
Foundation

WINTER 2020

Advancing Premier Regional Community Healthcare

advancement

pg. 6

PHOTOS:
GREAT BISON
SHUFFLE

PACE
PROGRAM
ENDS

pg. 4

pg. 14

**STOP THE BLEED
TO SAVE LIVES**



thank you!

THANK YOU TO EVERYONE WHO CONTINUES TO SUPPORT CHEYENNE REGIONAL DURING THE COVID-19 PANDEMIC.

We are grateful for every single item, dollar, mask and meal that you have given us!



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TIM THORNELL

PRESIDENT & CHIEF EXECUTIVE OFFICER
CHEYENNE REGIONAL HEALTH SYSTEM

Can-Do Spirit Will See Us Through

As I write this, we are undergoing what will probably be referred to as a second wave of COVID-19 cases in our region. This spike in transmission has shown us that COVID-19 continues to be a real and present danger to the health and well-being of our families, friends, neighbors and community members.

At Cheyenne Regional we have worked tirelessly to implement and follow evidence-based protocols that will keep our patients, employees and providers as safe as possible from the spread of this highly contagious—and too often deadly—virus.

I want to recognize our brave and dedicated frontline workers and providers. Day in and day out, and for months on end, they have put their lives on the line to care for patients impacted by COVID-19. With the recent surge of cases in our area, our employees and providers continue to selflessly commit to caring for our patients and community. My heartfelt thanks goes out to each and every one of these heroes!

COVID-19 FATIGUE

As the presence of COVID continues to invade our lives, we now face “COVID fatigue” and we all long for the novel coronavirus to be over. I understand the deep frustration that people are feeling about not being able to go about business as usual.

The reality is, this virus will likely be disrupting our lives for some time to come.

Meanwhile, I would like to encourage everyone to please do what’s necessary to keep everyone safe. That means social distancing when you can, staying at least six feet apart from others, wearing a face covering (over your nose and mouth) when you are outside your household and around other people, frequently washing your hands, avoiding large indoor gatherings and staying home when you are sick. I also want to add that everyone who can safely get a flu shot should do so.

Through our combined efforts, we can make a difference and contribute to the safety of our families, friends, neighbors, colleagues and other citizens of our state and community.

THANKS TO OUR FOUNDATION

I want to thank our Foundation team and board of directors for all they do. From coordinating donations of face masks and other personal protective equipment (PPE), to safely coordinating fundraising efforts, to organizing a popular and much-anticipated virtual fundraising auction for our employees ... our Foundation is critical to the lifesaving work we do.

I want to especially thank David Cook for his leadership and commitment as the Foundation chairman these past two years. During his tenure the Foundation has achieved some of its best fundraising results—even in the face of adversity as COVID-19 struck. I also want to take this opportunity to thank each one of you who has contributed to our Foundation. Now, more than ever, we are counting on the support and generosity of our community.

ONGOING COMMITMENT TO OUR MISSION

While it has been a difficult year for everyone, the challenges and stresses have not diverted our attention from our mission—which is to inspire great health throughout our community, to treat our patients and guests as if they are a part of our family and to provide every patient with compassionate, quality care.

So, it’s with great pride that I share some recent accolades that demonstrate our team’s ongoing commitment to our mission.

- CRMC earned a top five-star overall quality rating from the federal Centers for Medicare & Medicaid Services in January 2020, placing us in the top 10% of hospitals in the nation.
- In April of 2020, CRMC became the first and only hospital in Wyoming to earn the prestigious Magnet designation from the American Nurses Credentialing Center.
- Healthgrades, a national quality ratings organization, recognized CRMC as one of America’s 250 Best Hospitals for both 2019 and 2020, and as one of America’s 100 Best Hospitals for General Surgery for 2020.
- CRMC has received three 2020 “Gold Plus” awards from the American Heart Association and American Stroke Association for the treatment and care of heart failure, stroke and adult resuscitation.

Many people will likely—and understandably—be glad to see 2020 come to an end, what with the pandemic, the wildland fires and smoke-filled skies, and the economic downturn, to name a few of this year’s challenges! But it is my sincere belief that no matter what lies ahead, our community’s sense of camaraderie, concern for one another and can-do spirit will see us through.

from Scott

As David completes his term as chairman of our board of directors, I want to thank him for his leadership and guidance throughout a very tumultuous ... and very successful time in the history of the Foundation!



SCOTT FOX
EXECUTIVE DIRECTOR
CHEYENNE REGIONAL FOUNDATION

from David

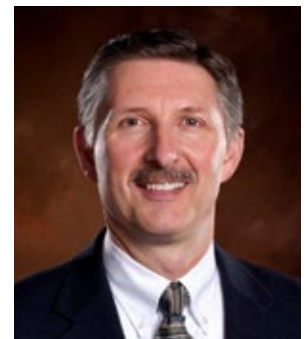
The year 2020. A year of uncertainty, global change, adjusting to social distancing and wearing a face covering.

As a banker, I have never felt comfortable with mask wearing in a bank lobby! Life is ever-changing and we will get through this thanks in large part to our donors, our supporters, staff and the medical community in Cheyenne. It is so gratifying to be involved in the Foundation which supports CRMC. With that said, I am reflecting on my two years as board chairman. What an honor and what a great board. The Foundation proved itself resilient and willing to adapt to challenges encountered with the pandemic. Even though various events were delayed, modified or pivoted into a new function, the Foundation was very successful in its mission this year. Across the spectrum, more donors were reached, participated and welcomed into the Foundation family. Our Foundation is truly blessed to have this support.

Just a couple of highlights that I must touch on: the annual Golf Classic, the Great Bison Shuffle, the Employee Auction and the virtual D&D silent auction event. The Foundation worked hard to make these events successful. We appreciate all your support and participation in these events.

I would like to thank Executive Director Scott Fox, and staff members Vicky Fry, Landon Brown and Melanie Lenhardt. They have each contributed to our success. To the board of directors, Thank You. Your dedication and involvement was so helpful in reaching the success levels we did this year. An all-encompassing Thank You to CEO Tim Thornell, the board of trustees, senior management, staff and everyone involved at CRMC. Your dedication and professional commitment to help others in need was so evident in these historic times. Please continue to stay safe.

Finally, I want to give recognition to the board and specifically the Endowment Committee. They are an amazing group that works hard to ensure donor funds are well spent. This year, the board approved grants exceeding \$704,000. It is very rewarding that every year we are able to meet more and more of the hospital's requests. I will continue to be involved with the Foundation and hope that your involvement will continue as well. My sincerest thanks for allowing me the opportunity to encourage and support this Foundation.



DAVID COOK
BOARD CHAIR
CHEYENNE REGIONAL FOUNDATION
2019-2020

DID YOU KNOW?

COMMUNITY SUPPORT

As a nonprofit county memorial hospital, Cheyenne Regional gives back to the community in many ways. In fiscal year 2019 alone, CRMC provided more than \$21 million in charity care to those in need.



PACE Program Ends

The PACE program does not have clients or patients: it has participants. The 138 people who take part in the program are there to not only receive healthcare, but to participate in programs for the body and the mind.

The program is going away. It's not a maybe or a bad thought, it's really happening. The program will close its doors on Feb. 28, 2021.

"It's just heartbreaking," said Rebecca Carey, executive director for the PACE program, during an interview in early October. "We keep hoping for a reprieve but this last week we learned it probably isn't coming."

How could a vibrant program with active participants and a dedicated space get here? Funding. Wyoming is facing an extreme budget shortfall over the next two years. The PACE program is paid for by the state, with matching funds from federal Medicare and Medicaid programs. The state has decided to cease funding to the program—that means federal funds will stop too.

"It's obviously very, very disappointing. I understand that the governor has a constitutional requirement to have a balanced budget. The cuts, as he said, are very deep, not just to the bone but into the bone," said Greg O'Barr, administrator for Behavioral and Population Health Services at Cheyenne Regional.



By December, about 70 PACE participants will still be part of the program. The other 68 will already have been placed by PACE staff, who are writing detailed care plans and helping participants choose their new case manager. The new case managers will be social workers from six different Laramie County programs.

"We are putting together for every single individual a transition plan of care: What have they been getting? What are their strongest needs? How do we feel the state can best support them? What do we think will be the major challenges?" Carey said.

Above: The PACE program provided care for the whole person, from healthcare to opportunities to exercise the body and the mind.



We keep hoping for a reprieve but this last week we learned it probably isn't coming.

"They are on Medicaid for a reason. With limited resources, can those needs be met without having to pay for services? We're hoping the case managers can do that, but that's a concern of ours."

Carey talked about the challenges participants will face, such as an individual who goes to dialysis three times a week and cannot pay for the transportation on their own.

"We were up to 9,000 trips a quarter before COVID hit," Carey said.

Carey told a story of another participant who used the center's accessible shower rooms. The shower rooms are specially built for those who may have trouble walking and may need help from a nurse. The participant was crying, Carey said, and when they asked why, she said it was the first hot shower she had taken in 20 years.

"The level of need in this community—so many of us don't understand," Carey said.

The center is helping with the transition as much as possible. PACE leadership is meeting weekly with the state and with the Centers for Medicare and Medicaid Services. It's working to make sure participants know what choices they have, which includes sending out newsletters every week.

For now, PACE is continuing to care for participants. They visit individually for care due to COVID-19 restrictions, and they come for therapy, doctor appointments, showers and more. The program will serve the community right up until the last day.

\$300 ABOVE THE LINE

Standard deduction donors who give \$300 in cash (\$600 for joint filers) to the Foundation will receive an above the line deduction for the donation in 2020. Because the deduction is not itemized, this is a direct reduction of adjusted gross income, and the full standard deduction remains available.

DID YOU KNOW?

Q&A with CRMC

Q: Can't we just make our own PACE program?

A: PACE is a federal program with strict guidelines for its administration and cost structure. The state must meet requirements to continue the program.

"PACE at the national level is not going anywhere," O'Barr said. He noted that nine PACE programs are currently operating in Colorado. The Laramie County program was the only PACE program in Wyoming.

Q: How much does PACE cost?

A: The Laramie County PACE program had an operating budget of \$10 million per year. This included all doctor and specialist visits, transportation, meals and more for 139 participants.

"We are funded per member per month. So we're their health plan as well as their healthcare provider and we receive a certain amount for each

participant and with those funds we manage all their care whether there's a catastrophic event or just their daily care," Carey said.

Q: What will CRMC do with the building and staff?

A: The Cheyenne Regional Medical Group owns the PACE building and plans to keep it, O'Barr said, however its use has not yet been determined. PACE staff have been encouraged to apply for jobs within Cheyenne Regional.

Q: What did the Foundation do with my donation for PACE?

A: "All of the donors who dedicated money for PACE; their money was spent. Donors supported it and had an impact," said Scott Fox, executive director of the Cheyenne Regional Foundation. "We want to continue caring for people—we'll be looking to use the equipment to do something new. We're not going to throw it away." ✨

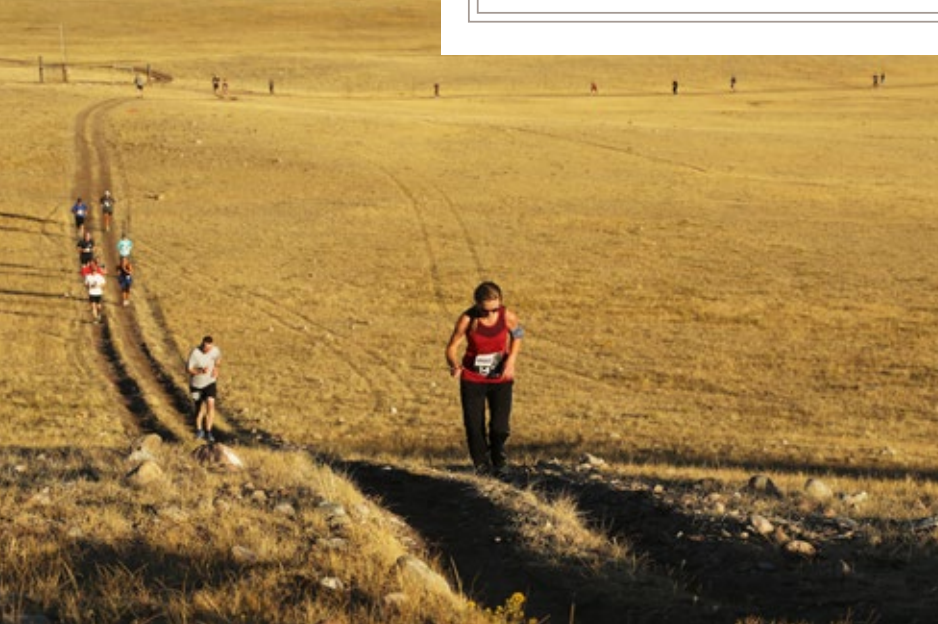


GREAT BISON SHUFFLE



The Cheyenne Regional Foundation is thankful for the tremendous support the community showed at the fourth annual Great Bison Shuffle, with 417 participants—the largest number ever! Enthusiastic runners and walkers came out to the Terry Bison Ranch in September to take part in multiple races, including an inaugural half marathon on the 26,500-acre ranch.

This year's shuffle raised \$14,800 (double the previous year) and those funds will be used to purchase new exercise equipment for CRMC's Cardiac and Pulmonary Rehab programs, which provide supervised exercise and individualized education for patients who have been diagnosed with heart and lung disease.











GARMENTS CAN IMPROVE LIVES

Compression garments for lymphedema patients can be extremely expensive, and for patients who don't have insurance or whose insurance doesn't cover enough of the cost, purchasing these items on their own dime can be difficult.

Medicare doesn't cover the cost of the garments, and often those who need them are on a fixed income.

Luckily, the Foundation has helped offset that cost. The money to fund the Foundation grants comes from the Giving Tuesday initiative as well as other community donations. So far they have purchased 13 garments for about \$2,000, and plan on having the purchasing power of at least 13 more.

Lymphedema is painful swelling of limbs that most typically occurs after cancer treatment, but is also commonly seen in patients with chronic vascular disease. The compression garments usually cost between \$100 and \$600, but can get into the \$1,000s for custom items.

Amber Carroll, the supervisor of physical therapy at the outpatient physical therapy clinic, explained they are needed to maintain the reduction of swelling, relieve pain, reduce the heaviness of the affected limb—which helps with reaching and mobility—and prevent the recurrence of infection.

Carroll said patients who have benefited from the grant have really appreciated the help. She had one patient who learned how much compression garments cost and didn't think she could afford them.

"She was emotional about the fact that there was a safety net out there for them to get what they need," Carroll said.

Large or small, grants given by the Foundation benefit staff and patients, and nearly two-thirds of the requests are funded, said Foundation Director of Annual Giving and Grants Landon Brown.

TO HELP A PATIENT BREATHE

When the COVID-19 pandemic hit, it became apparent that hospitals needed to assess how many ventilators they had available if they had a large influx of patients who needed to be intubated.

In addition to their regular ventilators, Cheyenne Regional Medical Center has a fleet of 24 non-invasive ventilators that can help people breathe through an oxygen mask rather than intubating them with a breathing tube.

"With the COVID worry, we wanted to make sure we had a large arsenal of equipment to treat patients," said Suzanne Townsend, Director of Cardiopulmonary, Neurodiagnostics, EKG, Cardiac and Pulmonary Rehab and the Sleep Disorders Center. "A lot of hospitals only had a few units. We're lucky enough to maintain 24."

Now CRMC has four new non-invasive ventilators that are FDA approved to be used as invasive ventilators if an extreme need arises. These ventilators typically are not used for intubated patients, but they can be if there is no other choice, such as during the pandemic, Townsend said.

These four new V60 non-invasive ventilators replace four older models. A grant for \$51,970 from the Foundation paid for the new equipment.

"These units are only good for seven to 10 years because they are lifesaving equipment," Townsend explained.

These units are used throughout CRMC to help patients who are in respiratory distress. They support a patient's airway and give the body time to rest and continue healing.





3

PROVIDING COMFORT

Sometimes a perfectly cooked steak is just what the doctor ordered. Sometimes it's a big box of graham crackers or a favorite lotion. Whatever it may be, patients at Davis Hospice Center have a way to get what they are craving the most.

A \$4,000 grant provided by the CRMC Foundation allows Ashley Davis, clinical director of hospice services, to use gift cards to easily purchase these special treats to help make the patients' final days the best they can be.

In the past, the hospice nurses themselves often used their own money to buy these requested items with the goal of making their patients as happy and comfortable as possible in their last days. The hospital would then reimburse the nurses, but sometimes it could be a financial struggle for the nurses to pay out of pocket.

Davis said with the gift cards, she can go out and take care of this shopping without having to worry about her staff using their own money.

"This is just more convenient in the moment," Davis said.

They have used the cards to purchase kosher food, a particular type of blanket, favorite hair products and food from local restaurants.

"We provide comfort, and we just try our hardest to make the last days the best," Davis said. "This is basically their last meal. If they want Olive Garden or Red Lobster, we make that happen as well." *



Celebrating Cancer Survivors

The annual Cancer Survivors Barbecue was a little different this year. Instead of a barbecue in summer, it became a food truck event in autumn, and even though people couldn't gather closely to celebrate due to COVID-19 concerns, survivors safely mingled with each other and with Cancer Center staff.

Organizers considered the October 3 event a success.

"We distributed 145 meals," said Edith Silvas, Wyoming Cancer Resource Services Manager. "I'm happy with the results, especially during COVID. The mere fact that some people came out and got meals for themselves or their families is a testament that they feel a connection to Cheyenne Regional Medical Center."

The meals were provided by Juan Coronado and his Micro Pop-Up Concepts food truck.

Silvas credits Vicky Fry of the Cheyenne Regional Medical Center Foundation for the food truck idea. The Foundation provided a \$3,000 grant for the gathering.

"I think it's their way of saying 'we support this community and anybody who has been impacted by cancer,'" Silvas said. "Especially during the pandemic, these kinds of messages are vital."

"For me, it's a nice way to come to the Cancer Center for something fun rather than something dramatic,

painful or scary," said Fry, a breast cancer survivor. "I like to see the nurses and physicians and the Cancer Center staff that were there for me during a traumatic time ... it's nice to see them when I'm healthy."

Silvas received thank-you notes and emails after the event. One said, "Thank you so much for the Survivor Lunch ... We took ours home and enjoyed it in the backyard; it was a real treat since we don't eat out because of the virus. Times have been difficult for all of us, and this event was a reminder to rejoice and be thankful"

In addition to the food provided, survivors were welcomed with encouraging posters.

"This event is a celebration of where each person is on their cancer journey. We're celebrating that person and their life," Silvas said.

"I want to thank all the people who attended," she added. "I think it was important for the survivors and families as well as for the staff of the hospital and Foundation—they are equally vested in this." *



Room for Transportation ... and Compassion

A reliable ride to radiation and oncology treatments can save a life, so a new patient transport service provided to Cancer Center patients is making a big difference.

Top Left: Patient Transport Driver Lynn Rehmer drives the program's new Ford Explorer.

Top Right: Patient Transport Manager Cindy Osborne, center, and drivers Lynn Rehmer, left, and Lynda Kelley.

A team of Patient Transport drivers will pick patients up at their home and bring them to and from the Cancer Center for their appointments at no cost to the patient.

Cindy Osborne, Transport Program manager, said they drive those patients in a new Ford Explorer they purchased with a \$40,000 grant from the Foundation. The SUV has some special features—like a handle on the frame for easier in and out—that make it more convenient for their patients.

Those who utilize the service have said the drivers have done much more than just give rides.

“Some of my transport techs have definitely gone above and beyond with these patients,” Osborne said.

One patient told her driver she had seen a commercial for SPAM the night before, and she was hungry for it. Just like that, her driver dropped her off and headed to the store to get her some SPAM.

Another driver noticed his patient had a yard that needed to be mowed, so he

and his son came over later to mow the grass.

“You can’t train that—that’s just compassion,” said Sandra Brausch, Cancer Center social worker. “I can’t say enough great things about that team and Cindy and her willingness to think outside the box to help our patients for whatever they need.”

Brausch arranges the rides for patients. She said when COVID-19 hit, suddenly some of her patients had no way to get to treatment. Taxis shut down, and the American Cancer Society supported Rides for Recovery also stopped. She said some of their patients have treatments daily, so finding rides had become a burden.

“We weren’t able to consistently treat some of those patients, and so it decreased the effectiveness of their care,” Brausch explained. “I reached out to Cindy and explained my dilemma. She made it work—and boom—we’ve had a huge increase in successful completions through radiation and oncology because of what she was able to do for our patients.”



Telehealth Equipment Puts Specialists in NICU

Technological advancements keep marching forward, and Cheyenne Regional Medical Center is keeping up with the times with a new telehealth suite in the Neonatal Intensive Care Unit.

This new equipment allows specialists at Children's Hospital Colorado to see and treat children in Cheyenne through a variety of high definition video monitors, video cameras and microphones.

A provider in Cheyenne who is with the patient uses the equipment to allow a specialist in Colorado to both see the patient and speak to the patient's provider team.

"We are excited for our new, expanded consultation capabilities made possible by generous funding from the Cheyenne Regional Foundation," said CRMC Pediatrician Dr. Joanne Hassell. "Through the Care Alliance and our collaboration with the world-renowned Children's Hospital of Colorado, neonatologists in Denver can now visually assess and consult on patients virtually to provide more accurate recommendations for courses of treatment. Through our adoption of this state-of-the-art technology, we will not only be able to include the caregivers of these children in the consultation, but realize our goal of keeping more babies closer to home during this critical time."

Providers in Cheyenne can attach a variety of lenses to a hand-held camera to serve different functions.

One lens can be used for things like looking into a baby's eyes, ears or nose. A different lens can give an up-close view of the baby's skin to the Children's Hospital specialist,



while an electronic stethoscope allows the doctor to hear the baby's heart—just as if he or she were in the room with the patient.

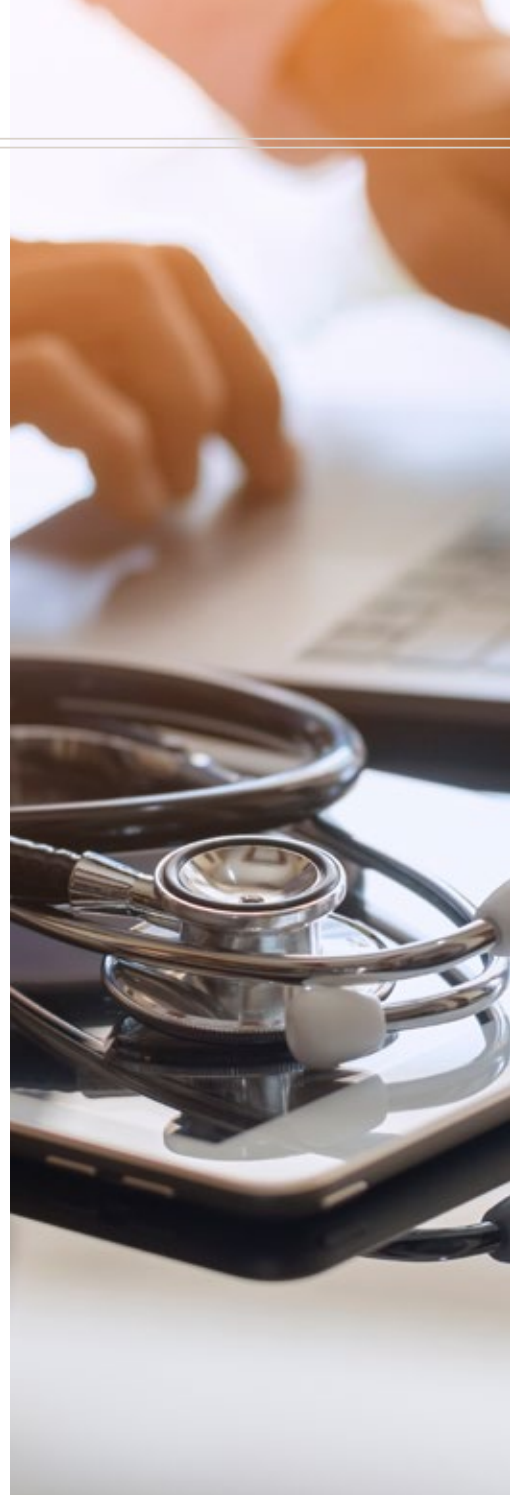
"It really brings the specialist into the room," said Telehealth Program Manager Kevin Smith. "Our goal was to try to improve the ability to keep more moms and babies here, without having to transport them to Denver, by bringing some of the specialized care in by telemedicine. The goal was to very much use the right care, in the right time, in the right place."

Some NICU patients will still have to be transported to Children's Hospital for care, but Smith said some of those babies may be able to return to Cheyenne sooner than they would have been able to previously. When they return home to Cheyenne, they can still be monitored by Children's Hospital specialists thanks to the new equipment.

CRMC used a \$26,000 grant from the Foundation to purchase this telehealth equipment. A previous grant awarded in 2017 purchased a similar system with a computer and other electronic and video equipment. That older equipment helped connect Children's Hospital Colorado with other outreach clinics in Cheyenne, such as in treating children with infectious diseases.

However, this new equipment is more up-to-date and ready to be used by the NICU now that the Care Alliance agreement with Children's Hospital is in place. Smith said it is an all-in-one unit that is very easy to use.

"It has a lot of advantages over what we had put together three years earlier," he said. ✨



“

The goal was to very much use the right care, in the right time, in the right place.”

Trauma nurses Jennifer Dykshorn, left, and Vanessa Bayless demonstrate a tourniquet during a Stop the Bleed training at CRMC in October.

Stop the Bleed

TO SAVE LIVES

Empowering ordinary people to help in a life-threatening bleeding emergency inspires **Amanda Escobedo to teach and continue to grow the hospital's Stop the Bleed trainings.**

"I'm passionate about it, both as a nurse and as a member of the community," Escobedo said. She is one of several trauma personnel certified to teach the course through the Cheyenne Regional Medical Center (CRMC).

Escobedo explained that those nearest to someone with life-threatening bleeding are often the best positioned to provide care until paramedics arrive. Someone who is severely bleeding could bleed to death in as little as five minutes.

"I want to make sure that if something happened to myself or a member of my family that somebody else would be able to step in and help," Escobedo said. "There's such comfort in knowing that others have the training, which can mean the difference between life and death."

Stop the Bleed is part of a national educational campaign focused on training bystanders to administer first aid for life-threatening injuries and severe bleeding before paramedics arrive. CRMC trauma personnel received the national training to teach the course in 2017.

A group of trauma surgeons developed the training after a study revealed that many of the victims of the Sandy Hook Elementary School shootings in Newtown, CT in 2012 died from bleeding from severe injuries.

"Their premise was if you can teach the general public how to stop life-threatening bleeding in a situation like that, maybe more people would get help and survive," Escobedo said.

Although the program originated from a mass casualty event, these skills are useful for more everyday life situations like automotive or hunting accidents or an injury at home, she added.

The Cheyenne Regional Foundation helped Trauma Services buy all of the equipment to get the program up and running. So far, the program has received \$16,700 in Foundation grants since 2017.

"By providing grants to CRMC's Stop the Bleed program, the funds generously contributed by our donors to the CRMC Foundation provide critical education and outreach in the community and will ultimately save lives," said Scott Fox, CRMC Foundation executive director.

\$16.7
thousand
in grants

“

There's such comfort in knowing that others have the training, which can mean the difference between life and death.

Stop the Bleed kits are sponsored by a Cheyenne Regional Foundation grant.





2,500+
community
members
taught

Since starting in 2017, the hospital has taught the course over 100 times to over 2,500 community members.

Attendees have included teachers and students at Laramie County School District #1, local first responders, city, county and state employees and community groups.

“We’re so grateful for the Foundation, its donors and the hospital’s ongoing support because, without them, we wouldn’t have been able to go nearly as far or reach nearly as many people,” Escobedo said.

One of the more recent Foundation grants helped the program purchase 100 tourniquets, which will be donated to Cheyenne’s SWAT team.

Funding has also helped pay for over 150 bleeding control kits being donated throughout the community. The kits include plastic gloves, a tourniquet, Quikclot gauze, a pressure dressing, an instruction booklet and a permanent marker. Another 150 kits will soon be donated to the Laramie County Sheriff’s Department.

100
tourniquets
purchased

Laramie County Deputy Sheriff Jeffrey Barnes writes the time on a tourniquet while practicing on CRMC Trauma Program Manager Emily Kruchten.





Stop the Bleed training includes a slide presentation.

The Stop the Bleed course, which is free, lasts about 30-45 minutes, depending upon the class size. Escobedo

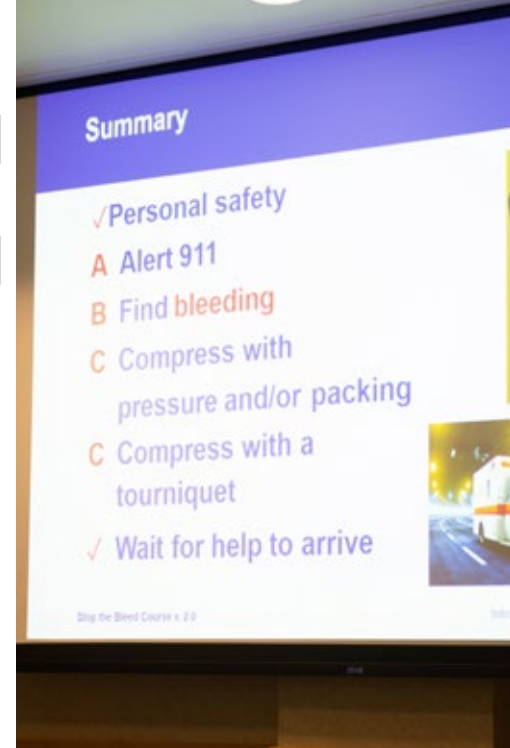
—along with other members of the Trauma department—typically does a presentation followed by hands-on practice that demonstrates how to apply direct pressure, packing a wound and using a military-grade tourniquet to stop bleeding.

During the training, students practice tourniquets on themselves. “It’s important to practice because you really get the sense of what it might feel like to your patient if it were a real-life situation,” Escobedo said.

For wound packing, students use silicone slabs made out of JELL-O molds to resemble different types of deep wounds that need to be packed.

Escobedo believes that many people come in thinking, “I wouldn’t be able to do that because I can’t handle the sight of blood, or I might panic.”

150
bleed kits
donated



“When they leave the class, I think that they feel confident that they would be able to save somebody’s life should the need arise,” she said. “When you actually get to practice and learn the skills, it makes you feel less intimidated.”

Escobedo encourages anyone interested in taking the course to contact the hospital. The course is appropriate for adults and children as young as eight years old, but parents should use discretion as some of the course images are graphic.

“We’re always trying to expand the program in our community,” she said. “The goal should be for every single person to have this lifesaving training.” *

Interested in Stop the Bleed training?

Contact Jennifer Dykshorn at 307-633-7491 or Jennifer.Dykshorn@crmcwy.org.

To help make more training available, visit give.cheyenneregional.org and make a donation designated to “Emergency Medical Services” and mention “Stop the Bleed” in the comments.



CareFund Helps Employees



A new program designed to help Cheyenne Regional Medical Center (CRMC) employees during times of need began earlier this year as the COVID-19 crisis crashed upon Wyoming like a tidal wave.

The Employee CareFund helps pay bills for employees affected by a cut in hours, illness and other issues, said Dalene Frantz, CRMC benefits administrator.

“We worked with the Foundation so we would have funds to help our employees,” she said. “When you have a situation, life still goes on—you still have bills to pay. Checks go directly to pay bills—the money goes to the Foundation and is given directly to vendors to pay things like rent, mortgage and car payments.”

The funds are not given directly to employees “unless the money is needed for gas or food,” and the money does not need to be paid back, she added.

There are stipulations and guidelines that must be followed. For example, an employee must have worked for the hospital for nine months and 250 hours.

Additionally, the maximum a person can apply for is \$3,000 over a three-year period. Hospital employees can donate money directly or they can donate their paid time off (PTO).

“We have a lot of compassionate people in our organization and community,” Frantz said. “We have amazing employees, and what some of them go through pulls at your heart strings. We’ve been able to help with a myriad of situations. This program has touched my heart—I’m so proud that we offer the program.”

The idea for the Employee CareFund started earlier this year, was partially prompted by COVID, and was implemented on April 30, she said.

Those who desire to apply do so through her office. A committee, which includes Frantz, determines whether the applicant receives the funds based on the guidelines.

“We’ve been able to touch and help 12 people since

implementation of the program,” she said. “It’s a very cool thing!”

The CareFund is the newest employee assistance program implemented by hospital administrators. The Employee Hardship Loan allows staff to apply for funds which need to be paid back; no more than \$750 can be requested.

“That’s not even a drop in the bucket (for most costs),” Frantz said.

During the holiday season, the Elf Fund is available to help staff and their families. This year, she expects that program to have around \$10,000 available “for those who may not even have Christmas” in 2020.

Frantz, who has been with the organization for 15 years, experiences the generosity of hospital leadership and staff through these endeavors.

“We’re here to help our employees,” she said. “I have great respect for the people in this organization and am very proud to work for Cheyenne Regional Medical Center.” ✨

DID YOU KNOW?

ICU PROJECT

We are still raising funds for the renovation of the Cheyenne Regional Intensive Care Unit! As demonstrated during the COVID-19 pandemic response, the ICU is a critical component and provides lifesaving care daily.

Members of Cheyenne Regional's Emergency Department joined a mission to Guatemala.



Below: Dr. Lisa Burton poses with a patient in Guatemala.

The efforts in La Pila revolve around improving health and keeping children in school. Beyond the visits, the nonprofit also raises funds to provide a daily healthy breakfast for every child enrolled in school and a monthly food basket for every family with a child enrolled in the school.

Bourlier-Childress pointed out that their efforts have made a significant difference. A 2017 World Health Organization study showed 100 percent of the children were malnourished. In 2019, that number dropped to 20 percent.

Construction projects at the school have included building a water filtration system, putting in flushing toilets and tiled bathrooms, adding concrete to the center area and building benches.

Dr. Lisa K. Burton, a CRMC general surgeon, became involved after hearing about the profound impact the medical missions had on the lives of her good friends, Bourlier-Childress and Dr. Hughes.

“When we go to Guatemala, we see more patients in a day than we ever see in our real-life jobs, but this fulfilling work recharges and reenergizes us for our daily lives,” Dr. Burton said.

“All three of us are so passionate about trying to live a culture of service whether we are at work or home, and we also volunteer locally here in town,” Dr. Hughes said. “We feel grateful for everything we have, including our jobs and families. We want to give that back to people.”

The three friends' next goal is to help the nonprofit expand the program to Pachute, a nearby village where about 800 people live. ✨

DOCTORS GRATEFUL FOR OPPORTUNITY TO HELP

Providing medical care to a small Guatemalan community has been transformative for three CRMC providers' lives, bringing them closer together in their shared commitment to serve others.

Dr. Jessica Hughes, the medical director for the Emergency Department, and Joann Bourlier-Childress, APP director for the Emergency Department, started going to Guatemala as part of Great Commission Outreach in 2017 and continue to go as often as possible. The founders of Summit Medical Group, which manages the Emergency Department, started the nonprofit to enrich lives through service.

“Both Jess and I realized that something was missing in our lives and our hearts, and this was it,” Bourlier-Childress said. “Once you serve people who are in need and see how they flourish, it's something you'll never stop doing.”

Great Commission Outreach holds quarterly missions to provide free medical

care to La Pila, a small Mayan village located up a mountainside about 40 miles southwest of Guatemala City. The trips typically include a medical clinic, pharmacy, a construction service project and Bible school.

The residents of La Pila have so many needs, Dr. Hughes explained. They don't have easy access to clean water, drinking from nearby streams. The men work in the surrounding fields for about a dollar a day. The local school is the only place where running water and electricity are available.

“We're making sure that people are getting their regular medications, doing the clinic to see acute issues, following up on chronic problems, and conducting house calls to people who cannot leave their homes,” Bourlier-Childress said.





Seven Nurses Receive Scholarships

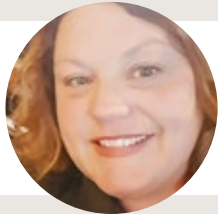


Earning a degree is easier for current Cheyenne Regional Medical Center nursing staff thanks to two Foundation scholarships. This year six employees received the Walter Scott Foundation scholarship, while one is the first recipient of the Fran Cadez Memorial Scholarship.



ANGELA BURGE received the Fran Cadez Memorial scholarship. She is a radiation oncology nurse and will earn her Master of Science in Nursing (MSN) from Western Governors University in March 2021. She currently holds a bachelor's degree in management/marketing and a Bachelor of Science in Nursing. After graduation she would like to continue her career in oncology.

With an associate's, bachelor's and master's degree in nursing, **SAM BASS** serves as the Magnet Program and Patient Experience Director at CRMC. He also has a bachelor's degree in communication, and is currently working toward a Doctorate of Nursing Practice in the executive leadership tract at American Sentinel University. He said when Chief Nursing Officer Tracy Garcia retires, he would love to be considered for that role and would like to influence how nursing is practiced throughout Cheyenne and Wyoming.



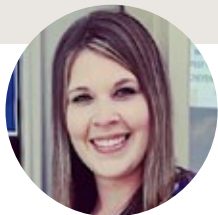
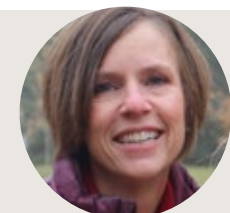
AMY BOULEY has been the patient safety coordinator in the Quality Department for nearly seven years. She has both a bachelor's and a master's degree in nursing, and is currently studying at the University of Northern Colorado toward a Family Nurse Practitioner degree. She will graduate in May of 2022 and plans to work in the Emergency Department.

Certified Nursing Assistant (CNA) II **JENNIFER FOREST** is a student at Laramie County Community College (LCCC) where she is working toward her associate degree in nursing with plans to continue for her bachelor's. She would like to work with the female population such as in postpartum and prenatal care when she graduates in May 2022.



JADEN HESFORD is a CNA on the telemetry unit and is a student at two schools—LCCC and the University of Wyoming (UW). She is currently working toward both her associate and bachelor's degrees in nursing. She expects to graduate from LCCC this December and UW in May, and she hopes to work as a nurse resident for CRMC.

A nurse for 19 years, **HEATHER ROBERTS** is working toward a MSN with a summer 2022 graduation through Western Governors University. She is a certified post-anesthesia care unit nurse and serves as a bedside nurse and the educator in the PACU/SDS/Care Clinic. She already has bachelor's degrees in nursing and social work, and she said she would like to use her education to become a better educator for the peri-op team.



VANESSA VAN ARNAM is a medical assistant at Cheyenne Children's Clinic and is a nursing student at Eastern Wyoming College. She currently has an associate degree, and when she graduates in May 2022, she would like to continue working with the community's youth population at CRMC. *

TECHNOLOGY FOR WOUND CARE

Not every cut heals correctly, and for some patients, healing wounds is a complicated process. Cheyenne Regional Medical Center's Wound Care department specializes in care for patients who have recently undergone surgery as well as patients with ongoing health issues such as diabetes or vascular diseases that can cause ulcers and non-healing wounds.

"We specialize in healing wounds that refuse to improve, and to find out why the wound's healing trajectory is delayed," said Dr. Karen Leung, Wound Care and Hyperbaric Medicine director.

This important program is growing. Wound Care undertook recent renovations to increase the size of the waiting room and add two more patient rooms. The department is constantly bringing in new technology for patient care.

The Cheyenne Regional Foundation recently awarded Wound Care with a \$56,000 grant to buy a TCOM (transcutaneous oxygen measurement) unit.

"The Cheyenne Community and the Foundation have provided this wound center with immense support. The addition of the new TCOM machine to this department is only one example," Leung said. "This technology is vital to wound care management because it can quickly give us an idea of the level of oxygen

The machine measures a patient's oxygen levels in the skin through non-invasive electrodes.

And it doesn't hurt.

present in the soft tissues under the skin that surround the nonhealing wounds. This provides us clues to the patient's blood flow, critical for any wound healing."

The machine measures a patient's oxygen levels in the skin through non-invasive electrodes. And it doesn't hurt.

"The patient doesn't feel anything at all," said Lindsey Olmstead, certified hyperbaric tech and safety officer for Wound Care. "The goal would be to do a TCOM on every patient that has a lower extremity wound."

NEW HYPERBARIC CHAMBERS

In a few months, Wound Care will replace two

11-year-old hyperbaric chambers with more advanced models. Hyperbaric treatments expose patients to pressurized oxygen, elevating the blood oxygen concentration 20-30 times. Higher concentrations of oxygen in a patient's blood can help a wound heal faster.

"Everything's happening internally, they don't have to have their wound exposed," Olmstead said of the treatments.

Some patients need hyperbaric treatments for almost two hours at a time, every weekday, lasting up to two months. The new hyperbaric chambers will be more advanced, but also more comfortable, with a better bed and larger, 700-pound capacity chamber. ✨



Top: The Cheyenne Regional Foundation purchased a TCOM unit for Wound Care.

Above: Certified Hyperbaric Tech and Safety Officer Lindsey Olmstead sits at the front desk in the Wound Care department.



**CHEYENNE REGIONAL FOUNDATION
GOLF CLASSIC**

The 2020 Cheyenne Regional Foundation Golf Classic was a great success with 36 teams participating. A special thank you to all of our sponsors and teams that participated in the largest tournament for the Foundation thus far! It was cold and rainy, but everyone had a great time and braved the weather for a great cause.

Not only did the community come out and participate, they raised almost \$33,000 that will go to support the Cheyenne Regional Intensive Care Unit project!











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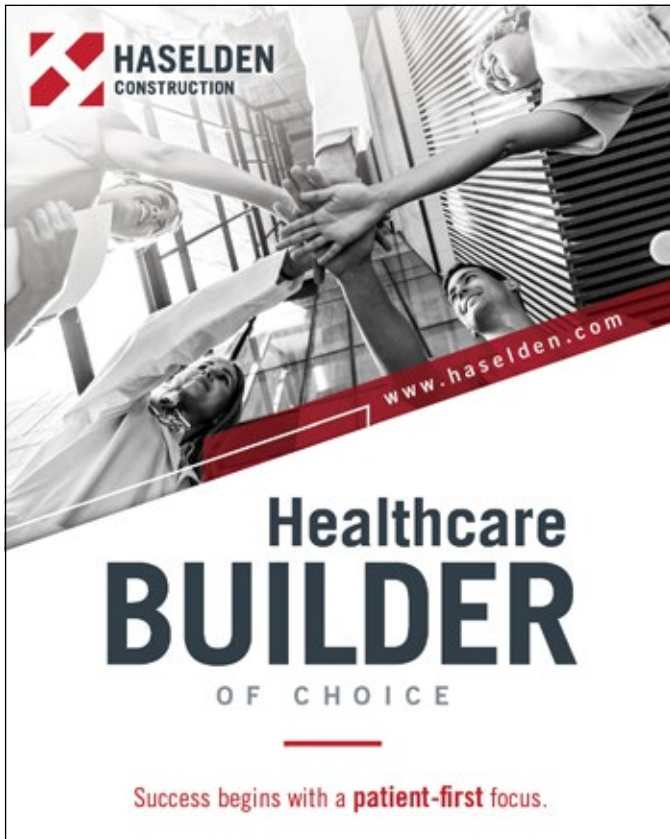
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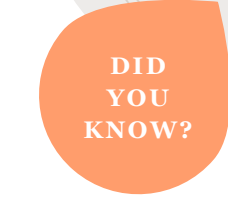
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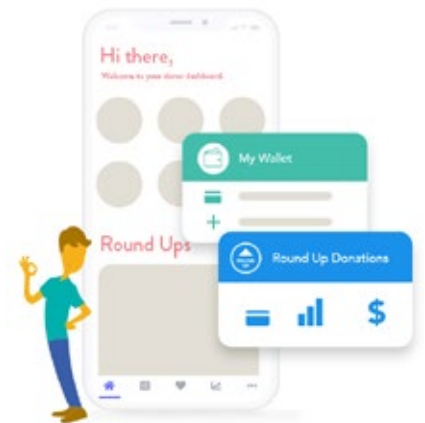
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