



Cheyenne Regional
Foundation

WINTER 2019

Advancing Premier Regional Community Healthcare

advancement

TREE UNITES
COMMUNITY AND
HOSPICE

pg. 10

pg. 12

WWAMI DOCTORS
BECOME FAMILY

pg. 6

PATIENTS ARE
HEROES AT
CANCER CENTER

Denim & Diamonds

"AN EVENING IN PARIS"

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David Cook

CHEYENNE REGIONAL FOUNDATION BOARD CHAIR



We encourage everyone to be a partner in the ongoing mission of the Foundation and CRMC.

If time flies when you're having fun, we must be having a really good time at the Foundation. Not sure where the time has gone, but the last few months have been extremely eventful. THANK YOU to everyone who attended, participated, enjoyed or were involved in Denim & Diamonds 2019: An Evening in Paris – what a special and successful event. Donations and sponsorships netted more than \$277,000, with all funds raised benefiting the Mother-Baby Unit at the hospital. Through your generous support, the Foundation has been able to donate more than \$550,000 to this project between 2018 and 2019. We should all be proud of that accomplishment.

Our dedicated staff at the Foundation is so supportive and dedicated to our mission. Thank you Scott, Melanie, Landon and Vicky for your direction and ongoing efforts. The staff will continue to engage with donors in the community and to support the mission of the Foundation, and we encourage everyone to be a partner in the ongoing mission of the Foundation and CRMC.

A special thanks to Bryan Pedersen and Bill Larson for their services as trustees on the CRMC Board. Many thanks to Steve

DID YOU KNOW?

You can make a TAX-FREE donation directly from your IRA! If you are 70 ½ years of age or older, you may make direct charitable contributions from your IRA that will count toward your required minimum distribution and lower your taxable income!

Foster for representing the CRMC volunteers on the Foundation Board and we also welcome Carol Moench as the new volunteer president. I could go on, but truly appreciate all those not named as well for their involvement and accomplishments.

Our ongoing efforts through the fall and winter included the Great Bison Shuffle, the Foundation Golf Classic, Tree of Remembrance, planned giving seminars and the annual donor dinner. We have more planned for 2020 and hope that you will join us for any and all events.

Finally, my personal thanks to each of you for your continued support of the Foundation and its mission. Your continued support of the Cheyenne Regional Health System is most appreciated. We look forward to the year ahead and appreciate that you choose to give and support the mission of the Foundation.

Looking forward to better health the rest of 2019, 2020 and beyond.

OUTGOING BOARD MEMBER



STEVE FOSTER

Thank you for your dedication and commitment to Cheyenne Regional as well as your tireless efforts to inspire great health in our community!

Tim Thornell

CHEYENNE REGIONAL CHIEF EXECUTIVE OFFICER



One other way in which you can contribute to the advancement of Cheyenne Regional is to share the many great things that are happening here – how we strive for excellence and are working hard to fulfill our mission which is To Inspire Great Health!

SHARE YOUR SPARK!

As part of Cheyenne Regional's "Inspire Great Health" campaign, our goal is to share stories about all the good happening around us, and spark additional acts of caring, kindness and goodwill.

cheyenneregional.org/my-spark-story

I'd like to start by sharing that my family and I are thrilled to be in Cheyenne. As many of you know, a move like this can be particularly stressful for children. But when my family joined me in Cheyenne last June, all three of the kids immediately jumped into activities they love – theater for my 16-year-old daughter and tennis and soccer for my two sons, 13 and 10. Our entire family also participated in several local events over the summer, including the iconic Cheyenne Frontier Days and our Foundation's Great Bison Shuffle at the Terry Bison Ranch (the baby donkey was a family favorite). The community has been so warm and welcoming and we very much appreciate it!

My introduction to the Cheyenne Regional Foundation – and the many ways it supports our health system – has also been a highlight. One of my first Foundation experiences was to attend the Denim & Diamonds gala. Based on what I'd heard from colleagues and community members, my expectations were very high. And Denim & Diamonds far exceeded those expectations. I can't wait to hear what the Foundation has planned for next year.

I would be remiss if I didn't mention how much I, and the rest of the Cheyenne Regional executive team and staff, appreciate all that the Foundation and its Board of Directors do for our hospital and health system. The Foundation contributes hundreds of thousands of dollars to the growth and improvement of Cheyenne Regional each year. On top

of that, the Foundation team, its directors, and donors are wonderful ambassadors. Again, thanks so much for all you do.

Cheyenne Regional is a leader in our state and region in several areas. I just want to highlight a few examples of Cheyenne Regional leading the way:

- We are the first and only hospital in Wyoming to offer DaTscan and Axumin medical imaging procedures that can detect atypical symptoms of Parkinson's disease and the recurrence of prostate cancer.
- We are now providing a minimally invasive radiofrequency nerve ablation procedure to provide up to a year of relief for chronic knee pain.
- We are the first in Wyoming to implant the Micra, the world's smallest pacemaker.
- Our vascular surgeons were one of the first in the region to perform the TransCarotid Artery Revascularization procedure known as TCAR – a procedure that unblocks the carotid artery to ensure adequate blood supply to the brain.
- We were among the first in Wyoming to adopt Mazor X, MAKO and da Vinci Xi technologies for spine, orthopedic and other specialized surgical procedures.
- We are the first in Wyoming to implant Inspire, a device to aid with sleep apnea.

As an *Advancement* reader, it's likely that you are a Foundation donor and Cheyenne Regional supporter. For that, I sincerely thank you.



Scott Fox

CHEYENNE REGIONAL FOUNDATION
EXECUTIVE DIRECTOR



Have you ever been so proud of someone, some group, or some organization that it is hard to find the right words to effectively describe them? That's where I find myself as I look back at this past Foundation year! We've been blessed with more successes than I can count. I'm humbled and in awe every day — of our staff, our board, our volunteers and our donors! I also must recognize the amazing professionals who are the heart and soul of Cheyenne Regional. It's an honor to represent them in our community and share their tireless efforts to care for each and every member of that community when they are in need.

In late June, a sold-out crowd of almost 770 community members came together for Denim & Diamonds 2019, An Evening in Paris. It was a vibrant and energy-filled evening that raised more than 277,000 (net) to add to our support for the CRMC Mother-Baby Unit renovation project! Combined with the \$246,000 raised in 2018 for the project, our community ... including many of YOU ... will purchase more than \$550,000 worth of equipment and furnishings and enhance the patient (and family/guest) experience of more than 1,200 families a year!

I'd also like to thank our Denim & Diamonds Honorary Chairs Drs. Sandra Surbrugg and

SAVE THE DATE

Denim & Diamonds 2020

“Celebrate the Wild, Wild West”

Friday, June 26

at Little America

DID
YOU
KNOW?

Bob Prentice. We couldn't have asked for a better couple to represent our theme for the year, “Physician Partnerships Across the Community”!

We also had a tremendous response to our 2019 Golf Classic and 2019 Great Bison Shuffle! Thank you to the volunteer and staff teams who made both of those events so successful as well.

Winston Churchill said, “What is the use of living, if it be not to strive for noble causes and to make this muddled world a better place for those who will live in it after we are gone?” Approaching this from a different perspective, Erma Bombeck reminds us that, “Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain love for one another.” In my mind, these thoughts apply equally to those who donate their time, their talent and their treasure.

I hope every one of our volunteers and donors realize how noble this cause is ... how much better they are making our community ... and that their love is greatly appreciated!

Thank you all very much!

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BILL LARSON

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Patients are Heroes at Cancer Center

Cancer survivor Fran Smyth rings the ship's bell at the Cancer Center in September. Smyth is shown with her husband, Dennis, and radiation therapists Nancy Chuhralya and Megan Walker, right.

Dana Pate sings the praises of the people who work with her, like Pat Wagner who was once the only nurse in the hospital infusion clinic and is now part of an infusion team at the Cancer Center.

Or Sandra Brausch, who just took on an intern as a way to give back to the community that helped her. And Leonard Geringer, who sent Pate a little bell with inspirational words inscribed on the base.

Pate, who works upstairs as the clinical manager for the Cancer Center's Outpatient Oncology, Hematology and Infusion Unit, talks about her patients the same way, appreciating their hopes and

helping through all phases of their battles against cancer. For many of her staff, patients become family. "Our patients are so amazing. They're just so grateful for our care," Pate said.

Cheyenne Regional Medical Center built the Cancer Center in 2014 to consolidate services for cancer patients, who can now find help for almost every need they may have in the same building. The center houses oncologists and the radiation oncologist, in addition to pharmacists, therapists and social workers.

"When you're sick if you're not feeling well you can just go to one location. That's a wonderful thing," said Leonard Geringer, radiation oncology manager, and Pate's counterpart on the first floor.

KNOW YOUR NEW CRMC TRUSTEES



PETE OBERMUELLER
PRESIDENT, PETROLEUM ASSOCIATION OF WYOMING

"To be a vibrant city that attracts families and businesses to locate here, and residents to stay here, Cheyenne must have access to high quality local healthcare services like those CRMC strives to provide. I look forward to playing a small part in supporting Cheyenne's medical community so our economy can grow."

“

Ring this bell three times to celebrate your strength, spirit and courage in your journey.

Right: Beth Martin, charge nurse at the Ambulatory Infusion Clinic, works behind a counter stocked with donated items for patients.



Having just one location not only streamlines the patient experience, it puts doctors and staff closer too. Pate noted that staff meets regularly to discuss individual patient needs and referrals, and three departments do multidisciplinary rounds each week. The cohesion is also reflected in surveys, as both patients and staff consistently give the program high scores.

“When patients see how well the staff works together that puts their mind at ease. That takes a good team, from physicians on,” Geringer said.

SHIP’S BELL

Geringer’s belief in his patients and his care for their well-being led him to ask

the Foundation for a new bell. But not just any bell, a large brass ship’s bell with a clear, resonating sound. It would replace a smaller bell that he had for years, which is now on Pate’s floor.

“I said to Vicky [Fry at the Foundation] ‘I want a big bell that we can hear throughout the department when someone finishes.’ It’s a way to celebrate their journey,” Geringer said.

Radiation Oncology hung the bell on a custom-made stand in early 2019. It has special significance for cancer survivors who gather with friends, family and staff to ring the bell three times when they finish their radiation treatment.

A plaque next to the bell carries an inspirational quote from Christopher Reeve that was identified by patients as especially meaningful, “A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles.” Under the quote are instructions from Cancer Center staff, “Ring this bell three times to celebrate your strength, spirit and courage in your journey.” The radiation therapists also give each patient completing treatment an engraved rock with an inspirational word to keep.

Geringer is proud of the accomplishments of the Cancer Center, and more importantly, the patients. “They think we are the heroes but we know they are the true heroes,” he said. ✨

RICK FORTNEY

DEPUTY DIRECTOR, WYOMING DEPARTMENT OF ENTERPRISE TECHNOLOGY SERVICES

“Being a member of the Board of Trustees is an exciting opportunity to support our community. I am looking forward to sharing with everyone what a wonderful resource we have in Cheyenne Regional Medical Center.”



KNOW YOUR NEW
CRMC TRUSTEES



We help them to live where they want to be, so they can remain at home if possible instead of going to a nursing home.

Honoring an Amazing Great-Grandmother

Natalie Winegar, former Cheyenne Regional Foundation board member, and her great-grandmother Lucille Goudie.

Natalie Winegar has happy childhood memories of time spent with her great-grandparents Charles and Lucille Goudie in Cheyenne.

After Charles Goudie died in 2005, Lucille Goudie maintained her independence for many years and continued to live on her own in Cheyenne. “She was amazing,” Winegar said.

Winegar became especially close to her great-grandmother during the last several years when she became her primary caregiver. She was there when Lucille Goudie battled cancer and died in 2016 at the age of 94.

“I was very close with my great-grandmother. She practically raised me in Cheyenne. That’s part of why I came back to be here with her as she was aging,” Winegar said.

The bond is one reason Winegar and her law firm contribute to the Cheyenne Regional Foundation. Those donations help support a service called the Wyoming Program of All-Inclusive Care for the Elderly (PACE). “I really have a soft feeling in my heart for wanting to make sure that elderly people have those kinds of things available to them.”

You can VOLUNTEER at Cheyenne Regional! Volunteers work thousands of hours monthly providing a variety of services at CRMC.

Learn more at:
cheyenneregional.org/careers/volunteers.

DID YOU KNOW?

PACE recently moved to 1200 E. 12th St. in Cheyenne. Executive Director Becky Carey said it offers participants daily transportation to and from the facility, hot lunches, activities, arts and crafts and medical care from doctors, therapists, nurses, dentists and wound specialists. PACE employees also help seniors with personal care, depending on their needs.

“We help them to live where they want to be,” so they can remain at home if possible instead of going to a nursing home, Carey said.

“Something like PACE is just incredible,” Winegar said. “From the perspective of being a caregiver I can appreciate how a program like that can be so helpful. I think our senior citizens are incredibly valued members of our community and to the extent that we can keep them as engaged as possible with the community for as long as possible, I think it is great.”

Winegar also helps Davis Hospice Center in Cheyenne, where her great-grandmother stayed for a few weeks. “What a wonderful resource. It is absolutely wonderful.” *



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It’s an awareness raiser, but it’s also like a tapestry, each sharing their stories.

Tree of Remembrance Unites Community and Hospice

Long-time donors Rev. David and Judy Stratton want to honor loved ones who have passed.

When David Stratton arrived in Cheyenne in February 1992, he knew the area of the hospital in which he wanted to serve.

“I’ve been called to spiritual hospitality, and that includes listening to others,” he said.

In his work as Davis Hospice Chaplain, he assists and comforts patients and their families.

“By God’s grace and grace alone, we are together. Our stories are interconnected, and we live them. I’m blessed to be part of many stories,” he said.

Such stories are woven together especially at the Tree of Remembrance. Established in 1996, the tree is located in a gathering

space at Frontier Mall. During a service on the first Saturday in December, the tree is lit, music is sung and people share remembrances of their loved ones.

“The Tree of Remembrance provides an opportunity for the community to come together and remember their loved ones,” he said. “People write notes and share their stories. It’s an awareness raiser, but it’s also like a tapestry, each sharing their stories.”

Stratton and his wife, Judy, who serves as a nurse at the Veteran’s Affairs Medical Center, share their own stories of loss, including parents, and for years they have donated to the Foundation in memory of those parents and other loved ones that have passed.



DOVES & INFORMATION

For additional information on Hospice Bereavement Programs and to fill out a dove for your loved ones, you may stop by the tree in Frontier Mall in front of Dillard's West December 7-24. You can also get information and doves at the Cheyenne Regional Foundation offices at 408 East 23rd Street.

“Having long-term volunteers and donors like David is vital to the Foundation and to the hospital, of which hospice is a branch,” said Victoria Fry, director of major gifts and planned giving for the Cheyenne Regional Foundation. “They inspire others, and they bring stability to a program, like the Tree of Remembrance. Through their long-term giving, they assist us in helping the hospital, the community, and the patients. We appreciate all of our volunteers and donors; they help the Foundation maintain an income that provides grants to the hospital, and those donations help the community.”

Stratton views the Tree of Remembrance as “the core of hospice,” and he recognizes the program wouldn’t be part of either

hospice or the community without help from others.

“Volunteers give more than 150 hours just to that event,” he said. “I want to give a shout-out to the Frontier Mall, Neiman and Sons Music and David Neiman, the CMTA [Cheyenne Music Teachers Association], Davis Hospice and Miss [Amy] Davis, and to the Cheyenne Regional Foundation. This Tree of Remembrance gives us all opportunity to remember those who have lived in our lives and symbolizes the death-life connection.”

Stratton began serving as a volunteer chaplain in 1992 and assisted Mary Kathryn Kanard, the first hospice director,

with the establishment of a Hospice Advisory Board.

“In 1998, she and Shirley Harris, vice president and director of nursing, hired me.”

Prior to his arrival in Cheyenne, Stratton served as temporary chaplain for a hospice in Boulder, Colorado.

“My first experience with hospice, I was blown out of the water,” he said. “It flipped my whole world upside down and really touched me. At the end of the day, we should ask ourselves, ‘Have we been kind to each other, to the environment, and to self?’ There’s a guiding light beyond religion, and we live in grace moments, in the moment we call ‘now.’ The dying have taught me to live.” ❄️



BECOMING FAMILY

WWAMI Doctors Bring Fellow Graduates to Cheyenne

The lure of the West, cowboys and horses captured Dr. Jasper Chen's imagination from his early childhood days in Seattle, Washington.

"When I was a little kid, maybe seven or eight years old, there is even a picture of me wearing a cowboy kind of costume," Chen laughs. "I sort of became a cowboy when I came here."

Chen is one of several physicians at Cheyenne Regional Medical Center who graduated from the WWAMI Medical Education Program and decided to practice medicine in Wyoming.



Prompted by the shortage of primary care physicians in rural areas, the University of Washington School of Medicine in Seattle created the program in 1971. The University of Wyoming joined in 1996. The acronym, WWAMI, stands for the five states that participate in the program: Washington, Wyoming, Alaska, Montana and Idaho.

Top: Doctors Thor Hallingbye and Jasper Chen both graduated from the WWAMI Medical Education Program and decided to practice medicine at Cheyenne Regional.

Center: A young Jasper Chen, second from left, poses with his father James, mother Dorothy and brother Jesse at their home in Seattle.



“

“Wyoming is beautiful not only for its people but also for its topography and culture.”

During his second year in medical school in Washington, Chen fell in love with his future wife, a Rock Springs native who loved horses. He says meeting her was “by sheer fortune and blessing” as a product of being WWAMI students together.

When the couple graduated medical school and completed residencies and fellowships, they decided to settle down in Cheyenne where several of their friends, fellow graduates of the WWAMI program, came to practice medicine.

“We followed Dr. Andy Rose, Dr. Kristy Van Kirk, Dr. Thor Hallingbye and many others to Cheyenne,” Chen said. “They basically became our family here in Cheyenne.”

“Coming to Wyoming also provided the best financial and probably career opportunity for us,” Chen explained.

As part of the program, WWAMI forgives student loans in return for graduates practicing medicine in one of the WWAMI states for three years. So far 260 Wyoming residents have returned to practice here.

The loan forgiveness program has given the couple more financial security and the ability to invest in the community and make charitable contributions, Chen said. “We are very grateful and try to invest our time and energy to projects to make the community better,” he added.

Chen added that as a general psychiatrist, finding a job in Wyoming was not difficult.

Today, Chen is the inpatient psychiatrist, assistant medical director of Psychiatry and patient/physician champion at Cheyenne →



What is WWAMI?

Established in Wyoming in 1996, WWAMI is a medical education program affiliated with the University of Washington School of Medicine. It's named for the five states that participate in the program, Wyoming, Washington, Alaska, Montana and Idaho.

One of the goals of the program is to encourage graduates to return to practice in Wyoming.

← Regional Medical Center. He is also the secretary/treasurer of the medical staff and in five years is scheduled to become chief of the medical staff.

Chen wants to make a difference in the state and community he has come to love. "Wyoming has the second highest suicide rate per capita, and I'm hoping to change that by setting a better infrastructure for mental health," he added.

Mental health is one of the most pressing needs that Wyoming has, he said. "I will recruit anyone to come into Wyoming to do mental health and psychiatry specifically. We really need to shore up how we care for mental illness."

To those WWAMI students who are cycling through a psychiatry rotation, Chen encourages them to

come back. Not having a state income tax and lower property values makes Wyoming more financially attractive than Seattle, he added.

"Wyoming is beautiful not only for its people but also for its topography and culture," he said. He added that Cheyenne Frontier Days is a shining example of volunteerism and a high community spirit of the people who live here.

Hallingbye, who is chief of the Anesthesia Department, has also used the WWAMI program as a recruitment tool. Most recently, he hired an anesthesiologist who did a rotation here during medical school.

"We kept in touch over the four years of medical school, and he wanted to come back after he graduated," Hallingbye said.

WWAMI By the Numbers

Each year 20 qualified Wyoming medical students may enroll in the program. They spend 18 months on the UW campus, then spend two years at selected clinical sites within the WWAMI program.

After completing the program, students go on to medical residency.



80

students are currently part of Wyoming's WWAMI program.



260

Wyoming residents have earned degrees through WWAMI since the first class of students entered the program in 1997.



65%

is the average return rate for Wyoming students graduating from WWAMI (measuring those who completed residency).



23

doctors who went through the WWAMI program are practicing in Cheyenne.

For more information on the WWAMI program, visit uwo.edu/wwami.

Through WWAMI, Hallingbye says he has made many friends. Some, like Dr. Rose, a pediatrician with Cheyenne Children's Clinic, he has known since junior high school and through WWAMI. "It's nice being able to work with people who I've known for quite a while."

Hallingbye grew up in Laramie and always planned on returning to the Cowboy State when he graduated from the WWAMI program, he says. He considered several different cities before taking an anesthesiologist job in Cheyenne.

"This hospital is such a great place to start a career," Hallingbye explained. "The people are friendly, and they take care of people very well."

“

They basically became our family here in Cheyenne.

Phyllis Hime, physician recruiter for CRMC, called the WWAMI program a "win-win" for the hospital, physicians, and the community. "Wyoming students obtain a quality education program and can come back to Wyoming to pay off their loans by working here. For us, we keep them in the state," she explained.

In recent years, 16 physicians with the WWAMI program have come to Cheyenne, she added.

"Our hospital encourages WWAMI physicians to come to Cheyenne," Hime said. "We keep track of WWAMI students and reach out when they graduate. We try to accommodate whatever their specialty may be, because we want them to be able to practice in Wyoming." ✨



Denim & Diamonds



The Cheyenne Regional Foundation extends a heartfelt thank you to everyone who made Denim & Diamonds 2019, An Evening in Paris, a sold-out success. Community members bought 768 seats and 73 sponsor tables, the highest attendance for the event since 2010. Donations and sponsorships resulted in the highest gross and net revenue since 2008.

More than \$277,000 will go to the Mother-Baby Unit project. Combined with donations from Denim & Diamonds 2019, the Foundation will be able to purchase more than \$550,000 in equipment and furnishings for the Mother-Baby Unit.

Construction is scheduled to start in early 2020!



Photos by Riveted Photography



Denim & Diamonds 2019 Honorary Chairs Drs. Bob Prentice and Sandra Surbrugg





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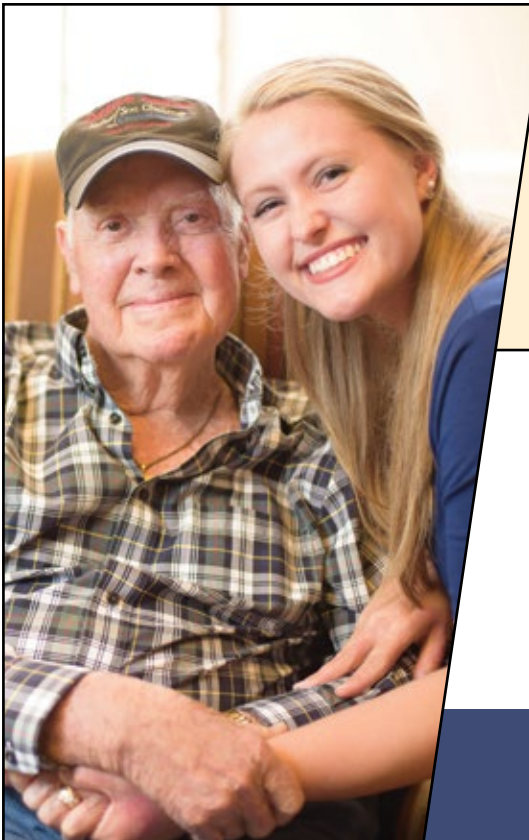
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Working for Patients

When Kathie Hopkins talks about her job at Cheyenne Regional Medical Center, her sparkling eyes and smile are clear signs that she enjoys the work.

Hopkins is a board-certified clinical nurse specialist, the only CNS working with the Cheyenne Regional inpatient units, and one of a few in Wyoming.

“As a clinical nurse specialist I try to do things that improve patient outcomes,” she said. The goals of the advanced practice nurse position are to improve patient experiences and nursing care.

She focuses on adult health in the Surgical, Oncology, Ortho-Neurological and Medical

units, and works with nurses, patients and families, and hospital systems.

The job demands extensive research to find “the best thing we can do to take care of our patients and bring that to the bedside. I like finding information and being able to bring that to people and knowing that we are providing the best care for those patients,” Hopkins said.

FEWER “STICKS”

The work, for example, helped change a practice at Cheyenne Regional that required nurses to change patients’ intravenous lines every three days whether or not it was medically needed. She found that some hospitals across the country

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“It is an honor to serve as a non-voting member of the CRMC Foundation Board, which gives me the opportunity to be a part of supporting excellent healthcare for Cheyenne and the surrounding area.”

The job demands extensive research to find “the best thing we can do to take care of our patients and bring that to the bedside.”

didn't change IV sites unless medically necessary, which cut down on the number of needle sticks for patients and freed up more nursing time.

She presented her findings to hospital staff and proposed a change. “We did a trial on one of our units for three months with only changing IVs if [the patient] needed it,” she said. The trial found no increase in infections or adverse reactions. Hospital officials approved the change, and it has saved some supply costs and gained positive comments from patients and nursing staff.

Hopkins started her nursing career in 1985, earning a registered nursing degree

from the former Kearney State Nursing College in Kearney, Nebraska. She later earned a Master of Science degree and then obtained certification as an adult health clinical nurse specialist.

Hopkins spent 10 years working in the Emergency Department in a hospital in Grand Island, Nebraska, and also worked in hospital inpatient departments in California and Colorado facilities.

Since joining Cheyenne Regional three years ago, she said she is impressed with the “fantastic nurses” there. “They listen to themselves and their patients and they make a difference.”

Tracy Garcia, chief nursing officer at Cheyenne Regional, said it is an honor to work with her. “Kathie Hopkins is the epitome of professional nursing,” Garcia said.

“[Hopkins] advocates for both patients and families, as well as her fellow nurses,” Garcia said. “Kathie remains current on nursing best practices and looks for opportunities to instill those practices in our organization so our patients receive the highest quality care. Kathie is a coach and mentor to many of our registered nurses and is highly regarded at Cheyenne Regional Medical Center.” ✨

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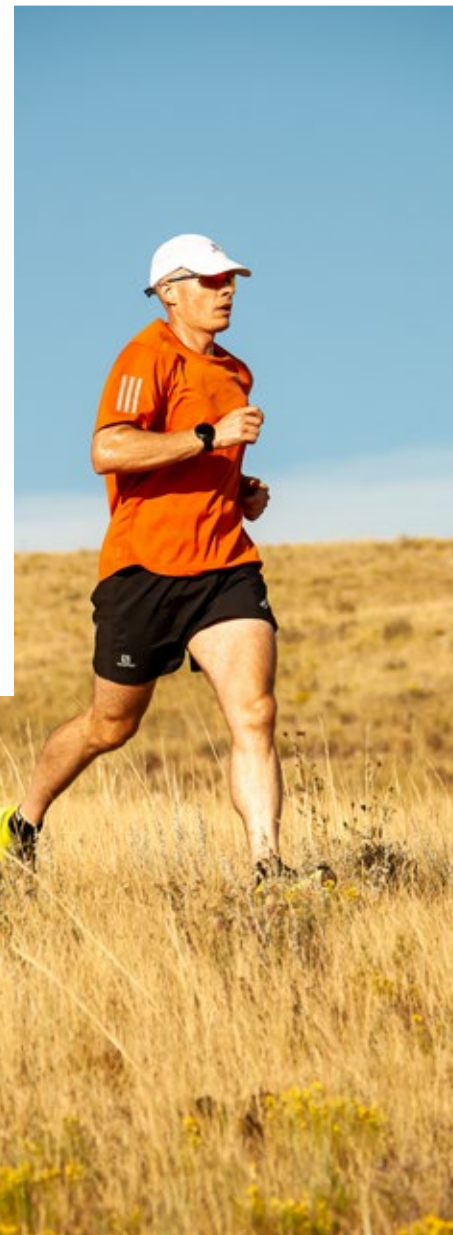
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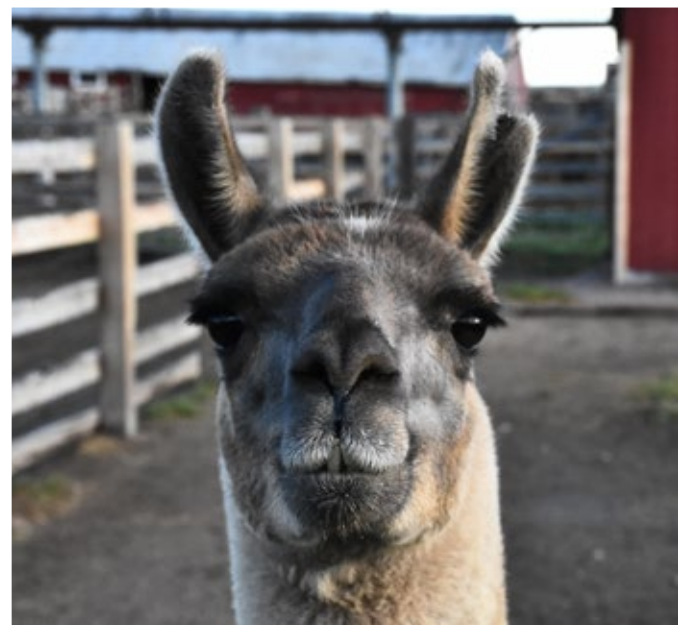


Three hundred runners and walkers of all ages followed their hearts to the Terry Bison Ranch for the Great Bison Shuffle on September 7.

Their hard work raised \$10,000 for Cheyenne Regional's Cardiac and Pulmonary Rehabilitation programs.

Thank you to Terry Bison Ranch, the Scrub Shuffle committee, race volunteers and all our sponsors!







HOSPITAL AND COUNTY PARTNERSHIP

Commissioners, Board work together to govern CRMC

Cheyenne Regional Medical Center is county-owned, which means the leadership of the facility works in partnership with Laramie County commissioners in the overall governance of the community’s healthcare system.

County commissioners appoint members to CRMC’s Board and attend board meetings, and the Board in turn appoints a chief executive officer to run day-to-day operations.

A county hospital is responsible for the health of the community, regardless of whether the patient is able to pay. CRMC Board President Dr. Jean Halpern said that means more than just writing off bad debt — it also means looking for ways to make the community healthier as a whole.

When it comes to major decisions that will affect community health, the county commissioners weigh information offered by CRMC leadership. Recently CRMC closed their Transitional Care Unit to gain space for an expanded Mother-Baby Unit, knowing other community facilities could offer the same level of transitional care.

“The Transitional Care Unit was occupying a space that was needed

for those further expansions, so for a confluence of reasons, it was decided that was a service we reluctantly would give up in favor of modernizing and expanding two services that nobody else in town could provide,” Halpern said. “We had to go to the county commissioners and present our case to them. They ultimately voted unanimously to go ahead with that.”

Another large shared decision was entering into a management service agreement with UCHealth.

“We did a very good job of working in partnership,” said County Commissioner Troy Thompson, who said the agreement was the biggest county hospital topic he has worked on in his nine years as a county commissioner. “The hospital, administration, board and county commissioners worked very well together to make that decision as a team.”

Though county ownership does not mean CRMC receives tax dollars for operation, it does mean that any revenue CRMC generates can be returned to benefit the facility and community members rather than being passed on to investors.

“Healthcare in general is valuable,” Halpern said. “A healthy community is more productive.” ✨

A county hospital is responsible for the health of the community, regardless of whether the patient is able to pay.

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.

DID
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HOSPITAL AND

COMMUNITY PARTNERSHIP

Charity care reaches beyond hospital walls

Confining healthcare to the four walls of a hospital room or clinic is making its way into the annals of history. Now healthcare providers are turning to a more holistic approach that addresses each patient's unique health needs to be wholly healthy—not just free from disease.

“Our community health commitment is very strong and getting stronger,” CRMC Board President Dr. Jean Halpern said. “That takes us beyond a brick and mortar institution. It takes into consideration the entire person—their environment, their ability to function, their overall adaptability and happiness.”

This philosophy plays its part in CRMC's charity care. In addition to providing more than \$20 million in charity care annually and operating certain departments such as Behavioral Health at a deficit in order to keep it available, the facility works with the Laramie County Community Partnership (LCCP) to match patients

with services that factor into complete wellness. This can mean connecting them to a food bank, homeless shelter, legal assistance or social workers to get patients the help they need to maintain their well-being beyond medicine and a clinical diagnosis.

“For us it is addressing the person as a unique individual with unique needs and how we can meet them where they are,” said Greg O’Barr, administrator of Population Health and Strategic Planning.

One way to meet the needs of those facing financial straits is to understand the role poverty plays in the lives of people it affects.

“We have a responsibility to understand the world our patients live in,” O’Barr said.

“
It is addressing the person as a unique individual with unique needs and how we can meet them where they are.”

He said this can be as simple as recognizing that lack of transportation to an appointment may be hindering a patient's recovery, or acknowledging that if a patient doesn't know where they are going to sleep that night, managing their diabetes

may not be a top priority.

Another way CRMC provides charity care is offering grants to organizations who have the same goal of seeing to the well-being of community members. CRMC gave a Community Benefit Fund grant this year to Family Promise, an organization that helps house homeless families.

“It's the right thing to do,” explained O’Barr. “We are community owned and we serve this county. Our goal is for this county to be as healthy as possible.” ✨



CHEYENNE REGIONAL FOUNDATION GOLF CLASSIC

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More than 100 golfers in 28 teams took to the greens at the Cheyenne Country Club on September 6 for the Cheyenne Regional Foundation Golf Classic. ***Once again the tournament supported Cheyenne Regional's Mother-Baby Unit, raising \$18,000 for the project and the participants will have a positive impact on the 1,200+ families who give birth in Cheyenne each year.*** Congratulations to all the prize winners and Team Tracy Garcia for their overall win! Thanks go out to all our sponsors, volunteers and the entire Cheyenne Country Club team.



The Endowment Advisory Committee approved almost \$560,000 to fund 83 grants in 2019! Funding for these grants come from generous donors and earnings on funds stewarded by the Foundation.

DID
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**\$52,000
TO \$150:**

**GRANTS OF ALL
SIZES IMPORTANT
FOR PATIENT CARE**

The Foundation receives about 60 grant requests from Cheyenne Regional Health System staff each spring and each fall. No matter the size of the request, each is important, according to Landon Brown, the Foundation's director of annual giving and grants.

"Each individual grant request is important to the patient experience," he said.

For example, one request for less than \$150 was approved for the Wound Care and Hyperbaric Medicine Clinic to purchase an electronic razor and accessories.

"It helps with infection control and can be used on several patients a day," said Lindsey Olmstead, certified hyperbaric technologist.

The clinic also requested larger grants: funds for an otoscope for ear checks, a blood pressure machine and an additional cast saw, so that staff can assist more than one patient at a time.

In contrast, a \$52,000 grant purchased a non-invasive ventilator for the Emergency Department, but it can also be used elsewhere in the hospital.

"We do what is considered rescuing for patients in acute respiratory status, such as COPD and asthma," said Suzanne Townsend, director of Cardiopulmonary, Neuro-Diagnostics, EKG, Sleep Disorder Services and Cardiac and Pulmonary Rehab. "They don't necessarily need to be intubated; we just need time to get control of their respiratory distress and get the medication they need. This non-invasive ventilator gives us that time. You never want to intubate someone unless you absolutely have to."

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

1



2



BETTER REST FOR PHYSICIANS

Quality rest is necessary for everyone to better focus on their jobs and their relationships. For physicians at Cheyenne Regional Medical Center, a recent grant will benefit them in that capacity.

The Medical Staff Services Department received a grant earlier this year to purchase beds, bedframes and other furnishings for five new medical staff sleep rooms. These items provide more comfortable resting areas for physicians in a quiet section of the hospital, said Teena Gering, director of the department.

"The area is located next to the medical staff lounge, which offers an area to relax, exercise and shower if needed. In addition, meals are offered during the week," she said. "It's a private area, and physicians can use it at any time. Doctors don't have to stay up 24 hours; they can get some rest and be refreshed."

Patient safety is a priority, and these resting areas – with beds, meals and showers – provide that.

"Our physicians are important to us and having this place for them to rest makes it easier on them. Without physicians, we can't have a hospital," Gering said.



3

THE GIFT OF A PARTY

The Foundation received a very unusual, very specific gift in 2019: money for a staff party for the Cancer Center's Outpatient Oncology, Hematology and Infusion Unit.

"That was a really nice recognition from a patient," said Dana Pate, clinical manager for the unit. "Everybody was just so excited."

The unit decided to use the gift during National Hospital Week in May. They feasted on nachos catered by the hospital's cafeteria, a cotton candy machine and other treats. A scavenger hunt was also organized. Daisies and new badge holders were hidden around the unit – staff continued to discover the items for a few weeks. Now, the holiday party planning committee is working on the next celebration with the little bit of gifted money that was left over.

It's not unusual for patients and staff at the Cancer Center to care a great deal for each other, Pate said. "They become part of your family and we become part of theirs."

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Cheyenne Regional Medical Center has been recognized as one of America's 100 Best Hospitals for General Surgery by Healthgrades for 2020! CRMC also received 20 additional recognitions and five-star clinical quality ratings!

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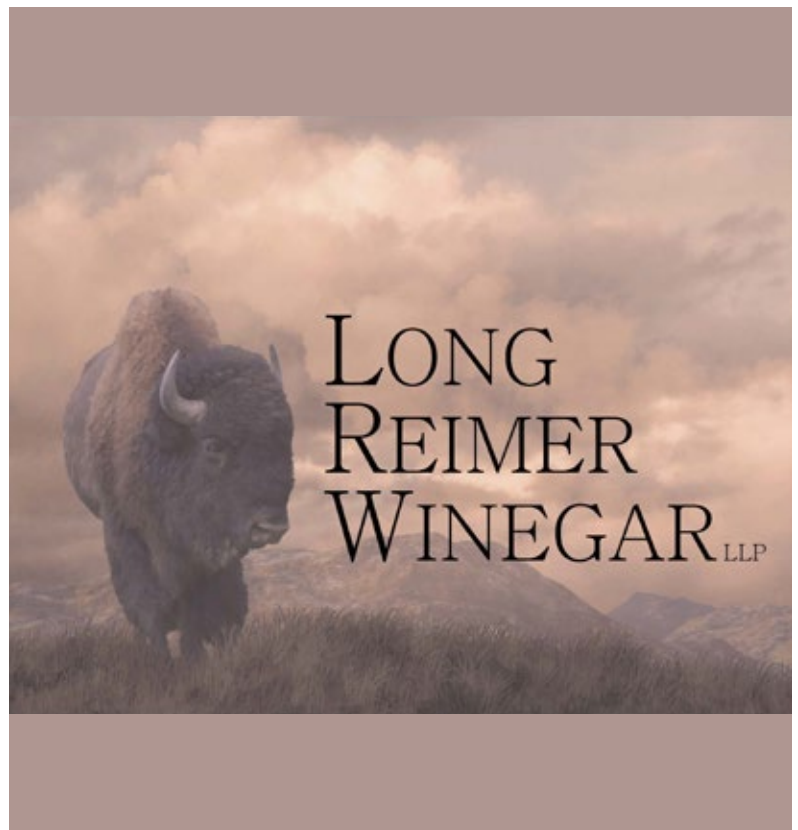
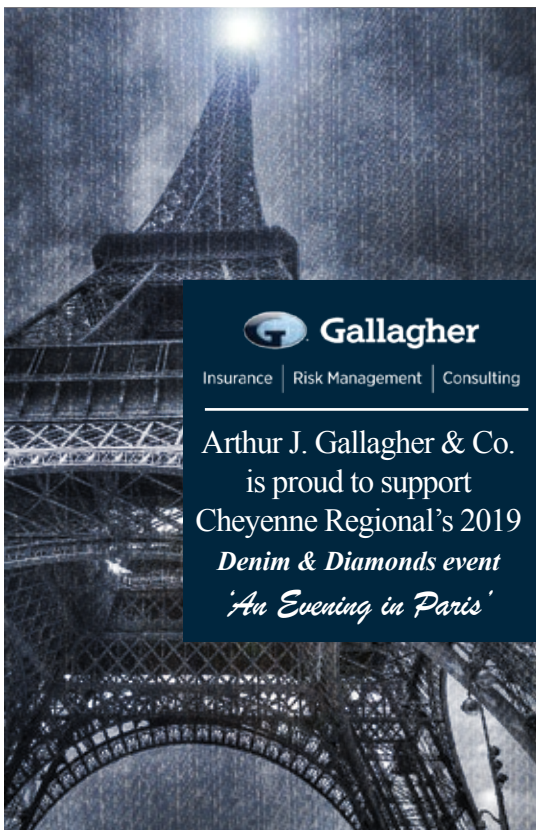
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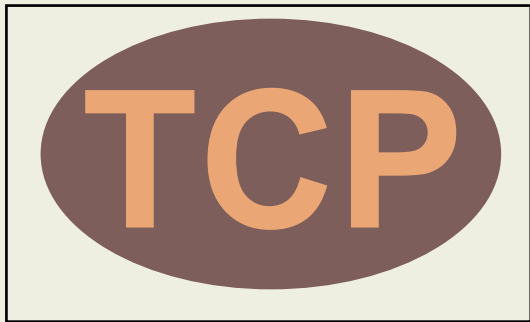
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