



Foundation
CHEYENNE REGIONAL
MEDICAL CENTER

Advancement

Advancing Premier Regional Community Healthcare

FALL 2012

Breaking New Ground: What the New Cancer Center Means for Cheyenne and the Region

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**Q & A with
Dr. John Lucas**
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**Photos from this
year's Denim 'N
Diamonds - our
goal was met!**
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Physicians support
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The new Cancer Center is about bringing together resources, equipment and technology so patients can receive state-of-the-art care in one convenient location and providers can easily collaborate on care decisions. Having everything in one place will improve access and outcomes for patients. We look forward to having the larger community participate in making this wonderful new facility a reality.

– Dr. John Lucas, CEO

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Message from
Tom Stuckey
Foundation Chair

I hope this issue of *Advancement* finds you enjoying what's left of a beautiful Wyoming summer! Personally, I've been enjoying lots of golf and trying to ride my bike more often. It's a personal goal of mine to keep one more car off the road.

We are certainly achieving goals at Cheyenne Regional Medical Center and at the Foundation. If you attended the groundbreaking of the new Cancer Center, you might have met our new Executive Director, Steve Stone. Steve and his wife, Dawn, are moving to Cheyenne from Arizona. He brings a wealth of experience, and we feel fortunate that the right person at the right time has agreed to join us.

While we say hello to Steve, we can't thank Ted Adams enough for his service as our interim director. He has just been marvelous during our transition, and he is truly a "friend-raiser." I'd also like to acknowledge the search committee for their dedication to the process. The committee included John Balser—chairman; Rick Davis, MD; Jacqueline Ferrall; Carol Merrell; and Sandra Surbrugg, MD.

Thank you for your support of the 23rd Annual Denim 'N Diamonds Gala. It was an elegant evening with friends who value CRMC. We met our fundraising goal this year of \$213,000! The funds raised will purchase an expanded telemedicine bridge, increasing capacity for patients in rural communities to connect with physicians and specialists without making a long drive. Your participation in this event helps the hospital to continue providing leading-edge healthcare to the citizens of Cheyenne and the surrounding communities.

Wasn't Amy Davis a wonderful and appropriate honorary chair? When she spoke, everyone stopped and listened. I think that speaks highly to the respect our community has for everything Amy and her family have done for CRMC, Cheyenne and the State of Wyoming. Thank you, Amy!

Best regards,

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Breaking New Ground: What the New Cancer Center Means for Cheyenne and the Region

When you are diagnosed with cancer, the shock of it is just the first hurdle to clear. Next comes a series of decisions to make—often without a clear-cut choice—and an endless line-up of doctor visits, treatments, labs & scans, follow-up appointments, therapies and often surgeries. Add in a lot of personal time spent recouping and researching and you can understand why having cancer has been described as a full-time job.

Lessening that burden on patients who are already challenged with such serious diagnoses, and providing top-of-the-line care, is the drive and spirit behind CRMC's new Cancer Center.

"It's kind of like one-stop shopping. Cancer patients will be able to go to one facility for all their outpatient needs—doctor visits, radiation, chemotherapy and support services—rather than go from place-to-place for care. It saves a lot of run-around time and makes for seamless, quality care," says Dr. Don Dickerson, Radiation Oncologist with Southeast Wyoming Radiation Oncology in Cheyenne. That's just the first benefit of having a new cancer center. There are many more.

All Under One Roof

"With the new Center, we will truly be able to provide multidisciplinary care. A cancer patient will feasibly be able to visit with his or her



Tammy Thiede, Director of Oncology Services, and Leonard Geringer, Manager of Radiation Oncology, review design plans for the new Cancer Center at CRMC. The coordinated-care center is scheduled to open Fall 2013.

doctor, receive radiation or chemotherapy and have scans or labs done all in one visit," says Tammy Thiede, Director of Oncology Services for CRMC. "It lets us offer care with more finesse and ease for the patient."

Consider this real-life scenario: You have recently been diagnosed with breast cancer and you come to the Center to consult with a general surgeon. During your discussion, questions are raised about whether a lumpectomy or mastectomy would be a better solution. Your surgeon decides to consult with your oncologist, so he makes a quick phone call and minutes later the oncologist—who is already on-site—steps in, with your recent breast MRI scan in hand. That's comprehensive, multidisciplinary care: having the experts, data and services available right when and where you need them.

What the New Cancer Center Means for Cheyenne and the Region *continued*

“Physicians will be on-site so if there is a question on care, as can happen with chemotherapy infusion, he or she can simply walk over and give input,” adds Thiede. Dr. Dickerson concurs: “I’ll be able to run up and see a patient for an immediate problem, rather than making him wait for an answer or another visit. Plus, data will be more easily shared. Blood work, CT scans and lab work will be much more readily available, and results will be delivered in a much more timely fashion.”

With all facets of care under one roof, “patients will never have to leave the building,” adds Leonard Geringer, Manager of the Radiation Oncology Department. “We will all be in the same place, working toward the same goal,” concludes Thiede.

Expanded, Improved Infusion Center

The infusion center—where cancer patients receive drug therapies, such as chemotherapy, straight into their bloodstreams—will be much more streamlined and pleasing. The current center has 15 chairs and one bed. The new center will have 24 chairs and two beds.

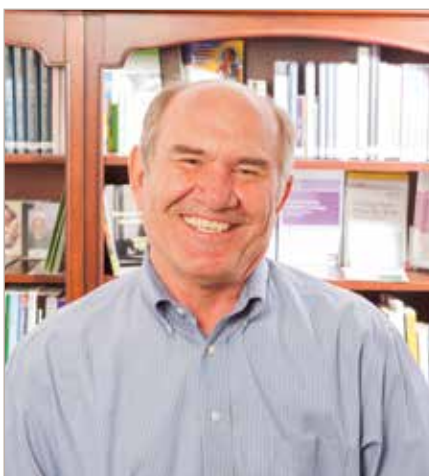
Sometimes patients like to be together to talk and share support. Other times they want to simply rest. “It will be a big step forward to be able to offer both private areas and group areas for infusion,” says Thiede.

The infusion center will have several amenities for patients. “For example, in our current infusion center IV poles won’t fit in the bathroom. The new building’s design has been

well thought out to make the infusion center better for both patients and staff,” she adds.



Tammy Thiede, Director of Oncology Services at CRMC.



Leonard Geringer, Manager of Radiation Oncology at CRMC.

While all nurses working in infusion are certified to give chemotherapy, CRMC has a goal to increase the number of nurses who hold a certification in oncology. “It’s an impressive certification that takes a lot of effort to obtain, but our inpatient and outpatient nursing staff is working to increase those numbers,” says Thiede. The health system currently offers courses for nurses interested in getting their oncology certification.

New Technology

When treating cancer, it’s important to have precise equipment to determine the exact position of tumors before treatment. With the new equipment planned for the Cancer Center, there will be even more sophisticated methods of tumor localization and treatment.

CRMC has the cutting-edge tools to do the job. One is the TomoTherapy® radiation

treatment system, which Dr. Dickerson describes as one of “the most magnificent treatment machines I have ever used.” CRMC was the first in the region—including northern Colorado—to get this state-of-the-art machine. “We have always been a little ahead of other areas when it comes to technology. We try to stay ahead of the curve as much as possible,” adds Thiede.

Another important treatment machine is the linear accelerator, or LINAC. This radiation treatment machine precisely maps a tumor, then delivers high energy x-rays to the exact

What the New Cancer Center Means for Cheyenne and the Region *continued*

spot. “The machine allows us to outline and visualize the area we are treating, letting us direct radiation treatment at the location of the tumor and in the shape of the tumor,” says Dickerson.

With the help of Foundation donors, CRMC hopes to buy the Cancer Center a new linear accelerator that will allow physicians to make little changes and “fine adjustments so we can be right on the button,” says Dickerson. “The more you can sculpt the beam to the shape and size of a tumor, the less healthy tissue you have to radiate. Less radiation equals fewer side effects,” states Geringer.

In addition, the new version would allow physicians a second treatment option to perform stereotactic radiosurgery. “It’s an option for patients who are not candidates for traditional surgery. It’s an extremely pinpointed treatment to a specific region, done over a course of three to five treatments,” adds Geringer.

Besides a new linear accelerator, Center staff and physicians hope to secure a dedicated CT machine. This CT scanner will provide valuable data for the physicians to use for treatment planning and can be used to check changes as treatment progresses.

“We recognize this equipment is expensive, and we understand making the Cancer Center state-of-the-art takes money. But we want to be able to offer the same services and technology here, close to home, that are offered in bigger cities. With the new Center, our residents will be able to get the same treatment here as what they’d get, say, at the University of Colorado,” says Geringer, who is grateful to Foundation

Foundation to Raise Funds for the New Cancer Center

Carol Waeckerlin, Foundation Board Member and Chair of the Cancer Center Campaign, urges the community to get involved and give to the new Center: “My brother and brother-in-law both died of cancer, as have friends. We all know someone who has been touched by cancer. The new Center is an essential part of our medical community. As Cheyenne grows, so does the demand for comprehensive cancer care. We need to be able to meet those demands as they come forward.”

donors who have provided equipment for cancer care in the past.

While the hospital is funding the building of the Center through bonds, it’s calling on the Foundation to provide needed equipment and technology. The Foundation has announced a 10 million dollar campaign to support the new Cancer Center.

Ample Resources and Support Services

Besides having an infusion center on-site, the Center will also have a Resource Center, which will be greatly expanded. “We will have a lot of patient extras. For example, we’ll have an on-site meditation and yoga room, massage therapy with a specialization in

lymphedema treatment, a library with new computers and more books, on-site financial counselors, and a healing garden as well as a community garden area where historic homes sat,” explains Thiede.

In addition, the Center will house services offered by the American Cancer Society, including breast prostheses consults, complimentary hats and wigs, fitting rooms and a beauty salon, as well as a place for the “I Can Cope” cancer support groups to meet. Also, nurse navigators, who help patients understand and negotiate their cancer journeys, will be on-site. “The State of Wyoming Cancer Resource Services has given us a grant to offer the surrounding region education about cancer, screening and sun safety. Other grants have been secured that offer financial aid, including gas cards, free mammography and colon screenings to the uninsured or underinsured, and more. Overall, we are increasing the

What the New Cancer Center Means for Cheyenne and the Region *continued*

volume and availability of the resources we have now,” concludes Thiede.

More Clinical Trials

Finally, the Center will be able to offer patients more access to national cancer protocols—protocols that test the latest treatments available. “We do some now, but we will be able to participate in a lot more with a comprehensive cancer program. Some studies will still be too complex or complicated for us to do here, but we will be able to do a whole lot more than before,” says Dickerson.

What does this mean for patients? More access to cutting-edge treatments, like new drugs or new delivery methods, and less traveling out of state to participate in a clinical trial. “Many of the protocols will be for just chemotherapy, but some will be chemotherapy and radiation combined,” says Dickerson, who believes the new facility will give patients “the same luxuries that bigger facilities have—all cancer services in one place and less fragmentation of care.”

It has always been the hospital’s goal to offer cutting-edge care right here at home. The new Cancer Center does just that.

“People will be able to get everything they need right here, without traveling to another state. Plus, we can offer a personal touch, because we are your friends and family,” says Thiede. She hopes that the Cancer Center will help patients who live in Wyoming stay in Wyoming for care. “Even if a patient needs to see a specialized surgeon out-of-state, she can ask to be referred back to us for the rest of her care. The new Cancer Center will make it easy for us to carry that out,” concludes Thiede.

There are so many medical oncology stories to be told. We will continue to share those in future issues of *Advancement*.



While the new Cancer Center will have plenty of new technology, the TomoTherapy® system used today will be moved to the new center to offer even more treatment options for our patients. Pictured are Dr. Jeff Carlton and Dr. Don Dickerson, Southeast Wyoming Radiation Oncology.

While the hospital is funding the building of the Center through bonds, it’s calling on the Foundation to provide needed equipment and technology. The Foundation has announced a 10 million dollar campaign to support the new Cancer Center.

Nurse Erin Rooney Gives and the Hospital Gets Back

Why One Employee Supports the Foundation

Between the toasting of new babies being born and the lasagna dinners that are sent home with new parents, there's a lot of positive energy being shared on the Women and Family Services unit at Cheyenne Regional. One nurse especially thrives on it: Erin Rooney, BSN, RNC-OB, Labor and Delivery Clinical Nurse Manager.

"We have an amazing team of nurses and physicians and support staff on our unit. Their passion for their jobs and their love and care for our patients energizes me every day," says Erin.

Erin says she is proud to work at CRMC, and that's why she gives to the Foundation: "We are on an amazing journey here at Cheyenne Regional. We are all dedicated to providing the best care to our patients. The Foundation helps us do that. They absolutely enhance the care that we provide."

Approximately 1,200 babies are born at Cheyenne Regional every year—an average of four a day. Besides celebrating births with sparkling cider, patients enjoy a chocolate birthday cake from the hospital's Greenhouse Grill, a goody bag with items to make their stay more pleasant, and of course the lasagna meal that's sent home with them to "make their first night home as easy as possible," says Erin.

OB patients are cared for even before they walk through the door. Through a Foundation-supported program called Tender Care, nurses visit with expectant moms and their families prior



Erin Rooney, Labor and Delivery Clinical Nurse Manager on the Women and Family Services unit at CRMC, participates in an employee giving program with the Foundation.

to their stay to go over their birth plans. They also meet a few days after to make sure the transition to home is going well. Also, when a baby has to stay in the special care nursery after delivery, moms are welcome to stay and receive free room and board.

"Our unit's motto is 'Our Family Caring for Your Family.' We take that to heart. We want our patients to have the best birth experience possible," says Erin. And they do.

Erin leads a busy life inside and outside the hospital.

With a family of four boys, she and her husband Tom are always on the go. "There are a lot of sports going on at our house," she says. The family enjoys all things UW and loves to go to football and basketball games at Erin's alma mater.

Erin's roots in Cheyenne run deep. Her father, Brenden McKinney, grew up in Cheyenne and returned with his wife, Blenda, and their family when Erin was five. She attended Jessup Elementary—like her son Patrick today—and graduated from Central High School. From there she went to UW and studied social work and education.

"During that time I visited a friend who was a patient in the hospital. After watching the nurses, I realized I wanted to be a nurse so I changed my major and here I am. I'm so glad that I did," exclaims Erin.

continued on page 25

Q & A with Dr. John Lucas

Chief Executive Officer, Cheyenne Regional Medical Center

Construction is underway! What Dr. Lucas has to share about CRMC's future growth as a system striving to meet growing and changing healthcare needs in our community, region and state.



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

Q: The theme of this issue of *Advancement* is "Breaking New Ground."

Could you give our donors an update on construction?

A: As you drive around campus, things are looking a little different. We are already using the new parking garage, and we just had our groundbreaking for the new Cancer Center. The expanded ER is also underway.

Several properties have been cleared to make way for the new Cancer Center on the block adjacent to the hospital. We appreciate the Historic Preservation Board's input, and we have struck a good balance between being good neighbors, preserving history, and improving cultural amenities while growing healthcare opportunities for the region. I believe being good neighbors is a link to our wellbeing as an organization.

Q: How is the project being funded?

A: The new Cancer Center is being funded through a combination of private philanthropic support and proceeds from the hospital's bond issue. The total project cost is roughly \$30 million for construction and equipment, with

\$10 million being sought from donors to the hospital through the fundraising efforts of the Foundation.

The new Cancer Center is about bringing together resources, equipment and technology so patients can receive state-of-the-art care in one convenient location and providers can easily collaborate on care decisions. Having everything in one place will improve access and outcomes for patients. We

look forward to having the larger community participate in making this wonderful new facility a reality.

Q: There is certainly a sense of energy at CRMC these days, including grants for innovation being awarded to the organization. Can you tell us more?

A: We are definitely an organization on the move. Now that there is some certainty about the federal Affordable Care Act, healthcare reform is on the center stage again. What we are trying to do is to make sure the reform in our state is reform that will work for our people — Wyoming-style reform.

We need solutions that are different than large urban areas. For example, telehealth, which

provides remote access to physicians, is made for Wyoming. It creates a whole new venue for patients, specialty consultation, and tele-case management. It creates much-needed access to specialists in hometowns, and helps patients avoid traveling great distances to specialty or

"What we are trying to do is to make sure the reform in our state is reform that will work for our people — Wyoming-style reform."

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

even primary care doctors. The proceeds from the recent Denim ‘N Diamonds event funded the expanded bridge (infrastructure) of our telehealth network. Now we are set to take advantage of that expansion.

Another exciting bit of news is that we recently received an innovation award for \$14.2 million from the Center for Medicare and Medicaid Innovation (CMMI) to help partners like the Wyoming Integrated Care Network (WyICN) transform care delivery in Wyoming. The grant allows us to instate additional community case management staff, telepharmacy services, and telehealth equipment—such as remote computers and tools in outlying offices. These actions will greatly advance our state’s goal of connecting every individual with a medical home, regardless of their physical proximity to a clinic or hospital.

The more tools we have, the more effective we can be. We want to address and focus on preventing readmission to the hospital — it’s not pleasant for the patient and it costs everyone more.

We also received a grant from the American Heart Association that will provide information and resources to help providers recognize and treat people who are having a STEMI, a heart attack that requires immediate treatment in a cardiac catheterization lab.

Telehealth will also be enriched by Epic EHR, which is our electronic health records system. Soon patients will have access to “MyChart” a patient portal that provides patients, and their physicians, with a history of their care. This

tool will help patients be more proactive in their healthcare by providing predictive data along with a history of healthcare activity.

“As a whole, we need to be more proactive versus reactive with healthcare.”

Q: What do you see as the immediate challenges for CRMC?

A: The Wyoming Solution is about meeting the needs of our community; it’s no longer just about running a hospital. We are entering a time where we can focus on planning ahead. Sure, we’ll be here when someone needs to be rescued, but we also need to be part of teaching

people to look ahead. In other words, we need to promote patients having a whole continuum

of care. This includes everyone having a medical home that provides a home base for wellness where they can anticipate future risks as well as receive treatment when they are sick.



Rendering of the future CRMC Cancer Center.

As a whole, we need to be more proactive versus reactive with healthcare. For example, the number of kids in poverty is growing nationwide. We need to be watching what evolves after the expansion of Medicaid was voted down. If parents aren’t engaged in the system, kids won’t be either. Now it’s up to the individual states to develop their own plan. We care about access and we know that the underinsured don’t access the system correctly. I believe we can band together as a community to continue to build a healthcare system that will meet our region’s ever-changing healthcare needs. It is happening now, with the Cancer Center and expanded telemedicine, and given the integrity of our community and healthcare providers, I am confident it will continue well into the future.

Carol Waeckerlin

Carol Waeckerlin is well embedded in the Cheyenne community. Her grandfather and mother were natives, and so is she. Yet her claim goes well beyond simply living here. She is tied to the community on many levels, having made a career out of volunteering. She joined the CRMC Foundation Board in early 2012.



Carol Waeckerlin, Foundation Board Member and Chair of the Cancer Center Campaign.

Carol and Ron raised three children, and all live relatively nearby. Eric is practicing environmental law in Denver, Kara is an account executive in Glenwood Springs and Beth is the choir director at East High in Cheyenne. They enjoy their three grandchildren: 5-year-olds Ava & Annika, and baby Ainsley.

Name an organization in town and Carol has most likely volunteered for it—United Way, Old West Museum, PEO (including president for the Wyoming State Board in

2002) and more. Today she volunteers at First United Methodist Church, the Foundation and at CRMC in the intensive care unit waiting area. “I thoroughly enjoy working in the ICU. I’m quite comfortable around all the stress and activity,” she exclaims.

Carol and Ron especially enjoy traveling — both together and with friends. Their favorite place to travel is Europe.

Carol loves Cheyenne and the outdoor activities it offers—hiking, snowshoeing and skiing.

“There is a great community spirit in Cheyenne. It’s wonderful how we band together and support projects for the good of the community,” she concludes.

“My father, Tom Powers, served on the Board several years ago. He and my mother, Ruth, believed in giving back to the community where you live, and my husband Ron and I have adopted that philosophy,” says Carol.

She is pleased to be heading up the Cancer Center Campaign: “I believe in having a strong regional hospital. We have a terrific medical staff, and we need to provide the financial

support that it takes to supply them with quality equipment and diagnostic tools.”

Carol and Ron—who is originally from Rawlins—met in the University of Wyoming marching band. “I played percussion and he played the trombone,” she states. Carol earned a degree in music education. Ron is a pathologist with AnaPath Diagnostics in town. They recently celebrated their 40th wedding anniversary.

“I believe in having a strong regional hospital.”



Carol enjoys spending time with her three granddaughters, twins Ava and Annika and baby Ainsley.

Cold weather exercise: Don't lose momentum with winter months ahead

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

With colder weather approaching, it is important to take a look at your current fitness routine and assess how to build upon it in the colder months. Many people think warmer weather makes it easier to get moving, but with the creative tips below, cold weather fitness can be just as fun. Below is a list of 20 ways to continue or increase your fitness level during the cold months ahead. These are just suggestions. Remember, the mind is a powerful tool, and with a little creativity the fitness opportunities can be endless even in the winter months ahead.

- Exercise during commercials
- Play “exercise” cards: You’ll need at least one deck of cards. Each player will draw one card. The drawer will have to perform the challenge set forth by the other participants, who list the number of repetitions.
- Indoor swimming, water aerobics, water walking, or lap swimming
- Set up a gym membership. Tip - Look into fun aerobic classes
- Mall walk
- Walk around your office or walk the stairs several times
- Play interactive video games such as Dance Revolution or Biggest Loser
- Build a snowman
- Have a snowball fight
- Pull a sled with kids on the back



- Shovel snow
- Snowshoe
- Cross country ski
- Downhill ski
- Snowboard
- Do indoor projects such as painting your house, rearranging rooms, organizing the storage area, etc.
- Go to the ice skating rink or roller skating rink
- Try new exercise DVDs (rent from the library if needed)
- Play laser tag with friends and/or family
- Find an indoor triathlon or have fun creating one for yourself

Find out what motivates you to be more active. Is it new music, group fitness or friends, a non-food reward, or a new activity? Know what you need to stay active and take the time to get it in place before the cold weather moves in. Have fun this winter and know that your activity shouldn't stop with colder weather!

*This article is advice only and does not represent medical opinion and/or diagnosis.
We do not assume any liability for the information contained in this article.*

Denim 'N Diamonds - June 23, 2012



Honorary Chair Amy Davis being escorted to the podium by Bill Larson, Board Trustee.



Held at Little America, Denim 'N Diamonds was a very elegant evening.



Tom Stuckey, CRMC Foundation Chair



The committee remembered every little detail - including the flowers.



A fun night to dress up and support the CRMC Foundation!

Denim 'N Diamonds *continued*



Todd Dereemer, Dr. Mike and Beth Miller



Leisann Paglia and Laurie Farkas



Governor Matt Mead, Amy Davis and Bill Larson



JD and Yvonne McGee



Hundreds of guests danced the night away.



Rita Meyer and Jacqueline Ferrall



Amy Davis and Board Trustee Phil Rosenlund



Char and Lew Roney



Laurie and Rick Wright



Ruthanne and Dr. Jim Hubbard



Salli and Dr. Jean Halpern, CRMC Board Trustee



Dr. John and Pam Winter



Dr. Rene Hinkle



Dr. Art and Carol Merrell



Stig and Beth Hallingbye



The silent auction was rich in Wyoming Treasures.



Chael Chapel, Dani Adams, Abe Adams, Donna Adams and Ted Adams



Paul Smith and Carmalee Rose

2012 Denim 'N Diamonds Golf Classic Winners

1st Place

Shane Hansen
Jay Parks
Jeff Mandrell
Tony Barela



1st place winners: Jeff Mandrell, Shane Hansen, Tony Barela and Jay Parks

2nd Place

Andrew Haynes
Al Haynes
Cary Bell
Jim Mitchell



Honorary Chair Amy Davis was presented with flowers at the Golf Classic.

3rd Place

Tracy Garcia
Leroy Garcia
Troy Griffith
Don Turner



Serious competition.



Joe Evans, Bill Larson (back), Janet Marschner, Jim Mueller



Tom Stuckey, Dale Steenberg, Ted Adams and Thorpe Nickerson



So close!

Breaking New Ground

By Ted Adams, Executive Director
Cheyenne Regional Medical Center Foundation

Wow! We really are breaking some new ground here at Cheyenne Regional. These are exciting times!

- **New Executive Director:** We have successfully recruited an outstanding new, permanent Executive Director for the Foundation. As I am writing this, Cheyenne Regional Medical Center Foundation is preparing to welcome Steve Stone and his wife, Dawn, who plan to be living in Cheyenne by mid-September.
- **New Facilities:** Groundbreaking for the new Cancer Center took place in mid-August, with completion anticipated within one year. The new parking garage is open and work on the new Emergency Department will begin soon. Once the Cancer Center and Emergency Department are completed, significant renovation will then begin inside the existing hospital.
- **New Use of Technology:** We can make healthcare more accessible and less expensive with technology. This summer's Denim 'N Diamonds gala funded a new "telemedicine bridge." The future of healthcare will include each and every one of us joining a patient-centered medical home and having a relationship with our family physician and clinical team, including a health coach. We will have access to our "MyChart" health records right along with our healthcare team. Rural Wyoming can lead the nation in the use of technology to deliver telehealth care, and Cheyenne Regional is providing leadership and support for the state.
- **New Commitment to a Wyoming Solution:** It is clear from the Supreme Court action that we will have to make some very big changes in our healthcare delivery and payer systems. Urban solutions will not work in rural Wyoming. CRMC is working to create a Wyoming solution in which, through the effective use of technology, every person in



the state will have access to quality healthcare. A solution that helps us avoid chronic disease altogether and, when that is not possible, diagnose chronic disease early and manage it effectively. A solution that will improve our quality of life as it reduces the cost of our healthcare.

Healthcare continues to be one of the most important and complex issues of our time. It is too important to our quality of life to ignore, and it is currently too expensive not to make changes. We have no choice: We simply must find a way to make healthcare available to all and at the same time get everyone engaged in actively managing their own care.

The good people of Cheyenne Regional Medical Center—the Board of Trustees, the administration, the physicians, the nurses and the staff—have the vision, will, and ability to create a world-class healthcare system for all Wyoming citizens. These people must have our support and assistance. I urge each and every one of you to get and stay involved with CRMC by becoming actively involved in the CRMC Foundation.

This will very likely be my last message to you as your Executive Director. I want to thank the Foundation Board and all the remarkable donors and community builders in the greater Cheyenne community. I count myself very fortunate to live in a place where good people are committed to building a better future through volunteerism, service to others and giving back.

Thank you for all you do,

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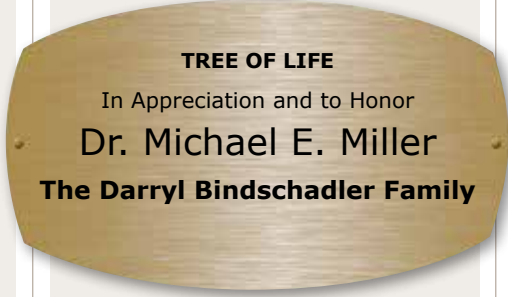
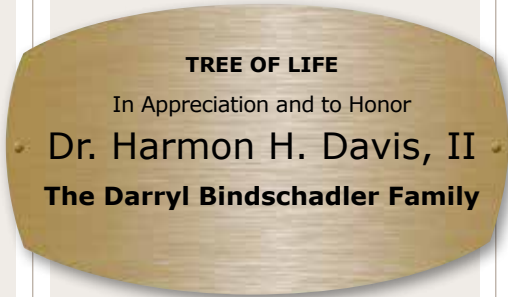
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- Ms. Amberlee M. Stanford
- Mrs. Kathy Stephan
- Ms. Kathleen M. Sweat
- Ms. Barb Thompson
- Mrs. Benita Thompson
- Ms. Helen Tucker
- Mrs. Twila Tudor
- Ms. Kim VanPay
- Ms. Kathleen Vick
- Mr. David P. Wagner
- Ms. Patricia S. Wagner
- Ms. Leigh West
- Ms. Susan Wilson
- Mrs. Cheryl Wold

Contributions *continued*

2nd quarter: April 1 - June 30, 2012

Employee Gift in Kind

2 Doors Down/Pizzeria Venti
 Accucheck
 All Star Recruiting, Inc.
 Anonymous
 Avens Spa
 Mrs. Mary L. Beckle
 Ms. Bonnie Bath
 Ms. Karen Buck
 Cheyenne Regional Medical Center
 Volunteers/ Pink Boutique
 Cheyenne Regional Medical Center
 Marketing/Communications
 Cheyenne Regional Medical Center
 Ambulatory Infusion Clinic
 Cheyenne Regional Medical Center
 Human Resources
 Mrs. Andrea Cook
 Mr. Scott B. Cruz
 Ms. Eileen T. Dinneen
 Ms. Jane Y. Eickbush
 Ms. Bonnie Bath
 Executive Search Group/Mr. Jeremy
 Schwab
 Mrs. Holly Fleck
 Mrs. Amanda R. Garey
 Georgette's Gift Shop
 Grease Monkey
 Great Harvest Bread Company
 Mrs. Denise Green
 Mrs. Beth Hallingbye
 Ms. Nancy Hamilton
 Mrs. Kim Johnson
 Dr. Maria Kidner
 Life Care Center of Cheyenne
 Mrs. Carol Merrell
 Ms. Jean Murphy
 Mrs. Fran Naler
 Ms. Kat L. Nicholson
 Ms. Jamie C. Presgrove
 Ms. Louise D. Raimondi
 Mrs. Erin Rooney
 Ms. Kathleen M. Sweat
 Mrs. Tammy Thiede
 Visual FX Salon/ Ms. Andrea Garcia
 Mr. David Wagner
 Mrs. Marie Weinmaster
 Western Paper Distributors/ Mr.
 David Wagner
 Mr. David Williams
 Mrs. Cheryl Wold

**Golf Tournament
Donations**

Mr. Ted Adams
 Alliance Construction Solutions of
 Wyoming
 Anonymous
 Mr. Dave Banks
 Mrs. Diana J. Banks
 Mr. Cary D. Bell
 Mrs. Karen. Bowen
 Burns Insurance Agency Inc.
 Mr. Fred Clyncke
 Compliance Plus, Inc
 Mr. Michael F. Cote
 Crothal Healthcare
 Davis Partnership Architects
 Mr. & Mrs. Joseph Evans
 FCI Constructors Inc.
 Mr. Wally Foster
 Mr. & Mrs. Cory Frantz
 Mr. & Mrs. Leroy Garcia
 GE Johnson Construction Co
 Mr. & Mrs. Nathaniel S. Goddard
 H+L Architecture
 Haselden Wyoming Constructors
 Mr. & Mrs. Andrew Haynes
 IES Commercial / Riviera Electric
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 Mr. William L. Larson
 MKK Consulting Engineers
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 RTN Roofing Systemers
 Dr. Kirk T. Shamley
 Smith Seckman Reid, Inc
 Sodexo, Inc & Affiliates
 Trautman & Shreve/ Tony Barella
 Mr. & Mrs. Jesse L. Walker
 Weatherby Healthcare
 Western States Fire Protection
 Company
 Wyoming Health Solutions

**Golf Tournament
Gift in Kind**

Airport Golfcourse Pro-Shop
 Alliance Construction Solutions of
 Wyoming
 Anonymous
 Cheyenne Regional Medical Center
 Marketing/Communications
 Cowboy Joe Club
 FCI Constructors Inc.
 Mr. & Mrs. Cory Frantz
 GE Johnson Construction Co
 Mr. Shane Hansen
 International House of Pancakes
 Qdoba
 University of Wyoming Sports
 Properties

Special Thanks

Western Vista Employee Cashiers
 Angela Aragon
 Kristi Gilliam
 Laurie Meena
 Megan Urwin
 Erin Young

Cowgirls of the West
 Joyce Anderson
 Bob Cotanch
 Carol Geyer
 Kathy Gilmartin
 Carolyn Passeneaux
 Bonnie Reider
 Pat Swan
 Bev Webster

Sodexo, Inc & Affiliates
 Cornell Colbert
 Justin Lathem
 Amanda White

Donor Profile

Bill and Tess Rideout

As often happens, Bill and Tess Rideout first attended Denim 'N Diamonds as guests at a friend's table. That evolved into getting a table of their own. Some 10 years later, they still invite friends to join them for the gala each year. As Tess, 89, says, "We will keep going as long as we are still up and about."



The CRMC Foundation is so grateful for donors like Tess and Bill Rideout.

As a physician, creating a strong healthcare system is important to Bill. He spent a good share of his career as an internist in private practice in upstate New York. Near age 50 he decided it was time to move on, and the family picked up and came to Cheyenne. He worked for the VA hospital until retirement. Bill has always been active in the community. Even today, at 91, he serves on the board of Magic City Enterprises (who provide homes for handicapped individuals), and is a member of Kiwanis International and a retired physician's group.

Like her husband, Tess also leads a busy life. In New York, she was a teacher. "When we moved in 1970, I was working on my master's degree as it was a requirement of all teachers in New York. I

finished my degree at UW," says Tess. Over the years she went on to get her PhD in school counseling and worked as a social worker in area schools. A fond memory is traveling during the summers with her sister to faraway, exotic places like Katmandu.

Today, Tess enjoys caring for horses. She

has three—one is a daughter's, the other two are adopted former work horses. Tess fell in love with horses when they moved to Cheyenne. She was a member of several riding groups and even went with the Union Pacific group to the Rose Bowl to commemorate Wyoming's centennial birthday.

Bill and Tess had seven children over a span of 16 years—five girls and two boys: Bill, Richard, Mary, Barbara, Nancy, Martha and Jeanne. The kids are spread around the globe, from Laramie to Ethiopia. The couple has 10 grandchildren—the youngest visit for three weeks each summer.

The Foundation would like to formally thank the Rideouts for their ongoing support.

Nurse Erin Rooney Gives and the Hospital Gets Back *continued from page 7*

Over the years the Foundation has strongly supported Erin's unit. "Right now, they are purchasing new furniture for our labor and delivery rooms. We want our families to be as comfortable as possible. This new furniture helps with that," she adds. The Foundation has also provided the unit with an isolette and a syringe

pump for the nursery, along with other equipment over the years.

"As staff, what we give to the Foundation comes back to us tenfold in the form of top-notch equipment and tools we use to care for our patients," concludes Erin.

Physician Profile

Dr. Don Dickerson, Radiation Oncologist

Days before 9-11, Dr. Don Dickerson and his young family were sailing in the Caribbean. He had recently retired, and the plan was to take a few years and circumnavigate the islands. He and his wife, Lori, had already been sailing for two years, homeschooling their two young sons.

“When 9-11 happened we felt unsafe and decided to come home. I also missed practicing medicine, and I especially missed working with patients,” says Dr. Dickerson. He had spent 26 years as a radiation oncologist in Orlando and wanted a change of scenery. The family decided to head West, where he practiced in both Colorado and Wyoming.

“Dr. Jeff Carlton asked me to join his practice about ten years ago and I couldn’t have found a better partner. He is top of the line,” says Dr. Dickerson, who states that CRMC is the “best place I have ever practiced. The staff is excellent and the patient care is superb.” The two doctors



Dr. Don Dickerson

independently own Southeast Wyoming Radiation Oncology but are often found at the hospital.

Dr. Dickerson has supported the Foundation since day one. “As a physician, giving to the Foundation is like giving back to yourself because they provide tools and technology that help us do our jobs and care for our patients,” he concludes.

Today, his wife Lori — a retired health attorney and former Foundation Board of Directors member — and their two sons, Kenyon (who is headed to college in Ohio) and Connor (a high school senior), still enjoy adventures together, especially the outdoor variety. Last year they sailed in the Grenadines, but a repeat extended sailing trip is not on the horizon. Dr. Dickerson is happy just where he is.