



Foundation
CHEYENNE REGIONAL
MEDICAL CENTER

Advancement

Advancing Premier Regional Community Healthcare

FALL 2013

Emergency Department

Redesigned to meet
best practices and
improve patient care ... *page 3*





Cheyenne Regional
Cancer Services

Giving Hope a New Home

Coming Soon...



Cheyenne Regional
Foundation

- Cheyenne Regional's new Cancer
- Center has been designed to be warm
- and welcoming. Our patients will be
- able to receive all of their treatments
- and support under one roof.
-

cheyenneregional.org

Advancement

Volume 16, Number 3 | Fall 2013

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Cover: Artist's drawing of the new emergency department, courtesy of Davis Partnership Architects.

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

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Message from
John Balsler
Foundation Chair

Greetings! This issue is packed full of noteworthy items and enjoyable photos from the Denim 'N Diamonds gala. In upcoming pages you will hear from Dr. Lucas on his retirement, read about significant improvements to the emergency department at Cheyenne Regional and get a recap of the gala.

Denim 'N Diamonds was a big hit this year! The event was well attended and we had a good response to the many and varied silent auction items. We met our goal in raising funds for the new digital radiology equipment for the Children's Clinic. The physicians and staff are excited to put this advanced imagery to good use in diagnosing and caring for their pediatric patients.

I want to extend my warmest thanks to Board Secretary Carmalee Rose and Board Member Rita Meyer for their countless hours in co-chairing the Denim 'N Diamonds committee. They could not have done it without the many volunteers who also gave time and ingenuity to ensure its success. Last but not least, I express my gratitude to our community sponsors and to Little America for hosting the event.

As you may have heard, Dr. John Lucas, Cheyenne Regional's CEO, has announced his retirement. He is a strong leader and a great friend to the Foundation. I'd like to congratulate him on his leadership vision for the hospital and send him well wishes for a solid retirement. Hopefully our paths will cross many times in the future.

The future is ours to build. I'm glad we are doing it together.

2013 Board Officers:



Carol Merrell
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Emergency Department Remodel to Improve Patient Satisfaction

If you've ever spent too much time waiting in the Emergency Department (ED), you'll appreciate this: The ED is being completely remodeled and retooled, and the top item on the list is patient satisfaction. Department leaders looked at all the reasons patients were not happy in the past and planned changes to address each one. Long wait times? Gone. Worn out surroundings? Improved. No privacy as you wait on a cot in the hall? Most likely never again.

Less wait, more comfort

"Long wait times during peak hours is the biggest complaint our patients have. In our current space, we simply don't have enough patient rooms. At times, we have to place ill patients in beds in hallways," says Tracy L. Garcia, BSN, RN, CEN, CPEN, Clinical Director-Trauma and Emergency Services.

Rooms are getting a design makeover, with comfort in mind. "We are transforming our area from old and dingy to new and fresh," Garcia says. The department will get new equipment, new furniture and a better use of space.

Department size doubles

"Basically, we are doubling the size of the department," she adds. The department will now have treatment pods or zones. There will be a "critical unit" for patients who need immediate treatment pending admission, a "clinical decision unit" for observation of acute patients, a "results pending area" with recliners for patients waiting to hear test results, a new "fast track" area to quickly diagnose and treat



A new and better ED is coming to Cheyenne Regional! Tracy Garcia, Clinical Director for Trauma and Emergency Services stands in the construction zone with Dr. Dan Surdam, Medical Director of the ED.

urgent care patients, and finally, a "psychiatric area" for patients needing mental health evaluations or treatment. The bed count will jump from 21 to 53.

"The new department will have much better patient flow," says Dr. Dan Surdam, Medical Director of the ED.

A lot of thought went into the new design. "We did a thorough research review and looked at best practices for patient flow in emergency departments. We also visited several hospitals in the region to glean from them what worked best," Garcia says. In addition, they consulted with the architect—Davis Partnership—who has experience designing hospitals to meet evidence-based practice guidelines. "Everyone got involved—from administrators and technicians to nurses and physicians. We had a bulletin board where staff members could post questions and suggestions," she adds.

continued on page 4

Emergency Department Remodel to Improve Patient Satisfaction *continued from page 3*



An artist's rendering of the new Emergency Department at Cheyenne Regional, courtesy of Davis Partnership Architects.

Faster “door-to-doc” times

A recent study by the RAND Corporation that provides analysis and research on worldwide trends found that ED admissions are increasing because more and more patients are using the ED for urgent care. “That’s partly why we developed the fast track area. With healthcare reform, more people will have insurance but there will not be an overabundance of primary care physicians, so some will use the ED as that,” Garcia says. The ED also offers the convenience of after-hours care. “It’s not always feasible to take a few hours off of work to go to the doctor,” she adds. Surdam calls the ED a “one stop shop” that offers care, tests and screens on a 24/7 basis.

“We aim to see patients as quickly as possible and really reduce our door-to-doc times,” Surdam says. The RAND study saw a trend of EDs moving away from the old idea of triage—sorting patients by their needs—and putting providers up front. “We will have three rooms in the front for nurses and physicians to quickly see patients and assess their needs—and even treat and release on the spot, when possible,” he states. In addition, the hospital has bedside registration: “Patients no longer have to go to a registration booth, it’s done right at the bedside,” Garcia adds.

AirLife services save lives

Did you know AirLife helicopters are available to fly straight to the scene of an accident and transport victims directly to the hospital? Imagine how important this is if you get injured mountain climbing or experience an accident on a remote highway. “This service enhances our ability to save lives,” Garcia says. The hospital formed a partnership with AirLife in 2012. Besides going to the scene of an accident, helicopters transport patients from outlying hospitals to Cheyenne Regional, and also deliver patients to larger hospitals for higher-level care, when needed.

Equipment provided by Foundation finds home at new ED

In recent years, the ED has benefited from the generosity of Foundation supporters. “We’ve received some state-of-the-art equipment that we’ll put to use in the new department,” Garcia says. The Foundation purchased a chest compression system, EKG machines and software for the department. Funds have also purchased an AccuVein, a veinfinder that uses light to locate difficult-to-find veins, and a ThermoGuard that cools cardiac patients, improving their outcomes.

Emergency Department Remodel to Improve Patient Satisfaction

continued from page 4



A rendition of the new nurses' station in the remodeled department, courtesy of Davis Partnership Architects.

“The Foundation is a great partner in our remodel project and has even served lunch to our construction crews,” says Garcia.

The staff can't wait to open the new department in late October. The public is invited to attend an upcoming open house to celebrate the new ED and take a tour. “We want people to know how committed we are to providing quality care. We believe this new ED will give us a great opportunity to do just that,” concludes Garcia.

Injury Prevention Program Teams up with Trauma Program to offer Car Seat Inspections

Did you know that 86% to 92% of all car seats in Wyoming that transport our most precious cargo—our kids—are either not installed right, damaged, the wrong size or not up to safety standards? Imagine how many traffic-related deaths or injuries could be avoided if this number was zero! Cheyenne Regional's Injury Prevention Program is on a mission to bring that number down. In connection with WYDOT Highway Safety Program, Wyoming Department of Health and the Kohl's Car Seat Distribution Program they've set up a permanent inspection station across from the Emergency Department.

“We offer car seat inspections two days a week by nationally certified technicians. People are so grateful to learn how to transport their children safely. If a car seat is inadequate we make it safe. We also supply low-cost car seats to those who meet income guidelines,” says Stephanie Heitsch, Injury Prevention Coordinator for Cheyenne Regional.

Since the program's inception in 2009, 1322 car seats have been inspected and 497 seats have been distributed. In addition, car seats are available in the ED for families that have endured car crashes.

The Car Seat Inspection Program is just one of several safety programs offered and managed by the healthcare system's Trauma/Injury Prevention Program. For more information, visit their coming website at <http://cheyenneregional.org/traumainjury-prevention>. Heitsch is grateful to the Foundation for serving as the fiscal agent of a number of Cheyenne Regional's injury prevention programs.

“When we started in 2001 we had one grant of \$3,000. Now we manage several safety and injury prevention programs and grants of approximately \$500,000 each year across the state. Thank you, Foundation Board members, for allowing us to be a part of the Foundation,” Heitsch concludes.

Upcoming Events

Want to get your car seat checked by a certified technician? Attend one of these upcoming, no-cost inspections!

Car Seat Inspections

Every Tuesday and Friday by appointment.
Inspection Station,
2222 1/2 House Ave., Cheyenne.
Call (307) 633-7527 to schedule.
No walk-ins please.

Boost 'til 9

Saturday, Sept. 21, 2013
9:00 a.m. to 2:00 p.m.
Kohl's Parking Lot
Call (307) 432-2679 for more info.
Drop-ins welcome.

Q & A with Dr. John Lucas

Chief Executive Officer of Cheyenne Regional

It is with gratitude and sadness that this is our last *Advancement* interview with Dr. Lucas. After nearly 7 years at Cheyenne Regional, 5 of those as CEO, Dr. Lucas will be moving on to the next chapter of his life. We sat down with him to recap his last 5 years as CEO and to explore what they have meant to financial supporters of the Cheyenne Regional Foundation.



Dr. John Lucas, CEO

CEO, in partnership with the Board, can then form a leadership team focused on clinical excellence, patient satisfaction and the financial challenges of healthcare reform.

If there's anything that I'd like to emphasize it's that Cheyenne Regional needs to accelerate its pace of improvement. Healthcare reform is exerting more pressure each year on systems to reach ever

higher standards of care – at lower levels of reimbursement. Cheyenne Regional must have leaders and physicians who will continue to raise the clinical excellence bar while also finding a way to reduce costs.

Q: You recently presented an updated strategic report to the Board. Could you share the highlights?

A: At our June 2013 Board of Trustee's meeting, I presented the updated *Strategic Options 2.0* report developed by our consultants Kaufman, Hall & Associates. Their report noted our strong market share in Laramie County, high levels of profitability, the ability to deploy substantial capital to remain competitive and our appropriate balance of risk within our credit context.

The report also talked about the value of regionalization - or gaining and maintaining strategic partners. We don't have to look far to see other hospitals taking this approach. In addition, they helped us see that sometimes the size of the community dictates whether offering certain services is cost effective.

There are pros and cons to the many decisions, challenges and opportunities that face the Board and administrative leaders in the future. Sorting out the truest path will be a challenge for the next leadership team and the community.

Q: Thank you, John, for your commitment of time and honesty over the past several years as you informed our readers on the happenings at Cheyenne Regional. What will you be doing next?

A: I have a lot of interests I want to pursue. Certainly more time with family is at the top of the list, as well as traveling, possibly consulting and maybe even practicing medicine again. I look forward to the opportunities that await me.

Q: Change can be difficult and uncomfortable. What do you want this community to know about Cheyenne Regional as you leave your post of CEO?

A: I want them to know - first and foremost - that Cheyenne Regional is positioned to continue its journey towards excellence.

We've been fortunate to have senior leaders with vast healthcare experience and talent. They have set Cheyenne Regional on the right course.

While several leaders have departed over the past few months, I am confident that Cheyenne Regional can continue on its journey toward excellence. The Board has a CEO succession plan in place and will be working with a national recruiting firm to hand pick a new CEO. That

Q: Looking back over the past 5 years, what milestones have you and your leadership team been able to accomplish?

A: I'm proud of many of the innovations that our Board of Trustees supported and our team implemented over the past few years.

I think our biggest accomplishment has been creating a "digital nervous system" of health data and electronic patient records. This momentous change is well underway. Like many hospitals and clinics, we needed to move from our old-fashioned analog systems to a digital environment. There are federal mandates to do so, but it is also the right thing to do to improve healthcare all around. We are in the early stages of installing EPIC (Electronic Privacy Information Center) system-wide, changes that support the clinical side. I'm pleased to say that by this fall a data warehouse will be established that gives front-line workers real-time data and reports which can help them make quick and accurate care decisions as well as track quality issues on the spot. A component of EPIC called MyChart, our electronic health record for patients, is available now so that individuals can have access to their records, much like electronic banking. These tools will support improvements and innovations on a large scale.

We are committed to creating a culture of innovation by incenting all employees to think differently. Our installation of EPIC utilized a relatively new concept in teamwork, that of highly decentralized teams, and it worked really well! We also invited physician leaders to be a part of the executive team - their voices were invaluable in pinpointing ways to improve care quality.

Besides bringing Cheyenne Regional into the digital age, the leadership team received a Health Care Innovation Award that will help Cheyenne Regional move toward patient-centered certified medical homes - an outgrowth of healthcare reform where teams of professionals provide coordinated care. Instead of healthcare providers just reacting to a problem, the model encourages patients to define their health goals and, together with their caregivers, develop a plan to meet them. It encourages patient responsibility, and it

will ultimately drive down the cost of delivering medical care. A good example is empowering patients to be partners in managing chronic conditions, such as diabetes and heart disease, with regular visits from case managers. Doing so improves clinical outcomes and patient experiences.

We will also be receiving a grant to engage patient navigators. The grant provides funding for six or seven navigators to assist people who are eligible for insurance through the newly adopted health exchange.

All said, we are no longer just a hospital, we are an organized system of care: Physicians, hospital staff, clinical staff and administrators all working together across departments and facilities to provide the best care for patients. It's vital that everyone continues to talk to each other as the system moves forward; the digital platform will help facilitate this communication.

Q: What is your final message to our donors?

A: Cheyenne Regional has been part of the community for 146 years, and at every point the community has realized the value of this institution and has supported it with their dollars. Philanthropic giving will continue to be important as healthcare reform will likely bring reduced reimbursements from the federal government. Donor support can help offset these losses.

There are many exciting developments at Cheyenne Regional that are enhanced by donor participation, including the coming Cancer Center and new emergency department. Donors are certainly critical in making these new projects a reality. Gifts benefit the whole community as they provide every patient the opportunity to receive improved, advanced, high-quality care.

As a donor, you likely understand the concept of leverage - every dollar you give will give you back more in the form of community value. I personally want to thank you for making this community better, and I hope your commitment remains strong.

Happy Trails! I wish you a future of happiness and good health.

Too Much Belly Fat Increases Risk for Heart Disease

by Rebecca Grant, LPN
Bariatric Program Coordinator

Health experts have known for a long time that people who are overweight are at a higher risk than people of normal weight for developing illnesses such as Type II diabetes, hypertension and cardiac disease. What they have recently learned may surprise you: *where* you carry your extra body fat may be as important as *how much* extra fat you carry when it comes to heart attack and cancer risk, according to a recent study published in the July issue of the *Journal of the American College of Cardiology*.



The new study from Brigham and Women’s Hospital suggests that body fat that forms a “spare tire” around your waist is more dangerous to your health than carrying fat in the hips and thighs. The study followed 3,086 patients for up to seven years. Of the subjects followed, 90 had heart-related events and 141 developed cancer. Using CT imaging to look at body fat deposits, researchers found a link between abdominal fat and heart attack and cancer. One long-suspected reason is that the presence of too much belly fat may mean that there is too much fat around the internal organs—creating visceral fat.

Want some practical steps to take to reduce your waist size? Gretchen Halley, Registered Dietician and Licensed Medical Nutrition Therapist at the system’s Weight Loss Center, suggests these 10 tips:

- 1. Beware of “portion distortion.”** Learn what an appropriate serving size looks like to avoid overeating.
- 2. Read food labels.** Pay special attention to serving size, calories per serving and fat per serving. Beware of fat-free foods that are high in sugar and calories.

3. Eat breakfast every day.

Eating breakfast helps get your metabolism going by replenishing low stores of protein and carbohydrates.

4. Choose lean protein.

Poultry, fish, eggs and lean cuts of meat should be baked, boiled, poached or grilled rather than fried. Beans and legumes are also a great lean protein option.

5. Eat your fruits and veggies.

They are important sources of nutrients and fiber.

6. Drink plenty of water. At least eight, 8 oz glasses of water (more if the weather is hot or you’ve sweated during exercise) should be consumed daily.

7. Exercise daily. Schedule 30 minutes every day of activity that elevates your heart rate.

8. Keep a food journal. Writing down what we eat has a powerful effect on our weight loss efforts.

9. Find support. Declare your intention to someone to adopt and follow through on healthy habits. Having an exercise buddy helps.

10. Adopt a healthy lifestyle. Change the way you think about food and exercise. Don’t think in terms of going on a diet, but rather living healthily.

Attaining and maintaining a healthy weight requires effort and commitment, but ongoing medical research continues to reinforce the importance of weight management. When you consider the quality of your years versus the quantity, you understand that good health is well worth your time and attention.

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.

Board Profile

Janet Marschner

You've heard it said that dogs are man's best friends. With Janet Marschner, it's the other way around: she is her dogs' best friend, and her horses' and donkey's, too. That's because she rescued them all from certain death and gave them a happy life in the country in the outskirts of Cheyenne.

Janet claims her life is boring. Don't buy it. She is living a colored and varied life. Besides having served on the Cheyenne Regional Board of Trustees for the past five years, she has been on the Cheyenne Animal Shelter Board for several years—hence the five rescued horses, numerous cats, too many dogs to mention and a miniature donkey named Ross. “He might be a hinny as he has horse qualities, but he's a real character,” she exclaims. One of her horses is named Cupcake. “He's an amazing horse. He's 30 years old and he's going to live forever.” Her favorite dog is a chocolate lab named Dru.

Janet grew up in Dickinson, North Dakota. Her early years were spent on a farm where she acquired her love for animals. She has lived in Cheyenne for the past 20 years: “I love

Wyoming. I love Cheyenne. We have the nicest, friendliest people around.”

Janet thoroughly enjoys her time on the Cheyenne Regional Board. She brings a unique perspective, having worked at the hospital from 2001 to 2008 in the finance department as a CPA. She has been in healthcare much of her life and currently works



Janet Marschner

as a healthcare consultant. “We have the most amazing people on the hospital board. It's really well-rounded with people from diverse backgrounds,” she adds. She relishes serving as the PACE representative on the board.

Janet believes the Foundation's work is very important for the community. “The Foundation helps grow and maintain quality healthcare. The Cancer Center is a great example. My mom has lymphoma, and a lot of other families are affected by cancer

as well. It's wonderful that we will soon have advanced services here in Cheyenne.”

Janet appreciates serving on board governments. Besides the Cheyenne Regional and Shelter Boards she has also been on the Health Care Financial Management Association Board, Cheyenne Chamber Singers' Board and the Meridian Trust Federal Credit Union Board. She also supports the Boys & Girls Club of Cheyenne and the Cheyenne Botanic Gardens.

She's got another interest—building homes. Her business is Cardinal Construction and her motto is “building single family homes with livable designs.” How did she go from CPA to general contractor? “It's a long story, but it started when I moved a house up from Greeley and remodeled it.”

Janet likes to go trail riding with her horse Prairie in the mountains of Wyoming. The Sierra Madre Range is her favorite spot. Janet also enjoys hunting big game and pheasants. “I am a certified hunter education instructor for the Wyoming Game and Fish Department. It's my passion to encourage and mentor women and young girls to hunt,” she concludes. Boring life? Not likely!

“We have the most amazing people on the hospital board. It's really well-rounded with people from diverse backgrounds.”

Foundation Grants Awarded

October 2009 - March 2013

Donations made to Cheyenne Regional Foundation give back to our healthcare system in many ways

Department	Amount
Acute Rehab Unit-Facelift	\$14,000
Acute Rehab Unit-Recliners for Patient Rooms (15)	\$31,000
Acute Rehab Unit-Recumbent Bike	\$3,000
Acute Rehab Unit-Stroke Camp - Aug 2011	\$19,500
Acute Rehab Unit-Stroke Camp - Aug 2013	\$10,725
Acute Rehab Unit-Therapy Equipment	\$5,568
Ambulatory Infusion Clinic-Vital Sign Towers	\$18,436
Best Life Program-T-Shirts	\$4,080
Cardiac Rehab/Pulmonary Rehab-Recumbent Bikes	\$6,951
Cardiac-Non Invasive Lab-Echo Probe Disinfecting Equipment	\$20,395
Cardiac-Tracker Board	\$15,953
Cardiology Group/Emergency Department/Critical Care-Equipment	\$70,000
Cardiopulmonary, Neuro & EKG-EKG Machines	\$30,942
Cardiopulmonary-Endotracheal Tube Inflator/Manometer (12)	\$4,156
Cardiopulmonary-Ventilator	\$28,500
Care Coordination-Indigent Supplies	\$6,000
Case Management-Scales	\$11,650
Central Supply-IV Poles	\$9,800
Chaplain Services-Furniture	\$1,311
Cheyenne Home Care Services-Portable Ultrasounds	\$359
Cheyenne Home Care Services-TENS/EMS Units/Electrodes	\$330
Cheyenne Oncology/Hematology-Piccolo Lab Instrument	\$14,482
Davis Hospice Center-Bird Seed	\$1,500
Davis Hospice Center-Breakroom Remodel	\$6,994
Davis Hospice Center-Carpeting	\$16,828
Davis Hospice Center-Chairs	\$29,443
Davis Hospice Center-Coffee Machine	\$3,000
Davis Hospice Center-Educational Materials	\$3,603
Davis Hospice Center-Educational Materials	\$7,737
Davis Hospice Center-Flooring	\$17,859
Davis Hospice Center-Flooring	\$15,657
Davis Hospice Center-Flooring Nurses Station & Breakroom	\$3,679
Davis Hospice Center-Gardens/Landscaping	\$18,075
Davis Hospice Center-Gazebo Repair	\$2,805
Davis Hospice Center-Handicap Access-Auto Doors	\$16,160
Davis Hospice Center-Ice Machine	\$3,460
Davis Hospice Center-Kubota Tractor Cab	\$4,495
Davis Hospice Center-Landscaping-Tree	\$500
Davis Hospice Center-Medical Equipment	\$23,367
Davis Hospice Center-Plastering/Stucco	\$29,038
Davis Hospice Center-Serving Cart	\$269
Davis Hospice Center-Soffit & Fascia	\$8,470
Davis Hospice Center-Tile & Carpet	\$24,711
Davis Hospice Center-TVs	\$12,137
Davis Hospice Center-Vital Towers	\$7,414
Davis Hospice Center-Volunteer Smocks	\$1,807
Davis Hospice Center-Water Feature Repairs	\$22,000
Davis Hospice Center-WiFi/SKYPE/Cordless Phones	\$29,479
Diabetes Education-Lifestyle Change Program	\$8,500
Diabetes Self-Management Program	\$8,500
Emergency Department-AccuVein	\$4,500

Foundation Grants Awarded *continued*

Emergency Department-Chest Compression System	\$14,495
Emergency Department-EKG Machines & Software	\$46,813
Endoscopy-CO2 Efficient Endoscopic Insufflator	\$26,193
Endoscopy-Traveling Cart	\$6,850
Health & Fitness-Gym Equipment	\$17,000
Home Away From Home-Refrigerator	\$1,442
Home Care-Speech Therapy Materials	\$2,000
Injury Prevention-New Vehicle	\$39,255
Injury Prevention-Safe Kids Car Seats	\$5,000
Injury Prevention-Safe Kids Car Seats	\$6,900
Lab/Nursery/CDU-i-Stat	\$17,455
Lab-Analyzer	\$21,500
Lab-BD Affirm Microprobe Processor	\$12,000
Lab-Platelet Incubator	\$8,870
Lab-Refrigerator	\$8,190
Labor & Delivery-Labor Room Furniture	\$30,180
Medical Imaging-C-Arm Laser Attachments	\$10,902
Medical Imaging-Lead Glasses and Shielding Devices	\$2,734
Medical Imaging-Radiology Procedure Chair	\$8,604
Microbiology- BD Phoenix AP Instrument	\$35,000
MRI-Safescan Target Scanner	\$2,975
Nursery-Pediatric Echocardiogram Probe	\$10,950
Nursing Admin-Stroke Center Initiative Program	\$6,515
Oncology Unit-8 Space labs/Mounted Vital Sign Machines	\$33,176
Oncology Unit-Family Lounge Furniture	\$8,596
OP Rehab-Diathermy	\$8,500
OP Rehab-Game Ready	\$7,754
Organizational Development –AV Simulation Equipment & Zoll Training Defibrillator	\$11,180
Organizational Development-Clinical Education	\$4,605
Organizational Development-Clinical Learning Equipment	\$12,624
Organizational Development-Lactation Equipment	\$1,450
Organizational Development -Lactation Pumps-West Campus	\$5,000
Organizational Development-Simulation Program	\$38,511
Pastoral Care-BHS Art Supplies	\$430
Pastoral Care-Ethics Speaker 2011	\$8,000
Radiation Oncology-Art Works	\$15,000
Radiation Oncology-Blanket Warmers (2)	\$13,000
Radiology-Lead Aprons	\$6,000
Radiology-Lead Aprons	\$9,000
Radiology-Nuc Lab	\$10,000
Special Care Nursery-Monitors	\$29,000
Special Care Nursery-Retinopathy Equipment	\$3,057
Wake Up to Women’s Health	\$2,500
Women & Children’s Services-Breast Pumps	\$9,855
Women & Children’s Services-Electrified Locks	\$11,100
Women & Children’s Services-Postpartum Training	\$10,000
Women & Children’s Services-Special Needs Forums	\$10,000
Women & Children’s Services-Syringe Pump	\$4,309
Women & Children’s Services -Tendercare Lactation Program	\$21,450
Wound Management-Oxygen Leads	\$18,240
Wound Management-Waiting Room Furniture	\$15,000
Wyoming Heart & Vascular Institute -Ladies in Red 2011	\$5,000
Wyoming Heart & Vascular Institute-Ladies in Red 2013	\$4,000
Wyoming Heart & Vascular Institute -Ladies in Red 2014	\$5,000

Total Granted October 2009 to March 2013 **\$1,342,285**

Denim 'N Diamonds - June 22, 2013



Brent Weigner and Sue Hume's red carpet greeting with John Balsler



Colorful lighting filled the room



Brent Weigner and Sue Hume thank guests for supporting digital radiography for our pediatric patients



Sandy and Dennis Wallace red carpet greeting with John Balsler



Cowgirls of the West assist guests in finding their seats



Ron and Michelle Mulberry



*Jayna and Chad Lybeck, Andrea and John Cook,
Alisa and Dale Von Krosigk*



John and Pam Winter, Natalie and Bret Winter



UW College of Business guests



Life Care Center of Cheyenne guests



Ruthanne and Jim Hubbard



Mike and Emily McGrady



Towne Park Valets provide parking with a smile



Jim and Becky Burney, Brent Weigner, and Janet Washburn Terrell



Stephen Stone red carpet greeting with Sue Hume



Carl & Wilma Lathrop



Brent's niece, McKay Brown; Brent's sister, Susan Brown, and Brent Weigner

Denim 'N Diamonds *continued*



Bert and Lisa Wagner with John Balser



Jocelyn and Thorpe Nickerson with guests



Suzi and Brad Cave



John Lucas, John Balser and Stephen Stone present Brent and Sue with a momento as Honorary Chairs



Cheyenne Children's Clinic guests



Carmalee and Mauri Rose with guests and friends

Reinforcing the bond between the Foundation and Hospital Staff

The Denim 'N Diamonds Employee Partners Committee challenged Cheyenne Regional departments to be creative and to think outside the globe and donate a themed gift basket for the employee silent auction on June 7th. The employees came back with 28 fabulous creations and the auction offered 66 other items that had a bit of something for everyone raising \$3,879. The Committee chose four of the baskets to be placed in the gala auction that was held on June 22nd. The Committee also had a raffle for an iPad Mini that raised \$942. Sodexo Food donated a spectacular buffet of international foods and beverages. The Committee was pleased to raise \$4,821 for digital radiography for pediatrics.



Father's Day BBQ – Ambulatory Infusion Clinic – auction winner



Camping Basket - Eileen Dinneen - auction winner



Healthy Behaviors Gift Basket - Behavioral Health – gala item



Italian Dinner Gift Basket - Beth Hallingbye - auction winner



4th of July Cooler and BBQ Grill – Environmental Services - auction winner



Wheel Barrel of Gardening Fun - Telemetry – gala item



French Adventures Gift Basket in memory of Dr. Spaulding - Cath Lab – gala item



Fit for a Princess Gift Trunk - Legal Services – gala item

2013 Golf Classic - to benefit the Cancer Center

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Jon Lindstom
Shannon Gorman
Steve Redman

2nd Place Team

Bill Hazlett
Mike Swoape
Pat Prewitt
Patrick Barnett

3rd Place Team

Amy Surdam
Dan Surdam
Leroy Garcia
Tracy Garcia

Participants

Al Cassidy
Allen Nuss
Amy Surdam
Austin Raap
Bill Harris
Bill Hazlett
Bill Larson
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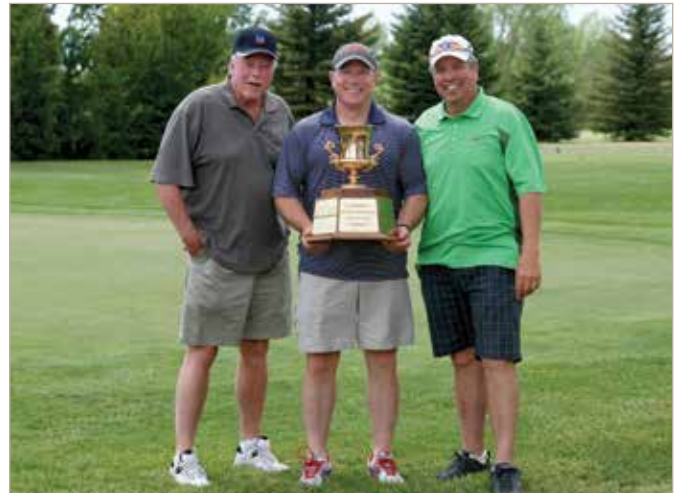
Golf Classic Committee Members

Bill Larson
Cheryl Wold
Dalene Frantz
Karen Boehner
Scott Craigie
Shane Hansen
Steve Stone

see photos on page 18



GE Johnson Construction was the tournament's prime sponsor. Pictured are: Matt Glenn and Scott Henderson (left to right).



First Place team of Dave Banks, Shannon Gorman, Jon Lindstrom and Steve Redman celebrate their win of the 2013 CRMC Golf Classic Trophy.



Foursome of Patrick Collins, Natalie Winegar, Brent Beeman and Craig Whitehead, USAF Col., Retired (left to right) pose for a shot while waiting for Canadian geese to leave the fairway.



Leroy Garcia helps Tracy Garcia line up her putt. Team members Amy and Dan Surdam, MD, look on.



2013 Golf Tournament players and carts ready for shotgun start.

Foundation Supports Hospital As it Grows

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

I hope this message finds you well and that you have been having a relaxing, slow-paced and wonderful summer. Here in Cheyenne the pace of life has not slowed as the community recently celebrated its 117th annual Cheyenne Frontier Days rodeo with parades, carnivals and parties. The same frenetic pace continues within the Foundation and the hospital. The Foundation recently completed its 24th annual Denim ‘N Diamonds gala event, which was a huge success. Immediately prior to the gala we held our annual golf classic which completely sold out and was a great success for our 96 players and generous sponsors. This year the proceeds from the tournament supported the Cancer Center. More recently, we held our inaugural “Scrub Shuffle 5K” wellness walk/run event. We were amazed to attract 134 participants—a good number for the first year. Participants ranged from six years to 99 years! We brought in between \$3K and \$4K for the Cancer Center campaign. Cheyenne Regional is busy as well with the impending completion of two new facilities on our campus—an enhanced emergency department and the new Cancer Center.

The greatly improved emergency department is scheduled to open in late October. You can read more about it in this issue’s feature article, but highlights include growing bed capacity from the current 21 to the new 53—a size that will allow the hospital to serve our growing community for years to come. Cheyenne Regional has been a community hospital for 146 years and we all look forward to continuing to serve you and your families for another 146 years and beyond. Foundation and hospital leaders value our partnership with the community; together we are able to provide life-saving measures in times of accident, injury and acute illness.



Our new Cancer Center will open mid-November this year; it’s an exciting new chapter in cancer treatment for the residents of Wyoming, western Nebraska and northeastern Colorado. The Center will bring services currently offered at four separate locations across Cheyenne together in a single facility. Moreover, it will allow us

to grow along with Cheyenne and the region we serve, and to offer new services to our patients. The Foundation continues to receive warm and generous support for the Cancer Center with donations at just over \$3.5 million after one year of fundraising.

I always tell people I speak with that I hope we never have to see them in our facilities as patients, but if so, we want to make sure the hospital is there for them, and that we can provide the best medical care available whether on an emergency basis, inpatient, out-patient or as comprehensive cancer care. All of us at Cheyenne Regional and the Foundation thank you for your generous gifts and financial support. Without you, the hospital would not be able to provide you and your neighbors with high quality care. Thank you, and enjoy the rest of your summer.

“All of us at the Foundation thank you for your generous gifts and financial support.”

Scrub Shuffle

Thanks to the 134 people who registered for the first-ever Scrub Shuffle 5K, held July 13, 2013, at Laramie County Community College. It was a great turnout and a wonderful day—with people of all ages and abilities participating. This year’s proceeds will support Cheyenne Regional’s new Cancer Center.

The race committee is already planning next year’s race, which takes place on Saturday, July 12, 2014. Please save the date and join us. We are working to build on this year’s amazing turnout and extend an invitation to you and everyone else that ran, walked or jogged to join us again in 2014! Please be sure to invite family members, friends and co-workers.

For more information about the Scrub Shuffle 5K, including sponsorship opportunities, please call the Cheyenne Regional Foundation at 307-633-7667. You can also email the Foundation’s Executive Director, Stephen Stone, at Stephen.stone@crmcwy.org.

2013 race results are posted on <http://cheyenneregional.org/sites/cheyenne-regional-foundation/news-and-events/scrub-shuffle/>. A photo album of the race will also be available on Facebook.



A very special thanks and congratulations to Dode Goreham, who turned 100 years old on July 18, 2013. She took part in this year’s Shuffle along with several family members. Dode said participating in a 5K was on her bucket list. “It was easier than I thought it would be,” she commented after the race.

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Dr. & Mrs. Ronald W. Waeckerlin

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In Honor Of**Mr. William R. Dubois, III**

Mr. & Mrs. Gerald L. Jessen

Ms. Marcella C. Helser

Mr. & Mrs. Gerald L. Jessen

**Mr. and Mrs. J. Kenneth
Kennedy**

Mr. & Mrs. Gerald L. Jessen

**Miscellaneous
Donations****Cancer Services**

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Physician Profile

Dr. Joe Horam, Pediatrician

Pediatrician Dr. Joe Horam may be able to recognize the years passing in his patients who become parents themselves, but he doesn't let it show. He's just as busy and active and fit as ever. In October he will fulfill his lifelong dream of climbing to the base camp of Mount Everest.

Dr. Horam has lived in many places, thanks to his dad who traveled extensively for the military. He spent several years of his childhood in Germany as well as in Colorado and Utah. "I consider myself a regional resident," he says. He prefers Cheyenne, first coming here in the late '70s as a PA with City/County Health. "That experience made me determined to go back to medical school. When I finished, Dr. Jim Hecker asked if I'd replace him at the Children's Clinic," Horam states.

Dr. Horam attended medical school on a military scholarship at the University of Colorado's Health Sciences Center. He completed his residency in Honolulu, Hawaii at Tripler Army Medical Center. "It was hard work, but we had fun exploring the islands," he adds. From there he completed a tour at Fort Knox until 1994, and then it was off to Cheyenne, where he settled with his family.



Dr. Joe Horam

"My kids attended the triple play—Jessup, McCormick and Central High," he states. Valerie, 32, is now an ICU nurse at the Anschutz Medical Campus of UHealth. Andrew, 27, is at the University of Wyoming studying psychology, and Zachariah, 19, recently graduated high school. Dr. Horam and his wife, Carol, a retired dermatology nurse, have been married 40 years. Carol enjoys volunteering in the community.

"Carol is a two-time cancer survivor, so we understand how the new Cancer Center fulfills an important universal need in Cheyenne," he adds.

Dr. Horam spent 27 years combined with the U.S. Army Medical Corp and the Wyoming Army National Guard as a state surgeon, flight surgeon and medical detachment commander. He served nearly three years overseas in combat zones with Desert Storm and the Kosovo Nato Peacekeeper Force.

He is grateful to the Foundation for raising money for the new digital radiology equipment for the Children's Clinic, which will "enhance patient care and provider satisfaction." Today, Dr. Horam splits his time between seeing patients and serving as the Medical Director of Blue Cross Blue Shield of Wyoming. In his free time he prepares for his next big adventure.
