Cheyenne Regional Foundation

advancement

Advancing Premier Regional Community Healthcare

SPRING 2016

HIGH FIDELITY SIMULATORS



W I R E L E S S KEPING YOU CONNECTED Along Life's Journey.



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CheyenneRegionalMedicalCenterFoundation

@CRMCFoundation

The Cheyenne Regional Foundation is a nonprofit 501(3)(c) organization committed to nurturing and improving the health of individuals and the quality of life for our community. Our mission is to develop and steward resources that support Cheyenne Regional Medical Center in providing access to the best regional healthcare available.

Carmalee Rose

CHEYENNE REGIONAL FOUNDATION CHAIR



2015 was a great year for the Cheyenne Regional Foundation! Thanks to our donors, we were able to provide more than \$614,000 to the hospital. That's an amazing impact!

Last September, our

new Executive Director Scott Fox joined us and I'm excited to continue working with him this year. There's been a lot of comings and goings on the board. I'd like to welcome our new board members as well as new Emeritus board members. I also want to thank our outgoing board members for their long and dedicated service.

I'm happy to begin my second year as Chair, because there's so much to look forward to! I'm looking forward to the opportunity to continue working with all our board members and staff as well as the Cheyenne Regional Board of Trustees and Executive Team.

Denim 'N Diamonds 2016 will be a great event, and I'm excited that this year's project supports Clinical Education. The high-fidelity training simulators represent an exciting opportunity for the hospital to build relationships and help our community, both locally and across Wyoming. With top-notch clinical education, Cheyenne Regional will help Wyoming advance toward the cutting edge of quality medical care and improve the lives of our families, friends and neighbors!

Turn to page 9 to learn more about this year's Denim 'N Diamonds event.

Carmalue & Kose

2015 TOTAL IMPACT

\$614,434	PROVIDED TO CHEYENNE REGIONAL
\$408,434	INTERNAL GRANTS TO DEPARTMENTS
\$206,000	TO THE NICU FROM DENIM 'N DIAMONDS

OUTGOING BOARD MEMBERS

Thank you for your years of dedicated service!

r f d ! Bill DUBOIS



NEW EMERITUS BOARD MEMBERS

The Foundation is thrilled to welcome Dave Foreman and Carol Waeckerlin as Emeritus Board Members. Each epitomizes the expectations of Foundation board members, and their commitment and service to the board was exemplary. Their efforts while serving on the board continue to have significant impact on Cheyenne Regional and the welfare of our local community.





KNOW YOUR NEW BOARD MEMBERS



STEPHANIE JOY MEISNER VICE PRESIDENT, GREATER CHEYENNE CHAMBER OF COMMERCE

"Cheyenne is truly an incredible community to live, work and do business. My involvement in the Foundation Board is an opportunity to build a strong understanding of our community's healthcare center and convey its importance to generations to come. I look forward to serving on the board with exceptional community leaders."

GAS CARD FUNDRAISERS HELP CANCER PATIENTS



In support of patients and their families who are faced with traveling from the surrounding area to the Cheyenne Regional Cancer Center for treatment, three events were held this fall to raise money to purchase gas cards. The Employee Advisory Board raised more than \$4,000 and a decorative bra contest added another \$750. In addition, a group of employees took the cause to the next level and added almost \$2,000 more!

Letting their facial hair go wild, 15 gentlemen of Cheyenne Regional Medical Center's Epic TrueConnect Team decided last November to have a little fun while raising \$2,000 for gas cards for cancer patients.

The Epic Team's effort tied into "No-Shave November," a nationwide campaign to grow awareness by embracing their hair, which some cancer patients lose. Some members of the Epic Team shaved off their facial hair while others had to stop shaving. "We had a very positive response to the fundraiser," said Kevin Ogle, who was co-lead on organizing the event for the Epic Team, which maintains the hospital's electronic medical record and billing system.

The team shared progress photos on Facebook, gaining attention from friends and family. "We found that many people didn't realize that a lot of patients travel back and forth to Cheyenne for treatments and may need gas cards," Ogle said.

"Providing a gas card drops a barrier for a patient who might not be able to make an appointment because of the cost of gas," explained Barb Lawyer, Oncology Program Manager. "It is very important in cancer treatment to not miss an appointment."

The Epic Team had so much fun this year that it plans to continue the campaign every November. $\stackrel{\star}{\star}$

Scott Fox CHEYENNE REGIONAL FOUNDATION EXECUTIVE DIRECTOR



I'm excited to join the Cheyenne Regional Foundation team!

Since my family (Megan, Matthew, Alex) and I moved to Cheyenne in 2008, we've been amazed by how welcoming our community has been and we've enjoyed becoming part of it. That's why when I retired from the military, we decided to make Cheyenne our permanent home.

Joining the Foundation has been a natural transition for me, because I get to focus on two things I think are vitally important: helping people and building relationships.

Cheyenne Regional nurtures and improves local health and quality of life, and since I joined the Foundation, it's been clear to me that our amazing donors also recognize that critical role. Our donors continue a long history of helping our friends and our neighbors by ensuring exceptional healthcare.

I want to thank everyone for the warm welcome I received. The Foundation staff and Board of Directors were simply amazing, and the kind support of the Cheyenne Regional team made my transition very smooth.

Recently, we welcomed our new Operations Manager, Haleigh Pickett, who is already doing an amazing job!

I'll close with a thank you to our donors. We are indebted to you and are humbled by your consistent and selfless support. Many thanks!

SUE MECCA DIRECTOR OF FINANCE, ECHOSTAR BROADCASTING CORPORATION

"The activities of the Foundation are an integral part of the success of CRMC and CRMC is an integral part of the Cheyenne community. I look forward to being involved in the Foundation's work in hopes of adding value."

ENGAGEMENT

Gift Helps Others

Fighting Cancer

About 2,800 Wyoming people are

diagnosed with cancer annually. John

Von Kennel knew the challenges of the

disease, and his generous donation

of \$800,000 to the Cancer Center

is ensuring cancer patients receive

compassionate, professional support.

"His donation went to Cancer Center

services, the fund that provides free

therapy, support groups for patients

and their families, wigs, and awareness

events," said Victoria Fry, Director of

Major Gifts and Planned Giving for the

Mr. Von Kennel also graciously

donated an additional \$800,000 to

The bridge connecting the hospital and

Cancer Center was named in his honor with birds featured on the signage.

One person attending the November

the Davis Hospice Center.

Foundation.

CRMC BEREAVEMENT PROGRAM EXPANDS

People ask you how you're doing and you say, "It's tough." But that doesn't do justice to the deep ache you feel in your gut, like you've been walloped by a prizefighter or the dark cloud inside your head that prevents you from remembering to pay the cable bill or pick up milk on your way home from work.

But even that pain pales in comparison to the desperation a parent feels at the prospect of telling their child about the loss of a loved one. What should I say? When should I say it?

If you find yourself faced with either of those scenarios, there's help available in the form of two new workshops offered by Cheyenne Regional Medical Center.

Transforming Grief is a two-hour writing workshop, intended to assist the grieving to "find the words to express and thus transform their grief," said CRMC Bereavement Counselor and Coordinator Lea Grubbs.

The other workshop is for youth 6 to 18 years old and their parents. Grubbs said, "The intent is to reflect on loss with a special attention to children's grief."

Participants will "engage in ageappropriate activities to memorialize someone who has died," Grubbs said. "And provide caregivers of children an opportunity to share and receive support and information."

Grubbs said anyone in the community dealing with the loss of a loved one is welcome to join the bereavement programs. *

For more information, please contact Lea Grubbs, Bereavement Counselor and Coordinator, at (307) 633-7014. 2015 dedication ceremony was longtime friend Dennis Flynn.

Mr. Von Kennel, who owned Furniture Barn, died in September 2013. "He had two loves: trap shooting and bird hunting," Flynn said. "John was a product of the Depression, an interesting individual."

Contributions such as Mr. Von Kennel's leave a legacy.

"Planned gifts don't affect the donor so much during their lifetime, but after their life is over, they leave a major impact on the community," Fry said.

"The support of donors for the center reminds us daily of the commitment the community has made to this facility," added Leonard Geringer, the Cancer Center's Manager of Radiation Therapy. *

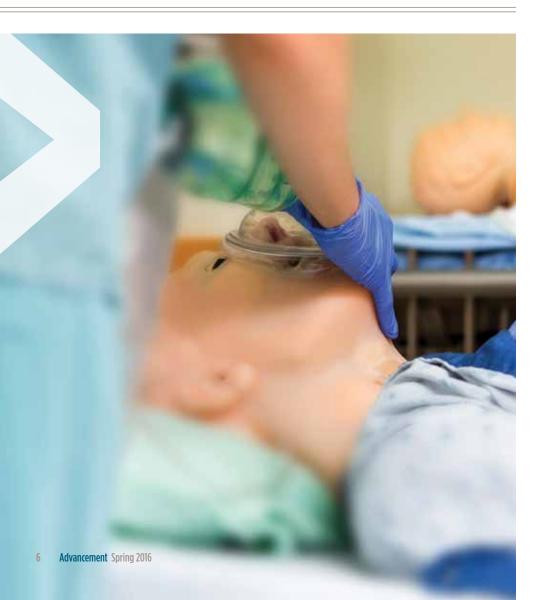
WAYS TO GIVE: PLANNED GIVING If you want to leave a legacy in Cheyenne, you are invited to contact the Foundation to decide if planned giving is the right choice for your gift. Please visit cheyennegiving.org or call (307) 633-7667.

Von Kennel Planned

HIGH FIDELITY SIMULATORS TRANSFORM MEDICAL TRAINING

RIFER !

There are a handful of patients at Cheyenne Regional Medical Center that look a lot like you and me. They cry at pain and sweat from a fever. Unlike you and me, though, they call the hospital their home. hese special "patients" are machines—simulators to be exact—that are designed to look, behave and respond like you or I would in a medical situation, and they are used to train doctors, nurses and other medical staff.



"Most simulation programs are found in college settings, such as at the University of Wyoming or Laramie County Community College," CRMC Medical Training Coordinator Angela Kelley said. "It is not as common to have simulation in the hospital setting, but CRMC understands that to have continuous growth, improved care and employee retention, we must invest in education."

The Cheyenne Regional Foundation is asking the community to join in that investment by helping to buy more simulators to train local medical professionals for a wider range of emergencies, in a more accurate and realistic environment.

Although many people may think of the "crash test dummies" used in the automotive industry or the dolls used for CPR trainings, manikin technology has advanced so much recently that in addition to being able to cry, sweat and respond to certain medications, these new high fidelity simulators can speak, sit, stand and walk around a room, where previous models were essentially bed-bound.

"The older versions were tethered to a computer and an external air compressor," Kelley said. "The newer versions are completely wireless and the components are housed inside the simulator itself."

In addition to being wireless, Kelley said the newer manikins contain software that allows her to program them "on the fly," meaning that she can instantaneously program an unexpected or impromptu response that more realistically mimics what a real patient may say or do. The hospital began using simulators several years ago. In 2013, CRMC purchased its first high fidelity simulator, a female manikin the staff call "Noelle." Noelle looks and acts like a woman about to give birth. She allows staff to train for some of the serious and often rare complications they may face in the delivery room.

"The newest version of the mother manikin has contractions that can be palpated by the provider over her abdomen," Kelley said. "Medical professionals can also perform more procedures, such as ultrasound with displays." involved AMR (ambulance services) and the Air-Life flight team members as well as resident physicians."

Since Noelle wasn't designed for those kinds of trainings, the Foundation will donate funds from its annual Denim 'N Diamonds fundraiser, scheduled for June 17, toward providing three additional simulators to the medical training program.

"We hope to purchase a premature infant, an adult male and a juvenile pediatric simulator," Foundation Annual Giving and Grants Director need in a cardiac or neuro case, so when we provide a simulation to ICU, we demonstrate these vitals on a separate laptop and PowerPoint." Although that may sound sufficient, Kelley explains it isn't always the case. "The ICU has several vital pieces of equipment that would be valuable to use in a simulation, but it's not realistic to move them to the Simulation Lab," she said. "The new simulators would provide us with solutions to our current obstacles."

As with most useful technology, it isn't cheap. Fanning says each one of the

CRMC understands that to have continuous growth, improved care and employee retention, we must invest in education.

Noelle has been such a successful addition to the medical training program that she is being used in many settings beyond the delivery room.

"The demand for simulation throughout the organization has grown so rapidly that this simulator has been used in trainings for the Emergency Department, Cardiac Catheterization Lab and the Operating Room," Kelley said. "The simulators have been used in assisting the new Emergency Department to figure out workflow prior to opening, and used regularly in the Emergency Department to increase knowledge and understanding involving cases that are low in occurrence but high in risk, such as gunshot and stabbing victims. These simulations have Wendy Fanning said. "We need more of a diverse offering."

Kelley said the additional simulators would be used throughout the entire organization. "The simulators we wish to purchase have abilities that Noelle doesn't have, due to the fact that she was designed to give birth," Kelley said. "With the new manikins, we would be able to simulate more realistic trauma, cardiac and neurological cases."

Kelley explained how the new simulators would improve trainings for a vital section of the hospital: the Intensive Care Unit. "Currently the simulator used for their education is an older and limited version," she said. "We are unable to move this simulator to the ICU and the simulator does not provide all the values they new simulators costs "in the \$75,000 range." She hopes that the community will see the importance of this kind of "cutting-edge" technology and support the Foundation's efforts to raise money to purchase the three simulators.

"These simulators with their complex and logical responses provide vital continuing education for our nurses, physicians and other medical staff and for use by other medical professionals at regional trainings," Fanning said. "We hope people will come out to Denim 'N Diamonds, have some fun and maybe win a getaway to Lake Las Vegas while supporting a good cause."

Joanne Mai is a Wyoming-based freelance writer.

EVENTS

20th Annual Tree of Remembrance Honors Loved Ones

For the last 20 years, Cheyenne residents have hung white dove ornaments on the Tree of Remembrance in honor of loved ones who have passed away and those who continue to touch our lives.

The Cheyenne Regional Foundation partners with CRMC's Davis Hospice Center on the Tree of Remembrance activities. It's free to place a dove on the tree, but donations are encouraged with proceeds supporting the center's programs and services.

Every year the tree is set up at the Frontier Mall, kicked off by a lighting ceremony held the first Saturday after the Christmas Parade. The short service starts with a bagpipe player performing Amazing Grace, and is followed by a prayer and a blessing. While the mall is open, volunteers and staff help those interested in hanging doves at a table in front of the tree and share information about the center's services and mission. The tree is taken down before New Year's Day.

With about 1,200 doves hanging on its boughs, the tree stops those passing by in their tracks as they take in the sight. Every dove is unique, having a loved one's name written on it, often with a short note like "Missing you" and "Thinking of you always," explained Hospice Chaplain David Stratton.

He has helped with the event, a favorite in the Cheyenne community, since its inception. Some community members have been hanging a dove on the tree for more than ten years, Stratton said.

Stratton is honored to touch and read all the doves, often recognizing the names as he climbs the ladder to lift them up on the tree. "It's not just a name on a cardboard dove to me but the relationship. I feel a moment of joy and tears when I read someone's name that I know personally."

"For me, the tree is an anchor of life, not about death, and celebrating one another," Stratton said. "It has been a privilege to be a part of the Tree of Remembrance, and I hope that it continues to grow for our hospital and our community." \star



A DENIN 'N DIAMONDS GALA Friday, June 17

AT A HISTORIC WORLD WAR II HANGAR OFF OF EVANS AVENUE

Moroccan-inspired fare by Wheatgrass Seafood & Steak Restaurant at the Historic Plains Hotel

Our annual fundraiser is an unforgettable event. Every year we raise funds for a special project to bring quality health care resources to our community. Join us to help enhance the lives of our friends, families and neighbors!

Featuring a performance by Chancey Williams and the Younger Brothers Band

Tickets

Seating is limited.

Secure your table or seat reservation today by contacting Wendy Fanning at (307) 214-0897 or wendy.fanning@crmcwy.org.

Benefit

Proceeds will benefit Cheyenne Regional's Clinical Education Department with the purchase of three high-fidelity patient simulators to enhance clinical training and education.

Turn to page 5 to read more about the difference simulators will make in our community.

Live Auction and Raffle

Bring packed bags, because it's a suitcase party! You could be part of one of the three lucky couples to leave the event on a private jet for a weekend getaway to Lake Las Vegas. You'll spend three beautiful nights pampering yourself at the luxurious Moroccan-inspired Westin Lake Las Vegas resort and spa, home to a Jack Nicklaus signature golf course.



A Minute with Margo

WHAT WAS THE HEALTHCARE HEROES PROGRAM?

Healthcare Heroes was a program we developed last year to recognize our amazing staff members. We invited everyone in the community to nominate their "Hero," someone who went above and beyond to ensure exceptional care. Every member of the staff was eligible to be nominated, including housekeeping staff, food and nutritional services, grounds, physicians and clinicians.

The response was great—nearly 100 staff members were nominated. We held a reception to celebrate the nominees, and our staff was very touched by the kind words our community had for them.

WHAT CAN YOU TELL US ABOUT THE RECENT EXECUTIVE TEAM CHANGES?

We're delighted some of our executive team members have been presented with great opportunities to grow professionally or to move closer to their families.

Our CNO, Constance Schmidt, will be leaving in May for a position with Centura Health System in Pueblo, Colorado. Tracy Garcia has agreed to be our interim CNO. Tracy has been with us for more than twenty years, and we are excited the have her assist us in this transitional time. Former COO Jason Schenefield accepted a position in Missouri. His replacement, Robin Roling, comes to us from the CEO position at the hospital in Thermopolis and will start in June. I feel fortunate to have her join our team, because she brings a depth of leadership to this role, a clear understanding of the challenges facing healthcare, and a love of Wyoming!

HOW IS CHEYENNE REGIONAL DOING WITH PHYSICIAN RECRUITMENT?

Phyllis Hime is the Director of Physician Retention and Recruitment and over this past year she has done a great job recruiting. More than 17 physicians have been recruited into our community.

WHAT IS THE CARE ALLIANCE WITH CHILDREN HOSPITAL IN COLORADO?

I am very excited about this care alliance with Children's Hospital. Dr. Rose and many of our physicians and nurses decided that Children's would be our best partner in enhancing our pediatric and neonatal expertise. Our goal is to keep as much care in Cheyenne that is possible, and with the help of Children's Hospital, I believe the community will find that this will be accomplished, especially in regard to premature babies. *

KNOW YOUR NEW BOARD MEMBERS

BOB JENSEN

WYOMING DIRECTOR OF GOVERNMENT AFFAIRS, HOLLAND & HART, LLP

"I'm honored to join the Foundation Board because I like the direction the hospital is taking in continuous improvement of care and customer service, and the recognition of its role as a vital community asset and driver of economic growth." Twins Rylee and Everett born to Jacob and Stacey Reiber at 36 weeks.

Twin Blessings: Family's Contribution **Benefits Twins and Moms**

When Wendy Volk went into labor with her youngest daughter, she and husband Todd Dereemer didn't experience a normal delivery. Daughter Quincy was born at 29 weeks and weighed only 1.5 pounds. The micro-preemie spent seven weeks at a Denver hospital, then returned to Chevenne where she spent two more weeks at CRMC.

"We had a first-hand experience with a NICU," Volk said. "We saw so many people with multiples in Denver. I thought back to my parents, who each have a twin, when they were both born. I knew that we did not have twin bassinets or twin incubators in Chevenne, so there was definitely a need."

Volk is daughter of John Volk and Robin Hull Volk. John is twin to Jim Volk. and Robin is twin to Carol Hull Barnett. Recently Wendy and Todd donated \$5,000 in honor of Wendy's parents and their twins. A twin bassinet will be purchased, allowing the babies to sleep safely near each other, benefiting both mom and babies. After nine months in the womb together, it can be traumatic to separate twins.

"In southeastern Wyoming, we have several crown jewels – the hospital is one"

"Twins have always been near and dear to our hearts, and we have a soft spot for the hospital's labor and delivery unit," Volk said.

Her family are supporters of the Cheyenne Regional Foundation. Her parents were honorary chairs, and her mother served on the board of directors.

> "Robin is a pretty amazing woman, a great advocate for our community hospital and healthcare," said Wendy Fanning, Foundation Annual Giving and Grants Director.

> "Both my mom and aunt were nurses, attending the University of Wyoming for nursing, and my aunt retiring as a hospital nurse," Volk said. "My dad and uncle were born at Cheyenne Regional.

We have a lot of ties to the medical community here."

"In southeastern Wyoming, we have several crown jewelsthe hospital is one," she added. "We need to invest in our crown jewels."

"The donation was part of the 2015 Denim 'N Diamonds event; the bassinet is expected to arrive later this spring," Fanning said. *

DIRECTOR OF ORGANIZATION DEVELOPMENT & LEARNING AND VOLUNTEER SERVICES, CHEVENNE REGIONAL MEDICAL CENTER

"I'm very excited and honored to serve on the Foundation Board. Cheyenne Regional Medical Center is critical to the health of our residents and the economic development of our community. I have had four generations of my family cared for at Cheyenne Regional and am proud to serve on this board."

KATHY EMMONS

pring 2016 Advancement

Cheyenne Regional CNA Follows His Heart

It's been said that "opportunity doesn't knock; rather it presents itself when you beat down the door." For Jon J. Gerber, a CNA in the hospital's Pediatrics Department since 2013, his witness to outstanding nursing care was the jolt that brought him into the medical field. Three years ago Gerber's nephew Jackson was born premature and spent six weeks at Children's Hospital Colorado. During Jackson's care, Gerber was amazed and intrigued at the role the nurses played in his successful treatment.

"The care was exceptional. I wanted my life to feel like it had more meaning to it," says Gerber. "I wanted to pursue that life of helping people."

Gerber initially feared that at 35 it was too late to change careers and go back to school, but he followed his heart and took steps to begin a nursing career. He started at CRMC with the night shift on the medical floor as that was the only shift available. Gerber visited with a lot of professionals at CRMC and checked out many areas of care in the hospital, and after a year, he moved to the Pediatrics Floor. In 2015, Gerber was awarded a scholarship from the Walter Scott Nursing Endowment to begin his education at Laramie County Community College. This fund was established in 2001 to provide financial assistance to nurses pursing advanced degrees.

STORIES

"My goal was always pediatrics," states Gerber. "I needed the right timing and financing to go back to school and that is what this scholarship provided me."

Gerber is currently studying his prerequisite classes like Anatomy

THE FOUNDATION'S NURSING ENDOWMENT

The Walter Scott Nursing Endowment was established in 2001 to provide scholarship assistance to CRMC nurses seeking advanced degrees. The endowment awards four \$2,000 scholarships each year. If you'd like to know more about the program or how to donate to help nurses be the best they can be, please contact Victoria Fry at (307) 996-4510 or victoria.fry@crmcwy.org.

and Physiology and will enter the RN program in the fall of 2017, with plans to graduate in May of 2019. By maintaining a deep passion for this pursuit, Gerber hopes to serve as an example for how a great change in life can happen at any time.

"Coming to work is the best part of my day," adds Gerber. "Being a nurse and caring are so largely connected. I didn't believe I could do a job that I love." *

KNOW YOUR NEW BOARD MEMBERS

MARK E. HOWSHAR, M.D. PARTNER AND SHAREHOLDER, CHEYENNE RADIOLOGY GROUP

"I'm enthusiastic about the quality of healthcare provided in Cheyenne at CRMC and look forward to devoting time and energy to improve the image of CRMC and healthcare in general in Cheyenne."

STORIES

In loving memory of my husband, Dr. Robert L. McGuire, caring husband, father, grandfather, friend and physician.

Cancer Room Named in Honor of Beloved Cheyenne Physician



Dr. Robert McGuire spent more than 30 years helping people. He impacted patients, colleagues, and future physicians, in Cheyenne and beyond.

"Bob was an old-time practicing physician," his wife Linda said. "He had patients in nursing homes and those who could not leave their homes. He went to them. He was a very giving doctor."

Dr. McGuire established Cheyenne OBGYN in 1979. He also mentored upcoming physicians through the WWAMI program. In 2011 he was voted the program's Teacher of the Year. He served on the Wyoming Board of Medicine, was a former president and also former treasurer of the Laramie County Medical Society, and was selected by Ladies Home Journal in 2002 as one of the top physicians for women in the United States. In 2012, Dr. McGuire lost his battle with brain cancer. A private infusion room at the Cancer Center has been dedicated in his honor. Linda donated \$25,000 for the "naming rights" of the room, said Wendy Fanning, Annual Giving and Grants Director for the Cheyenne Regional Foundation. A plaque hangs over the door.

Linda chose a specific corner room at the Cancer Center.

"When he was in his room in Billings getting his infusions, he looked out on the rim rocks—that was so pleasant! I chose a room where you see the Capitol dome; it's sunny and bright—it reminded me of that room in Billings," she said.

"He loved his work," she continued. "I wanted to honor him. He did so much

for all women he took care of and the

babies he delivered."

"He did so much

for all women he

took care of and

the babies he

delivered."

Dr. McGuire also loved his family. He and Linda married in 1968 and had two children. He was a storyteller, Linda said, often spending time with their grandchildren sharing stories. He also enjoyed boating, scuba diving, hiking, being at the family cabin, and wearing bow ties.

The McGuires have been devoted community members, supporting organizations including the Cheyenne Regional Foundation. They have contributed to many projects in several areas, including neonatal, hospice, and cancer services, said Fanning.

"Dr. McGuire was very loved and respected in the community," she stated. \bigstar

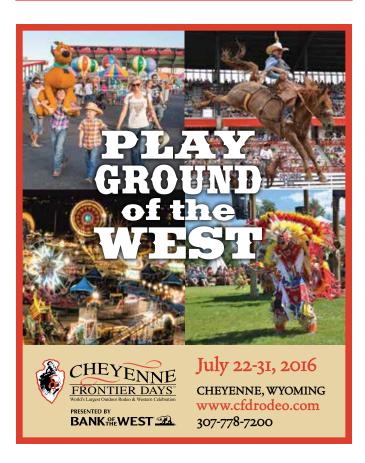
YVONNE MCGEE VICE PRESIDENT OF FINANCIAL OPERATIONS, WESTERN VISTA CREDIT UNION

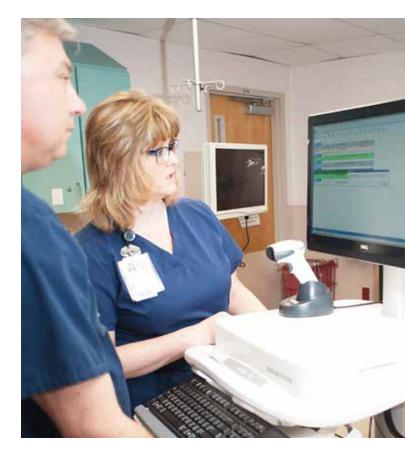
"I view board service as a rewarding way to share my skill sets and talents to help serve the Foundation mission. It is also rewarding to help raise funds to further the development of the hospital."



Experience counts.

Proud supporter of CHEYENNE REGIONAL FOUNDATION'S Denim Diamonds





Medical Imaging Upgrades Bring Faster Results

You don't feel well. Your physician has ordered diagnostic tests. Is it cancer? Heart disease? You want answers and you want them quickly.

Now you can get faster results with even less radiation when you undergo medical imaging at Cheyenne Regional Medical Center.

Since 2010, the Foundation has granted about \$115,000 to the medical imaging department. A 2015 grant has enabled some noticeable improvements to the department.

"Over the last 18 months, CRMC's medical imaging department has been adding equipment in an attempt to keep up with constant technology advancements," Medical Imaging Director Daniel Canales said. "The entire diagnostic imaging department is now digital with better imaging quality."

"The new CT scanners are faster, have better imaging quality and less radiation than the equipment removed."

If you are a patient in the hospital or you're accessing outpatient services, you can expect improved CT scans, Nuclear Medicine, ultrasounds and X-rays. Canales said CRMC also purchased software that will speed up the processing of scans to get results to medical staff and patients sooner.

"The nuclear medicine equipment will allow for a greater number of cardiac imaging patients to be imaged," Canales said. "The new CT scanners are faster, have better imaging quality and less radiation than the equipment removed."

The hospital now has four portable digital X-ray machines, and two X-ray rooms have been converted to ceiling mounted systems that allow better, faster X-rays of trauma patients.

"The new X-ray rooms will also perform auto-stitching of images for scoliosis series and bone length patients," Canales said. "These upgrades also decrease the radiation dose to our patients."

Canales said the upgrades were necessary to meet the demands of the recent expansion of the hospital's emergency department or ER.

The portable X-ray machines are digital and wireless. "Providers can see imaging within 5 seconds on the portable," he said. "This allows for much faster diagnosis and speeds up treatment decision time." *

2015 GRANTS

The Foundation Board granted the following requests from the listed departments at Cheyenne Regional. The Endowment Advisory Committee meets bi-annually to review and reward grant requests. The list below represents the 2015 grants from both the Spring and Fall granting cycles.

Acute Rehab Unit: Adaptive Feeding Aids	\$2168.59
Ambulatory Infusion Center: 4 New Tympanic Thermometers	\$710.52
Anesthesiology: Portable Ultrasound System	\$6850.00
ARU: Motorized Adjustable Work Table, Folding Arm Suspension Frame/Suspension Arm Sling, Electrotherapy System	\$7498.30
Behavioral Health : 1 Digital Scales	\$2172.80
Behavioral Health : 2 Bariatric Chairs	\$858.40
Behavioral Health : Safety Restraint Chair	\$1675.00
Behavioral Health: DVD & VHS Players	\$742.88
Behavioral Health: Elliptical Machine	\$1049.00
Behavioral Health: Rolling Display Monitor	\$1644.84
Behavioral Health Science: Testing Materials & Table	\$2731.57
Behavioral Health: IP Spacelab Vital Sign Tower Pehavioral Health: OD Spacelab Vital Sign Tower	\$4146.51
Behavioral Health: OP Spacelab Vital Sign Tower Cancer Center: Books	\$4146.51 \$1276.79
Cancer Center: Cancer Survivor Day Outreach	\$1270.79
Cardiac Rehab: Rowing Machine	\$945.00 \$11544.40
Cardiopulmonary: Trilogy Portable Ventilator	
Cardiopulmonary: Flex Ventilator	\$12357.35
Cheyenne Vascular: VasScan Table Clinical Education: Tables and Chairs	\$5795.00
	\$7000.00 \$14435.60
Code Blue Committee @ CRMC: Lucas Chest Compression System	\$18000.00
Davis Hospice Center: 5 IV Pumps Davis Hospice Center: 5 IV Pumps Davis Hospice Center: Divid Seed to fill the bird feeders outside patient scorp windows	
Davis Hospice Center: Bird Seed to fill the bird feeders outside patient room windows Davis Hospice Center: Landscaping and Grounds work	\$1950.00 \$25000.00
Davis Hospice Center: Landscaping and Grounds work Davis Hospice Center: Materials for use by berazyoment services	\$25000.00
Davis Hospice Center: Materials for use by bereavement services Davis Hospice Center: Materials specific to holiday workshop for grieving children	\$155.00
	\$18000.00
Davis Hospice Center: Painting of Soffit, fascia, entry way beams and all arbors Davis Hospice Center: Ario Tub	\$18000.00
Davis Hospice Center: Blanket Warmer	\$9837.19
Davis Hospice Center: Capital for Maintenance on Wood Fence	\$6000.00
Davis Hospice Center: Capital Repairs to Cottage 1	\$12269.00
Davis Hospice Center: Purchase bereavement newsletter series	
Davis Hospice Center: Refrigerator/freezer units for the 12 patient rooms	\$2700.00 \$5911.88
Endocrinology: Diabetes Day	\$812.50
Endocrinology: Afrezza	\$3065.00
Heart & Vascular Institute: Updated lead aprons and skirts for Lab staff	\$3604.50
ICU: IVEA Device	\$1950.00
ICU: Ultrasound Machine	\$26349.47
Lab: Evolis System Analyzer	\$10000.00
Marketing: Audio Equipment & Memory Card	\$500.00
Medical Imaging: CT & Diagnostics: 3 Wheelchairs	\$886.14
Medical Imaging: Diag/Intervent Rad: Lead Glasses & Shielding Devices	\$3500.00
Medical Imaging: Diagnostic: Anchor Leg Stabilizer	\$494.00
Medical Imaging: Radiology Dept: SpaceLabs Upgrade	\$18000.00
Medical Imaging: Radiology: Upgrade Antiquated Ergatrons	\$9500.00
Medical Imaging: Ultrasound: 2 HAG Chairs	\$1998.00
Medical Imaging: Ultrasound: Ultrasound XP Upgrades	\$3012.00
NICU: Patient Monitor	\$18210.00
Nursing: Thermometers	\$31805.83
Nursing: VueTek Veinsite	\$16780.00
Oncology Unit: 4 DM3 Vital Sign Monitors	\$15654.04
Oncology Unit: 16 Thermometers	\$2845.00
Oncology Unit: Bladder Scanner	\$13870.00
Pediatrics: Kid Friendly IV Poles	\$3500.00
Radiation Oncology: Christmas Tree and Decorations	\$650.00
Transitional Care Unit: Stand Up Scale	\$1598.93
Urgent Care: Blanket & Fluid Warmer	\$2700.00
Women's & Children's Services: Peak Flow Meter Kits	\$3750.00
Women's & Children's Services: Subscription to Medications and Mother's Milk	\$1000.00
Wound Care Services: Purchase of 10 Dermal Curettes	\$768.10

60 GRANTS TOTALING

Peak Flow Meters Take the Air out of Asthma

For Justine Nusz, she hit the proverbial brick wall.

At age 19 without any prior signs Nusz was diagnosed with asthma. In her late 20s, she had an asthma attack so serious it landed her in the ICU for seven days.

Nusz said it was a wake-up call to her to better understand her asthma and how to treat it.

"With asthma your body can compensate for a fair amount of time but when you hit the brick wall, your body is done compensating. I have used the peak flow every day since my asthma attack and it guides my treatment plan."

Nusz, an assistant nurse manager for the Women and Children's Services Division of CRMC, is now trying to help children better understand what their body is telling them about their own asthma. Through the work of Nusz, Women and Children's Services received a \$3,750 grant from the Cheyenne Regional Foundation to purchase 75 peak flow meters, which will be distributed at the Cheyenne Children's Clinic to be used at school. A peak flow meter measures the flow of air as it's expelled from the lungs. To do this, a child will blow into it (as if blowing out candles on a birthday cake). If the amount of air expelled is lower than normal it is likely due to a child's airways being inflamed and obstructed, offering parents and providers a chance to take preventative measures such as dispensing medication.

According to Wendy Fanning, Director of Annual Giving and Grants at the Foundation, health insurance companies are generally willing to pay for one peak flow meter. Having two meters (one at home, one at school) will help school personnel better understand how to measure the severity of a flair-up and whether an inhaler is necessary.

"We support the hospital so much through grants, and equipment and patient care, so when we see an opportunity to reach beyond CRMC's walls and into the community, it is very, very important," Fanning said. "This program allowed us to reach beyond those walls." * "I have used the peak flow every day since my asthma attack and it guides my treatment plan."

Elderly Thrive in PACE Program

Not a day goes by without a Wyoming PACE participant stopping by Laurie Wright's office to praise how this innovative program helps Laramie County seniors stay in their homes.

The work is tremendously rewarding, explained Wright, who is the Clinical Director for Wyoming PACE, which stands for Program of All-inclusive Care for the Elderly, at Cheyenne Regional Medical Center.

"Our goal is to help keep the elderly in their homes, give them purpose and keep them as healthy, thriving members of our community," Wright said.

So far the program has helped over 129 elderly adults stay in their homes since 2013. Back in 2008, the Cheyenne Regional Medical Center recognized how the program could help seniors and supported legislation that brought PACE to Wyoming. It remains the only program of its kind in the state.

PACE patient Jerry Sergerson believes the program saved his life. "They have the best help, the best CNAs, and a wonderful director. It has made me feel freer. I love coming here to socialize with people."

Sergerson points out that one of the benefits is peace of mind about his medications. "If you have any needs, they will take care of it. I'm in good hands."

Reducing duplication of tests, PACE provides primary medical care from a fully operational clinic to coordinating care with specialists as needed. On average of two days a week, PACE



"[The PACE Program has] the best help, the best CNAs, and a wonderful director. It has made me feel freer."

picks up each participant and brings them to the day center where they have the opportunity to socialize and visit with medical staff, dietitians, physical therapists, the chaplain or a counselor on site.

To join the program, participants must be 55 years of age or older, meet criteria for admission to a nursing facility, live in Laramie County and receive Wyoming PACE support without jeopardizing their current health or safety. If a participant is Medicaid eligible or has Medicare and Medicaid, there is no cost.

Wright expects this popular program will continue to grow, especially considering that Wyoming is expected to have the second largest percentage of seniors by 2030, according to the U.S. Census Bureau. *

WAYS TO GIVE

1

MAKE A DONATION NOW

The quickest and easiest way to help your friends and neighbors access quality healthcare is by donating to the Foundation online.



Visit our site at cheyennegiving.org and click on Ways to Give.

Donate through Facebook! Search for Cheyenne Regional Medical Center Foundation to find our page and click on Donate Now.

You can also donate by mail or by visiting the Cheyenne Regional Foundation office!

2

START A CONVERSATION WITH US

We're so excited to talk to you about any questions you have about the Foundation or how your gift can make a difference in Cheyenne!

We can talk about...

- Corporate and
 Foundation Giving
- In Memory or In Honor Gifts
- Endowments
- Named Gifts
- Planned Giving
- Matching Gifts
- Charitable
 Rollovers

in this

General Contact (307) 633-7667 foundation@crmcwy.org

Annual Giving and Grants Wendy Fanning (307) 214-0897 wendy.fanning@crmcwy.org

Major Gifts and Planned Giving Vicky Fry (307) 996-4510 victoria.fry@crmcwy.org

We're proud to support Denim & Diamonds 2016 and the commitment to continuing education for nurses, physicians, and clinical staff at Cheyenne Regional Medical Center.

> Contact: Patrick R. Day 307.778.4200, pday@hollandhart.com 2515 Warren Avenue, Suite 450 Cheyenne, WY 82001 www.hollandhartwy.com

HOLLAND&HART.



JULY 1 – DECEMBER 31, 2015

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JULY 1 – DECEMBER 31, 2015

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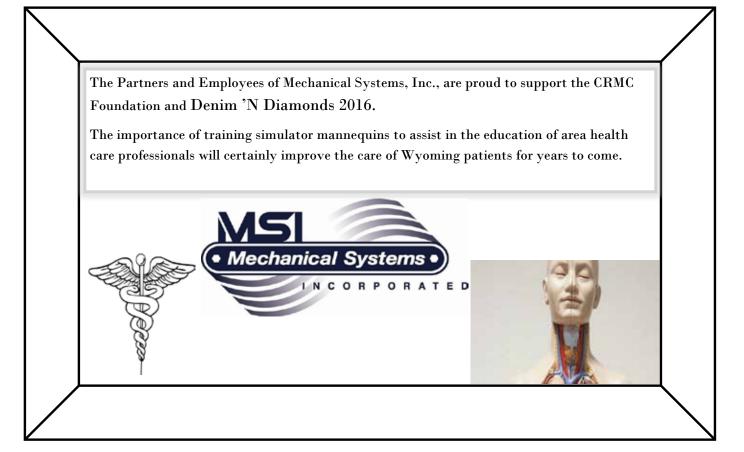
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Read Mr. Von Kennel's story on page 4.