



Cheyenne Regional  
Foundation

SUMMER 2019

Advancing Premier Regional Community Healthcare

# *advancement*



**PARTNERSHIPS IN LIFE;  
PARTNERSHIPS IN CARE**

*pg.* **10**

**DENIM & DIAMONDS  
IS JUNE 21**

*pg.* **5**

*pg.* **15**

**NURSES USE  
SCHOLARSHIPS TO  
CONTINUE EDUCATION**



{2018}

# donor impact

BY THE NUMBERS

## BOTTOM LINE

**\$1.57**  
million

TOTAL REVENUE  
(DONORS & GRANTS)

*Exceeded \$1M for 7th straight year*

**\$17.3**  
million

STEWARDED IN  
DONOR FUNDS

**\$990**  
thousand

TOTAL PROGRAM SERVICES  
(PROVIDED TO CRMC)

## SPECIFIC DATA POINTS

**\$426**  
thousand

AWARDED IN 83 GRANTS  
TO CRMC DEPARTMENTS

**\$246**  
thousand

RAISED FOR 2018 DENIM & DIAMONDS  
PROJECT SUPPORTING MOTHER-BABY  
UNIT RENOVATION

**\$125**  
thousand

TRANSFERRED TO CRMC FOR  
CANCER CENTER PLEDGE PAYMENTS

*Only \$2 thousand of pledges remain!*

**\$84.2**  
thousand

TRANSFERRED TO CRMC  
FROM HOSPICE ENDOWMENT  
FOR OPERATING EXPENSES

**\$645**  
thousand

MAJOR ESTATE GIFT RECEIVED FOR  
DAVIS HOSPICE CENTER

*With 2017 gift, total of \$895 thousand so far!*

**\$202**  
thousand

DONATED BY 651 NEW DONORS

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CHEYENNE REGIONAL FOUNDATION  
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## on the cover

- 5 Denim & Diamonds is June 21
- 10 Partnerships in Life  
Partnerships in Care
- 15 Nurses Use Scholarships to  
Continue Education

## messages

- 2 Foundation Board Chair
- 3 Cheyenne Regional  
Chief Executive Officer
- 4 Foundation Executive Director

## stories &amp; spotlights

- 6 Passion to Serve: Diabetic Doctor  
Helps Diabetic Patients
- 7 Stroke Certification:  
A Higher Standard of Care
- 8 Grants for Training, Aortic Balloon  
Pump, and Patient Trays
- 14 Helping the Tiniest Patients  
Cancer Center Celebrates Five Years  
Saving Lives
- 16 Dr. Andrew Stith Returns to  
Wyoming

## 17 donor recognition

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@CRMCFoundation

The Cheyenne Regional Foundation is a nonprofit 501(3)(c) organization committed to enhancing the health of individuals and the overall quality of life for our community. The Foundation informs, develops and stewards resources to enable the Cheyenne Regional Health System to provide the best possible health care.





**UPCOMING FOUNDATION EVENTS:**

**Denim & Diamonds**  
**June 21**  
at Little America

**Foundation Golf Classic**  
**September 6**  
at the Cheyenne Country Club

**Great Bison Shuffle**  
**September 7**  
at the Terry Bison Ranch

**DID YOU KNOW?**

# David Cook

CHEYENNE REGIONAL FOUNDATION BOARD CHAIR



Over the past year the Foundation engaged our amazing community in various ways that both increase awareness and raise funds to support the amazing care provided by the dedicated Cheyenne Regional staff.

It is my extreme pleasure to serve as the incoming Board Chairman for the Cheyenne Regional Medical Center Foundation Board. The Board is made up of a tremendous group of individuals who are all willing to give of their time and talents in supporting CRMC; I truly thank them all. I also want to extend a welcome to our newest directors, Ann Norwood and Megan Romano. Their service will help us to continue to provide a strong focus of community involvement. I want to especially thank my predecessor Dr. Bud Davis for his leadership over the past two years as the Board Chair. His leadership resulted in a very successful Denim & Diamonds event in 2018 that raised almost \$250 thousand in funding for the hospital's Mother-Baby Unit renovation. Thank you, Dr. Davis!

Not to take away from the Board, but our dedicated staff at the Foundation is so supportive and dedicated to our mission. Thank you Melanie, Vicky, and Scott for your direction and ongoing efforts. I would also like to welcome Landon Brown to the Foundation staff. Landon joins us as the Annual Giving and Grants director. Our staff will continue to engage with donors in the community and to support the mission of the Foundation.

Over the past year the Foundation engaged our amazing community in various ways that both increase awareness and raise funds to support the amazing care provided by the dedicated Cheyenne Regional staff. These efforts included the Great Bison Shuffle, the Foundation Golf Classic, Denim & Diamonds 2018, Tree of Remembrance, Wake up to Women's Heart Health, community seminars on various topics, our annual donor recognition dinner and the publication of *Advancement* magazine. We have more planned for 2019 and hope that you will join us for an event and continue your involvement and support of community healthcare.

Finally, I want to personally thank each of you for your continued support of the Foundation and its mission. We appreciate that you chose to give. It doesn't matter the size of your gift or the frequency, what does matter is that you continue to support the Cheyenne Regional Health System and inspiring great health!

Looking forward to a healthy and happy 2019 and beyond.

# Tim Thornell

CHEYENNE REGIONAL CHIEF EXECUTIVE OFFICER



*“I was so impressed with Cheyenne Regional and the many advancements and innovations that are taking place there. It is obvious to me how much the leaders, physicians and employees care about their patients and the work they are doing to inspire the community to achieve better health and I’m really looking forward to hearing how I can best serve them.”*

*“I believe that the greatest success lies where community needs and business needs intersect. Community involvement and civic engagement are a vital part of moving any health system forward.”*

## PRESS RELEASE

**Cheyenne, WY**—The Board of Trustees of the Cheyenne Regional Health System announced today that Timothy Thornell has accepted the system’s chief executive officer position. The system includes the 222-bed Cheyenne Regional Medical Center and Cheyenne Regional Medical Group, the largest multi-specialty group in the state. He brings more than 20 years of healthcare leadership experience to Cheyenne Regional and took the reins on April 8.

“We are extremely pleased that Tim decided to join us. He has extensive and results-based leadership experience that will help us continue our focus on providing a great patient experience and quality care,” said Jean Halpern, MD, President of Cheyenne Regional’s Board of Trustees. “Tim also has the expertise to help Cheyenne Regional evolve and adapt to our community’s needs and the ever-changing healthcare environment.”

Previously, Thornell served more than 7 years as the CEO of the 113-bed Lea Regional Medical Center and the multi-specialty Lea Regional Medical Group in Hobbs, NM. At LRMC, he launched a new interventional cardiology program; developed an endoscopy service

line; implemented an inpatient dialysis program; led the recruitment of more than 20 physicians into private and group practices; achieved the first and only accredited heart failure program in New Mexico; and achieved stroke and chest pain center accreditation for the hospital.

Thornell previously served as the chief operating officer for regional medical centers in New Mexico and Washington and as a physician practice manager overseeing operations for clinics in a four-state region. Other experience includes managing hospital orthopedic and hematology/oncology/infusion service lines and managing a medical clinic in California.

Thornell holds a master’s degree in healthcare administration and is board certified in healthcare administration and a Fellow of the American College of Healthcare Executives as well as a Diplomat of American College of Medical Practice Executives. As Cheyenne Regional’s CEO, Thornell will report to both the Cheyenne Regional Board of Trustees and UHealth, as part of the management services agreement between the two health systems.





## Scott Fox

CHEYENNE REGIONAL FOUNDATION  
EXECUTIVE DIRECTOR

It's common to hear that time flies when you are having fun. That is exactly my thought right now – not only is 2019 here, it seems to be flying by. The question,

then, is whether we are having fun, and I can say with resounding confidence: Yes! I have fun each day playing my part here at Cheyenne Regional as we inspire great health in our community and across the region.

What makes this job fun? Put very simply, it's the people. Every day I get to work with an exceptional staff, dedicated and tireless volunteer board members, and the broader Cheyenne Regional team of both clinical and non-clinical professionals who give of themselves every day to help others. I also get to work with people across our community who are also a very real and vital part of our team; our supporters, our donors, and YOU! Thank you for believing in the concept of community healthcare and making a difference.

Looking back, 2018 was a very good year. With a total revenue from donations and grants of \$1.57 million, we exceeded \$1 million for the seventh straight year. We also provided \$990,000 in program services to Cheyenne Regional, supporting a myriad of projects and programs. Those program services included support to departments in the form of individual grants. I hope you take a moment to read through the grant listing later in this issue to get an idea of the direct impact donors from across our community are making. They (you!) made those grants possible.

Our Denim & Diamonds  
Presenting Sponsor is Wyoming Bank  
& Trust and they are celebrating  
their 100th anniversary!

DID  
YOU  
KNOW?

We also have just a few personnel changes to recognize. First, I want to thank Dr. Bud Davis for his amazing support as Board Chair for the last two years and thank David Cook for taking on that challenging and important role. I also want to thank Danielle Jensen-Ryan for her outstanding contributions throughout the year and wish her all the best in her new role at Laramie County Community College. Next, we are excited to welcome Ann Norwood and Megan Romano to the Board. Finally, we have a new CEO at Cheyenne Regional and I want to both welcome Tim Thornell to our family and thank Patrick Madigan for doing an amazing job these past few years.

The acclaimed Maya Angelou reminds us that,

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*“Among its other benefits, giving liberates the soul of the giver.”*

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We are humbled and honored to work with each of you and hope you know that; as your soul is liberated, your choice to give makes a tangible and meaningful impact here at Cheyenne Regional! Thank you very much.

OUTGOING  
STAFF MEMBER



DANIELLE JENSEN-RYAN, PH.D

Thank you for your passion, your tireless efforts & your amazingly positive attitude! Best of luck in your future endeavors!



# Denim & Diamonds

“AN EVENING IN PARIS”

**JUNE 21, 2019**



**PLEASE JOIN US FOR AN EVENING OF  
ELEGANCE, DANCE AND CELEBRATION.**

**BLACK-TIE ATTIRE  
GALA BEGINS AT 5:30 P.M.  
LITTLE AMERICA HOTEL & RESORT  
2800 W. LINCOLNWAY, CHEYENNE, WY**

**FRENCH GOURMET CUISINE  
ENTERTAINMENT – JANE ROBINETTE & MAGICIAN@PLAY  
SILENT/LIVE AUCTION**

**PROCEEDS WILL BENEFIT CHEYENNE REGIONAL  
MEDICAL CENTER'S MOTHER-BABY UNIT**



PRESENTED BY:



## DENIM & DIAMONDS HONORARY CHAIRS

2019 Sandra Surbrugg & Bob Prentice  
2018 Joe & Brooke Shaffer  
2014 Silver Anniversary-Past Chairs  
2013 Brent Weigner & Sue Hume  
2012 Amy Davis  
2011 Pat & Ken Kennedy  
2010 Dianne & Jon Kirkbride

2009 Robin & John Volk  
2008 Bill Dubois & Marcy Helser  
2007 Kathy & Tim Joannides  
2006 Judy & Dan Hinkle  
2005 Louise Raimondi  
2004 Jacqueline Ferrell  
2003 Marietta & William Dinneen

2002 Barbara & Anthony Andrikopoulos  
2001 Ruby Mercer  
2000 Marti & Bill Nichols  
1999 Anna Marie & Sloan Hales  
1998 Win Hickey  
1997 Dianne & Dennis Wallace  
1996 Cally Milstead

1995 Ruth & Tom Powers  
1994 Shirley & Ken Kirkbride  
1993 Hellen & Paul Etchepare  
1992 Mildred Anon Smith  
1991 G. John Veta  
1990 Fred Baggs



PASSION TO SERVE:

## Diabetic Doctor Helps Diabetic Patients

*“CDC statistics show diabetes is increasing nationwide, and that includes the state of Wyoming unfortunately,” said Dr.*

*Mohammad El-rifai.*

Originally from Jordan, Dr. Mohammad El-rifai moved to Wyoming and began his practice at Cheyenne Regional Health Plaza, part of the Cheyenne Regional Medical Group, in September 2018. He practices in the fields of endocrinology and diabetes. El-rifai knows about diabetes first-hand, having dealt with the disease in his own life.

“I myself have had diabetes for 20 years. My passion is really to serve people with diabetes and to help them manage this disease,” he said.

El-rifai moved to the United States after completing medical school in Jordan in 2011. He conducted his residency in internal medicine at New York Medical college/St. Joseph Hospital in New Jersey, then moved to East Lansing, Michigan in 2016 where he began his fellowship in endocrinology and diabetes education through Michigan State University. This area of medicine requires a lot of thinking and “brain processing,” said El-rifai, which “I really like in my life.”

That may explain why he enjoys working on crossword puzzles in his spare time. His aptitude for problem-solving helps him help his patients.

“We look at a problem, and we try to frame the problem. Is it with their diet? Is it taking the medication? Is it the lifestyle?” he said. “So, we try to help them with whatever they need, and try to address it in a systemic way. I will help them with their diet, how to regulate it, increase their activity, advise them about it ... I also adjust their medication and try to prescribe the medication that fits their condition and help them really control their diabetes. Everything we do is in an all-around way.”

Genetics can play a role in the risk of diabetes. However, the main risk factor for the disease, according to El-rifai, is obesity, which is on the rise in America and in Wyoming. >

### KNOW YOUR NEW BOARD MEMBERS



#### ANN ADRAGNA NORWOOD

SPEECH AND LANGUAGE PATHOLOGIST (SEMI-RETIRED), NORWOOD AND ASSOCIATES, PC

“Serving on the CRMC Foundation Board is an exciting honor, affording me the opportunity to support the mission of promoting exceptional healthcare for the community in which I have lived my entire life. Enhancing compassionate care for a community which I treasure is certainly time well spent.”





My passion is really to serve people with diabetes and to help them manage this disease.

“Genes alone shouldn’t cause Type 2 diabetes, but it might increase the risk, especially if a person is not leading a good lifestyle,” he said. “Obesity is a major risk factor for diabetes, and obesity is increasing in this country and in Wyoming.”

El-rifai is a member of several professional organizations, including the American Diabetes Association, Endocrine Society and American Association of Clinical Endocrinologists. He is also Board certified in Endocrinology and Internal Medicine. Endocrinology medicine deals with “hormonal problems in the body,” he said, which includes diabetes, thyroid problems, adrenal gland problems, pituitary gland issues, and bone health, like osteoporosis.

El-rifai chose to establish his practice in the United States in order to help people with such issues in the best way possible.

“This field of medicine is much more developed in the United States, the research part and the practical part, than in other countries,” he said.

Moving to Wyoming has been an adjustment for El-rifai and his family, but he said he is glad he chose to come to the state.

“The people of Cheyenne are really nice and welcoming; I really like it. The city is quiet and safe. It’s pretty. I also like the clinic here and the staff,” he said.

And, he doesn’t mind the weather.

“The weather is really good. It’s much better here than in Michigan, and New Jersey for sure! It reminds me of Jordan,” he said. ✨

## A HIGHER STANDARD OF CARE



*High quality care for stroke victims has always been important to Cheyenne Regional Medical Center, and now the facility has earned certified Primary Stroke Center status after recently being accredited by the Joint Commission.*

“It helps hold us to a higher standard,” said Dr. Tracie Caller, stroke program medical director.

Hope Robinson, stroke program manager, added that working toward and receiving accreditation validates the care CRMC was already providing and ensures they are always adhering to the latest evidence-based guidelines.

“The biggest benefit to this certification is reassuring our community and our surrounding rural communities that CRMC provides top-notch stroke care,” said Robinson. “Operating within these guidelines, we are equipped to evaluate and treat most patients who may be suffering from an acute stroke across the entire care continuum, beginning when they present in the Emergency Department to Acute Rehab and on through post-hospital care.” ✨

### MEGAN S. ROMANO

COMMERCIAL, REAL ESTATE, AND NATURAL RESOURCES ATTORNEY, HOLLAND & HART, LLP

“I am thrilled to have the opportunity to give back as a Board Member to an organization that does so much in serving our community. CRMC thrives in part because of the Foundation and I am happy to be a part of a Board continuing that tradition.”



KNOW YOUR NEW BOARD MEMBERS



Room Service Associate Shirley Treusch brings smiles, and sustenance, for patients.



1

## AT YOUR REQUEST® ROOM SERVICE

DELIVERY ON DEMAND IS PART OF THE PATIENT EXPERIENCE AT CRMC

*What goes into a room service place setting? Plates, of course, but also trays, silverware, cups, bowls for soup and small plates for salad.*

These settings require special care when they carry meals to rooms all around the hospital. At CRMC, patients can expect to receive room service within 45 minutes of making an order, and they can expect cold food to be even colder, and warm food to be even warmer upon delivery, thanks to a CRMC Foundation grant.

Using the grant, the hospital was able to purchase all-new patient trays and the service ware to go with it, including updated plate warmers and chillers, insulated domes, and all the small wares used on the tray. “We are so pleased with the updated appearance of the patient trays and are noticing even better temperatures of the food we serve. We are grateful to the Foundation for helping us enhance our patient meal service,” Clinical Nutrition Manager Leisann Paglia said.



2

## TRAINING SHOWS BYSTANDERS HOW TO SAVE LIVES

*Close to 1,000 Laramie County residents have learned to Stop the Bleed, thanks to a \$2,500 Foundation grant to the CRMC trauma program.*

Trauma Program Director Emily Kruchten and her team are using the grant to implement Stop the Bleed training through the community. They are training everyone from high school students to snowplow drivers to Cheyenne Frontier Days Dandies on how bystanders can save the life of someone who is bleeding. With this national initiative training, they are also providing Stop the Bleed kits, which include supplies like tourniquets, gauze and rubber gloves.

The training teaches tourniquet use, compression and packing and applying pressure—all techniques to keep someone from bleeding out.

“It has really helped us get it out to the schools,” Kruchten said. “It has been really needed.”





3

## COVERING THE COST OF AN UPGRADE

*A new aortic balloon pump in the CRMC Cardiac Catheterization Lab and Cardiac OR is helping patients with acute heart attack and weak heart muscle.*

Cardiologist Dr. Muhammad Khan said an aortic balloon pump is a mechanical device that increases blood and oxygen supply to the heart muscle and indirectly increases heart function by decreasing the afterload of the heart. This helps the heart to pump blood where it needs to go.

Compared to older versions of the pump, this new one is very easy to operate, has less need for trouble-shooting and is more accurate.

“It is one of the best available,” Khan said. “We are very lucky to have this device.”

The lab budgeted for a new pump, but then learned a newer model was coming out and applied for a Foundation grant to ensure the best technology was purchased. The grant was approved for \$23,550 to assist in the purchase of the new \$60,000 pump.



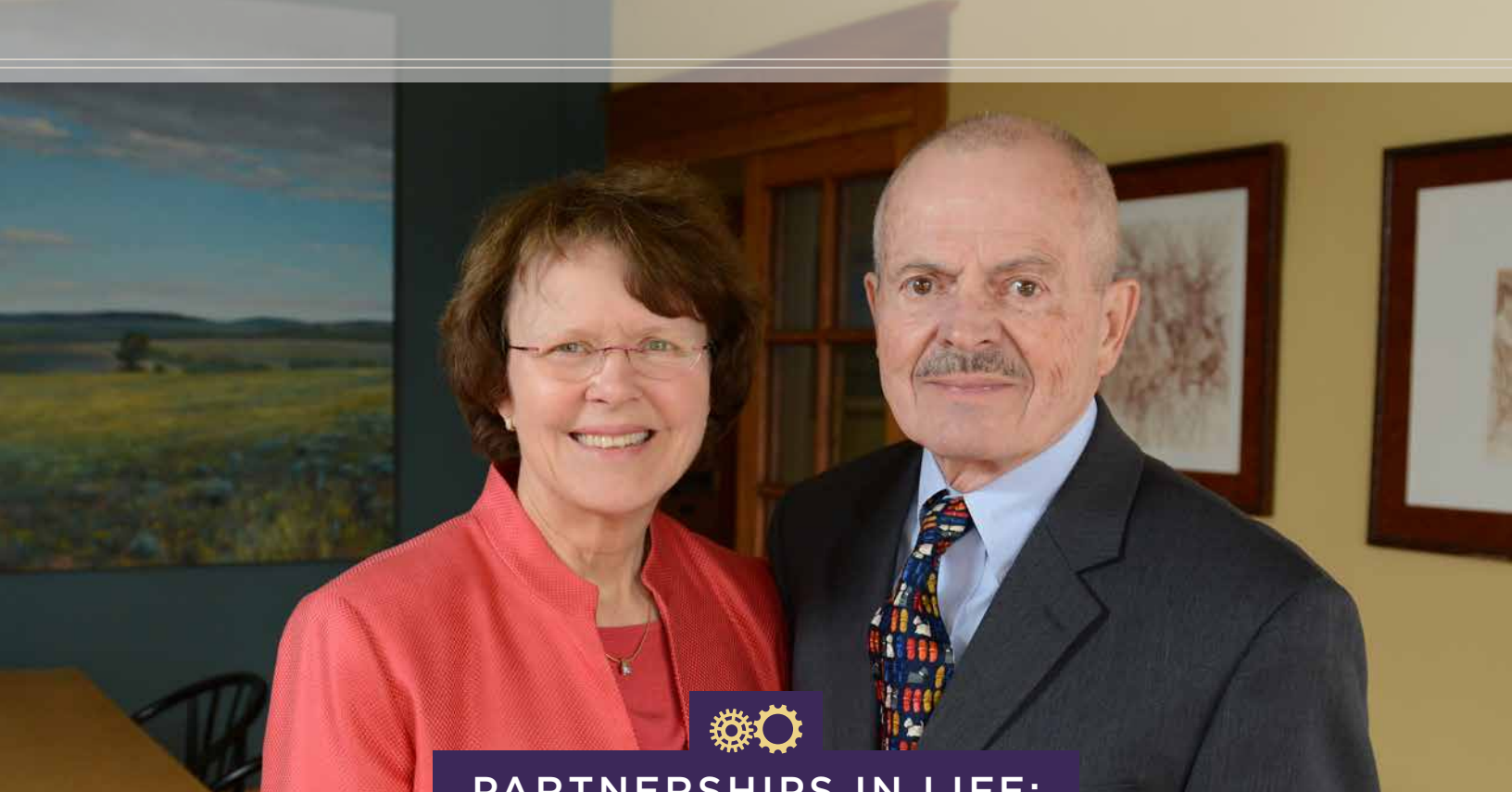
GRANTS

2018

Accounting	Desktop Risers and Monitor Holders	\$3,450.00
Acute Rehab	Pamphlets	\$193.11
Acute Rehab	Rehabilitation Equipment	\$2,934.06
Acute Rehab	Vital Sign Monitors	\$10,188.00
Cardiac Rehab	Telemetry Monitors	\$8,000.00
Cardiac Rehab	Treadmills	\$13,892.66
Cardiopulmonary	2 ParaPAC Ventilators	\$7,810.88
Cardiopulmonary	Air Spirometer	\$1,971.00
Care Clinic	New Patient Scale	\$3,182.75
Care Management	Clothing and Socks	\$2,148.00
Care Management	Gas Cards and City Bus Tokens	\$750.00
Cath Lab	Aortic Balloon Pump	\$23,550.00
Central Supply	IV Poles	\$17,921.25
Clinical Education	Pediatric Equipment	\$8,980.00
CRMG Diabetes Education Program	Diabetes Day Event	\$2,500.00
CRMG Ear, Nose and Throat	Two Examination Chairs	\$8,308.00
CRMG Ear, Nose and Throat	LED Light Sources	\$2,600.00
Emergency Services	Exam Room White Boards	\$7,000.00
Emergency Services	Secure Lockers	\$6,000.00
Food and Nutrition Services	Patient Dining Trays	\$5,856.70
Food and Nutrition Services	Thermal Food Domes and Bases	\$21,251.25
Heart and Vascular Institute	Wake Up Event	\$1,500.00
Hematology and Urinalysis	Urinalysis Centrifuge	\$1,250.00
Hospice	Bereavement Newsletter Series	\$3,500.00
Hospice	Bereavement Program Support	\$3,500.00
Hospice	Carpet	\$15,000.00
Hospice	Education Materials	\$3,300.00
Hospice	Garden Benches	\$1,615.00
Hospice	Honoring Veterans	\$1,400.00
Hospice	Kitchen Appliances	\$1,000.00
Hospice	Kitchen Items	\$1,100.00
Hospice	Mattress Comfort Covers	\$8,880.00
Hospice	Suction Machines	\$1,200.00
Hospice	Table and Chairs	\$1,500.00
Hospice	Volunteer Program Support	\$900.00
ICU	SunStim Nerve Stimulator	\$217.45
Infection Prevention	Stuffed Animals	\$1,500.00
Infusion Clinic	Infusion Chairs	\$4,279.50
Labor and Delivery	Blood Pressure Cuffs	\$810.00
Labor and Delivery	Spinal Anesthesia Instrument	\$5,000.00
Laboratory	Stat Centrifuges	\$3,078.23
Marketing	Camera and Accessories	\$5,200.89
Medical Imaging	Laser Aimer for C-Arm	\$2,588.00
Medical Imaging	Medline Blanket Warmer	\$5,893.29
Medical Imaging	Medline Countertop Blanket Warmer	\$2,391.81
Medical Specialty Clinic	Computer and Renovation	\$2,985.00
Medical Staff Services	Sleep Room Furniture	\$4,080.00
Medical Unit	Overbed Tables	\$7,886.00
Mother-Baby Unit	Pulse Machine	\$170.00
Occupational Health	Medical Grade Freezer	\$2,529.80
Oncology	Bedside Tables	\$8,000.00
Oncology	Community Outreach Event	\$2,453.50
Oncology	Recliners	\$17,192.00
Oncology	Reference Books	\$1,000.00
Operating Room	Count and Communication Boards	\$6,460.05
Ortho-Neuro Unit	Continuing Education	\$1,000.00
Outpatient Infusion	Patient Advisory Committee	\$750.00
Outpatient Physical Rehab	Lymphedema Certification Class	\$4,216.00
Pediatrics	Syringe Pumps	\$3,000.00
Pediatrics	Television	\$400.00
Radiation Oncology	Breast Board	\$11,095.00
Surgical Unit	Overbed Tables	\$3,918.00
Surgical Unit	VueTek VeinSite	\$3,195.00
Telemetry Unit	Overbed Tables	\$3,918.00
Transitional Care Unit	Beasy Board, Transfer Pole, Car Cane	\$639.94
Transitional Care Unit	Computer Cart	\$593.46
Transitional Care Unit	Patient Therapy Items	\$831.21
Transitional Care Unit	Recliner Chairs (12)	\$13,845.00
Transitional Care Unit	ROHO/STAR Cushions	\$3,970.00
Transitional Care Unit	Scooter and Table Therapy	\$3,258.37
Transitional Care Unit and Acute Rehab	Vital Sign Monitors	\$10,113.00
Trauma Services	Bleeding Control Equipment and Education Materials	\$2,500.00
Trauma Services	Chest Drain and Needle Decompression Trainer	\$6,020.00
Trauma Services	Trauma Education Materials	\$2,750.00
TrueConnect Epic	Tablets/Devices and Adapters to test "Welcome" Module	\$10,640.00
Women and Children's Services	Breast Pumps	\$3,000.00
Women and Children's Services	Childbirth Education Upgrades	\$6,149.95
Women and Children's Services	L&D Procedure Light	\$1,200.00
Women and Children's Services	Nitrous Oxide Equipment	\$12,113.00
Women and Children's Services	Vein Finder	\$3,200.00
Women and Children's Services	Visitor Breast Feeding and Milk Expression Location	\$18,100.00
Wound Care	Blood Flow Doppler System	\$1,688.00
Wyoming PACE	Standing and Raising Aid	\$6,508.10

**TOTAL: \$426,460.21**





**PARTNERSHIPS IN LIFE:**

# Drs. Robert Prentice & Sandra Surbrugg

*Dr. Robert Prentice and Dr. Sandra Surbrugg have a lot in common. They give time to help local organizations that benefit children and adults. They enjoy fun time together, like a day of downhill skiing at Steamboat Springs, Colorado. And they share their professional and personal lives.*

“Doctor and Doctor” couples were uncommon when the two married decades ago. It is not as unusual now, as a 2014 survey shows.

American Medical Insurance Inc. surveyed 5,000 doctors across America and found that about 40 percent were married to doctors or healthcare professionals. There are several doctor couples at Cheyenne Regional who are married, too.

The couple also illustrates the healthcare partnerships with Cheyenne Regional Medical Center that provide high-quality medical care to the community. This year, the couple will serve as Honorary Chairs for the 2019 Denim & Diamonds, an annual gala that raises money for hospital-based projects and equipment.

### YIN AND YANG

One day recently, Surbrugg and Prentice sat down at the Cheyenne Skin Clinic and the Adora Day Spa to talk about their lives. Surbrugg is a dermatologist there and treats diseases of the skin, nails and hair. She has been a dermatologist for 38 years.



*I’m the yin to her yang.*

During the chat, Surbrugg greets everyone who walks by – from staffers to patients - with a friendly hello and a hug. She is an outgoing and bubbly person with a welcoming laugh. It was

easy to sense the strong bond the two shared and their relaxed, happy behavior. They sensed what each other would say next, the way couples do when they know each other well.

Prentice is a pediatrician at Cheyenne Children’s Clinic and has been there since 1973. He is a quiet man, and takes in all that goes on around him. “I’m the yin to her yang,” he said, and smiled.



# We definitely understand the challenges and difficulties and the joys. We love what we have made our life's work.

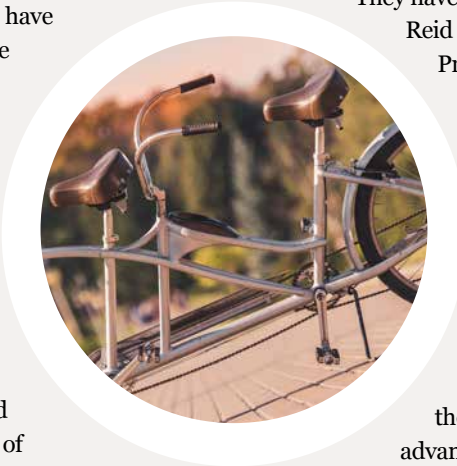
Prentice is originally from Albany, New York, completed his medical degree at the University of Minnesota, and then specialized in pediatrics at the University of Colorado. He said he enjoys working with kids and “seeing the smile and seeing the glint in children’s eyes. It’s fun to see them grow into adults. I’m taking care of kids who have had kids and even some where they’re three generations,” he said.

The couple met at the Cheyenne Children’s Clinic where Surbrugg was a child health associate, a physician’s assistant program she completed through the University of Colorado. They worked together for three years before they married in 1977.

Surbrugg said she liked being a child health associate, but wanted to attend medical school to study dermatology. “It combines the medical practice plus surgery and you get to see all ages from newborns to as long as they live. Once you get a patient as a dermatologist, you can have them for life,” she said, adding that she has formed longtime friendships with some of her patients.

She had her husband’s full support, even though he knew the hard work that medical school demanded. “There was no way she couldn’t do it. This was her dream,” Prentice said.

“He was very supportive,” Surbrugg said of him during the eight years she attended the University of Colorado in Denver. She lived with her sister in Denver then and came home on weekends. Prentice



drove to Denver and spent one night a week there to see her. “We didn’t live together for the first eight years we were married,” she said, adding up the years of medical school and residency.

Family life is important to them. They have two adult children, Reid and Ricarda from Prentice’s first marriage, and three grandchildren.

Although being in a two-doctor marriage raises some challenges about how to balance schedules and commitments, there are some advantages. The couple knows what their careers are like and the demands of the jobs. “It made it easier. We knew that it’s not that we didn’t want to be home, but we couldn’t be home,” Prentice said, because patients come first.

“We definitely understand the challenges and difficulties and the joys,” Surbrugg said. “We love what we have made our life’s work. I consider being a physician an incredible experience. You get to be a part of people’s lives at the good times when they just had a beautiful new baby or the bad times when they just found out they had a melanoma. You sit there and help them get through these things,” she said.

Both said they went into the right career and the right discipline. “If I were to do it again, would I be a pediatrician? I definitely think so. It’s rewarding,” Prentice said.

They also both served as chief of staff; Surbrugg at what was then United Medical Center and Prentice at the former DePaul Hospital across town. “We really think highly of our hospital,” Surbrugg said.

Their personal partnership extends to helping others. Surbrugg serves on the Laramie County Community College Foundation Board. They have a presence at the college as the Prentice/Surbrugg Health Sciences Building is named in their honor.

## ADVENTURES TOGETHER

“Outside of work, we like the same things,” Prentice said. They are theater fans and attend Cheyenne Little Theatre Players productions and those produced in Denver at the Denver Center Theater.

“We like to ski and we even ride a tandem bicycle. Now there’s a partnership,” Surbrugg said, and laughed. The couple cycled on vacations through many parts of Europe, often riding 35 to 40 miles a day with Prentice in the front. “We’ve taken our bicycle to Italy, France and Hawaii. It comes apart and we pack it ahead for the next spot.”

Prentice is a stickler for safety. “I always wear a helmet – I’m a pediatrician,” he said.

Surbrugg has some advice for young doctors about forming partnerships with the community: “The thing that I would tell young doctors today is to find a community and stay there. Develop relationships with your colleagues, the other physicians and with your patients that can last for an entire career. It is really a fulfilling thing,” she said. “Cheyenne is a wonderful community and we have made what I think are very happy, successful lives here.” ✨



## PARTNERSHIPS IN CARE:

# Cheyenne Regional Medical Center Reaches out to the Community

*Walk the halls of Cheyenne Regional Medical Center and you'll find a bustling place where doctors, nurses and other medical professionals partner to care for patients.*

The hospital is the epicenter of hundreds of partnerships that provide local patients with high-quality medical care. Some people have a different name for it. “We feel this is a family. We work together as a family,” said Cheyenne Regional’s Director of Medical Staff Services Teena Gering.

An important partnership at Cheyenne Regional is between the doctors themselves. The community is served by doctors employed by Cheyenne Regional (such as hospitalists who care for patients in our inpatient units and psychiatrists who provide behavioral health services), the Cheyenne Regional Medical Group (which is affiliated with the hospital) and by independent physicians. These independent doctors have private practices or work at clinics owned by outside groups.

“The goal is to augment independent physician services in the community with additional primary and specialty care in order to support access to local, high-quality services,” Cheyenne Regional Medical Group President Kerry Slater said. Cheyenne Regional wants to make sure that the community has access to a variety of care. The hospital, for example, can hire a doctor in a specific area – like bariatric surgery for weight loss – that may not be offered otherwise to people in the community.

“We want to provide as much care as we can locally,” and fill any gaps or unmet needs, Slater said. Cheyenne Regional Medical Group recently hired an orthopedic surgeon to provide foot and ankle surgery because the community need existed.

Cheyenne Radiology Group, Cheyenne Women’s Clinic and Cheyenne OB/GYN are other examples of independent practices in Cheyenne that provide care to the community.

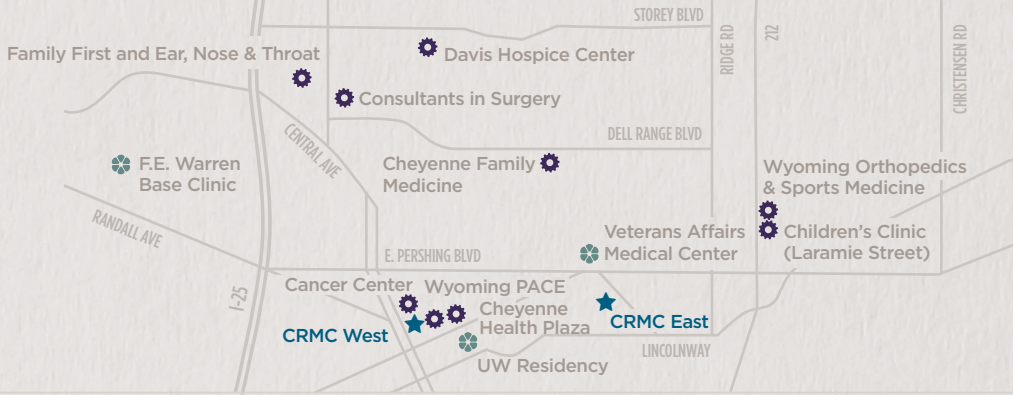
Cheyenne Regional Medical Group employs 83 providers including physicians, nurse practitioners and physician assistants. Among independent doctors, 91 have privileges to work at the hospital, Gering said. These doctors include contracted physician groups that staff and operate the emergency department, radiology, pathology and anesthesiology areas. These private groups contract directly with the hospital to provide 24-hour, around-the-clock coverage.

Gering oversees the credentialing of all doctors who receive privileges to practice at the hospital. Her office verifies the information on the applications and digs deep into resumes to make sure the documents are accurate and the physicians are qualified and competent to provide care to the Cheyenne community.

“We require all of our doctors to be board certified within five years of completion of their training,” Gering said. They must be certified with the American Board of Medical Specialties or the American Board of Osteopathic Medicine and maintain their certification.

An estimated 450 people are privileged to work at Cheyenne Regional, including doctors, nurse practitioners, physician assistants, dieticians and those who conduct psychiatric assessments. Of the 450, there are 22 nurse practitioners and physician assistants with privileges.





## CHEYENNE REGIONAL MEDICAL GROUP, CHEYENNE REGIONAL OUTPATIENT SERVICES AND PARTNERS IN THE COMMUNITY

Cheyenne Regional is part of a larger network of care, with partners throughout the city. In addition to these partners, Cheyenne Regional also partners with independent physicians. For more information, visit [www.cheyenneregional.org/locations](http://www.cheyenneregional.org/locations).

### UW FAMILY MEDICINE RESIDENCY PROGRAM AT CHEYENNE

Cheyenne Regional has had a longtime formal partnership with the University of Wyoming Family Medicine Residency Program at Cheyenne. This program provides a residency program that specializes in family medicine.

Eighteen residents come from across the country to participate in a three-year program. Residents – who are new doctors – do their training at Cheyenne Regional. “We work closely with them,” Gering said, and know that some will stay to work in Cheyenne once their residency is over.

Residency programs are required for medical school graduates. The program has full-time faculty and also uses community physicians, said Kathi Zubrod, business manager of the residency program. Residents can observe different specialties of care at Cheyenne Regional and get hands-on training in patient care. “We could not be a residency program without our hospital affiliation,” Zubrod said.

Cheyenne Regional and local physicians also are partners with medical students who come to the hospital for clerkships, which are four- to six-week training rotations that occur before they become residents. Universities send students here to train in family medicine, obstetrics, pediatrics and behavioral health. Medical students also can take elective clerkships in anesthesia and emergency medicine.

### A PARTNERSHIP OF TELEMEDICINE

Telehealth is a two-way service at CRMC; the hospital uses the technology not only to connect with outside specialists, but also to help communities across Wyoming.

The local hospital partners with Blue Sky Neurology from Swedish Medical Center to help evaluate and examine stroke patients.

A doctor in Cheyenne can call Blue Sky whose own doctors will examine the Cheyenne patient via computer using a robot device. Blue Sky doctors are experts in stroke care, Gering said, and provide care in a timely way.

Additionally, the hospital is partnering with Children’s Hospital Colorado to help serve infants in the community. “We have the capability to call a neonatologist and have them assist patients here. We’re trying to keep patients here in their own community,” Gering said.

CRMC reaches out to communities in Wyoming, providing consultation services such as post-operative, rheumatologic and psychiatric care.

### PARTNERSHIPS IN COMMUNITY OUTREACH

Cheyenne Regional has partnerships with the community, said Chief Medical Officer Dr. Jeff Chapman. The hospital and doctors have a relationship with the medical community at F.E. Warren Air Force Base, he said. “We try to keep open the lines of communication. We have had meetings with their medical group to partner and take care of the military personnel and their families in the absolute best ways we can.”

Those close ties exist with the Veterans Affairs Medical Center in Cheyenne. If a doctor at the VA Center has a concern or question, he or she can call the hospital, Chapman said.

“The healthcare we develop is really a partnership with the whole community that supports the people who work at the hospital and the patients they care for,” he said. ✱

**Cancer Center – 310 East 24th St.**

**Cheyenne Regional Medical Center East Campus – 2600 East 18th St.**

- Behavioral Health
- Home Health Care Services

**Cheyenne Regional Medical Center West Campus – 2301 House Ave.**

- Emergency Department
- Epilepsy Center
- Heart and Vascular Surgical Services
- Medical Imaging
- Supportive Care
- Wound Care
- Physicians Office Building
  - » Cheyenne Cardiology Associates
  - » Cheyenne Children’s Clinic (West Campus)
  - » Medical Specialty Clinic
  - » High Plains Surgery Center
  - » Outpatient Rehabilitation Services

**Cheyenne Children’s Clinic (Laramie Street) – 4116 Laramie St.**

**Cheyenne Family Medicine – 1950 Bluegrass Circle**

**Cheyenne Health Plaza – 800 East 20th St.**

- Cheyenne Health Plaza Internal Medicine
- Cheyenne Plaza Primary Care
- Endocrinology
- Plastic, Reconstructive, Cosmetic and Hand Surgery

**CRMC Foundation – 408 East 23rd St.**

**Consultants in Surgery – 5201 Yellowstone Rd.**

**Davis Hospice Center – 6000 Sycamore Rd.**

**Ear Nose & Throat – 5416 Education Dr.**  
**Family First Clinic – 5416 Education Dr.**

**F.E. Warren Air Force Base**

**University of Wyoming Family Medicine Residency Program – 821 East 18th St.**

**Veterans Affairs Medical Center – 2360 East Pershing Blvd.**

**Wyoming Orthopedics and Sports Medicine – 4017 Rawlins St.**

**Wyoming PACE – 1200 East 20th St.**





## HELPING THE TINIEST PATIENTS

***CRMC is keeping more NICU babies in Cheyenne, instead of transferring them to Colorado.***

This is thanks in part to a care alliance with Children’s Hospital Colorado as well as new equipment purchased with a \$209,000 donation from the 2015 Denim & Diamonds project. The generosity has helped Cheyenne Regional decrease the number of newborns transferred to Children’s by nearly 50 percent.

Cheyenne Regional’s care alliance with Children’s Hospital has expanded the relationship, while also sharing best practice protocols, communication with specialists and staff training for both nurses and respiratory therapists. The collaboration with Children’s Hospital also focuses on babies returning home to Cheyenne Regional for continued care.

“We work closely with the team once they are transported from Cheyenne,” said clinical director of Women and Children’s Services Erin McKinney. “Our goal is for babies to come back where they are closer to family.”

One of the largest grant-funded purchases for the NICU was for new ventilators, which has been a huge help in the facility, said pediatrician Dr. Joanne Hassell. The Draeger ventilators in the NICU are specifically designed for neonates, allowing the physicians, nurses and respiratory therapists to support such infants in Cheyenne. These ventilators help the tiniest patients more safely and effectively.

Other infants who do not need ventilation but need additional support in breathing use the new SiPAP machines, which were also provided by the Foundation grant.

“They will be able to stay here in Cheyenne, instead of having to go all the way down to Children’s for that care,” Hassell said.

Denim & Diamonds funds also helped purchase a feeding prep station for preparing specialized feeds for babies in the NICU. This station includes storage for donor human milk, which has also been purchased for the NICU.

Other new equipment included two isolettes for premature babies and new recliners for NICU parents. ✱



## Cancer Center Celebrates Five Years Saving Lives

***With donor name plaques covering the walls and the most advanced treatment options right in the building, the CRMC Cancer Center continues to offer the best care available to the community who built it.***

Five years after opening, the center is seeing increasing numbers of patients taking advantage of the option to treat their cancer locally.

“The word is getting out that we provide a very good service,” said Leonard Geringer, manager of radiation oncology. “We have the same technology and utilize the same protocols as an academic center to provide great patient care. The only thing you will miss by choosing us is the drive out of town.”

Carol Waeckerlin, emeritus member of the Foundation Board, led the fundraising for the center. She said members of the community were happy to donate, raising nearly \$4 million in two years’ time.

“I think the donations from the community have given people pride of ownership,” Waeckerlin said. “They feel like they have made a contribution to the community that is really being used.”

Though it is connected to the main hospital by a sun-filled sky bridge, all of the necessities for care are housed in the center. In addition to the treatment areas, there is a blood draw lab, pharmacy, wig and hat boutique, and information library right on site. They are continuing to find ways to help their patients by providing spaces for yoga, massage and support groups.

“The entire center is very patient-centric,” Geringer said. “We have excellent physicians, and we pride ourselves on our patient satisfaction results. It is a very difficult time in our patients’ lives, and I think every employee feels it is their job to take care of the patient the way they would a family member.”

Looking forward to the next five years, the Cancer Center is on track to keep up with new technology.

“The field is changing all the time, and technology is ever evolving,” Geringer said. “We have state-of-the-art equipment, but as new improvements are made to existing equipment we will certainly explore those. If we need to add those to our list of services we will do that.” ✱

# Nurses Use Scholarships to Continue Education

*Six members of the CRMC family are taking their learning to the next level thanks to scholarships provided by a generous endowment from the Walter Scott Foundation. Already working in the hospital while they study, recipients each agree to a two-year commitment to CRMC after they complete their studies.*



**ANGELA BURGE** is a five-year employee of CRMC and has been both in human resources and an LPN in the surgical unit. She earned her RN degree in May through Laramie County Community College (LCCC) and has accepted a job with the Cheyenne Regional Cancer Center working in radiation oncology.



Cardiac Rehab RN **LILLIAN DEVINE** has a BSN from the University of Wyoming and is now enrolled at Walden University earning a degree in the geriatric primary care nurse practitioner master's program. She hopes to graduate in 2020 and would like to work for a CRMC primary care office.



**HEATHER HUCKFELDT** earned her bachelor's degree in nursing in August. She is now a certified chemotherapy nurse and certified in precepting new nurses. She has been at CRMC for five-and-a-half years, and currently works as a charge nurse on the Oncology/Medical Floor. Her plan for the future is to become a psych nurse practitioner for children.



LPN **APRIL OJEDA** is an eight-year employee who is studying at Nightingale College for her associate's degree in nursing. She is expected to graduate this May, and her goal is to continue working on the Ortho Neuro Unit as a nurse resident. This fall she will start on her bachelor's with her ultimate goal being to have a master's in nursing education and become a clinical instructor.



Physician coach **SHEENA PACHECO** has worked nearly 13 years at CRMC with her associate's in nursing and biology and bachelor's in nursing. Now a Regis University student working toward a master's in nursing with a family nurse practitioner focus, she will graduate in August 2019 and will then work toward a DNP. When she finishes her studies she hopes to work for a clinic within the Cheyenne Regional Medical Group.



**MEGAN SMITH** is an LPN in the ER and is working toward her RN at LCCC. She will graduate in December and plans to continue on for her bachelor's degree. She has been at CRMC for just over five years.

RN = Registered Nurse | LPN = Licensed Practical Nurse  
BSN = Bachelor of Science in Nursing | DNP = Doctor of Nursing Practice

## DID YOU KNOW?

*If you are 70 ½ years of age or older, you may make direct charitable contributions from your IRA. These tax-free gifts count toward your required minimum distribution and lower your taxable income!*





# Dr. Andrew Stith Returns to Wyoming

“Wyoming is where I grew up, and I always wanted to come back and take care of the communities where I grew up,” said Dr. Andrew Stith.

Dr. Stith serves as an orthopedic surgeon, specializing in foot and ankle, at Wyoming Orthopedics & Sport Medicine, part of the Cheyenne Regional Medical Group. He hails from the Laramie area, where his family operates a beef cattle ranch.

“I spent much of my growing-up years doing that, chasing cows all around the county,” he said. “All of my family is around the area, and I wanted to be closer to them.”

His father served as a veterinarian and recently retired from the Wyoming State Veterinary Laboratory, and his older brother is a medic in the Army National Guard. Yet, those are not the primary reasons Dr. Stith also became involved in medicine, in particular orthopedic surgery.

“It’s always been the area of medicine that interested me the most – there was a never a question in my mind,” he said. “It’s very technical, very hands-on. I’ve always been kind of a builder and a fixer. A lot of orthopedics crosses over into carpentry and things of that nature, so it just seemed (to be) a natural fit for me. I never actually considered anything else; I knew that’s what I needed to do.”

Dr. Stith participated in rodeo in high school and while attending the University of Wyoming as an undergraduate. He

“  
I’m happy to be back in Wyoming, and I’m happy to take care of the community.”



saw many injuries on the circuit, but fortunately he didn’t experience anything serious himself.

Sports medicine is one of the fields in which he works, and it’s an arena which is played frequently in Wyoming on the orthopedic medicine side. He said that aspect of his work is second-only to arthritis.

Trauma and age-related degeneration are usually the causes of arthritis, he added. In addition to conservative measures, such as steroid injections and orthotics, surgery, including ankle replacements, can be done.

“Replacement has come a long way in the past 10 to 15 years,” Dr. Stith said. “The longevity of total ankle replacement has gotten significantly better. You have to be selective in the patient you can do it on, and it’s something I’m trained in and that I do.”

One of the reasons he enjoys orthopedic medicine is the results he sees with his patients, whether it’s from a sports-related injury, a foot deformity, or relief from painful arthritis.

“I enjoy the ability of seeing definitive results in patients and direct improvement in their lives,” he said.

After his undergraduate studies at UW, Dr. Stith attended medical school at Oregon Health Sciences University in Portland. He traveled east for his residency program, living in Grand Rapids, Michigan while in an orthopedic surgery program associated with Michigan State University. Afterward, he was selected for a foot and ankle fellowship in Boise, Idaho, spending a year with Michael Coughlin, whom he described as “one of the godfathers of foot and ankle in this country for orthopedic surgery.”

He returned to Wyoming and began working in Cheyenne in September 2018. Knowing he’d be working with people with whom he was familiar helped him set his course for his Wyoming practice.

“That was a lot of the enticement of coming back, working with people I know,” said Dr. Stith. “But also because this is home, and I wanted to come back and take care of the community I grew up around. I’m happy to be back in Wyoming, and I’m happy to take care of the community.” ✨

## KNOW YOUR NEW STAFF MEMBERS



**MELANIE LENHARDT**  
OPERATIONS MANAGER

“The Cheyenne Regional Foundation has always been a huge support to the community of Cheyenne, and I am honored to be a part of the staff to help change lives and inspire great health.”

# CONTRIBUTIONS

JULY 1 – DECEMBER 31, 2018

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**LANDON BROWN**  
DIRECTOR OF ANNUAL GIVING AND GRANTS

“I’m excited to join the CRMC Foundation family because I have a passion for supporting great causes in our community. CRMC has a great mission and has always taken care of my family and friends – I want to be a part of that mission and support the development of such a great community health system.”



**KNOW YOUR NEW  
STAFF MEMBERS**





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