

# Advancement

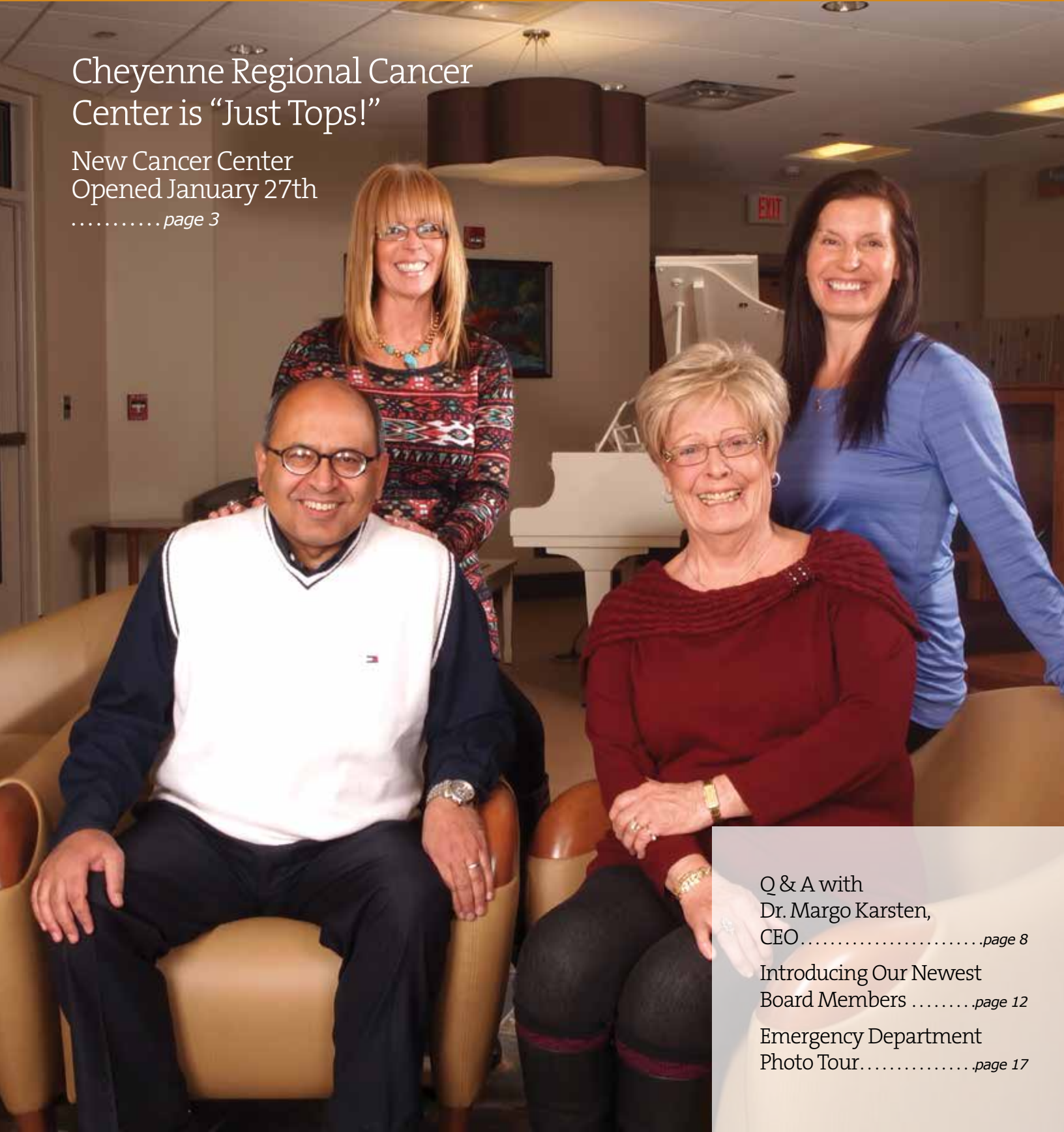
Advancing Premier Regional Community Healthcare

SPRING 2014

## Cheyenne Regional Cancer Center is “Just Tops!”

New Cancer Center  
Opened January 27th

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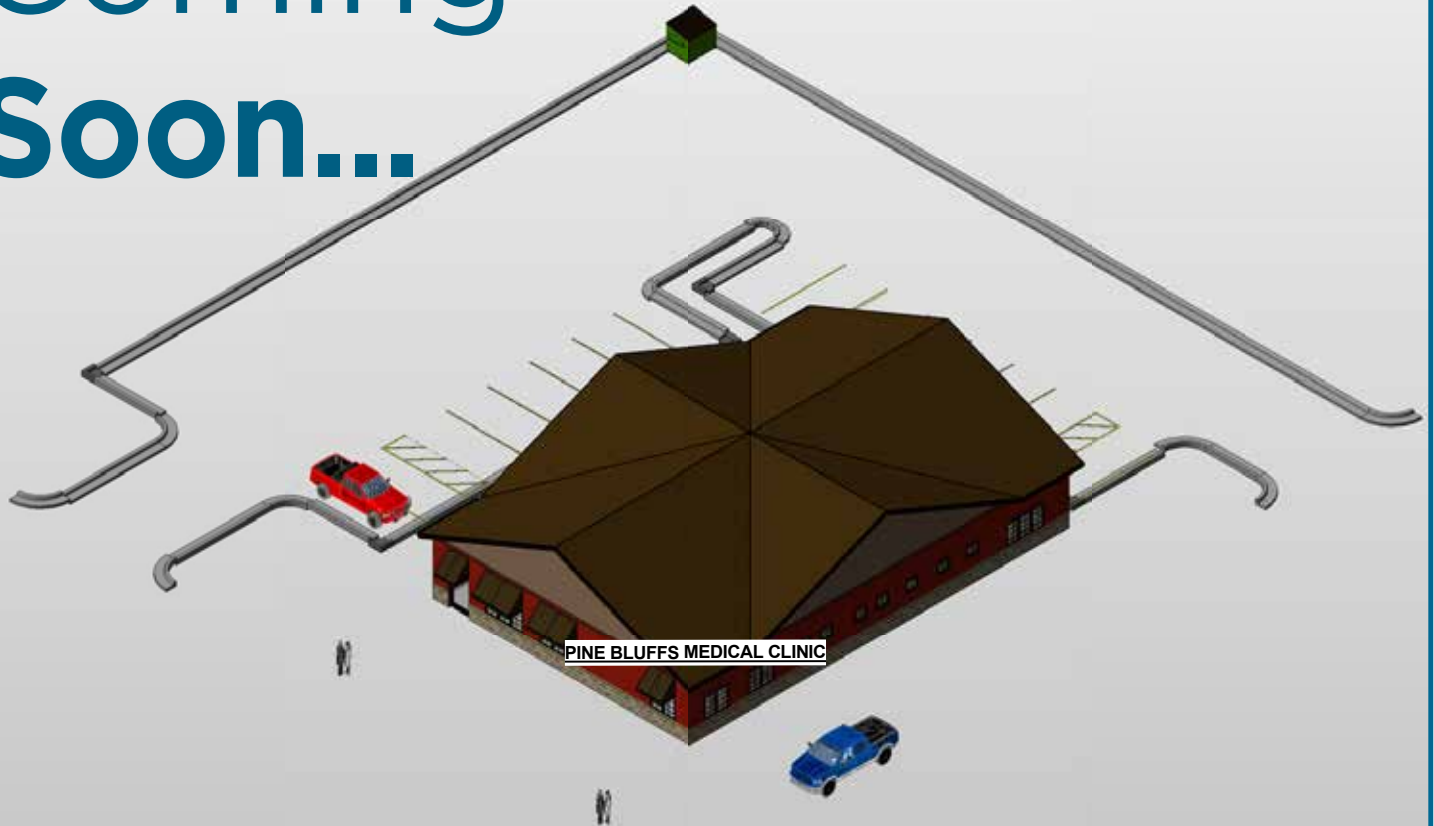
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Cheyenne Regional

# Coming Soon...



Cheyenne Regional  
Foundation

Construction will soon start on a new healthcare clinic in Pine Bluffs. The Cheyenne Regional Board of Trustees and the Cheyenne Regional Foundation support constructing and furnishing the new clinic in Pine Bluffs to replace the existing clinic, which opened in 1959. The new clinic's groundbreaking is projected to begin in April. Construction should be finished by fall 2014.

[cheyenneregional.org](http://cheyenneregional.org)

# Advancement

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### PUBLISHER

Cheyenne Regional Foundation

### CONTRIBUTING WRITERS

Lorraine Fresquez  
Lynn Utzman-Nichols

### CORRESPONDENCE

Kat Nicholson

### DATA MANAGEMENT

Cheryl Wold

### PHOTOGRAPHER

Tim O'Hara

*Cover photo: Oncologist Mohamed E. El-Tarabily, MD sits with his longtime patient, Deanna Bauman (bottom) with Deanna's daughters Brenda Foley (left) and Michelle Cooke standing behind.*

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### CHEYENNE REGIONAL FOUNDATION

214 East 23rd Street (mailing)  
408 East 23rd Street (office)  
Cheyenne, WY 82001  
(307) 633-7667  
found@crmewy.org  
www.cheyenneregional.org/foundation

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## Message from Carol Merrell *Foundation Chair*

On December 17, 2013 I was voted in as the new Foundation Chair for the Cheyenne Regional Foundation. What an honor to take on this position, and to work with such a dedicated group of board and staff members. There has been such positive change over the years here at the Foundation; I am proud of our efforts to constantly refine and improve how we support the hospital in providing high quality healthcare to our community.

I'd like to extend a warm thank you to Tom Stuckey and Andrea Cook for their commitment as board members through the years. I appreciate their dedication and will miss their insight and direction.

In the same vein, I welcome the new board members to the Foundation. They are a dynamic crew. I enjoyed meeting them at a recent orientation, and am impressed by who they are and what they have to offer. You can read more about them in this issue.

Also, I want to extend a personal thank you to Dave Foreman, our endowment committee chair and the committee itself for their excellent work reviewing grant applications, awarding money and ensuring it is spent as intended. They work hard to make sure donor dollars are put to full use.

I am taking the helm during an exciting time of great improvements at Cheyenne Regional, none more impressive than the new Cancer Center that opened in January.

I had the pleasure of escorting a cancer survivor on a tour at the Center's open house event. It was heartwarming to watch him greet and hug staff and fellow patients, and to see how excited everyone was over his recovery, and the new Center itself. The Cancer Center was built for the community and the region—it took hundreds of community members, employees, volunteers and donors to help realize this dream. There are still room naming opportunities to be had and bricks to be purchased for the outside garden area.

The grant for the new Pine Bluffs Clinic is also big news around the Foundation these days. The community of Pine Bluffs deserves this new facility, and I am proud of the Foundation's role in securing the needed funding.

**I wish you all good health and fulfilling days.**

### 2014 Board Officers:



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## Cancer patient Deanna Bauman calls Cheyenne Regional Cancer Services “Just Tops”

New Cancer Center Opened January 27



*Dr. Mohamed El-Tarabily and Deanna Bauman have become well acquainted through her extended cancer journey. He appreciates her positive outlook on life.*

Cancer patients often experience a moment of instant clarity on what matters in life. For Deanna Bauman, two-time cancer survivor, her treasure of wisdom is that every day is a gift. She says it several times a day to everyone she meets, and writes it on all her cards and notes. More than that, she lives it.

“On the day I found out I had kidney cancer in 1999, I said to myself, ‘every day is a gift’ and since that day when I wake up in the morning the first thing I do is thank God for another day. Getting diagnosed with cancer gives you a whole new picture on life,” says Deanna.

Deanna beat her kidney cancer and kept cancer at bay until the fall of 2011 when she learned she had stage IV pancreatic cancer.

“I was getting ready to go watch UW play and got very sick. I had been visiting with doctors about a pain in my abdomen, but it became so intense that I had to have emergency surgery to remove my diseased intestines, gall bladder and appendix,” she states.

Everyone who knows Deanna is amazed by her positive attitude, especially her oncologist, Dr. El-Tarabily, who regularly tells Deanna how proud he is of her, and how impressed he is with how she so gracefully handles her cancer diagnosis.

“I don’t have a cure but I have a treatment, and it’s working,” Deanna says of her chemotherapy treatments every other week that give her a

*continued on page 4*

“free week,” as she says, where she doesn’t feel side effects or fatigue. Her chemotherapy is ongoing to keep the cancer under control.

“Dr. T said to find hobbies, socialize and don’t let the cancer consume me. That’s what I do. During my free weeks I go to the theatre and visit friends and spend time with my daughters and grandkids. Laughter and getting out help so much. People with cancer can get so sad and want to give up. I tell them to hang in there because something good, like a new treatment or a cure, is right around the corner,” Deanna exclaims.

Deanna and her husband Tom, who passed away August 2012, lived their entire 50 married years in Cheyenne. Tom and Deanna were the owners/general managers of KRAE, Inc. from 1961 to 2001. Tom was active in the community and was inducted into the Wyoming Broadcasters Hall of Fame and the Cheyenne Frontier Days Hall of Fame. Deanna worked in retail.

“Back in the 60s we’d go out to lunch and often say hi to the governor. And when we lived on Dell Range it was a dirt road with horses and pastures. Nowadays it’s different. I am amazed at how Cheyenne has grown,” she says.

### Help us build hope, brick by brick.

In recognition of gifts of \$500 or more to the Cheyenne Regional Cancer Center, a customizable brick paver will be placed in the Patio of Hope near the Healing Garden at the Cancer Center.

You can choose an engraving up to 32 characters and symbols. When you make a gift to the Cancer Center in honor or memory of a loved one, our staff will automatically generate an acknowledgement card and mail it to the address you choose. Once the brick has been placed, a Cheyenne Regional Foundation representative will contact you.

Your entire tax-deductible donation supports the Cheyenne Regional Cancer Center. Several payment options are available.

A limited number of bricks are available. Reserve yours today!

Contact Vicky Fry, Dir. of Major Gifts/Planned Giving, at (307) 426-4510 or [victoria.fry@crmcwy.org](mailto:victoria.fry@crmcwy.org).



Deanna finds strength in her two daughters who she describes as her cheerleaders—Michelle Cooke, who is the aerobic coordinator and instructor at SMART Sports Training Center—and Brenda Foley, who followed in her father’s footsteps in radio, serves as both an on-air personality and an account representative at Montgomery Broadcasting for 1240 KFBC and 92.9 The BOSS.

“They come to every one of my doctor and chemotherapy appointments. When I was diagnosed, we all went to Cabo San Lucas together between treatments and surgeries. It was wonderful to get away together,” says Deanna who enjoys her son in laws Joe Foley and Terry Cooke and her grandchildren Brianne, 29, Travis, 27, and Thyme, 18. She even has a great grandson, Ryker, 4. The family belongs to Our Savior Lutheran Church.

### The Gift of a New Cancer Center

If you haven’t seen the new Cancer Center yet, put it on your list of “feel good” things to do. From the instant you walk in the doors, you know the space holds much more than bricks and mortar and machines—it embodies the deep caring of the larger Cheyenne community.

### Love is in the details

Each detail—from the glistening ivory player piano

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*Deanna Bauman and her daughter Michelle Cooke (left) share a laugh with Gerry Heimsoth while she receives chemotherapy for pancreatic cancer in the old infusion wing at Cheyenne Regional.*

in the lobby donated by the Domenico family in memory of Lou and Tyke Domenico and the magnificent hand-carved guitar made by Cheyenne Regional’s sterile processing manager Kevin Poledna (and the case created by Central High School shop students)—is deliberate. The goal was to create the most calming, healing and functional center possible.

“We chose paint colors and artwork to reflect calming themes in nature,” says Tammy Thiede, Director of Oncology Services. If you stare at the motif of leaves and waterfalls in the stairwell you almost swear you hear the sound of water and feel the calm it brings.

The well-designed building has separate healing spaces, including a large fireplace with comfy chairs in the lobby, an empowerment

library for patients to peruse books and use computers for research, separate balconies with fireplaces on the infusion wing, meditation and massage rooms, a salon and boutique, and a healing garden out front.

“Bathrooms were a problem in our old space. Patients could barely turn around in them and had to leave their infusion equipment outside the door. In the new building they are everywhere, almost too many to count,” Thiede adds.

### **Walls that speak community**

At every turn, there’s evidence of the generous spirits of those who donated money and time to make the Center come to life. There’s the plaque that reads, “René’s Lobby”—a loving tribute of donors Jan and Ron Thiel in honor of their daughter. Across the way is “Lucy

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*Deanna Bauman and Dr. El-Tarabily hold hands during the photo shoot. Dr. T has been Deanna's doctor since her pancreatic cancer diagnosis.*



*Deanna Bauman visits with Gerry Heimsoth.*

and Amy's Wing," reflecting a gift from Amy Davis, a longtime supporter of the Cheyenne Regional Foundation. Upstairs, at the entrance of the infusion wing, a plaque recognizes 24 donors who gave in honor of Dr. Robert Lanier, a beloved Cheyenne hematology/oncology physician who passed away recently after his own battle with cancer.

"The plaques throughout the Center represent close to 100 individual and business donors within the community. This Center was really built out of the community, for the community," Thiede says.

### **A long list of improvements**

One area that is markedly improved over the old is infusion. Before, three patients had to share a small space and one television remote. There were no private rooms and areas were cramped, making patients uncomfortable and nurses challenged.

"Now we have 25 beds and chairs—all with their own televisions—and two private rooms for infusion. We also have two separate infusion areas—each with their own outside balcony. We have one area for chemotherapy and one for those who need infusion for other medical reasons. This helps us better care for our cancer patients who might be immuno-compromised," Thiede says.

Curtains easily separate the roomy spaces, and chairs are on rollers for moving about or turning to socialize, if desired. Cushioned benches and workspaces on rollers are also provided for attending family members.

"The chemo nurses at Cheyenne Regional feel like your best friends. They care so much and are so compassionate. I can't say enough kind words about the whole staff and my doctors,

*continued on page 7*



Dr. El-Tarabily and my surgeon Dr. Lisa Burton. The care at Cheyenne Regional is just tops,” Deanna says.

Another great improvement is the medical oncology wing with 10 pleasing exam rooms and comfortable lobbies for Cheyenne’s three oncologists to meet with patients and families.

Maybe most impressive is the radiation oncology wing with its new “large bore” CT Scanner and leading edge linear accelerator and tomotherapy machine. 800 yards of concrete were poured to make two separate vaults, each with 6 to 8 feet thick walls to contain radiation and to separate the equipment from the rest of the Center.

“Cancer patients will feel so cared for in the new building, and all the wonderful nurses and doctors deserve this Cancer Center. I believe we have the best care available right here in Cheyenne. People ask me, ‘why didn’t you go elsewhere for care?’ I tell them, why would I go elsewhere, I love everybody here, and we’ve got the best healthcare right here in Cheyenne,” Deanna concludes.

### **Care and Beauty at The Boutique**

When going through cancer treatments, it can be hard to feel beautiful. Chemo makes you lose your hair and radiation can cause scarring. That’s why the new Cancer Center includes a Boutique and salon—a place to restore your sense of beauty, despite cancer.

The inviting, clean Boutique has four beauty stations for women to receive guidance on skin care, makeup, scarves and wigs from local beauticians and estheticians. The Boutique holds Look Good Feel Better events monthly (every third Monday) and an annual spa night for women cancer patients. The events are sponsored by the American Cancer Society, which also provides a variety of wigs, scarves and prosthetics.

“We provide wigs free of charge for any woman going through cancer treatments, or experiencing hair loss. Women hug us when they leave because they feel beautiful again and can’t believe the service is free,” says Dani Best, Breast Health Navigator. The Cheyenne Regional Foundation has also donated wigs to The Boutique.

The wigs are top-of-the-line, often retailing for \$300 to \$500. The Boutique also provides a professional prosthesis fitting to breast cancer patients, and is equipped with two changing rooms.

“Sometimes, women wear a wig or a prosthesis just a few times. We take the donation and have them thoroughly cleaned so they look brand new,” Best says.

The Boutique is one of several care services offered at the new Cancer Center. Others include, lymphatic massage, yoga, meditation and guided imagery classes, support groups, nutritional counseling, a healing garden and an empowerment library.

For more information on The Boutique or other services, call Dani Best at 307-633-6825 or email her at [danette.best@crmcwy.org](mailto:danette.best@crmcwy.org).

You can also call Dani if you have cancer and need help figuring out your next step: “Many people who are just diagnosed wonder ‘where do I start?’ I serve as a guide and a friendly voice on the other end of the phone,” she concludes.

**“Women come in feeling shocked and sad, especially after losing their hair, but by the time we get done they are often laughing.”**

*-Dani Best, RN, BSN, OCN, Breast Health Navigator*

# Q & A with Dr. Margo Karsten

Chief Executive Officer of Cheyenne Regional

The Foundation board and staff are pleased to welcome Margo Karsten as the new CEO! We asked Margo to reflect on the spirit of improvement that's alive at Cheyenne Regional and what recent improvements mean for the community.



*Dr. Margo Karsten, new CEO of Cheyenne Regional*

**Q: Cheyenne Regional has been very dedicated to self-improvement lately, has it not?**

A: I believe we are really living our vision, which is, "To be the best healthcare system in which to provide and receive quality care." The level of quality I see in staff, providers and hospital leaders is amazing. There is such strong dedication to doing their jobs the best they can, and to making sure patients are given their utmost attention and care. Cheyenne Regional is a really special place and is really coming together as a top-notch health system.

**Q: It's an exciting time with the opening of the new Cancer Center. This has been a longtime dream of many staff and supporters of Cheyenne Regional. Can you comment?**

A: The idea of building a Cancer Center started literally over a decade ago, so a lot of heart and effort has been poured in to making it just right. The community is fortunate that hospital leaders and staff had the vision and strategic foresight to bring everything together under one roof. When you walk through, you can see the years of planning and design that went into the building, and every detail was deliberate. Patients and families will feel such a sense of

connection and care, and find it to be a comforting place to heal. The staff is so proud of the facility, and the support from donors and volunteers has been tremendous. This new facility was really built out of the community, for the community, which gives the center a sense of depth that you can't achieve by simply building a building.

**Q: Are there any really memorable moments that have taken place lately, including the open house and the donor appreciation event?**

A: At the Cancer Center donor appreciation event I met Betsy, Dr. Robert Lanier's wife—for whom the infusion wing is named. There were 24 total donors for the wing, and I was so touched by the legacy she and those who cared for him created at the new center. Also, cancer patient Ron Thiel spoke about his journey with cancer, and how he and his wife Janice chose to donate funds to build the lobby in his daughter Renée's name. He said, "I am going to call this the lucky center, because it is where opportunity and preparation meet." His story about his recent battle with cancer, and the good care he received at Cheyenne Regional was really touching.

**Q: Is it true the Cancer Center is accredited by the American College of Surgeons, a prestigious achievement to earn?**

A: Yes, Cheyenne Regional has met accreditation since 2010 as a Community Cancer Program. It is a rigorous accreditation process that demands the Center meet several strict criteria for care. We are the only ones in the state to hold this accreditation, which we've recently earned again for the next three years.

**Q: The emergency department was expanded and opened its new doors in December. Have you seen results of that improvement yet?**

A: Since opening, we have seen dramatic improvement in several areas that we measure. The upswing is really exciting since the ED is an important first place of contact with the hospital for so many people. We now have the most technologically advanced ED in all of Wyoming. The community has better access to care, and the new ED has a much greater capacity to give quality care much more quickly and efficiently than ever before. Prior to the new ED opening, patient satisfaction was frankly somewhat low across the board. We knew we'd see improvements given the space constraints of the past, but it is much greater than we expected.

**Q. Can you comment on the collaboration between the Pine Bluffs medical clinic and the University of Wyoming?**

A: The Foundation was the driving force behind this improvement that helps Cheyenne Regional better serve communities in and around Cheyenne. It took a strong collaboration to bring this plan together, and the Foundation played a pivotal role in coordinating this new clinic. We will now be able to offer expanded services to Pine Bluffs residents, including increased telehealth capabilities, educational programs and more consistent, quality medical care. I understand there will be a large multipurpose room with an 80-inch screen that can hold 40 people and will be used for distance education trainings for staff, including emergency responders, and telemedicine services, among other functions. It's a huge asset to the community and Cheyenne Regional, and I'm grateful to the Foundation for helping make it happen.

"The level of quality I see in staff, providers and hospital leaders is amazing. There is such strong dedication to doing their jobs the best they can, and to making sure patients are given their utmost attention and care."

**Q: I understand the Pine Bluffs medical clinic is a collaborative effort with the University of Wyoming?**

A: It is a very collaborative relationship where we provide residency and training opportunities for future physicians, pharmacists, nurses and allied health professionals to gain experience and hone their skills, and we receive the benefit of staff for our facility. The residents are overseen by two of our physicians, Dr. Doug Parks and Dr. Ronald Malm. The hope is that these skilled professionals will stay in the community or Wyoming. Whenever we can partner with other organizations to make our communities stronger, it's the best choice.

On that note, I'd like to thank the groups and organizations that helped make this new building and expansion of services possible

through their generous donations—the Wyoming Business Council, High West Energy, the Laramie County Board of Supervisors, the State Loan & Investments Board, Cheyenne LEADS, the Pine Bluffs Health Foundation, the Pine Bluffs Fire Department for demolition, and our own hospital Foundation. It is truly a community effort.

Lastly, I want to extend my personal thank you to the Cheyenne Regional Foundation's donors. They have contributed to so many of the improvements that are happening here at the hospital, through dollars and volunteer hours. As a sole provider of care in this community, we could not reach the level of excellence that we do without the gifts received by our Foundation supporters and our community members. So, thank you, for your generosity and your dedication to making your community better.

# Improving Cancer Symptoms with Yoga

By Lorraine Fresquez,  
 Certified Fitness Trainer, Cheyenne Regional

One of the most rewarding benefits at the new Cancer Center will be yoga classes. These classes will provide strength and quality of life for cancer patients. Symptoms of fatigue, insomnia and pain can lower the quality of life for cancer patients. Breathing therapeutically and maintaining flexibility with yoga can help patients overcome these symptoms. People frequently ask: What are the benefits of yoga for cancer patients? Are there any precautions to take? How can I get started?

Read on to learn the answers to these common questions.



## What is Yoga?

It helps to start with a basic understanding of yoga. Yoga is a 5,000 year-old practice from the Middle East that has become popular in the United States. Yoga uses a combination of postures, rhythmic breathing and meditation. It is said to

contribute to physical and mental wellbeing.

The word yoga stands for unity, or joining together the body, mind and spirit. Yoga is not considered a religious practice, but rather a philosophy of creating an internal environment that promotes health and vitality.

There are many types of yoga, but Hatha yoga is the form that will be practiced for Cancer Center patients. Hatha yoga uses slow and gentle movements, making it possible for people who are limited due to fatigue, shortness of breath and other symptoms and treatment side effects.

## Benefits of Yoga for Cancer Patients

Yoga teaches individuals to find their “inner-self” or their “center.” The center is where mind, breath, heart and spirit align. When mind and breath connect, the focus is on you and where you are in the moment. Cancer patients often find that yoga can:

- Improve sleep and insomnia. Therapeutic breathing teaches the patient how to use their breath to relax.
- Lessen fatigue. Patients tend to become more energized with yoga practice.
- Reduce anxiety. Centering activities and breathing practices help lower anxiety.
- Increase appetite. In some cases, yoga improves a loss of appetite that can accompany cancer.
- Decrease pain. Certain poses help bring pain relief.
- Reduce stress. When patients align their mind, body and spirit, they often feel a sense of calm.
- Lessen emotional distress. When patients are simply being in the moment their emotions often settle down.

## Getting Started with Yoga Classes

As with any physical exercise, it is important to talk with an oncologist before beginning yoga. Some yoga poses may cause strain on ligaments and joints that could be detrimental for cancer patients. If given the green light, yoga is an effective, enjoyable way to ease the impact of a cancer diagnosis and treatment regime.

For information on when classes will start at the Cancer Center, call 307-432-3638. Interested in a general yoga class? Call the Cheyenne Regional Health & Fitness Center at 307-778-5500.

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

# Come Grow With Us!

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

What an exciting time to be at Cheyenne Regional! Whether you are a donor to the Foundation, a patient, physician or staff member, I'm sure you are aware of the many changes going on at the hospital. Years of planning have come to reality as the hospital grows to meet patient needs with high-quality services. In December, we opened a new 39,631 square foot, 44 treatment room emergency department and on January 27th we opened our new 40,000 square foot Cancer Center. Both facilities offer state-of-the-art equipment along with highly trained physicians and staff to care for our patients' needs. The Cancer Center brings together all services into one convenient location, so our patients no longer have to travel across Cheyenne to receive care.

The emergency department and Cancer Center are not the only new construction we have going on. There will soon be an entirely new front entryway to the hospital that is currently under construction. Additionally, a Cheyenne Regional clinic located at 20th and Pebrican Streets in Cheyenne has just undergone a dramatic facelift to make it more patient friendly. And, as our oncologists have moved their offices into the new Cancer Center, we will be relocating physicians with other specialties into their old offices—all with an eye to improving patient experiences and the delivery of care to those we serve.

In addition, a significant project that was spearheaded by the Cheyenne Regional Foundation is underway—to tear down and rebuild the existing Pine Bluffs medical clinic that serves the residents of eastern Laramie County, northern Colorado, and western



Nebraska. The Foundation was just awarded a \$1.0 million grant from the Wyoming Business Council through the State Loan and Investment Board (SLIB) for this project. The Foundation raised an additional \$565,000 through generous donors, local businesses and private foundations. Construction will begin in April with a grand opening planned for the fall of 2014 on this 4,600 square foot facility—doubling its current size!

As the population of our state and surrounding areas continues to grow, and the demographics of our residents continue to age, the demand for responsive quality medical services grows as well. Cheyenne Regional has served our community faithfully for over 146 years and will continue to do so for many years to come. The hospital is here when you need us. We will continue to grow and serve your needs, and we invite you to come grow with us!



Want to learn  
more about  
services  
offered at  
the hospital?

Visit [www.cheyenneregional.org](http://www.cheyenneregional.org)  
and click on Services.

## Board Profiles

## Introducing our Newest Board Members

## David Cook

David Cook brings a strong sense of community and financial wits to the board.

David has been a banker in Cheyenne for nearly 27 years. Currently, he is a branch manager at Wyoming State Bank.



“I have always been a banker and have always been very involved in the community. Cheyenne Regional has helped me in the past, and it just felt right to

get involved,” David says about joining the Cheyenne Regional Foundation Board. He brings a patient perspective as he used the hospital, doctors and services in the past.

David holds a degree in business management from the University of Wyoming, and has been a member of UW’s Cowboy Joe Club and active with the alumni association for 20 odd years. He has also served as vice president on Cheyenne’s Habitat for Humanity’s board in the past.

“To have a successful community, we need quality healthcare. Healthcare continues to be a challenge for some individuals and as Foundation supporters and board members we can help improve access to healthcare,” David says.

David’s wife Julie works for the State of Wyoming as a Principle Account Manager in the Department of Agriculture. The couple has two children, Kayla, a sophomore at Boise State and Ryan, a high school senior at East High.

David brings a strong financial perspective to the board, along with insights into the community at large.

## Dr. Harmon H. Davis

Dr. Harmon H. Davis is no stranger to the inner workings of Cheyenne Regional. Having practiced medicine at the



hospital for 34 years as a pulmonologist/intensivist/internist and serving on the hospital’s board of trustees, he knows his way around healthcare in Cheyenne. He currently serves as the Director of Pulmonary Rehabilitation at Cheyenne Regional, one of many leadership roles that he has held through the years.

“I’m committed to continuing to work to make Cheyenne Regional the best it can be, and I believe the Foundation plays an integral role.”

“I’m committed to continuing to work to make Cheyenne Regional the best it can be, and I believe the Foundation plays an integral role,” he says.

Harmon grew up just south of Denver. He graduated from Yale University with a bachelor’s degree in psychology and attended medical school at the Utah College of Medicine.

After that, he trained in internal medicine at Washington University Affiliated Hospitals in St. Louis where he also completed a fellowship in pulmonary disease.

Besides practicing medicine, Harmon is a skilled gardener. “I’m currently completing an internship with the Cheyenne Master Gardener’s Club,” he adds.

Harmon is also active in Rotary International, St. Mark’s Episcopal Church, and is a fellow with the American College of Physicians.

His wife, Claire, is a retired architect. The couple has two children: Gwendolyn, a supervising psychiatric social worker for Los Angeles County, and Justin, the vice president of the Woodland Hills Division of Bank of America.

The Foundation Board is sure to be enhanced by Harmon’s strong understanding of the operations of the hospital.

Board Profiles *continued*

## Laurie Farkas

You could say Laurie Farkas's relationship with Cheyenne Regional began the day she was born at DePaul Hospital. As an East High School student, she continued that relationship as a candy striper.



As an adult she helped promote Denim 'N Diamonds for years, and now, she's joining the Foundation Board.

"As a longtime journalist who has interviewed hundreds of doctors and medical professionals, I have seen the incredible changes and

challenges facing local hospitals today. I want to build on the good work the Foundation has been doing and use my marketing and public relations experience to help promote Cheyenne Regional as a medical industry leader," says Farkas.

After years working as a broadcaster, journalist, director of PR/marketing and as vice president for the Chamber, Laurie started her own consulting business as a multi-media and marketing specialist.

Laurie is honored to be a part of the board. She feels strongly in giving back to her community, and has been an active volunteer in her children's schools and as a pageant coach through the years.

"I enjoy mentoring young women professionally, which I have done in the broadcasting profession and in business. I also provided professional pageant training to young women after my own experience as Miss Wyoming at the Miss America pageant in 1991."

Laurie is a third generation Cheyenne resident. Her husband Steve of 20 years is the Director of the MBA Program at the University of Wyoming. The couple has two children at Central High School, Alexandra who is 16 and Austin who is 15. Much of the couple's spare time is spent watching Austin play football, run track and play soccer, and watching Alexandra as a varsity cheerleader.

## Marcia Graham

Marcia Graham has been asked to sit on several boards, but has never accepted. When the Foundation made the request, it felt different.

"The mission of Cheyenne Regional hits closer to home. Healthcare is critical to our lives, commerce and growth of our city. It is a basic human right that rural communities sometimes are left without," says Marcia.

Marcia is no stranger to community involvement.



She has been active in LEADS, Chamber of Commerce, and Cheyenne Schools and is well connected through her work as a residential salesperson at Coldwell Banker The Property Exchange, which she co-owns with her husband, Brad Graham.

Her current career puts her directly in touch with the real estate growth patterns and recruitment of businesses in Cheyenne. Previously, as a school principal and English teacher, Marcia excelled at "motivating, educating, encouraging, and persuading...and yes disciplining when needed!"

Marcia grew up in Grand Rapids, Michigan and received her bachelor's degree from Grand Valley State University in English language arts. She then earned her master's degree from UW in educational leadership. She had the good fortune of meeting and marrying a Wyoming native.

"I found out that if you marry someone from Wyoming you WILL live in this great state. We wanted to raise our children here," Marcia says.

The couples' four children graduated from East High, with two staying in Cheyenne: Nicole is an occupational therapist for the school district, and Hugh works alongside his parents at Coldwell Banker in the commercial and residential departments. Daughters Jodie and Megan are in Arizona, working as a behavioral coach and a first grade teacher, respectively. The couple has two grandchildren—Aniston and Avery—and are anxiously awaiting a third.

*continued on page 14*

## Georgiana Stewart

After spending 17 years in the oil and gas and uranium industries in Casper, Wyoming, Georgiana Stewart and her husband Mark moved to Cheyenne in 1989 from Glenrock. Mark Stewart is a Standing Chapter 13 Bankruptcy Trustee.



The community of Cheyenne has benefited greatly by Georgiana’s active presence on many boards and committees over the years, including

the United Way Allocation Committee, Goodwill Board of Directors, Meals on Wheels Board (chair), LEADS board (chair), Realtor Family Fund Trustees (president) and Wyoming Land Title Association

(president). She is currently a member of the Chamber of Commerce Wrangler Committee.

“I hope that my past experiences of board memberships as well as my management position prove helpful to the Foundation Board. I am anxious to learn, be informed and help make good decisions on behalf of the board,” says Georgiana.

Georgiana is the County Manager for First American Title, a full service title and escrow company in Cheyenne. She has been with the company for 24 years, serving as the manager since 2003.

The couple has four grown children and one grandson.

“Our family belongs to St. Mark’s Episcopal Church, and we love supporting the University of Wyoming and their athletics,” Georgiana concludes.

“I hope that my past experiences of board memberships as well as my management position prove helpful to the Foundation Board. I am anxious to learn, be informed and help make good decisions on behalf of the board.”



### How can we improve Advancement?

Watch for a brief survey on our Facebook page.

## Save the Dates!

*Double the fun at Denim ‘N Diamonds Summer Gala*

**Denim event**

June 27, 2014

and/or

**Diamond event**

June 28, 2014





# Ways to Give

By Victoria Fry, J.D., Director of Major Gifts and Planned Giving

## New Frontiers & Facebook

There is a lot happening at the Foundation right now as we are diving head first into new frontiers. Wendy Fanning and I are both new to the Foundation, and with us we bring ideas for new programs and events that we plan to have up and running soon. The Foundation has helped open a brand new Cancer Center that is already impacting many lives in our community. We are getting ready to break ground on a new medical clinic in Pine Bluffs which will be a valuable health resource for southeast Wyoming residents. And, on top of all of this we have made the leap and joined social media.

When the economy declined several years ago, so did charitable giving. Thus, charities like the Foundation have had to adapt and find new and creative ways to reach out to our donors and the public. Gone are the days when a simple advertisement in the local newspaper was all an organization needed to get tongues wagging. With the advent of smartphones and tablets, many people are relying on new forms of communication and publication for news and information on events. Charities are turning to social media as a free outlet to connect with the public and the next generation of donors. A recent article in the Wall Street Journal reports that many donors are using social media to find causes to donate their time and money.

Philanthropy publications strongly encourage participating in social media and hit home the theme “Anyone who is not taking advantage of social media is really going to be left behind.” Inspired by the success of other charities and foundations in the Wyoming online community we decided to join Facebook and start sharing our message in social media.

Cheyenne Regional  
Foundation is now a



Luckily, Facebook does not cost a thing except our time. On our page we’ve been posting information about Foundation events, sharing pictures of staff and donors, celebrating gifts to the Foundation and Cancer Center, pictures of current Foundation, and sharing information about activities at Cheyenne Regional Medical Center. We hope to use

this resource to expand the participation in our Denim ‘N Diamonds and Scrub Shuffle events this summer.

A recent poll with two options for the design of the signage of the donor wall in the Cancer Center drew the attention of over 160 people, including staff at the Cancer Center and donors. A picture of the player piano donated by the Domenico family garnered over 500 views.

Although the page has only been up for a few weeks we’ve been excited about the support and feedback we are receiving. We’ve realized our regional Facebook community is interested in the gifts donors are providing and the good works in which we are putting your donations to use. This experience is teaching us the value of two-way conversations with our donors and the public.

In the upcoming months we will be revamping our website to continue enhancing our communications with you, our donors, and the public by providing more detailed information about opportunities within the Foundation and our new planned giving program.

### VISIT US ON FACEBOOK!

Please like us on Facebook and help us spread the word about our amazing Foundation.

Visit: <https://www.facebook.com/>

CheyenneRegionalMedicalCenterFoundation.

## Employee Profile

## Tammy Rasnake

Did you know the Emergency Department at Cheyenne Regional has a special plan to make sure you know you haven't been forgotten? It comes in the form of a person: Tammy Rasnake. Tammy is the ED Patient Liaison—one of only a few in the nation.

"I make sure I see every patient within an hour after their arrival. After a nurse admits a patient, and starts care and runs the needed tests, patients wait for results or for the doctor. That's when I come in to attend to their needs," says Tammy, a 16-year employee at Cheyenne Regional.

Tammy's job is to make sure patients and their families are comfortable. She brings them whatever they need—a warm blanket, food, reading material, or help adjusting beds, lights and televisions—always with a smile and kind words.

A part of her job is also coordinating donations from community groups: "The Lion's Club donates blankets and hospital volunteers make pillows and fun kits for children. The group Life's a Stitch makes blankets for patients. Tons of people donate, it's amazing," she adds.

Tammy came to Cheyenne in the late 1990s on a two-week vacation to visit her parents Rosie White-Forbes and Edston Forbes. Rosie still works at the social security administration office in Cheyenne, and her father was an honored master sergeant at F.E. Warren Air Force Base. That vacation ended up directing the course of her life. During that time, she met the Chief of Staff at the hospital, who was looking for a caregiver for his ailing father.

"I cared for him day and night at home and in the hospital. That made me fall in love with Cheyenne Regional, and I was offered a job after his father passed away. I was supposed to just be here two weeks, but I've been here 16 years and 8 months, counting," Tammy says.

Tammy worked for eight years as a unit secretary before getting her current position as a patient liaison, which she helped research and set up.

"At the time, there was just one hospital doing



*Tammy Rasnake,  
Emergency Department  
Patient Liaison*

anything like this—in Salt Lake City, they had a patient liaison for their ICU. I followed that as a guide for my position," she states. Today, Cheyenne Regional has two patient liaisons in the ED, having added a night liaison position a few years ago.

Tammy presented on her role as a patient liaison at a Studer Group conference in 2012. The response was tremendous amongst staff of other hospitals who wanted to start their own liaison role. "Within a few days, five other hospitals across the nation

instigated the position," Tammy says.

Tammy describes herself as a military brat who was born in Denver, CO but moved around frequently, spending time in Cheyenne visiting her grandparents. She says the experience of so many cultures—from inner city Texas schools to isolated bases in North Dakota—was good practice for her current role.

About the time Tammy started her ED patient liaison position she met her husband James at a hospital function. The two have been married nine years and enjoy spending time with his two children and six grandkids.

"Our youngest, Juliana, is two and she is already a Pokes and Broncos fan. Whenever she sees a game on television she says, 'Go Pokes!' and she won't wear anything but jerseys," Tammy says.

Maybe her granddaughter got her love for fashion from Tammy who loves to shop and wear fun outfits: "Bargain shopping is a thrill, and I love shopping at the hospital's Pink Boutique."

Tammy is known around the department for her sunny disposition and helpful nature. She lives the philosophy that guides her days: Treat others as you wish to be treated yourself. The other philosophy she aptly lives by is: Love what you do and you will never work a day in your life.

"My husband has to beg me to take vacation time because I hate to be away from work," Tammy concludes.

# Emergency Department Up and Running Smoothly

On December 2, 2013, Cheyenne Regional opened the doors of its remodeled emergency department (ED) to the public. With double the space and separate areas or pods for specific care needs, the department now runs like a well-oiled machine, reducing wait times and “door-to-doc” times for patients. Feedback from patients has been positive, and the medical team is extremely pleased with their new, more efficient space.

Take a photo journey with us through the new facility, and celebrate this important improvement that your dollars helped equip with a chest compression system, EKG machines, accuVein, ThermaGuard and software.



*The new 39,000 square foot, \$25 million dollar ED facility paid for through bond sales increases the hospital's ability to provide state-of-the-art equipment and quicker, higher quality care to patients.*



*The new adult trauma area with four bays helps caregivers handle more emergency cases at once, as does a new multipurpose room that can be used to treat mass casualties.*

## Emergency Department Up and Running Smoothly *continued*



*Tracy Garcia, Clinical Director for Trauma and Emergency Services, shows off the new main check-in before it opens. Close to the main entrance is an eight-room Fast Track area where patients can receive faster care for non life-threatening injuries.*

*Dr. Richard Fermelia, Cheyenne Regional General Surgeon, speaks about the benefits of the new facility at the Open House held in November.*



*The new nurses' station is central to the Clinical Decision Unit. The remodeled ED also has a 12-room acute care unit with a critical care pod containing four bays for adult trauma and one bay for pediatric trauma. The department also houses a four-bed mental health pod among other crucial areas.*

## Emergency Department Up and Running Smoothly *continued*



*Tracy Garcia, Clinical Director, shares highlights of the journey of building the new department.*



*Child-friendly artwork lines the walls of the pediatric trauma bay.*



*Employees get a preview of the pediatric trauma bay at the Open House event.*



*With the remodel, the ED gained an ophthalmology area with an eye exam room and special equipment.*

## Donor Profile

# Cheyenne Regional Volunteers



Cheyenne Regional  
Volunteers

Cheyenne Regional relies on a large workforce that runs quietly in the background—The Cheyenne Regional Volunteers. They are key to the daily workings of the hospital and to raising funds through special events and the Pink Boutique. The quality of care provided at Cheyenne Regional is a direct reflection of their undying support.

At the Foundation we are extremely grateful for the volunteers, and recognize that many of our supporters are also volunteers. We wish to voice a heartfelt thank you for all of their work over the years and especially for their recent donation of \$500,000 to build the Patient Resource Center wing of the new Cancer Center.

“Last quarter we had 144 volunteers who worked over 15,000 hours. This comes to 16 fulltime positions each year!” exclaims Arlene Flood, Volunteer Coordinator for Cheyenne Regional.

Volunteers work in several areas of the hospital. They are often the first face a patient sees, as they escort every patient to where they need to go when they arrive at the information desk in the main lobby.

“The volunteers are essential to the hospital. They greet, educate and escort patients, but that’s just a few duties they perform. They are my right hand,” says Kerrie Twito, Concierge for Cheyenne Regional.

“They are from the community and patients often recognize them and feel welcome. Without them I am just a lady at the information desk; with them we are a little family welcoming the rest of the family home for a short stay,” Twito adds.

Volunteers also help keep families informed and comfortable in the intensive care (ICU) waiting room, surgery waiting room and radiation therapy.

“Volunteers are instrumental in facilitating communication between ICU staff and families who are struggling with a loved one who is sick. They offer words of support, items of comfort and

a kind smile,” says Tara Leinart, Nurse Manager in the ICU.

Volunteers often free up medical staff, allowing them to focus on providing healthcare to patients: “The volunteers allow ICU staff to be at the bedside and fully use their medical skills and expertise with patients,” Leinart adds.

Besides working directly with patients, volunteers hold events and work in the Pink Boutique to raise funds for equipment and hospital services. One recent example is a donation of \$8,400 to purchase furniture for the waiting room of the mother/baby unit.

“The volunteers committed a \$500,000 donation over 5 years to the Cancer Center. Funds come from sales at the Pink Boutique and various fundraisers such as Every Cookie Counts, Shabby Chic Sale, the Garage Sale and the Holiday Open House,” Flood states.

Tammy Thiede, Director of Oncology Services, calls the volunteers a godsend to patients and staff: “Their large donation gave us the push to move forward with renewed vigor to search for further donations in the community.” The Holiday Open House is the largest fundraiser of the year. More than 1,000 volunteer hours are contributed over five days.

The volunteers also fund, and run, Home Away from Home—an affordable, temporary housing unit for out-of-town guests who have family members at the hospital, VA Hospital, or Davis Hospice. Volunteers staff the reception desk, including assisting guests with registration, collecting the nightly rooms donations, explaining safety guidelines, giving directions and listing transportation options between campuses.

“Home Away from Home provided 2,355 families a place to stay in 2013. The average length of stay is seven days,” Flood adds.

Volunteers also provide scholarships to LCCC students and conduct infant hearing screenings.

The Foundation honors the volunteers who make all of our lives better.

The Foundation honors the volunteers who make all of our lives better.

# Contributions

4th Quarter: October 1 - December 31, 2013

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Visit our web page for options on online giving at: [www.cheyenneregional.org/foundation](http://www.cheyenneregional.org/foundation)

# 2013 Grants

The gifts listed below were made to Cheyenne Regional through the Foundation Board. The Foundation's Endowment Advisory Committee meets bi-annually to review grant requests from various hospital departments. The Board approves grants to provide direct budget relief to Cheyenne Regional and is used to purchase much needed hospital equipment and to supplement programmatic expenses. The funds provided from the Cheyenne Regional Foundation during 2013 are as follows:

|   |        |                  |
|---|--------|------------------|
| Acute Rehab Unit-Recliners for Patient Rooms (15)                             | Mar-13 | 31,000           |
| Acute Rehab Unit-Stroke Camp Aug 2013   | Mar-13 | 10,725           |
| Cardiopulmonary-Endotracheal Tube Inflator/Manometer (12)                     | Mar-13 | 4,156            |
| Cardiopulmonary, Neuro & EKG-EKG Machines                                     | Mar-13 | 30,942           |
| Cheyenne Home Care Services-Portable Ultrasounds                              | Mar-13 | 359              |
| Cheyenne Home Care Services-TENS/EMS Units/Electrodes                         | Mar-13 | 330              |
| Davis Hospice Center-Breakroom Remodel  | Mar-13 | 6,994            |
| Davis Hospice Center-Educational Materials                                    | Mar-13 | 3,603            |
| Davis Hospice Center-Gardens/Landscaping                                      | Mar-13 | 18,075           |
| Davis Hospice Center-Gazebo Repair  | Mar-13 | 2,805            |
| Davis Hospice Center-Handicap Access-Auto Doors                               | Mar-13 | 16,160           |
| Davis Hospice Center-Vital Towers   | Mar-13 | 7,414            |
| Emergency Department-Chest Compression System                                 | Mar-13 | 14,495           |
| Lab-Platelet Incubator  | Mar-13 | 8,870            |
| Medical Imaging-C-Arm Laser Attachments                                       | Mar-13 | 10,902           |
| Medical Imaging-Lead Glasses and Shielding Devices                            | Mar-13 | 2,734            |
| Medical Imaging-Radiology Procedure Chair                                     | Mar-13 | 8,604            |
| Oncology Unit-8 Space labs/Mounted Vital Sign Machines                        | Mar-13 | 33,176           |
| Oncology Unit-Family Lounge Furniture   | Mar-13 | 8,596            |
| Organizational Development-Clinical Learning Equipment                        | Mar-13 | 12,624           |
| Radiation Oncology-Blanket Warmers (2)  | Mar-13 | 13,000           |
| Women & Children's Services-Breast Pumps                                      | Mar-13 | 9,855            |
| Wyoming Heart & Vascular Institute-Ladies in Red 2014                         | Mar-13 | 5,000            |
| Acute Rehab Unit-15 Patient Beds  | Sep-13 | 12,740           |
| Cardiac & Pulmonary Rehab-Patient Educational Computer Equipment              | Sep-13 | 1,670            |
| Davis Hospice Center-6 Patient Beds   | Sep-13 | 44,520           |
| Davis Hospice Center-Hospice Eligibility education                            | Sep-13 | 2,000            |
| Forensics Department-Sexual Assault Imaging System                            | Sep-13 | 23,500           |
| Health & Fitness-NuSTEP Recumbent Cross Trainer & Excite+ Upperbody Ergometer | Sep-13 | 7,868            |
| Home Care-Speech Therapy Ipad 2, Rehab Tools                                  | Sep-13 | 800              |
| Inpatient Nursing Units-15 Isolation Carts                                    | Sep-13 | 11,733           |
| IV/PICC Team-Veinsite Vein Viewing Headset                                    | Sep-13 | 6,150            |
| Same Day Surgery-Bedside Tables   | Sep-13 | 4,027            |
| Same Day Surgery-Toilet Supports and Risers                                   | Sep-13 | 1,917            |
| Sterile Processing-Sterile Sink Cabinets                                      | Sep-13 | 2,600            |
| Transitional Care Unit-12 Chair Sensor Pads                                   | Sep-13 | 1,200            |
| Women & Children's Services-Infant Car Seats for Low Income Patients          | Sep-13 | 2,000            |
| Women & Children's Services-Training Supplies Fetal Heart Monitoring          | Sep-13 | 10,300           |
| Davis Hospice Center-Security Cameras & Equipment                             | Dec-13 | 9,775            |
| <b>Total Granted 2013</b>   |        | <b>\$403,219</b> |



## Cheyenne Regional Foundation

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### Physician Profile

## N. Alana Workman, M.D.

Dr. Alana Workman feels humbled and lucky every day to be an oncology doctor—a specialty she didn't set out to study. After completing medical school in 2003 at the University of the West Indies – Cave Hill, Barbados, near where she grew up, she moved with her new husband to the Bahamas. There, she hoped to pursue further studies in family medicine, but there were no positions available. Instead, she was encouraged to take on a junior staff position in the hematology/oncology department. Her first reaction was hesitancy; her second was inspiration.

“I like to say, oncology chose me. Taking that position was the best choice I ever made. I realized that oncology is a unique specialty where you get to know your patients very well and share in some very significant and life-changing moments. It's incredibly humbling and rewarding,” says Workman.



*Dr. N. Alana Workman,  
Cheyenne Regional  
Oncologist*

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Workman relocated to the Bronx to complete her internal medicine residency at the Lincoln Medical Center in 2010, and her hematology/oncology fellowship at the Montefiore Medical Center in 2013. She started at Cheyenne Regional in September 2013.

“Working in Bronx hospitals was an amazing learning experience for me, academically and culturally. It gave me a high level of comfort dealing with a wide range of diseases,” she states.

Alana and her husband, Omar Saunders, have two daughters, Zuri, 3, and Zara, 7 months. Alana and Zuri are learning to ski—an obviously new experience for her—and the family enjoys annual trips back to Barbados to visit family. In her spare time she enjoys the joy of motherhood—going to museums, children's events and doing crafts.

“Oncology keeps me grounded in the important things in life,” Workman concludes.