



Cheyenne Regional
Foundation

WINTER 2021

Advancing Premier Regional Community Healthcare

advancement

pg. 7

EMPLOYEES WHO
VOLUNTEER MAKE
DOUBLE IMPACT

pg. 12

**NANCY RENO
LOOKS AHEAD
WITH LIGHTS
ON BRIGHT**

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More sponsors will be recognized in the summer issue of Advancement.**

PUBLISHER

Cheyenne Regional Foundation

CONTRIBUTING WRITERS

Rachel Girt

Joanne Mai

Elizabeth Sampson

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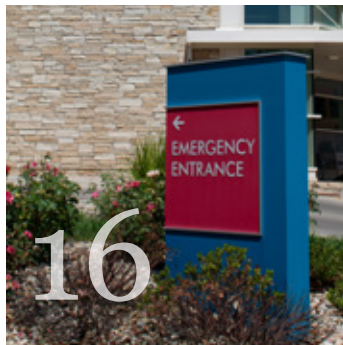
STAFF

Scott Fox, *Executive Director*

Victoria Fry, JD, *Director of
Major Gifts & Planned Giving*

Landon Brown, *Director of
Annual Giving & Grants*

Melanie Lenhardt, *Operations &
Development Manager*



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Cover Photo: Cancer Survivor Nancy Reno organized the Lights on Bright event to raise money for the Cheyenne Regional Cancer Center. Photo By Kelly Etzel Douglas

CONTACT THE FOUNDATION

Mailing Address: 214 East 23rd St., Cheyenne, WY 82001 Office Address: 408 East 23rd St., Cheyenne, WY 82001
(307) 633-7667 | foundation@crmcwy.org | give.cheyenneregional.org



facebook.comCheyenneRegionalMedicalCenterFoundation



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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.



TIM THORNELL
 PRESIDENT & CHIEF EXECUTIVE OFFICER
 CHEYENNE REGIONAL HEALTH SYSTEM

Your Support Means so Much

It's been more than a year and a half since the novel coronavirus swept the globe, and in doing so, changed our world forever. That change has created stresses and strains in all aspects of life and especially in healthcare, where our frontline workers are facing yet another surge of patients who are extremely sick with COVID-19.

Every day these amazing healthcare professionals come to work, knowing that this day, like so many before, will be challenging. Those treating our COVID-positive patients work in masks, gowns and gloves for hours on end—so that they can care for and interact with patients who are often incredibly sick and scared about what is happening to them.

Many clinical employees who work in other areas have volunteered to help on our COVID-19 units, doing whatever they can to take some of the load off their colleagues. Others have stepped up to ensure our other patients—those coming to us with heart attacks and strokes, or who have received a cancer diagnosis or have other health emergencies and conditions—receive the medical care and treatment they so urgently need.

I commend our providers and staff for also offering their unique perspectives on the impact of COVID-19. Despite their workload, several have volunteered to write newspaper articles, or to be interviewed by local reporters, about what they are seeing and experiencing right now. It's important for our community to hear the truth about what is happening locally and to hear recommendations from their local medical staff.

I want you to know how much we appreciate the encouragement and support that community members continue to send our way. This includes a recent donation of new work shoes from a former patient for our extremely hardworking certified nursing assistants (who walk miles upon miles caring for their patients each week), a “Lights on Bright” concert organized by a cancer survivor to benefit our oncology services, amazing attendance at our Foundation’s fundraising Golf Classic and Bison Shuffle during a record-breaking heat wave and the many kind and encouraging notes that are still being delivered.

We are also extremely grateful for the Wyoming Army and Air National Guard service members who were deployed in September to CRMC and throughout Wyoming to help during this current COVID-19 surge. Here at CRMC they are assisting in our Lab, Food and Nutrition Services and Environmental Services.

And my sincerest thanks to our Foundation staff, board of directors and donors for your ongoing contributions and fundraising efforts. As you will read in this edition, your donations mean that our health system can provide our patients and community with state-of-the-art technology and updated facilities, including a new incubator for the Neonatal Intensive Care Unit and planned renovations to our Mother-Baby Unit and ICU. They also mean the availability of scholarships for employees who are pursuing healthcare degrees and certifications, which is so important as we need more people to enter the healthcare profession. We truly appreciate all that you do to support our health system and our staff!



Every day these amazing healthcare professionals come to work, knowing that this day, like so many before, will be challenging.

Thank you!

While that might seem to be an oddly simple phrase to start out this message, our theme for this issue of Advancement Magazine is “gracious thanks,” so it is definitely appropriate.



Thank you to all the generous donors and sponsors who've chosen to support Cheyenne Regional and the Davis Hospice Center. Thank you to all our volunteers, including board members, as well as the Foundation and CRMC staff who've given countless hours to make our projects, our campaigns and our events so successful. And thank you to our community members who put their trust in Cheyenne Regional for their care and the care of their family members. We live in an amazingly giving community and it is humbling to help harness that giving spirit and turn people's time, talent and treasure into a powerful force that fuels healthcare in our community!

We'd like to offer specific thanks to two Foundation board members ... Lew Roney as he completes his service and Adam Waddell as he begins his time with us. Lew's engagement in so many areas and his positive approach to every task will be sorely missed. At the same time, we are excited to add Adam to the team and look forward to his contributions in the coming months and years. Thank you both so very much.

This year, Denim & Diamonds 2021 is set for Friday, November 19th at Little America. We've spent a lot of time looking at how we've done things in the past and how we might try new ideas that will further improve an already great event (since its debut in 1990!) and make it not only better, but also safer for all who attend, with a larger venue and advance check-in. Denim & Diamonds is our last push to raise money for the Intensive Care Unit renovation project and we're confident the community will make it a huge success.

Finally, we'd like to recognize and thank each team member at Cheyenne Regional. Whether it's a nurse working mandatory overtime in the Intensive Care Unit, a housekeeper making sure the Operating Room is ready for the next patient, the screener at the main entrance who interacts with every single person entering the building, or the physician whose expertise has never been more important, the challenges faced by those and every other team member recently have been overwhelming; they deserve our heartfelt thanks and praise.

Thank you!



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DID YOU KNOW?

DENIM & DIAMONDS
Even if you couldn't attend, you can still support the ICU project by making a donation at give.cheyenneregional.org!



GREAT BISON SHUFFLE



The fifth annual Great Bison Shuffle was once again a tremendous success. Over 250 participants came out to the scenic Terry Bison Ranch on September 11 to take part in the half marathon, 10K, 5K, 2K and kids' run. Cheyenne Regional Foundation is so very thankful for the amazing community & volunteer support.

This year's event raised almost \$8,000. Funds raised this year will provide scholarships to Cheyenne Regional employees to complete their emergency medical technician (EMT) certification.





Photo by Scott Fox



Photos by Scott Hughes



Many dedicated volunteers willingly give hours of their time to support the Cheyenne Regional Foundation, but some especially dedicated people are both volunteers and CRMC employees.

Their reasons for doing so are as varied as the jobs they perform at CRMC.

For Eric Dalton, former CRMC employee and local business owner, volunteering helped him put down roots in Cheyenne. His father was in the military and they moved around frequently when he was a child. Dalton then joined the service himself, and found himself moving often as well, and by the time he got comfortable in a new place, it was time to move.

He said after his military service, he settled in Cheyenne and wanted to get connected to the community.

“When we moved to Cheyenne in 2014, it was the first time we had had a chance to really put down any roots in the community and learn a little bit more about the community, to include volunteering,” Dalton said.

Employees Who Volunteer Make Double Impact



Kerrie Twito not only volunteers in the Great Bison Shuffle, she also runs in the race.

While working at CRMC as a data manager, his job was crunching the numbers, keeping track of quality metrics for CRMC. When he is volunteering, his job is to help out with the Great Bison Shuffle—a trail race at the Terry Bison Ranch. During the event, Dalton works as the course marshal, marking the routes for the runners.

For Kerrie Twito, the race is a chance for her to do one of the things she does best: being a friendly face who helps cheer people on. Twito spent the first decade of her career with CRMC working as a concierge, being the first face people saw when they came into the hospital lobby.

“I loved it,” Twito said. “I greeted everybody. That is my passion.” About six years ago she switched to a new role and is now the student onboarding coordinator, helping students who need to do clinical rotations. This shifted her focus from patient access to

clinical work, and it changed the people she works with on a daily basis from patients to providers. She said her supervisor, Heidi Tatum, noticed the change in job was not filling her cup the way working with the public did, so she suggested Twito volunteer.

Since then, Twito volunteers for the employee advisory board, collects donations for the employee auction, helps with the Elf Fund and hands out treats at the employee appreciation ice cream

social. Each year at the Bison Shuffle, she uses her greeting skills to meet runners at the starting line and motivate them as they take off.

She said she tries to get other employees to sign up for volunteer opportunities, whether that is helping with the Bison Shuffle or something else.

Cardiac Rehabilitation Manager Carrie Nix is on the Great Bison Shuffle committee. She said her department is an exercise program, so about four years ago they thought they should host a road race or a 5K. The Bison Shuffle already existed, so her department decided to partner with them rather than creating a separate race.

Nix said her department has benefited greatly from the generosity of the Foundation, including funds from the Bison Shuffle, so volunteering to help just made sense.

“We were so fortunate to benefit from the Bison Shuffle,” she said. “I remained involved because I think it is such a great thing. I’m a runner, so it makes sense.”

She added that Foundation Director of Major Gifts & Planned Giving Vicky Fry is instrumental in organizing the event.

“Vicky Fry is truly the driving force of the Great Bison Shuffle,” Nix noted. “She has assembled a committee of awesome people who work so hard to ensure the event is a success year after year. Without her and the support of the rest of the Foundation staff, we wouldn’t be able to host such a great race.”

The Foundation is also grateful to have the help of employee volunteers Brian McNutt, Chris Nauman, Kathryn Shoup and Melanie Lenhardt. ✨



BABIES RECEIVING GREAT CARE WITH NEW WARMERS

1



Photo by Erin McKinney

Newborns in need of resuscitation and extended NICU stays will be more comfortable thanks to new warmers purchased with a Foundation grant.

The two Giraffe Warmers that arrived in July provide not only a heat source but also the ability to resuscitate a newborn without removing the baby from the warm environment, said Brittany LaFontaine, clinical nursing educator.

“You can take all the sides down so you can have access to the airway,” she said.

The baby can also be weighed on the warmer.

“That’s a huge bonus because you’re not taking the baby from the warmer and putting them on a cold scale,” LaFontaine said.

Newborn resuscitation has changed over the past five to 10 years, said Erin McKinney, clinical director for the Mother-Baby Unit.

These warmers support best practices in neonatal resuscitation by providing blended oxygen. This means that medical air and oxygen are blended together, when previously 100% oxygen was given. “If babies need some extra support from oxygen at delivery, we previously gave 100 percent oxygen. However, what’s been found is that it’s not actually best for babies—it should be blended, air and oxygen,” she said. “These warmers have the capability to blend the oxygen. It’s best practice for our babies.”

One of the new warmers was placed in the operating room and the other in a labor room, McKinney said.

Between 90 to 100 babies are born on average every month at the hospital, LaFontaine added. About one baby per month needs a full resuscitation, while many others just need a little oxygen or CPAP. The new warmers help to streamline these resuscitation efforts.

“The Foundation is so good to us—they help support our community by providing state-of-the-art equipment,” McKinney said. “We’re very thankful for their ongoing generosity.”

ICU PROJECT

We are completing our 2-year fundraising campaign for the renovation of the Cheyenne Regional Intensive Care Unit! CRMC’s ICU team provides the most sick and injured patients with lifesaving care when they need it the most.

DID YOU KNOW?

NICU staff show a new Giraffe Warmer. From left are Megan Schuster, RN; Chelsea Rood, RN; Alison Zander, medical student; Dr. Joanne Hassell, pediatrician; and Lindsay Crozier, RN.

KNOW YOUR NEW BOARD MEMBERS



ADAM WADDELL
PRINCIPAL AUDITOR, WYOMING RETIREMENT SYSTEM

“The CRMC Foundation is invaluable to the success and prosperity of the Cheyenne Regional health system and our community. I am proud to be a part of this amazing organization and I look forward to supporting the future success of the Foundation and CRMC.”

FOUNDATION GRANT PROVIDES EMERGENCY MEALS

After a major snowstorm isolated Cheyenne earlier this year, hospital staff thought of a creative way to ensure food would be on hand for the next situation.

Since the winter storm closed streets and highways for several days, MREs, which stands for "meals ready to eat," were purchased with a Foundation grant to ensure an adequate food supply for employees stranded at the hospital during an emergency.

"It was very hard for food suppliers to get in and for staff to get into the hospital or leave from the hospital," recalled Troy Strand, executive chef for the hospital and Sodexo, the company which supplies food to CRMC.

These meals are not the "standard MREs that the military uses," he said.

Items include sweet and sour chicken, barbecued beef, apple turnovers and many other varieties.

Strand emphasized there was no food shortage for the patients during that time.

"We always put the patients' needs first," he said.

Chief Operating Officer Robin Roling stressed the same point.

"We had plenty of food for patients," she said. "We also need to take care of the staff, so that's where these MREs come in."

The products have a shelf life of three years, and no cooking is necessarily needed.

"We want to make sure we're taking great care of the people that are taking such great care of our patients and their families and any other community members that might be here," said Roling, a former Army nurse. "We are very appreciative of the Foundation for assisting us to achieve that goal."

2



Cheyenne Regional is certified by the Joint Commission as an Advanced Primary Stroke Center, their "Gold Seal of Approval" for stroke care.

DID YOU KNOW?

3

SYMPOSIUM GRANT HELPS EDUCATE WYOMINGITES

May is National Stroke Awareness Month, and a grant awarded by the Foundation funded an educational virtual stroke symposium that month.

"Awareness is vital—stroke is an emergency," said Hope Robinson, manager of Specialty Certification Programs. "We had well over 60 participants that logged into the presentation. We were pleased with that."

A portion of the presentation involved a cardiologist discussing atrial fibrillation.

"We focus on that because we notice in our community that's an increasing risk factor," Robinson said. "High blood pressure is still the number one risk factor for stroke and that's consistent with the national average. But in our community, a running competitor is atrial fibrillation."

Another topic covered was mental health after stroke.

"That was a new topic for us this year, and it went over really well," Robinson said.

According to the Wyoming Department of Health, stroke is the sixth leading cause of death for state residents. Many people view it as a health issue only for the elderly.

"That's a myth," Robinson said. "We've had patients as young as 18. Stroke can happen at any age at any time."

In addition to the "classic symptoms" of stroke, such as experiencing a lopsided smile or paralyzed arm, there are "subtle symptoms," she added.

"Dizziness or headaches can be associated with certain types of strokes, even mild numbness or tingling and changes in vision," Robinson said. "We want people to take these symptoms very seriously. And get to our hospital so we can assess you."

4

EMT-B TRAINING FOR EMERGENCY TRANSPORT

Cheyenne Regional's robust Patient Transport department needs more emergency drivers, and with a Foundation grant, the department is training up new recruits.

The grant fulfills a request from Transport Program Manager Cindy Osborne, who asked CRMC and the Foundation to host an EMT-B, or emergency medical technician-basic, class onsite. Realizing that the cost of the class was a hindrance, the Foundation funded full scholarships for employees who complete the class and fulfill a six-month obligation working as EMT-Bs for Patient Transport.

The Cheyenne Regional Foundation provided scholarships for three CRMC employees, Kelly Lucero, Peggy Romero and Charlee Houghton. All three women are moving to Patient Transport from different departments within the hospital system. Lucero had been an Environmental Services technician, while Romero was a transporter for the PACE Program, which closed last year. Houghton, who is a certified nurse assistant, came over from Acute Rehabilitation.

CRMC employee Shelly Ialenti received a scholarship to attend the class from AARP. Ialenti said she was currently working in administration at CRMC but was moving to transport to do what she loves most; working with patients.

EMT-B-certified responders are educated in anatomy, physiology, wound and oxygen management. Classes include a semester of instruction along with a hands-on lab where students learn how to recognize life-threatening conditions and offer immediate aid. Osborne is teaching the class alongside other EMTs from Patient Transport. Fourteen students from both inside and outside the hospital group attended this semester's course. ✨



From left, Cheyenne Regional employees Charlee Houghton, Peggy Romero, Kelly Lucero and Shelly Ialenti practice using the stair chair during training at Cheyenne Regional's East Campus in September.

CRMC Transport Tech Tim Bostrom talks about checking vital signs with students, from left, Hannah Miilu, Ingrid Martinez and Joselyn Morghem. Miilu and Martinez are planning to work as EMTs while attending nursing school. Morghem just became a registered nurse and is planning to work in an emergency department.



Ingrid Martinez checks Tim Bostrom's blood pressure.



Nutritionist Offers Tips to Create a Balanced Plate



Sometimes certain food groups get a bad reputation as diet fads come and go, but nutritionists say no food group is off limits.

According to CRMC's Registered Dietitian Nutritionist Anna Hambright, having a balanced plate is what matters for good nutrition. She explained a balanced plate is one that provides all the varieties of nutrients humans need.

"There's never a bad food or a bad food group when we are looking at a balanced plate," Hambright said. "In this day and age there's so many different sources for nutrition information out there—some of it's good, some of it not so good. It can really start demonizing certain foods or certain food groups. The goal with having a balanced plate is all foods can be included in a balanced diet, just in different proportions."

She said you can figure out those proportions if you visually divide your plate into four sections. Two of the sections should be fruits and vegetables, one should be a protein such as meat, fish, low-fat dairy, nuts or seeds, and one quarter should be a grain. Ideally that grain should be a whole grain like 100 percent whole wheat bread or brown rice, Hambright noted.

Dairy can also be off to the side as a glass of milk or mixed with another food group, such as yogurt with fruit or cheese on a salad, she said.

"By having a balanced plate we can ensure we are getting all the things our body needs to function," Hambright said. "We're getting our energy, we're getting our protein to help rebuild any cells that have broken down, we're getting our vitamins and we are getting our nutrients. Each food group gives us different things. There is no one perfect food, so we need to eat a variety, or a balance, of the different food groups in order to get everything that our body needs to function."

She said it is important to remember that every meal doesn't have to be perfectly balanced, as long as you are getting the nutrients you need at other meals throughout the day or week.

"One thing to always remember when we are thinking about overall health and diet is to take a step back and look at your diet as a whole," she said. "Say you had pizza and wings for your meal. That's ok, even though you maybe did not have your vegetables at that time or your fruit at that time—but how did you do for the whole day, or the whole week? We want to see how we are doing overall." *



PASTA PRIMAVERA

You can find the recipe online at nhlbi.nih.gov/health/educational/wecan/eat-right/pasta-primavera.htm

Hambright shared this recipe from the National Heart, Lung and Blood Institute. She said it uses whole grains and lots of vegetables. To make it more of a complete meal she suggests adding protein such as chicken, lean meat or white/cannellini beans.

INGREDIENTS

- 8 ounces dry whole wheat spaghetti
- 1 tablespoon olive oil
- 1 teaspoon garlic, minced (about ½ clove)
- 4 cups assorted cooked vegetables—such as red pepper strips, broccoli florets, carrot sticks, or green beans
- 1 (15½ ounce) can no-salt added diced tomatoes
- 1 (5½ ounce) can low-sodium tomato juice
- ¼ teaspoon ground black pepper
- ¼ cup grated parmesan cheese

DIRECTIONS

1. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
2. Add spaghetti, and cook according to package directions. Drain.
3. Meanwhile, combine olive oil and garlic in a large sauté pan. Cook until garlic is soft, but not browned (about 30 seconds).
4. Add mixed vegetables, and cook until vegetables are soft, but not browned (about 3–5 minutes).
5. Add diced tomatoes, tomato juice and pepper. Bring to a boil. Reduce heat, and simmer for 5 minutes.
6. Add spaghetti and parmesan cheese. Toss until the pasta is hot and well mixed, and serve.

Nancy Reno, right, and Kelly Simkins hug during a Pink Ribbon Run.

Photo By Elaine Anderson.

**NANCY RENO
LOOKS AHEAD WITH**

Lights on Bright

After surviving breast cancer, Nancy Reno decided to raise money to ensure others could receive the same high-quality and compassionate care she did at the Cheyenne Regional Cancer Center.

"I am three years cancer-free," Reno said, crediting the Cancer Center for helping save her life. She is the first woman in three generations of her family to beat cancer.

Reno was diagnosed with breast cancer in January 2018. She went through four different types of chemo, 33 rounds of radiation, and a double mastectomy.

"Your whole world changes with those three little words—you have cancer—and then you turn your life over to people that you've never known," she said.

"The top-notch team of doctors and nurses plus the facility that we have here in southeast Wyoming are phenomenal," Reno explained. "Their compassion and dedication to my care were amazing."

Reno's motto during her cancer treatment was "Lights on Bright." Her fiancée Dave Troastle and friends Elaine Anderson and Tammy Grant coined the phrase about a month before she discovered she had cancer. "We were joking about keeping our car lights on bright to help friends find their way home," she explained.

She explained her diagnosis to her 9-year-old grandson using the phrase.

"I said that's exactly what we're going to do with this cancer is we're going to keep our lights on bright and find our way to the end of this," she said. "It's a reminder to keep looking ahead and be brave."



Photo courtesy of the Cheyenne Regional Cancer Center

Elaine Anderson and Nancy Reno brought Reno's grandson, Asher Bumgardner, to see the Cheyenne Regional Cancer Center in 2018.

“

It's a reminder to keep looking ahead and be brave.



1. Nancy Reno and Kelly Simkins wear Lights on Bright bracelets.
2. Nancy Reno and Tammy Grant celebrate St. Patrick's Day.
3. Nancy Reno at the 2018 Wyoming Breast Cancer Initiative Pink Ribbon Run in Cheyenne.

Grant had "Lights on Bright" emblazoned on bright pink bracelets, which proved so popular that more had to be ordered. Her friends and family wore them, spreading the positive message. Soon others wanted them.

When her treatments ended, Reno started brainstorming about ways to raise money to fight cancer, which she calls an insidious disease. In 2019, she decided to start a nonprofit named Lights on Bright.

"When I see what some of the others have gone through, I felt very blessed to how my cancer turned out. My family, friends and medical team were the light that led my way, never giving up on me. I want to help others keep their lights on bright through their journey," she said.

1



Photo by Dave Troastle

2



Photo by Dave Troastle

3



Photo by Elaine Anderson



Nancy Reno and Elaine Riley pose with chinks that were created by Tim Bath and hats that were painted by Kate Shockley for the Lights on Bright event.

Photo by Elaine Anderson

While getting her nails done one day, Reno mentioned her fundraising efforts to Cheyenne real estate agent Rebecca Sellnow, who encouraged her to hold a benefit concert. Sellnow put Reno in contact with Nashville musician and Johnny Cash tribute artist Doug Allen Nash.

The COVID-19 pandemic forced the volunteer committee, composed of friends and family, to postpone the event a couple of times, but they were finally able to hold it on June 17, 2021.

Their first benefit concert raised \$31,000 for the Cancer Center, and the nonprofit has plans to hold future fundraisers for the center. The money will stay here in Cheyenne to help the center, Reno said.

"We've got to do everything we can to help the next person who is diagnosed be able to stay home and receive care here," she added. ✨

Cancer Center Invests in New Technology

GOLD
STANDARD



Opened in 2014, the Cheyenne Regional Cancer Center continues to expand its services, recently purchasing a linear accelerator and adding a radiation oncologist and physicist to its team.

"We are so fortunate to have the best care available right here in Cheyenne—just as you would find in larger communities," said Leonard Geringer, manager of Radiation Oncology.

"Our technology is second to none, especially with the new purchase, and our team of physicians, nurses, therapists and staff can dedicate a lot of time to each patient's treatment," he said.

Dr. Mark and Elaine Dziemianowicz joined Cancer Center staff in 2021.

Photo by Jessie Wright

Over the last six years, Dr. Subashini T. Furman has grown the practice, but, as the center became busier, the need for additional staffing became clearer, Geringer said.

Geringer said that the timing was fortuitous, allowing the center to bring on both Dr. Mark Dziemianowicz, a radiation oncologist, and his wife Elaine, a medical physicist, in 2021.

Dr. Dziemianowicz felt Cheyenne was a good fit for his practice. "The team here is fantastic."

"Every single person in the department prioritizes patient care, even coming in over the weekend when a patient needs urgent treatment," Dr. Dziemianowicz said.

His approach to compassionate patient care has been well received. He explained, "I enjoy taking the time needed to help patients make informed treatment decisions. Whether it takes 30 minutes or several hours, my goal is to help patients feel comfortable making the decision that is right for them."

He added that the level of investment in equipment and technology is truly impressive, allowing the center to rival care given in large medical campuses in Colorado.

The new linear accelerator allows the center to actively monitor patients' movements while undergoing treatment. Not only will this improve accuracy, but it will also expand the available treatment options for patients. The new machine will go online in early 2022.

"The linear accelerator upgrades our technology and is considered the gold standard in our field," Geringer said.

Geringer explained that all of the center's equipment has a quality assurance check before treating the patient, ensuring no variation in the machine's output. The addition of another medical physicist will help the center keep up with the increased demand for services.

Geringer also attributed the ongoing support of the community and Cheyenne Regional Foundation for helping the Cancer Center continue to meet the needs of its patients.

"If we have needs, the Foundation has always been there to support us," Geringer said. "We are so grateful." ✨



Emergency Department Updates for Patient Care

Cheyenne Regional Medical Center’s mission is to “inspire great health.” One way to carry out this mission is to update the Emergency Department to provide the best possible care for patients.



1



2

The most visible updates to the Emergency Department are new, bold signs at the entry. The signs now give patients the option to choose between two doors and two waiting rooms. The door on the left is for “Sick,” while the door on the right is for “Injured and Visitors.”

The new separation helps prevent the spread of infectious diseases, said Sarah White, administrator of emergency and trauma services at Cheyenne Regional.

“It’s the same process either way they go in. Once they’re at the door, they hit a button to speak with a nurse at the front desk immediately,” White said.

When they arrive at the Emergency Department, patients with symptoms like cough, fever and difficulty breathing will go to the left.

Those who are suffering from non-contagious symptoms such as heart attack symptoms, injuries or mental health issues will head to the right.

WORK ZONE

Cheyenne Regional's Emergency Department contains 52 patient rooms, plus triage and intake rooms. The patient rooms are specialized, with categories such as pediatric, observation and trauma. A dozen nurses and technicians and up to four doctors are working in the department at any one time.

Because the Emergency Department is continuously in use, room upgrades are divided into zones. Each zone of six or seven rooms, along with the areas outside those rooms, is being fitted with new flooring and repainted. Once the rooms are available for use, work begins in another zone. Work is scheduled to be completed in spring 2022.

Equipment upgrades, such as new stretchers that can weigh a patient in place, improve the quality of care. "It helps with our clinical care and it's better for the patient. They don't have to get up," said Dr. Jessica Hughes. Dr. Hughes is the president of Summit Medical Group, the emergency department management group for the Cheyenne Regional Emergency Department.

DID YOU KNOW?

MAXIMUM DONOR IMPACT

100% of your donation to the CRMC Foundation goes to the area you identify. Cheyenne Regional covers the Foundation's administrative costs so your gift will have maximum impact!



1. Patients with symptoms like cough, fever and difficulty breathing will use the "Sick" entrance.
2. Triage rooms allow patients to be seen as quickly as possible.
3. A new EKG machine.
4. A new stretcher, shown in a trauma room, can weigh patients in place.
5. Dr. Adam Crilly is the new medical director for the Emergency Department.



JUST ARRIVED

Dr. Adam Crilly, medical director for the Emergency Department, moved to Cheyenne during the Cheyenne Frontier Days event in July. He was able to go behind the rodeo chutes and meet Emergency Department staff who donated their time during the rodeo. "It was great," said Crilly, who moved to Wyoming from North Carolina.

Crilly described his position as a collaborative role between hospital leadership and everything happening in the Emergency Department.

"He got here and he jumped right in. He became part of the family from day one," said Joann Bourlier-Childress, director of advanced practice providers for the Emergency Department. ✨



Photo courtesy of Jennifer Forest

Multiple Scholarships Help Nursing Student Attain Dream

Jennifer Forest has spent more than 14 years in healthcare, and along the way she has steadily continued her education, gaining numerous certifications on her journey to becoming a nurse.

For more information on scholarships and the application process, contact Vicky Fry at victoria.fry@crmcwy.org or 307-996-4510.

The recipient of the Fran Cadez Memorial Scholarship, Forest will graduate in May with her associate degree in nursing (ADN) from Laramie County Community College and plans to earn a bachelor's degree in nursing (BSN).

"I am looking forward to being able to help patients even more than I currently do," she wrote in an email.

Currently Forest is a certified nursing assistant (CNA) II, a distinction she earned two and a half years ago. This certification means she has more responsibilities than she did as a CNA I.

"I feel like I have been able to help the nurses and my team so much more than before," she said. "For example, when a patient is waiting to be discharged, with an order, I can discontinue/remove the patient's IV or their Foley [catheter] to ease with this discharge."

Forest has received multiple Foundation scholarships throughout her educational journey, which is encouraging for someone who once felt the cost of an education would keep her from her dream of becoming a nurse. She had decided to pursue nursing while still living in Washington state, but the cost of the program was prohibitive.

"Several years after, some nurses I worked with asked me why I hadn't pursued furthering my career, and I told them I couldn't afford it," she said. "After this conversation though, I thought what really was holding me back?"

Even with the expense of going to school, she decided to make it work.

Now you could say Forest isn't letting anything hold her back. In addition to working toward her goal of becoming a nurse, Forest and her husband have a son who will start kindergarten soon after she graduates in May. She also raises six chickens and a substantial garden on their 40 acres in Hillsdale. ✨

OTHER SCHOLARSHIP WINNERS NAMED

Several CRMC employees received the Walter Scott Nursing Endowment. They are listed with the degrees they are pursuing.

SAM BASS, magnet program and patient experience director. Doctor of nursing practice-executive leadership at American Sentinel University.

REBEKAH RUTAR, Women and Children's Services charge nurse, master's in nursing at Capella University.

VANESSA VAN ARNAM, medical assistant at Cheyenne Children's Clinic. ADN with a goal of becoming an RN. Eastern Wyoming Community College.

SPENCER MCKAIN, CNA in Ortho Neuro, BSN at Nightingale College.

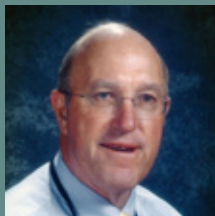
STEPHANIE PILGRIM, CNA on Surgical 3-2, ADN with a goal of becoming an RN, LCCC.

DESIREE WISDORF, RN, ADN at Labor and Delivery, BSN at University of Wyoming.

JOSALYN WARFIELD, Operating Room RN. BSN at Chamberlain University.

CHELSEA HEAP, Emergency Department RN. Master's of nursing informatics. Western Governors University.

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LEW RONEY

Many thanks for your dedication and tireless volunteer service to Cheyenne Regional. You inspired great health in our community!



Tree of Remembrance Moves to Davis Hospice Center

The Tree of Remembrance will stand just inside the entry at the Davis Hospice Center this holiday season instead of its usual location in Frontier Mall.

“We’re bringing the tree home,” said Rev. David Stratton, chaplain for the Hospice Center.

This is the 26th year for the holiday tree, which is surrounded by white paper doves that are decorated in the memory of lost loved ones. The 20-foot tree is put up the Monday after the annual Cheyenne Christmas Parade and taken down on Christmas Eve.

“I think it’s closure, or remembrance,” said Ashley Davis, Hospice Center director. “It’s for remembering a loved one who has passed.”

Davis told the story of one individual who has visited the tree for eight years, hanging a dove to honor his wife.

The tree is redecorated each year with new doves that are added through the month of December. Hospice staff have saved every dove from previous years, Stratton said.

The tree will be dedicated in a short ceremony at 1:30 p.m. on December 4. There will be music and light refreshments, and a livestream will be available online.

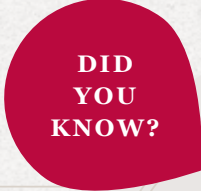
The public is also welcome to visit the tree at the Davis Hospice Center at 6000 Sycamore Road between 9 a.m. and 6 p.m. from December 5 to December 24. *



Donations can be made online by visiting give.cheyenneregional.org and following the link for “Tree of Remembrance.”



We’re bringing the tree home.



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CHARITY GOLF CLASSIC

PRESENTED BY RBC WEALTH MANAGEMENT

Thank you so much to our sponsors, the planning committee and to Director of Annual Giving & Grants Landon Brown for a spectacular event on September 10. Forty-two teams with a total of 168 players played the Cheyenne Country Club golf course on a warm, beautiful sunny day.

Special guest Dan “Smackintosh” McIntosh, who holds the record for the world’s longest left-handed drive, made the day successful for many players when he drove their ball far down the green to Hole 1.

The day resulted in 160% growth from the 2020 Charity Golf Classic, bringing almost \$53,000 net revenue for renovations to Cheyenne Regional’s Intensive Care Unit.



TOP TEAMS OF THE DAY

GROSS SCORE

TEAM WYOMING HOSPITAL ASSOCIATION



1

NET SCORE

TEAM KELLER WILLIAMS



1

TEAM DAPCPA



2

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3



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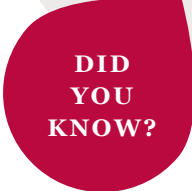
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