

## Join us for Mammos & Margs



**Tuesday, October 8th**  
**The Holiday Inn of Craig**  
**300 S. Highway 13**  
**6:00 p.m. - Event opens**  
**7:00 p.m. - Presentation**  
**Begins**

Not many women look forward to getting an annual mammogram, so we decided to get the ball rolling with a party, and you and your best friend, daughter, sister and mother are invited! Let's raise a glass to women's good health!

This **FREE** event will include:

- A complimentary margarita for everyone! (Non-alcoholic available)
- Fresh and healthy Mexican appetizers
- A surprise "pink" gift
- Music, mingling and mammogram scheduling
- Information from local physicians on the latest advancements in breast cancer treatments and mammograms

Take this chance to learn about the **latest advances in women's healthcare** from the experts! At the Mammos & Margs event, Dr. Jim Summers, OB/GYN, will discuss breast health and why it's important to be faithful with screening mammograms. Dr. Malaika Thompson, radiologist, will talk about technological advancements in digital mammography, and Dr. Jeff Womble will discuss breast surgery and current treatment options for women diagnosed with breast cancer.

For more information contact Jennifer Riley, Chief of Organizational Excellence, at 826-3109 or visit the Community page at [thememorialhospital.com/community](http://thememorialhospital.com/community).

## Good Eats, Good Info

Come to Hayden October 2nd and learn about the latest advancements in knee replacement surgery from our featured speakers, Dr. Michael Sisk and Dr. Andreas Sauerbrey



Michael Sisk, MD



Andreas Sauerbrey, MD

Have you enjoyed an active lifestyle, but your joints have taken a toll? Is it getting harder to get in and out of the car or do the activities you enjoy? With the advances in orthopedic treatments, you may be surprised what is possible with knee replacements. Join us for a free dinner at The Haven with pizza and calzones from Wolf Mountain Pizza and learn your options for knee replacement surgery from local physician experts.

### TMH Joint Clinic

**Wednesday, October 2nd, 6:00 – 8:00 p.m.**

**The Haven, 300 S. Shelton Lane, Hayden**

## TMH Redesigns Women's Health Services with Comfort in Mind

Imagine entering a place and feeling instantly relaxed by the smell of fresh lavender, the sound of soft music, and a scene of low lighting and comfortable chairs.



A woman approaches, smiling and offering you a rose and a chocolate. Have you entered a spa? No, you've come to the newly designed women's health center coming soon to TMH!

# Nurse Navigator Joins Women's Health Services at TMH



*Jackie Smith, RN,  
Nurse Navigator*

TMH is thrilled to have a new nurse navigator within our ranks. If you don't know what a nurse navigator is, simply replace the title with cheerleader, confidant, counselor, caregiver and advocate. The best hospitals across the nation are hiring nurses to provide guidance and support for patients, especially when they need help "navigating" the rough waters of cancer or another challenging diagnosis.

"After going through treatment for breast cancer last spring, I felt my calling was to help other people going through the same thing. I am so excited to be in this position that I can't sleep. I keep coming up with new ideas," Jackie Smith said.

Jackie is very enthusiastic to work with patients to ensure they have positive treatment experiences at TMH. Jackie will meet with every woman getting a mammogram and also screen women for other preventative tests. She plans to strongly enhance services for women with breast cancer, making it easy for them to stay in town for care.

"When a woman gets breast cancer, I will walk her through her oncology appointments, surgeries and chemo and radiation treatments. I also plan to reestablish a breast cancer support group in the community, partner with a salon and start a wig bank, hold breast cancer survivor events and offer resources on financial services and other needs," Jackie said.

Jackie grew up in Alpena, Michigan and spent much of her life in Saginaw, Michigan working in healthcare administration. Being a single mom, she took her first college class at age 40 when her two kids were teenagers. She received her RN and has been working as a nurse for four years. Her son, Ryan, lives in Steamboat, and motivated her move to the area. Being extremely fitness minded, her goal is to hike every trail in the area.

If you or someone you love needs help navigating cancer (or simply getting through a routine mammogram) know that Jackie is available to help.

*For more information or to speak with Jackie, please call 826-3280 or email [jacqueline.smith@tmhcraig.org](mailto:jacqueline.smith@tmhcraig.org).*



**Are you a breast cancer survivor?  
We want to buy you lunch.**

On National Mammography Day, Oct. 18, caregivers with Women's Health Services at TMH want to honor all of you who are currently fighting breast cancer or who have fought the disease and survived. Please join us for a luncheon and meet Jackie Smith, our new nurse navigator. We will all be dressed in pink!

**Breast Cancer Survivor Luncheon**

**Friday, October 18th**

**The Memorial Hospital**

**Conference Rooms**

**750 Hospital Loop**

**Noon - 1:00 p.m.**

**In honor of breast cancer awareness month...**

**TMH Women's Health is offering discounted mammograms and extended hours in October, including Saturdays.**

TMH has again partnered with the radiologists from Rocky Mountain Radiology to offer mammograms for \$80 during the month of October. To schedule, patients need a valid prescription from their healthcare provider. The \$80 is due at the time of service, and insurance will not be billed. To schedule a mammogram call Enterprise Wide Scheduling at 826-3150.

# Meet OB/GYN Dr. Jim Summers



**Dr. Jim Summers, OB/GYN**

In February 2013, Dr. Jim Summers returned to TMH to head up its regional Women's Health Services with Dr. Scott Ellis. Dr. Summers previously worked at the hospital from 2003 to 2008. "It's wonderful to be back and a part of the exceptional TMH family. I'm enjoying connecting with former and new patients," said Dr. Summers.

Patients are glad he's back. One former patient and longtime TMH employee Errica Hume said, "Dr. Summers is extremely patient and thorough. His calm demeanor always makes me feel at ease."

Dr. Summers thoroughly enjoys being a doctor. He says that every time he delivers a baby it reaffirms that he has the best job in world. Dr. Summers was a sophomore in college when his best friend told him he was going to be a doctor. His girlfriend at the time said she thought he would make a good doctor, too. It stuck, and after an exceptional experience in an OB/GYN rotation during medical school he found his passion: helping women achieve great health outcomes.

His first job was scooping ice cream at Baskin Robbins when he was 16: "I can dip a mean scoop of ice cream. My favorite flavor is Chocolate Mousse Royale," he added.

Dr. Summers enjoys spending time with his kids Erik and Molly. He is also an avid runner and is enjoying learning how to play the drums.



## Lab Coming to TMH Medical Clinic

In order to better serve our patients, TMH is building a lab within our Medical Clinic at 785 Russell Street. No longer will our clinic patients have to drive over to the hospital to get their labs done. After seeing their doctor, they can simply step into the lab on site. The extra bonus is that patients will receive one unified bill, versus two separate ones. It's just one more improvement we are making on our journey toward excellence.

**At TMH, we strive to do right by our patients.**



## Ways to Get Involved at TMH

### **TMH Foundation Seeking Board Members**

The Memorial Hospital Foundation is currently seeking volunteers to serve on the Foundation's Board of Directors. The TMH Foundation is instrumental in helping fund capital projects for the hospital.

The Foundation is looking for community members who are interested in helping build a healthy and vital healthcare community for the residents of Moffat County and the areas served by The Memorial Hospital.

### **Please submit letters of interest to:**

TMH Foundation  
P.O. Box 1203  
Craig, CO 81626

*For more information, contact Eva Peroulis at [eva.peroulis@tmhcraig.org](mailto:eva.peroulis@tmhcraig.org) or 970-826-2424*



the memorial hospital  
at craig

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[www.thememorialhospital.com](http://www.thememorialhospital.com)

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## Upcoming Events in October

### October 2nd - Wednesday

TMH Joint Clinic featuring  
Drs. Sisk and Sauerbrey

6:00 p.m. - 8:00 p.m.

The Haven - Hayden  
300 S. Shelton Lane

Free Pizza & Calzones

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Breast Cancer  
Survivor Luncheon

Noon - 1:00 p.m.

The Memorial  
Hospital

750 Hospital Loop



## Women's Health Services at TMH

- Ablation-Cryotherapy
- Adolescent gynecology
- Advanced laparoscopic surgery
- Advanced prolapse surgery
- Annual and pelvic exams
- Birth control consultation
- Bladder urodynamics
- Bone density screenings
- Colposcopy
- Endometrial biopsy
- Essure
- In-office endometrial ablation
- Outpatient tubal sterilization
- In-office hysteroscopy and cytoscopy
- LEEP
- Mammograms
- Routine health and wellness exams
- Teen and/or parent consultations
- 3D ultrasonography
- Total laparoscopic hysterectomy
- Treatment for pelvic pain/interstitial cystitis
- Treatment for urinary incontinence