

Living Well

Community Health News Happens Here

all 2014

 $The \ \textit{Memorial Hospital at Craig-improving the quality of life for the communities we serve through patient-centered \ \textit{healthcare} \ \textit{and service} \ \textit{excellence}.$

THANK YOU, MOFFAT COUNTY for Five Great Years

In November of 2007, the residents of Moffat County voted "yes" to build a new hospital to serve the community; in November of 2009 The "NEW" Memorial Hospital at Craig was complete. The new building was just the beginning. During the past 5 years we have added more services and expert staff—upholding our mission to offer the healthcare services you need most, right here at home.

Each year, we get better

We are not the same hospital we were five years ago. We keep adding services and getting better. We've seen a progressive trend in satisfied

patients as reflected in our ever-increasing patient satisfaction rates from those of you who stay at

our hospital or visit our clinics. A part of this is due to attracting and hiring top physicians and employees. Recent hires include a nurse navigator for Women's Health, a second surgeon, a second pediatrician, another family physician, and another ER physician. We've also improved our internal phone and health record systems, added a lab and extended hours to the medical clinic, implemented a 24/7 suction clinic for babies and toddlers, improved the emergency department and more.

Some of this is directly due to feedback you have given us during our community forums. Knowing what you want helps us adjust the way we provide services. Your input is always welcome.



Some employees have been a part of TMH long before the current hospital was built. The Memorial Hospital was built in 1949, and was where the medical clinic now



The original Memorial Hospital on Tucker Street opened in Nov. 1949.



The new Memorial Hospital, opened Nov. 2009.

resides at 785 Russell Street. Marie Kettle, RN, BSN, ONS, Infusion Therapy nurse, has worked at TMH for over 38 years and has a unique perspective on how healthcare delivery at the hospital has improved over the years.

"When we built the new hospital we added state-of-the-art operating suites that allowed us to expand our services. We have more services, better communication, and are more patient-centered than ever. People that come to work here always talk about our family atmosphere. It's a wonderful place to work. We may not be set up like Denver, but for a rural hospital we are very well equipped to handle the needs of northwest Colorado," says Kettle.

We couldn't have done it without you and your loyalty as a community. Thanks for supporting us and entrusting us with your care. And thanks for your vote five years ago to invest in us, and create a network of healthcare providers and services, right here at home.

"Thank you, Moffat County! Because you support the hospital, we have a career that we love," says Shellee Luke, Scheduler, 19 years and Jade Stees, Radiologic Technician, one year.

Join us for our Five Year Anniversary Celebration on November 12. Food and entertainment will be provided.





Raise a Glass to Women's Good Health.... Come to the annual Mammo & Margs event!

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!

- 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

Take this chance to learn about the latest advances in women's healthcare from the experts! At the Mammos & Margs event, TMH's new surgeon, Dr. Alexis Driggs, will discuss surgical options for breast cancer. Dr. Mark Hancock, an oncologist from St. Mary's Hospital in Grand Junction will talk about cancer treatments available here at TMH and in conjunction with St. Mary's. He will also introduce Dr. Lozada-Cruz, the newest oncologist to join St. Mary's Hospital. Additionally, TMH OB/GYN Dr. Jim Summers will give a presentation on breast screening.

For more information contact Jennifer Riley, Chief of Marketing and Business Development, at (970) 826-3109 or visit our community page at thememorialhospital.com/community.



Women's Health staff at The Memorial Hospital from left to right: Melissa Goldsmith, Dr. Alexis Driggs (who is speaking at the event), Chris Winn, and Jackie Smith.

Wednesday, October 22nd

The Clarion Inn, 300 S. Highway 13

6:00 p.m. - Event opens

6:30 p.m. - Presentations begin

Reduced-Cost Mammos the Month of October

In honor of Breast Cancer Awareness Month, TMH is offering discounted mammograms. We are once again offering 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.

Watch for our Athletic Trainer on the Sidelines of High School Games!

In 2013, TMH launched the Sports Medicine Program with Moffat County School District to support sport programs and give parents peace of mind.

Marshall Kraker, TMH Certified Trainer, is present at all high school games and many practices to treat sprained ankles, concussions, and other injuries as well as provide education on injury prevention.

"Having a trained medical professional on the sidelines is the epitome of quality service for our student athletes," states Superintendent Brent Curtice.

Marshall Kraker, MS, ATC TMH Certified Trainer

Meet our new Family Physician, Dr. Elise Sullivan



Dr. Elise Sullivan, TMH Family Physician

Dr. Elise Sullivan learned through personal experience that she wanted to be a doctor. As a teen, she developed a rare inner ear disorder and went through several surgeries and doctor visits. Some doctors listened well, others shut her out. The whole experience was profound and made her determined to be a

doctor—one who listens well to her patients.

Dr. Sullivan loves being a family medicine doctor because she gets to establish long-term relationships with her patients. She has special training and experience in obstetrics and women's health. She enjoys delivering babies, and also caring for the kids as they grow—along with the rest of the family.

"Having a baby is a momentous experience in a woman's life, and I am honored to be a part of that," she says.

Dr. Sullivan completed medical school in 2007 at the University of Colorado at Denver/Health Sciences Center and her residency and board certification in 2010 in Santa Rosa, California. Since then, she practiced in Sebastopol, California—receiving a Doctor of the Year award. She also helped develop a team approach to labor, delivery and aftercare for moms and babies. Dr. Sullivan is fluent in Spanish.

"I have gratitude for the chance to care for my patients and help them feel optimistic about their health and their futures," she adds.

Dr. Sullivan and her husband Jeff and son Mason reside in Craig. The couple grew up in Colorado and has family nearby, so they are happy to be back. Call The TMH Medical Clinic at (970) 826-2400 to make an appointment with Dr. Sullivan.

New Physician Assistant Joins Team



Margaret "Maggie" Anderson, PA-C offers strong experience and training in several areas of general care, along with loads of compassion. Maggie is now seeing new patients.

Babies DO Happen Here!

If you've been following our Babies Happen Here campaign, then you know that Daina and Wayne Wagner are now proud parents of a baby girl, Cashlin Paige. Cashlin was born on August 28. Daina was thrilled to go full term, and Dr. Ellis performed the scheduled c-section. All went well.

Breaking news is that Kelsey and Trini Loya are expecting their first baby any day now! Literally. Kelsey is due in



Trini and Kelsey Loya

late October and we can't wait to find out if she has a boy or a girl.

You can view a video of Daina and Wayne and the family after the birth on our website, along with a fun video of Kelsey and Trini talking about their upcoming birth. There's a library of videos and stories along the way of both Daina and Kelsey. We've also posted a new



Daina Wagner and baby Cashlin after delivery

"We are so very happy with the OB department at TMH. They went above and beyond to give not just the baby but my family everything we needed and more." - Daina Wagner

video titled, "What to Expect" that gives an inside look at pregnancy, labor and delivery—and what's offered at TMH.

Babies truly DO happen here.



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Upcoming Events

October 17

Breast Cancer Survivor Luncheon 12:00 - 1:00 pm

So you've been diagnosed with breast cancer or you've gone through treatment. Now what? We've got some activities and information to share. Bring a friend and enjoy a free lunch at TMH. Conference Rooms ABC.

October 18

TMH Glow Run/Walk

Registration 4:30-5:30, event begins at 5:30. Starts/ends on the north side of the CNCC College Campus. Postevent music, food & fun. Come on out and get your glow on to support a good cause!

October 22

Mammo & Margs 6:00 - 9:00 pm



Toast to women's health and learn about the latest cancer treatments. The Clarion Inn, Craig.

November 12

Five Year Anniversary Celebration

Help us celebrate YOUR decision to build a new hospital, 5 years ago! See what we've become! Time to be announced.

November (call for date)

What to Expect Tour

6:00 - 7:30 pm

Join us and learn more about what to expect when giving birth and tour our birthing center. For more, contact the Concierge at (970) 824-9411. Visit our website to view our new "What to Expect" video!



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