

## Hayden Mom Pleased with Gentle C-Section Birth at TMH

Elizabeth Arsenault from Hayden was 38 weeks pregnant and facing a C-section. What she really wanted was a natural birth. She'd read about family centered C-sections but her current doctor did not perform them. When a friend told her about her great birthing experience at The Memorial Hospital, she decided to give us a call.

"I was elated to learn that TMH performs gentle C-sections. I met with Dr. Eileen Joyce and it felt right. She made me feel more like a person, and less like a number," said Elizabeth.



*Elizabeth and Aaron Arsenault enjoy first moments with baby Violet.*

right after delivery, and a clear drape for easy viewing of the birth. Elizabeth was pleased that her husband was able to stay right next to her the whole surgery.

"What mattered most to me was getting to hold my baby right after birth without interruption, and take her with me to recovery. With my first C-section, a nurse walked right past me with my baby and took



*Aaron Arsenault encourages his wife Elizabeth as he watches the birth through a clear screen.*

In traditional C-sections, babies are typically taken for evaluation and to get cleaned up before they are given to mom – making bonding difficult. Gentle C-sections involve the parents in the birth by providing immediate skin-to-skin time between mom and baby

created by a calm, communicative team who encouraged them to choose their own music to be played during the delivery. Aaron, the father, was happy that he was allowed to cut the cord, and Elizabeth greatly enjoyed having freedom from wrist straps and awkwardly placed IVs and surgical equipment.

"This was the experience I was looking for – making it feel more like a birth and less like a surgery," she concluded.

TMH is the only hospital in the region that offers the flexibility of gentle, family-centered C-sections.

her to the warmer. I couldn't see what was happening with her. This time, I was so excited to get to bond with her immediately," she said.

Baby Violet went straight from the doctor's hands to her mom's chest, where she started breastfeeding. The staff was able to perform newborn tests on Violet as she lay on Elizabeth.

The couple appreciated the peaceful environment

### Birthing Services at TMH

- Private labor, delivery and recovery rooms
- Private bathrooms with tubs
- Sleeping accommodations for family
- 3D ultrasounds
- Family-centered C-sections

*For more information or to schedule a tour, call 970-826-2400 or visit our website.*

# Highlights from our 2015 Community Report

TMH had a great year in 2015! We exceeded our own budget expectations – both in volume and in revenue. The hospital continues to see more patient visits each year.

In 2015, visits to TMH Medical Clinic were up nearly 30% and physical therapy treatments increased nearly 25%, among other gains. It's good news for the community. When we're strong we're better at keeping you strong.

## We are exceeding patient expectations as well:

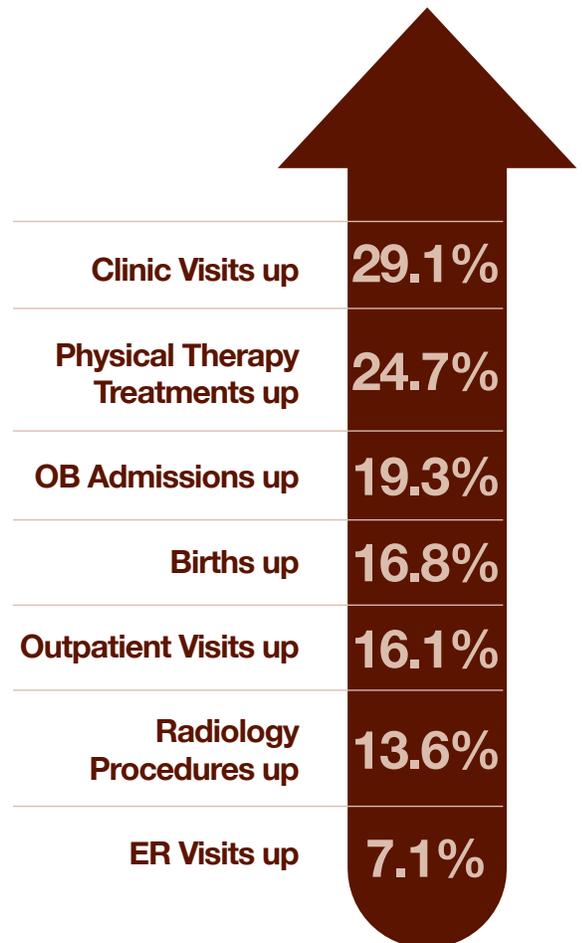
*My day surgery turned out to be an overnight admission. I was not expecting the level of care I received (any of my past hospital stays were in Denver). The entire nursing staff was amazing. Anytime I called them or needed anything, they came promptly and showed they really cared about how I was feeling.*

*'Very good' is inadequate. The services and staff here are nothing short of extraordinary! I have lived all over the U.S., and I am deeply impressed by your facility and operations.*

*It is such a blessing to come across so many people who care so much for a perfect stranger. You are so awesome and we were truly blessed that we had you to care for us.*

TMH had several well-attended events in 2015, including our women's health series and Community Health Fair.

**We invite you to view our 2015 Community Report on our website.**



## In 2015, we also:

- Put a new ambulance in service, thanks to funding assistance from the TMH Foundation and CDPHE grant funding
- Launched new services in the clinic, including fulltime orthopaedics and cardiology
- Launched new pediatric dental service at the hospital with Dr. Hank Salyer
- Launched TMH Wellness Works – community outreach for Occupational Medicine, Wellness and Worker's Compensation
- Added additional providers in the walk-in clinic and in family medicine to provide you more service and expand clinic access



## Community Birthday Party

On July 31st, TMH threw a Community Birthday Party, celebrating the 10,000 babies that have been born at TMH since its beginning. Community members joined TMH at Loudy Simpson Park for cake, photos, and goodie bags.

**Alman Nicodemus was the oldest male born at TMH who attended the party.**

**Susan Chenoweth was the oldest female born at TMH who attended the party.**

**Kristine Cooper's family had the biggest family tree of people born at TMH at the party!**

“The party was a huge success and gave us a chance to personally experience the impact TMH has as a community hospital,” said Jennifer Riley, Chief of Marketing and Business Development.

TMH prides itself on our birthing center and labor and delivery services. With two exceptional OB-GYNs on staff, TMH is bringing the future of women's and family health to Craig and the surrounding communities.



See more photos on our Facebook page! 

## Get Prepped for School!

### TMH Offers Sports Screenings, Well-Child Checks, and Immunizations



If your student is planning to play sports in middle school or high school, a current sports physical is required. Call to schedule an appointment today at the TMH Medical Clinic (970-826-2400). If your student is under 18, a parent must be present to sign the consent forms.

Well-child checks include a full physical exam and are tailored to the age and stage of your individual child. Immunizations are also administered. Most insurance plans cover well-child checks as preventive care. Please bring insurance information and your child's immunization record to your visit.



750 Hospital Loop  
Craig, CO 81625  
(970) 824-9411

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## Upcoming Events

### Chamber Meet-and-Greet

TMH Rehabilitation Center **\*New Location\***

473 Yampa Avenue

**August 25, 5:00 pm - 7:00 pm**

Meet our new Therapists and check out our new facility!

- Open to the public
- Food and door prizes

### 3rd Annual Glow Run/Walk 5k

**SAVE THE DATE – October 8**

Come get your glow on and support a good cause during our third annual event! Time to be announced.

### What to Expect

**November 8, 6:00 pm**

**TMH Lobby**

FAQs on expecting a baby and  
Birthing Center tour



*David Higgins, RN, TMH Emergency Department.  
He's been an employee with TMH for 20 years!*

## Hablo Espanol?

**NOSOTROS TAMBIÉN!**

Busca una nueva médica? La Dra. Elise Sullivan y nuestra Physician Assistant Maggie Anderson, hablan español y esperan poder servirles en la clínica TMH.

**(970) 826-2400**



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