



memorial regional
health

LIVING WELL

Improving the quality of life for the communities we serve

Spring 2018

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CEO Update



Dear Community,

At Memorial Regional Health, serving our community is our number one priority. We are your community hospital and health system, and we take the task of caring for each and every one of you very seriously. We want you to know that you are always welcome, regardless of your ability to pay. Since 1950, The Memorial Hospital

has been an essential part of this community. We were created by the community, for the community.

We continue to grow and expand to make sure we can provide you with the latest innovations in healthcare, complimented by leading edge technology. We've evolved from a single hospital to a small healthcare system within the community. We operate four clinics – three in Craig and one in Steamboat, and a rehabilitation center. We provide healthcare services to the students in our school district, and we support many of our local service organizations through monetary and volunteer contributions. Currently, we are expanding our services to provide care to Moffat County employees, Dinosaur residents, and inmates at the Moffat County Jail. Simply put, we continue to strive to care for our community, and to be this community's FIRST choice for healthcare.

By continually growing our services, we are able to provide more of what you need, right here at home. We are pleased to announce the March 19th opening of Rapid Care downtown at 2020 W. Victory Way (located in front of Wal-mart). Rapid Care is open Monday to Saturday, 7:30 am to 7:30 pm to provide you with care when you need it, no appointment necessary. We welcome Dr. Ted Akers at this new location.



We're excited to announce that we have received the USDA portion of the funding for our new Medical Office Building; community donations are still being sought to complete the funding package. The new building makes the most sense for us fiscally and the most sense for our patients who will benefit from the close proximity of buildings and collaboration of care across our service lines. I urge you to support our Foundation's efforts in helping to bring this much needed addition to our medical community. Join us on April 2 for our groundbreaking ceremony.

Best regards,

Andrew J. Daniels, MHA, FACHE
Chief Executive Officer

Parking during MOB Construction

We're breaking ground April 2 on the new medical office building on the MRH campus!

Exciting news, but it means disrupting our current hospital parking lot. **We ask all patients to park in the Emergency Department lot during construction.** Thank you!



Artist's rendering of future Medical Office Building, to be built on the hospital campus, 750 Hospital Loop.

MRH Board of Trustees

Todd Jourgensen, Chair

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Secretary/Treasurer

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Kelly Hepworth

Forrest Luke

Don Myers

Cover photo: Cami Jones, 2-years old, shares a fun moment with Tracy Perish, BA, MS, OTR/L.

Curious about the new Medical Office Building?

Come to our open house!

MOB Ground Breaking

April 2, 2018

Time - to be announced

Memorial Regional Health

Watch CEO Andy Daniel's video clip on how the new building will improve care and better serve patients. Go to our website and select **Foundation Capital Campaign** to view.



Billing

SIMPLIFIED

826-8400

Thanks to feedback from you, our patients, we realize that our billing system isn't meeting your expectations or ours. As an organization, improving our billing system is a top priority. In the meantime, we have dedicated staff members who have received extra training to help answer your billing questions. All calls on our dedicated billing line are confidential.



Monthly health screens

Each month, we are proud to offer complimentary or highly reduced-cost health screens. In January, we offered free HPV risk assessments and \$25 thyroid tests. In February, we provided free heart disease risk assessments and in March, we will offer a colon cancer risk assessment. Visit the community page on our website to learn of upcoming screens.

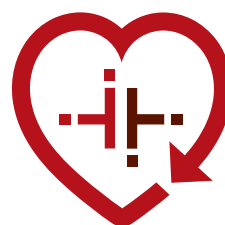
Community Clinics

We are now delivering care out in the community! If you work for Moffat County seeing a medical provider just got easier. MRH has teamed up with the county to offer near-site medical and wellness services. We are also offering medical care to residents of Dinosaur, Colorado twice a month at the County building located across from the Dinosaur Town Hall from our new family medicine physician, Dr. Ted Akers.

Memorial Regional Health treats everyone, every day

No longer just a hospital, Memorial Regional Health is a full-service healthcare system. When you start with us, we take you to the finish with expert physicians, advanced technology, and specialists for when care gets complex.

We have grown out of the community, for the community and we pride ourselves in taking care of everyone. No one is turned away. As your community healthcare system, we are here for you, no matter your ability to pay. We take all types of insurance, including Medicaid and Medicare and we also offer financial counseling and a sliding fee scale.



Complete care
for everyone, every day.



March into Health with Annual Lab Tests

Jamie Miller, phlebotomist, and Marie Etzler, medical laboratory technician, welcome patients in the MRH lab.

We've often heard prevention is the best medicine. By living a healthy lifestyle and getting regular health screens and tests we can prevent or stave off chronic illnesses. Annual lab work is a good way to receive a snapshot of your current health.

This year, we urge you to March into Health by getting your lab tests completed throughout the month of March. Then, come to the health fair to pick up your results and discuss them with a member of our medical team.

Many chronic illnesses have been discovered on annual lab reviews. Doctors catch signs of disease from lab reports, such as blood chemistry and blood count screenings. Conditions discovered from lab tests commonly include anemia, diabetes, high blood pressure and high cholesterol, among others. People often don't know they have these conditions because they don't always cause symptoms. The goal of lab work is to rule out health conditions or treat them before they become serious.

"I have had several patients bring labs from the health fair, and we do catch things. For example, we catch quite a few cases of prediabetes from the Hemoglobin A1c screening," said Tracey Wall, physician assistant with MRH Medical Clinic.

March into Health

Blood draws March 1 – 31

The Memorial Hospital lab
750 Hospital Loop

Every day, 6 – 10 am; walk in M – F,
weekends by appointment

970-826-3122 to schedule or for
more information

You can download a lab form at memorialregionalhealth.com/about-us/community-events or pick one up at the hospital. This year, take charge of your health by getting labs drawn during our March into Health event and get your results read at the upcoming Health Fair on Saturday, April 14. Prevention is in your hands.

SAVE THE DATE!



Saturday, April 14
8:00 am -12:00 pm
CNCC Campus NEW LOCATION!

Annual health fairs are a great time to reboot your plan for good health, and to learn where to concentrate your efforts. At the health fair, you can:

1. Discuss your blood panel results with a medical provider
2. Visit over 20 educational booths on healthy living
3. Drop old medications at the drug take-back booth
4. Attend a talk by a doctor



In 2017, hundreds of community members attended the health fair.



Offered Lab Tests

MRH is happy to provide these lab tests at reduced cost.

Blood Cell Count (\$10)

Measures white, red and platelets in blood, screens for abnormalities

Blood Chemistry (\$25)

Measures kidney, liver and thyroid function as well as glucose, cholesterol, triglycerides, ferritin and overall nutritional status

Chlamydia/Gonorrhea (\$50)

Urine screen for two sexually-transmitted diseases

Hemoglobin A1c (\$20)

Measures blood sugar (glucose) levels over past 3 months to detect for diabetes

Hep C (\$20)

Screens for a past or current infection of the hepatitis C virus (HCV)

HIV (\$30)

Screens for the human immunodeficiency virus (HIV); all adults should be screened at least once

Prostate Specific Antigen (PSA) (\$10)

Gives level of blood protein associated with prostate cancer; men only

Testosterone (\$40)

Total testosterone test to check for deficiency; men only

Vitamin B12 (\$20)

Gives levels of this important essential vitamin for healthy nerves and blood cells

Vitamin D (\$40)

Gives levels of this important essential vitamin for healthy bones, immune system, brain and nervous system

Teen Receives Alternative Solution to Troubling Knee Problem

Courtney Hartung, 13, has endured a dislocating knee cap for the last few years of her young life. Recently, she and her mom, Tara, decided enough was enough. It was time for a permanent solution. While surgery is usually the last resort for patellar dislocation—also called an unstable kneecap—the family had reached that point and asked Dr. John LeBlanc, orthopaedic surgeon, for help.

They went to the right doctor, since LeBlanc is an expert in sports injuries—one of just a few doctors in the region that has completed sports medicine fellowship training from the American Academy of Orthopaedic Surgeons.

“Courtney’s knee was fairly unstable. It didn’t take much for it to pop out of place and it has happened a number of times from falling or being put off balance,” LeBlanc said. “Her ligament that’s attached to her patella was stretched, allowing her patella or knee cap to slide out of place. I performed arthroscopic surgery to tighten the ligament.”

LeBlanc has had good luck performing this surgery in the past on NCAA athletes and others. He estimates a success rate of 99%. Those are reassuring odds to Courtney and her mom.

“It’s been good working with Dr. LeBlanc. We felt confident the surgery would be successful,” said Tara Hartung.



Orthopaedic Surgeon Dr. John LeBlanc talks with Courtney Hartung before going into surgery.

SYMPTOMS ALERT: Patellar Dislocation



- Pain
- Feeling the kneecap shift or slide out of the groove
- Feeling the knee buckle or give way
- Hearing a popping sound when the patella dislocates
- Swelling
- A change in the knee’s appearance - misshapen or deformed
- Apprehension when running or changing direction

Source: American Academy of Orthopaedic Surgeons

Patellar dislocation happens more in adolescents, and more in females than males. Sometimes, it's due to a shallow groove in the bone—the groove that holds the knee cap in place. Other times, like with Courtney, it occurs when ligaments are loose, making joints overly flexible.

Having surgery means Courtney can get back to what she loves, softball and hanging with friends without worry that her knee cap will pop out again. With surgery, there is less chance she will develop arthritis in the future, because each time a knee cap is dislocated, cartilage is injured. Her recovery will be approximately two months and will include wearing a brace and physical therapy.

Advanced Sports Medicine Surgeries at MRH

Thanks to his certification in sports medicine, Dr. LeBlanc is able to treat complicated sports injuries, and has revised surgeries performed elsewhere that weren't successful. His fellowship training requires he stay up-to-date on the latest techniques, so he often can offer options that others cannot, including complicated arthroscopy surgeries of the elbow, ankles, shoulder and knees.



MRH Orthopaedic Services

Advanced total joint replacements and revisions

Minimally invasive surgical techniques

Arthroscopic shoulder, elbow, knee and ankle procedures

Specialized treatment for carpal tunnel

Sports Medicine

Treatment for bone and joint injuries

Scopes for tears and fractures



Orthopaedic Surgeon, Dr. Kevin Borchard performs a variety of surgeries, focusing on total joint repairs.

Painful Shoulder? Get Answers

Maybe you have a shoulder injury from playing high school football. Or, maybe osteoarthritis has settled in over time. Whatever the culprit, you don't have to live with shoulder pain.

Both MRH's fellowship-trained orthopaedic surgeons—Dr. LeBlanc and Dr. Borchard—are shoulder experts. Dr. LeBlanc concentrates on conventional and surgical solutions for shoulder injuries while Dr. Borchard focuses on total joint replacement surgeries.

"Many shoulder injuries can be successfully treated with physical therapy and non-operative management," said Dr. Kevin Borchard.

Physical therapy and anti-inflammatory medicines and injections are often the first response to shoulder pain. When these non-invasive solutions fail, surgeons often perform a shoulder scope, also called arthroscopy. A shoulder scope is a common procedure that helps surgeons pinpoint issues and perform repairs within the joint.

"Arthroscopic surgery involves making very small incisions to insert a camera inside the shoulder. Larger incisions and soft tissue disruption can be avoided while allowing the surgeon to look inside and even operate," Borchard explained.

With arthritis or a massive injury, sometimes the shoulder joint needs to be replaced making a total joint replacement surgery necessary via a surgery called arthroplasty. Having completed a fellowship in adult reconstructive surgery, Dr. Borchard offers the latest approaches for total joint replacement, including shoulder replacement.

"If a sports injury demands surgery, I perform arthroscopic surgery and even more advanced, complicated surgeries, such as a shoulder tissue augmentation which involves replacing torn tendons with human dermis or pigskin grafting," said Dr. LeBlanc.

There's no reason to live with shoulder pain. There's often a solution—usually more simple than complex—but we are here for both.

OB Patient “Wouldn’t Go Anywhere Else”



Patient Holly Epp receives a preliminary OB check-up from Jillian Fritz, MA.

It doesn't matter that Holly Epp works at Memorial Regional Health, she says she'd choose MRH as her healthcare home regardless, thanks to the excellent care that she has received. Holly is pregnant with her second child and is currently in her second trimester.



Welcome, Dr. Laura Cieslik OB/GYN

Dr. Cieslik joined the Women's Health team in January, and is accepting new patients.

“My first birthing experience was so good at MRH that I wouldn't have a baby anywhere else,” Holly said. “I ended up having an emergency C-section, but it all went great.”

Holly grew up in Craig, then moved away to college. She had the opportunity to come back to Craig and raise her family. She works as an X-ray tech at the

MRH Clinic. Holly and her husband Jair are excited to have their son Nio, who just turned two, have a sibling

close in age. The baby is due in June.

Holly has selected Dr. Laura Cieslik, MRH's new OB/GYN who was hired to replace Dr. Eileen Joyce, as her doctor. She had a good impression of her from the start.

“She was very personable and easy to talk with. I really like having the option of different providers to choose from, depending on my need,” Holly said.

Dr. Laura Cieslik likes to partner with her patients to develop a plan for labor that works best for them. She enjoys forming long term relationships and really getting to know each person as an individual. Dr. Cieslik started at MRH full time at the end of January, and she welcomes new patients.

MRH Pregnancy, Labor & Delivery Services

High-risk pregnancy

C-Sections and complicated deliveries

Gentle, family-centered C-Sections

Midwifery

Infertility counseling

3D ultrasound

Private rooms with spa-like amenities

Birthing classes & tours

MRH Handles Births that Don't Go Just Right

If you are planning to have a baby or you are already pregnant, you've likely heard a lot of labor and delivery stories from your family and friends—and maybe it has left you a little nervous. It's reassuring to know that your local health system is set up to handle special pregnancy, labor and delivery circumstances.

"We are set up for special circumstances. When an emergency happens, we have skilled and trained nurses and physicians to handle it. A couple years back we had an extremely micro-premature baby here at MRH due to a complication during pregnancy. Our team of pediatricians, OB nurses and staff did an incredible job keeping the baby stable for transfer to St. Mary's. While we are not set up to handle emergencies on a long-term basis, when an emergency happens, we're ready," says Dr. Scott Ellis, board-certified OB/GYN.

MRH typically cares for babies 35 weeks and older, and board-certified OB/GYNs offer C-sections when necessary. In an emergency, moms and babies are airlifted to larger, nearby hospitals where neonatologists or perinatologists are available.

Rest assured, emergencies are not common. MRH can support several of the most common special circumstances, including jaundice, sepsis, infection, glucose issues, and limited respiratory distress, to name a few.

MRH has a special care nursery designed to care for babies who need medical monitoring and specialized services that are not routine. The nursery has advanced warmers equipped to provide increased oxygen and monitoring. Nurses on staff have experience caring for babies who need extra support, and nurses receive regular trainings and earn certifications to stay current.

"I am pleased and impressed with our labor and delivery facilities, and operating rooms. I have all the equipment I need to do my job and do it well. There isn't much we can't handle here," Ellis concluded.



The MRH Women's Health team delivers 100s of babies each year.

EXPECTING? You can expect more from us!

We've expanded our What to Expect classes to include more times and more topics! We now welcome you to call at any time for a tour of our birthing center. Pregnancy classes are offered on different stages of pregnancy, plus lactation classes. Both are free for patients.

**For more information,
call 970-826-8230.**





Rapid Care Coming to Downtown

The Rapid Care team is assembled and ready to serve you at 2020 W. Victory Way. Opening in new location March 19th.

If you ever wished you could see a doctor on a Saturday or after work on a Friday, you're in luck. Thanks to Rapid Care coming to 2020 W. Victory Way, you can now get medical help six days a week, without going to the emergency room. The kicker? You don't need an appointment, just walk-in.

"We wanted to make it convenient for busy families. Rapid Care will provide walk-in access to healthcare services for acute needs like sore throats, sinus infections, respiratory problems, minor cuts, sprains and strains, and fractures," said Andrew J. Daniels, MHA, FACHE, Chief Executive Officer for Memorial Regional Health. "It is not a stand-alone ER. It's the new location for our Walk-in Clinic."

Justin Stokes, State Farm Insurance Agent and Craig resident is looking forward to the new downtown clinic because it will make getting care for his kids much easier on Saturdays and after work. He sees it as an expansion of the good service he has received at MRH's Walk-in Clinic.

"Weekends are a big concern when your kids get sick. You have to wait for Monday or go to the emergency department. It will be great to have expanded hours at the new clinic," said Stokes.

The grand opening of Rapid Care is right around the corner. All current MRH patients are already in the system for Rapid Care, so there is no need to re-register. The current medical team—Jennifer Schmitt, PA, Maggie Schoeberl, PA-C, Kelsie Bond, PA-C, and Jim Zimmerman, PA will move to the new location, as will primary care physician Dr. Cynthia Reed. They will be joined by a new physician—Dr. Ted Akers. So, come on in, no appointment necessary!

MRH Medical Clinic • 785 Russell Street
970-826-2400 Family Medicine • 970-826-2480 Pediatrics

MRH Specialty Clinic • 600 Russell Street • 970-824-3252

Rapid + Care
MEMORIAL REGIONAL HEALTH

Location & Hours

2020 W. Victory Way
Downtown, Craig

Mondays - Saturdays
7:30 am – 7:30 pm

Walk in, no appointment
needed

970-826-8300

JOIN US

Rapid Care Open House

March 15
4:00 – 7:00 pm

Ribbon cutting,
4:15 pm

Tours and
refreshments

New Doc in Town

Meet Dr. Ted Akers



Dr. Ted Akers,
Family Medicine Physician

We are pleased to welcome Dr. Ted Akers to Rapid Care! Most recently Dr. Akers served as an urgent care physician in Cedar Falls, Iowa. Dr. Akers comes to us with extensive experience in treating all ages of patients for a full range of primary care needs, including minor surgery and lacerations. He'll be available full time on various days to see patients and their families.

New Retail Pharmacy Adds Free Delivery



Stephanie Herod, Pharmacy Technician, educates a patient on her medications.

When you see your medical provider at MRH Medical Clinic, you won't have to make that extra stop on the way home to fill your prescription. It will be there waiting for you at the new, on-site pharmacy! The new, convenient pharmacy allows for better communication between providers and pharmacists, offers vaccinations, and now, free delivery!

Community Pharmacy Hours

Mon – Sat,
8 am – 8 pm

970-826-3055

Open to the Public

Emergency Department or Rapid Care?

ED – When you need care NOW

- Accidents, falls
- Bodily injuries
- Coughing up blood
- Difficulty breathing
- Emotional distress that's severe
- Head injuries
- Heart attack or stroke signs
- Lacerations
- Loss of consciousness
- Paralysis
- Poisoning, drug overdose
- Severe burns



Rapid Care – When you need care TODAY

- Cold, flu, stomach flu
- Cuts
- Earache
- High fever
- Pink eye
- Sinus infection
- Sore throat that's severe
- Sprains, strains, minor fractures
- Urinary tract infection



Hospice Care Now Offered at The Memorial Hospital

If you or a loved one develops a life-limiting illness, it's comforting to know that hospice services are available to help you navigate your emotions and the logistics of those final days. Memorial Regional Health recently met all requirements to provide inpatient hospice care to complement the hospice care it offers in the community.

While there are a few sources for home hospice care in Craig, inpatient hospice care has been missing. MRH is pleased to offer this new service. The hospice team includes nurses, CNAs, social workers, physicians, volunteers and pastoral care.

The focus of hospice is caring, not curing. In other words, hospice provides palliative care, which strives to improve the quality of life for patients, helping relieve suffering through treatment of pain and symptom control, and offering the patient and family whatever support they need.



Hospice care team members Brittany and Maria discuss a patient's care plan.

“Once a patient comes into hospice, it's really about providing comfort measures. We will manage pain, educate the patient and family on what will happen, make sure their legal needs are in order, and offer a kind ear for listening,” said Kristine Cooper, Director of Home Health & Hospice.

Each hospice patient receives a care plan to meet their individual needs, created together by the patient, family, and care team members. Working collaboratively to carry out the plan, members of the hospice team will make regular visits with the patient and family. Hospice staff will be on call 24 hours a day, seven days a week—even for home hospice care.

Hospice Volunteers Wanted

Would you like to provide comfort and care to people going through the dying process? MRH Hospice is looking for dedicated volunteers. Call 970-824-6882 and ask for Lyric Wood to learn more.



The hospice team at MRH, L to R: Kristine Cooper, Lyric Wood, Brittany Robinson, Brenda Soos, and Maria Mosman.

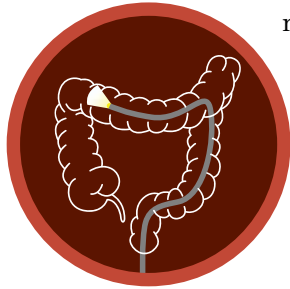
SYMPTOMS ALERT: Knowing when it's time for Home Health care

- Trouble walking
- Frequent falls
- Difficulty breathing
- Chronic pain that's not controlled
- Frequent ED visits
- Advanced neurological disease
- When help is needed to walk
- Wound care
- On oxygen
- Needing fluids
- Chronic illnesses



Due for a Colonoscopy? Don't Hesitate!

If you are about to turn 50, or are over 50 and haven't yet had a colonoscopy, it's time. Colonoscopies are the gold standard in screening for colon cancer. While getting a colonoscopy isn't necessarily pleasant, the payoff is huge with a normal result—peace of mind that you don't have colon cancer, and a free pass on a colonoscopy for another 10 years.



A colonoscope takes pictures of the lining of the colon.

Screening tests don't usually treat problems, they only detect problems. An exception is a colonoscopy—colonoscopies allow physicians to both detect suspicious polyps and remove them all in the same visit. There are other options to check for colon cancer, but none as effective.

"By finding polyps before they become cancer and removing them, we prevent colon cancer," said Dr. Jeff Womble, general surgeon with Memorial Regional Health.

New! Concerned about cancer? Take a free colon cancer screening questionnaire at the health fair.

The hardest part of the procedure is often the bowel prep, which takes place the night before. It involves drinking a liquid to empty your bowels. The procedure itself takes just 30 minutes, or up to an hour if polyps are found. It's all behind you in less than 24 hours— isn't one day worth years of peace of mind?

"If we could get everyone screened, we could prevent well over 90% of colon cancer cases," Dr. Womble concluded.

While colon cancer is a common cancer, it's also one of the most preventable cancers. What are you waiting for? Call today.

Helping Babies Breathe Easy

The Suction Clinic at MRH is designed for those times when your newborn or young baby is having trouble breathing due to excessive mucus caused by an upper respiratory infection. Respiratory therapists use a nasopharyngeal suction machine to suck out secretions. They also evaluate your child by counting the respiratory rate and checking for oxygen saturation.

Parents visit their doctor and get a prescription for the clinic. It can be used up to 4 times a day for a week, no appointment needed. Patients check in at the ED main desk and indicate they are there for the suction clinic.

MRH Suction Clinic – 24 hours a day, 7 days a week
\$128 per visit, billed to insurance



*Dr. Jeff Womble
General Surgeon*

MRH Surgical Services

All general surgeries, including:

- appendix
- breast cancer
- colon cancer
- gall bladder
- hemorrhoids

Advanced laparoscopic surgery

Anti-reflux/GERD procedure (Stretta)®

Colonoscopies

Diagnostic and therapeutic endoscopy

Hernia repairs - open and laparoscopic

Port placement for infusions

Skin lesions/cancer

Wound care

MRH Occupational Therapists Make a Difference in the Schools



Tracy Perish, Occupational Therapist, works with kids of all ages in the schools to help build motor skills and educational ability.

It's nice to know that if your child needs extra services to help them succeed at school, they are available. After all, when kids get what they need early on, they are more apt to be successful throughout their educational career. A little extra help early on goes a long way.

“School is a child’s occupation, and if they need occupational therapy to improve their day-to-day activities, we are there for them.”

Occupational therapists at Memorial Regional Health go into the schools and help kids with challenges—including but not limited to developmental delays, autism, ADHD, sensory needs, post-traumatic stress syndrome and Down’s syndrome—do the very best they can.

Memorial Regional Health partners with the Moffat County School District to bring key services

to kids in 11 schools in the district, including occupational therapy, physical therapy and athletic training. Forty hours of occupational therapy are provided to kids from preschool through high school who have an IEP or individualized education program that dictates they receive extra help where needed.

OT Screenings for Kids in our Community

Come learn about occupational therapy (OT) and how your child might benefit. Kids will receive handwriting, fine motor and gross motor screens and complete a fun obstacle course. Public welcome.

Date: April 24th

Time: 6-8 pm

Place: MRH Rehab Center

Phone: 970-824-5992

Cost: Free



Tracy Perish, OT, works full time in area schools with kids of all ages.

“School is a child’s occupation, and if they need occupational therapy to improve their day-to-day activities, we are there for them,” said Tracy Perish, OT. “I look at the whole child and work on what they need the most. Some need to learn how to control their urges at lunch or in the classroom, others need help with handwriting. We work on whatever is getting in the way of their learning.”

Tracy reflects on a child who last fall was unable to trace his name and unable to sit still for even one minute. Now, he can trace his full name and shapes, and can sit and pay attention for five minutes. The goal is to get him back into the general education classroom.

“We are here to support the kids, but also to support the parents by helping get their kids ready for the next step, whether that’s kindergarten, high school, or life after high school,” Tracy concludes.

For more information on occupational therapy services in the schools, ask your child’s teacher or plan to attend the OT Month Celebration at MRH in April.



Susan Jones, Occupational Therapist, works with Ammon Francone to ready him for kindergarten.

Preschooler Improves Key Skills, Thanks to OT

Little Ammon Francone has had to fight for every second of his life, so he lives it with zest. He loves hockey, swimming, biking and now, tracing letters and writing his first name—a recent success thanks to occupational therapy services provided at his school. Now, when his brother Eli sits down to do homework, Ammon joins him.

“Ammon is an absolute fighter. He has had significant medical issues since birth. They said if he lived to age two we’d be lucky. We are so blessed to have him,” said his mom, Meg Francone.

In his short five years, Ammon has endured multiple surgeries and hospitalizations, leaving him leery of medical professionals. It takes time for him to build trust, something he’s done with Susan Jones, MRH occupational therapist. She works with him a once a week on handwriting and gross motor skills, helping to ready him for kindergarten next year.

“Susan is really effective. She worked hard to build a relationship with Ammon and he fully trusts her. Just last month he wrote his first name for the first time, and can now trace his letters,” Meg said.

“Ammon is eager to participate. Even when he is playing in the gym he will come running up to me when I arrive,” said Susan Jones, OT. “We’ve made good progress since we started working together this past fall. He’s super proud of his accomplishments, and so am I.”

Keeping Diabetes Under Control



If you've been diagnosed with diabetes, no doubt you've gone through quite a bit of life adjustments. Diabetes demands daily care and a shift in lifestyle habits towards healthy eating and regular exercise. It's a lot to take on but it's well worth it. Keeping your diabetes in check means you'll likely be able to prevent or delay the onset of complications that can result from unmanaged diabetes.

"Our team of trained professionals, including physicians, nurses, diabetes educators, and lifestyle educators are here to help tailor a management plan that fits your needs," said Carol Bolt, PA-C with MRH Specialty Clinic.

Eating a healthy diet that's low in processed foods and sugars and high in whole grains and fruits

and vegetables is an important first step. Next, add exercise. The American Diabetes Association recommends exercising moderately for 30 minutes a day, five days a week. Exercise helps in two ways – lowering your weight and providing better control of your blood sugar levels.

"The best way to make lasting changes is to find activities and exercises that work for you. If you make a change that doesn't fit your lifestyle, it won't last," said Tracey Wall, PA-C with MRH Medical Clinic.

If you have been diagnosed with pre-diabetes or diabetes, Memorial Regional Health offers nutritional counseling with a dietician. If you think you are at risk for diabetes, reach out to your provider today and ask for a screening test.

Feet First with Diabetes

It's strange, but sometimes the first place to show symptoms of diabetes is the foot.

Diabetic foot problems come in all shapes and sizes and cause symptoms from tingling and pain to weakness and numbness. Complications include neuropathy (nerve damage), skin changes, calluses, foot ulcers, and poor circulation. Poor blood flow can complicate the healing of ulcers and skin infections of the foot. When needed, podiatrists work in coordination with cardiologists to open up the arteries to the foot and bring blood flowing into the foot to aid healing.

Treatment for early stage diabetic foot problems usually involves applying a topical analgesic to relieve pain. With more advanced problems, Dr. Derek Harper, MRH podiatrist, recommends exercises to generate nerve growth and vitamins to support nerves, among other treatments. As a last resort, surgery may be needed.

"To maintain foot health, I work with patients to prevent nerve damage and ulcers. Diabetics are also prone to ankle fractures, which I can treat with a minimally invasive surgery that helps stabilize the bone," said Dr. Harper.



Podiatrist Dr. Derek Harper treats diabetic foot problems.

Shortness of breath? Chronic cough?

You may need a pulmonary function test.



Respiratory therapist Kelsie Kawcak provides a pulmonary function test to a patient.

Rarely do we stop and notice our lungs, yet along with our heart they are in constant motion—working whether we feel good or not. If your lungs are healthy, take a moment to appreciate the ability to breathe easy. Millions of people live with lung disease every day.

If you are experiencing breathing problems, know that there are solutions to such common lung diseases as chronic obstructive pulmonary disease (COPD), chronic bronchitis, asthma, emphysema, asbestosis, cystic fibrosis, allergies and restrictive airway conditions from tumors, inflammation or scarring.

Symptoms people notice when they have a possible lung disease are shortness of breath, chronic cough, chronic mucus production, chest pain, wheezing and coughing up blood,

according to the American Lung Association. When people come in to see their doctor for these chronic, ongoing symptoms, the doctor will often order a pulmonary function test (PFT)—a series of different procedures that measure lung function. MRH offers pulmonary function tests by registered respiratory therapists.

“At TMH we perform pulmonary function tests, along with a spirometry test that measures how quickly air is inhaled and exhaled from the lungs,” says Anessa Kopsa, RRT, CPFT, AE-C, respiratory therapist. “Pulmonary function tests tell us how well your lungs are working, and pinpoint the exact loss of function.”

If you have been experiencing chronic breathing problems, it might be time to see your doctor. There are several different treatments for lung diseases, including medicines. Bronchodilators are used to expand bronchial air passages and inhaled steroids work to reduce inflammation in the lungs. Oxygen therapy and pulmonary rehabilitation are also solutions provided by respiratory therapists.

MRH Respiratory Therapy Services

Diagnoses lung and breathing disorders and recommend treatment methods

Completes chest physical exams to determine what kind of therapy is needed

Collaborates with physicians in recommending an effective therapy

Analyzes breath, tissue and blood specimens to determine levels of oxygen and other gases

Manages ventilators and artificial airway devices for patients who cannot breathe normally on their own

Educates patients and families about lung disease so they can maximize their recovery

Teaches patients how to use breathing devices

Directory of Providers

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Elise Sullivan, MD
Hablo Español
American Board of Family Medicine
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National Certification of Physician Assistants
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Tracey Wall, PA-C
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Kevin Monahan, PA-C
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Gerald Myers, MD
American Board of Internal Medicine,
American Board of Cardiology
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American Board of Orthopaedic Surgery

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American Board of Obstetrics and Gynecology

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American Osteopathic Board of Orthopaedic Surgery

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Evan Fleming, PA-C

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Podiatry



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Podiatrist

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Craig and Steamboat locations



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of our employed
physicians are
**board
certified?**

MRH Does not Discriminate

Memorial Regional Health (MRH) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sexual orientation or gender identity. MRH does not exclude people due to race, color, national origin, age, disability, sexual orientation or gender identity. MRH values the diversity and inclusion of all who enter our doors.

For our full statement, visit:

memorialregionalhealth.com/memorial-regional-health-non-discrimination-policy/



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Upcoming Events at MRH

Support the MRH Foundation

Join the Foundation's
"Build our Future"
capital campaign
to raise \$1 million
towards the new
Medical Office Building!



memorial regional
health **foundation**

To learn about the different ways to give, contact
Eva E. Peroulis, MRH Foundation Director, 970-826-2424,
eva.peroulis@tmhcraig.org.

**Watch for the MRH Foundation golf tournament,
coming mid-June.**

What to Expect

Ongoing pregnancy classes,
free for patients.

Call anytime for a tour of the birthing center.

970-826-8230



March 1 – 31

March into Health

Mon – Fri, 6 am - 10 am
Weekends, by appointment
Memorial Hospital Lab

Walk in blood draws leading up to
April Health Fair.



COMING APRIL 14

MRH Community Health Fair

memorialregionalhealth.com



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