



memorial regional
health

LIVING WELL

Improving the quality of life for the communities we serve

Fall/Winter 2018



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CEO Update



Dear Community Members,

I have several exciting updates to share with you. As you've probably noted, progress continues on the medical office building. The building is nearly enclosed, which will facilitate ongoing construction during winter months. We have started framing the internal space, and crews will work through the winter. We remain on schedule to open our doors in Fall of 2019.

Not only will the new medical office building bring all of our medical services together in one place, including our rehab services, our primary care providers, our specialists, and our community pharmacy — it also enhances our ability to attract top-notch physicians. In this issue, you will be introduced to three new physicians who have recently joined us.

Dr. Robert McLean, our new full-time, board-certified ENT surgeon, started in November. Dr. McLean brings many years of experience to MRH. He is located out of the Rapid Care Clinic until the MOB is completed next fall. Dr. McLean will also see patients at our Steamboat location. If you are experiencing problems with your ears, nose or throat, call to make an appointment today.



Construction crews are on track with the new medical office building.

Dr. Laurie Good joins us as our new, full-time dermatologist on December 1st. Dr. Good and her family have moved to northwest Colorado from Taos, New Mexico. Dr. Good will be performing a broad spectrum of dermatology procedures, including cosmetic. She, too, will see patients in Craig at 785 Russell Street and at our Steamboat location.

Dr. Bobby Howarth is a new addition to our orthopaedic team, bringing strong skills in sports medicine and orthopaedic surgeries, including hip, knee and shoulder repairs and replacements. Dr. Howarth has worked with us in years past as a visiting physician and joins us part-time.

We are pleased to bring these new physicians and specialties to you, here in Craig, as part of our commitment to you as your community hospital.

Andrew J. Daniels, MHA, FACHE
Chief Executive Officer

Construction Parking

Please excuse our mess...while we build something great! **During our construction, we ask that all patients park in the Emergency Department lot** through Fall 2019, when the new medical office building will be complete. Thank you!



Did you Know?

We've added new specialty doctors to our MRH medical team!

- ENT
- Dermatology
- Orthopaedics

MRH Board of Trustees

Todd Jourgensen, Chair

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Cover photo: Dr. Couillard, MRH Pediatrician, provides a well child check to patient Sawyer Stewart.

MRH Foundation Nears \$1,000,000 Goal

Memorial Regional Health Foundation is well underway with its capital campaign to raise funds for MRH's new medical office building (MOB). The MRH Foundation is pleased to announce that it has received grants from the Colorado Health Foundation, El Pomar Foundation, Rocky Mountain Health Foundation, Yampa Valley Community Foundation and Dominion Energy for the new MOB which will strengthen primary care in Northwest Colorado. As of November 2018, the Foundation has raised \$865,000 toward their \$1 million goal in support of the new MOB.

Want to add your name to this distinguished list of donors? The Foundation's capital campaign is seeking pledges over a three-year period. To express thanks, donors will be featured on the Tree of Health wall. The wall features three levels of giving: a bronze leaf for a pledge of \$1,000, a silver leaf for \$5,000 and a gold leaf for \$10,000. Donor's names are engraved on the Tree of Health leaves.

To give, or for more information, please contact Eva Peroulis at 970-826-2424 or email her at eva.peroulis@memorialrh.com. We're improving healthcare for Craig and the surrounding areas, together!



memorial regional
health **foundation**



Tree of Health wall of honor in the hospital lobby.

Rapid + Care
MEMORIAL REGIONAL HEALTH

Mon – Sat
7:30am – 7:30pm
No appt. needed

**Rapid Care - if you need
to be seen today.**

**If you need to be seen NOW, please visit
the Emergency Dept. at the hospital.**

2020 W. Victory Way
(in front of Walmart)

826-8300





SCL Health / St. Mary's and Memorial Regional Health collaborate under Care Affiliate model

Andy Daniels, CEO of Memorial Regional Health, makes the Care Affiliate announcement on September 21 of this year. Representatives from SCL Health / St. Mary's and the MRH board were also present.

On September 21 of this year, representatives from SCL Health / St. Mary's and Memorial Regional Health issued a joint statement from The Memorial Hospital at Craig, announcing the formalization of their decades-long working relationship. The newly-formed Care Affiliate agreement will allow MRH to access the services and benefits of SCL Health / St. Mary's larger health system, while maintaining its own independent operation.

"Medical teams from St. Mary's Medical Center and Memorial Regional Health have been coordinating care since there was a road between us. Our long-standing partnership is the foundation for this new Care Affiliation agreement," said Brian Davidson, MD, president of St. Mary's Medical Center.

A steering committee composed of members from both organizations has been formed to determine the specific areas of focus. This collaboration will help ensure both hospitals are protecting local care and local governance, while advancing access and quality of care for patients.

"Rural medical facilities are under great pressure to maintain local patient services and independent operations, in an environment of limited resources," said Andrew Daniels, CEO of Memorial Regional Health. "I reached out to St. Mary's to discuss an



**Care
Affiliate**





Dr. Brian Davidson, St. Mary's President, Lydia Jumonville, SCL Health President and CEO, and Andy Daniels, CEO of Memorial Regional Health, directly following the announcement of a unique partnership between their organizations.

agreement to support those goals. This collaboration will improve care as our new steering committee works together. Our objective is to keep our patients as close to home as possible, and access the larger system services that St. Mary's can bring to the table.”

As the steering committee considers areas of focus, outreach clinics for neurology, neurosurgery and medical oncology at MRH will continue. Expanded clinical and telehealth services will be considered by the committee, including the implementation of SCL Connect's version of the Epic electronic medical records (EMR) system. With the Epic system, patients gain centrally-located medical records accessible to caregivers across the nation — a benefit especially important during a medical emergency.

“Our partnership with SCL Health has been invaluable toward advancing our care coordination efforts. At the end of the day, this agreement can support better outcomes through better care coordination. That's what really matters,” Daniels said.

For you, our patients, the affiliation means more advanced care while maintaining an independent, community hospital. It's a win-win for everybody.

¿Hablas Español? ¡Nosotros También!

En MRH nos comprometemos a proporcionar una atención de calidad de manera que nuestros pacientes y sus familias entiendan mejor. En un esfuerzo por servir mejor a nuestros pacientes hispanohablantes, ahora ofrecemos servicios intérprete de forma gratuita con estricta confidencialidad.

Si necesita que un intérprete lo acompañe a una cita en una de nuestras clínicas llame al 970-826-2400 y pida a nuestro intérprete o si necesita ayuda en el hospital, notifique a nuestro personal de recepción.

También siempre estamos buscando empleados bilingües. Para ver una lista de nuestras ofertas de empleados actuales visite www.memorialregionalhealth.com.



Save a life, learn to stop the bleed

When the general public knows how to stop uncontrolled bleeding in emergency situations, lives are saved. MRH Emergency Department nurses and first responders are providing a **free course to any interested community member or work group**, including adults and children. Past interested groups include 4-H, hunting guides, CDOT employees, church groups and more.

Stop the Bleed is a national campaign by the American College of Surgeons Committee of Trauma. A person who is bleeding heavily can die of blood loss in five minutes, so it is important that everyone knows how to stop the bleed.

To schedule a course:

Contact Megan O'Toole at 970-826-3200, or email megan.otoole@memorialrh.com.

Dermatology Services Now at MRH

It's something many of you have been waiting for — a dermatologist at MRH. Dr. Laurie Good, a board-certified dermatologist, joined the MRH medical team on December 1. She practices full-spectrum dermatology for people of all ages, from children through seniors.

Dr. Good is happy to join the Craig community. She enjoys working and living in small towns and describes herself as high-energy, down-to-earth and patient focused.

"I really like to practice in rural communities. In Santa Fe and Taos, where I've been practicing for the last four years, I really got to know my patients and the community. The Steamboat and Craig area has the same appeal for me and my family," she said.

Dr. Good is all about family. She and her husband Travis have four children, ages 8 to 12. The family does everything together, from running and skiing to camping and mountain biking. That's a big reason why they were attracted to the area.

The family of six has made a hobby farm in Oak Creek their new home. They're thrilled to have relocated their llamas, chickens, miniature horse and donkey, and to have easy access to BLM land for doing what they love — spending time outdoors.

Dr. Good is accepting new patients. Common conditions she assesses and treats include skin cancers, eczema, psoriasis and acne, but she welcomes patients with skin conditions and needs of any kind, from diagnostics to medical, cosmetic and surgical. She sees patients in Craig two days a week and in Steamboat two days a week.

"Dermatology suits me well. It's stimulating and fast-paced, but it's also patient-focused. I get to build relationships and establish trust with my patients, which I love," Dr. Good concluded.

Dermatology – MRH Medical Clinic
785 Russell Street • 970-826-8080

Steamboat Signature Specialty Clinic (Coming Soon)
2201 Curve Plaza, A101 (behind Mountain Valley Bank)
970-826-8080



Dr. Good and her family vacationing in Iceland.

MRH Dermatology Services

Skin cancer

Various skin conditions, including but not limited to acne, dermatitis, eczema, hair loss, impetigo, melasma, psoriasis, shingles, staph infection

Removal of moles, warts, skin tags,
Squamous cell carcinoma

Cosmetic services including Botox, chemical peels, fillers, revolumizers, microdermabrasion

Laser services including photofacial, laser hair removal and laser resurfacing

Vein treatments

Two Rules for Caring for Dry Winter Skin

October through March, Dr. Laurie Good recites these two rules to practically every patient who walks through her practice's door. As a dermatologist, now part of the MRH medical team, she sees every day what our cold, low-humidity climate does to winter skin.

Here's what she recommends for keeping the flakes and itchiness at bay:

1. Take a colder shower or bath

"When it's cold outside, we love our hot showers," said Dr. Good. "But in the winter, when we step out of a hot shower into the colder air of the bathroom, we lose all our moisture."

This is especially true if we're older. As we age, we become less adept at retaining moisture in our skin, she said. And some medications, such as statins, are further dehydrating to skin.

So, Dr. Good advised, if your flaky skin is bothering you, try turning down your water temperature. "It's not a popular suggestion, but it works," she said.

2. Moisturize every day

Whether or not you follow rule number 1, Dr. Good's second rule for soothing the winter-skin blues is to gently blot your skin dry when you get out of the shower or tub — don't rub or wipe it — then immediately slather on a thick coat of a good moisturizer.

What's a good moisturizer? "If it comes in a pump, it's not useful in our climate. Look for a thick, fragrance-free moisturizer that comes in a jar. Children and people with eczema may need to use an ointment," Dr. Good said.

Of course, our hands in winter deserve special attention. They get extra-dry because we plunge them into water to wash them many times a day. "Those little splits and fissures on our fingertips are painful," Dr. Good said. "For hands I recommend an emollient or ointment, and I suggest applying a thick coat often."



SYMPTOMS ALERT: Eczema



- **Dry skin**
- **Itching, which may be severe, especially at night**
- **Red to brownish-gray patches, especially on the hands, feet, ankles, wrists, neck, upper chest, eyelids, inside the bend of the elbows and knees, and in infants, the face and scalp**
- **Small, raised bumps, which may leak fluid and crust over when scratched**
- **Thickened, cracked, scaly skin**
- **Raw, sensitive, swollen skin from scratching**

Source: [mayoclinic.org](https://www.mayoclinic.org)



Cynthia Morgan receives care from Crystal Olson, RRT, during a recent hospital stay.

Patient grateful for help with breathing problems

Craig resident Cynthia Morgan has her share of health issues, including breathing problems. Cynthia struggles with sleep apnea and COPD (Chronic Obstructive Pulmonary Disease), making it hard to sleep well and complete daily tasks with ease. She is grateful for the MRH respiratory therapy (RT) team for going the extra mile to make life a bit easier for her.

“The respiratory therapy team has gone out of their way to help me even when I am in for other reasons besides respiratory therapy. They are there to hold my hand and provide encouraging words,” said Morgan.

A senior who lives at Sunset Meadows, Cynthia says the RT team has helped her manage her COPD and taught her how to prevent further problems. They also help her manage her sleep apnea, which wakes her several times a night. Cynthia struggles using a Continuous Positive Airway Pressure (CPAP) machine and chooses to forego it.

MRH Respiratory Services

Diagnoses lung and breathing disorders and recommends 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

For sleep apnea, people are often fitted with a CPAP machine — a bedside device that increases air pressure in your throat so that your airway does not collapse when you breathe. Sleep apnea causes daytime fatigue, loud and frequent snoring, and choking or gasping sounds during sleep.

“With sleep apnea, people experience multiple arousals during the night, which leads to a poor night’s sleep,” said Selena Hafey, MRH’s Certified Polysomnographic Technologist (CPSGT).

MRH offers sleep studies most nights of the week in dedicated sleep rooms. Sleep studies are performed by a certified sleep technician and read by pulmonologist.

“I used to wake up every hour but now I sleep two hours or more because of the tips they have given me,” Cynthia said.

The respiratory therapy team offers help for people with COPD and other breathing issues by providing spirometry tests for diagnosing, treatment, education on illnesses and tips for coping.

SYMPTOMS ALERT: Is it COPD?



COPD is an overarching term used to describe lung diseases including refractory asthma, chronic bronchitis, emphysema and others. **Breathamerica.com** offers a simple quiz to determine if you have COPD. Questions include:

- **Do you have worsening trouble with your breathing that is slowly limiting your activities?**
- **Do you frequently have a cough?**
- **Do you cough up phlegm or mucus?**
- **Do you wheeze?**
- **Have you smoked at least 100 cigarettes?**
- **Does COPD run in your family (especially under the age of 50 or in non-smokers)?**

Beat Winter Breathing Blues

Because cold, dry air irritates airways, winter months tend to make breathing problems, like COPD, bronchitis and asthma, worse. Take precautions to prevent triggering symptoms and ruining winter fun.

The American Lung Association provides these tips to protect yourself from cold, dry air:

- Take all medications as prescribed
- Cover your nose and mouth with a scarf when going out in the cold
- Avoid exercising outdoors in severe cold weather
- Get a flu shot
- Wash your hands vigorously to get rid of germs
- Avoid people with colds and flu



Don't let breathing problems keep you from doing what you love this winter.



Home Health client Donna Jean Morris shares a laugh with Peggy Schmidt, CNA.

Extra Care for the Elderly

As we age, there is no shame in asking for a little help. After all, receiving extra help can mean maintaining your independence and staying in your home. Help for the elderly comes in many forms including Home Health care, emergency alert systems, help from neighbors and daily contact with family members.

Craig resident Donna Jean Morris, age 72, knows just how important a little extra help can be. Morris takes advantage of both Home Health and Lifeline through Memorial Regional Health.

“Without Home Health and the regular visits I receive from Peggy and Brenda, I would not be able to live at home or have the life that I live,” said Morris.

Morris has been receiving Home Health care services for the past seven years, and most recently from MRH. She said she “loves seeing them every time they come” and finds comfort in knowing that the MRH Home Health team is looking out for her.

Home Health care helps seniors and the disabled with a variety of needs. For example, occupational therapists help review the home for fall hazards and RNs and

certified nurse assistants help manage chronic diseases and medications. They go the extra mile by making sure clients are eating regularly and are able to find rides to their appointments. Bottom line, they make sure people can live safely and thrive on their own.

“Home Health recommended Lifeline and I use it frequently because sometimes I can’t get up. Without it, I would not be able to live by myself. It really does bring peace of mind,” Morris concluded.

MRH Hospice Receives Accreditation

The MRH Hospice was recently surveyed by the Accreditation Commission for Health Care (ACHC) and achieved CMS-deemed status.

MRH provides the only accredited Hospice service in the valley. Receiving this accreditation demonstrates the MRH Hospice team’s commitment to providing a high level of care.

To learn more about Hospice services call 970-824-6882.



Know when it's time to...

As we age, we lose abilities. Here's a quick guide on when to take action.

Stop driving:

- Delayed response to unexpected situations
- Becoming easily distracted while driving
- Decrease in confidence while driving
- Hitting curbs
- Getting scrapes or dents on car, garage or mailbox
- Having frequent close calls
- Driving too fast or too slow



Source: aarp.org

Get Lifeline (medical alert device):

- When unforeseen medical emergencies occur
- When chronic conditions increase risk of falls
- To maintain independence and provide a backup (locked out of the home, roadside assistance, reporting burglary or fire)



Source: www.lifeline.philips.com

Sign up for Home Health care:

- When your elderly loved one needs help with personal care, such as bathing, getting dressed, cleaning, yard work, laundry and cooking
- Managing a chronic illness or disability
- Recovering from surgery



Source: medlineplus.gov

Call in Hospice:

- When life expectancy is 6 months or less
- Forgoing curative treatment for a terminal illness
- Needing help managing pain and symptoms
- Wanting to maximize transition time and tie up loose ends



Source: agingcare.com

Lifeline, for peace of mind



Lifeline is an alert service offered by Memorial Regional Health that bring elderly or frail individuals relief knowing that help is just a press-of-a-button away. Lifeline isn't just for people who are at risk for falls. It can be activated in case of a fire, medical emergency or if you need assistance from local law enforcement.

- Get fast access to help, 24 hours a day, seven days a week
- Lifeline with AutoAlert* will automatically call for help if a fall is detected
- Lifeline is easy to use and can help you remain independent in your own home
- Unlike a cell phone, Lifeline is waterproof, always charged, and within reach to call for help

Medicaid subscribers may be eligible to receive a Lifeline unit in their home free of charge. For non-Medicaid subscribers, Lifeline is as little as \$35/month. For more, contact Jennifer Businger at 970-826-8260 or email her at jennifer.businger@memorialrh.org.

New CareSage Program

Philips Lifeline is offering a new program called CareSage that lets seniors try Lifeline for free for two months. Participants must be 65 or older and pass a brief assessment by Northwest Colorado Lifeline to participate.

For more information, call Jennifer Businger at 970-826-8260.

Seatbelts Limit Injuries for Local Teens

MRH launches Click It! campaign

Carlin King, a Moffat County High School senior, didn't make a habit of wearing his seatbelt until now. Luckily, he decided on a whim to wear his seatbelt while driving with his girlfriend Taylor Kirby, Soroco High School senior, on Labor Day.

"I wasn't wearing my seatbelt at first, and then I happened to look over at Taylor and saw she had hers on so I put mine on. The crash happened a few minutes after that," said Carlin.

The two were driving in south Routt County on Highway 131, which has no shoulder and the road drops off just past the white line. Taylor was driving and went to change the radio station and drifted over the line. She slowly corrected but the back tire caught on a thick chunk of asphalt, which caused the truck to tailspin and roll.

"When the truck hit the edge of the road, I wasn't scared because it happens all the time on these narrow country roads. When we started to tailspin and roll, I thought this isn't good!" said Taylor.

The truck rolled three times before it landed on the passenger side. Carlin was able to get his seatbelt undone and help Taylor get out of hers. Fortunately, a stranger stopped when he saw the accident and came to help. With gloves on, he pulled shards of glass off the windshield to help the teens get out.

That day was a wake-up call for Carlin and Taylor. Now, Carlin says he wears his seatbelt all of the time and even reminds family and friends to do so. Taylor now has a strong reaction to seeing friends texting or using Snapchat while driving.

"It never bothered me before, but now I realize the risk they are taking," she said.

MRH Medical Clinic • 785 Russell Street
970-826-2400 Family Medicine • 970-826-2480 Pediatrics
MRH Specialty Clinic • 600 Russell Street • 970-824-3252



Local teens Taylor Kirby and Carlin King experienced a crash on Labor Day. Thanks to seatbelts, they are okay.

Seatbelts did save Taylor and Carlin's lives, and while Carlin's injuries were minor, Taylor is still struggling with a mild brain injury.

"Make it a non-negotiable to wear seatbelts. If you start young, are consistent and model wearing a seatbelt yourself it will become routine. Never let the car move until seatbelts are all on," Pediatrician Dr. Couillard said.



Dr. Couillard's Driving Advice for Teens



- No text is so important that it becomes your last text ever.
- Two hands on the wheel, always.
- Devices down. Any electronic device distracts you while driving, impairs your reaction time and makes you less aware of your surroundings.
- Friends can be distracting; make sure your passengers are wearing their seatbelts.
- Remember, you are well loved and important to us, so please drive with care.

Pediatric Well Child Checks at MRH



Dr. Linda Couillard with one of her youngest patients.

It's nice to know that when you need specialty pediatric care you've got it, right here at home. MRH offers pediatric care and well child checks from birth to age 18.

If your child is due for a well child check, call MRH Pediatrics or Family Medicine today.

Pediatric Services



Pediatric specialty care from birth to age 18

Newborn and baby care

Well child visits & immunizations

Disease management

Preventive care

Education and parenting support



Did you know...

Our pediatric clinic offers same day sick care!

Call 970-826-2480 to be seen.

Attention pregnant moms!

Preregister for your free Best Start Baby Box!



Baby Boxes are a safe sleep space for infants up to six months, filled with baby products. To qualify, watch a few short videos about baby development and take a quiz. It takes about 20 minutes and once completed you receive a code for a free baby box. Reserve your baby box at rmchildren.org/events/upcoming-events and present your code to the MRH Women's Health & OB/GYN front desk to pick up your box. Women's Health is located at 750 Hospital Loop.



mHealth Direct



Does a high deductible insurance plan keep you from seeing the doctor? If so, we have an option.

mHealth Direct, part of the Community Clinics at Memorial Regional Health, is an individual monthly membership plan that provides unlimited visits to your primary care provider and discounts on labs and pharmacy. The membership is for individuals and families, and may be offered by employers as part of a benefits package.

A membership to mHealth doesn't replace your insurance plan, it's simply something extra to help you and your family affordably see the doctor for those everyday needs. There is no deductible or insurance billing and care is provided by Memorial Regional Health providers at all of our locations.

To learn more about the cost of mHealth Direct and for a complete list of what is covered, visit mHealthDirect.com

You can also direct your questions to:
Codi Fisher, Health Services Sales Coordinator
codi.fisher@memorialrh.org
970-826-8378



What's Covered?

Medical – Annual exams, routine office visits, same day acute problems, skin care, annual well-women exams, laceration repair, casting and much more.

Pharmacy – A discounted pharmacy card is included with your mHealth membership that includes \$4 generic 30-day supply medications and \$10 generic 90-day supply medications. Discounts apply to brand name medications.

Lab & Radiology – Annual labs, strep, glucose, urinalysis and x-rays. Discounted radiology tests such as MRI and CT scans apply.

ENT Rounds Out MRH Team of Doctors

Dr. Robert McLean recently had something historic to celebrate. He completed the first cochlear implant ever in the state of Wyoming. This highly skilled ENT specialist and head and neck surgeon has now joined Memorial Regional Health as our full time ear, nose and throat specialist. We couldn't be more pleased to offer his talents to the people of Craig.

"Cochlear implants have been done since the 1980s, but it had never been done in the state of Wyoming," McLean said. "It is a fairly tricky surgery. The facial nerve is right there, so if I slip, the patient would wake up with a paralyzed face. That is why not just every doctor does this. It can be nerve-racking."

Before becoming a doctor of medicine, Dr. McLean earned his Doctor of Philosophy in mathematics from Duke University and worked as a college math professor.

"I still practice mathematics as a mental challenge, but medicine was a calling for me. As a Christian, we are called to heal the sick, so medicine is much more than an occupation. As a surgeon, I get to remove head and neck cancer, cure deafness, restore speech and that's very meaningful. Sometimes I pinch myself and think, 'I used to be a mathematician!' because what I'm doing now is so much better," he said.

Throughout his training, Dr. McLean earned several awards and honors including top surgical student and several merit scholarships. During his 15 years of practice, he has completed several medical missions around the world to perform cleft lip and palate repairs and other ENT procedures. His mission work has taken him to Honduras, Guatemala, Kenya, the Philippines, Mexico, Haiti, China and Jamaica.



Dr. Robert McLean, ENT

It's a good thing that he speaks several languages, having taught himself Chinese, Russian, French and Italian. He considers going on missions and changing the lives of children with cleft lip and palates to be his greatest accomplishments.

"I have before-and-after pictures of the children I've helped and it's really satisfying to look at them because I know that I helped them go from being rejected to becoming a member of society," he said.

Dr. McLean and his wife, Laurie, and their five children — two biological children and three adopted children from China — are thrilled to be living in Craig and to be a part of "such a family-oriented community."

Dr. McLean is seeing patients by appointment at the **Rapid Care location.**

ENT Spotlight: Ear Infections

If your children have never had an ear infection they're an anomaly, because five out of six kids experience an ear infection by their third birthday, according to the National Institutes of Health. Ear infections cause pain and sometimes fever.



When your child has multiple ear infections in a year, an ENT might consider ear tubes, small tubes placed in the eardrum to allow air to enter the middle ear and prevent fluids from accumulating. They usually stay in the ear for six to nine months.

"We have firm criteria on when to place ear tubes, and I am a stickler on meeting those criteria. Sometimes I advise waiting if we're coming out of the cold and flu season," said Dr. Robert McLean, ENT physician.

ENT Rapid Care • 2020 W. Victory Way
By Appointment: 970-826-8300

Steamboat Signature Specialty Clinic
2201 Curve Plaza, A101 (behind Mountain Valley Bank)
970-826-8080

Visiting Orthopaedic Surgeon Joins MRH on a Permanent Basis



Dr. Bobby Howarth is a familiar face around the halls of Memorial Regional Health. That's because he worked at the health system in the past as a visiting specialist. Now, he is back on a more permanent basis, providing services as a part-time provider.

Thanks to his years of experience in the military, Dr. Howarth has developed strong skills as an orthopedic surgeon, and has learned to act fast and attend to traumas in a Level I Trauma Center. His military medical work also provides plenty of opportunity to practice sports medicine.

Having been a college athlete, he acutely understands the need for swift, complete recovery when athletes are injured on the field. Dr. Howarth played football and basketball in high school and received scholarships for college. He even played semi-pro football.

As an undergraduate, Dr. Howarth studied nutrition and exercise sports science before joining the military where he received his doctorate in medicine in Bethesda, Maryland at Uniformed Services University of Health Sciences where he graduated with honors. Today, he is the Military Joint Replacement Head Surgeon. He currently works at both military and civilian hospitals throughout Colorado.

Dr. Howarth is pleased to return to Memorial Regional Health on a more regular basis. He and his wife Carrie and their five daughters currently reside in Monument, Colorado and enjoy coming along with their father to Craig during his stays.

"I enjoy the small community of Craig. It's very different from practicing in a larger city. I still have some patients from the past when I've visited as a locum tenens and I look forward to reestablishing with them as well as meeting new patients," he said.

"I never take my eyes off of my patients and I really strive to make that personal connection so I can provide the best care."

– Dr. Bobby Howarth, MRH Orthopaedic Surgeon

Dr. Howarth was inspired to become a doctor when his mother was dying. He saw firsthand the need for doctors to get to know their patients and become attuned to their needs.

"The experience taught me how important it is to develop a relationship with patients and to put them first. I never take my eyes off of my patients and I really strive to make that personal connection so I can provide the best care," he said.

Dr. Howarth will provide trauma surgeries, knee scopes, shoulder scopes and ankle and tibia fracture surgeries at MRH along with other services.

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

In Times of Great Need, Our Hearts are Open



Open Heart Advocates (formerly Advocates Crisis Support Services) has joined forces with Community Clinics at

Memorial Regional Health to provide vital services to community members in their greatest times of need. Certified and specialized advocates work with people to restore their dignity after experiencing sexual assault, domestic violence, stalking, teen dating violence, human trafficking and other crimes or traumas. The staff and volunteers treat everyone with respect regardless of age, race, gender, sexual orientation, disability or religion.

The team also provides Latina outreach and advocacy services, helping Latinas integrate into the community by connecting families to community resources, and by providing interpreter services.

Open Heart Advocates is a community resource for victims directly but also for family members and friends who are seeking ways to help loved ones in need.

Open Heart Services

24-hour crisis hotline

Emergency safe shelter for domestic violence, sexual assault and human trafficking victims

Counseling and support

Personal advocacy and support

Child advocacy

SAFE (Sexual Assault Forensic Examiner)

SART (Sexual Assault Response Team)

Civil protection order assistance

Criminal justice and judicial advocacy

Latina outreach services/Immigration advocacy

Human trafficking intervention

Safety plans

Community education

Referrals and information

All services are confidential, free-of-charge and provided bilingually in English and Spanish.

For more information

OpenHeartAdvocates.org

Office: 970-824-9709

24/7 Crisis Line

970-824-2400

(For emergencies, call 911)

Directory of Providers

Primary Care – Family Medicine



Elise Sullivan, MD
Hablo Español
American Board of Family Medicine
Appointments: 970-826-2400



Kelsie Bond, PA-C
National Certification of Physician Assistants
Main Number: 970-826-8300



Tracey Wall, PA-C
National Certification of Physician Assistants
Appointments: 970-826-2400

Rapid Care



Ted Akers, MD
American Board of Family Medicine
Main Number: 970-826-8300



Maggie Schoeberl, PA-C
Hablo Español
National Certification of Physician Assistants
Main Number: 970-826-8300



Jim Zimmerman, PA-C
National Certification of Physician Assistants
Main Number: 970-826-8300



Jennifer Schmitt, PA-C
National Certification of Physician Assistants
Main Number: 970-826-8300

Specialty Clinic



Larry Kipe, MD
American Board of Family Medicine
Appointments: 970-824-3252



Carol Bolt, PA-C
National Certification of Physician Assistants
Appointments: 970-824-3252

Primary Care – Pediatrics



Linda Couillard, DO
American Board of Pediatrics
Appointments: 970-826-2480



Kevin Monahan, PA-C
National Certification of Physician Assistants
Appointments: 970-826-2480

Cardiology/Internal Medicine



Gerald Myers, MD
American Board of Internal Medicine,
American Board of Cardiology
Appointments: 970-826-2400
Craig and Steamboat locations

Dermatology

Photo not
available

Laurie Good, MD

American Board of Dermatology

Appointments: 970-826-8080

Craig and Steamboat locations



Bridget Barnhart, PA-C

National Certification of Physician Assistants

Appointments: 970-824-3252

Craig and Steamboat locations

Ear, Nose and Throat



Robert McLean, MD, PhD

American Board of Otolaryngology

Appointments: 970-826-8300

Craig and Steamboat locations

General Surgery/Trauma



Jeff Womble, MD

Hablo Español

American Board of Surgeons

Appointments: 970-826-2420



Dana Miller, MD

American Board of Surgeons

Appointments: 970-826-2420

Obstetrics/Gynecology



Scott Ellis, DO

American Board of Obstetrics and Gynecology

Appointments: 970-826-8230



Laura Cieslik, MD

American Board of Obstetrics and Gynecology

Appointments: 970-826-8230



Liz Kilmer-Sterling, RN, MSN, CNM

Certified Nurse Midwife

Appointments: 970-826-8230

Orthopaedics



Kevin Borchard, MD

American Board of Orthopaedic Surgery

Appointments: 970-826-2450



John LeBlanc, DO

American Osteopathic Board of Orthopaedic Surgery

Appointments: 970-826-2450



William Howarth, MD

American Board of Orthopaedic Surgery

Appointments: 970-826-2450



Evan Fleming, PA-C

National Certification of Physician Assistants

Appointments: 970-826-2450



Jarod Schoeberl, PA-C

National Certification of Physician Assistants

Appointments: 970-826-2450

Podiatry



Derek Harper, DPM

Podiatrist

Appointments: 970-826-2465

Craig and Steamboat locations



memorial regional
health

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

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PO Box Holder
Craig, CO 81626

Upcoming Events at MRH

Holiday Clinic and Pharmacy Hours

Christmas Week:

Monday, December 24: Rapid Care and pharmacy close at 5:00 pm, all other clinics close at noon.

Tuesday, December 25: All clinics and pharmacy closed.

Wednesday, December 26: All clinics and pharmacy resume normal business hours.

New Year's Day:

Monday, December 31: All clinics and pharmacy open for normal business hours.

Tuesday, January 1: All clinics and pharmacy closed.



Save the Date!



March into Health
March – all month



MRH Health Fair
April 13, 2019

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/

memorialregionalhealth.com



[www.facebook.com/
MemorialRegionalHealth](https://www.facebook.com/MemorialRegionalHealth)



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