

# FOCUS

FALL : 2020



## 2020 Rally the Valley

### A Virtual Success

*\$200,000 raised to support local cancer patients*

This year's first-ever virtual Rally the Valley was an incredible success. Thanks to the generosity of our community, sponsor support, and matching gifts from Marlane Miller and Rick and Linda Keister, the virtual Rally the Valley raised \$200,000 to support patients of the Calaway•Young Cancer Center!

The virtual program, hosted by David Bach, featured guest speakers Dr. Stephen Mayer, Dr. Peter Rossi and an interview with Jo Bershenyi, manager of integrated therapies. In addition, this one-of-a-kind virtual experience had special musical performances by Robin Wilson of Gin Blossoms, members of Leftover Salmon, and the Roaring Fork Valley's own Let Them Roar. Visit [www.RallyTheValley.org](http://www.RallyTheValley.org) to watch a recording of the virtual event.

Because of YOU, our cancer patients have the opportunity to participate in support groups, access emergency assistance, overnight lodging, and can receive a variety of complimentary services that help address the side effects of cancer treatment. Thank you for helping our cancer patients Rally!

**PS - There is still time to have your donation to support cancer care DOUBLED by Marlane Miller's matching gift.**

*To learn more about how you or your company can participate in next year's event, contact Bridgid Dunlap ([Bridgid.Dunlap@vvh.org](mailto:Bridgid.Dunlap@vvh.org) or 970.384.6624).*



Judith Matthis



Valley View's Human Resources Department

## Letter from the President



Fall is here and we are planning and hoping for a rebirth from 2020. While fall is my favorite time of year, like many of you I am looking forward to 2021!

2020 started off with lots snow and great expectations for a bountiful river season. Then, COVID-19 hit and challenges came from many directions - what to do, how to be careful with our health and the health of those around us. Then came the hot, dry summer that fueled fires throughout our country, and now flooding in many areas of the US.

As we move forward through 2020, we can reflect on this year and prepare to embrace 2021. Amidst the challenges of 2020, Valley View moved forward in offering caring and stable medical care to our community. We thank you for your support throughout 2020.

Among the challenges, there were still incredible highlights. Valley View Foundation created a *COVID-19 Response Fund*, to which many have you have donated. Philanthropy continues to support excellent cancer care for our community. The Valley View Heart & Vascular Center continues to offer state-of-the-art care. ValleyOrtho, additions to the Gastroenterology Center and so much more are on the horizon. 2020 did not stop progress at Valley View - learn more about these exciting happenings in this newsletter.

I end this note with my deepest gratitude for the generosity of our donors. You are all part of the Valley View family and are so appreciated for all you do to make Valley View an excellent place to be for medical care.

Enjoy the upcoming holidays with family and friends!

Patricia Miely  
Valley View Foundation  
Board President

***P.S. Don't miss the limited opportunity to have your gift to cancer care at Valley View doubled!***

## Valley View to Open New ValleyOrtho Office in Downtown Aspen

**Longtime Aspen Orthopedic Surgeons Tomas Pevny, MD, and Mark Purnell, MD, to Join Practice**

Valley View is pleased to announce that it is opening a new ValleyOrtho location in downtown Aspen at 101 Founders Place, Suite 104. The office is expected to open in late Fall 2020. Orthopedic Surgeons Tomas Pevny, MD and Mark Purnell, MD, longtime Aspen orthopedic surgeons, have joined Valley View's established ValleyOrtho team and will practice at the new Aspen office.

Aspen residents and visitors can continue to benefit from the expertise and compassion of Dr. Pevny and Dr. Purnell, who have served the Aspen community for a combined 50 years and counting.

"We are very pleased to open our new downtown Aspen ValleyOrtho office, and to have Dr. Pevny and Dr. Purnell join our team," stated Brian Murphy, MD, CEO of Valley View. "This new location allows patients to conveniently access their longtime surgeons. They are trusted, expert partners in the care of so many people in the Roaring Fork Valley."



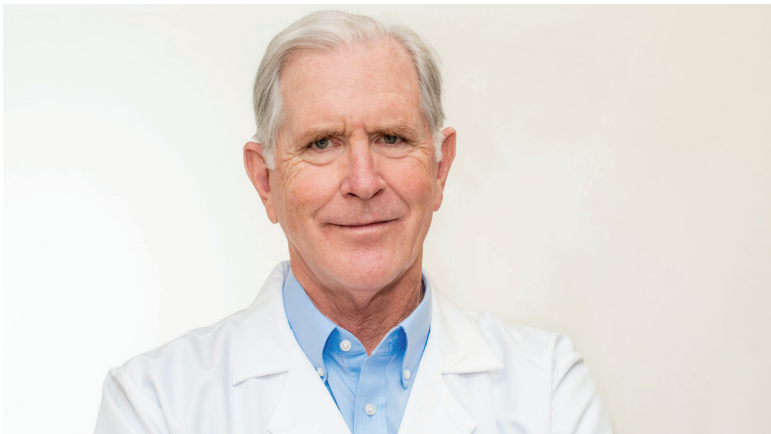
Tomas Pevny, MD

Dr. Pevny, who has been practicing in Aspen since 1995, is a board-certified orthopedic surgeon with a fellowship in Sports Medicine and special interests in shoulder and knee. He pioneered total joint surgery in Aspen. "I am thrilled to be joining the ValleyOrtho team in its new downtown Aspen office," said Dr. Pevny. "This is not only a world-class group, but one that is driven to offer truly personal and compassionate care. My patients and our community deserve this approach to care."

"Aspen is not just the community I serve, it is my home," said Dr. Purnell, a board-certified orthopedic surgeon with a fellowship in Sports Medicine, who has cared for patients in Aspen since 1985. "By joining ValleyOrtho's new office in downtown Aspen, I get to continue to care for patients locally who have entrusted their care to me for decades."

Dr. Pevny and Dr. Purnell join Tito Liotta, MD, Christopher George, MD, Michael Grillot, MD, Chad Mahan, MD and Noel Armstrong, DPM at ValleyOrtho, formerly Glenwood Orthopedics Center and Foot and Ankle Center at Valley View. Plus, patients are backed by the entire Valley View network of care that includes fellowship-trained radiologists and an all-star surgical team.

*Dr. Pevny and Dr. Purnell are now accepting appointments at ValleyOrtho to begin seeing patients starting in December 2020. Each provider will also be available at Willits HealthCare in Basalt, Colorado, one day a week. To schedule an appointment, call 970.384.7140, and for more information, visit [vvorthocare.org](http://vvorthocare.org).*



Mark Purnell, MD

## Matching Gift

**Your Gift will DOUBLE!** Philanthropist and cancer survivor Marlane Miller knows that cancer does not stop for COVID-19 or wildfires. She also understands how tough it can be for people to give during these times.

That's why Marlane wants to inspire those touched by cancer by matching every cash donation to help cancer patients at the Calaway•Young Cancer Center up to \$100,000.

*Already almost \$50,000 has been donated to be matched! Make your gift today to have it DOUBLED by Marlane ([VVH.org/rally](http://VVH.org/rally)).*



Marlane Miller

## Legacy Society

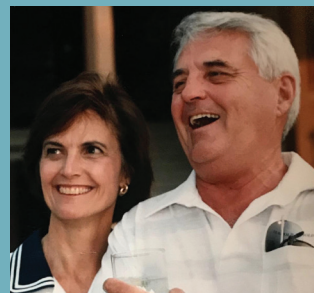
**Welcome new members!** The Legacy Society is the group of individuals and families who have made a future gift to the Valley View Foundation as part of their will or estate planning. We welcome the following new members and thank them for their commitment to the health and well-being of our community:

John and Patty Buxman

Margo Calvetti

Harold and Kathy Arnold (posthumous)

Michael Teschner



Harold and Kathy Arnold



Margo Calvetti

*These individuals have informed the Foundation of their intentions. If you have made a planned gift to the Foundation and would like to be recognized as a member of the Legacy Society, please contact John Quinn at 970.38.6627 or [John.Quinn@vvh.org](mailto:John.Quinn@vvh.org)*

# Welcome to our new physicians



**Brian Berk, MD** is a board-certified, fellowship-trained gastroenterologist and the newest team member at the Gastroenterology Center at Valley View. He provides both inpatient and outpatient digestive health care and services and comes to Valley View most recently from

practice in Sun Valley, Idaho, and his adjunct professorial role at the University of Utah.

“So many of my patients had no idea what was wrong with them until they met me,” says Dr. Berk. “I learned from my years teaching to focus on educating patients so they understand their disease as well as I do, and to be advocates for themselves.” Dr. Berk believes that the continuity of care for patients with chronic conditions, and the relationship that ensues, is the component of his work that he finds most rewarding.

*To schedule an in person or VirtualCare appointment Gastroenterology Center physician, call 970.384.7510.*



**Debra Cihak, MD** is an internist with more than three decades of experience as both a primary care clinician and a hospitalist. She earned her bachelor’s in biology from the University of Illinois at Urbana-Champaign and attended medical school at University of Illinois College of Medicine in

Peoria, where she graduated with honors. Her residency was completed at two campuses: Cottage Hospital in Santa Barbara and Maricopa Medical Center in Phoenix.

“Internal medicine care requires a person who loves listening, connecting and taking the time with people who may have multiple health problems: cardiac issues, diabetes and more. I love the challenge and complexity of my work and the interaction with specialties,” says Dr. Cihak.

*To schedule an in person or VirtualCare appointment with an internal medicine physician, call 970.384.6707.*



**Betsy Brew, MD** is a board-certified general and trauma surgeon, with a specialty in breast surgery. Dr. Brew splits her time between the Roaring Fork Valley and Colorado’s Front Range. At Valley View, she serves patients of the Breast Center, Calaway•Young Cancer Center and Mt. Sopris

Plastic and Reconstructive Surgery Center, working closely with reconstructive surgeon Dr. Jennifer Butterfield.

Her niche in her chosen specialty, breast surgery, has evolved over her two-and-a-half-decade career. Her affinity for caring for women, then specifically for treating women who are challenged by breast cancer, has been as gratifying as it has been successful.

“I get to know my patients really well,” she says. “It’s a lifetime relationship that develops.” Not only that, but the collegial relationship and the synergy between the radiologist, oncologists and plastic surgeon are especially rewarding to Dr. Brew.

*To learn more about Valley View’s Breast Center visit [breastcenter.vvh.org](http://breastcenter.vvh.org).*



**Julie Cohen, MD** is a board-certified internal medicine physician whose education, training and career have taken her from Illinois, to California, to a decade-long practice at Colorado Permanente Medical Group in Denver. For Dr. Cohen, relationships are her primary

inspiration for her chosen medical specialty.

“In internal medicine, the length and depth of the patient relationship is most rewarding,” says Dr. Cohen. “I’m an extrovert, and I really value learning from others, having conversation, and spending time with people. The trust that patients extend to me is an honor”

*To schedule an in person or VirtualCare appointment with an internal medicine physician, call 970.384.6707.*



**Chad Mahan, MD** is a board-certified, fellowship-trained orthopedic surgeon specializing in arthroplasty. Dr. Mahan focuses his practice on re-construction of joints in the hip and knee. He is also the only fellowship-trained orthopedic arthroplasty surgeon outside of Denver and Grand

Junction who specializes in complex and revision joint reconstruction.

Dr. Mahan joins ValleyOrtho from the University of Utah in Salt Lake City where he completed a fellowship in adult reconstruction and hip preservation in 2020. Originally from Colorado Springs and Denver, he enjoys mountain biking, fly fishing and is a former ski racer.

“I’ve always felt at home in the mountains,” he says. “I’m looking forward to joining Valley View to take care of, and be a part of, the community.”

To schedule an in person or VirtualCare appointment with a ValleyOrtho physician, call 970.384.7140 or visit [vorthocare.org](http://vorthocare.org).



**Teri Stevenson, MD** is a board-certified pediatrician, who serves babies and youth in her new role as a pediatrician and adolescent medicine physician at Valley View Hospital and Pediatric Partners. She comes to Valley View from the Mayo Clinic Health System in Eau Claire, Wisconsin, where she

has practiced pediatrics since 1998.

“I love pediatrics and the range of ages and developmental stages of my patients as they grow up,” says Dr. Stevenson. “Working with the patients and parents, they make me smile every day. I’m really excited to be there and to get to know people in the community.”

To schedule an in person or VirtualCare appointment with a pediatric partner physician, call 970.947.9999.

# Breast Health

## Personalized Breast Imaging

### Automated Breast Volume Ultrasound

Thanks to an incredible gift from Marlane Miller, Valley View is proud to offer this advanced screening to help identify breast cancer earlier in dense breast tissue.

To learn more, ask your Valley View physician or to schedule an appointment with a Valley View physician, call 970.384.6707.



# THANK YOU!

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**If you are interested in seeing philanthropy in action at Valley View, check out our virtual tour at [VVH.org/foundation](http://VVH.org/foundation).**

# Pairing Philanthropy with Physicians

## A new sleep apnea program at Valley View

Athletic and healthy, Pete Welles did not even think about sleep apnea until it nearly killed him. Following a sleep apnea-induced cycling accident, Pete was rushed to the Front Range to repair a shattered pelvis. According to Pete, “a cardiologist in the ICU at University Hospital said that my heart was perfect, and then it stopped – five times!” Had he not been in the ICU at the time he would not likely have survived.

Dr. Frank Laws of Valley View’s Heart & Vascular Center deduced Pete’s problem that had eluded the Front Range physicians: Central Sleep Apnea.

“With the increased altitude we have increased cases of sleep apnea,” says Dr. Laws, “and that drives the presence of Atrial Fibrillation here in the mountains. Atrial Fibrillation is an endemic in the mountains of Colorado.” Dr. Laws sent Pete to pulmonologist Dr. Suresh Khilnani at Valley View’s Lung Center.

An undiagnosed case of Central Sleep Apnea caused Pete’s heart electrics to malfunction, and that is not uncommon.

“Sleep apnea is associated with a myriad of problems, such as memory loss, anxiety, irritability, daytime fatigue and various cardiac conditions such as atrial arrhythmias

and pulmonary hypertension,” states Dr. Khilnani, “It also contributes to the worsening of chronic conditions such as diabetes and inflammatory arthritis.”



*Pete Welles*

After his near death experience, Pete contacted the Valley View Foundation about how he could help address this life threatening condition: "Sleep apnea flies under the radar; it's a silent killer. Fitness can mute symptoms. Healthy people believe they would never have a problem with something like this, and that is flat wrong. I never thought I had a problem." Foundation Development Officer John Quinn worked closely with Pete to understand his concern and vision for combatting sleep apnea. Pete then began to consult with Dr. Khilnani on how Valley View can detect and treat sleep apnea before it leads to more serious consequences like heart electrical interruptions, atrial fibrillation and stroke.

In consultation with Dr. Khilnani, Pete resolved to help Valley View become the regional authority on sleep apnea, providing a \$400,000 gift to help educate, test and treat sleep apnea. In its first year, Pete's support is funding everything from staff education to at-home sleep apnea tests, new information systems and even ultra-violet lights. And that is just year one!

These kinds of physician and philanthropist partnerships directly improve patient care at Valley View, and they are personally and professionally rewarding for both physician and philanthropist.

*If you would like to learn more about how you can directly partner with a Valley View physician to help improve care for their patients, please contact John.Quinn@vvh.org. If you would like to be tested for sleep apnea, contact your Primary Care Provider about next steps.*



Suresh Khilnani, MD

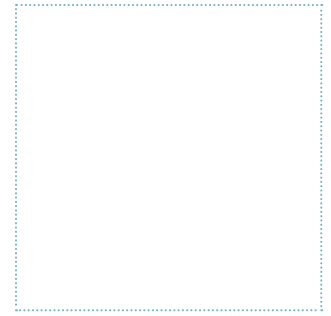
## Cornerstone Employee Giving Spotlight

Each day Valley View employees go above and beyond to serve our patients. Many chose to give back outside their day-to-day work by making a donation or volunteering.

*"Our community is blessed to have a local cancer center with highly qualified and experienced oncology experts, state-of-the-art diagnostic and therapeutic options, and a comprehensive supportive care program for patients, with integrative therapies at the forefront. Supporting cancer patients and the survivor community will be a lifelong passion of mine, and I am grateful that I am able to do this through my work at Valley View and with my support for Rally the Valley!"*



Rachel Conklin, MMS, PA-C  
Physician Assistant  
Gastroenterology Center at Valley View



# Philanthropists come in all ages.

## Eight-year-old donates to COVID-19 Respond Fund

A special thanks to Valley View Foundation's young donor, John Everett Miner, age 8, of New Castle. Each week, John Everett sets aside a portion of his allowance to his 'save jar.' In August, as his jar grew full, John Everett chose to donate the money he saved to help fight a problem he heard about every day: Coronavirus. So, along with his mom, Caitlin Carey, and his step-dad, Jamin Heady-Smith, John Everett personally delivered his gift to the Foundation. The Valley View Foundation's COVID-19 Response Fund is now stronger by \$67.50, and our community can welcome an inspirational young philanthropist.

**Thank you, John Everett!**

