

Valley View's Full Circle of Heartcare

Interview with Chief Terry Wilson, Glenwood Springs Police Department

"On Feb. 12, 2018, I discovered the wonders of having a heart attack at the age of 58 and the Cath Lab at Valley View's Heart & Vascular Center," said Chief Terry Wilson of the Glenwood Springs Police Department.

Fortunately, Chief Wilson's experience is one of the many examples of why investments in cardiovascular care in our community are so important. In matters of the heart, time is tissue and tissue matters. With state-of-the-art facilities and expert staff, it was only 50 minutes from the time Chief Wilson arrived at the emergency room until his doctor told him the procedure was complete.

The Heart & Vascular Center at Valley View began its trajectory to becoming a world-class facility in 2006, when Dr. Frank Laws joined Valley View. Dr. Laws brought with him the intention to bring visionary cardiovascular care to the Roaring Fork Valley. Since his arrival, cardiovascular care in the corridor from Aspen to Rifle has gone from nonexistent to planned bypass procedures in just twelve years. This would not have been possible without generous philanthropic support from this community and clinical expertise of Dr. Laws and his team.

Beyond the procedures available to save lives when a cardiac event occurs, Valley View embraces rehabilitation after and prevention before heart attacks. Through the comprehensive Health4Life program, pre-diabetes can

be addressed and preventative measures can be taken to avoid a heart attack. The prevention portion of this program is currently funded through donations.



*Rick Bradley, Clinical Coordinator
Cardiopulmonary Rehabilitation and Chief
Terry Wilson, Glenwood Springs police department*

"You can do a lot to control your future health and well-being," said Chief Wilson.

Valley View's Health4Life program is more than a workout class. Participants must be referred by a physician. Unlike a typical gym or personal trainer, the Health4Life staff is clinically trained in cardiac events, diabetes, medications and surgical procedures. This allows for a safe environment for individuals with a variety of cardiac issues to work towards better health. Health4Life is one of the only programs in the country

that is open to individuals at a high risk for having a heart attack prior to the event. This is only possible through the generous support of our community.

"I think there is no more worthwhile area to support. When we can focus our time, energy and money on things that are as much prevention as recovery, you have a rare opportunity to keep people from becoming long term patients," said Chief Wilson.

"That is really where it should be focused. We should always focus on keeping people healthy, and making them healthier before they crash and have to bounce back."

Join us to support prevention! Use the enclosed envelope to make a donation to support this innovative program.

Letter from Patti Miely

Valley View Foundation President



Fall is upon us and we welcome the change in seasons.

At the Valley View Foundation, we strive to continue to support excellence in healthcare in our community.

The Foundation is grateful for your philanthropic support. You have helped bring cutting edge technologies to Valley View to better serve our community. Because of your donations, the new prevention program for heart disease, Health4Life, keeps people out of the hospital by offering medically supervised exercise classes and one-on-one support. And, your support continues to provide the unique complimentary services and resources offered at the Calaway•Young Cancer Center.

In this newsletter, we are excited to highlight the success of Rally the Valley, our annual fundraiser for patients at the Calaway•Young Cancer Center. We will showcase Valley View's world-class Heart & Vascular Center through the experience of one patient. We will also highlight some of the lesser known projects funded through your generous philanthropy.

In a few short months we will wrap up 2018. We ask for your partnership as we transition from our 2018 campaigns and launch into our 2019 initiatives. We invite you to consider Valley View as you plan your end-of-year charitable donations. What Valley View is today, is not possible without the support of our community. Thank you!

With warm wishes for the season,

Patti Miely, President
Valley View Foundation Board of Directors

Breast Cancer Awareness



Early detection saves lives.

**Call Imaging at Valley View and schedule your mammogram.
Walk-in mammograms accepted.**

970.384.7640

Valley View is now home to the Genius 3D mammography exam unit. This is the most advanced mammography technology available on the Western Slope. The images the 3D mammography exam produces have a much higher contrast resolution that allow doctors to see micro-calcifications, a very early sign of an abnormality. The 3D exams, as opposed to the traditional 2D exams, increase cancer detection rates by 41 percent and allow doctors to better and sooner differentiate types of cancers.

“One in eight women are expected to develop breast cancer in their lifetime, so it’s very important that we do a good job of monitoring each patient on a year-to-year-basis. The earlier we find the cancer, the more chance we have of curing it,” said Lynn Imel, imaging director at Valley View.

PeopleFirst. PeopleDriven. PeopleCare.

Calendar of Events

For full details and newly announced events visit VVH.org/Events-Classes.

Every Tuesday

Prenatal yoga

Every Tuesday

Postnatal yoga

Saturdays, Nov. 3 and 17, Dec. 1

Childbirth express classes

Wednesdays, Dec. 5, 12 and 19

Glenwood childbirth classes

Wednesday, Oct. 24

DocTalks: Winter Activity Injury Prevention

Sunday, Nov. 4

SafeSitter® classes presented by HealthQuest

Wednesday, Nov. 7

Meet the breast health team at Valley View

Tuesday, Nov. 13

A Healthy Book Club at Glenwood Springs Library

Thursday, Nov. 15 and Tuesday, Dec. 4

AHA – Basic Life Support (BLS) skills check off session

Thursday, Nov. 15

Blood drive

Friday, Nov. 16

Annual gratitude walk

Wednesday, Nov. 28 and Dec. 26

Breast feeding and baby care class

Friday, Nov. 30

Labryinth walk

Thursday, Nov. 15 and Tuesday, Dec. 4

AHA Heartsaver First Aid Skills check off session

Tuesday, Dec. 4

Colorado Gives Day

Can we count on your support?

Schedule your donation today at ColoradoGives.org/ValleyViewHospitalAssociation/Overview.

Cornerstone Spotlight



“Giving back is part of who we are as a family and we work to teach our children how easy giving back can be. We are grateful for the blessings in our lives and want to help those who may be facing a challenge.”

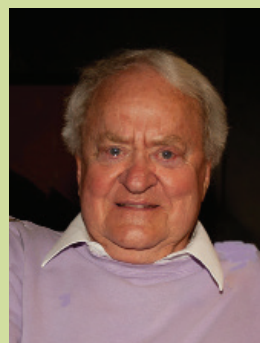
Alma Cornejo

Lead Customer Service Representative,

Patient Financial Services

Cornerstone employee donor since 2006

Legacy Giving



“It is not a casual thing to give away a part of what you’ve built in your life.” For Jim Calaway, the legacy gifts he and his wife, Connie, have made are personal and intentional. “I want to invest in something that will be a game-changer, and that’s exactly what Valley View Hospital is in our community.”

Jim Calaway

Both Jim and Connie Calaway have a deep respect for the people of Valley View and a great admiration for the hospital itself.

Thank you! Thank you! Thank you!



Our sincerest thanks to our sponsors

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Rally the Valley

We rally year round

On Saturday, Sept. 22, over 500 people came out to celebrate their friends, neighbors and loved ones on a cancer journey. Beyond just a celebration, this event raised funds to support current patients at the Calaway•Young Cancer Center.

Thanks to the success of this year's Rally the Valley and support throughout the year, over \$210,000 has been raised. One hundred percent of these funds go directly to provide complimentary resources and services to our cancer patients. These complimentary resources and services include support groups, gas and grocery cards, overnight stays, and services like the integrated therapies (including acupuncture, massage, aromatherapy) are available for those in treatment at the Calaway•Young Cancer Center.

"I started having massages, which were part of the ancillary services provided through Integrated Therapies. It was incredible to go and have them when you are not feeling well during treatment. It really helped with the healing process," Shelley Evans, Calaway•Young Cancer Center survivor.

We continue to raise funds to meet our \$250,000 goal by the end of the year to ensure these important resources and services are available for our cancer patients.

**Will you help a cancer patient Rally?
Donate today at Vvh.org/Rally.**

100% of all event registrations, donations and sponsorships go directly to support patients at the Calaway•Young Cancer Center.

Stay tuned for more details about next year's event!

Foundation Highlights

Did you know that unrestricted donations to the Foundation are used to support a variety of worthy causes throughout Valley View? Departments can apply for funding from the Valley View Foundation to help provide better care to our patients. Here are some highlights of recent projects funded thanks to our generous donors!

The Clothing Closet

The Clothing Closet allows Valley View staff to provide clean and new clothing to patients in need. This simple act provides dignity to our patients receiving these items. Patients receiving items from the Clothing Closet are often homeless, alone and without family support at the time of their stay at Valley View. Recently, thanks to funding from Valley View Foundation, newborn baby clothes have been added to the closet to benefit families from the Family Birthplace.

“I know personally this project has enhanced my ability to assist our most vulnerable patients. Each year, due to the generosity of the Foundation, we are able to assist more and more in need. Thanks so much for your support!”

- Kathy Whitman, Case Management

Fluid Warmer for the Emergency Department

Fluid warmers were purchased for the Emergency Department. During traumatic events and emergent resuscitations, warm fluid via intravenous access is essential to resuscitation and improved patient outcomes and survival.



Broselow Cart for the Critical Care Unit

The Broselow cart allows the standardization of rapid response and resuscitation efforts for pediatric patients across Valley View. The same cart is now in both the Emergency Department and the Critical Care unit. Having a Broselow cart in both units provides the consistency needed for quality and safe care of our pediatric population.

Kids & Teen Safety Fair

Each year Valley View hosts the Kids & Teen Safety Fair. In 2018, close to 2,000 people attended. The “teen zone” and bike rodeo continue to be big hits. At the event more than 100 car seats were checked and 75 car seats were replaced. Thanks to funding from the Foundation, over 650 ski and bike helmets were given away.

“I had a parent come get a second helmet, because her son fell off his bike and needed a new one already. He broke out a tooth, but had no head injury! This is why we do the event.”

- Mic Zywiec, Director of Valley View’s Family Birthplace

New Technologies at Valley View



Investing in the best care for our community

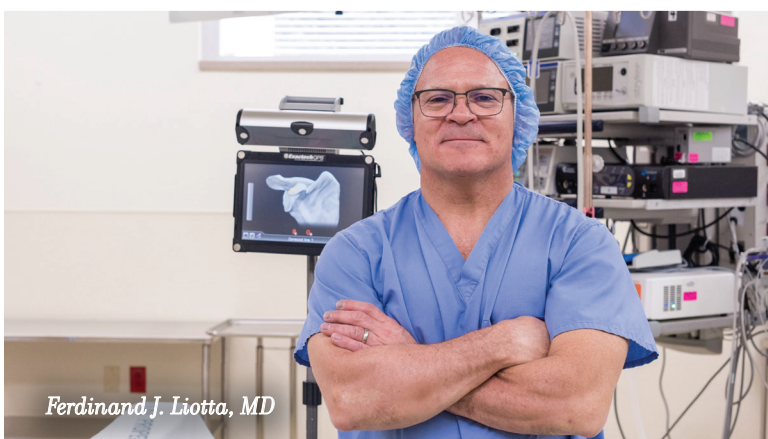
Cutting edge technologies allow Valley View to offer the highest quality of care to our community and recruit the best physicians.



Brad J. Nichol, MD ; Randall E. Ross, MD; Joel R. Dickens, MD

Da Vinci Xi

Valley View recently unveiled the da Vinci Xi Surgical System and is now providing minimally invasive surgery options for gynecology and general surgery, including hernia repair.



Ferdinand J. Liotta, MD

Exactech

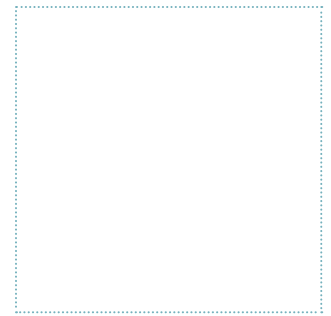
Orthopaedic surgeon Dr. Ferdinand "Tito" Liotta of Glenwood Orthopaedic Center at Valley View, is the first in Colorado to use the Exactech GPS computer-assisted navigation for total shoulder replacement, leading to better outcomes and faster recovery times for patients.



Joshua Peters, PA-C; Christopher A. George, MD

Mako

The Glenwood Orthopaedic Center at Valley View now offers robotic-arm assisted surgery for patients needing knee and hip replacement surgery, providing each patient with a personalized surgical experience based on their specific diagnosis and anatomy.



Health4Life is Valley View's groundbreaking new program that combats cardiovascular disease before someone has a stroke or heart attack.

Join us as we work to raise \$84,000 by the end of the year to meet the needs of the innovative Health4Life program. Donate today at VVH.org/Health4Life.

If you do not wish to receive further fundraising solicitations from the Valley View Foundation, please contact us directly at Kimberly.Wells@vvh.org or 970.384.6626. We will promptly remove your name from our mailing list.

VVH.ORG/FOUNDATION