

Cardiovascular Care: The Convergent Approach

A National Revolution in Cardiovascular Care Right Here at Valley View.

In 2016, Valley View opened its Advanced Cardiac Catheterization Laboratories to provide life-saving, cutting-edge care to those with cardiovascular disease. This facility is one of only a handful of its kind in the country to receive FDA approval. This designation allows Valley View to perform procedures usually found only in academic medical centers or the largest of metropolitan hospitals.



Dr. Frank Laws, electrophysiologist and interventional cardiologist

Today, this revolutionary approach to cardiac care has only accelerated.

In November 2017, the FDA approved a milestone procedure at Valley View: the Convergent Approach for persistent Atrial Fibrillation (AFib). Valley View is proud to announce that it can now provide this minimally invasive solution to those with AFib (a disease characterized by rapid and irregular beating of the heart).

Valley View's Advanced Catheterization Laboratories are the first such facility in the entire United States to receive accreditation from the FDA to perform this procedure independent of a bona fide cardiovascular surgical program that provides bypass surgical backup.

The Advanced Cardiac Catheterization Laboratories at Valley View were specifically designed to meet the needs of this procedure. For patients with longstanding, symptomatic, atrial fibrillation, the goal of the

Convergent Approach is to return the heart into normal rhythm by utilizing the skill sets of a cardiothoracic surgeon and a heart rhythm specialist known as an electrophysiologist. Working together, both physicians strive to precisely identify the place on the heart's structure that is causing the atrial fibrillation.

The results from this procedure and the personalized care at Valley View set our hospital apart from other centers in Colorado and hospitals across the country. No longer do patients need to go out-of-town or out-of-state to receive world-class cardiovascular care; instead individuals from across the country and overseas are coming to Valley View.

Valley View is considered a leader in this procedure. The prestigious American College of Cardiology has invited Valley View to their 2018 national conference in March to share how our successes impact our quality of care. Head of the Heart & Vascular Center at Valley View, Dr. Frank Laws said,

“Seeing that this is a new approach to the convergent process, combined with the fact that we do extensive pre-procedure planning, this is something we can showcase. We are an example for other hospitals.”



Letter from Patti Miely

Valley View Foundation President



As the eventful holiday season subsides, I like to take time to dive into my personal goals and resolutions.

We are doing the same at the Valley View Foundation. The support that came in at the end of 2017 has energized us in the work we do to support our community through Valley View.

In 2018, the Foundation will continue to support Valley View in bettering the health of our community. Heart disease is the leading cause of the death in the America, and Valley View is looking to tackle this crisis from all angles. In this newsletter you will learn more about the preventative Health4Life program and a cutting edge procedure now offered in our Advanced Catheterization Laboratories.

We also take a look at how Rally the Valley, once a one-day event, is now a year-long movement to provide the supportive services and resources offered at the Calaway•Young Cancer Center.

We take this opportunity to thank the 2017 donors who make all of this work possible, and highlight why one woman, Kim Doose, has chosen to leave Valley View a legacy gift.

Finally, we welcome Leslie Gallagher to the Foundation's Board of Directors and Bridgid Dunlap to the team as the Annual Gifts Associate.

We look forward to working together, with your support, to allow Valley View to remain a leader in rural healthcare.

Our deepest gratitude for your continued support,

Patti Miely, President
Valley View Foundation Board of Directors

Health4Life:

A Business After Hours for Heart Health



Amy and Chris Treese

On January 10, over 100 members and guests of the Glenwood Springs Chamber of Commerce gathered to learn about the preventative Heart4Life program and its life-saving benefits.

Heart-healthy snacks were provided by Valley View Café and a wine tasting was provided by Cooper Wine & Spirits. During the event, Valley View exercise physiologists demonstrated typical exercises and machines used in the program.



Did you know?

Health4Life fights cardiovascular disease BEFORE a heart attack or stroke?

Valley View is one of the few hospitals in the country that has a program dedicated to cardiovascular disease prevention. Health4Life's Risk Factor Modification Program is offered to individuals referred by their primary care doctor who exhibit indicators that they are at risk for a heart attack or stroke. The 12-week program consists of sessions with exercise physiologists and dieticians to help adults make important lifestyle changes.

Did you know?

Nurses, doctors and staff at Valley View believe in Health4Life so much they have donated over \$39,000 to support the program?

To ensure this program is accessible to everyone who qualifies, there is only a \$50 per month fee. However, because insurance will not supplement this cost and the remainder of the program is solely funded by donations, there is currently a two month waiting list to enroll. Together we are working to minimize the waiting time to zero.

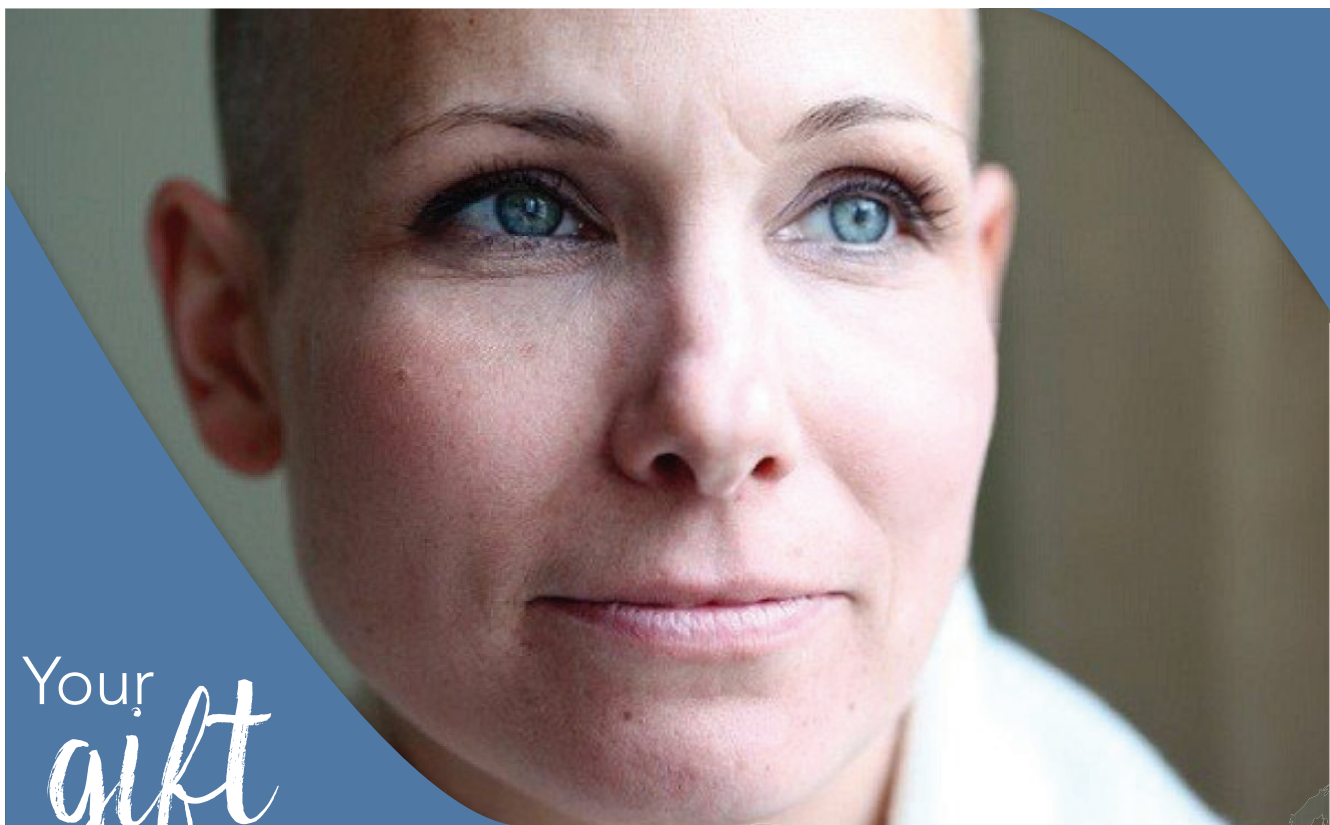
Health4Life is the only program of its kind on the western slope. This type of forward thinking and desire to support the needs of the community is what makes Valley View a leader in preventative care. Continued and increased financial support from the community is needed to allow this program to expand to fulfill the needs in the Roaring Fork Valley.



Mikaela Guettler, Jennifer Van Dyke, Kip Jessup



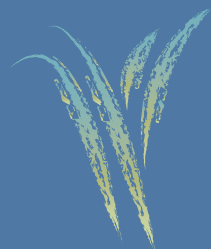
**Please consider a donation to support
this effort at Vvh.org/Foundation**



Your gift matters.

Your donations provide patients of the Calaway•Young Cancer Center an opportunity to receive complimentary services and resources including acupuncture, massage, support groups, emergency assistance and more.

This would not be possible without your support.



VVH.ORG/FOUNDATION

Help a cancer patient Rally.

Your 2017 generous gifts supported:

10,565 Hands-on therapies	398 Yoga participants
5,496 Acupuncture sessions	49 Coffee Walk & Talk groups
550 Gas and grocery cards	13 Retreat participants
660 Tai-chi participants	265 Labyrinth sessions
180 Art therapy sessions	136 Nights lodging

Because you Rally, we thank you.



Cancer Care Rally year-round!



*Pam Schilling, Brenda Salaz, Patty Peterson, Nancy Reinisch, Ann Wilcox, Joyce Ball
Photo credit: Paula Casper*

It takes more than one day in September to generate the funds needed to provide assistance and resources to those on their cancer journey at Calaway•Young Cancer Center. A special thanks to the groups, individuals and local businesses who are taking the lead and organizing events on behalf of Calaway•Young Cancer Center throughout the year.

Rassle the Castle Snowshoe and Fat Bike race is one such event. A special thanks to the organizers of this event, Carbondale Recreation and Community Center (CRCC)

and Aloha Mountain Cyclery in coordination with Sue McEvoy of the Redstone Castle and Sara Lewis with the Redstone Inn. This fat bike and snowshoe race took place in Redstone on Saturday, Jan. 13. A portion of proceeds raised will support the Calaway•Young Cancer Center. Although Mother Nature did not provide snow for the event, participants had a great time for great causes.

“We loved the event and were proud of the Cancer Coffee Walk and Talk group to support both the integrated therapies and each other at this race. Exercise is the best solution for stress and depression – as cancer survivors, we deal with both. We are happy to participate at these kinds of events that support both the hospital and our own physical health,” said Nancy Reinisch, LCSW, co-facilitator for the Cancer Coffee Walk and Talk Group and Rassle the Castle participant. This group meets rain, snow or shine every Thursday from 10 a.m. to 12 p.m. and is open to all cancer survivors and those on their cancer journey free of cost. **For more information about the Cancer Coffee Walk and Talk Group contact Sara Houston, RN at 970.384.7570.**

Keep your eyes out for other events

benefiting the Calaway•Young Cancer Center throughout the year.

Tough Enough to Wear Pink Rodeo - July, TBD
Rally the Valley - Sept. 22, 2018

Donate today :

RallyTheValley.org



DocTalks: A Valley View Speaker Series

Valley View presents DocTalks, a free educational speaker series featuring Valley View physicians and staff.

DocTalks brings the expertise of Valley View providers to engage our community around important health topics. In 2018, DocTalks is focusing on disease and injury prevention.

On Feb. 15, Cardiologist Michael Rubenstein, MD, spoke on strategies for preventing heart disease. Future DocTalks will focus on cancer, diabetes and sports injuries.

Each series is held at Valley View, in the second floor conference center.



• **Thursday, April 19, Cancer**

Physicians and clinicians of the Calaway-Young Cancer Center

• **Wednesday, June 6, Diabetes**

Rick Bradley, MS, RCEP

• **Wednesday, Oct. 24, Sports Injuries**

Surgeons of Glenwood Orthopaedics Center

RSVP, space is limited! Feedback@vh.org

Legacy Giving



Years ago when I began my estate plans, I realized it was important to me that my money be spent with purpose and in a way that would have the greatest impact to this community.

My family immigrated to New Castle in 1886 and to Glenwood Springs in 1904. They were farm hands and miners. Along with other original families and those who came later, they helped build a small rural community into a thriving destination. They knew that caring for others was a pillar to building a healthy community.

In 1955, Valley View Hospital was built by that philosophy and it continues to this day. When I joined the Val-

ley View family in 2012, it provided the opportunity for me to work with physicians, nurses, and staff members who truly are the heart and soul of the organization. To honor the medical staff at Valley View, and to pay my respects to my pioneer family, I have left a significant part of my estate to the Valley View Foundation. All money donated to the Foundation goes directly to patient care. I believe this helps ensure the sustainability of our community and allows Valley View to continue to provide excellent health care to our families, friends and neighbors throughout the valley and beyond. I hope you choose to do the same.

Kim Doose,

A handwritten signature in black ink that reads "Kim Doose". The signature is written in a cursive, flowing style.

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VVH.ORG/imaging





Save the date to Rally with us!

Saturday, Sept. 22, 2018

We Rally to provide patients of the Calaway•Young Cancer Center an opportunity to receive complimentary services and resources including acupuncture, massage, support groups, emergency assistance and more.



REGISTER • DONATE • VOLUNTEER

RallyTheValley.org | 970.384.6626

New Faces at the Foundation



The Board of Directors Welcomes Leslieann Gallagher

The Valley View Foundation is proud to have a dedicated group of board members who selflessly give their time and resources to ensure that Valley View can provide exceptional, patient-focused care to our community. This year we welcome our newest board member, Leslieann Gallagher.

“I am very excited about being asked to join the Valley View Foundation Board. Since my first experience with Valley View after a broken elbow from a bike accident, I have been impressed with the quality of care and excellent facilities Valley View affords us. Our community is very lucky to have such an excellent resource. I look forward to be part of the ongoing development and expansion of Valley View.” – Leslieann Gallagher.



Bridgid Dunlap Joins the Foundation Team

Bridgid Dunlap joins the Foundation’s team as our Annual Gifts Associate. Bridgid brings extensive fundraising experience from a variety of health-based nonprofits to this role, most recently at Komen Colorado. Bridgid is excited to join the Foundation team and support the cutting-edge, patient-centered care at Valley View.

As the Annual Gifts Associate, Bridgid will focus on increasing support for cardiovascular disease prevention, with a focus on employee engagement. In addition, she will support efforts to raise funds for the supportive services and resources that complement cancer treatment at the Calaway•Young Cancer Center. Please join us in welcoming Bridgid!

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Thank you for your continued generosity. With your philanthropic support, Valley View will continue to provide health and well-being for our community, both today and in the future.

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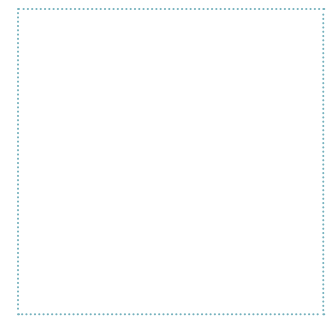
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Health4Life is Valley View's groundbreaking new program that combats cardiovascular disease before someone has a stroke or heart attack.

Look inside to learn why Valley View employees have already donated over \$39,000 to help patients enroll in this program!