



ASPEN VALLEY HOSPITAL



HEALTH MATTERS

FALL 2016

Calendar of events

Community Blood Drive

Tuesday, September 27

11:00 a.m. – 3:00 p.m.

Aspen Valley Hospital

Midvalley Health Day

Saturday, October 15

8:30 - 11:30 a.m.

El Jebel Community Center

(Will not include laboratory tests)

Ribbon Cutting/Open House

Saturday, October 29

Ribbon cutting at 10:00 a.m.

Open house and tours until 12 noon

Emergency, Diagnostic Imaging, Surgery

Call **544.1296** for more information.

Table of contents

Calendar of events	2
National recognition for healthy food	3
Common sense approach to eating	3
Healthy and delicious recipes.	4
Current dietary trends	5
A life saved — twice	6
Hospital construction update	7
Welcome back, Dave	8

OUR MISSION:

To deliver extraordinary healthcare in an environment of excellence, compassion, and trust.

OUR VALUES:

Integrity, Teamwork, Accountability
Respect for Others, and Patient-Centered Care



ASPEN VALLEY HOSPITAL

Aspen Valley Hospital non-discrimination statement

With regards to employment, access to, or provision of care, Aspen Valley Hospital shall provide all individuals with the full and equal enjoyment of the services, privileges, facilities, advantages, and accommodations without discrimination, as required by Section 1557 of the Affordable Care Act of 2010. AVHD shall not discriminate on the basis of race, color, national origin, sex (which includes gender-based discrimination), disability, religion, age, or veteran status. Gender-based discrimination includes discrimination based on gender identity, gender expression, and nonconformity with sex stereotypes.

Castle Creek Café gets national recognition for healthy food

When the Physicians Committee for Responsible Medicine released its 2016 Hospital Food Report, the Aspen Valley Hospital (AVH) nutritional services department was delighted to learn that it tied for first place (with Stony Brook University Hospital in New York). Contributing to the recognition were vegan entrées and soups offered each day to patients, staff, and visitors.

The Physicians Committee report represents public and private hospitals ranging in size from dozens of beds to more than 1,000 beds. Approximately 260 hospitals were surveyed, including the 50 largest public hospitals and at least one hospital in every state.

Dietitian Sandy Holmes, RD, was the driving force behind the move toward plant-based options, and nutritional services supervisor Li Zhu was responsible for implementing a new menu. Both give ample credit to the staff who prepare the food. And new nutritional services director Kristy Bates, RD, is continuing the healthy food movement. She's planted an herb garden and is planning for a fresh vegetable garden next summer.

"Kudos to AVH for outstanding care AND the BEST hospital food EVER."

– AVH patient

"Our goal is to ensure that every day our patients, staff, and visitors have access to a variety of healthy, tasty foods," says Kristy. "A fresh salad bar, vegan entrées, vegan soups, and non-processed, whole foods are served every day. Good nutrition is as much a priority for us as good taste." Notably, inpatients have ranked AVH at the 96th percentile for meals.

The community is welcome to have breakfast, lunch, or dinner at Castle Creek Café. Keep in mind that lunchtime is particularly busy with most staff eating between noon and 1 p.m. You'll find daily menus posted on the hospital web site at www.avhaspen.org/visitors/cafe.



Top photo: Nutritional services director Kristy Bates, RD, with the herb garden.

Bottom photo, left to right: Sandy Holmes, RD, Li Zhu, Jose Ramos, Luis Davila, Juan Castillo, and Juan Ramon Martinez.



Common sense approach to eating

As a society, we are constantly made aware of our many options for eating, and there are many places to look for help making smart choices. For example, the Academy of Nutrition and Dietetics (eatright.org) offers information on food labels, cooking tips, trends, weight loss, and much more. Locally, Aspen Valley Hospital's (AVH) registered dietitians are available for consultations on an outpatient basis.

Much of the available information can be boiled down to one common sense rule: Eat appropriate amounts of foods you enjoy, especially a wide variety of fruits, vegetables, whole grains, and lean proteins.

Sounds simple, but the picture may become cloudy when you try to apply this advice to your own situation, because nutritional needs depend on factors such as age, gender, health status, food preferences, and physical activity.

That's why it's always a good idea to check in occasionally with your doctor or a qualified dietitian about the diet that is right for you now.

For more information about AVH's nutritional services and consultations, please call **970.544.1145**.

Healthy and delicious recipes

The following recipes were submitted by Aspen Valley Hospital dietitian Sandy Holmes, RD. A nutritionist and long-time vegetarian, Sandy is passionate about the value of a plant-based lifestyle. These recipes are just a few of her favorites and are all simple to prepare, yet delicious to eat. Sandy holds a Bachelor of Science degree in dietetics from Purdue University. Her new cookbook — "Simply Delicious" — is now available from Amazon.

Chocolate Mousse



5 medjool dates, soaked overnight
2 ripe avocados
4 T. maple syrup

1/3 c. unsweetened soy milk
1/2 t. vanilla
1/3 c. cocoa powder
1/4 t. salt

Blend ingredients together until smooth.

Avocado Pesto Pasta



8 oz. whole grain pasta
1 head cauliflower, cut up
1 bunch fresh basil leaves (2 T. dry)

1/3 c. pine nuts, toasted
2 avocados

3 T. lemon juice
3 cloves garlic
1/4 c. sun dried tomatoes
Salt and pepper to taste
Nutritional yeast (optional)*
Red pepper flakes (optional)

In a large pot, bring water to a boil. Add pasta and cauliflower and cook until tender. In a food processor, blend the remaining ingredients. Drain the pasta/cauliflower and toss with avocado pesto. Top with nutritional yeast.

*Nutritional yeast is fortified with B12 (the only nutrient you cannot obtain from plant foods). Use it like you would use parmesan cheese. (Try it on popcorn!)

Pumpkin Lentil Soup



1 onion, chopped
4 cloves garlic, minced
3 stalks celery, chopped
3 carrots, chopped

2 cups red lentils, dry*
2 quarts vegetable broth
1 29 oz. can pumpkin
1/4 t. marjoram
1/2 t. cumin
1/4 t. pepper
1/2 t. salt
Hot sauce to taste

Combine onion, garlic, celery, carrots, lentils, and broth in a soup pot. Bring to a boil, then lower heat and simmer, covered, for 30 minutes. Add pumpkin, marjoram, cumin, pepper, and salt. Bring to a boil. Add your favorite hot sauce.

*Red lentils are a bit easier to digest than the more commonly used brown lentils.

Farro Salad

1/2 c. farro
1/4 c. champagne vinegar
1 T. honey
1 T. ground flax seed*
2 T. orange juice
1 t. salt, optional
1/4 t. pepper
1/3 c. dried cranberries

1/3 c. chopped dates (4 – 5 large dates)
6 oz. mixed greens
1/4 c. Marcona almonds, chopped**
(can substitute slivered almonds)

Wash 1/2 c. farro in a fine mesh sieve. Place 1 1/2 c. water with 1/2 c. farro into saucepan. Cook 25 – 45 minutes (time varies depending on the variety of farro). It will be chewy when cooked. If all of the water is not absorbed, drain. Make a dressing out of vinegar, honey, ground flax seed mixed with orange juice, salt, and pepper. In a small bowl, combine farro, cranberries, and dates. Pour dressing over farro mixture and refrigerate until ready to serve. Toss together greens and farro mixture. Garnish with almonds.

*Ground flax seed, high in fiber, also contains the plant form of omega-3 fatty acid. For this recipe, it serves to bind the dressing together and form the "oil" of the vinaigrette.

**Marcona almonds, from Spain, are softer in texture and a bit more expensive than the California variety.

Chili Sin Carne

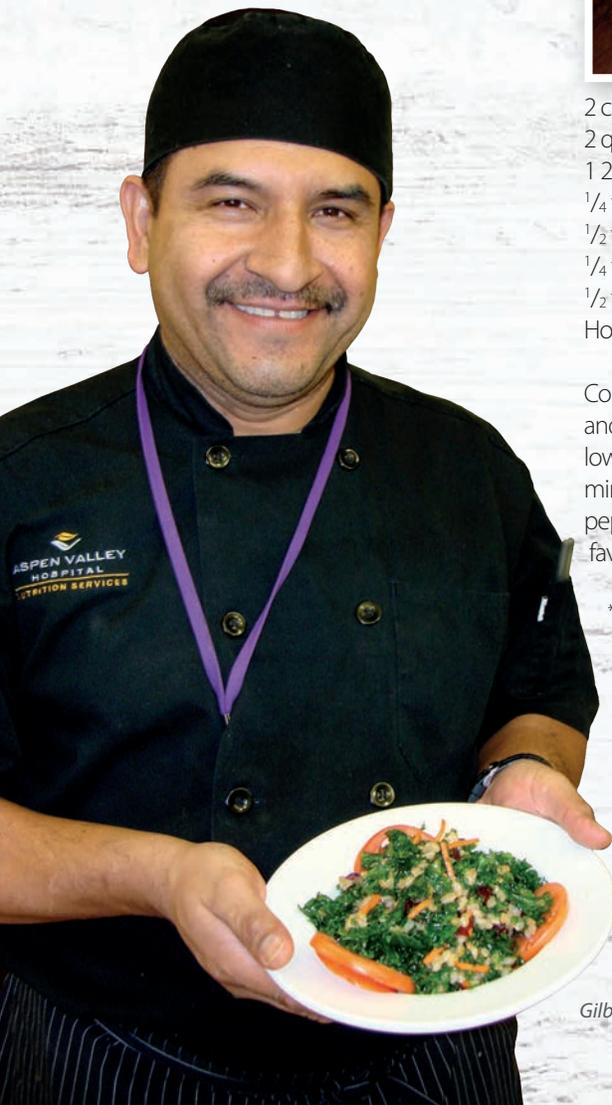


1/4 c. onion, chopped
2 cloves garlic, minced
2 T. vegetable broth
2 c. zucchini, chopped

1 c. carrots, chopped
1 28 oz. can diced tomatoes*
1 14 oz. can whole tomatoes
1 15 oz. can kidney beans (undrained)*
2 15 oz. cans kidney beans (drained)
2 T. chili powder
1/4 t. basil
1/4 t. oregano
1/4 t. cumin

In a large pot, saute onion and garlic in broth until soft. Stir in zucchini and carrots and cook over medium heat (about one minute), stirring occasionally. Stir in tomatoes and kidney beans and bring to a boil. Simmer 30 – 45 minutes. Mix in herbs and simmer an additional 5 – 10 minutes.

*This recipe calls for minimally processed foods (canned beans and tomatoes). If you are concerned about sodium intake, use low-sodium products. You can add mushrooms, peppers, and hot sauce if you like.



Gilberto Andrade prepared the farro salad.

The low-down on current dietary trends

Remember bell bottoms, leg warmers, and shoulder pads? Like fashion, fad diets and other food trends can be popular at one moment and gone the next. Here is a quick look at the benefits and limitations of some of today's hottest foods and diets.

Plant-based proteins are derived mostly from various nuts, seeds, and legumes. Protein is essential to health because it helps maintain healthy skin, muscles, and bones. Most Americans get plenty of dietary protein — even if they don't eat meat. And, according to Aspen Valley Hospital (AVH) registered dietitian Sandy Holmes, a plant-based diet can promote cardiovascular health, prevent diabetes, and help achieve or maintain ideal weight. "Change what you eat, and you can eat all you want," she says.

If plants are your primary supply of protein, eat a variety of protein sources (dried beans, peas and lentils, nuts, seeds, whole grains, tofu, milk substitutes, and vegetables). Meatless recipes are in abundance online, and we've even included a few in this issue of *Health Matters* on the previous page.

Green tea has garnered attention for its supposed health benefits. The National Center for Complementary and Integrative Health (NCCIH) cautions that drinking "moderate amounts" of green tea is fine for most adults, but there is no conclusive evidence of major health benefits.

"Laboratory studies suggest that green tea may help protect against or slow the growth of certain cancers, but studies in people have shown mixed results," the NCCIH warns. "There are not enough reliable data to determine whether green tea can aid in weight loss, lower blood cholesterol levels, or protect the skin from sun damage."

"Clean" foods are unprocessed or minimally processed foods. "Clean eaters" try to avoid highly processed foods, such as white flour and sugar, as well as artificial sweeteners, alcohol, and other foods with low nutritional value. Overall, avoiding highly processed food is a good start to a healthy diet. According to the Centers for Disease Control, the majority of sodium consumed is from processed and restaurant foods; only a small portion is from cooking or is added at the table.

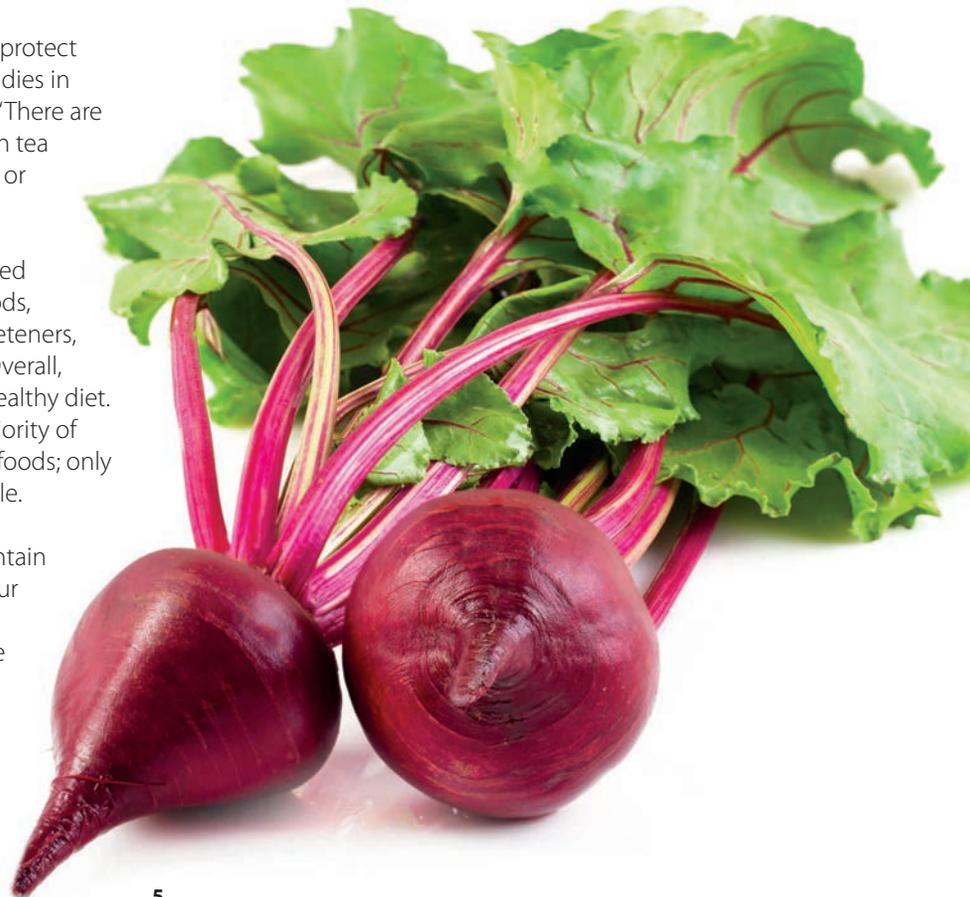
Probiotics (supplements) and **prebiotics** (foods) contain many of the same microorganisms that naturally occur in our bodies and help with tasks such as digesting food and fighting diseases. In general, healthy people with a healthy diet ingest many prebiotics as part of their daily diet. Those with gastrointestinal disease should talk to their doctor about taking probiotics.

Avocados are packed with vitamins, minerals, and fiber, and they are low in sugar. Though avocados are high in fat, it is monounsaturated ("good") fat, which can help lower cholesterol levels. Avocados are also high in calories, so it's best to enjoy them in moderation.

Beets are now getting a lot of attention. We all know that vegetables are good for us, but you may not know that it is in part due to the high nitrate content of vegetables. Nitrate is especially prevalent in beets and leafy greens. According to *Today's Dietitian*, "Dietary nitrate lowers blood pressure, thereby helping protect the heart . . . reduces the amount of oxygen needed during exercise, and enhances athletic performance." Don't confuse dietary nitrates with nitrate supplements, though, because supplements haven't been shown to give the same results.

AVH dietitian Laurie Osier, RD, emphasizes that common sense, like good nutrition, never goes out of style. She cautions against focusing on "superfoods."

"Whereas foods that are identified as 'superfoods' get a lot of attention in the media, a truly healthy diet comes from eating a wide variety of fruits, vegetables, legumes, nuts, and whole grains on a daily basis," she says. "No one food is going to ensure good health."



After a ski accident, AVH patient benefits from two life-saving medical decisions

Terry Young had three knee surgeries and two shoulder surgeries in the 1990s, and a total knee replacement in 2014, all at Aspen Valley Hospital (AVH). His experiences were so positive that — even though he no longer lives in Aspen — he returned for an orthopedic procedure this past February. That decision may have saved his life — twice.

Now a resident of South Fork, Colorado, Terry suffered serious injuries while skiing with his wife Randi (testing next season's skis) at Copper Mountain in February. During a routine testing run, the 77-year-old retired Aspen business owner started to perform a sharp left carved turn. As he applied pressure to his right ski, however, he felt as if it "went into a hole," he said. "My right ski and foot immediately stopped, and the rest of me kept going forward."

The mishap shattered Terry's right tibial plateau and fractured the right fibular head. He also tore the medial collateral ligament in his left knee.

At the Copper Mountain clinic, Terry decided to trust his body, once again, to AVH orthopedic surgeon Mark Purnell, MD, who had previously performed a knee and shoulder procedure on Terry. The Copper Mountain clinic doctor gave him medication for pain management until he could meet with Dr. Purnell two days later. However, the next day, Terry started having abdominal discomfort.

Life-saving decisions

Initially, Terry's abdominal discomfort was not of concern, as constipation is a common side effect of certain pain medications, and so the reparative surgery on Terry's right leg was scheduled for a couple days later. But by then, Terry had developed other symptoms, such as periods of heavy sweating that alternated with teeth-chattering chills and stomach cramps.

In the operating room, just prior to surgery to repair the fractures in his right knee, AVH anesthesiologist Vincent Franze, DO, became alarmed about Terry's situation. He consulted Dr. Purnell and general surgeon Joe Livengood, MD, and together, they agreed that anesthetizing Terry, and masking his pain without knowing the nature of these new and unexplained symptoms, would be unwise.

As a result, they postponed the orthopedic surgery, and that afternoon a CAT scan revealed "free air in his abdominal cavity," an extremely serious condition. He was rushed into surgery to repair what turned out to be a ruptured colon. "I almost died, and Dr. Franze saved my life by calling off the orthopedic surgery, right there in the O.R. at the last minute," Terry said. "I can't tell you how close that was. It was his call, and he made the right decision."

'Going out of their way'

Terry had another scare about a month later. He had X-rays on his right knee at a hospital near his home in South Fork. After Dr. Purnell reviewed the X-rays, he spoke with Terry regarding stiffness and pain he was experiencing in his right lower leg. Dr. Purnell then ordered Terry to the nearest hospital, where an ultrasound revealed a potentially dangerous blood clot in his lower leg.

Exceptional — and in his case, potentially life-saving — care isn't the only reason Terry chooses AVH. A few days after his initial colon surgery, Terry scheduled a follow-up appointment before leaving Aspen with AVH general surgeon Les Fraser, MD. He couldn't believe what awaited him.

"As Randi and I pulled up in front of the hospital, someone came out with a wheelchair for me. It was Dr. Fraser, and he was still in his scrubs!" Terry recalled in amazement. "He wheeled me up to his office and assured me that everything looked great. Talk about people going out of their way and taking the time to care. That's Aspen Valley Hospital."



Top photo: Terry and Randi Young.

Bottom photo: AVH anesthesiologist Vincent Franze, DO, and Terry.

Hospital construction update

As we finalize this issue of *Health Matters*, our construction crew is in the finishing stages of Aspen Valley Hospital's new emergency, diagnostic imaging (DI), and surgery departments. The emergency department — the Resnick Family Emergency Department — is named in honor of Stewart and Lynda Resnick.

Highlights of this third phase of the master facilities plan include:

- 17 new emergency exam/treatment areas including a state-of-the-art trauma room for up to two patients, private acute care treatment rooms (no more curtains), a procedure room, orthopedic exam and treatment rooms, a triage station, a dedicated psych room for when patient or staff safety is a concern, isolation rooms, decontamination room for patients with exposure to hazardous materials, consultation rooms for families, and an easy-to-find entrance for ambulatory patients.
- Ambulance entry that is completely separate from the walk-in patient entry.
- Rooftop helipad for maximum safety and access.
- Larger operating rooms to accommodate new technology and ensure safety.

- Dedicated recovery area for patients immediately after surgery.
- Contemporary DI department to accommodate all types of imaging equipment, including new X-ray, fluoroscopy, and magnetic resonance imaging (MRI).
- Adjacent spaces for efficient and confidential transport of patients between the ER, surgery, and DI.
- A new laboratory with comfortable waiting area and drawing rooms. A pneumatic tube system will allow for quick transport of specimens.
- Nursing stations that support efficiency, visibility, and access to patients.
- Changing rooms in close proximity to exam/procedure areas.
- New, improved, and energy-efficient mechanical systems.
- Ample storage for equipment and supplies.
- Medical office space for future use.

What's next?

According to Steve Selby, facilities director, once the

emergency department, surgery, and DI have moved to their new spaces, renovation of their vacated spaces will begin. Next year, we'll open an oncology/infusion center (the existing area was always intended to be temporary) with beautiful views and comfort in mind. Then, a new women's imaging center (with mammography, ultrasound, and bone density). Same-day surgery will relocate and be adjacent to the surgery suites. Eventually, the final phase of construction will provide for a contemporary admissions/financial counseling area, specialty clinic space, and a chapel.



Top photo: The new emergency department under construction.



Middle photo: New rooftop helipad under construction.

Bottom photo: Rendering of the Resnick Family Emergency Department.





This publication in no way seeks to diagnose or treat illness or serve as a substitute for professional medical care. Please see your physician if you have a health problem.

Welcome back, Dave Ressler

Former CEO to return this fall

When Dave Ressler left his position as Aspen Valley Hospital (AVH) CEO in 2013, after almost nine years at the helm, he didn't imagine returning to the community or the hospital.

Since 2013, Dave worked for Tucson Medical Center and also started a new member-owned company with the Western Healthcare Alliance (WHA). As part of his job with WHA, he maintained contact with a number of staff from AVH. At the same time, family dynamics were changing — his daughter left for college, and his son entered his last year of high school.

Life was different for Dave and his wife Julie, and they acknowledged that a deep and abiding fondness for the community and the hospital was just as strong as when they left. With that realization (although slow to come!), the decision to apply for the CEO position that became available earlier this year was an easy one.

In mid-July, Dave submitted his application for the CEO opening. Witt/Kieffer, a national executive search firm, had been actively seeking the ideal CEO candidate for several months, and it was their opinion that Dave was the most qualified of all applicants in light of his experience and proven track record at AVH. In addition, the hospital board — who is responsible for selecting the CEO — expressed their resounding and unanimous support for Dave. In short order, Dave was rehired.

"I couldn't be more pleased to have been selected for the position," says Dave. "I left AVH for professional growth, and I have gained a much better understanding of the future demands on healthcare that will be immensely helpful as I return. I am really looking forward to rejoining the community of Aspen and working with the AVH team again."



"I am really looking forward to rejoining the community of Aspen and working with the AVH team again." — CEO Dave Ressler