



HEALTH MATTERS



AT THE FOREFRONT OF TOTAL KNEE REPLACEMENT

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Coming Soon!
AVH Health Fairs

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Talking about
Speech Therapy

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A Difference

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Tomas Pevny, MD, and Eleanor von Stade, MD, Orthopedic Surgeons at OrthoAspen, are at the forefront of total knee replacement with the robotic-assisted Mako technology.

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Save the Dates

Plant-Based Recipe Swap
First Thursday of the month
Noon – 1 p.m.

- Oden Conference Room at Aspen Valley Hospital
- More information at aspenhospital.org/recipe-swap

Walk With a Doc
First Saturday of the month
10 – 11 a.m.

- Meet at the Castle Creek Café in Aspen Valley Hospital
- More information at aspenhospital.org/walk-with-a-doc

June Health Fair
Thursday, June 7
8 – 11 a.m.

- Aspen Valley Hospital
- Blood draw only

Saturday, June 9
8 – 11 a.m.

- El Jebel Community Center
- Blood draw only

Sunday, June 10
8 – 11 a.m.

- Aspen Valley Hospital
- Blood draw plus additional screenings and information stations

Book Health Fair blood draw appointments online starting May 7.

Opioid Crisis Community Forum
Wednesday, June 20
6 – 7:30 p.m.
 Aspen School District Theatre

OrthoAspen Summer Lecture Series
July 10 – August 13
Aspen and Basalt

- Visit orthoaspen.org for the full schedule and program descriptions in this free educational lecture series.

"Chukkers, Champagne & Caviar" Aspen Valley Hospital Foundation Benefit Polo Match
Sunday, August 12
10:30 a.m. – 4 p.m.

- Aspen Valley Polo Club
- More information and tickets available at AVHFPOLO.gesture.com

Fresh & Healthy Community Picnic
Saturday, September 8
Noon – 3 p.m.

- All ages welcome!
- Aspen Valley Hospital Campus
- Rain or shine

For a full calendar of all upcoming events and classes, visit aspenhospital.org.



ASPEN VALLEY HOSPITAL

OUR MISSION:

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

OUR VALUES:

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

Aspen Valley Hospital non-discrimination statement

With regards to employment, access to, or provision of care, Aspen Valley Hospital District (AVHD) 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.

Modern facilities, advanced technologies and talented, well-skilled people.

These are the essential components of any successful healthcare organization; or any business for that matter. And these are the hallmarks of Aspen Valley Hospital's success over the many years that we have served our patients with quality healthcare. Our capabilities have, in turn, been made possible by the steady generosity and support of our community.

We recently recognized our physicians and advanced practice providers on National Doctors' Day. These are the professionals we are proud to have as members of our healthcare team. In May, we celebrate National Hospital Week, when we have the opportunity to thank and celebrate all of our healthcare professionals, who are committed to assuring that our patients receive the best possible care and personalized experience.



In recognition of our commitment to extraordinary care, we are proud to be honored by the Centers for Medicare

*Dave Ressler,
Chief Executive Officer*

and Medicaid with a Five-Star Rating for our quality, safety and patient experience. However, we are even more proud about what our patients have to say, every day, in the form of personal notes of thanks, kind words and high scores on surveys that rank us among the best hospitals in the country.

Our grateful patients are why our physicians and staff do what they do, and our generous community is ultimately how we are able to provide them with the facilities and equipment that they need. For that, we are all most grateful and you, our community, should be proud.



We are honored!



AVH receives Five-Star CMS rating, other top awards

Two national organizations have honored Aspen Valley Hospital (AVH) with prestigious awards in recognition of the hospital's clinical excellence, innovative initiatives and programs that benefit patients and staff.

The Centers for Medicare & Medicaid Services (CMS) recognized AVH with a Five-Star Rating, placing us among the nation's top hospitals. In fact, just 337 of more than 4,000 U.S. hospitals have earned this perfect score. AVH is one of only seven hospitals in Colorado — and the state's only critical access hospital — to receive the Five-Star designation.

AVH also celebrates the Summit Award and three Pinnacle Awards it received at the Healthcare Service Excellence Conference earlier this year. The highest recognition

presented at this national conference, the Summit Award, is awarded to individuals, teams and healthcare organizations that have made outstanding progress towards improving patient experience and staff engagement. AVH's awards included:

2017 Summit Award

Speak UP
OASIS Team

2017 Pinnacle Awards

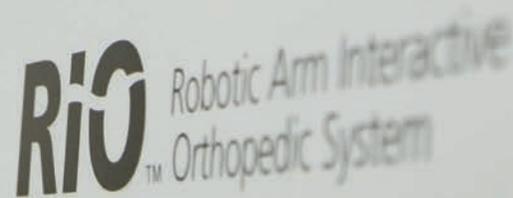
Mark Bauer
Service Excellence Mentor

Speak UP
OASIS Team

Green Up, Clean Up
DO IT Improvement of the Year

"We are very proud to receive recognition by national organizations that validates our superior levels of safety, quality and patient experience. These are driven by our culture of continuous improvement and a dedicated team of staff and physicians."

— Dave Ressler, AVH Chief Executive Officer

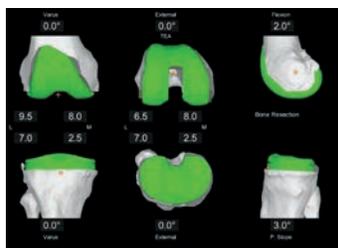


EVOLUTION OF A REVOLUTION

GROUNDBREAKING MAKO TECHNOLOGY REVOLUTIONIZES TOTAL KNEE REPLACEMENTS

Few residents of Aspen need to be coaxed into exercising. Skiing, hiking and biking are just the kinds of things most of us do to have fun and stay healthy. For all the benefits it provides, however, a lifetime of physical activity increases our risk of osteoarthritis, a common degenerative disease in which the cartilage in our knees, hips and other joints gradually wears away.

Since 2012, many Aspen Valley Hospital (AVH) patients who need osteoarthritis-related partial knee or total hip replacements have been treated with Mako Robotic-Arm Assisted Surgery. In fact, AVH was only the second hospital in Colorado to offer this highly specialized option. Today, AVH physicians at



A precise 3D surgical plan is created using CT scans. It is customized to each patient and only allows the surgeon to operate "inside the lines."

OrthoAspen offer the Mako system for total knee replacements.

"Aspen has a population that can really benefit from having Mako total knee replacements," said Tomas Pevny, MD,

Orthopedic Surgeon at OrthoAspen. "Compared to other joint replacement techniques, it is less invasive, causes less scarring, has a lower risk of complications, and promises a faster recovery and better long-term outcomes."

Doctor-directed, robotic-assisted

When hearing about Mako, many people tend to focus on the technology's "robot" aspect. However, 3D imaging scans taken before the operation are a crucial part of Mako's success. These scans of the affected joint provide extraordinarily detailed information used to create a precise surgical plan.

"Everyone's anatomy is a little different,

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and Mako allows us to account for these differences so we put the prosthesis in place correctly every time," said Eleanor von Stade, MD, Orthopedic Surgeon at OrthoAspen. "Even before I go into the operating room, I already know the exact size, rotation, alignment and location where the joint replacement will go."

Then during the surgery, Mako correlates real-time 3D views of the joint to the preprogrammed surgical plan, so the surgeon manipulating the robotic arm is limited to working in the diseased area only, while leaving healthy bone and tissue untouched.

"The robotic arm doesn't perform the procedure for me; it simply takes the risk of human error out of the equation," Dr. von Stade said. "If I were to slip or go outside the 'lines' of the surgical plan, the system will resist or shut down."

Dr. Pevny agreed that eliminating subjectivity is one factor that makes Mako surgery a "great" procedure. "It's like creating a strong foundation for a house," he said. "A beautiful house that doesn't have a strong foundation will fall apart. With Mako total knee replacement, we're setting a strong foundation for the knee."

For a consultation about joint replacement surgery at AVH, call OrthoAspen at **970.544.1289** or visit **orthoaspen.org**.

Common symptoms of osteoarthritis

- Discomfort while walking, climbing or standing up
- Joint stiffness when getting out of bed, after sitting for a long time or starting other activities
- Swelling or tenderness of the joints
- Grating or "crunching" sensations or sounds from the joint

OrthoAspen patients thankful for Mako technology, great care



Tomas Pevny, MD, performs a total knee replacement surgery at Aspen Valley Hospital.



Eleanor von Stade, MD, reviews scans in advance of preparing the Mako surgical plan.

Shelley Popish: 'I feel like I have a whole new lease on life'

For years, Shelley Popish had lived in one of the world's most beautiful places without being able to enjoy all it has to offer. She had suffered with knee pain since high school and, over the years, conservative treatments such as injections and even surgery to "clean up" the joint had helped ease her symptoms. About two years ago, however, the pain was crippling.

"Skiing was so painful that I would be in tears at the end of a run," the 52-year-old said. "Hiking was hard, walking was very painful. In Aspen, we like to enjoy the outdoors, and I couldn't do anything. I was way too young to be that old physically."

Shelley consulted Tomas Pevny, MD, Orthopedic Surgeon at OrthoAspen. Dr. Pevny had performed her previous surgery at Aspen Valley Hospital and had helped manage her conservative treatments. This time, he recommended a partial knee replacement and performed the surgery using Mako Robotic-Arm Assisted Surgery.

Within two weeks, Shelley had less pain in her knee than before the procedure. And now, she has no knee pain, even when climbing stairs, walking, hiking and biking. "On a scale of one to 10, I would give Dr. Pevny and the OrthoAspen team a 100," Shelley said. "I'm thrilled with the results. I feel like I have a whole new lease on life."

Roberto Flores Espinosa: 'Everyone took great care of me'

Surgery had also become the best option for Roberto Flores Espinosa, a 56-year-old Aspen resident who had suffered with increasingly severe knee pain. "My daughter would tell me, 'You're walking so slowly. You take a long time to come down the steps,'" Roberto said.

Eleanor von Stade, MD, Orthopedic Surgeon at OrthoAspen, has performed reparative surgery on both of Roberto's knees several years ago. However, the pain gradually worsened again, until he and Dr. von Stade agreed that he needed total joint replacements.

Using Mako technology, Dr. von Stade performed surgery on Roberto's right knee in August 2017 and his left knee in January 2018. Physical therapy started the day after each surgery, and Roberto's progress has been steady ever since.

"Dr. von Stade was very professional and very caring, and everyone at the hospital took great care of me. My experience has been very, very good," Roberto said. "Since I had the surgery, I have a lot less pain and am much happier."



Take charge of your health!

AVH health fairs offer important health screenings at big savings

As part of its vision to help make our community the healthiest in the nation, Aspen Valley Hospital (AVH) is proud to announce its schedule of 2018 public health fairs with free and low-cost medical screenings.

“At AVH, our mission is to put information in the hands of individuals so they are empowered to take charge of their health,” said Jennifer Slaughter, AVH Director of Community Relations. “By giving people free and low-cost access to a variety of screenings and educational materials, we can help members of our community maintain and improve their health. In the long term, that benefits not only the participants but also the greater community.”

The June health fair, running June 7, 9 and 10, offers important healthcare screenings and is open to area residents age 18 and older. A popular feature of the fair is the blood draws, offered at significantly reduced prices:

- The “health fair profile” measures 32 metabolic functions, including complete blood count, cholesterol levels, kidney function, checks for infection, anemia and more — \$65
- PSA (prostate-specific antigen) test for men age 50 and older helps determine prostate cancer risk — \$35

- Vitamin D deficiency screening measures both D2 and D3 levels — \$45
- C-reactive protein tests for vascular inflammation, a cardiac risk — \$35
- Take-home colorectal cancer screening kit — \$25

NOTE: Before participating in one of these events, please check your insurance benefits to understand if your plan covers health fair screenings. AVH will not submit to your insurance, this is the individual’s responsibility.

In addition, the event on Sunday, June 10, at AVH will be much larger, including free blood pressure screenings; eye and vision exams; height, weight and body mass index checks; skin and oral cancer examinations; and orthopedic screenings. Dedicated healthcare providers, physician assistants and nurses will be on hand to perform these screenings and offer information and education about

additional health services at AVH and in the community. Topics covered in the past, and anticipated for June include:

- After-Hours Medical Care clinic in Basalt
- Breast cancer prevention and early detection
- Diabetes education
- Home care
- Midvalley Surgery Center & Imaging Center
- Nutrition services
- Otolaryngology (ear, nose and throat)
- Speech and language therapy
- Traumatic injury prevention

Please check the AVH website for a complete list of participating organizations closer to the event at aspenhospital.org/health-fairs.

In the past, AVH health fairs have attracted a total of over 1,400 participants, and organizers expect to exceed that number this year.

“Health fairs are inclusive for all members of our community, and we try to make the fair as convenient and cost-effective as possible,” Slaughter said. “They really become feel-good events. You see your neighbors, your friends. It’s a great opportunity to do something good for yourself and feel part of a caring community.”



June Health Fairs

Thursday, June 7

8 - 11 a.m.

Aspen Valley Hospital

Blood draw only

Saturday, June 9

8 - 11 a.m.

El Jebel Community Center

Blood draw only

Sunday, June 10

8 - 11 a.m.

Aspen Valley Hospital

Blood draw plus additional screenings and information stations

Important things to know before you go:

- For blood draws, walk-ins are always welcome, but appointments are preferred. **Visit aspenhospital.org to sign up online, starting Monday, May 7.**
- For blood draws, please make your payment in cash or check at the event.
- To ensure you have access to the free screenings that you need on Sunday, June 10, please arrive at least one hour before the fair closes.
- Spanish-speaking phlebotomists and Spanish-language materials will be available.

Future Health Fairs

Midvalley Health Fair

Saturday, October 13

8 - 11 a.m.

El Jebel Community Center

Blood draw plus additional screenings and information stations

Senior Health Fair

Friday, November 2

8 - 11 a.m.

Aspen Valley Hospital

For participants age 60 and older.
Blood draw plus additional screenings and information stations

Whitcomb Terrace:

Assisted living — with the emphasis on living

The request, when she first heard it, struck Maggie Gerardi as both unusual and wonderful. As director of Whitcomb Terrace Assisted Living, Gerardi was accustomed to acting on requests from residents interested in visiting local art galleries, restaurants, shops and events.

In this instance, though, a resident wanted something out of the ordinary. “He used to be a snowmobile enthusiast, and he really wanted to go out on a snowmobile again,” Gerardi said. “It was important to him, so we and the staff at T-Lazy-7 Ranch made it happen, and he had a great time.”

With so much to do, many residents report feeling more socially engaged and having a greater sense of community after moving to Whitcomb Terrace.

Such personal touches are a hallmark of Whitcomb Terrace, which opened in 1990 as Aspen’s first assisted living facility. Over nearly three decades, Whitcomb Terrace has maintained its mission of encouraging residents to live as actively and independently as possible and to provide opportunities and resources to help them do so.

Staff members plan outings to sites, shops and events. Residents’ loved ones are always welcome to visit and share a delicious meal in the dining room. Most importantly, volunteers from the community bring in educational programs, music, arts and crafts often, while

area businesses offer services and programs to support residents’ health and happiness. For instance, Aspen Music Festival graciously donates tickets to concerts throughout the summer, a highlight for the residents and the volunteers who accompany them.

“We are really blessed with a community that cares so much, as our volunteers and local businesses prove time after time,” Gerardi said.

Helping residents stay involved

Residents can also be proactively involved in the community. For example, one resident attends classes at a local college — and another teaches college classes. In addition, the Pitkin County Senior Center is located in the same building as Whitcomb Terrace, giving residents easy access to those programs. With so much to do, many residents report feeling more socially engaged and having a greater sense of community after moving to Whitcomb Terrace.

There are other benefits, as well. At Whitcomb Terrace, assisted living includes employees taking care of residents’ housekeeping and managing medications. Breakfast, lunch and dinner are served every day. There’s even a medical director, Joshua Seymour, MD, who makes “house calls” and staff who continually oversee residents.

“Most of our staff have been with us for years, so they have long-term, caring relationships with our residents,” Gerardi said. “That’s not what most people expect of assisted living; they expect it to be impersonal and institutional, which could not be further from the truth at Whitcomb Terrace. We strive to keep our residents independent, engaged and happy — even if that involves a ride on a snowmobile.”

To find out more about Whitcomb Terrace, call **970.544.1530** or email **mgerardi@aspenhospital.org**.



Director of Whitcomb Terrace, Maggie Gerardi (left), offers a full slate of educational programs, music and arts activities to engage residents; the Aspen Art Museum and Anderson Ranch Arts Center are regular contributors.



Community groups of all ages, including the Woody Creek Kids (pictured above), are actively involved with residents at Whitcomb Terrace.

Speaking of success:

AVH speech-language pathologist finds rewards in helping patients achieve their goals

When Lizzy Ransbottom, M.A., CCC-SLP, tells someone she works as a speech and language pathologist, the most common reaction is to ask: “So, you help people who stutter?”

Well, yes — but her work at Aspen Valley Hospital (AVH) goes far beyond helping people who stutter, and even beyond what you may think of as speech therapy.

“The title ‘speech therapist’ feels like a misnomer, because it limits the perception of what we do,” Ransbottom said. “Communication is the most fundamental of human capacities; people need to be able to communicate to fulfill their social, educational, emotional and vocational potential. As a speech-language pathologist, I’m involved in all components of my patients’ ability to speak and to swallow.”

Since she joined the AVH staff in October 2016, Ransbottom has had the opportunity to tap her knowledge and experience in an array of areas. She has worked with patients as young as age 1 on concerns related to speech and language development and with adults up to age 100 on voice problems associated with Parkinson’s disease and stroke.

Speech-language pathologists help pediatric and adult patients with a diverse set of challenges, including difficulties with comprehending language, expressing language, speaking clearly, voice production, feeding/swallowing and cognitive/memory difficulties. These challenges may be due to a variety of diagnoses including developmental delays, concussion/TBI, Parkinson’s disease, Alzheimer’s disease and stroke.

Whatever the diagnosis, Ransbottom usually receives a referral for speech therapy from a physician. The first session with a patient involves an initial assessment, from which Ransbottom develops a personalized care plan. Subsequent sessions typically last an hour, during which time she and the patient review goals and progress, and move through a series of activities such as speech drills, cognitive tasks, swallowing exercises, organizational strategies and memory activities.



Lizzy Ransbottom, M.A., CCC-SLP, specializes in diagnosing and treating all components of her patients’ ability to speak and swallow. Above, Ransbottom assesses the strength of movement during a clinical swallow examination.

Treatment can range from a one-time session to ongoing visits that extend over a year or more, depending on the patient’s needs and goals. Ransbottom works closely with patients and caregivers to track progress, plan home exercise programs and share regular updates with referring physicians — all of which keeps her very busy and very happy.

“It is incredibly rewarding to help my patients feel empowered and to watch them make progress and feel successful,” she said. “Whether it’s an adult returning to work after a traumatic brain injury, a little girl learning to read by building her phonological awareness skills or a parent successfully communicating with a child for the first time, my work is gratifying, and I am proud to be part of the process.”

For more information on rehabilitative therapy services at AVH, please call **970.544.1177**.

AVH Spotlight:

Our volunteers make a difference every day

Volunteers are at the heart of what we do at Aspen Valley Hospital (AVH). Here are experiences from two of our volunteer unit leaders who make a difference in the lives of the hospital's patients and staff.

When Deborah Konig became an AVH volunteer about three years ago, she was drawn to Sally's Gift Shop. "I was in retail for part of my professional life, so this was a natural fit for me," said Konig, who is now Unit Leader of the shop's volunteers.

True to form, she goes out of her way to help visitors select gifts for patients. Occasionally, she also receives phone calls from people who are out of town and want to send a gift. In those situations, she will take photos of several items — the shop has an array of cards, balloons, toys, books, candles, seasonal items and more — that might be appropriate. Then, she will send the photos to the customer, handle the sale remotely and make sure the purchased items are delivered to the patient's room.

"What I like about volunteering in the gift shop is that you're helping out and putting a smile on someone's face," Konig said.

"Plus, it's a pretty easy job; the only qualifications are that you be kind and cheerful."

'It's a good feeling'

Kindness and cheerfulness are also required for the good work done by volunteers in AVH's Emergency Department. The environment there, according to Unit Leader Linda Waag, is greatly varied and often fast-paced.

"You get a little bit of everything, and it's never boring," Waag said. "Some days when I get home, I'm just flat-out tired. But I know that I've done a good day's work of helping out, that I've made a difference in someone's life and done something worthwhile. It's a good feeling."

That may explain why Linda has been a volunteer in the Emergency Department



Clockwise from left: AVH Volunteer Unit Leaders: Deborah Konig, Sally's Gift Shop; Kathleen Albert, ED Assistant Leader; Pat Newkam, Hospitality; Nancy Wall, Communications; Joyce Harris, Patient Care Unit; and Rita Cohen, PET Therapy. Not pictured: Donna Rowlands, Same Day Surgery; and Linda Waag, ED Unit Leader.

for 20 years. When she started, volunteers were more directly involved with patient care: helping to lift patients off gurneys, cutting boots off injured skiers and assisting with suturing. While that has changed, volunteers still have plenty to do.

"We bring a lot of comfort and love to our patients," Waag said. "Some of our patients are frightened or don't have a friend or family member with them. Volunteers can sit and reassure them in a way that our doctors and nurses may not have time to do. That warm blanket and smiling face can be very comforting."

AVH is currently seeking volunteers for the gift shop and important clinical areas such as the Emergency Department and Same Day Surgery. To learn about these and other exciting volunteer opportunities, please call **970.544.1296** or visit **aspenhospital.org/volunteer** to download a volunteer application.

Sally's Gift Shop volunteers put smiles on faces with unique gifts and make it easy to lift spirits — even from afar.





Elevating Healthcare IN ASPEN

Aspen Valley Hospital has been recognized with numerous awards for patient safety and satisfaction and holds a Five-Star Rating from the Centers for Medicare and Medicaid Services for overall quality and patient experience.

Keeping a team of expert clinicians, state-of-the-art facilities and world-class technology standing ready to care for you and your loved ones takes the support of our community.

Consider a gift to Aspen Valley Hospital Foundation to allow progress to continue. Your support has never been more critical to *elevating healthcare in Aspen.*



ASPEN VALLEY HOSPITAL
FOUNDATION

To make a gift or to learn more about all the giving opportunities available, please call Aspen Valley Hospital Foundation.

You can also send a gift using the remittance envelope enclosed in this newsletter.

970.544.1302 | avhf@aspenhospital.org | supportaspenvalleyhospital.org



This publication in no way seeks to diagnose or treat illness or serve as a substitute for professional medical advice. Please see your physician if you have a health problem. Aspen Valley Hospital respects your privacy. If you prefer not to receive communications from us, please email AVHF@aspenhospital.org or call **970.544.1302**.

'They are passionate about helping me'

AVH therapists help a skier recover from traumatic injuries

On March 18, Tyler Hoos was enjoying a perfect day of skiing on East Peak, a mountain in a remote area west of Calgary, Canada. The 29-year-old Aspen resident and four of his friends — including his girlfriend, Kristy Bates, the Nutritional Services Director at Aspen Valley Hospital (AVH) — had already made one run from the summit, when Tyler and two others went back up for a second time.

On the next run, Tyler was the first of the group to ski. He dropped off of a small cornice and skied towards a well-defined chute on the left of the face — and soon found himself caught in an avalanche. "I made a few slow turns, and the next thing I know, the snow broke right above me," he recalled. "I tried to ski out to the right, but the avalanche took me off my feet pretty quickly."

His airbag pack helped him avoid being buried, but the avalanche smashed him against a rock wall, shattering his kneecap and his femur just above the knee. After being propelled off a 25-foot cliff, he finally came to a stop.

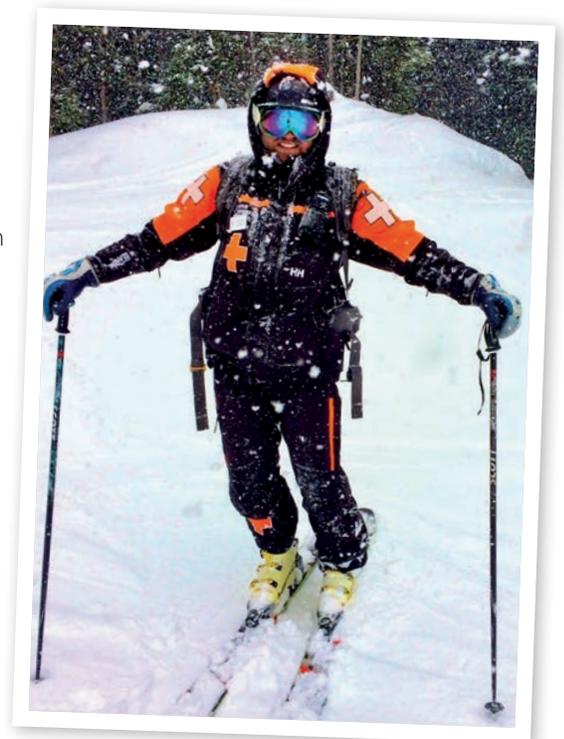
A member of the Aspen Highlands ski patrol, Tyler knew that staying calm was important.

And he was, fortunately, in contact via radio with his friends who quickly summoned help.

Tyler was transported by rescue helicopter to a nearby hospital and then to Calgary for surgery. A week later, he returned to Aspen, where he met with Mark L. Purnell, MD, Orthopedic Surgeon at OrthoAspen, and started physical therapy (PT). Now, he attends three PT sessions weekly, working with therapist Katie Powell, PT, DPT, and others on the team, in addition to extra workouts on his own.

"I feel great about the care I've been getting at Aspen Valley Hospital. The therapists that I work with are passionate about helping me," Tyler said. "Recovery is a slow process, but with their help and Kristy's help, I'm gradually getting better and more independent."

As for his long-term outlook, Tyler is optimistic. "I hope to be riding my bike by the end of summer," he said, "and I think that I'll be skiing again by winter."



Tyler Hoos, a member of Aspen Highlands ski patrol, is recovering from injuries with the help of AVH's physical therapy team.