

HEALTH MATTERS

NO SIGNS *of* SLOWING

AN INSPIRATION FOR ALL AGES

p. 10

WHAT'S NEW AT AVH?
A LOT. LOOK INSIDE:

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AND SNOWMASS VILLAGE p. 5

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HEALTH MATTERS is a bi-annual magazine published by Aspen Valley Hospital (AVH) to inform residents of the Roaring Fork Valley about the continuous improvements and investments AVH and its Network of Care clinics are making to ensure the long health and vitality of our residents and community.



on the COVER

Long-time Aspen resident Dusty Hamrick depends on the experts at OrthoAspen to stay active and out-and-about in the community. Read more on page 10.

our MISSION

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

our VISION

To foster our community as the healthiest in the nation.

our VALUES

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



SHARE YOUR STORY!

HEALTH MATTERS would like to hear how AVH made a positive impact for you or a loved one. Please email communityrelations@aspenhospital.org so that we may consider your story for an upcoming issue and inspire others on their journeys.

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.



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“I am proud to be a part of this treasured organization, along with 500 talented healthcare professionals whose extraordinary care assures the quality of life we all enjoy.”

Welcome to the inaugural issue of **HEALTH MATTERS** magazine. We are thrilled to bring you this new publication — an evolution of our quarterly newsletters into a longer format, now produced twice per year.

From its beginning in 1891, Aspen Valley Hospital has been an important part of the Aspen community. Over the years, AVH has grown and adapted to meet the evolving healthcare needs of an active population of residents and visitors who embrace mind, body and spirit.

Today, our Hospital is becoming a system of care with the intent of improving the health and wellness of our community. Sophisticated technologies and modern facilities support a broad array of primary care and specialty services in the mid and upper valley. Partnerships, such as that which we have forged with Hospital for Special Surgery, further enhance and strengthen the services we provide and the outcomes for our patients.

I am proud to be a part of this treasured organization, along with 500 talented healthcare professionals whose extraordinary care assures the quality of life we all enjoy. The relationship between AVH and this community is one of symbiosis, where the community supports AVH with voter-approved property taxes and generous philanthropy, and AVH in turn thrives — and delivers.

We hope you enjoy the information and stories that follow, as a testament to what AVH is doing with your strong support. Our industry is in the midst of change, and AVH is innovating and transforming to meet the demands of the future. ■

Dave Ressler
Chief Executive Officer



AVH EXPANDS HOURS

for outpatient clinics in Basalt and Snowmass Village

Illnesses and injuries don't always happen during regular business hours. Now, thanks to extended hours at two Aspen Valley Hospital clinics, it's easier than ever to find convenient, expert medical services when you need them.

After-Hours Medical Care in Basalt is now open weekdays from 3 to 11 p.m., Saturday and Sunday from 8 a.m. to 5 p.m. And, as of June 22, the Snowmass Medical Care clinic is now open year-round from 8:30 a.m. to 4:30 p.m. every day.

MORE HOURS = MORE CONVENIENCE

With these changes, patients have more options for receiving walk-in care from highly skilled medical professionals. In Basalt, our physicians can treat upper respiratory infections, flu, sprains, simple fractures, urinary tract infections and other conditions, saving patients a trip to the emergency room. In Snowmass, our physicians are trained in emergency and family medicine, and are supported by registered nurses, EMTs, x-ray technologists and physical therapists.

AVH is expanding both facilities' hours as a result of increasing demand. In the case of the Snowmass clinic, the change is driven by a rise in visitors during the summer months, according to Anthony Peregretti, Director of Outpatient Clinics at AVH. As the number of hikers, cyclists and other warm-weather sports enthusiasts grows, so does the need for treatment of injuries related to those activities.

"We're committed to making care more convenient for residents, business owners and visitors. Extending the hours for urgent care allows us to better meet our community's evolving medical needs," Peregretti said. "We encourage people to use both clinics as lower-cost alternatives to the hospital emergency room for non-life threatening illnesses and injuries." ■



With expanded hours, After-Hours Medical Care in Basalt can meet the non-life threatening healthcare needs of the community, when most doctors' offices are closed. Pictured left to right are team members Paula Hebbard, RN; Joshua Seymour, MD, Medical Director; Cre Donovan, RN, Clinical Supervisor; William Duke, MD; and Annie Burch, RN.



Snowmass Medical Care is open year-round to treat injuries and illnesses seven days a week. Pictured left to right are team members Adam Poss, RN, Clinical Supervisor; Kelly Hansen, Clinic Office Manager; and Jon Gibans, MD, Medical Director.

No appointment necessary — walk-ins welcome!

SNOWMASS MEDICAL CARE

105 Daly Lane, Snowmass Village
On Fanny Hill at the end of the Snowmass Village Mall

970.544.1518

Opening in its new location in Base Village for the 2019-2020 ski season!

AFTER-HOURS MEDICAL CARE

234 Cody Lane, Basalt, CO 81621

970.544.1250



NEW HOME WILL ENHANCE *lifesaving* SERVICES

Aspen Ambulance District prepares
to move into upgraded facility

How crucial is the Aspen Ambulance District's role in ensuring public safety?

CONSIDER THESE FACTS

- The district encompasses about 660 square miles, from Independence Pass to Snowmass Canyon.
- The service responds to more than 1,500 calls annually.
- The service also provides support for a host of community events, such as ESPN's Winter XGames.

Operated by Aspen Valley Hospital, the Aspen Ambulance District will soon have a home that ensures it can continue to deliver lifesaving, round-the-clock care and critical transport far into the future.

IN WITH THE NEW

Since 1991, the service's main facility has been a cramped quarters, with bays for only three of the district's four ambulances and two command vehicles. In the squeezed space, various rooms serve as default sleeping accommodations, training areas, offices and storage closets.

In 2013, voters approved a mill levy to fund a new building, which is scheduled to open in August across from Aspen Valley Hospital and adjacent to Health and Human Services. The new facility will feature six ambulance bays and a full complement of bedrooms



Mark Hutchinson EMT-P, (left) and Gabe Muething (right) review plans for the new facility; the building will include six ambulance bays and a full complement of bedrooms and offices.



With its close proximity to the Hospital, the building will feature classrooms for ongoing staff education and training.

and offices. The right-sized quarters and close proximity to the Hospital will ensure the most advanced emergency care for our community. It will also have a training room, which Gabe Muething, Aspen Ambulance District Director, characterized as one of the important features.

“Paramedics are required to complete numerous hours of education and training each year to maintain our state and national certifications. This is especially true of our many paramedics who have advanced critical-care certifications, which is something you don’t find even in many larger towns,” Muething said. “We also perform in a wide range of environments, from city to off-road to remote locations. All of this requires ongoing training that ultimately saves lives.” ■

The right-sized quarters and close proximity to the Hospital will ensure the most advanced emergency care for our community.

MONTHLY EVENTS

AVH BOARD OF DIRECTORS' MEETING

Second Monday of the month

Open to the public, the meeting is held at 5:30 p.m. in the Oden Conference Center at AVH.

PLANT-BASED RECIPE SWAP

First Thursday of the month
Oden Conference Center at AVH

This popular monthly event shares the health benefits of whole-food, plant-based (WFPB) nutrition and includes the cooking and prep tips, tastings and recipes to make it part of your daily life. WFPB recipes are based on nutrient-rich foods from plant sources that are minimally processed. Learn new recipes, or bring one of your own to share!

WALK WITH A DOC

First Saturday of the month
Meets at the Castle Creek Café at AVH

Did you know walking for as little as 30 minutes a day can reduce your risk of coronary heart disease, improve your blood pressure and reduce your risk of osteoporosis, cancer and diabetes? Lead by a different AVH physician each month, this walk includes 30 minutes of movement and discussion on a health-related topic. Includes light and healthy refreshments.

ONGOING CLASSES

ASPEN BIRTH CENTER: CHILDBIRTH EDUCATION

In Aspen and Basalt

Held throughout the week, classes include The Childbirth Preparation Series; the Art of Breastfeeding; Friends and Family CPR; V.I.P. Sibling course, and more. For more information or

to find the class nearest you, call **970.544.1130**. Online registration available at aspenhospital.org.

BRAIN FIT

Tuesdays and Thursdays,
10 - 11 a.m. at AVH

Are you or a loved one struggling with dementia or Alzheimer's? Brain Fit can help. Regular aerobic exercise slows the progression of brain atrophy and improves cognitive brain function. Participants must commit to twice per week for at least one month. A referral from a physician is required. Contact Melody Durham at **970.544.1383** to learn more.

CARDIAC REHABILITATION / PULMONARY EXERCISE & REHABILITATION

Monday - Friday at AVH

Surviving a heart attack or any other cardiovascular or pulmonary event doesn't end with a trip home from the hospital. These programs, certified by the American Association of Cardiovascular and Pulmonary Rehabilitation, help people reclaim the richness of an active life. For more information, call **970.544.1383**.

DIABETES EDUCATION

In Aspen and Basalt

These ongoing classes offer education for those who are managing Type 1 or Type 2, gestational or pre-diabetes conditions. For more information, call **970.544.7394**.

UPCOMING EVENTS

SUMMER POLO BENEFIT

August 11, 10:30 a.m. - 4 p.m.
Aspen Valley Polo Club

An all-star event to benefit Aspen Valley Hospital Foundation. Purchase tickets at **970.544.1302** or supportaspenvalleyhospital.org.

BLOOD DRIVE WITH ST. MARY'S HOSPITAL

September 3, 11 a.m. - 3 p.m. at AVH

MIDVALLEY COMMUNITY PICNIC

September 8, 11:30 a.m. - 1 p.m.
Midvalley Medical Center Campus

MIDVALLEY HEALTH FAIR

October 12, 8 - 11 a.m.
El Jebel Community Center

Blood draw, plus free health screenings and information stations.



BLOOD DRIVE WITH ST. MARY'S HOSPITAL

October 29, 11 a.m. - 3 p.m. at AVH

SENIOR HEALTH FAIR

November 1, 8 - 11 a.m. at AVH

Blood draw, plus free health screenings and information stations for ages 60+.

SNOWMASS MEDICAL CARE CLINIC OPEN HOUSE

December 5, 4:30 - 6:30 p.m.
Snowmass Base Village

BLOOD DRIVE WITH ST. MARY'S HOSPITAL

December 31, 11 a.m. - 3 p.m. at AVH

For more details on these upcoming events, visit aspenhospital.org.

GREEN UP CLEAN UP

Aspen Valley Hospital launched the "Green Up, Clean Up" initiative in August 2017, and since then has made a major impact in recycling as much waste as possible. Just look at the numbers:

25 billion vs. ZERO

Number of Styrofoam cups U.S. consumers throw away every year. It takes about 50 years for a Styrofoam cup to decompose.



Number of Styrofoam cups and other containers used at AVH.



Amount of waste the average hospital generates per patient per day.



13.4%

Percentage decrease of the cost of disposable items such as to-go containers, napkins and plastic utensils from the AVH café during Phase II of Green Up, Clean Up.

Percentage decrease in the amount of regulated (hazardous) waste AVH produced during Phase I of Green Up, Clean Up.

10%



Approximate weekly amount of waste from AVH's Castle Creek Café that is now composted rather than placed in a landfill.

1,200-1,600 POUNDS



Approximate weight reduction of AVH trash compactor waste reported in January 2019 compared to the previous monthly average.

To learn more about what you can do to help the environment, visit usa.gov/green.



**"I WAS
FORTUNATE
to find such
A TALENTED
SURGEON"**



Shoulder replacement surgeries don't slowdown 81-year-old Aspen resident

You may have seen her riding around town on her scooter, or encountered her on a ski slope, biking trail or hiking path. A resident of Aspen for 50 years, Dusty Hamrick is a well-known and energetic member of our community.

Like many physically active locals, Dusty has visited Aspen Valley Hospital periodically over the years. In 2013, she arrived at the emergency room with a broken collarbone after a scooter accident. She recalls both the wonderful medical care she received and a visit from Mark Purnell, MD, Orthopedic Surgeon at OrthoAspen. A patient of Dr. Purnell's in the past, Dusty said he "just came by to say hi, because he's so kind and caring." Dr. Purnell had fixed her collarbone, and Dusty had done great afterwards.

Last year Dusty consulted Dr. Purnell about another problem: osteoarthritis in her shoulders. She had long relied on cortisone shots and lifestyle modification to manage the pain. However, she and Dr. Purnell agreed she needed both joints replaced, and Dr. Purnell referred her to Namdar Kazemi, MD, a board-certified Orthopedic Surgeon at OrthoAspen who specializes in treating shoulder and

elbow conditions. Dr. Kazemi is one of the few orthopedic surgeons in the state of Colorado who is a member of the American Shoulder and Elbow Surgeons (ASES) professional society.

EXCELLENT MUTUAL IMPRESSIONS

Dusty scheduled a meeting with Dr. Kazemi and was impressed immediately. "He is so personable, informative and humorous. We hit it off right away," she said. "I went home, gave it very little thought and started making arrangements for the first surgery."

Dr. Kazemi was impressed, too. "Dusty is very energetic, active and positive," he recalled. "She was also educated about her condition. Like most people with osteoarthritis, she had treated it conservatively for years, and she understood that she had reached the point of needing a surgical solution."

POSITIVE ATTITUDE, OPTIMAL OUTCOME

Dr. Kazemi performed Dusty's surgeries in August and December 2018, using patient-specific instrumentation to help ensure the best result. With this advanced technology, the implant maker uses a CT scan to

create guides specific to the patient's anatomy that are used in surgery. This technique can reduce the time spent in the operating room and under anesthesia; improve accuracy; maximize the shoulder's functionality; minimize the risk of post-surgical complications; and help ensure the best possible outcome.

Another factor in Dusty's favor was her positivity, which has well-documented health benefits. So when someone asked why she missed last ski season, Dusty answered openly that she'd had shoulder replacement surgeries.

"They would say, 'What? That sounds awful!' But it wasn't awful to me," Dusty said. "I feel I have a great outlook on life."

Dusty is already back to her full slate of activities: scootering, bicycling, hiking and (soon) skiing. "I'd put off surgery for a long time, and I wish I'd done it sooner," she said. "Dr. Kazemi is incredibly talented. My adoration for him is very high," and injecting her wonderful humor she admits, "I'm trying figure out what can go wrong with my elbows so I can have another visit with him." ■

Dusty Hamrick and Namdar Kazemi, MD, who performed both shoulder replacement surgeries.

Update: Our strategic collaboration with Hospital for Special Surgery (HSS) is in motion

The affiliation between OrthoAspen and HSS continues to move forward to ensure our patients have the highest quality orthopedic care close to home.

The Pop-Up Experience (see page 14) was a great first step toward a clinical and cultural integration between our two non-profit hospitals. Here are some other initiatives in the works:

- OrthoAspen recently hired a long-time HSS clinical expert to provide onsite staff leadership and to accelerate the standardization of care for orthopedic patients.

- OrthoAspen sends cross-functional teams to New York, and our HSS counterparts travel here to observe our processes.
- OrthoAspen surgeons can now participate in the HSS Education Institute's virtual learning programs, expanding their expertise and access to cutting-edge research.

For the latest updates, join our email list at orthoaspen.org.





A REWARDING *long-distance* RELATIONSHIP

Telemedicine at AVH provides personal, specialized healthcare without in-person visits

The next time you see your Aspen Valley Hospital specialist, you might both be in different ZIP codes. How is that possible? Through telemedicine, a major emerging trend in healthcare.

HEALING FROM A DISTANCE

Telemedicine, also known as telehealth, allows two-way, real time interactive communication between a patient at one location and a physician at another site. It's a more complex version of how you might Skype or Facetime with an out-of-town friend or relative.

It's estimated that more than 7 million Americans used telehealth services in 2018. That's up from just 350,000 users in 2013. Telemedicine is expected to continue to grow in popularity, supporting people living in communities that don't have close access to specialty healthcare services.

"Telemedicine expands services for residents of Aspen and surrounding communities," said Anthony Peregretti, AVH Director of Outpatient Clinics. "It allows AVH to leverage the best available outside resources for quality clinical care."

This treatment method offers numerous advantages. According to the American

Telemedicine Association, major benefits include:

- **Cost savings:** Telemedicine saves money by increasing efficiency through reduced travel time and automating administrative roles.
- **Better quality care:** Telemedicine improves care because it makes it easier for providers to follow up with patients, as well as monitor patients remotely.
- **Improved access:** Ease of contact results in more consistent engagement, strengthening the doctor-patient relationship.
- **Higher satisfaction:** Seeing a specialist without having to travel long distances makes treatment less of a burden on the patient.

HOW TELEMEDICINE IS WORKING AT AVH

AVH first began using telemedicine in 2011 to diagnose strokes. The program, in collaboration with Swedish Medical Center, allowed Denver neurologists to evaluate possible stroke victims at AVH. This brought the expertise of Swedish Medical Center to Aspen, utilizing AVH's state-of-the-art imaging technology that is transmitted in real time to the neurologists in Denver.

Based on this program's success, hospital administration made the

decision to expand its telemedicine capabilities. Through its relationship with UCHHealth, AVH recently began offering telemedicine to rheumatology patients and soon will be introducing the service to patients needing evaluation from an endocrinologist, which is a specialist who treats patients for endocrine and metabolic disorders such as diabetes, osteoporosis, and thyroid and adrenal disorders.

"Telemedicine is used primarily for established patients requiring follow-up visits," Peregretti said. "Instead of waiting for weeks — or having to travel to Denver or another city to see a specialist — we offer regular rheumatology telemedicine clinics. Endocrinology clinics will begin in July."

EXAMINING THE EXPERIENCE

A telemedicine visit at AVH is much like a face-to-face visit with the provider — except that care is offered in a virtual setting with the latest video technology.

Here's how it works:

The patient enters an exam room where a mobile cart is stationed. The patient is accompanied by a registered nurse (RN). The patient and the doctor communicate via video, and the provider is able to conduct standard exam functions with the assistance of the RN.



During a telemedicine visit with Duane Pearson, MD, a specialist in rheumatology at UCHealth in Denver, the patient communicates via video, and the doctor is able to conduct a standard exam with the assistance of an RN.

“Telemedicine expands services for residents of Aspen and surrounding communities. It allows AVH to leverage the best available outside resources for quality clinical care.”

ANTHONY PEREGRETTI, AVH DIRECTOR OF OUTPATIENT SERVICES

“There will be instances when the doctor will want to see the patient in person,” Peregretti said. “But telemedicine gives patients the ability to see their doctor more frequently.”

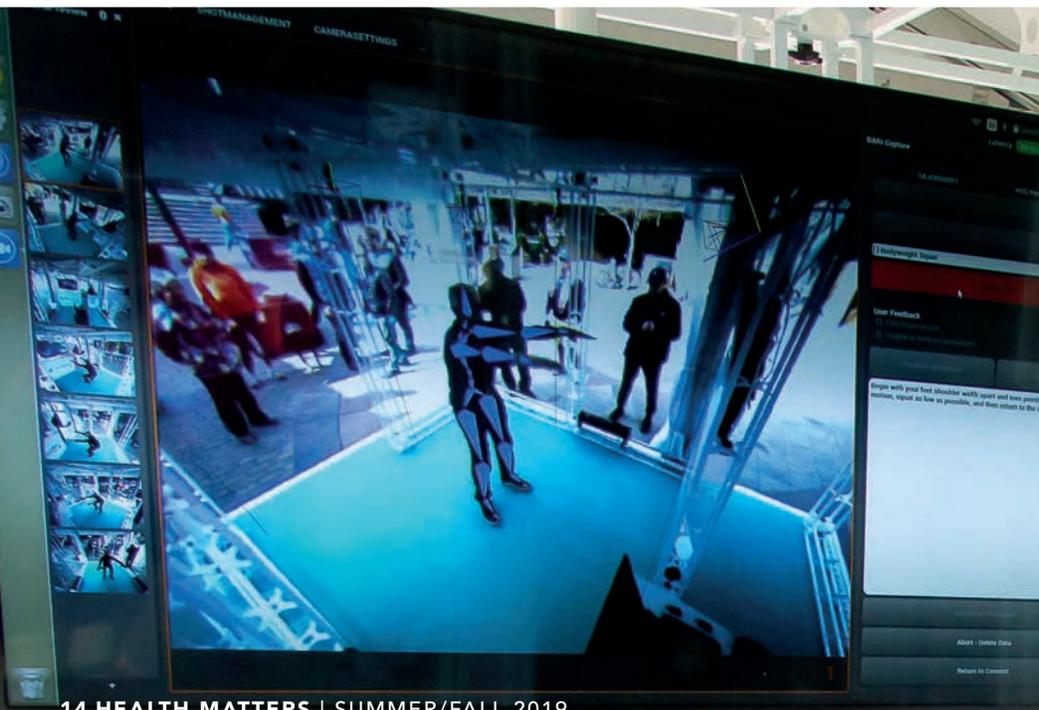
THE FUTURE OF HEALTHCARE

The telemedicine movement is just scratching the surface at AVH and at healthcare facilities nationwide. It presents a viable solution for patients

outside of major cities to receive high quality care.

“As telemedicine becomes more widely accepted as a means of providing ongoing, routine care, AVH sees it becoming another tool in our tool belt to help manage our patient population,” said Elaine Gerson, Chief Transformation Officer at AVH. “Our long-term strategy is to use telehealth services to provide

a wide range of subspecialty care to patients, in addition to providing our local community with another avenue to communicate with their primary care providers.” ■



GROUNDBREAKING ORTHOPEDIC CARE

The OrthoAspen/HSS Pop-Up Experience brought home an exciting preview of the future of musculoskeletal care

From elite athletes to movers of all levels and ages, 158 community members participated in a groundbreaking Pop-Up Experience held in Aspen this spring.

Presented by OrthoAspen in affiliation with Hospital for Special Surgery (HSS), the high-tech experience combined proprietary HSS knowledge and DARI markerless motion capture technology to inform participants about their musculoskeletal health and wellness.

The pop-up event was held downtown at Aspen's Gondola Plaza on April 6 and at Aspen Valley Hospital on April 7 and 8 — just a few days after its worldwide debut in New York City.

HIGH-TECH MOBILITY EVALUATION

For the experience, each participant entered the pop-up cube where he or she completed a series of guided movements, such as squats and vertical jumps. Meanwhile, dozens of complex cameras and sensors captured data about the individual's musculoskeletal system in motion. Following, participants received a custom assessment of their performance in a private consultation with an HSS Physical Therapist who explained how the measurements can help optimize athletic performance, prevent injury and more.

The experience was a highly visible demonstration of the "medical bridge" OrthoAspen is building with HSS between Aspen and New York, leveraging HSS' vast medical expertise and cutting edge research for the benefit of our community. HSS is ranked No. 1 in Orthopedics by *U.S. News & World Report*, and has been honing knowledge and expertise in musculoskeletal health for over 150 years.

"We anticipated people in a community as active as Aspen would respond positively to the Pop-Up Experience, but the turnout far exceeded our expectations," said Robert DiGiacomo, PT, DPT, ATC, Assistant Vice President, Sports Rehabilitation & Performance Centers at HSS. "We believe this will be the first of many benefits our affiliation brings to Aspen."

Aspen Valley Hospital and OrthoAspen would like to thank our community for taking this first step with us. Many more good things are to come. ■



Participants completed a series of guided movements while cameras and sensors captured data about their musculoskeletal system in motion.

The state-of-the-art Pop-Up Experience held in Aspen this spring enlightened curious residents about their musculoskeletal health and wellness, which can help optimize athletic performance, prevent injury and more.

Annual Impact Report

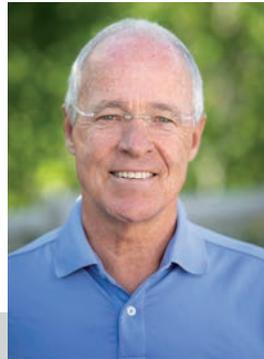
HIGHLIGHTS



Melinda Nagle, MD, Chair



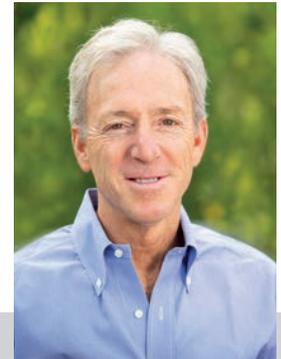
Lee Schumacher, Vice Chair



Chuck Frias, Treasurer



Greg Balko, MD



David Eisenstat

At the center of Aspen Valley Hospital's strategic plan are the words: "One Patient at a Time" and "Our Community's Health." These statements aren't just at the center of our strategy, they are at the very heart of everything we do at AVH. Whether it's a surgical team performing a lifesaving procedure or a physical therapist helping a skier recover from injury, an administrator reviewing financial statements or the Board of Directors discussing long-term vision, the goal is the same: do what is best, do what is right for our patients and our community.

The past year has seen significant advancements on all fronts. Perhaps most notably, AVH/OrthoAspen and Hospital for Special Surgery (HSS) announced a clinical affiliation that will provide the highest quality orthopedic care for the Aspen community. One highly visible aspect of our collaboration was the Pop-Up Experience, which was held in early April at downtown's Gondola Plaza and here at AVH. This high-tech and extremely popular event gave participants information about their musculoskeletal health.

Thanks to your support, we are seeing tremendous progress toward our goal of making Aspen one of the healthiest communities in the country.

It was only the second time the innovative and mobile pop-up had been used publicly, following its debut in New York a few days earlier.

We've seen progress on many other fronts, as well: the expansion of telemedicine services for neurology, rheumatology and endocrinology; extended hours for After-Hours Medical Care in Basalt, the opening of the Snowmass Medical Care clinic year-round and the launch of direct access, which allows patients to see a physical therapist without a doctor's order.

These achievements speak to AVH's core values of quality, innovation, efficiency and teamwork all in service to our patients and our community.

It's important to note that our patients and community aren't merely the beneficiaries of these efforts; they are also the reason we have these achievements to celebrate. In recent years, you have helped AVH define its goals for transforming our physical structures, our medical services and our vision for the future. Thanks to your support, we are seeing tremendous progress toward our goal of making Aspen one of the healthiest communities in the country.

Melinda Nagle, MD
Chair of the AVH Board of Directors
Member of the AVH Foundation Board of Directors



For a complete copy of AVH's Annual Impact Report, please visit aspenhospital.org or call us at **970.544.1302**.



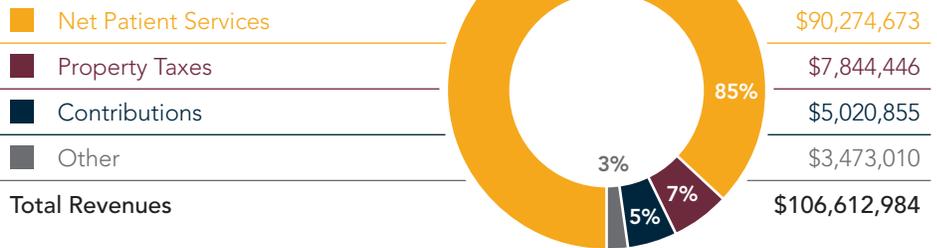
Our Strategic Plan continues to guide the highest quality care for our community provided by talented and engaged healthcare professionals, while increasing our operating efficiency and maintaining financial stability.

2018

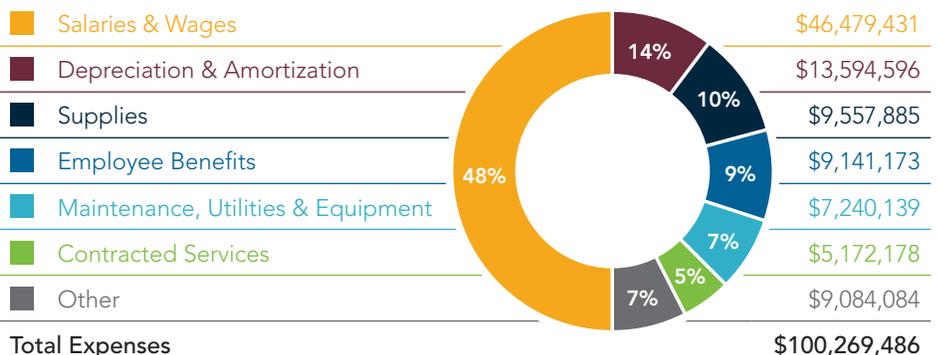
COMMUNITY IMPACT

- **1,712 community members** took advantage of low-cost health fairs.
- **520 people** employed, making AVH one of the largest employers in our community.
- **\$1.9 million** of uncompensated healthcare services provided to patients in need.
- **\$3.5 million** in Medicaid subsidies.
- **\$446,108** in direct financial support to outside agencies for programs that serve the needs of our most vulnerable community members. Partnered with Pitkin County's Healthy Community Fund to support:
 - + Mind Springs Health
 - + Aspen Detox Center
 - + Aspen Homeless Shelter
 - + Mountain Family Health Center's Basalt location
 - + West Springs Hospital

2018 REVENUES



2018 EXPENSES



TOTAL INCREASE IN FUND BALANCE

\$6,343,498



PUTTING THE 'FUN'



The Crown Family made a generous honorarium gift in support of the \$60 million capital campaign that will be recognized with a special naming opportunity: The Renée and Lester Crown Center for Specialty Care. This Center will open in the fourth and final phase of the Hospital's Master Facilities Plan.

Support from donors has exceeded all expectations. Just over six years into launching Aspen Valley Hospital Foundation, nearly \$50 million has been raised to support priority projects, programs, life-saving technology and the Hospital's unprecedented \$180-million Master Facilities Plan.

That plan, with three of four phases now complete, has wholly transformed how care is delivered, right-sizing facilities to accommodate today's standards for privacy and safety, while also adding technological advancements that didn't exist when the original hospital was constructed in the mid-1970s.

The fourth and final phase is contingent on raising the final \$13.5 million. That final phase connects the newly constructed east and west wings, and allows for the creation of a specialty care clinic and centralized admissions and registration area.

SUMMER POLO BENEFIT RAISES OVER \$1 MILLION

Keeping donors engaged and feeling part of the progress has been the hallmark of AVHF. While the capital campaign continues full-steam ahead, other facets of the development program have also emerged. Launching a signature fundraising event in 2016 — a Summer Polo benefit — has now raised over \$1 million and has supported a variety of projects across the Hospital's campus.



AVHF held its annual Summer Polo benefit, "Chukkers, Champagne & Caviar" on August 12, 2018. Hosted by Melissa and Marc Ganzi at Aspen Valley Polo Club, the event attracted over 200 guests and top polo players from around the globe! Sponsors included The Aspen Times, Caribou Club, Lugano Diamonds, Aspen Skiing Company, Beverly Hills Caviar, Piper Heidsieck Champagne, Premier Party Rentals, St. Regis Hotels and Sundance Liquors. In addition to experiencing world-class polo competition, guests bid on fabulous items in the live and silent auctions and shopped at some of Aspen's finest retailers who were on site showcasing a selection of luxury goods. John Sarpa, AVHF Board Chair, served as emcee and guest auctioneer.

INTO FUNDRAISING

AVHF HOSTS THE INAUGURAL SNOWBALL

AVHF was proud to be the nonprofit partner of the 2018 World Snow Polo Championships — the only snow polo tournament of its kind in North America. As a capping event, AVHF hosted the inaugural SnowBall, a black-tie gala at the St. Regis Aspen on December 22, 2018. The sold-out event raised over \$165,000 to support programs and services at Aspen Valley Hospital.

Attending the SnowBall on behalf of the Hospital and the Foundation were CEO Dave Ressler; AVHF President and CEO, Deborah Breen; and AVHF Board Chair John Sarpa. The honorees of the event were polo enthusiasts Melissa and Marc Ganzi; and the evening was graciously co-chaired by Delfina Blaquier and Nacho Figueras. Also in attendance were many other world-renowned polo players including Nic Roldan, Carlos Gracida, Jr., Saye Yabandeh, Brian Boyd, Henry Porter and Grant Ganzi.

YOU, TOO, CAN HELP

All of these events allow AVHF an opportunity to celebrate successes to date, highlight all of the progress underway and thank the many friends who have made progress possible. "The Hospital depends on the generosity of our community in order to deliver exceptional healthcare," said Deborah Breen, AVHF President and CEO. "We are overwhelmed with the support we have received thus far."

There remains an open invitation for people to get involved. If you want to help, please call **970.544.1302** or visit supportaspenvalleyhospital.org. ■



**DONATE
NOW**



Your support is needed to help elevate healthcare in our community. To make a gift or to learn more about all the giving opportunities available, please contact Aspen Valley Hospital Foundation. You can also send a gift using the remittance envelope enclosed in the center of this magazine.

970.544.1302 ■ avhf@aspenshospital.org
supportaspenvalleyhospital.org



'BREAST' PRACTICES

Breast cancer affects one in every eight women. At Aspen Valley Hospital, providing access to life-saving screenings and treatment is all available in the comprehensive Breast Center.

Offering state-of-the-art digital 3D mammography, breast MRI, a dedicated breast navigator, genetic counseling, breast surgery, reconstructive surgery, chemotherapy and an array of other support services for patients and their families, the Breast Center is a tremendous resource for women in our community.

Staffed with experts in their fields — from highly trained radiologists who specialize in reading breast images, to oncologists, surgeons and technologists — the Center's care team understands best practices and protocols that put AVH's services on par with that of any major medical center.

ARE YOU DENSE?

Last year, a very grateful patient, Rachel Sherman, approached Aspen Valley Hospital Foundation to inquire about dense breast ultrasound technology. Forty percent of women nationally have dense breasts, including Rachel. Inspired by her own breast cancer journey, Rachel set out to help AVHF raise funds towards purchasing \$440,000 in technology upgrades that were planned for the Breast Center, which included not only a dense breast ultrasound machine, but also the addition of both stereotactic and vacuum-assisted breast biopsy equipment.

Women with dense breasts have tissue that is comprised of less fat and more fibrous and connective tissue. This means that cancer can be masked by dense tissue, making early diagnosis more difficult. Knowing the great benefits of having additional screening



Rachel Sherman continues to be an advocate and inspiration for women in our community. From hosting a kickoff event with her care team, to educating women about the importance of screening and knowing if they have "dense breasts," to inspiring a "pink" giving tree in the Breast Center over the holidays, Rachel's story has inspired over \$100,000 in donations towards new equipment. (Left to right) AVHF Director of Diagnostic Imaging, Jo-Dee Russell; supporter, Rachel Sherman; AVHF Board member, Douglas Rovira, MD; mammography technologist, Deb Demeulenaere; and AVHF President, Deborah Breen.

capabilities for women with dense breasts locally, Rachel led the crusade and helped AVHF raise over \$100,000. And, more importantly, she became an advocate and educator for women around the community.

At an event she hosted last year to build awareness, she thanked her team of caregivers and offered an important message: "Looking around the room tonight, statistically, 10 of us will be dealing with a breast cancer diagnosis in our lifetime. My diagnosis came early and was very treatable. If you have only one takeaway tonight, it is to take care of yourself."



SPOTLIGHT ON JOHNNY BRENDEN AND THE BRENDEN MANN FOUNDATION

Johnny Brenden is the chairman and owner of the Brenden Theatre Corporation, which currently operates nearly 100 screens of "movie magic" at eight locations in the East Bay of Northern California (including a new dinner theatre opening this fall), Southern Nevada, Arizona and the Brenden Rifle 7, in Rifle, Colorado. Johnny comes from a family with a long

history in motion picture exhibition. His grandfather, Ted Mann, was a pioneer of the theatre exhibition industry who built and operated the former Mann Theatre Corporation.

As a young boy, Johnny learned the movie business early working at his grandfather's theatres as a cashier and usher while also working world film premieres at the Mann's Chinese Theatre in Hollywood and prestigious Westwood Theatres. As a young man, Johnny moved into the corporate side of the business in film buying, real estate and theatre operations. He soon saw an opportunity to pursue his dream of starting his own theatre company and in 1990, started the Brenden Theatre Corporation by opening his first movie theater near Walnut Creek in Northern California.



Johnny has always followed in his grandfather's footsteps and Ted Mann was a noted philanthropist in the field of holistic cancer

With the highest resolution imaging in the industry, the Faxitron machine provides instant confirmation of a successful biopsy procedure, saving time and minimizing patient stress.

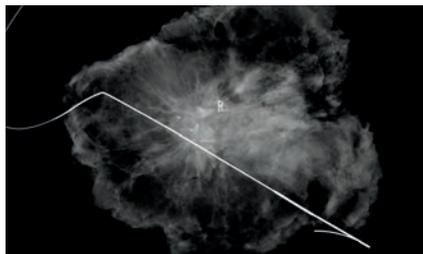


Image of breast during a procedure with Faxitron technology shows precision placement of biopsy instrumentation, which allows for more precise samples and faster turnaround time of results.

treatment, breast cancer treatment and support services for cancer patients and their families. So when Johnny heard about AVH's plans to purchase a Faxitron — a state-of-the-art piece of equipment that takes breast biopsy procedures to a whole new level of precision — he felt compelled to help. This new technology offers significant benefits during biopsy procedures: it allows for more precise samples,

improves visualization, minimizes procedure time and offers faster turnaround time for results.

Because of the Brenden Mann Foundation's generous grant, AVH's Breast Center was able to accelerate the purchase of this new technology, which debuted earlier this year and is playing a starring role amongst the cast of technology already in place. ■

Chukkers X Champagne X Caviar
SUMMER POLO

August 11, 2019

A benefit for Aspen Valley Hospital Foundation



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Sponsors known at time of printing

DIRECTORY *of services*

Want to schedule an appointment? Wish to check on a patient? Have a billing question? For all of your healthcare and hospital-related questions and requests, here is a list of Aspen Valley Hospital phone numbers to call.

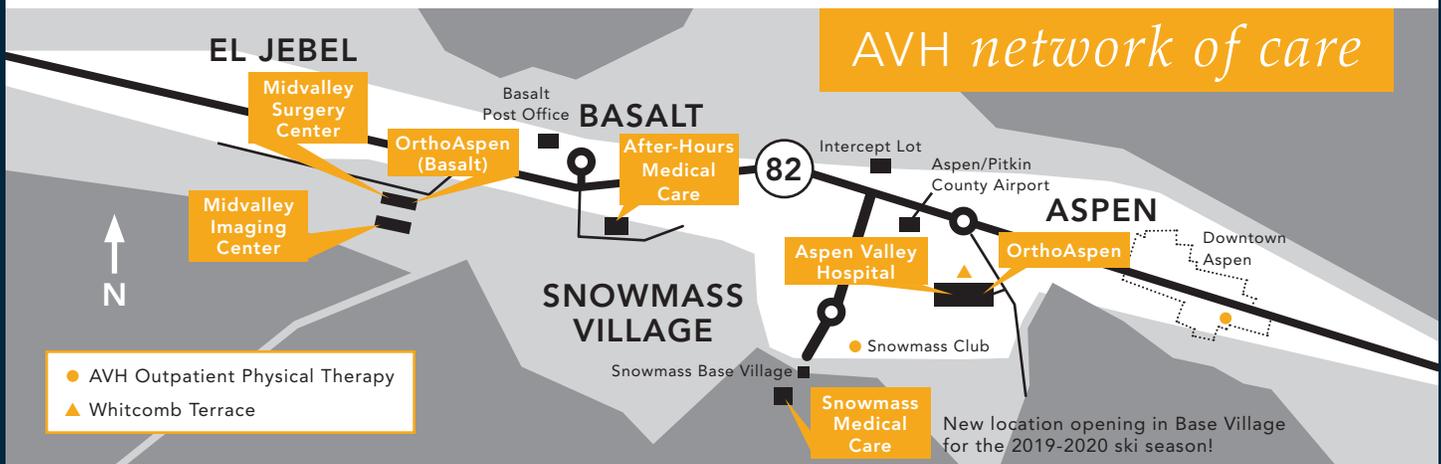
HOSPITAL DEPARTMENTS

General Information	970.925.1120
Administration	970.544.1261
Admissions	970.544.7350
Aspen Valley Hospital Foundation	970.544.1302
Aspen Ambulance District	970.544.1583
Aspen Birth Center	970.544.1130
After-Hours Medical Care in Basalt	970.544.1250
Billing Help Line	970.544.7694
Breast Center	970.544.1420
Business Office/Billing	970.544.7377
	800.262.3067
Cardiac Rehabilitation	970.544.1383
Cardiopulmonary/Respiratory Clinic	970.544.1264
Community Relations	970.544.1296
Diabetes Education	970.544.7394
Diagnostic Imaging	970.544.1192
Diagnostic Scheduling	970.544.1392
Emergency Department	970.544.1228
Gift Shop	970.544.1304
Human Resources	970.544.1367
Laboratory	970.544.1570
Medical Records	970.544.1290
Midvalley Imaging Center	970.927.5087
Midvalley Surgery Center	970.544.1360

Nuclear Medicine	970.544.1127
Nutrition Services	970.544.1157
Oncology & Infusion	970.544.1507
Outpatient Scheduling	970.544.1392
Pain Center of the Roaring Fork Valley	970.544.1146
Patient Care Unit	970.544.1135
Pharmacy	970.544.1778
Physical Therapy/Rehab Services	970.544.1177
Same Day Surgery/Outpatient	970.544.1327
Snowmass Medical Care	970.544.1518
Spanish Resources	970.544.1543
Surgery Scheduling	970.544.7391
Whitcomb Terrace Assisted Living	970.544.1530

MEDICAL PRACTICES

Center for Medical Care	
Aspen Valley Primary Care	970.279.4111
Cardiology	970.544.7385
Ophthalmology	970.544.1460
OrthoAspen (Aspen & Basalt)	970.544.1289
Otolaryngology (Ear, Nose & Throat)	970.544.1460
Endocrinology	970.544.1395
Pulmonology	877.225.5654
Rheumatology	970.544.1395



ASK THE EXPERT

Elaine Gerson, General Counsel, Chief Transformation Officer and Administrator of AVH Ambulatory Clinics, on helping to make our community a healthier place to live by recruiting more primary care providers (PCPs).

What do PCPs do, and why is their role so crucial to managing health risks and building a healthier community?

A PCP serves as the primary point of contact for the management of all of a patient's health needs. They are responsible for overall health and wellbeing of a patient, including ensuring annual wellness visits and routine screenings are performed. They are also responsible for the management of chronic conditions and referrals to specialists or higher levels of care when needed.

Beyond improving patients' health, what other benefits can a strong network of PCPs have for the community?

A PCP's management of the patient's care is vital to prevent duplication of testing, which can drive up medical costs. They act as the central repository of all of a patient's information to ensure the appropriate tests and treatments are being provided to manage his or her condition. A PCP also helps to determine when it is appropriate to utilize hospital services, such as the Emergency Department (ED). ED services are typically expensive, and many times a patient's condition can be managed by their PCP or a subspecialist without having to go to the ED.

What goals does Aspen Valley Hospital have for establishing primary care practices?

AVH intends to establish its own employed PCP clinics in order to meet the growing needs in this community. With limited financial resources, many community practices struggle

Having a strong primary care network will allow for greater access to care, lower costs and better patient outcomes.

ELAINE GERSON



to meet the value-based model of care that has been proven to be an effective and efficient means to care for a larger population of patients. In addition, the population is aging, and many of the community practices are no longer taking new Medicare patients. Having a strong primary care network will allow for greater access to care, lower costs and better patient outcomes.

What progress has AVH achieved toward those goals?

AVH recently hired Alyssa Franklin, Primary Care Director, to assist with the establishment of the Aspen Valley Primary Care practice, part of AVH's Center for Medical Care. In addition, AVH has recently employed Drs. Karen and Kelly Locke and Dr. Michael Plachta (family medicine physicians) along with Dr. Edward Wiese (internal medicine) who will join the practice this fall. AVH is also working with community primary care to provide opportunities for those practices to recruit additional PCPs.

What are some assets AVH can use to attract PCPs to the community?

For a critical access hospital located in a rural community, AVH has many resources available that are not typically offered by a rural hospital. As a Level III trauma center, AVH offers state-of-the-art imaging and many subspecialists in the area, which means health services that are more convenient for patients. In addition, AVH provides high quality care with high patient satisfaction. The staff is one of the most caring I've seen in my 35-year career. ■



ASPEN VALLEY HOSPITAL

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AVH'S ANNUAL IMPACT REPORT IS HERE!

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