

HEALTH MATTERS

LIFT YOUR PERFORMANCE

GAIN AN EXTRA EDGE THROUGH NUTRITION p. 5



ALSO INSIDE:

RAISING THE BAR ON ORTHOPAEDIC CARE p. 8

A SECOND LEASE ON LIFE p. 12

TEACH YOUR CHILDREN WELL p. 19

HEALTH MATTERS

SPRING 2022

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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. Leadership are current at time of printing.



ASPEN VALLEY HOSPITAL



on the COVER

Lauren Mitchell, MS, RDN, CSSD, Registered Dietitian at AVH, helps athletes and non-athletes optimize their performance through tailored nutrition plans. Read the story on page 5.

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 • 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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Our Network of Care is constantly evolving, to assure we provide the highest quality care for our community so you can maintain your optimum health and wellbeing.

We are all the same in the eyes of our physicians and healthcare professionals. How we make a living, how much we are worth or where we are from does not influence the care we receive. That is the beauty of healthcare and Aspen Valley Hospital: We see all patients as who they are, what they need and how we can help.

With a vision to help make our community the healthiest in the nation, AVH must address the needs of our entire community, from Aspen to Snowmass Village to Basalt, and everywhere in between. Our Network of Care is constantly evolving with this in mind, to assure we provide the highest quality care for our community so you can maintain your optimum health and wellbeing.

In this issue of *Health Matters*, we provide updates regarding our progress, including the grand opening of the Steadman Philippon Surgery Center in Willits. Here, we and our Steadman Clinic partners provide the most advanced orthopaedic surgical care in a singular location dedicated to musculoskeletal health. The facility also includes the Steadman Clinic offices, Howard Head rehabilitation services and the Steadman Philippon Research Institute to serve patients and Olympians (as an official Olympic partner) from around the valley, the state and the world.

This issue will also introduce you to Dr. Rahul Shah, a pediatrician and the newest member of our Aspen Valley Primary Care practice. Dr. Shah works with a team of healthcare professionals to address the needs of our youngest patients. You will also meet Lauren Mitchell, our Board Certified Specialist in Sports Dietetics, who helps recreational and serious athletes gain an extra edge through nutrition.

Of course, AVH hasn't lost our zeal for what we do best — caring for illnesses and injuries. We are a certified level III trauma center, and we are prepared for whatever you need. You will experience what this preparedness looks like through the eyes of a patient whose life was in the balance, and how he survived to tell his story because of the skilled and dedicated team that was there for him.

Indeed, we are all different in our community, and we are all the same. We are all people who hurt, who laugh, who love, who suffer, and who thrive in our community. AVH is here for all of us.

Dave Ressler
Chief Executive Officer



Lauren Mitchell, MS, RDN,
CSSD, Registered Dietitian

ACCELERATING ATHLETIC PERFORMANCE:

Nutrition plans are a marathon, not a sprint

This is it. The race you have been preparing for over the past several months. You're in the final stretch and suddenly, you feel nauseous, dizzy and weak. It's getting harder to finish.

What's happening?

You're experiencing the dreaded condition known as bonking. Bonking is not a technical term but rather slang used by athletes to describe a condition when muscles become depleted of glycogen, the storage form of carbohydrates in muscles and the liver. Bonking may cause anxiety because you know you do not have the sufficient amount of energy to compete.

If there is such a thing as a bonking expert, it's Lauren Mitchell, MS, RDN, CSSD, Registered Dietitian at Aspen Valley Hospital. Mitchell is an experienced runner and six-time Boston Marathon qualifier. She helps athletes by creating science-backed nutrition plans to avoid bonking and achieve optimal results.

"How we eat during training can help create metabolic advantages to enhance our training, sustain activity levels, improve recovery and ultimately maximize performance," Mitchell said. "A race-nutrition

"How we eat during training can help create metabolic advantages to enhance our training, sustain activity levels, improve recovery and ultimately maximize performance."

— Lauren Mitchell, MS, RDN, CSSD, Registered Dietitian

plan considers your goals, macronutrient and micronutrient needs, hydration and lifestyle."

It's important to note that a dietary plan shouldn't start on the day of competition. Athletes need to follow a specialized strategy months beforehand.

"One mistake many athletes make is only thinking of their nutritional intake the week of the race or competition," Mitchell said. "Fueling the right way throughout training can make a huge difference."

Every athlete has specific nutritional needs at different times throughout training. Mitchell recommends scheduling the first nutrition coaching appointment before training begins. Additional sessions should occur one-to-two months into the training program, and then finally, one month prior to the competition.

"When you meet with me, your total fueling needs will be assessed based on your energy expenditure activity and nutrient requirements," Mitchell said. "There is no one-size-fits-all approach. Each plan is based on the athlete's specific needs and goals."

If you are looking to achieve maximum results in your next race, competition or long hike, email lmitchell@aspenhospital.org or call **970.544.1145**. Mitchell is also available to help athletes of all sports — and all ages — gain a competitive edge through tailored nutrition plans. ■

MONTHLY EVENTS

BOARD OF DIRECTORS MEETINGS

Second Monday of the month,
at 5:30 p.m.

Meetings are available to the public via Zoom and are held in the Oden Conference Center at AVH (COVID permitting). You can access our monthly meeting information at [aspenhospital.org/events](https://www.aspenhospital.org/events).

ONGOING CLASSES AND EVENTS

ASPEN BIRTH CENTER CLASSES

Offered via Zoom and in person
(COVID permitting)

Currently, the Aspen Birth Center is only offering the Childbirth Preparation Series, which is a six-week series of classes covering labor, delivery, relaxation, anesthesia, C-section, postpartum, breastfeeding and newborn care, for a total cost of \$75.

This class is offered multiple times throughout the year. Online registration is available at [aspenhospital.org](https://www.aspenhospital.org).



BOSOM BUDDIES

Offered via Zoom

This free, bi-weekly support group is led by our lactation experts and provides professional and peer counseling for breastfeeding mothers.

Call the Aspen Birth Center at **970.544.1130** to reserve your spot and receive a Zoom link.

CARDIAC REHABILITATION/ PULMONARY EXERCISE AND 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**.



ONCOLOGY REHAB

Did you know that regular exercise can improve, or even alleviate, some of the troublesome symptoms of cancer treatment? Oncology Rehabilitation at AVH holistically addresses cancer-related symptoms during and after cancer treatment through cardiovascular exercise, resistance, balance and neuromuscular training in a supportive group environment. For class schedule information and to set up your preliminary interview, please contact Jeanne Stough at **970.544.1566** or at jstough@aspenhospital.org.

DIETITIAN DEMOS

Now offered seasonally and hosted on our Instagram at [@aspenvalleyhospital](https://www.instagram.com/aspenvalleyhospital).

Registered Dietitians Lauren Mitchell, MS, RDN, CSSD, and Kristy Bates, RDN, will bring you recipes, best practices and helpful tips for staying your healthiest and most-fueled self while you plan your next adventure, whether that's a backpacking trip or just a trip to the park.

Each demo will highlight a specific season with insight from local guests, as well as our own nutrition experts.

Check [aspenhospital.org/dietitian-demos](https://www.aspenhospital.org/dietitian-demos) for more information.

BLOOD DRIVES

In affiliation with St. Mary's Hospital

All blood drives take place at AVH and you must register ahead of time at [aspenhospital.org/events](https://www.aspenhospital.org/events). There are no walk-in appointments available.

May 10, 10:30 a.m. - 3 p.m.

HEALTH FAIR: SAVE THE DATES

We are pleased to host our annual health fair once again. Please save these dates!

Thursday, November 10

Aspen Valley Hospital

Friday, November 11

Aspen Valley Hospital

Saturday, November 12

Aspen Valley Hospital

Sunday, November 13

El Jebel Community Center

- Blood draws only.
- By appointment only — no walk-ins.

Visit our website closer to the event for event times and to stay up-to-date with appointment bookings and test options: [aspenhospital.org/health-fair](https://www.aspenhospital.org/health-fair).

For more details on these upcoming events, visit [aspenhospital.org](https://www.aspenhospital.org).

OUR PATH OF PROGRESS

The Network of Care we enjoy today is the result of generous support by our community and donors, and many important decisions and hours of hard work on behalf of the Aspen Valley Hospital Board of Directors, physicians and staff. Here's a snapshot of our progress over the last 18 years:

2004

AVH Board guides a financial turnaround process by installing interim and new management and outsources billing and collections functions to restore community confidence.

AVH Board commissions master facilities planning (MFP) to modernize and right-size the Hospital to accommodate the industry growth trends in outpatient services and development of new services.

2005

2008

AVH accomplishes the first phase of the MFP with the expansion of the Aspen Birth Center to include four labor and delivery rooms and five post-partum rooms.

AVH launches the After-Hours Medical Care clinic in Basalt to better address the medical needs of the midvalley population.

2010

2013

AVH completes Phase II of the MFP, the largest phase, including 20 employee housing units, a new parking garage, 20 private inpatient rooms, café, rehabilitation services and medical office space.

AVH completes Phase III of the MFP with a new west entrance, emergency department with a helipad on the roof, radiology, lab, surgery and more medical office space.

2016

2018

AVH launches the Center for Medical Care clinics to expand its Network of Care and provide primary care and specialty physician services.

The Snowmass Clinic opens in its new and expanded location in Base Village, and remains open year-round.

2019

2020

AVH and The Steadman Clinic launch a new partnership to enhance and expand world-class orthopaedic services in the valley, including the new Steadman Philippon Surgery Center in Basalt.

In cooperation with AVH and the Valley Health Alliance, the Rocky Mountain Valley Health Plan launches a new product on the individual market with 8-15 percent lower premiums.

2021

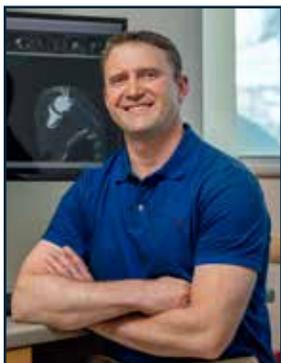
2022

AVH implements Epic, the industry gold standard for integrated electronic health records.

THE STEADMAN CLINIC AND AVH PARTNERSHIP ONE YEAR LATER

TREATING MORE PATIENTS WITH EXPANDED SERVICES

It was December 2020 when The Steadman Clinic, in coordination with Orthopedic Care Partners, formally aligned with Aspen Valley Hospital to deliver a full complement of orthopaedic services to the community. In just over one year, the collaboration has already achieved significant results.



"I've been very impressed by what has been accomplished in a relatively short time," said Jared T. Lee, MD, Medical Director of Steadman's Aspen Clinic. "The Steadman Clinic and Aspen Valley Hospital share a vision of creating a worldwide center of excellence and a desire to continue raising the bar."

Area residents and visitors alike have noticed the difference, too. Since the partnership began, orthopaedic patient visits have increased by about 34 percent over the previous year.

ANALYZING PROCEDURES FOR SEAMLESS SURGERIES

One of the first goals of the partnership was to examine surgical processes to improve efficiencies. This not only allows the clinic to see more patients, but also makes surgeries safer.

"There is a high demand for our services, but patient safety is always our top priority," Dr. Lee said. "We strive to have

our team fully prepared and ready to go so patients experience shorter times in the operating room. The chance for complications increases the longer a surgery takes. We've worked closely with the OR and anesthesia staff, perfecting our methods to minimize the likelihood of delays or interruptions."

Providing the best possible care is a longstanding philosophy of both AVH and The Steadman Clinic. "Dr. Steadman, the clinic's founder, believed that patients come first," Dr. Lee said. "Each patient is the most important patient. Because Aspen Valley Hospital also has that mantra, the collaboration has been quite seamless."

PRACTICING CARE AND COMPASSION

Receiving high quality treatment at the clinic doesn't depend on your demographic. From X Games athletes with torn ACLs to fixed-income retirees who need hip surgery, the clinic warmly welcomes all patients and accepts Medicaid and Medicare.

"The Hospital has programs to help offset medical expenses," Dr. Lee said. "I treated a worker with a severe ligament knee injury. The Hospital staff was wonderful. They worked with him to ensure he could get the care he needed."

EXPERT SERVICES WITH A PERSONAL TOUCH

The goal of The Steadman Clinic at AVH is to deliver the highest standard of orthopaedic care and individual attention to every patient seeking help for:

- Knee injuries
- Shoulder injuries
- Hip injuries
- Hand & wrist injuries
- Elbow injuries
- Foot & ankle injuries
- Spine & neck injuries
- Joint replacement
- Regenerative medicine
- Interventional pain management
- Sports medicine
- Internal medicine
- Trauma

EXAMINING THE FUTURE

With such a strong foundation, the future of the partnership is bright. "Our services will continue to develop and flourish," Dr. Lee said. "I expect to see many exciting advancements in the world of sports medicine over the next several years, including using biologics, like blood and tissue, to maintain our joints and ligaments. We're already doing something similar with MACI (a procedure that repairs damaged cartilage by using a patient's own cells), but the techniques and applications will continue to evolve and be more preventative in nature." (See sidebar article on page 10 for information about the MACI Procedure.)

Another exciting initiative is the opening of the Steadman Philippon Surgery Center in Basalt. This new 65,000 square-foot state-of-the-art medical office building and ambulatory surgery center is

a collaboration among The Steadman Clinic, Orthopedic Care Partners, Aspen Valley Hospital and Vail Health.

Recently opened this spring in the Willits Town Center development, the facility features patient care space for The Steadman Clinic and a Steadman Philippon Research Institute laboratory, along with the ambulatory surgery center and rehabilitation services provided by Howard Head Sports Medicine so area residents can stay close to home for the latest orthopaedic treatment and care. (See sidebar article on page 11 for more details about the new world-class orthopaedic center.)

To learn more about the full range of orthopaedic services available from The Steadman Clinic at AVH, visit aspenhospital.org/services/orthopaedics. ■

THE STEADMAN CLINIC AT-A-GLANCE

ASPEN

Address: 0401 Castle Creek Road
Aspen, CO 81611

Hours: Monday through Friday, 8 a.m. - 5 p.m.

Phone: 970.476.1100

BASALT

Address: 200 Robinson Street
Basalt, CO 81621

Hours: Monday through Friday, 8 a.m. - 5 p.m.

Phone: 970.476.1100

"The Steadman Clinic and Aspen Valley Hospital share a vision of creating a worldwide center of excellence and a desire to continue raising the bar."

- Jared T. Lee, MD, Medical Director of Steadman's Aspen Clinic



USING YOUR OWN CELLS TO REPAIR KNEE CARTILAGE DAMAGE

Knee problems are extremely common and occur in people of all ages. At The Steadman Clinic, an innovative service known as the MACI® procedure can help alleviate pain.

The official name for this advanced technique is a mouthful ... *autologous cultured chondrocytes on porcine collagen membrane*. Simply put, MACI repairs damaged cartilage by using a patient's own cells.

When knee cartilage is compromised, it often cannot heal on its own. The damage then gets worse over time, causing pain and limiting physical activity. MACI can dramatically reduce discomfort and improve function by employing the patient's own cartilage to create durable repair tissue for knee cartilage.

PUTTING THE CELLS TO WORK

The first step toward healing is to have arthroscopy, a procedure to look inside the knee. This is when the surgeon takes a few small pieces of cartilage, before sending them off to a state-of-the-art, FDA-licensed facility.

At the facility, the cartilage cells are treated to help them multiply. The cells are then embedded on a special collagen membrane and sent back to The Steadman Clinic so the surgeon can complete the final procedure.

The surgeon customizes the membrane to match the size and shape of the cartilage defect before implanting it in the eroded area. That's when the cells get down to business. They detach from the membrane, combine with proteins in the knee cartilage and form sturdy repair tissue. The tissue continues to repair over time, filling the defect to regenerate the damaged cartilage.

GETTING YOU BACK ON TRACK (OR SLOPE ... OR COURT ... OR FIELD)

MACI is for patients with cartilage defects in the knee caused by an injury, strain, muscle weakness or general wear and tear. After surgery and rehabilitation, patients can expect higher quality of life, greater ability to perform recreational activities and improved knee function. This procedure is just one of the many pioneering orthopaedic services currently available to Aspen residents and visitors at The Steadman Clinic. ■

The MACI® procedure is just one of the many pioneering orthopaedic services currently available to Aspen residents and visitors at The Steadman Clinic.





ADVANCED MUSCULOSKELETAL SURGERY AND CARE IN BASALT

Area patients and visitors alike are now able to receive some of the latest orthopaedic surgery techniques and procedures without having to travel outside of the midvalley.

The new 65,000-square-foot Steadman Philippon Medical Building and Steadman Philippon Surgery Center has opened its doors and is now welcoming patients.

The three-story structure, located in the Willits Town Center development, includes offices and patient care space for The Steadman Clinic, along with the ambulatory surgery center and Howard Head Sports Medicine rehabilitation services. Steadman Philippon Research Institute (SPRI) also maintains a regenerative medicine laboratory, and offices focused on orthopaedics and healthy aging research.

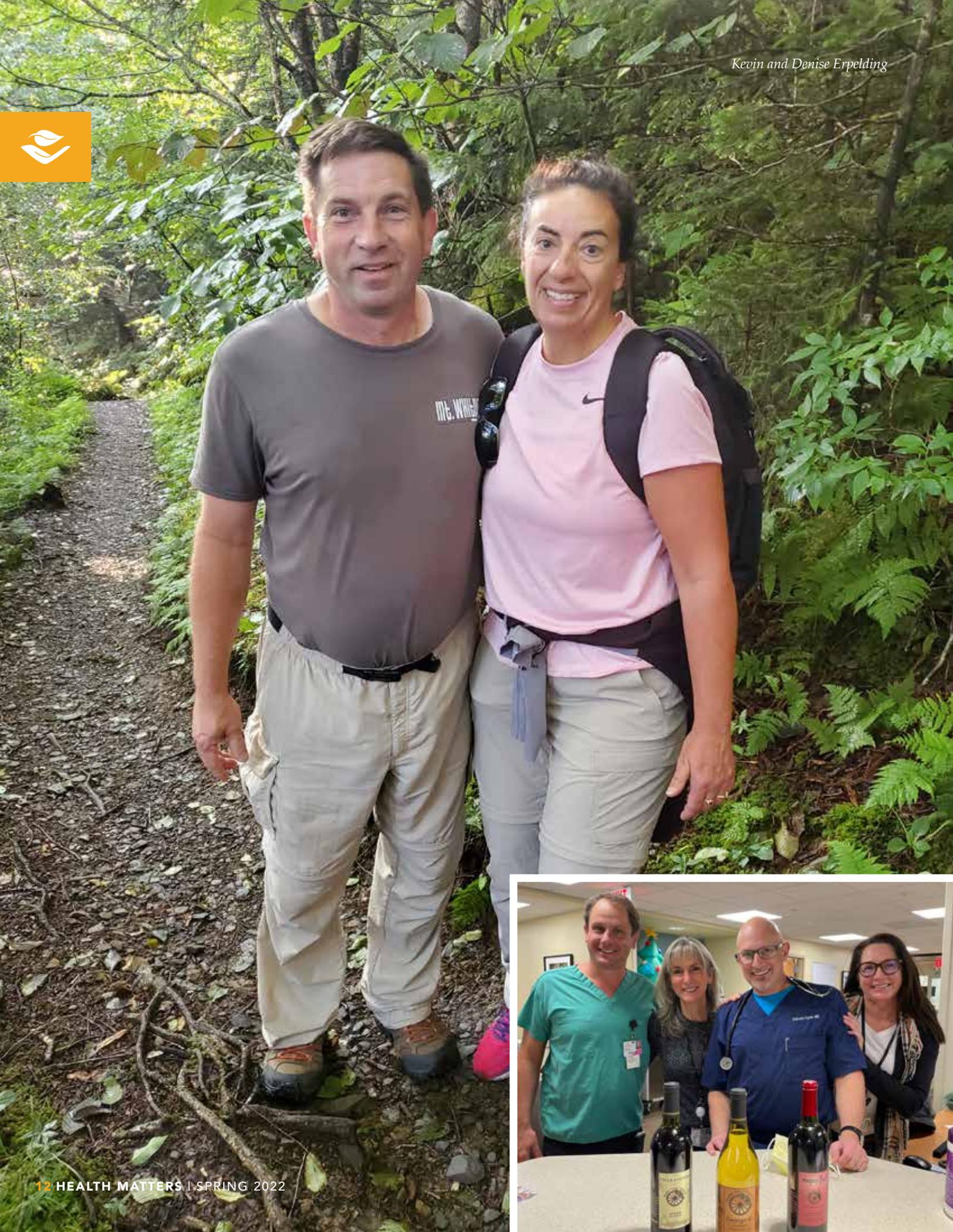
“Our vision for this facility is to provide greater access to our renowned physicians practicing the latest, evidence-based treatments, which will prove to be a significant benefit to Aspen and the surrounding communities,” said Dan Drawbaugh, CEO of The Steadman Clinic and SPRI. “The center will complement and enhance our clinic at Aspen Valley Hospital. Area residents looking to stay active longer now have a more convenient way to get the best orthopaedic care, supported by SPRI’s groundbreaking research.”

The Steadman Clinic is located on the third floor. Steadman’s space includes physician offices, viewing stations, team offices, 16 exam rooms, a biologics lab, Durable Medical Equipment services and casting room. Imaging services, including X-ray and a 3-Tesla MRI, are located on the first floor.

“I toured the building before we opened, and I’m amazed at its sophistication,” said Jared T. Lee, MD, Medical Director of Steadman’s Aspen Clinic. “Operating rooms, imaging services, research facilities, physical therapy and much more all on one campus. I can’t think of a similar center for musculoskeletal health. Even major universities don’t have anything like it.”

The ambulatory surgery center occupies nearly 37,000 square feet and is located on the second floor of the structure. It features four operating rooms with two shelled for future growth. It also has a procedure room, a biologics lab, nine pre-op and post-op rooms, and 14 total recovery rooms.

“We are very much looking forward to seeing patients at this new facility in Basalt,” said Dr. Marc J. Philippon, Managing Partner of The Steadman Clinic and Chair of SPRI. “As our surgeons treat patients in the Aspen area, we know the center in Basalt will enable us to expand upon our mission of providing the highest standard of orthopaedic care and personal attention to every patient seeking our help.” ■



IOWA MAN GRATEFUL FOR SNOWMASS CLINIC STAFF'S FAST ACTION AFTER HEART ATTACK

'They definitely saved my life'

Kevin Erpelding may be a lifelong resident of Iowa, but when it comes to high-country activities, he is no novice. Since the early 1990s, he has made annual ski trips to Aspen and other destinations in the West. Two years ago, he hiked Mount Whitney in California, the tallest mountain in the contiguous United States, and has "bagged" some other 14,000-foot peaks. He also has completed many 5K runs and two half-marathons.

In his early 50s, Kevin is the last person you'd expect to have a heart attack — yet that is exactly what happened on April 25, 2021.

It was the third day of a ski trip to Aspen with two friends. They were on their second run down from the top of Snowmass when Kevin began feeling a sharp pain in his shoulders. "I get pinched nerves now and again," he said, "But as I skied, it kept getting worse and worse."

Kevin dismissed his friends' suggestion that he return to their condo and rest. At the end of the run, however, the pain was intense. He looked for a local chiropractic office but couldn't find one that was open. Finally, he checked into the Snowmass Clinic, part of Aspen Valley Hospital's Network of Care, around 11 a.m.

"I was in an exam room and one of the doctors was looking at me," Kevin said. "I remember asking for drugs for the pain. But the doctor said I had something more than just back pain. Then I blacked out. When I came to, they were pumping air into my oxygen mask with a hand pump, and they had also hit me with the defibrillator."

Although he didn't know it, Kevin had suffered a massive heart attack. Clinic staff worked to keep him alive, stabilize him and call for an ambulance transfer to the hospital.

On the way, he suffered another heart scare and was aware of the ambulance crew applying the defibrillator to his chest again. "It's not something you want to remember," he said. "I was awake, but I was in shock. I kept thinking, 'Why am I having a heart attack? I was just skiing.'"

To thank the Snowmass Clinic care team who helped saved his life last year following a heart attack while skiing, Iowa native Kevin Erpelding sent bottles of wine, neck gators and a thank-you note to the team last holiday season. Here with the gifts are a few of the Snowmass care providers: Ryan Curry, RN, BSN; Clinic Manager Kelly Hansen; Steve Furer, MD, FACEP; and Joanna Rajchert, X-ray Technician.

At the hospital, cardiac surgeons implanted two stents in Kevin's right coronary artery. As the doctors explained to him, plaque had broken loose in one of his blood vessels, traveled to the heart and created the blockage. By late afternoon, he was out of surgery and on the phone with his wife, Denise. Three days later, he was on his way back to Iowa.

Since getting home, Kevin has continued his care regimen, such as taking medication, completing cardiac rehab, walking on the treadmill and around town, and getting regular checkups with his local care team. One of the things he had to learn is to slow down a little as he couldn't continue with his grueling work schedule he used to follow. But he is definitely enjoying his second lease on life.

"I'm slowly getting back to my lifestyle," Kevin said. "I've done more fishing and hunting. Just not doing as much strenuous activities that I used to do. That will take time."

As for skiing, Kevin hit the slopes around his home area in Iowa this season. And he also has started thinking about returning to Colorado and Snowmass again — maybe next ski season.

"I plan to go back and say hi to everybody at the Snowmass Clinic, because they definitely saved my life," Kevin said. "This was going to happen to me somewhere, and I'm glad they had urgent care there. They did a wonderful job, and I am living a second life because of the clinic, the ambulance crew and the cardiology staff." ■



As part of his recovery, Kevin is getting back slowly to his active lifestyle, like fishing, hunting, biking and walking.



PHILANTHROPY CONTINUES TO INSPIRE

A message from AVH Foundation

By Deborah Breen, AVH Foundation



We survived a very challenging 2020, not to be outdone by an equally unpredictable 2021. As we launched into 2022, the only thing we felt was certain, was uncertainty! However, whatever came our way over the past two years, we took it all in stride. We used this opportunity to showcase our incredible capabilities, launched a full-scale response to the pandemic, and highlighted the new facilities, technology and incredible team that allowed patient care to continue. Keeping our wonderful donors connected to our progress clearly demonstrated how, through it all, we stayed true to our mission of providing extraordinary care. And, our wonderful philanthropic community responded in an astounding way.



While 2021 was not exactly “business as usual,” our Foundation was able to host some wonderful events, including our signature “Summer Polo” fundraiser. After cancelling the event in 2020, we were determined to host the event in some form in 2021. Our generous and amazing partners on this event, Aspen Valley Polo Club and Melissa and Marc Ganzi, once again pulled out all the stops to ensure our fundraiser was safe, all the guests felt appreciated, and the entertainment on the field was outstanding. This definitely remained an incredible experience for all 200 of our VIP guests! When the dust settled, these remarkable event attendees and sponsors donated over \$500,000!

This far exceeded our expectations and points to a generous community who time and time again have stepped forward to ensure Aspen Valley Hospital has the funding it needs to save lives — as we have done since 1891. We thank and honor our gracious hosts, all the polo players, our dedicated attendees and our loyal sponsors once again for making it all possible.



OUR COMMUNITY CARES

Throughout the summer, we also held several smaller events that showcased our COVID-19 response efforts, highlighted our fiscal strengths, detailed the projects on the horizon, and outlined the continued challenges we face as a healthcare organization. These events offered a great opportunity for our Foundation friends to interact with our Hospital CEO, Dave Ressler, and our Foundation Chairman of the Board, John Sarpa. It was a wonderful series of events, with candid two-way conversation, and we plan to repeat these in 2022. (And, please let us know if you are interested in attending one!) Certainly, after a long dry spell, finally having some return to normalcy and being able to spend quality, face-to-face time with our donors, friends and local leaders was very appreciated. I simply cannot overstate the importance of meaningful engagement and in-person interaction.

We also saw members of our community step forward and get creative with how they support the Hospital. On a cold and rainy day in October, a group of dedicated pickleball players gathered to host the first **“Dink for Pink”** tournament at the Snowmass Recreation Center. Players and pros showed up despite the cold and rainy conditions to show their support for the Hospital’s Breast Center during national Breast Cancer Awareness Month. The tournament raised \$5,000 for our Breast Center. It was a heartwarming display of how our community continues to come together to show they care about our Hospital and all the patients we serve.

In addition, so many people continued to direct gifts to show their gratitude and appreciation for our hard-working Hospital staff. Many meals were sponsored, there were flowers delivered, posters hung, letters to the editor and handwritten notes. Our team was really touched by this continued generosity. The pandemic certainly has shown the true grit and determination of our team — across all departments. Being thanked and acknowledged means more to these healthcare heroes than I can ever express. On behalf of all the people who ensure extraordinary care happens 24/7, I thank you for keeping them close to your thoughts. Truly, this has been a bright light for all of us.

As the year ended, and before Omicron hit the community, the **St. Regis World Snow Polo Championship** returned to Aspen! Another stellar production by our wonderful friends at Aspen Valley Polo Club. Players from around the world gathered and put on an incredible show — which was captured on FOX Sports! The snow was the best ever according to event officials. And, when the dust (or should I say “snow”?) settled, we received another terrific gift from Melissa and Marc Ganzi to support critical programs and services at AVH.





THE CAMPAIGN FOR ASPEN VALLEY HOSPITAL

In addition to raising funds for priority programs, services and technology, the Foundation also remains focused on reaching our \$60 million Capital Campaign goal. To date, \$55.2 million has been secured and with just \$4.8 million remaining, we are within striking distance to breaking ground on the fourth and final phase of the Hospital's Master Facilities Plan! This phase of the project will connect the newly constructed east and west wings, create a true front door for the Hospital, improve access and circulation to all of the Hospital services and departments, centralize registration and admissions, and allow for future clinic space to be shelled-in.

Our community continues to step forward and show extraordinary support to help get this project across the finish line. In total, 20 families have given gifts of \$1 million or more and have joined our Pillar Society. That generosity will be recognized in the to-be-built new atrium and lobby. Last year, we added three families to that list of 20, and we were thrilled to have the opportunity to publicly honor one of those families when the Jon and Susan Diamond Family Foundation Diagnostic Imaging Waiting Area was formally dedicated in September. Along with those Pillar Society members, all donors who give to the Capital Campaign at the Ajax Society level will also be honored on a main donor feature wall. (Can anyone guess why the Ajax Society honors donors giving at the \$11,212 level?)

This transformational project has brought so many incredible benefits to the community — and without a doubt, the new facilities played a major role in our effective management of the pandemic. With private patient rooms, negative pressure rooms, a dedicated ICU, larger spaces for state-of-the-art technology and a helicopter landing pad on the roof, while we could have never anticipated the pandemic, we were certainly prepared for it.



MAKING A DIFFERENCE

Whether you live, work or play in this incredible community, having a state-of-the-art hospital standing ready 24/7, 365 days a year gives all of us great peace of mind. However, escalating costs, workforce shortages, continued operational challenges due to the pandemic and increased demand for services underscore the continued need for philanthropy. Your gift is not only an investment in quality care, but also a personal expression of gratitude directed at every heroic member of our team who puts themselves on the line each and every day to ensure quality care is delivered.

On behalf of everyone at the Foundation and Hospital, I thank each and every donor for their unwavering support. It truly makes a difference. ■

HOW YOU CAN HELP

Aspen Valley Hospital Foundation is grateful for every donation it receives and is committed to using every dollar to make our community the healthiest in the nation. Unrestricted gifts give AVH Foundation the most flexibility to direct funds where the need is most urgent, such as staffing, supplies, facilities, technology or equipment. Here are specific ways you can contribute:

- Scan this QR code or donate online by visiting supportaspennyhospital.org.
- To give by phone, call us at **970.544.1302**.



We also gratefully welcome:

- Annual, honorary, memorial and named gifts.
- Stock gifts.
- Donations to the Campaign for Aspen Valley Hospital.
- Gifts of insurance and real estate, and gifts from IRAs.
- Gifts made in honor of a caregiver.
- Gifts made through an estate plan.

For more information, please call **970.544.1302** or visit supportaspennyhospital.org.

Aspen Valley Hospital Foundation | 0401 Castle Creek Road, Aspen, Colorado 81611
Phone: **970.544.1302** | Fax: **970.544.1164** | Email: avhf@aspenhospital.org

ASPEN VALLEY HOSPITAL FOUNDATION

SUMMER POLO



CHARITY CLASSIC

SAVE THE DATE
August 28, 2022

Presented by Aspen Valley Polo Club and
benefitting Aspen Valley Hospital Foundation

To reserve a table, call 970-544-1302.



Connecting People to Purpose

DIRECTORY *of services*

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

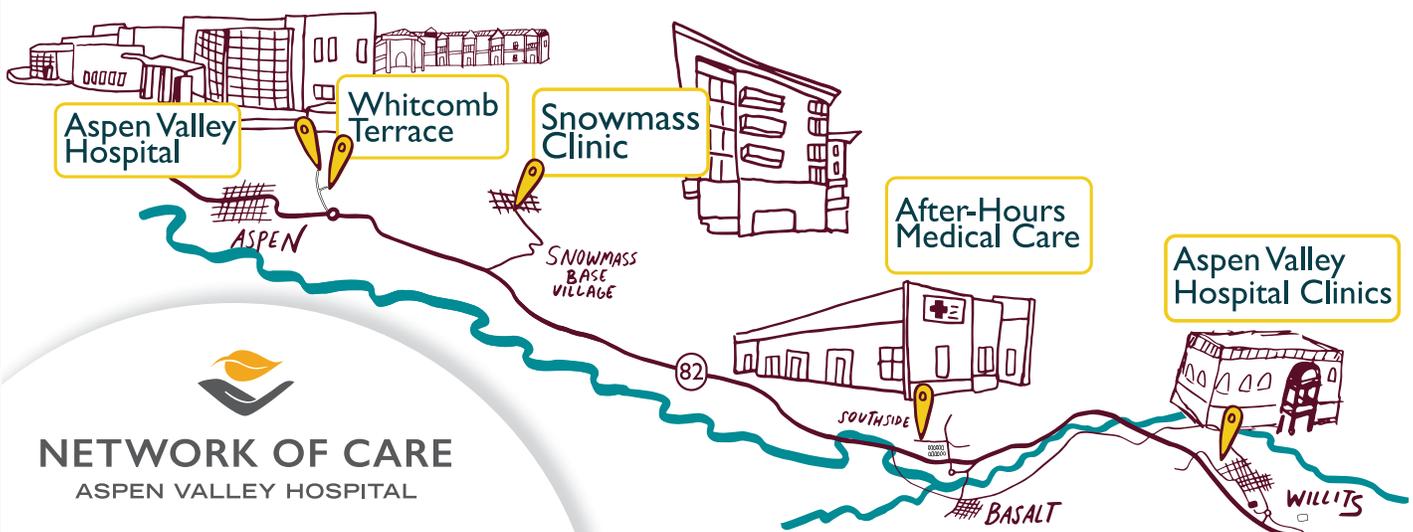
HOSPITAL DEPARTMENTS

General Information	970.925.1120
Administration	970.544.1261
Admissions	970.544.7350
After-Hours Medical Care in Basalt	970.544.1250
Aspen Ambulance District	970.544.1583
Aspen Birth Center	970.544.1130
Aspen Valley Hospital Foundation	970.544.1302
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	970.544.1260
Nuclear Medicine	970.544.1127
Nutrition Services	970.544.1145

Oncology & Infusion	970.544.1507
Outpatient Scheduling	970.544.1392
Pain Center	970.544.1146
Patient Care Unit	970.544.1135
Pharmacy	970.544.1778
Physical Therapy/Rehabilitation Services	970.544.1177
Same Day Surgery/Outpatient	970.544.1327
Snowmass Clinic	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	970.544.7388
Ophthalmology	970.544.1460
Otolaryngology (Ear, Nose & Throat)	970.544.1460
Endocrinology	970.544.1395
Gastroenterology	970.384.7510
Orthopaedics/The Steadman Clinic	970.476.1100
Pulmonology	970.298.5864
Rheumatology	970.544.1395
Urology	970.928.0808



ASK THE EXPERT

Rahul Shah, MD, MS, FAAP, Pediatrician at Aspen Valley Primary Care, discusses critical health issues affecting children and gives tips on how parents can foster positive behaviors.

Why did you choose to specialize in the field of pediatrics?

I knew I wanted to be a pediatrician when I was on my medical school rotation in the pediatric emergency department. There was so much gratification from seeing kids improve right in front of my eyes, and I think many healthcare workers will agree that children make the best patients! When I was young, I was certain I would be a schoolteacher when I grew up. Luckily, as a pediatrician, I get to teach and interact with families every day.

What is the single-most important step that parents can take to ensure the health of their children?

Children absorb so much from the world, and parents are their most influential role models. The words and actions of parents reflect directly in their children. While you can't be there for every choice and decision your child makes, teaching them good habits and explaining the "why" behind everything will help ensure your child thrives.

What is the number one health risk facing children today?

COVID-19 has been devastating for children and families alike. While it is reassuring that children are quite resilient in the face of COVID, a lesser-known statistic is how many children in the United States (1 in 500) have lost a parent or guardian to this ugly virus. Sadly, the effects of this go beyond the illness itself, as children must face the mental and social consequences that come with the loss of loved ones.

Should parents have concerns about having eligible children vaccinated against the coronavirus?

The vaccine is perhaps the most effective tool we have against the virus. Fortunately, it has been shown to be

In my practice, I notice that families in which the adults make efforts to eat healthy and stay active are the ones who are most successful in fostering healthy habits in their children.

impressively safe after over 25 million doses administered in the U.S. pediatric population. It is disheartening to see pediatric vaccination rates lag behind other age groups. The risk of COVID has only grown since the beginning of the pandemic, while our tactics for battling it have stayed largely the same. I encourage parents to discuss any vaccine concerns with their pediatrician.

According to the Centers for Disease Control and Prevention (CDC), childhood obesity is a serious problem. How can parents help children maintain a healthy weight?

The most practical advice I can offer is to have family mealtime together at home and to include children of all ages in cooking to help them develop a positive relationship with food. In my practice, I notice that families in which the adults make efforts to eat healthy and stay active are the ones who are most successful in fostering healthy habits in their children.

How can AVH and its broader Network of Care support children and parents?

Aspen Valley Primary Care is poised to take care of your whole family — thanks to our team of family medicine physicians, pediatricians, physician assistants and pharmacists. Our clinic accounts for individual patient needs rather than taking a cookie-cutter approach to healthcare. AVH also has ear/nose/throat specialists, eye specialists, behavioral health specialists, rehabilitation services, after-hours care and nutritionist services all practically under one roof. These teams are all equipped for and, more importantly, enthusiastic about pediatric care. ■





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[AspenHospital.org](https://www.aspenhospital.org)

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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.