

HEALTHY
Journey

by
ASPEN
VALLEY
HOSPITAL

SUMMER 2023



Crafty Kids Corner

Brain-building
Puzzles

Recipes to
Fuel Your Fun



Going all in for women's health

Empowering women to live
more vibrant, healthy lives

contents

SUMMER 2023 VOLUME 1, ISSUE 1



features

8

Mind Your Body

Embracing women's health at every age and stage of life

16

Everybody's Talking About the Fourth Trimester

Why putting yourself in the picture is good for your baby

32

Go Wild Outside

Discover the Valley's crystal lakes, wildflower meadows and more with an Aspen native

in this issue

5

What's in a Name?

Letter from the CEO of Aspen Valley Hospital

12

Leaning In

The lifesaving power of trusting yourself

15

Pollinator Paradise

Turn your backyard into a summer-long garden party by adding some pollinator-friendly plants

19

Crafty Kids Corner: Build a Pollinator Drinking Station

Try this easy activity to attract butterflies, bees and other pollinators to your garden, plus downloadable coloring pages!

20

The Surgeon's Robot Will See You Now

Stuart Kinsella, MD, MSTR talks about the intersection between man and machine

24

Brakes Over Breaks

eBikes, Single-Tracks and Steep Grades are a Recipe for Road Rash: Tips to Avoid the Trauma Drama This Season

26

2022 Annual Impact Highlights

Supporting the ever-changing needs of our extraordinary community for 132 years and counting

28

Dive Into Summer Reading

Staff picks to immerse your imagination

29

Buckle Up, It's Wildflower Season

Get to know our colorful Colorado summer blooms

30

Pledges and Projects With Purpose

A message from Diana Bulman, President of the AVH Foundation

34

Train Your Brain

Work out your grey cells with four levels of Sudoku — Can you do them all?

35

Happy Trails

A word search to inspire your next outdoor adventure

36

High-Altitude Eats

Ultra Athlete Lauren Mitchell, MS, RDN, CSSD shares summer hydrating recipes to fuel your fun

39

Puzzle Answers

How did you do?

40

Calendar

Ongoing classes and upcoming events not to miss

42

Directory of Services

A handy list of who to call for what you need



HEALTHY *Journey* by ASPEN VALLEY HOSPITAL

SUMMER 2023 | VOLUME 1, ISSUE 1

Healthy Journey by Aspen Valley Hospital is one of the many ways we fulfill our mission to foster our community as the healthiest in the nation. Our magazine is published by the Community Relations team at Aspen Valley Hospital.

AVH BOARD OF DIRECTORS

Melinda Nagle, MD *Chair*
 Lee Schumacher *Vice Chair*
 Chuck Frias *Treasurer*
 Greg Balko, MD *Director*
 David H. Eisenstat *Director*

AVH FOUNDATION BOARD OF DIRECTORS

EXECUTIVE COMMITTEE

John Sarpa *Chair*
 Ernie Fyrwald *Vice Chair*
 Joan Gurrentz *Secretary*
 Ginette Sebenaler *Treasurer*
 Dave Ressler *CEO, Aspen Valley Hospital*
 Greg Balko, MD *Director*
 Lee Schumacher *Director*

DIRECTORS

Pam Alexander, Cori Berger
 Suzanne Cain, Coley Cassidy
 Justin Douglas, Lisa Guth
 Cari Kuhlman, Pete Louras
 Rachel Sherman

EXECUTIVE TEAM

Dave Ressler *Chief Executive Officer*
 Catherine Bernard, MD *Chief Medical Officer*
 Diana Bulman *Chief Development Officer & Foundation President*
 Michelle Gelroth *Chief Information Officer*
 Elaine Gerson *Chief Operating Officer*
 Tom McCauley *Chief Human Resources Officer*
 Ginette Sebenaler *Chief Financial Officer*
 Jennifer Slaughter *Chief Growth and Marketing Officer*

MEDICAL EXECUTIVE COMMITTEE

Chris Roseberry, MD *President*
 Mary Harris, MD *Vice President*
 Nathalia Dolan, MD *Secretary/Treasurer*
 Scott Gallagher, MD *Emergency Department Chair*
 Kelly Locke, MD *Medicine Department Chair*
 Chris Beck, MD *Surgery Department Chair*

connect with us



AspenValleyHospital



AspenValleyHospital



AspenValleyHospital

SUMMER 2023 CONTRIBUTORS



Amy Behrhorst, PA-C
Pollinator Paradise



Deborah Coombe, RN
Go Wild Outside



Lauren Mitchell, MS, RDN, CSSD
High-Altitude Eats



Chris Roseberry, MD, FACS
eBikes, Single-Tracks and Steep Grades:
Tips to Avoid the Trauma Drama This Summer

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.



A “healthy journey” captures the essence of our commitment to our community, and to you, that we will be there for you as your trusted healthcare partner to maintain your good health during every season of your life’s journey.

What’s In a Name?

I am excited to introduce the inaugural edition of our new *Healthy Journey by Aspen Valley Hospital* magazine. What’s in a name? A whole lot. A “healthy journey” captures the essence of our commitment to our community, and to you, that we will be there for you as your trusted healthcare partner to maintain your good health during every season of your life’s journey.

The Aspen Valley Hospital Board of Directors established a vision years ago to support our community to become the healthiest in the nation. And as we learned recently, we are well on our way. According to *U.S. News and World Report*, Pitkin County is tied for the second healthiest county in the state, and the sixth healthiest rural county in the country. While there are numerous criteria included in the scoring, including our very difficult access to housing, we focus on the health of the population. More specifically, we are committed to your health and vitality.

In our inaugural edition, I hope you enjoy learning about the numerous ways in which our Network of Care is available throughout the mid- and upper-valley to serve your healthcare and wellness needs, whether they be associated with women’s health, pediatric care, primary care services, or now with the addition of our newest member of The Steadman Clinic team, expert spine care from Dr. Stuart Kinsella.

More than the services we provide, Aspen Valley Hospital is proud of our highly trained and committed physicians who provide them. And of course, our staff of professionals who make it all work for us to be a top hospital in the country for patient experience and safety.

Aspen Valley Hospital is your hospital, and much more, and it is our privilege to be a part of your life’s journey.

Dave Ressler
CEO, Aspen Valley Hospital



NETWORK OF CARE
ASPEN VALLEY HOSPITAL

Your Community

With convenient locations in the Upper Roaring Fork Valley, your AVH Network of Care offers you and your family the assurance that compassionate care is always nearby.

Since 1891, AVH has been shaped by the needs of the community it serves. From providing lifesaving care for pioneering silver miners to improving access to high-quality and whole-person healthcare, we're committed to growing with you.



Your Network of Care

Aspen Valley Hospital

0401 Castle Creek Road, Aspen
970.925.1120

Whitcomb Terrace Assisted Living

275 Castle Creek Road, Aspen
970.544.1530

Snowmass Clinic

77 Wood Road Suite #N200,
Snowmass Base Village
7 days/week, 8:30 am – 4:30 pm
970.544.1518

After-Hours Medical Care

234 East Cody Lane, Basalt
Monday – Friday, 3:00 pm – 11:00 pm
Saturday and Sunday, 8:00 am – 5:00 pm
970.544.1250

Aspen Valley Hospital Clinics

1460 East Valley Road, Basalt
Aspen Valley Primary Care – 970.279.4111
Midvalley Laboratory – 970.544.1528





mind your body

Embracing
Women's Health,
One Healthy
Habit at a Time

With greater access to care, more research on women's healthcare issues, advances in detection screenings and treatments and focus on mental healthcare, women are living longer, healthier lives than ever.

Even better news: Continuous awareness and ongoing adjustment of healthy habits—whether you're a teenager, a grandmother or any age in between—elevates wellbeing and prevents future health issues. According to Caroline Mears, DO, Internist, every wellness journey begins with setting goals and adjusting over time to achieve them.

"I like to refer to it as an ongoing journey of lifestyle modification," Dr. Mears says. "A healthy diet, regular exercise, adequate sleep, managing stress and limiting alcohol are the pillars of lifestyle modification. While these seem like simple things, implementing change can feel like a tremendous uphill battle, which often discourages us from making progress."

However, making minor modifications can reduce and even eliminate the need for medication to treat common diseases, such as hypertension, hyperlipidemia, heart disease and even autoimmune conditions and mental health disorders.

"But let's not try to tackle everything all at once," Dr. Mears added. "Start with one small change...something you know you can achieve...and focus on it. Keep building on that success and the benefits will be noticeable over a lifetime."

It doesn't matter how old you are today. Committing to positive health activities at any age will help you live a more vibrant life.



Top tips for teens (and the parents who raise them)

Establishing healthy behaviors early is a tremendous advantage since growing girls are more likely to carry forward good habits. Here are four priorities for teens to focus on now:

Exercise. Figure out what works for you. Do you like solo activities, like running or working out, or do you prefer group activities, like yoga or training for a marathon with your besties? Find something you love and, as the saying goes, just do it.

Sleep. Being a teen is a blast—you start gaining independence, you get to go out with your friends and, before you know it, you're off to college. Trying to give your body and mind a mostly consistent sleep schedule will help you bounce back when the inevitable exuberance of being young makes for late nights.

Screen time management. Excessive screen time can lead to a range of issues, including sleep problems, obesity and social isolation. It's best to limit screen time and prioritize face-to-face social interactions. This can include spending time with friends, joining a sports team or volunteering in the community.

Healthy eating. We're not talking about dieting, but really getting to know the foods that best fuel the female body. Understanding the impact highly processed foods, sugars and saturated fats have on your body will help you maintain a healthy, lifelong relationship with food.



"Start with one small change...something you know you can achieve...and focus on it. Keep building on that success and the benefits will be noticeable over a lifetime."

CAROLINE MEARS, DO, INTERNIST



20s

Adulting 101:

Team Support Makes It Easier

Many women juggle personal relationships and professional priorities during early adulthood, but it's also a time to emphasize personal wellbeing. It's important to establish a relationship with a healthcare provider so you can begin receiving regular preventive care, such as:

Early detection and prevention.

Many health conditions, such as sexually transmitted infections and certain cancers, are more common in younger women. Regular check-ups and screenings can help detect these issues early, allowing for more effective treatment.

Education and guidance on reproductive health.

Young women may have questions or concerns about reproductive health, such as birth control options or fertility concerns. Building a relationship with a healthcare provider can provide a safe space to discuss these topics and receive accurate information.

Access to mental health resources.

The early 20s can be a time of significant life transitions and stress related to your career, navigating relationships or starting a family. A healthcare provider can offer guidance on mental health resources to help manage stress and promote overall wellbeing for a lifetime.

Thrive and be fabulous:

Your 30s, 40s and 50s

As women enter these stages, it can become more difficult to maintain a healthy weight, especially while our lives get busier with increased work and family commitments, and metabolisms and hormones begin to change.

“So many women put their own healthcare to the side,” says Catherine Chamberlin, DO, Family Medicine physician. “They make appointments for their spouse, their children and their parents—but never for themselves. It’s important to prioritize keeping yourself healthy to maximize wellness and quality of life.” Additionally, it’s essential to take a step back and focus more on stress management techniques, such as exercise and mindfulness, and seek support from healthcare providers or mental health professionals. Plus, this is a time in your life for:

Monitoring reproductive health.

Women in their 30s may be considering starting a family or expanding their family. Maintaining good reproductive

health is crucial during this time, as it can affect fertility and pregnancy outcomes.

Preventing/managing chronic diseases. Many chronic diseases, such as diabetes, heart disease and certain cancers, become more prevalent as women age. Regular check-ups and screenings can help detect these conditions early, allowing for more effective management and prevention.

Managing menopause/perimenopause. As women enter their 40s and 50s, they may experience cycle changes and symptoms of menopause or perimenopause. This is not something you have to suffer through. Healthcare providers can offer guidance and treatment options to help positively manage these changes.

Preserving bone health. Women lose bone density as they age, which can increase the risk of osteoporosis and fractures. Regular exercise, adequate calcium and vitamin D intake and medication, if necessary, can help maintain bone health.



30s-50s



“Selfcare is so important. Women deserve it! We work so hard and keeping ourselves healthy is the foundation upon which we are able to persevere.”

CATHERINE CHAMBERLIN, DO, FAMILY MEDICINE PHYSICIAN



Vitality for the Ages: 60s, 70s and beyond

As women enter their golden years, falls become a significant health concern. It's important to take steps to prevent falls, such as staying active, wearing appropriate footwear and removing tripping hazards in the home.

It is also common to see women taking a litany of medications. While the intention is good, sometimes too many medications can have negative health effects. Working with your primary care doctor to go over care goals can often preserve or improve quality of life. Other health considerations are:

Managing menopause/postmenopausal symptoms.

Women in their 60s and beyond may still experience symptoms, such as hot flashes and vaginal dryness. Healthcare providers can offer guidance and treatments for optimal management.

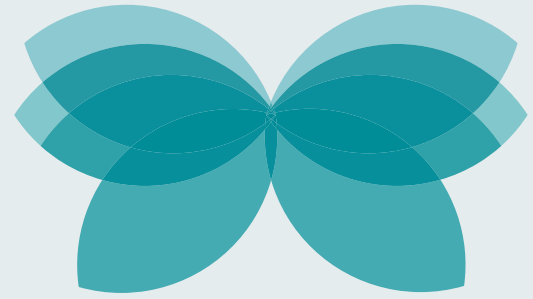
Maintaining cognitive function. Aging affects brain function, and older women may be at increased risk for dementia and other cognitive disorders. Regular exercise, a healthy diet and engaging in mentally stimulating activities can help maintain cognitive ability.

Staying connected. As women age, social connections and overall wellbeing become increasingly important. Engaging in social activities, volunteering and maintaining hobbies can help promote a sense of purpose and happiness.

We've Got This!

By prioritizing sleep, exercise, nutrition, hydration, stress management and mental health—as well as establishing a lifelong relationship with healthcare providers—you can take control of your health and feel your best at every age. And remember, you're not alone on this journey. You have a team of experts at Aspen Valley Primary Care to guide you. And as women, it's essential to support each other.

"We are so lucky to have a great community here," Dr. Chamberlin says. "Encourage each other to prioritize wellness, selfcare, screenings and preventive care. Keep each other healthy and well so we have friends to share these grand adventures of life."



A Girl's Guide to Body Changes

Your body is going to change a lot, especially during puberty. The more you understand your body, the changes it's going through, and how it's impacting you physically and mentally, the better prepared you'll be to manage these changes:

Menstruation: Not all periods are alike, so it's best to focus on yours only. Understanding menstrual cycles and the hormonal changes that occur during menstruation is important for overall reproductive health. Knowledge about proper menstrual hygiene, including using appropriate menstrual products and changing them regularly, can prevent infections and discomfort. Recognizing signs of irregular or abnormal menstrual cycles and seeking medical advice can help prevent and manage conditions such as polycystic ovary syndrome (PCOS) and endometriosis.

Contraception: It's a fact—once you begin menstruating, you can get pregnant. Teens are not emotionally prepared for childbirth, so practice safe sex if you choose to engage. Talk with your parents, older sibling or someone you trust about protecting your body from unwanted pregnancy. And wait if you want to. It's your body, so you are in charge.

Sexually Transmitted Infections (STIs): As your hormones change, so will your feelings about engaging in sexual activities. And if you choose to participate, you need to understand STIs are an associated risk. Many STIs are low key and don't have noticeable signs, so you can't tell by looking if you or a partner has one. Get tested together with your partner before having sex. And if you can't wait, use a barrier method such as a condom and/or sex dam.

Mental Health: How we mentally process the world around us changes as our bodies change. Like any other body part, our brains have health issues, too, such as anxiety, depression and eating disorders. Biological factors or chemical imbalances in the brain can significantly impact mental health. Additionally, certain physical illnesses or genetic predispositions can influence brain function and increase the risk of developing mental health disorders. Ask for the help you need and deserve from a parent, your doctor or someone you trust who can help guide you to the right resources.



“I could have died
if I had waited
even one more day
to seek treatment.”

MARION GARRETT

Leaning In:

The lifesaving power of trusting yourself

February 21st started as an ordinary day for Marion Garrett of Snowmass Village. She woke up and went to Snowmass Chapel where she works as a ministry coordinator. She felt a little lightheaded and had some soreness near her ribs but chalked it up to overdoing it at yoga the day before.

"I work with Julie Ressler who is married to Dave Ressler, Aspen Valley Hospital CEO," Marion said. "We were in our staff meeting when Julie asked if I was okay. Just by looking at my face, she could tell something was wrong."

Marion told Julie she was fine...she was sure it was nothing. Julie encouraged her to go to the emergency room, but Marion declined.

"I just happened to have a bone density test scheduled for that day," Marion said. "Julie insisted I see my physician while I was there. Fortunately, Dr. Caroline Mears immediately fit me into her schedule."

A CLOSE CALL

"Marion told me that she thought she'd pulled a muscle," said Dr. Mears, DO, Internist. "She said she just felt 'a little off' but her vital signs were irregular. I ordered some lab work to rule out anything serious."

Marion went home and received a phone call later that evening. It was Dr. Mears.

"She told me I needed to get to the hospital because there was a chance I had a blood clot," Marion said. "I was absolutely shocked."

Marion was suffering from a pulmonary embolism, a blockage of an artery in the lungs. She was admitted to the hospital and put under the care of hospitalist Matthew Dunn, MD.

"They monitored my condition and ran more tests," Marion said. "I was given a blood thinner and discharged after one night. But I needed to be on continuous oxygen."

TRUST YOUR INSTINCTS

Thankfully, Marion is on her way to a full recovery. And she's looking forward to getting back to the yoga studio.

"Dr. Dunn was incredible," Marion said. "And I couldn't be more pleased with Dr. Mears. She could have easily dismissed my symptoms as nothing serious, but she went the extra mile. My condition was so dangerous that I could have died if I had waited even one more day to seek treatment."

Marion's case has a worthy lesson. If something doesn't feel right, you should follow your instincts and seek treatment.

"It's never silly or unreasonable to get professional medical advice," Dr. Mears said. "And listen to your family and friends when they're concerned. I'm so glad Julie Ressler nudged Marion to make the appointment. It may have saved her life."

Know the Signs

Common symptoms of a pulmonary embolism include:

Sudden shortness of breath

Chest pain

Dizziness, lightheadedness or fainting

Irregular heartbeat

Palpitations (heart racing)

Coughing and/or coughing up blood

Sweating

Low blood pressure

This condition can be life-threatening. Seek urgent medical attention if you experience these symptoms, particularly shortness of breath, chest pain or fainting.



**ASPEN VALLEY
PRIMARY CARE**
ASPEN VALLEY HOSPITAL

Catherine Chamberlin, DO
Family Medicine



Caroline Mears, DO
Internal Medicine



Comprehensive Women's Health in Aspen and Basalt

Caring for the whole of you.

Well Woman Visits

- Pelvic exam
- Pap smear
- Nutritional counseling
- Weight management
- Comprehensive laboratory analysis
- Patient centered high-quality care

Now accepting new patients.

970.279.4111

Aspen Valley Primary Care in Aspen and Basalt

0401 Castle Creek Road | Aspen, CO

1460 East Valley Road Suite 103 | Willits, Basalt, CO

"As women, we have unique health and wellness goals at every stage of our adult lives. Our goal is to provide holistic, patient-centered care considering your mind, body and spirit to make you a better version of yourself."

- Caroline Mears, DO



Get to know
Dr. Catherine Chamberlin.



Get to know
Dr. Caroline Mears.



Pollinator Paradise

Turn your backyard into a summer-long garden party by adding some pollinator-friendly plants

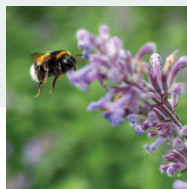
BY AMY BEHRHORST, PA-C

If you're looking to add a little color to your Colorado garden while also helping out some important little creatures, planting pollinator-friendly plants is the way to go.

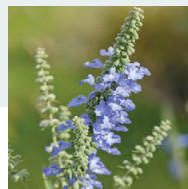
About eight years ago I began keeping bees as a hobby, and I have never looked back. Welcoming these gentle pollinators into my garden has been a gift and an anchor, especially in recent times. But you don't need to go all in as I did to provide a vital habitat for bees, butterflies and other pollinators. Even a small patch of your garden peppered with the right plants will allow you to see and enjoy the dynamic presence and complex lives of pollinators up close.

Here's how to add pollinator-friendly plants to your garden in Colorado.

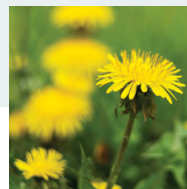
Pollinator Power Plants



Catmint
Nepeta



Prairie Sage
Salvia azurea



Dandelion
Taraxacum officinale



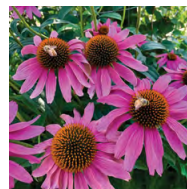
Bee Balm
Monarda fistulosa



Blanketflower
Gaillardia pulchella



Showy Milkweed
Asclepias speciosa



Coneflower
Echinacea purpurea



Step 1

Location, Location, Location

Look for an area with at least six hours of sunlight daily with well-draining soil.



Step 2

Pollinator Power Plants

It's essential to choose species that are native to the region so they can thrive in our high-mountain climate and conditions. Below are some great pollinator-friendly plants for Colorado. These beautiful plants attract pollinators such as bees, butterflies and hummingbirds with their bright colors and sweet nectar.



Step 3

Time to Dig In

Make sure to space your plants out so that they have room to grow. Also, be sure to water your plants regularly, especially during hot, dry summer months.



Step 4

Step Into Pollinator Paradise

As you sit, your senses will slow down as you hear and see your pollinator visitors at work in their colorful surroundings. You will also become more aware of their important role in our ecosystem, helping to pollinate the plants that provide food and habitat for a wide range of animals.



4th trimester

EVERYONE'S TALKING ABOUT THE

Why this sacred 12 weeks is essential for you and your baby

Becoming a mother is a massive change in a woman's life, and it takes time to adjust to the new role. The "fourth trimester" is a traditional time period that is receiving renewed attention for being essential for both mothers and babies. Many countries around the world have customs and rituals to recognize this transformation and the need for new mothers to be surrounded with care for at least the first 30 days and beyond. It's important for moms to claim and embrace this time, and also important to try to take it easy while they adjust to their new responsibilities. A childbirth education class can help you know what's ahead so expectant families can call in the proverbial "village" of doulas, midwives, wise women, relatives and meal-prepping friends to be on hand after the baby arrives.

THE POSTPARTUM PERIOD

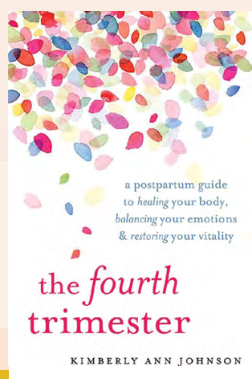
The American College of Obstetricians and Gynecologists recommends that mothers have initial contact with their OB/GYN within two weeks after delivery—and any ongoing care as needed. Another comprehensive postpartum visit should occur no later than 6-12 weeks after delivery. They also recommend that postpartum is discussed during pregnancy, so mothers are better prepared and understand the importance of follow up when they go home.

"Physicians want to make sure they can provide mothers holistic care and support during this critical adjustment and period of time that can segue into health and wellbeing for life,"

said Heather Knott, RN-IBCLC, Lactation and Childbirth Education Services Coordinator at Aspen Birth Center.

Fourth trimester issues that women may face include:

- **Physical Recovery:** No matter how a woman gives birth, the first six weeks are considered the recovery period. The body needs a considerable amount of time to heal from the delivery.
- **Sleep Deprivation:** Caring for a newborn is exciting yet exhausting. With the natural sleep cycle disrupted, women are often fatigued in the first few months.
- **Infant Feeding:** Breastfeeding can be challenging, especially in the early days following birth. Many women experience problems ranging from soreness to low milk supply.
- **Mental Health:** Most mothers have the “baby blues” after childbirth, which commonly include mood swings, crying spells, anxiety and difficulty sleeping. This may last for a couple of weeks, but some new moms experience more long-lasting postpartum depression.



“I highly recommend the book, *The Fourth Trimester*. This is a postpartum guide to healing the body, balancing emotions and restoring vitality.”

HEATHER KNOTT, RN-IBCLC, LACTATION AND CHILDBIRTH EDUCATION SERVICES COORDINATOR AT ASPEN BIRTH CENTER

- **Family Planning:** Postpartum contraceptive use can reduce both unintended pregnancies and pregnancies that are too closely spaced. It's recommended that women receive information on family planning during postpartum care.
- **Diet:** Postpartum nutrition is essential for both mother and child. It's important to eat a balanced diet and drink plenty of fluids during this time.
- **Exercise:** For most healthy women, the Department of Health and Human Services recommends at least 150 minutes a week of moderate activity after pregnancy. It's important to talk to a doctor about when to start exercising.
- **Chronic Disease Management:** New mothers with a chronic disease need an integrated care approach to managing illness which includes screenings, check-ups, monitoring and coordinating treatment.

Women should seek medical attention immediately if they have any of these symptoms:

- Fever or chills
- Heavy, brisk, bright-red bleeding
- Dizziness
- Shortness of breath or chest pain
- Swelling of the legs and feet

- Deep sadness, thoughts of suicide or thoughts of harming the baby

“Many changes occur to the body during pregnancy and continue during the postpartum period,” says Ellen Barlow, PT, DPT (Doctor of Physical Therapy) and Pelvic Health Rehabilitation Specialist. “Symptoms experienced may include neck, back or pelvic pain, incontinence symptoms and others. Muscle function, strength and coordination all change throughout pregnancy and the postpartum period. Pelvic health therapy can help to restore your strength and function during this journey. Remember, it is never too late to start caring for yourself.”

NEWBORN CONCERNS

The fourth trimester is also a crucial time for babies who may be experiencing issues of their own, including.

- **Abdominal Distention:** A baby's belly often sticks out. Gas or mild constipation can give an appearance of a swollen abdomen, but this will usually settle down shortly. If an infant has a hard or tender stomach, he or she may have true abdominal distention. If you notice this, especially if the baby is also vomiting or hasn't had a bowel movement in five days, you should contact your pediatrician.



- **Blood in Stool:** This is not unusual during the first days of an infant's life—and it's usually harmless if it is a small amount. Often it could mean the baby has a small crack in the anus due to straining. But it's important to inform your pediatrician so the cause can be verified.
- **Coughing:** When babies drink quickly, they may cough. But this should stop quickly after feeding. If the coughing continues, consult a pediatrician so the lungs and digestive tract can be examined.

These are just a few common conditions infants might experience. If a baby seems to be in distress, it's always best to consult with a doctor.

Babies should also see their pediatric care team for a well-baby visit six times before their first birthday. During these visits, the doctor will make sure the infant is healthy and developing normally.

"During these appointments, we can help catch any problems early, when they may be easier to treat," said Rahul Shah, MD, Pediatrician at Aspen Valley Primary Care. "This also gives parents a chance to ask any questions about caring for the baby."

A FORTRESS OF WELLNESS FOR MOM AND BABY

With mothers and babies each facing unique challenges, it can be beneficial—and convenient—to be seen in one practice. Having the whole family's healthcare team under one roof improves communication.

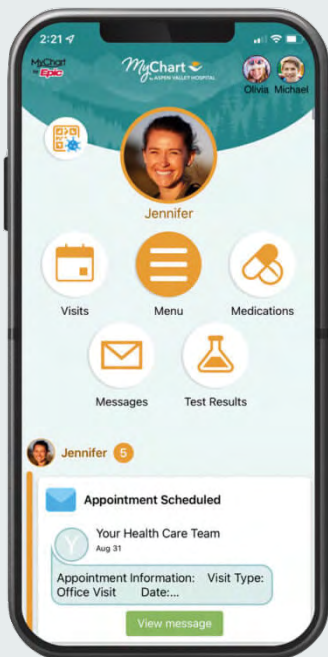
"At our practice, the medical teams can easily collaborate and have one big picture of everyone's health," said Alyssa Franklin, Director of Aspen Valley Primary Care. "And it allows everyone to get the care they need in an encouraging, supportive environment."

EXPERT GUIDANCE FOR NEW PARENTS

"My wife and I are both physicians. So, we were prepared for most aspects of having our daughter. But the 'grandpa grunting' at night really surprised us."

RAHUL SHAH, MD, MS, FAAP, PEDIATRICIAN AT ASPEN VALLEY PRIMARY CARE

To help navigate through the fourth trimester, Dr. Shah has created a Guide for New Parents. Designed to answer the questions that keep moms and dads up at night, the packet is comprised of educational materials on everything from gas and reflux to colic and crying. **Scan this QR code to access the free materials.**



Managing Your Child's Health

Now you can get expert pediatric guidance in the palm of your hand. Accessible online or by mobile app, MyChart makes it easy to communicate with your child's care team.

MyChart is a patient portal powered by Epic's electronic health records system that gives you access to the same medical records your doctors use and provides convenient self-service functions.

"MyChart allows you to connect with your pediatrician anytime, anywhere," said Alyssa Franklin, Director of Aspen Valley Primary Care. "If your infant develops a rash, for example, you can upload a picture. Our staff can review, and then schedule an appointment if needed."

And with MyChart, you can get medical advice and support no matter where you go. If you're out of town and your child has a minor medical issue, such as a sore throat or suspected pink eye, you can use MyChart to send a message to the pediatric staff. A virtual appointment can then be scheduled.

"Communication through the app is a major convenience for all patients," Franklin said. "But it's particularly beneficial for worried moms and dads who can rest a little easier knowing their questions and concerns are being addressed. Plus, it can help parents keep track of the whole family's medical appointments."



To create your MyChart account, visit MyChart.aspenhospital.org, email MyChart@aspenhospital.org or call 970.544.1556.



crafty kids corner



How to Build a Pollinator Drinking Station

Did you know that bees, butterflies, hummingbirds, ladybugs and other insects need to hydrate, too? Building a pollinator drinking station is easy and provides a much-needed source of water for these beneficial creatures, which is essential for their survival and wellbeing. You'll attract more pollinators to your garden, leading to increased pollination and a healthier ecosystem right in your own backyard.



Materials needed



A shallow dish or container, like a big plant pot saucer



Small smooth stones or marbles (easier to keep clean)



Brightly colored paper



Glue or tape



Popsicle sticks



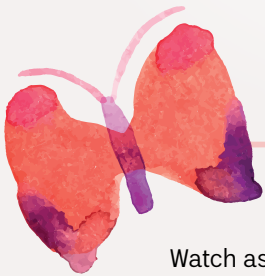
Water



Twigs

Instructions

1. Take your shallow dish or container and fill it with clean water.
2. Add your smooth stones and/or marbles to the container so that they are sticking out of the water.
3. Lay some twigs in the container so they are partially submerged in the water.
4. Place your container in a sunny spot in your garden or backyard.
5. Cut out some brightly colored paper in the shape of flowers or butterflies.
6. Glue or tape these paper cutouts to the popsicle sticks.
7. Stick your popsicle stick creations into the stones and/or so that the paper cutouts are above the water.



Watch as butterflies, bees, ladybugs and other pollinators come to drink from your beautiful drinking station!

Remember to change the water in your drinking station every few days and to rinse off the stones or marbles to keep the water clean and fresh. This way your new friends will know that they can rely on always having a drink in the same place. Enjoy the buzz and hum your project creates in your garden!



Want more pollinator inspiration?

Download our Pollinator Power Coloring Pages to keep the fun going!



The Surgeon's

ROBOT

Will See You Now





Engraving from "Die descriptive und topographische Anatomie des Menschen" by Dr. Carl Heintzmann, Published by Wilhelm Braumüller, Vienna (1894)



Dr. Stuart Kinsella on the intersection of man and machine and the power that robotics has to transform lives

Robotics is nothing new in the medical field. In fact, the PUMA 560, the first surgical robot, was introduced in the 1980s. But advancements in computing power, materials science and artificial intelligence have made it possible to create robots that are smarter, more capable and more versatile than ever before—with the improved outcomes and quality of life to match.

Spinal surgeon Stuart Kinsella, MD, MSTR, of The Steadman Clinic, is an expert in this field. He has performed more than 100 innovative and minimally invasive surgeries using screws, rods—and a robot—to stabilize the spine.





A GOLDEN AGE

The widespread use of instrumentation in spinal surgery prompted the need for better image guidance. Enter the Globus ExcelsiusGPS Robotic Navigation platform.

The “Globus Robot” or “Globo” for short, gives surgeons significantly improved visualization and precision through computer-assisted navigation. This is the strike point in complex surgery, allowing surgeons to achieve improved outcomes.

The robot is particularly helpful for spinal procedures like lumbar or thoracic fusions. These surgeries can help patients with degenerative instability, unstable fractures, scoliosis, stenosis and malignancy.

“I fell in love with the spine because it has such an impact on our lives.”

STUART KINSELLA, MD, MSTR

HIGH TECH, HIGH TOUCH

Here’s how it works... Before surgery, medical images of the patient’s spine are imported into the Globus Robot. Dr. Kinsella uses these images to determine the size and placement of the hardware and to create a specialized surgical plan based on each patient’s anatomy.

This roadmap guides the robotic arm to a specific region of the spine, like a predetermined route on a GPS. Simply put, Dr. Kinsella uses this pathway to accurately place the rods and screws.

“In real time, I can visualize the position of the proposed instrumentation,” Dr. Kinsella says. “The robot has an arm that guides the trajectory of the hardware based on the medical images—as well as the patient’s position on the operating room table.”

THE NEXT ERA OF SPINE SURGERY

Bottom line: When skilled hands take hold of leading-edge technology, better patient outcomes are unlocked. These include:

- Unprecedented surgical precision
- Fewer imaging requirements resulting in reduced radiation exposure
- Less pain and faster recovery time due to smaller incisions and less damage to soft tissues

“This technology delivers the safest, most reliable results,” says Dr. Kinsella. “Using robotics and computer-assisted navigation, the Globus Robot allows me to place hardware with the highest level of accuracy. This is especially helpful in deformity cases and complex revisions where previous surgeries have been performed.”

DR. KINSELLA: THE BACKSTORY

Originally from the Boston area, Stuart Kinsella, MD, MSTR, stayed close to home for college. He obtained his undergraduate degree in biology from Harvard University before obtaining his medical degree from the University of Pennsylvania, where he concurrently earned a masters in translational research. He returned to Boston for postgraduate training, and completed his internship, residency, and adult spine surgery fellowship at Harvard.

Dr. Kinsella spent the last few years in Vero Beach, Florida, with Vero Orthopaedics. Although he had a highly successful practice, the opportunity to join the world-class surgeons at The Steadman Clinic was one he couldn’t resist.

Dr. Kinsella is board certified in orthopaedic surgery. He specializes in open, minimally invasive, and robotic spine surgery. His approach to treatment? “Always deliver the care I would want for myself and my family,” he says.

A new member of our Roaring Fork Valley, he officially began seeing patients in May. He practices at both the Willits and Aspen locations of The Steadman Clinic and performs surgeries with the aid of the Globus Robot at Aspen Valley Hospital.

Brakes Over Breaks

eBikes, Single-Tracks and Steep Grades are a Recipe for Road Rash: Tips to Avoid the Trauma Drama This Season



BY CHRIS ROSEBERRY, MD, FACS
Trauma Program Director and Chief of Medical Staff at Aspen Valley Hospital

As the Trauma Medical Director at Aspen Valley Hospital, I am keenly aware of the numerous

bicycling injuries that come in the ER, especially as I am an avid mountain biker myself. To give you an idea, Aspen Valley Hospital's emergency department treats 300 or more people each year for serious injuries suffered in bicycling accidents, and many more are treated at the Snowmass Clinic and After-Hours Medical Care in Basalt. To me, that's a serious problem. If you are planning on getting out on your bike, here are some tips to help you avoid injury so you can enjoy the roads and trails all year-round.

Special Risks in Our Mountain Towns

Cyclists can get in trouble coming down from the Maroon Bells, Ashcroft or other windy, steep mountain roads. Problems can get gnarly very quickly if the roads are wet and riders come into curves too fast. Many people here are also on bikes that are unfamiliar to them, such as rental bikes. In that case, they should take a ride somewhere slow and easy before going out on a big ride. And remember: Heavier e-bikes take longer to stop, so brake early.

Helmets

Wearing a bike helmet can turn a potentially major head injury into a minor head injury, and they can turn a potentially minor head injury into no injury.

Bicycle helmets are of the utmost importance and should be worn at all times and on all types of bikes. They don't prevent all head injuries, but they make them less

severe. In addition, a full-face helmet is recommended for mountain bikers on significant downhill rides. Facial injuries can be severe and expensive to treat, and it's not uncommon to go face-first over the bike in an accident.

Safety Equipment for Cyclists

Elbow and knee pads are also recommended for mountain bikers. If you're taking the big jumps at Snowmass or Crown Mountain Park in El Jebel, a back protector is important. Many downhill mountain bike racers use them, as well as a cervical collar that prevents the head from hyperextending, which can cause spinal injuries.

Safety Rule to Keep in Mind

I ride my bike almost daily, and I always check the tire pressure, brakes and gears before going out. In the rain, I ride slower than usual or just take the day off. Rain is the biggest condition that can affect your ride because it affects braking distance. That's especially true with road bikes, since the rim brakes on most road bikes are much less effective in wet conditions. When mountain biking, I ride with a buddy so I have help if something goes wrong.

Head over Handlebars

Going head over handlebars while riding downhill happens because people sit forward and then, when they hit the brakes, it pops them over the handlebars. Shifting your weight back is a key tenet for going downhill on a mountain bike. Also, always look where you want to go. Don't look at the ground or the side of the trail; those are places you don't want to go. Look forward, and your bike will tend to go where you're looking.



If you have never worn a helmet before or want to know if your helmet is properly fitted, follow this QR code for an easy, step-by-step guide to fitting a helmet.





2022

Annual Impact Highlights

H *Healthy Journey by Aspen Valley Hospital* ... the name of our new publication is fitting as we are always exploring ways to support our community's health and wellness by investing in the services you need, providing leading-edge treatments and improving your patient experience. Over the past year, our team has made major strides to help us achieve our mission to provide extraordinary healthcare.

EMERGENCY SERVICES HONORED...AGAIN. Recognized by the global leader in healthcare experience solutions and services, Press Ganey's Guardian of Excellence Award celebrates the strength of health systems who provide their communities with safe and exceptional care. If you or a loved one ever need emergency services, you can be confident in our expert professionals who are in the top 5% in the nation (among 41,000 healthcare systems!) in delivering superior care.

EPIC ELECTRONIC HEALTH RECORDS SYSTEM LAUNCHED. Epic creates a single, unified health record for each patient throughout our Network of Care, which benefits both you, the patient, and your provider with a comprehensive health profile and enhanced communication. Through Epic, you have full access to your medical records in the MyChart portal, so you can schedule appointments, refill your prescriptions, review test results and much more.

MASTER FACILITIES PLAN CAPITAL CAMPAIGN COMPLETED. The final fundraising goal for phase four of the Hospital's Master Facilities Plan has been reached through the incredible support of our community, and construction of the Hospital's "front door" is set to begin this summer. When finished, in late 2024, you will benefit from a centralized registration area and connection between the east and west pavilions, making it much easier to navigate the Hospital. This will conclude nearly two decades of rebuilding to enhance the patient experience from the moment you walk through our doors.

PRIMARY CARE ENHANCED. Aspen Valley Primary Care is caring for more families—adults, children and infants—than ever before. To accommodate this growth, our team has grown, too. Most recently, we welcomed internal medicine physician Caroline Mears, DO, and family medicine physician Catherine Chamberlin, DO. And, we expanded our women's health services to provide a progressive approach to personalized healthcare for women in all phases of life.

WORLD-CLASS ORTHOPAEDICS. It isn't just a phrase, it is a commitment that we have kept through our partnership with The Steadman Clinic. This year, we provided orthopaedic services to more patients than we ever have in our history, and we expanded our services in the midvalley, including the Steadman Philippon Surgery Center. Our partnership continues to grow and expand with new specialties and always the most advanced services through research by the Steadman Philippon Research Institute.

Ultimately, we hope our progress helps you experience a smoother and more successful healthcare journey. With the continued support of our staff, volunteers and fellow Board members, Aspen Valley Hospital and our Network of Care will continue in the right direction.



Melinda Nagle, MD

Chair of the AVH Board of Directors

Member of the AVH Foundation Board of Directors

Over the past year, our team has made major strides to help us achieve our mission to provide extraordinary healthcare.

ASPEN VALLEY HOSPITAL BOARD OF DIRECTORS



Melinda Nagle, MD, *Chair*



Lee Schumacher, *Vice Chair*



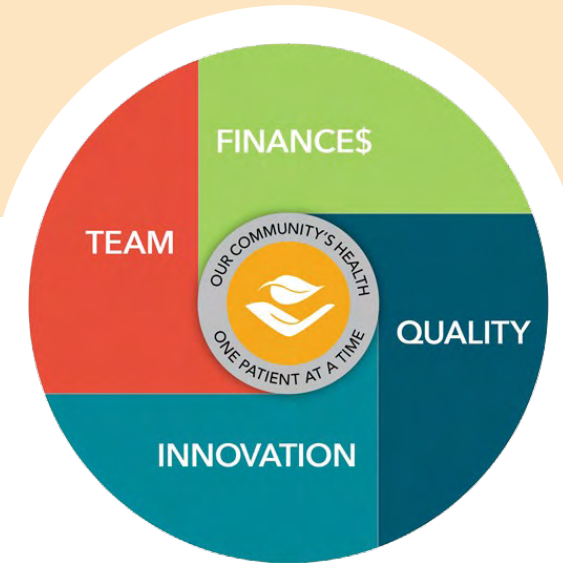
Chuck Frias, *Treasurer*



Greg Balko, MD, *Director*



David H. Eisenstat, *Director*



2022
COMMUNITY IMPACT

1,206

health fair blood draws



537

people employed, making
AVH one of the largest
employers in our community



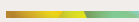
\$1,429,021

of uncompensated
healthcare services provided
to patients in need



\$9,693,428

in Medicaid subsidies



\$473,530

in direct financial support
to outside agencies for
programs that serve the
needs of our most vulnerable
community members

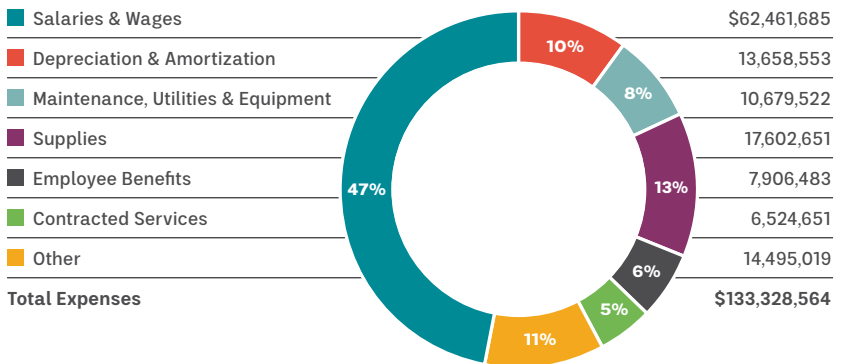
We help support:

- Aspen Community Health Services
- Aspen Detox Center
- Aspen Homeless Shelter
- Mountain Family Health Center
- Pitkin County Mental Health

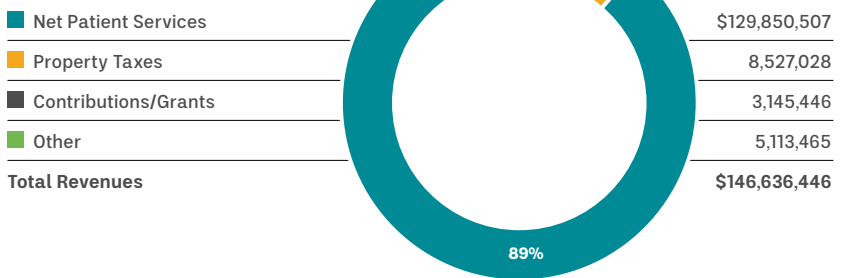
2022 FINANCIAL INFORMATION

Aspen Valley Hospital's strategic plan continues to guide us as our talented and engaged healthcare professionals provide the highest quality care for our community while increasing our operating efficiency and maintaining financial stability.

2022 EXPENSES

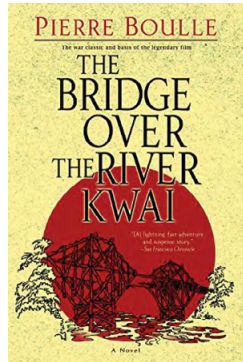


2022 REVENUES



Dive Into Summer Reading

Staff picks to immerse your imagination



The Bridge on the River Kwai

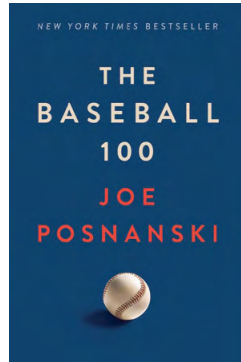
BY PIERRE BOULLE

"I just started The Bridge on the River Kwai because of a conversation with a resident. I love hearing their fascinating stories! I just have so much respect and appreciation for my 'Greatest Generation.'"

Maggie Gerardi is the director of Whitcomb Terrace, a not-for-profit assisted living residential community in Aspen.

SYNOPSIS

This classic novel tells the story of British prisoners of war forced to build a railway bridge for their Japanese captors during World War II. Exploring the themes of duty, honor and loyalty, the characters struggle with their duty to their country and the instinct for self-preservation. The story builds to a climactic ending that challenges the perception of heroism and sacrifice.



Baseball 100

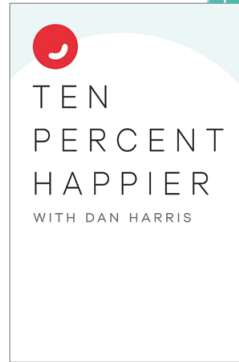
BY JOE POSNANSKI

"Baseball 100 is a must-read for serious baseball fans."

Gordon Gerson, MD is a cardiologist at Aspen Valley Hospital.

SYNOPSIS

Posnanski ranks the top 100 baseball players ever based on extensive research and analysis. His rankings are sure to start debates among fans, as he discusses players from different eras and positions, and shares their life stories on and off the field.



Ten Percent Happier Podcast

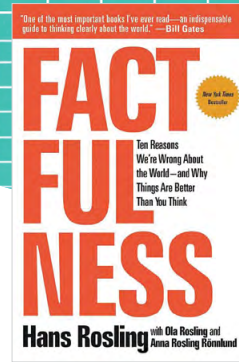
WITH HOST DAN HARRIS

"I have an ever-evolving meditation 'practice.' I struggle very hard at times. I love learning how different spiritual practices and mental strategies affect and influence other people's lives."

Michelle Reeves, Director of Laboratory Services at Aspen Valley Hospital

SYNOPSIS

A podcast about meditation and enlightenment, Dan Harris interviews public figures about their meditation practices and how their lives are affected by them. The first interview is with the Dalai Lama...who has a great sense of humor.



Factfulness: Ten Reasons We're Wrong About the World – and Why Things Are Better Than You Think

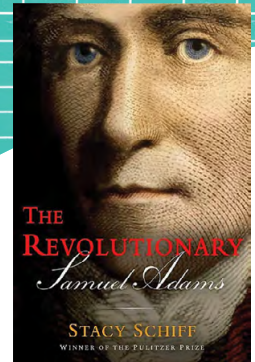
BY HANS ROSLING

"This book is full of hard data about the world we live in, and the big takeaway is that there is so much to be optimistic about."

Catherine Bernard, MD is an emergency medicine physician and Chief Medical Officer at Aspen Valley Hospital

SYNOPSIS

Factfulness challenges our misconceptions about the world and presents a data-driven perspective on global development. Through vivid examples and practical advice, Rosling advocates for a more accurate and nuanced understanding of the state of our world.



The Revolutionary: Samuel Adams

BY STACY SCHIFF

"An amazing biography of perhaps the most influential architect of 'America.' I personally had no idea how instrumental Samuel Adams was in strategizing and orchestrating our independence from Great Britain."

Stacy M. Paczos is Director of Revenue Integrity at Aspen Valley Hospital

SYNOPSIS

This revelatory biography from Pulitzer Prize-winning author Stacy Schiff tells the story about the most essential Founding Father—the one who stood behind the change in thinking that produced the American Revolution.



Tall Fringed Bluebells



Nuttall's Larkspur



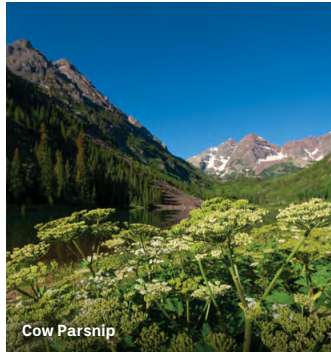
Colorado Geranium



Northwestern Indian Paintbrush



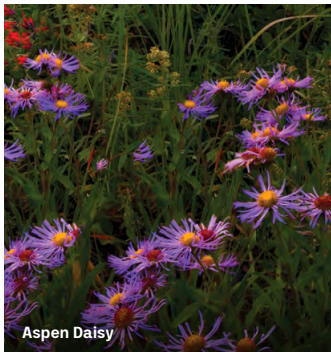
Rocky Mountain Penstemon



Cow Parsnip



Western Red Columbine



Aspen Daisy



Colorado Columbine
Aquilegia caerulea

Buckle Up, It's Wildflower Season

Get to know our colorful Colorado summer blooms

Tall Fringed Bluebells

Mertensia ciliata

WHEN TO SEE THEM:

May to July

WHERE TO FIND THEM:

Alpine and subalpine meadows, rocky slopes and along streams between 7,000-12,000 feet.

Nuttall's Larkspur

Delphinium nuttallianum

WHEN TO SEE THEM:

Late April through July

WHERE TO FIND THEM:

Moist meadows, open woods and along streambanks from 4,000-11,000 feet.

Colorado Geranium

Geranium caespitosum

WHEN TO SEE THEM:

Mid-May to late-July

WHERE TO FIND THEM:

Mountain meadows and open forests between 5,000-12,000 feet.

Northwestern Indian Paintbrush

Castilleja angustifolia

WHEN TO SEE THEM:

Late spring to early summer

WHERE TO FIND THEM:

Open meadows, slopes and rocky areas between 5,000 and 12,000 feet.

Rocky Mountain Penstemon

Penstemon strictus

WHEN TO SEE THEM:

May through June

WHERE TO FIND THEM:

Rocky areas, meadows and open woodlands between 6,000-11,000 feet.

Cow Parsnip

Heracleum maximum

WHEN TO SEE THEM:

Late May to early August

WHERE TO FIND THEM:

Moist areas such as meadows, stream banks and wetlands between 5,000-10,000 feet.

Western Red Columbine

Aquilegia elegantula

WHEN TO SEE THEM:

May to July

WHERE TO FIND THEM:

Mountain meadows and forests between 4,000-10,000 feet.

Aspen Daisy

Erigeron speciosus

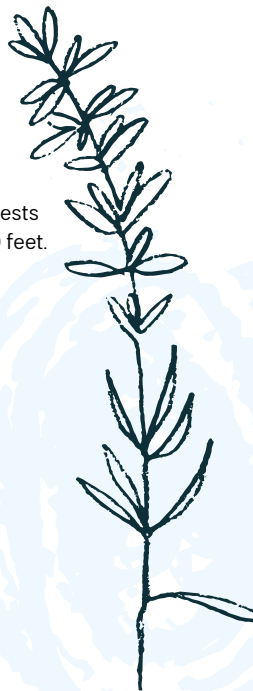
WHEN TO SEE THEM:

June through October

WHERE TO FIND THEM:

Wet meadows, aspen groves and conifer forests between 5,800-11,000 feet.

Our Colorado state wildflower is stunning with delicate, blue and white petals and distinctive spurs that resemble eagle claws. It is native to the Rocky Mountains and can be found at elevations up to 12,000 feet in meadows, forests and rocky slopes.





A Message FROM THE AVH FOUNDATION

PLEDGES AND PROJECTS WITH PURPOSE

Thanks to my predecessor, Deborah Breen, our Foundation Board members and our community, we have raised more than \$65 million and completed the Campaign for Aspen Valley Hospital. Our donors saw the value of having facilities like a patient-centric birthing center, state-of-the-art surgical suites, a new emergency department and much more. We received gifts from 2,000 donors throughout the 10-year public portion of the campaign.

HEALTHY ASPIRATIONS

Aspen Valley Hospital is the most vital and necessary organization in the region. For years, people have been drawn to Aspen because they were attracted to the ideal of living healthy, full lives. Aspen Valley Hospital is critical to that aspiration. As many will tell you, it is expensive to live, work and run a business here, but we all make it our home because Aspen is a community like no other. Increasingly, hospital leadership must make hard choices—how long can we wait to hire a new employee or replace a piece of equipment? Philanthropy bridges the gap between what we receive from insurance, Medicare, Medicaid and property taxes, and the actual costs to deliver care. It provides us with the ability to pursue the Hospital's vision to foster our community as the healthiest in the nation.

We are now shifting our focus to two new initiatives that reinforce our strategic goals around employee recruitment and retention. The first is a new graduate residency program for nurses. Each fall, we will bring in four recent graduates from an accredited nursing program, and these nurses will have the opportunity to pursue a one-year intensive residency at AVH. We believe this investment in their continued training will result in more nurses remaining at the Hospital well into the future.

We are also remodeling a building on the Hospital property to create 11 "on-call" rooms for staff members who need to report to the hospital within 30-45 minutes. By having a place to stay with a bed, kitchenette and bathroom, we will have a more rested workforce. They can also live a little farther away, where it may be more affordable, but still be able to meet their obligations to the hospital and their patients. With this investment, we will be able to convert apartments we own and are currently using for this purpose and rent them at below-market rates to our permanent workforce. The first question a potential new physician or nurse will ask is if the Hospital can help them with housing. This fundraising opportunity will position us closer to our goal of offering affordable housing to half our workforce.

THE CORE OF CARE

In 2022, AVH saw 25,000 patients who collectively had 60,000 outpatient visits and 2,000 surgeries. Over 8,000 individuals were seen in our emergency room alone. There are only 18,000 permanent residents in Pitkin County. It's clear we are critical to the health of the Roaring Fork Valley.

The individuals who support Aspen Valley Hospital Foundation are ensuring the Hospital can invest in the latest technologies, achieve full staffing and stay financially nimble. Ultimately, we all want excellence and convenience.

When you make a gift to the Foundation, you are supporting the current and future needs of the Hospital. It is an investment in your own health and wellbeing as well.

Sincerely,

Diana Bulman

Chief Development Officer and President of the AVH Foundation



MEET DIANA BULMAN

How long have you been involved in fundraising?

More than 25 years.

Where have you worked previously?

I worked for Memorial Sloan-Kettering Cancer Center, Cleveland Clinic, and Dartmouth-Hitchcock Medical Center and Dartmouth Medical School. Most recently, I was with Stanford Medicine.

What are you excited about experiencing in Aspen?

The Summer Polo Classic on August 27. This will be my first time attending. It is a unique event in the Valley and is well-attended by our supporters who come to watch highly-skilled athletes, sip champagne, and support the hospital by bidding on unique experiences as part of a live auction. Anyone interested in sponsoring or attending can email apendarvis@aspenhospital.org.

Leave a Legacy to Benefit *You, Your Family,* and the *Health of Our Community*

When you name Aspen Valley Hospital Foundation in your will, trust, retirement plan, life insurance policy, or other estate plan or create a charitable trust that can pay you income for life, you can:

- Save taxes
- Join our Legacy Society and receive its benefits
- Support extraordinary healthcare in an environment of excellence, compassion, and trust for generations to come



For more information, please visit
AVHF Planned Giving online
and contact Jan Jennings,
Director of Planned Giving, at:
970.544.1340
jjennings@aspenhospital.org

Aspen Valley Hospital Foundation
0401 Castle Creek Road
Aspen, CO 81611

ASPEN VALLEY
POLO CLUB

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

ASPEN VALLEY
HOSPITAL FOUNDATION

ASPEN VALLEY HOSPITAL FOUNDATION
**SUMMER
POLO**
CHARITY CLASSIC

**AUG
27
2023**

Ticket Sales Now Open!



Go Wild Outside

with Aspen Native, Ducky (Deborah) Coombe, RN

Discover the Valley's crystal lakes, wildflower meadows and more

One of the best things about the Roaring Fork Valley is that you could live your whole life here and never stop discovering new places. There are many places I return to every year, and in different seasons, that have layers of memories, stretching back to my childhood in the Valley. At the same time, I am always eager to explore those places on my local bucket list just waiting to be discovered.

ASPEN

Rio Grande Trail ●

This paved walking and cycling trail was created from the old railroad track that brought miners and supplies up to Aspen from Glenwood Springs. It more or less follows the Roaring Fork River as it winds down through the different terrain in the valley. But no matter where you access it, you are sure to bump into someone you know.

Ute Cemetery, Park and Trail ◆■●

Tucked away in a high grove of aspens and wildflowers at the base of the east side of Aspen Mountain is the Ute Cemetery. It is a really peaceful place to wander among the lichen-covered stones of fallen World War I soldiers before heading over to the park and playground with picnic tables and outdoor grills. Across Ute Avenue, you'll find the Ute Trailhead. It is an arduous 6.2 miles with a 3,500 vertical foot ascent up the back of Bell Mountain to the Sundeck on Aspen Mountain.

Ashcroft ●

The ghost town of Ashcroft has easy walking paths in summer and cross-country trails in winter. In spring and summer, the wildflowers take over the valley, and the variety changes as you climb in altitude. Ashcroft is also the access point to Cathedral Lake.

Cathedral Lake ◆

The incredible views from the top make this difficult trail worth the effort.

You will need to have a few technical abilities to make your way through the boulder field and some steep areas.

Aspen to Crested Butte ◆◆◆

It's a mountainous 11 miles from Aspen to Crested Butte; if you travel by car, it's 100 miles. You will need to be in top shape to take on the steep switchbacks up to the 12,000-foot summit of West Maroon Pass and still have energy for Schofield Pass at 10,722 feet. If you plan on doing this rite-of-passage hike of a lifetime, get some local guidance and go with an experienced group.

SNOWMASS VILLAGE

Highline Trail ●

An easy trail with views down to Snowmass Village. Connect with the Lowline Trail for a short loop.

Rim Trail ■

Views from the Rim are the main feature of the trail, which traverses the west and north Rims of Snowmass Village.

Sky Mountain Park ◆

This 2,500-acre park with a network of mountain bike-only trails connecting Aspen and Snowmass Village is a local favorite for flow-style riding. But with incredible 360-degree views, you'll want to take a break for some mountain gazing. A short 2.5-mile ride from the Village, the trail features well-maintained bermed turns, rollers and tabletop jumps to add a little excitement to your day.

BASALT

Arbaney Kittle Trail ◆

"Boot camp" comes to mind when I think of this trail; it will get you in shape fast as you climb about 2,000 vertical feet in just 1.75 miles to the Frying Pan Overlook. Once at the top, there is the option to continue on the full 17.5 miles on this out-and-back hike.

Crown Mountain Park ◆ ■ ●

This park does a great job of being all things to all people. A mile-long paved path offers year-round walking and running; there are tennis and basketball courts, two baseball fields, and several soccer and lacrosse fields. Two extra-large enclosed dog runs make for a social spot for dogs and their humans. The bike park

is legendary, one of the best and most technical mountain biking/BMX trails on the Western Slope. For everything that the park offers there are child and adult classes and leagues to go with them.

Ruedi Reservoir ◆ ■ ●

Fourteen miles up the Frying Pan River from Basalt, Ruedi (pronounced roo-DYE) is an oasis of fun. In summer the Aspen Yacht Club, a 50+ year-old non-profit institution, holds court to the many sailboats, and there is a marina for motorboats. There are areas for swimming and stand-up paddleboarding, and infinite hiking, biking and camping surrounding the 1,000-acre reservoir. In winter there is ice fishing, and, when there is a long clear and cold stretch, some areas are safe for skating. Get some guidance from the locals who live up there before taking to the ice.

CARBONDALE

Mushroom Rock ◆ ■

Mushroom Rock is a popular two-mile out-and-back, dog-friendly trail near Carbondale that takes you up a steep red rock and dirt trail to the mushroom-like outcroppings. On the way up, you will gain over 900 feet in elevation in one mile,

and the reward of the sweeping view of the Crystal River Valley that perfectly frames Mount Sopris is well worth the effort.

Prince Creek ◆ ■ ●

As you head up Prince Creek Road, you will have several trailheads to choose from. Keep going and you will find a refreshing lake at 9,000 feet that is perfect for swimming and SUPing and even has a little beach. Beyond the lake are magnificent views and some rustic campgrounds.

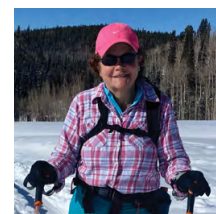
AVALANCHE RANCH HOT SPRINGS ●

By appointment only, but well worth planning ahead. The different soaking pools have beautiful views to the other side of the canyon. There's nothing better than a soak in winter after a long day on the slopes.

GLENWOOD SPRINGS ●

Take your pick of hot springs from the famous Glenwood Hot Springs Pool, the country's largest outdoor hot springs pool; or Iron Mountain Hot Springs, with a "flight" of different soaking pools at varying temperatures; or descend into the Yampah (Ute for "Big Medicine") Vapor Caves where the thermal waters create a relaxing subterranean Turkish bath-style experience.

One of the best ways to find trails in our area is the Aspen Trail Finder website and app which has trails from Aspen to Glenwood Springs and up the Crystal River Valley. aspen-trailfinder.com



Deborah, aka "Ducky," was born at the original Citizens Hospital and has spent most of her career growing with Aspen Valley Hospital, both as a nurse and as the official canine photographer for our Pet Enrichment Therapy Program (PET Program). Ducky comes from a ski pioneering family and continues the tradition of exploration with her family.



The Glenwood Hot Springs Resort is home to the country's largest outdoor hot springs pool.

train your brain

Sudoku is like a workout for your brain's prefrontal cortex. It helps boost your ability to think logically, concentrate, solve problems, improve memory, enhance creativity and have fun at the same time. Below are four levels of puzzles to get your grey cells in shape.



Did you know...

that timing yourself while doing a puzzle can make it more exciting and keep you focused?

VERY EASY

	6		2	1	7		3	
	2	8			3		9	
4	1			8	5			6
6					8	4		
2		4	1	6		3	5	
9								2
8		5		3			6	
3				7		2	4	

EASY

		3	8				4	9
		9						
1	6	2						7
5			6					
					9		2	
				7	5			
		4	1					8
	3	1	9					4
2					4		3	

MEDIUM

		7	8	6				2
8	6		3			4		
			9					4
3	4	2				7		
5		1		2				
		3					4	
		8		1	7	5		
						6		

HARD

5			9	8		1		
							2	3
4		8		6				
2		6	1					
							5	
	8					7		1
		5	8	9				7
			4					
3			2				8	



happy trails

Exercising in nature offers an abundance of benefits for your physical and mental wellbeing, including reducing stress, improving mood, boosting cognitive function and promoting physical fitness. Here in the Roaring Fork Valley, there is truly something for everyone from a quiet stroll through the John Denver Sanctuary to some grippy 5.13+ rock climbs up Thompson Creek. Whatever park, trail or climb you choose, you'll be sure to refill your chill.



1. Smuggler Mountain
2. Crater Lake
3. Maroon Wilderness
4. Hunter Creek
5. Lost Man
6. Ashcroft
7. Arbaney Kittle
8. Ute
9. Mushroom Rock
10. Cathedral Lake
11. Prince Creek
12. Highline
13. Thomas Lakes
14. Frying Pan Overlook
15. Mayfly
16. Last Chance Creek
17. Crystal City
18. Lorax
19. Blue Ribbon
20. Four Pass Loop
21. Roller Coaster
22. Hell Roaring Creek
23. Avalanche Creek
24. Sopris Creek
25. Red Table
26. Basalt Mountain
27. Sunnyside

How many trails can you spot below?

O A T K A P M I T F O R C H S A Y O R N B N B
P L A S T C H A N C E C R E E K J V X W L M A
S C K E A R B A N E Y K I T T L E C F U U R S
S R S M K K E E R C R E T N U H E I K Q E E A
Z Y U W L C L G B V I R K H S O U Z A K R D L
E S N K L C L O R K G K N E B I X B T U I T T
F T N X C S O P R I S C R E E K D B P J B A M
R A Y P O O L S S A P R U O F R H U T E B B O
Y L S J W S W Y Q G X L S O C L C O P B O L U
I C I T B D M L F E B L Z W D Z N E F U N E N
N I D Q C R I K C L R Q O O T A I P C E H I T
G T E N S M U G G L E R M O U N T A I N N J A
P Y K E E R C G N I R A O R L L E H C J I X I
A N A M T S O L V K K M Z E T L J B Z W Q R N
N N O U Y U E K C R A T E R L A K E Y U P N P
O Z T H O M A S L A K E S K A Y P L J J M M G
V L W C P P X X C A T H E D R A L L A K E T Y
E K V A V A L A N C H E C R E E K N L H E L S
R S S E N R E D L I W N O O R A M U Z H F O Q
L M O K O N M S W W O S Y N T X A K D Y C U I
O A T L M D S M F K I Q R D Y R Y I A G Q J Z
O Z J M R M U S H R O O M R O C K M H G D D C
K C H I G H L I N E R O L L E R C O A S T E R



Healthy Challenge...

Choose a new and more challenging trail to explore this summer! Visit aspenstrailfinder.com for ideas.

High-Altitude Eats

Quench your thirst this summer with these healthy recipes



BY LAUREN MITCHELL, MS, RDN, CSSD
Nutrition Services

Staying hydrated is an uphill challenge we all face the moment we wake up in the morning. I recommend getting a refillable water bottle to keep waste out of the landfill. Plus, you can decorate your vessel with any number of stickers to fly your colors.

In addition to sipping water all day and replacing electrolytes as needed, eating lots of veggies with every meal helps keep you hydrated from meal to meal. Here are two of my go-to hydrating recipes as well as nutrient-dense snacks to take with you as you head out for your next adventure.



Replenish Your Insides

Smoothies with a proper balance of ingredients and nutrients—including protein, fiber from vegetables, fruits and a healthy fat source—can create a filling and satisfying hydration boost, whether for a meal or a snack on the go.

Use these steps to build a more nutrient-dense smoothie:

Start by choosing a base for your smoothie such as cow's milk, water or unsweetened nut milks instead of using fruit juices. Low-fat cow's milk can add calcium, vitamin D and protein to your smoothie. Unsweetened nut milks are fortified with calcium and can be a lower calorie base for your smoothie. Water is an easy way to add additional fluid to your smoothie, and a less “creamy” option than using cow's milk or unsweetened nut milks.

Secondly, choose your fruit for the recipe. This can be fresh, frozen or canned. If you use canned fruit, make sure it is packed in its own fruit juices rather than a sugar syrup. I recommend using about 1/2 - 1 cup of fruit per smoothie.

Third, choose vegetables such as kale, spinach, cauliflower, pumpkin, beets, etc. This will add additional nutrients such as fiber, vitamins, minerals and antioxidants to your smoothie. Also, this is an easy way to sneak vegetables into your daily intake and your children's daily food intake.

Lastly, add a protein and a healthy fat. Protein and fat help us to feel fuller for longer, so by adding these to your smoothie you will be more satiated. Protein can come from yogurt, cow's milk, nuts, seeds, nut butters and/or even protein powder.

A balanced smoothie can be a great on-the-go meal or snack and can help hydrate you along the way! You can even add spices to your smoothie for extra nutrients and flavor, such as cinnamon, nutmeg, ginger, cloves, etc.—whatever you like!



Mango Ginger Kale Protein Smoothie

Rich in vitamin C, potassium and a kick of warming ginger, this smoothie is packed with nutrients to start the day or for a healthy snack.

Makes 1 smoothie

INGREDIENTS

- ½ frozen banana
- 1 cup frozen mango
- 1 tablespoon fresh minced ginger, outer skin removed
- 2 tablespoons ground flax seed
- 1 cup kale, stems removed
- 1-2 tablespoons lemon juice
- 1 ½ cups unsweetened vanilla nut milk or other fluid choice
- 1 serving protein powder

INSTRUCTIONS

1. Chop and remove stems from kale.
2. Add frozen fruit, ground flax, ginger, kale, lemon juice, protein powder and fluid of choice to blender.
3. Blend until all ingredients are combined and enjoy.

Summertime Salad

Palisade peaches are a summer harvest highlight that we wait for all year long. While you can use any variety of peach to make this salad, the most important thing is to have juicy and ripe peaches to brighten up the tangy notes of the lemon-garlic dressing.

Makes 4 servings

INGREDIENTS

- 1 head of kale, destemmed
- 1 cup small broccoli florets
- 2 Palisade peaches, if available, remove pit and cube

Lemon & Garlic Vinaigrette

- 1 teaspoon olive oil
- Juice from one lemon
- 2 tablespoon minced garlic
- Dash black pepper

INSTRUCTIONS

1. Whisk together all ingredients of vinaigrette in a separate bowl.
2. Finely chop kale and broccoli into bite-sized pieces.
3. In a large bowl, combine kale, broccoli and peaches. Add vinaigrette to kale salad and mix together. The acid from the lemon juice will soften the kale.
4. Store in air-tight container for up to four days.
5. You can add different veggies, grains and/or legumes to make a one-bowl meal.



Snacks to Fuel Your Fun

While I would not consider these hydrating recipes, they are two of my favorite packable healthy fueling snacks for my training runs.

Pumpkin Banana Pancake Obsession

I am pancake obsessed! And as an ultra-athlete and registered dietitian, I have come up with recipes that feed my passions for food, skiing, running and climbing 14ers. For the pancake recipe, you can serve it for breakfast, but I like to add nut butter and take these with me on long runs, hikes and ski days.

INGREDIENTS

- 1 ¼ cups flour
- 1 tablespoon sugar
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 egg
- ½ cup pumpkin puree
- ½ - ¾ cup cow's milk or unsweetened nut milk
- ½ teaspoon pumpkin pie spice
- 1 teaspoon vanilla extract
- 1 banana, sliced
- Optional nut butter, to taste

INSTRUCTIONS

1. In a large mixing bowl, combine flour, sugar, baking powder, salt and pumpkin pie spice.
2. In another bowl combine wet ingredients of pumpkin puree, milk, egg and vanilla extract.
3. Combine the wet ingredients with the dry ingredients. Mix until combined.
4. Heat a lightly oiled pan on medium-high heat. Pour about ¼ cup of batter on the pan. Add sliced banana pieces to each pancake.
5. Brown the pancake on both sides and serve hot, or if taking on a long excursion, top with your favorite nut butter and stash it in your pack for later!



Coconut Chocolate Energy Bites

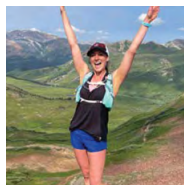
Energy bites are another great snack to take on the go when you know you are going to need a nutrient-dense snack to keep you going.

INGREDIENTS

- 2 cups old fashioned oats
- ¼ cup ground flax seed
- ½ cup nut butter
- ⅓ cup pure maple syrup or honey
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- ½ teaspoon pumpkin pie spice
- ¼ cup unsweetened coconut flakes
- ½ cup chocolate chips

INSTRUCTIONS

1. Start by blending the oats to make a finer texture to help absorb the nut butter.
2. Combine the oats, flax, nut butter, vanilla extract and cinnamon to make a dough. If it seems a little dry, add some almond or other unsweetened nut milk.
3. Add the coconut chips and chocolate chips and mix until combined.
4. If the mixture seems too wet or sticky, add some old fashioned oats so you have a texture that easily forms into a ball.
5. Pinch off a piece of dough to make a golf ball sized portion.
6. Store in an airtight container for up to a week.



An elite athlete and Board-Certified Specialist in Sports Dietetics, Lauren has used her own knowledge of sports nutrition to fuel her performance goals. In addition to working with patients with special dietary needs, she provides nutritional coaching for athletes of all ages and abilities to help give them an edge. Lauren is a six-time Boston Marathon qualifier, a New York City Marathon qualifier and an Ultra-marathoner, and recently ran the Leadville Silver Rush 50-mile race and Crested Butte Ultra.

sudoku

VERY EASY								
5	6	9	2	1	7	8	3	4
7	2	8	6	4	3	1	9	5
4	1	3	9	8	5	7	2	6
6	5	7	3	2	8	4	1	9
2	8	4	1	6	9	3	5	7
9	3	1	7	5	4	6	8	2
1	4	2	8	9	6	5	7	3
8	7	5	4	3	2	9	6	1
3	9	6	5	7	1	2	4	8

EASY								
7	5	3	8	2	6	1	4	9
8	4	9	5	1	7	3	6	2
1	6	2	4	9	3	5	8	7
5	2	7	6	4	1	8	9	3
4	1	6	3	8	9	7	2	5
3	9	8	2	7	5	4	1	6
9	7	4	1	3	2	6	5	8
6	3	1	9	5	8	2	7	4
2	8	5	7	6	4	9	3	1

MEDIUM								
2	3	5	1	4	9	8	6	7
4	1	7	8	6	5	9	3	2
8	6	9	3	7	2	4	1	5
7	8	6	9	5	3	1	2	4
3	4	2	6	8	1	7	5	9
5	9	1	7	2	4	3	8	6
1	7	3	5	9	6	2	4	8
6	2	8	4	1	7	5	9	3
9	5	4	2	3	8	6	7	1

HARD								
5	3	7	9	8	2	1	4	6
1	6	9	7	4	5	8	2	3
4	2	8	3	6	1	5	7	9
2	5	6	1	7	9	4	3	8
7	1	4	6	3	8	9	5	2
9	8	3	5	2	4	7	6	1
6	4	5	8	9	3	2	1	7
8	7	2	4	1	6	3	9	5
3	9	1	2	5	7	6	8	4

word search

O A T K A P M I T F O R C H S A Y O R N B N B
P L A S T C H A N C E C R E E K J V X W L M A
S C K E A R B A N E Y K I T T L E C F U U R S
S R S M K K E E R C R E T N U H E I K Q E E A
Z Y U W L C L G B V I R K H S O U Z A K R D L
E S N K L C L O R K G K N E B I X B T U I T T
F T N X C S O P R I S C R E E K D B P J B A M
R A Y P O O L S S A P R U O F R H U T E B B O
Y L S J W S W Y Q G X L S O C L C O P B O L U
I C I T B D M L F E B L Z W D Z N E F U N E N
N I D Q C R I K C L R Q O O T A I P C E H I T
G T E N S M U G G L E R M O U N T A I N N J A
P Y K E E R C G N I R A O R L L E H C J I X I
A N A M T S O L V K K M Z E T L J B Z W Q R N
N N O U Y U E K C R A T E R L A K E Y U P N P
O Z T H O M A S L A K E S K A Y P L J J M M G
V L W C P P X X C A T H E D R A L L A K E T Y
E K V A V A L A N C H E C R E E K N L H E L S
R S S E N R E D L I W N O O R A M U Z H F O Q
L M O K O N M S W W O S Y N T X A K D Y C U I
O A T L M D S M F K I Q R D Y R Y I A G Q J Z
O Z J M R M U S H R O O M R O C K M H G D D C
K C H I G H L I N E R O L L E R C O A S T E R

- | | | |
|----------------------|-------------------------|------------------------|
| 1. Smuggler Mountain | 10. Cathedral Lake | 19. Blue Ribbon |
| 2. Crater Lake | 11. Prince Creek | 20. Four Pass Loop |
| 3. Maroon Wilderness | 12. Highline | 21. Roller Coaster |
| 4. Hunter Creek | 13. Thomas Lakes | 22. Hell Roaring Creek |
| 5. Lost Man | 14. Frying Pan Overlook | 23. Avalanche Creek |
| 6. Ashcroft | 15. Mayfly | 24. Sopris Creek |
| 7. Arbaney Kittle | 16. Last Chance Creek | 25. Red Table |
| 8. Ute | 17. Crystal City | 26. Basalt Mountain |
| 9. Mushroom Rock | 18. Lorax | 27. Sunnyside |



calendar

monthly events

Board of Directors Meetings

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

Meetings are available to the public via Zoom. You can access our monthly meeting information at [aspenhospital.org/events](https://www.aspenhospital.org/events).

Blood Drives

In affiliation with Vitalant

Blood drives take place at AVH from 10:30 am–3:00 pm.

Registration is required ahead of time at [aspenhospital.org/events](https://www.aspenhospital.org/events). There are no walk-in appointments available.

Tuesday, August 8

Tuesday, October 10

Tuesday, December 12

ongoing

Aspen Birth Center Classes

The Aspen Birth Center offers the Childbirth Preparation Series, 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 and more details are available at [aspenhospital.org](https://www.aspenhospital.org).

Bosom Buddies

This free support group is led by our lactation experts and provides professional and peer counseling for breastfeeding mothers. Now available in Spanish at the Eagle County Community Center in El Jebel. Call the Aspen Birth Center at 970.544.1130 to get more information and reserve your spot.

Cardiac Rehabilitation/ Pulmonary Exercise and Rehabilitation

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

These ongoing classes in Aspen and Basalt 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 jstough@aspenhospital.org.

Dietitian Demos

Multiple posts a month are hosted on our Instagram at [@aspenvalleyhospital](https://www.instagram.com/aspenvalleyhospital). Registered Dietitians Lauren Mitchell, MS, RDN, CSSD, and Kristy Bates, RDN, bring you bite-sized recipes and helpful tips for leading a well-nourished and healthy lifestyle. Check [aspenhospital.org/dietitiandemos](https://www.aspenhospital.org/dietitiandemos) for more information.





health fair

Deeply discounted lab tests are offered to our community so you can take charge of your health. Appointments are required for blood draws, no walk-ins.

Save the Date for this October:

Friday, October 20

Saturday, October 21

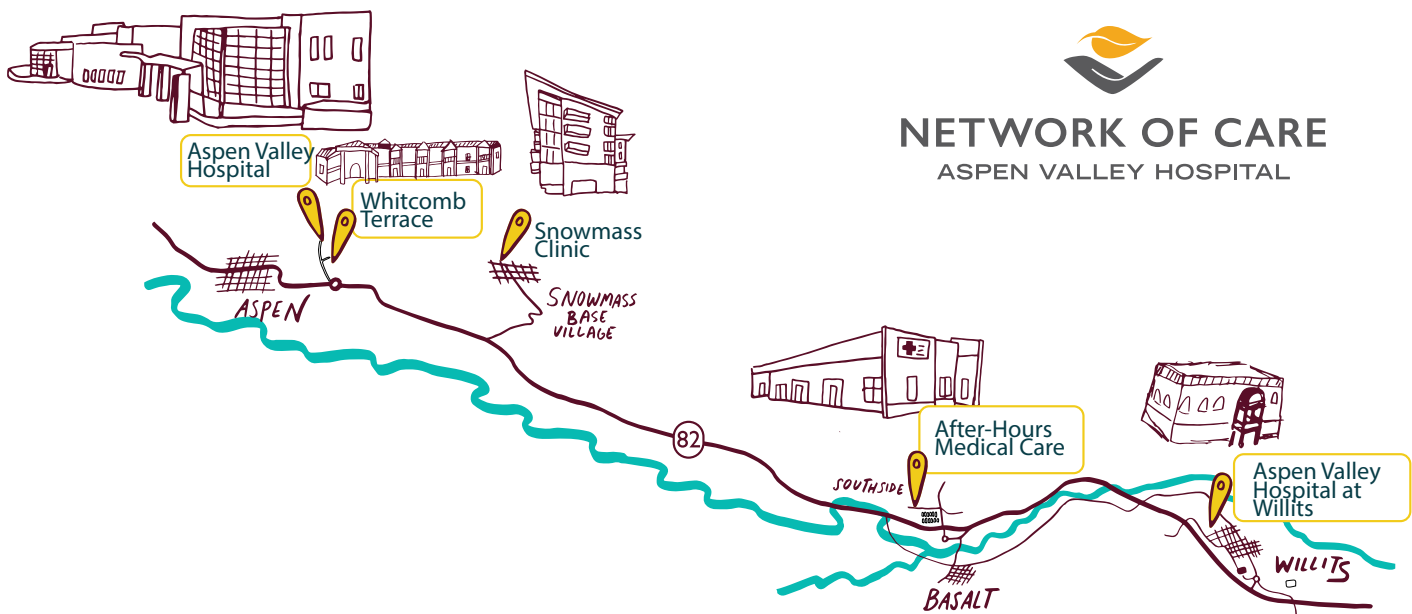
Aspen Valley Hospital
0401 Castle Creek Road
ASPEN

Sunday, October 22

Eagle County Community Center
0020 Eagle County Drive
EL JEBEL

For the latest updates, including test descriptions, frequently asked questions and information on how to book an appointment, visit aspenhospital.org/health-fair.





NETWORK OF CARE

ASPEN VALLEY HOSPITAL

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	Oncology & Infusion	970.544.1507
Administration	970.544.1261	Outpatient Scheduling	970.544.1392
Admissions	970.544.7350	Pain Center	970.544.1146
After-Hours Medical Care in Basalt	970.544.1250	Patient Care Unit	970.544.1135
Aspen Ambulance District	970.544.1583	Pharmacy	970.544.1778
Aspen Birth Center	970.544.1130	Physical Therapy/Rehabilitation Services	970.544.1177
Aspen Valley Hospital Foundation	970.544.1302	Same Day Surgery/Outpatient	970.544.1327
Billing Help Line	970.544.7694	Snowmass Clinic	970.544.1518
Breast Center	970.544.1420	Spanish Resources	970.544.1543
Business Office/Billing	970.544.7377	Surgery Scheduling	970.544.7391
	800.262.3067	Whitcomb Terrace Assisted Living	970.544.1530
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		

MEDICAL PRACTICES

Center for Medical Care	
<i>Aspen Valley Primary Care</i>	970.279.4111
<i>Cardiology</i>	970.544.7388
<i>Ophthalmology</i>	970.544.1460
<i>Otolaryngology (Ear, Nose & Throat)</i>	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



Drink in the dark night sky in Ashcroft with Chris Roseberry, MD, FACS



Run your heart out to American Lake with Lauren Mitchell, MS, RDN, CSSD



Set the sun on Sopris with Celina Huerta

Go wild with us



Forage for fall foliage with Erich Grueter



Follow the Four Pass Loop with Jack Michael, DPT



AspenValleyHospital



AspenValleyHospital



AspenValleyHospital



A compassionate, highly-trained nurse makes all the difference in your healthcare.

Aspen Valley Hospital is committed to teaching, training and preparing recent nurse graduates for lifelong, fulfilling and satisfying careers as part of our **New Graduate Nurse Residency Program**.

Our goal is to help facilitate the transition from nursing school into professional nursing practice by:

- promoting leadership
- fostering high patient satisfaction
- retaining local new nurse graduates
- improving professional satisfaction
- increasing the confidence and competence of recent nursing graduates

Help Us "Grow Our Own" Nursing Graduates

For more information on how to make a financial contribution toward curriculum development, textbooks, program management, costs associated with online coursework, and access to simulation labs, please contact Diana Bulman, President, Aspen Valley Hospital Foundation, at **970-544-1301** or email dbulman@aspenhospital.org.

Donate Today



aspenhospital.org