

## Prospect Park Living Center: Care with Dignity

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Prospect Park Living Center (PPLC) is an award-winning skilled nursing facility adjacent to Estes Park Medical Center, situated in a beautiful mountain setting. PPLC is separately licensed with the state of Colorado for 52 beds; we are a freestanding independent skilled nursing facility. We consider the individuals who live in PPLC to be "residents"—not patients, as this is their home; every day our staff is dedicated to providing a home like setting with compassion and comfort and lots of fun!

In PPLC we provide multiple services for our residents including 24 hour intermediate, skilled healthcare, hospice, and respite care. PPLC provides semi-private and private rooms, physical therapy, occupational therapy and speech therapy. PPLC also provides satellite TV in every room, a wheelchair accessible van, and outdoor patio and music therapy. We have an active restorative program for our residents that promotes the residents' ability to adapt and adjust to living as independently and safely as possible; we focus on achieving and maintaining optimal physical, mental, and psychosocial functioning. PPLC provides resident activities within the facility and we also provide excursions to different venues. Last year the residents went to the Butterfly Pavilion, the Central City Casinos, Hammond's Chocolate Factory, and Walmart, to name a few. As well we provide transportation locally to and from various appointments. PPLC provides onsite hair stylist /barber services for a nominal cost to the resident.

At PPLC we have a team of caregivers, Registered Nurses, Licensed Practical Nurses, Certified Nurse's Aides, and physicians, supported by skilled professionals in environmental services and dietary, that ensures that our residents receive the highest standards of service, safety and quality on a daily basis. As a result of this dedicated team of professionals PPLC has been awarded the following recognitions:

- **America's Top Rated Nursing Home** – 5 Stars based on health inspections, staffing and Quality Measures. PPLC is one of only 27 Skilled Nursing Facilities in Colorado to score so highly

- **Music and Memory Certified** – provide high quality, person-centered care through digital music technology
- **Women's Choice Award, America's Best for Extended Care**—top 6 % of 15,600 facilities in the Nation for 2017-2018
- **U.S. News & World Report** has acknowledged PPLC as a top nursing home for 2017-2018 in Northern Colorado out of 15,000 nursing homes in the country

Presently PPLC is working on various improvements to enhance quality and comfort for our residents and their loved ones. Thanks to generous support from the Estes Park Medical Center Foundation we will be:

- Replacing 35 of the residents' beds in February of 2018 with wider and longer beds and mattresses that flip for soft or firm surfaces
- Adding a couch and loveseat and coffee table in the activities room to provide a more home like setting
- Upgrading the dining room with new furniture, dishes and a buffet style service so residents can see, smell and choose their food from a selection of entrees; "dining must be a personal and welcoming experience and classy for our residents"
- Creating a "living room" for the residents and their loved ones to provide a quiet sanctuary for reading, quiet time, and family gatherings

Additionally, a new "state of the art" elder-friendly physician exam room within PPLC opened in the summer for the PPLC residents.

PPLC is proud to be an award winning skilled nursing facility. All of the staff in PPLC are proud of the care that we provide to our residents and their families in Estes Park. Many of the facilities in the valley seek out PPLC for individuals needing a skilled nursing facility because we truly are a place where we live our mission of making a positive difference in the health and wellbeing of all of our residents. +

## From the Executive Director

As I look back on 2017, all I can say is “wow.” It has been a busy year. The Medical Center appointed a new CEO and the community elected a new Park Hospital District Board of Directors. The Foundation’s board has a new look with five new members. The Paint Estes Pink campaign was a big success, helping the Infusion Clinic obtain critical new equipment to continue saving lives. A new Hospitalist group has started providing 24/7 care to inpatients at EPMC. Community support has helped put two new ambulances on the street. Prospect Park Living Center has made significant improvements that will help with resident care and quality of life. Awards have been won by EPMC departments for customer service and patient care. There have been a lot of changes at EPMC and more are on tap for 2018. One thing that has not changed, however, is why we do this work. The mission of EPMC is to make a positive difference in the health and well-being of all we serve. The Foundation is here to increase community awareness of the Medical Center, as well as develop, manage, and distribute funds to assist the Medical Center in fulfilling its mission. Although we may use different strategies and techniques over time, at the end of the day our job is to support the Medical Center. And the reason we can do that is because of you. Thank you for your partnership – because of you we are making a positive difference in the lives of residents and visitors to our community.

Happy New Year, and stay tuned in 2018 – there is more to come.

Sincerely,



**Kevin L. Mullin, MMH, CFRE**  
EXECUTIVE DIRECTOR



## CALENDAR OF EVENTS

### APRIL 21

*Free Entrance to Rocky Mountain  
National Park*

### APRIL 27

*Estes Park Mountain Festival*







## FOUNDATION WELCOMES NEW BOARD MEMBERS

The New Year is a time when The Foundation appoints new Directors to provide leadership to the organization. The following individuals have been approved by our board and assumed office January 1, 2018.



ANDERSON

### **BRAD ANDERSON**

A retired bank president and part-time independent crop insurance adjuster, Brad has lived full-time in Estes for four years with his wife, Kelley. Prior to that, the couple lived in Sterling, Colo. Brad has experience serving on a number of non-profit boards.



BREWER

### **DAVID BREWER, MD**

The last eight years of his half-century career as a cardiologist, Dr. Brewer was the Chief of Cardiology at Oklahoma State University Medical Center and taught young cardiology fellows to open occluded arteries in heart attack victims. Dr. Brewer and his wife, Loretta, are excited to now be full-time residents in Estes.



HUGHES

### **DEBBY HUGHES**

Debby is a former Foundation board president, long-time donor, volunteer and friend of The Foundation. Debby and her husband, Leo, have lived in Estes Park for forty years and are members of the EPMC Legacy Society. The two are technically retired but still design and build custom furniture and architectural woodwork.



OSBORNE

### **STAN OSBORNE**

A Colorado native, Stan Osborne served as a pilot in the Air Force for 21 years and then flew for Southwest Airlines for 22 years. Stan and his wife, Kathye, moved to Estes in 2016 and enjoy singing in their church choir, hiking and golfing.



SOLMS

### **BILL SOLMS, JD**

Prior to retiring, Bill was a lawyer specializing in the areas of labor and employment, estate planning, probate, catastrophic accidents, medical negligence, accounting malpractice and product liability. Bill and his wife, Marianne, enjoy long road trips across the country in their motorhome but have now established Estes Park as their home base. The Foundation sincerely thanks President Shelley Doggett and Directors Wayne Park and Longley Parker, who retired from the board on December 31. Their leadership and wisdom will be missed, but we appreciate their six years of service. +





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## Marty Yochum-Casey

Thirty-year Estes Park resident Marty Yochum-Casey, who suffers from Parkinson's Disease, had been going to Longmont for medical care. In June of last year, she fell in her kitchen and her husband and grandson called the ambulance to get her to the EPMC Emergency Department.

Dr. Chris Daley was the attending physician and summoned orthopedist Dr. Michael Grant right away. Marty had broken her femur just below the hip joint but, luckily, it was a clean break and the hip was fine. She was taken into surgery immediately, assured by Dr. Grant that she would be as good as new the next day.

"When I came out of surgery my husband's bed was being made up for him in my room by a kind nursing assistant," Marty shared. "Dr. Grant was there and every single thing he told me and my husband from before the surgery until we left the hospital a week later was absolutely true and my progress was exactly as he said it would be. He engenders the kindness, gentleness, and professionalism that patients long for in our medical practitioners. But I cannot thank Dr. Grant for his wonderful surgical skills and sunny personality without mentioning the emergency and x-ray techs, nurses, nursing assistants, physical therapists and patient care specialists as well as my many friends and visitors.

Working together, they kept me busy, happy, and focused continually on how well I was doing! I credit my smooth recovery to the wonderful care I received."

In comparing her experience at the hospital in Longmont the previous fall for back surgery, Marty stated, "While the care I received at Longmont was kind and professional, it was not provided with the same sense of everyone working together as a team focused solely on my getting better so I could go home and WALK. EPMC has GREAT DOCTORS! The nurses are more unhurried and willing to see to your needs than any other place I have been. I never once asked for help that someone didn't come to be there for me at once. I would emphasize to anyone who is seeking quality care and needing to undergo a procedure that requires hospitalization, you could not do better than having the Estes Park Medical Center care for you! I would consider us all more than lucky to have this very professional but small facility here." +



**PATIENT PROFILE**