



**ESTES PARK
HEALTH**
FOUNDATION

the
Foundation
NEWS

Protecting Our Women: 3D Mammography Services for Estes Park Health

Did you know that 3D mammography can detect 20-65% more breast cancers compared to 2D? We didn't either, until we talked to Estes Park Health Diagnostic Imaging Department Director Brigitte Foust.

"The current 2D mammography unit will be at end of life in 2020," said Foust. "In order to provide the level of service expected at Estes Park Health, equipment must be upgraded on a regular basis and EPH must keep up with technological advances. The current equipment provides 2-dimensional (2D) images of the breast; there is a new technology, now in place in many mammography centers and in hospitals that employs 3D imaging technology for breast exams. In the medical device world, the constant evolution of technology continues to provide new and improved diagnostic tools, and the mammography world is no exception. When a radiologist sees something that looks suspicious on a 2D mammogram, the patient needs to be re-called to perform additional images to clarify an area. With the new 3D technology a suspicious area can be evaluated without having a patient re-called, and will eliminate the scary waiting time for a patient to wait for a new appointment to obtain additional images. 3D mammography can be used for screening and diagnostic mammograms, and is especially beneficial for women with very dense breast tissue. Digital Breast Tomosynthesis has been shown by many research studies to improve the results of mammography when compared to usual 2D digital mammography. If a woman chooses to have mammography she should have the best outcome and that means 3D instead of 2D in almost all cases."


3D mammography can be used for screening and diagnostic mammograms, and is especially beneficial for women with very dense breast tissue. In 2018, EPH performed 810 mammography exams. Sixty-five were a breast density 0, which means that those patients were sent to a diagnostic breast center on the Front Range for follow up.

It will cost \$355,000 in order to fully fund this project. In 2019, the Foundation is working to raise at least \$155,000 toward the cost. In 2019, requests to EPH's capital budget exceeded the budget by twofold. Financial assistance provided by the Estes Park Health Foundation is critical to fund this project.

EPH's Diagnostic Imaging Department has been awarded accreditation in Computed Tomography (CT) and Mammography by the American College of Radiology. The ACR gold seal of accreditation represents the highest

level of image quality and patient safety and is awarded only to facilities meeting ACR Practice Parameters and Technical Standards after a peer-review evaluation by board-certified physicians and medical physicists who are experts in the field.

In addition, Estes Park Health does not make a profit on mammograms. Insurance reimbursements from both private and governmental programs are lower than the cost of the equipment, staff and maintenance. However, as a community healthcare organization, there are services that EPH needs to provide. 3D Mammography is one of them.

If you'd like to contribute, please go to GiveToEPH.org/3DM, give us a call at 970-577-4370, or use the remit envelope provided in this newsletter. 




**ESTES PARK
HEALTH**
FOUNDATION



*We Need
Your Help*

How would you like to be crowned

Mrs. Rooftop Rodeo?

June 1–July 13, 2019

Contact us at **970-577-4370** or giving@eph.org



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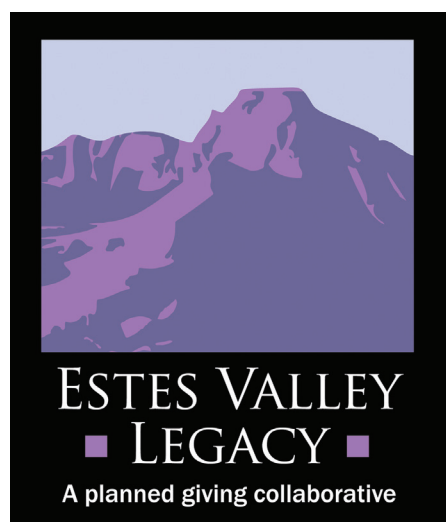
2018 Annual Report Released

Estes Park Health Foundation's 2018 Annual Report is available online at GiveToEPH.org/2018AR. Spend a few minutes looking through your accomplishments of the last year including updates to Estes Park Health Living Center's Dining and Common Areas, New Equipment for the Ambulance and Emergency Departments, and Critical Upgrades to the Outpatient Wound Care Clinic. Estes Park Health Foundation awarded 33 grants to Estes Park Health for a total of \$297,653.03 donated in 2018!




Leave a Legacy Campaign Update

We are participating in the Leave a Legacy Campaign, a collaborative effort among nonprofit entities to provide education and guidance to individuals wishing to make a philanthropic gift as part of their estate. During this year-long campaign, our goal is to secure 11 estate gifts for Estes Park Health Foundation. We are currently at 7, and the campaign ends in November of 2019.



Every person who includes us in their estate plan becomes part of our Legacy Society, and we show our appreciation with a special recognition of your gift.

There are many ways to give outside of cash donations, and every penny counts. If you are interested in discussing your giving goals, including a planned gift, please contact Kevin Mullin, MNM, CFRE, at kmullin@eph.org or 970-577-4306. 

CALENDAR OF EVENTS

MAY 21

Estes Park Health CPR Class for Lay/Non-Healthcare Providers

MAY 23 & 24

Pediatric Advanced Life Support Class

MAY 25-29

Estes Park Annual Art Market

JUNE 1-2

Estes Park Jazz Fest

JUNE 6-9

Estes Park Wool Market & Fiber Festival

JUNE 6

Estes Park Health Basic Life Support/CPR Class

JUNE 7

Estes Park Health Advanced Cardiovascular Life Support Class

JUNE 16

Estes Park Health CPR Classes for Lay/Non-Healthcare Providers

JUNE 16

Estes Park Marathon

JUNE 25

EAD Friends of Folk Festival

JULY 8-13

Paint Estes Pink/ Rooftop Rodeo Week

JULY 11

Estes Park Health Basic Life Support/CPR Class

JULY 13

Pink Night at Rooftop Rodeo

JULY 23

Estes Park Health CPR Class for Lay/Non-Healthcare Providers

AUGUST 3

Half Marathon of the Rockies

New Physician to Join Estes Park Health

Estes Park Health will welcome Dr. Nicholas Mize, D.O. in the Fall of 2019. He will work in Internal Medicine in Estes Park Health's Physician Clinic after completing a Fellowship in Hospice & Palliative Care at the University of Texas Health Science Center. He is a graduate of Rocky Vista University College of Osteopathic Medicine and completed his residency in internal medicine at Medical City Fort Worth where he achieved Resident of the Year in 2018. Dr. Mize is fluent in medical Spanish. In his free time, he enjoys spending time with family, reading, writing, and hiking.

Dr. Mize joins amid several recent additions to Estes Park Health. Dr. Joseph Lee and Dr. Juli Schneider joined as part of the Internal Medicine team. In Pediatrics, Dr. Patricia Aldridge came aboard as a part-time Pediatrician and Estes Park Health contracted with Children's Hospital Colorado to provide coverage for both the Hospital and the Physician Clinic. Estes Park Health also contracted with Rural Physicians Group for Surgicalists. A Surgicalist is a highly trained, board-certified surgeon who provides surgical services in the hospital and the outpatient clinic. In addition, the Hospitalist program continues to help treat more patients locally. Hospitalists coordinate patients' care in the hospital and are the physicians that organize the communication between different doctors caring for a patient.

If you are interested in making an appointment with a provider at Estes Park Health, call 970-586-2317. 



DR. NICHOLAUS MIZE




Let the FUNraising Begin!

Seeking Businesses to Participate in Paint Estes Pink Best Decorated and Top Fundraiser Competitions

We need your help to Paint Estes Pink this summer. In its 6th year, Paint Estes Pink is a campaign to raise funds for cancer treatment at Estes Park Health. This year, the focus is to purchase 3D Mammography Equipment.

Local businesses can participate in Paint Estes Pink in a couple different ways. One way is to decorate their business in pink during the week leading up to Pink Night at the Rooftop Rodeo, July 8–July 13, 2019. Judges will visit the businesses that week and the best looking one will receive an award to display for a year, with their name inscribed. Bank of Estes Park won this award in 2018. Also, businesses can collect funds by displaying a collection jar July 5-12, donating a portion of proceeds to the cause, or using other creative strategies. The business that raises the most funds will receive an award to display for a year, with their name inscribed. Last year, Mountain Home Café was the winner.

The amount of funds raised will be announced at the Rooftop Rodeo's Pink Night, Saturday July 13th. Get your tickets today at rooftoprodeo.com. To participate in Paint Estes Pink, contact the EPH Foundation by phone 970-577-4370 or email giving@eph.org. 



MOUNTAIN HOME CAFÉ



BANK OF ESTES PARK



A Special Letter from the Executive Director

A New Tool in the Battle Against Cancer!

CANCER. *Just the sound of the word is enough to bring discomfort and bad memories. This is especially true for those who have survived a diagnosis of cancer. Although being a survivor is a wonderful thing, the joy once treatment is over is often tempered by the memories of those who have lost their fight.*

This is a picture of me with my Mom, Dad and eldest sister. In 2001 my mother was diagnosed with breast cancer. I will not pretend to know what it is like to hear those words, but my maternal grandmother died of breast cancer in 1976. I also had an aunt (my mother's sister) who died of breast cancer. So it was a tough diagnosis for my mom, as well as my dad and sisters. I am happy to report that now, some 18 years later, my mom has been cancer-free for years, since 2003. Although this is wonderful for my family, many families are not so lucky. So, we are going to do something about it.

One of the keys to successful outcomes after a breast cancer diagnosis is early detection. According to Susan G. Komen, those diagnosed in the early stages have up to a 90% chance of survival, whereas that survival rate drops to about 15% when the cancer is detected in the late stages. This means that investing in early detection will, statistically, have a direct, positive impact on patients in our community who receive a breast cancer diagnosis. For this reason, the Protecting Our Women Campaign is in the quiet phase here at the EPH Foundation. We are currently planning and will launch our formal efforts this summer.

In summary, The Foundation is partnering with the EPH Diagnostic Imaging Department to upgrade the current 2D mammography system to a new, state-of-the-art 3D system. The 2D system has served us well, but technology has advanced and we must advance with it. With the 2D system reaching end-of-life in 2020, this is the perfect time to invest in our future by increasing our capacity to detect breast cancer early. 3D technology has been shown to detect 20-65% more breast cancers than current 2D systems, and this new technology will eliminate the need to go down the hill to get "additional imaging" due to a suspicious scan. The new system will cost a total of \$350,000. This is a lot of money, yet a veritable bargain if it saves the life of your family member or friend.



The Foundation is committed to getting this project funded so that a new system can be in place in 2020. At minimum, we would like to fund the \$155,000 price difference between the 2D and 3D systems. Will you help us? Working together, we can ensure that our small, rural hospital has the same diagnostic capability as the big hospitals on the Front Range. For information on how you and your family can partner with us, contact me directly via email or cell phone – (970) 387-8252 / kmullin@eph.org. Thank you for your support of quality healthcare in the Estes Valley. Working together, Estes Park Health will continue to be strong, independent, and community-owned.

Sincerely,

Kevin L. Mullin, MNM, CFRE
 EXECUTIVE DIRECTOR

New Chief and Vice Chief of Staff

Dr. John Meyer is the new Chief of Staff and Dr. Robyn Zehr will serve as Vice Chief of Staff.

John Meyer, MD, has assumed the role of Chief of Staff and will serve in that role for the next two years. "My peers voted me into this role and I'm excited to take it on," shared Dr. Meyer. "I am confident that the physicians are ready to move forward and accept a leadership role in this community. So many of us live here, we want to be in Estes Park and we want this hospital to survive and thrive. I look forward to representing the Medical Staff and working with the Board and Administration to keep services here and keep governance local."

Dr. Meyer describes his leadership style as "laid back and approachable" and that has worked for him as a leadership trainer at the YMCA, as a camp counselor, the captain of his football team and now in the Emergency Department. "I may appear laid back," Dr. Meyer adds, "but there are things that I actively want for this community. I want this town to have an excellent hospital with excellent patient care, and so do the other physicians."

A career in medicine was a natural choice for Dr. Meyer. "I have always had a passion for working with people and helping others," he says. "This, along with a passion for science made it an easy fit for me."

As a trained Emergency Medicine physician, Dr. Meyer's expertise is in helping people who've suffered an accident or serious sudden illness. To establish trust and open communication in these critical situations, Dr. Meyer treats each patient like a friend or family member. "I am open and friendly with everyone I work with, as well as patients." Immediately establishing rapport allows him to quickly address patient needs and take the proper course of action.

In his free time, Dr. Meyer spends time with his wife and two sons. In addition to going to the gym, skiing, and hiking, he enjoys listening to music, playing percussion, and "having as many laughs as I can dream up!"

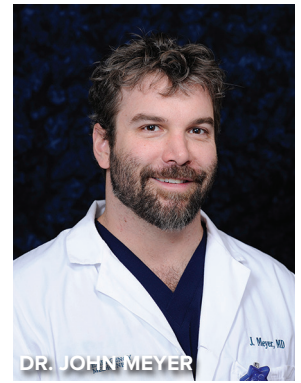
Robyn Zehr, DO, is proud to serve her fellow physicians and her community in the role of Vice Chief of Staff for the next two years. It's no surprise that patients often comment on how Dr. Zehr takes time to listen to their concerns. "I believe the single most important thing I can do for my patients is to listen," she says. "I have found that many times patients will tell me exactly what is wrong or what they need if I allow them the opportunity to ask the right questions."

Listening is the basis for the partnership Dr. Zehr establishes with each patient. "I love getting to know my patients on both a personal and medical

level," she says. "When I understand what goals they have as a person I can individualize their care."

Dr. Zehr's father was a family physician while she was growing up. "I loved seeing firsthand that he was able to help so many in the community," she says. "I wanted to someday provide a service that could make a difference in people's lives as well. I made up my mind early on that I wanted to be a physician."

In her free time, Dr. Zehr likes to explore Colorado with her "adventurous" husband and two children. Her favorite activities are running, rock climbing, skiing, rafting, and spending time with her family. 🌄



— GENERAL PUBLIC WELCOME —

**SATURDAY
JUNE 8, 2019
9AM – 3PM**

WHERE:
**MedEx of Estes Park
158 1st Street, Estes Park**

All proceeds benefit Estes Park Health

- * Quilts
- * Baby Quilts
- * Wall Hangings
- * Table Runners
- * Placemats
- * and More




**SEEKING
VOLUNTEERS**
Call David at
970-586-7205
443 ELKHORN AVE, ESTES PARK

Urgent Care Center Update

Estes Park Health's Urgent Care Center is still in the works. The anticipated open date is the first quarter of 2020, most likely February.

The Urgent Care Center will be a facility that treats immediate needs that aren't life threatening, a walk-in medical clinic with extended hours. The center will

have its own laboratory, full-service x-ray capabilities, and urgent dose pharmacy services. The staff will be licensed in Emergency Medicine and supported by on-call Emergency Physicians.

This facility will be located at 800 Big Thompson Ave, a high profile location that is easily visible to residents and visitors. If you'd like to learn more about Estes Park Health Urgent Care Center, please contact Lisa Taylor at ltaylor@eph.org or 970-577-4390. 



ALARADO BUSINESS PARK GROUNDBREAKING

the **LEGACY**
SOCIETY

Leave a Legacy
through the
EPH Foundation

Contact Kevin Mullin about a gift in your estate plans:
970.577.4306 or KMullin@eph.org