



## Grateful for Getting Back Outdoors

Art Turpin of Estes Park, who turned 90 in August, is a retired high school teacher who goes hiking three days a week and reads six books a month. When an inguinal hernia threatened his routine, he turned to the experts at Estes Park Health.

“Art was not able to hike as much as he likes due to symptoms from the hernia,” explained EPH General Surgeon Dr. Jennifer McLellan. “The main risks of not fixing a hernia include a possible strangulated hernia (where the intestine becomes stuck in a hernia and starts to die) or that the hernia will get bigger over time.”

There are also risks to surgery and Dr. McLellan emphasized that most people tolerate the procedure very well, even patients in overall good shape who are starting their tenth decade of life.


“I am grateful to Dr. McLellan for performing the operation and getting me back in shape so I could get outside this summer,” Art said. “I have used the services of Estes Park Health over three decades and overall, I am very pleased with the care I have received. We are lucky to have this facility right here where we live.”

Three and a half weeks after his procedure, Art was back to regular activity.

“It feels so great to be able to help all my patients,” Dr. McLellan commented, “especially someone like Mr. Turpin who really wanted to get back to his hiking as soon as possible. I’m so glad he has done well.”

Dr. McLellan wants patients to know that hernia surgery is much different than it was years ago. Many hernia surgeries are now performed laparoscopically.

“I have seen major advantages of this method for my patients,” she explained. “Compared to most open hernia surgeries, patients who have laparoscopic surgery tend to have less pain and faster recovery. Because we performed Mr. Turpin’s surgery laparoscopically, he was back on the trails in just a few short weeks. And he barely used any pain medications after surgery!”

Dr. McLellan offers laparoscopic and open hernia repairs at Estes Park Health. If you would like to learn more, please speak to your primary care provider, and have them send a referral if appropriate to the Estes Park Health General Surgery Service. 



*“...I am very pleased with the care I have received. We are lucky to have this facility right here where we live.”*





**ESTES PARK**  
**HEALTH**  
FOUNDATION

*the*  
*Foundation*  
NEWS

## Continuing to Improve Healthcare Outcomes

### **If EPH affiliates with a partner, what happens to the Foundation?**

I'd like to provide you with a brief update on an important topic that has been on our radar — Hospital Affiliation. We at the Foundation believe transparency is crucial in keeping you informed about our ongoing efforts.

Over the years, the landscape of healthcare has evolved, and hospitals are no exception. As the EPH Foundation, we recognize the significance of these changes and are committed to ensuring that our work remains steadfast — channeling philanthropic community support to advance healthcare needs here in the Estes Valley.

Currently, the Foundation is studying the effects of hospital affiliation on local foundations. This comprehensive study is essential for us to understand how best to serve both the hospital and the community going forward. We understand that affiliation often brings about changes, and our priority is to adapt and respond effectively.

It's important to acknowledge that healthcare is dynamic, and the needs of the community evolve. Our commitment to you, our generous donors, is unwavering. We are fully aware that your contributions have been instrumental in supporting healthcare initiatives that have had a profound impact on our community.

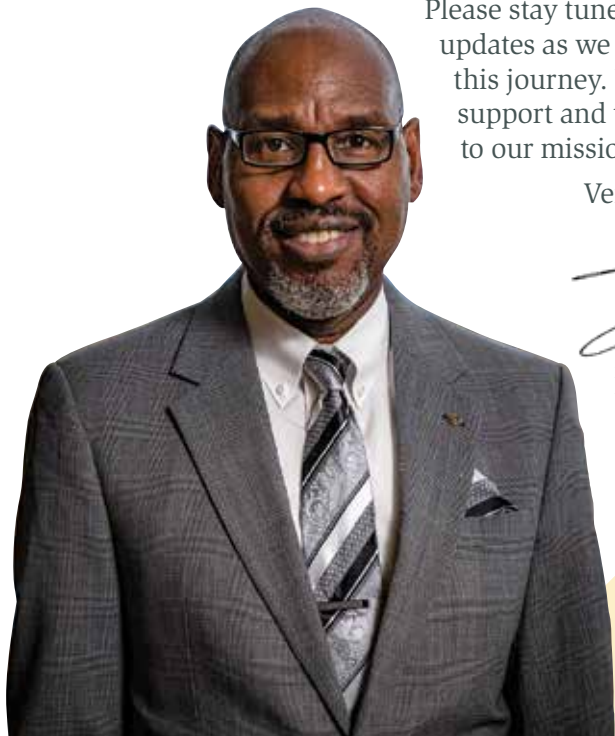
As we navigate these changes, we want to assure you that our core objective remains the same — improving the healthcare outcomes and accessibility for everyone in our community. We firmly believe that by working together, we can continue to make a meaningful difference.

We extend our heartfelt gratitude to all of you who have stood by us throughout our journey. Your support is invaluable, and it drives us to adapt and evolve so that we can continue making a positive impact on the healthcare landscape of our community.

Please stay tuned for future updates as we progress on this journey. Your continued support and trust are essential to our mission.

Very Sincerely,

Kevin L. Mullin, MNM, CFRE  
PRESIDENT







# OCTOBER Breast CANCER awareness MONTH



This year, nine women competed in the Crowns for the Care Competition: Wendy Rigby, Marguerite Sandell, Debbi Stalder, Ruth Cooper, Betsy Bayer, Ingrid Drouin, Lisa Wahler, Maureen McCann, and Dr. Jenny McLellan. These local philanthropists raised a record \$108,731.20, with Ruth Cooper winning the Mrs. Rooftop Rodeo crown with over \$23k in donations.

Under the excellent leadership of past Mrs. Rooftop Rodeo Sherri Unruh,

these ladies broke several Paint Estes Pink records. Not only did they break the record for total donations, but they also broke the record for:

- highest average number of gifts per contestants
- highest average donation
- highest fundraising average per candidate.

The top two candidates, Ruth Cooper and Wendy Rigby both exceeded the previous individual record.

This record-setting year not only allows for the purchase of the new DEXA Scanner, but also for the service and maintenance contracts as well.

This year Bank of Estes Park won the best-decorated competition, leaving no stone unturned in their decorating efforts. Thanks to all the businesses who helped Paint Estes Pink: Bank of Colorado, Mountain Home Café (2nd Place), Cousin Pat's, Colorado Homestead, Omnibus, and the Wild Horse Gift Shop. 🏡

## OUTCOMES OF 2023 Paint Estes Pink initiative

Paint Estes Pink is a weeklong initiative put forth by the Estes Park Health Foundation to raise money for oncology services at Estes Park Health. The week culminates in Pink Night at the Rooftop Rodeo, where Paint Estes Pink competition winners are announced.

This year, Paint Estes Pink raised funds to purchase a new DEXA Scanner. Short for dual-energy X-ray absorptiometry (DEXA), a DEXA scan measures bone mineral density, helping doctors evaluate bone health and determine the likelihood of osteoporosis or fractures. While a DEXA scan isn't typically used to diagnose cancer, it can provide important information to help determine whether additional testing is needed. Women with higher bone density have a higher risk of breast cancer.

# Elizabeth Guild 90K Gift & Scholarships

Thank you, Elizabeth Guild for your generous donation of \$90,000.00 to the Estes Park Health Foundation.

Your steadfast and continuous support of the EPHF has made a very tangible impact on our mission to support Estes Park Health in providing the best care possible in the Estes Valley.

Not only did the Guild recently give a generous donation to the Estes Park Health Foundation, they also provided scholarships to 4 EPH staff members:

- Jillian Howard, pursuing a Bachelor's degree in Health and Human Services, with aspirations for a Master's degree in Clinic Management;
- Iryna Irklienko, finishing her Master's in Health Care Administration;
- Jessica McEndaffer, starting an RN/BSN degree; and
- Sheila Shirley, continuing an MS in Radiologic Sciences.

Since their inception in 1972, the Elizabeth Guild has donated over \$4 million to Estes Park Health.

100% of the Elizabeth Guild proceeds go directly back to the Estes Valley Community in the form of donations to provide high quality health care at Estes Park Health.

The Elizabeth Guild is located at 427 W Elkhorn Ave in Estes Park. Winter hours (November to April) are Tuesday through Saturday from 10 a.m. to 3 p.m. Summer hours (May to October) are Tuesday through Saturday, 10 a.m. to 4 p.m. For those seeking more information, including donation hours and guidelines, call 970-586-7205. 🌈



EPHF PRESIDENT KEVIN MULLIN RECEIVES CHECK FROM THE ELIZABETH GUILD



SCHOLARSHIP RECIPIENTS (L-R: IRYNA IRKLIENKO, MIMI HARDENDORF, PRESIDENT OF THE ELIZABETH GUILD BOARD OF DIRECTORS, SHEILA SHIRLEY, JILLIAN HOWARD)

The Elizabeth Guild, through the Estes Park Health Foundation, generously provides scholarships to eligible Estes Park Health staff who want to further their education in their respective fields.

Jillian Howard was raised in Estes Park and likes to hike, paddleboard, camp, and rock climb. She assists the robotics club with her 10-year-old son. She is also an Elizabeth Guild Scholarship recipient.

Jillian has worked for Estes Park Health for over a year. She is a Medical Assistant and an Epic Superuser and is continuing her education in Health and Human Services to eventually obtain a Master's degree in Clinic Management.

Congratulations

*Jillian*

and thank you for all that you do to make EPH great!





# Congratulations Iryna!



The Elizabeth Guild, through the Estes Park Health Foundation, generously provides scholarships to eligible Estes Park Health staff who want to further their education in their respective fields.

This year, The Elizabeth Guild funded four scholarships.

Meet the Elizabeth Guild and Estes Park

Health Foundation scholarship recipient Iryna Irkliencko!

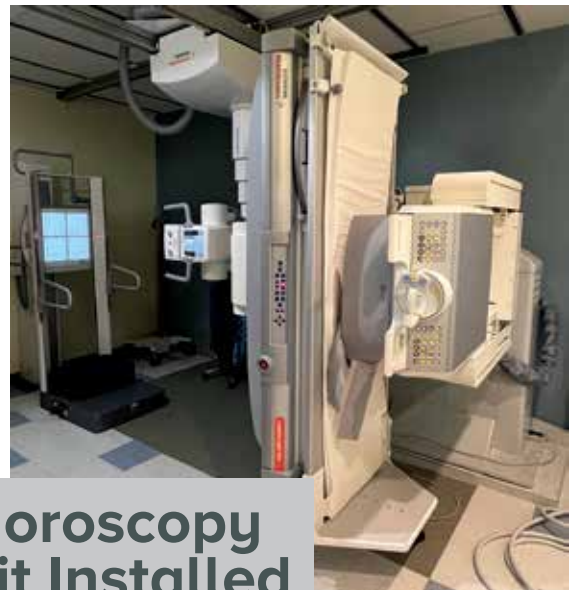
Iryna is working towards her Master's in Healthcare Administration and has just about completed the program. She is working on her capstone project, which is the final project of the program that showcases her knowledge and skillsets. The title of her capstone project is 'Providing Health Services in a Rural Community'.

Her capstone project focuses on rural healthcare, which is a very relevant topic for the Estes Valley and Estes Park Health. She is researching and compiling information based on market analysis and community needs, performing a community assessment and researching methods for rural hospitals to recruit and retain the best providers.

Iryna has been with Estes Park Health for many years, starting in the kitchen, then working in registration, then as an administrative assistant and now as the Medical Staff Coordinator. Originally from the Ukraine, she just celebrated her 15th year in the United States.

"I was a J1 student and then I stayed. This is the country I want to build my life around. The Elizabeth Guild scholarship is a tremendous help and I have been the recipient previously. It has helped with the cost and eased the stress of going to school, working, and being a single mom."

*Estes Park Health Foundation is proud of you and thankful for all that you do for Estes Park Health.*



## Fluoroscopy Unit Installed

After a few delays, the new Fluoroscopia unit is installed and fully operational at Estes Park Health. Fluoroscopia is a medical imaging procedure that uses several brief bursts of an X-ray beam to show internal organs and tissues moving in real time on a computer screen. Standard X-rays are like photographs, whereas fluoroscopia is like a video.

Health care providers use fluoroscopia for two main purposes: for diagnostic purposes and to help guide certain treatment procedures (known as interventional guidance), such as surgeries and catheter placements.

The Estes Park Health Foundation raised \$225,155.15 of the \$600,000 needed for a new Siemens Luminos Agile Max Fluoroscopia Unit. Having up-to-date, functioning imaging technology at Estes Park Health is necessary to support the people in this active mountain community.

In addition to keeping this service line intact at EPH, benefits of the new fluoroscopia machine include:

- High Image Quality & Fast Image Composition
- Long-Leg and Full-Spine Exams Performed on the Same System
- Elevating Table Reduces Risk of Injury to Patients and Staff
- Better Patient Positioning with a Minimum Table Height of 65 Inches
- Increased Table and Foot Surface Capacity Means More Comfortable Exams
- Wide Opening for Patients in Wheelchairs and Relaxed Infant Imaging
- Lower Radiation Dose for Pediatric Patients while Maintaining Superior Image Quality.

Dr. John Knudtson, Diagnostic Radiologist, joined EPH fulltime in 2022, which means expanded availability and services for Diagnostic Imaging.

## EPH Department **WISH LIST**

EPH department directors request over \$3 million for capital funds every year, including equipment upgrades needed to continue their work at Estes Park Health. EPH has an annual capital budget of around \$1.3 million, so less than half of those requests are funded. If you'd like to support a department at EPH, please review the wish list below and contact the Foundation at [giving@eph.org](mailto:giving@eph.org) or 970-577-4370.

### **EPH Physicians Clinic Stryker Wheelchairs**

EPH Physicians Clinic needs two new wheelchairs to replace the existing fleet, which are old, outdated, and missing some components like footrests. Wheelchairs are used to transport patients around the medical center and newer models are more intuitive for patient use and have a one-touch brake system.

**Cost per Unit: \$3,500 — QTY Needed: 2**

### **EPH Physicians Clinic Phillip ECG Machine**

EPH Physicians Clinic needs to update one of their ECG machines, which are used to help diagnose common heart problems. The machine that needs to be updated cannot support necessary IECG software or EKG readings.

**Cost per Unit: \$8,500 — QTY Needed: 1**

