

ASPEN VALLEY  
HOSPITAL

*Small enough to care, large enough to heal*

# A Special Gift for You

## A year of beautiful memories, from Aspen Valley Hospital

Every day in every way, the medical staff, administrators, and employees of Aspen Valley Hospital (AVH) work to ensure that you and your loved ones receive the highest quality care available anywhere. As a reminder of our year-round commitment, we are proud to present this complimentary 2010 calendar to you.

You may be interested to know that all of the beautiful photographs featured in these pages are the work of talented members of the AVH family. Their creativity will be a perfect companion to you through the coming months, and we thank each of them for generously sharing their memories of travels near and far.

The calendar also serves as a gesture of thanks to you and the other members of the Roaring Fork Valley community. Without your ongoing trust and support, the healthcare services we provide would not be possible.

We hope you enjoy good health and great prosperity in 2010.

# 2010 CALENDAR



JANUARY



FEBRUARY



MARCH



APRIL



MAY



JUNE



JULY



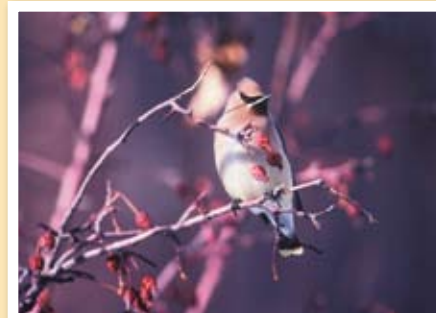
AUGUST



SEPTEMBER



OCTOBER



NOVEMBER



DECEMBER

**"With ordinary talent and extraordinary perseverance, all things are attainable."**

*Sir Thomas Foxwell Buxton (1786-1845)  
English politician, brewer, abolitionist,  
and social reformer*

*Kitzbühel, Austria  
Jo-Dee Russel, RT,  
and Amy Guem, RT*



## flu season is here

Flu season is well underway, and this year it's characterized by both seasonal flu and a new virus, the H1N1 (swine) flu. Seasonal flu kills tens of thousands of people in the U.S. each year and significantly disrupts the lives of many more. The most basic personal protection is the best way to protect yourself and your family: wash your hands frequently (with soap and water or alcohol-based hand sanitizer); keep your hands away from your eyes, nose, and mouth; cough/sneeze into your sleeve; stay home if you're sick; and if you haven't gotten your flu vaccine, it's not too late! Getting your flu shot now can protect you from late season outbreaks.

If you get the flu, **do not** go to school, work, or other public places where you will expose others to your illness. **Do call** your doctor or the hospital if you feel you cannot manage your symptoms at home, are pregnant, have a chronic health condition, or you feel you have developed complications (such as dehydration or difficulty breathing). **Do check** out [www.cdc.gov/h1n1/guidance\\_homecare](http://www.cdc.gov/h1n1/guidance_homecare).

For the latest information about flu, go to [www.avhaspen.org](http://www.avhaspen.org) or [www.flu.gov](http://www.flu.gov).

# JANUARY 2010

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17	18 Martin Luther King Jr. Day	19	20	21	22	23																																										
24/31	25	26	27	28	29	30 Full Moon																																										



**"Without courage, all other virtues  
lose their meaning."**

*Sir Winston Churchill, (1874-1965)  
British Prime Minister, writer, and artist*

**Highland Bowl**  
*Jeanine Cervantes, RN*

## National Heart Awareness Month

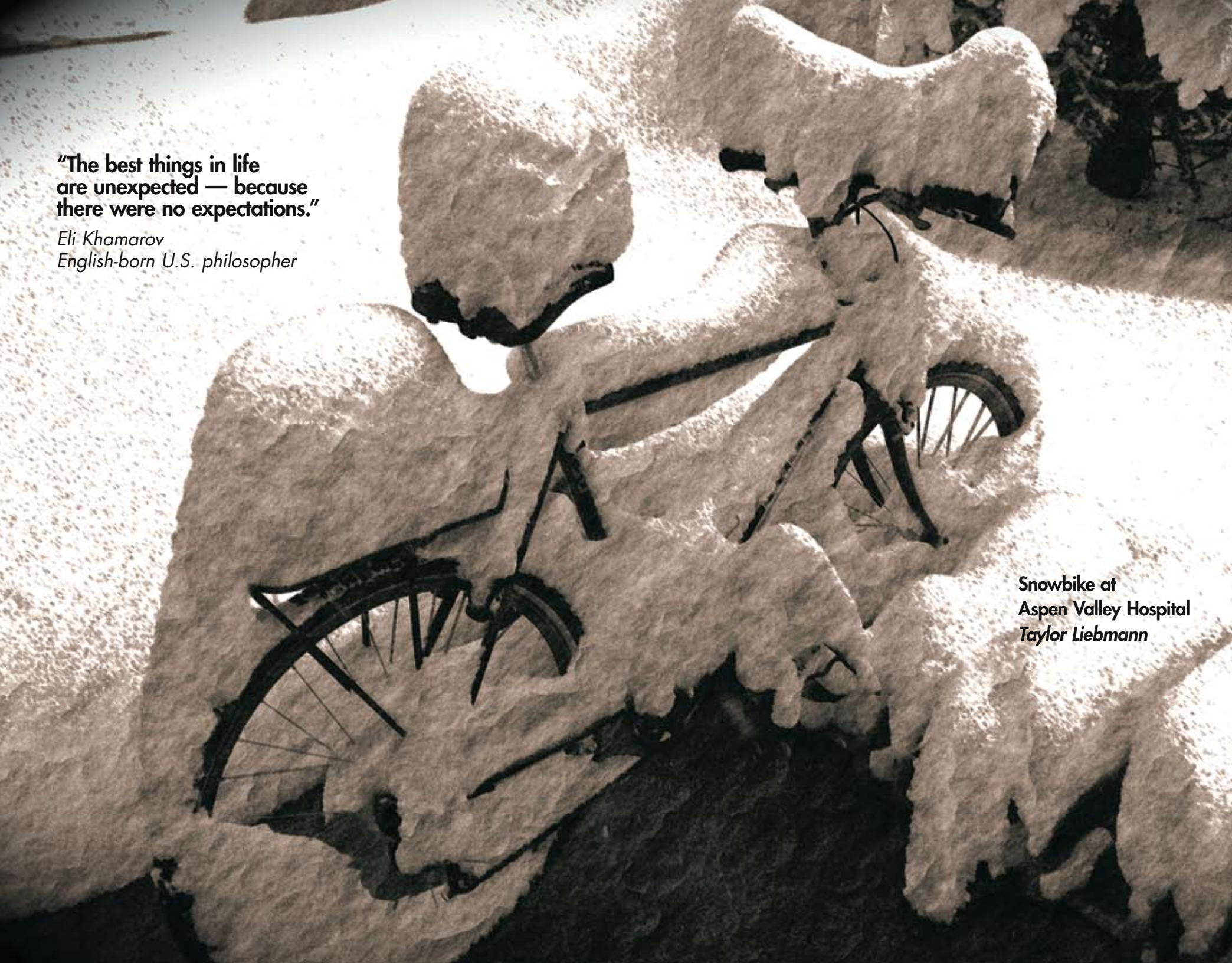
What better time to remind you that heart disease is the leading cause of death in men **and** women in the U.S. Offering year-round cardiac care are Aspen Valley Hospital's (AVH) board-certified cardiologists Gordon Gerson, MD, FACC, and Morris Cohen, MD, FACC.

Located on the AVH campus, Aspen Cardiology serves locals and visitors, both for routine and emergency visits. The cardiology clinic focuses on preventive care, diagnosis (including CT angiograms, echocardiograms, Doppler studies, nuclear stress tests, TEE, and Tilt Table testing), and treatment. In addition to routine follow-up care and cholesterol monitoring, a Coumadin clinic offers lab testing and adjustments to the Coumadin dose. What's more, Dr. Gerson performs device interrogation for patients with a pacemaker or defibrillator.

For patients recuperating from cardiac surgery or a cardiac event, AVH offers a comprehensive cardiac rehabilitation program in both Aspen and Basalt. Dr. Gerson has regular office hours at AVH, and he and Dr. Cohen are on call for emergencies and hospital consultations. To make an appointment about your heart health, call **970.544.7388**.

# FEBRUARY 2010

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14 Chinese New Year Valentine's Day	15 Presidents' Day	16 Mardi Gras	17 Ash Wednesday	18	19	20																																										
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28 Full Moon																																																

A photograph of a snow-covered mountain slope. A snowbike, which is a bicycle with wide, treaded tires, is partially buried in the snow. The snow is bright white and appears to be melting in some places, revealing the dark frame and wheels of the bike. The background shows more of the snowy mountain terrain.

**"The best things in life  
are unexpected — because  
there were no expectations."**

*Eli Khamarov  
English-born U.S. philosopher*

**Snowbike at  
Aspen Valley Hospital  
*Taylor Liebmann***



## Providing extraordinary care

The essence of Aspen Valley Hospital (AVH) is its personalized care, staff expertise, and state-of-the-art technology. We are truly a unique 25-bed critical access hospital with a 64-slice CT scanner, a 1.5 Tesla open bore MRI, nuclear medicine capabilities, sophisticated information technology, over 20 different specialties represented on the medical staff, and a plethora of inpatient and outpatient services.

Furthermore, AVH is nationally recognized by Avatar International, a leader in healthcare research, for outstanding performance in service excellence. Recently named "Best Performer," AVH is ranked in the top 5 percent of hospitals in the country, according to Avatar's research. With low nurse-to-patient ratios, commitment to quality care, talented staff, and technology to support the latest medical science, AVH has succeeded in its mission to provide extraordinary care.

For more information about our services and medical staff, call **970.544.1296** or check out our web site at [www.avhaspen.org](http://www.avhaspen.org).

# MARCH 2010

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7	8	9	10	11	12	13
14 Daylight Saving Time Begins	15	16	17 St. Patrick's Day	18	19	20 First Day of Spring
21	22	23	24	25	26	27
28 Palm Sunday	29 Full Moon	30 Passover	31			

**"It is not the mountain we conquer but ourselves."**

*Sir Edmund Hillary (1919-2008)*

*New Zealand mountaineer and explorer*



**Mt. Kanchenjunga near Darjeeling, India**  
*Kelley Hill, RN*

## A commitment to the mid-valley

Aspen Valley Hospital's commitment to serve those who live beyond the boundaries of Aspen and Snowmass Village is long-standing. Physicians — family medicine, internal medicine, orthopedics, pediatrics, obstetrics/gynecology, pain management, and ENT — along with laboratory, diagnostic imaging (X-ray and MRI), and an ambulatory surgery center have helped meet the healthcare needs of the mid-valley community for many years.

In addition, **After-Hours Medical Care** opened its doors last year and offers a broad spectrum of care. Located at 234 Cody Lane in Basalt, After-Hours Medical Care is open evenings and weekends, times when your doctor's office is typically closed. Providing an alternative to a run to the emergency room, the clinic welcomes walk-ins and serves infants, children, adults, and seniors for a variety of ailments ranging from colds and flu to asthma, sprains, strains, and urinary tract infections. Staff includes family medicine physicians, registered nurses, and X-ray technologists.

For more information, call **970.544.1250**.

# APRIL 2010

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**"Hope is the pillar that holds up the world.  
Hope is the dream of a waking man."**

*Pliny the Elder (23-79)  
Roman naturalist*



**The Forum in Rome, Italy  
Janice Martin, RN**

## Web-based medical records

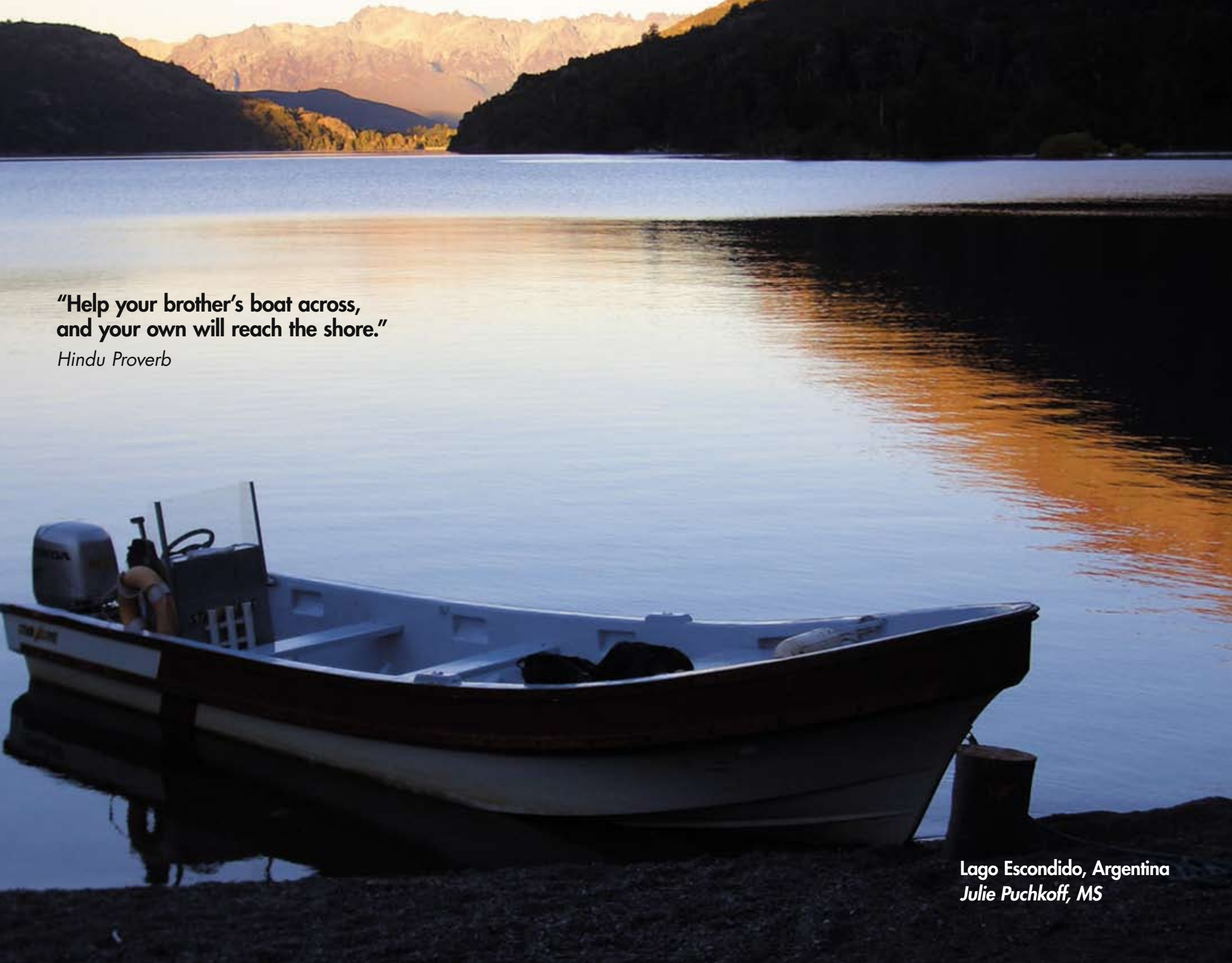
Aspen Valley Hospital is part of a health information exchange network which allows doctors, hospitals, and other healthcare agencies to share and access vital medical information. The system is made possible through a partnership with the Aspen Valley Medical Foundation and Quality Health Network. With better communication among providers, patient care is more efficient, accurate, and of higher quality. Fewer medical errors, less duplication of tests, and more timely access to test results are just a few of the benefits of the system.

There are three primary objectives of the network: to assist patients in receiving optimal health status, to improve provider access to patient information, and to eliminate errors and reduce redundancies.

Data is collected into the system and subsequently distributed, pursuant to patient privacy and security standards, to providers of record involved in the patient's care. The web-based system provides a single portal for physicians to access data about their patients and includes medical histories, laboratory results, emergency room notes, medications, discharge summaries, progress notes, radiology reports, and surgical notes.

# MAY 2010

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9 Mother's Day	10	11	12	13	14	15																																										
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23/30	24/31 Memorial Day	25	26	27 Full Moon	28	29																																										



**"Help your brother's boat across,  
and your own will reach the shore."**

*Hindu Proverb*

**Lago Escondido, Argentina**  
***Julie Puchkoff, MS***

## Early detection and prevention

In addition to caring for you during sickness or injury, Aspen Valley Hospital (AVH) is committed to helping you stay well. That's why we offer several health fairs each year: in the spring at AVH, in the fall at AVH for those 60 and older, and in the mid-valley in the fall. AVH health fairs provide free and low-cost screenings for common health issues — many of which are asymptomatic and treatable. With early intervention, serious health problems can often be prevented.

A typical slate of screenings at an AVH health fair includes: laboratory tests for readings on lipid levels, blood sugar, kidney and liver function, blood count, thyroid stimulating hormone, and prostate specific antigen; blood pressure; vision and glaucoma; knee exams; skin checks; peak air flow; pulse oximetry; body mass index; and immunizations. Participants are asked to consult with their primary care provider for results interpretation and follow-up on any abnormal findings.

For more information about AVH health fairs, call **970.544.1296**.

# JUNE 2010

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6 Community Health Fair	7	8	9	10	11	12																																										
13	14 Flag Day	15	16	17	18	19																																										
20 Father's Day	21 Summer Solstice	22	23	24	25	26 Full Moon																																										
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**"How does the meadow flower its bloom unfold?  
Because the lovely little flower is free down to its  
root, and in that freedom bold."**

*William Wordsworth (1770-1850)  
English poet*



*Anna Rae Holloway*



## Finding the right physician

Finding the right physician for you and your family is extremely important. You'll want a doctor who is highly educated, caring, and compassionate. Whether you're looking for a primary care provider or a specialist, Aspen Valley Hospital (AVH) offers a wide variety of physicians with the experience and reputation for top quality care that you are looking for. To learn more about AVH, log on to [www.avhaspen.org](http://www.avhaspen.org). You'll find information about our services and staff.

### A few useful phone numbers:

Main Switchboard  
**970.925.1120**

After-Hours Medical Care  
**970.544.1250**

Aspen Birth Center  
**970.544.1130**

Diagnostic Scheduling  
**970.544.1392**

Human Resources/  
Job Opportunities  
**970.544.1361**

Physical, Occupational,  
and Speech Therapy  
**970.544.1177**

Physician Referral  
**970.544.1296**

# JULY 2010

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4 Independence Day	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 Full Moon	26	27	28	29	30	31

**"If you want to look like the people  
next door, you're probably smothering  
yourself and your dreams."**

*Clive Barker*  
*American novelist*



**Burano, Italy**  
***Cristi Harris***

## Where families are born ...

The Aspen Birth Center occupies a new wing of the hospital. While the obstetrical unit has for many years featured personalized care and extensive guidance to new parents, the facility itself now makes this experience-of-a-lifetime even better.

The Birth Center has a total of nine patient rooms — all single occupancy — with designations for labor/delivery/recovery and postpartum care. A family waiting area, patient education classroom, large nursery with isolation area, and antepartum room for patient observation prior to active labor complete the center. Therapeutic whirlpool tubs, music, and lighting help mom to relax, and anesthesia is available at any time of the day or night. Childbirth preparation classes are offered on a frequent basis, and lactation experts help with breast-feeding after delivery.

On our medical staff are obstetrician/gynecologists Melinda Nagle, MD, and Natasha Knight, MD, as well as nurse midwife Nancy Bachelder, CNM.

For more information about the Aspen Birth Center, call **970.544.1130**.

# AUGUST 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Friendship Day	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24 Full Moon	25	26	27	28
29	30	31				SEPTEMBER S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30



Kona, Hawaii  
*Beth Barnes, RN*

**"We all live under the same sky,  
but we don't all have the same horizon."**

*Konrad Adenauer (1876-1967)  
German statesman*

## The science of nutrition

A registered dietitian (RD) is a food and nutrition expert, translating the science of nutrition into practical solutions for healthy living. RDs work with your physician for a personalized approach to your healthcare.

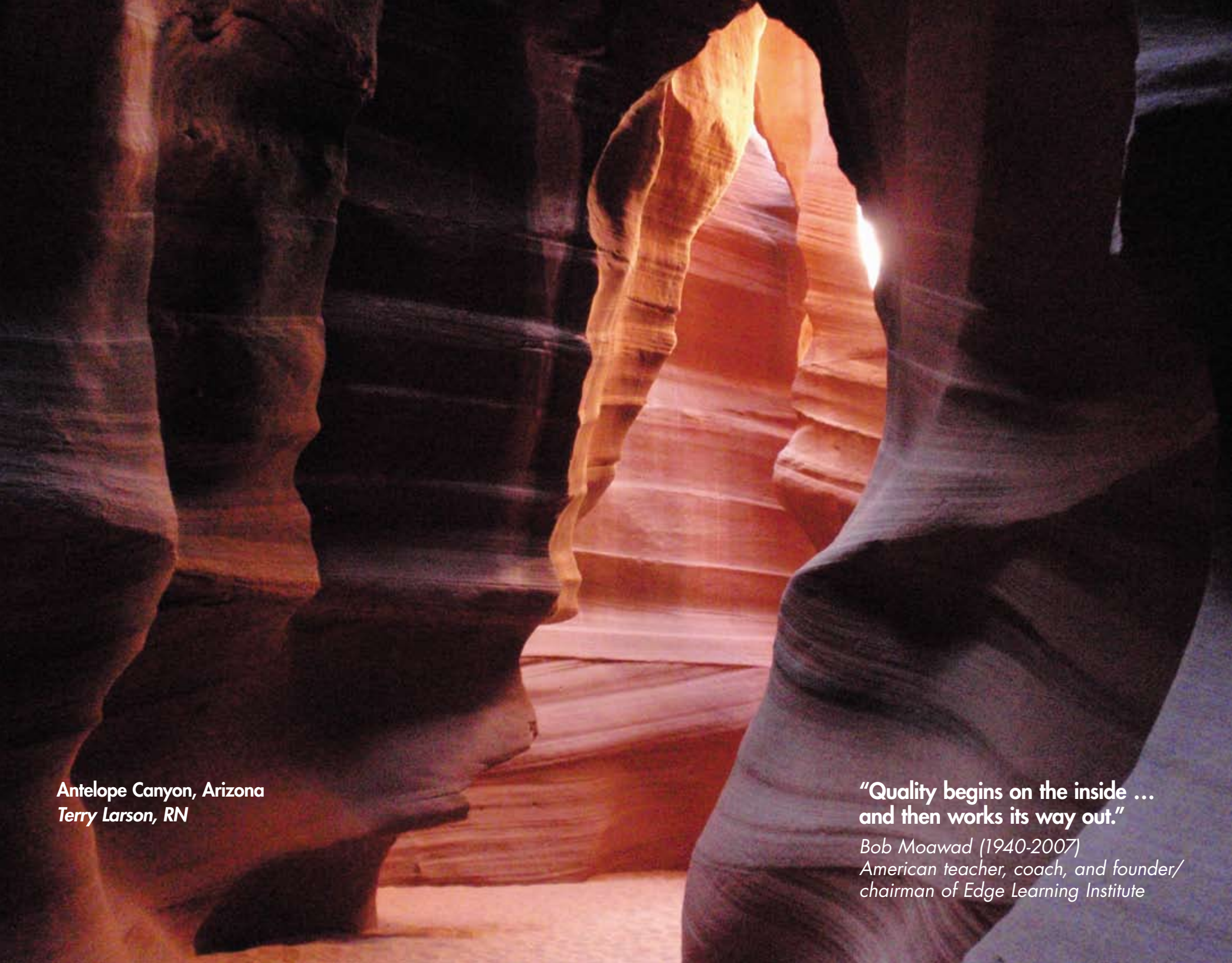
Our dietitians can help you master the following concepts:

- How all foods can fit into a healthy diet
- Healthy grocery shopping that saves you time and money
- Tips and strategies for assembling fast, easy, nutritious meals
- How food relates to your health, nutrition, and disease prevention
- Eating well to increase your energy level and help you feel better
- Reaching your nutrition goals one step at a time

Outpatients can be seen in Aspen or at our convenient Basalt location. For more information, call **970.544.1145**.

# SEPTEMBER 2010

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12 National Grandparent's Day	13	14	15	16	17	18 Yom Kippur																																																	
19	20	21	22 First Day of Autumn	23 Full Moon	24	25																																																	
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A photograph of the interior of Antelope Canyon in Arizona. The image shows smooth, undulating sandstone walls with horizontal layers, illuminated by a warm, golden light from a narrow opening in the distance. The perspective is from within the narrow slot, looking towards the light source.

Antelope Canyon, Arizona  
*Terry Larson, RN*

**"Quality begins on the inside ...  
and then works its way out."**

*Bob Moawad (1940-2007)  
American teacher, coach, and founder/  
chairman of Edge Learning Institute*

## Cancer care

We know that when it comes to cancer, people want a quick and accurate diagnosis, information about their best treatment options, and the support of their family, friends, and healthcare providers. That's why Aspen Valley Hospital (AVH) is affiliated with two leading Colorado cancer centers: Shaw Regional Cancer Center in Edwards, and Invision Sally Jobe in Denver. In addition, oncologist Doug Rovira, MD, has a full-time presence in the valley with clinics at AVH on a weekly basis.

The only radiation center in the high country, Shaw employs a board-certified radiation oncologist, pharmacist, and geneticist, all of whom are available to AVH patients. They also benefit from Shaw's many other services including: PET/CT scanning, a personalized wellness program, lodging for Shaw patients and families, and an affiliation with the University of Colorado.

Invision Sally Jobe is a practice of highly specialized radiologists providing outpatient imaging services. One focus of its affiliation with AVH is the growing drive to prevent breast cancer, including early screening for women with a higher disease risk.

For more information about AVH's oncology program, call **970.544.1507**.

# OCTOBER 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>NOVEMBER</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30</p>					1	2
3	4	5	6	7	8	9
10	11 Columbus Day	12	13	14	15	16
17	18	19	20	21	22 Full Moon	23
24/31 Halloween	25	26	27	28	29	30

**"Use the talents you possess — for the woods  
would be a very silent place if no birds sang  
except for the best."**

*Henry van Dyke (1852-1933)  
American poet, clergy, and educator*



*Deborah (Ducky) Coombe, RN*



## The better way to get moving, fast!

Aspen is a community of active lifestyles. And with those lifestyles — be it skiing, cycling, climbing, running, or something else — comes injury and the need for rehabilitation. Our staff of physical therapists offers state-of-the-art therapy at three locations in the Aspen/Snowmass area.

Our PT philosophy:

- Individualized treatment by licensed physical therapists with consistent treatment from the same therapist. No aides or assistants are used.
- Rehabilitation is progressive and goal oriented to efficiently and effectively return patients to their normal activities as soon as possible.
- An excellent rapport with our patients' physicians is an integral part of quality care.

With over 100 combined years of local, national, and international experience, our therapists have a proven track record for getting their patients back to pre-injury or pre-surgery strength and mobility.

For more information about physical, occupational, or speech therapy, call **970.544.1177**.

# NOVEMBER 2010

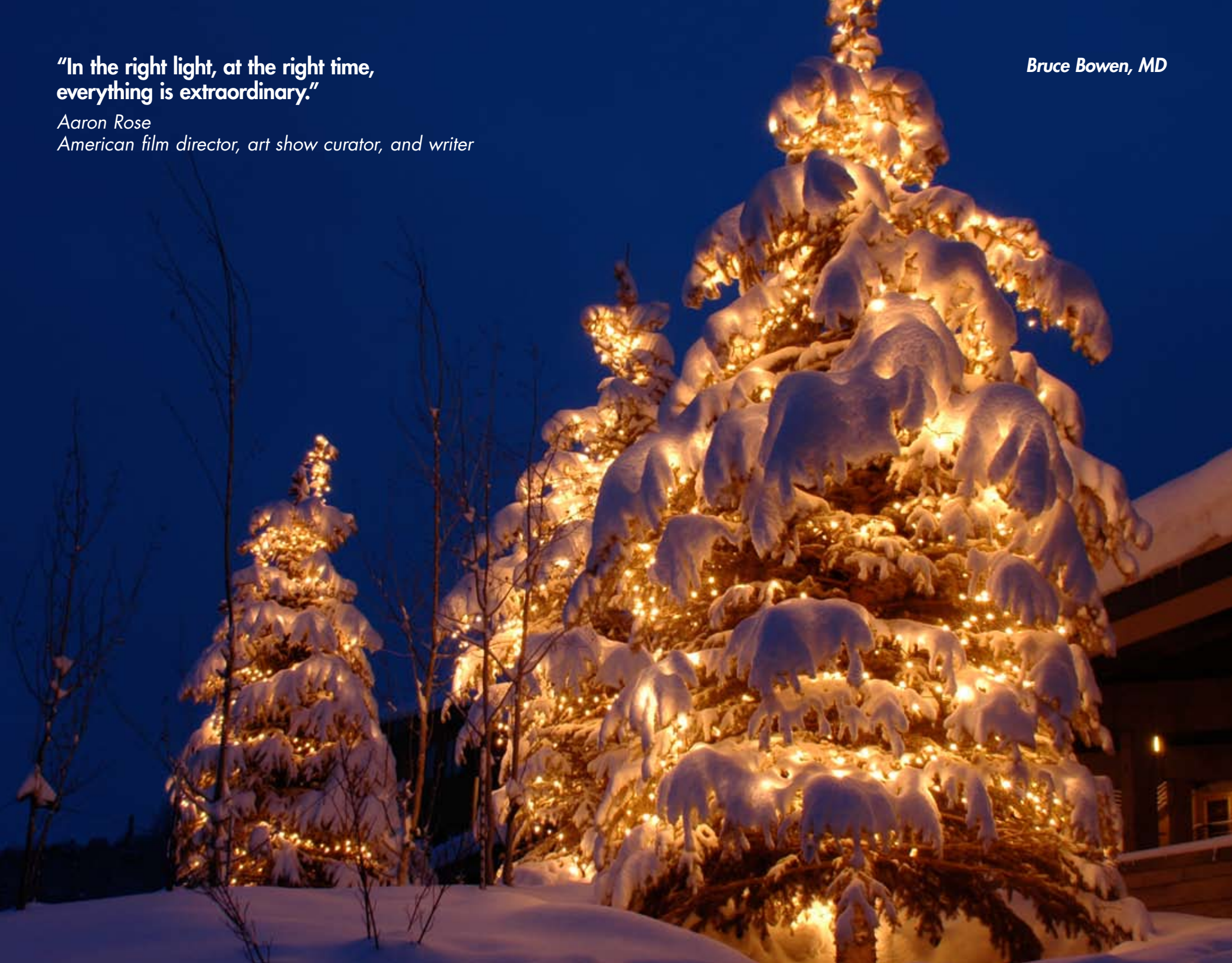
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>DECEMBER</p> <p>S M T W T F S</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>	1	2 Election Day	3	4	5	6
7 Daylight Saving Time Ends	8	9	10	11 Veterans Day	12	13
14	15	16	17	18	19	20
21 Full Moon	22	23	24	25 Thanksgiving Day	26	27
28	29	30				

**"In the right light, at the right time,  
everything is extraordinary."**

*Aaron Rose*

*American film director, art show curator, and writer*

*Bruce Bowen, MD*



## The “best deal in town”

Castle Creek Café at Aspen Valley Hospital (AVH) has been touted as the best deal in town and has been recognized by the *Aspen Times* and *Edible Aspen* magazine for the quality of food offered. Menus are planned with seasonal foods, and professional chefs prepare flavorful meals for patients, visitors, and community members. Whether it’s a comforting serving of macaroni and cheese, a casual crab cake sandwich, fish tacos, pork tenderloin with pumpkin seed sauce, or a fresh salad from our salad bar, you’re bound to find something you’ll enjoy ... and all at an affordable price.

We recognize that patients’ schedules while in the hospital are dictated by how they feel and when various therapies and treatments take place. For that reason, meals at AVH are served “room service” style, which allows patients to request a customized food order anytime between 7 a.m. and 7 p.m. It’s all part of our mission to provide extraordinary healthcare. Patient menus are individualized based on specific medical needs.

For a copy of our current menu or for more information about a nutrition consultation, call **970.544.1155**.

# DECEMBER 2010

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					New Year's Eve																																																		



0401 CASTLE CREEK ROAD ASPEN, COLORADO 81611