

San Juan Regional Medical Center

SPRING | 2019

# Quarterly

## FOUR LEGGED HEALERS



**E-CIGARETTES**  
and Your Kids

**REFLUX**  
Surgery Explained



**SAN JUAN REGIONAL  
MEDICAL CENTER**

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# Quarterly

Spring | 2019

## inside this issue



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05 Supporting Our Community  
through Sponsorships

06 Four Legged Healers

08 E-Cigarettes and Your Kids

09 Ask a Surgeon: Reflux Surgery



10 The Childbirth Center  
at San Juan Regional Medical Center

12 Helping Children Excel

14 Committed to Saving Lives

15 Riley Men's Health Fund RZR Raffle

16 Please Join Us in Welcoming:  
Stephen Bernard MD, FACC  
Ryan Bozzell, CNP  
Bryan Broadbent DPM, FACFAS  
Laura Chase, CRNA  
Daniel McAfee, DPM  
Meredith Phipps, CPNP  
Theresa Wallner, PA-C

17 MEET Our New Board of Directors

18 CHECK OUT  
Our Enhanced Health Library

19 Community Wellness:  
Your Health and Wellness Resources

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801 West Maple Street  
Farmington, New Mexico 87401  
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### Our Mission

To personalize healthcare and create  
enthusiasm and vitality in healing.

### Our Vision

To be known as the most personalized  
quality healthcare provider.

### Our Core Values

Sacred Trust | Personal Reverence  
Thoughtful Anticipation | Team  
Accountability | Creative Vitality



## On the Cover

San Juan Regional Medical Center has a wide variety of  
healing professionals here to serve our patients, including  
our four-legged healers. Learn more about the benefits  
our pet therapy dogs provide to patients, their families,  
and our staff members and find out how you can request a  
pet therapy visit on pages 6 and 7.

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*Dear Friends of SJRMC:*

Spring is here and it's a time of excitement at San Juan Regional Medical Center. Our highly anticipated **Information Technology Transformation** to a single integrated **Electronic Medical Record (EMR)** is underway. We went live with Care Connect on January 19, bringing many benefits to our community hospital and to you, our patients.

It's been quite a process. To allow you to understand how far we've come, let's take a look back at where we started. The organization has been using the same inpatient EMR since 1993. On top of that, we had three additional EMRs to meet our needs. This meant that patients had to provide information more than once when moving from one venue to another. Providers also had to use multiple systems, which wasn't an efficient or effective use of time.

Recognizing the problem, we conducted a comprehensive evaluation process which included frontline staff members to find the system that best meets our needs. That process led us to choosing Cerner, a global leader in healthcare technology. We started preparing for the transition in the summer of 2017. Since then, 33 dedicated full-time employees have worked tirelessly on the Care Connect project with over 3,000 hours spent training.

The result: San Juan Regional Medical Center is now on the cutting edge of Information Technology with a Single Integrated EMR. The benefits of the new system include:

- Improved Patient Experience
- Improved Patient Safety
- Improved Physician/Nurse Experience
- Improved Diagnostics and Patient Outcomes

As we continue to move forward, you may notice changes. Statements may look different and things may take a little bit longer when you visit our hospital or clinics. Your patience is greatly appreciated. We truly believe that Care Connect is improving our connections to our patients, delivering on our mission to personalize healthcare and put our patients first – providing **Sacred Trust**.

A handwritten signature in black ink that reads "Jeff Bourgeois". The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

Jeff Bourgeois | President/CEO  
jbourgeois@sjrmc.net



*We're honored to have you read our Spring issue of Quarterly*

*To our community:*

We hear stories more and more often about the steps communities and companies are taking to be more environmentally friendly. Santa Fe has a reusable bag ordinance, banning most single-use plastic bags and charging a fee for the use of paper bags. Big corporations like Jacobs, one of *Fortune* magazine's 2019 World's Most Admired Companies and operator of the city of Farmington's water and wastewater treatment facilities, are also following suit. Jacobs partners with the city of Farmington to conduct two Household Hazardous Waste collection days each year. In 2018, 51,200 pounds of waste was collected from 675 residents and environmentally disposed, keeping it from contaminating the environment.

San Juan Regional Medical Center has also been taking steps for years to reduce our carbon footprint and shift to a more sustainable healthcare model. Back in 2007, the hospital put together a multi-disciplinary Green Team as a key strategy to address the adverse environmental impacts hospitals can have as major waste producers. The Green Team seeks to identify best practices, reduce cost, and increase efficiency on behalf of the organization.

A variety of measures, which are a part of SJRMC's daily operations, include recycling shredded paper, e-waste, compostable

waste, cardboard, batteries, and single stream items and reprocessing instruments when applicable. To facilitate this facility-wide, shred and recycling boxes are available in every department and all workforce members are empowered to be a part of the process by looking at opportunities in their own work environments.

We are pleased to report the latest results we've achieved. In 2018, we reduced our waste by 28 percent for a total of 386,415 pounds of total landfill avoidance. Other recycling highlights to share include:

- 166,175 pounds of shredded paper
  - 19,860 pounds of e-waste
  - 175,080 pounds of cardboard
  - 2,767 pounds of reprocessed instruments
- for a total cost savings of \$106,391



We are proud to make a difference and look forward to more innovative Green Team efforts in the future.

Sincerely,

Ronald Rosen | Board Chair





## Supporting Our Community



As your community owned and operated hospital, San Juan Regional Medical Center is committed to supporting the efforts of community organizations that align with our mission, vision and values. We proudly support the Rio del Sol Kiwanis in its mission to serve the children of the world. Our book fair sponsorship helped the Kiwanis purchase more than 500 books for the children who attend Esperanza Elementary School in Farmington. Each child was able to take home a book to keep in an ongoing effort to encourage kids to read.

"Reading is the key to learning and education is one of the most important elements in a child's self-esteem," Dr. Robert Lehmer, Chairman of Scholastic Books for Kids said. "Once a child learns reading skills, he or she can

progress through school, which could result in increasing the high school graduation rate."

The Kiwanis members also presented Esperanza Elementary School with a check for \$3,000 to help purchase supplies not covered by the budget – supplies often bought by teachers out of their own pockets.

As a non-profit community hospital, San Juan Regional Medical Center contributes to organizations that have the greatest opportunity for positively affecting the health and wellbeing of the community. Sponsorship requests are reviewed twice a year. To learn more, visit [sanjuanregional.com/sponsor](http://sanjuanregional.com/sponsor).



# FOUR LEGGED HEALERS

Sometimes, healing comes in unexpected places. The pure, unconditional love and gentle manner of pet therapy dogs allows for a unique opportunity to help others when words fall short. San Juan Regional Medical Center is fortunate to have a robust pet therapy program with teams of dogs and handlers who not only give their time and talents to patients and visitors at our hospital and clinics, but also throughout our community.

Their efforts were recognized in February during the New Mexico Legislative Session in Santa Fe. They were honored as a Behavioral Health Star with the John Henry Award during Behavioral Health Day at the State Capitol. The award recognizes outstanding members of the community who advocate for behavioral health.

This award encompasses all the work the pet therapy teams do at San Juan Regional Medical Center, but also everything they have done in Aztec following the tragic school shooting. As soon as they heard, they knew they needed to help in

some way. So, some of the handlers brought their dogs to the Aztec Sparkles event that Saturday. They walked around downtown giving comfort and relief.

"It was incredible to see how the dogs comforted people," Marla Sipes, the Pet Therapy Volunteer Coordinator and handler for Honey and Karma, said. "It's non-judgmental, it's neutral – just the calmness of the dogs made that difference."

"They just have a unique healing presence. It's something you just have to see to really understand," Pet Therapy Volunteer Sara Kaynor said.

The pet therapy teams were invited to come to the schools to help the staff and children when they returned. Kaynor and her dog, Sophie, went from class to class with a counselor to provide comfort and support to classmates.

"Sophie would walk in and survey the room and invariably go to the person who was most in need of her calming,





gentle presence,” Kaynor said. “Dogs do sense stress and tension in people.”

Mickey Marquez, pet therapy handler to dog Pedro, agrees. “Pedro knows when people need him.”

With their unique skills, pet therapy dogs not only sense when they are needed, they also help alleviate stress in a way no human can.

“Everybody was working for the same outcome. Some of the therapists just happened to have hair and four legs,” Sipes said. “You just have to let the dog do the job and the kids feel safe. They are tired of talking to people sometimes; it’s a trust thing. The animals are not going to continue asking questions. They are just there.”

“We’d sit in the hallways or the front office and the kids would come and they would just sit and talk to the dogs and

love on the dogs. When we would walk down the hallways, sometimes 15 or 20 kids would hug the dogs. They just loved it,” Pet Therapy Volunteer Helen Taylor said of her experience at the schools with dog Maya.

The dogs have made a huge impact in Aztec, just as they do at San Juan Regional Medical Center. These four-legged healers give generously to our community and enrich the lives of everyone they meet, especially their owners, who get so much satisfaction out of volunteering together.

“At the end of the day, we get to go home with our own therapist,” Kaynor said. “They take care of us too.”

San Juan Regional Medical Center’s Pet Therapy Teams are available to patients and families on an individual basis. Please request a visit through the patient’s nurse, or by calling the Information Desk at 505.609.6280.



# E-Cigarettes and Your Kids

## What Doctors Want You to Know

E-cigarette use has been rising among teenagers at an alarming rate. In fact, according to a recent study, 21 percent of high school students and 5 percent of middle school students reported using e-cigarettes in 2018. Many teens don't think e-cigarettes are harmful, and they don't consider themselves to be smokers. But as pediatrician Dr. Brad Scoggins, with San Juan Health Partners Pediatrics, and pulmonologist Dr. Ravi Chopra, with San Juan Regional Heart Center, explain, the dangers associated with e-cigarettes are real.

### Is using an e-cigarette considered smoking?

**Dr. Scoggins: Yes.** They still do contain nicotine. Both cigarettes and e-cigarettes contain chemicals that can be harmful in terms of carcinogens and addictive status.

**Dr. Chopra:** Even the e-cigarettes that claim they have no nicotine, many of them have been found to have nicotine contents in them. It is essentially smoking cigarettes. They cause the same damage as the regular cigarettes do.

### Are e-cigarettes addictive?

**Dr. Scoggins:** Nicotine is probably one of the most addictive substances that we have. Within a couple of exposures your brain is already trained to look for that stimulus so yeah, e-cigarettes are very addictive and it's very hard to quit.

If kids start using e-cigarettes before the age of 18, the likelihood that they will be an adult smoker is very high. The addictive potential is very high and a lifelong smoker is going to have a lot of problems.

### What are some of the other risks associated with smoking e-cigarettes?

**Dr. Scoggins:** A big danger is having sweet-flavored nicotine suspension used in the e-cigarettes, which is attracting younger markets. Young kids will get a hold of the sweet tasting syrup and drink it, getting large amounts of nicotine at once. It can be deadly. A lot of people don't consider that aspect of it.

Signs of nicotine poisoning can be up to and including sweating, severe nausea, intractable vomiting, loss of consciousness and seizures in really high doses. It's especially dangerous in young people who are naïve to nicotine. They could easily overdose.

**Dr. Chopra:** It's causing damage to your lung lining. When you inhale all this smoke and all these organic compounds, that lining slowly gets damaged and you start having problems like shortness of breath and low oxygen levels. Your lungs are still developing in the teenage years. But it's the brain also. The brain continues to develop until the mid-20s. The nicotine content is harmful for the brain development and can even cause memory problems.

### Can people get secondhand smoke from e-cigarettes?

**Dr. Chopra: Yes.** The secondhand smoke from e-cigarettes is as bad as secondhand smoke from regular cigarettes. All those chemicals the person smoking is inhaling are released when they exhale that smoke. It's less damage than what the person smoking cigarettes is having, but you are still getting secondhand smoke and damage.

### What about using e-cigarettes as a way to quit smoking?

**Dr. Chopra:** Any kind of smoking, e-cigarette or the regular cigarette is bad. Some patients do ask me about using e-cigarettes to help them quit smoking regular cigarettes. I tell them, it's ok to do so for the short term if it helps quit regular cigarettes. But it does not mean you replace one kind of smoking with another kind of smoking.

### What else would you like people to know about e-cigarettes?

**Dr. Scoggins:** It's easy to believe, especially with all the advertising that's going on, that these are relatively harmless and they are a way to avoid smoking when the evidence actually shows the opposite. It may serve more as a gateway to actual smoking, which as we know and have known for years, creates significant problems including early heart disease and hypertension. ***I'd strongly advise people not to do it.***

**Dr. Chopra:** We don't have any long term data on e-cigarette use because they haven't been around for a long time, but so far, reports show that e-cigarettes are not safe. We need more data to tell us the long-term effects of smoking e-cigarettes, but for the time being ***it should not be considered safe.***



ASK A SURGEON:

# REFLUX SURGERY



Acid reflux, or “heartburn” as most people know it as, affects 10 to 20 percent of all Americans. While many people may pop a tums or turn to prescription medications, there is a surgical option to fix reflux permanently. We talk with General Surgeon Dr. Philip Ernest to find out more.

## How do I know if I have acid reflux?

**Dr. Ernest:** I ask my patients: Are you waking up with a cough in the middle of the night or in the morning? Do you have a sour taste in your mouth, not just bad breath but a sour taste? When you eat foods do you feel discomfort, a burning sensation behind your chest bone? Once we have established that there are significant symptoms, I start doing a workup to see with tests how bad their reflux disease is.

## What does that workup entail?

**Dr. Ernest:** I do an endoscopy on everyone I am going to take into the operating room. I want to look at their esophagus and see if they have erosion from the acid environment, if they have damage. I also want to look at their valve to see how floppy it is. I do a couple of other studies to make sure the esophagus functions properly. If there is still a question I do a PH study. It's a little bit of a process to make sure that we do the right thing for the patient.

## What happens during reflux surgery?

**Dr. Ernest:** It's a laparoscopic surgery, so typically we make

about five small incisions, the biggest ones being about an inch. There are two parts to the surgery. Most people have a hernia in their chest that causes reflux. We have to fix that hernia, then we have to recreate that valve. We take the stomach and wrap it around the valve to create extra strength so acid can't go up through.

## How long is the recovery?

**Dr. Ernest:** Typically people spend one night in the hospital and most people do really well and recover quite quickly. The pain is minimal. Most patients who have severe reflux notice the benefits the most. When they eat they don't get the pain and discomfort in their chest. They can go back and eat foods they weren't able to before. They don't have to take medications anymore. *People really get a freedom from this surgery.*

If you're suffering from acid reflux, help is available. Call San Juan Health Partners General Surgery at **505.609.6300**.



630 West Maple Street | Farmington, New Mexico

# The Childbirth Center at San Juan Regional Medical Center

Kuebler Photo Courtesy Liza Jane Studios

Preparing for the birth of your baby is an exciting time.

At San Juan Regional Medical Center, we are dedicated to providing the support services and education new moms need to make sure their baby gets the best start in life. From the comprehensive childbirth classes offered as a benefit to new parents to our private birthing suites with Jacuzzi tubs, we are here to make sure your baby's grand entrance is just that – grand. You don't have to take our word for it. Here's what some of our moms had to say about their recent Childbirth Center experiences:

*"Our experience with San Juan Regional Medical Center through the birth of our baby was exceptional. We attended the Childbirth Series Preparation classes in the weeks*

*before our daughter was born. They were extremely helpful in preparing us for labor and delivery and providing us with multiple resources for after our baby was born. During our stay at the Childbirth Center, the nurses and staff were absolutely amazing and we felt like we had a special bond with each staff member by the time we went home. The lactation consultants checked on us regularly. We even met with them days after and they helped us get the perfect latch to make feeding our daughter less painful and more efficient. Overall, our experience with the services provided by SJRMC was great and helped the birth of our daughter be a stress-free process. We will definitely return when we decide to further expand our family."* – Jered and Candace Kuebler



*"It was a really nice experience to have skin-to-skin contact right away. They put a big emphasis on it, not only for mom and baby, but for dad too. My husband was able to experience some of that, which I know he really enjoyed. I asked for a lactation consultant and she came back right away, which was nice. She wasn't rushed at all, which I appreciated. I would really recommend San Juan Regional Medical Center to my friends and to my co-workers." – Heather Bullis*



*"I had all of my previous three children in Durango and thought, 'well I'm used to that so I will just stick with that.' But my mother-in-law works at San Juan Regional Medical Center and she was telling me how comfortable the environment is, so I wanted to come and see. It was convenient, very close to my home. It's actually very homey, very comfortable. I was allowed to bring in my oil diffuser for some relaxing smells in the room. The nurses were excellent. They were always there for anything that I needed. Everybody was willing to help meet my requests. I asked for a blessing and three of the Elders came down from my Ward and gave me a blessing. I am really glad the hospital was willing to make that accommodation. Once I had my baby, I liked that he was always right there so I could check on him and catch his attention and start bonding with him right away." – Nikki Crandell*



Once you deliver at San Juan Regional Medical Center, you're part of our family. Stay in touch on everything childbirth and baby related with our new eNewsletter **Oh Baby**. Sign up online at [sanjuanregional.com/ohbaby](http://sanjuanregional.com/ohbaby)



# HELPING CHILDREN EXCEL



Katie Ashley and 6 year old Xzavier Kowach having fun during a therapy session





Children in need of specialized therapy no longer have to travel outside the Four Corners for treatment. San Juan Regional Medical Center's Pediatric Rehabilitation Outpatient Center now has a Board Certified Clinical Specialist in Pediatric Physical Therapy. Katie Ashley achieved certification through the American Board of Physical Therapist Specialists, demonstrating advanced clinical knowledge and skills when it comes to treating pediatric patients.

"It's a great benefit to the community," Ashley said. "The knowledge base I've gained through this process allows me to be able to treat more complex cases right here in our facility."

Those cases include traumatic brain injuries, strokes, and even some of the rare diagnoses that are genetic or not even on the map yet. For parents whose children need

these services, having them right here in our community is a huge help. Ashley is the only certified pediatric specialist in Farmington. The next closest one is in Albuquerque.

The team at the Pediatric Rehabilitation Outpatient Center includes speech language pathologists, occupational therapists and physical therapists. They all work together to make sure the children in their care learn, grow and develop through play-based therapy.

"We take a whole child approach," Ashley said. "Everything we do is motivational and encouraging. We work not only on gross motor skills, but general knowledge and well-being with our board games, gross motor games, bean bags, slides, swings, and scooter boards. That really helps kids engage and participate."





# COMMITTED TO SAVING LIVES

If someone you know suddenly had a cardiac episode, would you know what to do to save their life? National statistics show that the chance of survival following a cardiac arrest is less than 26 percent, but can be improved through the use of Cardiopulmonary Resuscitation, or CPR.

Knowing how to perform quality CPR can mean the difference between life and death. Because these skills are so critical, San Juan Regional Medical Center became the only hospital in New Mexico to implement the American Heart Association's RQI® (Resuscitation Quality Improvement®) program. The goal of the innovative program is to save an additional 50,000 lives every year by 2025 by delivering quarterly sessions to support mastery of high-quality CPR skills. This learning helps combat skill decay, which can happen in as little as three to six months and helps improve the competence and confidence of caregivers who may be called upon to perform CPR either in the hospital setting or in public.

"We want to protect our community where they are," René Ramon, RQI Development Manager with the American Heart Association, said. "We want people to know what to do so they are comfortable saving lives."

This comprehensive performance and quality improvement program utilizes advanced simulation stations located in seven locations throughout the hospital and surrounding clinics, allowing healthcare workers to refresh vital CPR skills in just minutes every 90 days. Each station has an

adult and infant manikin to practice on and gives constructive feedback at the end of the session to help identify areas for improvement.

"It's been a significant culture shift," SJRMC E-Learning Coordinator Le Prensa Curley said. "But it's been easy to enact. The staff is feeling more confident and competent in delivering quality CPR skills."

The program not only gives caregivers the opportunity to refresh their lifesaving skills more frequently, it also gives patients peace of mind that they can expect the highest quality CPR from their caregivers. The American Heart Association visited the hospital over the winter to recognize SJRMC for its commitment to ensure competency in high-quality CPR through implementation and adoption of the RQI program. They were impressed with what they saw.

"There are trailblazers here in New Mexico," Ramon said. "You are leading the charge."





# RILEY MEN'S HEALTH FUND RZR RAFFLE

15



Enhancing the health and well-being of people in the Four Corners community is San Juan Medical Foundation's mission. **The Riley Men's Health Fund fulfills that mission by providing financial assistance for men with health-related needs.** The fund has assisted nearly 1,030 men in receiving medical exams, procedures, medication, diagnostic testing treatment and other health related services. Last year, the fund expended nearly \$32,000 to help men in San Juan County.

Annual fundraising events, such as the Riley Industrial Men's Charity Golf Classic, help to make resources available to the underinsured men of our area. Now, there's a new fundraising effort to raise money for this cause. San Juan Medical Foundation is raffling off a **Loaded POLARIS 2018 RZR XP 4 TURBO**. It's a chance to win an amazing prize while helping to make a difference to the men who need it most.

"Not a week goes by without a man stopping by to share his story and to thank the Riley family for the assistance," George Riley shared. "Men's health is not only a concern for men, but it is also a concern for women who care about the health of their fathers, husbands, sons and brothers. If there is a way we can help, even if it's temporary, that remains our goal."

That help is truly impactful for those on the receiving end. When Brad Dalley received a cancer diagnosis, he was a self-employed attorney. "What I appreciated most was the fact that help was offered and I didn't have to ask or look for it. The Riley Men's Fund was one of the first bright spots in my family's life during that time," Dalley said.

Tom Ewan received assistance from the Fund to help with charges his insurance wouldn't cover. It was such a relief to his family that they've reprioritized their charitable giving and give a monthly contribution to the San Juan Medical Foundation. "The least we can do is to give back to help other men," said Ewan.

Dr. Allen McCulloch also has a desire to improve the lives of men in our community. Patients at his urology practice have benefitted from the Riley Men's Fund since its inception and Dr. McCulloch shares important health tips with them, encouraging them to make small changes to make a big difference.

"Moderate exercise, such as a 20-minute walk in the morning and again in the evening, can help with managing diabetes, heart disease and can lower your risk for prostate cancer. What's good for your heart is good for your prostate. Practice being selfish for your health, and making a pledge to make that lifestyle change," suggests Dr. McCulloch.

## 2019 Fundraiser for San Juan Medical Foundation's Riley Men's Fund



**Tickets Available:** through June 16, 2019, 11:59 p.m.  
Purchase tickets online at [RZRRaffle.org](http://RZRRaffle.org), the San Juan Medical Foundation office, Defined Fitness, Riley Industrial Services, American Classifieds - The Nickel, The Cave Men's Grooming, Four Corner's Harley Davidson, and Los Rios Café.  
**Cost:** \$50 each or 3 for \$125  
**Drawing:** Saturday, June 22, 2019 at 2:00 p.m. Chokecherry Canyon Glade Run Recreation Area



# Please Join Us in Welcoming:

16



 **San Juan Regional  
Heart Center**

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**Stephen Bernard MD, FACC**  
San Juan Regional Heart Center  
407 South Schwartz Avenue, Suite 202  
Farmington, New Mexico  
**505.609.6770**

>>>

**Ryan Bozzell,**  
Certified Nurse Practitioner  
San Juan Health Partners Internal Medicine  
and Specialty Services  
407 South Schwartz Avenue, Suite 201  
Farmington, New Mexico  
**505.609.6730**



 **SAN JUAN  
HEALTH PARTNERS**  
Internal Medicine and  
Specialty Services



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**Bryan Broadbent DPM, FACFAS**  
Animas Foot and Ankle  
2700 Farmington Avenue, Building C, Suite 1  
Farmington, New Mexico  
**505.326.2255**

>>>

**Laura Chase, Certified Registered  
Nurse Anesthetist**  
San Juan Regional Medical Center  
801 West Maple Street  
Farmington, New Mexico  
**505.609.2000**



 **SAN JUAN REGIONAL  
MEDICAL CENTER**



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**Meredith Phipps, Certified  
Pediatric Nurse Practitioner**  
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407 South Schwartz Avenue, Suite 102  
Farmington, New Mexico  
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 **SAN JUAN  
HEALTH PARTNERS**  
Pediatrics





**Theresa Wallner, Physician Assistant**  
**San Juan Health Partners General Surgery**  
 630 West Maple Street  
 Farmington, New Mexico  
**505.609.6300**



## San Juan Regional Medical Center Board of Directors for 2019–2020

San Juan Regional Medical Center would like to welcome new Board Member **Hyla Calcote**.

Thank you to **Janel Ryan** and **Charlene Wells** for your hard work, dedication, and commitment to San Juan Regional Medical Center.

### Personalizing Care Since 1910



**Ronald Rosen**  
*Chair*



**Sherry Galloway**  
*1st Vice Chair*



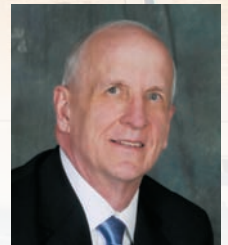
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*Secretary*



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*Treasurer*



**Bruce Glade**  
*Member*



**James Spence, MD**  
*Member*



**John Byrom**  
*Member*



**Jeffrey Howle**  
*Member*



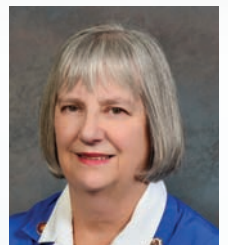
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*Member*



**Damon Kalcich, DO**  
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*Vice Chief of Staff*



**Eileen White**  
*Auxiliary Representative*



# Check Out Our Enhanced Health Library



If you're looking for relevant health information for your patients, your family, or even yourself, check out the Health Library on [sanjuanregional.com](http://sanjuanregional.com). It's a one stop shop full of resources to help you live your best life by motivating and empowering you to take an active role in your health.

## Features include:

- **Wellness Center** – find healthy living ideas with everything from stress management to back and neck care and mental health.
- **Interactive Tools** – see how much you know with quizzes, calculators and risk assessments.
- **Multimedia** – watch videos or listen to podcasts on a variety of topics. There are 24 videos just about orthopedics.
- **Focus on Health** – check out the latest health news and research that's making headlines.
- **Spanish Translations**





# Your Community Health and Wellness Resources

## Free Childbirth Education Classes

Call 505.609.2134 or visit us online at [sanjuanregional.com](http://sanjuanregional.com) for dates, times, and locations or for more information.

Healthy Pregnancy Class *(by appointment only)*  
Childbirth Preparation Series  
Childbirth Preparation for Teens *(by appointment only)*  
Cesarean Childbirth Preparation *(by appointment only)*  
Accelerated/Refresher Childbirth Class

Baby Care 101  
Breastfeeding I: The Basics  
Car Seat Safety  
Sibling Class



19

## Other health classes, tours, and wellness screenings

**Arthritis and Joint Health Class:** Held quarterly on the third Wednesday from 5:30 p.m. to 6:30 p.m. at 407 South Schwartz in Farmington. Registration is required. Call 505.609.6846 or visit us online at [sanjuanregional.com](http://sanjuanregional.com).

**Childbirth Center Tour:** Call 505.609.6189 to check availability and to schedule a tour.

**Diabetes Education Classes:** Held at the Bonnie Dallas Senior Center. Call 505.609.2867 for more information.

**Full Engagement Training (F.E.T.):** Call 505.609.2171 or go to [fullengagementtraining.com](http://fullengagementtraining.com) for more information.

**MammaCare Breast Self-Exam Training:** Call 505.609.6089 to find out more about this research-based method of Breast Self-Exam.

## Support, Information, and Resource Groups

**Alzheimer's Support Group:** Meets the first and third Tuesday of each month from 12:00 p.m. to 1:30 p.m. Skills for Dementia Caregivers is held every six weeks. Call Waldon Lynch at 505.629.3781 for specific dates. All meetings are at the San Juan Center for Independence Conference Room [1204 San Juan Blvd].

**Aphasia Support Group:** Meets the second Wednesday of each month from noon to 1:30 p.m. at Applebee's [4601 East Main Street]. Call Joyce Lameire at 505.330.5256 for more information.

**Better Breathers Club:** Meets the first Monday of each month at 1:30 p.m. in the Cardiac Rehabilitation Gym at San Juan Regional Medical Center [801 West Maple Street]. Call 505.609.6148 for more information.

**Breast Cancer Support Group:** Meets the second Wednesday of every month at noon at the San Juan Regional Cancer Center [731 West Animas Street]. Call 505.609.6089 for more information.

**Four Corners Women's Cancer Support Group:** Meets the first Saturday of each month at 10:00 a.m. at the San Juan Regional Cancer Center [731 West Animas Street]. Call 505.609.6089 for more information.

**"Lean on Me" MS Support Group:** Meets the second Tuesday of each month at 1:00 p.m. at the Aztec Restaurant. Call Donna at 505.334.3316 for more information.

**New Parent Support Group:** Meets the last Monday of each month at 6:00 p.m. at the Children's Discovery Place [620 West Piñon Street]. Call 505.609.6484 for more information.

**Men's Cancer Support Group:** Meets the third Wednesday of the month from 10:00 a.m. to 11:00 a.m. at the San Juan Regional Cancer Center [731 West Animas Street]. For more information call 505.609.6089.

**Stroke Support Group:** Meets the third Saturday of the month from 10:00 a.m. to 11:00 a.m. at the San Juan Center for Independence [1204 San Juan Blvd.]. Call Don Sisson at 505.320.8452 for more information.

**Stuttering Support Group:** Meets the second Tuesday of the month at 5:00 p.m. at San Juan Regional Medical Center Adult Rehabilitation Outpatient Center [301 South Auburn]. Call John Cochran at 505.609.6575 for details.

**Tobacco Cessation Assistance:** Call Andrea at 505.609.2438 for dates and times of Freedom from Smoking® classes. The New Mexico Department of Health provides 24/7 assistance with its 1.800.QUITNOW hotline and online at [QuitNowNM.com](http://QuitNowNM.com).

Visit us online for more detailed descriptions of all of our support, information, and resource groups at: [sanjuanregional.com/classes-community/support-groups](http://sanjuanregional.com/classes-community/support-groups)







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# *Volunteers Inspire Others*



Through their commitment to our community hospital, our volunteers served 24,078 hours in the past year, touching lives and lifting spirits. We thank them for sharing their time and talents with our patients, staff and community.

**Here are some of the ways our volunteers are committed to life – better – here**



If you are interested in joining this great group of people, please call 505.609.6156.