

Letter from Foundation President



John Stelzriede

Greetings from the Valley View Foundation. As the aspens turn gold across the valley and the air carries that first real chill, I find myself thinking about gratitude, for this community, for the people who keep Valley View strong, and for the trust you place in us year after year.

With over a decade of service as a committee member, board member, and now as president, I have been consistently impressed with the care, attention and dedication of the Valley View staff. Truly, they embody what excellence really means at Valley View, and why it matters so much to the communities we serve.

Excellence isn't a slogan here. It's a standard our physicians, nurses and staff hold themselves to every day, and it's the reason more than 400 donors continue to invest in Valley View each year. When you give to the Foundation, you're not just funding equipment or programs. You're funding the difference between good care and world-class care, close to home, for your neighbors and your own family.

This issue of Focus is full of proof of that standard. You'll read about the technology our clinical teams need to keep delivering advanced, responsive care. You'll meet the donors and employees who give because they've seen firsthand what that care means to a patient and a family. And you'll see, once again, that Valley View's independence and strength as a regional health care leader isn't accidental. It's built, year after year, by people who believe strong local health care is worth investing in.

As we move into the holiday season, a season built on gratitude, I hope you'll consider Valley View again. You may hear from Kelsey Brasseur, gift officer, or Lizz Bailey, annual gifts officer, both of whom joined our team this year and bring that same standard of excellence to every donor they work with. Your generosity, and their dedication, is what allows us to keep raising the bar for our community, now and for the years to come.

Wishing you and your family a warm and grateful season ahead.

With gratitude,

John Stelzriede

President, Valley View Foundation

Meet Your Valley View Foundation Team



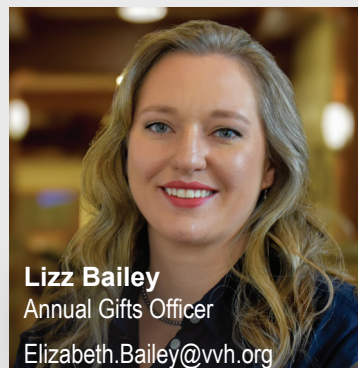
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Valley View Giving Societies

Valley View Foundation's Summit Circle Giving Society has long been an incredible donor community. In fall 2026, we are excited to expand this community with the Horizon Club, a giving society that offers an additional way to recognize transformational giving while allowing donors to engage more deeply with Valley View.

Horizon Club membership is open to any individual or household that has committed \$25,000 or more in lifetime gifts to Valley View. After reaching this milestone, members continue to give annually, and in return are invited to members-only experiences, such as behind-the-scenes department tours, demonstrations of cutting-edge medical technology, and one-on-one meetings with Valley View's physician leaders or executives.

Both Summit Circle and Horizon Club members will continue to receive personal communication from a Foundation liaison throughout the year, ensuring their philanthropy makes a direct impact on the causes and departments they care about most. Please join us as we welcome our Horizon Club members, as well as all who have ascended to a new lifetime giving tier this year.

To learn more about joining our giving societies, contact **Kelsey Brasseur** at **970.384.6624** or Kelsey.Brasseur@vvh.org.

Legacy Donors Make an Impact

"In 1975 our daughter was born at Valley View hospital, and it was clear the hospital needed to grow. Soon thereafter, opportunities presented themselves for us to aid Valley View growth, which has brought us to legacy giving. Valley View has become an amazing hospital in the middle of the Colorado mountains."

- Tom and Bernadette Ossola

The Legacy Society

Alongside the Summit Circle and Horizon Club are a group of generous supporters who have designated a gift to Valley View through their will or estate plan. Thank you to our Legacy Society members. These families have a tremendous influence on sustaining excellent patient care at Valley View for many years to come.

Kelly Aremburg | Harold & Kathy Arnold | Janice Barker
Mary & Steve Boyd | Patty Buxman | Jim & Connie Calaway
Margo A. Calvetti | Jeff & Nancy Carlson | Donna Chase
Michael Clary & Jennifer Graham Clary | James D. Dickerson, Jr.
Kim Doose | Merle Dulien | Anonymous | Donald J. Fleisher
Stacey Gavrell | Richard & Holly Glasier
Jamin Heady-Smith & Caitlin Carey
Linda Huntsman & Frank McGuirk | Joe & Sue Lake
Jack McKay & Leslieann Gallagher | Kenneth & Patricia Miely
Marlane Miller | Thomas & Bernadette Ossola | Nancy Peterson
Beth & John Quinn | Anonymous | Adrian Rippy-Sheehy
Ken & Martha Robinson | Gino Rossetti | Anonymous
Sumner Schachter & Michele Diamond
Dr. Nancy & John Schneider | Michael Teschner
Matthew Trinidad | Charlene A. Troyer | Jon & Connie Warnick
Donn & Alexandra Willins | Anonymous
J. Robert Young | Patty Yount

To learn more about
Planned Giving
at Valley View,
scan the QR Code:



Summit Circle Donors Celebrate at Annual Reception

In August, Valley View Foundation was proud to welcome Summit Circle and Legacy Society members to our annual reception at the Old Thompson Barn at River Valley Ranch. This annual event brings together a remarkable group of philanthropists, including Valley View employees, who give generously to support superb, local, independent health care at Valley View.

Attendees spent the evening in gratitude and good company, while hearing from a panel of Valley View leaders: Brian Murphy, MD, CEO; Katie Mang-Smith, MD, OB/GYN at Women's Health; Stephen Williams, MD, urologist at Rocky Mountain Urology Center; and Dawn Sculco, DNP, RN, CNS, chief nursing officer.

Thank you to all who joined the Foundation this year to celebrate the impact of philanthropy at Valley View.



The Close Call That Led to a Life-Saving Sleep Apnea Diagnosis

In 2019, Roaring Fork Valley resident Pete Welles had a near-death experience—one that, in his view, ultimately saved his life.

Even at 77, Pete stayed active year-round, cross-country skiing in the winter and cycling in the warmer months. But on June 1, a routine bike ride along the Rio Grande Trail changed everything.

One moment he was cycling; the next, he was on the ground—alert, but unable to get up. A bystander called 911, and EMTs took him to Valley View, where X-rays showed he had shattered his pelvis and would require trauma surgery at Denver Health. After a three-hour ambulance ride, Pete underwent a five-hour pelvic reconstruction; the accident was only the beginning.

While Pete recovered in the intensive care unit after the surgery, he recalls his daughter asking how he was feeling. The next moment, he flatlined.

A cardiology care team arrived within seconds and performed emergency surgery to implant a pacemaker and stabilize his heartbeat.

After returning home on June 10, Pete was transferred to Heritage Park Care Center in Carbondale for his recovery. He began follow-up care at Valley View with Interventional Cardiologist Frank Laws, MD, FACC, of the Heart & Vascular Center and Pulmonologist Suresh M. Khilnani, MD, of the Lung Center. Based on his condition, the doctors suspected his heart rhythm issues weren't solely caused by the crash, but by undiagnosed **sleep apnea**.

Sleep apnea is a common but serious condition in which breathing is repeatedly disrupted during sleep, either due to a blockage of the airway or because the brain fails to send signals to the breathing muscles. These pauses can happen dozens of times per hour during sleep without the person ever realizing it.

In Colorado, sleep apnea can be even more severe because higher elevation means less oxygen in the air.

At Dr. Laws' and Dr. Khilnani's recommendation, Pete was referred to the Valley View Sleep Medicine Center for a sleep study. Sleep studies are overnight tests that monitor sleeping patterns, oxygen levels and other body functions to diagnose sleep disorders.

The results were clear: Pete experienced 25 to 30 breathing pauses per hour during his sleep study. For comparison, the



threshold for sleep apnea begins at five breathing pauses per hour; being above that is not a healthy sign.

Snoring or waking up gasping for air isn't harmless—it's often a warning sign. By repeatedly cutting off oxygen, sleep apnea triggers a stress response that can cause serious damage to the body's organs. In Pete's case, it was his heart and kidneys.

Over time, that lack of oxygen damaged the electrical system of Pete's heart, leading to dangerous rhythm problems that ultimately caused his heart to stop. The condition also contributed to the loss of roughly one-third of his kidney function.

"That crash saved my life," he says. "If it hadn't happened, we might never have found the underlying problem. I'm incredibly lucky."

Pete was diagnosed with severe sleep apnea and prescribed a BiPAP machine, a device that delivers a gentle stream of air through a mask to ensure proper breathing during sleep. The results were dramatic, reducing his average nighttime breathing pauses to fewer than one per hour.

Today, Pete is back to doing what he loves, biking 3,000 miles and cross-country skiing 200 miles every year. He's an advocate for sleep apnea awareness, urging everyone to learn the symptoms and consider a sleep study if they—or their sleeping partner—notice warning signs.

His message is clear: sleep apnea can be deadly, but diagnosis and treatment can be life-saving.

For Pete, that message is especially important in the Roaring Fork Valley, where many people pride themselves on staying active and healthy. His experience taught him that fitness should not be mistaken for immunity from sleep apnea.

Pete credits his diagnosis and recovery to the coordinated, watchful care among Valley View's cardiology, pulmonary and sleep medicine teams.

"Valley View has been extraordinary in taking care of me," he says.

Corporate Partners Make an Impact

We are deeply grateful for our outstanding business partners who continue to support patient care at Valley View. These sponsors demonstrate what is possible through community support. From celebrating the nurses at Valley View during **Nurses Week** in May each year to uplifting the care of cancer patients through **June's Cancer Survivorship Month** and the Calaway•Young Cancer Center's presence at the **Tough Enough to Wear Pink** rodeo in July, these businesses understand the value of world-class health care close to home.

Alpine Bank's incredible support as presenting sponsor for Nurses Week and Cancer Survivorship Month and as a platinum sponsor at **Tough Enough to Wear Pink** reflects its longstanding commitment to the health and well-being of our community. **Encore Electric** also generously sponsored all three of this year's events as diamond sponsor for both Nurses Week and Cancer Survivorship Month and presenting sponsor for **Tough Enough to Wear Pink**. We are also grateful for **Jackson Building, LLC**, who joined as a platinum sponsor for both Cancer Survivorship Month and **Tough Enough to Wear Pink**.



These generous sponsors have made a significant impact for patients across the Valley View network of care. Thank you! For a full list of this year's corporate sponsors, please visit vvh.org/foundation. If you are interested in becoming a 2027 corporate partner, please contact **Lizz Bailey**, Annual Gifts Officer, at 970.384.6628 or Elizabeth.Bailey@vvh.org.



2026 Advanced Technology Initiative

Each year, Valley View's clinical departments identify the equipment and technology their teams need most to deliver responsive, world-class care. Through the Advanced Technology Initiative, your gift equips those teams directly.

Examples of this year's priorities include:

- **High-resolution manometry equipment** for the Gastroenterology Center, which helps diagnose the cause of unexplained swallowing difficulties, chest pain and severe heartburn.
- A **transcranial magnetic stimulation machine** that brings a new, noninvasive treatment option to Valley View's psychiatry and behavioral health teams.
- New **monitors and convertible beds** for the Family Birthplace, supporting new mothers, babies and the partners caring for them.
- **Semi-rigid ureteroscopes** for Rocky Mountain Urology Center, offering less invasive treatment options for patients.

Your gift to the Advanced Technology Initiative strengthens the high-quality, holistic care available at Valley View. To view the full list of 2026 priorities or make a gift, scan the QR code, visit VVH.org/Foundation.



Valley View Named a 2026 Top 100 Rural & Community Hospital

Valley View is proud to be recognized once again as a Top 100 Rural & Community Hospital by the Chartis Center for Rural Health, marking the third time the hospital has earned this distinction. The Top 100 awards program celebrates outstanding performance annually among the nation's rural hospitals based on the results of the **Chartis Rural Hospital Performance INDEX®**.

"This year's Top 100 Rural & Community Hospitals have emerged as true leaders, committed to their mission through a powerful combination of resilience, dedication and innovation," said Michael Topchik, executive director of the Chartis Center for Rural Health.



Dr. Brian Murphy Named a community hospital “CEO to Know” by Becker’s Hospital Review



Valley View CEO Brian Murphy, MD, was recently named to Becker’s Hospital Review’s 2026 list of “Community Hospital CEOs to Know”. The recognition honors health system leaders who are helping expand health care access, strengthen patient care and respond to the needs of the communities they serve.

According to Becker’s Hospital Review, *“the community hospital CEOs recognized are community stewards, strategic visionaries and patient advocates. While acute care remains central to their mission, these forward-thinking executives also prioritize expanding their institutions’ offerings, making sure to weave primary care, specialty treatments, rehabilitation and public health programs into a broader picture of community health.*

“Simultaneously, they are shaping the cultures that attract and retain talented caregivers, building the long-term strategies that position their hospitals for growth, and maintaining the financial discipline that keeps high-quality, cost-effective care within reach for their communities.”

Recognition like this reflects the donors and community who support excellence at Valley View, year after year.

Internal Funding Initiatives at Valley View

Valley View employees are dedicated to providing world-class care to their patients, both now and into the future. To remain responsive to the needs of our patients, staff can apply to receive funds through Valley View’s Internal Funding program to support projects that benefit our community.

Past projects have included:

- **Safe Sleep Cribettes** to promote the “Back to Sleep” practice and help families reduce the risk of SIDS.
- **Hogan MicroFET** handheld dynamometers to support more accurate muscle testing by rehabilitation therapists.
- **Helmets** for children attending the Valley View Kids Safety Fair.
- **Security temporal artery thermometry systems** to equip the Critical Care Unit with the most accurate, noninvasive method of measuring patients’ body temperature.
- **Dozens of other projects to improve patient care at Valley View.**

These initiatives allow Valley View’s care teams to deliver responsive, compassionate care that meets the needs of our patients. You can support internal funding initiatives at Valley View by making a gift today.

To support Valley View physicians and patients, visit donate.vvh.org/grant-support and make a gift to the Internal Funding program.





1906 Blake Avenue | Glenwood Springs, Colorado 81601



Make Every Dollar Go Further.

This season, your gift to Valley View can go even further, starting well before the calendar turns to December.

Early giving for Colorado Gives Day opens November 1. Every donation made between November 1 and Colorado Gives Day on December 8 counts toward Colorado Gives Foundation's statewide Incentive Fund. That means your gift isn't just supporting Valley View, it's helping unlock additional dollars that get distributed across participating nonprofits based on what they raise. Your early gift creates bigger impact than a gift made.

However you choose to give, an early or scheduled gift through Colorado Gives puts your support to work sooner.

Ready to support world-class rural health care?

Visit ColoradoGives.org/organization/ValleyViewHospital to schedule your gift today, or make a gift any time at vvh.org/donate.

Prefer another way to give?

- Mail a check to Valley View Foundation at PO Box 86, Glenwood Springs, CO 81602.
- Donate **stock or securities**, to avoid capital gains tax while making a meaningful contribution to Valley View's mission.
- Donate with a **Qualified Charitable Distribution (QCD)** from your IRA if you are 70½ or older.
- Use assets from your **Donor-Advised Funds (DAF)** a flexible way to give that keeps your charitable giving organized in one place.
- Make a **Legacy Gift** through your will or estate plan, and ensure that the excellent, independent care Valley View provides today will be here for generations to come.

Questions about any of these options? Contact **Lizz Bailey**, annual gifts officer, at **970.384.6628** or Elizabeth.Bailey@vvh.org.