

Heart & Vascular Center completes another year of dramatic growth

The first anniversary of Valley View's hybrid heart catheterization lab is on the horizon, and a look back at the world-class labs' first year illustrates the advancements in quality cardiovascular care on the Western Slope of Colorado made possible by supporters of the Valley View Foundation.

More than 500 cases have been performed in the Heart & Vascular Center's two new catheterization labs this year. An internationally recognized triathlete based in Barcelona, Spain is one such patient. Not only has he since recovered but he is once again in training for competition. Through the generosity of donors to the Valley View Foundation, this level of advanced care is available to residents and visitors alike.

With a steady schedule of patients treated in the new facilities, Dr. Frank Laws, Medical Director of the Heart & Vascular Center has also been able to work on outreach to communities on the Western Slope like Craig and Meeker. "Our goal was to create a nucleus of innovation outside a major metropolitan area and university setting, that allows patients to receive care closer to home," he says. "Our advanced technologies and hybrid approach allows for an acceleration of



Dr. Frank Laws and the heart and vascular team in the catheterization laboratory.

diagnosis and treatment with a shorter recovery time." In March 2017, the Center opened a clinic in Grand Junction to respond to heart and vascular needs in that community as well.

Valley View's first catheterization lab opened in 2007, bringing new capabilities to the community to serve both emergency and non-emergency cardiovascular issues.

The Heart & Vascular Center has continued to evolve, launching the Cardiovascular Innovation and Research Institute and adding robotic assistance for percutaneous coronary interventions (PCI) — a minimally invasive, catheter-based procedure to open up arteries. Another milestone was achieved November 2016, as the biplane hybrid lab opened, combining a cath lab and operating room, featuring state-of-the-art imaging technology from global healthcare technology company Siemens.

The Valley View Foundation is working to realize a \$2.75 million goal to support this new Siemens system. Local philanthropists have made possible a decade of innovation in cardiac care, and Foundation is committed to completing this campaign in 2018.

Letter from Patti Miely

Valley View Foundation President



Fall is my favorite time of the year. The weather is cool and crisp and the smells remind me of my childhood with crunchy leaves beneath my feet, hot soups on the stove and apple crisps baking in the oven. It is a time when we find ourselves getting busy for the many holidays ahead. It is also a time when we consider our philanthropic support. As we end 2017, please consider Valley View as your neighbor, your friend and your healthcare partner. With our dedicated physicians and staff, outstanding hospital and numerous physician practices, we hope that you keep us in mind.

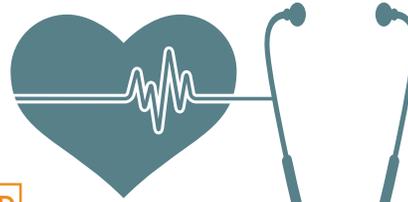
In this issue of our newsletter, we are proud to share with you the impact of your generous support of Valley View. Your giving improves the remarkable patient care that defines Valley View throughout the community. In this issue, we also celebrate our 2017 Rally the Valley and share with you a powerful story of Valley View Foundation's support of the Youth Recovery Center.

Our Valley View Foundation team has also changed. Please join me in congratulating Alexandra Yajko on her retirement. We are grateful for her work as the Major Gifts Officer in raising funds to benefit the patients of Valley View and our community overall. Our staff team remains strong, with Stacey Gavrell, John Quinn and Kim Wells, plus new team members to be announced soon.

Again, we are grateful for your continued support and investment.

With warm wishes for the season,
Patti Miely, President
Valley View Foundation Board of Directors

Cardiovascular care: Health4Life



THE NEED

More than **2,900 adults** have been diagnosed with heart disease in Garfield County, and 100 die each year from heart attacks and strokes.



The CDC reports that lifestyle changes could prevent **80%** of deaths from Coronary Artery Disease and **50%** of strokes.
PREVENTION WORKS!

THE RESULTS

Patients in the 2017 pilot program reported, on average:

- Blood pressure down by 10%
- Diabetic blood glucose down by 30%
- Body weight down by 3.8%
- Quality of life improved by 30%

HEALTH4LIFE WORKS!

We seek funding to enroll **100** people in this prevention program in 2018 and 200 people in 2019.



Nurses, doctors and staff at Valley View believe in **prevention** and Health4Life so much that they have donated over **\$37,000** to support the program.

THE PLAN

Health4Life at Valley View enrolls at-risk adults in a 12-week program of exercise and education with dietitians and clinical exercise specialists.

For \$50 a month, patients have 36 face-to-face meetings with clinicians to eat better, exercise more, stop smoking and

CHANGE THEIR LIVES.

HOW YOU CAN HELP!

Your gift or 2 year pledge could change, and very well, save a life.

\$5 a month = provide **2 WEEKS** of clinically supervised treatment for a **father** struggling with high blood pressure

\$11 a month = help a **single mother** with diabetes receive **18 sessions** with a trained exercise physiologist

\$21 a month = help a **grandfather** with high cholesterol for the entire **3 month** program

\$42 a month = help purchase **state-of-the-art** exercise equipment to help **hundreds** who participate in the program

"It's been a really positive experience for me to find out that, in my mid-70's, I can still exercise this hard. I certainly feel a lot healthier than before!"

- Health4Life participant

HEALTH 4 LIFE



education



exercise



nutrition



support

Five years of compassionate care at the Calaway•Young Cancer Center

The Calaway•Young Cancer Center at Valley View celebrated its 5th anniversary this fall with ongoing recognition of its dedication to high-quality outpatient cancer care in a welcoming, compassionate environment. The generosity of the community has been integral to the Center's construction and ongoing commitment to its patients.

Since opening its doors in September 2012, the Cancer Center has treated more than 2,500 patients who come from the Roaring Fork Valley, the I-70 corridor and many small communities on Colorado's Western Slope. That's to say nothing of the family members and friends who have come to the center to lend support to a loved one, and whose lives were touched by the Center's staff.

In August, Aspen's Caribou Club hosted a private reception to celebrate the anniversary. Donors and friends came together to reflect upon the achievements of the Center as well as its future. Dr. David Marcus, radiation oncologist, led a brief program that included

the introduction of Dr. Peter Rossi, who joins the Center from Emory University as a radiation oncologist. Clothing designer Nina McLemore also hosted an in-store event in August to benefit the Center in her Aspen boutique, and then contributed a percentage of sales. "I've learned the importance of giving a kind word, attention, and support to those who are ill," McLemore says. "The Cancer Center has provided just the right treatment for my friends in the valley."

The generosity of the community enabled the Valley View Foundation to raise over \$7 million to support the construction of the Center. Annual gifts and events such as Rally the Valley enable patients to benefit from complimentary services and resources during their treatment. "Our anniversary is a true celebration of our community coming together. We are so grateful to all who have been part of our opening and who continue to generously support our patients," said Ann Wilcox, executive director of the Calaway•Young Cancer Center.



Marlane Miller, Arleen Ginn, and Dr. Peter Rossi



Dr. David Marcus, wife Leslie, and Brian Leasure

Rally the Valley:

A rainy day bringing showers of community support



In terms of heartwarming displays of community spirit, it doesn't get much better than the annual Rally the Valley fundraiser for the Calaway•Young Cancer Center.

Just as the Center pledged itself five years ago to provide our community with a place where cancer patients could receive treatment on the cutting edge of technology and follow-up care, so did friends, neighbors and loved ones come together to pledge their support on September 23rd at Sayre Park.

The day brought inclement weather, but as Valley View Foundation president Patti Miely said, "A few hours in the rain is nothing to support those with cancer!"

The event raised nearly \$200,000 for one of the most standout aspects of care from the Calaway•Young Cancer Center: complimentary services and resources for patients. From services like massage, Tai Chi, Acupuncture, Aromatherapy to support groups and emergency assistance, these are part of the Center's commitment to treating "the whole person" who needs care, rather than just the cancer patient. Thanks to those who Rallied, all of these services are provided at no-cost.

SAVE THE DATE: Saturday, September 22, 2018



Leaving a legacy



The Valley View Foundation's mission is to accelerate excellence in healthcare at Valley View through philanthropy. Your involvement and support, combined with the generosity of other donors, grateful patients, and friends, makes a meaningful impact on Valley View every day. I encourage you, now, to consider taking your commitment a step further.

I am a member of the Foundation's Legacy Society and have found it to be deeply rewarding. In addition to myself, my grandmother, mother and 15-year-old grandson were all born in Glenwood Springs. I consider it a privilege to leave a legacy gift for my community to ensure the continuation of excellent healthcare at Valley View.

The Legacy Society comprises extraordinary philanthropists who have chosen to remember Valley View in their

estate plans by leaving a legacy. Be it a direct bequest, a gift of appreciated securities, real estate, a gift annuity or a disbursement from an IRA, this act of generosity helps define what is most important to members of the Society.

Working with your own advisors or volunteer professionals partnering with the Foundation, you may be able to develop creative strategies tailored to your own personal, financial, and charitable goals that can put a variety of your assets to work simultaneously for you, your family, and Valley View. To learn more about planned giving opportunities, I invite you to reach out to me or the Foundation's staff. As always, the Valley View Foundation staff looks forward to hearing from you.

With thanks for your generosity,
Adrian Rippy-Sheehy
Co-Chair, Summit Legacy Committee

The Pension Protection Act results in a "tax friendly" method for charitable donations

Individual Retirement Accounts (IRAs) are a popular method of saving for retirement. They allow pre-tax dollars to be invested on a tax-free basis, with all of those dollars and their growth taxed at the marginal tax rate of the individual who withdraws the money later in life. For the Internal Revenue Service, "later in life" is age 70-1/2, at which time you are required to begin making withdrawals even if you have sufficient income for your needs. The result? A higher tax bill.

Giving to a charity can help offset income in the eyes of the IRS. **In 2006, the U.S. Congress passed the Pension Protection Act, which includes the "IRA Charitable Rollover" provision, allowing a tax-free transfer directly from certain IRAs to qualified charities without income tax consequences.** Money distributed from the IRA to the charity will not count as income for the donor, so it will not be taxed, but will count toward the donor's annual required minimum distribution. This is a "tax-friendly" way to support a nonprofit organization you care about, such as the Valley View Foundation. **For more information, contact John Quinn at john.quinn@vvh.org.**

Silver linings for co-workers in need



It makes sense that the employee donor group for Valley View employees is called the “Cornerstone Giving Club.” After all, employees create the foundation of care and spirit of philanthropy that makes Valley View an exceptional healthcare organization.

Twenty percent of Valley View employee donations are dedicated to the Silver Lining Fund. This special fund assists Valley View employees who are experiencing a temporary financial hardship due to a medical or family crisis.

The dedication and generosity of Valley View employees helps colleagues get back on their feet during hard times, whether it is paying rent or buying groceries. In 2016, 44 Valley View employees benefited from the Silver Lining Fund.

In 2016, 44 Valley View staff members in crisis received support through the fund. In some cases, the fund may also inspire some recipients to become philanthropists themselves.

“Earlier this year we were faced with an unexpected family emergency, and Silver Lining came to our rescue. I am so grateful!”

- Silver Lining recipient

The Youth Recovery Center gets creative, allowing teenagers to see their potential

The Youth Recovery Center (YRC) at Valley View always has its work cut out for it: as a six-week in-patient program for teenagers with both mental health and substance abuse disorders, up to 10 patients at once receive 24-hour medical and psychiatric care, therapy sessions and schooling paired with incredible recreation opportunities throughout the Roaring Fork Valley.

A year ago, YRC employee Angie Crooks decided to shake the program up with her eye set on giving the teenagers a new outlet for expression. “I wanted them to do things they’ve never done before,” Crooks says. “They all have talents and I wanted to be able to spur some kind of interest in their own futures besides a life of crime.”

Crooks developed the Creative Arts Program for the YRC, a six-week rotating series of activities for each week the teens spend in recovery, including photography, music, culinary arts, jewelry and leather work, visual arts and martial arts. With a grant from the Valley View Foundation, the program bought necessary equipment like digital cameras, electric countertop stoves and musical instruments.

The program’s success in its first year was staggering, and Crooks says she can barely speak about it without getting emotional. “These kids are often seen as hoodlums and bad teenagers, but when they got the opportunity to do these things they went up to the



plate and hit it out of the park,” she says. “Who’d have thought we’d have former gang members sitting down and making jewelry?”

News of the activities spread through the hospital with many stopping by the YRC conference room to see what the teenagers are up to — especially if it’s a culinary arts week when gourmet grilled cheese sandwiches might be up for the offering.

The group was even able to “pay it forward.” Some of the jewelry created by the YRC teens was offered for donation at a “Unique Boutique” to raise funds for the Foundation’s annual Rally the Valley, benefitting patients of the Calaway • Young Cancer Center.

“Words cannot explain how grateful we are to the Foundation for affording YRC the amazing opportunity to develop this program for our clients,” Crooks says.



1906 Blake Avenue | Glenwood Springs, Colorado 81601



THE **POWER** OF PREVENTION.

Health4Life is Valley View's groundbreaking new program that combats cardiovascular disease **before** someone has a stroke or heart attack. Look inside to learn why Valley View employees have already donated over \$37,000 to help patients enroll in this program!

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