



A Commitment to Your Health

Letter from Randi Lowenthal | Valley View Foundation President

While spring brings with it a sense of renewal and awakening, at Valley View we witness community members reconnecting with their health year-round.



February marked the 10th anniversary of the Heart & Vascular Center. We take a look at how far the Center has come in terms of care and technological advancements during the past decade, and how many regional residents have benefitted from having such expert cardiovascular care right here in our backyard.

From there we turn our attention to forming the lifelong, healthy habits needed to prevent heart disease in the first place, as well as other prevention of health risk factors like diabetes, obesity and high blood pressure. With community support, Health4Life connects participants with

clinical experts, to help ensure long-term change.

Donors like you help make these exciting programs possible. As you enjoy the reemergence of the green landscape in the valley this spring, we hope you'll join us in our quest to spread health to those who need it the most.

Celebrating 10 Years of Heart and Vascular Care

It's hard to believe three succinct words could be the impetus for a complex and critical department at Valley View, but Dr. Frank Laws, electrophysiologist and interventional cardiologist, puts it this way: "Time is muscle."

During a cardiovascular event, such as a heart attack, every passing moment before a patient receives medical help represents damage that can occur to the heart muscle itself. When the

Heart & Vascular Center opened 10 years ago, its priority was narrowing that window of time substantially for local residents that previously had to travel farther afield for care. Keith Lambert, then-mayor of Rifle, was the first intervention patient seen at the brand new center, during a February snowstorm that made traveling to Grand Junction or Denver iffy at best.

"The foresight of the leadership at Valley View to put in a catheterization lab that meets the needs of the region was huge — what an amazing addition to healthcare in the valley," Lambert says. In the past decade he has changed his lifestyle to include frequent trips to the gym, and credits Valley View for the "kick in the rear end" he needed to improve his health.



The center has since evolved to include even more comprehensive cardiovascular care. Milestones from the last 10 years include accreditation for the echocardiography program, becoming the first hospital in the Rocky Mountain region to offer robotic-assisted coronary angioplasties, and adding an electrophysiology program for a large population that previously traveled to Denver to treat abnormal heart rhythms.

Not least of all is last fall's opening of a state-of-the-art hybrid catheterization lab — the first of its kind in the state and a facility that is beginning to draw patients from around the world, including a recent cryoablation on an patient who is an internationally ranked triathlete. This is the trajectory Dr. Laws wants for the center's next decade: offering treatment not available elsewhere.

"If it wasn't for community support, we wouldn't be able to do what we've done," Dr. Laws says. "Having direction from the hospital administration combined with robust community support has allowed us to develop the program we have."

HEART & VASCULAR CENTER



Health4Life can lead to real change

After several failed New Years resolutions to lose weight, unused gym memberships and fad diets that she couldn't stick with, Sheila got a recommendation from her doctor that seemed different: referral to the Health4Life program at Valley View.

The suggestion was due to much more than vanity. Sheila's primary care physician warned that without a lifestyle change, her unhealthy eating and lack of regular exercise were putting her at risk for diabetes and possibly even heart disease. Health4Life wouldn't be a temporary fix — it would involve several proven strategies for long-term behavioral change. So, feeling like she didn't have anything to lose but some extra pounds and any major health concerns on the horizon, Sheila joined Health4Life.

Over the next weeks and months, Sheila learned about healthy lifestyle changes that would help her form lifelong habits, meeting regularly with clinical health experts. She benefited from hands-on learning during exercise sessions in a carefully monitored environment. As for nutrition, Sheila received one-on-one and group nutrition coaching that helped her to make the small yet consequential everyday decisions that lead to lifelong change. Finally, she found camaraderie with the other Health4Life participants she saw regularly, who all encouraged and supported each other.

At her next check up, Sheila got a thumbs up from her primary care physician. She is on a path to lifelong health and wellness, one day at a time, and now truly feels like she has taken charge of her "Health4Life."

The Valley View Foundation is committed to launching Health4Life and underwriting its costs so that Sheila and others can benefit from this remarkable opportunity. Visit **VVH.org/Foundation** to learn more.





Our cancer specialists go the distance for you.



So you can stay put.

If you're fighting cancer, you don't have to leave the beautiful valley you call home to get treatment. Because the Calaway•Young Cancer Center at Valley View is a world-class cancer center that offers therapies you'd expect to find in larger cities. Our renowned team of oncology specialists is right here with the advanced treatments, personalized attention, and integrated network to care for you. **PeopleCare. That's Valley View.**

Calaway•Young
CANCER CENTER



VALLEY VIEW

Learn more at vvh.org/CancerCare

WE RALLY

*Because it's a commitment
from our hearts.*



Because you Rally. We thank you.

We Rally to provide patients of the Calaway•Young Cancer Center an opportunity to receive complimentary services and resources including acupuncture, massage, support groups, emergency assistance and more. In 2016, generous gifts supported:

8,688 hands-on therapies | **5,678** acupuncture sessions

735 gas and grocery cards given to patients in need

442 tai-chi participants | **166** art therapies sessions hosted

44 skin treatments provided | **424** yoga participants

20 Coffee Walk & Talk groups | **13** retreat participants

97 Labyrinth sessions facilitated

125 nights of lodging provided plus Rona's House, for patients in need, supported

Your giving. Your impact.

Community generosity inspires conversations about health



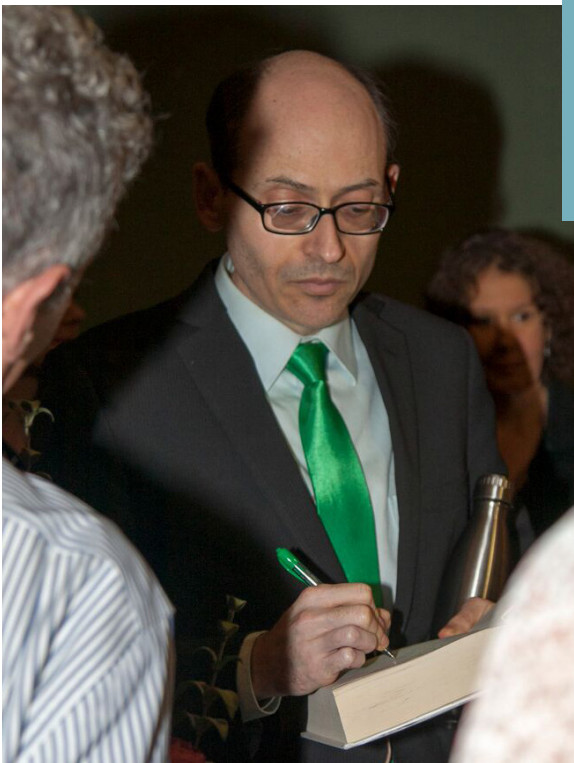
A crowd of over 450 people packed The Orchard in Carbondale to hear national best-selling author Michael Greger, MD. The event was the culmination of a months-long community-wide reading of Dr. Greger's book *How Not to Die* that was sponsored by the Valley View Foundation. The purpose of the project was to inspire conversation about health and well-being.

Funding from the Foundation enabled the purchase and circulation of *How Not to Die* English, Spanish and audio books across the community through local libraries. It also supported Dr. Greger in coming to our community for the presentation in February.





Foundation
members enjoying
the event featuring
Dr. Greger





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SAVE THE DATE!
09.23.17



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