

Heart of the Rockies Regional Medical Center
2019 NURSING YEAR IN REVIEW

Brightening
LIVES EVERY DAY



Heart of the Rockies Regional Medical Center
1000 Rush Drive, Salida, CO 81201
(719) 530-2200 hrrmc.com



Our Organization (As of April 2020)

▼ April Asbury, RN, MSN • VP Patient Services

Peg Arnett, RN, BSN Education Director	▶ Tracy McConathy, RN, BSN • Infection Prevention/Employee Health Manager
Lisa Barr, RN, BSN, CPHQ Quality Director/Nursing Supervisor Manager	▶ Nurse Supervisors: Olivia Bartlett, RN, BSN, CEN Neil Becwar, RN, BSN Erica Everson, RN, BSN Patsy Juarez, RN Zach Magee, RN, BSN Denise Rush, RN April Montgomery, RN, BSN Brent Lawyer, RN, BSN Andra Dolton, RN, BSN Mindy Kline, RN, BSN
Nika Starr, RN, MSN, FNP Med/Surg/Case Management Manager	▶ Amber Linza, RN, BSN • Adult and Pediatric Nurse Supervisor Charge Nurses: Christa Johnston, RN, MSN Erica DeVoy, ADN Hayden Walker, RN, BSN
Patrick Stanifer, RN, MSN, CEN Director of Emergency Services/ Trauma Coordinator	▶ Katie Kowalski, RN, BSN, CEN • Team Lead Charge Nurses: Evan Bartlett, RN, BSN, CEN Olivia Holmes, RN, BSN Yvonne McDonald, RN, BSN Randie McEntire, RN, BSN, CEN Thomas O’Brien, RN, CEN Meghan Waugh, RN, BSN

Chris Hudson, RN, MSN, CNOR Surgical Services Manager	▶ Andra Dolton, RN, BSN, CCRN, CPAN, CAPN • Team Lead – PACU, SDS Priscilla Shannahan, RN, BSN, CNOR • Team Lead – OR
Abigail Smedly, RN, BSN Clinics Nurse Manager	▶ Devyn Kindall, RN, BSN Clinics Nurse Supervisor, BVHC Samantha Cahill, RN, BSN Clinics Nurse Supervisor, 1st floor Outpatient Pavilion Danielle Johnson, RN, BSN Clinics Nurse Supervisor, 3rd floor Outpatient Pavilion

Joni Baker, RN, MSN, CLC Family Birthing Center Supervisor
Charlotte Engelman, RN, BSN ICU Manager
Jirina Myers, RN, MSN Specialty Clinic/Infusion Department Manager
Dolly Chamness, RN IS Clinical Informatics Manager
Lisa Glenn, RT, CRT Cardiopulmonary Manager
Duane Johnson, RT (R) (CT), AHRA, ASRT Imaging Services Manager
Mark Ceglowski, RPH Pharmacy Director
Desirae Westphal, PT, DPT Director of Rehabilitation & Wellness
Amy Hoffman, RN, BS Dialysis Manager





Thank You: Aleah Vallebona, David Schneider and Denise Hammel

Thank you for submitting one of the first Good Catches online in the new system. Thank you for jumping into the new process!



Best Catch of the Month: Adam Fitts

Adam found Lisinopril 10 mg in the 20 mg cubby. He verified the dose and gave the correct dose to the patient. Erica came in to start my IV (very smooth job on that one, she is very skilled) and was again very friendly and cheerful.



Best Catch of the Month: Chrissy Long

Chrissy Long, an OR nurse, noted that a document in the chart had the wrong year of birth. The name, birth month and day were the same for two different patients. The document was for the other patient. Great attention to detail!



Good "Catch" of the Month (literally)

Zach Magee, Erin Arnett, Kris Clark, Dr. Lee, Lorrie Hocke, the ED Staff, FBC staff & RT Staff for the "Mermaid Baby" delivery – Kudos for the successful unexpected ED delivery! Pictured above, from left: Patrick Stanifer, Katie Kowalski, Zack Magee, and Kris Clark.



Our nursing team Brightens Lives Every Day

As we closed out 2019 in our journey of Joint Commission Readiness, we were introduced to COVID-19, and have since been faced with improving our skills in versatility during a healthcare state of emergency. There has never been a more important time to pull together - and as usual, the Heart of the Rockies team does not disappoint. We continue to support and love each other across departments and disciplines through the fear and emotion that we have found, at times to be unfamiliar and stagnating. We as "essential" workers have had to evolve in many ways as we navigate through these unknown times. Determining what each of our teams need both emotionally and physically has been a challenge for all of us. Anxiety, fear, and the other distractions to our usual care and routines have all been obstacles that we have all been working through as we persevere.



During all of this, each of your leadership has been critical in keeping our co-workers and patients safe and thriving. I empathize with your feelings of fear and uncertainty that this time in our lives has forced us to realize. I also empathize with the new methods of engaging in socialization and compassion, and I am proud of the obvious support and care our patients and teammates are receiving on a daily basis.

Our equilibrium has definitely been disrupted. The Labor Pool cross-trainings, and helping hands across multiple departments warms my heart. I have heard so many positive comments from our caregivers about the benefits of working cross-departmentally and contributing differently to support efforts in surge planning. As we are charged with assuring new restrictions and practices are adhered to, it is important for me to also acknowledge the stress and strain that this imposes. I thank you and I am supportive and appreciative of everything that you are feeling and experiencing as a result of our current reality.

In an effort to stay connected, there have been many zoom meetings, forums for sharing information and gaining questions from staff so that we may attempt to know how each of us is handling the abrupt changes to our operations. Please know that the structure and consistency of the daily incident command meetings together with the COVID-19 Updates are in place in an effort to assist department leaders with communicating real-time and planning for what's next.

You are doing important work. None of us have ever provided care in a worldwide pandemic before, and during a pro-longed crisis, it is extra important that we feel safe and understood. Please continue to ask questions and support and love one another as we continue to re-define the operations of our work.

Very Sincerely,

April Asbury, RN, MSN
VP Patient Services



Throughout 2019 and into 2020, members of our nursing staff were honored at HRRMC's monthly employee recognition ceremonies and quarterly TRAC STAR awards. Throughout this report you'll find examples of our nurses making a difference at HRRMC!



Above and Beyond: Dolly Chamness

Dolly selflessly reconciled the anesthesia software invoices with usage for multiple months. This was new software for our CRNAs and Dolly willingly accepted the challenge. We appreciate your attention to detail and your guidance for future processes that reduces mismatched information.



Above and Beyond: Denise Hammel

Thank you, Denise, for helping Dolly with the anesthesia software invoicing reconciliation. This was a big project and your willingness to help is greatly appreciated.

Outstanding Performance: Denise Hammel

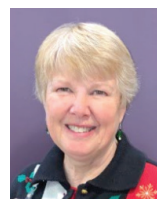
Outstanding job on getting the new MAR up and running in CPSI!



Above and Beyond: Hannah Peyrouse

Thank you for going above and beyond and obtaining a chemotherapy biotherapy certification. In such a short time, you have shown a high interest in learning as much as possible about oncology. Your

eagerness to learn will benefit our patients in so many ways. Thank you!



Judy Smith



Bobbie Sturrock



Tracey Hill

Above and Beyond: Judy Smith, Bobbie Sturrock and Tracey Hill

You truly went above and beyond cleaning up trash along Hwy 291 across from the hospital. We had quite a bit of debris as a result of our construction projects and you took it upon yourself to clean up the area for the community. We appreciate you!



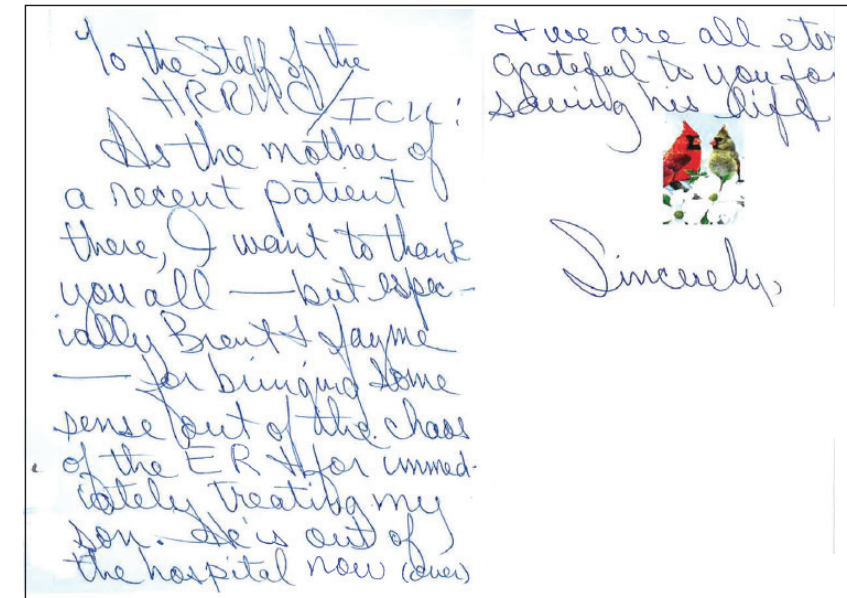
(From L to R) Margo Burns, Dee Ann Troutman, and Lori Kramer pose with their certificates at the employee recognition ceremony in November.



Award of Excellence – Margo Burns, Surgical Services

Margo's team member spoke to her dedication to patients: "Margo has been a great asset to our Surgical Services Team. She is patient-centered and our patients are in great hands when in her care. Her

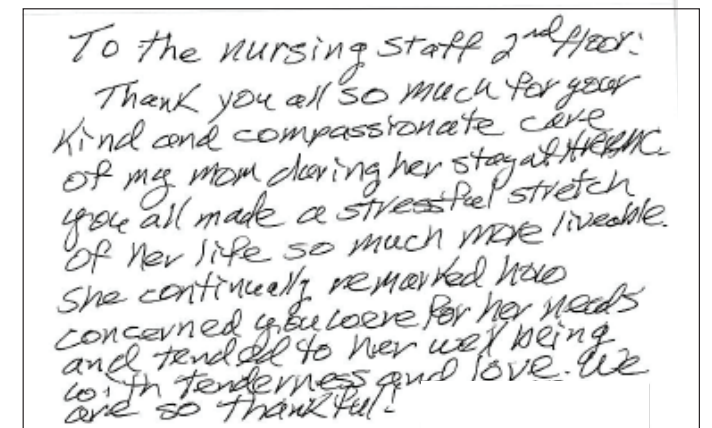
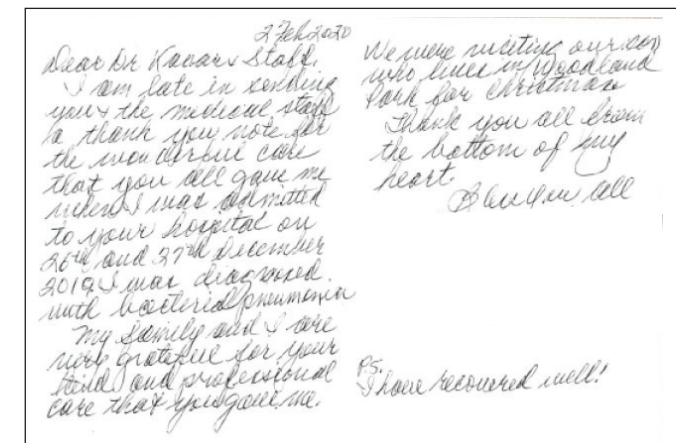
ability to focus on the success of the OR Team is also very much appreciated." Way to go, Margo!



Brent Lawyer



Jayme Collar





Dear Mr. Morasko,

My name is _____, and I came to your hospital on January 4th with a compound fracture on my right leg, because of an air compressor that fell on me as I was walking out the door of a garage. I just wanted to write you this note to tell you how pleased I was with the care I received from the hospital.

Dr. Wierdsma and his ER staff got right on the situation and got my leg stabilized and had me admitted into the main hospital right away, I was in room _____, they could not do surgery until the next day. The nursing staff which consisted of Cindy, Melanie and Elaina gave me the best care I have ever had from a hospital.

Dr. Hunter performed surgery the next morning and did a wonderful job repairing my leg, and the follow up care has been wonderful. It's healing just fine. I just wanted to tell you how much I appreciated all the care and detailed attention I was given during my stay. Thank you so much for all the help with this accident, even the ambulance crew did a fantastic job transporting me. Thanks again to you and all your staff for your efforts, it is much appreciated.

Sincerely, A hospital patient



Cindy Edgington



Melanie Thompson



Elaina Teter

Adam
I just want to tell you that you're a awesome nurse, the world needs more like you. Adam your a kind caring and calming person. Adam when I would see the smile on your face made me feel calm and like I was your only patient. Adam thank you for being honest with me about everything like the drainage tube. Adam I hope all is ok with you about the IV. Adam the peppermint Shower was the best part of being in the hospital you made my day with it. Adam I hope to see you around town.

Thank you



Adam Fitts

Dear Emergency Room Angels,

In the early afternoon of Sunday, September 15, 2019 I was brought by ambulance to your Emergency Room following a bad motorcycle wreck caused by my encounter with a 18 inch long by 8 inch in diameter log in the middle of Highway 285 in the area of Pipeline Pass. Many angels came to my rescue following the crash, including any number of folks on the scene. The EMT that cared for me in the ambulance was Chad. The ER team was led by Stewart with the assistance of Kaitlyn. They took charge of addressing my injuries with both the utmost professionalism tempered with genuine human caring. I will be forever grateful for their skill and kindness in treating me. There was another angel in the room at times but I don't remember her name. Also, the wonderful lady who did the x-rays and CT scans of me showed great caring. Finally, as the day was ending the nurse Chad took care of my release—again with skill, kindness and care. I would like to sincerely and gratefully thank all of them because they made a huge difference in my life at a very painful and difficult time.

Love and God's blessings to your awesome ER and related staff,



Chad Bevan



From left: 2019 TRAC STAR winner Devyn Kindall, runner-up Chris Sanks, runner-up Molli Buchanan, and CEO Bob Morasko.

employee who nominated Kindall said, "She has learned every nursing function in the clinic, so that she can assist when—ever and wherever is needed."

CEO Bob Morasko awarded \$1,000 to Kindall. She will also receive a plaque with her photo, which will be displayed in the hospital café.

Morasko also recognized the two runners-up for TRAC STAR of the year, Chris Sanks and Molli Buchanan, who are both residents of Salida. Each received \$250.

Sanks, a Facilities maintenance tech, has been with HRRMC since 2017. The co-worker who nominated Sanks said that he shows respect to everyone he encounters, patients and co-workers alike.

Buchanan, a CNA/unit coordinator in the Medical/Surgical Department, has worked for HRRMC since 2016. Her nominator said, "Molli graciously greets all co-workers, visitors, families and patients and makes them feel welcome."

Devyn Kindall voted TRAC STAR of 2019!

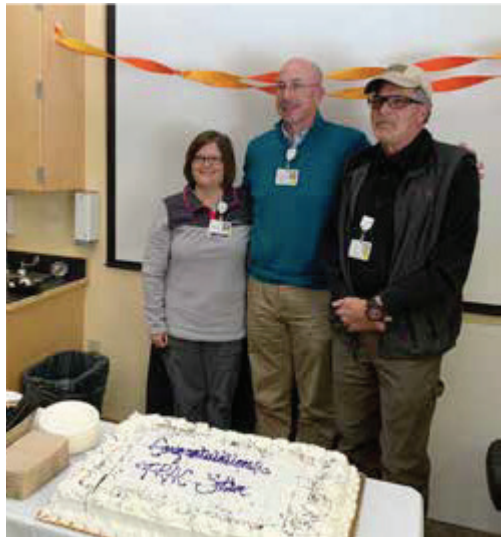
Kindall, interim clinics nurse manager, was selected in a staff-wide vote from a pool of 12 TRAC STAR finalists. TRAC STAR is an acronym for the core values that guide employee performance: teamwork, recognition, attitude, customer service, safety, talent, accountability and respect. The TRAC STAR award recognizes outstanding employees and is presented quarterly to three finalists. All of the 2019 finalists were eligible to be named TRAC STAR of the year. HRRMC Vice President of Business Development Peter Edis said that Kindall joined HRRMC's staff in 2016, and has been the interim clinics nurse manager for about four months. "She is a highly skilled nurse, and through her interim work as a manager, her leadership skills have grown considerably. Her flexibility and readiness to lend a helping hand exemplify the values of a true TRAC STAR," he said. The



From left: 2019 second quarter TRAC STAR winner Kris Clark poses with TRAC STAR finalists Alaina Kelly and Sam Van De Velde, along with CEO Bob Morasko.

Kris Clark was honored as second-quarter TRAC STAR of 2019!

HRRMC named Imaging's Kris Clark its second-quarter TRAC STAR at a hospital ceremony on July 29. Kris currently serves as a diagnostic procedures nurse and according to her department manager, Duane Johnson, "Kris is not only a competent nurse, but she is a great team player, willing to help our department in any way possible and extends that help to the Emergency, Infusion and Cardiopulmonary departments. She is fantastic with patients, treating them with compassion and kindness." According to the employee who nominated Kris for TRAC STAR, "She strives to improve our department all the time when it comes to special procedures. She has addressed the process so there is better patient care before and after a procedure." Kris was awarded a \$200 gift check, a jacket with the hospital's TRAC logo, and a certificate to be professionally photographed. A plaque with her photo will be displayed in the hospital café.



From left: Third-quarter TRAC STAR winner Molli Buchanan with VP of Business Development Peter Edis and third-quarter finalist Kurt Sedlacek at the third-quarter TRAC STAR ceremony on Oct. 28 at the hospital. The third finalist, Tom O'Brien, was not present.

Molli Buchanan honored as third-quarter TRAC STAR

STAR winner at a hospital ceremony on October 28. Buchanan currently serves as a CNA/unit coordinator in the Medical/Surgical Department. "When Molli joined our team, she immediately stood out as a valuable employee. She is self-motivated, holds herself and others to high standards, and is one of the friendliest faces you will ever meet. Molli often effortlessly slides into a CNA role while working as unit coordinator to assist with patient care on busy days," said one of her department managers, Amber Linza. According to the employee who nominated Buchanan for TRAC STAR, "Molli graciously greets all co-workers, visitors, families and patients and makes them feel welcome." Buchanan was awarded a \$200 gift check, a jacket with the hospital's TRAC logo, and a certificate to be professionally photographed. A plaque with her photo will be displayed in the hospital café. VP of Business Development Peter Edis acknowledged the other two award finalists: Materials Courier Kurt Sedlacek, and ED Charge Nurse Tom O'Brien. Kurt's nominator said, "Kurt cares about the hospital's patients and recently walked with a disoriented patient until she was within eyesight of where she needed to be. O'Brien was acknowledged for being welcoming to his co-workers and hospital patients. "Tom always provides outstanding care to his patients to ensure they are as comfortable as they can be in an emergent situation," said his nominator. HRRMC employees can nominate any of their colleagues for the TRAC STAR award. Members of the hospital's Communications Team review all nominations, and then cast individual ballots to determine the finalists and winner. All finalists are eligible to be named TRAC STAR of the Year.



From left: Fourth quarter 2019 TRAC STAR finalists Beverly Mosca, Chris Sanks and Devyn Kindall alongside CEO Bob Morasko.

Devyn Kindall named fourth-quarter TRAC STAR

HRRMC named Devyn Kindall its fourth-quarter TRAC STAR at a hospital ceremony on Monday, Jan. 27. Devyn has been an HRRMC employee since 2016.

TRAC STAR is an acronym for the core values that guide HRRMC employee performance: teamwork, recognition, attitude, customer service, safety, talent, accountability and respect. The TRAC STAR award recognizes outstanding employees and is presented quarterly.

"Devyn has been serving in the role of interim clinics nurse manager for about three months. While being based mostly in the new pavilion, she has also continued to provide nursing oversight and support to BVHC. Devyn is a highly skilled nurse supervisor, and through her interim work as a manager, she has grown her leadership skills," said Vice President of Business Development Peter Edis. "One of the many great qualities I admire in Devyn is her willingness to assist wherever the clinics need her, and in many instances, on very short notice. Devyn's flexibility and readiness to lend a helping hand exemplify the type of dedication I feel is

the standard among our employees and the reason our organization has continued to flourish."

According to an employee who nominated Kindall, "She has learned every nursing function in the clinic, so that she can assist whenever and wherever is needed."

Kindall was awarded a \$200 gift check, a jacket with the hospital's TRAC STAR logo, and a certificate to be professionally photographed. A plaque with her photo will be displayed in the hospital café.

Nominate a Nurse

VIM8VIGR
COMPRESSION LEGWEAR

Bobbie Sturrock
NURSE'S FULL NAME

FBC
PHONE NUMBER OR UNIT

WHY ARE YOU NOMINATING HIM/HER?
Bobbie provides excellent patient care and is a great team member



Bobbie Sturrock



Amy Jones

Nominate a Nurse

VIM8VIGR
COMPRESSION LEGWEAR

AMY JONES
NURSE'S FULL NAME

med surg
PHONE NUMBER OR UNIT

WHY ARE YOU NOMINATING HIM/HER?
caring
compassionate
competent

Nominate a Nurse

VIM8VIGR
COMPRESSION LEGWEAR

Rikki Kaess
NURSE'S FULL NAME

WHY ARE YOU NOMINATING HIM/HER?
She cares so deeply for her patients & is extremely knowledgeable



Rikki Kaess



Laurie Merrel

Nominate a Nurse

VIM8VIGR
COMPRESSION LEGWEAR

Laurie Merrel
NURSE'S FULL NAME

Oncology
PHONE NUMBER OR UNIT

WHY ARE YOU NOMINATING HIM/HER?
Laurie is always happy to answer my amazing questions!! She is such a great co-worker and makes me laugh every day!!



Nominate a Nurse

VIM&VIGR
COMPRESSION LEGWEAR

Kris Clark Radiology
NURSE'S FULL NAME PHONE NUMBER OR UNIT

WHY ARE YOU NOMINATING HIM/HER?

Kris is the funniest, kindest person I know. She truly cares about her patients & colleagues. Always willing to help the team out.



Kris Clark



Mark Opincarin

Nominate a Nurse

VIM&VIGR
COMPRESSION LEGWEAR

Mark Opencario
NURSE'S FULL NAME

WHY ARE YOU NOMINATING HIM/HER?

Mark is an awesome nurse & a wonderful teacher. So patient I have learned so much from his knowledge!!

VIM&VIGR
COMPRESSION LEGWEAR
Ortho Sport

Nominate a Nurse

VIM&VIGR
COMPRESSION LEGWEAR

Hayden Walker med surg
NURSE'S FULL NAME PHONE NUMBER OR UNIT

WHY ARE YOU NOMINATING HIM/HER?

Patients LOVE Hayden- call her an ANGEL



Hayden Walker



Amy Perrin

Nominate a Nurse

VIM&VIGR
COMPRESSION LEGWEAR

Amy Perrin 15
NURSE'S FULL NAME PHONE NUMBER OR UNIT

WHY ARE YOU NOMINATING HIM/HER?

She's amazing!



Dialysis registered nurse Cyndi Brown provides information about home dialysis in the hospital's lobby.

HAPPY
beginnings
at HRRMC



Our obstetric and family medicine providers in Saguache, Salida and Buena Vista have decades of experience caring for your family as it grows. We look forward to being there for you on every step.



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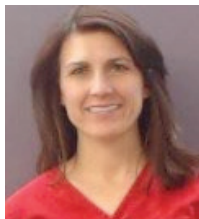
We asked all of our nurses to answer the following questions about the past year. Here are what several of our staff members had to say!



April Asbury



Sara Dodson



Joni Baker



Christa Johnston



Gina Clark



Zachary Howe



Wendy
Trafford-McKenna



Lisa Brooks



Danielle Johnson, RN

What was a highlight experience for you this past year?

I would say the outstanding care we provided to a Jehovah's Witness patient refusing a blood transfusion. The ethical implications of the patient's decision although challenging were honored. The staff was amazing at placing their biases aside and caring for the patient through to the end of his life. I am so proud of our teams. *–April Asbury, VP Patient Services*

Moving to Chaffee County from Denver. I came from a very high volume hospital where we could deliver 300 babies a month. It is SO AWESOME that our little rural medical center has such an amazing place for our local mama's to give birth. The highlight of my year was getting to know so many young parents from our county, and being a part of so many beautiful deliveries! *–Sara Dodson, BSN, RN*

In the past year I have had the opportunity to return to the birthing center full time, it has been a wonderful transition. *–Joni L. Baker, MSN, RN*

A highlight for me was seeing all of the staff and their children making the crafts for the patient Christmas baskets. So many more staff got involved and purchased items for the baskets. They looked amazing and the patients were so happy. *–Anonymous*

For me the highlight of working at HRRMC last year and every other year is our amazing team work, our great relationship with every team member. *–Christa Johnston, RN*

I remember going into work at the beginning of the shift, unsure what to expect, and two other nurses had volunteered to take the COVID patients, even calling in the night before to request them. I almost felt taken care of myself. *–Gina Clark, RN*

Building a camper. *–Zachary Howe, RN*

Starting to watercolor; developing new relationships at work. *–Wendy Trafford-McKenna, Case Management*

I'd have to say moving from my Alaskan island home (sea level) to the mountains of Colorado. *–Lisa Brooks, RN*

Learning from and working with the amazing staff at BVHC! *–Danielle Johnson, RN*

What's your favorite part about your job?

The great care we provide to our patients. *–April Asbury, VP Patient Services*

Being a part of the beginning of life is such a privilege. I especially love the new first time dads. No matter how much anyone tries to prepare them for the moment, they are always so blown away in the moment, and there is nothing better than seeing that hit them like a ton of bricks. *–Sara Dodson, BSN, RN*

Delivering babies. *–Joni L. Baker, MSN, RN*

Thank you all for taking excellent care of ____.
We appreciate all of you. *~A patient's family*



Hayden Walker



Christa Johnston



Morgan Ryen

Nursing Staff,
We want to thank you for taking such good care of us while we were in the hospital. *~A patient*

To the incredible staff of Heart of the Rockies,
From Dr. Jonassen and the incredible surgical team, Nursing, PT, OT, SW, Admission, discharge planners—RT, Housekeeping, Dietary and so many of you that operated behind the scenes, Please accept our gratitude and deep appreciation for everything you have done to care for my husband after his total knee replacement. You should be very proud of the work you do. Just remarkable are the words we want to share. This little bear will serve as a reminder of the hugs and appreciation we will always have in our hearts for each of you! *~A patient's wife*



Yvonne McDonald

Please relay my gratitude to Emily (who I think checked me in), Yvonne, Samuel, Doctor Dan and Paula for their caring and highly professional care. There may also have been others on the team whom I don't remember.

A first-time mother returned to PT for her postpartum 6 wks. visit and reported that the "Nurses and staff of the FBC were amazingly supportive and created a positive first time birthing experience." On the PT side of her care—she commented that "big bel-ly, big breath" coaching was used by her partner/husband and acted as her mantra for a successful delivery in left, side-lying pose with Dr. Burkley! Wow... it all is full circle!Wanted to share this cool feedback from our community member, mama and client! Great work FBC!
~Allie Hammond, PT, DPT

Dear Heart of the Rockies Professionals,
It's been almost 3 months since I was admitted to your hospital; first Dr. Lee of the emergency operation. Today, I'm back into a normal routine here at Buena Vista-continuing in the healing process. On June 3rd, I again visited with Dr. Karen Johnson at the hospital so she could personally witness the success of her work and decisions; a day later, transported back to BVCF.

The purpose of this correspondence is to try to express my deepest and most sincere gratitude and thanksgiving to all of you. To adequately and fairly detail the blow by blow of your extraordinary care would take me volumes, so I'll be brief while attempting to give proper thanks.

I think it's fair to say that at the time, I did not comprehend the seriousness of my health deterioration; my overall condition. While all staff was always truthful with me, not one of your associates ever deflated my hope and power of prayer for success and ultimate recovery. Their collective positive/ realistic personas and character gave me even more hope and peace that all would work out. Literally dozens of doctors, nurses, aids, every conceivable professional wore smiles and ceaselessly extended supreme and compassionate care. I can never ever thank all of these wonderful people enough.

Warmly,

I would like to name a few of your great staff. I know I will miss many, but the ones I had the most contact with were as follows: Olivia in the emergency Room, Gail on the second floor along with Adam, Amy, Alma and J.D. in the infusion lab, I was treated by Shelly, Rikkii, Chris and Laura.



Olivia Homes



Adam Fitts



Alma Graves



Shelley Carlos



Rikki Kaess



Laura Turner



Jirka Myers: Congratulations on receiving your Oncology Nursing Certification (OCN). What a great accomplishment!



Amber Long, a clinic float nurse in the Outpatient Pavilion, recently earned her BSN from Western Governors University, Salt Lake City, Utah. Amber previously received her associate degree in nursing from Trinidad State Junior College in Alamosa. Way to go!

Fall 2019

Joni Baker and Amber Linza step into leadership roles

Joni Baker, RN, MSN, was recently named supervisor of the Family Birthing Center. She will work closely with Inpatient Services Director Nika Starr in the leadership of the FBC unit. Joni will also continue to work in Education and the float pool. Joni has worked at HRRMC since August 2013, performing in many roles including FBC RN, educator and float RN. She has also covered in Same Day Surgery/PACU and the Med/Surg units. Prior to joining HRRMC, Joni worked as a nurse on a mother/infant unit in Circleville, Ohio. Joni successfully achieved her MSN in May 2018. Joni has demonstrated leadership during her time at HRRMC through various education initiatives, by achieving her master's degree with an emphasis in nursing leadership, and as a clinical instructor for Adam's State University. Additionally, Joni has four years of leadership experience as a volunteer with Longfellow Parents Association in the roles of both president and treasurer. In early July, Amber Linza, RN, BSN, accepted a leadership role as supervisor for the adult and pediatric unit in Med/Surg. Amber brings five years of progressive growth and leadership experience to her new role. She earned her bachelor's in biomedical sciences in 2011 and a BSN from the University of Colorado in 2014. In April 2014, she began working for Med/Surg as a nurse aide, quickly transitioning into a nursing role. Amber has spent the last two years as a charge nurse on day shift, where she excelled in coordinating services, staffing, quality improvement and direct patient care. She has demonstrated leadership during her time at HRRMC through her time as a charge RN, helping to achieve and maintain high patient satisfaction, excellent productivity and high staff morale. Amber has been and will continue to be heavily involved in policies and procedures and staff training and development, all while acting as both a patient and staff advocate.



Joni Baker



Amber Linza

Interview continued from page 8

My favorite part about my job, is taking care of people at their worst, illness or right after an operation, then getting to see them leave feeling better or healed. We get to witness our hard work from start to finish, very rewarding. –Anonymous

It is never boring, we work in a field with constant learning experiences, different patient populations, and ever changing medical knowledge, that we need to keep up, and again, of course our amazing team work which helps our patients, their safety, quality of care, and patient satisfaction. –Christa Johnston, RN

Definitely my coworkers. –Gina Clark, RN

Being able to be there for people and being a part of something that is bigger than myself. –Zachary Howe, RN

The people I work with and the ability to help patients with life decisions and transitions. –Wendy Trafford-McKenna, Case Management

I love direct patient care. No matter what is happening in the world around us the patient becomes the focal point of the universe during the moment in time when their care is in our hands. –Lisa Brooks, RN

It's something new every day. I'm always learning new things and growing as a nurse and as a person. –Danielle Johnson, RN

If you weren't in nursing, what occupation/field would you be in?

I have not considered this question since before nursing school. Likely something that improves quality of life perhaps a medical or genetics researcher. –April Asbury, VP Patient Services

I think I'd like to be a physical therapist. I feel like pain management in general is an area where we fall short as a whole in the medical field, and I feel like PT is a huge part of that solution. –Sara Dodson, BSN, RN

Sales/ marketing –Joni L. Baker, MSN, RN

If I wasn't a nurse I would be a dental hygienist or a raft guide. –Anonymous

I would be in a health care field, most likely as Physical Therapist. –Christa Johnston, RN

Farming/ranching. –Gina Clark, RN

Maybe PT. –Zachary Howe, RN

Nutrition or health coaching. –Wendy Trafford-McKenna, Case Management

I'd love to be a museum curator somewhere in Holland but I'd settle for perhaps giving English language tours of Rijksmuseum or even working at a coffee shop on the museumplein anything to just be there. One day ;-)
–Lisa Brooks, RN

I started college as a music education major, so definitely something related to music/teaching music (dream job would be a performer on Broadway). –Danielle Johnson, RN

What lifestyle changes do you foresee for yourself and for the public since the occurrence of this pandemic?

Although I love going to restaurants, I hope to continue with less dining out, saves a ton of money as well as a bit less food consumption. –April Asbury, VP Patient Services

I think the days of shaking hands and hugging strangers are over. I hope from now on most will be more aware of infection prevention and incorporate it into their daily routine. I also hope to see a major overhaul of our health care system in general. I think our world is forever changed by this. –Sara Dodson, BSN, RN

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I think the public will be more conscious of hand hygiene and hygiene in general. I think we will all be more grateful for the simple things in life like going out to a restaurant or a concert in the park. –Anonymous

I see a very different way of living, recreating, and working. We will, for a long time to come, have to be very cautious about catching and transmitting the virus, by avoiding crowds, wearing masks at work and in small spaces, These last few weeks will be a way of life more or less for a long time to come, or at least until there are effective treatments and vaccines available. –Christa Johnston, RN

Appreciating my family and relationships and experiences more. –Gina Clark, RN

I've been able to return to my hobbies like playing piano, wood working, and learning a new language. The public needs to work on their mental health. –Zachary Howe, RN

Learning to be more comfortable with ourselves (through slowing down) and more relaxed overall from hanging out in nature. More tolerance of ourselves and one another from these changes. –Wendy Trafford-McKenna, Case Management

Hmmm, well I can only speak for myself because the only one person I can control is myself. I have no power to impose any changes on the public and as we all know the public will do as they please. I am a recluse by nature, especially after becoming a nurse. It is the way I rejuvenate my mind and body after long stretches of socialization. I have always enjoyed my "alone" time and guard it fiercely. No change there. Lol! –Lisa Brooks, RN

I'm hoping people start taking their overall health more seriously and building up their immune systems, eating better, and exercising more! I know I am working on taking control of my nutrition and exercise habits so that I am in a healthier state. –Danielle Johnson, RN

Was there a specific event during this pandemic that has stuck with you?

Yes, it was when the 21 year old Colorado Mesa University student died. This is very relatable for my life as I have a current daughter in college who is 22 and a daughter who graduated from Colorado Mesa University. Very sad. Another memory that has stuck with me was when we had our own COVID-19 + patient sent from the nursing home for palliative care and the daughter had to say good bye through a virtual visit, this still breaks my heart. –April Asbury, VP Patient Services

I think the day when the governor issued the stay at home order and schools were cancelled for the remainder of the year. That was the moment I realized this was different than anything we have ever seen in my lifetime. –Sara Dodson, BSN, RN

One thing I have noticed and heard about though this pandemic is the public's recognition and support of healthcare workers. I think it has been made apparent that everyday we are risking our health and well being for the community, and the public is starting to realize this. I have gotten phone calls and text messages from everyone in my asking if I am okay and thanking me for being a nurse. –Anonymous

I was almost afraid and very fearful of even going to work during the early weeks of the pandemic but at work, working as a team, my apprehension went away as we all supported each other wonderfully. –Christa Johnston, RN

I appreciated that a need was identified, then quickly acted upon it, ie the iPads, the new isolation rooms, etc. –Gina Clark, RN

People dying without their family around. Makes us healthcare workers be a little more empathic than we normally are. –Zachary Howe, RN

Dolphins spotted in Venice canals for the first time in many years. –Wendy Trafford-McKenna, Case Management



Years of Service

Nineteen nurses were recognized in 2019 for their years of service at HRRMC. Thank you for your dedication to our hospital and patients!

Zada Fear, SDS	25 years
Wendy Trafford-McKenna, Case Management	20 years
Barbara Sturrock, FBC	20 years
Gina Clark, Med/Surg	15 years
Tracey Hill, FBC	15 years
Christina Long, OR	15 years
Christa Johnston, Med/Surg	15 years
Danita DePetro, Case Management	10 years
Elizabeth Krasnow, FBC	10 years
Kimberly Faulkner-Russell, PACU	10 years
John Daugherty, BVHC	5 years
Thomas O'Brien, ED	5 years
Rachel Berger, GYN	5 years
Amber Daugherty, BVHC	5 years
Erica De Voy, Med/Surg	5 years
Kimberlie Huff, Case Management	5 years
Adam Fitts, Med/Surg	5 years
Amber Linza, Med/Surg	5 years
Meghan Waugh, ED	5 years



Nada Fear



Wendy Trafford-McKenna



Barbara Sturrock





Kerry Baroni

Your hard work found a major safety issue for the clinics and resulted in a change in the software for remedying the issue. Thank you for making us all aware of the situation!



Emily Smith

Mr. Morasko:
I thank you and HRRMC for obtaining an excellent allergy doctor, Dr. Diane Napoli, for us. I have needed the care of an allergist for the past several years, and had to go to Denver. Now, I have a fine doctor here.

Dr. Napoli impresses me as kind, knowledgeable, and thorough. She listens attentively, asks good questions, and completely relates to the patient's needs, concerns and treatment. I found her to be one of the best doctors I've ever visited - she instills trust.

In addition, I would like to also compliment her assistant, RN Emily Smith. She has been patient, informative and expressed genuine concern.

I visited Dr. Napoli and her nurse Emily Smith recently, and will be returning. It is a blessing to have such quality professionals close to home.

Both Dr. Napoli and her nurse Emily Smith are excellent. I am grateful they are here providing allergy care. ~A patient

Note of thanks

As many know, we moved down here in July last year and shortly after opened up our dream store

We've had such fun, and a lot of hard work to get it to a good stage, and we've been lucky enough to meet so many good folks coming into the store, at the Lutheran Church here in Salida, and at HRRMC.

But, as many didn't know, we have cancer we've been fighting now for over 3 1/2 years, has bested the many different chemos we've tried - 13 in all - and we have had to stop all treatments.

I want to say that WE appreciate all the kind words, prayers, support, and help that so many have given. We never realized so many good, honest people were out there till we moved here, and in the face of this situation, we have changed our minds.

I especially want to call out the angels in the Oncology Department at Heart of the Rockies Regional Medical Center, Christine Ortiz, the Strohman family, Jirka Myers, Heather, Palsy, Helen Betancourt, so many, I have lost count.

This valley has taught us that good, solid, warm loving people DO exist, and here in Banana Belt there are too many to count.

Thank you, everyone, for everything.



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Photo footage of how the air is cleaning up in big cities... amazing!!! –Wendy Trafford-McKenna, Case Management

None that I can think of. –Lisa Brooks, RN

We had a heart attack patient come to the clinic. I was not exactly thinking along those lines with COVID symptoms going through my head at first. When we did the EKG and realized what was going on, I realized we have to be ready for anything at any time. Regular life has not stopped because of this so we must stay on our toes and be ready to provide the best care in every situation! –Danielle Johnson, RN

What are some new self-care tactics you are now implementing to mentally and physically stay healthy because of COVID-19?

I have started yoga 2 times a week and ride my bike daily. Exercise has helped to remain mentally and physically healthy. –April Asbury, VP Patient Services

I am trying to take it one day at a time. I allow myself to feel whatever feelings I am feeling, and make sure to talk to my husband and family about it. It is ok to be scared and unsure, but it is also ok to be hopeful. I am also trying to stay busy with things that fill my cup, knitting/crocheting, playing my guitar and singing, and spending time with my kids doing things they like, such as playing Dungeons and Dragons or Mario Party. I've spent more time talking to my teenagers now than I did all school year. –Sara Dodson, BSN, RN

I have started going hiking on all of my days off and exercises in the house. I have started to eat healthier. I started a new hobby, painting the supplies are in the mail, and call and keep in touch with my family over the phone. –Anonymous

I will follow the state's and CDC's guidelines and for sure avoid crowds, easy to do for me as I do not like crowds anyway. –Christa Johnston, RN

I'm pretty good at taking time for myself, sleeping, exercising, not working too much, but taking standard precautions into everyday life. –Gina Clark, RN

Reading, exercising, piano, wood working, learning Spanish, learning sign language. –Zachary Howe, RN

Exercise classes on line in my living room. Using the Marco Polo app to stay connected with family and close friends. –Wendy Trafford-McKenna, Case Management

I don't listen to the news. It creates fear and anxiety and I don't have time for that in my life. –Lisa Brooks, RN

As stated above, I am working hard on my nutrition and exercise and have lost about 15 pounds since the start of quarantine! I am also reading a lot and doing a lot of personal development so that I stay positive and hopeful throughout all this. Yoga has become a source of great mind-body connection as well. I am also taking time to reach out to my friends and family and even catching up on my snail mail! –Danielle Johnson, RN



Kim Mund-Wolkenbreit

I just wanted to say I am really proud to work at HRRMC. I have been telling friends, neighbors and my family how safe our hospital is. I have reassured them that we are prepared and the morale at our facility is good! Compared to the stories we hear from around the country, HRRMC stands out from the rest in terms of preparedness and attitude.

Also, I just want to share how I feel about working with the night shift crew. Working nights is not my dream shift, but the people I work with are top notch. I feel supported and connected with a strong sense of community.

My kuddos go out to April Montgomery. She is the most supportive nursing supervisor I have ever worked with. She is constantly doing rounds at night, and her mission is to ensure her staff has the help they need. She is selfless and goes above & beyond to support us. I would love to nominate her for Nurse of the Year! –Kim Mund-Wolkenbreit, FBC RN



Certification is the formal recognition of specialized knowledge, skills and experience in nursing. It is demonstrated by achieving standards identified by a nursing specialty to promote healthy outcomes. Certification recognizes specialization and professionalism.

- Stacy Abbott, RN-CNOR / *Certified Nurse Operating Room*
- Peg Arnett, RN-CS / *Clinical Scholar*
- Joni Baker, RN-CLC / *Certified Lactation Counselor*
- Lisa Barr, RN-CPHQ / *Certified Professional Healthcare Quality*
- Evan Bartlett, RN-CEN / *Certified Emergency Nurse*
- Olivia Bartlett, RN-CEN / *Certified Emergency Nurse*
- Chad Bevan, RN-CMSN / *Certified Medical-Surgical Nurse*
- Heather Bourget, RN-ONS/ONCC / *ONS/ONCC Chemotherapy Biotherapy Certification*
- Shelly Carlos, RN-OCN / *Oncology Certified Nurse ONS/ONCC Chemotherapy Biotherapy Certification*
- Kristine Clark, RN-CEN / *Certified Emergency Nurse*
- Judith Cole, AND-CWCA / *Certified Wound Care*
- Elizabeth DeMarco, RN-NP / *Certified Nurse Practitioner*
- Erica De Voy, RN-CMSN / *Certified Medical-Surgical Nurse*
- Andra Dolton, RN-CCRN / *Critical Care Registered Nurse Certified Post Anesthesia Nurse*
- Andra Dolton, RN-CAPN / *Certified Ambulatory Perianesthesia Nurse*
- Cindy Edgington, RN-CLC / *Certified Lactation Counselor*
- Patty Erchul, RN-ONS/ONCC / *ONS/ONCC Chemotherapy Biotherapy Certification*
- Kim Faulkner-Russell, RN-CNOR / *Certified Nurse Operating Room*
- Lindsay Haarmeyer, RN-CLC / *Certified Lactation Counselor*
- Cheryl Hinthner, RN-CNOR / *Certified Nurse Operating Room*
- Lorrie Hocke, RN-CLC / *Certified Lactation Counselor*
- Gloria Houseton, RN-CWC / *Certified Wound Care*
- Christopher Hudson, RN-CNOR / *Certified Nurse Operating Room*
- Christa Johnston, RN-CMSN / *Certified Medical-Surgical Nurse*
- Patsy Juarez, RN-ONS/ONCC / *ONS/ONCC Chemotherapy Biotherapy Certification*
- Rikki Kaess, RN-ONS/ONCC / *ONS/ONCC Chemotherapy Biotherapy Certification*
- Molly Knight, RN-NIHSS / *Certified Pediatric Nurse National Institute of Health Stroke Scale Certification*
- Sara Koch, RN-CIOB / *Certified Inpatient Obstetrics*
- Katie Kowalski, RN-CEN / *Certified Emergency Nurse*
- Liz Krasnow, RN-CEFM / *Certified Lactation Counselor Certified Electronic Fetal Monitoring*
- Martin Kuhn, RN-CPAN / *Certified Post Anesthesia Nurse*
- Brent Lawyer, RN-CCRN / *Critical Care Registered Nurse*
- Joelle Martin, RN-CWC / *Certified Wound Care*
- Carrie Mattix, RN-CWC / *Certified Wound Care Ostomy Management Specialist*
- Randie McEntire, RN –CEN / *Certified Emergency Nurse*
- Kim Mund-Wolkenbreit, RN-IBCLC / *International Board Certified Lactation Consultant*
- Jirina Myers, RN-ONS/ONCC / *Oncology Certified Nurse ONS/ONCC Chemotherapy Biotherapy Certification*
- Mary Beth Netz , RN-CLC / *Certified Lactation Counselor*
- Alicia Nowotarski, RN-CCRN / *Critical Care Registered Nurse- pending approval*
- Thomas O'Brien, RN-CEN / *Certified Emergency Nurse*
- Chris Ortiz, RN-OCN / *Oncology Certified Nurse ONS/ONCC Chemotherapy Biotherapy Certification*
- Craig Oubre, RN-CNOR / *Certified Nurse Operating Room*
- Hannah Peyrouse, RN-ONS/ONCC / *ONS/ONCC Chemotherapy Biotherapy Certification*
- Gail Ryan, RN-ONS/ONCC / *ONS/ONCC Chemotherapy Biotherapy Certification*
- Priscilla Shannahan, RN-CNOR / *Certified Nurse Operating Room*
- Judy Smith, RN-CLC / *Certified Lactation Counselor*
- Patrick Stanifer, RN-CEN / *Certified Emergency Nurse*
- Nika Starr, RN-NE-BC / *Nurse Executive-Board Certified*
- Bobbie Sturrock, RN-CLC / *Certified Lactation Counselor*
- Hayden Walker, RN – WCC / *Wound Care Certified*
- Michelle Williamson, RN-CEN / *Certified Emergency Nurse*



HRRMC encourages professional growth and recognizes the following nurses who have pursued a nursing degree beyond the associate level.

Stacy Abbott	BSN	MSN and APN in progress	Molly Knight	BSN	
Mary Ellen Anderson	MSN		Katherine Kowalski	BSN	
Allie Anderson	BSN		Brent Lawyer	BSN	
Peg Arnett	BSN, BS in Health Administration		April Lee	BSN	
April Asbury	MSN		Amber Linza	BSN	MSN in progress
Joni Baker	MSN		Amber Long	ADN	BSN in progress
Lisa Barr	BSN		Christina Long	BSN	
Evan Bartlett	BSN		Mark Lynch	BSN, APN	
Olivia Bartlett	BSN		Michael Madden	BSN	MSN in progress
Curtis Bennett	BSN		Zachary Magee	BSN	
Rachel Berger	BSN		Joelle Martin	ADN	
Chad Bevan	BSN		Susan Maruso	BSN	
Heather Bourget	BSN		Carrie Mattix	BSN	
Margo Burns	BSN		Mary McConathy	BSN	
Samantha Cahill	BSN	MSN in progress	Tracy McConathy	BSN	
Rebecca Capozza	BSN		Yvonne McDonald	BSN	
Kristine Clark	BSN		Jill McQueen	MSN	
Judith Cole	ADN		April Montgomery	BSN	
Amber Daugherty	BSN		Cheryl Moore	BSN	
John Daugherty	BSN, APN		Jirina Myers	MSN	
Andra Dolton	BSN		Thomas O'Brien	BSN	
Christina Engle	CMA		Jan Ommen	BSN, APN	
Charlie Engelman	BSN		Lacy Claire Owens	ADN, ACLS	BSN in progress
Erica Everson	BSN		Amy Perrin	BSN	
Zada Fear	BSN		Addison Rauch	BSN	
Adam Fitts	BSN		Madeline Reynolds	MSN	APN in progress
Corinne Gerberich	BSN		Maria Riemann	DNP, BSN	MSN in progress
Toni Gordon	BSN		Noelle Romano	ADN	
Catherine Gotschall	ADN		Kyle Sabatini	BSN, ACLS/PALS	
Robert Gower	MSN, APN		Priscilla Shannahan	BSN	
Todd Grate	BSN		Logan Shay	ADN	BSN in progress
Lindsay Haarmeyer	ADN		Whitney Sherman	BSN	
Denise Hammel	ADN	BSN in progress	Abigail Smedly	BSN	
Dina Hampa	BSN		Judy Smith	BSN	
Beth Herdman	BSN		Emily Smith	BSN	
Tracey Hill	BSN, MS in Microbiology		Patrick Stanifer	MSN	
Amy Hoffman	BS		Nika Starr	MSN, APN	
Christopher Hudson	MSN		Bobbie Sturrock	BSN	
Kym Huff	BSN		Terrina Tafoya	BSN	
Stewart Irving	BSN, APN		Wendy Trafford-McKenna	BSN	
Christa Johnston	MSN		Kathy Tran	BSN	
Amy Jones	BSN		Linda Typer	BSN, APN	
Mary Jones	BSN		Hayden Walker	BSN	
Julia Johannesen	BSN		Meghan Waugh	BSN	
Rikki Kaess	BSN		Michelle Williamson	BSN	
Melinda Kline	BSN		Rebecca Wilson	ADN	
Elaina Bridge	ADN	BSN in progress	Peggy Wright	ADN	
Melanie Viola	ADN	BSN in progress	Adrianna Zajackowski	LPN	
Sara Koch	BSN		Silky Young	BSN	