



How benefactor Joe Staufer helped

# PIONEER VAIL'S HEALTHY FUTURE

► *Read Joe's story on page 2*

## 2018 PROGRAM UPDATE

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# KEEPING VAIL HEALTHY NOW & ALWAYS

The day after Joe Staufer arrived in Vail in 1963, he became the manager at Mid-Vail. This was only the beginning of what was to become Joe's incredible legacy as one of Vail's pioneers.

Joe grew up in the devastation of post-WWII Austria. He knew that his passion for working in hospitality could guarantee him daily meals and a roof over his head. It would also afford him the chance to travel and make a living just about anywhere in the world.

## Helping build Vail from the ground up

After working his way through hospitality school in Switzerland, Joe did just that.

He got first-hand hospitality business experience in both Europe and Bermuda. When he received a tip about a new mountain resort called Vail, Joe and his wife, Anne, took a tremendous chance and followed their entrepreneurial spirit to the little town that was nowhere to be found on a map.

The Stauffers' dream and hard work prevailed – and then some. Over the years, Joe's deft management of numerous properties helped build Vail into the world-renowned destination it is today. Joe became the sole owner of Vail Village Inn and its surrounding real estate, much of which he still manages daily.

## World-class care for future generations

Throughout Joe's remarkable journey, Vail Health was there to care for his family, friends and guests.

This past summer, Joe needed the care of our intensive care unit for an issue that required surgery at a partner hospital in Denver. Joe returned home to Vail before his birthday in August, where he recuperated with a daily regimen of intravenous antibiotics.

He noted that the facility in Denver was good, but it could not compare with Vail Health.

"Up here, the care is unbelievable!" Joe says. "I felt like I was taken care of by my extended family."

Joe understands the spirit of building for the future as well as anyone in the Vail Valley. It is one reason why Joe, along with his brother and Vail resident Hermann Staufer, has generously donated to the Together Campaign to make Vail's hospital of the future possible.

A patient care unit room in the newly renovated west wing will forever carry the Staufer family name in recognition of their legacy.



Benefactors like Joe Staufer help ensure Vail stays healthy for generations to come.

# LEARNING FROM THE BEST

With your help, our physical therapy residents become the experts of tomorrow.

"There are no words to describe the appreciation and gratitude I have for the Howard Head Sports Residency," says Katie Weigand, one of Howard Head's 2018 physical therapy residents. "I have gained an immense amount of knowledge that has made me grow into a confident, hard-working physical therapist. This experience has honestly been life-changing."

## Making it possible

Gifts from generous benefactors like you make it possible every year for two new physical therapy residents to learn from some of the smartest, most talented clinicians in sports medicine.

## Endless opportunities for learning

Thanks to you, Howard Head's physical therapy residents receive unique opportunities to further their passion for sports medicine.

They can gain essential insight through a residency exchange program with Gundersen Health System's Sports Physical Therapy Residency in Wisconsin and USSA Center of Excellence in Utah. There is also the option to work with the USA Climbing Team as well as the U.S. Ski, Freeski and Snowboard teams.

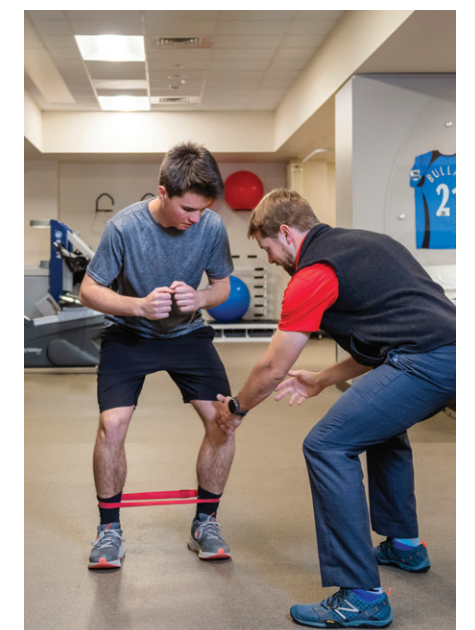
## Helping to advance sports medicine

Furthermore, residents have the rare chance to contribute to leading-edge research projects with some of the world's best sports medicine clinicians.

One significant collaboration was with Howard Head Physical Therapist Brett Mueller on rehabilitation after meniscal root repair in the knee, published in 2016 in the Journal of Orthopaedic & Sports Physical Therapy.

"This was a very important publication," says Thomas Olson, director of Research and Education. "Nothing like that had been featured in the research literature at that time."

Other impressive resident research projects include studying range of motion of Olympic Lifting and Crossfit, as well as developing an across-the-board study protocol for foot and ankle research projects.



# SHAPING FUTURE LEADERS IN NURSING

You helped implement a crucial training and mentorship program for our newly graduated registered nurses.



**B**ecause of your gifts, Vail Health's newly graduated registered nurses (RNs) will get the support they need to forge long-term careers in nursing.

Our new Transition to Practice (TTP) program helps train and retain the best new RNs by bridging the gap between nursing education and professional practice. Our first two cohorts include six new nurses.

This first-rate residency program will allow us to provide continuous leading-edge care to all residents and visitors throughout Eagle County.

## The high cost of high turnover

Right now, in addition to a nursing shortage, there is a high turnover rate of new RN graduates at hospitals nationwide.

This is largely due to the lack of proper training and mentoring by employers. As such, many hospitals experience high turnover costs, a decrease in patient satisfaction and an increase in patient safety issues

## Valued partnerships with our nurses

At Vail Health, we aim to change this troubling trend. Research shows that how a new RN is onboarded determines their success in the organization - and in the profession of nursing.

Our new 12-month TTP program will give new RN graduates the focused support, on-the-job training and mentoring they need to become long-term team members with us.

This will happen through:

- Connecting "book knowledge" to the real-life nursing practice, making the transition to the bedside easier
- Enhancing new graduates' understanding of the broader health care system
- Providing a support network for new graduates to work with and learn from one another
- Creating a formal process for onboarding and mentoring
- Partnering with Colorado Mountain College to enable new graduates to stay in Eagle County and forge rewarding, long-term careers with Vail Health
- Partnering with HealthONE in Denver to provide additional training at high-volume intensive care units and emergency department facilities

# BETTER OUTCOMES, BETTER CARE

Reducing nurse turnover has a positive impact at every level.

**B**ased on evidence, Vail Health's Transition to Practice (TTP) program will reduce turnover of the new graduate RN group. It should also positively impact general RN turnover by alleviating overall nurse stress and dissatisfaction.

And better outcomes for our nurses mean better care for our patients.

## Investing in Vail Valley's healthy future

By investing in our nurses' professional development and reducing turnover, Vail Health's TTP offers a strong return on investment (ROI).

There are currently 146 RNs employed at Vail Health. In the past 12 months, 24 of these RNs have turned over, creating a 16.4% turnover rate.

If we can reduce turnover by even six RNs by Year 2, we will save \$510,000 in replacement costs alone. That is nearly a 29% ROI by 2020.



## Nurses in hospital-based transitional programs like ours experience:

- Fewer errors
- Fewer negative safety practices
- Higher overall competency ratings
- Increased patient satisfaction rates

Year 2 ROI increases even more when we include indirect turnover costs, such as:

- The financial impact to patient safety
- Quality outcomes
- Overall patient satisfaction
- Staff morale and productivity

We are confident that by empowering and supporting our RNs, the Transition to Practice program will have a positive impact on Vail Health at every level.

Without your generous gifts, key programs like Transition to Practice would not be possible.

You are making a lasting difference in the lives of the patients we serve each and every day.

Thank you for helping to launch this vital initiative.



TECHNOLOGY

# LEADING-EDGE TECHNOLOGY BRINGS BETTER HEALTH

Your generosity helped purchase state-of-the-art equipment that saves lives.

Thanks to you, in 2018 we were able to purchase nearly \$400,000 of crucial life-saving equipment and advanced technology for Vail Valley residents and visitors. These innovative devices will help ensure that our patients continue to receive the highest-quality health care available.

## Intra-Aortic Balloon Pump (IABP)

IABP therapy helps a weakened heart pump more blood to the rest of the body, increasing oxygen while decreasing the organ's workload. IABPs keep our most critical Cardiac Cath Lab patients safe and able to transfer to a higher level of care. With your support, we were able to purchase two ultramodern IABPs to replace the older devices.

## StentBoost Technology

StentBoost Visualization Software is a simple and quick tool to enhance stent visualization in the coronary arteries. It is also one of the most advanced technologies in interventional cardiology today. With your help, our Cardiac Cath Lab team can now view the stent in relation to the blood vessel wall while they are working. As such, they can make decisions more quickly and easily while enhancing the outcomes for our patients.

## Adept STARboard

Because of your gifts, patients who undergo their procedures via the radial artery at the wrist now have the support of the new clinically engineered Adept STARboard. The ergonomically designed equipment offers unparalleled patient comfort and superior positioning ability to ensure clinicians' ease of use and access.

## Frenzel Goggles and the Brain and Balance Care Program

Your ongoing giving allowed Howard Head Sports Medicine to launch their new Brain and Balance Care (BBC) program last year. Now patients can see physical therapists that specialize in treating impaired balance issues not just in Vail, but also in Vail Health clinics from Gypsum to Breckenridge.

Specifically, you helped the BBC program purchase four pairs of Frenzel goggles. These leading-edge diagnostic goggles assist patients with concussions and vestibular issues such as benign paroxysmal positional vertigo.

The goggles record and enhance the image of the eye in order to test semicircular canals in the inner ear. If there is any inner ear involvement in the vestibular issue, the eyes will show a reaction. This allows clinicians to determine exactly which ear canal the issue lies in – something very difficult to determine without the aid of the goggles.

This is significant because if the wrong canal is treated the issue can spread to another canal, exacerbating the problem and making it harder to treat. Now our patients can count on even better care with faster results.



"The Foundation really takes care of us here at Howard Head. They absolutely want our community to receive the most up-to-date equipment in treating patients' health."

DEVYN MOORE  
Howard Head  
Physical Therapist

CANCER PREVENTION PROGRAMS

# CONQUERING CANCER THROUGH COMMUNITY OUTREACH

Your philanthropy helped give back to our community in many cancer prevention services.

**B**ecause of you, Shaw Cancer Center played a big role in giving back to the community in 2018. Our cancer program classes and expert speakers helped Eagle County residents take action to prevent cancer – all free of charge. Here are a few of the cancer programs you supported last year:



## Tackling teen smoking

Shaw partnered with the Red Ribbon Project to help give local teens the tools and support to quit smoking while preventing others from ever starting.

- 28% of 400 students reported they smoked at the beginning of the 2017-18 school year – the highest percentage in Colorado
- That number dropped to half by the end of the school year

## Sunguarding kids' skin

It is never too early to teach children about how to protect themselves from the sun.

- In 2018, Shaw employees spoke with nearly 1,200 young kids in grade schools throughout Vail Valley about adequate sun protection
- The program's mascot, Blizzard, met with and entertained kids through sun-safety songs and games
- We distributed hundreds of gift bags full of sunscreen, protective lip balm and information



## Not just surviving, but thriving

Shaw and the Vail Symposium sponsored their first-ever event together, "Life After Cancer: How to Not Only Manage, But Thrive."

Dr. Patricia Hardenbergh, Shaw's medical director of Radiation Oncology, moderated a panel with several national cancer experts that focused on the positive outcomes from managing lifestyle factors like diet, exercise, sexuality and overall wellness after cancer.

## Reducing cancer from radon gas

Exposure to radon gas is the leading cause of lung cancer among nonsmokers.

- Over 50% of Colorado homes contain high levels of this radioactive gas
- Vail Health distributed 500 free radon test kits to reduce the risk of lung cancer

SPIRIT OF SURVIVAL PROGRAM

# TREATING THE BODY, MIND & SOUL



Your gifts help patients heal and thrive through our Spirit of Survival Program.

**I**n 2018, over 1,100 patients sought treatment from Shaw Cancer Center. They chose to come to us for the leading-edge care that you help make possible.

Your gifts allow us to use state-of-the-art technology to treat our patients, which has proven to be highly effective. In fact, Shaw patients with breast or prostate cancer have a much higher survival rate than the national average.

The Commission on Cancer (CoC) attests to the excellent care our team provides. It has awarded us the esteemed CoC accreditation with commendations, one of the highest levels that can be achieved.

Last year, we were also recertified as a QOPI® center, meaning we meet the highest-quality standards so patients heal better and faster.

## Pink Vail cultivates the survival spirit

Your bounteous contributions to Pink Vail 2018 totaled a record-breaking \$934,000 from nearly 2,500 people. This helped fund our Spirit of Survival wellness program to ease patients' minds and strengthen their bodies as they cope with cancer.

In seven years of Pink Vail, you have helped raise over \$4 million to provide a wide range of complimentary services for Shaw patients. These unique services can dramatically impact a patient's quality of life, but are not typically covered by insurance.

By participating in Pink Vail, you are doing much more than just supporting nationally recognized cancer care. You are also giving our patients the most precious gift of all – a spirit of survival that helps them conquer cancer for good.



## In 2018, your gifts covered the cost of:

- 1,230 emotional counseling sessions
- 839 massages, acupuncture and reiki sessions
- 2,367 gym visits
- 265 fitness classes
- 68 nutrition consults
- 75 aromatherapy inhalers to help reduce nausea
- Radiant wraps and specialty bras for breast cancer patients
- Numerous hats, wigs and scarves
- Patient comfort gifts, including neck warmers, eye pillows and blankets
- Dozens of creative and outdoor activities including lunch-and-learns, drumming, pottery, fly fishing, hiking, flower arranging, creative writing, snowshoeing and goat yoga!

CONSTRUCTION UPDATE

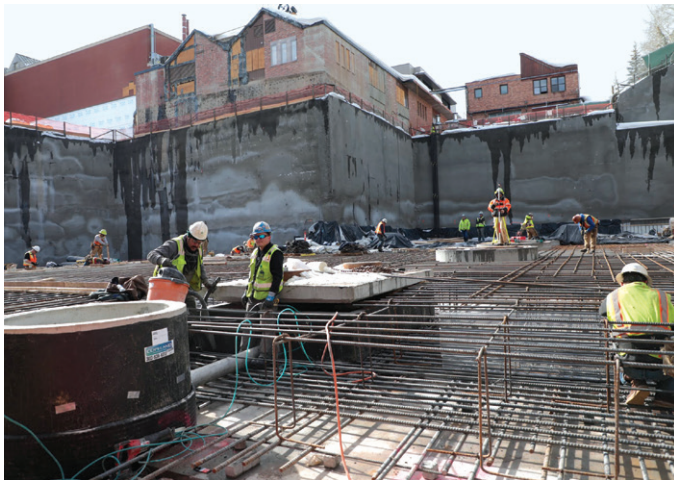
# HITTING ROCK BOTTOM FEELS GOOD

With your support, our east wing construction is right on track for an incredible reveal.

Because of your generous giving, in December 2018, Vail Health’s construction team could finally celebrate hitting rock bottom – a huge milestone in building the new east wing of our “hospital of tomorrow.”

Over 2.5 million cubic feet of dirt, concrete and steel were removed to open up the 60-foot-deep hole that serves as the base of the new east wing’s parking garage. Hundreds of thousands of feet of rebar and waterproof barriers ensure the stability of the foundation, which is four feet thick.

The structures of the east wing buildings are currently being pre-cast in a factory in Colorado Springs. This is more effective than on-site casting in terms of cost, labor and time.



Each piece of concrete is thoroughly tested to ensure strength and stability. All together, there will be 1,040 pieces, some of which weigh as much as one ton!

All of the pieces will eventually be stored on a lot the size of a football field until they are fit together to form a 350,000-square-foot east wing, which will include a five-story parking garage that can accommodate more than 450 vehicles and an on-campus helipad.

Your extraordinary generosity to our Together Campaign allowed us to unveil our new west wing in 2017, which features more patient rooms, larger research labs, a new lobby and entrance, and a better surgery department.



You will also help make the completion of the east wing possible by 2020. There, our patients can expect:

- Larger, state-of- the-art Level III Trauma Center
- New home of Vail Summit Orthopedics
- Updated, highly functional, easy-to-navigate facility
- New main entrance and lobby off South Frontage Road West
- New retail pharmacy
- Concealed loading and delivery area
- On-site helipad
- Rooftop patio
- More onsite parking, including covered parking
- Enlarged gift shop

Thank you for your continued support of Vail Health. Every dollar you give truly helps make Eagle County a healthier, more active community.

East wing construction

## BY THE NUMBERS

60 feet  
2.5 million  
1.8 million  
17 miles  
370 million  
1,040

Depth of the hole for the east wing  
Cubic feet of material removed from the hole  
Pounds of material recycled  
Total length of soil nails installed  
Gallons of water diverted  
Number of pre-cast concrete pieces to build the wing

# YOUR GIFTS AT WORK

As a nonprofit health care system, Vail Health relies on the generosity of our benefactors to meet the changing needs of our community. Last year, our benefactors contributed \$6,322,916 to support our lifesaving mission. Thank you!

## \$6,322,916 IN 2018

MASTER FACILITY PLAN  
**\$2,761,573**

STEADMAN PHILIPPON  
RESEARCH INSTITUTE  
**\$799,660**

HOWARD HEAD  
SPORTS MEDICINE  
**\$417,328**

FAMILY BIRTH CENTER  
**\$100,446**

SHAW CANCER CENTER  
AND JACK'S PLACE  
**\$1,034,132**



CARDIAC CATHETERIZATION  
& ELECTROPHYSIOLOGY LAB  
**\$600,000**

CARDIOVASCULAR CENTER  
**\$308,609**

EMERGENCY DEPARTMENT  
**\$238,502**



OTHER AREAS  
**\$62,665**



**VAIL HEALTH**  
FOUNDATION

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