

2022

ANNUAL UPDATE



BRINGING
Resources
TO THE COMMUNITY

Read about our Community Health Program
on page 13.



VAIL HEALTH
FOUNDATION

TABLE OF Contents

2 INTEGRATING ART INTO HEALTH CARE

3 REACHING NEW PEAKS IN BEHAVIORAL HEALTH

5 NEW PARTNERSHIP
EXPANDS AFFORDABLE HEALTH CARE

6 RECRUITING AND RETAINING
BEHAVIORAL HEALTHCARE STAFF

7 KEEPING CARDIAC PATIENTS CLOSE TO HOME

8 ZEN DEN: A HAVEN TO RECHARGE

9 ELEVATING SPIRITUAL HEALTH
FOR OUR COMMUNITY

11 THRALL FAMILY: SUPPORTING ART THERAPY
FOR YOUTH

12 CONNECTING THE COMMUNITY TO CARE

13 COMMUNITY HEALTH PROGRAM
BRINGS FREE RESOURCES TO RESIDENTS

15 THOMAS TSAI: LEADING SHAW CANCER CENTER
AND AMBULATORY SERVICES

16 WAYFINDING TECHNOLOGY
ENHANCES THE PATIENT EXPERIENCE

16 ENHANCEMENTS IMPROVE
BREAST IMAGING EXPERIENCE

17 VAIL HEALTH'S FAMILY BIRTH CENTER
FEELS LIKE HOME

19 EDUCATING KIDS FOR A LIFETIME OF SAFETY

20 DAVID KAPLAN IS INSPIRED
TO ADVANCE POSITIVE CHANGE

21 CLIFF HENDRICK: LEADING BY SERVING OTHERS

22 SPIRIT OF SURVIVAL

23 YOUR GIFTS AT WORK



Ⓐ LOCAL PIANIST PETER VAVRA PLAYS CLASSICAL, SEMI-CLASSICAL, AND POP TUNES WEEKLY, THANKS TO THE GENEROSITY OF OUR VAIL HEALTH VOLUNTEER CORPS. THE BABY GRAND PIANO WAS A GIFT TO VAIL HEALTH FROM LONGTIME BENEFACTOR AND VOLUNTEER SHERI BALL.

INTEGRATING

Art

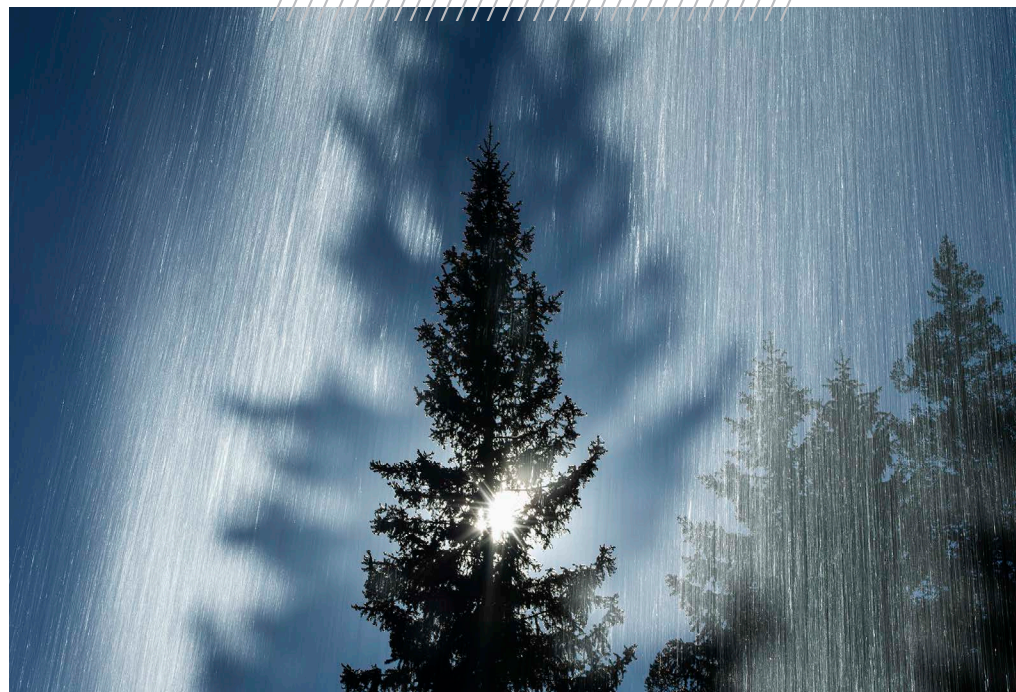
INTO

HEALTH CARE

Vail Health is pleased to partner with Eagle Valley Wild (EVW) to enhance the experience for our patients, visitors, and staff through exhibits, digital media, and educational programs. Founded by photographer and Vail native Todd Winslow Pierce, EVW is a nonprofit enterprise that creates awareness and appreciation for the natural environment through the use of exceptional local photography. Exhibits are currently underway in Vail Health Hospital and at Vail Health Shaw Cancer Center. These images were captured using a high-resolution camera trap.



Ⓐ A LARGE MALE MOUNTAIN LION STROLLS THROUGH PROTECTED LAND NEAR CORDILLERA ON A SUMMER NIGHT.



Ⓐ A SPRUCE TREE CASTS ITS SHADOW ON A WATERFALL IN EAST VAIL.

Reaching New Peaks IN BEHAVIORAL HEALTH

***It Takes A Valley* Campaign surpasses the halfway mark.**

In 2019, Vail Health's Eagle Valley Behavioral Health (EVBH) and Vail Health Foundation launched the *It Takes A Valley: Transforming Behavioral Health* campaign to revolutionize the behavioral healthcare landscape in our mountain communities. Thanks to our generous benefactors, various partner organizations, and dedicated staff, we have reached incredible milestones – from having a licensed clinician in every Eagle County public school, to becoming a designated Community Mental Health Center, to breaking ground on Vail Health's Precourt Healing Center and the opening of the Wiegiers Mental Health Clinic.

The *It Takes A Valley* campaign has raised more than \$68 million as of March 2023 for much-needed programs and services, including provider access and capacity, prevention and education, crisis response and transition services, school-based services, and more. Together, we are working towards a future where every resident has access to high-quality behavioral health care and support close to home.

EDWARDS COMMUNITY HEALTH CAMPUS

When adolescents and adults experience a behavioral health crisis in the Eagle River Valley, they must travel two or more hours away to receive care. Suicide is the second leading cause of death for Coloradans aged 10 to 44, and in Eagle County, there were approximately 275 suicide attempts



🕒 **AMANDA AND JAY PRECOURT (CENTER) JOIN PRESIDENT AND CEO WILL COOK IN BREAKING GROUND ON THE PRECOURT HEALING CENTER IN SEPTEMBER 2022.**

in 2020. Current data also shows that 12-15 patients in crisis are transported out of our community per month for treatment. Receiving behavioral health treatment closer to home aids in the recovery process for patients by allowing them to be near their family and support system.

To address this need, Vail Health developed the Edwards Community Health Campus, centrally located in Edwards, Colorado, for all Vail Health Behavioral Health providers and behavioral health services. The campus is also home to community partners like My Future Pathways and the Eagle Valley Community Foundation's Community Market.

In addition, the Edwards Community Health Campus includes the recently opened Wiegiers Mental Health Clinic and the future Precourt Healing Center.

PRECOURT HEALING CENTER

In September 2022, Vail Health Foundation hosted a groundbreaking ceremony for the new Precourt Healing Center, a 50,000-square-foot inpatient behavioral health facility made possible by a generous gift from the Precourt family. The Precourt Healing Center will be staffed by a comprehensive interdisciplinary team that includes psychiatrists, psychologists, clinical

social workers, licensed professional counselors, nurses, and alternative therapists. Individual treatment plans will prioritize safety and stabilization and provide sustainable treatment options that focus on total health. The three-story center, expected to open in Spring 2025, will offer:

- » 24-hour behavioral health care serving adults and adolescents in crisis (ages 12+)
- » 28 total beds for short-term stays and treatment
- » Behavioral health services in English and Spanish
- » Structured behavioral health services that prioritize crisis resolution, safety, and stabilization
- » Family support, intervention, and engagement
- » Comprehensive case management across the community continuum of care
- » Collaborative community-based discharge planning

"The Precourt Healing Center will be a critical milestone in continuing our mission to elevate health across our mountain communities and in our battle against the behavioral health crisis in the state and our valley," says Chris Lindley, EVBH Executive Director and Vail Health Chief Population Health Officer.

WIEGERS MENTAL HEALTH CLINIC

A ribbon-cutting in February 2023 celebrated the opening of the new Wiegiers Mental Health Clinic, which offers intensive outpatient behavioral health programming, group therapy, specialty psychiatric services, and comprehensive psychological evaluations. The clinic is named in recognition of a generous gift from the George and Betsy Wiegiers Family Foundation.



Ⓐ AT THE WIEGIERS MENTAL HEALTH CLINIC RIBBON CUTTING: CHRIS LINDLEY, ALEX WIEGIERS, GEORGE WIEGIERS, CONNIE WIEGIERS, LIZZIE WIEGIERS, CHRISTINE WIEGIERS COMBS, WILL COOK, AND DAN PENNINGTON (L TO R).

Olivia's FUND

Olivia's Fund was developed by Vail Health in April 2020 to provide up to six free mental health and/or substance use therapy sessions per year for anyone who lives or works in Eagle County and demonstrates a financial need. Olivia's Fund provides in-person or virtual counseling with our in-network licensed clinicians at no cost to patients in our community, regardless of insurance or immigration status.

Olivia's Fund, named in honor of a 13-year-old who lost her life to suicide, was created to provide financial assistance for those who need behavioral health support but cannot afford it. Since its inception, Olivia's Fund has helped fund over **5,500** visits with a licensed clinician. Olivia's Fund is made possible through the generosity of our benefactors.

2022 BY THE NUMBERS

- » Over **3,700** unique therapy sessions provided totaling \$426,780 in support
- » Of those, **240** sessions were in Spanish
- » Olivia's Fund Recipients: Over **750** unique patient requests
- » **98** providers work with Olivia's Fund patients



📄 SCAN TO DONATE
TO OLIVIA'S FUND

NEW PARTNERSHIP EXPANDS

Affordable Healthcare

Mountain Family Health Centers bring additional services to Eagle County.

Mountain Family Health Centers believes health care is a fundamental human right. As a nonprofit, community-led health provider and a Federally Qualified Health Center system, Mountain Family improves the health of our mountain communities by providing equitable and affordable medical, behavioral, and dental health care to all populations, regardless of insurance status or ability to pay. To help patients access affordable medication, Mountain Family has also recently started a pharmacy program.

Through its various health center hubs and five school-based health centers, Mountain Family serves over 24,000 diverse individuals and families from Eagle, Garfield, and Pitkin counties on Colorado's rural Western Slope. Of their patients, 75 percent have no health insurance or are covered by Medicaid. A new partnership with Vail Health will enable Mountain Family to have an even more significant impact.



Our small community has a collective awareness of our interconnected nature, and what benefits our neighbor can benefit us all. The generosity of philanthropists supports the activities of all that work to give our community a promising future."

– Dr. Zack Kent

BUILDING HEALTHY FUTURES

Mountain Family is developing two state-of-the-art integrated health centers in Avon and Gypsum, expanding their delivery of high-quality, integrated primary medical, behavioral, and dental health care in Eagle County. The location in Avon's Chapel Square was formerly a Vail Health urgent care.

"Vail Health has long been a supporter of Mountain Family, and this new arrangement allows us to continue providing subsidized rent for the center during the next five years to help support their relocation and expansion to almost double their size and expand their services to the community," says Will Cook, President and CEO of Vail Health.

The new health centers will serve 6,300 individuals by summer 2026, including 1,900 dental patients – a new service that will become available to Eagle County.

"The past and ongoing support from Vail Health is critical to the health of our patients and to our ability to provide these much-needed services," says Dr. Zack Kent, Medical Director for the Mountain Family Health Centers Edwards clinic. "The forward-thinking leadership of Vail Health provides further assurance that, in the years to come, we are all working together to care for the community in which we live."



Ⓜ DR. ZACK KENT WITH AN EXPECTING MOTHER.

Recruiting and Retaining BEHAVIORAL HEALTHCARE STAFF

A new loan repayment program attracts qualified professionals to the community.

Vail Health's Eagle Valley Behavioral Health (EVBH) launched a student loan repayment program to attract and retain qualified professionals to help meet Eagle County's growing need for behavioral healthcare services.

HELPING GRADUATES MAKE THE VAIL VALLEY HOME

Due to the increasing financial burden of student loans, clinicians often base decisions on where they choose to practice on an area's affordability. The high cost of living in the Vail Valley is an obstacle for many clinical providers who often have high student loan debt due to the costs of clinical graduate programs. This, paired with the lack of affordable housing, makes recruitment more challenging. Offering financial assistance to licensed clinicians increases job satisfaction, retention rates, and the appeal of practicing in the valley.

EVBH and My Future Pathways have partnered to administer the loan repayment program, which benefits recent graduates with advanced degrees in behavioral health. The program is entirely funded by philanthropy.

GIVING BACK TO THE COMMUNITY

Program recipients agree to provide five years of service in our community at an approved organization or participate in Olivia's Fund and Mountain Strong as a provider. Since 2021, 23 individuals have benefited from the program, and 17 percent are bilingual. These providers work across six community organizations: Eagle County Schools, Your Hope Center, Colorado Mountain Medical / Vail Health, Bright Future Foundation, Eagle County Human Services, and Mind Springs Health, all of which provide free, low-cost or sliding-scale fee options for accessible behavioral health care.



"The assistance I have received has lifted a burden off my shoulders, helping me reduce my student debt and allowing me to focus more on assisting the residents of Eagle County."

– Tracey L. Branch, LCSW, Behavioral Health Director of Case Management



"I am very grateful for the student loan repayment program, which opened up the doors that allow me to service my community and offer much-needed help in my hometown."

– Jose L. Elizalde, LCSW, Behavioral Health Provider

KEEPING CARDIAC PATIENTS *Close to Home*

New equipment enables Dr. Kate Schuetze to treat common circulatory issues.

Vail Health now offers peripheral arterial surgeries to individuals diagnosed with peripheral vascular disease (PVD), reducing the need for our patients to drive to Denver. Dr. Kate Schuetze, MD, FACC, brought the procedure to Vail Health, and benefactor support facilitated the purchase of new equipment.

“One of my goals is to improve access for patients needing cardiac procedures so that we can keep them close to home,” says Dr. Schuetze.

A COMMON CIRCULATORY CONDITION

Also known as peripheral artery disease (PAD), PVD is a circulatory issue that results in reduced blood flow to limbs. Even among active adults and those without a family history of heart disease, PVD can develop. Symptoms can include numbness, tingling, weakness or pain in the lower extremities, a sore that won't heal, and more.

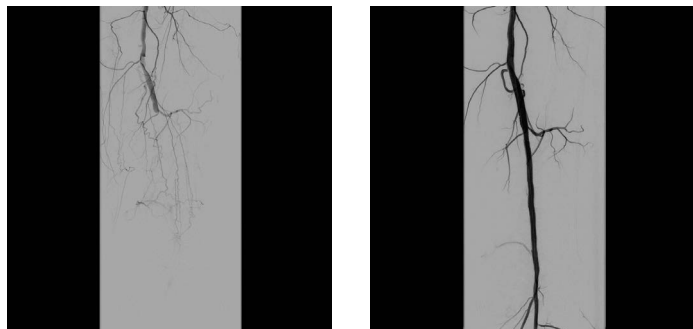
Patients who experience non-healing wounds or pain that signifies limited blood flow can be at risk of amputation, significantly reducing quality and length of life. Risk factors for PVD include smoking, diabetes, age, and more.

NO NEED TO LEAVE THE VALLEY

Philanthropic contributions to Vail Health Foundation funded the equipment needed for Dr. Schuetze to perform endovascular procedures to treat PVD with angioplasty and stenting if necessary. The low-risk, minimally-invasive procedure opens up a blocked blood vessel or artery to restore native blood flow without the need for bypass surgery. The procedure requires minimal recovery, with patients returning home the same day. “Peripheral vascular bypass surgery is not performed just for the patient's quality of life; for some patients, it can have a major impact on mortality,” says Dr. Schuetze.



Vail Health's Cardiac Catheterization and Electrophysiology Lab performed over **490** cases this year. Vail Health has experienced a **32%** growth in cardiac catheterization cases in the last three years.



Ⓐ TOP: DR. SCHUETZE CONSULTS WITH A PATIENT. BOTTOM: IMAGES OF A PATIENT'S BLOOD FLOW BEFORE AND AFTER SURGERY.

ZEN DEN: *A Haven to Recharge*



Ⓜ EMPLOYEES ENJOY A BREAK IN THE ZEN DEN AT VAIL HEALTH HOSPITAL.

Zen Dens offer staff the opportunity to take restorative breaks.

Vail Health staff are benefiting from Zen Dens, tranquil spaces designed to increase employee wellness by providing a respite to recharge and rejuvenate.

The Wellbeing Committee of direct care nurses, staff, and organizational leaders collaborated to create calming spaces to meet employee preferences. The Zen Dens have fostered a cultural shift that addresses the mental and physical well-being of staff, which results in the best health care for our patients.

AN INSTANT SUCCESS

The first Zen Den opened in March 2021 in Vail Health Hospital. It was quickly embraced and highly utilized by staff, who sign up for 20-minute sessions to enjoy a quiet space

furnished with massage chairs, a reading corner, yoga mats, foam rollers, a massage device, an aromatherapy bar, and an iPad with guided meditations.

The initiative, which was funded by philanthropy, recently expanded to include one Zen Den on each of the five Vail Health campuses across Eagle and Summit counties.

“The goal of our project was to create a space where staff would have the opportunity to relax and recharge during work hours, with an overall intention of preventing burnout and promoting resiliency,” says Molly English, Director of the Intensive Care Unit and Patient Care Unit and Wellbeing Committee Co-Chair.

Across Vail Health's **5** campuses,
Zen Dens are used an average of
175 times each week.

Elevating SPIRITUAL HEALTH FOR OUR COMMUNITY

The new Vail Health chapel is made possible by the Frechette Family Foundation.

Vail Health Hospital is home to a new chapel thanks to the generous support of the Frechette Family Foundation. Founders Pete Frechette, who served on the Vail Health Board of Directors, and his wife, Pat, were longtime benefactors of Vail Health.

When the opportunity to support the first chapel at Vail Health Hospital was presented to the Frechette Family Foundation, the family knew Pat and Pete would have wanted to be involved.

SPIRITUAL CARE LIFTS OUR COMMUNITY

The Vail Health Frechette Chapel provides a space of restorative solitude for staff, patients, and families. It forms the root of Vail Health's Spiritual Care and Chaplaincy Program, offering interfaith gatherings and services, space for meditation, spiritual consultations, and more.

"The Vail Health Frechette Chapel offers valuable emotional and spiritual support for those seeking solace while at Vail Health Hospital," says Dan Pennington, Vail Health Chief External Affairs Officer and President of the Vail Health Foundation.



Ⓐ A FAMILY MEETS WITH CHAPLAIN MARK JOHNSON.

CHAPLAINS BRING HEALING TO LIFE

Vail Health's chaplains support our community's emotional, spiritual, and physical well-being. They are trained to work with people of all faiths and backgrounds, customizing their approach based on an individual's or family's needs.

CHAPLAIN MARK JOHNSON

A member of the Spiritual Care Association and the American Society for Bioethics and Humanities, Mark Johnson joined Vail Health in March 2022. He earned a Doctor of Ministry degree at Harding School of Theology in Memphis, Tennessee, and holds Master of Divinity and Master of Science degrees in Biblical and Related Studies from Abilene Christian University.

Mark taught religion at Panhandle Oklahoma State University and acted as department chair at Amarillo College, holding 12 years of collective university teaching experience and 35 years of congregational ministry experience. Mark is married and has three adult sons.

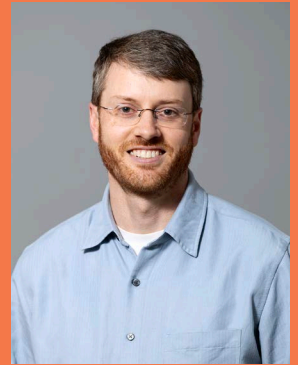
"I enjoy working directly with our patients and their families to provide emotional and spiritual support. The new chapel is a haven for peace and tranquility, which can be hard to find in a busy hospital like Vail Health," says Mark.



CHAPLAIN JEFFREY FOWLER

Jeffrey Fowler, an ordained Unity Minister, studied at Unity Institute, where he earned his Master of Divinity. He led a church in the Seattle area and trained at St. Joseph Hospital in Tacoma, Washington, and completed his Clinical Pastoral Education at St. Luke's Hospital on the Plaza in Kansas City. Jeffrey is a trained classical and jazz musician. He enjoys hiking, biking, and spending time outdoors with his wife and son.

"I love working as a chaplain so that I can provide spiritual and emotional support for families and individuals in times of stress or crisis," says Jeffrey.



A PLACE TO PRAY

Thanks to a partnership with B'nai Vail Congregation, a scaled replica of the Western Wall in Jerusalem was created inside the chapel. The Jerusalem stones used for the prayer wall were shipped to Colorado; they are made of the same limestone used in King Solomon's Temple in Jerusalem. The spaces between the stones allow visitors to leave notes expressing their deepest hopes and feelings during joyous and difficult times.

A prayer wall dedication event is scheduled for July 16, 2023, with Rabbi Joel D. Newman from B'nai Vail Congregation presiding.



Our parents were big supporters of Vail Health, and faith played an important role in their lives. Providing a place for reflection in challenging times as well as in times of celebration would have been very meaningful to them. We are grateful that we can honor their legacy in a way that will have a lasting impact on the community."

– Kathy Frechette Tenhula and Kristy Frechette Woolfolk

◀ **PETE AND PAT FRECHETTE**

THRALL FAMILY: SUPPORTING Art Therapy FOR YOUTH



Ⓐ CHRIS AND CYNTHIA THRALL WITH JOAN MAZZA (L TO R).

Art therapy program to be offered at the new Precourt Healing Center.

The Thrall family has cherished the memories they have made in the Vail Valley for generations. Many family members learned to ski here and continued to visit for vacations throughout their lives. Others have made the mountains their home.

When the family learned of the opportunity to give back to the community by sponsoring the youth art room at Vail Health's new Precourt Healing Center, they were eager to support it. As the only inpatient behavioral health center in a two-or-more hour radius, the facility will help fill a critical need when adolescents and adults experience a behavioral health crisis.

"Before 2019, Eagle County didn't have the professional behavioral healthcare programs or personnel to care for people in crisis," says Cynthia Thrall, a resident of Avon. Chris, Cynthia's husband, adds, "The level of care will be even more complete and compassionate when the Precourt Healing Center opens."

The Thrall Family Art Therapy Room for youth will be located on the facility's second floor. Through the creative process and

art making, art therapy can be a valuable form of alternative treatment for various behavioral health issues.

COMMUNITY SUPPORT THROUGH GENERATIONAL GIVING

The Thrall Family Philanthropy Committee was founded on the idea that "by giving to others, we have better substance in who we are as people." Through the generous spirit of Jerry and Lynn Thrall, philanthropy has become a central part of how the family contributes to the community.

"Through family giving, we have involved the third generation in following and supporting our philanthropy efforts. We hope to give back in a way that continues the legacy of giving that our parents taught us," says Brooke Thrall, Chris' sister.

For Joan Mazza, Brooke's niece, raising awareness around behavioral health is an area she is passionate about as a social worker. "Eagle County is a playground for so many people. Due to this, it's sometimes easy to forget or even hard to understand that many people within this region are struggling," she says. "I deeply value the work being done by Vail Health and Eagle Valley Behavioral Health to address these issues."

Connecting THE Community TO Care



ⓐ THE CASE MANAGEMENT TEAM INCLUDES TRACEY BRANCH, GLADYS TELLEZ, DIANA BONILLA, ROCIO ANDRADE, AND WHITNEY GEORGES (L TO R).

Case management helps bridge patients to critical resources.

Navigating healthcare and behavioral healthcare systems can be daunting and complex. Individuals and families in our mountain communities can experience barriers that inhibit them from being able to access the resources they need and deserve. Launched in October 2021, Vail Health Behavioral Health Case Management Services was established to help guide and connect people to various services available in our region.

As of October 2022, 355 clients have been supported by Vail Health's case managers. All of the case managers are bilingual and bicultural, which plays a critical role in facilitating services more effectively since 60 to 75 percent of their patients are bilingual and Spanish-speaking only. In addition, this leads to better engagement, trust, and rapport with clients.

SERVING THE UNDERSERVED

"There are no requirements within our services, which is wonderful because in many other programs, if the patient is undocumented, they are not allowed to receive services through that agency," says Tracey Branch, Director of Case Management Services.

Another unique aspect of our Case Management Services is that it serves patients from birth to age 100 – when many other similar programs are restricted by age. The majority of patients range between the ages of 21 to 50.

"Over 30 percent of our clients have come as self-referrals through our phone system. They'll call us and say, 'You worked with someone I know, and they thought you did such a great job for them. You really helped them out. They felt safe with you, trusted you, and suggested that I reach out to you as well.' So that word of mouth about our program is happening within the

community, and we're hearing that it's a positive experience for individuals," says Tracey.

CASE MANAGEMENT SERVICES OFFERED:

- » Short, Brief Intervention, and Referral to Treatment (SBIRT)
- » Making healthy choices
- » Solution-focused positive thinking
- » Managing stress
- » Navigating community resources
- » Case management and care coordination services

Please contact EVBH@VailHealth.org or (970) 422-3029 to connect to a case manager.

COMMUNITY HEALTH PROGRAM BRINGS

Free Resources

TO RESIDENTS



Ⓐ KYLER HIJMANS ASSISTS ONE OF HER PATIENTS.

Mobile programs reach those who need them most.

A new Vail Health program is improving the well-being of Eagle County residents. The Community Health Program offers free access to health screenings, health education, workout classes, support to navigate complex health and social care systems, and more to Eagle County residents who are uninsured, underinsured, and ineligible for Medicaid.

Kyler Hijmans, a Family Nurse Practitioner at Vail Health, and a team of community health workers visit neighborhoods, community sites, and workplaces throughout Eagle County to provide free medical screenings for diabetes, high blood pressure, high cholesterol, and obesity. They also offer assistance with applications for Medicaid or other insurance options, connect clients with resources, and provide education about healthy lifestyles. In partnership with the Eagle

Valley Community Foundation, the team travels on MIRA (Mobile Intercultural Resource Alliance), a 40-foot RV donated by Vail Health Foundation and the Vail Health Volunteer Corps.

“We’re immediately helping patients with diabetes and high blood pressure screenings because they are the important and modifiable risk factors for having a stroke or a heart attack,” says Kyler. “By testing them right on the bus, I’m able to help them to realize that they may have a medical problem and, with the help of our community outreach team, connect them to care.”

Since the program began in June 2021, they have seen over 350 community members, most of whom are Spanish-speaking. According to a survey, 100 percent of responding patients reported they were satisfied with their care. “I’ve seen the big impact this has in the community and how safe they feel with the MIRA Bus, especially with Kyler. The population we serve doesn’t have insurance, so it’s very beneficial to have that service come to them,” says Pricilla Solis, Community Health Care Coordinator. In addition, over 440 individuals have been approved for Medicaid and connected to sustainable healthcare options with the support of our community outreach and enrollment team.



Ⓐ KYLER HIJMANS GOES OVER A HEALTH SCREENING QUESTIONNAIRE WITH A PATIENT.

FITNESS PROGRAMS CREATE HEALTHIER LIFESTYLES

As part of the Community Health Program, the Howard Head Performance team delivers a community fitness program that offers free wellness and exercise resources, including fitness and nutritional consultations and weekly workouts in different neighborhoods in the valley led by bilingual personal trainers. This community fitness program helps prevent diabetes, increase energy, improve sleep and mood, develop social connections, and create a healthier heart and stronger immune system.

PHILANTHROPIC GIVING MAKES IT ALL POSSIBLE

The program, which is 100 percent funded through philanthropy, is a collaborative effort with Eagle Valley Community Foundation, Mountain Family Health Centers, Vail Health Howard Head Sports Medicine, Colorado Mountain Medical, Vail Health Behavioral Health, My Future Pathways, and others. "This is amazing because I'm not aware of any other hospitals providing free care or screenings like this," says Kyler.



This is my dream job because I'm passionate about offering these services and providing the community with access to quality care. I'm grateful for Vail Health and the support of Vail Health Foundation and our benefactors to make this possible."

– Kyler Hijmans



Ⓢ SCAN TO WATCH COMMUNITY HEALTH PROGRAM VIDEO

Leading

SHAW CANCER CENTER & AMBULATORY SERVICES



I love that we can create an aspirational journey for our patients, to combine the very best clinical outcomes with the most fulfilling, warm, attentive experiential journey, one that we aspire to for our own loved ones."

– Thomas Tsai

Thomas Tsai builds on Vail Health's transformational journey.

The next time you are outside enjoying the Vail landscape, there's a good chance you will run into Thomas Tsai. If you love the meditative challenges of fly fishing, it is almost guaranteed you will see him casting a fly rod in the river on the weekends.

"My personal passion is to single-handedly teach every trout along the American and Canadian Rockies the important evolutionary skill of how not to be fooled by artificial hand-tied flies. This type of fly fishing commitment and environmental mentorship of each trout could take many decades to complete. But though the task is mighty... so is the will," smiles Thomas.

DEDICATED TO GROWTH AND PROGRESS

Thomas brings over 10 years of healthcare and educational leadership experience. As Senior Vice President of Shaw Cancer Center and Ambulatory Services, he oversees operations for Imaging, Laboratory Services, Pharmacy Services, Vail Health Clinics, and all Oncology Services.



Thomas is especially inspired by Vail Health's community programs that address housing, childcare, professional development, student growth, and access and affordability of health care. He is passionate about continuing the transformational journey Vail Health has already embarked

on to become a truly comprehensive health system. "I have been fortunate in my career to have worked in very high-quality health systems across the country, and Vail Health has the culture of creativity, humility, and constant improvement I was looking for."

INSPIRED BY VAIL'S COMMUNITY AND VALUES

Vail is an ideal base camp for Thomas, as he loves anything involving rivers, mountains, and lakes, including trail running, cycling, and hiking. Having spent his youth in the town of Cheney, Washington, Thomas was drawn to Vail's energy, which reminded him of the small-town values he grew up with. "I enjoy things like going to the market and seeing the very patients I serve; that bond and intimacy make it an incredibly rewarding and meaningful experience for me," he says.

If you see him on the trail, the river, or even at the market, ask him what song is playing in his head. Chances are it is a tune from the Bee Gees, Pink Floyd, or Dire Straits.

👉 **THOMAS ENJOYING ONE OF HIS FAVORITE PAST TIMES — FLY FISHING.**

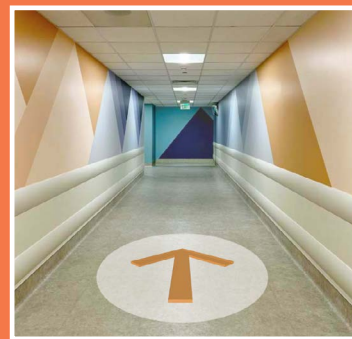
WAYFINDING TECHNOLOGY ENHANCES *The Patient Experience*

Vail Health now offers patients and visitors an innovative solution to finding their way around Vail Health Hospital, whether they are trying to locate a loved one's room, the pharmacy, cafeteria, gift shop, and more.

Thanks to philanthropic giving, Vail Health rolled out a new digital wayfinding solution in November 2021. The smartphone app allows users to scan QR codes from where they stand, enter their destination, and receive guided directions that include the distance and time estimated to get there. In the first year, 5,500 routes were generated, guiding about 2,700 hospital users. Combined with existing physical signage, our goal is to simplify navigating the main hospital and decrease stress and anxiety in our patients and visitors.



SCAN TO
ACCESS THE
APP



ENHANCEMENTS IMPROVE BREAST IMAGING EXPERIENCE

Philanthropy funds equipment at the new Breast Imaging Clinic in Dillon.

The new Breast Imaging Clinic by Shaw Cancer Center in Dillon, Colorado, provides the most sophisticated technology available for breast imaging and diagnosis of breast cancer in the Rocky Mountains.

The convenient new location – at the Dillon Health Center – has increased the

capacity for Shaw's services, allowing residents who live in Summit County to be seen sooner and closer if they need breast imaging done.

One of the most significant enhancements consists of the purchase of an upright stereotactic breast biopsy system, which offers greater comfort and improves the patient experience. Other services provided at the Breast Imaging Clinic include:

- » 2D and 3D Digital Mammography: Screening and Diagnostic
- » Pre-Operative Localizations
- » Breast Ultrasound: Ductograms and Cyst Aspirations
- » Breast Biopsy: Ultrasound and Stereotactic
- » Breast Imaging Consultations
- » Whole Breast Automated Ultrasound (ABUS) - Breast Screening Ultrasound

All breast imaging studies are read and reviewed by a board certified breast radiologist. An oncology doctor is available for treatment consultations.



"The cancer center features spectacular views, and was designed to inspire and enhance healing and wellness," says Amanda Veit, Vail Health Chief Operations Officer and Chief Nursing Officer. "Shaw Cancer Center has offered cancer care in Summit County for decades, and this new facility complements the world-class care we provide."

The equipment in the Breast Imaging Clinic was made possible thanks to generous donations.



SCAN FOR
VIDEO TOUR

VAIL HEALTH'S FAMILY BIRTH CENTER



Creating a peaceful environment for new parents and their babies.

Vail Health's Family Birth Center is undergoing renovations to improve patient care and the experience for laboring mothers, their newborns, and their families. The center will enable doctors, nurses, and staff to deliver state-of-the-art services in an attractive and tranquil setting. The renovations were generously funded by Sharron and Herb Bank.

MODERN YET COMFORTABLE

Phase one of the renovations includes modernizing and standardizing the patient rooms to mirror the center's excellent care. Mothers in labor can stay in their room through delivery, recovery, and postpartum. The updates promote a calm atmosphere with dimmable lighting, electric-control shades for the windows that overlook Vail Mountain, and new furniture that includes comfortable rockers. Patients feel more secure and comfortable in a home-like setting, and therefore gain a greater sense of physical and emotional well-being.

Murals of Colorado scenes are depicted just behind the patients' beds, and new artwork portrays North American animal moms with their babies. The rooms are significantly quieter, thanks to new venting that dampens noise from room to room. Phase two of the renovations will include updating the nurses' stations.



We support Vail Health's continual focus on quality for both patients and staff. Funding the improvements in the Family Birth Center was important to us, as we see it as such a wonderful asset to have in our community."

– Sharron and Herb Bank

FAMILY BIRTH CENTER BY THE NUMBERS

"The dome lights are so nice. Everything has a softer feel than the fluorescent lighting we had prior," says Elizabeth "Z" McDaniel, Director of the Family Birth Center. "It feels fresh and modern, and the environment matches the level of care we're providing."

PUTTING MOMS AND BABIES FIRST

Vail Health is recognized as a Maternal and Infant Care Quality Champion by the Colorado Perinatal Care Quality Collaborative and is leading the way for the safest, healthiest outcomes for Colorado's mothers and infants. The Family Birth Center encourages "rooming in," or keeping infants in the room with the mother until discharge, which has been shown to improve breastfeeding rates, sleep, and parent-infant bonding.

Vail Health's Level II nursery designation enables Vail Health to care for babies at 32 weeks and above. Vail Health Foundation provides funds to ensure nurses get the training needed. "In partnership with Rose Medical Center in Denver, our nurses get exposure to situations like delivering several babies in a day at a high-volume facility," says Z. "Those skills are invaluable for our nurses to bring back to Vail Health." To date, eight nurses have received training through the partnership.



In 2022, the Vail Health Family Birth Center brought **411** babies into the world.

149 Caesarian sections

262 Vaginal births

43 Admissions to the Level II nursery

28 Full-time staff including:

» **26** Registered nurses

» | Unit coordinator

» | Unit coordinator / Obstetric tech



The new space brings comfort and joy to our families. The improvements have created a sense of serenity for them."

– Elizabeth "Z" McDaniel

EDUCATING KIDS FOR A

Lifetime of Safety

Healthy lifestyles start with early education.

Thanks to philanthropy, Eagle County students are participating in evidence-based educational programs encouraging healthy behavior. Based on age and grade level, students attend presentations on sun safety to prevent skin cancer, vaping and tobacco prevention, and sexual health education that includes information on HPV (Human Papillomavirus) vaccines.

EARLY SUN SAFETY EDUCATION HELPS PREVENT SKIN CANCER

Preschoolers and kindergartners are benefiting from sun safety education designed to help decrease the risk of skin cancer. Building healthy sun safety habits early in childhood makes it easier for kids to continue practicing this behavior into adulthood. Parents gain sun safety tips through the program and are encouraged to lead by example. Sunburns and sun damage over time can increase the risk of skin cancer, and one or more sunburns in childhood could double a person's lifetime melanoma risk.



EDUCATING STUDENTS ON TOBACCO USE AND VAPING

Elementary through high school students are learning about the harmful effects of tobacco and vaping through the Red Ribbon Project's evidence-based program designed to help them resist peer pressure. The curriculum teaches students

that vaping exposes users to 100 times the amount of toxin-laden smoke compared to cigarettes, challenges the belief that e-cigarettes are risk-free, and outlines the health risks of the highly addictive chemicals found in e-cigarettes.

HIGH SCHOOL STUDENTS RECEIVE SEXUAL HEALTH EDUCATION

An evidence-based teenage pregnancy and disease prevention program teaches students strategies to reduce high-risk sexual behavior and the importance of the HPV vaccine. The goal is to increase teen awareness and prevent cancers caused by the HPV virus. The six-to-seven-hour in-person session provides an essential understanding of sexually transmitted infections and HPV prevention and education. Over an 11-year period, the Red Ribbon Project's program has helped reduce teen births in Eagle County by 82 percent.



1,000 PRESCHOOLERS AND KINDERGARTNERS RECEIVED TIPS TO BE SAFE IN THE SUN

2,629 5TH GRADERS PARTICIPATED IN THE VAPING PREVENTION PROGRAM

656 9TH GRADERS PARTICIPATED IN THE HIGH SCHOOL SEXUAL HEALTH PROGRAM

DAVID KAPLAN IS *Inspired* TO ADVANCE POSITIVE CHANGE

Growth at Colorado Mountain Medical includes behavioral health programs.

After spending 16 years in Denver and the past year in Kansas City, David Kaplan is thrilled to be living in the Colorado mountains with his family, enjoying all that the valley offers. As President of Colorado Mountain Medical (CMM), David is impressed by CMM's impact on the local community. "Wherever I go, people can't wait to tell me how great their Colorado Mountain Medical doctor is."

EAGER TO EXPAND ON COLORADO MOUNTAIN MEDICAL'S SERVICES AND RESOURCES

As president, he is focused on ensuring those positive ruminations remain, supporting CMM's continued growth by paying attention to staff development and recruitment, expansion of services, patient engagement, and more. "Being able to lead CMM towards the future and focus on efficiencies that in turn see immediate, positive change and their impact across the organization and communities is extremely rewarding," he says.

With 15 years of healthcare leadership under his belt, David is driven by his love for working with healthcare providers and inspired by the skill set they bring to the table. He aims to continue building on the incredible work that has already been accomplished in behavioral health and is ready to take on the challenges of providing additional services, increasing technology and access channels, and more.



My role is about continuing to ensure Colorado Mountain Medical can meet the healthcare needs of our population and foster open communication channels between providers, clinics, and the community to ensure expectations are being met from both sides."

– David Kaplan

FINDING VALUE IN FAMILY, PERSONAL GROWTH, AND COMMUNITY

Nothing settles David at the end of a busy workday like music. You may find him taking in a live performance; if not, he's probably tapping out a beat on his drums at home for his family. And don't be fooled by David's professional exterior. While he takes his role seriously and is fully dedicated to the community's health, he is equally balanced by his hippie heart.

👉 **DAVID KAPLAN AND HIS WIFE, JEN, WITH THEIR CHILDREN AVIVA AND JUDE.**

CLIFF HENDRICK: *Leading by Serving Others*

A \$1 million planned gift will support local behavioral health programs.

Regardless of the diverse roles he has held throughout his career – a high school science teacher, a college referee, an athletic director, or a property manager – Cliff Hendrick’s integrity has always been rooted in the act of serving others.

For Cliff, a longtime Colorado resident, the opportunity to help others is a gift we each hold as human beings: “What you give is what you receive. Everyone should think of others and be compassionate.”

In addition to supporting other organizations he is passionate about, Cliff has made numerous annual gifts to Vail Health’s Eagle Valley Behavioral Health (EVBH) in honor of his dear friend Amanda Precourt, an EVBH board member.

“It’s just in Cliff’s nature to be generous. Not only with what he’s done financially to support Eagle Valley Behavioral Health and Vail Health, but just his whole demeanor. If he sees something that needs to be done and someone needs help, he just does it,” says Amanda.

A PLANNED GIFT INSPIRED BY FRIENDSHIP

Amanda and Cliff first met as neighbors in 2015. Since then, their relationship has flourished. Cliff has served as Amanda’s property manager and then as her personal assistant, but above all, they consider one another family.

After recently updating his will, Cliff included a \$1 million planned gift to EVBH and Olivia’s Fund, a financial assistance program for those needing behavioral health services. He recalls Amanda’s courage and transparency in publicly sharing her struggles with behavioral health as the inspiration for his gift.

“I love the Vail Valley. I love being up here. I trust Vail Health to allocate my gift in a worthy way, and in a way that’s honoring the people of our community,” Cliff says.

Amanda adds, “It truly is a special friendship. We both seek to be better people and to affect our community in a way that inspires others and lifts everyone up. Having a friend who wants to join me on this journey is profound.”



The more I learned about EVBH and Olivia’s Fund, the more I got deeply involved with a planned gift because of how important these resources are.”

– Cliff Hendrick



OCTOBER 1, 2023

The 15th annual Hike, Wine & Dine includes a fun, family-friendly 5-mile hike through Beaver Creek with tastings from several of the Vail Valley's finest restaurants. Cap off the day with live music, dessert and beverages at the Après Hike Party.

PURCHASE TICKETS OR DONATE
HIKEWINEDINE.COM | (970) 569-7766



Spirit OF Survival

In 2022, Vail Health Shaw Cancer Center's Spirit of Survival program provided **6,224** patient encounters. These unique, free services are made possible through the generous support of benefactors and funds raised through Hike, Wine & Dine.



FIT FOR SURVIVAL

⊕ 1,428 patient visits



SOCIAL WORK & COUNSELING

⊕ 2,410 patient visits



NUTRITION

⊕ 996 patient visits



PATIENT RESOURCE NAVIGATION

⊕ 143 patient visits



ALTERNATIVE THERAPIES

⊕ 638 massages

⊕ 231 acupuncture sessions

⊕ 14 reiki treatments

⊕ 354 event participants

15 events including Friendsgiving, Festival of Lights, Skimotherapy, full moon snowshoes, Tennessee Pass Nordic skiing, hut trip, hiking on Vail Mountain, Snowga, painting/ceramics, pickleball, Survivor's Day Luncheon, Boys of Shaw, prostate/pelvic floor seminar with Howard Head Sports Medicine, and family portraits

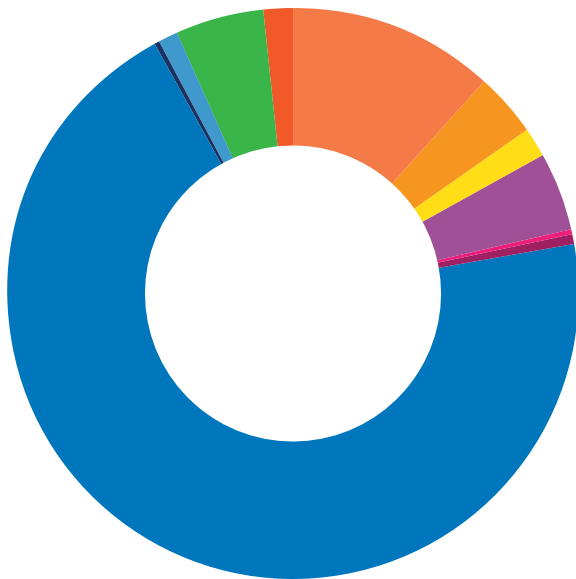
YOUR *Gifts* AT WORK

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, philanthropy contributed over \$17 million to support our lifesaving mission: elevating health across our mountain communities. Thank you!

\$17,413,500 IN 2022

VAIL HEALTH PROGRAMS & DEPARTMENTS

\$11,296,367



- **Cancer**
\$1,319,363
- **Howard Head Sports Medicine**
\$414,336
- **Cardiology**
\$198,818
- **Community Health**
\$511,943
- **Employee Assistance**
\$22,807
- **Endocrinology**
\$43,885
- **Capital Projects**
\$7,894,057
- **Nursing Excellence**
\$26,713
- **Patience Assistance Fund**
\$125,093
- **Chaplaincy**
\$557,638
- **Other**
(Unrestricted Funds, Patient Experience, and more)
\$181,714

EAGLE VALLEY BEHAVIORAL HEALTH

\$6,117,132

