



Banner Health

North Colorado Medical Center

NCMC's New Endovascular Suite

The new endovascular suite at North Colorado Medical Center (NCMC) combines the best features of two hospital departments into one room and ultimately improves care for patients.

Cardiothoracic surgeon Maurice Lyons, DO, says the suite, which will be used for minimally invasive endovascular procedures and open surgeries, provides patients with the safest possible approach to vascular surgery.

When a medical procedure is done inside a blood vessel or artery, it is called an endovascular procedure. It involves inserting a catheter through the skin into a large blood vessel – typically the femoral artery or vein in the groin. The catheter is injected with a dye that can be seen on imaging equipment. The dye goes through the vessels and physicians can see signs of diseases such as arteriosclerosis, vascular trauma or aneurysms when viewing the images.

A Minimally Invasive Approach

The endovascular surgeries require only a small incision in the groin to get access to the vessel, which means this minimally invasive approach is done in a cath lab and requires shorter hospital stays. There have also been major advancements with medical imaging equipment used in endovascular procedures. Because of those two benefits, more patients and physicians prefer this type of surgery when it is appropriate.

However, sometimes a physician will need access to a larger vessel or will need to perform open surgery on a patient – such as open heart surgery. Those procedures are done in an operating room (OR).



Dr. Lyons says the new endovascular suite at NCMC combines the best aspects of the cath lab with the sterile confines of the OR to provide the best situation for the patient.

“In a cath lab, you don’t have the same sterile setting as in the OR, so you can’t open up a patient immediately if need be,” says Dr. Lyons. “In the OR, the medical images aren’t as crisp.”

By combining the two, Dr. Lyons says he can now use a minimally invasive endovascular technique that will allow him to “park” the imaging device close to important vessels during an open procedure. This allows him to see the area more clearly to avoid hitting nearby vessels and compromising blood flow.

Benefits to Come

Another benefit Dr. Lyons expects is the ability to implement a new surgical technique now awaiting approval by the FDA. To do this



technique for heart valve replacement surgery, a surgeon would need the capabilities offered in an endovascular suite.

“As other newer technologies emerge, we need this type of suite available to do complex procedures,” explains Dr. Lyons.

Dr. Lyons adds that in terms of physician expectations, an endovascular suite is something providers will soon expect to see in hospitals with heart programs.

He applauded the administration at NCMC for its willingness to implement the latest technology to improve patient care.



Letter from the CEO

*Rick Sutton
Chief Executive Officer*

As changes occur in health care at the national level, there are also changes going on locally in many communities across the country. In our community, things are no different. We face competition at every level, decreased reimbursement (in the hospital as well as physician practices), the challenge of maintaining engaged staff, regulatory issues, and increasing uninsured and underinsured populations. There isn't one of these issues that we are not facing right now here at NCMC. The good news is that although all of these challenges face us, we have physicians, staff and community support allowing us to thrive and strategically grow in this environment. In order to thrive, we have remained focused on the five priorities: Employee Engagement, Patient Satisfaction, Quality, Physician Friendly and Financial Strength.

We are seeing tremendous success in the physician friendly priority area. Our services continue to expand at NCMC, as well as around the northern Colorado region. Our successful recruitment efforts ensure that our patients have access to health care within our community, in Weld County and throughout the region. We have increased the number of neurologists, general surgeons, anesthesiologists, radiologists,

cardiologists, hospitalists, OB-GYNs and physical rehab medicine physicians on our medical staff. We continue to recruit many other physicians in the areas of orthopedics, pulmonary/critical care, ENT and pediatrics as well.

As we expand the number of providers, we also need to expand the services and technology within the hospital. We have completed the Endovascular Operating room, which is one-of-a-kind in the state of Colorado. This allows us to do complex vascular cases, in addition to orthopedic cases in an operating room while using fluoroscopy imaging. This is great technology that provides quality patient care in a showcase facility within Colorado. As you can see, we are working closely with our physicians as well as increasing the numbers of doctors throughout our community.

However, it takes a team to deliver health care.

I also want to talk briefly about our employees and the level of engagement we are seeing at NCMC. We use a survey tool called the Gallup Q12 Employee Engagement Survey. This allows us to compare our staff's level of engagement with other hospitals throughout the country. We have struggled in the past, but over the past year we have focused on improving our employee engagement. This ensures that the staff working here are committed to providing excellent patient care

and working hand in hand with our physicians to provide the best health care around.

We just received our employee engagement scores for this past year. I am glad to report that we have improved to the 89th percentile for hospitals nationally. Gallup identifies organizations that score above the 75th percentile as "Best Practice" and 90th percentile as "World Class," in regard to employee engagement. As you can see, we did really well. We have highly engaged staff committed to elevating the delivery of health care at the highest possible level. Our quality continues to improve, to the point that our results are exceeding our targets in every initiative we are monitoring. This only happens when physicians and staff work closely together.

When you receive care at NCMC, you will experience quality health care. We are focused on you. Whether it is technology, physicians, employees, quality, or service, you can count on us to deliver your care with dignity, compassion and excellence.

May God bless you, the United States military and the United States of America.

Rick Sutton
Chief Executive Officer

eLearning Childbirth Preparation

Online Childbirth Education

Getting ready to welcome a baby to your home can be a busy time. The months leading up to the birth are filled with doctors appointments, decorating, scheduling and planning. And if you have other children, add all of their care and activities. Throw in conflicting work schedules and other family demands, and taking a childbirth education class can become a challenge.

To address that concern, NCMC now offers an online childbirth education class for busy expectant parents.

Connect with Us from Your Home Computer

"While we strongly recommend that childbirth preparation courses be taken in a classroom setting, we realize that sometimes that is impossible," says Kris Howard, Family Life Education Manager at NCMC. "There are several reasons we might recommend the online course; for example, a difference in work schedules that does not allow couples to attend together. Mothers who have had children already may just want a refresher. Some women may be on doctor-prescribed bed rest and can't leave home to take a class. We knew there was a need for this type of class, and it's important that people have access to this information as they prepare for the birth of their child."

The eLearning Childbirth Preparation class at NCMC is the first of its kind in northern Colorado.

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Take Head Injuries Seriously

The tragic death in March of actress [Natasha Richardson](#), who suffered a head injury while skiing, alerted people around the world to the seriousness of a seemingly “I’m OK” bump to the head. Even though she was reportedly talking and joking after her fall, Richardson’s condition declined rapidly and she died two days later. She had not been wearing a helmet, something that may have helped save her life.

“The case of Natasha Richardson was a wake-up call for many people that simple head injuries can be problematic,” says neurologist Todd Hayes, DO. “Sometimes there are no symptoms whatsoever in the early stages of a traumatic brain injury.”

You may be wondering if an injury like this could happen to you or a loved one, and how you could prevent head trauma from becoming grave – or happening in the first place. Here are some common questions and answers about head injuries.

Q What are head injuries?

A Head injuries – also known as brain injuries – are the result of trauma to the scalp, skull and/or brain. Traffic accidents, falls, physical assault and accidents at home or work, or while playing sports are common causes of head injuries. Head injuries can also be caused by physical abuse, such as shaken baby syndrome. “It’s also possible to sustain a head injury from a simple bump on the head from a cabinet door,” Dr. Hayes says.

The most common type of brain injury is a concussion, when the brain is shaken. It may cause a temporary lapse of consciousness, but it is not life-threatening. A computed tomography (CT) scan after a concussion will be normal.

A traumatic brain injury (TBI) is more serious than a concussion. It can be life-threatening because the brain swells or has bleeding on its surface. Even though a victim may appear lucid and seem fine right after an accident, a CT scan will show the abnormality. Getting this information

early can make a difference between life and non-reversible brain damage or death.

Q What are the symptoms of a traumatic brain injury?

A “You can deteriorate very quickly with a traumatic brain injury. Initially, you may have no symptoms at all, or just a headache,” explains Dr. Hayes.

Someone who suffers a head injury should be monitored closely after an accident because it can take a few hours or even days for symptoms of brain trauma to appear. “Early detection of traumatic brain injury is extremely important for good outcomes,” Dr. Hayes says. Be aware of these symptoms and call 911 if any occur:

- Fracture in the skull or face.
- Swelling at the site of the injury.
- Change in consciousness, confusion or unusual behavior.
- Severe headache.
- Convulsions.
- Stiff neck or vomiting.
- Low breathing rate and drowsiness.
- Unequal size of pupils.
- Fluid draining from the nose, mouth or ears.
- Inability to move one or more limbs.

The sooner someone with brain trauma gets medical help, the better chances they have for recovery. People with TBI may need surgery and rehabilitation.

Q How can head injuries be prevented?

A Keep your head protected whenever participating in activities with head injury potential. Safety equipment includes hard hats around heavy machinery or falling objects, seat belts in motor vehicles and helmets when riding a motorcycle or bicycling, skateboarding, skating, skiing or snowboarding. When driving, make sure children are in age-appropriate car seats or booster seats that are installed properly.



Use Your Head

Although Richardson’s accident and death was atypical and tragic, it serves as a reminder that you can never be too cautious. If you or a loved one suffers a head injury, don’t be afraid to seek medical care right away. North Colorado Medical Center’s emergency department team is here when you need us.

Treating Head Injuries at NCMC

If you experience a head injury, NCMC will act swiftly. According to Todd Hayes, DO, most people who have experienced a head injury will require a CT scan. “The scan will help evaluate if there is bleeding on the brain, or a skull fracture,” Dr. Hayes says.

Patients who are admitted to the hospital for head injuries are observed for 24 hours for changes in behavior, alteration of consciousness or other symptoms. A neurologist may be consulted. Patients may also receive an MRI.

There are a wide range of rehabilitation options available at NCMC, depending on the severity of the injury.

NCMC's Blood Donor Center

Giving Blood Important to Patient Care

Cynthia Villegas says when she saw the color, life and energy flow back into the face of her 70-year-old mother as the woman received a blood transfusion, she made the connection: By donating blood, Cynthia gives not only life, but also quality of life to others.

"She's anemic," says Cynthia of her mother, Marilyn DeRemer, who received at least two transfusions at NCMC. Cynthia, a Weld County Sheriff's Office commander in the court services unit, has been a donor at the Blood Donor Center since 1978. She said the department encourages officers to donate.

"I never really put two and two together before," Cynthia says. "I never thought about the people giving blood and how my mom benefitted from that. But seeing her at the hospital, pale with no energy and then, I saw this 70-year-old, 90-pound woman get the color back in her face and the energy to get up and walk.

"I actually sat there and saw the difference those two units of blood made to her," Cynthia says.

Sadly, Marilyn DeRemer passed away Oct. 12 as a result of her illness.

After Cynthia began donating blood when she joined the sheriff's office, the center learned she was a universal donor. She said NCMC has told her when they need blood, and she responds. That's kept her going back on a regular basis.

Cynthia is one of thousands of donors on the Blood Donor Center's roster. The North Colorado Blood Donor Center originated in Weld County General Hospital in the 1950s. Back then, it drew approximately 2,000 units of blood per year.

The hours of the Blood Donor Center vary to provide convenience to a broad range of people. The hours are 7 a.m. to 4:30 p.m. Monday and Friday, 11 a.m. to 7:30 p.m. Tuesday, and 8:30 a.m. to 5 p.m. Wednesday and Thursday. For more information, please call (970) 350-6100.

As the community has grown, so has the need for blood. Today, Donor Center professionals draw blood from approximately 9,000 donors per year, and they expect that number to increase significantly as the population changes.

The Blood Donor Center is on the first floor of the main hospital campus at NCMC, 1801 16th St. in Greeley.

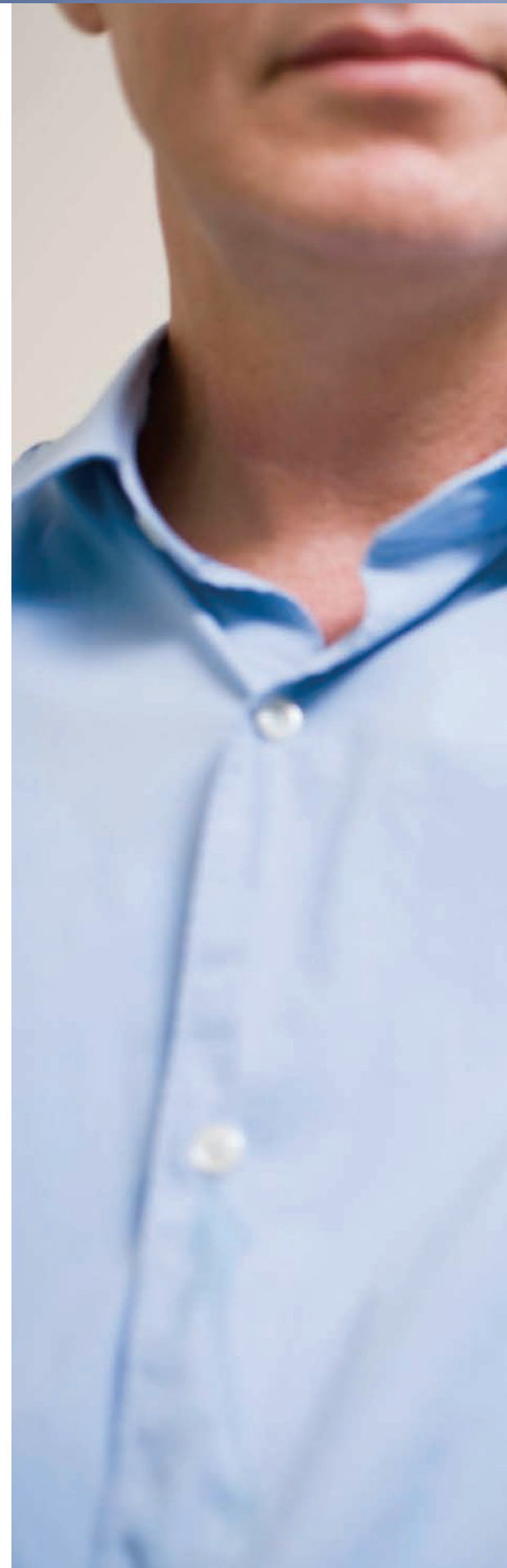
Increased Need for Donors

Blood Donor Recruitment Coordinator Andrea Hawkins says the center needs 50 donors each day to keep up with the demand for blood. The Blood Donor Center serves NCMC, McKee Medical Center in Loveland, Sterling Regional MedCenter in Sterling and East Morgan County Hospital in Brush.

In 2008, the Blood Donor Center collected 8,595 red blood cell units from 9,480 donors. Hawkins states if NCMC had to purchase red blood cell units from a vendor, the hospital would pay about \$229 per unit. "That means, by the Blood Center being here, we saved our patients more than \$1.2 million in charges they would have incurred for blood."

For 2009, the center collected 6,903 units of whole blood as of Aug. 1. The bloodmobile has visited 120 businesses and groups throughout the region and collected 2,876 units.

Hawkins says the demand for blood typically increases in the summer because of the higher number of accidents. About 25% to 45% of the blood demand is for accident victims. Other recipients are in the burn center or area patients who have cancer or are in surgery.





Be a Holiday Hero

The Blood Donor Center at NCMC is hoping to recruit some Holiday Heroes in November and December this year.

People who donate blood will be entered into drawings to win \$500 gift cards. One gift card will be awarded from donors in the month of November and one will be chosen from the December donors.

“Typically, donations go down during the holidays, so we want to encourage eligible donors to stop by the Center or the bloodmobile,” says Andrea Hawkins, Blood Donor Recruitment Coordinator. This holiday season there is also concern that novel H1N1 flu and seasonal flu will decrease the number of donors.

NCMC Rehabilitation Services

Work Those Replacement Knees

After battling knee pain for years and undergoing replacement knee surgery, you've earned the right to relax and lounge around a bit while your knee heals, right? Wrong! When it comes to knee replacement surgery, the NCMC Rehabilitation Services and Physical Therapy team knows that providing tender, loving care means taking an active approach to recuperation.

Recent University of Delaware research debunks the notion that strength training can be detrimental after knee replacement surgery and patients should treat their new knees delicately.* Study participants were given six weeks of strength training two or three times a week, beginning four weeks after surgery. The study results showed that in patients who have had knee replacement surgery because of osteoarthritis, quadriceps-strengthening exercises are critical to recovery.

Duane Pedersen, physical therapist and manager of patient rehabilitation at NCMC, agrees with an active approach to knee replacement recovery.

Getting You Back on Your Feet

At NCMC, rehabilitation typically begins a few hours after surgery in the hospital room. "We get them sitting up on the side of their beds, even up to a standing position while the knee is still wrapped in postoperative dressing," Pedersen says. "Nurses and therapists show patients how to bend and move the knee, and help them get in and out of bed." Depending on the patient's status and the physician, patients may also have a constant passive motion machine that passively bends and straightens the knee in incremental degrees.

In the next few days, patients' exercise and activities are increased gradually, including walking farther and relearning how to climb steps.

After about three days, patients return home or to a skilled rehab setting, depending on if there are other health conditions. "As a component of knee replacement therapy, patients are instructed in a home exercise program for knee range of motion and strengthening," Pedersen explains. "Exercises



are also performed during therapy in conjunction with manual therapy techniques, such as passive range of motion and soft tissue mobilization, designed to improve knee mobility/flexibility, and decrease pain and postsurgical swelling. Typically small frequent bouts of activity and exercise help the patient control pain and improve mobility as well as decrease stiffness."

Patients usually remain in outpatient physical therapy for eight to 12 weeks, but as Pedersen points out, "Discharge from therapy has more to do with achieving functional goals than it does with a defined timeline." Sticking to the program and following the guidelines of your physical therapist will help strengthen the muscles, increase knee mobility and protect the joint. Equally as important as therapy, says Pedersen, is communication. "Patients need to learn to listen to their bodies and honestly communicate with their therapists so that the rehabilitation program can be adapted to meet their needs," he says. "Exercise and activities above and beyond what are given in therapy need to be discussed with the therapist and doctor prior to initiation of the activity by the patient."

Once recovery is complete, Pedersen suggests continuing an exercise program. "We hope that patients continue with at least a component of their

NCMC Outpatient Rehab Department

The NCMC Outpatient Rehab Department specializes in services for patients who need rehabilitative care following orthopedic injuries/surgeries, strokes, brain injuries, traumas, neurological diseases and other debilitating conditions.

Services include:

- Physical Therapy.
- Occupational Therapy.
- Speech Language Pathology.
- Hand Therapy.
- Aquatic Therapy.
- Adult Orthopedic Rehabilitation.
- Adult Neurological Rehabilitation.
- Pediatric Occupational, Physical and Speech Therapies.
- Sports Medicine.

For more information about the NCMC Outpatient Rehabilitation Department, call **(970) 350-6900**.

Or visit one of the following locations:

NCMC Outpatient Rehab

1801 16th St., Greeley, CO 80631

Banner Rehab West

– located in the Mountain Vista Medical Center
5890 W. 13th St., Suite 110, Greeley, CO 80634

Banner Rehab Windsor

– located in the Windsor Medical Arts Centre
1300 Main St., Windsor, CO 80550

Banner Rehab Johnstown

– located in the Johnstown Family Medicine Office
222 Johnstown Center Dr., Johnstown, CO 80534

home program as an important part of maintaining their general health and to maximize the benefit of having their knee replaced," he says.

Find Out More

NCMC's surgical and rehabilitation team has a long and proud history of getting knee replacement patients back on their feet and living life to the fullest. To learn more about knee replacement and how it may help, call **(970) 348-0020** or visit our Web site at www.BannerHealth.com.

* Source: *Arthritis & Rheumatism*, Feb. 15, 2009.

Spirit of Women Events

NCMC's Spirit of Women hosts events featuring timely health education topics, current trends, Spirit Business Partners and ... FUN! The red shoe is the symbol for taking action to improve health. Can't attend an event, but still interested in important health information? To find monthly health topics and podcasts, visit www.BannerHealth.com/NCMCSpirit. In addition, read the *Spirit Magazine* online! Call Spirit of Women for detailed agendas and costs for all events, as well as to make a reservation at **(970) 392-2222**.

On Your Toes for the Holidays!

Celebrate the holidays with the physicians from Foot & Ankle Center who will present information to help you keep your feet in tip-top shape. Come gather other ideas to de-stress and dance gracefully through the holidays!

Where: Greeley Recreation Center Classrooms, 651 10th Ave.

When: Dec. 3, 6 to 8 p.m.

Call: **(970) 392-2222** reservations are required

Cost: **FREE** for Spirit Members; \$10 for nonmembers

2010 Day of Dance Health Fair

Learn simple ways to stay healthy, participate in health screenings, talk to health practitioners, enjoy music ... and DANCE!

Where: Greeley Family FunPlex

When: Feb. 27, 9 a.m. to 3:30 p.m.

Call: **(970) 392-2222** for more information

Cost: **FREE** (Fees are associated with optional blood screenings available on Feb. 18, 19, 22, 23 and 25 from 7 to 9 a.m. Results can be obtained at Day of Dance. For information or to make an appointment, call **(970) 350-6633**.)

Cooking Classes

Come and learn a variety of fun and healthy cooking options. These courses are taught by Mary Branom, a registered dietician (unless otherwise noted), and are a great way to modify your cooking habits and learn about heart healthy cooking. Recipes and samples are included! All classes cost \$10 (unless otherwise noted) and are held at NCMC in the Cardiac Rehab Kitchen. Please call **(970) 350-6633** to register.

Give the Gift of Health – FREE

We're serving up some great ideas for holiday gifts that will promote healthy, active lifestyles. In addition to great gift ideas, you'll learn to make some tasty foods suited for sharing and celebrating! Samples of new recipes? Of course!

When: Dec. 7, 6 to 7:15 p.m.

Healthy Eating Strategies for the New Year

Start your year off right with some simple tips to improve your eating habits. This class includes a presentation along with recipes and samples!

When: Jan. 13, noon to 12:30 p.m.;
6 to 7:15 p.m.

Cost: First session, \$5; second session \$10

New Ways to Cook Fish

Let us reel you in for some tempting and tasty ways to prepare fish. All new recipes with samples of each.

When: Feb. 17, 6 to 7:15 p.m.

Wellness and Cardiac Programs

Body Shoppe

Get in shape and improve your daily health habits by joining Body Shoppe, a 12-week lifestyle change program that includes: stress testing, lipid testing, flexibility and body fat measurement, an exercise prescription, exercise (several classes from which to choose) and nine evening education classes.

Where: NCMC Cardiac Rehabilitation

When: Jan. 10-22 (testing by appointment);
Tuesday, Jan. 26 (classes begin)-April 23 (last class)

Call: **(970) 350-6203** for details on the program schedule and to register

Cost: \$299/person or \$500/couple

Cardiac Education Classes

Learn about your heart, risk factors to heart disease and the benefits of exercise, healthy eating, stress management and more!

Where: NCMC Cardiac Rehabilitation

When: First session, 8:30 and 10:30 a.m.;
Second session, 3:30 and 5:30 p.m.

■ Dec. 2 & 3: Eating for a Healthy Heart

■ Jan. 6 & 7: The Exercise Prescription

■ Jan. 20 & 21: Keep Your Heart Healthy

■ Feb. 2 & 3: What's For Dinner?

■ Feb. 16 & 17: Managing Stress and Change

Call: **(970) 350-6204** to register

Cost: **FREE** but registration is required

ICD Education and Support Group

Learn about implanted cardioversion defibrillators and related cardiac topics; get your questions answered and meet others who have an ICD. Refreshments will be provided.

Where: NCMC CVI Classroom

When: Jan. 26, 5 p.m.

Call: **(970) 350-6204** for more information

ABI Screening

Find out if you are at risk of peripheral arterial disease (PAD). Cardiology specialists will ask several questions related to PAD: previous or current smoking, diabetes, leg discomfort when walking or leg fatigue when walking a short distance. If you are found to be at risk of PAD, you will be scheduled for a free ABI (ankle brachial index) screening.

Where: Cardiology Clinic of the CardioVascular Institute of North Colorado

Call: **(970) 351-8020** for the assessment

Cost: **FREE** screening by appointment

Blood Tests

Wellness Services offers low-cost blood screenings open to community members; some immunizations are also available upon request and availability. Open labs are held on the second Wednesday of every month, 6:30 to 8:45 a.m. and the fourth Wednesday of every month, 7 to 8:45 a.m. To schedule an appointment, call **(970) 350-6633**. Walk-ins are welcome. Please fast 12 hours prior to blood draw. All blood tests are held at NCMC on the ground floor.

When: Nov. 25; Dec. 9; Jan. 13, 27;
Feb. 10, 24

Way to Go Kids

Do your children feel anxious about their weight? Does your family struggle with making healthy lifestyle choices? Way to Go Kids is a six-week program that is designed to help children, 8 and older, and their families make healthy lifestyle choices in the areas of nutrition and fitness. An adult must attend each class with the child.

1. Food pyramid knowledge (understanding portions/servings).
2. Food label interpretation.
3. Learning healthful ways to prepare snacks and meals.
4. Learning basics about fitness and exercise.
5. Developing positive healthy attitudes and self-image.
6. How to take a resting heart rate and understanding its importance.
7. Before and after analysis of heart rate, blood pressure, height, weight and BMI.

Where: NCMC Longs Room Second Floor

When: Jan. 16, 8 a.m. to 3 p.m.

Call: (970) 350-6633 to register today, class size is limited

Cost: \$40 (includes water bottle, pedometer, prizes, a healthy lunch and handouts)

Restorative Yoga

Restorative Yoga, with Yoga Alliance Certified Teacher Robin Briggs, will focus on gentle movements coordinated with breathing exercises to facilitate greater range of motion, flexibility and relaxation. Classic Yoga poses will be introduced using supportive aids to teach alignment, encourage mind body connection and increase personal awareness. Modifications of poses will be given to address the full spectrum of student needs in order to learn a safe and effective way to practice Yoga with a personalized approach.

If you want to practice Yoga in a nurturing environment with focus on individual needs, lots of encouragement and patience, this is the class for you. Students with any level of physical ability are welcome. This is primarily a chair and mat class.

Where: NCMC Auditorium A & B (Service Level)

When: Mondays, Jan. 11-March 1,
5:15 to 6:15 p.m.

Call: (970) 350-6633

Cost: \$48 for seven weeks (first week **FREE**)

Yoga Basics

Yoga Basics, with Yoga Alliance Certified Teacher Robin Briggs, is an introduction to the foundational poses in a beginning Yoga practice. This class will focus on careful physical alignment for the creation of a safe practice that students can take into their homes or other Yoga classes. Yoga Basics will also emphasize Yoga as a tool for strength, flexibility and balance. This class is for students of most physical abilities.

Where: NCMC Auditorium A & B (Service Level)

When: Wednesdays, Jan. 13-Feb. 24,
5:15 to 6:15 p.m.

Call: (970) 350-6633

Cost: \$48 for seven weeks (first week **FREE**)

Yoga Level II

Yoga Level II, with Yoga Alliance Certified Teacher Robin Briggs, is for Yoga students who have been practicing regularly and are ready to take their practice to the next level. This class will focus on incorporating traditional Yoga poses into flowing movements to raise the heart rate into an aerobic zone. Emphasis on core strength through arm balances, abdominal work and back bends will be introduced enabling students to challenge themselves in a safe environment.

Where: NCMC Auditorium A & B (Service Level)

When: Fridays, Jan. 15-Feb. 26, 4 to 5 p.m.

Call: (970) 350-6633

Cost: \$48 for seven weeks (first week **FREE**)

Yoga Flow

Join us in exploring the strength, cardiovascular stamina and freedom of flexibility offered through the practice of Yoga flow. This class, with Yoga Alliance Certified Teacher Robin Briggs, offers traditional Yoga poses linked together through movements called Vinyasa which means "to move with purpose." The flow style of moving practice puts the body into a fat burning zone through anaerobic activity. Yoga Flow is for students of all levels.

Where: NCMC Auditorium A & B (Service Level)

When: Saturdays, Jan. 16-Feb. 27, 8 to 9 a.m.

Cost: \$48 for seven weeks (first week **FREE**)

CPR for Health Care Providers

This class is designed for licensed and non-licensed health care providers. Topics covered include cardiopulmonary resuscitation, airway obstruction and rescue breathing for adults, children and infants. The certification is valid for two years.

Where: NCMC Longs Room

When: Jan. 4, 5 to 9 p.m.

Call: (970) 350-6633 to register

Cost: \$55

CPR for Health Care Providers – Recertification

This class is designed for licensed and non-licensed health care providers who need to recertify through the American Heart Association. The certification is valid for two years. You must have a current card in order to register for this class.

Where: NCMC

When: Jan. 15, 2 to 4 p.m.

Call: (970) 350-6633 to register

Cost: \$50

CPR Class Refund Policy: Please notify us at least one week before the class if you are unable to attend the CPR class for which you registered. Your registration fee will be refunded, less a \$10 service charge. Refunds cannot be granted less than a week prior to the class.

Heartsaver CPR with AED

The class is taught by American Heart Association certified health care professionals and covers adult and infant/child CPR, obstructed airway, the Heimlich maneuver, the use of a barrier device and AED hands-on training. Upon completion of the CPR/AED course, participants will receive a Heartsaver course completion card. The certification is valid for two years.

Where: This is a contract class with the City of Greeley Leisure Services held at the Family Fun Plex

When: Dec. 10; Jan. 7; Feb. 8, 6:45 to 9:15 p.m.

Call: (970) 350-9400

Where: Windsor Recreation Center
650 11th St., Windsor

When: Jan. 21, 5:30 to 8:30 p.m.

Call: (970) 674-3500 to register

CLASS LISTINGS FALL 2009

Heartsaver CPR with AED and First Aid

Taught by the American Heart Association certified health care professionals, this two-night class covers adult and infant/child CPR, obstructed airway, Heimlich maneuver and the use of a barrier device. First Aid provides participants with an understanding of the EMS system, scene safety, initial and ongoing assessment and airway management. It covers treatment for various emergency situations. Upon completion of the CPR/AED course, participants will receive a Heartsaver and First Aid course completion card. The certification is valid for two years.

Where: NCMC Longs Room

When: Dec. 15 (CPR) and 16 (First Aid); Feb. 17 (CPR) and 18 (First Aid); 6 to 9 p.m.

Call: (970) 350-6633 to register

Cost: \$65

Safe Sitter

Safe Sitter is a one-day, five-hour curriculum designed for 11- to 13-year-olds. Participants learn care of the choking infant and child, babysitting as a business, success on the job, child care essentials, safety for the sitter, preventing injuries, injury and behavior management, and preventing problem behavior. Please bring a sack lunch.

Where: This is a contract class with the City of Greeley Leisure Services and is held at the Family Fun Plex

When: Nov. 25; Dec. 21; Jan. 18; Feb. 15, 9 a.m. to 2 p.m.

Call: (970) 350-9400 for more information

Where: Windsor Recreation Center, 650 11th St.

When: Dec. 29, 9 a.m. to 2 p.m.

Call: (970) 674-3500 to register

Family Life Education Classes

Family Life Education classes are designed to provide support during the birth of your child and for you in your new role as a parent. Instructors build confidence and teach life-long skills that you can apply to situations beyond childbirth. Classes for moms, dads and siblings are taught by skilled nurses and certified instructors. For complete information about all classes, visit www.BannerHealth.com/NCMCFamilyLifeEdu.

NEW eLearning Childbirth Preparation

The best method of learning childbirth preparation information is in a classroom setting; however

this option is not always feasible. Therefore, we now offer an online education program that allows learning from home, on your own schedule. eLearning is especially helpful for moms on bedrest, couples whose schedules don't allow for class attendance, or for couples who have taken a childbirth class and desire to enroll in a refresher. To see a preview or obtain information on all classes, please call (970) 378-4044 or visit www.BannerHealth.com/NCMCFamilyLifeEdu.

Screenings, Prevention and Support

Body Check ... What You Need to Know: Head to Toe

This head-to-toe health assessment gives you the tools to put your health first by receiving a comprehensive set of preventive health screenings. Invest in your health today!

This screening includes:

- Personalized health risk assessment.
- Health fair panel (fasting blood work).
- Sleep questionnaire.
- Lung function test.
- Body composition, weight and body mass index.
- Hip and waist measurements.
- Health education with a wellness specialist.
- EKG with results read by a board-certified cardiologist.
- Upon request: colorectal take-home kit (\$10).
- Upon request: prostate-specific blood antigen screening (\$23).
- Peripheral arterial disease screening includes: education about peripheral vascular disease, stroke, stroke prevention, osteoporosis and osteoporosis prevention.

■ Osteoporosis screening results.*

■ Ankle brachial index.*

■ Ultrasound of the carotid vessels.*

■ Ultrasound of the aorta.*

* The four screenings listed above are read by a board-certified radiologist.

Where: Summit View Medical Commons, 2001 70th Ave.

When: First and third Tuesday of the month, 7 to 10 a.m.

Call: (970) 350-6070 to schedule an appointment. All results are sent to you and your personal physician.

Cost: \$175 (does not include colorectal take-home kit and prostate-specific blood antigen screening)

Aging Well

Weld County Area Agency on Aging offers a variety of Aging Well Self-Management classes such as Healthier Living (living with chronic conditions, se ofrecer en Espanol), Matter of Balance (fall prevention), and Powerful Tools for Caregivers (self-care for family caregivers). Classes are offered regularly throughout Weld County. For more information or to sign up, please call (970) 346-6952.

Healthier Living Class

Where: NCMC

When: Wednesdays, Jan. 6-Feb. 17, 1 to 3:30 p.m.

Cost: FREE, donations accepted

Matter of Balance Class

Where: NCMC

When: Wednesdays, Jan. 13-March 3, 9 to 11 a.m.

Cost: FREE, donations accepted

8 Weeks to Wellness

You've tried every diet out there – now learn how to make lasting changes. This program will help you plan a healthy diet, start or continue an exercise program, set acceptable goals so you don't get burned out and much more!

Where: NCMC Colonial Room

When: Tuesdays, Jan. 5-March 9, 5:30 to 6:30 p.m.

Call: (970) 350-6633 to register

Cost: \$120

Bone Density Screenings

A low-cost ultrasound screening that assists women and men in determining if they are at risk for developing osteoporosis. Results are given at the time of screening.

Call: (970) 350-6633 to make an appointment

Cost: \$25

Reproductive Health 101: Talking Points for Parents and Teens

A class for parents and teens covering age appropriate reproductive health topics such as anatomy, puberty, body image, sexuality, contraception, abstinence, STDs, values, decision making, love and relationships. The goal of the class is to provide tools and knowledge to encourage open dialogue about reproductive health between parents and teens (11 to 15 years old). Twelve-week session, the first six weeks are dedicated for parents only, the last six-week session is dedicated to teens only. Choose if you want to attend some or all of the classes. Ask about our Spirit of Women discount.

Where: NCMC Union Colony Room

When: Tuesdays, Jan. 12-March 30, 5:30 to 7:30 p.m.

Call: (970) 350-6633 to register or for more information

Cost: \$40 for parents or \$50 per family; \$10 drop-in fee

Heart Score

Heart Score provides CT cardiac scoring – a noninvasive test that accurately measures the amount of calcified plaque in the arteries. The procedure begins with a fast, painless computed tomography (CT) exam. CT, more commonly known as CAT scanning, uses X-rays and multiple detectors to create interior images of the heart. The Heart Score program includes a 30-minute consultation with a wellness specialist, focusing on cardiac risk factor education, identification of non-modifiable and modifiable risks, and lifestyle behavior change options.

Where: NCMC

When: Wednesdays, 1 to 2:30 p.m.

Call: (970) 350-6070 to schedule an appointment

Cost: \$300

Sleep Apnea Support Group

The Sleep Apnea Support Group discusses topics usually geared toward a person and/or family members of those diagnosed with sleep apnea.

Where: NCMC Auditorium A & B

When: Third Saturday of each month, 2 p.m.

Call: (970) 350-6587

Cost: FREE

Coping with Cancer Support Group

Support and education for patients, families, survivors and others touched by cancer.

Where: Cancer Institute at NCMC

When: Tuesdays, 5:30 to 7 p.m.

Call: Marjorie Wallbank, MSW, (970) 350-6163

Cost: FREE

Breast Cancer Support Group

Support and education for anyone touched by breast cancer.

Where: Cancer Institute at NCMC

When: First Thursday of every month, 5:30 to 7 p.m.

Call: Marjorie Wallbank, MSW, (970) 350-6163

Cost: FREE

Hearts of Hope Support for Children of Families Facing Cancer

This education and support program is for children and adolescents (ages 7-16) who are facing the added life challenge of someone in their family having cancer. Parent/adult groups also meet with similar discussion/activity themes. Registration and an initial phone interview are required. A commitment to participate in all six sessions is required for those who enroll. Call for starting dates.

Where: Pathways Building, Hospice of Larimer County, 305 Carpenter Road (Highway 392), Fort Collins

When: Mondays for six weeks; 5:30 to 7:30 p.m. (Light meal provided from 5:30 to 6 p.m.)

Call: (970) 203-6700

Cost: FREE

Man to Man Prostate Cancer Support Group

Support and education for anyone touched by prostate cancer.

Where: Cancer Institute at NCMC

When: Third Thursday of every month, 5:30 to 7 p.m.

Call: American Cancer Society, (970) 356-9727, or Marjorie Wallbank, MSW, (970) 350-6163

Cost: FREE

Free PAD Screening

Find out if you are at risk of peripheral arterial disease (PAD). If you have PAD, you have greater risk of having a heart attack, and those who have

blockages in their coronary arteries have a greater risk of PAD. Cardiology specialists will ask several questions related to PAD: previous or current smoking, diabetes, leg discomfort when walking or leg fatigue when walking a short distance. If you are found to be at risk of PAD, you will be scheduled for a free ABI (ankle brachial index) screening.

Where: Cardiology Clinic of the CardioVascular Institute of North Colorado

Call: (970) 351-8020

Cost: FREE screening by appointment

Adult Fitness

Join an exercise program supervised by health professionals and choose from four class times that are convenient for you. No contracts are required.

Where: NCMC Cardiac Rehabilitation

When: Class times vary

Call: (970) 350-6204

Cost: \$45 per month/person or \$80/couple

Turkey Trot 2009

Save the date to join approximately 2,000 community members in the 2009 Turkey Trot. Start your Thanksgiving Day out in a healthy way by participating in the 2K/5K Walk/Run through a scenic residential course. The event is open to everyone, non-competitive walkers to elite runners! Proceeds will benefit the Cardiac Rehabilitation program and the patients it serves.

Where: NCMC 1801 16th St., Greeley

When: Nov. 26, 9 a.m.

Cost: \$20 adult, \$15 (17 and under) prior to race day; \$5 more on race day

Varicose Vein Screening

For some people, varicose veins cause severe, aching pain. If varicose veins are keeping you from living your life to the fullest, consider scheduling an appointment at NCMC's Vein Clinic. Treating your varicose veins is more than just a cosmetic procedure, and it's important that you have them evaluated and treated by a medical professional.

Where: CardioVascular Institute of North Colorado

When: By appointment only

Call: (970) 378-4100

Cost: FREE screening

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eLearning Childbirth Preparation

Online Childbirth Education

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The program offers text and video as well as interactive learning activities. There are also documents to print such as checklists, suggestions for packing for a hospital stay, lists of community resources, and other prenatal and parenting classes.

Convenience for Busy Schedules

The course costs \$75 and takes about four to five hours, if one were to read the program from start to finish. However, parents are allowed to schedule a two-week period in which they are free to return online as many times as they want. In addition to the online learning portion of the course, parents may choose to attend a one-evening labor rehearsal with a childbirth educator where they can practice breathing, relaxation and comfort measures. Tours of the Monfort Family Birth Center are also available.

“We are so excited to make this course available to new parents in our community,” says Howard, “especially during the time of year when weather might make it difficult to get to a class. It’s also perfect for parents who live in an outlying community who might have to travel long distances or stay overnight for a class held at NCMC.”

For more information or to enroll, visit www.BannerHealth.com/NCMCFamilyLifeEdu or contact the Family Life Education registration line at (970) 378-4044. You will receive an access code that is active for two weeks during which time the course is to be completed.



Shannon Connor, Shannon Connor Photography.