



Banner Health
McKee
Medical Center

McKee Bulletin

McKee Seasons Club

Offering free Medicare prescription drug counseling

NAVIGATING THE ANNUAL CHANGES IN MEDICARE PRESCRIPTION DRUG PLANS CAN BE CONFUSING. THIS YEAR IN THE LOVELAND AREA, THERE ARE 26 DIFFERENT APPROVED PRESCRIPTION DRUG PLANS, 16 MEDICARE ADVANTAGE PLANS THAT COVER PRESCRIPTION DRUGS AND HEALTH COVERAGE, AND 10 DIFFERENT SUPPLEMENTAL PLANS THAT PROVIDE HEALTH COVERAGE ONLY.

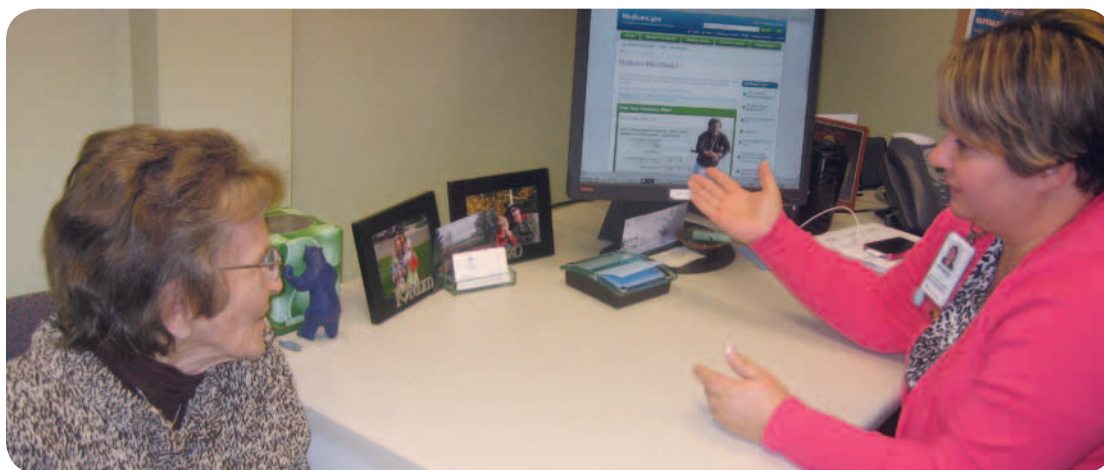
Brand name drugs covered one year might be excluded the following year depending on insurance contracts with pharmaceutical companies. If the drugs you need are no longer covered, the hit to your wallet can be severe.

Helping to compare insurance options

That's why the McKee Seasons Club offers free Medicare prescription drug counseling for the community.

Between Nov. 15 and Dec. 31, the most recent open enrollment period, McKee Seasons Club staff and volunteers counseled more than 300 people about their prescription drug coverage options.

"In essence, what we do is spend about 30 minutes with each person, enter their



Carroll Witle (left) and Phoebe Hawley, senior services manager for McKee Medical Center, prepare to review options for prescription drug coverage.

prescriptions into the *Medicare.gov* website, evaluate the annual cost and see if there is an opportunity to save money," says Phoebe Hawley, senior services manager for McKee Medical Center. Hawley oversees the Seasons Club, a program for mature adults that provides health promotion, education and recreational opportunities.

Hawley says the consultation saves the average person between \$300 and \$3,000.

"We help them find a plan to cover medicines and set up a strategy for when they hit the coverage gap or doughnut hole as it's sometimes called," Hawley says. "We also help navigate the pros and cons of their insurance options."

Sorting through the variables

Carroll Witle, an 86-year-old Loveland resident, has been coming to McKee for prescription drug counseling for four years. She currently takes 11 medications and says it would be impossible to sort through all the variables for so many different plans.

"Most people my age don't know where to go to get help," Carroll says. "This is so simple."

The next open enrollment period will be between Oct. 15 and Dec. 7, 2011.

➤ *Story continues on page 2*

Heart care

New cath lab equipment improves quality of care

AS PART OF BANNER HEALTH'S CONTINUED INVESTMENT IN HEART CARE IN NORTHERN COLORADO, MCKEE MEDICAL CENTER IS RENOVATING ITS CARDIAC/INTERVENTIONAL RADIOLOGY CATHETERIZATION LAB.

In McKee's catheterization lab, which opened on Valentine's Day of 2000, workers are installing a General Electric Innova® 3100 IQ imaging system. This machine is designed to perform a range of cardiovascular and interventional radiology procedures. The technology is easy to use and continues to allow the physician to focus on the patient rather than the imaging system.

Lee Bellows, cath lab patient services senior manager, says the system gives physicians the ability to do cardiac and peripheral procedures with the newest technology available. It provides better image quality and offers reduced radiation exposure to patients.

Physicians from Banner's CardioVascular Institute of North Colorado, serving North

Colorado Medical Center and McKee, weighed in on the selection of the GE system. This is the same system used at NCMC's cardiac cath lab. Having one system at both hospitals makes it easier for staff and physicians who work in both places. "That improves our quality of care," Bellows says.

Providing the necessary tools

Tina Ryan, a radiologic technologist, says the renovation and addition of new equipment is an example of Banner giving employees the tools they need to do their jobs. Because of that commitment, Ryan says the number of people seeking heart care at McKee is increasing.

She cites an increase in the number of cardiac procedures done in the cath lab in 2010 compared to 2009. January-August 2010 showed double the number of cardiac patients compared to what was done in the cath lab in all of 2009.

Work began in October and is expected to conclude in early 2011. In the meantime, cardiac cath and interventional radiology procedures are done in a dedicated operating room.

What happens in a cath lab?

In the cath lab, interventional cardiologists conduct a special study of the heart. This study allows the physician to see the chambers, valves or coronary arteries. To do the study, the physician guides a thin plastic tube or catheter through an artery or vein in the arm or groin.

This is a minimally invasive way to treat some forms of heart disease. Doctors do not surgically open the patient's chest. They enter the heart through arteries in the legs or arms. Then they use special tools to inject dye, clear blocked arteries or insert a stent (small metal tube) when needed. McKee offers many cardiac and interventional radiology catheterization procedures including:

- Angioplasty (balloon)
- Diagnostic Catheterizations
- Stent Implantation
- ICD/Pacemaker Implant
- Peripheral Vascular Procedures and Intervention

MEDICARE PRESCRIPTION DRUG COUNSELING

► *Continued from page 1*

Brown Bag Medication Reviews

In addition to offering free prescription drug consultations during open enrollment, McKee Seasons Club offers Brown Bag Medication Reviews – a free, private medication review with a hospital pharmacist.

"A regular review of medicines is imperative," says Phoebe Hawley, senior services manager for McKee Medical Center. "When you add a new medicine or experience a change of condition, I recommend a review of the medicines."

In addition to possible reactions between prescription drugs, the pharmacist can make you aware of potential problems between prescription medication and over-the-counter medicines and/or supplements.

Appointments are scheduled every two months or by special request. For more information, please call **(970) 635-4097**.

Meeting your health care needs now and into the future

Welcome to the winter edition of the *McKee Bulletin*! We have so much to share, beginning with the great work by our Seasons Club with the Medicare prescription drug counseling program.

I am so proud of this service McKee provides to Medicare beneficiaries in our community. Imagine spending 30 minutes on a consultation that can save you hundreds of dollars. If you didn't attend this year, be sure to mark your calendars for the next open enrollment between Oct. 15 and Dec. 7, 2011.

On page 4 of this issue you will learn about the labyrinth recently constructed at McKee. This winding path located along our Wellness Walk behind the hospital is intended to provide a healing space where

visitors can meditate, center themselves or simply find a moment of peace. This is a true community project made possible by dozens of contributions from businesses and residents who gave materials or their time to build this wonderful addition to our campus.

I would like to extend my thanks to McKee's interdisciplinary Caring and Healing team which had the foresight and determination to make this project a reality. If you have not had the opportunity to experience it yet, I hope you will stop by and check it out.

Finally, I hope you will take note of our new cardiac catheterization lab. Heart care is one of the true strengths at McKee thanks to our dedicated staff of specialists and the outstanding physicians with CardioVascular

Institute of North Colorado. Our investment in this equipment ensures that our team will continue to meet your heart care needs now and into the future.

It is an honor and privilege to serve you and I thank you for making McKee Medical Center your hospital of choice in our community.

Sincerely,



Marilyn Schock
Chief Executive Officer



New medical imaging system

Combines patient comfort and high-quality images

The new Vantage Titan™ medical imaging system from Toshiba now in use at Skyline Imaging and MRI provides patients with a more comfortable exam and physicians with higher-quality images.

Skyline acquired the large-bore MRI machine in April 2010. Cyndy Dingae, Skyline lead MRI/CT technologist, says the focus is on ensuring patient comfort while providing high-quality images.

A large-bore MRI provides another choice for patients who need diagnostic exams. The unit offers greater patient comfort because it has an extra-large opening that measures 71 centimeters or about 2 feet, 3 inches. A conventional MRI is 60 centimeters.

The additional space makes having an MRI more comfortable for larger and/or claustrophobic patients.

The Titan MRI system also has technology to reduce exam noise. Called Pianissimo™, the technology changes the loud pounding of other MRIs to a subtle knocking. This makes communication between the patient and technologist easier.

With more room and less noise in the machine, it is easier to remain motionless during the exam. Our nursing staff and technologist have more than 30 years combined experience and will make your visit comfortable with warm blankets, cushions and a choice of music from the library.



Comfortable exams mean better images the physician can use to diagnose and evaluate each patient's physical condition.

Skyline Imaging and MRI is in Suite 100 at Skyline Center for Health, 2555 E. 13th St. The phone number is **(970) 613-1745**.

McKee Labyrinth offers place for meditation, healing

THOSE SEEKING TO MEDITATE, CENTER THEMSELVES, RELAX AND REJUVENATE CAN NOW VISIT THE MCKEE LABYRINTH, LOCATED ON THE MCKEE MEDICAL CENTER CAMPUS. THE LABYRINTH IS AVAILABLE TO ALL MEMBERS OF THE COMMUNITY YEAR-ROUND AND CAN BE FOUND ALONG THE WELLNESS WALK ON THE NORTHEAST SIDE OF THE HOSPITAL.

The labyrinth project was planned and coordinated by the McKee Caring and Healing Team. Made up of McKee staff members from 16 hospital departments, the team's mission is to embrace and empower the McKee Medical Center family (patients, families, physicians and staff) by providing resources to promote balance through compassion, comfort and dignity.

What is a labyrinth?

A labyrinth is a winding path with one entrance/exit. Labyrinth patterns, originally built into the floors of medieval cathedrals, are made up of a single, winding unobstructed path, usually from the outside to the inside of a circular shape. Although labyrinths take a circuitous path, they do not have the dead ends found in mazes, so they are often viewed as a metaphor for our life journeys. Many cultures and religions throughout history have used labyrinths to bring more spiritual, emotional, psychological and physical well-being into their lives.

For those who walk it, the path can provide a sense of peace and empowerment. Walkers move at their own pace and the experience varies from individual to individual.

"Each of us experiences an essential unity of our mind, body and spirit," says McKee Chaplain Bruce Rippe. "Any exercise that



McKee Chaplain Bruce Rippe, center, leads a group of McKee staff members, volunteers and community supporters during the dedication of the labyrinth Oct. 22, 2010.

allows an individual to find inner calm and peace will help reduce anxiety and restore focus. Our patients and their families can use this as part of the healing process, and our staff and our community can benefit as well."

How does it work?

Individuals enter the labyrinth and simply follow the path to the center. While walking along the winding path, focus on a topic important to you, or perhaps clear your mind and focus simply on breathing and relaxation.

Once in the center, some people pray or meditate. For others it can be a moment of quiet reflection or a time to think about issues of concern and how to deal with them. When ready, simply follow the path back.

Community gifts to the McKee Medical Center Foundation Chapel Campaign funded the labyrinth project. Collaborations with Pathways Hospice and United Way of Larimer County Make a Difference Day allowed volunteers to complete the labyrinth last fall.

Cancer patient finds plenty to be positive about

JOY HOYT IS 35 YEARS OLD, MARRIED AND ENJOYS TAXIING HER TWO YOUNG CHILDREN TO THEIR SCHOOL AND SPORTING EVENTS. SHE HAS A DOG AND A HOME SHE TAKES PRIDE IN DECORATING AND CARING FOR. SHE ALSO HAS AN UNUSUAL FORM OF CANCER THAT IS ROBBING HER OF HER ABILITY TO DO MANY OF THE THINGS SHE ENJOYS.

At age 29, Joy was diagnosed with an ependymoma, an intramedullary spinal cord tumor in the cervical (neck) area. This tumor is a rare form of cancer that invades the nerves inside the spinal cord and causes neurological problems.

Joy had surgery in April 2005 to remove the tumor. She went through several months of intense physical and occupational therapy after the surgery to help her regain her balance, some motor function and strength in her body. She also had to learn how to walk again. She had lost feeling from her shoulders to her toes and lost dexterity in her hands. “It took several years of recovery to feel ‘normal’ again,” she says.

McKee Cancer Center – a welcoming place

Then, in February 2010, another tumor was found, followed by surgery and more rounds of physical and occupational therapy. After two additional tumors were found two months later, Joy began radiation therapy at the McKee Cancer Center.

Throughout her seven-week regimen of daily radiation treatments, Joy says she felt like McKee’s Cancer Center was her second home. “Everyone was so welcoming and genuinely cared about me. They took the time to get to know me, to learn about my life and my family,” she says. “They gave me resources and information so I knew what to expect and how I might feel.”

Because the treatment made her tired, the staff made every attempt to help her relax during her treatments by ensuring her comfort – even playing music.



Left to right: Jason Hoyt, Anthony Hoyt, Joy Hoyt and Ashley Spooner.

Several months after treatment, an MRI showed the tumors in Joy’s spinal cord are still there. Another MRI within three months will be a checkup to determine whether the radiation killed the cancer cells. Joy still experiences some pain and neurological difficulties and acknowledges that she may never regain all that she has lost. Her follow-up care will now include frequent, regular MRIs to monitor any change in the tumors and surrounding cells.

Making the good things better

Though she’s worked with a number of different specialists throughout her treatment, Joy said she is confident in the care she is receiving. Elizabeth Ceilley, M.D., who most recently reviewed her MRI, was on the tumor board in Boulder County where Joy had her surgeries. “It’s great to work with her here because she is familiar with my case and has been involved with it before I even met her,” Joy says.

Her diagnosis has been hard on her family and they have had to adapt, but Joy says she has found plenty to be positive about. “Now I have more time to spend with my family, especially my kids, and be involved in their lives more,” she says. “It’s an important lesson for all of us – sometimes you just have to deal with bad things and work to make the good things better.”

ELIZABETH CEILLEY, M.D.



Dr. Elizabeth Ceilley joined the McKee Cancer Center in October as the Medical Director of Radiation Oncology. She has extensive experience with a broad array of radiation treatment modalities for various types of cancer, and has written and published several articles on breast cancer research and treatment.

“Every patient’s experience is unique,” Dr. Ceilley says. “I do everything within my

power to meet my patients’ medical and emotional needs at every step along their cancer journeys. At the McKee Cancer Center, we have a dedicated team of physicians, nurses, radiation therapists, social workers, volunteers and other professionals who all work together to deliver the best patient experience possible to everyone who comes through our doors.”

Specialty: Radiation Oncology

Location: McKee Cancer Center, 2050 N. Boise Ave., Loveland

Medical School: University of Iowa School of Medicine, Iowa City, Iowa

Residency: Massachusetts General Hospital, Harvard Medical School in Boston

Board Certification: American Board of Radiology – Radiation Oncology



Donor profile: Dan and Margaret Mills
**A lifetime of service
to the community**

DAN AND MARGARET MILLS HAVE HEALTH CARE IN THEIR PAST, PRESENT AND FUTURE. BOTH WERE BORN TO HEALTH CARE PROFESSIONALS. MARGARET CHOSE A CAREER IN NURSING AND DAN NOW CHAMPIONS THE SERVICES OF THE MCKEE MEDICAL CENTER FOUNDATION AS THE BOARD'S PRESIDENT.

DAN AND MARGARET MILLS

Residence: Loveland, Colo., continuously since 1984

Marital Bliss: 30 years

Occupations: Dan, Partner/Producer, Flood and Peterson Insurance; Margaret, Registered Nurse, Endoscopy Center at Skyline

Children: Emily - 28, San Francisco, pursuing master's degree in counseling; Mary Beth - 25, biochemist for Instec; Abbie - 22, studying Italian and vocal performance in Ferrara, Italy

Commitment to McKee: Dan - 2011 Foundation Board president, Margaret - 20-year nursing career at McKee

Both see McKee Medical Center as a wonderful community asset.

"I became affiliated with the McKee Medical Center Foundation because of the great service the Loveland Community Health Center provides our community," Dan says. "At that time I was a small business owner and appreciated the affordable medical services that the hospital offered for many of my staff members. It was a jewel in the community."

He continues, "Because the Foundation supports the health center, I began to appreciate what the Foundation does for McKee and the medical community. Serving on the McKee Medical Center Foundation Board for the past five years has been a pleasure due to the dedication of board members and staff who are committed to McKee as a wonderful community asset."

Margaret has had a 20-year nursing career at McKee.

"McKee has so much longevity in the community, which serves to make the hospital stronger," Margaret says. "When I began working at McKee in 1980, I recognized how lucky Loveland was to have a community hospital."

She continues, "I had the opportunity to meet many of the community leaders who worked to make the hospital a reality. At that time many community members had to go out of town for medical care. We are so lucky to have had leadership with the vision to attract a variety of medical specialties and services to the hospital. McKee is a blessing to our community."

Family links to medical care

Both Margaret and Dan have family links to the medical profession. Their fathers, Dr. John Mills and Dr. Roy Shore, were physicians in Greeley. In addition, Margaret's mother and grandmother were both nurses, and Dan's mother was a medical technician.

Dan and Margaret met while attending University High School in Greeley. They became friends on a Spanish Club trip to Mexico. To comply with cultural etiquette, young ladies needed a male chaperone. "Dan was my official chaperone for the trip," Margaret recalls. After Dan graduated from Colorado College and Margaret from the University of Colorado, the friendship that began in high school blossomed into marriage in 1980.

For 10 years prior to his career in insurance, Dan was a restaurateur in the Denver and Loveland area. He owned both The Summit and Pinocchio's restaurants. His experience as the owner of two small businesses provided the background for his 24-year career with Flood and Peterson Insurance.

"I am unique to the commercial insurance industry because I am first a businessman and then an insurance guy," Dan says. "My business acumen is the quality my clients appreciate first and foremost."

The art of nursing

A third-generation registered nurse, Margaret has been working in the profession since 1980. After spending a year at McKee in 1980, the family moved to Denver for three years. When they returned to Loveland in 1984, Margaret began a 20-year career in nursing at McKee. She was the first to receive the prestigious Touched by a Nurse Award in 2001 for nursing excellence.

"The years I spent at McKee allowed me to work with many nurses who became my professional mentors," Margaret says. "You learn the science of nursing in college, and then you learn the art of nursing from other nurses. At McKee I had the opportunity to work with so many wonderful care giving professionals."

Margaret has been a nurse at the Endoscopy Center at Skyline Center for Health since 2004. "Making the decision to change to Skyline after 20 years at McKee was a very emotional one for me. I enjoy the field of endoscopy because it helps prevent disease and provides early detection of one of the most common forms of cancer."

Serving the community

Through the years Dan has served the community in many capacities. He currently serves on the Board of Directors for Home State Bank. He has also served as the chairman of the United Way Allocation Committee, St. John's Catholic School Advisory Council, past president of the Thompson Valley Rotary Club, and chairman of the Finance and Parish Council at St. John the Evangelist Catholic Church. Dan coached all three of his daughters in basketball and helped to establish a preparatory basketball league.

Margaret has served the community as the chairwoman of the McKee Organ and Tissue Donation Committee, volunteer school nurse at St. John the Evangelist Catholic School, school advisory council member, youth ministry, coordinator of vision and hearing screening, immunization and flu shot clinics for St. John's, facilitator for Safe Environment Training and health fair presenter.

Dan and Margaret enjoy family, faith, working out, golfing, fly fishing and mountain and road cycling together. They often ski in Winter Park where they have a cabin. Margaret is also on the Winter Park Volunteer Ski Patrol.

"McKee has always been an important part of our family," Margaret says. "All three daughters attended day care at the McKee Children's Center on-site at the hospital. Our youngest daughter, Abbie, was born at McKee while I was working there."

"It was important to me to have her at McKee," Margaret shares. "Dan dropped me off at the front door in order to park the car. Seven minutes later Abbie was born! An emergency room physician delivered her because our

obstetrician was on the third floor on rounds and couldn't get to the delivery room in time. When we took Abbie home, she was so relaxed that she slept through the night. We had the utmost confidence in McKee; our newborn daughter must have felt the same way!"

You Can Help

Kid-Self Pediatric Therapy Program

Meet Julia, a 9-year-old girl who receives speech therapy through McKee Medical Center Rehabilitation Services.

"Julia brings joy to all of us at McKee Rehabilitation from the moment she walks in the door, with an endearing smile and a hearty 'Hey!'" says Jill Armour, Julia's therapist. "Speech is hard work for Julia but she has progressed from a few words to intelligible phrases and sentences."

Julia wants and needs to communicate verbally with her family and friends. Her parents work with her on specific goals, so the therapists and family formed a team to help Julia.

"I'm so glad we have the Kid-Self Fund because working with Julia and her family makes me feel that I am helping to make a difference in their lives," Armour says.

Since the fund was established in 1981, it has provided sliding-fee assistance to families with children through age 18 who need speech, occupational and physical therapy. Depending on the severity of the diagnosis, the number of weekly sessions per child varies from several months to multiple years. Without the assistance of this fund, families without insurance coverage could pay from \$150 to \$250 per session.

If you wish to support families like Julia's, you may use the enclosed envelope to make a tax-deductible donation to McKee Medical Center Foundation. Simply write in Kid-Self. One hundred percent of your gift will be used to support the fund.

Class and event listings for winter 2011



Childbirth Classes

McKee Family Birthing Center offers childbirth education, infant care and breast-feeding fundamentals classes for new parents and expecting couples. Call (970) 669-9355 to register. For more information on these classes, please visit www.bannerhealth.com/classes.

Childbirth with Confidence

What: Monday Night Classes

When: Feb. 7-March 7;
March 28-April 25
7 p.m. to 9 p.m.

Cost: \$65 per couple

What: Wednesday Night Classes

When: Jan. 19-Feb. 2;
Feb. 23-March 9;
March 30-April 1
7 p.m. to 9 p.m.

Cost: \$65 per couple

What: Saturday All-Day Classes

When: Jan. 15, Feb. 19, March 12
9 a.m. to 4 p.m.

Cost: \$65 per couple

What: Childbirth with Confidence

Spanish Speaking Class

When: Feb. 17, 1 p.m. to 3 p.m.

Cost: \$65 per couple

Call: Marian or Myrna at

(970) 667-6241 for
cost and information

Breast-Feeding Classes

When: Jan. 5, Feb. 9, March 16
6:30 p.m. to 9 p.m.

Cost: \$20 per couple

Breast-Feeding Support Group

When: Mondays, Wednesdays and
Fridays (except holidays)
10 a.m. to 11 a.m.

Cost: Free

Sibling Preparation Class

When: Jan. 29, March 26
9 a.m. to 10:30 a.m.

Cost: \$15 per family

Infant Care Class

When: Tuesday, March 15
5:30 p.m. to 9 p.m.

Cost: \$25 per couple

Bright Beginnings for Infants

Bring your baby and learn how nurturing interactions, a healthy/safe environment and playing games together supports brain development and emotional health. Bright Beginnings is designed to celebrate the birth of new babies and provide families with health, safety, development, play and community resource information.

When: Jan. 17, Feb. 21, March 21
11:15 a.m. to 12:15 p.m.

Where: Third Floor, Family Birth
Center Conference Room,
McKee Medical Center

Cost: Free. Pre-registration is
required.

Call: (970) 495-7528 to register
for a class or schedule a
home visit.



Wellness Classes & Screenings

CPR/AED Certification

Heartsaver CPR/AED is a two-year certification through the American Heart Association. This class covers cardiopulmonary resuscitation with the use of an automated external defibrillator (AED) and choking aid for adults, children and infants. This class is designed for community members, and businesses or organizations in the community who may have access to an AED. Registration and payment is required prior to class.

When: Jan. 11, 6 p.m. to 10 p.m.;
March 19, 8 a.m. to noon

Cost: \$42 (includes required book)

Call: (970) 669-9355

CPR Skills Check for Heartsaver CPR with AED Renewal or CPR for Health Care Providers Renewal

Renew your Heartsaver CPR with AED card by completing an online

CPR module (at www.onlineaha.org), which includes watching a video, reviewing content and an exam. When the online module is complete and a Course Completion Certificate is printed, call Wellness Services to schedule a 30-minute skills check. Please bring a copy of the Course Completion Certificate and a copy of your current Heartsaver CPR card. Fee includes skills check with a certified American Heart Association instructor. Separate fee for online course, payable online.

When: By appointment only

Cost: \$40 for Heartsaver CPR with
AED; \$50 for CPR for Health
Care Providers

Call: (970) 669-9355

CPR for Health Care Providers

This is a two-year certification through the American Heart Association. This class covers cardiopulmonary resuscitation and choking aid for adults, children and infants. Also covered is use of an AED and advanced airway management. This class is designed for all health care providers. Registration and payment is required prior to class and closes one week prior to class. We reserve the right to cancel a class when fewer than five people are enrolled.

When: Feb. 8, 6 p.m. to 10 p.m.

Cost: \$50 (includes required book)

Call: (970) 669-9355

Blood Pressure Screening

Have your blood pressure checked by a Wellness Specialist.

When: Monday through Thursday,
8 a.m. to 4:30 p.m.

Friday, 8 a.m. to noon

Where: Wellness Services,
1805 E. 18th St., Suite 6

Cost: Free

Call: (970) 635-4056

Cooking Classes

Classes are designed to inspire and educate community members about healthy cooking, trends in the kitchen and fun ideas to enliven meals for you and your family. Classes will be taught by a registered dietitian and held in a teaching kitchen at the McKee Education Office, 1825 E. 18th St. Your fee includes handouts, recipes and tasty samples.

Schedule:

- Cooking the Healthy "Weigh,"
Jan. 12, 4:30 p.m. to 5:45 p.m.

- Cholesterol: Separating Fat from
Fiction, Feb. 9, 4:30 p.m. to 5:45 p.m.

- Great Grains, March 15, 5 p.m.
to 6:15 p.m.

Cost: \$15 per person per class

Limit: 15 people per class

Call: (970) 669-9355

Metabolism Matters Screening

A 30-minute metabolism screening includes a MedGem® indirect calorimeter measurement (10- to 15-minute procedure). This will provide you with your resting oxygen consumption (VO₂) value and resting metabolic rate (RMR) in calories per day. The screening includes a 10- to 15-minute consultation with a registered dietitian. By appointment only. Fasting required.

When: Jan. 19, Feb. 16, March 16
7 a.m. to 9 a.m.

Cost: \$45

Call: (970) 669-9355

Open Labs

In today's world, many people want to play a larger role in decisions regarding their health care. McKee Wellness Services offers individuals the opportunity to access a range of low-cost laboratory tests through direct access testing. The results are mailed directly to the individual. Payment is due at the time of service. No insurance billing. By appointment only.

When: Jan. 4, Jan. 18, Feb. 1,
Feb. 15, March 15
7 a.m. to 9 a.m.

Where: Wellness Services,
1805 E. 18th St., Suite 6

Cost: Varies for tests

Call: (970) 669-9355

Bone Density Screening

Osteoporosis is a disease that causes bones to gradually weaken and become fragile. With the help of low-cost ultrasound screenings of the heel, we can determine if a person is at risk for development of osteoporosis. Early detection is the key in the prevention and treatment of osteoporosis. By appointment only.

When: Jan. 20, Feb. 17, March 17
11 a.m. to 3 p.m.

Where: Wellness Services,
1805 E. 18th St., Suite 6

Cost: \$25

Call: (970) 669-9355

Safe Baby Sitter Class

SafeSitter® is a medically accurate, hands-on, fun class that teaches boys and girls ages 11 to 13 how to handle emergencies and prevent injuries when caring for children.

Classes and events take place at McKee Medical Center, 2000 N. Boise Ave., unless indicated otherwise.

The six-hour curriculum teaches care of the choking child and infant, behavior and injury management, safety for the sitter and much more. A completion card is given upon successful completion of skills and a written test. Registration closes one week prior to class. We reserve the right to cancel a class when fewer than five people are enrolled.

When: Feb. 21

9 a.m. to 2 p.m.

Where: McKee Conference and Wellness Center

Cost: \$45 (includes required manual)

Call: (970) 669-9355

Total Joint Education

Physical therapists and occupational therapists prepare patients for surgery. This program is coordinated through your physician's office as part of the surgery scheduling process.

When: Thursdays at 3 p.m.

Where: McKee Conference and Wellness Center

Cost: Free

Call: (970) 635-4172

Wellness Consultation

Our Wellness Specialists can meet with individuals in a personal, 30-minute session. They use problem-solving and goal-setting to help establish an individualized plan to improve health in a variety of areas, including weight loss, physical activity, healthy eating, stress management and sleep. The appointment includes a health risk assessment and printed report.

When: By appointment only

Where: Wellness Services, 1805 E. 18th St., Suite 6

Cost: \$35

Call: (970) 669-9355

Seasoned Yoga for Friends 55+

If you'd like to practice yoga in a nurturing environment with a focus on individual needs and lots of encouragement and patience, we have the class for you. Students of all levels of physical ability are welcome. Join us to facilitate greater range of motion, flexibility and relaxation.

When: Mondays, Jan. 3 to March 21
9 a.m. to 10 a.m.

Where: McKee Conference and Wellness Center

Cost: \$24 (discounts available for Seasons Club members)

Call: (970) 635-9377



Asthma Education

This four-session multidisciplinary educational series helps people manage asthma. The team reviews the respiratory system and how it works, medications used to treat asthma and tools that can help you breathe better and monitor your asthma. Triggers, early warning signs and coping techniques are discussed. Anyone who has asthma is encouraged to attend along with family and/or significant others. Because we can't be sure the room temperature will meet your personal needs, please bring a sweater or jacket.

When: Wednesdays,
6 p.m. to 7:30 p.m.

The next four-week session begins Jan. 10.

Where: McKee Conference and Wellness Center

Cost: Free

Call: (970) 635-4138

COPD (Chronic Obstructive Pulmonary Disease)

This seven-session multidisciplinary education series helps with the management of COPD. The team reviews the respiratory system, how it works, what has gone wrong and how you can conserve energy and decrease shortness of breath. Anyone who has COPD, emphysema or bronchitis is encouraged to attend along with family and/or significant others. Because we can't be sure the room temperature will meet your personal needs, please bring a sweater or jacket.

When: Tuesdays with sessions starting Jan. 4 and Feb. 22
1 p.m. to 3 p.m.

Where: McKee Conference and Wellness Center

Cost: Free

Call: (970) 635-4138

CT Heart Score

CT Heart Score provides 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 a CAT scan, uses X-rays and multiple detectors to create interior images of the heart. The Heart Score program includes a consultation with a Wellness Specialist focusing on cardiac risk factor education, identification of nonmodifiable and modifiable risks, and lifestyle behavior change options.

When: By appointment only, Monday through Thursday
3 p.m. to 4 p.m.

Cost: \$199 due at time of service. No insurance billing.

Call: (970) 635-4138

Diabetes Information Group

An informational/educational meeting for anyone touched by diabetes who wants to learn and share. A different subject will be addressed at each meeting.

When: Jan. 20, March 17
7 p.m. to 8:30 p.m.

Where: McKee Conference and Wellness Center

Cost: Free, no registration needed.

Call: (970) 203-6550



Support Groups

Yoga Support Group

For people touched by cancer. Thirty minutes of gentle yoga and breathing, and 30 minutes of holistic therapy education.

When: First and third Thursday of the month
5:30 p.m. to 6:30 p.m.

Where: McKee Conference and Wellness Center

Call: (970) 635-4054

General Cancer Support Group

When: Tuesdays, 5:30 p.m. to 7 p.m.
Where: McKee Cancer Center lobby
Call: (970) 635-4129

Caregivers Support Group

For caregivers of cancer patients.
Call: (970) 635-4129 for times and locations

Breast Cancer Support Group

When: Second Thursday of each month from 5:30 p.m. to 7 p.m.

Where: McKee Cancer Center lobby

Call: (970) 622-1961

Soulplay Art Therapy

People whose lives are touched by cancer experience the benefits of expressing themselves through art. No art experience needed.

When: Wednesdays,
9:45 a.m. to 11:45 a.m.

Where: McKee Cancer Center Conference Room

Call: (970) 635-4129

Man-to-Man Prostate Cancer Support Group

When: Fourth Thursday of the month, 5:30 p.m. to 7 p.m.

Where: McKee Conference and Wellness Center

Call: (970) 622-1961

Caregivers Support

For caregivers of elderly adults. The group focuses on providing support and education about community resources and behavior issues, particularly for people with Alzheimer's and memory impairment.

When: Third Thursday of the month,
1:30 p.m. to 3:30 p.m.

Where: First Christian Church,
2000 N. Lincoln Ave.

Cost: Free. Care of elderly adult family members or friends is available through Stepping Stones Adult Day Care Program during meeting times at no charge.

Call: (970) 669-7069

For the most current information about classes and events, please visit www.bannerhealth.com/classes.



For the fourth straight year, first place went to the team from Alpine Ear Nose and Throat. Pictured from left are Jay Reed, M.D., Ross Armour, M.D., Sarvjit Gill, M.D., and Rob Ramirez.

McKee Masters Golf Tournament Raises More Than \$34,000 for Stepping Stones Program

THE STEPPING STONES ADULT DAY PROGRAM AT MCKEE MEDICAL CENTER WILL RECEIVE MORE THAN \$34,000 THANKS TO THE 120 GOLFERS WHO TOOK PART IN THE MCKEE MASTERS GOLF TOURNAMENT ON SEPT. 10 AT MARIANA BUTTE GOLF COURSE. ALL MONEY FROM GOLFER REGISTRATIONS AND SPONSORSHIPS GO TO THE BENEFICIARY.

Travis Sharpe with Forney Industries took the longest drive for the men and also took home the prize for the Marshmallow Challenge. Robin Adams with McKee Medical Center secured the longest drive for the women. The longest putt was awarded to Marilyn Schock of McKee Medical Center; closest to the pin went to Jay Reed, M.D., of Alpine Ear, Nose and Throat.

This year's tournament was sponsored by Advanced Medical Imaging; Home State Bank; Ascent: A Stryker Sustainability Solution;

Bank of Colorado; Crothall; Enviropest; Forney Industries; Bill Kaufman – Attorney; KBR Government & Infrastructure; Mueller & Associates, CPA; Next Media Group; Orthopaedic & Spine Center of the Rockies; Townsquare Media (K99, Tri 102.5, 94.3 Max FM, 99.9 The Point, Rock 102.9); Thrivent Financial; Unisyn Medical; Urology Center of the Rockies; Waste Management; and Wells Fargo Advisors – along with nine Tee Box sponsors.

For the fourth straight year, the winning score came from the Alpine Ear, Nose and Throat team of Ross Armour, M.D.; Sarvjit Gill, M.D.; Jay Reed, M.D.; and Rob Ramirez. Team Waste Management finished in second place with Team McKee Medical Center finishing third.

Be sure to join us Sept. 9, 2011, for this worthwhile event!





Left: Kathy Loken and Karla Loken, D.O., enjoy the *McKee Masters Golf Tournament*.



Above: Meg Ashbach, Gail Daugherty, Linda Keener and Jennifer Methlie.



Left: Becky Homan, Heather Fritzier-Ingersoll, Dawn Duncan and Gretchen Gaede.

Birdies on the Green Sells Out!

BIRDIES ON THE GREEN, A NEW WOMEN-ONLY GOLFING EVENT DESIGNED WITH THE NON-GOLFING WOMAN IN MIND, WAS HELD AUG. 19 AT THE OLDE COURSE IN LOVELAND.

The event featured a 9-, 6- and 3-hole tournament and included basic golf instruction along with food, drink and a player goodie bag. Golf pros were on hand to teach basic golf skills, rules and etiquette. Following the golf portion of the day a fashion show was presented by All Dressed Up and Somewhere to Go.

Birdies on the Green raised more than \$6,000 for the Stepping Stones Adult Day Program at McKee Medical Center. Stepping Stones Adult Day Program provides participants an opportunity to socialize, build friendships and enjoy stimulating activities in a safe, caring environment. Stepping Stones gives participants new levels of freedom, enhancing their quality of life.

Sponsors included: A-Train Marketing Communications, Emerge Colorado, Stir Loveland as well as Foundation Mission Sponsors Advanced Medical Imaging Consultants and Home State Bank.

McKee Thanks

Formerly known as the Thank You Loveland Luncheon, *McKee Thanks* will continue in the same tradition of recognizing and thanking the Loveland community for its support of McKee Medical Center with an afternoon event. *McKee Thanks* will take place Thursday, March 10, at 11:30 a.m. at the McKee Conference and Wellness Center.

McKee Thanks will honor individual and community support for McKee Medical Center with inspiring stories of caring, compassion and life-changing experiences. The McKee Community Health Award, presented by the McKee Medical Center Foundation, will also be awarded.

Individual tickets are available for \$15 by calling (970) 593-6038.

Community Classic Bike Tour

The *Community Classic Bike Tour* rolls into Loveland for the 24th year on Sunday, May 15, 2011. This non-competitive, multi-distance bicycle tour travels the beautiful foothills of Larimer County in Loveland and Fort Collins.

There are four distances to choose from: 62 miles, 37 miles, 30 miles or 10 miles. The rides begin and end at McKee Medical Center at 2000 Boise Avenue in Loveland starting at 6:30 a.m. Enjoy the sites of the Big Thompson River, Lon Hagler Reservoir, Carter Lake, Green Ridge Glade Reservoir, Masonville, Horsetooth Reservoir and Boyd Lake.

Early signup starts Jan. 10! Save \$15 off the regular fee of \$55 if you sign up before Feb. 15 on *Active.com*. Entry fees after Feb. 15 through April 29 are \$55 for adults, \$25 for ages 13-17 and \$10 for children. The fee for all 10-mile riders is \$10. One hundred percent of all registration fees and sponsorship contributions will benefit the Stepping Stones Adult Day Program at McKee.

Call (970) 203-2519 for more information.



YOU CAN RECEIVE THIS NEWSLETTER BY E-MAIL

McKee eBulletin, the McKee Medical Center community newsletter, is now available by e-mail! If you would prefer to receive your version by e-mail instead of regular mail, visit www.BannerHealth.com/McKee and click on [Sign up for our eBulletin](#).

See our
WINTER 2011
CLASS AND EVENT
listings starting
on page 8!



Banner Health

McKee Medical Center

2000 N. Boise Ave.
Loveland, CO 80538
(970) 669-4640

This newsletter is a quarterly publication of McKee Medical Center, a Banner Health facility. For more information, visit us online at www.BannerHealth.com

Keyword: McKee, or contact McKee Medical Center's Public Relations Office at (970) 635-4031 or (970) 593-6073. If you would like to be removed from the mailing list, please call (970) 635-4031.

Sara Quale, Editor

Lisa Bohlmann, Judy Chapman,

Paul Matthews, Dawn Paepke,

Contributing Writers

Facility Campaign for Stepping Stones Adult Day Program

CAREGIVERS OF ADULT FAMILY MEMBERS OFTEN WANT TO ENHANCE THE QUALITY OF LIFE FOR THEIR LOVED ONES AND PROVIDE OPPORTUNITIES FOR THEM TO SOCIALIZE AND PARTICIPATE IN STIMULATING ACTIVITIES.

Other adults may need assistance during the day because of memory loss and physical limitations. Stepping Stones Adult Day Program, a service of McKee Medical Center, gives caregivers peace of mind and gives participants the opportunity to thrive.

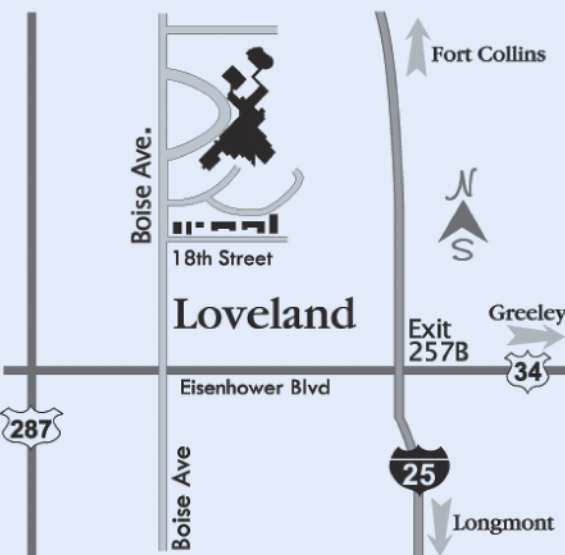
According to the daughter-in-law of one participant, "My mother-in-law has blossomed since she attended Stepping Stones. She talks more, smiles more and she's just generally happier with life."

Enhancing quality of life

Participants have an opportunity to socialize, build friendships and enjoy stimulating activities in a safe, caring environment. By tailoring activities to meet each individual's specific needs, Stepping Stones becomes a place where dignity, confidence, security and independence are assured, giving participants new levels of freedom and enhancing their quality of life.



The program currently accommodates 14 participants at one time. The community need for this type of program is growing and will continue to grow rapidly during the coming years. McKee Medical Center Foundation has established the Facility Campaign for Stepping Stones Adult Day Program to increase the capacity based on escalating community need. One hundred percent of all foundation fundraising event proceeds for 2011 will support the Facility Campaign for Stepping Stones Adult Day Program.



This publication does not constitute professional medical advice. Although it is intended to be accurate, neither the publisher nor any other party assumes liability for loss or damage due to reliance on this material. If you have a medical question, consult your medical professional. Images may be from one or more of these sources: ©Thinkstock, ©iStock, ©Fotolia. ©2011 McKee Medical Center