

## Meet Hoyt Skabelund Banner Payson Medical Center's New CEO

Join us in welcoming Hoyt Skabelund, a Utah native with more than 20 years of health care leadership, with a true passion for rural healthcare. Prior to his current role, Hoyt was CEO of Banner Health's three Northern Colorado hospitals: North Colorado Medical Center in Greeley, CO, McKee Medical Center in Loveland, CO and Banner Fort Collins Medical Center in Fort Collins, CO. He also served as CEO of Banner Health's Rural Division of 10 hospitals located in Arizona, California, Colorado, Nebraska, Nevada and Wyoming, CEO for Sterling Regional Medical Center in Sterling, CO and Banner Churchill Community Hospital in Fallon, NV, and as the administrator for Plains Regional Medical Center in Clovis NM, Socorro General Hospital in Socorro, NM, and Dr. Dan C. Trigg Memorial Hospital in Tucumcari, NM.

Prior to his executive career he served in various health information management positions. Hoyt received his master's in health care administration and master's in business administration from the University of Minnesota and his bachelor's degree in accounting from Utah State University and is a Certified Management Accountant.

Hoyt and his wife, Carmen, have two children. Wayne and his fiancé, Jenna, and Whitney, and her husband, Kix. Hoyt's excitement for his new role at BPMC is palpable and we are all excited to work with him as we continue to "Make HealthCare Easier, So Life Can be Better".

Hoyt replaces Lance Porter who accepted a position with one of Banner Health's newest hospitals at Wyoming Medical Center in Casper, Wyoming.



**"I am extremely excited to return to rural healthcare, especially in wonderful Payson!"**

## Getting Through The Pandemic

At the end of November there were more than 13 million cases of COVID -19 and 260,000 deaths in the United States. We are seeing a surge, or a second wave of COVID-19 cases close to what they were in the July peak. This is expected to continue due in part to holiday travel and gatherings.

Pfizer-BioNTech has applied for and received FDA approval of a vaccine proven effective in preventing COVID-19 in individuals 16 years of age and older. The vaccine is expected to begin rolling out in December; first tier being offered to health care workers and first responders. Until vaccine distribution is available to everyone, the community is being asked to step up for this last and final push. Wear a mask, try and put six feet distance between you and everyone else. Avoid gatherings with anyone you do not live with. If you feel ill, stay home. Wash your hands frequently and wipe down high touch surfaces. We need everyone's help.

### Office Hours

**January and February** – Open: Monday & Wednesday; 9 a.m. to 1 p.m.

**March** – Open: Monday -Thursday; 9 a.m. to 1 p.m.

**Winter weather reminder:** With winter weather around the corner, please call 928 596.4747 for updates regarding office closures due to snow.

# All Doc Talks are Held on Zoom Pro

To register, call High Country Seniors at 928.596.4747.

We need your name, phone number and email address. You will receive an email with a link to click to attend the meeting. If you don't have a computer or iPad, you can attend the meeting by phone.

## **Pelvic Issues for Women Over 50**

**Wednesday, January 13, 2021, 11:00 a.m.**

**(RESCHEDULED)**

**Kevin G. Murphy, M.D.**

Let's welcome Dr. Kevin Murphy who recently joined Dr. Cynthia Booth at Banner Health Women's Care. Dr. Murphy attended ASU where he earned a B.S. in Biology (cum laude) attended Howard University College of Medicine where he earned his Doctor of Medicine degree. Dr. Murphy completed his residency at the U of A - OB/GYN residency program. Among other things, Dr. Murphy plays a guitar and likes to fly fish. Join us for this presentation.

## **Fall Prevention – Don't Be a Statistic**

**Wednesday, January 27, 2021 11:00 a.m.**

**Michael Ward, R.N.**

One in four Americans aged 65+ falls each year. Every 11 seconds, an older adult is treated in the ER for a fall; every 19 minutes, an older adult dies from a fall. Each year, 3 million older people are treated in the ER for fall related injuries. Over 800,000 patients a year are hospitalized because of a fall, with 300,000 hospitalized for hip fractures. Falls are the most common cause of traumatic brain injuries. Join Michael Ward to discuss common ways not to fall.

## **Meet the New C.E.O.**

**Wednesday, February 3, 2021 11:00 a.m.**

**Hoyt Skabelund, C.E.O.**

Join us for a meeting with the new Chief Executive Officer of Banner Payson Medical Center. Hoyt will discuss his background, his interest in Payson, successes at Banner Payson and his forecast for the future.

## **Restless Leg Syndrome, Leg Cramps & Vasculitis**

**Wednesday, February 17, 2021 11:00 a.m.**

**Kim Alten, FNP -BC**

Restless leg syndrome is characterized by an overwhelming urge to move your legs or a jumping that gets worse when you're at rest and is usually worse in the evening. Many people suffer from occasional leg cramps, and 1/3 of adults aged 60+ experience nocturnal leg cramps, contracting of muscles in the legs and/or feet in the middle of the night. Vasculitis is an inflammation of the blood vessels which cause problems in the blood vessel walls. Join Kim Alten for a discussion of symptoms, causes and treatment of these conditions.

## **C.O.P.D.**

**Wednesday, March 3, 2021 11:00 a.m.**

**Judy Lee, MSW, LCSW**

Short for chronic obstructive pulmonary disease, C.O.P.D. includes chronic bronchitis and emphysema. It is a long-term lung disease that makes it hard to breathe. Join Judy Lee for a discussion about causes, symptoms, and treatment to breathe easy.

## **Lung Cancer Screening**

**Wednesday, March 17, 2021 11:00 a.m.**

**Archan Shah, M.D.**

MD Anderson offers lung cancer screening in an effort to detect lung cancer at its earliest stage, when treatment is most effective. Join the staff from MD Anderson to find out about program requirements, eligibility and follow-up.

**Call 596-4747 to register for any or all of the above Zoom classes.**

## Tai Chi Easy

Leslie Cook is offering her Tai Chi Easy class via Zoom on Mondays from 10:00 a.m. – 11:00 a.m. Tai Chi Easy is a gentle blend of Tai Chi and Qigong that can be done seated, standing or while walking. Improve your balance, reduce stress and anxiety while improving vitality and health.

To join, go to [www.mindfulmove.com](http://www.mindfulmove.com) Click on “on-line classes”, then “click here to access Zoom class”.

## Tonto Apache Gym Dues

Quarterly TAG dues are due during the month of **March**. Dues are \$60.00 and cover the months of April, May and June 2021. Checks should be made to **BPMC** and received in the office by March 31st. We accept cash, checks or credit cards.

To accommodate you during this time, you can call to make a credit card payment by phone. Our office will be open during the month of March from **9:00 a.m. – 1:00 p.m. Monday through Thursday**. For your convenience, you can use the mail drop (to the right of the entrance).

## Diabetic Workshop

John Hancock, RN, CDE, is offering a six-week workshop on ZOOM PRO for people with diabetes. This workshop will begin on Monday, January 4, 2021 at 11:00 a.m. – noon. This workshop will continue each Monday through February. Participants should plan to attend all six sessions. To attend, please call 928 596.4747 and leave your name, phone number and e-mail address. John will send you a link. All you have to do is click the link and follow the prompts. It's easy.

The course will cover the following topics:

- What is diabetes and why do I have it
- Meal planning
- Movement
- Monitoring
- Weight loss
- (how to avoid) Complications

## Let's Get Out of Town!

Join us for a 9 day and 8 night trip to Mount Rushmore and the Black Hills of South Dakota. This trip has been rescheduled to August 28th – September 5th, 2021. Trip highlights include a visit to the Museum of Spanish Colonial Art, Mount Rushmore National Memorial, High Plains Western Heritage Center, Deadwood S.D., home of Wild Bill Hickok and Calamity Jane among others.

Price is \$839.00 per person/double occupancy. \$75.00 due upon signing – final payment due: 6/21/2021.

## Grief Support

Grief counselors are available to speak to any of our members who may have suffered the loss of a loved one during this time. Please feel free to reach out to one of the following professionals:

Casey Ewbank  
Arizona Care Hospice  
602.448.2123

Amelia Newton-Winiecki  
Hospice Compassus  
928.821.5988

## Bridges Of Care

This is a 30-day program administered by the Pinal-Gila Council for Senior Citizens to benefit adults 60+ or disabled adults 18+ in Gila County who have been personally impacted by COVID -19. Participants will be assigned a personal Care Transition Coach who will: connect them to appropriate resources and services, arrange for 30 days of home delivered meals and assist in coordinating transportation, medical supplies, groceries and reassurance phone calls. For more information, call 520-836-2758 or 1-800-293-9393.





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