

Spring 2015

health+care

A PUBLICATION FROM MERCY REGIONAL MEDICAL CENTER AND MERCY HEALTH FOUNDATION



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INSPIRE HEALTH

Mercy Regional Medical Center
Centura Health.



New Providers, Improved Access to Care in Four Corners

Nurturing the health of the communities we serve has been Mercy's mission for nearly 133 years. The key to fulfilling this mission is providing access to care. In fact, the Sisters of Mercy who opened our first hospital came to Durango from St. Louis in 1882 for the very reason that there were no health care providers in the region.

As the population has grown in the Four Corners region, demand for health care services has exceeded the local supply. As a result, not everyone gets the right care, at the right time, and in the right place. Access has been limited. And with an inability to access care, treatable conditions may go undiagnosed and untreated, only to become urgent or emergent situations that eventually require care in a hospital or urgent care clinic. This is not only less than ideal medically, but far more expensive than preventive or primary care.

The challenges of access are not unique to the Four Corners, as they also occur nationally, and Mercy is taking steps to help.



Tom Gessel, Mercy CEO

WHAT IS MERCY DOING TO IMPROVE ACCESS?

To address the problem of limited access, Mercy has actively recruited new providers to the region in order to increase availability of services within the communities we serve. In the past two years, we have welcomed 20 new providers of primary and specialized care.

Since 2013, Mercy has welcomed 10 new providers to Mercy Family Medicine (MFM). Last year, the practice also opened new clinic locations in Bayfield and at the Horse Gulch Health Campus in downtown Durango. Access is not only a function of the number of providers and where they are located in relation to those they serve, but also when the services are available. The MFM clinic at Horse Gulch recently began offering extended hours, appointments on Saturdays, and same-day appointments. The practice is now accepting new patients at all three locations.

Specialty care services also continue to expand at Mercy. Since August of 2013, Mercy has welcomed new physicians in areas including cardiology, gastroenterology, general surgery, oncology/hematology, radiation oncology, rheumatology, and urology. As we look ahead, we plan for additional growth in specialty services, with seven new physicians expected to start before the end of the year. We are also actively recruiting additional providers in various specialty areas.

Mercy remains committed to providing a breadth of services and improving the health and wellness of the communities we serve. We are thankful for the many dedicated providers and staff who have joined us in this mission.

Tom Gessel
Chief Executive Officer
Mercy Regional Medical Center



On the Cover: **Mercy's new Trilogy Linear Accelerator**

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Correction from Fall 2014 Issue: In Chairman's Letter (page 4), Steve Swisher's title should have read *Mercy Health Foundation Chair*.

Primary Care is Our Primary Focus

FOR YOU AND YOUR ENTIRE FAMILY.

To meet the needs of our region's busy families, Mercy Family Medicine, a primary care clinic, offers quality, comprehensive care at an affordable price. With three convenient locations, Mercy Family Medicine is accepting new patients with all types of insurance, including Medicare and Medicaid.

Mercy Medical Plaza

1 Mercado Street, Suite 160
Durango, CO 81301
(970) 385-9850

Horse Gulch Health Campus

810 E. Third Avenue, Suite 201
Durango, CO 81301
(970) 764-1790

Bayfield Center Plaza

480 Wolverine Drive, Suite 3
Bayfield, CO 81122
(970) 764-9150

PRIMARY CARE SERVICES FOR YOUR WHOLE FAMILY.

Mercy Family Medicine provides primary care services to patients in all stages of life, including newborns, children, adolescents, adults and seniors. As one of the oldest established family medicine practices in the Four Corners area, our 19 dedicated providers are here to meet your needs. Services include:

- Diagnosis and treatment of minor illnesses and injuries for adults and children
- Adult and pediatric well exams, women's health and annual exams, and sports physicals
- Evaluation and care for chronic and acute medical conditions
- Medication management
- X-ray and lab draws provided on site

ARE YOU AN EXPECTING MOM, OR HAVE A NEWBORN BABY?

Mercy Family Medicine provides primary care services for children of all ages, from newborn to 18 years old. Our family physicians and certified pediatric nurse practitioner specialize in pediatric care and are available to set up a consultation with expecting mothers, as well as with families with newborns and older children.

The practice is locally managed and operated by the *Centura Health Physician Group*, which integrates multi-specialty and primary care physicians with hospitals and services across the state in a network that emphasizes the best technology and clinical capabilities.

NOW OFFERING EXTENDED HOURS, CONVENIENT ACCESS FOR BUSY FAMILIES.

Mercy Family Medicine is pleased to offer extended hours, Saturday appointments, and same-day appointments at our Horse Gulch Health Campus location.

The clinic is now open:

Weekdays from 7:00 a.m. – 7:00 p.m.

Saturdays from 8:00 a.m. – 5:00 p.m.

+ A MORE AFFORDABLE HEALTH CARE OPTION.

Did you know? A visit to a primary care clinic is less expensive than a visit to an urgent care center or hospital emergency room. If it's not a true medical emergency, consider a same-day appointment at Mercy Family Medicine's Horse Gulch location. We provide convenient access to meet many health care needs.

HAVE HEALTH QUESTIONS OR CONCERNS?

Call us any time. If you have an immediate health concern and would like to talk with a registered nurse, you can **call our main office number at any location** (above), 24 hours a day, seven days week. If you are experiencing a medical emergency, call 9-1-1.

WELCOME OUR NEWEST PROVIDERS

Please join us in welcoming our newest providers who have joined Mercy in the last year:

PRIMARY CARE

Krista Ault, M.D.
Karl Kamm, PA-C
Kevin Livingston, D.O.
Adam Owens, M.D.
Nicholas Preston, FNP-C

GENERAL SURGERY

Robert Wrona, M.D.

ONCOLOGY/HEMATOLOGY

Kim Green, D.O.

RHEUMATOLOGY

Nicole Davey-Ranasinghe, M.D.

UROLOGY

David Sisul, M.D.

New Linear Accelerator Benefits Region's Cancer Patients

When you or a loved one is diagnosed with cancer, you want quality, compassionate care that's available close to home. You also want to muster every available resource in the fight against cancer.

Mercy Regional Medical Center is proud to bring comprehensive, integrated cancer care to Four Corners' patients. Services available at Mercy range from advanced diagnostics, to genetic testing and counseling, to surgical, medical, and radiation therapies, and more.

A significant benefit to cancer patients at Mercy is leading-edge technology. Most recently, Mercy's Durango Cancer Center replaced its linear accelerator with a new state-of-the-art Varian Medical Systems Trilogy linear accelerator.

The new linear accelerator, used in radiation therapy, is similar to the one it replaced in that it is capable of accurately delivering high-energy radiation beams to tumors and lesions in the body. The new device is different because it delivers radiation doses at faster rates, which allows treatment times to be reduced by as much as 80 percent, and in some cases, may result in fewer total treatment sessions.

"This technology and the enhanced capabilities it brings will directly benefit patients in the region whose course of care includes radiation therapy," said **Jonathan Clark, M.D.**, radiation oncologist at the Durango Cancer Center. "We are very thankful to the donors who support programs like this through contributions to Mercy Health Foundation. They make a difference."

The Trilogy system was acquired through a lease-to-purchase arrangement with the help of Mercy Health Foundation. Leasing the Trilogy unit allowed the technology to be available to patients in the region immediately, while Mercy Health Foundation undertakes a three-year campaign to raise funds to purchase the equipment and other enhancements to cancer care, ensuring the benefit of these services to patients for years to come.

Durango Cancer Center is the only location in southwest Colorado to provide radiation therapies using the Varian Trilogy system.

BREADTH OF SERVICES

The new linear accelerator performs stereotactic radiosurgery (SRS) and stereotactic body radiotherapy (SBRT). SRS is a painless, non-surgical procedure used to treat benign and malignant tumors in or near the brain. Similarly, SBRT is a non-surgical radiation therapy that painlessly treats tumors in the body, such as the lungs, liver, abdomen, and spine.

VISUAL IMAGING

The new device includes robust imaging capabilities. Its three-dimensional image-guidance system allows doctors to use cone-beam CT scans to map and target the exact coordinates of a tumor's location. Highly accurate targeting and delivery of radiation reduces the risk of damage to healthy tissue surrounding a tumor. Image guidance may be used before treatments or during a procedure—in real time—to ensure radiation beam accuracy.

PRECISION

The Trilogy's radiation beam is delivered from a gantry that rotates around the patient, who remains perfectly still on a table. In the course of a treatment session, the unit's rotating gantry can sequentially deliver multiple radiation beams from various angles. Radiation beams can be manipulated to conform to unique tumor shapes, and may also be guided to avoid damaging other body structures. The Trilogy's motion management system allows radiation delivery to be synchronized with tumor motion caused by a patient's breathing.

Continued on next page

Gifts to Mercy Health Foundation

Gifts to Mercy Health Foundation will help make this equipment a benefit in the communities we serve for years to come. www.mhffnd.org, or (970) 764-2800.

Fundraising in action: See page 11 for a recap of Mercy Health Foundation's Snowdown Steampunk Soirée.

✚ Mercy's Durango Cancer Center and Southwest Oncology, a medical oncology clinic, are part of the Centura Health Cancer Network, the largest network of cancer clinics, services, and providers in Colorado. To contact Durango Cancer Center, call (970) 385-4746.

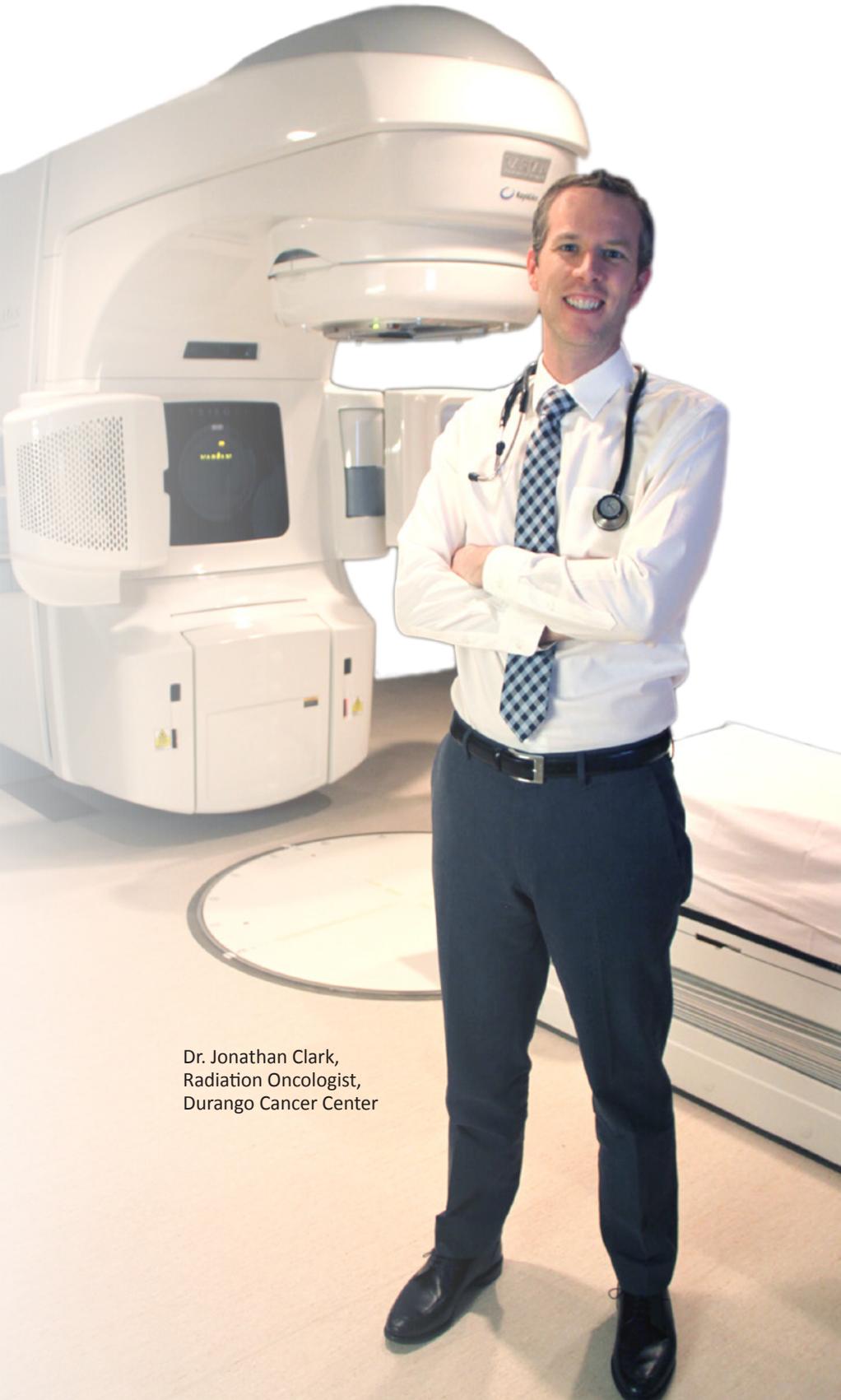
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SKILLED TEAM

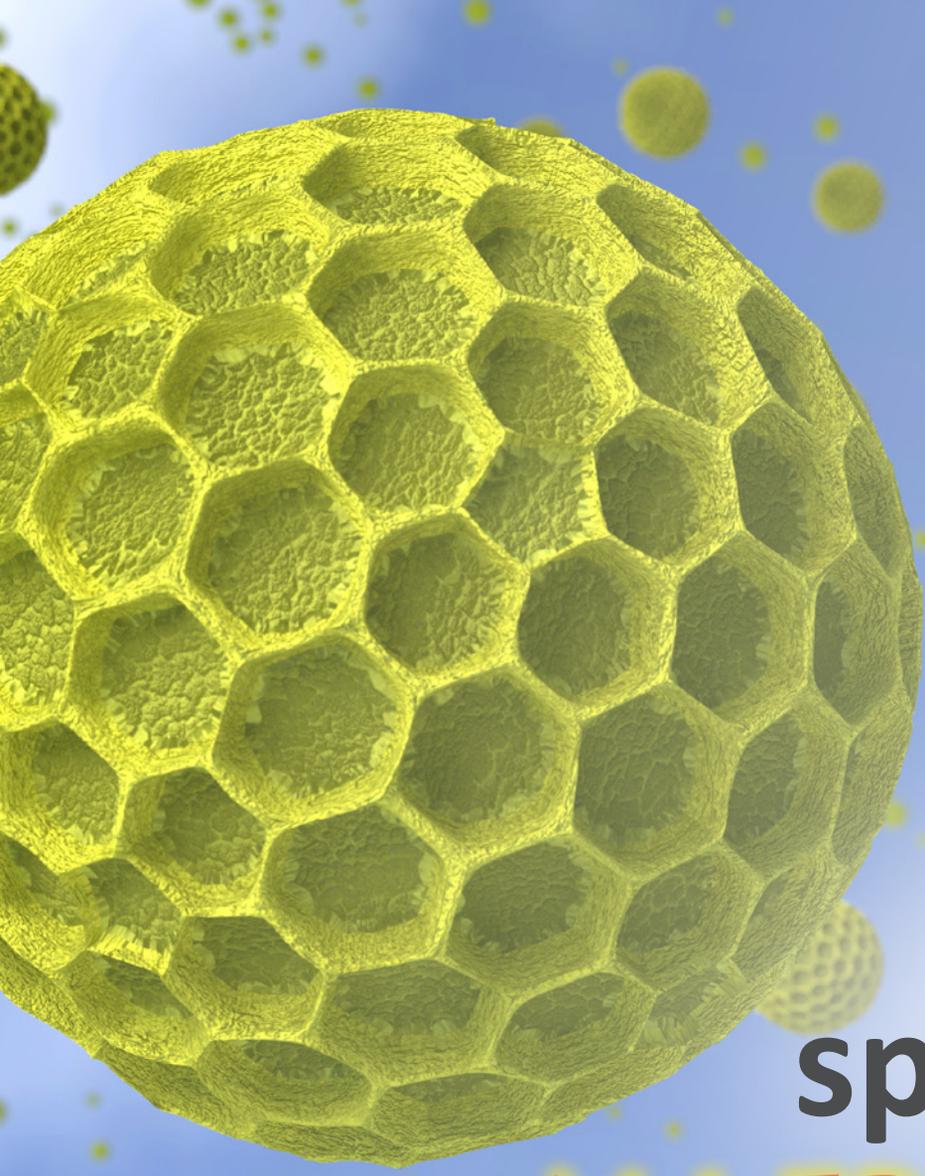
Radiation therapy requires a collaborative team of highly specialized, skilled professionals dedicated to the diagnosis, treatment and prevention of cancer. Mercy's radiation oncologists — **Dr. Clark and Steven Bush, M.D.** — are committed to overseeing radiation therapy by developing a treatment plan and monitoring patient progress throughout the course of care. They work closely with other key members of the team to ensure treatment is delivered accurately, effectively and efficiently. Team members include: the medical physicist who assists with the treatment plan, monitors equipment, and assures the safe and effective delivery of radiation; the medical dosimetrist who determines how to deliver the prescribed radiation dosage; the radiation therapists who administer radiation treatments; oncology nurses; and other health care professionals.

ABOUT RADIATION THERAPY

Radiosurgery and radiotherapy are often used to treat cancer patients who are poor candidates for normal, invasive surgery because of age or health reasons. In other cases, the area to be treated may be inaccessible through normal surgical approaches, or too close to other vital body structures. High-energy radiation does not remove tumors, but damages the DNA of cancer cells so they cannot reproduce. After a course of radiation therapy, benign tumors may shrink over 18 to 24 months, while malignant tumors typically shrink more quickly. Some tumors don't shrink, but stop growing when treated using radiation therapy.



Dr. Jonathan Clark,
Radiation Oncologist,
Durango Cancer Center



Don't let springtime

ALLERGIES get you down

If you suffer from seasonal allergies, you're not alone. Hay fever, or allergic rhinitis, is a common condition that is most often caused by an allergic sensitivity to outdoor or indoor allergens. In the last year, over 17.6 million adults and 6.6 million children in the U.S. were diagnosed with hay fever, according to the Centers for Disease Control and Prevention.

Allergy season — a nine-month season which starts in spring and runs through fall — is upon us again. Here in the Four Corners, there are many outdoor allergens which contribute to symptoms, such as runny nose, itchy eyes, congestion, sneezing, sinus pressure, and even fatigue.

According to **Greg Schackel, M.D.**, Durango-based allergy specialist and ear, nose and throat physician, the most common seasonal allergens in our region are pollens from trees, grasses, and weeds. Of the many types of pollen, Dr. Schackel warns against “the big three:” juniper, grasses, and ragweed.

Allergy season can be hard to predict, especially given recent changes to the global climate. The severity of allergies can also vary from person to person, depending on where you live, or “location effect.” “Those who live at lower elevations are generally more susceptible to juniper, while those in the higher country maybe won’t feel these effects, but rather have issues in late spring from other pollens,” said Schackel.

Allergic reactions occur when a substance — such as pollen — enters the body and is encountered by an antibody, a special protein produced by the body’s immune system. The antibody mistakes the pollen as being harmful, triggering an immune response in the body. The immune response is the body’s way of protecting itself and trying to remove the “allergen” (pollen, in this example) from the body. The immune response, or allergic reaction, may cause symptoms such as inflamed skin, sinus congestion, itchy eyes, runny nose, or a swollen airway.

KNOW YOUR TRIGGERS

There are a number of ways your doctor can evaluate whether you may have an allergy. Be prepared to answer questions about signs and symptoms and what may be possible triggers of your allergies. It can be helpful to keep a detailed diary of symptoms and possible triggers: when symptoms appear, where you are, and what common allergens may be present. Your doctor may also want to perform a physical exam to better assess your condition and look for other factors that may be causing symptoms.

Allergy testing can also be conducted. A skin test is a procedure in which your skin is pricked and exposed to small amounts of proteins found in potential allergens. If you’re allergic, you’ll likely



Greg Schackel, M.D.

Allergy specialist and ear, nose and throat physician.

develop a raised bump (hive) at the test location on your skin. Blood tests are another option.

GET RELIEF FROM YOUR SYMPTOMS

While most allergies can’t be cured, there are a number of treatments that can help relieve symptoms. Medications, including over-the-counter antihistamines, nasal sprays, or eye drops, are commonly used to treat symptoms of seasonal allergies. These should be taken before symptoms appear to minimize immune system response. It is much easier to prevent allergy symptoms than to treat them after they appear.

Various forms of immunotherapy can also be prescribed by your doctor to help your immune system become more resistant to a specific allergen and lessen symptoms. Allergy shots involve receiving regular injections of allergen extracts over a few years. Another method includes sublingual immunotherapy (SLIT) allergy drops, which are regularly administered under the tongue using a dropper. Similar to allergy shots, over time, the drops desensitize the body from reacting to particular allergens. A benefit is that no needles are involved. Dr. Schackel recommends starting therapies for seasonal allergies at least eight weeks before the allergy season begins.

If you suffer from seasonal allergies, talk to your doctor about developing an allergy management plan.

BEAT OUTDOOR ALLERGIES YEAR-ROUND

No matter what time of year, outdoor allergies can make being outside miserable. Try these five simple, everyday tips from Dr. Schackel to minimize your exposure to allergens and keep symptoms at bay:

- 1. Close the house:** Open windows let pollen in. Close windows and outdoor doors, especially on high-pollen days and nights, to reduce exposure. Stay inside if you have to.
- 2. Turn on the AC:** If possible, turn on the air conditioning in your house, and make sure your air conditioner is up-to-date on the manufacturer’s recommended service intervals to keep indoor air clean, cool and dry.
- 3. Recirculate air in your car:** Keep your car windows closed, and set the air in your car to the “recirculate” function instead of using the vent, which can let pollen in.
- 4. Use a HEPA filter:** HEPA, or high-efficiency particulate air, is a type of air filter, that forces air through a fine mesh that traps particles such as pollen. HEPA filters, often found in air purifiers, can be purchased for your home or car.
- 5. Rinse out your nose:** Use a saline nasal wash (salt and water) to flush out your nose. This easy, non-toxic option is an affordable way to minimize symptoms, and can be done with a Neti pot or specially designed squeeze bottle.

Allergen avoidance is generally the most important step in preventing allergic reactions and reducing symptoms. Talk to your doctor about steps you can take to avoid your allergy triggers.

Seasonal Allergy Calendar

Spring – March to late April

Trees, such as juniper, cedar, cottonwoods, aspen and Chinese elm

Summer – late May to July

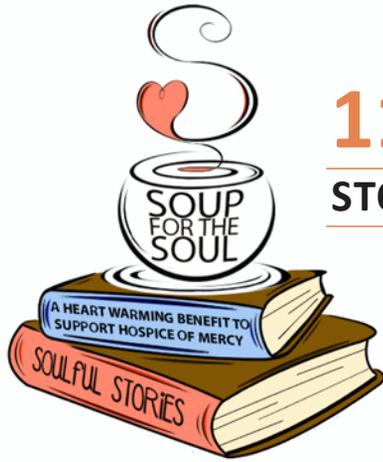
Grasses, such as Timothy and Kentucky Blue

Fall – August to November

Weeds, such as ragweed, sagebrush, mugwort and tumbleweed

♥ Bank of Colorado ♥ First National Bank of Durango ♥ St. Columba Catholic Church ♥ Alpine Bank

THANK YOU SPONSORS: ♥ Morehart Murphy Auto ♥ Hood Mortuary ♥ Tafoya, Barrett and Associates PC



11th Annual Soup for the Soul

STORIES AND SOUP TO WARM THE HEART AND SOUL

The 11th annual Soup for the Soul, hosted by Mercy Health Foundation, is a heartwarming event that benefits Hospice of Mercy. This year's event was held on March 18

at the La Plata County Fairgrounds in Durango. Guests were nourished in body—as they enjoyed a sampling of delicious soups, appetizers, and desserts from 17 of the area's finest restaurants—and in soul, as they experienced the gratifying feeling of helping those in need.

The night's theme was "Soulful Stories," and in a photo gallery and video presentation, guests heard the touching stories of several community members and families who touched our hearts while they experienced the compassionate, end-of-life care provided by Hospice of Mercy.

The sell-out event raised a total of \$155,000: \$71,000 for Mercy's hospice program and \$84,000 for the Foundation's first-ever Hospice Endowment Fund, which was established thanks to the Hospice Fund's generous founders: Howard and Marjie Wilson; Mike Sigman and Dr. Kim Furry; BP, represented by Dave Smith, production technologist; General Ron and Miss Jane Fogleman, in support of Joel Jones and Shelley Mann; Scott and Joy Mathis; and the Iron Horse Bicycle Classic.



Congratulations Soup for the Soul Big Dipper Award "Best Soup 2015:" DIGS Restaurant & Bar for their Red Chile Pork Posole.



Joy and Don Short admire "Soulful Stories" display.

An endowment fund is a self-renewing resource which allows donors' charitable contributions to be fulfilled for generations to come. Gifts to the Hospice Endowment are preserved for all time by holding them in perpetuity, investing the principal, and using only the income from that investment (interest). The Hospice Endowment will sustain Hospice of Mercy patient care for many years to come.

✚ To contribute to the fund, please contact Mercy Health Foundation at (970) 764-2802, or email JoyHess@Centura.org.

Mercy Health Foundation

Centura Health.

1010 Three Springs Blvd., Ste 108 • Durango, CO 81301 • 970-764-2800 • www.mhffnd.org

Evenings Porch Assisted Living Bayfield ♥ United Methodist Thrift Shop ♥ Sunshine Gardens

♥ Chevron ♥ Visiting Angels



Thanks to the generous sponsors, restaurants, donors, guests and volunteers.

Give to Hospice of Mercy when you shop at City Market



If you shop at City Market and use a Loyalty Value Card, Mercy Health Foundation can earn dollars for Hospice of Mercy at no cost to you! Once you enroll in the Community Rewards Program, every time you shop at City Market and use your Loyalty Card for eligible purchases, the Foundation will earn monetary rewards. Once a household member enrolls his or her card, all linked Loyalty Cards within that household begin earning funds for Hospice of Mercy. The City Market website is secure, and you can opt out of emails and promotions. *Due to a change made by City Market, if you previously enrolled your Value Card, you must register again to make your purchases count toward Hospice of Mercy.

If you are a City Market Loyalty Value Card holder, please register online to make your purchases count toward Hospice of Mercy.

Please follow these quick and easy steps to enroll (you can only enroll online):

1. Visit www.CityMarketCommunityRewards.com.
2. Click **Enroll Now**.
3. Sign in to your City Market account. If you don't have an online account, you must create one.
4. Click on the **Register** box at the top right of the screen.
5. To **Create an Account**, you will need to enter: email address, password, preferred store, and click Create Account.
6. Once signed in, you can **add a City Market Value Card to your account:**
 - a. If you have a card, enter your **Value Card Number or Alt ID Number** and your **Last Name**.
 - b. If you don't have a card, you can register for a Value Card.
7. Sign in to your account and you will be directed to the Find your Organization page:
 - a. Enter the Foundation's number: **10766**; or, search "**Mercy**" in the search field.
 - b. Select **Mercy of Hospice/Mercy Health Foundation**.
 - c. Click Enroll at the bottom of the page to complete your enrollment.



Thank you
for enrolling to support Hospice of Mercy!

♥ Durango Orthopedics and Spine Colorado ♥ B Bar J Cattle & Consulting Company ♥ LPEA ♥

Basin CO OP ♥ Ken Temple and Associates ♥ Scott Douglass

Hand-knitted Hats for Mercy Newborns

Since 2006, Durango Mad Hatters has donated over 7,400 baby hats to newborns at Mercy. Now in its ninth year, the group of talented knitters and crocheters continues to donate hundreds of hats per year to Mercy's Family Birth Center.

"We try to keep up with demand," said Mad Hatters Group Coordinator Mandy Fuehrer. "Our goal is to give the gift of a hat to every baby born at Mercy." Over the past several years, the group has donated 80-90 hats per month. In 2014, a total of 934 babies — an average of 78 per month — were born at Mercy.

Through the group's generosity, Mercy's newborns are each given a hat, free of charge. "It is nice to be able to provide a hand-made hat for each newborn, and I think it means a lot to the parents," said

Fuehrer. "It is a simple way to give back to the community."



2014 New Year's Baby

With a membership of over 130 "mad hatters," 30 to 40 of whom are regular contributors, the group is diverse. Ages range from 14 to the late 80s, and members live across the Four Corners and beyond, including Durango, Bayfield, Hesperus, Pagosa Springs, and even as far as Arizona, Missouri, and Connecticut.

Group diversity ensures a wide assortment of hats, which families select based on preference. "We make sure the hats are soft and bright in color, but welcome

creative, unique patterns and designs," said Fuehrer. "I think the knitters and crocheters enjoy the fun that comes with creating hats to suit a wide variety of tastes and preferences."

✦ For more information, or to contribute to Durango Mad Hatters, please contact durangomadhatters@gmail.com, or (505) 490-3452.



Snowdown Steampunk Soirée

A STEAMPUNK SOIRÉE FOR MERCY'S LATEST AND GREATEST

Snowdown 2015 has come and gone, but the annual winter festival lives on at Mercy Regional Medical Center with this year's 4th annual Steampunk Soirée raising funds for Mercy Health Foundation (MHF) to benefit the Durango Cancer Center. The Mercy clinic most recently introduced its new linear accelerator, used in radiation therapy for cancer patients.

The Soirée, held the Saturday evening of Snowdown (Jan. 31) at Sorrel Sky Gallery, raised approximately \$16,000 for the new linear accelerator, which brings leading-edge technology to cancer patients in the Four Corners region. Over 200 attendees came dressed in their best steampunk attire to support the good cause.

According to Karen Midkiff, MHF's chief development officer, the event has quickly become as popular as the sellout production Snowdown Follies.

Mercy Health Foundation will embark on a new and exciting initiative to raise funds for the linear accelerator and other cancer program enhancements over the next three years. In order to make the new technology available to cancer patients in the region as soon as possible, Mercy opted to lease the equipment (which allowed for immediate installation and use) while Mercy Health Foundation is raising funds to purchase the equipment so it can benefit the communities we serve for years to come.

✦ To make a contribution, or for more information: Visit www.mhffd.org, or call (970) 764-2800.



Beetle and Sharon Abshagen



Lofty and Joan Lucas, and Kay and Norm Jones



Dave Strobel

Mercy Health Foundation



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If you have an address change or would like to be removed from our mailing list, please call (970) 764-3992.

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www.mercydurango.org

Be A Healthier, Happier You

Spring is here, and with the changing season comes ample opportunities to get outside. But before you run out the door, hop on that bike, or take a dip, remember these four easy ways to keep yourself and your family healthy and happy this spring.

Lather up: When it's hot out and covering up isn't practical, sunscreen is a great way to protect yourself from the sun's dangerous rays. Whether you're heading to work or school, or planning an afternoon outside, sunscreen should be worn any time your skin is exposed to the sun. Be sure to choose a sunscreen that has a sun-protection factor (SPF) of 15 or higher and that screens for both UVB and UVA rays. Always use plenty of sunscreen and reapply as directed.

Drink: Water is your body's principal chemical component and makes up about 60 percent of your body weight. That's why it is important to properly hydrate. Each individual's water needs differ depending on health, activity level, and climate. On average, the Institute of Medicine recommends an intake of approximately 2.7 liters (91 ounces) of total water each day for women, and approximately 3.7 liters (125 ounces) of total water for men. Keep in mind: total water includes water from all beverages and foods consumed during your day.

Stretch out: Stretching is important for injury prevention and to improve flexibility and range of motion—what's more, it can even help improve athletic performance. Stretching can be done anytime and anywhere, but be sure to use proper technique to stretch safely and effectively.

Make note: The southwest presents endless opportunities for outdoor recreation, which are easy to take for granted. Whether you just got back from your first river adventure, camping trip, or took the family to a neighborhood park, take a moment to reflect on these moments of happiness. You may even write down what you're grateful for so you can look back and appreciate it again.

Ready to quit? We're here to help.

Studies show that people who get support while trying to quit using tobacco are seven times more likely to succeed than if they tried to quit on their own. Smokers and users of other forms of tobacco have a new resource to help them quit: Mercy Regional Medical Center's specialists are here to help. For less than the cost of a pack of cigarettes, a Mercy health coach will create a personalized plan that will help tobacco users kick the nicotine habit for good.

✚ For more information, or to set up an appointment, call **(970) 764-2700**.

Get inspired by earning rewards for better health.

Want more ideas for a healthier, happier you? Visit CaféWell.com to learn how you can optimize your health and get rewarded. This spring, we've partnered with CaféWell to bring you fun and easy activities, health tips, and health coaching advice to inspire wellness and improve your health. You can even win prizes!