

Fall 2015

health + care

A PUBLICATION FROM MERCY REGIONAL MEDICAL CENTER AND MERCY HEALTH FOUNDATION

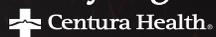
Art Heals

Doctors, priest
show creative side
page 11

A doctor's passion
for foot and ankle care
page 3

Hospice residence
celebrates life
page 8

Mercy Regional Medical Center



INSPIRE HEALTH

New PET/CT scanner a healthy investment

By John Peel

It's no fun for a patient to walk outside in the cold and snow to a trailer. And it's agonizing to wait a week for a crucial medical procedure.

So with the goals of patient comfort and keeping Southwest Coloradans from enduring a prolonged time lag, Mercy Regional Medical Center has invested more than \$1.5 million in its own in-house PET/CT scanner.

The scanner went online earlier this fall at the main hospital campus.

For those fortunate enough to not be familiar with this technology, a PET/CT machine combines two types of scans to paint a clearer picture of the body. In particular, the machine is used on cancer patients to both reveal the extent of suspected cancer and to determine the efficacy of ongoing treatment.

"It's extremely impressive for our sized market to have this technology," said Shawn Putman, director of imaging and cardiovascular services at Mercy.

When Putman arrived at Mercy in 2014 from Denver's Porter Adventist Hospital (part of the Centura Health system), Mercy had a CT (computerized tomography) machine, used for many types of diagnoses from broken bones to cancer. But for the more advanced PET (positron emission

tomography) scans, Mercy contracted with a company that brought a roving trailer to town once a week.

The system worked fine, but often meant delays of a week or more waiting for the trailer to arrive. Mercy administrators and staff, looking to alleviate the wait for anxious patients, were convinced the PET/CT scanner was an important investment. Mercy went with a higher-end model, the GE-manufactured Discovery IQ, so the PET/CT scanner can also serve as a backup for the existing CT machine, particularly when it's needed immediately for trauma cases.

"It's just better service for the patients," said Gary Sheek, Mercy's imaging supervisor of nuclear medicine.

Technology-wise, the CT scan is a major step up from an X-ray. CT images can create cross-sections, or slices, of bones, blood vessels and soft tissues, providing more information than an X-ray.

The PET scan is another major step up. A glucose-based drug that is injected into the patient gathers in tumors. The CT and PET scans are "fused" together to provide an image that shows bright spots where tumors likely are.

The CT scan takes only about five minutes, and the PET scan takes about 20 minutes. The entire procedure, from start to finish, is over in about an hour.

The PET/CT scanner itself cost about \$1.1 million. Mercy has also spent about \$500,000 reconstructing the building to accommodate the scanner and to move the special procedure lab to another area of the hospital.

"We're accountable at a higher level for the services we provide," Putman said. "It shows our commitment to quality and excellence."

✚ To contact a PET/CT representative, call **970-764-2200**. Procedures are available by appointment, Monday - Friday, 8:00 a.m. to 1:00 p.m. (afternoon appointments by request).



Discovery IQ PET/CT scanner.
Photo courtesy of GE Healthcare.



On the Cover: *Grin and Bear It*, photo by Martin Pirnat, M.D.
Read more on page 11.

Inside

- 3** Foot/Ankle Care
- 4** Chairman's Letter
- 5** Annual Report
- 6** Gratitude at Work
- 7** Fall Soup Recipe
- 8** Hospice Residence
- 10** Reach Out and Read
- 11** Healing Art Show
- 12** A Warm Welcome

One man's path from dancer to doctor

*Mercy Orthopedic Associates recently welcomed orthopedic surgeon **Douglas Lucas, D.O.** Dr. Lucas brings to Mercy not only a unique medical specialty, but also interesting story about his path to becoming a fellowship-trained foot and ankle specialist.*

Growing up in Louisville, Ky. Douglas Lucas was used to playing traditional youth sports, but he also learned to kayak, snowboard, and even entered the ranks of competitive rock climbing before heading off to college in Bozeman, Mont.

After a sports injury in college, Lucas was forced to consider new activities and was introduced to the world of ballet and performing arts. Opportunity and a scholarship offer led him to transfer to the University of Utah, where he trained in ballet and earned his undergraduate degree before joining the Richmond Ballet for two years as a professional ballet dancer.

During his training and career as a dancer, his feet, ankles, and legs were literally his livelihood. Lucas says he grew to appreciate not only how they functioned, but how much he and his colleagues were impacted by the inevitable foot and ankle injuries they suffered.

He knew he wouldn't be able to make a living in ballet forever, so he chose to head from the world of performing art to medicine. In some respects, he said, he was following in the footsteps of his father, who was a cardiothoracic surgeon. But he also attributes his decision to being an athlete and dancer. "Sports led me to orthopedics and dance led me to specialize in foot and ankle care," he said. After medical school and a residency in orthopedic surgery, Lucas completed a fellowship in foot and ankle surgery at Stanford University.

Lucas finds fixing foot and ankle problems to be very rewarding because of the satisfaction it brings his patients—many of whom are athletes. "In orthopedics, problems are so often black and white and there's a clear solution. I can fix problems and that makes patients happy."

Although he makes it sound simple, foot and ankle surgery, like ballet, is anything but easy. But before he gets to the point of performing surgery—which is pursued only after non-surgical options have been exhausted—many other steps need to be accomplished. "As an orthopedist, I look not only at the foot or ankle, but at the whole person to get a better understanding of what the whole body is telling me. Then I design a plan of care based on who they are and what their goals are as a unique individual," he said.

In his current practice, Lucas performs a variety of procedures, ranging from the removal of bone spurs on toes, to minimally invasive ankle arthroscopy, stabilization of chronically weak ankles, and even total ankle replacement.

And while Lucas no longer dances, ballet is never far from his heart: he married Ashley Lucas, PhD, RD, a former ballerina he met in Salt Lake City. They have two sons, Dash, 3, and Gage, 20 months, and enjoy spending time together exploring southwest Colorado and occasionally still dance together.

QUALITY ORTHOPEDIC CARE FOR FOUR CORNERS PATIENTS.

Dr. Douglas Lucas joins Mercy Orthopedic Associates' physicians and physician assistants, who bring decades of experience providing high quality care and treatment options for a wide range of foot, ankle, hip, knee, hand, elbow and shoulder conditions.

ORTHOPEDIC SURGEONS

Anthony Anderson, M.D.
Kane Anderson, M.D.
Kim Furry, M.D.
Richard Lawton, M.D.
Douglas Lucas, D.O.

PHYSICIAN ASSISTANTS

Emily Havener, PA-C
Peter Jamieson, PA-C
Douglas J. Phelps, PA-C
Ann Theine, PA-C
Trevor Wall, PA-C



Dr. Douglas Lucas

✚ To contact Mercy Orthopedic Associates, call **970-247-5362**. The practice is located in the former Durango Orthopedic Associates clinic on Mercy's main campus, suite 202.



Scott Mathis, Board Chair

Marona Photography

CHAIRMAN'S LETTER

What lies within us

With over 1,200 employees and nearly 240 providers representing 47 medical specialties and subspecialties, Mercy Regional Medical Center is proud to be associated with the best hearts and minds in health care in the Four Corners region. Because of their dedication to Mercy's mission, *extending the healing ministry of Christ by caring for those who are ill and by nurturing the health of the people in our communities*, Mercy's achievements in the last fiscal year are significant.

As the shift continues toward a health care model focused on prevention and wellness rather than chronic illness, Mercy is committed to improving access to care while providing quality, affordable services. Access was improved in the last fiscal year as Mercy welcomed 11 new primary care and specialty providers and added new clinic locations in the region. Mercy also partnered with local and state agencies to identify priority health needs, which help guide community resources, programs, and partnership opportunities.

An important hospital relationship to highlight is that with Centura Health, now the largest health care system in Colorado and western Kansas. Being part of Centura Health is key to Mercy's success, as it allows patients to seamlessly connect—through technology or direct referral—to an integrated health system that provides services not available locally. Some of these services include genetic counseling, stroke care, advanced cardiac surgical care, and more.

Another highlight of the last year was new technological advances: Mercy introduced, with the help of Mercy Health

Foundation, the region's first robotic-assisted surgery program using the da Vinci Surgical System and replaced the linear accelerator, used in radiation therapy, with a state-of-the-art Varian Medical Systems Trilogy unit that allows for more precise, faster cancer treatments.

Mercy's quality metrics remained outstanding, which is a reflection of Mercy's ongoing efforts to become a High Reliability Organization (HRO), with patient safety as the priority to ensure harm-free, reliable care.

With Mercy's growth and other changes, the hospital and clinics have continued to provide excellent care to patients and their families. Mercy was recognized by Healthgrades® with the Outstanding Patient Experience™ Award for the sixth consecutive year and maintained its accreditation from The Joint Commission and other accrediting agencies in areas such as orthopedic and spine care, oncology, and various diagnostic areas.

As I reflect back on the past year, I am reminded of a quote by Ralph Waldo Emerson that was shared with me by Diagnostic Imaging Director Shawn Putman during Mercy's annual Employee Recognition Banquet: *"What lies behind us and what lies before us are tiny matters compared to what lies within us."* What lies within the Mercy Family is special. I would like to personally thank Mercy's providers, associates, patients, partners, donors, and communities—all of whom enable Mercy's continued success.

Scott Mathis, Board Chair

BOARD OF DIRECTORS

Scott Mathis, Chair
Retired Cardiac Device Specialist

Mike Burns, Vice-Chair
President, Alpine Bank

Peg Maloney, RSM, Secretary
Sponsoring Congregation

Missy Crawford-Rodey
Owner, DeNovo Health Advocacy

Kirk A. Dignum, PhD
Senior Vice President of Operations,
Centura Health

Sharon Ford, RSM
Sponsoring Congregation

Cecile Fraley, MD
Pediatrician, Pediatric Partners
of the Southwest

Thomas Gessel, FACHE
President/Chief Executive Officer,
Mercy Regional Medical Center

Valerie McKinnis, MD
President, Mercy Medical Staff

Joanne Spina
Assistant Manager, La Plata County

Steve Swisher
Co-owner, Brown's Shoe Fit Co.
Mercy Health Foundation Board Chair

Heidi Zink, CNM
Nurse Midwife, Southwest Midwives

By the Numbers

With more than 1,200 dedicated employees and health care professionals working to provide care, the following statistics show how many individuals turned to Mercy Regional Medical Center in fiscal year 2015 (July 1, 2014, to June 30, 2015).



109,778
Outpatient visits



19,837
Emergency department visits



4,281
Hospital admissions



1,250
Outpatient surgical cases



1,513
Inpatient surgical cases



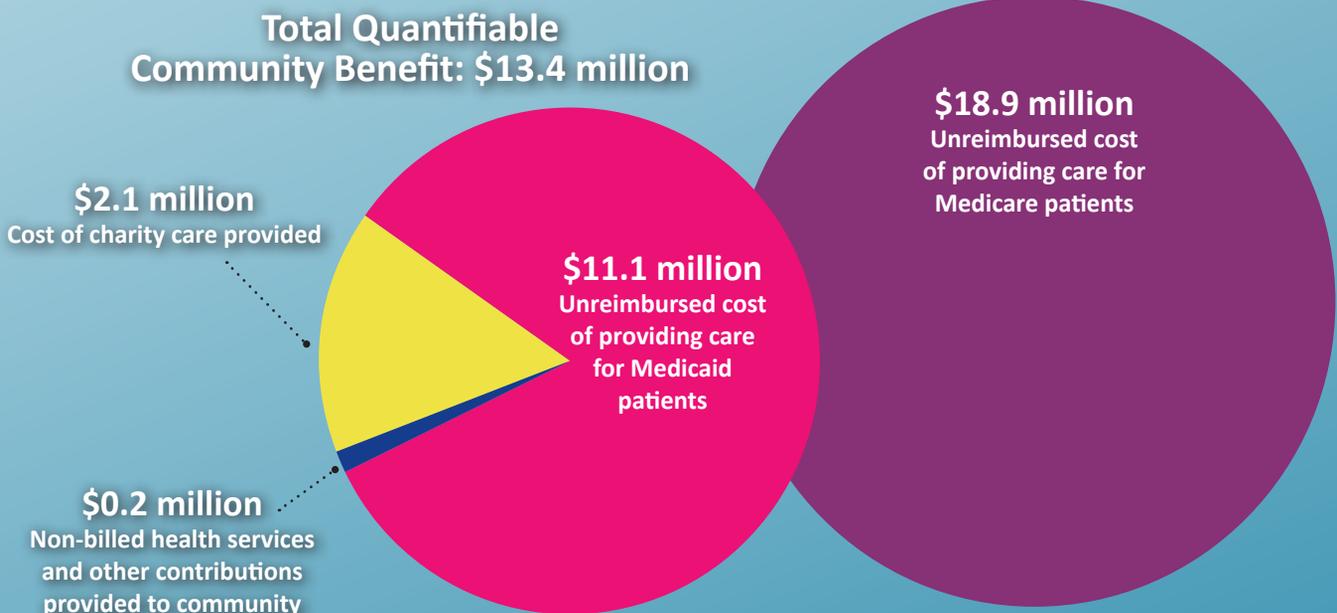
949
Babies delivered

Community Involvement and Giving

(For the 12-month period ending June 30, 2015)

Caring for the community has been an integral part of Mercy Regional Medical Center since it was founded in 1882. Mercy is not reimbursed for a significant portion of the cost incurred in providing care. In fiscal year 2015, Mercy Regional Medical Center provided community benefits at a total value of more than \$13 million. Much of this involved providing care to patients with no insurance or to patients with insurance that did not fully reimburse Mercy's costs.

Mercy also provided care for thousands of patients covered by Medicare. The total cost to Mercy of providing that care far exceeded the payment Mercy received from the Medicare system.



Gratitude at work

HOW EVERYONE CAN BENEFIT

By John Peel

Being grateful is nice. For others, anyway. I mean, what's in it for me?

Well, maybe a lot is at stake for you, including your health. And at work, it could be the key to enjoying your job and performing it well.

According to research by noted University of California-Davis psychology professor Robert Emmons, when people regularly cultivate gratitude (by expressing it or journaling), they get psychological and physical benefits, can cope better with stress, and experience higher levels of positive emotion.

Studies continually demonstrate how gratitude can help in the business world. In one study on alumni fundraisers, those fundraisers who were thanked by the school's alumni director in person for their hard work made 50 percent more calls than those who were not thanked.

For Jenny O'Block, director of nutrition and environmental services at Mercy Regional Medical Center, expressing gratitude is a necessary part of any work environment. At the hospital it is key to providing healing care.



Mercy's Nutrition and Environmental Services staff (left to right):
Stephanie Gall, lead clinical dietitian; Brenda Giannelli, cook II; and Darcy Cole, cook II.

Her weekly employee meetings end with MOGs, or Moments of Gratitude. Workers recall instances during the week that fellow employees made their jobs or attitudes better, or they relate non-work events for which they were grateful.

“People walk away feeling really good,” O’Block said. “It’s like magic. It really is.”

It’s important, for example, that her cafeteria workers feel good about their jobs and are cheerful and helpful to hospital employees when they order food or go through the cashier line.

“How you’re treated in the cafeteria line will rub off on patients,” she said.

“Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.”

– William Arthur Ward

In the spirit of gratitude, Executive Chef Mike O’Brien, of Mercy Regional Medical Center’s Garden Terrace Café, shares this delicious, healthy Chicken Mulligatawny Soup recipe. Mulligatawny, which translates to “peppery water,” is an English soup, based on a recipe from India.

Chicken Mulligatawny Soup

Prep: 30 minutes | Total time: 1 hour | Servings: 10

Ingredients:

1 tbsp. vegetable oil
2 cups onion, diced
2 cups celery, diced
2 cups zucchini, diced
1 cup green bell pepper, diced
1 cup carrots, diced
2 tbsp. serrano pepper, diced fine
2 tbsp. curry powder
1 tbsp. cumin
1/8 tbsp. cayenne
2 tbsp. garlic, chopped
2 tbsp. fresh ginger, peeled and chopped
2 tbsp. chicken base
2 cups (16 oz.) diced tomatoes
2 cups (16 oz.) cooked diced chicken
2 cups cooked basmati rice
1 tbsp. lemon juice
4 cups (32 oz.) water
1 Granny Smith apple, diced w/ skin
2 tbsp. cilantro, stemmed and chopped

Directions:

In large pot, heat oil on medium heat for 3-5 minutes. Add onion, celery, zucchini, bell pepper, carrots and serrano pepper, and sauté for 10 minutes. Add curry, cumin, cayenne, garlic, ginger and chicken base, and cook for 5 minutes, stirring occasionally. Add tomatoes, chicken, rice, lemon juice and water, and simmer for 10 minutes while stirring. Add apples and cilantro, and simmer for 1-2 more minutes before serving.

Per serving (excluding unknown items): 89 calories; 2g fat (17.7% calories from fat); 2g protein; 17g carbohydrate; 3g dietary fiber; 0mg cholesterol; 30mg sodium.

O’BLOCK LISTS SIX WAYS THAT CREATING A CULTURE OF GRATITUDE HELPS THE WORK ENVIRONMENT:

- 1. Enhances empathy and reduces aggression.** Grateful people are more likely to behave in a pro-social manner, even when others behave less kindly.
- 2. Makes us feel better.** Expressing thanks may be one of the simplest ways to feel better. Relishing the good experiences beats dwelling on the negative.
- 3. Helps people acknowledge the goodness in their lives.** In the process, people usually recognize that the source of that goodness lies at least partially outside themselves.
- 4. Helps with co-worker relationships.** It is easier to like your co-worker when you know what they like and appreciate about you.
- 5. Creates positivity.** Negativity decreases energy levels, whereas gratitude increases your energy levels. We need this to take care of our customers and patients.
- 6. Gratitude reduces materialism.** Focus less on things that don’t matter, like getting the next bigger and better piece of gear, and more on the things that do, like family and those around you.

Hospice residence nears reality

CELEBRATION OF LIFE IS VISION FOR NEW BUILDING

By John Peel

View of South Elevation and Main Entrance



Beautifully landscaped. Filled with art. Connected. A celebration of the cycle of life.

Does this sound like the typical place where people go to spend their final days? If not, then meet the new model for the future being created through the efforts of Mercy Health Foundation, Hospice of Mercy and numerous benefactors.

“This hospice residence is less a clinic, and more like a home where patients and families are cared for,” said Joy Hess, development officer for Mercy Health Foundation.

After years of planning and fundraising, groundbreaking for the 10,756-square-foot HOME, or Hospice of Mercy Experience, is scheduled for the spring of 2016.

“The hospice residence is... more like a home where patients and families are cared for.”

FEATURES FOR PATIENT, FAMILY COMFORT

Inside, the \$4.7 million facility will feature large, individual rooms that include space for guests. Each room will have a patio. A community kitchen will be available for those wishing to make meals, and several spaces, including a meditation room and “great room,” will be open to patients and visitors.

Outside, the grounds will be decorated with sculptures and water features, and beautified by gardens and trees. Even the privacy walls will be pleasing to the eye.

“We wanted to give the perspective of seeing hospice in a peaceful, joyful way,” Hess said.

The 1.3-acre site will have its own entrance, but will be contiguous to Mercy Regional Medical Center. Proximity to the hospital will benefit hospice residents, their families, hospice volunteers, and staff by providing convenient access to services and amenities, while increasing efficiencies.

Although Hospice of Mercy can provide great, individualized care at a patient’s home, many families find that at some point it’s not quite enough. Families would rather spend meaningful, purposeful time with a loved one instead of providing much of the necessary daily care. That’s where the

Mercy Health Foundation

 Centura Health.

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

View of East Elevation



MAKE A CONTRIBUTION TO THE HOME CAMPAIGN FOR THE HOSPICE RESIDENCE

Visit www.mhffnd.org, or contact 970-764-2802. Donations are eligible for enterprise zone tax credits.

hospice residence, accompanied by the philosophy of hospice, is so valuable. It allows family members to focus on their relationships and emotional factors while the professionals provide the medical services required during end-of-life.

study and continued through a rough draft of a plan and fundraising campaign.

The capital campaign was chaired by three people: Dr. Steven Bush, a radiation oncologist at the Durango Cancer Center; and community members Dick and Jane Pearson.

The hospice residence will be fully funded by donations, with \$4.4 million being raised to date from our community.

It was an exciting moment this spring when the Foundation surpassed \$4 million in contributions. Suddenly it

was time to make the focus clearer, to make the dreams real, and to draw the final plans.

“It’s well thought-out,” Dick Pearson said. “I think it’s going to be wonderful for the future.”

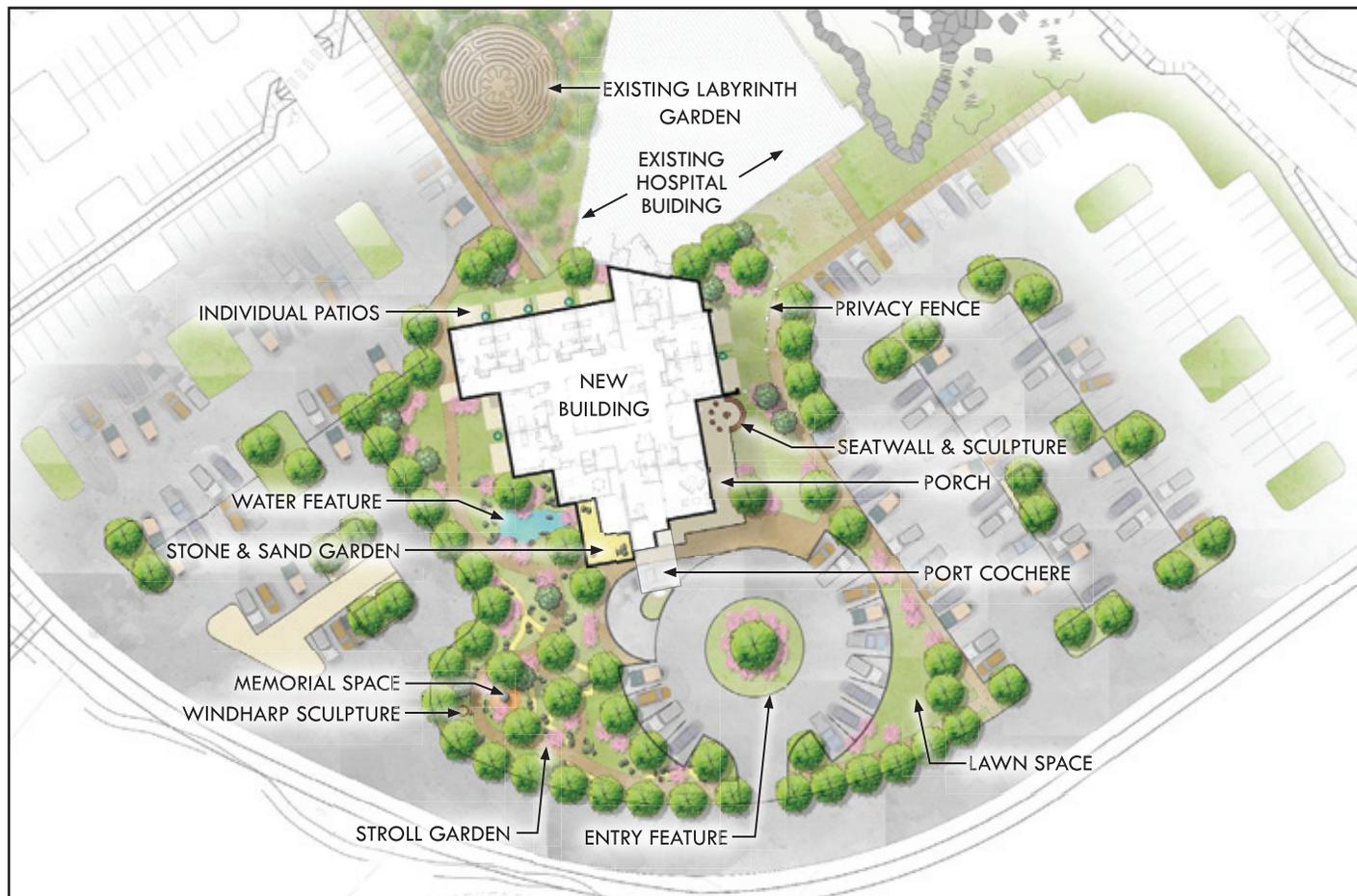
Architect Tom Umbau of the Bauen Group was up to the challenge of making the hospice residence blend in to the existing hospital. It’s not isolated, not a place focusing on death, but part of a cycle of life.

“It’s about celebrating life,” Hess said.

“It’s about celebrating life.”

MAKING THE DREAM A REALITY

Dreaming of a hospice residence here began decades ago, and serious planning has been underway with a feasibility





Mercy Family Medicine prescribes reading to kids

By John Peel

An increased vocabulary isn't the reason you take your child to the doctor, but what a nice bonus!

Under the Reach Out and Read program started recently at Mercy Family Medicine's Three Springs clinic, a young child who comes in for a checkup leaves with not only the proper shots, but also an age-appropriate book.

Reach Out and Read is a national program that strives to increase literacy, particularly among the underprivileged. Mercy Family Medicine, at the urging of certified pediatric nurse practitioner Lisa Isenberg, has started a local program through Colorado's statewide group.

Each child from six months to five years old is given a book during each checkup or well-child visit.

"The kids are always really excited to get a book," Isenberg said. "They like the books. The parents like the books."

Isenberg, who has children herself, first saw Reach Out and Read in action at St. Louis Children's Hospital and at a private clinic where she worked in St. Louis. When she joined Mercy Family Medicine in 2013, she saw the opportunity to bring the program to Durango.

The goal is not only to encourage children to read, but to increase interaction among parents and children. Isenberg has noticed that even in waiting rooms, often parents are on tablet computers or their phones while children

are on other electronic devices. At home, for example, if parents take the time to read a bedtime story, it can increase parent-child interaction and also help the child sleep.

Isenberg approached Mercy Health Foundation Chief Development Officer Karen Midkiff with the idea, and the Foundation eagerly agreed to support the program. The Foundation paid for a locking cabinet for the new books and is contributing money toward the book fund.

Similar to Reach Out and Read, the Foundation is always "seeking creative ways to benefit patients and families," Midkiff said.

By showing that 40 percent of their patients are eligible for Medicaid, Mercy Family Medicine also got a grant from Reach Out and Read. That grant helped pay for books ordered through Scholastic, a national company that provides high-quality children's books.

Meanwhile, Isenberg and medical assistant Courtney Schmidt also started a lending library at Mercy Family Medicine. They acquired books from a Mercy book fair and received donations. While Reach Out and Read is just for the young



Lisa Isenberg, CPNP, reads to pediatric patient Brooklyn Brown, daughter of Brian and Suzanne Brown.

patients, the lending library is open to all patients and their family members, who can bring home a book of their choice.

Since Reach Out and Read began in June, the office has given away 42 new books. It's a great alternative to giving away stickers or ever-popular candy.

"It's more educational and healthy," Isenberg said.

Right now the program is only at Mercy Family Medicine's Three Springs location, but Isenberg hopes it can be eventually expanded to the Horse Gulch and Bayfield clinics.

✦ To support Mercy's reading program: Call Mercy Health Foundation at **970-764-2800**



Doctors, priest heal with art

We might see them as just orthopedists, family physicians or plastic surgeons. But Mercy Regional Medical Center doctors are sometimes artists, too, and their talents were on display in October at Sorrel Sky Gallery in downtown Durango.

Photographs and paintings by five doctors—and one priest, Father Kevin Novack of St. Columba Catholic Church, who celebrates weekly mass at Mercy—were shown from Oct. 1 to 15, with part of proceeds from sales benefiting Mercy Health Foundation on behalf of Mercy Cancer Services.

The show, “Healing Art: Inspiration from A Priest and Five Physicians,” displayed Mercy’s commitment to mind, body and spirit, and the connection of art as well as science in the healing process.

THE FEATURED ARTISTS:

Dr. Charles Black (regional photography) began pursuing landscape and nature photography before becoming a general surgeon. His drive to explore the world pushes his photography, which encourages him to keep exploring.



Black



Furry

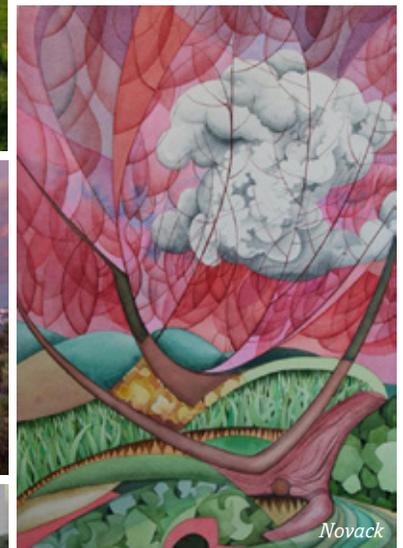
Dr. Don Cooke (pastel landscapes) began painting oils after moving to Durango to establish the area’s first allergy/immunology practice. Through his practice of art and medicine, he hopes to make a meaningful impact on the lives of others.



Cooke

Dr. Kim Furry (panoramic landscape photography) was inspired by the beauty of nature growing up in Southwest Colorado. Art photography gives her a sense of freedom and a way to share that love of the outdoors.

Fr. Kevin Novack (watercolor paintings) paints to understand himself and the world, and to offer it to others. “I paint as a way of being healed; it celebrates relationships and brings joy.”



Novack

Dr. Martin Pirnat (regional photography), a family medicine doctor, purchased his first 35mm camera while in residency. His best images are not extensively planned, but rather “opportunity knocking” shots, he says.

Dr. Ron Ritz (black-and-white portrait photography), a plastic surgeon, has provided medical services to poor people in need—from India to Cuba. Taken through unique lenses, his photos lend insight into those cultures.



Ritz

Support Mercy Cancer Services

With a gift of \$25 or more, you will receive a commemorative gift of wine featuring a custom label with a photo or painting from the art show. To make a contribution, call Mercy Health Foundation at 970-764-2800.

Mercy Health Foundation



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

health+care is published quarterly as a service of Mercy Regional Medical Center and is not intended to provide personal medical advice, which should be obtained directly from a physician. If you have a health issue or concern, please contact your health care provider.

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

10452

www.mercydurango.org

New providers care for our communities

ENDOCRINOLOGY AND DIABETES CLINIC OPENS

Mercy Regional Medical Center is pleased to welcome endocrinologist **Gigi Dawood, D.O., FACE**, and announce the opening of the new specialty clinic, CHPG Southwest – Endocrinology.

Dr. Dawood earned her doctor of osteopathic medicine degree from Midwestern University-Chicago College of Osteopathic Medicine and completed her fellowship in endocrinology at the University of Wisconsin-Madison. She is board certified in endocrinology, diabetes and metabolism and has been practicing medicine since 2004.

CHPG Southwest – Endocrinology is a full-service, adult clinic that provides consultation, diagnosis and treatment for a wide variety of disorders affecting the endocrine system—the glands that produce hormones responsible for reproduction, metabolism, growth and development. These conditions—in particular, diabetes, thyroid, and metabolic bone disorders—are often complex and involve many systems of the body.

Schedule your appointment today

CHPG Southwest – Endocrinology | 970-764-3780

Four Corners Pulmonary and Critical Care Medicine | 970-764-2750

CHPG Southwest – Gastroenterology | 970-764-3800

Mercy Urgent Care at Durango Mountain Resort | 970-259-4553

NEW PROVIDERS ADD TO BREADTH OF SERVICES

Since June, Mercy has welcomed three other new providers:

Fellowship-trained pulmonologist **Barry Holcomb, M.D.**, joined Four Corners Pulmonary and Critical Care Medicine and cares for patients who have diseases related to lungs and breathing.

Fellowship-trained gastroenterologist **Nathan Voise, D.O.**, joined CHPG Southwest – Gastroenterology. The full-service clinic screens for, diagnoses, and treats a range of disorders of the digestive system, including the esophagus, stomach, intestines, liver, gallbladder, pancreas and colon.

Mercy Urgent Care at Durango Mountain Resort, which reopens for the winter season on Nov. 23, recently welcomed physician assistant **Sharon Kuhn, PA-C**. The full-service, urgent care clinic provides treatment of minor illnesses and injuries, medical screenings and physicals, X-ray, limited lab services, and more. It's conveniently located just off of Highway 550 at the main entrance to Purgatory Resort.

2016 Health Insurance Enrollment Opens Nov. 1st

Open enrollment for 2016 health insurance coverage purchased through Connect for Health Colorado®, the state's health insurance marketplace, is Nov. 1, 2015, to Jan. 31, 2016. Whether you are a first-time enrollee or are renewing coverage, Mercy specialists can answer questions and help you find a health insurance plan that meets your needs. Call 970-764-3994 to schedule an appointment today.

