

# health + care

Summer 2014

A PUBLICATION FROM MERCY REGIONAL MEDICAL CENTER AND MERCY HEALTH FOUNDATION

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INSPIRE HEALTH

Mercy Regional Medical Center

Centura Health.

# A Look Ahead

As we look ahead to the future of health care, it is apparent that insurance alone will not solve the primary care access problem. After all, health insurance is of little benefit if there are not enough doctors to provide care to all who need it.

In communities like ours in the Four Corners region, demand for better access to timely physician appointments outpaces the local supply. As a result, not everyone gets the care they need, when and where they need it. By delaying or forgoing care, conditions may become urgent or emergent, requiring care in a hospital. This is far more expensive than preventive care, resulting in a less than optimal delivery model.

To address this problem of limited access, Mercy is doing two things: recruiting more providers and placing them in the communities where they are needed. Mercy Family Medicine, for example, has welcomed four new providers (including physicians, physician assistants and nurse practitioners) in the last 12 months. The practice opened a new clinic in Bayfield in May, bringing much-needed primary care services to residents of eastern La Plata County. We also opened a convenient new location at the Horse Gulch Medical Campus in downtown Durango. The practice plans to add eight more providers, as we still have not met the primary care demands of the community.

Our physician specialists are expanding coverage as well. Mercy Cardiology Associates have begun covering an outreach clinic in Pagosa Springs. There, in collaboration with Pagosa Springs Medical Center, they now offer clinic services in person and, for certain patients, via Centura Health's telemedicine system. Similar clinics with



Tom Gessel, CEO, Mercy Regional Medical Center

additional specialists were established in Cortez, working with Southwest Memorial Hospital, and in Aztec, N.M.

As we are able to recruit new primary care and specialist providers to staff our clinics, we will continue this trend, with the intent of removing the final barriers to access that prevent people in the communities we serve from getting the care they need. When the access problem is better addressed, we should see more rapid progress in improving health of the communities we serve and further reduction in hospitalizations for preventable conditions. Mercy is driven by the belief that affordable, effective care is better for individuals and communities alike—this has been our ministry for 132 years.

**Tom Gessel**  
CEO  
*Mercy Regional Medical Center*



## On the Cover: A Look at What's New at Horse Gulch

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# Mercy Welcomes Integrated Physical Therapy

With a combined total of nearly 140 years of physical therapy experience, the nine physical therapists at Mercy Integrated Physical Therapy, the hospital's new outpatient physical therapy clinic, are well prepared to care for the active population of the Four Corners region. The practice joined Mercy in early April.

"We're excited to become part of the Mercy family," said physical therapist Randy Juntonen, who founded Integrated Physical Therapy in 1997. "This new relationship will provide the resources we need to continue to grow and meet the needs of the community," he added.

One of the reasons that Juntonen and former clinic co-owners and physical therapists Phil Rambo and Doug Houle decided to join Mercy was the common goal of keeping people in the region active and healthy.

"Physical therapy can help people in many ways," Rambo said. "Preventing injuries and treating injuries or conditions before they have a chance to develop into something more serious is our first priority. For example, if we can prevent workers from getting injured on the job by



doing a pre-employment screen to make sure the physical demands of the job match the applicant's abilities, we've won the battle."

When prevention is not an option, physical therapists can still make life-changing differences in patients' lives. "Chronic pain is not normal, and often

we can significantly reduce or alleviate symptoms through physical therapy," said Houle. Physical therapists routinely help people heal and regain strength, flexibility, balance, and mobility after accidents or surgery. "Basically, we help get people back to their active lives," Rambo said. "No one wants to be limited by pain, numbness, weakness, or lack of balance."

As an outpatient physical therapy clinic, Mercy Integrated Physical Therapy operates separately from Mercy's inpatient physical therapy department, where hospital patients rehabilitate immediately after orthopedic or spine surgery.

Colorado is fortunate to be a direct access state, which means that most insurance companies don't require a physician's order for physical therapy. Patients can simply call and make an appointment with a therapist if they're suffering from chronic or injury-related pain or discomfort.

## About Our Physical Therapy Services

Mercy Integrated physical therapists are highly trained professionals who are committed to helping you get back to your life. Our physical therapists are uniquely qualified to evaluate and treat movement system dysfunction. We take a total-body assessment and treatment approach to maximize return to functional activity, including all forms of work and play. Mercy Integrated physical therapists include Charles J. Alexander, D.P.T.; Luke Angel, D.P.T.; Sue B. Earl, M.S.T.; Douglas Houle, M.S.P.T.; Randy Juntonen, P.T.; Lindsey Mitchell, D.P.T.; Tiffany Purcell, M.P.T.; Phil Rambo, M.P.T.; and Amy Tichy-Smith, M.P.T. Visit us at one of our convenient locations today!

**Mercy Regional Medical Center**  
Mercy Medical Plaza  
1 Mercado St.  
Suite 201  
**970-385-0644**

**Downtown**  
1401 Main Ave.  
Suite A  
**970-247-9632**

**Horse Gulch Health Campus**  
810 East Third St.  
Suite 101  
**970-764-9200**

### ✦ CONTACT US TODAY!

Mercy Integrated Physical Therapy is now located at three convenient locations to better serve you! See our locations and contact information at left and visit [mercydurango.org/physical-therapy](http://mercydurango.org/physical-therapy) for more information.

# A History of Horse Gulch

## Here's What's New

On May 12, Mercy Family Medicine opened a new clinic on the Horse Gulch Medical Campus at 810 East Third St., Suite 201, in Durango.

“Our new location at Horse Gulch offers extended and weekend hours for existing patients. Many who live, work, or recreate in downtown Durango will find the new location to be very convenient,” said Tom Gessel, CEO of Mercy Regional Medical Center.

Also at the Third Street location are Mercy Diagnostic Services in Suite 203, which provides X-ray and laboratory draw services; Centura Centers for Occupational Medicine (CCOM), Suite 202; and the newest location for Mercy Integrated Physical Therapy, Suite 101, which provides comprehensive physical therapy services, including pre-employment screenings and physical rehabilitation for workers and others recovering from injuries. Mercy Family Medicine providers who work at the new Horse Gulch clinic are Emily Burns, M.D.; Rosemary Fleming, N.P.; Richard Keller, M.D.; Cynthia Manninen, D.O.; Melissa “Lexi” Morris, P.A.-C.; Joseph Murphy, M.D.; and Erika Stensen, P.A.-C.

### **+** HOURS OF OPERATION FOR THE NEW MERCY FAMILY MEDICINE CLINIC

are Monday through Friday, 7 a.m. to 7 p.m., and Saturday, 8 a.m. to 5 p.m. For appointments or more information about the Mercy Family Medicine clinic at Horse Gulch, please call **970-764-1790**.

**H**orse Gulch is part of a large open space and recreational area east of downtown Durango that encompasses more than 3,600 acres crisscrossed by approximately 60 miles of trails. The land was purchased by the City of Durango in the late 1990s as a potential reservoir, but the project was later abandoned and the land was then designated as open space.

Little is known about the history of Horse Gulch; however, personal interviews, old newspaper articles, maps, and deeds indicate the land has been used for many years. Archaeological excavations conducted by Fort Lewis College Archaeological Field School yielded items dating back to the Basketmaker period (450-700 A.D.). In later times, Horse Gulch was inhabited by both the Ute and Navajo Indians. According to historical documents based on interviews with local Tribe members, the area was used for its natural resources, as well as for sacred purposes.

The first Anglo-American settlement in the Durango area occurred in the 1860s during the Baker's Expedition, when a small group of explorers, searching for gold, traveled to Durango from Denver. Later, other prospecting expeditions to the area followed, and by the 1870s after finding silver, gold, and other minerals, an influx of miners, ranchers, and businessmen flooded the area. Settlement was discouraged by the Ute Indians, who had been living in the Durango area for generations. Permanent Anglo settlement did not occur until after the ratification of a treaty with the Ute Indians in 1873.

By the late 1890s, rich coal deposits were discovered in Horse Gulch, and within a decade, the Rocky Mountain Coal Company had developed mines there. The company built a short rail spur to supply coal from the mines to the growing railroad. Called the Horse Gulch Short Line (pictured below), the tracks ran from the north side of Horse Gulch to the train depot.

Today, Horse Gulch and the surrounding open space have been dubbed the “Central Park of Durango.” Conveniently located to many Durango neighborhoods, Horse Gulch will remain a popular place to enjoy and explore, and if visitors look closely enough, they may discover some clues to the area’s interesting past.

The Horse Gulch Short Line in the late 1890s

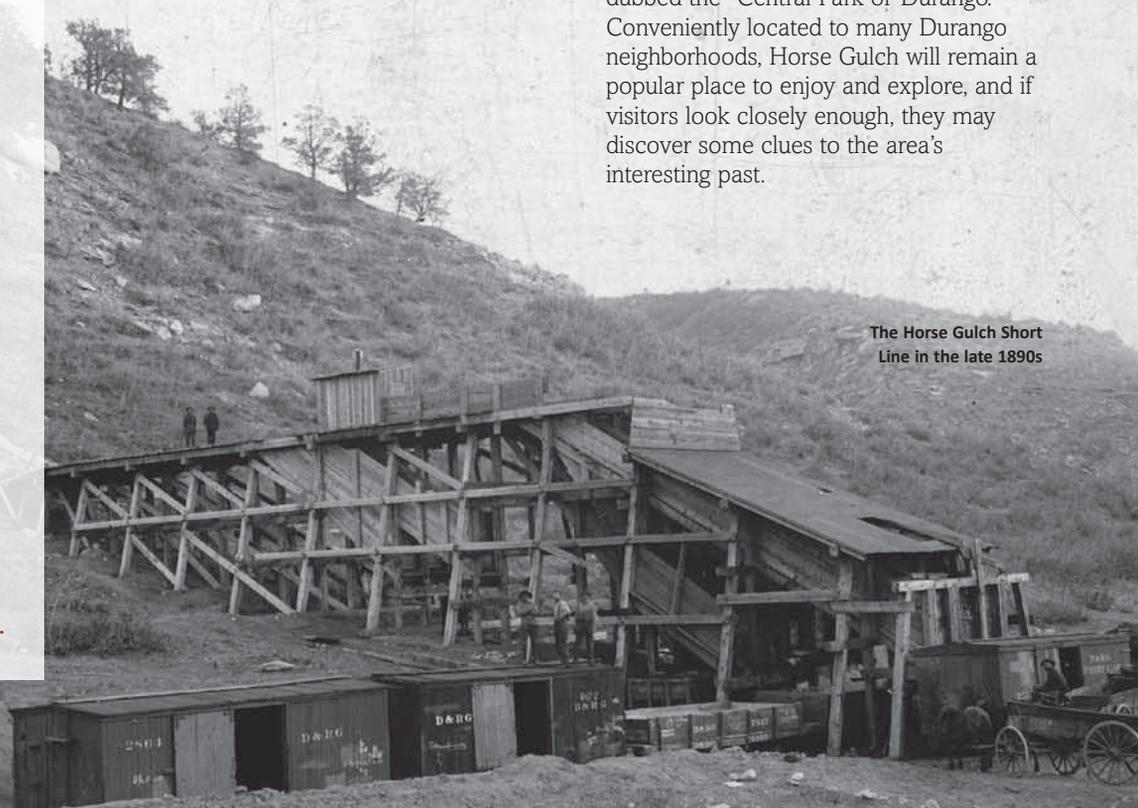


Photo courtesy of the La Plata County Historical Society.

# Hit the Trails for Fitness and Fun

It's well-known that engaging in regular exercise boosts strength and fitness, benefits emotional well-being, and relieves stress, but getting outside for a workout can also have its own benefits. A recent study published by the U.S. National Library of Medicine reported that those who exercised outside exercised longer and more often than those who exercised indoors. In fact, those who took their workouts outside exercised on average for about 30 minutes longer each week. Fortunately, the Four Corners region offers almost unlimited opportunities for outdoor exercise, and in Durango, the go-to place is the Horse Gulch trail system, which offers great fitness opportunities for beginners and experts alike.

Here are just a few reasons to hit the trails:

## MOUNTAIN BIKING

Why mountain biking over regular cycling? While cycling on paved roads with moderate inclines builds leg strength, stamina, and cardiovascular health, the varied terrain of mountain biking has the added benefit of developing core and upper body muscles. Riding rougher terrain is a good way to build overall body strength. Similar to interval training, the ups and downs of mountain biking require short bursts of intense effort,

followed by a lower intensity rest period. This type of exercise builds aerobic capacity, and rapid reactions to the trail terrain help improve hand-eye coordination.

## TRAIL RUNNING

Heading out on a trail instead of pavement is appealing for many reasons. The softer surface gives your body a break by reducing the impact of running on harder surfaces. Many trail runners report experiencing less pain in their knees, iliotibial bands, shins, and tendons. Running on uneven surfaces also increases strength by engaging the small muscles—especially around the ankles and feet—that are used for proprioception, stabilization, and balance.

## HIKING

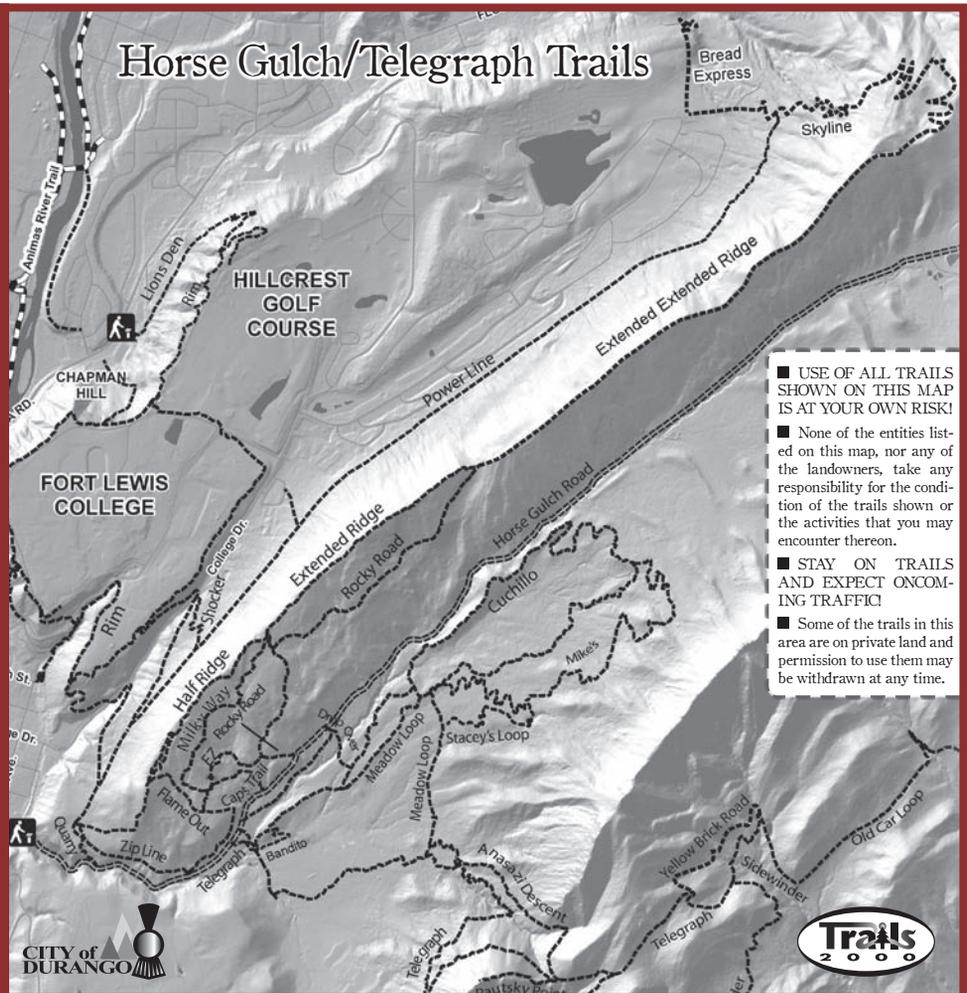
Hiking delivers a remarkable range of health benefits. Easily accessible for nearly all ages and fitness levels, hiking is a great way to stay physically active and lose weight, reducing the risk for heart disease, decreasing hypertension, and slowing the aging process. Frequent hiking develops stamina and balance, and may reduce stress and anxiety. The slower pace also makes it a great activity to enjoy with family and friends.

Horse Gulch is the perfect trail system for all types of fitness levels, from beginners to the more experienced trail user.

Located just off 8th Ave. and 3rd St. and behind the Horse Gulch Medical Campus, there is a trailhead parking lot located at the end of the road. Starting with a half-mile climb, the trail is challenging, but well worth the effort.

Once in the meadow there are signs with directions to different trails. For less challenging trails, which are good for the whole family, try sticking to the Meadow Loop. It is relatively short and flat. There are many options for longer hikes or rides. The trail is very well marked with trailhead signs at major intersections.

Please note that in summer months these trails can be hot, so bring lots of water.





# Could It Be *Carbs,* Not Calories?

The old paradigm “fewer calories in, more calories out” may not be the answer to solving the long-term weight-loss puzzle.

**D**iet books, foods, and supplements comprise a \$20 billion industry in the U.S. With an average of 108 million Americans currently dieting, there is no shortage of diet foods and fads promising weight loss. A study published in the *Annals of Internal Medicine* reported that popular diets centered around low-fat, low-calorie, carbohydrate-based foods may actually contribute to obesity, not avoid or reduce it. So what is the best way to eat to maintain a healthy weight?

The cornerstone of dietary advice for generations has been that the high-calorie, saturated fats found in butter, cheese, and red meat should be avoided because they clog arteries and cause weight gain. Consequently, many diet-conscious Americans have opted for low-fat, low-calorie menus.

For many, cutting back on calories and fat has resulted in increased consumption of carbohydrates. In fact, as a nation, our carbohydrate intake is up at least 25 percent since the early 1970s. Consumption of saturated fat, meanwhile, has dropped by 11 percent, according to the recent data. In short, people are substituting fat in their diets with pasta, grains, fruit, starchy vegetables, and other seemingly healthy low-fat foods.

The problem with carbohydrates is that they break down into glucose, which causes the body to release insulin—a hormone that contributes to fat storage. Meanwhile, fructose from added sugars causes the liver to generate triglycerides and other lipids in the blood that are altogether bad news. Thus, it appears that consuming excessive carbohydrates may contribute to not only obesity, but over time, type 2 diabetes, and possibly even heart disease.

How can you end the cycle of eating less, exercising more, and losing weight, only to gain it back? Read on at right.

## Check the Label

If you're looking to lose weight or just eat healthier, pay attention to the nutritional information on the foods you buy.

### WHAT YOU NEED TO KNOW ABOUT NUTRITION LABELS

**Serving Size:** Start with the serving size and number of servings per container. Ask yourself how many servings you're eating.

**Calories:** Take note of how many calories you consume. To keep from gaining weight, you'll need to use at least as many calories as you take in every day.

% Daily Value*	
<b>Nutrients to limit:</b> Look for information about total fat, saturated fat, trans fat, cholesterol, and sodium. Aim to keep these low especially if you have high blood pressure or diabetes.	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 300mg	12%
<b>Carbohydrates</b> 15g	5%

Total carbohydrates, dietary fibers, and sugars are also listed. Cut back on foods with added sugars, but increase high-fiber foods.

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Make Simple Changes

- 1. Give up highly processed grains.** Highly processed and refined grains contain a lot of carbohydrates that are converted to glucose when consumed. Glucose spikes production of insulin, and insulin triggers fat storage in the body. Try substituting healthy grains like quinoa, bulgur, or brown rice.
- 2. Eat more green veggies.** Green leafy and brightly colored vegetables are packed with nutrients and have relatively few carbohydrates. Minimize starchy vegetables like potatoes, corn, sweet potatoes, and carrots, which have a lot of carbohydrates.
- 3. Eat more fermented foods—nature's probiotic.** According to a study published in the *British Journal of Nutrition*, the type and amount of bacteria in our gut may play a role in keeping off excess fat. People in the study with higher body fat levels had different intestinal bacteria than people with healthy body fat levels. The study indicates that probiotics may act to alter the permeability of the intestinal wall. By keeping certain pro-inflammatory molecules from entering the bloodstream, probiotics may help prevent glucose intolerance, type 2 diabetes, and obesity. Eating high-quality, low-sugar yogurt, sauerkraut, and even dark chocolate can add healthy probiotics into your diet.
- 4. Eat healthy animal proteins and fats.** Beef, dairy, poultry, pork, seafood, and eggs are good sources of protein that contain essential nutrients. Studies show that grass-fed beef may have less total fat, more heart-healthy omega-3 fatty acids, more conjugated linoleic acid (a type of fat that is thought to reduce heart disease and cancer risks), and more antioxidants compared with grain-fed beef.
- 5. Increase your physical activity.** Physical activity is essential to maintaining a healthy weight. Activities like circuit training, yoga, and cycling use major muscle groups with resistance, helping to build muscle strength and increase bone density while increasing endurance and energy levels.

Healthy eating habits take time, planning, and perseverance. Start by cleaning out your pantry. Eliminate foods that are high in carbohydrates and low in nutrition. Then make a new grocery list, adapting your favorite recipes to the new way of eating. Make a list of healthy recipes that you and your family like so that when you're busy, you don't fall back on old, unhealthy diet habits.

**+** **NEED A LITTLE EXTRA HELP GETTING ON TRACK?**  
Contact Mercy Wellness at (970) 764-2701 or visit [www.cafewell.com](http://www.cafewell.com) to discover tips, tricks, and articles to help take control of your health.

Soup for the Soul 2015 is on March 18.

# SOUP FOR THE SOUL

A HEART WARMING BENEFIT TO SUPPORT HOSPICE OF MERCY

**O**n March 19, Mercy Health Foundation (MHF) held the 10th annual Soup for the Soul event to benefit Hospice of Mercy. Guests had the opportunity to taste soups, appetizers, and desserts from some of the area's finest restaurants while experiencing the gratifying feeling of helping so many in need.

Thanks to our generous sponsors, restaurants, guests, and volunteers, this year's event raised more than \$192,000. Seventy thousand dollars will go directly to the hospice program, while the \$122,000 raised during the Paddle Raiser will go to the new hospice residence.

## GUESTS RAISED THEIR PADDLES TO SUPPORT THE KICKOFF OF THE MILLION DOLLAR CLUB

A new phase of the \$4.3 million HOME Campaign was announced, which gives our community the opportunity to help MHF achieve the next million-dollar milestone for the hospice residence by getting 1,000 people to give \$1,000. The generous donors will receive an exclusive pin (see at right) thanking them for helping achieve the goal and making them part of a special Million Dollar Club.

**Please be part of the Million Dollar Club.** For more information or to become a member, please call **970-764-2802** or email [joyhess@centura.org](mailto:joyhess@centura.org).



Above, L to R: Our silent auction team: Anne Swisher, Betsy Romere, Paul Romere, and Shauna Agnew

Below, L to R: Eric Eicher, Beth Drum, and Mike Burns of Alpine Bank



## COURAGE

During the Soup for the Soul event, an Award of Courage was given to Alpine Bank. The award was established to recognize an individual, family, or business that has shown courage and perseverance in the face of adversity. It honors the people who have handled themselves with grace and dignity and who have inspired others along the way. This year's award was given to Alpine Bank, which in 2011 lost three employees to a tragic accident. Their staff's strength and dignity was obvious and evidenced by their love and actions following the accident. In turn, Alpine Bank gave credit to our amazing community, which supported them unconditionally.



Patty Zink and Kirk Komick

**+** **NEXT MHF EVENT**  
Journey of Hope 5K/10K is October 4, 2014. For more information, visit [www.mhffnd.org](http://www.mhffnd.org).

Mercy Health Foundation  
 Centura Health.

## Hospice of Mercy Provides a Special Kind of Individualized Care

Learning that a loved one is at the end of life is a difficult experience for anyone. Hospice of Mercy helps patients transition through the end of life smoothly, offering compassionate care, counseling, and medical services that are focused on the unique needs of patients and their families.

“Every member of our hospice team is passionate about what we do. We have a calling to this work,” said Lauren Loftis, M.D., hospice medical director. “End of life can be a beautiful experience. We are privileged to help families through the journey.”

### INDIVIDUALIZED CARE

Hospice care is available to people of all ages—from infants to elderly—who have six months or less to live. Patients and their families guide the type of care they wish to receive. This may include clinical services such as pain management, counseling, and spiritual support, or social services such as transportation, or caregiver respite, home health, and bereavement care.

“It’s important to know that choosing hospice is choosing to live life the way that is best for each individual,” said Ken Downey, hospice chaplain. “Some patients actually feel better after transitioning to hospice. We help lift the burdens and ease distress.”

### NEW FACILITY

Whenever possible, Hospice of Mercy provides care in the comfort of patients’ homes. They also meet patients in hospitals and other care institutions.

To bring the home atmosphere to more patients, Hospice of Mercy will soon break ground on a new, 12-bed hospice residence.

“The residence will provide a homelike setting for hospice patients who are unable to be in their own homes,” said Tina Gallegos, hospice director. “These

individuals will receive around-the-clock care in a comforting, nonclinical environment.”

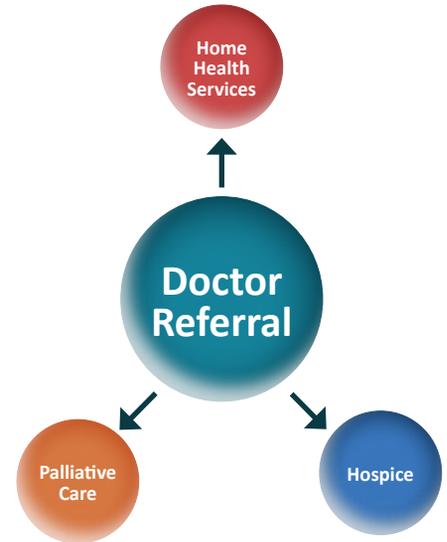
### A GROWING NEED

As the only hospice program in La Plata, Archuleta, and half of Montezuma counties, Hospice of Mercy continues to grow. Last year they provided care to 214 patients, and the team continues to be committed to their role.

“Our team works closely to meet our patients’ needs,” Downey said. “The relationships we build with patients and their families are profound. They become our friends and family.”

✦ **TO LEARN MORE ABOUT** the services provided by Hospice of Mercy, call **(970) 382-2000**.

### Comprehensive Patient Care for Serious Illnesses or Chronic Health Conditions



Hospice of Mercy’s Tina Gallegos, clinical director, Lauren Loftis, MD, medical director, and Ken Downey, chaplain

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# Why Buy Local?

The “buy local” mantra is well-known in terms of economic development, but in the last few years, the buy local concept has grown to include food. Southwest Colorado is now home to an abundance of farmers markets, community supported agriculture (CSA) opportunities, and producers of meats, cheeses, honey, and other foods. As it turns out, the reasons to buy locally grown and produced foods are many.

- 1. Local food tastes better.** By buying local, you are receiving the freshest possible produce, often picked just hours before delivery to your local store or farmers market. Produce that travels long distances can be days or weeks older. Over time, sugars in foods turn to starches, plant cells shrink, and produce loses its vitality and flavor.
- 2. Local food is more nutritious.** Once harvested, produce quickly loses nutrients. Since local produce is sold soon after it's picked, it retains more nutrients.
- 3. Local food promotes energy conservation.** The average distance our food travels is 1,500 miles, mostly by air and truck. By buying local, you help conserve the energy that would be used to transport food.
- 4. Local food supports local farmers.** The American family farmer is a vanishing breed: In fact, fewer than 1 million people (less than 1 percent of Americans) claim farming as a primary occupation. It's no wonder when, on average, farmers get less than 10 cents of every retail food dollar. By buying local, many of the middlemen disappear, and local farmers get to keep more of every retail food dollar, which helps them continue to farm.
- 5. Local food builds community.** By getting to know the farmers who grow your food, you build understanding, trust, and a connection to your neighbors and the environment. The weather, seasons, and science of growing food offer great lessons in nature and agriculture. Visiting local farms is a great way to foster appreciation for food and helps educate friends and family about where food comes from.
- 6. Local food preserves open space.** Do you enjoy meadows of wildflowers, picturesque barns, and rolling pastures? These things should also serve as a reminder that our treasured agricultural landscapes survive only when farms are financially viable. By spending money on locally grown food, you're increasing the value of the land to the farmer and making development less likely.
- 7. Local food supports the environment and benefits wildlife.** Family farmers tend to be good stewards of the land: They respect and value fertile soil and clean water. And their farms provide the fields, meadows, forests, ponds, and buildings that are the habitat for many species of wildlife. In addition, buying local reduces the distance food must be transported, thus reducing the use of fossil fuels and the emission of greenhouse gases.
- 8. Local food is about the future.** Supporting local farms today helps keep those farms in our community, ensuring that our children and grandchildren have access to nourishing, flavorful, and abundant food. When you choose to buy local, and make your choices known, you raise the consciousness of your family, friends, and neighbors.

Provided by [DoSomething.org](http://DoSomething.org)



## Going Above and Beyond at Mercy

This year, we recognize a few Mercy employees who have been passionate about raising money for Mercy Health Foundation.

**Pat Demarest**, case manager, sold her knitted goods to raise \$1,000 for Mercy Health Foundation to support the hospice residence. "I care for many patients who I wish could have the option of going to the Hospice Residence, and I wanted to do my little bit," Pat says. "Since I enjoy knitting so much, I decided I could sell my projects and raise money to contribute to the building fund."

**Vanessa Hamer**, radiology coordinator, along with the help of her colleagues, has raised hundreds of dollars for Mercy Health Foundation over the years by putting bright, colorful "shimmers" in people's hair in the Mercy lobby and at events.

**Jayne Hazelton**, MRI supervisor, is always eager to help the foundation raise money for many of our causes. She has gone around the community selling pink light bulbs and hand towels for breast cancer awareness. Jayne also serves as a team leader for the MEG campaign.

**Karen Taylor**, a retired nurse at Mercy, sewed baby burpees to sell in the Mercy Gift Shop with 100 percent of the proceeds going to Mercy Health Foundation for equipment needs.



Vanessa Hamer



Caitlin Fleege and Pat Demarest



Judith Kraemer



Jayne Hazelton

**Judith Kraemer**, RN, has been doing a book sale to benefit the Foundation for six years. "Every year I have coworkers throughout the hospital asking when it is going to be. I am now referred to as the Book Lady, which is quite a compliment," Judith says.

Mercy's Garden medical surgical unit and Case Management staff have created beautiful baskets filled with craft items, wine, chocolates, baked goods, and art, which have been auctioned off at MHF Soup for the Soul events. The baskets are very popular, bringing in a lot of great bids.

## MEG (Mercy Employee Giving)

Mercy Regional Medical Center employs more than 1,000 people. Mercy associates are valuable to our organization, and we pride ourselves on being like a family, helping one another and contributing to the community by volunteering personal time and resources to various causes.

The generosity of our associates makes a significant impact in the lives of coworkers, patients, and the community. Through the MEG Campaign, employees can give to

programs and services, equipment needs, and current campaigns, such as:

\*Mercy Employee Giving Program: MEG assists our employees when emergency, traumatic, or unexpected circumstances arise. An employee is eligible to receive up to \$1,500 in emergency financial assistance, which can be paid back in small amounts over the course of a year.

\*The \$4.3 million HOME Campaign is raising funds to build a new hospice residence.

\*Global Health Initiatives: Mercy's Mbulu, Tanzania, mission provides scholarships for girls and small-business loans for women and capacity-building projects.

\*United Way Campaign: Mercy Health Foundation collects funds for the United Way of SW Colorado for community giving.

**A BIG THANK-YOU to all of our Mercy employees who are there to donate their time, money, and energy to Mercy Health Foundation for our community.**

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If you have an address change or would like to be removed from our mailing list, please call 970-764-3910.

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[www.mercydurango.org](http://www.mercydurango.org)

## It's Your Health Information

Access it when you need it.

**S**tudies have shown that the more informed patients are, the more likely they are to participate in the care and management of their health. But for many patients, keeping track of medical history, test results, and medications can be an overwhelming task, often requiring multiple phone calls to providers.

“For years, the health care industry has envisioned putting patients at the center of their care by giving them the necessary tools to access their personal health information,” said Mercy CEO Tom Gessel. “It empowers patients and their families to have more control over their health and health care,” he added.

Centura Health and Mercy Regional Medical Center are leading the way with MyCenturaHealth. This secure, Web-based portal

allows patients to conveniently manage their health online through access to their medical records, lab results, current medications, allergies, immunizations, medical conditions, reports, upcoming appointment information, and more.

**+** **PATIENTS WILL RECEIVE INSTRUCTIONS FOR ENROLLMENT** on their patient instruction form during a visit to the hospital or any Mercy clinic location. Additional information on the portal, along with enrollment, can be found at **Centura.org/mycenturahealth**.

