

HEALTHBEAT

Community Healthcare, ROOTED IN TRADITION

Providing You Full-Scope
Care, Right Here in Haxtun

INSIDE

Growing to Provide Accessible Care for Our Community	3
Meet Jessie Cochran, Nursing Supervisor	4
Haxtun Family Receives Excellent Care After Devastating Home Fire	5
Supporting Heart Health and Preventing Heart Disease	6
Haxtun, Fleming Clinics: Exciting Construction Updates for our Community	7

A Word from the CEO



This past year has been one of the most challenging years in history for our nation, our state and our community. Haxtun Health not only persevered but also met the challenge of the pandemic head-on. We were able to keep every single employee on staff and did not lay off anyone. We managed to find enough Personal Protective

Equipment (PPE) and supplies to take care of everyone safely. The team here worked extremely hard, pushed through, continued to come to work every day, provided an oasis of care for our community and continued to show compassion to our patients, residents and each other. Each one is a 'Humble Hero' (hero: someone noted for courageous acts, self-sacrifice and noble character, humble: someone who is not proud or haughty). They make Haxtun Health a great place and certainly deserve a heartfelt thank you.

Even in the midst of a pandemic, we were able to accomplish new and exciting things for our community. Long gone are the days when you had to wait for the Health Fair to get your labs done. We built and equipped a new lab that allows patients to get their labs done right here, on-site, same day. We also bought and began using a new Ultraviolet-C Robotic device to completely sanitize all of our rooms. This new device, that we affectionately call Tru-D, kills microorganisms such as MRSA, C. diff, Ebola, and yes, SARS-Coronavirus-2 or COVID-19, making our campus as safe as possible. We were also able to obtain additional units that were placed in the Haxtun and Fleming schools for their use in fighting this virus. Many more improvements have happened, and we continue to be your partner for healthcare and remain "The Best Hospital in Haxtun."

Thank you for choosing us for your care,

A handwritten signature in black ink that reads "Dewane Pace". The signature is fluid and cursive.

Dewane Pace, CEO

Winter 2021

Haxtun Health promotes optimum wellness through compassionate and high-quality care. We aim to be your expert source of information in the medical world. Content for the Haxtun HealthBeat is provided by Haxtun Health staff and providers as well as trusted resources from around the country.

Services

- Behavioral Health Counseling
- Cardiology
- Dermatology
- Diabetes Clinic
- Direct Access Testing
- Dry Needling – Cash Pay
- Emergency Room
- Endoscopy
- Family Medicine
- In-Patient (Hospital)
- Laboratory
- Laser Therapy
- Nutrition Counseling
- Occupational Therapy
- Orthopedics
- Pharmacy
- Physical Therapy
- Podiatry
- Radiology
- Respite Care
- Sleep Studies
- Swing Bed Program



Growing to Provide Accessible Care for Our Community

Haxtun Health is always striving to provide the best quality healthcare for our community, and that begins with offering an array of healthcare services at convenient, accessible times.

After listening to the needs of our community, the hours for the Haxtun Health Clinic and Pharmacy have recently been extended to include weekends, and the Clinic team added two new providers — Dr. Andrea Lewis and Dr. Trevin Cardon — to increase availability to patients.

Tabitha Schanhals, Director of Clinic Services at Haxtun Health, said that with more providers and availability of appointments, patients can be seen sooner than ever before.

New Hours at Clinic, Pharmacy

The Haxtun Health Clinic and Pharmacy are now open to patients on Saturdays. Same-day visits are available.

Patients can visit the Clinic on weekends for routine items such as medication refills, physicals, new patient appointments, basic follow-ups, minor and major illnesses and urgent needs. The Pharmacy is also open on weekends now, allowing community members to fill their prescriptions locally rather than having to drive to Sterling for urgent medications. Over-the-counter medications and supplies are also available.

“These changes will help those in our community who are not able to come during the week or want to avoid taking time off to make a doctor’s appointment,” Schanhals said.

Make Your Next Visit A Success

To make your next visit more efficient, bring a list of detailed questions about your health that

you want to address with your provider. Be specific about your needs when you schedule your appointment to ensure you have enough time allotted for your visit. Inform the scheduler if you visited another facility since your last visit to allow the office enough time to receive your updated medical records before your appointment.

“Coming prepared gives your provider the best chance to provide you with excellent care that meets your expectations,” Schanhals said.

To prepare for your appointments:

- Arrive at the clinic 15 minutes early to start the check-in process.
- Bring all information and cards for potential changes and updates to your account.
- Bring your copay, updated medication list and medical records, if necessary.

Haxtun Health Clinic

NEW — Saturday Hours

Hours of Operation:
8:00 am – 4:00 pm

Appointments:
9:00 am – 3:30 pm

Weekday Hours — Monday through Friday

Hours of Operation:
8:00 am – 5:00 pm

Appointments:
9:00 am – 4:30 pm

Pharmacy

NEW — Saturday Hours

9:00 am – 12:30 pm

Weekday Hours — Monday through Friday

9:00 am – 5:30 pm

For more information, call
970-774-6187.

PERSONAL CONNECTION TO HAXTUN HEALTH STAFF

Meet Jessie Cochran

Jessie Cochran has worked in almost every area of nursing during her time at Haxtun Health.

Her goal as a nurse is to advocate for patients and their health goals. She meets them where they're at and takes the time to understand their perspective so they can receive the best possible care. She ensures to calm any of their fears and serve as a source of comfort when they need her most.

"I always try to be in tune with what the patient is feeling emotionally as well as what they're physically showing me," Cochran said.

Now the nursing supervisor at Haxtun Health, Cochran wears several hats for the hospital. She tackles important managerial tasks while still offering her nursing expertise in the emergency room and on the floor. She also serves as our trauma nurse coordinator and prioritizes ongoing education for staff.

Her hardworking efforts and positive attitude are two of many reasons why Cochran was Haxtun Health's most recent Employee of the Year.

as an RN until her recent promotion to nursing supervisor in August 2020.

"I absolutely love taking care of people and making them feel better," Cochran said. "My end goal is to have them leave feeling better than they did when they came in."

From a young age, Cochran knew she wanted to work in healthcare. Cochran found her sweet spot in nursing, which allows her to work with various people with a wide range of health conditions and goals. Passionate about promoting health, she finds herself motivated by working with others, whether optimizing the health of a baseline healthy patient or working hard to ensure a sick patient has the tools and support they need to get better.

"Getting to improve people's lives on a daily basis and helping those who really need the help and are willing to work for it... there's nothing more rewarding than that," she said.

Life at Home

Originally from New Hampshire, Cochran wound up in Fleming in 2009 because her husband, Cash, is a Fleming native and former traveling hockey player. Excited to start their lives together, they built a house in northeast Colorado and have called it home ever since.

Cochran doesn't really have an "off" button. She spends her days caring for people at work, and when she's not at work, she's caring for her family at home. She and Cash have three kiddos — Hayden, 9, Sydney, 6, and Harrison, 5, — who keep them busy. If some free time does present itself, Cochran takes advantage of it to spend time with friends and get outdoors.



Jessie Cochran with her husband, Cash, and three children: Hayden, 9, Sydney, 6, and Harrison, 5.

Advocate for Healthy Living

Cochran started her career at Haxtun Health in 2013, assisting patients in the nursing home as a licensed practical nurse. She did that for 5 years while also getting her degree to become a registered nurse. After graduation, she worked

Haxtun Family Receives Excellent Care After Devastating Home Fire

The day before Thanksgiving, Carly Preston received a phone call that no one ever anticipates. Her family's home caught on fire after she left to return to work from her lunch break.

Fire crews were able to rescue her husband, Dean, and their 5-year-old son, Kaden, from the home. They were taken to the Haxtun Health Emergency Room to be examined for smoke inhalation and other injuries that may have occurred. Neither were seriously injured.

The family is extremely grateful for the prompt, compassionate care that Haxtun Health staff provided in their time of need.

"In the midst of absolute chaos and our lives being turned completely upside down, the Haxtun Health staff provided excellent rapid care while maintaining a calm composure," Preston said. "The boys were completely checked from head to toe. There was not a doubt in my mind that they were getting a thorough examination."

Preston was especially impressed by the thoughtful care provided by Registered Nurses Heather Lambert and Carlina Annis. They kept their composure and took the lead while the Prestons processed what just happened to them.



Carly Preston with her husband, Dean, and son, Kaden.

Preston said Lambert knew exactly what to do to keep Kaden calm, explaining everything she was doing and why. Annis worked with Dean, who did a great job at answering all of his questions and alleviating some of his anxiety.

Preston said the Haxtun community has rallied together for her family and have been overwhelmingly and wonderfully supportive. She is thankful for her community and her local hospital as she, Kaden and Dean continue to navigate the aftermath of their experience.

"Our care was 10/10; we received thorough, prompt and excellent care in the midst of our chaos with a caring team of nurses to help us through," Preston concluded.

We couldn't have asked for a better experience after an event that was so life changing.



SAVE THE DATE

Haxtun Hospital Foundation
Golf Tournament
JUNE 19, 2021

Details coming soon

For more Foundation information:
<https://bit.ly/39MBMUJ>

IN HONOR OF DICK FRYREAR



The Haxtun Hospital Foundation recognizes and remembers board member Richard Fryrear as a valued member of the foundation, serving our organization for more than 20 years. Dick passed away on Dec. 17, 2020 and will be remembered as a loving husband, father, grandfather and neighbor to all.

AMERICAN HEART MONTH: Supporting Heart Health and Preventing Heart Disease



February is the month that gets us thinking about hearts — the candy ones and the beating ones in our chest.

Heart disease is the number one cause of death in the U.S., according to the Centers for Disease Control and Prevention, killing nearly 655,000 Americans each year — one in every four deaths. The Haxtun Health team is here to support you in preventing heart disease or to keep it from worsening.

Dr. Benjamin Stephenson, Primary Care Provider and Chief of Staff at Haxtun Health, said it's important to prioritize your heart health sooner than you might think.

"A lot of our heart patients spent their lives not worrying about heart disease until it was forced on them," he said. "Young people and middle-aged adults may not even know they have several risk factors until it's too late."

Why Heart Health is Important

Heart-healthy lifestyles help us live longer, keep other organs in our bodies healthy and improve our overall quality of life, according to Wendy Evans, MPT, Physical Therapist at Haxtun Health.

Start with getting in regular exercise and eating a healthy diet. Education also plays an essential role in your endeavors, so don't skip on appointments with your healthcare provider. They can provide you with invaluable information about your heart numbers, perform annual screenings and track your annual changes in risk factors.

How Haxtun Health Supports Patients

By identifying risk factors such as high blood pressure, cholesterol, obesity, smoking and other habits and traits that contribute to heart disease, Haxtun Health providers can tailor their care to the patient and work with them on necessary lifestyle changes. If you already suffer from heart disease, providers can help decrease your risk

of further damage and work with a cardiologist to ensure you are up to date on your cholesterol labs, vitals, echocardiograms, EKGs and medications.

Take control now and talk to your healthcare provider about what you can do to improve your heart health for the long term.

5 Heart-Healthy Tips



1. Eat Healthier

Minimize processed foods, mostly the three F's — fried, fast and fatty foods. Limit your salt intake. Limit sugars and saturated fats to 10 percent of your daily calorie intake. Practice portion size control.

Schedule an appointment with Haley Edwards, Dietitian, at 970-774-6187.



2. Get in Physical Activity

Focus on low-intensity, long-duration aerobic activities, such as walking or biking. Develop a good exercise routine you can do at home. Set an exercise schedule that lays out specific activities, their duration and the days you will do those activities.

Schedule an appointment with Wendy Evans, Physical Therapist, at 970-774-6123.



3. Quit Smoking

Smoking lowers your good cholesterol, increases the buildup of plaque in your blood vessels and can cause thickening and narrowing of blood vessels.

Schedule an appointment with a primary care provider at 970-774-6187 to develop a plan.



4. Decrease Your Stress

Stress produces cortisol, which is detrimental to the body when elevated for long periods of time. Protect your heart by relaxing through activities like yoga, Pilates, breathing exercises or taking a long, brisk walk in the countryside. Try downloading a stress management app on your smartphone, such as Calm, Headspace or Breathe.

Schedule an appointment with a primary care provider at 970-774-6187 to develop a plan.



5. Improve Your Sleep

Lack of sleep can lead to high blood pressure, type 2 diabetes and obesity — all heart disease risk factors.

Haxtun Health partners with Fatigue and Sleep Remedies of Colorado to perform sleep studies on our main campus. For an appointment, call 970-774-6187.

NEW & NOTABLE

Haxtun, Fleming Clinics: Exciting Construction Updates for our Community



An initial drawing of the new Haxtun Health Main Street Clinic.

Haxtun Health is taking healthcare in northeastern Colorado to the next level with two new clinics currently underway in Haxtun and Fleming. The new construction projects will improve access to quality healthcare, expand appointment availability for patients and limit the need to travel to the Front Range for care.

“These projects are collaborative community efforts,” said Dewane Pace, Chief Executive Officer of Haxtun Health. “We want to bring care to the community so that the community doesn’t have to leave to receive care.”

Both new clinic buildings will feature modern equipment and medical technology and will allow for additional space for our growing service lines. The COVID-19 pandemic expedited this process, as both clinics will have upgraded ventilation systems and will provide the needed space for patients to be treated.

“When completed, we believe these will be the best places to receive care and wellness services in northeast Colorado,” Pace said.

Main Street Clinic: Haxtun

The new Main Street Clinic in Haxtun is in initial development stages and located in the space of the Old Smith Hardware building, which will be rebuilt with the history and architecture of downtown Haxtun in mind.

Demolition will begin in the next few months, Pace said, and if all goes according to plan, a grand opening is set for 2023. The new clinic will offer 10,000 square feet of space on the first floor and 7,000 square feet on floor two — quadrupling the size of Haxtun’s current clinic, which is 2,500 square feet.

Haxtun Health is Honored Recipient of Grant and CARES Relief Funding for Projects:

Haxtun Health Fleming Clinic Renovation

Funding provided by the Colorado Health Foundation and the Department of Local Affairs. This project is slated for completion in Spring 2021.

Haxtun Health Main Street Clinic

Funding provided by Coronavirus Aid, Relief and Economic Security Act (CARES). Haxtun Health continues to pursue private grant funding to assist with the project.

Main Campus Infrastructure Updates

The Department of Local Affairs is funding a major infrastructure update project to Haxtun Health’s main campus. This project provides much needed updates to the facility’s HVAC system, controls, lighting and roof. This project is slated to begin in 2021.

Three large services will relocate to the new clinic — the Clinic, Physical Therapy and Wellness and Retail Pharmacy. These service lines constitute nearly 10,000 annual visits of foot traffic on the current Haxtun Health campus. The new building provides the hospital with future opportunities, as the current building is too small to meet the evolving needs of the community.

“This will be better for patients, better for the hospital campus and better for our community,” Pace said. “The Board, Town Council and community have been very supportive of our effort. We are doing everything possible to not incur debt or ask the community to pay for this new clinic, as we plan to utilize government and grant funds.”

Main Street Clinic: Fleming

Reconstruction of the Fleming Clinic is underway and is slated to open in the spring. The Fleming Clinic will open for patients five days a week and is three times larger than the old space.

“Haxtun Health aspires to be your partner for a healthier community,” Pace concluded. “We are the best hospital in Haxtun, and we look forward to also having the best clinic in Haxtun, Fleming and northeast Colorado. Stay tuned; there is more to come.”



Haxtun Health: Hospital

235 W. Fletcher Street
Haxtun, CO 80731
Phone: 970-774-6123

Haxtun Health Clinic

233 W. Strohm Street
Haxtun, CO 80731
Phone: 970-774-6187

Haxtun Health Fleming Clinic

104 W. Larimer Street
Fleming, CO 80728
Phone: 970-774-6187

24-Hr Emergency Department

Open 24 Hours a Day
Dial 911 for Emergencies

PRSR STD
ECRWSS
U.S. POSTAGE
PAID
EDDM RETAIL

*****ECRWSSDDM*****

Postal Patron
Holyoke, CO 80734



**Vaccine Distribution
at Haxtun Health**

Haxtun Health is following all CDC and State of Colorado guidelines for dissemination of the vaccination. We’ve been allocated a limited number of COVID-19 vaccines based on the size of our county. Our team has worked extremely hard to secure vaccines for our community.

“We’ve built an extremely efficient system that makes it easy for our patients to get vaccinated,” stated Julia Bieseimer, Community Relations Officer at Haxtun Health. “Having your name on the list is important so we know who to call when we have vaccines available.”

**Haxtun Health COVID
Vaccination List Hotline**
Haxtun Health established a COVID-19 Vaccination List to allow community members to sign up to receive the vaccine when it is available. Community members can call Haxtun Health at **970-774-6123** or sign up online at **HaxtunHealth.org**.

Haxtun Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, gender, gender identity or sexual orientation.
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.
ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung.
The full nondiscrimination statement can be found at <https://bit.ly/3jigDoV>.