



PLATEAU VALLEY CLINIC NEWS

Volume 2, Issue 4

December 04

Scott Rollins, MD & Erika Woodyard, MD

Specializing in Wellness, Medical Illnesses & Emergency Services

CLINIC SERVICES

Laboratory
Pharmacy
X-Ray & EKG
Emergent Care

- Fractures
- Lacerations
- Medical Emergencies

PROVIDERS

Physical Therapist
Massage Therapists
Chiropractor



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Spirit of Giving Alive and Well in Plateau Valley.

We recently had a patient who needed medical assistance. She called 911 as she was unable to help herself.

One of our local volunteer EMTs happened to be driving a snowplow when he got the call to respond. As he knew by the location who the victim was he also knew the long driveway would be covered with snow. So, without a pause he just responded to the scene plowing the drive ahead of the ambulance, which was then able to safely pass.

Friends and family in the "big cities" around us marvel at how we manage to get by out here in the isolated wilds of Plateau Valley, so far away from the modern world with all its urban services. Simple, people like our local EMTs.

Our patient is doing fine thanks to the prompt response and delivery to the hospital. She thanks God for being so blessed. I'd agree, and thank our many friends and neighbors who make up the fire and ambulance services that care so well for us all.

Kids' Café - A World of Good.

Every day 20-30 kids are stopping in for breakfast or after-school meals at The Plateau Valley Assembly of God Church.

The Church also has a "backpack program" in which kids can pick up a backpack full of food, snacks, milk and juices and take it home for the weekend, returning the pack on Monday. Contact Pastor Wilson if you have any donations or would like to participate. If your child would like to join just stop in - its free and all are welcome.

What to Expect this Flu Season.

There has been a shortage of influenza vaccine this year but more vaccine is on the way. It is not too late to get a flu shot, even on into January.

Remember, we have anti-viral medications to treat the flu. This is especially important for people who did not get the vaccine. It is critical to start the medication within 2 days of the onset of the flu for it to help much. With a lower rate of immunization we expect to be giving the anti-viral medications more often this year.

The flu is a cold virus. It

usually starts quickly with extreme fatigue, muscle aches, fever and sore throat. A runny nose and cough soon follow. It is basically the worst cold ever. The main worry is pneumonia. Pain in the chest or trouble getting enough air are typical signs of pneumonia.

The flu is preventable. High-risk people include those ages 6-23 months, over age 65, pregnant, or those with chronic heart, lung or kidney disease. High-risk people should definitely get their vaccine!

Pertussis or whooping

cough is going around Mesa County. Most of us were immunized as kids but that wears off by the teens. The cough is usually severe, coming in spasms, and afterward people suck in air making a "whooping" sound. Little kids and infants are the most at risk. Any person with a cough that has these characteristics or persists for more than 2 weeks should be evaluated. Pertussis is easily treated with antibiotics.

Pertussis is prevented with the DPT vaccine we get as kids. It is not used after age 7.

DOCTORS' OFFICE SCHEDULE

January 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 EW
2 EW	3 EW	4 EW	5 SR	6 SR	7 SR	8 SR
9 SR	10 SR	11 SR	12 EW	13 EW	14 EW	15 EW
16 EW	17 SR	18 SR	19 SR	20 SR	21 SR	22 SR
23 SR	24 SR	25 SR	26 EW	27 EW	28 EW	29 EW
30 EW	31 EW					

February 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 EW	2 SR	3 SR	4 SR	5 SR
6 SR	7 SR	8 SR	9 EW	10 EW	11 EW	12 EW
13 EW	14 EW	15 EW	16 SR	17 SR	18 SR	19 SR
20 SR	21 SR	22 SR	23 EW	24 EW	25 EW	26 EW
27 EW	28 EW					

March 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 EW	2 SR	3 SR	4 SR	5 SR
6 SR	7 SR	8 SR	9 EW	10 EW	11 EW	12 EW
13 SR	14 SR	15 SR	16 SR	17 SR	18 SR	19 SR
20 SR	21 SR	22 SR	23 EW	24 EW	25 EW	26 EW
27 EW	28 EW	29 EW	30 SR	31 SR		

April 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 SR	2 SR
3 SR	4 SR	5 SR	6 EW	7 EW	8 EW	9 EW
10 EW	11 EW	12 EW	13 SR	14 SR	15 SR	16 SR
17 SR	18 SR	19 SR	20 EW	21 EW	22 EW	23 EW
24 EW	25 EW	26 EW	27 SR	28 SR	29 SR	30 SR

Appointments: 487-3565 – After Hours Emergencies: 248-0222
 Doctors available for emergencies 24 hrs/day, 7 days/wk (Schedule subject to change)

Business News: Grants, Remodel, New Administrator

\$115,000 Grant for Mesa Clinic.

The doctors wrote and received a grant from the Governor's Rural Healthcare Initiative for the Hospital District to use in helping to purchase the new clinic building in Mesa. The District had planned to rent the building and now will be able to own it outright. The District is working on a long term land lease with the landowners. Despite the uncertainty of Mesa County Planning and Zoning we expect to be up and running soon.

Collbran Clinic Remodel.

The lobby of the clinic is undergoing a complete remodel and should be completed just after the holidays. The \$89,000 project was part of another grant the District received last year. The clinic will also spend \$30,000 for a new Xray machine and \$40,000 for electronic medical records. The bulk of project funding is from a grant through the Department of Local Affairs, using Energy Impact Funds.

Building for Sale. After meeting with a commercial real estate broker the board has obtained enough information to realize that a sale of the entire hospital building is not feasible. Furthermore, splitting the facility and selling only a portion is possible but will cost thousands of dollars in surveys and condominium paperwork before it can even be listed. After a sale, the utilities would need extensive splitting, again at a cost of thousands.

The board is currently deciding if *any* sale is possible and reconsidering options of leasing space for more community oriented businesses.

Administration Position Filled. Jessi Clark has taken the position of Clinic Office Manager. The job position has been merged with the old position of Business Coordinator. The Board wisely merged the two job positions and will hire an outside accountant for the limited amount of accounting we need.

Jessi has been with us for several

years, starting as a medical assistant and recently working as clinic coordinator. Many of the day-to-day operations are managed by her and with the closure of the Nursing Home it is apparent the District does not really need a full time administrator per se. By combining the job positions we expect to streamline the whole management process. The net result will be a significant cut in staffing and a net savings in payroll expenses.

The District will continue to utilize outside healthcare management specialists as consultants as needed for helping with more broad long-term financial and marketing strategies.

Remember that **insurance information** is your responsibility and must be kept updated. You also need to know what services your insurance will cover. We will kindly remind you for new card or insurance plan numbers!

What is Hospice?

Hospice is a medical program that cares for people with illnesses that are beyond a cure. Providing comfort when a cure is not possible is called "**palliative care**". Contrary to public perception, not everyone in Hospice simply has cancer. Many people have heart or lung disease, dementia, or other terminal illnesses. Hospice care allows patients to remain in their home while receiving medical and spiritual care, usually right to the end of life, so they may die close to the comforts of home and family.

The Hospice team includes a director to oversee all operations. Our current director has also been a hospice nurse for many years - Cindy Price, RN. Meg Latham, RN, and Rita Bader, RN, are also certified hospice nurses. They respond first to patient needs and are on call all the time to meet their patients' needs. They are experts at managing end of life care.

Hospice also has Certified Nurse

Aids or CNAs who assist in monitoring patient vitals and help patients with personal issues such as bathing.

A Social Worker is part of the team and assists in getting insurances straight, help with financial issues and assists the family with numerous "odds and ends" needs.

Several local pastors and chaplains participate in the program. Not all patients request pastoral care, but the spiritual aspects of death and the dying process are a very important part of the program. Our staff is skilled at meeting these needs at the level each patient and family feels most at home with.

Our volunteers provide a tremendous service for families of Hospice patients by staying with patients so family members can get some personal time while knowing their loved one is well cared for.

Last, the medical director simply oversees everyone else, making sure the patient is appropriate for Hospice and that they are receiving the excellent

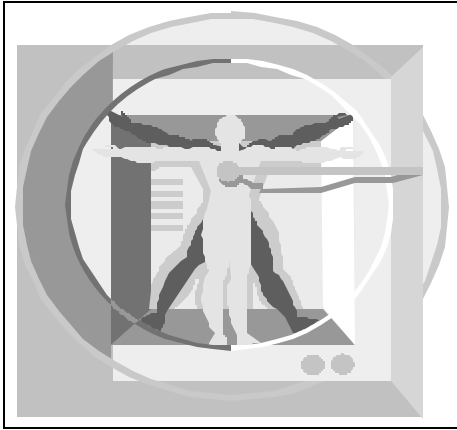
care the Hospice team provides.

The Hospice and Palliative Care of Western Colorado has served the Plateau Valley and surrounding areas for nearly 10 years. Thanks to the passionate work of our team and the tremendous community support we have been able to provide care for dozens of families, allowing patients to go through the difficult process of dying at home instead of a hospital or nursing home.

This year our Hospice program was awarded the **Outstanding Achievement Award** by the Colorado Hospice Organization. This award is given for making extraordinary achievements by demonstrating excellence in Hospice and palliative care. Way to go team!

Prescriptions filled in the clinic must be paid for at the time of service - please plan ahead.

MEDICATION REFILLS
Call your pharmacy at least 48 hours before you need a refill on your routine medications.



Plateau Valley Hospital
 District
 58128 Highway 330
 Collbran, CO 81624

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**BOXHOLDER
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 81624**

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A service of the Plateau Valley Hospital District
 Written and produced by Drs. Rollins & Woodyard

Plateau Valley Clinic
 58128 Highway 330, Collbran, CO 81624
 Phone: 970-487-3565 Fax: 970-487-3568

Website: www.pvhealth.com

Regular Appointments
 Monday-Friday 9 am - 5 pm **487-3565**
 (Tuesdays open for appt at 7 am)
After Hours Answering Service **248-0222**
 (24 hr/day, 7 days/week)

Taking New Patients

We are pleased to continue to serve new patients from as far as Grand Junction and Debeque. Usually we are able to offer patients appointments the same day they call and meet their urgent care needs. And, we will never have an automated answering machine! When you call our office someone familiar will quickly answer your call and gladly meet your needs.

One of the more important aspects of our practice is the commitment to personal care. Our physicians are always available for emergencies and if you call with a question you will always get a timely call back from your physician.

Our practice is growing and we are expanding into a second clinic location in Mesa. As a business we hope and plan to get busier and busier, but we will always preserve the ability to provide personal care with the time and attention your health deserves.

Open House

Please join us **Saturday, January 15th, from 25 pm** for refreshments and an open house to tour the new lobby renovation. Members of the Hospital District Board and staff will be present to show off your new clinic lobby and Xray department.

Faith in Action

Plateau Valley's *Faith in Action* program has been in existence for 3 years after receiving a grant from the Robert Wood Johnson Foundation. The program is now self-sustaining.

The program has over 40 volunteers providing services to individuals. Over 1,397 hours and 13,029 miles of transportation have been accrued. Six churches participate as well as other community agencies. Some of the miles traveled include the 90 mile round trip to GJ.

Thanks again to all our volunteers, because, without our **everyday angels** there would be no Faith in Action.

Mission Statement

The **Mission of the Plateau Valley Hospital District** is to provide family practice / 24-hour urgent care medical services and health related community resources to citizens of and visitors to Plateau Valley and those of surrounding communities through the provision of an adequately and equitably funded, community owned, medical facility operated by licensed physicians and qualified staff and paid for with public and private financial resources and fees.

The Hospital District board, along with staff and community input, crafted our mission statement to serve as a concise guide to set priorities. The statement reflects the District's commitment to continuing our current services, while allowing for a variety of other health related services to grow.

The Hospital District Board meets on the 3rd Mon of every month, at 5:15 pm, upstairs above the clinic. The public is always welcome.