

PLATEAU VALLEY CLINIC NEWS

Volume 8, Issue 1

January 2010

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*Specializing in Wellness,
Medical Illnesses &
Emergency Services*

CLINIC SERVICES

Laboratory

Pharmacy

X-Ray & EKG

Urgent Care

- *Fractures*
- *Lacerations*
- *Medical Emergencies*

PROVIDERS

Physical Therapist

Massage Therapists

Acupuncture

Rolfing

Hospice



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A Strengthening Resolution

By Dr Paula King, PhD

Yes, it's that time of year again - time when many people decide to make a New Years resolution. Setting an intention to make changes in your life is usually a healthy and helpful thing to do, but sometimes people make more negative stress in their life by either setting goals in such a manner as to ensure failure, or by constantly feeling guilty because they are not living up to what they told themselves they should do. If you are one of the many who like to set goals for the New Year think about the type of stress associated with your resolution and make sure it is stress that strengthens rather than weakens you.

Stress itself is just part of life, it is the effect of "life energy in action," meaning it is everywhere, all the time. If you are alive stress is part of your life, but there is stress that breaks you down and stress that builds you up. It is like working out with weights: Lifting weights that are too heavy, or doing so many reps you injure yourself, is stress that breaks you down, but lifting weights and doing reps that challenge your muscles to get stronger without injuring them, makes you stronger in every way. The intention of a helpful and healthy New Years resolution is to create a positive stress in your life by expressing your life energy in a manner that promotes health and wellbeing. "Expressions of life energy" include how you behave, what you think, what you say aloud, and what you imagine.

Words and actions reflecting personal choice and self-responsibility create positive stress.

The following are qualities associated with resolutions that create the kind of stress that strengthens and you can use the list to assist you in making a resolution that has both the best chance of being successful, and aids you in making 2010 a more healthful year.

1) Start by making sure you believe the resolution is healthy for you. Too often a resolution is made because someone else tells you it would be good for you, but you may or may not be really convinced. If you do not believe in the merits of the resolution it is unlikely to be kept or successful.

2) A positive resolution, when acted upon consistently, begins to create within you feelings of anticipation, peace, joy, excitement, confidence or any other positive emotion.

3) There is a feeling of courage present when acting upon your resolution.

4) You believe the action associated with your resolution is meaningful for your life and fits your value system.

5) The action associated with your resolution requires you to grow, develop or maintain a positive aspect of yourself. The action can be related to mental, physical, or spiritual growth, or a combination of the three.

(Continued on page 3)

DOCTORS' OFFICE SCHEDULE

January 2010

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

February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 EW	2 EW	3 SR	4 SR	5 SR	6 SR
7 SR	8 SR	9 SR	10 EW	11 EW	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 EW	25 EW	26 EW	27 EW
28 EW						

March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 EW	2 EW	3 SR	4 SR	5 EW	6 EW
7 EW	8 EW	9 SR	10 EW	11 EW	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 EW	25 EW	26 EW	27 EW
28 EW	29 EW	30 EW	31 SR			

April 2010

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

Appointments: 487-3565 (Collbran) 268-5054 (Mesa) – After Hours Urgent Care: 248-0222
 Doctors available for emergencies 24 hrs/day, 7 days/wk. (Above schedule subject to change)

Physical Therapy Now Available at Collbran Clinic

Welcome New Providers.

We now have physical therapy services again at the Collbran clinic! **Jerry Newman, PT**, and his wife Carolyn Newman, are providing care on Tuesdays and Thursdays.

Jerry and Carolyn have been in practice for over 30 years and have set up large practices in rural areas before. They opened a successful clinic in GJ about year ago and have done outstanding work for our patients. When asked to consider opening an office here in Collbran they jumped at the opportunity.

Citing a love of Plateau Valley and the Grand Mesa, they are actively looking for land and a place to call "home". They own a large, family managed ranch in NorthEast CO and love outdoor activities such as hunting and fishing. Both are exercise enthusiasts and Carolyn has only recently retired from running marathons.

The Newmans are talented and passionate providers and we are blessed to welcome them to our health care team.

Talk with your doctor or call 242-3878 for appointments.

Insurance Questions.

Please bring your insurance card on the day of your appointment. Changes to insurance plans effect our ability to bill effectively. Obtaining up-to-date information allows us to prevent any problems to our patients and saves us valuable time and cost in the billing and collections process.

Appointments.

Please remember to call at least 24 hours in advance should you need to cancel an appointment. This allows us time to schedule someone else in the vacant slot. Thanks!

A Strengthening Resolution (cont)

(Continued from page 1)

6) Your resolution is occurring, not out of fear, but rather, as a response in service of what you desire for your life.

Here's to a healthful 2010!

Dr. Paula King is a licensed psychologist in private practice and can be reached at the Integrative Medicine Center of Western Colorado (www.imcwc.com) 245-6911, or at Behavioral Health & Wellness.

Dr Rollin's Note: Paula is a good friend and colleague with experience in all aspects of psychology. She has helped many of our patients with her insightful counseling and approachable style. If you are interested in seeing Paula, please contact one of the doctors at Plateau Valley Clinic to arrange a consultation.

HGC Weight Loss

Losing a pound a day for 20 to 40 days is a successful and controversial weight loss program. The HCG diet program has been used for over 50 years and is now being offered at the Integrative Medicine Center by Dr Rollins.

HCG stands for "Human Chorionic Gonadotropin" and is a hormone produced in huge amounts by the placenta during pregnancy. We use it conventionally to stimulate ovulation in cases of infertility and induce puberty in cases of delayed puberty.

When tiny amounts are given daily, by injection, while on a very specific diet, HCG will stimulate the breakdown of difficult to reach fat reserves, enabling a weight loss of nearly one pound per day. The breakdown of fat provides fuel for energy and is the reason people don't feel poorly or hungry while on the diet.

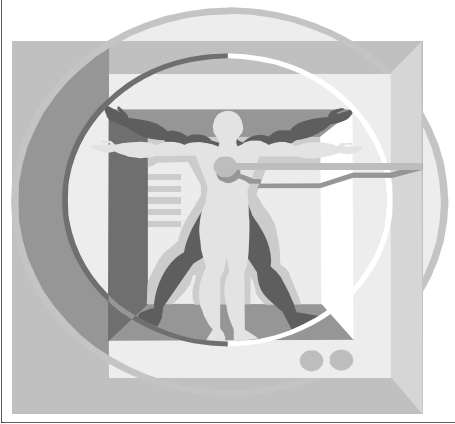
After studying this program for several years and getting feed-

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.

back from other doctors Dr Rollins decided it was valid and now offers it to his patients. Due to malpractice and logistical issues it is being offered only at the IMC.

Contact program administrator, Terri Boggs, at 245-6911 for more information and a free consultation.



Plateau Valley Hospital
District
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Collbran, CO 81624

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PLATEAU VALLEY CLINIC NEWS

A service of the Plateau Valley Hospital District
Written and produced by Dr. Rollins

Plateau Valley Medical Clinic (COLLBRAN Office)

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

Regular Appointments

Monday-Friday 9 am - 5 pm

Plateau Valley Medical Clinic (MESA Office)

11011 B Hwy 65, Mesa, CO 81643
Phone: 970-268-5054 Fax 970-268-5075

Regular Appointments

Mon, Wed, Sat 1:30 pm - 5 pm

After Hours Answering Service 248-0222

(24 hr/day, 7 days/week)

AFTER HOURS VISITS AT COLLBRAN OFFICE

Medicare will not cover annual physicals.

Medicare will cover routine check-ups for chronic medical illnesses such as diabetes, hypertension or arthritis...

Insurances will not cover sports physicals or DOT (CDL) physicals.

Some insurances will cover annual well child physicals or annual physicals for adults under age 65. Check with yours...

We will perform sports physicals at *no extra cost* if your child is here for a annual well child check-up.

We will perform DOT physicals at *no extra cost* if you are here for an annual physical.

We are an equal-opportunity employer.