

ELEVATE

SUMMER 2016



BARRETT
HOSPITAL & HEALTHCARE

*Familiar
Faces Make
A Difference*

pg. 8





Letter From Our CEO

KEN WESTMAN

Chief Executive Officer

Dear Reader,

Welcome to the inaugural issue of Elevate, the community magazine of Barrett Hospital and HealthCare.

We will publish Elevate three times a year. With this magazine, we hope to achieve many things:

Each issue will spotlight a community member. Maybe she is bettering our society and making a difference in admirable ways. Or maybe he is a valuable resource with a unique story to tell. We have so many wonderful people here in the Dillon community, each with diverse and fascinating backgrounds.

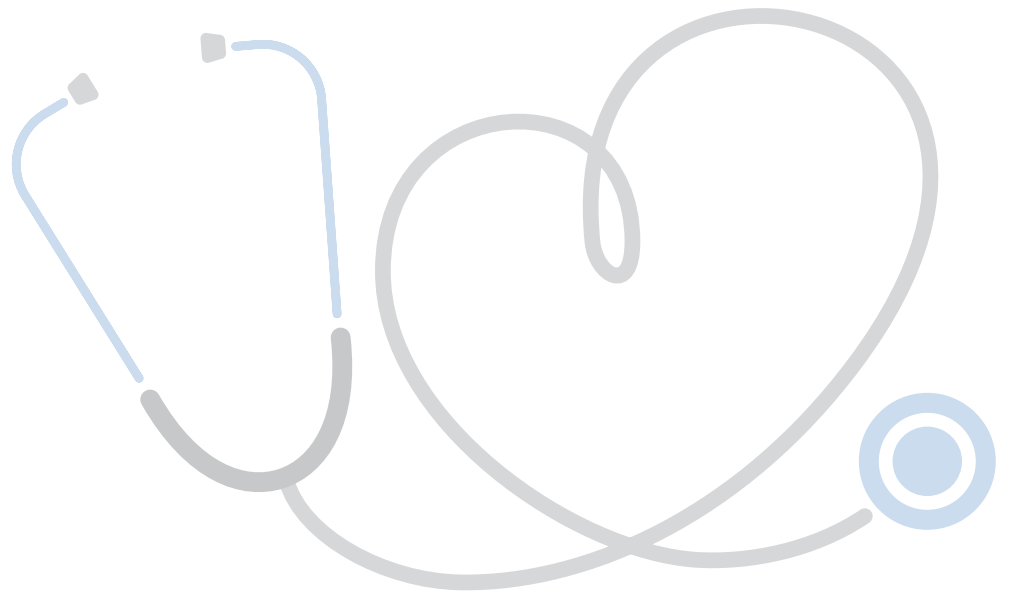
Elevate will also feature a Barrett Hospital and HealthCare staff member of note. From introducing the newest member of our staff, to celebrating the achievements of our tenured ones, we are fortunate to have many great candidates to choose from for this section.

We also strive to bring you suggestions and encouragement for living your best life. We will feature health tips and other ways to get the most out of your healthcare and your life.

We chose the name Elevate because of our mission to lift up and support the health of our whole community, as well as our lofty—but achievable—vision of becoming the model for rural healthcare in the United States. We feel so connected to our community as we bring you quality healthcare. We hope this will help you feel more connected to us.

Sincerely yours,
Ken Westman, CEO

We want to hear from you! Have a story idea or a community member who deserves recognition? Email Stephanie Vinson at svinson@barrethospital.org.



Meet Your Match

FIND THE PRIMARY CARE PHYSICIAN THAT'S RIGHT FOR YOU.

It's common knowledge that primary care is essential to living one's best life.

Routine check ups catch potential health concerns as soon as possible, and they ensure the right preventative screenings are being done. In short: primary care saves lives.

Unfortunately, there are many reasons you might not go to the primary care doctor as regularly as you should. Maybe you feel perfectly healthy, or

maybe you don't have a family history of anything threatening. Or maybe you just aren't comfortable getting personal with your doctor.

That's why Barrett Hospital and HealthCare has a selection of primary care providers that are as diverse as you are. Find the family practice physician, mid-level provider, or internal medicine specialist that's best for you. Whatever your age, or gender, our professionals align with your needs and interests. You deserve to feel comfortable. You deserve primary care from Barrett Hospital and HealthCare.



1



Kelly H. Smith, M.D.

- Family practice with obstetrics
- Has triplet daughters
- Enjoys running, backpacking, skiing, gardening, and baking
- Montana native

2



Hallie Tipton, M.D.

- Family practice with obstetrics
- Completed her residency in Alaska
- Expecting her first child
- Loves to fish and camp with her husband

3



Anna Loge, M.D., FACP

- Internal medicine
- Grew up in Dillon, father is also a physician at Barrett
- Has two children
- Active in outdoors, cross country skiing, fishing

4



Casey Rasch, M.D.

- Family practice with obstetrics
- Spent two years as a missionary in Chile
- Father of two
- Loves rebuilding old cars, is a flea market fanatic

5



Danielle Maxfield, FNP-C

- Family practice
- Mother of two boys
- Passionate about pediatric care
- Enjoys camping and ski vacations with her family

6



Jana Barnes, PA-C

- Family practice
- Enjoys skiing, golfing, hiking, and camping
- Volunteer for Beaverhead Ski Patrol

WHAT SENTINEL NODES CAN TELL

BETTER TESTING FOR DETECTING THE SPREAD OF CANCER

Barrett Hospital and HealthCare is pleased to announce that we are now able to perform sentinel node biopsies. This is a vital test that detects the spread of cancer in cases of known or suspected breast cancer. If cancer is revealed in the sentinel nodes, then doctors know it has spread to other parts of the body and can treat the patient accordingly.

"We now have the training and the machine that enables us to do this test," says Dr. John Pickens, who has previous experience with this procedure.

The test is performed when the patient is in surgery. A radioactive solution is injected into the sentinel nodes which are then analyzed with a gamma probe. This process is less invasive than previous procedures.

"If the marker for cancer does show up," says Dr. Pickens. "We can discuss next steps with the patient and our oncology team."



DR. JOHN PICKENS

In the past, women would have to travel longer distances for this procedure. Barrett Hospital and HealthCare is happy to offer this test closer to home.

"We're trying to allow for as much care as possible closer to home," says Dr. Pickens.

Having the test available at Barrett Hospital is one less worry for women going through this. Travel time and scheduling separate appointments might not be the biggest challenges one has when facing cancer, but they are two factors one no longer has to deal with, thanks to the availability of the procedure at Barrett Hospital.

"We're trying to allow for as much care as possible closer to home."

- DR. JOHN PICKENS



Employee Spotlight

Lesli Cottom, Lead Mammographer

A Familiar Face Makes A Difference

Lesli Cottom Puts Patients at Ease and Breast Cancer on Notice

Lead Mammographer Lesli Cottom has seen a lot of changes in her field since she started with Barrett Hospital and HealthCare in 1983.

"It's one of my favorite parts of the job," she says. "The technology has changed a ton—and it's still changing. It makes my job really interesting. There's always something new to learn."

Likewise, the patients she treats could say that they've seen a lot of changes in Lesli, too. "Many of them have watched me grow up," says Lesli. "From being fresh out of school to becoming a grandmother." (Lesli is delighted that, having grown up with and given birth to boys, she's a grandmother to two little girls.)

Lesli cherishes the relationships she has with the patients she sees in the mammography department. "I love these ladies," she says. "We're a small community, so I know them and see many of them outside the hospital." This is one factor that helps Lesli and her partner Ashlee put women

at ease. "We have an advantage, this connection. You're not just a patient, you're a woman of our community. We see you at the store!"

The consistency of always seeing the same face also helps women feel more comfortable during what could be an uncomfortable procedure. "Even for the women I only see once a year," she says. "It's helpful for them to see the same face. And they know they've got a person to call if they need to."

As she looks forward to a bright future for the women she helps every day, Lesli is equally confident in the fate of the mammography department itself.

"My colleague Ashlee is a Dillon girl too," she says. "She'll keep the department running after I retire." Although not in sight just yet, when she does decide to retire, Lesli will no doubt be spending even more time with her beloved horses and her granddaughters.

Strong Families Build Strong Communities



FIGHTING ADVERSE CHILDHOOD EXPERIENCES (ACES) IN SOUTHWEST MONTANA

ACEs can seriously impact a child's chance for success in life. ACEs include:

- Emotional abuse or neglect
- Physical abuse or neglect
- Sexual abuse
- Family member with addiction
- Incarcerated family member
- Loss of parent due to death or abandonment
- Mentally ill family member
- Witnessing domestic violence

It's up to the community to fight against these things—to promote care, safety, and resilience. Every child deserves the best, and with your help, we can make a difference. Here are things we all can do:

- **Be the best parent you can be.** Set an example as a loving, nurturing, compassionate parent.
- **Help a parent you know, or help yourself.** It's not an easy job, and no parent is perfect. Be a good listener and advocate getting support for yourself or a parent who needs it.

- **Speak out.** Speak up when you see children being mistreated in public. Offer assistance, and praise parents when you see them interacting positively with their children.
- **Volunteer.** Opportunities abound: parent support programs, drug abuse prevention programs, domestic violence shelters, and child crisis centers are all places that could use your help. More at www.serve.gov.
- **Raise Awareness.** Bring your Community together to prevent Adverse Childhood Experiences.
- **Report Suspected Abuse and Neglect.** Child abuse rarely stops without intervention and help. To report suspected abuse or neglect, call 1-888-SOS-CHILD (1-888-422-4453).

WANT TO HELP?

If you would like to get involved, please contact Melainya Ryan, Task Force Chair, at **(406) 683-6106**.



Community Spotlight

Judy Siring

Striving to Save Lives

Judy Siring leads the fight against breast cancer close to home

When Judy Siring was 12, her best friend lost her mother to breast cancer. "That had a huge impact on me," recalls Judy. "I had a front row seat to her and her sister's pain and sadness. I simply could not imagine losing my mom at such a young age."

As she grew up, and when she had children of her own, Judy became increasingly committed to helping find a cure for breast cancer. Although busy with her own life—Judy is the agent/owner of Farmers Union Insurance Agency in Dillon—she is passionately devoted to the fight against breast cancer.

"Through my years in Dillon, I've seen what a positive impact the Southwest Montana Mammography Program—which provides mammograms for the uninsured and under insured, has had for women and families," she says.

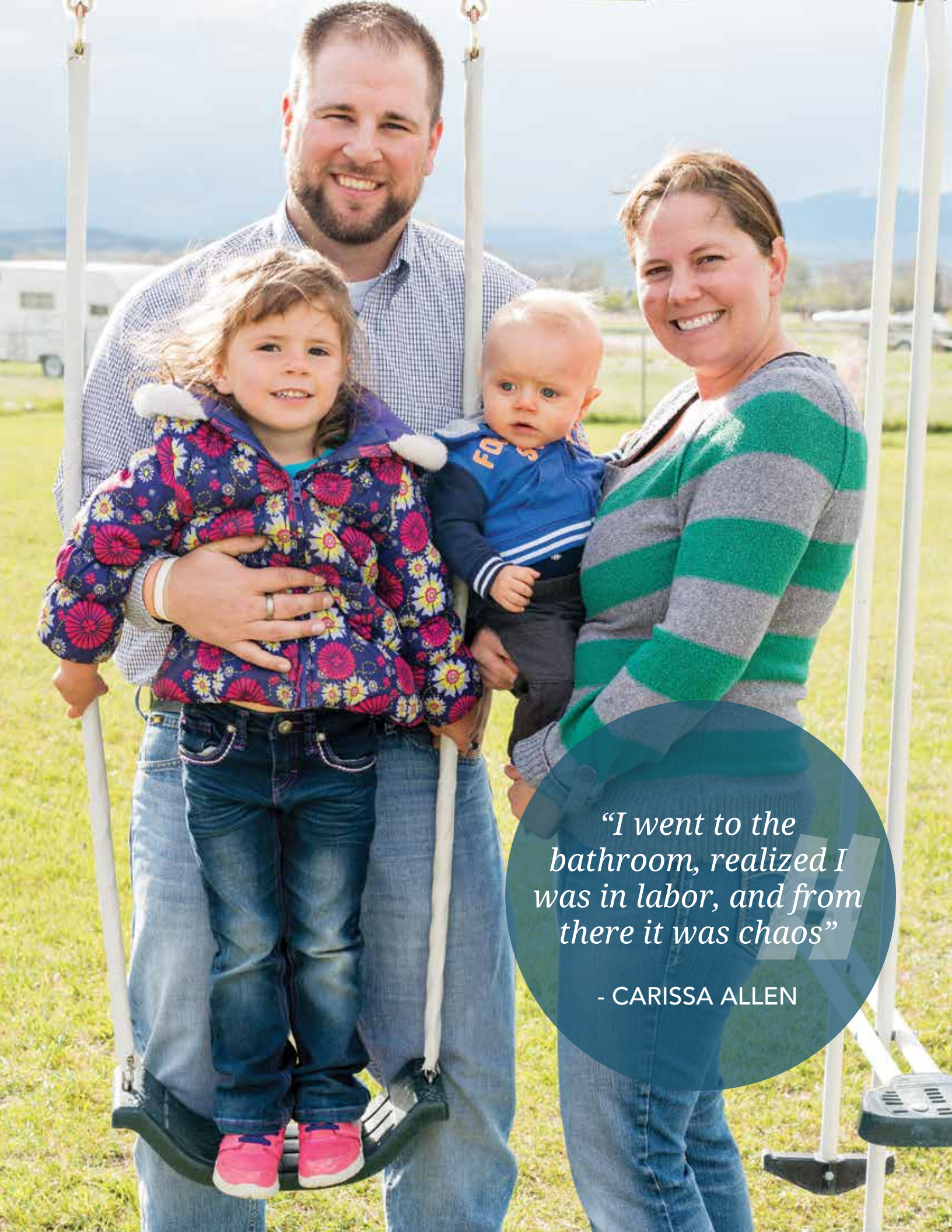
"Our radiology staff at Barrett is amazing," she adds. "I'm proud to do what I can to help them do their job even better." Judy does what she can and then some: she and a group of girlfriends participate yearly in the Susan G. Komen Race for the Cure. Nine years ago she got involved with

Pink Zone, an organization affiliated with women's basketball programs across the country.

"We started small," she says. "Selling T-shirts, holding raffles. The money we raised goes to the Southwest Mammography Program." Over the years, Judy's Pink Zone work has expanded: "We've worked hard to create more partnerships throughout our community," she says. Now they hold a Pink Zone wine tasting event with "Bras for the Cause" each year. "It's sold out for five years in a row now. So many individuals and businesses come together to make it a success. To date, we have raised \$40,830."

In her spare time, Judy enjoys spending time outdoors with her husband Rod and seeing her two sons and their families, including a grandson, Huxley, and granddaughter, Dylan.

"Being a volunteer is the rent we pay for living in such a beautiful area," says Judy, adding, "Just knowing that maybe we are saving someone's mom, sister, grandmother, or friend is reward enough for me."



“I went to the bathroom, realized I was in labor, and from there it was chaos”

- CARISSA ALLEN

SOME MIRACLES CAN'T WAIT

NICHOLAS ALLEN'S SPEEDY ARRIVAL IS HANDLED SMOOTHLY AT BARRETT HOSPITAL

Any mother will tell you that no two children are alike. Even from birth, every child has a different personality, different temperament, and a unique way of engaging with the world. No one knows this better than Carissa Allen, whose children (Kaitlyn, 4 and Nicholas, 9 months) arrived in this world in distinctly different ways.

"Kaitlyn was born at the old hospital," Carissa recalls. "She just missed the new one by about eight months. I was induced and then ended up getting an emergency C-section."

Since her first child was born via C-section, the presumption was that Carissa's next child would be as well. Nicholas's due date was September 2nd, so the procedure was scheduled for August 26th.

Change of Plans

Five weeks before the baby was supposed to be born, Carissa didn't feel well. She was supposed to go into work that Monday, but she started feeling ill at about 3 o'clock in the morning.

"I went to the bathroom, realized I was in labor, and from there it was chaos," she laughs. Grandma was called to come take care of

Kaitlyn, then Carissa and her husband Matt rushed to the hospital at 6:50 a.m.

"About 100 feet from the hospital, my water broke. My husband ran in and said, 'My wife is having a baby!'" Carissa laughs. "They told us, 'We'll have you in a room in about 40 seconds.'"

After being asked to park their car (they had left it outside with both doors open), Matt joined Carissa in the delivery room where Dr. Kelly Smith soon arrived. "Three pushes later," says Carissa. "Nicholas was here."

In spite of a delivery that comes straight out of a movie, Carissa says their experience was wonderful. "The nurses were just fabulous. They got me pumping right away, and one nurse, Ashley Engesser, even came to the house to check in."

Happily Ever After

These days, the Allen family is thriving, thanks in part to the safe deliveries of both their son and daughter. Because every birth is as unique as the baby being born, whether by C-section or an unexpected early arrival, Barrett Hospital is prepared to deliver miracles, whenever they decide to arrive.



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600 Hwy 91 South
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SAVE THE DATE

August 30, 2016

**STRONG FAMILIES BUILD
STRONG COMMUNITIES:**

*Adverse Childhood Experiences and
How To Build Self-Healing Communities*

Presented by Julie Fischer

Watch for more information regarding location/time/details.
For more information about ACEs or the Community Event, contact the Women's
Resource/Community Support Center at (406) 683-6106.

Meet the Speaker: *Julie Fischer*

Julie is the Juvenile Specialist for the State of Montana. She is responsible for Montana's compliance with the core requirements of the Juvenile Justice and Delinquency Prevention Act. Julie has completed numerous specialized training programs in education and public safety and has conducted trainings with local, state, and national audiences.