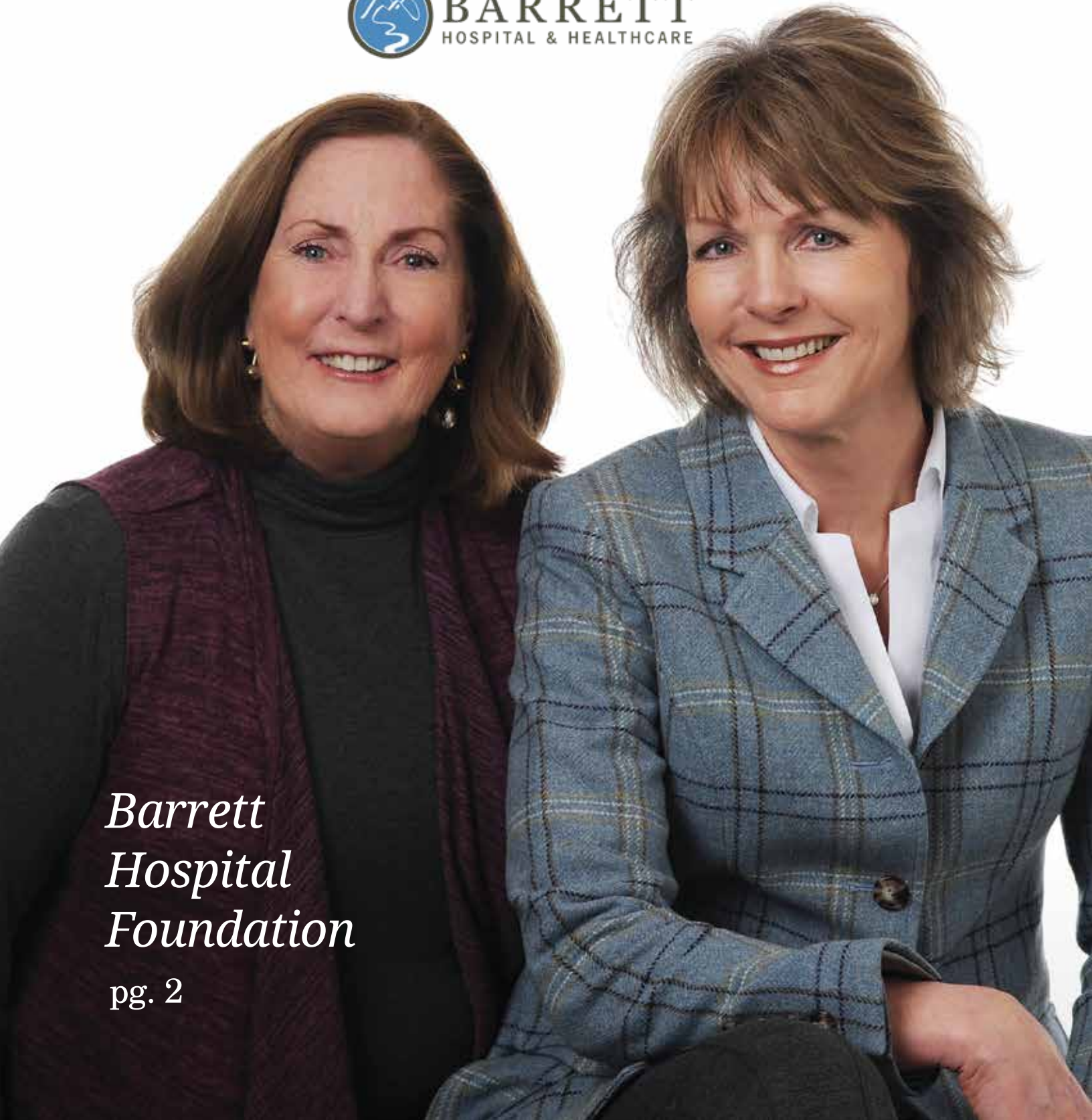


# ELEVATE

SPRING 2017



*Barrett  
Hospital  
Foundation*

pg. 2

# MEET THE FOUNDATION BOARD



**Brooke Erb, Executive Director BHF** (left)

Cattle rancher, conservationist, yoga enthusiast, grandmother, aspiring chef and fly fisherman. Enjoys winning a card game of gin rummy, and doing the rewarding work of the foundation.



**Mary Jo O'Rourke, Board Chair BHF** (right)

Grateful wife, mother, grandmother, and citizen. Avid reader, yogi and intrepid traveler. After half a century of receiving goodwill, wants to spend the next half century giving back.



**Ralph Dreyer, Board Vice Chair BHF**

Retired, mathematician, programmer, accountant, hunter, father and friend.



**Emily Cottom**

Billings native. BS in journalism, University of Kansas. Wife and mother of two boys. Plays the violin. Loves music, the arts, writing and spending time with family.



**Nate Finch**

Cattle rancher, skier, fly fisherman, Barrett Hospital trustee since 2010. Married to Kim and is the father of two sons.



**Gary Lorenzen, Secretary/Treasurer BHF**

Retired corporate officer of Hi Tech operations, consultant in operational effectiveness, awarding winning BBQ pit master, university business instructor. Loves bird hunting and fly fishing.



**Colonel Elaine Davies**

University of Michigan football enthusiast. Ferris State University grad, registered pharmacist. Retired Marine Corps Colonel, 30 years' military service. Quilter and grandmother.



**Mike Ferretti**

Chairman and CEO Great Harvest Franchising. Avid yogi, runner and cyclist. Reluctant swimmer. Passionate rescuer of retired racing greyhounds.



**Ken Westman, MPH, LNHA**

CEO of Barrett Hospital and HealthCare. Enjoys spending time with his wife and kids, watching them participate in sports and other activities, hunting, fishing, hiking, biking and playing his violin.



**Freeman McCall**

Retired Presbyterian minister. Married 51 years and grandfather of five. Likes fly fishing, reading, and being with people. Tells the best jokes in town!



**Greg Moore, MD, FACEP, FAWM**

Board Certified Emergency Physician for 35 years. Teaches Emergency Medicine, and Wilderness Medicine all over the world. Enjoys hunting, hiking, camping, skiing, cooking, landscaping, fishing, and travel. Father of three and grandfather of three.

# Barrett Hospital Foundation: As dedicated as the community it serves

---

## TWO WOMEN AND AN ENTHUSIASTIC BOARD OF DIRECTORS, ADVANCING THE MISSION OF BARRETT HOSPITAL FOUNDATION

Meet Brooke Erb, Executive Director for Barrett Hospital Foundation. She tells us a bit about the foundation and how she came to be a part of this worthy cause.

"These are uncertain times in healthcare," says Brooke. "Hospital foundations will undoubtedly play a crucial role in the viability of rural hospitals."

Brooke is eager to lead the Foundation and work with Board Chair Mary Jo O'Rourke. "I met Mary Jo O'Rourke in 1985 when our daughters attended the same preschool," says Brooke. "Our girls grew up together." Her daughter attended a college on the East Coast and went into internal medicine. My daughter attended a university on the West Coast and went into conservation policy."

"Mary Jo and I have been dedicated to this community in different capacities over the years," says Brooke. "Now we combine our varied experiences, enhanced by those of our board members, to engage and steward healthcare philanthropy, funds, services and programs to enhance Barrett Hospital and HealthCare."

The Foundation, through the generosity of donors, made some valuable contributions in 2016.

They provided breast health services to uninsured and underinsured women, and along with a generous grant from the M.J. Murdock Charitable Trust, purchased state of the art 3D mammography for the radiology department. A blood gas analyzer was purchased for the lab and a fetal heart monitor for labor and delivery. The Foundation awarded two Goodman Nursing Scholarships, five Stefan Fabaz Memorial Scholarships, and one Dr. Ron Loge Medical Scholarship. They also continue to supplement the vital work of Home Health and Hospice services. For the convenience of our donors, we now offer online donation at [barrethospital.org](http://barrethospital.org).

"We live in this beautiful corner of the world for so many reasons," says Brooke. "Barrett Hospital and HealthCare enriches our quality of life here. We could never find a hospital, physicians, and staff of this caliber in another small rural community."

Brooke says that philanthropy comes in many forms, and that every donation at every level matters, making it all possible. "We are so very grateful to each of our donors. We thank you from the bottom of our hearts for your continued support of Barrett Hospital Foundation."

*Barrett Hospital Foundation in support of Barrett Hospital & HealthCare's mission is to engage and steward healthcare philanthropy, funds, services and programs to enhance Barrett Hospital & HealthCare, ensuring continuous healthcare excellence for our community.*



How the 5 Wishes Program Grants

# Peace of Mind

As you reach the end of your life or if you experience a life-threatening event, the last thing you want your family worrying about is your final wishes. That's why Barrett Hospital & HealthCare has adopted the 5 Wishes program, a tool that helps families plan for end-of-life decision-making. If you choose to register your documents with the Montana State Registry, even greater access to healthcare providers is possible.

## The document outlines one's "5 Wishes" for the following categories:

- The person you would like to make care decisions for you when you are not able to
- The kind of medical treatment you would like or would not like
- How comfortable you want to be
- How you want people to treat you
- What you want your loved ones to know

"It's one of those things that most people don't want to talk about," says Marie Hamilton, RN, Ambulatory Care Coordinator at Barrett Hospital & HealthCare. "But when you sit down with your provider and talk about it and get it done, it's a big relief and offers peace of mind not only for yourself but for your family as well."



The program comes to Barrett thanks to Dr. Ronald Loge, an internal medicine physician, who was an early champion of the project.

"He saw that it had significant value for our patients and their families," says Cynthia White, MBA, BSN, Director of Provider Services. "Then we were fortunate enough to have two University of Washington third year medical students, Daniel Cornish and Julie Campbell, take this on as their community project."

From there, a local community task force was brought together and facilitated by Kayla Schmid over a period of almost four months.

"This document is a legal document and it can be filed with the State of Montana Registry, with the patient's approval," says Cynthia. "So it's important to consider any other estate planning and or durable power of attorney documents that you may already have completed to avoid any conflicts. Our focus has first been to offer this to patients and community members who have not already taken that action, but others may also choose to use the tool."

Marie says she is happy to discuss the process of doing a 5 Wishes document with anyone and will help fill out the document for patients who need extra assistance. **Patients are encouraged to start the conversation with their primary care provider so that they can help make the future easier for themselves and their families, too.**

# FIVE MYTHS ABOUT COLONOSCOPIES

## THE TRUTH BEHIND COLONOSCOPIES AND COLON CANCER PREVENTION

Colonoscopies are a necessary step in colon cancer prevention, yet many people avoid scheduling them because of the negative stigma associated with them. Because about 1 in 18 men and women will get colon cancer in their lifetime, it's important to know the truth behind colonoscopies so you can stay healthy.

"Colonoscopies are one of the most important steps you can take for cancer prevention," says Dr. Pickens, General Surgeon at Barrett Hospital & HealthCare. "I recommend scheduling one after you turn 50. If you have a family history of colon cancer, you should schedule one earlier."

Dr. Pickens and the general surgery team at Barrett Hospital & HealthCare will provide support to you and your family during a hospital visit so you can feel at ease when undergoing a colonoscopy.



DR. JOHN PICKENS,  
GENERAL SURGERY

Here are **5 myths** regarding colonoscopies and the truth you should be aware of:

**1. I'm not at risk for colon cancer.**

1 in 18 Americans will get colon cancer. Certain factors can increase or decrease your risk, but as long as it's discovered in the early stages, colon cancer is one of the most treatable cancers.

**2. I can't handle the prep for a colonoscopy.**

Before a colonoscopy, the doctor will give you a bowel prep solution to empty your colon and will assign a strict diet to allow maximized visibility during the procedure. The bowel prep doesn't taste as bad as you might've heard and the jello, broth, and juice diet only lasts for 24 hours. You might be uncomfortable for a day, but it can be vital to your health for a lifetime.

**3. It's going to be too painful!**

Actually, you're heavily sedated with pain medications and closely monitored, so you won't feel or remember anything from the procedure. A colonoscopy is an outpatient procedure, so most patients generally go home the day of the procedure.

**4. I'm healthy - I don't need a colonoscopy.**

Colon cancer begins as precancerous growths in your colon, which almost never produce any symptoms. You might feel healthy - but colonoscopies can detect and remove these growths before they turn into cancer and keep you healthy in the long run.

**5. I can't afford a colonoscopy.**

Most insurance companies will pay for a screening colonoscopy once every 10 years at the age of 50, unless there is a family history. If a problem is detected, your current and all future colonoscopies becomes diagnostic and will be subject to your insurance cost sharing (deductibles/coinsurances). Colonoscopies can detect problems early, reducing the associated costs of treating an advanced disease process. Contact your insurance company to confirm details.

# The Importance of Yearly Checkups

---

## WHY PRIMARY CARE IS OF PRIMARY IMPORTANCE TO YOUR FAMILY'S HEALTH

Going to the doctor might be the last thing on your mind if you feel healthy, but it's one of the most important things you can do for yourself and your family.

Dr. Casey Rasch, Family Practice and Obstetrics Doctor at Barrett Hospital & HealthCare, recommends patients visit at least once a year for routine checkups.

"Yearly exams are important because we can uncover or prevent serious conditions from happening," says Dr. Rasch.

The primary care providers at Barrett Hospital & HealthCare offer added benefits that many family doctors don't - obstetrics care and healthcare for all ages. With Barrett's skilled and friendly physicians, your whole family can visit the doctor and receive healthcare for which you'd normally have to travel to multiple locations.

Annual checkups are one of the most important things you can do to take control of your health. Dr. Rasch and the primary care team at Barrett provide

various exams during a checkup like cholesterol panels, A1C exams for diabetes, mammograms, pap smears, and they make sure you're up to date on your vaccines.

Many of these tests won't happen at every checkup - it depends on your health, age, and other lifestyle factors - but it's important to visit every year, because if one of these tests uncovers an underlying condition, it can be a crucial step in your health prevention and management.

*"Yearly exams are important because we can uncover or prevent serious conditions from happening."*

- DR. CASEY RASCH

Barrett Hospital & HealthCare also offers biomarker testing, a type of testing that can reveal if you are predisposed to or are experiencing certain conditions



or disorders like kidney failure, low hemoglobin, and heart disease. Biomarker tests include urine, creatinine, kidney, and genetics tests. Biomarker and general test results often arrive back within the day, but patients will be notified with test results that have to be sent to Salt Lake City within 5 - 7 days.

Along with yearly checkups, Dr. Rasch encourages his patients to make healthy lifestyle choices on a regular basis. "Talk to your doctor about how you can stay active, eat a well-balanced diet, and other choices you can make for a healthy life," Dr. Rasch says.



DR. CASEY RASCH,  
FAMILY PRACTICE AND OBSTETRICS



To schedule an appointment with Dr. Rasch or another member of the primary care team, call **406-683-1188**.



# GET THE WHOLE PICTURE WITH MRI



If you or a loved one has ever suffered from an injury or disorder related to your head, spine, or joints, you may have received an MRI to diagnose your condition.

MRI, or magnetic resonance imaging, is an extremely important diagnostic tool that can provide information unavailable from diagnostic imaging like X-rays or CT scans. By combining a magnetic field, radio waves, and a computer, MRI produces image slices of your brain, spine, and/or other areas of the body to determine if they have been affected by injury or disease.

Tedeem Holbert, Diagnostic Imaging Tech III at Barrett Hospital and Healthcare, performs X-rays, CT scans, and MRIs for patients. She enjoys being a part of the prevention and healing process in her community by producing images that lead to more accurate diagnoses. The new and improved MRI suite at Barrett doesn't hurt, either.

"The new MRI suite is a beautiful, open area designated just for MRI patients. It has its own locked entry, dressing room, and sitting area," says Tedeem.

"It's a much more comfortable and inviting space for patients compared to where the MRI was before."

The new MRI suite is located in the Barrett Imaging Department, which allows safer and easier access for patients and providers alike. No longer will patients have to endure the elements to receive an MRI.

*"The new MRI suite is a beautiful, open area."*

- TEDEEM HOLBERT

Barrett Hospital also offers X-ray, CT, Ultrasound, Echocardiogram, Mammography, Dexa scanning, and Nuclear Medicine exams.

"Patients should choose Barrett for their imaging needs because we have a very caring staff who love what they do and we treat all patients as if they're family," says Tedeem. "Also, we are close to home and have a beautiful facility."



# A Better Experience with 3D Mammography

## BRINGING MORE ACCURATE IMAGING TO THE COMMUNITY

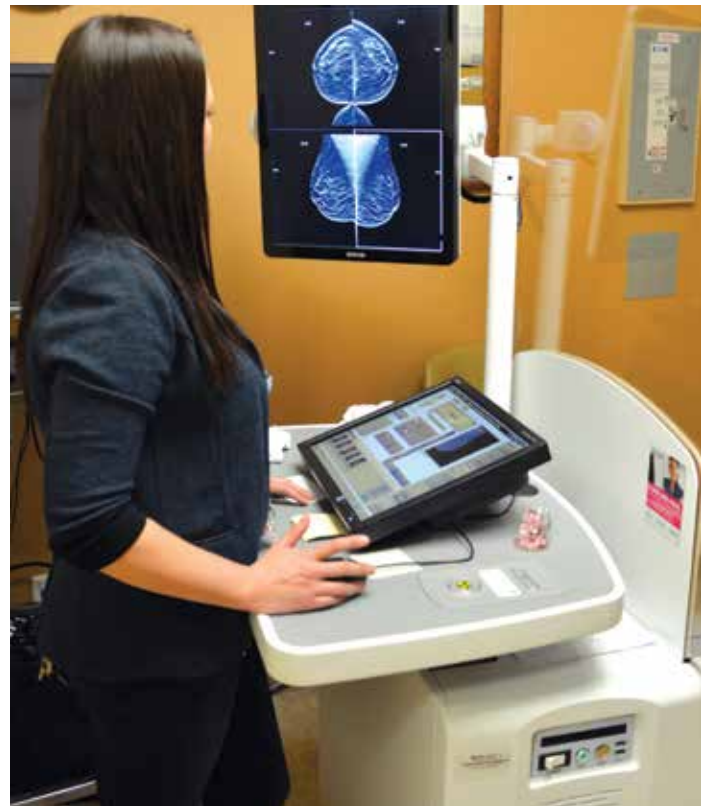
Barrett Hospital & HealthCare is excited to announce a new arrival: A 3D mammography machine that promises more accurate results and fewer callbacks.

"It's just all-around better," says Ashlee Bowe, mammography technologist for Barrett. "We are excited to provide the newest technology available to our community."

The benefits of this new machine, says Ashlee, are "outstanding." The new technology allows for a 41% increase in detection of invasive cancers, a 29% increase in detection of breast cancers, and best of all, a 15% decrease in the number of callbacks.

Even though the new machine has been reported to be more comfortable than getting a traditional mammogram, it's never going to be the most enjoyable thing to do. That, along with the reduction in stress and worry, is why the 15% decrease in callbacks is such an impressive statistic.

"We can get more accurate results the first time," explains Ashlee. "That reduces the number of callbacks, which reduces both the cost and stress for patients."



Another benefit that Barrett Hospital & HealthCare has always offered is a caring team.

"You can get the most accurate imaging and stay with the people you know," says Ashlee. "Our community is small, and we are proud to do all we can to offer the best to our friends, family, and neighbors."

To learn more, talk to your provider at Barrett Hospital & HealthCare or visit [barrethospital.org](http://barrethospital.org).

# Employee Spotlight

## Matt Bowman

Director of Pharmacy and Outpatient Ancillary Clinics



## Matt Bowman's commitment to the community

"Things don't work unless you volunteer. Everyone has to do his or her part to help make the best possible life for all of us," says Matt Bowman, Director of Pharmacy and Outpatient Ancillary Clinics at Barrett Hospital & HealthCare. It's a simple idea, but one that Matt lives by.

Earlier this year, Matt won the prestigious Bowl of Hygeia award. It's given annually to pharmacists who show outstanding civic leadership. Matt's exceptional dedication to the health and wellness of his community placed him top among all other pharmacists in the state.

In his career at Barrett, he helped start the Disease State Management Clinic, where pharmacy staff sees patients living with chronic diseases to monitor progress and medications. He also oversees the hospital's outpatient department where patients who previously had to drive 70 or 120 miles for service can get treatments close to home at Barrett.

To promote healthy habits for all of the community, Matt advocated for the development of Barrett's Health Improvement Program, where community members learn how to make lifestyle changes like eating better and exercising more. They work with dietitians, exercise specialists, or counselors.

When it's pointed out to Matt that he seems to go above and beyond in his role at Barrett, he voices his belief that everyone in Dillon is committed to the success of the community. "My staff is just as passionate about growing these services for the community as I am," says Matt. "And we have the support of the administration. Everyone here takes pride in what they do. It's one of the reasons we can offer better care than larger facilities."

As proud as Matt deserves to be about his professional accomplishments, he has a lot to be proud of outside of work as well. He has served on the Dillon Volunteer Fire Department for the past eight years and is a First Responder for emergencies. Matt is a longtime 4-H leader, missions trip leader, and active in supporting the local schools.

"There are a lot of great programs out there," says Matt. "Without volunteers, they wouldn't be possible." The community is lucky that Matt is a member, doing everything he can to make services accessible for his friends, family, and neighbors.



# Community Spotlight

## The Fryetts

## Love Helps Fund a Foundation

George Fryett met Donna Atherton at a dance in 1956, in Seal Beach, California. Was it love at first sight? What we do know is at that dance, sparks flew.

Like all great love stories, the journey to happily ever after wasn't easy. George joined the Army. Donna went on to college. Their paths diverged, they married other people, and they lost touch. One day, Donna saw a newspaper article reporting the capture of George Fryett by the Vietcong. Six months later, after living in solitary confinement in the jungle with only the occasional bowl of rice or fish heads, George was released and sent to heal in a San Francisco hospital. There he wrote to Donna from his recovery bed.

Time passed and both Donna and George found themselves divorced. They had once again lost touch, but this time Donna was determined to find George for good. "I called his dad," she says. "He said George was living in Montana." After a few rounds of letters, they decided they would try to get together.

"It was like we were right back to where we were before George entered the service," Donna says. They married and George moved to California so

Donna could continue working as a schoolteacher. When she retired after 34 years, they knew they wanted to settle in Montana. "We traveled around Montana looking for the perfect place," says Donna. "And then we found Dillon. It had everything, including a hospital." George suffers from health complications due to his time as a POW, so having access to medical care was a must.

"We've been here for 20 years," says Donna. "We were here for the old hospital. When they decided to build a new one, we were excited and wanted to help." Thus began the Fryetts' involvement with Barrett Hospital Foundation.

"We want to help the community as much as possible," says Donna. "And we feel the hospital is the best way to do that. We want to see it grow and provide the residents of this area with more and more quality services and skilled physicians."

When they're not helping the Foundation or making trips to town, Donna says she and George lead a quiet life: one of gardening, being outside, researching, reading, and making up for lost time.





**BARRETT**  
HOSPITAL & HEALTHCARE

600 Hwy 91 South  
Dillon, MT 59725

NON-PROFIT  
ORG.  
US POSTAGE  
PAID  
EXECUTIVE  
SERVICES

BarrettHospital.org  facebook.com/barrethospital

## Thank You To Our Generous 2016 Donors

### Level 1, \$243,700

M.J. Murdock Charitable Trust

### Level 2, \$10,000 - \$50,000

Gilbert Baker, IRA  
George & Donna Fryett  
Montana Healthcare Foundation  
R. James Macaleer Foundation  
Colonel Elaine Davies  
John & Phyllis Erb

### Level 3, \$2,500 - \$9,999

Pink Zone Fundraiser  
Lane & Wendy Jarvis  
Walton Family Trust  
Michael Seidler  
Nate & Kim Finch  
R.E. Miller & Sons  
William & Dixie Cottom  
Brooke & Calvin Erb  
O. Temple Sloan, Jr. Foundation  
Tony & Amie James  
The Albertsons Companies Foundation

### Level 4, \$1,000 - \$2,499

Dr. David & Shelli Schuett  
Robert & Betty Joerger  
Anthony & Candace Fabaz  
Terry Seidler  
Betty Miller  
Dr. R. Cole & Staci Goodman  
Shirley Harrington  
Dr. Michael & Lindsey Clarke  
Russell & Patricia Peterson  
Dr. Kelly Smith  
Jeff & Katherine Barnett  
Ken & Melissa Westman  
George R. Johnston, DDS & Mary Jo O'Rourke  
Ralph & Merrie Dreyer  
Neal & Danielle Maxfield  
Dr. Mick & Holly Lifson  
Clifford & Mary Jane Shipp  
Catherine Mee  
Trent & Ashly Cottom  
Travis & Emily Cottom  
Gary & Kerstin Lorenzen  
Lawrence & Jenn Morrisroe  
William O'Connor

### Level 5, \$210 - \$999

Jim & Heidi Gleason  
The Jesse A. Cole, MD Charitable Foundation  
Lesli & David Cottom  
Dr. Sandra McIntyre & Eric Hammer  
Jim & Jan Wallace  
Steve & Cathy Cottom  
Victor Nettles & Charlotte Quist  
Maria Koslosky  
Clara Hazelbaker  
John & Virginia Kleis  
Dr. Greg Moore  
Tammy Baker  
Gordon & Alice Knorr  
Richard Nordquist  
John & Barbara Morse  
Ken & Linda Peters  
Terry Mattfeldt  
Elsie Lawlor  
Richard & Carol Jonasen  
Dr. Daniel J. Downey  
David Hagenbarth & Patricia Carrick  
Beth Weatherby & Steve Kramer  
Janet Tatarka  
Beaverhead County High School  
Barrett Hospital & HealthCare Clinic Physicians