

Quarterly

San Juan Regional Medical Center

IMPELLA 2.5

The World's Smallest Heart Pump



Cameron's
Story

New
Visitor
Parking



SAN JUAN REGIONAL
MEDICAL CENTER

Quarterly

Winter 2012



SAN JUAN REGIONAL
MEDICAL CENTER

www.sanjuanregional.com

Winter Contents

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Quarterly is a publication of
San Juan Regional Medical Center
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Our Mission

To personalize healthcare and create
enthusiasm and vitality in healing.

Our Vision

To be known as the most personalized
quality healthcare provider.

Our Core Values

Sacred Trust • Personal Reverence
Thoughtful Anticipation • Team
Accountability • Creative Vitality

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On the Cover

Cameron Cooper enjoys the day with his one-year-old son, Ian Maurin Cooper. Read about Cameron's story of hope as he recalls his extensive surgery and recovery with the care from San Juan Regional Medical Center and San Juan Regional Cancer Center on pages 10-13.



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New technology enables better patient care

Dear Friends,

Some of San Juan Regional Medical Center's new technology is simply amazing. Recently we added two pieces of technology that demonstrates our commitment to providing the highest quality healthcare.

We have a longstanding history marked with forward-thinking individuals who have always understood the importance of bringing in new technology to meet our community's needs. As we announced in the fall edition of *Quarterly*, the continuous EEG monitoring—or "brain alarm"—allows for the uninterrupted monitoring of a patient's brain activity regardless of their level of consciousness. This level of technology is generally seen only in the most advanced neuro-critical-care units in the nation; we are excited to offer it right here at home. The first patients to receive this type of monitoring will be on the newly renovated intensive care unit, which is scheduled to begin receiving patients on January 16, 2012.

The Impella Heart Pump is an even more recent addition. Once inserted into the heart, this device allows the heart muscle to rest while continuing to pump blood to the vital organs that depend on oxygen-rich blood to survive. This state of the art technology will benefit patients whose hearts have gone into shock during a heart attack or during the most sensitive ballooning and stenting procedures.

We're thrilled to be able to offer this service to those in our region who would have otherwise been transported to hospitals outside the Four Corners. Unlike planned procedures, time is critical to achieving optimal outcomes during cardiac emergencies. By offering this new technology locally, we can save time and save lives.

Technology, however advanced, is totally useless if it were not for San Juan Regional Medical Center employees. These highly talented and committed professionals are truly the hospital's greatest asset and are the drivers to safe, quality patient care. As San Juan Regional Medical Center continues to advance its technology, and works to improve the standards of care, the high "tech" growth will never supersede the high "touch" of the compassionate healthcare provider. Only in this way can we realize our vision of being known as the most personalized quality healthcare provider.

If you have any questions or comments, please do not hesitate to contact me at rwallace@sjrmc.net. Be safe and healthy.

Best Regards,



Rick Wallace, President and CEO
San Juan Regional Medical Center
rwallace@sjrmc.net



Welcome to our winter issue of *Quarterly*



A community's health and wellness can take many forms. Some of those forms include the vigor of our local economy, the success of our schools and students, or even simply our willingness to help our neighbors shovel their driveways.

Also vital to our community's wellness is knowing and having confidence in our healthcare providers. San Juan Regional Medical Center—in its second century of service—is a great testament not only to the health and wellbeing to us as individuals, but also to our community as a whole. Without the comprehensive services offered by San Juan Regional Medical Center our area's wellness would be diminished. During 2012, we can be thankful for the commitment the hospital—as well as its doctors, nurses, and staff—has for our community's wellness.

Proof of our commitment to community wellness—along with our mission to provide quality personalized care—can be found in the implementation of new technology and the hospital's dedication to being at the forefront of the most cutting edge medical practices. A few examples include the launch of the new continuous EEG monitoring on our recently renovated ICU; the Impella heart pump that pumps 2.5 liters of blood per minute, allowing the heart to rest during periods of shock; and the addition of the in-house C.A.R.E. Channel that allows patients to engage in a continuous, ambient, and relaxing

environment provided via each room's television. Community outreach services are also a big part of fostering a healthier Four Corners. Some of those outreach programs include our fall flu vaccination clinics, biannual low cost blood screens, and our annual Heart Month activities. In February, we will sponsor our third annual *A Fair of the Heart* and the *Goosebump Race*. I invite you to read more about this upcoming event on page 5 with Dr. Wilkins. Through events like February's A Fair of the Heart and the Goosebump Race, community members are empowered to become partners in their own healthcare.

As we have for a generation, we can continue to take comfort in knowing that San Juan Regional Medical Center remains a fixture in our personal quality of life and sustainment of shared community wellness.

Sincerely,

Mike Jakino, Chair
Board of Directors

**Through events like February's
A Fair of the Heart and the *Goosebump Race*,
community members are empowered to
become partners in their own healthcare.**

A Fair of the Heart Invitation

In celebration of National Heart Month, San Juan Regional Medical Center and San Juan Health Partners Cardiology present A Fair of the Heart!

Heart disease is a common health problem in the United States, but there are steps you can take to reduce your risk—and possibly even prevent a heart attack. At 11:00 a.m. on Saturday, February 18, 2012, I encourage you to take charge of your health and take advantage of our free, heart-healthy activities.

This year's A Fair of the Heart offerings include:

- Community CPR and automated external defibrillator (AED) training*
- Cholesterol screening coupons*
- Blood pressure screenings,
- Cardiac screenings (including baseline EKG),
- Nutrition and diet information,
- Open discussions with our cardiologists,
- Many heart health education opportunities,
- Door prizes, and much more.

***Please refer to www.sanjuanregional.com for details and information regarding these offerings.**

Also, don't miss out on the Goosebump Race. Entry is free for this one mile or 5K race and you can register ahead of time at www.sanjuanregional.com/goosebump.

● A Fair of the Heart and Goosebump Race


San Juan Health Partners Medical Office Building - 407 South Schwartz

Saturday, February 18, 2012

11:00 a.m. to 2:00 p.m.

Hope to see you there,

Dr. Charles Wilkins

Scan this QR code with your smart phone and register for the Goosebump race. 



San Juan Regional Total Joint Care Center Offers Top-Notch Care

▶ *Walking, running, jumping, and kneeling. For those who experience hip or knee pain—possibly as a result of osteoarthritis—performing these simple tasks may be difficult.*

..... But there are options.

San Juan Regional Medical Center launched a comprehensive joint care program through the San Juan Regional Total Joint Care Center. Staff specifically trained to care for joint patients will educate the community on hip and knee care, offer services that range from recommending herbal supplements to joint replacement, and provide continuous support to those undergoing treatment.

“We’ll be going out into the community to teach about the different stages of arthritis and what conservative

measures we can take to protect or relieve the joint,” says LaVeta Bowker, manager of the San Juan Regional Medical Center Surgical Unit. “If the joint needs more medical attention, we can get these people in contact with orthopedic physicians to evaluate and work with them to relieve their pain.”

According to the 2011 community needs assessment, roughly 30 percent of adults over the age of 50 have arthritis in San Juan County. Primary care physicians in the community have noticed that there is a need for joint

care services and have expressed interest in referring their patients to the arthritis education classes.

One focus of the class is to make this patient population aware of ways to improve mobility and reduce pain *without* surgery.

“You might not be at that point where you need joint replacement, but you need to stay healthy” says Jennifer Boyd, joint care coordinator for the program. “For instance, ‘Silver Splashers’ at Lions Pool is a great exercise for people who have osteoarthritis. It’s a non-weight bearing activity that strengthens your muscles and isn’t hard on your bones—we have lots of information like this in our joint care literature as well.”

As the joint care coordinator, Boyd teaches the arthritis education class and also serves as a knowledgeable resource to patients before, during, and after joint procedures. She meets with patients for the pre-operation class every Tuesday at 10:00 a.m. on the surgical floor of the hospital.


“The joint care coordinator position bridges that gap between the patient and everything that is happening to them medically,” she says. “I think patients have a hard time understanding why they may need to go to a nephrologist or why they need to have dental work before undergoing surgery.”

When someone elects to have joint replacement surgery at the center, they can expect a compassionate staff and environment conducive to healing. Our

orthopedic physicians have received advanced training in surgical techniques that result in less pain and shorter recovery periods. After surgery, patients are encouraged to wear their own clothes instead of hospital gowns, engage in daily group and individual therapy sessions, and attend group lunches with other patients.


“The process is really designed to increase patient outcomes,” Boyd explains. “For physical therapy, we want patients up and walking—we don’t want them sitting at home not using their new joint. The whole point of getting the joint is to use it.”

Many people and health disciplines are invested in the total joint process, including physicians, nurses, therapists, dietitians, registration staff, and even the friend or family member who learns and works alongside the patient as a coach. However, one person is vital to the success of any joint therapy or procedure: the patient.

“This program is about the patient jumping on board with our healthcare team and being part of the recovery process,” says Boyd. “We want them to participate in their care—the results we’ve had so far from just a few patients have been really, really good.” 

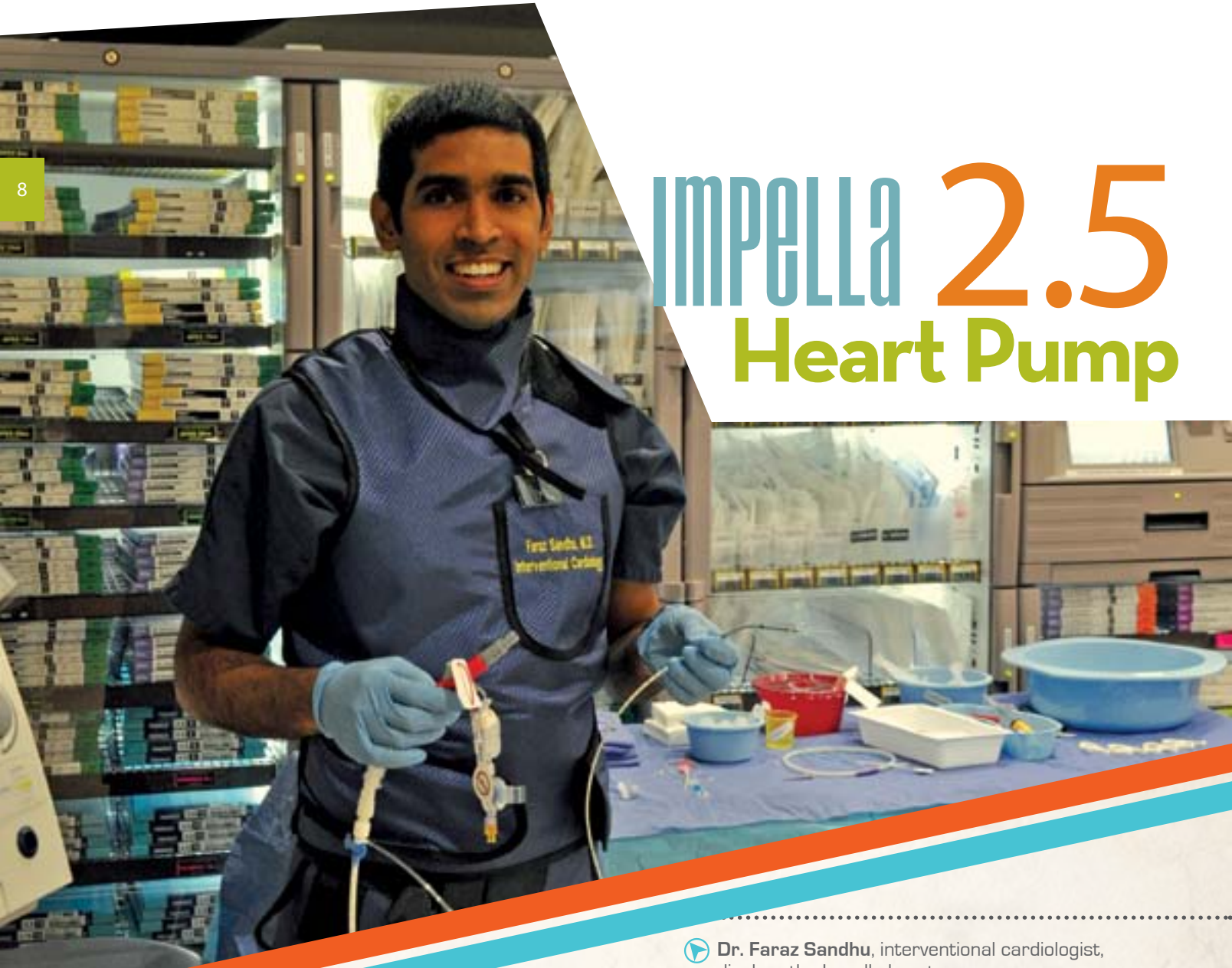
 To learn more about our joint care services, you can visit www.sanjuanregional.com/total-joint.



Scan this QR code with your smart phone to learn more about our total joint care program. 



IMPELLA 2.5 Heart Pump



▶ Dr. Faraz Sandhu, interventional cardiologist, displays the Impella heart pump.

The world's smallest heart pump—and the first of its kind in the Four Corners region—arrives at San Juan Regional Medical Center.

“We have sent patients as far as Denver to receive this technology in the past, but patients in crisis would not survive the trip,” says Barbara Galvich, manager of cardiac patient care services. “San Juan Regional Medical Center is very progressive when it comes to state-of-the-art cardiac care, and this is a great example.”

The Impella 2.5 heart pump is a device that—once placed in the heart through the femoral artery—allows the heart to rest and recover after a significant cardiac event or during a complex ballooning or stenting procedure.

As the device pumps blood out of the left ventricle to the rest of the body at 2.5 liters per minute, the heart is allowed time to recuperate. The desired outcome is that the Impella improves the heart's ability to restore optimal cardiac function after a heart attack or complex procedure.

The culmination and launch of this technology at San Juan Regional Medical Center has been progressing since early 2011 and is a joint effort between the hospital, San Juan Health Partners Cardiology, AirCare, ICU, Cardiology Unit, and the Cardiac Cath Lab. The team accountability and thoughtful anticipation displayed by these departments was essential to the spearheading of this exciting advancement.



 New visitor lot on the northeast corner of Maple Street and Schwartz Avenue.



Additional Visitor Parking Now Available

Additional parking space is now available to visitors and patients at San Juan Regional Medical Center. A new parking lot is located on the northeast corner of Maple Street and Schwartz Avenue. This lot increases public parking availability by 92 spaces, 13 of which are specially designed for wide or larger vehicles; you can find these spaces on the north end of the lot. We are pleased to offer this additional space in order to further accommodate our patients and visitors.



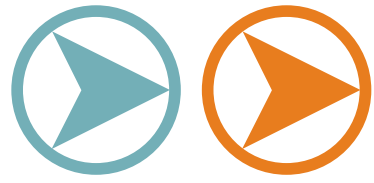
Continuous Ambient Relaxation Environment

The C.A.R.E. Channel is a therapeutic tool that can reduce anxiety, alleviate pain, assist with sleep and restfulness, and minimize the effects of hospital noise. We encourage our patients to tune in to channel 58 to experience beautiful nature imagery and instrumental music during their stay with us.

We offer our patients the C.A.R.E. Channel in an effort to further our mission to personalize healthcare and create enthusiasm and vitality in healing, and because we care about our patients' experience during their time at San Juan Regional Medical Center.

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Cameron's Story: Finding a Path Forward





In April 2007, Cameron Cooper was teaching at Fort Lewis College and was consumed with completing his doctoral dissertation – the final step on a long and arduous academic journey. He had previously completed a bachelor's degree from Occidental College and a hat-trick of masters' degrees from Northwestern, Carnegie Mellon, and Harvard Universities. He planned to culminate his academic pursuits with a PhD in Applied Management and Decision Sciences. Prophetically, his doctoral research was based on neural networks - a type of mathematical predictive modeling that mimics the properties of biological neurons.

On April 6, Cameron's vision started to narrow, like curtains closing in front of him. His left side suddenly went numb. In the ER, an MRI revealed a massive brain tumor, a silent tumor that had grown surreptitiously, without symptom or sign, until it had overpowered Cameron's brain.

Dr. Brad Campbell, the ER physician, broke the news to Cameron and his wife Amy. Amy is a physical therapist with a master's degree in neurobiology and physiology. Ironically, she had completed her master's thesis in a brain tumor research lab at Northwestern University. Amy immediately asked where in the brain the tumor was located - "Frontal, parietal or temporal lobe?" Dr. Campbell responded, "Yes." The tumor had engulfed Cameron's right hemisphere.

This was the beginning of a terrifying ordeal for the Cooper family. Within hours, Cameron was admitted to the ICU by Dr. Edward Maurin, a neurosurgeon with San Juan Health Partners Neurosciences. Dr. Maurin urgently started to assemble his surgical team. In an effort to obtain a second opinion, Cameron and Amy sent the MRI to Dr. Nicholas Vick, a nationally renowned neuro-oncologist and a colleague of Amy's thesis advisor from Northwestern. Dr. Maurin and Dr. Vick agreed that immediate debulking – the surgical removal of the malignant tumor – was the only option.

Easter Sunday passed with Cameron in the ICU. Instead of Easter egg hunting with his three-year-old

daughter Kamea, he waited for what would be a life or death surgery on the next Tuesday morning, April 10, 2007. Friends and family were shocked about the news of his unexpected condition and started to gather locally and from around the country.

On the eve of the surgery, Dr. Maurin spotted Amy across the parking lot. As Amy recounts, "I hadn't had any sleep since April 6 – three days – and I was exhausted and terrified with uncertainty. Dr. Maurin looked directly at me and said with confidence and compassion, 'I won't let you down.' He said exactly what I needed to hear."

The surgery was performed at San Juan Regional Medical Center as scheduled. The operation entailed eight hours of meticulous, careful removal of malignant mass that nestled in the most delicate areas of the brain. Dr. Maurin carefully worked around areas of the brain that affected vision, motor skills, even breathing and heartbeat. Such delicate removal was made inconceivably difficult by the sheer size of the tumor. Dr. Maurin removed 80 percent of the mass, nearly one third of Cameron's entire right hemisphere.

Though the surgery was miraculously successful, leaving Cameron with no impairments, Cameron's health was now predominantly in the hands of other members of the San Juan Regional Medical Center team. Cameron received six weeks of radiation therapy under the direction of Dr. Linh Nguyen, the radiation oncologist at San Juan Regional Cancer Center. Concurrently, he started chemotherapy with veteran oncologist Dr. James Neidhart. When Cameron was too sick to travel to their home in Durango, the Coopers spent many nights at the Connelly Hospitality House, a charitable housing facility on the hospital's campus.

Cameron then started a monthly chemotherapy regiment that lasted two years. At the end of this grueling two-year period, the radiology report stated, "no evidence of recurrent or residual tumor."

The entire ordeal led the Coopers down a road they never dreamed to travel. It was a road that would be full



▲ Cameron Cooper [right] pictured with Dr. Maurin holding Ian.

of anxiety and uncertainty – a travail that has changed their lives. Yet it was also a road that would lead them to discover their own amazing determination and will.

“We know how blessed we are,” says Amy. “But our situation is still tenuous. Cameron continues to be monitored every six months with an MRI. We are hyper-vigilant to detect any recurrence.” As Cameron emphasized, “we take great comfort that our community has the local resources necessary to provide quality healthcare through San Juan Regional.”

Since being diagnosed, Dr. Cameron Cooper received his PhD from Walden University in July 2007. He continues his research in neural networks and has published numerous

peer-reviewed publications. Dr. Cooper was promoted to Assistant Professor of Freshman Mathematics at Fort Lewis College and is on-track to become an associate professor in 2013.

In October 2010, Cameron and Amy were twice blessed with the birth of their second child, Ian Maurin Cooper. They have profound gratitude for all of the dedicated healthcare providers that helped them find a path forward – from the late Dr. LeAnn Jordan of Four Corners OB/GYN who convinced them to have another child, to the remarkable man who would become their son’s namesake, Dr. Edward Maurin.



“We take great comfort that our community has the local resources necessary to provide quality healthcare through San Juan Regional,” said Cameron Cooper.






Eating healthy around the holidays and during the winter months may be challenging, what with sweet treats and the go-to comfort foods. If you're looking for a healthy dish that still warms the belly and soul, try our chicken and dumplings recipe for your next family meal.

Chicken and Dumplings

Ingredients

- 1 $\frac{3}{4}$ lb. of boneless, skinless chicken breast, trimmed and cut in 1 $\frac{1}{2}$ -inch pieces 
- $\frac{2}{3}$ cup unbleached, all-purpose flour
- 2 tablespoons canola oil, divided
- 2 large carrots, diced
- 2 stalks of celery, diced
- 1 large onion, diced
- 1 tablespoon poultry seasoning (sage, parsley, thyme, rosemary, marjoram)
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon freshly ground pepper
- 2 14-oz. cans reduced-sodium chicken broth
- 1 cup water
- 1 $\frac{1}{2}$ cup frozen peas, thawed



Dumplings

- 1 cup whole-wheat pastry flour
- $\frac{1}{2}$ cup all-purpose flour
- 1 teaspoon poultry seasoning
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{4}$ teaspoon salt
- $\frac{3}{4}$ cup nonfat milk

Instructions

Toss chicken with $\frac{2}{3}$ cup of all-purpose flour in a medium bowl until coated. Heat 1 tablespoon oil in a Dutch oven over medium-high heat. Reserving the remaining flour, add the chicken to the pot and cook until lightly browned, three to five minutes. Transfer the chicken to a plate.

Reduce the heat to medium and add the remaining 1 tablespoon oil to the pot. Stir in carrots, celery, onion, 1 tablespoon poultry seasoning, $\frac{1}{2}$ tablespoon salt, and pepper. Cover and cook, stirring occasionally, until vegetables are softened, five to seven minutes. Sprinkle reserved flour over vegetables, stir to coat. Stir in broth, water, peas, and reserved chicken. Bring to a simmer, stirring often.

To prepare dumplings, stir whole-wheat flour, $\frac{1}{2}$ cup all-purpose flour, 1 teaspoon poultry seasoning, baking soda, and $\frac{1}{4}$ teaspoon salt in medium bowl. Stir in milk.

Drop dough, 1 tablespoon at a time, over the simmering chicken stew, making about 18 dumplings. Adjust heat to maintain gentle simmer, cover and cook undisturbed until dumplings are puffed, vegetables are tender, and chicken is cooked through, about 15 minutes.

Nutritional Information: (Per serving)

Calories: 463, total fat: 15g [saturated fat: 3g, monosaturated fat: 7g], cholesterol: 91mg, carbohydrates: 45g, protein: 34g, fiber: 6g, sodium: 629mg, potassium: 412mg

By using chicken breast instead of chicken thighs and cornstarch instead of a roux to thicken the recipe, you can eliminate unnecessary fats.

Please Join Us in Welcoming

Dr. Joseph Hakes
Farmington Family Practice

Dr. Joseph Hakes has is now accepting patients at Farmington Family Practice.

Farmington Family Practice
622 West Maple Street, Suite B • Farmington, New Mexico 87401
505.327.4867



Dr. Brent Farnsworth
San Juan Regional Medical Center Laboratory Department

San Juan Regional Medical Center welcomes Dr. Brent Farnsworth to its Laboratory Department.

San Juan Regional Medical Center
801 West Maple Street • Farmington, New Mexico 87401
505.609.2000

Dr. Frank Arnold
San Juan Health Partners Bloomfield

We are pleased to announce that Dr. Frank Arnold has joined San Juan Health Partners Bloomfield.

San Juan Health Partners Bloomfield
100 North Church Street, Suite C • Bloomfield, New Mexico 87413
505.632.1807





Dr. Sivakumar Nagaraju

San Juan Health Partners Internal Medicine and Pulmonology

San Juan Health Partners Internal Medicine and Pulmonology welcomes Dr. Sivakumar Nagaraju.

San Juan Health Partners Internal Medicine and Pulmonology

407 South Schwartz Avenue, Suite 201 • Farmington, New Mexico 87401
505.609.6730

Dr. Rahul Kumar

San Juan Health Partners Hospitalist

San Juan Health Partners Hospitalist welcomes Dr. Rahul Kumar.

San Juan Health Partners Hospitalist

801 West Maple Street • Farmington, New Mexico 87401
505.609.2000



Dr. Eric Stolfus

San Juan Health Partners Behavioral Health

San Juan Health Partners Behavioral Health welcomes Dr. Eric Stolfus.

San Juan Health Partners Behavioral Health

555 South Schwartz Avenue • Farmington, New Mexico 87401
505.609.6680

Dr. George Ang

San Juan Health Partners Endocrinology

We are pleased to announce that Dr. George Ang has joined San Juan Health Partners Endocrinology.

San Juan Health Partners Endocrinology

407 South Schwartz Avenue, Suite 201 • Farmington, New Mexico 87401
505.609.6360



Thank You!

San Juan Regional Medical Center's Healthy FET Kids thanks Blue Cross and Blue Shield of New Mexico for their generous grant award.



Blue Cross and Blue Shield of New Mexico

A Division of Health Care Service Corporation, a Mutual Legal Reserve Company
an Independent Licensee of the Blue Cross and Blue Shield Association

The Mission of the Healthy FET Kids program is to educate and empower children and their families with the knowledge, beliefs, and behaviors to live a healthy lifestyle.

This generous funding will allow additional teachers and school administrators from Aztec, Bloomfield, and Farmington elementary school districts to participate in Full Engagement Training in 2012. The training provides science-based information and tools to learn how to improve your health and increase your energy through nutrition, movement, values, purpose, and stress management.

Blue Cross and Blue Shield of New Mexico's Healthy Kids, Healthy Families is a three-year initiative designed to improve the health and wellness of New Mexico's children through community investments. Healthy Kids, Healthy Families invests in nonprofit organizations that encourage health education, promote physical activity, prevent and manage disease, and support safe environments for children. San Juan Regional Medical Center's focus to empower teachers with the tools, information, and supplies to incorporate fun nutrition and healthy lifestyle education, physical activity, stress reduction, and energy management certainly reflects the HKHF mission.



Join a dynamic group of people who are compassionate, well-trained, and resourceful. Our volunteers are a group of people who benefit the hospital, are deeply appreciated, and are fun to be around! Volunteer opportunities are available in the Gift Market, information desk, patient assistance, clerical support, making crafts, and more. We are flexible and can work with your schedule.



Call Teresa Becker at 505.609.6156 to join our Auxiliary.

WEBSITE SERVICES

www.sanjuanregional.com

You may pay your bill online or find a list of department telephone numbers under the "Contact Us" link. For feedback on this magazine, ideas for future articles, or comments regarding SJRMC publications, email czaharko@sjrmc.net or ktracy@sjrmc.net.

TO MAKE A DONATION

San Juan Regional Medical Center is a community non-profit hospital. To discuss giving options, including bequests, which can contribute to the health and well-being of our community, contact:

**San Juan Medical Foundation
505.609.6813**

CUSTOMER RELATIONS

Do you have a comment about services received at San Juan Regional Medical Center? Please share your comments with:

San Juan Regional Medical Center
Customer Relations
801 West Maple Street
Farmington, New Mexico 87401
505.609.6963

HOSPITAL CORPORATION

The corporation is made up of more than 90 non-profit organizations that meet regularly with the SJRMC administration to provide a voice for the community. To join the corporation, contact Shandra Smith at 505.609.6075.

Community Wellness Resources

Free childbirth classes and tours – Register online or call 505.609.2134 for dates, times, locations, or for more information.

Baby Care 101

Sibling Class

Breastfeeding I: The Basics

Breastfeeding II: Maintaining Milk Supply, Pumping and Storage

Childbirth Center Tours (*Offered Tuesdays*)

Healthy Pregnancy Class

Childbirth Preparation Series

Childbirth Preparation for Teens

Cesarean Childbirth Preparation

Other Services

Hospital Tours: Call 505.609.2242 to schedule an appointment

Blood Pressure Screening: Offered free of charge Monday through Friday located at 2325 East 30th Street in Farmington from 1:00 p.m. to 4:00 p.m. Check in at front desk.

Diabetes Education Classes: Held at 2325 East 30th Street in Farmington. Call 505.609.2867 for more information.

MammaCare Breast Self-Exam Training: Call 505.609.6089 to find out more about this research-based method of BSE.

Transportation Van: To schedule a ride, call 505.609.2239. This is a free service provided to adults who need transportation to and from medical appointments at SJRMC facilities and their doctor's office—as long as they have hospital privileges.

Full Engagement Training (FET): Call 505.609.2171 for more information.

Support Groups

Four Corners Women's Cancer Support: Meets the first Saturday of each month at 10:00 a.m. in the San Juan Regional Cancer Center (731 West Animas). Call 505.609.6089 for more information.

Heart of Caring: Meets the first and third Thursday of each month at noon in the Connelly Hospitality House (710 South Lake Street). Lunch is provided.

Better Breathers Club: Meets the first Monday of each month at 1:30 p.m. in the cardiac and pulmonary rehabilitation center at the hospital (801 West Maple Street).

"Lean on Me" MS Support Group: Call Debbie at 505.326.0657 or Donna at 505.334.3316 for meeting date, time, and location.

Tobacco Free Classes: Offered through San Juan College. Call 505.327.3967 for information.

Stroke Support Group: Call 505.609.2671 or 505.326.5506 for meeting date, time, and location.

Fibromyalgia Support Group: Meets each month at the San Juan Regional Medical Center South Campus located at 2325 East 30th Street. Call Judy Hale at 505.566.3339 for more information.

Parkinson's Disease Support Group: Meets once a month at the San Juan Health Partners Neurosciences conference room [407 South Schwartz Avenue, Suite 202]. Please call Theresa for times, dates, or more information at 505.609.6575.

Breast Cancer Support Group: Meets the second Wednesday of each month at noon in the San Juan Regional Cancer Center (731 West Animas). Call 505.609.6089 for more information.

Aphasia Support Group: Meets once a month at the San Juan Regional Rehabilitation Hospital [525 South Schwartz] at 10:00 a.m. Call Beth for more information at 575.802.5745.

Ostomy Support Group: For dates, times, and location call Sarah at 505.609.2721, Glynna at 505.716.4238, or Cassie at 505.419.0663.



SAN JUAN REGIONAL
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801 West Maple Street • Farmington, New Mexico 87401

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We have the solution to your New Year's Resolution!

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Release Your Energy

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www.fullengagementtraining.com



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