North Colorado Medical Center Celebrates Sixty Years
16th Street Location Opened in 1952

true north
Transforming local health care through philanthropy
Fall 2012  Volume 2  Issue 4

Cementer's Well Service, Inc. Team at Western States Burn Center Golf Classic

Greeley Stampede Contributes to North Colorado Medical Center Breast Center
Indian Bazaar
presented by

to benefit the NCMC Cancer Institute

SATURDAY, JANUARY 26, 2013
Embassy Suites Hotel, Spa & Conference Center
4705 Clydesdale Pkwy, Loveland, CO 80538

Cocktails at 6:00 p.m. | Dinner at 7:00 p.m. | Dancing at 9:00 p.m.

— HONORING —
Knights of Swallows

The Knights of Swallows is made up of individuals from the oil and gas industry who have contributed generously to the Western States Burn Center since 1991.

Entertainment by The JBX “The Jerry Barnett Xperience” featuring Bollywood Nights

Black Tie | Limited Seating Available

North Colorado Medical Center Foundation

Diana Wood 970-395-2687 or visit www.ncmcfoundation.org
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Visit our new website www.ncmcfoundation.org

The North Colorado Medical Center Foundation promotes philanthropy to enhance and ensure the health and well being of the people in our region.
In this issue of True North, we celebrate the 60th anniversary of North Colorado Medical Center, which opened its doors at our current 16th Street location on November 9, 1952. While the first formal hospital in Greeley began treating patients fifty years earlier, in 1902, the grand opening of the new hospital was clearly a major event in Weld County.

Newspaper accounts from the period describe the hospital as being located on 21 acres “in the western part of the city” and marveled that the total cost of the project was $3.2 million, including furniture, fixtures and equipment.

It is interesting to note that of the total cost of the new hospital, $150,000 was donated by local citizens in a grassroots fund drive. In today’s dollars, that is equivalent to $1.3 million! Healthcare philanthropy was alive and well in Greeley in 1952, just as it is sixty years later in 2012.

From the humble beginnings of the first hospital in 1902, to the opening of the state-of-the art $3.2 million hospital in 1952, to being named a HealthGrades Top 100 Hospital in the United States in 2012, the residents of Weld County have always been interested in ensuring that quality health care is readily available in our northern Colorado community.

The North Colorado Medical Center Foundation was founded in 1975 to support and enhance the overall health of our community and its citizens. Since 1975, over $45 million has been raised for that mission. Your philanthropic donations to the NCMC Foundation stay right here in Greeley, directly impacting the health care delivered to your loved ones, friends, family and neighbors.

We are also introducing two new giving programs for our donors. An “Under 40 Club,” designed as a way to involve donors under age 40 to become active in social and educational opportunities at NCMC; and “A Star is Born” program, where proud parents, grandparents, and other family members may purchase a star to be displayed in the Monfort Family Birth Center announcing the arrival of a new family member.

Greeley residents have always been generous with donations to our local hospital. Just as in 1952, when $150,000 was raised to help build the new hospital, your contributions play an important role in allowing NCMC to continue to provide excellent care to citizens of Weld County and northern Colorado.

As the end of the year approaches, please consider making a gift to the NCMC Foundation and continuing the legacy of care that has long been a tradition in our community. Here’s to 60 more years of outstanding health care at NCMC!

Chris Kiser
NCMC Foundation President

Sally Warde
2012 NCMC Foundation Board Chair

100% of Your Donations Stay Local!
NCMC Employees Make a Difference!

The 2012 Better Together Employee Campaign concluded October 2nd with over $92,000 contributed by North Colorado Medical Center employees to NCMC, United Way of Weld County, and Banner Health’s “Supporting Our Staff” (SOS) program.

NCMC Inc., through its Charitable Fund, also contributed an additional $50,000 to the campaign, raising the total to $142,000.

The NCMC Foundation and the United Way of Weld County support countless programs and activities in our community. The NCMC Foundation raises funds to support programs and to purchase medical equipment that assists in providing the very best health care to citizens of Weld County. United Way has many funds that impact countless lives in Weld County, ranging from youth, homeless and elder care to refugee centers, educational and behavioral health initiatives, among others.

Banner Health’s “Supporting Our Staff” program is designed to provide relief to Banner employees facing a temporary financial hardship resulting from an unexpected personal crisis.

The Better Together Campaign is grounded in the belief that NCMC employees can accomplish more together, by promoting a spirit of philanthropy that ultimately makes a significant difference in our community.

The 2012 Better Together Employee Campaign was chaired by Carrie Frost, Meredith Taylor and Holly Werner. Foundation staff members Diana Wood, Amy Gomez and Randie Lieser also played a vital role in the overall success of the campaign.

For more information about the Better Together Employee Campaign, please call Diana Wood at 970-395-2687.

A Star is Born

“I was born here!” A pride-filled phrase we hear over and over again when talking to patients, donors and visitors at North Colorado Medical Center. In fact, over 2,000 babies are born every year at NCMC’s Monfort Family Birth Center. Each of those 2,000 little bundles of joy are ready to make their mark on the world, ready to tackle the challenges of life…and ready to cause their parents plenty of sleepless nights!

Seems fitting that we would have a way to put some of those rising stars on the walls of the beautiful Monfort Family Birth Center to recognize that “A Star is Born.” The NCMC Foundation and the Monfort Family Birth Center have collaborated on a recognition wall that does just that. For only $250, your little “star” can be memorialized on the wall in the Monfort Family Birth Center. Your young star’s name and birth date will be engraved on a personalized star. We also accept contributions from stars who were born here “many moons ago!”

Proceeds of the Star is Born donor wall will go towards funding Monfort Family Birth Center nursing education. Nursing education is extremely important to ensure that babies born at NCMC continue to receive the very best care possible.

For information on the Star is Born donor wall, or to retroactively purchase a star for a child born at NCMC, please contact the NCMC Foundation at 970-356-9020.
On November 4, 1952, Americans went to the polls to elect a new president. Republican Dwight D. Eisenhower, the Supreme Allied Commander during World War II, defeated Illinois Democrat Adlai Stevenson to become the 34th President of the United States.

Americans were also amazed to learn that a new device called the UNIVAC computer used a software modeling program that correctly picked the outcome of the election.

The month before, in October 1952, the New York Yankees won their fourth straight World Series by defeating the Brooklyn Dodgers in a thrilling seven game series. A young Yankee named Mickey Mantle hit the first of his 18 career World Series home runs in game six.

Here in Greeley, a city of 22,000 residents, city fathers were tapping into an unprecedented post-World War II economic boost by implementing the successful “growth plus industry equals jobs” strategy.

Part of this visionary strategy was to build a new hospital, which opened at its present location sixty years ago, on November 9, 1952. The first hospital in Greeley dated to 1902 and was located at Island Grove.

The need for a new hospital in Weld County was identified in the early 1940s, and in 1944 Weld County citizens passed the first bond issue ever approved in this county. The bond issue was in the amount of $400,000, with an additional one mill county levy, and $150,000 coming from philanthropic donations.

In 1946, the Hospital Survey and Construction Act (Hill-Burton Act) was passed, and the new federal legislation added an additional $900,000 to the project. The Hospital Survey and Construction Act was designed to provide federal grants and guaranteed loans so that the nation’s hospitals could improve their physical plants and keep up with the post-World War II population explosion. The federal funding also stipulated that the hospital receiving the funding would need to provide a “reasonable volume” of free care to needy citizens.

Construction began in 1947 on 21 acres at what was then the west edge of Greeley, at the present day 16th Street and 16th Avenue location. By completion in 1952, the price tag for the new 220-bed hospital had risen to $3.2 million, including furnishings, fixtures and equipment.

Seventy patients were transferred from the old hospital on 11th Avenue. Prices at the new hospital averaged $8-$12 per day for double rooms, with 16 private rooms available for $18 per day.
The following is a brief timeline of hospital growth over the years:

1953  The name Weld County General Hospital was formerly adopted.

1962  Completion of the North Wing.

1966  Opening of the fifth floor of the North Wing with the completion of 33 beds.

1967  Establishment of a Coronary Care Unit (CCU).

1974  Opening of the Family Practice Center, which was affiliated with the University of Colorado School of Medicine; the Center housed a training program designed to increase the numbers of rural family physicians.

1975  Opening of the new Emergency and Ambulatory Care Center at a cost of $2.5 million. The NCMC Foundation is also formed as a 501 (c)(3) organization to assist in fund-raising initiatives.

1978  A $21 million renovation and expansion project was approved to build 102,000 square feet onto the west side of the hospital. The expansion included ambulatory surgery, updated intensive care and coronary care units, surgical suites, labs, radiology, medical records, central supply, materials management, pharmacy and a new kitchen.

1979  The hospital name changed to North Colorado Medical Center; AirLife Helicopter services were offered, a first in the northern Colorado region.

1982  Control of the hospital was transferred to NCMC, Inc., a non-profit organization. Local tax dollars would no longer support the hospital.

1983  A heart surgery unit was added to the Cardiac Catheterization lab.

1990  NCMC and the University of Northern Colorado enter into an agreement to provide nursing training.

1992  The Monfort Family Birth Center opens in the west building; the NCMC Regional Burn Unit is dedicated following a $350,000 renovation.

1995  NCMC is leased to Lutheran Health Systems; a new $17.5 million outpatient care center opens on the east side of campus; the Will Rothman Family Chaplaincy program is established to provide spiritual care to all NCMC patients, families and staff.

Photos courtesy of NCMC Archive and History Project
<table>
<thead>
<tr>
<th>Year</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1999</td>
<td>Lutheran Health merges with Samaritan Health Systems of Phoenix, AZ, forming Banner Health.</td>
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<tr>
<td>2002</td>
<td>Work begins on a $13 million project to triple the size of the emergency department.</td>
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<tr>
<td>2003</td>
<td>Fundraising begins on the Second Century Project.</td>
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<tr>
<td>2003</td>
<td>The Blood Donor Center moves to a new first floor location.</td>
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<td>2003</td>
<td>Summit View Medical Commons outpatient facility is completed.</td>
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<tr>
<td>2003</td>
<td>A four-story parking complex is completed, adding over 750 spaces.</td>
</tr>
<tr>
<td>2004</td>
<td>The Cancer Institute is completed.</td>
</tr>
<tr>
<td>2005</td>
<td>Second Century Project is completed, a 300,000 square-foot addition to NCMC featuring the CardioVascular Institute with state-of-the-art cardiovascular technology and staffed by world-class heart specialists; a new intensive care unit (ICU) opens featuring 16 private rooms; new ultra-modern operating suites and recovery rooms are opened on the ground floor; Monfort Family Birth Center adds neonatal intensive care (NICU), new labor and delivery suites, family suites, and antepartum rooms; and, a Heart Failure Clinic is reopened, run by heart care specialists.</td>
</tr>
<tr>
<td>2009</td>
<td>Western States Burn Center moves into expanded quarters at North Colorado Medical Center. The new and enhanced 12,500 square-foot Burn Center provides ten critical-care suites and four step-down beds and has the most sophisticated care and state-of-the-art technology available for treatment of burn injuries in an eight-state region. The new patient rooms are acuity-adaptable; patients stay in the same room from the critical stage until they are ready for discharge.</td>
</tr>
<tr>
<td>2012</td>
<td>NCMC, Inc. and Banner Health extend their operating agreement through 2027; NCMC is named a HealthGrades Top 100 Hospital in the United States; a new leading-edge emergency department located at 71st Avenue and 20th Street opens; NCMC purchases Weld County Ambulance services; and, work begins on a $60 million physical plant upgrade at NCMC.</td>
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NCMC and the Foundation:
Partners in Improving Community Health

If you haven’t seen the North Colorado Medical Center employee gym lately, you haven’t seen one of the best examples of the hospital’s commitment to employee and community health.

The employee gym, which began as a small room with just a couple pieces of equipment more than a decade ago and gradually evolved to the large and well-equipped workout facility it is today, was recently gifted with a new treadmill, functional trainer, and spinning cycle as well as new Smith machines, dumbbells and flatscreen TVs. The space was also remodeled. The $24,000 upgrade costs were shared by the NCMC Foundation and NCMC Volunteer Services.

“It’s come a long way,” said Craig DeKraai, Cardiac Rehab Manager and overseer of the employee gym. “We are blessed to have a facility like this at NCMC. It’s very convenient, and it’s replacing a gym membership for many who work and volunteer at NCMC.”

Ever since the upgrade was completed in August, the gym’s comment box has overflowed with thanks and praise. Here are just a few samples:

“Thank you so very much for this gym! It is a wonderful privilege.”

“I love the 24-hour access and that it is a free benefit to employees!”

“If it wasn’t for this place, my butt would be parked on my couch instead. Thank you so much!”

“All I can say is WOW! Thanks!”

Of course, the shiny new gym isn’t the only visible sign of NCMC’s focus on prevention. The hospital’s Community Wellness Department offers many programs and opportunities for community members to get and stay healthy, including health and wellness classes, blood screenings and vaccination clinics. Community Wellness also partners with the Windsor Community Rec Center and Greeley’s Family Fun Plex to offer Safe Sitter babysitting classes for kids ages 11 to 13 as

continued on page 8
well as American Heart Association CPR/AED and first-aid classes for adults. And as a convenience for employers in northern Colorado, wellness programs are offered at workplaces, so employees can receive flu shots, blood screenings and CPR classes on-site.

“As health care evolves, it’s become increasingly clear that prevention will be a key focus going forward,” said NCMC Wellness Sr. Manager Roxane Conant. “NCMC and the Foundation are wellness leaders in northern Colorado."

**Weigh and Win!**

**Have you weighed in to win yet?**

A mobile kiosk with a built-in scale and simple on-screen questionnaire, sponsored by the NCMC Foundation and the Weld County Department of Public Health, may soon be headed to your neighborhood. A second, stationary Weigh and Win kiosk is located at Centennial Park Library.

If you’re a Coloradan who’s 18 or older, you’re invited to visit either one of them to get started on getting healthier. If you’re already at a healthy weight (BMI under 25), the customizable program will send you regular texts or e-mail tips that address your barriers and motivations to eating healthfully and exercising consistently. If you need to lose weight, the program will provide you with the same personalized coaching but will also pay you to lose weight.

That’s right—thanks to the Kaiser Family Foundation, Weigh and Win offers cash prizes for weight loss if your BMI is 26 or higher. A five percent weight loss gets you $15. Lose ten percent and you’ll receive $30. There are also incentives for maintaining your weight loss. Just weigh in every 90 days to keep going with the program.

“Weigh and Win is a really great tool that will encourage people in our community to live a healthier lifestyle,” said Roxane Conant, who is a Weigh and Winner herself. “It’s really accessible...and it’s free!”
Nearly 40 North Colorado Medical Center Foundation donors gathered at the Greeley Country Club on October 11th for the inaugural President’s Circle Donor Reception. Donors had the opportunity to mingle with Foundation staff and friends, as well as receive an update on Foundation activities from NCMC Foundation President Chris Kiser. Kiser thanked the donors for their support of NCMC over the years, and mentioned that their annual contributions played an instrumental role in NCMC being recently named as a HealthGrades Top 100 national hospital.

Kiser also noted the wide array of funds that the Foundation administers, and that each of them makes a significant difference in the hospital’s ability to deliver outstanding health care to citizens of Weld County and northern Colorado.

For additional information on making a contribution to the NCMC Foundation, please contact Chris Kiser at 970-350-6775.
A beautiful fall day provided the backdrop for over 300 golfers, sponsors and volunteers who participated in the 22nd annual Western States Burn Center Golf Classic, hosted by the NCMC Foundation on September 20th at Boomerang Golf Links in Greeley. The tournament was once again sold out and raised over $69,000 for the Western States Burn Center, which will continue to purchase state-of-the-art medical equipment and provide continuing education to the highly specialized team of nurses, doctors and other healthcare providers caring for burn patients. Following play, awards were presented to the top flight and contest winners.

**Overall Low Gross Championship Flight Winners:**
Wood Group PSN – Stewart Goble, Brandon Stephens, Bevin Cox and Matt Johnson

**Morning Flight:**
**First Place Team:** Bucklen Equipment Team – Randy Bucklen, Mike Bucklen, Gary Pearcy and Ralph Cowan
**Second Place Team:** Poudre Valley REA Team – Brad Gaskill, Lennie Jordon, Larry Binder and Doug Grant
**Third Place Team:** Rocky Mountain Inspection Service, Inc. Team – Randy Guerra, Coleman Hogan, Craig Eisman and Doug Rhoades

**Afternoon Flight:**
**First Place Team:** Halliburton Team – Jim Reagan, Collin Richardson, Courtney Walker and Todd Griffin
**Second Place Team:** Synergy Resources Corporation Team – Craig Rasmussen, Doug Leafgren, Eric Eddy and Brandon Lorenz
**Third Place Team:** Spradley Barr Ford Lincoln Mercury Team – Mark Cook, Chuck Scheinost, Shane Carwin and Mark Morrison

**Winner of the Marshmallow Long Drive**
Winning a cash prize and jacket courtesy of Spradley Barr Ford Lincoln Mercury was Steve Lang!

**Winners of the Golf Tee Guess:**
**First Place** Winning a sporting basket courtesy of Cementer’s Well Service, Inc. – Brian Skelley
**Second Place** Winning 4 Avalanche tickets 2012-2013 game (or comparable) on the glass courtesy of Halliburton – Derek Moore
**Third Place** Winning a Colorado Eagles jersey autographed by the team courtesy of the Colorado Eagles – Ann Backer

**Closest to the Pin:**
*South Hole #3 AM Winner:* Doug Grant
*South Hole #3 PM Winner:* Jack Russell
*North Hole #7 AM Winner:* Jeremy Smith
*North Hole #7 PM Winner:* Miguel Barron

**Longest Drive:**
*South Hole #6 AM Winner:* Kenny Dappen
*South Hole #6 PM Winner:* Josh Lockey
*North Hole #9 AM Winner:* Jacob Rice
*North Hole #9 PM Winner:* Chris Jones

A huge thank you to all of our sponsors and volunteers! We’ll see you next year!
NCMCF Western States Burn Center Golf Classic continued

DCP Midstream, LP Team 1: Cody Truitt, Kevin Pittman, Clay Douglas, Steve Saye

Magna Energy Services Team 3: Larry Obrowski, Becky Holloway, Kenny Dappen, Dana Parker

Bucklen Equipment Company: Mike Bucklen, Gary Percy, Randy Bucklen, Ralph Cowan

Boomerang Golf Links

Cementer’s Well Service, Inc. Team: Janet West, Rose Stoller, Roseann Guyette, Debi Bird

Halliburton Team: Collin Richardson, Todd Griffin, Courtney Walker, Jim Reagan

Dave Beggs with Fiske Electric Team lines up a birdie putt.
Heath Holloway, Amy Rodriguez, Stephane Holton,
Cliff Johannsen, Mel Pavek, Mitch Davis

Golfer at the Marshmallow Long Drive hole sponsored
by Spradley Barr Ford Lincoln Mercury

Thank you to our sponsors!

Doug Egloff with Fiske Electric Team

Another view!
North Colorado Medical Center Foundation would like to thank the following for their support of the 22nd Western States Burn Center Golf Classic to benefit the Western States Burn Center.

### SPECIALTY SPONSORS
- A&W Water Service, Inc.
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- Tarpon Energy Services LLC

### SIGN SPONSORS
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- Phelps-Tointon, Inc.
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- Ram Swab Services, LLC

### TEAM SPONSORS
- High Sierra Water Services
- Rock Pilers, LLC

### COURSE & RAFFLE PRIZES
- All quaint Baldwins Golf Course
- Cache Bank & Trust
- Cementer's Well Service, Inc.
- Colorado Eagles
- Eaton Country Club
- Greeley Country Club
- Halliburton
- JBS Lambe
- Pepsi Bottling Group
- Spalding Barr Ford Lincoln Mercury
- Twin Peaks Golf Course
- Weld County Garage Buick GMC

### DOOR PRIZES
- Accessories with a Hair... and Hair Albertos
- Ben's Fork Grill
- Ch’ilis
- Cottonwood Florist
- Culver's of Greeley
- Electech Colossal Cookies
- Garetson's Sports Center
- GOGO Sports, Inc.
- Golden Corral
- Kwik Trip
- Wendy's

### OTHER CONTRIBUTIONS
- A&W Water Services, Inc.
- All quaint Funeral Services
- Anadarko Petroleum Corporation
- Cementer's Well Service, Inc.
- Frank & Nancy Stepp
- Halliburton
- HALO
- Magna Energy Services
- Noble Energy Services
- Pepsi Bottling Group
- Roosters Mens Grooming Center
- Spalding Barr Ford Lincoln Mercury
- Thunder Creek Gas Services, LLC
- Verizon Wireless

### TOURNAMENT COMMITTEE
- Heath Holloway, Magna Energy Services, Tournament Chairman
- Cal Bartels, Anadarko Petroleum Corporation
- Maggi Basinger, North Colorado Medical Center
- Allison Bruce Miller
- Western States Burn Center
- Steve Eichinger, Kenny Electric
- Rebecca Garber, Western States Burn Center
- Tristen Hammel, Western States Burn Center
- Greg McIntosh, Anadarko Petroleum Corporation
- Jason Miller, PDC Energy
- Greg Pickrell, Noble Energy Services
- Jim Reagan, Halliburton
- Jesse Silva, PDC Energy
- Cathy Stoller, Cementer's Well Service, Inc.
- Kathy Vigil, Kenny Electric
- Dani Wood, NCMC Foundation, Tournament Director

A special thanks to all the volunteers who help to make this tournament such a great success!
NCMC Turkey Trot Gets the Holiday Off on the Right Foot November 22nd

The annual North Colorado Medical Center Turkey Trot is now in its 15th year and has become part of many northern Colorado residents’ Thanksgiving Day tradition. The November 22nd race is open to participants of all ages and includes a 5K race on a scenic, Northern Colorado Running Club-certified 5K course and the Gobbler Trek, a 2K fun run.

Proceeds from the event benefit North Colorado Medical Center’s Cardiac Rehabilitation program and ensures needy patients receive the rehabilitation they need following a cardiovascular event. Last year the event raised $35,000 and has already benefited 27 people. In 2011, 37 patients benefited from the event.

The 5K race begins at 9:00 a.m., followed by the 2K race at 9:15 a.m. Prize money will be awarded to the top male and female finishers in the 5K: $250 for first place, $150 for second place and $50 for third, as well as Masters (ages 40 and up) $100 for first place and $50 for second place. Age group winners in the 5K will receive turkeys, with pies being given out to the second through fifth place winners in the following age classifications: 12 and under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 and over. Medals will be awarded to the top three participants in each of the following age groups: 6 & under, 7-9, 10-13, 14-19, 20-40, 41-60, 61 & up. Registration is $25 for adults, $15 for youth age 17 or younger. On race day, registration goes up to $30 for adults and $20 for youth. Participants are also encouraged to bring a non-perishable food item to donate to the Weld Food Bank.

Register for the Turkey Trot at www.BannerHealth.com/NCMCTurkeyTrot or stop by Bells Running, 3620 W 10th St. in Greeley.

For more information on participating or volunteering, please call 970-350-6204.

A heartfelt thanks to ALL our sponsors!

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Dr. Maurice Lyons
Dr. Kenneth Richards
Dr. Gene Tullis

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NCMC Turkey Trot
The Spiritual Care Department hosted the second annual conference for area chaplains and medical staff September 28th at North Colorado Medical Center. The event was sponsored by the Will Rothman Family Chaplaincy program, whose endowment fund is administered by the NCMC Foundation.

Dan Johnson, MD, the National Clinical Lead in Palliative Care for Kaiser Permanente, was the keynote speaker. Dr. Johnson is a nationally known expert in the field of Palliative Care, having been voted the top physician in this field for the last five years by 5280 Magazine.

The seminar was attended by nearly 50 people, including local chaplains from the Greeley area, hospice administrators, nurses, bereavement coordinators, respiratory therapists, and healthcare workers.

Dr. Johnson explained that Palliative Care is a rapidly growing discipline that places the focus of care on what the patient desires for treatment while fully understanding their condition. It also involves assisting patients and their family with the difficult conversations that must occur when failing health becomes a reality.

Dr. Robert Fried heads up the NCMC Palliative Care program at NCMC. For additional information or to contact Dr. Fried, please call 970-378-4729.

Rhonda Morehead, JD, CTFA, Assistant Vice President and Senior Trust Officer of First National Wealth Management, presented this thought-provoking seminar on August 16th to approximately 35 individuals. Rhonda shared with the audience tips on how to face personal, emotional and financial decisions to give one peace of mind regarding end-of-life issues, the importance of planning, and the legal documents that you should have in place now.

Since 2009, the NCMC Foundation and First National Wealth Management have been providing financial and estate planning educational seminars to the public.

Members of the Greeley Stampede Committee presented the NCMC Foundation with a check for $5,224 to support mammograms and diagnostic services for uninsured and underinsured women in Weld County through the NCMC Breast Center. The proceeds were generated from the Tough Enough To Wear Pink Rodeo held in June as part of the Greeley Stampede festivities.

Pictured from left to right: Bill Hall and Randy Owens, Greeley Stampede Committee; Chris Kiser, NCMC Foundation; Mary Scheid and Sandra Budde, NCMC Breast Center
Knights of Swallows Named 2013 NCMC Gala Honoree

A generous oil and gas related charitable group — with a curious name — will be honored at the 2013 North Colorado Medical Center Foundation Gala for their long-time contributions to the Western States Burn Center at North Colorado Medical Center.

Since 1990, the NCMC Foundation has honored an outstanding individual or organization for their distinguished service and leadership in our local healthcare community. The Knights of Swallows proudly continue that tradition and will be honored at the 2013 NCMC Foundation Gala.

The local Knights of Swallows dates to 1991, when Jerry Clinkscales, an employee of Wilson Supply, along with Wayne Smith of Amoco and Ron Hansen of Flint Engineering, organized a get-together with a group of oil and gas industry professionals in the DJ Basin. "We wanted to have a philanthropic mission to support the Western States Burn Center at NCMC, as oil and gas field workers sometimes receive burn injuries that require specialized care and treatment," noted Clinkscales. The Western States Burn Center is regarded as the premier burn center in an eight-state region in the Rocky Mountain west.

The trio networked with members of the northern Colorado-based oil and gas industry to form an initial eight-member committee, which has since expanded to seventeen. Along with their employers, this caring group of people represents a cross section of the industry. It includes representatives from operating, supply and service companies that provide essential needs to the oil and gas industry. The 2012 chairman is Ray Williams, with Troy Person set to take over the reins in 2013.

The group’s only fundraiser is an annual golf tournament with two full flights at Fox Hill Country Club in Longmont. The scramble-formatted tournament is played one month prior to the NCMC Foundation’s annual Western States Burn Center Golf Classic at Greeley’s Boomerang Golf Links. This year’s WSBC Golf Classic raised $69,000 with 260 golfers, the majority of whom are involved in the
Knights of Swallows Named 2013 NCMC Gala Honoree continued

Oil and gas industry. It is widely considered to be one of the largest single-day golf tournament fundraisers in the region.

Since 1991, when $1,000 was raised, the Knights of Swallows have contributed an astounding $300,000 to the Western States Burn Center through their annual golf tournament fundraiser. “Knights of Swallows is completely supported by the oil field family,” said Clinkscales. The group has recently established a scholarship fund to benefit local residents seeking industry-related education. An anonymous donor has agreed to match the funds donated for the educational cause.

Now, about that unique name... “Knights” refers to the late medieval era warriors who wore steel armor to provide protection in battle. Just as the knights of old, oil field workers for many years wore steel helmets as protection.

“Swallow” refers to the common bird that moves quickly from place to place, as oil field workers do in search of the next productive oil field.

Another unsubstantiated version of “swallow” is that hard-working, off-duty oil and gas workers have the ability to consume large amounts of adult beverages. This version, however, is unconfirmed and considered to be a mere rumor!

The Gala, presented by Noble Energy, is a premier northern Colorado fund-raising event scheduled for January 26, 2013, at Embassy Suites in Loveland. The 2013 theme is “Indian Bazaar,” with proceeds benefiting the North Colorado Medical Center Cancer Institute.

To register for the 2013 Gala, call Diana Wood, Director of Special Events and Marketing, at 970-395-2687, or go to www.ncmcfoundation.org.

We are pleased to honor Knights of Swallows as the 2013 NCMC Foundation Legacy Award recipient for their distinguished service and leadership in health care in our community. Past recipients are as follows:

Previous Award Recipients
1990 Lawrence P. McArthur
1991 L. Kent Reitz
1992 Myra Monfort
1993 Hospice of Northern Colorado
1994 Meta Shore
1995 Dick Boettcher
1996 Donald E. Cook, MD
1997 Richard H. Stenner
1998 NCMC Volunteers
1999 Richard J. Kemme, MD
2000 Hope H. Cassidy
2001 Harold S. and Florence L. Winograd
2002 William K. Mangum, MD, and Union Colony Bank
2003 Joel Rothman
2004 Hensel Phelps Construction Co.
2005 Kay Kosmicki
2006 NCMC, Inc.
2007 Will Rothman Family Chaplaincy
2008 The Monfort Family Foundation
2009 Jerry Weil, MD
2010 The Pink Ladies
2011 Todd Family Foundation
2012 Gilbert I. Anderson, MD
Board Member Profile
Meet Sally Warde

When fate carried newlyweds Sally and Tim Warde to Greeley in 1971, little did they know they’d be settling down to stay. But soon they had three little girls and a notion to start a paper products wholesale business, which they named Northern Colorado Paper.

“We were young and naïve,” says Sally, who stayed home with the children during the day and used a pegboard system to do the company’s bookkeeping at night. “But our business gradually grew, and we found that Greeley was a great place to run a business and raise a family.”

As the girls got older, Sally’s work role shifted from bookkeeping to sales. The flexible schedule allowed her to get the kids out the door to school and be home for them afterwards. In between, she’d visit her customers, ranging from hotels and manufacturing companies to restaurants and bowling alleys. “I enjoy meeting people,” says Sally. “I don’t think I could ever sit in an office from eight to five.”

Sally’s flexible schedule and passion for people also steered her toward community volunteerism. Over the years she’s served on the boards of the Community Foundation, North Range Behavioral Health, the Greeley Philharmonic and Upstate Economic Development (formerly EDAP). She is a founding member of the Women’s Fund. In addition to her NCMC Foundation board service, she currently serves on the boards of the Greeley Chamber of Commerce and the Boys & Girls Club. Sally and Tim have been recognized for their contributions with the Greeley Chamber’s Winners’ Circle Award and the Boy Scouts’ Weld Distinguished Citizens Award. Sally has also been honored with the Community Foundation’s Founders’ Award.

“I think you need to instill in your children from a very early age that you need to give back to the community,” says Sally. “It’s so rewarding, more so than any paid job you do. Greeley is an amazing community. People are so giving of their time here that the nonprofits can accomplish a lot.”

Sally’s service on the North Colorado Medical Center Foundation board started three years ago. She also serves on the development committee.

“I can’t say enough about what a great healthcare facility we have here,” she says. “Every community wants excellent health care, but NCMC is also a huge economic driver for Greeley.”

Both Sally and Tim were born in the Denver area and attended Colorado State University. Their three girls—all married now and still living in Colorado—have six kids among them, making for fun family gatherings.

Eventually Northern Colorado Paper grew to employ more than 100 people out of several warehouse locations up and down the Front Range. A year and a half ago the company was purchased by Interline Brands, but Sally and Tim continue to hold key roles in the organization.

In her free time, Sally plays on a USTA tennis team and enjoys golf and travel. She also belongs to a book club and an investment club.

“As for retirement? “I hope not!” protests Sally. “I’m not working as many hours as I used to, but work is what keeps you young. As long as I’m still enjoying it, I can’t see not doing it.”
Did you know that 70% of Americans don’t have updated wills?

Making decisions concerning your will can be stressful but consider this: passing your estate is the largest financial decision you will ever make because it involves ALL of your assets. When you realize that, it makes the urgency and importance of proper planning all the more important.

Before significant giving decisions can be made, the individual must answer two very important questions: 1) How much will I need to live on for the rest of my life? and 2) How much should I leave to my children and grandchildren?

By comparison, the first question is far easier to answer than the second. Most people with significant estates have spent decades working on the first question with financial professionals. A carefully constructed and regularly reviewed financial plan serves as the answer to question one—What will I need for the rest of my life?

The second question is far more complex because it’s not just a matter of how much the individual can give to heirs but when and how much the individual should give. Parents have to figure out what is the right thing to do—what would be beneficial to their children and what might be detrimental. This determination is further complicated by spouses, children’s liability exposure, potential divorce settlements, and the children’s ability to manage money. Some parents are obsessed with passing all assets in equal portions. Consequently, many people quickly work through the first question, only to freeze with indecision on the second. The best approach is for you to create a plan to answer that all-important question two.

A few years ago I sketched out a little diagram and four questions. These questions seem to be the simplest guide to help answer question number two. Since the positive or negative impact your financial assets will have on your children is largely the result of how much, at what time, and by what means you pass on your wealth to them, ask yourself these four basic questions:

**Question #1: Do you already know what percentage of your assets you would like to give to your children?**

Most people don’t know precisely the current value of their estates; many have no idea. I also understand that many assets are not easily divided equally—the family home, control of family business, etc. So, for the purpose of this exercise, we’re just going to talk about a percentage of total net worth. Getting clarity on this simple question helps with all the other asset transfer decisions.

**Question #2: So, what percentage of your children’s total inheritance would you like to give outright at death?**

There are three common ways individuals can transfer assets to their heirs. The first option is to include outright testamentary gifts to their heirs at the time of an individual’s death. Some individuals choose to immediately distribute the entire inheritance to their heirs at death. That is, of course, the simplest strategy but many times not the safest. If I left my son $200,000, and in the future he files for bankruptcy, for divorce, or is sued for any number of reasons, that inheritance is subject to judgments against him. Typically, individuals who approach wealth transfer with a strategic plan transfer ten to twenty percent of the estate to their heirs as outright gifts at the time of their death.

**Question #3: What percentage of your heirs’ total inheritance would you like to give as an ongoing income stream?**

A second type of testamentary wealth transfer is to create a stream of annual income for heirs. We’ve all heard about sudden wealth syndrome and how quickly inherited money disappears. Distributing wealth to heirs as a stream of income doesn’t guarantee frugality or financial responsibility, but it does help people with one of their greatest fears—that the wealth they have worked their entire lives to accumulate will be quickly depleted.

*continued on page 20*
The percentage of children’s total inheritance devoted to an income stream is usually around forty percent for a period of twenty years at a five percent annual payout.

Question #4: What percentage of your heirs’ total inheritance would you like to give as lump sum payments over a period of time?

The third way people pass on wealth to children and grandchildren is to transfer lump sum payments in stages over a period of time.

This usually happens in five-year increments with the lump sum payment increasing each time, the last two payments often going to grandchildren.

By considering these questions, you may find the answers that have eluded you before.

At the end of 2010, Congress made some sweeping changes to the estate tax landscape. These changes expire at the end of this year, but they provide some unique opportunities for individuals to achieve their estate planning goals.

Because this new law and its components are only slated to exist through the end of this year (2012), failing an extension, and because most of the people I know do not plan to die during that time frame, it only makes sense to create, update or review your estate plan NOW.

Because of the combination of the increased exemptions and the current economic environment, the next couple of years may also provide the perfect opportunity for utilizing several more complex estate planning tools to leverage the new transfer tax exemptions and accomplish your goals.

Trying to predict the future of the estate tax has become somewhat of an exercise in futility. This has led to a great deal of uncertainty in the estate planning world. The new law has added even more uncertainty to the conversation due to its temporary nature. However, there is a short window of time remaining for some potentially significant estate planning strategies that may benefit your heirs and save tax dollars.

If you are one of the 70% who have not created, updated or reviewed your estate plan, there is an easy answer. North Colorado Medical Center Foundation cares about this community. They realize how important it is for you to have control of how your estate is passed to your heirs. The NCMC Foundation has hired Thompson & Associates to meet with members of the community to assist in educating them in the options of estate planning.

Join Us for This Educational Seminar
Understanding Medicare

Co-sponsored by:

First National Wealth Management
North Colorado Medical Center Foundation

Noon – 1:30 p.m., Wednesday, November 14, 2012
North Colorado Medical Center Auditorium • 1801 16th Street, Greeley
• When will you need Medicare?
• What does Medicare cover?
• How much does it cost?
• Will you need other insurance?
• What is Part D?

Ms. Gloria Baca from the Centers for Medicare and Medicaid Services (CMS), Denver Regional Office will answer these and other questions including when to enroll, who runs Medicare and what Medigap really is. She will also cover the enhanced Medicare benefits and services included in the Affordable Care Act, and how it strengthens Medicare. If you will be turning 65 years of age within the next few years and are wondering what Medicare coverage will mean to you, bring your brown bag lunch and join us. Light snacks will be available. This seminar is co-sponsored by the North Colorado Medical Center Foundation. There is no charge to attend, but reservations are requested.

Please RSVP to Donna Benson, Director of Planned Giving, at 970.350.6773 or email Donna.Benson@bannerhealth.com.
Dinner with a Specialist

On Tuesday, September 18th, 75 community members attended the “Dinner with a Specialist” program presented by North Colorado Medical Center Outreach Services and co-sponsored by the NCMC Foundation. The event was held at NCMC and served as a great opportunity for guests to gain new information from behavioral health specialist Patty Al-Adsani, M.D. about Attention Deficit Disorder and Attention Deficit Hyperactivity Disorder in adults and children, and the latest treatment options available.

Dr. Al-Adsani is a board-certified psychiatrist specializing in issues related to childhood and adolescence. She received her medical degree from the University of Texas at San Antonio. She completed her internship, residency and fellowship at the Menninger Clinic in Topeka, Kansas, where she was recognized as a Seeley Fellow, the highest award given to a resident physician. Dr. Al-Adsani has been with Banner’s Behavioral Health Clinic since 2011.

Upcoming Events

NCMC Foundation Gala – Indian Bazaar
Saturday, January 26, 2013
Embassy Suites Hotel - Loveland. Contact Diana Wood at 970-395-2687 for ticket information.

NCMC Turkey Trot benefiting Cardiac Rehab at NCMC
Thursday, November 22
North Colorado Medical Center. Contact Diana Wood at 970-395-2687 for sponsorship opportunities or Craig DeKraai at 970-350-6165 to register.
North Colorado Medical Center Foundation
1801 16th Street
Greeley, CO 80631

Join Us!
2K/5K Fun Run/Walk
North Colorado Medical Center • 1801 16th Street • Greeley, Colorado
www.BannerHealth.com • Keyword: NCMC Turkey Trot

Thanksgiving Day
November 22, 2012

Presented by:
ne noble energy
15th Annual
Turkey Trot 2012

Banner Health
CardioVascular Institute
of North Colorado