

To the Fremont County Community

Dear community member,

Being a strong and committed community partner is a top priority for St. Thomas More Hospital. We are dedicated to improving the health of the people in our communities, as stated in our mission. We invest a generous amount of time, resources and energy into our community outreach efforts to lead the charge in improving our community's health, safety and well-being.

Our Mission

We extend the healing ministry of Christ by caring for those who are ill and by nurturing the health of the people in our communities.

Address Our Community's Health Needs

Every three years, we participate in a Community Health Needs Assessment conducted by the University of Colorado. We receive a report on the health of our community, and then create a Community Health Improvement Plan based on the findings. The evidence-based programs, events and classes that we offer are developed to positively impact the areas of concern.

Special Events

- Pamper Your Heart, 5Health Fair, SafetyJam (previously Child Health & Safety Day), Margaritas & Mammos, Diabetes Management, Sports Physicals for Middle/High School students, Coping With Grief During the Holidays, Healthy Choices program at Cañon City Middle School, Cooking on a Budget for Washington Elementary School families, Teddy Bear Clinics for pre-school through 1st grade students, and Career Tours for Cañon City Middle and High Schools.

Wellness Programs

- Tobacco Cessation, Healthier Living/Chronic Disease Management, Stepping On for Seniors, CarFit for Seniors, Diabetes Education, Tai Chi, Nia, Water Wellness, Group Fitness Classes, Inspire Running Club, and Health Management Programs

Employer Health Fairs

- City of Cañon City, Fremont County, Black Hills Energy, Pueblo Community College-Fremont Campus, RE-1 and RE-2 School Districts, Bureau of Land Management/U.S. Forest Service, and Federal Bureau of Prisons

Sponsorships & In-Kind Services

- Cañon City Pregnancy Center, Fremont Adventure Recreation, Royal Gorge Bridge & Park, Golden Age Center, Create Cañon City Balloon Classic, Florence & Cañon City High School Athletics, Orchard of Hope Foundation and more

Support Groups

- Diabetes, Bariatric Weight Loss

Community Relations

St. Thomas More Hospital is a member of the Penrose, Florence and Cañon City Chambers of Commerce, and is active through sponsorships, activities, board membership and more. Through discussions with our Community Collaborative and Patient/Family Advisory Council, we are continually improving patient care, community outreach, and business relations.

Yours in health,

St. Thomas More Board of Trustees

By the numbers

- 522 Associates
- 145 Employed/Affiliated physicians
- 38,615 Patient visits, St. Thomas More Physician Group
- 22,440 Resident Days, Progressive Care Center
- 5,892 Inpatient days
- 232 Births
- 1,733 Surgeries
- 18,870 Annual ER visits
- 11,241 Patient visits, Centura Health Urgent Care Cañon City
- 25,408 Outpatient visits (excluding ER)
- \$12.4 Million - Community Benefit
- \$151.8 Million - Economic drive into the community through direct and indirect impact

** Data reflects July 1, 2015 through June 30, 2016*



Charlie Bell



Debbie Bell



Joe Faricy



Gary Grantham



Buffy Koehn



Brian Konty



Stacie Kwitek-Russel



Dr. Rob Lins



Judy Lohnes



Rick Miklich



Dr. Keith Minihane



Pete Mugasis



Mike Patterson



Judy Repass



Sheri Trahern



Margaret Sabin

Professional and Affordable Health Screenings

For more information:

303-698-4455

or 1-800-332-3078

www.9HealthFair.org

**Saturday,
April 29, 2017**

7 am – 12 Noon

**Evangelical
Free Church**

**3000 E. Main Street
Cañon City, CO**

Saturday, April 29, 2017

Blood Chemistry **\$35** | Hemoglobin A1C **\$30**

Blood Cell Count **\$20** | Vitamin B12 **\$20** | Vitamin D **\$45**

PSA (for men) **\$30** | Colon Cancer Screening Kit **\$25**

Testosterone Male **\$35** | Testosterone Female **\$45**

FREE screenings, first come/first served:

Bone Health | Skin | Foot | Height/Weight/BMI

Diabetes Risk Assessment | Memory | Lung Function

Pulse Oximetry | Blood Pressure | Body In Balance

Breast Exam | Vision/Eye Health | Sleep Apnea | Hand

Prostate/Testicular Exam | Cardiac Risk Assessment | Oral Health

Stress Management | Ask a Pharmacist | Nutrition | Hearing

Ask a Medical Question/Get a Referral

Free Pap Test (for women) available by appointment only.

Call 719-285-2049 for scheduling.

Free child care! | Save time on fair day, register online!



The Interactive Education Center features more than 20 health topics.



Thank you to our community partners for making this fair possible.



Own your health

Endorsed by the
Colorado Medical Society,
the Colorado Nurses
Association, and
the Colorado Hospital
Association.

Register Online! www.9HealthFair.org

Based on the most current research findings, the 9Health Fair Medical Advisory Committee has determined that fasting is *not required* (optional) for blood screenings.

People with diabetes should not fast • Check with your medical provider for specific recommendations • Drink plenty of water and continue to take prescription medications • Must be 18 years or older to participate in blood screenings.

