

# Social Media

**Montrose Regional Health**  
November 10 · 🌐

Please join us for a sneak peak of the exciting new Ambulatory Care Center!

Tour the new facility and get a glimpse of the future of healthcare in our communities, including discussion of our Community Health Needs Assessment (CHNA) and how we are meeting the needs of our communities.

Thursday, December 14  
2:00 P.M. - 4:00 P.M.  
ACC Construction Site  
S. Rio Grand Ave (near Hobby Lobby)  
Hot chocolate & cookies provided.

**SNEAK PEEK**

**MONTROSE REGIONAL HEALTH**

**Montrose Regional Health**  
December 6 at 8:44 AM · 🌐

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#MontroseRegionalHealth #MontroseCC #MontroseAmbulatoryCare #MontroseRegionalHealth #MontrosePeak

Liked by shantayell and 2 others  
December 6

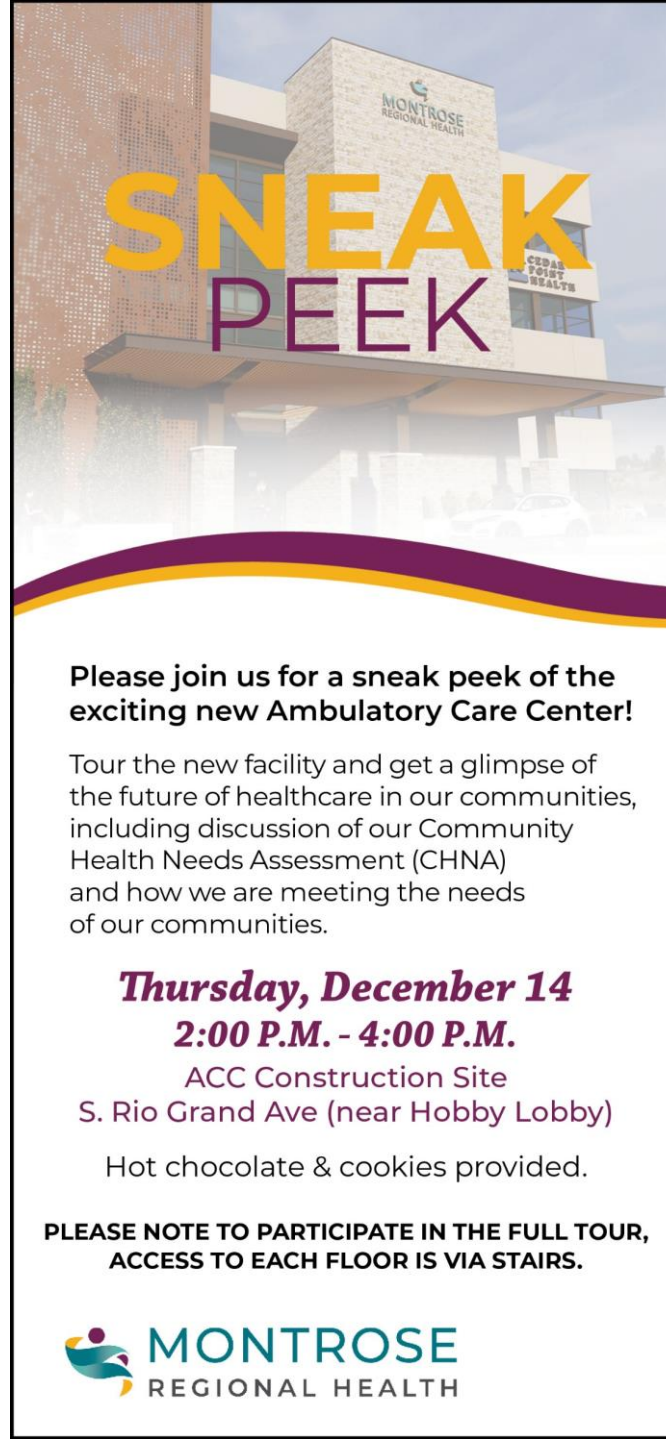
Add a comment...

**SNEAK PEEK**

**MONTROSE REGIONAL HEALTH**

## Montrose Daily Press Ad

- December 6
- December 9
- December 13
- December 14



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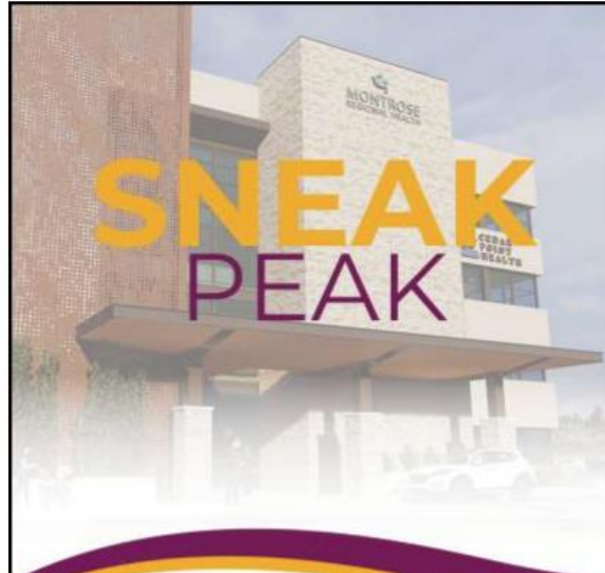
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**PLEASE NOTE TO PARTICIPATE IN THE FULL TOUR,  
ACCESS TO EACH FLOOR IS VIA STAIRS.**

 **MONTROSE**  
REGIONAL HEALTH

# COLORADO NEWS



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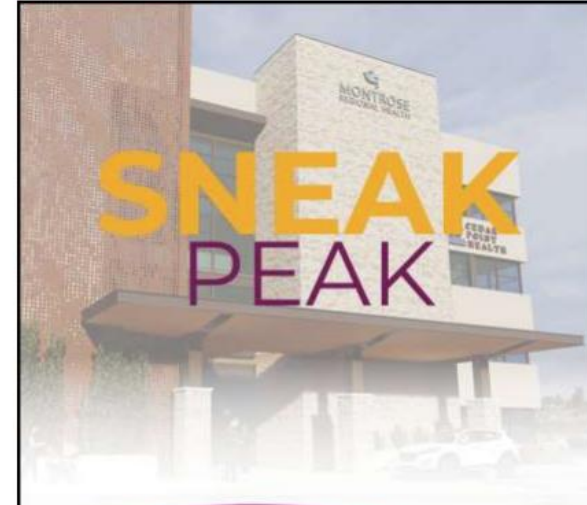
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# MHS RED HAWKS SPORTS ROUNDUP Red Hawks Girls Win 2 of 3 at W



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## Montrose Mirror Ad

- December 4<sup>th</sup>
- December 11<sup>th</sup>

# Hospital hosting ambulatory center site tours Thursday

STAFF REPORT

If you're curious about the four-story building rising in the River Landing shopping center, Thursday afternoon is your chance to see it as construction pushes closer to a February completion date.

The building is Montrose Regional Health's ambulatory care center.

Thursday, from 2 — 4 p.m., the public can drop by the construction site (next door to Hobby Lobby) for a brief tour.

"We've just had tons of people wanting to see it," hospital Chief Ancillary Services and Marketing Officer Leann Tobin said. "It's still a construction zone and people need to be able to go up stairs if they want the full tour. It

is still a work in progress."

Montrose Regional Health anticipates the ambulatory care center will be completed in time for opening Feb. 1, 2024. The center is to feature outpatient services like labs, physical therapy, ambulatory surgery, specialty care, medical imaging and mammography. The 80,000 square-foot facility is being built by the health

care real estate investment and development company NexCore Group, which is leasing land from MRH. The hospital, in turn, is leasing the building under a 75-year contract.

Private physician groups have also inked contracts to lease clinic space at the facility.

In addition to site tours Thursday, the public can hear a short

presentation about the community health needs assessment, which is completed every three years with key stakeholders to give the hospital a sense of health needs in the community. The assessment is used to generate a plan to address concerns. Leading the most recent list of concerns: Access to behavioral health and

substance abuse services; speciality care; affordable access to care; prevention and education, and services for high-mortality, chronic diseases.

Although the assessment is conducted every three years, the hospital has to take additional suggestions once a year, and will be doing so Thursday along with the tours.

12-13-23 MUY

# Suggestions Received

- Expand the San Juan Cancer Center

# Priority #1 – Access to mental and behavioral health care services and providers

- Continue to collaborate with The Center for Mental Health, the Crisis Walk-Center, EMS, and local law enforcement to provide appropriate and acute care for behavioral health patients.
- MRH has a clinical psychologist on staff in the Emergency Department
- Continue to utilize the ALTO (Alternatives to Opioids) project through the Colorado Hospital Association to reduce opioid use in the emergency department



# Priority #2 – Access to primary and specialty care services and providers

- Continue to increase access to cardiology and gynecology services through the outreach clinics in Gunnison and Delta
- Host a mobile PET scanner 2x/week
  - This service will move to the ACC in 2023
- Continue to decrease patient wait time for hospital-based clinics
  - Alpine Women's Centre, MRH Cardiology Clinic, MRH Lung and Sleep Center, MRH Pain and Spine Clinic, San Juan Cancer Center



## Priority #3 – Access to affordable care and reducing health disparities among specific populations



- Work with Bosom Buddies to provide financial assistance for mammograms and other breast cancer related medical expenses to underserved women and men in southwestern Colorado
- Offer the Colorado Indigent Care Program (CICP), which provides discounted health care services to low-income people and families
- Continue grant funded Women’s Health Navigator position to help women receive mammograms and pelvic health screenings
- Ambulatory Care Center will decrease cost of care and improve patient experience and ease of navigating the building to receive care.

# Priority #4 - Continued Focus on the Aging Population & Services

- Provide exercise classes for the elderly and aging population
- MR collaborates with Region 10, Hilltop, Montrose Library and other community groups to set up and participate in community lectures for the aging population
- Case Management team collaborates daily with local long term care facilities.



# Priority #5 – Prevention, Education and Services to address high mortality rates, chronic diseases, preventable conditions and unhealthy lifestyles

- Continue to educate the community on health-related topics through various media outlets and social media
- Continue to offer a variety of health safety and educational classes to the community
- MRH will continue to offer low-cost blood draws and the Health Fair for our communities.
- MRH collaborates with Montrose County to offer the no cost flu vaccination clinic

Montrose Regional Health  
October 13 · 🌐

Mountain View Therapy has openings available for its next evidence-based diabetes prevention class, PreventT2, beginning this fall!  
Read the full Press Release here: <https://bit.ly/3enKGgU>

**Why do I PreventT2?**

I love being out in my garden. So when my doctor told me I had prediabetes, I knew preventing type 2 diabetes had to become a priority.

MONTROSE REGIONAL HEALTH

NOVEMBER 2022

## TRAUMA TALK

### GROUND LEVEL FALLS IN THE OLDER ADULT POPULATION

While falling from standing doesn't seem like a significant traumatic mechanism, 1 out of 5 falls does cause a serious injury such as a broken bone or head injury.

Falling once doubles your chances of falling again.

The fear of falling increases as we get older, which may cause a person to cut down on their everyday activities. When a person is less active, they become weaker, increasing their chances of falling.

If rates continue to rise, we can anticipate 7 fall deaths every hour by 2030.

**WHAT YOU CAN DO TO PREVENT FALLS:**

- Have your health care provider review your medications.
- Get regular exercise to improve your balance and strength.
- Have your vision and feet checked for medical conditions that may increase your chance of falls.
- Take small steps to make your home safer and less conducive to falls.

**HOW TO MAKE YOUR HOME SAFER:**

- Get rid of throw rugs or anything you can trip over.
- Make sure your home has a lot of light.
- Keep items you use often in cabinets you can reach easily without using a step stool.

# Community Health Needs Assessment

## www.MontroseHealth.com

### About the Community Health Needs Assessment

#### Demonstrating Community Need

As part of the Affordable Care Act, not-for-profit hospitals are required to complete a Community Health Needs Assessment (CHNA) once every three years.

In 2019 and again in 2022, a CHNA was conducted and identified the greatest health needs in our community. The 2022 report includes a comprehensive assessment of Montrose and Delta Counties in Colorado.

The analyses include a careful review of the most current health data available, demographics and input from numerous community representatives. The process culminates in the development of an Implementation Plan to address the significant needs identified through the CHNA. The CHNA and Implementation Plan report was presented to and approved by the Hospital Board on October 24, 2022.

Montrose Regional Health will utilize its 2022 plan as a guide over the next three years to offer programs that support the health of the community and the mission of the organization.

Please address any written comments on the 2022 CHNA and 2023-2025 Implementation Plan or requests for a paper copy to:

**Montrose Regional Health**  
ATTN: Administration  
800 S 3rd St  
Montrose, CO 81401

**Email:**  
chna@montrosehealth.com

### Community Health Reports

Click on the links below to review the Montrose Regional Health's CHNA and Implementation Plan reports:

[2019 COMMUNITY HEALTH NEEDS ASSESSMENT \(UPDATED 03-2021\)](#)

[2020-2022 IMPLEMENTATION PLAN](#)

[2020 IMPLEMENTATION PLAN UPDATE](#)

[2021 IMPLEMENTATION PLAN UPDATE](#)

[2022 COMMUNITY HEALTH NEEDS ASSESSMENT AND IMPLEMENTATION](#)

[2023-2025 COMMUNITY HEALTH NEEDS ASSESSMENT AND IMPLEMENTATION](#)