

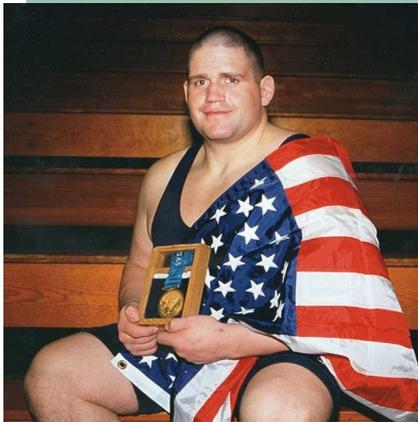


# News briefs

## Rulon Gardner Guest Speaker at Annual Meeting Luncheon

# RULON GARDNER

*Miracle on the Mat*



Rulon Gardner hooks his entire audience from the moment he starts speaking. Highly likable and down-to-earth, he shares fascinating stories about his childhood as an underdog; the extreme training sessions he underwent throughout his wrestling career; his historic Olympic match against Aleksander Karelin; and his incredible survival of two near-death experiences.

Rulon Gardner speaks on turning negative moments into character-building experiences. As a child, he did not have the easiest life. The family barn burnt down leaving him to milk the cows in below-freezing weather; he was often made fun

of at school for his learning disability, and his teachers dissuaded him from going to college because they were sure he would fail.

Rulon breaks down the values that have kept him going through the best of times and the worst of times – basic principles that anyone can apply to their lives. Throughout his life, he had a caring family that instilled him with a high work ethic and impressive resilience. “I have a very strong core, a strong subconscious,” he explains. This enabled him “to focus and continue to push every day, not just in wrestling, but in life.”

Plan on joining us in Laramie for the WHA/LAW Annual Meeting September 7-8.

The WHA Golf Tournament will be held September 6th. This will be a great day out and an excellent opportunity for you to relax, see your counterparts from around the state and to support our fundraising efforts for the WHA PAC.

For additional information or to register for the meeting, visit [www.wyohospitals.com](http://www.wyohospitals.com)



### 2022 PAC Contributions

- Barry Burkart
- Tim Thornell
- Eric Boley
- Irene Richardson
- Terry Moss
- Ken Harman
- Robin Roling
- Maureen Cadwell
- Mike Phillips
- Doug McMillan
- Mike McCafferty

Wyoming Hospital Association  
& LeadingAge Wyoming



**ANNUAL MEETING  
& CONVENTION**

September 7-8, 2022 • Laramie, WY



Wyoming Hospital Association



LeadingAge Wyoming



### Medicare and Mental Health Benefits

Mental health conditions can be stressful on those who suffer with them. They may also be stressful on their family members. In this brief Well Advised live event, we'll look at important issues related to mental health conditions and Medicare, including:

- Types of mental health problems in older adults
- What Medicare and Medicare Advantage plans cover and their costs
- How to recognize the symptoms of mental health issues

Join us on Tuesday, Sep 20, 2022 at 11 a.m. MT, 10 a.m. PT for "Medicare and Mental Health Benefits."

[https://well-advised.zoom.us/webinar/register/1316373810426/WN\\_HxThrEuaSg-wolip0e9tVw](https://well-advised.zoom.us/webinar/register/1316373810426/WN_HxThrEuaSg-wolip0e9tVw)

## CRMC Receives National Recognition for Commitment to Providing High-Quality Heart Failure Care

The Cheyenne Regional Medical Center (CRMC) announced that it has received the American Heart Association's Gold Plus Get With The Guidelines-Heart Failure quality achievement award.

The award recognizes CRMC's commitment to providing heart failure patients with the most appropriate treatment according to nationally recognized, research-based guidelines. The goal of these guidelines is to reduce hospital readmissions for heart failure patients and to help them have more healthy days at home.

This is the fourth consecutive year that CRMC has received the AHA's Gold Plus award for heart failure care.

CRMC earned the award by meeting specific AHA Get With The Guidelines measures for the diag-

nosis and treatment of heart failure patients. These measures include evaluation of the proper use of medications and aggressive risk-reduction therapies. Before leaving the hospital, patients are also required to receive education on managing their heart failure and overall health, be given required transition interventions and schedule a follow-up visit with their healthcare provider.

In a release from the hospital, a cardiologist with the Cheyenne Regional Heart & Vascular Institute, Dr. Abdelhadi Rifai, said, "Our goal is to provide outstanding care to patients with heart failure and to ensure that our community can rely on that care. Following the American Heart Association's guidelines is helping us achieve this goal."

Heart failure is a condition in which the heart has a hard time pumping

blood and oxygen throughout the body. About 6.5 million adults in the United States are living with heart failure, according to the AHA.

CRMC's recognition also included selection to the AHA's honor roll for type 2 diabetes treatment for ensuring patients with this condition receive the most up-to-date, evidence-based care when hospitalized due to heart disease or stroke.



**Cheyenne Regional  
Medical Center**