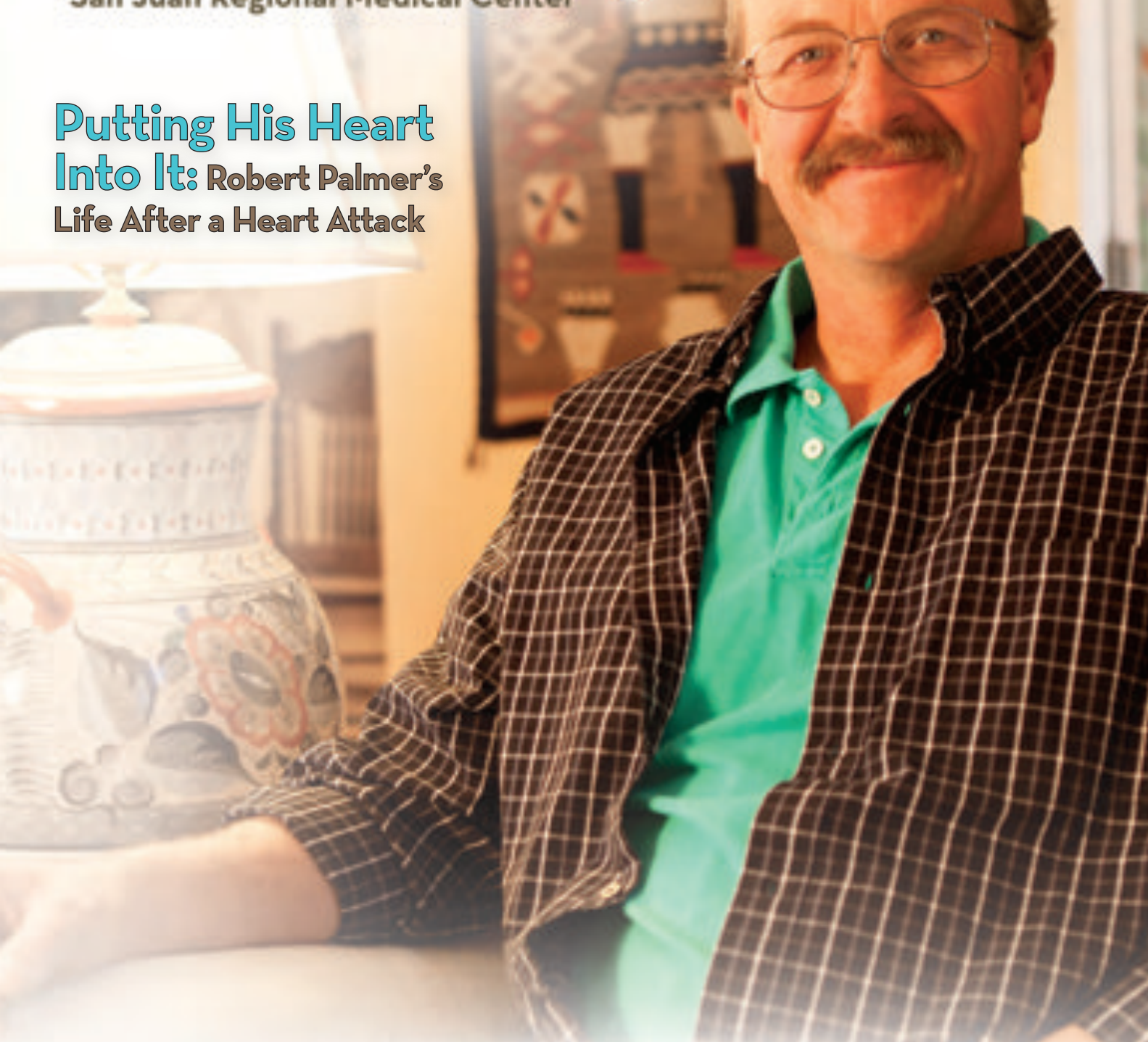


Quarterly

San Juan Regional Medical Center

Putting His Heart Into It: Robert Palmer's Life After a Heart Attack



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Quarterly

Spring 2013



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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

Robert Palmer smiles as he reflects on his life after surviving a deadly heart attack. He shares his experience and how the coordination of San Juan Regional Medical Center's cardiac team, and the IMPELLA heart pump, saved his life. Read about his story, how his life has changed, and how he encourages others to be proactive about their heart health.



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"San Juan Regional Medical Center was pleased to dedicate these funds to help support ThinkFirst Navajo, and shares its objectives in preserving the health and wellness of the youth of the Four Corners," said Catherine Zaharko, Vice President of Marketing and Communications.

ThinkFirst Navajo Tackles Injury Prevention of Native American Youth

Each year, San Juan Regional Medical Center designates community reinvestment funds to support important causes within the community. One such recipient is Eve's Fund, which is a foundation that sponsors literacy, injury prevention, mental health, and education for Native American youth.

Eve's Fund was created by a former neurosurgeon, Dr. Robert M. Crowell, who felt he saw too many preventable injuries during his tenure. He created Eve's Fund in memory of his daughter, Eve Erin Crowell, who had a passion for representing Native American issues as an attorney. ThinkFirst is a national injury and prevention foundation that is dedicated to preventing brain and spinal cord injuries.

ThinkFirst Navajo is a beneficiary of Eve's Fund and works with area youth, emphasizing injury prevention measures such as not drinking and driving, helmet and seat belt use, and making smart choices. ThinkFirst Navajo has assembled groups of people who have sustained spinal cord and paralyzing injuries from motor vehicle related accidents, called VIPs or Voices of Injury. They speak to groups of students throughout the Navajo Nation and surrounding area about the dangers of not taking precautions.

"San Juan Regional Medical Center was pleased to dedicate these funds to help support ThinkFirst Navajo, and shares its objectives in preserving the health and wellness of the youth of the Four Corners," said Catherine Zaharko, Vice President of Marketing and Communications.



▲ Deborah Gerhardstein (*standing*), Executive Director of ThinkFirst, and Echohawk Lefthand (*front left*), Chapter Director of ThinkFirst Navajo, conduct a prevention and education training workshop for VIPs (*Voices of Injury*) and health educators in the San Juan Health Partners Neurosciences conference room.