

# REGIONAL PULSE



**MONTROSE**  
REGIONAL HEALTH

WINTER 2025

## **Women's Health at MRH**

*Trusted care for every  
stage of life..... 7*

*"Every single staff member we encountered was incredibly professional, overly kind, caring, and knowledgeable about mamas and babies. They even went the extra mile to make sure daddy and grandma were comfortable and informed."*

– Melissa Fehr

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# One Building, *Many Names:* MRH's Ambulatory Care Center Now in Full Swing

If you have heard people mention “the ACC,” “the River Landing building,” or “that new building by Hobby Lobby,” they are all talking about the same place: Montrose Regional Health’s Ambulatory Care Center (ACC).

Opened in 2024, the center was designed for outpatient care, meaning patients can receive the services they need without an overnight hospital stay. It has quickly become a one-stop destination for imaging, lab work, therapy, women’s health, surgery, urology, and spine and pain management.

Inside the beautiful four-story building, you will find a mix of familiar MRH services and trusted partners now seamlessly working together under one roof:

- **Alpine Women’s Centre** – comprehensive obstetrics and gynecology care.
- **Digestive Health Center** – colon cancer screenings, colonoscopies, and more.
- **Medical Imaging** – mammography and women’s imaging in a comfortable, private setting.
- **Mountain View Therapy** – physical, occupational, and speech therapy.
- **Outpatient Lab Services**
- **Spine & Pain Center** – helping patients get back to the life they want.
- **Urology Clinic** – advanced care for men’s and women’s urinary health.
- **Cedar Point Health and River Landing Surgery Center** – providing expanded access to specialized and same-day care.

And because even good health deserves a good cup of coffee, the building also houses **Coffee Pot Hill Café**, serving locally made treats from Jireh Café and Bakery.



The Ambulatory Care Center brings together many of the services residents once had to visit separately, making care more convenient, connected, and close to home.



Scan to learn more.



**MRH On Air**  
Watch and Listen

*Meaningful health stories, expert insights,  
and community voices.*

<https://montrosehealth.com/mrh-on-air/>



# APPs Explained:

## Your Care Team *Just Got Bigger*

Finding time to see a doctor can be tough. That's why Montrose Regional Health is expanding care through advanced practice providers (APPs). These highly trained professionals include nurse practitioners (NPs), physician assistants (PAs), certified nurse midwives (CNMs), certified registered nurse anesthetists (CRNAs), and clinical nurse specialists (CNSs). They work closely with MRH physicians to improve access and provide personalized, high-quality care.

A key difference between APPs and physicians is their day-to-day clinic availability. Physicians often spend more time performing specialized procedures and surgeries, which can limit how often they are available in clinic. APPs are typically available five days a week, giving patients more consistent access to care.

APPs manage common health concerns, provide follow-up care, and help reduce physician workload. Both APPs and physicians undergo extensive medical education and clinical training.

APPs complete a health care-related bachelor's degree, followed by:

**2 to 4**

years of graduate education, earning at least a master's degree and sometimes a doctorate.

Physicians complete:

**4**

years of medical school after their undergraduate studies, then

**3 to 7**

years of residency training to prepare for advanced procedures and surgeries.

APPs are integrated into many MRH specialties to expand clinic access and strengthen patient care. Physician assistants and nurse practitioners work alongside physicians at Alpine Women's Centre, Cardiology Clinic, Digestive Health Center, Pulmonology Clinic, and Spine & Pain Center. At the Family Center, certified nurse midwives provide comprehensive, around-the-clock maternity care.



Scan to learn more and meet a few of our APPs (pictured to the right).



Marie Abbinante, MSN, AGPCNP-BC



Lori Hull-Grommesh, DNP, ACNP-BC, FAANP



Matthew Heard, PA-C

## A Year of Generosity:

### MRH Foundation's First Year Makes a Big Impact

2025 marked a new chapter for MRH with the launch of the Montrose Regional Health Foundation, created to strengthen local healthcare and community well-being. In its first year, the Foundation raised more than \$100,000 and established a solid financial base with \$2.2 million in assets to support future growth.

These funds have already benefited patients, students, and programs throughout Montrose County and beyond.



The MRH Foundation's San Juan Fund awarded a \$4,000 grant to River Valley Family Health Centers.

### 2025 Highlights:

- **\$65,000 raised for the San Juan Cancer Center** and the Caring Friends Fund, helping patients and families in need.
- **11 scholarships awarded**, totaling more than \$11,000, to support students pursuing healthcare careers.
- **More than \$35,000 granted to MRH projects and community initiatives** that expand access to care close to home.

*"We're deeply grateful for the incredible generosity and trust shown by our donors, volunteers, and partners," said Executive Director Kelly Anderson. "Together, we are building a healthier future for Montrose—one rooted in compassion, innovation, and community spirit."*



Scan to hear more from Kelly Anderson about the Foundation.

To learn more about how the Foundation supports patients and programs across the region, visit [MRHFoundation.org](https://MRHFoundation.org).



# Cancer Belongs in the Back Seat

She is smart, funny, fashionable, and fierce. She rides a Harley, loves to travel with her husband Steve, and never turns down a new adventure. For the past 15 years, Ridgway has been their home base for all things outdoors. Ann “Annabelle” Tarczewski is always on the move, deeply involved in her community and the activities she loves. She also happens to be living with metastatic breast cancer and has undergone treatment nine times over the past decade.

Few words are more frightening to hear than “you have cancer” or “your cancer has returned.” Annabelle has heard both many times. “From the very beginning, I refused to let cancer define me or determine how I live my life,” she said. “When I was first diagnosed, Steve and I made the decision to seek out the best care available and, just as important, to keep our life as normal as possible.”

Annabelle spent countless hours receiving treatment at the San Juan Cancer Center, where she came to think of the staff as her “second family.” Grateful for their compassion and dedication, she decided to give something back. She launched a GoFundMe campaign to raise money for a blood chemistry analyzer that would allow the Cancer Center to process patient labs on-site instead of sending them to the main hospital. The goal was to shorten wait times and make visits more comfortable for patients.

With strong community support, Annabelle raised \$14,200 for the San Juan Cancer Center. Her donation, presented on September 15, 2025, helped fund new lab equipment that reduces wait times and makes treatments more efficient for patients.

“When you have cancer, having a positive attitude is everything,” Annabelle said. “My cancer journey

has been the hardest time of my life and, strange as it sounds, also the most rewarding. When you combine attitude with gratitude, amazing things can happen. I plan to keep living life on my own terms and keep cancer in the back seat.”



**Scan to watch Annabelle's video.**

## 3 New Services

### Neurology • 970-497-8080

Specialized care for brain, nerve, and movement issues



### Outpatient Infusion • 970-497-8080

Convenient IV therapy for chronic conditions - no hospital stay required



### Urology • 970-497-8100

Helping you take care of what matters most - bladder, kidney, and prostate health





# Leann Tobin

## *Leaves Behind a Legacy*

at Montrose Regional Health

In 1989, newlywed Leann Tobin moved to Montrose with her husband, Pat, whose family homesteaded here in the late 1800s. That same year, she began working in the Cardiac Rehab Unit of what was then Montrose Memorial Hospital.

"The hospital, like the town, was much smaller then, with just a few hundred employees," she once recalled. "Everyone knew everyone else and people often worked in multiple departments. It was truly one big family."



Thirty-six years later, Montrose Memorial had become Montrose Regional Health, a much larger family of about 950+ employees. Through it all, Leann remained a steady and familiar presence.

Her most recent role, Chief Ancillary Services and Marketing Officer, put her at the helm of several departments, including Food Service, Environmental Services, Plant/Engineering, Marketing and Public Relations, Volunteers, Grants, the Acute Rehab Unit, the Foundation, and Mountain View Therapy. Over the decades, she served under eight CEOs and four interim CEOs.

**"This is a small, independent, community hospital with a truly caring, amazing staff dedicated to excellence. Countless people have told me their care here was not only better but more personal. I can attest to that myself, as both of our sons were born here and Pat and I have been patients for a variety of things. Excellent personal care is critical, and we work hard to put our patients first." – Leann Tobin**



Leann always appreciated that every day at the hospital brought something new to learn and someone new to meet. Her advice for the next generation of leaders at MRH still resonates:

"Be the person who cares," she said. "Work hard to get to know as many coworkers as possible. Believe in the best of people. Smile and greet everyone you encounter. Treat people like you want to be treated. If you say you'll do something, get it done. As the hospital continues to grow, help new employees acclimate. Be a calming force in today's crazy world."

"The people you work with become like family," she shared. "I've been incredibly blessed to meet and work with amazing people in the hospital and in the community. I will miss them all."



**Scan to listen to Leann's final podcast.**



# Checking in on Your Health: The MRH Blood Draws and Health Fair

Every August, Montrose Regional Health turns wellness into a community tradition. For nearly four decades, the MRH Blood Draws and Health Fair have helped thousands of residents take charge of their health through affordable, preventive screenings and friendly, expert care.

This year's event once again drew crowds of enthusiastic participants. More than 2,100 community members came through the doors, completing over 9,400 individual blood tests at a fraction of typical lab costs. The most popular tests included the HealthScreen panel, complete blood count, and blood sugar and cholesterol checks, giving people real insight into their health.



As Marlinna Heater, EMT and phlebotomy lead for the MRH Health Fair, explained, the event is about "catching potential health issues before they become serious." In fact, several past participants have discovered conditions such as thyroid disease or dangerously high iron levels through these tests, which led to early treatment and better outcomes.

Pulling off an event this size takes months of teamwork. MRH extends sincere thanks to Alpine Bank, Avient, Mountain West Insurance, TEI Rock Drills, and all community partners who sponsored or volunteered this year. Their support keeps the Health Fair affordable and accessible for everyone.



Scan to learn  
more and watch  
a recap video  
about our 2025  
Health Fair.

## 2026 Dates *(Watch for more details)*



### Blood Draws

- Saturday, August 1 – MVT Ridgway Clinic (NEW location)
- Monday, August 3 – Olathe High School
- Wednesday, August 5 through Friday, August 7 – Montrose Pavilion



### Health Fair

- Saturday, August 8 – Montrose Pavilion

## 2025 New Providers

**Marie Abbinante, MSN,**  
AGPCNP-BC,  
*Digestive Health Center*

**Rasheed Abiola, MD,**  
*Spine & Pain Center*

**Hunter Oliver-Allen, MD,**  
*Plastics & Reconstruction Center*

**Adam Archie, MD,**  
*Spine & Pain Center*

**Rachel Baylor, CNM,**  
*Alpine Women's Centre*

**David Blair, MD,**  
*Chief Medical Officer*

**Erica Burns, MSN, RN, FNP-BC,**  
*Alpine Women's Centre*

**Bailey Croyle, PA,**  
*Spine & Pain Center*

**Ryan Hagens, MD,**  
*Spine & Pain Center*

**Kate Hall, NP,**  
*Cardiology Clinic*

**Chris Harmon, MD,**  
*Digestive Health Center*

**Matthew Heard, PA,**  
*Pulmonology Clinic*

**Jessica Hellyer, MD,**  
*San Juan Cancer Center*

**Lance Lassiter, MD,**  
*San Juan Cancer Center*

**Augustine Lee, MD,**  
*Digestive Health Center*

**Vanessa Lee, MD, MS,**  
*Digestive Health Center*

**Wojciech Nowak, DO, PHD, MS,**  
*Cardiology Clinic*

**Victoria Oliva, DNP, APRN,**  
FNP-C,  
*Digestive Health Center*

**Michael Paolucci, MD,**  
*Digestive Health Center*

**Craig Peterson, MD,**  
*Urology Clinic*

**Garrett Riggs, MD, PHD, MS,**  
*Neurology Clinic*

**Amr Salem, MD,** *Sleep Clinic*

**Jared Sanderford, DO,**  
*Western Slope Orthopaedics*

**Sierra Sanders-Vigil, PA,**  
*Spine & Pain Center*

**Jeana Smith, CNM,**  
*Alpine Women's Centre*

**Michael S. Tonzi, MD,**  
*Urology Clinic*

Newborn Bristol Mae Todd receives  
her hearing test as mom Melissa  
Fehr looks on at MRH's Family Center.

## Women's Health at MRH:

Trusted Care for

## Every Stage of Life

When it comes to women's health, families on the Western Slope do not have to look far for expert care. MRH continues to be recognized across Colorado for its leadership in maternity and women's services, earning statewide awards for quality, safety, and compassionate care.

Recently, MRH's Family Center received two honors from the Colorado Perinatal Care Quality Collaborative for its success in supporting safe, low-risk deliveries and reducing unnecessary cesarean sections. The hospital also earned the Celebrate 6 Award of Breastfeeding Excellence from the Colorado Department of Public Health and Environment, which recognizes hospitals that meet the highest standards for supporting new mothers and babies.

These recognitions build on MRH's long-standing commitment to family-centered care. Through its Alpine Women's Centre and the Family Center, patients have access to a full team of board-certified obstetricians, 24/7/365 pediatricians, certified nursewives, and nurses who provide around-the-clock coverage for labor and delivery. Families can feel confident knowing they have 24/7 access to care right here in Montrose, especially as some nearby communities no longer offer local delivery services.

Beyond maternity care, MRH provides a full spectrum of women's health services, including gynecology, preventive screenings, pelvic health therapy, and specialized care for urinary and bladder concerns. The hospital also operates a highly confidential Sexual Assault Nurse Examiner (SANE) program that safely

serves survivors of assault across the region. Earlier this year, MRH received two grants to expand that program's reach and ensure continued access to compassionate, specialized care.

"Our goal is to support women's health at every stage of life," said Jennifer Eckerman, Family Center director. "We are proud to offer comprehensive services that combine advanced medical practice with a personal touch."

With award-winning maternity care, a trusted team of physicians and midwives, and a growing network of women's health services, MRH remains the region's home for expert, family-centered care.

### Where to Find Women's Services at MRH

#### Alpine Women's Centre

Ambulatory Care Center  
3330 S. Rio Grande Ave.  
970-249-6737

#### Specialty Clinic (Alpine Women's Centre) - Delta

311 Palmer Street  
970-249-6737

#### Family Center

Main Hospital, 800 S. Third St.

#### Pelvic Health at Mountain View Therapy

Montrose and Ridgway locations  
970-497-5978

#### Imaging at River Landing

970-497-5976



Scan to watch  
our video.



## Google Reviews ★★★★★

**We'd love to hear about your experience!** Your feedback helps us continue improving and also helps others learn about our services. **Please scan to leave us a review.**



**Thank you for your support!**

### Curious? Just Scan.

You'll find several QR codes throughout this newsletter that link to videos, podcasts, and more information. To scan, open your phone's camera, hover over the code, and tap the link that appears.

### Montrose Regional Health:

## 2025 By the Numbers

**1**   
**Community  
Hospital**

  
**1**  
**Cancer  
Center**

**9**  
**Specialty  
Clinics** 

**9** Mountain View Therapy Locations 

**1**   
**Ambulatory  
Surgery Center**

 **188**  
**Providers and Specialists**

 **950+** Employees

**20,533**   
**Emergency Department Visits\***

**447**   
**Babies Born\***

**1** **Foundation Supporting  
Local Health** 

\*Approximate annualized  
stats, as of 11/1/2025