



Exploring a Partnership to **Keep Local Health Care Strong**

Health care is changing rapidly, especially for rural communities.

For more than 75 years, Montrose Regional Health (MRH) has cared for families across Montrose and the surrounding region. Generations of residents have relied on the hospital for care close to home, and today it remains one of the area's largest employers and health care providers.



need for advanced technology are putting increasing pressure on independent hospitals.

To help prepare for the future, MRH and Community Hospital in Grand Junction recently signed a Letter of Intent (LOI) to explore a potential partnership. **This is not a merger and does not transfer control of MRH.**

Like many rural hospitals across the country, MRH is navigating a rapidly changing health care landscape. Rising costs, workforce shortages, complex regulations, and the growing

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Key Points

Not a merger.

The LOI begins an exploration of whether a partnership could benefit both organizations and the communities they serve. No decisions have been made.

Care stays local.

Patients will continue receiving care in Montrose from the providers and care teams they know and trust.

Independence remains.

Each organization would maintain its own local leadership, community board, finances, and facilities.

Focus on administrative efficiencies.

The exploration centers on non-clinical areas such as technology systems, purchasing, and administrative infrastructure.

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The agreement simply allows both organizations to evaluate whether working together in certain operational areas could strengthen long-term sustainability while continuing to serve their communities locally.

What This Means

No final decisions have been made. The Letter of Intent begins a process for both organizations to study whether a partnership structure could create operational efficiencies while preserving each organization's independence.

If the process moves forward, both organizations will remain independent, nonprofit hospitals with their own local leadership, community boards, finances, and facilities. This does not mean MRH is giving up control of its operations or governance. Physicians, APPs, nurses, and care teams would continue caring for patients in their own communities.

Hospital leaders will continue evaluating this opportunity in the months ahead and will share updates as more information becomes available.

For more information, please visit:

MontroseHealth.com/partnership



SAVE THE DATE 8th Annual Boot Stomp*

Friday, June 6, 2025

5:30-10:30pm

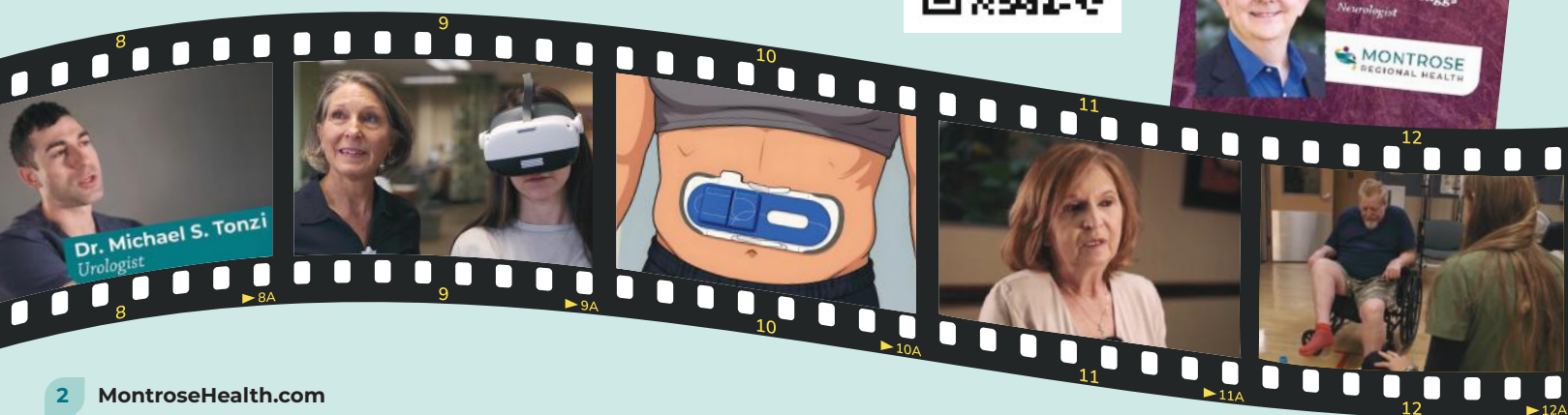
Storm King Mountain Ranch
BootStomp.org

- Tickets on sale April 1
- Sponsorship opportunities available now

**A "Stomp on Cancer" Fundraiser by the Montrose Regional Health Foundation; this annual event has raised more than \$300,000 to benefit patients at the San Juan Cancer Center through the Caring Friends Fund.*



MRH On Air brings you meaningful health stories, expert insights, and community voices through short videos and podcasts featuring the people and programs shaping care across our region.



Getting Back to the Life You Love

Back pain has a way of slowly changing daily life.

It might start with skipping a hike. Then long drives become difficult. Sleep becomes restless. Eventually, even simple things like gardening, playing with grandkids, or walking the dog can feel like a challenge.

For many people across Montrose and surrounding Western Slope communities, the Montrose Regional Health Spine & Pain Center is helping change that story.

Located at the Ambulatory Care Center, the program brings together spine surgeons and pain management specialists who focus on identifying the source of spine and nerve pain and creating personalized treatment

plans designed to restore mobility and quality of life. In many cases, surgery is not the first step.

"The majority of spine conditions can be treated without surgery," explains spine surgeon Dr.

Rasheed Abiola, who works alongside fellow spine surgeon Dr. Adam Archie to care for patients at the MRH Spine & Pain Center using both advanced surgical techniques and non-surgical treatments. When surgery is necessary, newer technologies allow surgeons to treat spine conditions using smaller incisions and muscle-sparing approaches that may lead to shorter hospital stays, less tissue disruption, and faster recovery.

Pain management is another key part of the program. Fellowship-trained interventional pain specialists

like Dr. Ryan Hagens and Dr. William Summers, focus on improving function and helping patients regain independence through a wide range of treatment options.

"I think of myself not as a pain doctor, but as a doctor of function," Dr. Hagens says. Treatment plans may include physical therapy, exercise and lifestyle modifications, integrative therapies such as massage or acupuncture, targeted injections, medications when appropriate, and referrals for additional services when needed. Because chronic pain can affect sleep, mood, and mobility, care is often multidisciplinary and tailored to each patient's specific condition and goals.

For many Western Slope residents, accessing this level of spine and pain care once meant traveling hours to larger cities. Today, that expertise is available right here in Montrose, helping patients move more comfortably, sleep better, and return to the activities they enjoy.



Left to right: Dr. Ryan Hagens, Dr. Rasheed Abiola, Dr. Adam Archie, Dr. William Summers

When Should You See a Spine Specialist?

Occasional back pain is common, but persistent symptoms may signal a more serious issue. Consider speaking with a specialist if you experience:

- **pain lasting longer than a few weeks**
- **numbness or tingling in the arms or legs**
- **pain that travels down arms or legs**
- **weakness affecting balance or movement**
- **pain that interferes with sleep or daily activity**

Early evaluation can often prevent symptoms from worsening and may open the door to non-surgical treatment options.

Spine & Pain Center

3330 S. Rio Grande Ave.

(970) 252-2584

**MontroseHealth.com/
spineandpain**

ACC Imaging & Surgery

Convenient care with easy parking, simple access, and patient-focused outpatient services.

Walk-In X-Rays

Imaging at River Landing

Instead of going to the hospital, patients can receive X-rays at Imaging at River Landing, a faster, easier, and more affordable option.

Walk-ins welcome with a provider order. No appointment required.

Monday-Friday | 8 a.m.-5 p.m.

(970) 497-5976

MontroseHealth.com/imaging

Outpatient Surgery

River Landing Surgery Center

Located on the fourth floor, our center offers a modern setting for a wide range of outpatient procedures performed by specialized surgical teams. Advances in surgical techniques allow many procedures to be completed safely in an outpatient setting, allowing patients to return home the same day to recover comfortably.

(970) 497-5980

RiverLandingSurgery.com

Feel Like Yourself Again

Montrose Regional Health is proud to announce the opening of the Plastic and Reconstructive Surgery Center, led by board-certified plastic surgeon Dr. Hunter Oliver-Allen. For patients across Montrose and the surrounding region, this means access to specialized surgical care that previously required traveling out of town. The clinic supports patients recovering from cancer or trauma, as well as those seeking to restore comfort and confidence, with care tailored to a wide range of needs across all ages.

Reconstructive care

Dr. Oliver-Allen brings advanced training in complex reconstructive procedures, including DIEP flap breast reconstruction, which uses a patient's own tissue following mastectomy. Patients on the Western Slope often had to travel outside the region for this level of care. Now, they can receive consultation, surgery, and follow-up close to home, so the focus remains on healing, not travel. Dr. Oliver-Allen also treats patients recovering from cancer surgery, traumatic injuries, and complex or non-healing wounds.

Cosmetic and aesthetic services

The clinic offers breast and body procedures with an emphasis on natural results and thoughtful, individualized planning. Each consultation is designed around your goals and what will feel most like you. Services include breast augmentation, lift, reduction, revision, implant removal, and implant exchange, along with body contouring procedures such as tummy tuck, liposuction, body lift, arm lift, and thigh lift. Non-surgical options, including Botox, are also available.



Dr. Hunter Oliver-Allen

Considering a Consult?

Come with 2–3 goals, a few questions, and an honest sense of your timeline. A good consult should feel informative, not like a sales-pitch.

Plastics and Reconstructive Surgery Center

3330 S. Rio Grande Ave.
(970) 497-5535

**MontroseHealth.com/
plastics**

