

Dear Neighbor,

Meeting the health care needs of our community is at the center of everything we do at St. Peter's Health. As we continue to fight the latest surge in the COVID-19 pandemic, meeting those needs means balancing immediate challenges with longer-term planning. We are being tested, but our team continues to meet these challenges with strength, spirit and resilience. We are so blessed to have such amazing caregivers who are so dedicated to serving our community.



Our number one priority is to do everything we can to support them, while keeping an eye toward the future to ensure we can continue meeting our community's long-term health care needs.

I'm excited to share that we recently achieved an exciting milestone on our journey to become the gold standard for health care in Montana. St. Peter's is the first health system in Montana to achieve ISO-9001 certification, one of the most highly respected quality certifications in the world. This marks the culmination of a four-year process and demonstrates our commitment to continuous improvement and the absolute highest quality standards.

We're also continuing to grow our family of caregivers—from family practice providers to highly specialized spine surgeons and four-legged friends—to meet the growing health care needs of our community. In August, we welcomed Dr. Andrew Lester to our Townsend Clinic. Dr. Lester joins longtime community provider Dwight Thompson, PA, and is now accepting new patients. We also began offering spine surgery in Helena through a new partnership with Kalispell-based Logan Health's Neuroscience and Spine team.

You may have seen our recent announcement to build a new kind of senior living community in Helena. A Life Plan Community offers independent living, assisted living and memory care options, along with a variety of on-site health and wellness amenities designed specifically for aging populations. This helps people stay close to their loved ones, in the place they've called home, even as they age and their needs change.

Despite the challenges of a pandemic, our patient's health and wellness needs continue to evolve and grow. Our goal is to be innovative and nimble so we can respond effectively to your needs over time. Thank you for allowing us to be your partner in wellness and in health.

Sincerely,

A handwritten signature in blue ink, appearing to read 'Wade C. Johnson'.

Wade C. Johnson, FACHE
Chief Executive Officer

CANINE CAREGIVERS: INTRODUCING MOCHA AND BLUE BONNET

Two special new team members have joined St. Peter's: Mocha and Blue Bonnet are trained therapy dogs who work with their handlers throughout the hospital and clinics to provide comfort and calm in a way only dogs know how.

Funded by community and employee donations, the Facility Dog program expands St. Peter's therapeutic support offerings for patients, employees and visitors.



Mocha and Blue Bonnet are specially-trained to work in a hospital environment and provide therapeutic interactions with inpatients and employees.

Mocha and Blue Bonnet join other trained volunteers who bring their dogs to St. Peter's to comfort patients and staff.

"We know that a stay in the hospital can be anxiety-provoking and stressful," said St. Peter's Interim Chief Nursing Officer Kari Koehler, MSN, RN. "These gentle dogs provide a special type of therapy for our patients that is unmatched. Patients love when the dogs visit their room or pass by in the hallway. In fact, many request that the dogs come back for another visit."

Blue Bonnet and Mocha were born, raised and educated by Canine Assistants, a nonprofit located in Georgia that

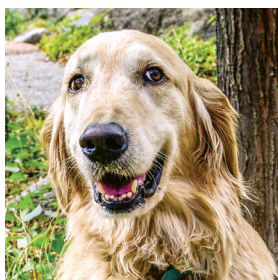
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CANINE CAREGIVERS:
INTRODUCING MOCHA AND
BLUE BONNET

specializes in training therapy dogs for hospital settings. Unlike service dogs who are dedicated to assisting their handlers, therapy dogs are encouraged to interact with people as they roam the facilities alongside their handler. Both dogs have clocked over 3,000 training hours at major Atlanta hospitals.

“This is another layer of care for our patients and their families,” said St. Peter’s Chaplain Kim Pepper, M.Div., Th.M. “Sometimes people have a stronger emotional connection to a dog than a human for their comfort and healing.” Learn more and view the full list of donors at sphealth.org/facilitydogprogram.

BLUE BONNET



AGE: 5 Years Old

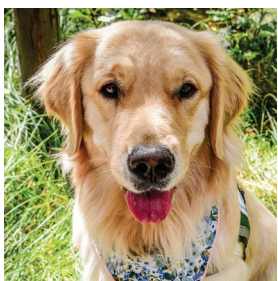
BIRTHDAY:
March 13

BREED:
Golden retriever

HANDLER:
St. Peter’s
Chaplain Trish
Dick, M.Div.

**FAVORITE
TREATS:**
Peanut butter
and bananas

MOCHA



AGE: 3 Years Old

BIRTHDAY:
November 3

BREED:
Golden retriever

HANDLER:
St. Peter’s
Chaplain Kim
Pepper, M.Div.,
Th.M

**FAVORITE
TREATS:**
Peaches and
Nutter Butters

GET TO KNOW: THE MAHER FAMILY OF DOCTORS

It wasn’t a given that Drs. Katrina and Robert Maher would follow in their father’s footsteps.

Dr. James Maher practiced medicine for more than 33 years in Helena before retiring in 2015. Katrina and Robert grew up in Helena and medicine was just a part of life. As kids they



Retired physician Dr. James Maher practiced medicine in Helena for more than 33 years. Both his children are following in his footsteps at St. Peter’s. Dr. Katrina Maher is a Family Medicine physician, and Dr. Robert Maher is a surgeon.

rounded at St. Peter’s with James and flipped through anatomy books at home.

Still, neither grew up with plans to become a doctor and James didn’t push them in that direction.

“I personally tried to find anything else I liked better,” Katrina said. “But (practicing medicine) is what I wanted.”

Robert said he explored other options, “But in the end, there were few other careers that seemed as satisfying because you get to meet people and help them. There was a magnetic draw to it.”

They both graduated with medical degrees from Wayne State University School of Medicine in Detroit, Mich.— their dad’s alma mater in his

home state. As of August, they both had moved back home to Helena and joined St. Peter’s. Katrina sees patients at the St. Peter’s Health Medical Group North Clinic as a Family Medicine physician. Robert recently joined the St. Peter’s General Surgery team after completing his surgery residency at University of Arizona-Phoenix School of Medicine.

Katrina was drawn to Family Medicine because of the variety and familiarity.

“I liked a little bit of everything,” she said. “I knew the lifestyle I was getting in to, that made it a little easier. I wanted to come back to Helena and do residency in Montana. There are things about Helena you can’t find any other place in the world. It’s been so nice to be home.”

Robert initially leaned toward Family Medicine too, until his surgery rotation in medical school.

“During rotations, I decided right then and there I would be a surgeon,” he said. “There’s a wide scope of practice, but there’s something that’s really satisfying about having a problem to fix. I’m excited to be joining a group of fantastic surgeons. I’m excited to be able to give back. And I’m just really excited to be home.”

James insists he can’t take much credit for their decision to become doctors or return home to Helena, but Katrina and Robert say his important lessons will help guide their work.

“One thing he taught us was to surround yourself with good people and let them do their jobs,” Robert said. “That’ll go a long way in helping you be successful and have a meaningful impact.”

New St. Peter's Health Providers

ANESTHESIOLOGY



Morgan Smith, MD
Regional Medical Center

FAMILY MEDICINE



Andrew Lester, DO
Townsend Clinic



Robert Johnson, DO
Broadway Clinic

GENERAL SURGERY



Robert Maher, MD
Regional Medical Center

HOSPITALIST



Timothy Missey, DO
Regional Medical Center



David Goodwin, MD
Regional Medical Center

ORTHOPAEDICS



Matthew Hoffman, NP
Broadway Clinic

PHYSICAL MEDICINE AND REHABILITATION



Anita Lowe Taylor, MD
Broadway Clinic

Coming Soon

ANESTHESIOLOGY

Brittany Taylor, CRNA
Regional Medical Center

Julie Christensen, CRNA
Regional Medical Center

CARDIOLOGY

Sharon Hecker, MD
Broadway Clinic

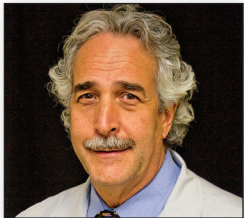
FAMILY MEDICINE

Kelsey Hoffman, DO
North Clinic

URGENT CARE

Gina Deem, NP
Urgent Care

Community Provider Partners



T.C. Oigitano, MD, PhD
Neurosurgery
Logan Health



Joseph Sramek, MD
Neurosurgery
Logan Health



Robert Griffin, PA
Neurosurgery
Logan Health



Mark Haven, PA
Neurosurgery
Logan Health



Mari Knudsen, MD
Pediatrics
Partners in Pediatrics



Jennifer Duroy, DO
Obstetrics/Gynecology
Helena OB/GYN

Healthy Helena

HEALTH COACHES FOR HYPERTENSION CONTROL SPHEALTH.ORG/HCHCPROGRAM

This free, eight-week program is designed for individuals who have been diagnosed with high blood pressure. Participants learn how to manage their condition by focusing on proper blood pressure measurement techniques, nutrition, physical activity, stress management and more. No provider referral is necessary.

Education and support go a long way toward helping people achieve their health and wellness goals!

For a complete list of St. Peter's free education classes, visit sphealth.org.

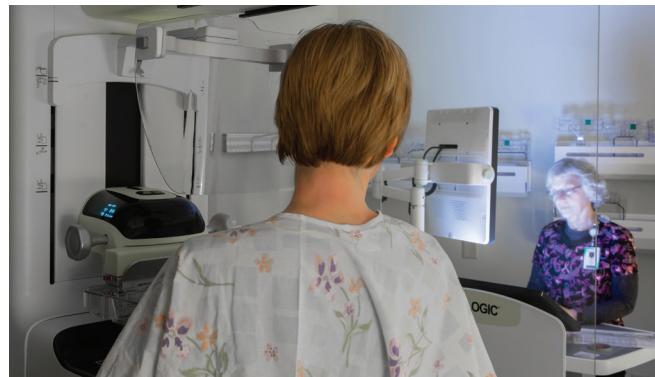
IMPORTANT CANCER SCREENINGS MADE EASIER

Staying up-to-date on regular cancer screenings like colonoscopies and mammograms may seem like a chore, but advancements in medicine and technology at St. Peter's are helping improve the comfort and ease of these important screenings.

COLONOSCOPIES

A colonoscopy is a procedure that allows doctors to look inside the rectum and colon to check for precancerous growths (polyps), cancer and other

conditions. St. Peter's recently began using Propofol during colonoscopies to provide deeper sedation. Deeper sedation not only increases comfort during procedures, it also helps patients wake up faster and have fewer complications.



St. Peter's Diagnostic Imaging completes over 9,000 mammograms each year using 3D technology.

MAMMOGRAMS

Mammograms are an important screening tool to help detect breast cancer. St. Peter's Diagnostic Imaging department completes over 9,000 mammograms each year using Hologic Genius 3D mammography equipment. Typical visits last only 20 minutes, and 3D technology provides enhanced images that can detect breast cancer in women of all ages and breast densities.

High Quality Care

FOR OUR COMMUNITY

NEW PARTNERSHIP BRINGS SPINE AND BRAIN CARE TO HELENA

An innovative new partnership between St. Peter's and Kalispell-based Logan Health

brings surgical spine and brain care to Helena. Surgeons and specialists from Logan Health's Neuroscience and Spine team now perform surgeries and provide specialty consultations at

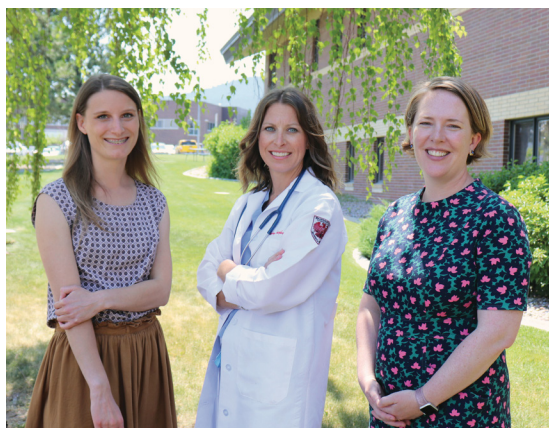
St. Peter's, so patients with neck and back conditions can travel less for this type of care.

“ Synergistic partnerships like this between two health systems blend the expertise, technology and facilities of each to offer patients more convenience, a better experience and the highest quality of care.”

— T.C. Origitano, MD, PhD,
Logan Health Neurological Surgeon

CONGRATULATIONS TO HELENA'S 20 UNDER 40 HONOREES

These St. Peter's team members helped lead our organization through an unprecedented pandemic to provide exceptional care, communication and support for our caregivers and community.



- Katie Gallagher, Communications & Engagement Manager
- Dr. Tiffany Kniepkamp, MD, FACEP, Emergency Department Physician
- Sarah Elliott, MSN, RN, CCM, Director of Complex Care

ST. PETER'S TO BUILD LIFE PLAN COMMUNITY

St. Peter's is moving forward with plans to develop a senior living community in Helena

that will include independent and assisted living options as well as a memory care facility.

“We are excited to embark on this

new project to fill an important and growing community need,” said St. Peter's CEO Wade Johnson. “It's heartbreaking that when many people in our community reach the point in their lives where independent living is no longer the best option for them, they aren't able to stay close to their loved ones, in the place they've called home.”

The Life Plan Community will be designed with the retiring population in mind and include convenient, on-site access to health care and other amenities that make living independently more comfortable. The community will offer open spaces, walking trails and communal areas.

St. Peter's is looking at land in Mountain View Meadows on Helena's eastside as the location. Immanuel Living, a Kalispell-based Immanuel Lutheran Communities subsidiary, Sawgrass Partners and MMW Architects will partner to design, finance and construct the community. These partners have extensive experience developing and operating senior living communities.

Visioning meetings for prospective residents will take place in November. Reservations will be accepted beginning Spring 2022.

Learn more at sphealth.org/lifepplancommunity

GROWTH, EMPOWERING, COMMUNITY: NURSE RESIDENCY PROGRAM CELEBRATES FIRST GRADS



Kevin Dow, RN, Kylie MacDonald, RN and Dana Roberson, RN (not pictured) were celebrated in June as the first graduates of St. Peter's Nurse Residency program. The year-long program was launched in July 2020 and is designed to help new graduate Registered Nurses build peer relationships, receive more intensive training from multi-disciplinary team members, and participate in hands-on experiences across St. Peter's.

STATE OF THE SYSTEM



TUESDAY • NOV. 2 • NOON

CEO Wade Johnson will host an online forum to share the latest from your local health system.

Join our email list today to receive forum dates and information:
sphealth.org/virtualforum

LEADING THE WAY IN QUALITY AND SAFETY ▶▶



WE ARE MONTANA'S
FIRST HEALTH CARE
SYSTEM TO ACHIEVE:

**ISO-9001 CERTIFICATION:
ONE OF THE HIGHEST STANDARDS
OF QUALITY IN THE WORLD**

This prestigious quality recognition demonstrates our commitment to continually improving so we can provide the highest quality, safest care possible.

Learn more at sphealth.org/ISO9001.



EVERY BITE MATTERS FOOD RX FAST FACT

DID YOU KNOW THAT DIFFERENT COLORS IN FRUITS
AND VEGETABLES REPRESENT DIFFERENT NUTRIENTS?

Blue and purple colors found in things like blueberries and grapes are full of antioxidants that can help delay cellular aging and slow damage caused by cancer.

CARING THROUGH COVID

GET UPDATED VACCINE AND COVID-19 RESPONSE
INFORMATION: SPHEALTH.ORG/COVID19

DON'T DELAY! VACCINES SAVE LIVES

COVID-19 is widespread in our community. Vaccination is the best tool we have to help slow the spread of the virus. The safe, effective and free COVID-19 vaccines are widely available.

Upcoming drive-thru clinics

First, second and booster doses are available at free drive-thru clinics running weekly at several locations. **Make an appointment** through the County COVID-19 Hub at lccountymt.gov.

**St. Peter's Health
Broadway**

Thursday, Oct. 21

Thursday, Oct. 28

**Lewis and Clark
County Fairgrounds**

Tuesday, Nov. 16

Tuesday, Dec. 14



THANK YOU, HELENA!

It's hard to say thank you enough to all our local caregivers who have given so much during the COVID-19 pandemic. The ongoing community support shared with our staff is a constant reminder of how lucky we are to live in such a great place. Community members have gathered outside the Regional Medical Center to share thanks and gratitude with well wishes and signs. A little free library was built and donated by Unionville resident **Jeff Camply**. A meal train organized by Helena resident **Laura Smith** has provided hundreds of meals for St. Peter's team members in the past weeks thanks to donations from businesses, restaurants and community members.

“It is truly heartwarming to know that our amazing community has our backs during this pandemic.”

— Brooke O'Neil, RN,
St. Peter's Health Intensive Care Unit

St. Peter's Health Intensive Care Unit team members pose for a photo in front of a recently donated meal.