



Memorial Hospital of Carbon County

HEALTH & WELLNESS

SPECIAL EDITION

2022



FAMILY PRACTICE

OUR FAMILY CARING FOR YOURS!

Family medicine is a key component of community health! Memorial Hospital of Carbon County is proud to offer multiple providers and services for the benefit of you and your loved ones!

FAMILY MEDICINE

Amanda Jones PA-C, IBCLC

Peggy Lake APRN, FNP-C

Gary Mikesell DO

Jennifer Wagy DNP

Lincoln Westfall DO

Chris Williams MD

OSTEOPATHIC MANIPULATION

Gary Mikesell DO

Lincoln Westfall DO

PEDIATRICS

Patricia Shue PNP

ALLERGY SERVICES

Gary Mikesell DO

Peggy Lake APRN, FNP-C

WOMEN'S HEALTH

Lincoln Westfall DO

WEIGHT MANAGEMENT

Peggy Lake APRN, FNP-C

DOT PHYSICALS

Peggy Lake APRN, FNP-C

Jennifer Wagy DNP

MENTAL HEALTH

Joanne Reints MS, LPC, EdS

LACTATION CONSULTATION

Amanda Jones PA-C, IBCLC

Listed from left to right; Peggy Lake APRN FNP-C, Joanne Reints MS, LPC, EdS, Jennifer Wagy DNP, Patricia Shue PNP, Gary Mikesell DO, Chris Williams MD, Lincoln Westfall DO, Amanda Jones PA-C, IBCLC



PREVENTION IS KEY!

Most of us are healthy and live full lives. Nevertheless, at times we pause and wonder if there might be a hidden threat or potentially dangerous health condition we should know about. Early detection and intervention are critical. We all remember having regular physicals starting at school age and continuing on and off through our adult lives. We know we need to stay current on immunizations and have regular checkups.

Highway to Health is our version of offering you a wide spectrum of periodic health screening services for a very competitive price. Designed for ages 18-64, these services are often covered by the yearly wellness benefit of most health insurance plans and are not subject to deductions.

Once you are registered in the Highway to Health program, you will receive reminders about needed examinations and immunizations. MHCC will contact you periodically to support your progress towards personal health goals. Highway to Health is offering you a health partnership for life.



Memorial Hospital of Carbon County Highway to Health Program

For more information about this new program, call us at (307)-324-8494 or send an email to highwaytohealth@imhcc.com.

FOR YOUR FINANCIAL HEALTH...

MHCC is pleased to announce a new partnership with NALU PAY-Pinnacle Bank which offers extended payment terms to individuals with self-pay balances. Through this service, we will be able to provide all patients with more affordable and long-term options for payment of their clinic and hospital medical bills!

- All credit scores accepted
- Zero interest
- Loan amounts \$500-\$15,000+
- Payments as low as \$40.00/month
- Loan terms 12-60 months
- No hidden costs or surprise fees
- Option to pay off loan faster, without any penalties



For more information, contact the MHCC Business Office at (307) 324-8294 to learn about our full package of financial options designed with you in mind!

ORTHOPEDICS

REACTIVATE YOUR ACTIVE LIFESTYLE!

One of the most valued features of Wyoming is the active lifestyle it offers!

Whether it be work or play, that activity may lead to bone and joint pain and keep you from doing the things you love. That's why the MHCC Orthopedics Team carefully assesses each individual to provide an accurate diagnosis of their unique situation, and offers surgical options or alternative treatment methods that are most suited to the needs of the patient.

From total hip and knee replacements, to rotator cuff repair, MCL reconstruction, carpal tunnel, and much more, MHCC offers the most advanced orthopedic procedures, using specialized tools and equipment to provide incredible precision and accuracy. The result is resuming your active lifestyle with relief from pain and quicker recovery times. Contact the MHCC Surgical Clinic to schedule your consultation today!

"You have a great team, and I will not hesitate to recommend your hospital as a total care facility. I made the right decision for my shoulder surgery!"

Patti Hays

**shared with patient consent*



ANDREW JONASSEN, MD

- Joint Reconstruction
- Joint Replacements
- Joint Arthroscopy
- Carpal Tunnel
- Trauma Surgery
- Hand Surgery



DARIN ALLRED, MD

- Joint Reconstruction
- Joint Replacements
- Joint Arthroscopy
- Sports Injuries
- Trauma Surgery
- Shoulder Surgery



BOB KEEL, PA-C

- Bone Health
- Joint Injuries
- Carpal Tunnel
- Broken Bones
- Joint Pain
- Arthritis



Located at: MHCC Surgical Clinic, 606 23rd Street, Rawlins, WY

GENERAL SURGERY

The MHCC General Surgery Clinic is nearby to perform a variety of surgical procedures, for both life's expected and unexpected needs! Memorial Hospital of Carbon County is furnished with two state-of-the-art operating rooms where you will find equipment and advanced features you might only expect to see in larger hospitals, including robotics, video technology, and specialized sterilization units that provide additional safety precautions for the health and well being of our patients.

"For my surgery, I chose a medical team close to home."

- Carrie Chizek

*shared with patient consent



General Surgical Procedures:

- Biopsies
- Colonoscopies
- Endoscopies
- Hernia Repair
- Mastectomies
- Thyroidectomies
- Vasectomies
- Stomach Procedures
- and much more!

MEET YOUR GENERAL SURGEONS

JOHN LUMB M.D.

PALUR SRIDHARAN M.D.



Located at: MHCC Surgical Clinic, 606 23rd Street, Rawlins, WY

ALLERGY SERVICES

GETTING RELIEF FROM YOUR ALLERGIES IS EASIER (AND CLOSER) THAN YOU THINK!

If you suffer from seasonal or year-round allergy issues, you are not alone! The good news is that the MHCC Allergy Clinic offers hope and relief to allergy sufferers throughout all of Carbon County and surrounding areas!

Housed at the MHCC Family Practice Clinic-Rawlins location, our Allergy Clinic functions under the oversight of a Board Certified Allergist and under the supervision of the Allergy Services of America (ASA) Clinical Director. Our partnership with ASA enables us to offer a complete spectrum of allergy testing and immunotherapy to our patients. Best of all, in-house testing eliminates the need to wait for outsourced test results and travel for treatment!

Additionally, hometown providers Gary Mikesell, DO, and Peggy Lake, APRN-C, oversee the daily operations of the clinic and work closely with patients to identify concerns, provide a swift diagnosis, and offer customized treatment solutions, all in the safety and comfort of a trusted environment- right here, close to home.



 Located inside the MHCC Family Practice Clinic at
300 3rd Street Rawlins WY, 82301
To make an appointment, please call:

(307) 324-8494

In partnership with

Allergy Services of America, LLC
"Providing compassionate and patient centered care"

**"After 25 years,
I've finally got
my allergies
under control."**

Patty Pedersen
*shared with patient consent

MHCC WOMEN'S HEALTH

CREATING A PERSONAL RELATIONSHIP WITH THE WOMEN OF CARBON COUNTY!

The MHCC Women's Clinic offers healthcare for women from adolescence through menopause and beyond.

The female body requires different healthcare needs for each stage of life. The MHCC Women's Clinic is here to guide our patients through these stages and changes, to ensure a lifetime of good health. From annual exams to high risk pregnancies and procedures, you'll find exemplary care in an inviting, supportive atmosphere!

"Hands down the most stress-free, relaxed, organized, and prepared birth plan I have had!"

Hailey Keller

*shared with patient consent


Pregnancy is an exciting time in your life, and we believe in providing the highest quality care for you and your baby. We know both the joy and apprehension of pregnancy and bringing new lives into the world.

We understand the importance of the relationship between an expectant mother and her prenatal care provider, and we look forward to being beside our patients each step along the journey toward a healthy and happy birth.

Our physicians provide obstetrical care starting before conception, through pregnancy, and the postpartum period. In addition, Amanda Jones, PA-C, IBCLC, is a Board Certified Lactation Consultant and can assist you with all of your breastfeeding questions and needs!

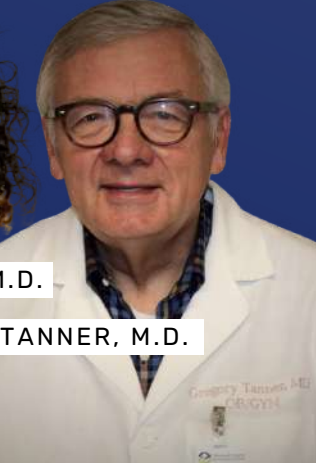
MHCC Women's Clinic
(307) 324-9098

MHCC OB Department
(307) 324-8249

 Located at: Memorial Hospital of Carbon County, 2221 West Elm Street, Rawlins, WY



JENNIFER MOTLEY, M.D.



GREGORY TANNER, M.D.

ADDITIONAL SERVICES RIGHT HERE, CLOSE TO HOME!

IMAGING



The MHCC Radiology Department features a highly trained, knowledgeable and friendly team, supported by the latest imaging technology available. Services include 3D mammography, ultrasound, MRI, CT, Therapeutic Injections, and Fluoroscopy, with Nuclear Medicine and DEXA Scan being added in early 2022. Call 307-324-8381 to see how the Radiology team at MHCC can help you!

LABORATORY

Memorial Hospital of Carbon County offers a full service clinical laboratory with state-of-the-art laboratory analyzers to help diagnose and treat a variety of illnesses. Highly trained, professional staff are skilled in all disciplines of laboratory medicine, such as hematology, coagulation, chemistry, urinalysis, blood transfusion, serology, and microbiology.

The laboratory is located on the first floor and offers outpatient draws from 7:30am to 5:00pm Monday-Friday and 9:00am to 12:00pm on Saturdays. Appointments can be made by calling 307-324-8312.



THERAPY SERVICES



Memorial Hospital of Carbon County and Fremont Therapy Group have partnered together to provide a wide range of physical therapy and rehabilitation services to the residents of Carbon County. Through this collaboration, locations in both Rawlins and Saratoga means access to these services has never been easier!

Contact Fremont Therapy Group at 307-370-9175 to learn more and schedule your appointment today!



Memorial Hospital
of Carbon County



FREMONT
THERAPY GROUP

Physical, Sports & Hand Therapy



MEMORIAL HOSPITAL OF CARBON COUNTY

2221 ELM STREET
RAWLINS WY
(307) 324-2221

Clinic Quick Reference Guide!

MHCC FAMILY PRACTICE CLINIC

**FAMILY MEDICINE
MENTAL HEALTH**

300 3RD STREET
RAWLINS WY
(307) 324-8494

MHCC ALLERGY CLINIC

300 3RD STREET
RAWLINS WY
(307) 324-8494

MHCC FAMILY PRACTICE CLINIC- HANNA

1008 FELDSPAR CT
HANNA WY
(307) 325-6596

MHCC HEALTH CENTER - PLATTE VALLEY

**FAMILY MEDICINE
PHYSICAL THERAPY**

1504 S RIVER STREET SARATOGA WY
(307) 326-3580

MHCC SURGICAL CLINIC

**GENERAL SURGERY
ORTHOPEDICS
PAIN MANAGEMENT**

606 23RD STREET
RAWLINS WY
(307) 324-6022

MHCC VISITING SPECIALISTS CLINIC

2012 ELM STREET RAWLINS WY
(307) 324-8247

MHCC WOMEN'S CLINIC

2221 ELM STREET (2ND
FLOOR) RAWLINS WY
(307) 324-9098

Follow Us on Social Media!



FACEBOOK
www.facebook.com/MHCCWyoming



INSTAGRAM
www.instagram.com/wymhcc



YOUTUBE
Memorial Hospital of Carbon County

Spanish speaking services are available!

¡Servicios de habla española disponibles! El Dr. Lincoln Westfall y Amanda Jones, PA-C, se encuentran en la oficina de MHCC Family Practice Rawlins, hablan español y están disponibles para ofrecer los servicios médicos que necesita. La oficina de negocios de MHCC también puede responder cualquier pregunta sobre finanzas, facturación o seguros que pueda tener. Para programar una cita con el Dr. Westfall o Amanda Jones, llame al 307-324-8494. Para consultas sobre facturación, llame al 307-324-8294.

Great Care Happens Every Day at MHCC!



“Choosing the Pain Management Clinic was the best decision ever!”

– Lisa Engstrom



“Friday the 13th was my lucky day!”

– Keishah Edwards



“After 25 years, I’ve finally gotten my allergies under control!”

– Patty Pedersen



“I made the right decision for my shoulder surgery!”

– Patti Hays

**We are so thankful to have
such amazing patients!**

At Memorial Hospital of Carbon County, we believe in treating every patient like a member of our own family. We understand the importance of compassion, as well as expertise, when it comes to serving the people of this community and caring for the unique health needs of each individual who walks through our doors.

We appreciate the trust that our patients and their families instill in us every day. It is our pleasure to share some of the amazing stories we’ve heard from the people of this community about the care they’ve received at Memorial Hospital of Carbon County, and it is our honor every single day to continue providing the great care we know this community expects and deserves from their hometown hospital.

Visit imhcc.com/patient-testimonials to read more about some of the great care happening at our hospital every day!

307-324-2221



**Memorial Hospital
of Carbon County**

Memorial Hospital of Carbon County is proud to recognize the following small businesses as sponsors of this publication!

PORTRAIT PHOTOGRAPHY

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307.710.2508

Rebecca Caramios

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When it comes to Oil Changes, Tire Sales and Power Sports Repair, no one compares to The Quik Lube.

307-324-4961

1101 E. Cedar, Rawlins, WY

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relax with a bath | light a candle
read a book | go outside

YOUR HEALTH IS IMPORTANT!

www.windsweptgoods.com

307-321-2667

410 West Cedar, Rawlins, WY 82301

Facebook and Instagram icons



Check out High Carbon Mercantile for all your Officially Licensed Wyoming Gear! We also carry Rawlins Outlaw, and all Carbon County School Spirit apparel, a wide variety of clothing for the family, Blenders Eyewear, 307's footwear, and more. Find us on Facebook, Instagram, and our website: www.highcarbonmercantile.com. Like and Follow our pages to stay up to date on locations of our Mobile Mercantile, and new products. Designed by our family, Made by our family, Lived in by our family. We are proud to be family ran since 2018!

GENERAL STORE

GROCERIES
HUNTING & FISHING LICENSES
ICE
BAGGS, WYOMING
(307)383-6955

Evergreen Disposal



307-327-5820

Platte Valley's first choice for residential and commercial waste collection!

RASMUSSEN FURNITURE

316 W. Cedar St., Rawlins
(307) 324-2781

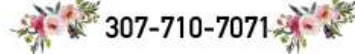
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Cell. (307) 321-8729 Saratoga, WY 82331



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Cody Duhon, Owner

307-321-3703

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Our Mission

"Improve the lives of Carbon County residents and others needing healthcare, wellness, and healing arts, by providing programs and services that will foster a fuller and healthier life."

Memorial Hospital of Carbon County complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.