



# Class of 2017-18...The Best Newsletter from the Best Class Ever!

Volume 1, Issue 5

March 13, 2018

## WHAT'S NEXT?

Military Day  
March 15, 2018  
@7:30am

Buckley Air Force Base  
140 S. Aspen St.  
Building 706  
Aurora, Colorado 80011

### Inside this issue:

<i>Healthcare Day Recap</i>	1
<i>Classmate Interviews</i>	3

### Upcoming Sessions:

April:	Police
May:	Fire
June:	Graduation

## From the President...

### Counting Down and Things are Heating Up

On the heels of Healthcare Day and heading into our final three sessions, we have a lot to look forward to. Next session we'll be at Buckley, which should be an enlightening and amazing experience. At the same time, we're working to get traction on the project. The great news is that based on our last session, we have confirmed that the Pay It Forward event and the Launch Party for the project are merged into one.

Speaking of the project, I wanted to take a moment to reiterate some key points. We realize that class members are serving on other committees – not to mention balancing work and life responsibilities. Maybe you are coordinating pieces of graduation; maybe you are planning for our yearbook. You could be hard at work creating the class video or have been putting your writing skills to task with our monthly newsletters. I want to make sure that everyone knows that all of these efforts are

appreciated. Because of this, Mindy and Mary have been working really hard to identify various ways for class members to assist with the project. The Project Committee is still very much taking the lead with meeting regularly, determining the course of action, and fulfilling early responsibilities. However, we do need to know how you see yourself fitting in. Participation in the project from all members of the class is critical. Please, don't hesitate to reach out with any questions you have about the project. We'll be dedicating all of lunch during next week's session to this.

Thanks again for all of your efforts. I know that it is super challenging to keep everything moving when we're pulled in multiple directions. I also know that there is no group of people with whom I would rather be doing this work!

Tricia Johnson  
Class President  
2017-18 Leadership Aurora



## HealthCare Day



Leadership Aurora participants started the day at the HealthOne Medical Center of Aurora, who also provided the delicious breakfast. Participants then got an overview of the day.

The morning started with a panel presentation. The first speaker to present was Dr. Robert Valuck from the School of Pharmacy at the University of Colorado. He gave a powerful presen-

tation on the opioid crisis. Dr. Valuck pointed out that the U.S. prescribes opioids at a much higher rate than any other country in the world. He also mentioned that there is evidence based research that shows that there are many treatments for pain that are as effective without being addictive. CU, under the direction of the Attorney General, has set up a committee to tackle the problem. It is a multi-tiered ap-

proach. One of the top priorities is to save lives. Dr. Valuck informed the group of a drug that is called naloxone. Everyone can ask for it from their pharmacist. In addition, the general population should dispose of the extra medicine they keep "just in case." The "medicine cabinet problem" is one of the ways to address the growing crisis right away. People know the pills are in

# HealthCare Day (Cont. from Page 1)

most people's medicine cabinet and they are taking them. Dr. Valuck talked about how to find disposal boxes and advocates for more. The committee is also working to slow down the prescription of pills. The committee would like to implement surveys that do not include pain questions to the patients so doctor's ratings are not focused on pain management. Dr. Valuck's presentation was very timely and powerful.



LA Class of 2017-18 tours a HealthOne AirLife helicopter at Medical Center of Aurora.

Then the group heard from Dr. John Douglas of tri-county health. Dr. Douglas spoke about what services tri-county health provides, and the type of research and statistics they keep. Tri-county health offers health services such as immunizations and education for expectant mothers. A second area of tri-county health is environmental health. Environmental health includes things like food safety, health and education inspections and land use and water quality. Some of the things they do to ensure environmental health in these areas include restaurant inspection, child care center inspection and household chemical round ups. Tri county health also works on disease control and emergency preparedness. If there is a disease outbreak they compile stats and share with the Center for Disease Control. Tri-county health helps with emergency preparedness by planning trainings and responding to public health emergencies. They do this by working with schools, hospitals, physicians and other emergency response teams to get supplies that are needed and help coordinate communication.

The final presenter in this group was Dr. Robin Deterding of Children's Hospital of Colorado. Her presentation was about in-

novation in medicine and the challenges the medical profession faces with technology that is rapidly changing. Dr. Deterding told the group that a student used to go to medical school and could learn medicine in the years it took to get through. Now, those treatments and cures could be obsolete long before a student graduates. Technology is disrupting so many industries so Children's Hospital has created a Center for Innovation. One innovation she shared with the group is the ability to completely grow a new lung. Dr. Deterding explained that it is a challenge to stay ahead, but if you can be innovative so many good health outcomes could result.

Participants then got a welcome and overview from the CEO of The Medical Center of Aurora. Dan Miller, CEO gave a general overview, but then told a couple stories about the Medical Center. The Parkland shooting was just days before Health Care Day. Mr. Miller told the group that when the Aurora shooting took place, the Medical Center of Aurora was sent a banner signed by many first responders, health care workers and others that had been touched by a similar tragedy. So now, whenever there is another shooting of this nature, the Medical Center of Aurora orders a banner, signs it and sends it to the affected community. He also spoke about hand casts they make for families who lose a family member. This was started by a thoughtful nurse. The families hold hands and the medical center makes a cast of the hands as a memory.

Leadership Aurora then broke up into groups to tour the hospital. Partici-

pants toured the operating room and were able to hold and inspect the tools and cameras a surgeon uses. There were some surgical techs in the operating room that explained the purpose of the tools. Participants even got to use a surgical camera on a dummy. Leadership Aurora also got to tour the emergency department and see a flight for life helicopter. The helicopter is not very big and the medical professionals that staff the helicopter are highly trained to deal with high pressure situations. Finally, everyone toured the cath lab. The cath lab provides many type of heart treatments. The room is very large to accommodate the huge medical equipment needed to scan and perform procedures. In all parts of the tour it was very clear that the Medical Center of Aurora has a number of highly trained staff that are very knowledgeable and passionate about helping people!



Members of Leadership Aurora pose on the helipad atop the UCHealth Medical Campus.

Lunch was generously provided by Spalding Rehabilitation Hospital, where the second half of the day began. Spalding Rehabilitation is a 100-bed licensed rehabilitation hospital and a part of the HealthOne health care system. Spalding Rehabilitation has been in business for more than four decades and specializes in the treatment of medical conditions such as stroke, brain injury, orthopedic injuries, amputations, neurologic conditions, along with other disabling injuries.

The Care Equity Project through Kaiser

# HealthCare Day

(Cont. from Page 2)

Permanente performed "Loose Change", which shared real-life scenarios, centered around people living with limited financial resources and the challenges they face in a health care setting. This was an emotional performance that resonated with the group. It's safe to say that each class member was able to connect, at one level or another, with at least one charac-



Abby Fitch (City of Aurora) tests her skills on the scope simulator at UHealth.

ter. This performance and group exercise was a great reminder of every day struggles for many.

The group then finished their day at the University of Colorado Hospital. We had the great opportunity to learn about the UHealth Network and tour the hospital. The tour included a visit to their emergency room, taking in the beautiful scenery from their helipad, visiting the DocLine Center and touring the Mobile Stroke Unit.

The DocLine, or "brain center" is an impressive (and very busy) call and logistics center. DocLine directly refers providers who want to transfer patients to a UHealth facility or consult with one of its providers. DocLine is staffed by a team of specialists and critical-care nurses who expedite physician to physician contact, referral requests, transportation details, bed assignments and other details.

The group also toured the hospital's Mobile Stroke Unit, one of only a handful in the Country. The Mobile Stroke Unit allows for on-board diagnosis and blood-clot busting medications to be administered to stroke patients en route to the hospital. The Unit features a CT scanner and two-way audio visual communication system that allows a neurologist at the hospital to examine, diagnose and recommend treatment while the patient is in the Mobile Stroke Unit. The sooner the patient receives treatment, the better.

The day ended with a discussion surrounding ethical issues in a health care setting. The discussion was led by Dr. Kirstin Furfari, Co-Chair of the UC Hospital Ethics Committee. Real-life examples were given to show just how difficult and "grey" these decisions can be.

## Get to know your classmates!

Each month we talk to a group of your classmates and ask questions so we can get to know each other better. This month we are featuring Edgar Acosta, Colorado Air National Guard, Mindy Robin, Aurora Mental Health Center, Susi Marlina, AECOM, and Natalie Kaiser from Aurora Youth Options. Enjoy!

### What do you do in your current position?

**Natalie:** I am the Program Coordinator for Aurora Youth Options. I oversee our Mentor Program as well as our general intakes for all middle and high school students. I also am a Youth Mental Health First Aid instructor.

**Susi:** I am a Senior Transportation Engineer at AECOM, and currently the Secretary-Treasurer for the Colorado-Wyoming Institute of Transportation Engineers. I have a doctorate degree in Civil Engineering with an emphasis in transportation and am a licensed Professional Engi-

neer. My area of expertise is traffic engineering which is a subset of Civil Engineering. Roadway, railway and airport systems are intricate infrastructures that require design, planning and construction. As a traffic engineer, I conduct traffic capacity and operations analysis to determine how much traffic can fit on a roadway in a safe and efficient manner. I also assess traffic patterns and make recommendations on how best to improve them, along with investigating crashes to determine if changes need to be made to roadways and intersections to make them safer. Making recommendations for appropriate traffic signal, signing and pavement markings, along a new or existing roadway, is a necessary part of my job. With new developments, traffic impact studies are needed. My job is to assess the effect on the roadway system with these new developments. If the impact will degrade the existing traffic patterns, I have to find alternative and safer solutions. During roadway design and construction, I make sure design plans and roadway

standards are fully met.

**Edgar:** I am the Commander, 140th Communications Flight serving as the Information System Owner for the multiple enclaves and responsible for the overall procurement, development, integration, modification, and operation and maintenance of Air Force Information Technology. The 140th Communications Flight provides full spectrum Information Technology services, planning, procurement, and integration to over 1600 Airmen stationed at five geographically separated locations throughout the Front Range.

**Mindy:** I currently work closely with child welfare to provide mental health consultation, trauma psychoeducation, and assessments for some of the kiddos with the most difficult histories. I also am part of a lot of groups working on system reform, ranging from human trafficking to truancy, to the criminal/juvenile justice system.

(Continued on Page 4)

# Get to know your classmates!

(Cont. from Page 3)

## What's the craziest fashion trend you ever rocked?

**Natalie:** In middle school I was a major tom-boy, so I rocked jean overalls, a backwards hat and a flannel pullover for most of my childhood. Luckily that was just a phase!

**Susi:** Headbands! When I was a teenager, I collected many headbands in different colors, sizes, shapes, types, etc. I wore headbands everywhere, for any occasion. I felt incomplete to go anywhere without a headband. I was a really dorky teenager J

**Edgar:** I went through a phase in Elementary School when Jams were popular. Jams were long, brightly colored shorts (think Fresh Prince of Bel-Air).

**Mindy:** I recently wore a jumpsuit...like a romper with pants. I know these are actually in style, but I think they're ridiculous and am a little ashamed of myself every time I wear it.

## Who is your most interesting relative?

**Natalie:** Definitely my grandma on my mom's side. She had 16 children, 60 grandchildren, and over 20 great-grandchildren. She lived to be 91 and lived independently in the same house for over 70 years until she passed away. To say she is an inspiration (and a saint!) is an understatement. I love talking about my huge and crazy family, so please ask me about it!

**Susi:** My Aunt Durun. She is a very direct person, and has no filter. All of my siblings and I are afraid of her comments. Despite my aunt's direct, no-filter comments, she is a really good cook. She always cooks delicious food for us and anything we request. Our dilemma with seeing her is eating her yummy food or tolerating her direct, no-filter comments...

**Edgar:** My Uncle Remi. He recently passed away but lived life to the fullest and took a genuine interest in people. He started off as a prison guard and became the warden of several prisons before retiring. He cared about those he was responsible for and would give the shirt off his back to anyone in need.

**Mindy:** My 10-month old nephew. By far :)

## If you could live any historical figure's life, which one would you choose?

**Natalie:** This is a tough one! I think I would choose Cleopatra. She was an incredibly intelligent and fearless woman who did not let the fact that she was a female hold her back from being a leader, regardless of what others thought.

**Susi:** Eleanor Roosevelt, because she was a strong woman who empowered females and cared a lot about her community.

**Edgar:** Benjamin Franklin due to his contributions to society being so significant. He was a diplomat, writer, inventor and scientist. It doesn't appear that there was anything that he wasn't capable of doing.

**Mindy:** Hands down....Ellen DeGeneres

## What advice would you give to your younger self?

**Natalie:** Don't be so worried about what others think of you and your actions. You will be much happier and satisfied if you are true to yourself. Also, take advantage of every opportunity that comes your way; you only live once so be adventurous and courageous!

**Susie:** Don't be so uptight and overthink things! Have some fun! I was a nerd; totally lacking in social skills and preoccupied with personal issues when I was younger. I would tell my younger self that life is too short to overthink. Don't think about what can go wrong, but what can go right. Live life to the fullest, loosen up and be grateful.

**Edgar:** Have confidence in your goals and dreams. Everyone else is most likely feeling the same level of self-doubt and those feelings are ok, you just have to figure out a way to achieve your goals. Also, that hard work pays off so keep outworking those around you.

**Mindy:** Don't go to a private university for undergrad and then again for grad school. Loans are no joke, especially when your earning capacity goes down with the Master's Degree you got.

## If you wrote a book, what would it be called?

**Natalie:** My book title would be: Happiness starts from within. One of my favorite quotes is "Happiness starts with you. Not with your relationship, not with your job, not with your money, but with you." I have this written on a sticky note by my desk and think it's a great reminder that me and me alone is the person responsible for my happiness.

**Susi:** "The Things I left behind." This book would not be a sob story. It would be about

perseverance and resilience which ultimately resulted in fruitfulness. Migrating to the US with a better life in mind and on my own free will, has involved loss and sacrifice, but it has also been rewarding.

**Edgar:** Not better, just different. It would be an autobiography about making the best of every situation.

**Mindy:** Pizza, Cheese Fries, and Independence.

## Finally, what would you like people to know about you?

**Natalie:** I am an ESFJ personality type and I truly enjoy getting to know people on a personal level. I look for meaning and significance in life and I need fun and excitement in order to feel fulfilled. Also, I'm a huge believer of outdoor therapy!

**Susi:** I want people to know that I am adventurous. I have shown how adventurous I am by coming to the US fourteen years ago by myself with only one piece of luggage, no friends and leaving my entire family behind. I did this because I believed in my dreams. Once I overcame the feelings of fear, anxiety and frustration, I found out that I can handle anything that life throws at me. I may be unable to handle things well and gracefully, but I will figure out how to deal with them. If life was easy, where would the adventures be?

**Edgar:** I care about everyone around me and want to see them succeed. I think that teamwork and true collaboration make us all better people and the world a better place.

## See you all on March 15th for Military Day!