

Non-Profit Happenings

Valentine's Day Special: Moab Regional Hospital, established February 14, 2011

by Nancy Kurtz

"I work with great teams of people. It's a very supportive environment."

Licensed clinical social worker Terry Galen has been an employee of Moab's home-town hospital for 10 1/2 years; Moab Regional sits at the heart of a burgeoning cluster of edifices on Williams Way.

It started, at least in part, with her love of horses:



Terry Golden

Galen initially moved to Moab in 1987, drawn to the place by an article in a Denver magazine that highlighted riding in the La Sal mountains. Following 27 years working as a therapist at Four Corners Community Behavioral Health center, she joined the hospital staff as its first full-time social worker in 2015. Since then, she says, the hospital has spread its wings to grow even more, notably in the area in which she works.



Termed "a level 4 critical access hospital", Moab Regional Hospital (MRH) is a small rural facility focused on stabilizing trauma patients with basic emergency care and built to ensure access to that care, e.g., there are 17 hospital beds, as well as emergency services around the clock so local residents and visitors alike can receive emergency care and stay at the hospital if they need to.

She ticks off some of the basics: emergency care, primary care, obstetrics, surgery, rehabilitation, a remarkable number of specialists, and tests like MRI's and mammograms, for starters.

Recently, Moab Regional Hospital added a new in-house pharmacy -

And the softer side has dramatically grown since 2015: Galen's job, which she shares with Natalie Olsen, another licensed clinical social worker, helps strategize patients' hospital stays and supports both patients and staff. Along with many other services, the hospital offers access to prenatal classes, connections to hospice - including family support - addiction medicine via the Recovery Center, a group of skilled mental health therapists offering clinical and outpatient counseling, and more.

"None of this was here when I started."

At Moab Regional Hospital it's the social worker who often does an assessment and strategizes a patient's time frame, helping them stabilize their plans and foresee additional care that will be needed after they leave.

Galen started out part-time, grew to full time, and is now back to working a few days a week. Hers is a job that's turned out to be hard to leave: "I threw myself a retirement party and never left."

I tell her this story is slated for the February issue as a Valentine to the hospital. She gasps and displays her key ring; on it is a small silver tab with the MRH birthdate: 2/14/2011. Christy Calvin, the hospital's marketing and public relations manager, confirmed that MRH was indeed founded on Valentine's Day. Calvin also told me that MRH is a traditional nonprofit and, nice to know in these tricky times, much-needed donations are tax deductible. Email marketing@mrhmoab.org or call the main desk at 435-719-3500 to contact by phone.



So here's to MRH and my favorite saint. And *ave atque vale* from this nonprofit writer. I have enjoyed researching and scribbling this column for the past three years, getting to know a sizeable swath of the movers and shakers who make Moab the warm-hearted space we all know and love. But it's time to move on. Thanks for the steady leadership of the inimitable Theresa King, her hard-working support staff, and all that Canyonlands Copy Center has to offer - Nancy



Recurring Healthy Events

Tai Chi with Drew (Alternate Mondays, Feb 2 & 16, 5:15 pm at 76 South 100 West—*In the Back of Red Rock Bakery*) Class taught by Drew Roots who has been consistently practicing Tai-chi for 27 years now. Sign up online at www.wellnesscollectivemoab.com to save your spot.

Chair Yoga (Mondays at 9am, 76 South 100 West—*In the Back of Red Rock Bakery*) Join us for Chair Yoga, a class designed to support and nurture everyone, regardless of ability. Sign up online at www.wellnesscollectivemoab.com to save your spot.

Community Acupuncture (Tuesdays, February 3 & 17, 6:30pm at 76 South 100 West—*In the Back of Red Rock Bakery*). Join us for Community Acupuncture with Naturopathic Physician and Acupuncturist Rob Neilson at the Wellness Collective. Take an hour to rest, reset, and nurture yourself this fall season. Whether you're seeking stress relief, deeper rest, or simply a little self-care, this is a beautiful way to support your whole being. By Donation. Please sign up online at www.wellnesscollectivemoab.com

Chair Yoga (Tuesdays at 2:30pm, Grand Center, 182 North 500 West) Join us for Chair Yoga, a class designed to support and nurture everyone, regardless of ability. Donations accepted. Sign up online at www.wellnesscollectivemoab.com to save your spot or just show up.

Y12SR-The Yoga of 12-Step Recovery (Wednesdays at 5:15pm at 76 South 100 West—*In the Back of Red Rock Bakery*) Combining the practical tools of the 12-Step program with the ancient wisdom of yoga. Y12SR is a yoga practice followed by a brief group discussion based on the 12-steps. Open to everyone and anyone dealing with their own addictive behavior or affected by the addictive behavior of others. This is an open and inclusive group. All A's are welcome. Y12SR is NOT a replacement for meetings, sponsors, or a part of the 12-step program. Provided in partnership with @myusara Sign up online at www.wellnesscollectivemoab.com

Community Yoga with Wellness Collective (Thursdays at 5:15pm at 76 South 100 West—*In the Back of Red Rock Bakery*). Join the facilitators with Wellness Collective for a 60 minute community yoga class. Class is by donation and you must sign up in advance online at www.wellnesscollectivemoab.com

Fun Friday- Flow into Yoga (Fridays, 8:30am at 76 South 100 West—*In the Back of Red Rock Bakery*). Start your Friday with this all-levels donation yoga class designed to help you awaken the body, center the mind, and ease into your day with intention. **Includes a Free 12oz coffee from the Red Rock Bakery!** Please sign up in advance online at www.wellnesscollectivemoab.com

Yoga for Recovery for Everyone (Fridays, 10:00am at USARA 23 S 100 W, Moab). Join Breann at USARA for a FREE gentle yoga class. Please sign up in advance online at www.wellnesscollectivemoab.com

Qi-Gong (Saturdays, February 14 & 28, 8:00am at 76 South 100 West—*In the Back of Red Rock Bakery*) Zhiqin Qigong is a powerful mind-body practice rooted in ancient Chinese healing traditions and adapted for modern times. This gentle yet profound system blends slow movement, sound, visualization, and meditation to help individuals cultivate inner peace, restore balance, and enhance vitality. Virtual-Zoom or in person option available! Sign up at www.wellnesscollectivemoab.com for more info.