

September 6, 2016

## News Release

Karen Martsolf, MA  
Director, Marketing/Communications  
(970) 644-3490 (o)  
(970) 778-1249 (c)  
karen.martsolf@gjhosp.org

### SelfCare for HealthCare™ Coming to Grand Junction

Community Hospital is the first hospital in Colorado to offer the program to its employees.

Mesa County, CO — Nationally acclaimed author, nurse, and Hall of Fame speaker LeAnn Thieman is coming to Grand Junction on Wednesday, September 7th to launch her year-long SelfCare for HealthCare™ program. By sharing stories from her best-selling *Chicken Soup for the Soul*, *Inspiration for Nurses* and her own 30+ years at the bedside, Thieman teaches selfcare strategies while honoring caregivers and their daily contributions and sacrifices.

SelfCare for HealthCare™ is based upon a simple principle: to nurture the bodies, minds and spirits of patients, we must first nurture their caregivers. Kristin Gundt, Chief Nursing Officer at Community Hospital says, “Our caregivers come to work every day ready to provide the exceptional care our patients have come to expect. We are investing in our most valuable asset, our caregivers, and all of our employees are caregivers. We are committed to their health and happiness.”

Thieman is the author of 14 *Chicken Soup for the Soul* books, including three in the series for nurses and *Chicken Soup for the Caregiver’s Soul*. Her speaking career began when she was “accidentally” caught up in the Vietnam Orphan Airlift in 1975, when she helped to rescue 300 babies at the end of the Vietnam War.

Thieman is an expert in healthcare recruitment and retention and helps to hire and inspire health professionals from coast to coast. “Community Hospital is the first hospital in Colorado to engage in SelfCare for HealthCare™. I’m honored to be implementing this transformational program in my home state, said Thieman.”

For more information about Community Hospital please visit [www.YourCommunityHospital.com](http://www.YourCommunityHospital.com)

###