

## BEAR LAKE MEMORIAL HOSPITAL

### AUXILIARY NEWS LETTER

NOVEMBER 6, 2023

“Sitting in front of my fireplace, basking in its warm glow gives me time to reflect upon the sacrifices that it has taken for me to enjoy the security of a good home, in a safe environment. I can hear the soft whisper of the snow as it caresses my window and covers the ground outside in a scintillating display of sparkling lights under the full moon. How many times have our service men and women watched the same scene from a foxhole, or camped in some remote part of the world. Thankful for the silence of the moment, knowing that it won’t last long. Yes, there is a Santa Clause. He/she dresses in fatigues and patrols the world restlessly, ensuring that we can have this peaceful night. Every day they give us the gift of this lifestyle that we enjoy, and every night they watch over us. They are warriors, angels, guardians, friends, fathers, mothers, sisters and brothers, forming a family that stretches back to the beginning of the country. So tonight, when you go to bed say a prayer that God watch over those who watch over us, and thank them for their sacrifices, on and off the battlefield. Pray that they have a peaceful night, and will be home soon with their families who also share their burden. Without them we would not have this moment.” Neil Leckman

HOME

BECAUSE OF THE BRAVE

### FRIENDSHIP BASKETS

Submitted BY Linda Walker

**The Friendship Basket was OF THE FREE presented to Kenneth Summers on August 7, 2023, by Dellene Rigby-Dahl.**



Kenneth was born in Idaho Falls, Idaho, and has two siblings and an 11-year-old son. Four years ago, he was given an opportunity to move to this area, and he currently lives in Bennington, Idaho.

He joined Auxiliary about two years ago and loves volunteering for them, especially at Brake for Breakfast and the Snowball Dance. He loves working with others, always is kind, and has a smile on his face. He loves people.

Kenneth worked as a janitor in Idaho Falls and volunteers as a janitor at the high school and senior center in Montpelier.

His hobbies and interests include bowling, Super Mario movies, Superhero movies, and Bingo. He is active in Special Olympics and this year he won first place in the 50-meter dash and third place in the 100-meter dash. He also participates in Special Needs Bowling, and he won first place this year at the tournament in Idaho Falls.

Kenneth's favorites are:

- |           |  |
|-----------|--|
| Food:     | Lasagna                                    |
| Music:    | Al City                                    |
| Color:    | Blue                                       |
| TV Shows: | Flash, Night Court,<br>and the Good Doctor |
| Movies:   | Super Hero movies                          |

**The Friendship Basket was presented to Jack Watson by Kenneth Summers, September 11, 2023**

Jack was born in California to Jack, Jr. and Connie Watson. He has three stepbrothers and one stepsister. He graduated from Costa Mesa High School.

He moved here in 1993 and joined Auxiliary about 15 years ago. He started by helping with Bingo in the Skilled Nursing Facility. Then he volunteered as a dishwasher in the kitchen. He loves to help with fundraising and his favorite is the Snowball Dance and Golf for Health.



Jack has worked as a dishwasher for the Holiday Inn in California and an assistant mechanic for Harry Bennion in Garden City. He bussed tables and was a dishwasher at Bear Lake Pizza, worked at Beaver Mountain Ski Resort, Bats Bats Bats.com, Bear Lake Furniture, and currently washing dishes at Wu House. His favorite boss is Shane Johnson.

Jack has accomplished many things: Multiple Special Olympic Gold Medals in Softball, basketball, bowling, and track & field. He helps as a Team Medic with supplies in his Alice Pack.

His hobbies are radio-controlled airplanes and helicopters and building models. Other interests include Big Foot, golfing, and bowling. He is a big fan of the U.S. Military and Law Enforcement.

**The Friendship Basket was awarded to Chris Henderson on October 2023 by Jack Watson.**



Chris Henderson was born in Rock Springs, Wyoming. He had two sisters and one brother. He graduated from Highland High School in Pocatello. He has taken enough college classes to add up to 2 years of credits.

Chris met his wife, Maxine, in 1976 when she was working at the bowling alley. He would go there for lunch and two different waitresses were working there. One day he decided that he would ask whichever one waited on him to go on a date. That happened to be Maxine and they started dating in March and were married on June 30, 1976. Chris and Maxine had six children but two died as babies and one in a house fire. His son,

Kenny, lives in Montpelier, a daughter in Pocatello, and a son in Omaha.

Having been involved in Boy Scouts for many years, Chris earned the Silver Beaver Award, along with others. Now he is involved in helping boys in Special Olympics, getting them ready for games and competitions, providing transportation, and other things. He was a volunteer fireman in Cokeville for five years, a member of the Montpelier City Council for four years, and has held many church positions wherever he lived.

Places Chris has lived include: Boise as a child, Denver 1 ½ -2 years, Cokeville 5 years, Pocatello 38 years, and Montpelier 21 years. Maxine was quite ill and in 2020 they moved to Pocatello to be closer to her doctors. Sadly, she passed away in 2021, and Chris moved back to Montpelier.

Chris worked on the Union Pacific Railroad for 38 ½ years from 1974 to 2012. He enjoys reading, especially about the Civil and Revolutionary Wars. He does a lot of things for other people and enjoys helping them.

He joined the Auxiliary two years ago and helps with games at the Skilled Nursing Facility. He does whatever is asked of him and enjoys helping others.

Favorite things:

Food	Hamburgers
Music	60's and 70's
Color	Green
Movies & TV	Cowboy,
westerns	

Chris couldn't think of a specific story about himself, but it seemed he was always doing crazy things, mostly for the benefit of his grandchildren. One time when grandkids were visiting them, he was working on a washroom upstairs. He had a metal

tomahawk that he was using for Scouts. He grabbed it and threw it across the room and into the wall. The kids were screaming to their Mom about what their Grandpa did. Or driving crazy to scare the kids.

**Bear Lake Memorial Hospital** is pleased to announce the addition of three new physicians. Submitted by Julie Nelson.



Dr. Bomsta

Is excited to be back in Bear Lake with his wife and four children. He grew up in valley and graduated from Bear Lake High School. He continued school to earn his Bachelor and Master degrees from Brigham Young University, and finally his medical degree from Des Moines University. He completed a residency in Emergency Medicine through Ohio State University at Southern Ohio medical Center. He became board certified in emergency medicine while working for Genesis Healthcare System, a level III trauma center in Zanesville, Ohio. He is

now back home and looks forward to providing care here at Bear Lake Memorial's Emergency Department.



Dr. Houston Reynolds graduated from Brigham Young University with a Bachelor of Science in Exercise Science where he also played football on full-ride scholarship alongside his brothers and his father, who coached there. He initially studied Logic and was interested in pursuing a law degree. But was drawn to Medicine and transitioned to a degree in Exercise Science with plans to attend medical school. He graduated with honors cum laude. He went on to graduate with his Doctorate of Medicine degree from the University of Utah. He completed his family medicine residency at Full Circle Health (Family Medicine Residency of Idaho) in Nampa, Idaho. Dr. Reynolds has been coming to the Bear Lake area frequently since he was a child, and has always had a desire to be a part of and serve this

community. He is excited live here with his wife and 2 boys. Dr. Reynolds has a clinical interest in family and preventative health, colonoscopies, EGDs, and a special interest in sports medicine, including joint injections, trigger point injections, diagnostic ultrasound, and procedures. He speaks German. In his free time Dr. Reynolds enjoys spending time with his family, being on the lake, BBQing, and power sports.



Dr. Brian S. Retherford, MD is a Board-Certified OB/GYN physician bringing gynecological surgery, including robotic surgery, to southeastern Idaho. His 28 years of experience will help BLMH launch its brand-new robotic surgery program. He will offer a full spectrum of office gynecology and surgical gynecology services, including minimally invasive and robotic procedures. Some surgeries include the correction of stress urinary incontinence and pelvic organ

prolapse as well as robotic assisted hysterectomies. He also is skilled in sterilization procedures, endometrial ablation, hysteroscopy, among others. Clinic services are available as well, such as cervical and breast cancer screening, family planning, medical treatment of abnormal bleeding, etc.

Dr. Retherford attended Michigan State University for both undergraduate education and medical school. He then completed a four-year OB/GYN residency program at David Grant USAF Medical Center at Travis Air Force Base in California. He then worked as an active-duty OB/Gyn physician for two years each at Luke AFB and the US Air Force Academy. Upon honorable discharge from the Air Force, he set up a private practice in Grass Valley, CA, where he practiced for the next seven years. Having tired of private practice, he joined Memorial Hospital of Converse County in Douglas, WY where he remained for the past 13 years before moving West to Bear Lake County. He has been Board Certified since 2001, and has thoroughly enjoyed providing the full range of obstetric and gynecology services to his patients for so many years. He would now like to focus exclusively on his primary passion, gynecological surgery.

His family includes his wife, Lindsey, and their five children along with their beloved dog. His wife is a longtime peri-operative nurse who loves taking care of patients. In their spare time, they enjoy many outdoor activities including skiing, hiking, and water sports. They love the outdoors and are excited to begin exploring all the natural

beauty that the little slice of Heaven, we call Bear Lake Valley, has to offer.

Dr. Retherford will be practicing in the Family Care Clinic. Call 208-847-4495 for an appointment.

**Please remember to check out the website designed and maintained by Ross Walker.**

**[blmhthriftstore.com](http://blmhthriftstore.com)**

**MESSAGE FROM LOTT DVS**

As Thanksgiving nears, I want to share a quote with you..."When it comes to life, the critical thing is whether you take things for granted or take them with gratitude." - Gilbert K. Chesterton...and a reminder that not one of you is taken for granted in this organization. Your positive presence, your time, your ideas, your daily efforts are taken with much gratitude, and we would not be where we are without you. So, thank you! Wishing you peace, prosperity, and plenty of pumpkin pie!



**Brake-4-Breakfast**, sponsored by the Hospital Foundation in recognition of Cancer Awareness Month, was once more a success. Volunteers filled and distributed 1,700 bags this year.

Ground has been broken for the construction of the **Garden City BLMH Clinic**.

**Operator Prime**, the new surgical robot is up and running.

As of the end of September the **Stitchers** have provided 1508 bracelets, 4824 hats, 208 blankets, 150 miscellaneous items to the citizens of Eukrane.

**Dates to remember:**

November 14 – Sunshine Corner Open House

November 14 – 18 – Thrift Store Customer Appreciation Week

December 4 – General Meeting and Christmas Party

December 11 – Fill Christmas Stockings

December 13 – Distribute Christmas Stockings

