



Transforming Transitional Care - Right Here at Home



We are grateful for these initial contributions in support of our Transitional Care Expansion Project.



- Transformational Contributions**
- Vernon & Rowena Griffith Foundation
 - Joseph H. & Arlene Watt Foundation
 - Kim & Mary Kay Love
 - Homer A. & Mildred Scott Foundation
 - William F. & Lorene W. Welch Foundation
 - Robert & Carol Berry
 - Joe & Roberta Napier Foundation

February: American Heart Month - Check Your Blood Pressure

February is American Heart Month
For a Healthier Life - Know Your Numbers
Optimal Blood Pressure: 120/80

Normal/Optimal	Systolic: Less than 120 mmHg Diastolic: Less than 80 mmHg
Prehypertension/Elevated	Systolic: 120-129 mmHg Diastolic: Less than 80 mmHg
Hypertension Stage 1	Systolic: 130-139 mmHg Diastolic: 80-89 mmHg
Hypertension Stage 2	Systolic: 140 mmHg or higher Diastolic: 90 mmHg or higher
Hypertensive Crisis <i>(Requires Immediate Medical Attention)</i>	Systolic: Over 180 mmHg Diastolic: Over 120 mmHg

| SHERIDAN MEMORIAL HOSPITAL

Auxiliary Pledges \$50,000 to Transforming Transitional Care in our Community



Joint Friendly Exercises to Avoid Pain While Increasing Activity

Charlotte Walter, PT, DPT, ATC
Wyoming Rehab
SHERIDAN MEMORIAL HOSPITAL

Sheridan Memorial Hospital Named to Top 100 Rural and Community Hospitals List

100 RURAL & COMMUNITY TOP HOSPITAL 2020

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COVID-19 Vaccines Explained

Sierra Gross Stallman, MD
Internal Medicine
SHERIDAN MEMORIAL HOSPITAL

COVID Vaccine Now Available for 65+

To Register via Phone Please Call:
307.675.4471

To register online click here.

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307.672.1045

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