



The Canyon View

Volume 1 Issue 2

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The Purpose of the Canyon View Newsletter

The first newsletter that went out seemed to generate a lot of interest from those that took the time to read it.

Remember, that the purpose of this publication is to dispense information that our employees need as far as job benefits, details or other info to make their job easier.

Also, please feel free to e-mail Mark at mkoyle@canyonviewmed.com to ask for your Avon party or Lia Sofia or whatever other party you may need to be advertised. You may also want to invite staff to your child's wedding—which would be OK, too. It does not have to be work

related.

Also, please, when asked by e-mail to fill out an employee spotlight form take the time to fill it out and

send back so you can be recognized for your work at CVMG.



Special points of interest:

- Smile to the patients.
- Smile to your fellow employees.
- Smile to the Fed Ex guy.
- Smile to yourself in the mirror.
- Then SMILING BECOMES A HABIT AND EVERYONE WILL WONDER WHAT YOU'RE UP TO!

CVMG Safari Trip



On April 24th Bwanas Pulsipher and Ludlow will be taking those interested in a Jeep Safari to the San Raphael Swell. You DON'T have to have a jeep to enjoy this trip. Meet at SF Clinic at 7:30 a.m. on Saturday, and a ride will be provided for you and any of your family members.

The San Rafael area is south of Price and the plan is to see dinosaur footprints, Indian petroglyphs, beautiful vistas and visit a local museum.

Bring a sack lunch for anyone in your family that wants to go and the company will furnish drinks.

The New Spanish Fork Medical Clinic Building

On April 1 CVMG had a Pre-Bid meeting with Bob Frazier, our architect, Curt, Mark, Marie and 8 representatives from various construction companies from the Utah Valley area.

Bidding instructions were given along with two complete set of building plans for the new building to each of the representatives. They had two weeks to put together their bids.

The official bid opening was held on April 15 with Dr. Frandsen doing the honors of opening each bid. Hales-Warner Construction won the bid and will do all the work in

building what should be one of the nicest looking buildings in the Spanish Fork area, if not in all of south Utah County.

Clifford Hales said he wanted to do this project to have a “show place” in the city of Spanish Fork.

We are looking with anticipation for the ground breaking day which will be in approximately 6 weeks and we will all watch with enthusiasm as it progresses throughout the rest of this year and into the next. It should be completed within 10—11 months.



Employee Spotlight - Melissa Johnson

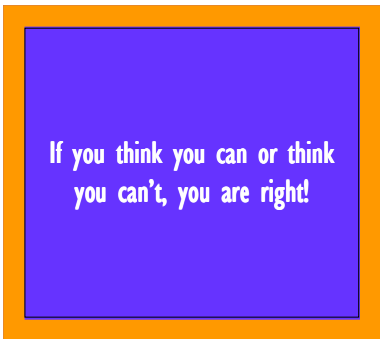
Someone who has been with CVMG for about 10 years is Melissa Johnson. Melissa is a front office receptionist at Art City Medical in Springville and is widely known by many of the patients which come through the AC doors. She loves getting to know the people and they like her just as well.

Melissa is very bubbly and enjoys the job so much that some of the other employees wonder what she

drinks every morning.

Melissa has a 12 year old boy and enjoys the challenges of having an almost teenager. Melissa lives in Payson. If she could do any other career with no barriers she would be a psychologist.

We, at Art City, enjoy having Melissa as a co-worker and are amazed at the spirit of fun she brings to our clinic.



Benefits Update

Now that your Income taxes are done and sent into the IRS make sure you are having enough withholdings from your payroll so you don't have to pay extra next year. To do this, fill out another W-4 which you can get from Tressie or Mark.



Dr. Tracy M. Frandsen

Dr. Frandsen is one of the original founding members of Canyon View Medical Group. He began his career in Spanish Fork about 20 years ago. He decided to settle in the Spanish Fork area because he married Patricia Evans, a local Spanish Fork girl.

Dr. Frandsen was originally from Gunnison, Utah. For those of you who don't know where that is, it is about 15 miles east of Nephi.

Dr. Frandsen has many, many children. Stephen, Jonathan, Hannah, Elizabeth, Leif, and Paul. Paul is currently a doctor in American Fork and Paul will also become a doctor just like his dad.

Dr. Frandsen is an avid Scouter. Every one of his scouts when he was scoutmaster received their Eagle Award. He



currently is the District Chairman of the Palmyra Council.

He has also served as a teacher, high councilman, bishop and in many other positions in his church.

He is well loved by his patients and they are very loyal to him—even to the point of waiting for him.

Dr. Frandsen sits on the Executive Committee for CVMG and also participates on the NextGen/Computer committee as well. He does many other important things for CVMG.

If you need a job done give it to Dr. Frandsen and as busy as he is, it will most assuredly get done.



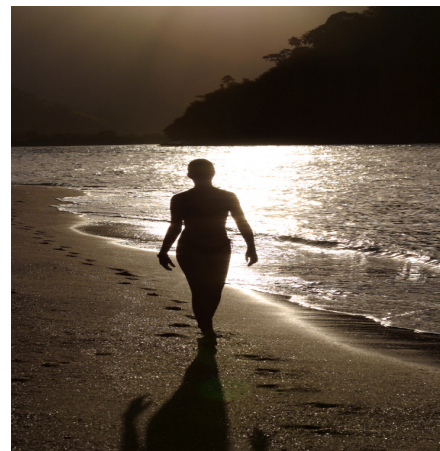
Please, Please help out by filling out the Spotlight Questionnaires when they are sent to you so we can all get to know each of our co-workers.

Walking for iPods

The Canyon View Step challenge was a huge success. Many employees participated and completed the challenge. The challenge was to get 10,000 steps a day for 5 out of the 7 days each and every week for 26 continuous weeks. Each employee that completed the challenge for at least 23 weeks received an Ipod Nano. Some of the participants even shed a few lbs. during the challenge. Lets hope for the lbs. to

stay away and for everyone to stay active. Thanks to those who provided the pedometers and to the docs for this fun challenge and prizes.

Walk for the heart, walk for life!





Locations:

Spanish Fork Clinic, 325 W Center, Spanish Fork
Art City Medical, 5 E 400 N, Springville
Santaquin Medical Clinic, 94 West Main, Santaquin

Payson Pediatrics, 15 S 1000 E, Suite 100, Payson

Canyon View Women's Clinic, Payson, Spanish Fork
and Provo

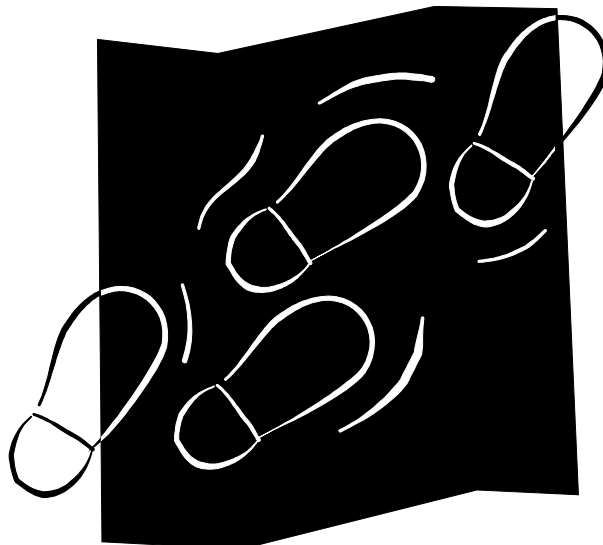
**CANYON VIEW
MEDICAL GROUP**

**New Web site
coming soon!**

Our Website Introduction

Welcome to the Canyon View Medical Group. We have been taking care of our community health needs since 1976. We are happy to be able to serve our patients in Southern Utah County by offering services in six locations, the Art City Family Medical Center in Springville, the Spanish Fork Clinic in Spanish Fork, the Santaquin Medical Clinic in Santaquin, the Payson Pediatrics office in Payson, and the Canyon View Women's Clinic offering services in Spanish Fork, Payson, and Provo.

We are 17 doctors in three specialties, Family Practice, Pediatrics and OB/Gyn who are dedicated to providing the finest medical care available. We try to make it as convenient as possible for our patients to be seen for a great variety of medical problems. We have laboratories on site as well as x-ray machines in the three largest clinics. We also have a wide range of diagnostic equipment available to permit us to help diagnose and treat many medical conditions without you having to take your valuable time to go to a hospital for these tests. Examples of this equipment are ultrasound machines, portable heart monitors, EKG machines, stress treadmill machines, non-stress fetal heart monitors, bone density scanners, etc. All of our board certified physicians are well trained in these diagnostic tools and are happy to be able to offer you these services locally.



Some of the steps taken during the Step Challenge!