



# Summit Healthcare

## 2020 CALENDAR

*Trusted to deliver exceptional, compassionate care close to home.*

Photo: Tom Long



# We're Everywhere

to meet your healthcare needs

## 24/7 TELEDOC PROGRAM

Save time. Make your appointment all from the comfort of your own home.

**SUMMIT***cares*.net



- Consult a Doctor Online
- 24 hours a day. 7 days a week.
- Get a diagnosis and a prescription\*

We can treat common illnesses and many medical conditions saving you a trip to the emergency room or urgent care center.

*Among the most common are:*

Allergies

Arthritic Pain

Asthma

Bronchitis

Colds and Flu

Diarrhea

Infections

Insect Bites

"Pink eye" or Conjunctivitis

Rashes

Respiratory Infections

Sinusitis

Skin Inflammations

Sore Throats

Sprains and Strains

Urinary Tract Infections

Vomiting

Other non-emergency conditions

\*Non-narcotic prescriptions only. If during your visit, the provider determines an in-person medical exam or emergency care is needed to treat your condition, they will refer you to the appropriate medical facility.





Photo: Chris Paxman  
Paxman Photography  
(480)861-9490  
[ctpaxman@gmail.com](mailto:ctpaxman@gmail.com)



DECEMBER  
S M T W T F S  
1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
15 16 17 18 19 20 21  
22 23 24 25 26 27 28  
29 30 31 1 2 3 4

# January 2020

FEBRUARY  
S M T W T F S  
26 27 28 29 30 31 1  
2 3 4 5 6 7 8  
9 10 11 12 13 14 15  
16 17 18 19 20 21 22  
23 24 25 26 27 28 29

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 New Year's Day	2	3	4
5	6 Epiphany	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Monthly <b>HEALTH</b> SEMINAR 11:00 am - 12:30 pm Summit Healthcare Conference Center Martin Luther King Jr's Birthday	21	22	23	24	25
26	27	28	29	30	31	1



**Cervical Cancer Awareness Month**  
**Birth Defects Prevention Month**  
**Radon Awareness Month**





Photo: Alan Kalish



JANUARY  
S M T W T F S  
29 30 31 1 2 3 4  
5 6 7 8 9 10 11  
12 13 14 15 16 17 18  
19 20 21 22 23 24 25  
26 27 28 29 30 31 1

# February 2020

MARCH  
S M T W T F S  
1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
15 16 17 18 19 20 21  
22 23 24 25 26 27 28  
29 30 31 1 2 3 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2 Groundhog Day	3	4	5	6	7	8
9	10	11	12 Lincoln's Birthday	13	14 Valentine's Day	15
16	17 President's Day	18	19 Healthy Heart Symposium 1:00 pm - 3:00 pm Summit Healthcare Conference Center	20	21	22 Washington's Birthday
23	24	25 Mardi Gras	26 Ash Wednesday	27	28	29



**Heart Month**  
**Children's Dental Health Month**  
**Wise Healthcare Consumer Month**





Photo: Sarah Steinmetz



FEBRUARY  
S M T W T F S  
26 27 28 29 30 31 1  
2 3 4 5 6 7 8  
9 10 11 12 13 14 15  
16 17 18 19 20 21 22  
23 24 25 26 27 28 29

# March 2020

APRIL  
S M T W T F S  
29 30 31 1 2 3 4  
5 6 7 8 9 10 11  
12 13 14 15 16 17 18  
19 20 21 22 23 24 25  
26 27 28 29 30 1 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 <div> Monthly  <b>HEALTH</b>  <b>SEMINAR</b>  11:00 am - 12:30 pm  Summit Healthcare  Conference Center </div>	17 <div> St. Patrick's Day </div>	18	19	20 <div> First Day of Spring </div>	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4



Colorectal Cancer Awareness Month • Athletic Training Month  
Child Life Month • MS Education and Awareness Month  
Nutrition Month • Save Your Vision Month





Photo: Alan Kalish



MARCH  
S M T W T F S  
1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
15 16 17 18 19 20 21  
22 23 24 25 26 27 28  
29 30 31 1 2 3 4

# April 2020

MAY  
S M T W T F S  
26 27 28 29 30 1 2  
3 4 5 6 7 8 9  
10 11 12 13 14 15 16  
17 18 19 20 21 22 23  
24 25 26 27 28 29 30  
31 1 2 3 4 5 6

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 April Fool's Day	2	3	4 <b>SNOWFLAKE HEALTH FAIR</b> at Snowflake Medical Center
5 Palm Sunday	6	7	8	9 Maundy Thursday	10 Good Friday	11 Holy Saturday
12 Easter	13	14	15	16	17	18 Summit Healthcare Women's Health CONFERENCE
19	20 Monthly <b>HEALTH SEMINAR</b> 11:00 am - 12:30 pm Summit Healthcare Conference Center	21	22	23	24	25
26	27	28	29	30	1	2



Alcohol Awareness Month • Autism Awareness Month (National)  
Facial Protection Month (National) • March for Babies  
Minority Health Month (National) • Rosacea Awareness Month  
Testicular Cancer Awareness Month





Photo: Ashley Fitch



APRIL  
S M T W T F S  
29 30 31 1 2 3 4  
5 6 7 8 9 10 11  
12 13 14 15 16 17 18  
19 20 21 22 23 24 25  
26 27 28 29 30 1 2

# May 2020

JUNE  
S M T W T F S  
31 1 2 3 4 5 6  
7 8 9 10 11 12 13  
14 15 16 17 18 19 20  
21 22 23 24 25 26 27  
28 29 30 1 2 3 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
3	4	5 Cinco De Mayo	6	7 National Day of Prayer	8	9
10 Mother's Day	11	12	13	14	15	16
17	18 Monthly <b>HEALTH</b> SEMINAR 11:00 am - 12:30 pm Summit Healthcare Conference Center	19	20	21 Ascension Day	22	23
24	25 Memorial Day	26	27	28	29	30
31 Pentecost	1	2	3	4	5	6



*Trusted to deliver exceptional,  
compassionate care close to home.*

Arthritis Awareness Month (National) • Asthma Awareness Month • Better Sleep Month • Clap4Health  
Employee Health and Fitness Month (Global) • High Blood Pressure Education Month (National)  
Huntington's Disease Awareness Month (National) • Melanoma/Skin Cancer Detection and Prevention Month  
• Mental Health Month (National) • Motorcycle Safety Awareness Month  
Neurofibromatosis Awareness Month • Osteoporosis Month (National) • Physical Fitness and  
Sports Month (National) • Psoriasis Arthritis Action Month • Stroke Month (American)

2200 E Show Low Lake Rd | Show Low, AZ 85901 | (928) 537-4375 | [www.summithealthcare.net](http://www.summithealthcare.net) | \*Some event dates are subject to change to accommodate other schedules.





Photo: Wiley Acheson



MAY  
S M T W T F S  
26 27 28 29 30 1 2  
3 4 5 6 7 8 9  
10 11 12 13 14 15 16  
17 18 19 20 21 22 23  
24 25 26 27 28 29 30  
31 1 2 3 4 5 6

# June 2020

JULY  
S M T W T F S  
28 29 30 1 2 3 4  
5 6 7 8 9 10 11  
12 13 14 15 16 17 18  
19 20 21 22 23 24 25  
26 27 28 29 30 31 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
7	8	9	10	11	12	13
					 <b>Show Low Days June 12-14</b>	
14	15	16	17	18	19	20
<b>Show Low Days</b> 	<b>Monthly HEALTH SEMINAR</b> 11:00 am - 12:30 pm Summit Healthcare Conference Center					<b>First Day of Summer</b>
21	22	23	24	25	26	27
<b>Father's Day</b> 	29	30	1	2	3	4



**Summit Healthcare**

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**Hernia Awareness Month**

**Men's Health Month**

**Migraine and Headache Awareness Month (National)**

**PTSD Awareness Month**

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Photo: Amanda G



JUNE  
S M T W T F S  
31 1 2 3 4 5 6  
7 8 9 10 11 12 13  
14 15 16 17 18 19 20  
21 22 23 24 25 26 27  
28 29 30 1 2 3 4

# July 2020

AUGUST  
S M T W T F S  
26 27 28 29 30 31 1  
2 3 4 5 6 7 8  
9 10 11 12 13 14 15  
16 17 18 19 20 21 22  
23 24 25 26 27 28 29  
30 31 1 2 3 4 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4 Independence Day
5 o	6	7	8	9	10	11 Dark Skies and Black Ties Gala at Hon-Dah
12 d	13	14	15	16	17	18
19 ●	20 Monthly <b>HEALTH</b> SEMINAR 11:00 am - 12:30 pm Summit Healthcare Conference Center	21	22	23	24	25
26 ◐	27	28	29	30	31	1



**Cord Blood Awareness Month**  
**Juvenile Arthritis Awareness Month**  
**Minority Mental Health Awareness Month (National)**





Photo: Kimberly Wakefield



JULY  
S M T W T F S  
28 29 30 1 2 3 4  
5 6 7 8 9 10 11  
12 13 14 15 16 17 18  
19 20 21 22 23 24 25  
26 27 28 29 30 31 1

# August 2020

SEPTEMBER  
S M T W T F S  
30 31 1 2 3 4 5  
6 7 8 9 10 11 12  
13 14 15 16 17 18 19  
20 21 22 23 24 25 26  
27 28 29 30 1 2 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17  11:00 am - 12:30 pm Summit Healthcare Conference Center	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5



**Summit Healthcare**

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**Influenza Awareness Month (National)  
Neurosurgery Awareness Month  
Psoriasis Action Month**





Photo: Amy Zimmerman-Pigusch



AUGUST  
S M T W T F S  
26 27 28 29 30 31 1  
2 3 4 5 6 7 8  
9 10 11 12 13 14 15  
16 17 18 19 20 21 22  
23 24 25 26 27 28 29  
30 31 1 2 3 4 5

# September 2019

OCTOBER  
S M T W T F S  
27 28 29 30 1 2 3  
4 5 6 7 8 9 10  
11 12 13 14 15 16 17  
18 19 20 21 22 23 24  
25 26 27 28 29 30 31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7 Labor Day	8	9	10	11 Patriot Day	12
13	14	15	16	17	18	19
20	21 Monthly <b>HEALTH</b> SEMINAR 11:00 am - 12:30 pm Summit Healthcare Conference Center	22 First Day of Autumn	23	24	25 Cavalcade of Cars 9/25 Run to the Pines Car Show 9/26-27 Fall Festival 9/26	26
27 Run to the Pines Car Show	28	29	30	1	2	3



Cholesterol Education Month (National) • Food Safety Education Month (National)  
Healthy Aging Month • Newborn Screening Awareness Month  
Prostate Cancer Awareness Month • Prostate Health Month  
Pulmonary Fibrosis Awareness Month (Global) • Recovery Month (National)  
Sepsis Awareness Month • Thyroid Cancer Awareness Month





Photo: Ashley Fitch



SEPTEMBER  
S M T W T F S  
30 31 1 2 3 4 5  
6 7 8 9 10 11 12  
13 14 15 16 17 18 19  
20 21 22 23 24 25 26  
27 28 29 30 1 2 3

# October 2020

NOVEMBER  
S M T W T F S  
1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
15 16 17 18 19 20 21  
22 23 24 25 26 27 28  
29 30 1 2 3 4 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2 <b>GOLF</b> THE SUMMIT <i>at Torreon</i> 	3 
4	5	6	7	8	9	10
11	12 Columbus Day	13	14	15	16	17
18	19 Monthly <b>HEALTH</b> SEMINAR 11:00 am - 12:30 pm Summit Healthcare Conference Center	20	21	22	23	24
25	26	27	28	29	30	31 Halloween



Contact Lens Safety Month • Dental Hygiene Month (National) • Disability Employment Awareness Month (National) • Domestic Violence Awareness Month Health Literacy Month • Medical Librarians Month (National) • Medical Ultrasound Awareness Month • Patient-Centered Care Awareness Month • Pharmacists Month (American) Physical Therapy Month (National) • "Talk About Your Medicines" Month

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Photo: Amanda G



OCTOBER  
S M T W T F S  
27 28 29 30 1 2 3  
4 5 6 7 8 9 10  
11 12 13 14 15 16 17  
18 19 20 21 22 23 24  
25 26 27 28 29 30 31

# November 2020

DECEMBER  
S M T W T F S  
29 30 1 2 3 4 5  
6 7 8 9 10 11 12  
13 14 15 16 17 18 19  
20 21 22 23 24 25 26  
27 28 29 30 31 1 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 All Saints Day	2	3 Election Day	4	5	6	7
8	9	10	11 Veteran's Day	12	13	14
15	16 Monthly <b>HEALTH</b> SEMINAR 11:00 am - 12:30 pm Summit Healthcare Conference Center	17	18	19	20	21
22	23	24	25	26 Thanksgiving Day	27	28
29 First Sunday of Advent	30	1	2	3	4	5



Alzheimer's Disease Awareness Month (National) • Caregiver Month (National)  
COPD Awareness Month • Diabetes Month (American) • Diabetic Eye Disease  
Awareness Month • Family Caregivers Month (National) • Healthy Skin Month (National)  
Hospice and Palliative Care Month (National) • Lung Cancer Awareness Month  
Prematurity Awareness Month • Jingle Bell Run for Arthritis (through December)





Photo: Chris Paxman  
Paxman Photography  
(480)861-9490  
[ctpaxman@gmail.com](mailto:ctpaxman@gmail.com)



NOVEMBER  
S M T W T F S  
1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
15 16 17 18 19 20 21  
22 23 24 25 26 27 28  
29 30 1 2 3 4 5

# December 2020

JANUARY  
S M T W T F S  
27 28 29 30 31 1 2  
3 4 5 6 7 8 9  
10 11 12 13 14 15 16  
17 18 19 20 21 22 23  
24 25 26 27 28 29 30  
31 1 2 3 4 5 6

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
6	7 Pearl Harbor Remembrance Day	8	9	10	11	12
13	14	15	16	17	18	19
20	21 First Day of Winter	22	23	24	25	26
27	28	29	30	31 New Year's Eve	1	2



**Safe Toys and Celebrations Month**  
**Safe Toys and Gifts Month**



# Expanding Patient Care



**Dedicated Patient Call Center ~ 928-537-6700**

Monday – Thursday 7:30 am to 6:00 pm • Fridays 7:30 am to 5:00 pm

*Developed to allow patients to have one number to call for outpatient physician clinic appointments, or other questions or concerns.*



“We’re committed to providing excellent healthcare, and additional conveniences, close to home, while providing the level of quality care you and your family have come to expect.”

Summit Healthcare’s Outpatient Pavilion | 4951 S White Mountain Blvd. | Building A | [summithealthcare.net](http://summithealthcare.net)





**JANUARY**  
Photo: Chris Paxman



**FEBRUARY**  
Photo: Alan Kalish



**MARCH**  
Photo: Sarah Steinmetz



**APRIL**  
Photo: Alan Kalish



**MAY**  
Photo: Ashley Fitch



**JUNE**  
Photo: Wiley Acheson



**JULY**  
Photo: Amanda G.



**AUGUST**  
Photo: Kimberly Wakefield



**SEPTEMBER**  
Photo: Amy Zimmerman-Pigusch



**OCTOBER**  
Photo: Ashley Fitch



**NOVEMBER**  
Photo: Amanda G.



**DECEMBER**  
Photo: Chris Paxman