



Malia Stringham

Program Director, Senior Life Solutions

mstringham@rdhosp.org

970.675.8002

Rangely District Hospital Senior Life Solutions Announces Expansion and a New Program Director

Rangely, Colorado – Rangely District Hospital is thrilled to announce the expansion of the Senior Life Solutions program’s service region to now include the entire Northwest Colorado region. This growth enables us to extend our reach and provide much-needed mental health services to even more older adults. By expanding our service area, we reaffirm our commitment to enriching lives and supporting the well-being of aging individuals in our community.

The program has also added Malia Stringham, RN as the new Program Director of Senior Life Solutions. Her expertise and passion will play a key role in enhancing the care and support we provide to our community’s older adults.

Rangely District Hospital’s Senior Life Solutions program is a specialized intensive outpatient group therapy program. It is uniquely designed to address the mental health needs of individuals typically aged 65 and older, helping them navigate life transitions and challenges such as depression and anxiety often associated with aging. In her new role, Stringham will be responsible for leading and coordinating the program staff to ensure top-quality patient care while engaging the community to build awareness about Senior Life Solutions and the importance of mental wellness.

Stringham noted she was born and raised in Vernal, Utah and loves the small-town environment and quality of life that Rangely provides. She became a nurse in 2012 and throughout her career has worked across a variety of nursing disciplines - including correctional facilities', psychiatric nursing, home health, hospital risk management and case management which have helped her recognized the unique role that mental wellness has for improving people's quality of life and overall health.

When asked about her new role, Stringham shared, “Mental wellness has a direct impact on physical health. Rangely District Hospital and Senior Life Solutions recognize this vital aspect of healthcare, especially for seniors.”

Remember, anyone can refer a patient to the program – whether it’s a physician, family member, healthcare professional, or even the patient themselves. Help is just a call away!

For more information about the Senior Life Solutions program at Rangely District Hospital, or to have program staff reach out to a senior you are concerned about, call 970-675-8002.

ABOUT SENIOR LIFE SOLUTIONS

Senior Life Solutions is managed by Psychiatric Medical Care (PMC). Founded in 2003, PMC is a leading behavioral healthcare management company. Focused on addressing the needs of rural and underserved communities, PMC manages inpatient behavioral health units, intensive outpatient programs, and telehealth services in more than 35 states. The company's services provide evaluation and treatment for patients suffering from depression, anxiety, mood disorders, memory problems, post-traumatic stress disorder, and other behavioral health problems. For more information, visit www.seniorlifesolutions.com