



### **Quick thinking leads to a happy ending.**

On one October morning, Jean Anderson, clinical dietitian at MPH, was taking a snack break of peanuts and crackers in her car. She took a handful of peanuts and put them in her mouth but suddenly realized that she couldn't breathe. However, she did not panic, as she was at a hospital, and calmly went to the nearest door, knocking for help.

Jessica, who was training a new employee named Audree, heard the knocking and opened the back door. She immediately recognized the smell of peanuts and thought Jean was having an anaphylactic reaction. However, Jean whispered that she was choking, and Jessica quickly realized the seriousness of the situation. She began to give Jean the Heimlich maneuver, even though she had never done it before and was worried about injuring her. After about five thrusts, Dr. Odegaard came out of an exam room and was surprised to see Jean going up in the air. Although the object she was choking on did not come out, Jean eventually started tapping on Jessica's hand, so she stopped the maneuver, and Jean was finally able to breathe again.

Jessica then had Genny bring Jean some water, and they had her sit down for a while to catch her breath. "I could tell Jean was very scared, as evidenced by the look in her eyes," Jessica said. Jessica went to check on her later in the day to make sure she was doing well, and Jean was doing much better.

"I give Jessica Jimenez in the Granby clinic a huge thankful Kudo! I knew I needed help, and she got to work! GRATEFUL in GRANBY!"

-Jean Anderson

We are fortunate to have Jean and Jessica at MPH. They are deeply rooted in Grand County, love this community, and are each other's heroes.



*Jean and Jess share a moment at work.*

