



Sarah Trembly
Emergency Department Nurse Manager
SageWest Health Care
Lander, WY

Biography: Sarah Trembly is a dedicated Emergency Department Nurse Manager at SageWest Lander campus. She holds an education degree from the University of Wyoming and a nursing degree from Central Wyoming College. Sarah's healthcare journey began as an EMT, where she discovered her passion for emergency medicine and patient care. With a strong commitment to improving patient outcomes, she has played a pivotal role in leading her team through the fast-paced demands of the emergency department. One of her greatest joys is

education—mentoring and training new nurses to help them succeed in their careers. Outside of work, Sarah enjoys music, spending time outdoors, and continuously enhancing her skills to build a strong, motivated team.

Sylvia Schultz
System Director for Laboratories
SageWest Health Care
Riverton and Lander, WY

Biography: Sylvia Schultz is the System Director for Laboratories at SageWest Health Care. Originally from the Philippines, she moved to the U.S. in 1986 and earned a bachelor's degree in clinical laboratory science. Initially planning to pursue medicine, she embraced laboratory science after her father's passing and has been in the field for nearly 40 years. Though not at the bedside, Sylvia plays a crucial role in patient care by performing lab tests that guide treatment decisions. She views leadership as a privilege—supporting her team's success while stepping forward when challenges arise. A recent Wyoming transplant from Virginia, Sylvia enjoys writing poetry and prose as a creative outlet. She cherishes time with her family, including her three grown children and grandchildren.





Cindy Herman
Director of Ancillary Services
SageWest Health Care
Riverton and Lander, WY

Biography: Cindy Herman is the Director of Ancillary Services at SageWest Health Care, overseeing Respiratory Therapy, Radiology, and Cardiac Rehab. A respiratory therapist by training, she specializes in neonatal and pediatric care, bringing years of expertise to her leadership role. Cindy’s career began in 2007, and she transitioned into leadership in 2012, demonstrating exceptional adaptability across diverse healthcare settings—from rural hospitals to level-one trauma centers. Passionate about patient care and team development, she is committed to enhancing healthcare services and operational efficiency. Cindy thrives in dynamic environments, always striving to improve patient outcomes and supporting her team in delivering

the highest quality care.

Amy Jarrard
Emergency Department Manager
SageWest Health Care
Riverton, WY

Biography: Amy Jarrard is the Emergency Department Manager at SageWest Riverton campus. She began her nursing career in the ICU before transitioning to the fast-paced environment of the emergency department. Her leadership skills quickly emerged, leading her to a supervisory role overseeing hospital operations and ultimately to her current position. With experience in both direct patient care and administrative oversight, Amy is committed to fostering excellence and efficiency in emergency healthcare. She is passionate about supporting her team, enhancing patient outcomes, and ensuring high-quality care in critical situations.



Heather Nielsen
Therapy Services Director
SageWest Health Care
Riverton and Lander, Wyoming

Biography: Heather Nielsen is the Therapy Services Director at SageWest Health Care. A Fremont County native, she earned her bachelor's degree in Kinesiology and Health Management from the University of Wyoming before completing her Doctorate in Physical Therapy at Southwest Baptist University. With experience in outpatient, home health, rehabilitation, nursing home, acute care, and wound care settings, Heather brings a well-rounded perspective to patient care. She is dedicated to improving patient outcomes and supporting her team in delivering high-quality therapy services.



McKenzie Thompson
MedSurg/ICU Director
SageWest Health Care
Riverton and Lander, Wyoming

Biography: McKenzie Thompson is the MedSurg ICU Director at SageWest Health Care. Originally from Oregon, she moved to Riverton, Wyoming, at 19 and pursued her nursing education at Central Wyoming College, earning an associate degree in nursing. She began her career as a MedSurg nurse at SageWest, later transitioning to the ICU, where she gained valuable critical care experience. Now in a leadership role, McKenzie is dedicated to ensuring high-quality patient care and supporting her team. Outside of work, she enjoys spending time with her family and two dogs, as well as exploring the outdoors.

Workshop: *Escape Room* - Join us for a “Medical Mystery Rescue” escape room. The goal of the escape room is to solve a medical mystery and rescue the patient by completing various healthcare-related challenges, with a focus on scenarios in the emergency department, radiology department, laboratory involving the microscope, infection prevention, therapy services and ICU.