

# Got a Life!

OBHG PHYSICIAN TESTIMONIAL



Dr. Renee Lockey, OBHG Hospitalist

## ▶ *Grounded at 10,000 Feet*

By Kristine Hartvigsen

*Two roads diverged in a wood, and I—  
I took the one less traveled by,  
And that has made all the difference*

— Robert Frost

She much prefers the fresh air and sunlight to the indoors or the media spotlight. She doesn't care who gets the credit, and she really doesn't think her actions are that extraordinary. The humble **Dr. Renee Lockey** is refreshingly gracious, and her selfless deeds are, nonetheless, quite extraordinary.

The high-energy **Team Lead at Memorial Hospital Central in Colorado Springs, CO**, seems constantly in motion. When she's off shift, she's in the great outdoors mountain biking, snowboarding, camping, or road-tripping. Sun or snow, she commutes to and from work each day. It's a lifestyle she truly loves.

While in private practice in Austin, TX, Dr. Lockey reached a crossroads. A strong, seemingly divine message of purpose and giving repeatedly visited her conscience. Her grown son, Tristan, had left home for college, and she was adjusting to an empty nest. Simultaneously, her heart was being prepared for something more.

"I love my job working in the U.S. as a doctor, but my eyes were opened several years back to the reality of a world full of needs," she explained. "In 2011, I felt spiritually challenged to scale back my way of living and to share more of what I had. Convinced that I could live comfortably on just a fraction of what I was earning, I decided to fix my income and give more of my salary away."

Today, Dr. Lockey lives a decidedly minimalist lifestyle, getting by on just a third of her earnings and donating the rest to missionaries, clean water projects, and other important causes. She also is generous with her time. "Our talent is a resource, and our time is a resource. I am learning to give from all that I've received. It's a lifelong journey."

When she learned about positions at Ob Hospitalist Group (OBHG), she wondered if it really could be possible to have enough time off not only to pursue the outdoor sports she loves but also to devote her time and talent to mission work abroad.

"I went to the OBHG website and read the mission statement. It almost moved me to tears. It so much represented to me the heart of true medicine and of servant leadership," she said. "I thought to myself, this is a company I would be very proud to be part of. Every hospital should endorse this mission."

Dr. Lockey ultimately left private practice and began with OBHG as a locum tenens in Austin. She later relocated and began working full-time as an OBHG Team Lead in Colorado in December 2015. "I always wanted to live in the mountains," she said. "I'm done with big city life now. I am more of an off-the-beaten-path kind of girl at heart."

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— Dr. Renee Lockey  
Team Lead physician, Ob Hospitalist Group





Dr. Lockey and the OB/GYN interns and residents she worked with at Tenwek Hospital in Bomet, Kenya.

Right now, she is building a small, 800-square-foot dream house in Leadville, CO. At 10,000 feet, this humble mountain town is the highest incorporated city in the United States. "The house will be made of reclaimed barn wood from the Texas hill country. A modern structure with an old soul, if you will," she said, adding that she hopes to move in by the summer of 2018. In the meantime, she is enjoying living with her similarly active and generous mother in Colorado Springs.

Dr. Lockey works full time at Memorial Hospital Central and pulls occasional shifts at St. David's South Austin Medical Center and at St. Mary's Hospital in Grand Junction, CO. All the while, she travels and competes in cross country cycling. "I've always been an athlete, but I was away from competition for a long time because of private practice," she explained. "Then at age 43, I decided to start racing mountain bikes. It feels great to be training and competing again!" Her goal for 2017: a sub-9-hour finish in the infamous Leadville Trail 100.

As an OBHG hospitalist, she is able to set aside generous time for her work with [Samaritan's Purse](#), a global ministry that supports disaster relief and medical missions.

"Last year I went to Kenya for a month. This year, I've already been to Kenya and Rwanda," she said. "When my son was

young, I did things like dig wells so he could come along and participate. It was important to me that he grow up with some global perspective. After he left for college, I switched to medical missions."

"It's all third-world standards where I serve. No fancy diagnostics or advanced equipment. Instead, you are challenged to rely on good clinical judgement, limited lab tests, and the surgical skills that you bring. But the rewards of serving are huge. Across cultural and language barriers, compassion still speaks loudly, and people are appreciative for all that you give. I take these trips as much for me as I do for others. They ground me, making me a better doctor, mother, person, and friend."



*When she's not delivering babies and saving lives, you likely can find Dr. Lockey out and about in her Shasta Airflyte trailer exploring new places, often accompanied by Slater, her trusty boxer.*

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