



PEAK HEALTH NEWSLETTER

Winter 2019

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Message from the CEO

Dear Neighbors,

I hope you and your loved ones enjoyed the holiday season and all our community has to offer that time of year. My family and I love going to the different events and exploring new ways to get involved. From festivals to celebrations and volunteering, I love the sense of pride, service and appreciation this community has.

At Summit Pacific, we are proud to be your trusted partner in healthcare and we appreciate your continued support as we work to build a healthy, vibrant future. We are committed to doing what is best for our community and patients; not only for today, but for generations to come. As many of you know, a healthy future requires good decisions and investments today, which is exactly why we have invested in a state-of-the-art, transformational Wellness Center.

Many patients and community members have asked me, *“Josh, what is a Wellness Center?”* and the simple answer is, *“It is a place to come and be well!”*

The new 60,000-square-foot Wellness Center will increase access to many of the services our patients already need and use including: laboratory, diagnostic imaging, physical and occupational therapy and of course, primary care. Thoughtfully designed, with the patient experience in mind, the building incorporates an integrated team-based approach to care that focuses on the whole person.

Additionally, we will be offering an array of fitness classes, a park and plaza for community events, cooking demonstrations, health-related educational programs and much more. Our goal is to impact the health of our community in new and meaningful ways to provide better outcomes for each patient.

Throughout this issue, you will find even more information about our new Wellness Center and services, a snapshot of some of our signature community events for 2019, a hearty warm recipe to try this season, information about new providers, our new patient portal app and more.

Thank you for letting us be your trusted partner in healthcare!

Josh Martin, MBA
Chief Executive Officer



Summit Pacific's Wellness Center

Grand Opening!



The weather was excellent for the Summit Pacific Wellness Center Ribbon Cutting & Grand Opening held on Friday, January 25, 2019. The official ribbon cutting took place at noon, with special guest speakers, a toast, hors d'oeuvres, climbing wall demos and self-guided tours. An incredible 800 guests from the community were in attendance throughout the day, and more than 80 employee volunteers provided event support.



Get the right care, at the right time!

Primary Care Clinics

Open Monday through Friday 7 a.m. to 5 p.m.

Summit Pacific's primary care clinics specialize in family medicine for patients of all ages. Our clinics are staffed by a variety of board certified providers specializing in pediatric care, women's health, chronic disease management, naturopathic medicine and more. Call 360-346-2222 to schedule a new patient appointment today!

Same Day Clinic

Open Monday through Friday 7 a.m. to 5 p.m.

Feeling ill and can't get an appointment with your Summit Pacific primary care provider? Simply call 360-346-2222 to schedule with one of our Same Day Clinic providers.

Urgent Care Clinic

Open Daily 8 a.m. to 8 p.m.

Walk-in service for cold, flu, stomach pains, earaches, sprains and strains, rashes, cuts, burns, mild asthma, eye irritation and more!

Emergency Department

Open 24/7

Visit the Emergency Department, or call 911, for life-threatening illness or injury.



View wait times online!

Emergency Department & Urgent Care

Visit sp-mc.org to view Urgent Care and Emergency Department wait times. Look for the "wait times" button on our home page. In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away. Wait times are approximate and provided for informational purposes only.

Wellness Center Features & Services

At Summit Pacific, we are transforming the way we deliver healthcare by expanding our definition of who our patients are and how to best care for them. We are working to provide our community access to increased services, programs and the support needed to avoid preventable ailments and live longer, happier, healthier lives.

Patients now have increased access to some of the routine services needed to support their care plans, including primary care, laboratory, diagnostic imaging, therapy and more!

Primary Care Clinic

Both Elma Family Medicine and Summit Pacific Healthcare Clinic have moved into the Wellness Center's third floor primary care suite. The new clinic space allows us the opportunity to hire additional primary care providers and increase availability for patients. The primary care suite also offers a pediatric waiting area, specially catered to our littlest patients.

Laboratory

The lab space features four draw stations, one of those being a private pediatric draw room. Point of care testing such as basic drug screens, glucose levels, basic urinalysis, hemoglobin, INR and others can be drawn and analyzed in the Wellness Center.

Diagnostic Imaging

Summit Pacific will now be offering diagnostic imaging services in both the Medical Center and Wellness Center. Summit Pacific Medical Center will continue offering MRI and CT scans, ultrasound, echocardiogram (echo) and X-ray while the Wellness Center will offer women's ultrasound services, bone density scans, body composition scans and mammography.

The Café @ Summit

Chef Brandon and our Food and Nutrition Services team have expanded into a much larger space, which features a demo kitchen. The café will offer made to order items and coffee, and will provide catering for our many new conference spaces, all available for public use.

Physical and Occupational Therapy & Fitness Classes

Our 1,000-square-foot therapy gym located within Summit Pacific Medical Center will continue to serve our inpatients, while our outpatient therapy services will be moving to the Wellness Center's new 10,000-square-foot therapy gym. The new gym space gives us the room to hire additional physical therapists and accommodate a higher number of physical and occupational therapy patients.

We will be working with local community partners to offer additional health and fitness offerings including yoga, martial arts and massage!

Community Education & Support Groups

Summit Pacific will continue to offer a variety of free monthly community education classes and will be adding additional support groups including groups for those with diabetes or caring for diabetics, a cancer survivors group and a group for Alzheimer's caregivers.

Indoor Activity Areas

The second (and main) floor of the Wellness Center offers both a view of our rock climbing wall and a children's play area that features boulders to climb or sit on, a fire lookout and a starry night sky.

Outpatient Pharmacy

Patients are sure to appreciate the convenience of having a pharmacy in the same building as their primary care clinic. We are excited to welcome Elma HealthMart Pharmacy to our new space.

Campus Additions

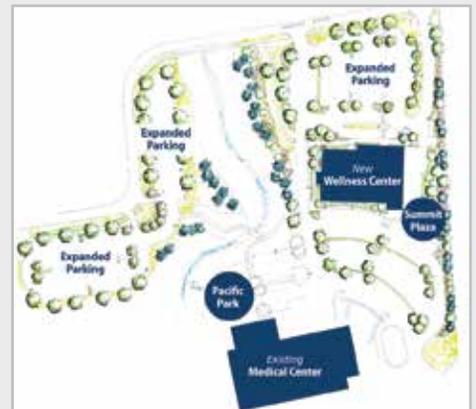
During the construction of our new Wellness Center, we have taken the opportunity to make additional enhancements in multiple areas around our campus! Patients and community members will notice increased access to parking and multiple outdoor activity spaces.

Summit Plaza

Our plaza is located right outside of the first-floor therapy entrance of the Wellness Center and will feature trellises with lush greenery, a water feature and splash pad for the summer months and will act as event space for farmers markets, cooking demonstrations and more!

Pacific Park and Community Fitness Trail

Slides, climbing structures and adult exercise equipment, all in a parklike setting, encourage play and bring joy and fun to healthy living. The park and outdoor activity area will help us reach the youngest in our community and get them excited about moving and being outdoors, and will engage the whole family in healthy activity!



Welcome, New Providers



Marcus Heisler, MD, MPH

Dr. Marcus Heisler specializes in family and preventive medicine and enjoys working with all ages and entire families. He is passionate about preventing and treating chronic diseases, helping individuals quit smoking and working with patients to reverse chronic diseases.



Rebecca Bodle-Shingu, ARNP

Rebecca comes to Summit Pacific with more than 20 years of experience as a primary care provider. She has a passion for encouraging people to be as healthy as they can be through health promotion and educating her patients. She is looking forward to caring for our rural community and hopes to see patients of all ages!



Samuel Engemann, DO

Dr. Engemann provides primary care in addition to general outpatient and inpatient internal medicine. He cares for adults of all walks of life whose care needs range from routine screening, to coordination and management of rare and complicated diseases. He is wound care certified and has completed additional training in cranial osteopathic treatments. He is passionate about improving the lives of patients with heart failure, metabolic syndrome, chronic pain, substance abuse and the geriatric population.

Summit Pacific Receives 2018 Community Health Leadership Silver Award



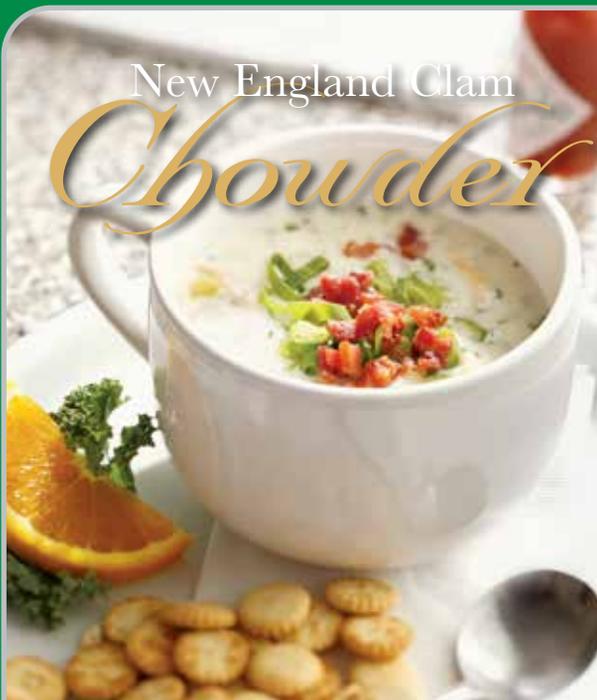
This past October, the Washington State Hospital Association honored a select seven hospitals with prestigious awards at their Annual Member Meeting. Summit Pacific Medical Center was honored

to receive a 2018 Community Health Leadership Silver Award for its Care Coordination with an Integrated Model initiative. The Community Health Leadership Award is among the association's highest honors awarded to healthcare organizations in Washington state.

Summit Pacific has earned this esteemed award for its flourishing care coordination program, which offers patients guidance in health coaching, chronic disease management, transitional care management and advance care planning.

"We are honored to be recognized for our work in care coordination and look forward to continuing and growing this model of care," said Dr. Tammy Moore, Chief Clinical Officer. "Sometimes, all patients need is to know that they have support and how to access it."

If you'd like to know more about the Washington State Hospital Association's Community Health Leadership Awards, visit WSHA.org.



New England Clam Chowder



2	t canola oil	½	c heavy cream
4	slices bacon, chopped	⅓	c all-purpose flour
1	medium onion, chopped	¾	t salt
2	stalks celery, chopped	12	oz fresh clam strips (see Tips), chopped, or 3 6-oz cans chopped baby clams, rinsed
2	t chopped fresh thyme or 1 t dried	2	scallions, thinly sliced
1	medium red potato, diced		
1	8-oz bottle clam juice (see Tips)		
1	bay leaf		
3	c low-fat milk		

- Heat oil in a large saucepan over medium heat. Add bacon and cook until crispy, 4 to 6 minutes. Transfer half of the cooked bacon to a paper towel-lined plate with a slotted spoon. Add onion, celery and thyme to the pan; cook, stirring, until beginning to soften, about 2 minutes. Add potato, clam juice and bay leaf. Bring to a simmer, cover and cook until the vegetables are just tender, 8 to 10 minutes.
- Whisk milk, cream, flour and salt in a medium bowl. Add to the pan and return to a simmer, stirring, over medium-high heat. Cook, stirring, until thickened, about 2 minutes. Add clams and cook, stirring occasionally, until the clams are just cooked through, about 3 minutes more.
- To serve, discard bay leaf. Ladle into bowls and top each serving with some of the reserved bacon and scallions.

Tips: Check sodium carefully when using clam juice because the amount of sodium can vary dramatically between brands. We use Bar Harbor clam juice with only 120 mg sodium per 2-ounce serving.

Look for fresh clam strips at the seafood counter.

Makes 6 servings, generous 1 c each. Per serving: 253 calories; 13 g fat (6 g sat, 4 g mono); 59 mg cholesterol; 20 g carbohydrate; 16 g protein; 1 g fiber; 585 mg sodium; 392 mg potassium.

Nutrition bonus: Iron (50% daily value), Vitamin C (23% dv), Calcium (21% dv), Vitamin A (17% dv).



610 East Main Street | Elma, WA 98541



105 W. Simpson Avenue | McCleary, WA 98557

My SummitCare Patient Portal

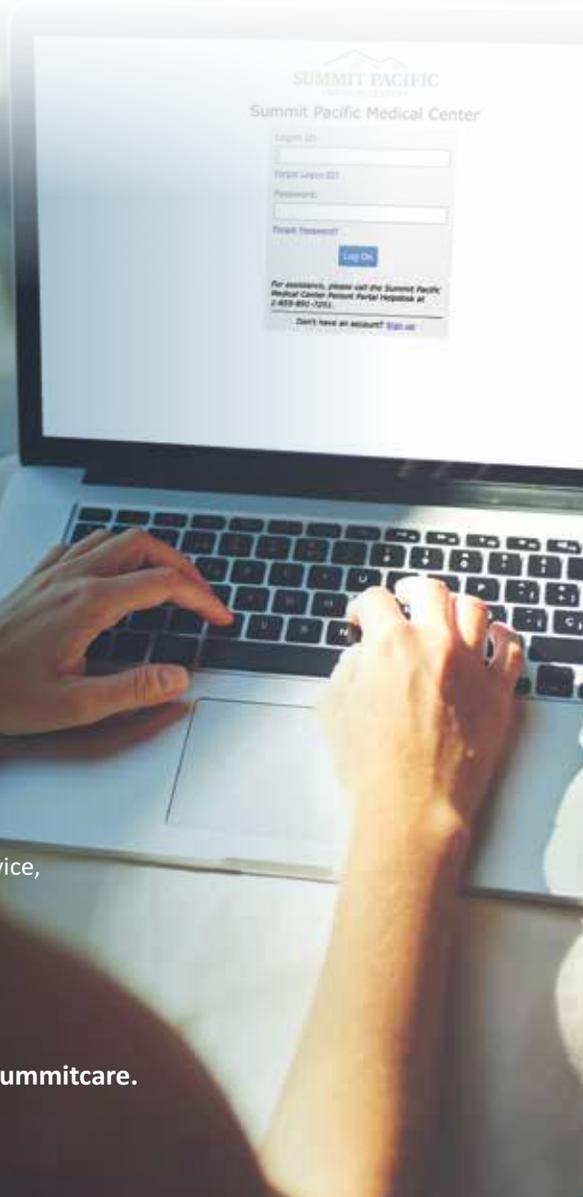
Enroll today in the My SummitCare patient portal for convenient and secure access to:

- » Patient health summary
- » Laboratory and radiology results
- » Non-urgent medical correspondence
- » And much more!

And access is always available at your fingertips when you download our new MEDITECH MHealth mobile app.

Available on your Apple® or Android™ device, simply log in with the same patient portal credentials you would use on a desktop. It's free to use and easy to navigate!

Enroll online today at
summitpacificalmedicalcenter.org/mysummitcare.



SAVE THE DATE

for our 2019 Events

- » **Beginning February 2019**
Monthly Community Education Dinners
- » **May 10th**
Celebrity Golf Tournament @ Salish Cliffs Golf Club
- » **October 12th**
Peak Health 5k Fun Run and Wellness Fair @ Summit Pacific Medical Center
- » **October 14th**
Sip & Sail Gala @ Alderbrook Resort & Spa
- » **October 24th**
Ladies' Night Out @ Summit Pacific Wellness Center

Watch your mail for more information. To learn more about these events, sponsorships or other opportunities, please contact Natalie Jensen, Event Coordinator, by emailing Natalie.Jensen@sp-mc.org or calling 360-346-2345.

