

PEAK HEALTH NEWSLETTER

Fall 2021

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Message From the CEO

Dear Friends and Neighbors,

When you visit our facilities, you will find a team of dedicated healthcare professionals committed to our mission, “In partnership with our community, we passionately advance the health of all individuals with an emphasis on quality, access, and compassion.” Our mission is the bedrock of our organization and defines who we are. It gave us stability under our feet as we navigated through 2020, and it is guiding us forward into 2022.

We believe each patient is unique and deserves personal attention and compassionate care. In every department, you will find a team of highly skilled caregivers who specialize in your personal healthcare needs. They are available to answer questions about all aspects of your care. Don’t hesitate to share your questions and concerns with them. If you have not scheduled time to visit with your primary care provider, or have yet to establish with one, now is the time.

We continue to take precautions to ensure the safety of all who enter our facilities and want to encourage you to take charge of your health. Many people delayed necessary healthcare in 2020, and we are seeing the impacts of that this year. We have a wonderful and caring team of primary care providers, including our two new resident physicians, who would love to be your partner in wellness and help you in your health journey.

Though we continue to navigate through the complexities of COVID-19, we are offering an array of virtual and in-person events and activities. You can find more details on our website or follow us on Facebook. We’re especially looking forward to hosting our future events this year and hope you can participate, whether in person or virtually.

My focus is simple, to create a culture where our team collaborates to provide high quality care with a dedication to excellence. I can assure you that everyone here at Summit Pacific is dedicated to the health and well-being of you and your family. Thank you for trusting Summit Pacific to be your partner in health and wellness.

Sincerely,

Josh Martin, MBA

Chief Executive Officer



Environmental Services Department Becomes CHEST Certified to Increase Patient Safety

Patient safety is our top priority at every Summit Pacific location. In early 2020, we saw a rapid increase in COVID-19 infections across the country. Summit Pacific had to respond to ensure that patients and staff would be safe during this unprecedented time.

The Environmental Services team implemented a new gold standard for their department to ensure facilities would remain cleaned, sanitized and safe for all. The process was kicked off with EVS Supervisor Angela KiviAasen, who received her Certified Healthcare Environmental Services Technician (CHEST) certification. She also became a certified trainer through the process.

“Our overall goal is to certify all EVS techs at Summit Pacific,” explains KiviAasen. “We’re doing this in increments, with two last year and six this year. Then next year, we will complete the department’s certifications. We want to make the certification an ongoing standard for our department. This experience has been fun, and the team is very receptive and enjoys the content being covered.”



Volunteers Remove Invasive Species on Hospital Campus



Summit Pacific's Green Team led a work project to remove invasive Scotch broom on the hospital campus.

“Invasive species can cause damage to the economy, the environment and to human health. But each person can make a difference in preventing new invasions, and we are proud to care for our hospital grounds,” said Jennifer Brackeen, Director of Innovation. The team removed Scotch broom, a weed which is toxic to animals and humans, displaces native and beneficial plants and smothers tree seedlings, hampering reforestation efforts.

Understanding the impact healthcare has on the environment, Summit Pacific announced that it has joined Practice Greenhealth, the leading nonprofit membership and networking organization for sustainable healthcare. The mission of Practice Greenhealth is to empower its members to increase their efficiencies and environmental stewardship while improving patient safety and care through tools, best practices and knowledge.

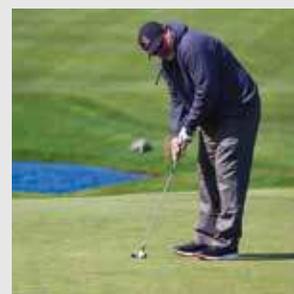
Summit Pacific is strongly committed to sustainable healthcare. By becoming a member of Practice Greenhealth, we are strengthening our efforts to operate in a way that is better for the planet as well as the patients, staff and visitors who walk through our doors.

Foundation’s Ride the Harbor: Tour de Wellness a Great Success!

This cycling event took participants on a scenic ride from McCleary to Westport. Cyclists rode through forests, farmlands, over rivers and hills and finished at the Pacific Ocean. The mission was to provide Grays Harbor County an opportunity to get active in a safe and supportive way. With three separate lengths, riders of all skill levels were welcome and able to test their endurance.

Thank you to all who participated in the Tour de Wellness! Whether you were a rider, a donor, sponsor or volunteer, your support means so much to us. This year we raised more than \$47,000, and we had over 150 participants for a total of 7,399 miles ridden.

Early Bird Registration is now open for next year’s event on Saturday, June 25, 2022. Visit: <https://bit.ly/RideTheHarbor>



Congratulations to Our Daisy Award Winners

The Daisy Award is a nationwide program recognizing nursing excellence and honoring the super-human work nurses do every day. Each quarter, Summit Pacific honors two RNs with the Daisy Award. Please join us in congratulating them both!



Q1 2021 Hospital Daisy Awardee: Nick Greely, Emergency Department RN

Greely went above and beyond to ensure a patient was as comfortable as could be while receiving care. He has been recognized by this patient who said, "Nick is caring, compassionate and helped care for me, even though he wasn't my nurse. I

had been doubled over crying in pain; the ED was busy at the time. Nick noticed that the medicine was ready for me and took the initiative to help me feel better so more tests could be done. Thank you, Nick!"



Q1 2021 Clinic Daisy Awardee: Revell McClanahan, LPN

McClanahan takes an individualized approach when caring for her patients. She has been recognized by a patient's parent who said, "My autistic son came in for vaccinations. She was absolutely remarkable. She was calm and

understanding with him. She waited patiently and found common ground so he could feel safe. We made it through three shots without tears, screaming or panic attacks. I could not have asked for a better nurse."

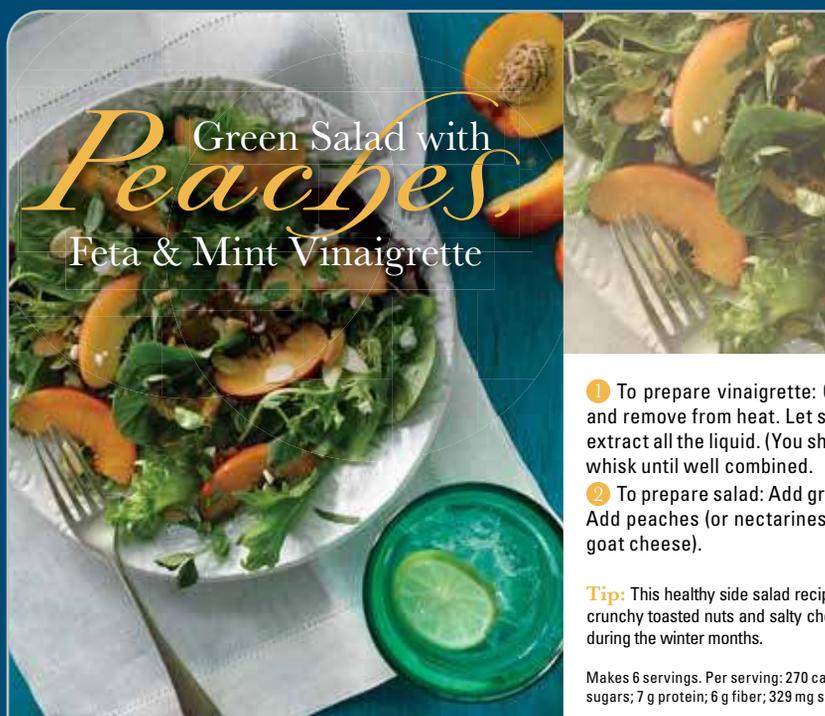


Am I at risk of falling?

Falls are common to those over the age of 65 and can lead to serious injury. These injuries can range from mild bruising, broken bones, head injuries and even death. Many factors increase the risk of falling including mobility or balance issues, chronic illness and impaired vision.

It is important to reach out to your provider if you worry about falling or feel unsteady. Your healthcare provider may recommend strategies or techniques to prevent and reduce your chance of injury. This may include changing or reducing the dose of medications, vitamin supplements or vision testing. They can also refer you to therapy where you can do exercises to improve mobility and balance, get suggestions on footwear and even get a review of your home's layout for potential hazards.

For questions about a fall risk assessment, please call Summit Pacific's Therapy Services Department at 360-346-2298 or set up an appointment with your primary care provider.



Green Salad with Peaches Feta & Mint Vinaigrette

- Mint Vinaigrette**
- ¼ c chopped fresh mint
 - 3 T lemon juice
 - ⅓ c extra-virgin olive oil
 - 2 T red-wine vinegar
 - 1 t honey
 - ½ t kosher salt

- Salad**
- 12 c bitter greens, such as arugula, mizuna and/or watercress, tough ends trimmed
 - ½ c packed slivered mint
 - ¼ t kosher salt
 - 6 ripe peaches or nectarines, sliced
 - ½ c sliced or slivered almonds, toasted
 - ¾ c crumbled feta or goat cheese (about 3 oz)

- 1 To prepare vinaigrette: Combine chopped mint and lemon juice in a small saucepan. Bring to a boil and remove from heat. Let steep for about 10 minutes. Strain into a large bowl, pressing on the leaves to extract all the liquid. (You should have about 3 T liquid after straining.) Add oil, vinegar, honey and ½ t salt; whisk until well combined.
- 2 To prepare salad: Add greens and slivered mint to the bowl with the vinaigrette and sprinkle with salt. Add peaches (or nectarines) and almonds; gently toss to combine. Serve the salad topped with feta (or goat cheese).

Tip: This healthy side salad recipe follows one of the essential formulas for great salads: tossing bitter greens with sweet fruit, crunchy toasted nuts and salty cheese. Melons are a good alternative to the stone fruit later in the summer, or try dried apricots during the winter months.

Makes 6 servings. Per serving: 270 calories; 19 g fat (4 g sat, 12 g mono); 13 mg cholesterol; 22 g carbohydrate; 1 g added sugars; 15 g total sugars; 7 g protein; 6 g fiber; 329 mg sodium; 730 mg potassium.

Welcoming New Providers

At Summit Pacific, we understand that finding the right provider should be quick and easy. To ensure our patients have access to primary care providers with a range of specialties, we are continually bringing additional providers to care for our growing community and ensure that our patients have a range of providers to choose from. Our providers' focuses range from women's health and obstetrics to chronic disease management and pediatrics.

We have six new family medicine providers who are all accepting new patients, including Dr. Debrah Bergeron, M.D.; Dr. Mariel Chan, M.D.; Mathew Kummerfeldt, PA-C; Dr. Ioan Nicolescu, M.D.; Patrick O'Reilly, PA-C; Dr. Yue Teng, M.D.; and for behavioral health, Naemah Johnson, LICSW, is now accepting patients ages three and older.

To learn more about our providers, please visit us at www.sp-mc.org or call 360-346-2222 to schedule an appointment.



Debrah Bergeron, MD
Family Medicine



Mariel Chan, MD
Family Medicine



Naemah Johnson, MHP, CMHS, LICSW
Behavioral Health



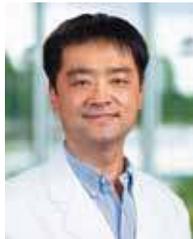
Mathew Kummerfeldt, PA-C
Family Medicine



Ioan Nicolescu, MD
Family Medicine



Patrick O'Reilly, PA-C
Family Medicine



Yue Teng, MD
Family Medicine



The Peak Health 5K Fun Run and Walk was a success

Special thank you to Amerigroup WA, Elma Family Dental, Ocean Spray, Foot and Ankle Surgical Associates, Our Community Credit Union, Northwest Pathology, Sound Networks and Vaughan Company. These terrific sponsors helped us host the 2021 Peak Health 5K Fun Run & Walk! It was great to see the community come out on a rainy Saturday for their health. We would also like to thank those who ran the event virtually in a setting of their choosing.

To see the event photos and to tag yourself to let everyone know what you have accomplished, visit us on Facebook. Results of the run are now posted at www.sp-mc.org/5k! We hope to see you all back next year.



Ladies' Night Out came back on Thursday, October 14, and was held at Summit Pacific Wellness Center and streamed live through our Facebook page. This women's health workshop is presented by Amerigroup Washington, Vaughan Company and Summit

Pacific. We heard from esteemed speakers and educators on the latest issues and recommendations concerning women's health.

Attendees were given the royal treatment! Thanks to our generous sponsors, gift bags were given to registered guests and we had a live drawing for prizes. Women of all ages enjoyed a fun-filled evening of prizes and educational discussions regarding health topics that directly impact women and took this exciting opportunity to do something for themselves!



You can watch a recording of the event for free, as it is available on our Facebook and YouTube pages to anyone who missed the live event. Please visit our website for more information.

VISIT: www.sp-mc.org/ladies-night-out
Event Coordinator, Natalie Jensen
Natalie.Jensen@sp-mc.org



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Open Weekdays, 7 a.m. – 5 p.m.

For all your healthcare needs, call your primary care provider first. Specializing in new and chronic problems, preventive care, well-child visits, annual exams and sports physicals. We offer same-day and virtual appointments!

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Walk-in care for urgent, non-emergent medical care, including cold, flu, stomach pains, earaches, sprains, rashes, cuts, burns and more! Featuring on-site lab and imaging services.

Emergency Department

Open 24/7

Use emergency services for severe conditions that may be life threatening, including chest pain, protruding or broken bones, serious allergic reactions, major heart palpitations, head trauma, loss of consciousness, uncontrolled bleeding, sudden weakness or trouble speaking or sudden change in vision.

For more information about our clinics or services, please visit www.sp-mc.org or call 360-346-2222.



SAVE THE DATE

UPCOMING EVENTS

» November 30, 2021

Giving Tuesday
Virtual Event

» December 16-17, 2021

Summit Fights Hunger
Summit Pacific Wellness Center

» May 6, 2022

15th Annual Celebrity Golf Tournament
Salish Cliffs Golf Club

» June 25, 2022

Ride the Harbor: Tour de Wellness
McCleary, WA

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.

Learn more about our Support Groups and Community Education Events online or by visiting our Facebook page!



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summitpacificmedicalcenter.org



360-346-2222

