



PEAK HEALTH NEWSLETTER

Volume XII, December 2017

Letter from the CEO

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SUMMIT PACIFIC
• MEDICAL CENTER •

A community newsletter for Summit Pacific Medical Center and its affiliated primary care clinics: McCleary Healthcare Clinic, Summit Pacific Healthcare Clinic and Elma Family Medicine.

Message from the CEO

Josh Martin, Chief Executive Officer



Dear Neighbors,

I hope you had a wonderful summer on the Harbor. Each year at this time, I look forward to quality time with family, friends and seeing the community come together in celebration of the holidays. I also enjoy reflecting on the great work we accomplished over the last year at Summit Pacific and how we can continue to be your trusted partner in healthcare.

This has truly been an incredible year for Summit Pacific. In January, we launched a new Electronic Health Record which integrates patient medical information across our organization. In March, all of our primary care clinics received top national recognition as Patient-Centered Medical Homes and soon after, we became the first health system in Washington to integrate a Naturopathic Physician into primary care. We began offering 3D mammography and DEXA scanning, collaborated with the Elma School District to host a back to school resource fair and had a record turnout at our Peak Health Wellness Fair. However, possibly our most exciting accomplishment this last year was breaking ground on our new community wellness center.

This 60,000 square foot facility will be a hub for health and wellness in our community by expanding access to primary care and offering new programs and services our community desperately needs. Even though the wellness center will not open until early 2019, there is still a lot of exciting work we are doing in 2018 to prepare. This past year we heard from many of you about your healthcare needs and what you would like to see as we move forward with the wellness center.

One of those requests was access to pediatric services and I am excited to announce that plans are underway to meet this need in early 2018.

Additionally, we heard from you the importance of expanding access to timely, affordable healthcare options to ensure you get the right care, in the right place, at the right time. To meet this need, we expanded our urgent care hours to 8 a.m. to 8 p.m. daily, added five new family medicine providers to our team and opened a new same day clinic for patients that need to be seen by a primary care provider within a 24-hour window.

Summit Pacific is committed to putting the "health" back in healthcare because our community deserves the best. Through our combined efforts and energies, our vision to "build the healthiest community in the Nation" is being realized. This journey will not happen overnight, but I am confident in the progress we are making.

I hope that our organization has influenced your life in a positive way and that you are as excited as I am about the future of healthcare in our community. I thank you for choosing Summit Pacific as your preferred health care provider.

Happy Holidays,

A handwritten signature in black ink that reads "Josh Martin".

Josh Martin, Chief Executive Officer

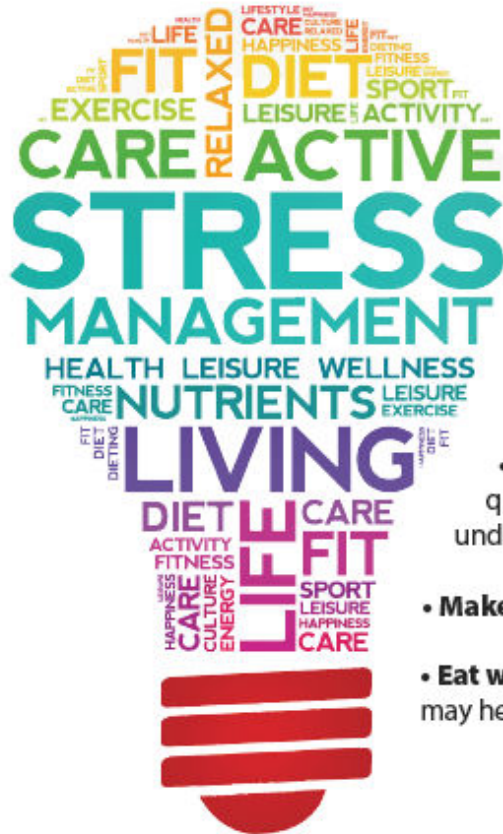


Stress Management

When it comes to the holidays we always think of family, friends, fun and of course, food. For many people, the holidays can often be a stressful time.

Stress in small amounts can be a good thing as it motivates you to perform well. However, if you have many daily challenges such as deadlines, paying bills, family matters and not knowing what to buy grandma for Christmas, it can push you beyond your limits.

No matter what causes you stress, it is helpful to prioritize your time, commitments and family activities, all of which help contribute to stress reduction.



Five Tips for Managing Stress:

- **Identify the sources of stress in your life.** To identify your true sources of stress, look closely at your habits, attitude and excuses. You can start a "Stress Journal" to keep a daily log of your stressors and how you managed them.
- **Get moving.** Exercise releases endorphins that make you feel good, it can also serve as a valuable distraction from your daily worries.
- **Connect to others.** One of the most calming activities is spending quality time with another human being who makes you feel safe and understood.
- **Make time for hobbies.** You need to set aside time for things you enjoy!
- **Eat well.** Eating a regular, well-balanced diet will help you feel better and may help control moods.

If you sense that stress is hurting your health or causing physical symptoms, schedule an appointment with your healthcare provider to discuss your concerns. Here at Summit Pacific Medical Center we strive to be an environment of care, where our focus is on your complete well-being.

Flu Vaccines Available at SPMC, No Appointment Needed

We will soon be entering the peak of flu season, which means it is a good time to get protected by receiving your annual flu vaccine. According to the Centers for Disease Control and Prevention, flu viruses are most common and easily spread during the fall and winter when everyone is indoors and in much closer quarters.

Anyone can get a flu vaccine at SPMC; you do not need to be a current patient of the medical center to receive the flu vaccine. To get your vaccine call 360-346-2222 for an appointment, or just stop by during the hours of 7 a.m. - 5 p.m.



SPMC in the Community

Wellness Center Groundbreaking

More than 150 community members attended a groundbreaking ceremony for the wellness center Sept. 15. Construction is moving quickly, stay tuned for updates and photos!

Sip & Sail Gala

More than 70 guests gathered at Alderbrook Resort and Spa Saturday, Sept. 16, and collectively raised nearly \$25,000 to help finance the construction of Summit Pacific's new wellness center. Highlights of the evening include a cruise down Hood Canal, a silent auction, a magician and live music.

Ladies' Night Out

On Thursday, Oct. 5, Summit Pacific hosted Ladies' Night Out, a women's health workshop. Over 100 women were able to participate in this fun event.

The night consisted of food, pink beverages, raffles and presentations by SPMC's own primary care providers Dr. Justin Taylor and Bonnie McReynolds, ARNP. Breast health educator, Kim Schaaf also entertained and informed the crowd. This is a fun free event that we look forward to expanding!

Peak Health Wellness Fair

On Saturday, Oct. 14, Summit Pacific hosted its annual Peak Health Wellness Fair, which drew in more than 300 community members.

Free health services ranged from hearing and eye exams, to reflexology treatments and financial institutions who shared information on financial wellness.

Summit Pacific hosted several booths including the flu shot booth, a provider booth that allowed people to meet with Summit Pacific providers to discuss the results of their screening tests and the foundation booth, where staff fitted children for free bike helmets.

Peak Health 5k Fun Run & Walk

Before the Wellness Fair, Summit Pacific Medical Foundation hosted its first 5k Fun Run & Walk. The foundation and participants lucked out with a beautiful, crisp fall day. More than 40 participants preregistered for the event and another 10 signed up that morning. Pictures from both events as well as run times can be viewed online at www.sp-mc.org.

Visit sp-mc.org or call 360-346-2345 for information on upcoming events.

Paleo & Vegan Scalloped Sweet Potatoes

Prep Time: 10 Minutes

Serves: 8

Cook Time: 2 hours

Calories: 211 per serving

Ingredients

2 Lbs. sweet potatoes, thinly sliced
(about 8 cups or two large potatoes)

6 Tbsp. minced garlic
(approx. 12 cloves)

2 Tbsp. coconut oil

1 Cup onion finely chopped

1 Cup + 1 Tbsp. full-fat coconut milk
divided (not light!)

1 Cup + 1 Tbsp. unsweetened plain
almond milk divided
(substitute soy for almond sensitivity)

1½ Tbsp. Potato starch
(substitute Tapioca or cornstarch if paleo
isn't a concern)

1 tsp Sea salt

¼ tsp Black pepper

Parsley for garnish (optional)

This recipe offers a unique twist on the classic favorite and it won't feel an ounce less decadent than your old stand-by recipe!

Directions

1. Heat 2 Tbsp. of coconut oil in large skillet, set over medium/high heat. Cook the chopped garlic and onion until golden brown and soft, about five minutes.
2. Add 1 Cup of coconut milk and 1 Cup of almond milk to pan and bring to a boil. While you wait for the liquid to boil, whisk together the remaining 1 Tbsp. of coconut milk, 1 Tbsp. of almond milk and 1½ Tbsp. of potato starch in a small bowl, until smooth. Once the milk mixture boils, whisk in the potato starch mixture, stirring constantly and boil for another two minutes, again stirring constantly.
3. Reduce the heat to medium, add in salt, pepper and cook the sauce for an additional 5-6 minutes until thick, stirring frequently.
4. Once the sauce has cooked, add in potatoes and stir until coated in the sauce. Then, move the potatoes into a lightly greased baking dish.
5. Cover the pan with tinfoil and bake for 30 minutes. Uncover the pan, press the potatoes down so they sink into the sauce and cook an additional 30-40 minutes, until the potatoes are fork tender and the top is browned. Let the dish stand for 10 minutes before serving.



Three Providers Join Summit Pacific's Primary Care Team

SPMC is continuously working to improve our community's access to healthcare by bringing additional providers into our community. We are excited to share that three new primary care providers have recently joined our primary care team and are now accepting new patients.



Amanda Achterman, DO
Elma Family Medicine
575 East Main St., Elma

Amanda Achterman, DO specializes in family medicine, provides obstetrics care and is fluent in Spanish. She performs osteopathic manipulative treatment (OMT), a hands-on approach to diagnosing, treating and preventing illness or injury.



Belinda Lear, MD
Summit Pacific Healthcare Clinic
600 East Main St., Elma

Belinda Lear, MD enjoys treating patients across the life spectrum and utilizing OMT, which she trained in extensively during her residency.



Brian Lear, MD
McCleary Healthcare Clinic
105 West Simpson Ave., McCleary

Brian Lear, MD has a passion for blending traditional medicine with holistic medicine and a strong interest in alternative treatments of common medical problems.

For more information, or for a complete list of primary care providers and locations for Summit Pacific Medical Center's primary care clinics, visit www.sp-mc.org.

New Same Day Clinic in McCleary

Patients now have access to a same day healthcare clinic in McCleary, which allows any established patient of SPMC's three primary care clinics the opportunity to schedule a same day appointment with the clinic's primary provider, Joe Kohn, ARNP.

The service is available for all regular Summit Pacific patients who visit any of their three clinics including Summit Pacific Healthcare Clinic, Elma Family Medicine and McCleary Healthcare Clinic.

Due to its nature, the same day service offers several benefits to patients. Patients can receive treatment when they need it, rather than waiting for their regular primary care provider to be available, they can skip the wait sometimes experienced for urgent care and they can avoid using the emergency department for non-emergent conditions.

Visit sp-mc.org or call 360-346-2222 for more information about the clinic and how to utilize this new service.

View Urgent Care & Emergency Department Wait Times Online

We understand you want to get the quickest care possible. To help you make that decision, we recently launched an online tool that allows anyone to view wait times for our urgent care clinic and emergency department from the home page of our website.

triaged at arrival and are then seen by a qualified medical professional in priority order based on their presenting complaint and reason for visit.

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. Wait time averages will become increasingly accurate over an initial two-month data-capturing period.

Use this new resource by visiting www.sp-mc.org, look for the button above our main menu on the right.



Wait times represent an average that is updated every 30 minutes and is defined as the time of patient arrival until the time the patient is greeted by a qualified medical professional, defined as an MD, DO, PA-C or an ARNP. Patients are