



PEAK HEALTH NEWSLETTER

Volume VI, February 2016



Executive Chef Adding Sustainability to the Menu

Heart Healthy Recipe & Community Education Schedule

Pharmacy to Open in McCleary

Three Lab Locations Now Open

Executive Chef Putting Health and Sustainability on the Menu



Brandon Smith, Executive Chef

Brandon Smith, Executive Chef has been working diligently to provide our patients, employees and community members with meals they can feel good about eating. Since he began working in Elma, Smith has been creating relationships with local farmers and searching for the very best, freshest ingredients to use in his cooking.

In 2014, Smith and CEO, Renee Jensen, signed the "Healthy Food in Healthcare Pledge," this year he enrolled SPMC in the Healthier Hospitals, Level 1 Food Challenge. The challenge tracks our commitment to sustainability in two ways. The first way is by measuring the percentage of antibiotic-free meat and poultry we serve. The second way is by measuring how much local produce, meat, poultry, seafood, dairy and dry goods we use. This means excluding convenience foods, for example pre-made lasagnas, and increasing the percentage of local food purchases.

What could be more sustainable than using fruits and vegetables grown on Summit Pacific's campus?

This is a question Chef Smith has not only asked, but has created a vision and action plan for Summit Pacific to do that very thing. Thanks to Chef Smith, Summit Pacific has created action steps in its strategic plan to grow fruits and vegetables that can be used by nutrition services. And possibly, down the road, by community groups.

Smith shared that there were some blueberry bushes that were worked into the landscaping at the hospital and that he has been using those when in season as well as a few lettuce type plants he has tucked into the landscape plan here and there. But his vision is much bigger than just a few plants.

Most recently, he took the first steps towards that much larger vision by planting three fruit trees on SPMC's campus. He planted one plum tree and two cherry trees. A tree for every year he has worked at the hospital.

"My vision is to plant a fruit tree every year about this time, and fill in during the regular planting seasons throughout the year with interdependent species of other edibles. It is my goal to attract community support and work toward a small scale food forest."

The new fruit trees are located along McDonald Creek where a deep-

rooted apple tree already stood. Smith describes the food foresee as a permaculture that is planted to reflect the canopy model of a forest where many things can grow together in the same space and have a beneficial relationship.

"I love working here at Summit Pacific and I don't see myself going anywhere else for quite some time, if I have any say in that," Smith joked, "So by the time I do leave, my hope is that there will be a nice sized orchard here. An orchard consisting of a variety of fruit trees that are producing fruit that is actually being used by our facility and possibly by the community."

Smith also recently submitted a grant and received funds from Summit Pacific Medical Foundation. The grant will allow him to create several raised garden beds. The garden beds will not only provide additional produce for Smith to work with, but as part of a more global plan, the gardens will allow in-patients at Summit Pacific an opportunity to "work" in the garden as one of their rehabilitation activities. Smith plans to build the first garden beds this spring. The raised beds would allow for our patients to have access. "In the beds we will focus on herbs, flowers, possibly squash, cucumber, and quick crops like radishes and turnips so our swing bed patients can see results during their stay," says Smith.

Did You Know?

SPMC was the smallest hospital to participate in the Healthy Food in Healthcare Program, a national initiative of Health Care Without Harm.

HealthMart Pharmacy to Join Summit Pacific in Downtown McCleary

The public will be invited to attend an Unveiling Ceremony in early spring. Tours and a dedication speech will be on the agenda. More information to come!

Summit Pacific Medical Center (SPMC) has had a dream of providing McCleary with a brand new medical facility for quite some time. That dream is nearing completion. A new medical facility has been built right in the middle of downtown McCleary. And when it opens, the new building will house SPMC's McCleary healthcare clinic and a new HealthMart Pharmacy storefront.

member, and SPMC Diagnostic Lab Manager Joy Iversen shared. "As a McCleary resident and from what I hear from other residents, we are very excited to not only have this beautiful new building take residence on the main thoroughfare through town, but to add another reputable, community minded, business will be such a positive thing for our town's future."

Originally, Summit Pacific only imagined that the new building would house their clinic. However, after some deeper thought and discussions on other community needs that could be addressed through this project, Tom Huttula, Pharmacist and owner of Elma's HealthMart Pharmacy, was approached about expanding his operations and opening an additional pharmacy location in McCleary.

"It has been a goal of ours for many years to bring retail pharmacy services back to McCleary," Tom Huttula, owner of Elma and McCleary HealthMart Pharmacy shared, "Thanks to the great work SPMC has done to grow primary care in East Grays Harbor, we have found our opportunity to do so."

Summit Pacific's current clinic in McCleary, Mark Reed Healthcare Clinic, will be moving from the outdated hospital building on Birch Street into the new facility. This move will allow

that clinic to expand and add additional providers to their roster.

Each business will have its own dedicated space with separate entrances. Both businesses are looking to open this spring.

The pharmacy will be open Monday through Friday, from 9 a.m. to 5 p.m. and will be linked electronically to the Elma location allowing customers to easily use either location for pharmacy services. Up to six healthcare providers will be able to care for patients out of the new healthcare clinic, which will also be providing Monday through Friday appointments upon opening.

"It's been quite some time since McCleary had a pharmacy," community



The event kicks off with the traditional auctioning of our celebrities to the highest bidding team, golfers will enjoy a chance to bid on silent auction packages, buy tickets for great raffle prizes and be treated to the signature tee gift!

Afterwards, relax and enjoy a fun barbecue with your team while we announce all team awards and prizes. Don't miss this year's Celebrity Golf Tournament! The Foundation offers single golfer and team registrations as well as sponsorship opportunities. More than 25 teams participated in 2015; register early to reserve your place!

Register online at SummitPacificMedicalCenter.org under the foundation tab. For more information on registering for this event and/or sponsoring, please contact Lauren Day at 360-346-2250 or LaurenD@sp-mc.org.

Friday, May 6th at Salish Cliffs Golf Club in Shelton, WA



February is American Heart Month... What are you doing to take care of your heart?

According to the CDC, uncontrolled high blood pressure is a leading cause of heart disease and stroke. In fact, more than 67 million Americans have high blood pressure. People with high blood pressure are 4 times more likely to die from a stroke and three times more likely to die from heart disease, compared to those with normal blood pressure.

Many people feel fine and wait until they have problems to begin monitoring their blood pressure. This is dangerous because it is common that

high blood pressure may not show any signs or symptoms. Having your blood pressure checked regularly is essential. It is easy to get your blood pressure checked, you can be screened at your doctor's office, drugstores or even check it yourself at home using a home blood pressure monitor.

Don't miss this month's Community Health Education Dinner, where Dr. William Gavin will be speaking about heart health, on Friday, February 26 at 4 p.m. in SPMC's Kelsey Conference Room.

The Centers for Disease Control and Prevention (CDC) and Million Hearts® are encouraging Americans to know their blood pressure, and if it is high, to make control their goal.

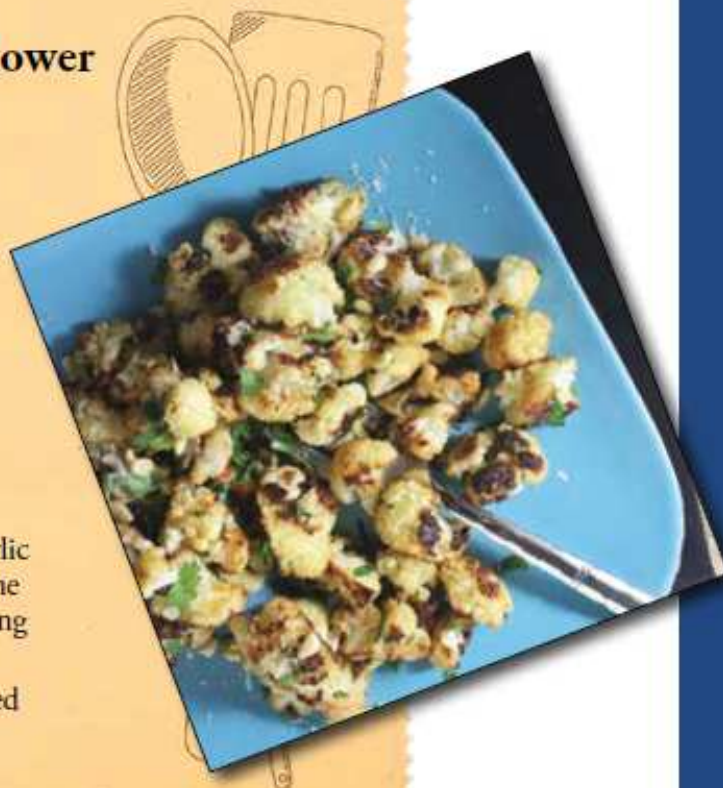
Heart Healthy Parmesan Roasted Cauliflower

Ingredients:

- 1 1/2 cups cauliflower florets (6 ounces)
- 2 tsp. grated, reduced-fat Parmesan cheese
- 1 tsp. chopped, fresh parsley leaves
- 1/4 tsp. garlic powder
- 1/4 tsp. ground black pepper
- salt, to taste
- 1 tsp. extra virgin olive oil

Directions:

1. Preheat the oven to 425°F.
2. In a medium bowl, combine the cauliflower, cheese, parsley, garlic powder, and pepper. Season with salt. Toss to mix. Drizzle on the oil and toss again. Transfer the mixture to a small nonstick baking dish.
3. Bake for 15 to 17 minutes, tossing once, or until lightly browned and crisp-tender. Serve immediately.



Free Community Education Dinners 4th Friday of the Month

Our Community Education Dinners are free and open to the public. Guests do not need to RSVP, simply walk in and have a seat.

Our Executive Chef, Brandon Smith will show off his skills with a short cooking demonstration so that you can replicate the meal he has catered for the night.

After the demonstration, we invite you to eat and then welcome our guest speaker. You will have time to ask questions and make suggestions for future classes.

Upcoming Events

February 26th—Heart Health, Dr. William Gavin

March 25th—Antibiotics, Andrew Burton, PharmD

April 22nd—Stroke and TIAs, Tracey Ash

May 27th—EMS Services, Adam Fulbright

Making a Difference with Patients through Care Coordination

Often times the position of Care Coordinator requires Ashley Smith to help patients navigate their way through the healthcare system, including different specialty providers, insurance coverage for services needed and transportation to and from important appointments.

One man Smith helped had suffered an injury to his shoulder several years ago. He didn't have many resources and had completely lost all function in his arm. He was under the impression that nothing could be done and went on living with the injury. He told Smith that he didn't think he would be able to meet with her because he lived far out of town and is unable to drive.

"I immediately got a hold of a bus schedule that would work for him and he was able to catch the bus to visit me. He makes all of his appointments with me on time and always has that bus schedule on him," said Smith. He told Smith he feels better now that he is able to get out of the house and never knew the bus could help him with that. He no longer has to ask friends or families for rides which has been liberating.

Smith was able to coordinate with his primary care provider, a surgeon and a neurologist to have his shoulder evaluated. The patient is now well on his



Smith also meets with patients for their free annual Medicare exams.

way to hopefully making a full recovery of his shoulder and regaining the use of his arm.

Have you had your annual Medicare Wellness visit this year?

Medicare offers all participants a free, annual visit where we review all aspects of your life contributing to your health and wellness, including medications, mental health, making

sure you are up to date with health screenings and any home safety concerns you may have. Schedule your visit today!

Foundation Raises more than \$1300 in Support of Community and Seahawks

More than 70 employees of the hospital district donated to Summit Pacific Medical Foundation's Patient Assistance Fund for "Go Casual Day," on Friday, January 8, and then thanks to a Seahawks win, again on January 15. In return for donating, employees were able to wear jeans and Seahawk gear to work. The donations to this fund help provide necessary medications and medical supplies to those who cannot afford them, helps low income patients cover the cost of required travel expenses and provides our Emergency Department and Urgent Care Clinic staff small stuffed animals and stickers that they are able to give to our youngest patients to help them feel more at ease.



Some of the donors gathered for a group photo.

SPMC NOW Offering Laboratory Services at all Three Locations

In order to adapt to the new patient volumes, SPMC opened laboratory services at both offsite clinics, Elma Family Medicine and Mark Reed

Healthcare Clinic. Lab services are open to everyone, not just current patients of the hospital and offsite clinics.

Call 360-346-2222 to make an appointment.