

# PEAK HEALTH NEWSLETTER

Fall 2020

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## Message from the CEO



### Dear Friends and Neighbors,

While we have had a much different year than we had all imagined, I hope that you were able to take some time to slow down and enjoy time with your immediate family and the beautiful outdoors in Grays Harbor County.

We have all personally adapted to life during a pandemic, and our businesses have too. Here at Summit Pacific, we have taken many protective measures to ensure the safety of our patients, visitors and staff. These measures include masking and health screenings for everyone on site, additional hand sanitizing stations placed deliberately throughout our facilities, plexiglass barriers in heavily frequented areas, frequent usage of a germicide cleaning solution that is known to kill COVID-19, the addition of a Respiratory Care Unit, a nurse triage line and much more.

Summit Pacific is committed to a patient-centered care environment, and we want you to know that it is safe to receive medical care here at Summit Pacific and our clinics. Patients should feel confident in keeping their regular clinic appointments for wellness exams, diagnostic imaging screenings, emergent care and healthcare needs in addition to a respiratory illness.

Preventive wellness and primary care are so important to our overall health, so we want to remove as many barriers to this essential care as possible. Should you prefer to receive care outside of our physical

locations, we are now offering Virtual Clinic Visits. Given our innovative nature at Summit Pacific, the Virtual Visits are something we had envisioned for quite some time. We are thrilled to be able to offer this long-awaited service to the community, which is available to anyone with internet and a smartphone, tablet or computer.

For those of you missing our many events and activities, we are creatively working to get many of them available in new virtual ways and encourage you to follow our Facebook page and visit our website for up-to-date information.

We are truly committed to improving the health and well-being of every patient and family in our community and are here to support you no matter your health needs. I want to thank you for choosing Summit Pacific to be your trusted healthcare provider.

Stay well and enjoy the fall season!

**Josh Martin, MBA**  
*Chief Executive Officer*



Summit Pacific Medical Center recognizes clinical laboratory professionals during Laboratory Professionals Week.



Two C-17 Globemaster III's fly over 30 healthcare facilities throughout the Puget Sound to show appreciation to thousands of American heroes who are on the front lines battling COVID-19.



## A Tribute to Louie Figueroa

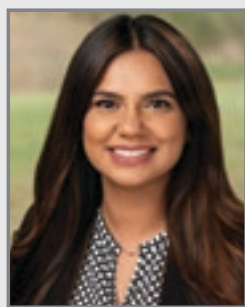
Former Grays Harbor Public Hospital District #1 Commissioner Louie Figueroa passed peacefully this summer with family by his side. A United States Navy veteran, Louie Figueroa served the hospital board for over 15 years and was an active member of the team who helped to bring the new hospital, clinic and Wellness Center to the Grays Harbor community.

“Louie used his professional experience as a physician's assistant to help continually improve the quality of care provided at Summit Pacific,” says Board Chair Drew Hooper. “He always supported the organization in both time and effort by volunteering at events above and beyond the requirements of a board member. I am happy to have had the opportunity to work by his side in an effort to build the healthiest community in the Nation.”



## Summit Pacific's New Family Medicine Clinic and Providers

Our Family Medicine Clinic is now open and located in the Wellness Center. The clinic was created for recent medical school graduates to continue training in a specialized area of medicine. The Family Medicine Clinic has brought in two resident physicians, Dr. Rabab Cheema, MD, and Dr. Roy D. Miller, MD, to care for our community. Two additional residents will be added in 2021, and another two will be added in 2022. Eventually there will be six resident physicians on staff.



Dr. Rabab Cheema, MD



Dr. Roy D. Miller, MD



During a pandemic, flu shots are more important than ever. This fall and winter, healthcare systems could be overwhelmed treating flu and COVID-19 patients. This preventative measure can help alleviate the stress of seasonal flu on medical resources. Help protect yourself, family and community by opting to receive a flu vaccine in 2020. Vaccines are available for those 12 and older and are free with most insurance plans. Please call for more information or if you do not have insurance.

While drop-in appointments are available, we recommend calling ahead to ensure there is no waiting. Appointments are available on Nov. 14 at Elma Pharmacy by calling 360-346-2350.

Attendees will receive a free swag bag courtesy of our generous sponsors including Amerigroup, Our Community Credit Union, Timberland Bank, and Vaughan.

# Adapting to a Global Pandemic and Caring for Your Health

The COVID-19 pandemic has turned our lives upside down. Many daily routines have been adjusted and, in many cases, eliminated for the foreseeable future. Work, social gatherings and even your child's schooling have been affected by these changes. By adapting to the pandemic, you may have found yourself neglecting your healthcare due to fear of entering a healthcare facility or going on a public outing.



Our facilities have safety precautions in place, and we are ready to care for you. We urge you to not put off seeking care for new or worsening health conditions, as waiting too long to seek care could turn a minor or preventable problem into something serious. Your healthcare is essential.

Call 360-346-2222, option 2, to schedule an appointment.

## Summit Pacific Providers Offering Virtual Primary Care and Urgent Care Clinic Visits

Providers at Summit Pacific have begun offering Virtual Primary Care and Urgent Care Clinic Visit options for patients. Virtual Visits are a scheduled medical consultation, over the phone or other teleconferencing service, between a patient and a provider.

Patients should consider Virtual Visits for routine visits, follow-up appointments, prescription refills or minor illnesses. Virtual Urgent Care Clinic Visits can treat a variety of minor illnesses such as cold and flu, pink eye, allergies and more.

For a successful visit, patients must be able to connect to the appointment via a smartphone, tablet or computer with a camera and have the ability to download Zoom, use FaceTime on iPhone® or Google Duo on Android™. Call 360-346-2222 and select option 2 to schedule Virtual Visits with your Summit Pacific provider.



## Support Groups and Fitness Classes

The safety of our patients and visitors is always our greatest priority at Summit Pacific. At this time, many of our community classes and support groups have been modified to ensure public safety.

Our free online class Summit Fit takes place Tuesdays and Thursday in November and December. This course is a low impact exercise class that incorporates strength training and aerobics for a full body workout.

Our Cancer Support Group has returned on the first Wednesday of the month at the Summit Pacific Wellness Center, Olympic Room, at 5:30 p.m.

Our Diabetic Support Group will now meet virtually using Zoom every fourth Tuesday of the month. Call Cindy Beck at 360-346-2297 or visit our website for more information.

The Rock-Climbing Wall is currently closed to the public; reopening will be evaluated monthly.

**Follow our Facebook page to stay up to date on any changes!**



# Mammogram Self-Referrals Now Available

Squeezing in a mammogram can be challenging for busy women, which is why we are offering walk-in mammograms! While mammograms do not require a physician order, they do require that patients have a primary care provider to whom the results may be sent. Please note that appointments must be made for all diagnostic mammograms.

We offer 3D mammograms, which can detect 20% – 65% more invasive breast cancer compared to 2D mammography. For some women, this means an earlier diagnosis and a greater variety of treatment options.

While appointments are not necessary, making an appointment ensures that you will receive your mammogram at your preferred time. Walk-in appointments will be provided as scheduling allows. Our 3D mammograms take less than 30 minutes from check-in to the completion of your exam. To schedule an appointment, please call 360-346-2347 between 8:30 a.m. and 5 p.m.



## Giving Tuesday



Each December, the Summit Pacific community hosts Summit Fights Hunger, a program that helps offset the food insecurity faced by many of our patients.

This year, our goal is to deliver meals to 250 families in Hospital District 1, thanks to the support of Amerigroup and many generous volunteers. Summit Pacific staff have the opportunity to donate \$25 to cover the cost of one meal.

Join us in making an impact on Giving Tuesday, December 1, by donating to help Summit Fights Hunger. All donations to our Foundation on December 1 will directly cover the cost of meals for families in our community. Visit [summitpacificmedicalcenter.org](http://summitpacificmedicalcenter.org) to make a donation and support a family in need. Thank you for your support this holiday season!

## Frozen Pumpkin Mousse Pie



### Crust

- 30 small gingersnap cookies (about 7½ oz)
- 2 T raisins
- 1 T canola oil

### Filling

- 1 c canned pumpkin puree
- ⅓ c packed brown sugar
- ½ t ground cinnamon
- ¼ t ground ginger
- ¼ t freshly grated nutmeg
- 2 pints (4 c) frozen low-fat vanilla ice cream, softened (see Tip)

- 1 Preheat oven to 350°F. Coat a 9-inch deep-dish pie pan with cooking spray.
- 2 **To prepare crust:** Combine gingersnaps and raisins in a food processor and pulse until finely chopped. Add oil and pulse until blended. Press evenly into the bottom and up the sides of the prepared pan.
- 3 Bake the crust until set, about 10 minutes. Transfer to a wire rack to cool completely.
- 4 **To prepare filling:** Combine pumpkin, sugar, cinnamon, ginger and nutmeg in a large bowl and mix well. Add ice cream and stir until blended. Spoon the mixture into the cooled pie crust. Freeze until firm, at least 2 hours. Let the pie soften slightly in the refrigerator for 20 to 30 minutes before serving.

**Tip:** To soften ice cream quickly, microwave on Medium-Low for 30 to 60 seconds.

**To Make Ahead:** Cover and freeze the pie for up to 3 days.

Makes 10 servings. Per serving: 230 calories; 5 g fat (1 g sat, 2 g mono); 4 mg cholesterol; 42 g carbohydrate; 4 g protein; 2 g fiber; 179 mg sodium; 165 mg potassium. Nutrition bonus: Vitamin A (80% daily value).





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[summitpacificmedicalcenter.org/mysummitcare](http://summitpacificmedicalcenter.org/mysummitcare).



## SAVE THE DATE UPCOMING EVENTS

- » **November 10**  
Virtual Community Education  
Event: Conversation  
About Diabetes @  
[summitpacificmedicalcenter.org](http://summitpacificmedicalcenter.org)
- » **November 14**  
Free Flu Shot Clinic @ Elma  
HealthMart Pharmacy
- » **December 1**  
Giving Tuesday @  
[summitpacificmedicalcenter.org](http://summitpacificmedicalcenter.org)

To learn more about these events, sponsorships or other opportunities, please contact Natalie Jensen, Event Coordinator, by emailing [Natalie.Jensen@sp-mc.org](mailto:Natalie.Jensen@sp-mc.org) or calling 360-346-2345.

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