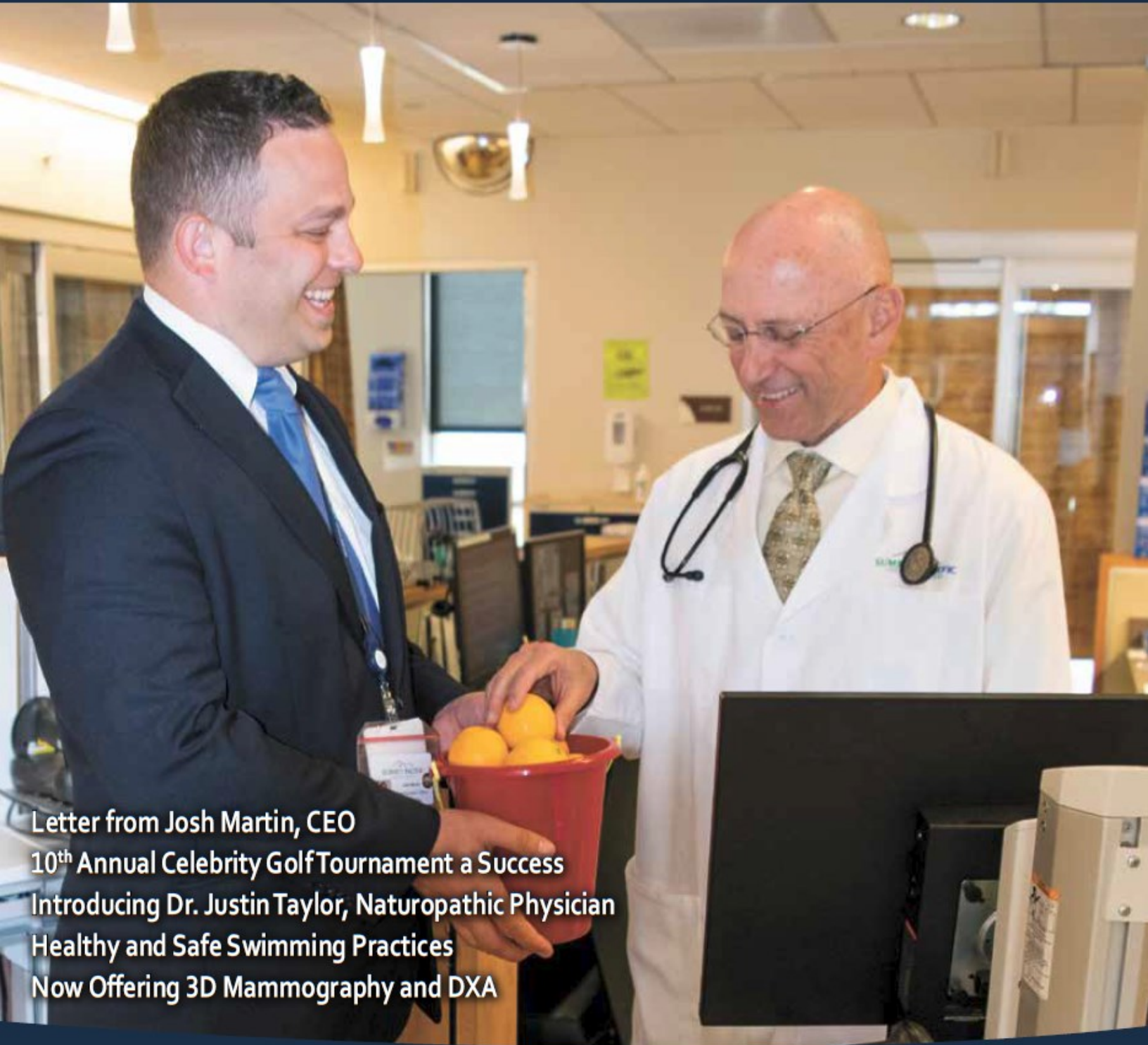




PEAK HEALTH NEWSLETTER

Volume XI, June 2017



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Healthy and Safe Swimming Practices
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Letter From the CEO

Dear neighbors,

I hope you are all enjoying the start of this summer season and have many plans to look forward to involving quality time with family, friends and the beauty this community has to offer.

There is a lot to look forward to as we move into the second half of the year, including some incredible work and projects underway here at Summit Pacific Medical Center. We have an outstanding team of providers and staff who are committed to excellence and dedicated to bettering the health and wellness of our community. I am grateful for the opportunity to begin my journey as Chief Executive Officer while leading such a talented and passionate team.

Summit Pacific is committed to putting the "health" back in healthcare. It is our vision that, "Through Summit Care we will build the healthiest community in the Nation." I admit that this is a bold statement. Though, while the journey is long, we are making headway.

We continue to move forward with building our wellness center, which will allow us to provide more primary care and bring additional healthcare services to our community. We are looking forward to hosting a groundbreaking ceremony later this year to commemorate the beginning of construction on this project. Please join us!

Recently, we've brought three new providers onto our team. Dr. Taylor, our new naturopathic physician, provides both traditional and alternative medicine to diagnose and treat most conditions. Dr. Taylor will see his own patients, but as part of our integrative healthcare delivery model, will work closely with other providers to provide complimentary treatment options for their patients. Amanda Achterman, who is an osteopathic doctor, will be providing general family medicine and obstetric care. And finally, to develop our mental health program we have brought on Bernadette Huard, MD. Dr. Huard is a certified psychiatrist who will be working closely with our provider team and community partners to improve mental health services for our community.

I look forward to meeting many of you as we cross paths. I plan on attending local chambers of commerce meetings, staying involved with youth sports, serving on the Greater Grays Harbor Board and attending various other community events.

For those of you whom I've already had the pleasure of meeting, I am thankful for the generosity and warmth I have felt while living in Grays Harbor. This is truly a special place to live, work and raise a family. The sense of community in the Harbor is very strong. I have seen people band together to help friends in time of need and strangers come together to work towards a common goal. My wife Sarah and I are thankful that our three young children will have this community as an example during their formative years.



Josh Martin, Chief Executive Officer



Josh Martin, CEO with his wife Sara and their two children

I thank you for choosing Summit Pacific as your preferred healthcare provider and I look forward to seeing you around!

If you have any questions or comments for me, please call me at 360-346-2244 or visit our website at sp-mc.org and submit a comment by using the "Ask the CEO" function on the "Contact Us" page.

Sincerely,
Josh Martin, CEO



SUMMIT PACIFIC Medical Foundation's Celebrity Golf Tournament

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Tenth Annual Celebrity Golf Tournament Raises Nearly \$50,000

Thanks to immense community support, 2017 is now the highest profiting year for Summit Pacific Medical Foundation's Celebrity Golf Tournament! More than 145 golfers and supporters of Summit Pacific Medical Center attended the event and contributed to its success.

This year's proceeds will be designated to benefit the development of the new wellness center. SPMC will be breaking ground on the new facility later this year. The wellness center will be designed to become the community hub for all things health and wellness. At its core is the



The 2017 Best Dressed Team

guiding principle of providing increased access to truly integrated medicine for our patients.

Summit Pacific Medical Foundation would like to extend a warm and sincere thank you to all of the businesses, individuals and employees who participated, volunteered and sponsored this successful event. Your support and dedication to the Grays Harbor Community is so greatly appreciated. Mark your calendar for next year's tournament on Friday May 11, 2018!



Renee Jensen, who started the annual tournament, presented awards during the event's awards dinner.

SIP & SAIL Gala

Returning to Alderbrook Saturday, September 16

This formal event kicks off with a sunset cruise, cocktails, hors d'oeuvres and breathtaking views of Hood Canal. Back on shore, you will enjoy gourmet dining and drink accompanied by live entertainment at the award winning Alderbrook Resort and Spa.

This is Summit Pacific Medical Foundation's newest charity event. Support Summit Pacific by attending the Sip and Sail Gala September 16. Tickets are \$150 each. Special room rates are also available.

If you would like to be included on this year's Sip & Sail Gala invitation mailing list, please contact Lauren Day by calling 360-346-2250 or by emailing LaurenD@sp-mc.org.





Healthy and Safe Swimming Practices

Swimming can be a great way for the whole family to get active this summer! Swimming builds endurance, muscle strength and cardiovascular fitness and provides a total-body workout, as nearly all of your muscles are used during swimming.

While swimming is a great exercise and a fun activity year-round, it can also be dangerous. Drowning results in approximately 4,000 deaths each year and is a leading cause of injury death among children. About one in five people who die from drowning are children 14 and younger. For every child who dies from drowning, another five receive treatment for nonfatal submersion injuries.

Summit Pacific has compiled some tips to help your family stay safe in and around the water. One of the best ways to keep children safe while swimming is to teach your kids how to float and sign them up for swim lessons as soon as they are ready, which can be as early as age one.

Because drowning happens quickly and quietly, at least one adult should always be watching when children are in or around the water, even if they know how to swim. Remember that floating toys like water wings and noodles are meant for fun—not for safety—and should not be used in place of life jackets.

If you have a pool, install a 4-sided pool fence that is at least 4 feet high and separates the pool from the house and yard. Use self-closing and self-latching gates that open outward and are out of reach of children, so kids cannot get near the water when you aren't watching them.

You never know which safety step will save a life...until it does!

Recipe

Rainbow Fruit Skewers

Prep Time: 15 Minutes

Serves 7

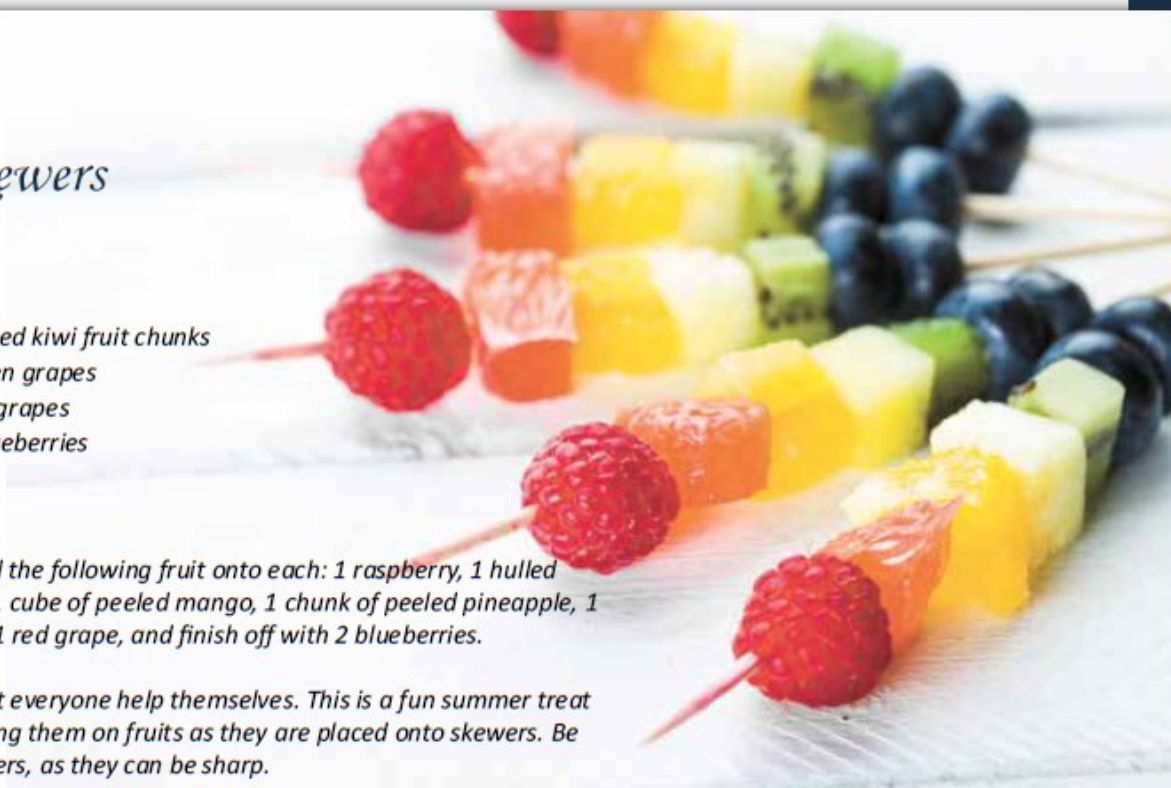
Ingredients

7 raspberries	7 peeled kiwi fruit chunks
7 hulled strawberries	7 green grapes
7 tangerine segments	7 red grapes
7 cubes peeled mango	14 blueberries
7 peeled pineapple chunks	

Directions

Take 7 wooden skewers and thread the following fruit onto each: 1 raspberry, 1 hulled strawberry, 1 tangerine segment, 1 cube of peeled mango, 1 chunk of peeled pineapple, 1 chunk of peeled kiwi, 1 green and 1 red grape, and finish off with 2 blueberries.

Arrange in a rainbow shape and let everyone help themselves. This is a fun summer treat to prepare with children, try quizzing them on fruits as they are placed onto skewers. Be careful when placing fruit on skewers, as they can be sharp.



Introducing Dr. Justin Taylor, ND

Naturopathic Physician

We are pleased to welcome naturopathic physician, Dr. Justin Taylor to our primary care team! At Summit Pacific, we are happy to offer our patients a breath of primary care provider options including family medicine physicians, nurse practitioners, certified physician assistants—and now a naturopathic physician!

Naturopathy is a distinct type of primary care medicine that blends age-old healing traditions with scientific advances and current research. It is guided by a unique set of principles that recognize the body's own healing capacity, emphasizes disease prevention and encourages individual responsibility to obtain optimal health.

Dr. Taylor is trained using both traditional and alternative medicine to diagnose and

treat most conditions. He is skilled in providing nutritional therapy, provides health screenings, treats conditions such as cold and flu and addresses chronic ailments including diabetes, chronic pain and much more.

In addition to seeing his own patients, Dr. Taylor will be adding to Summit Pacific's integrative healthcare delivery model by also working closely with other healthcare providers to provide complimentary treatment options for their patients.

For more helpful information on Naturopathy, please visit the Summit Pacific Medical Center website. If you are interested in scheduling an appointment with Dr. Justin Taylor, please call 360-346-2222.



Dr. Justin Taylor

Now Offering 3D Mammography and DXA Scans

Summit Pacific is now offering DXA scans and 3D mammography. DXA stands for dual-energy x-ray absorptiometry. Thanks to Summit Pacific and this new equipment, Grays Harbor residents now have increased access to services that can help problems get diagnosed earlier, more accurately and keep them close to home while receiving their healthcare evaluations.



Joy Jensen pictured with Mahshied Sadreemeli, a trainer from Hologic

Until now, SPMC has provided digital mammography and diagnostic mammography, routine x-rays, MRI, ultrasound, ECHO and CT scans. The 3D machine will be one of only two in the region and offers a new level of accuracy. 3D mammography helps radiologists provide more accurate readings and diagnoses.

The DXA machine will aid Summit Pacific in their push for wellness and preventative care, catching issues before they happen and allowing patients and providers to be proactive. It can detect low calcium in bones and predict who is going to be at higher risk for bone fractures. Patients found to be at risk can receive phosphonate injections to help build up their bones. The scan also measures aortic calcification, a key indicator of impending heart disease and/or stroke.

Summit Pacific intends to make the machine available to the public for people engaged in weight training programs wanting to track their results. This scan lets you know how much of your body weight is made up of fat, muscle and bone.

To schedule an appointment or learn more about Diagnostic Imaging services offered at Summit Pacific, call the department directly at 360-346-2472. For more information visit www.summitpacificmedicalcenter.org or call (360) 346-2222.