

# PEAK HEALTH NEWSLETTER

Volume VI, June 2016



Celebrity Golf Tournament Sees Record Profit of \$40,000

Virtual Care Clinic Now Available

Upcoming Sip & Sail Gala

SPMC Employees Give \$5,000 in Scholarships

Employees Receive Tuition Reimbursement

# Community Member Utilizes SPMC Wellness Trail in Weight Loss Journey

It is clear when talking to Henry Dawson that he is a man on a mission. He is the owner of Elma Lanes, a professional bowler and employees of SPMC have come to know him as "blue coat guy." Henry walks the wellness trail at Summit Pacific every day for at least an hour. He walks more than three miles each day and as time went on, employees noticed a change in him. Henry has lost the equivalent of more than two bowling balls worth of weight, 40 pounds!

The trail, paved in 2015 after Summit Pacific Medical Foundation raised more than \$30,000 to fund it at their annual Celebrity Golf Tournament has been a great tool in Dawson's weight loss journey. The trail is one third of a mile in length and circles the SPMC campus.

"As I'm approaching my 60's I realize that I really need to get in better shape," said Dawson. He had given up bowling for nearly 20 years and noticed a drastic change about five years ago when he started bowling again. "I had to take breaks while bowling; I had

never had to do that before," says Dawson, "I would just get tired. That's when I knew I had to make some changes"

Elma Lanes is directly across the street from SPMC. Being just three minutes away from work is very helpful for Dawson, "If my staff need me, I can be there to help them in three minutes or less. Walking has also been a great way to relieve stress I have found." In addition to walking, Dawson has also removed soda from his diet.

He has noticed a drastic change in his bowling since losing nearly 40 pounds and is looking forward to competing in an upcoming bowling tournament in Reno, Nevada. I still have a ways to go but between the weight loss and giving up soda I realized that I have much more energy now," says Dawson, "Can you imagine living life carrying around two bowling balls everywhere you go?"

Henry Dawson purchased Elma Lanes 31 years ago in 1985. He supports the community in several ways including sponsoring Grays Harbor Raceway and the Special Olympics as well as offering a free bowling program in the summer for youth.



**SAVE  
THE  
DATE!**

**2017 Celebrity Golf Tournament  
Returns May 12th  
to Salish Cliffs Golf Club**

*For more information on registering for this event and/or sponsorships  
contact Lauren Day at 360-346-2250 or [LaurenD@sp-mc.org](mailto:LaurenD@sp-mc.org).*

# Ninth Annual Celebrity Golf Tournament Raises More than \$40,000

This year turned out to be the highest profiting year for Summit Pacific Medical Foundation's Celebrity Golf Tournament! More than 130 golfers and supporters of Summit Pacific Medical Center attended the sunny event and contributed to its success.

Summit Pacific Medical Foundation would like to extend a warm and sincere thank-you



The self-proclaimed "Mason in Summitland" team was a contender for best dressed.

to all who participated, volunteered and sponsored this successful event. This year's profits are assisting Summit Pacific Medical Center in the purchase of an \$80,000 ultrasound machine for the Emergency



First Place was awarded to a local team, Levee Lumber!

Awards were given out to five teams. First place went to Levee Lumber, second place to "4 Hacks and a Ringer," while third place was awarded to "The Hulscher Team."

"Weapons of Grass Destruction" received an award for last place, Intalere won the best-dressed award for their red and white houndstooth patterned bottoms and matching Intalere logoed polo shirts.

Summit Pacific Medical Foundation would like to thank all of the businesses, individuals and employees who volunteered or donated their goods, services and time to help make this event successful. Your support is so greatly appreciated! Mark your calendar, next year's tournament is scheduled for Friday May 12, 2017!

## Special Thanks to our Event Sponsors!

**Awards Barbeque & Silent Auction**  
Murphy Company

**Hole-In-One Sponsors**  
Physicians Insurance  
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**Platinum Hole Sponsors**  
Timberland Bank  
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Association of Washington Public Hospital Districts  
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Dingus, Zarecor & Associates PLLC  
South Sound Radiology

**Businesses who Sponsored Teams**  
Datto, Inc. Elma Mini Storage  
Canon Kibble & Prentice  
Port Black Levee Lumber  
Anchor Bank Mason General Hospital  
Sazan First Choice Health Network

**Fund-an-Item Sponsor**  
SPMC's Emergency Room Physicians



"Par-tee Women" bidding in the celebrity auction.



This golfer just missed the water hazard.

## Sip & Sail Gala Returns to Alderbrook September 17th

This formal event kicks off with a sunset cruise and includes cocktails, hors d'oeuvres, a waterside gourmet dinner, live entertainment by steel drummer Ian Dobson, and special room rates!

To be included on the invitation mailing list, please contact Lauren Day by calling 360-346-2250 or by emailing [LaurenD@sp-mc.org](mailto:LaurenD@sp-mc.org).



# SPMC Employees Responsible for \$5,000 in Awarded Scholarships

Thanks to the generous nature of several employees at Summit Pacific Medical Center, local area high school seniors received a total of \$5,000 in scholarships from SPMC to use for college tuition this fall.

The Employee Scholarship Fund, a long-standing tradition of the hospital district, began in 1994. Over the life of this scholarship program, more than \$50,000 dollars have been awarded to local high school seniors. This fund is sustained only by donations from district employees. This year, the Employee Scholarship Committee granted three \$1,000 scholarships.

- Mikayla Smith, Elma High School—\$1,000
- Jake Herzog, Montesano High School—\$1,000
- Tianna Schurr, Montesano High School—\$1,000



Montesano High School Scholarship Awards Ceremony

## Free Community Education Dinners

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.

The Mitch Cohen Memorial Scholarship Fund is supported from money raised by Dr. Shawn Andrews and volunteer staff who perform low cost sports physicals to local high school and junior high school students. Each year, Dr.

Andrews gathers a new group of volunteer staff to go to different area schools to provide the physicals. 100% of the small fee collected goes into the Mitch Cohen Memorial Scholarship Fund. The scholarship is awarded in honor of Dr. Cohen's generosity and love for this community.

- Paige Kershaw, Elma High School—\$500
- Tahni McGaughy, Elma High School—\$500
- Sarah Wood, Montesano High School—\$500
- Logan Traux, Montesano High School—\$500



Joy Iversen with one of the scholarship recipients at Elma High School

## Recipe *Banana Chocolate "Ice Cream"*

- Ingredients**
- 2 medium bananas
  - 1/2 cup fat-free milk
  - 2 Tbsp cocoa powder
  - 1 cup fat-free whipped topping



**Instructions**

Peel bananas and slice into 1/4-inch coins. Place in a bowl and freeze for at least 2 hours. Once frozen, add the bananas, milk, and cocoa powder to blender. Blend until smooth. Fold in the whipped topping. Place mixture in a freezer-safe container and freeze for at least 30 minutes. Scoop into 1/2 cup scoops to serve. Tip: Top with sliced strawberries and chopped beans to make it a sundae!

Recipe provided by the American Diabetes Association.

## Upcoming Dinner Event Dates

- June 24th—Diabetic Foot Care, Deanna Duran, DPM
- July 22nd—Managing Your Medications, Andrew Burton, PharmD
- August 26th—End of Life Planning, Mary Ellen Biggers
- Sept. 23rd—Blood Thinners, Andrew Burton, PharmD

# Introducing Summit Pacific Virtual Care Clinic

No appointment needed

Receive treatment wherever,  
wherever, 24/7

Clear cost \$40

Access via mobile device,  
phone or computer



## Summit Pacific Virtual Care Clinic Increases Public Access to Medical Care

Summit Pacific Virtual Care Clinic is available 24/7. The telemedicine service is available to conveniently treat individuals with non-emergency medical concerns.

Visits with a Virtual Care Clinic provider take place via phone or video through FaceTime or Skype on a computer or mobile devices with a camera. If a prescription is needed, the telemedicine provider sends the order to the patient's preferred pharmacy. Appointments cost \$40 and may be paid with a credit or debit card. Virtual Care Clinic users should contact their insurance to determine eligibility for reimbursement of the cost.

Healthcare providers treat non-life or limb threatening conditions treated through virtual care including cold and flu symptoms, headache, sore throat, pink eye, urinary tract infections, cold sores and rashes. Patients with more serious issues will be referred to Summit Pacific's Urgent Care Clinic or Emergency Department.

Most patients are seen within 10 minutes of their request for care and appointments conclude within 30 minutes. Medical records from the visits are shared with the patient's primary care provider. If the patient does not have a primary care provider, Summit Pacific Medical Center will help get them one.

"It's basically an urgent care clinic that you can visit electronically either virtually online or through an app on your mobile device," says Summit Pacific's CEO, Renee Jensen. "For conditions that need lower levels of intervention, they can get a quick prescription. For working families, the traditional health care hours are not conducive to coming in. I'm a busy working mom myself, so I know how challenging it can be."

Summit Pacific Virtual Care Clinic is available online through the SPMC website or through the SPMC Virtual Care app in the Apple App Store or Google Play.

## SPMC Spring Employee Tuition Reimbursement Awards

Twice a year, SPMC accepts employee applications for tuition reimbursement. This program allows employees the opportunity to receive funds to put towards their education. This spring, seven applicants received a tuition reimbursement award!



Spring Tuition Reimbursement Recipients

Kim Hensley — Technician Certification in Sterile Processing and Distribution

Kathy Miller — Bachelor of Science in Nursing

Mandy Paige — Bachelor of Applied Science in Organizational Management

Nichole Pas — Masters in Strategic Communication

Kristen Randich — Bachelors in Information Technology and Administration Management

Ashley Smith — Masters in Nursing, Emphasis in Leadership and Management

Carrie Wetzel — Bachelor of Applied Science in Organizational Management