



PEAK HEALTH NEWSLETTER

Volume VIII, October 2016



Construction of New Wellness Center to Begin in 2017

SPMC's Building Healthy Connections Day October 15th

National Breast Cancer Awareness Month

Sip & Sail Gala a Success

New Wellness Center Invests in the Health of our Community

We are happy to announce that in early 2017 we will begin construction of a new Wellness Center on the Summit Pacific Medical Center Campus! We have quickly outgrown the new medical center that opened in January of 2013 and are excited to announce our new endeavor that will continue to increase our community's access to health and wellness services. The new 60,000 square foot, three-story building will not only be home to an expanded suite of preventative medicine and outpatient service lines, but it will also offer some exciting new programs and services geared toward keeping those of all ages and health status active and engaged in improving their overall wellness.

This new addition will be located behind the medical center and will focus on providing increased resources for keeping our patients and community healthy. For many years now, the vision statement of Summit Pacific Medical Center has been, "To be THE national model of patient-centered care." We have made some heavy progress towards that vision and are considering switching our focus towards a loftier goal of building the healthiest community in the nation via our Summit Care initiative.



Photo of staff taken in 2011 where Summit Pacific Medical Center now stands.

As we introduce the community to Summit Care, you will find that it is our goal to focus on the health of all individuals in our community, whether old, young, healthy or sick. We realize that it is important to have a relationship with patients who are currently healthy in order to help them stay healthy. If we are able to establish that relationship before the patient is sick, and provide them with the proper education, tools and access to healthcare, we hope to improve their chances of living longer, healthier and happier lives.

Our Wellness Center will be a place for our employees to do great and impactful work. Creating access to healthcare is one way that we can advance the health of our community. The current shortage of healthcare providers in East Grays Harbor is a barrier to the health of our community. Our Wellness Center will offer the space for us to bring more primary care providers to Grays Harbor. We will also have more room to expand our

physical, occupational and speech therapy services. Elma HealthMart Pharmacy will open an additional retail pharmacy storefront inside the new building.

The Wellness Center will also feature various other attractions including a rock-climbing wall that will be open to the public, a more robust café with expanded hours of operation and cooking classes. We will also have the space to provide our community with more classes and support group offerings as well as the possibility for fitness class offerings.

As part of this project, and in support of SPMC, Summit Pacific Medical Foundation is raising funds to build a large indoor and covered outdoor children's activity center that will be accessible to the community year-round. Promoting physical activity in children is a great way to get healthy habits started at a young age. Dependent on funding, the Foundation would also love to include outdoor fitness equipment for adults so that they can be active while monitoring their children as they play. Contact the Foundation office if you are interested in supporting this project.

The contractor chosen to construct the new wellness center is Graham, the same organization entrusted to build Summit Pacific Medical Center. We look forward to working with an organization that understands the needs and goals of our hospital district. In the coming months, community members will begin to notice some land development happening where the new wellness center will stand.

During our recent visit from U.S. Representative Derek Kilmer, whom with we shared our plans for the new building as well as our plan for creating a healthier community, we had staff gather for a photo, which happens to be the cover photo for this newsletter. Using letters in the photo has become a staff tradition since a similar photo was taken where Summit Pacific Medical Center stands today.

SUMMIT PACIFIC'S Building Healthy Connections Day

9 a.m. to 2 p.m. : 600 East Main St., Elma, WA 98541 : Saturday October 15th



Summit Pacific Medical Center has partnered with Amerigroup to bring you our Building Healthy Connections Day! The event is taking place Saturday, October 15 from 9 a.m. to 2 p.m. at Summit Pacific Medical Center in Elma and is free for the community.

Kicking off the day at 9 a.m. is Summit Pacific Medical Foundation's first ever Peak Health Family 5k Fun Run and Walk sponsored by Molina. This is a great excuse to get your family and friends to join you for a little outdoor fun! Other featured events include a pet walk at 1 p.m., a bike rodeo with free helmets, farm fresh community lunch from 11 a.m. to 1 p.m. and the chance to peruse healthcare related booths!

Community members will enjoy a wide range of vendors with interactive booths, free health exams and services as well as the chance to check out a fire truck and ambulance up close. Community members will also enjoy door prizes and giveaways throughout the day.

Online registration for the Peak Health Family 5k Fun Run can be found on the SPMC website. For more information, contact Nichole Pas at NicholeP@sp-mc.org or by calling 360-346-2287. All proceeds of the Peak Health Family 5K Fun Run and Walk will go towards enhancing and extending the Wellness Trail on SPMC's campus. The Wellness Trail is available 24/7 to the public and is heavily used by SPMC employees during their breaks and lunches.

Register now for our first

Peak Health

Family 5K Fun Run



**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.*

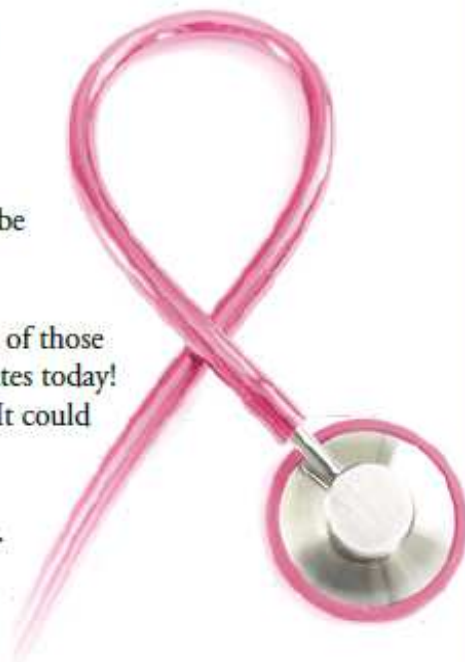
October is National Breast Cancer Awareness Month

According to the World Health Organization, breast cancer is the most common cancer among women worldwide, claiming the lives of hundreds of thousands of women each year. It is estimated that one in eight women in the United States will be diagnosed with breast cancer in her lifetime.

Early detection is key in order to improve breast cancer outcomes and survival rates of those diagnosed. More than 2.8 million breast cancer survivors are alive in the United States today! Don't hesitate to call schedule if it is time to have your annual mammogram done. It could save your life.

Summit Pacific Medical Center accepts orders for mammograms from any provider.

Call 360-346-2243 to schedule your digital mammogram today!



Recipe

Creamy Avocado Soup

Ingredients

2 Cups chopped ripe avocado flesh
3 Cups milk
Salt and cayenne pepper to taste
2 Tablespoons freshly squeezed lime juice
A handful or more of small cooked shrimp
Chopped fresh parsley or cilantro

Instructions

Put chopped avocado in a blender. Add half the milk, a large pinch of salt and a small pinch of cayenne; process to a purée. Add remaining milk and purée, then chill for up to 6 hours if you have time (press a piece of plastic wrap to surface of soup so it does not discolor). Add lime juice, taste, then adjust seasoning, if necessary. Garnish with shrimp and parsley or cilantro, and serve.

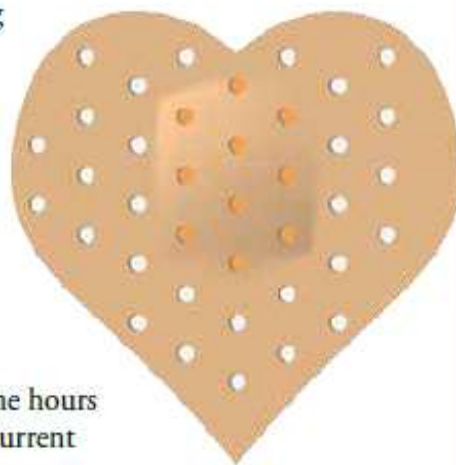


Flu Vaccines Now Available at SPMC

We are entering flu season, which means it is a good time to get protected by getting your annual flu vaccine. The Centers for Disease Control & Prevention estimates that more than 200,000 people become hospitalized each year with the flu or with flu-related complications.

According to the CDC, flu viruses are most common during the fall and winter. The exact timing and duration of flu seasons can vary, but influenza activity often begins to increase in October. The CDC recommends a yearly flu vaccine for everyone 6 months and older by the end of October, if possible.

To get your vaccine call 360-346-2222 for an appointment, or just stop by during the hours of 7 a.m.—6 p.m. 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.



Care Transformation Department Growing in Size & Positive Patient Outcomes

In 2015, Ashley Taylor, RN and Care Transformation Manager became certified as an Integrative Nurse Health Coach. Care Coordinators, as we call them at SPMC, are highly trained RN's who work with patients, families, caregivers, providers, hospitals and the community to coordinate care for patients in need. Care Coordinators help patients and their families navigate and access medical and community services and can work with patients to help create a personal care plan to improve their overall health. Last year, Taylor was the only Care Coordinator for the hospital district.



Pictured are SPMC's Care Coordinators. From left, Tanya Weber, RN, Ashley Taylor, RN and Matthew Rosales, MSN, RN.

Fast forward to 2016 and SPMC has created an entire Care Transformation Department around the work Taylor started. The department now consists of a Vice President of Care Transformation, a role filled by one of SPMC's long-time primary care providers, Tammy Moore, DNP. The department also consists of Ashley Taylor, RN and Care Transformation Manager who also acts as a Care Coordinator, two additional Care Coordinators Tanya Weber, RN and Matthew Rosales, MSN, RN as well as Kayla Godfrey who is the department's Population Health Analyst.

Patients who suffer from chronic illnesses or have many healthcare needs are eligible for Care Coordination services. Chronic disease management and education, obesity and weight loss, transportation, medical insurance, medical equipment, caregivers, home safety, social support and end of life planning are a few of the areas that Care Coordinators can assist patients with.

Sip & Sail Gala



Sip & Sail guests aboard the Lady Alderbrook.

On behalf of Summit Pacific Medical Foundation, we extend a sincere thanks to all of the sponsors, in-kind donors and all who attended the event September 17. This year's Sip & Sail Gala was a tremendous success for the foundation!

More than 65 guests and 13 sponsors supported this year's event. All Proceeds of this event will go towards the construction of a large indoor and outdoor covered play area for children that will be available year-round on the SPMC campus.

The event kicked off with a sunset cruise, sponsored by Timberland Bank, in which guests spent an hour and a half aboard the Lady Alderbrook cruising through the beautiful Hood Canal, while being treated to complimentary drinks and hors d'oeuvres.

Upon docking, guests made their way to waterside seating where they feasted on a dinner of steak and salmon, sponsored by Engage. After the meal, guests spent time bidding on an array of silent auction items including a private chef, a monthly pie delivery, a Kenmore Air tour of Seattle and an Alderbrook Getaway. Our many Auction Item Sponsors including Green Diamond Resource Company, Providence St. Peter Hospital, Physicians Insurance and Parker Smith & Feek are to thank for our silent auction items.

After dinner, guests had an opportunity to purchase raffle tickets for a Vintners Collection, 6-bottle sample of red wine, beautifully packaged in an etched, fire-branded wooden box donated by Long Shadows Winery.



Neil Weinberg, the evening's speaker.

Ian Dobson, Steel Drummer, brought the sounds of the Caribbean to the event while guest speaker Neil Weinberg reminded guests the importance of giving and investing their money in our community's health system.

The evening wrapped up with guests dancing, enjoying gourmet s'mores around a campfire and enjoying the last warm evening breezes of fall.



Silent auction items ranged from a monthly pie delivery to a Seattle scenic seaplane tour.



Lauren and Jeff Day prior to the cruise down Hood Canal.


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