

PEAK HEALTH NEWSLETTER

Summer 2019

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Message from the CEO



Dear Neighbors,

It's a great time to live in Grays Harbor County! I absolutely love the weather this time of year and all the benefits our community has to offer. From hiking around Lake Sylvia, clam digging at the beach, fishing at Elma Ponds or enjoying an array of other summer events, there are plenty of things to get us outdoors this season.

Additionally, we hope you think of Summit Pacific this summer and our new outdoor campus expansion. With the help of community donors and employees at Summit Pacific, we were able to raise enough money to expand the walking trails to include trails along the creek with fitness stations, build out a plaza with a splash pad and open a playground for our children.

Someone recently asked me, "What in the world is a hospital doing building a playground?" It's a great question which emphasizes the work ahead of us as we move away from the traditional model of "sick care" to one that focuses on building a healthier community. My perspective is that all hospitals should be building playgrounds and getting the health back into healthcare.

Of course, I can't help but notice all the new businesses and families moving to the area. We are seeing a lot of growth in our community and also here at Summit Pacific. With the opening of our new transformational Wellness Center, we have taken a big step towards improving the health and wellbeing of our community. The new 60,000-square-foot space has allowed us to increase access to clinic visits by hiring more primary care providers, introduce healthy and flavorful food options at The Café @ Summit and expand Elma Pharmacy's hours of service in the building.

Along with improved clinic access, Summit Pacific has added an array of new wellness classes and educational offerings for community members. Our SAIL class, which stands for Stay Active and Independent for Life, offers free exercise and balance classes four days a week for those 65 and older.

The benefit of the Wellness Center is that we can grow into the space with you, our community, and we shape our services around your needs for today and for the future.

Summit Pacific continues to work towards building a healthy, vibrant future – one patient and one family at a time. Thank you for choosing us to be your trusted partner in health and wellness.

Josh Martin, MBA
Chief Executive Officer



Our Community Playground at Pacific Park is Now Open

Summit Pacific recently hosted a grand opening and celebration of their new outdoor spaces! Community partners who made the playground, fitness trail, plaza and splash pad possible joined in on the celebration.

“The investment made by our community will enhance the lives of generations to come,” said Summit Pacific Medical Foundation’s Executive Director, John Elsner.

Community members were greeted with a passport which directed them to several “passport stops” around Summit Pacific’s campus. Guests explored the new outdoor exercise equipment, learned about sustainable forests at a stop on a new bridge over MacDonald Creek and splashed around the plaza’s new splash pad.

Inside the Wellness Center, guests visited East County Health Mart Pharmacy, got active by playing at the interactive children’s play area, voted on an art contest submitted by the students of Grays Harbor College and enjoyed a complimentary lunch prepared by Chef Brandon and the crew at the Café @ Summit.

The community fitness trail and Our Community Playground at Pacific Park, as well as the splash pad at Summit Plaza, are free and open to the public!



East County Health Mart Pharmacy’s Impact on Community Wellness

By Mike Huttula, PharmD



The goal of healthcare organizations and primary care providers is to keep patients healthy, at home with their loved ones and out of the hospital. The goal of retail pharmacies is no different.

In recent years, the idea of primary care has shifted from a focus on disease treatment to a focus on disease prevention. The

It is our responsibility to help our patients stay adherent to medications prescribed by their providers, leading to lower rates of chronic illnesses like hypertension, heart disease and diabetes. Being co-located inside a facility like Summit Pacific’s Wellness Center allows pharmacists at East County Pharmacy to work closely with teams of providers, specialists, physical therapists and dieticians to more easily prevent and treat disease, with the common purpose of creating a healthier community in East Grays Harbor.



Summit Pacific Now Offers SANE Exams to Sexual Assault Victims

For individuals 14 and older who have been victims of sexual assault, Summit Pacific's emergency department now offers SANE (Sexual Assault Nurse Examiner) exams. Specially trained nurses and providers will offer an exam that documents the history of the assault, examines for acute injuries, documents findings to include photography and forensic evidence collection when appropriate, and provides treatment to reduce the chances of sexually transmitted disease and pregnancy.

SANE exams are available without a referral, and forensic exam fees are covered by Crime Victims Compensation. To learn more, call 360-346-2274.



Honoring Our Nurses with DAISY Awards

Summit Pacific is joining forces with The DAISY Foundation™ to recognize our extraordinary nurses. The DAISY Award® is presented to nurses whose compassion and clinical skills go above and beyond.

Summit Pacific will present a nurse with The DAISY Award each quarter. Nominations may be submitted by patients, families, visitors, staff or physicians.

If you would like to recognize a Summit Pacific nurse who serves as a role model for others or have questions about the DAISY Award program, please contact Tracy Smith at 360-346-2283 or Tracy.Smith@sp-mc.org.

New Programs and Classes Available in the Wellness Center

Since the opening of the Wellness Center in January, many new classes and programs have been introduced to the community!

Cancer Support Group

Meets monthly on the fourth Tuesday at 6 p.m. in the Kelsey Conference Room, Summit Pacific Medical Center

Dementia Caregivers Support Group, Two Options

Option 1: Meets monthly on the first Monday at 1 p.m., Summit Pacific Wellness Center, Quinault Room

Option 2: Meets monthly on the first Monday at 5 p.m., Summit Pacific Medical Center, Kelsey Conference Center

Diabetic Support Group

Meets monthly on the fourth Tuesday at 6 p.m., Summit Pacific Medical Center, Kelsey Conference Center

Indoor Rock Climbing

Four, one-hour climbing sessions are available each weekday beginning at 4 p.m., 5 p.m., 6 p.m. and 7 p.m. Please call 360-346-2298 to reserve your climb time or for more information. The cost is \$10 per hour of instruction.

SAIL—Stay Active and Independent for Life

Mondays and Thursdays, Summit Pacific Wellness Center. There are two class times available – one class begins at 10 a.m. and another at 11 a.m. This class is available free to those who are 65 or older. For more information or with any questions, please call 360-346-2297.



Flow Yoga

Monday, Wednesday and Friday at 9 a.m., Summit Pacific Wellness Center. Classes cost \$10. Drop in and bring your own mat. For any questions, please email Leah.Walldroff@gmail.com.



Summit Pacific Receives Tissue Donation Standards of Excellence Award

LifeNet Health presented Summit Pacific with a Tissue Donation Standards of Excellence Award. This award is given to hospitals that achieve and sustain donation goals, based on fewest missed referrals, nurse approaches and late referrals. In 2018, Summit Pacific had a Timely Referral Rate of 100 percent, which means no donation opportunities were missed due to notifying LifeNet Health too late. Summit Pacific is honored to receive this recognition and will continue to be a champion of donation for years to come.



Summit Pacific Awarded Grant to Establish Rural Residency Program

Summit Pacific has been awarded \$750,000 from the Health Resources and Services Administration to establish a residency program in rural Grays Harbor County. The goal is to increase the number of primary care providers in our area.

In 2020 Summit Pacific will have its first two residents and will eventually have up to six residents training in the program at a time. Residents are physicians in training who work alongside board-certified family medicine physicians and inter-professional healthcare providers to care for patients.



Raspberry-Peach-Mango Smoothie Bowl

- 1 c frozen mango chunks
- ¾ c nonfat plain Greek yogurt
- ¼ c reduced-fat milk
- 1 t vanilla extract
- ¼ ripe peach, sliced
- ½ c raspberries
- 1 T sliced almonds, toasted if desired
- 1 T unsweetened coconut flakes, toasted if desired
- ½-1 t chia seeds

- 1 Combine mango, yogurt, milk and vanilla in a blender. Puree until smooth.
- 2 Pour the smoothie into a bowl and top with peach slices, raspberries, almonds, coconut and chia seeds to taste.

Tip: This healthy smoothie recipe is a gateway to the smoothie-bowl craze. Use whatever fruit, nuts and seeds you like best to make it your own. Be sure to use frozen fruit in Step 1 to yield a creamy, frosty base for the toppings.

Makes 1 serving. Per serving: 374 calories; 10 g fat (5 g sat, 3 g mono); 13 mg cholesterol; 50 g carbohydrate; 0 g added sugars; 40 g total sugars; 24 g protein; 8 g fiber; 94 mg sodium; 864 mg potassium.



610 E. Main Street | Elma, WA 98541



105 W. Simpson Avenue | McCleary, WA 98557

Our McCleary Healthcare Clinic is Accepting New Patients!

Experience Patient-Centered Medical Care Close to Home

Located in downtown McCleary, Summit Pacific's McCleary Healthcare Clinic specializes in family medicine, naturopathic medicine, women's health, chronic disease management and more.

Meet Your McCleary Providers



Rebecca Bodle-Shingu, ARNP

Rebecca received her Bachelor of Science and Master of Science in nursing at the University of Washington. With over 20 years of experience caring for patients, she has a passion for encouraging people to be as healthy as possible.



Joe Kohn, ARNP

You may have already received care from Joe while he was serving as a same-day provider. We are happy to announce that Joe is taking new patients and caring for primary care patients full-time.



Brian Lear, MD

Brian practices primary care with a focus on holistic medicine. He has a strong interest in evidence-based uses for plants and herbs in the treatment of common medical problems.



Nicole Taylor, ND

Nicole provides family medicine with a focus in women's health, from adolescence through menopause. She has extensive knowledge in hormone replacement therapy, weight management and primary care. She also offers Saturday appointments!

Our providers are looking forward to caring for you and your family! Schedule your appointment today at 360-346-2222.

SAVE THE DATE



Upcoming Events

» **September 14**

Sip & Sail Gala @ Alderbrook Resort & Spa

» **October 12**

Blood Drive, Bloodmobile @ Summit Pacific Medical Center Parking Lot

» **October 12**

Peak Health 5K Fun Run @ Summit Pacific Medical Center

» **October 12**

Wellness Fair @ Summit Pacific Wellness Center

» **October 24**

Ladies' Night Out @ Summit Pacific Wellness Center

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

