

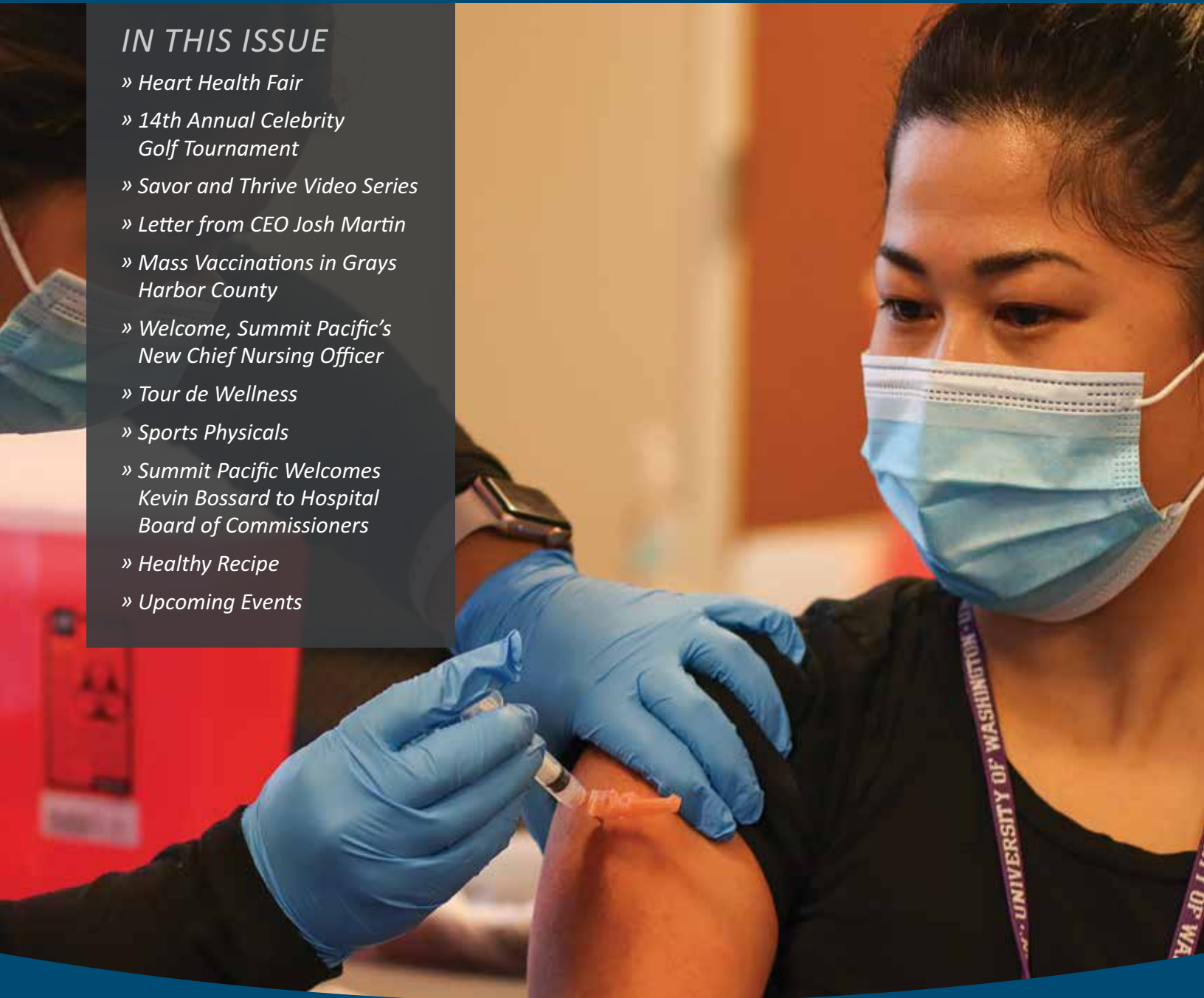


PEAK HEALTH NEWSLETTER

Spring 2021

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Message from the CEO



Dear Friends and Neighbors,

We all experienced so much in the last year and have come so far in our fight against COVID-19. While we still have a journey ahead and continue to take precautions, I am confident in our strength and ability to move forward as a community. Our Summit team is looking forward to 2021 and has many exciting and safe activities planned for this year that are familiar to you, and some new experiences, too.

Our Foundation's annual Golf Tournament is taking place May 7 once again at Salish Cliffs Golf Club and our second annual Tour de Wellness, a bike ride from McCleary to the coast, is taking place June 12! You can find information about either of these exciting events on our website or Facebook page.

Our team is also partnering with Timberland Regional Library to offer "Story Trails" along our walking trails. Story Trails is a family-centered, educational focused activity that places the pages from a children's story along a trail in a community. It is designed for children of all levels to read a book with their family and friends while exploring the outdoors.

We continue to take protective measures here at the hospital to ensure the safety of our patients and caregivers. These measures

include masking and health screenings for everyone on-site, additional hand sanitizing stations throughout our facilities, plexiglass barriers, frequent sanitation, curbside check-in, drive-up COVID-19 testing and much more.

Our organization is committed to a patient-centered care environment and we want to remind you that it is safe to receive medical care at our facilities. Patients should feel confident in keeping their regular clinic appointments for wellness exams, diagnostic imaging screenings, therapy sessions and also urgent care as needed. We are also offering Virtual Clinic Visits should you prefer to get care from the comfort of your home. Preventive wellness visits and primary care are so important to our overall health, and we urge you to make these a priority in 2021.

Summit Pacific is grateful to serve you, no matter your health needs. Thank you for choosing us as your trusted partner in health and wellness. Take care of yourself and one another.

Josh Martin, MBA
Chief Executive Officer



Summit Pacific Medical Center's EVS Supervisor, Angela KiviAasen, is certified to train frontline environmental services technicians to become Certified Health Care Environmental Services Technician (CHEST) certified.

Mass Vaccinations in Grays Harbor County

Summit Pacific is proud to partner with Grays Harbor County Public Health and Social Services and other local agencies to provide vaccines to residents of Grays Harbor and beyond. Summit Pacific's Chief Medical Officer, Dr. Ken Dietrich, was one of many who have volunteered their time to help vaccinate community members.

Grays Harbor County Public Health and Social Services is now offering online appointment scheduling for the Mass Vaccination Clinic. Visit <https://www.healthyhgh.org/covid-vaccine> for additional information, or to register for a vaccine if you are in an eligible phase. Mass Vaccination Clinic dates will be added as vaccine supply allows. Please monitor the Grays Harbor County Public Health and Social Services website and Facebook page for announcements.

It will still be some time before COVID-19 vaccines are widely available. Until then, all of Washington State's hospital leaders urge the public to continue to wear masks and take precautions to protect themselves, their families and their frontline caregivers.



Heart Health Fair

To celebrate American Heart Month, the Diagnostic Imaging Department held a Heart Health Fair on February 5 in conjunction with Wear Red and Give Day. This small and socially distanced event offered individual stations and provided education and testing for 44 participants.

Among those stations were opportunities to learn about the structure of the heart, nutrition for a healthy heart, cardiovascular exercise and stroke and heart attack signs and symptoms. Testing was also available to provide fairgoers with baseline values of blood pressure, pulse, blood oxygen level, BMI, blood sugar and total cholesterol. The overall response was highly positive, with participants responding that it was "relevant and valuable" to their health.

Thank you to the many volunteers who made this event a huge success and to Summit Pacific Medical Foundation for their monetary support!

Welcome, Summit Pacific's New Chief Nursing Officer

Summit Pacific Medical Center welcomed new Chief Nursing Officer Tori Bernier. Tori brings over 38 years of healthcare experience and looks forward to continuing her career in rural medicine, where the community benefits in real and tangible ways. Born in Othello, Washington, and raised in Yakima Valley, she understands the importance of rural healthcare and wants to be an advocate at the state and national level for rural hospitals. She believes the nursing profession is one of the most rewarding professions and appreciates what nursing brings to the organization as a whole.

Tori is a lifelong learner; in fact, she is back in school currently working on her doctorate in nursing practice. Tori and her husband, Dick, are also active in their church and community boards, including Ronald McDonald House and United Way. They are excited to be living in the community and serving Grays Harbor County.





Sports Physicals

With spring quickly approaching, many child and teen athletes need a sports physical. Sports physicals are designed to catch possible health problems that could potentially make physical activity dangerous. Your provider will screen for and identify any heart, lung, muscle and skeletal issues and create a plan to treat or prevent any future issues.

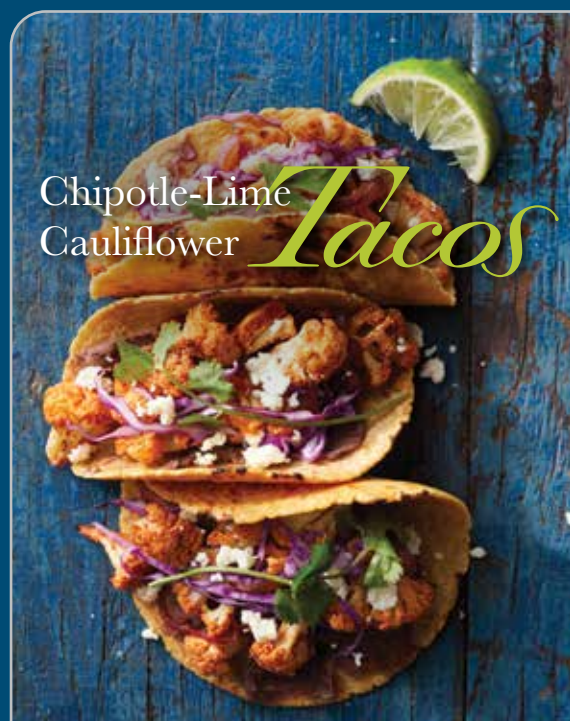
Urgent Care is a fast and convenient way to get your child's sports physical checked off your list! Urgent Care is open seven days a week, 8 a.m. to 8 p.m. No appointment necessary! A \$20 fee is due at time of check-in.

Summit Pacific Welcomes Kevin Bossard to Hospital Board of Commissioners

Summit Pacific Medical Center has welcomed a new member to the Grays Harbor County Public Hospital District No. 1 Board of Commissioners. Kevin Bossard took office January 1 and was sworn into office January 22, filling the position left vacant by Joy Iversen.

"I believe in the Harbor and want to contribute to its revitalization and wellness. I am eager to contribute and hope my ties to the local fire departments, schools and community will be a benefit," says Bossard, who has lived in the hospital district since 2005.

The Board motioned to appoint Bossard to the position during its monthly meeting on December 18. Bossard's appointment will be effective the remainder of the term, ending December 31, 2021. This position will go to vote in 2021 for a six-year term.



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|---|---|
| ¼ c lime juice (from about 2 limes) | 1 small red onion, halved and thinly sliced |
| 1-2 T chopped chipotles in adobo sauce | 1 15-oz can refried black beans, warmed |
| 1 T honey | 8 corn tortillas, warmed |
| 2 cloves garlic | ½ c crumbled queso fresco or feta cheese |
| ½ t salt | |
| 1 small head cauliflower, cut into bite-size pieces | |

Sliced red cabbage, fresh cilantro, guacamole, jalapeño slices and/or lime wedges for serving

- 1 Preheat oven to 450°F. Line a large rimmed baking sheet with foil.
- 2 Combine lime juice, chipotles to taste, honey, garlic and salt in a blender. Process until mostly smooth. Place cauliflower in a large bowl, add the sauce and stir to coat. Transfer to the prepared baking sheet. Sprinkle onion on top.
- 3 Roast, stirring once, until the cauliflower is tender and browned in spots, 18 to 20 minutes.
- 4 Serve the vegetables and beans in tortillas, topped with cheese and garnished with cabbage, cilantro, guacamole, jalapeños and/or lime wedges.

Tips: How To – To prepare florets from a whole head of cauliflower, remove outer leaves. Cut off the stem. Turn head upside down and, holding the knife at a 45-degree angle, slice around the stem to remove the core from center of head. Break or cut florets into the desired size. To store, refrigerate in a plastic bag for up to 5 days. Ingredient – Chipotle chile peppers in adobo sauce are smoked jalapeños packed in a flavorful, spicy sauce. Look for the small cans with Mexican foods at large supermarkets. Once opened, they'll keep for up to 2 weeks in the refrigerator or 6 months in the freezer.

Makes 4 servings. Per serving: 288 Calories, Total Fat: 7 g, Saturated Fat: 2 g, Cholesterol: 11 mg, Carbohydrates: 48 g, Fiber: 11 g, Total Sugars: 7 g, Added Sugars: 4 g, Protein: 12 g, Sodium: 613 mg, Potassium: 662 mcg, Folate: 46 mcg, Calcium: 186 mg.



14th Annual Celebrity Golf Tournament

Don't miss Summit Pacific Medical Foundation's largest annual fundraiser Friday, May 7 – with 100% of proceeds benefiting Summit Pacific Medical Center! Salish Cliffs Golf Course's 18-hole par 72 layout offers world-class golf, stunning Pacific Northwest views and a challenge to golfers of all levels. Registration includes use of a GPS-enabled cart, use of the driving range and practice areas before play begins, snacks and beverages throughout the day, fun course games, raffles, signature tee prizes, BBQ awards dinner and a silent auction. Single and team registrations and event sponsorships are available. Register early to reserve your place!

For more information, call Natalie Jensen, Event Coordinator, at 360-346-2345 or email Natalie.Jensen@sp-mc.org.

Ride The Harbor: Tour de Wellness

Join us Saturday, June 12 for a scenic, fun charity ride through beautiful Grays Harbor County. You'll ride through forests, farmlands, over rivers and hills and finish by the spectacular Pacific Ocean.

Our mission for this event is to provide Grays Harbor County an opportunity to get active in a safe and supportive way. This one-day cycling event is the perfect ride with a team or as a personal challenge and is open to ages 16 and up, with three separate lengths for beginners to pros.

While fundraising is not required to participate in our ride, we welcome you to support our cause in all the ways you are comfortable.

Money raised from fundraising efforts and registration fees goes towards supporting Summit Pacific Medical Foundation, a 501(c)3 non-profit.

If you would like to learn more, volunteer to help or join our cause, please contact us at 360-346-2250 or email Foundation@sp-mc.org.



Savor and Thrive

We understand that New Year's resolutions are difficult to keep. You may have even broken some of them by now, but there's a way to keep healthy eating front and center! Keep on track by joining us in watching the new Savor and Thrive video series, featuring Summit Pacific's own chef Brandon Smith and dietitian Sarah Carossino, RDN, CD. Join them as they prepare and discuss healthy meal options from the Blue Zone cookbook.

What are Blue Zones? Blue Zones are regions of the world where a higher-than-usual number of people live longer, healthier lives. The Blue Zones Project was created to examine the locations and find out what they are doing differently, so we can teach other areas how to better their health. Diet is a huge part of maintaining one's health, and that's why the Savor and Thrive series was created.

New videos will be released on the second Tuesday of every other month on our YouTube page. Make sure to subscribe!





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SAVE THE DATE UPCOMING EVENTS

- » **May 7**
14th Annual Celebrity Golf Tournament @ Salish Cliffs Golf Club, Shelton, WA
- » **June 12**
Ride the Harbor: Tour de Wellness @ Beerbower Park, McCleary, WA

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.

Learn more about our Support Groups and Community Education Events online or by visiting our Facebook page!

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