

# PEAK HEALTH NEWSLETTER

Winter 2020

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## Message from the CEO



### Dear Neighbors,

As we begin another new year, I can't help but reflect on how incredible 2019 was at Summit Pacific. It was a banner year of growth and expansion for us as an organization.

We received accreditation for a new Family Medicine Residency program that will bring two residents to Summit Pacific this year and a total of six residents by 2022 and beyond. These residents are family medicine physicians in training, and once their three-year training is complete, they will graduate and have the option to continue to care for patients in our community. This is a tremendous opportunity for us to train, educate and recruit more primary care physicians to Grays Harbor County.

Also, in January 2019, we opened the doors of our new, 60,000-square-foot Wellness Center – a first of its kind in Washington State. If you have not been in the new facility or experienced any of its offerings, I encourage you to do so. Start by having a healthy breakfast or lunch in the Café @ Summit or attend one of our monthly health events. You can establish care with one of our primary care providers, visit East County HealthMart Pharmacy or climb the rock wall. There is much to experience, and we continue to grow into the space by offering new classes, support groups, events and services.

With our move into the Wellness Center, we repurposed space in the main hospital to open a specialty clinic. This new clinic is open Monday

through Friday and is providing services such as OBGYN, dermatology, podiatry, orthopedics and cardiology. Our community can now access these services without needing to travel far from home.

As a Public Hospital District, we strive to inform and include our community as we determine which services to develop or provide our patients. One way we gather this feedback is through a series of community forums we conduct every fall. I want to thank all of you that had a chance to attend one of our community health forums. This year we spent some time covering the results from our recent Community Health Needs Assessment (CHNA). This survey is conducted every three years and drives our annual strategic priorities. Through these efforts, we are seeing measurable improvements in our community's health factors.

We are truly committed to improving the health and well-being of every patient and family in our community. I want to thank you for choosing Summit Pacific to be your trusted healthcare provider.

**Cheers to 2020!**

**Josh Martin, MBA**

*Chief Executive Officer*





## It's Not Too Late to Get Your Flu Vaccine



We are entering the peak of influenza season, which means it is a good time to get protected by receiving your annual flu vaccine. Influenza is a potentially serious illness that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently, but millions of people are infected each year.

While it takes approximately two weeks to reach full immunity after receiving the vaccine, it isn't too late to get vaccinated. The vaccine offers the best way to reduce risk of contracting influenza this season.

Anyone can get a flu vaccine at Summit Pacific; you do not need to be a current patient. To get your vaccine, please call 360-346-2222 for an appointment!



## Comprehensive Occupational and Speech Language Therapy Services

Occupational and speech language therapy services offer patient-centered care while helping people of all ages, including pediatrics, return to the activities they love. Our experienced and educated team will examine and evaluate your needs and offer a detailed plan on how to accomplish your goals.

The services include outpatient occupational and speech therapy for those with multiple sclerosis or who have suffered from a neurological event such as a stroke or head injury. Our practitioners specialize in unique treatments to address residual deficits often associated with neurological conditions, such as weakness and balance, swallowing and cognitive impairments.

For more information on occupational and speech language therapy services, please call 360-346-2298.

## Measles Mumps Rubella (MMR) Vaccine Exemption Laws Have Changed

Following the recent measles outbreak of 85 confirmed cases in Washington state, the MMR Vaccine Exemption Law has changed. This change went into effect in July 2019 and removes the personal and philosophical option to exempt children from the MMR vaccine required for school and child care entry. It also requires employees and volunteers at child care centers to provide proof of immunity or vaccination. The new law does not change religious and medical exemptions.

Currently, the Washington State Department of Health reports that more than nine out of 10 kindergartners in Washington have completed both doses of the MMR vaccine.

Children ages 1 to 18 can receive their MMR vaccine at any of Summit Pacific's clinics. Call today to check your child's immunization status or to make an appointment to see a nurse for vaccines. You can find more information on the change online at [doh.wa.gov/mmrexemption](http://doh.wa.gov/mmrexemption).





## Breast Cancer Awareness is Year-Round

### Summit Pacific Offers 3D Mammography Services!

While Breast Cancer Awareness Month is celebrated in October, we encourage year-round vigilance. Breast cancer is the most common cancer among

women worldwide, although it doesn't just affect women. Both women and men are born with breast tissue and should report any breast changes to their healthcare provider.

Early detection is key in order to improve breast cancer outcomes and survival rates of those diagnosed. Early detection includes doing monthly breast self-exams and scheduling regular clinical breast exams and mammograms.

More than 2.8 million breast cancer survivors are alive in the United States today!

Summit Pacific accepts mammogram orders from any provider and offers 3D mammography services. 3D mammography offers greater accuracy than 2D mammography across a variety of ages and breast densities.

Call 360-346-2243 to schedule your 3D mammogram today!

## Summit Pacific's Medication-Assisted Treatment (MAT) Clinic Provides Safe and Effective Walk-In Services

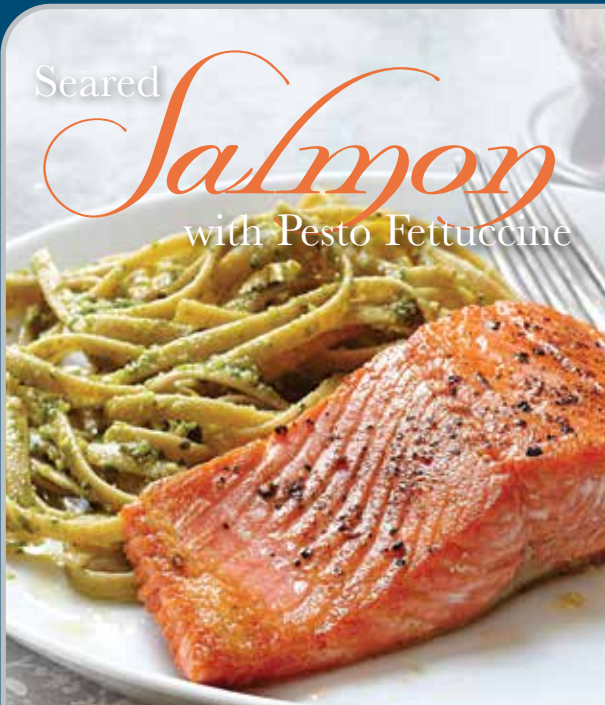
For those seeking help with substance use disorder, hope can be found at the MAT Clinic where patients receive high-quality treatment in an understanding, comforting atmosphere. Rather than painfully detoxing and enduring constant cravings, the MAT Clinic treats acute symptoms of opioid withdrawal.

The MAT Clinic offers walk-in, day-of services Monday through Friday from 8 a.m. to 4 p.m. and is closed during major holidays. Patients can register through the main patient entrance at the reception desk within Summit Pacific Medical Center located at 600 E. Main St. in Elma.

For more information, visit the Summit Pacific Medical Center website or call 360-346-2346.



## Seared Salmon with Pesto Fettuccine



- 8 oz whole-wheat fettuccine
- $\frac{3}{8}$  c pesto
- $1\frac{1}{4}$  lbs wild salmon, skinned and cut into 4 portions
- $\frac{1}{4}$  t salt
- $\frac{1}{4}$  t ground pepper
- 1 T extra-virgin olive oil

- 1 Bring a large pot of water to a boil. Add fettuccine and cook until just tender, about 9 minutes. Drain and transfer to a large bowl. Toss with pesto.
- 2 Meanwhile, season salmon with salt and pepper. Heat oil in a large cast-iron or nonstick skillet over medium-high heat. Add salmon and cook, turning once, until just opaque in the middle, 2 to 4 minutes per side. Serve the salmon with the pasta.

Makes 4 servings. Per serving: 603 Calories, Total Fat: 28 g, Saturated Fat: 7 g, Cholesterol: 80 mg, Carbohydrates: 45 g, Fiber: 8 g, Total Sugars: 2 g, Added Sugars: 0 g, Protein: 44 g, Sodium: 537 mg, Potassium: 768 mg, Folate: 48 mcg, Calcium: 371 mg.



# Summit Pacific's Free Fall Community Events



The Summit Pacific Peak Health 5K Family Fun Run and Walk was held on Saturday, October 12, and was an excellent success this year! Thanks to the generous support of our

event sponsors, we were able to host this event for free and also provide free race t-shirts to the first 100 people. Our route began and ended at Summit Pacific Wellness Center, and 98 participants finished the race – our largest group yet! Race results and photos are available on our website and Facebook page. Save the date for this year's 5K, set for Saturday, October 3.



Nearly 480 community members attended our Peak Health Wellness

Fair! The Wellness Fair took place at the Wellness Center on Saturday, October 12, following the Peak Health 5K. The event boasted 58 booths spread out among all three floors of the building.

Attendees were able to enjoy a free massage; get children fitted for free bike helmets; tour an ambulance; donate blood; and have their blood pressure, pulse, height, weight, glucose level and vision checked for free. Throughout the event, participants also enjoyed free indoor rock climbing and were able to grab lunch or coffee in our café. Next year's Peak Health Wellness Fair is taking place on Saturday, October 3.



Ladies' Night Out, our women's health workshop, was held on Thursday, October 24, at the Wellness Center. Our four guest speakers talked to attendees about heart health and nutrition, abdominal and

digestive health, hormones, lifestyle and stress, mammograms and breast health, as well as a sampling of Summit Pacific's many women's health services.

Guests received a plated dinner, gift bags and were entered in raffle drawings for floral centerpieces, grand prizes of a massage and spa basket, a reflexology and spa basket and a beautiful large bouquet, all donated by Summit Pacific Medical Foundation and our event sponsors. Our 2020 Ladies' Night Out event is set for Thursday, October 29.



**Thank You to  
Summit Pacific Medical  
Foundation and Our  
Fall Event Sponsors!**

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& Laser Clinic  
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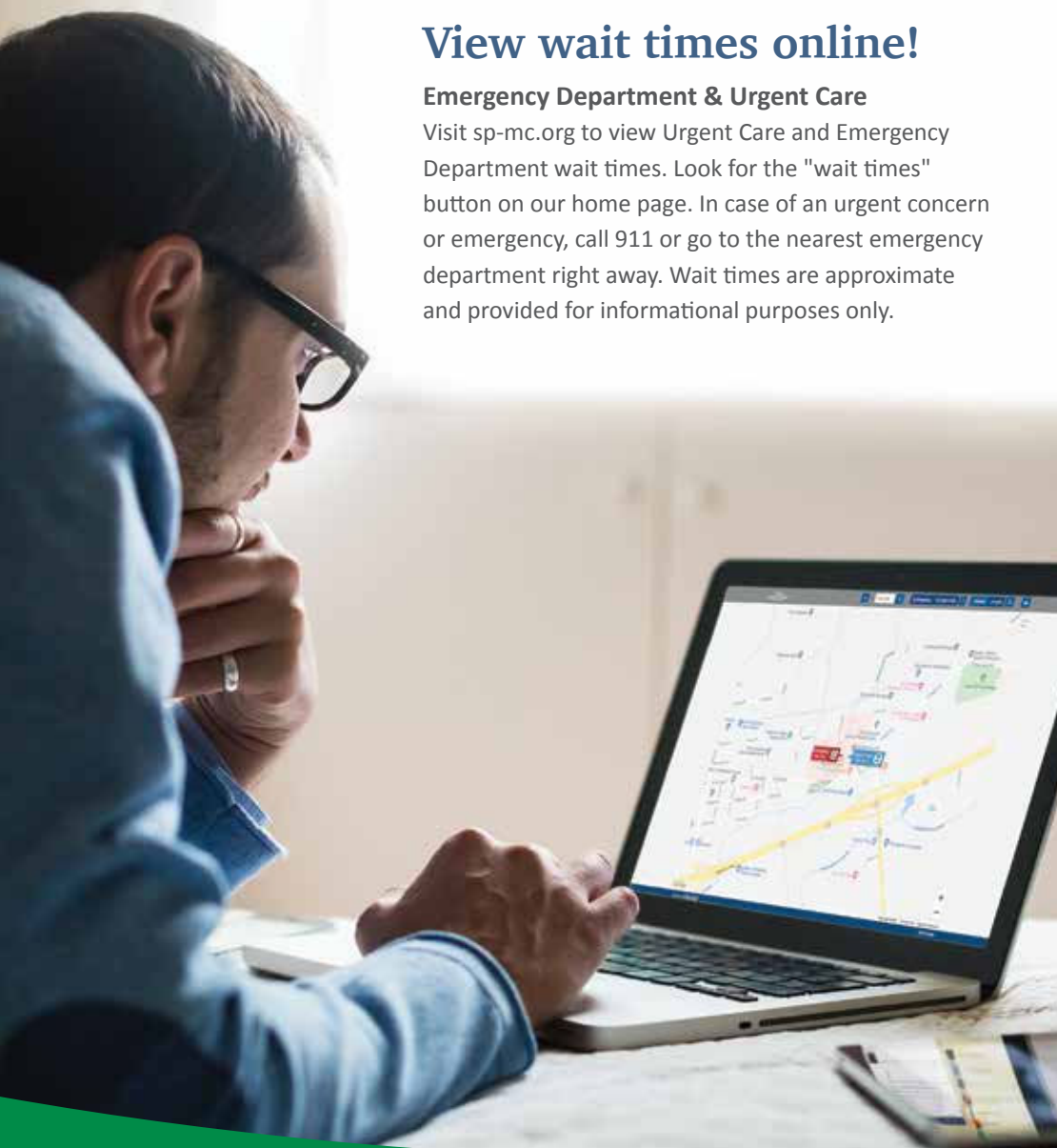


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## View wait times online!

### Emergency Department & Urgent Care

Visit [sp-mc.org](http://sp-mc.org) to view Urgent Care and Emergency Department wait times. Look for the "wait times" button on our home page. In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away. Wait times are approximate and provided for informational purposes only.



## SAVE THE DATE

### UPCOMING EVENTS

» **January 31**

Wellness Center First Birthday & Building Dedication @ Summit Pacific Wellness Center

» **March 6**

Blood Drive with Bloodworks Northwest, Bloodmobile @ Summit Pacific Medical Center

» **May 1**

Blood Drive with Bloodworks Northwest, Bloodmobile @ Summit Pacific Medical Center

» **May 8**

Celebrity Golf Tournament @ Salish Cliffs Golf Club

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

CONNECT WITH US



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