

# SCOPE



**Remote video conferencing**  
helps enhance  
patient care.

*Page 3*

MGH &  
St. Peter bring  
**new technology**  
for local stroke care

*Page 5*

**Breast pumps** for new  
moms now available

## Make your heart and brain last a lifetime – treat them with love



Neglecting your health will cost you “quality of life”. Cardiovascular disease kills more people in America than any other disease, according to the American Heart Association. Stroke is the fourth leading cause of death in the nation. Fortunately, there are many ways to avoid becoming a statistic of a heart attack or stroke. First, a lifestyle that supports healthy decisions is crucial to maintaining a healthy heart and preventing a stroke. These include:

- Eating a nutritious diet
- Exercising regularly
- Decreasing blood cholesterol
- Lowering high blood pressure
- Keeping weight gain under control
- Managing diabetes
- Reducing stress
- Limiting alcohol intake
- Not using tobacco products

It is easy to say, “Don’t do” – but in reality, this takes time – and a conscious effort to be successful. Start your changes slowly. Make small changes, one at a time, for example: take one item listed above, and focus on making that one change in

your lifestyle. Change is not a race, but a journey to health. So, which one can you start with?

### Know the symptoms of an unhealthy heart

Even with these precautions in place, it’s important to be aware of heart attack symptoms. While some heart attacks happen suddenly and intensely, most begin slowly and mildly. According to the American Heart Association, common signs are:

- Chest discomfort (possibly a ‘fullness’ feeling)
- Discomfort in other areas of the upper body (shoulder or jaw pain)
- Shortness of breath after mild exertion
- Breaking out in a cold sweat for no apparent reason
- Nausea or lightheadedness

Additionally, men and women tend to experience different symptoms during a heart attack. For instance, according to WebMD, women don’t often experience chest pain, though they more often feel:

- Shortness of breath

- Nausea
- Upper abdominal pressure or discomfort
- Dizziness
- Weakness
- Unusual fatigue
- Fainting
- Back or jaw pain

The key is to call for emergency medical help/advice as quickly as possible once these symptoms appear. Waiting too long for it to “go away” can cause unnecessary injury to the heart.

### Symptoms of a stroke

But what if you’re concerned about the possibility of a stroke? The following general symptoms can indicate signs of a stroke:

- Sudden numbness, tingling, weakness, or paralysis in your arm, face, or leg, especially on only one side of your body
- Sudden changes in vision (trouble seeing in one or both eyes)
- Sudden problems speaking
- Sudden confusion or trouble understanding simple statements
- Sudden trouble walking or with balance
- An abrupt, severe headache that is different from previous headaches

Seek emergency medical care if you notice stroke symptoms – as **time loss is brain loss**. Depending on its severity, its location in the brain, and whether its cause is a blood clot or bleeding, the symptoms may vary. Though a stroke usually happens suddenly, it may take hours to occur, beginning with mild symptoms, such as weakness, eventually leading to a loss of mobility in some parts of your body. Recognizing symptoms of a small stroke isn’t always easy. They can often be confused with symptoms

of other conditions, including aging. If you are having one or more of these symptoms, don't lie down to see if it goes away. Seek medical help/advice immediately. For most strokes that are caused by a clot, chances of 100 percent recovery are much greater the earlier you are seen and diagnosed. For more information, visit [www.timeisbrain.org](http://www.timeisbrain.org).

### You can help to prevent a stroke

Tips to avoiding a stroke involve controlling risk factors and treating other medical conditions that could lead to a stroke:

- Have regular medical checkups
- Seek immediate medical help as soon as you detect any stroke symptoms
- Avoid smoking, illegal drugs, and limit alcohol use
- Eat a nutritious diet
- Exercise (you can do this by walking more)
- Consult your physician regarding available medications or procedures
- Avoid birth control or hormone replacement therapy

### We are here to help

If you have a chronic heart condition and would like to learn how to live a self-managed healthy lifestyle, plan to attend a Mason General Hospital & Family of Clinics "Congestive Heart Failure" class. The next 6-week session will be in March, and registration is required by calling (360) 427-3429, and asking for Melissa. ■

## Mason General and St. Peter Neurology, partner in new stroke technology

If you suffer a stroke in Mason County, it is important that you get medical help as soon as possible – so go immediately to Mason General Hospital as *time loss is brain loss*.

MGH is staffed 24/7 by board-certified emergency medicine physicians who are trained in stroke diagnosis and treatment. And now, thanks to St. Peter Hospital, Olympia, there will be a neurologist in the room via two-way video camera and a remote telehealth robot. Mason General Hospital & Family of Clinics has joined the Telestroke Network, a southwest Washington hospital partnership set up by St. Peter, that allows access to neurologists, 24-hours-a-day, through advanced video technology.

"This technology puts the neurologist right in the room with the patient and emergency medicine physician," said **Dean Gushee, M.D.**, director of emergency services for MGH & FC. "When needed, this new technology will allow the neurologist to be present at MGH's emergency room when the patient arrives. Faster diagnosis and immediate treatment can often reduce or *continued on page 13...*

## Heart healthy recipes

*Recommended by Sara Fulkerson, Registered Dietitian*

### Oatmeal waffles

These easily prepared waffles are a delicious way to add healthful oats to your diet. Makes 6 waffles.

#### Ingredients

- 2 cups rolled oats
- 2 cups water
- 1 banana
- 1/4 teaspoon salt
- 1 tablespoon maple syrup
- 1 teaspoon vanilla extract
- vegetable oil spray
- fresh fruit, spreadable fruit, or maple syrup

#### Directions

Preheat waffle iron to medium-high.

Combine oats, water, banana, salt, maple syrup, and vanilla in a blender. Blend on high speed until completely smooth. The batter should be pourable. If it becomes too thick as it stands, add a bit more water to achieve desired consistency.

Lightly spray waffle iron with vegetable oil. Pour in enough batter to reach edges and cook until golden brown, 5 to 10 minutes, without lifting lid.

Serve with fresh fruit, spreadable fruit, or maple syrup.

#### Nutrition Information (per serving – 1 waffle)

132 calories, 1.8 g fat, 0.3 g saturated fat, 12.1% calories from fat, 0 mg cholesterol, 4.5 g protein, 24.9 g carbohydrates, 4.9 g sugar, 3.2 g fiber, 104 mg sodium, 22 mg calcium, 1.2 mg iron, 1.7 mg vitamin C, 5 mcg beta-carotene, 0.2 mg vitamin E.

Recipe from Jennifer Raymond, M.S., R.D., found in *Healthy Eating for Life to Prevent and Treat Cancer*, by Vesanto Melina, M.S., R.D.

*continued on page 7...*

### On the cover

*Joe Hoffman, M.D., board certified in emergency medicine; Kristi Armstrong, R.N.; and Sara Massine, R.N., with the new robotic telestroke monitor. Zhongzeng Li, M.D., board certified neurologist, is checking in via the monitor from St. Peter Hospital. (See story right.)*

# get moving

***Dr. Shin (right) is a triathlete and marathon runner, and enjoys his work as a Hospitalist at MGH & FC. He manages to get a run in between his shifts, which helps him to clear his mind and relax.***

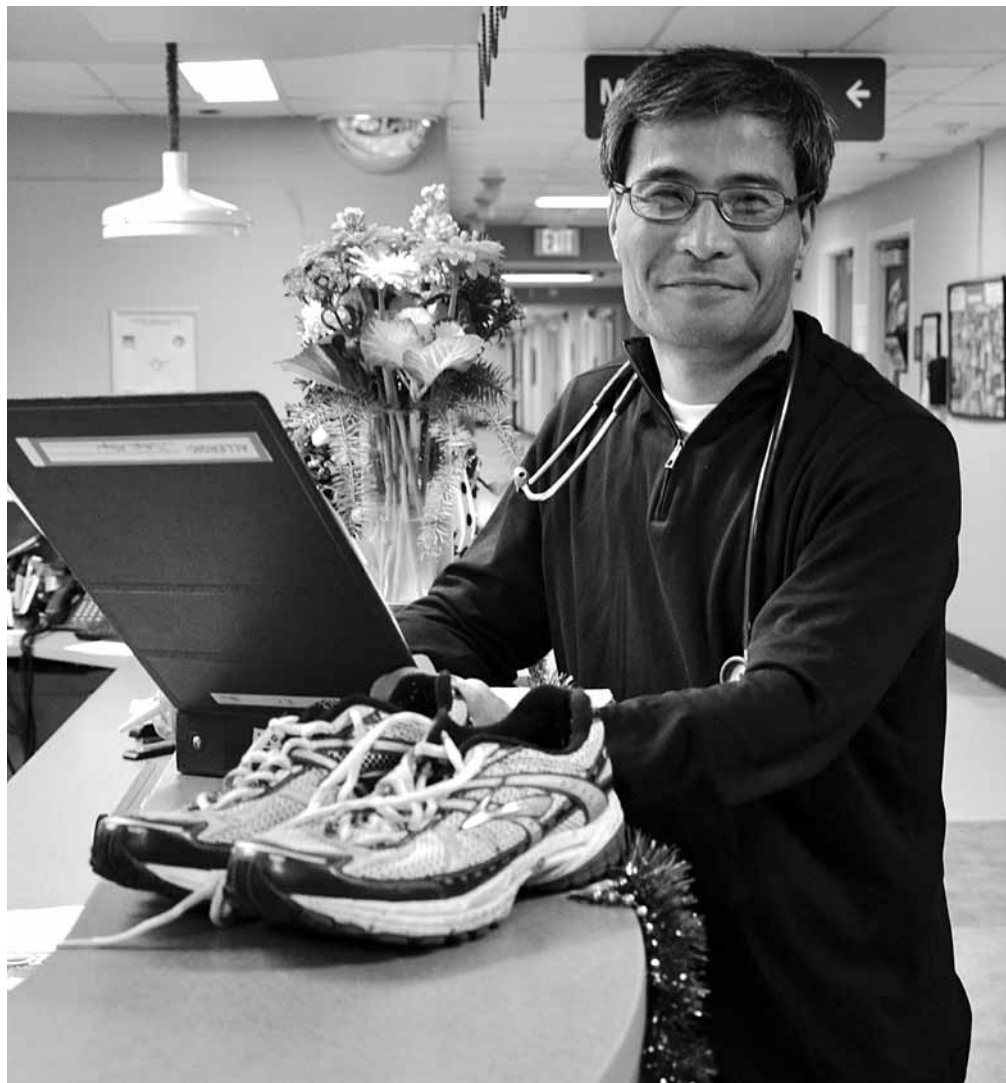
When it comes to staying fit, MGH & FC Hospitalist **Y. Ki Shin, M.D.**, doesn't just walk the talk. He runs it – and then some. In fact, since Dr. Shin first started running about 10 years ago, he has completed about 10 marathons.

"It was a very good stress reliever," he said, of why he began running. Gradually easing into competitions, he started with a 10-kilometer race, and eventually worked his way up to finishing a half-marathon. From there, he ran the full Portland Marathon, and then trained for and finished the prestigious Boston Marathon. He has also run the Seattle Marathon; the Vancouver, B.C. Marathon; the P.F. Chang's® Rock 'n' Roll Arizona Marathon; and the off-road Mountain Marathon & Hillbilly Half Marathon in Olympia's Capitol State Forest.

"It's a challenge – and it's a challenge within *yourself*," Dr. Shin said, of why he enjoys pushing himself to such lengths.

But he didn't stop there. He has also taken on triathlons. He finished his first Half Ironman Triathlon last summer, and is now gearing up to complete a full Ironman Triathlon this summer. This grueling competition consists of a back-to-back 2.4-mile swim, a 112-mile bike ride, and a full 26.2-mile marathon. "I like the triathlons because you're training different parts of the body," which he claims allows him to avoid as many injuries.

As part of his training, Dr. Shin swims regularly with colleague and fellow competitive athlete, **Christopher**



## Dr. Shin goes beyond 'walking the talk'

**Penoyar, D.O.** Dr. Shin also bikes, runs, and does yoga in between workouts to help prevent injuries. "Avoiding injuries is the key to maintaining a healthy workout routine," he emphasized. "You don't want to get discouraged because you get hurt. This requires people to listen to their bodies and not push themselves too aggressively at first."

### **You, too, can walk the talk, with small beginnings**

People hoping to get started with a workout routine can begin with simple steps, such as walking more and opting to take the stairs versus an elevator. Recently, Zumba® workouts have  
*continued on page 6...*

caring

## Breast pumps for new moms

Expecting a baby soon? MGH & FC would like to make nursing easier on mothers by offering breast pumps and accessories locally. Available either for purchase or rental, breast pumps offer lactating mothers options for flexibility when dealing with busy schedules. The Birth Center at MGH provides Medela Symphony breast pumps and educational support for its nursing personnel, and is now making them available to new mothers through rental. MGH Auxiliary Gift Shop, temporarily located downstairs across from the cafeteria, is selling high-quality, hospital-grade electric and manual breast pumps featuring a convenient, backpack-style bag, along with a selection of quality lactation supplies. The Gift Shop is open Monday to Friday, 10 a.m. to 4 p.m. You may call them at (360) 426-1611 extension 3307. If you have questions about breast pump rental, call (360) 427-9558. ■

## Classes/support groups

### Living Well with Diabetes class in April

If diabetes is a part of your life, plan to attend MGH's two-day class entitled "Living Well With Diabetes." The two consecutive afternoons will be Tuesday and Wednesday, April 17 and 18 from 9 a.m. to 1 p.m. at the Hospital. Due to limited space, advanced registration is required. *Diabetes education is a covered service under most insurance plans.* To pre-register, call **Sue Barwick**, R.N., certified diabetes educator, at (360) 426-1611, ext. 3301 (from Allyn (360) 275-8614, ext. 3301). ■

### MGH & FC Free Community CPR class in March and April

MGH & FC is offering two more FREE Adult, Child, and Infant **Basic Life Support CPR** classes, on either Thursday, March 8 or Tuesday, April 10 from 6 to 9 p.m. in MGH's Learning Center, located next to McDonald's on Olympic Highway North. The class is open to the entire community, and everyone is advised to wear comfortable clothing. A Spanish interpreter will also be made available on request. Class size is limited, so please pre-register by calling The Learning Center at (360) 427-3609. *This is not a First Aid class.*  
*continued on page 11...*

## Chronic or severe wound?

Don't suffer any longer. Stay close to home when your physician refers you to MGH & FC Wound Care Services at (360) 432-3285.

## Whooping cough risk for infants is high

Despite major advances in life support for infants who become critically ill, whooping cough (pertussis) remains a major danger and difficult to treat. Infant mortality from whooping cough has not declined to the same extent that it has for other forms of critical illness.

A 20-year study of Australian infants dying from whooping cough found high rates of severe pneumonia, circulatory failure, encephalopathy and multiple organ system failure. Six of seven needing circulatory support died.

[SOURCE: Jeri S. Burr, MS, RN-BC, CCRC, et al, "The collaborative pediatric critical care research network critical pertussis study," *Pediatric Critical Care Medicine*, August, 2011] ■

One-on-one care from the latest pain control medications (i.e. epidural) to natural birth; you are in control with your personal birthing plan.

The Birth Center at MGH (360) 426-1611

Where you meet the nicest new people!



## 2011 Flame Award



Mary Anne Munson (left), a dedicated volunteer at MGH & FC, received the MGH Foundation's "Flame Award" during this past year's Annual Fantasy Forest event held in November. Janis Byrd, president of the Foundation, presented the award to Mary Anne. "I am so delighted to give this award," said Janis, during the event. "This year's recipient is one who works endlessly for our Hospital and community." Mary Anne volunteers at Treasures Book Store, is active on the MGH Foundation Board, MGH Auxiliary, and in the Hospital's Gift Shop. The MGHF Board selects a recipient for the Flame Award each year. ■

## Save the date!

...for the  
Mason General  
Hospital Foundation 18th Annual  
**Quality Care Open Golf  
Tournament**, Friday, June 29,  
2012 at the Alderbrook Golf Club  
in Union, WA. If you are interested  
in participating or volunteering,  
please call the Foundation office  
at (360) 427-3623.

## Treasures donates



During the Foundation's Annual Fantasy Forest 2011 held in November, Treasures Thrift Store, an affiliate of MGH Foundation, donated \$96,000 in support of the purchase of a new Open MRI to be installed in 2013 as a part of the Campus Renewal Construction Project. Pictured here are Treasures staff and MGH administration during the recent check presentation event at Treasures (l-r) **Teresa McCord**, Treasures floor supervisor; **Eric Moll**, MGH & FC CAO; **Kathy Howe**, MGHF Board Member; **Eileen Branscome**, MGH & FC COO; **Terry Megiveron** MGH & FC CPS; **Bob Appel**, MGH & FC CEO; **Jennifer Capps**, MGH & FC CDO; and **Trina McCord**, Treasures assistant manager. ■

## Dr. Shin *continued from page 4*

become a popular, fun way to get in shape. Locally, Shelton Athletic Club, the Dance Shack, Mason County Senior Activities Association, and Curves offer Zumba® workout classes at various levels. Anytime Fitness in Shelton also provides numerous workout opportunities for people on the go. For details about available workout programs at the Shelton Athletic Club, go to: [www.sheltonathleticclub.com/classes.html](http://www.sheltonathleticclub.com/classes.html), or at Curves, go to: [www.curvesinformation.com](http://www.curvesinformation.com).

In Dr. Shin's case, his intense exercise regimen has additional benefits. "It really clears your head," he said. It also allows him to travel and gives him something to look forward to each day. Plus, aside from watching certain fats, he usually doesn't have to restrict his caloric intake.

"You can eat anything you want, because you're burning so many calories," he said, with a smile. ■



**Healthy recipes** *continued from page 3*

## Apricot baked apples

Serves 8

### Ingredients

- 8 Rome apples (or other baking apple), cored
- 3/4 cup apricot preserves
- 1/2 cup raisins
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground coriander
- 1 teaspoon ground cinnamon

### Directions

Preheat oven to 375 F.

Mix apricot preserves with next four ingredients. Spoon apricot mixture into apples. Place apples in baking dish. Add 1/2 inch of water. Bake at 375 F for 45 - 60 minutes, basting frequently. Serve hot.

### Nutrition Information (per serving)

185 calories, 0.6 g protein, 48 g carbohydrate, 0 g fat, 0% of calories from fat, 0 mg cholesterol, 1.2 mg sodium.

Recipe by Patricia Bertron, R.D.

## Stents for symptoms, not protection

If you have a narrowed coronary artery that's causing chest pain and other symptoms, you are likely to get rapid relief after having balloon angioplasty plus insertion of a stent. If you're more interested in protecting yourself from a future heart attack, though, you're probably better off using prescribed medications and lifestyle changes, according to results of the COURAGE study.

Among 2,287 subjects who had at least one coronary after severely narrowed by cholesterol-laden plaque, those who had "optimal medical therapy" plus exercise and healthful eating showed results about the same as those undergoing angioplasty. The two groups had similar rates of heart attack, stroke and premature death. The medical therapy included drugs to relieve angina, lower cholesterol and blood pressure, and reduce the risk of clotting.

[SOURCE: "Medication vs. stents for heart disease treatment," Harvard Health Publications, updated June, 2007] ■

## Memorial contributions made to MGH Foundation

Mason General Hospital Foundation has received generous donations in memory or in honor of the individuals listed below. Donors and memorialized individuals listed in this report reflect contributions made to the Foundation between November 10 and December 28, 2011.

### Phyllis Ahlf

*In memory of:*

Nonie Swanson

### SHS Class of 1965

*In memory of:*

Mike Mills

### Harold & Joan Hanson

*In memory of:*

William E. Hanson

*In honor of:*

Lenore Hanson

### Roger & Linda Hoff

*In memory of:*

Ken Kessel

Mike Mills

Gerald Wilson

### William Nasmyth

*In honor of:*

MGH & FC Nurse Allison

### Bellaine West

*In memory of:*

Mike Mills

### Gary & Donna Wolden

*In memory of:*

Dick Doak

Ray Manke

Walt Rae

Mary Smith

Bud Tozier

## MGH Foundation contributors memorialized

Mason General Hospital Foundation would like to acknowledge former contributors. Listed below are supporters, now deceased, that the Foundation would like to recognize for their past support of our mission and work in the community. Please join us in acknowledging their support of the Foundation during their lifetimes.

W. H. Busack

Joy Carlson

Terry Davenport

Helen K. Hanson

William Heagy

Kay Holt

Clifford Johnson

Bert Kilmer

Percy Lewis

Marguerite C. Snider

Nonie Swanson

Donald H. Wiss

*Please be advised that every effort has been made to ensure the integrity of this listing. If we have inadvertently omitted any names, please accept our apologies and most sincere thanks for your generosity and continued support of Mason General Hospital Foundation. ■*

## Fantasy Forest designer tree awards



*A Peste Girl Crystal Christmas*



*Byrd's of Paradise*



*Midnight at Grisdale*

Every year the week before Thanksgiving, visitors to MGH Foundation's Fantasy Forest event vote for their favorite tree in the holiday designer tree competition. This year the following trees received the most votes.

### People's Choice winners

- Tuesday "Midnight at Grisdale" by Julie Johnson
- Wednesday "Midnight at Grisdale" by Julie Johnson
- Thursday "A Peste Girl Crystal Christmas" by Laura Roznowski, Amy Roznowski, and Sharon Johnston
- Friday "Midnight at Grisdale" by Julie Johnson
- Saturday "Byrd's of Paradise" by Karry Trout and Jody Olsen

\*For color photos go to [www.MasonGeneral.com](http://www.MasonGeneral.com) ■

## Tips for eating right with diabetes

When you've been diagnosed with diabetes, eating right every day is a necessity. Some tips:

- Eat a variety of foods – fruits, vegetables, meats, nuts, dairy products, and whole grains/cereals.
- Watch your portions, and eat no more than the calories you need to maintain a healthy weight.
- Get at least 25 to 35 grams of fiber each day from whole grain breads, cereal and fruit.
- Eat meals at regular times every day, and don't skip meals.
- When eating sweets, be sure to subtract a comparable amount of other carbohydrates such as potatoes or rice.
- Check your blood sugar after eating concentrated sweets and adjust your insulin dose if necessary.

[SOURCE: "The basics of a healthy diabetes diet," WebMD Diabetes Health Center, reviewed by John A. Seibel, M.D., February 25, 2010] ■

## Know the signs of meningitis

The three classic signs of meningitis, found in nearly every patient over the age of 2, are:

- Severe headache (at least 90 percent of cases)
- Stiff neck (at least 85 percent)
- Fever and chills (at least 90 percent)

Unfortunately, all of these symptoms occur with other illnesses as well and only 45 percent of patients have all three symptoms.

Other symptoms of meningitis include:

- vomiting
- photophobia (fear of bright lights)
- confusion
- seizures
- cold or sore throat
- localized weakness, especially in the face
- joint swelling or pain
- a new rash that looks like a bruise

In about 25 percent of cases, bacterial meningitis develops very quickly – within 24 hours – from early symptoms to a life-threatening condition..

[SOURCE: Robert F. Kacprowicz, M.D., FAAEM, and Craig A. Manifold, D.O., "Meningitis in adults," *emedicinehealth*, last reviewed November, 2010] ■

## Los ataques al Corazón bajan y la sobrevivencia sube

La incidencia de ataques al corazón bajo un 24% de 1999 al 2008, según un estudio realizado en 46,000 personas, miembros de Kaiser Permanente del Norte de California. Durante ese mismo periodo, el número de pacientes vivos 30 días después del ataque al corazón aumento en un 24%

[SOURCE: "Heart attacks decreasing, survival increasing," Coronary Heart Disease, Johns Hopkins White Papers, 2011 (NEJM, June 10, 2010) ■

## Ideas para diabéticos para comer bien

Cuando le han diagnosticado con diabetes, el comer bien cada día es una necesidad, aquí hay algunas ideas:

- Coma una variedad de alimentos – frutas, verduras, carnes, nueces, productos lácteos y cereales y granos enteros.
- Revise sus porciones y no coma más de las calorías que necesita para tener un peso saludable.
- Coma al menos 25 a 35 gramos de fibra diarios de granos enteros en pan y cereales y frutas.
- Realice sus comidas a horas regulares todos los días y no se salte las comidas.
- Cuando coma dulces, asegúrese de quitar la cantidad de otros carbohidratos como la papa o el arroz.
- Cheque su azúcar en la sangre después de comer dulces y ajuste su dosis de insulina según sea necesario.

[SOURCE: "The basics of a healthy diabetes diet," WebMD Diabetes Health Center, reviewed by John A. Seibel, M.D., February 25, 2010] ■

## Las Nueces son una Buena Opción para una Dieta de Diabetes

Las nueces pueden ser una buena parte de su plan de comidas para la diabetes, según un estudio publicado sobre el cuidado de la diabetes (Care, Julio 2011). Las personas con diabetes del tipo 2 que comieron dos onzas de nueces mixtas sin sal al día tenían un mejor control de la glucosa y mejorar su colesterol comparado a personas que obtienen la misma cantidad de calorías de un muffin de trigo y concentrado de manzana.

Otro estudio (2010) descubrió que para mejorar la función endotelial y el colesterol de diabéticos del tipo 2 que comían nueces todos los días. Aunque las nueces representaban cerca de 365 calorías al día, aquellos comiendo las nueces no presentaron un aumento de peso. Las personas podían comer lo que quisieran – con o sin el suplemento de nueces.

[SOURCE: Laurie Barclay, M.D., "Nuts instead of carbs may be beneficial in diabetes," Medscape Medical News, July 13, 2011; Nancy A. Melville, "Walnuts shown to improve endothelial function in diabetics," Medscape Medical News, February 22, 2010] ■

## El riesgo de tosferina en infantes es alto

A pesar de grandes avances en el apoyo de vida a infantes con enfermedades graves, la tosferina es uno de las más peligrosas y difíciles de atender. La mortalidad de infantes a causa de la tosferina no ha disminuido en comparación con otras enfermedades graves.

Un estudio de 20 años de infantes en Australia que fallecieron por tosferina encontró altos rangos de neumonía severa, fallo circulatorio, encefalopatía fallo del sistema de múltiples órganos. Seis de siete murieron por necesidad de apoyo circulatorio

[SOURCE: Jeri S. Burr, MS, RN-BC, CCRC, et al, "The collaborative pediatric critical care research network critical pertussis study," Pediatric Critical Care Medicine, August, 2011] ■

## Es bueno que le gusten las nueces

El comer aproximadamente media taza de nueces al día es un hábito saludable. Las personas que comen esa cantidad disminuyeron su colesterol (LDL) un promedio de 10 mg- dL, según un análisis de 25 estudios. Las nueces dieron el mejor beneficio a los individuos que tenían el colesterol elevado.

Los científicos creen que las nueces además de reducir el colesterol mejoran la función endotelial, la habilidad de las venas de expandirse y contraerse. Las nueces también son antioxidantes y una buena fuente de proteína, grasa no saturada, fibra, vitaminas y minerales. Aunque las nueces son relativamente altas en calorías, son llenadoras y tienden a reemplazar alimentos menos sanos en la dieta.

[SOURCE: "Why are nuts considered a heart-healthy food?" Coronary Heart Disease, Johns Hopkins White Papers, 2011 (NEJM, June 10, 2010) ■

## OCCU volunteers



In November, staff members from **Our Community Credit Union**, with branches in Shelton, McCleary, and Union, volunteered to work at Treasures Thrift Store – an affiliate of the MGH Foundation. **Michelle Ritchie**, **Heather Palmer** and **Megan Gould** spent time organizing furniture, clothes, toys, and glassware as part of OCCU's community service project. ■

## MGH & FC food donation



MGH & FC donated nearly 235 pounds of food, crock pots, and cash to Mason Matters in December for its partnering with the Pioneer community to establish a monthly food bank. Until a government commodities contract is provided, Mason Matters is reaching out to the community for donations. Pictured here with the Hospital and Clinic donations are Mason Matters Director **Kim Flint**, and food drive project coordinator and Americorps volunteer, **Sara Huddleston**. "The Pioneer Community Food Bank focuses on distributing healthy foods," said Sara. "We are sponsoring a "Commodities to Meals" project, where clients are provided with crock pots and monthly recipes and ingredients so they can cook healthy meals." ■

## Donations for foster kids



In December, several staff members from MGH & FC helped to sponsor nearly 40 local foster children for Christmas. Pictured here with some of the items donated are (l-r) **Donna Perryman**, accounting; **Annette Clevenger**, DSHS with Family Services of Mason County; **Meghan Lucas**, **Julie Lamphiear**, **Melissa Chappell**, and **Deb Whitener**, business office; and **Sherry Curtis**, education/Learning Center. "I sent out a wish list to the MGH & FC staff with several items the children would like to receive," said Annette Clevenger. "Some of the staff were very generous and purchased everything on the list. All the children received really great gifts." This is the second year in a row MGH & FC has participated in this event. ■

## Yesteryear Car Club



For the tenth-plus year in a row, the local Yesteryear Car Club once again donated nearly 100 stuffed animals to the Mason General Hospital & Family of Clinics Emergency Department in November. The stuffed toys are given to pediatric patients visiting the Emergency Department during the month of December, to help make their stay a little more "comforting." "We love doing this, and making a difference in someone's life," said **Annette McGee**, a member of the Car Club. Every year the Car Club drives some of their vintage cars (pictured here) to deliver the toys to MGH. Those delivering this year's donation were (l-r) **Vern Honstein**, **Charlie Holman**, **Annette McGee**, **Bill McGee**, **Ann Kimbel**, and **Ray Kimbel**. ■

## Coming in 2013 Open MRI



Our Campus Renewal Construction Project is making room for a new, state-of-the-art Open MRI unit. Many new pieces of high-tech medical equipment will be installed during the construction, and the Panorama High Field Open MRI is at the top of the list.

Nov. 19, 2011

Medical/Surgical/Pediatrics staff,

We are thankful for the medical care given to Doug Norton and family. For the past 15 years my dad has been in and out of hospitals. Nowhere else did he receive such excellent care from housekeeping, CNAs, RNs, and doctors. We were aware of the compassion of the care staff. Thank you for the hard work that you do. My dad died with dignity and respect. God bless.

– The Nortons

## Cooking with Xinh

Save the date for Sherwood Guild's\* Annual "Cooking With Xinh" Sunday, March 25 or Monday, March 26 at 6 p.m., Xinh's Oyster and Clam House. Tickets are \$50 per person and may be purchased by calling (360) 427-3623.

\* An Affiliate of MGH Foundation

Register @ Active.com for Centennial Guild's\*\*

## Goldsborough Creek Sat., June 2, 2012



- 7-mile Walk or Run
- 2-mile Walk or Run
- Quarter-mile Junior Jog

All proceeds benefit MGH

## Fun Run & Walk\* Title Sponsor Regence BlueShield

### Sponsors

Armstrong & Armstrong  
Christmas Trees

Gillis Auto Center

Hiawatha Evergreens

Lynch Creek Farm

McCarty & Associates  
"a marketing firm"

Simpson Lumber  
Company

Don Small & Sons, Oil  
Distributors

South Sound Radiology

\*A Mason County Forest Festival  
Association Event

\*\* An Affiliate of MGH Foundation

*Have fun with family & friends and at the same time – support MGH & FC!*

## Classes/support groups *continued from page 5*

### "All about healthy snacks!" – Shelton and Allyn Diabetes Support Group February topic

The next MGH & FC Diabetes Support Group meetings for Shelton and Allyn are on "All About Healthy Snacks!" The Shelton group will meet on Thursday, February 16, 2012 from 1 to 2 p.m. in the Ellinor Room at the Hospital, and Allyn's group will meet on Thursday, February 23, 2012 from 1 to 2 p.m. in the Port of Allyn building's downstairs meeting room. Presenting the class will be **Debbie McGinnis, R.N.**, diabetes nurse educator, at MGH's Diabetes Wellness Center. Debbie will discuss healthy choices for snacks, as well as when, and how much to eat, and the potential health benefits. There will be time for questions and answers. For more information call **Sue Barwick, R.N., C.D.E.** at (360) 427-7332 (from Allyn (360) 275-8614, and ask for the Diabetes Wellness Center). ■

## Employees of the Month

Congratulations to MGH & FC "Employee of the Month" for January – **Lori Alvarez**, human resources; and February – **Karl Hentschel**, IT. ■

## Employee focus



**Jenny Duffy**, a registered nurse with a Bachelor of Science degree in Nursing, has worked in the Emergency Department at Mason General

Hospital for the past six years. "Being an employee at MGH & FC, I truly appreciate the support from the administration, that provides me the opportunity for growth and improvement. I am proud to be a team member of this organization," said Jenny. ■

## Retiree



After 33 years of service, **Julie Lamphiear**, director of the MGH & FC Business Office since 1983, retired at the end of December. Julie

started her career in the Business Office as a general ledger bookkeeper, where she was in charge of payroll, accounts payable, and general bookkeeping. "So much has changed over the years," she reflected. "The changes have been great, requiring a lot of work to stay up on all the new rules, and the new regulations with Medicare and Medicaid. Not to mention moving from paper to computers. It is all so different

today." In looking back, Julie stated, "the people at MGH are wonderful, and I have many great memories related to working at this facility." ■

## 40th anniversary



**Arlene Hutchins**, ICCU, recently celebrated her 40th anniversary with MGH & FC. She began working at MGH in 1971 as a nurse's aide in the

medical/surgical/pediatrics department and also in The Birth Center. Over the years she has worked as a surgery tech, EKG tech, and in Central Supply. She is currently the Unit secretary/monitor tech in ICCU. **Bob Appel**, CEO, recently said, "Arlene is really remarkable in her caring and dedication to our patients, staff, and our hospital. She is always looking out for the staff in her department, and has made many great suggestions about how we can improve our organization. I always enjoy Arlene's sense of compassion, as she finds creative ways to care for our patients and staff. She has made this organization a better place to work." ■

## 2012 medical officers elected—Chiefs of Service appointed

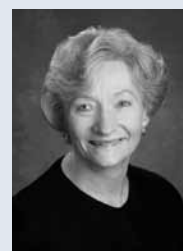


**Chief of Staff, Kevin J. Roscoe, M.D.**

The staff of more than 100 physicians – active, courtesy, and consulting – with privileges at Mason General Hospital recently elected its medical officers and

appointed its Chiefs of Service for 2012. The officers include: Chief of Staff **Kevin J. Roscoe**, M.D., board-certified in radiology; Assistant Chief of Staff **Dean E. Gushee**, M.D., board-certified in emergency medicine; Secretary **Albert Michael Keep**, M.D., board-certified in family medicine; and past Chief of Staff **Timothy J. Weber**, M.D., board-certified in family medicine. The 2012 Clinical Chief of Service department heads are: Anesthesia – **Deborah A. Hartley**, CRNA; Intensive Care Unit – **Mark L. Schlauderer**, M.D.; Emergency Services – **Dean E. Gushee**, M.D.; Infant and Children's Services – **Maria Rowena Carreon Ramirez**, M.D.; Laboratory Services – **J. Michael Odell**, M.D.; Medical/Surgical – **Christopher W. Penoyar**, D.O.; Nutritional Services – **Douglas F. Lindahl**, D.O.; Obstetrics – **Nkemdilium Nwosa**, M.D.; Physical Therapy – **Frederick J. Davis**, M.D.; Respiratory Therapy – **Douglas F. Lindahl**, D.O.; Surgery – **Eldie L. Cruz**, M.D.; and Radiology – **Kevin J. Roscoe**, M.D. ■

## 2012 Board officers elected by Hospital District



**President, Nancy Trucksess**

Public Hospital District No.1, the governing body of Mason General Hospital & Family of Clinics, recently announced its officers for the 2012 Board of Hospital Commissioners, as elected by their peers. **Nancy Trucksess**, Shelton, was elected president of the three-person Board; **Scott Hilburn**, Shelton, is secretary; and **Don Wilson**, Potlatch, is trustee. ■

# campus renewal



*Surgery Wing from the south view*

## What a transformation at the new surgical wing!

*By Derek Rae, Construction Manager, Associate, OAC Services, Inc.*

The aluminum storefront glazing is installed (black framed window units) and the roofing is complete. The contractor has been busy drying out the building interior using large dehumidifiers. By extracting water from the air, the fireproofing that was installed underneath the roof and on the metal structures can dry faster, helping to expedite installation of the mechanical equipment on the roof. Metal panels were installed at the window locations and metal decking was installed at the drive-up canopy. Now all that's needed is some dry and warmer weather so painting can start outside the new wing – probably later this spring.

### Inside the new surgery wing

Ninety percent of the metal studs have been installed in the Surgery Wing and installation of GWP (drywall) is ongoing. Central sterile, operating rooms, endoscopy, staff break rooms, locker rooms, and offices have all been framed. Now, with most of the areas framed, MGH Engineering has been reviewing mechanical and electrical placement with staff to ensure the final locations for medical gases, electrical outlets, and computer monitors are well-placed for efficient access while providing care to patients. Mechanical and electrical systems will continue to be installed throughout February and drywall should be completely installed by the end of March.

### Patient rooms/new corridor

Patient rooms 108 through 112 (from the medical/surgical/pediatrics nurse's station to the double doors in The Birth Center) were completed in early February. Between rooms 109 and 111 a new corridor leading to the new wing is being installed where room 110 used to be. From that corridor, also to be completed in February, patients and staff will be able to view the rock garden between the new and old buildings, as well as look west toward Sherwood Avenue. Starting this month, as soon as rooms 108 to 112 are completed, the contractor will begin work on the remaining Birth Center rooms, including the staff lounge. By the end of March all work should be complete in The Birth Center.

For more detailed updates, look for the contractor's "Construction Progress" board at the north entrance (near the ER) or visit [www.MasonGeneral.com](http://www.MasonGeneral.com). ■

## MGH & St. Peter

*continued from page 3*

eliminate the debilitating results of a stroke. It is critical that people know the symptoms of a stroke, and come to MGH as quickly as possible." The new technology allows the neurologist to see and talk with the patient and family as well as the MGH emergency medicine physicians via remote video conferencing.

With two-way video cameras and remote maneuvering, this technology allows a neurologist from Providence St. Peter Hospital, Olympia, a certified stroke center, to work remotely with MGH emergency department board certified physicians and patients to quickly provide stroke treatment. In addition to emergency bedside consultation, physicians will be able to electronically share brain scans and discuss treatment options.

"When it comes to stroke, every minute is critical," said **James McDowell, M.D.**, medical director of Providence St. Peter Hospital's Stroke Program. "Being able to share our expertise in real time will help patients receive a diagnosis and treatment."

The diagnosis and treatment protocols for stroke patients have been a two-year long cooperative endeavor between MGH & FC physicians and staff and St. Peter staff, along with emergency medical services personnel, to perfect techniques and protocols that will speed up diagnoses and treatment. The use of video conferencing enhances that team effort. This team effort, on the part of all involved, increases the likelihood of being able to minimize the effects of a stroke for some patients. ■

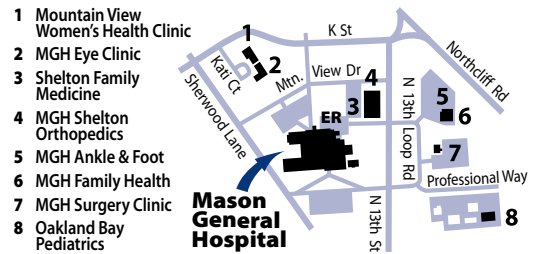
**Our Mission:** We take every possible action to protect and promote the health of the people in Mason County while extending respect and compassion as we serve each individual.

**Published by:** Mason General Hospital & Family of Clinics. Published six times per year. Editor: McCarty & Associates, Inc. "a marketing firm".

**Business Office:** Office hours: 8 a.m. – 5:30 p.m., Monday – Friday. Spanish Translator Available. Located at Gateway Center, 2505 Olympic Hwy N., Suite 460, (360) 427-9547

**Mason General Hospital:** Visiting hours: 8 a.m. – 8:30 p.m., daily. Intensive Care Unit (ICU) visiting hours: special hours on a patient-by-patient basis, call for Unit hours. Located at: 901 Mountain View Drive, PO Box 1668, Shelton, WA 98584-5001, (360) 426-1611, from Allyn (360) 275-8614. Serving the medical needs of Mason County since 1968. Accredited by The Joint Commission. TTY/TTD: (360) 427-9593. Translation Services Provided. Se habla español. Equal Opportunity Provider.

**Administration:** Bob Appel, chief executive officer; Eric Moll, chief administrative officer; Kevin Roscoe, M.D., chief of staff; Nancy Trucksess, commissioner/president; Scott Hilburn and Don Wilson, commissioners.



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**focused on  
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