

News Briefs

## Mason Health earns second Energy Star certification

Public Hospital District No. 1 has announced that Mason General Hospital and Mason Clinic have earned the U.S. Environmental Protection Agency's (EPA) ENERGY STAR® certification for superior energy performance. This is the second year that Mason General Hospital and Mason Clinic have earned the ENERGY STAR, reflecting a legacy of continued energy savings. With an ENERGY STAR score of 82 out of 100, Mason General Hospital/Mason Clinic outperforms 82 percent of similar buildings nationwide.



"Improving the energy efficiency of our nation's buildings is critical to protecting our environment," said **Cindy Jacobs**, Chief of the ENERGY STAR Commercial & Industrial Branch. "From the boiler room to the board room, organizations are leading the way by making their buildings more efficient and earning EPA's ENERGY STAR certification."

ENERGY STAR certified buildings and plants are verified to perform in the top 25 percent of buildings nationwide, based on weather-normalized source energy use that takes into account occupancy, hours of operation, and other key metrics. ENERGY STAR is the only energy efficiency certification in the United States that is based on actual, verified energy performance.

"We're honored to earn the ENERGY STAR for superior energy performance at Mason General Hospital and Mason Clinic and appreciate the efforts of everyone who has been involved in its efficient operation," said **Patrick O'Neil**, Director of Facilities Engineering. "Saving energy is just one of the ways we show our community we care, and that we're committed to doing our part to protect the environment and public health, both today and for future generations."

Foundation News

## Lisa Welander elected to the MGHF Board

It is with pleasure that the Mason General Hospital Foundation announces that it has elected **Lisa Welander** to the MGHF Board of Directors.



Welander has been in the banking business for 38 years, and currently works for Heritage Bank as the Senior Vice President and Data Governance Officer where she has been employed since 1999. With a desire to take a step back from work, Welander went to part-time status with Heritage in their administration offices. Since then, she has volunteered her time with local nonprofits such as Exceptional Foresters Inc. and Habitat for Humanity of Mason County, where she volunteers on the family selection committee. She is looking forward to bringing her administrative expertise to Mason General Hospital Foundation.

"Since going part time, I've been able to give back to my community and contribute skills from my administration experience as well as my own personal business experience," Welander said. "This is where I live. My kids live here, I was born and raised here. I want to be involved in my community and make a difference. This is a key thing - that small-town feel, where you are a part of what is happening. I want to make a difference."

Born and raised in Shelton, Welander has lived in Mason County most of her life. She attended both South Puget Sound Community College (Accounting) and Pacific Coast Banking School. Upon graduating, she moved back to Mason County and married her husband of 38 years, **Don Welander**. They have two grown sons and one granddaughter who also reside in Mason County.

Welander also owns her own small business, **Fun Stuff Crafts**. A favorite hobby turned part-time business in 2017, the business includes a blog and YouTube channel that teaches crafting.

"My primary goal is to contribute my experience from the corporate world and lend my creative skills to help make the Foundation successful for the benefit of our community through events such as Fantasy Forest and the Golf Tournament, and ongoing efforts to raise funds that benefit Mason Health."



**Health Sciences Academy Scholarship Program**

Did you know Mason Health offers full-ride scholarships to Shelton High School Health Sciences Academy students? Tuition, books and fees are included!

Scholarships are available in the following programs:

- Phlebotomy
- Registered Nursing
- Medical Assistant

Guaranteed employment at Mason Health after program completion!

Sign up & let us know if you are interested in our scholarship program!

\* Employment guaranteed if Mason Health has an opening. If there are no openings, recipients do not have to pay funds back.



**Special Kudos**

**Congratulations to Jennifer Nelson, ARNP**, for being selected the January 2023 Employee of the Month.




**MEET YOUR PROVIDERS! MEDICARE WELLNESS**

David Davis, MD | KC Brubaker, PA-C | Rebecca Pennington, MD | Henry Lu, DO  
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If you have questions about the new Medicare Wellness Program, speak with your health care provider or visit our website at [www.masongeneral.com](http://www.masongeneral.com).

**DO A PROVIDER SEARCH**

Go to [www.masongeneral.com](http://www.masongeneral.com) and click on FIND A PROVIDER in the top menu. Enter a Provider's Name or Specialty for a list of providers.

**Workshops**

**Cancer Wellness Workshop**

Mason Health, in partnership with **Harmony Hill Retreat Center** and with the financial support of the **Karen Hilburn Cancer Fund**, is hosting virtual cancer support groups. For more information, call 360-432-7706 or email [patientnavigator@masongeneral.com](mailto:patientnavigator@masongeneral.com).

**Time:** 4 to 6:30 p.m., second Wednesday of the month  
**Location:** ZOOM or conference call  
**Cost:** Free

Sign up for **Pulse**

Email: [foundation@masongeneral.com](mailto:foundation@masongeneral.com)

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**NEW INFO!**

## Current COVID-19 & Vaccination Protocols

**Visiting Hours are 8 a.m. to 8:30 p.m.**

Reminder - When visiting the hospital, you should not have symptoms of illness. Please enter at the Mason General Hospital Main Entrance. After hours, please use the Emergency Department entrance. Visitors are restricted to individuals 12 and older without symptoms of current respiratory illness. Younger siblings of patients may visit without any symptoms. NOTE: All visiting hours/guidelines are subject to change depending on communicable disease trends in the community.

Our website has the most up-to-date visiting hours and restrictions: [www.masongeneral.com](http://www.masongeneral.com)

Mason Health is committed to the safety of its patients as the COVID-19 pandemic continues. **Masking** is still required at all Mason Health facilities and some **visitor restrictions** remain in place.

**COVID vaccines and boosters** can be scheduled with your primary care or pediatric provider or at the Mason Health Vaccine Clinic (**Red square**).

**COVID treatment clinic (Red triangle)** hours are 1 to 5 p.m. M-F.

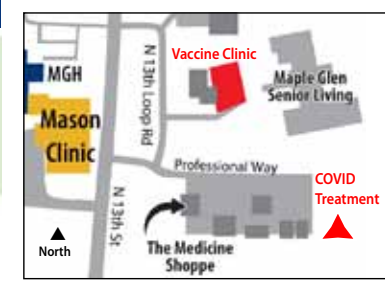
Thank you for choosing Mason Health for your care!

**Mason Health**  
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**Practice Greenhealth**  
United Mission: Empowered People, Exceptional Health  
Vision: Provide the best patient-centered care in the Pacific Northwest.  
Values: Service & Relationships

Follow us on social media

Map showing locations: MGH, Mason Clinic, Vaccines Clinic, Maple Glen Senior Living, Professional Way, COVID Treatment, The Medicine Shoppe.

For more information on vaccine and booster shot eligibility and availability, visit [www.masongeneral.com/clinics/mgh-vaccine-clinic](http://www.masongeneral.com/clinics/mgh-vaccine-clinic).