

What's Happening...

July 2019

MGH&FC welcomes four new providers!



Michelle Hamilton, D.O., MGH Shelton Family Medicine
Dr. Hamilton obtained her medical degree from Kirksville College of Osteopathic Medicine, Kirksville, MO in 2015, and completed her family medicine residency at Banner University Medical Center in Phoenix, AZ. There she received additional training in integrative and addiction medicine, and later completed her geriatric medicine fellowship. She is passionate about working with families to combine a patient's personal health philosophy with evidence-informed medicine.

Amie Mower, D.O., MGH Olympic Physicians
Dr. Mower graduated from Kansas City University of Medicine & Bioscience's College of Osteopathic Medicine in 2012 and spent the last seven years serving the U.S. Army. She has a special interest in pediatrics, women's health and caring for individuals and family members associated with uniformed services.



Iris Malit, M.D., MGH Oakland Bay Pediatrics
Dr. Malit is a board-certified pediatrician and a fellow of the American Academy of Pediatrics who earned her medical degree from Far Eastern University-Nicanor Reyes Medical Foundation in Manila, Philippines. She completed her pediatric residency at Mount Sinai Hospital in Chicago, and has special interests in early literacy promotion and engaging families in a healthy and active lifestyle.

Alexandra Rhodes, M.D., MGH Oakland Bay Pediatrics
Dr. Rhodes obtained her medical degree from Johns Hopkins University School of Medicine in 2016 and completed her residency in general pediatrics at Lucile Packard Children's Hospital at Stanford University School of Medicine in 2019. Her special interests include neonatal medicine and complex chronic medical care.



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'Topping Out Ceremony' for New Mason Clinic Commemorates Completion of Steel Framing



Mason General Hospital & Family of Clinics held a "Topping Out" Ceremony for the Hospital District's new medical office building, Mason Clinic, on Wednesday, June 5, 2019 to commemorate the completion of the structure's steel framing. MGH&FC staff, leadership team members and Board of Hospital Commissioners

signed the highest beam and witnessed it being placed atop the structure. The Topping Out Ceremony is a builders' rite, and traditionally held when the last beam is placed atop a structure during its construction.

"On behalf of my fellow commissioners, thank you for attending this significant milestone," said **Gayle Weston**, president of the Hospital Board of Commissioners. We wanted to give staff and the community the opportunity to sign their name to the last beam to be raised, as this is the culmination of three years of planning and hard work to continue to build exceptional healthcare for our community."

Mason Clinic will make it possible for the District to consolidate provider offices and patient services now located in multiple buildings east of the hospital into a modern, accessible and patient-focused facility adjacent to the main Hospital.

"We are not the same old rural community hospital that emerged in 1968," said **Eric Moll**, MGH&FC's chief executive officer. "We are growing and we have become a leader in healthcare in our region. Mason Clinic will allow us to offer new healthcare services and continue to recruit and retain more physicians to our family of clinics."

The \$35 million, two-story 60,000 square foot building will consolidate services from local practices, and exam rooms will increase from 71 to 104, to provide easier access to health care services for patients and their families. The MGH Hoodspout Family Clinic will remain in its current location. The project will not require new tax revenues and will be financed using revenue bonds issued by the Hospital District. Operating revenues will repay the bonds over time.



Hospital Commissioners Gayle Weston, Scott Hilburn and Don Wilson, with Eric Moll, CEO.

For Mason Clinic Construction Updates

go to www.MasonGeneral.com or visit us at MGH&FC on Facebook.

MGH Foundation fundraising events in June

Centennial Guild, a chapter of MGH Foundation, hosted a successful 2019 **Goldsborough Creek Run/Walk/Jog** – a Kristi Armstrong Memorial Event – during this year's Forest Festival on June 1st. A total of 155 individuals competed in the five race events, plus 11 Junior Joggers and 2 Senior Walkers. With donations, the event netted a little over \$3,000.



The 5th Annual **Tour de Mason Lake Bicycle Ride** that took place on June 8 was another great fundraising success for the **Karen Hilburn Cancer Fund**, a chapter of MGH Foundation. The 20, 32 and 44-mile courses were



conquered by 51 riders, including 34 who were new to the event. Proceeds of \$2,000 were raised to help women in Mason County with the costs of their cancer treatment and related expenses.

The 25th Annual **Quality Care Open Golf Tournament** that took place on June 28 at the Alderbrook Golf and Yacht club was another sold-out success! MGH Foundation gives thanks to Platinum Sponsors **CDW Healthcare** and



Cerner Corporation, as well as the many other Sponsors, Volunteers, MGH&FC staff and community supporters who made this year's event the best one yet! Proceeds from the tournament will provide additional funds for the new, state-of-the-art 3D Mammography system in our Diagnostic Imaging Department.



MGH&FC's 3D Mammography receives ACR Accreditation

MGH&FC's Diagnostic Imaging Department was recently notified by the American College of Radiology that its 3D Mammography Services passed the ACR's highest standards of accreditation for quality and safety. ACR accreditation is the 'gold' standard, industry wide.



Professional Way Lab Draw Station New Hours

Monday thru Friday – 7:30 am - 4 pm
235 Professional Way – Shelton

Closed for lunch – 12:30 - 1:30 pm
Closes at 2:45 pm second Tuesday of the month

Classes/Support Groups

Cancer Wellness Workshop in July

A cancer diagnosis is a life-changing event, and one that is best understood and met with the help of those who know the journey. Part six of a free, twelve-workshop program presented by MGH&FC, The Karen Hilburn Cancer Fund, and Harmony Hill Retreat Center is offered to anyone with a cancer diagnosis, those in survivorship, their companions and caregivers. Harmony Hill faculty member **Melissa Layer** leads the group in helping to develop coping strategies and attitudes for positive healing.

When: Wednesday, **July 10** from 4 to 6:30 p.m.

Where: Pershing Meeting Room at MGH

Information: *Early registration is advised*, as space is limited. For more information or to register call **Kelly Mattheis** at (360) 432-7706 or email PatientNavigator@MasonGeneral.com

First Aid/CPR/AED evening course in July

Summer's in full swing with a lot of outdoor recreational activity, and with it the potential for medical emergencies. Learn the basics of first response to a medical emergency in a four-hour course that teaches the basics of applying immediate first aid before the ambulance arrives. Class size is limited to 16 persons, and an *early, non-refundable registration fee of \$40* (exact cash or check) is required to cover the cost of books and materials. The class is open to the entire community, and a Spanish interpreter can be made available on request. Comfortable clothing is recommended.

When: Thursday, **July 11** from 5 to 9 p.m.

Where: MGH&FC's Learning Center, next to the Shelton McDonald's on Olympic Hwy N.

Registration: *Registration is required in advance* by calling The Learning Center at (360) 427-3609.

'Matter of Balance' fall prevention classes this summer

Many older adults restrict their activities because they have concerns about falling. A Matter of Balance is an award-winning program offered on Wednesdays through the summer that is designed to manage falls and increase activity levels. Classes are held at the Mason County Senior Activities Center (MCSAC) and the program is supported by the Lewis-Mason-Thurston Area Agency on Aging and MGH&FC, with funding from the Older Americans Act.

When: Wednesdays, **July 10 through August 28** from 10 a.m. to noon.

Where: MCSAC Pavilion, 190 W Sentry Drive, Shelton.

Registration: Call the Mason County Senior Activities Association at (360) 426-7374.
Note: Suggested donation is \$10.

Diabetes and Pre-Diabetes Support

The Diabetes Wellness Program at MGH&FC provides education and support in the prevention and management of diabetes. For information on classes and services offered, call the Diabetes Wellness Center at (360) 427-7332.



Research & compare plans for yourself and your family.

MGH&FC wants you to be well-covered.

Before registering for a health plan, please contact **Alex Schiffman** at (360) 432-7790

or **Susana Lopez** at (360) 432-7766.

For more information go to: www.MasonGeneral.com and click on Healthplanfinder.

Special Kudos



Congratulations to Cassandra Cartwright, CMA, Oakland Bay Pediatrics, for being selected as MGH&FC's June "Employee of the Month".

Mason General Hospital & Family of Clinics

United Community, Empowered People, Exceptional Health

Mason General Hospital

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from 10 a.m. to 4 p.m.

and Friday 10 a.m. to 7 p.m.



Rural Innovation Award

Eric Moll – Health Care Champion We're proud to call you "ours"!

Congratulations, **Eric C. Moll**, Chief Executive Officer, Mason General Hospital & Family of Clinics, for receiving this year's Rural Innovation Award from the Thurston County Chamber, in partnership with the Thurston-Mason County Medical Society. The chamber presents its annual Health Care Champion awards in recognition of heroic acts, steadfast dedication, extraordinary service and professional in community health care.

Visit the MGH&FC booth!

Allyn Days Salmon Fest

July 20 and July 21

Geoduck Festival

MGH&FC offers Consolidated Family Billing option

As of May 20, MGH&FC began to offer a billing option that consolidates all the services you receive at Mason General Hospital or any of its Clinics in a single billing statement. This is sometimes referred to as 'Family Billing' and also includes services to family members whose medical bills you are responsible for. *Please note that any Hospital or Clinic services you received before May 20 will have separate billing.* For more information, call our customer service number at (360) 427-3601 or visit www.masongeneral.com.