

What's Happening...

June 2019

Classes/Support Groups

Diabetes Support Group Meetings in June

Topic: "Insulin Therapy Trends"
In treating diabetes, the most important medication for controlling blood sugar levels is insulin, and those managing diabetes need to have an understanding of its use and effects. MGH&FC's Diabetes Wellness Center Coordinator and Certified Diabetes Educator **Debbie McGinnis**, RN, BSN, will present the class, discussing the importance of insulin in balancing blood glucose, current delivery systems used, its costs, affordability and common myths. The meeting is free and open to anyone affected by diabetes, including their family members, friends and caregivers, and time will be reserved for questions, answers and individual concerns. For more information contact **Debbie McGinnis** at (360) 427-7332.

■ **Shelton Diabetes Support Group**
When: Thursday, June 13, 1 to 2 p.m.
Where: Ellinor Room at MGH
Note: This meeting is scheduled a week earlier than usual in the Ellinor Meeting room.

■ **Allyn Diabetes Support Group**
When: Thursday, June 27, 1 to 2 p.m.
Where: Port of Allyn building's meeting room

Cancer Wellness Workshop in June

Cancer can be a life-changing event, and you need support and encouragement from those who know what you are going through. Part five 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, **June 12** 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 June

Summer weather brings folks of all ages out for more activity, and with it the potential for accidents and emergencies increases. Would you know how to respond to a medical emergency before the EMT arrives? This four-hour course teaches the basics of applying immediate first aid to adults, children and infants before medical help 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, **June 13** 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.

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.

Continuing Education Classes

These classes are offered for Mason General Hospital & Family of Clinics employees, medical staff and community during the month of **June**:

- Orientation for New Employees
- Strong Perifax for Obstetrical Staff
- Mock Adult Code Blue Skills for Clinical Staff
- Online Hospital-Wide Yearly Safety Program
- IHI Quality Improvement Virtual Learning
- Online Cognitive Competency Development and Evaluation
- Annual Medical Assistant Skills Competency
- Annual Certified Nursing Assistant Skills Competency
- AVADE: Workplace Violence Prevention Course (Initial and Renewal)
- Community First Aid/CPR/AED Course
- Basic Life Support Provider Renewal Course
- Advanced Cardiac Life Support Renewal Course
- Building a Positive Workplace Seminar
- Registered Nurses Annual Department-Specific Skills Day

For more information, contact **Sherry Curtis**, Hospital educator, at (360) 427-3609.



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 or email slopez@masongeneral.com. For more information go to: www.MasonGeneral.com and click on Healthplanfinder.

Special Kudos



Congratulations to Gayle Ziegler, Staffing Office, for being selected as MGH&FC's May "Employee of the Month".

MGHF Auxiliary presents Annual Scholarship Awards

Mason General Hospital Foundation's Auxiliary presented their scholarship awards for the next academic year at the Annual Awards Luncheon in May to eleven outstanding individuals in the community who are pursuing careers in the field of health care. Since 1968, the Auxiliary has raised scholarship funds from donations and from the proceeds of sales in the Hospital's Auxiliary Gift Shop which is completely staffed by volunteers. This year a total of \$30,000 was raised and awards were given to six high school students, two of whom also received the Sue Glenn Memorial Award, in memory of **Sue Glenn**, longtime President of MGHF Auxiliary and Gift Shop Manager who passed away suddenly last summer. Three Hospital employees furthering their studies also received scholarships, and two Scholarship Renewals were made to previous recipients **Ian Frost** (2018-19) and **Julia Goodale** (2017-18). The Centennial Guild, another chapter of MGH Foundation, made a generous contribution to the Auxiliary's Scholarship Fund in memory of **Kristi Armstrong**, R.N., beloved, longtime nurse at Mason General Hospital, which funded the scholarships for **Molly Gregory** and **Julia Goodale** who are both pursuing careers in nursing.



MGHF Auxiliary presented its 2019-20 Scholarship Awards to students (left to right) **Kaylee Sowle**, **Savannah Knutson**, **Allie Godwin**, **Julia Solano-Martinez**, **Katelynn Holte**, and **Allysa Acton**. MGH&FC employees who received the Scholarships were **Molly Gregory**, **Ashley Mabry** and (absent) **Hailey Holmes**.
*Also received the Sue Glenn Memorial Award.

MGH Receives Tissue and Organ Donation Awards of Excellence

Mason General Hospital was recently presented with awards from two organizations in recognition of its efforts to promote tissue and organ donation in 2018. **LifeNet Health** presented MGH with its "Tissue Donation Standards of Excellence Award" and **LifeCenter Northwest** honored MGH with its "Collaboration Achievement Award" for superior performance in organ donation in 2018. There are three donation agencies that Mason General Hospital partners with: LifeNet Health (tissue donation), LifeCenter Northwest (organ donation) and SightLife (corneal donation). MGH also affiliates nationally with **Donate Life** in raising donation awareness. The **Donate Life Flag** was flown during the month of April, unifying Mason General Hospital with other hospitals, organizations, donor families, recipients and transplant candidates across the country. Raising awareness about the importance of organ, eye and tissue donation, the flag symbolizes hope for all those touched by donation, honoring each decision made by donors whose generous gifts provide renewed life to recipients and comfort to the families of donors.



For **Mason Clinic Construction Updates** and for information on street, sidewalk and parking lot closures, go to www.MasonGeneral.com or visit us at MGH&FC on Facebook.

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



Mason General Hospital & Family of Clinics

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Mason General Hospital

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MGH&FC complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, religion, national origin, age, disability, sex or sexual orientation.

Mission Statement

We put patients first.
We provide quality medical care to assist the individuals of our community to restore and preserve their health. We conserve patient and community resources through a sustainable, financially viable, coordinated system of health care delivery.

New Gift Shop Hours
Open Monday thru Thursday from 10 a.m. to 4 p.m. and Friday 10 a.m. to 7 p.m.



SCOPE will be in the mail the week of June 24th

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Join Us!

CELEBRATING 25 Years

MASON GENERAL HOSPITAL FOUNDATION

Quality Care Open GOLF TOURNAMENT

Friday, June 28, 2019

Alderbrook Golf & Yacht Club • Union, WA

For more information and reservations, call (360) 427-3623.

A big Thank You to our Sponsors!*

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