

What's Happening...

May
2018

Support Groups

Diabetes Support Group Meetings in May

Topic: "The Highs & Lows of Diabetes"
Understanding high and low blood sugar levels is vital in managing diabetes. As diabetes has become a national health care concern, everyone should be aware of hyper and hypoglycemia (high and low blood sugar), its prevention and treatment. **Carmen Eucker**, RN, CDE, has over 20 years' experience as a certified diabetes educator with a specialty in insulin pumps, and will explain in detail the effects, prevention and treatment of hyper and hypoglycemia. The meeting is open to anyone in the community with diabetes, pre-diabetes or just an interest in learning more about diabetes and its prevention.

■ **Shelton Diabetes Support Group**
When: Thursday, May 17 from 1 to 2 p.m.
Where: Pershing Meeting Room at MGH

■ **Allyn Diabetes Support Group**
When: Thursday, May 24 from 1 to 2 p.m.
Where: Port of Allyn meeting room

Information: Contact **Debbie McGinnis**, RN, BSN, CDE, at (360) 427-7332.

Cancer Wellness Workshop in May

Topic: "Communication: Finding the Words to Say It"
Learn how attentive listening and clear communication are healing skills. Facilitated by Harmony Hill Retreat Center's **Melissa Layer** and hosted by MGH&FC.
When: Wednesday, May 9 from 3 to 5:30 p.m.
Where: Pershing Meeting Room at MGH
Information: *Early registration is advised, as space is limited.* To register, or for more information call **Marcia Stauffer** at (360) 432-7706 or email PatientNavigator@MasonGeneral.com.

First Aid/CPR/AED evening course in May

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. It is open to the entire community and a Spanish interpreter can be made available upon request. Comfortable clothing is recommended.
When: Thursday, May 10 from 5 to 9 p.m.
Where: MGH&FC's Learning Center, next to the Shelton McDonald's on Olympic Hwy N.
Registration: *Advance registration is required no later than May 3* by calling The Learning Center at (360) 427-3609.

Family Health Awareness

A MGH&FC EVENT
"EXCEPTIONAL HEALTH" STARTS AT MGH&FC

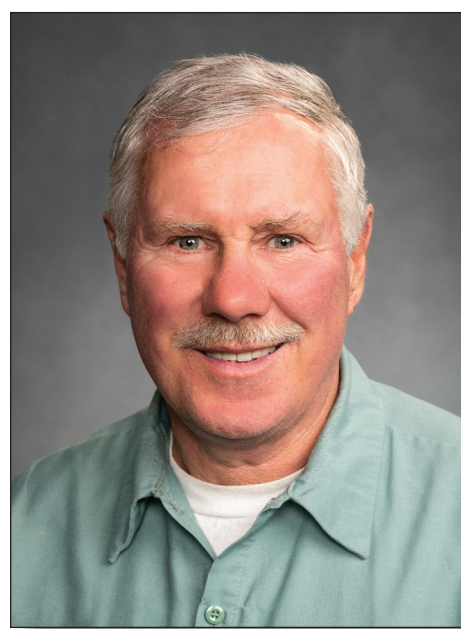
Free!
Digital Mammograms to the first 50 women who qualify (underinsured or uninsured)
Walk-thru Colon exhibit
Screenings for Diabetes
Vision screening for children of all ages
Blood pressure checks
Men's and Women's health information
Options for Care – assisted living, home health, etc.
Advance Care Planning honoring choices/durable power of attorney

Plus!
Sign up for Health Insurance
Learn how MyMasonHealth gives you 24/7 access to your health records from anywhere in the world
Learn about Virtual Care visits and MyMason Virtual Care
Find a Support Group

Wow!
Fire Truck exhibit
Healthy Snacks and Wellness information
Children's activities, Door Prizes and much more!

Saturday May 5, 2018
8 AM - 1 PM
MGH Main (south) Entrance

Special Kudos



Congratulations to Bill Perreault, Grounds Maintenance supervisor, for being selected by his peers as MGH&FC's April "Employee of the Month".

Take charge of your health

MyMason Virtual Care*

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*Available to all Medicare, uninsured and insured (except TRICARE and Medicaid) patients.

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Continuing Education Classes

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

- Orientation for New Employees
- Strong Perifax for Obstetrical Staff
- Mock Adult/Pediatric Code Blue Skills for Clinical Staff
- Online Hospital-Wide Yearly Safety Program
- IHI Quality Improvement Virtual Learning
- Online Cognitive Competency Development and Evaluation
- Pediatric Emergency Assessment and Stabilization (PEARS) Course
- Basic Life Support for Health Care Providers
- Community First Aid/CPR/AED Course
- Pediatric Advanced Life Support for Health Care Providers
- Advanced Cardiac Life Support/Basic Life Support for Health Care Providers
- Neonatal Resuscitation Course
- Annual Medical Assistant Skills Competency
- Annual Certified Nursing Assistant Skills Competency
- Introduction to Insurance Basics for Registration and Patient Accounts Staff

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

Mason General Hospital & Family of Clinics celebrates National Hospital Week

May 6 - 12, 2018



Thanking those who have reached years of service milestones in 2018 and celebrating our own 50 years of service excellence!

5 YEARS

Acosta, Frank A., RT
Allan, Wendy J., OP
Anderson, David E., M.D., OP
Baldino, Tracy L., OP
Barlow, Lisa N., Lab
Barton, Angela M., OP
Bernal, Ronnie L., DI
Blackwell, Claire E., HIM
Brown, Debbie K., SFM&O
Clark, Linda A., HIM
Corro, Andrea B., OP
Daniel, Susan M., HIM
Definbaugh, Abel D., Edu
Dell, Lisa C., PA-C, SFM&O
Devaney, Tammy L., PA-C, OP
Eisenbarth, Jovanna L., CRNA, Anes
Field, Ashley A., OP
Good, Saicha J., CNA, ICCU
Gray, Nicole M., BO
Gunter, Stephanie M., Pharm
Hackney, Kathryn P., PA-C, OP
Harrison, Robert W., CNA, MSP
Hawkins, Lucinda L., PA-C, OP

Hendryx, Rebecca K., M.D., OP
Henningens, Tiffany F., R.N., PACU
Hepper, James M., Edu
Hultz, Megan R., CNS
Huston, James B., R.N., ED
Kling, Stephanie K., Lab
Kummerfeldt, Colleen V., R.N., PACU
Liles, Jayne C., R.N., MSP
Madara, Jennifer D., BO
Mick, Toni M., OP
Middlebrook, William L., RT
Moad, Thomas W., DI
Nordgulen, Cheryl L., BO
Nussbaum, Amy E., R.N., MSP
Olinger, Mackenzie R., Pharm
Olivas, Jessica V., SFM&O
Osier, Courtney T., BO
Osorio-Hernandez, Judith A., OBP
Palmer, Nathaniel C., HSS
Perreault, William N., Maint
Schipmann, Grace M., CNA, PACU
Schlauderaff, Pamela H., QI
Sheppard, Lindsey J., R.N., PACU
Smith, Dodie M., OP
Speer, Tara L., FH

10 YEARS

Baumgartner, Debra A., R.N., BC
Bracken, Patricia, R.N., MSP
Branscome, Eileen T., COO, Admin
Burbridge, Jill M., RT
Capps, Jennifer J., CDO, MGHF
Conklin, Tina L., BO
German, Ron J., RT
Grounds, Kristina M., R.N., MSP
Johnson, Peggy D., HIM
Lindahl, Carol L., R.N., CCS
Lopez, Elena, OBP
McGinnis, Debbie D., DWC
Morgan, Nancy D., CNA, MSP
Pizanti, Therese E., ARNP, OBP
Routson, Brenda A., CR
Sage, Kristen A., CI
Van Auken, Nanette M., HIM
White, Kathleen A., R.N., ICCU

15 YEARS

Baker, Dan E., Lab
Conrad, Shelly L., CNA, MSP
Foster, Annette D., DI
Garrett, Douglas E., CNS
Mattson, Candace L., RD, CCS
Oleis, Michael R., CNA, ED
Peters, Rory, RT
Peters, Shawn L., DI
Walker, Pamela R., CNA, ICCU

20 YEARS

Croft, Jeanie C., RT
Kropaczewski, Harold, Maint
Sandoval-Cox, Lisa, DI
Webb, Jeannette C., CNA, BC

25 YEARS



Sherry Curtis
Education Dept.



Terri Gushee, BSN, R.N.
Administration



Melody Oleis, R.N.
Intensive Critical Care Unit



Samantha King
Central Processing



Geraldine Bell
Laboratory

Not pictured: **Tammy D. Johnson**, Diagnostic Imaging

Department Abbreviations:

Admin – Administration
Anes – Anesthesia
BO – Business Office
BC – Birth Center
CCS – Care Coordination Services
CNS – Culinary & Nutrition Services

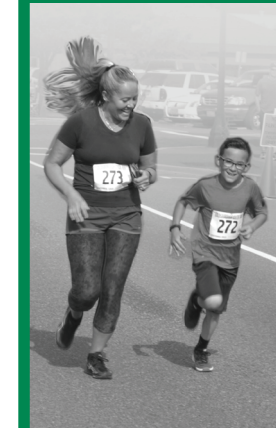
CI – Clinical Informatics
CP – Central Processing
CR – Central Registration
DI – Diagnostic Imaging
DWC – Diabetes Wellness Center
Edu – Education Dept.
ED – Emergency Department

FH – MGH Family Health
MGHF – MGH Foundation
HIM – Health Information Management
HSS – House Supervisor/Staffing
ICCU – Intensive Critical Care Unit
Lab – Laboratory
Maint – Maintenance

MSP – Medical/Surgical/Pediatrics
OP – MGH Olympic Physicians
PACU – Post Anesthesia Care Unit
QI – Quality Improvement
RT – Respiratory Therapy
SFM&O – MGH Shelton Family Medicine and Orthopedics

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Check out these June Events at www.MasonGeneral.com
All proceeds support the Mason General Hospital Foundation



Centennial Guild's* 2018 Goldsborough Creek Run/Walk/Jog
Saturday, June 2, 2018
Shelton, Washington

*A Chapter of Mason General Hospital Foundation

In memory of **Kristi Armstrong, R.N.**

4th Annual **tour de Mason Lake**
Karen Hillburn Cancer Fund
Bicycle Ride
Saturday, June 9, 2018

Entry fee is \$40 per person, and the course is a choice of a 20, 32, or 44-mile circuit around Mason Lake with medium, rolling hills. Register for Tour de Mason Lake online at Active.com.

*A Chapter of Mason General Hospital Foundation



Save the Date for the Annual MGHF
"Quality Care Open" Golf Tournament

Friday, June 22, 2018

Alderbrook Golf & Yacht Club • Union, Washington
For more information and reservations, call (360) 427-3623.

Mason General Hospital & Family of Clinics

United Community, Empowered People, Exceptional Health

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, or sex.

NEW
Lab & Diagnostic Imaging hours at MGH

As of June, the new hours of opening for MGH&FC's Laboratory and Diagnostic Imaging Department will be:
6:30 a.m. – 6:30 p.m.
Monday thru Friday
9 a.m. – 5:30 p.m.
Saturday, Sunday & holidays

washington **healthplanfinder**
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Research & compare plans for yourself and your family.
MGH&FC wants you to be well-covered. Before registering for a health plan, please contact **Susana Lopez**, project supervisor, at (360) 432-7766 or email slopez@masongeneral.com. For more information go to: www.MasonGeneral.com and click on Healthplanfinder.