

What's Happening...

2017 October

Classes/Support Groups

Diabetes Support Groups Luncheon in October

"ANNUAL BUFFET LUNCHEON AND JEOPARDY GAME" – for Shelton and Allyn Diabetes Support Groups.

This year's annual Diabetes Support Group Luncheon features an interactive game of "Diabetes Jeopardy" presented by the MGH&FC Diabetes Wellness staff. The buffet lunch, prepared by Executive Chef **John Cruse** and staff, includes salmon with a citrus glaze (or chicken alternative), roasted herb potatoes, green beans with slivered almonds, spinach salad, and a delicious dessert to end the meal. **Advanced registration is required with a payment of \$7 per person** which must be submitted by Tuesday, **October 17** by mail or in person. Make checks payable to **MGH&FC**, and mail to: MGH Diabetes Wellness, P.O. Box 1668, Shelton, WA 98584. To pre-register in person, bring payment to the Volunteer Desk at the Hospital's Main (south) Entrance Monday to Friday between 8 a.m. and 3:45 p.m.

When: Thursday, **October 19** from 1 to 2 p.m.

Where: Pershing and Ellinor Meeting Room at MGH.

Information: Pre-registration and payment is required by October 17th. Contact **Debbie McGinnis**, RN, BSN, CDE, at (360) 427-7332.

MGH&FC Diabetes Support Groups, affiliated with the American Diabetes Association, meet every third Thursday of the month in Shelton and every fourth Thursday of the month in Allyn from September to June. These free (except this luncheon) meetings are designed to support, encourage and inform everyone in the community about the many ways to manage diabetes.

Cancer Wellness Workshop in October

Topic: "Mindfulness: Start Where You Are"

When: Wednesday, **October 11** 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 October

Class size is limited to 16 persons, and an early, non-refundable registration fee of \$35 (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, October 12 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 **October 7** by calling The Learning Center at (360) 427-3609.

Note: First Aid/CPR/AED classes are held on the 2nd Thursday of every month from September to June.

"Living Well with Diabetes" class in November

A two-day class in diabetes self-management.

When: Tuesday and Wednesday, **November 7 & 8** from 12:30 to 4:30 p.m.

Where: Pershing Meeting Room at MGH.

Registration: Pre-requisite: Diabetes education and advance registration is required by calling (360) 427-7332.

Note: There is a fee for this class, however, diabetes education is a covered service under most insurance plans.

Continuing Education Classes

These classes are offered for MGH&FC employees, medical staff and community during the month of **October:**

- 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
- Community First Aid/CPR/AED Course
- Basic Life Support Renewal Course for Health Care Providers
- Advanced Cardiac Life Support Renewal Course for Night Shift
- Pediatric Advanced Life Support Renewal Course for Night Shift
- Pediatric Emergency Assessment, Recognition and Stabilization Course (PEARS)
- Annual Certified Nurse Skills Competency
- Annual Medical Assistant Skills Competency
- AVADE: Workplace Violence Prevention Course
- Emergency Nurse Pediatric Course (ENPC)

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

Special Kudos



Congratulations to **Frank Day**, LPN, Shelton Family Medicine and Orthopedics, for being selected by his peers as MGH&FC's September "Employee of the Month".

HealthCare's
**most
wired**

Health Care's Most
Wired Hospital for
TEN consecutive years!

Mason General Hospital & Family of Clinics
PRESENTS

Women's Health Event

**Saturday
October 28
2017
9 a.m. to 1 p.m.**
Main (South) Entrance
of MGH

FREE

SPONSORED BY
**Karen Hilburn
Cancer Fund**
**Molina
Healthcare**
**Breast
Cervical and
Colon Health
Fund**

PLUS

- Mini-Massages
- Diabetes Testing
- Nutritional Services
- Cardiac Health
- Information on HPV
- Healthy Refreshments

WOW!

Free Digital Mammogram Screenings to the first 50 women who qualify that are uninsured or underinsured. For info call (360) 432-7706.

Over 40 years old, need an annual mammogram? You are welcome to come - make sure to bring your health insurance information.

Need Health Insurance? Can't come - but need help finding a health plan? Call Susana Lopez, project supervisor, at (360) 432-7766 or email: slopez@masongeneral.com.

YOUR MAMMOGRAPHY TEAM

Mason General Hospital & Family of Clinics

Fantasy Forest 2017 Gala & Live Auction

Saturday | November 18, 2017
Doors open at 5:00pm

Other Fantasy Forest Events

Father Daughter Night Out
Friday, Nov. 3 | The Shelton Civic Center
Doors open at 5:30pm

Business Luncheon
Friday, Nov. 17 | Alderbrook Resort & Spa
Doors open at 11:00am

Barrels & Brews
Friday, Nov. 17 | Alderbrook Resort & Spa
Doors open at 5:00pm

To buy tickets or for more information go to MasonGeneral.com, visit us on Facebook, email us at foundation@masongeneral.com or call 360.427.3623

Title Sponsor

Gala & Live Auction Sponsor

We're Searching for Volunteers

MGH&FC needs volunteers to help put "Patients First" and assist in our mission of providing quality care.

If interested, please call Volunteer Coordinator **Lonnie Hatman** at (360) 427-3621 or email lhatman@masongeneral.com.



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.

Mason General Hospital & Family of Clinics

United Community, Empowered People, Exceptional Health

Mason General Hospital

901 Mountain View Drive, PO Box 1668, Shelton, WA 98584

(360) 426-1611, from Allyn (360) 275-8614

Toll free (855) 880-3201 • TTY/TDD (360) 427-9593

www.MasonGeneral.com • www.MyMasonVirtualCare.com

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Approved by the Joint Commission

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