

What's Happening...

June 2018



Support Groups

Diabetes Support Group Meetings in June

"Technology in Diabetes Care" – June topic for Diabetes Support Group Meetings
Managing diabetes has become less clinical and more 'personal' in recent years with the aid of new technologies. The ability for patients to self-manage their condition has been greatly facilitated by the use of personal glucose monitors and smart phone apps. MGH&FC's Certified Diabetes Educators **Sarah Fulkerson, RD**, and **Carmen Eucker, BSN, RN**, will present some of the new and advanced technologies available to help you better manage your diabetes now and in the future. The meeting is open to anyone in the community with diabetes, pre-diabetes or an interest in its prevention, and there will be time for questions and answers.

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

Shelton Diabetes Support Group

When: Thursday, **June 21** from 1 to 2 p.m.
Where: Pershing Meeting Room at MGH

Allyn Diabetes Support Group

When: Thursday, **June 28** from 1 to 2 p.m.
Where: Port of Allyn meeting room

First Aid/CPR/AED evening course in June

Learn basic lifesaving skills and be of great value to our community! 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, **June 14** 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 **June 7** by calling The Learning Center at (360) 427-3609.

Cancer Wellness Workshop in June

Topic: "Humor: Laughter's Healing Medicine"

Explore and experience humor's supportive benefits in healthy well being.

Facilitated by Harmony Hill Retreat Center's **Melissa Layer** and hosted by MGH&FC.

When: Wednesday, **June 13** 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.

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/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, Recognition and Stabilization (PEARS) Course
- 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
- Annual Medical Assistant Skills Competency
- Positive Workplace Seminar
- Triage Course for Emergency Nurses

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



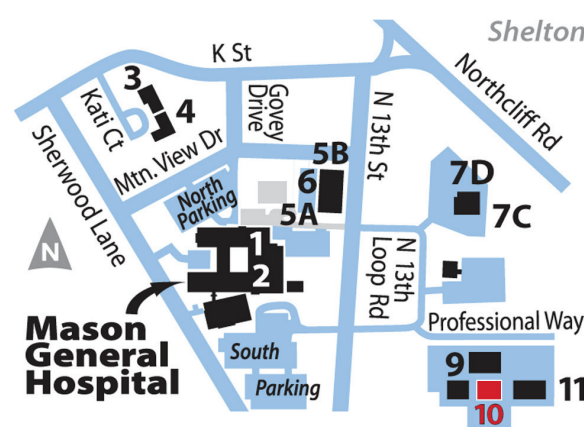
MGH&FC needs volunteers to help put "Patients First" and assist in our mission of providing quality care.

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

News Briefs

Professional Way Lab Draw Station Now Open!

MGH&FC is pleased to announce the opening of their new Lab Draw Station at 235 Professional Way (between MGH Olympic Physicians and MGH Oakland Bay Pediatrics) in Shelton. The Professional Way Lab Draw Station focuses on personalized laboratory services that offer shorter wait times, quicker access to test results, comprehensive registration and competitive pricing. No appointment is necessary and the Lab is open Monday through Friday from 7:30 am to 4 pm, and closed for lunch 12:30 to 1:30 pm. For more information, the Lab Draw Station can be reached at (360) 426-3676.



- 1 Emergency Entrance
- 2 Main Entrance
- 3 MGH Mountain View Women's Health
- 4 MGH Eye Clinic
- 5 MGH Shelton Family Medicine (A) and Orthopedics (B)
- 6 MGH Walk-In Clinic
- 7 MGH Family Health (C), Ankle and Foot Clinic (D)
- 8 MGH Surgery Clinic
- 9 MGH Olympic Physicians
- 10 MGH&FC Professional Way Lab Draw Station
- 11 MGH Oakland Bay Pediatrics



Carey Martens, D.O.
Board Certified OB/GYN

Women's clinic welcomes new OB/GYN

Mountain View Women's Health was pleased to welcome new Obstetrician/Gynecologist, **Carey Martens, D.O.**, to their clinical staff and to the surgical staff at Mason General Hospital on May 1, 2018. He obtained his medical degree from Touro University College of Osteopathic Medicine, Vallejo, CA in 2004, and did his residency in obstetrics/gynecology at St. Joseph Mercy Hospital, Ann Arbor, MI from 2004 to 2007. Dr. Martens is board certified with the American Osteopathic Board of Obstetrics and Gynecology.

MGH Foundation's 24th Annual "Quality Care" Golf Tournament Sponsors



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Thanks to our Platinum Sponsors, CDW and Cerner Corporation, and all event Sponsors, Donors, Golfers and Volunteers, this will be our most successful tournament to date! Hosting more than 250 people including 180 golfers, our tournament is **Sold Out!**

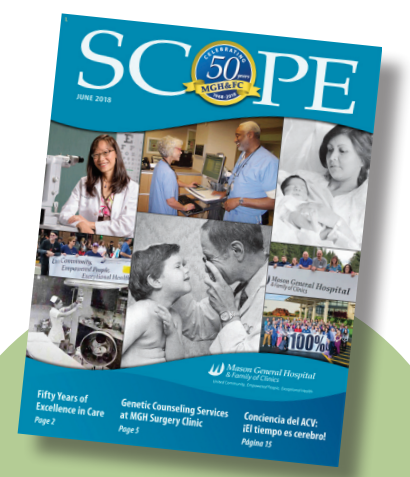
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- The Hardware Distillery Co.
- The Strip Steakhouse
- Tractor Supply Co. - Shelton
- Union Square Deli
- Valic Financial
- Verle's Sports Center & Marine

Community Impact Award
Karen Hilburn - Health Care Champion
We're proud to call you "ours"!

Congratulations, Karen Hilburn, Founder of the **Karen Hilburn Cancer Fund**, for receiving the 2018 Community Impact 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 professionalism in community health care.

The Karen Hilburn Cancer Fund, a chapter of the Mason General Hospital Foundation, helps uninsured or underinsured women with the costs associated with their diagnoses and treatment for breast, cervical, ovarian and uterine cancers.



Watch for SCOPE in your mailbox June 25th!

HealthCare's **most wired** Most Wired Hospital for TEN consecutive years!

Special Kudos



Congratulations to Sang Pham, medical assistant, Shelton Family Medicine, for being selected by his peers as MGH&FC's May "Employee of the Month".

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, sex or sexual orientation.

NEW
Lab & Diagnostic Imaging hours at MGH

The new hours of opening for MGH&FC's Laboratory and Diagnostic Imaging Department are:
6:30 a.m. - 6:30 p.m.
Monday thru Friday
9 a.m. - 5:30 p.m.
Saturday, Sunday & holidays



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.



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.



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

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