

What's Happening

November 2019

**Mason General Hospital
& Family of Clinics**

United Community, Empowered People, Exceptional Health

MGH&FC welcomes additional providers!

Katie Aldrich, PMHNP-BC, will join the staff at Mason Clinic next year. Aldrich is a board-certified psychiatric mental health nurse practitioner who graduated from Gonzaga University in Spokane in 2019. She has worked as a registered nurse and a regional psychiatric nurse in prison and hospital settings since 2005. Through her nursing career, she has 14 years of mental health experience. Aldrich believes in working with her patients to assist individuals to attain their highest level of whole body health: mind, body, and spirit. She enjoys spending time with her family and being outdoors. Call 360-426-1611 to make an appointment.



Vanessa Walker, PMHNP-BC, will join the staff at Mason Clinic next year. Walker is a board-certified psychiatric mental health nurse practitioner who has a passion working with the mental health population. She obtained her registered nursing degree at College of the Sequoias in Visalia, California, in 2010, and graduated with her Masters in Nursing from Gonzaga University in Spokane in 2019. She is drawn to the philosophy of patient-centered care, incorporating the patient's personal ideals and cultural understanding into the focus of their own treatment. Walker also enjoys volunteering for the homeless population, hiking and spending time with her family and her dog. Call 360-426-1611 to make an appointment.



Carlos Rubio-Reyes, MD, will join the staff at MGH Family Health next year before the transition to Mason Clinic. Dr. Rubio-Reyes is a board-certified family medicine physician who graduated from the Universidad Autónoma de Guadalajara Facultad de Medicina in Guadalajara, Mexico, and New York Medical College in 2013. He obtained his residency training at University of Missouri Health Care and has been in practice since 2017. He is passionate about delivering medicine to underserved communities and his personal interests include literature, writing, music and cheering on the Toronto Maple Leafs National Hockey League. Call 360-426-3862 to make an appointment.



DO A PROVIDER SEARCH

Go to www.masongeneral.com and click on FIND A PROVIDER in the top menu. Enter a Provider's Name or Specialty for a list of providers and their contact information.

Patient Testimonial

Praise for MGH Emergency Department

From the moment I was checked in at the ER, I was treated with respect, with courtesy, with professionalism and friendliness. Not only was I treated kindly and professionally, my family was, too. I wondered if the people at Mason General have to take a customer service class before they start work. It was a life-changing experience. When I was alone at night, I never felt alone. I am very thankful. I will recommend the services and the people and the professionals of Mason General Hospital to whoever will listen.
- Jeri R.

Classes and Workshops

First Aid/CPR/AED course in November

Learn the basics of first response in a medical emergency.
Where: MGH&FC's Learning Center, located next to the Shelton McDonald's on Olympic Highway North
When: 5 to 9 p.m., Thursday, **Nov. 14**
Cost: A fee of \$40 (exact cash or check) is required in advance to cover the cost of books and materials, and an eCard can be made available upon successful completion of the course. Comfortable clothing is recommended for all participants, and a Spanish interpreter can be provided on request.
Register: Call the Learning Center at 360-427-3609 by **Nov. 7**

Type 1 Diabetes Support Group

This group is open to the public, but will focus on specific issues of people living with Type 1 diabetes daily every second Wednesday of the month.
Where: Ellinor Room of Mason General Hospital
When: 1 to 2 p.m., Wednesday, **Nov. 13**
Register: Call 360-427-7332 for more information.

Diabetes Wellness Classes in November

Topic: *Your Body on Exercise*
Register: Call 360-427-7332 for more information.

- **Shelton Diabetes Support Group**
When: 1 to 2 p.m., Thursday, **Nov. 14**
Where: Pershing Room of Mason General Hospital
- **Alllyn Diabetes Support Group**
When: 1 to 2 p.m., Thursday, **Nov. 21**
Where: Port of Alllyn meeting room

Cancer Wellness Workshops in November

Mason General Hospital & Family of Clinics partners with the Karen Hilburn Cancer Fund and Harmony Hill Retreat Center to offer a support program to those affected by cancer.
Where: Pershing Room at Mason General Hospital
When: 4 to 6:30 p.m., **Nov. 13**
Register: Call **Kelly Mattheis**, patient navigator, at 360-432-7706 or email patientnavigator@masongeneral.com.

Dr. Penoyar Retirement Party

Please join as our community celebrates a 30-year relationship with and the retirement of **Dr. Christopher Penoyar, D.O.**

- **When:** 1 to 6 p.m., Thursday, **Dec. 12**
- **Where:** Ellinor and Pershing rooms of Mason General Hospital
- **Refreshments:** MGH will provide cake, punch and coffee; Dr. Penoyar will bring homemade, homegrown pumpkin pies
- **Please bring:** Food if you'd like and photos with names for memory boards



FANTASY FOREST 2019

A Benefit for Mason General Hospital & Family of Clinics

FATHER DAUGHTER NIGHT OUT
FRIDAY, NOVEMBER 15
5:30 pm to 9 pm
Shelton Civic Center, 525 W Cota Street, Shelton
Tickets \$40/person
EVENT SPONSOR: EL KRISTYN & SON CONSTRUCTION, INC.

BUSINESS LUNCHEON AND CONFECTIONS AUCTION
FRIDAY, NOVEMBER 22
11 am to 1:30 pm
Little Creek Casino Resort
Tickets \$50/person
Table of 8 \$325
Table of 10 \$400
BUSINESS LUNCHEON PARTNER: LITTLE CREEK CASINO RESORT

BARRELS & BREWS
FRIDAY, NOVEMBER 22
Doors open at 6 pm
Little Creek Casino Resort
Tickets \$50/person
EVENT SPONSOR: DYNAMIC COLLECTORS, INC.

GALA AND LIVE AUCTION
SATURDAY, NOVEMBER 23
Doors open at 5 pm
Little Creek Casino Resort
Tickets \$175/person
Premier front row seating \$200/person
EVENT SPONSOR: HERITAGE BANK

Use code "Fantasy Forest" for a special rate when making room reservations.
Deluxe room: \$149/night
Premier room: \$169/night
These rates are up to 50 percent reduced from the regular rate. Does not include taxes and fees.

FUND-AN-ITEM
This year's campaign is raising funds for a state-of-the-art OEC Elite CFD C-arm for the Diagnostic Imaging Department at MGH&FC.

TITLE SPONSOR
LITTLE CREEK CASINO RESORT
Tickets sell out! Call 360-427-3623 or visit masongeneral.com/community/events/fantasy-forest-2019



Foundation to raise funds for C-arm
Mason General Hospital & Family of Clinics and the Mason General Hospital Foundation have identified the OEC Elite CFD C-arm as the top fundraising priority for the Hospital District.
The OEC Elite CFD C-arm is a mobile, compact clinical imaging machine that offers crisp, clear and detailed pictures for surgical procedures. New and powerful features include live, real-time zoom that allows clinicians to see more anatomy at a low dose, an enhanced imaging profile and a motorized drive that remembers preferred options, including table side controls.

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Get Covered, Washington!

Open enrollment in Washington Healthfinder is Nov. 1 through Dec. 15.

Sign up or renew your health and dental coverage, including free or low-cost Washington Apple Health (Medicaid). Patient Navigators at Mason General Hospital can help you choose a plan, enroll in a plan or answer questions about available plans.

Call 360-432-7766 for more information.

Special Kudos

Congratulations to Mark Schlauderaff, M.D., for being selected as the MGH&FC October *Employee of the Month*.



Visit Our Gift Shop
Open Monday thru Friday
from 10 a.m. to 4 p.m.

Mason General Hospital
901 Mountain View Drive, PO Box 1668, Shelton, WA 98584
360-426-1611, from Alllyn 360-275-8614
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www.MasonGeneral.com • www.MyMasonVirtualCare.com
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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.

We're Searching for Volunteers like **Bear & Craig** to showcase the new **Mason Clinic**

Contact Volunteer Coordinator **Lonnie Hatman** at 360-427-3621 and hatman@masongeneral.com for more information and to sign up today.



The new Mason Clinic, opening February 2020, needs long-term volunteers to help guide patients through the new 60,000-square-foot building.

Duties include:

- Helping patients find the appropriate clinic they're looking for
- Assisting patients in wheelchairs
- Delivering messages between departments
- Answering questions for patients and guests
- Providing assistance in other tasks as needed