

# What's Happening

October 2019

**Mason General Hospital  
& Family of Clinics**

United Community, Empowered People, Exceptional Health

## Patient Testimonial

### Praise for the 3D Mammography Unit

I was impressed. We just moved here from Seattle, and I hadn't done a mammogram in six years and I hadn't gone to a new doctor. This is not like the old smash and metal plate thing. The area is so calm, all they need is a couch and a coffee pot. It's very nice and it takes 20 minutes tops, in and out. It's not painful and the ambiance is so nice. It's important for people to go get their mammograms. My sister had breast cancer and my niece died of breast cancer. I might go again next year, that's how nice it was. It doesn't hurt like it used to.



## Classes and Workshops

### First Aid/CPR/AED course in October

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, Oct. 10

**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 Oct. 3

### 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, Oct. 9

**Register:** Call 360-427-7332 for more information.

### Diabetes Wellness Classes

Both the Shelton and the Allyn Diabetes Support Groups will meet at the Mason Transit Community Center this month.

**What:** *Cook With a Dietitian: Reduced Carbohydrate Recipes.* Come and cook with MGH dietitians as we take some classic, favorite recipes and demonstrate ways to trim carbs and balance your plate.

**When:** 1 to 2 p.m., Thursday, Oct. 17

**Where:** Mason-Transit Community Center, 601 W Franklin Street, in downtown Shelton

### Cancer Wellness Workshops in October

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., Oct. 9

**Register:** Call Kelly Mattheis, patient navigator, at 360-432-7706 or email [patientnavigator@masongeneral.com](mailto:patientnavigator@masongeneral.com).

### 'Matter of Balance' fall prevention classes

Many older adults restrict their activities because they have concerns about falling. A Matter of Balance is an award-winning program offered on Wednesdays starting Oct. 2 that is designed to manage falls and increase activity levels. Classes are held at the Mason County Senior Activities Center (MCSAC) and the program is supported by the Lewis-Mason-Thurston Area Agency on Aging and MGH&FC, with funding from the Older Americans Act. This is an eight-week class.

**When:** 10 a.m. to noon, Wednesdays, starting Oct. 2

**Where:** MCSAC Pavilion, 190 W Sentry Drive, Shelton

**Registration:** Call the Mason County Senior Activities Association at 360-426-7374. Suggested donation is \$10.

## Mason General Hospital

901 Mountain View Drive, PO Box 1668, Shelton, WA 98584  
360-426-1611, from Allyn 360-275-8614  
Toll free 1-855-880-3201 • TTY/TDD 360-427-9593

[www.MasonGeneral.com](http://www.MasonGeneral.com) • [www.MyMasonVirtualCare.com](http://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.

## MGH&FC welcomes more new providers!

**Kirsten Kilgore**, PMHNP-BC, joins the staff at **MGH Olympic Physicians** in October.

Kilgore earned her Masters of Science in Nursing, in the Psychiatric Mental Health Nurse Practitioner program, from Jacksonville University in 2019. She is a board-certified psychiatric mental health nurse practitioner who has worked as a registered nurse in home and hospital settings since 2016. Utilizing therapy, nutritional changes and psychopharmacology she works with her patients to create a collaborative plan of care they are comfortable with to reach mutual goals. Call 360-426-2500 to make an appointment.



**David E. Anderson**, MD, joins the **MGH Shelton Family Medicine** team full-time in October.

Dr. Anderson graduated from the F. Edward Hebert School of Medicine at the Uniformed Services University of the Health Sciences in Bethesda, Maryland, in 2010 and completed his residency at Madigan Army Medical Center in Tacoma in 2013. He is board-certified in internal medicine and served 20 years in the U.S. military, including tours in Iraq, Korea and Africa. He was born in Forks, Wash., and takes great pride in serving this rural community. Call 360-426-2653 to make an appointment.



**Jenny Johnston**, ARNP, joins the medical staff at **MGH Olympic Physicians** in November.

Johnston received her Bachelor of Science in Nursing at Pacific Lutheran University in Tacoma and her Masters of Science in Nursing at Seattle Pacific University in Seattle. She is a board-certified family nurse practitioner and a fourth-generation Sheltonian who came to MGH&FC after more than 15 years of experience in the field of nursing. Johnston believes that every patient is entitled to the best care she can possibly give and she is passionate about the art of medicine. Call 360-426-2500 to make an appointment.



## DO A PROVIDER SEARCH

Go to [www.masongeneral.com](http://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.

Mason General Hospital & Family of Clinics Presents

## Women's Health Event

Saturday, Oct. 26, 2019 • 8am - 1pm  
MGH Main Entrance

• **3D Mammogram Screenings** available to all women over 40. Uninsured or underinsured women will be able to obtain a free mammogram thanks to the support of the event sponsors. The Karen Hilburn Cancer Fund will provide financial support for up to 50 mammograms for women who qualify.

• **Mini-Massages** • **Diabetes Testing** • **Nutritional Services**  
• **Healthy Refreshments** • **Kid's Activities** • **3D Mammograms**

• **Need Health Insurance?** Health insurance signup available.

### Sponsors

**Karen Hilburn Cancer Fund** • **Breast, Cervical and Colon Health Program**

FREE: Mason Transit now offers the Zipper route from the Transit-Community Center close to MGH.

## Special Kudos



### Congratulations to Lisa

**Barlow**, laboratory assistant, for being selected as the MGH&FC September Employee of the Month.

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



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

## 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  
Dinner and dancing  
Portrait packages and music by Cooper Studios  
Adele's Boutique Gift Shop  
**EVENT SPONSOR:**  
EL KRISTYNN & 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  
Lunch and dessert auction  
**BUSINESS LUNCHEON PARTNER:**  
LITTLE CREEK CASINO RESORT

### BARRELS & BREWS

**FRIDAY, NOVEMBER 22**  
Doors open at 6 pm  
Little Creek Casino Resort  
Tickets \$50/person  
Live band: The Varmints  
Beer, wine and spirits tastings and sales  
Gourmet hors d'oeuvres

### 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  
Dinner and live auction  
**EVENT SPONSOR: HERITAGE BANK**

Use code "Fantasy Forest" for a special rate when making room reservations  
Deluxe room: \$149/night  
Premier room: \$169/night  
Does not include taxes and fees.

### TICKET SALES

Call 360-427-3623 or visit [www.masongeneral.com/community/events/fantasy-forest](http://www.masongeneral.com/community/events/fantasy-forest)

THE VARMINTS

TITLE SPONSOR

LITTLE CREEK CASINO RESORT

This year's events will raise money for the Fund-An-Item OEC Elite CFD C-arm for the Diagnostic Imaging Department at MGH&FC.

MGH Shelton Family Medicine presents

## Flu Vaccine Clinic



Saturday, Oct. 5, 2019  
and Saturday, Oct. 12, 2019  
9 a.m. to noon

at Shelton Family Medicine  
939 Mountain View Dr., Suite 100  
Shelton, WA 98584

- Schedule an appointment by calling 360-426-2653
- Walk-in appointments welcome
- Starting this October, the flu vaccine is also available through your health care provider