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Samaritan Healthcare
Foundation
801 E. Wheeler Road
Moses Lake, WA
98837

#I Am Samaritan

All of us,
for each of you,
every time.

the Samaritan



SPRING 2017



Get the care you
need fast with
**Flex
Care**

By the time this issue of *The Samaritan* reaches your home, we may be nearing the launch of our newest service line—Flex Care.

Flex Care is an addition to Samaritan Healthcare's emergency department (ED) and aims to improve wait times, enhance safety and provide excellent care to our patients and families.

Improved wait times. In EDs, patients with less emergent medical issues may wait in line while life-threatening cases take precedence. This increased wait time can leave other patients feeling frustrated.

With the opening of Samaritan's Flex Care system, patients who visit the ED with minor issues such as ear infections, sore throats or low-grade fevers will be seen in a timely manner by one of our skilled mid-level providers. This process will be facilitated through a remodel of the current ED admitting area and consultation room. The remodel will create three Flex Care rooms that utilize chairs instead of beds and are much smaller than current ED exam rooms. Patients needing less emergent care can avoid long wait times and have a more positive experience.

Enhanced safety. Today quality and safety are at the forefront of every health care discussion, and they are the primary focus of the design of the treatment rooms within the main part of the ED.

Samaritan must be prepared to treat every patient that comes through our doors. With the upgrades in safety to the patient care rooms, we have the ability to safely monitor and care for behavioral and mental health patients. These rooms are clinically designed to offer high-quality care while maintaining safety.

Excellent care. Our job as your community hospital is to provide the best possible care to patients. In the past, EDs were designed to handle specific illnesses or injuries in specific rooms. Our ED was no different; however, the needs of patients have changed. To overcome long wait times, we must adapt to a system that allows us to provide excellent patient care in a more efficient manner.

This project focuses on creating generic rooms that give our staff the flexibility to treat any injury or illness. Care will be administered through the use of a case cart system. Carts containing the proper supplies specific to an injury or illness type can be transported to where the services are needed. This system increases efficiency and ensures a higher standard of safety and quality.



A WARM WELCOME

To baby Emmanuel, the first baby of 2017. See page 2



FIRST THINGS FIRST

Virginia Trujillo says think physical therapy first. See page 6

Questions about Flex Care?
See the back page for answers!



Mark the big day with a donation

Are your friends and family searching for the right gift to mark your next birthday, anniversary or other significant milestone? Give them a hand by sharing this idea: They could make a donation to Samaritan Healthcare Foundation in your name.

Not only will they be helping you celebrate your big day, they'll also be helping us meet the health care needs of our community.

You, too, may be interested in becoming a patron. Perhaps, like many donors, you'd like to acknowledge the excellent care we've given you or a loved one in the past. Or perhaps you want to help make sure that such care exists for others in the future.

Our Foundation gratefully welcomes gifts of all kinds.

For more information about our Foundation, please call 793-9647.

Foundation giving to mission

Making a difference



All of us, for each of you, every time. A simple, yet powerful, message that serves as a resounding charge throughout Samaritan Healthcare. The mission of our organization is clear: to provide consistent, excellent care to each and every patient and family that receives care at Samaritan.

The Samaritan Healthcare Foundation has a similar mission: to ensure the continued availability of high-quality health care services and programs at Samaritan Healthcare. We do this through community engagement and fundraising, all working toward educating our community about the lifesaving services that Samaritan provides to our local families and friends.

This year, the Foundation has a new goal. Rather than raising any certain amount for a new piece of equipment, we will be working toward raising money for the sake of mission. Dollar for dollar, every penny raised in 2017 will benefit the various services at Samaritan Healthcare.

These include our Mother/Baby Unit. Funding is needed to help support the goal of becoming a certified Baby-Friendly facility, a designation awarded to Washington state hospitals that provide the highest level of safety and quality for their tiniest patients.

We will highlight a mission-impact service in each publication this year to show you, our generous community members, how your resources make a considerable difference in the lives of patients and families served through Samaritan Healthcare.

If you have questions on what other mission-related projects we will be fundraising for, please feel free to contact me in the Development & Communications office or email us at foundation@samaritanhealthcare.com.

Thank you for your charitable generosity in 2016, we look forward to sharing our story with you in 2017.

Gretchen Youngren
Director of Development & Communications
Samaritan Healthcare

Well Wishes GIFT SHOP

COME IN FOR A VISIT!

There's always something new and unique at Well Wishes—whether you need flowers for a friend, a cheeky sign to grace your home or an adorable plush animal.

Our friendly volunteers would love to help you find that special something at Well Wishes Gift Shop, nestled in the lobby of Samaritan Hospital. Every purchase supports health care in our community!

PLEASE ENJOY
30% off one item

(some exclusions apply)

All Proceeds Support
Samaritan Healthcare Foundation

In the Samaritan Hospital Lobby
801 E. Wheeler Road • Moses Lake

Coupon expires 4/15/2017

#I Am Samaritan



Hello, baby boy Emmanuel!

Samaritan Healthcare would like to introduce our first baby of 2017! Emmanuel Juan Santillan was born on Monday, Jan. 2, at 8:41 a.m. He weighed 8 pounds, 4 ounces and was 19.75 inches long. He joins his parents and big brother.

Many thanks to our community partners that donated thoughtful gifts to make his arrival even sweeter. Thank you to Home Depot of Moses Lake, Confluence Health of Moses Lake, Moses Lake Community Health Center, Well Wishes Gift Shop at Samaritan Hospital and Friends of Samaritan Healthcare Foundation.



Kristin Neff, Chief
Operating Officer

Samaritan welcomes Kristin Neff, Chief Operating Officer

Samaritan Healthcare is fortunate to have Kristin “Kris” Neff join the leadership team.

Kris brings over 25 years of health care and senior leadership experience with much of that knowledge being in a rural health care organization that provided a full spectrum of services. Kris’ previous oversight has been in the areas of ambulatory services, clinics, hospitals, transitional care, long-term care, adult day care, home care, assisted living and senior housing.

Her experience has included responsibility for areas such as transitional care, skilled nursing, housing, home care, care management across the continuum of care, environmental services, facilities management, nutritional services and more.

Kris also has expertise in provider relationships, business development, geriatrics and survey compliance (such as The Joint Commission or state surveys).

Being the Chief Operating Officer of Samaritan Healthcare allows Kris the opportunity to share her experience with the organization and apply her operational skills. Kris holds a nursing home administrator license and graduated with a bachelor’s degree in management from the College of Saint Scholastica in Duluth, Minnesota, and with a master’s degree in business administration from Bethel University in Arden Hills, Minnesota. Kris has participated as a speaker at a variety of educational forums as an industry expert in transitions of care and payment models.

Kris has two grown daughters and enjoys spending time reading, traveling and participating in a variety of outdoor and athletic activities.

“I have enjoyed the warm reception to the Moses Lake community and look forward to the exciting opportunities that Samaritan Healthcare will afford as we continue to achieve our mission of providing exceptional health care,” Kris says.

Please join us as we welcome Kris to the community.



Community Relations Committee

You may have heard about the events that the Samaritan Healthcare Foundation Community Relations Committee sponsored in 2016: Winning the Food Fight, Aging Isn’t for Sissies and Breast Friends Forever. Although it was this team’s first year of putting together these no-cost, health-focused events, each was unique and successful. The committee is presently gearing up for another exciting year of events, and you can be assured we are focused on making them unique and relevant to today’s health-conscious community members.

Because we received such great feedback (and people asking for more!), two of the events are planned to be repeated—one will focus on aging and Alzheimer’s, while the second will emphasize women’s health concerns. A third event is still in the planning stages, but based on great feedback from previous attendees, there are plenty of topics worthy of a spectacular community forum.

We invite community members interested in the Foundation to reach out and ask—we are always happy to hear from you and answer any questions you have.

Currently, the Foundation is fundraising for a third ultrasound unit at Samaritan Hospital to accommodate the increased volume in diagnostic imaging needs. Some of the functions include: breast and biopsy, vascular, OB-GYN, pediatric, and general ultrasound. Adding this versatile third ultrasound unit will decrease wait times, increase access and improve quality of care for our patients.

If you are interested in attending upcoming Community Relations Committee events and want to be notified, please send an email with your name and address to foundation@samaritanhealthcare.com. We would love to add you to our “Friends of the Foundation” mailing list.

Welcome, Kyle Kellum, Samaritan Clinic Director

Kyle Kellum joined Samaritan Healthcare in January 2017 as the Samaritan Clinic Director. He works closely with our new Chief Operating Officer, Kristin Neff, and other key Samaritan leaders.

Kyle holds a master’s degree in health care administration and has served as a chief operating officer and chief performance officer in both hospital and clinic settings. His most recent professional experience is in a critical access hospital at Pagosa Springs Medical Center in Colorado.

Kyle began his career in diagnostic imaging. He brings over 11 years of combined experience in health care, with the past nine years in progressing leadership roles. Kyle brings high-level financial business acumen to the Samaritan organization along with a personable, energetic style.

We look forward to Kyle’s leadership at the Samaritan Clinic.



Kyle Kellum,
Samaritan Clinic
Director

One

LET GARLIC SIT A SPELL.

After crushing or chopping raw garlic, let it sit for 10 or 15 minutes, rather than tossing it right away into a hot pan. That extra time triggers an enzyme reaction that boosts the production of allicin, a powerful, health-promoting plant chemical.



Two

GET SAUCY WITH FRUIT.

Puree apples, berries, peaches or pears in a blender for a thick, sweet and nutrient-rich sauce. For breakfast, pair it with French toast, pancakes or waffles. For dinner, drizzle it on grilled or broiled fish or poultry. Craving dessert? Spoon it on angel food cake.

Three

TOP IT SMART.

Instead of whipping heavy cream to top a dessert, whip chilled, fat-free evaporated milk with just a touch of added sugar. Frost cake lightly—or better yet, skip frosting entirely. Top cake with a dusting of powdered sugar or fresh strawberries or sliced peaches.

Fifteen
COO
tips &
healthy



Four

SATISFY EVERYBODY'S SWEET TOOTH WITH FRUITY DESSERTS.

Grill bananas, pineapple slices or peach halves until the fruit is hot and slightly golden. Grill watermelon too, but just for 30 seconds on each side. Or enjoy this banana split twist: Top a banana with frozen low-fat strawberry and vanilla yogurt and a sprinkle of low-fat granola. Another possibility: End meals with baked apples or pears.

Five

GO FOR FIBER-FILLED FLOUR.

In dough and batter, substitute fiber-rich whole-wheat flour for half of the refined white flour. Give oat flour a try too—you can even make your own. Just whirl dry oatmeal in a blender. Then replace up to a third of the white flour in recipes with the oat flour.



You know this: A healthy diet can benefit you and your family's too. But it's not always easy to actually act on it—especially before you put your next recipe to the test. So we've put together a no-fuss way to help you and your family enjoy better-tasting food. And together, they can help you avoid health problems, from heart disease to diabetes. So check out your recipe for better health.

Check out our library of **tasty recipes.** Go to healthcare.com

Six
Seven

MAKE OVER QUICK BREADS AND MUFFINS.

Cut back on calories and saturated fat by substituting three ripe, well-mashed bananas for ½ cup butter, lard, shortening or oil in a recipe. Or try this swap: Replace 1 cup of any of these fats with 1 cup of applesauce.

Eight

KEEP COOKOUTS LEAN.

Pleasant a crowd with turkey burgers. Make them from ground turkey breast (it can be as lean as 99 percent fat-free) seasoned with cilantro, shallots or chili sauce. For variety, pass out grilled portobello mushrooms flavored by a low-fat marinade.



9 Cooking tricks

10 Healthy eating

...diet could add years to your life
...ut knowing something—and
...e two entirely different things. So
...t meal on the table, you may want
...ese two pages. Each one is a
...family eat better—without sacrific-
...elp protect everybody from serious
...e to cancer and diabetes. ♦ Here's

...ry of nutritious and
...o to samaritan
...healthyrecipes.



Nine

TRY SOMETHING GRATE.

Sneak more produce into your family's diet by adding grated or chopped fruits or veggies to your favorite foods. A few ideas: Try shredded carrots in muffins or meat-loaf, grated apples in pancakes, or grated or chopped zucchini or spinach in lasagna and other pasta dishes.



Ten

CREATE A RAINBOW.

Choose produce of different hues to increase the variety of nutrients, minerals and phytochemicals—disease-fighting plant chemicals—in your diet. Tuck spinach leaves and sliced red pepper and avocado into sandwiches. Add sliced beets, dried cranberries, orange segments or sweet peas to salads. And top pizzas with colorful veggies.



Eleven

DON'T THROW AWAY A GOOD THING.

Scrub—rather than peel—edible skin on produce such as carrots, potatoes and pears. It's a rich source of vitamins, minerals and fiber. Consider: A medium baked potato with the skin on has twice the fiber of one without it—about 5 grams compared to 2.5.



Twelve

PLAN A POTATO BAR.

Turn kids into veggie fans with a serve-yourself spread of baked potatoes and toppings. Among the options: chives, scallions, steamed broccoli, chopped tomato, salsa, diced avocado, low-fat shredded cheese and low-fat Greek yogurt.

Thirteen

FOOL YOUR EYES.

Puree cooked orange veggies, such as carrots, sweet potatoes and butternut squash. Then add them to cheesy dishes, such as mac and cheese, lasagna, and baked enchiladas. Since cheeses and the pureed veggies blend well, you can use less cheese, which tends to be high in saturated fat and sodium.



Fourteen

SAVE GOOD-FOR-YOU NUTRIENTS.

Some minerals and vitamins dissolve in cooking water. So steam vegetables in a microwave or vegetable steamer. That way, veggies and cooking liquids usually stay separate. And resist the urge to rinse rice before cooking—that can wash nutrients straight down the drain.



Fifteen

KEEP FISH HEART-HEALTHY.

Fish such as salmon, albacore tuna and lake trout are rich in omega-3 fatty acids, which help reduce heart disease risk. But rather than smother fish in a creamy sauce, bake it with a splash of reduced-fat salad dressing, tomatoes and fresh herbs. Likewise, instead of deep-frying fish, oven-fry it. Dip it first in egg whites, and then coat it in breadcrumbs and bake.

Sources: Academy of Nutrition and Dietetics; American Heart Association; Fruits & Veggies—More Matters; U.S. Department of Agriculture

Spring cleaning

Spiff up for safety

Let the season inspire a tidier and safer home with these quick tips.



Shine on. Mix ¼ cup of white vinegar with a quart of warm water for a homemade, less-toxic window cleaner.



Take on tripping hazards. Clear clutter from floors and stairways. Remove or secure throw rugs.



Go on poison patrol. Keep medicines and household chemicals in their original bottles or containers. Store them out of the reach of children.



Put away every little thing. If kids live in or visit your home, scan rooms for small items that might be choking hazards.



Sound the alarm. Install smoke alarms on every level, outside sleeping areas and in bedrooms. Bonus tip: Set a smartphone reminder to test them monthly!



Clean sponges daily. To help wipe out germs, toss sponges in the dishwasher with a drying cycle—or microwave a damp sponge for one minute. Consider using paper towels to clean countertops. They're less likely to spread germs.

GO GREEN! Reduce, reuse, recycle. Learn more about how and where to dispose of or donate items at epa.gov/recycle.

Sources: Academy of Nutrition and Dietetics; American Academy of Pediatrics; Centers for Disease Control and Prevention; U.S. Consumer Product Safety Commission; U.S. Department of Agriculture



Make physical therapy step 1

Samaritan patient recommends treatment for pain

Virginia Trujillo has a passion for gardening, and there's nothing she enjoys more than a long, happy day tending to her plants. So it was unexpected that spending a day with her grandson in her daughter's yard would turn into several months of pain and stress. Trujillo went home exhausted and a little sore and woke up the next morning with numbness and tingling through her arms and fingers. As many of us do, she put off seeking medical help, but the pain continued to worsen.

Eventually Trujillo consulted with a health care professional. She had two MRI scans and traveled to Wenatchee for some nerve testing. With no conclusive results, it was recommended that she visit a physical therapist.

A long-time employee of Samaritan, Trujillo asked that she be referred to her home clinic, Samaritan Physical Therapy. She made an appointment to see Eric Olson, a physical therapist certified in manual diagnosis and therapy.

RELIEF FROM PAIN

Trujillo says, "After my first visit, my symptoms were gone. I went home that day feeling better than I had in a long time."

She maintained her course of therapy and kept every appointment and took her home care seriously. Today, she is happy to report that she has not experienced another symptom.

An advocate for physical therapy first, Trujillo says, "I would have saved myself a lot of time and pain if I would have considered therapy as a first course of action."

She also recommends Olson to those in need of a physical therapist. "He was so caring and compassionate. He listened to me and let me know that he was available to me if I had questions or further concerns."

You may not need a physician referral for Samaritan Physical Therapy! Call us directly or stop by the office to set up an appointment, and ask any questions regarding our services. Insurance questions? Call 793-9605.

Fall prevention

Steady as you go

It's pretty common to see a toddler take a tumble, get up and toddle on, no worse for wear. But as we get older, falls can be a serious health risk.

One-third of people 65 and older fall each year, according to the Centers for Disease Control and Prevention (CDC). Falls, and the injuries they cause, can severely limit a person's independence.

But that's not the worst of it. Some falls are fatal. In fact, falls are the main cause of injury deaths among older adults, reports CDC.

To help prevent falls, here are some ideas that can reduce hazards and help you maintain your

strength, balance and vision.

- Don't go barefoot. Always wear shoes—not slippers—both inside and outside the house.
- Keep clutter to a minimum. Arrange furniture so that there's a clear walkway. Keep objects off the floor and electrical cords next to the wall so that you won't trip over them. Remove throw rugs or small area rugs.
- On the stairs, fix loose or uneven steps. Install sturdy handrails on both sides of the stairway, and keep it clutter-free. Make sure there's plenty of light at the top and bottom.
- In the bathroom, use a nonslip mat on the tub or shower floor. Install grab bars next to the tub and toilet. If you're prone to falling, use a shower chair.
- Exercise regularly to improve strength, coordination and balance.
- Use a cane or walker if you're unsteady. Have your vision checked at least once a year, and update your eyeglasses when needed.
- See your doctor if you're having trouble with balance or dizziness.
- Have your doctor review your prescription and over-the-counter medications. Side effects could include dizziness or sleepiness, which could contribute to falls.
- Get up slowly after sitting or lying down.

T There's a lot of misinformation about high blood pressure—and that's potentially dangerous. When high blood pressure stays high, it raises your risk of heart attack, stroke, kidney disease and other serious health problems. And a wrong assumption could jeopardize your ability to keep your blood pressure in a healthy range.

So don't be fooled by the following four myths about high blood pressure:

High blood pressure 4 myths debunked

myth

Since high blood pressure runs in my family, I'm going to get it too.

fact If your parents or a close relative has high blood pressure, you are at higher risk of getting it too. But that's hardly a given. Healthy habits help many people with a family history of high blood pressure avoid it themselves. Here are key ones:

- If you smoke, stop lighting up.
- Trim down if you're overweight.
- Eat a heart-healthy, low-salt diet with plenty of fruits and vegetables.
- Get regular exercise, and do your best to manage stress.

myth

My doctor checks my blood pressure, so I don't need to check it at home.

fact Blood pressure can fluctuate. Home monitoring, if your doctor advises it, may help your doctor determine if you really have high blood pressure or if your treatment plan is working.

myth

Though I was diagnosed with high blood pressure, it's down now and I can stop my medicine.

fact High blood pressure can be a lifelong disease. And controlling it may mean taking medicine every day for the rest of your life. To protect your health, never stop taking your medicine unless your doctor tells you to do so.

Sources: American Academy of Family Physicians; American Heart Association



Lexie Zuver, DO, is one of Samaritan's primary care providers and is ready to see to the health and wellness of your whole family.

A do-over for good health

Have you strayed from your New Year's resolutions? Here are three strategies for successfully reviving health goals gone awry.

- 1 Reflect.** Think about why your resolution fizzled out. Ask yourself:
 - **Was it realistic?** If you never exercise, deciding to hit the gym every morning probably isn't realistic. Attainable goals—like "I'll get off the bus three blocks before my stop and walk the rest of the way"—are steps you can build on.
 - **What got in the way?** Boredom, lack of time and not having a plan are common obstacles.
 - **What worked?** Every time you try a new behavior, you discover two things: what doesn't work—and what does. That's valuable knowledge to apply to your next try.
- 2 Refine.** Make your resolution specific. You might refine "Exercise more" to "Walk more this week" or "Take two 10-minute walks every day." Or "Eat less junk food" might become "Freeze grapes for afternoon snacks."

And write down a plan for meeting each goal.
- 3 Redesign.** Does the treadmill bore you? Try kickboxing or rowing. Is a time crunch sabotaging your efforts to eat more veggies? Switch from fresh to frozen. They're equally nutritious. Does driving tempt you to smoke? Stock your car with toothpicks to nibble on instead.

As you redesign resolutions, consider adding strategies that help with motivation:

 - Track your progress in a journal.
 - Partner with someone who shares your goal.
 - Program an electronic device to send you reminders, such as "Schedule a health screening," "Meet your exercise buddy" or "Take time to de-stress."

Finally, if your resolve dissolves again, go easy on yourself. You can always take what you learned today and try again tomorrow.

Sources: American Institute for Cancer Research; American Psychological Association; Mental Health America

Before beginning any new fitness regimen it's always a good idea to consult your primary care provider. In need of a primary care provider? Call 793-9780.

Q and A

FLEX CARE HOW IT WORKS

Flex Care allows patients with low-grade illnesses to be treated in a timely manner, decreasing the wait time to be seen, treated and discharged. Flex Care also allows more room in the main emergency department (ED) for patients with more serious illnesses.



Will patients be treated by a doctor or nurse in Flex Care?

A team of physician assistants, advanced registered nurse practitioners and nurses provide care for all Flex Care patients. The emergency room physician is available to consult and assist when needed.



Does Flex Care replace Urgent Care at Samaritan Clinic or other area walk-in clinics?

Flex Care is an added resource for community patients. It does not replace Urgent Care or other area walk-in clinics. We encourage patients to always see their primary care physician if possible or utilize Urgent Care when appropriate.



What other patient care enhancements are happening in this project?

In addition to creating two new rooms, we are updating all Emergency Department patient care rooms and making them into single rooms to improve privacy and provide a better patient experience. We are adding equipment and improving overall processes that will make us more efficient and able to see more patients.



How long will these updates serve the community before a full expansion is necessary?

This update and expansion allows us to treat the increasing patient need now while we take the time to strategically plan for future Emergency Department needs.



How will the cost of this project impact the hospital district's bottom line?

The district plans for strategic updates to the organization to meet the needs of our community. In 2016, Samaritan employees contributed funds toward this project through the INSPIRE campaign. We anticipate that the investment in this service line will allow our staff to offer a better experience and excellent care to all of our patients in the community.



Will visits to Flex Care be as expensive as visits to the Emergency Department?

Flex Care is part of the Emergency Department. The emergency room physician will still be available to assess and treat all patients, and the level of care a patient is receiving will remain the same as before. Patients are billed based on the type of procedures and exams the patient requires based on their illness or injury.



Need a HEALTH PARTNER?

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the Samaritan

THE SAMARITAN is published as a community service for the friends and patrons of SAMARITAN HEALTHCARE, 801 E. Wheeler Road, Moses Lake, WA 98837, telephone 509-765-5606, website samaritanhealthcare.com.

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Information in THE SAMARITAN comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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SPRING 2017