

the Samaritan

S U M M E R 2 0 1 5

All of us, for each of you, every time. **Together**, inspiring healthy communities.



BETTER TOGETHER

BY TAMARA JESSICA BROWN, MSN, RN-BC, PCCN, CNE

Each person who is hospitalized or who has the potential to be hospitalized—any one of us—should designate a care partner. This care partner may be a family member, a loved one or a close friend.

Health care team members understand that although an individual may not be a blood relative, he or she may still be considered your family. If you are the designated care partner, understand that health care organizations consider you a member of the health care team. As a care partner and health care team member, you have a right to participate in this role in a way that is comfortable for you and the patient. Your participation may occur through your presence or by collaboration in care or in decision making.

The Institute for Patient- and Family-Centered Care (IPFCC) makes it clear how you can participate in the care of your family member or friend through the acronym TOGETHER.

T: Talk about your role in the life of your loved one. Be sure to introduce yourself by name to the health care team members. Explain your relationship to the patient and tell the team what ways you would like to share in his or her care.

O: Be observant of any physical, behavioral or emotional changes in your loved one, and be sure to report these changes to his or her health care providers. Ask the designated nurse or physician what specific observations they would like you to share with them. For example, the health care team may want to ask you if your loved one seems more confused or has signs of a reaction to a medication.

G: Gather information about your family. Your loved one's condition may prevent him or her from remembering or accurately sharing certain imperative information. As a partner in care, you may have to bring to the hospital the patient's medications or a list of them, his or her medical history, the names of health care providers he or she sees, and insurance information.

E: Ensure your presence if at all possible. You need to be available when information is shared from health care providers and when decisions need to be made. Attempt to keep a practical schedule for coming to the hospital. The nurse and unit staff should know how to best reach you. Likewise, you also need to know whom you should contact when you are not at the bedside.

T: Tell staff what concerns you may have about your loved one's state. You especially must speak up when you just have

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Someone by your side

The Care Partner program was born out of a recent patient- and family-centered care focus group. It all began with feedback from a family member who was involved in the care of their ill child. From its inception, the Care Partner workgroup has worked to implement this evidence-based program.

What is the purpose of the Care Partner program? The Care Partner program is a patient-centered approach to involving a family member or close friend as a member of the health care team, thus enhancing the patient's hospital experience and preparation for discharge.

How does it work? Upon admission into the hospital, the admitting nurse confirms if the patient would like to establish a care partner. The care partner's name and contact information are obtained and then entered into the patient's chart. The Care Partner program is optional. A patient may choose not to appoint a care partner.

What responsibilities does a care partner have? A care partner is a family member or close friend selected by the patient to participate in care coordinated with the nursing staff. The care partner must be of legal consenting age. The Care Partner program differs from the power of attorney (POA) in that the care partner cannot make legal decisions regarding patient care as someone with a POA may. **Areas for care partner involvement include communication with the health care team, patient and family education, physical assistance, emotional support, and spiritual needs. The care partner experience is individualized and may change as the patient progresses through hospitalization. Each shift, the staff assigned to the patient should introduce themselves to the patient and the care partner and maintain an open environment for communication and participation.**



Award-winning care

In celebration of National Volunteer Month, this past April the Inland Northwest Blood Center (INBC) hosted four regional recognition banquets. INBC's annual Heroes for Life banquets are a way to say thank you to all of our donors and volunteers who play a vital role in helping INBC save lives on a daily basis.

In 2014, INBC collected 48,751 units of whole blood with the help of 323 volunteers, who contributed over 18,220 hours total. Each event recognized our donors (both whole blood and apheresis) and our volunteers for their years of service and included INBC's Awards of Excellence.

INBC's Awards of Excellence have become a way to help honor outstanding individuals and organizations within the community who exemplify our lifesaving mission. We are proud to say that Samaritan Healthcare was one of three recipients recognized as Hospital Partner of the Year.

The nomination reads:

I would like to nominate Samaritan Healthcare for the "Heroes for Life" recognition. I have had the pleasure of working in the Moses Lake community for the past 11 years. I have always been impressed with Samaritan's community leadership. They have exemplified what it means to be a community partner. I thought I would list the multiple ways they work to partner with us to serve their community with compassion and respect.

- They have opened their doors and have welcomed us into their hospital family.
- They have been hosting our weekly community blood drives within their facility for 14 years.
- When our operations became too large for the space we were collecting in, they generously provided us with a permanent location.
- They offered IT support when it was needed to better serve patients, doctors and donors.
- When we host special events that involve food, their friendly food service staff is willing to pitch in to make it happen.
- When a supply cart breaks or a hinge won't work, we make a call to facilities and our problems are quickly resolved.
- They have an exceptional team in the lab that is in regular communication with us to make sure we know what they need.
- Their development team is supportive of our efforts to communicate with the community. They are willing and eager to share our message with the staff and the community.
- Leadership has been open and transparent in their vision for the hospital's future and where we fit into that vision.
- They have included us in community outreach, inviting us to share our story at health fairs and community events.

It is with the help and support of outstanding health care organizations like Samaritan that we are able to better serve the patients who rely on us every day.

—Karen Klein, Inland Northwest Blood Center

We are humbled by this award and excited to share it with the community that makes this weekly event so successful.



SUPPORTING TOMORROW'S NURSES: Samaritan Healthcare president and CEO Tom Thompson accepts a bronze plaque on behalf of Samaritan Healthcare.

Photo credit: Doug Sly, Big Bend Community College.

Samaritan Healthcare recognized by Big Bend Community College

Samaritan Healthcare was recently recognized as one of three Big Bend Community College (BBCC) nominees for state awards in Spokane during the Trustees Association of Community and Technical Colleges spring meeting on May 14 in Spokane.

Samaritan Healthcare was honored by the college recently for its essential, long-term support of BBCC's nursing program. The college's foundation commissioned a bronze plaque to hang in the Advanced Technologies Education Center (ATEC) in recognition of \$700,000 in support from Samaritan Healthcare during the period of 2001 to 2014.

The commitment meant BBCC did not have to

reduce capacity of its registered nursing program from 24 students to 18 students annually.

"Samaritan Healthcare's support has affected access to health care in all of the communities in the college's service district," says BBCC president Terry Leas. "Our health care partners say they do not have a local shortage of nurses due to BBCC's program."

The BBCC Foundation commissioned a bronze plaque for permanent recognition for Samaritan Healthcare in the ATEC building. It is the foundation's policy to commission a bronze plaque recognizing donations to the college or foundation that exceed \$100,000.

A new face at Samaritan

Gretchen Youngren has joined Samaritan Healthcare as the director of development and communications, a newly formed position aimed at combining both the foundation and communications function of the organization.

After graduating from Washington State University, Youngren served as the community relations assistant for Pullman Regional Hospital before

joining the staff at the Inland Northwest Blood Center (INBC) in 2012. While at INBC, she worked primarily in development and communications, helping to coordinate annual fundraising campaigns as well as Epicurean Delight, INBC's annual black-tie gala. In 2014, Youngren was promoted to territory manager, overseeing the daily blood drive logistics of nearly 150 community

accounts, including hospitals, colleges and large businesses.

Growing up as the daughter of a college football coach, Youngren spent time in Cheney and in Bozeman, Montana, before relocating to Pullman for college. Youngren and her husband, Ian, a fourth-generation farmer, recently moved back to their family farm outside of Lind.

In their spare time, the



Gretchen Youngren,
director of development
and communications

Youngrens enjoy boating with friends and family and attending college football games every Saturday in the fall. Go Cougs!

SAMARITAN HEALTH NEWS, VIEWS & TIPS

Be a happy and safe camper

Imagine waking up in a tent and hearing the sounds of a babbling brook, the chirping of a songbird and the crackling of a campfire as someone starts breakfast. Better than the persistent beep of your alarm clock, right?

If those thoughts make you want to grab your sleeping bag and head out into the great wide open, review the following tips to help ensure your next trip is a safe one.

Before you go, you'll want to have:

Skills and knowledge. Know the laws

of the land. Where can you camp? Are there rules about building fires? How can you avoid dangerous encounters with wildlife?


Also, if you're hiking off the beaten path, don't rely on your instincts—learn how to navigate with a compass and map or a GPS device. It's also a good idea to know basic survival skills and first aid.

Assistance. Always camp with at least one friend. And make sure that someone who isn't going with you knows your

planned route and destination. Also let that person know when to expect you home.

Food and drink. Bring plenty of water—or have a reliable way to purify some. Pack healthful food, and reduce your risk of food poisoning by using good food safety practices. Learn more at www.morehealth.org/foodsafety.

Equipment. Make sure you've got the supplies and clothing you need, including weather-appropriate gear, a first aid kit, a well-charged cellphone, and a headlamp or flashlight.

 Find other packing essentials at www.cdc.gov/family/camping.

Welcome, Kimberlee Poole



Kimberlee E. Poole, ARNP

Kimberlee E. Poole, ARNP, obtained her master's degree in nursing at Washington State University in 2003. Poole moved to Moses Lake from Puyallup, Washington, in 1995 and has worked in health care the entire time she has lived here. While working on her advanced degrees, she worked in both acute care and private practice. She and her husband are kept busy by their 12-year-old twin girls. She takes a special interest in adolescent medicine and disease and illness prevention.

Kimberlee E. Poole, ARNP, is accepting new patients at Samaritan Parkview Pediatrics. To make an appointment, please call 766-9450.



Looking good, baby!

Checkups can help keep little ones healthy

For a new arrival in the world, your baby has a pretty busy social calendar. Granted, many of those engagements are doctor's appointments, but there sure are a lot of them! In fact, a baby may see the doctor 10 or more times during his or her first two years. That's because your child's doctor wants to make sure your child is healthy.

Head-to-toe exams Your baby's first checkup will likely take place in the hospital soon after delivery. Doctors and nurses will give your baby a thorough physical, just to make sure everything is OK. The doctor can tell you when he or she needs to see your newborn in the days to come.

After these earliest visits, the American Academy of Pediatrics recommends checkups:

- During the first year at 1, 2, 4, 6, 9 and 12 months.
- During the second year at 15, 18 and 24 months.
- At 30 months and annually starting at age 3.

At these visits, the doctor will likely:

- Measure growth by checking your baby's weight, length and head circumference.
- Check your baby's heart, lungs, eyes, ears and mouth.
- Ask about your baby's routines, such as eating, digestion and sleep patterns.

At each appointment, you'll also have a chance to ask questions—new parents generally have many of these. Don't be afraid to speak up. Doctors realize this is all new for you.

A word about shots Immunizations are vital to helping your child stay safe from some serious diseases. During baby's first two years, vaccines that are given include those for:

- Diphtheria, tetanus and pertussis (DTaP).
- *Haemophilus influenzae* type b (Hib).
- Hepatitis A and B.



- Influenza (flu).
- Measles, mumps and rubella (MMR).
- Pneumococcal diseases.
- Polio.
- Rotavirus.
- Varicella (chickenpox).

We'll be there! Be sure your baby sees the doctor as needed. Keeping your checkup appointments is one of the most important things you can do as a parent.

Our experts are here for the needs of your family. To make an appointment at Samaritan Parkview Pediatrics, call 766-9450.



UNMATCHED ER CARE

DAVE EVANS IS no stranger to emergency room visits. Over the course of his life he's had more than a few, and most of those visits were in large hospital systems. His own words tell his story best.

"I have a condition that over many years has taken me to the emergency room," Evans says. "I have been in many hospital emergency rooms throughout Oregon and Washington. I have to say the emergency department in Moses Lake at Samaritan Hospital is far, far superior to any others I have ever been in!"

Evans feels his most recent trips to the emergency room, which eventually resulted in surgical care, will probably solve one of the reasons for his frequent visits. In his opinion, other facilities ignore critically ill patients in favor of paperwork. At Samaritan, he felt the word "triage" had meaning. Recounting his story, he still feels shocked that his needs were assessed and he was seen so quickly. He praises everyone from reception to nursing staff and physicians, stating that the care he received left him "no reason to go anywhere else."

Staying local was important to Evans, and he also came to Samaritan when it was time for his surgery. One of the things that impressed him the most was that he never felt unattended to. At every moment there was someone with him making sure he was cared for and aware of what was happening.

Coming out of anesthesia after surgery, Dave remembers feeling comforted by compassionate nurses. He also praises the surgical team for being incredibly efficient, yet warm and caring at the same time. Evans' advice to Samaritan for the future: "Don't try to copy others; you will go downhill!"



A SUPERIOR EXPERIENCE: Dave Evans is appreciative of the care he received at Samaritan.

WALK RIGHT IN: Samaritan Urgent Care is open 7 days a week with extended hours. No appointment necessary.

IS IT URGENT—OR AN EMERGENCY?

YOU'VE CUT YOUR thumb with a knife. It's bleeding, and a simple bandage won't do. You might even need stitches. Unfortunately, it's also Sunday afternoon, and you can't wait until Monday morning to call your doctor's office. What do you do?

Consider coming to Samaritan Urgent Care. Samaritan Urgent Care can provide fast medical help for situations that are not life-threatening.

When it's urgent, Samaritan Urgent Care is a place where you can walk in without an appointment and be seen by a medical professional without having to wait very long. Urgent care offers a convenient alternative

when your doctor's office is closed or when you can't get an appointment as quickly as you need one.

According to the Urgent Care Association of America, urgent care is appropriate for minor illnesses and injuries, such as:

- Cuts and lacerations.
- Sprains and strains.
- Colds, fevers and the flu.
- Earaches.
- Rashes.
- Stomachaches, vomiting and diarrhea.
- Back pain.

Samaritan Urgent Care, located at 1550 S. Pioneer Way, is open Monday through Friday from 8 a.m. to 7 p.m. and on weekends from 9 a.m. to 6 p.m.

When it's an emergency Urgent care is not emergency care—it shouldn't be used for life-threatening problems.

If you think you or someone else has a true emergency, call 911 or go to an emergency department. Signs of an emergency include difficulty breathing, chest pain, fainting, severe vomiting or diarrhea, severe pain, and uncontrolled bleeding.

Also, don't use urgent care for routine medical appointments. Neither urgent nor emergency care should be used in place of a primary care doctor.

TOGETHER

Continued from page 1

a feeling "something may not be right." You know your loved one better than anyone else and can clue in health care team members who may have just met the patient for the first time that week or within the past several hours.


H: Help with decision making. Be the second set of eyes and ears for the patient. Many patients forget everything they meant to ask and say once the doctor or nurse enters the room. Ask questions and take notes for your loved one so that they can be the one to take the lead and share in decision making as much as they wish to do so.

E: Enlist help from health care team members. Certain staff may make you feel comfortable enough that you can ask them for support for yourself and your family as you

work together in care and making choices.

R: Be ready, whether you are entering the hospital, a home with or without home care, or community care. Before you leave your current setting, ask questions and confirm that your questions and the patient's questions all have been answered. You will need to know what will be needed after your transition to a new environment, such as medications, treatment, equipment usage and what follow-up appointments are needed. Lastly, know what changes in your loved one need to be told to the health care provider should they occur.

Use this acronym to remember that you are more than just a visitor, and you have the right to have an active role in the care of your loved one or friend who is hospitalized.

 For an expanded understanding of what your role as a partner in care includes, visit www.ipfcc.org.

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INSPIRING A HEALTHY COMMUNITY

THE SEVENTH ANNUAL Samaritan Community Health Fair and Low-Cost Blood Draw was an overwhelming success this year. The door opened at 7 a.m. to a crowd of early risers awaiting the low-cost blood screening and information booths.

Samaritan volunteers greeted community members as they arrived and directed them to the screening areas and booths. Most individuals started their wellness journey at the blood draw station, where more volunteers helped them fill out the necessary paperwork and Samaritan laboratory staff drew blood samples for their low-cost panels. Everyone was offered a cup of hot coffee or a glass of juice and a breakfast pastry before moving on to participate in other health activities and screenings.

The booths set up throughout Samaritan Clinic were kept busy with approximately 300 people attending. Information was given on nutrition and wellness, blood donations, foot health, breast health, and many other topics. Participation was high at the free screening booths, which included bone density, body composition, blood pressure, back and neck, and diabetes.

It is exciting to see so many people return year after year to compare their screenings and measure improvements. Seeing so many people getting involved in their own health and being proactive makes this event so worthwhile to Samaritan staff and volunteers as we live our mission and vision: "All of us, for each of you, every time. Together, inspiring healthy communities."



STEPPING RIGHT UP: Community members take advantage of the low-cost blood draw and free health screenings provided by Samaritan Healthcare.

A HEALTHIER FUTURE

IN EARLY 2014, a group of local health care organizations in Moses Lake began meeting to discuss how they could collectively improve the health of the residents of the Columbia Basin. Working together, this diverse group formed a collaborative health partnership organization that works to make measurable and sustainable improvements in the health status of the Columbia Basin communities.

The Columbia Basin Community Partnership for Health is composed of members from Samaritan Healthcare, Confluence Health, Moses Lake Community Health Center and Grant County Health District. Using information collected from the Grant County Community Health Assessment, the group narrowed their focus for the first community initiative: reducing childhood obesity.

Data was pulled from Samaritan Clinic, Confluence

COMMUNITY COLLABORATION: The Columbia Basin Community Partnership for Health group looks forward to making a difference in the communities in which we live, work and play.

Health and Moses Lake Community Health Center, and the following criteria were used:

- Children ages 2 to 5.
- Living in the greater Moses Lake area.
- Seen by a provider from one of the three health facilities between February 2014 and February 2015.

It was determined that:

- 10 percent of the children were obese.
- 18 percent were overweight.

This data became the baseline for what has now been named the Healthy Beginnings Initiative. The group set the goal for the initiative as a 10 percent reduction in childhood obesity by May 2020.

A kickoff event was held on May 5, 2015, and was attended by providers and nursing staff from all four facilities. Over 65 attendees came together to learn about the initiative and how they would directly affect the outcome. Speakers included Jill A. Dudik-Bross, MD, FAAP, and Jeff Ketchell, Grant County Health District. A clinical demonstration was given on the proper way to measure height and weight so clinical data collection will be consistent with all four health organizations.

Now that a baseline has been set, the group will continue to design and implement community and clinical interventions toward achieving this goal. By working together and through various health initiatives that include education, prevention and health care access, the Columbia Basin Community Partnership for Health group will help make a difference in the communities in which we live, work and play.



SPEAK UP: Talking to your provider openly will improve the quality of care you receive. Never be afraid to ask even the hardest questions.

What's up, Doc?

3 tips for better talks with your doctor

Getting the best possible medical care doesn't always involve sophisticated technology or the latest medications. Sometimes a good conversation with your doctor can make all the difference.

That's because your doctor relies on the information you provide to help guide your care. He or she needs to hear about your symptoms to make an accurate diagnosis, for example. And deciding which treatment will be most effective may depend on which medicines you're using right now.

Even concerns about paying for your medicines are important to share if they may prevent you from following your doctor's treatment recommendations.

Of course you depend on information from your doctor too. You need the doctor to explain—in ways you can understand—what you should be doing to get or stay healthy.

All of this requires good communication—something that may be easier if you keep these points in mind:

1 Don't be embarrassed. It's not easy to share certain symptoms or details about your lifestyle or personal life. Just remember, your doctor is there to help. And he or she has probably heard similar things from other patients.

2 Offer information. Don't assume that if your doctor doesn't bring something up, it's not important.

Often, it's helpful to make lists before your appointment. Include things like your current medical conditions and family health history, your past surgeries, and your allergies. Also list all the medications you take, including prescription and over-the-counter products, vitamins, and dietary or herbal supplements.

It can also be good to write down any symptoms you're having and questions you want to ask the doctor.

3 Listen actively. Pay careful attention to what your doctor says. If anything concerns you or is unclear, say so.

Some people find it helpful to take notes or ask the doctor to write things down. It may also be worthwhile to bring someone with you who can act as a second pair of ears.

Sources: Agency for Healthcare Research and Quality; American Academy of Family Physicians

DIABETES

Finding your level ground

Learn what can cause blood sugar to be too high or too low

The story of "Goldilocks and the Three Bears" was all about finding middle ground.

Goldilocks tried porridge that was too hot and too cold, chairs that were too big and too small, and beds that were too hard and too soft. Only with time did she find things that were "just right."

If you have diabetes, there's a lesson in that well-known children's story. Diabetes can cause blood sugar levels to be too high or too low—and both can lead to problems. But with careful attention, you can keep your blood sugar at a level that's just right for you. That's time well spent, because it can help you stay healthy.

The highs By definition, diabetes occurs when blood sugar levels are too high because of problems with the hormone insulin. But other things can cause levels to rise as well. These include: ● Eating more carbohydrates than usual. ● Inactivity. ● Side effects of other medications. ● Illness or injury. ● Stress. ● Dehydration.

And if you're on insulin or diabetes medication but aren't getting the right amount, that can cause high blood sugar too.

The lows Too much insulin or diabetes medication can have the opposite effect—it can lower blood sugar. Other factors that can cause levels to fall include:

- Not eating enough.
- Drinking alcohol, especially on an empty stomach.

- Side effects of other medications.
- More physical activity than usual.

The middle ground Your doctor can tell you what your target blood sugar range should be. It depends on factors such as your age and overall health.

Regular A1C tests, which show average blood sugar readings over the past few months, can tell you if you're meeting your goals. But home glucose monitoring—on a schedule determined with your doctor—provides more immediate feedback.

It's helpful to record your blood sugar readings. Include time of day; what you've eaten; how active you've been; and what's going on in your life, such as illness or stress. This may make it easier to identify what causes your readings to be high or low—and when you may need to change your care plan.

In general, keeping readings on track depends on: ● Eating smart. ● Being active. ● Taking medications as directed. ● Getting regular checkups. ● Taking good care of yourself, physically and mentally.

Sources: American Diabetes Association; National Diabetes Education Program

Interested in taking charge of your health? Establish care with one of our Samaritan Family Medicine providers today. Call 793-9780 for an appointment.



SAMARITAN HEALTH NEWS, VIEWS & TIPS



TAKE A BREAK: Making time for yourself while caring for an ailing loved one is necessary.

CAREGIVING

Make time for you

Caring for a loved one who is ill or frail can be incredibly rewarding.

It can also be one of the toughest things you'll ever do in your life.

Preparing meals, giving medicines, arranging medical care, paying bills—tasks like these take a lot of time and energy.

So it's no wonder that caregivers often give short shrift to themselves—there's not much room on that daily must-do list for anything personal.

Sound familiar? If you find yourself nodding yes, then repeat this caregiving mantra: You can't do a good job of caring for someone else if you don't take care of yourself.

Here are some suggestions on how to carve out some much-needed—and deserved—me time:

Accept and ask for help. Gladly say yes to offers of help so that you can do something for yourself, whether that's seeing your own doctor or recharging with a walk. And don't hesitate to be specific about what might help you most. It's OK to say, for example, "Can you watch Mom for two hours this Wednesday so I can see my dentist or get my hair done?"

Take advantage of community services. These services—such as nursing care, adult day care and home-delivered meals—can help lighten your load. To find out what's available, call your local Area Agency on Aging.

Make your own health a priority. Caregivers are more likely than non-caregivers to develop serious health problems, in part because they're so busy tending to others that they neglect their own health. So don't skip checkups, screening tests or necessary medical care. And do your very best to eat well, exercise regularly and get enough shut-eye.

Sources: Family Caregiver Alliance; Office on Women's Health

Thank you, Tom!

Tom Legel, chief financial officer at Samaritan, has accepted a new role as director of regional finance for Benefis Health System in Great Falls, Montana. Benefis is a regional health system that serves a 15-county region with a broad scope of clinical, acute and long-term care services. Legel's role will be to support financial strategy and operations for Benefis' regional hospital network. The Benefis role is a great fit for Legel's professional and personal interests. Legel and his wife will have the opportunity to support their daughter in her senior basketball season at the University of Great Falls.



Tom Legel, former chief financial officer

Legel has been an outstanding contributor to Samaritan's success on many levels. He began work with Samaritan at a time when the organization was invested in much operational improvement work with Huron Consulting. Legel and his staff carried that work forward to hardwire many of the disciplines that have helped Samaritan remain stable, both financially and operationally.

Our organization has also achieved numerous recognitions for its business office function, electronic medical record adoption, and audit performance through Legel's leadership. Legel has been an effective team player and also has been actively involved in our community. His many contributions will be missed, but it is exciting to see the opportunity before him in his new role.



HONING SKILLS: Samaritan nursing staff spend the day learning new techniques and keeping skills current.

Our super nurses

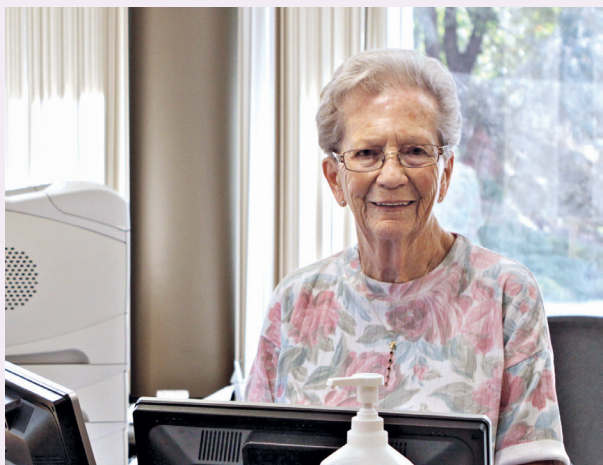
Twice a year, Samaritan holds skill fairs for all nursing staff. This full day of up-to-date information and expanded training offers our nurses and nursing staff an opportunity to make sure they are current and accurate in their skills. Every member of the nursing staff is required to participate at one of the two dates offered annually.

Making use of Samaritan's fourth-floor education and conference rooms, stations representing different skills are scheduled throughout the day. One room is set up in stations where training staff offer current information and the nursing staff work on skills such as chest tubes, code blue documentation, and restraint application and documentation. Updates on Samaritan's Care Partner program, blood transfusions and organ donation are also an important part of this program.

Other rooms are set up so nursing staff work together to practice safe patient handling. Nurses, nursing assistants and technologists work on bed-to-bed transfers and transfers using slings and lifts in a variety of situations. Role-playing as patients gives each staff member a chance to experience care from a patient's perspective.

As staff members complete their rotations through each training station, there is no shortage of questions, answers and ideas. Many take the opportunity to share impressions of how to integrate what they've learned into their day-to-day patient care.

Our nursing staff members take pride in the compassionate care they give every patient at every visit. The dedication they show by attending skill fairs is just another reason Samaritan's nursing staff is one of the best.



SHARING A SMILE: Miriam Sharpe, Samaritan volunteer, enjoys bringing a smile to the faces of patients and families.

Volunteering: Come join us

Here's a good way to help others, our community and yourself at the same time: Become a hospital volunteer.

If you have time and energy to spare, consider lending us a helping hand.

We always welcome friendly, compassionate people who want to join our team and make a difference in the lives of visitors, patients and their family members.

People of many different ages have joined our volunteer team. And we'd like to hear from you.

Volunteering is a great way to put your skills and hobbies to use in the service of others. Plus, you'll get to meet a lot of new people.

No doubt you have knowledge and abilities we can put to use. Our volunteers:

- Help at the information desk.
- Guide patients and visitors around the hospital.
- Listen to and spend time with visitors and patients.
- Assist in the gift shop.
- Help with data entry, filing and other administrative tasks.

No matter your interests and abilities, we'd be pleased to have your help.

Sign up now. To join our team of volunteers, please

call Bonnie Dirks, volunteer coordinator, at **793-9724**.

TAKE ACTION!

EVERYONE HAS THEIR own reasons for doing Relay For Life: a relative with cancer, a special patient or a friend.

Why do we do the Relay For Life event? To honor those fighting cancer and the survivors and to remember those who have lost the fight!

We raise money for the American Cancer Society (ACS) with the knowledge that someday there will be a cure for cancer. The Samaritan Relay For Life team will be relaying for the 27th year and couldn't do it without your encouragement. Our team would like to say thank you to everyone for their continued support. There is no finish line until there is a cure!

Our Samaritan Healthcare Relay For Life Team received the top team award at the Moses Lake Relay For Life event. We raised \$6,508, and the event itself raised \$51,000 for the ACS.

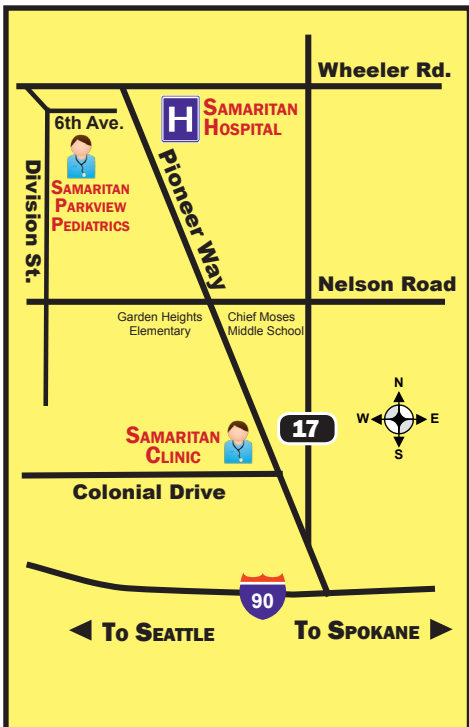


If you would like to know more about Relay For Life, please contact Jennifer Clark at 793-9672 or email her at jclark@samaritanhealthcare.com.



SAMARITAN CLINIC
1550 S. Pioneer Way Moses Lake, WA

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