

the Samaritan

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

SAMARITAN WELCOMES NEWCOMERS, THEY WELCOME NEWBORN

Having recently moved from Michigan to Moses Lake in order to be closer to relatives, the Garcia family welcomed a new addition to their family at Samaritan Hospital. The delivery of baby girl Mercy was their first experience at Samaritan, and mom Jamie says they were very pleased with the process. Katie Bussard, RN, CNM, MSN, is the Director of the Mother and Baby Unit and friend to the Garcias. She had previously shared information about the hospital's Stork Express service, which allowed Jamie to pre-register for delivery so that admission during labor would be quicker.

"We were able to come into the hospital with our Stork Express card and immediately go up to an assigned room since we had completed admission forms in advance," Jamie says. "Otherwise, I would have had to spend time providing my information while enduring labor. I think the Stork Express service is a great idea."

Jamie also commends the nursing staff in the Mother/Baby Unit, especially Mandy L., RN, who not only calmly and caringly assisted her through labor but also handled the special request of the Garcia's 8-year-old daughter, Grace.

"Grace wanted a hospital bracelet just like her mom, dad and baby sister," Jamie explains. "Mandy was kind enough to take time to print an extra bracelet so that Grace didn't feel left out."

On top of the swift admission process and the helpful nursing staff, dad David also commented on the excellent food at the hospital cafeteria. The entire Garcia family is thankful for the comforts and kindnesses shown to them during their time at Samaritan.



Do you have childbirth questions? Our classes help soon-to-be parents

If you are expecting your first baby, you'll probably have lots of questions about childbirth. When should I come to the hospital? How long will labor last? What pain relief options are there?

Thankfully, those questions (as well as many you probably haven't thought of yet) can be answered through childbirth education classes. These sessions help you and your labor coach—usually your partner, a family member or a good friend—prepare together for the arrival of your baby.

In the classes, you can expect to learn the signs and stages of labor, options for managing pain, ways to stay relaxed and in control during labor, and much more.

Join us for a class. Our childbirth education classes will help you feel more confident about your upcoming labor and delivery. To sign up for a class, call **793-9690**. Or go online to www.samaritanhealthcare.com.

As a soon-to-be parent, you're not the only member of the family taking on new responsibilities. See page 7 for tips to include new big siblings in the process.

FOUNDATION FOCUS

FOUNDATION FUNDRAISER

The evening was BaVERYia successful

On Saturday, March 12, the Samaritan Healthcare Foundation hosted its ninth annual themed dinner, An Evening in Bavaria, which featured a traditional three-course Bavarian meal and the delightful tones of master yodeler Kerry Christensen.

The event nearly sold-out—196 supporters came together to celebrate the success of the Foundation's 2015 campaign to raise \$100,000 for cardiac rehabilitation at Samaritan Healthcare.

"It's amazing to look back and see how many people supported our efforts to bring this service line back to the greater Moses Lake Community," says Gretchen Youngren, Samaritan's Director of Development and Communications. "To think that we raised over \$100,000 in less than 10 months is truly astonishing. It makes me excited to see what our community can do as we move forward with future projects."

World-class entertainment The evening's program was highlighted by a concert performance from Christensen, a world-renowned master yodeler. Christensen's show featured a brief history of yodeling mixed with modern music, all of which culminated with an interactive experience for all who were in attendance.

In all, over \$14,000 was raised through ticket sales, sponsorships and game proceeds. Funds raised from the 2016 event will go toward the greater Foundation goal of raising \$207,000 to purchase a third ultrasound machine for Samaritan patients.

For more information on the Foundation, call 509-793-9647 or email foundation@samaritanhealthcare.com.



WINED AND DINED: Attendees enjoyed all aspects of the evening. From the wine tasting to the yodeling, this event had smiles on every face.



Foundation brings bounce to the Fun Run

The Samaritan Healthcare Foundation isn't always about raising funds for health care equipment—it's also about reaching out and inspiring healthy communities. The Foundation feels strongly about volunteering in the community and partnering with organizations that improve local health and the lives of our friends and neighbors.

Welcome to the Kid Zone Recently, the Foundation's Community Relations Committee showed a fun side of the Foundation.

On April 2, the committee members arrived early in the morning to join the Boys & Girls Club at their Fun Run.



The committee organized the Kid Zone and provided complimentary child care.

The committee members came up with the idea after recognizing that many parents don't participate in running events because they don't have child care for their children during races. Approximately 30 children were seen in the Kid Zone before, during and after the race this year. The children had several activities to choose from—including a bounce house! They also received snacks, beverages and prizes.

With the help of volunteers, the Community Relations Committee's Kid Zone was a definite success!



A friend to the community

Foundation grants \$10,700 to patient care and community programs for 2016

In early March, the Samaritan Healthcare Foundation Board of Directors met and unanimously approved funding for four grants in 2016 that total \$10,700. All qualifying grants had to demonstrate their impact on both patient care and community health needs.

The largest grant, totaling \$7,500, was set aside for scholarship distributions to Samaritan employees applying for the 2016–2017 academic year.

Patient Care Services received a grant for \$1,200 to help sustain the Taxi Cab transportation program for patients who

otherwise do not have any means of transportation home from the hospital or clinic.

Another notable community impact grant was awarded to the Columbia Basin Community Partnership for Health, which was granted \$1,000 to help roll out its new Prescription to Play program in partnership with Moses Lake Parks and Recreation.

Since 2007, the Foundation has granted over \$104,000 to patient care and community impact programs at Samaritan Healthcare and in the greater Moses Lake area.



STROKE

ANATOMY OF A
Stroke

**Why
emergency
treatment
is vital**



Maybe you've heard the phrase "Time lost is brain lost." That simple sentence says a lot about the need to treat stroke as an emergency. ♦ The longer you wait to seek help for a stroke, the greater the likelihood of damage to the brain—damage that can lead to long-term disability or even death. If you act quickly, however, treatment may stop a stroke and help you or a loved one avoid the devastating consequences of this sudden event.

Knowing what happens inside the brain during a stroke is key to understanding why all of this is important.

INSIDE A STROKE A stroke occurs when blood flow to the brain is suddenly disrupted. This can happen in two ways:

Ischemic stroke. In more than 80 percent of strokes, a blood vessel leading to the brain is blocked by a blood clot. Blood clots can form in arteries narrowed by plaque deposits. Clots also can travel to the brain from other parts of the body, such as the heart. For example, an irregular heart-beat called atrial fibrillation is a common cause of these traveling clots.

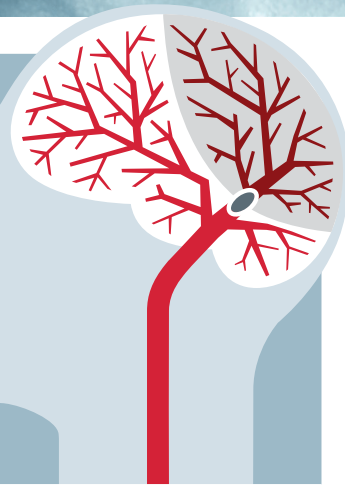
Hemorrhagic stroke. Less commonly, a weakened blood vessel breaks, spilling blood into or around the brain. One frequent cause is an aneurysm, which occurs when a section of blood vessel weakens and balloons out. Untreated, it can rupture, leaking blood into the brain. Blood vessels weakened by high blood pressure may also be prone to rupture.

Brain cells quickly die when they are starved of oxygen and nutrients because of a clot or when they are damaged by bleeding.

Stroke can affect any area of the body, depending on which area of the brain is damaged. It can cause paralysis or weakness on one side of the body; problems with speech, memory or thinking; emotional problems; or chronic pain.

WHAT IS A STROKE?

A stroke occurs when blood flow to part of the brain is interrupted—or when a vessel breaks and bleeds into the brain. In either case, within minutes, brain cells begin to die.



WHY MINUTES MATTER Stopping a stroke is key to limiting the damage. At the hospital, doctors work to quickly determine what caused the stroke.

For ischemic strokes, they can use a drug called tissue plasminogen activator (TPA) to dissolve the clot and restore blood flow to the brain.

To do the most good, TPA must be given within a 4½-hour window after symptoms start. However, you should arrive at the hospital much sooner than that—within 60 minutes—in order to receive evaluation and treatment.

The other type of stroke, hemorrhagic, is treated differently. One way to stop the bleeding is with surgery to place a metal clip at the base of the aneurysm.

If you think someone is having a stroke, it's essential to call 911.

Signs of stroke include sudden: ● Severe headache with no known cause. ● Confusion. ● Numbness or weakness in the face, arm or leg, especially on one side of the body. ● Difficulty seeing in one or both eyes. ● Trouble walking.

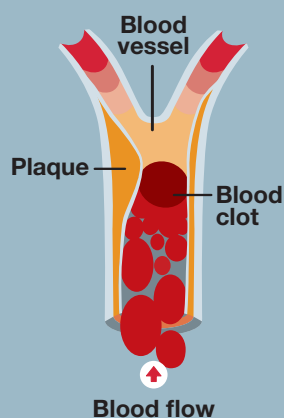
The sooner you arrive at the hospital, the sooner treatment may begin.

LOWER YOUR RISK Talk with your doctor about your personal risk for stroke.

Not all risk factors can be changed, such as age or having a family history of stroke. However, you can prevent or treat many risk factors, such as high blood pressure, diabetes, smoking, being overweight or not exercising. Lifestyle changes and medicines are some ways you can address your risk.

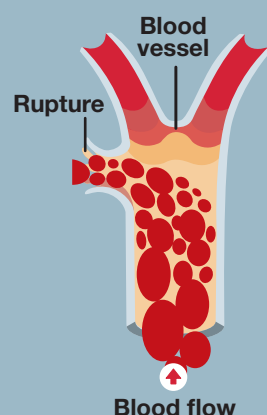
Sources: American Stroke Association; National Institutes of Health

TWO TYPES OF STROKE



Ischemic strokes are the most common type. They result from blockages in blood vessels in the brain or in the neck arteries that carry blood to the brain.

Often they are caused by a clot that forms in an artery that already has a buildup of fatty deposits called plaque. In some cases, a blood clot can form in another part of the body and then travel to the brain.



Hemorrhagic strokes occur when a blood vessel in the brain becomes weak and then ruptures, flooding the surrounding tissue with blood.

Source: American Heart Association

If you think someone is having a stroke, call 911.

HEART HEALTH

HEART FAILURE

5 steps
for better
health

There are more than 5 million Americans living with heart failure. And the key word here is *living*. ♦ While there's no cure for this condition, there's plenty that people who have it can do to relieve symptoms and lead comfortable, productive lives. ♦ If you've recently been diagnosed with heart failure, or even if you've had it for awhile, it's important to do those things that may help keep you healthy. Here are five to focus on:

1 Cut back on fluids and sodium. People with heart failure are prone to retaining fluid. If you consume a lot of liquids or

eat foods high in salt, which causes the body to hold onto water, fluid retention may get worse.

Take action:

- Ask your doctor how much fluid is safe to consume.
- Read food labels and choose foods with the lowest amounts of sodium—particularly breads and rolls, pizza, soup, cold cuts and cured meats, poultry, and sandwiches.
- Use less table salt to season foods.

2 Weigh yourself regularly. Weight gain can be a sign you're retaining fluid—which can make your heart failure worse.

Take action:

- Ask your doctor when to bring weight gain to his or her attention.
- Step on the scale every day, preferably before breakfast and after urinating, and use the same scale in the same spot. Wear the same type of clothing, but no shoes.

3 Manage your medications. Several types of medicines help keep heart failure in check. Ask your doctor to explain how your medicines work—and be sure to take them exactly as directed.

Take action:

- Use a checklist, pillbox or other device to track your medication use.

● Consult your doctor before taking any new medicine, over-the-counter product or herbal supplement.

● Tell your doctor if you have side effects or other problems with your medicines—including problems paying for them.

4 Don't ignore emotional distress. Heart failure can cause depression and anxiety. Both can make it harder to stick with your treatment plan and affect your quality of life.

Take action:

- Report any feelings of depression or anxiety to your doctor right away. He or she can help.
- Tell family and friends how you're feeling and what they can do to help.
- Consider joining a support group.

5 Work closely with your doctor. His or her guidance is essential in helping you manage heart failure.

Take action:

- Follow your doctor's advice.
- Know how often to seek regular medical care and when you need emergency care.
- Keep all scheduled appointments, including those for tests and lab work.

Make your heart strong again

Samaritan brings cardiac rehab to Moses Lake

Samaritan Healthcare is proud to bring cardiac rehabilitation to the Moses Lake community. Our skilled exercise physiologists will provide quality care for stage 2 and 3 cardiac rehab clients in our brand-new, state-of-the-art cardiac rehab clinic. Clients will benefit from initial fitness evaluations and risk assessments that will be used to determine their individual treatment plans for cardiac rehabilitation.

CARDIAC REHABILITATION STAGE 2

EKG, heart rate, blood pressure and oxygen saturation will be closely monitored by our trained exercise physiologists with the help of the industry-leading telemetry monitoring system VersaCare Go.

CARDIAC REHABILITATION STAGE 3

Our exercise physiologists will develop a maintenance plan for continued cardiac fitness progression. Clients will be under the close supervision of our exercise physiologists, who are skilled in:

- EKG/ECG interpretation.
 - Risk-factor assessment and management.
 - Education about heart disease.
 - Exercise prescription to improve cardiovascular fitness without exceeding safe limits.
- Those who'd benefit from cardiac rehabilitation include those with a history of:
- Coronary artery bypass graft surgery (CABG).
 - Myocardial infarction (heart attack).
 - Current stable angina pectoris.
 - Heart valve repair or replacement.

- Percutaneous transluminal coronary angioplasty (PTCA) or coronary stenting.
- Heart or heart-lung transplant.
- Heart failure and those with ventricular assist devices.
- Coronary artery disease equivalents, such as diabetes or peripheral artery disease.

Core components of cardiac rehab at Samaritan include:

- Baseline and ongoing patient assessment.
- Individualization.
- Exercise/activity training.
- Risk-factor management.
- Education.

SCHEDULING A physician/cardiologist referral within 12 months of a qualified cardiac event is required in order to begin stage 2 cardiac rehab at Samaritan Healthcare. A physician/cardiologist referral is not required for stage 3; however, graduation from stage 2 cardiac rehab is required for these clients.

 You can contact us by phone at 793-9659, by email at cardiacrehab@samaritanhealthcare.com or by fax at 764-3237.

AACVPR

American Association of Cardiovascular and Pulmonary Rehabilitation

Promoting Health & Preventing Disease

Samaritan cardiac rehabilitation adheres to the cardiac rehab guidelines set forth by the American Association of Cardiovascular and Pulmonary Rehabilitation.

Meet the exercise physiologists

JENNIFER ESTEP, MS, received her master of science degree in exercise physiology/kinesiology from Western Washington University. During her graduate studies, she developed the first-ever six-week augmented eccentric fall prevention program for older adults. She's a candidate for the American College of Sports Medicine Registered Clinical Exercise Physiologist Exam.



Jennifer Estep, MS

She will be joining the cardiac rehabilitation team as a full-time exercise physiologist/health and fitness specialist. Her long-term career goals include managing and developing outpatient cardiac rehab centers and contributing to research in the field of cardiac rehab. She looks forward to the ongoing development and expansion of cardiac rehab here in Moses Lake and is excited to meet both the local physicians and clients.

When she is not in the clinical setting, Estep enjoys being a new mom, going on Sunday afternoon drives with her family and long-distance running.

ALAN ROY, BS, is a new exercise physiologist joining the Samaritan team. He graduated from Western Oregon University with honors, obtaining a bachelor of science degree in exercise physiology/kinesiology with a minor in human biology. While attending college, Roy was part of the cross country, indoor and outdoor track distance teams. During his last term of schooling, he obtained 500 observation hours in a cardiac rehab clinic at the Good Samaritan Regional Medical Center in Corvallis.



Alan Roy, BS

Roy moved to Moses Lake with his fiancée, Holly, in March 2016. His favorite part of this profession is watching the confidence build within clients as they find themselves in better health than when first entering the program.

When Roy is not at work, he loves to cook or spend time outdoors being active—be it running, biking or gardening. Before moving to Moses Lake, Roy was a sponsored triathlete, which inspired him to compete in an Ironman that he is currently training for.

Heart failure patients benefit from our cardiac rehab program. Read more about the program at www.samaritanhealthcare.com.





SUMMER GET-TOGETHERS

Make them fun and healthy

AH, SUMMER! It's time to kick back and get together—at backyard bashes, picnics in the park and parades on the Fourth of July. Here are some tips on how to keep those celebrations as healthy as they are fun.

Get everybody moving. Organize gatherings around activities that get guests on their feet. Explore a local trail together, or if kids are attending, head out on a neighborhood scavenger hunt. Play active games—maybe soccer in a nearby field or croquet or volleyball in your backyard.

Serve thirst-quenching, crowd-pleasing drinks. Beat summer heat by rethinking drinks. Skip sugary sodas and



offer pitchers of ice-cold water instead. Add thinly sliced lemons, limes, watermelon or strawberries for flavor.

Pile on fresh produce. Serve family and friends just-picked summer fruits and vegetables. Fresh, in-season produce is at its peak in flavor and nutrition, so be ready for requests for seconds. Think veggie kebabs, leafy green salads and big bowls of cut-up fruit.

Keep uninvited guests away. Don't let disease-causing bacteria contaminate your food at outdoor gatherings. Place perishable foods—such as burgers, deviled eggs and potato salad—in a well-insulated cooler with plenty of

ice or freezer gel packs. And keep the cooler in the shade. Bacteria multiply rapidly in warm temperatures.

Dish up a patriotic ending. Serve a red, white and blue dessert: a no-bake watermelon cake. It's topped with white yogurt-based frosting and mouth-watering blueberries. This sweet treat is packed with nutrients and low in calories. For the recipe, go to www.morehealth.org/watermeloncake.

Be a cheerleader for healthy habits. Keep in mind that children of all ages copy what adults around them do—whether that's eating well or moving more, even at parties.

Sources: American Institute for Cancer Research; United States Department of Agriculture

FOR A HEALTHIER YOU, START WALKING

The best way to boost your health may be step by step. Here's a look at the benefits of walking workouts—along with some safety tips.

150
MINUTES



To help stay healthy, that's how much time adults need to set aside every week for aerobic activities such as brisk walking.



If you wear headphones, keep the volume down and watch out for traffic that you might not hear.



About 6 in 10 Americans say they walked for at least 10 minutes in the past week.



Wearing lighter colors makes you more visible to cars at dawn and dusk. You might also wear reflective clothing or carry a flashlight.

In one study of more than

70,000

women, those who walked three or more hours per week cut their risk of a heart attack or other heart problems by 35 percent compared to those who weren't active.



Most people don't need to see a doctor before starting a walking program. But it's a good idea if you have heart disease, diabetes, asthma or joint problems.

Are you a beginning walker? Forget speed and walk at a comfortable pace. Then gradually work up to

100 STEPS A MINUTE.



Are you a walking warrior? Tell us your story, and we may feature you in a future issue.

Email communications@samaritanhealthcare.com.



WE DELIVER!

We're proud to provide a family-focused, nurturing place to welcome your baby

WHEN IT'S TIME to deliver your baby, we have just what you need the most: a warm, caring, family-focused birthing center—and the expertise and quality of care that can give you peace of mind.

YOUR PLAN, OUR GOAL Meeting your needs and making the birthing process a safe and family-centered experience are our priorities.

We strive to accommodate your personal wishes, encourage family involvement, and provide the best nursing care and support possible.

In addition, it is our belief that every family is unique and deserves a birthing experience that embraces the needs of that particular family. That's why we:

- Encourage you to create and share your birth plan with your team of caregivers.
- Employ a medical staff that is caring, nurturing and highly skilled.
- Maintain a state-of-the-art facility to meet any special needs that arise for mom or baby.
- Include you in decisions during labor and delivery.
- Provide education and support before, during and after your birth experience.

HERE FOR YOU Our staff works to encourage mother-baby bonding and ease the transition to parenting a newborn. We are here to answer your questions and give you the tools you need to feel confident in your new role.

Our nurses and lactation consultant can help you establish a good feeding routine before you leave the hospital with your newborn. And our staff is always available to answer questions and provide support.

*It's an honor to serve you.
Our caring, skilled staff is here for
new moms, babies—and families too:
www.samaritanhealthcare.com.*



And baby makes 4: Tips for the new big brother or sister

It's wonderful to welcome a new baby.

But if you're expecting your second child, you might wonder how hospitable your firstborn is going to feel.

It's perfectly natural for children to have a range of feelings about a new baby, from joy to worry, from curiosity to jealousy.

Here are some tips from the American Academy of



Pediatrics you can start using now to help ease your eldest into becoming a big brother or sister:

Try show-and-tell. Do what you can to help make

the baby seem more real by sharing ultrasound images and by reading books about new babies together. Show your child pictures of when he or she was a newborn.

Play house. Include your child in fixing up the baby's room or picking out newborn necessities.

Lay it out there. Talk openly and honestly about what a new baby can bring—cute smiles and cuddly

moments, but also cries and bids for your attention.

Show the love. Reassure your child that you'll love him or her just as much after the baby arrives as you do now. Set aside special times with your child to read books, play games, or just sit and talk.

These pointers, like high-quality hand-me-downs, can work with each child who joins your family.

YOU CAN TRUST US WITH YOUR LITTLE ONE

Samaritan's maternity center is recognized for expertise

SAMARITAN HEALTHCARE was recently awarded Blue Distinction Center for Maternity Care from the Blue Cross and Blue Shield Association (BCBSA). This designation recognizes the organization's expertise in delivering specialty care to patients of Samaritan's Leiv Kvamme Mother and Baby Center.

"This innovative program offers parents an objective source of information to help find quality care for new mothers and their children," says Trent Haywood, MD, JD, Senior Vice President and Chief Medical Officer for BCBSA. "Blue Distinction Centers for Maternity Care will serve as the foundation for promoting quality maternity

care nationally. Our research shows that consumers want the right information to become confident in their health care decisions. We will continue to collaborate with medical experts to evolve the criteria used to evaluate hospitals and make the information readily available to consumers, providers and employers."

To receive this distinction, Samaritan had to showcase its excellence in safety and quality and its dedication to family-centered care. In recent years, Samaritan Healthcare has achieved national recognition for outstanding scores in avoiding early elective deliveries. And the organization as a whole has also taken steps to promote a culture of patient- and family-centered care across all patient care units and recently became a Breastfeeding Friendly Workplace.

Source: Blue Cross and Blue Shield Association



SAVE LIVES

BE A
BLOOD
DONOR

JUST 45 MINUTES. That's how little time it takes to help change someone's life with a heroic and generous act—donating blood.

Locally, our region's blood supply is in high demand. During the summer months, the Inland Northwest Blood Center relies heavily on communities like ours to come out, roll up their sleeves and save a life.

In fact, every two seconds someone in the U.S. needs blood, including:

- Car crash and burn survivors.
- People having chemotherapy treatment for cancer.
- Those with blood disorders, such as sickle cell disease.
- People undergoing surgery.
- Organ transplant recipients.

But despite the constant need, relatively few eligible donors actually give blood. Inland Northwest Blood Center (INBC) needs an average of 300 units a day to maintain a safe supply of blood for area hospitals and medical facilities. As the sole supplier of blood products to Samaritan Healthcare, we'd like to encourage all area blood donors to roll up their sleeve and save a life by donating at the Moses Lake collection center this summer. All who donate during the high-need summer months will receive a limited edition summer T-shirt and be entered to win various prizes each month.

BEING A DONOR IS EASY At Samaritan, we are committed to inspiring communities and saving lives—will you?



Before you can give blood, there are a few requirements to help protect both donors and recipients. In general, you must be healthy (you can't have an illness or fever, for instance) and at least 17 years old (16-year-olds can sometimes donate with parental consent). You'll answer a few questions about your health and travel history and have a mini-physical that includes a blood pressure, pulse and temperature check.

After the brief evaluation comes the blood draw itself. It often takes less than 10 minutes. Afterward, you can relax with a refreshment before going about your day. You'll probably feel pretty awesome about what you just did. And why not? Your donation could help save up to three lives.

To make an appointment to give blood, go to www.inbcaves.org.



Sources: American Red Cross; U.S. Food and Drug Administration

Samaritan heroes
recognized

On April 4, two Samaritan Healthcare employees were recognized as notable Heroes for Life by the Inland Northwest Blood Center (INBC).

Eric Olson, Director of Physical Therapy, and Craig Talbot, MD, Samaritan Family Practice, were awarded certificates honoring their achievement in reaching a total blood donation level of 5 gallons to patients in need at INBC. What some of us may not realize is that it takes three to four donations to reach 1 gallon, making their 5-gallon total donation all the more astounding.

"I donate blood because I know there's going to come a time in my life when someone I know or love will need it, so while I'm healthy and able, why not contribute and help save others' lives in the process?" says Olson. "Who knows—maybe one day I'll need blood, and hopefully there will be donors who would step up and do the same for me."

INBC is the sole supplier of blood products to over 35 hospitals throughout the inland northwest, including Samaritan. Anyone wishing to donate blood can stop by INBC's center located in the professional building on the Samaritan campus Monday, Tuesday or Saturday from 10 a.m. to 5 p.m. Appointments can be made online at www.inbcaves.org or by calling 800-423-0151.



**Inland Northwest
Blood Center**

It's About *Life!*

NEED A HEALTH

PARTNER?

SAMARITAN CLINIC

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Moses Lake, WA

Family Medicine • 793-9780

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

the
Samaritan

SAMARITAN
HEALTHCARE

SUMMER
2016