

# the Samaritan

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



Let Samaritan give you the same joyful pregnancy experience the Russells had. Call 793-9786 to find out more about our program.

## PERSONAL & PROFESSIONAL

*Throughout Allison Russell's pregnancy, Brian Truong, MD, provided a reassuring presence*

World traveler Allison Russell returned to her hometown of Moses Lake to stay when she met her husband, Brooks, also a Moses Lake native. A series of adverse medical events led her to seek care at

Samaritan Obstetrics and Gynecology, where she made the acquaintance of Brian Truong, MD. Hesitant at first to see a male doctor, she came to appreciate his sense of humor and friendly, outgoing personality. When it was time to start a family, Dr. Truong was Allison and Brooks' go-to for obstetric care.

Allison is a tremendous fan of Dr. Truong and refers to their doctor/patient relationship as a friendship. "My husband says we need to have another baby so we can continue to see Brian on a regular basis," Allison jokes. All humor aside, Allison felt that having a doctor who was available and compassionate made every appointment an enjoyable, informative experience. Allison immediately recommends Dr. Truong to friends who are expecting or looking for gynecologic care.

The Russells' positive experience didn't end with Dr. Truong. Allison says that on every visit to Samaritan Hospital, she was treated with quality care.

**THEIR SAMARITAN TEAM** When it came time to deliver baby Burke, Allison recalls a particularly frightening period during labor when the baby's heart rate decelerations became cause for concern. During this

critical situation, she feels that the Mother/Baby staff not only acted with precision and expertise but went out of their way to be reassuring, calming and informative.

Allison laughs now about meeting Mother/Baby Unit Director Katie Bussard, RN, for the first time: Bussard came into the room wearing street clothes to help with the emergency circumstances.

During her delivery, Allison saw a side of Dr. Truong that increased her respect for his dedication. "He handled our delivery with such professionalism. I saw the depth of his skill set and realized just how big his job is and how seriously he takes it."

She includes Cassandra Perez, RN, Lactation Consultant at Samaritan, as an important member of her care team. "She has been such a lifesaver to me," says Allison. "I doubt I would be breastfeeding if it weren't for her, her availability and Samaritan's breastfeeding support group."

Now that Burke is here safely—a healthy, handsome, growing boy—Allison reflects on the Samaritan staff that has made new motherhood so enjoyable. She gives glowing compliments to everyone involved in her care, from the beginning of her pregnancy all the way through her transition to motherhood.

## FOUNDATION FOCUS



Reid Forrest was the last man standing in the \$10,000 putting competition. Forrest missed the putt but went home with a consolation prize. Courtesy photo: Ryan Minnerly/Columbia Basin Herald

## Desert Golf Classic: A hole-in-one for cardiac rehab

On Thursday, Sept. 10, the Samaritan Healthcare Foundation hosted the 14th annual Samaritan Healthcare Desert Golf Classic. Since 2007, this annual event has raised nearly \$160,000 for patient programs that directly affect our community!

For more information on the 2016 event, please contact Gretchen Youngren at 793-9647.

Special thanks to the following community partners that helped us reach our goal of raising \$100,000 for cardiac rehabilitation at Samaritan Healthcare.

### 2015 Samaritan Healthcare Desert Golf Classic Partners

<b>Assured Home Health &amp; Hospice</b>	<b>Confluence Health Moses Lake</b>	<b>Moss Adams, LLP</b>
<b>Brotherton Seed Company</b>	<b>Edward Jones–Justin Ashley</b>	<b>Owens &amp; Minor</b>
<b>Bud Clary Toyota</b>	<b>Express Employment Professionals</b>	<b>Samaritan Healthcare Foundation</b>
<b>Business Interiors &amp; Equipment, Inc.</b>	<b>HUB International</b>	<b>SGL Automotive Carbon Fibers</b>
<b>Central Bonded Collectors</b>	<b>INBC–Steve McCormick</b>	<b>Signs Now</b>
<b>CliftonLarsonAllen LLP</b>	<b>Inland Cellular</b>	<b>Sno Valley Process Solutions</b>
<b>CMX Medical Imaging</b>	<b>Inland Imaging</b>	<b>The Odom Corporation</b>
<b>Coca-Cola Refreshments</b>	<b>Inland Northwest Health Services</b>	<b>U.S. Bank Private Client Group</b>
<b>Coffey Communications, Inc.</b>	<b>KDF Architecture</b>	<b>VALIC–Steve Compton</b>
<b>Columbia Basin Herald</b>	<b>Lineage Logistics</b>	<b>Washington Trust Bank</b>
	<b>Moses Lake Athletic Club</b>	

## Samaritan employees look to INSPIRE community through giving

Led by their fearless and courageous leader, Janet Hurd—a 36-year employee of Samaritan Healthcare—Samaritan employees banded together to make cardiac rehab a reality for community patients in need. Over the course of three weeks, the dynamic INSPIRE committee raised over \$5,000 and collectively will donate over \$30,000 to the Samaritan Foundation annually.

All funds raised by INSPIRE will go directly toward the employee-selected project or campaign, with the project for this year being cardiac rehab. This commitment from employees is an area that has been highlighted in the organizational strategy for 2015.

“We are thrilled to have so many employees supporting the foundation and making an impact on patient programs here at Samaritan,” says Hurd, INSPIRE Committee Chairwoman. “Previously we’ve averaged 4 to 6 percent participation in the foundation among employees, but after this summer’s campaign we have 52 percent of all employees giving back to the foundation!”

But it doesn’t stop there. The INSPIRE team has some big goals, one of which is to reach 75 percent participation by the end of the year.

“We had a great July, but I know we can make the end goal by December 31st,” says Hurd. “If we can have nearly everyone in the organization giving back, the possibilities of what we can do as a team and committee are endless.”



### 2015 INSPIRE Committee

<b>Janet Hurd, Chairwoman</b>	<b>Linda Hollis</b>	<b>Leslie Porter</b>
<b>Carla Armstrong</b>	<b>Sherrie Jingling</b>	<b>Lacey Radel</b>
<b>Rae Leanne Baker</b>	<b>Danielle Kohl</b>	<b>Yvonne Reigstad</b>
<b>Gisela Caballero</b>	<b>Dan Muro</b>	<b>Gloria Robbins</b>
<b>Sena Carlile</b>	<b>Louise Olmsted</b>	<b>Janice Sieg</b>
<b>Richard Donaldson</b>	<b>Jennifer Olson</b>	

## Samaritan team members broaden their education

Recently the Samaritan Healthcare Foundation granted four scholarships totaling \$6,750 to Samaritan employees looking to further their education.

Tiffany Matson works as a medical assistant in the Orthopedics clinic and plans to finish her prerequisites needed for the MEDEX Physician Assistant program in Spokane.

Yvonne Reigstad is a receptionist at Samaritan Parkview Pediatrics and is in the process of completing her bachelor’s degree in business administration.

The Karen Wagner Scholarship was awarded to Lori Vargas, a registered nurse on the acute care unit. Vargas plans to finish her bachelor’s degree in nursing so that she can further her studies in wound care.

This year’s Employee Memorial Scholarship was awarded to Kim Pope, Executive Assistant to the CEO. This scholarship is awarded to someone who shows a long-standing commitment to the organization and a goal and vision for the future. Pope plans to receive her Lean Six Sigma Certification from Washington State University online in the spring.

Since the inaugural scholarship class in 1987, Samaritan Healthcare Foundation has awarded over \$157,000 toward employee education. Scholarship applications for the 2016–2017 academic year will be available to employees next June.



Tiffany Matson



Kim Pope



Yvonne Reigstad



Lori Vargas



# DON'T PLAY THE WAITING GAME

*Take heart attack symptoms seriously*

**CHANCES ARE**, you've heard this before: "I'm as serious as a heart attack." People say it when they want you to pay close attention—which is exactly what you need to do if you have symptoms of a heart attack.

A heart attack happens when blood flow to a section of heart muscle is abruptly blocked. If blood flow isn't restored ASAP, the affected muscle begins to die. Acting quickly can prevent or limit damage to the muscle—and save your life.

That's why it's crucial to get immediate emergency care if you're having symptoms of a heart attack. The three most common ones are:

- Chest pain.
- Upper-body discomfort, such as pain in your back, jaw, neck, shoulders or stomach.
- Shortness of breath.

Other signs of a heart attack include breaking out in a cold sweat, feeling unusually tired for no reason, and feeling sick to your stomach and vomiting.

**NEVER WAIT AND WONDER** According to the National Heart, Lung, and Blood Institute, more than 1 million people every year in the U.S. have a heart attack. And many of them don't make it to the hospital in time to get help.

Some people wait to act because they're embarrassed they might be mistaking indigestion for a heart attack. Don't be one of those people! Let a medical professional diagnose you. Nobody in the

emergency department will think less of you if it turns out you're not having a heart attack.

Health experts are as serious as a heart attack when they offer this advice:

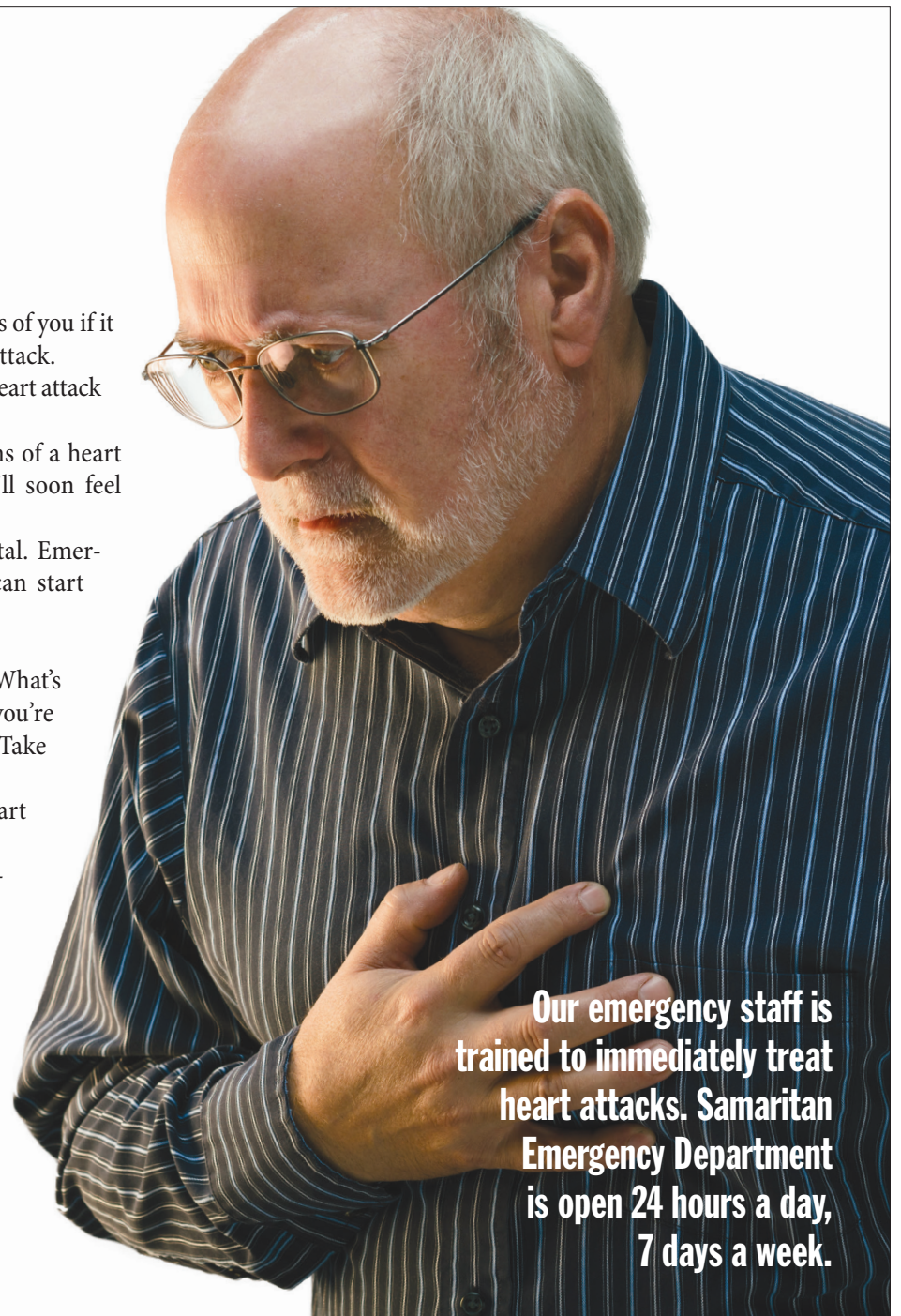
- Call 911 if you're having symptoms of a heart attack. Don't wait in the hope you'll soon feel better.
- Don't drive yourself to the hospital. Emergency medical services personnel can start lifesaving treatments right away.

**ALWAYS MAKE THE CALL FIRST** What's the first thing to do if you think you're having a heart attack? If you said, "Take an aspirin," guess again.

According to the American Heart Association, you should:

- Always call 911 before doing anything else. Don't make the mistake of thinking that your chest pain may go away if you just take an aspirin. Waiting to call 911 could be deadly.
- The 911 operator may recommend that you take an aspirin as long as you don't have an aspirin allergy or a health condition that makes taking the drug too risky.

Additional source: U.S. Department of Health and Human Services



**Our emergency staff is trained to immediately treat heart attacks. Samaritan Emergency Department is open 24 hours a day, 7 days a week.**



**Keeping your hands clean is one of the best ways to prevent the spread of illness. Check out our handwashing infographic at [www.samaritanhealthcare.com/cleanhands](http://www.samaritanhealthcare.com/cleanhands).**

## At a glance: A cold versus the flu

Any way you cut it, catching a cold or the flu is a pretty crummy deal. And even though they're different illnesses, the symptoms can be similar. So telling them apart sometimes takes a bit of detective work on your part. The following chart may help you sort it out.

YOU MIGHT HAVE:	IF YOU HAVE:
A cold. (Symptoms are usually milder than those of the flu and come on gradually.)	Runny or stuffy nose, sneezing, scratchy throat, hacking cough.
	Watery eyes.
	Mild headache.
	Mild fever (more common in children than in adults).
The flu. (Symptoms often hit suddenly—and can really knock you down.)	Light body aches.
	High fever (102 degrees or above).
	Muscle aches and chills, extreme tiredness, sore throat.
	Severe cough.
	Headache.
	Upset stomach, vomiting or diarrhea (all more common in children than in adults).
	Stuffy nose (sometimes a symptom).

By far the best way to help prevent the flu is to get immunized as soon as the vaccine becomes available each fall. Vaccines can be given as shots or as a nasal spray—your doctor can help you decide what's right for you.

You can also reduce your risk of catching a cold or the flu by washing your hands, especially before touching your face. And as much as possible, try keeping your distance when someone's ill.

Sources: American Academy of Family Physicians; U.S. Department of Health and Human Services



# OCTOBER A good time to consider breast

Primary care providers at Samaritan Healthcare are accepting new patients. To make an appointment, call 793-9780.

As of yet, there is no sure way to prevent breast cancer, the second-leading cause of cancer deaths among women in this country. Even so, there are clear steps women can take to reduce their risk. And

October, which is National Breast Cancer Awareness Month, is the ideal time to take them.

One key safeguard is for women to maintain a healthy weight, especially in midlife and later. After menopause, most of the hormone estrogen in a woman's body comes from fat cells. Estrogen can spur the growth of many breast tumors, and being overweight or obese can raise breast cancer risk. Women may be especially vulnerable to breast cancer if extra pounds settle on their waist, rather than their hips and thighs.

These additional steps may help women reduce their risk for breast cancer, according to the American Cancer Society (ACS):

- **Avoid alcohol.** Drinking is clearly tied to a heightened risk of developing breast cancer. In fact, your risk increases the more you drink.

- **Be active.** A growing body of research indicates that exercise lowers breast cancer risk. Aim for 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity activity each week.

- **Carefully weigh the pros and cons of hormone therapy.** Hormone therapy that uses both estrogen and progesterone can increase breast cancer risk in as few as two years of use. The use of estrogen alone after menopause does not seem to raise the risk of developing breast cancer. If a woman and her doctor agree that hormone therapy is necessary to ease bothersome menopausal symptoms such as hot flashes, it is best to take the lowest effective dose for the shortest possible time.

Since breast cancer can develop even with these precautions, the ACS advises women to have yearly mammograms (breast x-rays) starting at age 40 and continuing for as long as they are in good health.



# health

**DON'T DELAY YOUR NEXT MAMMOGRAM** Here's a pledge that's well worth making: "I'll call for an appointment to talk with my health care provider about breast cancer screening."

You might be too busy to get to it today. That's OK. So how does tomorrow look?

Regular mammograms can detect cancer in its early stages and give women a head start on potentially lifesaving treatment. If you have a heightened risk of breast cancer—for example, if you have very dense breasts—ask your doctor if you need additional screening tests, such as an MRI scan.

There are some things that increase your risk for breast cancer, such as your age or having close relatives with the disease. But at the same time, most women who get breast cancer don't have any risk factors, reports the ACS.

That's why talking with your provider is so important. You can discuss your personal risk and decide what's best for you.

Is your 40th birthday around the corner? If so, ask your provider about beginning regular mammograms to screen for breast cancer. If you're overdue for one, schedule it as soon as possible.

**ADVICE FOR YOUNGER WOMEN** Even if you're in your 20s or 30s, you can take steps to help protect yourself. Become familiar with how your breasts look and feel, and report any changes to your provider. And be sure to have regular medical visits that include breast exams by your provider.

Screening can bring peace of mind. If it's time for your mammogram, let your primary care provider know you need an appointment.

## It's a guy thing too

*Don't let the pink fool you; men aren't exempt from breast cancer*

You probably know guys who have had a heart attack or perhaps a stroke. And maybe even some who have dealt with prostate cancer. You know these diseases can affect men. But what about breast cancer? This condition is often thought of as a woman's disease. (Men get breast cancer? How's that even possible?) But men can—and do—get breast cancer. Ignoring the risks for this disease can be a big mistake.

The information that follows on breast cancer may not be on your radar as a man—but it should be.

Pink may be the color of breast cancer awareness, but more than 2,000 men in the U.S. are diagnosed with the disease every year, the American Cancer Society reports.

Men actually have a small amount of breast tissue, including ducts in the breasts where cancer can develop. Some things that may raise a man's risk of breast cancer include having a history of radiation exposure to the chest (such as for treatment of lymphoma) or a family history of breast cancer. About 1 out of 5 men with breast cancer has a close male or female relative with the disease.

And like some women,

some guys inherit a BRCA gene mutation that may put them at high risk for breast cancer. This genetic risk factor is most often found in men with a strong family history of breast or ovarian cancer, although it has been found in men without this family history.

Unfortunately, because most men don't realize that they can get breast cancer, they may ignore warning signs of the disease. This may help explain why men tend to be diagnosed at a later stage than women, when breast cancer may be more difficult to treat.

If you notice any changes to the breast area of your chest—such as lumps, swelling, dimpling, redness or fluid leaking from a nipple—play it safe and let your doctor know.

### A gender-neutral move

Being aware of this condition is the first step in making sure it doesn't wreak havoc with your health. The next step is to make an appointment with a doctor if you suspect you have breast cancer.

Compared to women, many men skimp on their medical care. Don't be one of them. It isn't feminine or masculine to see a doctor on a regular basis—it's just a great move for your health.

## Samaritan mammography aced the test!

Under federal law (MQSA, or Mammography Quality Standards Act), all facilities that perform mammography must be certified by the U.S. Food and Drug Administration through an organization such as the American College of Radiology and through the state Department of Health.

The state inspects these facilities every year to ensure that they are practicing quality standards for personnel qualifications, equipment, radiation dose, quality assurance programs, and record keeping and reporting. All personnel involved in the production, processing or interpretations of mammograms are reviewed—including the mammographic technologists, the interpreting radiologists and the medical physicist who surveys the equipment annually. The mammography department at Samaritan was inspected on July 14, 2015, and we have received notice that our facility passed with no deficiencies.



**CARING FOR YOU:** Samaritan mammography staff take pride in providing you with caring, individualized service every time. From left: Bim Lindsey, BSHA, Tamii Brown-Frost, ARRT, Becky Hwang, DO.



### PRECIOUS CARGO

# USE YOUR CHILD'S SAFETY SEAT CORRECTLY

**SAFETY SEATS SAVE LIVES**—and no life is more precious than your child's.

Taking steps to make sure that your child is properly restrained in vehicles can help prevent him or her from being one of the thousands of children who die or are injured each year in traffic accidents.

**FOUR FOR SAFETY** Practice these key safety seat recommendations from the National Highway Traffic Safety Administration (NHTSA):

- ❶ Infants should be secured in the back seat in rear-facing child safety seats. They should travel that way until they reach the height or weight limit of the particular seat—at a minimum, until they're 1 year old.
- ❷ Toddlers should ride in the back seat in forward-facing child safety seats when they outgrow rear-facing seats. They should use these seats until they reach the upper weight or height limit of the seat (usually at about 4 years old).
- ❸ Children who outgrow forward-facing seats should ride in booster seats in the back seat. Kids should use boosters until the vehicle seat belt fits properly—the lap belt lies across the upper thighs and the shoulder belt fits across the chest (usually between 8 and 12 years old).
- ❹ Tweens who have outgrown their booster seats can sit in the back seat and use adult seat belts if these fit properly. Remember: All children younger than 13 should ride in the back seat.

**BE SURE: GET CHECKED** According to the NHTSA, 3 out of 4 kids are not as safe as they could be because their car seats are not being used correctly.

Have your child's safety seat inspected. Visit [www.safercar.gov/parents](http://www.safercar.gov/parents) and click on "Inspection Station Locator" under "Explore" at the bottom of the page to find the child safety seat inspection station nearest you. Or call our hospital to find out when certified technicians are available to provide free safety seat inspections.

# LACTATION SERVICE OFFERS SUPPORT TO MOM AND BABY

**OVER THE LAST YEAR**, Samaritan Healthcare has been expanding our mother-baby care to include a new lactation service. With the short-term goal of implementing breastfeeding-friendly practices and the long-term goal of becoming designated as a Baby-Friendly Hospital, Cassandra Perez, RN, PHN, CLC, was recruited from California and hired in November 2014 as a lactation consultant.

Samaritan Hospital now offers inpatient lactation support for mothers and babies during the immediate post-delivery period and the postpartum stay. Staff education and training in breastfeeding support is ongoing, and we are very proud that the Samaritan nurses are advocates for immediate skin-to-skin contact between mother and baby during the first hour following birth. The goal is to work as a team in order to support mother and baby in establishing a good foundation for breastfeeding success.

**A HELPING HAND** Since January of this year, Perez has been facilitating a breastfeeding support group every Thursday from 10 a.m. to noon, on the fourth floor of the hospital. The group is open to all pregnant and breastfeeding women in the community, whether they plan to or have given birth at Samaritan Hospital or elsewhere. The group offers mother-to-mother peer support and help from the lactation consultant with breastfeeding questions and concerns.

We are pleased to report that the group has been steadily growing and developing over the past seven months. And we expect that it will continue to be a beneficial resource for mothers in our community.

One of the main projects for the new lactation service has been setting up a lactation office and breastfeeding helpline. Mothers can call in with breastfeeding problems and speak to the lactation consultant or leave a voice mail message.

In cooperation with Katie Bussard, the Mother/Baby Unit Director, Perez is in the process of implementing an outpatient

lactation clinic, where mothers can be seen for a post-discharge lactation appointment as needed.

**THE BIG PICTURE** Furthermore, Samaritan Hospital is a primary partner with Grant County Health District in working to restart the Moses Lake Breastfeeding Coalition, as a member of the larger state organization, the Breastfeeding Coalition of Washington. Perez is the Samaritan representative for this community-based project.

Exciting recent events have included a Samaritan lactation services booth at the WIC-sponsored (Women, Infants, and Children) World Breastfeeding Week event at Civic Center Park in Moses Lake on Aug. 7, and a breastfeeding station at the Grant County Fair from Aug. 16 to 23—the first public event of the Moses Lake Breastfeeding Coalition. It was sponsored by the Columbia Basin Community Partnership for Health, of which Samaritan Healthcare is an influential member.



**Cassandra Perez,  
RN, PHN, CLC**

Do you need  
lactation support  
or advice? Call  
the Breastfeeding  
Helpline at 793-9753.





## PUT A STOP TO BULLYING

**BULLYING WEIGHS ON** kids' minds because it's so prevalent in their world. Hitting, punching, teasing, name-calling or making intimidating gestures can happen anywhere—even in cyberspace where bullies send insulting photos or text messages.

**THREE STEPS FOR PARENTS** Bullying is ugly, wrong and serious; yet its young victims are often too embarrassed or afraid to speak up.

The U.S. Department of Health and Human Services (HHS) and the American Academy of Pediatrics offer these suggestions for parents whose child might be a target:

**Focus on your child.** Be supportive, gather information and listen carefully. Don't blame your child or recommend fighting back or ignoring the bully. Reassure your child that being bullied is not his or her fault.

**Take steps to end the bullying.** If the bullying happens at school, contact your child's teacher or principal and provide

written, factual information. Offer to help. It's for the sake of your child and others too.

**Help your child become more resilient.** Teach safety strategies; encourage new friendships; and support interests your child may have, such as music, athletics or art.

Parents can find more information about bullying by visiting the HHS's bullying prevention website at [www.stopbullying.gov](http://www.stopbullying.gov).



## PACK A LUNCH YOUR KIDS WILL ENJOY

**IT'S THE MISSION IMPOSSIBLE** of school lunches: that elusive meal that is nutritious enough to satisfy a parent and delicious enough to appeal to a picky child.

It can be a difficult quest. But with a little planning, a touch of teamwork and a sprinkle of creativity, you can pack that perfect lunch.

Kick off your quest with these tips from the Academy of Nutrition and Dietetics and other experts:

**Brainstorm together.** Your child is the best authority on what he or she likes and will eat—so ask. Together, write up a list of lunch ideas, being sure to come up with options for each category (fruits, veggies, lean protein, whole grains and low-fat dairy).

**Ask for help.** Sit down with your child over the weekend and plan lunches for the week. Go shopping together. And then enlist your child's help in putting the lunches together. Pride in helping to make the food makes it more likely your child will want to eat it.

**Make it fun.** Cut sandwiches and cheese slices into fun shapes. Create a theme lunch with food, napkin and utensils all in a matching color. Include a new and exotic (but kid-friendly) food like jicama or star fruit.

**MORE IDEAS** Lunch doesn't have to mean a sandwich. Try packing a yogurt dip with fresh fruit. Or try some hummus, salsa or homemade bean dip with veggies and pita strips.

Another option: Use a wooden skewer to turn bread, meat, cheese and veggies into a delicious kebab. Or create do-it-yourself cracker stackers with whole-grain crackers, low-sodium cheese and low-fat lunchmeat.

## A HEALTHY START TO SCHOOL

**BUYING SCHOOL SUPPLIES.** Signing permission slips. Working out transportation details. And meeting the new teachers.

Those are all important things to do when it's back-to-school time for your child. But what's even more important is making sure that your child is in good health so that he or she is ready for the school year ahead.

**Parkview Pediatrics** is here to see your children off to a healthy start. Call 766-9450 to schedule your annual well-child exam—we're always accepting new patients.

No matter how old your child is, the beginning of the school year is a good time to schedule an annual checkup, reports the American Academy of Pediatrics.

Many students are required to have a physical exam before taking part in school sports. And that's good. But you should still schedule a full checkup for your child whether or not he or she is involved in sports.

Along with a physical exam, the back-to-school checkup lets your doctor assess your child's overall health and development.

It's also a good time to check with the doctor to make sure your child is up-to-date on all important immunizations.



Looking for tips, ideas and fun tracking tools? Visit [www.choosemyplate.gov](http://www.choosemyplate.gov).

SAMARITAN HEALTH NEWS, VIEWS & TIPS

SEXUAL ASSAULT

# Samaritan offers care for the victim

It's a topic hard to hear about and even harder to talk about: sexual assault. Unfortunately, cases happen in our community more often than many of us would choose to believe. Sadly, resources to treat these victims have been limited—many cases going unprosecuted due to lack of resources for victim examination and evidence collection.

Samaritan Healthcare is working to fill that void with trained Sexual Assault Nurse Examiners (S.A.N.E.). Desiree Hamilton, RN, BSN, CNOR, has received rigorous training for the examination, documentation and treatment of sexual assault in adults and children. This includes spending many hours reviewing cases of child rape and learning how to identify injury when the child may not be able to explain what happened. Part of this training includes learning how to interview children and interact with them on an age-appropriate

level given their history of trauma. Samaritan feels this service is invaluable to our community. Historically these victims have been transferred to Wenatchee or Spokane, and often families do not have the resources to travel, so the young victims don't get the physical or psychological help they need.

**Preventing problems** The S.A.N.E. program not only focuses on treatment, but also focuses on prevention in our community to help these children become empowered to stop abuse.

Recently Samaritan partnered with New Hope Domestic Violence & Sexual Assault Services, Moses Lake Police Department, and the Grant County Sheriff's Office at Moses Lake's Safe Night Out. Hamilton was on

hand to provide information about the prevention and treatment of sexual assault through the S.A.N.E. program. If you have any questions about this program, please contact Hamilton at Samaritan Healthcare: 793-9736.



**ADVOCATE:** Desiree Hamilton, RN, BSN, CNOR, is dedicated to providing information about the prevention and treatment of sexual assault through the S.A.N.E. program.

# Samaritan heroes

July 14 was an exciting night for Bob Lutskas and Gabby Sexton, RN, two Samaritan employees. Lutskas, who works in security, was transporting Sexton, an Emergency Department nurse, to the gravel parking lot after her shift ended. As Sexton was exiting the car there was a loud popping noise from a house on Ironwood Drive. When Sexton looked over, she realized a house was on fire!

**Quick thinking** Sexton ran to the house to get the people out, while Lutskas called the fire department. Working rapidly, they were able to evacuate the family, including two small children. They then worked to alert the neighbors, telling them to leave their homes. Lutskas and Sexton escorted the evacuees to the gravel lot across the street, and then Sexton hurried back to the Samaritan Emergency Department to get some



Bob Lutskas



Gabby Sexton, RN

blankets and shirts for the children who had exited their home wearing only pajamas.

Lutskas and Sexton were able to leave the scene when the fire department and the Moses Lake Police Department arrived. Their fast actions may have saved lives. We are very proud to call them Samaritan employees, and it's an honor to work with such dedicated individuals.

## HEATING SAFETY

- Install smoke detectors in every bedroom, on every level of your home (including the basement) and outside all sleeping areas.
- Have your chimney and furnace professionally inspected and cleaned each year.
- Cover your fireplace with a screen.
- Keep flammable items at least 3 feet from space heaters, fireplaces and other heating equipment.

Sources: National Safety Council; U.S. Fire Administration

<p><b>Samaritan Clinic</b> 1550 S. Pioneer Way Moses Lake, WA</p> <p><b>Family Medicine • 793-9780</b> Kevin Smith, MD Craig Talbot, MD Andrea Carter, MD Morgan Fife, MD Hollie Matthews, MD Jodi O'Shea, PA-C</p> <p><b>OB/GYN • 793-9786</b> Brian Truong, MD Ryan Rasmussen, MD, MBA Kristen Ziegler, ARNP, CNM</p> <p><b>Orthopedics • 793-9789</b> Corbin Moberg, PA-C</p> <p><b>Podiatry • 793-9783</b> Daren Vernon, DPM</p>	<p><b>Urgent Care • 793-9790</b> Kathleen Holloway, PA-C John Loudon, PA-C Brett Hymas, PA-C</p> <p><b>Samaritan Parkview Pediatrics</b> 615 S. Division Moses Lake, WA</p> <p><b>Pediatrics • 766-9450</b> Jill A. Dudik-Bross, MD, FACS Kimberlee E. Poole, ARNP</p> <p><b>Samaritan Hospital</b> 801 E. Wheeler Rd. Moses Lake, WA (509) 765-5606</p>
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**SAMARITAN HEALTHCARE**  
www.samaritanhealthcare.com



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**Gretchen Youngren**  
Director of Development & Communications

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. Models may be used in photos and illustrations.

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*the Samaritan*

**SAMARITAN HEALTHCARE**

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

**FALL 2015**