

SCOPE

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sets the stage for
year-end
giving



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Dealing with a chronic wound?



Wound Care Coordinator Lena McGinnis, BSN, R.N., C.W.C.N., (left) and her co-worker Rochelle Saeger, L.P.N., enjoy working with patients like Bernice Eliseuson (center).

Treatment is close to home

For six years, **Bernice Eliseuson** suffered from a chronic wound that refused to heal – until her daughter, **Sharon Olson**, learned that employees at Mrs. Eliseuson’s care facility weren’t treating it properly. Once she found out, Mrs. Olson moved her mother to a new care facility and started taking her to Mason General Hospital to treat her chronic wound. Since then, the dramatic improvement in her mother’s care and condition has impressed Olson.

“These ladies have been absolutely wonderful,” Olson said of Mason General’s Wound Care Coordinator **Lena McGinnis, BSN, R.N., C.W.C.N.**, and her co-worker **Rochelle Saeger, L.P.N.** One of the qualities Olson really likes about Mason General’s Wound Care Services department is

the fact that the nurses are so helpful and willing to answer all of her questions, while informing her about all of the methods and procedures they are using with her mother. “What I really appreciate about this is that it goes from treating the problem to treating the patient,” Olson said.

A relationship for healing

Seeing patients such as Eliseuson, establishing a relationship with them, and watching them gradually improve and eventually leave the hospital after recovering from a chronic wound is a big part of what McGinnis and Saeger like about their work. “I enjoy the patients,” Saeger said, describing their personalities as “lovely.” “We get to know them. They get to know us.”

Lower-extremity ulcers, especially those found in elderly diabetics, are the most common wounds McGinnis and Saeger treat. Carefully treating wounds as soon as possible is especially crucial for diabetics, according to WebMD.com.

Mason General’s Wound Care Services launched in 2009. It has since expanded to include not only McGinnis and Saeger, but also occasional assistance from **Kendra Ksen, R.N.**, and coverage by physician **Dean Gushee, M.D.** Mason General has also designated a permanent location for its Wound Care Services, along with plans for a brand new, larger treatment area in the Hospital’s new wing, which is currently under construction. A new Director, **Melissa Cuzick, R.N.**, has also recently joined the Wound Care Services department, replacing **Kelly Nettle, R.N.**, who has changed positions at the Hospital.

McGinnis, a Certified Wound Care Nurse, said she feels privileged that a hospital of Mason General’s size would offer this level of care for patients in such a large, rural county. It allows her to follow up on people and see them heal, instead of just sending them to a larger city for treatment. By coordinating with area nursing homes, home-care facilities, and doctors’ offices, MGH Wound Care Services is able to offer better continuity of care for patients, which she said, “helps fill in the gaps that would take a while to fill in otherwise,” and “prevents people from falling through the cracks.” ■

On the cover
is this year’s top selling tree – *Byrd’s of Paradise* – created in support of ovarian cancer research. MGH & FC employees *Karry Trout* and *Jody Olsen* were the designers and decorators.



Penoyar prescribes exercise

For **Christopher Penoyar, D.O.**, exercise in various doses, forms, and indications is a common prescription for his patients, as well as for himself. “Exercising is a part of me, and just always has been,” said Penoyar. Statistically, I’m sure my weight and cardiovascular risk profile is better; my blood pressure is likely to be better, and my family history with glucose metabolism is more favorable. I feel better, make better decisions and have happier days.”

Dr. Penoyar’s exercise of choice is swimming, which he does between three to six times per week, depending on his schedule and the local pool’s availability. He also practices race-walking, kettlebells and weightlifting. But he doesn’t just workout for exercise. He competes, too.

Now in his fifties, Dr. Penoyar participates in shot-put and discus competitions – a throw-back to his high-school years as a track athlete. He has also competed in race-walking events. Penoyar, a board-certified physician who has practiced family and osteopathic medicine at his clinic in Shelton for more than two decades, has also earned the title of Gold Medalist at the 2009 National Senior Games in California. He didn’t stop at a national level, either. Dr. Penoyar went on to earn fourth place at the 2010 World Masters Indoor Track and Field Championships in Canada. Locally, he and his wife, Becky, have fun turning out for Mason County’s own Goldsborough Creek Run/Walk/Jog, a local 2-mile and 7-mile fun Run or Walk held annually in Shelton that is presented by the Centennial Guild as part of the annual Mason County Forest Festival, benefitting Mason General Hospital Foundation.

Dr. Penoyar’s advice for anyone hoping to start off on the right foot on the exercise path is to set a realistic goal, instead of a lofty dream. “Building on small success is a world better than not starting,” he said. ■

Get moving!

Christopher Penoyar, D.O., enjoys competing in the annual Goldsborough Creek Run/Walk/Jog, a local 2-mile and 7-mile fun run or walk presented by the Centennial Guild as part of the annual Mason County Forest Festival, benefitting Mason General Hospital Foundation.

Exercise better than extra vitamins

An Australian study randomly assigning men aged 59 to 70 to either a regular exercise program or drinking milk fortified with calcium and vitamin D found that the men who exercised had greater bone density after 18 months than those consuming an extra 1,000 milligrams of calcium and 800 IU of vitamin D each day. Subjects getting both exercise and added calcium and vitamin D did no better than those assigned to exercise alone.

The authors theorized that the men were already getting enough calcium and vitamin D in their diets.

[SOURCE: Leigh Knetsch Boemer, “Extra calcium, vitamin D no bone booster for me,” Reuters Health, January 27, 2011; Journal of Clinical Endocrinology and Metabolism, January 5, 2011] ■

Why look elsewhere?

Excellent care, close to home



Jennifer Capps, chief development officer and communications officer for Mason General Hospital & Family of Clinics (second from right) is very grateful for the staff at Shelton Orthopedics. Pictured here (from left) - Office Manager and Certified Medical Assistant, Shanna Marsh; Receptionists, Pam Davis and Nicole Whalen-Hinson.

When it comes to receiving outstanding care for an injury – there’s no place like home. That’s what **Jennifer Capps**, chief development officer and communications officer for Mason General Hospital & Family of Clinics (MGH & FC), recently experienced, first-hand. A vacation in late August was cut short when she suffered a serious fall while visiting friends out of town – but she knew exactly where she wanted to go for treatment: Mason General Hospital.

“I really wanted to be seen by a doctor close to home, so we drove back and went straight to the ER at Mason General,” Capps said. That’s when she learned she had sprained both ankles and broken the fibula in her left leg.

Impressive treatment

Because she already knew the staff at MGH & FC, Capps was confident in the quality of care she would receive there. Since the

initial visit to the emergency room, she has been impressed with her treatment throughout her recovery. Mason General even sent a physical therapist up to see her while she was in the ER, to help her adapt to using crutches until both of her legs healed again. Afterwards, she saw board-certified Orthopedic Surgeon **Fred Davis**, M.D., at Shelton Orthopedics, which is part of Mason General’s ‘Family of Clinics.’ “I would gladly refer anyone to Shelton Orthopedics,” Capps said. “The staff at Shelton Orthopedics was instrumental in helping me deal with serious bi-lateral leg injuries and in teaching me how to walk with crutches, with a boot on my right leg and a cast on my left. As you can imagine, it is very difficult to walk with one broken leg, and it is especially difficult with two injured legs. I am eternally grateful for all of the help and support I received.”

She said Dr. Davis and his staff were all

very easy to work with and very willing to help her learn to get around as she continued to recover. “They have been fantastic. They were really caring and kind, and they spent a lot of time with me,” she said. “They encouraged me to take the time I needed to heal,” she added. Capps also really appreciated the Clinic’s office staff, particularly Office Manager and Certified Medical Assistant, **Shanna Marsh** and Receptionist, **Pam Davis**. She described them both as “welcoming, kind, very easy to work with,” and “very professional, knowledgeable, and having a great attitude.”

Now, after having witnessed MGH Orthopedics’ performance firsthand, Capps is even more confident in the excellence its staff has to offer. “I wouldn’t want to go anywhere else,” she said. ■

Who should take daily aspirin?

Because of its tendency to make blood less likely to clot, aspirin is usually recommended as preventive therapy for persons who have had a heart attack or heart procedure. As for primary prevention in persons who have never had a heart attack, the American Heart Association recommends daily aspirin therapy only for those with a 10 percent or greater risk of having a heart attack over the next 10 years. The U.S. Preventive Services Task Force recommends aspirin for those with a 6 percent or greater 10-year risk.

[SOURCE: N. Elnachel, et al, “Changing perceptions and practices regarding aspirin, nonsteroidal anti-inflammatory drugs, and cyclooxygenase-2 selective nonsteroidal anti-inflammatory drugs among U.S. primary care providers,” *Alimentary Pharmacology & Therapeutics*, December, 2008] ■

Green Diamond values Fantasy Forest

Dating back to 1920, when Simpson Logging Company built the original Shelton General Hospital, both Green Diamond Resource Company and Simpson Timber Company have faithfully supported Mason General Hospital. Prior to having a local hospital, Simpson had to go to Olympia for its healthcare needs.

"With a growing employee base, Simpson Chairman **Mark Reed** determined the time was right to build a local hospital. Today, both companies continue to support our shared operating community of Shelton and Mason County," said Green Diamond spokesperson, **Patti Case**. "Our company is continually looking for ways to broaden the capacity for giving in this community. Fantasy Forest is just such an avenue, bringing a broad

base of supporters from throughout the county and beyond together for a unique and enjoyable hometown fundraiser."

In fact, Case said she was a volunteer at the first Fantasy Forest, bringing her mother, **Helen Brewer**, along as her guest. "It was a great event, but as a volunteer I was not allowed to sit with her, so I made sure to purchase a table the very next year. That's one way to get a seat!" Case said.

A company tradition

Fantasy Forest became a company tradition when Patti Case convinced Simpson's then vice-president and general manager to attend the Fantasy Forest Gala event with his wife. "They had such a great time that John wanted every

employee at Simpson to experience it the next year," Case recalled. "We tried out different events, settling on a couple that were most popular with the employees and making tables available to them on a first-come, first-served basis. We also invited executive directors of nonprofits in the community when there was an extra seat or two. For every person who attends it's gratifying to see a room packed with people supporting a critical cause in our community."

Green Diamond always exhibits one Fantasy Forest designer tree in its main office in Shelton. It sometimes displays a second tree in the Colonial House, a 1920 home built by Mark Reed, which is beautifully-decorated for the holidays each year. The company sometimes places an additional tree at Camp 1, which is their equipment maintenance shop, located in the Dayton area of Mason County. From time to time, Green Diamond also donates trees to nonprofit organizations in the community, including Turning Pointe Domestic Violence Services, and Sound Learning (formerly Mason County Literacy), among others.

"Last year, the 'Upside-down Alice in Wonderland' tree was a perfect theme for Oakland Bay Pediatrics, so we decided, at the dinner table, to donate that tree to the Clinic," Case said.

Expense with benefits

Green Diamond regards Fantasy Forest as a planned giving expense with benefits. "At Green Diamond, we have a generous budget for community grants. Fantasy Forest is figured as one of our annual contributions. Tickets can be used *continued on page 6...*

Please consider giving the gift of healthcare this holiday season.

Dear community members,
Your support is needed now, more than ever before. Special events such as Mason General Hospital Foundation's (MGHF) annual Fantasy Forest event raises funds for much-needed medical equipment for MGH & FC. This important event also builds community support through participants and volunteers who are champions for quality healthcare in Shelton and all of Mason County. With our community's involvement, the Foundation has purchased items such as:

**Digital Mammography Equipment • Infant Warmer
YAG Eye Surgery Laser • CMAX Surgical Table
EKG and Ultrasound Machines • Lifepak® Defibrillator
Birthing Beds • Bronchoscope**

We encourage you to save lives by making a financial year-end, tax-deductible contribution to Mason General Hospital Foundation. To make a gift to MGHF, please send a check to MGHF, Post Office Box 1668, Shelton WA 98584-5001. The Foundation accepts multi-year pledges, Visa and MasterCard gifts, matching gifts from a company, and planned estate gifts, as well as securities and mutual funds. You can make a gift online at www.MasonGeneral.com. You can also call Jennifer Capps, chief development officer, at (360) 427-3622, or send an email to jcapps@masongeneral.com. Contact us today and please look for a donation envelope in this issue of SCOPE. ■

fantasy forest

Thank you for all your efforts

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Thank you. Please give our Sponsors an extra thanks by patronizing their businesses!

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A Holiday Bazaar**
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MGHF Volunteers &
Tanya Striplin ■

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As of November 7, 2011

Jessie Ackley
Connie Adams
Alpine Way
Karen Anderson
Tammy Anderson
Shawn Anstey
Bob Appel
Melanie Appel
Jan Baker
Monica Bates
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Elizabeth Berndt
Blooms by the Park
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Michelle Corral
Justin Cowling
Michele Crow
John Cruse
Aaron Cullen
Brendan Cullen
Pat Cullen
Melissa Cuzick
Kippy Dalton
Virginia Davis
Lonnie Dean
Celia Determan
Jim Dok
Court Drebis
Rayanne Drebis

Green Diamond *continued from page 5...*

as rewards for employees or networking opportunities for customers. The festive trees can be purchased for an office or donated, on behalf of the business, to a nonprofit in the community," Case said. "And what to do with all those decorations afterward? We hold an e-mail auction, sell all the decorations and the goodies under the tree, and donate the money to another nonprofit organization. The giving continues, with so many ways to spread holiday cheer while supporting MGH Foundation!" ■

thank you

Andrea Dunn
Roy Dunn
Adele Dupont
Joann Eagle
Sara Endicott
Laura Farr
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Don Wilson
Sheri Wilson
Brooke Wuolle ■

MGH Foundation contributors memorialized

Mason General Hospital Foundation would like to acknowledge former contributors. Listed below are supporters the Foundation would like to recognize for their past support of our mission and work in the community. Please join us in acknowledging their support of the Foundation during their lifetimes.

George Booth

Virginia Huxhold

Robert L. Burbridge

Walter Rae

Janet L. Cupp

Charlotte McBee

Dick Doak

Larry McKenzie

Steve Dwelley

Frances A. Morgan

Memorial contributions made to MGH Foundation

Mason General Hospital Foundation has received generous donations in memory of the individuals listed below. Donors and memorialized individuals listed in this report reflect contributions made to the Foundation from September 7 to November 9, 2011.

Bellaine West

In memory of:

J.B. "Jay" Stroud

Roger & Linda Hoff

In memory of:

Walter Rae

Leland & Cathie Rhodes

In memory of:

Nonie Swanson

Please be advised that every effort has been made to ensure the integrity of this listing. If we have inadvertently omitted any names, please accept our apologies and most sincere thanks for your generosity and continued support of Mason General Hospital Foundation. ■

Grant provides **Hi-tech “mannequins” for learning**

Mason General Hospital’s Learning Center is “where it’s at” in nursing education, thanks to RONE (Rural Outreach in Nursing Education) – a program that educates and trains nurses in areas that have limited nursing education and training access. Classes are offered online, with MGH providing hands-on clinical experience as part of the two-year Associate Degree Registered Nurse program. This hands-on experience is made possible with High Fidelity Manikins that are life-like in accuracy. They cost more than \$200,000 and came as a result of the RONE grant. For area students, theory courses are provided online in MGH & FC’s educational Learning Center, or can be taken on a home computer. For clinical studies, the students will work on the High Fidelity Manikins before and during their clinical practice at MGH with actual patients.

Unsurpassed authenticity

Physiologically-driven simulators offer an unsurpassed level of authenticity and life-like responses including symptoms that allow healthcare students to intervene instinctively, quickly, consistently, and competently with clinical measures that can save a human life. These learning modules provide an effective model for quickly and easily integrating human patient simulation in specific clinical emergency and complex situations. Each module provides carefully-defined Simulated Clinical Experiences (SCEs) designed to immerse learners in the clinical environment and develop critical skills to provide the highest quality of care.

MGH & FC is sponsoring current employees who meet screening criteria for the program. Upon successful completion of the first four quarters, the employee/student is eligible to sit for the Licensed Practical Nurse (LPN) examination. With their LPN designation, the employee/student may then apply to take the Registered Nurse examination to become a licensed RN. ■



MGH & FC staff members Tom DiDonna, D.H.Sc., M.S.N., R.N., director of clinical education and The Learning Center; Marcia Rohlik, MSN, RN-C, director of The Birth Center, ICU, and ED; and Sherry Curtis, BA, education assistant, display some of the equipment, which includes a “High Fidelity Manikin”. MGH has three mannequins – an adult, adolescent, and infant, that were part of the RONE Program grant.

Salt, Protein – Not So Good for Bones

Most Americans know the value of calcium for building strong bones, but vitamin D is also needed for absorption of calcium. On the other side, high levels of protein and sodium in the diet can cause calcium to be excreted through the kidneys rather than absorbed for protection of bone density.

Persons with lactose intolerance are also at risk of getting inadequate supplies of calcium. The solution is to eat dairy products frequently in smaller quantities or to take lactose drops or pills to break down and help digestion of the lactose. Lactose intolerant individuals produce insufficient quantities of the enzyme lactase.

[SOURCE: NIH Office of Dietary Supplements, “Vitamin D fact sheet.”] ■



The Birth Center had two patient rooms completed the end of October as part of the Campus Renewal and Construction Project. Work then began on the remaining patient rooms in the Department. Many upgrades were made to the patient rooms, including walls, bathrooms, floor coverings, and furniture, as well as mechanical and electrical systems. The color scheme is in warm earth tones, to match the new color palate for the entire facility.

Welcome the new arrivals!

Breast pumps & accessories now available

Expecting a new baby soon? MGH & FC would like to make nursing easier on mothers by offering breast pumps and accessories locally. Available either for purchase or rental, breast pumps offer lactating mothers options for flexibility when dealing with busy schedules. They are also an ideal gift for the return-to-work mother who needs fast, efficient, high-quality double pumping.

The Birth Center at MGH provides Medela Symphony breast pumps and educational support for its nursing personnel, and is now making them available to new mothers through rental.

These pumps are the latest innovation, developed through extensive research, in hospital-grade, electric double pumps. Medela has created this pump with its breakthrough 2-phase expression, which has been proven to reduce pumping time through faster let-down and milk flow.

MGH Auxiliary Gift Shop, temporarily located downstairs across from the cafeteria, is selling high-quality, hospital-grade electric and manual breast pumps featuring a convenient, backpack-style bag, along with a selection of quality lactation supplies. These items include

breast pump replacement parts and breast pump power cord adapters for vehicles, plus storage bags for expressed milk, washable nursing pads, soothing gel pads for nursing comfort, and very comfortable, soft nursing bras. These accessories make great baby shower gifts, and most are not available anywhere else in Mason County.

MGH Auxiliary Gift Shop is open Monday to Friday, 10 a.m. to 4 p.m. You can also call them at (360) 426-1611 extension 3307. If you have questions about breast pump rental call (360) 427-9558. ■

One-on-one care from the latest pain control medications (i.e. epidural) to natural birth; you are in control with your personal birthing plan.

The Birth Center at MGH
(360) 426-1611

Where you meet the nicest new people!



A great success!

Women's Health Event



Jody Olsen, RT(M); Mozell Snider, RT(CT)(M); and Shawn Peters, RT(M), were the mammographers for the Event.

MGH & FC's annual Women's Health Event, sponsored by the Washington Breast, Cervical & Colon Health Program, Susan G. Komen-Puget Sound, and the Karen Hilburn Breast & Cervical Cancer Fund was held in October, coinciding with National Breast Cancer Awareness Month. **Karry Trout**, RT(R)(M), Event organizer, and Patient Navigator at MGH said 52 women received free mammograms. "We are very pleased with the turnout and community support of this important event," said Karry. The first 39

women were enrolled before 9 a.m., and for many, this event helped communicate the importance of regular screening mammograms. Free mammograms were available to women who were uninsured or underinsured. In addition to the mammography services, free diabetes and blood pressure checks were also offered as part of this year's Event. Twenty-one women were diagnosed with high blood pressure, and several others had elevated blood sugar levels – all of which can lead to significant health risks if untreated.

Our community's positive support of this year's Women's Health Event, and others like it, demonstrates the growing awareness of the lifesaving value early detection brings. "I want to express a sincere appreciation for the hard work of MGH's mammographers, doctors, clinical staff, translators, and volunteers who did an outstanding job in making this Women's Health Event the best one yet," added Karry. ■

T-System award MGH honored for ER excellence

Mason General Hospital & Family of Clinics was recently chosen from more than 1,700 hospitals nationwide to receive the 2011 T-System Client Excellence Award. T-System, Inc., an industry leader in clinical, business and IT solutions for emergency medicine, annually recognizes hospitals that have most effectively used its solutions to improve the quality of patient care, operational processes, and financial results in the emergency department.

"We are thrilled to receive this prestigious award as a result of the hard work and progress made over the past year to improve our emergency department and the professional lives of our dedicated emergency medical staff," said **Dean Gushee, M.D.**, medical director at MGH & FC. "Using T-System solutions has helped our physicians, nurses and staff to increase our efficiency, reduce length of stay, and improve patient contact and coordination of care between providers."

Award highlights dedication to quality care

In addition, **Tom Hornburg**, chief information officer at MGH & FC, added, "The T-system solution highlights our continuing effort to provide exceptional medical care while taking advantage of the latest technologies."

The Emergency Department at MGH is known for high quality and efficient care. The Hospital has leveraged the use of T-EV in deploying technologies to the rest of the facility. T-System provides a best-of-breed model to compare with enterprise documentation solutions.

"Congratulations to MGH & FC for being chosen as a 2011 T-System Client Excellence Award recipient by demonstrating superior patient care and financial improvements in attaining their goals," said **Sunny Sanyal**, T-System chief executive officer. "Their commitment to the use of technology to enhance the practice of emergency medicine is an inspiration to all hospitals. Mason General Hospital & Family of Clinics' deployment, use of our solutions, and outstanding collaboration with T-System employees is both exemplary and a best practice in emergency medicine."

In recognition of these accomplishments, T-System will make a donation to Mason General Hospital & Family of Clinics. MGH & FC will also receive a commemorative plaque and special recognition at the 2012 T-System user conference. ■

Sal y Proteína No Es Tan Buena Para los Huesos

La mayoría de los americanos saben la importancia del calcio para formar huesos fuertes, pero también la vitamina D se necesita para absorber el calcio. Por otro lado, los altos niveles de proteína y de sodio en la dieta puede causar que el calcio se excretado por el hígado en vez será absorbido para proteger la densidad de los huesos.

Las personas que tienen intolerancia a la lactosa también tienen riesgo de no obtener las cantidades necesarias de calcio. La solución es comer productos lácteos frecuentemente en pequeñas cantidades o tomar gotas de lactosa o pastillas para ayudar con la digestión de lactosa. Los individuos que no toleran la lactosa producen cantidades insuficientes de enzimas de lactosa.

[SOURCE: NIH Office of Dietary Supplements, "Vitamin D fact sheet."] ■

Fumadores pasivos tienen riesgo de diabetes

Los fumadores tienen un riesgo mayor de tener diabetes tipo 2 y también las personas que están expuestas al humo de cigarrillos. En un estudio basado en cuestionarios que se dieron a 100,000 enfermeras en 1982, los investigadores encontraron que 39 de cada 10,000 individuos expuestos al humo de cigarrillos (pero solo 25 de 10,000 no fumadores) desarrollaban diabetes cada año en los siguientes 24 años. Cuando se consideraban el peso, la edad y la historia de familia, los fumadores tenían un riesgo del 12 % mayor que los expuestos al humo de cigarrillos.

[SOURCE: Leigh Krietsch Boemer, "Second-hand smoke linked to diabetes," Reuters Health, March 10, 2011; Diabetes Care, 2011] ■

**¡HOLA,
CHICA!**

*¿Óiste de las nuevas salas
en el Centro de Nacimiento?
Llama al (360) 426-1611
para aprender más
acerca de ellas.*



La Aspirina puede reducir el cáncer

Aproximadamente 50 millones de americanos toman una dosis pequeña de aspirina diariamente para tratamiento contra la enfermedad del corazón. Y puede ser que se estén protegiendo contra el cáncer como resultado de este tratamiento, según un meta-análisis reciente de estudios controlados con tratamiento que duraba cuatro años.

Los resultados de la encuesta mostraron una relación de .79 muertes relacionadas con el cáncer de pacientes que tomaron aspirina comparados a los que tomaron un placebo. El beneficio de la aspirina es aparente hasta cinco años de uso continuo.

Resultados de un estudio de Salud de Mujeres no encontraron un efecto de la terapia de la aspirina en la incidencia y mortalidad de cáncer.

[SOURCE: Charles P. Vega, M.D., "An aspirin a day to keep cancer away?" Best Evidence Review, Medscape Family Medicine, 2011] ■

Ejercitarse Más en Vez De Mas Vitaminas

Un estudio Australiano asigno al azar a hombres de edades de 59 a 70 a realizar ejercicio regularmente o a tomar leche fortificada con calcio y vitamina D, encontró que los hombres que se ejercitaron tenían una densidad de huesos mayor después de 18 meses que aquellos hombres que consumieron 1000 miligramos extra de calcio y 800 unidades de vitamina D cada día. Los hombres que tomar la vitamina D y el calcio y además realizaron ejercicios no tuvieron resultados mas arriba que los que solo se ejercitaron.

Los autores teorizan que los hombres que los hombres ya obtenían la cantidad necesaria de calcio y vitamina D en sus dietas.

[SOURCE: Leigh Knetsch Boemer, "Extra calcium, vitamin D no bone booster for me," Reuters Health, January 27, 2011; Journal of Clinical Endocrinology and Metabolism, January 5, 2011] ■

¿Quién debe tomar aspirina diariamente?

Debido a que la aspirina tiende a ayudar a que la sangre no se coagule tan fácilmente, se recomienda como tratamiento preventivo para personas que han tenido un ataque al corazón o una cirugía del corazón. La Asociación Americana del Corazón recomienda que solamente aquellos con un 10 por ciento de riesgo de tener un ataque al corazón en los próximos 10 años, son los que se les recomienda tomar aspirina diariamente. La Fuerza Preventiva de Estados Unidos recomienda aspirina para aquellos en el 6 por ciento o con riesgo mayor de los 10 años.

[SOURCE: N. Elnachel, et al, "Changing perceptions and practices regarding aspirin, nonsteroidal anti-inflammatory drugs, and cyclooxygenase-2 selective nonsteroidal anti-inflammatory drugs among U.S. primary care providers," Alimentary Pharmacology & Therapeutics, December, 2008] ■

Employees of the Month

Congratulations to MGH & FC "Employee of the Month" for November – **Joanne Norris, R.N.**, ICU, and December - **Jenny Duffy, R.N.**, emergency department. ■

Employee focus



Kris Davies, lead decision support analyst for Mason General Hospital & Family of Clinics, has been with MGH for nearly five years – working in

Quality Improvement (QI) and Decision Support. As a decision support analyst, Kris's objective is to provide the Hospital administrative team and all departments with specific quality data reports that assist in decision-making activities and process improvements. "I really love what I do," said Kris, who is also a certified medical assistant – a training she used while working in a medical center before coming to MGH. ■

Volunteer coordinator/HR assistant



Bringing seven years of experience in local nonprofit organizations with her, **Tenielle Masteller** became MGH &

FC Volunteer Coordinator and Human Resources Assistant in July. Her past experience includes working with the Fraternal Order of Eagles and Mason County Senior Center. "I've always enjoyed working with volunteers and

I'm thrilled to be a part of MGH & FC," she said. Born and raised in Mason County, Mrs. Masteller managed an early start on her career by working for her family's businesses, which included a restaurant. At MGH & FC, she is a vital communication link who helps create an atmosphere of collaboration and trust between staff and volunteers. She coordinates all of the Hospital volunteers, carefully placing them in their positions and ensuring that all have appropriate working conditions and materials to carry out their jobs. Additionally, Mrs. Masteller connects interested individuals with job-shadow opportunities, allowing them to experience and observe various medical departments for potential career choices. While volunteer opportunities are always changing, the following positions are currently available:

- *Information Desk in the Emergency Waiting and Patient Registration Area*
- *Information Desk in the Surgical Waiting Area*
- *Gift Shop*
- *Treasures Thrift Store*
- *Fundraisers*
- *Culinary Services*
- *General clerical needs for Administration, Human Resources, The Learning Center, and Mason General Hospital Foundation*
- *Bilingual volunteer to help with special events and Central Registration*
- *Volunteers to serve "On Call" to help with patients' families when the occasional need exists*

For more information contact Tenielle Masteller at (360) 427-3621. ■

Classes

Diabetes

Start the new year out right. Attend the "Living Well with Diabetes" class in January. If diabetes is a part of your life, plan to attend Mason General Hospital's two-day class entitled "Living Well With Diabetes." The two consecutive afternoon classes will be Tuesday, January 31 and Wednesday, February 1 from 12:30 to 4:30 p.m. in the Ellinor Room at the Hospital. Diabetes can be invisible for a long period of time, as the symptoms may not appear for a while after it sets in. For those living with diabetes, proper self-management of the condition and professional support can help them lead a normal, active life; and a lot can be done to slow the advancement of diabetes and keep it under control.

Due to limited space, advanced registration is required. *Diabetes education is a covered service under most insurance plans.* To pre-register, call **Sue Barwick, R.N.**, certified diabetes educator, at (360) 426-1611, ext. 3301 (from Allyn (360) 275-8614, ext. 3301).

"De-stressing for the Holidays" is the topic for the December meeting of MGH Shelton Diabetes Support Group.

There are ways of managing the stress of the holidays so you can stay healthy through it all and actually enjoy yourself. Learn to keep your condition under control at the next MGH Shelton Diabetes Support Group meeting set for Thursday, December 15 from 1 to 2 p.m. in the Ellinor Room at the Hospital. Guest speaker **Gretchen Rice, MSW, ACSW**, will be on hand with valuable information on maintaining a healthy balance through a stressful time and effective self-management over the holidays. Family members in

support of those with diabetes are also invited to attend. There will also be time set aside for questions and answers. For more information call **Sue Barwick**, R.N., C.D.E., at (360) 427-7332. ■

Support groups

AARP Driver Safety (55 Alive) –

Meets two consecutive days each month from 8:45 a.m. to 1 p.m. in the Ellinor Room. Contact Don (360) 426-0590 for current dates

Cancer Support Group –

Meets on the first Saturday of each month from 1 to 3 p.m. For more information call (360) 426-0590

Childbirth Classes – Call (360)

426-0955 for current dates.

Depression Support -

A 12-step group meets every Tuesday at 7 p.m. Contact Ron at (360) 229-9788

Diabetes Support Group

– Meets every 3rd Thursday of the month (except July & August) from 1 to 2 p.m. in the Ellinor Room. The Allyn Group meets on the 4th Thursday of the month from 1 to 2 p.m. in the Port of Allyn building's downstairs meeting room. Contact Sue at (360) 427-7332

F.I.E. (Fiercely Independent

Elders – Meets the 1st Friday of the month from 11:30 a.m. to 1 p.m. in the Washington Room. Contact Ray at (360) 898-2316

Mason General Hospital

Auxiliary – Contact Mary Anne at (360) 426-6722

Narcotics Anonymous –

Meets every Friday at 8 p.m. and Saturday at 7 p.m. in the Ellinor Room. Call (360) 754-4433

Overeaters Anonymous

– Meets every Thursday from 5:30 to 6:30 p.m. in the Pershing Room. Call Lori at (360) 970-8249

Prostate Cancer Awareness and Support Group for Men and Significant Others

– Currently meets on the last Monday of every month in the Skokomish Room from 7 to 8:30 p.m. Contact Bill at (360) 426-2486, Jim at (360) 426-0266, or Dick at (360) 427-6875 for further information.

Chronic Pain Support

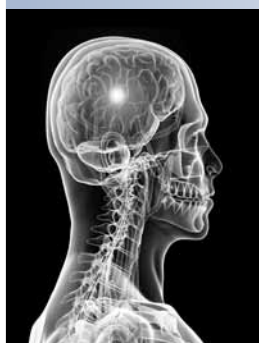
Group – Meets every other Wednesday from 1 to 3 p.m. (with variable times and dates to meet the needs of participants). Call Traci for confirmation of meeting dates and for more information at (360) 742-6566, or visit the website at supportgroup@care2.com

The Patient Resources Department at Mason General Hospital also has information on many more support and self-help groups in the Mason and Thurston County areas. Call (360) 427-9544 with inquiries. ■

Coming in 2013 Open MRI

When your doctor orders you an image, go to MGH's Diagnostic Imaging Department. Some evening appointments are available by calling (360) 427-9590, option 1.

MGH Diagnostic Imaging offers digital images for:



- Mammogram
- MRI
- CT Scan
- DEXA
- Ultrasound
- Nuclear Medicine
- X-ray

Plus – A Patient Navigation support program for women and men going through breast cancer treatment, with funding through the Washington Breast, Cervical & Colon Health Program for those who are underinsured or non-insured for mammograms. ■

Watch Out for Holiday Heart

Too much alcohol is the cause of a medical condition known as “holiday heart.” Heavy binge drinking frequently leads to atrial fibrillation, an abnormal rhythm of the upper chambers of the heart that may cause a rapid heartbeat, palpitations and sometimes dizziness and shortness of breath.

Even persons who have consumed only a few drinks can develop a temporary episode of atrial fibrillation, sometimes related to dehydration or electrolyte imbalances as well as the irritation of the heart muscle.

[SOURCE: Richard N. Fogoros, M.D., “Holiday heart,” About.com Heart Health Center, updated December 3, 2008] ■

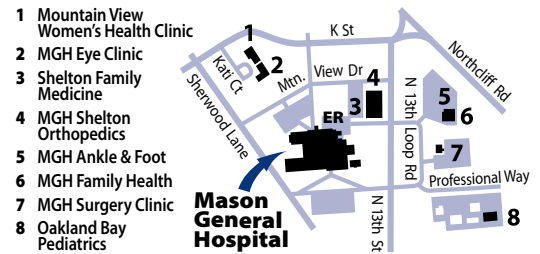
Our Mission: We take every possible action to protect and promote the health of the people in Mason County while extending respect and compassion as we serve each individual.

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Mason General Hospital: Visiting hours: 8 a.m. – 8:30 p.m., daily. Intensive Care Unit (ICU) visiting hours: special hours on a patient-by-patient basis, call for Unit hours. Located at: 901 Mountain View Drive, PO Box 1668, Shelton, WA 98584-5001, (360) 426-1611, from Allyn (360) 275-8614. Serving the medical needs of Mason County since 1968. Accredited by The Joint Commission. TTY/TTD: (360) 427-9593. Translation Services Provided. Se habla español. Equal Opportunity Provider.

Administration: Bob Appel, chief executive officer; Eric Moll, chief administrative officer; Tim Weber, M.D., chief of staff; Don Wilson, commissioner/president; Nancy Trucksess and Scott Hilburn, commissioners.



Campus Renewal Project

By Derek Rae, Construction Manager, Associate, OAC Services, Inc.

The first standalone building on Mason General Hospital's campus is complete! The generator building was completed in November and generators are scheduled to be delivered end of December. The grounds crew is scheduled to move equipment into the building early 2012. Electrical work will continue inside the generator building as crews work to bring a more efficient, new high voltage power service into the Hospital that will run mechanical systems for the entire building. The planned power transfer is scheduled for some time in March.

Work inside Mason General Hospital is well under way with five patient rooms

complete in The Birth Center and one inpatient room complete in medical/surgical/pediatrics. Starting in January the contractor will begin remodeling the remaining labor and delivery patient rooms off the south corridor moving into medical/surgical/pediatrics, completing about two rooms every six weeks. While remodel work is ongoing upstairs, many changes are occurring on the grade level. Contractors are installing new mechanical and electrical systems that will be connected to the new surgical wing as well as the existing MGH systems. Work to install the new equipment will continue over the next few months and will be ready for the new power service when it gets hooked up in March.

Outside, the main hospital work on the new surgical wing is progressing as scheduled. The roof was installed in October and the storefront was completed in November. With the building dry, metal stud walls will start to be erected in January. Following wall stud installation, trades will be installing mechanical and electrical systems through March. At the end of March the contractor will look to get its first cover inspection, allowing them to begin installing sheetrock. Also in March, the project teams will be able to walk through the new surgical wing and really get a sense of the space.

Look for the contractor's "Construction Progress" board at the north entrance for more detailed updates. ■

HEY, GIRL! Did you hear about the new rooms at The Birth Center?

Check 'em out on page 9.



The Birth Center at MGH