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POSTAL CUSTOMER

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COMMUNITY HOSPITAL

COMMUNITY PARTNERSHIPS FOR HEALTH

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We are grateful for partnerships with the Chelan and Manson school districts that help build a healthier community. Working together is important! We support Chelan High School's Medical Science Club and Manson High School's new internship program, because inviting students into the hospital can inspire them to pursue healthier lives and careers in healthcare. Our Club Max Children's Wellness program, funded by LCCH Foundation, helps us reach families with younger children as Max and our wellness team visit schools to teach students about nutrition and fitness in a fun, friendly way. On Jan. 7 we'll partner with Manson schools to bring you the third annual Fit & Fun Night. We're also proud of our work with the community and school's youth mental health providers. Thanks to a community who cares about health and wellness.



Sue Young, radiology manager, with Damon Smith from Manson HS. Smith plans to pursue a career as an ultrasound technician.

Medical Science Class at LCCH

Dr. Joshua Schkrohowsky, orthopedic surgeon, (above) works with students from Chelan High School during a class held at the hospital. Brad Hankins, RN, LCCH COO, (below) teaches about immunizations.



OUR MISSION IS TO PROVIDE
PATIENT-CENTERED,
QUALITY HEALTH CARE WITH
COMPASSION AND RESPECT.

COMMUNITY Q&A CORNER

Does Lake Chelan Community Hospital provide discounts to property owners or others?

Yes. There are two ways to receive a discount on your bill. First, if you pay your balance in full within 90 days, you receive a 15% discount. Second, if you own a home in the district, you may also qualify for a discount. When you pay taxes that support the hospital, you are eligible for an annual discount for the actual amount you paid on your primary residence to support the hospital during the calendar year.* If you use hospital services during the year (for anything, including lab, mammograms, etc...) the amount you pay in taxes can be applied to your account, after your insurance has paid its portion. You may do this once a year.

*See full details at LakeChelanHospital.com

Winter 2015

Serving you for more than 65 years



Linda Hollier, PT
with Bernice McCulley

House Calls

TEAMWORK: GETTING BACK ON YOUR FEET AFTER A FALL

Bernice McCulley, 80, of Chelan had **two major falls in two years**. The first was at the food bank, where she regularly volunteers. She tripped on a chair, snapped a nerve in her back and broke a leg. "You can fall quick and easy as you get older," she said. "My body moves faster than my feet do."

After a second fall last spring while pruning hydrangeas in her garden,

Bernice hurt her right hip and leg. "I couldn't move my leg for almost two weeks," she said. "It was too painful."

Bernice started seeing physical therapist Linda Hollier, who created a personalized treatment plan. "I didn't look at just her hip," explained Linda. "When I start with patients, I ask myself what drives them. With Bernice, she loves to garden, so she needed to do

more than just step and up and down. We focused on the whole body while monitoring her respiratory function."

At one physical therapy appointment, Linda set out cones as weeds for Bernice to safely gather. "Linda's help has been amazing," said Bernice, who is recovering well and back to activity. "I'm like an old rubber ball, I just keep bouncing."



WAY TO MOVE! Bernice is one of many who participate in **free adult exercise classes** led by hospital physical and occupational therapists. Classes are designed to help with **balance, strength and endurance**. Chelan classes are at the Chelan Senior Center Mondays, Wednesdays and Fridays at 1 PM. The Manson exercise class is Friday at 1 PM at the North Shore Bible Church. "When you get older, it's easy to sit down and stay there," said Bernice. "The classes keep us moving."



The Birth Place

Reaching out to our community.

THE BIRTH PLACE

We are looking for community input. As your community hospital, we are always searching for new ways to better meet your healthcare needs. In the next months we will reach out to learn more about what you value most in pregnancy and childbirth experiences. We will distribute a very short survey on our website, via social media and through in-person contact. Please help us meet the community's needs by sharing your input.

DELIVERING IN CHELAN: "THE RIGHT CHOICE FOR US"

Kristina Buche was a high-risk pregnancy because of gestational diabetes, and her blood pressure was creeping higher at 37 weeks. The expecting mom's family doctor Carrie Bergeson told her, "You may be having this baby early." There was a state-wide shortage of the labor-inducing drug pitocin, but Dr. Bergeson helped reserve some for Kristina, and she and her husband arrived at Lake Chelan Community Hospital that evening. "It was the right choice for us," said Kristina. "They took great care of us, and every need we had was fulfilled." Her husband Matthew echoes Kristina. "It meant so much to see others help her in a way I couldn't, to see them taking care of her with such compassion." Kristina and Matthew are the proud parents of daughter Kinsley Elizabeth Rose Buche.



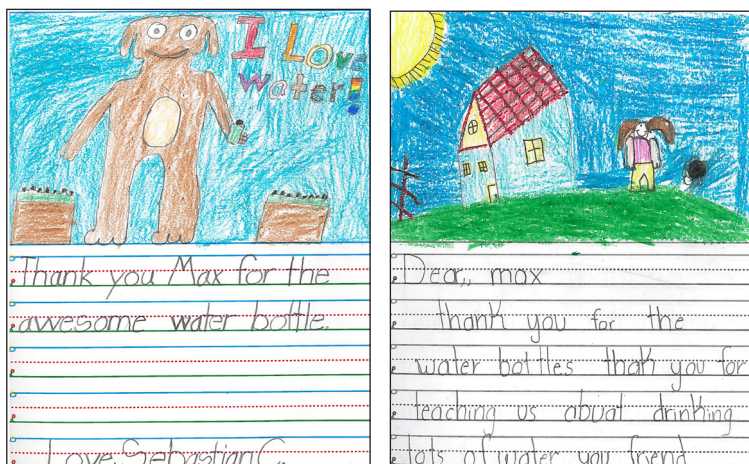
Dr. Megan Guffey
Family Physician
Lake Chelan Clinic
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WHAT YOU NEED TO KNOW ABOUT ANTIBIOTICS

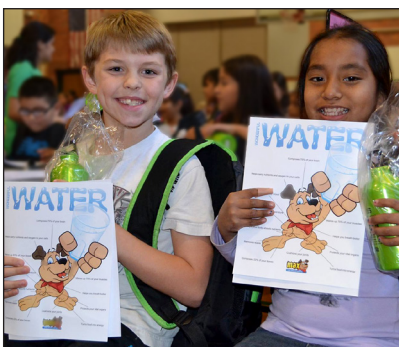
As a family doctor, I talk to a lot of parents about antibiotics. Here are six simple, smart facts about their use from the Centers for Disease Control & Prevention.

1. Antibiotics are lifesaving drugs; **using them wisely is the best way to preserve their strength** for future bacterial illnesses.
2. Antibiotics only treat bacterial infections - **not viruses like colds**.
3. **Some ear infections do not require an antibiotic.** Your doctor may wait a couple of days before prescribing antibiotics as your child may get better without them.
4. **Most sore throats do not require an antibiotic.** Only one in four children seen for a sore throat have strep throat, which should be treated with antibiotics.
5. **Green-colored mucus is not a sign that an antibiotic is needed.** Mucus color can change color as the body's immune system fights off an infection. This is normal.
6. There are potential risks when taking any prescription drug. **Antibiotic use can cause complications.** Your doctor will weigh risks and benefits before prescribing antibiotics.

THE CHOICE IS CLEAR! Max and the Chelan High School Five Star Club rolled out Max's Choice is Clear campaign this fall at MOE to teach students the importance of staying hydrated with water and not drinking sugary drinks. Through support from the Hospital Foundation, Max gave almost 200 students in the MOE Target Afters' program drink bottles. Students were challenged to drink two bottles of water a day for two weeks. Max and the Five Star Club returned in November and December to see how students succeeded. Thank you to those who helped make this happen: Scott Wilmot Graphics for donating graphics, Nancy Wilmot from Chelan High School, Five Star Club and Lesly VanOver, Target Afters' director, for organizing Max visits and promoting health among elementary school students. The Max kids' wellness program also sponsored the Max Attack Healthy Snacks Afters class for first and second graders.



- Composes 75% of your brain
- Helps carry nutrients and oxygen to cells
- Makes up 83% of your blood
- Regulates your body temperature
- Helps your body absorb nutrients
- Composes 22% of your bones
- Cushions your joints
- Makes up 75% of your muscles
- Helps you breathe better
- Protects your vital organs
- Turns food into energy and removes waste



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GENERAL SURGERY

DO I PUT IN NEW SURGEON?

GYNECOLOGY

Ty Witt, MD

NURSE ANESTHETIST

David Ellis, CRNA

OCCUPATIONAL THERAPY

Jannel Mikkelsen, OT
Jim Szymanski, OT

ORTHOPEDIC SURGERY

Joshua Schkrohowsky, MD

PHARMACY

Christy Nielson, Pharm.D

PHYSICAL THERAPY

Jeff England, DPT
Linda Hollier, PT
Rod Mortensen, PT
Mike Ruane, PT

PLASTIC SURGERY

Kenneth Jones, MD

PODIATRIST

Kevin Morris, DPM

OPTOMETRY

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Kelly Bainbridge, PA-C
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