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POSTAL CUSTOMER

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COMMUNITY HOSPITAL**GUILD Y: CELEBRATING 50 YEARS OF SERVICE**

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On June 1, Guild Y and friends celebrated 50 years of service to their hospital and community. Originally the Aqua Jr. Women's Club, Guild Y began in 1965 and has 22 members, including some who have served on the guild since its founding. The group has given countless hours of service to our community. Those hours have translated into better patient care. Some of the most recent projects include a specialized freezer to store human tissue samples and funds for teleneurology equipment to help conditions that include stroke, dementia, headaches, sleep disorders and neurological trauma. Thank you Guild Y for the support the hospital has received since your beginnings in 1965. Pictured right: Three of the founding members (L-R) Mary Ann Talley, Erleyne Jackson and Shirley Clouse.

**HOSPITAL VALUES**

This year our caregivers are placing renewed emphasis on our values: Relationships, Integrity, Compassion and Respect. Look for reminders around the hospital and clinic to help us continue to improve patient care.

Dr. Alissa Diehl
Family Physician, ER**NEW HOSPITAL EMERGENCY ROOM DOCTOR**

Welcome Dr. Alissa Diehl to the hospital's emergency room team. As a family physician, she has extensive experience in rural emergency medicine, full spectrum family medicine, comprehensive pediatrics, women's health and obstetrics. She is also fluent in Spanish.

Dr. Diehl most recently worked as an emergency medicine provider at Quincy Valley Medical Center. She has also worked in emergency rooms in Othello and Forks. In addition, Dr. Diehl provided relief work as a general practitioner in the Amazon jungle hospital of Shell, Ecuador and in the barrios of Arequipa, Peru with Medical Ministries International. She enjoys hiking, biking, mountain climbing, skiing, volunteer service and family and church fellowship.

The hospital emergency room at 503 E. Highland is open 24 hours a day.

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

Spring 2015

Serving you for more than 65 years



Dr. Joshua Schkrohowsky
Orthopedic Surgeon

House Calls

NUTRITION COUNSELING: EAT YOUR WAY TO GOOD HEALTH

Did you know some of the most serious health conditions can be prevented or managed through simple lifestyle changes and healthier habits? Our registered, licensed dietician Abby Pattison can help you improve your health by eating better. She will review your medical history, current eating habits and wellness goals to help you make a personalized nutrition plan.

The outpatient nutrition program is designed to help people living with chronic health conditions like diabetes, heart and kidney disease and hypertension. It's also available for those seeking help with weight management and healthy eating habits. In addition, Pattison is a pediatric nutrition specialist and provides counseling to families of infants, children and adolescents.



Abby Pattison, RD



Pattison (above right) has a dual masters of psychology and nutrition to help motivate patients to make positive changes. She graduated from Bastyr University in Seattle and worked at many front runners in the field of nutrition, including Seattle Children's Hospital and The Moore Center for Eating Disorders. **To make an appointment with Pattison, please call 682-3300.** Insurance may cover reimbursement for fees. Self-pay also available. Nutrition services are located at the medical clinic at 219 E. Johnson Avenue.



Max the wellness dog with Pig Jig runners
Fun at the Manson Apple Blossom Festival

MAX-IMIZING HEALTH

Max the wellness dog was out and about this spring, spreading the word about fitness and nutrition to local children. Funded by the Lake Chelan Community Hospital Foundation, the Club Max program is one of several ways the hospital promotes community wellness. Other projects include Healthy Lake Chelan Valley weight loss challenge (almost 200 participants), women's health workshops, educational visits to the food bank and coordination of a local mental health advocacy group. Pictured above: Memorial Day parade.



SITTING NEVER HEALTHIER THANKS TO COMMUNITY DONATIONS

Take a seat and help us give a big thank you to the Lake Chelan Community Hospital Foundation and guilds. L-R: Sitting on a ball can help kids focus and do better in school, say some experts. Chelan Middle School teacher Mrs. Bankson wanted to put it to the test. She used a wellness grant from the LCCH Foundation to purchase the balls and improve focus (and core muscles) in her classroom. Lake Chelan Clinic benefitted from Foundation and Guild B donations that furnished the family-friendly seating area in the downtown medical clinic. Adults in free, gentle exercise classes taught by hospital physical and occupational therapists at the Chelan Senior Center have new exercise balls and weights thanks to the LCCH Foundation.



When Susan Nadon broke her collar bone, she had to wear a sling for six weeks, leaving her arm and shoulder very weak.

Susan began physical therapy, coming to the hospital's clinic every other week for about three months to work with therapist Linda Hollier. Linda provided massage and physical therapy, and Susan went from unable to lift to returning to her cardio-weights class and feeling great.

"My care has been excellent," she said. "My caregivers were professional and engaging. Both Linda and my family doctor Amy Hutton make me feel comfortable and relaxed. Linda challenged me but didn't push too hard. I know I don't need to worry about my medical care, because there's always someone here who knows me and can help."

For more information about physical therapy, visit LakeChelanHospital.com or call 682-8523.

OUR FAMILY DOCTORS & NURSES PRESCRIBE BOOKS AND READING ALOUD

Lake Chelan Clinic has partnered with **Reach Out and Read** to prescribe books and encourage families to read together. As recommended by the American Academy of Pediatrics, Reach Out and Read incorporates early literacy into pediatric practice. It is an evidence-based nonprofit organization of medical providers who promote early literacy and school readiness in pediatric exam rooms nationwide by integrating children's books and advice to parents about reading aloud into well-child visits.

Reach Out and Read serves more than 4 million children and their families annually. Reach Out and Read families read together more often, and their children enter kindergarten with larger vocabularies and stronger language skills. During the preschool years, children served by Reach Out and Read score three to six months ahead of their non-Reach Out and Read peers on vocabulary tests. These early foundational language skills help start children on a path of success when they enter school. **When you come to the clinic for a well-child visit, your child (six months to five years of age) will receive a free book.** Books are available in both English and Spanish.



GET QUICK CARE AT WALK-IN CLINIC



Kelly Bainbridge, Urgent Care Physician Assistant, has many years of experience in the Chelan hospital emergency room and at Virginia Mason Hospital in Seattle. He is now located at our downtown clinic Tuesday through Friday. Walk-in hours are currently M-F 8:30-11:30 AM and 1-4:30 PM and Saturday 9-11:30 AM.

X-RAY UPGRADE SAFER AND FASTER FOR PATIENTS

New digital radiography recently replaced the clinic's old computerized x-ray system. This change means a **20% reduction in radiation for patients**, said Sue Young, LCCH radiology manager. The exams are also much quicker and require less movement for the patient, she said. The new technology includes image-stitching software that merges several images, creating leg-length studies especially important for orthopedic surgeon Dr. Joshua Schkrohowsky's care. It means less travel and improved care for our patients, said Young.

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