

YOUR HEALTH

in motion

Moving Healthcare Forward

February is National Heart Health Month



Why do we celebrate National Heart Health Month?

Nation Heart Health Month is observed to raise awareness on the importance of a healthy heart and to encourage healthy habits that help reduce the risk of heart disease.

Heart disease affects all ages, genders and ethnicities and is the number one cause of deaths.

Today, one in four deaths in the U.S. is attributable

to heart disease and it is the second leading cause of death in Washington State. Heart disease can affect everyone, but taking stock of your prior health risks, activities and incorporating a well balanced nutrition plan can help you reduce your risk.

This year we are encouraging people to have a "Heart to Heart" about heart health. This may start with a "heart to heart" talk with ourselves and what we can do to keep our own hearts healthy. Talking with our loved ones, friends and family about heart health is a great way to get support for each others' heart health journey.

Raise Awareness Wear Red Day!

February 3rd is National Wear Red Day to celebrate the first Friday of American Heart Month. American Heart Month and National Wear Red Day remind us to take actions to protect our heart health.

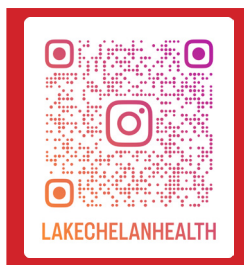
Wear red and help raise awareness of how we can lower our risk of cardiovascular disease. Take a photo of yourself and someone you love having a "heart to heart" about heart health and share it with your family and friends. Share your photo and a heart health tip with us on our Lake Chelan Health Facebook and Instagram.



TIP: Staying active, eating healthy, and watching our weight are all important for heart health. Pick a new heart healthy habit like substituting sodas with water and try to stick to it for a whole month.



**LAKE CHELAN
HEALTH**



UPCOMING EVENTS

Luncheon Heart Health Awareness

February 16, 2023 11:30am-1pm
Tsillan Cellars Sorrento's Ristorante



Speaker: Dr. Jay Waszkewitz, LCH
Primary Care Physician

Fundraiser event hosted by the Lake
Chelan Health & Wellness Foundation.
Limited tickets available.

Community CPR Education

March 3, 2023 2:00pm-4:00pm
503 E. Highland Ave. Chelan -
Board Room (Old Hospital)

Limited spaces: To register call
509-726-6073 or 509-726-6074
Course is education only. For
Certification CPR Courses
visit wellness/courses at
LakeChelanHealth.org

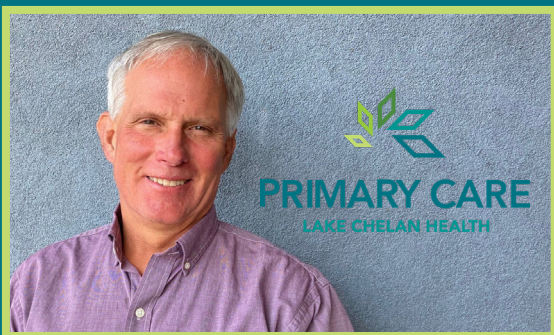


Staff Spotlight



Dana Calek, FNP, ARNP

Dana was born in Czech Republic, immigrated to Kitchener, ON and grew up in Northwestern Ontario, Canada. She obtained her LVN in 1984, her RN in 1992 and received her BSN in Nursing in 2012 through Chamberlain University. She received her FNP, ARNP through Graceland University in Independence, MO in 2017. Dana is a strong patient advocate and loves serving the people of her community. Dana is a Family Nurse Practitioner in the Express Care Clinic on Johnson Avenue in downtown Chelan.



Charles J. Waszkewitz, MD

Dr. Waszkewitz is a board-certified family physician who has practiced in the Lake Chelan Valley since 1987. He received his medical degree from Rutgers University School. His special interests include running, hiking, traveling and spending time with his family. Dr. Waszkewitz is seeing patients three days a week at the Primary Care Clinic on Johnson Avenue in Chelan.

Become a member of the BOARD



Lake Chelan Health Board Invites Letters of Interest for Open Position

Lake Chelan Health (LCH) Board of Commissioners is accepting letters of interest from candidates that have a passion and interest for community involvement, leadership and a desire to grow and advance healthcare offerings in the Lake Chelan Valley. The selected candidate will fill the board seat vacated by Jeremy Jaech.

Chelan County Public Hospital District No. 2 Board of Commissioners directly oversees hospital policy and governance and will appoint the new commissioner to fulfill the remainder of the term ending on December 31, 2023. The appointed member will serve until the next election. Persons wishing to be elected to serve after the term ends would need to file for the general election in May. The candidate must be a resident and registered voter in the hospital district.

Letters of interest should include candidate's credentials and experience, as well as reasons why they want to serve as a LCH board of commissioner. Serving on the Board will require the candidate to attend meetings, review and study material and serve as an advocate for projects supporting LCH. Commissioners are offered medical, dental and vision insurance for self and eligible dependents; must pay premiums for dependents. Entitled to compensation as set and adjusted by statute. See RCW 70.44.050 for more information.

Interested candidates should submit letters to P.O. Box 908, Chelan, WA 98816. Attention: Executive Assistant, or email admin@lcch.net, or drop off at 110 S. Apple Blossom Drive, Chelan WA 98816. Interested persons are encouraged to submit letters of interest by February 17, 2023. To learn more visit <https://lakechelanhealth.org/about-us/board-of-commissioners/> or email admin@lcch.net

SERVICES

at
Lake Chelan Health

- Emergency Department
- EMS
- Inpatient Care
- Labor & Delivery
- Laboratory
- Occupational Therapy
- Pelvic Floor Health
- Physical Therapy
- Radiology
- Skilled Recovery
- Surgery
- Wound & Lymphedema Care
- Primary Care
- Express Care
- Specialty Care

509-682-3300

Serving the Lake Chelan Valley
for 75 years

110 S. Apple Blossom Drive
Chelan, WA 98816



**LAKE CHELAN
HEALTH**

lakechelanhealth.org



Luncheon

In conjunction with the American Heart Association Go Red Heart Health month

Tickets include:

- Buffet lunch
- Free blood pressure checks and glucose monitoring by Lake Chelan Health EMS
- Featured Speaker:
Lake Chelan Health
Primary Care
Dr. Charles J. Waszkewitz
- Table sponsorships available



All proceeds will benefit LCH EMS to purchase new CPR Mannequins.

FEBRUARY 16, 2023
11:30 AM

Sorrento's Ristorante
at Tsillan Cellars



PURCHASE YOUR TICKET ONLINE

\$75 (Minimum Donation)

LCHealthWellness.com/Tickets

Tickets also available at the Lake Chelan Chamber of Commerce (216 E Woodin Ave, Chelan)



HEART SCREENING

When: JUNE 2, 2023

Time: 9AM-4PM

Location: Lake Chelan - location yet to be determined.

Lake Chelan Health Board Meetings

Strategic Planning

Tuesday February 7, 2023. Scheduled to begin at 8am. Attend virtually via Teams or in person at the hospital Bragg conference room. Meeting login information available on the Lake Chelan Health website lakechelanhealth.org

Questions email admin@lcch.net

Monthly Board Meetings

Regular Monthly Board Meetings occur on the 4th Tuesday of each month at 1:30 pm, unless otherwise noted. Meetings are currently held in a hybrid setting, via TEAMS and in person in the Bragg conference room located at the hospital.

lakechelanhealth.org/board



Heart Screening

Lake Chelan Health EMS and Nick of Time Foundation will host heart screenings for people ages 14 to 19 years old for Lake Chelan School District, Manson School District and Entiat School District.

Why is it important to provide heart screenings at such an early age?

Sudden Cardiac Arrest (SCA) is the leading cause of death in exercising young athletes, happening every 2 days in the US. Most have hidden cardiac abnormalities with no warning signs until suffering an SCA.

How are the screenings performed?

Screenings consist of a Heart Health Survey asking about possible signs & symptoms or family history of a heart condition. An EKG is performed that analyzes the electrical signals of the heart and in some cases, a limited physical exam or Echocardiogram of the heart is conducted. The results are reviewed on-site by cardiologists and sports physicians experienced in EKG youth heart screens.

What does it cost and how can I Help?

To provide 400 screenings at no cost for Chelan, Manson and Entiat students ages 14-19 is about \$10,000. Most insurance companies do not pay for these types of heart health exams unless there is a reason or diagnosis to warrant an EKG or further studies. Early detection and awareness is the goal to saving young lives.

Make a Donation

Donations are welcomed and gratefully accepted to offer free screenings.

To donate contact EMS@lcch.net

Volunteer

This event is made possible by community volunteers. To volunteer for the Heart Screening event, use the QR CODE. Nurse's, EMT/Paramedics, MA's, and Fire Fighters and Physicians welcomed!

Food and lodging available for volunteers. Full and half-day shift times yet to be determined.

For questions contact EMS@lcch.net

Visit nickoftimefoundation.org to learn more!





The New Lake Chelan Health Hospital is a Gift Come True

The new Lake Chelan Health (LCH) hospital facility is a gift come true for the growing Lake Chelan Valley. After World War II, as veterans returned to the Lake Chelan valley, a group of local businessmen formed the Lake Chelan Hospital Association with the intent of providing hospital facilities to the public.

The community banded together and the first hospital in Chelan opened on August 9, 1948. Again in 1968,

the community came together to form a hospital district, which opened the doors for preparing the way for a hospital construction bond that passed by a 92 percent vote in 1969. Construction of the new hospital, on Highland Avenue, began in early 1971. Tours took place in May of 1972, before officially opening for services.

Roughly 30 years later, it was beginning to show its age and with the growing population and need for space, it was recognized that a replacement hospital would be needed. Acquiring new technology and medical equipment, physical access, and keeping-up with current regulations would require intense remodeling or a replacement facility. It took almost 20 years and several bond campaigns to get the needed 60 percent supermajority to pass. In April of 2017, the hospital district received 64.6 percent approval from voters for a \$20 million bond to help build a new hospital at a new location. The new hospital would cost a total of \$44.5 million, of which \$22.5 million came from a loan to the hospital and \$2 million donated by the Lake Chelan Health and Wellness Foundation. In April of 2021 construction began at 110 South Apple Blossom Drive. The new hospital opened with a heartfelt message and video shared with the staff and community on December 5, 2022—video available at lakechelanhealth.org/news.

It has been two months since the new LCH hospital opened and not enough can be said about its ease of access, comfortable spaces and healing environment that the new building provides. The staff of LCH are grateful and thankful for the gift and opportunity to care for patients in the community's hospital.

In 2023, Lake Chelan Health will celebrate caring for the Lake Chelan Valley residents and guests for 75 Years. LCH offers a variety of hospital services and outpatient care services that include 24-hour ER care, general surgery and pain management, inpatient services, skilled recovery rehab care, physical and occupational therapy, wound and lymphedema care, obstetrics, pelvic floor health, lab and radiology services, including MRI. LCH operates three clinics: Primary Care, Specialty Care and Express Care (walk-in).

To learn more about services provided by Lake Chelan Health, visit lakechelanhealth.org.



OPENED August 9, 1948



OPENED May 1972



OPENED December 5, 2022



EXPRESS CARE

LAKE CHELAN HEALTH

OPEN DAILY!

Lake Chelan Health is proud to have supported the healthcare need in the Lake Chelan Valley. February is the second year anniversary since the Express Care opened.

Express Care in downtown Chelan is a walk-in clinic offering in-person day, evening and weekend services. Data showed the Lake Chelan Valley could benefit from a walk-in clinic where community members could receive urgent care outside of traditional work and school day hours. The clinic is **open every day from 9 a.m. to 6 p.m. (closed 1 p.m. to 2 p.m. daily).**

Providers at the clinic help patients of all ages with any immediate health concerns or conditions — such as minor fractures, DOT and sports physicals, or sore throats— that need to be addressed in the same day. Patients are seen right away rather than waiting for an appointment with their primary care provider or going to the emergency room. Patients with chronic or more expansive conditions, such as general back pain, can't be treated at the clinic and are encouraged to reach out to a specialty or primary care provider for specialized care.

COVID Vaccines, testing and boosters are offered at Express Care by appointment only.

If you have any questions or would like to schedule a COVID test or to get a COVID Vaccine/Booster, please reach out to the Express Care team by calling **509-682-8511**.

Follow us!



SERVICES SPOTLIGHT

Wound Care

Lake Chelan Health (LCH) Rehabilitation offers wound care services.

How do know if I need to see a wound care specialist?

If you have a wound that just won't heal and it has not shown to be healing for 2 weeks, or has not healed completely in 6 weeks.

What are common wounds caused from?

Pressure Sores, surgical wounds, radiation sores and foot ulcers due to diabetes, chronic bone infection (osteomyelitis), poor blood flow and swollen legs.

What may contribute to a wound not healing?

Some wounds may not heal well due to other conditions like diabetes, poor circulation, nerve damage or bone infection. Other contributing factors include being inactive or immobile, weak immune system, excess alcohol use, smoking and poor nutrition.

Inpatient and Outpatient Wound Care

Services are available for both inpatients and outpatients.

Inpatients are treated in their rooms while outpatients are treated in the Rehabilitation Therapy Department of the hospital.

How can I be seen for wound care services?

Inpatients are treated for wound care by a physical therapist or nurse under the direction of a physician. The inpatient physician will coordinate wound care services.

Outpatients will need to obtain a referral from their physician. Once the rehab therapy department receives the referral, they will call the patient to schedule an appointment.

The wound care team at LCH consists of a Physical Therapist who is credentialed to perform advanced wound care services, a certified lymphedema and wound therapist and a nurses trained in wound care. The wound care team provides the most up-to-date procedures with advanced wound care dressing and supplies.

Rehabilitation services 509-682-8523

