



*Patricia Lund walks with Kohl, one of the therapy dogs, to strengthen the muscles in her legs as her broken foot heals. Nola Kundu, Recreational Therapist rolls the wheelchair nearby for when Lund needs to rest. She encourages Lund to walk certain distances to meet her therapy goals. Penelope Broomer, dog handler, walks nearby directing Kohl.*

## Dogs assist with recovery

Dogs are doing more than just bringing a smile to patients' faces at Snoqualmie Valley Hospital. They are also helping to improve their health. Animal Assisted Therapy involves using animals as a form of patient treatment which the hospital started five years ago. It offers benefits beyond traditional therapies and allows therapists to use the animal to target a variety of goals.

"We match each dog's skills with the patient to fit their therapy goals and comfort level," Brienne Costa, Recreational Therapist for Snoqualmie Valley Hospital, said. "Many times, patients will walk with the dogs when they don't want to walk with a therapist."

Animal Assisted Therapy can help a patient in many ways. For example, if a patient suffered a stroke and the left side was affected, the recreational therapist might ask the patient to use their left hand to brush or pet the dog or to throw a toy for them to fetch.

If a goal is to improve the patient's mobility, a patient may be asked to walk one of the dogs during that visit.

Joy Kuhn, 84, a SVH patient who was admitted in March, works with the therapy dogs to help her recover from a broken foot. One of the dogs she works with is a Siberian Husky /Australian Shepherd mix named Quilla.

**"He brings so much joy and looks like he knows how I'm feeling."**

"He brings so much joy and looks like he knows how I'm feeling," she said as she sat petting Quilla before therapy. "They have me hop down the hall with my walker and I walk him on a leash. I also throw a ball and he fetches it. I can't throw very far, but he doesn't mind."

In addition to Quilla, five other certified dogs and four handlers are part of the program.

Jennifer Parsons and her dog, Gizmo, have been working with SVH patients for a little over a year. She said she became involved in the program after a friend was hospitalized for a virus that caused him to lose his voice. His wife called Parsons and asked her to bring Gizmo to visit her husband.

"My friend started petting him and whispered 'Gizmo,' which was his first word in a while," Parsons said. "That's when I knew this was what I wanted to do."

The dogs help patients in multiple ways, including improving balance, mobility, verbal expression, coordination, endurance, attention, mood enhancement and pain management.

William King, 48, is a patient who is recovering from a broken leg. He also works with therapy dogs to increase his mobility.

"Walking the dogs gives me something to focus on besides the hallway," King said. "I have dogs, so it's a little bit like home to me."

Animal assisted therapy programs are operated as a partnership between the hospital and Pet Partners. The Pet Partners program requires animals and their handlers to complete a rigorous screening and training program before they can participate in animal assisted therapy. This ensures that the handlers and animals are well prepared for their roles.

Ruby and her handler, Patty Day, went through the program and have been working with SVH patients for four years.

"We both love working at Snoqualmie Valley Hospital," Day said. "People just light up and start moving and talking and doing things they haven't done in days when they see her. It's really neat to watch."

When asked to describe her favorite part of animal assisted therapy, handler Penelope Broomer said, "The patients look forward to seeing all the animals. I can see the improvements they make between visits. It's really rewarding to see that we are helping."



*William King pets Quilla following his sunny, outdoor walk around Snoqualmie Valley Hospital to increase his mobility as he is recovering from a broken leg. Cindy Kerby is a pet handler that guides Quilla as he works with different individuals improving their health.*

## Swing Bed Program helps people get better, faster

When Susan Hankins, 72, was admitted to Snoqualmie Valley Hospital, she was unable to stand, walk, swallow or eat. Her legs had lost all feeling and she was unable to move.



*Tim Huber, Physical Therapist, works with Susan Hankins to strengthen her shoulders and core muscles in the Outpatient Rehabilitation department located on the lower level of the Snoqualmie Valley Hospital.*

She had undergone spinal reconstruction surgery at Harborview, but when it came time to be discharged, she wasn't physically ready to go back home. She needed additional rehabilitation to make a full recovery. She chose the Snoqualmie Valley Hospital Swing Bed Program to continue her rehabilitation.

"I chose Snoqualmie Valley Hospital because it's close to my home in North Bend," Susan said. "I was here a couple years ago and knew I wanted to come back for my treatment."

The Swing Bed Program provides 24-hour medical supervision, skilled nursing care and intensive rehabilitation therapies based on the patient's individual needs. The goal of the Swing Bed Program is to help patients return to the level of

functioning they had prior to their hospitalization so they may return home.

"They've done a marvelous job helping me rehabilitate," Susan said. "I can now walk with a walker and stand. I'm getting stronger all the time."

**"They've done a marvelous job helping me rehabilitate."**

Susan was discharged from the hospital in April and comes in every week for outpatient physical and occupational therapy. Tim Huber, Physical Therapist for Snoqualmie Valley Hospital, works with Susan to increase her mobility and strength.

"When I saw the list of things she had gone through, I knew we had a lot of work to do," Tim said. "I'm impressed with how quickly she has progressed."



Once a patient has been admitted to the Swing Bed Program, a physician evaluates their rehabilitation and skilled nursing needs. A team of therapists provide specific therapeutic interventions, including physical, occupational, recreational and speech therapies.

Bob Doyle, 81, lives with his wife, Mary, at Bellewood in Issaquah. He had heard about the SVH Swing Bed Program while listening to a presentation by Dr. Kimberly Witkop, Vice President of Medical Affairs, and Dr. Elisa Chan, Primary Care for Senior Living physician.

A few months later, he found out he needed open heart surgery. He remembered the presentation and decided to take a tour of Snoqualmie Valley Hospital before his surgery.

"Everyone I met was so friendly and helpful," Bob said. "Since my procedure was so complicated, I loved the idea of having a doctor available 24 hours every day and the

therapy I needed to recover faster and healthier than other places I could go."

From the first morning of his stay, the team of nurses, therapists, hospitalist, social worker and dietician met with him to determine his treatment plan and personal goals.

"The staff was really aware of what was going on with me and planned out my daily schedule of therapies," Bob said. "I felt really cared for."

His therapy goals included endurance training exercises to strengthen his heart. The therapists showed him how to do the exercises properly so he could continue them at home. He was discharged after eight days.

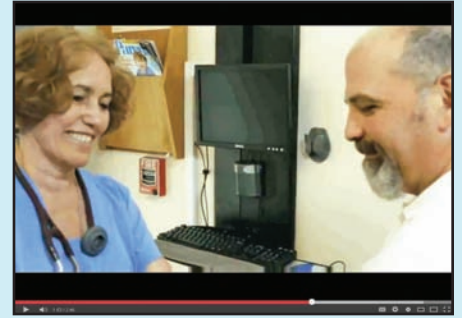
"Two things helped my recovery," Bob explained. "A brilliant surgeon and the competent, caring staff and rehab I received at Snoqualmie Valley Hospital. What they do for recovery is amazing."



Bob Doyle uses the NuStep machine to strengthen his heart and legs following open heart surgery. Multiple disciplines work together to connect with each patient in the Swing Bed Program to assist with their recovery. Left to Right: Amanda Schaefer, Physical Therapy Assistant; Billie Lawson, Social Worker; Mary Doyle, patient's wife; Dr. Kumar, Hospitalist; Qian Wang, RN and patient Bob Doyle.

## Affordable Access

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### Program Participants

People with no health insurance or a high-deductible insurance plan or employers who want to offer preventive care for their employees.

### Membership Fees

May be paid by individuals, family, friends or employers.

- \$30 per member per month
- \$5 per visit fee
- \$45 one-time setup fee per member

### Benefits & Services

Not limited by income, geography or pre-existing conditions. Yearly exams, chronic disease management and in-office procedures, such as lab testing and x-rays, are included as well as same/next-day appointments for illnesses and injuries. Flu vaccine included.

### Service Location

This program is provided at our Snoqualmie Ridge Medical Clinic.

### Contact Affordable Access

For more information, call Affordable Access at (425) 831-3430 or e-mail [affordableaccess@snoqualmiehospital.org](mailto:affordableaccess@snoqualmiehospital.org).

Scan the QR Code to watch a short video clip about Affordable Access or visit us online at [www.SVHD4.org](http://www.SVHD4.org).





## Golf for Health

The Snoqualmie Valley Hospital Foundation is holding its Golf for Health Tournament on Friday, September 6th at Mount Si Golf Course.

A BBQ and Award Ceremony will follow the event, including great prizes.

### Contact Information

For information about registration and sponsorship opportunities, please visit [www.svhospitalfoundation.org](http://www.svhospitalfoundation.org), call Eric Kaltenbacher at (425) 260-3140 or email [Erick@snoqualmiehospital.org](mailto:Erick@snoqualmiehospital.org).

Scan the QR Code to visit the Hospital Foundation website.



## Lunch & Learn

**New classes start in August.**

Classes are typically the first Thursday of every month and presenters educate the community about various health-related topics.

### Watch Classes Online

**You Tube** Visit [www.SVHD4.org](http://www.SVHD4.org) and go to the Community tab and click Lunch and Learn for more information about registration and to view and share videos of classes such as domestic violence and drug abuse awareness.

Scan the QR Code for more details about our Lunch and Learn classes.



## Local Specialists

At our Snoqualmie Specialty Clinic, we have board certified specialists available for your convenience right in the Snoqualmie Valley.

### Services

- Orthopedics
- Pain Management
- Cardiology
- Psychiatry
- Gastroenterology

Pediatrics and Obstetrics/Gynecology are available at our Snoqualmie Ridge Medical Clinic and Women's Clinic.

Scan the QR Code to learn more about our medical providers and clinics or visit [www.SVHD4.org](http://www.SVHD4.org).



## Services

Affordable Access Program  
Anti-Coagulation Clinic  
Endoscopy / Colonoscopy  
Emergency Services  
Infusion Therapy  
Lab Services  
Medical Imaging  
Outpatient Rehabilitation  
Primary Care Clinic (In Hospital)  
Snoqualmie Ridge Medical Clinic  
Snoqualmie Ridge Women's Clinic  
Snoqualmie Specialty Clinic  
Swing Bed Program  
Transportation Services  
Wound Care  
And More!

Snoqualmie Valley Hospital (425) 831-2300  
Primary Care Clinic (425) 831-2333  
Snoqualmie Specialty Clinic (425) 831-2313  
Snoqualmie Ridge Medical Clinic (425) 396-7682  
Snoqualmie Ridge Women's Clinic (425) 831-1120

