

Winter 2010 Community Health

A Publication of Snoqualmie Valley Hospital and Clinics



Lt. Col. Ken Winslow (Air Force), Capt. Beverly Davidson (Air Force), SGT Nicholas Bowling (Army), MSGT Mike Melendez (USAFR Recruiter) and Lt. Col. Jay Rodne (Marine). Hospital District staff reservists stood at attention as Capt. Davidson took the Oath of Office presented by Lt. Col. Winslow. The Oath of Office is a lifetime commitment, which she swore to without reservation.

Photograph by Lindsey Oliver

Flight Nurses Saving our Wounded Warriors

By Lt. Col. Ken Winslow

There are a lot of places in the U.S. that you can get great health care. We Air Force Nurses just happen to do it at 35,000 feet in a noisy, dark and cold tube of metal. When we give care, we remember we are serving our brothers and sisters, the defenders of freedom. We do the extra things to make sure that these injured and ill know what they mean to us by the way we treat them. We give medications, reinforce dressings, and provide other nursing skills. We also hold their hand and reassure them that they are getting great care. We talk to them about their fears and worries. We truly treat them as family. I helped transport an injured Air Force member who was worried about letting his team down because he had to be evacuated to the U.S. for definitive care. I have had Marines and Army soldiers refuse any pain medication because they wanted to remain alert so they could keep an eye on their battle buddy. We take care of the whole person, not just the physical body. We have members who do things that make them feel like it is home. Many times, just the smell of fresh baked cookies on a C-17 makes patients feel better. Even if they can't eat

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What is a Lunch and Learn and when is the next one?

A Lunch and Learn is an opportunity to attend an educational talk about a topic of importance to the health of our community. It is located in the Weyerhaeuser room in the Snoqualmie Valley Hospital. There is no cost to the event and lunch is served. The time is noon to 1 p.m.

Our next Lunch and Learn is Thursday February 3rd with Diane Steward, the Executive Director of Puget Sound Christian Clinic coming to talk about the new mobile free clinic scheduled to open in early 2011 in Fall City.

To reserve your spot at the Lunch and Learn in February, please e-mail Philip Koziol at philipk@snoqualmiehospital.org or call 425.831.2326.

Please help us honor our Public Hospital District No. 4 workers:

Beverly Davidson—Captain

U.S. Air Force Reserve, 1986-Present
(12 year break in service)

Fred Stark—AT-2

U.S. Navy, 1968-1972

Jay Rodne—Lieutenant Colonel

U.S. Marine Corps, 1989-Present

Ken Winslow—Lieutenant Colonel

U.S. Air Force Reserve, 1987-Present

Michael Battaglia, MD—Captain

U.S. Navy Reserve, 1987-Present

Philip Koziol—Staff Sergeant

U.S. Air Force, 1968-1975

Excerpts from Capt. Davidson's Personal Statement:

I consider it an honor and a privilege to serve the Air Force Reserve in any capacity, but especially that of a flight nurse, for it has been a long-term career goal which I have aspired to. It had been my goal to return to the Air Force Reserve after completing nursing school; however, after the loss of my children's father to a helicopter crash in Afghanistan on a rescue mission, I put those plans on hold until our children were grown. At this time, they appreciate my desire to serve and are fully supportive of my decision. Having been indoctrinated in the Rescue "family" over twenty years ago, I have sought to honor the motto, "These things we do that others may live" over the course of my career. I am honored for the opportunity to care for those members of our Department of Defense, both military and civilian, that are willing to risk personal health and safety to ensure our nation's freedoms and those of whom we have been entrusted to protect.



More than thirty honored guests, friends, family and coworkers celebrated the commissioning of Capt. Davidson. In attendance were her lifelong best friend, her parents and children, even her preschool teacher. Of those proud to support her mission, none were more so than her husband Matthew, pictured bottom right.

All Photographs by Lindsey Oliver

any, it smells like home. There are smiles and you can see the change take place in front of your eyes.

When I talk with employers, I try to communicate how important the team concept is. Sure, I deliver the hands-

Without the support we get from employers, the mission doesn't get done as well.

on care to the patient, but without administration personnel, I can't get what I need or get where I need to go, and if I am not there, I can't give that care. This goes for everyone in the Air Force. I need maintainers, pilots, load masters, planners, schedulers, liaison teams and civil engineering to make sure I can get to the patient safely and get them home. Without the employer letting the reservist do their job, the injured Marine, Soldier,

Airman, Sailor or Coast Guardsman don't get the optimal care that is available when we come together as a team. Fellow workers that pick up extra shifts so the reservist can deploy for a day or for a year allow us to do the job we do. When a reservist knows his job is secure, that his insurance coverage is continuing, and that his family is going to be taken care of, then he or she can concentrate on the mission and not worry about things at home. Without the support we get from employers, the mission doesn't get done as well, as fast, or as efficient as is does now. We really thank our employers and fellow workers for that. They contribute to our mission of bringing home the wounded warrior. ■



On the occasion of Capt. Beverly Davidson's commissioning into the United States Air Force Reserve she was presented a U.S. flag flown over the Washington State Capital especially for this occasion.

Snoqualmie Valley Hospital and Clinics

Volunteer Program

Become a
volunteer!

A word from Carol Waters, Volunteer Coordinator

"Volunteers are essential at Snoqualmie Valley Hospital. As our Goodwill Ambassadors, our adult and student volunteers provide greatly needed assistance to patients, families and the community. Volunteers embody our mission to serve our guests, families, and staff with respect, sensitivity and excellence of service."

Testimonial

By Rebecca Virata

Sixteen hours. 960 minutes. 57,600 seconds. This is the amount of time it takes to fly 7,200 miles, and this is the amount of empty time I had to contemplate my future. On June 30, 2010, I returned from a three month visit to the Philippines where I attended a family reunion, learned to surf, and spent over 250 hours shadowing doctors and residents in local hospitals. This trip exposed me to a life in medicine and solidified my desire to become a doctor. While I had learned about the foundations of practicing medicine, I knew little about the system in the United States. In my determination to know more, I decided to dedicate my free time to more experiences in health care.

I moved to the Snoqualmie Valley when I was twelve, and Dr. Ralph Eddings was the first doctor that I had considered to be "my doctor." His care and patience created a wonderful atmosphere, so when I thought about where I might want to volunteer, the Snoqualmie

Valley Hospital came immediately to mind. After contacting the hospital, I was directed to Ms. Carol Waters and Mr. Philip Koziol. Through their kind help and direction I was soon assigned to the Primary Care Clinic, where I still work and currently help Nurse Andi Reyes

I feel like I am really contributing to a community I grew up in.

with any task she may have. From basic photo copying to filing to more complex jobs such as inventory, my days at the hospital are full, and I always leave with a sense of accomplishment. I feel that the blessings of the hospital have been twofold: I feel like I am really contributing to the community I grew up in, and I have learned so much about a career I hope to someday have. I'm excited to see how the community and hospital are growing and changing, and I am honored that I have been part of this process.

And the future? I have applied to 13 medical schools and am waiting to hear back from the majority of them. I am



Rebecca Virata: Volunteer
Photograph by Lindsey Oliver

happy to say that I have been accepted to one school at least, so I will definitely be back in school next fall. Meanwhile, I look forward to continuing my work at the hospital and contributing to my community.



1. Dr. Richard T. Burke's hospital in the city of North Bend.

2. In the fall of 1920, the Snoqualmie Falls Hospital was opened.

3. The Nelems Memorial Hospital was opened in the year of 1947.
Photograph by Harold Keller

4. In 1983, the Snoqualmie Valley Hospital opened. Valley residents purchased a stained glass window for the Meditation/Chapel room. It will be reinstated within the new hospital which will be located off I-90 east and westbound, Exit 25.

All photographs and captions provided by Snoqualmie Valley Historical Museum www.snoqualmievalleymuseum.org

History of Healthcare in the Valley

The story of Susan Kelly

Susan Kelly is now retired from 43 years of nursing, having spent 25 of those years working in Snoqualmie Valley in a number of health care venues as well as serving 18 years as a hospital commissioner.

Her interest in nursing began in high school. She graduated from Stanford University School of Nursing, and served three years with the Navy Nurse Corps during the Vietnam era. Susan and her husband Francis moved to the Snoqualmie Valley in August of 1967. For her first ten years, she worked as a nurse at the Snoqualmie Valley Clinic.

After the Nelems Memorial Hospital closed in 1976, Dr. Maurice Doerfler opened the Mt. Si Medical Center, a 24-hour emergency and urgent care clinic, where Susan

Valley Healthcare is in good hands.

worked nights, as an emergency care nurse. In 1979, once again on the move, Kelly took on the job of occupational health nurse for the Weyerhaeuser Snoqualmie sawmill and logging operation. In this position, she provided care to workers with minor and major injuries at the mill locations, as well as going in the Weyerhaeuser ambulance to the woods, working with the Weyerhaeuser aid team to stabilize and transport seriously injured loggers down to the hospital, or to meet the Snoqualmie Volunteer Fire Department Aid car and EMTs. Susan says that riding the logging roads and switchbacks was a religious experience.

By 1977, she was appointed to the Snoqualmie Valley Hospital District's Board of Commissioners, a post she held for the next 18 years. When Snoqualmie Valley Hospital first opened in 1983, the Weyerhaeuser Foundation was the main contributor for furnishing a community meeting space in the hospital. Kelly says, "Though it may seem small to you now, it was one of the first public facilities to have a place for community groups to hold meetings." This meeting room still exists today and is located in the Snoqualmie Valley Hospital and is utilized for meetings which benefit the health of our community.

1888



Hugh France, the first druggist in Fall City. Hugh France's clinic was started by Will Taylor (founder of North Bend, and cousin to the founder of Fall City)

1889

Doctors Gibson and Corson opened a practice in Issaquah and made calls into Snoqualmie and North Bend on horseback.

1905



Dr. Cheney was the first long-term doctor and pharmacist in Fall City. He was an MD who came to Fall City in 1905 and ran his pharmacy until 1955. He had a surgery out of the back room and delivered many of the local babies.

Kelly found time to get a Master of Nursing at the University of Washington, and then went on to work at Snoqualmie Valley Hospital as the Director of Home Health Services from 1985-1992.

From 1992–2006, Kelly worked for the Washington State Department of Health as manager of Hospital and Ambulatory Care Services, ensuring each hospital met the state licensing and Medicare guidelines. “I was no longer with health care in the Snoqualmie Valley, but with this job I had the opportunity to travel around the state to survey large medical facilities such as Harborview Medical Center, as well as smaller rural hospitals. I used all my nursing experience.” Susan was involved with the process of certifying the Snoqualmie Valley Hospital as a Critical Access hospital.

Kelly says it is exciting to see how healthcare services have grown in the Valley with the addition of more medical providers and services, such as the Northwest Kidney Center Snoqualmie Ridge Dialysis facility which opened in 2003. It is a state-of-the-art-facility and really is a special service to have in the Valley.

Though her work with the Department of Health, Kelly became acutely aware of the challenges facing rural hospitals. One is financial and the other is attracting top-notch medical providers and staff. “In small hospitals,” Kelly says, “everybody better be on their game, and I would pretty much say you [Snoqualmie Valley Hospital] are.”

Kelly continues, “In any business, individual employee accountability and a sense of ownership for their workplace are extremely important, and I think Rodger and the current Board of commissioners have done a good job of attracting and retaining those kinds of folks for the hospital and the clinics. Valley healthcare is in good hands.”



1935

In 1935, Dr. Templeton built a private clinic at Meadowbrook; Miss Bernice Nelems, RN, was contracted by the Snoqualmie Valley hospital to run it until 1947-1948, when Nelems Memorial Hospital opened.

1956

In 1956, Dr. Whitaker and Dr. Sutherland opened the Snoqualmie Valley Clinic in Snoqualmie. Dr. Whitaker's son-in-law Dr. Doerfler took over the practice and still runs it today.

1983

Snoqualmie Valley Hospital opened.

2005

Snoqualmie Valley Hospital received Critical Access Hospital designation and planning begins for a new building.

Northwest Kidney Centers opened in Snoqualmie Ridge in 2003. Several dozen people make regular visits to the dialysis center for treatments that cleanse their blood and remove extra fluid because their kidneys no longer can perform those functions. The therapy is vital and time-consuming—three times a week for about four hours—so it’s good to have a center close to home.

The local clinic is one of fourteen operated by Northwest Kidney Centers in King and Clallam counties. The organization is one of very few community-based, nonprofit dialysis providers in the country. Founded in 1962, it offered the first out-of-hospital dialysis program in the world. Its mission is to promote the optimal health, quality of life and independence of people with kidney disease through patient care, education and research.

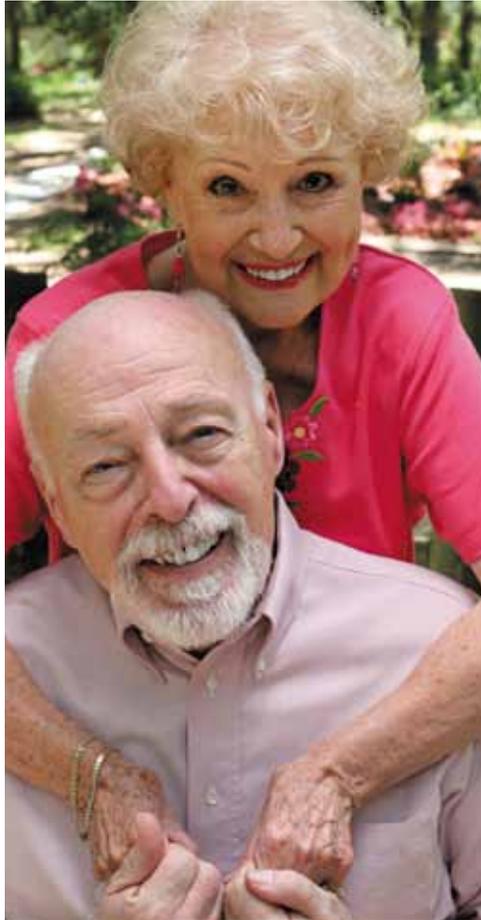
One in seven American adults now has kidney disease, up 30 percent in the last decade. There often are no symptoms before kidneys fail, so ask your doctor if you need to be tested, especially if you have one or more risk factors: diabetes, high blood pressure, heart disease, a family history of kidney disease, or if you’re a person of color or over age 60.

Snoqualmie Ridge Kidney Center

Ph: 425.396.7090

35131 S.E. Douglas St., Suite #113
Snoqualmie, WA 98065

www.nwkidney.org



The Swing Bed Program

Sub-acute Care

Typically, a person requiring acute medical care will be hospitalized as an inpatient for a short time. Afterwards, some people may be too weak to return directly home. Our Swing Bed program helps patients to regain the optimal level of functioning through rehabilitative therapies, nursing care and medical supervision. Medicare, Medicaid, and most insurance companies cover swing bed services.

Services are usually covered under the “Skilled Nursing Facility” benefit category. We strongly recommend that patients contact individual insurance companies for specific coverage details before making any health care decisions. Medicare and state regulations provide patient eligibility guidelines for a Swing Bed. These guidelines are: A patient

This service is covered under the “Skilled Nursing Facility” benefit category.

must be hospitalized as an “Acute Inpatient” (not “Observation” status) for a minimum of three consecutive midnights within the past 30 days.

Admissions can come from any hospital, including our hospital, after three consecutive midnights as an inpatient in acute care. A physician order is not required for eligibility. The patient and/or family can request that the social worker or discharge planner refer the patient to the Snoqualmie Valley Hospital Swing Bed program.

Typically, the referring hospital’s physical therapist will recommend ongoing therapy at discharge from the hospital. If the patient is discharged directly to home and finds that he/she is unable to manage safely due to a medical condition, he or she can still be admitted to the Swing Bed program.

The same Medicare guidelines apply:

- There must be a three consecutive midnight hospital stay as an inpatient within the past 30 days.
- Swing bed patients receive skilled rehabilitation evaluation and treatment services three to six days per week, or as prescribed.
- Once admitted to the Swing Bed program, a physician will evaluate the rehabilitation and skilled nursing needs. A team of caring therapists and nurses will provide specific therapeutic interventions as well as physical, occupational, recreational and speech therapy.

Once the multidisciplinary team—physicians, nurses, rehabilitation specialists, social workers, pharmacists and dieticians—determines that the need for care has decreased to a level that can be safely managed at home or in another care setting, the social worker will assist the patient and his/her family with the discharge. The social worker will work to ensure that the appropriate health care and social service supports or resources have been identified and coordinated as needed.

Swing Bed Referrals: 425.831.3401
Hospital Main Line: 425.831.2300

Scoop of Courage Program

Snoqualmie Valley Hospital Emergency Department

Snoqualmie Valley Hospital is excited to introduce a terrific new program to reward our young patients for their bravery while being treated in the Emergency Department. In an effort to exercise a commitment to the principle of “Keeping it Local,” we have focused on partnering with ice cream vendors in our hospital district.

This program allows staff to present to pediatric emergency patients a bravery award in the form of a certificate suitable for “show and tell” or a place of honor on the family refrigerator. In addition, the patient also receives a coupon redeemable for one small scoop or ice cream cone at the participating vendor of their choice.

Recipients of the Scoop of Courage are between 2-12 years of age. We are excited for the opportunity to partner with local ice cream vendors in this program so that all may benefit from the positive nature of its focus.

Beverly Davidson, Emergency Department Nurse Manager and program originator presents Scoop of Courage Partner Certificates to each of our participating partners.
Photographs by Lindsey Oliver

Scoop of Courage Program Partners



Scott's Dairy Freeze
North Bend
Owner - Ken Hearing



Chew Chew Cafe & Candy
Snoqualmie
Owner - Kathy Twede



Mix It Up! Ice Creamery
Snoqualmie Ridge
Owner - Kimberly Millan



AFFORDABLE ACCESS

Affordable Access offers primary care services for a low monthly fee. Members may be seen for routine care such as yearly exams, chronic disease management and in-office procedures. Members are able to establish an ongoing relationship with a medical provider, which is a key aspect of a healthy lifestyle. Same- or next-day appointments are available for injuries and illnesses.

\$30 per member per month

Members also pay a one-time setup fee of \$45 and \$5 per visit. This service is not limited by income, geography or pre-existing conditions. Membership fees may be paid for by family, friends or employers. Service is available at Snoqualmie Ridge Medical Clinic. For more information, drop by for an enrollment packet, call Affordable Access at (425) 831-3430 or e-mail affordableaccess@snoqualmiehospital.org.

Location of Service:

Snoqualmie Ridge Medical Clinic
35020 SE Kinsey St.
Snoqualmie, WA 98065

Affordable Access is not an insurance plan. It provides for primary care services only and makes no provision for emergency or specialty care.

Snoqualmie Specialty Clinic Orthopedic Surgery



Michael Battaglia, MD
Board Certified
Orthopedic Surgery

Specialty

Orthopedic Sports Medicine

Medical School

Uniformed Services University

Residency

Naval Hospital, San Diego

Fellowship

Hospital for Special Surgery-Cornell University

Appointments can be made by calling
425.831.2313

Photograph by: Brenda Huckle

Orthopedic Sports Medicine

Orthopedic Sports Medicine is a subspecialty of Orthopedic Surgery that encompasses not only an additional year of training in Arthroscopy of the shoulder, knee, and hip but also the treatment of concussions, heat injury, and other sports injuries. Dr. Battaglia performed his fellowship training at the world-renown Hospital for Special Surgery in Manhattan, NY (rated #1 in the US by US News and World Report) and has had four years of head team physician experience covering 31 division IA NCAA teams. He is the only surgeon on the Eastside with a certificate of additional qualification from the American Board of Orthopedic Surgery in Orthopedic Sports Medicine.


SNOQUALMIE VALLEY
HOSPITAL AND CLINICS

www.snoqualmiehospital.org

Snoqualmie Valley Hospital

9575 Ethan Wade Way S.E.
Snoqualmie, WA 98065
425.831.2300

Snoqualmie Ridge Medical Clinic

35020 S.E. Kinsey St.
Snoqualmie
425.396.7682

Snoqualmie Ridge Women's Clinic

7726 Center Blvd. S.E.
Suite 230
Snoqualmie
425.831.1120

Snoqualmie Specialty Clinic

9450 Ethan Wade
Way S.E.
Snoqualmie
425.831.2313

Primary Care Clinic at SVH

9575 Ethan Wade
Way S.E.
Snoqualmie
425.831.2333