

Spring 2011 Community Health

A Publication of Snoqualmie Valley Hospital District

Recreational Therapy - Basketball



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Tony Brown plays Basketball at Snoqualmie Valley Hospital during his recreational therapy session. Basketball was one of Tony's past leisure interests. During his recovery a modified wheelchair hoop level is used to focus on upper extremity strengthening, wheelchair skills, balance and core strengthening.

All Photographs by Lindsey Oliver

Relearning Independence

Recreational Therapists: Jessica Zemke | Brienne Costa | Kelsey McFarland

Inpatients receiving rehabilitation services in our Swing Bed Program at Snoqualmie Valley Hospital participate in recreational therapy as part of their treatment plan. Recreational therapy treats the entire person through their recreational interests. "The main goal is to adapt and modify leisure activities so the patient can stay as independent as possible during their rehabilitation and recovery," says Brienne Costa, Recreational Therapist.

Our recreational therapists treat patients up to five days a week with a Rehab Activity Coordinator providing structured leisure activities on the weekends. Kay Venegas, Rehab Activity Coordinator is briefed on Friday mornings concerning each patient's treatment plan and weekend goals. Some examples of weekend leisure programs may include current events groups, tea socials, movie nights and spa days where patients have hair and nails done.

Learning and Relearning

"We like to understand and find out what motivates our patients. We try and tailor every aspect of therapy to the patient's recreational interests and needs. This approach builds the patients' confidence and eases transition in learning a modified way of doing an activity. It can also help our patients to look forward to future leisure participation outside of the hospital," states Costa.



Why should I become a Volunteer for the Snoqualmie Valley Hospital District?

Volunteers are essential for the Snoqualmie Valley Hospital District. 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.

To become a volunteer contact:
Carol Waters, Volunteer Coordinator.
Monday through Friday 9am-5pm.
Call: 425.831.2300 ext. 148

Animal Assisted Therapy

The hospital partners with the Delta Society, whose mission is to “help lead the world in advancing human health and well-being through positive interactions with animals...” If a goal is to improve the patient’s ambulation and mobility, a patient may be asked to walk one of the dogs that visit. Kelsey McFarland, Recreational Therapist, explains, “Our pet partners vary from small, medium and large dogs that differ in breed to accommodate a patient’s desires and comfort level. We have seen patients walk a dog when they aren’t always motivated to walk with a therapist.”

Animal Assisted Therapy can help a patient strengthen many different muscles. For example, if a patient had a stroke and her left side was affected, the recreational therapist might ask the patient to use her left hand to give a treat, brush or pet the dog. “The dogs truly change a patient’s mood as their visit may spark a memory or increase socialization. Many seem to remember the days and names of the dogs that come to visit effortlessly,” McFarland says.

Meg Wiltuck waters the plant life the Snoqualmie Valley Hospital has been growing in the multipurpose Day Room. As many patients enjoy horticulture, a garden area has been developed and will be completed by late spring. It will include six boxes varying in height to accommodate wheelchair access. Furthermore, exercises such as bending, stooping, standing and reaching can be practiced through this type of horticultural therapy.



Ila Stensland wins a game of Uno while playing with Brienne Costa, Recreational Therapist. Playing cards is a past leisure activity and is therefore incorporated into her treatment plan. She was willing to learn the rules of Uno so she can play with her grandchildren upon returning home. Cardholders can be utilized to increase independence for a patient who may have decreased hand or arm mobility (view on far right).

Community and Home

Each patient is educated in preparation for discharge on how to safely manipulate curbs and uneven ground using a walker or wheelchair. Recreational Therapists also review alternative transportation options and enter the community with the patient for accessibility training. Costa elaborates, “We want to decrease isolation and increase socialization. It’s important to connect with recreational resources such as the Bellevue Highlands Center, Si View Parks and Recreation and surrounding senior centers, as well as provide information on various scholarship programs to ease the patient’s financial barriers. We spend time reviewing the calendar of events with patients and may have them plan an outing. We find that attending the

community programs while still in the hospital helps to bridge the gap to increasing community participation.”

Our recreational therapists work to find creative solutions for each patient. Costa states that “transportation is always a challenge. We provide information to patients on accessible transportation options such as Mt. Si Community Shuttle and King County Metro Access programs. We advocate and assist patients with applications and completing evaluations necessary to utilize the services.”

Assisting the patients in developing healthy activity patterns and informing them about adaptive recreation equipment plays a key role in their success after discharge. Costa affirms, “We want our patients to thrive after discharge. The last thing we want is for them to go back home and decline in that environment.”



Internships / Externships

The Snoqualmie Valley Hospital District has contracts with many of the surrounding colleges including Bellevue College, Everest College and Renton Technical College. Philip Koziol, Senior Care Services Manager is our Internship/Externship contact. He states, "We are part of the Department of Labor's Community-Based Job Training Grant at the Health Science, Education & Wellness Institute, Bellevue College. This grant is designed to build the capacity of community colleges to train workers to develop skills required to succeed in high growth and high demand industries. We are focused on health care careers and provide externships to area community colleges for nursing, Hospital Unit Coordinator and laboratory services."

Philip Koziol | philipk@snoqualmiehospital.org | 425.831.2300 ext. 326

Testimonial

By Michelle Lester

With my externship, my first thought was that I was going to be sent off to some far away place where I would not be interested in commuting to after the program was done. The Snoqualmie Ridge Medical Clinic where I have my Affordable Access health membership was very close to where I live. It came to mind that just maybe the hospital the clinic is linked with might offer an externship. I called and was put in contact with Karen McIlquham, Lab Manager, and was so excited when she said she would be willing to set up an externship with me.

I was hardly nervous about my phlebotomy draws and quickly gained confidence.

I had the feeling that a smaller, local hospital would give me the chance to learn a broader scope of how a lab works. Little did I know she would allow her employees to take the time to train me to the extent that I could function as a full-time employee as well as earn credentials that would give me a leg up when moving onto my job search. Lyn Peck, Medical



Michelle Lester: Lab Extern
Photograph by Lindsey Oliver

Technologist spent most of her time being my teacher, and I was impressed at the level of knowledge she was able to bestow upon me.

Because of all the support, I was hardly nervous about my phlebotomy draws and quickly gained confidence. Even the patients here were encouraging and pleasant to work with! There was no better satisfaction than hearing a patient getting ready to leave and saying, "You guys do great work here, I'm so glad I came." That leaves me with just a wonderful outlook on the medical future I am pursuing.

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 or e-mail Affordable Access.

425.831.3430
affordableaccess@
snoqualmiehospital.org.

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.



1. "Stripes in the Hay" captured by Gary Hamburgh. His photographs can be seen on display in the back hallway of the Snoqualmie Valley Hospital near the ER and Imaging departments.

2. Landscape nature photograph captured by Stephen Matera. The hospital's main lobby displays Matera's photographs of brilliantly colored flowers.

3. "Jacquard Goose" painted by Fred Lisaius. View his paintings outside of the hospital's multi-purpose day room many of our patients use for rehabilitation and visiting friends.



A Healthy Dose of Art



Snoqualmie Valley Hospital currently has three Northwest artists on display throughout the hallways, including an array of historic photographs, captured by multiple artists on loan from Evergreen Hospital Medical Center. Kathy Feek, Art Consultant, was hired to coordinate the art displays within the hospital. "Artwork creates a less anxious environment and allows patients and visitors to focus on something else as they are waiting or recovering," Feek states.

Each collection consists of eight to twelve pieces. All artwork is secured on special hanging systems and locked for security. The artwork rotates seasonally, typically every quarter. "Artists care about the patients and their artwork contributes to patient care," Feek says. In addition, visitors and employees enjoy and are affected by the artwork. A hospital employee describes the time when she walked into the lobby and experienced the brilliant color of the photographs displayed in the lobby which set aglow; she says it brightened her demeanor.

The Snoqualmie Valley Hospital District is **looking for local artists** whose artwork would be displayed within the hospital. The artwork can consist of all different mediums, including photography, oil and acrylic paintings as well as collages. The artwork is evaluated to meet certain requirements. All displays must consist of a minimum of eight pieces and include a therapeutic, healing or colorful tone. Each artist can assist in the hanging of their pieces and have their business card displayed at the front welcoming desk. If interested, please contact Kathy Feek at T-KFeek@evergreenhealthcare.org.

Gary Hamburg

www.garyhamburgphotography.com
e-mail: hambga@comcast.net

I became interested in digital photography in 2003 and studied under Scott Bourne at the Olympic Mountain School of Photography in Gig Harbor, Washington.

Currently, I consider rural landscapes in the Palouse region of eastern Washington to be my most enjoyable subject to photograph. My photos emphasize the many barns, colors and textures that are present in that area. Photography has allowed me to see the world as a beautiful and exciting canvas. My hope is to capture and share images so that others may enjoy the beauty I experience in this region.

My work can currently be seen at Parklane Gallery in Kirkland, The Gallery on Bainbridge Island and Darrah's Gallery in Walla Walla, Washington.



These famous artists have their artwork displayed at multiple museums and/or hospitals. Please visit their websites to learn more about them and feel free to send an e-mail with any questions about their pieces.

4. "Chocolate and Caramel Mounds"
Captured by Gary Hamburg

5. Nature photograph
Captured by Stephen Matera.

6. "Mohair Egret"
Painted by Fred Lisaius.

Stephen Matera

www.materaphoto.com
e-mail: stephen@materaphoto.com

Stephen Matera is a Seattle-based outdoor photographer. His photographs capture the wild character of the West. The three pillars of landscape photography — clouds, form, and light — interact to create stunning images of many unseen areas of the West. Many of these images are captured after challenging backpack trips with a heavy overnight pack. The only way to capture these fleeting moments is to spend extended periods in the wilderness and to be ready when the three elements converge.

Matera also focuses on the intimate landscape as well, bringing out detail, form, and composition of the forests, deserts, and water of the West. Over 15 years of shooting has developed his eye to find the unique play of light, form, texture, and subject within a detailed setting.



Fred Lisaius

www.fredlisaius.com
e-mail: fredartist@comcast.net

I have been creating art in the Seattle area for more than 15 years. My paintings often explore transitional spaces, for example, day turning to night, awake to sleep, or clear to foggy. It is in these mysterious and powerful spaces that reality and the imagined coexist. In my "gardens," I express a wide array of human ideas and emotions.

In the past three years, I have completed several large projects, including an outdoor garden table and a 34-foot mural for Evergreen Hospital in Kirkland, a painting for Swedish Hospital in Seattle, a mural for the entrance to the Chicago Nordstrom and a mural for the Mayo Clinic in Florida. In each project, my work serves to create an environment that adds beauty, meaning and purpose.





Grow Your Health

Snoqualmie Valley Hospital District is committed to confront the root cause of many health diseases. It all starts with nutrition awareness.

According to Discovery Health, it is advised when you're in the grocery store, stick to the outer perimeter. "That's where you'll find fresh fruit, veggies, dairy products, fish and meats, and usually whole grains and breads. Avoid the aisles, which are full of processed foods." In addition, "eat throughout the day so that you're constantly satisfied. The less you eat, the more likely you are to sink into starvation mode and make your body want to store fat."

Contact your primary care provider for more information about healthy eating.

Source: http://health.discovery.com/tips/tips-archive_02.html



Want To Get Involved?

Lunch & Learn

Snoqualmie Valley Hospital hosts educational speakers the first Thursday of every other month. This is open to the community, but space is limited.

Thursday, April 7, 2011 | 12-1pm

Nicci Noteboom, Marketing Communications Director at Residence XII speaking on Chemical Dependency treatment for women.

Thursday, June 2, 2011 | 12-1pm

Joanne Donohue, Vice President of Senior Services speaking on "Aging your Way," a series of meetings to discuss how local communities want to support the 'BabyBoomers' as they age. One meeting in Carnation will be on April 6, 2011.

Questions or to RSVP:

Philip Koziol

philipk@snoqualmiehospital.org

NAMI Walks

National Alliance on Mental Illness

Celebrating the 7th Annual NAMI Washington Walk.

Saturday, May 14, 2011 | 3-5K

Check-in at 8:30am

Marina Park, Kirkland

Take advantage of the opportunity to volunteer, start a team, join a team or donate for the cause. Donations can be location specific. One designation choice is NAMI Eastside, which will pour donations into the staff, volunteers, education and support groups that assist individuals and families affected by brain disorders.

Questions and Participation Info:

www.nami.org/namiwalks/wa

Annie Koch

anniekoch@speakeasy.net

206.396.0990

Relay for Life

Celebrating the 10th Anniversary of the American Cancer Society's Relay for Life of Snoqualmie Valley.

Saturday, July 9th 2pm until Sunday, July 10th at 8am.

Centennial Fields, Snoqualmie

Relay For Life is more than just a fundraiser. It's a life-changing experience. At Relay, every person in the community has a chance to celebrate, remember, and fight back. And every person who participates joins others around the globe as part of this worldwide movement to end cancer. Consider getting involved this year.

Questions and Participation Info:

www.snovalleyrelay.org

Lisa Newell, Event Chair

newellvl@yahoo.com

425.765.5736



John Nilsen interacts with the audience comprised of hospital patients, staff and friends between songs, speaking of his background and the purpose for composing each piece.

Photograph by Lindsey Oliver

Renowned Pianist

Phil Harrington, Pastor of the Snoqualmie United Methodist Church and former patient at Snoqualmie Valley Hospital, is friends with renowned pianist, John Nilsen. Nilsen had a cancellation in his performance schedule in January and offered his services to the church. Leaders at the church decided that it would be good instead to offer this resource to the Hospital. Not wanting this opportunity to pass, Harrington contacted the Snoqualmie Valley Hospital District and presented this information to see if Nilsen could perform on the piano in the hospital's lobby for all of the inpatients.

Chief Operating Officer (COO) Tom Parker gladly accepted this idea and it

was coordinated to have Nilsen perform for the patients on Saturday, January 22, 2011 from 3-4 pm. Our staff informed the patients about the piano performance concert and invited them to attend. Over

We were honored to host John Nilsen at the hospital for a Saturday morning performance for our patients and family members.

15 patients, patients' family/friends and staff were able to congregate and attend this event in the hospital lobby.

The music was delightful and could be heard faintly throughout the halls of the hospital for those patients and staff members who were unable to attend.

Background

Please welcome concert pianist, jazz musician and folk-rock performer John Nilsen. Nilsen, a resident of West Linn, Ore., fuses jazz, classical, folk and rock music. He is one of the Northwest's most successful recording artists, with nearly one million records sold. He founded his record label, Magic Wing, in 1986. He describes his musical influences as The Beatles, Neil Young, Pat Metheny Group and Bruce Cockburn, among others. Taught by his mother to play piano, Nilsen transitioned to guitar and played as a guitarist and vocalist in many folk and rock bands in the '70s and '80s, before rediscovering the piano. Now, he is fluent as both a pianist and a folk-rock musician.

"We were honored to host John Nilsen at the hospital for a Saturday morning performance for our patients and family members. John's warm personality came through in his descriptions of the pieces he played and the music itself. John lifted all our spirits that morning," COO Tom Parker states.

The Snoqualmie Valley Hospital District would like to formally thank Phil Harrington, the Snoqualmie United Methodist Church and John Nilsen for making this concert a reality for our patients. Your time, talent and efforts were greatly appreciated.

You can hear John Nilsen at the upcoming 10 Grand Concert at Benaroya Hall Learn on April 1, 2011.

For more about John Nilsen and his music go online to www.johnnilsen.com.

Snoqualmie Specialty Clinic



Beverly Reimers, MA, LMHC
Behavioral Health Therapist

Appointments can be made
by calling: 425.831.2313

Welcome Beverly Reimers, MA, LMHC Behavioral Health Counseling

“I work with individuals, couples and families in a safe, confidential and supportive environment providing therapy for a wide range of emotional and behavioral issues. My area of clinical experience includes therapy for those afflicted with chronic pain, trauma, PTSD, depression, anxiety, obsessive-compulsive disorder, bipolar disorder and grief. I offer a personalized approach tailored to helping individuals build on their strengths while working toward change and personal growth they are committed to accomplishing.”

Licensed Mental Health Counselor

Education

Masters in Psychology, Existentialism and Phenomenology, Seattle University
BA, Concentration in Psychology, University of Washington

**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.
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425.831.2333