

Summer 2011 Community Health

A Publication of Snoqualmie Valley Hospital District



Above: This 40-foot-long mobile medical clinic will be stationed in the Snoqualmie Valley Alliance Church parking lot, which is located in Fall City (36017 SE Fish Hatchery Road, Fall City, WA 98024). Volunteers in our community are partnering with the Puget Sound Christian Clinic to provide medical care for those who are uninsured or low income and underinsured.

Left: One of the two medical exam rooms located in the mobile clinic. A lab area and rest room are also onboard. The medical services are free, although a donation of \$10 is suggested if possible.

Mobile Clinic

By Wendy Eckman

Are you looking for a way to give back to the community? Specifically, are you looking for a way to help the people of Snoqualmie Valley be better able to manage their health? There are many people in the Snoqualmie Valley who do not have health insurance or who are low income and underinsured, forcing them to forgo seeing a doctor to manage their health needs such as diabetes, blood pressure and cholesterol. Snoqualmie Valley Alliance Church has partnered with Puget Sound Christian Clinic (PSCC) in hosting a free medical clinic to service the Snoqualmie Valley community.

The medical clinic will be operated out of a mobile unit, a 40-foot rolling doctor's office. It is equipped with two examining rooms and a lab area. We plan to operate the medical clinic on

What's most critical right now is filling the volunteer staff so we can be operational.

Tuesdays at Snoqualmie Valley Alliance Church, 4:00pm–8:00pm. The medical clinic doesn't just stop at the visit with the doctor. We also help the patients with obtaining any medications they may need as well as accessing other needed services.

Inside

Mobile Healthcare Clinic
Volunteer Opportunities
NAMI Walk 2011
Lunch & Learn
Hospital FOUNDATION
Affordable Access
Gluten-Free in the Valley
YMCA Get Movin' Program

Q&A

How can you contribute to the mobile clinic to ensure medical care can be provided to those who are uninsured or low income and underinsured?

As with any non-profit, volunteer-based services, there are 3 ways to contribute: time, talents and resources (aka money). For time and talents, we need volunteers to run the clinics, which includes support staff as well as medical service providers. We're working with Puget Sound Christian Clinic in getting the mobile medical clinic to this community. This necessary service costs about \$6,000 per month. If only six thousand Valley families contributed \$12 a month, that amount would pay for the entire year's operation. Contribute your time, talent or resources today. Donations can be given online at www.pschristianclinic.org.

- Wendy Eckman
Snoqualmie Valley Site Coordinator

Many of you have seen the medical unit, have attended informational meetings and may be wondering what's the hold up?

Generally we ask volunteers to be available for one 4-hour shift per month

The groundwork has been laid and some funding has been received. What's most critical right now is filling the volunteer staff so we can be operational.

The Snoqualmie Valley community is rich with caring people who have talents and resources to bring a positive impact to this community. Together we can care for each other. The medical clinic's services

are provided by volunteers. In order to operate the mobile clinic here in the Snoqualmie Valley we need doctors, nurse practitioners, nurses, pharmacists, and medical assistants. We also need support staff such as receptionists, schedulers and case managers. Generally we ask volunteers to be available for one 4-hour shift per month. Consider participating to ensure medical care is given to all those in need.

Simple Start Up

There are three stages to readying yourself to volunteer:

- 1: Application and Medical Forms
- 2: Basic Training
- 3: Shadow Training

You can complete Steps 1 and 2 during any of the following briefings and then the Volunteer Program Manager at PSCC can schedule a shadow training session.

Community Briefings

Informational meeting dates:

Tuesday, July 12th and 19th

6pm-8pm

Snoqualmie Valley Alliance Church

36017 SE Fish Hatchery Road, Fall City

If you cannot attend one of the above sessions, but are still interested in serving or donating, additional information can be found on the PSCC website, www.pschristian.clinic.org or you can contact me, Wendy Eckman, directly at healthclinic@svaonline.org.

Become a volunteer!



Michelle Schut, Volunteer
Filing charts in Fall City Medical Records Office

Volunteer of the Month

Michelle Schut, North Bend Resident

"Congratulations to Michelle Schut, our Volunteer of the Month for May 2011. Michelle has volunteered since October 2010 and has not only been a loyal, dependable volunteer, but is a role model for all of us. She is always willing to go the extra mile to help out. We are so fortunate to have her as a member of our family of volunteers!"

- Carol Waters, Volunteer Coordinator

Michelle Schut is starting Bellevue College's two-year nursing program in September 2011. Currently, she is planning on sitting for the state CNA exam to become a CNA (certified nurse's aid), in order to gain experience before nursing school starts. She volunteers two or three days a week, focusing mainly on the process of verifying and filing medical charts for proper historic storage. Schut went through a special training program on all the legal ramifications for reviewing medical records by Jay Rodne, the hospital district's General Counsel. "Although the process of chart filing can be repetitive, it has enhanced my understanding and knowledge of medical charts, which will assist my future nursing vocation," Schut says.

Please contact our Volunteer Coordinator for more information about becoming a volunteer at (425) 831-2300 ext. 148.



Left to Right: Snoqualmie Valley Hospital District Team: Heidi Gerber, Medical/Surgical Nurse Manager; Rodger McCollum, CEO and his wife Tina; Philip Koziol, Senior Care Manager/Training Coordinator; Sue Mocker, Hospital Programs Coordinator and Lindsey Oliver, Marketing Coordinator, before walking the NAMI 5K at Marina Park in Kirkland on Saturday, May 14, 2011. "I had a great time. It was wonderful to see everyone pulling together for a great cause," Gerber said.

NAMI Walk 2011

By Annie Koch, NAMI Washington Walk Coordinator

Mental illness is a serious medical illness that affects one in four families. The National Alliance on Mental Illness (NAMI) support and public education efforts are focused on educating America about mental illness, offering resources to those in need and insisting that mental illness become a high national priority.

NAMI Walks around the country are the main fundraising events that keep this grassroots organization running. Due to our many generous sponsorships, all the fundraising dollars will pour donations into the staff, programs, education and support groups that assist individuals and families affected by brain disorders. We want to thank each and every one of you for making our NAMI Washington Walk 2011 such a smashing success! All of you -- every walker, every sponsor, every volunteer -- helped make Saturday, May 14, 2011, a day to remember.

Donations are close to bringing in \$270,000

Who will ever forget our luck with the weather? Sandwiched between days of cold rain and wind, Saturday morning arrived a welcome stranger with blue sky and balmy temperatures. All in all, 1,500 people turned out for the event at Kirkland's Marina Park. We broke all of our previous fundraising records and, with Walk Day donations, are now close to bringing in \$270,000. Nearly 50 team captains led team members to raise \$1,000 or more online. For more information please go to www.namiwa.org.

Lunch & Learn

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

Thursday, July 7, 2011 | 12-1pm

Location

Snoqualmie Fire Department
37600 SE Snoqualmie Pkwy
Snoqualmie, WA 98065-8715

Speaker

Christa McAllister of Raging River Recovery Center is the speaker. She will discuss substance abuse in the Valley; the programs and resources they offer; who is eligible to enter treatment or be assessed for treatment and how to access their programs.

Lunch Sponsor

Snoqualmie Valley
Hospital Foundation

Mark Your Calendars

Thursday, August 4, 2011
Thursday, September 1, 2011

Questions or to RSVP

Philip Koziol
philipk@snoqualmiehospital.org

Snoqualmie Valley Hospital FOUNDATION

Kim Is In The House

"It was a pleasure working with Scott Scowcroft as the Executive Director of the Foundation. He is now working full-time for the Snoqualmie Valley Hospital District. Our loss is the District's gain. The decision to hire Kim Arellano as the Executive Director will help the Foundation not only continue in the path that it has established, but will help us move to the next level. We are excited to work together to enhance the District's endeavors with the construction of the new hospital facility, their services and programs to further community healthcare."

—Jim Schaffer, Foundation President



Kim Arellano, Foundation Executive Director

I'm very excited to be a part of the Snoqualmie Valley Hospital Foundation. Our mission is to educate and raise resources to strengthen and support the Snoqualmie Valley Hospital District (SVHD) and the health of our community. I've spent the last few weeks listening to those who provide services to the community, as well as the residents themselves. While there are many needs in our community right now, I am overwhelmed with the love and support people have for this Valley. I see the Foundation and SVHD front and center with these individuals and organizations to make sure that healthcare is not a luxury, but a necessity!

Getting to Know You

I have spent ample time with the SVHD employees and management team learning about the services in the

hospital and clinics and their vision and programs. I was pleasantly surprised to discover all the wonderful programs

I am overwhelmed with the love and support people have for this Valley.

such as Affordable Access, the Swing Bed Program and others, surrounded by first-class healthcare. I realized that my role in the Foundation is to assist SVHD in advancing the awareness and education of services and programs, so that members of our community have the information they need to stay healthy.

Most importantly, I was humbled by the people at SVHD. Their dedication and love for those they serve is transparently evident. I am honored to serve SVHD and the citizens of the Snoqualmie Valley.

Projects in the Hopper

With tremendous support as a platform, the Foundation is starting a voucher program to supplement and pay for Affordable Access services for those who have no health insurance or who have only catastrophic coverage. We're also partnering with SVHD to sponsor the Lunch & Learn program, which presents Valley providers and citizens with the opportunity to connect with experts on a variety of health-related topics. We are researching areas where we can purchase much-needed equipment to expand healthcare procedures. Several other programs are in discussion and we are really excited about how we can collaborate and increase services to the community.

To support these programs, we are looking at fundraising opportunities with our first as the 2011 Golf For Health

event to be held on September 9th at 8:30 am at the beautiful Cascade Golf Course in North Bend. We are looking for sponsors at the holes and tees, as well as prizes and items for our grab bags. We are also inviting golfers of all talent levels to join us for fun and to help those who do not have easy access to healthcare to acquire the necessary help they need!

My goals are to connect deeper within the community and with the SVHD employees so that I can better understand what the Foundation needs to do to address the community's health related concerns.

Feedback

I welcome your feedback and suggestions. Please contact me via e-mail. You can also get the latest information and participate in exciting programs through our Facebook Page.

E-mail

foundation@snoqualmiehospital.org

Facebook Page

www.facebook.com/svhospitalfoundation



FOUNDATION Officers

President

Jim Schaffer - Snoqualmie

Vice President

Carol Waters - Snoqualmie

Secretary

Lois Kotzmoyer - North Bend

Treasurer

Rodger McCollum - North Bend



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

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 Valley: Providing Gluten-Free Options

By Nancy Baker

Snoqualmie resident, Nancy Sherry Baker, is the former director of education for the National Foundation for Celiac Awareness. Nancy is available for local consultation: NBaker@CeliacCentral.org.

Does it seem like gluten-free is everywhere nowadays? It is and with good reason. Celiac disease is a genetic autoimmune disease that interferes with the absorption of nutrients from food. When people with celiac disease ingest even a crumb of gluten (the protein in wheat, barley and rye), the whole body can be affected. Celiac disease affects 1 in 100 people or 3 million Americans. For unknown reasons, its prevalence

has increased fourfold since 1950. There are more than 300 symptoms of celiac disease such as: diarrhea, anemia, migraines, and tooth decay. Left undiagnosed, it can lead to complications such as osteoporosis, infertility, and cancer.

A simple blood test can help determine whether a person might have celiac disease. The treatment for celiac is simple: a 100% lifelong gluten-free diet.

Gluten-sensitive individuals exhibit some of the same symptoms as people with celiac disease, but typically test negative in blood tests. They specifically lack the small intestinal damage that defines celiac disease, which is only found via biopsy. Gluten sensitivity is estimated to affect 6% of the U.S. population,

Celiac disease affects 1 in 100 people or 3 million Americans.

or 18 million people. While some with gluten sensitivity “grow” out the problem, those with celiac disease will NEVER stop needing a gluten-free diet. Before embarking on a gluten-free diet, individuals should be screened for celiac disease, as compliance to the gluten-free diet must be far stricter for celiacs.

Gluten-free products are now found on store shelves and on restaurant menus. For those in the Snoqualmie Valley, there are many options for finding gluten-free foods as well as medical staff trained to recognize and diagnose celiac disease and gluten sensitivities.

Village Pharmacy even screens for gluten in medications. All of the local markets in Fall City, Snoqualmie and North Bend carry gluten-free options. All options are not the same. Until recently, most gluten-free foods were sub-par. Wonderful new products are now available from specialty companies (Rudi’s, Udi’s, Simply Shari’s, and San-J) as well as newly reformulated products from mainstream producers (Chex, Bisquick, and Progresso).

Previously, a gluten-free menu was a hamburger with no bun. Nowadays, in addition to adding options like gluten-free pastas and pizzas, effective restaurants train cooks and staff to prevent cross-contamination and serving errors. Major chains like P.F. Changs (Bellevue), Maggiano’s Little Italy (Bellevue) and Extreme Pizza (Issaquah) have successfully gone to great lengths to attract new customers through attention to the safety of their gluten-free menus. Although no local restaurants have been formally trained to serve gluten-free options, many are attempting to enter this market, including Brunello’s Ristorante (Snoqualmie Ridge: gluten-free pasta), Toad’s Café (North Bend: gluten-free baked goods), and Ana’s (Snoqualmie Ridge: inherently gluten-free options).

Some see gluten-free as a fad diet. Thankfully, with increased diagnosis of celiac disease and gluten-intolerance, gluten-free is never going away. It is not a fad but a complete market shift. ■

Gluten-Free Recipe Stracciatella Soup

1 oz. butter
3 oz. spinach, chopped
6 oz. diced onion
1 oz. chicken base
1 Tbsp. basil
1 Tbsp. parsley
2 qt. water
2 eggs
3 Tbsp. Parmesan

In a large pot, heat butter and sauté onions until translucent. Stir in base, basil, parsley and spinach; do not brown. Add water, then simmer for 1 hour or more. In small bowl, whip together eggs and Parmesan. Fifteen minutes before serving, slowly stir in egg mixture. Stir pot before each serving.

National Foundation for Celiac Awareness (NFCA)

NFCA is the leader in providing accessible education programs about celiac disease and the gluten-free diet through their program, **GREAT: Gluten-free Resource Education Awareness Training**. GREAT gives continuing education credits to those who take the course online or in person.

For more information about celiac disease (symptoms checklist), the gluten-free diet (product reviews and tips for entertaining gluten-free guests), or accredited training for restaurants and medical staff go to: www.CeliacCentral.org.



Get Movin'

for a lifetime of good health!



Facebook QR Code

Looking for fun, healthy activities to do with the kids this summer? Get Movin' is coming to Snoqualmie Valley! This all-ages, free summer program motivates families to improve their health by adopting a more active, healthy lifestyle through physical and recreational activities.

The Get Movin' program has three easy steps:

1. Get Movin'
Be physically active 30 minutes a day at least five days a week, all summer long.
2. Keep Track
Stay on track and mark your progress on the Playbook calendar.
3. Reward Yourself
Use a reward coupon each week that you meet the goal.

Participants will receive a Get Movin' Playbook at registration, which will include program details, a tracking calendar, reward coupons and a t-shirt, while supplies last.

About Get Movin'

The Get Movin' program was established in 2004 by a community partnership of public and private agencies to combat youth obesity in Snohomish County. It has grown into a broad-based community coalition to help improve the health of Snohomish and King County residents. Get Movin' participation has steadily increased each year and the program was recently honored as a 2011 Spotlight Winner by the Washington Recreation & Parks Association. Get Movin' is supported by grants, sponsors and local businesses.

Sponsors and Partners

The Y, Encompass, Swedish Medical Group, City of Snoqualmie, Si View Metro Parks, Snoqualmie Valley Hospital District

For more Information or to Register



E-mail getmovinkingcounty@yahoo.com or call 206-223-1637

Facebook: www.facebook.com/pages/Get-Movin-King-County/160017157397735

Congratulations Providers



*Karen LaJambe, MSN, FNP-C, GNP-C
Primary Care Clinic at SVH*

Karen recently earned her Geriatric Board Certification.

Given that today's 65 year old is expected to live an additional 18 years and those over 85 will triple in number by 2020, Karen's certification helps ensure that her older patients will continue to receive the best care in the country.

Karen heads the Primary Care Clinic at Snoqualmie Valley Hospital.



*Joanna Hagen, MN, ARNP
Snoqualmie Ridge Medical Clinic*

Joanna was voted a finalist by the Valley Record's 2011 Reader's Choice Awards as "Best Doctor in the Valley."

"My approach is taking the time to listen to my patients' concerns while individualizing care. I enjoy working with my patients as a team, providing information they need to make the appropriate healthcare decisions."

Joanna practices at the Snoqualmie Ridge Medical Clinic.



*Patricia Yetneberk, DNP, ARNP
Snoqualmie Speciality Clinic*

Patricia completed the American Academy of Pain Management Board Certificate exam.

The rigorous AAPM credentialing process certifies Patricia to work within a multi-disciplinary team approach with chronic pain patients who also have a co-existing addiction disorder or mental health issue.

The Snoqualmie Valley Hospital District Pain Management Clinic is located on the Hospital Campus.



Main Line: (425) 831-2300 | 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