

# Community Health



*Genada Lynn, North Bend resident, walks on the treadmill during her outpatient rehab appointment at Snoqualmie Valley Hospital.*

## Small town with exceptional healthcare

**By Genada Lynn**

I was asked to call the hospital to see if they would provide a speaker for my senior fellowship group at Mt. Si Lutheran Church. Sue Mocker, the Hospital Programs Coordinator, came out multiple times to teach us about the services the hospital provides, including the Swing Bed Program. She even asked Karen LaJambe, one of their medical providers, to come talk to us about stroke which was very worthwhile as people my age can have strokes.

Little did I know I would need hip surgery a few months later. After my surgery, I requested to be transferred to Snoqualmie Valley Hospital's Swing Bed Program for my rehabilitation to strengthen my hip.

It was the happiest place. Everyone talked to me. When anyone walked

into my room they would ask me how I'm doing. They really treated me like family. I was blessed with a wonderful roommate. Someone checked on my roommate and me every hour or so and the doctor came every day to see me. Volunteers would come play the piano and I was invited to go watch and listen. It was fun to go to the Day Room where we ate community meals together. I enjoyed talking with everyone and hearing their stories and the hospital's soups and salads were wonderful.

One thing that really stuck out to me was each time I had to use the bathroom there was a button to press when I was finished. They cleaned my bathroom after each use. I thought—this hospital cares not only for me, but everyone else too.

**"I have never experienced such care."**

I had to go to what I called the 'evil den' where they would have me do exercises like climbing the stairs. They were with me the entire time encouraging me, but it was hard work.

When I was strong enough to go home, I transitioned out of the hospital into the hospital's outpatient rehab. The hospital has

complimentary transportation. The van came right on time and picked me up and brought me to my outpatient rehab appointments and dropped me off right at my front door. I had two therapists that oversaw my medical needs. They each had good communication and problem-solving skills. It made me feel good because I knew they were paying attention, and I liked how they explained to me in detail the reasons why I was doing a particular exercise.

I have full strength now and can go up and down the stairs in my two-story home and can drive my car. I do my stretches everyday so I can stay pain free and mobile.

The hospital is close to my house so it is easy to have all my doctors refer me there, when possible, for tests such as blood work or medical imaging. That is the blessing of having a community hospital.

The hospital communicated results and status updates to my other doctors. I told my specialist I received perfect care. My specialist was amazed with my strength and recovery and highly approved of my therapy. My primary care doctor knew everything that had happened to me everyday and she was prepared and knowledgeable when I had follow-up appointments with her.

I have never experienced such care. It's nice to live in a small town and have super healthcare available. When you get old, all you need is someone to care like they do. We are very lucky.



## Construction underway for new Snoqualmie Valley Hospital facility

Utilities work is underway for the new Snoqualmie Valley Hospital site located off I-90 at exit 25. The new 70,000 square foot facility will be more than twice the size of the existing hospital, allowing for full occupancy of the hospital's 25 patient rooms and providing better access and service to patients.

The General Contractor on the project is Absher Construction. Hos Brothers Construction, the site work sub-contractor, began work early this month on the wet utilities, including water, sewer and storm drainage systems.

"We are basically working on everything that needs to be underground," Barbara Rodgers, Senior Project Manager for Hos Brothers Construction, said. "We started at one end of the site and are moving across the site with all three types of utilities, digging depths anywhere from 4 to 16 feet to install the utilities."

### Scheduled completion for early 2014

The contractors are working in small sections, first digging the trenches, installing the utility and then backfilling the trench to minimize how much ground is exposed to the rain.

"They are doing this to keep the storm water runoff clean and because

rain saturating the backfill material means they can't use it and they have to import dry fill," Jim Grafton, Capital Projects Manager for the Snoqualmie Valley Hospital District, said.

The water, sewer and storm drainage systems are two-thirds of the way installed and should be completed by the end of next week.

"The next step is to install the dry utilities, like the cable lines, gas lines and phone lines," Brianne Gastfield, Civil Engineer for ESM Consulting Engineers, said. "After that will be surface improvements, including the curbing, sidewalks and the first layer of asphalt to make the site ready for the building."

The two-story plus basement building will feature individual, private inpatient rooms, inpatient and outpatient physical therapy, a larger emergency department, women's health services, senior health services, rehabilitation services, a larger gastroenterology service, expanded laboratory services, imaging and diagnostic services and will accommodate an enlarged primary and specialty care clinic.

Completion of the project is scheduled for early 2014.

Frequently asked questions can be viewed on our website at [www.SVHD4.org](http://www.SVHD4.org)







**Dr. Macy Fox OB/GYN**

## Compassionate care begins with listening

It is important to find a doctor you feel comfortable with, especially when you need an obstetrician or gynecologist. Trusting your doctor begins with knowing that they are qualified.

Macy Fox, Doctor of Osteopathic Medicine at Snoqualmie Ridge Women's Clinic, specializes in obstetrics and gynecology and focuses on women's health, including prenatal care and birth. She is Board Certified with American Osteopathic Board of Obstetrics and Gynecology. She completed her Bachelor of Science in zoology/premed at Ohio University. She graduated from Ohio University's College of Osteopathic Medicine where she completed a pre-doctoral fellowship in Family Medicine, which included research and teaching responsibilities. After graduation, she completed a rotating internship and a four-year residency in OB/GYN.

Dr. Fox believes that listening to her patients is one of the most important things she can do.

## We serve women from teens through menopause.

"By explaining treatment options and allowing them to make decisions, we can form a plan for optimal care," Dr. Fox said. "As an obstetrician, I consider it an honor and a privilege to assist in the birth of my patient's child. As a gynecologist, I enjoy meeting new patients, hearing their stories, relating to them personally and focusing on healthy lifestyles."

Some of the services provided at Snoqualmie Ridge Women's Clinic include annual gynecology exams, family planning, maternity, post-partum services, childbirth procedures and surgery at Swedish Medical Center in Issaquah.

"I have been very happy with Dr. Fox's medical care," one of Dr. Fox's patients wrote. "She is a fantastic listener and I never feel rushed during an appointment. She is great

at explaining treatment options and lets the patient make the decision that is right for them."

Dr. Fox is also certified in the NovaSure procedure, which is for premenopausal women with heavy periods due to benign causes who are finished childbearing. It is a one-time procedure that gently removes the lining of the uterus to reduce or stop bleeding altogether.

"The procedure is much faster, easier, and safer than a hysterectomy," Fox said. "The recovery is also much faster – 24 hours for the NovaSure, compared to 3 to 6 weeks for a hysterectomy."

NovaSure can be performed in the office and the cycle of treatment lasts an average of 90 seconds. It is a less invasive alternative to a hysterectomy and avoids the potential side effects of hormones. For more information about the NovaSure procedure, visit [www.novasure.com](http://www.novasure.com).

**Snoqualmie Ridge Women's Clinic**  
**(425) 831-1120**  
**7726 Center Blvd SE, Suite 230**  
**Snoqualmie, WA 98065**





## Affordable Healthcare

Suzanne Peterson lives in North Bend and is an independent contractor and hairstylist with Destiny by Design.

When she first moved to the area, she found a primary care doctor at Snoqualmie Ridge Medical Clinic. She has an ongoing condition and needs to see a doctor more than once

a year and only has catastrophic insurance with a deductible of \$3500.

The doctor at the clinic informed her of the Hospital District's Affordable Access Program which is pre-paid, clinic healthcare.

"This program makes it possible for me to control my medical expenses without feeling overwhelmed with meeting my insurance deductible. It allows me to stay on top of my health and take better care of myself. The program even includes a flu shot for the winter season which I just recently received. I am so thankful this program exists and would recommend it to anyone."

### A Good Option for people with:

- No Health Insurance
- High-Deductible Insurance Plan
- Organizations who want to offer preventative care at a low cost for their employees

### Affordable Access Program

(425) 831-3430

[affordableaccess@](mailto:affordableaccess@snoqualmiehospital.org)

[snoqualmiehospital.org](http://snoqualmiehospital.org)

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

## Lunch & Learn

First Thursday of every month at the Snoqualmie Fire Station.

### Dec. 6

"Post-Acute Care" Review of options available for continued recovery following hospitalization.

### Register Online:

[snoqualmiehospital.org/community/lunch-learn](http://snoqualmiehospital.org/community/lunch-learn)



Classes are recorded and placed on our YouTube page for your reference.



Scan the QR Code to register for our December Lunch and Learn.

## Services

Affordable Access Program

Anti-Coagulation Clinic

### Clinics

Snoqualmie Ridge Medical Clinic  
Snoqualmie Ridge Women's Clinic  
Primary Care Clinic (In Hospital)  
Snoqualmie Specialty Clinic

Endoscopy / Colonoscopy

Emergency Services

Infusion Therapy

Lab Services

### Medical Imaging

CT, X-Ray, MRI, Ultrasound

Outpatient Rehabilitation

Swing Bed Program

Transportation Services

Wound Care

And More!



## Healthcare Locations

**Snoqualmie Valley Hospital**  
**Primary Care Clinic**  
**Snoqualmie Specialty Clinic**  
**Snoqualmie Ridge Medical Clinic**  
**Snoqualmie Ridge Women's Clinic**

(425) 831-2300  
(425) 831-2333  
(425) 831-2313  
(425) 396-7694  
(425) 831-1120