

## Construction resumes at new hospital site

Work resumed at the new hospital site off I-90 at exit 25 and 99th St. in Snoqualmie, following a several month delay. After completing negotiations with developer The Benaroya Company, the final agreements were signed on July 26, allowing construction to continue.

Absher Construction Company and Hos Brother's Construction, Inc. are finishing the underground utilities work in preparation of putting down the first layer of asphalt for the parking lot.

The architects recently submitted the building foundation and shell permit. After it's processed, construction of the hospital building exterior can then begin.

"The goal is to get started on the exterior before the weather gets cold and wet," Jim Grafton, Capital Projects Manager for Snoqualmie



Rendering of the new hospital looking toward the main entry. The site is located within the City of Snoqualmie, close to the Snoqualmie Parkway exit from I-90. The facility is scheduled to open in late 2014.

Valley Hospital District, said. "That way, the contractors will be ready to work indoors during the winter months."

Permits for the design of the building interior will be submitted soon. Approval is expected before the building shell is finished, so contractors can move on to the interior construction without interruption.

With an anticipated opening in late 2014, the new hospital will feature expanded departments. These

include 25 individual, private inpatient rooms; larger emergency, rehab, imaging and lab departments; larger primary care and specialty care clinics and an education facility.

The current hospital off exit 27 will remain open during construction to serve the community.

For more information about the new hospital, go to [www.svhd4.org](http://www.svhd4.org) under About Us and click on Hospital Relocation.

## YOU'RE INVITED TO OUR GROUNDBREAKING CEREMONY



**Wednesday, September 25, 2013, 2:00 pm – 3:00 pm**

Location: Just off I-90, Exit 25 on SE 99th St.

### Presenters

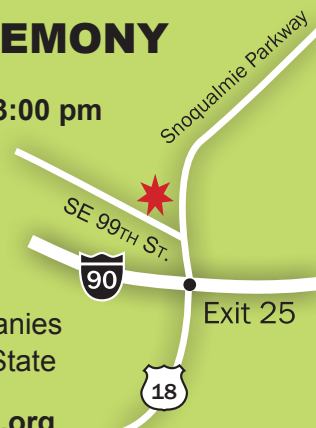
Dick Jones, Board President

Matt Larson, Snoqualmie Mayor

Larry Benaroya, Manager, The Benaroya Companies

Mary Selecky, Former Secretary of Health, WA State

**RSVP: [groundbreaking@snoqualmiehospital.org](mailto:groundbreaking@snoqualmiehospital.org)**



# Healing Garden

The Snoqualmie Valley Hospital Foundation is running a capital campaign to construct a healing garden at the new hospital site.



- The healing garden will promote health and recovery for our patients.
- It will be a sanctuary for patients, guests and employees of the hospital to visit.
- There will be numerous features like waterfalls and sculptures throughout the healing garden to create a restful environment.
- Engrave a brick for \$250.

## Contact

foundation@snoqualmiehospital.org  
425-260-3140

## Donate Online

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

## Hospital to provide health coverage enrollment assistance

As part of national health care reform, the Washington Health Benefit Exchange created an online site called Healthplanfinder, for individuals, families and small businesses to enroll in affordable health insurance plans.

Healthplanfinder is a way for people in Washington to compare insurance plans and prices and choose the plan that fits their needs and budget. People can also determine if they are eligible for low-cost or free health care plans, along with subsidy estimates.

While the site is user-friendly, people may need assistance navigating the site or need a computer to use. Snoqualmie Valley Hospital District is providing in-person assistance and printed materials to help people understand their options and enroll in coverage.

“A staff member will be available starting October 1st to provide information and assistance so people can make their own decisions about healthcare coverage,” Dr. Kimberly Witkop, Vice President of Medical Affairs with Snoqualmie Valley Hospital District, said. “Our role is simply to connect people with all the available options.”

## Open Enrollment Begins October 1st

Open enrollment starts October 1, 2013 and lasts through March 31, 2014 for coverage that takes effect on January 1, 2014. Staff assistance will



*Our staff will assist you with enrollment and general questions. We look forward to assisting you and your family.*

be available 9 a.m. to 3 p.m., Monday through Thursday throughout the enrollment period. The Health Benefit Exchange office will be at 213 Bendigo Blvd. N, Suite 1, North Bend, across from Sterling Bank.

For more information about the Health Benefit Exchange, go to [www.wahbexchange.org](http://www.wahbexchange.org) or [www.wahealthfinder.org](http://www.wahealthfinder.org) or [www.hca.wa.gov/hcr/me](http://www.hca.wa.gov/hcr/me).





The YMCA and Snoqualmie Valley Hospital staff instruct Healthy Transitions participants how to safely use exercise equipment at the Snoqualmie Valley YMCA gym.

## Bridging the gap between therapy and continued health

Snoqualmie Valley Hospital is collaborating with the Snoqualmie Valley YMCA to help patients make the transition between therapy and continued health.

The Healthy Transitions program provides patients who no longer need skilled therapies an opportunity to receive personalized training at the YMCA.

“This is an excellent way to combine our resources with the hospital and to give back to the community,” Megan Worzella, Director of Healthy Living for the Snoqualmie Valley YMCA, said.

When a patient is nearing graduation from SVH rehab, they are eligible to receive training in an exercise program based on the patient’s specific needs, using the equipment at the YMCA.

Lisa Krasowski, Physical Therapy Assistant and outpatient coordinator for Snoqualmie Valley Hospital, will provide the monthly training sessions at the YMCA from a program developed by the SVH therapist who worked with the patient.

“Our goal is to work with our patients to develop an exercise program that will help them continue to become stronger and maintain their optimal health,” Krasowski said.

Healthy Transitions participants will also receive three trial sessions at the YMCA. After these sessions, they may choose to become a member of the YMCA to continue their exercise program and participate in the fitness classes offered at the Y. Participants are eligible for financial assistance and reduced joining fees through the YMCA, if needed.

### New Program: Healthy Transitions

“We are excited to see how this program evolves in the future and are grateful to the YMCA for the opportunity to collaborate to support the health and wellness of the Valley,” Lauren Sheehan, Rehab Director for Snoqualmie Valley Hospital, said.

#### Healthy Transitions Program

Lisa - [lisakr@snoqualmiehospital.org](mailto:lisakr@snoqualmiehospital.org) or  
Lauren - [laurens@snoqualmiehospital.org](mailto:laurens@snoqualmiehospital.org), or  
call 425-831-2376.



**No matter the emergency, we help you feel better—faster**

Snoqualmie Valley Hospital offers emergency care with qualified and dedicated medical personnel.

Our ER physicians, nurses and support staff are well-equipped to diagnose and treat your specific injury or illness.

#### The most common emergency medical conditions include:

- Allergic reactions
- Asthma attacks
- Deep cuts
- Dehydration
- Fractures
- Head injuries
- Pediatric concerns
- Pneumonia
- Respiratory conditions
- Severe abdominal pain
- Severe pain
- Stroke symptoms
- Suspected heart attack
- Uncontrolled bleeding

If you believe you’re experiencing a life-threatening emergency, call 9-1-1.

Learn more at [www.SVHD4.org](http://www.SVHD4.org)

# DriveThru Flu Shot



**SAVE  
THE  
DATE**

**1 Day  
2 Locations**

Saturday, October 5, 2013  
9am – 2pm

**Locations:**

**Snoqualmie Valley Hospital**  
9575 Ethan Wade Way SE  
Snoqualmie, WA 98065

**West End of Snoqualmie Parkway**  
34500 SE 99th St.  
Snoqualmie, WA 98065 - (near I-90)



## Lunch & Learn

**Oct. - Dec. 2013 Schedule**

Oct. 3 - New Hospital Update

Nov. 7 - The Affordable Care Act  
(ObamaCare)

Dec. 5 - Disaster Preparedness

**You Tube Watch Classes Online**

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.

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



**Did You Know?**

## 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 is available at our Snoqualmie Ridge Medical Clinic and OB/GYN at our 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).



## District Services

**Snoqualmie Valley Hospital**  
(425) 831-2300

**Primary Care Clinic (In Hospital)**  
(425) 831-2333

**Snoqualmie Ridge Medical Clinic**  
(425) 396-7682

**Snoqualmie Ridge Women's Clinic**  
(425) 831-1120

**Snoqualmie Specialty Clinic**  
(425) 831-2313

- Affordable Access Program
- Anti-Coagulation Clinic
- Endoscopy / Colonoscopy
- Emergency Services
- Infusion Therapy
- Lab Services
- Medical Imaging
- Outpatient Rehabilitation
- Swing Bed Program
- Transportation Services
- Wound Care
- And More!

