



life AND HEALTH

We're better together

JANUARY 2019, WE WILL ALL SHARE THE SAME PARENT NAME



**By Leianne Everett,
CEO**

For over 80 years, we've been providing the care our community needs when it's needed

most. We're looking forward to another 80 and more, serving you with compassionate, professional care right here at home. You may have heard that in the new year, along with our commitment to sharing resources and providers who care for you—in Morton, Mossyrock and Randle—we will also share the same parent name: Arbor Health.

From here on out, we will be known as:

- Arbor Health, Morton Hospital**
- Arbor Health, Mossyrock Clinic**
- Arbor Health, Randle Clinic**
- Arbor Health, Specialty Clinic**

It's important to say that we're still the same organization...we're owned by this community and we exist solely to serve you. Our new parent name reflects that we are truly better together, with unified records and coordinated care that is personalized for you and your family. We believe you deserve health care that is convenient, consistently dependable and close to home.

Leading the way to bring advancements and innovation right here

In 2018, we became the first in Lewis County to offer 3-D digital mammography as part of our women's care program. We did this because we know annual breast exams are crucial to ensure proper women's health and 3-D digital mammography is much more accurate, greatly reducing the need for a recall mammogram, saving time, expense and—most importantly—providing early detection.

This is just one example of our commitment to innovation and local health care advancement. We consistently invest in new equipment, ongoing training for employees and bringing new providers to Lewis County. Our goal for reinvesting into Arbor Health is to offer you an expanded array of services so that you can receive compassionate, professional care right here at home. We know this is a path to new opportunity that makes our community healthier and more prosperous.

This fall, our Foundation and Board of Commissioners held a series of community receptions at our hospital and local clinics. Our goal was to



**We're Better,
Together.**

answer your questions and talk with you about our vision of being one organization. We want you to understand that we are still the same critical access hospital and clinics, but now our name reflects that we are one organization so that you know you can remain close to home for nearly all your health care needs.

Please join us

I hope you will attend our Arbor Health Grand Opening on Saturday, Jan. 12, at Morton Hospital. We will have a variety of activities that we hope you enjoy. You can see the full schedule on page 6.

Compassionate, diligent, professional care: Strategic plan update



One of the great motivational leaders and authors of the 20th century, Napoleon Hill, said, “A goal is a dream with a deadline.” With that in mind, our hospital board of commissioners and leadership are midway through deployment of a strategic plan, spanning from 2017 to 2019. This plan is focused on achievement of goals within three specific initiatives. We want to provide you an update on our progress toward reaching our goals.

Goal	Update
<p>Position and market the District’s primary care clinics as the entry point for health care in the community.</p> <p>Meet the needs of District residents for accessible and available primary care.</p>	<ul style="list-style-type: none"> • Added case manager position to ensure patient progress from clinic-to-hospital and hospital-to-home transitions. • Added speech therapist to rehabilitation services. • Expanding women’s care services in Specialty Clinic as of January 2019. • Added first-in-county 3-D digital mammography. • Added behavioral health staff in July 2018. Telepsychiatric services to be implemented in January 2019. • Work is underway to market recovery care for community members who leave area for specialized surgery. • Hired interim rehabilitation services manager. Recruiting for three physical therapists and permanent manager. Increased occupational therapist to one full-time person.
<p>Engage employees and providers in creating a culture focused on safety, patient satisfaction and outcomes.</p> <p>Engage staff to assure that we operate with a single voice and a shared culture every touch, every time and that the District’s services are viewed as a single entity—not as separate clinics and hospital.</p>	<ul style="list-style-type: none"> • Restructuring quality department to support process improvement initiatives throughout organization. • Case management, care coordination and behavior health are operating as a single team, managing shared patients. • Multidisciplinary huddle boards are held each shift to improve communication and improve patient safety at handoffs. Housekeeping has instituted a huddle board to improve communication. • In January 2019, we will adopt a new parent name, Arbor Health. We are the same organization, and our name reflects that we are better together. We exist solely to support our community’s good health.
<p>Continue to develop the infrastructure to support transition from volume to value: The District anticipates that its reimbursement will increasingly be based on patient outcomes. Our challenge is to maintain at least a one percent margin from operations while investing in the efficiencies, analytics and processes that will assure our ability to participate in value-based care.</p>	<ul style="list-style-type: none"> • Transitioning from fee-for-service model of care to a value-based system based on quality outcomes of patient care. • Active in the Cascade Pacific Action Alliance (cpaa.org) to identify and apply improvements focused on safety and well-being in patient care. • Reinvestment into training, education and advanced technology and equipment to maintain a one percent EBIDA (earnings before interest, taxes, depreciation and amortization).

More than 80 years ago, Morton General Hospital was opened to serve the health care needs of the hard-working settlers of East Lewis County. Today, the organization is poised for tremendous growth and change, expanding primary and women’s care, and bringing advanced technology, such as 3-D digital mammography, to our community. Probably the most visible change will happen in January 2019 when the District adopts a new parent name, Arbor Health. This new name reflects the philosophy that our network of care is truly better together, ensuring compassionate, professional health care right here at home—convenient, consistently dependable and personalized for you and your family.

It does a body good

The human body is made for motion. But what if an injury or medical condition brings some part of your body to a standstill? One solution might be physical therapy.

Physical therapy is a field of health care that helps people regain lost mobility, strength and flexibility. To do that, physical therapists call on a wide range of interventions. For example:

- Therapeutic exercise; land and aquatic.
- Soft tissue and joint mobilization techniques.
- Biofeedback and therapeutic activities training.
- Ultrasound and other necessary modalities.

Our physical therapists work closely with your primary care provider (PCP) to

create treatment plans and track patient progress.

Some physical therapy is inpatient treatment, for rehabilitation after a stroke, for example. Physical therapy, however, is also offered on an outpatient basis at our hospital.

Could it help me?

You might seek physical therapy to help relieve pain or prevent injury so you can stay active. In some cases, therapy might help you avoid surgery.

Among the many things physical therapists can help with are:

- Arthritis.
- Back, neck, knee and shoulder pain.
- Bladder control.



To learn about our physical therapy services, visit Arbor Health Rehab Services at myarborhealth.org.

- Carpal tunnel syndrome.
- Fractures, sprains and strains.
- Osteoporosis.
- Overuse injuries.

If pain or a medical condition is affecting how you move, ask your doctor about physical therapy. It might help restore the motion you've been missing.

What is

speech

therapy?

One of the added services Arbor Health,

Morton Hospital has added is speech therapy. This is one way we are striving to meet the community's needs.

Speech, language, thinking skills and swallowing all require very specific and highly coordinated messages from the brain and movement of many parts of the body. When a disruption occurs in this system, a variety of disorders can occur, which can compromise our ability to communicate, understand and process information, remember,

problem solve, and eat safely.

There are speech therapists who can help when this happens. We are thrilled to report that we now have a speech-language pathologist on staff in our rehabilitation department.

Services will be available for adolescents and adults on an inpatient and outpatient basis, as well as children on an outpatient basis.

Our nationally certified and state licensed speech-language pathologist is specialized in addressing areas that include: language, cognitive function, speech, voice, swallowing, fluency, and augmentative and alternative communication.

Common referrals include:

- Neurological disorders (e.g. traumatic brain injury, stroke, Parkinson's disease, etc.).

- Head, neck and oral cancer.
- Developmental delays (speech, language, cognition).
- Stuttering.
- Autism spectrum disorder.
- Voice disorders.

We provide comprehensive and compassionate evaluation, treatment, training, and education. Our goal is to facilitate acquisition of new skills, restoration of prior skills, adaptive strategies, and techniques to promote function and independence related to communication, cognition or swallowing.

Our approach is patient-centered but also includes training and education with family and caregivers to enhance understanding and carryover of skills, and support the patient in their learning and/or recovery. Ask your physician or primary care provider for a referral and call our rehabilitation services department to schedule a visit with our speech therapist at **360-496-3593**.



Our Services

24-hour, on-site ER doctor

Specialty Clinic

- General surgery.
- Gynecology.

Surgery Clinic

Wound Care Clinic

Clinical Laboratory

Consulting Specialists

Diagnostic Imaging

- CT scan.
- 3-D digital mammography.
- Digital x-ray.
- MRI.
- Nuclear medicine.
- Ultrasound.

Free Health Education Classes

Nutrition Services

Outpatient Drug Therapy

Physical Rehabilitation

- Aqua therapy.
- Occupational therapy.
- Physical therapy.
- Respiratory services.
- Speech therapy.

Sleep Lab

Social Services

Visit us online
myarborhealth.org.



ASK THE EXPERTS

How can I reduce my risk of diabetes?

The family doctor says: Watch your weight



Keiran Shute, MD
Family Medicine

If you're overweight, dropping pounds—and keeping them off—can cut your risk of type 2 diabetes, the most common form of the disease. And you don't have to lose a lot. Shedding just 5 to 7 percent of your starting weight can help prevent or delay type 2 diabetes. For example, if you weigh 200 pounds, you only need to take off 10 to 14 pounds.



NEED A DOCTOR?
We can help you with that.

Arbor Health,
Randle Clinic,
360-497-3333

Arbor Health,
Mossyrock Clinic,
360-983-8990



The internist says: Know your blood sugar numbers



Quoc Ho, MD
Internal Medicine
Specialist

Before people develop type 2 diabetes, they almost always have prediabetes. That means their blood sugar levels are higher than normal but not yet high enough to be diagnosed as diabetes. If you know you have prediabetes, you can work with your doctor to help prevent diabetes.

The diabetes educator says: Snack wisely

Try not to nibble when you watch TV or are busy with other activities. You're more



Diane Hurley, RN, MA
Diabetes educator

likely to overeat, which can move the scale in the wrong direction.

The family doctor says: Take a hike

Research shows you can lower your type 2 diabetes risk by moving more. Try to be active for at least 30 minutes a day, five days a week. Walking is a great way to get started.



Don Allison, MD
Family Medicine

Don't let the rain deter you; get out your umbrella and start walking.



LIFE AND HEALTH is brought to you by ELC Hospital Foundation as a community service for the friends and patrons of ARBOR HEALTH, P.O. Box 1138, Morton, WA 98356, telephone 360-496-5112.

Information in LIFE AND HEALTH comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider. Models may be used in photos and illustrations.

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We offer the only 3-D mammography in Lewis County

While there are several choices to receive a standard mammogram in Lewis County, Morton Hospital is the only location in this county to offer 3-D mammography. This speaks to our commitment to providing the very best diagnostic imaging services for our patients.

Mammograms are vital. They give women a crucial head start on finding breast cancer early when treatment is often most effective. They can detect tumors that are still too tiny to feel and identify cancers before symptoms start.

A different dimension in breast x-rays

This newer type of mammogram (also known as breast tomosynthesis) improves the accuracy of breast cancer screening. Here's how it works:

During a 3-D mammogram, a woman's breast is compressed, just as it is for a standard mammogram. An x-ray machine moves over the breast, taking multiple, slicelike pictures. Special computer software then creates a detailed 3-D image of the breast.

Research suggests that 3-D mammograms have the potential to:

- Provide clearer images of abnormalities in dense breasts. Women who have dense breasts—defined as breasts that have a lot of fibrous or glandular tissue and not much fat—are at a slightly higher risk of developing breast cancer.
- Improve the ability of doctors to accurately diagnose breast cancer.
- Find small tumors that may have remained hidden on a conventional mammogram.
- Greatly reduce the number of women called back for further testing because of false alarms.

Get tested

The American College of Radiology recommends that women at average risk of breast cancer have yearly mammograms

starting at age 40. (Women between 40 and 44 have the option to start screening with a mammogram every year.) Those at higher risk should start screening earlier.



OUR PATIENTS TELL US mammograms with the new 3-D unit are much more comfortable than the standard machines! Schedule your 3-D mammogram by calling **360-496-3523**.



Arbor Health Imaging Manager Jeri Whitnell, a breast cancer survivor, displays the new 3-D mammography machine.



GRAND OPENING CELEBRATION

Join us in celebrating the parent-name adoption of "Arbor Health."

Saturday, Jan. 12, 1 to 3 p.m.

Arbor Health, Morton Hospital

1 p.m.

- Event kickoff

1:30 p.m.

- Ribbon cutting

1-3 p.m.

- Art show by White Pass and Mossyrock high schools
- Metal arts display by Mossyrock and Morton high schools
- Woodshop display by White Pass High School
- Quilt show
- Cowlitz River Salmon Hatchery display
- Children's face painting
- Door prizes
- Refreshments in cafeteria
- Area elementary students' artwork display

2 p.m.

- Fire Mountain Arts Council Children's Theater performance

2:30 p.m.

- Washington State Patrol car seat safety check
- Quilt show winner presentation

EXPANDING WOMEN'S HEALTH SERVICES

You asked and we listened

At Arbor Health, we believe that the relationship between you and your women's care professional is a vital lifeline.

One of the health care needs that have been voiced in recent years is the need for expanded women's health care services in East Lewis County. As of the new year, Jennifer Montoure, ARNP, FNP-C, joins Gynecologist Esther Park-Hwang, MD, in the Morton Hospital Specialty Clinic to expand the services for our female patients.

Jennifer is a local woman, having grown up in Randle and earning her original registered nurse degree from Centralia College. From there, she earned her bachelor of science in nursing and then her family nurse practitioner training at Simmons University in Boston.

In addition to family medicine and women's health, Jennifer specializes in sleep medicine. She works full time in the Specialty Clinic. Call her or Dr. Park-Hwang for an appointment at **360-496-3641**.



Joining Esther Park-Hwang, MD, in the Morton Hospital Specialty Clinic is Jennifer Montoure, ARNP, FNP-C (at right).