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Samaritan Healthcare
Foundation
801 E. Wheeler Road
Moses Lake, WA
98837

 **SAMARITAN**
HEALTHCARE
FALL 2019

the Samaritan



Melissa Vaughn, Jennifer Avery, Leland Anderson

Breathe easier. Live healthier. Feel better.

New Pulmonary Rehabilitation Program starts this fall.

We are pleased to announce that Samaritan's new outpatient Pulmonary Rehabilitation program opened this October. The program provides comprehensive pulmonary rehabilitative services—a crucial component of care for patients managing chronic lung disease, such as obstructive pulmonary disease (e.g., COPD), restrictive pulmonary disease (e.g., occupational or environmental lung disease), and other lung conditions (e.g., lung cancer).

Pulmonary rehab includes both baseline and ongoing assessments to ensure treatment effectiveness, supervised exercises, education, risk factor management, and breathing retraining. Individual treatment plans are designed by Samaritan pulmonary exercise physiologists to improve patients' physical and psychological health.

"The main goal is to improve overall pulmonary health, but there are so many more benefits that help patients function better in their daily lives," said Jennifer Avery, pulmonary exercise physiologist at Samaritan. "Patients learn how to use medication and oxygen correctly, improve their exercise tolerance, and even decrease symptoms of anxiety and depression."


Following a referral from the patient's primary care physician or provider, an exercise physiologist schedules an initial

assessment. At this appointment, patients complete a six-minute walk test and a series of surveys to provide insight into their physical and psychological condition and the severity of their lung disease.

Phase II Pulmonary Rehab includes aerobic exercise classes and lung disease education. Patients attend a minimum of two or three exercise sessions per week, up to a maximum of 36 sessions. To ensure their safety, all patients are provided with oxygen and have continuous oxygen saturation monitoring during exercise.

Upon completion of the program, a Samaritan Pulmonary Rehab exercise physiologist conducts a final assessment to assess the improvements in the patient's overall exercise tolerance and pulmonary health.

"Our team of highly skilled exercise physiologists is passionate about helping people breathe easier and live healthier," said Avery. "It's exciting to be able to provide such a high level of care and individualized treatment for lung health right here in Moses Lake."

Patients can discuss whether they are eligible for pulmonary rehab with their primary care physician or provider. To set up an appointment or to learn more, call (509) 793-9659 or visit samaritanhealthcare.com. 



Samaritan Clinic on Patton:
8420 Aspi BLVD, Moses Lake
Appointments: (509) 793-9770
Urgent Care: (509) 793-9790

Samaritan Clinic on Pioneer:
1550 S. Pioneer Way, Moses Lake
Appointments: (509) 793-9770

Samaritan Business Building:
1616 S. Pioneer Way, Moses Lake

Hospital News



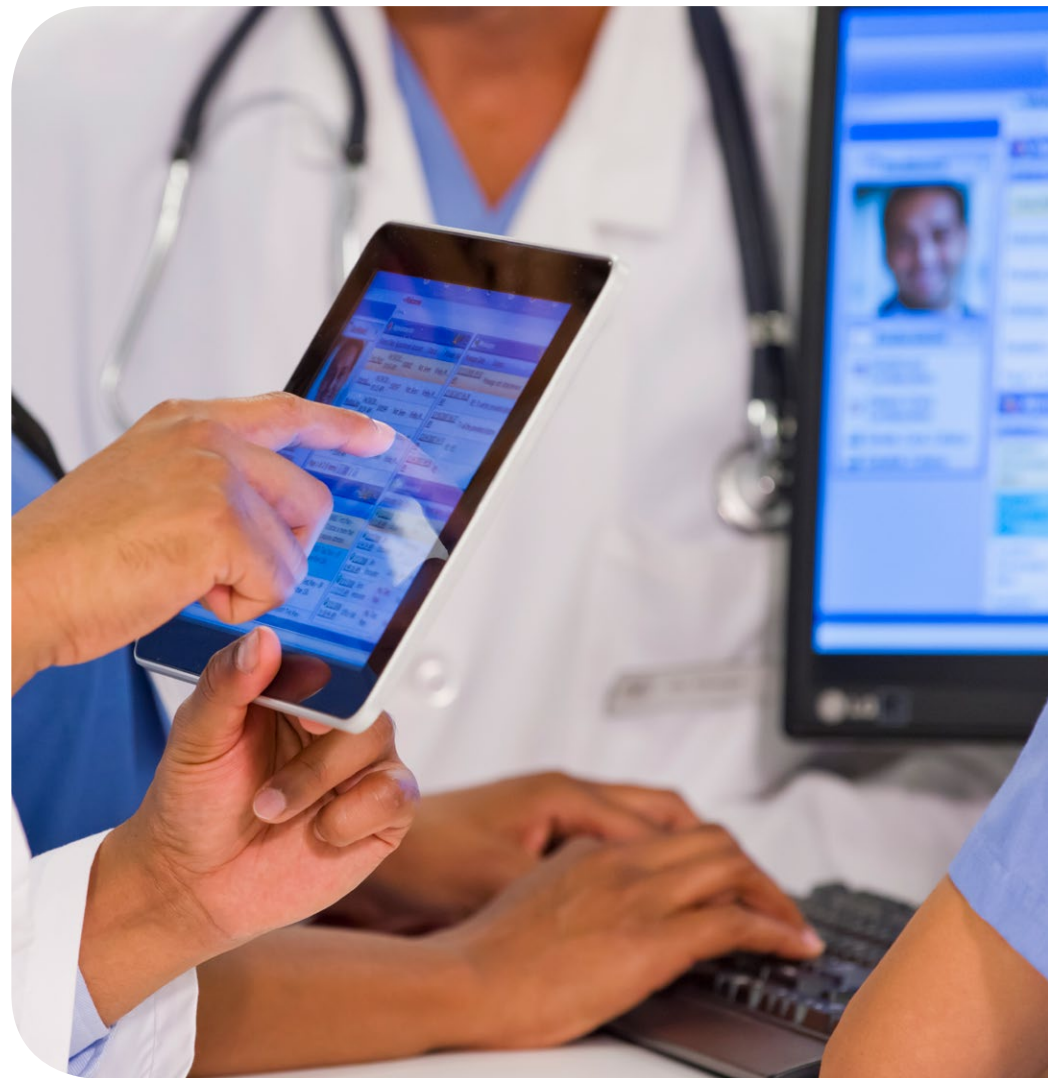
EPIC: Creating a connected patient experience.

Samaritan beginning to implement new electronic health records system.

Samaritan Healthcare is beginning a months-long transition to EPIC, a new computer system that will improve efficiency and provide each patient with a single, electronic health record. As the world's most-shared and integrated electronic health records system, EPIC supports our vision to connect patients, providers, and our community.

Our current hospital records system is more than 20 years old and, due to its age, it does not communicate well with other electronic health records. When the EPIC system is launched in spring of 2020—whether you visit our Samaritan Healthcare Hospital or one of our two Samaritan clinics—your medical history, medications, and treatment records will be immediately accessible to you and your healthcare providers through your single, secure, electronic health record.

The new system enhances connections between patients and caregivers, and supports our continued efforts to deliver high-quality care. By implementing EPIC at Samaritan Hospital and




clinics, it puts the majority of our region on an electronic health record platform that communicates well with each other. Your records will be accessible at the hospital and the clinics, as well as being available to healthcare facilities outside the Moses Lake region, as needed, when you travel.

“It’s a very exciting time, as we look forward to improved patient collaboration throughout our entire region,” said Dr. Andrea Carter, chief medical officer and physician at Samaritan. “Having a single patient record accessible to all our providers allows us to provide consistent, accessible, and convenient care.”



Andrea Carter, Chief Medical Officer

“Samaritan, as an organization, has also never had one record that was the same for both inpatient and outpatient settings,” said Dr. Carter. “Implementing the EPIC electronic health record system improves both quality of care and patient satisfaction.”

The EPIC system of connecting healthcare providers and patients via single electronic health records will benefit our patients and our community for years to come. 



What is EPIC and what does it do?

- EPIC is an electronic system that securely gathers, stores, and provides health records to authorized healthcare providers.
- Consistent, accurate, and up-to-date records are readily available to authorized physicians, providers, and patients.
- EPIC creates easy access to records for patients at home or at a healthcare facility.
- It conveniently creates one linked billing record.
- Allows access to My Chart online to set-up appointments, send messages to your doctor or provider, pay bills, and more.



Ryan Rasmussen, MD

Lizzy Bonadies, CNM

To learn more about women's healthcare at Samaritan or to schedule an appointment, please call (509) 793-9770 or visit samaritanhealthcare.com 



OB/GYN News

All ages, all stages. Total women's healthcare.

At Samaritan, healthcare is never looked at as "one size fits most." It's individual, customized, and personal. We listen. We care.

That's why our OB/GYN care team includes Ryan Rasmussen, OB/GYN and surgical specialist, and Lizzy Bonadies, certified nurse midwife.

Samaritan's OB/GYN by the numbers:

- 1,200 babies delivered every year.
- Our C-section rate is close to 10% (20% fewer c-sections at Samaritan compared to the national average of 30%).
- 339 OB/GYN surgical procedures in just the past 12 months.
- 25% growth in office visits in the last year.

Total women's healthcare at Samaritan includes:

- Obstetrics, including high-risk pregnancies
- Gynecology, including all types of regular and minimally invasive surgery (hysterectomies, urinary incontinence, endometrial ablations, tubal ligations, pelvic reconstruction, abnormal uterine bleeding, and more)
- Preventive care
- Adolescent health
- Family planning and birth control
- Infertility counseling
- Menopausal care

Healthcare News



Chronic Care is available.


At Samaritan, we know many of our residents and visitors live with health conditions that require ongoing care. Whether the need is due to a disability or chronic illness, our Chronic Care program can help.

Chronic Care Management

- Do you have Medicare?
- Do you live with two or more chronic conditions?
- Want help managing your diabetes, blood pressure, or cholesterol?
- Need help with weight loss, an exercise program, or quitting smoking?
- Need help navigating the healthcare system?

If so, then Chronic Care Management is the program for YOU!

Chronic Care Management services include:

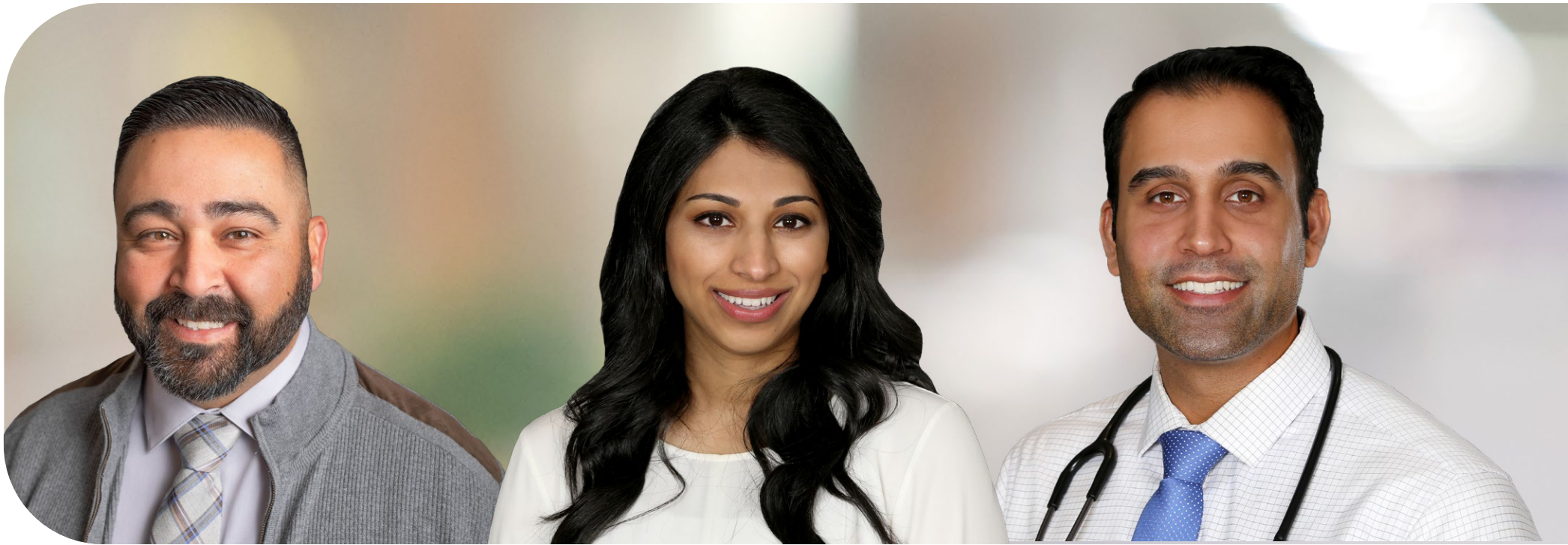
- Personalized assistance from a dedicated healthcare team who will work with you to create your care plan and help you meet your health goals.
- 24/7 emergency access to a healthcare professional.
- Phone and/or home check-ins between visits to keep you on track.
- At least 20 minutes per month of Chronic Care Management services.
- Help with medication management. 



Call Samaritan Clinic at (509) 793-9780 or talk to your provider about how to sign up for Chronic Care Management.

Welcome, New Physi

Our vision as a locally owned healthcare provider is to develop healthy
Samaritan Healthcare has successfully recruited 20 physicians and provi
provide much-needed and well-deserved hea



Fabian Gonzales, LMHC

Behavioral Health Services

We are pleased to welcome Fabian Gonzales, LMHC to our Behavioral Health Services team. Gonzales brings years of experience in providing therapy services in mental and behavioral healthcare for children, youth, and adults. He specializes in evidence-based practices (which connect research with clinical expertise and patient values), ways of coping, therapies, and more.

As an LMHC, Gonzales will work with others in Behavioral Health: Fiza Khan, MD; Teresa Hutsell, Nicole Avila-Parker, and Jonathan Ingram, all ARNP, PMHNP-BC; and Robert Muehlberger, LMHC, plus Family Medicine physicians and providers. Together, they offer integrated care and coordinate treatments and care plans.

Gonzales grew up in Moses Lake and has a lifelong connection to both the community and to Samaritan where both he and his children were born. He earned his child and adolescent mental health certificate from University of Washington in Seattle, and he has a master of science in applied developmental psychology: mental health counseling, and a bachelor of science in applied developmental psychology—both from Eastern Washington University in Cheney, as well as related professional certifications.

“I appreciate the whole person approach at Samaritan,” said Gonzales. “I enjoy helping others toward healing through all the different stages of life, whether their needs are emotional, physical, or behavioral.”

Sara Ali, MD

Pediatric Endocrinology, Pediatrics

Dr. Sara Ali, MD has joined our Pediatrics department as a pediatric endocrinologist. Dr. Ali specializes in diagnosing and treating hormone imbalances and conditions in children of all ages—from newborns to young adults. She provides care for those with diabetes (types I and II), thyroid disorder, disorders of growth and puberty, and other chronic conditions.

Including her patients, their parents, and their Samaritan primary care providers in creating treatment plans is key to Dr. Ali’s collaborative approach to care. Together, they discuss therapy and treatment options and make care decisions as a team.

Dr. Ali earned her Doctor of Medicine from St. George’s University in Grenada, West Indies. She completed her residency in pediatrics at the Cleveland Clinic in Cleveland, Ohio, and she completed a fellowship in Pediatric Endocrinology at Children’s Hospital Los Angeles in Los Angeles, California. Dr. Ali looks forward to caring for children in the Moses Lake area and bringing pediatric endocrinology services closer to home.

“When you treat a patient from infancy to young adulthood, you become an integral part of not just their care, but their lives,” said Dr. Ali. “Building close-knit relationships makes it easier to find treatments that work for the patients, their conditions, and their daily lives.”

Zubair Ali, MD

Adult and Internal Medicine

We welcome Dr. Zubair Ali, MD to our Adult and Internal Medicine team. Dr. Ali specializes in providing primary care for adults ages 18 and older, including preventive health, illness, immunizations, elder health, and other health concerns. He enjoys finding solutions that bring his patients relief and make their lives easier—starting with building strong relationships. He sees patients as friends, treats them like family, and supports them in reaching their health goals.

Dr. Ali also provides care for those with complicated medical histories, including those with multiple conditions or who need to take multiple medications, and he consults and coordinates with specialists to diagnose and treat complex health conditions such as COPD, diabetes, sleep apnea, severe obesity, and other disorders that commonly affect adults.

He earned his Doctor of Medicine at St. George’s School of Medicine in Grenada, West Indies. He completed his Internal Medicine residency at West Virginia University, Charleston Area Medical Center in Charleston, West Virginia, where he completed an additional year of training as chief resident.

“When a patient comes back and thanks me for figuring out what was going on, I know that I’m making a difference,” said Dr. Ali. “Helping people get the treatment they need is both personally and professionally fulfilling.”

Physicians and Providers!

communities. Since 2015, as we continue to advance toward that goal, providers, including three surgeons and eight additional medical staff—all to enhance healthcare to Moses Lake residents and visitors.



Paul Warfield, MD **Gastroenterology**

Join us in welcoming gastroenterologist Dr. Paul Warfield to our Gastroenterology department. Dr. Warfield brings more than 30 years of experience diagnosing and treating gastrointestinal diseases and digestive disorders, with extensive training in inflammatory bowel disease, such as Crohn's disease and ulcerative colitis.

Dr. Warfield consults on, diagnoses, and treats conditions affecting the esophagus, stomach, intestines, pancreas, liver, and other digestive organs. He performs preventive-care procedures such as upper endoscopies and screening colonoscopies and offers preventive health management of chronic liver disease, inflammatory bowel disease, and pancreatic disorder. He believes in providing thorough examinations that include time for listening, answering questions, and making sure patients understand their conditions and their treatment plans.

He earned his Doctor of Medicine from The Johns Hopkins University School of Medicine in Baltimore, Maryland. He completed his residency and a fellowship in Gastroenterology at University of Chicago, in Illinois, where he also completed an inflammatory bowel disease clinical fellowship working with the trailblazing, world-renowned gastroenterologist Dr. Joseph B. Kirsner.

"Until now, patients experiencing Crohn's disease or ulcerative colitis would usually be referred elsewhere," said Dr. Warfield. "I'm excited for the opportunity to provide better access to complete digestive care closer to home, right here in Moses Lake."


Kemesha Delisser, MD

Physiatrist, Pain Management Clinic

Physiatrist Kemesha Delisser, MD, has joined our Pain Management Clinic. Dr. Delisser diagnoses and treats patients who are experiencing chronic pain caused by nerve injuries, arthritis, sports injuries, and other conditions. She specializes in developing non-surgical treatment plans that may include a mix of procedures, therapies, and medications and also determines whether surgery may be necessary for certain situations. Her goal is to help people return to functional, active lives.

She works closely with patients' primary care doctors and providers—as well as specialists in Sports Medicine, Podiatry, and Orthopaedics—to create individual treatment plans and ensure patients receive comprehensive care for their physical and mental well-being.

Dr. Delisser earned her Doctor of Medicine from Mount Sinai Medical School in New York, where she also completed her residency in Physical Medicine and Rehabilitation. She received extensive, hands-on training in spinal procedures during her fellowship in Interventional Spine Medicine at the Stanford University Hospital Department of Orthopedic Surgery in California.

"I spend time listening to my patients and getting to know them and their lives," said Dr. Delisser. "By knowing where they are at physically, where they started, and where they want to be, we can work together to bring them closer to themselves." 



To schedule an appointment with one of our physicians or providers, call 793-9770 or visit samaritanhealthcare.com.

Urgent Care or Emergency?

Is it a minor illness or a life-threatening medical condition?



If you’re not sure whether you should go to one of our two Urgent Care departments or to our Emergency Department, think about your symptoms. Are they life-threatening or non-life-threatening?

Urgent Care

If your medical concern isn’t life threatening, head over and see us at Samaritan’s Urgent Care. No appointment is ever needed—you can walk in and see a provider on your own schedule at either our Urgent Care at Pioneer Way, or our new Urgent Care at our Samaritan Clinic on Patton. Urgent Care is for minor illnesses and injuries—such as fevers, earaches, sprains, cuts, burns, and more—without the expense of the emergency room. Urgent Care is open to everyone and you don’t need to be a Samaritan Clinic patient to use it.

Call “911” in an emergency!

Emergency Department

Life-threatening medical emergencies mean a visit to the Emergency Department. When you have symptoms like chest pain/pressure, bleeding that won’t stop, problems breathing, loss of consciousness, coughing or vomiting blood, vision changes or headache, confusion, or suicidal thoughts—go to our Emergency Department.

If you’re not sure if your medical concern is an emergency, call our Emergency Department and ask.

**Emergency Department
Samaritan Hospital**
801 E. Wheeler Road
Moses Lake
(509) 765-5606
Open 24 hours a day/7 days a week/365 days a year

Samaritan Urgent Care
1550 S. Pioneer Way, Moses Lake
Walk-in, no appointment necessary:
(509) 793-9790
Hours: Mon.–Fri., 8 a.m.–7 p.m.
Sat./Sun., 9 a.m.–6 p.m.

Urgent Care at Samaritan Clinic on Patton
8420 Aspi Boulevard
(Aspi/Patton Blvd. intersection)
North Moses Lake
Walk-in, no appointment necessary:
(509) 793-9782
Hours: Mon.–Fri., from
8 a.m. to 5:30 p.m.




Foundation News



Desert Golf Classic scores for MRI.

State-of-the-art Tesla 1.5 MRI now open for patients.

The Samaritan Healthcare Foundation's 18th annual Desert Golf Classic, held on September 12, was both fun and successful! While attendees enjoyed a fun event, the purpose of the golf classic was raising donations for Samaritan Healthcare's new, state-of-the-art GE Signa Artist Tesla 1.5 MRI machine. Eighty-four participants contributed more than \$20,000 toward the new MRI.

The Tesla 1.5 MRI was recently installed in its permanent location at Samaritan Hospital. The technology of the advanced Tesla 1.5 MRI produces sharper images and accommodates patients who are claustrophobic or need extra monitoring. It also has the capacity to handle more patients and offers more-flexible operating hours. If you need an MRI, ask your doctor about scheduling a Tesla 1.5 MRI at Samaritan Hospital. 



Upcoming Events:



#BuildCommunity Report

The community is invited to tour and review the proposed plans for the new Samaritan Hospital project! This will be one of the last opportunities to see the designs in progress before they are submitted for final approval after the first of the year.

301 W Broadway Ave. Moses Lake, WA 98837



Turkey Drive

The 19th annual Moses Lake Community Turkey Drive will be held at Safeway, Walmart, and Grocery Outlet. Purchase a \$10 bag of food or drop off canned foods or other non-perishable items.



Bourbon & Bowties 2020


The 2nd annual gala and auction is hosted by the Samaritan Foundation to benefit area healthcare needs and will feature the best wines, brew, spirits, and fine dining from throughout the Columbia Basin.

Stay tuned for ticket sale information!



Successful OB/GYN Seminar!

Ryan Rasmussen, OB/GYN, and Lizzie Bonadies, certified nurse midwife, presented information to more than 55 attendees at Samaritan Healthcare's recent OB/GYN Seminar on September 20th. From babies to bladder slings, they discussed the types of maternity and reproductive services, menopausal care, surgeries, and treatments offered to women of all ages by Ryan Rasmussen, OB/GYN, and Lizzie Bonadies, CNM.

To learn more about scheduling an appointment with Dr. Rasmussen or Lizzie Bonadies, CNM, please call (509) 793-9770. RSVP for future Samaritan seminars at samaritanhealthcare.com/seminar 



Volunteer Spotlight



Lois loves to volunteer at the info desk.

It's a perfect fit for this 'people person'



Ginny (Left) and Lois (Right)

“The staff is always cheerful and helpful when they come to work.”
—Lois, Volunteer

After two years at her post, Lois feels right at home at our Samaritan information desk. Retiring 23 years ago from a career in the banking industry, Lois continues to find ways to participate in the community. A friend had first encouraged her to apply to volunteer at Samaritan and it is one more way this self-described “people person” stays active and engaged with others.

At the info desk, Lois welcomes staff, patients, and visitors alike—one day a week from 8 a.m. until noon. Her duties include directing patients to admitting staff or providing maps or directions so they know where to go, as well as answering questions and being a friendly face for those visiting the hospital. Lois also appreciates being able to get to know people, including the new staff when they come onboard.

“The staff is always cheerful and helpful when they come to work,” said Lois. “And I enjoy being here, too. If I’m home more than a couple of days in a row, I get cabin fever!”

When she isn’t volunteering at Samaritan, Lois tutors Lakeview Elementary School children with the United Methodist Youth Senior Connection program one afternoon a week—helping them with their homework, reading, and other activities. She is also an avid quilter who both pieces and then quilts on her long-arm sewing machine, plays double-deck pinochle in two different card groups, and is active in her church. Her family of four children includes seven great-great-grandchildren.

People describe Lois as being 90 going on 55—nothing slows her down. Her energy and enthusiasm are contagious and an inspiration to others. She is an excellent example of the contributions our volunteers make to Samaritan and to our community!

For more information about volunteering or to apply, call 793-9724 or visit samaritanhealthcare.com/about-us/volunteer.

Need a HEALTH PARTNER?

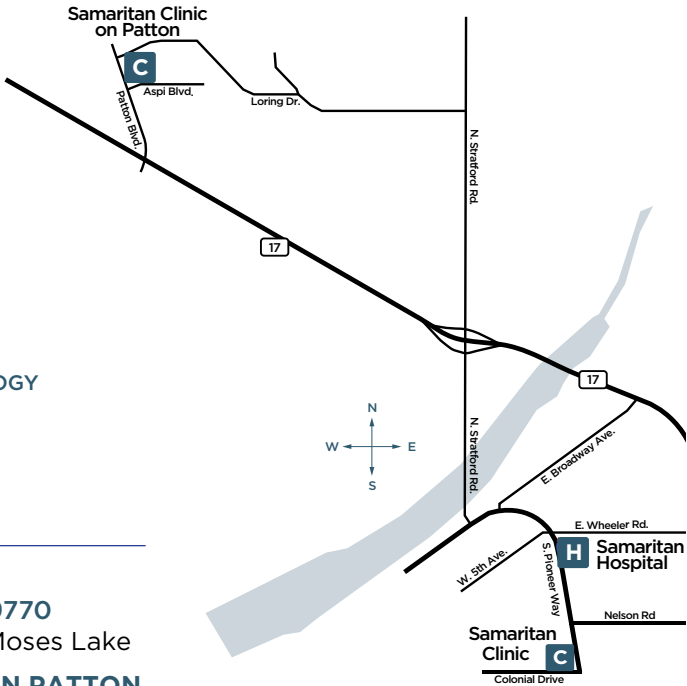
- ADULT AND INTERNAL MEDICINE
Zubair Ali, MD
Jazab Sheikh, MD
- BEHAVIORAL HEALTH
Fiza Khan, MD
Nicole Avila-Parker, ARNP, PMHNP-BC
Teresa Hutsell, ARNP, PMHNP-BC
Jonathan Ingram, ARNP, PMHNP-BC
Robert Muehlberger, LMHC
Fabian Gonzales, LMHC
- FAMILY MEDICINE
Andrea Carter, MD
Hollie Matthews, MD
Pranav Patel, MD
Sahand Vafadary, MD
Lexie Zuver, DO
H. Scott Mounts, ARNP
Tara Zamarron, ARNP, FNP-C
Bob Ebel, PA-C
James Ewell, PA-C
Cheyenne Faeh, PA-C
Ethan Washburn, PA-C

- GASTROENTEROLOGY
Paul Warfield, MD
- OB-GYN
Ryan Rasmussen, MD
Lizzy Bonadies, CNM
- ORTHOPAEDICS
Leo Chough, MD
Brett DeGooyer, DO
Chris Stone, PA-C
- PAIN MANAGEMENT
Kemesha Delisser, MD
- PEDIATRICS
Ladan Modallel, MD, FAAP
Kimberlee E. Poole, ARNP
- PEDIATRIC ENDOCRINOLOGY
Sara Ali, MD
- PODIATRY
Arezou Amidi, DPM
- URGENT CARE
Brett Hymas, PA-C

SAMARITAN HOSPITAL
MAIN NUMBER | 765-5606
801 E. Wheeler Road, Moses Lake

SAMARITAN CLINIC
MAIN NUMBER | 793-9770
1550 S. Pioneer Way, Moses Lake

SAMARITAN CLINIC ON PATTON
MAIN NUMBER | 793-9781
8420 Aspi BLVD, Moses Lake



the Samaritan

THE SAMARITAN is published as a community service for the friends and patrons of SAMARITAN HEALTHCARE, 801 E. Wheeler Road, Moses Lake, WA 98837, telephone 509-765-5606, website samaritanhealthcare.com.

Gretchen Youngren Executive Director of Development & Communications

Information in THE SAMARITAN 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 healthcare provider.

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