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

 **SAMARITAN**
HEALTHCARE
SUMMER 2019

the Samaritan



Samaritan Clinic on Pioneer remodel



Future site of Samaritan Patton Clinic



Samaritan Business Building

Growing to serve our community.

Samaritan Clinic remodels, opens new clinic on Patton, and relocates business services.

As we continue expanding our healthcare services and hiring new physicians and providers, our facilities are also growing to better serve you.

“Three changes are currently underway,” said Kyle Kellum, director of Samaritan Clinic. “We recently began remodeling our Samaritan Clinic on Pioneer Way, we’re remodeling new space on Patton Boulevard for another Samaritan Clinic facility, and Business Services relocated to a new office location.”

Samaritan Clinic on Pioneer

If you’ve recently visited Samaritan Clinic on Pioneer Way, you’ve noticed our renovations. The business and administrative offices moved out of Samaritan Clinic, so we could remodel the spaces into patient rooms for family medicine, internal medicine, and specialty medicines—such as gastroenterology, podiatry, and pain management.

We’re also remodeling our clinic corridors to be more spacious and easier to navigate. The first phase of this renovation will be completed in 2019. Beginning in 2020, we’ll continue by remodeling the existing Family Medicine suite on the first floor.

Samaritan Clinic on Patton

We are remodeling 5,500 square feet in an existing building on Patton Boulevard to house Urgent Care and Family Medicine.


When completed, the space will significantly increase the combined square footage in both clinic facilities. Samaritan Clinic on Patton is scheduled to be ready for patients in October.

“We understand the needs of our community to have Urgent Care and Family Medicine available close to home,” said Kellum. “These changes will work together to make it happen—our new and existing spaces will function more efficiently.”

Other factors considered in remodeling the clinics included “best practices” (or what is the most effective), patient room size and function, and recruiting and retaining high-quality physicians and providers by offering state-of-the-art facilities to practice medicine.

Samaritan Business Building

Our administrative and business office services have been moved out of Samaritan Clinic and are located next door in the Samaritan Business Building. The new Samaritan Business Building now houses clinic business personnel—from office staff to administration, along with patient financial services (billing) and the call center.

“The best patient experience means putting the right tools in place—from facilities to size and function,” said Kellum. “Everything we do in our planning process continues to follow our mission: ‘All of us, for each of you, every time.’” 



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

Physician News



Welcome, new physicians!

Our goal as a locally owned healthcare provider is to develop healthy communities. Since 2015, as we continue to advance toward that goal, Samaritan Healthcare has recruited 20 physicians and providers, with three more beginning to practice this year.



Fiza Khan, MD

Child and teen psychiatry
Behavioral Health

Fiza Khan, MD, has joined our Behavioral Health Services team as a psychiatrist, specializing in children and adolescents, ages 5 to 18. She has years of experience providing care for young people with developmental and learning disorders, ADHD, depression, anxiety, and other concerns.

Dr. Khan understands that every child is different and exhibits unique symptoms. She sees their various situations as puzzles that need to be solved. Family members, teachers—basically everyone in the child's life—must become involved to understand what is occurring and to come up with a treatment plan together.

She earned her Doctor of Medicine from American University of Antigua and completed a fellowship at the Children's National Medical Center, Department of Child and Adolescent Psychiatry in Washington, D.C. She completed her adult psychiatry residency at Drexel University College of Medicine in Philadelphia, PA.

Dr. Khan works closely with the other providers in Behavioral Health Services—Teresa Hutsell, Nicole Avila-Parker, Jonathan Ingram, Robert Muehlberger, and Fabian Gonzales. Samaritan's holistic approach means they work together with Family Medicine primary care providers to bridge the physical, mental, and behavioral health needs of Samaritan patients as well as those referred by other healthcare facilities.

"I enjoy watching my patients get better," said Dr. Khan. "Preventing and treating mental and behavioral disorders at an early age makes a big difference in these children's lives."

Jazab Sheikh, MD

Family Medicine

Join us in welcoming Jazab Sheikh, MD, who joined our Family Medicine team. Dr. Sheikh specializes in providing care for adults in areas including preventive health, illness, immunizations, exercise and diet counseling, and other health concerns. He focuses on building trusting relationships with his patients and helping them make positive changes toward healthier lives.

He enjoys primary care because primary care physicians see patients first and have the opportunity to make a difference in their overall health. A majority of health issues—blood pressure, kidney disease, or heart disease, for example—are first identified by primary care doctors. In the early stages, he knows that educating his patients can be an important first step to help stop a disease from progressing.

Dr. Sheikh earned his Doctor of Medicine from Medical University of Americas, in Charlestown, Nevis, West Indies. He completed his family medicine residency with Charleston Area Medical Center, West Virginia University.

"I know it's important to listen to my patients and to understand where they're coming from," said Dr. Sheikh. "A lot of patients have no idea what's wrong with them. I explain why they need to take medication and the steps they can take to get better. I listen, care, and I treat each patient like a member of my own family."


Sahand Vafadary, MD

Family Medicine

We are pleased to announce that Sahand Vafadary, MD, is joining the Family Medicine team. Dr. Vafadary will provide care for patients of all ages—from newborns to children and teens, adults, health concerns of men and women, and elders. He considers it a duty and a privilege to advocate for his patients.

Due to his own background, Dr. Vafadary can relate to the needs of his patients. He has firsthand knowledge and understands what is needed and how to best serve his patients as a physician. He is also sincere—telling them what they need to hear as they partner together to improve the patients' overall health.

Dr. Vafadary earned his Doctor of Medicine from St. George's University School of Medicine, Grenada, West Indies. He performed his family medicine residency at USC-Greenville Health System, Greenville, South Carolina.

"At the end of the day, I hope to improve my patients' lives," said Dr. Vafadary, "whether it means helping them understand a diagnosis or explaining how their medication can improve their health. If they need assistance in other ways or in caring for their family in the midst of their healthcare concerns, that is also important to me as a family medicine doctor." 



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



Ask the orthopaedist about shoulder surgery.

Q&A with Dr. Leo Chough.

Q: How does someone know they need orthopaedic shoulder surgery?

A: It may simply start with pain or dysfunction of a bone or a joint warranting consultation with orthopaedic surgery. If you have fallen onto your shoulder or with your arm outstretched and cannot raise your arm and if it isn't better within a week, you should have your shoulder checked out right away. Also, if shoulder pain at night is so intense, no matter what the position, have your shoulder checked out.


Q: Is a referral needed from a family physician?

A: If insurance allows a simple call to schedule an appointment with the ortho specialist, we would always welcome that. Each insurance company may have its own rules, so you may need to check with either the insurance or your family physician to see if a referral is needed.

Q: What is the difference between reverse and regular shoulder replacement surgery?

A: A "regular" shoulder replacement is to replace a bad ball with an artificial ball and new socket for bad socket. The "reverse," as the name implies, puts a ball structure onto the socket and a cup-like receiver on what started life as the ball. There are medical and mechanical reasons for each, which we can explain in each individual case.

Q: Is there other information people should know about shoulder surgery?

A: Each case is unique. In general, shoulder surgery is complex, from which type is best—open incision versus arthroscopic (tiny incisions)—to repairing versus replacing, etc. Samaritan offers a variety of shoulder surgery care to accommodate what is needed. Many people avoid being seen by a doctor as a "badge of courage," but if pain persists, conditions may worsen. Something simple may become more complex, something nonsurgical may become surgical, and something with easier surgical correction may become quite difficult or no longer qualify for surgical care. Do not avoid seeking care of the shoulder and get help if things don't feel well or work well. 



Dr. Leo Chough





BOURBON & BOWTIES RECAP

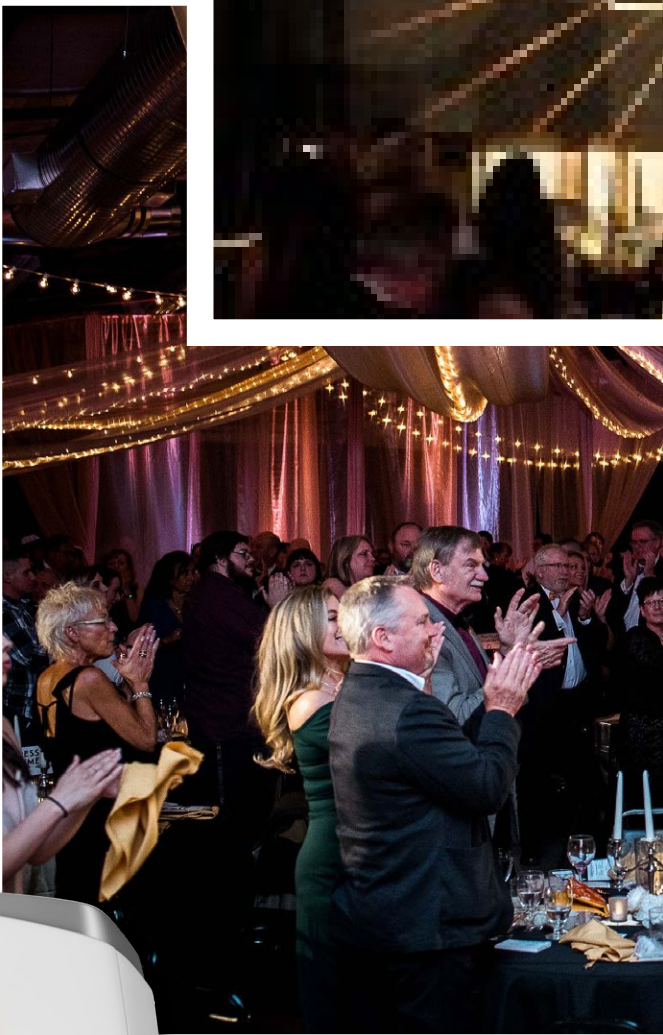
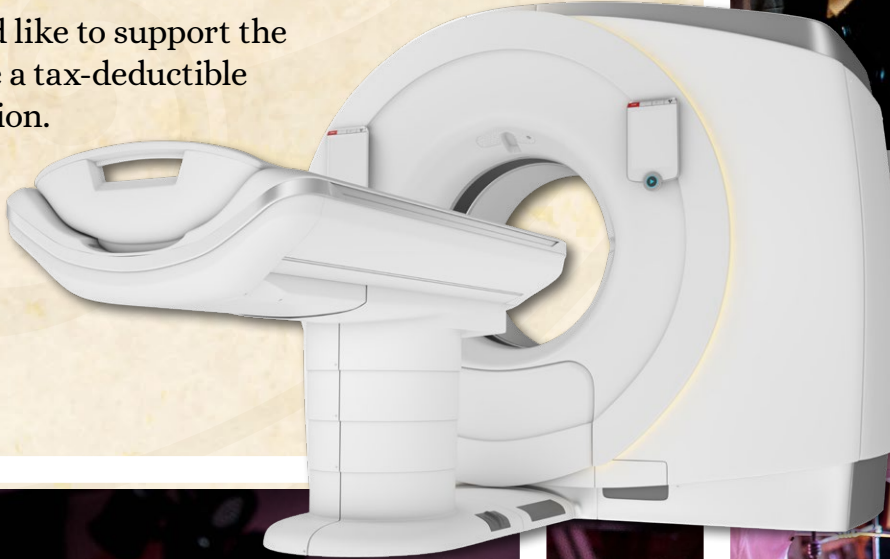
The first annual “Bourbon & Bowties: Party with a Purpose” gala was held by the Samaritan Healthcare Foundation on April 26, 2019. It was highly successful—and lots of fun—in raising funds for our new, state-of-the-art Tesla 1.5 MRI machine!

A very generous \$50,000 in donations were raised in support of the MRI by the more than 300 people in attendance (including volunteers).

We are now at 80% of the \$400,000 goal pledged by the Samaritan Healthcare Foundation.

If you were unable to attend the gala and would like to support the Tesla 1.5 MRI machine purchase, you can make a tax-deductible donation to the Samaritan Healthcare Foundation.

Call 509-793-9645 or email foundation@samaritanhealthcare.com.





BOURBON & BOWTIES 2020!

Mark your calendars! The second annual Bourbon & Bowties gala will be held on April 24, 2020. To reserve tables or to learn more about sponsorship opportunities, please call our Foundation office at 509.793.9645
Ticket information to come soon.



Upcoming Events:



Safe Firearms Storage

Learn safety from local experts

Sportsman's Warehouse
1020 N. Stratford Road
Moses Lake, WA 98837

Tri-State Outfitters
1224 S. Pioneer Way
Moses Lake, WA 98837

Learn firearms safety, both at home and in the community. Samaritan Healthcare will be partnering with local agencies in the community to host this free, informative event. It is open to the public.



Desert Golf Classic

18th Annual Samaritan Healthcare Foundation Event

Join us on Thursday, September 12 to help raise funds toward the MRI project. At the Links at Moses Pointe.

9:15 – Registration and driving range

11:00 – Shotgun start

10:45 – Welcome and rules

4:15 – Awards, prizes, and appetizers

Volunteers are welcome to assist—learn more by calling (509) 793-9645 or email foundation@samaritanhealthcare.com



OB/GYN seminar

Free OB/GYN Seminar with Dr. Ryan Rasmussen and Lizzy Bonadies, CNM

From babies to bladder slings, everything you've ever wanted to know about women's health, but were too afraid to ask! Free and open to the community.

Friday, September 20, at 5:30 p.m.
Pillar Rock Grill (Moses Lake Golf Club)
Light refreshments will be served.

Visit samaritanhealthcare.com/seminar or call (509) 793-9649 to RSVP your seat today.



Patton Clinic Open House

Join us to celebrate our newest clinic

Samaritan Clinic on Patton invites you to attend a celebration for our new Family Medicine and Urgent Care clinic location. Bring your family and friends and check out our newly remodeled, convenient location on Patton Boulevard. Everyone is welcome, food and refreshments will be served.

For more information, visit our Facebook or samaritanhealthcare.com.

8420 Aspi Boulevard



Women's health event

Bring your girls and join us!

You're invited to a women's health event sponsored by the Samaritan Healthcare Foundation. Learn about women's health concerns in a fun setting among friends.

Tuesday, October 22.
Pillar Rock Grill (Moses Lake Golf Club).
Call 509-793-9645 to register.

Successful Podiatry Seminar!

Dr. Arezou Amidi, Samaritan's full time podiatrist, presented information on conditions and treatments to more than 85 attendees at Samaritan Healthcare's recent Podiatry Seminar on June 20th. She discussed podiatric surgery, non-surgical treatments, routine foot maintenance, diabetic foot care, arthritis of the ankle, foot, or toes, bunions, injections, orthotics, and more.

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



Top: Attendees asked Dr. Amidi questions after her presentation. Center photos: Podiatry information led to further lively discussions. Bottom: Dr. Arezou Amidi presented podiatry treatments and issues to more than 85 attendees.

GCHA Event Update



At the Heart of Care Samaritan and GCHA join forces to help hearts.

As a founding member of the Grand Columbia Health Alliance (GCHA), Samaritan Healthcare held a free “At the Heart of Care” assessment event on May 16th. GCHA was established by six local healthcare partners to serve and care for the residents and families of Adams, Grant, and Lincoln counties.

The goal of the heart event was to inform and help community members to be healthier in every age and stage of their lives. It was partially funded by a grant to the Alliance from the Health Resources & Services Administration with the U.S. Department of Health and Human Services. Four of the GCHA’s community-run, public-hospital districts held similar events.

Cardiac risk assessments

Samaritan Healthcare’s “At the Heart of Care” event was an outreach to those between the ages of 30 and 74, and others, who may be at risk for cardiac disease. Free blood draws were given to test cholesterol levels. Since there is a high occurrence in our area for cardiac disease, including strokes and heart attacks, those who attended were also screened for cardiac risk factors. The event promoted wellness through healthier lifestyles, eating habits, services such as chronic care management, and other support.

Heart age and “Rate Your Plate”

Information and screenings on heart age and “Rate Your Plate” were also provided. Heart age considers factors such as blood pressure, body mass index (BMI), smoking, diabetes, etc., and assigns an “age” to the heart related to these risk factors.

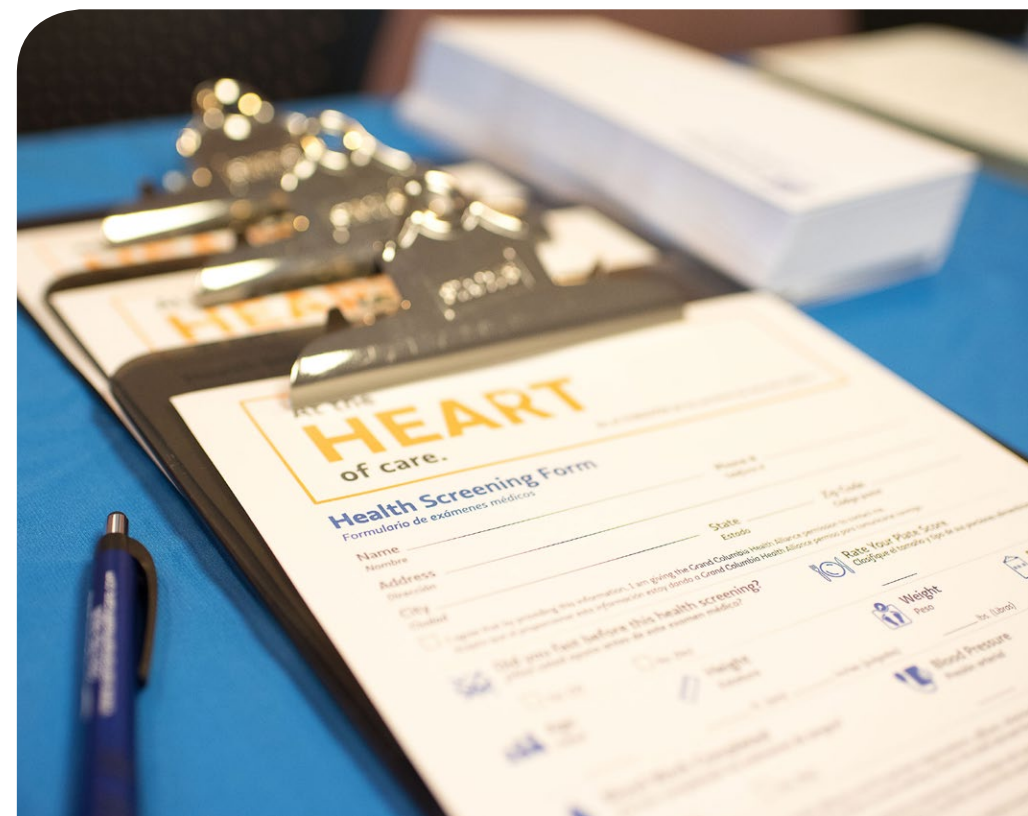
Rate Your Plate considers the types and servings of food a person eats on an average day—vegetables, fruits, grains, dairy, meat, etc. The Rate Your Plate results show areas where people may need to increase or decrease the types and amounts of foods they eat, to improve their overall nutrition.

Chronic Care Management

For those on Medicare and who have two or more conditions—obesity, high cholesterol, an inactive lifestyle, smoking, high blood pressure, or diabetes—Samaritan’s Chronic Care Management team is available to assist them regarding their health concerns. The goal is to encourage patients to make healthier choices and set goals, keep them out of the hospital, and to enjoy a longer lifespan.

Chronic Care Management provides education for individuals in their homes. Additional assistance is also available, such as helping patients navigate the healthcare system, getting information from their providers and specialists so their healthcare plans run smoothly, help with medications, transportation—even helping them get to the senior center if they’re lonely. Support programs are also available for those with brain injuries, Parkinson’s, those needing education on managing diabetes, grief support, and others.

If you were unable to attend our heart event and would like to learn more or to make an appointment, please call (509) 793-9770.



Volunteer Spotlight



Sandi shares her talents as gift shop volunteer

Formerly a hospital employee in California, Sandi loves Samaritan.



“I enjoy their smiles and the things they talk about. I’m very proud to be part of the Samaritan Hospital family.” —Sandi, Volunteer

Sandi has been volunteering in the gift shop at Samaritan Hospital since November 2015. When she retired in 2013, she moved from California to Ephrata to be close to dear friends. She purchased a house, but within three months met her now-husband, Dick Ross. They got married and she moved to Moses Lake.

Although Sandi was a newlywed—busy setting up a new home, quilting, and meeting with her quilting friends—she was finding retirement difficult. Dick suggested she volunteer at Samaritan Hospital. In California, she had enjoyed her work as a family practice residency coordinator at Presbyterian Intercommunity Hospital in Whittier for 22 years, and at University of California–Irvine Medical Center in Orange for five years in the radiology department.

Now Sandi loves being back in the hospital setting and volunteering a half-day every week. The camaraderie she shares with the other volunteers is another benefit. Since the gift shop always has something new to display, lots of people stop by. She enjoys meeting the patients and families and sharing their joys or concerns.

“I especially love seeing the expectant moms in their hospital gowns walking through their labor with nervous daddies by their sides,” said Sandi, “and I love hearing the lullaby on the overhead speakers when a baby is born.”

She commends the hospital staff for being wonderful to work with as well as being appreciative of the volunteers.

“Some staff just come in for a break to wander and relax,” said Sandi. “I enjoy their smiles and the things they talk about. I’m very proud to be part of the Samaritan Hospital family.”

When she’s not volunteering (or quilting!), she and Dick enjoy making updates to their 20-year-old home with its view of the lake, bingeing on British detective series on Netflix, and traveling (preferably cruising).

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

Need a HEALTH PARTNER?

- SAMARITAN CLINIC**
1550 S. Pioneer Way
Moses Lake, WA

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
Jazab Sheikh, 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
- OB-GYN**
Ryan Rasmussen, MD
Lizzy Bonadies, CNM

ORTHOPAEDICS
Leo Chough, MD
Brett DeGooyer, DO
Chris Stone, PA-C

PEDIATRICS
Ladan Modallel, MD, FAAP
Kimberlee E. Poole, ARNP

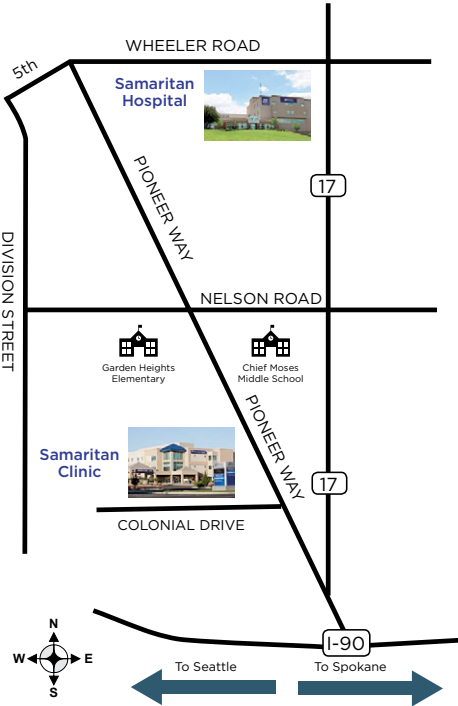
PODIATRY
Arezou Amidi, DPM

URGENT CARE
Brett Hymas, PA-C

SAMARITAN HOSPITAL
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801 E. Wheeler Road, Moses Lake, WA

SAMARITAN CLINIC
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SamaritanHealthcare.com



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.

SUMMER 2019