

#I Am Samaritan

All of us,  
for each of you,  
every time.

# the Samaritan



WINTER 2018



Teresa Hutsell, ARNP,  
PMHNP-BC  
Behavioral Health Clinic



According to  
the National Institute  
of Mental Health,  
**1 in 5 adults experiences  
mental illness** in a  
given year. Samaritan is  
dedicated to providing  
high-quality, easily  
accessible care for those  
in need of behavioral  
health services.

## A whole-life approach to behavioral healthcare

New outpatient treatment facility opens at Samaritan

We welcome Teresa Hutsell, a board-certified advanced practice psychiatric mental health nurse practitioner and an advanced registered nurse practitioner (ARNP, PMHNP-BC), to our staff of providers. Utilizing her years of experience in assessing, diagnosing, and caring for patients of all ages with a variety of psychiatric disorders, Teresa will lead the team at Samaritan's new Behavioral Health Clinic.

According to the National Institute of Mental Health, 1 in 5 adults experiences mental illness in a given year. Samaritan is dedicated to providing high-quality, easily accessible care for those in need of behavioral health services.

### CARE FOR THE WHOLE PERSON

Teresa believes in a whole-life approach to behavioral and mental healthcare. At Samaritan, she will diagnose mental/behavioral conditions—such as anxiety, depression, bipolar, etc.—and prescribe medications when needed as part of the treatment plans.

“I especially enjoy encouraging patients who are struggling and want to feel better by letting them know they can get

help at Samaritan,” said Teresa.

Her whole-life care philosophy fits well with the focus of Samaritan's Behavioral Health Clinic. The clinic is conveniently located in the family medicine department, which helps to remove barriers or stigma for those needing outpatient treatment.

She also works closely with referring physicians and primary care providers to offer integrated care. She and the behavioral health team keep them up-to-date regarding the coordinated treatments and care plans for their patients.

Teresa has lived in the Moses Lake area all of her life. She enjoys the friendly, close-knit community and appreciates all the people she knows and loves here.

**CONTACT US** Because Samaritan's Behavioral Health Clinic is an outpatient treatment facility, patients visit during regular appointment hours. To learn how to schedule an appointment, contact Samaritan Healthcare at 793-9770 or visit [samaritanhealthcare.com](http://samaritanhealthcare.com).

### Our services

Services offered by the Behavioral Health Clinic include:

- Behavioral/mental health assessment.
- Prescribing medications when needed as part of the treatment plan.
- Connecting patients with services available.
- Explaining the process and the benefits of following treatment plans.
- Other treatment as needed.



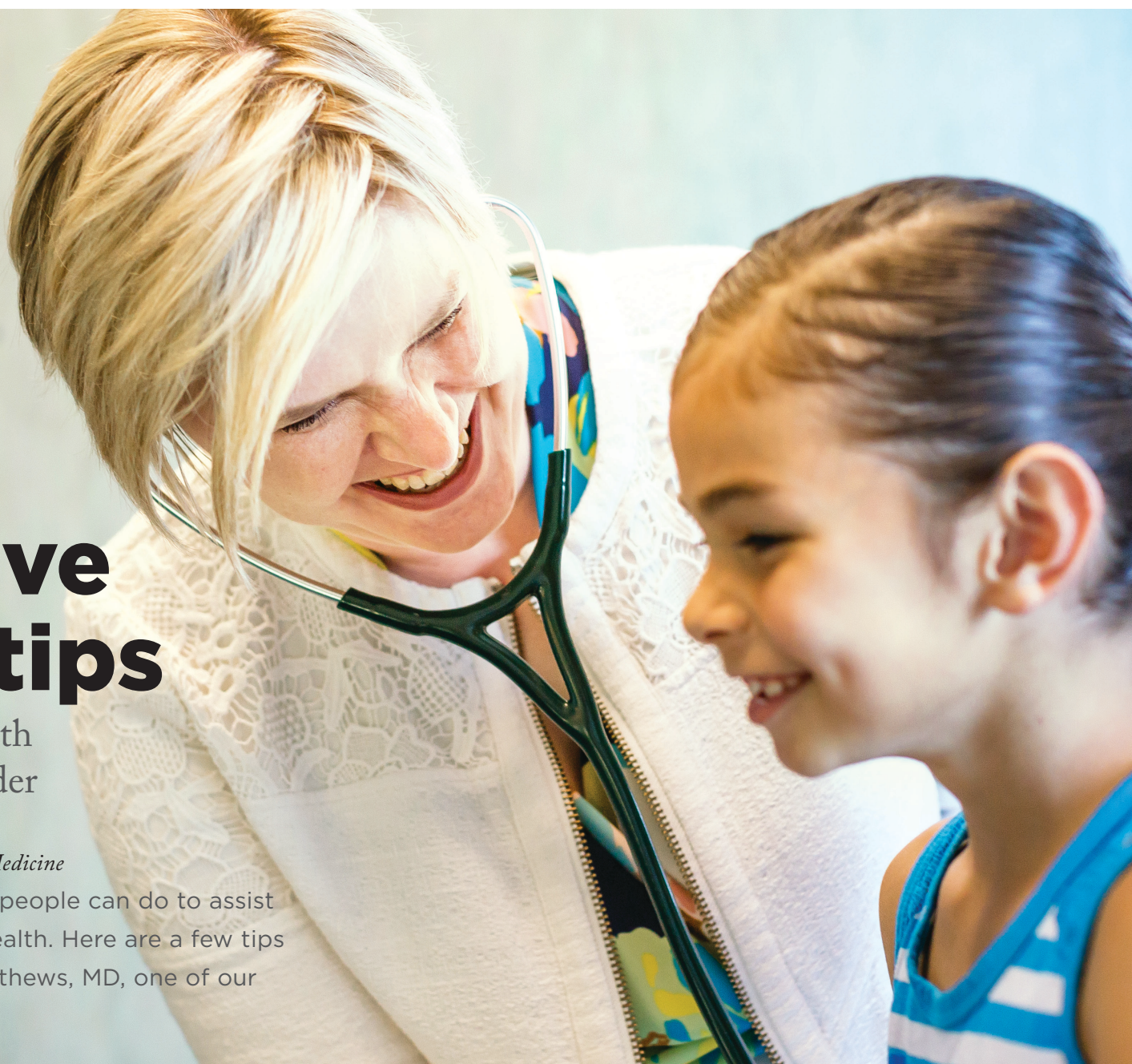
## 6

## proactive health tips

Working as a team with your healthcare provider

*By Hollie Matthews, MD, Family Medicine*

There are several steps that people can do to assist in safeguarding their own health. Here are a few tips recommended by Hollie Matthews, MD, one of our family medicine physicians.



1

### HAVE A PRIMARY CARE PROVIDER AND BE SEEN AT LEAST ONCE A YEAR FOR A PHYSICAL.

This isn't just for children or older adults—it's even for those in the 20 to 40 age group. It's possible to have something happen that could have been cared for more easily if found early, but since it wasn't caught, it then becomes a much bigger problem.

This is especially true for men. Testicular cancer is more common from ages 15 to 35, and it's something guys don't like to talk about. In both sexes, skin lesions can be melanoma (a type of aggressive skin cancer), which tends to spread fast to other areas of the body. Women should be screened for cervical cancer every three to five years (depending on age and the type of testing performed). Ask when to start getting mammograms or colonoscopies, which can vary depending on family history. Keep your routine vaccinations up-to-date.

2

### COME TO THE APPOINTMENT PREPARED.

Write down your questions in order of priority. (Don't think you are going to remember them—you won't! I call it "office amnesia.") If all your questions aren't answered in one appointment, that's okay—make a follow-up appointment and work down your list. If you're worried, don't stop until you get answers.

3

### TRUST, BUT VERIFY.

There are countless resources available, but always carefully evaluate the source of your information. Be cautious about who you listen to for advice. When in doubt, get a second opinion. I encourage patients to be their own advocates. In today's busy world, it's important to follow up. For example, ask when you will hear about a referral. If you don't get a reply, ask when you should check back, what the next steps are, etc. Take things one step at a time, but know when enough time has passed to check back. Remember, whenever people and computers are involved, sometimes things happen.

4

### MAKE TIME TO EXERCISE.

It's good for your bones, your heart, and your mental state, among other things. Schedule it like you would an appointment—don't expect to "find the time," because you won't. Make it a priority. As we get older, we need to move more for the good of our bodies, especially our joints.

5

### KNOW WHAT IS IN YOUR FOOD.

Read food labels. There are many foods with additives like corn syrup or sugar that are not needed, but if you don't look for them, you won't know they are there. Eat vegetables and lean meats, some fruit, and fewer carbohydrates. Learn what foods are good for you and which ones are not. Understand what a portion size is—many think a portion size is larger than it should be.

6

### DON'T NEGLECT YOUR MENTAL HEALTH.

Mental problems can lead to physical problems and/or make them worse and vice versa. A lot of people have been raised to "power through" or "pull themselves up by their bootstraps." This has been studied, and it isn't true. Many mental issues are from brain chemicals being out of balance or lacking something. Often addressing the mental problems helps to solve physical problems. There is a lot of power in the human mind, and it is all connected. So don't neglect that piece of the puzzle. If you need help, ask for it.



## Emergency care

*They didn't give up'*



After recovering from cardiac arrest, Todd Turner says 'thank you'

**P**aramedics, fire department personnel, and emergency staff lined the halls of the emergency department to greet Todd Turner as he walked in just months after experiencing cardiac arrest. He wanted to thank the team responsible for saving his life.

Joined by his wife, Paula, and their two children, Todd relayed his side of the experience and expressed his profound thanks to Samaritan Healthcare's emergency department staff and the paramedics in attendance.

"I don't remember exactly what happened during my cardiac arrest, other than what I was told, because I coded," recalled Todd. "But I do know the paramedics and fire department got to the house fast and worked for 45 minutes to try and help me. They didn't give up. CPR works."

### CALM IN A CRISIS

Although Todd's recollection of the event is somewhat hazy, Paula helped Todd fill in the details later.

"It was clear that the situation was dire when we reached the hospital, but the emergency room was so calm," Paula said. "It wasn't loud and chaotic like you see it shown on television. Everyone worked professionally as a cohesive team and followed the protocols. We felt very well cared for. They didn't give up. Even when Todd coded again and the doctor had to tell me, he said it so kindly. They kept working on him, and he made it. And in the midst of it all—whether with a caring touch on my arm or a reassuring smile—they helped me feel that they were all here with me through this."

### BLESSED WITH GREAT CARE

There weren't many dry eyes as Todd and his family went around the room and expressed their thanks for the actions that saved his life—from the paramedics that rushed him to Samaritan to the nurses, doctors, respiratory, and imaging staff that all played an integral role in re-starting his heart.

"We're so lucky to have such a wonderful community of people at Samaritan," Paula said. "Everyone was so committed to caring for him. For him to meet them and see his recovery from their perspective was very rewarding."

"I had the best care—I was so blessed by the care I received," said Todd.

Today, Todd will also tell you that he's a patient in cardiac rehab and happy to be there.



**Top:** Todd Turner returns to Samaritan to thank the paramedics, fire department, and emergency department team who saved his life.

**Bottom:** Todd's wife, Paula, hugs emergency department nurse Mike Leedom.

**"We're so lucky to have such a wonderful community of people at Samaritan."**

**—Paula Turner**



# Golf classic scores donations for MRI

Foundation members share firsthand experiences with area healthcare



The Samaritan Healthcare Foundation's 17th annual Desert Golf Classic, held on Sept. 13, was a rousing success! From the shotgun start to the final awards, prizes, and appetizers, everyone who participated enjoyed a fun day. The purpose of the golf classic was to help raise funds for Samaritan Healthcare's new, state-of-the-art GE Signa Artist 1.5 Tesla MRI machine.

In January, the Foundation had pledged to raise \$400,000 toward the \$1.5 million purchase cost of the MRI. As a result of the generosity of those participating in the day of golf, roughly \$20,000 was raised for the new MRI machine that Samaritan Healthcare will purchase for the hospital. The additional costs of building and installing the MRI bring the total estimated amount to just over \$3 million.



**Byron Riche and Andrea Callaghan**  
(with Clear Risk Solutions) had fun  
with the golf ball launcher game.

## BENEFITS OF THE NEW MRI

The Tesla MRI will be the first of its kind west of Salt Lake City and the first in Washington state. The new MRI's technology and images are far superior to those of the current machine. The present one is leased and located in a trailer parked at the clinic. Having a high-quality MRI in its own space within the hospital will be more convenient for patients and staff, as well as being more cost-effective.

The Tesla MRI is more open for patients who have claustrophobia or ones who need extra monitoring during the procedure. Hospital patients or those admitted to the emergency department will also no longer need to take an ambulance to and from the clinic to receive an MRI.

## DONATION HELPED FOUNDATION MEMBER

You could say what goes around comes around in the case of Kay and Jack Hendrix. The Hendrixes are community members who work in agriculture. When Jack had his second heart attack, they experienced firsthand the importance of the work the Foundation does to support the healthcare needs of the residents in the community.

"We live in Grant County and had donated to the Foundation to help get the cardiac rehab program started," said Kay. "We knew it was important because when Jack had his first heart attack in 1983, there was no cardiac rehab available



anywhere in the northwest. Then a year after we sent the donation, Jack had a second heart attack and needed cardiac rehab! Having rehab in Moses Lake was so convenient. The cardiac rehab program helped him recover faster to get back to harvesting sugar beets, especially since he was already in good overall physical condition.”

### MUCH-NEEDED SUPPORT

After experiencing for themselves the importance of having state-of-the-art healthcare available locally, Kay and Jack know how crucial it is to support the new, top-of-the-line MRI.

“The new MRI is very much needed,” she said. “I was impressed that they chose to go with the Tesla MRI! It really shows that Samaritan is in tune with the medical needs of our community. Now people won’t need to drive long distances to get a high-quality MRI.”

Kay also sees this as another way to enhance Samaritan’s new status as a Level III Trauma Center.

“With a new MRI, new family medicine doctors, being designated as a Level III Trauma Center, orthopaedics, bringing in mental health specialists—the benefits of local healthcare at Samaritan just continue growing.”

### HELP US REACH OUR GOAL

Your support means continual enhancements to local healthcare. If you would like to make a tax-deductible donation or receive more information about the Samaritan Healthcare Foundation, we’d love to speak with you! Call 793-9645 or email [foundation@samaritanhealthcare.com](mailto:foundation@samaritanhealthcare.com).

## Happy to help



Jim and Karen Sperry

Jim Sperry, a member of the Moses Lake community for 18 years and also a Foundation board member, is very happy to help bring the new, high-tech MRI to residents in the Grant County area.

“A few years ago, I needed back surgery and I wanted to have my MRI here, but due to the poor quality of the images taken by the old machine, I had

to have a second MRI done in Spokane,” said Jim. “The new, state-of-the-art Tesla MRI will benefit our residents and also help attract future residents and businesses to move here when they see the top-quality healthcare that is available in Moses Lake. People planning to retire in Moses Lake will enjoy being able to have their healthcare needs met here without needing to travel to large cities.”

Jim enjoys volunteering as a member of the Foundation. It provides him an opportunity to learn more about the hospital and what it is doing so he can support it and help to make it better for the communities it serves.

“Having a high-tech MRI at the hospital shows a better continuum of care in the radiology department as a whole,” said Jim. “It’s more efficient and produces sharper images, which provides a higher level of patient care. It’s also a good example of what Samaritan is doing in our healthcare community, and this helps attract quality physicians to join us.”





Listen.  
Love.  
Respect.  
Excel.  
Innovate.

VALUES

**Listen.** Being Samaritan starts with truly listening to one another—seeking to understand; know the facts; and deliver a peaceful, safe, and nurturing culture for both our regional patients and our fellow employees.

**Love.** What sets us apart at Samaritan is our ability and desire to love our fellow employees, love for our patients, and love for accomplishing what’s best for our community.

**Respect.** Respect empowers us to consistently serve and truly care for our patients and fellow employees with integrity—regardless of age, race, creed, or social or organizational standing—treating others as we seek to be treated.

**Excel.** To excel at Samaritan is to successfully and consistently provide high-quality care within a safe environment for both patients and employees. We purposefully set out to continually learn; become more efficient; and deliver safe, exceptional patient care at the best possible price—doing what’s right and best for both our founding community and ourselves.

**Innovate.** Since 1947, innovation has been a founding value of Samaritan and our regional community. We daily establish the benchmark of what it truly means for a community to care for its community, and we believe innovation provides the necessary staff, resources, technology, partnerships, and education to fulfill our vision. Together, we inspire healthy regional communities today and generations into the future.

Samaritan demonstrates service through values

The entire staff and administration of Samaritan Healthcare recently held several listening and sharing sessions where, together as a healthcare team, we discussed and helped to define our vision, mission, and values. To demonstrate our strong commitment to you and to our communities and region, we share them with you.

**VISION:** Together, inspiring healthy regional communities.

This Vision is fulfilled in our **MISSION:** All of us, for each of you, every time.

Our Vision and our Mission led us to define our **VALUES**, as listed above.

And at the heart of it all,  
we are **family**:



- We, the employees.
- We, the medical staff.
- We, the board of commissioners.
- We, the patients.
- We, the community.
- We, the partners.
- We are Samaritan.

FLU SEASON ALERT

Influenza can be **MISERABLE & DEADLY**. Nearly **EVERYONE** 6 months or older should get a yearly flu vaccine.

- ✓ **Vaccinate!**
- ✓ **Don't wait.**
- ✓ **Don't hesitate.**

It takes **2 WEEKS** for the flu vaccine to be fully effective.

Get it **NOW** so you're protected when you need it.



BUST THAT MYTH!

The flu shot can't give you the flu. It has no infectious germs.\*

\*Mild side effects from the shot may occur, but serious reactions are very rare.

Take your best shot at staying well

Visit our flu shot clinic. For more information or to make an appointment, call **793-9770**.

Source: Centers for Disease Control and Prevention



Flu viruses **CHANGE** from year to year. To stay protected, you need a flu vaccine **EVERY YEAR**.



## History notebook



## Bold roots

In the 1960s, everything changed as the “Givers of Life” worked to usher in the day the water arrived with the Columbia Basin Project. This provided agriculture and produce, leading to an increase in the Moses Lake population. Moses Lake’s farming and agriculture have become known for helping to feed the country.

And in 1965, the Port of Moses Lake, home to Grant County International Airport, was formed due to the vision of our innovators. The Port now provides the canvas for 21st-century technology, manufacturing, aeronautics, and more. Grant County International Airport is a world-class, heavy jet training and testing facility and is one of the largest airports in the United States—and it all began with its roots in Moses Lake.

## Orthopaedic seminar a success!

Do you have hip or knee pain, a sports injury, or another orthopaedic concern? Fall and winter—after the harvest—are good seasons to consider having any needed orthopaedic procedures taken care of. That will allow plenty of time for you to be ready for the activities and planting season of next spring!

More than 80 people attended Samaritan Healthcare’s recent Orthopaedic Surgery Seminar to learn more about how orthopaedic surgery could help them. Leo Chough, MD, Samaritan’s staff orthopaedic surgeon, covered several topics at the free seminar, which was held at CB Tech in Moses Lake.

Dr. Chough presented information about hip and knee replacements, sports medicine, determining whether surgery is right for you, the benefits of rapid recovery, and more.

Dr. Chough also discussed his specialty—the anterior hip procedure—which he performs locally

at Samaritan. He has performed the muscle-sparing procedure for more than 10 years and has even instructed other surgeons in the technique, which leads to faster recoveries.



**Leo Chough, MD**, orthopaedic surgeon, discusses the team approach to orthopaedic surgery at Samaritan’s Orthopaedic Surgery Seminar.



To learn more about scheduling an appointment with Dr. Chough, please call **793-9770** or visit **samaritanhealthcare.com**.



## Maple cayenne pecans

*Makes 4 servings.*

### INGREDIENTS

- 1 teaspoon coconut oil (or other oil, like olive or walnut oil)
- 1 cup raw pecan halves
- 1 tablespoon pure maple syrup
- $\frac{1}{8}$  teaspoon cinnamon
- $\frac{1}{4}$  teaspoon Himalayan sea salt (or regular salt)
- $\frac{1}{8}$  teaspoon cayenne

### DIRECTIONS

- Preheat oven to 325 degrees.
- Grease pan lightly with oil.
- In medium bowl, combine all other ingredients.
- Spread pecans evenly on baking sheet.
- Bake for 15 minutes, stirring every 5 minutes.
- Remove sheet from oven and transfer pecans to a platter or plate.
- Cool for 30 minutes before eating.

### NUTRITION INFORMATION

Serving size:  $\frac{1}{4}$  cup. Amount per serving: 194 calories, 19g total fat (1g saturated fat), 7g carbohydrates, 2g protein, 3g dietary fiber, 146mg sodium.

Source: American Institute for Cancer Research



# Volunteer Linda loves helping others

**A**fter retiring from the Moses Lake School district—she worked in the kitchens, mainly at Frontier and Chief Moe schools—Linda is making excellent use of her free time by volunteering at Samaritan Healthcare. She began volunteering two years ago as a Samaritan patient ambassador.

“At first when I retired, I volunteered one day a month for Inland Northwest Blood Center, but I wanted to do more than that,” said Linda. “Someone told me I should check with the Samaritan hospital, so I did, and now here I am!”

## IT’S A WIN-WIN

As a patient ambassador, Linda enjoys interacting with patients—visiting them in their rooms and offering to help with things they need. She’ll bring water, juice, coffee, a blanket, or even stay with them and talk. The responses she receives from the patients are very gratifying.

“When I tell them I’m a volunteer, I am thanked so warmly, and some even get emotional when I tell them what I do,” said Linda. “I especially love when they want me to just talk or listen to them.”

Linda volunteers two days a week at Samaritan. Other duties she assists with include stocking the supply of patient bags used for the possessions of those having outpatient surgery, filing in the library, and setting up new employee folders.

## A SATISFYING EXPERIENCE

“I’ve met a lot of friendly women who also volunteer, and the luncheons Samaritan puts on for us are really nice,” she said.

Linda is married and has two sons who live in the state, plus four grandchildren ages 7 to 21.

She loves volunteering at Samaritan and plans to do it as long as she can. That’s the kind of dedication you will find in all of our Samaritan volunteers.



Linda (right) and volunteer coordinator Rachelle Lange

## JOIN US!

To learn more about volunteering or to apply, call **793-9724** or visit [samaritanhealthcare.com/about-us/volunteer](http://samaritanhealthcare.com/about-us/volunteer).

We love our Samaritan volunteers! They assist patients and staff in many departments throughout our medical campus.

## Need a HEALTH PARTNER?

### SAMARITAN CLINIC

1550 S. Pioneer Way  
Moses Lake, WA

### BEHAVIORAL HEALTH

Teresa Hutsell, ARNP, PMHNP-BC

### FAMILY MEDICINE

Andrea Carter, MD  
Hollie Matthews, MD  
Lexie Zuver, DO  
Bob Ebel, PA-C  
James Ewell, PA-C  
Cheyenne Faeh, PA-C  
Ethan Washburn, PA-C  
H. Scott Mounts, ARNP  
Tara Zamarron, ARNP, FNP-C

### OB-GYN

Ryan Rasmussen, MD  
Lizzy Bonadies, CNM

### ORTHOPAEDICS

Leo Chough, MD  
Chris Stone, PA-C

### PEDIATRICS

Elaine Peterson, DO  
Kimberlee E. Poole, ARNP

### PODIATRY

Arezou Amidi, DPM  
Daren Vernon, DPM

### URGENT CARE

Richard Eck, PA-C  
Brett Hymas, PA-C

### SAMARITAN HOSPITAL

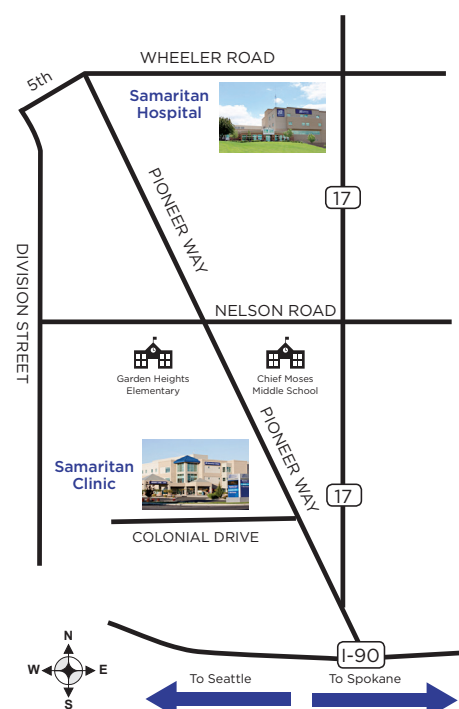
MAIN NUMBER • 765-5606

801 E. Wheeler Road, Moses Lake, WA

[samaritanhealthcare.com](http://samaritanhealthcare.com)

### SAMARITAN CLINIC

MAIN NUMBER • 793-9770



## 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](http://samaritanhealthcare.com).

**Gretchen Youngren** 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.

Models may be used in photos and illustrations.

2018 © Coffey Communications, Inc. All rights reserved.

WINTER 2018