

To Your

HEALTH

SPRING 2013

A health and wellness resource provided by Jefferson Healthcare

MEET JEFFERSON HEALTHCARE'S EXECUTIVE CHEF ARRAN STARK

PAGE 6

Broadening the Scope of Specialty Care

PAGE 3

Expanding Our Clinic Network

PAGE 4

Jefferson
Healthcare





Dear neighbors,

Welcome to the spring issue of To Your Health. This publication features our new “rock star” Chef and Dietary Director Arran Stark. It’s a good thing Chef Stark likes challenges, because turning hospital food into healthy,

delicious cuisine is no small task. Arran has introduced several new and exciting changes to our menu—to the delight of our patients, employees, and guests. He has also introduced Jefferson Healthcare to many amazing dishes prepared with delicious, fresh, locally grown ingredients. Still don’t believe hospital food can be delicious? Stop by and see us. Chef Stark will make a believer out of you.

In this issue, you will also be introduced to two of our primary care physicians, one new to her clinic and the other new to Jefferson County. Shannan Kirchner, MD, ABFM, is the new Medical Director of the Jefferson Healthcare Port Ludlow Clinic. Dr. Kirchner is an extraordinary physician and a great addition to Port Ludlow. She would enjoy meeting you and taking care of your primary care needs all in the convenience of your own neighborhood. Steve Erickson, MD, joined the Jefferson Healthcare Madrona Clinic in November and is providing a smooth transition as the replacement for Bruce Stowe, MD. Dr. Erickson is an experienced physician and avid sailor, so we’re certain he will be a perfect fit in Port Townsend.

Lastly, we recently celebrated the one-year anniversary of our affiliation with Swedish Medical Center, and we could not be more pleased. The affiliation has helped introduce new services to our community, including pulmonology and neurology; provided world-class consultation to help improve our quality of care; and allowed Jefferson Healthcare to implement the EpicCare Electronic Medical Record system, a fully integrated platform, which will dramatically improve our continuity of care. This is all pretty exciting stuff, and we can’t wait for our second year!

Thank you for your continued support of Jefferson Healthcare. Please feel free to contact me at (360) 385-2200, ext. 2001, if you have a question or comment about anything we are doing. We are working hard to earn your trust and become your community healthcare partner.

Sincerely,

Mike Glenn
Chief Executive Officer
Jefferson Healthcare

**COMING SOON TO
JEFFERSON HEALTHCARE**

Jefferson Healthcare is proud to announce the introduction of the EpicCare Electronic Medical Record system. The new system will consolidate Jefferson Healthcare’s five current electronic record platforms into one, easy-to-use system.

Be sure to check future issues of *To Your Health* for more details as we prepare to roll out the EpicCare system this summer.



Celebrating Successes

Since partnering with Swedish Neuroscience Institute (SNI) a year ago, Jefferson Healthcare has been able to propel stroke services forward—helping save lives when minutes matter most.

“SWEDISH IS A leader in telemedicine, and Jefferson Healthcare was the first hospital on the Olympic Peninsula to partner with the institute to use the service for stroke care,” says Joseph Mattern, MD, Medical Director of Ambulatory Care and Chief Medical Officer at Jefferson Healthcare. “Telemedicine service provides our patients immediate access to the stroke expertise available at SNI and allows our physicians to provide critical treatment in a timely manner, which results in saved lives.”

In the future, Jefferson Healthcare is planning to have Swedish Neurology specialists on site at Jefferson Healthcare throughout the week to make specialized care more convenient for patients.

AT THE TOP OF THE CLASS

Jefferson Healthcare was also one of three hospitals in the Public Hospital Trust to win the 2012 Top Performer award from the Washington Hospitals Workers’ Compensation Trust, a program of the Washington State Hospital Association. Given to public hospitals that demonstrate an outstanding Employee Safety Program, the award included a \$5,000 check and plaque, which were presented to Mike Glenn, CEO at Jefferson Healthcare, by Suzanne Metz, Safety Consultant at Washington State Hospital Association.

Want to find out how else Jefferson Healthcare is committed to your health?
Visit www.jeffersonhealthcare.org.



Expanding Options for Specialty Care

As part of our commitment to expanding specialized care in Jefferson County, four new physicians recently joined Jefferson Healthcare. These new providers will see patients at the 7th Street Specialty Clinic located at 1274 7th Street in Port Townsend.

DAVID ROBERTS, MD



A Swedish Neuroscience Institute affiliate, David Roberts, MD, will join Jefferson Healthcare as a neurological care provider in spring 2013.

Dr. Roberts completed medical school, an internship, and residency at the University of California in Davis. He is a member of both the American Neurological Association and the American Academy of Neurology.

STAFFORD CONWAY, MD



Stafford Conway, MD, board-certified neurologist at the Swedish Neuroscience Institute will support Dr. Roberts at Jefferson Healthcare. A member of both the

American Society of Neuroimaging and the American Academy of Neurology, and a Diplomat of the American Board of Psychiatry and Neurology, Inc., Dr. Conway completed medical school at the American University of the Caribbean School of Medicine in the French West Indies and an internship at Wright State University in Ohio.

Dr. Conway went on to complete his residency and a fellowship at the University of South Alabama and the Alabama Neurological Institute, respectively.

RAJ DEOL, MD



Raj Deol, MD, is a board-certified internal medicine specialist with a focus on the treatment and prevention of lung disease.

Dr. Deol completed medical school at the Punjab University Guru Govind Singh Medical College in India, a residency at Wayne State University, and a fellowship at the University of Iowa Hospital.



REBECCA CORLEY, MD
Port Angeles pulmonologist Rebecca Corley, MD, began seeing Jefferson County patients in Fall 2012.

Board certified in pulmonary medicine and internal medicine, Dr. Corley also specializes in critical care. She completed medical school at the University of Washington School of Medicine in Seattle, then went on to complete her internship, residency, and fellowship at Oregon Health & Science University in Portland.

To learn more about the services available at Jefferson Healthcare, visit www.jeffersonhealthcare.org or call (360) 385-2200.



A Closer Look at Swedish Neuroscience Institute

The Swedish Neuroscience Institute (SNI) is a collaborative medical environment designed to advance neurological care and its availability through technology, research, and development.

SNI provides specialized treatment for brain tumors, multiple sclerosis, epilepsy, and a wide range of additional neurological disorders with advanced neurosurgical operating rooms and endovascular suites.

Located in Seattle, SNI provides telemedicine services, conducts clinical trials, and promotes education both among its physician members and in partnership with several esteemed local institutes, including Jefferson Healthcare.



MEET DR. ERICKSON



One of Jefferson Healthcare's newest physicians, Steve Erickson, MD, began seeing patients at Jefferson Healthcare Madrona Family Medicine in November 2012 after returning from a South Pacific sailing trip with his family. He received his medical degree from the University

of Minnesota Medical School and performed his residency and internship here in the Evergreen State at Tacoma Family Medicine.

Continuing a Tradition of Care

Residents of Jefferson County valued Bruce Stowe, MD, and his nurse practitioner wife, Sandra Vanvig, for the 14 years of family medical care they provided, and Jefferson Healthcare is pleased to continue their tradition of excellence.

In March 2012, upon the couple's retirement, Jefferson Healthcare purchased Dr. Stowe's practice at 1010 Sheridan Street in Port Townsend and renamed it Jefferson Healthcare Madrona Family Medicine.

"We wanted to continue Dr. Stowe's service to the community and let patients know they still have a place to go to receive care," says Paula Dowdle, Chief Operating Officer at Jefferson Healthcare. "Local physicians and nurse practitioners pitched in to keep the practice running seamlessly until we found a permanent replacement for Dr. Stowe: Stephen Erickson, MD, board-certified family medicine physician [see "Meet Dr. Erickson"]. Dr. Erickson has been a great fit for Jefferson County since arriving in November 2012."

Dr. Erickson provides family medicine and obstetric care at Jefferson Healthcare Madrona Family Medicine Monday through Friday from 8 a.m. to 5 p.m.

Helping Port Ludlow Stay Well

Jefferson Healthcare is committed to caring for all Jefferson County residents—which is why, nearly two years ago, we extended our services to Port Ludlow with the opening of Jefferson Healthcare's Port Ludlow Clinic.

THE FAMILY PRACTICE clinic opened in July 2011 in the former office of an urgent care facility at 9481 Oak Bay Road, Suite A, in Port Ludlow. Since its debut, the clinic has been a convenient option for patients who once had to drive to Kitsap County—or even Seattle—for non-emergent medical care.

"Jefferson Healthcare realized Port Ludlow is a growing community with an expanding mix of retirees and families, and residents didn't want to have to travel to find medical care," says Shannan Kirchner, MD, ABFM, board-certified family medicine physician at Jefferson Healthcare Port Ludlow Clinic. The convenience of having a provider a mile down the road is a tremendous asset for the people of this community."



Shannan Kirchner, MD

The clinic is open Monday through Friday, from 9 a.m. to 5 p.m., and Saturday, from 9 a.m. to noon.

PROVIDING COMPREHENSIVE FAMILY MEDICINE

Dr. Kirchner joined the team of providers at Jefferson Healthcare Port Ludlow Clinic in April 2012, replacing Melanie McGrory, MD,



PORT LUDLOW CLINIC HOURS:

Monday through Friday,
9 a.m. to 5 p.m.;
Saturday, 9 a.m. to noon

Shannan Kirchner, MD,
ABFM, board-certified
family medicine physician

9481 Oak Bay Road, Suite A,
Port Ludlow,
Washington 98365

Wes Schott, ARNP, family
nurse practitioner

(360) 437-5067

Rebecca Zambito, ARNP,
family nurse practitioner

the clinic's first physician. She practices at the clinic on Wednesday and Thursday, serving one day per week alongside each of the facility's two other providers.

Wes Schott, ARNP, family nurse practitioner, has practiced at the clinic since it opened and currently sees patients four days per week. Schott is particularly skilled in coordinating care for patients with diabetes, having worked in an endocrinology practice for several years. Rebecca Zambito, ARNP, family nurse practitioner, sees patients two days per week, including Saturday. Her clinical interests include urgent care and helping individuals find primary care providers.

Schott, Zambito, and Dr. Kirchner care for patients in the clinic, which features three exam rooms, a laboratory draw station, and a procedure room. They provide services ranging from physical exams and treatment of common conditions, such as colds and sinusitis, to management of chronic conditions and treatment of minor fractures and lacerations.

"Every day at least two patients have thanked me for being here," Dr. Kirchner says. "I cannot tell you how many patients have expressed concerns to me about how health care is changing. They are worried about their ability to continue receiving the care they need. I want them to know we're ready to advocate for them as health care evolves, and we want to ensure they have medical homes where providers focus on all aspects of their health."

For information about Jefferson Healthcare facilities or to find a provider, visit www.jeffersonhealthcare.org.

▶ A GROWING, Thriving Foundation

In 2012, the Hospice Foundation for Jefferson Healthcare welcomed new board members Cindy Thayer; Ann Deisher, Treasurer; and Bonnie McDaniel, Secretary.

The Foundation also launched their website, www.HospiceFoundationJHC.org, to provide information about the Foundation's mission, services, and upcoming events. Community members interested in getting involved can visit the website to find volunteer opportunities or ways to donate to outreach services.

The Hospice Foundation for Jefferson Healthcare was thrilled to receive a \$200,000 anonymous donation in late October. These funds will be invested with the Seattle Foundation, per the donor's request, then be available for a capital campaign to build a freestanding Hospice facility for Eastern Jefferson County.

These dedicated board members and valued volunteers and donors help fulfill the mission of the foundation—raising friends and funds in support of end-of-life hospice services at Jefferson Healthcare.





Local Hero

Local food enthusiast, chef, and educator Arran Stark has given Jefferson Healthcare food services an extreme nutrition makeover.

A Fresh Approach

A native of Georgia, Arran Stark, Chef and Dietary Director at Jefferson Healthcare, has served in the kitchens of some of the nation's most prestigious restaurants and institutions, including the Museum of Fine Arts in Boston, Massachusetts.

For more than seven years, Chef Stark and his wife, Micaela Colley, have called Port Townsend home. Upon relocating to the Peninsula, he operated Brassica restaurant at Sweet Laurette's and continues to manage his own catering company, Cultivated Palette. Following the birth of his second child, son Owyn, however, Chef Stark brought his culinary skills and affinity for fresh, local produce to the kitchens of Jefferson Healthcare.

Since joining the Jefferson Healthcare team, Chef Stark has revitalized the hospital's dining options, offering patients and their families delicious, nutritious meals featuring the best fruits and vegetables the area has to offer. In addition to running the culinary show at Jefferson Healthcare, Chef Stark hosts cooking classes at the Port Townsend Farmers' Market and at the Cultivated Palette kitchen in Port Townsend.

GUESTS AND STAFF at Jefferson Healthcare are treated to more than just your typical fare. Serving dishes made with locally sourced bread, meat, produce, and seafood each day, Chef Stark has changed the culinary game for patients and their families.

"When I arrived, we had a number of cooks who were opening, reheating, and serving, but not cooking," says Chef Stark, Director of Food Services at Jefferson Healthcare. "Now we are preparing unique entrees, as well as fresh salads and soups, that deliver nutrition and amazing taste. Overhauling patient menus is our next big project."

WINTER WONDER

Here on the Peninsula, one thing can be said for most gardens: Check out all those Brassica. To try one of Chef Stark's signature recipes using a member of this local vegetable family—which also includes kale, cauliflower, Brussels sprouts, and broccoli—give this slaw recipe a go.

Quarter a firm head of cabbage from top to stem, wash under cold water, and shake dry. Remove the stem. Slice the quarters of cabbage cross leaf in 1/4 inch slice. Place cabbage into a bowl with 2 tsp of Kosher salt. Gently mix the cabbage and salt mixture. Let sit for 10 minutes. Softly squeeze out excess water and place into a dry bowl.

Add 1/4 cup of rice vinegar, mix thoroughly, and taste. Julienne one large carrot, dice 4 ribs of celery and a quarter of one red onion, chop a bunch of fresh parsley, and add it to the cabbage. Add 3 tablespoons of light sour cream to the cabbage mixture and gently mix. Serve with your favorite dish or by itself.

Committed to Our Community

Healthcare reform is on everyone's mind these days. With the current changes in legislation, funding for critical access hospitals, such as Jefferson Healthcare, needs to remain at current levels to continue to provide valuable local services.

LOCAL HOSPITALS ARE the backbone of healthcare delivery in this country. Since our founding in 1890 as St. John's Hospital, Jefferson Healthcare has grown into a fully integrated healthcare system with a focus on providing high-tech, high-touch services in Jefferson County. Our designation as a critical access hospital in 2003 affirmed our commitment to the local community.

Healthcare legislation reform has the potential to negatively affect services offered by Jefferson Healthcare. In response to pending reforms, Jefferson Healthcare recently hosted Advocacy Day, designed to educate legislative leaders about the impact Jefferson Healthcare has on our community. Delegates were taken on a tour of the hospital facilities and urged to continue current levels of support during a presentation by Jefferson Healthcare CEO Mike Glenn.



Jefferson Healthcare CEO Mike Glenn discusses the issues facing Jefferson Healthcare with U.S. Rep. Derek Kilmer, with support from Hospital Commissioner Tony DeLeo. Rep. Kilmer was given a tour of the facilities.

"It is important that we meet with our federal and state legislative leaders to discuss the issues Jefferson Healthcare faces both now and in the future," Glenn says. "Jefferson Healthcare's advocacy goals are to safeguard our current reimbursement levels to ensure we can continue to provide necessary medical services for our community."

To learn more about the services offered at Jefferson Healthcare, visit www.jeffersonhealthcare.org.

Take Heart

Long-term heart health requires adopting a lifestyle that reduces your risk of cardiovascular disease.

FOR MANY PEOPLE, the importance of taking good care of their hearts comes on the heels of suffering a heart attack or a heart disease diagnosis. No bigger than the size of a human fist, the heart can be permanently damaged by harmful lifestyle stressors and disease.

According to the Centers for Disease Control and Prevention, heart disease is the leading cause of death among both men and women in the United States and is responsible for nearly 600,000 adult deaths each year. While the statistics are more than alarming, the good news is heart disease and stroke can be prevented. Do your part by becoming aware of personal risk factors, such as family history of the disease, and making simple lifestyle modifications, including:

- eating a nutritious diet rich in healthy, low-fat foods such as green-leaf veggies, fruit, fish, nuts, and whole grains



- managing stress levels and getting eight hours of restful sleep a night
- performing regular physical activity for at least 30 minutes a day

- stopping smoking

"It is vital that people understand some risk factors for heart disease can be controlled, while others, such as age, race, or family history, cannot," says Joseph Mattern, MD, Chief Medical Officer at Jefferson Healthcare. "We want to help patients reach their optimal levels of heart health by encouraging them to receive regular cardiovascular screenings that detect both preventable and inherited risk factors in their earliest stages."

To learn more about cardiac health and screening information, visit www.jeffersonhealthcare.org.

The doctor will see you now.



Say hello to Dr. McGovern now practicing at Jefferson Healthcare Orthopedic Clinic

We are excited to have Dr. Tristan McGovern as a full time member of Jefferson Healthcare's Orthopedic Clinic. Dr. McGovern is a board certified Orthopedic surgeon who completed his residency at the Mayo Clinic and went on to complete a fellowship in Sports Medicine and Traumatology. He came to Port Townsend in 2001 and opened a private practice – bringing his knowledge and expertise to patients across the Olympic Peninsula.

Dr. McGovern joined our team of dedicated professionals who provide you with the excellent care you deserve. From fracture care and sports medicine to joint repair and replacement, we offer a full spectrum of Orthopedic services using the latest in surgical technologies our patients have come to expect.

To learn more about our joint replacement program or other orthopedic services, call us at (360) 344-0400.

Now accepting new patients.
www.jeffersonhealthcare.org

- Total Joint Replacement: Knee, shoulder and hip replacement
- Joint Repair/Reconstruction:
 - Knee and shoulder
 - Foot and ankle surgery
 - Carpel Tunnel Release
 - Arthroscopic ACL Reconstruction
 - Hip Fracture Repair
- Ligament, Tendon and Nerve Repair



*Dr. Tristan McGovern,
Orthopedic Surgeon*

Jefferson
Healthcare