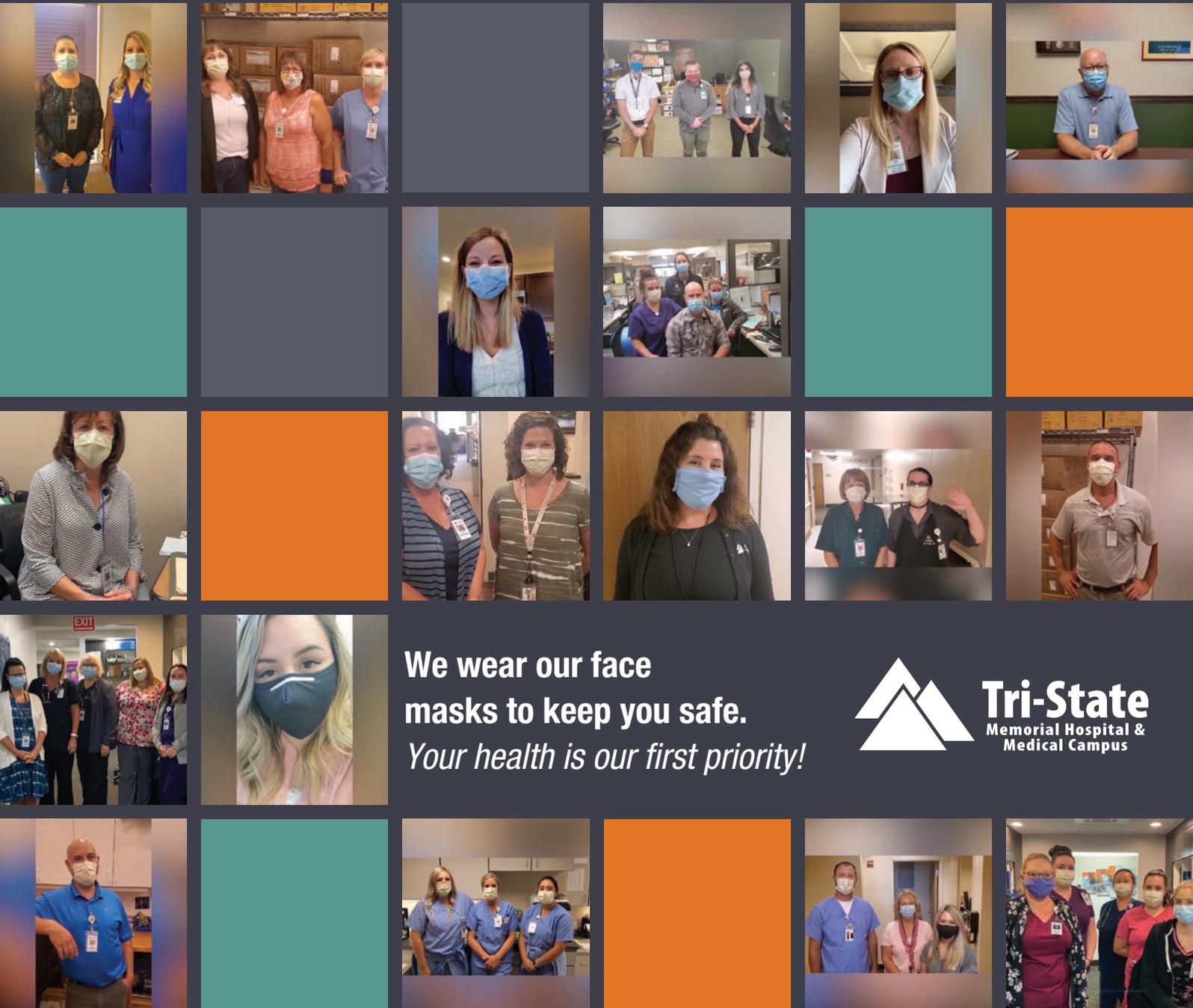


FREE
Please Take One

HEALTH *Beat*

FALL/WINTER 2020



We wear our face
masks to keep you safe.
Your health is our first priority!



Tri-State
Memorial Hospital &
Medical Campus

Our Mission

Your Health Is Our First Priority!

Our Vision

We place the healthcare needs of our community first by partnering to bring care beyond our walls through innovative technology and collaboration. We are a regional healthcare leader and employer of choice, delivering the highest quality of care to facilitate health, healing, and well-being throughout our community and those we touch.

Our Values

Quality, Compassion, Collaboration, Innovation, and Respect

Hospital Services

24-Hour Emergency
Aesthetics
Day/Outpatient Surgery
Diagnostic Imaging
Dialysis Center
Respiratory Therapy
Sleep Lab
Wellness
Women's Imaging

Specialty Clinics

Behavioral Health
Family Practice & Internal Medicine
General Surgery
Interventional Pain Consultants
Kidney & Hypertension
Minor Care Center
Podiatry
Pulmonology
Rheumatology
Urology
Wound Healing & Hyperbaric Services

Hospital Board

Steve Claassen, President
Mike Martin, Vice President
Wayne Day, Past President
Scott Arnone
Debra Ausman
Kimberely Blewett, DO
Dick Flerchinger
Dave Hagen
Paul Jelinek
Dan Klaveano
Don McQuary
John Rudolph, DO
Rick Wasem

Executive Team

Donald Wee, Chief Executive Officer
Joleen Carper, Chief of Clinic Operations
Avi Popovich, Chief Information Officer
Terri Tomberlin, Chief Human Resources Officer
Jackie Mossakowski, Chief Nursing Officer



“It’s the little things. Heating the shower before taking me in; talking and joking during rounds; reading me the dietary menu each meal - even though I know what was on my meal plan - and the comradery of Dr. Smith. Each visitor to my room always smiled and lifted my spirits.”

- Thomas Blimka, Grateful Patient

From the CHIEF EXECUTIVE OFFICER



Our community, region, and nation could not have predicted what 2020 had in store. The COVID-19 pandemic has brought formidable challenges and numerous changes on a daily – and sometimes hourly – basis. Even while everything has changed, our mission at Tri-State Memorial Hospital & Medical Campus remains the same – **Your Health Is Our First Priority!**

I want to take this time to remind the community not to delay their care. Tri-State Memorial Hospital has, and always will be, prepared to care for our patients. If you need an annual wellness visit, do not hesitate to seek medical attention.

During this pandemic, we continue to uphold our promise to provide access to primary care throughout the Lewis-Clark Valley by welcoming three new physicians to our Tri-State Family. Garrett Mockler, MD, Joel Woodruff, MD, and Nolan Derr, MD, joined our Family Practice clinics this summer. With three new providers, we can continue to accommodate our growing

community's healthcare needs.

We ask that everyone take the necessary steps to protect our community – especially those who are most vulnerable. To slow the spread of COVID-19, continue to wear your mask, social distance of at least 6 feet, and frequently wash your hands.

We are now into fall, which means flu season is here. Now more than ever, it is vital that you get your flu shot to protect one another and not overwhelm our healthcare systems. If you missed our Community Flu Shot Clinic, please call your primary care provider or local pharmacy to schedule a flu shot.

The support from our community is inspirational. We were honored to be once again named the 2020 Best of the West Hospital. This award has significant meaning to us, and we would like to thank you for allowing us the opportunity to continue to serve your healthcare needs. We consider it an honor to provide care in this community and its surrounding areas.

Although we have already accomplished so much as a community in the face of the pandemic, we can't give up yet. It is challenging, but our collective diligence is needed to protect one another. As we have said before, we are all in this together.

Stay safe and stay healthy!

A handwritten signature in black ink that reads "Donald J. Wee". The signature is fluid and cursive, written in a professional style.

DONALD J. WEE, CEO





Tri-State

Memorial Hospital &
Medical Campus



WHEN AND WHERE TO RECEIVE CARE

TRI-STATE EMERGENCY

When every minute counts and an illness or injury requires emergency care.

Don't wait, call 911 or go to the Emergency Department

TRI-STATE FAMILY PRACTICE

For routine care, schedule an in-person or telehealth appointment today.

Family Practice & Internal Medicine Clarkston:
509.758.1450

Family Practice Lewiston: 208.848.9001

Family Practice Clearwater: 208.743.8416

TRI-STATE MINOR CARE

For non-emergency illnesses or injuries that require immediate attention.

Tri-State Minor Care: 509.769.2200

YOUR HEALTH IS OUR FIRST PRIORITY!



Our patients have appreciated the ease and security that comes from receiving healthcare in the safety of their own homes.

JOHN RUDOLPH, DO
TRI-STATE FAMILY PRACTICE
LEWISTON





TRI-STATE MEMORIAL HOSPITAL *READY TO SERVE*

Tri-State Memorial Hospital is prepared to treat everyone who may have had their medical care disrupted during the pandemic. We encourage everyone in our community to make a promise to reach out to your doctor and not neglect your health. The health of you and your family is our top priority.

Tri-State Memorial Hospital offers a safe environment for our patients – we did so prior to COVID-19, and we continue to do so. We have strict safeguards to protect our patients, providers, and employees to prevent the spread of COVID-19. Protective measures include employee and patient screening, thorough cleaning and disinfecting of our facilities, and visitor limitations.

During a crisis, there are opportunities to improve and become more innovative. While our clinics are safe, we have initiated new care models that are here to stay, including telehealth services.

“We can do almost any kind of visit through telehealth,” said Dr. John Rudolph, of Tri-State Family Practice Lewiston. “Our patients have appreciated the ease and security that comes from receiving healthcare in the safety of their own homes.”

At Tri-State Memorial Hospital, we pride ourselves on being a community and family-oriented hospital. We will continue to keep everyone informed as changes develop. As these changes occur, one thing will not change:

Tri-State Memorial Hospital stands united and ready to serve you.



“

*Everyone at the clinic is working in
help people who are in pain, I feel
their patients.*

Fred and Karen Schmidt

THERE IS NO REASON TO STAY IN PAIN; DON'T DELAY YOUR CARE

During these unprecedented times, what makes Tri-State Interventional Pain Consultants the place to go for all of your pain needs? Many patients have stated that it is the professionalism, clear communication, and passionate providers. If you ask Karen Schmidt, a patient of Lyndal Stoutin, MD, for over 12-years, she says, "...it's the comfort, the lack of fear, and the friendly staff."

Karen first came to Dr. Stoutin years ago when she had sustained an injury that resulted in back surgery and, later on, a hip replacement.

"I began having issues with my back popping up, but Dr. Stoutin made the entire experience really positive," said Karen. "He makes me feel comfortable – I just don't have any fear when I go in there."

To this day, Karen continues to see Dr. Stoutin for all of her pain issues.

"Everyone at the clinic is working in a field where their goal is to help people who are in pain," said Karen. "I feel that they have compassion for their patients."

Marie Duman, RN, BSN, has served as the director of Tri-State Interventional Pain Consultants for four years. She oversees a staff of 27, which includes four full-time physicians who all have their Diplomate of the American Board of Anesthesiology and one full time Physician Assistant. All five providers have more than nine decades of combined experience working in pain management.

"Our providers' longevity, history, training, and background are some of the reasons we stand apart from our competitors," said Marie. "The genuine care for each other and our patients is why I love working with my team. We get to leave work each day knowing that we made a difference in our patient's lives."

The clinic provides a variety of pain relief options for the community. They work with advanced technologies such as spinal cord stimulation, intrathecal pain pumps, and various devices to alleviate pain and improve quality of life. Some of the technology will over-ride pain signals to the brain. In contrast, others adjust anatomical spaces within the body to relieve pain and improve a patient's ability to perform simple activities such as walking.

Tri-State Interventional Pain Consultants diagnose and treat patients with chronic pain, including headaches, lower back pain, cancer pain, arthritis pain, and neurogenic pain. Some of their procedures can take less than three minutes, whereas others take much longer. Before a patient is prepped for any procedure, the staff provides extensive education on what to expect in the following days or weeks.

"For me, when it comes to the pain clinic, it's the quality of the physicians, the quality of the staff, and the comfort of the actual place," said Karen. "There's a peacefulness with no feeling of urgency or panic. Dr. Stoutin's empathy for the pain that you have is shown in how he works to figure out how he can alleviate it. He always tells me that if this doesn't work, you'll come back, and we will try something else. He makes me feel like he values me as a patient. I am not just a number." ▲

*in a field where their goal is to
that they have compassion for*

KAREN SCHMIDT - PATIENT



For more information about pain management, please contact Tri-State Interventional Pain Consultants at 509.780.4450. No referral is needed to make an appointment!



Joel Woodruff, MD
Tri-State Family Practice &
Internal Medicine, Clarkston

Joel Woodruff, MD, received his Doctorate of Medicine from Ross University School of Medicine in Portsmouth, Dominica, West Indies, in 2016. He went on to complete his family medicine residency at the University of North Dakota in Minot, North Dakota, in 2020. He is a member of the American Academy of Family Physicians. He enjoys being outdoors and trying new activities, spending time with his family, and exploring new places. Dr. Woodruff is passionate about the quality of patient care and not the quantity. He looks forward to being a part of a team that shares this same dedication.



Nolan Derr, MD
Tri-State Family Practice &
Internal Medicine, Clarkston

Nolan Derr, MD, received his Doctorate of Medicine from the American University of the Caribbean located in St. Maarten, in 2017. He went on to complete his residency in Internal Medicine at Kettering Medical Center in Kettering, Ohio, in 2020. While in residency, he served as an assistant clinical professor of medicine at Wright State University in Ohio. He enjoys being outdoors, spending time with family, and is a big soccer fan! Nolan Derr is excited to be a part of a team where it is evident that the quality of care is a priority.

Tri-State Family Practice is now accepting new patients! 509.769.2014

3 NEW PHYSICIANS

Delivering on our **promise** to provide access to **primary care** in the LC Valley.



Garrett Mockler, MD
Tri-State Family Practice,
Lewiston

Garrett Mockler, MD, received his Doctorate of Medicine from the Trinity School of Medicine in St. Vincent and the Grenadines, in 2016. He completed his residency at the University of Nebraska Medical Center in rural family medicine, where he spent time in Omaha and North Platte, Nebraska. Before medical school, he achieved a Bachelors and Masters of Fine Arts in Ballet from the University of Utah. Dr. Mockler is part of a hybrid fellowship program in Integrative Medicine, which uses both western and eastern medical treatments to care for the whole patient. Dr. Mockler is looking forward to being on a team that helps his patients achieve their personal goals in health and wellness.

“

We have seen the need, and we want the community to know that we will continue to address health issues within our community as we see them arise.

JOLEEN CARPER
CHIEF OF CLINIC OPERATIONS

”

TriStateHospital.org/FamilyPractice



Part of the Tri-State Dialysis Center Staff

Providing a *Person*

Bill Bonson knew that it was only a matter of time before he would be diagnosed with kidney disease, and in 2014, that time had come. After years of monitoring, he began seeing a nephrologist (kidney doctor) to establish a care plan for his treatment. Bill's diagnosis came as a result of a preexisting health condition and medicine that was hard on his kidneys.

"About a year after I was diagnosed, I started going to the Tri-State Dialysis Center," said Bill. "I really like the way they take care of their patients." Bill has traveled over the past few years and has had treatment at other Washington and Nevada dialysis centers. These experiences have reinforced his gratitude for Tri-State. "It's always a pleasure to get back to Tri-State."

The Tri-State Dialysis Center is honored to have received a 5-Star Rating with Dialysis Facility Compare for excellent communication, caring doctors, providing timely and accurate information to patients, and the compassionate staff. Dialysis Facility Compare provides information on more than 7,000 facilities throughout the country. It helps individuals compare dialysis centers, so they have the knowledge to choose one that's right for them and their loved ones.

"Having a 5-Star Rating is a true testament to the support and dedication of our staff, providers, and Tri-State Memorial Hospital," said Jason Spurlock, Dialysis Services Director. "Our staff to patient ratio is outstanding. It allows us extended time to do an excellent job of caring directly for each patient."

Jason has worked at the Tri-State Dialysis Center for ten years and has served as the Director of Dialysis

Personal Touch with a 5-Star Experience

Services since 2016. He oversees the 12 station clinic, with a staff of 19, who take care of around 42 patients each week. The clinic offers three patient shifts to provide for patients' three-time-per-week treatments. Tri-State Dialysis Center offers two Home Therapy Programs for patients to choose from, Home Hemodialysis and Home Peritoneal Dialysis. Acute treatments for hospitalized patients are also available. Free dialysis education classes or individual sessions are available to the public by calling the Tri-State Dialysis Center and requesting CHOICES education information.

"Our dialysis center feels more like a 'mom & pop shop,'" said Jason. "Because Tri-State Memorial Hospital is a non-profit, they care about more than the bottom line. It allows my staff to put in the time and care that each patient deserves."

Tri-State Dialysis Center's healthcare team also includes a full-time, licensed, master-level Social Worker along with a full-time Registered Dietitian. Having both specialists on staff allows the Tri-State Dialysis Center to meet each patient's unique needs. Together, nephrology, social work, and dietary services provide the help needed to relieve the social and emotional stresses resulting from end-stage renal disease.

"I have a great relationship with all of the staff at the dialysis center," said Bill. "Tobi, the RN, takes the time to talk with me about other things outside of dialysis. I know they all really care about me." ▲

For more information about the Tri-State Dialysis Center please call 509.758.4656.



OVERALL RATING Dialysis Facility Compare

“ I am very grateful to have this so close to home.

– PATIENT SURVEY COMMENT

“ The staff and the doctors are terrific.

– PATIENT SURVEY COMMENT

INFORMATION YOU CAN TRUST

COVID-19 FAQ

As one of the leading healthcare providers in our community, we would like to address some of the misinformation regarding COVID-19. We understand that filtering through the plethora of information can be overwhelming. At Tri-State Memorial Hospital we would like to continue to be a resource for our community regarding COVID-19.

IS COVID-19 JUST LIKE THE FLU?

Influenza (flu) and COVID-19 are both viral infections and can be easily spread to others. Although the symptoms of COVID-19 and the flu can look similar – fever, cough, fatigue, body aches – they are caused by different viruses.

COVID-19 symptoms can range from mild to severe and may appear 2-14 days after exposure to the virus. Those with the flu typically feel sickest during the first week of illness. With COVID-19, people may feel the worst during the second or third week, and they may be sick for a longer period of time.

Both the flu and COVID-19 spread through droplets from the nose and mouth.



I AM UNSURE ON HOW TO GO ABOUT RECEIVING A COVID-19 TEST?

If you have symptoms of COVID-19, please visit Tri-State Minor Care where a provider will evaluate your symptoms to determine if it is appropriate to administer a COVID-19 test.

Hours of operation are Monday – Friday from 8:30 am – 7:00 pm and Saturday from 10:00 am – 4:00 pm (these hours are subject to change).

Most insurance companies will cover the cost of a COVID-19 test. If you are concerned about cost or coverage, please reach out to your insurance company. Patients will be charged for the visit to Tri-State Minor Care, as well as the processing fees involved in testing.

If you are asymptomatic, you must have an order from the Washington State Public Health to be tested.

If you are tested for COVID-19, you must self-isolate until your test results return. Once you receive your results, your provider will tell you what your next steps are. To see the most up-to-date information from our local public health, please see their website: <http://www.asotincountypublichealth.org>

I THINK I MIGHT HAVE COVID-19. WHAT DO I DO?

- Stay home if you are sick – even if your symptoms are mild.
- Take good care of yourself.
- Stay in touch with your provider.
- Continue to monitor your symptoms and watch out for emergency warning signs such as trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, and bluish lips or face. If you develop emergency warning signs, call your provider or visit the nearest emergency department.
- Take extra care not to spread the virus to others. Separate yourself from other people, including pets. If you need to be around other people or animals, wear a mask in or outside of the home.
- Practice good personal hygiene habits, including washing your hands frequently, coughing into your elbow, and avoid touching your eyes, nose, and mouth. ▲



TRI-STATE MINOR CARE CENTER

**1267 Belmont Way
Clarkston, WA 99403
P: 509.769.2200
www.TriStateHospital.org**



“

I was really hoping when I first started experiencing symptoms that it was just a cold or a flu, but part of me, in the back of my head, kind of knew it was COVID-19.

CYELL KING-HOOD - PATIENT

”

Cyell King-Hood's Story

COVID-19: Road to Recovery

Cyell's journey with COVID-19 started with a fever, body aches, and chills; while pressure and coughing were building in her chest, absolute exhaustion was accompanied. She couldn't have imagined that it would lead to six weeks of battling this new and unknown disease. Her symptoms began on March 29, and on April 4, she was diagnosed positive for COVID-19.

"In the beginning, I felt a lot of apprehensions and definitely fear. I was really hoping when I first started experiencing symptoms that it was just a cold or flu, but part of me, in the back of my head, kind of knew it was COVID-19."

Cyell had a telehealth appointment with Tri-State Memorial Hospital, followed by a swab test for COVID-19. She underwent a total of eight swab tests before she was cleared from the virus and six weeks of isolation.

"For me, the testing would range from major discomfort to extremely painful. I'm prone to migraines, so having a swab go up the nose all the way back to the soft pallet of the throat tended to trigger those for me," said Cyell. "My doctor would be as gentle as he could getting the sample, but he needed to be sure that we would receive the best results. He knew it was taking a toll on me, not only physically, but also emotionally and mentally. Thankfully, my last two swabs finally came back negative."

Even though COVID-19 is severely contagious, Cyell still had unwavering support from those around her. While in isolation, she received an

incredibly large amount of heartfelt gestures from her co-workers, friends, and family. They provided everything from emotional support to delivering and dropping off food, books, and puzzles to keep her busy.

"I did all of the things I could while at home to gain strength and protect those living in the same household as me," said Cyell. "I was terrified that my 70-year-old mother and my boyfriend would catch the virus. We were lucky that through their isolation, they were safe and clear; they did not develop any signs or symptoms after my diagnosis."

This process has been long, but Cyell is a success story. She did not do this alone and gives credit to her work family, medical providers, friends, and loved ones. They checked in on Cyell during lonely and dark times and continued to lift her spirits.

"I am a Registered Nurse at Tri-State Memorial Hospital & Medical Campus, and the staff at the hospital has been amazing!" said Cyell. "I had several daily phone calls and emails from teammates checking on my progress. I am just completely blessed and grateful to be working for such a caring establishment." ▲

As we continue to navigate the new normal with COVID-19, we find encouragement in the stories of courage, innovation, and healthy outcomes for our staff and patients. We don't want to miss out on your story. If you have one to share, submit to media@tsmh.org.

Winter is approaching fast.

INFLUENZA

What are the symptoms?

OFTEN:

Fever
Cough
Aches & pains
Headaches

SOMETIMES:

Fatigue
Stuffy/runny nose
Diarrhea (children)
Shortness of breath
or difficulty breathing

When do symptoms appear?

1-4 days after infection

How long are you contagious?

1 day before symptoms appear and up to 7 days after

How does it spread?

Person-to-Person

How can I prevent illness?

A flu shot can help protect you and your family from most strains of the flu. Social distancing, wearing a mask, and frequent hand washing can also help with prevention of getting the flu.

What are the complications for this illness?

Flu can turn into pneumonia and can be fatal in severe cases.

What about recovery and treatment?

Recovery can last 2-14 days. Rest, fever reducers, and antiviral medicines can reduce the amount of time you have the flu and help prevent complications.



What you need to know about influenza and COVID-19.

COVID-19

What are the symptoms?

OFTEN:

Fever
Cough
Aches & pains
Shortness of breath or difficulty breathing

SOMETIMES:

Headaches
Fatigue
Stuffy/runny nose
Loss of taste/smell
Sore throat
Diarrhea

When do symptoms appear?

2-14 days after infection

How long are you contagious?

2 days before symptoms appear and up to 10 days after

How does it spread?

Person-to-Person

How can I prevent illness?

Social distancing, wearing a mask, and frequent hand washing are some ways to protect against COVID-19.

What are the complications for this illness?

COVID-19 can result in pneumonia, respiratory failure, sepsis, lasting damage to kidneys, lungs, heart, or brain, and in some cases can be fatal.

What about recovery and treatment?

Recovery can last up to 2 weeks in mild cases and up to 6 weeks in severe cases. Rest, fever reducers, and cough medicine can help in mild cases; in severe cases you may need to be hospitalized.

Feeling ill?

Stay home when you are sick and reach out to your Provider for instructions on what to do next.

Six Reasons You Should Get Your Flu Shot

1 FEWER SICK DAYS
Time is money, so don't let the flu keep you home. The flu vaccine prevents millions of illnesses and flu-related doctor visits each year. Also, it can lessen the severity if you do catch it.

2 SAVES YOU MONEY
Going to the doctor or emergency room can cost you hundreds or even thousands. Avoid a flu-related hospital or doctor visit. Most insurances will cover the cost of a flu shot. If they don't, the cost of a flu shot is significantly cheaper than a hospital visit.

3 PROTECT THOSE AROUND YOU
Protect others who are most vulnerable to the flu, such as those with weakened immune systems, young children, and babies. Even if you are not showing symptoms, the virus may still be present. Prevent the virus altogether.

4 IT'S A PREVENTATIVE TOOL
The flu vaccination has been associated with lower rates of some cardiac events or the worsening of flu-related chronic lung disease, such as chronic obstructive pulmonary disease (COPD).

5 PREGNANCY PROTECTION
If a pregnant woman gets the flu, it can cause pregnancy complications or congenital disabilities. A flu shot can protect the mother from illnesses and hospitalizations. It can also protect the baby for several months after birth before the baby can be vaccinated.

6 INFLUENZA CAN LEAD TO MORE SERIOUS HEALTH CONDITIONS
Sepsis is a dangerous reaction for any type of infection, including influenza. Flu-related sepsis causes thousands of deaths annually. Reduce your risk today with a flu shot.



WHY SHOULD YOU GET A YEARLY FLU SHOT?

YOUR PROTECTION DECLINES OVERTIME

Your protection from a flu vaccination declines overtime. The best form of defense is to get an annual flu shot.

THE FLU IS CONTINUOUSLY CHANGING

The flu transforms every season. Flu vaccines may be updated from one year to the next.

PREVENT FLU-RELATED SEPSIS BY GETTING YOUR FLU SHOT

Although many people who contract the flu get better after medicine and rest, several people still get worse. Influenza is one of the most common causes of pneumonia, and pneumonia is a common sepsis trigger.

Keep an eye on your loved ones that may be getting worse instead of better. If you see two or more sepsis symptoms, seek medical attention immediately. These symptoms include:

- S – Shivering, fever, or feeling very cold
- E – Extreme pain or general discomfort (“worst ever”)
- P – Pale or discolored skin
- S – Sleepiness, difficulty rousing, confusion
- I – “I feel like I might die” feeling
- S – Short of breath





Investing in your home
means investing in the health
of your community.



HOMES, HEALTH & HEALING

This fall, Tri-State Hospital Foundation teamed up with realtors, lenders, and affiliates to deliver exceptional healthcare to our growing community through the new Homes, Health & Healing program! When purchasing a home with our sponsors that support Homes, Health & Healing, you can rest assured that you are growing a healthier community. Thank you to those who continue to support the Lewis-Clark Valley's only community-owned and operated hospital since 1955.

“

The Lewis-Clark Valley is a place I am proud to call *home*. Community involvement is very important to me and supporting our health care system is one of the ways I want to give back.

”

JOYCE KEEFER
Homes, Health & Healing Premium Sponsor

CENTURY 21
Price Right



509.758.4902 | foundation@tsmh.org | [f](https://www.facebook.com/TriStateHospitalFoundation) TriStateHospitalFoundation