

FREE
Please Take One

HEALTH *Beat*

SPRING/SUMMER 2021



Your Health Is Our First Priority!

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1221 Highland Avenue, Clarkston, WA
509.758.5511 | TriStateHospital.org

 [TriStateMemorialHospital](https://www.facebook.com/TriStateMemorialHospital)

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 Clinics & Services

- 24-Hour Emergency
- Behavioral Health
- Day/Outpatient Surgery
- Diagnostic Imaging
- Dialysis Center
- Family Practice & Internal Medicine
- General Surgery
- Interventional Pain Consultants
- Kidney & Hypertension
- Minor Care Center
- Podiatry
- Pulmonology
- Respiratory Therapy
- Rheumatology
- Sleep Lab
- Wellness
- Urology
- Women's Imaging
- Wound Healing & Hyperbaric Services

Hospital Board

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

Executive Team

- Kym Clift, 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
- Carson Seeber, MD, Chief Medical Officer



Tri-State Memorial Hospital is honored to impact so many within the snapshot of the role our facilities have played in providing patient care

From the CHIEF EXECUTIVE OFFICER



First, I want to say I am honored to have been chosen to lead Tri-State Memorial Hospital & Medical Campus! Stepping into my role as CEO, I see an incredible opportunity to make healthcare even better in our region. Besides loving this area, what drew me to Tri-State was that I saw everyone genuinely putting the patient's health as their first priority. I noticed it's at the center of everything they do, both inside and outside the hospital walls.

My past experiences include working as the Chief Operating Officer and Vice President of Operations at Good Samaritan Regional Medical Center in Corvallis, Oregon. Although my last job was in Oregon, I am a Washington native. I love this area, and I am eager to become involved in the community!

I want to ensure that Tri-State continues to provide high-quality care that meets and exceeds patients' expectations. The world of healthcare continues to be ever-changing and ever-challenging. In working with the Board of Directors, we will continue to thrive, even with those challenges.

A sincere thank you again for welcoming me to the Lewis-Clark Valley and Tri-State Memorial Hospital.

KYM CLIFT, CEO



community. Here is a
are throughout 2020.



Eric L. Thomas, MD
Tri-State General Surgery

Eric L. Thomas, MD, is certified by the American Board of Surgery and is a fellow of the American College of Surgeons. He received his Doctorate of Medicine from Eastern Virginia Medical School in Norfolk, Virginia, and completed his Internship at Naval Medical Center Portsmouth, after which he served as a Naval Flight surgeon with the US Marines. After completing his tour as a flight surgeon, he returned to Surgical Residency at Naval Medical Center, San Diego. Since graduating from surgical residency in 2005, he served as Ships Surgeon on the USS John C. Stennis and Staff Surgeon at the Naval Hospital in Bremerton, Washington. Dr. Thomas left the Navy in 2009 and moved to Phoenix, Arizona. In 2011 he joined the teaching staff at Maricopa Integrated Health General surgery residency program and in 2015 started one of the nation's first integrated robotics rotations for surgery residents. Dr. Thomas has taught medical students and residents from several different programs and has served as associate clinical professor of surgery at multiple institutions. He and his family are excited to be in our community, and he hopes to expand options for minimally invasive surgery in the Lewis-Clark Valley.

MEET OUR NEW GENERAL SURGERY PROVIDER

Eric L. Thomas, MD

What is your specialty, and why did you choose it?

I am a general surgeon who focuses on minimally invasive and robotic surgery. I also specialize in complex hernia repair. Initially, I was interested in pediatrics; however, during medical school, I found that the ability to combine diagnosis with the ability to treat diseases led me to surgery. I have found that over the years, surgery allows me to continue to develop myself as well as help a wide range of people, both in urgent situations such as acute appendicitis, as well as more elective operations such as hernia repairs. Being able to help people return to normal life as soon as possible is a great desire of mine.

Why did you decide to work in healthcare?

I tried to follow in the family footsteps, but was drawn to the applied science and loved biology and anatomy. This led to medical school and surgery. Being able to help, or fix people, and seeing the end result is what I love most about being a surgeon.

Why did you choose to join the Tri-State Family?

My family and I were drawn to the community. We have lived in a big city for years but wanted to get back to a more simple life. I am looking forward to working in a critical access hospital.

For more information about services provided, please contact Tri-State General Surgery at 509.254.2722.



Carson Seeber, MD
**Tri-State Family Practice
& Internal Medicine Clarkston**

Carson Seeber, MD, joined Tri-State Family Practice & Internal Medicine in August 2015. He completed his residency through Michigan State University at Genesys Regional Medical Center in Grand Blanc, Michigan, and is board certified in Family Medicine. He graduated from Ross University School of Medicine in Dominica, West Indies, with his Medical Doctorate in 2011. He received his Bachelor of Science in Kinesiology from the University of New Brunswick in Fredericton, N.B., Canada, in 2001. Dr. Seeber enjoys spending time with his family, golf, competitive soccer, ice hockey, downhill skiing, and long-distance running.

MEET OUR NEW CHIEF MEDICAL OFFICER

Carson Seeber, MD

What does this new role mean to you?

Implementing a Chief Medical Officer at Tri-State Memorial Hospital is a tremendous opportunity for our healthcare providers. It is a statement from the administration that they want their providers to have a voice. This is particularly important as our institution continues to grow in our community. I feel privileged to fill this role. Still, I ultimately recognize that it is a position of service to the providers, administration, and the community.

Moving forward, I plan to represent our providers throughout the Lewis-Clark Valley. This could involve collaborating with other healthcare institutions, strengthening and maintaining provider relations with the administration, or creating a trusted brand that the community is proud to utilize and support.

What experiences do you bring to your new role?

My eight years of practice and almost daily interactions with providers, administrators, and patients in the community have helped me formulate an internal database of concerns surrounding healthcare delivery. Effective communication is imperative. My greatest attribute is facilitating the interaction between these entities and my willingness to hear and understand different perspectives.

What are your goals for this position?

I will be an advocate for our providers and ensure their voices are heard. Tri-State has grown from 10 employed providers to over 40 in just five years. I want to make sure providers feel appreciated and recognized for what they do.

As we welcome our new CEO, Kym Clift, I look forward to collaborating with her and implementing new ideas to grow Tri-State.

For more information about services provided, please contact Tri-State Family Practice & Internal Medicine Clarkston at 509.758.1450.



**Jessica Bringman,
PMHNP-BC**
Tri-State Behavioral Health

Jessica Bringman, PMHNP-BC, received her Bachelor of Science in Nursing from Lewis-Clark State College in 2010 and her Master of Nursing from Walden University in Minneapolis, MN, in 2019. Jessica is certified by the American Nurses Credentialing Center as a Psychiatric Mental Health Nurse Practitioner and completed her Master of Psychopharmacology certificate through the Neuroscience Education Institute. Her experience includes psychiatric assessments, medication management, and pharmacological education to patients in the outpatient and inpatient setting. Jessica began her nursing career at Tri-State Memorial Hospital over 20 years ago. Since then, she has managed the Community Based Outpatient Clinic in Lewiston, ID, and worked at the Department of Veteran Affairs in Walla Walla, WA.

MEET OUR NEW MENTAL HEALTH PROVIDER

Jessica Bringman,
PMHNP-BC

Tell us a little bit about yourself:

I was born and raised in Lewiston, Idaho. My family and I enjoy camping, skiing, and boating. I also enjoy gardening and riding horses.

What is your specialty, and why did you choose it?

I am a Psychiatric Mental Health Nurse Practitioner. Previously, I worked on an inpatient mental health unit as a Registered Nurse where I observed how the care that we provided made a significant impact on the patients' lives.

Why did you decide to work in healthcare?

I wanted to care for people. There is really nothing more rewarding than to see a patient functioning better.

Why did you choose to join the Tri-State Family?

I began my nursing career at Tri-State Memorial Hospital over 20 years ago. I knew that the Tri-State Family would be an excellent choice to return to as a provider.

For more information about services provided, please contact Tri-State Behavioral Health at 509.769.2211.

Your Roadmap

FOR PREVENTIVE HEALTH

Establish Primary Care

Call 509.769.2014 or email
newpatients@tsmh.org.



There is no one-size-fits-all plan when it comes to maintaining your health, but at Tri-State Memorial Hospital, we want to make sure you are on the healthiest road possible! Preventative care means catching potential medical problems before they become major. Whether it is scheduling an annual wellness exam, providing care during an unexpected situation, or offering free health clinics, we are here to help you continue doing the things you love, with the people you love, for years to come.

Visit TriStateHospital.org/Clinics-Services for a full list of what we offer!

Annual Wellness Checkup

Make an appointment with your primary care provider to receive an annual wellness exam. Don't forget to schedule your next year's appointment in advance!

STOP

Mammogram Screening

Yearly mammograms beginning at age 40 and are critical when it comes to early detection of breast cancer. Talk with your primary care provider to schedule your mammogram today!



WHEN THE UNEXPECTED HAPPENS,
WE ARE HERE FOR YOU!

Tri-State Minor Care

Available for patients with non-life threatening injuries or illnesses.

Tri-State Emergency

If you are having an emergency, please dial 9-1-1.

DETOUR



Tri-State Podiatry

Don't forget to schedule your free foot screening at our Free Foot Screening Clinic on May 6, 4:00pm - 7:00pm. Call 509.758.1119 to schedule today.



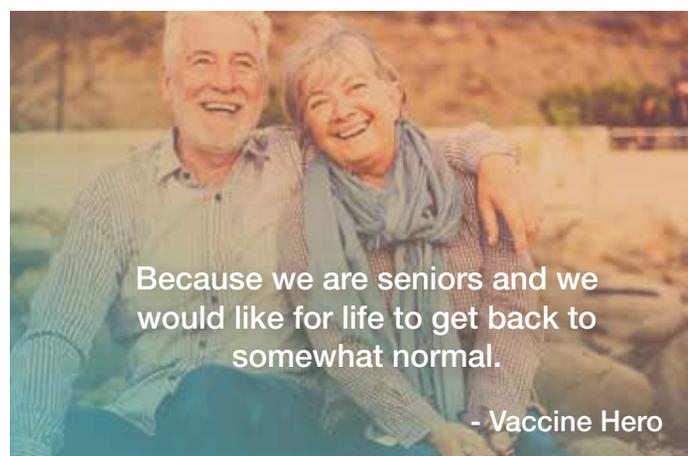
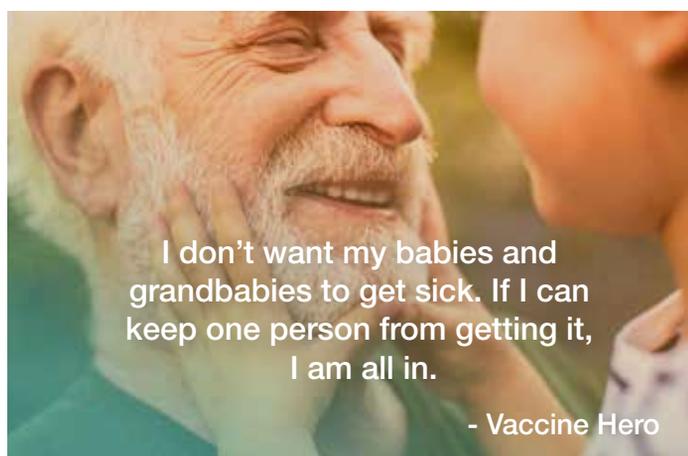
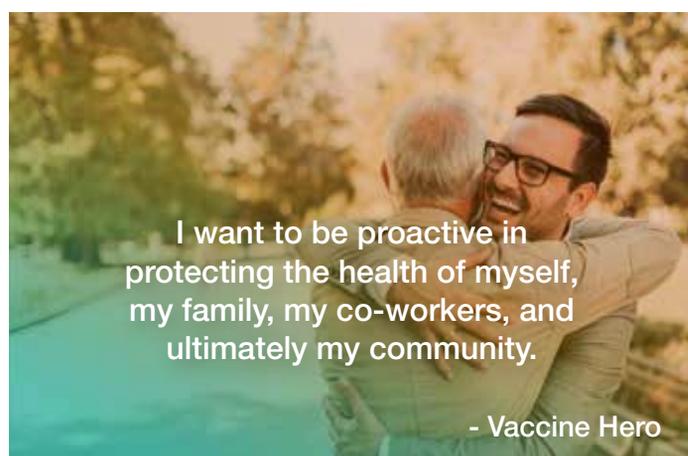
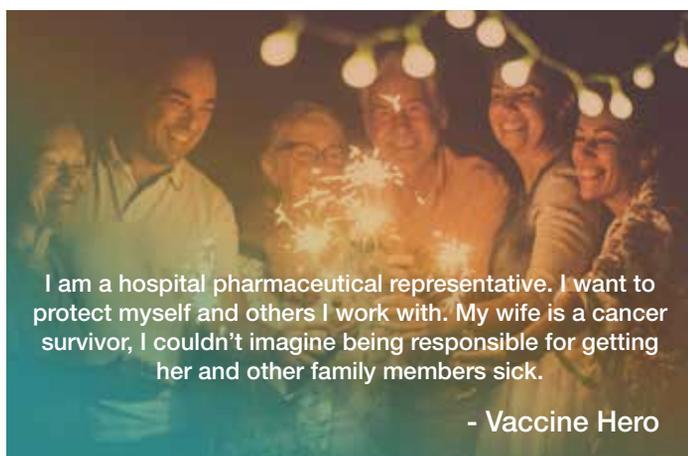
Tri-State Family Practice & Internal Medicine

Get ready for the upcoming school year! Join us for our annual Free Sports Physicals on June 9 & 10, 4:00pm - 6:00pm. More information to come.



“Why I took the COVID-19 Vaccine...”

We strongly encourage our employees and community to receive the COVID-19 vaccine to protect those we care about. We asked those receiving the vaccine, “Why I took the COVID-19 vaccine...” No matter what your answer is, you are a #VaccineHero!



[TriStateHospital.org/COVIDVaccine](https://www.tristatehospital.org/COVIDVaccine)

NOW'S OUR SHOT To reconnect.

COVID-19 VACCINE



Sign-up for your COVID-19 vaccine today!

As of April 15, 2021, everyone 16* and older is eligible to receive the COVID-19 vaccine. Now's our shot to reconnect with our loved ones.

How can you sign-up for the COVID-19 vaccine?

 **EMAIL COVIDHOTLINE@TSMH.ORG**

Email anytime!

Send an email to COVIDHotline@tsmh.org to start the waiting list process.

 **CALL THE COVID-19 HOTLINE AT 509.769.2215**

Monday - Friday | 7:00 am - 5:00 pm

Saturday | 10:00 am - 2:00 pm

If there is no answer, leave your name and number and someone will return your call within two-five business days.

*Pfizer-EUA approved for 16 and older

*Moderna and Johnson/Johanson- EUA approved for 18 and older

WE HAVE RECEIVED MANY QUESTIONS SURROUNDING THE COVID-19 VACCINE DISTRIBUTION. TO ALLEVIATE CONFUSION AND TO BE A CONSTANT RESOURCE FOR THE COMMUNITY, WE HAVE ANSWERED A FEW OF THE MOST COMMONLY ASKED QUESTIONS.

Tri-State Memorial Hospital follows the same guidelines put in place by the Washington State Department of Health. This means that even if you are eligible but also have an underlying health condition, we cannot move you up on the COVID-19 vaccine waiting list. If you live close to Tri-State Memorial Hospital, we also cannot put you on a "shortlist." If we do have any vaccine left over, we call the next person on our COVID-19 waiting list.

We understand the concern that comes with not knowing when you will receive the vaccine. We ask that you remain patient and not call the Tri-State COVID-19 Hotline unless you have questions about COVID-19 testing, COVID-19 vaccinations, or you would like to be placed on our COVID-19 vaccine waiting list. Repeatedly calling our hotline ties up the lines and prevents others who haven't yet signed up from getting through.

If your Tri-State provider's office has taken your name to be placed on the COVID-19 vaccine waiting list, then you have officially been placed on our list. Please refrain from calling the Tri-State COVID-19 Hotline to check on the status. They will contact you when a time slot and the vaccine is available.

We ask that if you have received the COVID-19 vaccine elsewhere but are scheduled to receive one with us, please call to let us know that you have already received it.

If for any reason you are not satisfied with the COVID-19 vaccination process in Washington State, you may call Washington State Governor Jay Inslee at 360-902-4111.

Q&A: COVID-19 VACCINATION



Carson Seeber, MD
Chief Medical Officer



The COVID-19 vaccine was the first offering of hope in bringing an end to this pandemic. – **CARSON SEEBER, MD**



Tri-State Memorial Hospital began administering the COVID-19 vaccine in December 2020. Since then, we have given over 10,000+ doses to the community!

Recently, we were able to sit down with Dr. Carson Seeber, Chief Medical Officer and family practice physician at Tri-State Family Practice & Internal Medicine, to speak with him about his experience receiving the COVID-19 vaccine and the impact of the pandemic.

Q: HOW HAS COVID-19 AFFECTED YOUR PROFESSIONAL AND PERSONAL LIFE?

A: It has been a challenging year for our community because of the COVID-19 pandemic. So many have had to make sacrifices such as loss of employment and livelihood, the privilege and ability to be with family and loved ones, and relinquishing a comfortable sense of normalcy. Many have experienced compromised health, and in some situations, the loss of life. I have lost several of my patients to COVID-19, and many of my patients have lost loved ones to the virus. Discussions about the pandemic have become a focal point in my patient encounters, and psychosocial health - a significant component of family medicine - has been adversely affected in so many ways.

Since the beginning of the pandemic, I have noticed an increase in four clinical scenarios: depression, anxiety, insomnia, and musculoskeletal pain. I feel many of these scenarios are directly or indirectly related to this pandemic's physical and emotional toll on our lives. It has been challenging to address these issues in unprecedented times.

In the Seeber household, my wife and I have had to find ways to keep our family healthy physically and emotionally throughout the pandemic. With the closure of schools in Pullman, my three children have not enjoyed face-to-face learning until March of this year. Many parents can relate to virtual learning challenges. These experiences have helped us appreciate our local teachers and educators.

We have, however, spent more time together as a family during the pandemic. Outdoor activities such as camping, skiing, playing board games, and enjoying family meals together resulted from the pandemic restricting and simplifying our lives.

It has felt like a much-needed "reset button" to help redirect our appreciation for the things in life that truly matter.

Q: WHY DID YOU RECEIVE THE COVID-19 VACCINE?

A: The COVID-19 vaccine was the first offering of hope in bringing an end to this pandemic. Historically, inoculation has been our most important tool in eradicating and eliminating infectious diseases. It is interesting to note that two of our most significant generational pandemics, the Spanish Flu of 1918 and the Swine Flu of 2009, are H1N1 flu variants that we still immunize against with today's typical seasonal flu shot.

Polio, measles, and rubella are examples of infectious diseases, which have been eliminated thanks to ongoing childhood vaccination efforts. Smallpox has been eradicated because of past vaccination efforts.

Q: DID YOU HAVE ANY SIDE EFFECTS AFTER RECEIVING THE COVID-19 VACCINE?

A: I experienced pain at my injection site for about two days after my first Pfizer vaccination. It was similar to a tetanus shot. I did not notice any side effects from my second dose.

Q: IS THIS YOUR FIRST TIME RECEIVING A "BRAND NEW" VACCINE?

A: The mRNA technology in the Pfizer and Moderna vaccines is actually not really "new." It has been studied for at least 25 years. More serious implementation of this technology as a means of vaccination has been taking place for at least a decade. The "new" part is that this is the first time we have used this technology to mass-produce a vaccine for use in the general public. There is an abundance of ongoing research with mRNA technology in medical science. Scientists are excited about the prospects of using this technology in treating medical conditions such as auto-immune disease and cancer in the future.

Q: IS IT SAFE FOR PEOPLE TO RECEIVE THE COVID-19 VACCINE IF THEY HAVE UNDERLYING MEDICAL CONDITIONS?

A: Yes. There are no underlying medical conditions other than severe allergies or anaphylaxis to the vaccine components that would exempt someone from receiving the COVID-19 vaccine. However, it is strongly recommended that you talk to your healthcare provider if you have any doubts or concerns about personal medical conditions or allergies before receiving the COVID-19 vaccine. You should not receive the vaccine if you have been diagnosed with COVID-19 in the last 14 days. ▲

KEEP IT UP!

Even if you have received your COVID-19 vaccine, it's critical to keep taking precautions to prevent COVID-19.



WEAR A MASK



WASH YOUR HANDS



SOCIAL DISTANCE



AVOID CROWDS



CLEAN AND DISINFECT



GET THE VACCINE

“ They

At Tri-State Memorial Hospital & Medical Campus, Your Health Is Our First Priority!

Joshua McKarcher, local attorney and long-time resident of the Lewis-Clark Valley, chooses to place the healthcare of his loved ones and himself in the hands of those he trusts at Tri-State Memorial Hospital & Medical Campus.

“I worked out in [Washington] D.C. for several years and then moved back here to be a lawyer in my hometown, which I really enjoy,” said Joshua. “I was born at Tri-State when they were still delivering babies, I’ve had all my surgeries at Tri-State, and they have always taken such great care of me.”

After his family’s medical physician retired in 2020, this prompted him to begin the search for a new provider. Some of Joshua’s family friends mentioned Dr. Carson Seeber at Tri-State Family Practice & Internal Medicine located in Clarkston, where they were quickly able to establish primary care.

“It’s one thing to have an institution and their doctors, like Dr. Seeber and Dr. Stoutin, take care of you and your wife and your children, but it’s another thing entirely to watch them take such good care of your mother and your father. My mother wouldn’t dream of going to anyone other than Doris [provider at Tri-State Clearwater Medical].” For Joshua, it has been vital to connect with those caring for him and his loved ones when it comes to healthcare. Solidifying a trusting relationship with providers can



compassionately cared for my entire family. ”

- JOSHUA McKARCHER, ATTORNEY

significantly impact one's approach to their overall health and wellness.

"I've found that the team at Tri-State is uncompromisingly caring," said Joshua when talking about the struggles he and his family have gone through in the past year. "My parents don't complain about going to the doctor at any Tri-State facility. That means a lot to me as a busy son that wants to be involved."

"When we learned that dad had kidney problems, we did not know how big or small the problem may be, but we did know that we needed to get him into a kidney specialist, which was completely new to me."

"When you're in a stressful medical situation with your parents, you need the easy things to be easy. With Tri-State, it's been seamless, and everybody is friendly. Nobody makes me feel like I'm bothering them or like they are doing me a favor, with whatever it may be. It's noticeable and appreciated," said Joshua.

The experienced team at Tri-State Kidney & Hypertension worked closely with Joshua and his family to establish the best treatment plan possible for his father.

"They made the process understandable and not super scary. The way that they handled our pre-appointment, testing, getting my father into the appointment, and very patiently and compassionately going through a long list of medications. They demystified a lot of complex things very well, and I am thankful."

Tri-State Memorial Hospital has been placing the health of the community as their first priority since 1955. No matter the size of your healthcare needs, big or small, Tri-State Memorial Hospital will continue to stay patient-focused with personalized healing for all ages. You, your family, your friends, and your neighbors all have their attention when it comes to your healthcare.

With 22 primary care providers in three locations, minor care services, 24-hour emergency care, and over 20 specialty clinics and services combined, Tri-State Memorial Hospital is dedicated to providing advanced high-quality care to treat the whole patient.

"Through the years, you realize, wow, this is not a one-time story for me. It's about the lifetime of experiences that my family and I have had. Tri-State's ability to turn on a dime and switch directions is impressive, and it makes you want to be a part of that organization." - JOSHUA McKARCHER, ATTORNEY ▲

How can you establish primary care at Tri-State Memorial Hospital?

If you or a loved one would like to establish primary care and has not yet registered as a patient, please visit TriStateHospital.org and fill out our "Establish Primary Care" form on the main page. Our New Patient Coordinator will reach out to send you our New Patient Form. For additional information, please call 509.769.2014.



A LETTER OF *gratitude*

At Tri-State Memorial Hospital, we are honored to serve the Lewis-Clark community. Receiving words of gratitude from our satisfied patients is always incredibly touching. Thank you Cliff Matousek, Ed.D, for your heartfelt letter to our Tri-State team.

“

I am so grateful to the men and women who took care of me during my recent day surgery visit at Tri-State Memorial Hospital. If you think of it, patients come to surgery knowing a bit about their doctor, but next to nothing about the other people who are part of the process. And yet they must trust them to a very high degree – enough to trust them even while under anesthesia, during which time they are powerless to act in any way. They must trust that those who care for them will “care” for them, as opposed to just “work” on them. I think it is easy for people to lose the care in their work, especially when they are dealing with people they don’t even know.

However, even though I didn’t know them, I could tell that the spirit of care was alive and well within the people assigned to my surgery episode. They showed me this with their words and actions throughout the entire process. They spoke words of assurance, they took actions to relieve my pain,

and they communicated well about each part of the process. They were quick to consult with one another about any and all matters that could help me. Even in just a few moments of observation, it isn’t hard to tell the difference between people who see their vocation as a job and those who see it as a calling. I think my care givers were the latter. I want them to know that I noticed this, so that they will be encouraged to keep it up for others who come after me. I also asked to know their names so that everyone will know who I am talking about. Dr. Biggers did my surgery, assisted by Mark, Tracey, and Becky, in the OR. Dana did my anesthesia and Jacy was with me in recovery. Cindy started my initial IV and Nathan and Megan were on my post-op care.

An institution is only as good as its people, and in my estimation, these people are the good ones, and it shows.

- DR. CLIFF MATOUSEK, PATIENT ▲ ”



**“Thank you to the
men and women
who cared for me at
Tri-State Memorial
Hospital.”**

DR. CLIFF MATOUSEK, PATIENT

Tri-State Day Surgery offers a wide range of outpatient care including minor surgery, treatments, and medication administration. There are four fully-equipped surgery suites and it is comprised of highly skilled surgeons, nurses, technicians, and anesthesia personnel. Tri-State Day Surgery provides surgical services for a broad range of patients, including infants, children, adolescents, and adults.

For more information about services provided, please contact Tri-State Day Surgery at 509.758.4663.

Tri-State Memorial Hospital Partners with VEP Healthcare to Provide Emergency Care to the Lewis-Clark Valley

WE ARE EXCITED TO ANNOUNCE OUR NEW PARTNERSHIP WITH VEP HEALTHCARE. TOGETHER, WE WILL PROVIDE THE COMPASSIONATE, HIGH-QUALITY CARE THAT OUR COMMUNITY DESERVES.

WHAT DOES THIS MEAN FOR OUR PATIENTS?

- OUR ER PHYSICIANS SPECIALIZE IN EMERGENCY MEDICINE
- OUR ENTIRE TEAM IS FOCUSED ON PROVIDING AN EXCELLENT PATIENT EXPERIENCE
- WE CARE FOR ALL AGES, 24-HOURS A DAY, 7-DAYS A WEEK

Tri-State Emergency is a Level II Stroke and Cardiac Facility and a Level IV Trauma Center. The department is staffed with highly qualified emergency medicine physicians, advanced practice clinicians (APCs), and a specially trained nursing staff. To learn more about Tri-State Emergency, visit TriStateHospital.org/emergency-department.

If you or a loved one is experiencing a life-threatening medical condition, call 9-1-1 immediately.

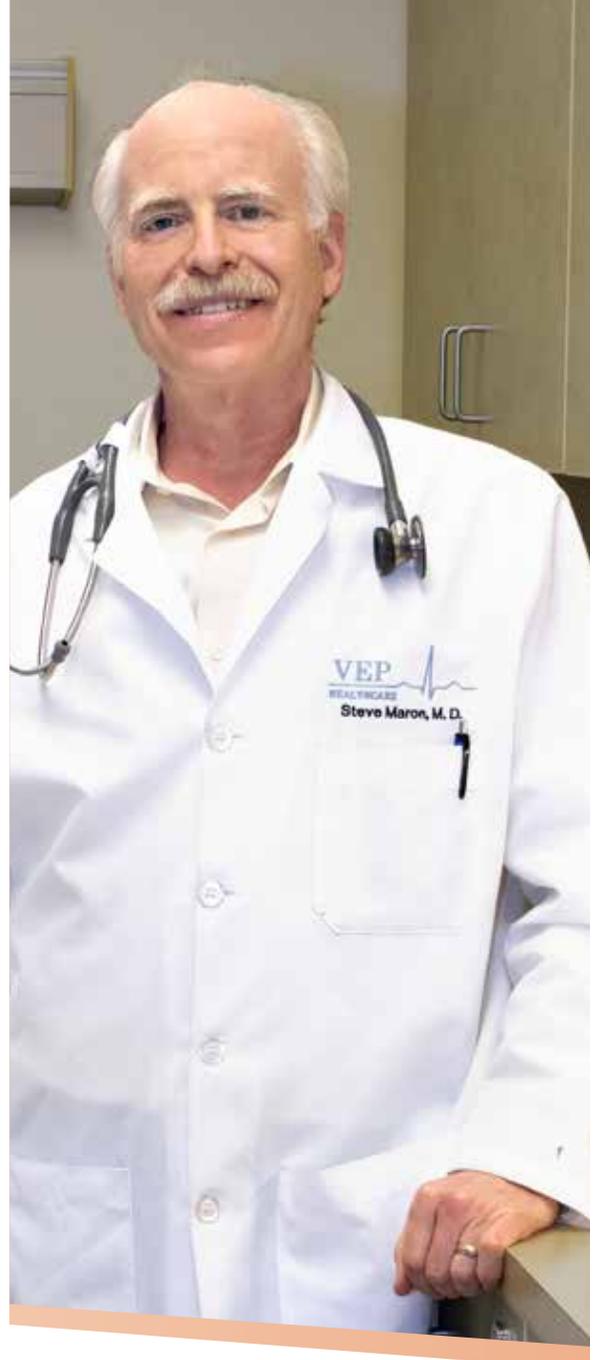
The world is full of people who care for, listen to, and support one another. Tri-State Emergency is staffed with those people.



Troy Harris, MD
Tri-State Emergency

“I am excited to provide high-quality emergency care to the community.”

DR. TROY HARRIS
EMERGENCY PHYSICIAN
25-years of emergency medical experience



Steve Maron, MD
Tri-State Emergency

“It is an honor to partner with Tri-State Memorial Hospital to serve the Lewiston-Clarkston region.”

DR. STEVE MARON
VEP HEALTHCARE PRESIDENT
30-years of emergency medical experience

SUPPORTING OUR COMMUNITY

Tri-State Memorial Hospital consistently fulfills our responsibility to the community by providing exceptional care and committing resources annually to numerous programs and services that benefit the community through education, prevention, and support. We are honored to continue to provide charitable services designed to improve individual health and wellness and assist underserved populations.

\$63,219 IN COMMUNITY SUPPORT & DONATIONS
TO 16+ LOCAL ENTITIES IN 2020

ALZHEIMER'S ASSOCIATION

BOYS & GIRLS CLUB
OF THE LEWIS-CLARK VALLEY

CLARKSTON HIGH SCHOOL
BANTAM BOOSTER

DREAM IT DO IT

FIELD OF DREAMS

INTERLINK, INC.

LC VALLEY HABITAT FOR HUMANITY

LEWIS-CLARK ANIMAL SHELTER

LEWIS-CLARK MODEL TRAIN CLUB

LEWIS-CLARK VALLEY
CHAMBER OF COMMERCE

LEWISTON HIGH SCHOOL WRESTLING

NORTHWEST CHILDREN'S HOME

PACIFIC EMPIRE RADIO

UNITED WAY

YWCA

SAFEGUARDING OUR COMMUNITY

The Tri-State Memorial Hospital Trauma Prevention Program, with the help of Clearwater Paper and the Tri-State Hospital Foundation, are doing their part to educate and equip children in the Lewis-Clark Valley on how to stay safe when riding their bikes and swimming in our local rivers.

According to the Washington State Department of Transportation, the number of fatal bicyclist incidents are on the rise, and their goal is to lower that number to zero by 2030. In February 2021, the Tri-State Trauma Prevention Program and the Boys & Girls Clubs of the Lewis-Clark Valley partnered together to distribute 100 bicycle helmets to the Clarkston unit students.

According to the Washington State Drowning Prevention Network, an average of 25 children and teens drown every year in Washington State and most of these deaths occur while swimming, boating, or playing in or near water. In late spring of 2021, life jackets will also be distributed to local students to aid in water safety. Education related to both the helmets and life jackets will be provided for both the child and parents in a short and easy to read format.

“Our kids and families will definitely benefit from any additional safety gear. We do a Bike Bonanza in conjunction with the Clarkston Police Department every summer, and our kids are able to take home free bikes, so knowing that they have the opportunity to receive a free helmet to keep them safe while riding is amazing,” said Andrea Neumayer, Director of

Resource Development at the Boys and Girls Clubs of the Lewis-Clark Valley. “As far as life jackets go, we know that between visiting the local pool and being so close to the river, that lots of our kids play in the water and will benefit from having a life jacket, too!”

“These simple items will promote safety and injury prevention in our local youth, making a large impact,” said Michelle Schmidt, ER Supervisor and Trauma Program Manager at Tri-State Memorial Hospital. “Clearwater Paper has enabled us to purchase these key safety pieces to benefit several local children. Our kids are worth it! Thank you again!”

The Tri-State Hospital Foundation supports the Tri-State Trauma Prevention Program by securing grants from local community organizations. Clearwater Paper gave the grant for this year’s program.

“Clearwater Paper is proud to partner with Tri-State Hospital Foundation to provide a yearly contribution to support the hospital’s trauma prevention program as well as safety items for local kids at the Boys & Girls Clubs of Lewis-Clark Valley,” said Tammi Hernandez, SR HR Manager at Clearwater Paper. “Being able to work for a company like Clearwater Paper that supports the local hospital and is also involved with the hospital foundation is very rewarding.” ▲

If you are interested in partnering with the Tri-State Hospital Foundation to aid in funding future Trauma Prevention programs, please email the foundation at foundation@tsmh.org.



Tri-State
Memorial Hospital &
Medical Campus

HOMES, HEALTH & HEALING



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

Tri-State Hospital Foundation teamed up with realtors, lenders, and affiliates to deliver exceptional healthcare to our growing community through our 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.



Tri-State
HOSPITAL *Foundation*

509.758.4902 | foundation@tsmh.org | TriStateHospitalFoundation

THANK YOU TO OUR SPONSORS



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