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# HealthBeat

2025



**TriState  
Health**

**Expanding Access To Care By  
Welcoming Seven New Providers**

**George's Journey**  
A Patient Testimonial

**The Role of Partnerships**  
In Community Health



# + 70 Years of Local Care. + A Lifetime of Commitment

On July 17, 1955, TriState Memorial Hospital, now TriState Health, was dedicated to the public.

In 1984, the original Surgery Wing was constructed, and in 2001, the expansion of the GI Center and Surgery area was completed.

Building set for new wing at Tri-State

In 2006, the \$9.7m Imaging & Women's Diagnostic Center opened.

In 2023, TriState Health opened their door to the New Inpatient & Dietary Wing.

Tri-State hospital begins expansion



Proudly Serving The Lewis-Clark Valley Since 1955  
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## From our Chief Executive Officer

As we close out another incredible year at TriState Health, I find myself reflecting on the strength of this community and the many ways we've grown together. Each step forward, whether through expanded services, new partnerships, or improved access to care, has been guided by a shared commitment to the health and well-being of the Lewis-Clark Valley and the surrounding region.

This year, we've welcomed new providers, opened new clinics, and continued to invest in programs that ensure families have the care they need, locally. These achievements are not just milestones for TriState Health, they are milestones for all of us. They reflect what's possible when a community comes together with a common purpose.

In July, we proudly celebrated 70 years of caring for our community, a legacy made possible by the trust and support of each of you. Looking ahead, we remain focused on expanding access, advancing quality, and continuing to serve our community for the next 70 years and beyond.

Your partnership and confidence inspire us to keep growing and finding new ways to serve this place we all call home.

**KYM CLIFT, CEO**



### 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
- 3 Family Practice Clinics
- Behavioral Health Clinic
- Dermatology
- Dialysis Center
- General Surgery Clinic
- Hyperbaric Medicine
- Imaging Center
- Infusion Center
- Internal Medicine
- Interventional Pain Consultants
- Inpatient Services
- Medication-Assisted Treatment
- Minor Care
- Nephrology
- Obstetrics & Gynecology
- Orthopedics
- Podiatry
- Pulmonology
- Respiratory Therapy
- Rheumatology
- Sleep Lab
- Surgery Center
- Urogynecology
- Urology
- Wellness Clinic
- Wound Healing

### HOSPITAL BOARD

- Dave Hagen, President
- Scott Arnone, Vice President
- Michele Beehler, Secretary/Treasurer
- Robin Albers
- Debra Ausman
- Steve Claassen
- Wayne Day, MD
- Dick Flerchinger
- Paul Jelinek
- Mike Martin
- Don McQuary
- John Merrill, DO
- Chad Miltenberger

### EXECUTIVE TEAM

- Kym Clift, Chief Executive Officer
- Jim Heilsberg, Chief Financial Officer
- Joleen Carper, Chief Operating Officer
- Deb Carpenter, Chief Information Officer
- Jackie Mossakowski, Chief Nursing Officer
- Tammi Hernandez, Chief Human Resources Officer
- Kenneth Berger, MD, Chief Medical Officer

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Each honored individual demonstrated exceptional leadership, commitment, and impact during their tenure of 10 or more years on the Board, and we are honored to announce our inaugural Emeritus Board Members to the community.

**Dr. Wayne Day**  
TriState Health Board Member

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# TriState Board of Directors LAUNCHES EMERITUS PROGRAM

TriState Health is proud to introduce its new Board of Directors Emeritus Program, created to honor and recognize individuals whose leadership, service, and dedication have shaped the organization's past and continue to inspire its future. This honorary, lifetime designation celebrates those who have demonstrated exceptional commitment to TriState Health's mission and have left a legacy of service.

"Creating a platform provides opportunities to acknowledge and celebrate the lasting contribution of key individuals to the success and growth of TriState Health and its Board of Directors," said Dr. Wayne Day, TriState Health Board Member with 34 years of service. "Each honored individual demonstrated exceptional leadership, commitment, and impact during their tenure of 10 or more years on the Board, and we are honored to announce our inaugural Emeritus Board Members to the community."

This year, TriState Health is honored to announce Don Poe, Jan Dimke, and the late Rick Wasem, as the first three Emeritus Board Members. Each of which has helped shape the organization through their leadership and generosity.

Don Poe has been a steadfast advocate of TriState Health for more than three decades. Serving on the Board of Directors from 1991 to 2001, including as President in 1995, Don guided the organization through growth and change. His leadership extended beyond the boardroom through his roles in two major capital campaigns: the 1990 Commitment to Tomorrow campaign, which raised \$1 million, and the 2021-22 Expand the Dream campaign, which raised \$8 million to fund the PIFCU Inpatient & Dietary Wing. Don's vision and dedication have inspired countless

community members to support the future of local healthcare.

Jan Dimke served on the Board of Directors for nearly two decades, from 1989 to 1999 and again from 2002 to 2011. Known for her thoughtful leadership and commitment to collaboration, Jan played an essential role in advancing TriState's growth and accountability. As Co-Chair for two major capital campaigns, she helped make possible both the PIFCU Inpatient & Dietary Wing and the Imaging Center. Her integrity and compassion reflect the very best of community leadership.

Rick Wasem joined the Board of Directors in 1999 and served as Chair from 2013 to 2015. His professional background in pharmaceuticals and finance brought valuable insights to the organization's strategic and financial planning, helping ensure that every decision reflected TriState's long-term mission of serving patients, employees, and our community. His thoughtful guidance, integrity, and commitment to excellence continue to influence TriState Health, and his memory remains an inspiration to all who had the privilege of serving alongside him.

These founding honorees exemplify TriState Health's culture and strength. Their leadership reminds us that compassion, vision, and passion for service sustain community healthcare.

"The TriState Health Board of Directors Emeritus Program serves to honor the dedication of our esteemed members and exemplifies our commitment to ensuring their wisdom continues to shape the future," said Dr. Day. "We highly value the ongoing contribution of our emeritus members as we work to address the community's health and well-being."

# Local Care. Lifelong Commitment

Celebrating the stories that make TriState Health more than a hospital, but a partner for life.

Our promise at TriState Health goes beyond medicine. It's a pledge to care for our community, strengthen local connections, and support the people who make health care possible. For 70 years, TriState Health has served families across Washington, Idaho, and beyond. Providing care close to home, no matter which side of the river you are on. We've earned your trust, not just through care, but through commitment.

What began as a small community hospital has grown into a system of clinical and surgical care, because your needs continue to guide our path forward without losing sight of who we are.

**Thank you for being a part of our story.**

*Here's to the future, together.*

## Our Patients

### Your Health, Your Story

Because every journey matters.

Every patient's journey is unique, but one thing remains the same: our commitment to providing compassionate, high-quality care to the region. Whether it's a routine visit, life-changing surgery, or ongoing treatment, we're here to support your health at every stage of life.

## Our Employees

### The People Behind Our Promise

Because commitment starts with us.

Our employees are healthcare professionals, but they are also your neighbors, coaches, volunteers, and friends. Their dedication to the community extends beyond their shifts at TriState Health, as they invest their time, energy, and talents back into the community where we all live and work. These are the people who bring our mission to life every single day.

## Our Community

### Strengthening Our Community

Because care extends beyond our walls.

Our work is grounded in service to the people who live here. TriState Health partners with local organizations, schools, and non-profits to support individuals and families across the Lewis-Clark Valley. These relationships go beyond healthcare, bringing resources, education, and support to those we serve.

# Two Very Different Births, One Incredible Midwife

## Caroline's Story

**W**hen Caroline looks back on the births of her two children, one word stands out: grateful. Grateful for safe deliveries, the lessons each experience taught her, and most of all—for the unwavering support of Andrea Hedrick, MSN, CNM, who walked with her through both pregnancies and both very different births.

"My pregnancies were actually pretty easy," Caroline recalls. "Some nausea and heartburn, but nothing complicated. But even with a smooth pregnancy, there's still so much emotion and so many unknowns—and that's where Andrea made all the difference."

Andrea supported Caroline not only medically, but emotionally. "She always made me feel heard. She would come in, sit down, and even though I knew she was incredibly busy, I never once felt rushed. I felt like I was her only patient in that moment. And between appointments, she was just as responsive—always available through the portal if I had questions or needed reassurance."

### First Birth: A Change in Plan

Caroline was optimistic for her first birth. "My goal was to have an unmedicated delivery," she says. But when she went into labor, things became more intense than she expected. "I started having back labor almost right away, and the pain was constant—I couldn't relax, and my body just wasn't progressing."

Andrea sat with her, listened, and together they made a new plan.

"She told me she would support whatever I chose, and that we would follow my birth plan until it no longer made sense. That gave me so much peace. I decided to get an epidural, and Andrea reminded me the most important thing was a healthy baby and mom."

Labor lasted 14 hours, followed by three hours of pushing and moderate complications. "Andrea was right there, the whole time. She didn't just show up at the end—she coached me through it, cheered me on, and helped me dig deep when I didn't think I could push anymore."

After delivery, Andrea made sure Caroline stayed an extra day in the hospital for an iron transfusion and recommended an iron supplement to help her recover at home. "She didn't stop caring once my baby was here," Caroline says. "Recovery was hard. I felt weak for a couple of months. But Andrea made sure I knew I wasn't alone, and that I had a team behind me if I needed anything."

### Second Birth: A Redemptive Experience

Twenty-two months later, Caroline was preparing to meet her second baby—and she knew Andrea would be part of the journey again. "After my first birth, I had back pain at my epidural site for over a year. Going into my second birth, I still wanted an unmedicated birth, but I also wanted to stay flexible, just like

before. I knew Andrea supported me 100%."

This time, her baby was in no hurry. At 40 weeks and 3 days, Caroline opted for an induction after talking through her options with Andrea. Caroline arrived at the hospital already dilated, but not yet in active labor. After starting the induction process, and several hours of walking, bouncing, and waiting, Andrea broke her water—and things progressed fast.

"Contractions came on strong, and I was able to move freely through them since I didn't have an epidural. My husband helped me through the contractions, and Andrea came right back into the room when it was time to push!"

Caroline delivered in the position that felt most natural to her. "Andrea encouraged me to stay where I was comfortable. I pushed for less than 30 minutes, and I felt everything—but in the best way. I felt strong, in control, and connected to the experience."

She gave birth to a healthy 9 lb 4 oz baby girl, without complications, or medical interventions. "It was a redemptive experience and I felt amazing after. Like I could run a marathon," she laughed. "Because I felt so good, Andrea made sure we could go home within 24 hours. I was grateful for how supportive she was."

## One Midwife, Two Transformative Journeys

Caroline reflects on her two very different births with deep appreciation. "Both experiences were beautiful in their own ways. The first didn't go as planned, but I learned that it's okay—sometimes the plan changes. And the second birth was everything I had hoped for. Through both, Andrea made me feel like I mattered—not just as a patient, but as a person."

She credits Andrea's calm, compassionate presence with shaping both journeys. "She treated me like family. I always felt like she had my best interests in mind. She never rushed me, never dismissed my emotions. We became friends along the way, and that's how she makes you feel. Like you're not alone, like someone genuinely cares."

What makes their story even more meaningful is that Andrea has now moved her practice to TriState Health, the very place where Caroline works. "TriState has always felt like family to me—both as an employee and now as a patient," Caroline shares. "It's a place where people genuinely care, and where I've always felt supported. Having Andrea join the team here just makes it feel even more like home."

She's thrilled to continue her care with Andrea at TriState. "It's the best of both worlds—being cared for by someone I trust, in a place that I love. I know I'm in good hands, and that makes all the difference."

When asked if she would recommend Andrea, Caroline didn't hesitate: "If you want to feel heard, encouraged, and like you're the only person in the room—Andrea is who you want by your side."

**Ready to connect?**  
**We are excited to meet you!**

Scan the QR code or visit [TSH.org/OBGYN](https://TSH.org/OBGYN) to fill out our online new patient form and become a patient today!



# George's Journey

## EXCEPTIONAL CARE AT EVERY TURN

**F**or George Hinderliter, healthcare is familiar. As a former Emergency Medical Technician (EMT) and employee at a rural hospital, he has experienced the good and, unfortunately, the bad that sometimes accompany it. As a patient, George has dealt with regularly occurring kidney stones for over 20 years, and he has experienced the same "good and bad" when dealing with the doctors, clinics, and surgeries that have followed. That is, until his visit to TriState Health. George's experience was overwhelmingly positive, and when asked to describe his journey in three words, he responded, "really caring people!"

George lives in Kamiah, Idaho, about 75 miles away from TriState Health. When his VA doctor

recommended that he visit TriState Urology, he was hopeful that the drive to town would be worth his time. George started seeing TriState Urologist, Duncan Harris, MD, in early 2025. He recently had several stubborn kidney stones that required surgery to be removed. "My friends call me 'old gravel pit,' because I've been through this quite a few times," joked George.

Before George's scheduled kidney stone removal surgery, the pain was too much to bear, and he had to visit the TriState Emergency (ER) the night before. Before driving all the way from Kamiah, George called to check on the wait time at the ER. He appreciated that the nurse reassured him he would be seen quickly. "When I arrived, they got right to work, checking me in and getting me into a room. They took great care of me, and helped manage my pain until I had surgery the following day," explained George.

George spoke of how grateful he was for his experience at TriState Surgery. His surgery was successful, and his recovery was quick. "I had a quick and seamless experience," exclaimed George. He went on to convey that, yet again, he was taken care of in what he considered to be "a proper amount of time," and the compassion that he received on his surgery day made him even more confident in Dr. Harris and the surgery team that surrounded him. "I was impressed with everyone's positive attitude and level of genuine kindness. It's not just painted on people," said George.



**George Hinderliter**  
TriState Urology Patient

During his follow-up appointment at TriState Urology, George was incredibly thankful for Dr. Harris and the clinic staff. "The front desk asked me all the right questions and I liked that they kid around with me," said George. "I appreciated that Dr. Harris took the time to talk to me. I've had a lot of kidney stones through the years and he was the first doctor to take the time to help me understand why they keep happening." George expressed that he planned to take his medical recommendations seriously and that he would "keep powering down the H2O," at least until he saw Dr. Harris at this six-month follow-up appointment.

From start to finish, George was impressed with his experience at TriState Health. "I've seen several parts of the hospital now, and I have never felt like I was being processed through a meat shop," joked George. "But seriously, TriState has great, professional people and they do things right!" George's confidence in the healthcare that he received at TriState Health is a testament to the teamwork of each employee, and our commitment to our mission that, "Your Health Is Our First Priority!"



To learn more about  
TriState Urology, scan the  
QR code or visit  
[TSH.org/Urology](https://TSH.org/Urology)

I appreciated that Dr. Harris took the time to talk to me. I've had a lot of kidney stones through the years and he was the first doctor to take the time to help me understand why they keep happening.

**George Hinderliter**  
TriState Urology Patient



**Duncan Harris, MD**  
TriState Urology



## EXPANDING ACCESS TO CARE BY

# Welcoming Seven New Providers



**Bryan Beardsley, MD**  
TriState Orthopedics



**Greg Obray, PA-C, ATC**  
TriState Orthopedics



**Carol Chandler, APRN-BC**  
TriState Dermatology

2025 has been a year of growth for TriState Health, marked by the launch of TriState Orthopedics, TriState Obstetrics & Gynecology, and TriState Dermatology. Each addition reflects our continued commitment to provide exceptional, local care, and ensuring patients throughout the region have access to the care they need.

At TriState Orthopedics, we welcomed Bryan Beardsley, MD, and Greg Obray, PA-C, ATC, who bring advanced expertise in orthopedic and sports medicine. Dr. Beardsley is a board-certified orthopedic surgeon specializing in joint replacement. Joining him is Greg Obray, PA-C, ATC, whose dual background in athletic training and orthopedic medicine gives him a unique understanding of injury recovery and prevention. Together, they offer comprehensive orthopedic care to our community.

We expanded women's health services at TriState Obstetrics & Gynecology, with a skilled, compassionate team dedicated to guiding women through every stage of life. Lindsay Kern, MD, brings nearly 20 years of experience providing both routine and complex obstetric and gynecologic care. She is joined by certified nurse midwives Andrea Hedrick, MSN, CNM, and Nicole Jones, MSN, CNM, who offer patient-centered midwifery and holistic women's care. Together they provide full-spectrum women's healthcare, from prenatal to post-menopausal.



As our community grows, so do the healthcare needs of our region. Expanding our clinics and adding new providers allows us to meet those needs locally, reduce travel for patients, and continue delivering personalized, high-quality care that our community has come to trust.



**Joleen Carper**  
TriState Chief Operating Officer

Also new this year, TriState Dermatology opened its doors this fall, bringing Carol Chandler, APRN-BC, a board-certified nurse practitioner with more than 27 years of experience in dermatology. Carol specializes in diagnosing and treating a wide range of skin conditions, including skin cancer, eczema, psoriasis, acne, and other complex skin disorders. Her addition to TriState Health helps patients receive specialized skin care without traveling far from home.

Finally, we are pleased to welcome Morganne Hamann, PA-C, to TriState Minor Care, where she will provide timely, walk-in care for non-emergent illnesses and injuries. Her joining the minor care team further expands same-day access for patients seeking convenient, quality care, allowing TriState Minor Care to be open 7 days a week.

Each provider not only brings clinical skill but also a shared commitment to ensuring there is access to exceptional care in the Lewis-Clark Valley. With their addition, TriState Health continues to grow alongside the community we serve, caring for our patients today and in the future.



Scan the QR code or visit  
[TSH.org/clinics-services](https://TSH.org/clinics-services) to learn  
more about all the clinic and  
services we provide.



**Morganne Hamann, PA-C**  
TriState Minor Care



**Lindsay Kern, MD**  
TriState Obstetrics & Gynecology



**Andrea Hedrick, MSN, CNM**  
TriState Obstetrics & Gynecology



**Nicole Jones, MSN, CNM**  
TriState Obstetrics & Gynecology

# 5 SIGNS IT'S TIME



To See An

# Orthopedic Specialist

## 1

### PAIN THAT WON'T GO AWAY

Aches, stiffness, and occasional soreness are a regular part of life, especially as we age or stay active. But how do you know when joint or muscle pain is something more? How do you know when it is time to stop waiting and see an orthopedic specialist?

At TriState Orthopedics, we understand that deciding to see a specialist can feel like a big step. Here's how to recognize the signs that your body may need expert care—and what to expect when you do.

If joint or bone pain is keeping you from doing everyday activities or if it wakes you up at night, it's time to get it checked out. Temporary soreness from a long hike or workout is normal. But if pain lasts more than a few weeks or keeps coming back, it could point to a deeper issue like arthritis, a torn ligament, or joint degeneration.



#### Key signs:

- Pain that persists beyond 2–3 weeks
- Pain that worsens with movement or weight-bearing
- Pain that isn't relieved by over-the-counter medications

## 2

### LIMITED MOBILITY OR STIFFNESS

Are you struggling to reach above your head, bend your knees, or get up from a chair? When stiffness interferes with your range of motion, it can signal early arthritis, tendon damage, or a joint condition that may worsen over time.

An orthopedic surgeon can help determine the cause and provide options that may prevent long-term damage.

#### Key signs:

- Difficulty walking, climbing stairs, or getting out of bed
- Joint stiffness in the morning or after rest
- Needing to "push through" everyday tasks despite discomfort



## WHAT HAPPENS AT YOUR FIRST APPOINTMENT?



At TriState Orthopedics, your first visit is all about answers. Dr. Bryan Beardsley or Greg Obray, PA-C, and clinic team will:

- Ask about your symptoms and medical history
- Perform a physical exam and, if needed, order imaging (X-ray, MRI, etc.)
- Talk with you about treatment options—both surgical and non-surgical

We believe in starting conservatively whenever possible and working with you to create a plan that fits your life.



## 3

## SWELLING THAT DOESN'T IMPROVE

Swelling is your body's natural response to injury, but it should go down within a few days. Persistent swelling around a joint or bone, especially if it is warm to the touch, could indicate inflammation, infection, or internal joint damage.


**Key signs:**

- Swelling that lasts longer than a week
- Redness, warmth, or bruising
- Swelling that returns after activity

## 4

## YOU'VE HAD AN INJURY AND AREN'T HEALING

If you have recently had a fall, twist, or sports injury and your symptoms are not improving, don't wait it out. Orthopedic surgeons can diagnose injuries like fractures, ligament tears, or cartilage damage—and help you heal correctly.

Ignoring a minor injury can sometimes lead to long-term instability or chronic pain.


**Key signs:**

- Ongoing pain weeks after an injury
- A joint that "catches," locks, or feels unstable
- A popping or snapping sensation followed by swelling

## 5

## EVERYDAY LIFE IS AFFECTED

What is one of the most important signs it is time to see an orthopedic specialist? Your pain or mobility issues are getting in the way of your life. Whether it's walking the dog, working a full day, or enjoying time with your family, you shouldn't have to live around your discomfort.


**Key signs:**

- Skipping activities you used to enjoy
- Struggling with daily tasks or work
- Adjusting your routine to avoid pain



## You Deserve to Feel Better

Don't ignore the signals your body is sending. If joint, muscle, or bone pain is slowing you down, we are here to help you find relief—and get back to the life you love.

**Ready to schedule an appointment?** Scan the QR code or visit [TSH.org/Ortho](https://TSH.org/Ortho) to become a new patient!





# Leading with Heart

## Inside And Beyond Our Walls

**F**or the past decade, Kristin Wilson has been a familiar and trusted face in TriState Health's Imaging Department. What began as a career in ultrasound has evolved into a mission, a way to serve her hometown and the people who make it special.

Recently promoted to Imaging Supervisor, Kristin leads with the same compassion, drive, and teamwork she's known for, qualities that also shine when she steps onto the field as the Head Softball Coach at Clarkston High School. Whether she's mentoring her team at TriState or her players on the softball field, her purpose remains the same: helping others grow with confidence, care, and heart.

"I grew up here, went to school

here, and now I get to serve the same community that supported me," Kristin says. "That lifelong connection, to both TriState and the people of our region, is something I'm really proud of."

Kristin began her career at TriState ten years ago, fresh out of her clinical rotations. "When I started, I knew I wanted to be home," she recalls. "I love the small-town feel of our hospital and the genuine connections we build with our patients. Over time, this place became more than where I work, it became a second family."

Throughout her years in Imaging, Kristin has seen the field advance and grow, and she has evolved with it. From mastering new technologies to mentoring students

and colleagues, she's been part of a department defined by teamwork and trust.

That same teamwork is what fuels her leadership today. "I've learned so much from those who came before me," she says. "Now, I want to be that same support for others, to help our team grow and continue providing the best care possible."

As she steps into her new role, Kristin is focused on building collaboration across departments and ensuring every patient experience reflects the TriState standard of excellence. "My goal is to help strengthen our processes so we can keep giving patients the care they deserve," she says.

Her new leadership role allows her

to channel that determination into developing others. "Love what you do," Kristin advises. "If you want to move up, work hard, fight for it, have that drive and commitment, and you can do it."

Leadership runs deep in the Wilson family. Kristin's father, Shannon Wilson, has served as the Athletic Director at Clarkston High School for nearly two decades, a role that mirrors TriState's own commitment to community and growth. "My dad's always been a big influence," Kristin shares. "He connects with people in such a meaningful way, especially with kids. I've watched the impact he's had on so many lives, and that's how I want to be – with my patients, my team, and my players."

Shannon couldn't be prouder of his daughter's journey. "We both love this community," he says. "To see Kristin come back home, lead at TriState, and coach at the school, it's a full-circle moment. It's about giving back and continuing the legacy of service that runs in our family."

For Kristin, coaching isn't just about softball, it's about shaping character. "In both healthcare and coaching, you're teaching, supporting, and helping people reach their potential," she explains. "In healthcare, it's about helping patients heal and supporting your team. In coaching, it's about building confidence and teamwork. At the core, both are about compassion and growth."

Through TriState's partnership with Clarkston High School, that connection between care and community continues to grow stronger. The collaboration provides athletic training support, free physicals for students, and opportunities for TriState staff to engage with local youth. "It's amazing to see TriState's impact reach beyond the hospital walls," Kristin says. "It really shows how we're all working toward the same goal, supporting our community and each other, and I am proud to be part of that."

That's the mindset she brings to every challenge, positive, persistent, and passionate about making a difference. "It's about showing up, day after day, for your patients, your coworkers, your players, and your community," she says. "Care deeply, keep pushing forward, and always be willing to grow."

As she looks ahead, Kristin hopes her guidance leaves a lasting mark. "I want people to know that I cared, that I was approachable, truthful, and that I did what I said I would do. That I loved my patients, my team, and this community."

For TriState Health, leaders like Kristin Wilson embody exactly what "Local Care. Lifelong Commitment." is all about – neighbors caring for neighbors, one moment, one patient, and one generation at a time.

“

I grew up here, went to school here, and now I get to serve the same community that supported me. That lifelong connection, to both TriState and the people of our region, is something I'm really proud of.

**Kristin Wilson** ”  
TriState Imaging Supervisor



Watch Kristin Wilson's full testimonial:  
[TSH.org/LocalCare](https://TSH.org/LocalCare)



# STRENGTHENING THE COMMUNITY

## *Through Partnership*

Our world is constantly evolving, and as a leader in community healthcare, TriState Health is committed to fostering relationships and partnerships that strengthen the well-being of those we serve. Collaborating with local organizations and nonprofits broadens the reach of care and support. Through these partnerships, individuals and families receive services that make a meaningful difference.

Nonprofit organizations play a critical role in addressing social issues, including food insecurity, homelessness, healthcare accessibility, and educational gaps. They are on the front lines, ensuring that vulnerable populations receive essential services and support. However, many nonprofits face ongoing challenges securing the funding and resources needed to sustain their missions. That's why TriState Health is proud to contribute to local partnerships that uplift our community, helping these organizations continue their invaluable work.

We are honored to partner with the Lili Gynecological Cancer Foundation (Lili GC Foundation) as their Food Pantry Sponsor. This sponsorship enabled their foundation to create and renovate a dedicated space for their food pantry and helped cover operational costs, ensuring that those they serve continue to have access to nutritious food.

The Lili GC Foundation, a nonprofit based in Lewiston, Idaho, was founded in March 2023, with a mission to support women and families affected by gynecological cancers within a 100-mile radius

of the Lewis-Clark Valley. Their services extend past treatment, offering wrap-around support for survivors, those currently in treatment, caregivers, and families, even after the loss of a loved one. In addition to their direct support for cancer warriors, they provide preventative health services for individuals managing weight, heart disease, and diabetes.

"TriState Health's support of the Lili GC Foundation has been pivotal to our success. From supporting us financially, to helping provide partners in practice, to having exceptional employee volunteers... TriState has been with us every step of the way," commented Jen Shubert, Lili GC Foundation Founder. "We love partnering with TriState Health because they live out their mission every day. The health of the Lewis-Clark Valley is their first priority."

A cancer diagnosis affects every aspect of a person's health, and nutrition plays a vital role in both treatment and recovery. Cancer therapies can cause fluctuations in appetite, weight, and overall energy levels, making proper nutrition essential for maintaining strength and well-being. One of the core areas of support the Lili GC Foundation offers is nutrition assistance. Access to healthy food can sometimes be a financial burden for individuals and families navigating cancer treatment. The new food pantry allows them to regularly teach classes on making nutritious food. Clients are served delicious, healthy foods that take less than 30 minutes to prepare, and cost less than \$30. At their monthly cooking classes, the clients are also given



a \$30 gift card and the recipe so they can recreate the food at home.

At TriState Health, we believe that a thriving community is built on strong partnerships. Supporting organizations like the Lili GC Foundation aligns with our mission to uplift those in need. We are proud to stand alongside the Lili GC Foundation in their mission, and look forward to seeing the impact this partnership will have on those they serve.

“ TriState Health’s support of the Lili GC Foundation has been pivotal to our success. From supporting us financially, to helping provide partners in practice, to having exceptional employee volunteers...TriState Health has been with us every step of the way. ”

**Jen Shubert**  
Lili GC Foundation Founder

In 2025, the Lili GC Foundation is offering the following services through the TriState Health Food Pantry:



**FIGHT NIGHTS:**

*IMPACTING 278 FAMILIES*

These are monthly cooking classes focused on making dinners that increase fresh produce and herbs, substituting healthy oils, and reducing refined sugars and processed foods.



**KIDS CLUB:**

*IMPACTING 29 CHILDREN*

In August, they hosted a children’s cooking class, held in partnership with the Idaho Food Bank, on reducing sugar intake, desserts, and drinks.



**BREAKFAST PREP:**

*IMPACTING 39 FAMILIES*

In September, Lili GC Foundation began offering Saturday morning breakfasts that focus on eating healthy and prepping readily available breakfast items.





**Snake River**  
COMMUNITY CLINIC

## Bridging the Gap in Healthcare, Together

In the Lewis–Clark Valley, the Snake River Community Clinic stands as a steadfast advocate for those most in need of care. Founded in 1999 by a group of local physicians and public health leaders, the clinic was born in 2000. “A few local physicians noticed that Idaho had a large uninsured population and that these individuals were not getting their chronic medical needs met,” recalls Heidi Burford-Bell, Executive Director at SRCC. “The clinic came together through the vision of Dr. Glenn Jefferson, Dr. Stamey English, and Carol Moehrle, RN & Former District Director of Idaho Public Health – North Central District, who saw a need and made it happen.”

In its early days, around 25 physicians volunteered their time to meet the

community’s medical needs. Today, the clinic still relies heavily on volunteers, though finding enough providers to meet the growing demand remains an ongoing challenge. As a free clinic, SRCC’s primary mission is to eliminate barriers to care—especially cost. Every service, from medical visits to prescriptions, is offered free of charge. The clinic also works to remove other obstacles, offering telehealth appointments and mailing medications to patients who face transportation challenges.

When the clinic lost funding for its medication program in 2018, TriState Health stepped in to help. “I’ve been a member of the SRCC Board since 2018,” said Dave Storey, Director of Pharmacy for TriState Health.

“

TriState Health answered the call when our community needed it most. Together, we're making sure that no one in our region has to go without the care or medications they need to live well.

### Heidi Burford-Bell

Executive Director, Snake River Community Clinic

”

“Our organization knew that we wanted to be a part of helping fill this needed gap. Each year, TriState provides up to \$50,000 in pharmaceutical support, enabling the clinic to distribute roughly \$1 million worth of medications annually,” shared Dave. “As a part of TriState’s 340B Program, we use our savings from the program to donate back to the community, so we (TSH) felt like that was an excellent use of those funds.”

The clinic’s services go well beyond routine care. Patients can receive preventive and urgent care, chronic disease management, dental services, integrated behavioral health, and diabetes education. SRCC also operates a free medication assistance program and offers glasses, medical supplies, and specialty referrals to ensure comprehensive, whole-person care. In 2025, SRCC expanded its reach by adding a social services intern and community health workers to connect patients with insurance options and other social support programs. “We’re not just treating symptoms,” says Bell. “We’re helping people find the resources they need to thrive.”

At the core of SRCC’s mission is a deep commitment to serving the region’s most vulnerable residents, the uninsured and underinsured. “We accept walk-ins and do not turn anyone away on their first visit,” Bell explains. “We believe that everyone deserves

the opportunity to pursue their best whole-person health.”

“In 2025, TriState’s commitment deepened even further with a sponsorship of the clinic’s new medication dispensary area,” Dave stated. “The renovation replaced outdated shelving with safer, adjustable units, elevating the space’s functionality and maximization.”

For Bell, the partnership represents more than just financial support—it’s a testament to shared values. “TriState Health answered the call when our community needed it most. Together, we’re making sure that no one in our region has to go without the care or medications they need to live well,” says Bell. “Without TriState, this wouldn’t be possible. Their funding keeps our medication program stable and ensures we can purchase essential items that aren’t always available through national donation programs.”

TriState Health and the Snake River Community Clinic continue to demonstrate what’s possible when health care truly puts people first. United by collaboration and compassion, they will work together to keep care available, and responsive, to local needs.





**Carson Seeber, MD**  
TriState Family Practice &  
Internal Medicine

# *Fund Our Future* **MediaThon**

**Wednesday, December 10 | [TSH.org/FundOurFuture](https://TSH.org/FundOurFuture)**

## Support Rural Healthcare in the Lewis-Clark Valley

Access to primary care is one of the most critical health needs in rural communities. This year alone, 805 family medicine residency positions went unfilled nationwide, and only 7.9% of medical school graduates chose family medicine as their specialty. This shortage is felt deeply in rural regions like ours, where eastern Washington has 183 physicians per 100,000 people, leaving families often facing longer wait times, limited appointment availability, or having to travel far for care.

In partnership with the Elson S. Floyd College of Medicine at Washington State University, TriState Health is in the planning stages to launch a Family Medicine Residency Program designed to train and retain physicians who want to serve in community-based rural settings. Once fully implemented, TriState Health will be only the fourth Critical Access Hospital in the nation – and just the second in Washington State – to operate a standalone

residency program of this kind.

This program is led by Carson Seeber, MD, a family practice provider at TriState Family Practice & Internal Medicine in Clarkston. “The program allows residents to train in real clinical settings where they learn the full spectrum of family medicine,” said Dr. Seeber. “They will have the chance to learn preventative care, chronic disease management, inpatient care, and more, all while forming roots in a rural community.”

Research shows that nearly 60% of physicians stay within 100 miles of where they train. That means physicians who complete their residency in a rural area are more likely to practice there, strengthening access to care in the Lewis-Clark Valley and surrounding areas.

Launching a residency program is a multi-phase process that requires accreditation, infrastructure



development, faculty recruitment, clinical education planning, and viable lasting funding. Because of this, the full realization of the program may take up to ten years. Working within this timeline ensures the program is sustainable and built to last.

For the community, the long-term impact will mean:

- More primary care providers living and working locally
- Shorter wait times and greater appointment access
- Stronger continuity of care for families
- Economic growth through a stronger workforce

As a community-owned, non-profit hospital, that does not receive tax-based funding, TriState Health invests in programs that keep care close to home. Building a residency program is a transformational undertaking, one that relies on the shared commitment of partners, donors, and community members.

Your support during the TriState Health Foundation MediaThon helps make this vision possible. Tune in on social media, KLEW, and more, to donate, share, and challenge others to support the Family Medicine Residency Program.



This program allows residents to train in real clinical settings where they learn the full spectrum of family medicine. They will have the chance to learn preventative care, chronic disease management, inpatient care, and more, all while forming roots in a rural community.

**Carson Seeber, MD**

TriState Family Practice & Internal Medicine



To learn more about Fund our Future MediaThon please visit **TSH.org/FundOurFuture** or scan the QR code.



# Now Open!

## TRISTATE DERMATOLOGY

*Trusted skin care, focused on prevention and peace of mind for adolescents and adults.*

Your skin tells the story of your health, experiences, and journey. Our dermatology team at TriState Health is committed to keeping that story a healthy one. We believe in not only treating skin conditions but also building lifelong relationships. With a strong focus on cancer prevention and early detection, our dermatology team is here to help you maintain healthy skin for life.

Choosing TriState means you're choosing comprehensive, collaborative, and patient-centered care for you and your family, right here in the Lewis-Cark Valley. Staffed by Carol Chandler, APRN-BC, a trusted, expert provider with decades of experience caring for our community, so you can focus on living your life with confidence.

**Ready to connect?  
We're excited to  
meet you!**

Scan the QR code or visit [TSH.org/Dermatology](https://TSH.org/Dermatology) to fill out our online new patient form and become a patient today!



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