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HealthBeat

2026 EDITION 1



TriState Health

Orthopedic Services
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Grief & Gratitude
LaAnnabra Steiner-Wapsheli's Story

Scholarship to Service
A Full-Circle Nursing Journey

TRISTATE HEALTH

2025 In Review

TriState Health is honored to impact so many within the community. Here is a snapshot of the role our facilities played in providing patient care throughout 2025.

2,000+
Obstetrics & Gynecology Visits

55,500+
Imaging Services

4,800+
Rheumatology Visits

7,000+
Surgery Visits

60,700+
Primary Care Visits

3,200+
Nephrology Visits

2,800+
Urogynecology Visits

15,400+
ER Visits

278,700+
Lab Tests

17,700+
Minor Care Visits

870+
Sleep Lab Visits

6,000+
Pulmonology Visits

14,000+
Interventional Pain Consultants Visits

8,000+
Behavioral Health Visits

8,400+
Wound Healing Visits

9,000+
Urology Visits

2,800+
Wellness Visits

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 BOARD
Dave Hagen, President
Scott Arnone, Vice President
Michele Beehler, Secretary/Treasurer
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Debra Ausman
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Wayne Day, MD
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Deb Carpenter, Chief Information Officer
Joleen Carper, Chief Operating Officer
Tammi Hernandez, Chief Human Resources Officer
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HOSPITAL CLINICS & SERVICES
24-Hour Emergency
3 Family Practice Clinics
Behavioral Health
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

From our

Chief **Executive** Officer

At TriState Health, we are committed to delivering the highest standard of care to the communities we proudly serve. While that commitment never wavers, how we deliver it continually evolves to meet the changing needs of the patients and families who count on us. Every day, I see firsthand the difference that accessible, compassionate care makes in people's lives. In this issue of HealthBeat, you'll find stories that capture our excellence alongside the personal connections and genuine compassion that define the TriState Health experience. These stories are a reminder of our purpose. To be a trusted partner in the health of our community.

When care is local, it means receiving the help you need without unnecessary delays or long-distance travel. It means being surrounded by familiar faces and healing in a place where you feel supported. That is why we remain focused on expanding services across our organization. In the past year, we have introduced new providers and installed updated technology, including our 3D Tomosynthesis Mammography Unit. We also opened Dermatology, Obstetrics & Gynecology, and Orthopedics, making specialized care more accessible to families. From broadening our services to strengthening our surgical capabilities and investing in advanced technologies, every step we take is centered on making it easier for you to receive the care you need.

As our community grows, partnerships matter more than ever. One of our organizational priorities is creating opportunities for students to explore careers in healthcare. Thanks to the generosity of our community and the strength of our relationships, we offer CNA and residency programs that open doors for the next generation. The TriState Health Foundation continues to play a vital role by supporting healthcare scholarships, high school athletics, and investing in technology that improves patient care.

TriState Health is a community-owned and locally governed hospital, and I take that responsibility deeply to heart. Every investment we make and every service we add is guided by one question: what is best for the Lewis-Clark Valley and the surrounding areas? Our strength comes from working together. Whether you volunteer, attend events, or simply share your feedback, your involvement shapes the care we provide. Thank you for trusting us and for supporting us as we grow alongside you. It is truly an honor to be part of your health journey.



Kym Clift

KYM CLIFT, CEO









AWARD WINNING CARE

TriState Health is building on an exceptional year of recognition, carrying strong momentum from 2025 into an already impressive 2026. Over the past year, the organization earned numerous honors, including the Chartis Performance Leadership Award, the American Stroke Association Rural Stroke Gold and Gold Plus Awards, the Soliant Top 20 Most Beautiful Hospitals recognition, the ONCON ICON IT Top 100 Information Security Teams Award, and being voted Best of the Inland Northwest. Together, these achievements reflect a commitment to excellence across patient care, innovation, and community impact.

That momentum has only continued in 2026, as TriState Health gains national recognition for its performance, workplace culture, and leadership. These latest honors highlight an organization that is not only delivering high-quality care, but also investing in its people and the future of rural healthcare.

Most recently, TriState Health was named a 2026 U.S. Best in Class Employer by Gallagher as part of its 2025 U.S. Benefits Strategy and Benchmarking Survey. This distinction recognizes organizations that demonstrate measurable success in benefits strategy, cost management, and employee well-being.

Through thoughtful investments in areas such as retirement planning, benefits education, and compensation strategies, the organization continues to prioritize both the personal and professional well-being of its team. These efforts foster a culture where employees can thrive, an outcome that directly strengthens the care provided to patients.

"We are truly honored to be recognized," said Kym Clift, Chief Executive Officer. "Our people are the core of our organization, and this recognition affirms our continued efforts to build a culture where employees feel supported, valued, and empowered in their work."

TriState Health's commitment to excellence is equally evident in its clinical performance. The organization was named a 2026 Top 100 Critical Access Hospital by The Chartis Center for Rural Health, a national honor based on the Chartis Rural Hospital Performance INDEX®. This comprehensive evaluation measures performance across quality, outcomes, patient experience, and



> We are proud to serve our region and honored by the trust our patients place in us.
>
> **Kym Clift**
> TriState Health Chief Executive Officer

financial strength, placing TriState Health among the top rural hospitals in the country.

"This distinction reflects the dedication of our providers, nurses, and staff who deliver exceptional, compassionate care every day," Kym shared. "We are proud to serve our region and honored by the trust our patients place in us."

Leadership has also played a key role in this continued success. Kym Clift was recognized by Becker's Review as one of the nation's Top Critical Access Hospital Presidents to Know, an honor that highlights leaders advancing innovation, expanding access, and strengthening care in rural communities. Under her leadership, TriState Health has experienced significant growth, including the development of a new inpatient wing, expanded diagnostic services, and measurable improvements in both patient experience and financial performance.

Her focus on workforce development and collaboration has helped strengthen the organization. Partnerships with local educational institutions and team-based training programs are supporting a strong pipeline of future healthcare professionals while enhancing retention and long-term sustainability.

Further reinforcing its impact, TriState Health was also recognized by Becker's Hospital Review as one of six top recommended hospitals in Washington State, an honor based on patient survey data and direct feedback. This distinction speaks to the trust and confidence patients place in the care they receive at TriState Health.

Taken together, these recognitions tell the story of an organization that is advancing on every front, from employee health and workforce development to clinical outcomes and patient experience. For TriState Health, this past year represents more than a series of accolades; it reflects the continued strength of a mission-driven approach to healthcare.









Local Care.
Lifelong Commitment.

We know that healthcare isn't just about a single visit to one of our clinics. It is about everything that happens before, after, and in between.

The care at TriState Health is designed to follow you through every step. From the moment something feels off and you are searching for answers, to the moment you are back to living your life, our healthcare team works together to make sure you feel supported, informed, and cared for, right here at your local, community-owned hospital.

This is what *Local Care. Lifelong Commitment.* looks like in action.

- More often than not, you don't wake up planning to go to the hospital. Whether it's a fever that won't break, a fall that doesn't feel right, or a concern that has been keeping you up at night. Instead of wondering where to go or how long you will wait, you can save your place in line at Minor Care before you even leave home. When you arrive, your care team is ready and focused on getting you answers quickly to help you feel better right away.

★★★★★

The front staff was very friendly, knowledgeable and helpful. We got in right away, were taken care of and all questions answered. Dr. Blewett was fantastic! My wife and I will definitely go back to TriState Minor Care.

TriState Minor Care Google Review

- Sometimes care doesn't stop at one visit. Instead, it moves quickly to the next step. After an injury or concern, imaging can be done right here, without the added stress of traveling elsewhere. And now, with Orthopedic services available five days a week, you can be seen the same day or the next day, so you are not left waiting for answers.

★★★★★

Dr. Beardsley replaced my knee and five years later did a revision. He replaced my hip. I would not let any other orthopedic surgeon touch me. He explains everything and goes out of his way to make his patients happy. He has a great personality and is always smiling.

Diane, TriState Orthopedic Patient





Healthcare works best when it is connected. Whether it is a referral to a specialist, follow-up care after an injury, or a conversation about next steps, your coordinated care team will keep you informed so you do not have to start over each time. You are continuing a conversation with people who know you and are working together to support your recovery.

★★★★★

It's the way he stays in communication with me about all of my medical health issues including cancer, diabetes, kidney disease, idiopathic anaphylaxis. Even though I have other specialists, Dr. Merrill always stays on top of all of them. I trust him with my life and cherish his expertise every time.

David, TriState Family Practice & Internal Medicine Patient

For some, the next step may be specialty care, a procedure, or ongoing treatment and recovery. For others, it's knowing someone is there to answer your questions when you need them again. From rehabilitation to follow-up visits, to long-term care, the focus at TriState Health remains the same. To help you heal, regain strength, and get back to the life you love with those you care for.

★★★★★

Dr. Seeber cares for my son, husband, mom, and me. He takes the time to listen, asks questions, and shows he is invested and cares.

Stephanie, TriState Family Practice & Internal Medicine Patient

This is what it means to care for our community.

Not just one visit, but a commitment that lasts a lifetime.







A PATH FORWARD

After years without answers, one patient finally found hope.

For years, Patti Lee searched for answers. Living in the Lewis-Clark Valley for more than two decades, she had seen her share of providers. Some were helpful, many were kind, but none could explain the condition that had followed her since high school. Patti had a mysterious and overwhelming health condition that seemed to grow more complex over time.

Eventually, the frustration almost became too much. "I had just given up," Patti said. "I really felt like if I was ever going to get answers, I would have to go to a bigger city."

Like many patients facing complex or undiagnosed conditions, Patti began to believe that the care she needed wasn't available locally, but then something changed.

One day, while scrolling through social media, Patti came across a post announcing new providers at TriState Health. She specifically recalls that one name stood out, Daniel Ryan, MD. "When I read his bio, which highlighted his desire to help solve long-term senior issues, my heart rose with hope. I thought, maybe…just maybe, this is someone who could help me," she said.

At her first appointment, that hope was confirmed almost immediately. "The first visit felt like a miracle. Here was a doctor with compassion, intelligence, and a cheerful spirit. He looked me in the eye, listened to everything I had to say, and truly understood what I had been going through." For the first time in years, Patti felt heard.

Dr. Ryan approached Patti's condition with curiosity and determination. He asked questions, reviewed her history, and began a process that changed her life. After years of uncertainty, what had been dismissed was finally taken seriously, and Patti received answers.

Over the course of her care, Dr. Ryan not only

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Patti Lee
TriState Family Practice & Internal Medicine Patient



Daniel Ryan, MD
TriState Family Practice & Internal Medicine

Becoming a new patient is easier than ever. TriState Health has an online new patient form. Scan the QR code or visit **TSH.org/FamilyPractice** to become a patient today!

identified her long-standing condition, but also helped connect the dots between multiple symptoms and concerns that affected her health. "He didn't give up," shared Patti. "He kept digging, searching, and working with me until we had the full picture. He solved all the mysteries." Together, they developed a plan to manage her condition and improve her quality of life.

While Patti's condition hasn't completely disappeared, she now has a path forward for her healthcare journey. These days, she fills her time in an art studio, helping writers edit books, and teaching art to children and adults — a life she can fully embrace again. "I am not constantly worried anymore. I feel like I have my life back."

Through her experience with Dr. Ryan, Patti and her family have a restored trust in the healthcare system. "The moment he walks into the room, he's present," said Patti. "He listens and explains things and makes you feel like you matter."

For years, Patti believed she would need to leave the Lewis-Clark Valley to find the level of care she needed, but that has now changed. "I no longer feel like I have to go to a larger city to get great medical care," explained Patti. "It is available right here."

With trusted local healthcare available, Patti describes TriState Health as both high-quality and deeply personal. "It's more than just care. It feels like home."

For patients like Patti, access to care is not only about location, it's about being seen, heard, and finally finding answers.

"I just want to tell Dr. Ryan, 'Thank you,' because you have really given me my life back. In the most wonderful and kindest way. You have set me on a path of hope that even though I am a senior citizen, I can still have a renewed life and future ahead of me."







Grief & Gratitude

Empathetic Care with a Trusted Provider

LaAnnabra Steiner-Wapsheli's journey with Lindsay Kern, MD, began during one of the most challenging times in her life. It became the basis for a story grounded in trust and healing, fueled by genuine compassion.

In 2023, LaAnnabra and her husband went to the hospital unaware that their lives were about to change forever.

"We were going through the normal process, checking on the baby. I had been feeling her move all day," she recalled. "The nurses hooked me up to the fetal monitor and all I remember was hearing silence. It was at that point that I had the thought that something was majorly wrong. But I didn't want to believe it."

"Dr. Kern came in and started an ultrasound. She was so gentle about it and told us to listen," explained LaAnnabra. "She turned the monitor towards us to show us our daughter and indicated where her little heart was no longer beating."

During a moment that felt both devastating and overwhelming, LaAnnabra remembers also feeling empathy and support from Dr. Kern. "She gave us time to just sit in the initial shock," she said. "She wrapped me in a hug, along with my husband. She held onto us while we cried, telling us she was so sorry and that she wished she could give us better news."

Dr. Kern led them through the following steps with both clarity and empathy, guiding them through one of the toughest experiences of their lives. "She stayed with us before we had to make any decisions. She provided condolences without platitude and offered space for us to be with our grief. The way she looked at us made me feel like she was truly there for us."

"It was one of the hardest things we've ever had to go through," LaAnnabra said. "Without Dr. Kern, I don't think we would have made it through."

In the weeks that followed, LaAnnabra and her husband returned to Dr. Kern for a follow-up appointment. She was the one they wanted to provide their OB care.

"She helped us understand what had happened and reassured us that there was nothing wrong with me, and that there was nothing wrong with our daughter. She provided education and encouragement. She helped us believe that maybe, someday, we could try again."

Gradually, encouragement and hope replaced some of their grief.

When LaAnnabra became pregnant again in 2025, she and her husband initially began to see a different

obstetrics provider. When they learned Dr. Kern would be returning to the Lewis-Clark Valley, but this time with TriState Health, their decision to transition their care to her was an easy one.

"It was the best decision for us, because I truly don't think we could have gone through another pregnancy without her," she expressed. "Dr. Kern was the only reason we were even open to trying to conceive again after our loss. Her empathy and her reassurance that we had not done anything to cause our daughter to pass were the reasons we wanted to return to her care for our rainbow baby."

Pregnancy after loss brought emotions like anxiety and uncertainty, but LaAnnabra found the same reassurance with Dr. Kern that she had before. "Dr. Kern was so transparent, so informative, and so empathetic," she said. "She answered every question and helped calm our fears. She took all my worries and stresses seriously and began monitoring the moment I brought them to her attention."

The support extended beyond Dr. Kern to the entire care team. "Everyone at TriState was incredible. From the ultrasound techs to everyone in the office, the environment was warm and welcoming. The care we received wasn't just medical. It was emotional, too."

With Dr. Kern's guidance and support from the TriState OB staff, LaAnnabra and her husband welcomed their son, a healthy baby boy who is now just over two months old.

"If Dr. Kern were in front of me right now, I would just say thank you," said LaAnnabra. "I've told her that already, but there aren't enough words to express how grateful we are. Grateful for her care, her compassion, and everything she helped us through. Without her, we never would have tried again."

Today, the Steiner-Wapsheli home is full of love and includes not only their newest baby, but also their ten-year-old son. LaAnnabra and her husband, both with backgrounds in professions that focus on helping others, spend their time raising their children, caring for their 'zoo' of pets, and enjoying moments together.

"We're kind of a nerdy, gaming family," she said, smiling. "We love board games, video games, and we've been watching The Lord of the Rings movies together. The extended editions, of course."

As long-time residents of the Lewis-Clark Valley, giving back and supporting others have always been important to them. "We are big proponents for doing anything that not only helps ourselves, but the people around us, our family, our friends, or really anyone in our locality," LaAnnabra shared. Now, their experience has deepened their community connection even further.

"TriState Health has provided fantastic care to my family. Dr. Kern is truly amazing, but it's also the entire team and the environment they create. I want people to know that kind of care exists right here in our community."

"TriState Health has provided fantastic care to my family. Dr. Kern is truly amazing, but it's also the entire team and the environment they create. I want people to know that kind of care exists right here in our community."

LaAnnabra Steiner-Wapsheli
TriState Obstetrics & Gynecology Patient

Lindsay Kern, MD
TriState Obstetrics & Gynecology

To learn more about TriState Obstetrics & Gynecology visit TSH.org/OBGYN.



Rooted In Community:



A CONVERSATION WITH JEN SCHARFFER

For nearly fifteen years, Director of Wellness Jen Scharffer, MBA, RDN, LD, CD, has been a critical part of the TriState Family. As a registered dietitian and leader within our wellness and nutritional services, Jen has dedicated her career to helping individuals and families across the Lewis-Clark Valley live healthier, more empowered lives.

Jen's ties to TriState Health run back to childhood. "I grew up in a small, rural community, and my family always came to TriState," she shared. "Lewiston, Clarkston, the surrounding areas, we have it all. The mountains, the rivers, the woods, the farmland. But what I love most is the people. There's a familiar, family feel here. It's a wonderful place to live and to serve."

That sense of belonging guided her decision to build her career at TriState Health, an organization she says has always believed in her. "When I started, a leader told me, 'You're going to do good things.' I remember that every day. It still motivates me. Every project, every class, every patient interaction, I ask myself, 'What good can we do for our community today?'"

Jen's department reflects TriState Health's commitment to addressing the healthcare needs of the community through guidance on nutrition and diabetes care management. Her team's scope is wide, serving people of all ages and life stages. From inpatient room-service style meal support to outpatient medical nutrition therapy and free diabetes education, the Wellness Department focuses on both prevention and treatment. "Nutrition is a basic need," Jen emphasized. "If you're not meeting your nutritional needs, your body can't heal. Our goal is to make sure patients are supported in the hospital and long after they go home." This includes helping patients navigate insulin management, placing continuous glucose monitors, supporting pump therapy, and offering one-on-one or group education.

One of the programs Jen is most proud of is the department's diabetes education seminars, designed as a hybrid learning and support-group experience. "It gives people a place to connect with others going through the same thing," she said. "We cover new topics throughout the year, and we're excited to continue expanding these offerings."

Jen is especially passionate about reaching children through community outreach. "Kids are our future. It's important that we're teaching them what 'healthy' looks like," she explained. Her department has visited schools across the region, providing hands-on workshops, cooking demonstrations, educational videos, and thousands of kid-friendly resources — aprons, cookbooks, and lunchboxes — to encourage lifelong healthy habits. "We want to make sure we're present. That kids know we're here for them. That their health matters," Jen said.

TriState's commitment to local health includes strong partnerships with community organizations. "We work with the food bank, the Lili GC Foundation, and several local groups," Jen noted. "Nutrition plays a huge role in overall well-being, and we want to support every initiative that strengthens our community. It all comes full circle."

Part of that commitment includes responding to community needs by studying local disease trends and strategically developing programs that address them. For Jen, it's all about staying proactive and staying connected.

Over the years, Jen has met many surveyors, consultants, and visitors from across the country, and the feedback is consistent.



When I started, a leader told me, 'You're going to do good things.' I remember that every day. It still motivates me. Every project, every class, every patient interaction, I ask myself, 'What good can we do for our community today?'

Jen Scharffer, MBA, RDN, LD, CD
Director of Wellness

Watch Jen Scharffer's full testimonial:
TSH.org/LocalCare

"They always say the same thing: TriState feels like a family. They feel welcomed the moment they walk through the door," she said. "And they say it about our community, too. Friendly people, beautiful surroundings, we live in a really special place."

That sense of belonging is central to why people from rural areas, from Winchester to Orofino to Grangeville, choose TriState Health for their care. "People have a choice," Jen said. "And they choose TriState because of our commitment to providing specialty services close to home. This hospital was created by the community, for the community, and that remains true today."

For Jen, healthcare is a calling. "Most people who step into healthcare have a passion to care for others," she reflected. "We get to nourish people, not just through nutrition, but through our words, education, and presence. That's what makes this work meaningful."

Through prevention, education, patient services, and community outreach, Jen and her team demonstrate what it means to provide care within our walls and throughout the community.



From Scholarship to Service:
A Full-Circle Nursing Journey

For TriState Health nurse Hayden Ottmar, a career in healthcare was never just a job. It was a calling shaped by family, community, and a desire to make a difference.

"I always kind of knew I wanted to be a nurse," Hayden shared. "Even back in high school, I was drawn to healthcare." That interest was reinforced early on through volunteer experiences alongside her mother at a local hospital in Spokane, where she first saw the impact compassionate care can have on patients and families.

Though her path included some exploration, considering roles like paramedic before ultimately returning to nursing, one thing remained constant: she wanted hands-on work that kept her connected to people. "I couldn't see myself in an office setting," Hayden said. "I needed something more active, something where I could really engage with others."

After beginning her education at Lewis-Clark State College and later transferring to Walla Walla Community College, Hayden graduated from nursing school in 2024. Like many students, the journey came with unexpected financial challenges that go far beyond tuition.

That's where the TriState Health Scholarships made a meaningful difference. While attending nursing school, Hayden received both the Clay Taylor Embry & Mary Almira Smith Embry Memorial Scholarship from the TriState Health Auxiliary, and the TriState Health Scholarship that was created by TriState Health Foundation and Dr. E. Wayne & Vivian Day.

"Nursing school is expensive in ways people don't always realize," Hayden explained. "There are textbooks, lab fees, insurance, scrubs, shoes, and equipment like stethoscopes, which can be hundreds of dollars." The scholarship helped ease that burden, allowing her to focus more fully on her education. "It took away a lot of that financial stress and helped me get the tools I needed to succeed."

Hayden's connection with TriState Health ran deeper than financial support. With multiple family members working within the organization, she was already familiar with its culture, but it was her clinical experiences as a student that truly solidified her decision to stay.

"TriState was just always very welcoming," Hayden said. "They were open to teaching and gave students opportunities to really learn and try things. That's not always the case everywhere."

After graduation, Hayden chose to begin her career through TriState's Nurse Residency Program, a decision she now considers invaluable. "When you

> The support you get, both financially and professionally, makes a huge difference. And TriState Health is the kind of place where you want to stay.
>
> **Hayden Ottmar, RN**
> TriState Clinic Float Nurse

don't go through a residency, you are kind of thrown straight into it," she said. "The residency gives you that extra support and helps ease the transition from student to nurse." Through the program, she rotated between departments like Medical-Surgical and Intensive Care Units, gaining exposure to different specialties while building confidence in her skills.

Just as important, she found a sense of community. "It's like a safe space. You can talk about your experiences, good or bad, and learn from them. They also teach you how to avoid burnout, which is huge in this field."

That foundation prepared Hayden for her first role on the medical-surgical floor, where she spent about a year caring for patients during some of their most vulnerable moments.

Later, she transitioned into a clinic setting, and today, Hayden serves as a float nurse, working across multiple departments. The variety keeps her engaged and continuously learning. "Each department is a little different, so you have to adapt," she explained. "Some are more fast-paced and hands-on, while others are more routine. I enjoy being able to experience all of it."

Hayden's unique journey, from student to scholarship recipient, residency participant, and now float nurse, offers a full picture of workforce development in action at TriState Health. It also gives her a rare perspective on the patient experience, especially when she sees individuals she once cared for in the hospital return for follow-up visits in much better health.

"You see them at their lowest point when they're in the hospital," Hayden said. "So when you see them later, doing well, it's just incredible."

Those moments serve as powerful reminders of the impact nurses have, not just during a hospital stay, but throughout a patient's entire journey to recovery.

Hayden also finds meaning in the relationships built through local care, something she believes sets TriState apart. "In a smaller community, you really get to know your patients," she said. "You see them more than once, sometimes in different settings, and you remember their stories. That connection matters."

Whether it's recalling a patient's interest in gardening or simply taking time to talk beyond their diagnosis, those small interactions can have a big impact. "They just light up when you remember something about them. It shows you're really listening."

For those considering a career in healthcare or thinking about applying for a TriState Health Scholarship, Hayden's advice is simple. "It's worth it," she said. "The support you get, both financially and professionally, makes a huge difference. And TriState Health is the kind of place where you want to stay."

From scholarship support to hands-on training and a strong sense of community, Hayden's story is a testament to what becomes possible when TriState Health and the community invest in the next generation of caregivers.

DONATE TO THE TRISTATE HEALTHCARE SCHOLARSHIP FUND

Invest in the next generation of compassionate caregivers! Each donation ensures that talented, dedicated individuals have the opportunity to serve patients and families right here at home. To donate, scan the QR code or visit **TSH.org/WaysToGive**



MEET YOUR ORTHOPEDIC PROVIDERS

Bryan Beardsley, MD
Expert Joint and Arthritis Orthopedic Surgeon

"Almost all of our patients are coming to us in pain that dramatically affects their quality of life. I enjoy helping them get back to where they are smiling and no longer miserable. It's a really rewarding part of my job."

Levi Jeppson, PA-C
Focused on Evaluation, Treatment, and Ongoing Care

"I see patients at their worst, but I love that I get to be a part of their journey as we restore them to their best self and alleviate their pain."

Greg Obray, PA-C, ATC
Sports Injury Specialist and Athletic Trainer

"It's important to treat the individual. Everyone's a little bit different, so it's crucial to listen to what the patient's needs are, so we can help them return to what they love."

Orthopedic Services THAT KEEP YOU MOVING

Now Open Five Days a Week for Quick Access to Appointments Right Here in the Lewis-Clark Valley

Many in our community go through their lives with a knee that doesn't stop aching after a long day or a shoulder that doesn't move like it used to.

TriState Health offers expert orthopedic care right here in the Lewis-Clark Valley with appointments designed to get patients seen quickly. Patients are supported by a dedicated team, including orthopedic surgeon Bryan Beardsley, MD, and physician assistants Greg Obray, PA-C, ATC, and Levi Jeppson, PA-C, each bringing a unique perspective to patient care.

Whether it's a student-athlete preparing for the next game or someone simply wanting to move without pain, access to timely care can make all the difference. Orthopedic services at TriState Health are built around the understanding that providing education, treatment, and follow-up care in a convenient, connected setting means less waiting, less traveling, and more time to focus on recovery.

EXPERT CARE FOR EVERY MOVE YOU MAKE

We're here to help get you moving and back to doing what you love! From diagnosis to recovery, we provide comprehensive orthopedic services tailored to your lifestyle and goals.

- What We Offer
  - Joint pain & arthritis management
  - Joint replacement surgery
  - Sports injury & performance care
  - Fracture & trauma care
  - Minimally invasive & arthroscopic surgery
  - Mako Smart Robotics ™
- Conditions We Treat
  - Knee, hip, and shoulder pain
  - Hip & shoulder replacement
  - Total and partial knee replacement
  - Sports-related injuries
  - Work-related injuries
  - Sprains, strains, and fractures

READY TO CONNECT? WE'RE EXCITED TO MEET YOU!

Our quick online new patient form is for both new and transferring patients. Once submitted, our team will follow up to schedule your first visit. Scan the QR code or visit **TSH.org/Ortho** to fill out our online new patient form and become a patient today!

TriState Orthopedics
1207 Evergreen Ct. Clarkston, WA
509.769.2254 | Hours: Monday - Friday, 8:00am - 5:00pm

A COLLABORATIVE APPROACH to Mental Health

TriState Health continues to take meaningful steps toward improving access to mental health care by integrating Board-Certified Psychiatric Mental Health Nurse Practitioners (PMHNP-BC) into its Family Practice clinics. This initiative reflects TriState's commitment to providing compassionate, whole-person care, treating both the mind and body under one roof.

Behavioral health has long been identified as a top health priority in the Lewis-Clark Valley and surrounding region. According to TriState Health's Community Health Needs Assessment, access to mental health services remains one of the greatest challenges in the community.

"Integration of behavioral health services within primary care is known to improve the speed and ease of access to behavioral health services," said Joleen Carper, Chief Operating Officer of TriState Health. "There's often an opportunity for a 'warm handoff' from the primary care provider directly to the behavioral health provider. It helps patients get the care they need quickly and in a setting that feels familiar and comfortable."

As part of this initiative, Amanda Lott, PMHNP-BC, joined Family Practice & Internal Medicine, Clarkston, as the clinic's first integrated behavioral health provider. Her role focuses on psychiatric medication management and psychotherapy interventions, working closely with primary care providers to deliver seamless, coordinated care. Since joining in 2024, Amanda has had 2,400+ patient visits centered around integrated behavioral health.

"My primary role is psychiatric medication management, but I also integrate psychotherapy when appropriate," said Amanda. "Because I'm able to spend more time with patients and see them more frequently, our team can keep a closer eye on those who may be more at risk. Having my office right next door allows for quick collaboration. We can discuss patient needs right away instead of playing phone tag or scheduling meetings."

One of the greatest benefits of integrated behavioral health care is the reduction of barriers, such as long wait times, logistical challenges, and the lingering stigma that sometimes surrounds mental health treatment.

"Historically, it could take two months or more to schedule an appointment with a behavioral health specialist," Joleen said. "By placing behavioral health providers directly within our family practice clinics, we've reduced that wait time from months to just days."

Amanda agrees that accessibility is key. "Most patients are excited to have behavioral health services available right where they already see their primary care provider," she said. "It feels familiar and safe. They're in the same waiting room as everyone else, and it removes the fear that 'someone will find out.' It makes mental health care just another part of taking care of your overall health—which is exactly what it should be."

Since the integration began, both providers and patients have experienced the benefits firsthand. Increased access has led to earlier intervention, helping patients avoid crises that might otherwise result in emergency room visits or hospitalizations.

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> **Amanda Lott, PMHNP-BC**
> TriState Family Practice & Internal Medicine

be able to be seen quickly, even checked in during their primary care appointments, which helped avert serious situations," said Amanda. "That's a huge success and a clear example of how integration saves time and improves outcomes."

Most recently, TriState Health expanded its Integrated Behavioral Health services into Family Practice, Lewiston. Jennifer Creaser, ARNP, FNP, PMHNP, DNP, joined TriState Family Practice, Lewiston, as a Family Nurse Practitioner in 2015. In the spring of 2025, Jennifer earned her Doctor of Nursing Practice (DNP) and Psychiatric Mental Health Nurse Practitioner (PMHNP). Her recent training has expanded her ability to provide integrated care supporting both the physical and mental health of her patients. This addition ensures that patients across the region have convenient access to mental health support when and where they need it most.

TriState's integrated behavioral health providers offer similar services to those provided at TriState Behavioral Health, including medication management and therapy support.

Joleen added, "Our goal is to keep care local and provide the services our community needs. Integrated Behavioral Health is another example of TriState putting our patients first."

TriState Health's integration of behavioral health providers within its family practice clinics marks another step toward a healthier, more connected community — one where mental and physical health are treated as equally essential parts of well-being.

MAY IS MENTAL HEALTH AWARENESS MONTH

In addition to TriState Health's integrated behavioral health services in the Family Practice Clinics, we also offer psychiatry and addiction treatment at TriState Behavioral Health. **Learn more at TSH.org**



Ask a Specialist!

Sun Safety For Every Age

By Carol Chandler, APRN-BC, Dermatology Nurse Practitioner

May is Skin Cancer Awareness Month, a time to highlight the importance of protecting your skin and recognizing early signs of skin cancer. As a dermatology nurse practitioner, Carol Chandler, APRN-BC, sees firsthand how preventable skin cancer can be with the right habits and education. Small, consistent steps can make a meaningful difference in protecting skin over time. We sat down with Carol to answer some of the most common questions she receives about sun safety and skin health.

Q: Do people really need sunscreen every day, even in cloudy or cooler weather?

A: Yes, absolutely. Ultraviolet radiation is present year-round, and even on cloudy days, up to 80 percent of UV rays can still reach your skin. I always remind my patients that daily sunscreen use is not just for sunny beach days. It is an important step in reducing cumulative sun exposure, which plays a major role in both skin cancer risk and premature aging.

Q: What SPF should people use, and how often should it be reapplied?

A: I recommend choosing a broad-spectrum sunscreen with an SPF of at least 30. If you are spending time outdoors, it is important to reapply every two hours, or more often if you are swimming or sweating. One of the most common issues I see is people simply not applying enough, so being generous with application really matters.

Q: What are common mistakes people make with sun protection?

A: The biggest gaps I see are inconsistency and forgetting to reapply sunscreen. People also tend to miss commonly exposed areas such as the ears, neck, and tops of the feet. Another common issue is underestimating how much incidental sun exposure adds up over time.

Local Care.
Lifelong Commitment.

At TriState Health, we are committed to making it easier for our community to access the care they need, close to home. With the addition of Dermatology services in fall 2025, patients now have access to specialized skin care, including skin cancer prevention, detection, and treatment, right here locally. It is one more way we are investing in the long-term health of the communities we serve.

Q: Is sunscreen safe for kids and babies?

A: Sun protection is important at every age, but the approach can vary. For infants under 6 months, I advise focusing on shade and protective clothing, with minimal sunscreen on small, exposed areas if needed. For older infants and children, a broad-spectrum SPF 30 or higher is recommended. Mineral-based sunscreens are often a great option, especially for sensitive skin.

Q: What are the best ways to protect your skin besides sunscreen?

A: Sunscreen is just one part of the picture. I encourage a layered approach. Wear wide-brimmed hats, UV-protective clothing, and sunglasses, and try to seek shade whenever possible, especially between 10 a.m. and 4 p.m. when the sun's rays are strongest. Combining these strategies offers the best protection.

Q: Are tanning beds or "base tans" ever safe?

A: No, there is really no safe way to tan. A tan is actually a sign of skin damage. Tanning beds, in particular, significantly increase the risk of skin cancer, including melanoma, and I strongly advise avoiding them altogether.

Q: Can people with darker skin tones still get skin cancer?

A: Yes, they can. While the risk may be lower, skin cancer does occur in people with darker skin tones and is often diagnosed at a later stage. That is why I stress the importance of sun protection and skin awareness for everyone, regardless of skin tone.

Q: What are some early warning signs people should not ignore?

A: I encourage patients to watch for new or changing spots on their skin. The **ABCDE** rule is a helpful guide, including **A**symmetry, irregular **B**orders, uneven **C**olor, **D**iameter larger than 6 millimeters, and any **E**volution or change over time. If something looks different or is changing, it is always worth having it checked.

Q: How often should someone check their skin or see a provider?

A: Monthly self-checks are a great habit because they help you become familiar with your skin so you can notice changes early. I also recommend a professional skin exam at least once a year, or more often if you have higher risk factors such as a personal or family history of skin cancer.

Q: If you could give one piece of advice to help prevent skin cancer, what would it be?

A: Make sun protection part of your daily routine. When it becomes a habit, like brushing your teeth, it is much easier to stay consistent and protect your skin long-term.

Protecting your skin does not have to be complicated, but it does require consistency. Building simple sun-safe habits into your daily routine and staying aware of changes in your skin can significantly reduce the risk of skin cancer. For those due for a skin check or with concerns about a new or changing spot, TriState Dermatology is now welcoming new patients and offers comprehensive care focused on prevention, early detection, and personalized treatment.

Learn more and schedule an appointment with TriState Dermatology at TSH.org/Dermatology.

NEW PODCAST

Tune in to the TriState HealthTalk podcast to hear from Carol Chandler, APRN-BC, as she breaks down the most common types of skin cancer, which risk factors to keep an eye on, how to spot early warning signs, and what treatment and outcomes usually look like. Scan the QR code or visit **TSH.org/Podcast** to listen now.

TRISTATE HEALTH'S

Provider of Excellence Award

The TriState Provider of Excellence Award honors the legacy of Dr. Richard Weiland, one of the four original primary care providers for the TriState Primary Care Clinics in 2011. Dr. Weiland truly embodied the qualities the Provider of Excellence award represents — leadership, integrity, community involvement, and patient-centered care. A dedicated volunteer at Snake River Medical Clinic and a healthcare leader, Dr. Weiland spent nearly three decades as the Medical Director of what is now called Elite Home Health and Hospice. His dedication to patient-centered care and leadership paved the way for what each TriState provider strives to be. Dr. Weiland passed away in 2015 due to complications from heart disease, leaving a lasting legacy throughout the community. At TriState Health, we are honored to have had Dr. Weiland as a part of our TriState Family.

Join us in congratulating our 2026 recipient of the Provider of Excellence Award, Laure' Larsen, AG-ACNP, of TriState Interventional Pain Consultants. She was nominated by her patients and peers for this distinction and we celebrate her for the characteristics that make her such a unique and cherished provider. Her compassionate care and dedication to her patients clearly do not go unnoticed.

"During the last four years with my health issues, Laure' Larsen has provided meaningful support both mentally and physically. Her consistent and genuine care for my experiences, both the highs and the lows, has fostered a sense of trust and security. I have over 35 years of experience working in healthcare. Laure' stands out as such a genuine and compassionate individual that is why I have continued to choose TriState Health instead of one of the many options available." – Provider of Excellence Nomination

Laure' Larsen, AG-ACNP, went to nursing school at Lewis-Clark State College and received her Master's in Nursing from Walden University in Minneapolis, MN. She brings 30+ years of experience, with most of her career working in critical care. Laure' has lived in the region most of her life. She is board certified in Adult Gerontology Acute Care with a focus on pain management. She enjoys the challenge of this specialty, and she finds it rewarding to help improve her patients' quality of life.

Patients, family members, co-workers, physicians, or staff can nominate a TriState Health provider who exemplifies these qualities. A single provider of any specialty will be awarded this recognition every year in celebration of National Doctors' Day.



To nominate a TriState provider, please visit **TSH.org/DoctorsDay** or scan the QR code.



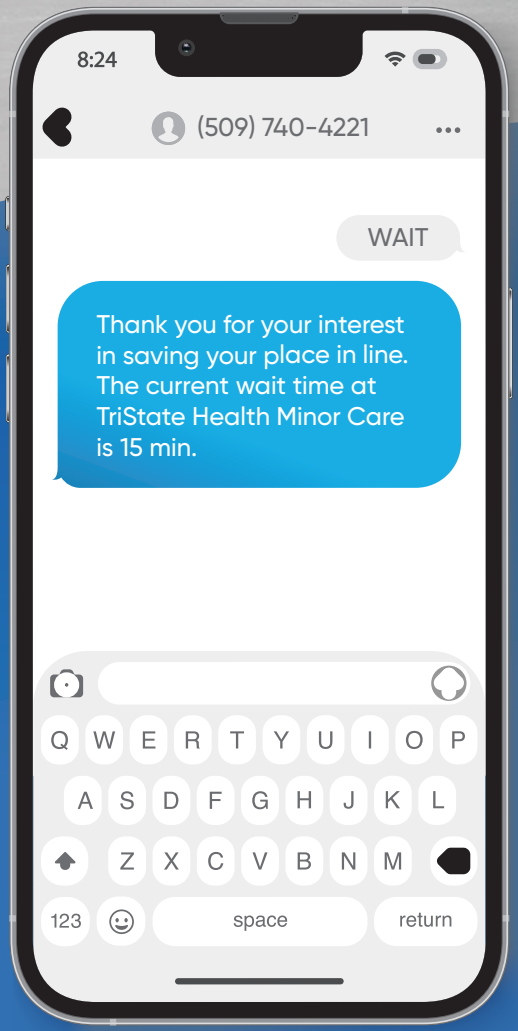
Laure' Larsen, AG-ACNP
TriState Interventional Pain Consultants

"Every time I have come in and had an appointment, she has been great. She's always so happy, thoughtful, and caring with everything from my medical needs, to asking me how my normal life is. She is very thorough when explaining things to me and makes sure she does not miss anything regarding my medical care. I wish there were more providers in the world like her. I know that she gives me her full attention and is not distracted by anything. She makes me the center of attention, and I leave with no question that is not answered. She makes coming to the doctor enjoyable, so thank you for that."

Provider of Excellence Nomination

Tired of waiting...?





Skip The Wait. SAVE YOUR PLACE.

When you're not feeling well, the last thing you want to do is sit in a waiting room wondering how long it will take to be seen.

TriState Minor Care now offers a **SAVE YOUR PLACE** in line feature!

Text **WAIT** to **509.740.4221** to receive a message showing the current wait time and the option to save your place in line.

TriState Health Minor Care

509.769.2200 | TSH.org/MinorCare
1267 Belmont Way, Clarkston, WA
Open Monday – Friday, 7:00 am – 7:00 pm
Saturday – Sunday, 8:00 am – 4:00 pm
Closed for Lunch, 11:30 am – 12:30 pm