FREE
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HealthBeat

2024



TriState Health

A better state of technology.
New Mammogram Equipment

A better state of community.
Student Scrubs Camp

A better state of care.
The Importance of Gynecological Care

A better state of **technology.**



A better state of technology begins with embracing and integrating new ideas and technology. From our state-of-the-art inpatient and dietary wing to our new imaging equipment, we're committed to integrating the latest technology to improve our community's health and wellness.

A better state of **community.**



A better state of community begins with a commitment to give back and to be good community partners. It is a commitment that would not be possible without the dedication and hard work of our providers, employees, volunteers, and board members who believe in making our community healthier now and for future generations.

A better state of **care.**



A better state of care is supported by our mission of placing the health of our patients as our first priority by creating a welcoming and compassionate environment. Each day, we take pride in continuing to provide you and your loved ones with the highest level of care, support, and collaboration.

A Better State of **Health.**

From our
Chief Executive Officer

As CEO of TriState Health, I want to express a commitment that is fundamental to the health and well-being of our community: keeping care local. In rural areas like ours, access to quality healthcare isn't just a matter of convenience; it is vital to ensuring our families, friends, and neighbors can receive timely, compassionate care, without needing to travel far from home.

We understand that keeping care local is more than proximity. It is about building the foundation to ensure the community has access to needed services and the best possible care. As we look toward the future, we are excited about how we will continue to grow and evolve to meet the needs of our community. From adding needed services to workforce development and recruitment, we aim to provide the highest quality of care where you feel comfortable and supported. Your health is our first priority, and we are honored to be your partner in keeping healthcare local.

As you read through this issue of HealthBeat, you will discover the unique range of services we offer at TriState, including Women's Health, Urogynecology and Gynecology, and our Diabetes Care Program.

Whether you are choosing us for your preventative care services and specialized care or simply supporting us by spreading kind words, we deeply appreciate your trust in us for your healthcare! Your support, in all its forms, is invaluable and makes a significant difference.



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
Comprehensive Breast Health
Dialysis Center
General Surgery Clinic
Hyperbaric Medicine
Imaging Center
Infusion Center
Internal Medicine
Interventional Pain Consultants
Joint Orthopedics Program
Minor Care Center
Nephrology
Podiatry
Pulmonology
Respiratory Therapy
Rheumatology
Sleep Lab
Surgery Center
Urogynecology
Urology
Wellness Clinic
Wound Healing

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Joleen Carper, Chief of Clinic Operations
Deb Carpenter, Chief Information Officer
Jackie Mossakowski, Chief Nursing Officer
Carson Seeber, MD, Chief Medical Officer
Tammi Hernandez, Chief Human Resources Officer



5.0 ★★★★★

ACHIEVING FIVE-STARS IN PATIENT RECOMMENDATIONS:

A Blueprint For Hospital Success

We are proud to announce that TriState Health has achieved a five-star rating in patient recommendations, placing us among the top six recommended hospitals in Washington State! This recognition reflects the quality of care we provide and affirms our commitment to exceeding the expectations of our community every day. Our goal is simple: to deliver high-quality, compassionate care that goes beyond standard healthcare services.

This prestigious rating is a direct reflection of our patients' trust in TriState Health and their confidence in our ability to meet their healthcare needs. We are incredibly honored by this achievement and take great pride in the work our staff puts in to make this possible. "Our five-star rating demonstrates that we are not just treating medical conditions, but we're treating people - families, neighbors, and loved ones - who entrust us with their care," said Kym Clift, Chief Executive Officer of TriState Health.

The recommended hospital star rating is built on patients' responses to a critical question: "Would you recommend this hospital to your friends and family?" To be considered for this distinction, hospitals must collect at least 100 completed Hospital Consumer Assessment of Healthcare Provider Systems (HCAHPS) surveys over four consecutive quarters. HCAHPS is a national,



In addition to our five-star patient recommendation rating, TriState Health has earned a variety of achievements over the past year. These include being voted as "Best Hospital in the Inland Northwest" and receiving recognition for our commitment to providing high quality stroke care, both nationally and in a rural hospital setting.

> As TriState looks to the future, we aim to continue providing exceptional healthcare in an environment that focuses on the patient experience.
>
> **Kym Clift**
> Chief Executive Officer

standardized survey designed to capture a comprehensive view of patients' experiences during a recent inpatient hospital stay.

TriState Health is committed to patient-centered care, with a focus on treating each individual with dignity, respect, and empathy. This means that beyond delivering medical treatments, our staff takes the time to understand the emotional needs of each patient. "Healthcare is not a one-size-fits-all approach," said Kym, "As TriState looks to the future, we aim to continue providing exceptional healthcare in an environment that focuses on the patient experience."

Achieving a five-star rating in patient recommendations rating involves a holistic effort across our organization. From exceptional clinical care to personalized patient experiences, staff development, and community engagement, our entire team contributes to fostering a culture of continuous improvement. We strive to keep our patients at the heart of our operations and at the center of every decision we make, ensuring that the highest standards of healthcare are met every day.

Thank you to our patients for continuing to choose TriState Health as your non-profit, community-owned and operated hospital since 1955. Your trust and support have been instrumental in our journey to achieving a five-star rating, and we look forward to continuing to serve you.



ABOUT THE COVER

TriState Health is celebrating Breast Cancer Awareness Month by lighting the Imaging Center pink from dusk till dawn each night during the month of October. TriState is proud to encourage preventative care and show their support to breast cancer survivors, and those fighting the disease, during the month long campaign and into the future.

Empowering Women:

BECAUSE BREAST HEALTH MATTERS

Maintaining breast health involves a combination of regular screenings, healthy lifestyle choices, and awareness of personal breast changes. By staying educated and proactive, women can take control of their breast health and increase their overall quality of life. For personalized care, individuals should consult with a healthcare provider who can offer recommendations based on an individual's health profile and family history.

Breast exams are an important part of maintaining breast health. They can help detect any unusual changes that require further evaluation. There are two main types of breast exams:

1. **Self-Breast Exams:** Performing regular self-breast exams can help you become familiar with the normal feel and look of your breasts. You should check for any lumps, changes in size or shape, or any unusual discharge from the nipples. It's generally recommended to do a self-breast exam once a month, a few days after your period ends, or on a consistent date each month.
2. **Clinical Breast Exams:** These are performed by a healthcare professional, such as a doctor or nurse. They typically involve a physical examination of your breasts and underarm areas to check for any abnormalities. Clinical breast exams are often done during routine physical exams or annual check-ups.

In addition to these exams, mammograms are commonly used for breast screenings, especially in women 40 or over and those who are at high risk of breast cancer. This is why, with the help of a grant and TriState Health Foundation, TriState Women's Imaging purchased a brand new 3D mammography unit equipped with curved paddles. 3D mammography is more sensitive than traditional 2D mammography in the early detection of breast cancer. The three-dimensional approach provides a more comprehensive view of breast tissue, allowing the radiologist to detect abnormalities with greater accuracy. This can be particularly beneficial for women with dense breast tissue.

At TriState Health, we understand the critical importance of preventative care, including mammograms. Our women's imaging department is removing barriers many women receive in timely breast cancer screening by offering self-referral mammograms. Call 509.758.4658 to schedule your appointment today! To learn more about breast health, scan the QR code or visit **TSH.org/BreastHealth**.



In the United States, there are

4 million

breast cancer survivors



1 in 8 women

in the United States, will develop breast cancer in her lifetime

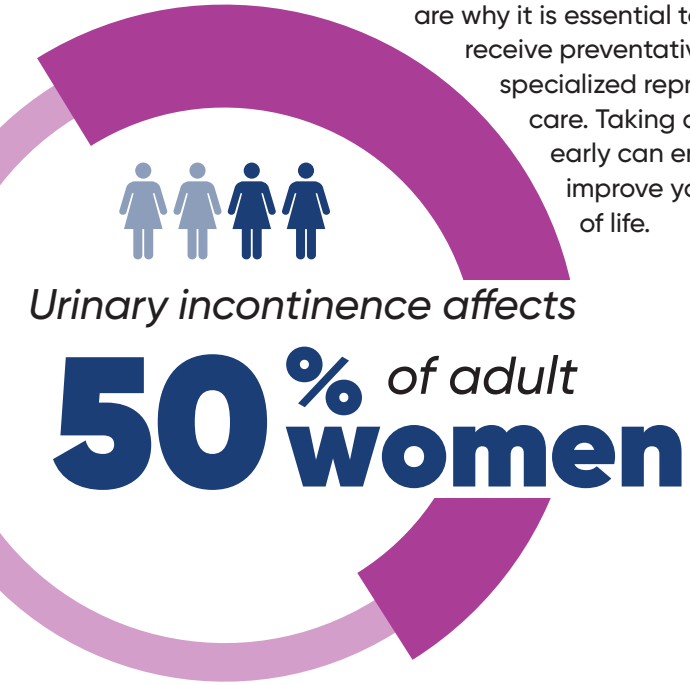


The Importance of *Gynecological Care*

Gynecological care is an integral part of women's overall health. Routine pelvic exams can help detect abnormalities associated with a wide variety of conditions, as well as support early disease detection. Whether or not specific health concerns need to be addressed, identifying key elements and making sure women receive the treatment they need, is essential. We encourage every woman to choose a healthy lifestyle path that will help her feel her best at every stage of life.

Each woman is unique, and finding the right provider can sometimes seem intimidating. That is why the compassionate providers at TriState Urogynecology support a broad spectrum of Urogynecology and Gynecology services that are personalized to fit the needs of each patient. Those who visit the clinic can expect an environment where they feel understood and supported on their healthcare journey.

Did you know that urinary incontinence affects 50% of adult women? And that 60% of women will be diagnosed with cervical cancer at some point during their lifetime? These statistics alone are why it is essential to receive preventative and specialized reproductive care. Taking action early can enrich and improve your quality of life.



Pelvic floor disorders can cause discomfort and make it difficult to participate in activities you enjoy. Our urogynecology team specializes in treating these disorders, improving your quality of life and supporting your long-term health. In addition to treating pelvic floor disorder, TriState Urogynecology offers a range of gynecologic services, from routine screenings to IUD insertion.

Urogynecology Services

- Frequent bladder infections
- Overactive bladder
- Pelvic pain
- Pelvic Organ Prolapse
- Urinary incontinence
- Sexual dysfunction
- Other pelvic floor conditions

Gynecology Services

- IUD insertion/removal
- Routine gynecology exams (pap smear, breast exams)
- Colposcopy
- Abnormal bleeding
- STD screening
- Heavy painful periods
- Consult for permanent method of contraception (tubal ligation)



We're here for you.

Our female pelvic medicine specialists provide compassionate, personalized treatment plans to help relieve a variety of conditions, as well as preventative gynecological care. We understand that it's common to feel uneasy discussing pelvic symptoms, but we want you to know that you are not alone. From annual pelvic exams to contraceptives and frequent or new bladder/urinary concerns, your need for supportive care is important.

Our team is here to support you in living a thriving and healthy life.

To learn more about TriState Urogynecology and to establish care as a new patient, visit **TSH.org/Urogynecology** or contact their office at 509.769.2269.

NEW PODCAST

Listen to the new TriState Health Talk podcast where Dr. Szigeti discusses gynecologic health! Scan the QR code or visit **TSH.org/Podcast** to listen now.



"There are a wide range of innovative and successful treatment options available. We are here to help create a personalized treatment plan to provide relief."

Julius Szigeti II, MD
Urogynecologist & Minimally Invasive Gynecologic Surgeon



"I really enjoy helping others optimize their overall health and wellbeing by making changes that help them reach their desired health goals."

Dezirae Berry, NP-C
Urogynecology Nurse Practitioner

HEALING BONDS:

from Caregiver to Friend

At the beginning of this year, Robert "Bob" Bielenberg unexpectedly found himself in unbearable pain and was taken to TriState Emergency. They informed him that he had a perforated colon and his body was overwhelmed with infection. Emergency surgery was performed, and Bob spent five days at TriState Health in the Intensive Care Unit before moving to the Medical Surgical (Med/Surg) Unit on the second floor.

During his extended recovery stay, the staff on the second floor became like family to Bob. He couldn't say enough about their exceptional care and compassion. One standout member of his care team that particularly made an impactful impression was his night nurse, Rob Sauve, RN. "What I really liked about Rob was that as soon as he came on shift at night, he would come into my room and lay out the plan for the whole night, and stick to it," Bob remarks. "With four high-dose antibiotics being administered through IVs in both arms, some of those each taking over an hour and a half, he was meticulous in his planning. He'd say, 'This is what we are going to do at this time and that,' so I knew what to expect, and then he followed through. It was his goal to have everything completed by 11:30pm so I could get some sleep. It's hard enough to get rest in a hospital, but his thoughtfulness to think ahead made a huge difference. You can see he truly cares about his patients."

As the days passed, Bob grew close to Rob. They talked about their families, including Rob's son, shared personal stories, and had great conversations. It wasn't just Rob, Bob connected with many of the Med/Surg staff members on a deeper level. "In fact, when I went home after spending six nights up there, I kind of hated to go because it was like losing a friendship, which is crazy," Bob recalls. "On my way out, when I stopped to shake hands with one of the nurses at the nurse's station to say goodbye, he said, 'I would really like to get to know you outside of the hospital.' And he wasn't the only one."

Months later, Bob returned to TriState for a follow-up procedure and once again found himself on the now-familiar Med/Surg floor. "The first night, Rob wasn't working," Bob begins. "The second night, I didn't know he was coming on, and he came right in my room and he started off like we'd just seen each other. He started telling me about his son again, and it was like we were picking up right where we left off. Right away, he knew who I was and just started talking, like an old friend."

"You never plan to spend time in the hospital, especially when you're in perfectly good health like I was," Bob reflects. "But the care I received was top notch. No one really wants to be there, but the people who cared for me during my stay









Cheryl and Bob Bielenberg
TriState Medical-Surgical Unit Patient

did everything they could to make it a positive experience," he continues. "When I needed someone, they were right there. TriState is very fortunate to have the quality people they have on that second floor. You go in for healthcare and leave with a new set of friends. It couldn't have been better."

Next time you need medical attention, trust the people who care as much about your well-being as you do. TriState Health is committed to providing exceptional care to this community and the people who make it special. Choose care that comes with heart, right here at home.

> "When I needed someone, they were right there. TriState is very fortunate to have the quality people they have on that second floor. You go in for healthcare and leave with a new set of friends. It couldn't have been better."
>
> **Bob Bielenberg**
> TriState Medical-Surgical Unit Patient

Pictured Below: photos of TriState Medical-Surgical Unit and Intensive Care Unit staff, including Rob Suave, RN







CHANGING LIVES,
One Diabetes Story at a Time

Diabetes is a chronic disease that affects millions of people worldwide. It occurs when the body either does not produce enough insulin, a hormone that regulates blood sugar, or cannot effectively use the insulin it produces. As a result, blood sugar levels become elevated, leading to a range of health complications if not properly managed. Living with diabetes requires constant attention and management. It's not just a matter of taking medication or monitoring blood sugar levels; it involves comprehensive lifestyle changes and ongoing support to manage the disease effectively. This is where the TriState Wellness Diabetes Care Team comes into play.

TriState Wellness' Diabetes Care Program is a structured, ongoing support system, designed to help individuals manage their condition effectively and improve their quality of life. The main focus of the program is to provide comprehensive education and continuous support, addressing both the physical and emotional challenges of living with diabetes. This is crucial because diabetes is not just a physical condition; it significantly impacts mental health as well. Individuals with diabetes are at a greater risk for depression and suicide due to the stress and burden of managing a lifelong disease, making support an essential component of diabetes care.

The journey typically begins with an initial visit to a diabetes educator. During this session, the educator conducts a thorough assessment of the patient's current health status, lifestyle, and psychological well-being. This is crucial for understanding the patient's specific needs, challenges, and goals. The educator will ask about their medical history, current medications, eating habits, physical activity level, and emotional state. The educator works in tandem with the Registered Dietitian to evaluate the patient's diet and interpret the needs of the individual to create a tailored plan for comprehensive results. They will also explore what the patient hopes to achieve through the program, whether it's better blood sugar control, weight management, or simply feeling more confident in managing their condition. Based on this assessment, a personalized care plan is created and tailored to the individual's needs, focusing on the seven self-care behaviors (healthy coping, healthy eating, being active, medications, blood glucose monitoring, reducing risk, and problem solving) which are essential for effective diabetes management.

TriState's Diabetes Educator, Ginger Strobel explains that ongoing support is the key to successful diabetes management. "Diabetes is not a condition that can be managed through a one-time intervention; it requires continuous care and adaptation. Often patients believe that the gadgets, like continuous glucose monitoring systems and insulin pumps, are going to fix everything, but in reality, these technologies require adjusting, and tinkering, and it is so much more than that," says Ginger. "Support is honestly one of the most important roles that I provide. Follow-up visits give the opportunity to not only review my patient's progress, but to also address new challenges and update the care plan as needed. This continuous engagement is crucial for maintaining motivation and helping patients stay on track. I am there to educate, offer a compassionate ear, help patients set realistic goals, and celebrate their successes."

For additional information about TriState Wellness and their Diabetes Care Program, scan the QR code or visit **TSH.org/Wellness**

Jay Stafford's Story

A little over two years ago, after Jay Stafford had a visit with his primary care provider, his nurse called and said, "Jay, your diabetes is out of control." And Jay responded, "What diabetes? I don't have diabetes." This began his journey with the TriState Wellness Team. Jay begins, "I didn't know, but my numbers were high and I had Type 2 Diabetes. I never went in there thinking anything, except yikes, I have to take everything that everyone says to me seriously!"

"I listened and I asked questions, I wrote things down. I got the best information probably in my entire medical life. And I applied it," says Jay. He had always been a "foodie" and would go to a favorite drive-in or seafood place and have his favorite food. "Now I choose what I see on the menu that is going to serve my body best," Jay says. "And you know, I don't feel like I'm missing out on too many things. It's a balance, and my day-to-day life has changed for the better because of this discipline. I love life, and no diabetes is going to take that away from me. If I live to be 95, which I would like, it will be because of those ladies and this program. And I am happy to report that for the last 6 months, I have been in range. I test twice a day, and I have not been out of range, and it's awesome."

On that first visit, Jay remembers being told, "Welcome to our family." Since then, he has looked at them as family. Some of the faces have changed, but what Jay says hasn't changed is that he continues to learn something every time he comes in, and he finds that invaluable. "They are very knowledgeable and they know their stuff. The reality is that my health has become so good because of that 'family' over there. And they'll always be my family. If I end up not having diabetes, I'll still go in and visit them. There are some people you meet in life that you want to see again, and these are those people. They're the kind of people you want in your life," Jay concludes.



Pictured Above: Jennifer Raykovich, RDN, LD, CD, TriState Wellness; Jay Stafford, TriState Wellness Patient; and Ginger Strobel, MBA, BSN, RN, TriState Wellness

> "They are very knowledgeable and they know their stuff. The reality is that my health has become so good because of that 'family' over there. And they'll always be my family."
>
> **Jay Stafford**
> TriState Wellness Patient

PROVIDING AWARD WINNING EDUCATION

for the Next Generation of Healthcare Workers



> Honestly, I would take as much or more pride in one of our other physicians at TriState Health receiving this award. We have so many intelligent physicians at our organization. I would love to grow a culture of medical academia at TriState over time.
>
> **Carson Seeber, MD**
> Chief Medical Officer

Each year, Washington State University's (WSU) Elson S. Floyd College of Medicine honors faculty and staff who have gone above and beyond in preparing the next generation of physicians. These awards capture the multitude of areas in which these individuals epitomize excellence in pursuing the college's mission, values, and impact. We are proud to announce that TriState Health's Chief Medical Officer, and Family Medicine Physician, Carson D. Seeber, MD, received the 2024 WSU Excellence in Clinical Teaching Award for his outstanding preceptorship!

The Excellence in Clinical Teaching Award honors an individual or team that demonstrates excellence in clinical environments. Dr. Seeber was recognized for his role as a mentor who inspires and guides his students and trainees through independent, critical, and creative thinking, and employs an evidence-based and health justice-centered approach to precepting.

Dr. Seeber joined TriState Family Practice & Internal Medicine in August 2015. Since joining the TriState team, he not only has made an impact on his patients, but also on the medical students that he passionately teaches. "By teaching, I feel like I am part of the solution. There is an acute need for physicians nationwide. It is estimated that we will need an additional 180,400 physicians over the next decade for rural and underserved areas across the country," explained Dr. Seeber. "I went into medicine to help satisfy that need. Unfortunately, that need is perpetual and expanding, so it takes practicing physicians to ensure others are prepared to follow."

Clarkston native, fourth-year medical student, and recent WSU graduate, Pierce Claassen, MD, was the

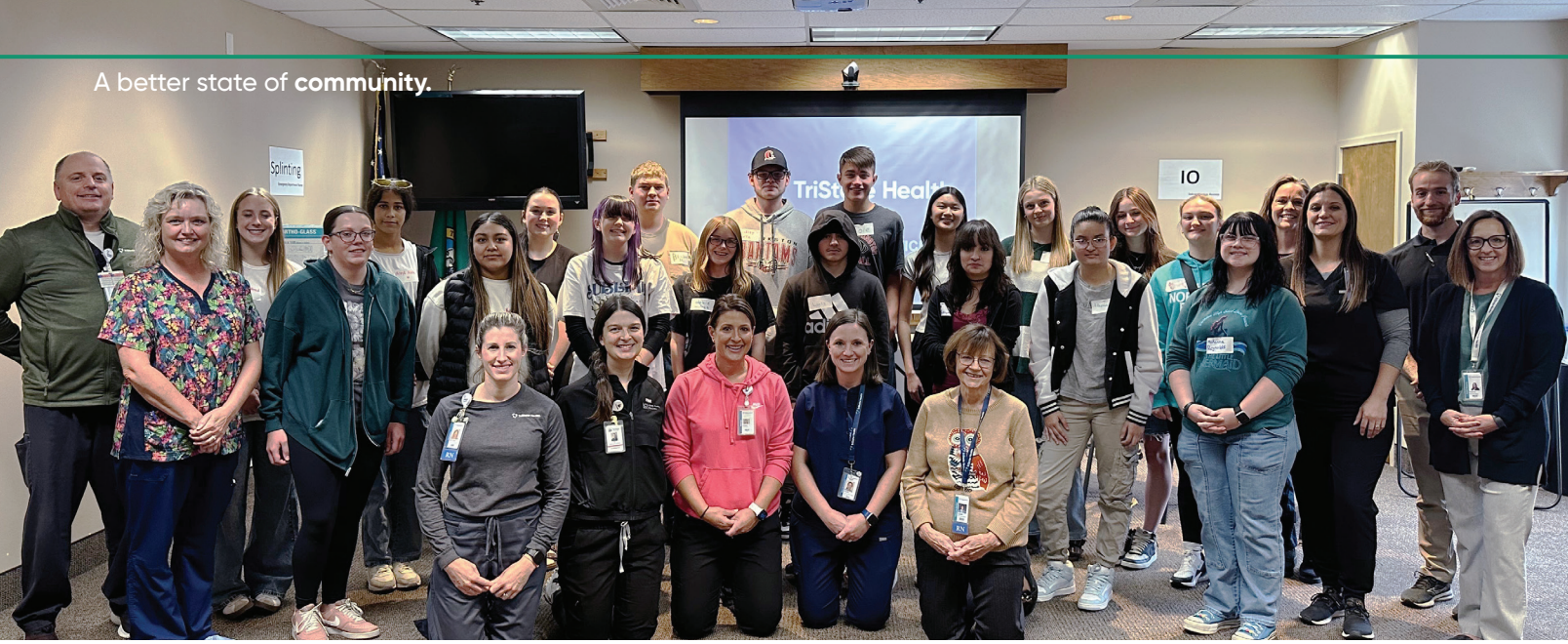
> Despite managing a substantial patient panel as a family medicine physician and frequently deliberating happenings of the hospital as an executive, Dr. Seeber pours his heart and soul into teaching the future physicians of Washington.
>
> **Pierce Claassen, MD**
> WSU Graduate & Nominator

student who nominated Dr. Seeber for this award. Part of his nomination stated, "Despite managing a substantial patient panel as a family medicine physician and frequently deliberating happenings of the hospital as an executive, Dr. Seeber pours his heart and soul into teaching the future physicians of Washington," exclaims Dr. Claassen. "Dr. Seeber is a wholesome and energetic care provider who truly blesses his rural community through his practice of medicine. He takes great care to ensure the medical students accompanying him are seen as valuable members of the healthcare team. He allows an appropriate level of autonomy in the realms of medical and procedural management of his patients, to empower fourth-year students as they prepare to transition into their medical residencies."

"It's always nice to be recognized, but I selfishly gain more than I give when teaching. When medical students spend time in our clinic, it helps keep academic medicine a priority. It makes me more aware of my clinical acumen and knowledge," mentioned Dr. Seeber. "Honestly, I would take as much or more pride in one of our other physicians at TriState Health receiving this award. We have so many intelligent physicians at our organization. I would love to grow a culture of medical academia at TriState over time, which would be so much more rewarding to me."

TriState Family Practice & Internal Medicine began taking on fourth-year medical students from WSU in 2017. Since then, they have hosted medical students from the WWAMI Medical School at the University of Idaho, University of Washington (Eastern Washington and Gonzaga RUOP), and the Pacific Northwest School of Medicine. These medical students spend time on campus in various capacities. Students could job shadow a half day per week throughout the academic year, spend a whole month with a preceptor in a specific specialty, or share time between two or three different preceptors. The WWAMI Program sends a group of first year medical students to TriState for "Hospital Mornings," where they spend a half day per week on an assigned patient. The students round on a patient and discuss the patient encounter with a preceptor.

TriState Health is proud to have Dr. Seeber as part of the TriState Family! He wears many hats and makes a positive impact on everyone around him. As a family practice physician, he is dedicated to the health and well-being of his patients, and as a Chief Medical Officer, he serves and supports his fellow TriState physicians. And, if that were not enough, as a clinical preceptor, Dr. Seeber is passionate about educating the next generation of physicians who will make a lasting impact on future healthcare.



Healthcare Day with Clarkston High School:

STUDENT SCRUBS CAMP

Scrubs Camps have emerged as a unique and innovative approach to medical training and professional development in recent years. These intensive programs offer a one-of-a-kind learning experience, aiming to equip aspiring healthcare professionals with essential skills, knowledge, and practical experience in a condensed time frame.

As a part of TriState Health's evolving workforce development initiative, our first "Scrubs Camp" was held with Clarkston High School students in early October. The Scrubs Camp allows interested students to observe and participate in hands-on activities related to various health modalities offered at TriState. This interactive workshop is part of an essential goal in aiding students pursuing careers in healthcare.

TriState's Scrubs Camp was an all day event where 18 Clarkston High School students traveled to TriState Health and heard from healthcare professionals in a variety of departments, including Emergency, Radiology, Nursing, and Respiratory Therapy. During the camp, each department representative discussed in-depth details related to their positions and the steps they took to develop into their professions. Students also learned about how and where to receive higher educational opportunities in healthcare within the Lewis-Clark Valley.

Many healthcare roles require effective teamwork. Scrubs Camp often emphasizes collaboration through group exercises, helping participants learn to work within a team in a clinical setting. One of the most significant advantages of these day camps is the focus on practical, hands-on experience. Participants engage in simulations that mimic real-life healthcare scenarios, allowing them to practice skills such as taking ultrasounds, drilling into bone, splinting, airway management, CPR, and infection prevention.

In rural areas, in particular, we are facing a critical shortage of healthcare workers. Continuing to find ways to identify, recruit,







train, and retain residents within the community is a large part of helping keep care local. Interactive educational opportunities like these not only raise students' awareness of the wide variety of health careers available to them but also empower them to shape the future of healthcare. As the demand for skilled healthcare professionals continues to rise, these healthcare camps are likely to expand in popularity and are poised to play a critical role in shaping the future of workforce development.

"Scrubs Camp is more than a program; it's an investment in our community and the healthcare industry as a whole," said Tammi Hernandez, Chief Human Resources Officer for TriState Health. "We have other areas that students may be interested in exploring, and we hope to create similar opportunities for them in the spring of 2025."

Encouraging students to reflect on their passions and values and helping them explore their interests can lead students on the path to a healthy and prosperous future. TriState Health is eager to encourage students through resources that provide continued learning opportunities, setting goals, and career guidance. By providing these resources and support systems, students can receive the knowledge needed to navigate life after high school and empower them to thrive in their future endeavors.

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>
> **Tammi Hernandez**
> Chief Human Resources Officer

Learn about all of TriState's Workforce Development Partnerships and Opportunities by visiting **TSH.org/Workforce** or scanning the QR code.

Six Tips for Making Healthier Food Choices During Winter

Winter brings cold days, longer nights, and the temptation to indulge in comfort foods that are often heavy, rich, and calorie-dense. While it is natural to crave heartier meals during colder months, making healthier food choices can help maintain energy levels, boost immunity, and promote overall well-being. TriState Wellness is excited to share some practical tips for eating healthy during winter without sacrificing flavor or comfort.

1. Embrace Seasonal Produce

Did you know that winter offers an abundance of nutrient-dense fruits and vegetables that are ideal for hearty and healthy meals? Root vegetables like carrots, parsnips, and sweet potatoes are rich in vitamins and fiber, making them excellent for roasting or adding to stews. Leafy greens like kale, collard greens, and Brussels sprouts are packed with antioxidants and essential nutrients like vitamins C and K. Seasonal fruits like citrus (oranges, grapefruits, and clementines) provide a boost of immune-supporting vitamin C, helping you fend off colds.

2. Warm Up with Healthy Soups and Stew

Soups and stews are winter staples that can be both comforting and nutritious. Opt for broth-based soups instead of cream-based ones to keep the calorie count low while still enjoying a satisfying meal. You can pack these dishes with lean proteins (like chicken or turkey) and a variety of vegetables, legumes, or whole grains for a balanced, filling meal.

3. Stay Hydrated

In the colder months, it is easy to forget about hydration since we do not sweat as much. However, maintaining proper hydration is just as important in winter as it is during the warmer months. Drinking enough water helps with digestion, nutrient absorption, and keeping your energy levels stable. Herbal teas, hot water with lemon, and homemade broths can also keep you hydrated while warming you from the inside out.

4. Choose Lean Proteins and Whole Grains

Instead of reaching for heavier, processed meats and refined carbohydrates, focus on incorporating lean proteins and whole grains into your winter meals. Lean meats like chicken, turkey, and fish, as well as plant-based options like beans, lentils, and tofu, provide necessary protein without excess saturated fats. Whole grains such as quinoa, farro, and brown rice offer fiber and nutrients that keep you full and energized.

5. Indulge Smartly

Winter and the holiday season often come with more indulgent treats like baked goods, hot chocolate, and festive desserts. While it is important to enjoy these treats in moderation, you can also make small adjustments to create healthier versions of your favorite comfort foods. For example, incorporating fruit-based desserts, like baked apples with cinnamon, can be a satisfying and nutritious option.

6. Keep Your Vitamin D Levels Up

With less sunlight during the winter months, many people experience a drop in vitamin D levels, which can affect mood, immunity, and bone health. Try to incorporate vitamin D-rich foods into your diet, such as fatty fish (salmon, mackerel), fortified dairy products, and eggs. If necessary, consult with a healthcare provider about taking a vitamin D supplement.

Making healthier food choices in the winter doesn't mean giving up on comfort or flavor. By incorporating seasonal produce, staying mindful of portion sizes, and focusing on nutrient-dense ingredients, you can enjoy hearty and satisfying meals while maintaining a healthy lifestyle. A few simple adjustments to your meals can help boost your energy levels, support your immune system, and keep you feeling your best all winter long.

Did you know that TriState Wellness offers individualized medical nutrition therapy? Meet with a registered dietitian nutritionist to help improve your health and well-being. Medical nutrition therapy includes a comprehensive nutrition assessment, planning and implementing nutrition interventions, and personalized health education. Call 509.751.0229 to learn more.



Potato and Kale Soup Recipe

Ingredients

2 tablespoons olive oil
2 cups chopped yellow onion (about 1 large onion)
1½ cups chopped carrots (about 3 carrots)
1½ cups chopped celery (about 3 stalks)
4 cloves garlic, minced
1 tablespoon whole fennel seeds
Sea salt & pepper, to taste
1 can (15 ounce) white beans, rinsed & drained
6 cups cubed (about 1-inch pieces) potatoes
4 cups chopped kale (about 1 bunch)
4 cups low-sodium vegetable broth
4 cups water

Optional toppings:

6 ounces low-fat Greek yogurt
½ cup chopped fresh chives

Directions

1. Before you begin: Wash your hands.
2. Sauté oil, onion, carrots, celery, garlic, fennel seeds, salt and pepper for 8 minutes.
3. Puree beans until smooth and stir into veggie mixture.
4. Add in potatoes, kale, broth, and water.
5. Bring to boil, cover and simmer for 20-30 minutes, until potatoes are tender.
6. With hand blender, puree 50% of the soup until smooth.
7. Top each serving with dollop of yogurt and chopped chives.

Tips

- Leave skins on for 1g+ more fiber per potato than peeling them.
- Fennel seeds (a spice often found in Italian sausage) add licorice-like sweetness and may aid in digestion and freshen breath.
- The secret ingredient — pureed white beans — add creaminess plus fiber and protein.

For full recipe and nutritional information, please visit eatright.org.

Would you like to receive more great recipes form our TriState Wellness team? Scan the QR code to sign up today!

★★★★★

Marica E.

Thank you so much for being a team player. You handled the quick turnover if patients great and with a smile!

Quality Compassion Respect Innovation Collaboration



































★★★★★

Desirae R.

You are so helpful with your teammates. Always going above and beyond and when they turn around to do something it has already been done because of you.

Quality Compassion Respect Innovation Collaboration







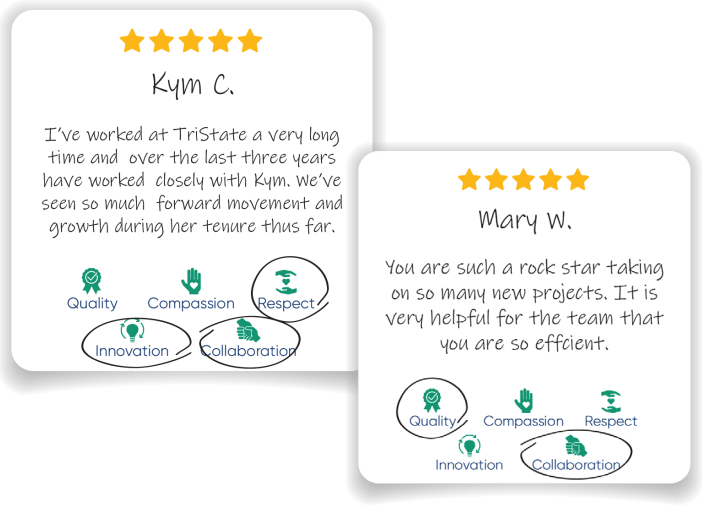
★★★★★

Josephina L.

She is absolutely an amazing worker and person. I always speak with her like she is part of our crew and she really has been.

Quality Compassion Respect Innovation Collaboration

Pictured Above: Photos of our TriState Family throughout the year, along with peer-to-peer recognitions from our internal "Kudos" Program!



OUR EMPLOYEES ARE THE *Heart* OF TRISTATE



At TriState Health, our mission - "Your Health Is Our First Priority" - is more than a statement; it's a way of life. What truly sets us apart is not just our advanced medical technology or facilities, but the people who make this mission a reality every day. Our employees are the heart of TriState, and through their dedication and compassion, we stand out as a healthcare provider of choice.

Our core values—quality, compassion, respect, collaboration, and innovation—are not just words, they guide every action and decision. Whether interacting with patients or working together behind the scenes, our staff embody these principles, creating a culture of care and excellence that is evident in everything we do.

At TriState, we are proud of the culture we've created—one rooted in mutual respect, collaboration, and the drive for innovation. Each day presents opportunities for connection, and the warmth and camaraderie that is evident throughout our walls speaks to the supportive culture we cherish. Our employees live out our values and reflect the true spirit of TriState Health.

This cycle of care, where employees prioritize both their colleagues and patients, creates an environment where mutual support leads to better outcomes. It's this unwavering commitment that makes us more than just a team; we're a family, united by our mission.

Our employees are the heartbeat of our organization, and their commitment to our core values drives the excellence that defines TriState Health. By bringing our hearts to work each day, we continue to foster a culture that makes a lasting difference in the lives of our patients and our community.

TriState Health - where your health is our first priority and our employees are the heart of it all.













40th Annual FESTIVAL OF TREES

This year marks the 40th anniversary of the TriState Health Foundation's Festival of Trees, a tradition that has brightened the holiday season of the Lewis-Clark Valley for generations. What began as a modest fundraiser has blossomed into a hallmark event, drawing in hundreds of visitors each year. From the humble beginnings of a few locally decorated fresh Christmas trees to the grand, immersive experience it is today, the Festival of Trees has transformed into a vibrant reflection of community spirit, creativity, and charitable giving.

The Festival of Trees' inaugural event, called the Evergreenfest, took place in November 1985 in the original TriState Health parking lot on Highland Avenue. Though small in scale, the event instantly captured the hearts of attendees. The simple joy of seeing local businesses and families come together to create something magical for the community laid the foundation for what would become a cherished annual event.

"The first Festival of Trees was held outside of the hospital on the front lawn and in the parking lot. It was a chilly day, but I remember it being very festive," recalled Vivian Day, long-time supporter of the TriState Health and TriState Health Foundation. "To my recollection, there were about 10 trees. I even bid on a tree that year and I remember paying $125 for it."

"Boy, we sure have evolved into greater things, haven't we?" continued Dr. Wayne Day, TriState Health Board Member. "The vision was there of being something that we could continue. A vision that it could grow, be better, and begin to earn money for the TriState Evergreen Foundation. Little did we know that it would evolve into what it has become today."

Over the decades, the Festival of Trees has grown to include mini trees, wreaths, and family-friendly events to become a fully immersive holiday experience for all ages. The addition of live entertainment, fine dining, and live and silent auctions at a Gala event have transformed the festival into a holiday tradition that families and friends look forward to attending year after year.

What has remained constant over the last 40 years of the Festival of Trees' is its commitment to support TriState Health and the overall health of the community. Every tree is auctioned off, with proceeds supporting the exceptional care provided by all of TriState Health's inpatient and clinic services. Over the years, the Festival of Trees has raised hundreds of thousands of dollars for expansion



projects and advancing technology.

"Watching the community come together for a common cause is what makes the Festival of Trees special. The need for extraordinary healthcare is universal, and we know the impact of providing our services to the community is essential for ensuring its' well-being," remarked D'Lynn Ottmar, Chief Development Officer. "This event has changed and grown through the years, but at its heart, it's still about making a difference!"

This year's Festival of Trees is happening November 21 - 23, at the Clearwater River Casino & Lodge. The Gala and Auction event will include thirteen beautifully decorated large trees, displaying a blend of traditional and cutting-edge designs, as well as trips and experiences that will have attendees racing to bid. For those who are unable to attend the Gala on Saturday, November 23, we are excited to welcome you and your family to participate in our Remembrance Ceremony on Thursday, November 21, and Community Day on Friday, November 22. Come wander through the lighted trees, bring your children to find Mrs. Pockets for a special treat, and be sure to bid on a mini tree or wreath of your own for a chance to take home some festive decor.

As the Festival of Trees celebrates four decades of holiday magic, it serves as a reminder of the event's remarkable journey - from a small local fundraiser hosted in the hospital parking lot - to a cherished tradition that continues to touch lives year after year. We hope you will join us as we celebrate the beginning of the 2024 holiday season at TriState Health Foundation's 40th Annual Festival of Trees!

Mark your calendars!

MEDIATHON

Surgery Expansion

Wednesday, December 11

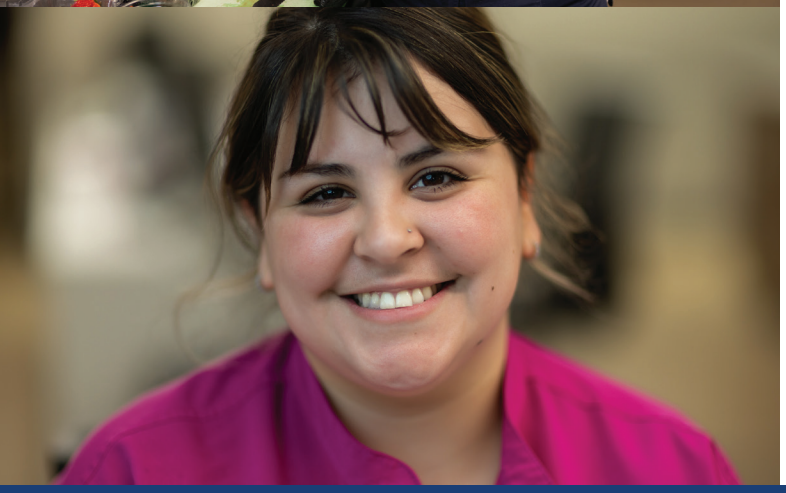
TriState Health Foundation is gearing up for a Mediathon, to raise funds for the construction of a new, state-of-the-art surgery center, designed to meet the evolving needs of the community. The event, scheduled for December 11, 2024, aims to ensure that residents, especially the elderly, have access to the surgical care they need close to home.

Our dedicated surgical staff consistently provides exceptional care, ensuring that every patient receives the highest level of attention and expertise. However, with the construction of the new surgery center, we have the opportunity to create an environment that matches the caliber of care our patients are already receiving. By upgrading our facilities, we can offer a more comfortable, efficient, and modern space that enhances the overall patient experience, making their time with us as exceptional as the care they receive.

To learn more about the TriState's Surgery Center expansion and the Mediathon, scan the QR code or visit **TSH.org/Mediathon**







Delivering a better state of care together.

Are you looking to combine your talents and passion for helping others? From nursing to clinic support, TriState Health has a variety of positions open! A better state of care starts with bright and compassionate individuals. Check out our open positions and join our TriState Family today!

TriState Health

Visit us online at **TSH.org/Careers**

509.758.5511