

Jefferson Healthcare

WINTER 2019 | Building health. Inspiring wellness.
Right here at home.

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COVER: SNOW DAY AT IRONDALE BEACH
PHOTO: MELISSA JENTZSCH

Hello neighbors

It's hard to believe we have made it through another year.

As I reflect back on 2018, I am grateful for the support from our community for the work we do here at Jefferson Healthcare.

2018 was a memorable year. We were recognized by several national organizations for our commitment to outstanding care, including Healthgrades® for our patient quality and safety and treatment of hip fractures, the American Heart Association for our heart attack and stroke care, iVantage Health Analytics, Inc. for our outstanding patient outcomes, and the Washington State Hospital Association for our commitment to community through population health initiatives.

As the CEO, accepting these awards is gratifying but also very humbling because it reminds me that I have never taken care of a patient at Jefferson Healthcare. That would be our providers, patient care teams and the teams that support them. They truly put the extraordinary in the care we provide and I could not be more proud to be their leader.

A new year represents a new beginning and an opportunity to start building better health and wellness. Jefferson Healthcare wants to be your partner in this journey and we continue to expand to serve our community better.

Our Cardiology Clinic is expanding into larger space to offer more convenient diagnostic services and improved access to care. Drs. Tinker and Voorsanger, pictured at right, are proud to provide exceptional cardiac care.

In 2018 we welcomed many new providers. Our dermatology team added a provider and is now seeing patients in Port Ludlow, and our cancer program also added new providers. We added additional physical therapists to our rehabilitation staff and opened the Wellness Center in the QFC plaza to assist in ongoing health maintenance.

We are doing all of this because we believe you'd prefer to seek quality care close to home. Thank you for allowing us to serve you. It's a big deal.

Mike Glenn

Mike Glenn | Chief Executive Officer

DAVID TINKER, MD | CARDIOLOGY CLINIC
MATTHEW VOORSANGER, MD | CARDIOLOGY CLINIC



Specialty Care

Meet our new providers—local expertise when you need it.



Mitra Jafari, MD, returns to Jefferson Healthcare Surgical Associates in January. Her practice encompasses a broad range of procedures to "promote health and healing through the art of surgery." Call 360.385.5444 to schedule an appointment.



Kelsea Peterman, DO, also joins Jefferson Healthcare Surgical Associates in January. She "emphasizes shared decision making to empower each patient to achieve their healthiest possible self." Call 360.385.5444 to schedule an appointment.



Jordan Giesler, MPA, PA-C, joined the Orthopedic Clinic because "Jefferson Healthcare presented the perfect opportunity to practice with a great group of physicians and live in an extremely beautiful, rural area in the northwest." Call 360.344.0400 to schedule an appointment.



Kate Ernst, ARNP, joined the dermatology team, who are now also seeing patients in Port Ludlow. She is ready "to provide the highest quality of care through an evidence-based practice and to show compassion and empathy while providing care." Call 360.344.1002 to schedule an appointment.

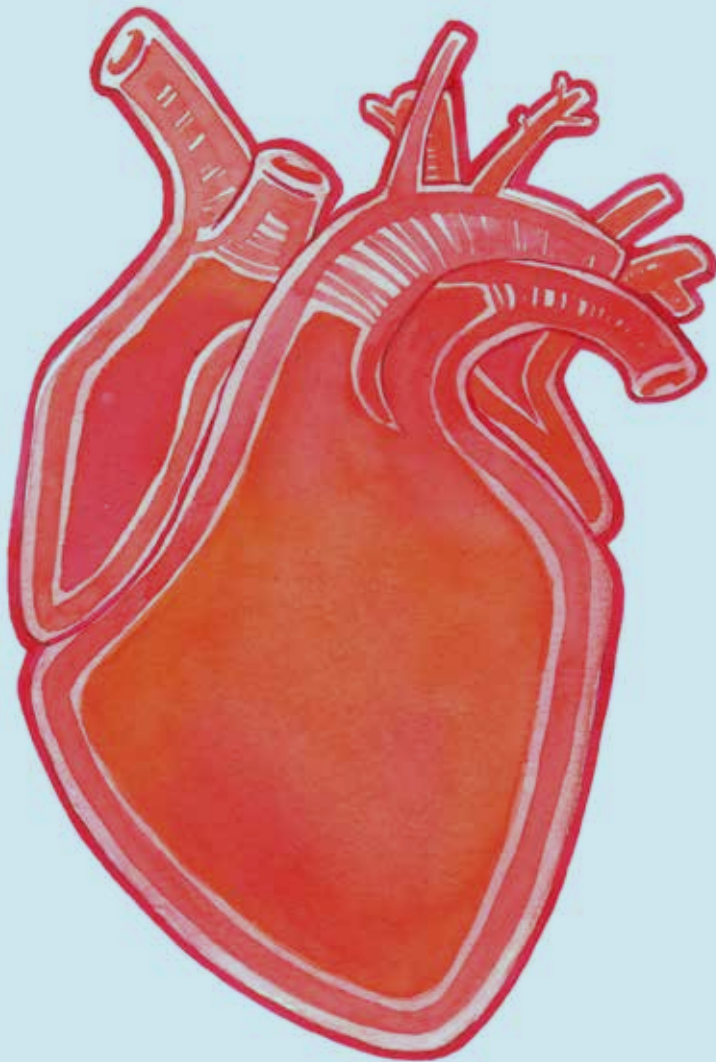


Mary Towns, ARNP, joined the Jefferson Healthcare Oncology Clinic to contribute her skills and clinical interests in immunotherapy, symptom management and palliative care. "The patient is at the center of my practice," she says. Call 360.344.3091 to schedule an appointment.

Strengthening Heart Health

Local Diagnostics and Cardiac Care
Get You Home the Same Day

Jefferson Healthcare Cardiology Clinic | Exceptional Cardiac Care
360.344.1001 | JeffersonHealthcare.org



Recently, Jefferson Healthcare expanded and enhanced cardiovascular services to provide a wider array of treatment options right here on the peninsula.

Physical expansion of the Cardiology Clinic space was critical to accommodate patient need, add services and keep patients close to home. Board certified Cardiologists, Matthew Voorsanger, MD, and David Tinker, MD, continue to consult and treat patients with exceptional preventative, non-invasive cardiac care. In addition, the expansion provides room for an advanced practice provider to see patients—creating convenient access to care. The bigger space will also allow for an increase in cardiac monitoring abilities, including device checks and the opportunity for an electrophysiologist, Dr. Segerson, to conduct consultations at Jefferson Healthcare.

The newly renovated space features a Cardiovascular Lab (CV Lab), which is able to perform most of the routine cardiac diagnostics ever needed by our community. Drs. Tinker and Voorsanger work closely with their team, the CV Lab technicians and physicians, to perform nuclear diagnostic testing including Echocardiograms (ECHO) and Stress Echocardiograms. A nuclear stress test injects dye into the bloodstream to take images of the heart at rest and after stress/exercise. This helps

The expanded clinic space gives us the ability to increase cardiac testing, which is critical for keeping patients close to home.

DAVID TINKER, MD | CARDIOLOGY CLINIC

the cardiologist determine heart health, see the size and shape of the heart, measure how well it is pumping blood, and make decisions about next steps. Patients once had to travel over an hour to receive these procedures. Now these safe and painless procedures can be done on site, and patients can get back home the same day.

When a higher level of cardiac care is required, Drs. Tinker and Voorsanger partner closely with the team at Harrison Medical Center who provide additional specialty procedures. Because of their relationship with the cardiology team at Harrison Medical Center, Drs. Tinker and Voorsanger are able to guide their patients through the entire process for a seamless delivery of care.

The ultimate goal, of course, would be to reduce future cardiac events. Under the guidance of Dr. Tinker, Jefferson Healthcare is working to reinvigorate the Cardiac Rehab Department to provide a continuum of care with the Cardiology Clinic. With the support of physician leadership and Harrison Health Partners, Jefferson Healthcare will re-introduce an improved cardiac rehab program when it opens the expanded Cardiology Clinic.

Drs. Tinker and Voorsanger believe a key component to a cardiac rehab program, as well as to your

overall heart health, is diet, exercise and education. Statistics show with a proper exercise program and a heart healthy diet patients can decrease the likelihood of a reoccurring heart-related episode.

Typically, Cardiac Rehab will start a patient on a program consisting of easy to moderate cardiovascular exercises. Diet plays a significant role as well, often adjustments can be made by lowering salt intake, limiting caffeine and alcohol, and adding additional fruits and vegetables. Managing stress can boost heart health, and meditation in a variety of forms can help. A key element of cardiac rehab is educating yourself. How can you manage risk factors—quit smoking? make heart healthy nutrition choices?

Schedule a consultation with our cardiac team or cardiologists by calling the Jefferson Healthcare Cardiology Clinic at 360.344.1001.

Well Hearts Luncheon

Wear RED and dine well for heart health at Jefferson Healthcare Foundation's annual fundraising luncheon, catered by Arran Stark.

**Friday, February 1
11:30 am—1:30 pm
NW Maritime Center
431 Water Street
Port Townsend**

**Tickets \$50 per person
online or by phone:
360-385-2200 ext. 2345**

jeffersonhealthcarefoundation.org





WELLNESS RESOLUTION

The new year brings resolutions from many of us to make a fresh start or to continue on our path to better health. Similarly, Jefferson Healthcare is intensifying its commitment to community well-being by opening a dedicated Wellness Center at 1230 W. Sims (in the QFC Plaza, Port Townsend) to support individuals on their personal journey to improved health.

Self-care is an important part of illness prevention. The Wellness Center is a freshly renovated space dedicated to illness prevention through education, empowerment and movement. Staffed by physical therapists from Jefferson Healthcare's Rehabilitation Department, the Wellness Center allows instructors to show us how to harness our own healing power to improve our quality of life. Rehab staff understand proper body mechanics, personal limitations and can make adjustments based on an individual's strengths.

Throughout the year, the schedule will gradually fill with more offerings, including classes for low-impact aikido, and Dance for Parkinson's®.

For the complete schedule, class fees and additional information about current and upcoming classes, please contact the Rehab Department at Jefferson Healthcare, 360.385.2200 ext. 1223 or visit JeffersonHealthcare.org/events.

Winter classes at the Jefferson Healthcare Wellness Center:

Ready, Set, Fit! is an 8-week exercise class taught by a physical therapist. This upbeat class features a blend of many types of exercise: cardio, yoga, dance, Pilates, Tai Chi, and agility training. The instructor guides you every step of the way and inspires you to keep up the hard (but fun!) work.

Tai Ji Quan Moving for Better Balance is an evidence-based fall prevention program designed for older adults at risk of falling and people with balance disorders. Although its origin can be traced to the contemporary simplified Tai Ji Quan routine, TJQMBB addresses common, but potentially debilitating, functional impairments and is very different from the historical use of Tai Ji Quan as a martial art or recreational activity. This unique training approach is the culmination of a systematic series of studies to improve efficacy, utility, and clinical relevance.

Exercise to Beat Back Pain is focused on using exercise to decrease, even eliminate, low back pain. The class will draw from the traditions of yoga and Pilates and will include core stabilization as well as posture and body mechanics.

Mindfulness Meditation teaches you a set of skills to increase your ability to have ease, focus and well-being in life and at work. The practices are designed to cultivate attention without judgment and with compassion.

Art Heals

PARTNERSHIP WITH NORTHWIND ARTS CENTER PROMOTES WELL BEING

Entering the main lobby of Jefferson Healthcare and continuing through the various departments of the hospital you can't help but notice the artwork on the walls.

From landscapes done in oil to wood block prints they are beautiful and inspiring, each seemingly placed as if they were created for the exact location. Research is teaching us that art can contribute to better health and well-being, enhance coping mechanisms, reduce levels of depression and situational anxiety. Where better to have those experiences than at a hospital.

Quarterly, for the last two years, Michael D'Alessandro, Executive Director of Northwind Art Center in Port Townsend, spends a couple of days hanging art in various patient areas of the hospital.

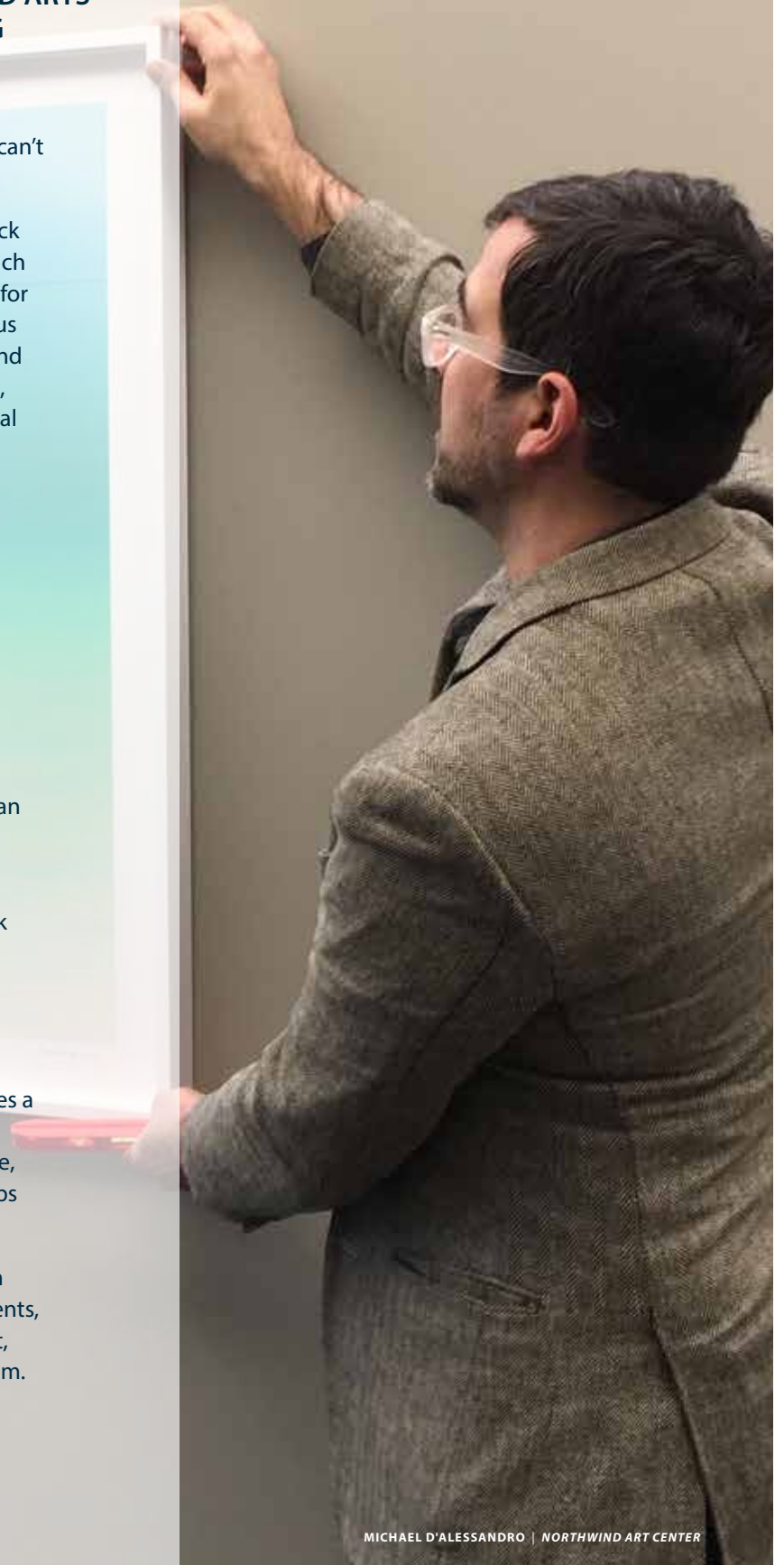
Each collection is specially curated to highlight a particular area of the hospital and a local artist. He is sensitive to the placement of collections and how they can prove to be therapeutic for the viewer.

Each area has its own feel to the space. "Diagnostic Imaging is a cozy space. I look for pieces that are more intimate and homey, maybe even smaller in scale. The piece can bring calmness and relaxation to the viewer," says D'Alessandro.

In larger areas, like the main lobby, he uses a small handful of artists to tell a story.

"I like to lead the viewer through the space, urging them to look for more, and perhaps find a hidden gem around the corner."

Through partnerships like these Jefferson Healthcare can create spaces where patients, visitors, providers and artists can connect, relax and heal through a common medium.



MICHAEL D'ALESSANDRO | NORTHWIND ART CENTER



GET WELL. STAY WELL. FREE CLASSES & WORKSHOPS

MONDAY NIGHT DINNER DEMOS WITH CHEF ARRAN STARK

WHEN Mondays, January 14 to March 18, 5:30 pm
PLACE Garden Row Cafe, Jefferson Healthcare Medical Center

END-OF-LIFE PLANNING: COMPLETE YOUR ADVANCED CARE DIRECTIVE

WHEN Saturday, January 26, 1:00 pm to 3:00 pm; or
Saturday, March 23, 1:00 pm to 3:00 pm
PLACE Dirksen Room, Jefferson Healthcare Medical Center
CONTACT RSVP 360.385.2200 ext. 5333

CHILDBIRTH CLASSES—WEEKEND SESSION

WHEN Meets Saturday & Sunday, March 23-24, 1:00 to 5:00 pm
PLACE Wellness Center, 1230 W. Sims, QFC Plaza, Port Townsend
CONTACT 360.385.2200 ext. 3600

CHILDBIRTH CLASSES—WEEKLY SESSION

WHEN Meets Sundays, May 5 to June 16, 3:00 to 5:00 pm
PLACE Wellness Center, 1230 W. Sims, QFC Plaza, Port Townsend
CONTACT 360.385.2200 ext. 3600