



Jefferson Healthcare

SUMMER 2019

Building health. Inspiring wellness.
Right here at home.

COVER: MAUREEN COE IN HER GARDEN AFTER
HIP REPLACEMENT SURGERY AT JEFFERSON HEALTHCARE
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Hello neighbors

Happy Summer! I hope you are finding time to enjoy the beauty of our corner of the world. We are excited to share our accomplishments and growth from the first half of the year. We refined our Mission Statement, doubled up on our awards, opened a dental clinic to serve our underinsured patients and there is still half a year to go!

Late last year, a group of community members and staff sat down to ask if our Mission Statement reflected who we are and what we do. The group recommended a new mission statement and the board of commissioners unanimously approved: "To hold the trust and improve the health of our community through compassionate care, innovation and medical excellence." This embodies the work we do every day at Jefferson Healthcare and we are excited about sharing it with all staff and our community.

In this issue we also highlight two recent Orthopedic patients who wanted to share their experiences with Orthopedics and Rehab. Coupled with our recent Healthgrades and Medicare awards we are confident we are on the right track with our community and our team, who make it all possible.

We are proud to announce our working relationship with Seattle Cancer Care Alliance (SCCA) Peninsula

and showcase the newest additions to our oncology team on page two. Our accredited cancer center allows patients to stay close to home while receiving the treatment they need.

Finally, we have included a Community Impact Update highlighting our financial health and our role in the community. It is a dance to maintain and grow a public hospital, one which requires precision and balance to meet the diverse needs of our community members, side step the challenges in Washington DC and anticipate the next dip. I think we are doing a pretty good job of it and hope you do to. Thank you for your continued support.

Mike Glenn

Mike Glenn | *Chief Executive Officer*
mglenn@JeffersonHealthcare.org



CEO Mike Glenn celebrates with Drs. Catelli and Vasilyuk at the Jefferson Healthcare Dental Clinic open house in June

Cancer Care

The team to guide you through cancer care. Right here at home.

Jefferson Healthcare has steadily built an accredited, comprehensive cancer treatment program, with board certified physicians working in collaboration with a wide range of support services which can ease the burdens of cancer treatment. This includes physical, occupational and speech therapy, social work, nutrition counseling, and a large group of capable, compassionate nurses, medical assistants, front desk and administrative staff.

Joining the existing team of Drs. Abrams, Murphy and Norman and ARNPs Rebecca Kimball and Mary Towns, are Drs. Foxlee and McGlinn, as well as MSW Tess Taft.



AnnaLiisa McGlinn, MD, is board-certified in radiation oncology and joined the team through a new connection with Seattle Cancer Care Alliance (SCCA) Peninsula. She says "The opportunity to function as a guide, in partnership with patients and families, inspires me every day."



Heath Foxlee, MD, is board-certified in radiation oncology and joined the Jefferson Healthcare cancer care team through a new connection with SCCA Peninsula. Dr. Foxlee has cared for radiation oncology patients on the Olympic Peninsula for almost 30 years.



Tess Taft, MSW, LICSW, joined in May. Tess is an oncology psychotherapist who has provided support to people with cancer for more than 35 years. Tess is also a certified specialist in Interactive Guided Imagery and uses this technique to help diminish stress, pain and other symptoms.

See page 5 for more on the medical and emotional support available to those undergoing cancer treatment.

delivering mobility

Recognized for providing high quality patient care

Recently, Jefferson Healthcare received the Healthgrades 2019 Patient Safety Excellence Award™ for the second year in a row as well as the Healthgrades 2019 Outstanding Patient Experience Award™ and the Healthgrades 2019 Hip Fracture Treatment Five-Star Recipient™. Jefferson Healthcare, the only hospital in the state to receive both Patient Safety and Patient Excellence awards, additionally received a five-star rating from Medicare's Hospital Compare. Awards are evidence we provide the safest care and a patient experience of the highest quality, and positive feedback from our community makes it real.

Maureen Coe watched her community and local hospital grow over the last 20 years. As a parent, grandparent and active community member she doesn't sit still for very long, so when hip pain turned into lower back pain and began to affect her mobility it was time to act. Jefferson Healthcare was her choice.

After hip surgery in the Seattle

area a year earlier, Maureen met with Dr. Naumann, an orthopedic surgeon at Jefferson Healthcare, to discuss options for her other hip. She knew if she was going to have surgery again she wanted to be close to home. Dr. Naumann was thorough in his explanation of the surgery and rehabilitation. He gave her time to ask questions and addressed her concerns. Maureen was more than satisfied with the answers she received and felt comfortable with the care she was promised. Hip replacement surgery was performed in November 2018. By December she was up, walking and shopping with her family on Water Street.

To have the surgery performed at Jefferson Healthcare and recuperate at home made it much easier for Maureen and her family. She spent a few days at Jefferson Healthcare and was amazed by the attention the staff gave to care for her. "It was just so friendly here, we were so impressed. Dr. Naumann was so

patient explaining how the surgery went and what I could expect after. I was a real person, not just another patient. My kids noticed a difference in the care as well," said Maureen.

Trudy Warriner had a similar experience with the Orthopedic team when she had knee replacement surgery in March. Trudy suffered from arthritis in her knee and wore a knee brace for over 15 years. She consulted with many surgeons over the years but never met one who provided the confidence in care she wanted for such a significant surgery.

Dr. Naumann explained step by step the processes for her surgery and aftercare. "He showed me how he would measure my knee, so everything was exact. He was friendly and positive when he talked to me. I wasn't just another patient to him; every other time I talked to a doctor about my knees I didn't feel like I mattered that much. It was always such a negative experience," said Trudy.

ity receiving awards



Both Maureen and Trudy came to points in their life when their mobility was impaired and their day to day activities exceeded tolerable levels of pain. Maureen relied on a cane for basic functions and Trudy spent 15 years in a knee brace for added support. Each was pleased to have an Orthopedic team who cared about them throughout the entire process. They appreciated the local, high-quality care they received at Jefferson Healthcare.

Today, Maureen has graduated from physical therapy and walks three miles a day. She is a long way from the pain she endured in her hips and lower back.

Trudy is wrapping up her physical therapy with Jefferson Healthcare Rehabilitation. She walks a mile and a half a day with the goal of reaching three miles a day before much longer. "I have to", she says "I have my dog and my nine grandkids I have to keep up with. That's my motivation."

When hip pain began to affect Maureen's mobility it was time to act and Jefferson Healthcare was her first choice. "It was just so friendly here, we were so impressed. Dr. Naumann was so patient explaining how the surgery went. I was a real person, not just another patient. My kids noticed a difference in the care as well."

MAUREEN COE

PICTURED ON THE COVER —
BACK TO DOING WHAT SHE LOVES



Jefferson Healthcare can help you get back to what makes life great on the Peninsula.

Schedule a consult with the Orthopedic Clinic
360.344.0400 | [JeffersonHealthcare.org](https://www.JeffersonHealthcare.org)

Internal Armor

PREVENTION AND TREATMENT OF OSTEOPOROSIS

Successful aging. We know we want it, but how do we do it? And what role does bone density play? Good density helps prevent fracture risk. But bone density peaks around age 30 and it's normal to see a subtle reduction in density during the aging process. Sometimes, bone density diminishes at a faster than normal rate.

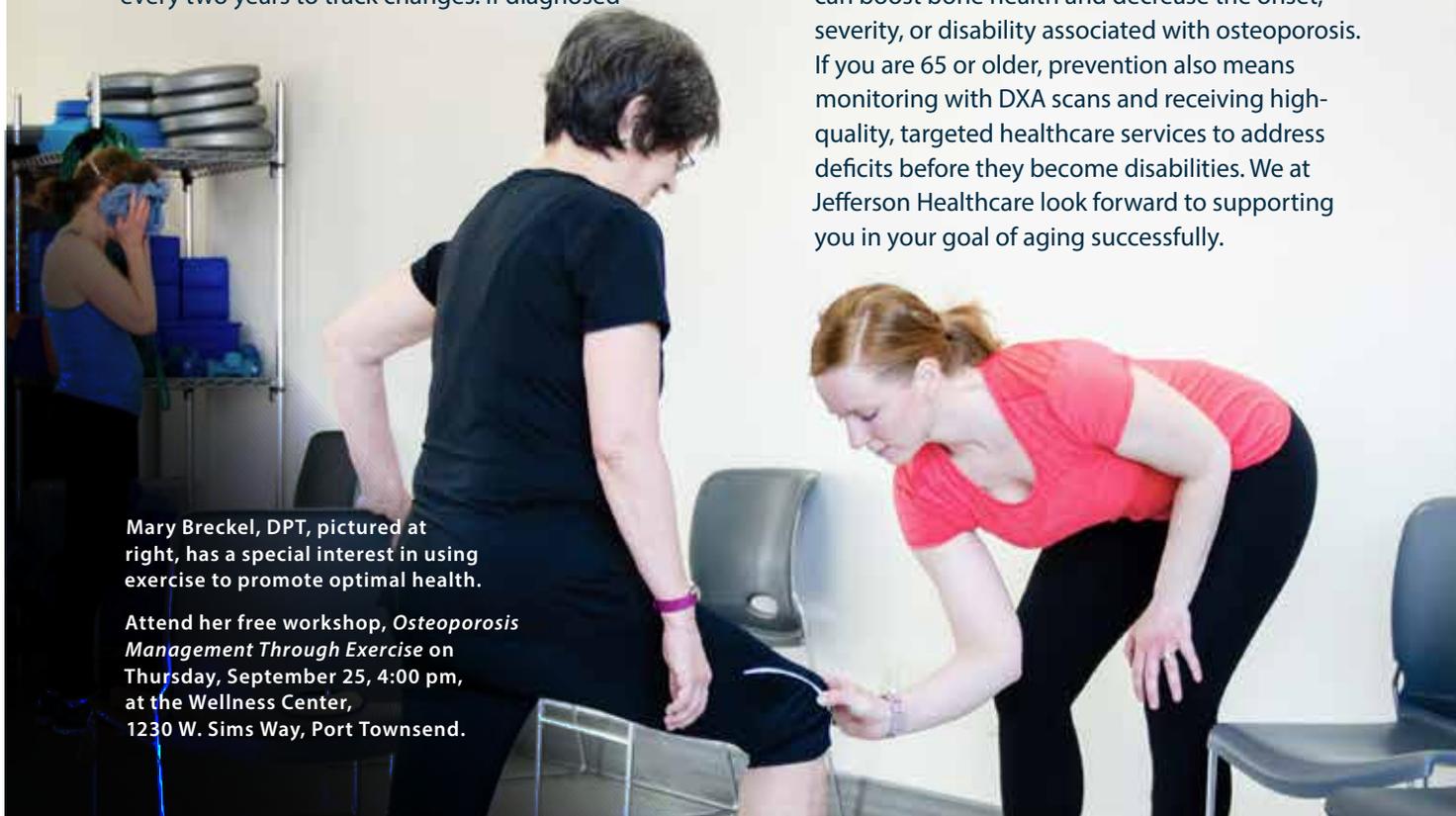
This is called osteoporosis, a condition marked by significantly fewer hard minerals in bone tissue, usually due to an interplay between one's genetics, behavior, and the environment. The main risk factors include being female, of white or Asian descent, having a slight frame, and being sedentary, but osteoporosis also can be due to medical treatments such as androgen deprivation therapy for cancer or environmental exposure to toxic chemicals. Also, a family history of osteoporosis increases one's risk for acquiring the condition.

Osteoporosis is diagnosed by a DXA scan using x-ray beams to detect the amount of minerals in bone tissue. DXA scans are a Medicare-covered test starting at age 65 and are typically repeated every two years to track changes. If diagnosed

with osteoporosis, current evidence-based treatment includes care by a multidisciplinary team, including a primary care provider and specialists such as endocrinologists, nutritionists, mental health providers, and physical therapists.

Physical therapy treatment targets a person's function, ultimately to improve one's ability to participate in activities that make life fulfilling. Individualized treatment optimizes body alignment, strength, balance, and joint mobility, plus educates patients on how to be active in a safe, healthy way. Prescribed exercise programs include weight-bearing aerobic exercise, high-load strength training, and a variety of balance activities. As a result, bone density increases and fracture risk decreases. This is why Medicare covers physical therapy for people diagnosed with osteoporosis.

It is important to provide those under 30 the tools and education to age healthily. And at any age, lifestyle behaviors such as eating nutrient-dense foods, engaging in weight-bearing exercise, getting adequate sleep, and managing stress can boost bone health and decrease the onset, severity, or disability associated with osteoporosis. If you are 65 or older, prevention also means monitoring with DXA scans and receiving high-quality, targeted healthcare services to address deficits before they become disabilities. We at Jefferson Healthcare look forward to supporting you in your goal of aging successfully.



Mary Breckel, DPT, pictured at right, has a special interest in using exercise to promote optimal health.

Attend her free workshop, *Osteoporosis Management Through Exercise* on Thursday, September 25, 4:00 pm, at the Wellness Center, 1230 W. Sims Way, Port Townsend.

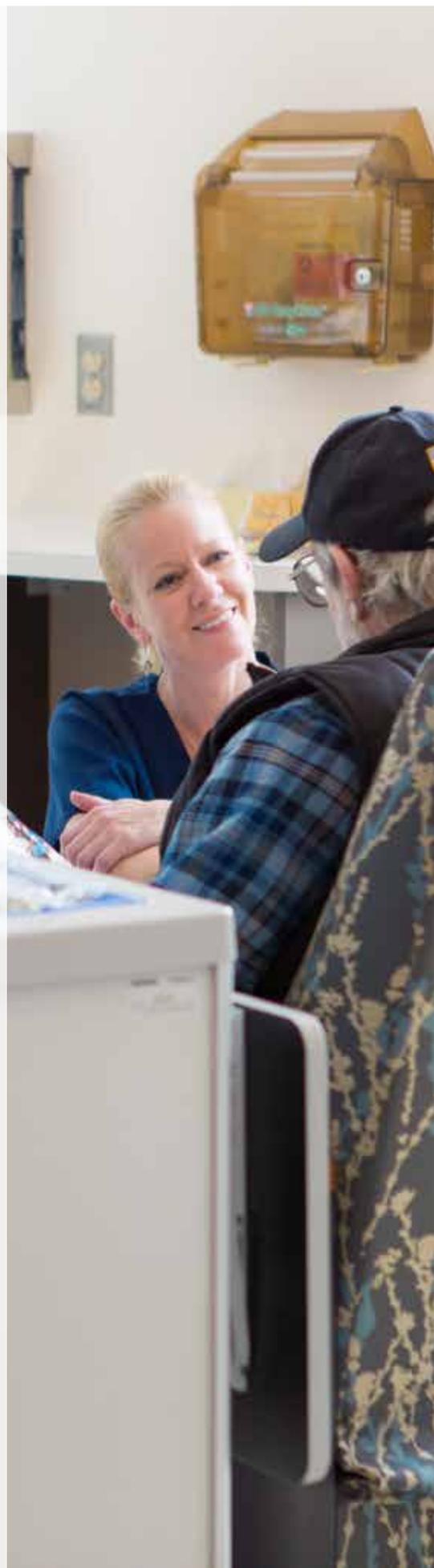
Safe Haven

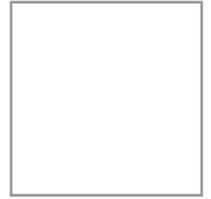
CALMING THE EMOTIONAL STORM OF A CANCER DIAGNOSIS

A cancer diagnosis doesn't just affect one part of your life—it affects all aspects. The essence of providing high-quality cancer care is combining supportive services with research-guided, multi-disciplinary medical care which meets the needs of patients and their families. Jefferson Healthcare's oncology team recognizes cancer is a transformative diagnosis and has built an accredited, comprehensive program to address all aspects of a person's health.

Tess Taft, MSW, LICSW joined the oncology team in May. Tess is an oncology psychotherapist who has provided support and guidance to people with cancer for more than 35 years. She believes, "a cancer diagnosis—along with its hope for healing—is truly life-changing, affecting your body, what you think and believe, your emotional world, and your spiritual life." Today people in treatment for cancer are living longer and healthier lives than ever before. In fact, many cancers are considered chronic diseases rather than life-threatening ones. Even so, living with the uncertainty that accompanies a cancer diagnosis remains a large enough crisis that it changes your life and the lives of those who love you. Your physician's job is to support you and help you to heal physically; your job is to discover deeper levels of strength, resilience, as well as access to an inner peace you may not have known in yourself before. Tess, also a certified specialist in Interactive Guided Imagery, is committed to serving people whose cancer diagnosis has propelled them on just such an inner discovery.

Radiation oncologist AnnaLiisa McGlinn, MD agrees, "The cancer journey is a profound human experience impacting physical, emotional and spiritual life." Dr. McGlinn and Dr. Heath Foxlee joined Jefferson Healthcare as part of a connection with Seattle Cancer Care Alliance (SCCA) Peninsula. This connection allows patients to schedule consult and follow-up appointments at Jefferson Healthcare while receiving radiation treatment in Poulsbo. Jefferson Healthcare improved oncology care and expanded services because if you face a cancer diagnosis, access to care should start where you live.





GET WELL. STAY WELL.

FREE CLASSES, WORKSHOPS & EVENTS

SUMMER FARE! CELEBRATION WITH COOKING DEMOS BY CHEF STARK

WHEN Thursday, August 15, 2:00 to 4:00 pm
PLACE Green space next to Jefferson Healthcare Port Ludlow Clinic
CONTACT 360.385.2200 ext. 2014

VERTIGO, CONCUSSIONS AND DIZZINESS: SIGNS AND SYMPTOMS

WHEN Wednesday, September 11, 4:00 pm
PLACE Wellness Center, 1230 W. Sims (QFC Plaza), Port Townsend
CONTACT 360.385.2200 ext. 1223

OSTEOPOROSIS MANAGEMENT THROUGH EXERCISE

WHEN Wednesday, September 25, 4:00 pm
PLACE Wellness Center, 1230 W. Sims, QFC Plaza, Port Townsend
CONTACT 360.385.2200 ext. 1223