

♥ Hospital Heartbeat ♥

Volume 28, Issue 12
July 23, 2010

Newsletter of Sitka Community Hospital
Angela McGraw, Editor

Long Term Care Corner

Sitka Community Hospital is licensed for 15 Long Term Care beds. Long Term Care provides a variety of services including medical and non-medical care for people with chronic illness or disability. These services are often referring to "skilled and intermediate care." Skilled care requires a doctor certifying that you need daily skilled care such as intravenous injections or physical therapy. Intermediate care includes personal care assistance such as help with everyday activities like dressing and bathing. Medicare does not pay for this level of care. So it is never too early to be planning ahead for your important health care choices. Resources include Long Term Care insurance, personal resources, and Medicaid. Visit www.longtermcare.gov to learn more about planning for long term care.



"What's a stock? What's a bond? What's a mutual fund? What are some factors to consider when building your investment plan?" Learn the answers to these topics and others at the Investment Fundamentals Seminar on August 4th at 8:30am in the hospital classroom.

If you have questions regarding your SBS, GWL Deferred Compensation and/or PERS Tier 4 you may schedule an appointment with Andee Nusaath of Great West Retirement Services. Appointments will be scheduled for August 4th following the seminar. Please call Kelley at x736 to sign up.

Annual SCHEA Picnic!!

When: Saturday, July 24, 2010
Noon
Where: Halibut Point Recreation Area
Main Shelter
Bring: Side Dish Share

WISEWOMAN PARTNERSHIP

Mountainside Family Healthcare is now accepting WISEWOMAN patients. Through the WISEWOMAN program, eligible women can receive breast and cervical cancer screenings and heart/cardiovascular disease screenings free of charge. In addition, there are gatherings and classes offered to participating women. One of these classes, Wise At Every Size, will be taught at Sitka Community Hospital.

Wise At Every Size is an opportunity for women, of all sizes, to feel good about themselves and improve their overall health. The class will focus on intuitive eating, positive body image, and joyful movement. The class teaches techniques for sustainably improving cardiovascular health.

All women are invited to join, regardless of whether or not you are a member of the WISEWOMAN program.

Class: Wise At Every Size
When: July 26-30, Noon-1
Where: Sitka Community Hospital Classroom
RSVP: Kelsey Yorks at 747-1722

Every person who completes all five classes will receive a \$50 gift certificate. Class size is limited. Contact Kelsey today!



WISE At Every Size (WAES)

Health comes in all shapes and sizes!

WAES is for you if you want to:

- Focus on being healthy and active at any size
- Stop dieting and feel good about your body
- Eat according to the messages your body gives you
- Explore fun ways to be more active
- Make lifestyle changes to improve your health without focusing on the scale
- Find support to set and achieve goals to improve your health

How can you participate in WAES?

- Call Mountainside Family Healthcare at 747-1722, or
- Call **WISEWOMAN** at 966-8783
- A before- and after- heart health screening is optional:
 - Blood pressure
 - Cholesterol
 - Blood sugar
 - Simple fitness assessment
- Bring a friend and double your fun!
- The class will be taught July 26-30 from noon to 1pm at Sitka Community Hospital
- Please RSVP, class size is limited.

When the 5 sessions are complete, you will earn a \$50.00 gift certificate

"It is important to me to be there for my family and loved ones in a healthy way."

Sharon McIndoo, past WAES participant



"Begin collecting your evidence that you can live the life you want in the body you already have."

Dr. Cheri Erdman, author of *Live Large!*

*** HOSPITAL HIGHLIGHTS ***

Happy Birthday!

Deb Beaudet.....	July 26
Donna Inman.....	July 28
Harvey Newport.....	July 28
Mary Kambak.....	August 1
James Cabeen.....	August 2
Susan Hoyt.....	August 5
Bec Austin.....	August 6

❖ Welcome to Mountainside Family Healthcare, **Carol Hughes and Kelsey Yorks!** ❖ Welcome to the Mountainside Family Healthcare Specialist Clinic, **Sandra Huber!** ❖ Welcome to Nursing Services, **Coral Garnick, Jessica Beauchamp, and Shannon Moman!**



★ **On The Job** ★

- Joanne Clyde, Director of Nursing, 3 years
- Sid Day, Laboratory, 1 year
- Julie Doggett, Nursing Services, 1 year
- Eva Eliason, Environmental Services, 20 years
- Kayla Harmon, PFS, 2 years
- David Harrington, Nursing Services, 3 years
- Susan Hoyt, Dietitian, 3 years
- Kathy Inman, Long Term Care, 27 years
- Brenda Kelly, Mountainside Clinic, 3 years
- Pam Luprek, HIM, 6 years
- Pauline Mead, LTC, 2 years
- Leah Rose, Nursing Services, 7 years
- Eliza Villanueva, Food Services, 2 years
- Kevin Brady, Food Services 1 year
- Brenda Janik, Surgery, 2 years
- Roxann Ginn, Fiscal Services, 3 years
- Charles Howlett, BioMed, 1 year

★★★★ ★★★★★



LAKESIDE RECEIPTS

Turn in your A/C Lakeside receipts to one of the following locations:

- "Foundation" mailbox in Purchasing
- Receipt folder on main bulletin board
- Upstairs in main lobby

A/C Lakeside Grocery generously donates a portion of those receipts to the Foundation.



Pam Luprek and the logo traveled to Yakutat and Whittier.

