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Connecting people to the power of health.

NEWSLETTER
SUMMER 2017



Skyline patient, Bob Weisfield



Serving the Gorge Communities
www.skylinehospital.com

SKYLINE NEWS



Dear Neighbors,

I'm proud of the comprehensive quality services Skyline Hospital brings to the Gorge. The combination of our talented physicians and staff, dedicated volunteers and generous donors, ensures every patient, family member and visitor receive the very best care – close to home.

Skyline has been serving our communities for generations. It's not only exciting to observe the expansion of our services, but important we

continue to grow to support the health care and wellness needs of our residents. I would like to share with you some of our recent developments.

In September we will open Skyline Medical Clinic, which will offer additional primary care in our area. Erica Didier, M.D., is the first physician to join the clinic and we are actively recruiting additional providers. (See page 5)

We also welcome Ear, Nose and Throat (ENT) Physician Mendy Maccabee, M.D., to our specialty clinic. Many of you may recognize her name, as she has previously practiced in the area. Dr. Maccabee is a great addition to our team and we look forward to offering ENT services in the fall. (See page 4)

Skyline is passionate about offering accessible high-quality health care, as well as a wide-range of hospital and specialty services in White Salmon. We recognize that providing personalized care locally is an integral part of creating an extraordinary patient experience.

Skyline Hospital will continue to make decisions based on the needs of those we serve and is dedicated to helping you experience a lifetime of good health.

We welcome the opportunity to serve you now and in the future.

Warm regards,

A handwritten signature in black ink that reads "Robb Kimmes". The signature is fluid and cursive.

Robb Kimmes
Skyline Hospital Chief Executive Officer

Skyline Hospital

www.skylinehospital.com

Administration

Robb Kimmes, chief executive officer

Les Dewey, chairman, hospital board of trustees

Russell Smith, M.D., chief of staff

Skyline Hospital

211 Skyline Drive, White Salmon, WA 98672

509-493-1101 www.skylinehospital.com

A critical access hospital providing acute, emergency, trauma and transitional care. Other services include laboratory, radiology, cardiopulmonary, neurology, podiatry, ear, nose & throat and surgical services.

Skyline Medical Clinic

211 Skyline Drive, White Salmon, WA 98672

509-637-2810 www.skylinehospital.com

An outpatient clinic offering primary and specialty care.

Family Medicine

Erica Didier, M.D.

509-637-2810

Surgical Services

Seth Lambert, D.O.

509-637-2810

Ear, Nose and Throat

Mendy Maccabee, M.D.

509-637-2810

Neurology & Pain Management

Karleen Schwarztrauber, M.D.

509-637-2810

Podiatry Clinic

Ankle/Foot Physicians and Surgeons

360-977-7815 www.ankleandfootphysicians.com

Skyline Physical Therapy

253 Rhine Village Drive, White Salmon, WA 98672

509-493-5119

An outpatient physical therapy clinic offering a variety of rehabilitation services and programs.

Skyline Foundation

211 Skyline Drive, White Salmon, WA 98672

509-637-2602 www.skylinefoundation.org

Skyline Foundation is a 501(c)(3) non-profit organization raising funds to support Skyline's services and programs.

PREPARE, DON'T PANIC FOR POTENTIAL EMERGENCIES

September is National Preparedness Month (NPM), and for those of us in SW Washington, it comes at an appropriate time. Wildfires of the summer and fall remind us natural disasters can happen close to home, making preparation for the winter important.

Preparing for emergencies is simple and easy, and while the effort is small the impact of planning ahead is huge – it may save you and your family's lives. Planning ahead for an emergency consists of a few key components: an emergency kit, a communication plan and staying informed.

EMERGENCY KIT

Build a supply kit as if you're packing for a primitive camping trip. Store the kit in an easily accessible place and keep a similar, smaller kit in your vehicle. A basic emergency supply kit should include:

- Water: One gallon per person per day
- Food: At least a three day supply of non-perishable food and a can opener
- Flashlight and extra batteries
- First aid kit
- Medications

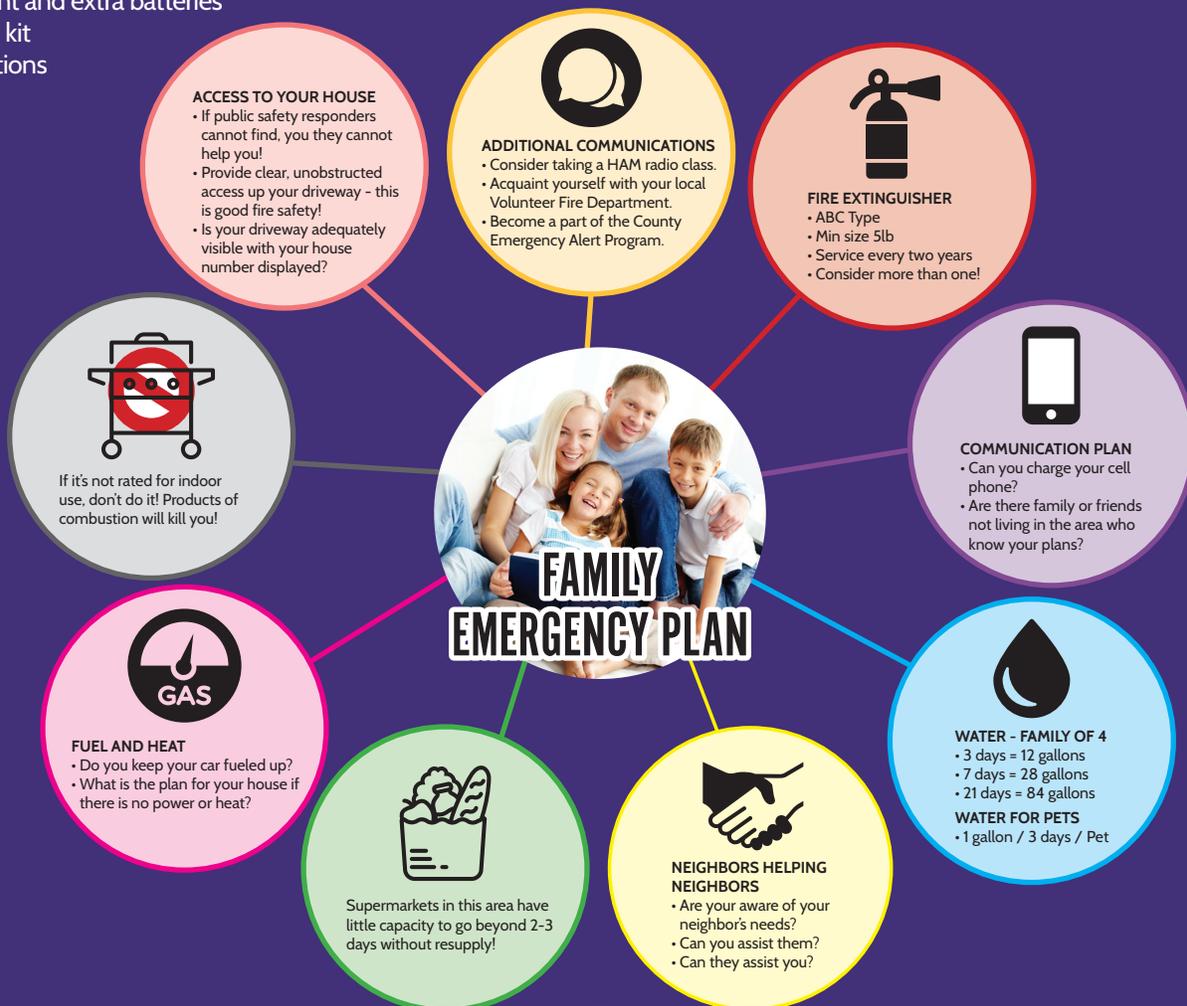
COMMUNICATION PLAN

Your family may not be together if a disaster strikes, so it is essential to plan how you'll contact one another and reconnect if separated. A communication plan organizes emergency contact phone numbers and identifies an emergency meeting place. To download a template, visit www.ready.gov/make-a-plan.

STAY INFORMED

Staying informed during an emergency is critical. Residents of Klickitat County are encouraged to register their land line, cell phone and/or email address with the Emergency Alert Program. This system enables the county to quickly provide you with critical information for a variety of situations.

A natural disaster will inevitably affect us all at some level, however, there is no reason to panic. If you're prepared for a few scenarios, you'll probably be prepared for most. For more general information about emergency preparedness, visit www.ready.gov.





“ I become deeply invested in my patients’ well-being, ”

NEW PHYSICIAN MENDY MACCABEE, M.D.

Mendy Maccabee, M.D., FACS, FAAAA, an ear, nose and throat physician, will be joining Skyline Hospital’s Medical Clinic this September. She and her family recently returned to the Gorge to embrace the healthy outdoor lifestyle and close community available in a small town.

A graduate of the University of Washington School of Medicine, Dr. Maccabee completed her residency at Oregon Health & Sciences University. She also completed a fellowship in sinus and allergy management in Dunedin, New Zealand, and is board certified in both ENT and Otolaryngic Allergy.

Dr. Maccabee established the ENT clinic at Providence Hood River

Memorial Hospital in 2004 and continued her practice there until 2011. After a five year hiatus on the central coast of California with Dignity Health, she looks forward to returning to the Gorge and applying her more than 15 years of experience. She will focus on delivering comprehensive, patient-centered care to Gorge communities.

An outdoor enthusiast, Dr. Maccabee enjoys kiteboarding, whitewater kayaking, fly fishing, skiing and mountain biking. She also loves to cook and spend time with her family

To schedule a fall appointment with Dr. Maccabee, contact Skyline Medical Clinic at 509-637-2810.

Otolaryngologists,

commonly referred to as ENT doctors, provide diagnosis and management, as well as both medical and surgical treatment for the ear, nasal cavity, mouth, larynx, throat and structures comprising the head/neck. In addition, they can perform both cosmetic plastic and reconstructive surgery on facial trauma as a result of accident or injury.

NEW PHYSICIAN ERICA DIDIER, M.D.

Skyline Medical Clinic welcomes Erica Didier, M.D., its first primary care physician. She will begin caring for patients this September.

A White Salmon resident, Dr. Didier is excited to work in her hometown. She is already a familiar face in the Gorge, having practiced at One Community Health and taught at the Family Medicine Residency Program in Hood River for the past eight years.

“You become involved beyond the scope of your profession when you live and work in a small community,” says Dr. Didier. “The people you serve are your neighbors. It is a wonderful feeling to be so connected.”

“You become involved beyond the scope of your profession when you live & work in a small community.”

Originally from Ellensburg, Wash., Dr. Didier graduated from the University of Washington School of Medicine and completed her residency at Santa Rosa Family Medicine in Santa Rosa, Cal. As a family physician, she is passionate about whole-person, family-centered health and caring for Spanish-speaking patients.

Dr. Didier is mother to Beatrice, age 6 and Stanley, age 4. When she is not working, you will find Dr. Didier with her family at the farmers' market, listening to live music in the park, paddleboarding at the hatchery or hiking Jewett Creek.

To schedule a fall appointment with Dr. Didier, contact Skyline Medical Clinic at 509-637-2810.





LIVE.GROW.

ENJOY THE BEST HEALTH POSSIBLE

SKYLINE MEDICAL CLINIC OPENS IN SEPTEMBER

Skyline Hospital is opening a primary care clinic this September, giving community members additional choices for health care services. The Skyline Medical Clinic – which will operate on the hospital campus – will initially employ Erica Didier, M.D., a family practice physician. However when fully staffed, the clinic will have two primary care physicians and a physician assistant or nurse practitioner. If the need arises, additional providers will be added to ensure all patients can be served.

The hospital's primary care clinic will start as a traditional clinic functioning under normal business hours. Robb Kimmes, Skyline Hospital's chief executive officer, expects the hours and services to potentially expand once it's been established. Urgent care services are also being considered.

"The opening of the Skyline Medical Clinic is another step in the hospital's mission to improve the health of our community," said Kimmes. "We are excited to provide exceptional primary care, close to home."

By investing in primary care in White Salmon, Skyline aims to accommodate the health care needs of people in their hometown, as well as improving the overall health of our community's population.

"Opening this clinic is two-fold," continues Kimmes. "One is to ensure all patients in the Gorge – regardless of their insurance or ability to pay – have access to medical care. The second is health care reform – higher quality care, improved population health and reduced costs – has made primary care physicians a central component to any hospital's long-term success."

This new investment in health care services provides the Gorge additional primary care options and is a further demonstration of Skyline Hospital's commitment to the people it serves.

To schedule a fall appointment with Dr. Didier contact Skyline Medical Clinic at 509-637-2810.

WHAT IS PRIMARY CARE?

Primary health care is a patient's main source for regular medical care, ideally providing continuity and integration of health care services. The purpose of primary health care is to provide a broad spectrum of preventive and curative care, and to coordinate all care the patient receives.

Primary health care is based on caring for a person's overall health rather than specific diseases. This means professionals working in primary care are generalists, dealing with a broad range of physical, psychological and social problems, rather than specialists in a particular disease area.



CARE YOU CAN'T BEAT

BOB WEISFIELD SHARES HIS EXPERIENCE

It was the Wednesday before Memorial Day when Bob Weisfield, a retired West District Court judge and Skyline Foundation board member, began feeling ill. Typically the perfect picture of health, it was unusual for Weisfield to not have energy.

“I knew something wasn’t right. By Thursday, I developed a headache, fever, weakness and loss of appetite,” said Weisfield. “I thought I had a case of the flu.”

Weisfield made an appointment with his primary care physician, Alicia Giménez, M.D., at NorthShore Medical Group.

After receiving an examination and consultation with Allen Labarge, M.D., it was determined the antibiotic he was taking might be the culprit. He was instructed to stop taking the drug to see if this alleviated his symptoms.

“I didn’t heed the physician’s advice because it has been ingrained in me that I shouldn’t stop taking an antibiotic because the infection may come back resistant to the drug,” said Weisfield. “This proved to be detrimental to my health and looking back, I should have listened.”

Not listening turned out to be life threatening for Weisfield. After three days in bed without being functional and his temperature at a dangerous 102.8°, he found himself at Skyline Hospital’s Emergency Department. He was substantially dehydrated and his white blood cell count had bottomed out.

“The ER staff saw me immediately and I knew I was in the best of hands,” said Weisfield. I trusted everyone around me to provide the highest quality of care and this is exactly what I received.”

After a battery of tests, the original diagnosis was confirmed – Weisfield had an allergic reaction to the antibiotic. He was admitted to the hospital and spent



three days as an inpatient. With his white blood count so low, he required a cancer drug – which was located at another hospital – to boost his level.

“It was amazing to see everyone pull together as a team to get me what I needed,” said Weisfield. “Skyline’s pharmacist, Amy Knowles, took time out

of her vacation to order the drug, while another staff member drove to pick it up. Truly remarkable.”

“From the admitting staff to the clinicians to the person who cleaned my husband’s room, we were treated so well and everyone went out of their way to help him heal,” said Heather Weisfield. “At a very stressful time, our family was held up by the strength of others – it was wonderful to be so compassionately cared for.”

Today, Weisfield is back to his active life of yoga, walking and gardening, and continues his community service to Skyline. “My experience at Skyline was extremely positive,” he continued. “It’s comforting to know I have the option of staying in my hometown and receiving care from the best in the business.”

“The ER staff saw me immediately and I knew I was in the best of hands,” said Weisfield. “I trusted everyone around me to provide the highest quality of care and this is exactly what I received.”

As a Skyline Foundation board member, Weisfield knows the importance of having health care close and personal. “It’s one of the reasons I serve on the board,” he said. “I believe we have the responsibility to be responsive to the changing needs of our community. It’s our job. Also, there’s a spot in my heart for Skyline. This hospital has been a part of my health and healing.”



SKYLINE FOUNDATION CONNECTING PEOPLE TO THE POWER OF HEALTH

FREE BREAST HEALTH SCREENINGS

Skyline Hospital is leading the battle against breast cancer by providing free breast health screenings for women and men who are under/uninsured. This program is funded through the Skyline Foundation and includes mammography screenings, and if needed, diagnostic screenings (biopsies are not funded).

To qualify for a free breast health screening, patients must meet the following criteria:

- Patient must be under/uninsured and unable to pay for the screening.
- Patient must have a primary care physician.
- Patients needing a routine screening mammogram must have had their previous mammogram at least 12 months prior to the appointment date – no physician order necessary.
- Patients experiencing breast health problems need to see their primary care provider for a referral.

Diagnostic mammograms and/or breast ultrasounds may be covered based on need. Upon meeting this criteria, the patient will qualify for a free screening. Screenings are dependent on available funding and on a first come, first serve basis.

For more information or to schedule a breast health screening, please contact Skyline Hospital's Radiology Department at 509-637-2957.

SKYLINE FOUNDATION AWARDS SCHOLARSHIPS

The Skyline Foundation recently awarded \$6,000 in scholarships to two Gorge students – each pursuing their dream of making a difference in health care. This year's recipient of the Wayne M. Henkle, M.D., Scholarship is Gage Mattox of Dallesport, Wash., and the recipient of the Brown Nursing Scholarship is Kloe Brown from White Salmon, Wash.

“We're proud to support these individuals in their pursuits,” said Ricky Knowles, Skyline Foundation president. “It's due to the generosity of donors we are able to continue to provide this opportunity.”

The Wayne M. Henkle, M.D., Scholarship was established in memory of a longtime and much-loved community physician. The Brown Nursing Scholarship was established in 2014 through a generous donation from Ted and Sylvia Brown. Funds are distributed annually and recipients must be dedicated to returning to this area to work or volunteer in health care for at least one year.

To learn more about Skyline Foundation or to donate, visit www.skylinefoundation.org.



cultivate columbia thank you!

The Skyline Foundation's fundraising gala Cultivate Columbia was a great success this year, raising nearly \$75,000 to benefit the programs and services Skyline Hospital provides to our Gorge communities. This year's event honored Margaret Walker, a longtime community volunteer, for her decades of service. The Skyline Foundation Board thanks everyone who donated, volunteered and attended the event.

Together we can make a difference!

3 Rivers Grill
Analemma Wines
Angel's Bakery
AniChe Winery
At Home on Oak
Backwoods Brewing
Best Western PLUS Hood River Inn
Blue Skies Bakery
Bon Sante Massate
Brian Chambers Photography
Brian's Pourhouse
Broder Ost
Camp 1805
Carmen's Kitchen
Cathedral Ridge Winery
Cedar Creek Alpacas
Celilo Restaurant
Cherry Karma
Columbia Center for the Arts
COR Cellars
Mark DeResta
Dickey Farms
Dirt Hugger
DJ's Repair & Rental Mountain Sports
Dog River Coffee
domaine Pouillon Winery
Egg River Cafe
Everybody's Brewing
Feast Market & Delicatessen
Flume Family Vineyards
Flux Therapy
Full Sail Brewery

Gorge Dog
Gorge-us Boutique
Staci Hanson, DMD
Henni's Kitchen
Camille Hinman
Hood River Distillers
Hood River Hotel
Hood River News
Husum Bed and Breakfast
Indian Creek Golf Course
Ingrid's Cheesecakes & Pastries
Tom Johnson
Klickitat River Guides
Kreps Ranch
Little White Cottage
Marchesi Vineyards
Maryhill Winery
Sue Massart
McMenamins
Memaloose Idiot's Grace
Naked Winery
Northwestern Lake Riding Stables
Phelps Creek Vineyards
Eric Pollard
Portland Spirit
Pure Yoga
Ray Schultens Motors
Red Lion Hotel on the River
River Daze Cafe
Lupe Rojas
Salon Visio
JoDean Sarins

Don & Carol Schaack
Sistercraft Sea Glass
Skamania Lodge
Skamania Pioneer
Skylight Theater
Skyline Foundation Board
Skyline Hospital Employees
Skyline Hospital Board of Commissioners
Solstice
Springhouse Cellar
Stave & Stone
Stonehedge Gardens
Stumptown Coffee Roasters
Sunset Vacations
Syncline Winery
Tetrahedron
The Sixth Street Bistro
Thirty Five Media
Trellis Fresh Flowers
Tum-a-Lum Lumber
Vanguard Nursery
Yvonne Pepin-Wakefield
Bill & Heather Whidden
White Salmon Baking Co.
White Salmon Enterprise
White Salmon Eye Clinic
White Salmon Vineyard
Wy'East Timber
Yani & Elizabeth Vaivoda
Yoga Samadhi

Generously sponsored by:



**The Stevenson Family Foundation
Bob & Heather Weisfield
SDS Lumber Company**





P.O. Box 99
White Salmon, WA 98672

www.skylinehospital.com

*Klickitat County Public Hospital District
No. 2, dba Skyline Hospital, is
supported in part by tax proceeds.
Skyline is governed by an elected
five-member board of commissioners.*



UPCOMING EVENTS

RURAL FAMILY/BUSINESS EMERGENCY PREPAREDNESS EXPO

October 7, 2017 | 10 A.M. – 2. P.M. | UNDERWOOD COMMUNITY CENTER

October 21, 2017 | 10 A.M. – 2. P.M. | GOLDENDALE GRANGE

It's important to take a localized approach as we prepare for potential emergencies in our community. Join us for this free opportunity to connect with local resources and learn how to better protect you and your family.

**For details, contact Johanna Roe at
509-538-2643 or email jnr62flume@gmail.com.**