

MESSAGE FROM SCOT



Welcome to the debut issue of our community newsletter, **To Your Health**. I became your public hospital's new CEO in August when Larry Cohen retired after a 40-year career

in health care including seven years at the helm of OBHMC. Thank you, Larry, for your service to our community and for ensuring a smooth transition.

Our important work to attract providers and keep up with the healthcare needs of our growing community continues. Educating our community about a capital bond that the Board of Commissioners is considering for 2023 is one of my top priorities (more on page 2).

I'd also like to introduce our newest employees and recognize our Employees of the Quarter (pages 2-3).

OBHMC is designated a "Critical Access Hospital" to help bridge the rural-urban divide. We believe everyone has a right to the same quality health care as those living in urban areas. We will continue to fight for quality health care with your support.



Scot Attridge
OBHMC CEO

Preventive Care 101: Here's what you need to know

Have you been putting off going to the doctor for a routine checkup and more? Here's why preventative care matters and why you should schedule an appointment today.

What is preventive care and why is it important?

Preventive health care is what you do (before you get sick) to stay healthy. Preventive care helps you stay healthier and, as a result, lowers your health care costs. Preventive care can help identify health problems like high blood pressure, diabetes, or certain cancers earlier, when they're most treatable.

EXAMPLES OF PREVENTIVE CARE

- Your annual checkup
- Blood pressure and cholesterol tests
- Diabetes screening
- Many cancer screenings, including pap smears, mammograms, and colonoscopies
- Routine vaccinations against diseases and yearly flu shots
- Regular well-baby and well-child visits
- STI (sexually transmitted infection) screenings
- Counseling for depression, quitting smoking, eating healthy, or reducing alcohol use

Most health plans are required by law to cover eligible preventive care services from a doctor or clinic your plan covers, which means no out-of-pocket costs for you. If you're unsure of what services you're due for, call your primary care provider to find out and schedule an appointment.

Board Considering Bond for 2023

OBHMC provides routine and critical health care services for residents from Naselle to Ocean Park. Many people in our community still must travel long distances to get the basic and specialty care they need.

The Board of Commissioners has identified a list of priority capital projects to increase access to local healthcare services. Because these projects require bond funding, a measure is being considered for the April 2023 special election ballot. The purpose of the bond is to:

- Add a nonprofit urgent care center, renovate patient rooms, and improve the nursing station and pharmacy at the hospital
- Acquire or expand space to increase access to specialty care, such as orthopedics, dermatology, podiatry, urology, behavioral health, and diabetes care
- Maintain facilities and upgrade medical equipment to deliver modern patient care
- Provide more efficient delivery of in-home nursing care services
- Improve energy efficiency at facilities to save on utility costs

To learn more about the bond, please visit www.oceanbeachhospital.com/bond.

Did you know?

OBHMC is a public hospital funded through patient revenue and an operations levy of \$0.47 per \$1,000 of assessed property value. Voter-approved bonds fund capital projects, such as renovating and maintaining facilities, and replacing medical equipment.

Nonprofit Urgent Care

Increasing access to health care closer to home

OBHMC's most recent community health needs assessment shows a need for a nonprofit urgent care center to increase local access to health care. Many people must travel long distances to get the basic care they need, and some in the community choose to forgo care because they cannot travel long distances.

The nearest urgent care center takes an hour to reach from Ocean Park. OBHMC is looking to add space for a nonprofit urgent care center to increase access to care for medical concerns or injuries that do not require a costly visit to the emergency room.

"When people don't have access to urgent care, they turn to the emergency room, which is a more expensive and time-consuming option for medical treatments that are not life-threatening," CEO Scot Attridge said. "A nonprofit urgent care center operated by OBHMC would connect patients to providers who can treat their non-emergency medical condition closer to home for less cost."

The capital bond the Board of Commissioners is considering for 2023 would fund space for a nonprofit urgent care center. To learn more about urgent care, please visit www.oceanbeachhospital.com.

Employee of the Quarter



Congratulations!

Q1



MELISSA SAN FILIPPO
RN

Q2



CHASE CUNNINGHAM
Maintenance Tech II

New Employees January to September 2022



DAVID ALLEN
Cook



RICHELLE DE VILLA
Medical Technologist (MT)
ASCP



NIKI MORGAN
CNA



RACHEAL ALMSTED
Patient Care Advocate/
Auth Specialist



CLELIA DE VILLA
Employee Health
Nurse



LOGAN NEWMAN
Pharmacist



SCOT ATTRIDGE
CEO



EAMME EBCAS
Registered Radiology
Tech



STEPHANIE PESIO
Medical Receptionist
Clinic



KRISTEN BAILEY
RN



THEODORE GAVEL
CRNA



STEPHANIE ROBINSON
CRNA



JANET BARTLETT
CNA



BECKI GLASSON
RN



JULIE RUIZ BERMUDEZ
Medical Assistant Registered



MARKUS BROWN
Facilities Manager



TONYA GREW
Housekeeper



IRENE STEWART
Health Care Access
Associate



SUSAN CAREN
Medical Receptionist
Clinic



PETER HASSANZADEH
Occupational Therapist



YVETTE VANGEN
RN



RACHEL CASSIDY
Specialty Programs
and Community
Outreach Manager



JESSICA JACKSON
Hospital Access
Monitor



DEREK YASUNAKA
Cook



SUSAN COBURN
Custodian



COURTNEY JOHNSON
LPN



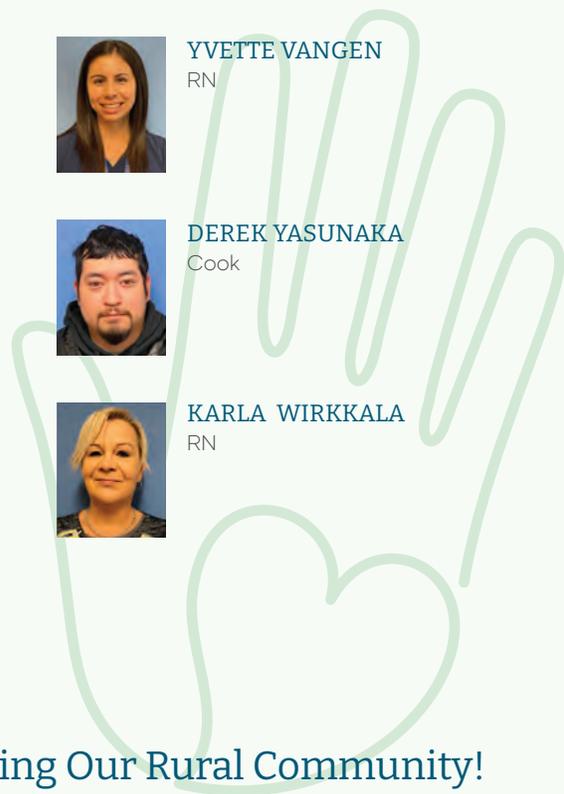
KARLA WIRKKALA
RN



EMILY DARR
Family NP



DONNA MCGUINNESS
Cook



Thank You for Choosing to Work Here and for Serving Our Rural Community!

OBHMC Locations & Hours

OCEAN BEACH HOSPITAL

174 1st Avenue N
Ilwaco, WA 98624
360-642-3181
Open 24 hours

Lab Hours

Monday - Friday
7:00 am - 6:30 pm
Saturday
8:00 am - 4:30 pm
Closed Sunday and Holidays

MEDICAL GROUP ILWACO

176 1st Avenue N
Ilwaco, WA 98624
360-642-3747

Clinic Hours

Monday - Saturday
8:00 a.m. to 5:00 p.m.

MEDICAL GROUP - OCEAN PARK

1501 Bay Avenue, Suite 201
Ocean Park, WA 98640
360-642-6387

MEDICAL GROUP - OCEAN PARK (CONT.)

Clinic Hours

Monday - Friday
8:00 a.m. to 6:00 p.m.

Lab Hours

Monday - Tuesday
Thursday - Friday
8:00 a.m. to 4:00 p.m.
Closed Wednesday, Saturday,
Sunday and Holidays

MEDICAL GROUP - NASELLE

309 Knappton Road
Naselle, WA 98638
360-484-7161

Clinic Hours

Tuesday - Friday
8:00 a.m. to 6:00 p.m.

Lab Hours

Wednesday
Scheduled Patients Only

WELLNESS AND REHABILITATION CENTER

316 1st Avenue N
Ilwaco, WA 98624
360-642-6328
Fax 360-642-3784

Clinic Hours

Monday - Friday
8:00 a.m. to 6:30 p.m.

Wellness & Rehabilitation Hospital Hours

9:00 a.m. to 5:30 p.m.

