

MESSAGE FROM OUR CEO



Throughout my career in healthcare, I have had one primary goal in mind: To make sure there is equal access to health care for people regardless of where they live.

Ocean Beach Hospital and Medical Clinics (OBHMC) or Public Hospital District 3 of Pacific County is a separate taxing authority because the state recognized a need to fund health services for rural communities.

Our community has grown and OBHMC is working to keep up with the demand. We fund daily operations with a small operating levy paid through property taxes. Capital needs are funded by voter-approved bonds.

We have identified specific projects to ensure the health and well-being of you and your family, which you can read about on this page.

Studies show that rural Americans are at risk for poorer health outcomes. We can do better. We must bridge this gap by partnering with our community through adequate facilities, access to primary and specialty care, and wellness programs.



Scot Attridge
OBHMC CEO

Bond Details

OBHMC (also known as Public Hospital District 3 of Pacific County) is asking voters to consider a bond to improve the quality of and access to health care for our community.

The bond would add a nonprofit Urgent Care Center and funding for the Ocean Park Clinic to equip an additional procedure room for women's health, family planning, urinary incontinence treatment, and annual wellness exams.



A rendering of the Urgent Care Center, a priority project.

The bond is projected to cost \$0.17 per \$1,000 of assessed property value. For the owner of a \$400,000 home, the cost would be \$5.67 per month or \$68 per year.

Our mission as a Critical Access Hospital is to bridge the health-care gap between cities and rural communities. Every person deserves access to quality health-care services regardless of where they live.

continued on inside

Bond Details (cont.)

OTHER PRIORITY PROJECTS THE BOND WOULD FUND INCLUDE:

- Renovate surgery and patient rooms, and improve the nursing station and pharmacy at the hospital
- Acquire or expand space to increase access to specialty care for orthopedics, diabetes care and other services
- Upgrade medical equipment to keep up with technological advancements
- Provide more efficient delivery of in-home nursing care
- Maintain facilities, and improve energy efficiency to save on utility costs



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

Did you know?

150 minutes of mild-to-moderate cardiovascular exercise weekly (i.e. brisk walking or riding a recumbent bike) is the recommendation of the American College of Sports Medicine for heart health.

Source: Physical Activity Guidelines Resources (acsm.org)

Introducing

Kurt "Colt" Sawyer, APRN



Welcome Family Nurse Practitioner Colt Sawyer, APRN, to the Ocean Beach Medical Group. Board certified by the American Academy of Nurse Practitioners, Colt specializes in comprehensive family care, well child visits and vaccines, wound care, and in coordinating specialty care, as well as educating patients on diagnosis and wellness. Colt is accepting new patients at the Ilwaco Medical Clinic.

“I love taking care of people of all ages. I treat patients with kindness and respect and give them the time and attention they deserve. This community has welcomed me and my family with open arms. We're grateful and excited to be here.”

– Colt Sawyer, APRN

Employee of the Quarter



Congratulations!

Q3



COLLEEN MARCHAND
RN

Q4



CONNIE STORER
Referrals/Scheduling

Making Health a Priority

Do you need help reaching a 2023 health goal? Are you looking for strategies to make living with chronic disease more manageable? Or are you a caregiver in need of support? OBHMC's community outreach programs can help provide the resources and education you need.

Regular offerings include **self-management training for diabetes and chronic disease**, as well as a **diabetes prevention program** and a **caregiver support group**.

Special programming, such as **Heart Health Awareness** in partnership with the American Heart Association, is presented as resources permit. Funding is also being sought out to offer an evidence-based falls prevention program on an ongoing basis, building on the success of programs like **Couch Crushers** and **Balance Training**.

Looking Ahead

- **Diabetes Self-Management Training** starts the first Thursday of the month. (The next one starts April 6.) The training is covered as an annual benefit under most medical insurance plans for those with a diagnosis of diabetes.
- The complimentary **Living Well series** returns to Ocean Park in June.
- **Diabetes Prevention Program** (aka Weigh In 2023) begins again in June and is also fee free.



Pete Hassanzadeh, Occupational Therapist in OBHMC's Physical Therapy department, teaches a Balance Training Workshop, at the Peninsula Senior Center.

“It’s a privilege to serve this community and help those who need it. Getting to help people in our community is what we love most about what we do.”

– Rachel Cassidy, manager, OBHMC's Specialty Programs & Community Outreach department

Watch for more on a **Falls Prevention Program** in May, a partnership between the Ocean Beach Wellness and Rehabilitation Center and the Peninsula Senior and Activity Center.



For a full listing of Community Outreach and Education Programs:
www.oceanbeachhospital.com/community-outreach

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

Mark
your calendar!
June 3rd
Heart Walk on
Discovery Trail

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.



 Follow Us on Instagram

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www.oceanbeachhospital.com



IN CASE OF EMERGENCY, DIAL 911