

To Your

Health

MESSAGE FROM OUR CEO



I am happy to extend our heartfelt thanks on behalf of the entire Ocean Beach Hospital and Medical Clinics team for the South Pacific County community's resounding support of the capital facilities bond. This vital financial resource is an affirmation of our shared

commitment to serving the healthcare needs of our community.

This critical funding ensures that your public hospital and clinics will continue to grow in tandem with the community's needs, facilitating our mission to provide the best possible care close to home.

In this newsletter, you will find an update on steps being taken now that the bond has passed, information on our recent awards from the Washington State Hospital Association, recognition for our exceptional employees of the 2nd and 3rd quarters, a roster of community outreach programs, and tips for maintaining good health during the holiday season.

Your feedback is invaluable to us, and we always appreciate hearing from you.

Thank you again for your continued support and trust in Ocean Beach Hospital and Medical Clinics. We are committed to ensuring that your health and well-being remain our top priority today and in the bright future ahead.



Scot Attridge
OBHMC CEO

Bright future for health care close to home

A green light to proceed with important healthcare facility expansions, upgrades and improvements was given by a super majority of South Pacific County voters when they approved the bond in the Aug. 1, 2023 primary election.

The money will be available starting in 2024. In the meantime, OBHMC's Strategic Planning Committee is revisiting the projected costs and categorizing the projects on the list. OBHMC anticipates initiating the bidding process for the top priority projects in the New Year.

More good news, the Murdock Trust awarded OBHMC a grant for \$350,000. It's earmarked for renovations to the hospital's pharmacy and nursing station.

“ We are grateful the community sees the value of local access to quality health care. Because of you, we will fund critical projects to increase access to health care right here at home.”

– Scot Attridge, CEO

Updates on each project will be provided on an ongoing basis, and a page tracking the progress will be added on the hospital's website in the coming months.

OBHMC Earns Top Honors from Washington State Hospital Association



Ocean Beach Hospital and Medical Clinics (OBHMC) has once again garnered acclaim for its outstanding rural health care contributions. The Washington State Hospital Association (WSHA) honored OBHMC with the Rural Quality Everyday Extraordinary Award at its recent Rural Hospital Leadership Conference.

This award highlights OBHMC's excellence across five key dimensions: significance, data-driven approach, culture of safety, results, and scalability. OBHMC was one of only two rural hospitals to receive this prestigious accolade, commended for its innovative approach to improving diabetes care within the community.

Using population data, OBHMC identified diabetes as a significant and under-treated issue and launched a quality improvement project in late 2022. The project streamlined clinic processes, resulting in a significant increase in patient enrollment in the diabetes education program in the first quarter of 2023.

Nancy Gorshe, OBHMC Board Chair, accepted the award on behalf of the dedicated staff, providers, and administration. "Each and every one of the staff and medical professionals serving our community share in these well-deserved honors," Gorshe emphasized.

OBHMC was also recognized for its participation in WSHA's inaugural Critical Access Hospital Achievement of Quality Excellence Program, focusing on various quality improvements, including antibiotic stewardship, diagnostic error reduction, fall prevention, and addressing social determinants of health.

Darcy Jaffe, WSHA Senior Vice President for Safety and Quality, praised OBHMC and the other honored hospitals stating, "They recognized challenges in their communities and created programs that reached outside the walls of the hospital to improve the health of their patients."

Mark Your Calendar

OBHMC offers an ongoing series of programs and classes including the following:

- Diabetes Education and Support
- Pre-Diabetes Support Classes
- Caregiver Support Group
- Seniors Active and Independent for Life (SAIL)
- Otago Strength and Balance

A big thank you to all who attended and participated in the Community Health and Wellness Fair. A great time was had by all.



Photo by Jake Thorsen



For a full listing of Community Outreach and Education Programs:

www.oceanbeachhospital.com/community-outreach

Healthier Holidays

Eating healthier during the holidays

During holidays, maintaining a healthy eating routine can be challenging, but a few key tips offered by dietician Andrew Lakanen can help. First, remember that the holiday itself is one day; don't turn it into a prolonged feast. Avoid skipping meals to compensate, as this often leads to overeating. Practice mindful eating, savoring each bite, and wait 20 minutes before seconds to let your brain catch up with your stomach. Lastly, a simple food rule is to avoid wasting calories on dishes you don't truly enjoy. Plus, staying hydrated, especially if you're drinking alcohol, is crucial.

Prevention is key

The saying, "an ounce of prevention is better than a pound of cure," is worth keeping in mind when out and about and attending gatherings with family and friends. Simple things such as frequently washing or sanitizing your hands and commonsense measures such as masking, testing, and staying home when you aren't feeling well can go a long way in keeping you, your friends, and loved ones healthy and safe. Getting the newest COVID-19 booster, a flu shot, and, for some, a pneumonia shot are advised.

Long-term health impacts of overindulgence

Holiday overindulgence, with weight gains of 1 to 10 pounds, often triggers yo-yo dieting. This can lead to long-term obesity-related health problems due to increased hunger, a sluggish metabolism, and excess fat storage, straying from the body's preferred stable weight state. The healthiest approach is gradual, consistent weight loss, avoiding fluctuations that can lead to physical issues like GERD and hernias, along with cardiometabolic conditions like insulin resistance and heart disease.

A talk, "Eat, Drink, and Be Merry: Nutrition and self-control tips during the holiday season," will be offered on Dec. 15 from 1:00 to 2:30 p.m. Located at Golden Sands, Ocean Park

Employee of the Quarter



Q2

**CHRISTINE
CODDINGTON**
Records Clerk



Q3

**CORI
TUCKER**
CMA

Congratulations!



Look inside
for your
2024
calendar!

OBHMC Locations

OCEAN BEACH HOSPITAL

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

MEDICAL GROUP ILWACO

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

MEDICAL GROUP - OCEAN PARK

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

MEDICAL GROUP - NASELLE


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


WELLNESS AND REHABILITATION CENTER

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

WISHING YOU AND YOUR LOVED ONES A
JOYFUL HOLIDAY SEASON
AND A NEW YEAR FILLED WITH
HOPE, HEALTH, AND HAPPINESS!



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IN CASE OF EMERGENCY, DIAL 911