

MESSAGE FROM OUR CEO



This new year is off to a great and fast start.

Funds from the capital facilities bond that was voted in on the Aug. 1, 2023, primary election are expected to become available by mid-March. These funds are

dedicated to essential projects that underscore our purpose of providing quality, compassionate care close to home. For a detailed project list, please visit oceanbeachhospital.com/bond.

While we await the release of the bond money, substantial progress is being made during this interim planning phase. Foremost on the project list is expansion of the Ilwaco Medical Clinic to accommodate an Urgent Care Center. Priority is also being given to the expansion and renovation of the operating room, the nurses' station, and the pharmacy.

In this edition of "To Your Health," we're focusing on ways to head into this year with wellness in mind. This ranges from sharing more about the education and support services we offer to the importance of scheduling your annual Medicare "Wellness" visit.

From community education and outreach to routine and critical medical services, we at Ocean Beach Hospital and Medical Clinics are here to support you and our community in achieving a healthier and brighter future.

Thank you for your ongoing support and trust in us!



Scot Attridge
OBHMC CEO

Empowering Health: The Importance of Your Annual Medicare "Wellness" Visit

For those of you enrolled in Part B of Medicare for 12 or more months, the annual Medicare "Wellness" visit is a cornerstone of preventive healthcare. Focused on personalized health planning, this annual check-in is instrumental in enhancing your overall well-being.

A key advantage of the Wellness visit lies in early detection. Through a comprehensive health assessment, health care providers identify risk factors and create a personalized prevention plan, empowering individuals to take control of their health. This proactive approach can prevent chronic conditions or detect them in their early stages when interventions are most effective.

The exam serves as a platform for health education and counseling, covering topics such as diet, exercise, and tobacco cessation. This tailored education not only enhances awareness but also empowers beneficiaries to make informed decisions, fostering a sense of ownership in their well-being journey.

Importantly, the "Wellness" visit includes a medication review, preventing adverse drug interactions and optimizing drug regimens.

Beyond physical health, the exam addresses mental and emotional well-being. Discussions on advance care planning empower individuals to align healthcare decisions with their own values, ensuring their wishes are respected.

Overall, the Wellness visit addresses things not covered in a routine checkup or annual physical; it offers a dynamic and personalized experience.

continued on inside

Empowering Health (cont.)

By investing your time in this annual benefit, Medicare enrollees actively participate in their health journey, while carving out a clear path to sustained well-being and a more vibrant life.

Please note: During the first 12 months of those newly enrolled in Medicare, an initial “Welcome to Medicare” preventive visit may be made with your doctor or a qualified health care provider.

For those in our community turning 65 this year, help navigating Medicare enrollment can be found here: www.insurance.wa.gov/how-do-i-sign-medicare-parts-and-b.



To schedule your visit now or find a OBHMC health care provider, please call any of the medical clinics listed on page 4 of this newsletter or the hospital's main number: **360-642-3181**.

OBHMC Launches Health Education Programs for 2024

The purpose of Ocean Beach Hospital and Medical Clinics (OBHMC) is to ease the pain and improve the health of the people who are in its care. In line with our purpose, OBHMC is offering several educational outreach programs in 2024. The programs are taught by a team of skilled educators and health care providers to address prevalent health challenges faced by our community.

Among the 2024 programs are the following:

Diabetes Self-Management Training – classes designed to equip those diagnosed with diabetes with the knowledge and tools they need to manage their condition effectively. Medication management, exercise, stress management, and blood glucose monitoring are topics covered in this comprehensive, American Association of Diabetes Educators accredited program.

PreventT2 – a Diabetes prevention program aiming to empower individuals at risk of developing Type 2 Diabetes through lifestyle modifications. This evidence-based program focuses on action planning, healthy eating, physical activity, and ongoing support.

Living Well – a chronic disease self-management workshop series addressing the needs of those living with chronic health conditions. The program offers strategies including personalized action plans, problem solving, and making healthy choices for those living with conditions such as arthritis, diabetes, cancer, depression, migraines, and more.

Caregiver Support Groups – fostering friendship and emotional backing for those caring for loved ones. The Naselle Support Group meets on the 1st Thursday of each month from 1-2PM at the Naselle Timberland Library. A new support group meets the first Mondays of the month from 3-4PM at the Ocean Park Timberland Library.

Otago Exercise Program – an evidence-based, falls prevention, exercise program specifically designed for the elderly. The program aims to strengthen muscles and improve balance crucial to reducing fall risks.

Throughout the year, other special classes and talks will be offered. Please refer to the hospital's website for details: www.oceanbeachhospital.com/community-outreach or call **360-642-6308**.

24/7 Laboratory Testing



Ocean Beach Hospital Lab makes a broad range of clinical testing procedures available to patients. Having an onsite, full-service, 24/7 laboratory translates to decreased wait times in receiving test results.

Ocean Beach Hospital Lab services, including blood draws, are Monday-Friday, 7AM to 6PM; Saturday, 7AM to 4:30PM; Sunday, 7AM to 2PM

The Ocean Park Clinic Lab Draw is open Monday-Friday, 8AM to 4PM

Medical Group Naselle Lab Draw is on Wednesdays by appointment only

The MRI Truck is available on Tuesdays and every other Friday, and Mammography is now available 7 days a week.

“The whole experience was full of caring professionals doing a great job!”

Employee of the Quarter



Q4 **JOSEPH RIVERA**
Radiology Technician

Congratulations!

Naselle Medical Clinic Welcomes

Kyle Shafer, PA-C

A Physician Assistant-Certified, Kyle specializes in family medicine, with interests in orthopedics, and diabetes care.



Clinic hours are Tues.-Fri., 8AM-5PM.

Mark Your Calendar

Food Drive Set for May

Donation drop off locations are at the main entrance to the hospital and each of the medical clinics, the Wellness and Rehabilitation Center, and the Community Outreach Annex.

Peninsula Heart and Stroke 5K Walk

June 15, Ilwaco • Sign up with a team now.
pdxheartwalk.org/peninsula • 360-642-6330

Take a deep breath
and exhale slowly.

April is Stress Awareness Month.



**Mark
your calendar!**
**June 15th
Heart & Stroke
Walk in Ilwaco**

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 a.m. - 6:30 p.m.
Saturday
8:00 a.m. - 4:30 p.m.
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

Center 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

 Find Us on Facebook

360.642.3181
customer.service@oceanbeachhospital.com
www.oceanbeachhospital.com



IN CASE OF EMERGENCY, DIAL 911