



Life AND HEALTH



Striving for clarity—we are one

Morton General Hospital purchased the Randle Clinic in 1988 and the Riffe Medical Center in Mossyrock back in 2011, yet few people are aware of the relationship. But really, with three different logos and three different names, there isn't much indication. On the flip side, although the Morton Medical Center, located on hospital property, is a private business that is owned by doctors Mark Hansen, MD, and Merrell Cooper, DO, most people believe that clinic is a part of the hospital's organization.

We have a need for clarity, which is just one of the reasons for the recent adoption of the parent name, "Arbor Health."

The clarity issue made its way into the hospital district's Board of Commissioners' three-year strategic plan, adopted in 2016. The plan included the directive to hospital management to, "Engage staff to ensure that the hospital district operates with a single voice and a shared culture *every touch, every time*, and that the District's

services are viewed as a single entity—not as separate clinics and hospital."

This was a tall order for the staff to perform. After all, the clinics and hospital are located in different towns and each has its own name and its own logo.

A marketing committee was created to take on this board directive with representatives from across the hospital, both clinics, a board member and a hospital foundation member. Then over a period of seven months, the group deliberated on how the

organization could create a united front in the community while:

- Still having individual identifiers for the geographic locations.
- Standing out in the crowd of other health care providers' typical blue and green logos.
- Paying tribute to our timber history and surrounding communities.

The result was the committee's recommendation to the board to adopt a parent name to align the two clinics and hospital. Arbor Health was selected, in part, because:

- An arbor is a canopy formed by trees.
- An arbor is also the hub of a round saw, as we are the hub of our community.
- There is a clear connection to the timber industry and our environment.

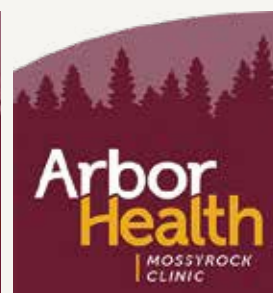
Chief Executive Officer Leianne Everett has been making her rounds in East Lewis County speaking to a variety of community groups to update them of the planned change to take place early in 2019. All three locations will work under the umbrella name of "Arbor Health," followed by the individual locations' names:

- Arbor Health, Morton Hospital.
- Arbor Health, Mossyrock Clinic.
- Arbor Health, Randle Clinic.

Clarity



Separate locations





Our services

24-hour, on-site
ER doctor

Specialty Clinic

- General surgery.
- Gynecology.
- Urology.

Surgery Clinic

Wound Care Clinic

Clinical Laboratory

Consulting Specialists

Diagnostic Imaging

- CT scan.
- Digital mammography.
- Digital x-ray.
- MRI.
- Nuclear medicine.
- Ultrasound.

Free Health Education Classes

Nutrition Services

Outpatient Drug Therapy

Physical Rehabilitation

- Aqua therapy.
- Occupational therapy.
- Physical therapy.
- Respiratory services.

Sleep Lab

Social Services

Visit us online
mortongeneral.org.



Rx for good health: Laughter



Don't stifle that giggle, even if you feel silly. And by all means try to laugh at yourself. Seeing the silly side of life can boost your health—and that's no joke. Laughter can:

Relax your entire body. A big belly laugh tames physical tension and can ease tight muscles for up to 45 minutes.

Rev up your immune system. Laughter increases the production of disease-fighting antibodies.

Help your heart. Laughter increases blood flow and helps blood vessels work better, which can reduce your heart attack risk.

Burn calories. Laughing hard for just 10 to 15 minutes a day can burn about 40 calories.

HEART FAILURE

Why you may need to limit your fluids

To help keep your heart failure under control, your doctor may have told you to watch the amount of water and other fluids you drink. But what does how much you drink have to do with the disease?



Quoc Ho, MD

As Internal Medicine Specialist Quoc Ho, MD, tells us, people with heart failure tend to retain fluids, which can make swelling, shortness of breath and other symptoms worse. Drinking too much fluid can add to the problem. That's why limiting fluids is often part of managing the disease.

To help watch your fluid intake:

- Ask your doctor how much you should drink every day. Consider using a notebook or a cellphone app to keep track.
- Use a small drinking cup.
- Try an alternate thirst quencher: Rinse your mouth with cold water, chew gum, suck on a slice of lemon or put a small piece of ice in your mouth.
- Know that some foods contain fluids, such as soups, gelatin and ice cream.

A possible early sign that you're retaining fluids may be weight gain. For this reason, your doctor may have you weigh yourself daily and report any sudden changes.

lifeAND**HEALTH**

LIFE AND HEALTH is brought to you by ELC Hospital Foundation as a community service for the friends and patrons of MORTON GENERAL HOSPITAL, 521 Adams St., Morton, WA 98356, telephone 360-496-5112.

Information in LIFE AND HEALTH comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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Advance directives: Your questions answered

How can you make your medical wishes known if you're ill or injured and can't speak for yourself?

One way is with a legal document called an advance directive. It tells your doctor and your family what kind of care you want when you can't tell them yourself.

Here are answers to questions you might have about these documents:

Q I'm young and healthy. Why do I need an advance directive?

A An accident or serious injury can happen at any age. And it can affect you suddenly. If you already have a signed advance directive, your wishes are more likely to be followed.

Q What types of advance directives should I consider?

A A Health Care Directive or living will explain the care you want—or don't want—if you're terminally ill or permanently unconscious. For example, you can state your wishes about food and fluids through a tube in your stomach or through an IV.

Additionally, you might want to state your wishes about:

- CPR (if your breathing stops or your heart stops beating).
- Extended care on a breathing machine.
- Tests, medicines, surgeries or blood transfusions.

In contrast, a medical power of attorney—also known as a durable power of attorney for health care—lets you name someone to make medical decisions for you if you're unconscious or unable to make them yourself. To be effective, the person you name must be familiar with your values and wishes.

A medical power of attorney may be more useful than a living will because it lets the person you name consider each situation you might face. But it

may not be a good choice if you don't have someone you trust to make medical decisions on your behalf.

Q How can I write an advance directive?

A This can be done in several ways.

For example, you can use a form provided by your doctor or write your wishes down yourself. You can print off both health care directives and power of attorney for health care forms for free from the Washington Medical Association at wsma.org. You can also use a computer software package for legal documents or ask a lawyer to write an advance directive for you. An additional resource to help you understand your treatment options when faced with serious or terminal illness can be found on the Honoring Choices Pacific Northwest website at honoringchoicespnw.org.

Advance directives don't have to be complicated. They can be short, simple statements that describe the medical care you desire. However, be sure to give copies to your family and doctor.

Q Is there any additional help available?

A As a registered nurse and certified health coach, I am available for individual appointments with community residents on this and many other topics as well. This is a free service provided by Morton General Hospital. Call **360-496-3591** for information or an appointment.

Advance directives don't have to be complicated. They can be short, simple statements that describe the medical care you desire.



Diane Hurley,
RN, MA



TOSS THE COTTON

Discard the cotton ball from a new bottle of pills. The cotton can draw moisture into the bottle and cause the medicine to be less effective.

National Institutes of Health



Medication safety tips for seniors



The older we get, the more crowded our medicine cabinets tend to get. Taking multiple medicines, as many older adults do, can increase the risk for harmful drug interactions or other problems. Keiran Shute, MD, of Riffe Medical Center in Mossyrock, shares five tips for taking medicines that can help you stay safe at any age:

Do tell. Make sure all of your doctors know about everything you're taking. This includes any over-the-counter drugs, vitamins, minerals or herbal supplements. If you're thinking of trying a new drug or supplement, let your doctors know that too. Combining some medicines could cause side effects.

Understand your meds. Read the label and any other information that comes with your medicines. Find out what each one is for. If anything about your medicine isn't clear—for instance, how often and how much to take—tell your doctor or pharmacist.

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Report problems promptly.

If you have any problems with your medicine, tell your doctor right away. He or she may be able to suggest a different medicine. But don't stop taking a medicine without first getting your doctor's OK.



Keiran Shute, MD

Take your meds on time.

Do you sometimes forget to take your medicines? Consider using a calendar, chart or pillbox to keep track. You could also ask your pharmacist to put your medicines in blister packs. Or if possible, take your medicines at the same time as another daily routine, like brushing your teeth.

Use one pharmacy.

Having all of your prescription records in one place can help your pharmacist ensure that you don't receive two drugs that can interact.