

**TWO  
HEARTS FOR  
HEALTHCARE**

Meet a couple whose passion for helping people makes KVH their second home.

SEE PAGE 3 ►

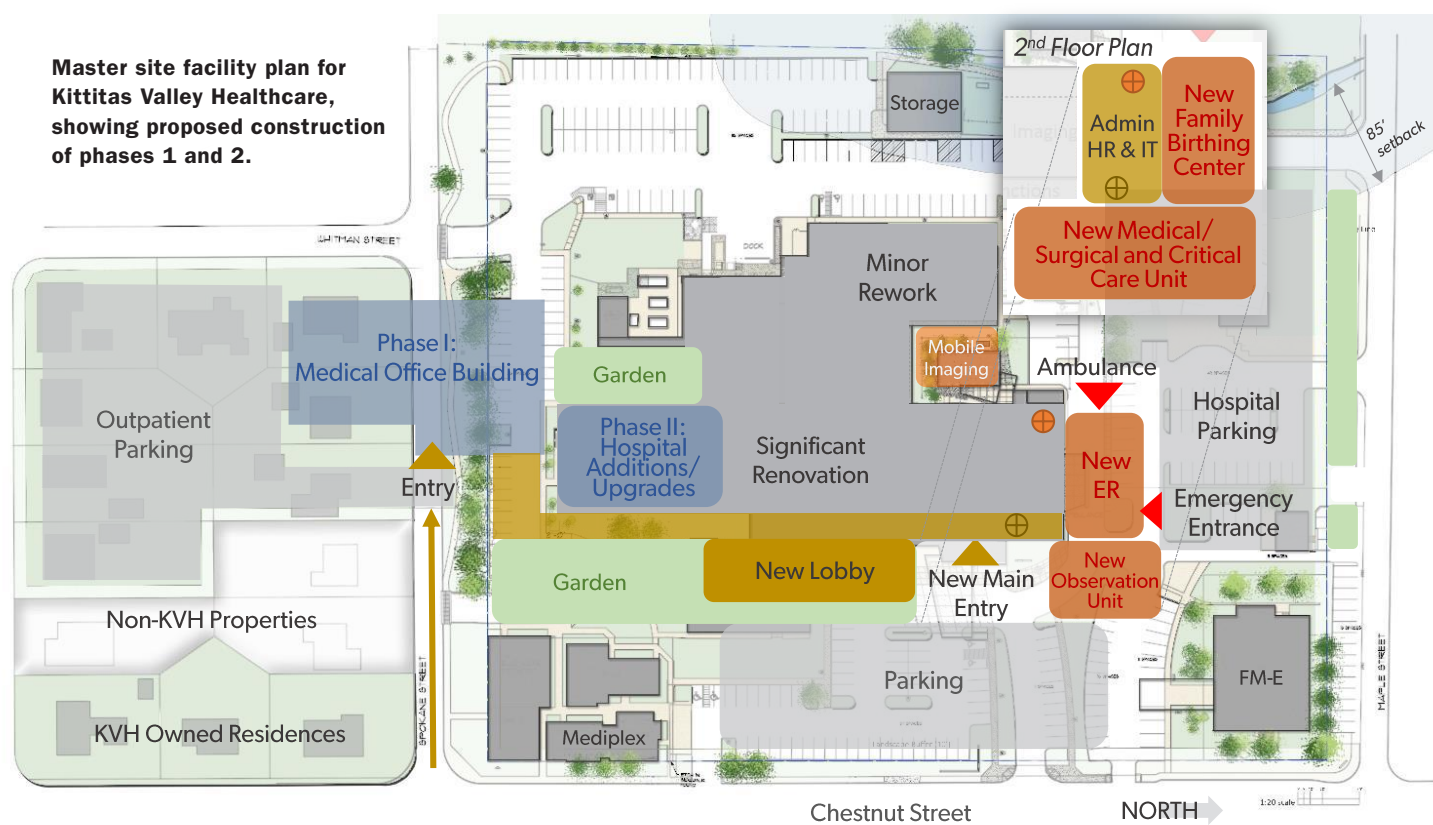


# HEALTHCARE

## Currents

YOUR HOME FOR HEALTH ● SUMMER 2016

**Master site facility plan for Kittitas Valley Healthcare, showing proposed construction of phases 1 and 2.**



### Move forward with us!

Look for opportunities to participate and learn more about our plans at [kvhealthcare.org/project](http://kvhealthcare.org/project).

If you'd like someone to speak at your local business, service group or another setting, please contact us by phone, **509-933-7593**, or email, [questions@kvhealthcare.org](mailto:questions@kvhealthcare.org).

If you have a question or would like to sign up for email notifications with project updates, please email us at [questions@kvhealthcare.org](mailto:questions@kvhealthcare.org). You can also connect with KVH on Facebook and Twitter.

# Rebuilding in our community

In early March 2016, the Kittitas Valley Healthcare (KVH) Board of Commissioners unanimously approved a plan for the future of the KVH campus. The work to update the healthcare campus will be done in two phases.

Phase 1 will be a new medical office building. Phase 2, which could begin three to five years after phase 1 is complete, will address the aging hospital facilities.

### Why does KVH need to update its facilities?

Several of the buildings on the KVH campus are recommended to be demolished and replaced. This includes a number of the medical clinic buildings and the original wood-frame areas of the hospital.

A new medical office building will bring the KVH clinics and outpatient services on the main campus together under one roof.

A decision from the Board on whether construction should proceed with phase 1 may come as early as September 2016, with a fully functioning medical office building completed as early as mid-2018.

### Why does the proposal keep KVH in its current location?

The cost is significantly less for the campus to stay where it is. The entire project

is estimated to cost \$72 million in the current location. Moving the campus would add at least \$50 million (at least \$122 million total to move).

The community has already invested in its hospital through property taxes. Though some areas of the hospital need to be replaced, other areas of the hospital are in excellent condition and can be retained.

### How much will the project cost? How will it be paid for?

The medical office building (phase 1) will be financed entirely by KVH through borrowing and reserves. This portion of the project is estimated to cost \$17 million.

Upgrades and updates to the hospital (phase 2) are expected to cost about \$55 million. This phase would require support from residents of Kittitas County Public Hospital District No. 1 through a bond levy. Voters may see a proposal for a bond levy within five to eight years.

### How will the community be involved in planning?

KVH is working on planning for phase 1 this year. Earlier this year, we launched a community survey. We also held focus groups with community participants and conducted in-depth surveys with our clinic patients.

We expect that we will be ready to share our initial plans with the community in a cardboard mock-up as early as this summer. We'll be looking for volunteers—including ones with strollers, walkers and wheelchairs—to walk through the life-size building model.





## Have grill, be safe

Five tips for a healthy and happy barbecue season

**B**ackyard cooks: Got your tongs and grills ready? Before you crank up the heat, take the time to brush up on a few basics for safe and healthy cookouts.

**1 Find a good spot.** Grills—propane or charcoal—should never be used inside a home or garage or under a carport or breezeway. The dangers: fire or poisoning from carbon monoxide. Set up grills at least 10 feet away from buildings, and keep kids and pets at least three feet away from grills.

**2 Don't taint your tools.** Use separate tools for raw meat, cooked meat and other foods. Tools include tongs, forks, plates, spatulas, cutting boards and marinade brushes. Bacteria in raw meat and poultry can contaminate other foods.

**3 Tame the risks of high heat.** Cooking meats, poultry and fish at high temperatures can cause heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs) to form on meat. These compounds may be linked to cancer. To minimize them, the American Institute for Cancer Research suggests:

- Cutting fat off meat before cooking.
- Marinating meats for at least 30 minutes before grilling.
- Grilling small pieces to reduce grill time.
- Using an indirect, low-heat flame.
- Flipping meats often while cooking.
- Cutting off charred parts before eating.

**4 Mind the menu.** Eating wholesome, healthy foods helps prevent cancer and other serious diseases. When drafting a barbecue menu:

- Serve lots of fruits and vegetables. Try them grilled: HCAs and PAHs do not form on plant foods. Seared watermelon or onion slices? Delicious!
- Try poultry and fish on the grill. Diets high in red meats—such as beef and lamb—have been linked to an increased risk for colon cancer.
- Watch portions. Meat, poultry and other protein foods should take up only about one-quarter of your plate, according to the U.S. Department of Agriculture.

**5 Make friends with a food thermometer.** Cooking meats to the proper internal temperature kills off pathogens that can make you and guests very sick. Always use a food thermometer before calling, "Time to eat!"

Additional sources: Academy of Nutrition and Dietetics; National Safety Council; U.S. Consumer Product Safety Commission

## Eat well, be well on vacation

Tips for making safe, nutritious choices on the road

**T**aking it easy is one of the best parts about a vacation. But while the rest and scenery may do you some good, the same can't always be said of the food—especially when you're driving to your destination. Think empty-calorie, gas station munchies. And that could spell trouble when you're watching your waistline or trying to eat a healthy diet. Also, the risk of food poisoning—a would-be vacation spoiler—rises in summertime. So you'll also want to keep foods safe while you travel.

### Five to remember

Before you hit the road, take these tips in tow:

**1 Pack some healthy snacks.** Nutritious, portable foods include whole-grain crackers, fresh fruit (washed ahead of time), peanut butter sandwiches, pre-cut veggies, wasabi peas, dried mixed fruit, unsalted nuts or popcorn, and even canned or packaged tuna.

**2 Cool it.** If you bring a cooler, pack plenty of ice or a frozen pack. Try to keep the cooler out of the hot trunk. Put a refrigerator thermometer in the cooler to make sure the temperature inside stays below 40 degrees—the safe zone for foods.

**3 Choose wisely.** If you do stop for a bite, eye the menu for healthier options. Good choices include low-fat smoothies, grilled chicken breast sandwiches and salads, broth-based soups, and veggie-based dishes.

**4 Wash up.** Remember to scrub your hands with soap and water before preparing and eating food. Don't forget to pack some sanitizer for when you can't get to a sink.

**5 Know when to toss it.** You might picnic at parks, grill at campgrounds or take restaurant food to-go. If you do, don't eat anything that's been sitting out for more than two hours—or one hour on a 90-degree or hotter day.

Source: Academy of Nutrition and Dietetics



**CARING TOGETHER:**  
Kittitas Valley  
Healthcare employees  
Andy and Karen Schock

## Two hearts for healthcare

Andy and Karen Schock share a passion for healing and helping others

**G**rowing up, Andy and Karen Schock's musical tastes were as different as they were.

He played the guitar, loved hard rock and played in a band at Yakima's Eisenhower High. Raised in New Jersey, Karen came to Yakima to serve with Volunteers in Service to America after college. She played the piano, sang in school choirs and musicals in high school, and favored folk music and groups like The Byrds.

Those differences aside, they were destined—literally and figuratively—to make music together. Flash back to 1979. A vocalist scheduled to perform with Andy at his brother's wedding backed out at the last minute. Friends suggested Karen as a replacement.

"There was a spark," Andy says.

They married in 1982, exchanging vows at the same South Carolina church where her parents had wed. They didn't know then that their road together would lead to Ellensburg.

Before meeting Karen, Andy had

worked a summer job at the Fred Hutchinson Cancer Research Center in Seattle. The center was a small operation back then—so small that even a ward clerk rubbed elbows with leading cancer researchers.

"It was the tipping point that changed what I wanted to do," Andy says.

### Career paths lead to KVH

After their marriage, the couple settled in Yakima, where Karen landed a job with the Department of Social and Health Services. Andy worked as a licensed practical nurse while going to school to become a registered nurse. There were no openings at Fred Hutchinson when he finished, so he became an operating room nurse at a Yakima hospital, moving to KVH Hospital as operating room nurse manager in 1987.

But the role took Andy away from his passion: day-to-day contact with patients. He went back to school to become a certified physician assistant and worked as a PA-C in the Upper County and with a clinic in Yakima before joining KVH Internal Medicine in 2007.

Karen stepped away from her career when the couple's sons, Henri and Ben, were born. In 1990, with the boys in school, she took a half-time position as

director of volunteer services at KVH Hospital.

"I started with three or four volunteers," she says. "They say the number of volunteers you have should match the number of patient beds. At that time, it was a 50-bed hospital."

The number of volunteers grew. So did Karen's skill set and responsibilities. She did some marketing and spent 18 years working in social services and discharge planning. Today, she runs the KVH Cancer Outreach program and manages the pre-med and pharmacy students who

rotate through KVH Hospital, plus the 65 in-service volunteers who volunteer weekly.

"I have the best job in the hospital. Our volunteers are the heart of the hospital," Karen says.

Neither she nor Andy plans to leave KVH any time soon.

"It's the environment we're in, the people we work with, that makes it so rewarding," Andy says.

"I've been with these employees and volunteers 25 years. They take care of others with such pride," Karen adds. "It's inspiring."



### KVH doctor a Hospital Hero

The American Hospital Association celebrated National Women's History Month in March 2016 by releasing profiles of several "Hospital Heroes." Vicki Macy, MD, FACOG, of KVH Women's Health was selected and featured with this select group of women.

Dr. Macy was the first woman to complete an obstetrics and gynecology residency at the University of Utah and one of the first female OB-GYNs in the state of Utah. She has delivered nearly 9,000 babies during her career.



# KVH Virtual Care is open!

A new and convenient way to receive healthcare in Kittitas County

**What is virtual care?**  
 It's a way for you to get healthcare for commonly treated conditions by using your computer, mobile device or telephone. Over a phone or video chat, a board-certified provider will assess, diagnose and treat your conditions—even prescribing medication when appropriate.

Virtual care is available 24 hours a day, seven days a week from wherever you are.

**What conditions can be treated?**

Many conditions can be treated using virtual care. Some of the most common that we treat are:

- Cold or flu symptoms.
- Sore throat.
- Pink eye.
- Cold sores.
- Rashes.
- Headache.
- Urinary tract infections.

**How much does it cost?**

KVH Virtual Care costs \$40 per visit. If the provider quickly determines that your condition can't be treated virtually, you won't be charged. The virtual visit fee typically qualifies as an expense for a flexible spending account (FSA),

health savings account (HSA) or health reimbursement account (HRA).

Insurance is not accepted for virtual care. Individuals covered by government-sponsored insurance, such as Medicare and Medicaid, are not yet eligible for virtual care in Washington state.

**Can I use virtual care instead of going to my clinic?**

Yes and no. You can use virtual care to take care of symptoms that you have today, which can save you a trip to the clinic. However, virtual care is not intended to replace your relationship with your primary care provider and should not be used to manage chronic illnesses.

Think of KVH Virtual Care as another option for a condition that needs same-day treatment.

**How do I access KVH Virtual Care?**

You can access care in any of these ways:

- Using your computer or mobile device, go to [www.kvhealthcare.org](http://www.kvhealthcare.org) to connect online.
- Download the KVHVirtualCare app for Apple or Android devices.
- Call us toll-free at **855-962-1KVH (855-962-1584)**.



**Care is just a click away**

## KVH Virtual Care

24/7 services | \$40 per visit

Connect by computer, cell phone, or other mobile device

*cold or flu symptoms • sore throat  
 headache • pink eye • cold sores  
 rashes • urinary tract infections*

No appointment needed



[www.kvhealthcare.org](http://www.kvhealthcare.org)  
**(855) 962-1584**

\*Commercial insurance not accepted. Those covered by government sponsored plans such as Medicare and Medicaid are not eligible for virtual care.

A Top 50 hospital, plus 13 clinics and specialty services

[www.kvhealthcare.org](http://www.kvhealthcare.org)

### Kittitas Valley Healthcare Service Directory

<p><b>Hospital</b>  <b>KVH Hospital</b>                  509-962-9841</p> <p><b>Critical Care Unit</b>  <b>Emergency Department</b>  <b>Family Birthing Center</b>  <b>Medical/Surgical Unit</b>  <b>Surgical Services (Inpatient/Outpatient)</b>  <b>Cardiopulmonary Services</b>  <b>Imaging Services</b>  <b>Laboratory Services</b></p>	<p><b>Clinics</b>  <b>KVH Family Medicine – Cle Elum</b>                  509-674-5331</p> <p><b>KVH Family Medicine – Ellensburg</b>                  509-933-8777</p> <p><b>KVH General Surgery</b>                  509-962-7390</p> <p><b>KVH Internal Medicine</b>                  509-925-6100</p> <p><b>KVH Orthopedics</b>                  509-933-8700</p> <p><b>KVH Women's Health</b>                  509-933-8720</p> <p><b>KVH Urgent Care – Cle Elum</b>                  509-674-6944</p>	<p><b>Specialty Services</b>  <b>KVH Home Health</b>                  509-962-7438</p> <p><b>KVH Hospice</b>                  509-962-7438</p> <p><b>KVH Occupational Therapy</b>                  509-933-8677</p> <p><b>KVH Physical Therapy</b>                  509-962-7386</p> <p><b>KVH Speech Therapy</b>                  509-933-8677</p>
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