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HEALTH & WELLNESS

Eric Carpenter, DPT, gives tips on how to stay healthy and motivated through the winter months.

SKYLINE NEWS



At Skyline Hospital, we never lose sight of our Mission of promoting an exceptional level of health and well-being in our community. In this complex and ever-changing world, we strive to deliver the highest levels of quality and safety, while constantly finding more ways to improve – all of this with an eye to the future.

Our future is both exciting and important for us as we continue to expand our services to provide the best care to our patients. Over the past year, we've continued to grow

and extend our commitment to support the communities we serve. Recent examples include:

Patient Satisfaction – We continue to focus on improving the patient experience at Skyline Hospital. We strive to provide compassionate and high-quality care to every patient every time. In an effort to continue to improve, we survey patients who receive care at Skyline. As a reminder, if you receive a call from HealthStream research, please take a few minutes to give your thoughts. Your feedback is very important to us.

Nursing Outpatient Services Program – This 24/7 service is designed for patients in need of care requiring frequent visits to the hospital. It provides treatment for a wide variety of medical conditions and pairs you and your loved ones with compassionate caregivers who work together to achieve the best possible outcome. See page 4 for more information.

Facility Updates – Skyline recently received grants that – when combined with the generous contributions made by donors to the Skyline Foundation – will allow us to complete the renovation of our downstairs meeting space in 2017. This space will be available to community organizations for meetings and events, and will provide a new café and dining area better suited to meet the needs of our patients, visitors and employees.

None of these improvements, or our many other initiatives, would be possible without the talents and dedication of the entire hospital staff, our doctors and volunteers. Every day, as they go about their work, each of these individuals is guided by our Mission. It's what unifies us in our continuous pursuit of ways to support and sustain the good health of our community.

On behalf of everyone at Skyline Hospital, I want to assure you we will do our best to meet and exceed your expectations and provide you with the highest quality health care available.

With warmest regard,

Robb Kimmes
Skyline Hospital Chief Executive Officer

Skyline Hospital

www.skylinehospital.com

Administration

Robb Kimmes, chief executive officer

Jonathan Blake, chairman, hospital board of trustees

Christopher Samuels, M.D., chief of staff

Skyline Hospital

211 Skyline Drive, White Salmon, WA 98672

509-493-1101 www.skylinehospital.com

A critical access hospital providing acute, emergency, trauma and transitional care.

Other services include laboratory, radiology, cardiopulmonary, cardiology, neurology, podiatry, orthopedics and surgical services.

Skyline Foundation

211 Skyline Drive, White Salmon, WA 98672

509-637-2602 www.skylinefoundation.org

Skyline Foundation is a 501(c)(3) non-profit organization raising funds to support Skyline's services and programs.

Skyline Physical Therapy

253 Rhine Village Drive, White Salmon, WA 98672

509-493-5119

An outpatient physical therapy clinic offering a variety of rehabilitation services and programs.

Specialty Clinics

Surgical Clinic

Skyline Hospital Surgical Clinic

509-637-2810

Cardiology Clinic

Skyline Hospital

509-637-2957

Neurology Clinic

Skyline Hospital Neurology
and Pain Management Clinic

509-637-2810

Orthopedics Clinic

Cascade Orthopedics & Sports Medicine Clinic

541-296-2294 <http://cosmc.org/>

Podiatry Clinic

Ankle/Foot Physicians and Surgeons

360-977-7815 www.ankleandfootphysicians.com

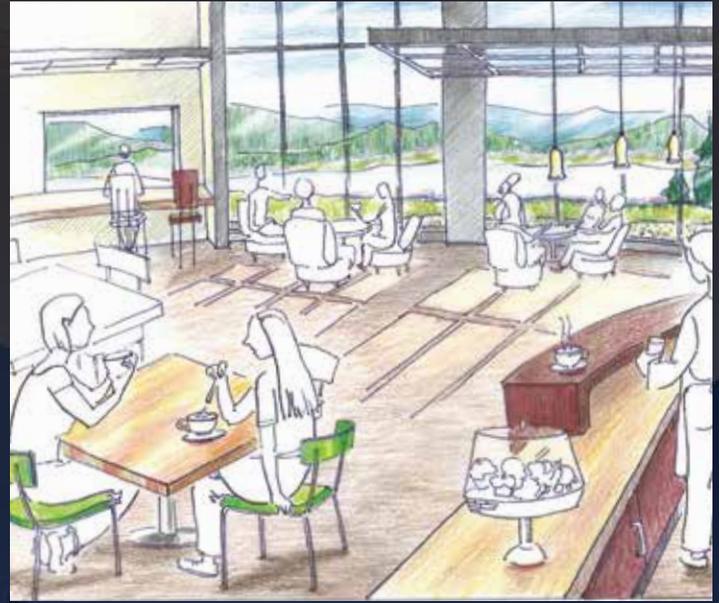


RENOVATIONS AT SKYLINE

This spring, Skyline Hospital is renovating its 8,000-square-foot downstairs area into a flexible community meeting/educational space, featuring a new dining area, and employee and public café. The project is made possible through grants received from the M.J. Murdock Charitable Trust and the Washington State Department of Commerce, as well as generous donors to the Skyline Foundation.

“A local meeting space is something the community has needed for a long time, and we’re happy it will be available in the near future,” says Robb Kimmes, Skyline Hospital chief executive officer. “We’re excited to get started with the renovation and expect to complete it by the end of 2017.”

Community groups, nonprofits, service clubs and local businesses will be able to utilize the meeting/educational space at Skyline, which will serve up to 200 people. The hospital’s new dining area and café will provide a quiet



place for patients, families and employees to relax and enjoy a delicious and healthy meal. Both spaces overlook the beautiful Columbia River Gorge.

For more information, call 509-637-2602.

OUTPATIENT SERVICES

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SKYLINE HOSPITAL OFFERS NEW NURSING OUTPATIENT SERVICES

Are you or your loved one facing countless hospital visits due to the need for infusion therapy or other health-related services? If so, Skyline Hospital's new Nursing Outpatient Services Program might be a fit for you. The program provides treatment for a wide variety of medical conditions and is available to patients 24/7. For your convenience, services are scheduled prior to arrival, avoiding an ER visit and the need to wait for your medications.

Skyline's experienced nurses play an integral role in coordinating your care with physicians and clinical pharmacists, while working to achieve the best possible outcome. You'll feel confident knowing your health is carefully monitored by a team of experts.

INFUSION SERVICES INCLUDE:

- IV medications, including antibiotics
- Subcutaneous and intramuscular medications
- Hydration therapy
- Blood product transfusion

OTHER SERVICES INCLUDE:

- Central line maintenance and access
- Lab draws
- Patient education

Please note: Chemotherapy services are not provided.

To schedule an appointment or to learn more, call 509-493-1101 or visit www.skylinehospital.com.



DIGITAL X-RAY

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The world of diagnostic imaging has come a long way since Wilhelm Conrad Röntgen of Germany took the first X-ray in 1895. Extraordinary strides in the field now offer physicians a remarkable view inside the human body to help diagnose injuries and treat disease.

X-rays are a painless way to quickly get important information about the body, especially in cases where an injury has occurred. The addition of digital X-ray at Skyline Hospital provides the latest advantages in imaging equipment to ensure every patient receives the safest treatment with the best clinical outcome.

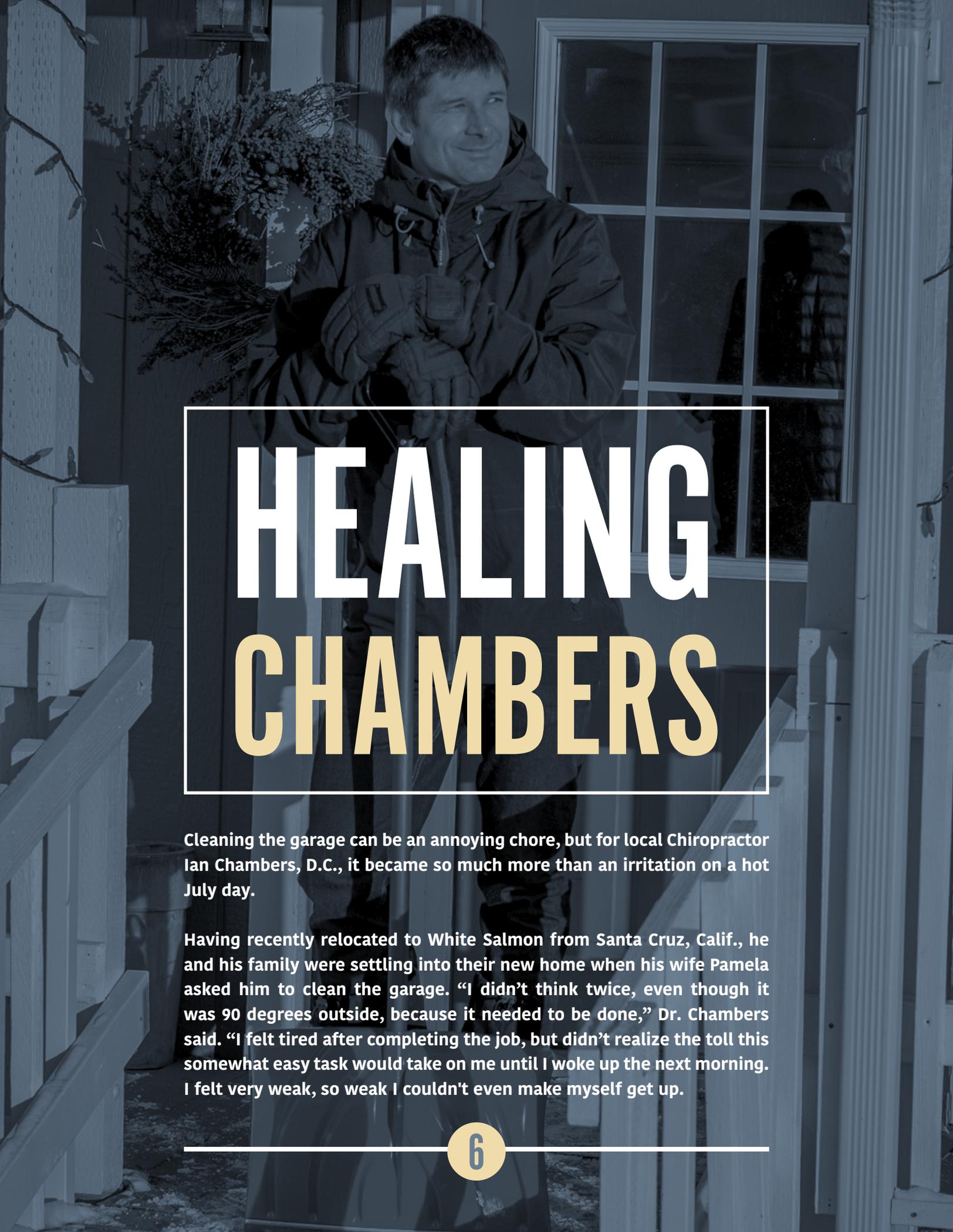
"Skyline patients can have true peace of mind knowing our staff has extensive experience."

Skyline's diagnostic team is committed to administering the lowest radiation doses possible, while producing the highest quality image. Not only do digital X-rays expose patients and staff to up to 90 percent less radiation than traditional film X-rays, they also have the following additional benefits:

- They can be viewed on a computer monitor within seconds of taking the image.
- They can be enhanced and enlarged for better diagnostics.
- They can be electronically sent to other providers instantly.
- They can be placed in your electronic patient file for immediate retrieval.
- They are better for the environment because they don't require developing.

Skyline patients can have true peace of mind knowing our radiologists, technologists and support staff have extensive experience in imaging, access to state-of-the-art equipment, and provide unparalleled care.

To learn more, please call 509-637-5105.

A man in a dark jacket stands on a porch, holding a large wreath. The scene is dimly lit, suggesting dusk or dawn. The man is smiling slightly and looking off to the side. The porch has a wooden railing and a window is visible in the background.

HEALING CHAMBERS

Cleaning the garage can be an annoying chore, but for local Chiropractor Ian Chambers, D.C., it became so much more than an irritation on a hot July day.

Having recently relocated to White Salmon from Santa Cruz, Calif., he and his family were settling into their new home when his wife Pamela asked him to clean the garage. “I didn’t think twice, even though it was 90 degrees outside, because it needed to be done,” Dr. Chambers said. “I felt tired after completing the job, but didn’t realize the toll this somewhat easy task would take on me until I woke up the next morning. I felt very weak, so weak I couldn’t even make myself get up.

“After losing 20 pounds in just two weeks I was very concerned and knew this was an ailment I couldn’t just get over myself,” he said. “Pamela took me to Skyline Hospital’s emergency room where I was greeted by a competent and compassionate team. They said they were going to take great care of me, and they did!

“I received the most amazing treatment,” he smiled. “Troy Withherite, M.D., the attending physician, was calm, honest and proceeded with caution as he assessed me. The radiology team were like angels guiding me every step of the way. Everyone I came in touch with was genuinely caring, which was a huge part of my healing process.”

Dr. Chambers spent a day at Skyline Hospital receiving numerous tests, IV fluids and steroids, which helped him turn the corner to good health. And, although a positive diagnosis was not made, it was determined the cause of his health problems could have been toxic fumes – due to heat and exposed pesticides – he inhaled while cleaning the garage.

Along with the warmth and expert medical care he received at Skyline, Dr. Chambers took an integrative approach on his road back to health. He also included chiropractic, acupuncture and naturopathy to support his body and mind in regaining its full strength and vitality.

“I feel blessed to have my health back,” he openly shares. Ultimately, Dr. Chambers sees his health crisis as a gift that allowed him to re-focus on what really matters most in his life: family. And it’s helped him become a more sympathetic doctor. It’s given him a deeper understanding of the suffering his patients experience every day. Which, he believes, allows him to serve them even better.

**"It felt wonderful
to be so
compassionately
cared for."**

“Skyline was a pivotal point in my recovery,” he continued. “At a very stressful time, I was held up by the strength of others – it felt wonderful to be so compassionately cared for. Everyone should know what a special place Skyline is and how lucky we are to have access to this community hospital. I can’t say enough great things about Skyline and what it means to me.”





HEALTH & WELLNESS

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STAY MOTIVATED TO REACH YOUR GOALS

It might be obvious, but regular exercise will help you deal with winter in a healthy way and keep you active during those hibernation months. This important habit will improve your mood and energy, prevent or reduce your winter associated blues, and strengthen your immune system.

We asked Skyline Hospital Physical Therapist Eric Carpenter, DPT how we can motivate ourselves to move when the winter weather sets in.

Q: There is so little daylight when I get done with work.

How can I make the most out of my workouts?

A: Research shows you don't have to do one long continuous bout of exercise to get the benefits. Try fitting in three 10-minute brisk walks throughout your day to take advantage of the daylight. Later, finish up at home with some yoga or strength training.

Q: How can I stay motivated to exercise when the weather just doesn't cooperate?

A: One of the best ways to stay motivated is to exercise with a buddy. This added level of accountability will help you push each other, plus make exercising more fun. Also, try to get into a routine so activity becomes a regular part of your day. Try setting aside a space indoors to exercise, even if it is something simple.

Q: There aren't any gyms or classes near my house and I don't want to spend a lot of money on exercise. Is there anything simple I can do in my home?

A: If you have access to internet, I strongly recommend checking out free online classes. There are a lot of free apps and videos for yoga, Pilates, strength training and more. You can also check the library for DVDs.

Q: My bones and joints hurt more in the winter. Is it safe to exercise?

A: For the most part, motion is lotion for achy bones and joints. The stiffness that prevents you from getting out and being active begins a vicious cycle: stiffness leads to inactivity, which contributes to increased stiffness and incidentally, decreased strength and endurance. This combination can put people at greater risk of injury once

you do get moving. Most people find once they get going their muscles and joints get warmed up and they actually feel better.

Q: In the summer I do lots of activities like hiking, water aerobics and biking. But in the winter my exercise options are limited and I get really bored. How can I keep my activities interesting?

A: There are many ways to continue the activities you enjoy. Think of winter as an opportunity to try something new. The Hood River therapy pool is a great option, while cross country skiing and snow shoeing are inexpensive winter sports that are easy to try. Waterfall hikes can be great when the water is a little higher with the added benefit of fewer people. A few pieces of equipment can go a long way to help you get out and enjoy the outdoors. Look for waterproof and breathable pants, jackets such as GoreTex and good waterproof boots. We also live in such a unique area where even when it is cloudy and rainy here, a short drive to places such as the Lower Deschutes State Park, can yield a bounty of sunshine to help you beat the winter blues.

Q. I'd like to exercise outdoors in the winter, but I'm concerned about slipping on the ice or tripping on something in the dark.

A. These can make it really intimidating to go outside during the winter months. A couple of simple products can make your run or walk safer. I always walk my dog with a headlight, and my dog wears a reflective collar so I can see and be seen. For traction I use a pair of ice cleats, brands such as YakTrax make some great products that slip on right over your shoes or boots, and can give you really incredible traction on even the slickest of surfaces. There are even flip down spikes for canes if you need a little extra assistance.

Q. My New Year's resolution is to be more active. I have tried this before, but have trouble keeping it. How can I stick to my fitness goals?

A. This is such a challenge for many people. First, focus on activities you truly enjoy doing. I also suggest people make their goals very specific. I use the SMART system for goal-setting:

- **Specific** – I want to walk at least 150 minutes per week.
- **Measurable** – My goal is 150 minutes per week.
- **Action based** - I will use 15 minutes of my lunch to walk and get up 15 minutes earlier to walk in the morning.
- **Realistic**- Setting simple easier to achieve goals gives you more confidence to continue, set new goals or improve. By setting unattainable goals you run the risk of reinforcing failure and a reluctance to continue trying.
- **Timely** – A goal should be grounded within a timeframe. Without a timeframe there's no sense of urgency.

WELLNESS CLASSES

MY AGING PARENTS

Wednesday, February 15 • 5:30 p.m.

Location: Skyline Hospital Meeting Space

Instructor: Norma Pickett

Operations Manager Klickitat County Senior Services
In partnership with Klickitat County Senior Services

- Are your parents in their golden years? Learning how to help parents or other loved ones through their transition can prepare us for our own. This compassionate and comprehensive class will teach participants what to expect, how to deal with physical and emotional challenges, and where to find resources to help. In addition, financial and legal considerations, health issues and family interpersonal relationships will be covered.

To register, call 509-637-2601.

WOMEN'S SELF DEFENSE

Tuesday, February 28 • 6 – 8 p.m.

Location: Skyline Hospital Meeting Space

Instructor: Alex Evans

First Light Martial Arts Academy
In partnership with Programs for Peaceful Living and First Light Martial Arts Academy

- Are you looking for a self-defense class where the atmosphere is positive, fun and empowering? Participants taking this class will examine physical fitness, martial arts techniques, emotional and verbal self-defense, and the context, realities and statistics of self-defense. Students can expect to do some light athletic movement and basic martial arts strikes against pads. This session will be appropriate for people with no prior experience, ages 14 and over.

To register, call 509-637-2601.

SOLUTIONS FOR SEASONAL BLUES

Tuesday, March 7 • 5:30 p.m.

Location: Skyline Hospital Meeting Space

Instructor: Lisa Belding

Case Manager, Comprehensive Health Care
In partnership with Comprehensive Health Care

- Do the seasons affect your mood? If so, join Lisa Belding to learn more about seasonal affective disorder (SAD). Participants will learn what SAD is, its myths and how it affects us. The class will also cover basic skills around mindfulness, self-care and nutrition, as well as when medications might be appropriate.

To register, call 509-637-2601.

AGING MASTERY PROGRAM (AMP)

February 23 - April 27

Thursdays, 11:30 a.m. – 1 p.m.

Location: Pioneer Center

In partnership with Klickitat County Senior Services

- The Aging Mastery Program® encourages mastery—developing behaviors across many dimensions that will lead to improved health, stronger financial security and overall well-being. Participants in this program will make and maintain small but impactful changes in their health behaviors, financial security and enrichment in later life. The class is designed to help participants provide support and encouragement to their peers, and become more involved in the community.

To register, call 509-493-3068.



SKYLINE FOUNDATION'S BOARD OF DIRECTORS

Skyline Foundation's board of directors are business professionals, members of our community and our neighbors. Their leadership is much more than attending meetings – they live in the community, support Skyline Hospital and have an insider's view of the area's health care needs. They work tirelessly in the area of philanthropy to ensure essential programs and services are available to our communities.

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KARALEE CHABOTTE, SECRETARY

- Board member since 2007
- White Salmon resident for eight years
- Education: 25 years of banking experience
- Career: Manager at CenterPointe Bank
- Service: Past President for the White Salmon/Bingen Rotary Club and current member, and volunteer firefighter for White Salmon



DEE DEWEY

- Board member since 2015
- Gorge resident for 37 years
- Education: Teaching Credentials, Southern Oregon College
- Career: Professional mother, grandmother and volunteer
- Service: Phi Beta Sigma Alumni



SANDI DICKEY

- Board member since 2015
- Lifetime resident of White Salmon/Bingen
- Education: Specialized certifications in Business, Horticulture and Administration
- Career: Co-owner of Dickey Farms in Bingen and manager of Vanguard Nursery
- Service: Past Bingen City Council Member



RICKY KNOWLES, PRESIDENT

- Board member since 2015
- White Salmon resident, born and raised
- Education: U.S. Naval Academy in Annapolis, Bachelor of Science in Aerospace Engineering, Master of Science in Project Management and Master of Business Administration
- Career: Program Manager for Insitu
- Service: United States Navy, 10 years



SUE MASSART, TREASURER

- Board member since 2010
- Husum resident for 36 years
- Education: Bachelor of Science in Nursing and Masters in Business Administration
- Career: Retired manager of Ray Yasui Dialysis Center for Providence Hood River Memorial Hospital
- Service: Volunteer for Sound Equine Options, a horse rescue organization for neglected and abused horses



DEDE MARBERRY, VICE PRESIDENT

- Board member since 2004
- White Salmon resident for 18 years
- Education: Teaching Credential, UCLA
- Career: Retired from the Huntington Beach School District and management of a surgeon's office in Portland, Ore.
- Service: Past President of the White Salmon Soroptomists and volunteer for Mt. Adams Chamber of Commerce



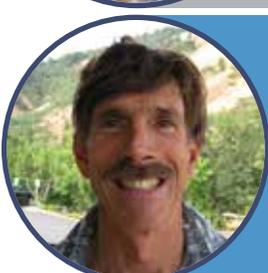
LARRY MCCUTCHEON

- Board member since 2016
- White Salmon resident for 35 years
- Education: Bachelor of Science in Physical Education and Health, Master in Physical Education and Health, and Master in Counseling and Psychology
- Career: Thirty years of service at Columbia High School: guidance counseling, physical education and health teacher, head football and baseball coach, and assistant basketball coach
- Service: St. Joseph's Church, Knights of Columbus member, White Salmon Lions Club member, National Football Hall of Fame and Clark County Chapter committee member



BOB WEISFIELD

- Board Member since 2016
- Klickitat County resident for 40 years
- Education: Bachelor of Arts in Political Science from University of Washington, Juris Doctor Law Degree from University of Oregon and President of the University of Oregon Law School Student Body
- Career: Assistant City Attorney, Tacoma, Wash., Rancher in Lyle, Wash., Klickitat County West District Court Judge 1978-2015, private law practice in Bingen, Wash., and served on numerous boards with the District and Municipal Court Judges Association
- Service: White Salmon/Bingen Rotary Club member, served one year as president



WILLIAM W. WHIDDEN

- Board member since 1996
- White Salmon resident for 25 years
- Education: Certified Financial Planner, Bachelor of Arts from Colby College
- Career: Certified Financial Planner and owner of Proactive Financial Management
- Service: Columbia High School Alumni Association, West Klickitat Historical Museum, Trout Lake Community Foundation, Community Enrichment for Klickitat County, Bethel Shalom Senior Housing, White Salmon Odd Fellows - Goodwill Lodge, White Salmon/Bingen Rotary Club, Community Pride, White Salmon Steelheaders and Washington Gorge Action Programs



P.O. Box 99
White Salmon, WA 98672

www.skylinehospital.com

*Klickitat County Public Hospital District
No. 2, dba Skyline Hospital, is
supported in part by tax proceeds.
Skyline is governed by an elected
five-member board of commissioners.*

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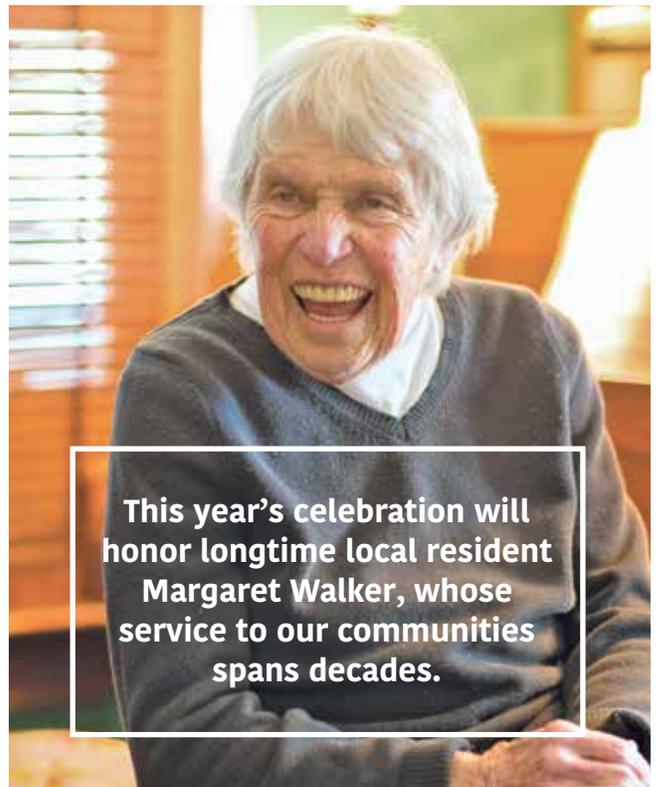
SAVE THE DATE

Cultivate Columbia Honoring Margaret Walker March 11, 2017 • 5:30 p.m.

Mark your calendars for Skyline Foundation's annual fundraising gala, Cultivate Columbia.

Guests will experience a delectable meal prepared by local chefs, sip on local wine, beer and cider, meet local artists, view unique artwork and enjoy a lively auction. Individual seats are \$85 each or purchase a table of eight for \$700. Reserve your seats now as this popular event sells out quickly.

For information or to reserve your seats contact the foundation office at 509-637-2602 or elizabethvaivoda@skylinehospital.org.



This year's celebration will honor longtime local resident Margaret Walker, whose service to our communities spans decades.