Dear Neighbors,

I would like to take this opportunity to thank you for trusting Skyline Hospital with your health care needs. Skyline has been a vital part of our community for more than 60 years, and our highly skilled team – your friends and neighbors – are proud to continuously offer extraordinary care, close to home.

We have made great strides over the last few years as we continue to focus our efforts on providing high-quality personal care – ensuring every patient has an exceptional experience. We have expanded our services, enhanced our facility – and most importantly – educated and equipped our staff with the best technology and knowledge to better serve you and your family.

Skyline recently partnered with Allevant Solutions, a joint venture of the Mayo Clinic and Select Medical, to advance our Transitional Care Program. We understand how important it is to have a short-term rehabilitation option for our communities, which not only provides for the rehabilitative needs of the individual, but does so in an environment that helps the patient feel at home. Our goal is to help patients regain their strength and mobility, as well as the confidence and independence to return to their normal lives. To learn more about our Transitional Care Program, see page 6.

As we move forward our emphasis will be on health, not just diagnosing and treating illnesses, but preventing them as well. We are proud to play such an essential role in our community and consider it a privilege to be your health care provider of choice.

Thank you for your continued support.

Robb Kimmes
Chief Executive Officer
Skyline Hospital
Meet Skyline Hospital’s Board of Commissioners

Skyline Hospital’s board of commissioners are business professionals, members of our community and our neighbors. Their leadership is much more than attending meetings and reading reports — these commissioners live in the community, use Skyline Hospital and have an insider’s view of the area’s health care needs.

Jonathan Blake, Chair
- Board member since 2013
- Serves on the Personnel, Personal Improvement and Planning Committees
- White Salmon, Wash., resident off and on for 25 years
- Education: Studied Communications at Western Washington University
- Career: Owner of McCoy-Holliston Insurance
- Service: Member and past president of the White Salmon-Bingen Rotary Club and active in the Community Partners summer events

Leslie Dewey, Vice Chair
- Board member since 2006
- Serves on the Administrative Compensation, Personnel Committee and Planning Committees
- White Salmon, Wash., resident for 17 years and Gorge resident for 40 years
- Education: Studied Personal and Industrial Management at University of Oregon
- Career: Retired after more than 30 years in the Human Resource field
- Service: White Salmon Lions Club

Juliet Pouillon, Secretary
- Board member since 2016
- Serves as the Skyline Hospital Board of Commissioners secretary and on the Finance Committee
- Lyle, Wash., resident for 10 years
- Education: Studied Speech Communications at Oregon State University
- Career: Owner and Chief Financial Officer of Domaine Pouillon Winery
- Service: Present member of the Columbia Grange #87 and past treasurer for the Lyle Community Council

Howard Kreps, Commissioner
- Board member since 2004
- Serves on the Administrative Compensation Committee
- Born at Skyline Hospital
- Lifetime White Salmon, Wash., resident and property owner
- Education: Columbia High School, Pacific Lutheran University
- Career: Business owner and athletic director for White Salmon Valley Schools
- Service: Klickitat Planning Commission board member

Don Schaack, Commissioner
- Board member since 2002
- Serves on the Finance Committee and liaison to the Skyline Foundation Board
- White Salmon, Wash., resident for 18 years
- Air Force medical veteran
- Education: Studied Business and Economics at Valparaiso University
- Career: Retired after 40 years of commercial banking
- Service: United Way Board and White Salmon Lions Club

Skyline Hospital’s Board of Commissioners is a five-member board elected by the residents of Klickitat County Public Hospital District No. 2, which spans the western half of Klickitat County. Each board member is appointed for a six-year term.
If you or your family member are faced with needing infusion services, Skyline Hospital is here to help. With specially trained infusion nurses, and experienced clinical pharmacists, Skyline’s Outpatient Infusion Services offers compassionate, high-quality infusion therapy for patients – close to home.

Our talented staff work with a diverse population of patients, including:

- Patients with blood disorders
- Patients requiring intravenous antibiotics
- Patients requiring frequent medication injections
- Patients with chronic illnesses who require intravenous treatments, but are not hospitalized

Our patients receive their infusion in a comfortable room with views overlooking the Columbia River Gorge. Some of the examples of the services and treatments provided include, but are not limited to:

- Hydration therapy
- IV medications for chronic illness
- IV antibiotic therapy
- Intramuscular injections
- Subcutaneous injections
- Therapeutic phlebotomy
- Transfusions of blood products

Patients may access Skyline Hospital Infusion Services by calling 509-493-1101, or through a referral from their primary care physician.

If you don’t see a specific infusion listed above, please call to inquire whether Skyline can accommodate.
Varicose Vein Treatment

Gone are the days of major surgery, multiple incisions, painful recoveries and time lost from work. Now varicose and spider veins can be treated on an out-patient basis with local anesthesia – giving you a leg up on your health.

Varicose and spider veins occur when the valves in a leg vein no longer function properly, causing blood to pool in the vein. Common symptoms include:

- Pain
- Swollen limbs
- Leg heaviness and fatigue
- Skin changes
- Leg ulcers that won’t heal

At Skyline Hospital we are committed to bringing you the best in relief from venous diseases. General Surgeon Seth Lambert, D.O., is specially trained to offer the latest minimally-invasive technique through the Venefit™ procedure. Using this procedure, the diseased vein is closed by inserting a tiny catheter into the vein and heating its wall using temperature-controlled radio frequency energy. Heating the vein wall causes collagen in the wall to shrink and the vein to close. After the vein is sealed shut, blood then naturally reroutes to healthy veins.

The Venefit™ procedure has proven results with positive patient experiences and outcomes. Patients can walk away from the vein procedure and be back to everyday activities – either at home or at work – typically within a few days.

If you’re suffering from pain related to a venous disease, treatment is now available locally at Skyline Hospital. To learn more about treating venous diseases or to schedule an appointment, please call 509-637-2810.

A physician referral is required.

Procedural Highlights

- Outpatient procedure at Skyline Hospital
- Can be performed under local anesthesia
- Relief from symptoms in a couple of weeks
- The average patient typically resumes normal activities within a few days
- Proven results

Frequently Asked Questions

Q: Is the Venefit™ procedure painful?

A: Most patients report feeling little, if any, pain during the procedure. Your physician will give you a local or regional anesthetic to numb the treatment area.

Q: Is there any scarring, bruising or swelling after the procedure?

A: Most patients have limited to no scarring, bruising or swelling following the Venefit™ procedure.

Q: Is the Venefit™ procedure covered by insurance?

A: Many insurance companies pay for this procedure in part or in full. The Venefit™ procedure has coverage policies with major health insurers.
At some point, many of us have to spend time in the hospital for an illness or surgery. While you can get many of your health care needs met locally, there are services you can only get in a larger city, such as Portland or Vancouver.

What if you have made progress in the large hospital, but still need some additional time for physical, occupational or speech therapy “rehab”, under the watchful eye of a full hospital-based care team? What if you have other medical conditions that have made your full recovery more challenging? Wouldn’t it be great if you could stay for a short time in a place close to home that provides high quality therapy services, industry-leading nurse staffing ratios, an on-site physician and full hospital support? The good news is, now you can!

Skyline Hospital is pleased to announce the establishment of an enhanced Transitional Care program. We asked Stefanie Boen, chief nursing officer at Skyline and Robb Kimmes, chief executive officer at Skyline some questions about the program.

Thanks for spending some time with us today Stefanie and Robb.

WHAT EXACTLY IS “TRANSITIONAL CARE”?

**BOEN:** “Transitional Care is a high quality, evidence-based program for patients who are well enough to leave a traditional hospital setting but still have nursing, therapy or respiratory needs that may not be optimally met in their homes or skilled nursing facilities. Some examples of these needs would include frequent intravenous medications, wound care, breathing treatments, or intensive physical, occupational or speech therapy.”

WHAT MAKES THE PROGRAM DIFFERENT?

**KIMMES:** “Skyline Hospital has partnered with Allevant Solutions, a joint venture of the Mayo Clinic and Select Medical, to develop our Transitional Care Program. It is modeled on the Mayo Clinic’s successful efforts in Wisconsin and Minnesota, and supported by a team that includes a Mayo Clinic critical care physician. The program is designed to provide access to high quality post-acute services in familiar, easy to navigate rural hospitals. Currently, most patients who need this type of care after a hospital stay are cared for in a skilled nursing facility. These facilities are often not equipped with the staffing or resources needed to provide optimal post-acute care, especially for more complex patients. As a rural hospital, we offer many supportive services skilled nursing facilities cannot, such as an on-site physician, respiratory therapy, lab and radiology, and very good nurse to patient ratios.”

HOW HAVE YOU BEEN PREPARING?

**BOEN:** “Our team has been implementing new evidence-based processes and completing additional specialized clinical education. We are also opening up new channels of communication with the larger hospitals in our region to ensure our local patients, and the larger hospitals, are aware of this option at Skyline.”

WHO CAN USE THE TRANSITIONAL CARE PROGRAM?

**BOEN:** “Most patients receiving this care at Skyline will be covered by the Medicare Swing Bed Reimbursement Program, although other insurers may participate as well. In general, patients need to have a qualifying hospital stay before being admitted for transitional care, and have a need for skilled nursing or therapy services.”
WHY IS SKYLINE HOSPITAL DEVELOPING THIS PROGRAM?
KIMMES: "As the nation’s population ages, there will be an increasing need for facilities with the expertise and capability to care for patients with medically complex conditions. Our community is no different. By enhancing our ability to provide this care, we are not only meeting the post-acute care needs of our current and future patients, but also providing increased stability and excellent employment opportunities for our community as a whole."

WILL THIS PROGRAM AFFECT SKYLINE HOSPITAL’S ABILITY TO TAKE CARE OF REGULAR HOSPITAL PATIENTS?
KIMMES: "In short, no. We can determine how many transitional care patients to admit at any given time, so we will be able to guarantee the program will not limit our ability to take care of the day-to-day needs of our local patients, yet still take full advantage of the capacity of our facility and staff. This is a win for our patients, our employees and our community."

WHAT DO YOU WANT READERS TO TAKE AWAY FROM THIS CONVERSATION?
BOEN: "I want them to know Skyline offers a high-quality post-acute option, right here in the Gorge and we’d love to take care of them if they have transitional care needs!"

Dick Swart: Recovering in his own backyard

Dick Swart moved to the Columbia Gorge from Minnesota in 1992. As many are, he was attracted by the beauty of the area and its great variety of outdoor activities. Since then he has seen the growth of the area through tourism, adding new neighbors, and the expansion of arts and music programs particularly at the Columbia Gorge Center for the Arts.

Always a relatively healthy person, Swart found himself with a series of setbacks over the last few years. He needed several surgeries including two hip replacements, a knee replacement and a lumbar spinal clean-up.

But as Swart says, “I’m coming back and although I’m not at 100 percent yet, I can drive and travel to take advantage of the activities in Portland and here in the Gorge like the Columbia Gorge Center for the Arts. And I’m looking forward to my 60th class reunion back in Massachusetts in June!”

That Swart is back home and engaging in his favorite activities again is in part thanks to the help he received through the Transitional Care – or Swing Bed – Program at Skyline Hospital.

Swart had his surgeries in larger Portland hospitals, but when the time came for him to be discharged, he was far from ready to return home.

“You’re OK from the surgery itself, but you still have weeks of healing and rehab therapy ahead of you in a hospital care facility,” explained Swart. “This is when Skyline Hospital’s Transitional Care Program came in.”

It’s a program which allows smaller, rural hospitals to open up their beds to provide skilled nursing care to those patients like Swart, who no longer qualify as in-patients, but who are not quite ready to return home. This is due to needing services such as physical or occupational therapy, wound care and IV or respiratory therapies. Often, it means these patients can receive the care they need closer to home – and for Swart the Skyline program was a very attractive choice for this care.

“I was a 10-minute drive away from friends and family, and the care I received at Skyline was phenomenal,” added Swart. “Personal care is the staffs’ priority – everyone from the physicians to the nurses to the housekeepers made you feel welcomed. I was treated like a person not a number and the care was tailored to my individual needs.

“It made me feel good to heal at Skyline,” continued Swart. “It’s nice to know we have a hospital offering a service of this caliber in our backyard. I don’t think I could have received better care anywhere.”
Skyline Hospital believes its mission to promote an exceptional level of health and well-being in our community begins long before a patient walks through our doors. This is why Skyline has established a new Community Health and Wellness Program focusing on a range of prevention activities developed for schools, work sites and the community. In the next 12 to 18 months, Skyline will be rolling out and enhancing initiatives such as:

» School health and wellness opportunities
» Cooking classes for students
» Health fairs
» Work site wellness programs
» Community education classes
» Wellness challenges
» Establishing coalitions/collaborations focusing on community needs
» Strengthening existing community partnerships
» Promoting of healthy eating and active living

In addition, the hospital will focus on improving the health of its staff through a comprehensive Employee Wellness Program, ensuring they lead the way and serve as role models for patients and visitors.

The Skyline Community Health and Wellness Program is an opportunity for the hospital to give back to the communities it serves and reinvest resources where most needed. If you’re interested in partnering with the hospital on a health initiative, please contact Debi Budnick, Skyline’s community health and wellness coordinator at 509-637-2601.

To stay informed of future classes and events, sign up for our community health email alerts by sending an email to debibudnick@skylinehospital.org with the subject line “Sign me up”. Please include your name and zip code.
Pumpkin Seeds
This fall favorite isn’t just delicious in October. Pumpkin seeds are a healthy snack full of fiber and relatively inexpensive (check the bulk section at your local grocery store). Toss them with your favorite seasoning and roast them in the oven at 300 degrees for 15 minutes.

» 2/3 cup pumpkin seeds, rinsed and coated with 1 tsp. Curry powder and a pinch of salt, roasted at 300 degrees for 15 minutes: 8 grams protein

Perfect Parfait
In a transportable container, alternate layers of plain Greek yogurt with a handful of fruit (either fresh or frozen). Then top with a drizzle of honey and a sprinkling of toasted oats or low-sugar granola to add crunch to this protein – and probiotic-packed treat.

» 1/2 cup Greek yogurt with 2 tbsp. oats and 2 tbsp. berries: 12.9 grams protein

“Cheesy” Popcorn
When it’s not doused in butter and artificial flavorings, popcorn can be a super healthy snack, thanks to being a fiber-rich, satiating whole grain. Kick up its protein content by dusting the kernels with nutritional yeast, the vegan, B vitamin-packed answer to Parmesan cheese. You can find nutritional yeast in the bulk section of your grocery store.

» 3 cups air-popped popcorn coated with 2 tbsp. nutritional yeast and a sprinkle of salt: 8.9 grams protein

Roasted Chickpeas
There’s so much more to chickpeas than hummus, and one of the tastiest ways to enjoy these cholesterol-lowering beans is also the simplest. Roast them with some basic seasonings for an extra crunchy, nutty bite, and carry them in a small plastic bag or container. Pop a handful when you feel hunger coming on.

» 3/4 cup chickpeas roasted for 20 to 30 minutes with 1 tbsp. each olive oil, salt and cayenne pepper: 9 grams protein
The 2016 Cultivate Columbia gala drew more than 160 guests to celebrate health and healing in our Gorge communities, and to support essential programs and services at Skyline Hospital.

The gala’s magical evening celebrated this year’s honoree Olga Jane (O.J.) Hecomovich for her more than 65 years of service, featured an artist reception, silent auction, dinner and an exciting live auction. “The evening was beyond our imaginations,” said Elizabeth Vaivoda, Skyline Foundation executive director. “Through the generosity of many we raised nearly $60,000 that will directly benefit the communities we serve. We want to thank everyone for their amazing support.”

This year’s live auction showcased items such as romantic getaways, original artwork and a side of local beef. “It was fun and exciting to see the bidders compete for items,” continued Vaivoda. “Everyone had a wonderful time and the event was a large success.”

To Watch Over Me – An original piece of art donated by local artist Robin Panzer.

Fox Tail Cider, AniChe Cellars, Domain Pouillon and Everybody’s Brewing graciously donated the libations.

Attendees relax and get ready for a wonderful dinner and lively auction.

Honoring Olga Jane (O.J.) Hecomovich

O.J. Hecomovich was raised in the small town of Gilmer, Wash., and has always understood the rewards of being part of a rural community. After graduating from Good Samaritan Nursing School in 1949, she began a life of nurturing – choosing the Gorge for her career. It’s a choice our communities have benefited from for more than 65 years.

Alongside many physicians in the Gorge, O.J. provided not only quality care – but personal care – to thousands of patients. She was a longtime nurse at Skyline Hospital working in surgery, obstetrics and as she says, “Everything in-between”. She also worked closely with the late Dr. Wayne Henkle, in his medical practice for many years.

In addition to those O.J. has positively affected through nursing, she has touched countless others through her involvement with local committees, athletic events and nonprofits – including the Skyline Foundation, where she was a founding board member.

Today, she is still an integral part of our communities, always lending a helping hand to improve the lives of others. She volunteers every Wednesday at Skyline Hospital continuing her legacy of providing excellent care to our community.

Thank you O.J. for sharing your talent and making a difference.
Thank you!

Cultivate Columbia was a great success this year, raising nearly $60,000 to benefit the programs and services Skyline Hospital provides to our Gorge communities. This year’s event honored Olga Jane (O.J.) Hecomovich, retired Skyline nurse and longtime volunteer, for her more than 65 years of service. The Skyline Foundation Board thanks everyone who donated, volunteered and attended the event.

Together we can make a difference!

Artistic Excavation
Analemma Winery
AniChe Cellars
Artisans Jewelry
Backwoods Brewing
Beneventi’s
Best Western PLUS Hood River Inn
Bicoastal Media
Kelly Blanchard
Blue Skies Bakery
Cascade Cliffs Winery
Cathedral Ridge Winery
Cedar Creek Alpacas
Cielito Restaurant & Lounge
Cerner
Coaster Theatre Play House
Columbia State Bank
Columbia Gorge Hotel
Columbia High School Students
COR Winery
Lloyd & Lorrie DeKay
Mark DeResta
Dirt Huggers
DJ’s Repair
Dog River Coffee
Domaine Pouillon
Double Mountain Brewing
Dr. Roscoe’s Holistic Bike Repair
Everybody’s Brewing
Feast Market & Delicatessen
Charlene Fort
Fox Tail Cider
Dawn Glasser
Staci Hanson, DMD
Hood River Distillers
Hood River Hotel
Hood River Waterway
Husum Bed & Breakfast
Ingrid’s Cheesecakes & Pastries
Inn at Cannon Beach
John L. Scott Realtors
Norm Johnson
Wash. State Rep. - 14th District
Kreps Ranch
Little White Cottage
Lyle Hotel
Maryhill Winery
Sue Massart
Memaloose Winery
Mt. Bachelor Ski Resort
Mt. Hood Winery
Naked Winery
NAPA Auto Parts
Northshore Medical Group
Kyle Ocean
Optimist Printers
Oregon Gardens
Robin Panzer
pFriem Family Brewing
Phelps Creek Winery
Portland Spirit
Ray Shulten Motors
Red Lion Inn
River Daze Café
Lupe Rojas
JoDean Sarins
Don & Carol Schaack
Martl Jacobson & Robb Severdia
Skylight Theater
Skyline Employees
Skyline Foundation Board
Skyline Hospital
Board of Commissioners
Skyline Volunteers
Terina Sorensen
Strawberry Mountain
Sunset World Resorts
Syncline Winery
The Pines
The Scheme of Things
Stevenson Family
TRELLIS Flowers
Yani & Elizabeth Vaivoda
Vanguard Nursery
Viento Winery
Vista Balloon Adventures
William & Heather Whidden
White Salmon Bakery
White Salmon Eye Care
White Salmon Vineyards
Michael & Erin Wissig
Wy’East Winery
Skyline Asks Voters to Renew Tax Levy

Skyline Hospital will be asking hospital district tax payers to renew a 34 cent, per $1,000 of assessed property value tax levy for an additional 20 years at the upcoming August election. With voter approval, Skyline will use the revenue from the levy to continue its expansion and development of health care facilities and services, as well as support the operations of the hospital.

The hospital and its clinics provide essential emergency, medical and wellness services for residents and visitors throughout its service area. Skyline continues to expand its services and outreach to meet the needs of the area’s growing communities, and is a valuable community resource.

Skyline is committed to providing exceptional, personal and quality care to those we serve today and for future generations.

Important note: Skyline Hospital is NOT requesting an increase in tax dollars or support, rather a renewal of the existing 1997 levy currently in effect. The renewal of this levy will not increase taxes.

More detailed information on the levy vote will be distributed to taxpayers in June.

2015 Hospital Statistics

Skyline’s patient volumes have increase more than 8 percent in the last ten years and continue to grow.

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<th>Service</th>
<th>Patients Served</th>
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<tr>
<td>Emergency Room Visits</td>
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<td>Surgical Procedures</td>
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Mission Statement
Skyline Hospital promotes an exceptional level of health and well-being in our community.

Vision Statement
Skyline Hospital will actively strive to be responsive to the changing needs of our community. We will be the health care provider of choice in our community.