

4/19/17 view

## HOSPITAL HAPPENINGS

### *Stress less to feel your best*

*By Nina Novikoff, HR Director*

At Ferry County Public Hospital District, our mission is “to strengthen the health and wellbeing of our community through partnership and trust.” April is Stress Management month, and in the spirit of our mission, we offer some interesting facts that may have you looking at ways to reduce stress and improve your health and wellbeing.

In 2016, it was reported that US companies experienced \$30 billion in lost productivity in sick days and absenteeism. These absences were tied directly to work-related stress. Did you know that workers feeling extremely stressed are four times more likely to suffer from fatigue, headaches, depression, or other ailments? People under stress are also twice as likely to report decreased productivity and overall poor health. The good news is, there are some very simple ways to reduce your stress and improve your work/life balance today.

The American Heart Association

recommends the following steps to cope with stress:

- Try positive self-talk — turning negative thoughts into positive ones. For example, rather than thinking “I can’t do this,” say “I’ll do the best I can.”
- Take 15 to 20 minutes a day to sit quietly, relax, breathe deeply and think of a peaceful situation.
- Engage in physical activity regularly. Do what you enjoy — walk, swim, ride a bike or do yoga. Letting go of the tension in your body will help you feel a lot better.
- Try to do at least one thing every day that you enjoy, even if you only do it for 15 minutes.

These are just some of the many ways to stress less and feel your best. For free resources on stress management, visit the American Heart Association website: [aha.org](http://aha.org).

*Prior Hospital Happenings available at <http://www.fcphd.org/news.html>*

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4/12/17 views

## HOSPITAL HAPPENINGS

### Welcome New Advanced Registered Nurse Practitioner

By Lacy Sharbono, Administrative Assistant & Medical Staff Coordinator

Ferry County Public Hospital District would like to welcome Jeannette Bauer, ARNP. Jeannette will be working in Republic and Curlew Medical Clinics as well as our emergency room.

Jeannette graduated from Ball State University with her Masters in Nursing Science in 2006. She is also Board Certified with the American Academy of Nurse Practitioners. Since starting her career as an ARNP, her primary focus has been Family Practice. She also worked doing in-home Medicare assessments, hospice and her most recent position was as the provider



at a detention center in Hamilton, MT.

In her spare time, Jeannette enjoys listening to music, reading, scrapbooking and sewing. She also enjoys outdoor activities such as fishing, hiking, hunting, shooting and playing games with her family and friends.

We are very excited to welcome Jeannette on to our team. To schedule an appointment with her, please call the Republic Medical Clinic at 775-3153 or the Curlew Medical Clinic at 779-4049.

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April 18<sup>th</sup> & 19<sup>th</sup> paper



**Ferry County Public Hospital District #1  
will hold the regular April Board meeting at the  
Curlew Civic Hall on April 25, 2017 @ 3:00 p.m.  
4 Washburn St.  
Curlew, WA**

**This is an open meeting per  
RCW 42.30.080**

**The District wants to hear from you. We are  
nearing the end of our lease at the Curlew Clinic  
and would like to discuss our options with the  
public. Please come see us at the Curlew Civic  
Hall for our regularly scheduled meeting. Open  
comments will start at 5:00 p.m.**

4/5/17 News

## Depression: Let's talk

*By Nina Nounkoff, HR Director*

April 7th is World Health Day. Each year, the World Health Organization focuses on a specific health topic of concern to people across the globe. This year, the World Health Day campaign is focused on depression, the second leading cause of death among 15-29-year olds.

Depression affects people of all ages, and can impact an individual's ability to carry out even the simplest daily tasks. This illness causes mental anguish that can impact relationships with family, friends, and work colleagues. At worst, depression can lead to suicide.

The stigma associated with mental illness prevents people from seeking help when

they need it. The hope of the campaign is that through education and awareness of what depression is and how it can be prevented and treated, we can reduce the stigma associated with the condition, leading to more people seeking help.

Depression can affect anyone, so this campaign is for everyone. Get involved. If you or someone you know is suffering from depression, get help.

For more information about the Depression: Let's talk campaign, visit the World Health Organization Website: [www.who.int](http://www.who.int).

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Ferry County Public Hospital District



## Ferry County Public Hospital District

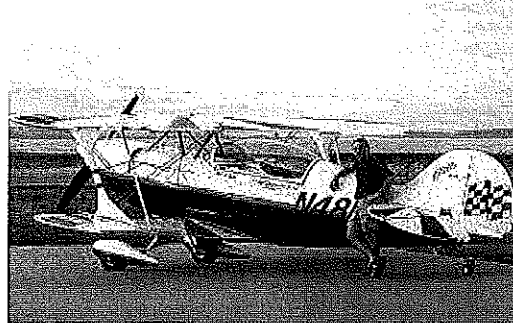
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### Welcome Craig Christopher, PA-C

FCPHD Board of Trustees invites the community to join us in welcoming Craig Christopher PA-C, as the newest member to our team of medical providers. This now brings our cadre of family practice providers to six, Farad Alrashedy, MD; Richard Garcia, DO; Mari Hunter, ARNP; Jodi Petersen, ARNP; Jim Corbett, PA-C; and now Craig Christopher, PA-C.

Craig earned his Bachelor of Science degree from the University of Nebraska, College of Medicine in 1981. His first position was with a "One Doctor" Family Practice and General Surgeon in the small community of Tecumseh, Nebraska. The two managed a 20 bed hospital, Emergency room, Ambulance service, clinic, and three nursing homes. Spare time in the evenings was spent driving to five other small communities in SE Nebraska, once a month, to provide Family Planning services. Craig then moved to Waterville WA, in 1988 where he practiced seventeen years as a remote solo provider for Douglas County Hospital District and ambulance service. From 2005 to 2008 Craig practiced at the North Valley Hospital Emergency Department in Tonasket. His most recent practice was from 2008 to 2017 with the Northport Community Health Center. That clinic is part of the N.E. Washington Health Programs Association rural system operating eight clinics in Stevens, Pend Oreille, and north Spokane counties.

Craig reminds me that he and Karen have had a "retirement cabin" on Curlew Lake since 2005 and have enjoyed the Republic area for 12 years. This was one of the more important reasons working here made sense. His primary home is in Colbert where his



wife, Karen, is an elementary teacher with the Mead School District.

His primary hobby is flying competition aerobatics. Secondary interests include rebuilding experimental aircraft and water skiing. Craig is currently working on rebuilding an aerobatic mono-plane. With some luck, it might be ready to fly this year. Parked at the Ferry County airport is the newest member of the family, the little white Cessna last owned by Justin Smith. In addition to learning to ski at Mission Ridge during his years at Waterville, he has also enjoyed backpacking the North Cascades. Because of the insurmountable odds of a high school student at 5'6" and 125 pounds, making the football or basketball team, at age 16 he learned to skydive. He remained active over 20 years, accumulating close to 1000 jumps. Craig still dreams of doing one more.

Please join us in welcoming Craig Christopher PA-C, as we continue adding well qualified medical practitioners in moving forward on our mission "To strengthen the health and well-being of our community through partnership and trust".

*Dave Iverson, Sarah Krausse, DiAnne Lundgren, Ron Bacon, Nancy Giddings*

3/29/17 Views

## March 30th: NATIONAL DOCTOR'S/PROVIDER'S DAY

*By Aaron Edwards, CEO*

This holiday was first observed in Winder, Georgia on March 30, 1933, when a doctor's wife decided to set aside a day to honor doctors. In 1958, a resolution commemorating the day was adopted by the United States House of Representative and in 1990, President George Bush signed a resolution which became Public Law designating March 30th as National Doctor's Day.

While this day is traditionally "Doctor's Day," Ferry County Public Hospital District (FCPHD) is recognizing and

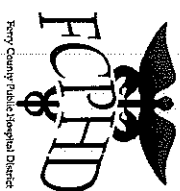
honoring all the District's medical providers: doctors, physician's assistants, and nurse practitioners for their dedication and commitment to their patients, community and the District.

District staff will be preparing a breakfast for the providers to express appreciation for being part of the team and for all they do.

Please recognize your provider and let them know that you appreciate them.

*Prior Hospital Happenings available at <http://www.fcphd.org/news.html>*

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2/22/17 views

## Upcoming blood drive

*By Lacy Sharbono, Executive Assistant & Medical Staff Coordinator*

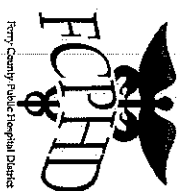
It's that time of year again! Our first Republic Community Blood Drive for 2017 is on April 4th from 1:00pm to 5:15pm in the Ferry County Public Hospital District parking lot. This is a great way to give back and save a life. For our 3 blood drives held in 2015 we collected 96 lifesaving units of blood and, even better, in 2016 we collected 103 lifesaving units of blood! Let's keep it going in 2017.

To help streamline the donation process, you will receive an email once you are signed up for the blood drive to complete your health history questionnaire. \*Please

note: the health history questionnaire must be completed the same day you donate. Once you complete your questionnaire you will receive a barcoded Fast Track Ticker that you will need to print off and bring to the Blood Drive bus. They can also accept the Fast Track Ticker from most mobile devices as long as the barcode from the ticker can be scanned. This will save you a lot of time the day of the drive.

If you would like to donate please contact Lacy Sharbono at 509-775-8242. *Prior Hospital Happenings available at <http://www.fcphd.org/news.html>*

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Ferry County Public Hospital District

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## Fossil play ambassadors at Seattle event



Stonerose Interpretive Center volunteer Lilly Rice helps a youngster split open a piece of shale in hopes of discovering a fossil. Stonerose staff and volunteers explained fossils and fished Ferry County's recreational opportunities to visitors at the Burke Museum's annual no Weekend event March 11-12.

## Hospital officials depart

By Brenda Starkey

REPUBLIC - As of Friday, two senior hospital employees are no longer employed by the Ferry County Public Hospital District.

Kelly Leslie, long-time chief financial officer and

Paul Schoenfelder, chief nursing officer, are no longer working for the hospital district.

FCPHD CEO Aaron Edwards confirmed the two are no longer district employees, but declined to say more, citing respect for the employees' privacy.

## Adamera identifies new targets

By Brenda Starkey

REPUBLIC - Adamera Minerals Corp. has identified six priority drill targets in the Cooke Mountain area from data provided by an aerial survey last fall.

The Vancouver, British Columbia-based exploration company announced three targets on March 1 and another three Monday.

"These targets have what we are looking for, displaying characteristics that match the model for

deposits in the camp. These targets need to be drill tested as soon as possible. We are pushing forward on several fronts to make that happen."

Kolebaba said Adamera is planning on drilling in May. "As I mentioned earlier, the targets exhibit EM characteristics similar to the Overlook and Key West gold deposits in the region, and it is important to note four of the six targets detailed so far are estimated to be significantly larger than the survey responses generated by



3/15/16 view

## HOSPITAL HAPPENINGS

### Walk-in and same-day appointments

By Cindy Braley, Clinic Manager

Republic and Curlew Clinics both accept walk-in patients for urgent conditions.

A walk in patient will be seen as soon as possible by the first available provider. There will be a wait time as scheduled patients are priority. The nursing assessment in consultation with a provider, may determine that the patient's condition requires an emergency room treatment instead of walk-in treatment at the clinic.

Reasons for being seen as a walk-in vary. Abdominal pain, urinary infections, ear infections, fever in children, fatigue (tiredness) in the elderly, and new injuries are a few examples only. Medication refills, chronic condition follow up, and any other

non-emergent reasons will be scheduled for the next available appointment with your primary provider.

We have more providers to serve our patients and have added same day appointments to our schedule. These are used for emergency room follow up, current treatment return visits, dressing changes, or by provider request.

Walk-in hours are: 9 am to 11 am and 2 pm to 4 pm. For questions, please call Cindy Braley, Clinic Manager at 509-775-3153.

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