



Mason Health

Mason General Hospital • Mason Clinic

March 2024

What's Happening

MGH Foundation News

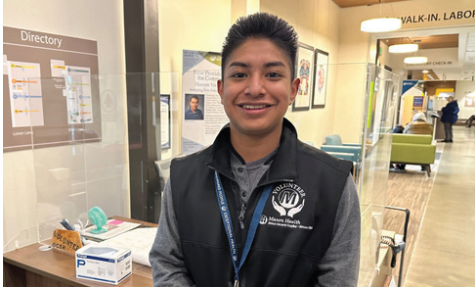
MGHF Golf Tournament returns Friday, July 12!

Mason General Hospital Foundation is grateful for our early sponsors for our **Quality Care Open Golf Tournament** at LakeLand Village Golf Course in Allyn on Friday, July 12! Thank you Platinum Sponsor **CDW Healthcare** for your sponsorship! We are also grateful to Gold Level Sponsors **Capital Business Machines, Hood Canal Communications, OAC Services, Inc., and OurCU**. Thank you for your support of quality health care in Mason County!



News Brief

Volunteer Spotlight: Bryan Lorenzo Temisqueño



Mason Clinic concierge volunteer **Bryan Lorenzo Temisqueño** enjoys his role at Mason Clinic, helping frontline staff with small tasks, like taking documents to another department, or helping patients find their way.

"I can help give them the right instructions they need to find the medical help they need. Pushing elderly members in wheelchairs and aiding them in ways they may need makes their experience at Mason Health much more comfortable."

He can also speak multiple languages, which has been a benefit to patients coming through the door.

"I have realized all the great help I can provide in my community by being bilingual and helping out patients with language barriers," Lorenzo Temisqueño said.

Lorenzo Temisqueño decided to volunteer at Mason Health because he wants to pursue a career in the medical field. His Shelton High School counselor, Career Center Specialist **Jill Bourgault**, helped connect him to volunteer opportunities at Mason Health.

"When students volunteer, they develop life skills and become well-rounded individuals," Bourgault said.

"By starting young, it provides an opportunity to learn and grow into valuable members of society. Volunteering builds empathy and connection. Spending time helping others helps build compassion in a way that's hard to replicate."

Lorenzo Temisqueño plans to study epidemiology with a full-ride scholarship at Johns Hopkins University in Baltimore, Maryland, in the fall. Congratulations, Bryan!

If you are interested in volunteering at Mason Health, please email Volunteer Coordinator **Iris Hilburger** at ihilburger@masongeneral.com.

Special Kudos

Congratulations to Kevin Rudge, Stores Clerk, for being selected as the February 2024 Employee of the Month!



Important Update

Special Notice

Policy change effective March 18, 2024. In order to provide quality care and service, patients arriving after their scheduled appointment time will be directed to reschedule their appointment. We are asking patients to arrive 15 minutes prior to their appointment time to ensure timely check in. This change in policy allows our registration, nursing staff and providers time to best serve each patient. If you need to cancel or reschedule your appointment, please notify Mason Clinic at **360-426-2653**. Cancellations must be made at least one business day prior to your appointment.



National Association of Social Workers and Mason Health celebrates **SOCIAL WORKERS' MONTH** March 2024
Inspiring Action Leading Change

Classes and Workshops

Pre-diabetes classes

Free classes for anyone with pre-diabetes or concerned with Type 2 diabetes prevention.

Dates/Time: • **March 14**, 2:30 to 4 p.m. – Introduction to Pre-Diabetes, with a focus on healthy eating and disease prevention
• **March 26**, 1 to 2 p.m. — a focus on physical activity, stress management and sleep

Location: Ellinor Room, Mason General Hospital, 901 Mountainview Drive, Shelton

Cost: Free

Register: Call the Diabetes Wellness Center at 360-427-9543.

New!

First Aid/CPR Class

Learn the basics of first response. An eCard can be made available upon successful completion of the course. Comfortable clothing is recommended for all participants, and a Spanish interpreter can be provided on request. Register one week prior to class.

Date/Time: **April 6** at either 8 a.m. to noon or 12 p.m. to 4:30 p.m. (Choose a morning or afternoon class)

Location: Mason Health Learning Center, located next to the Shelton McDonald's on Olympic Highway North, 2505 Olympic Hwy N, Suite 470, Shelton, WA 98584

Cost: A fee of \$45 (exact cash or check) is required in advance to cover the cost of books and materials.

Register: Call the Learning Center at 360-427-3609 a week before the start of class

New!

Cancer Wellness Workshop

Mason Health, in partnership with **Harmony Hill Retreat Center** and with the financial support of the **Karen Hilburn Cancer Fund**, is hosting virtual cancer support groups. For more information, call **360-432-7706** or email patientnavigator@masongeneral.com.

Time: 4 to 6:30 p.m., second Wednesday of the month

Location: ZOOM or conference call

Cost: Free

Loud Crowd Speech Therapy Class

Lead locally by Mason Health's **Monica Vinson**, Speech Language Pathologist, this national program provides speech therapy and socialization for persons with Parkinson's.

Time: 12:30 p.m., every first and third Tuesday of the month

Location: Mason County Senior Activities Center, 190 W. Sentry Drive, Shelton

Cost: Free

Traumatic Brain Injury (TBI) Support Group

Join Mason Health Speech Language Pathologist **Monica Vinson**, MS, CCC-SLP, for a new support group for people living with a traumatic brain injury.

Time: 1 to 2 p.m., the second Tuesday of every month

Location: Mason Health meeting room at the Shelton Family YMCA, 3101 N. Shelton Springs Road, Shelton

Cost: Free

News Briefs

Mason Health and MGHF scholarships now available!

Mason Health is once again offering scholarships for students at Shelton High School's Health Sciences Academy! Scholarships will be offered to students who want to pursue careers or job opportunities to become a nurse, phlebotomist or medical assistant.

Students receive full-ride scholarships to nursing school or to training programs to become a phlebotomist or medical assistant. Students also receive funding for school supplies and transportation and are guaranteed jobs at Mason Health upon completion of their programs.

Mason General Hospital Foundation's Auxiliary and Centennial Guild chapters are also offering scholarships for students in Mason County entering a medical field. The MGHF Auxiliary also provides funding for Mason Health employees seeking to further their education. The deadline for the Mason Health scholarship is April 1. The deadline for the MGHF Auxiliary Scholarships is April 19, 2024. To inquire about the details and deadline for the MGHF Centennial Guild Scholarship, email centennialguild@yahoo.com.

Learn more about all of these scholarship opportunities at www.masonhealth.com or email foundation@masongeneral.com for details.



Clockwise from left, Shelton High School graduates **Heaven Smith, Anthony Castañeda Martin, Pedro Jimenez, Milo Young, Olivia Henry, Feona Caxhandra Medina, Henry Gomez Cruz, Wyatt Anthis and Dolores Andres Gervacio**.



Visit our **YouTube** channel! Mason Health currently has over 40 videos sharing health care information for our patients.



All subject to change.

Current Safety Guidelines

Visiting Hours are 8 a.m. to 8:30 p.m.

Please enter at the **Mason General Hospital Main Entrance**. After hours, please use the **Emergency Department entrance**.

Our website has the most up-to-date visiting hours and guidelines:
www.masonhealth.com

Thank you for choosing Mason Health for your care!

Follow us on social media



Mason Health

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Mission
United Community,
Empowered People,
Exceptional Health

Vision
Provide the best
patient-centered care
in the Pacific Northwest.

Values
Service & Relationships

