



News Briefs



Jayne Coleman smiles before her cardiac stress test on April 1.

Mason Health now offers cardiac stress tests!

Mason Health has expanded our cardiology offerings to include providing cardiac stress tests right here at Mason General Hospital.

Cardiovascular disease (CVD) is one of the leading causes of death and disability worldwide, and stress tests help doctors determine a patient's risk for coronary artery disease.

"We can now prevent many patients from having to go out of the county for more expensive or more invasive tests by providing stress tests right here at Mason Health," said Mason Health Director of Acute Care Services **Rob Bennington**. "Special thanks should be given to **Melody Olels**, RN, and ICU Supervisor **Nadine Cram**, RN, for all the work they did and the nursing expertise they brought to the program to help get it launched.

Patient Testimonial

"If you have been diagnosed with Type 2 Diabetes, I strongly suggest that you make an appointment with **Carmen Eucker**, RN (Diabetes Nurse Educator) for the best information, guidance and support on how to manage your goals and know that your fears or confusion of how and what to do to better control and take charge of yourself with diabetes. Today, I had my appointment and was amazed at all of the support, literature and knowledge gained in such a short period of time. Carmen listens to your concerns and is an excellent source of information and personally helped me to pair my Dexcom 7 Sensor to my Android cellphone so that I could be in the know of my blood sugar levels at all times. What an asset to our community, thank you Carmen for your service."



Carmen Eucker, RN

– Raul Soto, Shelton

Note: Our Diabetes Wellness Center offers support groups, classes and small-group or individual instruction for Type 1 diabetes, Type 2 diabetes and diabetes with pregnancy, as well as other resources. For more information, call 360-427-7332.



Specialudos

Congratulations to Alan Hanson, Office Assistant, for being named the April 2024 Employee of the Month!



The DAISY Award[®] FOR EXTRAORDINARY NURSES

Use this QR Code to nominate a Mason Health nurse.



DO A PROVIDER SEARCH

Go to www.masonhealth.com and click on FIND A PROVIDER in the top menu. Enter a Provider's Name or Specialty for a list of providers.

Classes and Workshops

Pre-Diabetes Class

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

Date/Time: Wednesday, May 29 at 1 to 2:30 p.m.

Location: Ellinor Room at Mason General Hospital

Cost: Free

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

New!

Advance Directive Workshop

Make sure your health care choices are known. This is a free workshop for anyone wanting to know more about completing advance directives.

Date/Time: Wednesday, May 29 at 4 p.m.

Location: Ellinor Room at Mason General Hospital

Cost: Free

Register: Email Karen Wiley, BSN, at kwiley@masongeneral.com

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: June 1 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

MGH Foundation News

Have some fun in the sun while supporting MGHF fundraisers



This summer, Mason General Hospital Foundation and its chapters have a wide range of fundraising events on the horizon, whether you enjoy golfing, running, riding your motorcycle or drinking good beer and wine!

Save the date for Mason General Hospital Foundation's **Quality Care Open Golf Tournament** on Friday, July 12!



MGHF is excited to announce new Gold Sponsors **BNBuilders**, **Forma Construction Company**, **Sāzān Group**, and **SKANSKA**, as well as previously recognized Gold Sponsors **Capital Business Machines**, **Hood Canal Communications**, **OAC Services, Inc.**, **Our Community Credit Union** and Platinum Sponsor **CDW Healthcare**. Thank you for supporting quality health care in Mason County! The Quality Care Open raises funds for medical equipment at Mason Health.

During Mason County's annual Forest Festival celebration, the MGHF Centennial Guild will host its annual **Goldsborough Creek Run/Walk/Jog** in downtown Shelton. The Centennial Guild thanks Presenting Sponsor **Our Community Credit Union!** The run raises money for scholarships for high school students pursuing medical fields, in memory of Mason Health nurse **Kristi Armstrong**.



Members of **Kristi Armstrong's** family and family friends gathered at the 2023 MGHF Centennial Guild Goldsborough Creek Run/Walk/Jog.

In August, MGHF is bringing back the **Barrels & Brews** fundraiser for the first time since 2019! This year, the event will be outside, on Saturday, Aug. 3, at Kneeland Park in Shelton. Beer, wine and distillery vendors will sell offer tasting samples at this ticketed event. Funds will support medical equipment purchases at Mason Health.

Also in August, MGHF is once again excited to partner with the **Warrior Angel Riders** of Tacoma to present the 4th annual **Bikers for Babies** fundraiser for the Mason Health Birth Center! This poker run motorcycle ride offers up beautiful scenery and fun and games while raising money for a good cause.



Stay tuned for more details and visit www.masonhealth.com to learn more about these events!

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



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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

