



News Briefs



Celebrating Mason Health Week!

Mason Health Week takes place during **National Hospital Week**, May 8-12, 2023! This year is our 55th anniversary, so we are also celebrating 55 years of serving our patients and community!

During this week, Mason Health employees will be recognized with an appreciation BBQ lunch (or breakfast or dinner, depending on their shift), free ice cream, an employee gift, a chance to win prizes donated by local businesses, community groups and Mason General Hospital Foundation board members and more!

On Friday, May 12, community members are welcome to come to Mason General Hospital for the soft re-opening of the **MGHF Auxiliary Gift Shop!** Proceeds from the gift shop go toward scholarships and fundraising for hospital equipment. The gift shop will fully re-open later this summer.

Thank you, Mason Health employees!

Look for 55 fun facts about Mason Health on social media!

Special Kudos

Congratulations to **Nichole Griese**, Pharmacy Technician, for being selected the April 2023 *Employee of the Month*.



Classes and Workshops

New Classes Added!

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

Rock Steady Boxing Class for Parkinson's

Lead locally by Mason Health's **JR Delgado**, Rehab Aide, this national exercise program is specifically tailored to patients living with Parkinson's Disease.

Time: 10:30 a.m., every Monday

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

Cost: Free. Donations are accepted.

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

Sign up for *Pulse*

Email: foundation@masongeneral.com

MGH Foundation News

Register now! Goldsborough Creek Run/Walk/Jog raises funds for scholarships!



Kinslea Armstrong, Erin (Armstrong) Renschler, Ashlea Renschler and Jaimie Mell crossing the finish line last year.

This event, in memory of long-time MGH nurse **Kristi Armstrong** and sponsored by the **MGHF Centennial Guild**, is traditionally part of the **Mason County Forest Festival**. It will be held on Saturday, June 3, starting at 6 a.m. This is a 2-mile run or walk and a 7-mile run or walk. Runs are intended for all age groups. The ¼ mile Junior Jog is for children ages 3 to 8, and the ¼ mile walk/run/jog is for ages 65 and up. This year's event will be held in downtown Shelton.

Check-in for all participants and day-of registration begins at 6 a.m. at the corner of N. 2nd Street and Railroad Avenue. All participants must sign a release and waiver of liability form. No dogs are allowed.

Register online at www.masongeneral.com/community/events/goldsboroughcreekrun. Have a group of four or more? Call **Linda Shrum** at 360-426-9412 for registration discount information, or email at ldshrum@hotmail.com by May 18.

Thank you, Yesteryear Car Club!

The **Yesteryear Car Club of Mason County**, also celebrating 55 years in the community, recently donated more than 200 stuffed bears for our youngest patients in the Emergency Department.

Mason Health and Mason General Hospital Foundation are proud to partner with the Car Club and are grateful for the donation!

The Yesteryear Car Club will hold their annual car show on Saturday, Aug. 12, at Lucky Dog Casino in Skokomish.



The Yesteryear Car Club members **Mike Burt**, **Gene Bush**, **Gary Christman**, **Linda Bush**, **Jennifer Watson** and **Ray Carl Watson** brought teddy bears to Mason Health and posed with Mason Health Chief Development & Communication Officer **Jennifer Capps**, Senior Director of Performance Excellence **Nicole Eddins**, and Director of Population Health **Terri Gushee**.

Save the Date

JULY 10, 2023

EAGLE'S PRIDE GOLF COURSE

1529 MOUNTS RD. SW
DUPONT, WA 98327



SHOTGUN START



FOR MORE INFORMATION, VISIT:
WWW.MASONGENERAL.COM/FOUNDATION

DO A PROVIDER SEARCH

Go to www.masongeneral.com and click on FIND A PROVIDER in the top menu.

Enter a Provider's Name or Specialty for a list of providers.

Current Safety Guidelines

Updated Information. All subject to change.

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

Reminder – When visiting the hospital, you should not have symptoms of illness.

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

Visitors are restricted to individuals 12 and older.

Younger siblings of patients may visit without any symptoms.

NOTE: All visiting hours/guidelines are subject to change depending on communicable disease trends in the community.

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

Mason Health is committed to the safety of its patients.

Masking is required if you are exhibiting respiratory illness symptoms, such as coughing, sneezing or a runny nose.

Please check our website and social media for updates.

COVID vaccines and boosters can be scheduled with your primary care or pediatric provider or at the Mason Health Vaccine Clinic (**Red square**).

Thank you for choosing Mason Health for your care!

Mason Health

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Mason Health respects the public, patients, and employees that the agency does not discriminate on the basis of a patient's age, race, color, ethnicity, national origin, sex (including pregnancy, gender identity or expression, sexual orientation), religion, culture, physical or mental disability, financial status or condition (including the terminally ill or dying), limited English, visual, hearing or learning impaired.

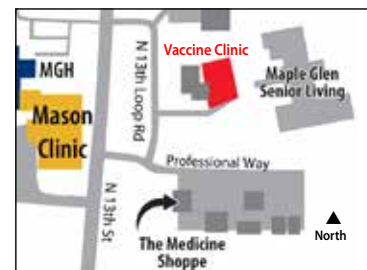


Mission
United Community,
Empowered People,
Exceptional Health

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

Values
Service & Relationships

Follow us on social media



For more information on vaccine and booster shot eligibility and availability, visit www.masongeneral.com/clinics/mgh-vaccine-clinic.