



Volunteer News

Involved

BY IRIS HILBURGER
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VOLUNTEER UPDATES

Greetings Volunteers!

Spring is in the air. I always love watching the slow push of new growth through soil and with the winter chill still in the air it has been a slow start this year.

National Volunteer Appreciation Week is coming up April 16-23. We will be hosting a Volunteer Recognition event in honor of our incredible volunteers on April 20th at 9 AM. Current volunteers have been mailed a separate invitation! If you did not receive an invitation, let me know! Pastries, coffee, fresh fruit, and more will be served, and we have a little thank you gift for you, too!

If you are not a current volunteer but are interested in getting back involved and would like to join us at this event, email me at ihilburger@masongeneral.com. We would love to see you!

If you have a friend or family member that might be interested in joining our volunteer team and you would like to bring them to the Volunteer Recognition event, please do! Just email or call me!

I hope to see many of you there!

- Iris Hilburger



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Volunteers Needed

Are you part of a group or club that would like to host a presentation on volunteer opportunities at Mason Health? Call (360) 968-0001 to schedule a presentation!

March & April Birthdays



3/14 Beth Gregg

4/21 Billy Thomas

POLICY HIGHLIGHT: CONFIDENTIALITY



Purpose

Under Federal and State Laws, as well as the District's policies, all information regarding patients is Confidential Information. Confidential Information includes both medical data as well as demographic data. Medical information regarding employees who are patients is also Confidential Information. Confidential Information may be revealed to certain individuals or agencies in order to provide medical care to the patient or to receive payment for the care and in certain circumstances to Public Health Agencies.

Policy

All employees and volunteers must maintain patient confidentiality, if they fail to do so, they may be disciplined, up to and including termination of employment.

Illustrative examples of Confidential Information related to patients include, but are not limited to, the following: Patient Name; Age; Sex; Race; Religion; Social Security Number; Address; Phone number; Financial data; Insurance information; Health History; and Diagnosis, Test or Procedure Results.

Employees must avoid discussing a patient or any information about a patient with any person except as medically or legally necessary, either in or out of the District. Employees shall not review any records or obtain any information concerning a patient unless it is in their line of duty.

It is part of most healthcare worker's jobs to discuss a patient's care and treatment with other healthcare workers that need to know in order to provide care. If it is in the line of duty, there is a responsibility to care for the patient by sharing relevant information with the other health care professionals and the patient. DO NOT share Confidential Information away from the facility, in the grocery store, at the gas station, or in your home with your family or friends.

Policy Continued

Confidential Information is not to be discussed with anyone outside the organization, and only discussed within the organization on a need to know basis. In addition, employees have a responsibility to avoid unnecessary disclosure of internal information about the District, its employees, its contracts, and its suppliers. This responsibility is not intended to impede normal business communications and relationships, or authorized public access to public information. However, it is intended to alert employees to the importance of determining in advance whether information is subject to public disclosure and ensuring requestors comply with the District's procedures related to public records requests.

Employees are prohibited from attempting to obtain Confidential Information for which they have not received access authorization.

Release of Confidential Information to patients, their authorized representatives or other individuals should be directed to the Health Information Management Department. There is a long list of requirements as to who gets what, when and how. This will relieve you of the responsibility and liability of releasing the wrong thing to the wrong individual. You should always be kind, courteous, and understanding of the patient's needs and wants – but be aware of the patient's right to privacy and confidentiality – it may become your own liability. All inquiries concerning current or discharged patients are to be directed to the Health Information Management Department.



Congratulations TO THE BEST OF MASON COUNTY AWARD WINNERS!

*Thank you for voting for our
clinics and staff in the annual
Best of Mason County awards
presented by the Shelton-Mason
County Journal.*



Best of Shelton

#1 Health Clinic:	Mason Clinic
#1 Doctor:	Michelle Hamilton, DO, Mason Clinic-Primary Care
#2 Doctor:	Jimmy Wesson, MD, Mason Clinic-Primary Care
#3 Doctor:	Rose Ann Rayos, MD, Mason Clinic-Pediatrics
#1 Nurse:	Tiffany Henningsen, RN
#3 Nurse:	Kathy Mix, RN
#3 Ophthalmology:	Monica Vuong, MD
#1 Physical Therapist:	Michael Barnett, PT, MPT

Best of Belfair

#1 Health Clinic:	Mason Clinic
#1 Doctor:	Mark Schlauderaff, MD, Mason Clinic-Primary Care
#2 Doctor:	Jimmy Wesson, MD, Mason Clinic-Primary Care
#3 Doctor:	Michelle Hamilton, DO, Mason Clinic-Primary Care
#1 Nurse:	Amanda Diaz, RN
#2 Nurse:	Kathy Mix, RN
#3 Nurse:	Danielle Hutchins, RN
#2 Ophthalmology:	Monica Vuong, MD
#3 Physical Therapist:	Cheryl Woods, PT

FEBRUARY 2023 - EMPLOYEE OF THE MONTH ZACHARY SMITH

Maintenance Technician **Zachary Smith** takes his roles at Mason Health very seriously, whether he is working as the administrative lead on the District's humidity and temperature monitoring program or leading safety efforts, such as fire drills, throughout various departments. His work diligently behind the scenes has improved Mason Health employees' overall health and safety. These efforts are a major reason why he was nominated and selected as Mason Health's February 2023 Employee of the Month.

Smith grew up in Mount Vernon, Washington, where he graduated high school in 1979. He attended Skagit Valley College for his associate's degree and then obtained two bachelor's degrees from Central Washington University, in American Literature and History in 1985. He wanted to work as a historian for the National Parks Service, however, federal cuts led him to reconsider. Smith worked in the oil refinery business, then as a contractor with the federal government. Always travelling for work eventually wore on him and he looked for work in Shelton where his wife's family was.

He has come to love his job at Mason Health. In 2021, he led a process improvement project to increase departments' participation in fire safety drills. Participation had been low for years, but with the communication improvements he made, participation jumped to 100 percent for three months in a row in 2022.

"Being the safety person here, there is a lot of responsibility but at the end of the day, I always feel like I accomplished something," he said. Smith reads as much as he can and is also a Master Gardener through the Washington State Extension program. He enjoys working around his home, getting out on a boat on Fawn Lake where he lives, hunting, fishing, and spending time with his wife, Cindy.



Zachary Smith

REGISTRATION NOW OPEN FOR MGHF QUALITY CARE OPEN GOLF TOURNAMENT



This summer the MGHF Quality Care Open Golf Tournament returns and will be held at the impressive Eagle's Pride Golf Course in Dupont, WA. Take advantage of early bird pricing by registering to play before May 15. Tickets cost \$189 per person, or \$756 for four-person team. After May 1, tickets will cost \$199 per person, or \$796 for a four-person team. Sponsorship opportunities are also available. Tickets and sponsorship opportunities may be purchased over the phone by contacting the Mason General Hospital Foundation Office at 360-427-3623. Registration is available online at www.masongeneral.com/community/events/quality-care-open-golf-tournament.

MASON HEALTH OFFERS MIDWIFERY SERVICES

Whether you have a low-risk pregnancy or need more specialized care during your delivery, Mason Health patients now have more options for their care. In January 2023, Mason Health unveiled new midwifery services at Mason Clinic-Women's Health, with the addition of Certified Nurse Midwife **Alisha Wedding-Lambert, CNM**, to the practice. Wedding-Lambert joins Obstetrician/Gynecologists **Danielle Blood, MD**, **Andrea Martin, MD**, and **Carey Martens, DO**, in delivering babies at Mason General Hospital; they all practice alongside Women's Health provider **Carley Jacobs, PA-C**, at the clinic. Wedding-Lambert, a longtime Mason County nurse and area midwife, brings midwifery services to Mason Health for the first time in decades.



Alisha Wedding-Lambert, CNM

"I grew up with a lot of strong women, and my family has always had a lot of children," Wedding-Lambert reflected. "Being around strong women and kids is my comfort zone. I feel like this is my calling. The Birth Center at Mason General Hospital has an amazing culture and I'm happy to be here."

Certified nurse midwives are registered nurses with, at minimum, a master's degree in nursing. They are also board certified by the American Midwifery Certification Board. Certified nurse midwives work primarily with low-risk pregnancies and births and often have experience with home and water births. Midwives cannot perform C-sections and do not manage high-risk or complicated pregnancies, such as those involving multiples or preexisting medical conditions.

"As a certified nurse midwife, we have a base in the physiology of birth," Wedding-Lambert said. We know the medical side and we have more of a focus on the normal process of life, rather than the pathologies that can develop during pregnancies. For some people, choosing a midwife may be what is right for them, while others, choosing an obstetrician may be the best option."

Wedding Lambert can also perform gynecological services. To schedule an appointment, call Mason Clinic Women's Health at (360) 436-2653



CONCIERGE VOLUNTEERS NEEDED AT MASON CLINIC!

We are looking for people to be concierge volunteers at Mason Clinic during the following shifts:

- Mondays from 8 AM to 12 PM
- Thursdays from 8 AM to 12 PM
- Fridays from 8 AM to 12 PM
- Fridays from 1 PM to 4 PM

If you are interested in volunteering but not available during one of those shifts, please still reach out by calling 360-968-0001.

Concierge Volunteers in the Emergency Department

Scott Mundy, Director of Emergency and Trauma Services, is excited to bring back a volunteer presence in the Emergency Department Lobby. We are still in the early stages of feasibility but believe this would be very valuable! The shift would most likely be during peak times (Sundays and evenings) when patients may have longer than usual wait times and need more reassurance they will be seen.

If you are interested to learn more, reach out at 360-968-0001.



VOLUNTEERS NEEDED! GIFT SHOP TO REOPEN!



The Mason General Hospital Foundation Auxiliary is seeking volunteers to staff the gift shop inside Mason General Hospital.

Proceeds from the gift shop and other MGHF Auxiliary fundraisers go to scholarships for students entering the nursing or other medical professions, new medical equipment, and more!

The MGHF Auxiliary is optimistic that with volunteer support, the gift shop could reopen this spring! But it needs your support to do so!

If you are curious to learn more about volunteering in the gift shop or how to support the efforts of the Mason General Hospital Foundation Auxiliary, call Volunteer Coordinator Iris Hilburger at (360) 968-0001!



Iris Hilburger & Carol Goodburn inside Mason General Hospital's Gift Shop



"The Annual Wellness Visit establishes a baseline, this provides patients with a clearer picture of their health status from one year to the next, allowing them to be more in tune and proactive with their health and stay on top of any changes in their health. Another benefit of the program is to help patients become better connected to relevant community resources and build a cohesive relationship with their care team."

- Terri Gushee, RN, Director of Population Health



To learn more or if you have questions about the new Medicare Wellness Program, speak with your health care provider or visit our website at www.masongeneral.com.

Mission
United Community,
Empowered People,
Exceptional Health

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

Values
Service &
Relationships

Contributors

Arla Shephard Bull
Marketing Coordinator

Iris Hilburger
Volunteer Coordinator

Penny Nielsen
Volunteer



ASK IRIS

Answers & Advice

From Your Volunteer Coordinator



Dear Iris,

Are there any trainings or classes that volunteers can take?

Thank you,
Volunteer

Dear Volunteer,

Yes, our Education Department provides a couple of classes for staff and volunteers. There is a training called AVADE which covers what to do if there is there is an active shooter and Mental Health First Aid which provides training to be able to support people in crisis. If you are interested in taking these classes, email me at ihilburger@masongeneral.com

Sincerely,
Iris Hilburger

Submit your question by emailing ihilburger@masongeneral.com with the subject "Ask Iris". Submissions will be published anonymously and are subject to edits.