

Involved



Mason Health
Mason General Hospital
Mason Clinic

VOL. 8, NO. 2



Iris Hilburger

Welcome!

I hope you are enjoying all that March has to offer, including longer days and the slow approach of springtime!

I am looking forward to Volunteer Appreciation Week next month and invite you to mark your calendars for our annual Volunteer Appreciation Event on Thursday, April 25. I look forward to gathering with you all and sharing updates about the Volunteer Services program!

Check out this month's issue of SCOPE magazine (mailed to every resident in Mason Co. Public Hospital District No. 1) to see a feature about our youth volunteers at Mason Health! I was so proud of **Verity Adams**, **Bryan Lorenzo Temisqueño** and **Lindsey Ozuna** for sharing their experiences with Marketing Coordinator **Arla Shephard Bull**. Thank you ALL for the service you do. If you do not get SCOPE in the mail, feel free to stop by my office for a copy later this month!

Looking forward to seeing you soon!

— Iris Hilburger,
Volunteer Coordinator

We love our Volunteers!

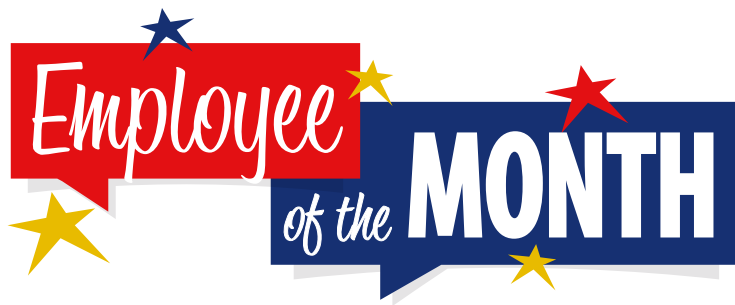


HAPPY Birthday TO YOU

Sheryal Balding – March 7
Beth Gregg – March 14
Karen Wiley – March 18

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*February
2024*

Mason Health Names Supply Chain Technician Kevin Rudge As February 2024 Employee Of The Month



Kevin Rudge

SHELTON, WA – Mason Health's Supply Chain Technician **Kevin Rudge** is known throughout the District for his cheery disposition as he makes his way throughout the hospital, clinics and off-site offices, picking up and dropping off mail and parcels at various departments. He willingly assumes additional tasks

where he can and is highly motivated to complete his runs, even in cold and wet or hot and dry weather conditions. For these reasons and more, Mason Health employees have nominated and selected him as the February 2024 Employee of the Month.

"Kevin is an invaluable asset to our organization," said **Kris Davies**, Mason Health's KPO Specialist and nominator..

"He displays a strong work commitment and dedication to our Mission, Vision and Values. Although he is continuously on the move, he always delivers with a smile and takes time to wish you a good day."

Rudge spent the first 47 years of his life in London, England, where he was born. After graduating from secondary school, he worked for British Airways for five years in their computer department. When he wanted a break from that, he decided to see the United States via Greyhound bus. He traveled for four months from New York City to Las Vegas. Returning to England after his travels, he worked as a courier driver, then office manager for a transport company, for a total of six years. He then worked for 20 years as the transport manager for another company.

Rudge's trajectory toward living in the United States began when he met his future wife, **Margaret**, at the Lisdoonvarna Matchmaking Festival in Ireland, one of the largest matchmaking festivals in the world. For the past 165 years, tens of thousands of singles descend to the small Irish village of Lisdoonvarna, then dance the night away for the next six weeks while also connecting with Ireland's official matchmaker **Willie Daly**. Rudge and Margaret, an American from Pennsylvania who was in Ireland with her mom and sisters to look into their ancestry, hit it off and began long-distance dating. In 2005, Rudge came to the United States.

The couple lived near the Grand Canyon and worked for the National Park Service's authorized concessioner; Margaret worked in Human Resources and Rudge worked as a warehouse supervisor. In 2015, they started the Grand Canyon Soap Company, which became popular among celebrities and musicians. Before the pandemic hit, the company was up to 1,000 bars of soap delivered every month.

"I didn't know anything about soap," Rudge recalled. "I was delivering soaps to local shops, and I thought, 'I could learn this.' So, I learned how to make soap."

After four years, the couple decided they wanted to be closer to some of Margaret's family. She transferred to a remote working job based in Seattle and the couple moved to Grapeview. Rudge started at Mason Health two years ago.

"I was looking for something local," he said. "This is good for me. It keeps me out and about, moving around. Everyone is so nice who works here."

Rudge spends his free time traveling with his wife and building their custom home.

FOUNDATION NEWS

Save the Date for MGHF Quality Care Open Tournament!



Mason General Hospital Foundation invites you to save the date for our 2024 Quality Care Open Golf Tournament on Friday, July 12, at Lakeland Village Golf Course in Allyn, Washington.

The Quality Care Open Golf Tournament has been critical to MGHF's philanthropic efforts and support for the event strengthens Mason Health's vision of Providing the Best Patient Centered Care in the Pacific Northwest.

Last year, the 2023 tournament raised more than \$90,000 in cash and in-kind donations which supported the Fund-An-Item appeals for the STERIS 4085 General Surgical Table and new Stryker LD304 Birthing Beds.

More details will be forthcoming about the 2024 Fund-An-Item appeals for equipment at Mason Health as we get closer to the event! To register for the event, visit www.masongeneral.com!

If you have any questions, please feel free to call the Foundation Office at (360) 427-3623. We will be happy to help you in any way!



Matt Woods, DPM, tests his skills on the putting green at LakeLand Village Golf Course in 2022.



Mason Health announces first DAISY award winner – Traci Wiley



Traci Wiley

Mason Health is proud to announce our first winner of the DAISY Award for Extraordinary Nurses — **Traci Wiley** from the Birth Center.

Wiley's nominator shared this story:

"Traci helped me while I was delivering my first baby, she was there for me when I didn't have a clue what I was doing. She took care of me and my baby and was so kind and compassionate. We established a lovely relationship in the weeks following that delivery as I needed additional postpartum care. She was also extremely helpful in researching a condition my child had been born with that the other medical professionals didn't really know about. When it was time to have my second child I was absolutely at ease when I knew Traci was on shift and could be there to assist me in that delivery. This was during the height of COVID and that brought forth a whole different set of complications, but she was there for me when my family couldn't be. Traci advocated for me and my children, she was empathetic and helpful and really put me at ease. Being in labor has a way of taking your dignity and modesty, and Traci made sure I never felt embarrassed and that I was comfortable throughout the process. It was truly life changing care, and I'm so thankful for her."

The DAISY Award for Extraordinary Nurses is part of the national DAISY Foundation's mission to recognize the extraordinary, compassionate care that nurses provide patients and families every day.

Mason Health will recognize an extraordinary nurse every quarter. Nurses may be nominated by patients, families, and colleagues. The award recipient is chosen by a committee at Mason Health to receive The DAISY Award.

Want to say

thank you
to a special nurse?

Share your story
of how a nurse
demonstrated
compassionate
care today!



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Volunteer Spotlight:

Lindsey Ozuna

Mason Health volunteer **Lindsey Ozuna** graduates from Shelton High School this spring and has gained invaluable experience as a volunteer for Mason Health's Development Office.

Ozuna was interested in the business side of health care, and in her time at Mason Health, she's learned about fundraising and donor databases and helped out with events such as Mason Health's Trunk-or-Treat and the Mason General Hospital Foundation Business Luncheon fundraiser.

"Before coming here, I thought health care was all clinical. This is helping me choose the path I want to be on. I have also loved learning more about the community."

Ozuna plans to study business administration and public health at the University of Washington or Gonzaga University. She's grateful to everyone who has helped her get this far.

"I would encourage anyone to volunteer," she said. "Mason Health and Iris help you fit it into your schedule. It will teach you about the workforce and what it looks like to work. It's a way of networking. You may end up getting to know your future coworkers. Coming from a family that immigrated from Mexico, I feel very motivated to learn as much as I can and finish my studies."



"This position has taught me everything from time management to helping me with my social skills," Ozuna said.

WE NEED YOU!

Volunteer Opportunities

Volunteer Services is continuing to grow! There are ongoing volunteer opportunities at the Gift Shop and as Concierge Volunteers at Mason Clinic. Mason General Hospital Foundation is also looking for volunteers for its annual Quality Care Open Golf Tournament in July.

Gift Shop Volunteers:

Volunteers are needed at the Gift Shop! Shifts are three hours long and can either be weekly or every other week!

Concierge Volunteers:

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

- Mondays from 8 AM to 12 PM
- Fridays from 11:30 AM to 2:30 PM

If you are interested in volunteering for these or other shifts, check out our website or email Iris Hilburger at ihilburger@masongeneral.com

NATIONAL VOLUNTEER APPRECIATION MONTH

RECOGNITION EVENT

THURSDAY, APRIL 25, 2024

9-10:30AM



Mason Health
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*Please
join us!*

Mason General Hospital
Ellinor Meeting Room
Near the hospital gift shop

Join us for a lovely morning of
fruit, pastries, coffee, and tea.

RSVP KINDLY REQUESTED
BY **MONDAY, APRIL 8**

Please call or text Iris at 360-968-0001
or email at ihilburger@masongeneral.com

Important Attendance Notes: Please wear your Mason Health Volunteer ID Badge.

Ask Iris

**Answers & Advice
From Your Volunteer
Coordinator**



Dear Iris,

I used to go and eat in the cafeteria prior to COVID-19. I was wondering if I can go in there and get food and drink before or after my volunteer shift?

Dear Volunteer,

YES! The Mason General Hospital Bistro (as we like to call it) is open to volunteers, staff, patients, and visitors. The Bistro serves breakfast, lunch, and dinner and provides soup, a salad bar and a grab-and-go section. There are a lot of tasty items, and they are also working hard to showcase local farms and food producers. You can even use your Mason Health mug to get free coffee or fountain drinks! If you don't have a Mason Health mug, reach out to me!

NEWSLETTER CONTRIBUTORS:

Iris Hilburger,
Volunteer Coordinator
Arla Shephard Bull,
Marketing Coordinator



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Free Drip
Coffee!

Help Us Reduce Our Paper Product Waste!



Mason Health Senior Leadership is extending the **free drip coffee** offer at the Mason General Hospital Cafeteria Bistro through the end of 2024!!

Bring your **55th anniversary thermos mug** or your own **reusable mug** to the cafeteria and check out at the register!



**PRACTICE
Greenhealth**

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