

# Involved



Mason Health  
Mason General Hospital  
Mason Clinic

VOL. 8, NO. 4

## We love our Volunteers!



### Dear Mason Health Volunteers,

Reflecting on the past month, I want to take a moment to express our sincerest gratitude for your unwavering dedication and service during Volunteer Appreciation Month in April. Our breakfast celebration on April 25 was a heartwarming success, with many of you joining us to share stories and laughter. During the event I had the honor of recognizing the top five volunteers with the most reported volunteer hours in 2023: **Dick Mineo, Carol Goodburn, Monica Bates, Penny Nielsen** and **Meghan Klarich**. The embroidered fluffy blankets we presented were a small token of our immense appreciation for all that you do.

Looking ahead this month, we're thrilled to announce Mason Health Week, a weeklong celebration of workforce appreciation! As a volunteer, you are part of the Mason Health workforce team and are invited to participate in all events. You will also receive a gift from Mason Health! I invite you to mark your calendars for the Mason Health Week BBQ on Wednesday, May 15, from 11 AM to 1:30 PM or you can join us for dinner service from 5 PM to 6:30 PM. Details about this exciting event can be found on page 5 of this newsletter.

For those of you who were unable to attend the Volunteer Appreciation event, fret not! You can pick up your branded embroidered fluffy blanket at the Mason Health Week BBQ. Thank you for being the heartbeat of Mason Health, we can't wait to keep celebrating with you!

Warm regards,  
Iris Hilburger  
Volunteer Coordinator



Iris Hilburger



## HAPPY Birthday TO YOU

**Robbi Alberts 5/21**  
**Vicki Huennkens 5/26**  
**Doug Peterson 5/11**

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# Volunteer Spotlight:

## Sherie Ellington

Mason Health's newest volunteer is working in the Development Office to assist with Marketing duties. **Sherie Ellington** comes to Mason Health with vast experience in marketing, communications and community building.

From the time she was 2 years old, Ellington grew up in Shaki, Nigeria, where her father worked as the only doctor, a trauma surgeon, in a modest hospital, while her mother worked as a nurse.

Ellington was homeschooled by her mother, while her sisters attended boarding school. They lived in a small house without any amenities — “We filtered our water, had no indoor electricity after sunset, and even shared bathwater during the dry season,” Ellington said.

*“My parents were the kindest people, and the experience really made me empathetic,” Ellington said. “It definitely inspired me to help others.”*



*Ellington's father spent mornings in the operating room as the only surgeon at a modest hospital in Nigeria when she was younger.*

tuberculosis to typhoid. In his free time, he cared for patients in a leprosy colony.

When she was 9, Ellington moved with her family to Texas. Ellington pursued a degree in commercial art and advertising and moved to Dallas to work as a hospital volunteer coordinator.



*Ellington, the youngest of three sisters, with her family in traditional dress in Nigeria.*

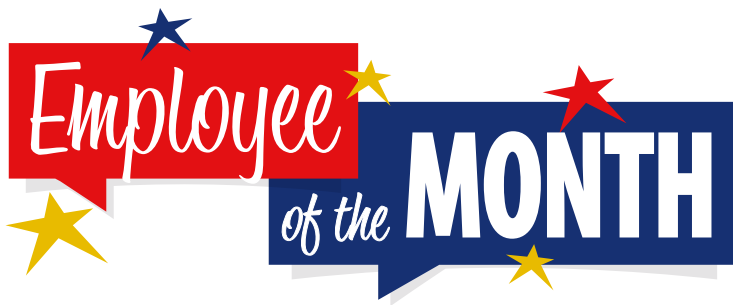
She later moved back to Waco to work as a marketing manager for a home health company at a hospital, while also writing a weekly newspaper column called “Around Town.”

After serving as Director of Communications and Publications for the local chamber of commerce, she returned to Dallas to complete her bachelor's degree with a focus on business communications and marketing.

She moved to San Francisco to obtain a master's degree.

Back in Dallas, she worked in economic development as a marketing manager and later a marketing director.

Ellington returned to the Bay Area in 2011 and continued her career in marketing communications with Stanford Medical Partners. In 2020, she moved to Washington state to be close to her family. She enjoys painting, playing music, writing, and spending time with her children and grandson. Her partner, Dave, is a battalion chief with the Tacoma Fire Department and a pilot/mechanic for Skydive Kapowsin.



April  
2024

## Mason Health Names Alan Hanson, Office Assistant As April 2024 Employee Of The Month



Alan Hanson

**SHELTON, WA** – Mason Health's **Alan Hanson** is known for being a dependable team player who can always be counted on by his coworkers. As an office assistant at Mason Clinic-Primary Care, Hanson does a bit of everything related to Patient Access — he helps with scheduling and assisting on-site at Mason Clinic with any patient access concerns. His friendly demeanor and willingness to help in any way he can is a major reason why Hanson was named the April 2024 Employee of the Month.

Hanson was born and raised in Shelton and graduated from Shelton High School Class of 2014. He considered going into a career related to business and marketing and graduated from Western Governors University in 2019 with a bachelor's degree in marketing management. While in school, in 2017, he started working for MGH Olympic Physicians.

After completing his degree, Hanson took an interest in firefighting and paramedicine, so he became a certified firefighter paramedic for West Mason Fire in 2021. Ever since then, he has worked weekends for

West Mason Fire as the on-site firefighter at Ridge Motorsports Park, while also working during the week for Mason Health. Since 2017, he has worked as an office assistant and scheduler for MGH Olympic Physicians, MGH Family Health, MGH Shelton Family Medicine and MGH Oakland Bay Pediatrics, before the clinics were absorbed into Mason Clinic starting in 2020. He has been with Mason Clinic-Primary Care since February 2024.

"Both of my jobs help me develop a certain sense of empathy," Hanson said of firefighting and working for Mason Health.

***"My interest was in business, but growing up with cystic fibrosis and working at the clinics made me realize I had an interest in health care. I love helping people and believe my jobs have fostered personal growth."***

Hanson is building a house in Hoodspport and participates in South Sound Mopars, a car club for fans of classic or vintage Chrysler, Plymouth, Dodge, DeSoto, Ram, and Jeep vehicles. His prize possessions are a 2014 bright orange Dodge Challenger and a 1971 Volkswagen Beetle.



The Employee of the Month (EOM) is an employee who has gone above and beyond in their duties, exemplifying Mason Health's Mission, Vision and Values.

### Who is Eligible?

The following individuals **cannot** be nominated for EOM:

- EOM committee members, Senior Leadership and any individual under a discipline process.
- To be eligible for nomination an individual must have been employed at Mason Health at least one year prior to nomination.
- If an employee has previously been EOM, they must wait 3 years from that time to be nominated again.

### Who selects the winners?

The EOM committee selects the EOM blindly (HR deletes names & identifiers from the nomination). The committee is made up of at least three employees from various departments. The committee meets quarterly. After the EOM has been selected, the members each have tasks such as setting up the presentation and making certificates. If you are interested in joining the committee, please contact Tenielle Masteller at [tmasteller@masongeneral.com](mailto:tmasteller@masongeneral.com).

### How do I nominate an EOM?

EOM nominations are submitted online. Visit the Sharepoint Intranet and scroll down to the Employee of the Month section, or scan the QR code to the right.



## MGHF Centennial Guild hosts annual Goldsborough Creek Run/Walk/Jog



Lace up your sneakers! The annual Goldsborough Creek Run/Walk/Jog, presented by the Mason General Hospital Foundation Centennial Guild, will be held once again during Mason County Forest Festival weekend on Saturday, June 1.

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 event takes place 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.

The run/walk/jog event will begin and the Shelton Valley Christian School on Shelton Valley Road. The ¼ mile walk for ages 65 and up, and the junior joggers will start at 7th Street and Railroad Avenue.

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 15.

**Register now at <https://www.masonhealth.com/community/events/goldsboroughcreekrun>**



## MGHF Quality Care Open Golf Tournament seeks volunteers

Interested in volunteering for the MGH Foundation golf tournament? Whether your first time volunteering with Mason General Hospital Foundation, or you've been one of our long-standing returning volunteers, we'd love to hear from you!

Volunteers are needed to help set up the registration tent at the



**FRIDAY, JULY 12, 2024**  
**AT LAKELAND VILLAGE GOLF COURSE**  
**IN ALLYN, WA**

as well as set up the banquet reception tent and other assigned duties. Volunteers receive a free lunch and dinner as a thank you for their service.

**To register as a volunteer, scan the QR code or call the MGHF office at 360-427-3623.**





PRACTICE  
Greenhealth

*Mason Health Week 2024*



# EMPLOYEE APPRECIATION BBQ!

Join us for our annual Mason Health Week Employee Appreciation BBQ Lunch and Dinner in the Heritage Courtyard at Mason General Hospital!

*Wednesday, May 15*

Lunch: 11 a.m. to 1:30 p.m.  
Dinner\*: 5 to 6:30 p.m.

Menu: Hamburgers, hot dogs, veggie black bean burgers and veggie kabobs will be served hot off the grill, with potato salad (contains eggs), Italian pasta salad, fruit salad and a cookie.

A breakfast sandwich or veggie breakfast burrito will be served to night-shift staff between midnight and 1 a.m. the morning of Wednesday, May 15.

\*Extra dinner meals will be supplied to the break rooms at Mason General Hospital and Mason Clinic after dinner service ends.



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## 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! Proceeds fund medically-related scholarships!

#### **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
- Emergency Department Concierge Volunteer – opportunities available at all times!

*If you are interested in volunteering for these or other shifts, check out our website or email Iris Hilburger at [ihilburger@masongeneral.com](mailto:ihilburger@masongeneral.com)*



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# Advance Directive Workshop

**Who will make medical decisions for you when you no longer can?**

*Make sure your health care choices are known.*



We will discuss the importance and benefits of completing advance directives.



The workshop and all forms are provided free.



Bring your questions! Our presenter is knowledgeable and can direct you to more resources.

## UPCOMING WORKSHOPS:

Wednesday, May 29  
at 4 PM

Thursday, June 20  
at 12:30 PM

*Mason General Hospital  
Ellinor Room*

**For more information and to register, email Mason Health Volunteer Karen Wiley, BSN, at [kwiley@masongeneral.com](mailto:kwiley@masongeneral.com).**

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**Mason Health now offers  
cardiac stress tests!**

Mason Health now offers cardiac stress tests at  
Mason General Hospital! Patients will no longer  
need to drive to Olympia for this treatment option.

Speak with your primary care provider or  
cardiologist about whether a stress test is needed  
for your care.



MGH patient Jayne Coleman smiles before her stress test at Mason General Hospital

# Ask Iris

## Answers & Advice From Your Volunteer Coordinator



Dear Iris,  
Where do the proceeds from the hospital gift shop go?

Dear Volunteer,  
The gift shop inside Mason General Hospital is run by the Mason General Hospital Foundation's Auxiliary and all of the proceeds go to benefit scholarships for local high school students who are entering the healthcare field or towards Mason Health employee's who are pursuing an education in healthcare. The Auxiliary has awarded over \$200,000.00 in scholarship funds. You can support this effort by choosing to come and do your shopping at the gift shop!

Best,  
Iris Hilburger

### NEWSLETTER CONTRIBUTORS:

Iris Hilburger,  
Volunteer Coordinator  
Arla Shephard Bull,  
Marketing Coordinator



JOIN US FOR A

# Local Author Book Signing

AT THE MGHF AUXILIARY GIFT SHOP!

**FRIDAY, MAY 17**  
**10 A.M. TO 4 P.M.**



*Hal Burton*

Hal Burton is a graduate of the University of Washington with a Master's degree from Indiana University. He has authored 15 published novels, 11 of which are set on the Olympic Peninsula. His genre is historical fiction. Burton's most recent book, **Where Moth and Rust Consume**, was released in 2023. It is a sequel to his best-selling novel, **Against All Odds**. Still in print is the highly acclaimed debut novel, **Cave of Secrets**, first published in 2002. He lives with his wife, Jeanette, in Lilliwaup, Washington.

