



Modern medicine, old-fashioned care.

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Sequim, WA 98382
(360) 582-2850

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Modern medicine, old-fashioned care.

THE Wellness REPORT

Spring 2017

Balancing

PRESENTER:

Barbara Paschal
Retired Physical Therapist



photo by Pascal Flechter

March 30, 2017
1:00 – 3:00 pm
Olympic Medical Park
840 N 5th Ave, Sequim
Second Floor Conference Room

- Great Posture/Core Alignment
- Good Strength and Endurance
- Staying as limber as possible
- Quicken your Reaction/Response Time

Refreshments Served

**Please call Sara at
582-2850
to sign up.**

Family and friends welcome.

Meet Barbara Paschal...

Barb Paschal was a Physical Therapist in multiple hospitals, clinics and Home Health agencies for 33 years and has been a community educator in Sequim, Port Angeles, and Port Townsend for the last 14 years. She deeply believes that everyone should focus daily

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Thank you Deck— Welcome Timmi...

SMA would like to take this opportunity to say *Happy Retirement* to Deck Dennis. She has been our medical billing expert for the last 6½ years and many years before that, as an LPN for Dr. Kari Olsen. We hope she is enjoying the life of leisure she was so looking forward to. Deck plans to spend more time in her garden and travelling. We are very happy to say that we will not lose track of our friend as we have hired her daughter, Timmi to fill her position. Having watched Timmi grow up, we are so excited to welcome her to the SMA family.

Timmi brings over 20 years experience in medical billing having previously worked for Virginia Mason and Clinicare.

Meet Timmi...

Hi, I was very excited to have the opportunity to come work for Sequim Medical Assoc. Growing up with a mom in the medical field, it just seemed natural that I would work in medicine somehow. Being able to help people navigate the sometimes frustrating world of medical billing fit me the best. In my previous job I was much removed from the 'office' setting, and I have to say that being back in an office with the providers and staff so close is very invigorating. I have missed the interaction and am so glad to be back, able to help face to face. I look forward to working with everyone.



Timmi Dennis



Think Spring!

Friendly Reminder



Please be sure that only non-urgent emails are sent to the general office inbox at pam@sequimmed.com. This is especially true on Fridays. On occasion, we have found emails in our SPAM folder and/or have been unable to reply promptly

We want you to get what you need in a timely manner! If you need an appointment or medication refill, we encourage you to call the office.

✓ **Check out this website:
www.Pollen.com**

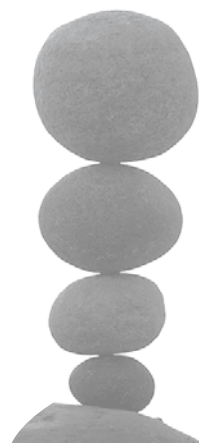
*Tell us
how we're
doing...*

24 HOURS A DAY, 7 DAYS A WEEK...

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OFFICE HOURS: MONDAY-FRIDAY 8:00 am to 4:30 pm
APPOINTMENTS: (360) 582-2850
AFTER HOURS: (360) 582-2850 or (888) 810-3116 (urgent care)
FAX: (360) 582-2851
EMAIL: pam@sequimmed.com
REFILLS: CALL YOUR PHARMACY
EMERGENCY: **DIAL 911**



The Importance of Balance...

Your Balance requires a complex integration of your Brain-Body inter-connections; but improving your Balance is not difficult. Exercises that can be done at home that are Balance-Specific can be fun and very effective.

However, it does take focus, practice and determination

Some noticeable partial improvement can be felt by each of us within a month or so if we are truly diligent with specific exercises that improve Balance and core alignment. No matter what pre-existing condition(s) you might have; it is well worth trying to improve your capacity to improve your Balance because falling and sustaining injury can change our lives.

Some of the things we do in our lives are not "enough" to improve Balance. Walking the dog and stopping numerous times for our pet and perhaps to visit with friends is good but not good "enough." Parking at the end of the parking lot and walking into the store is not "enough." Being "busy" all day at hobbies and volunteering and household tasks is not "enough." Going to an exercise class 2-3 times a week and then Not carrying through with good posture/core alignment the rest of the day and week is not "enough" to improve.

You might ask "Why not?"

The saying "If you don't use it you lose it" is the best way to sum it up. We must work to significantly strengthen muscles, increase mobility and endurance, improve reaction/response time, and focus on great posture/core alignment with every activity we do all day.

Jack LaLane is an incredible example for all of us. He never took muscle-enhancing medication...he just worked diligently at exercise! He was quoted as saying he "exercised for 2-3 hours every day and loved it!." Perhaps most of us do not have that amount of time and focus; but I do believe we all could devote more time to our health every day.

When we were kids, we balanced all day long everyday just in our play and activities. Now, we need to weave it back into our lives every day until it becomes part of us again!

Come on March 30th to learn how to add some easy "sure-fire" Balance Boosters to your health.



Hearty Chicken Bowl

Dietitian's tip:

This one-bowl meal uses ingredients with a northern flare, such as mushrooms, walnuts, rice and squash.

Serves 4

Ingredients

- 1 tablespoon canola oil, divided
- 2 cups sliced carrots
- 1 cup diced yellow onion
- 1 cup fresh mushrooms
- 2 tablespoons minced fresh parsley
- 1 cup uncooked fancy wild rice
- 2 tablespoons chopped walnuts
- 1 tablespoon fresh ground black pepper
- 2 1/2 cups no-salt-added chicken stock
- 2 boneless skinless chicken breasts (4 ounces each)
- 1 cup diced red beets
- 1 cup peeled and diced butternut squash
- 2 cups chopped beet tops (greens)
- 1 tablespoon balsamic vinegar
- 2 tablespoons dried cranberries

Directions

Heat sauce pan over medium heat, add half the oil and carrots, onion, mushrooms and parsley. Saute for approximately 10 minutes or until onions begin to brown. Add wild rice, walnuts, black pepper and chicken stock. Bring to a boil, reduce to simmer. Cover and cook for 40 minutes.

In the meantime, add remaining oil to a saute pan. Add chicken breasts and brown on both sides, about 3 minutes a side. Cook until internal temperature is 165 F. Remove chicken from pan and set aside, keeping warm.

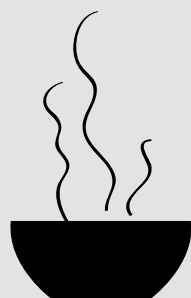
Add diced beets and squash to the hot pan. Saute on medium heat for 15-20 minutes, until squash begins to brown and both items are tender. Add chopped greens, balsamic vinegar, cranberries and rice mixture, toss to combine and get cooked bits loosened from bottom of pan.

Divide among four bowls, top with slices of chicken breasts and serve.

Nutritional analysis per serving

Serving size: 1 bowl (about 2 1/2 cups)

- Calories 413
- Total fat 9 g
- Saturated fat 1 g
- Trans fat Trace
- Monounsaturated fat 3 g
- Cholesterol 41 mg
- Sodium 184 mg
- Total carbohydrate 57 g
- Dietary fiber 9 g
- Added sugars 0 g
- Protein 26 g



Barbara Paschal, from page 1...

on exercise because it is essential for every single system in the body. Exercise allows us many things: including the joy of movement, better cognitive abilities including memory, better peace and healing, better digestion, better sleep, better breathing and more overall happiness and thankfulness. Working on your Balance helps you stay as independent as possible and is key for each of us.

Welcome Niki Kobes...

Our new Per Diem RN:

Originally from Western South Dakota, I spent 40 years living and working in Fairbanks and Anchorage, Alaska. My nursing experience spans medical-surgical, critical care and Nephrology where I spent the last 30+ years in hemodialysis units, I moved to the Pacific Northwest to be able to go on road trips with no destination in mind.



I enjoy gardening, fishing, baseball, quilting, camping and just snooping around new places looking for fun. Motto: "Act Old Later!" I share a home in Sequim with boyfriend Tom and canine pal Kirby (yup-like the vacuum cleaner).

WHEN "I" IS REPLACED BY "WE," EVEN "ILLNESS" BECOMES "WELLNESS."

End of flu season

Here at Sequim Medical Associates, thankfully we are seeing fewer and fewer cases of the flu and/or reported flu-like symptoms. We encourage you to continue to protect yourself and others by following the CDC recommendations to help stop the spread of germs...

- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Wash your hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth.
- Practice other good health habits. Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill.

Accessing MyChart in EPIC...



MyChart, powered by Providence Health and Services, offers you around the clock access to your health records at Olympic Medical Center, Swedish Hospital as well as Providence.

Here are the steps to obtain your username and password:

1. Go to <https://mychartwa.providence.org/mychart>
2. In the right hand column, click on "Request an activation code"
3. Another screen will appear...Under "To sign up for an individual account" ...click on "Access Request Form"
4. Complete the "Activation Code Request" screen.

You will receive your activation code to your email address within 1-3 business days. Then follow the instructions provided with the code to obtain a username and password. If any questions, you can contact the MyChart Helpdesk at 1-877-569-7768.



Remember...

We're here to provide you quality healthcare. Part of our job is to educate and assist you with your healthcare needs. Use the numbers below to get in touch with the people who can answer your questions.

Office 582-2850

Office Fax . . . 582-2851

After Hours
(Urgent Care) 582-2850
or 888-810-3116

Email:
pam@sequimmed.com
For nonurgent needs only

Monthly Fee Questions,
Kitty 582-2850

Insurance Billing
Questions
Timmi 582-2850

Protine/Cholesterol/
Hemoglobin A1C
Mon, Wed & Fri
8-12, 1-4
Haley 582-2850

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