



CENTERED ON EXCELLENCE

simply health

PULLMAN REGIONAL HOSPITAL AND FOUNDATION



SHARED VISION

"Our vision remains clear: providing leadership for integrated health and healing activities in order to create a self-sustaining, self-directed, inclusive model of healthcare for the region."

—Scott K. Adams, CEO, Pullman Regional Hospital

Welcome to the 2016 annual report to the community

Centered on Excellence has always been the focus of Pullman Regional Hospital, and 2016 was no exception. We continued our work to develop Centers of Excellence, including the Orthopaedic Center of Excellence in partnership with Inland Orthopaedic Surgery & Sports Medicine. In this issue, you can learn more about the Orthopaedic Care Team and how it works in partnership with orthopaedic surgeons to provide excellence in care.

We continued to focus on providing services to women and children, partnering with Palouse Pediatrics, Pullman Family Medicine, SEL Health Clinic and Palouse Medical to develop a Pediatric Center of Excellence. Catherine Wilkins, R.N., joined the team as our new Pediatric Care Coordinator to develop strong protocols for the care of pediatric patients in the hospital.

With our commitment to providing excellent care in a cost-efficient manner and maintaining our high patient satisfaction, we worked to develop the Center for Learning & Innovation. We brought on Becky Highfill as the new director and held our fourth Health Innovation Summit that highlighted our innovations in care coordination.

NEW FOR YOU We also developed a plan to meet growth in surgical and outpatient volumes. We are upgrading the equipment and technology in all the operating rooms, and soon we will have a fourth operating room, built to increase our surgical capacity. Surgeons will be using new technology—a 4K camera—for greater clarity and resolution and enhanced training and consultation capabilities.

LOOKING AHEAD Also in 2016, we continued to focus on patient safety with enhancements in several areas. You can read about this on page 5.

Looking forward, we will be expanding the capacity of our outpatient and same-day services to meet a growing demand. On page 8, you can read more about our exciting new project to build a permanent addition to the hospital that will enhance efficiency and allow us to continue to provide the best patient experience.

As always, this focus on providing excellence in care takes an entire team of dedicated and compassionate physicians, staff, commissioners, donors and volunteers. We depend on their generosity of spirit to help us achieve our ongoing mission to deliver excellence in care. We thank them for their support and thank you for yours!



Scott Adams
Chief Executive Officer



We want your feedback

As part of our focus on excellence, we appreciate all feedback from our patients. We partner with HealthStream to measure patient satisfaction.

If you are a recent patient, you may receive a phone call from HealthStream in Nashville, Tennessee. We'd greatly appreciate you answering the call and the questions. It takes about 10 minutes. We use that feedback to improve.

We invite you to become a friend of Pullman Regional Hospital on our Facebook page. We also welcome your letters. Please write to us at:

Feedback

Pullman Regional Hospital
835 SE Bishop Blvd.
Pullman, WA 99163

Pullman Regional Hospital continues to grow as part of its mission to deliver excellence in healthcare to the region.



“I am excited to bring my passion and my experience to coordinate pediatric care.”

—Catherine Wilkins



“I am honored to support innovative ideas and partnerships, which improve our region’s health.”

—Becky Highfill



“I love being in healthcare, and I love living in a small community.”

—Margaret Werre

A heart for children’s healthcare

Catherine Wilkins, RN, is the new pediatric care coordinator for Pullman Regional Hospital’s Pediatric Center of Excellence. Wilkins, who has worked as an Emergency Department nurse since 2006, will work to improve and coordinate the care of pediatric patients and families by Pullman Regional and create a standardized approach to ensure the highest quality of service and care.

Initially, she will be performing a needs assessment of inpatient and outpatient hospital services and area physicians providing pediatric care.

“Once this information is collected, the focus will be on education and process improvement collaboration,” she says.

Wilkins has been a nurse for 23 years, most recently at Sacred Heart Medical Center Children’s Emergency Department. She spearheaded the Pediatric Readiness Project for the Emergency Department at Pullman Regional. She also worked in public health, providing maternal/child care, and served as a Safe Kids coalition coordinator.

“I am excited to bring my passion and my experience to coordinate pediatric care between providers and Pullman Regional Hospital.”



Find out more about how we care for your little one. Go to pullmanregional.org/services/pediatric-center-excellence.

Using innovation to achieve health

In 2016, Becky Highfill was named the Director of the Center for Learning & Innovation at Pullman Regional Hospital. She has been working as the grants manager at the Pullman Regional Hospital Foundation since 2013. She will direct the activities of the Center while continuing to administer the hospital’s grant program.

The Center for Learning & Innovation was created to explore alternative models of care delivery—specifically to improve the patient experience, lower costs and improve population health. In this new role, Highfill will lead Pullman Regional’s strategic plan to integrate innovation with healthcare delivery. The Center for Learning & Innovation will also coordinate learning and leadership activities, such as effective leadership.

Highfill will work with Chief Medical and Innovation Officer Gerald Early, MD, hospital leaders and physician practices to address identified health needs of populations in the region through care coordination, telemedicine and ongoing development of an electronic medical record.

A new program, the Community Health Impact Fellowship, awards \$5,000 grants to organizations working on community health impact projects. Highfill says that partnering with entities such as the Whitman County Health Network and Washington State University will be critical in accomplishing a comprehensive approach to achieving community health objectives and doing it in an innovative manner.



For more information about the Center for Learning & Innovation, go to pullmanregional.org/center-for-learning-innovation.

Retired nurse offers a new perspective

Margaret Werre, retired operating room (OR) nurse, has been appointed to the Pullman Regional Hospital Board of Commissioners. She replaces Joy Drake, who left her position to relocate to Spokane in October 2016.

Werre moved to Pullman in 2013 to be with her daughter and son-in-law. She had worked as an OR nurse in Centralia, Washington, since 1989. Before that, she worked as a nurse in Rock Springs, Wyoming.

“I see myself as being new to this area and bringing a different perspective, since I’ve worked in larger hospitals,” she says.

Werre says she is looking forward to the hospital’s plans to expand surgical capacity, with the addition of a fourth operating room in July and planned expansion of same-day services.

“I love being in healthcare, and I love living in a small community,” she says. “I will work to continue to make Pullman a place where people want to live and can count on quality healthcare.”



Get in on the conversation. To learn about upcoming meetings or for contact information and more, visit pullmanregional.org/commissioners-about.

PULLMAN REGIONAL HOSPITAL VITAL SIGNS

20 16

YEAR IN
REVIEW



274 full-time **and** **174** part-time employees

226 volunteers

113 Auxiliary members

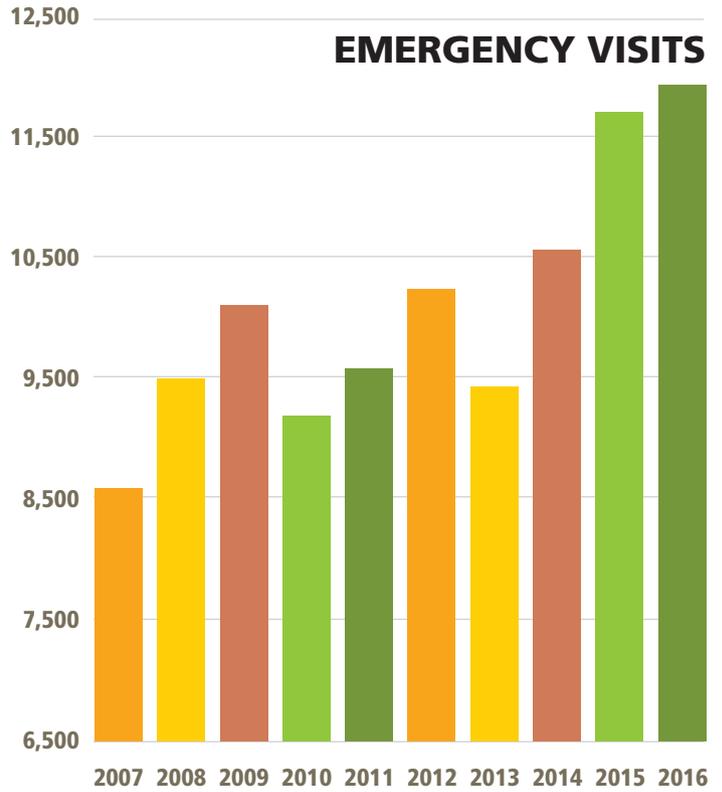
156 medical staff

TEAMWORK BY THE NUMBERS

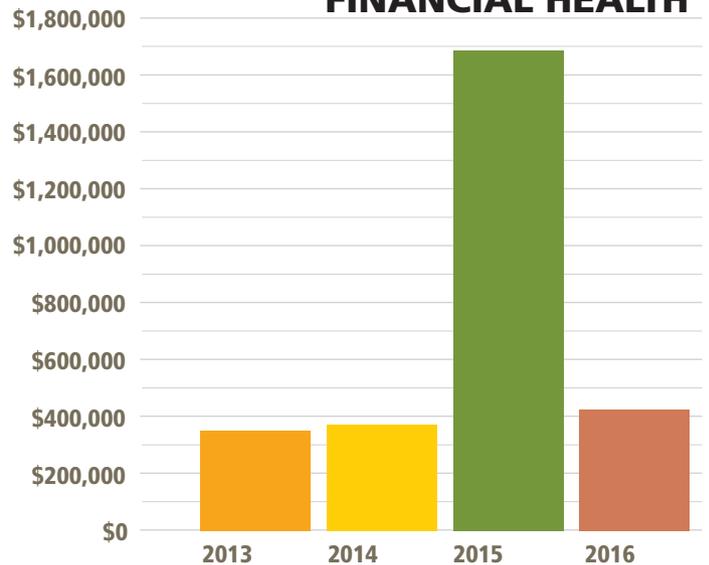
- 1,764** men, women, children and newborns as inpatients
- 77,911** individual outpatient visits
- 4,452** patient days
- 17,286** observation hours of care
- 426** births
- 12,028** Emergency Department visits
- 96,636** laboratory tests performed
- 30,220** diagnostic imaging studies completed
- 4,185** total surgical and nonsurgical procedures

STATS

EMERGENCY VISITS



FINANCIAL HEALTH



The total margin for the Public Hospital District 1-A was **\$409,371** in 2016.

Specialized care from the Orthopaedic Care Team

Pullman Regional Hospital's Orthopaedic Care Team works in collaboration with a patient's orthopaedic surgeon. Team members specialize in:

- **Anesthesia.** Four certified registered nurse anesthetists (CRNAs) provide general, spinal or regional anesthesia for orthopaedic cases. Our CRNAs use progressive anesthetic blocks during and after surgery, which helps with pain control and allows patients to be mobile immediately following surgery.
- **Discharge planning.** Members of our Social Services Department work with patients during the preoperative interview to ensure a successful recovery and discharge to home, assisted living or a long-term care facility.
- **Financial services.** Patient financial services representatives are available to answer questions about out-of-pocket costs at the monthly Joint Replacement Preparation Education class (see "Learn About Joint Replacement").
- **Nursing care.** Total joint replacement patients will spend the night in the hospital. Our nurses will be there for the patient during postsurgical recovery in the hospital—to address pain management and other recovery issues and to educate the patient about self-care after discharge from the hospital.
- **MRI/imaging services.** The orthopaedic surgeon may order an MRI before joint replacement surgery to measure and fit a prosthetic.
- **Nutrition.** Our registered dietitians can assist with a weight-loss or nutrition program prior to surgery. They can also advise on diet and nutrition to help recovery.
- **Pharmacy.** Before surgery, our pharmacists will work with patients who are on multiple medications to advise on drug reactions and medication management.
- **Preoperative.** Before surgery, a patient will meet at our pre-op clinic to take any necessary lab tests, address paperwork,

Learn about joint replacement

The Orthopaedic Center of Excellence offers a class every third Monday of the month designed for people who are thinking about or have scheduled joint replacement surgery.

The Orthopaedic Care Team presents information about knee, hip and shoulder replacements and on preparing for surgery. The team members are available to answer your questions one-on-one. No registration is required.

For more information, please call 509-332-5106.



meet the hospitalist, go over medications and receive other necessary assessments.

- **Rehabilitation.** After joint replacement surgery, members of our physical therapy and occupational therapy team will work with a patient to help them restore and improve mobility, strength and range of motion. They also educate the patient on dressing and showering safety. They will address equipment needs and after-care mobility for home or long-term care.
- **Respiratory therapy.** A registered respiratory therapist may provide care if a patient has respiratory issues, such as COPD, asthma or sleep apnea.
- **Surgical services.** This team consists of the orthopaedic surgeon, registered nurses and highly trained surgical technicians who perform a comprehensive array of orthopaedic procedures.

Centered on patient safety

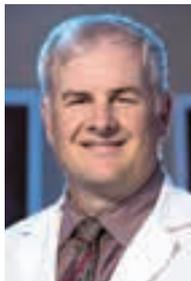
As part of our commitment to continuous improvement, Pullman Regional Hospital made many enhancements to patient safety in 2016. Here are the highlights:

- **Medications**
 - › Our Emergency Department was remodeled to increase medication safety. Medication ordering and preparation were moved away from the high-traffic area of the nurses' station.
 - › Bar code scanners were added to the operating rooms to help track medication administration.
- **Prevention of infections**
 - › 95 percent of employees received influenza vaccinations.
 - › A committee was established and protocol initiated to reduce catheter-associated urinary tract infections.
- **Prevention of mistakes in surgery**
 - › A surgical timeout system measuring "fully effective" timeouts was redesigned.
- **Reporting of unexpected events**
 - › A new electronic reporting system was implemented.
- **Obstetrical care**
 - › We began 100 percent elective inductions at greater than 39 weeks.
 - › We focused attention on decreasing nonindicated cesarean section rates.
- **Communication among providers**
 - › We implemented a "grapevine" model of communication with Pullman Family Medicine to improve continuity of care.
- **Pediatric care**
 - › We initiated a pediatric IV team and implemented a bronchiolitis protocol.

Leading the way

In 2016 the following medical staff members were recognized for their commitment to excellence:

Physician Excellence Award recipient



John Keizur, MD

Dr. Congeniality Award recipients



Ben Adkins, MD



Nigel Campbell, MD



Vicki Short, MD



Ed Tingstad, MD

2016 Nurse Excellence Award recipient



Anna Engle, RN

2016 Volunteer of the Year



Lucille Guettinger

2016 Auxilian of the Year



Ginger Zaske

2016 DONOR SPOTLIGHT

Ed and Beatriz Schweitzer

Community leaders Ed and Beatriz Schweitzer

generously contributed \$700,000 to help fund the Surgery Expansion Project.

Their lead gift initiated a highly successful fund drive, which surpassed fundraising goals. Additional funds were used to purchase state-of-the-art 4K cameras and monitors and streaming video capabilities.



The M.J. Murdock Charitable Trust

In 2016 the M.J. Murdock Charitable Trust awarded Pullman Regional Hospital a \$250,000 top-off grant for the Surgery Expansion Project. These funds will be used to offset the construction and equipment costs for the addition of a fourth operating room and upgrading surgical technology in all four operating rooms.

Coverys

In 2015 and 2016, the Coverys Community Healthcare Foundation provided \$120,912 in funding for the hospital's Emergency Department remodel. The reconfiguration provides a space designed to limit interruptions while physicians complete medical orders and nursing staff prepare medication.

Coverys awarded an additional \$10,000 patient safety grant to purchase new syringe infusion pumps for each clinical department to improve the safety of medication administration.





Kelly Sebold, speech therapist at Summit Therapy & Health Services, and a friend test a number of the toys she purchased with a \$945 grant from the Auxiliary.

Generosity heals

Auxiliary funds comfort items

In 2016 the Pullman Regional Hospital Auxiliary granted a total of \$20,174 in funding for patient comfort care items. Each spring, hospital department leaders may submit requests to fund items, above and beyond capital expenditures, that make patients' hospital stays more comfortable. The Auxiliary has generously funded these requests since 1968.

Kelly Sebold, a speech therapist at Summit Therapy & Health Services, used funds to purchase high-quality sensory toys that offer children a way to interact with the world through

sound, feeling and sight.

"The toys we purchased will break the ice," Sebold says. "They are not too difficult to use but are enticing and colorful and many make sounds. Children can relate to them and, at the same time, the toys stimulate the senses."

Toys must hold up. Children from 2 to 10 years of age are using them daily in many different ways, Sebold says.

"I would like to stress how much our staff, and especially those who benefit from the gifts, appreciate them," Sebold says. "Our pediatric patients welcome each and every toy."

Pullman Regional now offers e-newsletters

Starting in March, you can subscribe to four electronic newsletters focused on keeping you healthy throughout different life stages. They are easy to read, with fun, interactive quizzes.



- **Keeping Well** is a monthly e-newsletter designed to provide short, useful articles on wellness and health tips.



- **New Parent** is a monthly e-newsletter for new parents. Based on your child's birthday, each month focuses on that stage of development.



- **Pregnancy** provides weekly information on baby's development and what to expect during your pregnancy.



- **This Week in Health** is a weekly e-newsletter that covers the top five breaking healthcare news stories of the week.

Sign up to start receiving your newsletter(s) via email today. Visit pullmanregional.org and click on "e-newsletters" in the green navigation bar.



Surgery Expansion Project highlights

Fourth operating room creates more time and space to meet growing demand for surgical services.

■ **High-definition 4K visualization** for the highest-quality imaging using a wide-angle view and magnification to provide a highly detailed operative picture. The 4K technology delivers four times the resolution, better light, and twice the color as high-definition (HD) imaging.

■ **New surgical booms and arms** for greater maneuverability by surgeons and OR staff.

■ **55-inch wall-mounted viewing monitor** for better visualization and teaching opportunities.

■ **Telesurgery consultation** to provide the ability for a surgeon to view a case in another OR, or remotely as an office consultation.

■ **Streaming video** for easy-to-access information about the procedures and after-care instructions for patients and their families.

Expansion project for Same-Day Services

Building on the 5-star patient experience

As our community thrives and grows, we are met with an opportunity to expand our hospital's capacity for Same-Day Services.

Demand for Same-Day Services, procedures and outpatient medical care has doubled within the past 10 years as more procedures are being done on an outpatient basis and care is becoming increasingly streamlined.

As a result, we must increase the number of Same-Day patient rooms (from our current 12 to a total of 22) to accommodate those who need infusions, transfusions, endoscopy, pain management, observation and radiology procedures requiring anesthesia.

The solution

A 10,000-square-foot addition will be constructed in the back of the hospital. The addition will include state-of-the-art medical equipment, and all surgical patients will have their preoperative visit in the new space.

"The expansion will allow us to meet a growing trend to provide outpatient services in healthcare," says Jeannie Eylar, Chief Clinical Officer. "The additional space will enhance efficiency and movement for one of the busiest areas of patient care and allow for flexibility to serve each



Dana Srikanth, RN,
Director of Same-Day Services



(by Design West Architects)

Exterior rendering of two-story Same-Day Services building expansion.

patient at an individualized level."

Dana Srikanth, RN, Director of Same-Day Services, has worked as a nurse in patient care, clinical quality and management for more than 20 years. Srikanth welcomes the expansion with open arms.

"This new space is being strategically designed with a great deal of staff input," she says. "We will be able to accommodate more patients in larger rooms with a more efficient room layout and provide a quiet, more restful environment for our patients."

The hospital's Same-Day Services is a high-traffic, high-volume area with an average of 15 to 20 patients each day and sometimes as many as 30. Srikanth says the staff does a phenomenal job working within current space limitations, and patients absolutely love the staff, as evidenced by a fourth-quarter patient satisfaction rate of 88.3 percent.

"We need the space to balance efficiency with providing compassionate, personalized care," Srikanth says. "In the eyes of a patient, there is nothing routine about any procedure, so we provide the five-star experience for them in their time of need."

With the PRH Board of Commissioners and the Foundation Board in full support of the building expansion for Same-Day Services, the project is estimated to cost \$3 million and has been deemed the hospital's highest need for 2017.

Philanthropic support will play a crucial role, and the Foundation Board has set a fundraising goal of \$750,000 for the 2017 fund drive, with construction expected to begin in spring 2018.

From the CDO

A five-star giving experience



As an organization embedded in the strategic plan of Pullman Regional Hospital (PRH), the Foundation is guided by the hospital's priorities and honors the power of philanthropy. Initiating the vision to expand surgical services in our community and upgrade surgical technology called for a significant fundraising goal—the highest in the history of the Foundation—and

the Foundation Board accepted the challenge.

Early lead gifts by Ed and Beatriz Schweitzer and the M.J. Murdock Charitable Trust surpassed the \$875,000 goal by February 2016. Additional generosity by community members provided further funding for surgical cameras and video streaming equipment, meaning we can provide one of the best surgical environments in the region. A shared vision—which included PRH staff, physicians, donors, community leaders and volunteers—made this happen.

Through these fundraising efforts, we have ensured that this community maintains access to excellent healthcare. Excellence starts with leadership at all levels and the willingness to explore

bold visions, dream big and grow with our community.

In our journey to broaden our fundraising reach and expand philanthropic support, we have learned it is just as important to demonstrate the impact of philanthropy and connect with our donors in a deeper way. The Foundation Board and staff are committed to ensuring that every donor feels good about their investment in PRH and not burdened with oversolicitation. We will set ourselves apart in a way that communicates gratitude, community impact and patient impact. Thank you for choosing to partner with the PRH Foundation once again to make Pullman Regional Hospital a five-star health and healing experience.

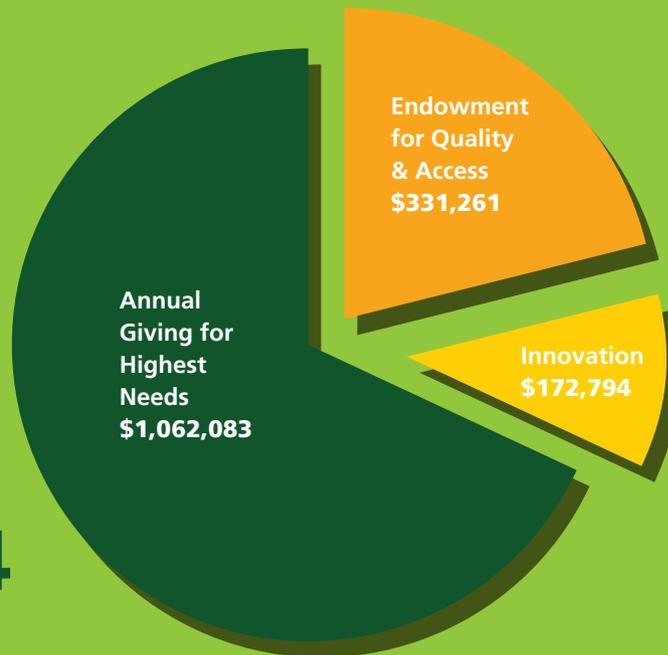
With best regards,

Rueben Mayes, MBA, CFRE
Chief Development Officer
PRH Foundation

Thank you
for your generosity

**PULLMAN REGIONAL
HOSPITAL
FOUNDATION
2016
FUNDRAISING**

**TOTAL:
\$1,565,794**



Total of
689
donors in 2016

These amounts reflect all gifts, grants and pledges received.



“This project is a gift of time and a gift of space. Your generous support to help us build a fourth operating room means minimizing time spent waiting for a solution. Your generosity is also providing enhancements in each of the hospital’s surgical suites with 4K cameras, streaming video, and new lights and surgical booms—placing state-of-the-art tools in the hands of our trusted providers. This is possible because of you. Thank you!” —Pat Wright, 2016 Annual Giving for Excellence Fund Drive Chair and PRH Foundation Vice President

An eventful year

Our giving community repeatedly supports the hospital’s highest needs goals and projects

A successful 2016 Annual Giving program in support of our highest needs ensured that Pullman Regional Hospital (PRH) can provide greater access to the best surgical care through the Surgery Expansion Project.



■ The four Pullman auto dealers (Chipman & Taylor Chevrolet; Jess Ford of Pullman; Toyota of Pullman; and Wysup Chrysler, Jeep, Dodge, Ram & Imports) teamed together for a fourth year and were joined by Quad Cities Nissan to support the hospital’s highest needs by donating funds—\$100 for each new and used vehicle sold during the month of August—totaling \$35,600.

■ A sold-out 11th Annual PRH Foundation Golf Classic (presented by Columbia Bank) hosted 124 golfers at the region’s “most fun” golf tournament. Golfers and sponsors teed up the highest grossing tournament to date, totaling \$65,000 in support of the hospital’s highest needs.

■ Seattle Seahawks Super Bowl Champion DeShawn Shead helped Washington State University students kick off the 2016 Dance-A-Thon. The 12-hour event (presented by College Hill), along with support from student-led Greek Week activities and the men of Pi Kappa Alpha, raised \$30,000 in support of the hospital’s highest needs.

■ Over 300 hospital supporters gathered at the 10th Annual PRH Foundation Gala (sponsored by Avista) to celebrate accomplishing 2015 fundraising goals for the hospital’s highest needs—13 items to enhance heart care and women’s and children’s health. The 2016 highest needs goal—which includes the Surgery Expansion Project—was shared, followed by a surprise announcement of a \$350,000 gift from Ed and Beatriz Schweitzer. Their generosity, together with \$150,000 in event proceeds, raised more than \$500,000 in revenue for the hospital’s highest needs.

■ In its second year, the Women’s Leadership Guild continued to recruit members who wanted to make a meaningful difference through the power of philanthropy. Thirteen regional nonprofits submitted applications for the 2016–2017 grant cycle, and members voted to award funds to five agencies at \$2,000 apiece in addition to supporting the hospital’s highest needs.

From left: Kimberly Guida, MD; Kristine Brenc, ARNP; Ed Smith, MD; Shaleah Jones, MD; Ben Adkins, MD; and Vicki Short, MD, of Pullman Family Medicine



In 2008, our community was in danger of losing the specialty practices of general surgery; ear, nose and throat; and pediatric care. To ensure that we didn't lose these vital services, Pullman Regional Hospital (PRH) committed to financially support these practices.

Vigilance is still critical, as there has never been a more dynamic time in healthcare than today.

A local physician recently stated that we are "in a race for people." We are competing with urban and other rural communities for new physicians graduating from residency training, and we are continually working with our current physicians, who we are happy to say call PRH home.

There is a nationwide shortage of physicians and healthcare providers, and we see this in our community too. We are driven to take action to foster an environment that attracts exceptional providers so that primary and specialty care are accessible, affordable and local.

A solution to sustaining a robust physician recruitment and retention program must include philanthropy. This is the driving force behind creating an Endowment for Quality & Access. The Foundation, along with the leadership of community volunteers, is committed to growing a sustainable source of funding.

With the help of the Giving Committee (Carol Chipman, Jack Fulfs, Fritz Hughes, René Scourey, Josh Smart and Marie Weiss) and the Planned Giving

Recruiting and retaining exceptional physicians

Advisory Council (Jeff Feuerstein, Chair; Greg Bloom; Kelly Brown; Michael Connell; Alan Hodges; Terry Kelly; Tom and Linda Nihoul; James Onstad; Bill Skavdahl; Kiall Swift; Howard Utzman; and Mike Waite), we have raised approximately

\$4 million of a \$10 million goal since the Endowment's inception in 2013.

Earnings from this fund are transferred to PRH on a yearly basis and have funded:

- The work of our Physician Leadership Council in their regular council meetings, their continuing leadership education and their role as advisors to PRH in ensuring our ability to meet the medical needs of our community.
- Support of the efforts to recruit an additional orthopaedic surgeon to expand quality orthopaedic care to the Palouse.

At PRH, we recognize it is the actions, passion, compassion and talents of many who provide the five-star patient experience. We are grateful for the support of our volunteers and the generosity of our community.



From left: Karen Geheb, MD; Gerald Early, MD; Pete Mikkelsen, MD



Pullman Regional Hospital Volunteer Services



GUARDIAN ANGEL PROGRAM
PULLMAN REGIONAL HOSPITAL

The Guardian Angel program gives grateful patients an opportunity to honor a physician, volunteer or hospital staff member while supporting the hospital's highest needs.

2016
GUARDIAN ANGEL
RECIPIENTS

Stephen Hall, MD, Palouse Medical, honored by Col. Robert and Miriam Rehwaldt

Corey Johnson, CRNA, honored by Glenn and Kathy Johnson

Rod Schwartz, Volunteer Hospital Chaplain, honored by Col. Robert and Miriam Rehwaldt

Ed Tingstad, MD, Inland Orthopaedic Surgery & Sports Medicine, honored by Col. Robert and Miriam Rehwaldt

Thank you!

The Foundation Board and Pullman Regional Hospital thank everyone for gifts, grants and pledges made in 2016.

Jan. 1 to Dec. 31, 2016

\$100,000 to \$499,999

M.J. Murdock Charitable Trust
Ed and Beatriz Schweitzer

\$50,000 to \$99,999

Coverys
Dr. Gerald Early
Empire Health Foundation
Sid and Penne Pierson

\$25,000 to \$49,999

James and Marji Neill
Byron and Marcia Saneholtz
Wysup Chrysler, Jeep, Dodge, Ram & Imports

\$10,000 to \$24,999

Critical Access Hospital Network
National Council on Aging
Dr. Ed and Laura Tingstad
Whitman Hospital and Medical Center

\$5,000 to \$9,999

Norm Apperson and Pamela McEachern
Avista Corporation
Mike and Bernadette Berney
Scott and Linda Carson
Chipman & Taylor Chevrolet
College Hill Custom Threads
Columbia Bank
Luis and Connie D'Acosta
Dr. Karen Geheb and Michael Harris
Walter and Patricia Grantham
Dr. Stephen and Sharon Hall
Jess Ford of Pullman
KQQQ & KHTR Radio
Frances Pettit
Quad Cities Nissan
Jerman and Marguerite Rose
Schweitzer Engineering Laboratories, Inc.
Toyota Dealer Match Program
Toyota of Pullman
WSU Center for Fraternity & Sorority Life

\$2,500 to \$4,999

Scott and Sharon Adams
Avalon Health Care, Inc
Greg and Karin Bloom
Charles and Carrie Coen
Crimson and Gray
Dave Christy State Farm Insurance
Engage
Christopher and Anna Engle
Charles and Sue Hilliard
CS (Jack) and BettyJo Hilliard
Larry Hood
Inland Cellular
Inland Northwest Broadcasting/KRPL Inc.
Glenn and Kathryn Johnson
Karl Hoover & Associates, LLC
Kimball Funeral Home
Life Flight Network, LLC
Steve and Edie Mader
Merry Cellars Winery
Sara Moore
Neill's Flowers and Gifts
Pi Kappa Alpha Fraternity
Mike Rask
Abdur Rehman

Col. Robert and Miriam Rehwaldt
Stephanie Schweitzer
Dr. Gordon Sedlacek
Swire Coca-Cola
Waddell & Reed
Washington Trust Bank
Verna Yockey

\$1,000 to \$2,499

Robert and Carolyn Allan
Darren and Ashley Alred
Carolee Armfield
Automated Accounts, Inc.
Linda Bailey
Dean Bloomfield
Mike and Dede Boone
Anjan and Francy Bose
Stanley Buckley
Brandon and Marilyn Burch
Busch Distributors, Inc.
Campbell Scientific, Inc.
Matt and Lynda Carey
Kenneth and Dorothy Casavant
Lois Castleberry
John and Linda Chaplin
Vishal Chaudhry
Barbara Christensen
Jonathan and Cheryl Clancy

Craig and Nikki Corbeill
Crimson Commerce Club
Laurence Davin
Design Effects
Donald and Joye Dillman
Arthur and Roi Druffel
Bill and Katie Evermann Druffel
Wil and Andi Edwards
Burt and Sandra Epstein
Greg and Jeannie Eylar
Steve and Meridee Febus
Jerry and Donna Finch
Lola Finch
Jack and Linda Fulfs
Andrea Gallagher
Bill and Felicia Gaskins
Drs. Keith Gautreaux and Shaleah Jones
John and Lisa Hart
Joe and Sharon Hindman
Jeanne Holstad
Dr. John and Mary Huberty
Incyte Diagnostics

Inland Northwest Community Foundation
Irwin, Myklebust, Savage & Brown, PS
Dr. John and Kim Keizur
Karen Kinzer
Brad and Jennifer Lewis
Rueben and Marie Mayes
Elinor McCloskey
Peg Motley
Tom and Faye Neill
Northwestern Mutual Financial Network
Charles and Gwen Oldenburg
Barbara Palmer
Palouse Commercial Real Estate
Prestige Care and Rehabilitation
David and Kristin Prieur
Pullman Chamber of Commerce
Pullman Family Medicine
Sandra Riedinger

Ed and Ferris Robertson
 Sam Dial Jewelers
 Seattle Seahawks
 Joshua and Jamie Smart
 Guy and Jeanne Therrien
 Tito's Handmade Vodka
 Dr. Marcus and Mary Torrey
 Chip and Amy Tull
 Waddell and Reed
 Jesse and Alison Weigley
 Ernest and Marie Weiss
 Jackie Sue Wilkins
 Wes Wolcott and Bobbi Bennett Wolcott
 Ray and Pat Wright
 Mike and Debbie Yates
 Ralph and Valerie Yount
 Russell and Elaine Zakarison

\$500 to \$999

Aon
 Avalon Care Center
 Badger Braces
 Lee and Maxine Bamesberger
 Pam Lynn Bradetich
 John Brewer
 Dennie Byram
 Keith Campbell
 Cynthia Carver
 Cetera Advisor Networks, LLC
 Asif and Charla Chaudhry
 Laura L. Child
 Rex and Alice Davis
 Jason Denning
 Design West Architects
 Bill and Joy Drake
 Robert S. Dunning
 Crista Emerson
 Jeff and Angie Feuerstein
 Foster Pepper PLLC
 Wallis and Sue Friel
 Ben Gaidos
 Dr. Kenneth Gibson
 Susan Gormsen
 Sally Greene
 Ed and Toni Harrich
 Randy Hartig
 Linda Hastings
 Mike and Sue Hinz
 Roxanne Hodges
 Mary Nell Holden
 Robert and Ruth Holmes
 Andrew and Andrea Howell
 Fritz and Mary Hughes
 J & H, Inc.
 Ernie Kent

Liz Lee
 Bonnie Martin
 Thomas and Claudia Mays
 Archie and Shelley McGregor
 McGregor Company
 Michael McNamara
 The McWhirter Family
 Anthony and Kristi Meyer
 Dr. Peter Mikkelsen and Anna Lim
 Travis and Traci Mooney
 Barry and Danna Moore
 Motley-Motley, Inc.
 Thurman Oliver
 Palouse Ridge Golf Course
 Scott and Shauna Patrick
 Donald and Monica Peters
 Pi Beta Phi Sorority
 Darin and Jana Porter
 Presnell Gage, PLLC
 Don and Shirley Quist
 Linda Rauch
 Darl and Star Roberts
 Gary and Susan Schell
 Chris and Jana Schultheis
 David Seamans
 Kelly Sebold
 Robert and Jane Shrope
 Sid's Professional Pharmacy
 Mike and Christine Sodorff
 Michael and Patricia Sturko
 Tessa Swift
 BJ and Samantha Swindell
 Buck and Mary Taggart
 Judy Templeton
 Torrey Dental
 Valic
 Ron and Barb Wachter
 Robert and Karne Warner
 Washington Trust Bank
 Wealth Management & Advisory Services
 Wills and Associates, PLLC
 Bruce Wright and Carolea Webb
 Patrick and Karen Wuestney
 Mark and Kaye Yrazabal

\$1 to \$499

Stacey Aggabao
 Aitken, Schauble, Patrick, Neill, & Schauble Attorneys at Law
 J. Richard Alldredge
 Allegra Printing & Design
 Debra Allen

Debra A. Allen
 Thom and Kris Allen
 Alpha Chi Omega
 Bobby Alworth
 American Legion Auxiliary #214
 Jennifer Anderson
 Jon Anderson and Rosalie Watters
 Stephen and Barbara Antolovich
 Kellsu Ausman
 Avalon Health Care, Inc.
 Bridget Bailey
 Jeanine Ball
 Banyans on the Ridge
 Katharine Barthels
 Basalt Cellars
 Midge Bashaw
 ToniJo Batterton
 Betty Becker
 Jennifer Becker
 Robert Becker
 Francis and Heidi Benjamin
 Richard and Pam Berry
 Jerry and Marsha Binder
 Birch and Barley
 Joseph and Rose Blake
 Nicole Blaker
 Karl and MaryAnn Boehmke
 Virginia Boettcher
 Susan Bohm
 Cheryl Bonson
 Leanne Borgen
 Dineo Boyd
 Jeana Boyd
 Dr. Lennis Boyer
 Marybelle Bradshaw
 Janet Brandt
 Eugene Brannan
 Marlene Bredfield
 Ellen Brewer
 Brian's Body Shop
 Thomas and Marilyn Brigham
 C. Andrea Brown
 Constance Brown
 Gordon Brown
 Kelly and Kathleen Brown
 Lawrence and Lorna Bruya
 Greg Burton
 Charles K. Butts
 Dr. Richard Caggiano and Karen Karpman
 Douglas Call and Nina Woodford
 Robin Cambier
 J.M. and Helen Campero



Pullman Regional Hospital Care Community

April Cane
 Dr. Brad and Debbie Capawana
 Pat and Laurie Caraher
 Carol Carney
 John and Linda Carney
 Philip Carr
 Nick and Laurie Carson
 Josh and Cindy Carver
 CDK Global
 Linda Chalich
 Caitlin Champoux
 Chris and Miranda Chandler
 Mitch and Mary Jo Chandler
 Janice Chenette
 Carol Chipman
 Cindy Chittenden
 Kenby and Lana Clawson
 Clearview Eye Clinic
 Coffey Communications, Inc.
 Coldwell Banker Tomlinson
 Mary Cole
 Colfax Body Repair, LLC
 Bonnie Collins
 Columbia Grain, Inc.
 Bill Condon and Beth Waddell
 Tom and Vonnie Conrad
 Brad and Linda Cook
 Kim Cook
 David Coon
 Bill Cooper
 Cody Cope
 Lisa Cordodor
 Cougar Red Distillery
 Douglas Cox
 Crites Seed, Inc.
 Steve Cromer
 Sharon Curtis
 Daily Grind
 Roger and Jacqueline Daisley
 Dave's Golf Shop
 Dr. Daniel and Pam David

Mary Lillian Davis
 Shirley Davis
 Talitha Janette Davis
 David and Jennifer Dean
 Meech Debol
 Decagon Devices, Inc.
 Delta Dental of Washington
 Delta Gamma Sorority
 Delta Upsilon Fraternity
 Kim Demeerleer
 Kimberly Devich
 Dissmore's IGA
 Richard Domey and Diane Gillespie
 Lauren Dornquast
 Bill and Judy Drake
 Patty Druffel
 Richard and Lillian Druffel
 Ross and Tami Druffel
 James and Judith Durfey
 Ken Dzuck
 Maureen and Dennis Edgcombe
 Jeff and Jill Elbracht
 Marie Erickson
 Gail Evans
 Sandra Field
 Heather Finke
 Marcy Fisher
 Jack and Susan Flack
 Foundry Kitchen and Cocktails
 Albert and Joan Frakes
 Melissa Francik
 Dr. Richard and Sally Fredericks
 Lacey Frei
 Sandy Frisbey
 James and Raylene Fry
 Wayne and Gayle Gallagher
 Gamma Phi Beta
 Dr. Dennis and Regina Garcia
 Charles and Gail Gearhiser
 Jacqueline Neill Gehlen

Georgia Carpetworks
 Jami Gilkey
 Will Gillespie
 Jeffrey Goesling
 Trent and Sherri Goetze
 Zach and Kim Gormley
 Grace Broadcast Sales
 Grady Family Farm, LLC
 Lance and Blair Gray
 Tyne Gray
 Jon Greene
 Kathleen Groseclose
 Robert and Marjorie Grunewald
 Audrey Guettinger
 Dennis and Dorri Guettinger
 Jane Guido
 Carl and Charlene Gustafson
 Jeff and Jessi Hall
 Jennifer Hamilton
 Suzanne Hamilton
 Danielle Hamstra
 Mr. and Mrs. Orle Hannas Jr.
 Jessica Hanson
 Robert and Donna Hanson
 Sherry Hanson
 Kirk and Kristie Harden
 Dennis Hatley
 Rebecca Hatley
 Hayden Ross, PLLC
 Michael and Eva Hayes
 Alex Hays
 Bruce and Laurelle Heimbigner
 Jerry and Holly Hein
 Marie Heisler
 Anna Henderson
 Joan Hendrickson
 Shirlee Hepperle
 Franceen Hermanson
 Mark and Fran Hermanson
 Lonna Limburg Heuett
 Michael and Becky Highfill

Cheryl Hill
 Herbert and Jannette Hill
 Steven Hill
 Hilliard's Heating
 & Plumbing
 Elizabeth Hillman
 George Hinman
 John and Elizabeth Hobbs
 Jesse and Stefany Holcomb
 Ryan Holden
 Deborah Holstad
 Marian Hood
 Jeff Horton
 Cynthia Hosick
 Richard Howell and Lynn
 Sakamoto
 Glen and Gloria Hower
 HRC Wealth Management,
 LLC
 Hub International
 Insurance
 Richard and Ann Hume
 Joe and Shannon Hunt
 John Hunt
 Vincent and Uta Hutnak
 Gary and Beverly Hyde
 Idaho Truck Sales Co., Inc.
 Claudia and Mike Iles
 Sherry Immediato
 Fred and Lianne Inaba
 Birgitta Ingemanson
 Maureen Jackson
 Nathan James
 Jill Jeffries
 Barbara Johnson
 Jennifer Johnson
 John and Lisa Johnson
 Nick Johnson
 Paula Johnson
 Carol Jorstad
 Michael and Donalyn
 Kallaher
 Orrin and Mary Kambitsch
 Sarah Kangas-Hanes
 Kappa Kappa Gamma
 Mariah Kaucic
 Virginia Keefer
 Nora Mae Keifer-Olfs
 Andi Keller
 Isaac Kelly
 Melissa Kennedy
 Laura Keogh
 Kayla Keppler
 Rebecca Kerben
 Jeff Kimberling and
 Megan Guido
 Paul and Connie Kimmell
 Hilda King
 Jeff and Lynette Kinzer
 William and Juanita
 Kinzer

Andrew Knecht
 Stephanie Knewbow
 Dave and Patti Knowles
 Janet Kramer
 Tony and Linda Lam
 Mary Langdon
 Jane Lariviere
 John and Nancy Lee Larsen
 Greg Larson
 LeadScorz
 Charles and Nancy
 Leathers
 Jerry and Carrie Lee
 Jason and Katie Leicht
 Les Schwab Tire Center
 Kari Lewis
 Norman Lewis
 Stanton and Lucille Linden
 Dorothy Lisk
 Mitchell Lopez
 Lyle Lowder
 Brigitte Lowe
 Consorcia and Roger
 Lumasag
 Dale and Irene Lunsford
 Joe Lynd
 Dale and Catherine Lyon
 Patricia Magaret
 Mary Maggio
 Kirk Magill
 Janine Maines
 Mike Malcolm
 Susan M. Markey
 Phyllis Martin
 Randy Martin
 Alan Martinson
 Frank and Shannon
 Maryott
 Leslie Maston
 Jennifer Matera
 Don and Marianna
 Matteson
 Bob and Adrienne
 Maxwell
 Anne McCoy
 McDonald's of Pullman
 Karla McGee
 Rob and Darci McPherson
 Whitney Medley
 Alfred and Suzanne Mejia
 Sarah Melendrez-
 Girabaldo
 Martin and Susan
 Mendiola
 Henry and Colleen Merrill
 Brent and Paula Meyer
 Colin Meyer
 Karen Miller
 Thomas Miller
 Carmel Minogue
 Megan R. Moore

Nancy Moore
 Sharon L. Morgan
 Ron Moser
 Margery Muir
 William and Peggy Myers
 Donald and Betty Nagle
 Herbert and Barbara
 Nakata
 Mick and Cindy Nazerali
 Kirsten Neelon
 Dr. John and Lee Neff
 Howard and Mary Jane
 Neill
 Nelly Broadcasting, LLC
 Betty Newby
 Paul Nguyen
 Breanne Nielsen
 Nike Golf
 Nikki Nolt
 Lila Nordin
 Shirley Normington
 John O'Bryan
 Steve and Kat O'Dell
 James Onstad
 Orchards Shoe Shop Inc.
 Janice Organ
 Donald and Patricia Orlich
 Owens & Minor
 Carol Owings
 William Pan
 Christy Pansegrau
 Sita S. Pappu
 Brian and Christina Parrish
 Parrish Family Trust
 Holli Parrish
 Gary and Anita Parrott
 Richard Partain
 Pat and Cherie Patnode
 Bill and Rachel Paul
 Darin Paulson
 Tim and Carin Pavish
 Claudia Peavy
 Katie Peet-Walker
 Dr. Steven and Rachel
 Pennington
 Sara Jane Perino
 Alicia Phelps
 Corrine Phillips
 Pickard Orthodontics
 Stephanie Pierce
 Jackie and Jeanne Pitzer
 Joe and Tamira Pitzer
 Suzanne Polle
 Richard and Kathryn Potts
 Acacia Prather
 Frances Preston
 Jerry and Kathy Prout
 Pullman McDonald's
 Jan Pyle
 Garrett Quarve

Matt Ramsey
 Margaret Rehberg
 Dr. Tim and Betty
 Rehnberg
 Frank and Roxanna
 Reisenauer
 RE/MAX Home and Land
 Janet Repp
 Rick and Jenny Repp
 Residence Inn
 Leo and Mollie Ressa
 Michelle Reynolds
 Amy Richard
 Dr. Shawn and Annie
 Richards
 Shirley Riebold
 Jacqueline Riley

Carroll and Edna Mae
 Schultheis
 Harold and Anne
 Schultheis
 Jess and Rene Scourey
 Derek and Erin Sedam
 Jeff and Elizabeth
 Semingson
 Kai Seshiki
 Thomas and Nancy Sheer
 Sigma Alpha Epsilon
 Barbara Simpson
 Bill and Susie Skavdahl
 Jason Skiles
 Lloyd and Donna Slusser
 Katherine Smart
 John and Kathleen Smith

University Collision
 of Moscow
 Katherine Vanwyngarden
 Village Centre Cinemas
 Dr. John and Cherish
 Visger
 Brad Vonhof
 Charlie Vulliet
 Carleton and Rosemary
 Waldrop
 Mike and Kristen Walker
 Ian Wallace
 John and Pamela Walton
 Kaitlin Watson
 Marty and Judy Weber
 GD and Beverly Webster
 Kristen Pearl Wedam



Jessica Rivers
 Nyla Roach
 Charles and Barbara
 Robbins
 Amber Roberts
 Niki Roberts
 Brinda Robin
 Izzie Roepke
 Krystal Rogers
 Jeff and Jennifer
 Ronnegren
 Enrique and Anna
 Rubalcava
 Diane Sampson
 Laurie Sams
 PJ Sanchez and Kelli
 Kamimura
 Sanctuary Yoga, LLC
 Esther Sanders
 Roseann Sargent
 Ben and Lisa Schacher
 Jason and Helen Scheibe
 Randy and Cindy Schlee
 Calvin and Katherine
 Schnider
 Arthur and Susan
 Schultheis

Michelle Smith
 John and Patricia Snyder
 SouthFork Public House
 Dr. Michael and Phyllis
 Stallcop
 Lily and Kirk Steinhorst
 William Stevens
 Janice Stewart
 Rob Stewart
 Katie Stodick
 Ray and JoAnn Story
 Matt Strange
 Paul and Nadine Sturm
 Tom Swanson
 Kiall and Stacey Swift
 Austin Swopes
 Tom and Gloria Taylor
 Joanne and Douglas
 Tebow
 Jasmine Telford
 Christine Ternes
 Mark and Joanie Thomas
 Marvin and Dawn
 Thompson
 Tom and Linda Tippet
 Aaron Tobey
 Cathy J. Tucker

Carla Weisgerber
 Harry and Sharon Wells
 Carmen Welter
 Michael and Vivian
 Werner
 Richard and Carla Wesson
 Donald and Melissa White
 Justin White
 Guy and Cindy Williams
 Tim and Gina Williams
 Jason and Tamara Wills
 Elizabeth Wilson
 Robert and Diane Wilson
 Dianna Wise
 John and Beverley Wolff
 Mark Wray
 Yasmin Wyrick
 David and Marion Yonge
 Catharine Young
 Lynn and Kay Youngblood
 Gary and Sharon Zentzis
 Evelyn Zimmer

SIMPLY HEALTH is published as a community service for the friends and patrons of Pullman Regional Hospital, 835 SE Bishop Blvd., Pullman, WA 99163, 509-332-2541, pullmanregional.org.

Scott Adams
Chief Executive Officer

Jeannie Eylar
Chief Clinical Officer

Rueben Mayes
Chief Development Officer

Megan Guido
Chief Marketing & Community Relations Officer

Information in SIMPLY HEALTH comes from Pullman Regional Hospital. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider.

Models may be used in photos and illustrations.

2017 © Coffey Communications, Inc. All rights reserved.

2016 Pullman Regional Hospital Foundation Legacy Society Members

Scott and Sharon Adams
Stacey Aggabao
Spencer and Rae Alisch
Dr. Richard Caggiano
and Karen Karpman
Suzan Carter
Laura Child
Carol Chipman
Dave and Denise Christy
Charles and Carrie Coen
Dr. Gerald Early
Jeff and Jill Elbracht
Jerry and Sue Foster
Dr. Kenneth Gibson
Carol Gordon
Merle Harlow
Ed and Toni Harrich
Michael and Becky Highfill
Jack and BettyJo Hilliard
Fred Lange
Shawn and Lauré Larsen
James and Marji Neill
Eric Olson
Barbara Palmer
Sid and Penne Pierson
Joe and Tami Pitzer
Jan Pyle
Michael and Carol Rydbom
Barney and Marcia Saneholtz
Josh and Jamie Smart
John and Patricia Snyder
Mike and Christine Sodorff
Jesse and Alison Weigley
Patrick and Karen Wuestney



Members of the Legacy Society gather at Merry Cellars Barrel Room for the inaugural Legacy Society Celebration.

Creating a lasting legacy

At the heart of the journey toward advances in medicine lies an unrelenting quest to improve the human condition. We invite you to share in this voyage by becoming a member of the Legacy Society of Pullman Regional Hospital (PRH) Foundation.

The Legacy Society honors those who make long-term charitable commitments to PRH Foundation through planned gifts. In essence, it gives the Foundation an opportunity to show its appreciation to our donors who are endowing the future of healthcare at PRH.

From reducing recovery time through accurate diagnosis and treatment, to exploring promising new treatment options, to purchasing the latest equipment to help our patients regain function faster and more efficiently, your gift will bring hope for a better quality of life for future generations.

Your contribution as a member of the Legacy Society creates a legacy that will enrich the entire community. For more information, call the Pullman Regional Hospital Foundation at **509-332-2046**.