OKAY, so very few of us make actual hay these days, but you get the picture.

With a few more hours between dawn and dusk, we’re eager to do lots of things we couldn’t do a few cold, dark weeks ago.

After the whopper of a winter we just had in the Pacific Northwest, it’s no surprise that the sun has long been an object of worship. Something about sunshine just makes things better. Just ask your cat or dog. Chances are they’ve already co-opted the best sunny spots in your house, right?

Natural light provides lots of health benefits—even if it’s accompanied by spring showers (or “liquid sunshine,” as we locals call it).

Here’s what that bright orange ball in the sky can do for you—in proper doses:

- Strengthen your bones by boosting vitamin D levels.
- Brighten your mood, which can renew your energy.
- Make gardens grow and put fresh, wholesome foods on your plate.
- Inspire you to get moving. Who can resist the tug of shirt-sleeve weather?

Did you know sunshine can also come in story form? To shine light on things that make people feel good, PeaceHealth invites you to share stories of kindness, generosity, and grace—simple everyday acts that make a positive impact or give someone hope.

Keep your face always toward the sunshine—and shadows will fall behind you.

—American proverb

Sunrise. Make hay. Sunset.

Read a few “rays of light” at peacehealth.org/everydaymoments. Then add your own.

PeaceHealth Ketchikan Medical Center
PeaceHealth Medical Group
PeaceHealth Ketchikan Medical Center Foundation
A broken hip and a trip to the operating room

Of course this is how it happens: You’re minding your own business—just walking the dog—when the dog goes one way while you go another, and the next thing you know, you’re on the ground.

After that comes the realization that you broke your hip. That’s what happened to Judi Lundamo while on vacation with her husband. “It hurt, but it didn’t seem too bad at first,” she says. “The doctor down south said it was likely bruised.”

But Judi, who had worked for 45 years as a registered nurse before retiring from PeaceHealth in 2012, made an appointment with new Orthopedic Surgeon Steven Becker, MD, pictured with Judi in the photo above.

“Oh, my goodness, he was so gentle and thorough,” she says. “They took an X-ray in the office, and when he showed it to me, I knew what I was seeing—a trip to the operating room!”

It was a complete fracture of the femoral head. She had surgery the following week. “It went without a hitch,” Judi says. “I was very pleased with his technical capabilities and professionalism.”

At the top of their game

She wanted to make sure the OR staff, pre-op, recovery, and anesthesia teams were included in her compliments.

“Dr. Becker also found I had a detached muscle from a previous injury that he fixed while he was in there.”

She had a short hospital stay. “The nursing staff were at the top of their game on all shifts.”

Another plus was home health physical therapy. “If I was south, I would have been in a nursing facility to recover, but I was able to be home,” she says. “I can’t say enough good about the excellent care I received at PeaceHealth with Dr. Becker as lead of this professional team of caregivers.”

How we landed a new pediatrician

Almost a million people come to Ketchikan in summer. Mainly they arrive on cruise ships and thread through the city to shop or venture out to kayak, zipline, or fish.

Pediatrician Stacey Schmidt, MD, and a friend cruised to Ketchikan in summer 2013. Fishing was on their agenda. Meeting someone wasn’t—but she says, “I walked down the dock, and there he was!”

“He” is her now-husband, Brian Ringeisen, the skipper of the Sierra Dawn. They laughed and talked the whole time, and then she went home to Texas, where she was a pediatric Emergency Department physician at the North Central Baptist Pediatric Center in San Antonio.

A few months later, she wrote him a note. He wrote back. One thing led to another, and they married in late spring last year.

A great catch

PeaceHealth Medical Group is pleased to welcome Dr. Schmidt to the pediatric clinic. She started April 3.

Medicine is a calling for Dr. Schmidt. “It’s half art,” she says. “It’s how we make connections to our patients.” After years of emergency medicine, she says she’s looking forward to building those connections: “I want to be able to follow my patients and advocate for them as they grow.”

Dr. Schmidt received her undergraduate degree and her medical degree from the University of Nebraska. She did her residency at the University of Texas Health Science Center in San Antonio and spent most of her medical career there both in the Emergency Department and as a professor, teaching nurses and medical students about the care of children in emergency situations. Her long list of other interests includes playing the flute, cooking, gardening, and—unsurprisingly—fishing.
Moving south—but just a little: Farewell, Dr. Johnson!

For 45 years, David Johnson, MD, tended to Ketchikan’s children before retiring from PeaceHealth Medical Group–Pediatrics at the end of December 2016.

Dr. Johnson arrived in 1970 as a newly minted officer in the U.S. Public Health Service, assigned to what was then called the Indian Health Clinic.

“After my two-year stint, I left for a pediatrics residency at the University of Washington and Children’s Hospital in Seattle,” he says. “I was in private practice for 31 years at the Ketchikan Medical Clinic and then Callisto Clinic. I continued when it became part of PeaceHealth.

“The single most important aspect of medical practice that kept me here was the competence and dedication of my colleagues.”

—David Johnson, MD

I’ve seen a lot of changes. When I arrived, we had one ECG machine in the hospital and no ultrasound or computers. In 1974, I was one of 10 private physicians who rotated ‘city call’ to cover the emergency department, since we had no ED physicians.

“Through it all,” Dr. Johnson continues, “the single most important aspect of medical practice that kept me here was the competence and dedication of my colleagues on the medical staff, the nursing staff, the support staff, and the local administration.”

Dr. Johnson and his wife, Jenny, are “building a smaller house south of town on the water—our version of moving south in retirement. I plan to continue on the Community Board, the Foundation Board, and other activities.”

Jenny, a registered nurse, will continue to work in the Surgery Department at PeaceHealth.

Dr. Herron turning a new page in his life

After 25 years at PeaceHealth Medical Group–Pediatrics, Norm Herron, MD, will now be working in private practice at LaTouche Pediatrics in Anchorage.

In 1992, Dr. Herron arrived in Ketchikan for a stint as a locum, a traveling doctor who goes to communities where there is a staffing shortage. Ketchikan needed a pediatrician, and grace was on its side.

Dr. Herron and his wife, the Rev. Dawn Allen-Herron, liked it here, so they moved up from their home in Texas. A quietly religious man, Dr. Herron found that the PeaceHealth mission aligned with his vision of medical practice.

Our mission: We carry on the healing mission of Jesus Christ by promoting personal and community health, relieving pain and suffering, and treating each person in a loving and caring way.

And, for the next quarter of a century, that is what he has proceeded to do. Dr. Herron has stayed late, come in early, and been at bedsides and in operating rooms at all hours, caring for children.

He has been an important part of PeaceHealth, a joy to his fellow caregivers, and an advocate and ally to his young charges. It is sad to bid farewell as the next part of his journey leads him elsewhere.

On a brighter note, he and Dawn will retain their house in town, with plans to return. In the meantime, PeaceHealth wishes him well in his new venture.
NO WOMAN CAN give her bones too much TLC.

“And it’s never too soon—or too late—to give your bones the attention they deserve,” says Andrew Zink, DO, with PeaceHealth Medical Group.

That’s because caring for your bones throughout your life can help protect you from osteoporosis. That’s a disease of progressive bone loss and fragile bones, which means your bones can get thinner and more prone to breaking as you get older. It puts you at high risk for a break or fracture. Many of these are painful fractures of the hip, spine and wrist caused by falls.

“But even doing a simple household chore can cause a fracture in your spine if your bones have been weakened by osteoporosis,” says Dr. Zink.

Bone health after menopause

Estrogen protects against bone loss. And after menopause—when the ovaries produce less estrogen—women lose bone rapidly, increasing their risk of osteoporosis.

What’s more, lower estrogen levels after menopause may also explain why more women than men develop osteoarthritis, the most common chronic condition of the joints, especially after age 50.

“But just as you can reduce your risk of osteoporosis, you can also reduce your risk of osteoarthritis,” says Andrew Zink, DO, with PeaceHealth Medical Group.

One key is to stay at a healthy weight. Extra pounds put extra pressure on weight-bearing joints, such as your knees. But unless you are very overweight, losing even a few pounds can reduce joint stress and inflammation and cut your risk of osteoarthritis in half.

Your changing bones

Bone is living tissue. And it changes constantly, as old bone breaks down and new bone takes its place. When you’re young, your body makes new bone faster than it breaks down old bone—and your bone mass increases. But bone mass peaks around age 30. As time goes by, the body loses more bone than it adds. Your risk of osteoporosis depends on how much bone mass you have by age 30 and how rapidly you lose it later.

The good news: You can take steps to build your bone mass early in life—and slow bone loss later. Here’s how.

Eat a well-balanced diet rich in calcium and vitamin D. Good sources of calcium include:

■ Low-fat dairy products
■ Dark green, leafy veggies
■ Calcium-fortified foods and drinks

Supplements may help you get enough calcium every day, especially if you have a milk allergy or are lactose intolerant. If you’re age 19 to 50, aim for 1,000 milligrams of calcium daily, and after age 50, aim for 1,200 milligrams each day.

Food sources of vitamin D include:

■ Egg yolks
■ Fatty fish, such as salmon, tuna, and mackerel
■ Fortified milk and other fortified foods, like breakfast cereal

But many women, especially older women, may need to take vitamin D supplements to get the recommended daily intake of 600 to 800 international units daily.

Move more for bone health. Like muscles, bones need exercise to stay strong. Weight-bearing exercises—such as walking, jogging, and climbing stairs—are especially beneficial. So are resistance exercises, like weight lifting.

Don’t light up, and go easy on alcohol. Smoking raises the risk of osteoporosis, as does drinking too much.

One last—and crucial—tip: Ask your doctor if you should have a bone density test.

“It can detect osteoporosis before a fracture happens,” says Dr. Zink. “And it can help your doctor determine if you’re a candidate for medicine that can help prevent or treat osteoporosis.”

Women:
Be kind to your bones

Women’s health

Andrew Zink, DO
Women’s Health
PeaceHealth Medical Group
3100 Tongass Avenue
Ketchikan, AK 99901
907-228-7688

Find more tips for improving your bone health at peacehealth.org/healthy-you.
**FINANCIAL HEALTH**

**Q** I can never seem to figure out all the medical bills I get in the mail. Where do I start?

**A** You’re not alone. Deciphering information from insurance companies and billing departments can be confusing, and changing regulations just add to the confusion. As your local patient financial advocate, I am available to help, as are local financial counselors and a team of experts at our main office. We can help you work through any complex issues with existing bills, but we also encourage you to be proactive.

Insurance coverage varies widely. The last thing anyone wants is to find out after a procedure that it wasn’t covered. Whenever possible before receiving care, I suggest that you:
- Know the basics of your plan. How are doctor visits, Emergency Department visits, and specialty care covered?
- Before elective services, review your benefit summary with your insurance representative and ask: Are there any benefit limitations or restrictions? Is a referral or preauthorization required? What are my expected out-of-pocket expenses and remaining annual deductible? What about copay and co-insurance costs?

I work with financial counselors and customer service representatives to improve the billing process. Make an appointment with me by calling **907-228-8300, ext. 7618**, or with a Financial Service Representative by calling **907-225-5171**.

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**WELL-CHILD COVERAGE**

**Q** I just had my first child and was scheduled for a well-child visit. What exactly is included?

**A** Congratulations on your new little one! We look forward to helping you care for your child’s health. Well-child visits are scheduled regularly for the first two years and are essential to making sure that your child is doing well and achieving developmental milestones.

The visits are covered at 100 percent by most insurances, but you will want to call your insurance company to see what is covered. Immunizations are routinely covered by the state through age 19, so there will be no charge for the immunization medication itself.

Occasionally there are extras that are not covered completely—or not at all—by insurance companies. Some examples of these extras:
- Ages & Stages Questionnaire to identify potential developmental delays
- Nurse visits for breathing treatments, etc.
- Injection fees for medications or immunizations
- Vaccination counseling with a provider, which can happen if your child gets behind on vaccines.
- Medications given during a visit
- Procedures done in the office

Please be sure to check with your insurance company before your first visit to find out exactly what they cover so that you are not surprised later.

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**SLEEP HEALTH**

**Q** I have been a snorer for most of my life, but my partner tells me it’s gotten worse in the past year. Do I need to have a sleep study?

**A** You have a few options. The first would be to have a sleep study, and the second would be to make lifestyle changes to try to improve your sleep.

If you snore but don’t have other symptoms, you may not need a sleep study. Making a few lifestyle changes may be enough to reduce your snoring. Changes you can try include losing weight (if needed), avoiding alcohol and sedating medicines before going to bed, sleeping on your side, and going to bed at the same time every night.

However, if you are very tired and sleepy during the day, your doctor will probably suggest a polysomnography sleep study. A sleep study is the only sure way to find out if you have sleep apnea, which is when your breathing stops briefly and repeatedly during sleep.

If you have symptoms, it’s important to find out if you do have sleep apnea, because it has been linked with other health problems, including high blood pressure, stroke, diabetes, heart failure, and depression. It also can lead to car accidents.

Either way, you’ll want to learn more about what your choices are, so talk with your doctor before making any decisions.
CLASSES & EVENTS

PEACEHEALTH KETCHIKAN MEDICAL CENTER

Grief Support Group
When: Every Thursday
Where: Rendezvous Senior Day Center
Info: One-on-one support is available. A closed bereavement support group will start in mid-February and run every other week for eight sessions. To sign up for the next group or request information, call Volunteer Hospice Coordinator Tyler Pitts, RN, at 907-228-7600, ext. 7213.

Seaside Chats
When: Second Tuesday of each month, now until summer, 5:30 to 7 p.m.
Where: Four Seasons Café at Ketchikan Medical Center
Info: Join us for interesting presentations and lively discussions about health topics that affect you and your family. For the current topic, visit peacehealth.org/ketchikan.

Breastfeeding Support Group
When: Thursdays, noon
Where: New Beginnings Labor and Delivery

Baby Box: Safe Sleep Parenting Classes
When: By appointment
Info: People who complete the parenting class can receive a Baby Box, which contains gifts for newborns and includes a small mattress that enables the box to be used as a baby’s first bed. Call Women’s Health at 907-228-7688 to schedule classes.

Diabetes Education Classes
When: Held quarterly
Info: For more information or to register, call the Diabetes Education office at 907-228-8300, ext. 7685.

Smoking Cessation Classes
Call Respiratory Services for information and to sign up at 907-228-8300, ext. 7406.

PeaceHealth Provider Visiting Clinics—third floor in our new clinic building

PeaceHealth North Cascade Cardiology
Drs. Beglin, Phillips, others
888-739-2700

Ear, Nose, and Throat
Dr. Nathan Christensen
907-225-7346

Gastroenterology—PeaceHealth Medical Group
Dr. Stiner
907-225-7346

Neurology—PeaceHealth Medical Group
Dr. Lippincott
907-225-7346

Oncology—PeaceHealth Medical Group Bellingham
Dr. Raish
907-228-8300, ext. 7550

Sleep/Pulmonology—PeaceHealth Medical Group Bellingham
Drs. Berry, Lam, others
907-228-7649

Urology—PeaceHealth Medical Group
Dr. Schoenrock
907-225-7346

Other Visiting Clinics—call to find out clinic location

Asthma and Allergy Associates
Dr. Jackson
425-454-2191

Pediatric Cardiology
Dr. James Christensen
907-339-1945

Ear, Nose, and Throat
Dr. Rockwell
888-624-3561

Southeast Foot and Ankle Center
Dr. Lam
907-789-5518

Juneau Foot and Ankle Center
Dr. Mesdag
907-789-0405

Ophthalmology
Dr. Neahring
907-225-2020

Plastic Surgery
Dr. Wei
206-292-6200

Prism Optical
Various
800-478-5510

Southeast Urology
Dr. Saltzman
907-500-9920

Outreach Clinics—PeaceHealth Ketchikan providers

Pediatrics
Craig
907-225-4463

Psychiatry
Craig
907-228-7660

General Surgery
Petersburg
907-225-7346

Women’s Health
Craig, Petersburg, Wrangell
907-228-7688

Dates for both Visiting Clinics and Outreach Clinics are available at peacehealth.org/visitingclinics and peacehealth.org/outreachcalendar.

HOW MUCH WILL THESE CLASSES COST?
Classes and events are free unless otherwise noted. For dates, times, locations, and costs, please check “Upcoming Events” on our website: peacehealth.org/ketchikan.

HOW TO REACH US
PeaceHealth Ketchikan Medical Center
3100 Tongass Ave.
Ketchikan, AK 99901
907-225-5171

For health news, events, and tips, visit peacehealth.org/healthy-you.
Special boxes for safe babies

ONE GOOD THING can inspire another. The truth of that became apparent when the generous donation by Tsimshian artist Ken Decker led to another by Safe and Sound Innovations, LLC.

The story starts in early 2015, when Women’s Health Clinic Manager Gail Jones first read about Finland’s baby box program. Because these boxes give babies a safe place to sleep when they go home from the hospital, that country achieved one of the lowest infant mortality rates in the world. Gail spearheaded a plan to make them available to every infant born in Ketchikan.

Part of Gail’s vision for the local boxes was to incorporate local Native designs, creating a box that is both functional and a beautiful keepsake. So she reached out to Ken Decker, owner of Crazy Wolf studios.

Ken saw the project as a way to honor the skill of Native artisans while giving back to the community. These cardboard baby boxes, printed with Ken’s original stork designs, pay tribute to the innovative craftsmanship of the bentwood cedar chests created by Pacific Northwest Native artists.

When Gail shared her plans for a Native design with Safe and Sound Innovations, the source for the boxes, excitement for this distinctive design spread. Ken donated the rights to his stork and box design to Safe and Sound Innovations so they could make the box design available to their growing list of clients across the nation.

In honor of Ken’s generous gift, Safe and Sound Innovations commissioned him to create an authentic bentwood cedar chest featuring his designs. When it was completed, Safe and Sound Innovations presented the box to the PeaceHealth Ketchikan Medical Center Foundation at the December 2016 Winter Gala.

Plans are underway to display the chest in the PeaceHealth Medical Group office, where the community can appreciate the beauty of Ken’s art and continue to be inspired to provide resources for the continuation of the local baby box project.

How our Gift Shop gives back

IT’S LOVELY WHEN there are tangible results of kindness.

The women who volunteer at the Gift Shop in the PeaceHealth Ketchikan Medical Center lobby make that very thing happen every year, when their generous donation of time morphs into things like baskets of self-care items for chemo patients; wheelchairs for long-term care residents; sleeper beds in the Birthing Center; and, this year, a used car for caregivers to travel from the Craig Clinic to other places on Prince of Wales.

Proceeds from the small shop usually yield about $35,000 for grants. This year was different. The volunteers were able to award over $70,000 to various PeaceHealth Ketchikan departments—some of the grants are listed in the sidebar at right.

“We went back through the finances from past years,” says Foundation Director Matt Eisenhower. “We had been starting fresh each year, but we found that not all past years’ grants were distributed, plus we had generous donations to the Gift Shop this year.”

Since 2000, when they first began distributing the shop proceeds, volunteers have given over $500,000 to PeaceHealth Ketchikan. We are so grateful for the hard work and dedication of these generous ladies, who give their time each week to run our Gift Shop. Thank you!

This year’s grants

Our Foundation Gift Shop volunteers meet yearly to consider requests from PeaceHealth Ketchikan Medical Center departments and distribute the proceeds from the shop. They voted for these and 13 other requests at their annual luncheon on Feb. 18.

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Wheelchairs for LTC</td>
<td>$3,900</td>
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<td>Cups for the chairs</td>
<td>$380</td>
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<tr>
<td>Nutrition education materials</td>
<td>$250</td>
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<tr>
<td>Transport monitor—family medicine</td>
<td>$250</td>
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<tr>
<td>Silk flowers—prayer room</td>
<td>$200</td>
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<tr>
<td>Bibles</td>
<td>$100</td>
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<tr>
<td>Chemo comfort baskets</td>
<td>$1,800</td>
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<tr>
<td>Toys for childcare</td>
<td>$1,800</td>
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<tr>
<td>Sleeper chairs—Birthing Center</td>
<td>$6,150</td>
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<tr>
<td>Window blinds—Birthing Center</td>
<td>$6,800</td>
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<tr>
<td>Bathtub for Occupational Therapy</td>
<td>$240</td>
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<tr>
<td>Pediatric and adult PT equipment</td>
<td>$900</td>
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<td>Tests/workbooks—Speech Therapy</td>
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<td>Noise-canceling headphones</td>
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<tr>
<td>Art supplies/games—social services</td>
<td>$500</td>
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<td>SUV for POW clinic</td>
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<tr>
<td>Landscaping/planting</td>
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</table>

Find out how you can give. Visit peacehealth.org/foundation/ketchikan or call 907-228-8300, ext. 7037.
Different paths, same goal
Living proof that you can start a healthcare career at any age

MAYBE IT WAS obvious to the substitute teacher that he had someone special in his fourth-grade class when young Jennifer Newell, now Jennifer Kolanko, corrected his spelling of *stethoscope*.

Jennifer and a friend knew they wanted to be in the medical field in elementary school, so they checked out medical terminology books to get an early start. Jennifer is a doctor of physical therapy and manages Rehabilitation Therapies at PeaceHealth Ketchikan Medical Center, in charge of the department that includes physical, speech, and occupational therapies.

**From dreams to fulfillment**

Jennifer is one of several caregivers here who started early and now work at PeaceHealth Ketchikan. Like her, Anna Updike, now Anna Peebles, was young when she imagined herself as a veterinarian. “I caught the bug early when I job-shadowed at a vet’s office,” she says. “Caring for patients, dogs and cats mostly, was challenging, but at the end of the day, I had accomplished something good.”

Anna is now an ultrasound technologist in the Imaging Department.

Both credit the Vocational Medical Class at Ketchikan High School. Anna says: “It was like a seed planted in my mind and my heart at a young and impressionable age. The skills I learned then were reintroduced, built upon, and expanded to bigger concepts throughout my college education and now my professional career. Everything I learned then is applicable to what I am doing now.”

Anna continued her education with a distance program through the University of Alaska Anchorage and got her degree in radiologic technology.

**Hearing the call**

Marguerite Auger had a different career path. After 25 years as Artistic Director at Ketchikan Theater Ballet, she turned to the University of Alaska Southeast in Ketchikan and became a certified nursing assistant.

She started as a CNA in New Horizons Long-Term Care and continued her education. She received a master’s degree as a certified activity director and works in that capacity with our residents.

In 2008, Jennifer received the Joseph Shields Memorial Scholarship, one of several scholarships PeaceHealth Ketchikan offers. Other scholarships include the Elaine Caskey Memorial Scholarship for Registered Nursing and two scholarships for healthcare education.

**Tremendous trio:** Jennifer Kolanko, DPT, and Anna Peebles, UT, started in healthcare early, while Marguerite Auger, CNA, chose healthcare after 25 years in another career.

Interested in a healthcare career? Visit peacehealth.org/kmc-careers to learn how you can join us!