You’re at the heart of our cardiac care

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Breast cancer: Early detection is key!

OCTOBER IS Breast Cancer Awareness Month, and if you’re a woman 40 or older, that means it’s time to start thinking seriously about scheduling a mammogram. Mammograms can help find breast cancer in its early stages, when more choices are available to treat it and you have a better chance of surviving the disease.

So take this opportunity to schedule your next mammogram at one of MultiCare’s many convenient Breast Health Services locations—where a female registered mammography technologist performs mammograms and a board-certified radiologist interprets the results. Call us for an appointment today.

For more information about breast cancer, see page 4 or visit our online health library. Go to www.goodsamhealth.org and click on “Health News,” then select “Breast Cancer” from the drop-down menu.

Dear Healthy Living reader

I would like to introduce you to the inaugural issue of Healthy Living. For years Good Samaritan Community Healthcare has been producing Live Well quarterly magazines for our East Pierce County communities. Since our affiliation with MultiCare Health System, we have been able to share resources. Healthy Living is one such example.

As always, we are committed to providing helpful and healthful information to you and your family. We are now doing that with a broader focus, touching upon the many programs and services offered throughout MultiCare.

In this first issue, take a moment to learn about our expanded cardiac services that stretch from South King County to Pierce County (page 6). You’ll also learn more about the new techniques to battle breast cancer going on right here in Puyallup (page 4). You won’t want to miss the latest developments in the construction of our new Patient Care Tower on the Good Samaritan campus (page 16).

We hope you enjoy this issue as much as we have enjoyed putting it together. We have many great stories to tell—stories that are making a difference in the lives of people right here in our communities.

Yours truly,

John Long, President,
Good Samaritan Community Healthcare

MultiCare Health System

MultiCare Health System is a leading-edge, integrated health organization made up of four hospitals, numerous primary care and urgent care clinics, multispecialty centers, Hospice and Home Health services, and many other services. A not-for-profit organization based in Tacoma since 1882, MultiCare has grown over the years in response to community needs. Today we are the area’s largest provider of health care services, serving patients at 93 locations in Pierce, South King, Kitsap and Thurston counties. Learn more at www.multicare.org.

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Downtown Sumner goes pink

On Oct. 14 Sumner Downtown Association presented the third annual Come Walk With Me, a three-mile breast cancer walk to benefit breast health programs at Good Samaritan.

Participants from surrounding communities came out with amazing spirit for this worthy cause, draped in pink boas and wearing funny hats. Thank you to all the participants and volunteers for a great day!

These “Men in Pink” volunteered to serve breakfast at the event.

Save the date!

Friday, Nov. 16

Get ready to don your holiday best and shop your heart out at Watson’s Greenhouse & Nursery during the fifth annual Tis the Season! Amid poinsettias and lighted Christmas trees, you will find tables of fantastic auction items, making Tis the Season a one-stop shop for holiday gifts. John Curley of KING TV’s Evening Magazine will preside over the silent and live auctions and is sure to contribute to the merriment.

All funds raised will benefit children’s programs at Good Samaritan Hospital, including the Children’s Therapy Unit, Special Care Nursery, Inpatient Pediatric Unit and Community Outreach Services.

To purchase tickets or for more information, contact Byron Cregeur at 253-697-2836 or byron.cregeur@goodsamhealth.org. You may also visit the event website at www.tistheseasongala.com. See you there!

Prepare to deck the halls!

Good Samaritan’s senior member group, Celebrate Seniority, is selling wreaths to benefit Home Health & Hospice this holiday season. These beautiful wreaths make perfect gifts for neighbors and clients and will look fabulous on your own front door.

To learn more, please contact Celebrate Seniority at 253-697-7385 or download an order form at www.goodsamhealth.org.

Join the crowd

There has never been a more exciting time to be part of the Good Samaritan Foundation family. Members of the White Coat Society annual giving club are integral partners of the Foundation, supporting Good Samaritan programs and services with annual gifts of $1,000 or more.

Join the White Coat Society today and get the inside track on plans for the new hospital, exclusive invitations to educational forums and an annual recognition event (last year was a murder mystery party!), preferred parking at special events, and a snappy, white lab coat embroidered with your name. For more information, contact Cyndi Anderson at 253-697-2834 or cyndi.anderson@goodsamhealth.org.
Options are everything

Innovative techniques and advanced care to treat breast cancer

Breast cancer. It’s a serious diagnosis, often followed by a list of life-changing questions: What are my treatment options? Who should care for me? How will I know what to do?

Good Samaritan Hospital can help people diagnosed with breast cancer answer these tough questions. Thanks to the commitment of medical professionals like surgical oncologist Kenneth Feucht, MD, PhD, we’ve built a cancer care program that is among the most comprehensive and respected in the Pacific Northwest.

Every day patients at the Dr. Richard C. Ostenson Cancer Center receive advanced care and dedicated support to treat them and help them beat their disease.

Innovative options

One of only a handful of physicians in the state who practice both surgery and oncology, Dr. Feucht has spent 15 years at Good Samaritan, sharing his wealth of experience in innovative breast cancer surgery techniques, including:

- **Sentinel lymph node biopsy.** In this procedure, the surgeon removes only a few lymph nodes to check for cancer. If none is detected, no more lymph nodes need to be removed. “It used to be that if you had breast cancer, we would take all the lymph nodes out—or at least most of them,” says Dr. Feucht.

  Dr. Feucht was the first surgeon in Pierce County and one of the first in the state to perform sentinel lymph node biopsies to check for cancer.

- **Oncoplastic surgery.** This technique camouflages the signs of breast biopsy or cancer treatment so that the breast looks as it did before treatment.

- **Skin-and-nipple-sparing mastectomy.** With this increasingly popular technique, breast tissue is removed, but the skin and nipple are left intact. An implant is then put in place of the breast tissue.

  “This procedure is good for patients where a partial mastectomy or a lumpectomy is not a good option for them, or if they always wanted a breast augmentation,” says Dr. Feucht.

- **MammoSite Radiation Therapy System (RTS).** Good Samaritan has taken the lead with this technique, which is relatively new in Pierce County. RTS delivers radiation directly to the affected area by placing a radiation source inside the space left when the tumor is removed. Treatment lasts only four to five days, as opposed to the five to seven weeks that are standard for external radiation treatment.

  “This is the perfect solution for getting radiation treatment over with as quickly as possible,” says Dr. Feucht. It’s also a good option for a woman who has had a lumpectomy and wants to save her breasts.

Advanced care options like these make it possible for breast cancer patients to receive...
the treatment they need and get on the road to recovery. Most surgeries are done on an outpatient basis, and Dr. Feucht says that those patients who must stay in the hospital usually feel well enough the next day to ask about going home.

“In my experience, it’s unusual for a patient to want to stay more than a day or two after breast surgery,” says Dr. Feucht. “I think it’s a matter of them knowing that I am there. If they have a problem, we'll take care of it.”

Advanced care, close to home
In addition to offering innovative treatments from experts like Dr. Feucht, the Dr. Richard C. Ostenson Cancer Center at Good Samaritan supports a holistic style of cancer care and offers a wide range of services designed to help make treatment as convenient and soothing as possible.

Patients receive services including chemotherapy, radiation treatment, home health care, diagnostic imaging and symptom management. They also have access to an education and resource center, nutritional counseling and support groups. This patient-centered style of cancer care means that patients can receive advanced care close to home, avoiding stressful travel between multiple office locations.

For more information about services at the Dr. Richard C. Ostenson Cancer Center at Good Samaritan, call 253-697-HOPE (253-697-4673).

Breast cancer care: When you need a helping hand

Ms. Banks also helps patients coordinate and remember the many appointments that follow a breast cancer diagnosis.

But Ms. Banks does more than help patients keep appointments and interpret medical terminology—she makes care more personal. Because she believes that having someone to talk to in addition to the doctor is an important source of support, Ms. Banks gives her phone number and e-mail address to patients so that they can have access to her anytime.

“I know that [patients] trust their doctors, but maybe because I am a nurse it may seem less intimidating to ask me a question or share a concern,” she says.

The power of teamwork
Breast cancer care at the Cancer Center is a team effort. Every two weeks, “breast cancer conferences” are held, in which surgeons, pathologists, oncologists, physicians, and imaging and radiology technologists review every breast cancer case on file.

“It’s not just one doctor deciding the care of the patient,” says Ms. Banks, who also attends the conferences. Treatment at the Cancer Center is a collaborative effort, so patients can rest assured that they’re getting the best care.
Good Samaritan exceeds national averages for the time it takes to receive emergent treatment in the Catheterization Lab.

Even though these diagnostic procedures are designed to prevent an emergency, Good Samaritan is ready to treat patients who do need immediate cardiac care.

“Good Samaritan cares for a large number of emergency heart attack patients,” says Whitney. “This increase in procedures is a direct result of the large population base served by Good Samaritan, from Eatonville to Bonney Lake.”

The Cath Lab staff and physicians have worked with the Emergency Department to reduce the amount of time it takes for a patient coming through the door to receive treatment for a heart attack. Good Samaritan is now exceeding national averages for the time it takes to receive emergent treatment in the Cath Lab. The Lab and Emergency Department staff is currently working with local Emergency Medical Systems to identify patients who have a specific type of heart attack prior to arrival at the Emergency Department. The goal is to further reduce the amount of time it takes to treat a heart attack in the Cath Lab.

Currently, the Cath Lab performs many vascular procedures that unclog arteries in other parts of the body and not directly in the heart. In addition, they put in cardiovascular monitoring lines and insert cardiac pacemakers.

A new cardiac inpatient unit on the hospital’s south wing, third floor, will open in December.

“This will allow placement of all cardiac patients in the same area, staffed by nurses specially focused on patients with heart disease,” says Whitney.

The next process is to apply for a Certificate of Need through the Washington State Department of Health to be able to offer scheduled interventional procedures now only allowed in emergency situations. Whitney says, “This will allow our patients to receive this valuable procedure without leaving the community.”

Full-service heart surgery

Currently, patients needing heart surgery go to MultiCare’s Tacoma General Hospital where an entire operative suite is dedicated to cardiac, vascular and thoracic surgery.

“MultiCare cardiothoracic surgeons have some of the best clinical outcomes in the state, and they’re known for their compassionate, postoperative care,” says Cardiac Services Administrator Christi McCarren.

Coronary artery bypass is the most commonly performed heart surgery, says cardiothoracic surgeon Charles Anderson, MD. But many other types of
heart surgery can be performed, including heart valve surgery, another common open-heart procedure.

Other cardiac surgeries include advanced procedures to help people with heart failure and irregular heart rhythms, including atrial fibrillation, which can set the stage for devastating strokes.

In addition, MultiCare surgeons at Tacoma General perform about 400 thoracic surgeries yearly, and we are planning to expand the program at Good Samaritan Hospital, Dr. Anderson says.

Improved techniques
MultiCare continues to be a leader when it comes to new techniques. For example, coming soon is a program to offer ventricular assist devices (VAD) as “destination therapy” for the most critically ill. VADs are mechanical pumps that help a heart too weak to pump blood sufficiently. MultiCare surgeons already implant VADs in certain patients, such as those awaiting a donor heart or those with weakened hearts who need temporary support until they can recover from a damaging heart attack.

But the next step is to offer VADs long-term for people with severe heart failure who aren’t candidates for a heart transplant—something very few medical centers currently provide.

“The goal is to extend the length of life, and even more importantly to improve the patients’ quality of life,” says Dr. Anderson, who has extensive experience in implanting the devices.

Helping you through recovery
Developing a rehabilitation program is important for patients who have undergone heart surgery. Good Samaritan offers cardiac rehabilitation at the Meridian Professional Campus, located at 165th and Meridian.

The Good Samaritan program is offered on an outpatient basis and includes an evaluation to develop a custom exercise plan. Cardiac patients are medically monitored by a registered nurse and an exercise specialist during their classes, which are held three times a week.

Juddy Phillips, RN, Good Samaritan’s Cardiac Rehab Coordinator, says, “We also provide cardiac risk factor reduction classes and a Heart Healthy nutrition series, so our patients learn how to thrive and not just survive with heart disease.”

To contact the Good Samaritan Cardiac Rehabilitation program, call 253-697-8141.

Mending little hearts
For parents, few things could be more frightening than learning that their child has been born with a serious heart defect. Yet 40,000 babies in this country are born with heart defects every year.

That’s where the experts at Mary Bridge Children’s Hospital & Health Center—all of whom are pediatric specialists who know kids—come in.

“Within MultiCare and Mary Bridge there exists an extremely high-quality congenital heart surgery program that is exclusively focused on children and their families,” says Ronald Woods, MD, PhD, Medical Director for Pediatric Cardiothoracic Surgery. “Our program strives for nothing less than the highest quality outcomes and to make their care process as comfortable as possible.”

The Mary Bridge Pediatric Heart Program, in association with Swedish Medical Center, has consistently exceeded the national average for pediatric cardiac surgery outcomes.

With today’s treatments, most kids with heart defects can live healthy, normal lives.

Little hearts, caring hands. Besides offering expertise and technology, pediatric specialists practice a family-centered approach to care. From the moment he greets the parents of a child, Dr. Woods gives them his full attention, including the cell phone number where he can be reached 24/7. What’s more, families are assured that Dr. Woods and colleagues will treat young patients just like they would their own children.

“Our focus is on the patient, their individual needs and their family,” Dr. Woods says. “Personalizing our care leads to better outcomes and satisfied families.”

The mother of a recent patient summed it up this way: “We have never felt so taken care of.”

For more information about the Mary Bridge Pediatric Heart Program, visit www.marybridge.org/heart.
SOME EXCITING CHANGES are taking place high atop Tacoma General Hospital, where the hospital's cardiovascular inpatient units are moving to the top floor and closer to other dedicated cardiac services.

Next summer, the eighth floor of the hospital’s L wing—space set aside during a major expansion a few years ago—is where you’ll find the hospital’s inpatient cardiovascular intensive care and coronary care units. The move to the floor above the cardiac catheterization labs and operating suites also lines up all cardiovascular services under one roof—essentially a “heart hospital within a hospital” that’s unique in the region, says Christi McCarren, Cardiac Services Administrator.

Patient-friendly design
New, patient-friendly features will include:

- **Improved access**—the cardiac care wing will have its own entrance. All cardiovascular care services are clustered in one convenient location for patients and families, Ms. McCarren says.

- **Room designs** and features that promote a calm, healing environment. These include separate nurse, patient and spacious family zones in each room, and an overall design and color scheme that will be nothing like a stereotypical hospital setting.

  “A lot of research went into what we could do to the hospital environment to promote healing,” Ms. McCarren says.

- **Breathtaking views** of Mt. Rainier from some of the patient rooms. “It’s the best real estate in the city,” Ms. McCarren says.

For more information about the improved cardiovascular services available at Tacoma General Hospital, call 253-403-1109 or visit www.multicare.org.

**A ‘heart hospital’ within a hospital**
Cardiovascular inpatient unit expansion under way at Tacoma General

Where do cardiologists go if they need heart surgery? For renowned Pierce County cardiologist Gail Strait, MD, the choice was MultiCare’s Tacoma General Hospital—the same place where he has referred thousands of patients over the years.

Dr. Strait knows how important it is to choose doctors who are skilled in the art of medicine, which is exactly what he did when he was diagnosed with four critical blockages in his own heart. “I chose my doctors and Tacoma General because I knew they would be responsive to my needs and those of my family,” Dr. Strait says.

If you ever need heart surgery, you can count on Tacoma General for exceptional care too. Skilled surgeons use the latest techniques, operate in the state’s most advanced cardiovascular suites and achieve some of the state’s most impressive outcomes.

For information, call 800-342-9919 or visit www.multicare.org.
Relieving persistent pain

CHRONIC PAIN can limit your enjoyment of an active lifestyle, and if left untreated, can lead to sleep disorders, physical disability, depression, damaged relationships and hopelessness.

If you are one of the millions of Americans who has chronic pain, new interventional pain management techniques may be right for you. Beyond traditional treatments, such as lumbar steroid injections, the Interventional Pain Management program at Good Samaritan’s Surgery Center provides a wide range of modern, effective and minimally invasive pain management therapies. Most procedures are performed on an outpatient basis and take less than 10 minutes.

The three main goals of the program are to decrease pain, improve function and mobility, and decrease reliance on medications. Ask your primary care physician for a referral to the Interventional Pain Management program.

Our pain management specialists
Long Vu, DO, and David Hou, MD, are anesthesiologists who have completed a specialized, one-year fellowship program in interventional pain medicine. Dr. Vu is board-certified in pain medicine from the American Board of Anesthesiology. Dr. Hou is board-certified in anesthesiology and eligible for pain management certification.

Peter Brown, MD, is part of the team at MultiCare Neurosurgery and sees patients at Good Samaritan’s Interventional Pain Management program. Dr. Brown is a board-certified physician specializing in disorders of the brain, spine and peripheral nerves. He has specialized training in the treatment of pain, with an emphasis on early diagnosis and treatment of back pain and appropriate triage of management options.

Learn more about pain and treatment at www.goodsamhealth.org. Click on “Health News” and select “Pain” from the drop-down menu.
AN AGING baby boom population means more orthopedic injuries and ailments to treat, as well as patients who want mobility and active lifestyles—not just freedom from pain.

An avid golfer, Corinne O’Brien wasn’t ready to sideline her hobby anytime soon. And thanks to a hip replacement surgery at Good Samaritan Hospital, she won’t have to.

Advancements in total joint replacement—from the procedures and technology to shortened recovery times—have more and more baby boomers turning to surgery earlier in life to stay active and improve their quality of life.

“I’m just happy to see the life bounce back into my patients when they see what they can now accomplish,” says Wendall Adams, MD, orthopedic surgeon at Rainier Orthopedic Institute. “Maybe it’s just bending down to tie their shoes, but they can do it with no pain...that’s awesome.”

Aging joints
Over time joints take a beating and are also worn down because of diseases such as arthritis. Total joint replacement is a surgical procedure in which certain parts of an arthritic or damaged joint, such as hip, knee or shoulder joints, are removed and replaced with a plastic or metal device called a prosthesis. The prosthesis is designed to enable the artificial joint to move just like a normal, healthy joint.

Doctors began developing artificial replacement joints almost 25 years ago. In the past, replacement of a damaged joint was the last resort when people simply could not function anymore. Today, people who opt for total joint replacements don’t want to simply walk—they want to play sports, ski, go rock climbing, or otherwise regain mobility and return
to active, independent lives.

According to a survey conducted by the American Academy of Orthopaedic Surgeons, more than 725,000 joint replacements were performed in the United States in 2004. While hip and knee replacements are most common, joint surgery can also be performed on shoulders, elbows, ankles and other joints. Projections indicate that the total number of hip replacement surgeries performed in the U.S. will double over the next 20 years, and total knee replacements will increase 10-fold.

Why such a dramatic increase? An aging population, increasing obesity and a baby boomer generation that wants to stay active later in life. There are four primary conditions that may warrant total joint replacement surgery:

Primary osteoarthritis. These individuals inherit a tendency to wear out their joints relatively early in life. They are often very healthy in all other aspects but develop disabling arthritis in their middle years.

Age-related osteoarthritis. As we age, we all wear out our joints to some degree. In our senior years, most of us will experience some degree of arthritis related to our age and will often, but not always, require treatment.

Post-traumatic arthritis. This condition can occur at any age and is usually related to a traumatic event, such as a severe sports or work injury or some accidental mishap. These past injuries can lead to premature destruction of the affected joint.

Inflammatory arthritis. A smaller percentage of people who need replacement surgery have diseases such as rheumatoid arthritis.

Advanced technology
Recent advances and improvements in surgical techniques, instrumentation and materials have also made total joint replacement more practical.

Surgery has become less invasive, which may mean reduced pain and a shorter recovery time and allow a quicker return to normal activities.

“There have been tremendous advances in joint replacement surgery,” says William Bulley, MD, an orthopedic surgeon who specializes in quadriceps-sparing total knee replacement surgery. This procedure requires a much smaller incision, avoiding trauma to the quadriceps, the most important muscle group around the knee.

“Within a week of surgery, my patients are able to walk with a cane. That’s an incredible improvement over the traditional knee replacement surgery where patients spent three to five days in the hospital and required the use of a walker for several weeks,” says Dr. Bulley.

Materials now used in total joint replacement are designed to enable the joint to move just like normal. Longer lasting materials, such as ceramics, titanium and high-durability polyethylenes, are replacing traditional plastic-against-metal joint surfaces. In practical terms, joint replacement implants are likely to last 20 to 25 years.

Technology in the operating room has also enhanced total replacement surgery. Computer-assisted surgery increases the accuracy of implant alignment, a key component in the overall function of the new joint. Technological advances have also enabled surgeons to perform partial replacement procedures, where, in appropriate cases, they can replace only the affected area and retain the healthy part of the joint.

If you are experiencing chronic pain in a hip, knee or other joint, talk to your primary care physician about the treatment options available. Joint replacement may be right for you.

Recovery times following total joint replacement surgery vary depending on the type of surgery and the patient’s age, body size and fitness level. Surgical patients are typically up and walking the same or next day following surgery and can leave the hospital within two to three days.

The first six weeks’ healing time following surgery is critical, and it is particularly important that very active people, who may want to speed their return to action by doing too much, take it easy and allow time for healing.

Good Samaritan’s highly respected Physical Medicine and Rehabilitation Center helps restore function, mobility and strength in patients.

“It is important that patients participate in a rehabilitation program immediately after surgery and during the early recovery period. This will help patients quickly resume more active lifestyles,” explains Todd Bate, Physical Therapist and Coordinator of Good Samaritan’s Total Joint Center.

Is joint replacement for you?
If you are experiencing chronic pain in a hip, knee or other joint, talk to your primary care physician. You may be referred to an orthopedic surgeon for a thorough evaluation to determine if joint replacement surgery is right for you. Other options, including medications, physical therapy or other types of surgery, may also be considered.

For more information about total joint replacement surgery at Good Samaritan Hospital, call 253-697-2093.
ACCORDING TO the American Diabetes Association, 20.8 million Americans have diabetes, and only 14.6 million know they have it. Diabetes is a growing problem in America, and this community is no exception. Good Samaritan’s Diabetes and Nutrition Clinic is here to help by serving approximately 200 patients each month.

Finding out that you have diabetes can be an overwhelming experience. “Most people are afraid, some are angry or frustrated,” says Diabetes Education Coordinator Sally Ericksen. That’s why clinic staff support patients and teach them how to control their condition.

Controlling the disease is important because diabetes complications include heart attack, stroke, nerve and circulatory damage, amputations, blindness, and impotence in men. It’s important for patients to learn how they can be a part of the process in keeping their diabetes under control, says Ms. Ericksen. “We want people to be proactive in preventing further complications,” she says.

The Diabetes and Nutrition Clinic, part of Good Samaritan’s Healthcare Resource Center, has a comprehensive program of individual counseling sessions and classes to get patients on track.

“We give them the tools and support so they can be in control of their diabetes, instead of it controlling them,” says Ms. Ericksen. Along with the diabetes education classes, many patients also take advantage of the clinic’s nutrition program. Registered dietitians help take the guesswork out of nutrition and tailor a program to meet patients’ current eating habits, lifestyles and nutritional needs.

The Good Samaritan Diabetes Program is accredited by the American Diabetes Association.

The Good Samaritan Healthcare Resource Center is located at 104 23rd Ave. S.E. in Puyallup. For more information, please call 253-770-2300 or visit www.goodsamhealth.org and select “Diabetes Care” under the “Find a Service” menu.
Smart steps for a healthy life

For a complete calendar list or to register, visit www.goodsamhealth.org and click on “Classes and events for the public.”

DIABETES
Diabetes Education
Registration and a physician referral are required.
253-770-2300

CARDIOVASCULAR HEALTH
Heart Healthy Eating Class
Perfect for anyone with a personal or family history of heart disease or high cholesterol. Learn how fats, cholesterol, carbohydrates and salt affect heart health, plus how to look out for your heart at the grocery store and in restaurants.
253-697-8141

VOLUNTEERING
Good Samaritan’s strong force of more than 900 volunteers has discovered the secret of feeling great. By sharing some of your time, you can too. Volunteer opportunities are available in a variety of areas.
253-697-1568

STAYING SAFE
First Aid
Understanding of standard first aid and adult CPR.
253-474-0600

Gentle Yoga for Seniors
Three-week series offered by the Good Samaritan Celebrate Seniority program. Give it a try! Learn about strength, stretching, balance, relaxation and more efficient breathing.
Fee: $15 per series
For date and times, visit www.goodsamhealth.org or call 253-697-7385.

Life Vest and Helmet Fitting Program
The Helmet and Life Jacket Program is active all year. Helmet and life jackets are fit and sold by trained volunteers.
Throughout the year, program volunteers go to special events, including the Spring Fair, Fall Fair, Tour de Pierce, and health and safety fairs. A variety of helmets are sold, including bike helmets, multisport helmets and ski helmets. The life jackets for sale are type III, which are great for the local lakes.
• Good Samaritan Celebrate Seniority Office: Thursdays, 2 to 4pm
• Good Samaritan kiosk at South Hill Mall: Second Saturday of each month, 11am to 3pm

SENIORS
EnhanceFitness
An ongoing senior exercise class offered by the Good Samaritan Celebrate Seniority program designed to improve strength, flexibility and balance and improve your cardio respiratory system. This class is three days a week, Monday, Wednesday and Friday, at various locations and times.
Call Sarita Stotler, certified instructor, at 253-697-7389 for further information.

Tai Chi Class
A class designed to reduce stress, improve strength increase circulation, and enhance focus and concentration.
Tuesdays, Thursdays and Fridays, 8:30 to 9:30am, Sumner Senior Center, 15506 62nd Street Court East
Call David Lettich or Sumner Senior Center at 253-863-2910.
Smart steps for a healthy life

PARENTING AND CHILDREN

**Free** Childhood Immunizations
Free to qualified parents.
253-697-8160

Free Helmet and Life-Vest Fitting
Low-cost sports helmets and life vests are provided along with free fittings to ensure your child’s safety.
Call 253-697-7385 for a schedule of weekly fittings.

Infant CPR
Learn what parents need to know from an experienced firefighter. After this class you’ll be familiar with the correct techniques of the lifesaving skill of infant CPR.
Fee: $20 per person or $25 per couple

Kangaroo Kapers
Children ages 3 through 7 who are about to become big brothers or sisters will love this! The one-hour class provides non-medical, non-technical information about childbirth.
Fee: $15 per family

**Mom and Baby Support Group**
New moms find opportunities to find other new moms and discuss the joys and challenges of adjusting to parenthood. Separate one-hour sessions for newborns to 6-month-olds and for 6- to 12-month-olds.
Fee: $3 per session.

**Prepared Childbirth**
Five-week sessions as well as some weekend and one-day sessions for first-time parents-to-be. Comprehensive topics include breathing and relaxation techniques, stages of labor and delivery, medications, cesarean delivery, caring for yourself after delivery, newborn characteristics, and feeding your newborn.
Fee: $85 or medical coupon; $75 for one-day class
Register online at www.goodsambaby.org or call 253-697-5300.

**Water Babies**
In-pool exercise class for new moms and their babies ages 3 to 12 months. Includes cardiovascular and strengthening exercises specifically designed for postpartum moms along with movement games and water acclimation activities for the babies.
Fee: $72 per six-week session
To register, call Glenda at 253-697-2775.

**Tour the Family Birth Center**
Saturdays, 1pm
No registration required.

BOOt Camp FoR NeW DaDs
As the Johnson & Johnson® commercial says, “Having a baby changes everything.” It can be the most rewarding experience, but for a first-time dad, it can also be a bit overwhelming. So if you’re a new dad or dad-to-be, take Boot Camp for New Dads at Good Samaritan’s Family Birth Center.

This three-hour class trains first-time fathers to become knowledgeable, confident dads. Taught by experienced fathers who bring their own babies, this class teaches participants about feeding, diaper changing and supporting mom.
Fee: $25
Preregistration is required.
Call 253-697-5300 for more information.

Unless otherwise noted, visit www.goodsamhealth.org for information or to register.
SUPPORT GROUPS
Good Samaritan hosts support groups for a variety of topics, including brain injury, cancer, women's cancer, prostate cancer, chronic fatigue/immune dysfunction syndrome, bereavement, sarcoidosis and parent support.

Cancer Support Groups
See the cancer section to the right.

Brain Injury and Stroke Support Group:
Understanding Symptoms and Recovery
Helps families understand how neurologic conditions affect thinking abilities and emotions.
253-697-2419

Grief Support Groups
Good Samaritan Hospital offers bereavement support groups. Registration is required.
253-697-2419

Caregiver Support Group
This group is open to caregivers of any diagnosis. It is a place to receive support, ask questions and connect with other caregivers.
Second Monday of each month, 1:30 to 3pm, Good Samaritan Community Services (Behavioral Healthcare), 325 E. Pioneer Ave., Room C113 (middle entrance)
Fee: Suggested donation is $2 per meeting
Call Kathie McCormack, LMFT, at 253-697-8532.

QUITSMART™ TOBACCO CESSATION
A medically based program that prepares you mentally and physically to quit using tobacco. A trained facilitator helps you identify and conquer challenges that may prevent you from succeeding and teaches you new, healthy habits to replace the unhealthy ones.

Fee: $80 (partial scholarships available for income-qualified participants)
This program works in conjunction with other support groups throughout Pierce County. These groups are free, meet weekly and do not require registration.
For more information, contact Heidi Henson at 253-223-7538.
Rebuilding your health care experience

Good Samaritan set to begin construction on new tower

AFTER UNANIMOUS APPROVAL from the Puyallup City Council, Good Samaritan officials are set to begin breaking ground for a new multi-story patient care tower in Puyallup.

“This is an exciting time for Good Samaritan and the communities we serve,” says John Long, President of Good Samaritan Community Healthcare. “The approval from the City as well as our Board of Directors marks the start of our dream to become a regional medical center better equipped to handle our growing population.”

The recent approvals give the green light to begin preliminary construction on the new facility this winter. Groundbreaking on the tower is expected in early 2008 with completion in late 2010.

“The patient care tower will consist of a much needed, greatly expanded Emergency Department with more treatment rooms, a new Surgery Department, a new Imaging Department, and several floors for private patient rooms,” says Mr. Long. “We realize the importance of the family component in a patient’s recovery. That is why the new patient rooms will have space for family to gather.”

Good Samaritan’s successful affiliation with MultiCare Health System in Tacoma last year positioned the hospital to consider expansion. Through the affiliation agreement, MultiCare has pledged support to help in the $400 million project.

“Since our partnership with MultiCare, Good Samaritan has grown stronger clinically, organizationally and financially,” says Mr. Long. “Good Samaritan continues to provide top-notch care but now is able to do that with expanded services under the MultiCare umbrella that stretches from Covington to Eatonville, Bonney Lake to Gig Harbor.”

Check out our plans and get more information about the project on our website: www.goodsamhealth.org.

We’re approved!

These approved features are scheduled to be completed in late 2010:

• 80 private patient rooms with room for 80 additional rooms
• An Emergency Department with more treatment rooms
• A Surgery Department with six operating rooms and space for two more
• A medical office building
• A parking garage
• The East Garden

October is Breast Cancer Awareness Month!

Don’t forget to schedule your mammogram.
See page 2.

MultiCare Health System
P.O. Box 5299
Tacoma, WA 98415-0299

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