Sorry, Salt. It’s not me, it’s you
Breaking up our relationship with salt can be difficult, but the benefits are well worth the effort!
PAGE 4

It’s OK to be a Quitter!
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Blood Pressure...you have the numbers, what do they mean?
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Foundation Update
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We are gearing up for another incredible year of growth and achievement for Tri-State Memorial Hospital & Medical Campus. We have the honor and privilege of celebrating Tri-State’s 60th Anniversary in July and look forward to the many festivities surrounding that milestone in our history. Our new addition to the Medical Office Building on campus has been under construction for the last six months and we project that the doors will open the latter part of May or early June, including housing new providers to fill the needs of primary care for our patients in our Family Practice offices.

We understand that you have choices in healthcare and we appreciate you choosing us. For the last 60 years, we have been dedicated to delivering the highest quality of care to our community members and those that visit us from across the country and the world. We have been fortunate to be recognized nationally for achieving that level of care with the recent acceptance of The Joint Commission Top Performer on Key Quality Measures 2013 for excellence in performance for Pneumonia and Surgical Care. This top honor was only awarded to 1,224 hospitals in the United States and Tri-State Memorial Hospital was the only hospital in our area to receive this honor. I am also very proud of our surgical team as they were awarded the 2014 Surgical Excellence Award for Infection Control by Outpatient Surgery Magazine.

While these are just a few of the many awards that make Tri-State Memorial Hospital & Medical Campus stand out from the rest, our awards pale in comparison to the personal feedback we get from the patients and families we serve and is the true measure of how we are doing in our quest to provide the highest level of care.

With the landscape of healthcare changing on a daily basis, we are proud to stay ahead of the curve and offer our community the kind of care they expect and deserve from their only community-owned and operated hospital. Within our medical clinics, we are moving to a care delivery model called “Patient-Centered Medical Home” that allows us to bring a team of healthcare professionals working together to bring the focus back on you, our patient, and allow for a whole-person emphasis. Our new Medical Office Building was specifically designed to facilitate this new model of care delivery and will house all our Family Practice providers in a highly functional, patient-focused clinic design.

We thank you for the success and growth Tri-State Memorial Hospital & Medical Campus has achieved. As a community member, you are the reason we exist and the motivation for our 420+ employees to come to work every day. With the changes in health and medicine and our own organization, we have new mission, vision, and values to help steer our growth for generations to come. We look forward to delivering another 60 years and more of personalized quality care to you, your families, and visitors to our valley.

DONALD J. WEE
CEO
Mission:
Your health is our first priority.

Vision:
We place the healthcare needs of our community first by partnering to bring care beyond our walls through innovative technology and collaboration. We are a regional healthcare leader and employer of choice, delivering the highest quality of care to facilitate health, healing and wellbeing throughout our community and those we touch.

Values:
Quality
Through teamwork, we strive to continuously improve our quality of care and service.

Compassion
We are the caretakers of our community and we treat each patient, partner and team member with a tender touch and an unparalleled level of care.

Collaboration
We seek healthy partnerships—both within and outside our walls—to build teams that deliver the highest quality of care.

Innovation
We embrace and integrate new ideas and technology to improve our community’s health and wellness.

Respect
We create a culture of respect by engaging professional staff who demonstrate respect for each other, our patients and their families.

About Tri-State Memorial Hospital & Medical Campus
As your only community-owned and operated hospital in the LC Valley, we take special pride in making sure your health is our first priority! Nearly 60 years ago, a group of dedicated community members set out to build a new, larger hospital that could serve the community and surrounding areas for years to come. Today, the Board of Directors, administration, staff, physicians and providers at Tri-State Memorial Hospital continue that legacy by serving a 10-county region in three states. We are committed to providing the high-tech medical treatment you expect with the tender touch and personal attention you deserve.

Your Regional Experts and Clinics
- Family Practice
- Internal Medicine
- Pediatrics
- Kidney & Hypertension
- General Surgery & Urology
- Sleep Diagnostics
- Wound Healing
- Renal Dialysis Center
- Imaging & Women’s Diagnostic Center
- Inpatient/Outpatient Surgery Center
- 24 Hour Emergency & Minor Care
- Intensive/Coronary Care Unit
- Diabetes Education
- Community Education

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1221 Highland Avenue
Clarkston, WA 99403
509.758.5511
www.TriStateHospital.org

For instant news & updates, Like us on Facebook! facebook.com/tristatememorialhospital
SALT
IT’S NOT ME
IT’S YOU!

Breaking up our relationship with salt can be difficult, but the benefits are well worth the effort!

77.9 million American adults have high blood pressure

Excess levels of sodium/salt may put you at risk for:

• Stroke
• Kidney Stones
• Heart Failure
• Enlarged Heart Muscle
• Osteoporosis
• Headaches
• Stomach Cancer

Excess levels of sodium/salt may cause increased water retention due to:

• Puffiness
• Bloating
• Weight Gain

Take the Pledge to Break Up with Salt today

www.Heart.org/Sodium

Take back control of your life & health.

Take the first step.
Learn how to slim down, for good!

For information on changing your life through this proven program call 509.769.2008

Tri-State Memorial Hospital & Medical Campus
1221 Highland Avenue, Clarkston, WA
509.758.4658 • www.TriStateHospital.org

Your Community-Owned & Operated Hospital Since 1955

Tri-State Memorial Hospital & Medical Campus
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Your Community-Owned & Operated Hospital Since 1955

Focus on the details.

• 3D mammography can improve detection rate accuracy by 27%
• 40% fewer call backs for additional imaging
• Identical cost as the older, conventional digital mammogram
• Hologic’s C-View 3D Mammography offers faster exam times with a lower dose of radiation

Call us today to learn more and to schedule your 3D mammogram at 509.758.4658
As women, we tend to think we know a little more about health. We talk about health with each other, we schedule our family’s doctor appointments, we search the Internet for answers, and we try to make the right choices for those we love. But, do we know the facts when it comes to our own health?

FACTS ABOUT CARDIOVASCULAR DISEASES

FACT: Cardiovascular diseases cause one in three women’s deaths each year, killing approximately one woman every minute.

- Each year, about 55,000 more women than men have a stroke.

FACT: Knowing more can save lives. When you get involved in programs dedicated to bringing awareness to cardiovascular disease such as Go Red for Women, more lives are saved....possibly even your own.

- Today, nearly 300 fewer women die from heart disease and stroke each day.
- Death in women has decreased by more than 30 percent over the past 10 years.

More women than men die from heart disease.

FACT: Smoking doesn’t just put your lungs at risk; it puts your heart at risk as well.

- Smoking raises your blood pressure and puts stress on your heart with every drag of a cigarette you take. The carbon monoxide inhaled from cigarette smoke also contributes to a lack of oxygen, making your heart work even harder.
- Smoking makes your blood thick and sticky; which, over time, damages the delicate lining of your blood vessels.
- Smoking increases cholesterol in your blood which makes deposits and builds up on the walls of your arteries. This build up can eventually lead to heart attack, stroke, or possible amputation of your toes or feet.

Be a quitter today because every minute counts! If you quit smoking right now....

- **Within 20 minutes**: Your heart rate and blood pressure drop.
- **Within 12 hours**: The carbon monoxide level in your blood drops to normal.
- **Within 3 months**: Your circulation and lung function improves.
- **Within 9 months**: You will cough less and breathe easier.
- **After 1 year**: Your risk of coronary heart disease is cut in half.
- **After 5 years**: Your risk of cancer of the mouth, throat, esophagus, and bladder are cut in half.
- **After 5 years**: Your risk of cervical cancer and stroke return to normal.
- **After 10 years**: You are half as likely to die from lung cancer. Your risk of larynx or pancreatic cancer decreases.
- **After 15 years**: Your risk of coronary heart disease is the same as a non-smoker’s.

To learn more about the risk of heart disease for women and get tips on lowering your own risk, visit www.GoRedForWomen.org

Source: http://betobaccofree.hhs.gov/gallery/quit-infographic-text.html
You are sitting in the doctor’s office with the nurse taking your blood pressure before your visit…

You are walking through the local pharmacy and decide to use one of the “do-it-yourself” kiosks to check your blood pressure…

You have the numbers…but do you know what they mean?

When we hear or see our blood pressure, it is typically recorded as two numbers, one over the other, such as:

117 systolic pressure
76 diastolic pressure

The top number is the Systolic pressure and represents the pressure in the arteries when your heart beats (contracts). The bottom number is the Diastolic pressure and represents the pressure in the arteries between heartbeats (rests and refills with blood).

What is a Normal Blood Pressure?

This chart reflects blood pressure categories defined by the American Heart Association. The desired blood pressure of an adult over 20 is less than 120 for Systolic and less than 80 for Diastolic.

<120 ideal blood pressure
for an adult over 20 years of age

<80

If I have a high reading once, do I have high blood pressure?

Everyone’s blood pressure can change from minute to minute with changes in posture, exercise, stress, or sleep. A single reading does not necessarily mean you have high blood pressure. A High Blood Pressure diagnosis happens over time with your healthcare provider getting an accurate picture of your blood pressure readings over several visits.

If readings stay at or higher than 140/90, your provider may suggest beginning treatment, sometimes including lifestyle changes and medicine.

If you are monitoring your blood pressure and you receive a Systolic reading of 180 or higher or a Diastolic reading of 110 or higher, wait a few minutes and take your blood pressure again. If the reading is still at or above those levels, seek immediate medical treatment.

It is important to know your numbers and make lifestyle changes today that will keep your blood pressure in check!

To learn more about High Blood Pressure and learn tips to keeping your blood pressure stable, go to www.Heart.org/BloodPressure

<table>
<thead>
<tr>
<th>Blood Pressure Category</th>
<th>Systolic mm Hg (upper #)</th>
<th>Diastolic mm Hg (lower #)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>less than 120</td>
<td>and less than 80</td>
</tr>
<tr>
<td>Prehypertension</td>
<td>120-139</td>
<td>or 80-89</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>140-159</td>
<td>or 90-99</td>
</tr>
<tr>
<td>(Hypertension) Stage 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>160 or higher</td>
<td>or 100 or higher</td>
</tr>
<tr>
<td>(Hypertension) Stage 2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hypertensive Crisis</td>
<td>Higher than 160</td>
<td>or Higher than 110</td>
</tr>
<tr>
<td>(Emergency care needed)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Our newly expanded Medical Office Building is on schedule to open in late May or early June of 2015 and we can’t wait to show you what we have been building over the last six months! This large-scale construction project will add over 28,000 sq. ft. to our existing 25,000 sq. ft. and allow us to house all of our Family Practice and Primary Care providers in the same building.

Watch for our Grand Opening celebration this summer for your chance to see our beautiful new building in person!
Since I joined the Tri-State family nearly three years ago, I’ve been impressed and inspired, again and again, by the dedication and generosity of this community and of donors like you. In 2014, over 1,000 of you chose to financially support the Foundation with gifts totaling over $455,000 to strengthen your community-owned hospital. We thank you for standing by our side and recognizing the vital role philanthropy plays in providing the best quality healthcare to each of our patients at Tri-State.

Our Board Trustees provide the highest quality of governance, guidance, and direction and serve as ambassadors for the tremendous work and quality care being offered at Tri-State. The Board of Trustees is a volunteer team of community and business leaders who donate countless hours of their time and expertise to ensure that donations to the Foundation are managed with utmost responsibility and care. Take a look at the list above to see all that the Foundation Trustees chose to purchase this past year for the hospital: nearly $275,000 was given back in 2014 while managing $3.8 million in assets as we prepare for the future.

Next time you are visiting someone in the hospital or have an appointment in one of our clinics, look around at the services being given and the equipment being used; chances are that service or equipment was made possible because someone decided to invest in our community’s healthcare. We hope you take great pride in knowing that, thanks to so many of you, patients have better treatment options, access to advanced technology, and enhanced meal services, to name a few.

2014 Foundation Gifts to the Hospital

- Surgery Department – Acetabular Cup Extraction System
- SSSU – GI Gastroscope
- Diabetes Education
- Nutritional Services – Patient Room Service Project
- Imaging Center – 3D Tomo Mammography Unit
- Prostate Clinic
- Surgery Department – Sterilization Containers
- Wound Care

The Foundation’s Legacy Circle is a special group of donors who support Tri-State through a planned gift. Bequests, gift annuities, trusts, and other life income arrangements are incredibly meaningful: not only are they a vital source of revenue for our programs and projects, but these gifts continue improving the lives of our patients long into the future. We are very pleased to recognize those who support our mission through a planned gift. With permission, the names of our Legacy Circle members are listed on the Donor Wall in the hospital, and they are invited to attend special functions and educational forums. We appreciate knowing if you have included the Tri-State Hospital Foundation in your gift plans. While we do not ask that you disclose your gift amount, informing us of your intent allows us to prepare for the future. If you would like to remain anonymous, we will honor your wishes. If you would like more information about making a planned gift to Tri-State Hospital Foundation, please contact Polly Knelsen at pblasko@tsmh.org or at 509.751.0222.

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Mary Lee Frazier began her adventure on the Foundation Board 20 years ago this year! Joining the board in 1995 was an easy decision for Mary Lee as her family had been such a vital part of Tri-State already. Mary Lee recalled her father’s efforts, along with so many other dear community members in the 1950’s, as they raised funds to build a community owned hospital; a memorial to the generations to come in the LC Valley.

Mary Lee served as the Board President from 2005-2007 and has made her way through most of the committees as either the chair or a valued member, and has helped with all the special events that we’ve had over the past two decades, including decorating many trees for Festival, driving the beer cart in the golf tournaments, and helping with Summerfest. We have been blessed by her longevity, her loyalty, her passion, her care, and her willingness to do anything to make us stronger. They say the busiest people are the ones that get the most done. This is true about Mary Lee. We have shared Mary Lee with many other amazing boards and causes throughout the years, including: The Boys and Girls Club, the Willow Center, the Chamber of Commerce, The Lewis-Clark Animal Shelter, Women’s Connection, and countless others. Her heart and dedication for this community is like no one else; she cares and loves deeply and it shows.

Besides her passion for this community, her truest love is her family. Her husband John has been by her side for 52 years. They own Height’s Meat Market in Clarkston. John and Mary Lee have three children; two sons and a daughter, and are the proud grandparents of ten grandkids!

The Tri-State Hospital Foundation is honored to award Mary Lee Frazier the first Legacy Award for 20 years of dedicated service. Thank you, Mary Lee!
The 30th annual Festival of Trees was a huge success! Our dedicated group of volunteers and community members helped turn the Nez Perce County Fair Pavilion into a holiday wonderland the week of Thanksgiving. Over 3,600 people made their way through the festivities! Our Vintage Style Show & Tea was SOLD OUT with over 560 people in attendance.

Gala night was a magical evening as well; from the amazing décor and fun band to the fabulous trees and generous auction support, we raised $30,750 for a new EEG machine through our raise the paddle portion of the evening. With four, fabulous events, we netted over $108,000 to support the programs and special needs of Tri-State Memorial Hospital – the most we have ever raised in all 30 years!

It takes a village of behind-the-scenes individuals and businesses to make this grand Festival event a success. Seven days, trees galore, set-ups, take-downs, yards and yards of fabric, hundreds of feet of carpet, a sea of tables and chairs, coat check, Gift Shop and more, and then, storing it all away!

It is with sincere gratitude that we thank you all for the above and beyond work and hours you devote to make this event such a success. An event of this magnitude would not be possible without the support of the hundreds of volunteers who come together each year and the many local businesses and individuals who are so willing to support community health care.

For more information on the Festival of Trees, contact Hailey at the Foundation at 509.751.4556 or hfeider@tsmh.org.

Want to get involved in Festival of Trees?

Here are the areas where we’re looking for fun, creative people to lend their expertise!

- Tree Decorators
- Family Night Organizers
- Silent Auction Procurement Team
- Event Volunteers
- Setup/Teardown Volunteers

Contact Hailey Feider with the Foundation for more information or if you would like to help out, 509.751.4556 or hfeider@tsmh.org.
JULY 2014-DECEMBER 2014

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Mr. and Mrs. Brit Ausman
Linda M. Bailey
Mr. and Mrs. Curtis Claassen
Mrs. Ronda Clovis
Mrs. Darlene Hostetler
Mr. and Mrs. Chris Loseth
Mr. and Mrs. Jim B. Merrill
Mr. and Mrs. Scott Williams
Mrs. Mary Ann Olsen
Mr. and Mrs. Randy Schlee
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Mr. and Mrs. Tom Turnbow
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Mr. and Mrs. Don Wee
Mr. and Mrs. Scott Williams
Lucille R. Willson
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Mr. and Mrs. Dale Laird

ROBERT “BOB” ZUERCHER
Mr. and Mrs. James Albright
Mr. and Mrs. Richard Wilson

SANDRA RAYNOR
Mr. and Mrs. John Frazier

SHARON BISTLINE
Mr. and Mrs. Richard Wilson

SHEILA BOSTON
Mr. and Mrs. John Frazier

SHIRLEY PAPWORTH
Mr. and Mrs. James Albright

TAMMY ALBRIGHT
Martin Insurance, Inc.

WILEY WAGNER
Mr. and Mrs. John Frazier
Mr. and Mrs. Richard Wilson
Spirit Award

Wasem's was the recipient of this year's Spirit Award. Wasem's has been a generous supporter of the Foundation for numerous years and truly believes in this community.

Wasem's has actively been involved with the ChipShot golf tournament for the past 14 years. From sponsoring a beverage cart to playing in the tournament, they have had a positive impact on our event and we truly appreciate that.

Festival of Trees is such a huge event, it couldn’t happen without the generous support from local businesses. Over the course of many years, Wasem's has made substantial donations in the form of items for our live and silent auctions, including trees; generously provided snacks for our volunteers; and they even donate wheelchairs for attendees to use the entire week of Festival, year after year.

We were also lucky enough to have a Rick Wasem lend his expertise as a speaker at some of our community education events this past year. Thank you Wasem’s for your dedication to Tri-State!

Lee Martin Award

In 1997, the Tri-State Hospital Foundation began a tradition to acknowledge the support and dedication of one of the Trustees. The Foundation’s highest honor, the Lee Martin Award, is named for Lee Martin, a gentleman whose dedication and support of the Foundation and Hospital truly made a difference and helped move the Foundation to what it is today. This award is nominated and voted on by the Board of Trustees, choosing one of their peers to be honored.

Our 2015 Lee Martin Award recipient is Todd Clovis. Todd has served on the Foundation Board since 2010. He is very involved in our special events and is always willing to help. He unwaveringly dedicates his time, talents and support in continuing the legacy for our community-owned hospital. We are grateful for his service to our community through Tri-State.

WASEM’S

Health Records

at Your Fingertips

My Health Portal

- Recent doctor visits
- Discharge summaries
- Medications
- Immunizations
- Allergies
- Lab results
- Radiology Reports

PrimePATIENT Portal

- Medical records
- Visit History
- Appointment Requests
- Provider Correspondence
- Nurse Correspondence
- Lab results
- Radiology reports

Easy, convenient online access to your important medical records anytime, anywhere… all just a click away!

Just one more way we make your health care easy.

Get started Today! Log in at www.TriStateHospital.org