

Kittitas County Public Hospital District No. 2 BOARD OF COMMISSIONERS' REGULAR MEETING

April 18, 2022 at 6:30 p.m.
Upper Kittitas County Medic One Ambulance Station 99
111 Pine Street, Cle Elum

AGENDA

I.	Introductions	
II.	Approval of Agenda	
III.	Approval of Minutes*	
	a. February 21, 2022	(2-3)
	b. February 26, 2022	(4)
	c. March 21, 2022	(5)
IV.	Public Comments/Announcements/Correspondence	(-)
٧.	Reports:	
	a. Operations Report (G. Scherer)	(6-10)
	b. Superintendent's Report (J. Petersen)	(11-13)
	c. Ancillary Report (R. Holden)	(14-16)
	d. Finance Report, Approval of Expenses* (S. Olander)	
	1. February 2022	(17-28)
	2. March 2022	(29-41)
VI.	Old Business	,
	a. Strategic Priorities (R. Holden)	
VII.	New Business	
	a. Levy Discussion (J. Petersen/Matt Ellsworth)	
	Materials were previously delivered in March 2022 packet	
	b. Next Meeting Date: May 16, 2022	
VIII.	Executive Session	
	a. Recess into Executive Session, Real Estate – RCW 42.30.110 (g)	
IX.	Adjournment	

• Ambulance Station 99 – Project Closeout (J. Petersen)

Key:

Note: Upcoming Agenda Items



Kittitas County Public Hospital District #2 BOARD MEETING MINUTES

Meeting Date: Monday: February 21, 2022

Minutes of: Regular Meeting of the Board of Commissioners

Meeting Place: Medic One Ambulance Station, 111 Pine Street, Cle Elum, WA

Minutes Submitted By: Scott Olander, Treasurer

Call to Order:

Regular Meeting: Call to order made by Commissioner Rogalski at 6:30 p.m.

Introductions:

Commissioners: Floyd Rogalski, Ingrid Vimont, Hartwig Vatheuer, Carrie Youngblood (absent), and Fred Benjamin. Superintendent: Julie Petersen; Treasurer: Scott Olander; Ancillary Operations: Rhonda Holden; and EMS Manager: Geoff Scherer

Approval of Agenda:

Action: A motion to approve the agenda was made by Commissioner Vatheuer and seconded by Commissioner Benjamin. Motion carried.

Approval of Minutes:

Action: A motion to approve the minutes of the January 17, 2022 regular meeting was made by Commissioner Vatheuer and seconded by Commissioner Benjamin. Motion carried.

<u>Public Comments/Announcements/Correspondence:</u>

None.

Operations Report:

The Commissioners reviewed the written operations report and operating statistics for January 2022. There were 81 transports during the month, 8 transports above the monthly budget of 73. Geoff advised that staffing in January was very challenging. Geoff reported that two staff members are still out on medical leave and three part time staff members recently resigned. Geoff reported that Medic 8 is back in service but Medic 6 was hit from the rear and will not be operational while the box is being repaired. Geoff also advised that it has been difficult to support Snoqualmie Pass transports this winter because of staff illnesses and vacant positions. Lastly, Geoff reported that the mechanic that Medic One has been using stopped working. Geoff is considering employing a mechanic and then contracting with other districts to perform mechanical work when the mechanic has available time.

Superintendent's Report:

The Commissioners reviewed and discussed the written superintendent's report. Julie discussed data regarding Medic One transports that originated at Kittitas Valley Healthcare in Ellensburg. There will be a District 2 Strategic Plan refresh on, Saturday 2/26/2022

Ancillary Report:

The Commissioners reviewed and discussed the written ancillary report. Rhonda and Commissioner Vimont provided an update regarding City Council Meetings they attended where the 47 Degrees North project was discussed.

Finance Report:

The financial statements for January 2022 were reviewed and discussed by the Commissioners. The review included a review of actual versus budgeted revenue and expense variances. As noted in Geoff's Operations Report, January transports of 81 exceeded budget by 8 transports which resulted in a positive transport revenue variance of \$26,382 for the month. January expenses were below budget by \$1,441. The District reported net income of \$11,076 for January, a positive variance of \$13,949.

Action: A motion to approve the warrants for January was made by Commissioner Benjamin and seconded by Commissioner Vimont. Motion Carried.

Executive Session:

At 7:57 pm the board went into executive session for approximately 5 minutes to discuss real estate. The executive session concluded at 8:05 pm.

Election of Officers:

Following the Executive Session the board discussed District Officers for 2022. Commissioner Benjamin made a motion that Commissioner Rogalski serve as the District Chairman and that Commissioner Vatheuer serve as the Vice Chairman. Commissioner Vimont seconded the motion. Motion carried.

Announcements:

There will be a Hospital District 2 Board Retreat to discuss Strategic Planning for 2022 to 2025 from 9 am to 1 pm on 2/26/2022 at the Putnam Centennial Center in Cle Elum, WA.

The next regular meeting date: March 21, 2022 at the UKC Medic One Ambulance Station located at 111 Pine Street, Cle Elum, WA.

There being no further business the regular meeting was adjourned at 8:08 pm by Commissioner Rogalski.



Kittitas County Public Hospital District #2 BOARD MEETING MINUTES

Meeting Date: Saturday: February 26, 2022

Minutes of: Special Meeting of the Board of Commissioners

Meeting Place: Putnam Centennial Center, Cle Elum, WA

Minutes Submitted By: Scott Olander, Treasurer

Call to Order:

Special Meeting: Call to order made by Commissioner Rogalski at 9:00 a.m.

Introductions:

Commissioners: Floyd Rogalski, Ingrid Vimont, Hartwig Vatheuer, Carrie Youngblood, and Fred Benjamin. Superintendent: Julie Petersen; Treasurer: Scott Olander; Ancillary Operations: Rhonda Holden; and EMS Manager: Geoff Scherer

Approval of Agenda:

Action: A motion to approve the Hospital District 2 Board Retreat agenda was made by Commissioner Vatheuer and seconded by Commissioner Benjamin. Motion carried.

Strategic Planning:

Rhonda Holden lead the strategic planning session. She reviewed the District history and the 2017 Strategic Plan and District accomplishments. Rhonda also reviewed the Current Landscape – 2020 Census Data, Upper County Residential Growth, CHA/CHIP Data, Impact of the Pandemic and Medic One Services.

Scott provided a financial history from 2014 through 2021 and financial projections for 2022 through 2025. Scott provided data about the EMS and general levy and a projections about the costs to operate a 24 hours Urgent Care/ER.

Rhonda and the attendees went with through a SWOT Analysis and then discussed Future Strategic Priorities.

Announcements:

The next regular meeting date: March 21, 2022 at the UKC Medic One Ambulance Station located at 111 Pine Street, Cle Elum, WA.

There being no further business the special meeting was adjourned at 1:20 pm by Commissioner Rogalski.



Kittitas County Public Hospital District #2 BOARD MEETING MINUTES

Meeting Date: Monday: March 21, 2022

Minutes of: Regular Meeting of the Board of Commissioners

Meeting Place: Medic One Ambulance Station, 111 Pine Street, Cle Elum, WA

Minutes Submitted By: Scott Olander, Treasurer

Call to Order:

Meeting: Call to Order – a quorum was not present so the meeting could not be called to order.

Introductions:

Commissioners: Floyd Rogalski (excused), Ingrid Vimont (absent), Hartwig Vatheuer (absent), Carrie Youngblood, and Fred Benjamin. Superintendent: Julie Petersen; Treasurer: Scott Olander; Ancillary Operations: Rhonda Holden; and EMS Manager: Geoff Scherer

Approval of Agenda:

Action: No Action

Approval of Minutes:

Action: No Action

Announcements:

The next regular meeting date: April 18, 2022 at 6:30 pm in the UKC Medic One Ambulance Station located at 111 Pine Street, Cle Elum, WA.

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Operation's Manager Report – March 2022

	March	March
	2022	2021
Calls for Service	116	118
Patient Count	98	75
Patient Transports	64	61
Patient Refusals	23	6
Year to Date Transports	205	194
Station #73 Transports	24	
Station # 99 Transports	37	
Passed Calls	0	

PERSONNEL

We still have 2 fulltime employees out on FMLA. The 2 EMT's that were sent to medic school have finished getting their patient contacts and will take their nationals and exit interviews in the next month. Staffing continues to be a challenge due to lack of Medics being available to staff Snoqualmie pass shifts.

APPARATUS

Medic units have been working well after some initial problems with M9. I still have not heard back from KVFR for mechanic services, I have made contact with AMI in Ellensburg for routine maintenance. Medic 6 will be going to Braun NW for some repair work after the KVH parking lot accident. Medic 10 chassis has been identified and being built at the Ford plant, unsure on the timeline for completion.

Year	Unit	Beg ODO	End ODO	Miles	Location	Comments
2021	M9	22	280	258	Station 99	1 st Our
2019	M8	56,422	59,603	3,181	Station 99	1st Out
2016	M6	139,517	140,473	956	Station 99	Backup
2016	M5	143,899	146,493	2,594	Station 99	Backup
Total Miles				6,989		

MISCELLANES

- Only one weekend in February and March did the agency have a medic at Snoqualmie Pass.
- Fire District 7 full time staff were housed at Station 99 March 25 thru 28 because of septic issues at station 73, Both Medic One crews have been staying at Station 99 until the septic problems are resolved.
- ImageTrend is now our report writing software, no longer using ERS.
- City of Cle Elum has told me of a "small water leak" at 505 Power St.
- Overlapping calls

2021	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Percent	29.9%	41.7%	24.8%	12.4%	20.5%	30.9%	25.2%	35%	26.8%	33.6%	12.1%	18%
Calls	44	50	29	12	25	44	38	54	37	41	12	24

2022	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Percent	34.86%	38%	47%									
Calls	61	23	54									

Kittitas County Hospital District #2

Patient Transport Count per Destination - 2022

Hospital	YTD	Jan	Feb	Mar
Centeral Washington Hospital	1	0	0	1
Harborview	14	5	5	4
KVH	152	59	46	47
Snoqualmie Valley Hospital	9	3	3	3
Swedish Issaquah	14	6	4	4
Virginia Mason	1	1	0	0
Yakima Regional	0	0	0	0
Yakima Memorial	4	1	1	2
Childrens	0	0	0	0
University of Washington	0	0	0	0
Valley Renton	1	1	0	0
Overlake	8	4	1	3

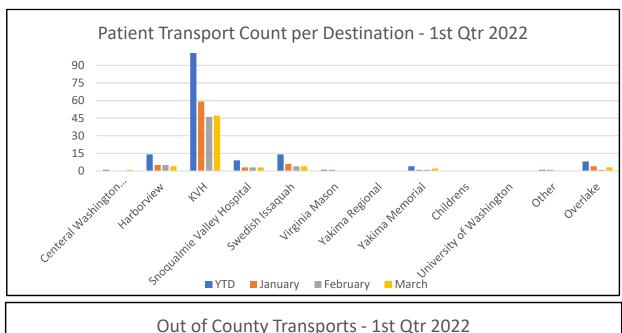
	YTD	Jan	Feb	Mar
Out of County Transports	51	20	14	17

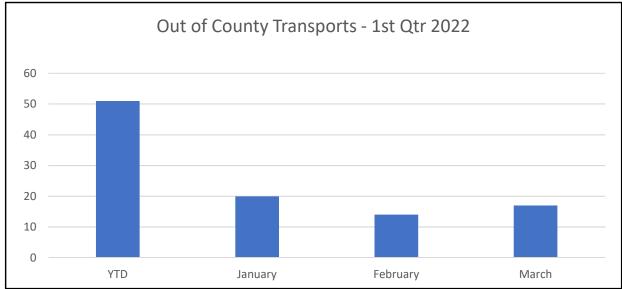
Call For Service Per Zone

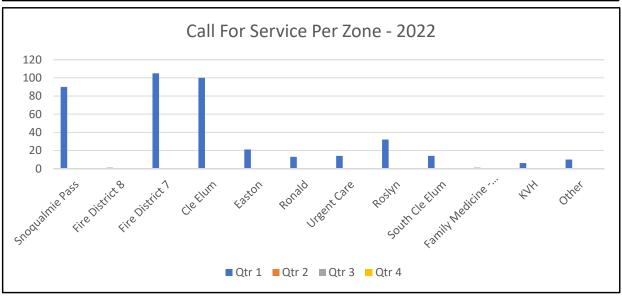
Zone	YTD	Jan	Feb	Mar
Snoqualmie Pass	90	37	37	16
Fire District 8	1	1	0	0
Fire District 7	105	38	27	40
Cle Elum	100	44	28	28
Easton	21	12	3	6
Ronald	13	8	3	2
Urgent Care	14	4	5	5
Roslyn	32	18	7	7
South Cle Elum	14	6	3	5
Family Medicine - Cle Elum	1	0	0	1
KVH	6	3	1	2
Other	10	2	4	4

Zone	YTD	Qtr 1	Qtr 2	Qtr 3	Qtr 4
Snoqualmie Pass	90	90	0	0	0
Fire District 8	1	1	0	0	0
Fire District 7	105	105	0	0	0
Cle Elum	100	100	0	0	0
Easton	21	21	0	0	0
Ronald	13	13	0	0	0
Urgent Care	14	14	0	0	0
Roslyn	32	32	0	0	0
South Cle Elum	14	14	0	0	0
Family Medicine - Cle Elum	1	1	0	0	0
KVH	6	6	0	0	0
Other	10	10	0	0	0

Comments:

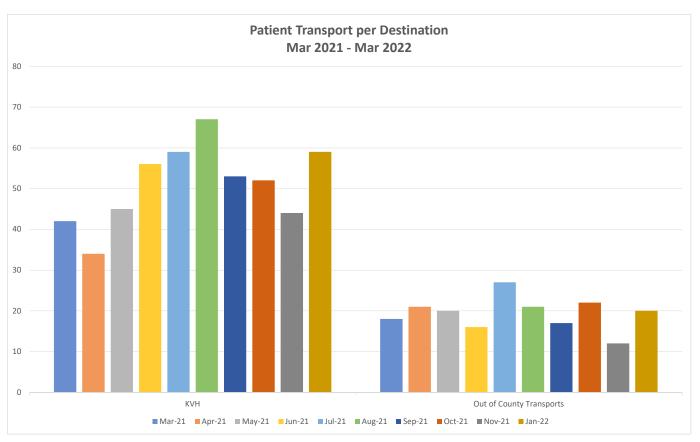




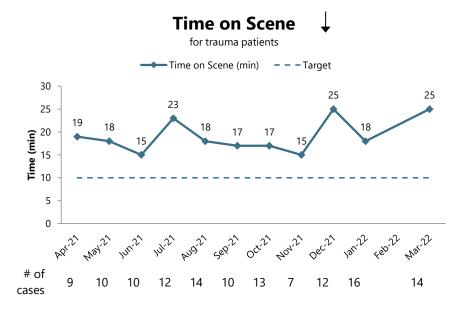


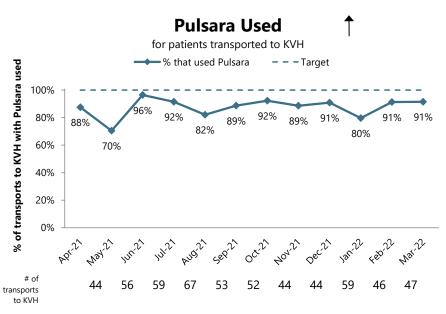
Patient Transport per Destination

Hospital	Mar-21	Apr-21	May-21	Jun-21	Jul-21	Aug-21	Sep-21	Oct-21	Nov-21	Dec-21	Jan-22	Feb-22	Mar-22
Central Washington Hospital	0	1	0	0	2	1	0	0	0	0	0	0	1
Harborview	4	6	3	2	5	2	2	6	1	5	5	5	4
Snoqualmie Valley Hospital	2	1	0	3	3	1	0	2	0	3	3	3	3
Swedish Issaquah	4	6	8	3	8	8	2	6	5	6	6	4	4
Virginia Mason	0	0	3	2	1	3	2	2	2	1	1	0	0
Yakima Regional	0	0	0	0	0	0	0	3	0	0	0	0	0
Yakima Memorial	0	2	1	3	3	1	0	3	1	1	1	1	2
Children's	0	0	1	0	0	0	4	1	0	0	0	0	0
University of Washington	0	1	1	0	0	2	1	0	2	0	0	0	0
Other	1	1	0	3	2	2	4	0	1	1	0	0	0
Overlake	8	3	3	3	3	1	2	2	0	4	4	1	3
KVH	42	34	45	56	59	67	53	52	44	59	59	46	47
Out of County Transports	18	21	20	16	27	21	17	22	12	21	20	14	17



Kittitas County Public Hospital District No. 2 Quality Metrics







SUPERINTENDENT'S REPORT – Julie Petersen April 2022

Levy Lid Lift Presentation

The Association of Washington Public Hospital Districts (AWPHD) has developed guidance for public hospital districts on the rules about running and promoting levies. The Executive Director of AWPHD, Matt Ellsworth will attend the meeting to present education on what is permissible as well as best practices.

Open House May 16th

Michele Wurl, Chief Public Relations Officer, reports that the Community Relations team will be working with Geoff Scherer to finalize Station 99 Open House details for the May 16 event. You can expect the invitations for the event to go out the final week of April and the public marketing push to start the first week of May.

IAFF 4880 Intent to Bargain

We received notice on March 21 of IAFF Local 4880's intent to negotiate the collective bargaining agreement that expires September 30 of this year. Hospital District #2 has traditionally had a Commissioner at the bargaining table.



Association of Washington Public Hospital Districts

Who We Are

Since 1952 The Association of Washington Public Hospital Districts (AWPHD) has been the voice for Public Hospital Districts (PHD) across the State of Washington. We are solely focused on the unique role that PHDs serve in communities.

At AWPHD we understand the special connection of our members to their communities; that have made the choice and investments to keep care local. We strive to support the PHDs at all levels; the publicly elected commissioners, CEOs and staff. Our value is in our ability to advocate, educate and convene all of the above to create a better environment to deliver publicly owned health care.

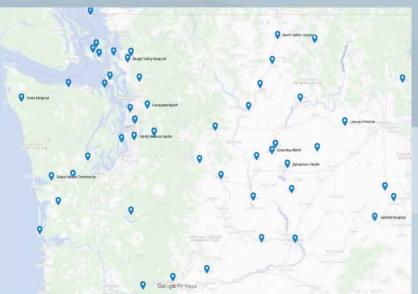
We are led by a professional, full time staff and an all volunteer Board of Directors.



Brian Ivie Skagit Regional Health Board President



Matthew Ellsworth Executive Director



- **56 Public Hospital Districts**
- 47 Hospitals

(34 Critical Access)

- 3 Clinics
- 12 Longterm Care
- 22 EMS

206.281.7211 999 3rd Street Suite 1400 Seattle, WA 98104



What We do

We Advocate

When it comes to influencing public policy, AWPHD is the voice of Washington Public Hospital Districts. Together, with our experience and members' collective voices we bring your needs and issues to the Legislature, State and Federal Agencies.

We Educate

At AWPHD we offer tailored governance education to leaders and PHD Commissioners. In addition, we help our members navigate legal questions unique to PHDs.



We Convene

We recognize the value to our members in gathering to learn and share. AWPHD sponsors multiple annual gatherings for PHD leaders. We also have forged strategic partnerships within the healthcare and public policy arenas that add value to our members.

We Support

AWPHD administers Intergovernmental Transfer (IGT) and Nursing Home Pro-Share programs that delivers direct financial benefit to our members. In addition AWPHD provides access to qualified, independent legal support on those issues unique to PHDs.



206.281.7211 999 3rd Street Suite 1400 Seattle, WA 98104

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Ancillary Services report to Hospital District #2 Board of Commissioners April 2022

Ancillary Service Operation Report:

Covid Testing

KVH closed the Covid-19 Testing Locations in Ellensburg and at FME on March 31. Our testing volumes had dropped from 200 per day to about 10-15 per day prior to the closure. We are still offering Covid-19 testing at the hospital and clinics, although we are seeing very few.

Strategic Planning

Thank you for a successful Board Retreat on February 26th. You will find a summary of our discussions in your packet and I will review the draft strategic priorities under old business.

Continued Growth

Roslyn Ridge has been approved for an additional 287 home sites.

47 Degrees North

The Kittitas County Unincorporated Area Council (KCUAC) has sent a letter to upper county service agencies encouraging them to write the Cle Elum City Council and request to be included in preapplication conferences anticipated between the City of Cle Elum and 47 Degrees North. This type of participation is allowed by City Code.

Respectfully submitted by Rhonda Holden, MSN

DRAFT****DRAFT****DRAFT

Dear		

My Name is Larry Stauffer and I represent Kittitas County Unincorporated Area Council (KCUAC), a WA Nonprofit Corporation organized to represent the citizens of upper Kittitas County in the matter of Sun Communities 47 Degrees North proposed development. I am writing to inform you of important upcoming opportunities for upper county service agencies to represent their interests as related to the project.

The massive 47 Degree North development, if approved as proposed, will have a huge impact on upper county service agencies, affecting both fiscal conditions and ability to provide acceptable levels of service. Independent fiscal studies commissioned by the City of Cle Elum included in the Environmental Impact Statement show that across affected upper county service agencies tax revenues will decrease and service costs will increase as compared to the current plan for traditional neighborhoods on the property. Without substantial new developer mitigation, or a change in the scope and composition of the proposal, it is clear to us that taxes must significantly increase or levels of service must significantly decrease (or both). It is our belief that new development in upper county should be a net positive for our region making our fiscal and service levels better. But at a bare minimum it shouldn't make them worse.

Where things stand now: In July 2021, Sun Communities submitted an application to the City of Cle Elum for a Proposed Major Modification to the 20-year-old Bullfrog UGA Master Site Plan and Development Agreement. In late November 2021, Sun Communities withdrew this development application following the overwhelming negative response by both the public and certain affected agencies. When withdrawing its application Sun Communities announced its intent to reset and review its development plans with the expectation of submitting a new revised application later in 2022. Fortunately for upper county service agencies, this reset can work in both directions, allowing agencies to get "a seat at the table" and strengthen their position to represent agency and citizen interests during the land use process.

Based on information available from public meetings, we believe that the filing of a new application by Sun Communities is imminent. Furthermore, in terms of its size and impacts on upper county, it looks like the new application will closely resemble the previous application, including a 673 privately owned manufactured housing park and a 661-unit RV park.

Several parts of Cle Elum's Municipal Code allow the city to include affected agencies directly in the process. These are:

CMC 1430.030 (see below) requires the city to give affected public agencies a seat-at-the-table at a preapplication conference associated with a type 4 permit of the nature contemplated by Sun Communities.

CMC 17.140.020.B allows the city to include "The county, special service districts, school districts" as legal parties to the the development agreement.

CMC 17.140.020.D allows the City to require concurrent review and consideration of the Development Agreement and application.

None of these code provisions were applied by the city during the first (now withdrawn) application, but with a reset, the city can apply them to the new application if they choose to do so. We strongly believe that the city should implement these code provisions so upper county service providers have the strongest possible platform to represent agency and citizen interests.

The City of Cle Elum has previously considered you an affected public agency by including you in the "Consent of Transfer" process associated with the recent land sale and transfer of rights between Suncadia and Sun

DRAFT****DRAFT

Communities. I have written this letter to your agency to ensure that you are aware of how you can be included in the process.

Our request is that you take action to inform the City of Cle Elum of your desire to participate in the conference when it happens, and to be included as a legal party to the Development Agreement. Agency oversight of this potential development is critical for the well-being of the upper county.

I have included a sample note to the Mayor that I invite you to modify as you see fit.

Thank you for your attention to this important matter.

Larry Stauffer

KCUAC

Ordinance Language

Ordinance 1621

CEMC 1430.030 Pre-application Conference. Prior to formal submittal of a Type 2,3, or 4 permit applications, all Applicants shall unless waived by the City, schedule and participate in a preapplication conference with City Staff and representatives of appropriate public agencies.

- A. Such conferences are intended as an informal discussion and review of possible applications to assist the Applicant in identifying applicable regulations, standards, application materials, and review processes that may be required.
 - 1. The date, time, and place of such conferences shall be at the mutual agreement of the participants.
 - 2. A pre-application conference does not vest a proposed project permit application.
 - 3. The costs incurred by the City in preparation for, participating in, and following up on a preapplication meeting shall be recovered in accordance with the cost recovery provisions in this Title.

Sample Letter

City of Cle Elum 119 West First Street Cle Elum, WA 98922

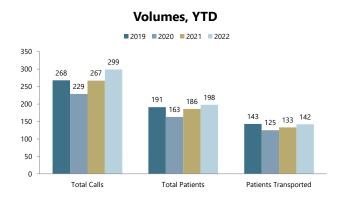
Date April , 2022

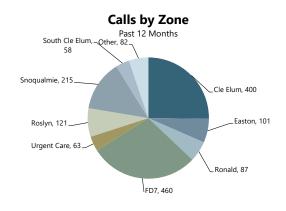
Dear Mayor McGowan

Please consider this a request for <u>state your agency</u>, as an affected agency, to be included in the future Preapplication Conference anticipated to be scheduled between Sun Communities and the City of Cle Elum relating to the 47 Degrees North development. We understand that no such conference has been scheduled at this time. This request has been made in compliance with CEMC 1430.030.

Sincerely

Kittitas County Public Hospital District No. 2





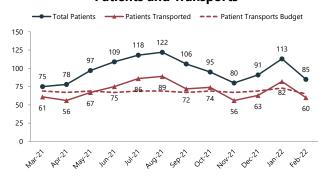
Concurrent Calls, YTD







Patients and Transports



Days Cash on Hand



YTD values through end of previous month

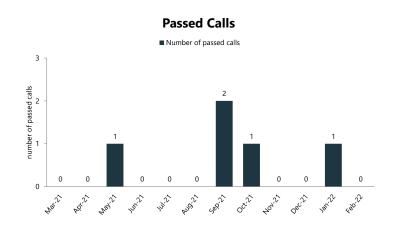
Last updated 3/14/2022

Kittitas County Public Hospital District No. 2

Turnout Time - Dispatch to Enroute

3/1/2021 to 2/28/2022

Apparatus	Responses	Turnout Time
A511 (CEFD)	0	
CEFD Overall	0	
A731 (FD7)	4	5:34
FD7 Overall	4	5:34
M931(HD2)	594	2:38
M932 (HD2)	2	1:01
M991 (HD2)	805	2:02
M992 (HD2)	56	1:35
HD2 Overall	1457	2:15



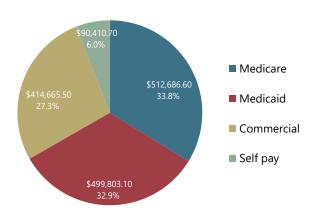
Payor Mix by Charges

10/1/2020 to 9/30/2021

\$120,032.60 6.9% Medicare \$626,454.80 35.9% Medicaid Commercial Self pay

Payor Mix by Charges

10/1/2019 to 9/30/2020



YTD values through end of previous month

Last updated 3/14/2022

MEDICAL BILLABLE RUNS	60	65	(5)	141	138	3	133
AVERAGE CHARGE PER RUN	2,324	2,226	98	2,312	2,210	102	1,917
		Current Month		,	Year to Date		Prior
	Actual	Budget	Variance	Actual	Budget	Variance	YTD
INTEREST INCOME	(3,622)	15	(3,637)	(7,114)	25	(7,139)	1,018
RENTAL INCOME	25,209	25,209	(0)	50,917	50,414	503	47,438
OTHER OPERATING REVENUE	1,250	1,228	22	3,370	2,463	907	0
AMBULANCE REVENUE	139,440	144,716	(5,276)	326,047	304,942	21,105	254,979
TOTAL REVENUE	162,276	171,168	(8,892)	373,220	357,844	15,376	303,435
CONTRACTUAL ADJUSTMENTS	52,011	56,376	(4,365)	121,761	118,791	2,970	98,167
BAD DEBT	9,342	6,981	2,361	21,845	14,709	7,136	14,383
CHARITY CARE	0	346	(346)	0	690	(690)	0
DEDUCTIONS FROM REVENUE	61,353	63,703	(2,350)	143,606	134,190	9,416	112,550
NET OPERATING REVENUE	100,923	107,465	(6,542)	229,614	223,654	5,960	190,885
SALARIES AND WAGES	96,738	98,608	(1,870)	206,751	207,761	(1,010)	185,120
EMPLOYEE BENEFITS	31,976	35,392	(3,416)	62,233	72,296	(10,064)	58,632
PROFESSIONAL FEES	0.,0.0	1,833	(1,833)	1,866	3,670	(1,804)	2,036
SUPPLIES	18,708	8,073	10,635	28,412	16,523	11,889	21,525
UTILITIES	3,869	2,824	1,045	7,985	5,654	2,330	4,637
PURCHASED SERVICES	23,614	24,870	(1,256)	53,892	48,867	5,025	40,816
CEUCC SUBSIDY EXPENSE	16,253	16,253	0	32,507	32,509	(3)	31,869
DEPRECIATION	31,182	39,443	(8,261)	64,247	78,890	(14,643)	49,232
INSURANCE	2,900	5,016	(2,116)	5,599	10,030	(4,431)	6,548
LICENSES AND TAXES	1,565	1,277	288	3,152	2,551	601	2,077
INTEREST EXPENSE	9,982	9,983	(1)	19,965	19,960	5	21,619
TRAVEL AND EDUCATION	1,294	573	721	4,661	1,144	3,516	2,106
OTHER DIRECT EXPENSES	0	698	(698)	1,770	1,385	385	2,731
EXPENSES	238,082	244,843	(6,761)	493,038	501,240	(8,202)	428,948
OPERATING INCOME (LOSS)	(137,159)	(137,378)	219	(263,423)	(277,586)	14,163	(238,063)
TAX LEVY INCOME	137,144	137,340	(196)	274,485	274,675	(190)	265,099
GAIN LOSS ASSET DISPOSITION	105,210	0	105,210	105,210	0	105,210	0
INTERGOVERNMENTAL REV OR EXP	0	0	0	0	0	0	0
NON-OPERATING BOND ISSUE COST	0	0	0	0	0	0	0
NET INCOME (LOSS)	105,196	(38)	105,234	116,272	(2,911)	119,183	27,036
DAYS CASH ON HAND	346.0						
AR DAYS	85.0						
CURRENT RATIO	6.12						

MEDICAL BILLABLE RUNS	60	65	(5)	141	138	3	133
AVERAGE CHARGE PER RUN	2,324	2,226	98	2,312	2,210	102	1,917
		Current Month			Year to Date		Prior
	Actual	Budget	Variance	Actual	Budget	Variance	YTD
INTEREST INCOME	0	0	0	0	0	0	0
RENTAL INCOME	0	0	0	0	0	0	0
OTHER OPERATING REVENUE	1,250	1,228	22	3,370	2,463	907	0
AMBULANCE REVENUE	139,440	144,716	(5,276)	326,047	304,942	21,105	254,979
TOTAL REVENUE	140,690	145,944	(5,254)	329,417	307,405	22,012	254,979
CONTRACTUAL ADJUSTMENTS	52,011	56,376	(4,365)	121,761	118,791	2,970	98,167
BAD DEBT	9,342	6,981	2,361	21,845	14,709	7,136	14,383
CHARITY CARE	0	346	(346)	0	690	(690)	0
DEDUCTIONS FROM REVENUE	61,353	63,703	(2,350)	143,606	134,190	9,416	112,550
NET OPERATING REVENUE	79,336	82,241	(2,905)	185,811	173,215	12,596	142,429
SALARIES AND WAGES	95,842	98,402	(2,560)	205,855	207,346	(1,491)	185,157
EMPLOYEE BENEFITS	31,906	35,377	(3,471)	61,862	72,267	(10,405)	58,635
PROFESSIONAL FEES	0	0	0	0	0	0	0
SUPPLIES	18,686	8,070	10,616	14,302	16,515	(2,213)	21,501
UTILITIES	3,176	2,384	792	6,673	4,771	1,902	4,470
PURCHASED SERVICES	15,440	12,771	2,669	25,398	25,547	(150)	18,719
CEUCC SUBSIDY EXPENSE	0	0	0	0	0	0	0
DEPRECIATION	4,953	14,433	(9,480)	10,438	28,870	(18,432)	22,630
INSURANCE	1,540	1,516	24	2,614	3,030	(416)	1,442
LICENSES AND TAXES	1,565	1,277	288	3,152	2,551	601	2,077
INTEREST EXPENSE	0	0	0	0	0	0	0
TRAVEL AND EDUCATION	1,294	573	721	4,661	1,144	3,516	2,106
OTHER DIRECT EXPENSES	0	135	(135)	0	265	(265)	0
EXPENSES	174,403	174,938	(535)	334,955	362,308	(27,353)	316,737
OPERATING INCOME (LOSS)	(95,067)	(92,697)	(2,370)	(149,143)	(189,093)	39,949	(174,308)
TAX LEVY INCOME	66,263	66,357	(94)	132,620	132,710	(90)	126,199
GAIN LOSS ASSET DISPOSITION	105,210	0	105,210	105,210	0	105,210	0
INTERGOVERNMENTAL REV OR EXP	0	0	0	0	0	0	0
NON-OPERATING BOND ISSUE COST	0	0	0	0	0	0	0
NET INCOME (LOSS)	76,407	(26,340)	102,747	88,687	(56,383)	145,069	(48,109)

		Current Month			Year to Date		Prior
	Actual	Budget	Variance	Actual	Budget	Variance	YTD
INTEREST INCOME	(3,622)	15	(3,637)	(7,114)	25	(7,139)	1,018
RENTAL INCOME	25,209	25,209	(0)	50,917	50,414	503	47,438
OTHER OPERATING REVENUE	0	0	0	0	0	0	0
AMBULANCE REVENUE	0	0	0	0	0	0	0
TOTAL REVENUE	21,586	25,224	(3,638)	43,803	50,439	(6,636)	48,456
CONTRACTUAL ADJUSTMENTS	0	0	0	0	0	0	0
BAD DEBT	0	0	0	0	0	0	0
CHARITY CARE	0	0	0	0	0	0	0
DEDUCTIONS FROM REVENUE	0	0	0	0	0	0	0
NET OPERATING REVENUE	21,586	25,224	(3,638)	43,803	50,439	(6,636)	48,456
SALARIES AND WAGES	896	206	690	896	415	481	(37)
EMPLOYEE BENEFITS	70	15	55	371	29	341	(3)
PROFESSIONAL FEES	0	1,833	(1,833)	1,866	3,670	(1,804)	2,036
SUPPLIES	22	3	19	14,110	7	14,102	25
UTILITIES	693	440	253	1,312	883	429	167
PURCHASED SERVICES	8,173	12,099	(3,926)	28,494	23,319	5,175	22,097
CEUCC SUBSIDY EXPENSE	16,253	16,253	0	32,507	32,509	(3)	31,869
DEPRECIATION	26,228	25,010	1,218	53,809	50,020	3,789	26,602
INSURANCE	1,361	3,500	(2,139)	2,984	7,000	(4,016)	5,106
LICENSES AND TAXES	0	0	0	0	0	0	0
INTEREST EXPENSE	9,982	9,983	(1)	19,965	19,960	5	21,619
TRAVEL AND EDUCATION	0	0	0	0	0	0	0
OTHER DIRECT EXPENSES	0	563	(563)	1,770	1,120	650	2,731
EXPENSES	63,678	69,905	(6,227)	158,083	138,933	19,150	112,211
OPERATING INCOME (LOSS)	(42,092)	(44,681)	2,589	(114,280)	(88,493)	(25,786)	(63,755)
TAX LEVY INCOME	70,881	70,983	(102)	141,865	141,965	(100)	138,900
GAIN LOSS ASSET DISPOSITION	0	0	, O	0	0	, O	0
INTERGOVERNMENTAL REV OR EXP	0	0	0	0	0	0	0
NON-OPERATING BOND ISSUE COST	0	0	0	0	0	0	0
NET INCOME (LOSS)	28,789	26,302	2,487	27,585	53,472	(25,886)	75,145
DAYS CASH ON HAND	346.0						
AR DAYS	85.0						
CURRENT RATIO	6.12						

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Kittitas County Hospital Dist 2

Balance Sheet

	Year to Date	Prior Year End	<u>Change</u>
CASH	2,392,037	2,460,034	(67,997)
ACCOUNTS RECEIVABLE	1,031,698	1,114,622	(82,923)
TAXES RECEIVABLE	1,670,479	31,012	1,639,466
PREPAIDS	8,474	9,225	(751)
INVESTMENTS	285,425	292,559	(7,134)
CURRENT ASSETS	5,388,114	3,907,453	1,480,661
LAND	843,524	843,524	0
PROPERTY, PLANT,& EQUIPMENT	10,218,540	10,157,637	60,902
ACCUMULATED DEPRECIATION	(3,802,925)	(3,738,678)	(64,247)
NON CURRENT ASSETS	7,259,139	7,262,483	(3,344)
NET PENSION ASSET	484,323	484,323	0
DEFERRED OUTFLOWS	102,205	102,205	0
ASSETS	13,233,781	11,756,464	1,477,317
ACCOUNTS PAYABLE	188,808	257,370	(68,563)
INTEREST PAYABLE	30,227	10,263	19,965
ACCRUED PAYROLL	40,916	44,139	(3,223)
ACCRUED BENEFITS	98,635	91,679	6,956
CEUCC SUBSIDY PAYABLE	223,722	191,215	32,507
CURRENT PORTION REVENUE BOND - LTGO	298,445	298,445	0
CURRENT LIABILITIES	880,753	893,111	(12,358)
LONG TERM REVENUE BOND - LTGO	3,323,628	3,323,628	0
NET PENSION LIABILITY	16,233	16,233	0
DEFERRED INFLOWS - PENSION	490,909	490,909	0
DEFERRED INFLOWS - LEVY	1,373,404	(0)	1,373,404
NONCURRENT LIABILITIES	5,204,174	3,830,770	1,373,404
LIABILITIES	6,084,926	4,723,881	1,361,045
NET INCOME (LOSS)	116,272	0	116,272
UNRESTRICTED FUND BALANCE	7,032,582	7,032,582	0
FUND BALANCE	7,148,854	7,032,582	116,272
TOTAL LIABILITIES AND NET POSITION	13,233,781	11,756,464	1,477,317

Kittitas County Hospital Dist 2

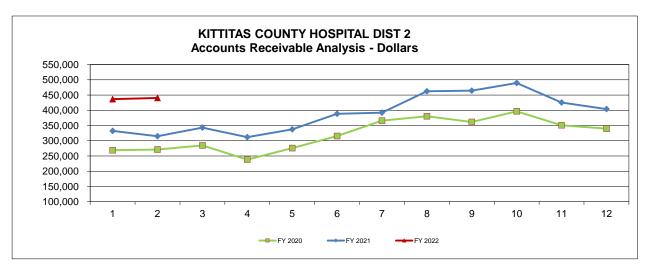
Statement of Cash Flows

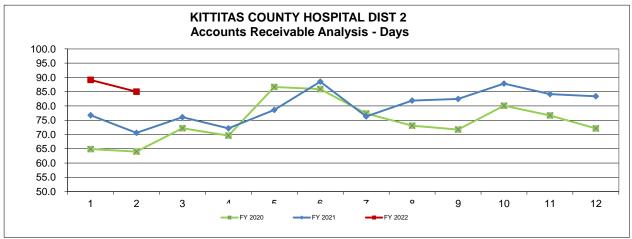
	CASH
NET BOOK INCOME	116,272
	·
ADD BACK NON-CASH EXPENSE	
DEPRECIATION	64,247
NET CASH FROM OPERATIONS	180,519
CHANGE IN CURRENT ASSETS	
PATIENT ACCOUNTS AND OTHER RECEIVABLES	82,923
PROPERTY TAX RECEIVABLE	(1,639,466)
PREPAID EXPENSE	751
TOTAL CHANGE IN CURRENT ASSETS	(1,555,792)
PURCHASE OF PROPERTY, PLANT & EQUIPMENT	(60,902)
NET PENSION ASSET	0
DEFERRED OUTFLOWS	0
INCREASE IN INVESTMENTS	7,134
	•
PROCEEDS FROM SALE/MATURITY OF INVESTMENTS	
TOTAL CHANGE IN ASSETS	(1,609,561)
	(1,609,561)
TOTAL CHANGE IN ASSETS	
TOTAL CHANGE IN ASSETS CHANGES IN CURRENT LIABILITIES	(1,609,561) (68,563) 19,965
TOTAL CHANGE IN ASSETS CHANGES IN CURRENT LIABILITIES ACCOUNTS PAYABLE	(68,563)
TOTAL CHANGE IN ASSETS CHANGES IN CURRENT LIABILITIES ACCOUNTS PAYABLE INTEREST PAYABLE	(68,563) 19,965
TOTAL CHANGE IN ASSETS CHANGES IN CURRENT LIABILITIES ACCOUNTS PAYABLE INTEREST PAYABLE ACCRUED PAYROLL	(68,563) 19,965 (3,223)
TOTAL CHANGE IN ASSETS CHANGES IN CURRENT LIABILITIES ACCOUNTS PAYABLE INTEREST PAYABLE ACCRUED PAYROLL ACCRUED BENEFITS	(68,563) 19,965 (3,223) 6,956
TOTAL CHANGE IN ASSETS CHANGES IN CURRENT LIABILITIES ACCOUNTS PAYABLE INTEREST PAYABLE ACCRUED PAYROLL ACCRUED BENEFITS CEUCC SUBSIDY PAYABLE TOTAL CHANGE CURRENT LIABILITIES	(68,563) 19,965 (3,223) 6,956 32,507 (12,358)
TOTAL CHANGE IN ASSETS CHANGES IN CURRENT LIABILITIES ACCOUNTS PAYABLE INTEREST PAYABLE ACCRUED PAYROLL ACCRUED BENEFITS CEUCC SUBSIDY PAYABLE	(68,563) 19,965 (3,223) 6,956 32,507
TOTAL CHANGE IN ASSETS CHANGES IN CURRENT LIABILITIES ACCOUNTS PAYABLE INTEREST PAYABLE ACCRUED PAYROLL ACCRUED BENEFITS CEUCC SUBSIDY PAYABLE TOTAL CHANGE CURRENT LIABILITIES PRINCIPLE PAYMENT ON REVENUE BOND	(68,563) 19,965 (3,223) 6,956 32,507 (12,358)
TOTAL CHANGE IN ASSETS CHANGES IN CURRENT LIABILITIES ACCOUNTS PAYABLE INTEREST PAYABLE ACCRUED PAYROLL ACCRUED BENEFITS CEUCC SUBSIDY PAYABLE TOTAL CHANGE CURRENT LIABILITIES PRINCIPLE PAYMENT ON REVENUE BOND NET PENSION LIABILITY DEFERRED INFLOWS OF RESOURCES	(68,563) 19,965 (3,223) 6,956 32,507 (12,358) 0 0 1,373,404
TOTAL CHANGE IN ASSETS CHANGES IN CURRENT LIABILITIES ACCOUNTS PAYABLE INTEREST PAYABLE INTEREST PAYABLE ACCRUED PAYROLL ACCRUED BENEFITS CEUCC SUBSIDY PAYABLE TOTAL CHANGE CURRENT LIABILITIES PRINCIPLE PAYMENT ON REVENUE BOND NET PENSION LIABILITY DEFERRED INFLOWS OF RESOURCES NET CHANGE IN CASH	(68,563) 19,965 (3,223) 6,956 32,507 (12,358) 0 0 1,373,404
TOTAL CHANGE IN ASSETS CHANGES IN CURRENT LIABILITIES ACCOUNTS PAYABLE INTEREST PAYABLE ACCRUED PAYROLL ACCRUED BENEFITS CEUCC SUBSIDY PAYABLE TOTAL CHANGE CURRENT LIABILITIES PRINCIPLE PAYMENT ON REVENUE BOND NET PENSION LIABILITY DEFERRED INFLOWS OF RESOURCES	(68,563) 19,965 (3,223) 6,956 32,507 (12,358) 0 0 1,373,404



KITTITAS COUNTY HOSPITAL DIST 2 Accounts Receivable Analysis

	Feb-22	Jan-22	Dec-21	Nov-21	Oct-21	Sep-21	Aug-21	Jul-21	Jun-21	May-21	Apr-21	Mar-21
SYS DESIGN EMS												
A/R Dollars	\$ 440,429	436,550	404,006	425,335	489,456	464,532	462,266	392,312	388,546	337,280	311,819	\$ 342,977
A/R Days	85.0	89.1	83.4	84.1	87.8	82.5	81.9	76.3	88.5	78.6	72.2	76.1







KITTITAS COUNTY HOSPITAL DIST 2

BOARD MEETING FEBRUARY 2022 ACTIVITY

ACCOUNTS PAYABLE WARRANTS/ I	EFTS TO BE APPROVED		CI	HECK DATE:
# 1 WARRANT NUMBERS:	12764-12808	NET AMOUNT:	65,322.77	7-Feb-22
# 2 WARRANT NUMBERS:	12809-12840	NET AMOUNT:	96,622.07	22-Feb-22
# 3 WARRANT NUMBERS:	12841	NET AMOUNT:	1,565.33	28-Feb-22
			163,510.17	
PAYROLL WARRANTS / EFTS TO BE PPE 01/29/2022	APPROVED	NET AMOUNT:	22 202 67	4-Feb-22
•			33,202.67	
PPE 02/12/2022		NET AMOUNT:	429.85	15-Feb-22
PPE 02/12/2022		NET AMOUNT:	32,463.08	18-Feb-22
			66,095.60	
TOTAL NET WARRANTS & EFT'S			229,605.77	



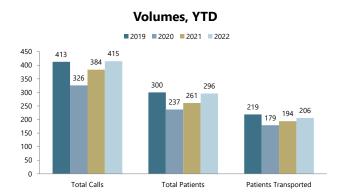
Account Class	Check No Vendor	Amount
Balance Sheet	12764 BAER TESTING, INC.	1,322.50
	12772 DEPARTMENT OF RETIREMENT SYSTEMS	3,589.28
	12773 DEPARTMENT OF RETIREMENT SYSTEMS	665.94
	12774 DIMARTINO ASSOCIATES	108.36
	12780 HUB INTERNATIONAL LLC	1,650.00
	12780 HUB INTERNATIONAL LLC	(465.00)
	12786 KITTCOM	16,352.50
	12799 PREMIERE FLOORS & DESIGN CENTER INC	6,191.66
	12808 AFLAC	740.27
	12809 AFLAC	740.27
	12812 AUTOMATED CONTROLS	2,396.52
	12816 DEPARTMENT OF RETIREMENT SYSTEMS	3,600.15
	12817 DEPARTMENT OF RETIREMENT SYSTEMS	483.63
	12818 DIMARTINO ASSOCIATES	108.36
	12820 IAFF 4880	1,391.23
	12823 KDA ARCHITECTURE INC	2,172.83
	12833 TW CLARK CONSTRUCTION, LLC	45,163.99
Employee Benefits	12765 BETH WILLIAMS	30.00
	12766 BRITTNEY SILVESTRI	15.00
	12769 COLE GRAVEL	45.00
	12770 CRAIG HALLMARK	60.00
	12771 DAKODA FENTER	30.00
	12772 DEPARTMENT OF RETIREMENT SYSTEMS	2,402.92
	12779 HARVEY SMITH	30.00
	12782 JAMES BRYAN	45.00
	12784 JASON BOITANO	30.00
	12785 JEFF BEATY	45.00
	12789 KITTITAS VALLEY HEALTHCARE	299.92
	12790 KRISTEN KASSOW	15.00
	12791 LEE HADDEN	45.00
	12793 MATT SCHAUER	15.00
	12796 NATE HENDERSON	45.00
	12801 SONYA VRAVES	30.00
	12803 STEVE CHRISMAN	30.00
	12805 TOM WATKINS	15.00
	12816 DEPARTMENT OF RETIREMENT SYSTEMS	2,360.11
	12836 VIMLY BENEFIT SOLUTIONS	900.00
	12837 VIMLY BENEFIT SOLUTIONS	18,301.97
Professional Fees	12802 STATE AUDITORS OFFICE	1,866.15
Supplies	12776 GALLS, LLC	393.11
	12776 GALLS, LLC	392.15
	12776 GALLS, LLC	164.59

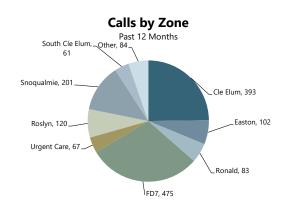
12776 GALLS, LLC	45.17
12776 GALLS, LLC	89.69
12776 GALLS, LLC	132.28
12776 GALLS, LLC	125.36
12776 GALLS, LLC	29.49
12778 GOOD TO GO	9.40
12783 JAMES OIL CO., INC.	419.49
12783 JAMES OIL CO., INC.	1,002.51
12789 KITTITAS VALLEY HEALTHCARE	382.98
12792 LIFE ASSIST, INC.	64.16
12797 NORTHERN KITTITAS CO TRIBUNE	13.46
12798 OXARC INC	85.63
12811 AMAZON	262.15
12811 AMAZON	37.79
12811 AMAZON	14.76
12811 AMAZON	21.60
12811 AMAZON	20.51
12811 AMAZON	107.14
12811 AMAZON	19.41
12811 AMAZON	28.06
12811 AMAZON	33.13
12813 CARDINAL HEALTH 112, LLC	499.99
12814 CLE ELUM HARDWARE & RENTAL	17.27
12819 GALLS, LLC	132.38
12819 GALLS, LLC	109.22
12819 GALLS, LLC	67.17
12819 GALLS, LLC	(387.72)
12819 GALLS, LLC	393.11
12824 LIFE ASSIST, INC.	164.00
12824 LIFE ASSIST, INC.	105.61
12824 LIFE ASSIST, INC.	107.09
12824 LIFE ASSIST, INC.	120.04
12826 MOUNTAIN AUTO PARTS	58.59
12826 MOUNTAIN AUTO PARTS	28.59
12826 MOUNTAIN AUTO PARTS	14.02
12826 MOUNTAIN AUTO PARTS	400.10
12826 MOUNTAIN AUTO PARTS	(38.88)
12827 NORTHERN KITTITAS CO TRIBUNE	19.81
12829 OXARC INC	279.42
12829 OXARC INC	66.99
12829 OXARC INC	161.91
12832 STATE DEPARTMENT OF TRANSPORTATION	2,850.48
12838 WAPITI OFFICE	21.43
12838 WAPITI OFFICE	34.88
12838 WAPITI OFFICE	14.41
12839 WILLETTES SHELL SERVICE	35.64
12767 CENTURYLINK	139.47
12768 CITY OF CLE ELUM	108.80
12768 CITY OF CLE ELUM	507.80

Utilities

	12768 CITY OF CLE ELUM	108.80
	12768 CITY OF CLE ELUM	275.06
	12775 DISH NETWORK	186.45
	12788 KITTITAS COUNTY FIRE DISTRICT #7	200.00
	12794 MCI	37.87
	12794 MCI	36.99
	12800 PUGET SOUND ENERGY	338.02
	12800 PUGET SOUND ENERGY	1,573.85
	12821 INLAND NETWORKS	102.65
	12821 INLAND NETWORKS	80.41
	12830 PUGET SOUND ENERGY	31.92
	12830 PUGET SOUND ENERGY	23.80
	12830 PUGET SOUND ENERGY	10.89
	12835 VERIZON	581.10
Purchased Services	12777 GEOFF SCHERER	183.06
	12781 JACKSON HORSLEY	400.00
	12787 KITTITAS COUNTY AUDITOR	4,375.37
	12789 KITTITAS VALLEY HEALTHCARE	356.25
	12789 KITTITAS VALLEY HEALTHCARE	4,807.22
	12789 KITTITAS VALLEY HEALTHCARE	9,331.74
	12795 MICROSOFT	15.12
	12795 MICROSOFT	445.50
	12804 STRYKER SALES CORP	288.52
	12804 STRYKER SALES CORP	995.52
	12804 STRYKER SALES CORP	1,346.40
	12806 UNITED RENTALS	161.46
	12807 YAKIMA ADJUSTMENT SERVICE INC	389.53
	12810 ALADTEC, INC.	3,519.73
	12811 AMAZON	98.28
	12811 AMAZON	8.87
	12814 CLE ELUM HARDWARE & RENTAL	8.62
	12814 CLE ELUM HARDWARE & RENTAL	29.13
	12815 DALE SCOTT OLANDER	32.76
	12815 DALE SCOTT OLANDER	31.36
	12825 MCGUIRES LANDSCAPING & WINTER SVC LLC	5,760.99
	12827 NORTHERN KITTITAS CO TRIBUNE	320.00
	12828 NORTHWEST FABRICATIONS LLC	118.80
	12828 NORTHWEST FABRICATIONS LLC	556.20
	12831 ROS ELUM SERVICES LLC	870.00
	12834 U.S. BANK	347.96
	12840 YAKIMA ADJUSTMENT SERVICE INC	
Licenses 9 Taylor		558.18
Licenses & Taxes Travel & Education	12841 DEPARTMENT OF REVENUE-EXCISE 12822 JEFF BEATY	1,565.33 91.26
Other Direct Expenses	12797 NORTHERN KITTITAS CO TRIBUNE	45.00
	12797 NORTHERN KITTITAS CO TRIBUNE	70.00
		163,510.17

Kittitas County Public Hospital District No. 2

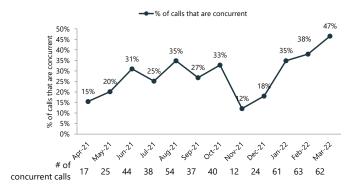




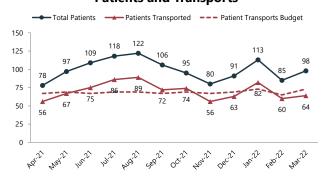
Concurrent Calls, YTD



Concurrent Calls



Patients and Transports



Days Cash on Hand



YTD values through end of previous month

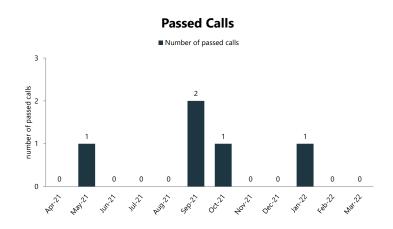
Last updated 4/13/2022

Kittitas County Public Hospital District No. 2

Turnout Time - Dispatch to Enroute

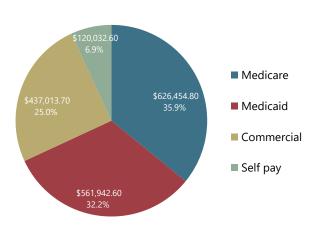
3/1/2021 to 2/28/2022

Apparatus	Responses	Turnout Time
A511 (CEFD)	0	
CEFD Overall	0	
A731 (FD7)	4	5:34
FD7 Overall	4	5:34
M931(HD2)	608	2:46
M932 (HD2)	2	1:01
M991 (HD2)	802	2:27
M992 (HD2)	65	1:23
HD2 Overall	1477	2:32



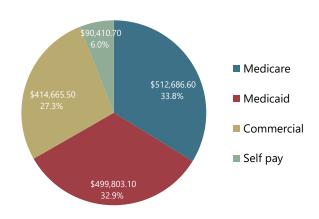
Payor Mix by Charges

10/1/2020 to 9/30/2021



Payor Mix by Charges

10/1/2019 to 9/30/2020



YTD values through end of previous month

Last updated 4/13/2022

MEDICAL BILLABLE RUNS AVERAGE CHARGE PER RUN	64 2,282	73 2,195	(9) 87	205 2,303	211 2,205	(6) 98	194 2,092
		Current Month			Year to Date		Prior
	Actual	Budget	Variance	Actual	Budget	Variance	YTD
INTEREST INCOME	(5,987)	15	(6,002)	(13,101)	40	(13,141)	978
RENTAL INCOME	25,209	25,209	(0)	76,126	75.623	503	71,157
OTHER OPERATING REVENUE	0	1,228	(1,228)	3,370	3,691	(321)	0
AMBULANCE REVENUE	146,030	160,222	(14,192)	472,077	465,164	6,913	405,841
TOTAL REVENUE	165,251	186,674	(21,423)	538,472	544,518	(6,046)	477,976
CONTRACTUAL ADJUSTMENTS	54,031	62,417	(8,386)	175,792	181,208	(5,416)	156,249
BAD DEBT	10,222	7,729	2,493	32,067	22,438	9,629	23,133
CHARITY CARE	0	346	(346)	0	1,036	(1,036)	0
DEDUCTIONS FROM REVENUE	64,253	70,492	(6,239)	207,859	204,682	3,177	179,382
NET OPERATING REVENUE	100,998	116,182	(15,184)	330,613	339,836	(9,224)	298,594
	,		•		-	, , , ,	
SALARIES AND WAGES	102,579	109,152	(6,573)	309,330	316,913	(7,583)	284,909
EMPLOYEE BENEFITS	34,221	36,900	(2,679)	96,454	109,196	(12,742)	93,247
PROFESSIONAL FEES	0	1,833	(1,833)	1,866	5,503	(3,637)	2,036
SUPPLIES	5,659	8,459	(2,800)	34,071	24,982	9,089	30,048
UTILITIES	3,525	2,824	701	11,509	8,478	3,031	7,221
PURCHASED SERVICES	26,061	23,870	2,191	79,952	72,737	7,216	65,941
CEUCC SUBSIDY EXPENSE	16,253	16,253	0	48,760	48,762	(2)	47,804
DEPRECIATION	33,065	39,443	(6,378)	97,312	118,333	(21,021)	75,097
INSURANCE	3,009	5,016	(2,007)	8,608	15,046	(6,438)	9,800
LICENSES AND TAXES	1,196	1,277	(81)	4,348	3,828	520	3,489
INTEREST EXPENSE	9,982	9,983	(1)	29,947	29,943	4	32,428
TRAVEL AND EDUCATION	418	573	(155)	5,079	1,717	3,361	2,106
OTHER DIRECT EXPENSES	354	698	(344)	2,124	2,083	41	3,162
EXPENSES	236,322	256,281	(19,959)	729,360	757,521	(28,162)	657,287
OPERATING INCOME (LOSS)	(135,324)	(140,099)	4,775	(398,747)	(417,685)	18,938	(358,693)
TAX LEVY INCOME	138,033	137,340	693	412,518	412,015	503	396,816
GAIN LOSS ASSET DISPOSITION	0	0	0	105,210	0	105,210	0
INTERGOVERNMENTAL REV OR EXP	0	0	0	0	0	0	0
NON-OPERATING BOND ISSUE COST	0	0	0	0	0	0	0
NET INCOME (LOSS)	2,710	(2,759)	5,469	118,982	(5,670)	124,652	38,123
DAYS CASH ON HAND	331.0						
AR DAYS	90.6						
CURRENT RATIO	4.70						
OUNTERT IVATIO	4.70						

MEDICAL BILLABLE RUNS	64	73	(9)	205	211	(6)	194
AVERAGE CHARGE PER RUN	2,282	2,195	87	2,303	2,205	98	2,092
		Current Month			Year to Date		Prior
	Actual	Budget	Variance	Actual	Budget	Variance	YTD
INTEREST INCOME	0	0	0	0	0	0	0
RENTAL INCOME	0	0	0	0	0	0	0
OTHER OPERATING REVENUE	0	1,228	(1,228)	3,370	3,691	(321)	0
AMBULANCE REVENUE	146,030	160,222	(14,192)	472,077	465,164	6,913	405,841
TOTAL REVENUE	146,030	161,450	(15,420)	475,447	468,855	6,592	405,841
CONTRACTUAL ADJUSTMENTS	54,031	62,417	(8,386)	175,792	181,208	(5,416)	156,249
BAD DEBT	10,222	7,729	2,493	32,067	22,438	9,629	23,133
CHARITY CARE	0	346	(346)	0	1,036	(1,036)	0
DEDUCTIONS FROM REVENUE	64,253	70,492	(6,239)	207,859	204,682	3,177	179,382
NET OPERATING REVENUE	81,777	90,958	(9,181)	267,588	264,173	3,415	226,459
SALARIES AND WAGES	404.004	400.040	(7,000)	207 720	246 202	(0.550)	204.045
EMPLOYEE BENEFITS	101,884	108,946	(7,062)	307,739	316,292	(8,553)	284,945
PROFESSIONAL FEES	34,167	36,884	(2,717)	96,029	109,151	(13,122)	93,250
SUPPLIES	0 5,550	0	(2.006)	0 19,852	0 24,971	0 (5.110)	0 30,023
UTILITIES	3,450	8,456 2,384	(2,906) 1,066	19,652	7,155	(5,119) 2,967	6,888
PURCHASED SERVICES	13.768	2,364 12.771	997	39,166	38,318	2,967 847	32,429
CEUCC SUBSIDY EXPENSE	13,700	0	0	39,100	0	0	32,429
DEPRECIATION	5,484	14,433	(8,949)	15,922	43,303	(27,381)	34,518
INSURANCE	747	1,516	(769)	3,361	4,546	(1,185)	2,236
LICENSES AND TAXES	1,171	1,277	(106)	4,323	3,828	495	3,489
INTEREST EXPENSE	0	0	(100)	4,323	0,020	0	0,409
TRAVEL AND EDUCATION	418	573	(155)	5.079	1.717	3,361	2,106
OTHER DIRECT EXPENSES	0	135	(135)	0,079	400	(400)	30
EXPENSES	166,639	187,375	(20,736)	501,594	549,683	(48,089)	489,915
OPERATING INCOME (LOSS)	(84,862)	(96,417)	11,555	(234,006)	(285,510)	51,504	(263,456)
TAX LEVY INCOME	66,691	66,357	334	199,310	199,067	243	189,462
GAIN LOSS ASSET DISPOSITION	0	0	0	105,210	0	105,210	0
INTERGOVERNMENTAL REV OR EXP	0	0	0	0	0	0	0
NON-OPERATING BOND ISSUE COST	0	0	0	0	0	0	0
NET INCOME (LOSS)	(18,172)	(30,060)	11,888	70,515	(86,443)	156,957	(73,994)

	(Current Month		,	Year to Date		Prior
	Actual	Budget	Variance	Actual	Budget	Variance	YTD
INTEREST INCOME	(5,987)	15	(6,002)	(13,101)	40	(13,141)	978
RENTAL INCOME	25,209	25,209	(0)	76,126	75,623	503	71,157
OTHER OPERATING REVENUE	0	0	0	0	0	0	0
AMBULANCE REVENUE	0	0	0	0	0	0	0
TOTAL REVENUE	19,221	25,224	(6,003)	63,025	75,663	(12,639)	72,135
CONTRACTUAL ADJUSTMENTS	0	0	0	0	0	0	0
BAD DEBT	0	0	0	0	0	0	0
CHARITY CARE	0	0	0	0	0	0	0
DEDUCTIONS FROM REVENUE	0	0	0	0	0	0	0
NET OPERATING REVENUE	19,221	25,224	(6,003)	63,025	75,663	(12,639)	72,135
SALARIES AND WAGES	695	206	489	1,591	621	970	(37)
EMPLOYEE BENEFITS	54	16	38	425	45	380	(3)
PROFESSIONAL FEES	0	1,833	(1,833)	1,866	5,503	(3,637)	2,036
SUPPLIES	109	3	106	14,219	10	14,208	25
UTILITIES	75	440	(365)	1,387	1,323	64	332
PURCHASED SERVICES	12,292	11,099	1,193	40,787	34,418	6,368	33,512
CEUCC SUBSIDY EXPENSE	16,253	16,253	0	48,760	48,762	(2)	47,804
DEPRECIATION	27,581	25,010	2,571	81,390	75,030	6,360	40,579
INSURANCE	2,262	3,500	(1,238)	5,246	10,500	(5,254)	7,564
LICENSES AND TAXES	25	0	25	25	0	25	0
INTEREST EXPENSE	9,982	9,983	(1)	29,947	29,943	4	32,428
TRAVEL AND EDUCATION	0	0	0	0	0	0	0
OTHER DIRECT EXPENSES	354	563	(209)	2,124	1,683	441	3,132
EXPENSES	69,682	68,906	776	227,766	207,839	19,927	167,372
OPERATING INCOME (LOSS)	(50,461)	(43,682)	(6,779)	(164,741)	(132,175)	(32,565)	(95,237)
TAX LEVY INCOME	71,343	70,983	360	213,208	212,948	260	207,354
GAIN LOSS ASSET DISPOSITION	0	0	0	0	0	0	0
INTERGOVERNMENTAL REV OR EXP	0	0	0	0	0	0	0
NON-OPERATING BOND ISSUE COST	0	0	0	0	0	0	0
NET INCOME (LOSS)	20,882	27,301	(6,419)	48,467	80,773	(32,306)	112,117
DAYS CASH ON HAND	331.0						
AR DAYS	90.6						
CURRENT RATIO	4.70						

Kittitas County Hospital Dist 2

Balance Sheet

	Vacata Data	Drier Veer Fred	Change
CASH	<u>Year to Date</u> 2,281,395	Prior Year End 2,460,034	<u>Change</u> (178,640)
ACCOUNTS RECEIVABLE	2,261,395 1,040,510	2,460,034 1,114,622	(176,640) (74,112)
TAXES RECEIVABLE	1,659,781	31,012	1,628,768
PREPAIDS	38,607	9,225	29,382
INVESTMENTS	279,428	292,559	(13,131)
CURRENT ASSETS	5,299,720	3,907,453	1,392,268
LAND	843,524	843,524	0
PROPERTY, PLANT,& EQUIPMENT	10,453,236	10,157,637	295,598
ACCUMULATED DEPRECIATION	(3,835,990)	(3,738,678)	(97,312)
NON CURRENT ASSETS	7,460,770	7,262,483	198,287
NET PENSION ASSET	484,323	484,323	0
DEFERRED OUTFLOWS	102,205	102,205	0
ASSETS	13,347,018	11,756,464	1,590,555
ACCOUNTS PAYABLE	399,727	257,370	142,357
INTEREST PAYABLE	40,210	10,263	29,947
ACCRUED PAYROLL	49,183	44,139	5,043
ACCRUED BENEFITS	101,081	91,679	9,402
CEUCC SUBSIDY PAYABLE	239,975	191,215	48,760
CURRENT PORTION REVENUE BOND - LTGO	298,445	298,445	0
CURRENT LIABILITIES	1,128,621	893,111	235,510
LONG TERM REVENUE BOND - LTGO	3,323,628	3,323,628	0
NET PENSION LIABILITY	16,233	16,233	0
DEFERRED INFLOWS - PENSION	490,909	490,909	0
DEFERRED INFLOWS - LEVY	1,236,063	(0)	1,236,063
NONCURRENT LIABILITIES	5,066,833	3,830,770	1,236,063
LIABILITIES	6,195,454	4,723,881	1,471,573
NET INCOME (LOSS)	118,982	0	118,982
UNRESTRICTED FUND BALANCE	7,032,582	7,032,582	0
FUND BALANCE	7,151,564	7,032,582	118,982
TOTAL LIABILITIES AND NET POSITION	13,347,018	11,756,464	1,590,555

Kittitas County Hospital Dist 2

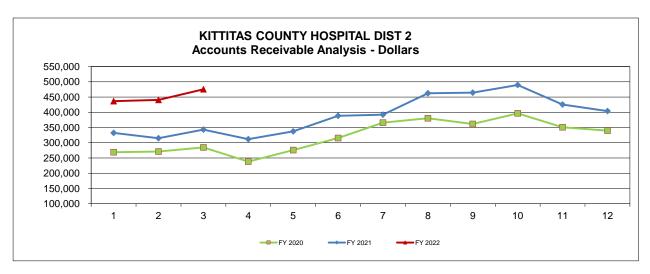
Statement of Cash Flows

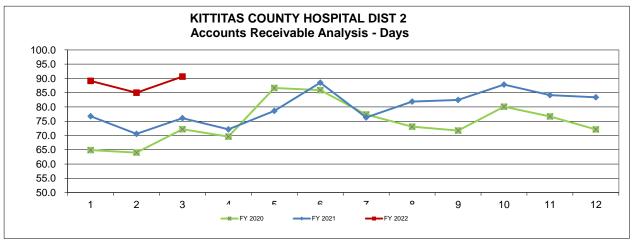
	CASH
NET BOOK INCOME	118,982
	,
ADD BACK NON-CASH EXPENSE	
DEPRECIATION	97,312
NET CASH FROM OPERATIONS	216,293
CHANGE IN CURRENT ASSETS	
PATIENT ACCOUNTS AND OTHER RECEIVABLES	74,112
PROPERTY TAX RECEIVABLE	(1,628,768)
PREPAID EXPENSE	(29,382)
TOTAL CHANGE IN CURRENT ASSETS	(1,584,039)
	, , ,
PURCHASE OF PROPERTY, PLANT & EQUIPMENT	(295,598)
NET PENSION ASSET	0
DEFERRED OUTFLOWS	0
INCREASE IN INVESTMENTS	13,131
PROCEEDS FROM SALE/MATURITY OF INVESTMENTS	
TOTAL CHANGE IN ASSETS	(1 866 506)
TOTAL CHANGE IN ASSETS	(1,866,506)
TOTAL CHANGE IN ASSETS CHANGES IN CURRENT LIABILITIES	(1,866,506)
	(1,866,506) 142,357
CHANGES IN CURRENT LIABILITIES	
CHANGES IN CURRENT LIABILITIES ACCOUNTS PAYABLE	142,357
CHANGES IN CURRENT LIABILITIES ACCOUNTS PAYABLE INTEREST PAYABLE	142,357 29,947
CHANGES IN CURRENT LIABILITIES ACCOUNTS PAYABLE INTEREST PAYABLE ACCRUED PAYROLL	142,357 29,947 5,043
CHANGES IN CURRENT LIABILITIES ACCOUNTS PAYABLE INTEREST PAYABLE ACCRUED PAYROLL ACCRUED BENEFITS	142,357 29,947 5,043 9,402
CHANGES IN CURRENT LIABILITIES ACCOUNTS PAYABLE INTEREST PAYABLE ACCRUED PAYROLL ACCRUED BENEFITS CEUCC SUBSIDY PAYABLE TOTAL CHANGE CURRENT LIABILITIES	142,357 29,947 5,043 9,402 48,760
CHANGES IN CURRENT LIABILITIES ACCOUNTS PAYABLE INTEREST PAYABLE ACCRUED PAYROLL ACCRUED BENEFITS CEUCC SUBSIDY PAYABLE TOTAL CHANGE CURRENT LIABILITIES PRINCIPLE PAYMENT ON REVENUE BOND	142,357 29,947 5,043 9,402 48,760 235,510
CHANGES IN CURRENT LIABILITIES ACCOUNTS PAYABLE INTEREST PAYABLE ACCRUED PAYROLL ACCRUED BENEFITS CEUCC SUBSIDY PAYABLE TOTAL CHANGE CURRENT LIABILITIES PRINCIPLE PAYMENT ON REVENUE BOND NET PENSION LIABILITY	142,357 29,947 5,043 9,402 48,760 235,510
CHANGES IN CURRENT LIABILITIES ACCOUNTS PAYABLE INTEREST PAYABLE ACCRUED PAYROLL ACCRUED BENEFITS CEUCC SUBSIDY PAYABLE TOTAL CHANGE CURRENT LIABILITIES PRINCIPLE PAYMENT ON REVENUE BOND	142,357 29,947 5,043 9,402 48,760 235,510
CHANGES IN CURRENT LIABILITIES ACCOUNTS PAYABLE INTEREST PAYABLE ACCRUED PAYROLL ACCRUED BENEFITS CEUCC SUBSIDY PAYABLE TOTAL CHANGE CURRENT LIABILITIES PRINCIPLE PAYMENT ON REVENUE BOND NET PENSION LIABILITY	142,357 29,947 5,043 9,402 48,760 235,510 0 0 1,236,063
CHANGES IN CURRENT LIABILITIES ACCOUNTS PAYABLE INTEREST PAYABLE ACCRUED PAYROLL ACCRUED BENEFITS CEUCC SUBSIDY PAYABLE TOTAL CHANGE CURRENT LIABILITIES PRINCIPLE PAYMENT ON REVENUE BOND NET PENSION LIABILITY DEFERRED INFLOWS OF RESOURCES	142,357 29,947 5,043 9,402 48,760 235,510
CHANGES IN CURRENT LIABILITIES ACCOUNTS PAYABLE INTEREST PAYABLE ACCRUED PAYROLL ACCRUED BENEFITS CEUCC SUBSIDY PAYABLE TOTAL CHANGE CURRENT LIABILITIES PRINCIPLE PAYMENT ON REVENUE BOND NET PENSION LIABILITY DEFERRED INFLOWS OF RESOURCES NET CHANGE IN CASH	142,357 29,947 5,043 9,402 48,760 235,510 0 0 1,236,063



KITTITAS COUNTY HOSPITAL DIST 2 Accounts Receivable Analysis

	Mar-22	Feb-22	Jan-22	Dec-21	Nov-21	Oct-21	Sep-21	Aug-21	Jul-21	Jun-21	May-21	Apr-21
SYS DESIGN EMS												
A/R Dollars	\$ 475,314	\$ 440,429	436,550	404,006	425,335	489,456	464,532	462,266	392,312	388,546	337,280	311,819
A/R Days	90.6	85.0	89.1	83.4	84.1	87.8	82.5	81.9	76.3	88.5	78.6	72.2







KITTITAS COUNTY HOSPITAL DIST 2

BOARD MEETING MARCH 2022 ACTIVITY

ACCOUNTS PAYABLE WARRANTS/ EFT	S TO BE APPROVED		CI	HECK DATE:
# 1 WARRANT NUMBERS:	12842-12895	NET AMOUNT:	96,320.08	7-Mar-22
# 2 WARRANT NUMBERS: (VOID)	12842	NET AMOUNT:	(740.27)	8-Mar-22
# 3 WARRANT NUMBERS: (VOID)	12875	NET AMOUNT:	(611.20)	8-Mar-22
# 2 WARRANT NUMBERS:	12896	NET AMOUNT:	740.27	8-Mar-22
# 3 WARRANT NUMBERS:	12897-12930	NET AMOUNT:	36,696.26	22-Mar-22
			132,405.14	
PAYROLL WARRANTS / EFTS TO BE AP	PROVED			
PPE 02/26/2022		NET AMOUNT:	34,001.78	4-Mar-22
PPE 03/12/2022		NET AMOUNT:	30,274.64	18-Mar-22
			64,276.42	
TOTAL NET WARRANTS & EFT'S			196,681.56	



Account Class	Check No Vendor	Amount
Balance Sheet	12842 AFLAC	740.27
	12842 AFLAC	-740.27
	12850 COMTECH COMMUNICATIONS, INC.	7932.65
	12855 DEPARTMENT OF RETIREMENT SYSTEMS	3702.70
	12856 DEPARTMENT OF RETIREMENT SYSTEMS	839.28
	12860 HUB INTERNATIONAL LLC	25759.00
	12861 IAFF 4880	1396.46
	12868 KDA ARCHITECTURE INC	1914.00
	12896 AFLAC	740.27
	12897 AFLAC	740.27
	12903 DEPARTMENT OF RETIREMENT SYSTEMS	428.75
	12904 DEPARTMENT OF RETIREMENT SYSTEMS	3362.50
	12907 HUB INTERNATIONAL LLC	1527.51
	12908 IAFF 4880	1378.23
	12926 THE CINCINNATI INSURANCE COMPANY	7411.00
Employee Benefits	12844 BETH WILLIAMS	15.00
	12845 BRITTNEY SILVESTRI	15.00
	12849 COLE GRAVEL	15.00
	12851 CRAIG HALLMARK	15.00
	12852 DAKODA FENTER	15.00
	12853 DAVE HOUSEBERG	15.00
	12855 DEPARTMENT OF RETIREMENT SYSTEMS	2576.13
	12857 EMILY BLAKLEY	15.00
	12859 HARVEY SMITH	30.00
	12863 JAMES BRYAN	45.00
	12865 JASON BOITANO	30.00
	12866 JEFF BEATY	60.00
	12867 JIM SCHOEGGL	15.00
	12872 KRISTEN KASSOW	45.00
	12873 LEE HADDEN	45.00
	12875 MATT MCCABE	611.20
	12875 MATT MCCABE	-611.20
	12876 MATT SCHAUER	60.00
	12881 NATE HENDERSON	15.00
	12889 SONYA VRAVES	60.00
	12890 STEVE CHRISMAN	15.00
	12891 TOM WATKINS	15.00
	12894 VIMLY BENEFIT SOLUTIONS	18301.97
	12904 DEPARTMENT OF RETIREMENT SYSTEMS	2167.04
	12915 MATT MCCABE	540.00
	12920 NORTHWEST FIRE FIGHTERS TRUST	900.00
Supplies	12843 AMAZON	-138.20

12843 AMAZON	-22.92
12843 AMAZON	-97.19
12843 AMAZON	-64.76
12843 AMAZON	234.95
12843 AMAZON	222.47
12843 AMAZON	129.02
12843 AMAZON	-37.79
12843 AMAZON	38.36
12843 AMAZON	-107.98
12843 AMAZON	31.31
12843 AMAZON	1210.05
12843 AMAZON	75.58
12843 AMAZON	680.01
12854 DELL FINANCIAL SERVICES	15.00
12858 GALLS, LLC	74.72
12858 GALLS, LLC	268.98
12864 JAMES OIL CO., INC.	929.64
12871 KITTITAS VALLEY HEALTHCARE	955.61
12874 LIFE ASSIST, INC.	141.16
12874 LIFE ASSIST, INC.	286.46
12874 LIFE ASSIST, INC.	417.48
12883 NW CABLING, LLC	320.26
12884 O'REILLY AUTOMOTIVE, INC.	20.71
12884 O'REILLY AUTOMOTIVE, INC.	29.72
12885 OFFICE DEPOT	21.93
12886 OXARC INC	89.76
12886 OXARC INC	124.62
12888 SHIRTS & MORE	901.06
12898 CARDINAL HEALTH 112, LLC	24.86
12898 CARDINAL HEALTH 112, LLC	-253.12
12898 CARDINAL HEALTH 112, LLC	596.51
12898 CARDINAL HEALTH 112, LLC	56.90
12902 DELL FINANCIAL SERVICES	1.00
12906 GALLS, LLC	91.81
12906 GALLS, LLC	91.46
12906 GALLS, LLC	393.11
12906 GALLS, LLC	67.56
12911 INTERMOUNTAIN	80.99
12912 JAMES OIL CO., INC.	475.11
12914 LIFE ASSIST, INC.	349.06
12918 MOUNTAIN AUTO PARTS	16.80
12918 MOUNTAIN AUTO PARTS	50.67
12919 NORTHERN KITTITAS CO TRIBUNE	61.30
12921 OXARC INC	253.76
12921 OXARC INC	127.05
12923 RHONDA HOLDEN	108.79
12924 STATE DEPARTMENT OF TRANSPORTATION	2022.30
12929 WILLETTES SHELL SERVICE	16.51
12847 CENTURYLINK	140.64

Utilities

	12848 CITY OF CLE ELUM	411.95
	12848 CITY OF CLE ELUM	114.30
	12848 CITY OF CLE ELUM	521.35
	12848 CITY OF CLE ELUM	379.20
	12877 MCI	36.99
	12878 MCI	37.68
	12887 PUGET SOUND ENERGY	10.89
	12887 PUGET SOUND ENERGY	17.89
	12887 PUGET SOUND ENERGY	294.13
	12887 PUGET SOUND ENERGY	1326.36
	12893 VERIZON	581.12
	12899 CITY OF CLE ELUM	241.03
	12899 CITY OF CLE ELUM	404.62
	12899 CITY OF CLE ELUM	113.78
	12899 CITY OF CLE ELUM	528.01
	12910 INLAND NETWORKS	102.65
	12910 INLAND NETWORKS	80.41
	12913 KITTITAS COUNTY FIRE DISTRICT #7	200.00
	12913 KITTITAS COUNTY FIRE DISTRICT #7	200.00
	12922 PUGET SOUND ENERGY	31.92
	12922 PUGET SOUND ENERGY	15.51
	12922 PUGET SOUND ENERGY	10.89
	12922 PUGET SOUND ENERGY	263.39
	12922 PUGET SOUND ENERGY	1242.54
Purchased Services	12843 AMAZON	35.29
	12862 JACKSON HORSLEY	400.00
	12870 KITTITAS COUNTY FIRE DISTRICT #7	200.00
	12870 KITTITAS COUNTY FIRE DISTRICT #7	450.00
	12870 KITTITAS COUNTY FIRE DISTRICT #7	200.00
	12870 KITTITAS COUNTY FIRE DISTRICT #7	450.00
	12871 KITTITAS VALLEY HEALTHCARE	5081.61
	12871 KITTITAS VALLEY HEALTHCARE	6094.20
	12879 MELINDA D. SIKS	940.64
	12880 MICROSOFT	471.63
	12880 MICROSOFT	15.12
	12882 NORTHWEST FABRICATIONS LLC	785.59
	12892 U.S. BANK	102.44
	12895 WILLETTES SHELL SERVICE	1585.02
	12900 CLE ELUM HARDWARE & RENTAL	17.27
	12900 CLE ELUM HARDWARE & RENTAL	16.17
	12900 CLE ELUM HARDWARE & RENTAL	2.50
	12909 IMAGETREND, INC.	2766.96
	12916 MCGUIRES LANDSCAPING & WINTER SVC LLC	908.82
	12917 MICROSOFT	15.12
	12925 SYSTEMS DESIGN	1559.63
	12925 SYSTEMS DESIGN	2063.96
	12927 UNITED RENTALS	164.69
	12927 UNITED RENTALS	161.46
	12928 UPPER KITTITAS COUNTY SR CENTER	345.60

	12930 YAKIMA ADJUSTMENT SERVICE INC	535.69
Licenses & Taxes	12905 DEPARTMENT OF REVENUE-EXCISE	1171.31
Travel & Education	12846 CENTRAL WASHINGTON UNIVERSITY	3100.36
	12869 KITTITAS COUNTY EMS & TRAUMA CARE COUNCIL	1472.00
	12915 MATT MCCABE	90.68
Other Direct Expenses	12901 DAILY RECORD	73.05
	12901 DAILY RECORD	65.96
	12901 DAILY RECORD	55.61
	12901 DAILY RECORD	59.30
	12919 NORTHERN KITTITAS CO TRIBUNE	50.00
	12919 NORTHERN KITTITAS CO TRIBUNE	50.00
		132,405.14

February is Heart Health Month

5 Surprising Facts About High Blood Pressure (HBP)

Learn more at cdc.gov/bloodpressure

High blood pressure (HBP) affects nearly half of U.S. adults, yet many who have the condition don't know they have it. Uncontrolled HBP raises the risk for heart disease and stroke, which are leading causes of death in the U.S. Fortunately, HBP is treatable and preventable. To lower your risk, get your blood pressure checked regularly and take action to control your blood pressure if it is high.

1. HBP may be linked to dementia. Evidence suggests

having uncontrolled HBP in midlife (ages 44 to 66) creates a higher risk for dementia later in life.

2. Nearly 1 in 4 adults aged 20 to 44 have HBP. Increased risk for stroke in this age group is likely due to rising rates of obesity, HBP, and type 2 diabetes.

3. HBP usually doesn't have symptoms. HBP is sometimes called "the silent killer." Because many people feel fine, they don't think they need to get their blood pressure checked.

4. HBP poses unique risks to pregnant women.

Pregnant women with HBP are more likely to have complications than those with normal blood pressure.

HBP during pregnancy can harm a mother's kidneys and other organs, and can lead to premature delivery and low birth weight babies. Some types of birth control can raise a woman's risk for HBP. Women with HBP who want to become pregnant should work with their health care team to lower their blood pressure before becoming pregnant.

5. African Americans face an increased risk of HBP.

African American men and women have higher rates of high blood pressure than any other racial or ethnic group. They are also more likely to be hospitalized for high blood pressure. Experts think these health disparities are tied to higher rates of obesity and diabetes.

What can you do to lower your risk?

Living a healthy lifestyle helps keep your blood pressure in a healthy range and lower your risk for heart disease and stroke.

A healthy lifestyle includes:

Eating a healthy diet
Maintaining a healthy weight
Getting enough physical activity
Not smoking
Limiting alcohol use

Changes like reducing sodium, being more active, and reducing stress, can help lower blood pressure.

Ask your health care team how often you should check your blood pressure. You can get your blood pressure checked at a doctor's office or pharmacy, and you can check it at home if you have a home blood pressure monitor.



KVH Cardiology 509.925.8455 kvhealthcare.org





We're collecting words of thanks from our providers' patients during the month of March.

Give your providers a thank you message.

Email doctorsday@ kvhealthcare.org or leave a voice message at 509.933.7539.

Your encouragement means so much.



More fiber. Add vegetables, beans, nuts, seeds and whole grains. Fiber may help to lower cholesterol, improve blood pressure, stabilize blood sugar and help you stay full longer.

More fruits and vegetables. Fill half your plate with non-starchy vegetables such as lettuce, tomato, zucchini, asparagus or other leafy greens.

Less added sugars. Add fruit to your oatmeal or yogurt. Eat fewer foods and drinks that are high in added sugars. Look for canned fruits packed in their own juice instead of heavy syrup. Switch to fruit-flavored seltzer water or add fruit to your glass of tap water.

Less saturated fat. Eat lean meats, skinless poultry and fish when possible. Bake, broil, roast, grill, boil or steam instead of frying. Replace sources of saturated fat with foods that provide healthy fats such as avocados, olive and canola oil, nuts and seeds.

Get moving. Consult with your health care provider to increase physical activity. Incorporate aerobic activity by walking, bicycling, dancing or doing another type of physical activity you enjoy.

Learn more at the Academy of Nutrition and Dietetics | www.eatright.org

Healthy tips for those with Type 2 diabetes



Kittitas Valley Healthcare

Your Home for Health

We offer diabetes and nutrition services. Ask your provider for a referral.

It can be hard to tell if you or a loved one has Parkinson's disease (PD). No single one of these signs means that you should worry, but if you have more than one sign you should consider making an appointment to talk to your doctor.

Tremors in your finger, thumb, hand or chin. What is normal? Shaking after lots of exercise, or if you're stressed or injured. Shaking can also be caused by medication.

Small and cramped handwriting. What is normal? Writing can change as you get older, if you have stiff hands or fingers or poor vision.

Loss of smell. What is normal? Sense of smell can be changed by a cold, flu or a stuffy nose, but it should come back when you are better.

Trouble sleeping. What is normal? Having a night when you 'toss and turn' instead of sleeping. Quick jerks of the body when initiation sleep or when in lighter sleep are common and often normal.

Trouble moving or walking. What is normal? If you have injured your arm or shoulder, you may not be able to use it as well until it is healed, or another illness like arthritis might cause the same symptom.

Constipation. What is normal? Lack of water or fiber in your diet can cause problems in the bathroom. Also, some medicines, especially those used for pain, cause constipation.

A soft or low voice. What is normal? A chest cold or other virus can cause your voice to sound different, but you should go back to sounding the same when you get over your cough or cold.

Masked face (having a constant serious, depressed or mad look). What is normal? Some medicines can cause you to have the same type of serious or staring look, but you would go back to the way you were after you stopped the medication.

Dizziness or fainting. What is normal? Everyone has had a time when they stood up and felt dizzy, but if it happens on a regular basis you should see your doctor.

Stooping or hunching over. What is normal? If you have pain from an injury or if you are sick, it might cause you to stand crookedly. Also, a problem with your bones can make you hunch over.

What can you do if you have PD?

Work with your doctor to create a plan to stay healthy. This might include the following:

- A referral to a neurologist, a doctor who specializes in the brain
- Care from an occupational therapist, physical therapist or speech therapist
- Meeting with a medical social worker to talk about how Parkinson's will affect your life
- Start a regular exercise program to delay further symptoms.
- Talk with family and friends who can provide you with the support you need.

KVH Neurology 509.933.8919

Kittitas Valley Healthcare
Your Home for Health

The Foundation at KVH presents Kittitas Valley Healthcare with record \$402,690 donation



MAKING DONATION HISTORY. Foundation Board President, Bill Boyum, along with The Foundation Board of Directors, present KVH Commissioners Dr. Robert Davis and Jon Ward, KVH CFO, Scott Olander and KVH Chief of Facilities, Ron Urlacher with a check on Tuesday, March 29, 2022. Photo courtesy of Kittitas Valley Healthcare Foundation

ELLENSBURG Foundation at Kittitas Valley Healthcare, which directly supports the programs and services of Kittitas Valley Healthcare, presented a check for \$402,690.00 to Kittitas Valley Healthcare on Tuesday, March 29. The release of funds is the largest in Foundation history thanks to generous donations from the community.

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"The Foundation pleased to fund new state-ofthe-art equipment for use in

the surgical unit, CADD pumps for use by Home Health and Hospice and cardiac stress testing equipment from our FUND-A-Need campaigns of 2020-21," said Bill Boyum, Foundation Board President. "The new equipment uses the most advanced technology available and the Foundation is excited to be able to make this purchase for Kittitas Valley Healthcare."

'Community support has always made us stronger and the need for charitable contributions is as great as it has ever been, said Boyum. "The opportunity for meaningful impact is immense."

The Foundation raises funds annually through an annual appeal to donors, Tough Enough to Wear Pink breast cancer awareness campaign and through fundraising events.

For more information on The Foundation at KVH, or to make a donation, please visit www.kvhealthcare.org/foundation.

AS ANNOUNCED several times in the

Search and Rescue relocates to Cle Elum