



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

**October 17, 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*** (1)
- III. Approval of Minutes***
 - a. September 19, 2022 and September 28, 2022 (2-5)
- IV. Public Comments/Announcements/Correspondence**
- V. Reports:**
 - a. Operations Report (G. Scherer) (6-11)
 - 1. Capital Expenditure Request: Equipping Ambulance * (12-14)
 - b. Superintendent's Report (J. Petersen) (15)
 - c. Ancillary Report (R. Holden) (16-19)
 - 1. Community Updates
 - d. Finance Report, Approval of Expenses* (S. Olander) (20-29)
 - e. Levy Updates (F. Rogalski, C. Youngblood & S. Olander)
- VI. Old Business**
- VII. New Business**
 - a. Upcoming Meeting Dates:
 - 1. November 21, 2022, Board of Commissioners' Regular Meeting
- VIII. Executive Session**
- IX. Adjournment**

Note: Upcoming Agenda Items



Kittitas County Public Hospital District #2

BOARD MEETING MINUTES

Meeting Date: Monday: September 19, 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 – Call to order made by Commissioner Vatheuer at 6:30 p.m.

Introductions:

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

Approval of Agenda:

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

Approval of Minutes:

Action: A motion to approve the minutes of August 15, 2022 was made by Commissioner Benjamin and seconded by Commissioner Vatheuer. Motion Carried.

Operations Report:

The Commissioners reviewed the written operations report and operating statistics prepared by Geoff for August 2022. August transports were below budget by 3 transports. The retirement celebration for EMT Lee Hadden was very nice and well attended. Medic One has hired EMT Kristen Kossow to fill the vacancy.

Superintendent's Report:

Julie provided a verbal report. Julie informed the Commissioners of District 1's DNV accreditation. She also discussed the Joint Meeting between District 1 and District 2 scheduled for September 28, 2022 from 2:00 to 6:00 pm.

Ancillary Report:

The commissioners reviewed and discussed the written ancillary report. Rhonda discussed planned growth in upper Kittitas County and the traffic congestion the growth will bring. She advised that a Les Schwab Tire Center, Wendy's Restaurant and Starbucks are planned in the area around the Cle Elum Safeway grocery store.

Finance Report:

The financial statements for August 2022 were reviewed and discussed by the Commissioners. The review included a review of actual versus budgeted revenue and expense variances. Medic One did 70 transports in August, 3 transports below the August budget. August transport revenue exceeded budget by \$12,686 because the average charge per run exceeded budget by \$275 per run. YTD transport revenue exceeds budget by \$64,612. August contractual adjustments were below budget by \$1,550. August expenses exceeded budget by \$40,672. Wages and benefits were over budget by \$23,039 and \$18,282, respectively due PTO payout for a retiring staff member. YTD expenses are \$15,859 below budget. MedicOne recorded an operating loss of \$37,169 for the month of August. YTD the District has a positive net income of \$82,298; and a positive budget variance of \$94,281.

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

Levy Update:

Rhonda noted that signs supporting the levy are up throughout the community.

Executive Session:

There was no executive session.

Announcements:

The next regular meeting date: October 17, 2022 at 6:30 pm in 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 7:15 pm by Commissioner Vatheuer.



KITTITAS COUNTY PUBLIC HOSPITAL DISTRICT No. 1
&
KITTITAS COUNTY PUBLIC HOSPITAL DISTRICT No. 2
BOARD OF COMMISSIONERS' WORK SESSION
Upper Kittitas County Medic One Ambulance Station 99
111 Pine Street, Cle Elum

September 28, 2022

HD1 BOARD MEMBERS PRESENT: Erica Libenow, Matt Altman, Jon Ward, Terry Clark, Bob Davis

HD 2 BOARD MEMBERS PRESENT: Hartwig Vatheuer, Fred Benjamin, Carrie Youngblood, Ingrid Vimont

STAFF PRESENT: Julie Petersen, Scott Olander, Ron Urlacher, Rhonda Holden, Dr. Kevin Martin, Geoff Scherer, Manda Scott, Tricia Sinek, Dr. Andrew Thomas, Stephanie Walker

The joint work session was called to order at 2:22 p.m. Julie Petersen reviewed the agenda and stated that at the end of the day the goal is to have a worklist.

Scott Olander reviewed the buildings and land owned by HD2 and reviewed possible future expansion for Family Medicine Cle Elum.

Ron Urlacher showed all properties owned by HD1 and HD2 along with their building sizes and locations.

Scott Olander reviewed the financial dashboards.

Dr. Thomas discussed services currently being provided at Family Medicine Cle Elum and the visiting specialists that rotate through the clinic.

Tricia Sinek stated that Kittitas County has the second highest age population in the state. Tricia reviewed the social determinates, mental health needs, labor shortages and stated the importance of partnering with others when we don't have the expertise.

Geoff Scherer reviewed the services that are provided for EMS and who provides them in the district. Geoff stated that mental health calls are going up and they have little reimbursement.

Rhonda Holden reviewed the strategic plan for HD2 and stated that they need to be prepared for growth and they are continuing to work on assessments of the impacts of future developments. Rhonda stated that the urgent care also needs space to expand.

Items discussed for Joint Strategy – 3 year window

- Expansion of primary care
- Assisted living
- Moving PT to open up rural health space for primary care
- Adding onto existing Cle Elum clinic
- Opening up an emergency room or another urgent care in upper county
- Engage Architect to look at buildings

HOSPITAL DISTRICT 2 ACTION: On motion of Ingrid Vimont and second of Carrie Youngblood, the Hospital District 2 Board members unanimously authorized administration to collaborate with Hospital District 1 to identify services and property to serve the strategic plans of both hospital districts. Motion passed 4-0 with Commissioner Rogalski being absent.

With no further business and no action taken, the meeting was adjourned at 6:13 p.m.

Respectfully submitted,

Mandy Weed/Terry Clark/Hartwig Vatheuer
Executive Assistant, Board of Commissioners

Operation's Manager Report – September 2022

	September 2022	September 2021
Calls for Service	116	141
Patient Count	113	106
Patient Transports	66	72
Patient Refusals	15	18
Year to Date Transports	641	639
Station #73 Transports	31	
Station # 99 Transports	35	
Passed Calls	0	

PERSONNEL

Rick Tuckness community paramedic has resigned from the agency and KCHN. Two per-diem paramedics have asked for a leave of absence due to medical or family issues. We tested 8 EMT's for the reserve program and will be working on getting them thru our orientation.

APPARATUS

Cross Road in Ellensburg will be able to retro fit an A/C unit into Medic 5. Medic units 8 and 9 have been running well and getting their routine maintenance. Medic 10 is here and needs to be outfitted with medical supplies. Braun used it for 3 weeks as a demo/display model and discounted the purchase price by \$1500.

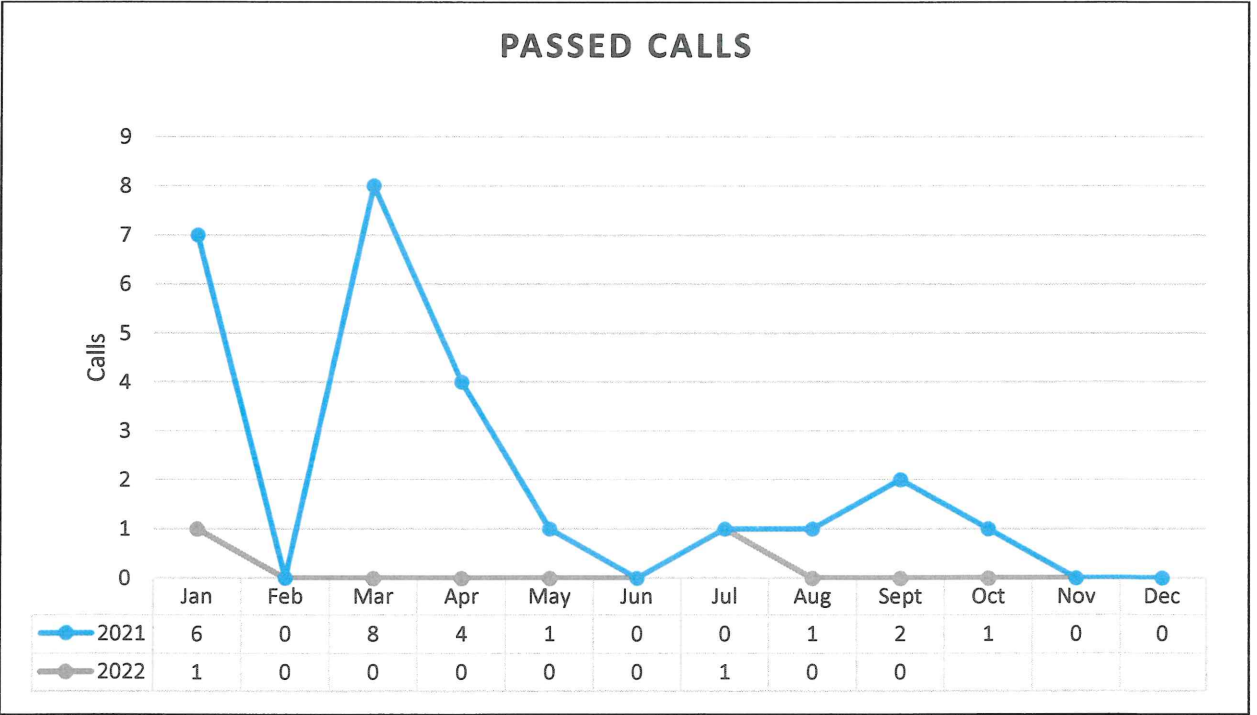
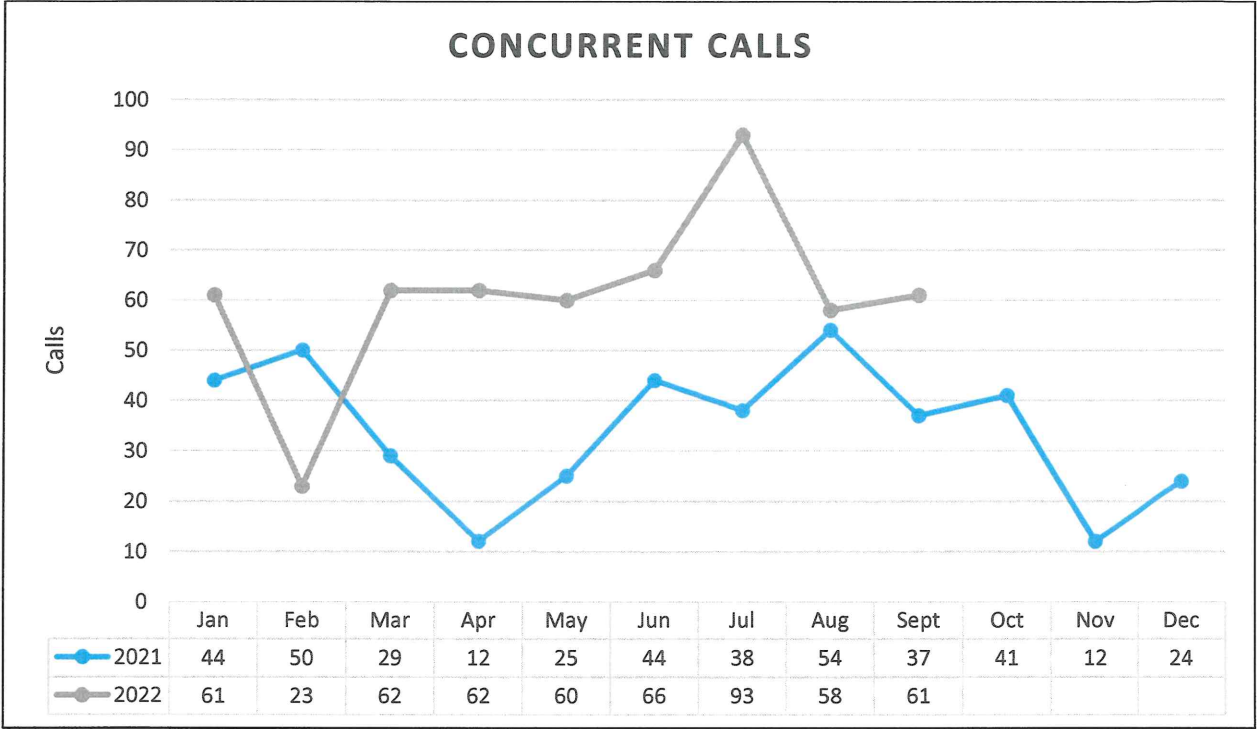
Year	Unit	Beg ODO	End ODO	Miles	Location	Comments
2022	M10	288	689	401	Station 99	OOS
2021	M9	19,920	24,704	4,784	Station 93	1 st Out
2019	M8	75,132	78,066	2,934	Station 99	1 st Out
2016	M6	140,762	140,762	0	Station 99	Backup
2016	M5	149,730	150,280	550	Station 99	Backup
Total Miles				8,669		

MISCELLANEOUS

- Mountain Biking at Snoqualmie pass is closed for the season, we transported 5 patients over the 4-weekend season
- M10 needs a power cot and stair chair, the old ones cannot be retrofitted, the cost is \$36,132.43 if we get it this year, next year the cost goes up 22%
- The agency has old cardiac monitors and other equipment that will need replacement in the next 12 to 24 months see attached capital equipment report/request
- 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%	44%	51%	54%	37%	45%	47%			
Calls	61	23	54	48	64	78	54	58	55			



Kittitas County Hospital District #2

Patient Transport Count per Destination - 2022

Hospital	YTD	July	August	September
Central Washington Hospital	5	0	0	0
Harborview	29	2	4	3
KVH	428	68	52	51
Snoqualmie Valley Hospital	17	2	2	1
Swedish Issaquah	44	6	7	3
Virginia Mason	5	0	1	0
Yakima Regional	0	0	0	0
Yakima Memorial	15	2	2	1
Childrens	1	0	0	3
University of Washington	0	0	0	1
Other	18	4	2	2
Overlake	11	0	0	1

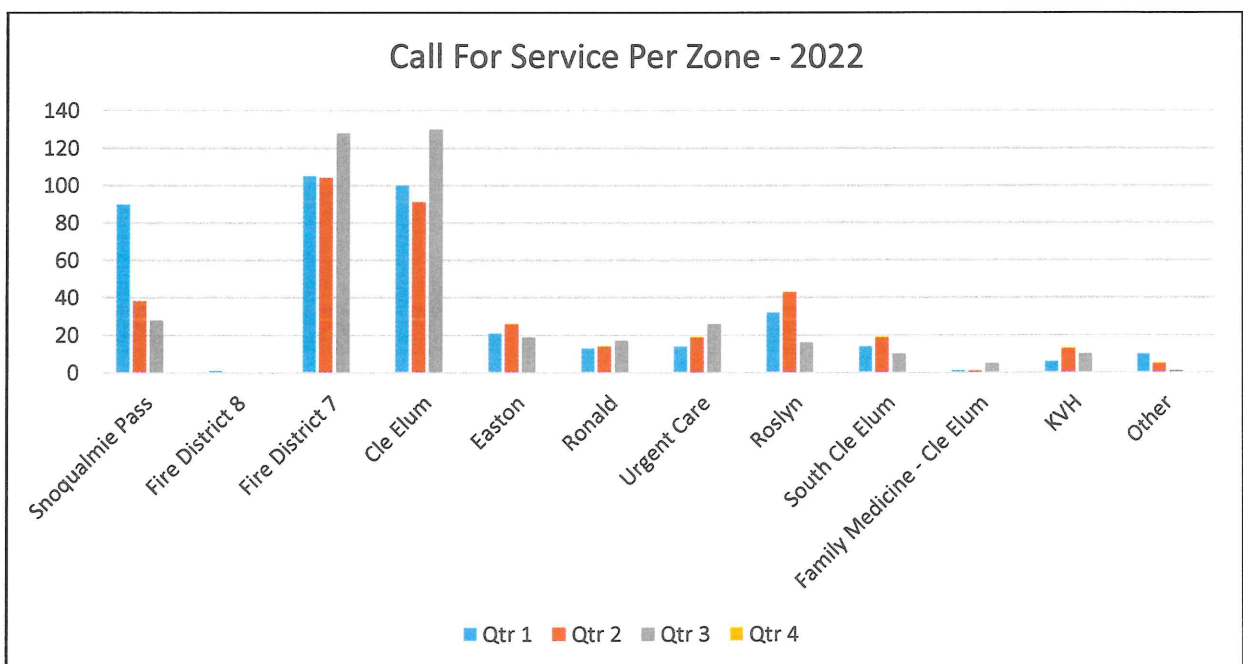
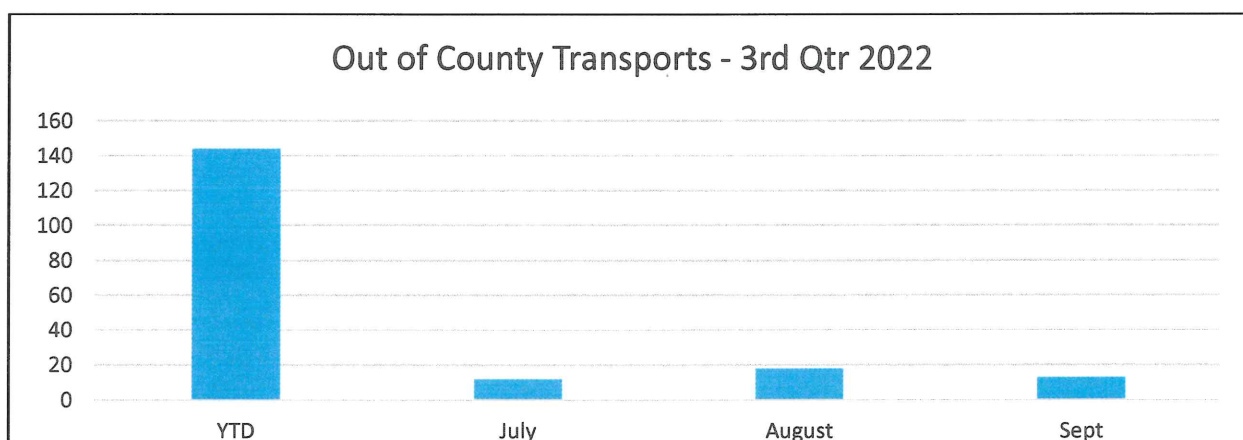
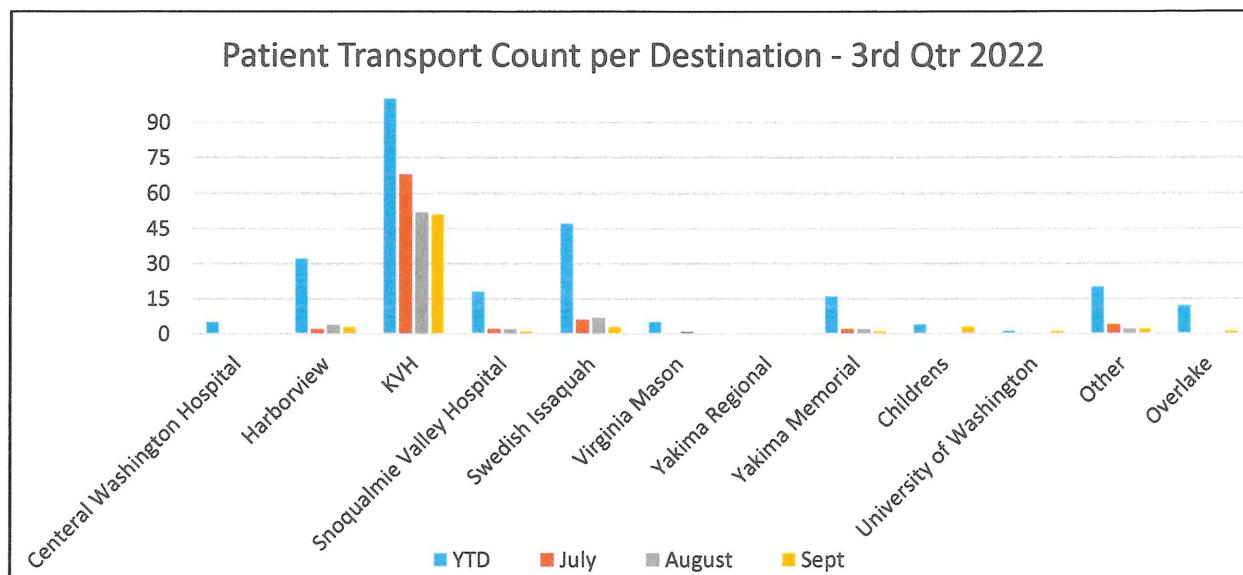
	YTD	July	August	September
Out of County Transports	131	12	18	13

Call For Service Per Zone

Zone	YTD	July	August	September
Snoqualmie Pass	148	11	9	8
Fire District 8	1	0	0	0
Fire District 7	297	47	41	40
Cle Elum	278	35	52	43
Easton	59	10	2	7
Ronald	39	7	5	5
Urgent Care	56	13	10	3
Roslyn	87	9	3	4
South Cle Elum	42	7	2	1
Family Medicine - Cle Elum	6	3	1	1
KVH	26	5	2	3
Other	15	0	0	1

Zone	YTD	Qtr 1	Qtr 2	Qtr 3	Qtr 4
Snoqualmie Pass	148	90	38	20	0
Fire District 8	1	1	0	0	0
Fire District 7	297	105	104	88	0
Cle Elum	278	100	91	87	0
Easton	59	21	26	12	0
Ronald	39	13	14	12	0
Urgent Care	56	14	19	23	0
Roslyn	87	32	43	12	0
South Cle Elum	42	14	19	9	0
Family Medicine - Cle Elum	6	1	1	4	0
KVH	26	6	13	7	0
Other	15	10	5	0	0

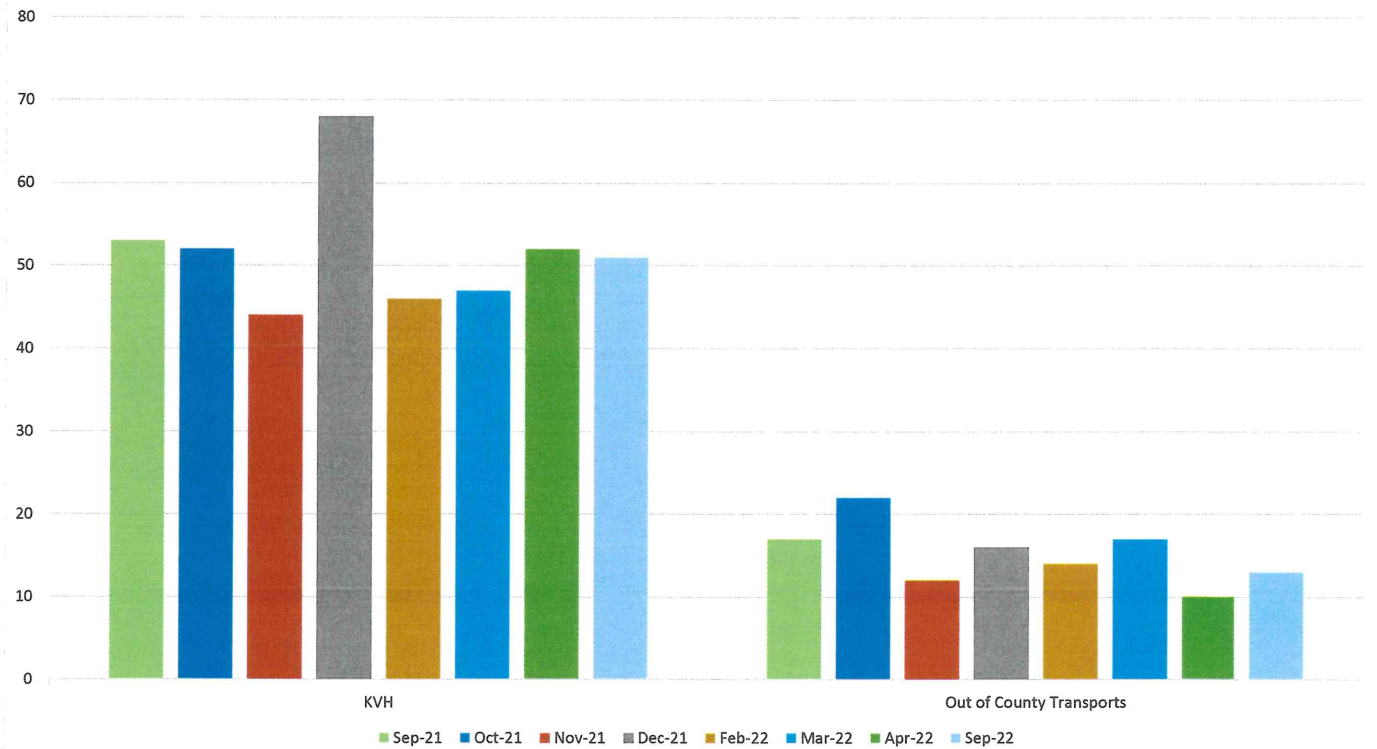
Comments:



Patient Transport per Destination

Hospital	Sep-21	Oct-21	Nov-21	Dec-21	Jan-22	Feb-22	Mar-22	Apr-22	May-22	Jun-22	Jul-22	Aug-22	Sep-22
Central Washington Hospital	0	0	0	0	0	0	1	0	3	1	0	0	0
Harborview	2	6	1	2	5	5	4	2	3	4	2	4	3
Snoqualmie Valley Hospital	0	2	0	2	3	3	3	0	1	3	2	2	1
Swedish Issaquah	2	6	5	6	6	4	4	4	7	6	6	7	3
Virginia Mason	2	2	2	0	1	0	0	1	1	1	0	1	0
Yakima Regional	0	3	0	0	0	0	0	0	0	0	0	0	0
Yakima Memorial	0	3	1	2	1	1	2	1	3	3	2	2	1
Children's	4	1	0	0	0	0	0	0	0	0	0	0	3
University of Washington	1	0	2	0	0	0	0	0	0	0	0	0	1
Other	4	0	1	4	0	0	0	3	4	4	4	2	2
Overlake	2	2	0	0	4	1	3	2	0	1	0	0	1
KVH	53	52	44	68	59	46	47	52	44	60	68	52	51
Out of County Transports	17	22	12	16	20	14	17	10	19	21	12	18	13

Patient Transport per Destination September 2021 - September 2022

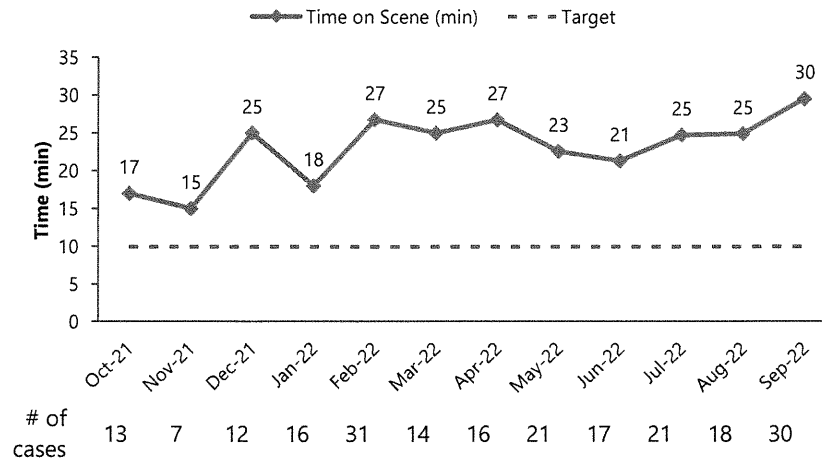


Kittitas County Public Hospital District No. 2

Quality Metrics

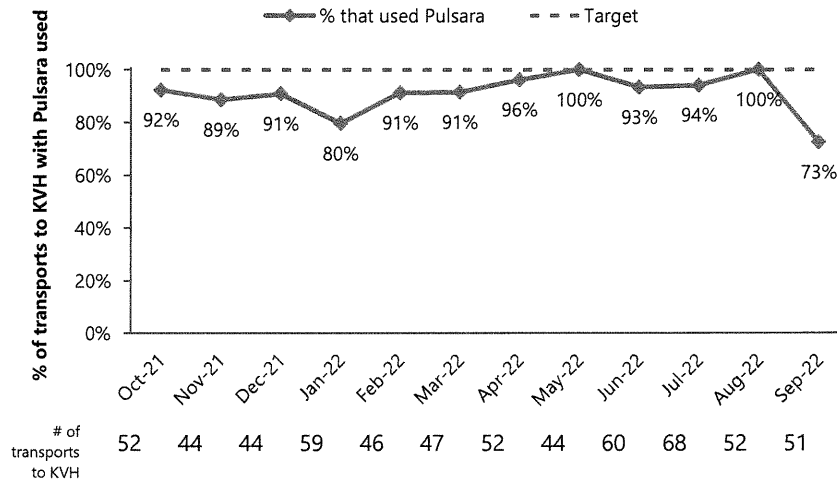
Time on Scene

for trauma patients



Pulsara Used

for patients transported to KVH



Capital Equipment

year	Item	Initial Cost per item	Total	Amount Requested
2022	Stryker Power Cot	24,000		24,000
2022	Stryker Stair Chair	3,800		3,800
2022	Medic 10 Medical Equipment	5,956		5,956
2022	Power Cot service	6,134		6,134
				45,000
2023	Cardiac Monitor X2	50,000		100,000
2023	Stryker Power Cot	26,000		26,000
2023	Extraction Gear	16,000		16,000
2023	Ventilator	35,000		
2024	Ambulance	275,000		275,000
2024	Stryker Power Cot	28,000		28,000
2024	Cardiac Monitor X2	60,000		120,000
2024	Stryker Power loader	40,000		40,000
2024	Stryker Stair Chair	4,000		4,000
2024	Ventilator	40,000		



1X XT

Quote Number: 10592837

Remit to: Stryker Medical

Version: 1

Prepared For: KITTITAS COUNTY HOSP DISTRICT 2

Attn:

P.O. Box 93308

Chicago, IL 60673-3308

Rep: Warner Edwards

Email: warner.edwards@stryker.com

Phone Number: (503) 704-7184

Mobile: +1 5037047184

Quote Date: 10/11/2022

Expiration Date: 12/30/2022

Delivery Address

Name: KITTITAS COUNTY HOSP
DISTRICT 2
Account #: 1080456
Address: 505 POWER ST
CLE ELUM
Washington 98922-1047

End User - Shipping - Billing

Name: KITTITAS COUNTY HOSP
DISTRICT 2
Account #: 1080456
Address: 505 POWER ST
CLE ELUM
Washington 98922-1047

Bill To Account

Name: KITTITAS COUNTY HOSP
DISTRICT 2
Account #: 1080456
Address: 505 POWER ST
CLE ELUM
Washington 98922-1047

Equipment Products:

#	Product	Description	Qty	Sell Price	Total
1.0	650605550003	Power-PRO XT MTS High: Dual wheel lock, x-restraint package, retractable head section 02 bottle holder, 3-stage IV pole PR, equipment hook, H/E storage flat, XPS side rail, XPS mattress, Knee-Gatch, Dual compatibility, backrest storage pouch, steer-lock	1	\$23,388.43	\$23,388.43
3.0	6252000000	Stair-PRO Model 6252	1	\$3,740.81	\$3,740.81
Equipment Total:					\$27,129.24

Trade In Credit:

Product	Description	Qty	Credit Ea.	Total Credit
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ProCare Products:

#	Product	Description	Years	Qty	Sell Price	Total
2.1	71061PT	ProCare Power-PRO Prevent Service: Annual onsite preventive maintenance inspection and unlimited repairs including parts, labor and travel with battery coverage for Power-PRO XT MTS High: Dual wheel lock, x-restraint package, retractable head section 02 bottle holder, 3-stage IV pole PR, equipment hook, H/E storage flat, XPS side rail, XPS mattress, Knee-Gatch, Dual compatibility, backrest storage pouch, steer-lock	5	1	\$6,133.50	\$6,133.50
ProCare Total:						\$6,133.50



1X XT

Quote Number: 10592837

Version: 1

Prepared For: KITTITAS COUNTY HOSP DISTRICT 2

Attn:

Remit to: **Stryker Medical**

P.O. Box 93308

Chicago, IL 60673-3308

Rep: Warner Edwards

Email: warner.edwards@stryker.com

Phone Number: (503) 704-7184

Mobile: +1 5037047184

Quote Date: 10/11/2022

Expiration Date: 01/09/2023

Price Totals:

Estimated Sales Tax (8.100%):	\$2,694.28
Freight/Shipping:	\$175.41
Grand Total:	\$36,132.43

Prices: In effect for 30 days

Terms: Net 30 Days

Contact your local Sales Representative for more information about our flexible payment options.



SUPERINTENDENT'S REPORT – Julie Petersen

October 2022

Joint Board Meeting

Thank you for taking time away from your personal and work lives to participate in strategic planning with District #1. The staff that was in attendance will be meeting in the next couple of days to translate the discussion and authority to collaborate into a to-do list that will advance the strategic initiatives of both PHDs.

Union Negotiations

Commissioner Benjamin, Geoff Scherer and I met to review the District's priorities for upcoming IAFF 4880 negotiations. We believe that we fundamentally have a fair and clear contract which is a great starting place. Contract negotiations provide an opportunity to evaluate changes to the market and, perhaps more importantly, to hear from frontline staff about how we can better support them so that they can provide the best care to our communities.

Our first opportunity for the parties to sit down together is the afternoon of Friday, October 14th. This is the only session currently scheduled so we are either poor planners or optimists.

Levy Update

Ballots will be mailed on October 18th and the votes will be counted before our November meeting. I, for one, will be at the auditor's office on November 8th awaiting the results.

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

Ancillary Service Operation Report:

Joint Strategic Planning

We enjoyed a successful Joint Strategic Planning Meeting on September 28. I have scheduled a meeting with KDA and clinic staff for October 19th to begin discussions on the footprint for the expansion of Family Medicine Cle Elum.

Flu & Covid Vaccines

HD1 is partnering with the Health Department to offer a free Community Flu and Bivalent Covid-19 vaccination clinic. It will be held at the Ellensburg Fairgrounds on Friday October 21 from 7A to 4P or until we run out of vaccines. The Health Department is willing to partner on a similar clinic in HD 2 if the Commissioners and Medic One would like to collaborate on the event.

47 Degrees North

Jeff Ding with EA Engineering & Technology has reached out to me to update the information that we provided them in April 2020 regarding the potential impacts of the proposed 47 Degree North Development on HD1 and HD2 services. This information will be used to inform the SEPA Environmental Review for the City of Cle Elum.

903 W First

The City of Cle Elum has determined that this project (Les Schwab, Wendy's and Starbucks) will not have a probable adverse impact on the environment and an Environmental Impact Statement is not required. They are requiring an updated Traffic Impact Analysis be submitted. The SEPA Threshold Determination is attached.

Rehab Services

We continue to have one Cle Elum PT out on FMLA through November 4. We are continuing to prioritize post-operative patients.

Respectfully submitted by Rhonda Holden, MSN, CENP

City of Cle Elum, WA
SEPA Threshold Determination (MDNS)
903 W 1st Street/Parcel 263835
September 30, 2022

Description of Proposal: The City of Cle Elum, Washington has received applications for the development of parcel 263835, located at 903 W First Street, near the westbound on-ramp to I-90. This approximately 3.4-acre parcel is designated as Commercial on the City's Future Land Use Map and is zoned Entryway Commercial (EC). The proposed project includes the construction of three standalone, single story commercial buildings, including approximately 9,500 sf for a Les Schwab Tire Center, approximately 2,000 sf for a fast for restaurant with a drive-through lane (Wendy's), and approximately 2,163 sf for a coffee shop with a drive-through lane (Starbucks). The parcel has been designed to function as an integrated commercial site, although it is anticipated that individual parcels may ultimately be established through a binding site plan. The proposed site plan includes 82 parking spaces, landscaping, two shared driveways, and shared storm water facilities including an onsite retention/detention pond. The application materials including the SEPA Checklist are available for review on the City's website at www.cityofcleelum.com and from 8:00 am to 4:00 pm Monday through Thursday, at the Cle Elum City Hall, 119 W First St.

Project Sponsor/Applicant: Cle Elum Development LLC, Mr. Sang Ji, sangji@live.com /Helix Design Group, Mr. Matt Ebersole, matte@helixdesigngroup.net.

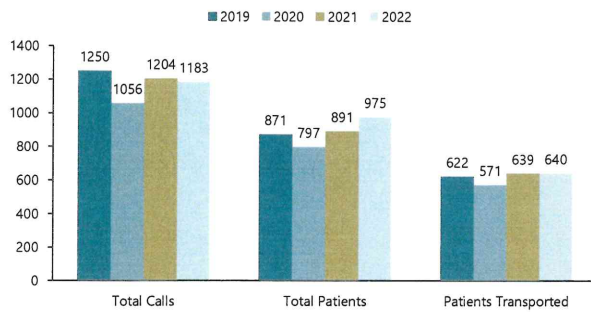
SEPA Threshold Determination: The City of Cle Elum has determined that this proposal will not have a probable significant adverse impact on the environment. An environmental impact statement (EIS) is not required under RCW 43.21C.030 (2)(c). This decision was made after review of a completed environmental checklist and other information on file with the City. As a result, the City is now issuing a final MDNS utilizing the Optional DNS process in WAC 197-11-355. There is no further comment period on this SEPA Threshold Determination. This MDNS includes the following mitigating measures which shall be included as Conditions of Approval of the required Site and Design Review:

1. Preparation of an updated Traffic Impact Analysis (TIA), subject to City review and approval that assesses both the queuing associated with the proposed drive-through uses, as well the development's impacts on traffic flow and required mitigation at:
 - a. W First Street and Douglas Munro Boulevard/Cemetery Road.
 - b. Douglas Munro Boulevard and Ranger Station Road.
 - c. Ranger Station Road and W Second Street (SR 903).
2. Design and construction of frontage improvements in accordance with City standards along Douglas Munro Boulevard.

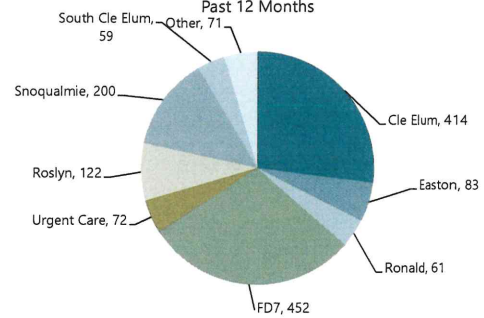
There is no appeal of this Threshold Determination except as shall be provided when the City issues a Notice of Decision on the required Site and Design Review for this proposed project. For more information about this project please contact Virgil Amick at Vamick@cleelum.gov.

Kittitas County Public Hospital District No. 2

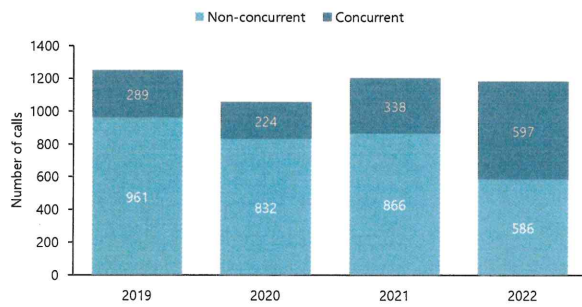
Volumes, YTD



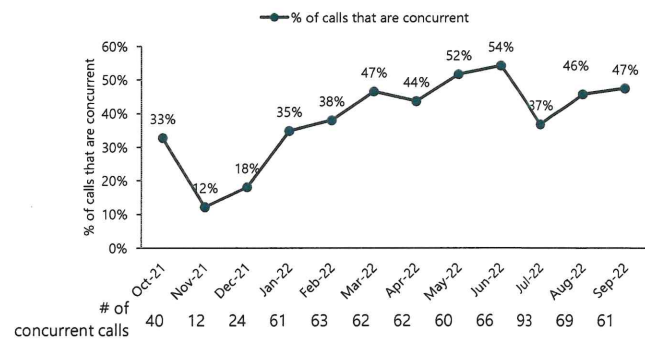
Calls by Zone



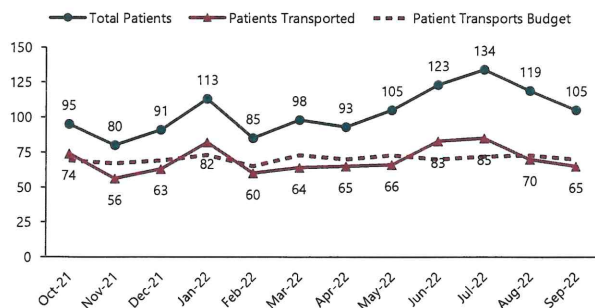
Concurrent Calls, YTD



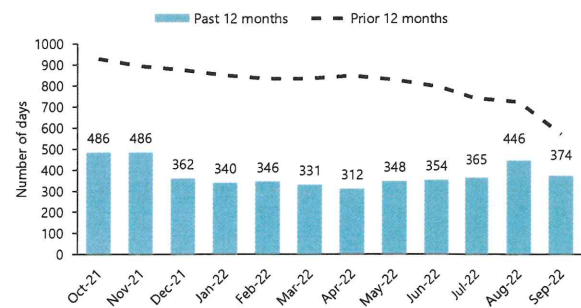
Concurrent Calls



Patients and Transports



Days Cash on Hand



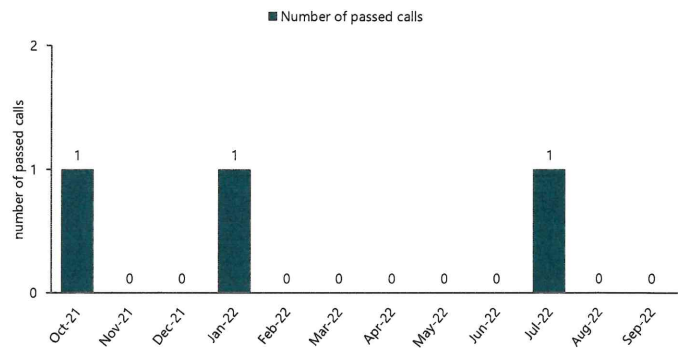
Kittitas County Public Hospital District No. 2

Turnout Time - Dispatch to Enroute

10/1/2021 to 9/30/2022

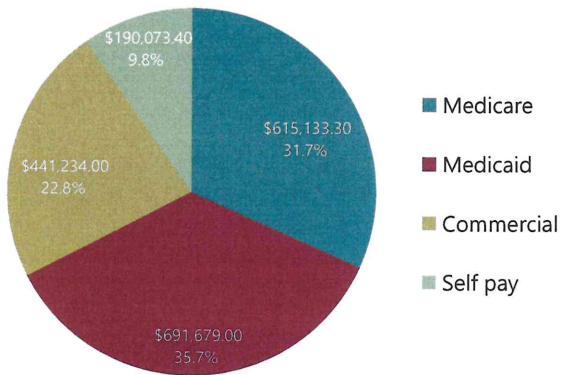
Apparatus	Responses	Turnout Time
A511 (CEFD)	0	
<i>CEFD Overall</i>	<i>0</i>	
A731 (FD7)	2	2:51
<i>FD7 Overall</i>	<i>2</i>	<i>2:51</i>
M931(HD2)	586	4:12
M932 (HD2)	1	2:33
M991 (HD2)	796	4:48
M992 (HD2)	37	4:22
<i>HD2 Overall</i>	<i>1420</i>	<i>4:32</i>

Passed Calls



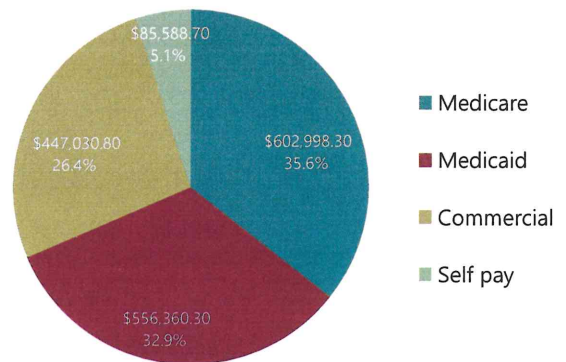
Payor Mix by Charges

7/1/2021 to 6/30/2022



Payor Mix by Charges

7/1/2020 to 4/30/2021



Kittitas County Hospital Dist 2
Statement of Revenue and Expense

MEDICAL BILLABLE RUNS	66	70	(4)	642	639	3	638
AVERAGE CHARGE PER RUN	2,367	2,215	152	2,300	2,208	92	2,075
	Current Month			Year to Date			Prior
	Actual	Budget	Variance	Actual	Budget	Variance	YTD
INTEREST INCOME	(5,069)	15	(5,084)	(24,859)	130	(24,989)	(1,632)
RENTAL INCOME	25,209	25,209	(0)	227,378	226,877	501	213,470
OTHER OPERATING REVENUE	750	1,228	(478)	17,179	11,059	6,120	3,557
AMBULANCE REVENUE	156,199	155,053	1,146	1,476,747	1,410,989	65,758	1,323,621
TOTAL REVENUE	177,089	181,505	(4,416)	1,696,444	1,649,055	47,389	1,539,016
CONTRACTUAL ADJUSTMENTS	55,451	60,403	(4,952)	506,204	549,668	(43,464)	506,382
BAD DEBT	9,997	7,479	2,518	86,963	68,062	18,901	73,725
CHARITY CARE	0	346	(346)	1,476	3,112	(1,636)	3,098
DEDUCTIONS FROM REVENUE	65,448	68,228	(2,781)	594,643	620,842	(26,199)	583,205
NET OPERATING REVENUE	111,641	113,277	(1,636)	1,101,801	1,028,213	73,588	955,811
SALARIES AND WAGES	103,679	105,637	(1,958)	971,478	961,280	10,198	876,540
EMPLOYEE BENEFITS	15,485	36,398	(20,913)	296,239	329,090	(32,851)	291,802
PROFESSIONAL FEES	550	1,833	(1,283)	14,416	16,501	(2,085)	12,536
SUPPLIES	15,710	8,330	7,380	100,807	75,349	25,459	97,949
UTILITIES	5,381	2,824	2,557	36,800	25,422	11,377	22,211
PURCHASED SERVICES	31,958	22,870	9,088	218,479	209,957	8,522	197,007
CEUCC SUBSIDY EXPENSE	16,253	16,253	0	146,279	146,280	(1)	143,411
DEPRECIATION	37,256	39,443	(2,187)	323,215	354,991	(31,776)	219,241
INSURANCE	3,128	5,016	(1,888)	26,781	45,142	(18,361)	29,135
LICENSES AND TAXES	1,842	1,277	565	10,738	11,490	(752)	11,058
INTEREST EXPENSE	9,982	9,983	(1)	89,842	89,841	1	97,284
TRAVEL AND EDUCATION	35	573	(538)	7,309	5,155	2,153	14,812
OTHER DIRECT EXPENSES	252	698	(446)	8,902	6,271	2,631	6,235
EXPENSES	241,512	251,135	(9,623)	2,251,287	2,276,769	(25,483)	2,019,221
OPERATING INCOME (LOSS)	(129,870)	(137,858)	7,988	(1,149,485)	(1,248,556)	99,071	(1,063,410)
TAX LEVY INCOME	140,053	137,340	2,713	1,241,107	1,236,055	5,052	1,186,535
GAIN LOSS ASSET DISPOSITION	0	0	0	0	0	0	0
NON OPERATING OTHER INCOME OR EXPENS	0	0	0	859	0	859	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)	10,182	(518)	10,700	92,480	(12,501)	104,981	123,124
DAYS CASH ON HAND	374.0						
AR DAYS	94.6						
CURRENT RATIO	6.10						

Kittitas County Hospital Dist 2
Statement of Revenue and Expense

MEDICAL BILLABLE RUNS	66	70	(4)	642	639	3	638
AVERAGE CHARGE PER RUN	2,367	2,215	152	2,300	2,208	92	2,075
	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	750	1,228	(478)	17,179	11,059	6,120	3,557
AMBULANCE REVENUE	156,199	155,053	1,146	1,476,747	1,410,989	65,758	1,323,621
TOTAL REVENUE	156,949	156,281	668	1,493,925	1,422,048	71,877	1,327,179
CONTRACTUAL ADJUSTMENTS	55,451	60,403	(4,952)	506,204	549,668	(43,464)	506,382
BAD DEBT	9,997	7,479	2,518	86,963	68,062	18,901	73,725
CHARITY CARE	0	346	(346)	1,476	3,112	(1,636)	3,098
DEDUCTIONS FROM REVENUE	65,448	68,228	(2,781)	594,643	620,842	(26,199)	583,205
NET OPERATING REVENUE	91,502	88,053	3,449	899,282	801,206	98,076	743,973
SALARIES AND WAGES	103,423	105,431	(2,008)	968,662	959,423	9,239	874,684
EMPLOYEE BENEFITS	15,485	36,382	(20,897)	295,739	328,949	(33,210)	291,657
PROFESSIONAL FEES	0	0	0	0	0	0	0
SUPPLIES	15,707	8,327	7,380	86,259	75,320	10,938	97,925
UTILITIES	4,721	2,384	2,337	31,471	21,459	10,012	18,437
PURCHASED SERVICES	18,043	12,771	5,272	104,689	114,944	(10,255)	110,908
CEUCC SUBSIDY EXPENSE	0	0	0	0	0	0	0
DEPRECIATION	10,127	14,433	(4,307)	77,694	129,901	(52,207)	96,151
INSURANCE	866	1,516	(650)	7,964	13,642	(5,678)	6,820
LICENSES AND TAXES	1,062	1,277	(215)	9,933	11,490	(1,557)	11,058
INTEREST EXPENSE	0	0	0	0	0	0	0
TRAVEL AND EDUCATION	0	573	(573)	7,274	5,155	2,118	14,812
OTHER DIRECT EXPENSES	0	135	(135)	860	1,210	(350)	1,211
EXPENSES	169,435	183,229	(13,794)	1,590,544	1,661,495	(70,950)	1,523,664
OPERATING INCOME (LOSS)	(77,933)	(95,176)	17,243	(691,262)	(860,289)	169,027	(779,691)
TAX LEVY INCOME	66,337	66,357	(20)	597,405	597,209	196	570,010
GAIN LOSS ASSET DISPOSITION	0	0	0	0	0	0	0
NON OPERATING OTHER INCOME OR EXPENS	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)	(11,596)	(28,819)	17,223	(93,857)	(263,080)	169,223	(209,681)

Kittitas County Hospital Dist 2
Statement of Revenue and Expense

	Current Month			Year to Date			Prior
	Actual	Budget	Variance	Actual	Budget	Variance	YTD
INTEREST INCOME	(5,069)	15	(5,084)	(24,859)	130	(24,989)	(1,632)
RENTAL INCOME	25,209	25,209	(0)	227,378	226,877	501	213,470
OTHER OPERATING REVENUE	0	0	0	0	0	0	0
AMBULANCE REVENUE	0	0	0	0	0	0	0
TOTAL REVENUE	20,139	25,224	(5,085)	202,519	227,007	(24,488)	211,837
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	20,139	25,224	(5,085)	202,519	227,007	(24,488)	211,837
SALARIES AND WAGES	256	206	50	2,816	1,857	959	1,856
EMPLOYEE BENEFITS	0	16	(16)	501	141	359	145
PROFESSIONAL FEES	550	1,833	(1,283)	14,416	16,501	(2,085)	12,536
SUPPLIES	3	3	(1)	14,549	28	14,520	25
UTILITIES	660	440	220	5,329	3,963	1,366	3,774
PURCHASED SERVICES	13,914	10,099	3,815	113,790	95,012	18,778	86,098
CEUCC SUBSIDY EXPENSE	16,253	16,253	0	146,279	146,280	(1)	143,411
DEPRECIATION	27,130	25,010	2,120	245,522	225,090	20,432	123,090
INSURANCE	2,262	3,500	(1,238)	18,817	31,500	(12,683)	22,315
LICENSES AND TAXES	780	0	780	805	0	805	0
INTEREST EXPENSE	9,982	9,983	(1)	89,842	89,841	1	97,284
TRAVEL AND EDUCATION	35	0	35	35	0	35	0
OTHER DIRECT EXPENSES	252	563	(311)	8,042	5,061	2,981	5,024
EXPENSES	72,077	67,906	4,171	660,742	615,275	45,468	495,557
OPERATING INCOME (LOSS)	(51,938)	(42,682)	(9,256)	(458,224)	(388,267)	(69,956)	(283,719)
TAX LEVY INCOME	73,716	70,983	2,733	643,702	638,846	4,856	616,524
GAIN LOSS ASSET DISPOSITION	0	0	0	0	0	0	0
NON OPERATING OTHER INCOME OR EXPENS	0	0	0	859	0	859	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)	21,779	28,301	(6,522)	186,337	250,579	(64,241)	332,805
DAYS CASH ON HAND	374.0						
AR DAYS	94.6						
CURRENT RATIO	6.10						

Kittitas County Hospital Dist 2

Balance Sheet

	<u>Year to Date</u>	<u>Prior Year End</u>	<u>Change</u>
CASH	2,709,161	2,460,034	249,127
ACCOUNTS RECEIVABLE	271,308	1,219,832	(948,524)
TAXES RECEIVABLE	659,210	31,012	628,198
PREPAIDS	39,216	9,225	29,991
INVESTMENTS	266,765	292,559	(25,795)
CURRENT ASSETS	3,945,660	4,012,663	(67,003)
LAND	843,524	843,524	0
PROPERTY, PLANT, & EQUIPMENT	10,657,624	10,157,637	499,987
ACCUMULATED DEPRECIATION	(4,061,894)	(3,738,678)	(323,215)
NON CURRENT ASSETS	7,439,255	7,262,483	176,772
NET PENSION ASSET	1,537,281	1,537,281	0
DEFERRED OUTFLOWS	112,844	112,844	0
ASSETS	13,035,040	12,925,271	109,769
ACCOUNTS PAYABLE	70,482	257,370	(186,889)
INTEREST PAYABLE	38,529	10,263	28,267
ACCRUED PAYROLL	19,657	44,139	(24,483)
ACCRUED BENEFITS	72,952	91,679	(18,727)
CEUCC SUBSIDY PAYABLE	146,279	191,215	(44,936)
CURRENT PORTION REVENUE BOND - LTGO	298,445	298,445	0
CURRENT LIABILITIES	646,344	893,111	(246,768)
LONG TERM REVENUE BOND - LTGO	3,175,663	3,323,628	(147,965)
NET PENSION LIABILITY	5,728	5,728	0
DEFERRED INFLOWS - PENSION	1,207,778	1,207,778	0
DEFERRED INFLOWS - LEVY	412,021	0	412,021
NONCURRENT LIABILITIES	4,801,190	4,537,134	264,056
LIABILITIES	5,447,534	5,430,245	17,289
NET INCOME (LOSS)	92,480	0	92,480
UNRESTRICTED FUND BALANCE	7,495,025	7,495,025	0
FUND BALANCE	7,587,506	7,495,025	92,480
TOTAL LIABILITIES AND NET POSITION	13,035,040	12,925,271	109,769

Kittitas County Hospital Dist 2

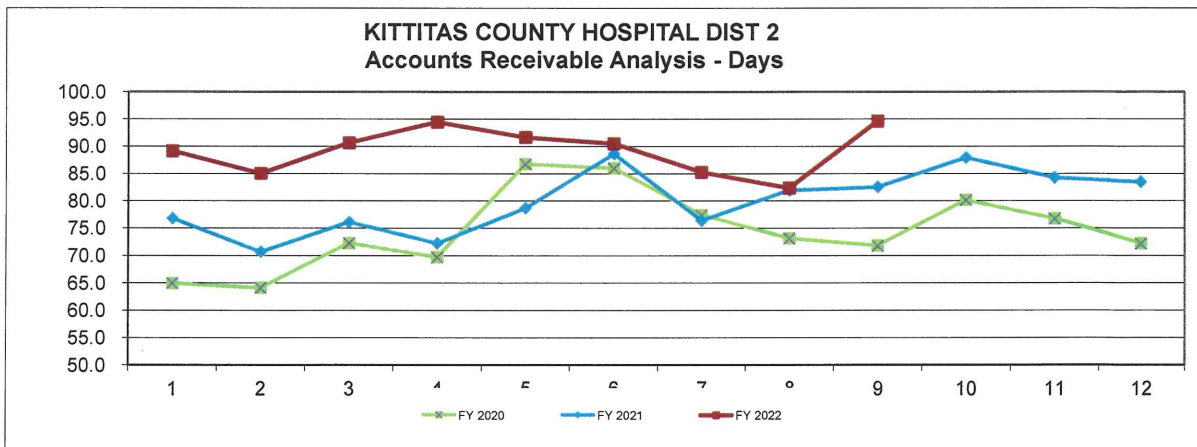
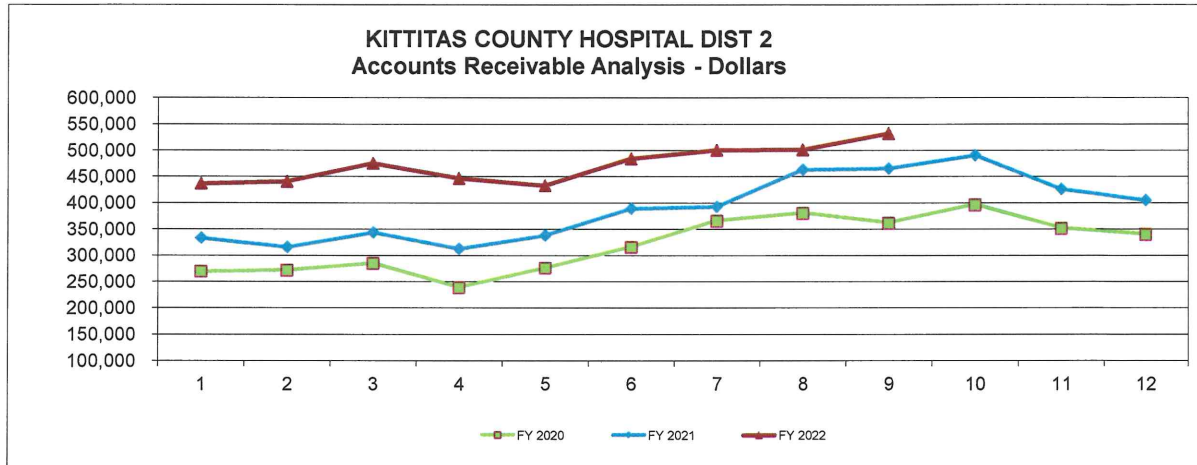
Statement of Cash Flows

	<u>CASH</u>
NET BOOK INCOME	92,480
ADD BACK NON-CASH EXPENSE	
DEPRECIATION	323,215
NET CASH FROM OPERATIONS	415,696
CHANGE IN CURRENT ASSETS	
PATIENT ACCOUNTS AND OTHER RECEIVABLES	948,524
PROPERTY TAX RECEIVABLE	(628,198)
PREPAID EXPENSE	(29,991)
TOTAL CHANGE IN CURRENT ASSETS	290,335
PURCHASE OF PROPERTY, PLANT & EQUIPMENT	(499,987)
NET PENSION ASSET	0
DEFERRED OUTFLOWS	0
INCREASE IN INVESTMENTS	25,795
PROCEEDS FROM SALE/MATURITY OF INVESTMENTS	
TOTAL CHANGE IN ASSETS	(183,857)
CHANGES IN CURRENT LIABILITIES	
ACCOUNTS PAYABLE	(186,889)
INTEREST PAYABLE	28,267
ACCRUED PAYROLL	(24,483)
ACCRUED BENEFITS	(18,727)
CEUCC SUBSIDY PAYABLE	(44,936)
TOTAL CHANGE CURRENT LIABILITIES	(246,768)
PRINCIPLE PAYMENT ON REVENUE BOND	(147,965)
NET PENSION LIABILITY	0
DEFERRED INFLOWS OF RESOURCES	412,021
NET CHANGE IN CASH	249,127
BEGINNING CASH ON HAND	2,460,034
ENDING CASH ON HAND	2,709,161



KITTITAS COUNTY HOSPITAL DIST 2
Accounts Receivable Analysis

	Sep-22	Aug-22	Jul-22	Jun-22	May-22	Apr-22	Mar-22	Feb-22	Jan-22	Dec-21	Nov-21	Oct-21
SYS DESIGN EMS												
A/R Dollars	532,130	501,313	500,356	484,393	432,815	446,662	\$ 475,314	\$ 440,429	436,550	404,006	425,335	489,456
A/R Days	94.6	82.4	85.2	90.5	91.6	94.4	90.6	85.0	89.1	83.4	84.1	87.8





KITTITAS COUNTY HOSPITAL DIST 2

BOARD MEETING September 2022 ACTIVITY

ACCOUNTS PAYABLE WARRANTS/ EFTS TO BE APPROVED

CHECK DATE:

# 1 WARRANT NUMBERS:	13208-13244	NET AMOUNT:	262,034.45	7-Sep-22
# 2 WARRANT NUMBERS: (VOID)	13208-13210	NET AMOUNT:	(882.97)	7-Sep-22
# 3 WARRANT NUMBERS: (VOID)	13218	NET AMOUNT:	(49.70)	7-Sep-22
# 4 WARRANT NUMBERS:	13245-13246	NET AMOUNT:	697.25	13-Sep-22
# 5 WARRANT NUMBERS:	13247-13270	NET AMOUNT:	273,790.73	19-Sep-22
			<u>535,589.76</u>	

PAYROLL WARRANTS / EFTS TO BE APPROVED

PPE 08/27/2022	NET AMOUNT:	33,810.04	2-Sep-22
PPE 09/10/2022	NET AMOUNT:	36,882.22	16-Sep-22
PPE 09/24/2022	NET AMOUNT:	34,273.90	30-Sep-22
		<u>104,966.16</u>	

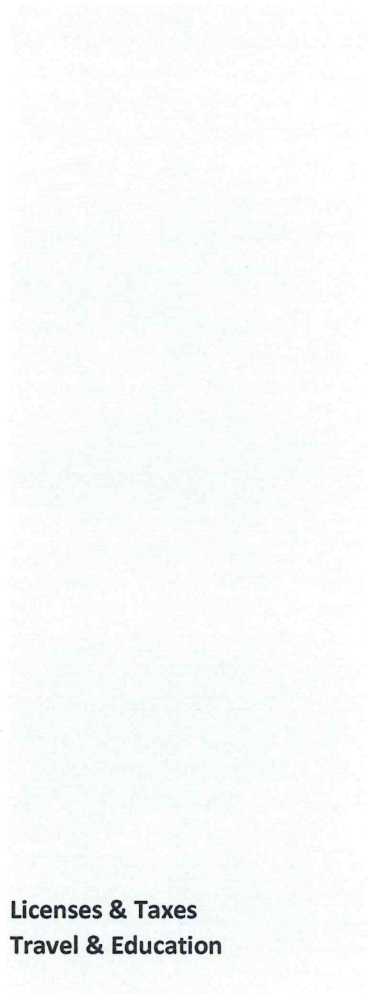
TOTAL NET WARRANTS & EFT'S	640,555.92
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Kittitas County Hospital District #2
Detailed Statement of Accounts Payable Transactions
Month of September 2022



Account Class	Check No	Vendor	Amount
Balance Sheet	13252	HUB INTERNATIONAL LLC	714.00
	13266	KITTCOM	16,352.50
	13212	BRAUN NW INC	230,155.71
	13256	KITTITAS VALLEY HEALTHCARE	191,215.00
	13238	MYRNA JENSEN	104.74
	13231	KASSY GORDON	50.00
	13226	GORDON D. HART	824.90
	13250	DEPARTMENT OF RETIREMENT SYSTEMS	23,619.01
	13251	DEPARTMENT OF RETIREMENT SYSTEMS	3,870.93
	13222	DEPARTMENT OF RETIREMENT SYSTEMS	3,522.26
	13221	DEPARTMENT OF RETIREMENT SYSTEMS	928.61
Employee Benefits	13248	BPAS-VEBA	90.00
	13233	LEE HADDEN	725.00
	13248	BPAS-VEBA	72.00
	13251	DEPARTMENT OF RETIREMENT SYSTEMS	2,757.79
	13222	DEPARTMENT OF RETIREMENT SYSTEMS	2,404.11
Supplies	13257	LIFE ASSIST, INC.	283.37
	13257	LIFE ASSIST, INC.	72.50
	13267	LIFE ASSIST, INC.	895.07
	13257	LIFE ASSIST, INC.	1,088.90
	13267	LIFE ASSIST, INC.	722.38
	13213	CARDINAL HEALTH 112, LLC	28.87
	13267	LIFE ASSIST, INC.	1,001.05
	13234	LIFE ASSIST, INC.	1,107.61
	13262	CARDINAL HEALTH 112, LLC	8.44
	13213	CARDINAL HEALTH 112, LLC	78.48
	13255	KITTITAS VALLEY HEALTHCARE	2,167.86
	13239	OXARC INC	433.64
	13269	OXARC INC	279.68
	13269	OXARC INC	4.89
	13239	OXARC INC	279.68
	13269	OXARC INC	299.62
	13208	AMAZON	148.24
	13243	AMAZON	344.84
	13210	AMAZON	215.80
	13208	AMAZON	38.46
	13243	AMAZON	148.24
	13264	CLE ELUM HARDWARE & RENTAL	2.50
	13211	BETH WILLIAMS	76.68
	13209	AMAZON	344.84
	13243	AMAZON	38.46
	13264	CLE ELUM HARDWARE & RENTAL	36.73
	13264	CLE ELUM HARDWARE & RENTAL	17.29

	13264 CLE ELUM HARDWARE & RENTAL	43.23
	13241 SONYA VRIVES	129.95
	13243 AMAZON	215.80
	13260 WAPITI OFFICE	17.12
	13210 AMAZON	(215.80)
	13208 AMAZON	(148.24)
	13209 AMAZON	(344.84)
	13208 AMAZON	(38.46)
	13225 GALLS, LLC	159.65
	13225 GALLS, LLC	31.28
	13225 GALLS, LLC	101.70
	13225 GALLS, LLC	67.23
	13225 GALLS, LLC	(661.53)
	13225 GALLS, LLC	404.28
	13254 JAMES OIL CO., INC.	797.62
	13230 JAMES OIL CO., INC.	1,237.58
	13242 STATE DEPARTMENT OF TRANSPORTATION	2,297.71
	13230 JAMES OIL CO., INC.	1,391.83
	13230 JAMES OIL CO., INC.	1,907.55
	13270 STATE DEPARTMENT OF TRANSPORTATION	2,248.76
Utilities	13235 MCI	39.23
	13236 MCI	37.56
	13246 VERIZON	581.61
	13214 CENTURYLINK	142.78
	13245 DISH NETWORK	115.64
	13265 INLAND NETWORKS	90.41
	13229 INLAND NETWORKS	90.41
	13224 DISH NETWORK	105.64
	13240 PUGET SOUND ENERGY	31.86
	13240 PUGET SOUND ENERGY	12.70
	13232 KITTITAS COUNTY FIRE DISTRICT #7	200.00
	13232 KITTITAS COUNTY FIRE DISTRICT #7	200.00
	13232 KITTITAS COUNTY FIRE DISTRICT #7	200.00
	13240 PUGET SOUND ENERGY	30.58
	13258 PUGET SOUND ENERGY	31.86
	13240 PUGET SOUND ENERGY	10.89
	13240 PUGET SOUND ENERGY	647.62
	13215 CITY OF CLE ELUM	465.50
	13215 CITY OF CLE ELUM	424.19
	13215 CITY OF CLE ELUM	524.04
	13263 CITY OF CLE ELUM	114.33
	13263 CITY OF CLE ELUM	351.89
	13263 CITY OF CLE ELUM	527.10
	13263 CITY OF CLE ELUM	793.32
	13263 CITY OF CLE ELUM	404.40
	13215 CITY OF CLE ELUM	292.40
	13215 CITY OF CLE ELUM	113.27
Purchased Services	13253 JACKSON HORSLEY	400.00
	13216 CITY OF CLE ELUM FIRE DEPARTMENT	200.00
	13249 CITY OF CLE ELUM FIRE DEPARTMENT	200.00



Licenses & Taxes
Travel & Education

13228	IMAGETREND, INC.	3,780.00
13247	AIRLIFT NORTHWEST	624.00
13255	KITTITAS VALLEY HEALTHCARE	5,717.50
13255	KITTITAS VALLEY HEALTHCARE	6,411.60
13255	KITTITAS VALLEY HEALTHCARE	6,157.68
13261	YAKIMA ADJUSTMENT SERVICE INC	1,014.16
13259	SYSTEMS DESIGN	1,799.68
13217	CLE ELUM HARDWARE & RENTAL	30.25
13244	CLE ELUM FARM & HOME	23.77
13227	GRAINGER	102.02
13218	CLE ELUM HARDWARE & RENTAL	23.77
13218	CLE ELUM HARDWARE & RENTAL	25.93
13244	CLE ELUM FARM & HOME	25.93
13227	GRAINGER	101.67
13243	AMAZON	135.63
13208	AMAZON	135.63
13218	CLE ELUM HARDWARE & RENTAL	(25.93)
13208	AMAZON	(135.63)
13218	CLE ELUM HARDWARE & RENTAL	(23.77)
13219	CROSSROAD GARAGE LLC	200.14
13219	CROSSROAD GARAGE LLC	1,883.07
13237	MICROSOFT	459.30
13268	MICROSOFT	459.43
13268	MICROSOFT	15.13
13237	MICROSOFT	15.13
13223	DEPARTMENT OF REVENUE-EXCISE	1,065.20
13220	DENISON HOOD-LEWIS	812.91
13211	BETH WILLIAMS	163.23
		<hr/>
		535,589.76

Kittitas County Public Hospital District No





KVH Family Medicine - Cle Elum

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Don't block the crosswalk.

Stop and yield to pedestrians.

Watch for children in school zones, near playgrounds and parks, and residential areas.

Never pass a vehicle stopped for pedestrians.

Obey bus signals. Do not pass if red lights flash.

Watch out for bike riders turning in front of you without looking or signaling.

Check side mirrors before opening your door.

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Lee Hadden retires after

by Jim Fossett

CLE ELUM - As Medic One Operations Manager Geoff Scherer said, "Lee has been the hardest working EMT. He's always been there for his shift, and whenever I'm in a pinch I can always count on him. He is truly the face of Medic One."

Lee has retired. This story comes from information we garnered in an exit interview with him - and from colleagues that consistently corroborate Scherer's kind words.

"I started as a volunteer firefighter," he said, "because I like to help people. My dad was a volunteer firefighter in Texas."

Did he ever imagine that his start as a firefighter would turn into a career that would last so many years?

"No, I didn't. And it's not over. Although I retired from Medic One, I'll continue to volunteer as an EMT for the Roslyn Fire Department."

Over his career, Hadden said he's responded to thousands of calls, which indicates he's likely seen it all, yet it's said he hasn't lost his even keeled sail through life, meaning the job hasn't consumed him.

"I try not to remember the calls, good or bad. I have tried not to let the stuff get to me. I served in the military where I learned not to let what I've seen or had to do get to me."

Who has he admired on and off the job and why?

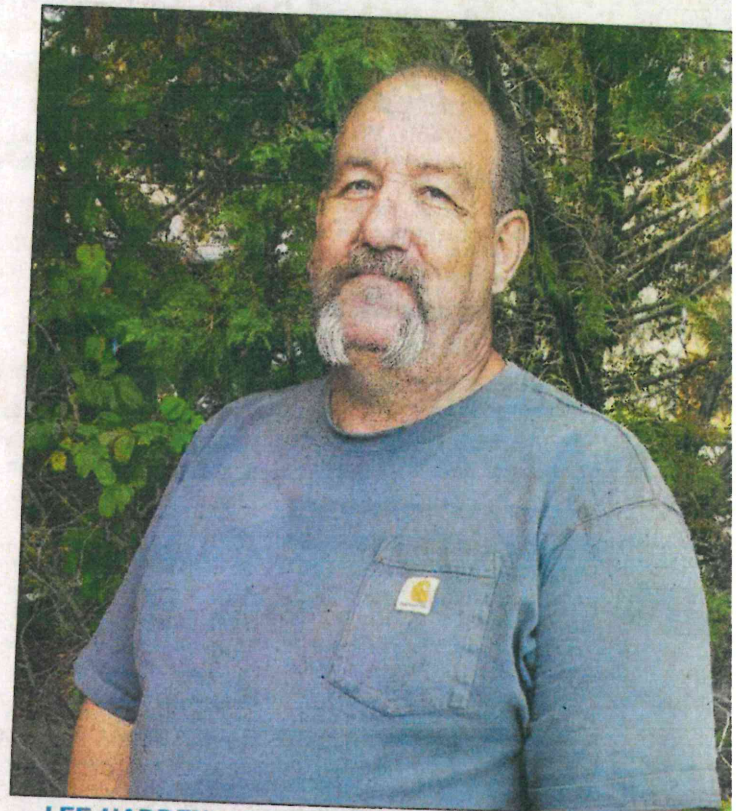
"I can't name just one person. There have been several."

His motivation for the career he's built is clear. Asked what he does in his free time he said, "I help people when I can, too."

Lots of kids in the region are looking to build careers as first responders. What advice would Hadden give them?

"Make sure it's something you really want to do and make sure you get a good education."

After 20 years it was time to retire.



LEE HADDEN was one of the Upper County's seasoned veteran first responders having completed a career spanning two decades.

N.K.C. TRIBUNE/Jim Fossett photo • 2022

learned his share of lessons about life.

"Yes. I've learned that you can't help or please everyone. You just have to do your best."

If he had to do it all over again, would he?

"Yes. But not at this age."

Hadden is also a veteran. He served five years in the U.S. Army in Germany and at Fort Lewis.

Ed Mills

Chief of the

Cle Elum Fire Department

"When I got on in 2007, Lee was the EMS Officer for Cle Elum Fire Department. Later he became chief of the South Cle Elum Fire Department."

"I can tell you he has spent many, many, many hours dedicated to EMS and fire services, not only paid but also by donating his time."

"So, I congratulate him on his retirement and thank him for all the time he's dedicated

Cheryl Burrows

KC EMS Coordinator

"Lee is a public servant and I'm grateful he's a member of our community."

"He is one of those individuals who (almost) never say no when he knows there is a need to be filled."

"He started as a volunteer EMT about 20 years ago. I progressed into a local care position, which I love to see. He's a First Aid and CPR instructor and has helped with EMS instruction and skill evaluation for initial and ongoing training of other EMTs for many years."

"On top of all this, Lee found the time and still does to represent his EMS agency on the local EMS & Trauma Care Council. He became an officer in 2008 and has served as the board chair for eight years."

"I'm glad to hear he has a few more years of volunteer

WS

20 years as an EMT

what he continues to do!"

Brandon Schmidt

Chief of KC Fire District-1

"I've known Lee for probably around 20 years. I know him best as an EMS evaluator and instructor. He evaluated and helped instruct many EMTs in Kittitas County. He was also an IV-technician EMT with the Upper County's Medic One and did great work for them. The number of lives he helped save is likely beyond counting. I've always enjoyed discussions with Lee and appreciate the work he's done. I congratulate him on his retirement."

Chris Martin

Roslyn Fire Dept.

"Lee was always a pleasure to work with and he really took the time to teach us less experienced folks how to do things correctly. We'll miss his professionalism, sense of duty, and sense of humor."

Debbie Losse

EMS Assistant

KC EMS Division

"Working with and learning from Lee has been an integral part of my EMS life so I'm going to miss seeing him as he moves into retirement. However, I know I can always call on him anytime if I need his help!"

Kirk Bland

Cle Elum-Roslyn Police Chief

"When you look up 'volunteer' in the dictionary there is a photo of Lee Hadden. Lee

has dedicated his personal and professional life to helping others and I am proud to call him my friend for the past 25-plus years.

"He is always willing to drop whatever he's doing to help someone in need, and he always puts other people's needs ahead of his own.

"Being an EMT with Hospital District-2 as a profession was a perfect fit for Lee so that he could give aid to others every day.

"This community will definitely miss him acting in that role, but I know he has continued with his volunteer efforts throughout the community with the Roslyn Fire Department, the Cle Elum Round Up rodeo board, and so many other aspects of community life.

"Thank you Lee Hadden, for everything you do and everything you have done for this community, and we wish you the best in your retirement."

John Sinclair

KVFR Fire Chief

"Lee has been a vital figure in fire and EMS response in the Upper County for over 20 years. He has served in multiple agencies as a firefighter, EMT, and Fire Chief. Wherever there was an emergency, and someone needed help Lee was there. Congratulations Lee on your retirement and your continuing volunteer service with the Roslyn Fire Department. Thank you for your service to the citizens of Kittitas County."



**I've got service
yes I do...**

Scott Rollins Ins Agcy Inc

Scott Rollins, Agent
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Cle Elum, WA 98922

And, I am ready to prove it.

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Our responder team is uniquely qualified to:

- Provide medications
- Intubate to assist with breathing
- Utilize 12-lead EKG monitoring to ID heart attacks and transmit information to the hospital before arrival

Medic One
UPPER KITTITAS COUNTY

Patients transported
August 2022 / YTD
70/579

Calls for assistance
August 2022 / YTD
127/1,066

Medic One is a service of
Kittitas County Hospital District 2



Top Health Checks for Women

Taking care of your health is an important part of caring for yourself and those you love. Some of the top check-ups for women are listed below. Make an appointment to see your health care provider if something has been bothering you.

Blood pressure | Elevated blood pressure increases the risk of heart attack, stroke and kidney disease. All adult women should know their blood pressure. At older ages, and for those with conditions like obesity that put them at increased risk for high blood pressure, annual screening is recommended.

Bone density screening | Women should start getting screened for osteoporosis at age 65 but those with risk factors for osteoporosis, such as fractures or low body weight, should be screened earlier.

Breast cancer early detection | Breast cancer is the leading cause of cancer cases and deaths in women. Early detection of cancer can save lives. Common symptoms include lumps, asymmetry, and skin or nipple retraction, changes or bloody discharge. Screening is done by mammography. The starting age is as early as age 40, or earlier for women with extremely high risks. If you have a family history of the disease, or other concerns, talk to your doctor about starting screening earlier.

Cervical cancer (pap smear) | It is recommended that women from age 21 through at least age 65 should be offered cervical cancer screening. This screening looks for precancerous cells on the cervix and HPV. If results are negative then it is recommended every 3-5 years depending on age. Additionally, many women over age 65 are still recommended to continue screening. This screening is accomplished with a PAP smear and can be performed at your office visit.

Learn about other top health checks for women at www.who.int/health-topics/women-s-health/

Looking for a women's health provider?
See who's accepting new patients at kvhealthcare.org



KVVH
Kittitas Valley Healthcare
Your Home for Health

CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.

Flu vaccines help reduce the burden of flu illnesses, hospitalizations and deaths on the health care system.

Everyone 6 months and older should get an annual flu vaccine, ideally by the end of October.

People at higher risk of serious flu complications include young children, pregnant people, people with certain chronic health conditions like asthma, diabetes or heart and lung disease, and people 65 years and older.

Vaccination also is important for health care workers, and other people who live with or care for people at higher risk to keep from spreading flu to them.

Children younger than 6 months are at higher risk of serious flu illness but are too young to be vaccinated. People who care for infants should be vaccinated instead.

Flu vaccination can:

- keep you from getting sick with flu.
- reduce severity of illness in people who get vaccinated but still get sick.
- reduce the risk of flu-associated hospitalization.
- help protect pregnant people during and after pregnancy.
- be lifesaving in children.
- protect people around you.

Learn more at cdc.gov/flu

Get vaccinated against seasonal flu



KVH
Kittitas Valley Healthcare
Your Home for Health

Each year, millions of older people—those 65 and older—fall. Falling once doubles your chances of falling again. These are some simple things you can do to keep yourself from falling:

Talk to Your Doctor.

Ask your healthcare provider to evaluate your risk for falling and talk with them about specific things you can do.

Ask your doctor or pharmacist to review your medicines to see if any might make you dizzy or sleepy. This should include prescription medicines and over-the-counter medicines.

Do Strength and Balance Exercises.

Do exercises that make your legs stronger and improve your balance. Ask your doctor for a physical therapy referral for help with a personalized fall prevention strategy.

Have Your Eyes Checked.

Have your eyes checked by an eye doctor at least once a year, and be sure to update your eyeglasses if needed.

If you have bifocal or progressive lenses, you may want to get a pair of glasses with only your distance prescription for outdoor activities, such as walking. Sometimes these types of lenses can make things seem closer or farther away than they really are.

Make Your Home Safer.

Get rid of things you could trip over.

Add grab bars in and out of your tub or shower and next to the toilet.

Put railings on both sides of stairs.

Ensure your home has lots of light: add more or brighter light bulbs.

Keep items you use often in cabinets you can reach easily without using a step stool.

Use non-slip mats in the bathtub and on shower floors.

Learn more at [cdc.gov/falls/facts.html](https://www.cdc.gov/falls/facts.html)

More than 1 out of 4 older people fall each year. Less than half tell their doctor.

kvhealthcare.org



Kittitas Valley Healthcare

Your Home for Health

We can help with fall prevention.

509.962.7386 | Physical Therapy

509.933.8677 | Occupational Therapy

AL NEWS

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Local Christmas Basket applications now available

CLE ELUM - Two upper county organizations announced this week they are now taking applications for their annual Christmas Baskets.

The Cle Elum Eagles Craft Club members will assemble 40 baskets to distribute to upper county residents on Dec. 10. Applications are now

available in the lobby at the Cle Elum Eagles #649, 220 N. Pennsylvania Ave. Deadline to apply is Nov. 1.

To apply for the Putnam Centennial Center Christmas Basket program, pick-up a form at the Center, 719 E. Third St. in Cle Elum or call Susan at 509-674-7530.

VOLUNTEERS...

CONTINUED FROM PAGE A1

... District Representative specific and/or Agency Representative, and that priority will be given to current members should they choose to seek reappointment.

Anyone interested in filling a vacancy on one of the boards, committees or commissions is asked to stop by the Commissioners office to view vacancy's or check out their website at www.co.kittitas.wa.us/boc/boards/default.aspx.

An application can also be picked up at the Kittitas County Courthouse, Commissioners' Office, Room 108 in Ellensburg, or download the form at www.co.kittitas.wa.us/boc/boards/documents/AppointmentApplication.pdf.

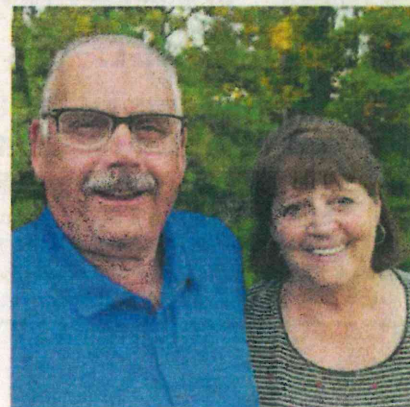


VOTE YES FOR HOSPITAL LEVY PROPOSITIONS 1 & 2!

On November 8, 2022

*"Supporting the
Hospital Levy
Proposition is
an investment
in the health
care of our
community"*

- Judy & Mike
Tokarsyck



(Paid for by Citizens for Continuing EMS, P.O. Box 394, South Cle Elum, WA 98943, co-chairs Louie Osmonovich and Cole Gravel.)



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