

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

August 21th, 2023 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. July 17, 2023	(2-3)
IV.	Public Comments/Announcements/Correspondence	
V.	Reports:	
	a. Operations Report (G. Scherer)	(4-10)
	b. Superintendent's Report (J. Petersen)	(11-12)
	c. Ancillary Report (R. Holden)	(13-17)
	1. Community Updates	
	d. Finance Report, Approval of Expenses* (S. Olander)	(18-28)
	1. Finance Report July 2023	
VI.	Old Business	
	a. None.	
VII.	New Business	

- a. Information Campaign (Michel Wurl, Chief Public Relations Officer)
- b. Upcoming Meeting Dates:
 - 1. September 18, 2023, Board of Commissioners' Regular Meeting
 - 2. October 16, 2023, Board of Commissioners' Regular Meeting

Adjournment VIII.

Note: Upcoming Agenda Items



Kittitas County Public Hospital District #2 BOARD MEETING MINUTES

Meeting Date:

Monday: July 17, 2023

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 Rogalski at 6:30 p.m.

Introductions:

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

Guests: Community Member Phil Hess

Approval of Agenda:

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

Approval of Minutes:

Action: A motion to approve the minutes of June 19, 2023 was made by Commissioner Vimont and seconded by Commissioner Vatheuer. Motion Carried.

Operations Report:

The Commissioners reviewed the written operations report and operating statistics prepared by Geoff for June 2023. In June there were 131 calls for service which lead to 72 transports. June transports were even with budgeted transports. June refusals to transport were 29. Geoff's report noted that Fire District 7 is no longer responding to low acuity EMS calls, however all other Upper County partners are still responding to calls. Geoff reported that in June there were 16 hours when the District did not have ALS coverage because staff were busy transporting patients.

Superintendent's Report:

Julie was excused so there was no Superintendent's Report.

Ancillary Report:

The commissioners reviewed and discussed the written ancillary report. Community Member Phil Hess discussed the confusion regarding which agency is providing EMS

services in Upper County. The weekly data that Fire District 7 is publishing regarding the number of calls that they are taking is giving the community the impression that Fire District 7 is providing EMS services. It is important that Medic One clarify who is actually providing EMS services to the community. Geoff suggested that Medic One begin reporting Public Assist Responses. There was also discussion about when the District should rerun the Levy.

Finance Report:

The financial statements for June 2023 were reviewed and discussed by the Commissioners. The review included a review of actual versus budgeted revenue and expense variances. Medic One did 72 transports in June which was the exact number of transports that were budgeted. The average charge per transport exceeded budget by \$248 dollars so the transport revenue exceeded budgeted transport revenue by \$17,841. YTD through June Medic One has done 404 transports; 11 transports less than budget and 17 transports less than 2022 transport volume through June. June other operating revenue was enhanced by receipt of \$25,000 from Greater Health Now for community paramedicine work. June expenses were below budget by \$2,438. YTD expenses are below budget by \$15,790. In June District posted Net Income of \$37,303. YTD the District has posted Net Income of \$20,244 compared to a budgeted net loss of \$190,001; a positive variance of \$210,245.

Action: A motion to approve the warrants for June was made by Commissioner Vatheuer and seconded by Commissioner Youngblood. Motion Carried.

Executive Session:

There was no executive session.

Announcements:

The next regular meeting date: August 21, 2023 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 7:32 pm by Commissioner Rogalski.

Operation's Manager Report – July 2023

	July 2023	July 2022
Calls for Service	163	147
Patient Count	141	134
Patient Transports	86	85
Patient Treated, Released and Free of Charge	55	49
Year to Date Transports	491	507
Station #73 Transports	39	
Station # 99 Transports	46	
Passed Calls	2	

PERSONNEL

Two EMT's have been onboarded with the agency but are waiting to be cleared by Dr. Horsley. One of the per-diem EMT's is now a Paramedic and would like to start doing ride time to get cleared but we pay about \$5.00 less per hour for per-diem than the private ambulance services.

APPARATUS

Still waiting for parts to arrive for M5 A/C repair. New ambulance chassis are 1 year out after ordering and the patient compartments are 565 days out.

Year	Unit	Beg ODO	End ODO	Miles	Location	Comments
2022	M10	22,616	26,219	3,603	Station 93	1st Out
2021	M9	55,457	58,926	3,469	Station 99	1st Out
2019	M8	87,464	87,478	14	Station 99	Backup
2016	M6	140,767	140,767	0	Station 99	OOS
2016	M5	150,744	150,744	0	Station 99	Backup
Total Miles				7,086		

MISCELLANEOUS

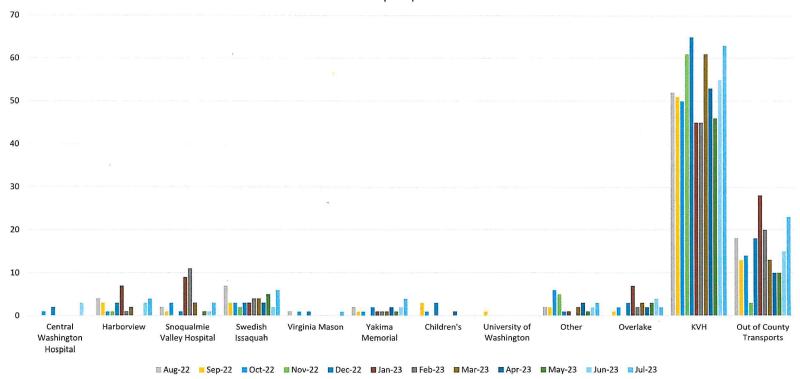
- Fire District 7 is no longer responding to low acuity EMS calls, all other partners are still responding to EMS calls.
- Medic One has been attending Roslyn Farmers Market with other Fire Agencies as part of a public safety campaign.
- The Agency assisted KVFR/FD7 for a MCI on Blewett Pass, this is the 3rd time in 7 months.
- 42 hours of no ALS coverage in June 2023 (Level Zero) we only had 16 hours in June 25/2 calls, 7/3 calls, 3/5 calls.

2023	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Percent	48%	51%	49%	40%	46%	41%	52%					
Calls	63	60	60	44	55	54	85					

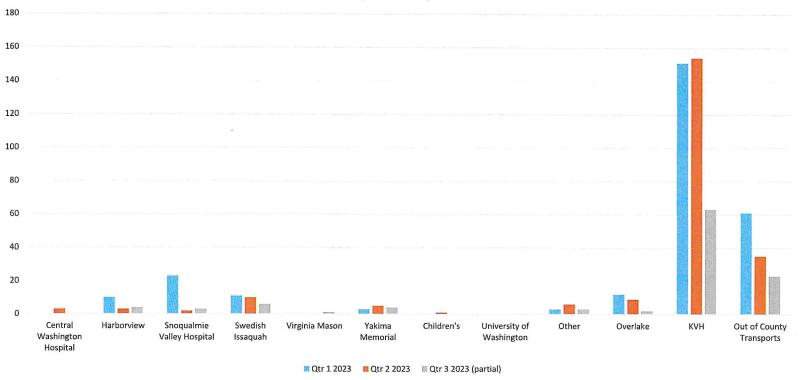
2022	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Percent	34%	38%	47%	44%	51%	54%	37%	45%	47%	48%	52%	52%
Calls	61	23	54	48	64	78	54	58	55	62	57	65

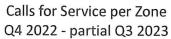
Hospital	Aug-22	Sep-22	Oct-22	Nov-22	Dec-22	Jan-23	Feb-23	Mar-23	Apr-23	May-23	Jun-23	Jul-23
Central Washington Hospital	0	0	1	0	2	0	0	0	0	0	3	0
Harborview	4	3	1	1	3	7	1	2	0	0	3	4
Snoqualmie Valley Hospital	2	1	3	0	1	9	11	3	0	1	1	3
Swedish Issaquah	7	3	3	2	3	3	4	4	3	5	2	6
Virginia Mason	1	0	1	0	1	0	0	0	0	0	0	201
Yakima Memorial	2	1	1	0	2	1	1	1	2	1	2	4
Children's	0	3	1	0	3	0	0	0	1	0	0	0
University of Washington	0	1	0	0	0	0	0	0	0	0	0	0
Other	2	2	6	5	1	1	0	2	3	1	2	3
Overlake	0	1	2	0	3	7	2	3	2	3	4	2
KVH	52	51	50	61	65	45	45	61	53	46	55	63
Out of County Transports	18	13	14	3	18	28	20	13	10	10	15	23

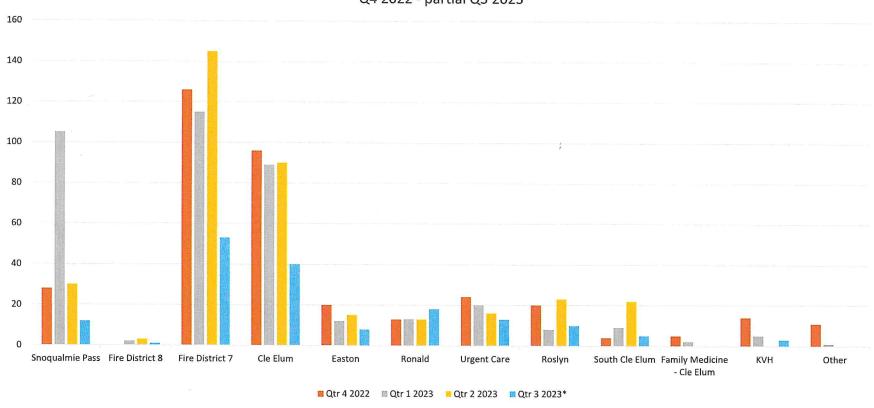




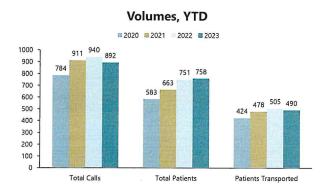
Patient Transport Count per Destination

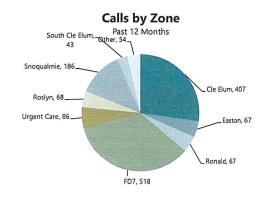




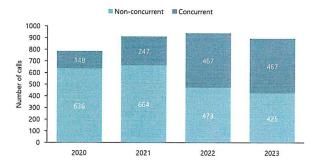


Kittitas County Public Hospital District No. 2

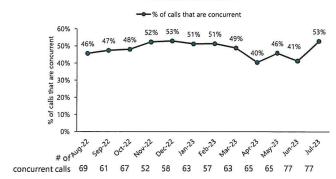




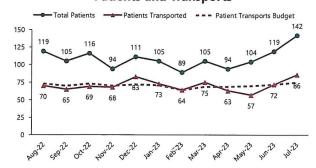
Concurrent Calls, YTD



Concurrent Calls



Patients and Transports



Days Cash on Hand



YTD values through end of previous month

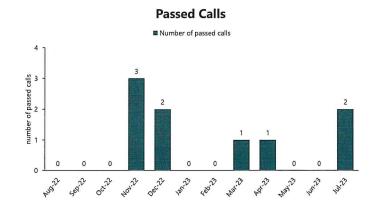
Last updated 8/15/2023

Kittitas County Public Hospital District No. 2

Turnout Time - Dispatch to Enroute

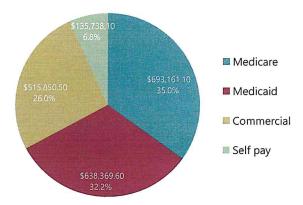
8/1/2022 to 7/31/2023

Apparatus	pparatus Responses				
M931(HD2)	574	4:44			
M932 (HD2)	0				
M991 (HD2)	335	2:05			
HD2 Overall	909	3:45			



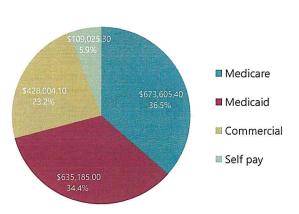
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4/1/2022 to 3/31/2023



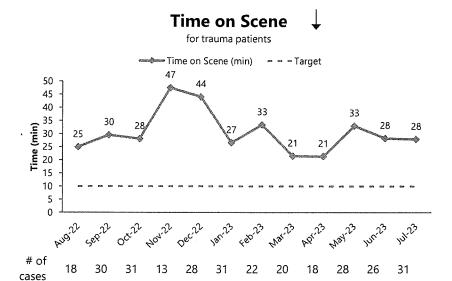
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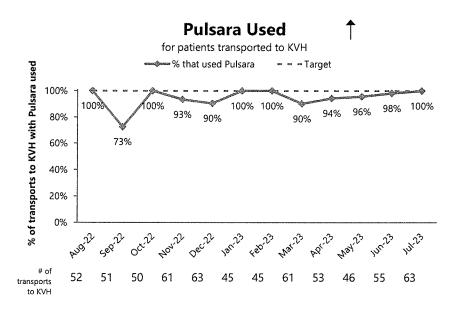
4/1/2021 to 3/31/2022



YTD values through end of previous month

Kittitas County Public Hospital District No. 2 Quality Metrics







SUPERINTENDENT'S REPORT – Julie Petersen

August 2023

Information Campaign

Commissioners Youngblood and Vimont met with Chief Communications Officer, Michele Wurl and myself to discuss how Hospital District #2 can combat disinformation about how EMS is funded and delivered in Upper County. Following the last fire district levy campaigns, many residents were left with the impression that EMS is levy funded in Upper County in the same manner as Ellensburg. We will focus on getting out the following information:

Shifting Levies*:

Taxing District	Taxes to be Collected 2022	Taxes to be Collected 2023	Increase Year / Year
Fire District #2 Regular Levy	\$5,500,123	\$7,804,496	\$2,304,373 (42%)
Fire District #7 Regular Levy	\$2,900,711	\$5,290,356	\$2,389,645 (82%)
Hospital District #2 Regular Levy	\$851,807	\$930,024	\$78,217 (9%)
Hospital District #2 EMS Levy	\$796,277	\$869,400	\$73,123 (9%)
Hospital District #1 Regular Levy	\$9,832	\$10,250	\$418 (4%)

^{*} Source: Kittitas County Assessor's Report

Facts about Sources of Revenue for Medic One:

1. Not all calls for service are billable - Total Calls in 2022 = 1,543

- a. 2022 billable calls where a patient is transported = 863 (56%)
- b. 2022 **non-billable** (free) services = 680 (44%)
 - i. Examples includes assistance provided in the home including assisted living and nursing homes, patients refusing care, responses to non-injury accidents.

2. Not all time and miles are billable:

- a. Distance/time from station to patient (scene)- not billable
- b. Distance/time from scene to receiving hospital billable
 - i. 2022 = 76% of the time to KVH from CE to KVH, 28 miles, 30 minutes
 - ii. 2022 = 6% of the time to Swedish Issaquah from CE to SI, 67 miles, 65 minutes
 - iii. 2022 = 4% of the time to Harborview from CE to HMC, 83 miles, 90 minutes
- c. Distance/time from receiving hospital back to station **not billable**

3. Not all billed charges are paid

- a. 2022 charges billed for ambulance services = \$1,970,835
- b. 2022 subtract insurance discounts = \$700,574 (36%)
- c. 2022 subtract bad debt and charity = \$117,665 (6%)
- d. 2022 ambulance bills paid = \$1,152,596 (58%)

Facts about Medic One Expenses:

- 1. Total expenses in 2022 = \$2,233,340
- 2. Labor expenses in 2022 = \$1,729,620 (77% of total expenses)
- 3. Supplies & services expense in 2022 = \$310,002 (14% of total expenses)
- 4. Depreciation in 2022 = \$112,956 (5% of total expenses)
- 5. Replacing one ambulance each year costs \$350,000 or more

Facts about the levy – in 2022 our EMS levy covered 36% of our Medic One expenses \$799,248 / \$2,233,340 = 36%



SUPERINTENDENT'S REPORT – Julie Petersen August 2023

IAFF 4880 - Proposed Wage Opener

Pending Board approval, we have agreed to a wage opener rather than a full contract negotiations.

2025 Ambulance

You will hear from Geoff that it is time to start thinking about committing to our 2025 ambulance. Lead time for the chassis and box are only getting longer.

Transitions

Scott Olander has served our two hospital districts as Treasurer and Chief Financial Officer since 2018. Scott will be transitioning to a new position dedicated to the revenue cycle and he will therefore be stepping away from his roles as Treasurer/CFO.

KVH has selected Jason Adler, Senior Director of Finance to follow Scott as Chief Financial Officer for Hospital District #1. I am proposing that Jason also represent Hospital District #2 as Treasurer, the role currently filled by Scott.

Jason has been with KVH since 2014 most recently as Senior Director of Finance. Jason currently reports directly to Scott. The personnel responsible for your financial reporting, accounts payable, audit and payroll currently report to Jason. Jason understands the complexities of billing and the cost report inside and out.

Scott will be transitioning here at KVH at the end of September but he has agreed to stay on for Hospital District #2 through the end of the year, giving you an opportunity to get to know Jason.

I will be seeking confirmation and approval from the Board at your meeting.

Note: Libby Allgood, our former CFO, has returned to KVH temporarily. Scott will continue as Senior Director of Revenue Cycle at KVH. Jason will move into the CFO role here and I myself am a former CFO, so – we have you covered when it comes to CFOs.

Ancillary Services report to HD 2 Board of Commissioners August 2023

Ancillary Service Operation Report:

47 Degrees North

On July 20 the City of Cle Elum issued a notice of application for the Sun 47 North Preliminary Plat application. Public comments may be submitted through Monday August 21, 2023. The City Development Review Team will conduct the required consistency review of the preliminary plat application concurrent with the consistency review of the proposed modifications to the approved Master Site Plan and Development Agreement. It is anticipated that a consolidated Staff Report will be prepared that includes a preliminary determination of whether the applications are consistent with the Cle Elum Comprehensive Plan, the Bullfrog UGA Development Agreement, and regulations in the Cle Elum Municipal Code under which the project is vested. This staff report will be made available for public review and comment at least 30 days prior to a single integrated public hearing conducted by the City's Hearings Examiner. The City Hearings Examiner will then review the Staff Report, all public comments and the direct testimony from the public hearing and will make a recommendation to the City Council to approve, approve with further conditions, or to deny each of the applications. A detailed description of the review process can be found on the City's website at www.cityofcleelum.com. The City did issue a Special Use Permit authorizing Sun Communities to continue to display their five model homes on Bullfrog Road through April 24, 2024.

506 Power Street

Ron Urlacher will be scheduling a meeting with the City of Cle Elum to discuss their requirements for allowing use of the building for PT/ST services without major modifications.

Urgent Care Imaging

Our X-ray equipment went down in early July and we upgraded the system to a digital system. Unfortunately we had issues with it on Friday August 11 and were not able to bring it back in service until Monday August 14. The problem was with a Windows upgrade on the vendor side.

Upper Kittitas County Recreational Center

Scott and I met with Melissa Becker and Claire Heins of the UCKRC on August 14 to further discuss an intent for Hospital District 1 to build out Rehab Services in the proposed Rec Center and lease space. The committee is working with the County Commissioner to form a Public Facilities District which would own/operate this property. Scott shared options with the Committee for public financing of a joint venture.

Ground Ambulance Patient Billing

The State OIC and the Federal Advisory Committees have been very busy. The Federal subcommittees have been meeting weekly and we had our second all day public meeting on August 16 to allow public input on topics of interest related to public disclosure, network adequacy and billing strategies. Public comment can be provided at GAPBAdvisoryCommittee@cms.hhs.gov. Comments are needed by September 5, 2023 to ensure that the committee has adequate time to consider the comments in their report of findings and recommendations. The next public meetings are Oct 31 and Nov 1, 2023.

The State OIC has a list of items that they have asked members of the advisory committee to rank in order of importance to include in our report of findings, recommendations, whether it should apply to emergency or scheduled transports and whether it should apply to public ambulance providers, private ambulance providers or both. Scott, Geoff and I met to review our priority rankings prior to submitting it to OIC. This is due by August 25.

Washington State EMS and Trauma Steering Committee

I have completed my nine year term on the committee, serving as the rural representative for WSHA. Ray Eickmeyer, Director of EMS at Lake Chelan has been appointed as my replacement.

Respectfully submitted by Rhonda Holden, MSN, CENP

	Suggester	Primary		1. Protects	2. Enhanced	4. Policy	5. Regulatory	6. Potential Medicaid MCO or	7. General	
Recommendation/Finding	Organization	Benefit	Primary Concern	THE REPORT OF THE PROPERTY OF THE PARTY OF T	EMS funding	legislation needed	Oversight Responsibility	commercial health plan rate Impact	Fund- State fiscal impact	Notes
Prohibit Balance Billing					31531			934-205-2000		
End Balance Billing for Consumers	OIC, NoHLA	Protects Consumers	Eliminates a currrent funding source for EMS providers	Yes	No	Yes	Yes-OIC	Yes	No	Directly related to legislative directive to submit report and any recommendations "as to how balance billing can be prevented and whether ground ambulance services should be subject to the BBPA. Also would require consumer cost-sharing calculation at in-network rates and application of consumer cost-sharing to their deductible and maximum out-of-pocket (MOOP) limits
Commercial Health Plan				1000	A BANK THE	PHARMA.				
Contracting										
										Addresse emergency situations, but balance billing more likely with respect
19										nonemergency services. Applying balance billing protection means that the
No distinction between in-network		Protects consumers in			Potentially, depends upon					service is calculated at the in-network cost-sharing rates. GA should not be
and OON status for ground	WS Hospital	emergency	Does not address non-emergent		rate established					considered OON – consumer has no choice of which EMS provider responds. GA providers don't have the bandwidth to negotiate or contract with carriers.
ambulance	Association	situations	services	Potential	by payer	Yes	Yes-OIC	Yes	No	Challenging to have "take it or leave it" contracting situations.
Ground Ambulance services not subject to deductible (except high-			Would still require contracting							
deductible health plans (HDHP) with		Protects	between carriers and providers if							
qualifying health savings accounts	Provider/Carrier	consumers from	not applied to OON providers as							Concern for HDHP enrollees who would be exempt from this. Contracting
(HAS)) Ground Ambulance Payment Rate	Survey	higher charges	well	Yes	Yes	Yes	Yes-OIC	Yes	No	requirement could still be necessary depending upon scope of this policy.
Options										
Cost-based reimbursement (similar	Provider/Carrier	Additional revenue for GA	Doesn't provide full revenue				Yes-OIC for commercial; HCA for		V ifli-d 4-	
to Critical Access Hospital [CAH])	Survey	providers	alternative	Potential	Yes	Yes	Medicaid	No	Yes, if applied to Medicaid	Legislation and oversight required. Plan to provide to only rural and super rural ambulances in certain designations
							-			9
Cap OON ground ambulance rate at			Does not provide alternative							
The state of the s	Provider/Carrier Survey	Sets rate for reimbursement	revenue source and concern about meeting costs	Potential	No	Yes	Yes-OIC	Yes	No	Limited for any side and fully address in the side of
relate to contract at a market rate	Survey	rembursement	about meeting costs	rotelitiai	INO	Tes	res-oic	ies	INO	Limiting for providers without fully addressing their concerns.
		A deliate and								
	Provider/Carrier	Additional revenue for GA	Contracting requirement if							
Reimburse at full billed charges	Survey	providers	limited to in-network provider	Potential	Yes	Yes	Yes-OIC	Yes	No	Contracting requirement would still be necessary for OON providers.
		Additional							No, if only	
Reimbursements at 350% of		revenue for GA							applied to	Current rates are 325% of Medicare in several other states that have recently
Medicare	WA Fire Chiefs	providers	Higher than any other state	Potential	Yes	Yes	Yes-OIC	Yes	commercial plans	enacted GA balance billing prohibitions
Reimburse at applicable local		Sets clear	Legislative oversight and						No, if only	
government/jurisdiction approved	WA Fire Chiefs	reimbursement rate for providers	variations per county and	Detential	v	V	V 016	Was	applied to	
rate	VVA FILE CHIEIS	Sets clear	jurisdiction	Potential	Yes	Yes	Yes-OIC	Yes	commercial plans	Provides clear rate in statues.
Reimburse at applicable local		reimbursement								
jurisdiction fixed rate, or if no local rate, at lesser of fixed percentage of		rate for providers with back up	Legislative oversight and						No, if only	
Medicare (e.g. 325%) or billed		option if none	variations per county and						applied to	Provides clear rate in statues. Consistent with approach taken in several states
charges	oic	exists	jurisdiction	Potential	Yes	Yes	Yes-OIC	Yes	commercial plans	that have recently enacted GA balance billing prohibitions

THE RESIDENCE OF THE PROPERTY OF THE PARTY.	RESERVATION OF STREET			Carlotte Control Control						
Recommendation/Finding	Suggester Organization	Primary Benefit	Primary Concern	Service Co.	2. Enhanced EMS funding	4. Policy legislation needed	5. Regulatory Oversight Responsibility	6. Potential Medicaid MCO or commercial health plan rate Impact	7. General Fund- State fiscal impact	Notes
Ensure mechanism is set up for providers to dispute improper payment	Washington Ambulance Association. WA Fire Chiefs	Protects consumers and providers	Requires regulatory oversight	No	Impact TBD	Yes	Yes-OIC	n/a	No, if only applied to commercial plans	Less about new options and more about oversight that is important for providers and consumers. Could be folded into existing BBPA IDR process.
Allow self-insured groups to opt into any protections	NoHLA	Provides protections for consumers	Not a guarantee for all consumers in WA	Yes	Impact TBD	No, current SFGHP opt-in statute would accommodate BBPA amdmt.	Yes-OIC	n/a	n/a	Additional consumer protection that should be considered following original BBPA guidelines
Develop reimbursement model that manages prices appropriately	NoHLA	Provides mechanism for evolving price changes	Requires constant regulatory oversight	Potential	Yes	Yes	Yes-OIC	Yes	No	Would require legislation and regular oversight but could help manage prices more appropriately
Coverage of Services Not Currently/Generally Billable										
Coverage for transport to alternative sites, consistent with recent BBPA amendment including behavioral health crisis services as emergency services	OIC	Coverage for additional services leading to alternative revenue	Ability of alternative sites to accept patients	Potential	Yes	Yes	Yes-OIC	Yes	No, if only applied to commercial plans	Provides alternative revenue. Important to consider implications for emergency and non-emergency transports and if this would impact people's willingness to call 911.
Coverage of non-covered services such treat, but no transport	Washington Ambulance Association. WA Fire Chiefs, Systems Design	Coverage for additional services leading to alternative revenue	Ensuring appropriate reimbursement rate	Potential	Yes	Yes	Yes-OIC	Yes	No, if only applied to commercial plans	Would increase revenue through coverage of different services. Would require legislation and consider impacts on emergency and non-emergent situations. Also if it would limit or impact the willingness of some to call 911 at all.
Coverage for unloaded miles	OIC	Coverage of a service thus providing an additional funding source	Ensuring appropriate reimbursement rate	Potential	Yes	Yes	Yes-OIC	Yes	No, if only applied to commercial plans	Provides alternative revenue source, but important to consider if it would make up the difference and the impact for rural and super rural communities.
Public Program Funding										
Increase Medicare reimbursement	Provider/Carrier Survey	Additional funding for providers	The federal gov't (CMS) sets Medicare rates	Potential	Yes	Yes	Yes- CMS	Yes	Yes	This would require significant legislation and is inadequate to fully address the needs of consumers being balanced billed, we also have no control over Medicare rates and therefore could not feasibly enforce that portion of it
Ground Ambulance Medicaid Payment Rate Options				in Alam						
Increase Medicaid Reimbursement	Provider/Carrier Survey	Additional funding for providers	Rates not set by OIC	Potential	Yes	Yes	Yes- HCA for Medicaid	Yes	Yes	This would require significant legislation and is inadequate to fully address the needs of consumers being balanced billed, we also have no control over Medicare rates and therefore could not feasibly enforce that portion of it
Maintain GEMT program with current scope of allowable costs	Provider/Carrier Survey	Continues an essential funding source for public providers	Doesn't address private ambulances or provide enough revenue to cover that lost from balance billing	No cost-sharing for Medicaid clients	No	No	Yes- HCA	No	No	This is likely to happen and does not address private providers or fully provide alternative revenue source for balance billing

Recommendation/Finding	Suggester Organization	Primary Benefit	Primary Concern	PARTITION SECTION	2. Enhanced EMS funding	4. Policy legislation needed	5. Regulatory Oversight Responsibility	6. Potential Medicaid MCO or commercial health plan rate Impact	7. General Fund- State fiscal impact	Notes Notes
Continue QAF beyond current expiration date (07/01/2028)	Provider/Carrier Survey	source for private	Doesn't address public ambulances or provide enough revenue to cover that lost from balance billing	Potential	No	Yes	Yes- HCA	No		While this is likely to happen currently it is not guaranteed in 5 years and still does not fully provide alternative revenue source for balance billing.
Enhance QAF funding (subject to federal 6% cap on provider tax/donations programs)	Provider/Carrier Survey		We are very close to the cap already	Potential	Yes	Yes	Yes- HCA	No		Currently QAF is capped at 6%. We are very close to the cap, but not there yet. Chapter 74.70
The residence of the section of the	Provider/Carrier Survey	Provides additional revenue to GA providers	Doesn't provide full revenue alternative	Potential	Yes		Yes- OIC for commercial; HCA for Medicaid	No	Yes, if applied to	Legislation and oversight required. Plan to provide to only rural and super rural ambulances in certain designations
	Provider/Carrier Survey		Subject to local determination	Yes	Yes-if passed	Yes	Yes-Local gov'ts	No		Would require legislation and voter approval in every county on 6- and 10- year basis to increase unless permanent levy is in place. Would have to be county specific, unless a state-wide levy was created which would require additional legislation.
Make EMS an essential health service that is provided by states and funded by federal, state and/or local funds	WS Hospital Association	Provides protection and additional revenue source	Requires legislation	Yes	Yes	Yes	Yes- DOH & local gov'ts	No		This would protect consumers and apply public health logic to EMS services, however it would require legislative buy in and would completely shift how EMS has previously been viewed.

Kittitas County Hospital Dist 2 Statement of Revenue and Expense

MEDICAL BILLABLE RUNS	86	75	11	490	490	0	490
AVERAGE CHARGE PER RUN	2,792	2,120	672	2,483	2,219	264	2,342
Γ		Current Month			Year to Date		Prior
_	Actual	Budget	Variance	Actual	Budget	Variance	YTD
INTEREST INCOME	17,220	7,350	9,870	114,552	51,450	63,102	(14,764)
RENTAL INCOME	23,058	25,709	(2,651)	161,818	179,958	(18,140)	176,961
OTHER OPERATING REVENUE	3,914	8,675	(4,761)	84,874	60,725	24,149	16,429
AMBULANCE REVENUE	240,081	158,977	81,104	1,216,709	1,087,197	129,512	1,147,640
TOTAL REVENUE	284,272	200,711	83,561	1,577,953	1,379,330	198,623	1,326,265
CONTRACTUAL ADJUSTMENTS	60,713	88,810	(28,097)	410,385	607,346	(196,961)	389,886
GEMT PROGRAM CHANGE 2023	20,000	0	20,000	140,000	0	140,000	0
BAD DEBT	12,251	11,446	805	68 603	78,280	(9,677)	66,592
CHARITY CARE	(0)	1,872	(1,872)	889	13,102	(12,213)	961
DEDUCTIONS FROM REVENUE	92,963	102,128	(9,165)	619,877	698,728	(78,851)	457,439
NET OPERATING REVENUE	191,309	98,583	92,726	958,076	680,602	277,474	868,826
SALARIES AND WAGES	101,043	124,266	(23,223)	773,127	849,871	(76,744)	735,608
EMPLOYEE BENEFITS	31,531	36,809	(5,278)	254,922	254,889	33	225,572
PROFESSIONAL FEES	375	1,917	(1,542)	28,157	13,415	14,742	13,866
SUPPLIES	16,060	9,931	6,129	77,343	68,697	8,646	75,840
UTILITIES	4,461	4 164	297	28,921	29,151	(230)	29,085
PURCHASED SERVICES	37,156	27,251	9,905	214,125	196,745	17,380	159,796
CEUCC SUBSIDY EXPENSE	16,578	16,578	0	116,048	116,050	(2)	113,773
DEPRECIATION	46,637	44,550	2,087	320,469	311,841	8,628	247,914
INSURANCE	3,170	3,125	45	22,370	21,869	501	20,644
LICENSES AND TAXES	1,054	931	123	5,626	6,493	(868)	8,081
INTEREST EXPENSE	9,211	9,211	0	64,477	64,477	Ò	69,877
TRAVEL AND EDUCATION	27	463	(436)	4,079	3,247	832	6,298
OTHER DIRECT EXPENSES	3,608	988	2,620	8,945	6,925	2,020	7,467
EXPENSES	270,912	280,184	(9,272)	1,918,608	1,943,670	(25,062)	1,713,822
OPERATING INCOME (LOSS)	(79,604)	(181,601)	101,997	(960,532)	(1,263,068)	302,536	(844,995)
TAX LEVY INCOME	150,686	148,578	2,108	1,051,858	1,040,044	11,814	963,604
GAIN LOSS ASSET DISPOSITION	0	0	0	0	0	0	0
NON OPERATING OTHER INCOME OR EXPENS	0	0	0	Ō	Ō	ō	859
INTERGOVERNMENTAL REV OR EXP	0	Ō	Ö	ō	ō	ō	0
NON-OPERATING BOND ISSUE COST	0	0	0	Ō	0	Ō	ō
NET INCOME (LOSS)	71,083	(33,023)	104,106	91,327	(223,024)	314,351	119,467
DAYS CASH ON HAND	301.0						
AR DAYS	89.8						
CURRENT RATIO	8.63						

Kittitas County Hospital Dist 2 Statement of Revenue and Expense

MEDICAL BILLABLE RUNS AVERAGE CHARGE PER RUN	86 2,792	75 2,120	11 672	490 2,483	490 2,219	0 264	490 2,342
				y			
L		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	Ō	0	ō	0	ō	Ö
OTHER OPERATING REVENUE	3,914	8,675	(4,761)	59,466	60,725	(1,259)	16,429
AMBULANCE REVENUE	240,081	158,977	81,104	1,216,709	1,087,197	129,512	1,147,640
TOTAL REVENUE	243,995	167,652	76,343	1,276,175	1,147,922	128,253	1,164,069
			,	, ,	, ,	•	, . ,
CONTRACTUAL ADJUSTMENTS	60,713	88,810	(28,097)	410,385	607,346	(196,961)	389,886
GEMT PROGRAM CHANGE 2023	20,000	0	20,000	140,000	0	140,000	. 0
BAD DEBT	12,251	11,446	805	68,603	78,280	(9,677)	66,592
CHARITY CARE	(0)	1,872	(1,872)	889	13,102	(12,213)	961
DEDUCTIONS FROM REVENUE	92,963	102,128	(9,165)	619,877	698,728	(78,851)	457,439
NET OPERATING REVENUE	151,031	65,524	85,507	656,298	449,194	207,104	706,630
041 45150 4415 1414 050							
SALARIES AND WAGES	100,403	123,953	(23,550)	771,847	847,681	(75,834)	733,432
EMPLOYEE BENEFITS	31,483	36,785	(5,302)	254,824	254,722	102	225,102
PROFESSIONAL FEES	0	0	0	0	0	0	0
SUPPLIES	16,060	9,931	6,129	77,343	68,697	8,646	61,294
UTILITIES	3,697	3,572	125	25,107	25,006	101	24,493
PURCHASED SERVICES	23,061	15,117	7,944	107,923	105,810	2,113	74,109
CEUCC SUBSIDY EXPENSE	0	0	0	0	0	0	0
DEPRECIATION	14,980	12,883	2,097	102,181	90,176	12,005	57,103
INSURANCE	867	929	(62)	6,068	6,505	(437)	6,351
LICENSES AND TAXES	1,054	800	254	5,601	5,600	1	8,056
INTEREST EXPENSE	0	0	0	0	0	0	0
TRAVEL AND EDUCATION	458	463	(5)	4,079	3,247	832	6,298
OTHER DIRECT EXPENSES	0	95	(95)	1,353	670	683	860
EXPENSES	192,063	204,528	(12,465)	1,356,326	1,408,114	(51,788)	1,197,097
OPERATING INCOME (LOSS)	(41,032)	(139,004)	97,972	(700,027)	(958,920)	258,893	(400, 467)
Of ERATING MODILE (E000)	(41,032)	(139,004)	31,312	(100,021)	(930,920)	230,033	(490,467)
TAX LEVY INCOME	72.805	70,984	1,821	507,644	496,889	10,755	464,817
GAIN LOSS ASSET DISPOSITION	0	0	0	0	0	0	0
NON OPERATING OTHER INCOME OR EXPENS	0	ō	Ö	ō	0	0	Ö
INTERGOVERNMENTAL REV OR EXP	Ö	ő	0	Ö	ő	0	0
NON-OPERATING BOND ISSUE COST	ŏ	Ö	Ö	ő	0	0	0
					_	-	,
NET INCOME (LOSS)	31,773	(68,020)	99,793	(192,383)	(462,031)	269,648	(25,650)

Kittitas County Hospital Dist 2 Statement of Revenue and Expense

		Current Month		<u></u>		Prior	
	Actual	Budget	Variance	Actual	Year to Date Budget	Variance	YTD
WITEREST W/0.045		•			•		
INTEREST INCOME	17,220	7,350	9,870	114,552	51,450	63,102	(14,764)
RENTAL INCOME	23,058	25,709	(2,651)	161,818	179,958	(18,140)	176,961
OTHER OPERATING REVENUE	0	0	0	25,408	0	25,408	0
AMBULANCE REVENUE	0	0	0	0	0	0	0
TOTAL REVENUE	40,277	33,059	7,218	301,778	231,408	70,370	162,196
CONTRACTUAL ADJUSTMENTS	0	0	0	0	0	0	0
GEMT PROGRAM CHANGE 2023	0	0	0	0	0	0	0
BAD DEBT	0	0	0	0	0	0	0
CHARITY CARE	0	00	0	0	0	0	0
DEDUCTIONS FROM REVENUE	0	0	0	0	0	0	0
NET OPERATING REVENUE	40,277	33,059	7,218	301,778	231,408	70,370	162,196
SALARIES AND WAGES	640	313	327	1,280	2,190	(910)	2,176
EMPLOYEE BENEFITS	49	24	25	98	167	(69)	471
PROFESSIONAL FEES	375	1,917	(1,542)	28,157	13,415	14,742	13,866
SUPPLIES	0	0	` o´	0	· o	· o	14,546
UTILITIES	764	592	172	3,814	4,145	(331)	4,592
PURCHASED SERVICES	14,095	12,134	1,961	106,202	90,935	15,267	85,687
CEUCC SUBSIDY EXPENSE	16,578	16,578	0	116,048	116,050	(2)	113,773
DEPRECIATION	31,657	31,667	(10)	218,288	221,665	(3,377)	190,811
INSURANCE	2,303	2,196	107	16,302	15,364	938	14,294
LICENSES AND TAXES	0	131	(131)	25	893	(868)	25
INTEREST EXPENSE	9,211	9,211	0	64,477	64,477	0	69,877
TRAVEL AND EDUCATION	(432)	0	(432)	0	0	0	0
OTHER DIRECT EXPENSES	3,608	893	2,715	7,593	6,255	1,338	6,607
EXPENSES	78,849	75,656	3,193	562,282	535,556	26,726	516,725
OPERATING INCOME (LOSS)	(38,572)	(42,597)	4,025	(260,505)	(304,148)	43,643	(354,528)
TAX LEVY INCOME	77,882	77,594	288	544,214	543,155	1,059	498,787
GAIN LOSS ASSET DISPOSITION	0	0	0	0	0	0	0
NON OPERATING OTHER INCOME OR EXPENS	0	0	0	0	0	0	859
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)	39,310	34,997	4,313	283,710	239,007	44,703	145,118
DAYS CASH ON HAND	301.0						
AR DAYS	89.8						
CURRENT RATIO	8.63						
	5.50						

Kittitas County Hospital Dist 2

Balance Sheet

	Year to Date	Prior Year End	<u>Change</u>
CASH	629,414	1,007,564	(378,150)
ACCOUNTS RECEIVABLE	145,949	310,534	(164,586)
TAXES RECEIVABLE	767,632	39,232	728,400
RIGHT OF USE RECEIVABLE	2,609,757	2,728,050	(118,294)
PREPAIDS	46,060	15,868	30,191
INVESTMENTS	1,682,292	2,251,901	(569,608)
CURRENT ASSETS	5,881,103	6,353,149	(472,046)
LAND	2,045,765	843,524	1,202,241
PROPERTY, PLANT,& EQUIPMENT	10,682,745	10,657,272	25,473
ACCUMULATED DEPRECIATION	(4,552,831)	(4,232,361)	(320,469)
NON CURRENT ASSETS	8,175,680	7,268,435	907,244
NET PENSION ASSET	766,580	766,580	0
DEFERRED OUTFLOWS	421,822	421,822	0
ASSETS	15,245,185	14,809,986	435,199
ACCOUNTS PAYABLE	88,417	91,129	(2,712)
INTEREST PAYABLE	17,392	9,417	7,975
ACCRUED PAYROLL	41,869	36,710	5,159
ACCRUED BENEFITS	84,186	112,650	(28,463)
CEUCC SUBSIDY PAYABLE	116,048	195,039	(78,991)
DEFERRED OTHER	24,709	25,709	(1,000)
CURRENT PORTION REVENUE BOND - LTGO	308,678	308,678	0
CURRENT LIABILITIES	681,300	779,332	(98,031)
LONG TERM REVENUE BOND - LTGO	2,861,911	3,014,950	(153,038)
NET PENSION LIABILITY	19,797	19,797	0
DEFERRED INFLOWS - PENSION	691,914	691,914	0
DEFERRED INFLOW RIGHT OF USE	2,499,205	2,654,023	(154,818)
DEFERRED INFLOWS - LEVY	749,760	0	749,760
NONCURRENT LIABILITIES	6,822,587	6,380,684	441,904
LIABILITIES	7,503,888	7,160,015	343,872
NET INCOME (LOSS)	91,327	0	91,327
UNRESTRICTED FUND BALANCE	7,649,971	7,649,971	. 0
FUND BALANCE	7,741,298	7,649,971	91,327
TOTAL LIABILITIES AND NET POSITION	15,245,185	14,809,986	435,199

Kittitas County Hospital Dist 2

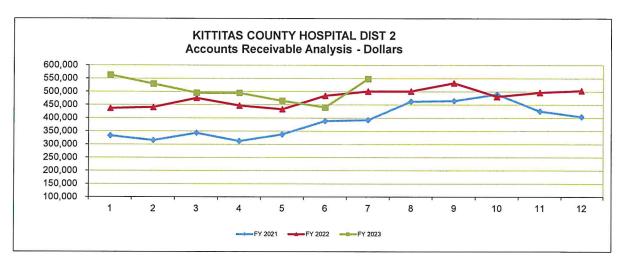
Statement of Cash Flows

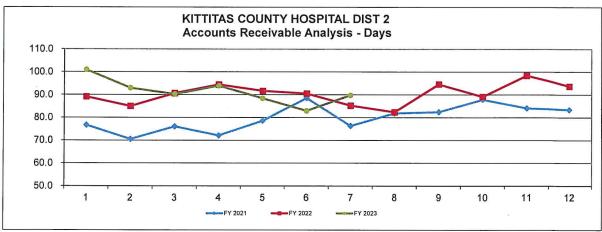
	CACH
NET BOOK INCOME	<u>CASH</u> 91,327
THE I BOOK II VOONE	91,327
ADD BACK NON-CASH EXPENSE	
DEPRECIATION	320,469
NET CASH FROM OPERATIONS	411,796
	,
CHANGE IN CURRENT ASSETS	
PATIENT ACCOUNTS AND OTHER RECEIVABLES	164,586
PROPERTY TAX RECEIVABLE	(728,400)
RIGHT OF USE RECEIVABLE	118,294
PREPAID EXPENSE	(30,191)
TOTAL CHANGE IN CURRENT ASSETS	(475,712)
DUDGUAGE OF BROBERTY BLANT & FOURTH	
PURCHASE OF PROPERTY, PLANT & EQUIPMENT	(25,473)
NET PENSION ASSET	0
DEFERRED OUTFLOWS	0
CHANGE IN INVESTMENTS PROCEEDS FROM SALE/MATURITY OF INVESTMENTS	569,608
PROCEEDS PROMISALE/MATURITY OF INVESTMENTS	
TOTAL CHANGE IN ASSETS	68,423
	,
CHANGES IN CURRENT LIABILITIES	
ACCOUNTS PAYABLE	(2,712)
INTEREST PAYABLE	7,975
ACCRUED PAYROLL	5,159
ACCRUED BENEFITS	(28,463)
CEUCC SUBSIDY PAYABLE	(78,991)
DEFERRED OTHER	(1,000)
TOTAL CHANGE CURRENT LIABILITIES	(98,031)
DDINGIDLE DAYMENT ON DEVENUE DOND	(450,000)
PRINCIPLE PAYMENT ON REVENUE BOND	(153,038)
NET PENSION LIABILITY	0
DEFERRED INFLOWS PENSION AND LEVY	749,760
DEFERRED INFLOW RIGHT OF USE NET CHANGE IN CASH	(154,818)
BEGINNING CASH ON HAND	824,092
DEGININING CASH ON HAND	1,007,564
ENDING CASH ON HAND	1,831,655



KITTITAS COUNTY HOSPITAL DIST 2 Accounts Receivable Analysis

	Jul-23	Jun-23	May-23	Apr-23	Mar-23	Feb-23	Jan-23	Dec-22	Nov-22	Oct-22	Sep-22	Aug-22
SYS DESIGN EMS												
A/R Dollars	547,857	439,719	464,456	494,771	495,226	529,329	562,853	502,991	496,457	480,632	532,130	501,313
A/R Days	89.8	82.9	88.4	93.9	90.2	92.9	100.9	93.7	98.4	89.1	94.6	82.4







KITTITAS COUNTY HOSPITAL DIST 2

BOARD MEETING Jul 2023 ACTIVITY

ACCOUNTS PAYABLE WARRANTS/ EFTS TO	BE APPROVED			CHECK DATE:
# 1 WARRANT NUMBERS: # 2 WARRANT NUMBERS: # 3 WARRANT NUMBERS: (VOID) # 4 WARRANT NUMBERS: # 5 WARRANT NUMBERS: # 6 WARRANT NUMBERS:	13867-13874 13875-13886 13879 13887-13902 13903-13921 13922-13931	NET AMOUNT: NET AMOUNT: NET AMOUNT: NET AMOUNT: NET AMOUNT: NET AMOUNT:	2,815.14 14,116.03 (71.06) 220,740.52 39,179.09 8,020.68 284,800.40	5-Jul-23 10-Jul-23 10-Jul-23 17-Jul-23 24-Jul-23 31-Jul-23
PAYROLL WARRANTS / EFTS TO BE APPRO	VED			
PPE 07/01/2023 PPE 07/15/2023		NET AMOUNT: NET AMOUNT:	34,477.72 35,095.11 69,572.83	7-Jul-23 21-Jul-23
TOTAL NET WARRANTS & EFT'S			354,373.23	



Account Class	Check No Vendor	Amount
Balance Sheet	13877 DEPARTMENT OF RETIREMENT SYSTEMS	470.90
	13878 DEPARTMENT OF RETIREMENT SYSTEMS	4,107.36
	13890 DEPARTMENT OF LABOR & INDUSTRIES	3,471.76
	13891 EMPLOYMENT SECURITY DEPARTMENT	2,354.14
	13897 KITTITAS VALLEY HEALTHCARE	195,039.00
	13907 DEPARTMENT OF RETIREMENT SYSTEMS	3,946.05
	13908 DEPARTMENT OF RETIREMENT SYSTEMS	812.19
	13910 EMPLOYMENT SECURITY DEPARTMENT	1,796.93
	13913 KITTCOM	20,307.25
	13922 AFLAC	543.91
	13924 BROWN & BROWN OF WASHINGTON, INC.	110.36
	13924 BROWN & BROWN OF WASHINGTON, INC.	110.36
	13926 IMAGETREND, INC.	3,969.00
Employee Benefits	13878 DEPARTMENT OF RETIREMENT SYSTEMS	2,700.40
	13880 IAFF HEALTH & WELLNESS TRUST	900.00
	13898 LEE HADDEN	725.00
	13907 DEPARTMENT OF RETIREMENT SYSTEMS	2,597.76
Professional Fees	13883 MEYER, FLUEGGE & TENNEY INC. P.S.	375.00
Supplies	13867 CARDINAL HEALTH 112, LLC	72.30
	13871 JAMES OIL CO., INC.	773.88
	13873 LIFE ASSIST, INC.	348.41
	13875 AMAZON	109.14
	13875 AMAZON	597.37
	13876 CARDINAL HEALTH 112, LLC	184.24
	13879 GALLS, LLC	60.59
	13879 GALLS, LLC	10.47
	13879 GALLS, LLC	(10.47)
	13879 GALLS, LLC	(60.59)
	13881 KITTITAS VALLEY HEALTHCARE	1,383.29
	13882 LIFE ASSIST, INC.	185.93
	13884 OXARC INC	96.91
	13889 CLE ELUM HARDWARE & RENTAL	12.95
	13892 GALLS, LLC	104.75
	13892 GALLS, LLC	60.59
	13894 JAMES OIL CO., INC.	1,161.80
	13899 LIFE ASSIST, INC.	514.57
	13900 MOUNTAIN AUTO PARTS	39.54
	13902 STATE DEPARTMENT OF TRANSPORTATION	1,630.32
	13903 AMAZON	240.50
	13904 CARDINAL HEALTH 112, LLC	915.50
	,	
	13911 GOOD TO GO	8.25

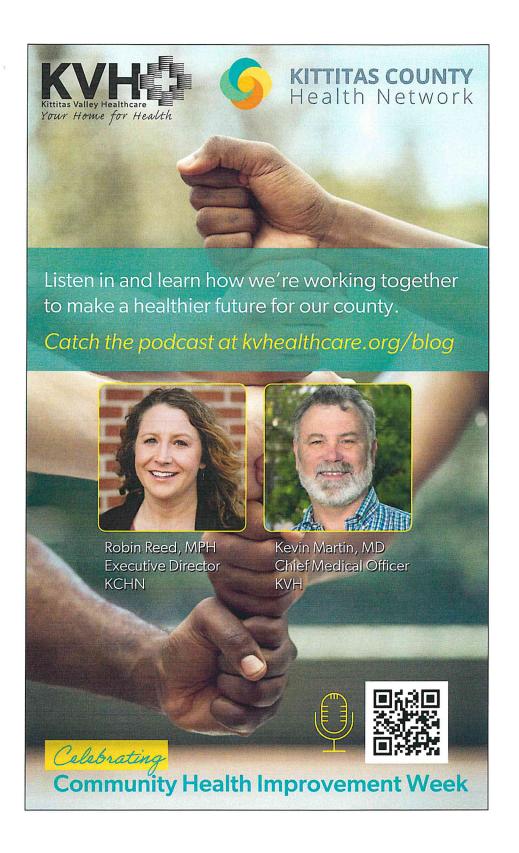
	42045 (4)777746 (4)4157415417416417	
	13915 KITTITAS VALLEY HEALTHCARE	102.52
	13916 LIFE ASSIST, INC.	848.89
*	13919 OXARC INC	281.82
	13923 AMAZON	158.91
	13925 CARDINAL HEALTH 112, LLC	61.91
	13927 LIFE ASSIST, INC.	510.75
	13927 LIFE ASSIST, INC.	895.07
	13929 OXARC INC	177.84
Hailiann	13931 TELEFLEX LLC	929.50
Utilites	13868 CENTURYLINK	147.87
	13869 DISH NETWORK	182.58
	13872 KITTITAS COUNTY FIRE DISTRICT #7	200.00
	13872 KITTITAS COUNTY FIRE DISTRICT #7	200.00
	13874 MCI	38.10
	13886 VERIZON	492.11
	13888 AT & T MOBILITY	175.70
	13893 INLAND NETWORKS	205.41
	13895 KITTITAS COUNTY FIRE DISTRICT #7	200.00
	13901 PUGET SOUND ENERGY	35.52
	13905 CITY OF CLE ELUM	560.31
	13905 CITY OF CLE ELUM	422.88
	13905 CITY OF CLE ELUM	457.79
	13905 CITY OF CLE ELUM	116.68
	13905 CITY OF CLE ELUM	116.68
	13917 MCI	38.15
	13920 PUGET SOUND ENERGY	738.01
	13920 PUGET SOUND ENERGY	13.79
	13920 PUGET SOUND ENERGY	46.16
	13920 PUGET SOUND ENERGY	10.89
	13930 STATE OF WA DEPT OF ECOLOGY	65.00
Purchased Services	13870 ENSEMBLE SOLUTIONS GROUP	852.00
	13885 SYSTEMS DESIGN	1,962.63
	13889 CLE ELUM HARDWARE & RENTAL	62.64
	13889 CLE ELUM HARDWARE & RENTAL	70.31
	13889 CLE ELUM HARDWARE & RENTAL	17.27
	13889 CLE ELUM HARDWARE & RENTAL	98.32
	13896 KITTITAS VALLEY HEALTHCARE	8,516.81
	13896 KITTITAS VALLEY HEALTHCARE	5,969.12
	13906 CITY OF CLE ELUM FIRE DEPARTMENT	200.00
	13914 KITTITAS COUNTY FIRE DISTRICT #7	200.00
	13914 KITTITAS COUNTY FIRE DISTRICT #7	450.00
	13914 KITTITAS COUNTY FIRE DISTRICT #7	200.00
	13914 KITTITAS COUNTY FIRE DISTRICT #7	200.00
	13914 KITTITAS COUNTY FIRE DISTRICT #7	450.00
	13914 KITTITAS COUNTY FIRE DISTRICT #7	200.00
	13918 MICROSOFT	15.13
	13918 MICROSOFT	472.94
	13921 YAKIMA ADJUSTMENT SERVICE INC	410.90
	13928 MICROSOFT	15.13

Licenses & Taxes
Other Direct Expenses

13928	MICROSOFT	472.94
13909	DEPARTMENT OF REVENUE-EXCISE	1,053.96
13875	AMAZON	479.69
13887	3RD STUDIO INC	275.00
		284 800 40

KITTITAS COUNTY PUBLIC HOSPITAL DISTRICT #2 US BANCORP INVESTMENTS July 31, 2023

		INVESTMENT	MATURITY	YTM	MATURITY	INVESTMENT	MARKET	UNREALIZED
INVESTMENT TYPE	CUSIP	DATE	DATE	%	AMOUNT	AMOUNT	VALUE	GAIN/(LOSS)
FHLB	3130ATWQ6	11/29/2022	11/17/2023	4.750%	1,000,000.00	998,815.00	996,605.27	(2,209.73)
FNMA	3135G06B4	7/27/2021	10/22/2025	0.570%	300,000.00	299,874.30	272,538.88	(27,335.42)
TOTAL					1,300,000.00	1,298,689.30	1,269,144.15	(29,545.15)



half of the water rights in the basin. Senior rights will not be reduced this year.

The July forecast is based on flows, precipitation, snowpack, and reservoir storage are also critical in determining stream flows, extent to which the reservoirs fill, and water supply for irrigation.

Reclamation will provide bimonthly analyses while proratthe water year, which is through early October, using the latest data each month to reflect changing conditions.

For more information, visit www.usbr.gov/pn/hy-dromet/yakima/.

advisory?

A drought advisory provides early warning of a possible drought. It promotes awareness and readiness for water users in areas where drought conditions are developing. Drought advisories are

To make matters the 60 days between and June 23, the stat ceived 47% of normatation, and soil moalso low in most of

Watersheds on b

Our responder team is uniquely qualified to:

Provide medications

Intubate to assist with breathing

on

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9S 01 Utilize 12-lead EKG monitoring to ID heart attacks and transmit information to the hospital before arrival

Medic One is a sérvice of Kittitas County Hospital District 2



NORTHERN KITHTAS COUNTY RIBUN

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hatchery and working at the three acclimation ponds where the small fry or fingerlings are introduced to the native waters before release to the Yakima River.

The hatchery provides housing for operators that must be ready to respond to alarms should closely monThe Yakama Nation operates and maintains the hatchery with research assistance from the Washington Department Fish and Wildlife (WDFW) and funding from Bonneville Power Administration.

The Importance of



SERVING UP SALMON. Simon Goudy and Chad Stockton know how to bake salmon to perfection.

N.K.C. TRIBUNE/Carl Nelson photo • 2023

WARRIOR VETERANS are always honored at the Annual Salmon Bake. Here the Warriors gather at the monument honoring Levi George who served the Yakama Nation and was instrumental in bringing he Spring Chinook Hatchery into being in 1997.

N.K.C. TRIBUNE/Carl Nelson photo • 2023





Located in the heart of Washi State, Kittitas County is a diverbeautiful landscape, from the I tains, lakes, and forests in the w the semiarid shrub-steppe with cultural lands leading to the Col River in the east. When the sett Ellensburg sought to break awar Yakima County and establish own county, they wanted to ga tonomy as well as increase chances of the county seat, I burg, becoming the state capita Washington Territorial Legislati tablished Kittitas County in 188 just a few years later, the arrival Northern Pacific Railroad c aided in the settling of the c Soon, coal was discovered in I western Kittitas County, which vided a boom in settlement ar expansion of the upper county ulation. Today. Interstate 90. follows an old Native America brings people from the Seattl into Kittitas County, much as th has for millennia.

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SZ THURSDAY, JULY 20, 2023 ♦ NKC TRIBUNE

Improved mental health

Drawing, painting, or molding objects from clay has been scientifically proven to help people to deal with different kinds of trauma. In their article 'The Connection Between Art, Healing, and Public Health,' Heather L. Stuckey and Jeremy Nobel say that "art helps people express experiences that are too difficult to put into words, such as a diagnosis of cancer."

Brain-boosting effects

Albert Einstein reportedly said that music was so much a part of his life that if he hadn't been a physicist, he would have been a musician. A review published in 2014 suggests that individuals with musical training have improved connectivity between the two hemispheres of their brains.

Another creative pursuit that improves our cognition is play-acting. A study from 2004 found that older individuals who were encouraged to participate in theater performances had improved psychological well-being after 4 weeks. They also exhibited better cognitive functioning. In particular, the participants experienced better word and listening recall, as well as improved problem-solving abilities.

Physical health benefits

"Studies have shown that ... individuals who have written about their own traumatic experiences exhibit statistically significant improvements in various measures of physical health, reductions in visits to physicians, and better immune system functioning," write Stuckey and Nobel.

Writing was also seen to help with chronic pain management. People dealing with conditions that made them experience chronic pain had improved pain control plus a decline in pain severity after expressing angry feelings in written form over a period of 9 weeks.

-Excerpted from "What are the health benefits of being creative?" at medicalnewstoday.com

Since 2022, KVH employee benefits include free classes for staff at Gallery One. Stop by the KVH Medical Arts Center on First Friday Art Walks and see their creations!

What are the health benefits of being creative?

Photo: KVH Gallery One pottery clas

