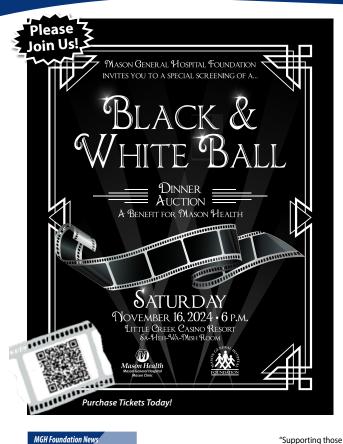
What's Happening



Staffing Updates

Mason Health hires Chief Human Resource Officer Carolyn McCain

Mason Health is pleased to announce the appointment of Carolyn McCain as the District's new Chief Human Resource Officer, bringing more than two decades of experience in human resources and health care leadership to the organization.

With a deep commitment to fostering strong relationships and supporting those who care for our communities. Carolyn is poised to make a meaningful impact at Mason Health.



Carolyn graduated with a degree in Business Management from the University of Phoenix in 2003 and an MBA in Human Resources Management from the Center for Graduate Studies at Baker College in 2009.

Carolyn's path in Human Resources leadership has taken her through various roles, from benefits administrator at Minacs in Farmington, Michigan, to Division HR Manager in Littleton, Colorado, to eventually the Chief Human Resource Officer at Curry Health in Gold Beach, Oregon.

"Supporting those who take care of our communities is my true passion," Carolyn shared. "While I'm not a caregiver myself, I believe that HR plays a critical role in caring for our staff, who are, in turn, able to provide the best care for patients. At Mason Health, I'm excited to be part of a team where relationships and trust are at the heart of what we do."



Congratulations to Alexander Cruz, MA-C, for being named the October 2024 Employee of the Month.

that promotes community generosity and supports nonprofits across Thurston. Mason, and Lewis Counties. Over the past five years, Mason General Hospital Foundation has successfully raised \$43,270 through the Community

Hospital Foundation.

Give Local – Save the Date!

For the fifth year in a row, Mason General Hospital Foundation

is participating in the Community Foundation of South Puget

Sound's Give Local campaign, running Nov. 11 through Nov.

providing much-needed medical equipment for Mason County

local community by donating in any amount to Mason General

patients. Join us today in supporting the health care needs of our

Give Local South Puget Sound is an annual online giving campaign

22 online. Funds raised help support the mission of Mason Health,



Foundation of South Puget Sound's Give Local campaign, which, combined with the Bonus Fund match of \$7,560.67, brings the total funds raised to \$50,920.67.

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News Briefs

Mason Health announces DAISY Award for **Extraordinary Nurses winner**

Mason Health is proud to announce our second winner of the

DAISY Award for Extraordinary Nurses -Rebecca Bingham, RN, from the Emergency Department. Bingham was honored at Mason Health's second DAISY Award Ceremony on Friday, Oct. 11.

Bingham's nominator shared this story: "In February 2024, I came to the emergency room with a miscarriage. While in triage I asked if I could

request a nurse. Rebecca gave me a huge hug and said, 'We are going to get through today, okay?' She was there for me, she let me cling to her like a lost puppy, communicated my feelings with the other staff when I couldn't, and by the time I left the ER I had to refrain from telling her 'I love you.' This nurse is everything anyone could ever want or ask for in a nurse. This

nurse deserves all the awards." Share your story of what your

nurse has meant to you, by nominating them for The DAISY Award by scanning this QR code or visit the Mason Health website at www.masonhealth.com



Classes and Workshops

Cancer Wellness Workshop

Mason Health, in partnership with Harmony Hill Retreat Center and with the financial support of the Karen Hilburn Cancer Fund, is hosting virtual cancer support groups. For more information, call 360-432-7706 or email patientnavigator@masongeneral.com.

Time: 4 to 6:30 p.m., second Wednesday of the month Location: ZOOM or conference call Cost: Free

SPEAK OUT Therapy Program

Lead locally by Mason Health's Monica Vinson. Speech Language Pathologist, the SPEAK OUT® Therapy Program, developed by the Parkinson Voice Project®, helps people with Parkinson's regain and retain their speech and swallowing. This evidencebased program combines ongoing education for the patient and family, individual and group speech therapy, daily home practice and re-evaluations. Time: 12:30 p.m., every first and third Tuesday of the month

Location: Mason County Senior Activities Center, 190 W. Sentry Drive, Shelton Cost: Free

Traumatic Brain Injury (TBI) **Support Group**

Join Mason Health Speech Language Pathologist Monica Vinson, MS, CCC-SLP, for a new support group for people living with a traumatic brain injury.

Time: 1 to 2 p.m., the second Tuesday of every month

Location: Mason Health meeting room at the Shelton Family YMCA, 3101 N. Shelton Springs Road Shelton Cost: Free

subject

Current Safety Guidelines

Visiting Hours are 8 a.m. to 8:30 p.m. Please enter at the Mason General Hospital Main Entrance. After hours, please use the Emergency Department entrance.

Our website has the most up-to-date visiting hours and guidelines: www.masonhealth.com





Service & Relationship







