

Involved



Mason Health
Mason General Hospital
Mason Clinic

VOL. 8, NO. 7

We love our Volunteers!



Dear Mason Health Volunteers,

Hello! I am so excited to be joining the Development team at Mason Health and wanted to take a minute to introduce myself.

Growing up as an Air Force brat, I have lived all over the country in many different cities and towns. When I moved to Tacoma nine years ago, I absolutely fell in love. My career in volunteer coordination started with my love of zoos and aquariums, where I coordinated and supervised both youth and adult volunteers at Point Defiance Zoo. I took a break in my career during and after COVID-19, going to school online to gain my master's degree in Biological Sciences.

In the meantime, I decided bartending sounded like a fun job while I completed my schooling. After my graduation in December 2023, I decided it was time to get back in the market – and off my feet as a bartender. During my job search, I came across this position and was surprised that the health care field had so many kinds of volunteer work to offer. I decided to throw my hat in the ring for a position here as the Volunteer Program Specialist. I'm so looking forward to working with you all and getting to know each of you as I settle in.

I would like to take the time to thank Arla Shephard Bull, our Marketing Coordinator, for filling in during the summer and making this transition as smooth as possible. Iris has also helped ease me into the transition, while the entire Development team has helped me familiarize myself with the "behind-the-scenes" of the hospital world. I want to thank you all preemptively for being patient during this transition. Please feel free to reach out to me either on the volunteer cell, the volunteer desk line, or via email.

Sincerely,
Kim Lutey, Volunteer Program Specialist



HAPPY Birthday TO YOU

Kadey Fiddler 9/1
Jeysen Castaneda
Zacarias 9/4
Karen Sullivan 10/3

Terri Gushee 10/6
David Hockaday 10/22
Susie Graham 10/28

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Mason Health Welcomes New Primary And Specialty Care Providers

SHELTON, WA – This summer, Mason Health welcomes three new primary care providers to Mason Clinic, as well as a new specialty care provider to Mason Clinic-Women’s Health. These providers bring a wealth of expertise and a dedication to preventative medicine to Mason Health. Join us in welcoming **Jacqueline Gorzynski, MD**; **Tiffany Henningsen, ARNP**; and **Alyssa Sethi, DO** to Mason Clinic-Primary Care, and **Kym Walker, MD**, to Mason Clinic-Women’s Health. Later this year, Mason Clinic-Primary Care will also welcome new provider **Tanveer Sidhu, MD**, to the team.

Mason Clinic-Primary Care:



Jacqueline Gorzynski

Dr. Gorzynski was born in Phoenix, Arizona, but has spent her life in the rural Pacific Northwest. She grew up in Rochester, Washington, and completed her undergraduate education with a degree in exercise science at Willamette University in Salem, Oregon. She graduated from the University of Washington School of Medicine in 2021 and completed her residency training at Chehalis Family Medicine in 2024. As a full-spectrum family provider, she is eager to provide care for the whole family. Her special interests include addiction medicine, lactation, trauma-informed care and women’s health.



Tiffany Henningsen

Henningsen, ARNP, worked as a registered nurse at Mason General Hospital for more than 10 years when she decided it was time to create a new path for herself in health care. Henningsen is from the Mason County community, and she loves being able to serve the community where she lives. Her focus is to provide primary care to patients of all ages, while keeping her foundation as a nurse. She looks forward

to this new journey and cannot wait to make an impact in the lives of patients. She enjoys family life with two children, a beautiful horse, Fae, and Stuart, the goat.



Alyssa Sethi

Dr. Sethi is a dedicated family doctor committed to providing compassionate and personalized health care. She specializes in medicine, women’s health and pediatric care. Dr. Sethi prioritizes building strong relationships with her patients, focusing on holistic wellness and evidence-based treatments. Outside the clinic, she finds joy in running, hiking and exploring new destinations through travel. A lifelong dreamer of moving to the West Coast to immerse herself in the Great Outdoors, Dr. Sethi brings her passion for adventure and healthy living into her practice, ensuring each patient receives comprehensive care that aligns with their individual health goals and needs.

Mason Clinic-Women’s Health:



Kym Walker

Dr. Walker grew up in the Pacific Northwest and graduated from Stanford University with a degree in Human Biology. She then joined the US Peace Corps and traveled to The Gambia, West Africa, where she focused on maternal and child health. After college and the Peace Corps, she knew that she wanted to empower and support women. She attended University of Rochester School of Medicine, graduating in 2003, specializing in obstetrics and gynecology in order to support women through many of their most life-defining and impactful moments in their lives. When not working or spending time with her husband and three teenagers, she loves reading and running, and taking her two dogs for walks.

To schedule an appointment with any of these providers, please call Mason Clinic at 360-426-2653.



SOCK DRIVE

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ALL SIZES ACCEPTED

SEP 9 – OCT 18

DOWNTOWN - MOUNTAIN VIEW - MONTESANO - MCCLEARY



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DONATIONS WILL BENEFIT THE MASON CLINIC'S
VOUCHER CARE PROGRAM FOR PATIENTS IN NEED

WE NEED YOU!

Volunteer Opportunities at Mason Health:

Volunteer Services is continuing to grow. There are multiple options for volunteer work – including Gift Shop, Clinic Concierge, Chaplain, and our newest addition - Emergency Department Concierge service! Whether you are looking for a change in your routine or to increase your volunteer hours, we have opportunities in every program for volunteers.

Become a Gift Shop Volunteer:

Monica Bates, our Gift Shop Manager, is looking specifically for Friday coverage, or potential Monday coverage! Her vision is to eventually open on Mondays as well. Shifts are 3 hours, with the commitment either weekly or bi-weekly. There are available shifts open all week long.

Concierge Volunteers:

We now have TWO concierge volunteer opportunities - our Clinic Concierge position, as well as the new Emergency Department Concierge position! There are many shifts available for the Emergency Department Concierge program, along with some afternoons and morning shifts for the Clinic Concierge program. Feel free to shoot me an email or give me a call with your availability!

Chaplain Volunteers:

If you or a friend want to lend a listening ear or provide spiritual comfort, consider volunteering as a chaplain. We have plenty of availability weekly, as well as rotating on call weeks between chaplains. For more information about the program, reach out to me!

If you or a friend/family member are available and interested in any of these programs, please contact me. Ask your friends and family – you'd be surprised how many people are looking for volunteer opportunities! Thank you all for what you are already donating us. To contact me via email: klutey@masongeneral.com; phone - (360)427-3621.

Volunteers Needed for Events:

Are you interested in volunteering at upcoming Mason Health and Mason Health Foundation events?



Trunk-or-Treat is Friday, Oct. 25, from 2 to 4 p.m. We will need volunteers from 1 to 5 p.m. to help with crowd control and traffic. Please email Avery Jones at ajones@masongeneral.com if you are interested.

BLACK & WHITE BALL

The Foundation's Black & White Ball Dinner Auction fundraiser will be held on Saturday, Nov. 16, from 5 to 9 p.m. Volunteers will be needed to help with banking, auction support and other details. If you are interested, please email foundation@masongeneral.com.

Vaccinations:

As we enter flu season, Mason Health volunteers, along with employees, will be required to obtain or decline flu and COVID vaccines. Volunteer Program Specialist Kim Lutey will be sending out and arranging for volunteers to complete the forms needed for compliance. A flu and COVID vaccine is NOT required but if volunteers decline to be vaccinated, their declination must be recorded through the form. Reach out to klutey@masongeneral.com for more information. Flu vaccines will be offered at the Development Office from 2 to 4 p.m. on Tuesday, Oct. 1, 2024.

Dear Volunteers,

I hope this message finds you well. It is with a mix of gratitude and excitement that I write to let you know I will be stepping down from my role as Volunteer Coordinator at Mason Health. Since November 2021, it has been an incredible honor working alongside each of you and getting to know you. During my time here I have seen you all breathe life back into the Volunteer Services department after time away due to COVID. We have been able to expand program areas and develop new programming. Your dedication, compassion, and hard work have truly made a difference to the patients and staff at Mason Health, and I cannot thank you enough for everything you've done.

As I prepare for the next chapter, I am excited to share that I will be transitioning into a new role as a Nursing Assistant. This change is part of my continued journey toward becoming a nurse, as I am also wrapping up my prerequisites for nursing school. While I will no longer be in the role of Volunteer Coordinator, my passion for service and health equity remains strong, and I look forward to continuing to contribute to patient care in new ways.

I also want to take this opportunity to warmly welcome Kim Lutey, who has stepped into the role as the new Volunteer Program Specialist. Kim went through orientation last week and can be reached at klutey@masongeneral.com or via phone or text on her work cell at 360-968-0001. I have no doubt that Kim's leadership and vision will take the volunteer program to new heights, and I'm excited for all the great work that lies ahead for you and for the program under her guidance.

Once again, thank you for your unwavering commitment to Mason Health and to the community we serve. I feel so fortunate to have worked with such a remarkable group of people.

Wishing you all the best in the future, and I look forward to crossing paths again!

Warmly,
Iris Hilburger



Iris Hilburger



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thank you
to a special nurse?

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of how a nurse demonstrated
compassionate care today!


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Cardiology physicians from Olympia Health, Inc. are offering outpatient services at Mason Clinic.

Ask your primary care provider for a referral today! Call 360-426-2653 to make an appointment.



Fahad Younas, MD



Haroon Yousaf, MD

United Community, Empowered People, Exceptional Health

NEWSLETTER CONTRIBUTORS:

Kim Lutey, Volunteer Program Specialist
Arla Shephard Bull, Marketing Coordinator