

The Vantage Voice...E Newsletter

March is Surgery Month...

When it rains, it pours...as luck would have it, both our radiant receptionist, Liz, and fearless phlebotomist, Tish, are out for a while recuperating from orthopedic surgeries.

The temporary receptionist, replacing Liz is Kathy. Kathy is from Belgium, so she was born with a love for fine chocolate which makes her the perfect fit here at Vantage. Kathy likes to travel and experience new cultures and meeting people from different walks of life. She has a Bachelor's in Tourism Management and speaks 5 languages... Dutch, French, English, Spanish, and German.

The phlebotomist with PacLab, replacing Tish temporarily is Renee. Renee has been working in the medical field for 18 years. As some of you may remember, she used to work with Dr. Kershisnik at Olympic Medical Services. Renee has two children, ages 10 & 12, and she is working on her bachelor's in Health Care Administration.

Pardon our Dust...

Some of you have already noticed remodeling taking place in our office. At the end of December, Dr. Kershisnik purchased the building we are in and a dermatologist bought the suite next door. We have closed up the open space between the two offices allowing for increased privacy and will be making many other changes in the months ahead.

Thurston County Gets Hit with Heavy Flu Season

As many of you can attest, this winter has been a bad one for colds and flues. With the increase in our patients catching these debilitating viruses, comes on onslaught of telephone calls. **Dr. Kershisnik will return your call on the same day you call, but it may be after office hours.** In the meantime, here are a few things you can do to get back on your feet quicker:

- 1) Wash your hands often! 20 seconds with warm water and soap.
- 2) Fluids—It is important to drink fluids to replace those you've lost when sick. Take small sips of water, suck on ice chips, or drink clear soda or noncaffeinated sports drinks. Fluids help loosen mucus. Fluids are also important because they help prevent dehydration.
- 3) Get plenty of rest, especially if you have a fever.
- 4) Diet—Gradually begin to eat bland foods, such as toast, crackers, bananas, rice, chicken, and potatoes. Avoid dairy products, caffeine, fatty foods, and spicy foods until you're feeling better.

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Questions or comments? E-mail us at zcp@vantagephysicians.net or call 360.438.1161

Volume 3, Issue 1

Holidays Observed

New Year's Day
M.L. King Jr.'s Birthday
President's Day
Memorial Day
Independence Day
Labor Day
Thanksgiving Day
The Friday after Thanksgiving
Christmas

Vantage Physicians will be getting new signs!

See attached pdf file for artist rendering of new signs!