

Impact Report Card

Spring 2022

ATHLETIC TRAINING PROGRAM

Pullman Regional Hospital's Orthopedic Center of Excellence has partnered with Colton, Garfield-Palouse, Potlatch and Pullman school districts to provide Certified Athletic Trainers at each school and serve more than 750 kids.

WHAT IS AN ATC?

Certified & licensed sports medicine health care professional

Areas of expertise include recognizing and evaluating injuries, developing rehabilitation plans for injured athletes, and implementing preventative programs through clinics, providing first aid and emergency care.

In our first four years



FOUR SCHOOLS



FOUR FULL-TIME & ONE PART-TIME TRAINERS



100% OF STUDENTS

undergo concussion impact testing

TREATMENT TOTALS AND VALUE OF CARE

(no added cost to parents)

Year 1 10,000

Year 2 14,000 (\$402,982)

Year 3 14,669 (\$503,680)

Year 4 3,041 (\$105,066)

ANNUAL COSTS

\$333,000/ year for operations

\$166,000 is covered by the hospital

\$166,000 funded by philanthropy

2022 GOAL

\$166,000

Generosity sustains us at Pullman Regional Hospital. You are the power behind our impact.

Donate by visiting pullmanregional.org/athletic-training



Program Fundraising Highlights



Student-athletes attending the 5th Quarter Rally, a volunteer-led fundraiser to support athletic training services at local high schools, provided through Pullman Regional Hospital.

5th Quarter Rally fundraiser raises more than \$74,000

On Friday, July 23, 2021 140 parents, grandparents, coaches, school administrators and supporters of the Regional High School Athletic Training Program packed Ty & Kay Meyer's event venue, Red Barn Farms in Colton, WA. As 5th Quarter Rally—For Athletic Trainers in Our Schools, kicked off, it was clear to Rueben Mayes "There was something very magical at work."

"As parents, we want what's best for our kids. This program is how Pullman Regional Hospital's Orthopedic Center of Excellence is making the vision of Drs. Tingstad and Pennington a reality," said Rueben Mayes, Chief Development and External Relations Officer for Pullman Regional Hospital.

Thanks to Dave Christy State Farm and his \$25,000 match, the 2nd annual event raised the most funds to date.

Save the Date: Friday, August 12, 2022 for the 3rd Annual 5th Quarter Rally at Red Barn Farms



Pullman Regional Hospital and Foundation Doantes Utility Vehicle in Support of Potlatch Student-Athlete Safety

"The Regional High School Athletic Training Program, has brought us wonderful and much-needed services to our student athletes, parents and coaches, that we couldn't have provided as a district without their support, as well as the support of individual and corporate donors. We are excited and pleased to receive this gift, but more importantly, pleased to be associated with the RHSATP."

— Potlatch School District

All-Star Athletic Training 2021 Program Sponsors

\$50,000

The Norm and Jessie Druffel Family
INNOVIA Foundation

\$25,000

David Christy Insurance Agency, Inc.

\$5,000-\$24,999

Kenneth and Dorothy Casavant
College Hill
Ty and Kay Meyer
Dr. Ed and Laura Tingstad

\$2,000 - \$4,999

Darren and Ashley Alred
Larry and Kate Gross
James and Jean Logan
Lynn Moehrle
Pullman Lions Club
Darl and Star Roberts
Jesse and Alison Weigley

\$750-\$1,999

Scott and Sharon Adams
Bennett Lumber Products, Inc.

Matt and Lynda Carey
Mitch and Mary Jo Chandler
Carol Chipman
Charles and Carrie Coen
Colton Wildcat Booster Club
Cornerstone Properties
Jeff and Jill Elbracht
Richard Emtman, MD and
Kathleen Emtman
Jen Greeny
Mike and Sue Hinz
Jonny Fisher, DDS

Latah Credit Union
John and Christy McCloy
Connie Newman
Joe and Tamira Pitzer
S&S Custom Cabinets
Gary Smith
Chip and Amy Tull
University Collision
Washington Trust Bank
Ray and Pat Wright

Physician Champions and ATCs



Dr. Ed Tingstad

Dr. Ed Tingstad is a board certified Orthopedic Surgeon and Sports Medicine Physician. He's been with Inland Orthopaedic Surgery & Sports Medicine Clinic since 2000, a part of the Pullman Regional Hospital Orthopedic Center of Excellence. He is also a team physician for Washington State University Athletics and Chief Medical Officer for Pullman Regional Hospital.

Dr. Kyle Hazelwood

Dr. Kyle Hazelwood began practicing at Inland Orthopaedic Surgery & Sports Medicine Clinic in 2017, a part of Pullman Regional Hospital's Orthopedic Center of Excellence. He is board certified by the American Board of Orthopaedic Surgery and board eligible for subspecialty in Orthopaedic Sports Medicine. He completed a fellowship at the San Diego Arthroscopy and Sports Medicine Fellowship, where he spent time covering the San Diego Chargers and San Diego State University athletic teams.



Dr. Jonny Fisher

Dr. Fisher, DDS is a Dentist at Jonny Fisher DDS in Pullman, WA. Dr. Fisher graduated from BYU in 2004 and the University of the Pacific Dental School in 2007 in the top five percent. He spent time in the US Air Force where he completed an Advanced Dental Residency at the Air Force Academy in Colorado springs in 2008. He then moved to Oklahoma where he treated military members at Altus Air Force Base, before moving to Pullman, WA.

Dr. Timothy Goodrich

Timothy Goodrich, D.O. (Doctor of Osteopathic Medicine) is an Army veteran and received his medical degree from Arizona College of Osteopathic Medicine in Glendale, AZ in 2003. Dr. Goodrich performed his residency at Walter Reed in Bethesda, Maryland and is a Board Certified in Otolaryngology (the official medical term for ENTs is otolaryngologist). He joined Palouse ENT and Audiology in 2015, a member of Palouse Specialty Physicians.



Dr. James DeVleming

Dr. James DeVleming was born and raised in Pullman, WA. He did his undergraduate schooling at the University of Washington and received his Doctorate of Optometry degree from Pacific University in Forest Grove, Oregon in 1990. Dr. DeVleming is a member of the American Optometric Association and is a current AOA Trustee. He is a past President of the Optometric Physicians of Washington and continues to be a member of the legislative committee for OPW. He provides care at Pullman Vision Source and is the Vision Director for the Washington State University Athletic Department Medical Board.

ATHLETIC TRAINERS



Kai Seshiki (Colton)



Amy Vu (Gar-Pal)



Erin Rose (Pullman)



Nicole Clements (Potlatch)

Student-Athlete Spotlight

Jenna Herzog's Story

"I had the amazing opportunity to work with Jasmine Kalili as my athletic trainer at Pullman High School. During which the time that she was there I suffered several injuries. I was a runner and it seemed to be that I was particularly injury-prone. But, this was no issue for Jasmine. No matter what small pain I had, she made sure to take a look at it and help me get ready to get back into competing. Without Jasmine and the Pullman Regional Hospital, I know that myself, as well as all other athletes at Pullman High School, wouldn't have been able to be as involved in sports as we were. Jasmine taught me more than just how to properly rehab my ankle after twisting it wrong for the 100th time. She showed me what I wanted to do in life. Showing me how I want to help people and go into Athletic Training. I had the amazing opportunity to job shadow Jasmine for my senior project. Without her, my years at Pullman High School would have been very different. I would not have been able to get back to my sports so quickly upon being injured. I am so grateful to Jasmine for all that she did for me. I want to thank her, as well as Pullman Regional Hospital for creating this program, so people like me can feel safe and in the right hands at all times."



Photo courtesy of Jenna Herzog



"We received exceptional care from Dr. Hazelwood and the orthopedic team when Paige was injured on the basketball court. She can't wait to hit the hard- woods this winter and the softball fields in the spring for the Lady Vikings."

— **Shai Ann Collier**,
mother of Paige
(Garfield-Palouse High School student)



"There's nothing more important to a parent than knowing your child is in good hands while on the field or on the court. Having a full-time athletic trainer at a small school like Colton, is the ultimate peace of mind."

— **Ty & Kay Meyer**, Colton community members and event hosts for 5th "Quarter Rally—For Athletic Trainers in our Schools"

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Your Help is Needed

Generosity sustains us at Pullman Regional Hospital. Philanthropy means the difference between the maintenance of a great hospital and the evolution of an extraordinary one.

Philanthropy Heals

At Pullman Regional Hospital, we heal, inspire, and we care. Your support provides extraordinary care and exceptional comfort when patients need it most. You are the power behind our impact. At Pullman Regional Hospital, we know caring for patients requires cutting-edge medical technology, state of the art facilities, and caregivers who treat all patients as if they were family.

Pullman Regional Hospital Foundation

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