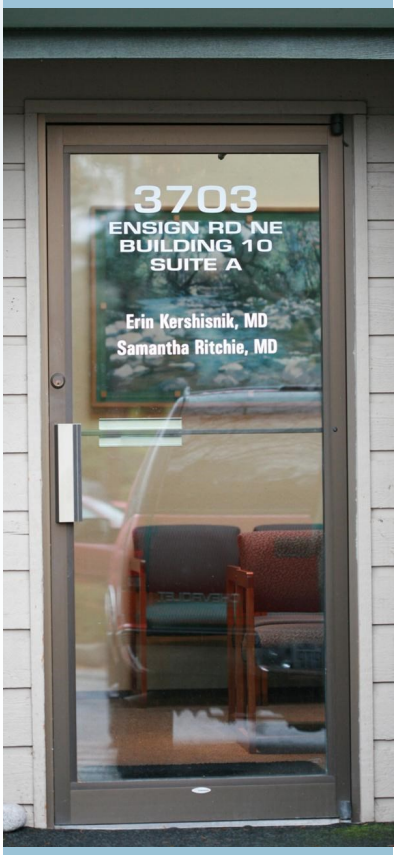
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Vantage Voice



Dr. Ritchie's Haiti Mission 2016

Dr. Ritchie will be leaving with the Friends of Haiti group on April 16. She will be volunteering in the village of Grand Boulage for a week.

If you would like to donate, here is a list of the items she is collecting:

- Bar Soap
- Cash. (They are collecting money to give pregnant women mosquito nets because of the Zika virus spread by mosquitoes.)
- Solar Lights (Luci EMRG 3-in1 Inflatable Solar light): *http://www.westmarine.com/buy/mpowerd---luci-emrg-3-in-1-inflatable-solar-light ($9.99)*

As always, checks made out to the "Friends of Haiti" are appreciated. (Contributions are tax deductible). They can be sent in c/o Dr. Ritchie at Vantage Physicians.



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 **March**	29	1 Dr. Ritchie out	2	3 Dr. Kershisnik out	4	5
6	7	8 Dr. Ritchie out	9	10 Dr. Kershisnik out	11 Dr. Kershisnik out	12
13	14	15 Dr. Ritchie out	16	17 Dr. Kershisnik out	18	19
20	21	22 Dr. Ritchie out	23	24 Dr. Kershisnik out	25	26
27	28	29 Dr. Ritchie out	30	31 Dr. Kershisnik out	1	2
3 **April**	4 Dr. Kershisnik out	5 Dr. Kershisnik out	6 Dr. Kershisnik out	7 Dr. Kershisnik out	8 Dr. Kershisnik out	9
10	11	12 Dr. Ritchie out	13	14 Dr. Kershisnik out	15	16
17	18 Dr. Ritchie out	19 Dr. Ritchie out	20 Dr. Ritchie out	21 Dr. Ritchie out	22 Dr. Ritchie out	23
24	25	26 Dr. Ritchie out	27	28 Dr. Kershisnik out	29 Dr. Ritchie out	30
1 **May**	2 Dr. Ritchie out	3 Dr. Ritchie out	4	5 Dr. Kershisnik out	6 Dr. Kershisnik out	7
8	9 Dr. Kershisnik out	10 Dr. Ritchie out	11	12 Dr. Kershisnik out	13	14
15	16	17 Dr.	18	19 Dr. Kershisnik out	20	21
22	23	24 Dr. Ritchie out	25	26 Dr. Kershisnik out	27	28
29 June	30 Memorial Day Office Closed	31 Dr. Ritchie out	1	2	3	4

Best of the South Sound 2016

Thank you to everyone who voted for Vantage Physicians for Best Clinic of the South Sound this February. Our clinic received enough votes to place in the top three Clinics in the South Sound. In order to measure how we can serve you better, we will be distributing a survey in the next month. Please take time to complete the survey so we can be the best we can be for you.

MIND Diet to Reduce Your Risk of Alzheimer's Disease

Synopsis:
Study from Rush University Medical Center. Prospective study of 923 participants, ages 58-98, followed on average 4.5 years. Diet was assessed by a semi-quantitative food frequency questionnaire. The MIND diet was associated with a slower rate of cognitive decline equivalent to 7.5 years of younger age among the participants in the top third of MIND diet score compared with the lowest third.

What to eat for the MIND diet:

Food	Amount	Points
Whole Grains	3 or more per day	1
Green Leafy Vegetables	6 or more per week	1
Other Vegetables	1 or more per day	1
Berries	3 or more per week	1
Red Meats	Less than 4 per week	1
Fish	1 or more per week	1
Poultry	2 or more per week	1
Beans	3 or more per week	1
Nuts	5 or more per week	1
Fast/Fried Food	Less than 1 per week	1
Olive Oil Primary Oil		1
Butter/Margarine	Less than 1 tsp per day	1
Cheese	Less than 1 per week	1
Pastries/Sweets	Less than 5 per week	1
Alcohol/Wine	1 per day	1

Total possible score: 15

Referrals

The highest compliment or thanks we could receive would be a referral from you of a friend, co-worker, or family member. Our practice is successful because of referrals from patients like you, and we thank you for your thoughtfulness in the passing of our name. We'd like to continue to grow our practice, so please don't hesitate to send them our way. We promise to give them the same personalized service! And if there is anything else we can do for you, please let us know.



For every referral you send to us, we will send you a Starbucks card. Great patients like you are hard to find, but your referrals make it easier. Each referral we receive is affirmation that we are accomplishing our mission.



Vantage Physicians

At Vantage Physicians, we are deeply committed to providing prompt, friendly, quality medical care to our patients. Our practice model allows us to focus on our patient's needs rather than the requirements of their insurance carrier. We are free to focus on the primary interaction in healthcare: the patient-physician relationship.

It's Live—Updated VantagePhysicians.Net

Check out our new mobile friendly website. You can still find your favorite links like our calendar which enables you to plan your medication refills and know when your doctor will be out of town. We have a page dedicated to testimonials, we'd love to add yours! If you have any stories you would like to share please send them to us.

Changing to PacLab



We have been working on a transition to send our lab work out to PacLab. We will be switching on March 28th. PacLab offers a 40% discount to uninsured patients for prompt payment (you must ask for this discount). PacLab has over 70 draw sites in the state of Washington. With orders from our doctors, you can have your blood drawn at any PacLab and your results will be loaded into your chart as if it was drawn in our office.

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