

Vantage Voice

Hello Vantage Family!

I will be running the Boston Marathon on April 15th for the second time. I am very excited to be participating in this iconic race again. My training is going well and I anticipate getting to the start line healthy this time.

If starting to exercise or increasing your exercise is one of your goals for this year, listed are some tips you can try to help you. If exercise isn't on that list, maybe this will convince you. Those of you who see me know that I recommend exercise at almost every visit for a very important reason. Regular exercise helps lower blood pressure and blood sugar, improves mental health and sleep, keeps your body strong to reduce falls, and there is more evidence that it can help decrease your chances of developing dementia. If your goal is to live longer and have a good quality of life, regular exercise will help.



1. Find a fitness buddy. It is easy to talk yourself out of doing something you really don't want to do, but if you know you have someone waiting for you, you will be less likely to skip the workout. Having a friend to exercise with makes the activity more fun and enjoyable and helps keep you accountable.

2. Find activities that you enjoy doing. Do you love to play pickleball, ride your bike, walk, garden, do yoga or dance? Great, just do them. Anything that gets your heart pumping and your body moving is a great thing to do.

3. Try some strength training. It is one of the best things to do to help prevent falls and keep you doing the things you like to do—especially as you get older. That can be done using machines, free weights, body weight, or resistance bands. You can even use your kids, grandchildren, the milk jug, the laundry basket. Things like Pilates, yoga, chair yoga and Tai Chi are great also. You can

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This spring is bringing exciting new additions to our Vantage Physicians family.

We are excited to announce Dr. Marla Calvert will be joining our Vantage Physicians family in September! Marla Calvert is a Board-Certified Family Medicine Physician who was born and raised in Olympia, Washington. Dr Calvert completed her undergraduate degree at the University of California, Santa Cruz and attended medical school at Oregon Health and Sciences University in Portland, Oregon. She completed her residency training at Swedish First Hill Hospital in Seattle before moving back to Olympia to practice in her hometown. Dr Calvert has specific interest and expertise in healthcare worker wellbeing, addiction medicine, and is currently pursuing an additional board certification in Obesity Medicine. She has also completed training as a professional coach through the Neuroleadership Institute and enjoys translating the science of motivation and habit change into concrete strategies that support optimal health. Dr Calvert is committed to listening well, lifelong learning, and interdisciplinary collaboration that supports her patients. Outside of work she can be found running laps around Watershed Park, raising two daughters and a chocolate labrador, and enjoying outdoor adventures in the Pacific Northwest and beyond. She is thrilled to be joining Vantage and the world of direct primary care.



We are currently taking names for Dr. Calvert’s practice. If someone you know is interested in establishing care with Dr. Calvert, please have them reach out as soon as possible; we anticipate her practice will fill up quickly.

Also, we would really appreciate your voice in submitting a Google review <https://maps.app.goo.gl/smKkAgvwH6HNP7ic7>. Fresh reviews help tremendously.



If you’ve visited or called the office since February, you may have noticed the newest addition to our team—Ryan Strosnider. Ryan has over four years of experience as a medical assistant and has integrated himself into our team wonderfully. Ryan is doing blood draws, vaccinations, EKGs, and all MA tasks.

Born and raised in Winchester, Virginia, Ryan moved to Olympia in February of this year. In his free time, he enjoys playing video games, hiking, playing with his dog, and watching movies. As a new resident of the PNW, Ryan is always on the lookout for new restaurants to try; he’d love to hear your recommendations. Next time you call or stop by, give him a warm welcome!



Speaking of new additions, Yaritza welcomed a beautiful baby boy, Abdyel in March! Baby and mom are both doing great. Yaritza is currently on maternity leave, bonding with Abdyel and adjusting to being a mother of two. Yaritza and her fiancé, Dave, are overjoyed and send their heartfelt thanks to everyone who has inquired about them.



A Note About Medication Refills:

If you are out of refills on your medication please contact us directly instead of submitting a request through your pharmacy. You can submit a refill request directly to your doctor via the portal or by calling our office. **This does not apply for prescriptions that have refills remaining—if you have refills available please call your pharmacy.**

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check out some classes online, consider working with a trainer at the gym, or visit a physical therapist to work on specific issues.

4. Spend time outside. Fresh air, nature and sunshine can do so much for you physically and mentally. Spending time outside can reduce stress and anxiety and improve focus and concentration.

5. Something is better than nothing. Unless you are an elite athlete or training for something specific, you do not need to dedicate a significant amount of time to physical activity. While the recommendation is 30 minutes 5 times per week, being active even just 5-10 minutes at a time every day is better than doing zero. Parking further away, taking the stairs or a quick walk around the block all make a big difference. The more you do it, the easier it gets, and the consistency adds up.

INSPIRING GENERATIONS

CELEBRATING THE FIRST WOMEN'S OLYMPIC MARATHON TRIALS

Featuring **DESIREE LINDEN**, 2018 Boston Marathon Winner and Olympian and **JACQUELINE HANSEN**, 1973 Boston Marathon Winner

5.17 Banquet Dinner hosted by the Olympia Trials Legacy Committee at Indian Summer Golf Club 4:30 pm Social hour 5:30 pm Dinner	5.18 Panel Discussions hosted by Club Oly at the Olympia Ballroom, Olympia, WA 9:00 am Shakeout Run Marathon Park 11 am - 3:30 pm Panels	5.19 Run Fair Capital City Marathon Sylvester Park 12:00-5:00 pm Kids Run Capital City Marathon Heritage Park 4:00 pm Capital City Marathon, Half Marathon and 5 mile Races
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INSTAGRAM [QR] EVENT REGISTRATION & DONATION [QR] CAPITAL CITY MARATHON RACES [QR] OLYMPIA TRIAL LEGACY COMMITTEE FACEBOOK [QR]

Inspiring Generations: Celebrating the First Women's Olympic Marathon Trials

Dr. Vazquez-Bryan has been working with Club Oly Road Runners (a non profit devoted to fostering a love for running,) to organize a celebration of the first women's Olympic marathon trials that took place in Olympia in 1984. This was the first time women were allowed to participate in the marathon event in the Olympics.

Please help us celebrate this milestone in women's running and sports by joining us on Saturday, May 18th. There will be an easy shakeout run/walk starting at 9 am at Marathon Park, and panel discussions follow at the Olympia Ballroom from 11-3:30 pm.

Speakers include Des Linden (winner of the 2018 Boston Marathon and 2-time Olympian), Jacqueline Hansen (1984 trials participant, winner of the 1973 Boston Marathon, and first woman to break 2:40 in the marathon), Cheryl Treworgy (the first woman to break 2:50 in the marathon), Jack Daniels, (world famous coach of many Olympians who helped Joan Benoit win the trials and eventually win gold at the 1984 Olympics in LA), and so many more.

The event is a fundraiser for Bras for Girls, a non profit organization that donates sports bras and breast education pamphlets to girls in need with a goal of increasing the participation of girls/women in sports.

All events are free, but we encourage a donation. Space is limited to 300 people per panel; you can register at: <https://runsignup.com/Race/WA/Olympia/InspiringGenerations>.

We look forward to seeing you there!

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 patients' needs rather than the requirements of their insurance carrier. We are free to focus on the primary interaction in healthcare: the patient-physician relationship.

Office Closures & Provider Vacations

Dr. Kershisnik is typically out of the office each Tuesday. This spring / summer she will also be out of the office April 18th and May 24th—June 4th.

Dr. Vazquez-Bryan is typically out of the office each Thursday. This spring / summer she will also be out of the office April 16th, April 29th, and June 13th-21st.

The office will be closed for the following holidays:

- May 27th—Memorial Day
- June 19th—Juneteenth

Please take note of your doctor's schedule and office closures. **When making your own plans don't forget to check your medication needs and give us 48 hours notice on prescription requests.** Thank you!



Keep up with us between newsletters.....follow us on Facebook and/or Instagram!

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Reduce, Reuse, Recycle

Vantage Physicians is pro-Earth and we try very hard to reuse or recycle anything we possibly can. Unfortunately, we've run out of charities and organizations who will take the many, many ice packs we receive. These arrive with boxes of medication, vaccines, etc.

Do you hike, fish, hunt, camp, or simply use ice packs for bumps and bruises at home? Perhaps you have friends or family who live far away and your pot-luck, picnic, BBQ or family reunion contributions need to stay cold for the long drive?

Whatever your reason may be, if you are interested in helping us keep these out of the landfill, please give us a call and we'll be happy to set some aside with your name!