

Summer 2024
Volume 18, Issue 2

Vantage Voice

A quarterly newsletter by Vantage Physicians



We Are Growing!

As you know from our last newsletter, we will be adding a new physician in the Fall. Many of you have astutely observed that we are already bursting at the seams in our little office. We are excited to announce that we will be relocating to a larger office to serve you better at the end of July. There will be more notifications regarding exact dates in the future but if you want a sneak peak, we will be moving to 1603 Cooper Point Road, Olympia, WA 98502. You'll enjoy the same great service and staff, bigger exam rooms, dedicated space for group visits, and a much quieter neighborhood! Our patient population is very spread out, from Hoquiam to Tacoma, and we know that half of you will be thrilled and half of you will have a longer drive. We are here to help you with navigation tips and route planning!

Because we are busy contacting movers and making endless to-do lists, our fur babies have kindly stepped up to pen this quarter's newsletter. Please enjoy their take on health for the summer. If you are an Instagram user, you may follow them at [Vantage_fur_babies](#).



Summer is a time for family get togethers. If you are like me, you may have a sibling who is very different from you. I need a lot of personal space and "me time". My little brother Koda likes to live in my personal space most of the time. Here is how I handle this situation:

1. Get clear on what your boundaries are. I am not OK with butt sniffs, but I will let him lick my ears all day long. The Nylabone doughnut is obviously all mine but I couldn't care less about the big black Kong. Knowing these things helps me decide what boundaries to enforce.

2. Think about how you'll manage their reactions. If I enforce a boundary, there is bound to be a reaction. You'll find that typically a little yip will do.

If you meet resistance you may need to bite your family member's neck – be gentle! If you can, try to roll them onto their backs, but remember, you can also just walk away.

3. Notify family members about your boundaries in advance. I hear this is a good idea. Mom says you can ask family not to discuss politics or your relationship status or other things that make you sad or mad. Koda has a pea brain so he forgets my boundaries immediately. Fortunately, I really enjoy rolling him over!

4. Enforce your boundaries. To have them taken seriously, you may need to enforce your chosen boundaries consistently and predictably. Say what you mean and do what you say as some human says. Mom makes us sit and wait for our food. Every. Single. Time. sigh.

- Roo

“

She said butt. Heh heh
-Koda





Hello! My name is Fresca and I am Dr. Vazquez-Bryan's cat. I relish in my alone time looking out the window, sleeping in warm cozy spots throughout the day, taking baths and playing with my family. I have been watching my mom the last 4 months working so hard training for the Boston Marathon and organizing the event to celebrate the first women's Olympic marathon trials. I don't know where she gets all of her energy from, but she managed to get it all done and I am so proud of her. Despite a hot day in Boston, she completed the marathon in a time of 3:31:13. If I had done something like that I would have slept for days.

On May 18, 2024, she and Club Oly Road Runners hosted Inspiring

Generations: Celebrating the First Women's Olympic Marathon Trials. There was a shakeout run that had over 100 people including Joan Benoit Samuelson (Olympic Gold Medalist in the marathon), Desiree Linden (2018 Boston Marathon Champion), Jacqueline Hansen (1973 Boston Marathon and the woman responsible for getting the 5,000 and 10,000 meter races in the Olympics for women) and many of the 1984 marathon trials participants. My mom said it was one of the best experiences of her life. Later that day there were panel discussions and all of the participants were so inspirational. The event was a fundraiser for Bras for Girls and they raised over \$11,000!

The following day she ran the Capital City Half Marathon and placed first for masters (competitors over 40). I gave my mom lots of cuddles after this busy weekend and now it is time for her to kick her feet up, relax and take a nap in the sun.

-Fresca





Hi there! My name is Penny Gale. A little about me: I love to give hugs; I look scary but I'm a big cuddle bug... I promise. I just turned 4 back in March and I'm so happy to be a big sister. My brother's name is Templeton, he's an orange cat and he's 2. He keeps me on my toes... uh... Paws? Anyways, we have this new puppy, her name is Riley Mae. She's a handful to say the least. Riley is a yellow lab/Husky mix, with really clear blue eyes. It's kinda disturbing but I guess she's cute. She just turned 6 months old and she is almost as big as me.

Being the oldest is a little stressful, I'm trying to help mom out with our move, you know, trying to keep the younger kids calm. Templeton doesn't like change at all. He freaks out and gets all sweaty and hides under blankets, now that I think about it, wouldn't that just make him hotter? I'm not sure how Riley will react though, this is her first big move. She does travel in the car really well though, so hopefully she'll be ok.

Being the oldest is also very rewarding, I have friends to play with and hang out with during the day. Mom said we are moving to Florida, wherever that is. We're leaving in September.

It's my job to keep the others from stressing everyone out, including themselves. We're gonna be driving for 5 days! Isn't that so exciting!! Riley and I love car rides! Change is never easy; everyone deals with it in their own way. The only thing we can do is to try to find peace in the chaos. My peace is the wind in my hair and a new bone to chew on :)

Riley: BONE!?

Templeton: Here we go again...

-Penny, Riley, and Templeton



Keeping cool in the summer can be hard, especially when your pawrents says you can't dig a nice big hole to get the best freshest dirt. To make up for crushing my dream of digging the perfect cooling off spot my mom makes me (and my sisters) frozen snackies. Today I'll be sharing my favorite recipe. Mom says I have to tell you that she is not a veterinarian and to check with your vet to make sure your pup can have these ingredients.

Drax's Blueberry Treats

- 1 cup of plain Greek yogurt
- ¼ cup of blueberries

Spoon some yogurt into a silicone ice cube tray or mold (Mom has little bone and paw shaped ones just for us)

Top with a blueberry (or two, maybe 3)

Freeze for at least 4 hours (sooooo long)

Remove from tray/mold and put into a freezer safe container or bag

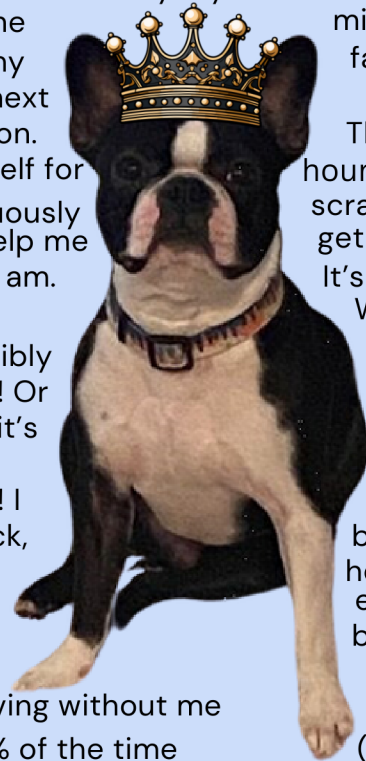
Store in your freezer

I'll be enjoying some of these snacks all summer, especially after digging in my top-secret spot under the deck.

-Drax

So, I really want to talk about something I dislike. Actually, no it's something I hate. Hmm actually let's use the words detest, loathe, despise etc. I hate how my parents have to leave me by myself so they can go to their "jobs," whatever that even is. One time playing fetch with my carrot toy and then the next bye to me for some reason. I supposed to do by myself for for me, no one to continuously outside, and no one to help me proper nap like the king I am. so-called jobs over me!

purpose could they possibly for 800 prolonged hours! Or but anyways moving on, it's mean sure I'm free range whenever I want, but still! I whenever they come back, falling asleep no matter play it cool like I don't to see how they'll react, seconds later. Perhaps guilt them into never leaving without me undivided attention 100% of the time perfect plan. I just haven't been able to fully execute it for the past 5 years, but it will work next time, I'm sure!



minute I'm having a great favorite oversized indestructible they're all dressed up and saying Then they leave for hours! What am hours? I have no one to throw my toys scratch my belly, no one to take me get under blankets so I can take a It's so rude of them to choose these What's it even for? What possible justify for leaving me by myself maybe it's 8 hours? I'm not sure completely unacceptable. I and can sleep wherever and try to stay alert and ready for but I somehow always end up how long they're gone. I try to even care that they're back to but I always fail that mission 5 next time I'll finally be able to and then I'll have their full (maniacal laughter). It's the

-Louie



It's almost summer and that means we have to be extra vigilant in case rogue squirrels cross into our territory. When we patrol our yard, we make sure to run extra fast, it intimidates the squirrels. To prepare for our shift we fuel up by drinking lots of water and eating our food. We also make sure to do lots of stretches right before we go on duty.

Today we will be sharing our technique for the best stretches. First, start by stretch sliding your front paws forward and keeping your back paws straight, tail in the air.

Then, drag your front paws towards your back paws using your claws to scratch at the floor (disclaimer: your pawrents might try to clip your nails if you scratch the floor too hard).

Keep doing it until mom or dad see you and say "Oh, big stretch!" After doing our perimeter check we like to stretch again on the deck, it helps the squirrels know we mean business.

As the president (Megora) and treasurer (Emmy) of the Neighborhood Dog Watch and Squirrel Hating Club we guarantee that our technique will have you running super-fast!

-Megora & Emmy





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 summer she will also be out of the office July 11th-21st and August 12th.

Dr. Vazquez-Bryan is typically out of the office each Thursday. This summer she will also be out of the office June 19th-21st, July 3rd-5th, and July 25th - August 2nd.

The office will be closed for the following holiday:
· July 4th - Independence Day

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!



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!

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