

Vantage Voice

A quarterly newsletter by Vantage Physicians



We're moved in and
excited to see everyone
in our new office at:
**1603 Cooper Point Road NW
Olympia, WA 98502**

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Dr. Calvert is currently accepting new patients. If someone you know is interested in establishing care with her, please have them reach out as soon as possible; we anticipate her practice to fill up quickly.



It's been almost a month since I joined Vantage, my first job in the Direct Primary Care world. Having adjusted to a new electronic health record, a new bike commute and a fabulous new team of coworkers, I am feeling pretty settled in already. I left my previous practice hoping to find a place where I could spend more time with my patients and less time apologizing for a flawed healthcare system I can't control. It has been such a delight to have TIME, to get to know my new patients and coworkers, to listen well, to be thorough and thoughtful in the care I provide, AND finish work in time to be with my family at the end of each work day. My daughters Isa and Quin (10 and 7) have still not gotten over the novelty of seeing me during daylight hours on a work day! I am filled with gratitude to the Vantage team for making space for me to join this unique and wonderful practice, for their patience with my questions and all the work that it takes to get another doc up and running. I am grateful to my family who supported me making a change in hopes of a more sustainable work life. And most of all I am grateful to the many patients who have joined our practice and trust me with their care - it is such a privilege to be your doctor and I am so happy to have found a place where I can take excellent care of patients and my family at the same time.

-Dr. Calvert

2024 Vaccine Roundup

Flu Vaccine

Sending a shout out to our Vantage Family to let everyone know that we have received our quadrivalent flu vaccine. September and October are the optimum times to get vaccinated for this year's flu season but we will continue to provide this vaccine upon request through the winter and even early spring. We provide this vaccine at no charge and it is on a first come first served basis. This year the CDC is more strongly recommending the high dose flu shot for those aged 65 and older and this is widely available in the retail setting. Ask your pharmacist and they will be happy to provide it.

Covid-19 Booster

The newest COVID booster covers only the most recent versions of the virus and is recommended if your last booster or most recent COVID infection was 3 months or more in the past. The current variant is highly infectious and had quite a spike during the summer months. There is enough herd immunity that very severe infections are more rare but COVID took over 700 lives in the U.S. between July 14 - August 14th this summer according to WHO data. We are still strongly recommending this vaccine. In addition, we urge you all to take advantage of free home COVID tests that will be reinstated later this month in preparation for the increased indoor gatherings the holidays present. We advise you to test early for any respiratory illness and contact us if positive to see if the antivirals would be appropriate for you. They have been shown to reduce serious illness, hospitalization, death and possibly reduce the chance for long COVID.

RSV Vaccine

The RSV vaccine is still available in the pharmacies for those 60 and older. After their roll out last year, they have proven safe and effective. The RSV season last year was particularly hard on the adult population so we do recommend this vaccine as well.

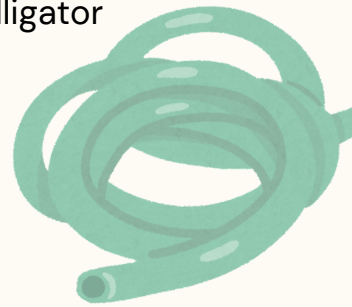
Your Vantage Physician is available for other vaccine questions you may have. So reach out via the portal or during your scheduled appointments if needed. We are gradually moving into our new home and still have room for new patients if friends and family are looking for a home base in our sometimes chaotic health care climate. It's an honor to care for you.

Hoses and Ladders, and Mowers ... Oh My!

We are deep into clean-up-the-yard season and I wanted to take a moment to talk about safety. Statistically those of us over 40 are more likely to incur injuries in routine home maintenance. Climbing on ladders is a leading cause of spine and head injuries and worth considering hiring help for cleaning roofs and hanging Christmas lights. The risks inherent in mowers are pretty obvious and require respect.

The surprising villain in your backyard, however, may be the humble garden hose! Falls resulting in broken hips, concussions and lacerations, broken wrists often start with you telling me, "Well I was out in the back yard and I tripped over the hose . . ." These sneaky little lawn snakes are low profile and hard to see in the grass. They are stiff and unyielding and love snagging ankles.

They are surprisingly heavy and awkward so I'm guilty of leaving them out after a hot sweaty session of watering and "doggy duty." If you are like me and get cranky winding that heavy hose around and around, consider upgrading to a flexi hose. These stretchy lightweight hoses feel almost like they are knit. They collapse so don't hold onto water that could scald you the next time you run the water. They are easy to lift and just pile into a large pot safely away from your ankles! I'm not selling hoses as a side hustle now so don't expect any product links to Amazon in our newsletter. You can just Google "flexi hose" and see where it gets you. I'm just amazed at how much easier it has been this summer to keep my plants alive now that getting the hose out doesn't feel like alligator wrestling!



Here are a few other safety tips for a healthy yardwork season:

Take breaks: Take regular breaks when using power tools to reduce stress on your body.

Use good body mechanics: When lifting heavy objects, use your legs to lift and keep the load close to your body.

Wear protective gear: Wear safety glasses, face protection, and sturdy boots when using a brush cutter.

Check for trip hazards: Before starting work, clear away any trip hazards like rocks, tree stumps, or roots.

Store tools safely: Store sharp blades facing down and keep tools out of reach of children.

Avoid alcohol: Don't drink alcohol while gardening or mowing the lawn.

Stretch: Stretch before, during, and after your yard work.



Your Vantage Physicians Team

Dr. Kershisnik



Dr. Vazquez-Bryan



Dr. Calvert



Natalie



Yaritza



Ryan



Mitzy



Do you enjoy being a patient of Vantage Physicians? Let others know! Your reviews are always appreciated. Scan the QR code to leave a review.





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 fall she will also be out of the office October 24th-25th, November 25th - 29th, and December 13th - 16th.

Dr. Vazquez-Bryan is typically out of the office each Thursday. This fall she will also be out November 4th - 18th,

Dr. Calvert is typically out of the office each Wednesday. This fall she will also be out October 9th - 11th and December 19th - 20th.

The office will be closed for the following holiday:

- November 11th - Veteran's Day
- November 28th - 29th - Thanksgiving
- December 24th - Closing at noon for Christmas Eve
- December 25th - 26th Christmas
- December 31st - Closed at noon for New Year's Eve

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. After our move we find ourselves with a large amount of cardboard moving boxes in various conditions. If you are in need of cardboard boxes, please give us a call and we will arrange a time for you to come in to pick some up.

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