

A vibrant yellow field of flowers, likely a sunflower field, stretches across the bottom half of the image. The top half is a bright blue sky filled with large, fluffy white clouds. The text is centered in the middle of the image, overlaid on the sky.

meet the new  
one sky  
family medicine

# the new one sky family medicine

One Sky Continues as One Sky Family Medicine

We've recently re-configured our practice. New name. New website. Same location. Same phone number. Some providers are new to us, and some have moved on. Medical and Naturopathic Doctors continue to work side by side to offer you and your family a comprehensive approach to primary care including family practice, counseling, pediatrics and midwifery services.

Our One Sky team now includes:

- Elias Kass, ND, LM, CPM – naturopathic family practice, maternity
- Marcie Hamrick, MD – family practice
- Molly Gray, ND, LM – naturopathic family practice
- Alison Kneisl, MD – family practice
- Tracy McDaniel, ND, LM, CPM - naturopathic family practice, maternity
- Karen Stocker, CC, MA – counseling

After thirty years of dedication to the medical field, Dr. Chris Adams will be transitioning to a new form of practice. Please read her letter and article within the newsletter for more information regarding her journey.

If you are already a member of the One Sky community, we look forward to serving you in this new incarnation. If you have not yet been to One Sky Family Medicine, we invite you to call the clinic (206-363-5555) anytime to schedule your first visit!

The first form of One Sky started as One Sky Medicine in 2000, as an outgrowth of a lengthy discussion among MDs, NDs, LACs, therapists, and administrators about how to create a model to “heal health care.”

We agreed on a set of guiding principles: to share ample quality time with patients, to have an open view about what is healing, to respect the healing power of nature and relationship, to encourage self-care, and to function collaboratively with patients, practitioners and the community.

These are challenging times for health care, as well as in every sector of life in our culture; in this cauldron of the times, we see a greater than ever need for providing care based on these principles. Many wonderful practitioners and staff have come and gone over these years, but the intention to create a model of quality integrative primary care is intact and moving into the future as One Sky Family Medicine (OSFM).



One Sky Family Medicine

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## u p c o m i n g e v e n t s

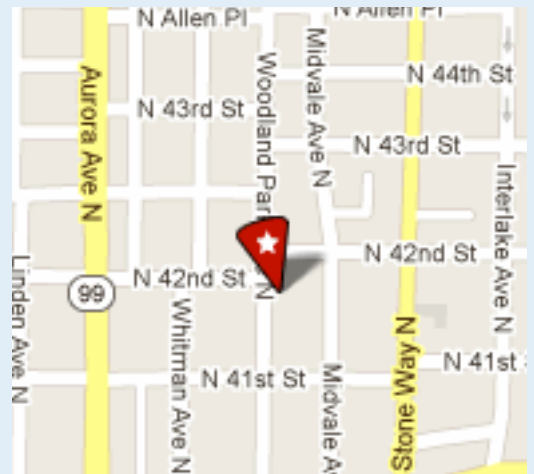
### Anxiety, Biofeedback & Mindfulness Meditation

It is estimated that over 80% of visits to the doctor are for stress or stress-related illness. In addition, research is revealing that evolutionarily, our brains are wired to be anxious.

Marcie Hamrick, MD offers biofeedback as a training technique to help people learn to offset the effects of stress.

Biofeedback is a way of observing the body's physical effects when in a stressed state. Biofeedback clients learn what body sensations are associated with stress, what skills are helpful in bringing the body back to a more relaxed state, and what body sensations are associated with a more restful, present state.

Dr. Hamrick is a yoga instructor and a mindfulness meditation teacher, and brings her mind-body skills into her medical practice and into biofeedback training. If you are interested in biofeedback, mindfulness meditation, and stress management please contact OSFM to make a complimentary 15 minute meet and greet appointment with Dr. Hamrick.



The next Introduction to Mindfulness Retreat will be held:

Saturday, August 4th from 1-5 p.m. at Present Sense in Wallingford.

4131 Woodland Park Ave North  
Seattle, WA 98103

Please call OSFM or email ([marcie@marciehamrick.com](mailto:marcie@marciehamrick.com)) if interested in attending.

# news & developments

## Dr. Molly Gray's Maternity Leave

I am looking forward to welcoming our second baby into our family and will be taking maternity leave over the summer. I will be on leave starting July 1st, returning to work part time in September and returning full time on October 1st 2012.

I am delighted to have the opportunity to work with two other amazing naturopathic physicians: Dr. Tracy McDaniel and Dr. Elias Kass; who will be covering my practice in my absence. Should you need to come in for a visit during this time, I am confident that you'll be pleased with the care you receive. I am honored to be a part of your family's health care and look forward to seeing you in the Fall.

Best in health,  
Molly Gray

## resources

### Nontoxic Sunscreen Guide

As summer finally arrives and the sun comes out, remember to use nontoxic sunscreens that protect your child from the sun without putting other aspects of their health at risk.

Utilize the Environmental Working Group's incredible resource for choosing a sunscreen. EWG's 6th annual Sunscreen Guide rates 257 brands and more than 1,800 products for sun protection.

[breakingnews.ewg.org/2012sunscreen](http://breakingnews.ewg.org/2012sunscreen)

## Electronic Health Records Dr. Elias Kass

One Sky Family Medicine is excited to start using AthenaHealth, a comprehensive Electronic Health Record system. Our office is in the process of training and implementing with a goal of going live mid-September.

Electronic Health Records are an exciting way to streamline your care, with all aspects of your visit being coordinated in the same system, from filling out your health history from your computer at home, to electronic prescriptions sent instantly while we're sitting with you in the office, and faster refills when you need them.

With AthenaHealth, we expect to drastically reduce the amount of paper in the office, sparing natural resources while simultaneously improving your privacy and security.

You can expect some bumps in the road as we move to this new system, so we appreciate your patience. The scheduling system will take some adjustment on the part of our front desk staff, but it is flexible and powerful and will make it easier to schedule back-to-back appointments with different providers, or schedule recurring visits. Insurance information will need to be re-entered in the new system, which will allow some eligibility checking to be done automatically. Your billing will look different, but it will be easier to set up payment plans and pay online or over the phone.

We are truly excited to embrace this new unified, comprehensive AthenaHealth system as it frees us up to spend more time with you and less time juggling paper!

# environmental medicine corner

Dr. Molly Gray

During my first pregnancy with my now 3 year old son Paxton, I participated in a study to find out what our developing babies are exposed to during pregnancy. I was shocked and incredibly saddened by the results of the study!

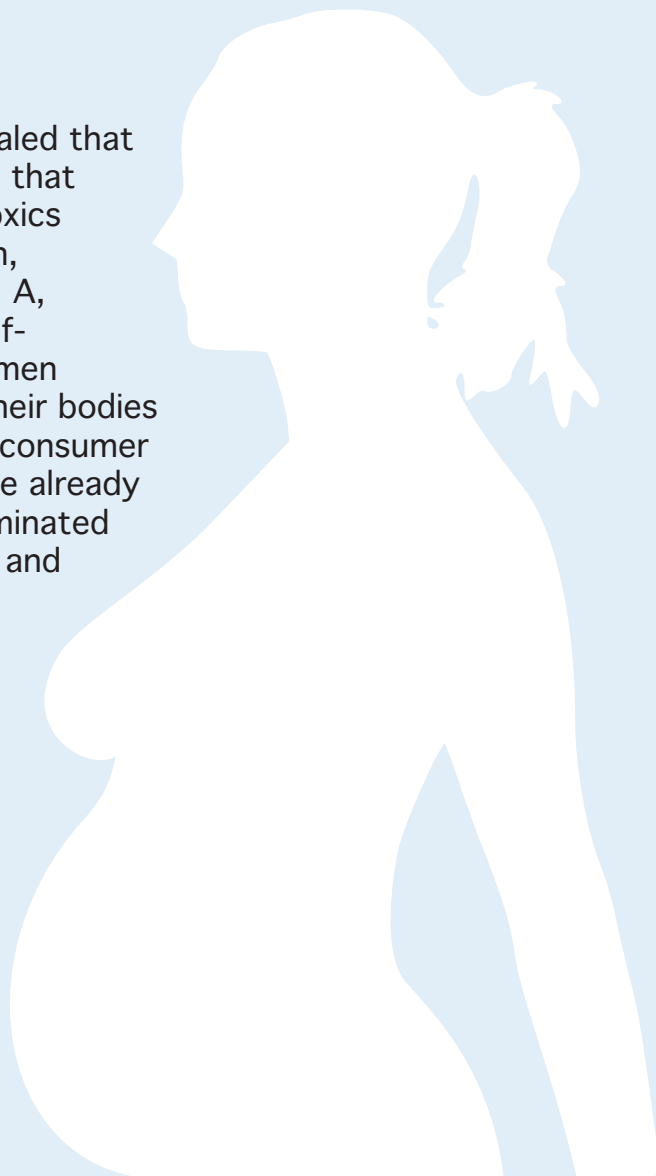
Since the study, I have immersed myself in research on environmental medicine and have walked away with a passion for educating people on how to protect themselves from the toxic chemicals in our everyday life. I now have a profound respect for environmental medicine and its effects on our health and each newsletter will include an “environmental medicine corner” to share information with you.

## Healthy Pregnancy Tips

Tests by the Washington Toxics Coalition in 2009, revealed that children spend their first nine months in an environment that exposes them to known toxic chemicals. Washington Toxics Coalition tested nine pregnant women, from Washington, Oregon, and California, for chemicals including bisphenol A, phthalates, mercury, and “Teflon chemicals.” The first-of-its kind study tested blood and urine from pregnant women during their second trimester of pregnancy and found their bodies contaminated with chemicals found in a wide variety of consumer products. This means that when babies are born, they’ve already spent nine months developing in an environment contaminated with chemicals linked to cancer, reproductive problems, and diabetes.

Exposure to BPA before birth has been linked to a host of health problems including early puberty, infertility, and cancer. Do your part to reduce your family’s exposure to BPA by avoiding: liquid infant formulas, canned goods (except Eden Organic bean products and Native Forest Coconut milk), hard plastic water bottles, and plastic food containers with the letter #7.

In order to further understand the issue and reduce your baby’s exposure, I encourage you to utilize WA toxics coalition handout found on their website [www.watoxics.org](http://www.watoxics.org). In the search box look for “tips for a healthy pregnancy” and read the PDF called



# the dispensary

## High Quality Supplements

OSFM now offers a full variety of vitamins, minerals and herbs that have been selected by our physicians. We offer a dispensary to provide you access to high quality professional grade supplements for you and your family, free of sales tax, available at the convenience of your appointment.

The nutritional and herbal supplement industry is largely unregulated, and there is significant variation in both the potency and purity of available products. We want you to have easy access to high quality supplements.

## product spotlight of the month

### OC Companion by Vitanica

### Greens First

Oral contraceptives have been shown in numerous medical studies to lower the levels of six important nutrients in women: riboflavin, B6, folic acid, vitamin B12, ascorbic acid and zinc. OC Companion replaces these vital nutrients to promote optimal wellness while on oral contraceptives. We recommend that any woman on oral contraceptives/ hormones take OC companion to prevent deficiencies in these important nutrients.

Nothing takes the place of a good diet filled with fruits and vegetables. And yet, we find that many children do not eat the recommended amounts of these foods. If you can't eat them- try drinking them! Greens First is a dehydrated vegetable/ fruit powder that provides 10+ servings of fruits and vegetables in one scoop. Try a sample the next time you are in the office.

one sky family medicine  
dispensary coupon

**10% OFF**

Present this Coupon for 10% Off One Item at The OSFM Dispensary



# t r a n s i t i o n

Dr. Chris Adams

After many years of a rich and varied practice as a family doctor, I am excited to be transitioning into a new practice where I will no longer be doing primary care, but instead using other healing ways, including interactive guided imagery, journeywork, mindfulness meditation, natural medicine, tai chi/qigong, yoga, and flower essences. Having worked with these practices for many years, I continue to learn about listening compassionately and appreciating the value of stepping into other ways of perceiving in order to grow and heal.

My life's work has been and is dedicated to an ever-deepening understanding of how best to care for our own lives and for each other. I look forward to being able to continue this work in a practice where we can focus on tapping into the wisdom that is inherent in each of us.

In my new consultation and counseling practice, my areas of emphasis will be open dialogue, mind-body and contemplative practices, and interactive guided imagery on issues related to parenting and development, relationships, grief and loss, life changes and transitions, and chronic health conditions. Using my varied experience in family and integrative medicine, I would like to work with individuals and families who are exploring the many complex choices in health care. I am also interested in working with people who are looking for a sustainable way to be of service in the world. I hope to create a tender and respectful space where we can discover what is true, and, once there, find ways to translate what we learn into meaningful understanding and action.

You can contact me through OSFM at 206-363-5555 x112 for an appointment after 9/1/12. I will also keep updated information on the OSFM and SHAC websites about my new practice. I look forward to meeting with you. Until then, I wish you well.

For more news, events, and information, please  
visit us online at:

[www.oneskyfamilymedicine.com](http://www.oneskyfamilymedicine.com)