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Living HEALTHIER

A publication to support a Healthier Morrow County

Boardman • Heppner • Ione • Irrigon • Lexington



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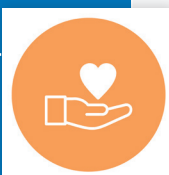
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Healthier Morrow County Goals

In everything we do, the decisions we make and the direction we take, you will find them grounded in the following goals.

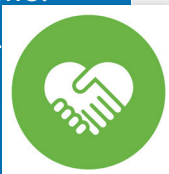
Strive to be your First Choice for quality, compassionate, local care and lead the way in promoting wellness and improving health in Morrow County.



Ensure that our facilities, technology, and infrastructure, as well as our workforce and volunteers will continue to meet the needs of our communities today, and for generations to come.



Maximize the value of our relationships with community and regional partners through initiatives that promote health and bring valuable health services to Morrow County residents.



Advance the quality of care provided in each patient care area while enhancing your patient and customer service experience.



CEO Emily Reynolds Roberts Message

Healthier Morrow County – Reaffirming a Commitment to Excellence



Recently, I was asked, “What is it about the work you do that is most rewarding?” One of the many reasons I appreciated the question is it compelled me to focus on the incredibly positive things we do daily throughout the District.

It’s a simple question, but there is no single answer. First, I love being a part of something bigger than myself, serving my community, and meeting people where they are. Next, I have a deep appreciation of the talented and dedicated people I work alongside. They are true champions, and I can’t say enough about what it feels like at the end of each day, reflecting on the professionalism and compassion I get to see in action.

Whether providing care in our clinics, responding to your calls for emergency help, ensuring programs like home health and hospice remain viable, allowing for community members to heal and age in place, I know for sure that the team I’m privileged to lead and learn from, are all on the same page where this is concerned. Service excellence is our priority and working to advance the Healthier Morrow County mission is the foundation for the quality, process improvement, and community outreach work we provide.

Commitment to excellence guides our strategies for growth to meet the needs of our community, as this organization has done for 27 years.

I recognize that the District may not be top of mind for you every day, and that’s okay; you’ve got many more things on your mind. Just know that the role that MCHD plays in the lives of Morrow County residents is significant, even when it’s not obvious.

In this Summer 2022 edition—a reboot of Living Healthier, you’ll learn about our EMS services; it’s a topic of interest, rightfully so. We’re also introducing you to a few “Faces of Caring,” You’ll read about the importance of wellness visits, understanding a minor’s right to access healthcare services, a COVID update, and much more.

I’ll close by sharing this. My commitment to the District and you are to remain focused on the positive and protecting the future of health care and essential wellness services in Morrow County. I know you have other options, which is why we strive to be your first choice for health care.

Wishing you a healthy, happy rest of your summer!

Why Wellness Visits are Essential to Children's Health



Data shows that many children have missed their annual check-ups and recommended childhood vaccinations since COVID began. At MCHD, our healthcare providers echo the Centers for Disease Control and Prevention (CDC) recommendation that children get caught up on their annual wellness visits and routine childhood immunizations. Yearly wellness visits are one of the best things you can do to protect children from serious and contagious diseases.

Annual wellness visits are also important for young athletes because it helps to assess your child's health for diseases or injuries and ensure body fitness for safe participation in any sporting activities. Think of it like this; even sports superstars undergo physicals before putting on their uniforms!

Annual wellness exams focus on prevention, help to track growth and development, and provide parents with an opportunity to ask questions about their child's nutrition, behavior, sleep, and more.

At MCHD, insurance is not required for annual wellness visits. Please contact your primary care clinic with questions and to schedule an appointment.

Schedule your child's annual wellness visit at one of these convenient locations:

Pioneer Memorial Clinic

541-676-5504 - Heppner

Ione Community Clinic

541-422-7128

Irrigon Medical Clinic

541-922-5880

It's a Matter of Trust

Did you know that Oregon has laws about the healthcare services minors can consent to without parental permission? It's a complex subject and that's why at every Morrow County Health District location, our goal is to provide the facts and important details parents and their teens need to know. We want every

young person cared for by our clinical staff to develop a trusting relationship with their healthcare provider because a healthier Morrow County can be achieved when we all work together.

Pick up a flyer with more details at any one of our clinic locations or visit Healthymc.org.

What healthcare services are applicable to a Minor's rights?

Minors 15 years of age and older can consent to services including:



Hospital & Emergency Medical Services



Treatment for Illness & Injuries



Vision Care & Dental Services



Immunizations










Sexual & Reproductive Health


(Minors of any age can consent to information and services related to birth control and testing and treatment for sexually transmitted infections.)


EMS Fast Facts

















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Did You Know









The District was historically reliant on volunteers to operate EMS services. There has been a nationwide shift away from reliance on volunteers as this staffing model has become more difficult to maintain.





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Fast Facts About the Morrow County Health District Ambulance Service

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Did You Know



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MCHD EMS dispatches from locations in Boardman, Irrigon, Heppner, and Lone with a Quick Response Team stationed in Lexington. There are seven ambulances in service covering Morrow County.




MORROW COUNTY HEALTH DISTRICT














Excellence in Healthcare


Fast Facts About the Morrow County Health District Ambulance Service

Did You Know



When the first ambulance in a specific area is out, EMS personnel can stage at an area closer to where they may be expected to respond as second out.

Responds	Boardman Incident	Irrigon Incident	Heppner Incident	Lone Incident
1st	 #899	 #299	 #599	 #699
2nd	 #299	 #899	 #598	 #598
3rd	 #898	 #298	 #699	
4th	 #298	 #898		





MORROW COUNTY HEALTH DISTRICT

Excellence in Healthcare

Fast Facts About the Morrow County Health District Ambulance Service

Did You Know





MORROW COUNTY HEALTH DISTRICT
Excellence in Healthcare

There are two measures of time that are important in EMS – dispatch to en route and response time to scene.


Dispatch to en route

The length of time between when the ambulance is dispatched to when the ambulance leaves the garage

Response time to scene

The length of time between notification to the ambulance and the arrival of the ambulance at the incident scene


The District's times in May of 2022 were as follows:



HealthyMC.org

Response times are not adjusted to account for miles traveled.

Boardman	<ul style="list-style-type: none"> Dispatch to En Route ≤1 minute Response Time ≤4 minutes
Irrigon	<ul style="list-style-type: none"> Dispatch to En Route ≤6 minutes Response Time ≤9 minutes
Heppner	<ul style="list-style-type: none"> Dispatch to En Route ≤6 minutes Response Time ≤13 minutes



MORROW COUNTY HEALTH DISTRICT

Excellence in Healthcare

Fast Facts About the Morrow County Health District Ambulance Service

Follow us on Facebook for more EMS Facts!

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EMS is #MorrowStrong

Leading with Integrity



Donna Sherman

Becoming an EMT was not something that Donna Sherman gave any thought to, that is until an accident involving a family member on a trip to the mountains to cut wood changed her mind. “None of us here know what to do; we don’t even have a band-aid with us,” Donna said at that time.

Shortly after the incident in the mountains, Donna came upon a flyer advertising free EMT classes being offered by MCHD EMS, with a catch. “The District was providing this free education, so long as there was a commitment to serve as a volunteer EMT,” she explained. So, in 2009, Donna joined the team of volunteer EMTs, then went on to attain a bachelor’s degree in the field of medical laboratory and work in the Pioneer Memorial Hospital lab, and also pursue further education to advance from Basic to Intermediate EMT.

Today, and since the start of 2022, Donna took on the role as the Director of Morrow County EMS, overseeing operations of a fleet of seven ambulances and a growing crew of professional, skilled, and focused first responders.

When asked about her vision for MCHD EMS, Donna shared an extensive list of programs and ideas she has to help increase the team’s presence and purpose in all communities they serve. A few highlights and priorities include:

- Developing a “Field Day” for school age children at the District’s ambulance halls
- Conducting O2 saturation checks
- Having First Aid Demos

- Taking the show on the road, and in down time, bringing ambulances to the places people gather
- Providing routine blood pressure checks
- Developing and distributing important factsheets pertaining to health-related matters
- Community CPR classes, including babysitter CPR and safety courses

Another area she’s focused on is to foster education that can help avoid the need for emergency medical help in the first places. Subjects she’d like to address include the dangers of drinking and driving or using cannabis, texting while driving, the importance of telling someone when you’ll be traveling into the mountains alone, wearing helmets while riding bikes, skateboarding, or operating an ATV. “Many of the calls for help come as a result of an avoidable accident,” she offered. “When the call does come in, we’re on it; and, if we can help our community members avoid an issue to begin with, we want to do that too.”

Sherman also shared that the two most important aspects of the work of an EMS are both teamwork and communication. “We have a special bond, no matter how often we see each other, we know, with absolute certainty, that the patients we care for, the lives entrusted in our care, rely on our ability to act fast and work together as a team.”



Faces of Caring



Eileen McElligott, ARNP

Ione Community Clinic

541-422-7128



Jon Watson, PA-C

Irrigon Medical Clinic

541-922-5880



Rio Lion, DO

Pioneer Memorial Clinic

541-676-5504 - Heppner

Pioneer Memorial Hospital

541-676-9133



Vicki Kent, ARNP

Irrigon Medical Clinic

541-922-5880

Some You Know... and a New One Too!

At Morrow County Health District, every person who works for and volunteers is a caregiver, and when you see their faces while at one of our facilities or out and about at community events, you're looking at a person who genuinely cares about being their best for you, no matter what it is they're doing.

Meet Amanda Roy, PA-C

Amanda joined the Pioneer Memorial Clinic Staff on July 13th, and we are THRILLED to have her join our family of caregivers.

Amanda graduated from the Pacific University PA program in 2012 and then received her Doctor of Medical Science from Lincoln Memorial University in 2021. "I have practiced in rural/frontier medicine my entire career and really enjoy having the ability to provide a full spectrum of care right where we are," she shared.

Amanda grew up in a small farming community in Illinois and chose a community to practice in where it felt

familiar.

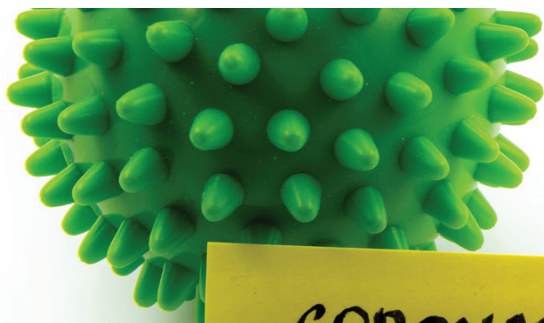
"I have developed and led several health initiatives such as Diabetes Day and a children's health fair in the past and look forward to finding opportunities to be involved in my new community," she said.

Amanda and her husband enjoy spending time outdoors, camping, and of course, caring for their animals, including an English Bulldog that likes to skateboard!



In addition to the arrival of Amanda, MCHD will soon welcome Dr. Rodney Schaffer set to begin seeing patients at PMC in August, while Justin Cameron, PA will join our team in Irrigon.

For a full listing of Morrow County Health District providers, locations and hours visit HealthyMC.org.



CORONAVIRUS UPDATES

Because COVID remains a public health threat, MCHD wants you to have the information you need to understand guidelines, vaccination, and treatment options. Please keep in mind that because guidelines do change, it's always best to rely on the Oregon Health Authority for the latest updates.



Oregon Masking Guidelines

While masks are not required for most indoor settings; you still need to wear one in health care settings to keep everyone safe. Some businesses and schools may still choose to require masks.

People may also choose to continue to wear well-fitting masks to protect themselves and others. Oregon's full rule on masking, including a list of health care settings where masks are still required can be found at www.oregonhealthauthority.com



Quarantine Requirements

For most populations, quarantine requirements have been lifted. This means most people do not need to quarantine when exposed to someone with COVID-19. You still must stay away from others if you test positive for COVID-19 or have COVID-19 symptoms after exposure.

According to the latest data from Oregon Health Authority, if you are exposed to COVID-19, you no longer need to quarantine from others. Schools and daycares are also no longer required to send children home when an exposure has occurred. However, quarantining after an exposure to a positive COVID-19 case is still recommended in high-risk settings, such as health care settings and jails.



COVID-19 Vaccine Information

COVID-19 vaccines are safe and effective at protecting people from getting seriously ill, being hospitalized, and dying. The CDC recommends a COVID-19 primary series vaccination for everyone ages six-months and older, and COVID-19 boosters for everyone ages five years and older, if eligible.

What to do when you go to your COVID-19 vaccine appointment

- Don't bring your pet to the vaccination site
- Don't show up if you are sick or in quarantine
- Wear a short sleeve shirt
- If it is your second shot, bring your immunization record card with you

For more information on where to get a vaccine or your booster dose in Oregon, go to www.oregonhealthauthority.com

3 Morning Life-Hacks to Get Healthier

Are you one of those people who vow to adopt healthier ways and struggle to get started? If you are, rest assured, you are certainly not alone. As with everything that requires change, the key to success is taking a first step. Even a small step in a healthier direction can go a long way. To help you kick-start your Healthier Me journey, whether it's for weight loss, to boost your energy, or just to feel better every day, here are three very simple life hacks to think about.

1. Kickstart Your Morning with Lemon Water

Before you pour yourself that cup of coffee, reach for a glass of water with a generous squeeze of fresh lemon juice. It's a body cleanser, stimulating the natural enzymes in the liver, which in turn, helps it to flush out toxins!

2. 10-Minute Morning Sweat

Before you even think of hopping in the shower, get in your morning sweat. Just 10 minutes of exercise in the morning will make a huge difference for your energy level all day.

3. Five-Minutes of Meditation

Before you pick up your phone from the nightstand, spend five minutes (or 10 if you can) in a space that is calming to you, alone and quiet to clear the mental chatter from your mind. Just a simple 5-minute meditation can bring you more clarity, confidence, and greater self-awareness to meet the challenges of your day.



HealthyMC.org

Never underestimate the **awesomeness** of a person who provides comfort and care to someone in their home.

Pioneer Memorial Home Health & Hospice is Hiring!

hello
Awesome!

What are you waiting for? Join our team and let's be amazing for our patients together.



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HEALTH DISTRICT
Excellence in Healthcare

This newsletter is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.

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