



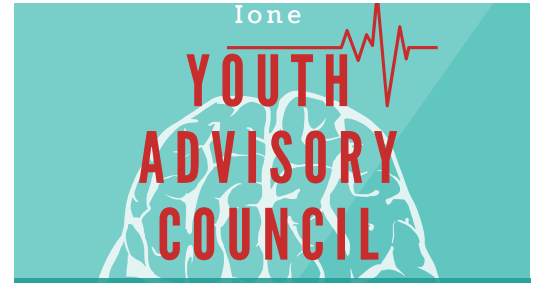
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Issue vi
Spring 2020

HealthyMC.org

Published by Morrow County Health District

Living HEALTHIER

for Families in Morrow County



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MORROW COUNTY
HEALTH DISTRICT
Excellence in Healthcare

When Things Change, We Adjust.

An Important Message to Our Community

At Morrow County Health District (MCHD), we understand this is a particularly difficult time for members of our community. Just as you have made changes in your daily lives, MCHD has adjusted some of our hospital and clinic operations to respond to novel Coronavirus (known as COVID-19). Please know that these new measures in place are to further protect the health and safety of our patients, public, and caregiver teams.

Pioneer Memorial Hospital and all MCHD Clinics, have instituted additional visitor restrictions following recommendations from the Oregon Health Authority and Center for Disease Control and Prevention (CDC). Access to the hospital and clinics will be limited to designated entrances.

Remember, most people with COVID-19 experience mild symptoms. If you are feeling ill with mild symptoms, and do not require medical care, stay home while you recover. If your symptoms worsen and you feel you require medical care, please call your health care provider first so that arrangements are made in advance to prevent exposing others.

Coping with the stress of COVID-19

Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger. Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

Visit [CDC.gov](https://www.cdc.gov) for more information on COVID-19 updates and recommendations.

You can help stop the spread of COVID-19 by doing the following:

- 

Wash your hands often
- 

Cover your coughs and sneezes with a tissue or inside of your elbow
- 

Throw tissues in the trash and wash your hands
- 

Stay Home, Save Lives
- 

Avoid close contact and keep your distance from others
- 

Clean and disinfect frequently touched surfaces

Things you can do to support yourself

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

“Hardships often prepare ordinary people for an extraordinary destiny.” -CS Lewis



CEO Message

I think we can all agree that our vision for the spring of 2020 did not have the threat of coronavirus in it. Please be assured that we, along with all our partners in health in the state, are doing absolutely everything we can to help ensure the health and safety of our communities. We ask that you do your part and follow the guidelines for handwashing, and Stay Home, Save Lives.

In more positive news, I'm pleased to welcome Katie Mencos, along with Amanda Fabian, both PA-C's, to our team of health professionals at Irrigon Medical Clinic (IMC), bringing our total-provider numbers at this location to four! Additionally, at IMC, Dr. Dan Hambleton will be seeing patients twice a month, and Dr. Nichols will see patients at this location one day per month.

The plans to build a replacement clinic in Heppner and the renovation of Pioneer Memorial Hospital continue. Nicole Mahoney, our Chief Financial Officer, is in the process of completing the application to the USDA to secure low-interest loans/grants to finance these essential and long overdue projects. Stay tuned for additional information as the projects progress!

Other 2020 happenings in the District worth mentioning include the purchase of a new ambulance for Boardman this past February, with another ambulance in the plans for Heppner in late June or July of 2020.

We continue to work with Columbia River Health on various projects, currently helping them to develop an ultrasound program at the clinic.

I'm also pleased to share that MCHD now has the capability of providing more telemedicine consults through our agreements with Kadlec Medical Center, and Mid-Columbia Medical Center/Celilo Cancer Center.

Lastly, I want to share that the MCHD Board is working with me to create a succession plan for my position. Our goal is to ensure a smooth transition when I retire, and to ensure the District has plans should a future CEO leave abruptly or retire. We expect to have this in place by a late summer/early fall time frame.

May you and your family remain healthy through this challenging time.

Sincerely,
Bob Houser, CEO, FACHE



Recognition of our staff for Longevity Awards presented at our Annual Banquet, March 6th.

5-Year Awards

Dan Hambleton, M.D.,
Clinic & ER Physician

Angela Jones,
Medical Assistant

Eva McMasters,
Radiologic Technologist

Maria Romero,
Clerk and Certified Interpreter

Dan Sharp,
Maintenance Director

Heather Smith,
Laboratory Assistant

10-Year Awards

Ken Franz, RN

Marilyn LePage,
Certified Nurses' Aide

Gabe Owen, LPN

Donna Sherman,
Medical Laboratory Technician

15-Year Award

Patti Allstott,
Human Resources Director

25-Year Awards

Sheryl Angell, RN

Mindy Coster,
Certified Medication Aide

Brian Skaggs,
Cook

30-Year Award

Barb Coiner,
Certified Medication Aide

40-Year Award

Pennie Miller, *Purchasing Clerk, EMT-Intermediate, Endoscopy*

Service Excellence Award 2019 awarded to Pam Piper, RN

Spot and Stop Misinformation Spread

During a time when we need to keep our social distance for public health and safety, many have increased their use of social media to stay connected and informed. Experts warn however that misinformation online is spreading and creating a different kind of risk. Here's what you can do to spot and stop misinformation.

Arm yourself with facts. Turn to public health officials for information and updates.

Take 30 seconds to research before sharing – verify the source.

Don't spread misinformation about treatments and cures.

Give yourself a hand!

WHY WASHING WORKS

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water.

Spread the News Not Germs

Handwashing with soap removes germs from hands. This helps prevent infections because people frequently touch their eyes, nose, and mouth without even realizing it. Germs can get into the body through the eyes, nose and mouth and make us sick.

Germs from unwashed hands can get into foods and drinks while people prepare or consume them, and can be transferred to other objects, like handrails, tabletops, or toys, and then transferred to another person's hands.

Follow these simple and effective handwashing tips to help keep you, those in your home, co-workers, and community healthy.



Youth Advisory Council Update

Congratulations All Around!

The Lone Youth Advisory Council (YAC) continues to demonstrate their passion for service and community. MCHD extends its congratulations to this special group of young people, as theirs was one out of only two schools in the state selected to participate in the Oregon School Based Health Alliance (OSBHA) YAC coaching project. YAC coaching helps the group grow and strengthen its ability to participate in larger, more meaningful projects through peer coaching.

Happenings

Bulletin Board

YAC manages bulletin boards at Lone Community Clinic & Lone Schools posting important information about health awareness and prevention. In February the boards focused on teen dating violence, during the month of March, ovarian cancer awareness, and coming up in May, mental health awareness.

Comfort Closet

The Lone Community Clinic Comfort Closet is up and running and is accepting donations for hygiene items! The closet is open to all community members as well as students.



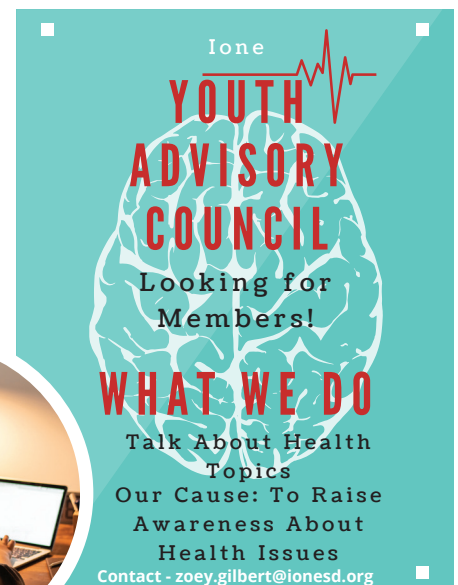
Learning from Home Tips

1. Make a schedule and stick to it.
2. Set goals for work completion.
3. Take a daily digital recess.
4. Get plenty of exercise and rest.
5. Eat healthy.
6. Stay connected to your teachers and classmates.



Mental Health Awareness

May is Mental Health Awareness month. Too often, where mental health is concerned, the focus is on adults. Our YAC wants every young person to know that there are resources in the community to help address the stress and pressures that are unique to students. YAC is working on a few special initiatives for Mental Health Awareness month, including, offering a meditation day, focusing on programs that promote self-care, and an exercise day.



BREATHING *Easier*



Dixie Chick

Patient, 2 year old

Darcie Chick

Mother, owner of Sage Clothing Co., local small business in Heppner, OR

Eric Chick

Father, Manager at Blue Mountain Manufacturing, Volunteer Firefighter, and working on EMT license



When Eric and Darcie Chick brought their two-year-old Dixie home after a three-day stay at Pioneer Memorial Hospital where she was treated for pneumonia, they were hoping their active toddler would recover quickly. Darcie would get back to running her clothing shop in Heppner and Eric would resume his duties managing his manufacturing company.

Unfortunately, shortly after returning home, the Chick's found themselves back in the emergency room with little Dixie. Her pneumonia was back in her left lung, and her oxygen levels were not improving. *At the urging of Dr. Dan Hambleton and Dr. Russ Nichols, the decision was made to transport Dixie via LifeFlight to OHSU Doernbecher's Children's Hospital, ranked one of the nation's best pediatric hospitals.*

Until the arrangements could be finalized, Dixie was again under the care and watchful eyes of a team of MCHD nurses, who, to Darcie, were more like the family's Angels. Having just learned that she was pregnant with twins, it was critical that Darcie take care of her health. "I was incredibly

tired, and they helped me keep her calm. Sometimes I would fall asleep and not hear them taking care of her in the middle of the night. They would allow me to rest."

When it came time to transfer Dixie to Portland, the coordination between the physicians and nurses at the hospital and LifeFlight was flawless. "Dixie did great during flight. What impressed me the most was the level of care here in such a small hospital, and, knowing when it was the right time to move to more advanced care," said Eric. *"These are our neighbors, and they want the best for all of us."*

As for Darcie, she echoes everything her husband shared and adds, "We, of course, did not want to be in this position, but it was as easy as it could be because of the great care. I felt like I was at home even in a hospital room because we had friends caring for us."

Today, Dixie is back home living her best toddler life with her mom and dad. They are breathing easier knowing that there is a well-oiled health network at the ready should they ever experience another medical emergency. In Eric's words, *"We don't have everything in a small town, but we have everything we need."*

Know the Facts About Pneumonia

Know the Facts About Pneumonia From the Centers for Disease Control and Prevention (CDC). Pneumonia is an infection of the lungs that can cause mild to severe illness in people of all ages. Depending on the cause, doctors often treat pneumonia with medicine. In addition, vaccines can prevent some types of pneumonia. However, it is still the leading infectious cause of death in children younger than 5 years old worldwide.

What are the common signs of pneumonia?

- Cough
- Fever
- Difficulty breathing

Following these good hygiene practices, you can help prevent pneumonia and other respiratory infections:

- Wash your hands regularly and do the same with your children's hands
- Frequently disinfect high traffic touched surfaces like countertops, knobs, handles and switches
- Avoid being around others with viral infections. If you or your child are ill, stay home to avoid transmitting your illness to others



YOU COUNT.

Make Sure You're Counted!

The United States 2020 Census is upon us and it's critically important for every person to be counted.

Morrow County Health District is urging the communities we serve to do their part and complete the 2020 Census. The results of the 2020 Census will help determine how hundreds of billions of dollars in federal funding flow into communities, including ours, every year for the next decade. That funding shapes many different aspects of every community, no matter the size, no matter the location.

Below are answers to some of the questions you may have about the Census, provided by [2020CENSUS.GOV](https://2020census.gov). If your questions aren't answered in this edition of Healthier Living, please visit the official website to learn more.

Is my information safe?

Your responses to the 2020 Census are safe, secure, and protected by federal law. Your answers can only be used to produce statistics. They cannot be used against you by any government agency or court in any way – not by the FBI, CIA, DHS, and not by ICE.

What will I be asked?

You will be asked a few simple questions like age, sex, and the number of people who live in your home, including children.

What won't I be asked?

The census will never ask for Social Security numbers, bank or credit card numbers, money or donations, or anything related to political parties.

When can I respond to the census?

Respond to the notice to complete the census online, by phone, or by mail as soon as you receive it. In May of 2020, the U.S. Census Bureau will begin following up in person with households that have yet to respond.

**Dates may change due to COVID-19. Check census.gov for the latest information.*

**HEALTHCARE DESIGNED
WITH YOUR WHOLE
SELF IN MIND**



*Spring
Schedule*

Behavioral Health Services Offered In Your Primary Care Clinic

What is *behavioral health* anyway? It's easy to understand why behavioral health and mental health are often thought to be the same thing; however, they are two different areas of specialty. Mental health focuses solely on a person's psychological state, whereas behavioral health looks at how behaviors impact someone's health — physical and mental. Think of behavioral health as the connection between behaviors and the health and well-being of the body, mind and spirit.

We are actively recruiting a consultant for Pioneer Memorial Clinic to serve the south county area.

An office visit with our behavioral health professional can help you in a variety of ways including:

- Addressing lifestyle changes such as improving your eating and exercise habits
- Teaching skills to help you relax, reduce harmful stress and improve your sleep
- Reflecting on harmful habits such as using alcohol, tobacco and drugs
- Coping with stress, loss and sadness
- Introducing self-care techniques to manage pain and other issues keeping you from living your best life

MEET OUR BEHAVIORAL HEALTH CONSULTANT



Jamie Reed, CSWA
Irrigon Medical Clinic
220 N. Main Street
Irrigon, OR 97844

"I believe communication and collaboration with other providers is so important and goes a long way in helping patients take charge of their personal health and well-being."

Mobile Mammography Call to Schedule Today!

Irrigon Medical Clinic
541-922-5880

Pioneer Memorial Clinic
541-676-2931

MRI Mobile Schedule with us! 541-676-2918

Step Into Spring Safety Event

April 22 | 2 – 4 pm
Irrigon Medical Clinic

**All events subject to change, postponement or cancellation. Please visit Healthymc.org for updates.*

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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