



We Care Where You Are

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Gratitude & Thanks for 17 Years of Service

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Warding Off Winter Slips, Falls & Other Seasonal Hazards Pg. 2

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Living HEALTHIER

for Families in Morrow County

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The List that Could Save Your Life

How you can help first responders help you!

Imagine you're home alone, and you experience a medical emergency and dial 911. When first responders arrive, you're unable to answer their questions critical to help save your life. What if you're visiting the home of a friend or loved one, and they suffer a stroke or heart event? Would you know where to look for the details that could help ensure need-to-know information is transferred to the hands of those there to help?

No matter your age or state of health, a medical emergency could, and often does, strike without warning. Every second matters and detail such as the medications you are taking, health history, blood type, and information about such things as a device implant like a pacemaker are all essential pieces of information for first responders to have and relay to those who await you in the emergency room.

On behalf of all first responders at MCHD, we encourage everyone in our district to consider completing an Emergency Medical Profile and keeping one up to date and located in their home and vehicle. Make it known to those who live, love, and care for you and accessible to those who respond to medical emergencies. May you never need it, but if you do, may you have the list that could very well save your life.



Josh Gustafson, EMT



Stephanie Rill, EMT

Emergency Medical Profile

In case of emergency, please contact:

Primary Contact Phone

Relationship

Secondary Contact Phone

Relationship

Medical Information

Primary Care Physician

Primary Contact Number

Blood Type

Height Weight

Allergies:

Current List of Medications:

Morrow County Contact Numbers

Pioneer Memorial Hospital & Nursing Facility - 541-676-9133
554 E Pioneer Drive, Heppner OR

Pioneer Memorial Home Health & Hospice
162 N Main St, Heppner, OR | 541-676-2946
101 Kinkadee Rd, Boardman, OR | 541-481-2596

Morrow County Ambulance & Emergency Services
Boardman, Irigton, Heppner, Ione, Lexington & Morrow County OHV Park
In case of an emergency, Call 911

Pioneer Memorial Clinic - 541-676-5504
130 Thompson St, Heppner OR

Irigton Medical Clinic - 541-922-5880
220 N Main St, Irigton OR

Ione Community Clinic - 541-422-7128
365 3rd St, Ione OR

In case of an emergency, Call 911

MORROW COUNTY HEALTH DISTRICT
Excellence in Healthcare

Download the template at <https://www.morrowcountyhealthdistrict.org/emergencymedicalprofile/>

FLOOD WARNINGS

Monitor local news for severe weather warnings. When possible stay home and off the roads.

BE PREPARED

Keep a supply of batteries and an extra phone charger on hand in the event your home loses electricity.

PREVENT SLIPS

Wear proper shoes and avoid walking on ice. Clear all walkways of snow and ice to avoid falls.

CHECK YOUR VEHICLE

Have your vehicle checked to ensure engine, fluids, wipers, and tires are all winter ready. Don't forget your chains!

SLOW DOWN

Allow plenty of time to travel to your destination safely and put distance between your vehicle and the one in front of you.

WARDING OFF WINTER SLIPS, FALLS AND OTHER SEASONAL HAZARDS



“You are never too old to set another goal or to dream a new dream.” -CS Lewis

CEO Message

I believe the month of January is the perfect time to wish each other the very best for the promise of what a new year can bring. My wish for you and everyone living in our unique community is that the year 2020 brings you good health, happiness, new opportunities, and more time to spend with those you cherish.

It’s hard for me to imagine that this year could begin to top all that Morrow County Health District accomplished and experienced in 2019, in large part, because of you. Between launching Healthier Morrow County, welcoming new members of our caregiver team, strengthening and growing our community partnerships, improving our facilities, and receiving overwhelming support to extend the essential operational levy, it’s impossible to point to one thing that stands out above the rest. Rather than try, I want to take this opportunity to share just a few of the many highlights from last year that I think are worth revisiting.

New Caregivers

We are fortunate to welcome the following caregivers to the MCHD team:

- David Collins, PA-C, Irrigon Medical Clinic
- Dr. James Hejmanowski, Pioneer Memorial Clinic
- Danielle Mateleska, PA-C, Pioneer Memorial Clinic
- Jamie Houck, RN, Chief Nursing Officer, Pioneer Memorial Hospital

New Services

We remain committed to bringing valuable health services to all the communities we serve including:

- Integrating Behavioral Health Services at our Heppner and Irrigon primary care clinic locations, with the addition of Jamie Reed, CSW-A and Ronda Cox, LCSW.

In addition to welcoming new healthcare professionals, introducing new services, and advancing the quality of care you receive, we’ve also completed a major expansion project at the Irrigon Medical Clinic; however, we’re not done! Our vision for 2020 is to continue adding services and modernizing the Heppner campus, while continuing our invaluable collaboration with all our community partners.

Happy New Year, and please remember, a Healthier Morrow County happens when we all work together.

Sincerely,
Bob Houser, CEO, FACHE

Excellence in Action

One of the focus areas in the Healthier Morrow County mission is to advance the quality of care we provide. To accomplish better quality, collecting data is essential, and this includes information that we obtain from the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) survey that patients receive after a hospital stay. Not only does the feedback provide us with valuable insight about your experience, collecting this data is a requirement for hospitals in the United States.

In 2019, the Oregon Office of Rural Health honored Pioneer Memorial Hospital as a “Top Performer” and recognized our quality improvement team for an outstanding job and most improved for reporting HCAHPS. We are thankful for their dedication to patient care and experience and congratulate them on their achievement.



Rebecca Sanders, Quality Manager

We Care

No matter where you may live or work in Morrow County, we strive to be there to care for you, wherever you happen to be.

WHERE YOU ARE



**Pioneer Memorial Hospital
& Nursing Facility**
Phone: 541-676-9133
564 E Pioneer Drive, Heppner

Pioneer Memorial Clinic
Phone: 541-676-5504
130 Thompson Avenue, Heppner



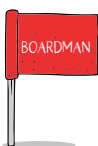
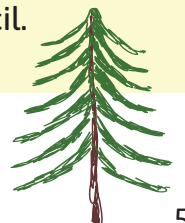
Lone Community Clinic
Phone: 541-422-7128
365 3rd Street, Lone

From our hospital in Heppner to our family health clinics in Lone and Irrigon, from Home Health & Hospice to our EMS, we want you to have peace of mind knowing that we are nearby, and, even when you're far, we'll respond immediately when a medical emergency arises.



We're Proud to Honor Our Very Own Community Star!

Each year, the National Organization of State Offices of Rural Health puts out a call for nominations, asking for each of our 50 states to nominate a "Community Star," an individual who works each day to make a difference in the health of their community. Morrow County Health District is pleased and honored to announce that our very own Clair Arnold, Lone Community Clinic Coordinator, was selected as Oregon's very own, Community Star. You can read her story at HealthyMC.org. Help us congratulate Clair and the work she is doing to support the Youth Advisory Council.



Pioneer Memorial Home Health & Hospice
Phone: 541-676-2946
 101 Kinkade Rd, Boardman
 162 Main Street, Heppner



Irrigon Medical Clinic
Phone: 541-922-5880
 220 N Main Street, Irrigon



Dr. James Hejmanowski

Home Health & Hospice Medical Director

Morrow County Health District offers a wide range of services for older adults in our clinics, and, we also provide a variety of in-home services because we recognize that barriers such as transportation often become roadblocks to receiving care that is essential to one's wellbeing, state of health, and peace of mind for the family members.

Below is a partial listing of care and support services MCHD and our many community partners in health offer to all residents of the county.

Durable Medical Equipment Community Loan out Program

- To donate or inquire about available equipment, call 541-676-2946

Foot Clinic appointments are available at Heppner and Boardman locations.

- To schedule yours, call 541-676-2946

Medication Safety Education & In-Home Evaluations

- Available by appointment only
- Call 541-676-2946

Veterans Services including Homemaker/Caregiver Service

- Call 541-676-2946 to inquire about eligibility and details

Free Blood Pressure Checks

- Available at all Morrow County Health District locations.
- No appointment necessary

Question

For those in need of end of life care, and care after an illness, injury or hospital stay, what resources are available in Morrow County?

A: This is a question we hear often at the hospital and clinics. In many rural and more remote communities across our state and others, availability and access to home health and hospice care can be most challenging. Fortunately for our communities, this is not the case.

What is Hospice?

First, it's important to note that Hospice is not a place, it is a set of specialized services designed to help patients and their loved one's cope with a terminal illness, and during the very end-stages of their lives. Under Hospice care, the goal is to do all that is possible to help make patients more comfortable and help them do things that are important to them at this stage of their lives.

As a physician providing hospice care, my focus is to help the patient manage their pain and other symptoms. Also, think of Hospice care as a team approach to patient care. Working with me are nurses and other clinicians, home health aides, social workers, other professionals, including a nutritionist, as well as physical therapist. Hospice is also rich with volunteers who truly make a difference. Volunteers are compassionate and their focus is truly on providing comfort and assistance.

What is Home Health Care?

Home health care is medical care provided in a patient's home, typically offered to help

a person as they recover from an injury or illness and when it's safe for the individual to receive supervised care outside of an inpatient hospital setting. Home health care often includes skilled nursing care, physical therapy, occupational therapy and speech therapy. Home health can also aid with daily living from a highly qualified home health aide. Home health care is usually less expensive and certainly more convenient for patients and their at home care partners, and it's a service that is proven time again to help ensure patients are not readmitted to an inpatient facility because they are receiving the medical care they need, where they live.

Both hospice and home health care are typically covered by Medicaid, Medicare, veteran benefits, as well as private insurance. To understand more about each of these essential services, your eligibility and other questions you have on the subject, please talk to your personal physician or primary care provider, or one of the helpful staff members at the Pioneer Memorial Hospital or the clinic where you receive your care.

Lastly, all of us at MCHD share this philosophy. We are here to care for your needs, and we want you to know that we believe in caring for the whole person at every stage of their life.



CYDE ESTES RETIRES AFTER 17 YEARS OF SERVICE

After 17 years of dedicated service to Pioneer Memorial Home Health & Hospice, Cyde Estes, Hospice Volunteer Coordinator, is retiring this month. Estes began her service as a hospice volunteer in 2002, and quickly became coordinator in 2003. She was moved by the work of nurses and volunteers during her grandmother's time in Hospice in the spring of 2002, and decided she wished to serve her community in the same capacity. Morrow County Health District began its Hospice volunteer program the same year, and Estes eagerly joined as a volunteer.

"I love the personal relationships I have been able to build and cultivate in this role with my volunteers and the privilege of serving our hospice patients has brought me great fulfillment" - Cyde Estes. Estes was awarded Volunteer Coordinator of the Year by the State of Oregon in 2007, and is the only volunteer Hospice coordinator in the entire

state. New full-time Hospice Volunteer Coordinator, Jackie Alleman, will be joining our team this January. Cyde plans to stay on as a volunteer in retirement.

"Our entire community has benefited from Cyde's leadership, her passion for hospice care, and her unsparing generosity over the last 17 years. We wish her the very best in retirement"

– Bob Houser, CEO.

We at MCHD thank you for your many years of hard work and dedication to Hospice. You have been an amazing example of volunteering. In the many years MCHD was privileged enough to have you as our Volunteer Coordinator, you accomplished so much and were a cornerstone of our Hospice program. You have made our staff, Health District, and community better, and for that the entire Hospice team thanks you. You are an inspiration to us all.

Change can be difficult for a person with Alzheimer's disease. Maintaining familiar routines and serving favorite foods can make mealtimes easier. They can help the person know what to expect and feel more relaxed. If a home health aide or other professional provides care, family members should tell this caregiver about the person's preferences.

TIPS TO MAKE MEALTIMES EASIER

for People with Alzheimer's

Meals can be a **challenging time** for people with Alzheimer's and their caregivers.

Maintaining **familiar routines** and serving **favorite foods** can help the person know what to expect and feel more relaxed.



HERE ARE SOME TIPS TO HELP MEALTIME GO SMOOTHLY:

Make the eating area quiet. Turn off the TV and radio.



Offer just one food at a time instead of filling the plate or table with too many options.



Don't rush. Be patient and give the person enough time to finish the meal.



Cut food into small pieces and make it soft enough to eat, which will help with chewing and swallowing.



A meal is a good opportunity for social interaction. You can set the mood with a warm and happy tone of voice.

“I love this recipe, you will too!”

Patty Rill, *Dietary Manager*

The American Heart Association has a recipe for Homestyle Chicken Noodle Soup that is both tasty and healthy. This recipe uses a pressure cooker, so you don't have to be in the kitchen for hours to make this comfort food that warms your body and your soul!



- 2 teaspoons olive oil
- 3 medium carrots (thinly sliced)
- 2 medium ribs of celery, leaves discarded, thinly sliced
- 1 small onion (diced)
- 4 cups fat-free, low-sodium chicken broth
- 1 1/2 pounds boneless, skinless chicken breasts, all visible fat discarded, cut into bite-size pieces.
- 3 cups water
- 3 tablespoons fresh Italian (flat-leaf) parsley, minced.
- 1/2 teaspoon dried thyme (crumbled)
- 1/4 teaspoon salt
- 1/4 teaspoon Black pepper (coarsely ground preferred)
- 6 ounces dried no-yolk noodles

1. Heat the oil in the pressure cooker on sauté. Cook the carrots, celery, and onion for 3 minutes, or until the carrots and celery are tender and the onion is soft, stirring frequently. Stir in the broth, chicken, water, parsley, thyme, salt, and pepper.
2. Secure the lid. Cook on high pressure for 12 minutes. Allow the pressure to release naturally for 10 minutes, then quickly release any remaining pressure. Remove the pressure cooker lid.
3. Set the pressure cooker to sauté. Heat until the soup comes to a simmer. Stir in the noodles. Cook for 8 to 10 minutes, or until the noodles are tender, stirring frequently.

*Don't have a pressure cooker? No problem! Follow the recipe above using a dutch-oven or pot. Follow the recipe, and cook in a dutch-oven or pot. Allow one hour for the ingredients to slow cook one hour in your pot.

*Looking to add more veggies to your diet? Experiment by adding veggies like spinach, kale, zucchini, or cabbage to your soup.

*Managing carbs or following a gluten-free diet? Try substituting gluten-free noodles or veggie noodles



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.

PO Box 9 | Heppner, OR 97836 | (541) 676-9133

Winter Schedule

New Year, New You!

Irrigon Medical Clinic
Irrigon, OR
January 15, 2020
3pm - 5pm

A Healthy Heart

Class by Sheridan Tarnasky
Pioneer Memorial Clinic
Heppner, OR
February 19, 2020
11am - 1pm

Mobile Mammography

Pioneer Memorial Hospital
March 11-12
May 12-13

Irrigon Medical Clinic

March 13
May 15
Call 541-676-2931 to schedule your appointment.

Public CPR Class

Spring 2020
Look out for certification opportunities this Spring!

STD PST
Postage
PAID
Permit No. 8
97836

*****ECRWSS****

Local
Postal Customer