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Health Care  
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Moments Matter.  
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Issue ii  
Spring 2019

[HealthyMC.org](http://HealthyMC.org)

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# Living HEALTHIER

for Families in Morrow County



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MORROW COUNTY  
HEALTH DISTRICT  
Excellence in Healthcare

Health  
Tip #1

Stay  
Hydrated

Health  
Tip #2

Sleep 7-9  
Hours per Night

Health  
Tip #3

Don't Drive  
Distracted



**MORROW COUNTY  
HEALTH DISTRICT**  
Home Health & Hospice

## Have you had your **FREE** at-home Medication Safety Evaluation?

Did you know that 82 percent of American adults take at least one medication and 29 percent take five or more? Adverse and unintended drug events cause approximately 1.3 million emergency department visits and 350,000 hospitalizations each year.\*

Pioneer Memorial Home Health is pleased to announce a new, **FREE** community benefit program, offering in-home medication safety education and assessments.

We want to help you safely use, store and dispose of medications, including prescriptions, over-the-counter drugs, and even supplements.

After evaluating your needs, our nursing staff provides you with complementary tools and supplies such as a medication planner, lockbox, safe disposal information, and other resources to help you manage your medications.

This service is for Morrow County residents, and you do not have to be a patient of Morrow County Health District to take advantage of this service.

*Call* **541-676-2946**  
to schedule your in-home medication safety consultation.

\*Source: Centers for Disease Control and Prevention



### **Karma Ezell**

Medical Assistant &  
Emergency Medical Technician

*"It's not just what I do,  
it's who I choose to be."*

Compassionate  
Dependable  
Focused  
Hopeful

## **A Healthier Morrow County is Within Me.**

After eight years on the job with MCHD, what I love the most is helping people that I know and knowing that everyone I work with is as committed to caring as much as I am.

*Read About How We are Working  
Together to be a Healthier Community  
Today and TOMORROW*

[HealthyMC.org](http://HealthyMC.org)



**MORROW COUNTY  
HEALTH DISTRICT**  
Excellence in Healthcare

*Where healthier is happening...*

Boardman | Heppner | Lone | Irrigon | Lexington 541-676-9133







CEO Message

## Welcome to Spring

**No matter the weather forecast, it is always a pleasure to shine light on the happenings here at Morrow County Health District.**

First, I'm pleased to share that the Irrigon Medical Clinic renovation project is now complete! If you had a chance to attend the open house in March, thank you! I extend my heartfelt thanks to patients and the staff for their patience throughout construction, which nearly doubled the space in size to approximately 5,600 square feet. This expansion project was necessary for many reasons, including to accommodate our significant increase in patient volumes. As such, I'm also pleased to announce that we are actively recruiting another health professional to join this practice by summer 2019.

MCHD was recently awarded \$100k from the Columbia River Enterprise Zone II Board (CREZ II). The District has allocated these funds to update all ambulances in Morrow County. MCHD will be installing three new automatic defibrillators in our "first out" fleet, allowing those existing monitors to be moved to our "back-up" ambulances, improving the technology throughout our entire fleet. Upgrading these auto defibrillators means our EMS services throughout the county will have the most up-to-date monitoring system when responding to cardiac events. In February of this year, MCHD also received an additional \$54k from CREZII, which is earmarked for the construction of an EMS station in Irrigon.

Included in this issue of Living Healthier, I've provided a snapshot of several of the investments MCHD has made to serve Morrow County residents from 2015 to 2019. Of course, healthcare doesn't happen in a silo, and rural healthcare especially only succeeds when we all work together. Through your continued support, such as using our facilities, services, and providers for your healthcare needs, and by supporting MCHD at tax levy decision time, we can and will continue to strengthen, grow, preserve, and protect our valuable local healthcare resources.

Thank you to all those who help make the mission of a Healthier Morrow County happen every day.

*Sincerely, Bob Houser, CEO, FACHE*

## Would you know what to do?

**If a loved one collapsed suddenly in front of you, would you know what to do?**

According to research by the American Heart Association, more than 350,000 out-of-hospital cardiac arrests occur in the United States per year, out of which 70% happen inside the home; yet less than 20 percent of Americans are equipped to perform cardiopulmonary resuscitation (CPR) during a medical emergency.

CPR can be the difference between life and death, yet too many adults are apprehensive about stepping in during a medical emergency, either because they fear handling a victim or lack the knowledge of giving CPR.

As a part of our Healthier Morrow County initiative, we are encouraging community members to learn CPR.

**Join Respiratory Therapist, Tom Sanders, for a FREE Community CPR course on April 18th, from 1-4pm at the Pioneer Memorial Clinic Conference Room. Call 541-676-2930 for more information.**



**Don't be a bystander. CPR saves lives.**

Health Tip #1

Help a neighbor.

Health Tip #2

Take a class.

Health Tip #3

Donate blood.

# In a Nutshell

## The mission of Healthier Morrow County

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.



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



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.



Ensure that our facilities, technology and infrastructure, as well as our workforce of 124 employees and 67 volunteers will continue to meet the needs of our communities today, and for generations to come.

# Snapshot

## of the Morrow County Health District Community Investments

Listed below are several of the investments MCHD has made to serve the healthcare needs of Morrow County residents during 2015 to 2019 fiscal years:

### 2015 Technology

- Implementation of an Electronic Medical Record system at all MCHD locations
- Purchased six power stretchers for all ambulances in county
- Purchase of cardiac telemetry units in Pioneer Memorial Hospital



2015

2016

### 2016 Collaboration

- Purchased Annex building from Morrow County Court to allow for physical therapy and occupational therapy expansion in Heppner
- Started Ione Community Clinic with our School Based Health Clinic Partners



*A healthy outside begins on the inside.*

HealthyMC.org





## 2017

### 2017 Development

- Purchased building for Home Health/ Hospice on Main Street in Heppner
- Began MRI mobile services at Pioneer Memorial Hospital
- Purchased new hospital call system
- Purchased Bone Densitometer unit and began providing this patient service
- Purchased new ambulances for Boardman and Heppner - \$215,000

## 2018

### 2018 Infrastructure

- Purchased Boardman building and lots - \$375,000
- Remodeled Boardman building to accommodate Murray's Boardman Pharmacy, Mt. Valley Land Co., Eastern Oregon Physical Therapy, Pioneer Memorial Home Health & Hospice - \$29,000
- Procedure room remodel and restart of endoscopy services at hospital - \$126,000
- Mobile mammography services began at Irrigon Medical Clinic

## 2019

### 2019 Expansion

- Irrigon Medical Clinic expansion project- \$1,095,000
- Irrigon Medical Clinic parking lot - \$110,000
- New outdoor signage for Irrigon Medical Clinic and Boardman buildings and EMS station
- New ultrasound services at Irrigon Medical Clinic and echo cardiology scans at hospital
- Purchased drug dispensing units for hospital inpatient unit and emergency department
- MCHD awarded Community Benefit grants totaling over \$45,000 to our community partners for projects/needs in Boardman, Irrigon, Heppner and Lone
- Purchased power loaders for patient stretchers for all ambulances throughout Morrow County



Think positively, exercise daily, eat healthy.

[HealthyMC.org](http://HealthyMC.org)

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# Dollars and Sense

How your tax dollars protect, ensure access, and advance the delivery of local healthcare services.

Morrow County Health District is a non-profit Oregon Special District that offers a wide range of health care and wellness services at locations throughout the county. We believe that ensuring access to life-saving care, family medicine, and all the services that go together with these are as essential today as when we first began in 1950.

## **We can't do it alone.**

As a Health District, we rely on tax-generated revenue to support hospital and health clinic operations. Through a periodic renewable levy approved by voters, we can continue advancing the quality of care available to our community, and ensure that our facilities, infrastructure, technology, workforce, and volunteers are able to meet the healthcare needs of our community.

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## **We know you have questions.**

Understanding the facts about how your tax dollars are allocated for local healthcare in advance of the upcoming MCHD levy renewal is important. Below are some of the most common questions we hear.

### **Why does MCHD need an operating levy when patients pay for services? Isn't that enough to run a hospital and health clinics in our communities?**

The hospital and clinics do not get paid amounts that equal what it costs to provide all services. Medicare and Medicaid are the only two insurance sources that reimburse the hospital and clinics based on the cost of care provided. Most all rural hospitals require local tax support in order to operate. The permanent tax base and the operating levy supplement operations and ensure that our facilities, technology, and infrastructure are adequate to meet the increasing needs of our patients. The District also offers **free** services such as medication safety reviews, diabetic foot care clinics, health maintenance reminders, equipment loaning, patient health education, and blood pressure testing for all residents of Morrow County.

outpatient laboratory and radiology testing, infusion therapy, endoscopy services, skilled swing bed and extended care services. All District facilities are open to anyone regardless of their place of residence or ability to pay.

### **What measure is in place to ensure that monies are responsibly used?**

The MCHD Board of Directors exercises fiscal oversight by reviewing financial statements monthly. The District's senior management are high stewards of the public funds to which they are entrusted to manage. All major decisions and purchases are reviewed by the Executive Committee and then taken before the Board for formal approval. Board decisions and independent fiscal audits are all public record.

### **How does MCHD serve residents of Boardman?**

MCHD provides Emergency Medical Services, Ambulance Transport, Home Health and Hospice services directly from their Boardman locations. This year the District expanded access to more healthcare services by adding space for Physical and Occupational Therapy and Pharmacy services in Boardman. EMS personnel and Home Health nurses also provide trainings and health education in the Boardman schools and community. Residents of Boardman can and do receive services from any of the three primary care clinic locations in Irrigon, Ione, and Heppner. The Pioneer Memorial Hospital in Heppner offers a vast array of services including but not limited to emergency, inpatient,

### **How will the levy affect my tax bill? Will it change?**

The MCHD local option tax that will be on the ballot this May for renewal consideration is at the rate of \$.39/1000 of assessed value. It has been at the same rate for 10 consecutive years. If the value of your taxable property stayed the same, there would be no increase in this tax over the prior year. If your assessed value increases, the amount of the tax will increase proportionately based on the property value, but the tax rate will remain the same for the duration of the proposed five-year levy.

# “Care Receiver” Meet David Sykes Minutes Count. Moments Matter.

You may know David Sykes the real estate professional, or perhaps he’s most familiar to you as the guy who runs the local newspaper, or the head of his family-operated printing services out of Pendleton. To three little ones, and one on the way, he’s their grandpa, his four children, dad, and to wife April, he’s the husband she’s grateful to have by her side at work and home every single precious day.

In 1980, when David and his family moved to Heppner, they, like most young families, were in search of a new family physician to take care of the occasional ear aches, sprains and inevitable ailments that occur with a house full of kids.

Fast forward to August of 2018, what David and April were not anticipating was the day he would need to seek emergency medical services when experiencing severe cardiac symptoms. “I was having heart problems at home, and after a few serious heart issues I had earlier in the year, my wife and I

decided to drive me up to the hospital to get checked out. I was beginning to have symptoms of a heart-attack - my eyesight was jerky, and I was having mosaic-like vision and strong chest pains.”

David recalls of his experience that the staff, from nurses, assistants, and doctors - were very professional, incredibly focused on what they were doing. In this moment of need, he

**“I’ve been to other hospitals and clinics, and I can say with confidence, they don’t spend that kind of time with you.”**

recalls how they all worked together. “The biggest thing for me was that they always told me what they were doing, and I like

that. It’s a people business. The staff at Pioneer Memorial Hospital are very aware of that. They are very good at relating to their patients,” a promise that every member of the team makes when they sign on to serve.

When every minute counts, David wants to convey that it’s the moments like looking him in the eye, taking time to be by your side, no matter how long it takes, that he remembers the most. “I’ve been to other hospitals and



clinics, and I can say with confidence, they don’t spend that kind of time with you.”

David, April, and their children, Andrew, Christopher, Camille and Allison credit the team of physicians, nurses and the staff at Pioneer Memorial Hospital with saving his life. For their part, those who participated in David’s care will tell you; it’s not just what they do; it’s who they choose to be.

## Warning Signs of a Heart Attack

Some heart attacks are sudden and intense; but most start slowly, with mild pain or discomfort. As with men, women’s most common heart attack symptom is chest pain or discomfort; however, women are more likely than men to have some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

**Even if you’re not sure it’s a heart attack, immediately call 9-1-1.**



## Currently Accepting New Patients



**Jon  
Watson,  
PA-C**

Irrigon Medical  
Clinic



**Danielle  
Mateleska,  
PA-C**

Pioneer Memorial  
Clinic

## Meet Our New Providers

### A Healthier Morrow County is Within Us.

At each primary care clinic location, our primary care providers, nursing teams, and support staff are committed to excellent patient care and service.

*“It’s not just what we do,  
it’s who we choose to be.”*



PO Box 9 | Heppner, OR 97836 | (541) 676-9133 **HealthyMC.org**

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.

## Spring Schedule

### Mammography

Pioneer Memorial Hospital -  
May 14 & 15  
Irrigon Medical Clinic - May 16th  
Call 541-676-2931 to schedule  
your mammogram

### MRI Mobile

Bi-weekly, at Pioneer Memorial  
Hospital – March 12, March 26,  
April 9, April 23, May 7, May 21  
Call Jimmy Wimer at 541-676-8246

### Public CPR Class

April 18th, with Respiratory  
Therapist, Tom Sanders – 1-4pm  
at Pioneer Memorial Clinic  
Conference Room  
Call 541-676-2930 for more  
information

### Health & Wellness Fair

Exhibiting at Health & Wellness  
Fair in Ione, OR at Ione Legion  
Hall – April 26, 10-2pm  
Information on senior health and  
wellness will be available

### Free Medication Safety Education at Home

All Spring. Call Home Health &  
Hospice for more information:  
541-676-2946

STD PST  
Postage  
PAID  
Permit No. 8  
97836

\*\*\*\*\*ECRWSS\*\*\*\*

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