



**Taking health to new heights.**  
CHIP helps TRMC employee make changes for the better.  
**SEE PAGE 2 ►**

# Life & Health

EXCELLENCE IN COMMUNITY HEALTH ● FALL 2014

## PHYSICAL, MENTAL & SPIRITUAL HEALING



**HEALTH PARTNERS:** Raylene Tsesmilles credits Dr. Paul Welch at the Women's and Family Health Clinic for helping her to thrive through a difficult year.

**T**he past year has been transformative for Raylene Tsesmilles. She was diagnosed with cancer, had two surgeries, quit smoking and lost 85 pounds. She overcame depression, changed her career, joined a church and found God. ♦  
“Through everything that has happened in the past year,

Dr. Welch has been there for me,” says Raylene. “He has helped me in every way possible—physically, mentally and spiritually. I can’t say enough for him.”

**KINDNESS AND COMPASSION** Raylene’s yearlong journey began in July 2013 when she went to see Paul Welch, MD, at the Women’s and Family Health Clinic for gynecologic surgery.

“When they schedule you for surgery, they send you a packet of information,” she explains, “and in that packet was the Adventist Health mission, vision and values. I read that, and it had a profound impact on me. I kept thinking about it. What I observed was that in every interaction I had with the Adventist Health organization—from Dr. Welch and his medical assistant to the people who check you in, the folks in Surgery, in the Emergency Department and in Radiology, the nurses, even the financial counselors—everyone who worked with me was so

consistent in practicing that mission. Everyone was kind and compassionate and nonjudgmental. It made a big impression on me, and pretty soon I started thinking: ‘I want to be like that. I want to be able to treat people like that.’ I’d worked as a cook my whole life, and I realized that I didn’t want to cook anymore—I wanted to help people.”

**FINDING A SILVER LINING** In October, Dr. Welch diagnosed Raylene with a rare form of gynecologic cancer. During the course of her illness, she lost her job as a cook, but unemployment opened the door for her career change. She started taking classes, and she is now working part-time in home health.

“Everything happens for a reason,” says Raylene. “I am finally doing work that I love, and I get a chance to share God’s love by treating people with compassion and dignity. I couldn’t be happier about it. I’m so grateful.”

**THE CARING DIFFERENCE** Dr. Welch referred Raylene to a surgeon at another hospital experienced in dealing with her type of rare cancer.

“My surgeon did a good job,” she says. “Dr. Welch said it looked to him like she’d done a thorough job, taken all of the cancer and gotten clean margins. But I was totally unprepared for how I would feel when the saddle block wore off. And she didn’t give me antibiotics after the surgery. Ten days later, I was in the Emergency Department in Tillamook with a raging infection. They were so good to me. Everyone who treated me was kind and genuinely concerned about me. They kept me there until the infection was under control. It made me think about the difference at Adventist Health. The other hospital has a mission and values, too—I read them—but I did not see their mission and values expressed in the way they treated me. That’s the difference.

“I had a chance to go back to the surgeon who operated on me, but I said no and had them send my records to Dr. Welch. I’ve gotten nothing but good help here; why would I want to go anywhere else?”

—Continued on page 6

### Mission, vision and values

**OUR MISSION**

To share God’s love by providing physical, mental and spiritual healing.

**OUR VISION**

Adventist Health will be a recognized leader in mission focus, quality care and fiscal strength.

**WE VALUE:**

**COMPASSION**

The compassionate, healing ministry of Jesus.

**RESPECT**

Human dignity and individuality.

**INTEGRITY**

Absolute integrity in all relationships and dealings.

**QUALITY**

Excellence in clinical and service quality.

**STEWARDSHIP**

Responsible resource management in serving our communities.

**WHOLENESS**

The health care heritage of the Seventh-day Adventist Church.

**FAMILY**

Others as members of a caring family.

## HEALTHY CHANGES



# CLIMBING MOUNTAINS with CHIP

AT THE TOP: Mary Faith Bell on the summit of Mt. Hood, July 12, 2014

## Share your story

**H**ealthy Changes is a new feature of *Life and Health*. We want to highlight people in our communities who are making healthy changes. Have you, or has someone you know, lost a lot of weight? Achieved a notable fitness goal? Reversed diabetes? Conquered an addiction? Turned your life and health around? These are the stories we would like to share. Readers may nominate themselves or someone they know who has made or is making healthy changes. Please contact Mary Faith Bell at [maryfaith.bell@ah.org](mailto:maryfaith.bell@ah.org) or 503-815-2402.

I never meant to become a vegetarian. In fact, the possibility of giving up meat was not something that I ever seriously considered. I knew a few vegetarians and one vegan, and I felt vaguely sorry for them. Vegetarianism struck me as a deprivation diet that people practiced for political, emotional or health reasons that didn't apply to me.

I went to work at Tillamook Regional Medical Center a little over a year ago as the Director of Communications and Marketing, and I started to write about the Complete Health Improvement Program (CHIP) in order to promote it. I heard many inspiring testimonials. People are experiencing great results through CHIP, and it made me curious. I decided to go through the program myself to see what was making such a difference in people's lives.

**NEW DIRECTIONS** I'm 49. When I started CHIP, I was 180 pounds and my blood pressure was high, 144/74 mm Hg. That shocked me because it had always been low. At 180, I weighed almost as much as my 17-year-old son, who is 7 inches taller than I. Weight gain is insidious. It crept up on me a few pounds a year; over 25 years, I gained 50 pounds.

All that weight was slowing me down. I was having trouble hiking up hills and riding my bike. My knees and hips hurt. Cross-country skiing, one of my favorite things to do, was much harder than it used to be. I huffed and puffed up hills, and it occurred to me that I may as well be carrying a 50-pound bag of dog food uphill on skis—that was the effect of the extra weight I was carrying. It was time to do something because I want to be more active as I age, not less so.

My cholesterol was 157 mg/dL, which wasn't bad; however, it used to be 120, and it crept up with my weight and my blood pressure. I had to concede that my health markers were moving in the wrong direction.

CHIP classes offer a balance of education, good food, group support, accountability and results. We were asked to adopt a diet of plant-based eating and increase our physical activity. We learned about the effects of saturated fats and cholesterol in our bodies. That message was pounded home with medical videos that had a big impact on me. There was a video that showed the fat in a man's blood after he'd eaten a fast-food meal; it rose to the top of the test tube in a layer of lumpy, liquid, yellow fat above his blood. His fat-to-blood ratio seemed to be about 1-to-3. There was another video that showed a surgery for clogged arteries in which a surgeon was pulling ropy strands of hardened plaque from the patient's

opened veins. All of a sudden, French fries seemed like a terrible choice.

**GOING VEGETARIAN** The first night of class they served us vegan manicotti, and it was delicious. I was amazed at how good it was. I thought, If the food is this good, I can definitely do this. I love food. I love to cook and bake and eat. I love to feed people. I have proven to myself via numerous fad diets that I am unable to sustain a change that involves lousy food.

Much to my surprise, I found that it wasn't hard to avoid meat and dairy. I was getting plenty of good food without the things that used to be staples in my diet. I had the feeling that I should have missed them more, but I didn't. I made it a goal to walk daily and was pleased when I walked five days out of seven. I was probably 85 to 90 percent compliant in my adherence to CHIP principles, and I didn't feel deprived except for sweets. Sugary foods are my Achilles' heel.

At 30 days we had a second health screen and it was amazing how our numbers improved as a group. My blood pressure dropped from 144/74 to 96/62. My total cholesterol decreased from 157 to 138, I lost 6 pounds, and my pulse went down from 82 to 70. My results were about average; other people in our group experienced very dramatic reductions in cholesterol, glucose and triglycerides.

**GETTING MORE ACTIVE** Since the class ended, I have been able to maintain the lifestyle changes that I made in CHIP. I am still surprised to think of myself as a vegetarian, but I am happy with my diet and don't have a desire to go back. I continue to lose weight and exercise. As a result of CHIP, I climbed Mt. Hood this summer. Summit: 11,239 feet! I was hiking a lot and feeling strong when a friend invited me and my son to climb the mountain with him. Instead of thinking that I wasn't in good enough shape to make the climb, I thought, I can do that.

Climbing Mt. Hood was great. It was difficult but joyful, and what a sense of accomplishment. The feeling of being on the top of the mountain was indescribably good. And the camaraderie! And the view! It was awesome, and I hope to do it again next year. That's what CHIP did for me. It set me on a new track to accomplish my goal of being more active as I age.

▶▶ CHIP programs are offered in Tillamook twice annually and in Lincoln City quarterly. Please call 503-815-2270 in Tillamook or 541-614-0482 in Lincoln City for information and dates for the next CHIP program in your area. You may also visit our website at [www.TillamookRegionalMC.org](http://www.TillamookRegionalMC.org) for more information and to view a CHIP video featuring local participants.

**CHIP classes offer a balance of education, good food, group support, accountability and results.**

## FRIENDSHIP

# AN AIR OF GRACE

*A near-tragic car accident leads to an enduring friendship*

A year ago, on July 17, 2013, Eleanor Kokonas, RN, miraculously survived a serious single-car accident on Highway 101 with only a couple of scratches and bruises. In the aftermath of the accident, while she hung suspended upside down from her seat belt in her crushed Mini Cooper waiting for the Jaws of Life to cut her free, Eleanor met a woman first-responder, another RN, who would become her friend and later her co-worker, changing the course of both of their lives.

"I was driving to work," Eleanor says, "traveling north on 101. It was about 6:15 in the morning." Eleanor is a registered nurse; she was on her way to work at Providence Hospital in Seaside where she worked in the intensive care unit. "I was alone on the highway, and I lost control on a curve. The car slipped and spun. I tried to straighten it out. The bay was on my left and the cliff was on my right. I didn't want to go in the water."

Police later determined that Eleanor drove straight up the cliff about 8 feet, brushing past a telephone pole before her car flipped over, landed on its roof, and rolled two or three times. The vehicle came to a rest in the middle of the highway on its top.

"The air bags deployed," Eleanor recalls. "I remember the crashing of the air bags and the crashing of metal, the sliding sound as the car slid on its top across the pavement. I was bouncing on the air bags as the car rolled. That's what saved me, the air bags."

"When the car slid to a stop, I smelled the tarmac on the road, and I was shocked that I was alive. I was frightened that I would get hit by a log truck or another car. I looked for a way to get out, but the doors were squashed and I was hanging upside down with my seat belt holding me up. I thought about my phone. I found my charger cord by feel and pulled it gently toward me, but it came up empty, no phone attached. Then I shouted for help, and I heard at least two dogs barking in response. Then I may have drifted off."

**FIRST RESPONDER** Velda Handler, RN, was driving to work traveling south on Highway 101 in the moments before Eleanor's crash. She was following a log truck, and there was another log truck behind her, driven by her friend Ron.

"As we came upon milepost Z48, the log truck in front of me pulled to the side with his flashers on," Velda remembers. "Ahead I could see a small car upside down



FRIENDS: Velda Handler, RN, and Eleanor Kokonas, RN

on the center line. The roof was completely caved in and the car was compressed. The first log truck slipped by the car and blocked the lanes coming from the south. I parked and walked toward the wreck as Ron blocked the lanes coming from the north with his log truck." The log truck drivers protected the scene, preventing motorists from coming around the corner and hitting either Velda or Eleanor trapped in her car. They created a zone of safety for the two women.

"As I approached the car, I was thinking, There cannot be anyone alive in that car," says Velda. "I worked as RN/EMT emergency responder for years." Velda approached the car prepared for the worst. She called, "Are you alright?" To her surprise, a small voice said, "Yes, but I'm trapped."

"I told her, 'My name is Velda. I'm an RN, and I will not leave until we get you out of the car.'"

"My name is Eleanor, I'm a nurse, too, on my way to work. They'll be wondering where I am."

**THE POWER OF PRAYER** "The car was crushed to the point that I could barely reach in and touch her," says Velda. "I put my hand on her shoulder, and I prayed aloud for God's hand of protection in this situation. I prayed for calm, for no injury for Eleanor and for the safety of everyone at the scene."

"Velda prayed for me, and then she called my husband, Ken," says Eleanor. Velda told Ken that Eleanor had been in an accident and asked him to meet the ambulance at the Tillamook Regional Medical Center Emergency Department.

Velda knelt on the road beside Eleanor's car talking and praying. "I reassured her and I reminded her to take deep breaths as she hung upside down from her seat belt. There was an air of grace around us, the presence of God. Eleanor was remarkably calm, and so was I. Later, one of the Rockaway Beach firefighters remarked to me that Eleanor's was the calmest accident scene that she had ever responded to. I explained that God was present and in control."



"I told Velda that I was scared," says Eleanor. "She told me that there were two log trucks bracketing our cars and we were safe. Then the firemen came and started cutting the door open. Everyone let me know what was going on, told me what they were doing. They got me a pillow for when they cut the seat belt."

Eleanor was transported to the hospital by ambulance, where she was found to have no significant injuries—just scrapes on her head and her knee.

"It was pretty amazing that I got out of it and walked away," says Eleanor. "Velda came to see me in the hospital. She told me that there's a reason God brought us together in the middle of Highway 101. He has a plan, and likely He has work for us to do."

**GOOD COMING FROM BAD** "Velda and I kept in touch," says Eleanor. "We met for dinner. She told me about a job opening here at Tillamook Regional Medical Center. I applied and was hired; now we work together. We're good friends. We hang out, go to dinner—Velda and her husband, John, and me and my husband, Ken. We go to church with Velda and John at Calvary Bible Church in Manzanita. It's a great example of a good thing coming out of a bad thing."

"Eleanor and I shared an experience that is uniquely ours, and we know that there is a reason," says Velda. "God does always have a plan."

**“Dr. Gibbs is a very caring and giving person. Love his sense of humor. Gives the time you need with him to make things clear. Thank you.”** —Dawn Bettencourt

**“Dr. Gibbs, thank you for everything you do! We love you.”** —Jane and Victor G.

**“Dr. Gibbs: How do you describe him? Caring and compassionate with a great sense of humor. Takes the time to explain and answer any question you have.”** —Dixie and Bert Yungen

**“Dr. Gibbs is the most humble and appreciative of doctors I have dealt with. His courtesy and knowledge are indisputable. I could think of no other doctor I would more like to be treating me.”** —Phillip Miller

**“Dr. Gibbs has been my doctor for about nine years now. I just think he is one of the best doctors I’ve had. He’s helped me so much. He takes time to talk to me, explains things to me and even takes personal calls whenever I need him. That’s unusual for a doctor.”** —Evelena Hall

# Surv

## BREAST CANCER

Linda Heyne, Tillamook Regional Medical Center’s Director of Volunteer Services, is a breast cancer survivor. She recently completed her chemotherapy at Outpatient Therapy Services (OTS) and enjoyed a celebration with OTS staff.

Linda is a humble person who prefers not to draw attention to herself. Yet, in honor of Breast Cancer Awareness Month and the recognition of Gerald Gibbs, MD, as Physician of the Year, Linda agreed to share her story, and we thank her.

“It’s really important for breast cancer survivors to help one another,” Linda says. “If I hadn’t had the support that I do, this would have been so much harder. Kathy Willis mentored me. She is a breast cancer survivor, and she understood what I was going through. I had so many questions, and Kathy was there for me. When Velda Handler was diagnosed, I was able to share my experience with her. We formed a sisterhood, and I was able to offer her the support that Kathy offered me. Shannon Abbott, who is a great friend, volunteer and cancer patient, sat with me during each of my chemo treatments, which were about six hours each. Shannon volunteers for OTS on Thursday afternoons. She was a major support person for me. We have a women’s cancer support group here that meets the first Wednesday of every month. I highly recommend it. It is so valuable to be able to give and receive support.”

**DIAGNOSIS AND TREATMENT** Linda was diagnosed in September 2013, and she had breast cancer surgery in November



**A GREAT TEAM:** Linda Heyne celebrates completion of

2013. Her lump was discovered in a mammogram when it was still quite small. “Mammograms are very important,” she explains. “Had I not had a mammogram faithfully, I wouldn’t have known I had a lump. My cancer was HER2 positive, which is an aggressive, invasive type of cancer.” Linda’s prognosis is improved by the fact that her cancer was caught early.

“I was so afraid of chemo that I put off talking to Dr. Gibbs—I put him last on my list,” Linda says. “My only regret now is that I didn’t see him first, before everyone else. When I finally made an appointment with Dr. Gibbs, he explained to me what type of cancer I had and the course of treatment, why I needed chemo and IV therapy (Herceptin, which targets and kills the HER2 positive cells). He’s so up-to-date on research, and he explained things to me carefully. If I had it to do over again, I would go to him first, because he would have given me information I needed.”

Linda started chemo and IV therapy in January 2014, after she recovered from surgery.

# iving



her chemotherapy treatment with Dr. Gibbs and the OTS staff.

"I'm so happy I chose OTS for treatment," she says. "Dr. Gibbs is the most hardworking doctor I have heard of or seen or had the pleasure of knowing. He takes all of his phone calls. Wherever he is, he stops what he's doing and gives his full attention to the caller. He has been known to take calls while on vacation and call in prescriptions from Hawaii."

**SUPPORTIVE STAFF** "Dr. Gibbs is very deserving of Physician of the Year," says Linda. "He is direct and honest but very tactful, and he backs up his decisions with studies. He shows everything to you on the computer and makes sure that you understand. He has an excellent sense of humor. You hear his patients laughing the whole time he is in the room with them. His caring attitude and willingness to be available for his patients really touched me. He called me the day after I received two units of blood, just to check on me."

"I can't say enough for Dr. Gibbs and for the OTS nurses. We have such a good nursing staff. They were great—very

caring—and their compassion was genuine. They provided me with emotional and spiritual support. All of my nurses prayed with me. They called me every Monday after my treatment to check on me.

"We have a great team here," says Linda. "I am so grateful for the support I have received from everyone at the hospital. Administration has been very supportive; Paula Morris in HR told me repeatedly, 'Do not put your job before your health.' Mollie Reding filled in for me doing my job and hers. People have been so kind. In this process, I have learned patience. It takes patience to heal. Everyone here has been patient with my healing process, and I have learned to be patient as well. This is a great place to work, and I am so appreciative."

**GET THE CARE YOU NEED** Dr. Gibbs is accepting new patients. Call 503-815-7510 to schedule an appointment. The Women's Cancer Support Group meets the first nonholiday Wednesday of every month from 10:30 a.m. to noon at the Tillamook Medical Plaza in the conference room. Please join us.

## Gerald Gibbs, MD: Physician of the Year!

**C**ongratulations to Gerald Gibbs, MD, our 2014 Physician of the Year.

Dr. Gibbs is board-certified in Internal Medicine and Medical Oncology. He has been an oncologist for 35 years and a Tillamook Regional Medical Center (TRMC) medical staff member since 1987. He has devoted his career to treating cancer patients with the best regimens available and offers hope when it is warranted and comfort always, striving to give his patients a cancer-free report following treatment. And when the cancer is incurable, he works to afford them more time. In this highly specialized area, which represents new beginnings and delayed endings to life, Dr. Gibbs has made himself of service to his fellow man.



Gerald Gibbs, MD

### Dedication and empowerment

"Dr. Gibbs has to be the most incredible physician I've ever met in my 67 years," says patient Norma Wise. "He not only treated my cancer, but made me a part of the treatment team. His dedication to his patients is 110 percent, and his staff of nurses respects and loves him."

Dr. Gibbs believes in empowering his patients through knowledge, and he understands that the subjects on which he is an expert are complicated, particularly for someone in shock with a cancer diagnosis.

"Dr. Gibbs takes the time to explain things to me and makes sure that I understand what he is saying," says a patient. "He even takes personal calls whenever I need him. That is unusual for a doctor."

Dr. Gibbs is also an experienced hematologist, treating patients with disorders of the blood. "Dr. Gibbs has my deepest respect," says patient Jack Beetz. "He helped me through a very difficult time with anemia. I was astounded with his knowledge and the way he presented it to me in a way that I could understand."

### Ease and humor

When people have cancer or other life-threatening illnesses, what they wish for on a daily basis is to feel normal. Dr. Gibbs helps his patients feel normal and at home during their treatments. He makes them laugh and puts them at ease. They come to love his quirky sense of humor. They look forward to coming in for treatment because it is like a trip to visit family, as family should be—everyone is always kind to you and happy to see you; they remember what is important to you; make sure you're comfortable; and take the time to sit, talk and listen.

"Dr. Gibbs is absolutely 'The Man,'" says Rick, a patient. "We moved here one-and-a-half years ago and found Dr. Gibbs, and we couldn't be happier. My wife and I are both cancer survivors. I make up symptoms just to see him."

Patient Sandy Earhart sums it up: "Congratulations, Doc! I appreciate your patience with me. You and your staff all deserve recognition."

## October is Breast Cancer Awareness Month

Do self-exams monthly and schedule a mammogram. It just might save your life.

**Call 503-815-2292  
to make an appointment.**





## Light Up a Life

Join us at noon on Monday, Nov. 24, at the Tillamook County Creamery Association (TCCA) Visitors Center for a holiday tree-lighting ceremony to kick off the annual Light Up a Life fundraising campaign!

The Light Up a Life fundraiser runs through Monday, Jan. 5, when the fundraiser closes with the reading of the names ceremony at noon at the TCCA Visitors Center.

Those who contribute \$10 or more to Hospice during the Light Up a Life campaign receive a sand dollar ornament, lovingly decorated by Hospice volunteers.

But more important than any ornament is the help you're giving to community members who are facing a terminal illness. Last year, the Hospice service cared for more than 100 local patients.

You can make a donation in person or by check at the hospice office at 1015 Third St. in Tillamook or online at [www.TillamookRegionalMC.org/giving](http://www.TillamookRegionalMC.org/giving). Your gifts help us help others!



### TILLAMOOK HOSPICE

## LOVE IN ACTION

**LIFE IS A JOURNEY** that is unique to each person. For people near the end of life, hospice care can bring comfort and peace to them and their loved ones.

Choosing hospice care does not mean giving up. For the Tillamook hospice team, it is all about honoring the choices and wishes of individuals about how they would like to travel this final, special journey.

Called angels by some they have served, Hospice team members are compassionate professionals who are dedicated experts in aggressive symptom management; wise and sympathetic counseling; and open, nonjudgmental spiritual guidance at the end of life when curative treatments are no longer effective. The team includes physicians, nurses, social workers, chaplains, physical therapists, nutrition experts, home care aides, volunteers and more.

Comments received from families and friends over

the past year include:

"As far as I am concerned, they are God's angels. My husband's care was the very best anyone could have. These Hospice people have a gift of making him comfortable and easing suffering. I thank God above for them every day."

"The Hospice team here in Tillamook were great examples of caring and prayerful support in the difficult two weeks leading to the passing away of my dear wife.... They knew what should be done as we progressed day by day. Words of thanks are not enough."

"The Hospice team was very professional yet comforting to the family. I can't imagine going through both our mother's and father's passing without them present."

 For more information about hospice care in Tillamook County, please call us at 503-815-2486 or visit online at [www.TillamookRegionalMC.org](http://www.TillamookRegionalMC.org).

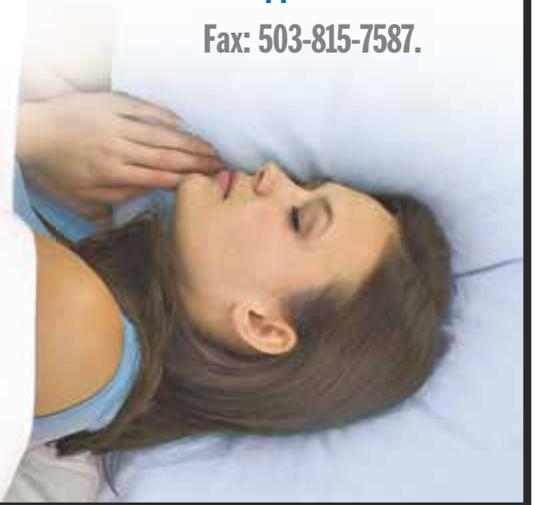
## Better than your own bed!

**Call 503-815-2350**

**for information  
and to schedule  
an appointment.**

**Fax: 503-815-7587.**

You no longer have to leave town for a sleep study. The new Sleep Diagnostic Center at Tillamook Regional Medical Center (TRMC) is equipped with state-of-the-art technology and comfortable Sleep Number beds. If you're experiencing sleep disturbances, talk to your health care provider about a referral to the Sleep Diagnostic Center at TRMC.



## PHYSICAL, MENTAL & SPIRITUAL HEALING

—Continued from front page

**MAKING CHANGES** Following surgery, Raylene quit smoking.

"I quit smoking with a rubber band snap," she says. "You put a rubber band on your wrist and every time you want to smoke, you snap yourself. It's supposed to make your brain switch from expecting that a craving will be rewarded with a

cigarette to expecting that a craving will be punished with a snap. It gives you an aversion. It might have helped, but really I give the credit to God."

Raylene has been working on losing weight by swimming three times a week.

"I lost 35 pounds before I knew that I had cancer," she says. "Sometimes that's a sign, when weight falls off for no apparent reason. And I put 21 pounds back on when I quit smoking, but altogether I've lost 85 pounds in a year."

After Raylene's cancer surgery, Dr. Welch treated her for depression.

"He really helped me out," she says. "I didn't have insurance at the time, and I didn't have a primary care provider, so Dr. Welch helped me even though he's my OB-GYN. He took the time to listen to me and to talk with me. One time, he sat and

talked with me for an hour. He must have had other patients that day, but he acted like he had nothing more important to do than talk with me. We talked about God and spiritual things. And it made a difference for me. I started coming out of that depression, and I started going to church at the Tillamook Christian Center. I feel fine now. The depression is gone."

### EXPERIENCING A TRANSFORMATION

Since then, Raylene has obtained health insurance for the first time in years through Cover Oregon, the statewide program to insure Oregonians made possible through the Affordable Care Act.

"I'm so grateful to have health insurance," she says. "It is such a blessing."

She counts insurance among the many blessings she has received this year; even in

the midst of illness and trial and difficulty, a light has shone in Raylene's life with transformative effect.

"I was born again in Christ this year," shares Raylene, "and it all started with the Adventist Health mission. I know that sounds funny, but the reason is that everything in my life changed after I read the mission: to share God's love by providing physical, mental and spiritual healing."



**Paul Welch, MD, OB-GYN,  
is accepting new patients.**

**He practices at the Women's and  
Family Health Clinic, 1011 Third St.,  
Tillamook, OR 97141. To schedule  
an appointment, call 503-815-2100.**

Tillamook Regional Medical Center • Look us up at [www.TillamookRegionalMC.org](http://www.TillamookRegionalMC.org).

# DON'T MISS THESE COMMUNITY EVENTS

## Winter Classes/ Events

### TAKING CHARGE OF DIABETES

■ **Thursdays, Oct. 23, 30, Nov. 6 and 13, 9:30 a.m. to noon**  
**Kiawanda Community Center, Pacific City**  
■ **Wednesdays, Jan. 14, 21, 28 and Feb. 4, 1:30 to 4 p.m.**  
**North County Recreation District, Nehalem**

\$40 tuition includes a textbook and pedometer. Call Sue Phillips-Meyer at **503-815-2443** for information and to register.

### ANNUAL DIABETES AND YOU SEMINAR

**Thursday, Nov. 20, 10 a.m. to 3 p.m.**  
**Tillamook Adventist Church, lower level, 2610 First St., Tillamook**

Presenter Don Hall, doctor of public health in preventive health care, will guide us through the nutritional aspects of glycemic index, foods that raise and lower blood sugar, how exercise prevents complications and lowers blood sugars, and how diabetes affects the brain and the risk of Alzheimer's. No charge, but registration is requested. Lunch is included. Call **503-815-2443** to register.

Optional: Hemoglobin A1C screening offered between 9 and 10 a.m. for \$10.

### LIGHT UP A LIFE

**Monday, Nov. 24, noon**  
**Tillamook County Creamery Association Visitors Center**

This annual holiday tree-lighting ceremony kicks

off the Light Up a Life fundraising campaign for Hospice. Donate \$10 or more to Hospice in honor or in memory of a loved one and receive a sand dollar ornament lovingly created by Hospice volunteers. At the conclusion of the campaign on Jan. 5, the names of those honored and remembered will be read in a public ceremony. Call **503-815-2302** for more information.

### RED CROSS BLOOD DRIVE

**Monday, Dec. 22, 1 to 6 p.m.**  
**Tillamook Adventist Church, lower level, 2610 First St., Tillamook**

Register online at [www.redcrossblood.org](http://www.redcrossblood.org) or call **503-815-2270**.

### READING OF THE NAMES

**Monday, Jan. 5, noon**  
**Tillamook County Creamery Association Visitors Center**

Hospice Light Up a Life fundraising campaign concludes with a public ceremony in which the names of those honored and remembered are read aloud. Call **503-815-2302** for more information.

### WELLNESS SCREENING FOR CHOLESTEROL

**Wednesday, Jan. 7, 7:30 to 9 a.m.**  
**Tillamook YMCA**

Total cholesterol, HDL and LDL, triglycerides, and blood sugar. For best results, fast for 12 hours prior to test. For an appointment, call **503-815-2270**. Walk-ins welcome. \$20.

### LIVING WITH ALZHEIMER'S FOR CAREGIVERS: MIDDLE STAGE

**Tuesday, Jan. 13, 9:30 a.m. to 3:30 p.m.**  
**Tillamook Adventist Church, lower level, 2610 First St., Tillamook**

In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. Hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stages of Alzheimer's. Sponsors: Alzheimer's Association and Oregon Care Partners. No charge. RSVP by Jan. 9 to **503-815-2270**.

### Ongoing Groups

#### ALZHEIMER'S ASSOCIATION SUPPORT GROUP

**Second Tuesday of each month, 10:30 to noon**  
**Tillamook Adventist Church, lower level, 2610 First St., Tillamook**

For more information, call **503-815-2270**. Respite care must be prearranged by calling Faith in Action at **503-815-2272**.

#### CLUBCHIP

**Third Monday of each month, 5:45 to 8 p.m.**  
**Tillamook Adventist Church, lower level, 2610 First St., Tillamook**  
Call **503-815-2270** for information.

#### DIABETES & ALL THAT JAZZ SUPPORT GROUP

**Second Tuesday of each month, 1:30 to 3 p.m.**  
**Tillamook Regional Medical Center,**



**Congratulations to the winners of our Tillamook County Fair First Aid Booth drawings (clockwise from top): Isabella Maerose Timm won a LeapPad, Hannah LeBlanc won a Kindle, and Elizabeth Garcia won a Nexus tablet.**

**third-floor conference room**  
Call **503-815-2443** for information.

#### GRIEF SUPPORT GROUPS

■ **First and third Tuesdays, 3 to 4:30 p.m.**  
**Tillamook Regional Medical Center, third-floor conference room A**  
■ **First and third Thursdays, 3 to 4:30 p.m.**  
**Calvary Bible Church, Manzanita**  
Call **503-815-2270** for information.

**MEDICAL EXPLORING**  
**First Wednesday of each month through May, 5 p.m.**

**Tillamook Regional Medical Center, third-floor conference room D**

High school students curious about careers in health care are invited to become Medical Explorers. The group meets monthly for hands-on learning opportunities. Dinner is provided.

Contact Eric Swanson at **503-815-2275** or [eric.swanson@ah.org](mailto:eric.swanson@ah.org); or Katie Moncrief at

**503-815-2476** or [kathryn.moncrief@ah.org](mailto:kathryn.moncrief@ah.org) for more information.

#### WOMEN'S CANCER SUPPORT GROUP

**First non-holiday Wednesday of each month, 10:30 a.m. to noon**  
**Medical Plaza conference room, Tillamook Regional Medical Center**  
Please join us. Call Sherah Berthelsen at **503-815-7510** for information.

YOUR HOSPITAL



Medical Explorers Sabrina Polman and Carl Wiegan practice surgical suturing on pigs' feet.

# CALLING HIGH SCHOOL STUDENTS

**ARE YOU CURIOUS** about careers in health care? Join Medical Exploring at Tillamook Regional Medical Center (TRMC). Students get hands-on learning opportunities with health care professionals. Recently, Rick Foss, MD, General Surgeon, taught Medical Explorers the art of surgical suturing—on pigs' feet! Students heard from Dr. Foss about medical school and residency and what he likes about being a surgeon. Each month the group will focus on a different department for a broad range of experiences.

The group meets monthly on the first Wednesday of each month at TRMC in third-floor conference room D at 5 p.m. Dinner is provided. All high school students are welcome. For more information, contact

 Eric Swanson at 503-815-2275 or [eric.swanson@ah.org](mailto:eric.swanson@ah.org); or Katie Moncrief at 503-815-2476 or [kathryn.moncrief@ah.org](mailto:kathryn.moncrief@ah.org).



## TRMC WINS 12 AWARDS

Tillamook Regional Medical Center (TRMC) physicians think that TRMC is an excellent place to work. In a recent awards ceremony, TRMC walked away with 12 physician engagement awards for excellence in health care. Two five-star awards were given for Excellence in Nursing Care and Excellence in Emergency

Services. Ten four-star awards were given to TRMC as a Place to Practice Medicine and for Surgical Services, Anesthesia Services, Patient Safety, Quality of Care, Radiology Services, Laboratory Services, Hospitalist Services, Administration, and Medical Records. These were awarded at the PRC National Excellence in Healthcare



Awards ceremony based on national rankings.  
Thank you to our physicians for your excellence and engagement!

## NEED A HEALTH PARTNER?

Adventist Health Medical Groups

**Cardiology**

Ronald Chelsky, MD  
Mark V. Hart, MD

**Family Medicine**

Shirley Arneson, ANP  
Ann Batchelder, ND, FNP  
Chris Benjamin, PA-C  
David Bradburn, MD  
Craig Brown, MD  
Ben Douglas, MD  
Jennifer Drayton, FNP  
Brian Handley, MD  
Donna Jose, ANP  
Jennifer Kozak, MD  
Irene Martin, MD  
Karl Meier, MD  
Brandon Mitchell, DC, MD  
Glen Saylor, MD  
Rob Soans, PA  
Gregory Steinke, MD

Albert Thompson, MD

Myra Thompson, DNP

**General Surgery**

Frederick Foss Jr., MD  
Todd Pitts, MD

**Internal Medicine**

John Bohlman, MD  
James Rushing, MD  
Ben Turman, PA-C

**Obstetrics and Gynecology**

Brittany Gerken, MD  
Paul Welch, MD

**Oncology**

Gerald Gibbs, MD

**Orthopedic Surgery**

Brett LaFleur, MD

**Pulmonology**

James Rushing, MD

**Urology**

Conrad Sheff, MD

**Other**

**Specialists Available:**

**Dermatology**

Walt Larsen, MD

**Electrodiagnostics**

Patrick Radecki, MD

**Nephrology**

Chester Ching, MD  
Nicole Kemper, MD

**Ophthalmology**

Martin Balish, MD  
Jennifer Ballentine, MD

**Otolaryngology**

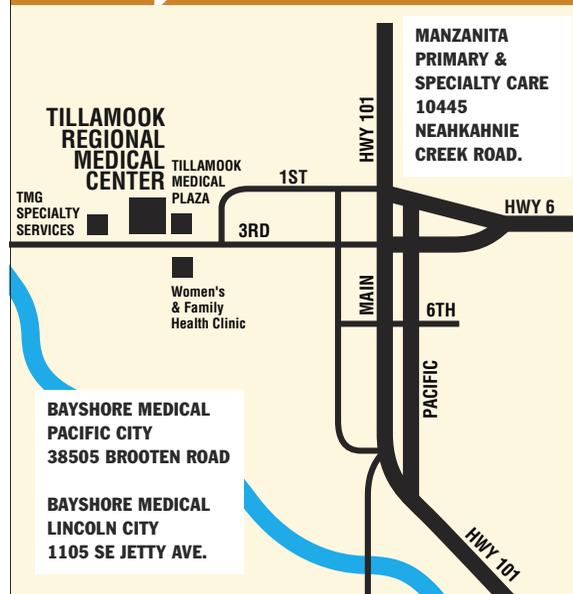
David Kaba, MD

 503-815-2292

 503-965-2292

 503-368-2292

## WHERE TO FIND US



LIFE AND HEALTH is published as a community service for the friends and patrons of TILLAMOOK REGIONAL MEDICAL CENTER, 1000 Third St., Tillamook, OR 97141, telephone 503-842-4444, [www.TillamookRegionalMC.org](http://www.TillamookRegionalMC.org).

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