



Varicose? Very gone. New procedure treats varicose veins with ease.

SEE PAGE 4 ►

Life & Health

EXCELLENCE IN COMMUNITY HEALTH • SUMMER 2013

WHAT'S IN A NAME? IT COULDN'T BE CLEARER

With a new name that reflects the expanded range of services now being provided throughout Tillamook County and beyond, Tillamook County General Hospital is now Tillamook Regional Medical Center.

In 1950, the citizens of Tillamook County opened the hospital at its current location, and over the next 62 years, the services provided by the hospital grew to meet the need for high-quality primary and specialty health care in this region of the Oregon coast. A lease agreement with Adventist Health, first signed in 1973 and subsequently renewed through 2045, provides professional management by a local health care team operating under not-for-profit status.

MORE THAN JUST A HOSPITAL Adventist Health services in this region now provide a continuum of health and wellness care, covering babies through grandparents with:

- Five rural health clinics located in Tillamook and Lincoln counties.
- Advanced Life Support-level ambulance services staffed 24/7 in four locations throughout Tillamook County.
- Home health and hospice services provided in patient homes.
- Specialty care, such as cardiac services, through the Northwest Regional Heart Center.

Following research in 2012 that polled 300 Tillamook residents about their impression of the hospital and its services, hospital leadership held focused discussions with groups from around Tillamook County to review the data.

The new name better describes the services we offer and is a vision for the future.



These groups agreed that the name Tillamook Regional Medical Center better describes the level of services offered—and encompasses a vision of the future. The words *medical center* speak to the wider range of services now provided than those that are just hospital-based, and *regional* embraces residents throughout Tillamook County and beyond.

“The input of so many community members and leaders in this process is deeply appreciated,” says medical center CEO Larry Davy. “This hospital that belongs to all of us has evolved to be so much more in the past several years. This name change represents our confident looking-forward to the advancing future of community health and wellness services in our region.”

Legend

- Tillamook Regional Medical Center
- Medical Group Clinics
- Ambulance Service
- Home Health & Hospice Services

Now *Serving You*
throughout our Coastal region with:

- expanded local health care services
- access to specialty care such as cardiology
- commitment to community health and wellness

Adventist Health
Tillamook Regional Medical Center
www.TillamookRegionalMC.org

TILLAMOOK NEWS, VIEWS & TIPS

Have a safe summer



Summer is the ultimate laid-back time—think flip-flops, T-shirts and barbecues.

Although it's easy to be casual about many things in the summer, it's not good to be casual about safety. With warm weather comes the risk for certain injuries and health problems—some serious enough to be life-threatening.

Here are some suggestions on how to keep you and your family safe:

● **Secure home windows.** Opening the windows is a must if you don't have air conditioning or if you're simply trying to keep your electric bill in check. But keep this in mind if children are in your home: Every year thousands of kids in the U.S. are killed or injured in falls from windows. You can't depend on screens to keep children safe. Your best choice is to install window guards or window stops—especially on bedroom windows. You can buy them online or at hardware stores. Also, try to keep furniture

away from windows to discourage kids from climbing near windows.

● **Make helmets a priority.** Many kids practically live on their bikes during the summer. Before yours hop on theirs, make sure they're wearing a helmet. (The same advice applies to you.) Helmets help reduce the risk of head injury—such as concussion and other traumatic brain injuries—and of death from bicycle crashes. Helmets are also a good idea when riding a horse or skateboard, batting or running bases in baseball or softball, or using inline skates.

● **Watch out for heatstroke.** As the temperature rises, so does the risk of a heat-related illness. The most serious one is heatstroke, which is a medical emergency. Signs and symptoms include a body temperature above 103; hot, red, dry or moist skin; a rapid and strong pulse; and possible unconsciousness. Call 911 immediately if you think someone has heatstroke. Move the

person to a cooler environment, and try to bring his or her temperature down with cool cloths or a bath. Do not give the person fluids.

● **Know the signs of anaphylaxis.** This is a potentially deadly allergic reaction. The most common triggers are foods, insect stings, medications and latex. Signs and symptoms include a red rash (usually itchy) with hives or welts; swelling in the throat or other areas of the body; wheezing; and trouble breathing or swallowing.

Anaphylaxis requires immediate medical attention, including an injection of the drug epinephrine and a trip to the hospital emergency department.

What to do when you need care now

For significant pain, injury or difficulty breathing, always dial 911 for emergency care. For other sudden but less-threatening illnesses and injuries, Adventist Health Medical Group's three urgent care locations are here to help. And for those with insurance coverage, the co-pay for an urgent care visit is usually much lower than for the emergency department.

Sources: American Academy of Allergy, Asthma & Immunology; Centers for Disease Control and Prevention; Safe Kids USA; U.S. Consumer Product Safety Commission

Urgent care locations

Manzanita: Open Monday to Friday from 8 a.m. to 5 p.m. and Sunday from 10 a.m. to 4 p.m.
Tillamook (Plaza): Open Monday to Friday from 8 a.m. to 8 p.m. and Sunday from 10 a.m. to 6 p.m.
Lincoln City: Open Monday to Friday from 8 a.m. to 5 p.m.

FOR PARENTS

4 apps to try

Looking for a few good apps? Here are four free medical and safety apps you might find useful if you have kids. The apps are available for a variety of phones and devices.

Ask Karen. This app, from the U.S. Department of Agriculture, provides important information about how to keep foods safe from harmful bacteria and viruses. Millions of Americans get sick every year from contaminated food, and kids are particularly vulnerable.



First Aid. This app, from the American Red Cross, offers step-by-step instructions for the most common first aid emergencies. It also has safety tips for dealing with natural disasters, such as hurricanes, earthquakes and tornadoes. Preloaded content allows you to access safety information even without reception or an Internet connection.

FBI Child ID. With this app, you can store pictures and vital information about your kids in case they go missing. You can show pictures of your kids and provide physical identifiers, such as height and weight, to a security guard or a police officer right on the spot.

Recalls.gov. The federal government recalls hundreds of products every year for safety reasons. This app can bring you up to speed on those recalls. You can type a product's name into your phone and learn whether the product has been recalled.

What causes a heart attack?

A heart attack is all about blood flow—or the lack of it.

A healthy heart muscle needs a constant supply of oxygen-rich blood. During a heart attack, that blood supply is blocked, often by a blood clot in an artery that feeds the heart.

Clots usually occur as a result of coronary heart disease. This disease develops gradually as fat, cholesterol and other materials—called

plaque—slowly build up inside an artery, causing it to narrow.

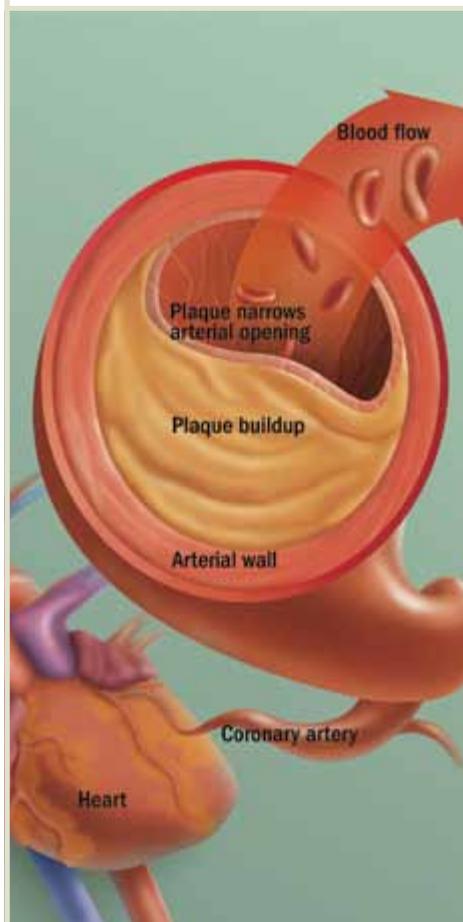
Sometimes, an area of plaque splits open and a clot forms. That clot can also block blood flow through the artery.

Without a sufficient blood supply, heart tissues begin to die. Unless the blood flow is quickly restored, permanent heart damage—even death—can occur.

If you think you're having a heart attack, call 911 right away.

Drugs and other treatments, when given quickly, can be very effective.

It's faster and safer to call 911 when you're having a heart attack than to drive yourself to the hospital. Not only are patients who arrive by ambulance usually seen first at a hospital, medical personnel in the ambulance can help if symptoms get worse on the way.



Local heart care

Cardiologists with the Northwest Regional Heart Center see Tillamook patients several days each month at these Adventist Health Medical Group locations: Manzanita (503-368-2292), Tillamook (503-815-2292) and Pacific City (503-965-2292). Visit online at www.nwregionalheart.com.

HEART ATTACK WARNING SIGNS



Not all heart attacks look alike.

But most show some or all of these signs:

- 1 Chest pain or pressure that lasts more than a few minutes or comes and goes.
- 2 Pain or discomfort in the arms, back, jaw or stomach.
- 3 Shortness of breath.
- 4 A sudden cold sweat, nausea or light-headedness.

Source: American Heart Association

TILLAMOOK NEWS, VIEWS & TIPS

Skin cancer: Protect yourself

ALEC AMRAM,

OREGON HEALTH & SCIENCE UNIVERSITY
SCHOOL OF MEDICINE, CLASS OF 2014

Sunburns are on the rise. A 2004 survey found that 43.6 percent of white adults in Oregon had at least one sunburn in the past year. Sunburns are a significant risk factor for the development of skin cancer.

New cases of melanoma. The rate of new melanoma diagnoses—responsible for 75 percent of all skin cancer deaths—was 36 percent higher in Oregon than the national average from 2002 to 2006 and was the fourth highest in the U.S. An estimated 1,220 state residents were diagnosed with melanoma in 2009.

Deaths from melanoma. About 120 people in Oregon die of melanoma every year. Oregon had the eighth highest melanoma death rate nationally from 2002 to 2006—17 percent higher than the U.S. average.

What works: An ounce of prevention

- Unprotected exposure to ultraviolet light—a known carcinogen—is the most preventable risk factor for skin cancer. Taking simple steps as early in life as possible can reduce one's risk.

- Early detection of melanoma can save one's life. Skin examinations may be the best way to detect skin cancer early.

Skin cancer prevention action steps

Do not burn. Overexposure to the sun is the most preventable risk factor for skin cancer.

Avoid sun tanning and tanning beds. UV light from tanning beds and the sun



causes skin cancer and wrinkling.

Use sunscreen. Generously apply a broad-spectrum sunscreen with an SPF of 15 or higher. Reapply at least every two hours and after swimming or sweating.

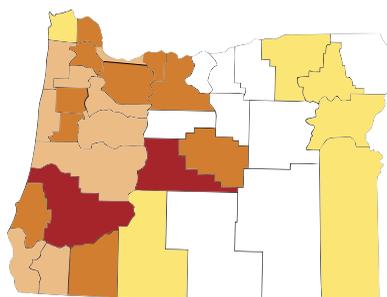
Cover up. Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses with 99 to 100 percent UVA and UVB protection when possible.

Seek shade. Seek shade when the sun's rays are most intense—between 10 a.m. and 4 p.m.

Watch for the UV index. Pay attention to the UV index when planning outdoor activities to prevent overexposure to the sun.

Annual rate of new melanoma diagnoses, 2002–2006

All races, both sexes, all ages



Melanoma diagnosis per year per 100,000 People

| | | | |
|--------------------|-------------|-------------|-------------|
| 9.5 - 16.7 | 16.8 - 24.1 | 24.2 - 31.5 | 31.6 - 38.8 |
| Data not available | | | |

What is an oncologist?

For patients facing a cancer diagnosis, it can be a great comfort to know that there are doctors who have devoted their careers to treating this disease. These specialists are called oncologists.

The men and women who choose to become oncologists spend many years in training:

- Four years of premedical education (college or university).
- Four years of medical school.
- Three to seven years of advanced training (including residencies) to acquire cancer-specific knowledge and develop clinical skills.

The type and length of the advanced training depends on which of the three main oncology disciplines a doctor chooses.

Medical oncologists use medicine (chemotherapy) to treat cancer. They complete a three-year residency in internal medicine followed by two years of specific training (a fellowship) in oncology.

Surgical oncologists perform surgical biopsies and treat cancer via surgery. This discipline requires a five-year residency in general surgery and a two-year oncology fellowship. Some surgeons train further to specialize in one particular type of cancer.

Radiation oncologists treat cancer with high-energy x-rays (radiation). They must complete a five-year radiation oncology program.

Some OB-GYNs are also oncologists. They treat cancers of the female

reproductive organs. There are also pediatricians who specialize in oncology in order to treat childhood cancers.

All oncologists must pass rigorous licensing and certification exams. And all work closely with many other professionals—including primary care doctors, oncology nurses, pathologists and diagnostic radiologists—to provide high-quality care for patients with cancer.

Sources: American Academy of Pediatrics; American College of Physicians; National Cancer Institute

To make an appointment with Medical Oncologist Gerald Gibbs, MD, call 503-815-7510.

Outpatient Therapy Services

Located on the third floor of the medical center, Outpatient Therapy Services provides specialized outpatient care. Medical orders can be accepted from verified licensed health care providers who practice in any state, with the goal of providing convenient local care for patients who may see specialty providers outside of Tillamook County. The staff includes experienced registered nurses with specialized training in chemotherapy and biotherapy administration, wound care, and debridement, as well as PICC (peripherally inserted central venous catheter) line placement and care.

Gerald Gibbs, MD, a board-certified



Gerald Gibbs, MD, Oncologist

oncologist, sees patients in Tillamook on Wednesdays, Thursdays and Fridays. His patients appreciate his honesty and humor as well as the careful attention to detail he brings to their health care. He is happy to

partner with specialists from other areas to help provide services for patients who live on the Oregon coast.

Services provided

- Chemotherapy/biotherapy.
- Blood product transfusions.
- Therapeutic injections.
- Allergy injections.
- Medical infusions.
- Rheumatology treatments.
- Multiple sclerosis infusions (Tysabri-certified infusion center).
- Catheter and central line care.
- Stoma and ostomy care.
- Wound care and dressing changes.
- Nondiabetic foot care.
- Blood pressure monitoring.
- Electrolyte replacement.
- PICC line placement and care.

Contact Outpatient Therapy Services

Phone: 503-815-7510

Fax: 503-815-7515

Web: www.TillamookRegionalMC.org/ots



FEATURE

Varicose veins

BENEFIT
with
VENEFIT

Minimally invasive treatment now available in Tillamook

We are excited to announce a new minimally invasive procedure now available in Tillamook for the treatment of varicose veins, leg swelling and venous ulcerations. This new treatment, radiofrequency vein ablation—called Venefit™—is an outpatient procedure that offers a shorter recovery time with fewer complications than previous vein-stripping procedures. ♦ Half of all Americans over age 50 and two-thirds of women over 60 have varicose veins, which can cause a feeling of heaviness and pain in the legs due to the distension of blood vessels. Normally, veins return blood to the heart and have valves that keep blood from flowing back down toward the feet, but in varicose veins, these valves do not work. As a result, blood pools in the lower extremities under pressure from above, causing dilatation that can even progress to skin breakdown and ulceration. Women who have had more than two pregnancies have a higher risk of developing them. Other risk factors include heredity; weight; and having a career that requires standing throughout the day, like nursing or teaching.

Before Venefit, the only surgical treatment option was to remove these damaged veins by stripping them out, a painful procedure requiring extended bed rest for recovery. Other techniques were introduced over the years to treat problem veins but did not have much success.

Today's medical technology is able to treat the problem using

minimally invasive catheters. From inside the dysfunctional vein, the small catheter delivers bursts of heat energy that cause the vessel to contract and close. The blood supply then reroutes and returns to the heart through healthy, functioning channels. Patients notice the relief from the pressure and pain right away.

Tillamook surgeons Frederick Foss Jr., MD, and Todd Pitts, MD, have experience with the Venefit vein ablation procedure. Using ultrasound for guidance, the procedure takes about an hour. Patients who have this procedure experience minimal recovery time and are able to walk away from the procedure and resume normal activities within a day.

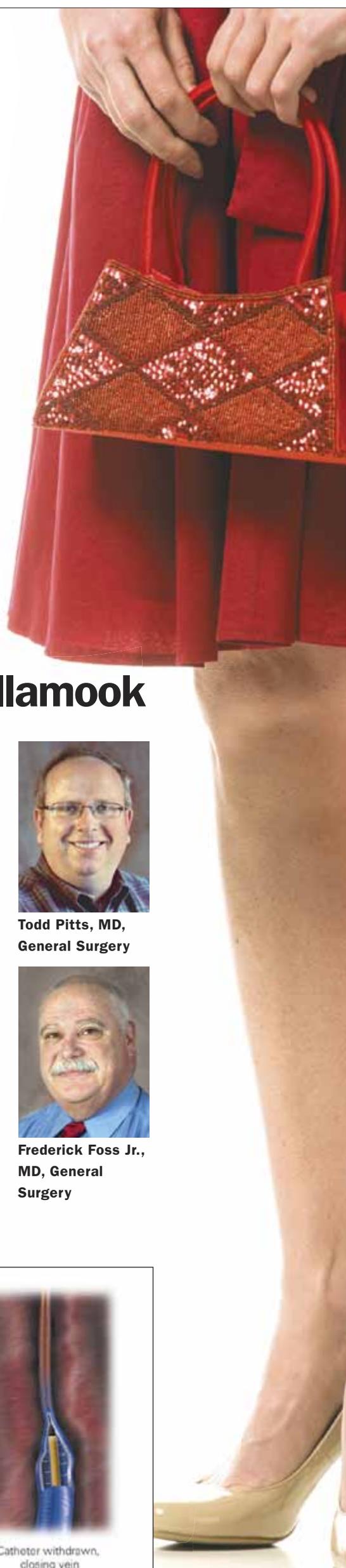
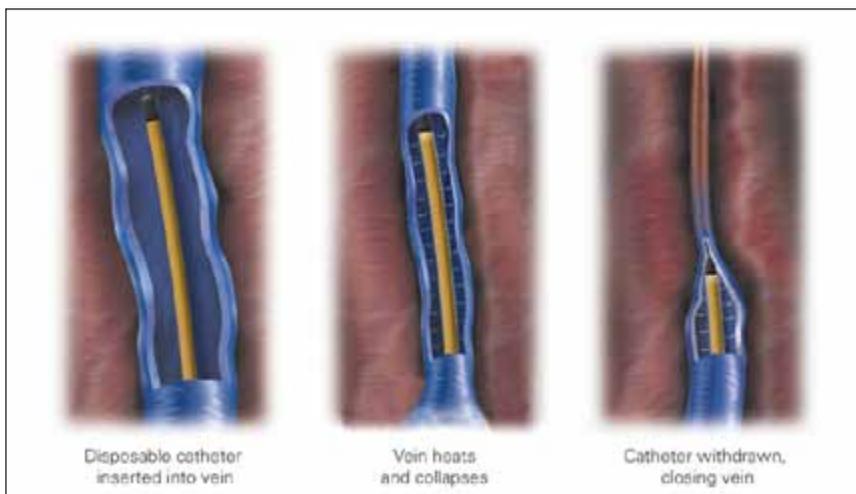
For a thorough evaluation of your needs for the procedure, please call 503-842-5546. For more information about this procedure, visit www.venefitprocedure.com.



Todd Pitts, MD, General Surgery



Frederick Foss Jr., MD, General Surgery



VARICOSE VEINS

How to make them vanish

You may have inherited your mom's lovely legs—and unfortunately, maybe her varicose veins too. These swollen, often bluish blood vessels are more common in women than men, and the tendency to develop them often runs in families.

Not all varicose veins cause problems, or they might only trigger problems that are remedied by making lifestyle changes or by wearing compression stockings.

But if that's not the case for you—if your veins are causing severe pain or blood clots, for example—then your doctor might recommend a medical procedure to treat them. Various methods are used to close off or sometimes remove problem veins.

Options may include:

Sclerotherapy. A solution is injected into the vein, causing it to close off and fade from view. Sclerotherapy may be used to treat small varicose veins and spider veins, which can be a cosmetic concern.

Endovenous ablation therapy. Varicose veins deep in the legs can be treated with radiofrequency or laser heat. These procedures are a less invasive alternative to surgery. After the area is numbed, a catheter—guided by ultrasound images—is inserted through a small nick in the skin. Then, a laser fiber or radiofrequency

electrode is inserted into the catheter, and heat is used to close off the vein. No stitches are needed, and scarring is nearly impossible to see. Most people go home the same day.

Ambulatory phlebectomy. In this procedure, special instruments are used to remove varicose veins in small sections through tiny cuts in the skin. Veins can be removed with very little scarring. Only a local anesthetic is needed.

Vein stripping and ligation. This is a type of surgery—often done on an outpatient basis—that is typically used for very large veins that cause severe problems. The vein is tied off and removed through small incisions. General anesthesia is given, so you won't be awake during the surgery. Recovery time ranges from one to four weeks—longer than for other varicose vein treatments.

In another surgery—called PIN stripping—a special instrument is sewn to the end of the vein and removed, taking the vein with it. This technique can be done in an operating room or an outpatient center using either general or local anesthesia.

Your doctor can tell you more about the risks and benefits of treatments for varicose veins and which one may be appropriate for you.

Sources: National Institutes of Health; Radiological Society of North America

Treat your legs to some TLC

You can't prevent varicose veins entirely, but you can delay their development—and help keep those you already have from getting worse. Here are some suggestions to try:

Stay a step ahead with exercise. Activities such as walking or jogging help keep blood flowing through your legs.

Don't stand or sit too much. If you're on your feet a lot at work, occasionally shift your weight from one leg to the other. Or if you have to sit for long periods, use breaks to get up and move around or to take walks.

Slim down, if needed. Unwanted pounds

put undue pressure on your leg veins.

Don't cross your legs. Or at least don't cross them for too long. And, if possible, elevate your legs when resting.

Go for fiber. Eating fiber-rich foods—such as fruits, vegetables and whole grains—can help you avoid constipation, which can contribute to varicose veins.

Consider compression stockings. They put gentle pressure on the leg, which keeps blood from pooling in the veins. Ask your doctor if they are a good choice for you.

Sources: National Heart, Lung, and Blood Institute; U.S. Department of Health and Human Services, Office on Women's Health

Swing bed services

Patients at Tillamook Regional Medical Center may be able to benefit from a special program while they recover from surgery or get additional rehabilitation and strengthening before being discharged from the hospital. It's called the swing bed program, and it allows patients to stay in the same room and the same bed and receive just the services they need.

Skilled care services provided include nursing; occupational, physical and speech therapy; nutrition services; pharmacy; social work; and more. Each patient's length of stay and recovery goals are planned together with the physician and health care team. When the goals have been met or skilled care is no longer needed, the patient transitions to home or other care.

When North Tillamook County resident Deborah Kiser had knee replacement surgery, she chose the medical center's swing bed program for her two-week rehabilitation and recovery after surgery. She enjoyed being able to wear her own clothes and spend time in the homelike setting of the Day Break Suite activity room—all while having ready access to physical therapy and skilled nursing care and being close to home for visits from family and friends.

Both patients and Tillamook Regional Medical Center benefit with this transition program. Patients can remain in place, close to home and family, and receive the skilled care they need. The medical center maximizes efficiency by meeting patient needs for both acute and short-term rehabilitation care with a limited number of beds.

Most insurance companies, including Medicare, cover swing bed care when certain criteria are met. The hospital's case managers can help with specific questions about the swing bed program.

LAPAROSCOPIC SURGERY

Small incisions, big benefits

Minimally invasive. When those words come from a surgeon, they may sound like music to a patient's ears. And today's surgeons are orchestrating numerous minimally invasive surgeries that get people back into the rhythm of their lives more quickly—and with less pain—than traditional operations.

How? With laparoscopic surgery. Laparoscopic surgery is done

through very small incisions—usually no more than half an inch wide.

Surgeons use this technique for a range of procedures, from exploring reproductive problems and taking biopsies of tumors to removing the gallbladder. It's even effective for some back surgeries.

Organs that are sometimes operated on using laparoscopy include the colon, liver, small intestine and stomach.

Whatever the reason for laparoscopic surgery, the six basic steps for performing it are the same:

- 1 Appropriate anesthesia is administered: either a general one that puts the patient to sleep or a regional one that blocks pain while the patient stays awake.
 - 2 The surgeon makes a small incision in the abdomen.
 - 3 A narrow tube, called a port, is inserted through the incision and into the abdomen.
 - 4 To make space for viewing and operating on pelvic organs, the abdomen is filled with gas (usually carbon dioxide).
 - 5 A laparoscope—a thin, lighted tube with an attached camera—is inserted into the port. Images from the camera are shown on a video monitor for the surgeon to view.
 - 6 Additional small incisions may be made if the doctor needs to use other instruments, such as forceps.
- Laparoscopic surgery is just as safe as traditional surgery. And along with smaller incisions and scars, the less invasive approach offers other benefits, including:
- Less blood loss.
 - Fewer infections.
 - Less postoperative pain—and less need for pain medication.
 - Shorter hospital stays.
 - Faster and easier recovery at home.
- Laparoscopic surgery isn't available for every operation. But ask your doctor—it just might be right for you.

Sources: American College of Obstetricians and Gynecologists; American Society of Colon and Rectal Surgeons; Society of American Gastrointestinal and Endoscopic Surgeons

TILLAMOOK NEWS, VIEWS & TIPS

Nurse honored for extraordinary care in outpatient services

Janie Taylor, LPN, a nurse in Outpatient Therapy Services at Tillamook Regional Medical Center, was honored with the spring 2013 DAISY Award for Extraordinary Nurses.

Quotes from nominations submitted for Taylor include:

- “When Janie is caring for you, you’re the most important person in the room.”
- “She helps make difficult times much easier and gives out large doses of ‘peace of mind.’”
- “Janie is always concerned about the patient’s emotional and spiritual well-being as well as their physical health.”

In looking back over her nearly 45 years in nursing, Taylor says that she felt a calling to nursing for some time, so when a friend started training, she signed up as

well. In 1964, she worked at the hospital as a nurse’s aide, worked for two years, left for training and then returned in the fall of 1970 as a licensed practical nurse. In the years since, Taylor has served patients in the Emergency Department, Medical Surgical unit, Obstetrics department and Outpatient Therapy Services.

“Anyone who works with Janie or has received nursing care from her knows how much she exemplifies this award,” says Karen Kellar, Vice President for Patient Care. “She has a compassionate heart and depth of experience that blesses patients and co-workers every day.”

Other nursing staff nominated for this DAISY Award include: Tami Begin, Rich Brainerd, Gretchen Brill, Alma Krauspe, Theresa Simmons and Megan Swenson.



CONGRATS! Janie Taylor, LPN, is the recipient of this spring’s DAISY Award.

WHEN BABY IS SICK

Make a call for advice

If your baby isn’t feeling well, your little one can’t simply tell you so.

Your instincts can help you know what to do, experts say. In other words, if you’re concerned, be sure to call your family doctor.

According to the American Academy of Pediatrics and the March of Dimes, here are some specific signs to watch for:

Fever. If your baby seems cranky or unusually warm, check for a fever—a rectal temperature above 100.4.

A fever can have many causes, such as a relatively minor cold or a more serious infection.

Infection is a concern in newborns because they can quickly become seriously ill.

Vomiting. All babies spit up, and occasional vomiting may not be anything serious.

However, it’s a good idea to call the doctor if your baby vomits forcefully or more than once in 24 hours.

Diarrhea. If your baby has watery stools several times a day, let your doctor know.

In babies, dehydration can occur rapidly if lost fluids aren’t replaced.

Signs include having very few wet diapers or a dry mouth, having sunken eyes, or crying without tears.

Excessive sleepiness. Most newborns sleep a lot. However, a baby who seems unusually tired or lethargic may have an underlying illness that should be evaluated.

Yellow skin. Yellowish tint in the skin or whites of the eyes is a sign of newborn jaundice, which is caused by a buildup of a pigment in the blood.

Although usually harmless and temporary, jaundice occasionally becomes a more serious matter that needs treatment.

In-Room Dining

Regular Diet

Menu orders may be placed between
6:30 a.m. and 6:30 p.m.

Please dial ext. 3443 to place your order.

- Select your meals and plan around scheduled treatments and therapies so that you will be available to enjoy your meal when it arrives.
- A Nutritional Services staff member will take your order and help you make any necessary adjustments to meet your nutritional needs and your doctor’s orders.
- Meals will be delivered to your room within 45 minutes. We hope you enjoy your in-room dining experience.

Guest meals are available for visitors and family members in the Garden Spot Café located on the first floor.

Adventist Health
Tillamook Regional Medical Center

New in-room dining service

Inpatients at Tillamook Regional Medical Center now enjoy made-to-order meals from a restaurant-style menu. Here’s how it works: At any time between the hours of 6:30 a.m. and 6:30 p.m., patients can call a dedicated phone number to place an order for a meal or snack using the menu provided to them when they are admitted to the medical center. The colorfully designed menus offer an array of food choices that support health and healing. Meal delivery is promised within 45 minutes, but it often arrives even sooner.

A team with staff representatives from several departments worked together to plan and implement this new service. Staff in the kitchen rearranged items and changed work routines to support on-demand food preparation and delivery.

“Our first patients to try this new approach have had very good things

to say about their experience,” says Janice Wolk, RD, CDE, Nutritional Care Services Director. “With so many treatments and procedures being done during a hospital stay over which patients have little to no control, it’s rewarding to be able to give them more control over what foods they eat and when they wish to eat.”

The colorfully designed menus offer an array of food choices that support health and healing.

Thanks to our giving partners

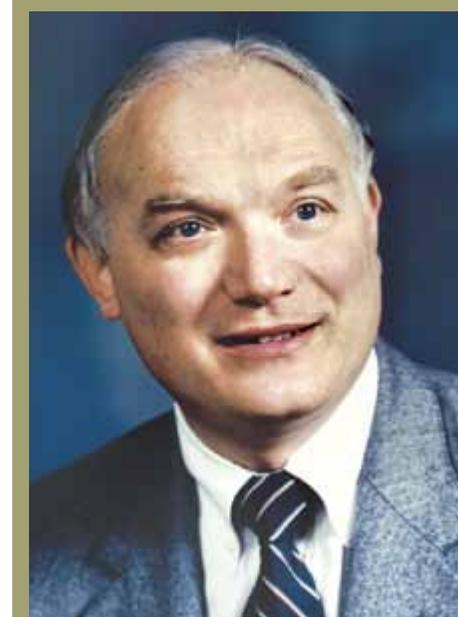
There are few communities more generous than Tillamook County. With no tax levy or county budget appropriations received by the hospital for programs and services, contributions and grants provide a boost of funding to purchase equipment, strengthen community outreach programs and ensure excellence in our health care services.

“Thank you again to all our partners in giving, especially to our generous hospital staff and community members, who invest in the health of our community through their contributions,” says Development Director Melody Ayers.

2012 donations and grants

| | |
|----------------------------------|------------------|
| Ambulance and emergency services | \$18,108 |
| Employees Helping Employees | \$6,517 |
| Faith in Action | \$38,242 |
| Hospice | \$45,546 |
| Multi-modular program | \$15,222 |
| Other designated* | \$23,761 |
| Total | \$147,396 |

*Includes business in-kind, miscellaneous grants and small funds.



Thanks for 35 years

Best wishes to General Surgeon Lyle Mohr, MD, who retired earlier this year after 35 years of service in Tillamook County. Dr. Mohr will be remembered as a physician of compassion who went above and beyond the call of duty for patients.

Tillamook Regional Medical Center • Look us up at www.TillamookRegionalMC.org.



For more information or to register, call 503-815-2270 or toll-free from North Tillamook County at 503-368-6544, ext. 2270, unless otherwise noted.

Better Health

CHEF AJ COOKS HEALTHY IN TILLAMOOK

Thursday, Sept. 19, 6:30 to 8:30 p.m.
Tillamook SDA Church, lower level
Cooking demonstration with samples. To RSVP, call 503-815-2270.

CHIP (COMPLETE HEALTH IMPROVEMENT PROGRAM)

Choose one free hourlong information session:
■ Thursday, Sept. 12, 6:30 to 7:30 p.m.
■ Monday, Sept. 16, noon to 1 p.m.
■ Wednesday, Sept. 18, 6:30 to 7:30 p.m.
Hospital conference rooms
Program runs Sept. 30 to

Oct. 30. Call 503-815-2270 for information.

DIABETES FAST TRACK TO BETTER HEALTH

■ Wednesday, Sept. 11, 9:30 a.m. to noon
Medical Group—Manzanita
■ Thursday, Sept. 19, 1:30 to 4 p.m.
Hospital conference room A
Learn nutrition and lifestyle tips for controlling, preventing and even reversing diabetes. \$30. To register, call 503-815-2443.

LIVING BETTER WITH DIABETES

Wednesdays and Fridays, Sept. 25 to Oct. 4, 1:30 to 4 p.m.
Hospital conference rooms
Referral by a health care provider is required. To

schedule a one-hour nutrition counseling session before class, call 503-815-2292 or 503-368-2292. Most health insurance plans are accepted. For information, call 503-815-2443.

LIVING WELL WITH CHRONIC CONDITIONS

Thursdays, Sept. 5 to Oct. 10, 1:30 to 4 p.m.
NW Seniors & Disability Services, Tillamook
Call 503-815-2270 to register.

POWERFUL TOOLS FOR CAREGIVING

Tuesdays, Oct. 8 to Nov. 12, 10:30 a.m. to 12:30 p.m.
NW Seniors & Disability Services, Tillamook
Call 503-815-2270 to register.

RELIEF FROM JOINT PAIN

Thursday, Oct. 10, 4:30 to 6 p.m.
Hospital conference room A
Presented by Ronald Teed, MD, and Danielle Nightshade, PT. No charge. RSVP at 503-815-2270.

Prenatal Care and Women's Health

CHILDBIRTH PREPARATION CLASS

Wednesdays, Sept. 4 to 25, 7 to 9 p.m.
Hospital conference rooms
\$40 for mom and one support person.

MAMMOGRAPHY THEME DAY: BE A BOSOM BUDDY!

Tuesday, Oct. 8, 8 a.m. to 6 p.m.
Diagnostic Imaging
Take care of your health—get your annual mammogram. We have special things planned for those who come in pairs. Financial assistance is available. For an appointment, call 503-815-2292, 503-368-2292 or 503-965-2292.

WOMEN'S CANCER SURVIVOR SUPPORT GROUP

Starting Sept. 4, 2013, first Wednesday of each month, 10:30 a.m. to noon
Tillamook Medical Plaza conference room
For information, call 503-815-7510.

Respite Care

WELLSPRING ADULT RESPITE CARE

■ Second and fourth Tuesdays of each month, Tillamook United Methodist Church
■ First and third Wednesdays of each month, Tillamook SDA Church
10 a.m. to 4 p.m.
\$30 per day; financial assistance is available. Call Faith in Action at 503-815-2272.

Support Groups

DIABETES & ALL THAT JAZZ

Second Tuesday of each month (no meeting in August), 1:30 to 3 p.m.
Hospital third-floor conference room
For more information, call 503-815-2443.

CLUBCHIP

Second Monday of each month (no meeting in August), 5:45 to 8 p.m.
Tillamook SDA Church, lower level in back
To RSVP, call 503-815-2270.

GRIEF SUPPORT GROUP

■ Tillamook: First and third Tuesdays of each month, 3 to 4:30 p.m.
Hospital third-floor conference room A
■ North County: First and third Thursdays of each month, 3 to 4:30 p.m.
Calvary Bible Church, Manzanita

Wellness Screenings

FREE BLOOD PRESSURE CLINIC

Wednesdays, 2 to 3 p.m.
Hospital cafeteria
No charge.

CHOLESTEROL & BLOOD SUGAR

Tuesday, Sept. 10, 9 to 10:30 a.m.
North Coast Home Care, Tillamook

A 12-hour fast is required, and an appointment is recommended. \$20.

For an appointment, call 503-815-2270.

Community Events

HUCKLEBERRY HEALTH FAIR

Thursday, Aug. 8, and Friday, Aug. 9, 10 a.m. to 3 p.m.
See description below.

WALK OF FAITH—FUNDRAISING WALK

Sunday, Sept. 22, 3 to 5 p.m.
Hospital entrance
Raising awareness and funds for respite care.
For information, call 503-815-2272.

CELEBRATING 30 YEARS OF HUCKLEBERRY HEALTH FAIR

THE 30TH ANNUAL Huckleberry Health Fair will be held as part of the Tillamook County Fair on Thursday, Aug. 8, and Friday, Aug. 9. This year's theme is "Got a Good Thing Growing—For 30 Years," and the decor will include many beautiful plants and flowers.

"We are so blessed that our community leaders had the foresight 30 years ago to set up this health promotion event at a county fair," says event coordinator Ginny Gabel, who is also the community wellness educator at Tillamook Regional Medical Center. "This is the only county fair nationwide that I am aware of that offers health screenings, health information from community agencies and the opportunity to meet new health care providers."

Sponsored by the medical center, the Huckleberry Health Fair was first organized in 1983 by Jim Becraft and members of the Pioneer Health Association. The fair celebrates its namesake, Dr. E.R. Huckleberry, a pioneer doctor in Tillamook County from 1923 to 1947, whose memoirs recalled the bygone days of county doctoring in this rough, rural land. Dr. Huckleberry attended the fair in 1983 and 1987 and was 102 years old when he died in 1996.

Health screenings this year include: ● Cholesterol. ● Blood pressure. ● Diabetes (hemoglobin A1C). ● Pulmonary function. This year OHSU will present "Let's Get Healthy," a booth on breast health education, on Thursday only. The popular Garden Spot Cafe, added 10 years ago, offers healthy breakfast and lunch items,

Huckleberry Health Fair

Thursday, Aug. 8, and Friday, Aug. 9, 10 a.m. to 3 p.m.

including vegetarian, dairy-free and gluten-free selections. More than 30 booths offer free information focusing on the health needs of our community.

Come learn more about health and wellness in our community as well as celebrate 30 years of the Huckleberry Health Fair on Aug. 8 and 9 from 10 a.m. to 3 p.m. in the Tillaskate Building of the County Fairgrounds. Birthday cake—with healthy options—will be served at 12:30 p.m. both days. For more information, call 503-815-2270.

Learn healthy cooking with Chef AJ!

Chef AJ has followed a plant-based diet for over 35 years and is proud to say that her IQ is higher than her cholesterol! The author of *Unprocessed: How to Achieve Vibrant Health and Your Ideal Weight*, she teaches people how to incorporate more fresh fruits and vegetables in their diets in ways that are easy, delicious and fun.



Chef AJ

As the former executive pastry chef at Sante Restaurant in Los Angeles, Chef AJ dazzled everyone with her decadent gluten-free desserts—that were also free of refined sugar, oil and salt. As sweeteners, she uses only fruit, such as dates, and she shows people how to satisfy their sweet tooth without using refined sugar.

Her television appearances include *The Dog Whisperer*, *The View*, *The Tonight Show with Jay Leno*, *Ellen*, *The George Lopez Show*, *Night Court*, *Late Night with David Letterman* and *The Tonight Show with Johnny Carson*.

Chef AJ will demonstrate healthy cooking techniques with samples at "Chef AJ Cooks Healthy in Tillamook" on Thursday, Sept. 19, from 6:30 to 8:30 p.m. at the Tillamook SDA Church. Call 503-815-2270 to RSVP.

HOSPITAL RECOGNITION



WOMEN'S & FAMILY CARE HAS MOVED!

ON JULY 15, Women's & Family Care moved to 1011 Third St., right across the street from Tillamook Regional Medical Center. Services provided at this location include prenatal and obstetric care, gynecology consultations, annual women's and family wellness checkups, immunizations, and more.

"This location offers women and their families an enhanced healing environment with easier access to the front entrance and a layout with more spacious rooms designed for patient-centered care by three providers," says Gina Seufert, Vice President for Physician and Clinic Services. "Adventist Health is committed to meeting health needs identified by our community with expanded access to services and through exceptional care provided by our health care team."



For an appointment, please call 503-815-2100.



Ann Batchelder, ND, FNP, Family Health



Brittany Gerken, MD, Obstetrics and Gynecology



Paul Welch, MD, Obstetrics and Gynecology

Smiling Blessing Good Capable Courteous Respect Helpful Understanding Amazing Friendly Nice Answers Thoughtful Compassionate Life-saving Thorough Knowledgeable Listens Caring Above & Beyond Patient Considerate

Thank You

A BIG THANK-YOU FOR DOCTORS

FOR DOCTORS' DAY, patients sent in appreciation cards for our doctors and staff. Here we share some with you:

● "To the staff, including surgeons, nurses, cafeteria workers, et al:

"I have been here since morning and have been treated with nothing but respect, care, concern and sympathy while waiting for my family member to go through lab work, pre-op, surgery and recovery. Thank you for your many kindnesses extended above and beyond 'the call of duty.' May God bless you all in your continued work." —A grateful family member

● "Dr. Albert Thompson has gone over and above to help my daughters and myself when we have needed him. I consider him a friend as well as an amazing doctor."

● "Dr. Glen Sayler has gone beyond the typical call of duty in working to solve my affliction. He obviously cares for his patients, and I feel blessed to be one of them.

Thank you so much for his presence as a doctor here in Tillamook"

● To Dr. Ben Douglas: "Thank you for being so patient and understanding with my husband when he was in his last months of illness."

● To Dr. Karl Meier: "Thank you for listening to me, explaining my problems clearly, discussing treatment options so I understand and following up."

● "Dr. Irene Martin has saved the quality of my life in more ways than I could write here...her compassion and empathy, comprehensive medical evaluations, and respect for me as a human are so appreciated."

● "Thank you, Dr. Calvin Hill! Our family greatly appreciates your professional and compassionate care and respect and your commitment to our health and comfort, especially as our ages creep up on us."

● "Dr. Mark Bowman is almost a Tillamook institution—he's been here forever, always smiling, always thorough."

NEED A HEALTH PARTNER?

Adventist Health Medical Groups

Cardiology

Ronald Chelsky, MD
Gary Greenberg, MD
Mark V. Hart, MD

Family Medicine

Shirley Arneson, ANP
Ann Batchelder, ND, FNP
David Bradburn, MD
Craig Brown, MD
Ben Douglas, MD
Brian Handley, MD
Irene Martin, MD
Karl Meier, MD
Brandon Mitchell, DC, MD
Glen Sayler, 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
Calvin Hill, MD
James Rushing, MD
Obstetrics and Gynecology
Brittany Gerken, MD
Paul Welch, MD

Oncology

Gerald Gibbs, MD

Orthopedic Surgery

Ronald Teed, MD

Pediatrics

Mark Scott Smith, MD

Podiatry

Scott A. Doherty, DPM

Other

Specialists Available:

Electrodiagnostics
Patrick Radecki, MD

Nephrology

Chester Ching, MD
Nicole Kemper, MD

Ophthalmology

Martin Balish, MD
Jennifer Ballentine, MD



503-815-2292

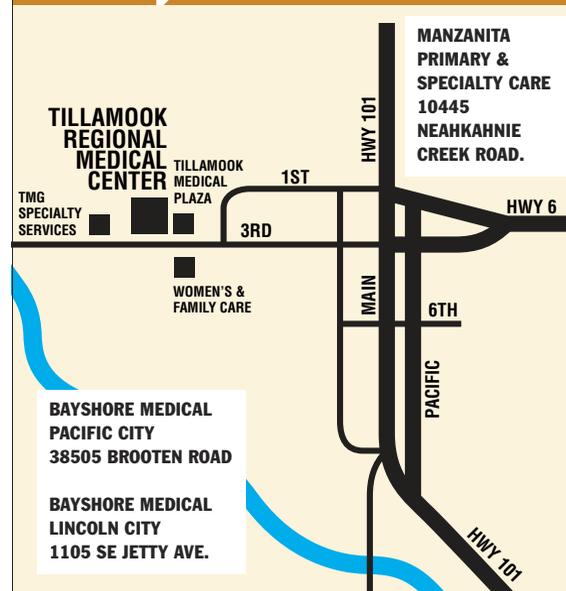


503-965-2292



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.

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