

LIFE HEALTH®

FALL 2006

EXCELLENCE IN COMMUNITY HEALTH

Quality care close to home

OUTPATIENT SERVICES EXPAND

TILLAMOOK COUNTY General Hospital now offers expanded outpatient services in a comfortable, private area. The area is located within the emergency department. Specially trained registered nurses carry out doctors' orders to care for many different medical needs.

Some of the services offered are:

- **Foot care.** Provided by Sue Phillips-Meyer, R.N., for people needing foot care, including those with diabetes. New clinics are being opened in Tillamook and Wheeler. Phillips-Meyer also makes home visits and offers care at Wellspring Respite Day Care in Tillamook.
- **Infusion therapy.** Hydration therapy, Remicade infusions, iron infusions, chemotherapy courses and IV antibiotics.
- **Wound care.** Diabetic and post-operative wounds.
- **Injections.** Nutrition therapy—for example, vitamin B shots, hormone therapy, and injections for anticoagulation therapy.
- **Blood product administration.**
- **Medication dosage monitoring**



and adjustment.

Nurses can perform other procedures as well. We are happy to coordinate with physicians, both local and out-of-town, to accommodate special needs or requests.

Services are available Monday through Friday, 7:30 a.m. to 5 p.m., with after-hours and weekend coverage by the emergency department staff.

To schedule an appointment for foot care, call (503) 815-2292.

For other questions, call outpatient services at (503) 815-2452. ♦

Help kids cope this season

THE HOLIDAYS are a fun and exciting time for children, but kids can also become overwhelmed and stressed by all the hustle and bustle.

This year, try to relax, hang on to your sense of humor, and consider these tips to help keep your household happy:

- Include your kids in planning holiday activities, and avoid last-minute decisions. Children do best when they know what to expect.
- Make sure everyone gets plenty of sleep, and try to head off excessive hurrying.
- Build time into your child's schedule for active play with friends, and limit TV time.



■ Be clear about expectations: When it comes to gifts, make sure your children know they may not get everything on their wish lists.

And remember, the time you spend with your child is the most enduring gift you can give. ♦

Source: American Psychiatric Association

HEALTH NEWS UPDATE

EVERY LITTLE THING



Don't save **PUMPKIN** just for the holidays. Pumpkin is a good source of beta-carotene, a nutrient that may help reduce the risk of heart disease and some types of cancer.

—American Dietetic Association

To save some money when buying prescription **MEDICINES**, ask your doctor if there is a generic version of the drug. You might also inquire about over-the-counter options.

—U.S. Food and Drug Administration

If you have a home **PAPER SHREDDER**, be sure to keep it unplugged and out of children's reach. Many home paper shredder injuries involve children under the age of 12.

—Pediatrics



Skiers and snowboarders: Here's a heads-up on helmets

If you enjoy a day on the slopes on skis or a snowboard, you might consider wearing a helmet next time.

Here's why: The incidence of head injuries is increasing on the slopes, reports the American Academy of Orthopaedic Surgeons (AAOS). Those at increased risk of head injury include snowboarders, beginners, and those who are young or male.

However, research shows that wearing a helmet can greatly reduce the risk

of head injury. In a Norwegian study of more than 6,000 skiers and snowboarders, researchers found that helmet use reduced the risk of head injury by 60 percent.

The AAOS recommends that you wear a helmet while skiing or snowboarding, no matter what your age or level of experience. If you fall or crash, a helmet can absorb much of the impact—now that's using your head. ♦

Health e Recipes

You've got a meal— Healthful recipes sent to your inbox

Looking for a little culinary inspiration?

Quick, healthful meal ideas are just a click away with the free Health-e-Recipes service offered by the American Institute for Cancer Research (AICR). With Health-e-Recipes, you can sign up to have recipes delivered via e-mail each week.

Weekly recipes range from one-pot meals to healthier takes on favorite dishes, such as pizza. Meal ideas emphasize fruits, vegetables and whole grains, all part of a healthful diet that can help you lower your risk of cancer.

To sign up for Health-e-Recipes, visit the AICR Web site at www.aicr.org.

You can also e-mail diet-related questions to a dietitian at the AICR nutrition hotline. Popular topics include:

- How to eat healthier.
- Diet and reducing cancer risk.
- Diet and weight management.

To access the hotline, go to www.aicr.org/hotline and click on "submit a question." You should receive a response within three business days. ♦

Changing lives—CHIP makes a healthy difference

Marie Hasbrouch is an engaging, talkative and healthy woman. Looking at her, you would never guess her true age of 76 or that she hasn't always been this way.

Two years ago she had diabetes, neuropathy, heart trouble, sleep apnea and arthritis. These health issues motivated her to seek out a new lifestyle, one that would leave her healthier and happier.

A year ago Hasbrouch attended a Coronary Health Improvement Project (CHIP) program put on by Tillamook County General Hospital. The program included 16 health lectures with supper each night, cooking demos, an exercise program and two health screenings. After the program Hasbrouch saw a huge improvement in her chronic ailments, which are far less severe now. Her cholesterol dropped from 290 to 170 without the help of medicine.

She was so impressed with her results that when another session began, she volunteered to help and brought five new people with her. Sharing excitement about her improvements and newfound knowledge has had a big impact on



Marie Hasbrouch can testify to the healing power of CHIP. Call 815-2270 to join us for the next session.

her friends, including her daughter, who has also drastically changed her diet and lifestyle.

If you would like to know more, check out the calendar dates on page 4 for the free information and registration sessions. *Health by Choice Not by Chance*. Call 815-2270. ❖



Give blood? You bet I can!

If you've ever thought about donating blood, don't give it another thought—just do it!

Donating blood is quick and easy. And it is so important. Nearly 5 million people need blood each year. And one donation can help save the lives of at least three people.

The blood can be used to help someone who:

- Has leukemia or another type of cancer.
- Has been in an accident or been badly burned.
- Needs an organ transplant.
- Has a blood disease such as hemophilia, sickle cell disease or anemia.

One problem is that donated blood is often in short supply, especially around the holidays and summer. The good news is that you can donate often—as much as once every 56 days.

For more information on blood donation, you can visit the American Red Cross Web site at www.redcross.org. ❖



A precious gift. You can give blood at the Red Cross Blood Drive coming up on Wednesday, Dec. 27, from 1:30 to 6:30 p.m. Call 815-2364 for more information or to make an appointment.

Hope Chest volunteers receive statewide award

The Association of Fundraising Professionals (AFP)—Oregon Chapter has announced that Tillamook County Charities is the recipient of AFP's 2006 Outstanding Volunteer Group Award. The award will be presented on Nov. 30 at the AFP Philanthropy Awards Luncheon in the grand ballroom of the Portland Hilton Hotel.

Tillamook County Charities is a local group of 60 dedicated and generous volunteers that operates the Hope Chest Thrift Shop in Wheeler and the Hope Chest Too Thrift Shop in Rockaway Beach. Since the first shop opened in April 1998, Hope Chest volunteers have donated more than \$300,000 to selected programs in Tillamook County, including Faith in Action, hospice, community supper programs run by area churches, North County Food Bank, Rinehart Clinic, Tillamook County Secret Angels, St. John's Grub Club and North County Kids Club.

Wendell Hesseltine, Tillamook County General Hospital president, says, "Congratulations to the Hope Chest volunteers on receiving statewide recognition for their good work."

Each year the AFP Philanthropy Awards Luncheon honors noteworthy people and organizations from across Oregon and southwest Washington for their extraordinary contributions toward improving the quality of life in their communities. Philanthropy Awards honorees are also featured in the December issue of *Oregon Business Magazine*. ❖

■ Hope Chest Thrift Shop: 395 A Highway 101, Wheeler

■ Hope Chest Too: 316 Highway 101 North, Rockaway Beach

CALENDAR OF EVENTS

All classes will be held at Tillamook County General Hospital (TCGH), unless otherwise stated. To register, please contact the hospital cashier in person or call **815-2499**. For more information, call **815-2270**.

BETTER HEALTH

CHIP Alumni Meeting

- Tuesday, Nov. 14, 5:45 to 8 p.m.
 - Wednesday, Dec. 6, 5:45 to 8 p.m.
 - Monday, Jan. 15, 5:45 to 8 p.m.
- Tillamook SDA Church, fellowship hall



CHIP (Coronary Health Improvement Project)

Information and registration sessions—attend **ONLY** one:

- Thursday, Jan. 11, 7 p.m.
 - Tuesday, Jan. 16, 7 p.m.
 - Wednesday, Jan. 17, noon or 7 p.m.
- TCGH third floor, conference room
Questions? Call **815-2270**.

Living Your Life With Diabetes

- Thursdays, Jan. 4 to 25, 1:30 to 4 p.m.
- TCGH third floor, conference room D
\$50 fee for you and a guest. For more information or to register, call Janice Wolk, CDE, at **815-2287** by Dec. 27.

FIRST AID AND CPR

First Aid/CPR

- Wednesday, Nov. 29, 8:30 a.m. to 4 p.m.
 - Monday, Jan. 29, 9 a.m. to 4 p.m.
- TCGH third floor, conference room A
\$40 (includes book)

Health Care Provider CPR Certification

- Wednesday, Nov. 8, 8:30 a.m. to 2 p.m.
 - Monday, Jan. 8, 9 a.m. to 2 p.m.
- TCGH third floor, conference room D
\$35 (includes book)

Health Care Provider CPR Recertification

- Thursday, Nov. 9
9 a.m. to noon
 - Wednesdays, Dec. 13 or Jan. 17
9 a.m. to noon
- TCGH third floor, conference room D
\$35 (includes book)

PRENATAL CARE

Childbirth Preparation Class

- Wednesdays, Jan. 10 to 31
7 to 9 p.m.
- TCGH third floor, conference room A
\$40 for mom and one support person



SUPPORT GROUPS

Diabetes

Last Thursday of every month (no December meeting), 2 to 3 p.m.
PUD: Carl Rawe Room
Call Kathie at **815-3302** or Janice Wolk, CDE, at **815-2287**.

Fibromyalgia

Second Tuesday of every month
2 to 3:30 p.m.
TCGH third floor, conference room A

Grief

First and third Tuesdays of every month
3 to 4:30 p.m.
TCGH third floor, conference room B

LIGHT UP A LIFE EVENTS

Tree Lighting

- Monday, Nov. 20, noon
TCCA Visitors' Center

Reading of the Names

- Monday, Jan. 8, noon
TCCA Visitors' Center

SPECIAL EVENT

Red Cross Blood Drive

- Wednesday, Dec. 27
1:30 to 6:30 p.m.
- Tillamook Adventist School
4300 12th St., Tillamook
For appointments, call **815-2364**.

WELLNESS SCREENINGS

Free Blood Pressure Clinic

Wednesdays, 2 to 3 p.m.
TCGH cafeteria

Wellness Screening

- Wednesday, Jan. 10
8 to 10 a.m.
- YMCA
\$15 each for cholesterol, including fasting blood sugar, and for hemoglobin A1C. To make an appointment, call **815-2313** or **368-6544, ext. 2313**.

LIFE AND HEALTH is published as a community service for the friends and patrons of TILLAMOOK COUNTY GENERAL HOSPITAL, 1000 Third St., Tillamook, OR 97141, telephone (503) 842-4444, www.tcgh.com.

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Information in LIFE AND HEALTH comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider. Models may be used in photos and illustrations.

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