

# LIFE HEALTH<sup>®</sup>

SPRING 2009

EXCELLENCE IN COMMUNITY HEALTH

## DIABETES

### What men need to know

**M**EN WITH DIABETES likely understand they need to exercise, eat right and monitor their blood sugar. But that's not all there is to managing the disease.

Many men don't realize diabetes can increase the risk of depression and sexual dysfunction.

In fact, a survey by the American Diabetes Association (ADA) showed that only 30 percent of men with diabetes claim to know a lot about their disease.

#### A MODERN MAN'S GUIDE

The ADA has developed a campaign to educate men on diabetes and help them know how to take control of the condition.

The campaign includes the handbook *The Modern Man's Guide to Living Well with Diabetes*, which



can be downloaded for free at [www.diabetes.org/menshealth](http://www.diabetes.org/menshealth).

Along with helpful information about controlling diabetes with medications, diet and exercise, the handbook tells men how to get help for diabetes-related mental and sexual health issues. ❖

### Electronic records facilitate care

**W**HEN ELSIE WENT to the hospital for elective surgery, she encountered many friendly faces during the admitting process. Each person had numerous questions for her—often repeats of questions she'd already answered.

Although this process was meant to ensure her safe care in the hospital, Elsie found these repeated questions frustrating.

In 2004 Tillamook County General Hospital (TCGH) began implementing an electronic medical record (EMR) to increase patient safety, access and security. The Emergency Department (ED) is the most recent department to integrate this process, which the entire hospital now uses.

With this new system, the nurse brings a mobile computer to the patient's bedside. Patients are asked important questions about allergies, medications and health history. The information is entered into the patient's EMR and is immediately available to the other caregivers and providers within the

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### Living better with diabetes

TILLAMOOK COUNTY GENERAL HOSPITAL is a certified diabetes education center and can assist you with insurance reimbursement for education and nutritional counseling. To schedule an appointment, call Scheduling at 503-815-2292. Please see page 4 for the next Living Better With Diabetes class.

# HEALTH UPDATE TCGH

## EVERY LITTLE THING



When your young **ATHLETES** are signing up for teams and sports camps this year, encourage variety. Experts warn that specializing in one sport at an early age can lead to over-use of muscles and joints, increasing the risk of injury.

—American Academy of Podiatric Sports Medicine

Some people soak up **SELF-TANNING** products to capture a warm glow. But whether your tan comes in lotion or spray form, you still need to top it off with sunscreen when you're out in the sun. Unless the labels indicate they include sunscreen, self-tanning and bronzing products do not provide protection against ultraviolet rays.

—U.S. Department of Health and Human Services

**FAMILY** dining may help kids stay drug-free. Studies suggest that adolescent girls in families that have frequent meals together have significantly lower rates of cigarette, alcohol and marijuana use in later years.

—Journal of Adolescent Health

## Welcome, Dr. Callahan!



Teresa Callahan, MD

Tillamook County General Hospital is pleased to welcome Teresa Callahan, MD, board-certified in family medicine. Dr. Callahan comes from Eugene, where she has been in private practice with PeaceHealth Medical Group at the Eugene VA Clinic and with the University of Oregon Health Center. She joins Rex Parsons, MD, at Bay Ocean Medical.

Dr. Callahan was born and raised in Jackson, Miss. She attended medical school at the University of Mississippi School of Medicine. She completed her residency in family medicine at the University of California, Davis, Merced Family Practice Residency Program. She spent four years as a doctor in the Air Force. She has taught medical students at UC Davis and worked 24 years in family medicine in California and Oregon.

Dr. Callahan has been married to Ben Douglas, MD, also a family medicine physician, for 29 years. They have three daughters, ages 20, 18 and 16. Dr. Callahan enjoys gardening, reading and sailing. She and her husband, who will join her in practice in June, look forward to living on the coast and becoming involved in the Tillamook community. To make an appointment with Dr. Callahan, call Bay Ocean Medical at 503-842-7533. ❖

## New provider joins Tillamook Medical Group



Ann Batchelder, RN, FNP

Tillamook County General Hospital is pleased to congratulate Ann Batchelder, RN, FNP, on completing her family nurse practitioner degree and beginning her practice with Tillamook Medical Group (TMG). Batchelder has worked as a staff nurse with TMG, formerly Tillamook Medical Associates, for 10 years.

Batchelder was born and raised in Ohio. She received her nursing doctorate from Case Western Reserve in Cleveland. In December she completed her family nurse practitioner degree at Washington State University. She has been a nurse for 21 years.

Batchelder has been married for 24 years to Barry Boring, a general contractor. They have three children: Noah, 19; Keil, 17; and Samantha, 14. Batchelder enjoys racquetball; reading; outdoor fun at the family's straw-bale house in Idaho; and activities with family, friends and church members.

Batchelder provides care for the whole family and is accepting appointments. Call TMG at 503-842-5546. ❖

## Records

—Continued from front page

hospital.

In the ED the EMR report is electronically available to your primary care provider at the end of your visit.

The best part for you, the patient? Decreased repetition. If you are hospitalized again, nurses will review your EMR to confirm its accuracy.

As an affiliate of the Adventist Health System, TCGH's EMR has local and corporate backup and safeguards to protect your health information. For more information, call 503-815-2285. ❖

**Health tip:** ALTHOUGH ELECTRONIC MEDICAL RECORDS have improved patient safety and convenience, you should carry a list of your health conditions, allergies and medications to doctor or hospital visits.

## Healthy Commitment in Changing Times

**Wednesday, May 13  
7 to 10 a.m.**

Every year during National Hospital Week, Tillamook County General Hospital invites you to join us for a wellness visit on Community Day.

### WELLNESS SCREENINGS AND INFORMATION

From 7 to 10 a.m. in the lobby, we will have booths to provide health information and a wellness screening that includes a cholesterol panel and blood sugar screening for \$15 (a \$20 value). Our gift shop will open early to highlight special items for this week of celebration.

### LUNCH AND LECTURE

The luncheon from noon to 1:30 p.m. will feature updates about health care reform in Oregon from an AARP representative who will present timely information about Oregon legislation, health information technology, and personal health records. There is no charge for the lunch. RSVP is required. Space is limited. Call **503-815-2313**.



## PEOPLE CARING FOR PEOPLE Annual Report 2008

For more than 50 years, Tillamook County General Hospital (TCGH) has been caring for the people of this county. The hospital does not receive tax levies or county budget appropriations for its programs and services.

Contributions and grants provide the vital funding to ensure the excellence of our community health care. On behalf of the many who have benefited, TCGH gratefully recognizes those organizations, corporations, foundations and individuals who are partners in service—people caring for people.

To our partners in giving we say, "Thank you!" ❖

### 2008 Donations and grants

Ambulance and emergency services	\$910
Birthing services	\$38,193
Education services	\$18,261
Employees helping employees	\$5,924
Faith in Action	\$49,729
Hospice	\$49,964
Patient assistance	\$665
Greatest need	\$29,248
Other designated*	\$18,576
<b>Total</b>	<b>\$211,470</b>

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



## Alzheimer's disease: Resources for families

Alois Alzheimer, a German physician, first described Alzheimer's disease more than a century ago. No cure has yet been found for this devastating brain disorder, but help and resources are available for families dealing with the disease.

Among the national organizations providing assistance are:

- The Alzheimer's Association, [www.alz.org](http://www.alz.org). The association offers a 24/7 helpline (800-272-3900); coordination of resources for family caregivers; an online sharing community; and financial support for research. There are local chapters in some communities.

- The Alzheimer's Disease Education and Referral (ADEAR) Center, [www.nia.nih.gov/alzheimers](http://www.nia.nih.gov/alzheimers). Staff at this government agency can answer questions about the disease (800-438-4380 or [adear@nia.nih.gov](mailto:adear@nia.nih.gov)). The ADEAR Center also offers free publications and online information and provides referrals to local support services and centers that specialize in research and diagnosis.

- The Alzheimer's Foundation of America (AFA), [www.alzfdn.org](http://www.alzfdn.org). AFA unites 950 member organizations nationwide that provide hands-on, care-related programs and services. AFA's services include a free hotline (866-232-8484), a free caregiver magazine at its website ([www.afacareadvantage.org](http://www.afacareadvantage.org)) and respite care grants. ❖

## Talking about memory loss

A new **Memory Loss Discussion Group**, associated with the Alzheimer's Association, meets on the second Tuesday of every month starting, June 9, 10 to 11:30 a.m.

*Five Rivers Retirement & Assisted Living Community*

Contact Kathy Fisher at **503-842-5230** or Joy Long at **503-842-0918**. For Respite Care, contact Carolyn Betlinski, Wellspring Adult Respite Day Center Coordinator, **503-812-3724**. ❖

All classes will be held at Tillamook County General Hospital (TCGH) unless otherwise noted. To register, please contact the hospital Cashier in person or call 503-815-2499. For more information, call 503-815-2270.

## BETTER HEALTH

### CHIP Supper Club

Second Monday of each month  
5:45 to 8 p.m.

Tillamook SDA Church, fellowship hall  
To RSVP, call 503-815-2270.

### Living Better With Diabetes

Thursdays, May 7 through 28,  
6:30 to 9 p.m.

Thursdays, July 9 through 30,  
1 to 3:30 p.m.

TCGH third-floor conference rooms  
Must complete diet assessment before class. Call Janice Wolk, CDE, at 503-815-2287 or Ginny Gabel at 503-815-2270.

## CAREGIVING

### Faith In Action Volunteer Training

Tuesday, May 19, 9 a.m. to 3 p.m.  
Living Water Fellowship  
No charge for class. Lunch included. Registration required by Wednesday, May 13. Call Nancy at Faith In Action at 503-815-2313.

## RESPIRE 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

■ First and third Thursdays of each month  
Covenant Community Church, Manzanita

■ Second and fourth Thursdays  
Beaver Community Church

All dates, 10 a.m. to 4 p.m.

\$27 per day, but no one is turned away because of inability to pay.

Call Faith In Action at 503-815-2272.

## FIRST AID AND CPR

### First Aid

Tuesday, June 9, 9 a.m. to 4 p.m.

TCGH third floor, Conference Room B  
\$40 (includes book); take \$14 off tuition if book already acquired.

### Heartsaver Course

Thursday, May 28, 9 a.m. to 4 p.m.

TCGH third floor, Conference Room D  
\$35 (includes book); take \$14 off tuition if book already acquired.

### Health Care Provider CPR Certification

■ Friday, May 8, 9 a.m. to 2 p.m.

■ Tuesday, July 21, 9 a.m. to 2 p.m.

TCGH third floor, Conference Room D  
\$35 (includes book); \$30 for online certification.

### Health Care Provider CPR Recertification

Available online only. You must complete a skills check off within 60 days of completing course. Contact the hospital Cashier at 503-815-2499 for payment and access code. Must show current card. \$35 (includes electronic book).

### Health Care Provider Skills Check Off

■ Monday, May 4

■ Friday, May 22

■ Friday, June 12

■ Tuesday, June 30

■ Wednesday, July 15

■ Monday, July 27

All dates, 9 a.m. to noon

TCGH third floor, Conference Room D  
Must bring copy of online computer certificate. Reserve check off time with Cashier 48 hours before date.

## PRENATAL CARE AND WOMEN'S HEALTH

### Childbirth Preparation Class

■ Wednesdays, May 6 through 27

■ Wednesdays, July 8 through 22

All dates, 7 to 9 p.m.

TCGH third floor, Conference Room A  
\$40 for mom and one support person.

### Look Good...Feel Better

Wednesday, July 22, 4:30 to 6:30 p.m.

TCGH third floor, Conference Room D  
Beauty and cosmetic supplies and support for women undergoing cancer treatment. Registration required. Call Nancy at 503-815-2313. No charge for class.

### Women's Cancer Survivor Group

First Thursday of each month

10:30 a.m. to noon

312 Laurel Ave., Tillamook

Call Jan Bartlett at 503-842-4508.

## SUPPORT GROUPS

### Memory Loss Discussion Group

Second Tuesday of each month beginning Tuesday, June 9

10 to 11:30 a.m.

Five Rivers Retirement & Assisted Living Community

Call Kathy Fisher at 503-842-5230.

For Respite Care, call Carolyn Betlinski, Wellspring Adult Respite Day Center Coordinator, at 503-812-3724.

### Diabetes & All That Jazz

Second Tuesday of each month (except August)

1:30 to 3 p.m.

TCGH third floor, Conference Room A

### Grief

First and third Tuesdays of each month  
3 to 4:30 p.m.

TCGH third floor, Conference Room B

## WELLNESS SCREENINGS

### Blood Pressure Clinic

Wednesdays, 2 to 3 p.m.

TCGH cafeteria

No charge.

### Wellness Screenings

■ Wednesday, May 13, 7 to 10 a.m.

TCGH, front lobby

\$15 for total cholesterol, HDL and LDL, triglycerides and fasting blood sugar. A 12-hour fast is required. Appointments recommended but not required. Call Nancy at 503-815-2313.

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](http://www.tcgh.com).

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