

# LIFE & HEALTH<sup>®</sup>

SPRING 2010

EXCELLENCE  
IN COMMUNITY  
HEALTH

## Secrets of aging well

The keys to healthy aging aren't really secret after all

**THERE'S** no way around it: If you want to live a long life, you're going to have to get older.

But, of course, you want those added years to be good years. Luckily, by making smart choices, you can help protect your health and independence as you age and enjoy a better quality of life.

### Here's to a healthier future

Certain habits play an important role when it comes to healthy aging, reports the National Institutes of Health, including:

**Watching your weight.** Being overweight is a major risk factor for heart disease, type 2 diabetes and some cancers. However, being too thin can also be a health risk. Talk with your doctor about what's healthy for you.

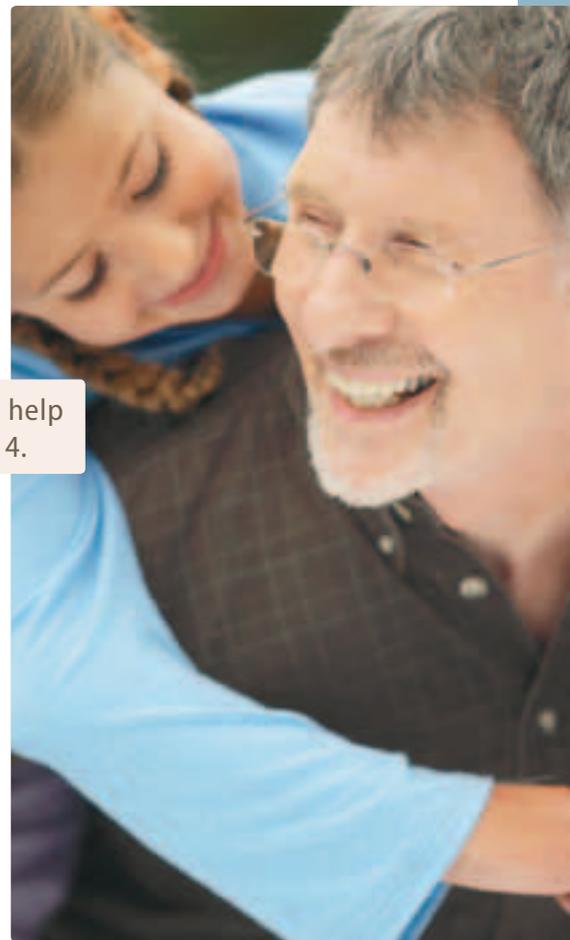
**Getting everyday exercise.** Research shows that people who get regular exercise not only live longer, they live better. Daily activity can also help improve conditions like

arthritis and high blood pressure.

**Staying involved.** Being sociable and having goals can help reduce your risk of dementia and depression, as well as help you live longer.

**Seeing a doctor regularly.** Getting recommended screenings for conditions like high blood pressure, cancer and diabetes can help find problems early—when they often are easier to manage. Your doctor can also offer advice that can help you stay on course for a longer, healthier life.

Find classes and wellness screenings to help you make healthy choices. See page 4.



## Small steps can lead to a healthy weight for life

Five percent is a pretty small number. It's 1 out of 20 or a nickel out of a dollar.

But 5 percent can make a big difference when it comes to your health. If you're overweight, losing just 5 to 10 percent of your body weight may help lower your blood pressure, cholesterol and blood sugar.

So if you're ready to lose weight, start by keeping track of your eating habits.

Write down what you eat and when. Do you skip meals? Clean your plate? Eat too fast? Eat when stressed? Paying attention to how and why you eat and making small changes may help you shed pounds.

Some other tips to try:

- ▶ Shop with a grocery list, and don't shop when you're hungry.
- ▶ Pay attention to portion sizes.
- ▶ Eat at the table, not in front of the TV.
- ▶ Get some exercise every day.

Source: U.S. Department of Health and Human Services



## TILLAMOOK TIDBITS



Dig **GARDENING**? If so, you may be at increased risk for a tetanus infection because of frequent contact with dirt and sharp tools. Every adult—gardener or not—should have a tetanus booster shot every 10 years to avoid infection.

—Centers for Disease Control and Prevention

Invest in a gadget for good health—a **FOOD THERMOMETER**. You can't tell if food, particularly meat, is cooked safely just by looking at it. Use a thermometer in the kitchen and when grilling outdoors too.

—U.S. Department of Agriculture

Baby, we need to **TALK**. Verbal exchanges with little ones—infants and toddlers—can help them develop language skills.

—American Academy of Pediatrics



## HOME HEALTH CARE The care you need where you want to be most

More and more, home is where the health care is.

From nursing care to physical therapy to help with special diets and other needs, more people are getting medical care at home.

Along with doctors, nurses and other care providers, home health care workers include individuals who can help with household chores, cooking and otherwise assisting people at home.

While some serious conditions still require treatment in the hospital, home care can help many people who are disabled, ill or recovering from surgery.



Ben Douglas, MD

Home services also can help seniors stay independent for as long as possible. Ben Douglas, MD, a Family Medicine physician at Tillamook Medical Group/Bay Ocean, advises patients and their families to talk with their health care providers about home health or hospice services that might be right for their health situation.

**Turn to Adventist Health.** Adventist Health/*Home Care* and Hospice Services provides both expert home health care and compassionate end-of-life care throughout Tillamook County.

Home health services are available for those with acute illness, long-term health conditions and permanent disability. Hospice care is available for terminally ill people with a life expectancy of six months or less. For more information about either service, call **503-815-2486**.



## Welcome to Tillamook, Dr. Morgan!



Christopher Morgan, MD

Tillamook County General Hospital is pleased to welcome Radiologist Christopher Morgan, MD, to our community.

Dr. Morgan earned a combined bachelor's and master's degree in materials science from the Massachusetts Institute of Technology.

He went on to study medicine at the University of Michigan School of Medicine.

He completed his internship and residency at the University of Colorado Health Sciences Center. He then completed a fellowship in magnetic resonance imaging (MRI), body computed

tomography and ultrasound. Dr. Morgan is board-certified in Diagnostic Radiology.

**Long-term learner.** Dr. Morgan is a published author with extensive education and expertise in MRI as well as neuroradiology and musculoskeletal imaging. To keep up-to-date with technology, techniques and trends in radiology, he reads a great deal both in medical journals and on the Internet.

Dr. Morgan sees himself as a partner with patients and their health care providers to diagnose health issues and to help restore patients to wellness.

Dr. Morgan and his wife, Janet, have four children, who vary in age from 18 to 31. He enjoys bike riding and photography and looks forward to exploring the beaches and meeting the people of Tillamook County.



# JOIN US FOR Community Health Day!

## WEDNESDAY, MAY 12

Help us celebrate this year's National Hospital Week!

### Wellness screening

**7 to 10 a.m. in the hospital lobby**

Our wellness screening includes a total cholesterol (HDL, LDL and triglycerides) check and a blood sugar screening for \$15 (a \$20 value), as well as a free blood pressure reading.

It is necessary to fast for 12 hours before the screening. Appointments are recommended but not required. Call **503-815-2313**.

### Lunch and lecture

**Noon to 1:30 p.m., TCGH third-floor conference rooms**

This delicious luncheon will feature our new Podiatrist, Scott A. Doherty, DPM, who will speak about good foot health for everyone.

There is no charge for the luncheon, and door prizes include a free foot massage. Space is limited, so please RSVP by calling **503-815-2313**.

## Thanks to our partners in giving

Community financial support for Tillamook County General Hospital is vital to maintaining our high standard of health care and community service. To our partners in giving, we say "Thank you!"

For more information, call



**503-815-2302** or visit us online at [www.tcgh.com/giving](http://www.tcgh.com/giving).

### 2009 Donations and grants

Ambulance and emergency services	\$3,657
Education	\$12,492
Employees Helping Employees	\$4,458
Faith in Action	\$43,201
Greatest need	\$33,389
Hospice	\$76,020
Other designated*	\$47,153
<b>TOTAL</b>	<b>\$220,370</b>

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

## Giving the gift of time

Good things may come in small packages, but sometimes the best things require no package at all.

Often the perfect gift is the gift of your time.

As a volunteer, you can donate your energy and talents to help people in all kinds of ways.

Our hospital volunteers are a vital part of our team. Volunteer duties in the hospital might include delivering mail, cheering up patients or helping in the gift shop.

Out in the community, the Faith in Action program and hospice volunteers extend the healing mission of Tillamook County General Hospital (TCGH) into homes all around the county, helping with respite care, friendly visiting and light chores.

**Positive rewards in return.** There are added bonuses to volunteering, ones that benefit you, the giver.

According to research, older adults who volunteer can improve their physical and mental health and their overall life satisfaction. Volunteering can help you build self-confidence, make new friends, learn new skills and forge a closer bond with your community.

So take the first step. Join the millions of Americans who give of their time.



For information about volunteering at TCGH, please call **503-815-2364**.

Did you know? TCGH volunteers give more than 10,000 hours annually.



**▲ Knit with love:** Baby Mackenzie Thiemens, with parents Jake and Cassie, was born just two days before Valentine's Day. Here the newborn models a Valentine baby hat knit by hospital volunteer Dee Morris.

# COMMUNITY EVENTS

Adventist Health

Tillamook County General Hospital

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** or go to [www.tcgh.com/events](http://www.tcgh.com/events).

## 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 6 to 27, 6:30 to 9 p.m.

TCGH third-floor conference room D

► Thursdays, July 8 to 29, 1 to 3:30 p.m.

TCGH third-floor conference room A

Referral by a health care provider is required.

To schedule a one-hour nutrition counseling session before class, call **503-815-2292**.

Most health insurance plans are accepted.

For financial assistance, call **503-815-2316**.

For more information, call **503-815-2429**.

## FIRST AID AND CPR

All courses online at [www.tcgh.com](http://www.tcgh.com). Bring a copy of online certificate to required Skills Checkoff. Schedule checkoff 48 hours before date. Call **503-815-2499**.

### First Aid

\$35; no book fees.

### Health Care Provider CPR Certification

\$35

### Heartsaver CPR (Community Class)

\$20

### Health Care Provider Skills Checkoff

(Choose one date.)

► Tuesday, June 22

► Wednesday, May 5 or July 28

► Thursday, May 20, June 10 or July 1

All dates, 9 a.m. to noon

TCGH third-floor conference room D

## PRENATAL CARE AND WOMEN'S HEALTH

### Childbirth Preparation Class

► Wednesdays, May 5 to 26, 7 to 9 p.m.

► Wednesdays, July 7 to 21, 6 to 9 p.m.

TCGH third-floor conference room A

\$40 for mom and one support person

### Look Good...Feel Better

► Wednesday, July 28, 4:30 to 6:30 p.m.

► By individual appointment.

TCGH third-floor conference room D

Beauty and cosmetic supplies and support

for women undergoing cancer treatment.

Registration required. Call **503-815-2313**.

No charge for supplies or session.

### Women's Cancer Survivor Support Group

► First Thursday of each month, 10:30 a.m. to noon

312 Laurel Ave., Tillamook

Call **503-842-4508**.

## 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 of each month, Beaver Community Church

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

\$28 per day; financial assistance available.

Call Faith in Action at **503-815-2272**.

## SUPPORT GROUPS

### The Alzheimer's Association and Caregiver Support Group

► Third Wednesday of each month, 10:30 a.m. to noon

Tillamook SDA Church

Call **503-815-2270**. For respite care, call

Faith in Action at **503-815-2272**.

### Diabetes and All That Jazz

► Second Tuesday of each month, 1:30 to 3 p.m.

TCGH third-floor conference room



Courtesy of Washington Bulb Co., Inc.

### Grief Support Group

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

TCGH third-floor conference room A

### North Coast Gluten-Free Support Group

► First Thursday of each month, 7 to 8:30 p.m.

Bay City Community Center

Call **503-377-8227**.

## WELLNESS SCREENINGS

### Free Blood Pressure Clinic

► Wednesdays, 2 to 3 p.m.

TCGH cafeteria

### Wellness Screenings

► Wednesday, May 12, 7 to 10 a.m.

See the Community Health Day ad on page 3. No wellness screenings in June or July. See you at the Huckleberry Health Fair Aug. 12 and 13!

## 2010 Tillamook County Relay for Life

► Friday, July 16, noon, through Saturday, July 17, noon

Tillamook High School

Call **503-842-0024** or visit

[www.relayforlife.org/tillamookor](http://www.relayforlife.org/tillamookor).

Adventist Health

Tillamook County General Hospital

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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Find our events and classes on the web at [www.tcgh.org/events](http://www.tcgh.org/events).