

LIFE HEALTH

SUMMER 2009



Eric Swanson, director of Emergency Medical Services, and Liz Sherbaugh, paramedic

We're growing to meet your needs

Tillamook Medical Group (TMG), formerly Tillamook Medical Associates, is now part of Tillamook County General Hospital (TCGH) as a hospital-based rural health clinic. Its services remain unchanged, and its employees and physicians are now hospital employees.

Larry Davy, TCGH CEO, says the merger boosts physician recruiting and retention.

Many services are offered at the clinic, including family medicine; pediatrics; obstetrics/gynecology (OB/GYN) and infertility; internal medicine; ophthalmology; oncology; ear, nose and throat; urology; neurology; and cardiology.

Three new providers have been added. Ann Batchelder, family nurse practitioner; Irene Martin, MD, family medicine; and Brandon Mitchell, DC, MD, doctor of chiropractic and family medicine.

"While the availability of specialty physicians is limited for a community our size, we continue to search for specialists, especially podiatrists and dermatologists," says Sid Rittenbach, director of the clinic.

To make an appointment, call **503-842-5546**. There are new numbers for Dr. Pitts, general surgery (**503-815-2115**), and Dr. Gerken, OB/GYN (**503-815-2100**).

EXCELLENCE IN COMMUNITY HEALTH

Help is never far away

TCGH AMBULANCE SERVICE IS THERE IN AN EMERGENCY

TILLAMOOK COUNTY General Hospital (TCGH) has one of the six hospital-based ambulance services in Oregon, and we are committed to providing prehospital care to the entire county.

Each year, TCGH emergency medical technicians (EMTs) and paramedics respond to nearly 3,000 calls, including medical emergencies, motor vehicle crashes, recreational accidents and water rescues. EMTs and paramedics also transport patients to Portland-area hospitals for specialty care not locally available.

"Our EMTs and paramedics are the face of Adventist Health in the communities that we serve," says Larry Davy, CEO of TCGH. "Our

goal is to extend the exceptional care that we provide at Tillamook County General Hospital to our community when they have a pre-hospital emergency."

A LOOK BACK

In 1974, TCGH began providing ambulance service to Tillamook County residents, after buying the service from Waud's Funeral Home. The hospital was able to offer basic emergency medical care by EMTs, who lived in the hospital's fourth-floor penthouse during their 24-hour shifts.

During the mid-'80s the hospital began providing advanced life support with certified paramedics. The hospital was one of the first on the Oregon coast to offer full-time

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HEALTH UPDATE TCGH

EVERY LITTLE THING



Many of us have a favorite song that lifts our spirits, but that song may have additional health benefits too. **MUSIC THERAPY**—which can include listening to, creating and talking about music—has been shown to lower heart rate and reduce blood pressure.

—American Cancer Society

BAM! BODY AND MIND is a website designed for kids ages 9 to 13. Kids can go to www.bam.gov to learn how to make healthy lifestyle choices using quizzes, games and other interactive tools.

—Centers for Disease Control and Prevention

Olive oil is a healthier alternative to many other fats, but it is still high in calories. When **COOKING**, choose extra virgin olive oil, which is low in acid and more flavorful than other varieties, so you can use less for a tasty, healthful result.

—American Dietetic Association

Welcome, new physicians!



Ben Douglas, MD

BEN DOUGLAS, MD

Tillamook County General Hospital is pleased to welcome Ben Douglas, MD, who is board-certified in family medicine. Dr. Douglas comes from Eugene, where he provided medical care for students at the University of Oregon Student Health Center for the past nine years. He has been the medical director of the health center since 2006. Dr. Douglas joins his wife, Teresa Callahan, MD, and Rex Parsons, MD, at Bay Ocean Medical in Tillamook.

Dr. Douglas was born in Mississippi and grew up in Jackson, except for one year when his family lived in Scotland when he was 14. He completed his bachelor of science in chemistry at Millsaps College in Jackson, attended medical school at University of Mississippi School of Medicine and completed his residency in family medicine at University of California at Davis-Merced. After his residency training, Dr. Douglas worked in the emergency department at Merced Community Medical Center and then for Merced Community Health Centers, serving Merced County. In 1991 he and his wife opened a private practice in Chester, Calif., a town of about 2,000 people in the Sierra Nevada mountains. In 1995 Dr. Douglas and his family moved to Eugene, where he worked at Peace Health Medical Group, in conjunction with Sacred Heart Medical Center.

Dr. Douglas has been married for 29 years to Dr. Callahan, also a family medicine physician. They have three girls: Emily, 20, Hannah, 18, and Molly, 16. Dr. Douglas enjoys sailing, playing guitar and singing in the church choir. He finds it very rewarding to form relationships with his patients and to assist them with their health issues.

To make an appointment, please call Bay Ocean Medical at **503-842-7533**. ❖



Brandon Mitchell, DC, MD

BRANDON MITCHELL, DC, MD

Tillamook County General Hospital is pleased to welcome Brandon Mitchell, DC, MD, a chiropractor and family medicine physician, to Tillamook Medical Group. Dr. Mitchell comes from Klamath Falls, where he completed his residency in family medicine at Oregon Health & Science University (OHSU).

Dr. Mitchell was born and raised in Glendale, Calif. He holds two bachelor of science degrees in biology and health sciences from Azusa Pacific University, in Azusa, Calif. He then graduated with his doctorate in chiropractic from Los Angeles College of Chiropractic in Whittier, Calif.

After moving to Grants Pass, where he practiced chiropractics for three years, Dr. Mitchell decided to complete medical school. He attended Ross University in the Caribbean for two years and completed his clinical rotations at OHSU and his residency in Klamath Falls.

Dr. Mitchell has been married for nine years. He and his wife, Angela, have two sons, Ryan and Evan. Dr. Mitchell enjoys traveling, hiking and doing outdoor activities with his family.

With training in both chiropractic and medical principles, Dr. Mitchell is eager to offer more care options to his patients.

To make an appointment, call Tillamook Medical Group at **503-842-5546**. ❖



Help is never far away

—Continued from front page

paramedic-level care by some of the first paramedics in Oregon.

TCGH has four ambulance stations, strategically located in Manzanita, Garibaldi, Tillamook and Pacific City. On-duty ambulance crews respond to emergencies around the clock with the latest advancements in prehospital care.

SERVING WITH EXCELLENCE

The Ambulance Department has been recognized by the state as a leader in prehospital care. Twice, the department has been awarded a Unit Citation for excellence in emergency medical services (EMS) care in extreme circumstances. This year the department has been nominated for two more EMS awards.

EMTs and paramedics have unlimited opportunities to sharpen their clinical skills by working in the Emergency Department and Operating Room. Working side-by-side with nurses, physicians and other hospital technicians allows a seamless transfer of care from the ambulance to the Emergency Department.

“When all care providers are working together to fulfill our mission, the patient benefits by receiving much better care,” Davy says. “We consider it a privilege to serve our community with quality EMS care. The ambulance service that we provide is an essential part of our ongoing mission of service to our community.”

Join the TEAM!

Now is the time to sign up for Tillamook Emergency Ambulance Membership (TEAM).

Membership allows you to use emergency ambulance services for the amount paid by your insurance company, with no out-of-pocket costs to you. It covers all members of your household. Come by the TEAM booth at the Huckleberry Health Fair, where prices will be discounted for new members.

For more information, call **503-815-2499**.



Mollie Reding, Faith in Action coordinator, and Carolyn Betlinski, Wellspring coordinator (with grandson Corbin Coleman), at last year's fair.

START YOUR ENGINES! Make a pit stop for good health at the fair

Race on over to the 26th annual Huckleberry Health Fair, which will be held as a part of the Tillamook County Fair on Thursday and Friday, Aug. 6 and 7, from 10 a.m. to 3 p.m. We're connecting to the county fair theme of "Where Pigs Fly" and the Pig-N-Ford Model T races with our theme: "On Track to Good Health."

The Huckleberry Health Fair will be decorated as a racetrack with Start and Finish lines, and there will be a Model T on display. Our Fuel Stop restaurant and 30 booths will portray pit stops placed along the racetrack. We will provide wellness screenings, such as cholesterol, hemoglobin A1C, bone density and pulmonary function. There will also be a time to meet our new physicians, including those on page 2. (See page 4 for more details.)

This year's county fair will also feature the 85-year-old tradition of the Pig-N-Ford Model T races.

Come join the race, and have a healthy good time! ❖



Last year Violet and Shorty Diederich celebrated their 60th anniversary. They were married at the county fair in 1948.

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

Depression Recovery

■ Free introduction/registration session
Tuesday, Sept. 29
6:30 to 7:30 p.m.
Tillamook SDA Church, fellowship hall
Come and check it out at no charge.
Register by calling 503-815-2313.

■ Regular sessions
Tuesdays, Oct. 6 through Nov. 24
6:30 to 8:30 p.m.

Tillamook SDA Church, fellowship hall
The program will cover recognizing depression, treating it with lifestyle changes and principles of nutrition, overcoming loss, and how to change your thinking to defeat depression. You will also learn about enhancing your brain's frontal lobe function to conquer depression for good.

Living Better With Diabetes

Thursdays, Sept. 3 through 24,
1 to 3:30 p.m.
TCGH third-floor conference room A
Thursdays, Oct. 22 through Nov. 12,
6:30 to 9 p.m.
Kitchen NCRD Building, Nehalem
Call scheduling at 503-815-2292.

COMMUNITY EVENTS

Huckleberry Health Fair

Thursday and Friday, Aug. 6 and 7,
10 a.m. to 3 p.m.
Tillamook County Fairgrounds,
Tillaskate Building
Wellness screenings include cholesterol (\$15), hemoglobin A1C (\$10) and bone density for osteoporosis (women only, \$20).

TCGH Classic Golf Tournament

Sunday, Sept. 13, 8 a.m.
Bay Breeze Golf and Range

Walk of Faith Fundraising Event

Sunday, Sept. 20, 3 to 5 p.m.
Two-mile walk starts at TCGH.

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.
\$27 per day; financial assistance available.
Call 503-815-2272.

ACLS CERTIFICATION AND RECERTIFICATION

Tuesday and Wednesday, Oct. 6 and 7, 8 a.m. to 5 p.m., TCGH third-floor conference rooms
Certification: \$200; recertification: \$100; TCGH employees: \$25; two books not included: \$30.

FIRST AID AND CPR (Available in Class and Online)

First Aid
Tuesday, Sept. 1, 9 a.m. to 4 p.m.
TCGH third floor, Conference Room D

Heartsaver Course
Friday, Aug. 14, 9 a.m. to 4 p.m.
TCGH third floor, Conference Room D

Health Care Provider CPR Certification
■ Friday, Sept. 25, 9 a.m. to 2 p.m.
TCGH third floor, Conference Room D

Health Care Provider CPR Recertification
Available online only. Call for information.

Health Care Provider Skills Checkoff (In Person Only)
■ Thursday, Aug. 20
■ Wednesday, Aug. 26
■ Friday, Sept. 18
■ Wednesday, Sept. 30
All dates, 9 a.m. to noon
TCGH third floor, Conference Room D

PRENATAL CARE AND WOMEN'S HEALTH

Childbirth Preparation Class

■ Wednesdays, Sept. 2 through 23
7 to 9 p.m.
TCGH third floor, Conference Room A
\$40 for mom and one support person.

Look Good...Feel Better

Wednesday, Oct. 28, 4:30 to 6:30 p.m.
TCGH third floor, Conference Room D
Registration required. Call Nancy at 503-815-2313. No charge for class.

WELLNESS SCREENINGS

Wellness Screenings

■ Tuesday, Sept. 15, 9 to 11 a.m.
Tillamook Pharmacy
■ Wednesday, Oct. 14, 8 to 10 a.m.
Kitchen NCRD Building, Nehalem
\$20 for total cholesterol, HDL and LDL, triglycerides, and fasting blood sugar. A 12-hour fast is required. Results in five minutes. Appointments recommended but not required. Call Nancy at 503-815-2313.

Blood Pressure Clinic

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

CAREGIVING

Faith In Action Volunteer Training

Wednesday, Aug. 26, 9 a.m. to 3 p.m.
Living Water Fellowship
1000 N. Main, Suite 12, Tillamook
No charge. Lunch included. Call 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.

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