

LIFE & HEALTH

SUMMER 2010

EXCELLENCE IN COMMUNITY HEALTH



Staff Perception Study, a national survey directed to health care professionals. Surveys completed by 29 TCGH medical staff members placed the hospital in the top 10 percent of all hospitals in the nationwide PRC database in six categories, including patient safety, overall quality of care and place to practice medicine.

In May, the hospital was also nominated for statewide recognition in the rural hospital quality leader category as a part of the 2010 Rural Health Summit put on by the Oregon Association of Hospitals and Health Systems.

“Our hospital employees and medical staff are committed to providing top-quality health care to our community,” says Larry Davy, TCGH CEO. “It is a great honor to see that commitment recognized by both the physicians who work with us in our healing mission as well as by health care peers from around the state.”

Trust the numbers

TCGH in the top 10 percent in national survey

TILLAMOOK County General Hospital (TCGH) recently received 11 awards based on the results of the 2010 Professional Research Consultants (PRC) Medical

A doctor's perspective



Calvin Hill, MD, Hospitalist and Internal Medicine Physician

During his 31 years practicing medicine in Tillamook, Calvin Hill, MD, has witnessed many changes, including: ■ The number of nurse practitioners and physician assistants providing primary care in the

- county has increased from 0 to 13.
- Documentation requirements have exploded. He estimates an additional two hours of paperwork/computer work for every seven hours of patient care.
- The hospitalist program at Tillamook County General Hospital (TCGH) provides hospital-based physicians for patient care, meaning he can concentrate on office patients, secure that his hospitalized patients are expertly cared for 24 hours a day, 7 days a week.

“TCGH is truly an excellent place to practice medicine,” Dr. Hill says. “The facility and equipment are excellent. The nursing and clinical staff are superb. The hospital is well-run, and its leadership style encourages teamwork. This hospital is focused on quality.”

It's in the stars: 2010 PRC awards

Five-star awards: ▶ Quality of care. ▶ Patient safety. ▶ Emergency services. ▶ Administration. ▶ Radiology services. ▶ A place to practice medicine.

Four-star awards: ▶ Laboratory services. ▶ Surgical services. ▶ Medical records. ▶ Hospitalist services. ▶ Anesthesia services.



TILLAMOOK
TIDBITS



Convenience stores may contribute to childhood **OBESITY**. A study of children in the fourth through sixth grades found that with just a little more than a dollar in their pockets, kids were able to buy nearly 360 calories worth of snack foods from corner stores. Chips and candy topped the list of items purchased.

—Pediatrics

If you're trying to shed a few pounds, try sleeping on it. Not getting enough **SLEEP** can increase your appetite and lead to weight gain.

—National Sleep Foundation

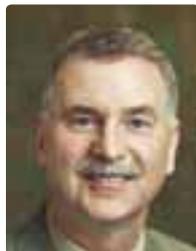
Can't find your **IMMUNIZATION RECORDS**? Unfortunately, there is no central storehouse for this information, and finding old records can be hard. For tips on how to track down your shot history, go online to vaccineinformation.org/topics/oldrecords.asp.

—Immunization Action Coalition

Nothing to LOL about: Distracted texting can be hazardous

Are you looking where you're going?

If you're texting or talking on your cell phone, you probably aren't. And if you're sending a text at the wrong time, such as while driving a car, you may end up in a serious accident.



Gene McColgin, MD,
Emergency Medicine
Physician

Emergency room doctors, such as Gene McColgin, MD, at Tillamook County General Hospital, are seeing an increase in injuries and deaths as a result of texting at inappropriate times—especially among teens and young adults.

Often, accidents happen when people try to text while doing something else, such as walking, biking or skateboarding.

The American College of Emergency Physicians and Dr. McColgin offer the following commonsense precautions:

- ▶ Never text or use a cell phone during any physical activity that requires sustained attention.
- ▶ Never text or use a handheld cell while



driving or motorcycling.

- ▶ Keep your cell phone in an easy-to-find place, such as a phone pocket or pouch, to avoid the distraction of rummaging through backpacks or bags.
- ▶ Ignore the call or message if it might interfere with your concentration.
- ▶ If you're going to be doing something where incoming calls or messages might be annoying or even dangerous, turn off your phone.

Do you see clearly? Blurry vision could be a sign of cataracts

It's disturbing when vision blurs, colors seem faded and headlight glare makes it hard to drive at night. It's also time to see your eye doctor.

These and other symptoms—double vision in one eye or needing more light to read, for instance—could be due to cataracts.



Ophthalmologist
Martin Balish, MD,
performs cataract
surgeries at TCGH.

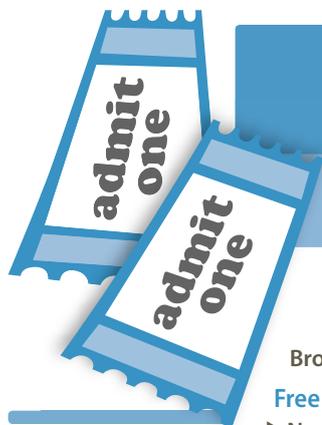
Cataracts are both common and treatable. They can develop at any age, but the most common type is age-related, occurring after age 40. Other factors—such as smoking, sun exposure and diabetes—can also contribute to cataract development.



A cataract is a clouding of the eye's lens. One or both eyes can be affected. In most cases, cataracts develop gradually over a period of years. Changing your eyeglass prescription and wearing sunglasses to screen out ultraviolet (UV) light may slow the progression.

Surgery can clear things up. In some cases, your doctor may recommend surgery to remove the cloudy lens and replace it with a clear plastic lens. The implanted lens requires no special care and becomes a permanent part of the eye.

According to the American Academy of Ophthalmology, cataract surgery improves vision more than 95 percent of the time, unless there are problems with other parts of the eye.



“Fair time is fun time... a carnival of good health”

Join us at the 27th Annual Huckleberry Health Fair in the Tillaskate Building at the Tillamook County Fairgrounds.

Thursday, Aug. 12, and Friday, Aug. 13
10 a.m. to 3 p.m.

Browse through 30 community health booths. Eat at the Fun Time Café.

Free activities include:

- ▶ Neck massages.
- ▶ Door prize drawings.
- ▶ Giveaways.
- ▶ Foot assessments by Scott Doherty, DPM, Tillamook Medical Group Podiatrist.

Wellness screenings include:

- ▶ Cholesterol (\$15).
- ▶ Hemoglobin A1C (\$5).
- ▶ Bone density for osteoporosis—women only (\$20).
- ▶ Pulmonary function (free).
- ▶ Blood pressure (free).

Tillamook Medical Group physicians will be available to review screening results.

For information, call 503-815-2270.



▲ Healing touch: Sonja Bradburn (left) and Hannah Roach, from TCGH Rehab Services, give neck and shoulder massages.



▲ Hard at work: TCGH Lab Technician Francy Schneidecker works at the 2009 Huckleberry Health Fair.

What's to eat?

Thrifty tips for busy parents facing hungry families

IT may be one of your biggest challenges: feeding your family well—good, healthy food—when you're busy and on a budget.

It can be done. And it may be easier than you think.

Keep in mind these thrifty-conscious tips from the American Dietetic Association (ADA).

Make a shopping list—and stick to it. This may take some extra time at home but will save you time once

you hit the store aisles. Plus, it can help you avoid impulse buys, which can quickly add up.

Buy what you can use. If you can't use food before it goes bad, you'll be wasting your money.

Pick up produce in season. Fruits and veggies will typically be less expensive during that time.

Check out weekly sales. Consider planning healthy, varied meals around the sales.

Don't get stuck in a rut. There are a variety of inexpensive, healthy foods in all of the food groups.

Here are a few suggestions from the ADA:

- ▶ Vegetables, like broccoli, peppers, carrots, peas and sweet potatoes.
- ▶ Fruits, such as oranges, bananas, berries, apples, melons and peaches. Don't forget to check out fresh, frozen and canned varieties.
- ▶ Whole grains, including oatmeal, brown rice, popcorn, and whole-grain bread, cereal and pasta.
- ▶ Protein sources, such as eggs, black beans, peanut butter, chicken,



4 new ways to get your kids to eat veggies

Would your kids rather do homework than eat their veggies?

You might try these five veggie-friendly strategies to get your kids eating more vegetables—and liking it.

1. Let them loose in the produce aisle. They can pick out veggies they'd like to try.
2. Turn them into chefs. Let kids make their own salads, tacos or wraps. Fill small bowls with avocado, broccoli, tomatoes or other ingredients, and they can pick and choose.
3. Have a family contest. See who can reach their daily vegetable goal. The winner gets a prize!
4. Fake them out. Whip up some pureed cauliflower, add a little butter and salt, and you have a mashed potato fake-out.

Sources: American Dietetic Association; Centers for Disease Control and Prevention

turkey and fish.

▶ Dairy foods, like low-fat varieties of milk, cheese and yogurt.

CHIP can help you learn to eat healthy. Check out the next program in Rockaway Beach. See page 4.

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.

BETTER HEALTH

CHIP (Coronary Heart Improvement Project)

Information and registration:

► Wednesday, Sept. 1, or

► Thursday, Sept. 2, or

► Tuesday, Sept. 7

All dates, 6:30 to 7:30 p.m.

Call for location.

Health screening:

► Friday, Sept. 10, 7 to 9 a.m.

Program runs:

► Monday, Sept. 13, to Wednesday, Oct. 20

Rockaway Community Church

For more information, call **503-815-2270**.

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, Sept. 2 to 23, 6:30 to 9 p.m.

TCGH third-floor conference room A

► Thursdays, Sept. 30 to Oct. 21, 6:30 to 9 p.m.

North County Recreational District Building

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 **503-815-2443**.

PRENATAL CARE AND WOMEN'S HEALTH

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**.

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

► First and third Thursdays of each month

Covenant Community Church, Manzanita

► Second and fourth Thursdays of each month

Beaver Community Church

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

\$28 per day; financial assistance available.

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

SUPPORT GROUPS

Alzheimer's 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

503-815-2272.

Diabetes and All That Jazz

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

TCGH third-floor conference room

Grief Support Group

► First and third Tuesdays of each month, 2 to 3:30 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, 5525 B St.

Call **503-815-2270**.

Parkinson's Support Group

► Second Thursday of each month, 1 to 2 p.m.

Five Rivers Retirement and Assisted Living Community

For more information, call **503-686-4997**.

WELLNESS SCREENINGS

Free Blood Pressure Clinic

► Wednesdays, 2 to 3 p.m.

TCGH cafeteria

Wellness Screenings

► Wednesday, Sept. 15, 9 to 10:30 a.m.

Tillamook Pharmacy

Your gifts help us help others

A bequest through your will or trust could give the gift of life to others.

Call **503-815-2302** or visit

www.tcgh.com/giving to learn more.

\$20 for total cholesterol (HDL and LDL), triglycerides and fasting blood sugar. A 12-hour fast is required. Results in five minutes. Appointments are recommended but not required. Call **503-815-2270**.

COMMUNITY

Walk of Faith

► Sunday, Aug. 22, 3 p.m.

TCGH front entrance

\$10 per person; \$5 per dog

A two-mile walk to raise funds for Faith in Action. To register, call **503-815-2272**.

Arthritis Foundation Road Show

► Sunday, Sept. 12

6 p.m.: registration and resources

7 p.m.: presentations and Q&A

Tillamook Bay Community College

For information and to RSVP, call **888-845-5695**.

TCGH Classic Golf Benefit

► Sunday, Sept. 19, 8 a.m. shotgun start

Bay Breeze Golf Course

Proceeds benefit hospital ambulance and emergency services. Sponsorships available. For more information, call **503-815-2302** or visit www.tcgh.com/giving.

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.

Larry Davy
President and CEO

Walt Larson
Vice President,
Financial Services

Donna Bechthold
Vice President,
Patient Services

Melody Ayers
Director of Development
& Marketing

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.

Copyright © 2010 Coffey Communications, Inc.

LHN25491h



Find our events and classes on the web at www.tcgh.com/events.