



Flu Fighters: Why Getting a Vaccine is Important Pg. 3



Ask the Mental Health Expert: Resilience Pg. 4



Swing Bed Care: Recovery Close to Home Pg. 6

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Inside this Fall Issue

- Flu Fighters
- Message from our CEO
- Farewell to Leann Rea
- Parenting in a Pandemic
- Ask the Mental Health Expert: Resilience
- Swing Bed Care: Recovery Close to Home
- News & Events



Parenting in a Pandemic

Pg. 4



MORROW COUNTY HEALTH DISTRICT
Excellence in Healthcare

FLU FIGHTERS

Why it's Important to Get a Flu Vaccine during the COVID-19 Pandemic

The best protection against the flu is getting a vaccine. With the continued spread of COVID-19 this fall, getting a flu vaccine is essential in protecting you and your family's health.

In 2019, millions became sick with the flu, over 900,000 people were hospitalized, and 80,000 died. By getting vaccinated, we can prevent the spread to those with the greatest risk of becoming seriously ill. Those with a higher risk of complications from COVID-19 are also at risk with the flu.

It is safe to get a flu vaccine with COVID-19 spreading in your community. Special precautions are in place at vaccination locations so you can safely receive care. When you go to receive a flu vaccine, remember to take everyday precautions like wearing a mask when traveling to your clinic or health department location.

Here's how you can continue to fight the flu and COVID-19 this season:

- FLU VACCINE**
Getting a flu vaccine.
- WASH HANDS**
Washing your hands regularly.
- DISINFECT SURFACES**
Disinfecting surfaces regularly.
- KEEP YOUR DISTANCE**
Maintaining 6 feet of social distancing.
- USE FACE MASK**
Wearing a mask in public spaces.

If you feel ill with a fever, cough, or shortness of breath, call your clinic location before visiting our clinics so we can safely prepare for your arrival.

For more information on the flu vaccine and COVID-19, visit [cdc.gov/flu/season](https://www.cdc.gov/flu/season). For more information on our facilities and services, visit [HealthyMC.org](https://www.healthyMC.org).



Jamie Houck, CNO, is a Flu Fighter!

"I am a #flufighter because my actions impact my family and my community."

HealthyMC.org

CEO Message

Bob Houser, CEO, FACHE

"Finding gratitude and appreciation is key to resilience."
- Sheryl Sanberg



By now, we have all been impacted by the global public health crisis in ways that we could have never imagined. Here at MCHD, when things change, we adapt to the challenge at hand. Despite the adversity we face, we advance in prioritizing our patients' health and safety, healthcare staff, and first responders on the front lines.

The MCHD Board of Directors continues its search for my replacement as I transition into retirement at the end of the year. Please know, it has been an honor to be a part of this excellent organization. As I look forward to my retirement, I look back with great joy of all that we've accomplished together.

Even during this challenging time, there are many things to be grateful for. I want to extend my deepest gratitude to our board member and Vice-Chair, Leann Rea. Leann retired from the board in July after almost 15 years of service. On behalf of the District's entire staff, I thank Leann for her dedication to upholding the District's mission and values. Leann embodies service to others, and she will be greatly missed. We wish her the very best in her next endeavor. With this, we welcome Community Health Improvement Partnership Director, Andrea Fletcher, MPH, as our interim board member before board elections next year.

Lastly, I look forward to the collaborative efforts between MCHD and local community members across county organizations and state agencies to continue. What all have in common is a commitment to maintaining a resilient and forward-thinking healthcare delivery system that serves all people in the county, you and your family included. Please know that you can count on the quality, trusted care you know during these enduring difficult times.

Sincerely,
Bob Houser, CEO, FACHE

Thank You Leann Rea

Since 2005, Leann Rea has served on the MCHD Board, and as its Vice Chair. Leann embodies service to others which is why she was honored with the Town and Country Lifetime Achievement Community Award in 2019.

When asked why she serves, "I have lived all over this county. We are all the same and we have to work together for a stronger Morrow County." We wish Leann the very best in her next endeavor. She will be greatly missed!



Bob Houser & Leann Rea

Parenting in a *Pandemic*

Global pandemic aside, parenting is the world's hardest job. When faced with these new challenges this year; it is more important than ever for families to build healthy habits together. Here are some ways you can help yourself and your family during this time.



1.

Address Children's Fears

Children rely on their parents for physical and emotional safety. It is essential to recognize your child's feelings and model positive ways to communicate their feelings. When your child is frustrated or stressed, try taking deep breaths with them. This helps ease the overwhelming emotions.



2.

Structure the Day

Creating a healthy routine for your child offers reassurance and predictability during an uncertain time. Have a set time for schoolwork, activities, meals, and a bedtime routine.



3.

Encourage your Child to Resume or Cultivate Hobbies

Creative activities can help your child experience a sense of fulfillment that will help them develop healthier emotional well-being. If your child plays a sport but cannot participate in team play right now, continue to encourage them to practice their skills on their own or with you.



4.

Practice Compassion

Practice compassion toward yourself and your children. Being compassionate means noticing when you or your loved one is suffering and supporting them with kindness. One way to practice compassion is to write a letter of kindness to yourself or your loved ones to remind them you are thinking about them and care for them.



5.

Ask for Help

If you feel overwhelmed, ask for help from your partner, a supportive friend, or relative. If you or your child suffers from a mental health condition or is experiencing depression or anxiety symptoms, make sure to seek or continue professional help.



References: American Society of Pediatrics, Centers for Disease Control and Prevention, Anxiety and Depression Association of America

Ask the Expert



with

Jamie Reed, CSWA

Jamie Reed, CSWA, born and raised in Pendleton, OR, received her Masters in Social Work from Portland State University.

Ask Now

Ask the Expert

Question:

What does it mean to be resilient, and why is it more important than ever?

Resilience is often defined as the “ability to recover quickly from stress” or “advance despite adversity.” In times of uncertainty and continuous stress, building resilience can help us bounce back and learn from setbacks. In other words, we can take an extreme challenge and transform it into something positive.

Ask the Expert

Question:

What characteristics do highly resilient people possess?

Highly resilient individuals possess a supportive social network, realistic optimism, strong role models, and practice gratitude daily. They are more flexible when planning for the future, adapt to change more quickly, prioritize their health (nutrition, sleep, exercise), and personal growth in response to a physical or psychological challenge.

Question:
What can I do to build resilience?

During this time, you can develop essential coping skills to recover better from stress and adversity.



First, stay connected with loved ones. A supportive social network helps your ability to seek assistance from others and allows you to recognize your emotions and those of others. If you feel overwhelmingly depressed or anxious, consider talking with a licensed healthcare professional, this can be an important first step in prioritizing your well-being.



Second, stay positive; practicing gratitude is one of many ways to do this. I recommend writing in a journal once a day and asking yourself what you are grateful for. Several studies have shown that a practice of gratitude, no matter how small, helps build resilience. Being mindful of the good in your life helps interrupt negative thought patterns.



Third, prioritize your health. A good night’s sleep, exercising daily, and eating a balanced diet helps regulate stress levels and promotes positive self-esteem.

Undoubtedly, life is unpredictable, but the challenges we face can help us develop a sense of empowerment and adapt to our circumstances. Building resilience is an important first step in coping with the changing environment we all currently face.

Swing Bed Care

RECOVERY CLOSE TO HOME

What is swing bed care?

After an illness, stroke, heart attack, injury, or major surgery, you may need additional skilled nursing care before returning to independent living. Swing Bed care is caring for patients in an inpatient hospital setting. At Pioneer Memorial Hospital, our Swing Bed program offers a patient-centered, personalized plan of care that includes:

- On-site physician, radiology, laboratory, respiratory, and pharmacy teams.
- Rehabilitation services such as physical, occupational, or speech therapy.
- Care conferences that engage you, your family, and your care team to help you reach your goals.
- Promotion of a home-like environment accommodating family and individualized activities in collaboration with rehabilitation.

Swing Bed care allows patients to improve their quality of life with the support of specialized personnel and better access to medical care, all within their own community.

Meet Shelley McCabe, DPT

Pioneer Memorial Physical Therapy



Shelley McCabe is a Physical Therapist at Pioneer Memorial Physical Therapy. She works with Swing Bed patients regularly, alongside her caregiver team of Krystal Seitz, Occupational Therapist, and Regi Lazinka, Speech Pathologist. Rehabilitation therapies are crucial to the success of swing bed patients.



Shirley McCarl

“I had a heart attack and needed some time to recover before returning home. The Swing Bed program provided me an opportunity to stay in my community, instead of transferring to an assisted living. I am now back at home with my family.”

Sharon Mahoney

“Morrow County Health District will always be my first choice. What a blessing it was to be a part of the Swing Bed program. From the kitchen staff to breathing treatments with the respiratory therapist, everyone’s care was amazing.”

“The Swing Bed program is a great opportunity to stay close to home while preparing to return to independent living. I love to see how the day-to-day work with my patients turns into meeting long-term goals.” – Shelley McCabe, DPT.



Always

MCHD is  committed to your health and safety.

Prevention and Early Detection Saves Lives

We continue to provide mobile MRI services.

To schedule your visit, please call 541-676-2918.

Well Care

ANNUAL VISIT

Why is it important for children to go to the doctor's office even if they aren't sick?

Annual Well Care visits are an important aspect of every child's development from birth through adolescent years, even up to age 21. Annual wellness exams focus on prevention, help to track growth and development, and provide parents with an opportunity to ask questions about their child's nutrition, behavior, sleep, and more.

Schedule your child's well care visit today by calling your local health clinic.*

- Pioneer Medical Clinic**
541-676-5504 - Heppner
- Ione Community Clinic**
541-422-7128
- Irrigon Medical Clinic**
541-922-5880

Well Care Visits Include:

- Physical exam for school and sports
- Recommended immunizations
- Growth and development screening
- Conversation about health behaviors
- Oral health assessment



**Insurance is not required and there are no out-of-pocket costs.*

This newsletter is not intended as a substitute for the medical advice of a licensed medical provider. The reader should regularly consult a licensed medical provider in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.

PO Box 9 | Heppner, OR 97836 | (541) 676-9133

Did you know you can have your blood pressure checked at any of the MCHD medical clinic locations? No appointment necessary.



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