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Living HEALTHIER

for Families in Morrow County



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 **MORROW COUNTY
HEALTH DISTRICT**
Excellence in Healthcare



Meet **Monica Powell**

She is thankful beyond measure.

A typical morning for Monica and her niece quickly turned into a medical crisis. With her lungs filling with fluid, she arrived at Pioneer Memorial Hospital and the ER team mobilized quickly to get her oxygen and stabilize her, the last thing Monica remembered before waking up the next day at Kadlec in Kennewick.

Monica knows that were it not for Pioneer Memorial Hospital, MCHD EMS and LifeFlight, it's likely her days of walking in downtown Heppner may have been over.

PRIVACY *Champions*

Several years ago, health organizations made the switch from maintaining paper records to electronic health records. As a part of the transition, the Health Insurance Portability and Accountability Act of 1996 (HIPAA) was developed to ensure that patient information contained in their electronic records would remain private and be protected.

Because safeguarding patient privacy is one of our highest priorities, as well as an essential aspect of our Promise of Excellence, MCHD routinely conducts district-wide privacy training. Additionally, we have an internal program called, "Privacy Champions." Privacy Champions are employees of the District who serve as lead advocates to teach, support, and mentor their peers and uphold the highest standards for protecting patient privacy.

Meet the MCHD Privacy Champions – it's not what they do, it's who they choose to be!



Danielle Mateleska, PA-C, Primary Care Provider, Pioneer Memorial Clinic

"I want our patients to feel valued and know that we are worthy of their trust."



Maria Romero, Referral Coordinator, Irrigon Clinic

"I am passionate about creating the best possible patient experience."



Sheryl Angell, RN, BSN, Trauma Coordinator

"I am committed to patient advocacy and safety."



Tina Davidson, Paramedic & Housekeeping Manager

"I want to make a difference in the lives of those who trust their care to us."

CEO Message

“Autumn is a second spring when every leaf is a flower.” - Albert Camus



We know that Oregon can't be beat when it comes to the spectacular colors of fall, but did you also know that autumn is reported to be the best season for stargazing?

Speaking of stars, each year, on the third Thursday of November, the National Organization of State Offices of Rural Health (NOSORH), of which the Oregon Office of Rural Health is a member, hosts “National Rural Health Day.” As a part of this annual day of celebrating the power of rural, NOSORH has a recognition program called, “Community Stars.” The program is an opportunity to shine a light on the outstanding work of women, men, and organizations improving and advancing health in their rural communities. This year, two of our exceptional caregivers were nominated, Claire Arnold and Laurie Wood. While we know that every caregiver in our organization is deserving of recognition, these two indeed represent our commitment to community health and wellness. Stay tuned for updates on their nominations and on how to join us in celebrating on November 21, 2019!

As you've seen over these past months, we're introducing you to the people who come to work every day to ensure that our patients and their loved ones are cared for with the highest regard for safety, quality, and service; and with that, an unwavering commitment to patient privacy.

When there is a potential issue, we act fast, as is the case with a situation we were made aware of in July. While the incident was isolated to one individual, we developed new processes and policies aimed at advancing staff education and strengthening policies that will further protect our patients, all of which aligns with the overall Healthier Morrow County mission.

We strive to be your First Choice for all your healthcare needs. We want you to know that our commitment to delivering on our Promise of Excellence drives us to be and do our best.

May your autumn season be filled with health and wellness.

Sincerely, Bob Houser, CEO, FACHE

Fall Schedule

MRI Mobile

- October 8th
- October 22nd
- November 5th
- November 19th
- December 3rd
- December 17th

For more information call 541-676-8246

Taco Dinner Fundraiser for the Youth Advisory Council

Legion Hall, Ione
November 3rd, 5:30 pm

National Rural Health Day

November 21, 2019



National Rural Health Day is celebrated on the third Thursday of November each year. MCHD is pleased to announce that our very own Claire Arnold from Ione Community Clinic will be featured in a national campaign.

Visit
PowerofRural.org
for details.

THE TRUTH ABOUT

E-CIGARETTES & VAPING



“But all the kids are doing it!”

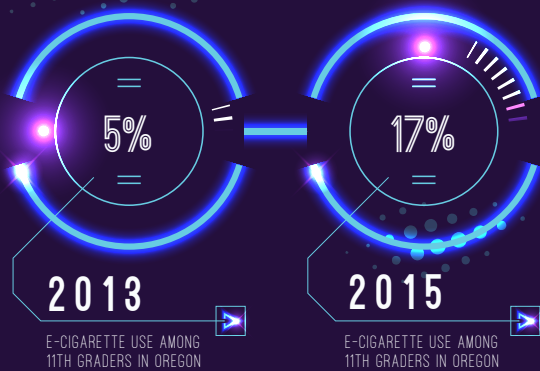
This phrase is a familiar one to many parents, and depending on their child’s age group, the requests range from harmless to dangerous. Where e-cigarettes, commonly referred to as “vaping” are concerned, we want parents, grandparents, teachers and guardians to know that there is no tobacco product safe for children.

We’re focusing on the increasing and alarming use of e-cigarette products by children and teens because it is an issue that has quickly become a major public health concern and one that is fueled by false, misleading and inaccurate information.

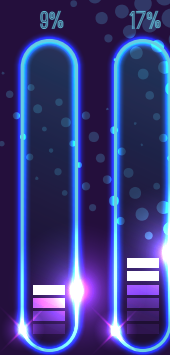
» There is no tobacco product safe for children.

INHALING THE NUMBERS

According to the Oregon Health Authority, an increase in e-cigarette use is potentially creating new addictions to nicotine among Oregon youth. In Oregon, e-cigarette use among 11th graders increased three-fold from 2013 to 2015 from 5% to 17%.



Additional statistics indicate that approximately 6 in 10 Oregon high school students who are current e-cigarette users are not conventional cigarette smokers and therefore are being introduced to nicotine through e-cigarettes.



E-cigarette use among Oregon youth has outpaced use of conventional cigarettes and, in fact, 11th grader e-cigarette use at 17% has outpaced use of conventional cigarettes, currently at 9%.

Washington state statistics on the subject are equally alarming, including tracking children as young as 6th grade vaping with friends. What’s especially concerning, and making national headlines, is that manufactures of e-cigarette devices claim that theirs are a safer alternative to conventional cigarettes, even though organizations such as the Center for Disease Control and Prevention, the American Academy of Pediatrics, the American Lung Association, and other major health organizations strongly disagree with e-cigarette marketer claims. For example, a recent CDC survey found that youth who had tried e-cigarettes were nearly twice as likely to say they would try a conventional cigarette.

WHAT IS AN E-CIGARETTE?

E-cigarettes, or electronic cigarettes, are inhalant delivery systems that allow users to mimic the act of smoking conventional cigarettes.

They contain the same addictive ingredient, nicotine, as conventional cigarettes. Instead of smoke from burning tobacco, users inhale aerosol consisting of nicotine, flavor additives and other chemicals. Unfortunately, many young e-cigarette users do not know what is in the products they are using. According to a recent study conducted by Truth Initiative, America's largest nonprofit public health organization committed to making tobacco use a thing of the past, it found that 98.7% of all e-cigarette products sold at convenience stores, supermarkets and similar outlets contain nicotine. Yet, many young people aren't aware that the products they use contain nicotine. What's more startling is that 60% of teens incorrectly reported e-cigarettes as being comprised of mostly flavoring.



HOW CAN YOU TALK TO CHILDREN ABOUT THE DANGERS OF E-CIGARETTES?

The United States Surgeon General has developed an insightful tip sheet for how best to approach the e-cigarette subject with your teens. You can find it on their website at e-cigarettes.surgeongeneral.gov. Because we know that children as young as 11 are caught up in the vaping craze, it's important to have a plan to talk to them as well. Your child's healthcare provider is an excellent resource to assist and support you as you prepare to have this critical conversation.

Here are a few important first steps that can help you exhale and start the conversation to protect your child's health.

KNOW THE FACTS.

Be certain the information you're sharing with your children is from credible sources.

PRACTICE PATIENCE AND BE READY TO LISTEN.

Avoid criticism and encourage an open dialogue and remember that the goal is to have a conversation, not to deliver a lecture. The Surgeon General also suggests that the conversation can take place over time, in bits and pieces.

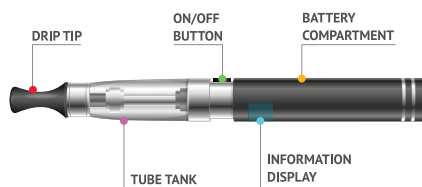
SET A POSITIVE EXAMPLE BY BEING TOBACCO-FREE.

Are you a, "Do as I say not as I do" parent? It's hard to make the argument for avoiding or quitting tobacco products if you are a smoker. It's never too late to quit and so you are encouraged to learn about smoking cessation classes and support available near you.

The Oregon Tobacco Quit Line provides free help and coaching for those who want to quit, as well as access to other resources. Call: 1-800-QUIT-NOW (1-800-784-8669) or for Spanish 1-877-2NO-FUME (1-877-266-3863).

WHAT TO LOOK FOR?

E-cigarettes come in many shapes and sizes. Most have a battery, a heating element, and a place to hold a liquid. Some e-cigarettes look like regular cigarettes, cigars, or pipes while others resemble a USB flash drive, pens, and other everyday items. As the school year gets underway, it's important for parents and teachers to know what to look for.



Vaping under the age of 21 in Oregon and under the age of 18 in Washington is illegal.

WHAT ARE THE HEALTH EFFECTS?

The bottom line is, all forms of nicotine are dangerous to a child's health and e-cigarettes contain nicotine—the addictive drug in regular cigarettes, cigars, and other tobacco products. Nicotine can harm the developing adolescent brain and because the brain keeps developing until about age 25, it should be a no-brainer that adolescents using nicotine can harm the parts of their brain that control attention, learning, mood, and impulse control. Each time a new memory is created, or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people's brains build synapses faster than adult brains. Nicotine changes the way these synapses are formed.

In addition to the well-researched and documented health hazards, it's also critical that parents know the other dangers of using e-cigarettes. For example, defective e-cigarette batteries have caused some fires and explosions, a few of which have resulted in serious injuries to users. Also, children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes.



Dreaming Your Way to a Healthier School Year

Though the school year is underway, it can take a month or more to establish new routines, and this is especially true where sleep is concerned. Sleep is important for kids because it allows the body to re-energize and re-charge, exactly what the brain needs to process what it has learned during the day. Not sure how much sleep your school-age children need?

Let these recommendations from the National Sleep Foundation be your guide:

- Preschoolers (3-5 years): 10-13 hours
- School age children (6-13 years): 9-11 hours
- Teenagers (14-17 years): 8-10 hours

Promising Partnerships

What do you get when you combine the efforts of the Lone Community Clinic, Morrow County Department of Public Health, and the Lone School District? Introducing the Lone Community Clinic Youth Advisory Council!

The Lone Community Clinic Youth Advisory Council (YAC) is a group of outstanding young people, all of whom are committed to a healthier Morrow County. These youth ambassadors meet to discuss health topics that support the student community, while also advocating for meaningful health and wellness programs.

At the heart of their important work, they aim to raise awareness in the community about youth health issues and resources.

A sample of the council's 2018-2019, special projects and events included:

- Clinic Painting and landscape beautification projects
- The installment of a Teen Health Bulletin Board
- A spaghetti meal fundraiser with proceeds allocated to a YAC summit they held in Salem in April of 2019

During the 2019-2020 school year, the Youth Advisory Council will explore the development of a "Comfort Closet." The closet contents will include personal care and hygiene products available to students and community members in need. Additionally, they plan to launch a Junior Council, as well as invite a special speaker to present at an assembly.



Meet the Youth Advisory Council

- Gracie Jewett - President
- Malinda Morter- Treasurer
- Zoey Gilbert- Secretary
- Payton Miller- Director of Communications/ Media Manager
- Clair Arnold, Lone Clinic Coordinator
- Yvonne Morter, RN, CaCoon Care Coordinator and MCPH representative

Weekly Meal Plans Can Take the Dilemma Out of Weeknight Dinners

What to make for dinner? It's a question that plenty of busy parents ask themselves. Creating and sticking with a weekly meal plan can help take a bite out of the weeknight meal dilemma.

Here's a few tips to get you started:

- Plan one week at a time
- Involve the whole family by having everyone write down their favorite meals, put them in bowls and pick a meal or two from each bowl
- Establish guidelines to ensure meals are well-balanced and in the budget
- Have a grocery list and look for ways to use the same ingredients in different dishes
- Make one trip to the grocery store to buy all the items you'll avoiding multiple trips
- Have the family member whose meal was picked be your kitchen helper

Most of all, stick with the plan. Bon Appetite!





Danielle Mateleska, PA-C

Pioneer Memorial Clinic

Ask the Expert

TOPIC: BREAST CANCER

Q: With so much attention on breast cancer prevention, are we seeing new cases on the decline?

Every October, health organizations, major sports teams, retailers, and communities from around the globe focus on the importance of breast cancer awareness. Because of all this attention, one might think new cases are on the decline; however, this is unfortunately not the case.

Though death rates have been decreasing since 1989, and, women under the age of 50 have experienced more substantial declines, the number of newly diagnosed cases remains alarmingly high. In 2019, experts estimate there will be 268,600 new cases of invasive breast cancer diagnosed in women in the U.S., along with 62,930 new cases of non-invasive breast cancer. While sparse attention is focused on men and their risks, approximately 2,670 new cases of invasive breast cancer are expected to be diagnosed in men in 2019. While about 1 in 8 U.S. women (about 12%) will develop invasive breast cancer throughout her lifetime, for men, it is only 1 in 883. We can all agree one is too many and we continue to have a lot of work to do.

For starters, it is of critical importance that every woman consults with her health provider about routine self-breast exams. If you don't know what you're looking (or feeling for), you may miss an essential early warning sign.

Second, don't skip an annual mammogram. A few years ago, there was confusion surrounding changing guidelines related to the age a woman should begin a preventative yearly screening mammogram. Today, the guidelines suggest that women start annual screening mammograms at age 40 unless they have a history of breast cancer in their family or other known risk factors. It can't be stressed enough; your personal health care provider is your most trusted source for information and guidance. The fact is, mammograms save lives, and detecting breast cancer at its earliest stage reduces the risk of dying from the disease by as much as 30%.

Aside from routine breast exams and mammograms, another other key preventative measure includes maintaining (first getting to) a healthy weight. Not only is this important for one's overall health; but also, studies show a clear connection between diet and breast health. In other words, what you eat and how you prepare and store your food is essential, as is routine exercise.

This October, I do hope all members of our communities will participate in a breast cancer awareness conversation. Moreover, I hope that it is a topic we continue to discuss every month of the year. Breast cancer doesn't care about our calendars.



Mobile Mammography

Morrow County Health District wants to remind women in all the communities we serve that mammograms save lives! We're pleased to be partners with St. Alphonsus Mobile Mammography to bring mammogram services to Pioneer Memorial Hospital in Heppner and to our Irrigon Medical Clinic in Irrigon on a bi-monthly basis.

Upcoming Mobile Mammography Services

Call to schedule your Mobile Mammogram appointment today. Appointments available starting January 2020.

Pioneer Memorial Hospital - Heppner
541-676-2931

Irrigon Medical Clinic - Irrigon
541-922-5880





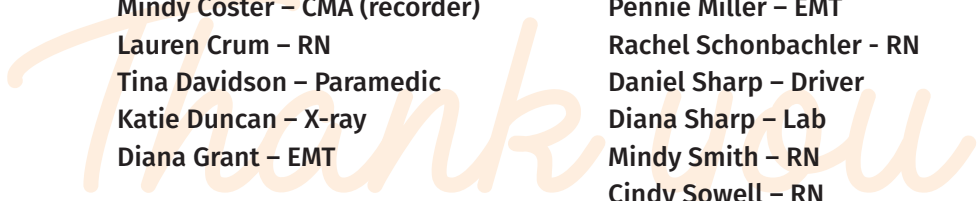
On September 13, 2019, Grace Barling, her husband and an outstanding team from Morrow County Health District were honored at the Oregon Trauma System 30 Year Celebration Gala.

In July of 2016, the couple was involved in a motorcycle accident involving a deer just outside the Umatilla National Forest. Both were thrown from the motorcycle, and Grace sustained life-threatening injuries miles from any medical care. Without the teamwork of the MCHD EMS and Emergency Department, along with LifeFlight and OHSU in Portland, Grace would likely not be with us.

Morrow County Health District extends its heartfelt thanks to those who supported Grace Barling and her husband, Chuck, on that July day, all of whom demonstrated excellence in trauma care.

- Shannon Boar – EMT
- Mindy Coster – CMA (recorder)
- Lauren Crum – RN
- Tina Davidson – Paramedic
- Katie Duncan – X-ray
- Diana Grant – EMT

- Carl Lauritsen – Paramedic (retired)
- Pennie Miller – EMT
- Rachel Schonbachler - RN
- Daniel Sharp – Driver
- Diana Sharp – Lab
- Mindy Smith – RN
- Cindy Sowell – RN



This newsletter is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician 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

Where Healthier is Happening

Pioneer Memorial Hospital & Nursing Facility
564 E Pioneer Drive - Heppner
541-676-9133

Pioneer Memorial Home Health & Hospice
162 N Main St - Heppner
541-676-2946
101 Kinkade Rd, Boardman OR
541-481-2596

Morrow County Ambulance & Emergency Services
Boardman, Irrigon, Heppner, Lone, Lexington
& Morrow County OHV Park
In case of an emergency, Call 911

Pioneer Memorial Clinic
130 Thompson St - Heppner
541-676-5504

Irrigon Medical Clinic
220 N Main St - Irrigon
541-922-5880

Lone Community Clinic
365 3rd St - Lone
541-422-7128

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