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Issue iii
Summer 2019

Living HEALTHIER

HealthyMC.org

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for Families in Morrow County



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Health Tip #1

Wear a helmet when riding a bicycle to help prevent a brain injury in case of a fall.

Health Tip #2

Teens who text while driving spend 10% of the time outside their lane. Never text and drive!

Health Tip #3

Never give out personal information to an unknown source online or over the phone.

Extraordinary Help on an Otherwise Ordinary Day on the Farm



Anybody and everybody who is or knows a farmer will tell you that servicing equipment on demand is a prerequisite skill and all in a day's work. When something breaks, it needs to be fixed, and if it can be done immediately, then who better to fix it than the farmer? In the case of Doug Drake of Heppner, Oregon, the day a critical part suddenly broke on his field sprayer could have been the day that ended more than his days as a farmer.



THERE. WHEN YOU NEED US.®

A Call for Help in a Crisis

"It was the 22nd of April; I was underneath reassembling the sprayer, the jack fell, and pinned me underneath." In that instant, Doug blacked out. When he regained consciousness, he was able to clutch the jack and bring the machine up to free himself from underneath and reach for his cellphone that he, on any other day, kept in his shirt pocket. Doug, now 40 miles from his home with extensive and unknown injuries in the

middle of a wheat field, lie 40-50 feet away from his tractor where his only chance to call for help sat in the cab, exactly where he left it just before the 30,000-pound piece of machinery gave way to gravity.

An Answer to Many Prayers

After the slow and painful crawl to his tractor cab to call 911 and 35 minutes of communicating with a dispatcher doing everything possible to keep him alive, the MCHD EMS arrived at the scene to stabilize him. While they were working to control his bleeding, their plan to manage precisely this sort of emergency went into effect, and they began to prepare Doug for his journey via Life Flight to the Tri-Cities where he would receive the appropriate level of care for his traumatic injuries.

"The jack took about a third of my upper leg. First responders tended to my leg and stopped the bleeding immediately once they arrived on the scene. They worked hard to get my back and neck stabilized and fought there right with me through the severe pain."

"I had a big team of people with me. EMS, the fire department, and local farmers all there to help me out. A lot of farmers out here are EMTs too. I knew everyone helping me that day, including one who was married just two days before my accident. She and all the EMT and fire department do this as a public service, for this community."

Doug is one of the many in the community who count themselves as lucky to be alive after surviving what could have been a life-ending accident. During his recovery, he reflected on his life and his good fortune. "When I rehash the event in my mind, one foremost thing is that I may never see the ones that I love ever again, and I was not going to let that happen! The good Lord, along with the first responders, doctors and all the others who were lifting us in thoughts and prayers were instrumental in my survival and continued return to health. I am so thankful and proud to be a part of this wonderful community."

Life Flight Network offers ICU-level care during air transport across the Pacific Northwest, Intermountain West, and Alaska. EMS helicopters typically operate within a 175-mile radius of their base; however, they can fly longer distances. Fixed-wing aircraft can transport patients throughout the nation.

Life Flight serves Morrow County out of their Rotor-Wing base in Pendleton, OR, and typically fly to Trios, Kadlec, and Portland area when needed. Life Flight lands either on the Pioneer Memorial Hospital helipad, or, when necessary, as in Doug's case, in a wheat field.

When emergency room staff believe patient transport to a higher-level trauma facility is needed, Life Flight is notified by the press of a button and is ready to respond.



CEO Message

“Deep summer is when laziness finds respectability.”

- Sam Keen

When I read the above quote, I knew it had to be a part of my summer edition message. These precious few months of sunshine, festivals, and picnics go by so fast. My hope for all our readers is that you take time to relax and enjoy the sights, sounds, and smells of this special season before it gives way to the chill of fall that will be here soon enough.

Next, please accept my heartfelt thanks for all those who supported the renewal of the Morrow County Health District Local Option Tax this past May. This critical vote once again makes it clear that a Healthier Morrow County is a mission worth the investment. On behalf of all of us at MCHD, we thank you for your continued trust and for the privilege of serving your healthcare needs.

A few more items I'd like to call your attention to include welcoming a new physician to our caregiver family. In this edition you'll meet Dr. Jim Hejmanowski, our newest physician joining our clinic staff in Heppner. Soon, I'll be announcing another primary care provider who will join the team at our Irrigon clinic! We feel so fortunate to have them! In other clinic news, I'm pleased to announce that we have extended our hours of operation at the Ione Community Clinic where patients are cared for by Betty Hamill, FNP-C and Eileen McElligott, ARNP.

Finally, I'm pleased to report that the MCHD Board of Directors has approved continuing our work with the architectural firm, Clark/Kjos for the purpose of further refining facility designs and exploring funding options to support construction of a new clinic in Heppner, as well as needed renovations to several areas of Pioneer Memorial Hospital. I anticipate having a more extensive update on these developments later this summer.

I sincerely hope that you have a safe and healthy summer!

Sincerely, Bob Houser, CEO, FACHE



James Hejmanowski, MD

“Throughout my life I have always enjoyed being a member of a smaller, tightly knit team with a common goal.”

Dr. Hejmanowski was awarded his Doctor of Medicine from the University of Illinois College of Medicine in 1992, and since that time, he has been in Family Practice, Obstetrics, Emergency Medicine, as well as served as a Hospitalist, and Medical Director for a Hospice and Palliative Care specialist. His travels have taken him from Illinois to Colorado and Wyoming, and we are thrilled that he has decided to call Morrow County, Oregon, his home!

Please join us in welcoming Dr. Hejmanowski. He will be working at both Pioneer Memorial Hospital in the ER, and at Pioneer Memorial Clinic as a family medicine practitioner.

Welcome

Thank you to those who supported the renewal of the Morrow County Health District Local Option Tax.





HEATSTROKE

Beat the Heat

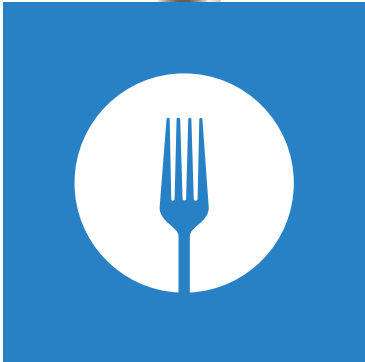
Heatstroke is the most serious form of heat injury and requires immediate emergency treatment. The best way to prevent heatstroke is to avoid prolonged exposure to or physical activity in high temperatures. When temperatures are high, be sure to wear light and loose-fitting clothing, drink plenty of fluids, rest in a cool spot, and avoid being outside during the hottest part of the day. Seek medical attention immediately if you have a body temperature of 104° F or higher, rapid breathing, racing heart, flushed skin, nausea and vomiting, or altered mental state or behavior.



Eye Damage

Protect Your Vision

Exposure to UV light not only damages your skin, but your eyes too! Excessive exposure to UV can burn your cornea. Avoiding tanning machines and excessive exposure to UV, as well as wearing UV-protective lenses will protect your eyes. Whether you are doing a DIY project, working in the yard, cooking, cleaning with chemicals, or playing a sport, wearing protective eyewear is the key to keeping your eyes safe. Before you begin an activity, if there is any risk of injury to your eyes, be sure to wear protective goggles or glasses.



FOOD POISONING

Prepare Food Safely

With summer barbeques and potlucks, comes the risk of food poisoning. Ensuring food is safely prepared, served, and stored will keep you and your guests from getting sick. Washing hands, utensils, and surfaces are all very important. Symptoms of food poisoning include nausea, vomiting, watery diarrhea, abdominal pain and cramps, and fever. All of the symptoms can result in dehydration. Contact your healthcare provider immediately if you are having symptoms of food poisoning, and be sure to drink fluids.

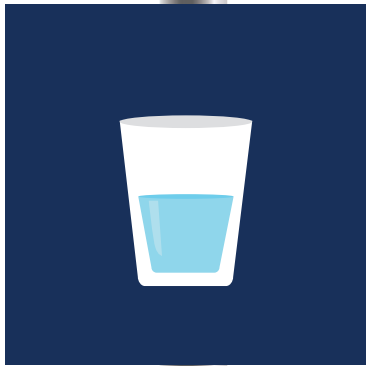




Drowning

Swim Safely

Drowning happens quickly and quietly. Children should always be monitored, wear a life jacket, and swim only in designated areas monitored by life guards. Backyard pools should be properly fenced and locked. When swimming in rivers, lakes, and oceans only swim in areas that are permitted, and when weather and water conditions are conducive to swimming safely.



DEHYDRATION

Drink Plenty of Fluids

With increased temperatures and outdoor activities, dehydration is a risk. The number one way to prevent dehydration is to drink plenty of fluids. You can also consume foods high in water such as fruits and vegetables. Avoid alcoholic drinks, caffeine, and drinks high in sugar. Signs of dehydration are dry mouth, thirst, headache, dizziness, cramps and fatigue.



Bug Bites

Protect Yourself from Bugs

Enjoying the outdoors increases your risk of bites and stings. Be sure to follow directions when applying repellents. Wear loose-fitting long pants and long-sleeved shirts. Avoid sandals and going barefoot. If you experience an allergic reaction to a bite or sting, seek medical attention immediately. Check yourself, family, and pets for ticks and other insects after spending time outdoors.



SKIN PROTECTION

Preventing Sun Damage

Avoiding sun exposure is the best way to prevent sun damage. Especially avoid sun exposure between 10 a.m. and 4 p.m. When you are outside wear hats, sunglasses, loose-fitting clothing that covers your body, and clothing made from sun protective fabric. Apply sunscreen according to directions, and sit in the shade or under an umbrella as much as possible.

FAMILY HEALTH CHALLENGE

THIS SUMMER MCHD IS CHALLENGING YOUR FAMILY TO STAY HEALTHY! TAKING THE CHALLENGE IS JUST AS EASY AS 1-2-3!



1.

Choose a healthy activity and take a picture!



2.

Share on Facebook or Twitter using #healthymc



3.

Tag us on Twitter and Facebook.



@moco_health



@morrowcountyhealthdistrict



Remember to "Like" and "Follow" MCHD to see what other families are doing in Morrow County to take the challenge.



Hair Today. Healthy *TOMORROW*

On average, women spend about an hour in their hair stylist's chair every six to eight weeks. When they do, they tend to share more than just information about their hair, including concerns about their health.

In communities around the country, health organizations are recognizing that salon and barber shop owners are in a unique position to help spread the word about vital health screenings, while also sharing information about available health resources to their clients. For these reasons, Morrow County Health District has partnered with several local hair care businesses in support of the Healthier Morrow County initiative.

The program is called ShopTalk, and we're very excited to have six shops participating to date. ShopTalk is simple and doesn't require participants to receive formal training. Each month, MCHD provides participating shops with a topic-specific fact sheet focused on disease prevention that they are asked to share with their clients. In 2019, health topics for the program have covered skin cancer, irritable bowel syndrome (IBS), colon health, as well as men's health.

We're thankful to the following shops for their participation, and we think you should know; they care as much about your health as they do your hair!

Shop talk™

Boardman Beauty Bar

200 NW 1st ST #B, Boardman
(541) 616-4247

Hair Expressions

305 Linden Way, Heppner
(541) 676-5271

Blondee Salon

187 N Main St, Heppner
(541) 676-5000

Hair I Am

274 N Main St, Heppner
(541) 676-9644

Head to Toes Salon Care

186 E May St, Heppner
(541) 676-5055

Hair by Torri

185 N Chase Street, Heppner
(541) 980-7081

Eva McMasters

Radiologic Technologist



Q: What is your role at MCHD?

I currently work in the Diagnostic Imaging department as a Radiologic Technologist licensed in radiography and presently working on a license in Computed Tomography.

Q: When did you join the MCHD family?

I started working at MCHD in 2013 as a clerk, with my primary position in the admitting office at the hospital, filling in as needed at both the Pioneer and Irrigon clinics. My goal was to complete my education in the field of diagnostic imaging, and so I took a break from MCHD to complete 40-hour weeks in clinicals. After graduating, I came back in March of 2018 and started my current position.

Q: What do you like the most about working in a rural health setting?

Some of the best and worst times of someone's life can happen within a medical facility. Having a familiar face around will often make those times more comfortable. Being in a position to help friends and neighbors during their greatest time of need has been a rewarding and special way to give back to the community that I love.

Meet a Caregiver

Ask the Expert



Q: There is a lot of conflicting information about measles vaccinations, what's your advice for parents with questions?

A: The recent measles outbreaks have many parents concerned. Most of those who contracted the disease had not been vaccinated against measles, which is a stark reminder of the importance of making sure your children are fully vaccinated.

Dr. Richard Aballay

Irrigon Medical Clinic

What would happen if we stopped vaccinating here? Diseases that have been successfully eradicated would stage a comeback. Before long, we would see epidemics of diseases that are nearly under control today. More children would get sick, and more would die.

Take, for example, smallpox, an acute contagious viral disease, with fever and pustules usually leaving permanent scars. It was effectively eradicated through vaccination by 1979. Today, children are not vaccinated for smallpox because the disease no longer exists. The same will someday be true for other diseases like the measles if we keep vaccinating against it. Vaccinations are one of the best ways to put an end to the serious and harmful effects of certain diseases

Vaccinations are given usually at well care visits, another essential reason to make sure their health provider sees your child for every scheduled well care exam. The early years of a child's life are important to their lifelong health and development. During their first years, it is necessary to identify and prevent potential issues that could compromise their health.

Well care visits allow a doctor to track the development of the child. Each visit provides an opportunity to measure progress and make sure they receive the care they need to stay healthy. Let's look at the basics of the well care visit and how they can help you and your child.

Some of the areas you'll cover with your child's doctor during their well care checks can include:

- **Growth and child development:** Basic measurements like height and weight are taken and compared to their previous exam results, as well as with growth charts for children of the same age. Well care visits are also the time to talk about mental development along with physical health – how a child is developing socially and whether they're learning correctly at a given age.
- **Prevention:** In addition to immunizations, this is also an excellent time to check up on other preventive items like the child's nutrition and their basic safety.
- **Basic family wellness:** These visits are truly about ensuring the entire family is healthy and comfortable.

The bottom line when it comes to vaccinations is that they are essential for protecting our children, grandchildren, and their children. In other words, we vaccinate to protect our future. Finally, if you have concerns about vaccinations, it's important that you speak with your health provider rather than rely on information you find or receive over the internet. Learning the facts from a trusted medical professional is my advice.

Q Why vaccines are important?

Vaccinating is an effective way to prevent disease or illness. Having a highly immunized population reduces the risk of outbreak and spread of various serious diseases and illnesses.

Q Where are vaccinations available in Morrow County?

Morrow County Health Department offers immunizations (vaccines) for infants, children, college-bound students, and adults on clinic days in Boardman (Monday and Tuesday), Heppner and Ione (Wednesdays) on a walk-in basis.

Q What are the costs associated with vaccinations?

Children 18 and under will not be denied state supplied vaccine due to inability to pay. Morrow County Health Department will bill your health insurance for covered vaccines.

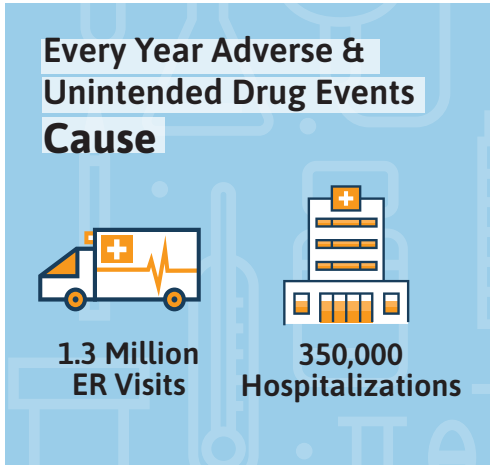
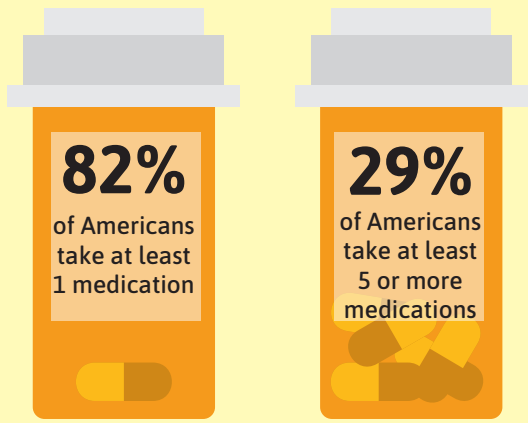
For questions and information, please contact Sheree Smith Public Health Director, mchealth@co.morrow.or.us

Heppner Clinic:
Morrow County
Bartholomew Building
110 N. Court St.
P.O. Box 799
Heppner, OR 97836

Phone: (541) 676-5421
Fax: (541) 676-5652

Boardman Clinic:
101 NW Boardman Ave.
Boardman, OR 97818
Phone: (541) 481-4200
Fax: (541) 481-4201





Summer Schedule

Well Child Care Visits

All Summer Long – Please call your local health center to schedule your well child visit.

MCHD partners with Columbia River Health, the Ione School District, Morrow County Department of Public Health and Morrow County School District to provide well care visits for all morrow county adolescents.

Mobile Mammogram

July 17 – Pioneer Memorial Hospital

July 18 – Irrigon Medical Clinic

Call Kim Thompson to schedule your mammogram today: 541-676-2931

MRI Mobile

Bi-weekly, at Pioneer Memorial Hospital

July 2, July 16, July 30, August 13, August 27, September 10

Call Jimmy Wimer, Radiology Manager for more information: 541-676-8246

Morrow County Health District's Home Health & Hospice provides **FREE!** in-home assessments of medications!

After evaluating your needs, our nursing staff will help you safely use, store and dispose of medications, offer complimentary supplies such as a medication planner, lockbox, safe disposal information, and other resources to help increase safety in your home and peace of mind where your medications are concerned.

Call **541-676-2946** HealthyMC.org

to schedule your in-home medication safety consultation.

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



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.

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