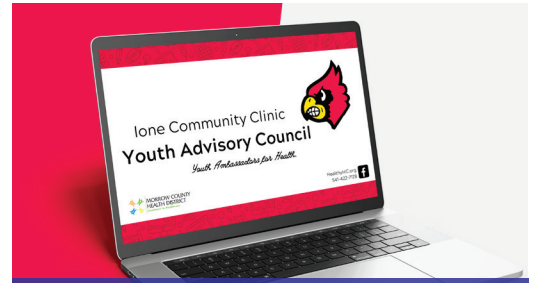




Pioneer Memorial Hospital  
Receives Ventilators Pg. 3



Community & Compassion  
with End-of-Life Care Pg. 4



Youth Advisory Council  
Virtual Update Pg. 6

Issue vii  
Summer 2020

HealthyMC.org

Published by Morrow County Health District

# Living HEALTHIER

for Families in Morrow County



We are here to care for you! #MorrowStrong

Pg. 7

## Inside this Summer Issue

- COVID-19 Update - ReOpening Healthcare Safely
- Message from our CEO
- Heros Work Here
- Community & Compassion with End-of-Life Care
- Power of Volunteering
- Youth Advisory Council Virtual Update
- Mental Health #MorrowStrong
- Count Us In - 2020 Census
- News & Events







*“Hardships often prepare ordinary people for an extraordinary destiny.”*  
-CS Lewis

# CEO Message

Bob Houser, CEO, FACHE



Two years ago, when we launched *Living Healthier*, we could not have imagined we would be facing a pandemic together. As we navigate these challenging times, we continue to prioritize the health and safety of our patients and our healthcare heroes on the frontlines.

First, on behalf of the entire leadership team here at MCHD, we thank our Emergency Management Task Force, which includes community members across many county organizations and state agencies. This dedicated group of people is providing remarkable leadership. With their perseverance, integrity, and cross-organizational collaboration, Pioneer Memorial Hospital now has two ventilators from the state of Oregon in response to COVID-19!

I wish to extend our gratitude to the Bob Kilkenny Family Foundation for their generous donation to the Lucas3 CPR unit for Pioneer Memorial Hospital. This unit delivers perfect chest compressions indefinitely to a patient in distress, while our health professionals stabilize them.

Though consuming, this public health crisis is not the only thing happening. In more recent news, Betty Hamill, FNP-D, left the District on May 29th. We are grateful for her four years of

service, and we know her patients and fellow caregivers will miss her! Other happenings in the District include the continued progress of the Irrigon Ambulance Hall. We hope to have this facility work completed by year-end, 2020. The Ambulance Hall will serve as a training center and home for emergency equipment for Irrigon Emergency Medical Technicians (EMTs) and volunteers to better serve our north end communities.

In other facility-related news, our plans to build a replacement clinic in Heppner and the renovation of Pioneer Memorial Hospital are currently on hold so that we can work through the details of our debt capacity and financial forecast to make a sound decision.

Lastly, on behalf of every member of MCHD, we thank you, the residents and business owners of Morrow County, for your confidence in your caregiver team, and your unwavering commitment to keeping yourselves and others safe during this difficult time.

Please continue to feel confident that we are here for you and appreciate every opportunity to be your trusted partner in health. Together, we are Morrow Strong!

**Sincerely,**  
Bob Houser, CEO, FACHE



## Heroes Work Here

We thank our Emergency Management Task Force, which includes community members across county organizations and agencies.

**Shelley Wight**, Morrow County Health Dept; **John Bowles**, Morrow County Sheriff's Dept.; **Bob Houser**, CEO, MCHD; **Nicole Mahoney**, CFO, MCHD; **Jamie Houck**, Chief Nursing Officer, MCHD; **Rusty Estes**, Emergency Medical Services Director, MDHD; **Betty Hickerson**, Infection Control Manager, MCHD; **Daniel Sharp**, Safety Officer, MCHD; **Jodi Ferguson**, Incident Command Aide, MCHD



*Bob Kilkenny Family Foundation donates funds for Lucas3 CPR unit.*



*Pioneer Memorial Hospital receives two ventilators from the state of Oregon.*





# Community & Compassion

with End-of-Life Care

Written by  
Katie Murray

The decision to end medical intervention is a complicated and emotional one for any patient or family considering hospice care. Over 45 years after its introduction into American life, for many, this essential, high level of care remains greatly misunderstood. Hospice has long been perceived as a diagnosis when there is no longer hope, a place you go without the comfort of your own home, or a service only for the patient.


For this issue of Living Healthier, Hospice Volunteer Coordinator, Jackie Alleman and I had the privilege of speaking with three local families about their experiences with hospice care. We set out to address the common myths about end-of-life care, and bear witness to what a community of care and compassion looks like for our patients and their families.

## Not Giving Up

Jackie and I started our quest for knowledge on the winding road to Arlington. Verne Kendall and his caregiver and daughter, Judy Seely, invited us into their warm and welcoming home. Verne, an 85-year old retired mechanic with a mischevious sparkle in his eye, has been in the care of Pioneer Memorial Hospice for eight months. Their quiet, peaceful home “is a place for living, not dying,” Judy shared. “It is a privilege to care for my dad, and hospice helps him and I live and enjoy the last chapter of his life.” Verne was scared and hesitant when his doctor told him he should consider Hospice. “I thought it was about giving up,” Verne said, “but the care opened my eyes. Hospice care is for the family. It is a support system that keeps me at home. It is not about the end of life; it is about quality of life.” With their community of care, including 24/7 on-call nurses, volunteers, speech therapy, and a local pharmacist a call away, Judy can support Verne safely at home. Verne emphasized, “the care that Judy can give me through Hospice, I appreciate every bit of it. They take care of her, and they take care of me.”



### Verne Kendall & Caregiver & Daughter, Judy



*“The care that Judy can give me through Hospice, I appreciate every bit of it. They take care of her, and they take care of me.”*



## Mortal Angels

Boardman resident, Jadine, a retired home health and hospice nurse, cared for her late husband, CD, who passed while receiving Hospice care in late April. We arrived and sat comfortably in her bright living room, enjoying a glass of ginger-ale. I asked Jadine about her career as a nurse and how it affected how she cared for her husband. "I knew how to care for my husband, and I was confident in that," Jadine explained. "What I didn't know was that I needed a break sometimes. I needed the emotional support that Hospice provided me." Jadine recalled her hesitation to bring other caregivers into the home but quickly realized that they listened to her and her husband's needs. "When I see the best in others, I want to be the best I can be," Jadine reflected. "I was resisting help at first, but now, it comforts me to know that I could give my all to him, and hospice helped make that possible." Jadine was matched with Boardman Hospice volunteer, Cheryl Tallman, also a retired nurse. Jadine knows that her husband loved Cheryl, and she was moved by her ability to understand what Jadine needed too. "What a privilege it is to have the care team and Cheryl by my side," Jadine reflected. "They are mortal angels."

## A Smile on Her Face

Jackie and I arrived at Glenn and Dawn Palmore's tranquil rural oasis in Irrigon, greeted this time by bunnies and garden gnomes. "Dawn loves the garden gnomes, and then the kids started giving them as gifts," Glenn said. "So now we have quite the collection." I walked into their living room, where Dawn slept peacefully in her chair. "I have been caring for my wife for over 20 years, with Alzheimer's, Parkinson's, and multiple sclerosis," Glenn began, and then added, "I married a younger woman; I thought she would be caring for me!" Glenn has the sense of humor one needs in hard times. He is grateful every day to have the Hospice

caregiver team's company and their recognition that he needs company and care too. Maria Lopez, Dawn's homemaker, has impressed Glenn the most. "She has a knack for talking to her, heck, she wants to eat more with her," Glenn admired. "She helps draw her out. Maria puts a smile on Dawn's face." I asked Glenn what he would tell a family considering Hospice care. Glenn replied, "The extent of the care is incredible. I have grocery shopping support, arrangements made as things arise, and her nurses and homemaker are always keeping Dawn comfortable, allowing me to rest. I want families to know that they will learn as they go, and have the support they need. Without Hospice, I would be in a world of hurt," he chuckled.

I left my last interview at Glenn and Dawn's home with a new perspective on what end-of-life care provides. I was moved by the privilege of speaking to our community members about Hospice, and by the care our Hospice team provides every day. Hospice is all-encompassing. It provides Verne and Judy family time together and a new outlook for Verne as he enters a new chapter in life. The care gave emotional and spiritual support to Jadine while she cared for her husband. It offers Glenn and Dawn with the comfort of home, surrounded by family and volunteers to

help whenever and wherever. Hospice care includes comprehensive, 24/7 care from caregivers of many different professions, helps patients avoid unwanted

hospitalizations and care outside the home, and gives patients and their families opportunity to seek coordinated support when they need it most. As Jadine remarked in our interview, "We have a team to bring us into this world, we need one to leave it."



## The Power of Volunteering; Being There is Comfort Care



### Debbie Sumner

*"You can simply be yourself and provide a service you uniquely have to Hospice Volunteering. I am a wonderful visitor and I like to read or massage a patient. It makes me feel good to make them laugh, or remind them of a good memory, and I know they appreciate it too."*



### Cheryl Tallman

*"My time as a Hospice Volunteer has always centered on care for the families of the patients. When I first work with a family, I listen and quickly pick up what they may need me to do to support them. It brings me great joy to help caregivers in this way."*



# VIRTUAL CHECK-IN WITH



2020 Graduate

**ZOEY GILBERT, PRESIDENT**  
Zoey plans on attending BMCC to earn an associate degree in diagnostic imaging.



2020 Graduate

**MACKENZIE HEIDEMAN, TREASURER**  
Macky plans to attend Mt. Hood CC for elementary education and she will run Track and XC for them.



2020 Graduate

**SARA KNOP, SECRETARY**  
Sarah will be attending Pacific University where she will run XC and T&F while majoring in Psychology.



Member

**MALINDA MORTER, VICE PRESIDENT**



Member  
**GLORIANA CLABAUGH**



Member  
**COLT PARKER**

The coronavirus crisis is altering the lives of millions of students worldwide. Students have transitioned to remote learning and socializing, and taken on more household chores and work hours where a full school day used to be. MCHD checked in with Lone Community Clinic’s Youth Advisory Council from the Lone School District. Y.A.C. members Gloriana Clabaugh and Colt Parker shared what it is like to learn online, spend more time with family, and how they are dealing with the stress and demands of daily life as a teen in quarantine.

## HOW HAS YOUR DAILY ROUTINE CHANGED DURING QUARANTINE?

“When our online learning and assignments are done for the day, and we finish our homework, we start the list of chores our parents have left for us or a job we have.”

## WHAT HAS BEEN SURPRISING OR CHALLENGING ABOUT YOUR EXPERIENCE?

“I thought it might be nice to have a break from school, but it really has been boring. Online learning is hard to get used to, and I enjoy spending time with my classmates and friends all day long. School takes less time now, but I wish we were back in session!”

## HOW HAVE YOU STAYED ACTIVE AND HEALTHY?

“Lots of chores! We have more household chores and work hours now because we have more time at home. It keeps us active.”

## WHAT DO YOU LOOK FORWARD TO WHEN SCHOOL IS BACK IN SESSION, AND WHAT PROGRAMS ARE YOU EXCITED TO WORK ON FOR THE Y.A.C.?

“I am excited to get back to normal, and see my friends on a regular basis, and have less house chores and work. We want to do some mental health projects in the fall. We think that will be helpful to our classmates, especially after this strange and difficult year.”

## ANNOUNCEMENTS

**COMFORT CLOSET:** The Lone Community Clinic Comfort Closet is accepting donations for hygiene items. This closet is open to all community members as well as students. Contact Lone Community Clinic to learn more: 541-422-7128

**THE YOUTH ADVISORY COUNCIL:** The Youth Advisory Council is looking for new members! Contact Clair Arnold, ICC Coordinator: [clerissaa@mochohd.org](mailto:clerissaa@mochohd.org) or 541-422-7128





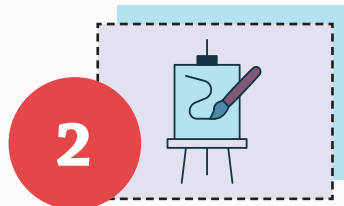
# WE ARE #MorrowStrong

## Here to Care for You

The global public health crisis we are facing today has many feeling stressed, anxious and overwhelmed. Self-care during an emergency promotes long-term healing. Here are some tips to cope with stress in a healthy way that can help you, your family, and our communities stay #MorrowStrong:



When you are feeling stressed or overwhelmed, practice a deep breathing exercise. Take a deep breath in, hold for 4 seconds, exhale, and hold again for 4 seconds.



Take breaks from watching, reading, or listening to news stories, including those on social media. Too much news, can be bad news for your mental health. Consider doing an activity you enjoy instead.



Connect with others. Though it may feel out of your comfort zone, talk to people you trust about how you are feeling. Connecting with community or faith-based organizations or providing social support to others can help you, and make your community stronger.



Take care of your body. Regular exercise, eating healthy, well-balanced meals, and getting a good night sleep are proven ways to help boost mood and help you cope with stress.



Know where and how to get treatment. There are support systems, including counseling or therapy to help you cope with feelings of loneliness, isolation, fear and anxiety.

**Visit [HealthyMC.org](https://HealthyMC.org) for more Healthy@Home activities and local community resources here in Morrow County.**

*Based on CDC recommendations for coping with stress during COVID-19.*



**Jamie Reed, CSW-A**

Behavioral Health Consultant, Irrigon Medical Clinic

*"Like all members of the MCHD caregiver team, I am here to care for you, help you cope with stress, and find resources to support you."*





# COUNT US IN!

## 2020 CENSUS

Morrow County Health District is urging the communities we serve to do their part and complete the 2020 Census. Why? Because the results of the 2020 Census will help determine how hundreds of billions of dollars in federal funding flow into communities, including ours, every year for the next decade.

That funding shapes many different aspects of every community, no matter the size, no matter the location. Please visit **2020CENSUS.GOV**, to learn more about your valuable participation.



## Summer Schedule

### Mobile Mammography Call to Schedule

Irrigon Medical Clinic  
541-922-5880

Pioneer Memorial Clinic  
541-676-2931

### MRI Mobile Call to Schedule

541-676-2918



*\*All events subject to change, postponement or cancellation. Please visit [HealthyMC.org](http://HealthyMC.org) for updates.*

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

STD PST  
Postage  
PAID  
Permit No. 8  
97836

\*\*\*\*\*ECRWSS\*\*\*\*

Local  
Postal Customer