



GRANDE
RONDE
HOSPITAL

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Life & Health

SUMMER 2015

A JOURNAL DEVOTED TO HEALTHFUL LIVING



Continuing to care for you


SINCE 1907, Grande Ronde Hospital (GRH) has made the health and well-being of the people of Union County a priority. With roots as deep as the mountains that define the place we all call home, our passion for healing is still fueled by the same pioneer spirit inherited from those who settled here.

We firmly believe that protecting your health and helping our communities thrive is not just our job—it's our heritage. That independent spirit drives our belief that remaining locally owned and operated as your community hospital, we are better able to serve the residents of Union County and the broader northeast Oregon region. We are proud to lead the region with an expansive list of medical care and specialties, patient

care services and education, and the latest in medical technology often found only in large, urban hospitals.

Enhancing our services

For more information about all we offer and all we hope to achieve, visit www.grh.org and check out our new look! Our beautiful new website with responsive technology adapts to fit your smartphone, tablet or PC, and also features more graphics, interaction and simplified navigation to find just what you are looking for.

Our expanded provider directory with full-color print option and video will help you learn more about the providers who care for you and your family. We continue to recruit the very best to our small but vibrant community. 

Joining our team this year

To serve the growing demand by our patients for more health care services, we have hired these new providers. Please help us welcome:



Hollyn Crowe, DO

—her family has ties to the Grande Ronde Valley. The newest pediatrician to join our Children's Clinic team is taking new

patients now.



Carly Gray, ANP

—seeing patients now at the Regional Medical Clinic (RMC). She comes to us from Boise, Idaho, where she completed a nurse practitioner resident program at the Boise VA Medical Center.



Jessica Cloud, FNP

—joins the hospitalist program at GRH. She completed her fellowship in primary care in an internal medicine-focused

outpatient clinic at the Boise VA Medical Center.



Lindsay Crawford, FNP

—seeing patients at the RMC. She comes to La Grande from Boise, Idaho. Her professional

interests are evidence-based patient care with an emphasis on health promotion and disease prevention.

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Hit the greens to raise some greenbacks! Proceeds from this year's golf classic will help buy new orthopedic surgery equipment at Grande Ronde Hospital. See page 3.



Backpack overload?

Your children may have backpack overload if they:

- ▶ Struggle to put the backpack on or take it off
- ▶ Change posture while wearing the backpack
- ▶ Have red marks on their shoulders
- ▶ Feel tingling or numbness in their arms or legs

Parents: Get ready for school

SOME things you can count on when school starts in the fall.

One is an avalanche of advertising. Seemingly every store offers sales on notebooks, pens and other supplies. Another sure thing—kids complain about homework, teachers or having to get up early after a summer of sleeping in.

Unfortunately, you can also expect a few potentially serious dilemmas, such as children coming home with viral infections.

Fortunately, you can take steps to help prevent their getting sick.

Protect against illness

Why do kids who were healthy all summer often get sick when school

resumes? Part of the reason is the season. Colds and flu are as much a piece of the fall and winter landscapes as are fallen leaves and snow.

Also, children have not built up an immunity to many cold viruses, making them vulnerable to those that spread throughout the school population.

As a parent, there are two important things you can do to help protect your children from disease:

- 1 Teach them to wash their hands well and often. That means scrubbing their hands with soap for at least 20 seconds, then rinsing them under running water.
- 2 Keep their immunizations up-to-date. You can find out what

vaccinations your child needs and when at www.morehealth.org/kids.

Inform school officials

If your child has a chronic health condition—such as asthma—talk with your child's physician about working with school officials to meet your child's health needs.

You, your child's physician and school staff might want to develop a written plan, including:

- ▶ How to handle medications
- ▶ Who to contact if there is a problem
- ▶ What to do in an emergency

Also remember to sign any necessary consent forms. 

Source: American Academy of Pediatrics

FLU FACTS

5-20%
of the people in the U.S. get the flu each year.


The flu sends **200,000 PEOPLE** to the hospital each year.

Germs can travel as far as **6 feet** when a person coughs or talks.



← **6'** →

The virus can survive on surfaces for

2-8 hours



Between 1976 and 2006, there were about **3,000 to 49,000 flu-related deaths**.

The best protection?

A flu shot ever year.

Nearly everyone older than 6 months should get one.



HOW TO STAY HEALTHY:

Wash your hands often.
Avoid touching your face.
Steer clear of people who are sick.

Have you gotten your flu shot? Make an appointment.

Help your child stay healthy this school year. For a checkup, call the Children's Clinic at **541-663-3150**. And see your own primary care provider to discuss flu shots and more.

Sources: Centers for Disease Control and Prevention; National Institute of Allergy and Infectious Diseases



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2015 GRANDE RONDE 21st annual AMATEUR

3 DAYS OF PLAY! SEPTEMBER 11-13

THE GRANDE RONDE

Hospital Foundation has partnered with La Grande Country Club to host another expanded version of northeast Oregon's premier golf classic with three days of opportunities to hit the greens.

Golfers in the 21st Grande Ronde Amateur will have the option to compete on Friday, Saturday or Sunday. Golfers just need to play two out of three days between Sept. 11 and 13 at the La Grande Country Club. On Sunday afternoon, there will be two Sole Survivor competitions based on gross score. One division will feature a single-player competition, while the other division will showcase two-person teams. Senior players (60 and older) can play from the shorter tees and will be eligible for the two-person Sole Survivor competition.

This year, the Amateur is hosting Men's and Women's Divisions to make the 2015

Amateur as competitive as possible. There will be four prizes awarded for the closest to the pin shots. Legacy Ford will once again be generously sponsoring the Hole-in-One Challenge with an opportunity to win a free Ford vehicle.

The Amateur is the longest-running individual stroke play event in the region. We are grateful to corporate sponsors Legacy Auto Group in La Grande and Pepsi-Cola Bottling Company of Eastern Oregon. We would also like to thank the many individuals and businesses who have generously donated to make this event possible.

This year, 100 percent of the funds raised will be dedicated to purchasing advanced patient care equipment at Grande Ronde Hospital. Proceeds from the golf tournament will purchase new Total Knee power tools to assist Grande Ronde Hospital's orthopedic surgeons with knee and hip replacement surgeries. 

Grande Ronde Hospital Foundation helps bring you the best care


The Foundation is supporting new patient care equipment projects at GRH this year. The projects include:

- ▶ Total Knee power tools for the operating rooms
- ▶ An Avalon fetal monitor for the Women's Clinic

▶ Bio-Logic Scout Sport hearing diagnostic equipment for newborn hearing testing and follow-up care at the Children's Clinic

In addition, the Foundation has worked with the GRH Home Care Services to use restricted hospice gifts to purchase a new

Ford Escape from Legacy Auto Group to help serve hospice patients.

The Foundation will be fundraising for these projects for the rest of the calendar year. If you would like to support the Foundation, or have questions about these projects, please call Foundation manager Will Simons at **541-963-1431**. 



To learn more, contact the Grande Ronde Hospital Foundation by phone: **541-963-1431**; email: foundation@grh.org; or mail: 900 Sunset Drive, La Grande, OR 97850.

Find online registration and payment options for the Amateur at www.grh.org/golf.

Enjoy great golf and support excellence in your local health care!



Donate to the GRH Foundation at www.grh.org/giving.

LIFE AND HEALTH is published as a community service for the friends and patrons of GRANDE RONDE HOSPITAL, 900 Sunset Drive, La Grande, OR 97850.

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CLNB1476


UNION AND ELGIN

Expanding our commitment to keep care local

WE ARE so pleased to have joined forces with the Union Family Health Center and the Elgin Family Health Clinic. With increasing regulatory demands on providers, it had become more and more difficult for these smaller independent practices to survive. It is a situation the Union operation had sought to alleviate by previously considering a partnership with another health care system.

Because we view regional access to quality health care services as our mission, we believed it was vital that health care services offered in these communities remain viable for the people

who live in them. It was in this spirit of support, along with the desire to fulfill our mission, that we entered into negotiations with both the South County Health District Board and Elgin Health District Board last spring.

Please join us in welcoming our new primary care providers: Kim Montee, MD; Bonnie Hayslett, PA; and Jamie Jo Haddock, FNP, as well as all of the wonderful clinic staff into the Grand Ronde Hospital family. We are excited to continue working together to build upon the great strides in health care services that have already been made in these communities. 



Kim Montee, MD,
Union and Elgin
clinics



Bonnie Hayslett,
PA, Union and
Elgin clinics



Jamie Jo Haddock,
FNP, Union and
Elgin clinics

JOINING OUR TEAM THIS YEAR

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Betsy Anderson, MD

—a family practice physician who comes to us from Heppner, Oregon. She will begin seeing patients at the RMC in September.

Adrian Davis, MD

—another orthopedic surgeon joining the care team at the Ortho Clinic this coming October.

Ellen Harris, FNP

—seeing patients at GRH, the RMC and in Union and Elgin. She comes to us from Hawaii, where she was in practice at the Waianae Coast Comprehensive Health Clinic.

Find out more about these newest members of our community, as well as all of the wonderful providers featured in our new online provider directory, at www.grh.org today!