



GRANDE
RONDE
HOSPITAL

Visit us online at www.grh.org.

Life & Health

WINTER 2016

A JOURNAL DEVOTED TO HEALTHFUL LIVING

The doctor is ALWAYS in

GRH ReadyCare—care that's ready whenever, wherever

HEALTH CARE visits on your phone, tablet or computer? With no appointment? That's right! Grande Ronde Hospital (GRH) has brought the doctor to you with GRH ReadyCare.

GRH ReadyCare is a convenient, affordable option for access to health care for simple medical concerns such as cold, influenza, stomach flu, pink eye, rash, allergies, sinus infection and more. Providers will even be able to write simple prescriptions for things like antibiotics but never for narcotics. ReadyCare is not meant to replace your relationship with a primary care provider.

Through virtual access to an on-demand, online primary care clinic, ReadyCare providers are there for you whenever and wherever you need immediate care. Talk with a provider via Skype, FaceTime or video chat. ReadyCare is safe, confidential, and staffed by Oregon-licensed doctors and nurse practitioners who specialize in family practice.

ReadyCare visits are always \$35, payable with a debit or credit card. You will also be provided with a receipt to submit to your insurance




company for reimbursement.

"Really this is the next logical step for us to expand access to care for our communities," explains Doug Romer, Executive Director of Patient Care Services and the head of GRH's award-winning TeleHealth program. "Carena, our clinical and technology partner for this new service line, has a reputation for excellence in the industry. They've been outstanding for our team to work with during this process. We chose wisely."

GRH partnered with Carena out of Seattle to offer this 24/7 care. Carena's virtual clinic platform allows patients to receive high-quality care in a

virtual clinic, wherever they are, using a smartphone, tablet or computer. Currently, more than 15 million people nationwide have access to Carena's partner-branded virtual clinics like GRH ReadyCare.

This virtual care model is fully integrated into GRH's care delivery system. Providers working in the virtual clinic will follow GRH's practice guidelines to ensure patients receive high-quality, evidence-based care. The virtual clinic helps current GRH patients stay in-network for continuous care and helps new patients connect to a GRH provider after their virtual visit. 



PUBLIC GO-LIVE JAN. 12, 2017: Create an account at readycare.grh.org or find the access link at grh.org. For primary care that really goes with you, download the GRH ReadyCare mobile app from Google Play or the App Store, available January 2017.

In their own words

Patients and providers share their stories

JEFF OVESON is back on course after a knee replacement at Grande Ronde Hospital in January 2016. Experience Jeff's road to recovery from his latest orthopedic surgery (he's had four!) and his perspective on the importance of being an active member in what Jeff calls "the partnership to get well."


Jeff's story, along with three other Patient Stories, may be viewed online at www.grh.org/about-us/patient-stories.

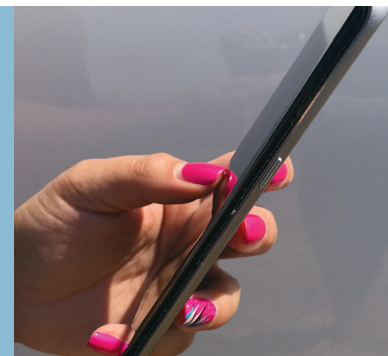
Hear more about the GRH patient experience from Cheri Davis, Hailey Hulse and Sally Sheehy. Each woman has a unique story to tell about her health, her health care and her experience with us.

Our patients truly value the partnership in their own health care that they have developed with us. Our focus to keep our patients at the center of our patient care team is a

win for everyone who gets involved. We want patients to be their best advocate for their care while with us, as well as during their preparation and post-recovery. We work hard to make sure our patients never feel like they are alone in their efforts. We do all we can to help you get well and stay healthy. Wherever you are in your health care journey, we are with you every step of the way.

Keep watching for more Patient Stories at grh.org as we produce and share new videos featuring our patients throughout the year.

You may also find these Patient Stories, along with more GRH videos, on the GRH YouTube channel. Search for us there, and hear not only what our patients say about us, but some very special and personal testimonials from our providers on why they love what they do for you. 



Skip the line with Online Scheduling

Have you heard about the Online Scheduling option for our Walk-In Clinic?


Get in line before you leave home with our new Online Scheduling option for the Walk-In Clinic.

Online Scheduling lets you choose an arrival time at the Walk-In that suits you best.

Our Online Scheduling option is not a confirmed appointment, and emergency situations may bump your check-in time. But you will get messages about delays, as well as reminders when it's time to check in. Spend less time in the waiting room.

Online Scheduling for our Walk-In Clinic is a new service we recently implemented to alleviate the pain of waiting to see a provider at the Walk-In Clinic, 506 4th Street. In addition to GRH ReadyCare, Online Scheduling for the Walk-In Clinic is another example of our commitment to providing options for improving access to providers and wait times in clinics. With Online Scheduling for the Walk-In, you can wait wherever it's most convenient for you.



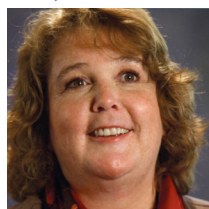
Access to the Online Scheduling service for our Walk-In Clinic is available at grh.org in the "Find a Provider" section of our home page. 



Cheri Davis



Hailey Hulse



Sally Sheehy



Jeff Oveson



2016 in review

In the 2016 calendar year, the Grande Ronde Hospital Foundation funded three important projects to improve patient care at Grande Ronde Hospital (GRH).

The projects included:

- ▶ 3D digital mammography unit, the first in Eastern Oregon
- ▶ Hematology analyzer for the Regional Medical Clinic
- ▶ EKG machine for the new Cardiology Department

All of these projects would not have been possible without our donors' support. To those who have given to the Foundation during 2016, thank you! Your contribution has helped to keep our local health care strong in Union County.

How you can help


One hundred percent of all gifts to the GRH Foundation go directly to patient care needs.

Foundation Board Member List 2016:

J. Glenn Null, Chair
 Peter Fallow, Vice-Chair
 Julie Hickerson, Treasurer
 Mary Koza, Secretary
 Rhonda Basso
 Dale Counsell
 Jeff Crews
 Libby Gobin
 Kevin Loveland
 Mary West

Your giving does have an impact where it's needed the most. It's never too late to give to the Foundation. Your gift—of any size—helps to secure other gifts and sends a message about how we value and support high-quality, local health care. Giving is easy.

Donate online at www.grh.org and select the "Donate" tab. For more information about the

 Foundation or its projects, call the Foundation at


541-963-1431. 



Women's division winner **Becky Kramer** tees off during the Grande Ronde Amateur at La Grande Country Club.

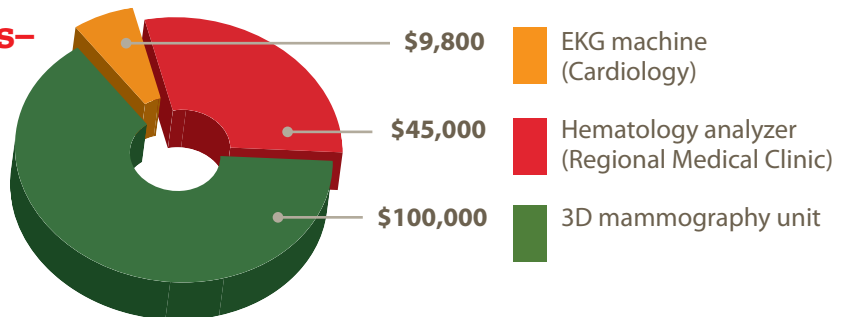
Grande Ronde Amateur roundup

The 22nd annual Grande Ronde Amateur was a big success. There were 30 tournament sponsors and a special event sponsor who backed a new putting contest, which generated extra donations in addition to the two major Corporate Sponsors: Pepsi Cola Distributors of Eastern Oregon and Legacy Motors.

This year, 72 golfers rounded out the field, including a handful of new attendees. Just over 100 people attended the dinner and auction. Our silent and live auctions had great participation, and bidding activity raised over \$2,800! Overall the tournament raised \$16,500 to go towards patient equipment needs in Grande Ronde Hospital and its clinics. 

2016 Foundation projects—Supporting patient care

The Foundation dedicated **\$154,800** toward the purchase of patient care equipment at Grande Ronde Hospital.



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Healthy *holiday* eating

Put **red** and **green** on your Christmas dish list

CHANCES ARE, you plan to deck the halls for a very merry holiday season. And what better way to evoke the spirit of Christmas past, present and future than with a traditional red and green color scheme?

Bring those holiday hues into your festive feasts, and you're sure to keep good health on the menu—even as you sample the occasional treat.

'Tis always the season

A number of fresh reds and greens are in the produce aisles now, waiting to star in your winter meals. Look for red foods, such as apples, beets, cranberries, red bell peppers and pomegranates. And go for green ones, like Brussels sprouts, kiwi, kale and (again) apples.

Of course you don't have to stop there. Almost anything you could

wish for is available year-round in the frozen food section. Frozen fruits and veggies are just as nutritious as fresh—if you skip those with added sugar, fat or salt.

Ready to transform a host of reds and greens into healthy seasonal delights? Let's get started!

Breakfast. For a green smoothie even Scrooge would love, toss kiwi, banana, and a few leaves of spinach or kale into the blender with low-fat yogurt.

Lunch. Get the kids involved in planning and prepping a midday meal featuring only red and green foods. Try veggie kebabs made with roasted beets, Brussels sprouts and red bell peppers.

Snack. Set out a bowl of fresh cranberries or toasted kale chips.

Salad with dinner—or as the main dish. Transform cucumber

slices into stars with a mini cookie cutter. Toss with tomatoes, pomegranate seeds, chopped kale and a splash of vinaigrette. For some colorful protein—and to make this a meal—add cooked red lentils.

Dessert. Core green apples, fill with cranberries, drizzle with maple syrup and bake. 

Sources: Academy of Nutrition and Dietetics; American Institute for Cancer Research; fruitsandveggiesmorematters.org

