



# Life & Health

SUMMER 2016

A JOURNAL DEVOTED TO HEALTHFUL LIVING

## Welcome your newest providers

**SINCE** 1907, Grande Ronde Hospital (GRH) has made caring for the people of Union County a priority. In recent years, GRH has moved beyond hospital doors to provide health care and hospice services in people's homes; to provide outpatient services in specialty and primary care clinics; and to expand access and options for care through an award-winning telehealth program, online patient health portals and virtual care visits.

Today, your community hospital is working harder than ever to best serve the residents of Union County, while remaining locally owned and operated. We have further expanded your care options this year by recruiting the region's first full-time cardiologist, a second neurologist, a hospitalist, both an internal medicine and a family practice physician, and five nurse practitioners—some of whom you have already met. Help us welcome these new providers for 2016.

### Regional Medical Clinic



**Roger Kilbourn, DO,**  
family practice

Dr. Kilbourn is skilled in treating a variety of conditions, particularly diabetes, hypertension, asthma, COPD and mental health—from neonatal to elderly and hospice patients. Professional interests include osteopathic manipulation with a leaning toward cranial osteopathy and myofascial techniques, and adolescent and young adult care.

He graduated summa cum laude from Oregon State University with a Bachelor of Science in zoology. He earned a Master of Science in microbiology from Michigan State University and received his Doctor

of Osteopathy from there in 2001.

Dr. Kilbourn grew up in Stayton, Oregon, but has deep family ties to the Grand Ronde Valley. He spent many summers at his grandparents' place on the Grande Ronde River and time in Elgin. His ancestry lies in the Hug and Bendshadler families, both of whom can trace their history in Union County back many generations.

He enjoys working with the Boy Scouts of America, camping and spending time with his family.



**Thiri Myint, MD,**  
internal medicine

Dr. Myint comes from an extensive global background in working and



volunteering for international health and relief organizations such as the UN World Food Program, UNICEF and Doctors Without Borders. She has worked in Myanmar, Switzerland, Germany, France and the United States.

Since 2013, Dr. Myint worked for the Interfaith Medical Center—a multi-site community teaching health care system in Brooklyn, New York, which includes a 287-bed hospital facility and a network of ambulatory care clinics.

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A hole in one for community health! The 22nd annual Grande Ronde Amateur will raise funds for new 3-D mammography and a better blood test machine. See page 3.



## New care providers

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### **Dara Fields, NP-C, pediatrics**

Fields began seeing patients in February 2016 after moving from Alaska upon receiving her Master of Science in nursing from University of Alaska, Anchorage, where in 2009 she also earned her Bachelor of Science in nursing. As a medical-surgical registered nurse, she worked for the Alaska Native Medical Center and the PeaceHealth Ketchikan Medical Center.

Fields has volunteered extensively for medical missions to Honduras and Jamaica, as well as for the Muldoon Community Assembly and the Catholic Social Services Refugee and Immigrant program.

She enjoys reading, playing piano, learning the beautiful Spanish language and being outside in the sunshine.



### **Aprill Graham, NP-C, family practice**

Graham has more than nine years of experience in direct patient care as a certified emergency nurse in several facilities throughout the state. In 2015, she received her Master of Science in nursing from the University of Texas at Arlington. She also holds an advanced registered nurse practitioner certification.

Graham's professional interests include primary and preventive care. Her personal interests include running and other outdoor activities, spending time with her dog, traveling, and photography.

## Grande Ronde Hospital



### **Blake A. Gornowicz, MD, hospitalist**

After serving at GRH as a locum tenens (a physician hired to fill in for other physicians temporarily) in our hospitalist program for the past year, Dr. Gornowicz has joined our staff as a permanent member of our provider care team. Professional interests include critical care medicine, symptomatic coronary artery disease management, COPD management and end-of-life care.

His personal interests are sailing, motorcycle racing, mountaineering and paragliding.



### **Esinath "Essie" Kwenda, NP-C, hospitalist program and emergency medicine**

Kwenda came to La Grande from Tennessee, where she had worked as a family nurse practitioner since 2011. She has a solid background in acute care and medical-surgical nursing with a special emphasis in treating both ventilator-dependent and diabetic patients.

Kwenda's professional interests include infectious disease control, evidence-based practices and diabetes management. Her personal interests are reading, running half marathons (she completed eight in 2015), traveling, kickboxing, and spending time in church and with family.



### **Courtney Travis, NP-C, emergency medicine**

A resident of the Pacific Northwest, Travis has worked as a registered nurse and family practitioner throughout Washington state, most recently as a family nurse practitioner for Saint Alphonsus Medical Center–Baker City. In 2013, she received her Master of Nursing from Gonzaga University in Spokane. She also holds an advanced registered nurse practitioner certification.

## Women's & Children's Clinic



### **Monica Hill, NP-C, pediatrics**

Hill began working for GRH in 2012 as an emergency room and triage nurse, house supervising RN, and clinic float nurse while completing her education as a family nurse practitioner.

In April, she transitioned into working full-time as a family nurse practitioner with our pediatric clinic services upon completing her education as a nurse practitioner.

Hill's personal interests are running, reading, supporting her children's sports teams, spending time with her family and volunteering for kids' causes.

## Neurology Clinic



### **Chris Quinto, MD, neurology**

In February, Dr. Quinto joined us as a neurologist and to serve as the medical director of the GRH Sleep Clinic. Her professional interests include general neurology, nerve conduction and EMG studies, evoked potential studies, polysomnography and sleep medicine. Her personal interests are running, kickboxing, golf and spending time with her family.

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## A hole in one for community health!


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

Golfers in the 22nd Grande Ronde Amateur will have the option to compete on Friday, Saturday or Sunday, Sept. 9 to 11. Golfers just need to play two out of the three days at the La Grande Country Club.

On Sunday afternoon, there will be two Sole Survivor competition divisions. One division is top ten low gross; second division next ten low gross and top ten low net paired in teams. Senior players (60 and older) can play from the shorter tees and will be eligible for the two-person Sole Survivor competition.

There will also be separate men's and women's divisions for this year's tournament. The 2016 Amateur will be one of the most widely competitive tournaments in the area!

One hundred percent of the fundraising will be dedicated toward the purchase of a new 3-D mammogram machine, the first of its kind in Eastern Oregon; as well as an advanced hematology analyzer for faster, more accurate blood tests (see "Focused on High-Tech Health Care"). The Foundation will be fundraising for these projects for the rest of the calendar year.

Please contact the Foundation if you would like to support and be involved with the Foundation's efforts or have questions about the Grande Ronde Amateur or other projects. 

Alegre Travel  
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To learn more, contact the Grande Ronde Hospital Foundation by phone: **541-963-1431**; email: [foundation@grh.org](mailto: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](http://www.grh.org/golf). Enjoy great golf and support excellence in your local health care!

## Focused on high-tech health care


On June 30, the Grande Ronde Hospital Foundation kicked off fundraising for two new vital pieces of equipment.

The Foundation is raising funds to purchase a 3-D mammography machine—the first of its kind in Eastern Oregon. The 3-D imaging allows for better scan density, making scans more accurate and decreasing

the likelihood of patients' needing a follow-up scan. Patients will no longer need to travel out of the area to get these scans.

The Foundation is also focusing its fundraising efforts on purchasing a new hematology analyzer for the Regional Medical Clinic laboratory. The new machine will be able to perform a five-part white blood

count (WBC) differential, compared to the current machine's three-part WBC differential. This will allow for a more accurate and more efficient detection of blood abnormalities.

You can contact the Foundation at any time to help fund this equipment or many other projects. 



Donate to the GRH Foundation at [www.grh.org/foundation](http://www.grh.org/foundation).

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## What is a DO?

**DOCTORS** of osteopathic medicine (DOs) offer a distinct form of medical practice that provides all the benefits of modern medicine (prescription drugs, surgery, modern technology to diagnose and evaluate disease, etc.) with the added benefit of hands-on diagnosis and treatment through a system of therapy known as osteopathic manipulative medicine. Osteopaths typically emphasize health promotion and disease prevention. Grande Ronde Hospital currently employs 11 DOs across eight specialties within its medical staff.

### Skilled physicians

DOs complete four years of medical school. They also spend three to eight years in internships, residencies and fellowships.

Although there are DOs in every medical specialty, most practice in

primary care fields, such as family medicine, pediatrics and obstetrics-gynecology. Like MDs, they must pass state licensing examinations in order to practice.

When you see a DO, you can expect the latest in medical techniques and services. DOs diagnose and treat illnesses and prescribe medicine, and some perform surgery. They also are trained to treat the patient as a whole person and to emphasize wellness and healthy lifestyles.


These physicians help relieve the growing shortage of physicians in the U.S. Their contribution is especially important because DOs often practice in rural and urban areas where access to medical care can be difficult.

### Healing touch

DOs focus special attention on the musculoskeletal system. They practice a hands-on system of gentle pressure, stretching and resistance to move muscles and joints.

This technique is called osteopathic manipulative treatment. It's one tool DOs use to help prevent, diagnose and treat illnesses.

### A growing field

About 7 percent of physicians in the U.S. are DOs, and that number is rapidly rising. Today, about 1 in 5 medical students is attending an osteopathic medical school. 

Sources: American Osteopathic Association; American Association of Colleges of Osteopathic Medicine; U.S. Department of Labor



## New care providers

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### Cardiology Clinic



**Emilia Arden, DO,**  
cardiologist

In January, Dr. Arden joined the GRH medical staff as a cardiologist, bringing full-

time cardiac care to Union County for the very first time.

Her professional interests include cardiovascular disease prevention, stress echocardiogram studies, stress myocardial perfusion studies, pacemaker implantation and management, and the diagnosis and management of autonomic dysfunction and dysautonomia. Her personal interests are hiking, gardening, and spending time with her husband and their dogs. 

Find out more about these members of our community, as well as all of the wonderful providers featured in our online provider directory, at [www.grh.org](http://www.grh.org).