



GRANDE
RONDE
HOSPITAL

Visit us online at www.grh.org.

Life & Health

SPRING 2015

A JOURNAL DEVOTED TO HEALTHFUL LIVING



Stephen McIlmoil, DO, Emergency Medicine, is one of the local providers who will be on hand to meet, greet and answer questions during the Fifth Annual Community Health Fair.

Kick-start better health at the Community Health Fair

EVERYONE is so busy these days! Most people tend to put better health last on their priority list. They look at their schedules and budgets and put off those routine tests their doctors recommend. The Fifth Annual Community Health Fair sponsored by Grande Ronde Hospital (GRH) offers a way to kick-start better health habits.

**Saturday, April 25,
8 a.m. to noon**
Blue Mountain
Conference Center,
404 12th St.,
La Grande



Get answers

At the Annual Community Health Fair, the GRH Lab is offering a glucose, lipid panel and red blood cell count testing draw for just \$25—the cost to cover the kit. The members of the staff are donating their time and their talents to patients.

The Regional Medical Clinic will be providing blood pressure checks for free, and we are in the process of lining up free eye and hearing screenings. Local doctors will be inside the main conference room to visit with you on your terms—so bring your questions and ask away!



Get moving

Spring out of hibernation with the 17th Annual Grande Ronde Rehab Run. There are two options: a timed 10K for the competitive runner or a shorter 5K Fun Run, Walk or Bike for folks—both two- and four-footed—of all ages and abilities. The Life Flight helicopter will be back this year—emergencies permitting—along with the always popular healthy cooking demonstrations with certified dietitian and diabetes educator Susan Lewis.



Get prizes

Community resource health partners and local vendors will also be on hand to offer you information, advice and plenty of fun giveaways and prizes. And speaking of prizes—this year, Grande Ronde Hospital, Inc. is donating a grand prize of up to \$500 toward a custom fit bike from Mountain Works Bicycles. Ask the greeters at the door for a Grande Health Fair Touring Card for a chance to win.

There are many more surprises in store, so keep watching the paper for details and stay tuned to your radio. The Community Health Fair is sponsored by Grande Ronde Hospital, Inc. because we care for our community.

Community Health Fair coming soon



GRH's lab offers diagnostic reduced-fee screenings at the Community Health Fair on Saturday, April 25, from 8 a.m. to noon at the Blue Mountain Conference Center. No appointment or referral is needed. Fast for nine hours before the draw.

Save the date and some dollars!

Fifth Annual Community Health Fair offers \$25 one-stop lab screenings

Grande Ronde Hospital's lab screenings at the 2015 Community Health Fair, Saturday, April 25, offer you more diagnostics for less. Just \$25 covers all tests allowed by Oregon state law without a physician's order. New this year are the hemoglobin and hematocrit red blood cell screening for anemia (low red blood cells) and polycythemia (high red blood cells), along with our traditional glucose and lipid panel: cholesterol, HDL, LDL and triglycerides.

No appointment or referral is necessary for these important tests! For optimum test results, fast nine hours before the draw.

Tests worth taking

Don't miss these three important tests at the annual health fair

The American Heart Association and U.S. Department of Health and Human Services agree that screening for high blood pressure, diabetes and high cholesterol is vital. Lucky for you, all three of these are offered at the Fifth Annual Community Health Fair—either for free or for a minimal fee.

1 High blood pressure. Some of the potentially deadly diseases triggered by high blood pressure include heart attack, kidney failure and stroke. You should have your blood pressure checked by a medical professional at least once every two years.

2 Diabetes. The list of potential health problems associated with diabetes is a long one and includes heart disease, stroke, blindness and the loss of limbs. You should be screened for diabetes if your blood pressure is higher than 135/80 mm Hg or you take medication for high blood pressure. A simple blood test can detect if your blood sugar level is too high.

3 High cholesterol. The trouble with having too much cholesterol in your blood is that it can clog blood vessels and lead to a heart attack or stroke. You should have a fasting cholesterol test every four to six years, starting at age 20.

You may need to be tested more often if:

▶ Your total cholesterol is 200 mg/dL of

blood or more.

▶ Your HDL (good) cholesterol is less than 40 mg/dL for men or less than 50 mg/dL for women.

▶ You're over age 45 for men or 50 for women.

▶ You have other risk factors for heart disease and stroke, such as high blood pressure.

Home sweet home

Recover with Grande Ronde Hospital Home Health and Hospice

Given a choice, you'd probably rather be at home to recuperate from a hospital stay or to get ongoing medical care. And that's not an impossible dream. If your doctor agrees, home health care can be an excellent alternative to a skilled nursing facility or rehabilitation center.

Depending on your needs, our home health care can provide nurses, physical



and occupational therapists, and speech pathologists. Sometimes home health aides can help with daily activities, such as bathing and dressing.

GRH Home Health and Hospice is an

To learn about our services, call 541-963-CARE or stop by our booth at the Fifth Annual Community Health Fair, Saturday, April 25, at the Blue Mountain Conference Center.

approved Medicare provider. Medicare pays for home health care under certain conditions. Services must be deemed medically reasonable and necessary, and the service agency must be certified by Medicare.



GRH FOUNDATION 2014 ANNUAL REPORT

2014 in review

In 2014, the Grande Ronde Hospital Foundation funded five important projects to improve patient care at Grande Ronde Hospital (GRH).

The projects included:

- ▶ A Verathon bladder scanner for the Emergency Services Department
- ▶ Two wireless transducers for antepartum fetal monitoring in the Family Birthing Center
- ▶ A LigaSure device for one of the operating rooms
- ▶ A mobile C-arm for the Radiology Department
- ▶ A Trilogy ventilator for the Respiratory Therapy Department

All of these projects were deferred from the Hospital's budget and would not have been possible without the Foundation's support. To those who have given to the Foundation during 2014, thank you! Your contribution helped to keep our health care local and strong in Union County.

Supporting patient care

In 2014, the Foundation dedicated over \$235,000 toward the purchase of patient care equipment at GRH.



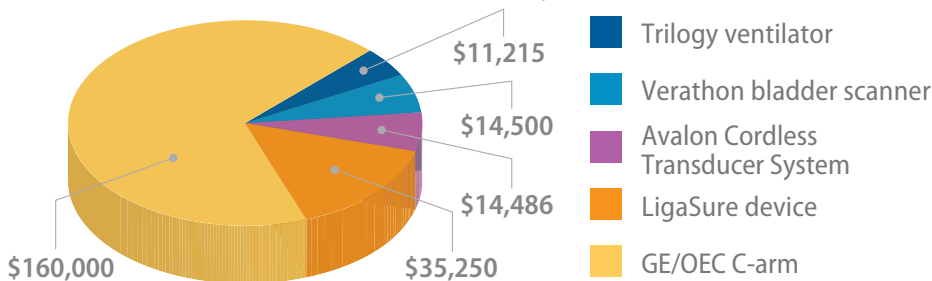
The new mobile C-arm purchased in 2014 by the Foundation for enhanced imaging capabilities in the hospital's Radiology and Surgical Services Departments.

One hundred percent of all gifts to the Foundation go directly to patient care needs. Your giving has 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 needed medical equipment and sends a message about how we value and support high-quality, local health care. Giving is easy. Donate online at www.grh.org/giving. For more information about the Foundation and its projects, call Will Simons, Foundation Manager, at 541-963-1431.

Thank you to our 2014 Foundation Board members:

- Michael Jaeger, Chair
- J. Glenn Null, Vice-Chair
- Julie Hickerson, Treasurer
- Mary Koza, Secretary
- Dale Counsell
- Peter Fallow
- Libby Goben
- Kevin Loveland
- Deb Savely
- Mary West
- Larry Wooldridge

2014 Foundation projects



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Genevieve Ruth Hannah
1908
First baby born at
Grande Ronde Hospital
1887-1918

In 2014, the Family Birthing Center became the new home to a photograph of Genevieve Ruth Hannah, the first baby born at Grande Ronde Hospital in 1908.



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La Grande, OR 97850

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Life & Health

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Information in LIFE AND HEALTH comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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5th Annual Community Health Fair

ACTIVITIES INCLUDE:

- Free Health Screenings
- Reduced Fee Lab Screenings
- Community Resources & Vendors
- Visit with local Healthcare Providers
- 17th Annual Rehab Run/Ask a Therapist
- Healthy Cooking Demos for Adults/Kids
- Opportunity to win a new BIKE from Mountain Works Bicycles

...and much, much more!

(see inside for more details)

Saturday
April 25th
8AM-NOON

Blue Mountain
Conference
Center

