



GRANDE
RONDE
HOSPITAL

Visit us online at www.grh.org.

Life & Health

WINTER 2015

A JOURNAL DEVOTED TO HEALTHFUL LIVING

GRANDE RONDE

Hospital, Inc. (GRH) has proven its expertise at working within our land-locked hillside campus; always seeking the most efficient use of space possible and recognizing new opportunities for expansion when presented.

Such was the case when the 710 Sunset Drive property became available to us in 2012. Our plans to utilize the existing space to its potential, as well as to further develop the property, began at the direction of the GRH Board of Trustees and executive leadership.

This winter, the multi-phase project will be completed. We will be able to proudly offer a beautiful, efficient and convenient medical facility to patients seeking both primary and specialty services.

New layout adds convenience

The completed Regional Medical Plaza (RMP) will include approximately 27,000 square feet of new and remodeled space. Patient parking will be significantly expanded; and landscaping, signage and outdoor lighting will be updated. The first-floor front entrance will feature a covered patient drop-off area, and all sidewalks will be equipped with snow melt.

The first-floor main entry will open into the lobby and waiting areas for both women's health and pediatric services, with elevator access to the second floor. Our Women's Clinic and



Patient-friendly and efficient


The Medical Plaza will be completed this winter!

Children's Clinic, currently sharing space in the small house adjacent to the RMP, will occupy the newly remodeled first floor. Expanded health services at the new Women's Clinic will include on-site mammography and ultrasound. In addition, an on-site lab draw station on the first floor will be a new convenience for women's health and pediatric patients, as well as for all RMP specialty clinic patients.

Second-floor waiting and reception areas will be a soaring, light-filled space above the new first-floor entry with elevator access to the first floor.

On the second floor, patients will continue to find the specialty services

for otolaryngology (ear, nose and throat), along with head and neck surgery, as well as our orthopedic clinic currently housed there. We will be adding general surgery and neurology in the future.

We have taken every effort to ensure that the RMP is being built with upgraded technology and security and with energy conservation in mind. Our priority to minimize impact in the neighborhood during construction will continue after the building is complete. We are already planning to offer tours and host an open house after construction is complete. Stay tuned! 



Donors help us keep local health care strong! Read about where your charitable dollars went in 2015. See page 3.

EAT WELL, BE MERRY

The holiday solution

IF you've ever felt sluggish or gained weight during the holidays, you know overindulging in food doesn't make the season shiny or bright. Grande Ronde Hospital's Food Services Manager, Susan Lewis, is a registered dietitian and certified diabetes educator who also provides nutrition counseling services to patients upon referral. She believes moderation is key to enjoying the holidays.

"Most people don't have to completely avoid the pie and stuffing," Lewis says. "The best plan is to plan ahead. Think about your choices and enjoy some of your favorite holiday foods in moderation. And get outside for fresh air and a walk!"

Here are a few suggestions:

▶ Before going to a party, eat a healthful snack. High-fiber foods, such as fruit or whole-grain crackers, can help take the edge off hunger and reinforce your willpower to not overindulge. Also consider



SERVING YOU WELL: Grande Ronde Hospital (GRH) Food Services Department Manager Susan Lewis, RD, CDE, and her entire team. For information on our Food Services Department and the GRH Café, visit us at www.grh.org/patients-visitors/food-services.


We wish you and your family
a happy and healthy holiday
season!

bringing a nutritious, low-calorie side dish to share.

- ▶ When at a buffet, opt for a small plate if it's available and keep portion sizes reasonable. Fill at least half your plate with fruits and vegetables, and only take bite-sized samples of the rich foods and desserts.
- ▶ Alternate high-calorie drinks with glasses of water to help fill your stomach and stay hydrated. Dilute eggnog with low-fat milk to get the flavor with fewer calories.

▶ To help keep calories and fat at reasonable levels, try substituting healthful ingredients in dessert recipes.

For example, try replacing butter with cinnamon-flavored applesauce. Or substitute dried fruit—such as blueberries, raisins or cherries—for chocolate chips or candies.

- ▶ After pies or cookies are prepared (and sampled!), put them out of sight to help deter impulse snacking.
- ▶ Finally, remember that the holidays aren't just about food. Enjoy conversations with family and friends. Play games with the kids. Or start a new tradition of taking a walk after a meal. 

Healthy New Year!

Get the 411 in 2016 on free preventive care and diagnostic screenings

DID you know that under the Affordable Care Act, many health plans are required to cover certain

preventive care services at no cost to you?


That's right. You may be eligible for free preventive screenings, like blood pressure and cholesterol tests, mammograms, colonoscopies, and more. This includes coverage for vaccines and new preventive services for women.

Does this apply to my plan?

It depends. Many plans do provide for these benefits. In some cases, these rights don't apply to what

are known as "grandfathered" plans. Find out by checking your plan's materials, or ask your employer or benefits administrator if your health plan is grandfathered.

How can I learn more about what preventive benefits are available?

For a more detailed list, read our Health Library story, "Preventive care that's easy on the wallet," at www.grh.org, or search www.healthcare.gov for preventive care. 



GRH FOUNDATION 2015 ANNUAL REPORT

2015 in review

The Grande Ronde Hospital Foundation funded four important projects to improve patient care at Grande Ronde Hospital (GRH) in 2015.

The projects include:

- ▶ Total Knee power tools for the Surgical Services Department
- ▶ 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
- ▶ A new Ford Escape from Legacy Ford for the GRH Hospice Program purchased from dedicated donations to the Home Care Services Department

These projects would not have been possible without the Foundation's support. To those who have given to the Foundation during 2015—thank you! Your contribution has helped keep our local



The Weis Family supports GRH.

health care strong in Union County.

Support of patient care

In 2015, the Foundation dedicated almost \$105,000 toward the purchase of patient care equipment at GRH.

Thank you, Auxiliary!

On Oct. 1, 2015, the Foundation hosted a celebration in honor of the Auxiliary's 50th anniversary. The Auxiliary

supports patient care projects at GRH and provides hundreds of hours of volunteer service at the Hospital. The Foundation received its first donation, \$1,000, from the Auxiliary in 1969. Thank you!

How you can help

One hundred percent of all gifts to the Foundation go directly to patient care needs. Your giving does have an impact where it's needed the

Thank you to our 2015 Foundation Board members:

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

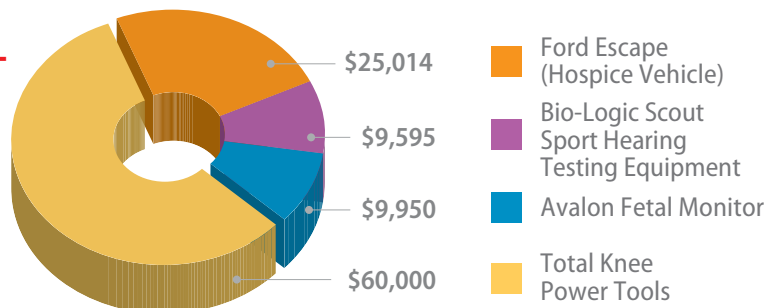
most. It's never too late to give to the Foundation. Your gift—of any size—helps to secure other gifts and sends a message about how we value and support high-quality, local health care.

Giving is easy. To donate online, select the "Donate" tab at www.grh.org.

For more information about the Foundation or its projects, call the Foundation at 541-963-1431.

2015 Foundation Projects—Supporting Patient Care

The Foundation dedicated approximately **\$105,000** toward the purchase of patient care equipment at Grande Ronde Hospital.



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Here to care for you

HERE at Grande Ronde Hospital (GRH), we are continuing to recruit and hire more providers to serve the demands of our patients for more health care services.

Primary care providers are in high demand nationally, so we are dedicated about finding exceptional candidates and bringing them to our community. Find out more about these newest members of our community in our online provider directory at www.grh.org. 



Betsy Anderson, MD,
Family Practice
GRH Regional Medical
Clinic



Adrian Davis, MD,
Orthopedic Surgery
GRH Ortho Clinic



**R. Patrick
McCarthy, MD,**
Urology
GRH Urology Clinic



Kelli Vicek, FNP,
Family Practice
GRH Union Clinic/
GRH Elgin Clinic

CONNECT TO YOUR CARE.

Check out our whole new website! It's redesigned with you in mind—all the health information you need, easy to find. Connect with us today at www.grh.org or on Facebook at www.facebook.com/grh01.

