

CMH

# Health

DEVOTED TO HEALTHFUL LIVING

FALL 2015

# COMPASS™



## DIET VS. EXERCISE

*Answers to common  
health quandaries.*

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## HEALTH IN THE BALANCE

*All-star caregivers tell how  
they balance work and life.*

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## BETTER THAN EVER

*Technology helps keep patients  
comfortable and safe.*

Pg 9



COLUMBIA  
MEMORIAL  
HOSPITAL



## Creating a healing environment

One of the 10 Planetree tenets that we strive to live by here at Columbia Memorial Hospital (CMH) is that architecture and design are important in creating a healing environment.

In the past five years, we have tackled several renovation projects in an effort to create a more soothing and healing environment for patients and visitors. The feedback I have heard has been overwhelmingly positive.

This fall we have embarked on another ambitious renovation effort to make CMH a great place to heal. We are updating the Critical Care Unit to offer larger patient rooms, which will make it more comfortable for loved ones to visit and stay as well as provide the infrastructure needed for enhanced technology to care for our patients. The larger rooms will allow our providers more room to implement today's best evidence-based practices.

We are also wrapping up installation of a new nurse call system, which promises to improve patient satisfaction and safety. (Read more on page 9.)

## Easier access, expanded services

You may have also noticed the work that has been happening on John Warren Field. We are adding a staff parking lot on the practice field, which will free up more parking near the West Lobby, Emergency Department, and Professional Office Buildings 1 and 2.

We have also expanded outpatient services to better accommodate your busy schedule. We now offer extended hours and more appointment times for mammography and outpatient imaging, and we've added a laboratory draw station in the Park Medical Center. With the addition of new therapists in Rehabilitation Services, we now have more physical, occupational and speech therapy appointments available to meet growing demand.

I am proud to work at a hospital that is committed to providing these vital services to our community.

As we move into 2016, keep an eye out for details about the new Cancer Care Center and renovation of the Emergency Department. There are more good things to come from your community hospital.



Jarrod Karnofski, DPT, ATC,  
Vice President of Ancillary and Support Services



Jarrod Karnofski,  
DPT, ATC,  
Vice President  
of Ancillary  
& Support  
Services

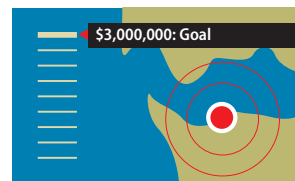
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Our new nurse call system is getting rave reviews in the hospital.



## ONLINE

### HEALTH E-NEWSLETTER

Get up-to-date health information and the latest hospital news in your inbox.

[www.columbiamemorial.org/enewsletter](http://www.columbiamemorial.org/enewsletter)

### PREGNANCY E-NEWSLETTER

Get timely tips at various stages in your pregnancy.

[www.columbiamemorial.org/pregnancy](http://www.columbiamemorial.org/pregnancy)

### NEW PARENT E-NEWSLETTER

For new parents with newborns to 3 years. Get tips to help you navigate this exciting time.

[www.columbiamemorial.org/newparent](http://www.columbiamemorial.org/newparent)

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Information in CMH HEALTH COMPASS 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. Models may be used in photos and illustrations.

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# Q&A



**Q For weight management, what is more important: diet or exercise?**

**A.** Studies show that a combination of the two gets the best results—for both maintaining and losing weight.

That's because a healthy diet contains just the right amount of calories, while exercise revs up your

**Find a doctor who is right for you. Visit us at [www.columbiamemorial.org](http://www.columbiamemorial.org) and click on "Find a Physician."**

metabolism to burn off what you eat. It's this balance between calories in and calories out that keeps your weight steady.

Consuming 3,500 more calories than you burn will put on a pound. Spending a week cutting 250 calories out of your daily diet and adding an extra 2.5-mile walk each day will get rid of it.

Calorie and exercise needs differ from person to person. Talk with your doctor about what's right for you.

**Q I'm scheduled to have surgery soon. How can I take care of myself while I'm recovering?**

**A.** Even on your best days, you might not always feel up to shopping or preparing meals. But these tasks may seem overwhelming when you're recovering from surgery.

Eating nutritious meals is a key part of getting better, so it's wise to prepare before your operation. Here are some steps you can take:

- Stock up on groceries and ready-made foods.
- When you cook, make double batches so that you can freeze several nutritious meals for use during your recovery.
- Ask family and friends if they can help with shopping or cooking—or bring you meals. You might also check for grocery stores that deliver or look into receiving meals through a delivery service.
- Consider turning to a home care agency. Home care aides can assist you with shopping and preparing meals.

**Q Is it true that you shouldn't mix certain foods with certain medicines?**

**A.** Yes. You may have heard that you shouldn't take certain medications together. But many people are surprised to learn that some medicines don't mix well with some foods either.

Grapefruit juice, for example, can interact with some blood pressure and cholesterol medications and increase the level of those medicines in your body. It can have similar effects with drugs used to treat anxiety and help you sleep better, as well.

Foods that are high in vitamin K, like kale, spinach and broccoli, can make your blood clot more quickly. So they're not good if you're taking blood thinners.

Even chocolate can interact with medicines, sometimes increasing their effects, sometimes decreasing them.

Whenever you're prescribed a new medication, it's important to talk with your doctor and pharmacist about how to take it correctly. Be sure to ask if there are foods, drinks or other things you should avoid while taking it.



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# BALANCING ACT

*Two all-star caregivers  
make a difference at CMH*

**AS** we move into autumn when light and dark come into balance and the world slows a bit in preparation for winter, we'd like to introduce you to two of the dedicated caregivers at CMH who seek balance for themselves and the people they serve. In their work and play, these caregivers make our region a better place to live.



## She's your go-to gal

**SHAUNA** Creechley is likely the most sought-out person in the hospital's administrative office.

Creechley serves as executive assistant to several senior administrators and greets staff and visitors at the front desk. With 13 years of experience at the hospital, other caregivers often call on her for advice or with questions or concerns. She is also the first friendly face that visitors and professionals see.

"I feel that my primary role in

the front office is to be a supportive caregiver to our patients and staff. Helping patients and staff navigate tough issues and concerns is very important, and, I feel, a large part of my job," Creechley says.

Creechley is well-suited to this role. Since joining CMH she has worked as a billing clerk, patient financial services supervisor, clinic billing manager and executive assistant.

"I have worked for Erik [Thorsen] since he began at CMH in 2003 and

followed him when he took over the CEO role," Creechley says.

"I love working with people who consider the patient and staff first in each and every decision they make for the organization. It can be small things like casual days or large things like the new radiation therapy project, but each senior leader always considers staff and patients into their decision-making process."

Creechley's other "boss" is her sassy 20-month-old daughter, Betty. Creechley and her husband, Javy, have worked out a schedule that allows them to both work and pursue their interests while giving Betty a nice mix of time with her parents and time in day care.

"I see Betty every day at lunch. I give Javy a break and am there to feed her lunch and put her down for her nap," Creechley says. "It's awesome!"

Before Betty was born, Creechley served as president of the Shanghaied Roller Dolls and was a founding member of the roller derby league. She skated with the team under the name "Gal Davis." Her leadership has proved key to the league's longevity and increasing stability.

Since joining CMH, Shauna earned a bachelor's degree in business. Within the next few years, she plans to work toward her master's degree.



"I feel that my primary role in the front office is to be a supportive caregiver to our patients and staff."

Shauna Creechley with her daughter, Betty

**Name:** Shauna Creechley

**Title:** Executive Assistant

**Time at CMH:** 13 years



# Rediscovering the power of play

**VENUS** Fromwiller has spent much of her summer preparing for Clatsop County's next wave of ambitious young doctors and nurses.

She will soon be starting her second year of teaching Health Occupations, a career exploration course established by CMH caregiver Kendra Gohl and offered by Clatsop Community College in partnership with the hospital and three area high schools. Teaching Health Occupations is just one of the many ways that Fromwiller serves as a catalyst for people in our community to achieve better health and well-being.

"I get to support people in making choices that positively impact their health," Fromwiller says. "I support people in understanding health information and also get to assist them in doing something about it."



**Name:** Venus Fromwiller

**Title:** Health Education Specialist    **Time at CMH:** 4 years

## Shaping a healthy community

Fromwiller also teaches a number of community classes for adults through CMH Community Outreach, including "Living Well with Chronic Conditions" and "Strong Women, Strong Bones." She does community breast health and colorectal cancer education and outreach, helping to connect people in need with cancer screening services.

She is also a certified health coach and works with other CMH caregivers to identify realistic health goals and map out a path to get there.

Most recently, Fromwiller has launched the Wellness Screen Program, through which she provides basic health screenings for employees at businesses and organizations throughout the region.

"I feel that a person's health is such an important part of their life and really affects what they are able to do...and really determines the quality of their day-to-day life and their relationships," Fromwiller says. "I love seeing people feel empowered to make a difference in their own lives. And the work that I do at CMH allows me to witness that."

Fromwiller is a certified teacher and taught health for several years at Astoria High School. Over the

years, she has been active in efforts to develop a school-based health clinic and to renovate the Astor Elementary playground. She volunteers her time at the schools and for kids' activities.

## Balancing, work, family and play

Fromwiller and her husband, Glen, have three children: a 19-year-old daughter, who lives in La Grande and just completed her first year of college, and two school-aged sons.

"When school and sports don't rule our lives, we love to be outside hiking, biking, fishing and enjoying anything on the water," Fromwiller says. They are learning to surf and boogie board. "To me, a love of play and activity is going to help kids grow

into healthy, active adults."

Fromwiller says she is most proud of maintaining a good work-life balance, even as technology makes it more difficult to draw the line between work and personal life. Although she's always adjusting that balance, Fromwiller does her best to find time each day for work, family and play.

"Health and education are obviously important to me and are where I have chosen to put my energies in both my work and personal lives," she says.

**"I love seeing people feel empowered to make a difference in their own lives."**

# Don't shrug off shoulder pain

**THE** shoulder is the most flexible joint in your body. You use it to reach, lift and throw. But because the shoulder is so flexible, it tends to be unstable—which can lead to a variety of problems.

Your shoulder joint is made up of bones held in place by muscles, tendons and ligaments. Many shoulder problems are caused by the breakdown of soft tissues in the shoulder—usually because of overuse.

Injuries often result from athletic activities that involve excessive, repetitive overhead motion, such as swimming or tennis. But you can also hurt your shoulder performing everyday tasks like washing walls or gardening.

Shoulder problems can happen at any age. But they're more likely to occur as you get older, according to the U.S. Department of Health and Human Services (HHS).

## Types of shoulder injuries

The HHS says common shoulder injuries include:

► **Dislocation**—when the ball at

the top of the upper arm bone pops out of the socket. It usually occurs if your shoulder is twisted or pulled very hard.

► **Separation**—when the ligaments between the collarbone and the shoulder blade are torn. It is most often caused by a blow to the shoulder or by falling on an outstretched hand.

► **Rotator cuff tear**—when the tendons that connect shoulder muscles to bones wear down and tear. Sports or jobs with repetitive overhead motion can cause rotator cuff problems, as can wear and tear from aging.

► **Fracture**—when a bone is cracked or broken. Fractures are often caused by a fall or blow to the shoulder.

## Signs of trouble

The American Academy of Orthopaedic Surgeons advises you to see a doctor if you have pain and your shoulder:

► Is stiff and doesn't rotate normally.  
► Feels like it is loose or could pop out of place.

► Lacks strength to perform daily activities.

If you are concerned about your shoulders, a

doctor may be able to prescribe exercises that can strengthen your shoulder muscles and prevent injury.



To make an appointment with the CMH Center for Orthopaedic and Sports Medicine, call **503-338-4075**.

CMH Orthopaedic and Sports Medicine can ease that ache. Call **503-338-4075**.

## Find relief with shoulder surgery

Sometimes surgery is the best solution for a sore joint.

Occasionally, doctors recommend surgery right away. But typically, they'll try more conservative treatments first. Surgery is considered when those treatments don't improve symptoms or your shoulder isn't functioning correctly.

In an open procedure, the surgeon makes an incision in your skin that's usually a few inches long. Generally, he or she will detach muscle to reach the problem area.

An arthroscopic procedure is less invasive and involves smaller incisions. The surgeon inserts an arthroscope—a pencil-thin camera and lighting system—into one incision, which relays pictures to a TV screen. Watching the screen, the surgeon operates with instruments inserted through the other incisions.

In a mini-open procedure, part of the operation is done arthroscopically and part is completed as an open procedure.

Sometimes you can choose which procedure you'd like. But other times, one is recommended over the others. Ask your doctor which type is best for you.

Source: American Academy of Orthopaedic Surgeons





# Which screenings can help me stay well?

The family physician says:

## Start with the basics

Your blood pressure and cholesterol levels can greatly affect your cardiovascular health. If those levels are too high, you're at risk for problems like heart attack and stroke.

Have your blood pressure checked at least every two years after age 18, and get your cholesterol tested every four to six years starting at age 20. You may need these screenings more often if your numbers are too high. Ask your doctor what blood pressure and cholesterol levels

you should aim for.



**Carin Pluderman, MD**  
Coastal Family Health  
2158 Exchange St., Suite 304  
Astoria, OR 97103  
503-325-8315



The OB-GYN says:

## Combat cancer

Early detection can make all the difference in successful treatment of breast and cervical cancer—and screening can even help prevent cervical cancer altogether.

Pap tests to look for precancerous cells or cervical cancer should begin at age 21 and continue every three years. Beginning at age 30, women should have a Pap test combined with an HPV test every five years. And most women should have their first mammogram at age 40—and every year thereafter. Your doctor may recommend a different screening schedule depending on your risk factors.



**Fatima Abdulai, MD**  
CMH Women's Center  
2265 Exchange St.  
Astoria, OR 97103  
503-338-7595

The oncologist says:

## Be savvy about your skin

You can be your own first line of defense against skin cancer. Do monthly skin checks, and let your doctor know about any changes or unusual spots you find.

By reporting skin changes to your doctor right away, you can help ensure that you catch cancer in its earliest, most treatable stages. Your primary care provider or a dermatologist can provide skin checks at a regular checkup.



**Jennifer Lycette, MD**  
CMH/OHSU Cancer Care Center  
2158 Exchange St., Suite 107  
Astoria, OR 97103  
503-338-4085



The internist says:

## Get inside information

Screenings, such as colonoscopies, can catch colon cancer before it ever begins—so don't put them off. Most people should start getting screened at age 50, but you may need to start earlier if you are at high risk.

There are several different tests to screen for colorectal cancer—some need to be done yearly, others every 5 or 10 years. Talk to your doctor about which test is right for you and when to start screening.



**Aaron T. Sasaki, MD**  
2095 Exchange St., Suite 202  
Astoria, OR 97103  
503-338-4325



## We need your help

Please help us reach our goal to bring this life-saving addition to health care into our community. A donation of any size will help. Contact us:



By email: [foundation@columbiamemorial.org](mailto:foundation@columbiamemorial.org)

By phone: 503-325-3208

By mail: 2111 Exchange St.  
Astoria, OR 97103

For a confidential conversation, you may call Janet Niemi, Executive Director, directly at 503-338-4006 or email her at [jniemi@columbiamemorial.org](mailto:jniemi@columbiamemorial.org).



\$3,000,000: Goal

\$1,700,000: Current amount

\$0

The CMH/OHSU Knight Cancer Collaborative will give cancer patients on the coast access to top-quality medical care close to home.

The CMH Foundation's capital campaign progress for CMH/OHSU Knight Cancer Collaborative

Currently, cancer patients who require radiation therapy must travel at least an hour outside of Astoria to receive treatment.

CMH'S CANCER TREATMENT SERVICES CURRENTLY BENEFIT AN ESTIMATED **300 PATIENTS** PER MONTH.

## CANCER CARE CLOSE TO HOME

# Help us meet our goal

**WE** are over halfway to our goal of raising \$3,000,000 to support the CMH/OHSU (Oregon Health and Science University) Knight Cancer Collaborative, which will add radiation and expanded chemotherapy treatments to CMH's cancer care treatments. The thermometer above shows our progress. Will you help us reach the top?

You can help bring added cancer treatment services to Astoria. Call **503-325-3208**.

The mission of CMH is to provide excellence, leadership and compassion in the enhancement of health for those we serve. In order to meet our mission, we are developing a comprehensive radiation cancer treatment center and specialty clinic. To accomplish this, CMH has entered into a new collaboration with the OHSU Knight Cancer Institute for the development of the CMH/OHSU Knight Cancer Collaborative.

### Making cancer care accessible

Currently, CMH's cancer treatment services benefit an estimated 300 patients per month. On average, cancer patients who require radiation therapy must travel at least an hour outside of Astoria to

receive treatment. A course of radiation therapy is generally administered for five consecutive

days, and it can last up to eight weeks. This grueling regime of travel and treatment is very difficult for patients. Because of this, some patients choose to opt out of radiation treatment, a life-threatening choice.

Through the Collaborative, a new 18,000-square-foot facility will be constructed on the CMH campus, which will include chemotherapy and radiation therapy. We expect

construction of this new facility to commence in 2016.

This collaboration is a significant enhancement to the services available in our region. We are working to bridge the divide of accessible health care services locally. CMH's collaboration with OHSU gives cancer patients on the coast access to top-quality medical care close to home.

As part of the expansion, CMH/OHSU Cancer Care Center's Jennifer Lycette, MD, will be joined in the practice by a radiation oncologist. The Cancer Care Center team will work with physicians at the OHSU Knight Cancer Institute to provide a full complement of cancer care treatments for our patients.

CMH patients will have access to new treatment technologies and clinical trials available to patients of the Knight Cancer Institute. In those cases where more advanced cancer treatment is needed, CMH will coordinate a seamless transfer of care to Portland while also helping patients navigate their cancer care at the new Center in Astoria.



# Improving care through technology

Patients are raving about the new nurse call system

**PATIENTS** at CMH are enjoying quieter nights and quicker responses from caregivers.

This summer, CMH installed the Jeron Provider 790 Nurse Call System, which has improved caregiver efficiency and responsiveness, increased patient satisfaction, and improved patient safety.

“This is a system of technology that supports safe and effective nursing care,” says CMH Vice President of Patient Care Services Trece Gurrad. “Patients and caregivers are raving about the new nurse call system, and we haven’t even rolled out all of its features yet.”

The new system includes safety features to protect the most vulnerable patients, communication features that improve caregivers’ ability to respond to patients’ needs, and features that give patients a more peaceful and convenient stay.

CMH has long had in place

systems to ensure the safety of infants and patients at risk of falling, but the new nurse call system makes these

more effective. Now each new baby at the hospital can be tracked as it moves around the hospital. Similar to GPS tracking, a baby’s location can be displayed on a computer monitor in the nurse’s station.

For patients who may be disoriented or at risk of falling, the nursing staff can set an alarm and hallway lights to alert staff when the patient starts to stand up. This helps caregivers come quickly to aid these patients.



The new nurse call system is benefiting everyone at CMH, from patients to staff.

## Better rest for better healing

Medical equipment alarms have also been integrated into the call system, allowing staff to turn down the volume of the audible alarm on the equipment so that beeping alarms don’t disturb patients as they rest.

The new system helps keep patients safer and more comfortable in the hospital.

way speakers built into the hospital bed. Soon, nurses will also carry HIPAA-compliant wireless phones that allow patients to reach their nurse even when the caregiver is away from the nurse’s station.

Using a hand-held control panel, patients may also control the lights and TV from the hospital bed.

CMH has made a significant investment in selecting, purchasing and installing the new nurse call system.

Patients are also now able to more clearly communicate with their nurse through two-

SURVEY SAYS

## We’d love to hear about your stay

So, how was your stay?

You might expect to hear that after a hotel visit. But from a hospital? Actually, that’s the sort of thing we need to know—especially when it comes to ensuring excellent patient care.

And that’s why you might be getting a survey from us if you recently stayed at our hospital. We would really like your participation because we value your feedback.

## What’s it all about?

The Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) is a national survey that asks people about their hospital stay. The results of these experiences, which are made available on the Internet, allow consumers like you to compare hospitals. Most important, they help inspire hospitals to continually improve their quality of care.

HCAHPS includes questions about the care received from nurses and doctors and questions about the hospital environment. For instance, some of the questions are:

- ▶ How well doctors and nurses communicated with you.
- ▶ How well the staff helped you manage pain.
- ▶ Whether you received information on managing your health when you left the hospital.

You might be asked to take the survey by phone or by mail.

You can view survey results

 at [www.medicare.gov/hospitalcompare](http://www.medicare.gov/hospitalcompare).



# Beginning the conversation about the end of life

**PLANNING** well in advance of the end of your loved one's life can help safeguard his or her well-being and give you peace of mind. That planning starts with an incredibly important conversation about death and dying, as difficult as it may be.

Getting answers to questions about where your loved one would prefer to spend his or her last days, who will take care of him or her, and what he or she would like to do to achieve a "good death" are vital pieces of the plan.

The person you are caring for most likely has strong preferences and opinions about his or her final days, and it is imperative that you learn them. Start the conversation by expressing how much you share your loved one's desire to stay as independent as possible for as

long as possible, and to have his or her wishes followed after he or she passes away.

## How to get started

Ask your loved one to consider the following questions:

- ▶ Where do I want to die? At home, or in a hospital or medical facility? Surrounded by people who love me, or privately with as little fuss as possible?
- ▶ What kind of medical treatment do I want?
- ▶ Who do I want to take care of me? Do I have a preference in terms of male or female, or anything else?
- ▶ What kind of funeral services do I want? Do I care about an open or closed casket, cremation or donating my body to science?
- ▶ Where do I want to be buried? Do

I have a burial plot? Do I want to use it or be buried somewhere else?

Then, use those answers to help your loved one assemble advance directives, which are legal documents that explicitly describe a person's (or your loved one's) wishes for care near the end. Prepare the two most important directives:

**1 Living will:** This document specifies your loved one's wishes regarding medical treatment, and particularly the refusal of life-prolonging medication when death is imminent.

**2 Health care power of attorney:** This document allows people to appoint someone they trust to act on their behalf and make decisions regarding their medical treatment if they are unable to do so.

Give copies of the directives to the key people involved in your loved one's life, with his or her permission.

The conversation may be difficult, but ensuring your loved one's last wishes are fulfilled can bring you both peace of mind.





Call 503-338-7564, email [cheryl\\_ham@columbiamemorial.org](mailto:cheryl_ham@columbiamemorial.org) or visit [www.columbiamemorial.org/events](http://www.columbiamemorial.org/events) to learn more about the exciting opportunities at CMH.

## CHILDBIRTH/FAMILY PREPARATION

CMH offers a full line of labor preparation courses with weekly and weekend options.

### Six-Week Courses

► Wednesdays, Oct. 28 to Dec. 9 (no class Thanksgiving week), 6:30 to 8:30 p.m.  
CMH  
Free if delivering at CMH; \$75 if delivering elsewhere

### Weekend Fast-Track Course

► Friday, Oct. 16, 6 to 8:30 p.m., and  
Saturday, Oct. 17, 10 a.m. to 4:30 p.m.  
CMH



## CMH HEALTH AND WELLNESS

### Chronic Pain Self-Management Program

► Wednesdays, Oct. 14 to Nov. 18,  
1 to 3:30 p.m.  
CMH Columbia Center

Free

This is a six-week workshop for people with a primary diagnosis of chronic pain. People who could benefit from this class are those with chronic neck, shoulder and back pain; fibromyalgia; whiplash injuries; neuropathic pain; Crohn's disease; and any other primary diagnosis of chronic pain. Exercises start in week 3.

### Get a Grasp on Medicare

► Tuesday, Oct. 13, 3:30 to 5:30 p.m.  
CMH Columbia Center-Coho  
► Thursday, Oct. 15, 10 a.m. to noon  
Bob Chisholm Community Center,  
Seaside, Oregon

► Tuesday, Nov. 10, 3:30 to 5:30 p.m.  
CMH Columbia Center-Coho

This course will discuss Medicare benefits and additional coverage options such as Medigaps, prescription drug plans and Advantage plans; also, how to avoid health care fraud and where to get unbiased Medicare information and assistance. In addition, a guest speaker will discuss eligibility for Medicaid Long Term Care, SNAP and Medicare Savings Programs.

## DIABETES EDUCATION

CMH offers an American Diabetes Association-recognized Diabetes Self-Management Education Program. Group classes and individual appointments are available with our diabetes nurses and clinical dietitians. We also offer free monthly support groups. Please call 503-338-4012 or visit our website, [www.columbiamemorial.org/services-diabetes.aspx](http://www.columbiamemorial.org/services-diabetes.aspx), for more information.

## SUPPORT GROUPS

### Bereavement and Grief Support

► First Thursday of the month, 2 to 4 p.m.  
Bob Chisholm Community Center,  
Room 1, 1225 Ave. A, Seaside  
► Third Tuesday of the month, 4:30 to 6 p.m.

CMH Columbia Center Chinook Room  
2021 Marine Drive, Astoria

Please contact Lower Columbia Hospice at 503-338-6230 with any questions.



### Cancer Support Group

► Second Wednesday of the month, 2 to 3:30 p.m.  
Northwest Senior & Disability Services,  
2002 S.E. Chokeberry Ave., Warrenton  
Contact CMH oncology and infusion at 503-338-4085.

### Ostomy Support Group

Contact Lisa Harris, RN, at 503-338-4523.

### WomenHeart of North Oregon Coast

► Third Wednesday of the month,  
6:30 to 8 p.m.

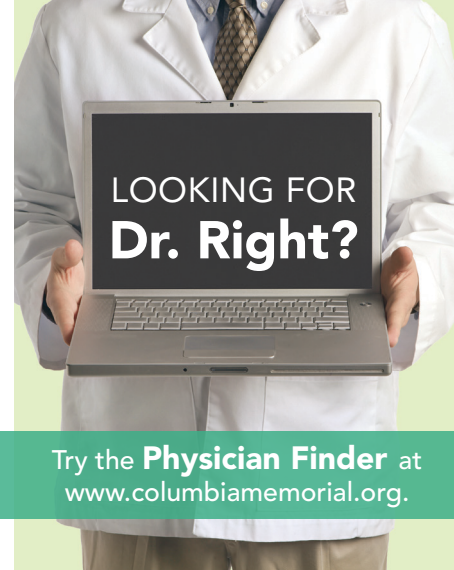
CMH Health & Wellness PAVILION,  
Third-Floor Conference Room,  
2265 Exchange St., Astoria

Contact Michelle Abrahams at 503-338-8435.

Check out our new calendar online at [www.columbiamemorial.org/events](http://www.columbiamemorial.org/events).

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Astoria, OR 97103

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# The gift of time and talent

**COLUMBIA** Memorial Hospital Auxiliary volunteers have been a tradition in our community for over 50 years.

The organization began in the old Columbia Hospital (which now houses Clatsop Care), feeding patients who needed a little extra support while they healed. Their headquarters were in the hospital basement where they put on luncheon fundraisers and bake sales. The aroma of Mrs. Lenore Hauke's bread, still warm from her oven, lives on in Auxiliary history.

The Auxiliary volunteers' numbers and responsibilities have grown significantly over time. Today's volunteers carry on with some of the Auxiliary's traditional jobs, such as baking, and have added new patient and family support jobs to their repertoire as well.

Each week, our beloved culinary artists, Melody Dufton and Kathy



Thank you to our wonderful volunteers! If you are interested in becoming a volunteer, please contact Laura Lattig at **503-791-7408**.

Salsberry, don their aprons to bake over 12 dozen cookies in our family lounge. The delicious aroma wafts down hallways and into patient rooms—bringing the comforts of home to patients, just like Mrs. Hauke's loaves of bread once did.

The Auxiliary is currently building new programs at CMH, such as a Surgery Advocate Volunteer Program in which

volunteers will assist family and friends waiting for a loved one in surgery by providing information updates and guidance.

Volunteers are also giving their time in the CMH Infusion Center by providing Reiki, massage and aromatherapy to patients during their treatments, bringing calm and comfort in an anxious situation.

These are just a few of the programs, old and new, that our volunteers have built for our CMH community. Over the years they have continued to support our Planetree commitment to patient-centered care.



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