

# CMH HEALTH COMPASS

A JOURNAL DEVOTED TO HEALTHFUL LIVING



SUMMER 2014



## Safe campers make happy campers

**MANY** families like to hike in the woods and sing around a campfire. If yours is one of them, try these tips for safe camping from the Centers for Disease Control and Prevention and the U.S. Department of Agriculture's Forest Service.

- 1 **Be prepared.** Never leave home without these necessities:
  - ▶ A first aid kit, including any prescription medications.
  - ▶ Sunscreen, wide-brimmed hats and sunglasses for all.
  - ▶ Insect repellents: DEET for the skin and permethrin for clothes.
  - ▶ Working flashlights and extra batteries.
  - ▶ Waterproof matches.
  - ▶ A compass and trail maps.
  - ▶ One whistle per child, to wear while hiking.
  - ▶ Fresh water or purification tablets.

- ▶ High-energy food, including healthy snacks.
  - ▶ Shelter, bedding, clothing and protective gear that fit your planned activities—and the weather.
- 2 **Leave a trail.** Before heading out:
    - ▶ Give someone your family's itinerary—include your vehicle's license plate number. Tell that person if your plans change.
  - 3 **Heed the call of the wild—safely.** Once you're there:
    - ▶ Pitch tents—before dark—on flat surfaces that are well away from these hazards: cliffs; tall trees, which could be struck by lightning; streams, which could flood; poison ivy, sumac and oak; bees; and large ant colonies.
    - ▶ Never let kids hike or swim alone.
    - ▶ Be sure kids know not to leave the campsite after dark.
    - ▶ Never feed or approach

### CEO LINK

## Summer health

Welcome to the 2014 summer edition of the *CMH Health Compass*.

In this summer edition, CMH encourages you to prepare before you enjoy our beautiful surroundings for summer activities. If you have joint pain, we invite you to learn more about our great team of orthopedic providers.

We explain why Lower Columbia Hospice is an honor to be associated with and how COPD patients now have even more support in our Pulmonology Clinic.

Enjoy your summer; make sure you use plenty of sunscreen; and relax, knowing we are proud to be your health care provider.



Erik Thorsen,  
CEO

Erik Thorsen, CEO

- wild animals.
- ▶ Check everyone for ticks each evening. Remove ticks right away.
- Now, enjoy the stars together!

Additional source: The Outdoor Foundation



Join us for  
Race to the Bar!

3



What will your  
legacy be?

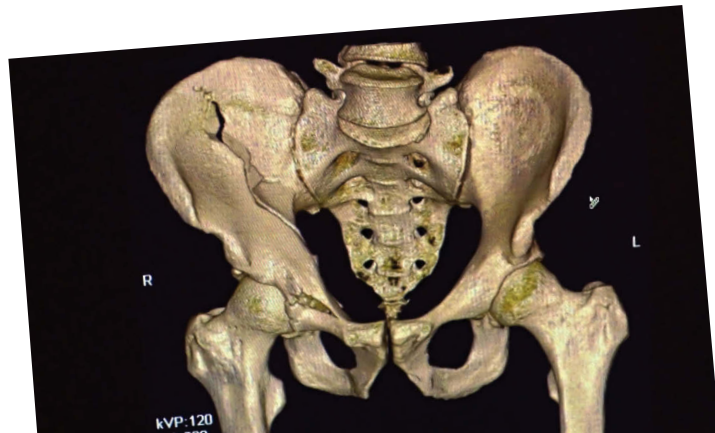
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Gracing the  
hospital halls

8

# Q&A



## Q What is an orthopedic surgeon?

**A.** We're specialists who focus on diseases and injuries that affect the parts of your body that help you move. These include your bones, joints, muscles, tendons and ligaments. Because we're highly trained surgeons, you might think surgery is all we do. But that's not the case. We regularly manage our patients' problems with medicine and by recommending physical therapy and other treatments. When surgery is necessary, we perform it—but only when it's necessary.

We treat a wide range of problems, from ruptured disks that cause low-back or neck pain to sports injuries—such as ACL tears—and carpal tunnel syndrome. We repair fractures and dislocations and help strained muscles and tendons heal.

If your hip, knee or shoulder is worn out from arthritis, we can replace it with a brand-new artificial joint to help you move freely again. And we also treat abnormalities in the limbs and extremities—such as clubfoot and hammertoe.

## Q Does recurring pain or injury mean I have to give up my favorite sport?

**A.** Maybe not. But pain and injury are a body's way of saying, "Get an evaluation and see what's going on."

A thorough exam might uncover whether:

- An injury needs treatment.
- A temporary shift to other activities could allow your body time to heal.
- A new conditioning regimen could lessen the pain.

What you want to avoid is letting pain stop your exercise altogether.

Staying active is a vital way to take care of your overall health and prevent or manage health conditions, such as diabetes, high blood pressure and cancer. It's also essential for mental well-being at every age.

So seek advice from a professional who knows about body mechanics and exercise. Of course, it might be fun to explore new activities too. You never know when you might discover a new passion!

## Q When should I see a doctor about joint pain?

**A.** Joint pain may be caused by something as simple as weight gain. However, it could also be a sign of arthritis or another serious condition. That's why it's important to see a doctor if you have joint pain, redness, warmth, tenderness or swelling that lasts more than two weeks. These symptoms could indicate a certain

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**Find a doctor who is right for you.**  
**Visit [www.columbiamemorial.org/findaphysician](http://www.columbiamemorial.org/findaphysician).**

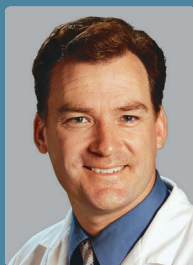
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type of arthritis—such as rheumatoid arthritis, osteoarthritis or gout.

A primary care doctor or an orthopedic surgeon can diagnose and manage these conditions, which can be improved with treatment. That's why the sooner you get help, the better. Your doctor might prescribe exercise, physical therapy or medication. If early treatments aren't effective, surgery may be an option for pain relief.



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## LOWER COLUMBIA HOSPICE

# Compassionate care recognized

**LOWER** Columbia Hospice has been named a 2014 Hospice Honors recipient.

This prestigious annual honor, established by Deyta, recognizes hospices that continuously provide the highest level of satisfaction through their care as measured from the caregiver's, or family's, point of view.

"Being recognized by Hospice Honors is important to Lower Columbia Hospice because it is based on how the families we have served rate the care we provide," says Lower Columbia Hospice Director Jeanette Schacher. "This is proof that terminal patients in Clatsop County are truly receiving the compassionate care we strive to give every day. Our hospice staff works so hard to meet our patients' needs, and this is evidence that patients and families benefit from what we offer."

Lower Columbia Hospice has been an outreach program of Columbia Memorial Hospital since 1981, providing compassionate comfort care to terminally

ill patients and their families throughout Clatsop County. The goal of care is to provide pain control and alleviate symptoms to attain the best quality of life.

The Lower Columbia Hospice team

of caregivers—including doctors, nurses, therapists, social workers, home health aides and volunteers—provide medical, psychological and spiritual care for patients and their families. It was awarded Hospice Honors based on the feedback from patients and families.

Deyta identified Hospice Honors recipients from a pool of 1,700 programs by evaluating hospices' performance on a set of 18 satisfaction indicator measures, using data from the Family Evaluation of Hospice Care (FEHC) survey results from October 2012 through Sept. 2013.

"We are thrilled to present Hospice Honors for the second year in a row," says Kevin Porter, President and CEO of Deyta. "We are honored to serve such a dedicated industry, and we look forward to recognizing top performers each year for their hard work and dedication."

**2ND ANNUAL**

# Race to the Bar

**5K Walk/Run,  
10K Run**

**Date:** Saturday, Sept. 6, 2014

**Start Time:** 5:30 p.m.

**Where:** Warrenton, Oregon  
Fort Stevens State Park (at the Peter Iredale shipwreck)

**Cost:** \$35 (before Aug. 23),  
\$40 (Aug. 23 or later)

Come on out to the beautiful Pacific Northwest coast for an evening beach run ending with a bonfire, the sunset, great music and great company!

**All for a worthy cause:** the Lower Columbia Hospice!

Visit [www.racetothethebar.com](http://www.racetothethebar.com) for registration and more information.

# When you lose LUNG POWER

**Living with COPD  
can be a challenge.  
But with your doctor's  
help, you can manage  
your disease.**



## **It seems like** a simple thing.

Air goes in, air goes out. There's nothing hard about taking a breath.

Fortunately, for most people that's the reality of respiration. But people with chronic obstructive pulmonary disease, or COPD, know that easy breathing can be only wishful thinking. And if you're a smoker, here's something you should know: COPD could be in your future.

COPD is a lung disease that includes two main conditions: emphysema and chronic bronchitis. Most people with COPD have both illnesses (see "Components of COPD," at right) and are—or were at one time—smokers. But smoking is not COPD's only risk factor.

The American Lung Association reports that secondhand smoke, air pollution, heredity and a history of respiratory infections also increase your chances of getting the disease.

So does long-term exposure to certain chemical fumes, vapors and dusts.

## **What are the warning signs?**

Usually, COPD comes on gradually, and early on, some symptoms may be easy to discount. But if you have symptoms, you should bring them to your doctor's attention—especially if you're a smoker. They include:

- ▶ Cough.
- ▶ Increased sputum.
- ▶ Shortness of breath, especially with exercise.
- ▶ Wheezing.
- ▶ Chest tightness.
- ▶ Frequent clearing of the throat.

**Find your breath again.  
Michael Lewis, MD, in the CMH  
Pulmonology Clinic is accepting  
new patients. Call Dr. Lewis at  
503-338-4516.**

Doctors look at your symptoms, your history and the results of your physical exam to make a diagnosis. Breathing tests are also important.

Spirometry is the most commonly used test to measure how well your lungs are working, the National Heart, Lung, and Blood







Healthy alveoli

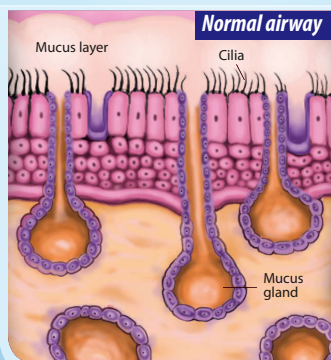


Damaged alveoli

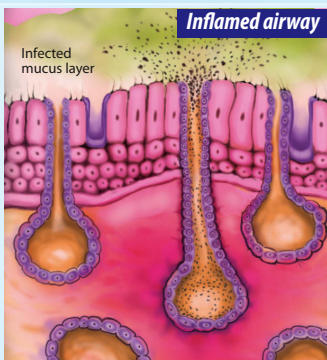
## Components of COPD

### EMPHYSEMA

Emphysema is a condition that involves damage to the alveoli—the air sacs in the lungs. The damage causes the air sacs to lose their shape and elasticity, which makes it difficult to breathe. The walls of the sacs may also be destroyed completely, leading to fewer and larger air sacs instead of a multitude of tiny ones. The result is a reduction in the efficiency of your lungs, because not as much oxygen is able to enter your bloodstream.



Normal airway



Inflamed airway

### CHRONIC BRONCHITIS

With chronic bronchitis, the bronchial tubes become inflamed and an excessive amount of mucus is produced. This makes it hard for air to get in and out of the lungs. The cilia—the tiny hairs that move mucus up the throat—become damaged and lose their ability to propel mucus upward. This results in conditions that raise the risk of infection.

Source: National Heart, Lung, and Blood Institute

Institute reports. In this test, you breathe forcefully into a hose that's connected to a machine. This machine measures how much air your lungs can hold and how fast you can blow air from your lungs.

Other lung tests as well as blood tests and chest x-rays might also be performed.

### After a diagnosis

There is no cure for COPD. But if you have it and you smoke, quitting is the most important thing you can do for your lungs. Avoiding secondhand smoke and other lung irritants, such as air pollution, is also important.

In addition, there are things that can help you feel better and can enable you to breathe more easily. For some people, pulmonary rehab may be recommended. This is a program in which various health care professionals help you learn to cope with your disease. It might include education, nutrition advice, exercise training and counseling.

Your doctor may also prescribe medications. Among them are:

- Bronchodilators to open air passages in your lungs.

- Inhaled steroids to help reduce airway inflammation.

- Antibiotics to fight infections.

Getting flu and pneumonia vaccinations is important because they may lessen your chances of contracting these illnesses and the complications that may come with them.

Some people with advanced COPD require oxygen. And sometimes

surgery is recommended.

Surgical options may include a lung transplant, bullectomy or lung volume reduction surgery (LVRS). Bullectomy involves removing bullae, or large air sacs that form in the lungs. LVRS involves removing sections of damaged tissue from the lungs. This may help healthier lung sections function better.

## SMOKING

### Tips to help you quit for good

Quitting smoking isn't easy.

Most ex-smokers try—and fail—to quit an average of six times before succeeding, according to the American Cancer Society.

But many people do eventually succeed: Millions of Americans have become former smokers. Some stopped cold turkey; some tapered off slowly; and some sought the help of medication, support groups and counseling.

The National Cancer Institute (NCI) also offers a booklet, *Clearing the Air: Quit Smoking Today*, with tips such as these:

- Set a quit date.
- Let family, friends and co-workers know you're quitting.
- Get rid of all your cigarettes, ashtrays and lighters. Avoid activities and situations you linked to smoking, such as drinking alcohol, watching TV or being around other people who smoke.
- Remember that the urge to smoke lasts only a few minutes.



For more help, call 503-325-4321, ext. 5758, and speak with Alissa Dorman, Certified Tobacco Treatment Specialist at CMH.



COLUMBIA  
MEMORIAL  
HOSPITAL

# FOUNDATION

**503-325-3208**

Email [foundation@columbiamemorial.org](mailto:foundation@columbiamemorial.org)

## CMH Foundation gets new officers and Board member

Michael Autio, JD, has become the Chair of the Foundation, effective June 24. Brenda Penner, RN, will move to the position of Immediate Past Chair. A new Director has joined the Board, Scott Seppa, who will become Chair of the Planned Gifts Committee.

### Officers and Members of the Board of Directors

#### Officers:

Chair: Michael Autio, JD  
Immediate Past Chair:  
Brenda Penner, RN  
Secretary/Treasurer:  
David Oser, Chair,  
Finance Committee  
Executive Director: Janet Niemi

#### Directors:

Chair, Annual Support Chair:  
Genevieve Butenshon  
Chair, Community Relations:  
Jennifer Canessa  
Director at Large: Bill Garvin

Chair, Major Gifts:  
Jeffrey M. Leinassar, DMD  
Director at Large: Pat Roscoe  
Chair, Special Prospects:  
Patsy Oser  
Chair, Business Relations:  
Jeff Parker  
Director at Large:  
Walt Postlewait  
Director at Large: Linda Poole  
Chair, Planned Gifts:  
Scott Seppa  
CMH Chief Executive Officer:  
Erik Thorsen, MBA

#### Ex officio:

Emeritus: O. David Dickson  
Chair, CMH Board of Trustees: Bill Lind

## Welcome Michael Autio, JD, to his new role

Incoming Foundation Board Chair Michael Autio has longstanding ties to the hospital. Autio was first elected to the CMH Foundation Board of Directors in 1995. In addition, Autio has many family connections to CMH: His wife, Kate, is an RN; his mother, Nancy, was an RN and Diabetes Educator for over 25 years; and his grandfather, Paul Autio, served on the CMH Board of Trustees.

Autio has been an attorney since 1991, emphasizing estate planning, business and real estate matters. He splits his time with the family equipment manufacturing business, Autio Company.

Autio is a fourth-generation resident of Clatsop County and a Knappa High School graduate. He received a bachelor's degree from Oregon State University, master of business administration (MBA) and law (JD) degrees from Willamette University, and an advanced law degree (LLM) from the University of Washington Law School.



Michael  
Autio, JD

## COLUMBIA LEGACY CIRCLE Planning for a healthy future

### Legacy giving

The Columbia Legacy Circle is a society made up of committed donors who have made a planned gift to Columbia Memorial Hospital Foundation or named it in their will. For more information on naming CMH in your will, please contact the Foundation.

Mike and Tami Aho  
Michael and Kate  
Autio  
Diane Beeston

Ella P. Hill  
Linda D. Logsdon  
Ann Mangold  
Jan Mead

Richard and Arlene  
Rasmussen  
Marie Rummell  
George Siverson

### In memoriam

Rob Mangold  
Carl Mead  
Adella Orwick  
Donald Rummell  
Almeda Siverson



## The benefits of a charitable bequest

There are many reasons why you might consider making a charitable bequest.

A charitable bequest is an easy way for you to help us in our work and benefit. Here are some of the benefits of bequest giving:

- ▶ It costs you nothing today to make a bequest.
- ▶ A bequest is free of federal estate tax.
- ▶ Your bequest can be changed down the road.
- ▶ You can still benefit your heirs with specific gifts.
- ▶ A bequest may produce estate tax savings.
- ▶ You can leave a legacy through a bequest.

### How to make a bequest

A bequest is one of the easiest gifts you can make to significantly help the Foundation in our work. Your estate planning attorney can include a provision in your will that leaves a lasting gift to our organization. Your bequest could be a gift of specific assets, a dollar amount or a percentage of your estate. A bequest could also be made from what is left after all gifts have been made to your heirs.

### We can help

Please contact us to request sample language that your attorney may use in drafting a bequest to our organization. Sample bequest language is also available on our website, [www.cmhgift.org](http://www.cmhgift.org).

To learn more about the benefits of bequest giving, please contact us at **503-325-3208** or [foundation@columbiamemorial.org](mailto:foundation@columbiamemorial.org). Ask for your free wills kit.





# TAKE TIME for your health!

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



## CHILDBIRTH/ FAMILY PREPARATION

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

### Six-Week Courses

► Wednesdays, Aug. 6 to Sept. 10

► Wednesdays, Sept. 17 to Oct. 22

6:30 to 8:30 p.m.

CMH

Free if delivering at CMH.

\$75 if delivering elsewhere.

### Weekend “Fast-Track” Courses

Friday, July 18, 6 to 8:30 p.m.,  
and Saturday July 19, 10 a.m. to  
4:30 p.m.

CMH

## HEALTH AND WELLNESS

### AARP Drivers Safety Class

Friday, Aug. 8, 9 a.m. to 4 p.m.  
CMH Columbia Center

\$15 for AARP members/\$20 for  
non-AARP members

This course is designed to assist  
individuals in understanding  
current rules of the road and  
defensive driving techniques.  
Individuals may be eligible for  
discounts upon completion.

### Get a Grasp on Medicare

free

Tuesday, Aug. 5, 4 to 5:30 p.m.  
CMH Columbia Center

This course offers objective,  
unbiased Medicare information.  
It will review benefits, options  
for additional coverage and how  
to avoid Medicare fraud. You  
will also learn where to go to get  
assistance and how to enroll in  
Part D Prescription Drug Plans  
and Medicare Advantage Plans  
online.

Check out our new  
calendar online!

## Nicotine Dependence Treatment

### Individual Tobacco Cessation Consultations

Available Monday to Friday  
CMH Columbia Center  
Billable to most insurance

The certified tobacco treatment  
specialist is available for  
individual tobacco cessation  
consultations to assist and  
support you in quitting  
tobacco. Proper use and levels  
of medication are discussed.  
Treatment plans are identified for  
each individual.

### Reiki Training

Saturday, July 19, 9 a.m. to  
3 p.m., and Sunday, July 20,  
9 a.m. to 3 p.m.

CMH Columbia Center  
Cost: \$75

Reiki is a practice of mindful,  
compassionate touch that  
utilizes life energy flow to bring  
about wholeness in body, mind  
and spirit. The training format  
consists of the oral tradition of  
reiki and the hand positions for  
self-treatment and for treating  
others. The unique components  
of reiki training are the four  
activations of the vibratory flow  
of life energy. Class time allows  
for sharing, support, and giving  
and receiving reiki touch. Reiki is  
an experiential practice.

### Strong Bones

► Mondays and Wednesdays,  
July 14 through Aug. 20,  
11 a.m. to noon

► Mondays and Wednesdays,  
July 14 through Sept. 17, 5:30 to  
6:30 p.m.

CMH

Fee: \$30 for 6-week program,  
\$50 for 10-week program (both  
are free to anyone age 60 and  
over)

This six-week program is  
a national evidence-based  
community exercise and  
nutrition program targeted  
at midlife and older women.  
The program assists women  
in maintaining muscle mass,  
strength and function. It is easy  
and fun! Class size is limited, so  
register now!

## DIABETES EDUCATION

CMH offers a Certified Diabetes  
Education Program for your  
individual needs. Group classes  
and individual appointments are  
available with our trained diabetes  
nurses and clinical dietitians.  
Support group and foot clinics are  
available. Please call 503-338-4012  
for information.

## Support Groups

### Bereavement and Grief Support

free

► 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 Health & Wellness  
Pavilion, Third-Floor Conference  
Room, 2265 Exchange St.,  
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.

Calvary Assembly Church of  
God, 1365 S. Main St., Warrenton  
Contact Brigid Koeppen at  
503-338-4085.

CMH HEALTH COMPASS is published as a community service by COLUMBIA MEMORIAL HOSPITAL, a Lutheran-affiliated health care facility. 2111 Exchange St., Astoria, OR 97103, telephone 503-325-4321, website [www.columbiamemorial.org](http://www.columbiamemorial.org)

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**Bill Lind**

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## ART AT CMH

# Beautiful surroundings promote healing

**I**N her book *Notes on Nursing*, Florence Nightingale described the patient's need for beauty, even to look out a window or gaze at a vase of flowers: "People say the effect is only on the mind. It is no such thing. The effect is on the body, too." At Columbia Memorial Hospital, we believe that healing environments and art are a necessary part of the healing process.

At CMH, you will find beautiful art throughout the facility. The art we have selected not only adds to the ambiance, but reflects the history and resurgence of our hometown. CMH frequently works with local artists to bring fresh new art into our buildings. We are currently featuring shows by the North Coast Printmakers Collective in the CMH Health & Wellness Pavilion on the second floor, quilt work by Constance Waisanen, paintings by Diane Beeston, and photography by Scott Saulsbury in our Outpatient Pharmacy. Additionally, we are very grateful to have received two large donations of art recently: a collection from Michael Foster and a sculpture by Stanley E. Marcus.

Our hospital is designed to incorporate the comforts of home with the highest levels of technology so that you can feel at ease with your surroundings and know that you are receiving top-notch medical care. At CMH, we have provided spaces for both solitude and social activities, including the library, kitchen, family lounge, activity room, chapel, gardens and overnight accommodation for families.

We believe our homelike environment and beautiful art not only help our patients and family to feel more at home, but are vital to healing and well-being.



By J. Thompson



By Charles Blondin