

CMH

# Health

DEVOTED TO HEALTHFUL LIVING

FALL 2016

# CMPASS™



**WE'VE GOT  
YOU COVERED**

*Meet three CMH  
caregivers who give their  
all to help patients. Pg 4*

  
COLUMBIA  
MEMORIAL  
HOSPITAL

**TAKING  
THANKSGIVING  
TO HEART** Pg 6

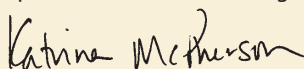
## A prescription for play

We have all seen how technology has drastically changed our lives over the last few decades. There are so many things that we can do and learn with apps on our tablets and cellphones. YouTube, Hulu and Netflix have made all of our favorite TV shows and movies available at the touch of a button.

While these advances have helped us a lot and provided hours of entertainment and downtime, they are also causing problems. Many parents struggle with getting their kids to put down their electronics or turn off the TV. Grown-ups find themselves watching an entire season of their favorite TV show in one sitting. As a result, people are less active, and obesity rates, along with related chronic diseases like diabetes and heart disease, are rising dramatically in both adults and children.

The "Rx: 2Play" program was created by a unique partnership of local groups in order to get people and families back outdoors and more physically active. Participating physician offices and clinics can now give a prescription to encourage patients and their families to become more active and try new activities. An Rx: 2 Play can be redeemed for passes to Astoria and Sunset Empire parks and recreation programs, and to the state and national parks in the area, including Fort Stevens and Fort Clatsop. These passes allow access to the pool, fitness classes and exploring the outdoors.

So please corral your kids, snag your spouse or find a friend and get active!



Katrina McPherson, MD  
VP of Operations for the Medical Group



**Katrina McPherson, MD, VP of Operations, CMH Medical Group**

# Dealing with unwanted medications

**"HOW** do I dispose of my unwanted meds?" This is one of the most common questions we hear in the Columbia Memorial Hospital Outpatient Pharmacy (located in the Park Medical Building). Now we have a great answer to that question.

Thanks to a rule change by the Drug Enforcement Agency, an idea by the Clatsop Pacific Coordinated Care Organization and the support of the CMH Guest Experience A-Team, our outpatient pharmacy now has a MedSafe Return Bin. This big, blue bin gives our pharmacy a secure system for disposing of your unwanted medications.

Each year in this country, millions of pounds of unwanted medications are disposed of improperly. They end up in our waterways and environment. And unwanted medications left in our homes contribute to prescription drug abuse (especially of opiates), unsafe prescription meds floating around our community and poisonings in children.

So drop off your unwanted medications today, and tell your friends and family. Our outpatient pharmacy is open 8 a.m. to 6 p.m., Monday through Friday. You simply place your bottles, vials or tubes in the bin. There is no cost, and no questions are asked.



To learn more, call the CMH Outpatient Pharmacy at **503-338-4560** or visit us in the Park Medical Building located at 2120 Exchange St., Suite 101, Astoria.

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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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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 Course

► Wednesdays, Oct. 5 to Nov. 9,  
6:30 to 8:30 p.m.

CMH

Free if delivering at CMH; otherwise \$75

### Weekend Fast-Track Course

► Friday, Dec. 9, 6 to 8:30 p.m., and  
Saturday, Dec. 10, 10 a.m. to 4:30 p.m.

CMH

Free if delivering at CMH; otherwise \$75

## CMH HEALTH AND WELLNESS

### Get a Grasp on Medicare 2017

► Tuesdays, Oct. 11, Nov. 22, 3 to 5 p.m.

CMH Columbia Center–Coho Conference Room, 2021 Marine Drive, Astoria

This class will cover the A, B, C and Ds of Medicare benefits, including new 2017 updates. We will also discuss the options available for additional coverage and how to determine what coverage is best for you. In addition, we will review low-income programs and how to avoid health care fraud.

### Healthy Eating for Successful Living

► Tuesdays, Oct. 11 to Nov. 15,  
10 a.m. to noon

CMH Columbia Center

Free

This six-week class is designed to increase your understanding of healthy nutrition

choices. Classes will include understanding dietary guidelines, grocery shopping, meal prep and cooking, and more!

### Living Well with Chronic Conditions

► Tuesdays, Oct. 11 to Nov. 15,  
1 to 3:30 p.m.

CMH Columbia Center

Free

This six-week workshop was developed by Stanford University to help participants learn how to manage their chronic conditions and still continue to live fulfilling lives. Topics include nutrition, appropriate use of medications, decision-making, and communicating effectively with family, friends and health professionals. People with any chronic condition, such as arthritis, asthma, diabetes and heart disease, are encouraged to attend.

### A Matter of Balance: Managing Concerns about Falls

► Thursdays, Oct. 6 to Dec. 22,  
1 to 3 p.m. (no class on Thanksgiving Day)

CMH Columbia Center

Free

This eight-week, award-winning program is designed to manage falls and increase activity levels. This class focuses on practical strategies to manage falls. Exercises to increase strength and balance start in week 3. Anyone concerned about falls; interested in improving their balance, flexibility and strength; who has fallen in the past; or who has restricted activities because of falling concerns is encouraged to attend.

### Strong Women Strong Bones

► 10-week class: Mondays and Wednesdays,  
Oct. 17 to Dec. 21, 5:30 to 6:30 p.m.

CMH Columbia Center

\$50

This program is a national, evidence-based community exercise program tailored for women in midlife and older. The program assists women in maintaining muscle mass, strength and function by using hand and ankle weights and mat exercises.

### Trying to Quit Tobacco? Tobacco Cessation Services

CMH Columbia Center

A certified tobacco treatment specialist is available Monday through Friday for individual tobacco-cessation appointments to help you quit tobacco. The addiction to nicotine, the habit of tobacco use and behavior change are addressed, and support is provided. Treatment plans are tailored for each individual. The program is billable to nearly all insurance plans. Call 503-325-4321, ext. 5758, for more information or to schedule an appointment.

## 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. Free support groups are held throughout the year. Contact us to be put on our mailing list or email list to get information before the meetings. 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.

### 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 Columbia Center–Coho Conference Room, 2021 Marine Drive, Astoria

Contact Michele Abrahams at 503-338-8435.



# All-star



**Name:** Paulina Cockrum, RN, OCN  
**Title:** Triage Nurse, CMH/OHSU Cancer Care Center  
**Time at CMH:** 8 years

## 40 years of care

**Paulina Cockrum** has been a nurse for four decades, caring for patients and working in administration.

At the CMH/OHSU Cancer Care Center, Cockrum has found a role that combines her strengths and experience in a way that is both challenging and rewarding: She now works three days a week at the clinic as a triage nurse.

You could think of Cockrum as the navigator of the cancer care ship, on which the patient is the passenger and the oncologist is the captain. She works with the oncologist to help patients successfully navigate their cancer care plan, she gives nursing advice over the phone, and she teaches patients how to manage their oral chemotherapy regimen.

"We are with you on this journey," Cockrum says. She feels that it is a privilege to be just one of the many caregivers a cancer patient encounters.

Cockrum considers herself a natural introvert in an extrovert's job. She brings a sense of mindfulness to her interactions with patients and always strives to be customer service-oriented. "As a nurse, sometimes you have to help someone get to another place in their mind," she says. Her special place is the Gearhart dunes.

Cockrum lives in Gearhart with her sister, Karen. They purchased a home together about 14 years ago, when Karen's husband was diagnosed with Alzheimer's disease and Cockrum was raising a teenage son alone, after the death of her husband. The sisters knew the family support would be invaluable.

In the years since, Cockrum's brother-in-law has passed away, and her son, now 27, has moved to Portland. The arrangement has worked well, and the two sisters continue to support each other. They swim together regularly.

Cockrum has been active in city government for many years. She served on the Gearhart Planning Commission from 2008 until last fall, when she was asked to join the City Council to fill a vacancy. She is also a member of the Gearhart Community Emergency Response Team (CERT).

Being a nurse is more than just a job for Cockrum, which is perhaps why after 40 years of caring she says, "I'm not quite ready to retire—but I make a lot of noise about it."



## Nightlife

**Shantija "Tija" LaRue** grew up in Portland but always had good memories of being at the coast.

"My dad used to bring me here as a kid. We used to go to Seaside," she says. "So I've kind of come back home."

LaRue and her husband moved to the Columbia coast region from Cottonwood, Idaho, three years ago. She was drawn by the water, the trees and the lack of snow. Her goal was to get a job with CMH.

She first started working in health care as a housekeeper at St. Mary's Hospital in Cottonwood. She had worked her way up to being a housekeeping supervisor when she realized, "I wanted to be involved more." So, with the encouragement of her co-workers, she went back to

# caregivers

**WE'D** like to introduce you to some of the dedicated caregivers at CMH. They are among the caregivers at CMH for whom service to others is more than just a job; it's a way of life. These caregivers make our region a better place to live.

**Name:** Shantija LaRue, CNA 2  
**Title:** Certified Nursing Assistant 2, Medical/Surgical Unit  
**Time at CMH:** 7 months

school to learn to be a nursing assistant.

"It's a different environment in a hospital than anywhere else because people are more supportive," she says.

LaRue has been a certified nursing assistant (CNA) since 2010. She has worked both in the hospital setting and in long-term care with patients with Alzheimer's. She now works at CMH on the medical/surgical unit. In July 2016 she earned her CNA 2 certification.

LaRue works nights, which is a hard time of the day for many patients. She finds that her down-to-earth and reassuring attitude helps her as she cares for patients' physical and emotional needs.

"I like to make people smile on the crappiest day of their lives," LaRue says.

In her spare time, she enjoys hiking, sewing and working on her house in Astoria. She and her husband are building a retaining wall and a patio to make room for their two young grandsons to play.

For LaRue, the Columbia coast region is now home. "I like the community," she says. "I like that there's always something to do."

**Name:** Porsche Brunzell, CMA  
**Title:** Certified Medical Assistant, CMH Medical Group  
**Time at CMH:** 6 years



## The gift of laughter

**Porsche Brunzell's** interest in health care began as a Warrenton High School student in CMH's Health Occupations class, which was taught at the time by Kendra Gohl, RN.

"That's where the fire was lit," Brunzell says. "I want to help people and make a difference in their lives. And I also think the human body is fascinating."

Although she has worked in several of CMH's clinics, and fills in wherever she is needed, Brunzell has found that working with wound care nurse Lisa Harris, RN, in the Specialty Clinic is a great combination of her interests. "What I enjoy most about wound care is that you see patients more often and you get to establish a relationship with them," she says.

Patients who need wound care generally visit the clinic at least once a week for care. Beyond taking the patient's blood pressure and other vital signs, Brunzell sees her job as one of distraction. "I most enjoy making people laugh," she says.

By the time a patient no longer needs wound care, it's a bittersweet parting. She's glad that their body has healed, but she's sad that she won't be seeing them regularly.

"I think it's important that we treat our patients like someone we really care about," Brunzell says. "You're seeing someone's father, someone's mother, someone's grandmother."

Brunzell and her husband, Aaron, live in Astoria. She loves to travel and spend time with family and friends. "I'm a huge social butterfly," she says. She enjoys going to coffee shops and breweries, dancing, karaoke, game nights, and hosting parties.

She is always ready to lend a hand or a laugh whenever it's needed.

# A SEASON OF THANKS

Celebrating gratitude for more than one day



“It is through our partners that we are able to innovate to meet the needs of our community. We are honored every day by the trust placed in us, and we are inspired every day to do all we can to live up to that trust by providing the best care medicine has to offer.”

—Erik Thorsen,  
President/CEO,  
CMH

**IT'S** common knowledge that the American celebration now called Thanksgiving has its origin in 1621, as the Pilgrims invited the neighboring Indian tribes to join them in a feast of gratitude for God's blessings.

There's no evidence, however, that they actually celebrated this on the fourth Thursday in November or that it lasted only one day or that they played a mean game of touch football after dinner. The holiday was celebrated informally throughout the years, thanks to several annual presidential proclamations.

The idea of a permanent, national celebration each November came 242 years after the first Pilgrim and Indian festival in the early 17th

century. During the Civil War, many Americans clamored for some sort of national religious holiday. One of the most vocal was Sarah Josepha Hale (who, by the way, wrote “Mary Had a Little Lamb”).

Hale used her clout as editor of the influential *Godey's Lady's Book* magazine to motivate President Lincoln to proclaim a national holiday. On Sept. 28, 1863, she wrote a letter to the president encouraging him to “have the day of our annual Thanksgiving made a national and fixed Union Festival.” Five days later, Lincoln issued the “Thanksgiving Proclamation of 1863.”

But should thanksgiving be confined to one day? Or, as



Penny Cowden,  
Executive Director  
of the CMH  
Foundation

## A LIFETIME OF THANKS

### GRANDMA AND GRANDSON FIND WAYS TO GIVE BACK

In her words: Mrs. Peggy Rubidoux is no stranger to “doing something.” “My mother worked at the USO in the 1940s during the war. My dad belonged to Catholic Charities. They taught us to give back. If I can help people, I can be happy knowing I did something.”

Her family has a long history of helping others through philanthropy, and Mrs. Rubidoux was thrilled to learn about the CMH/OHSU Knight Cancer Center from her grandson, Christopher Laman, PharmD. Laman is currently the director of pharmacy and cancer services at CMH and has been instrumental in the design of the new cancer center. His grandmother has a lot to be proud of, and it’s clear that his excitement about what the cancer center will bring to patients has spread to his grandmother:

“It’s such a wonderful project and so important. I’m glad to be part of it.”

When Mr. Thomas Rubidoux passed away five years ago, one of the assets he left was an IRA. Every month Mrs. Rubidoux would look at the statement and wonder what to do with it—it wasn’t really earning much, she couldn’t easily pass it along to heirs, and she was paying fees. Once she decided to honor her grandson with a gift to the cancer center, she knew the perfect way to do it—the IRA!

By transferring her IRA to CMH Foundation, Mrs. Rubidoux lowered her yearly taxable income and capital gains taxes. But, most important, she is part of building something that will become one of our region’s most treasured assets.

the Rev. Dr. Mark D. Roberts speculates, shouldn’t we engage in a season of thanks? At Columbia Memorial Hospital Foundation, we wholeheartedly agree. We are extremely thankful to our community of supporters and donors for taking the mission to heart and bringing it to life for every person that enters our doors seeking health, healing and hope.

In September, the CMH Foundation kicked off our own season of thanks with a magical celebration of giving for donors

and friends. The evening was dedicated to expressing our gratitude for a community that has made maintaining an independent, locally owned hospital possible. We are blessed to have many friends who support CMH. Indeed, having access to high-level care is the precious gift donors ensure through their philanthropy. So as one voice during this season of thanks, everyone at CMH and CMH Foundation gives our deepest gratitude to those who support us and for those we serve.

(Source: Rev. Dr. Mark D. Roberts)

## WHAT IS AN IRA ROLLOVER GIFT?

Recently, Congress made the IRA rollover provision permanent. This means that if you are 70½ or older, you can make a charitable gift of up to \$100,000 from your IRA. Your gift will qualify for your required minimum distribution, and you will not have to pay income tax on the amount given from your IRA to charity.

### Why use your IRA?

An IRA rollover gift is a tax-exempt distribution. Qualifying individuals can make charitable gifts using pre-tax IRA assets rather than taking a distribution, paying income taxes and using after-tax assets to make a charitable gift.

### How to make an IRA rollover gift to us

To make an IRA rollover gift, simply contact your custodian and request that an amount be transferred to your favorite charity. Your gift could be \$1,000, \$10,000, \$50,000 or even up to \$100,000.

If you are like many donors, you could be paying higher taxes this year. By transferring some of your IRA required distribution to your favorite charity, you can lower your taxable income. With lower taxable income, you could reduce your income and capital gains taxes this year. Check with your adviser to see how an IRA rollover gift could impact your taxes while helping others.

We are happy to help you determine if an IRA gift is right for you. Call us at **503-338-4006** or email [pcowden@columbiamemorial.org](mailto:pcowden@columbiamemorial.org).

**SIGN UP TODAY!**

Are you a new parent? Have a baby on the way? Do you want the latest health news? We've got an e-newsletter for you! Visit [www.columbiamemorial.org/newsletter](http://www.columbiamemorial.org/newsletter) to subscribe.



## HEALTH LITERACY

# Helping you understand your care

**DO** you struggle to understand or apply the information you receive from your health care providers? You aren't alone.

A national survey showed that 88 percent of U.S. adults do not have the health literacy skills needed to manage all the demands of the current health care system.

Your health literacy is your ability to find, use and understand information about health and services you need to make health decisions. Stress and illness can affect the way we learn and retain information. Let's face it—going to the doctor or being in the hospital can be stressful. It can be hard to remember all the things you're supposed to do to improve your health.

At CMH, we are working to improve our communication skills so that we can help our patients get the most out of their health care services. We are trying to use

plain language and check back with patients for understanding.

Stanford University gives these tips to help you take an active role in your medical visits. Remember, "Take PART":

**Prepare** by keeping track of your

symptoms between visits. Report them to your provider. And list your main concerns or questions at the beginning of your visit.

**Ask** questions about your diagnosis, tests, medications and follow-up.

**Repeat** key points back to your provider to make sure that you understand. Taking notes during your visit can help you remember what you talked about too.

**Take** action on your provider's recommendations, or discuss with your provider what barriers prevent you from following through.

Please don't hesitate to stop a caregiver and ask them to repeat what they've said or to say it in a different way. Managing your health may not always be easy, but it should be understandable.

