

CMH

Health

DEVOTED TO HEALTHFUL LIVING

SUMMER 2015

C O M P A S S TM



HUNGRY FOR HEALTH

CMH caregiver loves helping patients eat well.

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CANCER CARE

Radiation therapy is coming to CMH.

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WHO LET THE DOGS IN?

Pet therapy brings in animals to heal.

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COLUMBIA
MEMORIAL
HOSPITAL

Summer is a time for growth at CMH

Growth is a major theme at Columbia Memorial Hospital (CMH) right now. Over the past year, we have continued to grow our clinics, staff and services to meet the needs of the communities we serve.

In April, we welcomed Kevin Baxter, DO, and Family Nurse Practitioner Jan Monroe to the CMH Primary Care Clinic. They have been wonderful additions to the Primary Care team, integrating seamlessly into the clinic. Last fall we added a third laboratory collection site in the Park Medical Building. This is a convenient option for people who have a lab order from their primary care provider.

The future also holds great changes. As you'll read on page 7, we are embarking on a much-needed expansion of the CMH/OHSU Cancer Care Center, which will bring radiation therapy to Astoria. This means cancer patients in our region will no longer have to travel to Longview or Portland five days a week for up to eight weeks to receive radiation treatments.

But growth at CMH goes beyond facilities and services. This summer, each of our more than 500 staff members are participating in a daylong retreat focused on developing their tools as members of this caregiving community.

We constantly strive to meet the evolving health care needs of the communities we serve. It is an honor and a privilege to be part of your journey.



Katrina McPherson, MD,
Vice President, Operations, CMH Medical Group



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ONLINE

Look, Mom—it has calcium!

Kids between the ages of 9 and 13 need 1,300 milligrams (mg) of calcium each day. Low-fat or fat-free milk is, of course, a great source—1 cup has 300 mg of calcium. Here are some other calcium-rich foods your kids may enjoy.

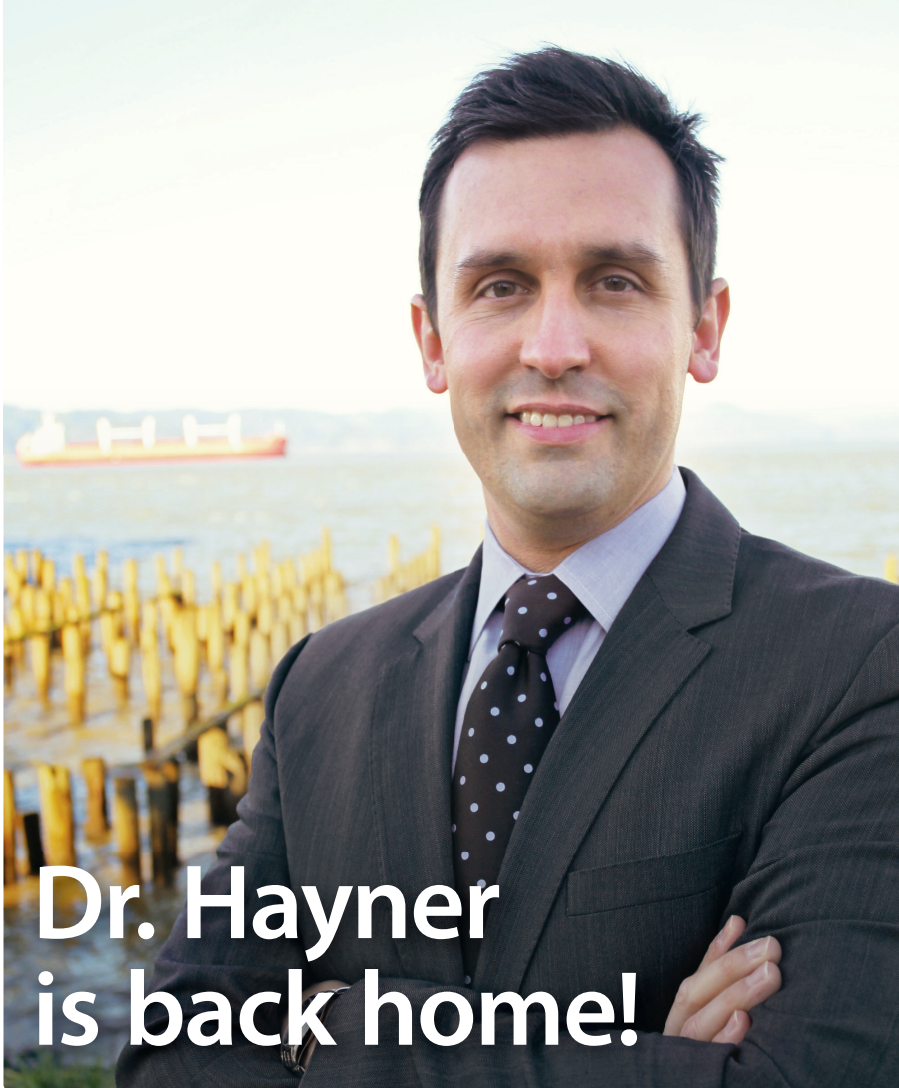


Food serving size	Calories	Calcium
Plain, low-fat yogurt, 1 cup	154	448 mg
Orange juice with added calcium, 1 cup	117	349 mg
Low-fat fruit yogurt, 1 cup	243	338 mg
Part-skim ricotta cheese, ½ cup	171	337 mg
Cooked soybeans, 1 cup	254	261 mg
Firm tofu, ½ cup	88	253 mg
Macaroni and cheese, 1 cup	310	161 mg
Cheese pizza, 1 slice	217	145 mg
Soft-serve frozen yogurt (vanilla), ½ cup	114	103 mg
Almonds, 1 ounce (23 nuts)	164	76 mg
Raw broccoli, 1 stalk	51	71 mg
Cooked broccoli, 1 cup	55	62 mg

Source: U.S. Department of Agriculture



Find healthy recipes kids will love at
www.columbiamemorial.org/recipes.



Dr. Hayner is back home!

CMH would like to welcome Paul Hayner, MD, back to Astoria!

Dr. Hayner, who specializes in internal medicine, recently opened an independent primary care clinic, Renaissance Health.

“My intention is to finish my career here in Astoria,” says Dr. Hayner. “The people and the relationships here are what brought us back.”

Been here, done that

Dr. Hayner previously practiced in Astoria from 2003 to 2010. He and his wife, Leslie, moved here after he graduated from medical school and completed a residency at Georgetown University. Although they liked Astoria, they thought they should try living in other places.

The Hayners moved to California for five years, where he helped grow a nonprofit clinic and she went back

to graduate school to earn a master’s degree.

But, says Dr. Hayner, “Astoria really pulled at the heart.”

“I read *The Daily Astorian* and followed it more than I did the paper there,” he says. So when Erik

Thorsen, CEO at CMH, asked if Dr. Hayner had ever thought of moving back, the Hayners started talking.

“Maybe we got it right on the first try,” Dr. Hayner says.

At Renaissance Health, Dr. Hayner cares for adult patients with a focus on preventive care. He also maintains admitting privileges at CMH. That means that he can manage his patients’ care both in and out of the hospital.

Continuity

“When you’re sick, it’s nice to see a familiar face,” he says. “I really like the continuity of care.”

Dr. Hayner says he is thankful to Thorsen and the CMH Board for inviting him back to the community.

Since deciding to return to Astoria, the Hayners have had a rather hectic and exciting year. In the span of a few months, they moved back to Astoria, bought a house, opened the clinic and welcomed their first child, a daughter.

Renaissance Health is located at 1406 Marine Drive in Astoria. The clinic accepts most major insurance plans. For more information or to



make an appointment, call 503-325-0505.

Keep in touch with your doctor

Risks for a number of health problems increase as people age. These include arthritis, cataracts and certain cancers. Sometimes, a combination of genetics and environmental factors—including your lifestyle—puts you at risk as well.

By working with your doctor, you can better understand your specific risks. Just as important, you can learn how to head off those things that pose some of the greatest risks. For example, your doctor might recommend that you stop smoking, improve your diet, get moving and have recommended screening tests. In some cases, you might need medication.

If you already have a health problem, it’s important to work closely with your doctor. Doing so can help you manage your condition. And that can help you live as healthfully as possible.

Sources: AGS Foundation for Health in Aging; National Institutes of Health

HEALTH news

Generic drugs can help save money

If you're looking for a money-saving idea, try this one: Ask your doctor or pharmacist about replacing your brand-name prescription medicine with an equivalent generic drug.

Currently, nearly 8 in 10 prescriptions filled are for generic drugs, according to the U.S. Food and Drug Administration (FDA).

The only significant difference between generics and brand-name medicines is the price. Generic drugs have the same strength and dosage form (pill, liquid or injection) as their brand-name counterparts. They must also have the same active ingredients and work the same way in the body, reports the FDA.

Don't be afraid to ask your doctor to write a prescription that permits substitution of a generic drug for a brand-name one. If your doctor doesn't think it's a good idea, he or she will let you know.

According to the FDA, the average cost of a generic drug is 80 to 85 percent less than its brand-name counterpart. And you could realize substantial savings by accepting a substitution.

Your goal should be to get the most effective drug at the best price.

For more information on generic drugs, call the CMH Outpatient Pharmacy at **503-338-4560**.



Memory matters: What's normal, what helps

Do you sometimes worry about being forgetful—like when you can't recall the name of a recent acquaintance or where you put your cellphone?

Though they can be frustrating, minor memory lapses like these are usually normal. On the other hand, Alzheimer's disease and other forms of dementia can cause serious memory loss and changes in thinking that can interfere with daily life.

For example, people who have Alzheimer's may get lost in familiar places or forget how to do routine things, like making change or paying bills. They might become confused, repeat themselves often or have trouble following simple instructions.

Also, although Alzheimer's can start with minor problems involving recent


memories, it tends to get worse with time, according to the American Academy of Family Physicians (AAFP).

If memory loss concerns you, let your doctor know. He or she may want to rule out conditions such as medication reactions, depression or thyroid disease.

Memory boosters. If you need a little help with your recall abilities, try these tips from the AAFP and other experts:

- ▶ Write it down. Use reminder notes, calendars and to-do lists.
- ▶ Put items like keys and glasses in the same place each time.
- ▶ Slow down. Give yourself time to memorize a new name.
- ▶ Make associations. For example, a silly rhyme might help you recall a name.


numbers to know



6
FEET

About how far the flu virus can travel after someone with the flu talks, sneezes or coughs. The infected droplets can then enter the nose, mouth or lungs of people nearby.


Centers for Disease Control and Prevention



7 OUT OF **10**

About the proportion of parents who make a mistake measuring out liquid medicines for kids. For better accuracy, use an oral syringe instead of a dosing cup.

Institute for Safe Medication Practices



40 million

The number of Americans, at minimum, who have a chronic sleep disorder every year. Another 20 million occasionally struggle with falling or staying asleep.

National Institutes of Health



Is it menopause?

OF the many questions women might have about menopause, the most basic may be this one: How do I know when I've reached it?

By definition, you've reached menopause if you haven't had a period for 12 months in a row.

For many women, the natural process that leads to menopause, called perimenopause, occurs somewhere between the ages of 45 and 55, according to the American College of Obstetricians and Gynecologists (ACOG).

During this time, your ovaries slowly stop producing two hormones, estrogen and progesterone. As your hormone levels fall, your body starts going through changes.

What to know

Every woman's menopause experience is different, notes the North American Menopause Society (NAMS). But some of the more common changes include:

- ▶ Irregular periods.
- ▶ Hot flashes.
- ▶ Night sweats.
- ▶ Vaginal dryness.

Night sweats can interrupt sleep, notes NAMS, which can also lead

to mood swings, irritability and problems concentrating.

Easing the transition

You might experience none, some or all of these changes. They can be mild or severe enough to disrupt your daily life.

Changes in lifestyle, such as exercise or diet, can often help ease discomfort. Your doctor might suggest treatment options such as:

- ▶ Using vaginal moisturizers or lubricants.
- ▶ Tracking and avoiding things that trigger hot flashes.

Need to ease hot flashes or other menopausal discomforts? Talk to your doctor about what treatment is best for you.

- ▶ Changing your sleep environment.
- ▶ Taking hormone therapy.

It's best to discuss any treatment, especially hormone therapy, thoroughly with your doctor.

Postmenopausal concerns

Once you've reached menopause, the years beyond are called postmenopause.

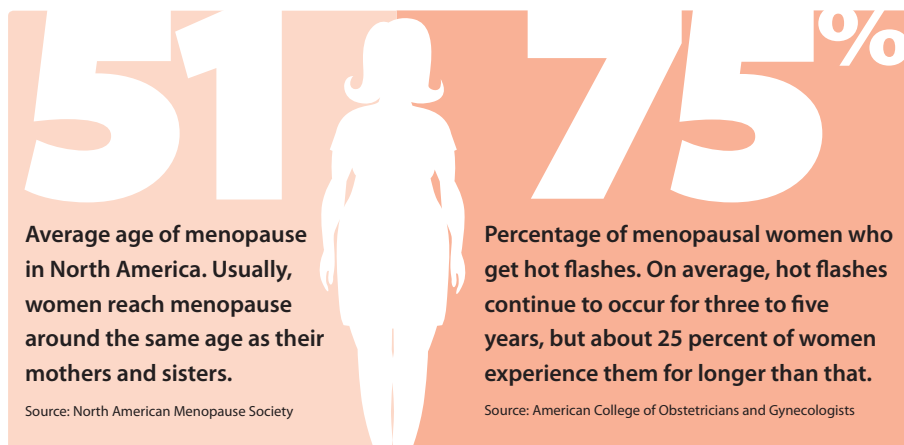
Although menopause itself is a completely normal process and not a disease, you should be aware of certain health concerns associated with it.

The risk of heart disease rises in postmenopausal women, for example. To reduce your risk, control blood pressure and cholesterol levels and maintain a healthy weight.

Estrogen helps keep bones strong, which means menopause can make you vulnerable for fractures and other symptoms of osteoporosis.

Getting enough calcium and vitamin D can reduce your risk of fractures.

Ask your doctor about your risks for these conditions and what you can do to reduce them. You may also want to ask about bone density tests or other screening exams.



All-star caregiver



We'd like to introduce you to one of the dedicated caregivers at CMH. She is among those for whom service to others is more than just a job—it's a way of life. In their work and play, these caregivers make our region a better place to live.

GRACE Laman is passionate about food, and she loves to share that passion.

"I love food—I love eating, cooking and talking about food," she says. "And I want to share that passion with others to hopefully prevent conditions that could be caused by poor nutrition."

Laman has lived in Astoria for nine years. In that time she has taught nutrition through Clatsop Community College and CMH, and she helped to establish Port of Play. She serves on the Astoria School District Board of Directors and its health and wellness committee, is a member of the Astoria Parks & Recreation Advisory Board, and helps with the Gray School Community Garden.

A full plate

At CMH, Laman focuses primarily on outpatient nutrition counseling through the Medical Nutrition Therapy and Diabetes Education programs. She also occasionally meets with patients in the hospital and teaches community education classes.

"As a caregiver, I feel like my role is to provide individualized care as much as possible," Laman says. "In the nutrition world, we are constantly bombarded with information—a lot of it conflicting—and I like to help people navigate their path through that information."

"I want people to develop a healthy relationship with food and to be mindful of the foods they are choosing to eat and how they will affect them individually. The reason I do this job is because I love listening to people's stories and providing them with a platform to develop goals and strategies around food and eating that they can be successful in achieving."

Passionate about it

Laman's passion for food extends to her home. She and her husband, CMH Pharmacy Manager Chris Laman, have two sons, age 6 and 9. "The three of them are my biggest guinea pigs—and they are the first to let me know when I've taken the healthy cooking to the extreme. And then we all go out for ice cream!"

This spring, Laman and fellow

▲ Grace Laman is currently training for her second half-Ironman and plans to run a few races with her sons.

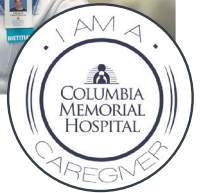


Health foodie

Name: Grace Laman

Title: Registered/Licensed Dietitian

Time at CMH: 8 years



caregiver Melissa Morris brought their enthusiasm for healthy eating to CMH's Operation Bunny Suit. They led more than 250 area fifth-grade students in a salad-making contest, which encouraged the kids to try foods they may have never tasted before.

In everything, from her role as a caregiver at CMH to her volunteer work, Laman shares her love of food, education and services with those around her.



**KNIGHT
CANCER INSTITUTE**
Oregon Health & Science University

Radiation therapy close to home

Cancer patients on the Columbia coast will soon have access to the most advanced treatment and comprehensive care

CMH and the Oregon Health and Science University (OHSU) Knight Cancer Institute are pleased to announce the development of a new 18,000-square-foot comprehensive radiation cancer treatment center and specialty clinic. The CMH/OHSU Knight Cancer Institute collaborative will expand on CMH's existing chemotherapy treatment services and bring much-needed radiation therapy services to the Columbia coast region.

"Our collaboration with the OHSU Knight Cancer Institute is a significant enhancement to the health care services available to our community," says Erik Thorsen, CEO of CMH. "We are working to bridge the divide of accessible health care services locally. Our growing partnership with OHSU aims to continue bringing medical excellence to the north coast

of Oregon and the southwest coast of Washington without the miles."

You can help make this happen!
Turn to page 10 to find out how.

No more lengthy drives

Currently, local 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.

"I can't emphasize this point enough: This center is so beneficial to this community and for all those who are living with cancer in our region," says Judy Coleman, a four-year survivor of esophageal cancer

and a member of the CMH Patient-Family Advisory Council.

"At one time during my treatment, the fatigue of travel had me thinking about ending my treatment prematurely. It felt overwhelming. Having radiation therapy locally may make the difference between continuing and giving up treatment for some cancer patients."

An outstanding staff

Oncologist Jennifer Lycette, MD, and Nurse Practitioner Anne Hulstrom will be joined at the CMH/OHSU Cancer Care Center by a medical oncologist and a radiation oncologist, as well as midlevel providers to support them. In cooperation with physicians from the OHSU Knight Cancer Institute, these local providers will offer patients a full complement of cancer care treatments.

"With this new center, cancer patients in the region will soon have unsurpassed access to all of the advancements, technology and clinical trials available in Portland," Dr. Lycette says.

Get the facts about CAM



LOOKING into complementary and alternative medicine (CAM)? You're not alone. Millions of people across the nation turn to CAM to support their health and well-being.

But what exactly is CAM?

You might have heard it called natural, holistic or Eastern medicine. In the U.S., the term refers to any medical or health care system, practice or product that is not part of conventional medicine—the medicine practiced by people who hold doctor of medicine (MD) or doctor of osteopathy (DO) degrees, as well as by health care providers such as nurses, physical therapists and mental health professionals.

What are some examples?

CAM takes many forms. Products derived from nature are the most popular type of CAM. They include vitamins, dietary supplements and herbal medicines. Among the most commonly used are fish oil or omega-3 supplements, glucosamine, echinacea, and flaxseed.

Other, often-used types of CAM include: ♦ Massage. ♦ Chiropractic care. ♦ Biofeedback. ♦ Deep breathing.

Some forms of CAM are actually whole systems of medicine, such as:

► **Traditional Chinese medicine.**

These practitioners use herbs and acupuncture.

► **Homeopathy.**

Homeopathic medicine is built on the idea that the body can heal itself if given small doses of substances that would, in healthy people, produce symptoms similar

Let your health care providers know you are considering using alternative medicine, and find out what they know about these therapies.

to those of the patient's illness.

► **Naturopathy.** A naturopath focuses on well-being and helping the body heal itself through the use of things such as exercise and water therapy, dietary changes, and dietary supplements.

Fast facts: Who uses CAM?



About 4 out of every 10 adults use some form of complementary and alternative medicine (CAM).



About 1 in 9 children uses CAM.

Source: National Center for Complementary and Integrative Health

How do I know it's safe?

There are several ways you can gather information about CAM:

► Visit nccih.nih.gov.

► Talk with your health care providers. Let them know you are considering using CAM, and find out what they know about these therapies.

► Go to the library. The reference librarian can help you find information about CAM.

It's important to know that, just as with conventional medicine, not every treatment works the same for every person.



BEREAVEMENT

Compassionate care to help you through your sorrow

GRIEF is more than sorrow. It is a natural response to losing a loved one. It provides an opportunity to work through complicated feelings and learn how to live in a new way.

What makes your grieving process unique is the personal relationship you had with your loved one, the expressions of your individual feelings and thoughts, and possibly even your physical symptoms. No matter what shape your grieving takes, you never have to go through it alone.

Turn to Lower Columbia Hospice Bereavement Services

Grieving is a continuous process that involves many changes over time. It may take longer than you expect and may also take more energy than you imagined. You might experience physical symptoms, mood swings, and even guilt or anger. You might find yourself asking

questions such as these:

- ▶ Why do I feel so lost and alone?
- ▶ Why am I so angry?
- ▶ Am I losing control?
- ▶ When will these feelings end?
- ▶ Is there anyone I can talk with?

Lower Columbia Hospice can help you journey through grief and provide you with an understanding of the feelings and reactions you might expect and experience.

You're not alone

Lower Columbia Hospice provides support and comfort to families and friends of patients. We're here to guide you through your personal grief and help you cope with your loss. Our approach to hospice care creates an environment of hope, comfort and dignity. This approach continues throughout the bereavement process, with services and counselors to help families heal:

- ▶ Individual attention. Our bereavement coordinator is available to assist you, whether you have concerns during your loved one's illness or you are worried about the impact of the situation on you and your family.
- ▶ Continuous contact. Our bereavement coordinator, as part of the hospice team, will remain in contact with you for up to 13 months. Care is extended through phone calls, mailings of bereavement literature, support groups and a memorial service. Your relationship with your counselor is based entirely on your needs and will change as you do.
- ▶ Support groups. If you find solace through meeting others, we will introduce you to people who, like you, have also experienced a loss.

To find out more about bereavement services offered by Lower Columbia Hospice, please contact our office at 503-338-6230.

Funds for cancer

The need is there—will you help us answer the call?

THE CMH Foundation announced the launch of a major capital campaign to support the addition of radiation therapy to CMH's cancer care treatments at its annual fundraiser on May 9, 2015. The CMH Foundation is asking the community to help it meet its capital campaign goal of \$3 million.

A growing demand

According to the American Cancer Society, one-third of the people living in the U.S. will develop some form of cancer during their lifetime. And in 2013, 56 percent of patients needing oncology care left this area to



Help Columbia coast patients get radiation treatment close to home. Call 503-325-3208.

receive treatment. Offering radiation therapy locally means our patients no longer must travel out of the area to receive radiation treatment during an extremely challenging time. (See story on page 7.) It is estimated that during the first year of operation, the cancer center will provide radiation treatments for at least 11 patients per day, which will equal 2,800 annual treatments, a number that is expected to grow during every subsequent year.

Here are some facts about CMH:

► CMH is an independent community hospital. It is not a part of a larger system, and it receives no tax support.

► CMH contributed nearly \$6 million in medical services to the community in 2014 for uncompensated and uncollectable costs.

The CMH Foundation is reaching out to the community to help us bring radiation treatment to the Columbia coast region. Please help us help others! Your donation of any amount to the CMH Foundation will make a difference.

Contact us at foundation@columbiamemorial.org; by phone at 503-325-3208; or by mail at 2111 Exchange St., Astoria, OR 97103.

Foundation FAQs

The CMH Foundation is crucial to the success of our hospital. But what is the Foundation, and what does it do? Here are some questions we have received—and the answers to them.

Q: What is the Foundation?

A: Think of the Foundation as the fundraising arm of the hospital. It helps obtain the financial resources we need to accomplish our mission.

Q: How does the Foundation benefit the hospital?

A: The costs of providing high-quality medical care are high. The Foundation raises money to support our programs and services, provide needed medical equipment, enhance facilities, and help pay for direct medical care. Without the Foundation's backing, we simply could not maintain our current level of service.

Q: How can I give to the Foundation?

A: There are many options. For instance, you can make a cash donation, either as a one-time gift or on a recurring basis. If you'd like, these donations may

be made in honor or in memory of a loved one. Planned giving that includes gifts of stocks or bonds, real estate, retirement assets, and life insurance policies is also possible.

Q: Can a small gift make a difference?

A: Gifts of all sizes help support the work of the hospital. They are happily accepted and essential to the hospital's work.

Q: Is my donation tax-deductible?

A: We operate as a nonprofit organization. This means your donations are tax-deductible to the extent allowed by law.



LOOK WHAT'S HAPPENING

SIGN UP TODAY!



Call 503-338-7564, email cheryl_ham@columbiamemorial.org or visit www.columbiamemorial.org/takeaclass to learn more about the exciting opportunities at CMH.

CHILDBIRTH/FAMILY PREPARATION

CMH offers a full line of labor preparation courses—weekdays over six weeks and a weekend fast-track class. The weekend class is the last session until October.

Six-Week Courses

► **Wednesdays, Aug. 5 to Sept. 9; Sept. 16 to Oct. 21, 6:30 to 8:30 p.m.**
Free if delivering at CMH; \$75 if delivering elsewhere

Weekend Fast-Track Course

► **Friday, July 17, 6 to 8:30 p.m., and Saturday, July 18, 10 a.m. to 4:30 p.m.**

CMH HEALTH AND WELLNESS

Living Well With Chronic Conditions

► **Tuesdays, July 14 to Aug. 18, 5:30 to 8 p.m.**
CMH Columbia Center
Free

This six-week course provides individuals with the tools for living a healthy life with a chronic condition, such as arthritis, asthma, cancer, diabetes, chronic obstructive pulmonary disease (COPD) and heart disease. Topics are relaxation techniques, managing emotions, fitness, nutrition, communication, working with your health care team and more.

Get a Grasp on Medicare

► **Tuesday, Aug. 11, 5:30 to 7 p.m.**
CMH Conference Room A

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 state assistance programs available for older adults.

Strong Women Strong Bones

► **Please call or email for upcoming classes (or days and times or schedules)**

This program is a national evidence-based community exercise and nutrition program tailored for women at midlife and older. 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 groups and foot clinics are available. Call 503-338-4012 for 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 Dr., 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, 202 SE Chokeberry Ave., Warrenton
Contact Brigid Koeppen at 503-338-4085.

Ostomy Support Group

► **First Friday of the month, noon**
CMH Health & Wellness PAVILION, Third-Floor Conference Room, 2265 Exchange St., Astoria
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

Check out our new calendar online at www.columbiamemorial.org/takeaclass.

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/e-newsletter to subscribe.



PLANETREE



The best doggone therapy option

ONE of our smallest, furriest CMH volunteers is Macaroni "Mac" Lattig, a Yorkshire terrier-schnauzer. Mac is part of the CMH Pet Therapy program. He visits patients in the CMH medical units and in the CMH Infusion Center. He also visits patients in their homes or care facilities for CMH Lower Columbia Hospice.

As a hospital volunteer, Mac has to be certified every other year through

the national Pet Partners program. In one exercise, the dogs have to walk by food or a toy and not react—in other words, not grab and gobble. This year the Pet Partners examiner used a squeaky hot dog toy. Laura, Mac's owner, thought that Mac was doomed to fail, but he squeaked by!

All his ducks in a row

A few weeks after he passed his

exam, Mac visited a bedridden patient who was holding his collection of 20 rubber ducks. It was clear that he felt the same way about squeaky toys that Mac did. Mac looked at the patient; the patient looked at Mac. It was a standoff. Then, Mac kissed the patient's hand as the patient petted him, never taking his eyes off of those rubber ducks!

Proven benefits

Research indicates that pets can help reduce blood pressure, lower stress and anxiety levels and stimulate the release of endorphins, which make us feel good. Through our CMH Pet Therapy program, we are able to bring animals into the healing process. We currently have five Pet Partner-certified teams who work in CMH facilities.

Wags and whiskers

If you think that you and your pet would enjoy volunteering at CMH, contact Laura Lattig, our Volunteer Coordinator, at **503-325-4321, ext. 4402**, to learn more. Mac is looking forward to meeting you!

