

CMH HEALTH COMPASS™

A JOURNAL DEVOTED TO HEALTHFUL LIVING

WINTER 2015



INSIDE

Love being healthy? Then our free Community Health Fair is for you. See page 8.

Just the facts, man

It's risky being a guy. Compared to women, men take more chances with their health. Among other things, they smoke more, drink more and see their doctors less often than women do.

They also die earlier. Their average life expectancy is about 75 years; for women, it's 80-plus.

It doesn't have to be that way. Ask your doctor how to take better care of yourself. He or she can help you stop smoking; eat better; exercise more; and get the screening tests, vaccines and other routine care you need.

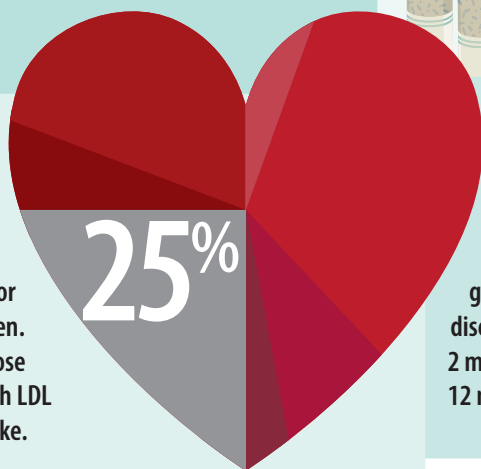


Belt busters

More U.S. men are obese today than ever. In a 10-year period, the number of men with a body mass index of 30 or more jumped from about 20 percent to more than 28 percent.

No. 1 killer

Heart disease is responsible for 1 in every 4 deaths among men. Men at higher risk include those with high blood pressure, high LDL cholesterol or those who smoke.



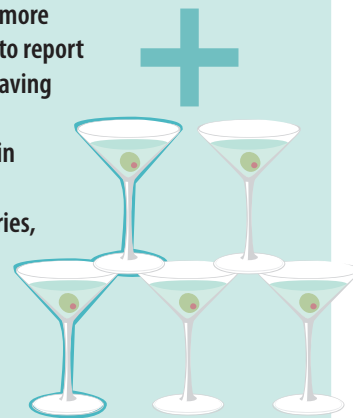
Common cancer

About 1 man in 7 will get prostate cancer sometime during his life. It's the second leading cause of cancer death among U.S. men, after lung cancer.



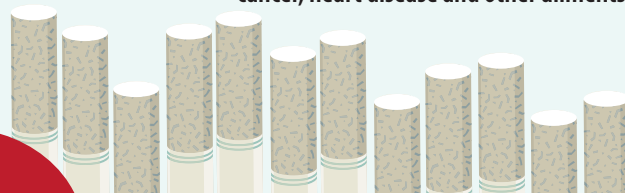
Alcohol's risks

Men are two times more likely than women to report binge drinking—having five or more drinks on one occasion—in the last 30 days. Alcohol makes injuries, assaults, depression, suicide and other problems more likely.



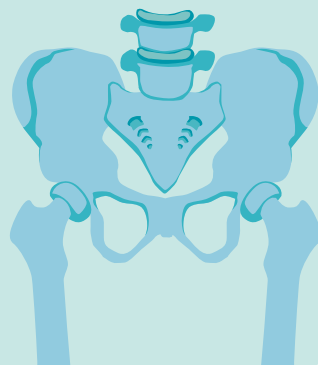
Smoking persists

Tobacco use is declining, but it remains the single largest preventable cause of disease, disability and death in the U.S. About 20 percent of men still smoke, which raises risks of cancer, heart disease and other ailments.



Brittle bones

It's more common among women, but men can also get the bone-weakening disease osteoporosis. About 2 million men have it; 12 million more are at risk.



Sources: American Cancer Society; American Geriatrics Society; Centers for Disease Control and Prevention; National Osteoporosis Foundation



OCCUPATIONAL THERAPY

Improving your quality of life

YOU don't have to be injured on the job or even have a job to benefit from seeing an occupational therapist (OT).

Whatever your occupation, if you have a disabling mental or physical condition, an OT can help you improve your ability to perform tasks at home as well as in the workplace.

"The word *occupational* means to help occupy time—it's not just work-related," explains Penelope Moyers Cleveland, EdD, OTR/L, FAOTA, past president of the American Occupational Therapy Association (AOTA). "Anybody who is having problems with daily living because of a health crisis can benefit from an occupational therapist."

How an OT can help

An OT is a highly trained health care professional who helps people who have been through some type of life-changing experience—such as a brain injury or stroke—improve basic motor skills and find other ways to master the tasks of daily work or home life.

For example, if you have had a stroke and are paralyzed on one side of your body, an OT can help you learn how to do things one-handed or relearn how to use the impaired side of your body.

According to the AOTA, you may benefit from occupational therapy if you have:

- ▶ A work-related injury, such as a low-back problem or a repetitive stress ailment.
- ▶ Arthritis, cerebral palsy or another chronic health condition.
- ▶ Mental health or behavioral problems, including Alzheimer's disease and post-traumatic stress disorder.
- ▶ Problems with drug or alcohol abuse.
- ▶ A spinal cord injury, an amputation or a burn-related injury.

Making your life easier

An OT can help you with all types of activities, from using a computer to caring for daily needs—such as dressing, cooking and eating—to finding a suitable job.

An OT can also aid you in setting up an exercise program to increase strength and dexterity and teach you how to use adaptive devices, such

as wheelchairs.

"An OT will do whatever it takes to help you improve your quality of life so you can live life to the fullest," Dr. Moyers Cleveland says.

Find out how occupational therapy can help you. Visit www.columbiamemorial.org.

An OT can help anyone who is having problems with daily living.



Stretching at work

You don't have to wait until you're hurt to use some of the exercises recommended by occupational therapists. Stretching exercises are a great way to avoid a growing problem among office workers—repetitive strain injuries.

Sitting for long periods at a desk or using a keyboard without adequate breaks can strain muscles, tendons and nerves. This can cause pain and may eventually lead to an injury, such as tendinitis or carpal tunnel syndrome.

Ten-minute stretching breaks throughout the workday can help prevent these problems and help soothe stiff and overused muscles in the shoulders, back, neck, arms and hands.

Sources: American Institute for Cancer Research; National Institutes of Health

Side bend: Neck stretch

1. Tilt your ear toward your shoulder.
2. Hold for 15 seconds.
3. Relax.
4. Do this three times on each side.



Hand shake

1. While sitting, drop your arms to your sides.
2. Gently shake your hands downward.
3. Repeat several times a day.



Executive stretch

1. While sitting, lock your hands behind your head.
2. Bring your elbows back as far as possible.
3. Inhale deeply while leaning back and stretching.
4. Hold for 20 seconds.
5. Exhale and relax.
6. Repeat one time.



YEAR-IN-REVIEW

A strong foundation



by Erik Thorsen,
CEO

IN reflecting on 2014, I realized that it has been a year for laying a new foundation.

Columbia Memorial Hospital's team has worked very hard this year to build a concrete base for growth in services and expertise, facilities, information technology, and in leadership development.

Growing our services

One of our primary goals continues to be bringing quality health care to the lower Columbia

region. We want to define what it means to have excellent care and services close to home. Our clinic growth included welcoming six new providers to the CMH staff (See "Meet Your Neighbors"), and we developed a new alliance with Anesthesia Associates Northwest.

In 2014, we opened the CMH Foot & Ankle Clinic in the Health & Wellness Pavilion and a new CMH Lab Services location in the Park Medical Building. We wrapped up the remodel of the CMH Family Birthing Center and greatly expanded our Cardiac/Pulmonary Rehab facilities to meet growing demand.

Crossing the digital divide

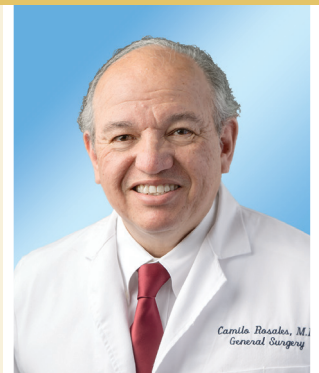
CMH continues to be a leader among Oregon hospitals. For the fourth consecutive year, we have been recognized as a winner on the

Meet your neighbors

Orthopedic Surgeon
Peter Bales, MD, joined the CMH Center for Orthopedics and Sports Medicine. He is the author of the book *Osteoarthritis: Preventing and Healing Without Drugs*.



General Surgeon
Camilo Rosales, MD, brings more than 30 years of experience to the CMH Specialty Clinic. He specializes in laparoscopic surgery, varicose vein surgery and therapies.



YOU CAN FIND MORE INFORMATION ABOUT THESE AND OTHER CMH PROVIDERS BY VISITING WWW.COLUMBIAMEMORIAL.ORG AND CLICKING ON "FIND A PHYSICIAN" AT THE TOP OF THE PAGE.

list of "Most Wired" hospitals. We share this honor with only one other hospital in the state.

After 15 months of preparation and a tremendous showing of teamwork and tenacity, CMH launched the new electronic medical record system. We now have one system that can be accessed by providers in any CMH clinic or service area. Patients are invited to sign up to use our online patient portal, myCMH.

Securing our future

On Oct. 24, 2014, we celebrated the grand opening of CMH Field with our partners on the project: the City of Astoria, the Astoria School District and Recology Western Oregon Waste.

This project has been a win-win for everyone. An old landfill has been capped to prevent future negative environmental impact, our community has a beautiful new sports complex and this project has helped to further secure our hospital's future in the heart of Astoria.

Putting excellence into practice

CMH underwent an extensive review of its quality and safety standards in August, after which we were awarded accreditation by the Healthcare Facilities Accreditation Program (HFAP). This accreditation certifies our commitment to providing outstanding care to our patients and our community.

Our organizational successes reflect the tireless efforts and hard work of individuals and teams. I am proud to serve with such a wonderful group of dedicated people that embody the meaning of being a caregiver. I'd like to share a few accolades bestowed upon some of your outstanding neighbors here at CMH:

- ▶ The CMH Sports Medicine program won the Planetree Community Outreach Program award at the 2014 Planetree Conference. This program provides concussion testing, taping classes and the services of athletic trainer Chad Rankin to area high schools at no cost to schools or athletes.
- ▶ Thirteen CMH nurses were

nominated by patients and coworkers for the Oregon/SW Washington Nurse of the Year award and honored during a formal ceremony in Portland.

▶ Michael Mitchell, MD; Han Soderberg, RN; volunteer Colleen Keenan; and pet therapy dog Alvin won the 2014 Spirit of Caring Award for exemplifying the ideals of quality, personal and compassionate care.

These caregivers serve as prime examples of compassion and excellence.

I would also like to thank Truman Sasaki, MD, for his dedication to patients and commitment to quality. Dr. Sasaki had been performing surgery in our community for the past 10 years; he retired in April.

While the above are just a few of the many things we've accomplished together, they underscore how our new foundation enables us to continue our mission...expanding access to quality health care for all in our community.

Thank you for giving us the opportunity to serve you.

Foot and ankle surgeon Michael Murdock, DPM, was encouraged to move to Clatsop County after meeting with podiatrist Mark Ellis, DPM, who retired earlier this year. Dr. Murdock is experienced in the latest surgical and nonsurgical techniques for treating feet and ankles.



Pediatrician Allison Martin, MD, joined the CMH Pediatric Clinic. She specializes in adolescent health and behavioral health.



Columbia Signet Society— The Bridge to a Healthy Future

BENEFACTORS HELPING
PRESERVE AND IMPROVE
LOCAL HEALTH CARE
SERVICES

COLUMBIA
SIGNET
Society



In every community there are institutions that help define the quality of life its residents enjoy. Columbia Memorial Hospital (CMH) has served in that capacity since its inception over 100 years ago. CMH's commitment to the health and wellness of this community as well as its leadership as both an employer and corporate citizen has made it an invaluable part of all our lives.

In every community there are also individuals who offer a community commitment that looks to the future and the means to achieve otherwise unattainable goals.

CMH Foundation established the Columbia Signet Society to recognize CMH's generous benefactors. The compassionate individuals united by this honorary distinction share a commitment to our tradition of excellence.

Lifetime membership in the Columbia Signet Society is extended to those individuals who make a commitment of \$10,000 or more to the CMH Foundation. This pledge may be fulfilled immediately or in a non-binding pledge of \$1,000 annually over the next 10 years.

Building healthy communities

At CMH we believe that "Better Health is Right Here." Every day for more than 100 years, our physicians and staff have provided excellent health care for the bodies, minds and spirits of people of the Columbia coast region.

Each year the Columbia Signet Society will work to support the strategic direction of CMH. Members of the Signet Society help provide the critical margin that enables CMH to be of special service to you, your family and your community.

Members of the Columbia Signet Society receive public recognition (with permission)—including a virtual display located in CMH—as well as the sincere thanks and appreciation of our physicians, boards, management and the community.

For further information about membership in the Columbia Signet Society, please contact the CMH Foundation at **503-325-3208** or email foundation@columbiamemorial.org. You may also contact the Executive Director, Janet Niemi, directly at **503-338-4006** or jniemi@columbiamemorial.org.



PARTY LIKE **MAD MEN**

Denim & Diamonds goes retro!

SAVE THE DATE!

**COCKTAIL HOUR • DINNER
CASINO • AUCTION
DANCING & RAT PACK MUSIC**

**MAY 9, 2015
CLATSOP COUNTY FAIRGROUNDS
60'S ATTIRE ENCOURAGED!**

Columbia Signet Society members

Dr. Doug and Lisa Abbott	Dr. Michael Lewis
Dr. William and Deborah	Bill Lind and Gin Laughery
Armington	Dr. Ramchander Madhavarapu
Marilyn Birkel	Elizabeth T. Martin
Ken and Laure Boucher	Nancy McAllister
Debra Bowe	Dr. Megan McChesney
Dr. K. David Carneiro and Sharon	Dr. Carolyn Merten and J.D. Wells
Menapace	Paul and Joyce Mitchell
Paul and Connie Connolly	Les Morris
Dr. Brian Cox and Nahid	Clark C. Munro and Maybelle
Rodgar-Cox	Clark Macdonald
Dr. Richard and Barbara Crass	John and Janet Niemi
David and Janeice Crawford	David and Judy Nygaard
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Dr. Edouard Duret	David and Patsy Oser
Dr. Jennifer File	Eric W. Paulson
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Sean Fitzpatrick and Anne	Dr. Leena Mela Riker
Carpenter	Alberto and Dr. Diana
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Steve Forrester and Brenda	Guy and Debbie Rivers
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Ronald and Charlene Larsen	Erik and Mary Thorsen
Dr. David and Cindy Leibel	Dan and Carol Van Dusen
Dr. Jeff and Cathy Leinassar	Dr. Larry and Janice Zagata

TAKE TIME for your health!

Call 503-338-7564, email cheryl_ham@columbiamemorial.org or visit 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, Jan. 7 to Feb. 11; Feb. 18 to March 25; April 1 to May 6, 6:30 to 8:30 p.m.
CMH

Free if delivering at CMH;
\$75 if delivering elsewhere

Weekend “Fast-Track” Course

Friday, Jan. 23, 6 to 8:30 p.m.,
and Saturday, Jan. 24, 10 a.m. to
4:30 p.m.
CMH

HEALTH AND WELLNESS

Chronic Pain Self- Management Program

Mondays, March 2 to April 6,
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.

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

Diabetes Self- Management Program

Thursdays, Jan. 22 to Feb. 26,
10 a.m. to 12:30 p.m.

CMH Columbia Center
Free

This is a six-week workshop for people with diabetes. Skills needed in the daily management of diabetes and to maintain and/or increase activities are taught. Topics include techniques to deal with the symptoms of diabetes, fatigue, and stress; healthy eating; appropriate use of medications; working more effectively with health care providers, and more!

Get a Grasp on Medicare

Tuesday, Feb. 24, 3:30 to 5:30 p.m.

CMH Columbia Center

This course offers objective, unbiased Medicare information. It will review benefits, 2015 updates, 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. Classes are free and open to the community; no preregistration required. For information, call Michelle Lewis at 503-861-4202.

Healthy Eating for Successful Living

Wednesdays, Jan. 21 to Feb. 25,
12:30 to 2:30 p.m.

CMH Columbia Center
\$50 (free to anyone age 60 and
over)

This program is designed to increase your understanding of dietary guidelines, grocery shopping, meal prep and more!

Strong Women Strong Bones

► Tuesdays and Thursdays,
Jan. 13 to April 2, 11 a.m. to
noon (12 weeks)

► Mondays and Wednesdays,
Jan. 12 to April 1, 5:30 to
6:30 p.m. (12 weeks)

CMH Columbia Center
\$50 for 12-week program

Free to anyone age 60 and over
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. Please 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 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.

Ostomy Support Group

First Friday of the month, noon

CMH Health and Wellness
Pavilion, Third-Floor Meeting
Room, 2265 Exchange St.,
Astoria

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

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Partnering with patients

CMH Patient & Family Advisory Council enhances total care

By Judy Coleman, Patient and PFAC Leader; and Stephanie Meadows, Planetree Coordinator

THE Columbia Memorial Hospital (CMH) Patient & Family Advisory Council (PFAC) is dedicated to submitting ideas for patient improvement “through a patient’s eyes” to the hospital’s administration, department managers and staff. As members of the PFAC, we feel that our work is a valuable addition to the CMH belief that their patients are their partners in the healing process.

The PFAC membership


consists of 15 patients and/or their family and caregivers, plus five hospital staff members. We meet once a month with a multitude of guests from the hospital, including staff, administration, doctors and Board of Trustees. Our agendas consist of everything from learning department functions to staying involved with current hospital activities and sharing of patient experiences. Our involvement and open dialogue make PFAC members essential partners with CMH to enhance the patients’ total care experience.

The CMH PFAC understands that sharing patient feedback and experiences with the hospital drives change. Our membership strives to keep transparent all patient concerns by good communication with the hospital. Our PFAC gives input on many aspects of the patient care experience, including design, development, signage and marketing, patient comfort, safety, and patient dignity and respect. As members of

the PFAC, we see that CMH continually seeks participation from patients and family at all levels of the organization to ensure that patient needs are met.

CMH recently sent two PFAC members to the Planetree International Conference on patient-centered care in Chicago. The Planetree organization and its affiliates lead the way in partnering with patients to create a better healing environment for patients and families worldwide. At the conference, our PFAC representatives had the opportunity to attend sessions on everything from shared decision-making, to patient and family engagement, and more.

The CMH Patient & Family Advisory Council welcomes new members or simply sharing your patient experience. If you would like more information, please call our Planetree Coordinator Stephanie Meadows or our PFAC Facilitator

 Cindy Nemlowill at **503-325-4321, ext. 5532.**



Judy Coleman

Free CMH Community Health Fair

Feb. 14 • Clatsop County Fairgrounds • 9 a.m. to 2 p.m. • Admission is free to all ages.
To learn more, visit www.Columbiamemorial.org or call **503-338-4504.**