

CMH

# Health

## COMPASS™

DEVOTED TO HEALTHFUL LIVING

SPRING 2016



### NEW STANDARDS IN EMERGENCY CARE

*CMH and OHSU are joining  
forces to locally provide  
emergency medical services. Pg 5*



**'We're touching  
their lives in a  
different way'**

*Meet Matt Lindstrom,  
Facility, Engineering  
and Support Services  
Manager—and an  
all-star caregiver. Pg 4*



COLUMBIA  
MEMORIAL  
HOSPITAL

## Don't you hate hunting for a parking spot?

This January we took a significant step to improve your experience at Columbia Memorial Hospital. We made it easier to find a parking spot.



**Jarrod Karnofski, DPT**  
Vice President of Ancillary Services

Parking around the hospital had become rather tight during the weekdays, when clinics and ancillary services like the Laboratory and Cardiac Rehab were open. However, this fall CMH built a 155-space parking lot west of the hospital for CMH caregivers and tenants.

Opening the new parking lot has allowed us to convert caregiver spaces at the main hospital and at the CMH Health & Wellness PAVILION into patient and visitor parking. We have received numerous compliments from patients and visitors about the immediate improvement in access.

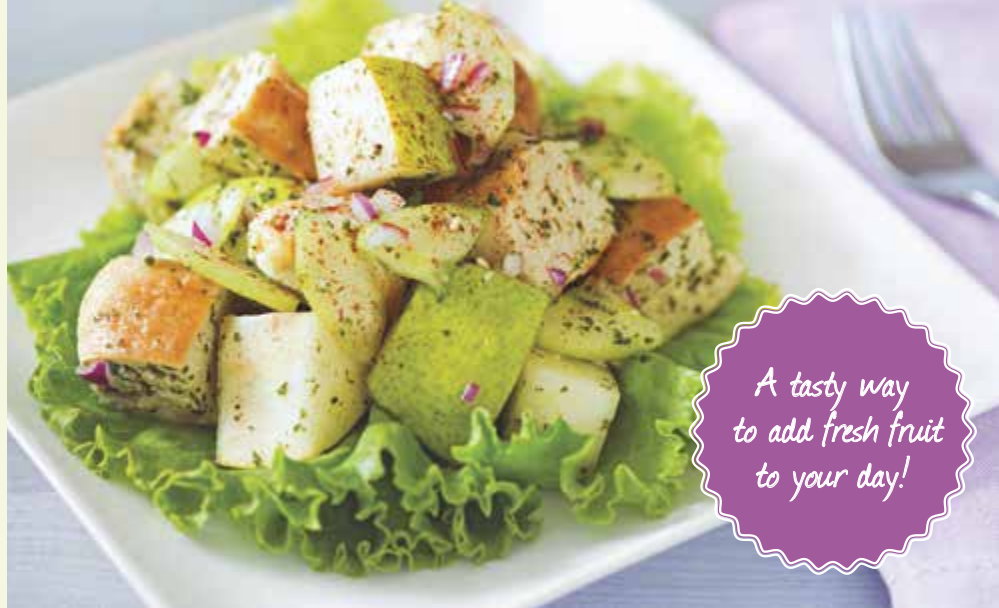
Later this year, with the cooperation of the Oregon Department of Transportation and the City of Astoria, we'll also finish a caregiver parking lot east of the CMH Health & Wellness PAVILION.

We're working with the city to improve visibility and traffic safety around the hospital. This includes removing parking along one side of 22nd and 20th streets, and removing parking at intersections on Exchange Street in front of the hospital.

This spring or summer, we will also designate some 15-minute parking spaces close to entrances for your convenience when you need to make a quick stop for something like paying your bill or picking up someone or something.

Thank you for your patience as we make these changes. We are committed to giving you the best experience we can when you come to any CMH facility.

Jarrod Karnofski, DPT  
Vice President of Ancillary Services



*A tasty way to add fresh fruit to your day!*

## Chicken and pear salad with mint dressing

*Makes 4 servings.*

### Ingredients

#### Salad

- 3 firm, ripe pears, cut into approximately 1-inch cubes
- Juice of  $\frac{1}{2}$  lemon
- 2 cups cooked chicken breast, cut into 1-inch cubes
- 1 cucumber, peeled, sliced thin and coarsely chopped
- 4 tablespoons red onion, finely chopped

#### Dressing

- $\frac{1}{4}$  cup white vinegar
- 1 teaspoon lemon juice
- 1 to 2 tablespoons honey
- $\frac{1}{3}$  cup minced fresh mint
- $\frac{1}{8}$  teaspoon salt
- $\frac{1}{8}$  teaspoon black pepper
- 1 teaspoon cinnamon

- 4 large lettuce leaves

### Directions

- 1 Drizzle freshly cubed pears with lemon juice.
- 2 In large mixing bowl, combine pears, chicken, cucumber and onion. Set aside.
- 3 Blend vinegar, lemon juice, honey, mint, and salt and pepper in food processor or blender until smooth.
- 4 Drizzle dressing over fruit and chicken mixture, and toss gently to coat.
- 5 If not serving immediately, cover and refrigerate.
- 6 To serve, retoss gently, sprinkle with cinnamon and arrange on plates with beds of lettuce.

### Nutrition information

Amount per serving: 231 calories, 3g total fat (less than 1g saturated fat), 31g carbohydrates, 23g protein, 5g dietary fiber, 131mg sodium.

Source: American Institute for Cancer Research

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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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# Telling stories of hope

**IT** began almost 250 years ago: Men and women came together to build schools, hospitals and orphanages. Brave women religious traveled to the wilds of America to bring health and healing to those working in mines and lumber camps. They worked in the open, lived in tents and partnered with those they served to build the facilities that would change the landscape of health care in America for centuries to come. Thus, our history shows us that philanthropy is at the heart of American culture.

## Lessons for the future

Philanthropy will again become vital to maintaining excellence in health care—especially in light of the cuts in funding as well as the changes inherent in the new emphasis on health. Advocating for a community's health *before* care is needed is changing medicine in a very real and fundamental way. It's also creating an environment where philanthropy must again take a leading role in our ability to provide health and care.

CMH houses people, equipment and programs that save lives. Any profit is immediately put to use paying salaries, replacing equipment and maintaining critical facilities and programs designed to give everyone the opportunity to live long, healthy lives. Without that margin of profit, CMH would not be able to sustain such critically needed services. But as the margins continue to shrink, it becomes increasingly apparent that the philanthropy that started so many of our health systems and programs in the past will be the answer to successfully sustaining our future.

## The story continues

CMH has never wavered in

its commitment to provide care to everyone in need and has expertly done so in spite of a growing population, rising costs of pharmaceuticals, significant cuts in reimbursement, and increasing pressure caused by further dramatic increases in costs for staff and equipment. It becomes quickly apparent how important philanthropy is to our ability to continually provide the measure of excellence the community expects and deserves.

Meeting these challenges and opportunities requires the corresponding resources needed to carry out our mission successfully. Truly, our ability to fulfill this mission will always require engagement with and support from community members. Just like in the beginning—partnerships will make the difference.



CMH has never wavered in its commitment to provide care to everyone in need.

Everyday throughout CMH, stories of hope, courage and faith unfold. Columbia Memorial Hospital Foundation has and will continue to be a key force in helping to make sure those stories end happily. Everyone in the hospital and the foundation is committed to offering what it takes to cherish your health and all the hope health brings to life.

## Built on a strong foundation

Penny Cowden is the new Executive Director of CMH Foundation.

Cowden began her career at Weyerhaeuser in marketing, communications and business development. In 1993, she moved into health care philanthropy. She has held executive positions at major health systems and institutions in Washington, Colorado, Virginia and Arizona.



## Home again

"I'm thrilled to be at CMH!" Cowden says. "Having spent several years at PeaceHealth St. John Medical Center in Longview, Washington, it is wonderful to be home again. I am excited to work with everyone here as well as donors to create resources that will have an enormous impact on our ability to advance our mission."

Cowden and her husband have lots of family to catch up with, along with many longtime friends. They've purchased a home in Gearhart and are looking forward to visiting all their old haunts and finding new ones as well.

Cowden earned her bachelor's degree from Portland State University and her master's degree from Washington State University. She holds the CFRE designation and has earned advanced certification as a fellow in the Association of Healthcare Philanthropy (FAHP).





# Motivated for excellence

**EVERYONE** who works at CMH is a caregiver. That's because our ultimate goal is to care for our patients and to bring health, healing and comfort. For CMH caregivers, 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.

Five years ago, Matthew Lindstrom faced a difficult decision. He had been working at CMH for just a few weeks when he was offered his dream job as a full-time police officer.

Although he had been earning a living as a journeyman plumber, most of Lindstrom's career had been focused on the goal of working in law enforcement. He had served in the U.S. Army, studied criminal justice and worked in security, and he was a reserve police officer. And yet he chose to stay at CMH.

## Decisions, decisions

"It was a hard decision to let it go, but at the same time, it was very easy because of the people here," Lindstrom says. Within the Engineering Department, where he started out, and throughout CMH, he has found the camaraderie and professionalism he had been searching for since he was discharged from the Army.

"I never thought I would find it in a setting like this, but I did," Lindstrom says. "It's really, really easy to talk about how great the hospital is to work for."

Now Lindstrom manages the Engineering, Housekeeping and Laundry departments and oversees Security and Emergency Management. "I feel like I've found something I enjoy doing every day and I have a knack for it," he says.

At first glance, you might not

realize how large an impact the departments Lindstrom oversees have on the lives of everyone at the hospital—patients, visitors and caregivers. "A large part of what we do touches somebody—through the facility, surrounding environment, clean linens," he says. "We're touching their lives in a different way."

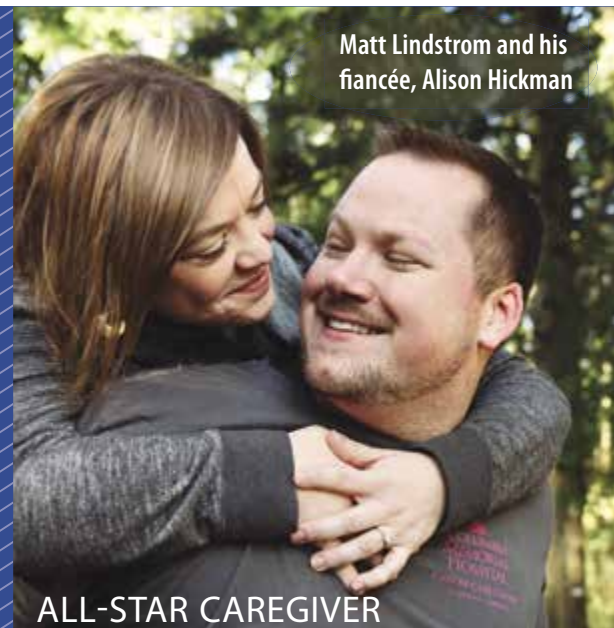
## It's all about connecting

For some patients, the housekeeper who comes to clean their room is the one they feel most at ease with while in the hospital.

Lindstrom says building relationships is an important part of his role as a caregiver at CMH. He focuses on strengthening relationships both within his departments and with outside organizations, including vendors, contractors and other emergency managers in the region.

He is motivated to make CMH excellent in honor of patients he has met as a NODA (No One Dies Alone) volunteer—and of his mother. He became familiar with hospitals when his mother became very ill before her death. He spent about a year visiting hospitals as she battled cancer and sepsis.

Matt Lindstrom and his fiancée, Alison Hickman



## ALL-STAR CAREGIVER

Name: Matthew Lindstrom

Title: Facility, Engineering and Support Services Manager

Time at CMH: 5 years

## Serving others

"You're going to see some people's best days and some people's worst days," Lindstrom says. "To be able to serve them at that time is powerful."

He enjoys spending time with his 7-year-old son and 9-year-old daughter, and his fiancée, Alison Hickman, who is also a CMH caregiver. He's an avid reader and a fan of the Chicago Blackhawks hockey team.

Lindstrom said he's happier now than he's ever been. "When we leave this life, it doesn't matter what kind of vehicle we drove, but how the relationships we formed drove us to make a difference."

# Saving time when minutes matter

**QUICK** treatment is key in preventing death from major health events, such as a heart attack.

Fortunately, in the Lower Columbia Region, your chance of surviving a massive heart attack is now better than ever. The CMH Emergency Department has achieved its goal of identifying, transporting and treating a patient suffering from a ST-segment elevation myocardial infarction (STEMI) in less than 90 minutes. That is far better than the American Heart Association's goal of 120 minutes.

"We're bringing a heightened level of emergency care to Astoria," says Anthony Ferroggiaro, MD, Medical Director, CMH Emergency Department. "We're linking high-level specialty care with a rural doorway."

## Collaboration

CMH and Oregon Health & Science University (OHSU) have expanded their collaboration to include emergency medical services. Dr. Ferroggiaro, who is also an assistant professor at OHSU, works in partnership with Nurse Manager Jill Tillotson and other board-certified emergency medicine physicians.

Part of his job, he says, is to show that board-certified emergency doctors can have a sustainable rural practice that includes academic-level care incorporating teaching, research and patient care.

"What hasn't happened is a national conversation about the benefits of being in a rural practice," he says.

## Best of both worlds

Thanks to advances in medical technology, like telemedicine, round-the-clock access to radiologists, video conferencing

and life flight services, rural emergency doctors can enjoy the challenge of a dynamic practice with the lifestyle that a rural setting offers.

This February, the CMH Emergency Department welcomed its first second-year resident physicians.

A resident physician, or resident, has already completed a medical degree and is participating in specialized training, such as emergency medicine or surgery. Residents provide medical care under the supervision of a more experienced doctor.

CMH's residents each spend a four-week rotation in our community caring for patients in the Emergency Department and developing their skills with the oversight of the attending physician.

"These are top-notch doctors in training who are going to add to the quality of care in the department, and we are lucky to have them," Dr. Ferroggiaro says.

At CMH they have the opportunity to really grow in their practice. They experience what it is like to care for patients in a rural setting, where they can't rely on readily available specialists. Their experience here is a glimpse of what life after residency may be like.

Dr. Ferroggiaro said he hopes that the experience will stick with some of those providers and that they will decide to return to rural emergency medicine once they're out of residency.



"We're bringing a heightened level of emergency care to Astoria."

—Anthony Ferroggiaro, MD



Nurse Manager Jill Tillotson and Anthony Ferroggiaro, MD, Medical Director, CMH Emergency Department



ADVANCE  
DIRECTIVES

# YOUR PERSONAL ROAD MAP

**THE** *American Journal of Public Health* revealed that more than 60 percent of people ages 18 years and older want their end-of-life wishes to be respected; however, only about a third of them had completed advance directives. An advance directive is a way for a person's loved ones and medical professionals to know exactly how the person would want to be treated when they can't speak for themselves. There are no age limits on an advance directive.

There are three general types of advance directives: medical power of attorney, living will and POLST.

**Medical power of attorney** is a document by which a patient appoints someone to make health decisions if the patient can't.

A **living will** is a document that describes a patient's wishes regarding certain medical treatment in the case that the patient is unable to do so.

A **POLST**—which stands for *physician orders for life-sustaining*

*treatment*—is a portable document for patients near the end of life. It is provided by the physician based on the patient's wishes regarding treatment, such as do-not-resuscitate orders, treatment interventions and artificial nutrition.

## Why it's a good thing to have

There are many myths about advance directives. For instance: Doesn't having an advanced directive mean a patient won't get

treated at all? Doesn't naming a medical power of attorney mean that the patient can't make any decisions at all?

These myths can dissuade people from obtaining an advanced directive. That is not in your best interest. Not having a clear statement of what you desire, based on your beliefs and values, will leave your loved ones and caregivers guessing what you might or might not want.

## Take the first step...

Are you interested in getting more information on advance directives? Speak with your primary care provider. Or contact the CMH Care Management Department at:

► **503-338-7543.**

Information can also be found on the web at:

► **[www.oregonhealthdecisions.org](http://www.oregonhealthdecisions.org)** (Oregon).

► **[www.endoflifewa.org/advance-directive](http://www.endoflifewa.org/advance-directive)** (Washington).

## ...or the next step

If you currently have an advance directive or POLST form, we encourage you to bring or send a copy of that document to:

► Columbia Memorial Hospital, Health Information Management, 2111 Exchange St., Astoria, OR 97103.

That way, we can ensure that your wishes are followed during a health care situation.

## Carefully choose your proxy

You should put careful thought into who you want to be your health care proxy (also known as a health care agent).

It's important to remember that this person may at some point make decisions about your medical care.

According to the National Hospice and Palliative Care Organization and the American Hospital Association, a good choice for your health care proxy is:

- Someone you trust, whether a family member or a friend.
- A person who understands and respects your medical wishes.
- Someone other than your doctor or a professional caregiver.





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, April 20 to May 25, 6:30 to 8:30 p.m.  
CMH

### Weekend Fast-Track Course

► Friday, June 17, 6 to 8:30 p.m., and Saturday, June 18, 10 a.m. to 4:30 p.m.  
CMH  
Free if delivering at CMH; otherwise \$75

## CMH HEALTH AND WELLNESS

### Healthy Eating for Successful Living

► Thursdays, April 7 to May 12, 10 a.m. to noon  
CMH Columbia Center  
\$20

Increase your understanding of healthy food choices with dietary guidelines, grocery shopping, meal prep/cook and more! Class is facilitated by a registered/licensed dietitian.

### Living Well With Chronic Conditions

► Please contact us for specific dates, times, and location  
Free

This weekly class is for people with arthritis,

asthma, cancer, heart disease, fibromyalgia, or any other chronic condition. Participants learn how to manage their conditions and continue to live fulfilling lives. Topics include pain and fatigue management, better breathing, healthy eating, medication usage and many more!

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

► Tuesdays, April 5 to May 24, 10 a.m. to noon  
CMH Columbia Center

\$20—free to those age 60 and over  
In this class, participants learn about fall prevention strategies and make or maintain changes in their daily lives to help reduce the fear of falling. Exercises begin in session 3.

### Strong Women Strong Bones

► Eight-week class: Mondays and Wednesdays, April 25 to June 15 (no class May 23 and 30), 10 to 11 a.m.

CMH Columbia Center  
\$35

► Ten-week class: Mondays and Wednesdays, May 23 to July 27, 5:30 to 6:30 p.m.  
CMH Columbia Center  
\$50

This program is a national evidence-based community exercise and nutrition program tailored for women in midlife and older. The program assists women in maintaining muscle mass, strength and function. Please call or email for upcoming evening class information.

## Tai Chi

► Mondays and Wednesdays, April 25 to July 20, 11:15 a.m. to 12:15 p.m.

CMH Columbia Center

\$60; free to participants age 60 and above

This evidence-based community fall prevention program transforms traditional tai chi movements into therapeutic training for improved balance and daily functioning. The movements are simple, continuous and rhythmic. The program is designed for older adults and is done standing. It can be modified for people with mobility difficulties.

## 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.

### Cancer Support Group

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

### Ostomy Support Group

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

### WomenHeart of North Oregon Coast

► Third Wednesday of the month, 6:30 to 8 p.m.  
CMH Columbia Center-Coho, 2021 Marine Drive, Astoria  
Contact Michele Abrahams at 503-338-8435.

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

### **Health e-newsletter**

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

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

### **Pregnancy e-newsletter**

Tips for various stages in your pregnancy.

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

### **New Parent e-newsletter**

For new parents with newborns to 3 years.

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



# Plant hope, grow smiles, harvest love

**NESTLED** on the north side of Columbia Memorial Hospital, behind an unassuming fence, a masterpiece is being created.

The Sanctuary, formerly known as the Garden of Memories, is being transformed into a bright, peaceful place for caregivers and patients to enjoy the healing properties of sun, wind and—yes—rain.

The architects of this transformation call themselves “garden tenders.” This group of about 10 people includes caregivers and volunteers. Experience among the group varies from newbie to master gardener.

## **A work of love**

The whole group meets once a month, and individuals and small groups come to tend the garden throughout the week. Inexperienced gardeners have the opportunity to work alongside and learn from more experienced gardeners.

Local garden designer Becky Graham contributes her expertise in developing a vision for the garden.

She has been instrumental in selecting the features of the garden and in creating a phased plan for it.

The garden tenders formed from a small group of CMH caregivers who had individually adopted gardens around the hospital. They were quietly donating their time and materials to improve these green spaces. Realizing that they could do more together, they joined efforts and turned their focus to the Sanctuary garden.

## **New growth, new hope**

Last year the garden tenders took stock of the plants and features in the garden, deciding what to keep and what to remove. First to go were some large trees that were shading much of the garden and overhanging the hospital roof. A few diseased plants were also removed. Then the group focused on rebuilding the soil and creating a colorful central flower bed.

CMH’s Engineering Department built four beautiful cedar benches for the garden. This spring, with the



Serenity in CMH’s Sanctuary garden

help of the Engineering crew, the garden tenders will install a water feature and build a rustic shed.

Eventually they will also build a memorial wall to replace a wooden plaque that was falling apart. CMH caregivers are invited each year to add to the garden’s memorial the names of family and friends who have died.

Explore some of the outdoor spaces at CMH. Enjoying one of these pockets of nature before, during or after your care can ease discomfort and speed healing in mind, body and spirit.

