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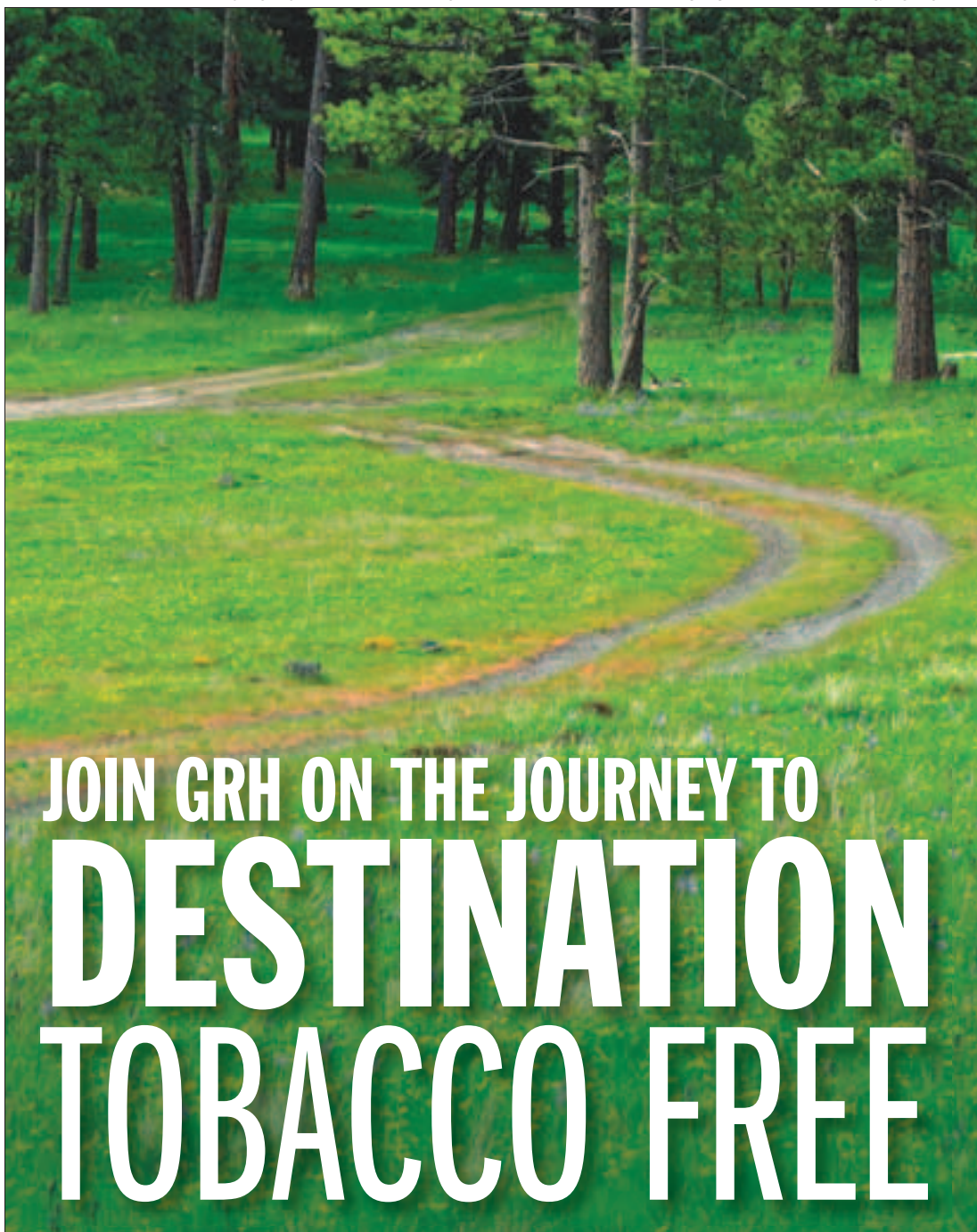
Grande Ronde Hospital
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La Grande, OR 97850



A NEW YEAR, A NEW YOU
Make healthy resolutions—
and stick to them.
SEE PAGE 2 ▶

HEALTH SCENE®

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JOIN GRH ON THE JOURNEY TO DESTINATION TOBACCO FREE

More
REASONS
to
QUIT
In the
United States:



Sources: American Cancer Society; National Cancer Institute

HEALTH BITS

BE SLED SAVVY To help prevent head injuries while sledding, children should come down the hill sitting up and feet first—not lying down and head first. Requiring kids to wear helmets is added protection against them getting hurt.

American Academy of Pediatrics



MOVE IN THE MORNING

If you're trying to lose weight, consider taking a brisk walk before breakfast. This kick-starts your metabolism, which helps you burn more calories during the day.

American Academy of Orthopaedic Surgeons

WHY WEIGH? Heart failure patients are told to weigh themselves daily for a reason: Sudden weight gain may signal fluid retention, which makes the heart work harder. If this happens, lifestyle changes and medications, such as diuretics, can help.

American Heart Association

For more than 100 years, Grande Ronde Hospital (GRH) has set the standard for health care in our community. Today, our patients, visitors and employees also look to us to do more: Set the standards for healthy lifestyle choices, as well as provide education and assistance for adopting them.

For nearly 30 years, GRH has promoted a policy for a smoke-free campus, but as of Jan. 1, 2013, we will set the best health standard possible by implementing a tobacco-free policy. GRH will no longer permit the use of any tobacco products by employees, patients or visitors anywhere on any of our properties.

This new tobacco-free policy sets a new direction toward providing a healthy, safe environment for patients, visitors and our employees while promoting the best, most positive health choices as the health care leader in our local community. It will also help us improve our patient care by helping wounds heal faster, lowering infection rates and improving birth outcomes—all of which are impacted by tobacco use.

For those patients, visitors and employees with compromised respiratory systems, curtailing tobacco use on our properties will stem the possibility of asthma attacks and other adverse bronchial events.

As of Jan. 1, 2013, GRH will no longer permit the use of any tobacco product on our properties. We appreciate your feedback and support for this exciting new opportunity to improve the health of us all. ✦

HEALTH TALK NEWS, VIEWS & TIPS



Start the new year on the right foot

It's the perfect time to transform your health for the better

Are you looking to make some positive changes in your life? The coming new year can be a great time to start.

When it comes to your health, the American Cancer Society and other experts have some specific ideas that can help you eat better, stay active and keep illness away.

Consider taking on two or three ideas that make sense for you. Just don't try to do too much at once. Your chances of long-term success are better if you set realistic, measurable and attainable goals. So let's get started.

Fuel your hunger wisely. Go for more vegetables and fruits—and not just at

mealtimes. Consider snacking on a piece of fruit or some carrot sticks instead of high-calorie vending machine fare. Tip: Fruits and vegetables with the most color are often the most nutritious.

Change your order. In a restaurant, keep portion sizes sensible by ordering an appetizer and salad or soup and skipping the entree. Or split an entree with your dinner date.

Stash the saltshaker. If you're getting more than 1,500 milligrams of sodium a day from all sources, your intake is too high. Try flavoring your food with herbs and spices instead of salt.

Drop the soda pop. If you're looking to

avoid weight gain, limit your consumption of regular soda and other sugary drinks.

Get moving. Boost energy, beat stress, feel better! Exercise can help with all three. Experts recommend a minimum of 150 minutes of moderate-intensity physical activity, such as brisk walking, spread throughout the week. More vigorous pursuits—like running, swimming and jumping rope—are great too, once you're ready.

Take steps for health—literally. When you can, use the stairs instead of the elevator. Take a 10-minute walk on your break. Consider getting a pedometer so you can track all your steps. ✨



QUITTING SMOKING Reap rewards at any age

You're not as young as you used to be—but nobody is! Age sometimes is an all-too-easy excuse to keep smoking, yet millions of older adults can and do quit, even after smoking for decades.

The benefits of quitting add up, no matter what your age. People who stop smoking usually breathe easier, improve their sense of taste and smell, and lower their risks for serious diseases, including heart and lung problems.

Older adults sometimes do have a harder time quitting than younger smokers. But giving up tobacco is so important that Medicare now pays for face-to-face stop-smoking medical appointments, with some limitations.

So if you need help quitting, see your doctor. There are many aids that can help you succeed, no matter how many candles you'll light on your next birthday. ✨

Sources: American Medical Association; National Institute on Aging; U.S. Department of Health and Human Services



A new year, a new you

Keep your resolutions from unraveling

It's that time of year when many of us sing an old familiar tune—and it's not "Auld Lang Syne." Around the New Year's holiday, we vow to change—perhaps to lose weight, stop smoking or reform our couch-potato ways.

Unfortunately, the resolutions we're good at making, we're also good at breaking. But it doesn't have to be like that. This year, set the stage for resolutions that stick by following these suggestions:

- **Keep it real.** Don't expect to drop 30 pounds by February or to dive right in at the gym every night. Pin your hopes on something more realistic—like a modest weight loss of maybe 10 pounds at first.
- **Be specific.** Vague resolutions, such as "I'll exercise more," won't go far. Be clear about what you plan to do. For example, how many days will you work out each week and for how many minutes?
- **Don't let setbacks stop you.** If you do fall back into an old habit, don't abandon your resolution—and all that you've accomplished. Figure out what went wrong, and work toward a fix. ✨

Sources: Academy of Nutrition and Dietetics; American Psychological Association

Let the healing begin

Quitting smoking isn't easy. But once you do, the positive effects on your body start almost immediately and continue for many years.

20 MINUTES AFTER QUITTING Your heart rate and blood pressure drop.	12 HOURS AFTER QUITTING The carbon monoxide level in your blood returns to normal.	2 TO 3 WEEKS TO MONTHS AFTER QUITTING Your circulation improves, and your lung function increases.	1 TO 9 MONTHS AFTER QUITTING Your coughing and shortness of breath decrease. Your lungs start to regain their ability to handle mucus, to clean themselves and to fight infection.	5 YEARS AFTER QUITTING Your risk of cancer of the mouth, throat, esophagus and bladder are cut in half. Your risk of having a stroke is now the same as someone who has never smoked.	10 YEARS AFTER QUITTING Your risk of dying from lung cancer is about half that of someone who still smokes. Your risk of developing cancer of the larynx (voice box) and pancreas decreases.	15 YEARS AFTER QUITTING Your risk of coronary heart disease is now the same as someone who has never smoked.
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Source: American Cancer Society



HOLE IN ONE

From left, Ricky Gloria and Mark Ruberti

From left, Julie Hickerson, Becky Collman and Linda Whitmore

From left, Montee Reed and Bob Brooks

WAY TO GO! Tournament winners Brian and Michelle Bell of La Grande pose at Buffalo Peak after taking top honors in the Grande Ronde Amateur.

NEW TOURNAMENT FORMAT IS A HIT FOR HEALTH CARE SERVICES

Ninety-four golfers from around the region and beyond converged for the 18th Annual Grande Ronde Amateur golf tournament. Unlike any other golf event in northeastern Oregon, the Grande Ronde Hospital Foundation's time-honored tradition was re-invented this year to include two days of 18-hole individual stroke play at both the La Grande Country Club and Buffalo Peak Golf Course in Union, Ore.

This year's tournament, held Sept. 15 and 16, was endorsed by corporate sponsors Pepsi-Cola Bottling Company of Eastern Oregon and Legacy Ford-Dodge of

La Grande. Overall champion Brian Bell won the event with a score of 146.

The popular women's event, sponsored by Mountain Valley Therapy and Deena Reed, independent Mary Kay sales director, drew a field of 16. Michelle Bell took top honors with a final score of 167.

Following Sunday's regular play, 20 golfers teamed up to compete in the sole-survivor, six-hole alternate event. A large crowd of spectators gathered to watch Ricky Gloria and Mark Ruberti persevere to win the 2012 sole-survivor competition.

Cody Gooden, golf pro at the La Grande Country Club; Scott Marcum, golf pro at Buffalo Peak Golf Course; tournament chair Bill Rosholt; tournament sponsors; golfers; the Foundation board members and staff; as well as hospital staff and volunteers contributed to the success of this long-standing community event.

"It was a team effort to accomplish such a top-notch tournament supporting the health care needs of our community,"

says event coordinator Wendy Roberts, senior director of administrative services for Grande Ronde Hospital.

This year, 100 percent of the proceeds were dedicated toward the purchase of a colonoscope for the Surgical Services Department at Grande Ronde Hospital. This effort is in support of the hospital's Community Benefit priority of raising awareness of colorectal cancer and the need for screenings in our community. ✨

Contact the Foundation

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Hospital Foundation
900 Sunset Drive
La Grande, OR 97850
Phone: 541-963-1431
Email: foundation@grh.org

For more information about the Foundation and the ways in which you can support the future of good health in our community, go to www.grh.org/foundoverview.aspx.

GRH Foundation news NEW manager, NEW direction, NEW resolutions



Will Simons,
GRH Foundation
Manager

Hospitals do a lot of wonderful things for health care in their communities. Much of the credit is due to the foundations that serve them and to charitable giving.

Hospital foundations are nonprofit groups that raise money for hospitals. Those dollars go back into the community through the purchase of equipment the hospital could not otherwise afford. Two of the most recent projects supported by the Grande Ronde Hospital Foundation were outfitting patient exam rooms at the Regional Medical Clinic and the hospital's minimally invasive surgical suite.

"It takes a strong community foundation to help build a strong community hospital," says Michael Jaeger, Chair of the GRH Foundation Board of Directors. Looking ahead to the focus of the next year, Jaeger is excited about the hiring of new Foundation manager Will Simons, who brings a strong background in community outreach and planned giving.

"I am really impressed with the dynamic diversity of community volunteers currently serving on the board," says Simons, who will work with the group to add more planned giving to the mix of the Foundation's current fundraising strategy.

The GRH Foundation raises money in several ways, including special events, such as a series of seasonal rooftop socials, as well as the annual Grande Ronde Amateur and Auction. In addition, annual campaign efforts seek contributions from regular donors and also attract first-time supporters.

Philanthropic contributions through planned giving provide those individuals with the ability to support the hospital in this way and a sense of fulfillment knowing their efforts positively impact the health and lives of the local community. Planned giving options may include the donation to the Foundation of stocks, bonds, real estate or other property, including a gift to the Foundation in your will. Some supporters choose to establish a charitable remainder trust of appreciated stock or other assets, continuing to receive interest income for life while the remainder goes to the hospital as a future gift.

Hospitals provide health care when you need it and resources to help you and your loved ones stay well. Your donation really can make a difference.



CHECKUPS

WHY YOUR CHILD NEEDS THEM

THERE ARE TWO kinds of trips to the pediatrician: those when your child is sick and those when he or she is well.

Well-child checkups can be just as important as the visits for illness. They give you the tools you need to keep your child healthy year-round—and for a lifetime.

According to the American Academy of Pediatrics, at a childhood checkup you may expect:

The health care team at the GRH Children's Clinic is here to help your family stay healthy. Learn more about us at www.grh.org/clinicchild.html.

A physical exam. Among other things, the doctor will measure your child's height and weight, listen to the heart and lungs, and press lightly on the abdomen to check the health of internal organs.

A developmental assessment. The doctor may ask about emotional and behavioral health. For example, you

may discuss a baby's developmental milestones—such as smiling, clapping and learning to walk—or how older children are doing in school.

A preventive medicine checkup. Your child may get vaccines or screening tests. For example, at some visits vision or hearing may be tested. Doctors may also test lead and cholesterol levels and for diseases such as tuberculosis.

An opportunity to ask questions. Your child's doctor is an expert on child care issues and can offer advice and resources for issues from potty training to eating disorders and learning problems.

In general, the American Academy of Pediatrics recommends checkups at the following ages:

Up to age 1	Ages 1 to 4	Ages 5 to 21
Newborn.	15 months.	Annual exams until the age of 21. Your pediatrician may recommend more visits if necessary.
3–5 days.	18 months.	
1 month.	24 months.	
2 months.	30 months.	
4 months.	3 years.	
6 months.	4 years.	
9 months.		
12 months.		



Sarah J. Rollin, MD, FAAP, GRH Children's Clinic

New pediatrician at Children's Clinic

Grande Ronde Hospital and the GRH Children's Clinic welcomed Sarah J. Rollin, MD, FAAP, to the staff in September. Dr. Rollin is married with two young children, and says her family is settling

into the community very well.

"Union County is such a welcoming place—we are really enjoying it here," she says.

Dr. Rollin considers all aspects of a child's well-being when devising a care plan for her patients.

"I encourage parents and children to take an active part in health maintenance

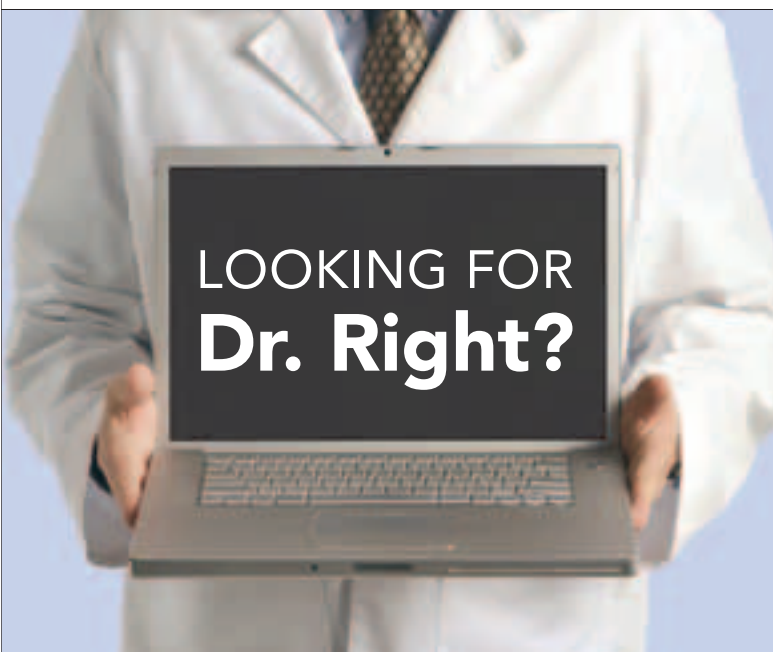
through emotional and intellectual development, regular physical activity, good nutrition, and growing together as a loving family," Dr. Rollin says.

Dr. Rollin comes most recently from a pediatric practice in Sherwood, Ore., where she had been since 2006. Before that she worked for three years as a pediatric hospitalist in Norfolk, Va., which is where she also completed her internship and residency in pediatrics at the Children's

Hospital of the King's Daughters.

Dr. Rollin obtained her medical doctorate from the Eastern Virginia Medical School, also in Norfolk, in 2000. Her undergraduate degree in integrative biology was completed at the University of California, Berkeley.

 **Call the GRH Children's Clinic for an appointment at 541-663-3150. For more information, see our physician directory at www.grh.org.**



To find out more about Grande Ronde Hospital and our 52 providers, see our provider directory at www.grh.org/providers or call 541-963-8421.

Grande Ronde Hospital

Our clinic locations

CHILDREN'S CLINIC 541-663-3150 612 Sunset Drive La Grande	HEMATOLOGY AND ONCOLOGY CLINIC 541-963-2828 900 Sunset Drive La Grande	HOME CARE SERVICES 541-963-1453 802 Sunset Drive La Grande
REGIONAL ENT CLINIC 541-663-3190 710 Sunset Drive La Grande	REGIONAL MEDICAL CLINIC 541-663-3138 506 Fourth St. La Grande	REGIONAL ORTHOPEDIC CLINIC 541-663-3100 710 Sunset Drive La Grande
REHABILITATION THERAPY SERVICES 541-963-1437 900 Sunset Drive La Grande	WOMEN'S CLINIC 541-663-3175 610 Sunset Drive La Grande	



HEALTH SCENE is published as a community service for the friends and patrons of GRANDE RONDE HOSPITAL, 900 Sunset Drive, La Grande, OR 97850.

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Information in HEALTH SCENE 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.

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