

healthview

SPRING 2009

Healthy News For Our Friends In Silverton, Mt. Angel & Scotts Mills



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HOSPITAL



**Not Your Average
Farmer's Market**

Coming This June to Wellspring



**Wellspring
Wednesdays**

May 13, June 10, July 8 & August 12

Medical Resource Directory

Care Van

Free Medical Transportation
503-873-1784 — Silverton
503-982-4878 — Woodburn

Family Birth Center

503-873-1680

Human Resources

503-873-1773

Lifeline

Personal Response System
503-873-1782

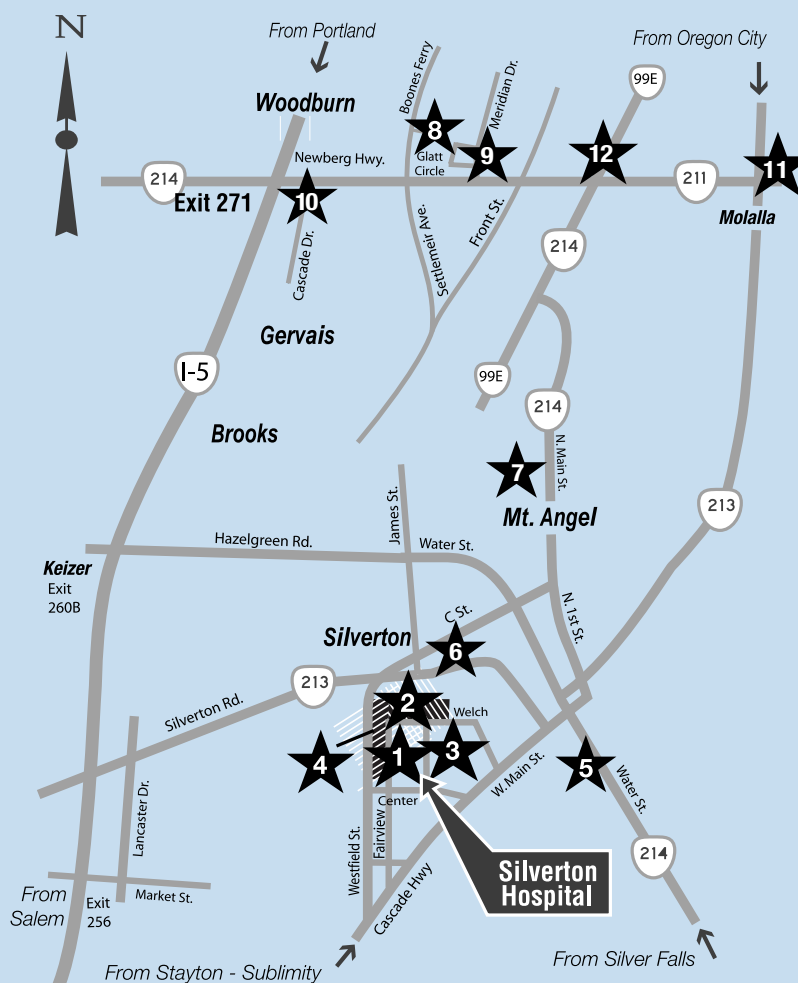
Volunteer Services

503-873-1789

TDD/TTY

(for hearing impaired)
503-873-1484

www.silvertonhospital.org



HOW TO FIND US

- Silverton Hospital**
342 Fairview St.
503-873-1500
- Silverton Specialists Center**
452 Welch St.
503-873-8740
- Phelps Street Annex**
240 Phelps St.
503-873-1500
- Affiliated Clinics**
- Community Outreach Clinic**
208 S. Water St.
503-873-0815
- McClaine Street Clinic**
442 McClaine St.
503-873-1764
- Mt. Angel Family Medicine**
690 N. Main St.
503-845-2000
- Tukwila Center for Health & Medicine**
693 Glatt Circle
503-982-4571
- Woodburn Family Medicine**
1390 Meridian Dr.
503-982-2174
- Woodburn Internal Medicine**
974 N. Cascade Dr.
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- Family Medical Group of Molalla**
861 W. Main St.
503-829-7374
- Wellspring Center for Extraordinary Living**
1475 Mt. Hood Avenue
971-983-5200
- Wellspring Immediate Care**
971-983-5360
- Business Health Services**
971-983-5256

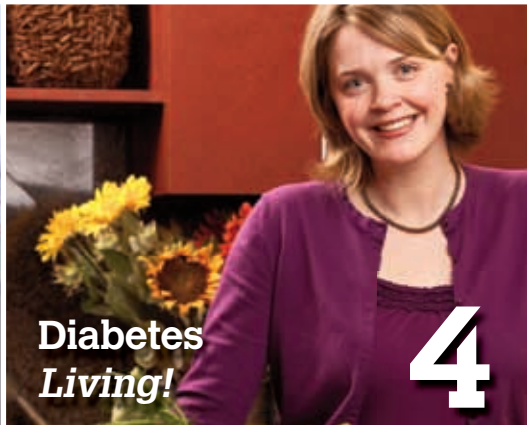


2008 Community Benefit Report



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Fun At Any Speed



When the starting gun goes off for the annual Silverton Hospital Fun Run for the 26th time on Saturday, May 9, Larry Ferguson will be on the starting line. Just as he has been for every other Fun Run.

Ferguson, a 65 year-old Silverton resident, has been an avid runner for years and was one of the 50 or so runners who lined up for that very first 5k run back in 1983.

"I was pretty active then and was doing a lot of fun runs," he says. "We were living here in town and it seemed like fun, so I decided to take part."

He hasn't stopped since.

In fact, Ferguson has seen up-close the event's growth from a small event with a few dozen participants into a community tradition that attracts nearly 700 people. The run now includes a walking event and a separate, one-mile children's race.

The race is now so popular that it takes a team of nearly 100 volunteers, under the leadership of Judy Schmidt, Silverton Hospital volunteer services director, to make it happen.

Schmidt is quick to credit the hard work of her volunteers and event sponsors, which include Silverton Hospital Network, the Ulven Companies, West Coast Bank and OurTown. Participants can purchase a commemorative, white T-shirt with a

design that reads "dream. believe. achieve." in red, purple and lime green.

The Fun Run was founded by Michael Grady, MD, a family physician in Silverton, who suggested organizing the run as a way to help Silverton Hospital commemorate National Hospital Week and, at the same time, help the local medical community promote health and fitness.

The course Dr. Grady and his team selected is another Silverton tradition. The 5-kilometer, or 3.1-mile, course winds from the hospital into downtown Silverton, through the park and along Water Street before looping back to the hospital. Runners and walkers have taken the same route in every race since.

From the beginning, however, the emphasis was on participation, not speed or racing. And the number of runners and walkers has grown accordingly.

For Larry Ferguson, who puts in a three- or four-mile run nearly every morning, the event's growth has been closer to home. For the last 14 years, he has run with his wife, Beverly, a longtime Silverton Hospital Auxiliary member. She got the running bug when she quit smoking in 1995.

"We lived down by the high school and I was

always walking with Larry while he ran," she says. "When I quit smoking, I decided I could move a little bit faster."

The Fergusons have added their 12-year-old granddaughter to the field, too. Jessie, who attends Butte Creek Elementary, has run in the last two events.

"It's just a wonderful community event," says Beverly, who says the run is a great way to make new acquaintances and renew old ones. "You get to the halfway point and make the turn and you see all of these people taking part and it just gives you a good feeling."

FUN RUN FACTS

WHAT: 26th Annual Silverton Fun Run, a 5k run and walk with a 1-mile event for children age 10 and younger.

WHEN: Saturday, May 9; 1-mile run starts at 8 a.m.; 5k run and walk begins at 8:45 a.m.

WHERE: Starts and finishes at Silverton Hospital.

COST: Preregistration is \$15 including a T-shirt, \$10 without a T-shirt. Additional T-shirts are \$10 apiece, \$12 for sizes XL and larger. Day-of-race registration is \$20 with a T-shirt, \$15 without.

REGISTER: Online at silvertonhospital.org or www.racenorthwest.com

SPONSORS



Join the Relay for Life

One in three people will be diagnosed with cancer during their lifetime. The American Cancer Society Relay For Life® is a life-changing event that brings together more than 3.5 million people across the country each year to celebrate the lives of those who have battled cancer, remember loved ones lost, and fight back against a disease that takes too much.

Silverton Hospital Network is proud to once again be a sponsor both the Molalla and Woodburn relays. Relay For Life is the American Cancer Society's signature activity. It provides everyone in a community the opportunity to participate in the fight against cancer. Teams of people camp out at the local high school and take turns walking or running around the track. Each team is asked to have a representative on the track at all times during the event. Relays are an overnight event, up to 18 hours in length. There is entertainment, food and fun for everyone.

Join the fight. Join the fun. For more information about the event, or to sign-up, visit www.relayforlife.org.

Relay For Life — Molalla

- Saturday & Sunday, June 13 & 14
- Heckerd Field

Event chair: Nancy Olsen-Crawford / 503.551.9835 / nocrawford@molalla.net

Relay For Life — Woodburn

- Friday, June 26
- Woodburn High School

Event co-chairs
Emily Haworth / 503.730.8674 / haworthbk@aol.com
Patti Garza / 503.473.3696 / patti.garza@yahoo.com



President's Message



Words to Live By

William E. Winter

Silverton Hospital Network President

Thank you for taking the time to read *HealthView*, a publication we have now been sending to residents of our communities for the last 18 years. In this issue, you will find the Community Benefit Report that we prepare and share with you each year.

A Community Benefit Report is the public version of a series of reports we compile internally throughout the Silverton Hospital Network to document the activities we pursue over the year as part of our mission as a tax-exempt healthcare organization.

It is intended to help you understand the extent we go to put into action our organizational creed — *"Committed to Compassionate Care for Our Communities."*

Those words mean a lot to all of us. They'll mean a lot more to you when you understand how broad our definition of the word care is.

The days when our mission stopped at the doors of our hospital are long past. Yes, providing compassionate, high-quality hospital and outpatient care remains at the core of what we do, but that is not the only kind of caring you will find us involved with.

You can see this caring spirit demonstrated in the hundreds of volunteer hours our employees and physicians donate to important causes, organizations and agencies.

When you read of the various ways Silverton Hospital Network lends its support to a multitude of community organizations, those all are examples of our creed in action.

We are pleased to be able to share another Community Benefit Report with you, and we hope it helps you understand that our creed is not something we just repeat to each other. These are words we all live by — and the way we care for you.

Spring 2009

healthview
A PUBLICATION OF SILVERTON HOSPITAL

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Diabetes *Living!*

A new program will connect individuals living with, or at risk of, diabetes with resources to manage or prevent the disease.

There are five important facts that every Oregonian should know about diabetes.

1. It is increasingly common.
2. It is serious.
3. It is costly.
4. It is controllable.
5. It is preventable.

Oregonians who live in communities served by Silverton Hospital Network can add one more important piece of information to that list: A comprehensive new program of support and education will soon be available to help those living with, or at risk of developing, the disease that is now among the leading causes of death in Oregon.

In May, the new *DiabetesLiving!* program will give area residents access to comprehensive diabetes prevention and management services directed by a multidisciplinary team of specialists. This program is led by registered dietitians who work with primary care physicians, registered nurses, podiatrists (physician foot specialists), social workers, exercise physiologists, stress management specialists, and pharmacists. *DiabetesLiving!* will be a source of education, hands-on-training, support, and prevention and management tools for people with pre-diabetes, Type 1 diabetes, Type 2 diabetes and gestational diabetes.

The number of people belonging to one of those groups is growing rapidly. In just the last decade, the incidence of diabetes has increased 30 percent in the state, according to the Oregon Diabetes Coalition. What's more — and worse — says Silverton Hospital Network registered dietitian and *DiabetesLiving!* program coordinator Sarah Fronza, MS, RD, "close to 30 percent of the people with diabetes don't even know they have it."

However, Fronza adds that medical science in recent years has significantly advanced the body of knowledge about diabetes prevention and management, putting more information and more effective tools into the hands of diabetes educators and healthcare providers.

DiabetesLiving! was designed to put that information and those tools to use to help people prevent the disease or better manage its impact on their lives.

"The program focuses on risk factor reduction," says Fronza. "We'll be giving people the knowledge and skills to make important behavioral changes."

Group and individualized instruction and hands-on activities will be designed around the four key components of diabetes management: nutrition, exercise, stress management and ongoing support.

After a comprehensive initial assessment by a diabetes educator, participants will benefit from a series of classes and group experiences. They'll learn

how to read and use nutrition labels and be given hands-on cooking demonstrations. Because stress can alter blood glucose levels, lessons in stress management techniques will provide tools for coping with the unavoidable stressors that everyone encounters in their lives.

Participants also will be taught the importance of regular exercise in the prevention or management of diabetes. The staff will help them identify the types of activities that best fit their individual lifestyles and fitness levels.

The classroom component will be supplemented with individualized diabetes self-management training, monitoring of risk factors and progress tracking.

"We will maintain regular contact with the program participants as well as their primary care provider," Fronza says. "The program is all about measurable behavioral changes. If people are not getting where they need to be to reduce their risk factors or manage their diabetes, we'll be there to help them."

Terri Merritt-Worden, director of health management for the Silverton Hospital Network, envisions *DiabetesLiving!* as a one-stop diabetes resource. "Our goal is to extend physicians' care of their patients with diabetes or at risk of diabetes," she says.

DiabetesLiving! puts information and tools to use to help people prevent diabetes or better manage its impact on their lives.

People can refer themselves to *DiabetesLiving!*, but Fronza expects most participants to come from primary care provider offices or from Silverton Hospital, where diabetes diagnoses often are made when a patient is admitted for another, related condition.

DiabetesLiving! staff, which also includes Melissa Pence, MS, RD, and Chelsea Lenge, MS, RD, and the hospital's inpatient clinical dietitian director Michelle Moore, MS, RD, will work closely together to ensure continuity of care.

Staff members also are affiliated with WellSpringHeart, Silverton Hospital Network's cardiac risk factor reduction program. *DiabetesLiving!* will borrow many of the lifestyle components of WellSpringHeart, which has proved enormously effective in helping individuals lower their risk of heart disease.

For more information about *DiabetesLiving!*, call 503.874.2431.

Signs of Prediabetes

Type 2 diabetes is more common in people who are overweight. However, it can occur in a person of any weight. Ask your healthcare provider to test for diabetes if you are:

- Age 45 or older and overweight, or
- If you are an adult and one of the following statements applies to you:
 - You exercise less than 30 minutes, three times each week
 - Your blood pressure is higher than 140/90 mmHg
 - Your triglycerides are over 250 mg/dL
 - Your HDL "good" cholesterol is less than 35 mg/dL
 - You have a history of heart disease
 - You are an African American, American Indian, Alaska Native, Asian American, Pacific Islander, Hispanic or Latino
 - You have a mother, father, or sibling with diabetes
 - You have signs or symptoms of diabetes, such as being thirsty or urinating a lot
 - You had a fasting blood glucose test in the past that was high (over 100 mg/dL)
 - You have prediabetes or metabolic syndrome
 - The skin around your neck or armpits looks dirty, even after you wash it
 - You are a woman with a history of gestational diabetes, you gave birth to a baby weighing more than 9 pounds, or you have polycystic ovary syndrome (PCOS)



WELLSPRING Saturday MARKETPLACE

with cooking classes, fresh baked goods, fitness demonstrations and talks by their professionals and providers.

Just a few of the things you might experience:

- Produce, flowers, wine and other farm products direct from the grower
- Music and entertainment
- Cooking demonstrations by the chefs in Vitality
- Local community organizations and fundraisers
- Car shows
- Farmers, Fitness and Fun for the whole family!

The Wellspring Saturday Marketplace is adding new vendors all the time, which will be posted on the website, wellspringsaturdaymarketplace.com. So check back often for the latest list.

Wellspring Saturday Marketplace begins June 6 in the parking lot right in front of Wellspring. The event runs from 9 am to 1 pm.

For more information about the Wellspring Saturday Marketplace, becoming a vendor or reserving a booth for your community group, contact Cari Stear at 971.983.5302. Vendor application materials are also available online at wellspringsaturdaymarketplace.com.

Not Your Average Farmer's Market

Picture it: Chef Eric judging a chili cook-off under a shady canopy. A peppering of white tents filled with beautiful, fresh local produce and flowers. Children laughing, a face-painting booth, activity and music. A yoga break in the cool shade.

This is not your mother's Farmer's Market.

Wellspring is pleased to announce its new Saturday Marketplace, beginning in June. It marks the return of a farmer's market to Woodburn that has been absent for several years, but it also heralds a new era of fun, fitness and the bounty of our community.

"The Marketplace will be a showcase for the best of the Willamette Valley," says Chef Eric Nelson of Vitality at Wellspring. "I'm very excited about the Marketplace because these are the guys we're getting our produce from every day for Vitality. It's

great that our neighbors will get to meet and benefit from the same amazing producers."

And while there will be a healthy dose of local produce available directly from the farmers, the Marketplace is not just about selling vegetables. "This is really about building a healthy community," says Rebecca Tryon, manager for The Fitness Center and The Spa and Aesthetic Center at Wellspring. Every vendor, artist and activity is closely juried to ensure that they fit within Wellspring's healthy vision. "We hope to attract a unique assortment of vendors," says Tryon. "Because there are inherent health benefits associated with good food, of course, but also movement, creative expression and relationships."

Community groups will be offered space to promote their organizations and even do a little fundraising. And of course, Wellspring will be there

Wellness Wednesdays

SAMPLE | LEARN | TRY | STRETCH | SHOP

Perhaps you're a regular in Vitality. Maybe you come in for a yoga class twice a week, but have never ventured past The Fitness Center. If you've ever wondered, "What is Wellspring, anyway?" here's your chance to find out. Wellspring is now hosting Wellness Wednesdays on the second Wednesday of each month.

"Wellness Wednesdays are an open invitation to the public to come see what Wellspring is all about," says Rebecca Tryon, CNC, RYT, manager for The Fitness Center and The Spa and Aesthetic Center at Wellspring.

While programs will operate as usual on Wellness Wednesdays, "Wellspring will have an open house vibe," says Tryon. Participants can sample heart-

healthy hors d'oeuvres in Vitality, try out product samples by Servello and La Roche Posay in The Spa, and enjoy special discounts in The Source.

In addition, Wellspring professionals will give instructional presentations on a rotating basis.

Wellness Wednesday events are free and open to the public. For more information, call 971.983.5200.

Bring Your Friends!
Wednesdays, May 13, June 10,
July 8 and August 12

Living Large and Local



Chefs Eric Nelson and Jason Wilcox at Garden Ripe CSA in Scotts Mills.

What does it mean to “live local”? For many, it means choosing a farm stand over a supermarket or shopping a hometown retailer instead of a big-box store. At Vitality, we’d like to introduce one more local concept — building community.

When we live locally, we strengthen our communities. We become stronger and better able to adapt to challenges as a group. It’s good to know your neighbors. And what better way to get to know your neighbors than over a charming meal and a good glass of wine, asks executive chef Eric Nelson.

Vitality has begun a series of Saturday Night Dinner events that have been quite popular. “We had a full house on Prime Rib & Piano Night,” says Nelson. “There was a great energy, and the feedback from our guests was that the Willamette Valley is hungry for more.” Each dinner event is a three-course meal for \$25 per person. A fisherman’s bounty is set for Saturday, May 2, with future events to include a comedy night and European cuisine. See the calendar for upcoming events.

Lest you think all the action at Vitality is after-hours, restaurant manager Katie Cvitanovich-Kurowski says there is a full schedule of daytime classes and demonstrations too. Past topics have included smoothie-making, adapting your recipes to be more heart-healthy and even computer classes. “We have free Wi-Fi in Vitality, and the fireside lounge is a popular place for people to bring their laptop any day of the week,” says Katie. “It seemed a naturally cozy place for some introductory computer classes.” All the daytime classes are free.

And since community is really just an extension of one’s family, each week begins with a family-friendly Sunday Buffet. “People stop in after church to relax with their loved ones,” says Nelson, who loves to get to know the patrons he’s cooking for. “It’s great to see so many generations in the dining room.”

Nelson says it’s gratifying to see more and more of the same customers returning each week. “We have our lunch regulars, the Saturday Night Dinner crowd, the Sunday brunchers. Each group is growing their own little community right here at Vitality, and it’s fun to watch.”

He laughs, “Soon Vitality will be the place ‘where everybody knows your name’.”

For a complete list of upcoming events, log on to iamvitality.com or call 971.983.5280. Vitality is now taking reservations for Mother’s Day Brunch.

Sunday Buffet

9 am – 3 pm

\$14 Adults / \$12 Seniors / \$10 Children under 10
Children under 4 FREE

- Sour Cream and Chive Scrambled Eggs
- Bacon and Sausage
- Roasted Potatoes
- Fresh Fruit
- Pastries and Bread Selections
- Smoked Salmon Alfredo w/ Whole Wheat Pasta
- Steel Cut Oats
- Omelets to Order



SH Silverton
Hospital
Network

Committed to Compassionate Care — It's the Way We Live and Work

Our organizational creed — Committed to Compassionate Care for our Communities — defines who we are. Our physicians and nurses, our employees, volunteers and board members. We invite you to read our Community Benefit Report to get a better sense of how we live our creed.

2008 Community Benefit Report

Shelter From the Cold

In difficult times, St. Joseph Shelter is there for families needing temporary food and housing.



Cruz Rocha never imagined he'd see the day he would wake up with his family under the shelter of an arborvitae.

But that was the best he could do after losing his job three weeks before last Christmas, then his apartment, his car and virtually everything else.

Cruz called a shelter in Salem, but that was only an option if he agreed to split up his family, and he'd have nothing of that. With no friends or family to turn to, Cruz found himself in a situation he describes now as "up a creek without a canoe."

Then acquaintances at a Marion County nonprofit he once volunteered for referred him to St. Joseph Shelter in Mt. Angel, an affiliate of the Benedictine Sisters.

There, Cruz, his wife Sharri and their three children under age 4 have found temporary housing and food while he searches for the job that will once again allow the family to live on their own.

The shelter provides rooms for up to 11 families, who also benefit from an array of services, from case management support to

parenting classes and clothing. Last year St. Joseph served 39 families (138 people) more than half of whom were children.

Silverton Hospital is a longtime supporter of the shelter, assisting with its annual fund-raiser, providing turkeys during the holidays, and donating cash and person-power to an array of causes and projects. The hospital also supports other local agencies helping people in need, like SACA (Silverton Area Community Aid) and Woodburn Aware Food Bank.

"The hospital's support for the shelter seems to be contagious for the employees who work there," says executive director Karolle Hughes. "As people find out about the shelter, we get more and more employees at the hospital offering what they can to support us — either dollars or donations of other items. I cannot say enough about Silverton Hospital or the people who work there."

Families living at the shelter also do their part by helping with projects, from clearing tables and doing laundry to housekeeping and routine maintenance.

Cruz has been more than happy to help where he can. But his chores don't start each day until after he has ridden the school bus with his oldest son from Mt. Angel to Silverton, then walked the four miles back to Mt. Angel.

"It's what I do to make sure he is comfortable with this big change," says Cruz, who has maintained a remarkably positive outlook through the most trying time of his life.

"They say when one door closes another one opens," Cruz says. "We'll get out of this, but until then I'm just grateful for the people at this shelter. Without them my family might be living in a cardboard box."

Open Door Policy

Volunteer providers and hospital support ensure the Community Outreach Clinic is a source of high-quality care for low-income residents of the area.

Providing people with limited incomes access to high-quality healthcare is a personal mission to Robert Larson, MD.

Dr. Larson is the founder of, and longtime volunteer for, Silverton Hospital's Community Outreach Clinic, which for the last decade has offered free, non-emergency healthcare to low-income people in the Silverton, Mount Angel and Scotts Mills areas.

Dr. Larson saw the need for such a clinic early in his 17-year practice in Silverton. However, it wasn't until he became president of the hospital's medical staff that he felt he was in a position to make it happen.

"I had a forum and modicum of power that I thought I could use, so I did my homework and took it to the hospital board," Dr. Larson says.

What he found was too many uninsured patients showing up in the emergency room for costly treatments of ailments that could have been treated sooner, before they became serious.

The Community Outreach Clinic now provides a more cost-effective and accessible environment for people who previously had nowhere else to turn.

Dr. Larson is quick to credit the many volunteer medical, dental, nursing professionals and others who voluntarily staff the clinic for its success. He is also grateful to all the companies

that have supported the clinic over the years and to Silverton Hospital, which pays for the clinic's lone staff position.

"Many of the working poor have to decide whether to buy food or go to the doctor," says Dr. Larson. "That's a choice they shouldn't have to make."

Because of the Community Outreach Clinic, they don't have to.



The Care Pass

Students needing care, but without the means to pay, are the beneficiaries of Silverton Hospital Network's school voucher program.

Christine Imdieke's job as the lone school nurse for the entire North Marion School District is difficult enough without adding a moral dilemma component to it.

Yet time and again she found herself having to balance the urgency of a child's need for medical attention with the student's or his family's insurance status.

"If I saw a child who didn't have insurance, I wanted to make sure that, if I sent him to the doctor, he truly needed to go," Imdieke says. "This is a very precarious position to be in as a nurse."

So it was that, when representatives of Silverton Hospital Network asked the school district if there was anything it could do to help as part of its mission of service to local communities, Imdieke had an answer.

Soon after speaking up, she had in her hands vouchers, each good for a free initial visit and a second follow-up visit to the network's Wellspring Immediate Care Center in Woodburn. The vouchers are good for Imdieke to use at her discretion. Each month, she receives additional free passes.

Some months she uses them all; others only a couple. But having them available has taken a heavy burden off her and has been a great service to many area students and families in need.

"I am incredibly thankful to Silverton Hospital for supporting this program," she says. "Without it, some of these kids would not get the care they need. Others might get the care, but it would set their families back further financially."

Ken Hector says the voucher program, which has recently been expanded to include the Woodburn School District, is a natural extension of Silverton Hospital's mission of helping create healthier communities.

"There are a significant number of students in the area whose families are uninsured," says Hector, director of community outreach and governmental affairs for the hospital network. "We're happy to provide the schools with a means to ensure these students can get proper healthcare if they need it."

In most cases, the care being provided through the voucher program is of the routine variety. However, Wellspring Immediate Care manager Becky Walker cites the recent example of one young student who arrived complaining of chest pain and wound up being diagnosed with a collapsed lung.

Most often, though, Walker says her staff is seeing cuts that need stitches, ailments that need antibiotics and other conditions that aren't major but are serious enough to need timely attention.

"I'm really glad this program is available," she says. "Otherwise some of these kids might suffer along and never get the care they need."



Babies 101

Boot Camp for Dads-to-Be gives soon-to-be fathers tips and tools for success.

After the euphoria surrounding his child's birth settled down a little, Robert Arnold, like most first-time dads, found himself asking a simple question: "Now what?"

He found plenty of answers in the unique Boot Camp for Dads-to-Be program offered by Silverton Together! in partnership with Silverton Hospital, which provides space and refreshments for the class. Boot Camp brings soon-to-be fathers together with a facilitator and a "veteran" new dad for a two-hour overview of the job description of a First-Time Father.

"Babies don't come with instruction manuals," says Silverton Together! director Jan Hallowatti. "So the more information we can give new dads, the better prepared they will be to deal with the significant changes in their lives and to care for their baby."

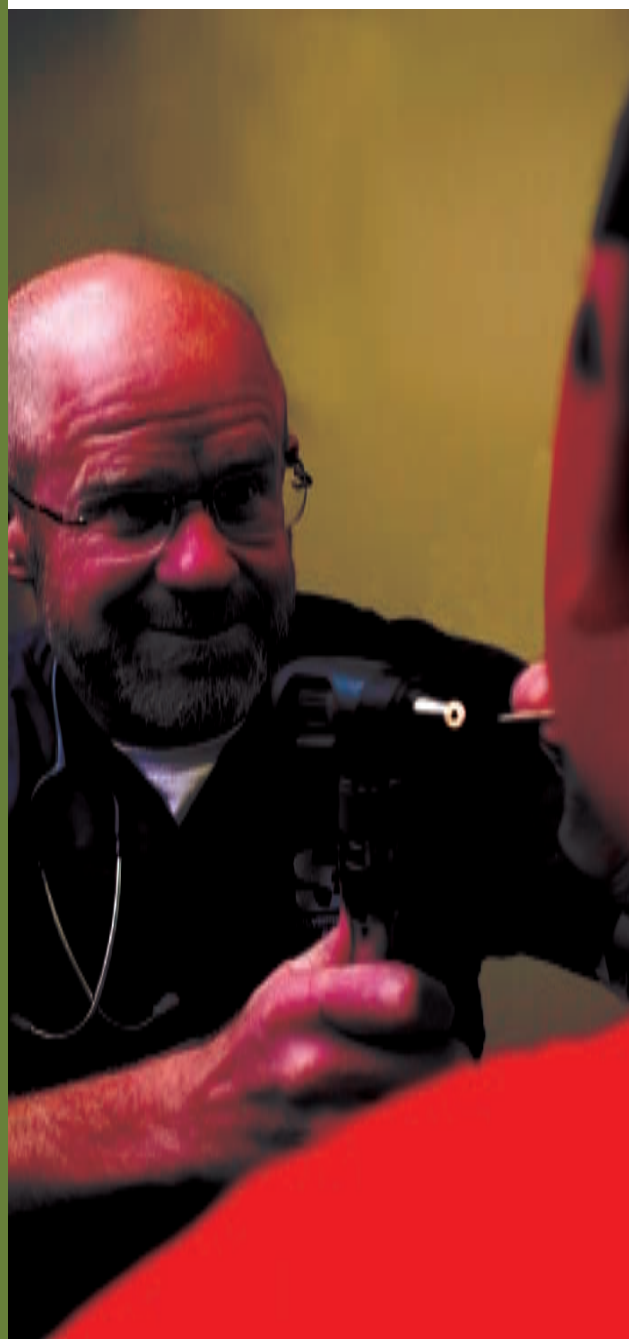
Arnold attended the program just before his daughter was born in February. While he gathered information from a facilitator and insight from another new father who'd already experienced the first several days of fatherhood, Arnold's wife Nancy was treated to a massage.

Massage is used to great effect by program organizers to attract new dads to the program by offering a benefit to their wives as well. The fee for Boot Camp for Dads-to-Be is only \$15; the massage is free.

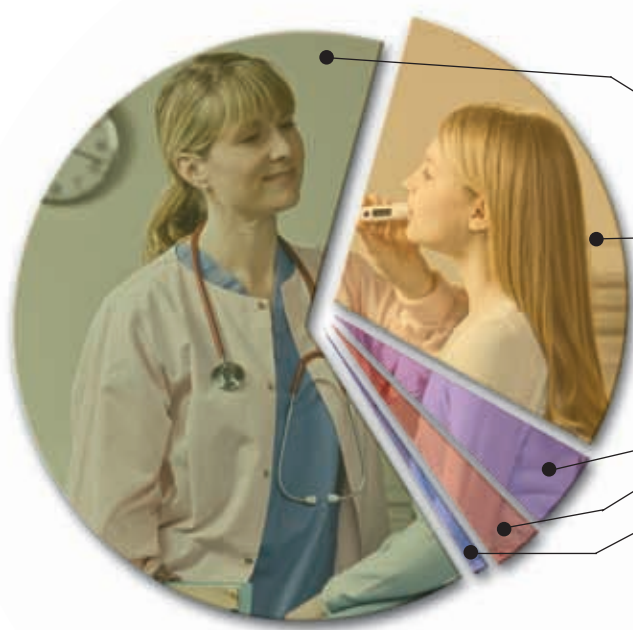
"My wife is the one who heard about the program," Arnold says. "She talked me into going, but it was very useful. The veteran dad shared some experiences he had already had and how he handled them, and the rest of us did the same thing. We all came away with some useful tips."

Arnold wound up returning to Boot Camp later as one of the veteran dads. Larry Kraemer did the same thing about four years ago after he attended the program in Salem, and he remains involved today as Boot Camp facilitator for the Silverton program.

"The dads in attendance tend to dictate the content of each program depending on their interests, but we cover a wide range of topics," Kraemer says. "We talk about preparing for the birth, behavioral issues, baby safety, post-partum issues with mom. We try to provide the information and resources to help the 'modern guy' become an involved and productive participant in his child's upbringing."



Community Benefit Contributions



BENEFIT TO COMMUNITY	
TOTAL FOR 2008	\$ 15,349,875
UNPAID COST OF MEDICARE/MEDICAID	\$9,716,659
UNCOMPENSATED MEDICARE	\$6,989,852
UNCOMPENSATED MEDICAID	\$2,726,807
COST OF CHARITY CARE	\$4,877,062
SERVICES FOR IMPORTANT COMMUNITY NEEDS	\$507,103
MC CLAINE STREET CLINIC	\$252,788
COMMUNITY OUTREACH	\$105,956
CARE VAN TRANSPORTATION	\$105,775
FOOT CLINIC	\$ 42,584
TRANSLATOR SERVICES	\$232,819
UNPAID COST OF EDUCATION PROGRAMS	\$16,232
HEALTH OCCUPATIONS EDUCATION NURSE	\$7,206
SCHOOL DISTRICT NURSE	\$9,026

OUR MISSION

Through Silverton Hospital, we come together to improve the health of our communities. Recognizing our responsibility for careful use of resources, it is our mission: to encourage wellness and deliver quality healthcare; to organize ourselves as a collaborative team fostering integrity, accountability and innovation; and to create an environment that promotes compassion and recognizes the dignity of all, with sensitivity to the values and cultures of those who entrust us with their care.

OUR CREED

Committed to Compassionate Care for Our Communities.

HEART VALUES

Silverton Hospital Network has established values to support its mission and creed.

- H - Health and Safety
- E - Excellence
- A - Accountability
- R - Respect
- T - Teamwork

	CHARITY COST OF UNCOMPENSATED CARE	MEDICARE COST OF UNCOMPENSATED CARE	MEDICAID COST OF UNCOMPENSATED CARE	TOTAL OF COMMUNITY BENEFIT PROGRAMS
FY2004	\$1,940,087	\$2,372,624	\$1,409,090	\$5,929,260
FY2005	\$2,803,716	\$3,669,079	\$ 793,127	\$7,484,077
FY2006	\$3,589,613	\$3,836,775	\$2,164,525	\$10,279,747
FY2007	\$4,126,464	\$6,315,749	\$3,358,747	\$14,469,630
FY2008	\$4,877,062	\$6,989,852	\$2,726,807	\$ 15,349,875

Foot Care Clinics

For 18 years, area seniors, individuals with diabetes and many others have relied on the Silverton Hospital Foot Care Clinics for care and services that are critical to their health. The clinics, offered weekly in Silverton and Woodburn, fill an important need for people who can't perform their own self-care because of mobility issues, low vision or diminished strength.



Free Transportation Service


The Silverton Hospital Network's CareVan program continues to serve a critical role in the lives of area residents who have transportation challenges. Last year, approximately 6,884 free rides were provided to and from Silverton Hospital and its affiliated clinics in Silverton, Mt. Angel, Molalla and Woodburn. CareVan is only possible because of the commitment of the staff and volunteer drivers and dispatchers who staff this important community service, which ensures many residents of the area continue to have access to the healthcare they need.

Lifeline

Lifeline subsidies from Silverton Hospital again last year helped support the independent lifestyles of many area seniors living alone. Lifeline is a personal response and security system that gives subscribers access to 24-hour emergency assistance at the touch of a button.

SILVERTON HOSPITAL NETWORK

- Silverton Hospital
- Silverton Specialists Center
- Community Outreach Clinic
- McClaine Street Clinic
- Mt. Angel Family Medicine
- Tukwila Diagnostic Imaging
- Tukwila Specialists Center
- Wellspring Immediate Care
- Wellspring Center for Extraordinary Living
- Woodburn Family Medicine
- Woodburn Internal Medicine
- Business Health Services



WellspringHeart graduate, Dick Withnell and Frank Lord, MD, the program's medical director.

Membership Has its Privileges

the stories coming out of the WellspringHeart program are amazing. Hundreds of pounds, cholesterol levels and blood pressures reduced. Heart disease stopped in its tracks and even spun on its heel. But we say, that's not enough.

WellspringHeart has taken its ground-breaking heart disease reversal program to another level. Beginning in March, participants have access to an online community (like Facebook, but better), tracking software for a smart phone, PDA or computer and exclusive membership privileges in all areas of Wellspring to support their journey.

The core program remains 96 hours of experiential learning about nutrition, stress management and exercise in a supportive group setting. But new features add to the experience and support for participants.

One key addition is a members-only website where participants can chat, blog, get recipes, download information and share their stories. Group connectedness has shown to be a major component in participants' success, says director Terri Merritt-Worden. "In research studies, where nutrition and exercise were the only lifestyle changes addressed

to treat heart disease, patients showed some improvement. But when you factor in stress management and group support as well, the results were much more impressive," she says.

The members-only web site will continue the good work participants have done in their class time, by allowing interaction with other WellspringHeart participants on the same journey. There also will be access to resources such as guided meditation and relaxation.

Keeping track of one's exercise and nutritional requirements will be a breeze as well. Participants can track their information online or using their iPhone, Blackberry or PDA.

For more information on WellspringHeart membership, call 971.983.5212 or visit wsheart.com for a free online screening.

WellspringHeart

What Membership Looks Like

- WellspringHeart starter kit
- Personal Consultation with Medical Director
- CT Diagnostic Angiogram
- 96 hours of hands-on class time
- Daily Tracking by PDA or website
- Wellness Assessment with an Integrative Medicine physician
- Personal Guidance for one year
- Annual Fitness Membership
- Spa Treatments
- Wellspring Wellness Account
- Themed Classes
- Guided Dining Experience
- Guided Farmer's Market Tour
- One-on-One Modality Training
- Access to Wellspring Virtual Community

The Gift That Keeps Giving

By Dick Baltus, bbg Marketing

Considering how important it is as a cancer-screening tool, the colonoscopy is not a test to dread. Just ask our writer.

For the record, your writer's abject fear of turning 50 a while back had nothing to do with it being some noteworthy milestone in the aging process. I could not have cared less that I was approaching "The Big Five Oh."

Look, I discovered my first gray hair in seventh grade, and before long I had convinced myself they called it middle school because we students were middle aged. So by the time I approached 50, I'd already had several years to get used to the notion that people did, in fact, get older.

The idea that I was now nearing the half-century mark? Whatever. Just another day. Except for one very important thing: That colonoscopy deal I suddenly seemed to be hearing about over and over again, as if it were some rite of passage, for lack of a better word, into the 50s.

You know, at 16, you get your driver's license. At 18, you get to vote. At 21, you get to do whatever you feel like. At 40, you get to realize you probably shouldn't have been doing whatever you felt like for the last 19 years. And at 50?

Well at 50, if you're smart, you get a colonoscopy. Happy birthday to you.

I considered myself pretty smart, at least smart enough to look at the word "colonoscope" and find the two secret words cleverly hidden within like the puzzles in the Highlights magazines I used to read years ago when I was middle-aged.

And, though I didn't like the sound of that word at all, I knew that colon cancer was the third most common cancer found in American men and women, and that the colonoscopy was an important early-detection tool.

So I dutifully asked my primary care physician to refer me to a gastroenterologist, the specialist who would perform the exam — but not a second before I turned 50, the age at which men and women are encouraged to have their initial screening colonoscopy.

As it turns out I had made much ado about nothing.

Roger Epstein, M.D., probably would have told me that had I asked. The Silverton-Woodburn gastroenterologist explains that a colonoscopy typically lasts only about 20 minutes and the patient is either sedated or fast asleep through the entire procedure. If there is any discomfort at all related to the procedure, it's likely just the hand wringing and teeth gnashing that often leads up to it. (O.K., so there *is* the matter of that bowel preparation thing, but this is a family magazine.)

On the other hand, the value of having the test performed as recommended can hardly be overstated. "If our screening programs were comprehensive enough worldwide, we could potentially prevent colon cancer almost entirely," Dr. Epstein says.

Short of that, colonoscopies certainly represent a highly effective way to prevent the disease on a person-by-person basis. The exam gives the physician a clear view of the inside of the colon and allows him or

her to detect small polyps or to take samples (biopsies) of suspicious tissue that can be tested for cancer.

"If we find polyps, which are small tissue growths, we can remove them right then and there before they grow into cancer," says Dr. Epstein.

He adds that it is fairly common to find polyps, and most can be removed with tiny snares or forceps. Others, however, appear more like a large mass, generally requiring surgical removal.

Silverton/Woodburn surgeon James Nealon, MD, says having colonoscopies when they are recommended is the best way to avoid the possibility of surgery. However, even in the event a surgical solution is needed, technological advances have helped reduce the impact of such procedures.

"One of the common misconceptions about colon surgery is that it requires a colostomy (an artificial opening from the colon through the abdominal wall), and that is rarely the case," says Dr. Nealon. "We generally take out the diseased part of the colon and put it right back together."

Dr. Nealon and his surgical partner Harris Waters, MD, also perform colonoscopies. Dr. Nealon adds that increasingly such procedures are being performed laparoscopically, which involves inserting surgical instruments through small incisions rather than a large open incision. The benefits of laparoscopic surgeries include reduced hospital stay, shorter recovery time and increased post-operative comfort.

If polyps are found during the colonoscopy, another one is recommended within three to five years, Dr. Epstein says. However, if none are detected, the next exam typically is not needed for another 10 years. Persons with a family history of colon cancer should be screened every five years.

"The fact that there can be a 10-year gap between testing gives you an idea of the relatively slow rate at which polyps grow," Dr. Epstein says.

The incidence of colon cancer in America has been declining, Dr. Epstein adds, a fact that can be attributed to more people learning of the effectiveness of the colonoscopy as a cancer-screening tool.

He says that in the near future a procedure called virtual colonoscopy may become equally effective and less invasive. Already in use in some settings, the virtual colonoscopy uses a CT scanner which creates a three-dimensional "fly-through" view of the inside of the colon and rectum.

The doctor says a current drawback of that procedure is its inability to detect the smaller polyps. However, he is confident that the technology will improve over time. Then what will future 50 year olds have to fret and stew needlessly about?

If you are nearing or over 50, ask your primary care doctor if it's time you scheduled your colonoscopy.



Silverton/Woodburn
gastroenterologist
Roger Epstein, MD



Colonoscopies represent a highly effective way to prevent colon cancer on a person-by-person basis. The exam gives the physician a clear view of the inside of the colon and allows him or her to detect small polyps or to take samples (biopsies) of suspicious tissue that can be tested for cancer.



Mammography Now All Digital

State-of-the-art digital mammography is now available at Silverton Hospital and in Woodburn.

Silverton Hospital recently acquired digital mammography technology, meaning area women can benefit from the most advanced breast cancer detection tool available both in Silverton and in Woodburn, at Tukwila Diagnostic Imaging.

Digital mammography provides better images more quickly than previous technology.

The technology converts X-rays to electronic images of the breast which can be viewed, optimized and stored on a computer. In a recent study published in *New England Journal of Medicine*, digital mammography was better than traditional film mammography in detecting breast cancer in women under 50 years of age and with dense breasts.

ALL-DIGITAL MAMMOGRAMS MEAN:

- Quicker tests, since there is no need to wait for film images to be developed
- A clearer image of the breast as compared with film
- Images can be viewed instantly by the technologist
- The images become part of a data system that providers can quickly access, study and review with patients in their offices. All physicians within the Silverton Hospital Network can view the complete images in their offices

"A patient's time commitment is significantly less because the technologists have the image right away," says Mike Jones, diagnostic imaging manager for Silverton Hospital. "We don't have to process film while the patient waits."

U.S. women have a one in eight risk of developing breast cancer in their lifetime. The Centers for Disease Control and Prevention reports that the incidence is even higher in women living in Oregon and Washington.

According to Elizabeth Blount, MD, of the Family Medical Group of Silverton, all women experience changes in their breast tissue as they age. However, certain abnormal changes can be early warnings of breast cancer. "Women should begin having annual mammograms starting at age 40," says Dr. Blount. "Younger women who experience troublesome breast changes or who have a family or personal history of breast cancer should discuss early or more frequent screening with their physicians."

To schedule an appointment for a digital mammogram, please call 503.873.1750 at Silverton Hospital and at Tukwila Diagnostic Imaging 503.982.4861 in Woodburn.

Community Education Calendar

LIVING WELL

LOOK GOOD, FEEL BETTER

Cancer can rob a woman of her energy, appetite, and strength. This free American Cancer Society program teaches beauty techniques to women cancer patients in active treatment to help them combat the appearance-related side effects of cancer treatment

- **Silverton Hospital**
- Room F above Family Birth Center
- Wednesday May 20, 5:30 - 7:30 p.m.
- Free
- Pre-register by calling 503.873.1785

JOURNEY OF GRIEF

Co-sponsored by Willamette Valley Hospice, this six-week series was designed to help you come to terms with grief in your life in an open and supportive setting.

- **Silverton Hospital**
- Room G above the Family Birth Center
- Thursdays, May 7 - June 11
- 6 - 7:30 p.m.
- Pre-register by calling Willamette Valley Hospice at 503.588.3600



SUNKISSED: SKIN CARE FOR SUMMER

Keeping your skin healthy and protected in the summer months is essential for preventing long term and short term damage. Learn what you can do now to keep your skin healthy for years to come. Our dermatology nurse and aesthetician will share simple everyday tips for healthy skin, give you the inside scoop on sunscreen, and tell you about services we offer to enhance and protect your skin. Light snack included.

- **Wellspring Center for Extraordinary Living**
- Thursday, June 11, 10 a.m. – Noon
- \$20 (fee can be applied to purchase of skin care or mineral make up products in The Spa that day)
- Call 971.983.5270 to sign up

LIVING HEALTHY WORKSHOP

This 6-week workshop teaches real-life skills for living a full, healthy life with a chronic health condition such as heart disease, diabetes, arthritis, pain, or asthma.

- Call for dates & times / FREE
- Call Janna at 503.873.1780 for more information.

FITNESS

Wellspring Center for Extraordinary Living Woodburn

www.wellspringmedicalcenter.com
Call for more information or to register for a class, 971.983.5230.

YOUR WELLNESS VISION

Rebecca Tryon, Nutrition Counselor

This workshop brings a creative approach to creating your wellness vision. It will incorporate elements of wellness coaching and positive psychology with imagery and reflective journaling to guide you to a vision for yourself that reflects your goals, motivations and inspirations.

- Thursday, May 21, 5:30 – 7:30 p.m.
- \$40

FITNESS & NUTRITION BOOTCAMP

Andrea Lopriore, Dana Sahlin, Fitness Staff

Add inspiration to your current workout and nutrition routines with invigorating workout tips and an informative discussion about nutrition. Participants should be on a current fitness program and comfortable with sports drills. Dress for an outdoor workout.

- Wednesday, June 10, Noon – 2 p.m.
- \$20



REAL MEN DO YOGA

Susan Benner, Yoga Instructor/Personal Trainer

Even tough guys can benefit from the balanced strength, flexibility, balance and mental fitness benefits that yoga provides. This workshop is designed to address the special needs of men who may be new to yoga, as well as those who perceive themselves to be inflexible. Options will be given for multiple ability levels.

- Friday, June 26, 5:15 – 6:45 p.m.
- \$20

WELLNESS COACHING

Our Wellness Coaches will work with you to formulate a specific plan toward optimal wellness that focuses on your dreams for your best self, with specific and achievable goals along the way. Appointments conducted by phone or in person.

- By appointment only



PERSONAL FITNESS COACHING

Integrative personal trainers, yoga and Pilates instructors are available for private instruction.

- By appointment only

WEIGHT CIRCUIT 101

Learn effective ways to use the weight machines in the Fitness Center, including training tips and methods of adjusting the equipment to fit your body.

- By appointment only

FITNESS CLASSES

We've got just what you're looking for! Yoga, Group Training, FLOW, Pilates and more.

- Monday – Saturday, Varied Hours
- FREE to members, \$10 per class for drop-ins.

COMMUNITY CLASSES

AMERICAN RED CROSS INFANT & CHILD CPR WITH FIRST AID

This course meets the requirements for child-care providers. Students successfully completing course objectives receive certification in infant and child CPR for one year and First Aid for three years.

- **Silverton Hospital**
- Room F above Family Birth Center
- Saturday, May 2, 9 a.m. - 4 p.m.
- \$45 per person or \$35 for CPR only
- Pre-register by calling 503.585.5414

AMERICAN RED CROSS FIRST AID FOR CHILDREN TODAY

This class helps children ages 5-8 understand the important role they have in managing their own health and safety, as well as the health of the environment in which they live. Children will learn about behaviors or actions that could lead to injuries or illness, ways to prevent injuries, first aid to respond to injuries, and be encouraged to make choices that will positively influence their health and the environment.

- **Silverton Hospital**
- Room F above Family Birth Center
- Saturday, May 23, 9 - 11:30 a.m.
- \$10 per person
- Pre-register by calling 503.585.5414



HEARTSAVER ADULT/CHILD/ INFANT CPR & CHOKING

This American Heart Association course teaches adult, child, and infant CPR, choking. Course content also includes AED instruction.

- **Silverton Hospital**
- Room F above Family Birth Center
- Monday, May 18, 8 - 11 a.m.
- Wednesday, June 3, 1 - 4 p.m.
- Monday, July 13, 9 a.m. - Noon
- \$35 per person
- Pre-register by calling 503.873.1785

HEARTSAVER ADULT/CHILD/INFANT FIRST AID, CPR AND AED

This American Heart Association course teaches how to manage illness and injuries in the first few minutes until professional help arrives. Course includes general principles, medical and injury emergencies, CPR and AED instruction.

- **Silverton Hospital**
- Room F above Family Birth Center
- May - Call for date / time
- Saturday, June 20, 9 a.m. - 3:30 p.m.
- Saturday, July 18, 9 a.m. - 3:30 p.m.
- \$50 per person
- Pre-register by calling 503.873.1785

BOOT CAMP FOR DADS AND MOMS-TO-BE

A two-hour workshop run by newly experienced fathers who bring in their own infants to help orient dads-to-be on the realities of parenthood.

- **Silverton Hospital**
- Room E & G above Family Birth Center
- Wednesday, June 10, 6:30 - 8:30 p.m.
- Wednesday, July 22, 6:30 - 8:30 p.m.
- \$15 per couple— Includes free massage for mom in a nearby room!
- For more info or to register, call Silverton Together at 503.873.0405



PARENTS/INFANTS PLUS

A parent education and peer support network for families with infants 0-3 months, especially first-time parents. 10 sessions, meeting every other week.

- **Silverton Hospital**
- Above Family Birth Center
- Every other Monday, beginning June 8
- 6:30 - 8:30 p.m.
- \$35, scholarships available
- For more info or to register, call Silverton Together at 503.873.0405.



SUPPORT GROUPS

AL-ANON

Family and friends of alcoholics welcome

- **Silverton Hospital**
- Conference Rooms
- Monday evenings weekly, 7 - 8 p.m.

ALZHEIMER'S CAREGIVERS SUPPORT GROUP

- **Woodburn Internal Medicine**
- Third Mondays monthly, 2 - 3 p.m.
- Contact Mary Reitan 503.502.4509 for more information

BREAST CANCER SUPPORT GROUP

- **Silverton Hospital**
- Room DE above Family Birth Center
- Third Monday of each month, 6:30 - 8 p.m.
- For more info contact Kate Robertson at 503.873.1791.

DIABETES SUPPORT GROUP

- **Wellspring Garden Room**
- Second Tuesdays monthly, 7:30 - 8:30 p.m.
- Contact Melissa Pence at 503.873.1560 for more information.

WELLNESS DINNERS SERIES

**Wellspring Center for
Extraordinary Living, Woodburn**

\$35, includes a three-course meal
Call 971.983.5250 to reserve

THE WELLSPRING WOMAN

Terri Merritt-Worden and Mary Tippin, NP

Come join the Women of Wellspring in a discussion of women's health issues across the generations. Bring your daughter, sister, mom or grandmother — there's something for everyone.

- Wednesday, May 20, 6 - 7:30 p.m.
- Reservations required by May 19

MOVEMENT AS MEDICINE

Dan Schweigert, MD, Wellspring Integrative Medicine

The human body was made to move. And for most of us, the inactivity our everyday lives goes against the very nature of our beings. Join Dan Schweigert, MD, for a discussion about the power of exercise as medicine.

- Wednesday, June 17, 6 - 7:30 p.m.
- Reservations required by June 16



MOTHER'S DAY BRUNCH — MAGICAL MOMENTS WITH MOM

Sunday, May 10, 10 a.m. - 3 p.m.

All of Mom's favorite breakfast and lunch items.

FATHER'S DAY BRUNCH

Sunday, June 21, 10 a.m. - 3 p.m.

Treat the man in your life to brunch at Vitality.

SATURDAY DINNER EVENTS

Looking for something special for your night on the town? Look for Vitality's Every Saturday Evening Dinner events. There's something new every week — from featuring the different cuisines of Europe, to wine pairing's and local farmers. Call 971.983.5280 for reservations.

May 2 — Fisherman's Bounty

May 9 — Taste of Europe - French Cuisine

May 16 — Beer and Food Pairing

May 23 — Wine and Food Pairing

May 30 — Prime-rib and Piano

June 6 — Surf & Turf of the Valley

June 13 — Taste of Europe - Spanish Cuisine

June 20 — Grilling with Dad

**June 27 — Hors d'oeuvre Party:
Music, Massage and Merlot**

July 4 — Texas-Style BBQ

July 11 — Island-Style Luau

July 18 — Wine and Food Pairing

July 25 — Eat & Laugh - Comedy Night

THURSDAY COOKING DEMONSTRATIONS

Every Thursday in May, June and July
at 11:35 a.m. in the Harvest Kitchen

Come and watch Vitality's chef assemble some of your favorite foods. If you have a suggestion(s) for a class you or your group would like to see, call Dave at 971.983.5278 and we will put it on the schedule.

May 7 — Homemade Pasta

May 14 — Homemade Pesto

May 21 — Sushi, Made Easy

May 28 — Crème Brûlée

June 4 — Pickling

June 11 — Sausage Making

June 18 — Hors d'oeuvres and Wine paring

June 25 — Grilling Summer Vegetables

July 2 — Homemade Salsa

July 9 — Camping Food

July 16 — Homemade Guacamole

July 23 — Summer Salads and Dressing

July 30 — Strawberry Shortcake

WELLSPRING SATURDAY MARKET KICK OFF

Saturday, June 6, 9 a.m. - 1 p.m.

Farmers, fun and fitness, oh my! This is not your average farmers market. Join Wellspring, local farmers, growers and artisans for this weekly community event in our front parking lot!