

Small Business Happenings

Greg Blackman Insurance hosts after hours next week

LA GRANDE — The next Union County Chamber of Commerce's Business After Hours is scheduled for April 18, hosted by Greg Blackman Insurance Agency, 1403 Washington, La Grande. Stop by between 4:30 p.m. and 6 p.m. to meet the staff and visit with other members of the local business community.

Oregon OSHA online training reaches broader audience

SALEM — Employers across Oregon now have a more comprehensive and efficient way to train safety committee members thanks to improvements Oregon Occupational Safety and Health Administration has made to its free online educational offerings. The agency has translated three courses into Spanish — Safety Meetings and Committees, Accident Investigation, and Hazard Identification — and housed all of them in a central location: the new Safety Committee Suite web page.

Most employers in Oregon must have a safety committee or hold safety meetings. Such committees or meetings enable workers and managers to regularly discuss and address on-the-job safety and health concerns. They are critical components in helping make continuous improvement to safety and health programs. Completing the three courses that make up the suite satisfies the basic requirements for training safety committee members.

"These changes provide employers and workers with a clearinghouse of training resources designed to meet key regulatory requirements and to reach a broader audience," said Roy Kroker, consultation and public education manager for Oregon OSHA.

The Safety Committee Suite is available in Spanish at <https://osha.oregon.gov/edu/courses/espanol/Pages/safety-committee-suite.aspx> and in English <https://osha.oregon.gov/edu/courses/Pages/safety-committee-suite.aspx>.

New naturopathic physician, acupuncturist opens business

By Trish Yerges
ForWesCom News Service

Naturopathic physician and licensed acupuncturist Dr. Lorraine Ferron has opened her new business, Dr. Lorraine's Natural Health, at 1108 J Ave., La Grande, sharing office space with chiropractor Dr. Casey McKeown.

Ferron graduated from the National University of Natural Medicine in 2017 and practiced in Portland, her native city, for nine months before relocating to La Grande where her partner, B.J. Unti, accepted a position teaching economics at Eastern Oregon University.

Through friends, she learned Dr. McKeown had available office space in his building, and she accepted his invitation to operate her business from his location.

"Some of the conditions I have treated here in La Grande are slow healing kinds like allergies, infertility, skin irritation or inflammation and chronic digestive issues like heartburn, constipation or diarrhea, abdominal pains, chronic cough and neuropathy," Ferron said. "I also treat perimenopausal symptoms like hot flashes or sleep disturbances."

For cancer patients, Ferron offers subtle and supportive care in addition to the patient's traditional treatments.

"The best time to see a natural medicine provider is during cancer treatment because there's a lot of support a patient can get while they are going through chemotherapy and radiation, or pre- and post-surgery," she said.

Ferron's holistic approach to medical care includes acupuncture, botanical medicine, homeopathy and lifestyle coaching



Trish Yerges/WesCom News Service

Dr. Lorraine Ferron of Dr. Lorraine's Natural Health is a naturopathic physician and a licensed acupuncturist now doing business at 1108 J Ave., La Grande, inside the Dr.

with a goal of helping patients find balance, ease and healing.

"I look at the whole person, identify the best ways to protect a patient's vitality and shift the body's coping patterns and symptoms over time," she explained.

For some patients, Ferron said, this means getting off a medication or finally

resolving a recurring symptom, but for almost all patients it simply means feeling better. During an office visit, she takes a thorough patient history and develops an individualized treatment plan that will help the patient.

Ferron's services are designed to
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Millennial Money: Capture savings on professional photos at your events

Courtney Jespersen
NerdWallet

There's almost always a reason for photographs — an engagement, wedding, graduation, pregnancy — you name it.

For many of these occasions, you'll want a professional on hand who can do more than add a fancy filter to a snapshot.

Hiring a photographer to capture life's important milestones can be pricey. Here's how to cut down on the cost of a professional without sacrificing quality.

SNAP UP SOCIAL MEDIA SAVINGS

"My number one tip would be to ask social media," said John Myers, owner of John Myers Photography & Videography in Tennessee.

Go to Facebook or Instagram to ask for recommendations from friends and followers.

"It's a great way for you to get a lot of options, and then from there you can sift through what's your ideal budget, style (and) availability," he said.

Then, find and follow the

pages of photographers you like, much as you would follow a retailer or restaurant. You'll likely stumble across deals and exclusive offers. Myers, for example, said he recently ran a free engagement photo session contest on Instagram.

ZERO IN ON A 'MINI-SESSION'
Another money-saving strategy is to look for a photographer who offers "mini-sessions," which are shorter or smaller versions of full shoots. This shorter session may last 20 to 30 minutes and result

in 20 to 30 photos, whereas a normal portrait session may take 60 to 90 minutes and result in 60 to 70 images, Myers said.

"There are photographers who offer mini-sessions, and those usually occur in the busier time of the year," Myers said. "At least in the Southwest and some other places, spring and fall are kind of the popular times to do these because the weather is perfect."

Myers estimates a
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Eastern Oregon home health agencies earn recognition

By Trish Yerges
ForWesCom News Service

Encompass Home Health & Hospice in La Grande and Grande Ronde Hospital Home Care Services have both earned state recognition for excellence in clinical quality and patient care.

The 2018 Healthinsight Quality Awards were bestowed earlier this month to nine Oregon home health care agencies at the Medicare Patient-Driven Groupings Model Summit in Portland, cosponsored by Oregon Association for Home Care and three national organizations supporting home care service providers.

Of the nine agencies recognized for providing high-quality care for their patients, two represented Eastern Oregon: Healthy Living at Home in Bend, and Encompass Home Health and Hospice in La Grande.

"We are pleased to recognize these (nine) outstanding home health agencies that are working continually to improve health care quality and patient care for Oregon residents," said Kate Elliott, associate executive director of Healthinsight Oregon.

Encompass Home Health and Hospice originally served the town of Baker City. The company became licensed in July of 2014 and expanded its services to La Grande. Encompass has added nine full-time employees specifically to serve the La Grande patient population. Susan Spears, RN, is the La Grande nursing director, and Randy Schellhaus is the administrator over both the La Grande and Baker City offices.

"We are honored by this award as our long-time company purpose statement is A Better Way to Care, and it is that phrase that we consider every single day as we serve each of our local communities," said Tracey Kruse, Encompass' Chief Operating Officer of Dallas, Texas.

Encompass Home Health and Hospice are currently licensed by the State of Oregon to serve the counties of Umatilla, Union, Wallowa, Grant, Baker, Harney and Malheur.

"Serving patients, supporting their caregivers, and working closely with the medical community in La Grande continues to be a collaborative and rewarding experience," Kruse said. "We will continue

to work hard on behalf of everyone in Union County to provide exceptional home health care and to support the community to the best of our abilities."

The 2018 Healthinsight Quality Award to Encompass will be issued their award plaque to the La Grande office.

"Their commitment to excellence is evidenced by their achievement of this award and underscores home health's critical role in delivery systems to allow people to recover in their homes from illness or injury," Elliott said.

The Healthinsight Quality Award Program recognizes high-performing health care provider organizations in the states for which Healthinsight serves as the Medicare program's Quality Innovation Network-Quality Improvement Organization contractor.

The criteria set out for the 2018 Healthinsight Quality Awards requires that an agency must rank in the top 25 percentile based on the 16 available quality measures used by the Home Health Quality Reporting Program for Medicare. They must also demonstrate no deficiencies on

the last Medicare certification survey.

In addition to the Quality Awards, Healthinsight also presented six recipients with a Recognition of Achievement Certificate for a home health agency that ranked in the top 35th percentile of scores on the Home Health Consumer Assessment of Healthcare Providers and Systems.

Grande Ronde Hospital Home Care, located at its new site at the GRH Pavilion, 909 Adams Ave., La Grande, was one of those honored recipients. Selina Shaffer, B.S.N., R.N., director of GRH Home Care, is very pleased with the recognition they received.

"It's a reflection of the quality of staff we have and how well they work together as a team with all the disciplines that we have, the occupational, physical therapy, our nurses and bath aides," Shaffer said.

When it comes to wound care, for example, the GRH Home Care team works together to determine if the patients may also benefit from therapy to increase their independence, and the teams then work with the providers and

develop a new plan of care.

"We can do this because we have a lot of multi-disciplinary teams that work well together and can identify patients' needs that other disciplines can help meet," said Shaffer.

In addition, GRH is a nonprofit and able to provide financial assistance programs for patients who have to pay privately or have large co-pays.

The Healthinsight Quality Award Program was launched in September 2004 to foster transparency in health care, and 2018 was the inaugural year for the awards in Oregon. Healthinsight is a regional health improvement collaborative that oversees affiliated 501(c)(3) nonprofit corporations in Nevada, New Mexico, Oregon and Utah, as well as end-stage renal disease networks across the western United States.

Healthinsight merged with Qualis Health in April 2018, combining their operations across the U.S. Together their organizations represent more than 40 years of health care quality consulting and providing quality improvement services.

