

10 Oregon ZIP codes with biggest coronavirus increases

By Aimee Green
The Oregonian/OregonLive via AP StoryShare

SALEM — In June, public health officials in Oregon said they could pinpoint many of the state’s new COVID-19 infections to outbreaks at nursing homes, food processing plants and an Island City church.

But in the past few weeks that has changed: Large outbreaks have surfaced less frequently and public health officials say they’re increasingly struggling to identify the circumstances under which Oregonians are becoming exposed to the coronavirus.

The state’s latest weekly report of new infections reflects just that. It outlines the number of new infections across the state by ZIP code from July 13-19, the latest week for which data is available. For many parts of Oregon, the report offers no clues for why new infections are on the rise.

Recently, contact tracers couldn’t identify the source of a record 48% of new

infections. The Oregon Health Authority has said it needs to keep that figure below 30% to keep the virus at bay.

Here’s a ZIP code breakdown of where the virus spread in the highest numbers in the week July 13-19:

No. 1: 97838 — Hermiston

This is the state’s viral epicenter, and the situation continues to worsen at an accelerating rate. This ZIP code recorded 212 new infections from July 13-19 — jumping from 629 known cases to 841 cases since the start of the pandemic. That’s a 33% increase in a week.

This ZIP code now has surpassed Newport as the Oregon ZIP code with the most cases per capita — about 322 cases per every 10,000 people. That’s about nine times higher than the average rate statewide, which stands at about 37 cases per 10,000 residents.

The biggest single contributor to the week’s explosive growth in 97838

appears to be 37 cases from a new outbreak at a nursing home.

Workplace outbreaks have been contributing to the numbers. Fifteen people have fallen ill from a new outbreak at Good Shepherd Hospital. Ten new cases were traced to the Walmart Supercenter store in Hermiston. An outbreak at the Walmart Distribution Center grew by eight cases, to a total of 23.

The rising number of cases in Hermiston was so concerning that Oregon State University tested 400-500 randomly selected people in the community this past weekend to better understand the prevalence of the disease there. The researchers also plan to test the city’s sewage system for the prevalence of the virus.

No. 2: 97071 — Woodburn

This ZIP code encompasses Woodburn and some rural lands around it. Cases here climbed by 69, to a total of 435.

This area is home to

a number of agricultural facilities and workers, who are known to be disproportionately affected by the virus’ reach.

This ZIP code has 144 cases per 10,000 residents.

No. 3: 97914 — Ontario

This ZIP code sits just west of the Oregon-Idaho border. Infections rose by 67 cases, to a total of 374.

Long-term adult care facilities appear to be driving some of the increase. On top of that, an outbreak at the Snake River Correctional Institution grew from 117 to 119. The Oregon Health Authority also reported a new outbreak of five cases at the Walmart Supercenter store in Ontario. This ZIP code has 195 cases per 10,000 residents.

No. 4: 97233 — Southeast Portland

This area is making yet another appearance on this weekly list of ZIP codes with the per capita rate of infections here at 103 per 10,000 residents.

No. 5: 97080 — Gresham

Cases here grew by 64 from one week to the next, bringing the total cases to 244. The per capita rate of infections in 97080 is about 55 infections per 10,000 residents here.

No. 6: 97236 — Southeast Portland

This ZIP code has made frequent appearances on the weekly list of most new infections in the state. Infections in 97236 grew by 50 over the week, reaching a total of 439. The per capita rate of new cases in 97236 is 107 per 10,000 residents.

No. 7: 97801 — Pendleton

New infections here grew by 47, to a total of 192 since the pandemic began.

Pendleton borders the northeastern edge of the Hermiston area, and given its close proximity, it’s no surprise that the Pendleton ZIP code is experiencing a surge in cases.

An ongoing outbreak at the Eastern Oregon Cor-

rectional Institution doubled from 14 to 28 from July 13-19. Cases at the Hill Meat Company grew by one, to 10 cases.

In the Pendleton ZIP code, infections stood at about 91 per 10,000 residents.

No. 8: 97701 — Bend

Cases here more than doubled — growing by 42, to a total of 112. Overall, the per capita rate of cases in 97701 is relatively low, about 28 per 10,000 residents have been infected.

No. 9: 97230 — Northeast Portland

Cases here rose by 41, to 254 total cases. The per capita rate of cases was 63 per 10,000 residents.

No. 10: 97882 — Umatilla

This ZIP code, just south of the Oregon-Washington border, saw 40 new cases — with cases climbing from 163 to 203. That’s a 25% jump. The per capita rate of infections in 97882 is 250 per 10,000 residents.

DRESSAGE

Continued from Page 1A

each other’s minds.”

Brady credits much of her success to the instruction from Staller, one of the United States’ premier dressage riders, who has represented her country at numerous competitions.

“She made me the rider I am today,” Brady said. “She is so compassionate and caring. I am incredibly thankful for the opportunity she gave me.”

Staller often told Brady that a key to mastering dressage is letting experienced horses, designated as schoolmasters, instruct you.

“She said your (school-master horse) will always be the best teacher,” Brady said.

The best school-master horse Brady rode was a Hanoverian named Winyamoro.

“He taught me more than any person could,” Brady said. “He knew more than I knew as a rider. I took that knowledge and used it to train other horses.”

Brady traveled to Europe with Staller’s horses to perform at dressage competitions. Brady’s four trips to Europe took her to The Netherlands, Germany, Denmark, Sweden and Austria. Dressage draws much larger crowds in



Photo contributed by Michelle Brady

Michelle Brady of La Grande competed for eight years in the sport of dressage. Here she is in Palm City, Florida, with one of the horses she trained. Brady has returned to her home town.

Europe than it does in the United States, she said. Often dressage competitions are part of horse shows that feature jumping and cross country events.

“They are like fairs,” Brady said, noting the horse shows are most popular in Germany.

Brady spent each winter in Wellington, 66 miles north of Miami. Wellington is the center of the dressage universe during this time, and many of the world’s top dressage riders come to participate in competitions there.

“It is the hub (of the dressage world in the winter),” Brady said.

In Wellington she learned about the importance of being sensitive to a horse’s needs and individuality.

“You have to be well acquainted with how they react to their environment,” she said.

If she discovered something such as umbrellas popping would rattle a horse, Brady took steps to help the horse become tolerant of the noise because these cannot be avoided at many dressage shows. Understanding the speed a horse is comfortable working at also is crucial when training.

“You have to move at

a pace that works for the horse,” Brady said. “You can’t push them. A horse will only go so far in training.”

Brady, who grew up in La Grande, trained horses six days a week in Wellington and Califon and never tired of it. She said she cannot remember a time when she was not interested in horses.

“I have been obsessed since I was very young. I have horse fever,” said the daughter of Patty Morris and Mark Brady.

The LHS graduate credited a number of people with helping to inspire her to become a dressage rider and trainer, including her 4-H instructor Margo Mack.

“She nurtured my love of horses,” Brady said.

Carole Novitske, who now lives in Virginia, is another.

“She said, ‘If you want to learn to ride, go to Catherine Staller,’” Brady said.

Brady is eager to share what she has learned about dressage over the past eight years and will be conducting clinics in Oregon and Washington beginning in August.

Information on her clinics is available via email at haeferdressageinc@gmail.com. At her clinics Brady will assess individual riders and their horses.

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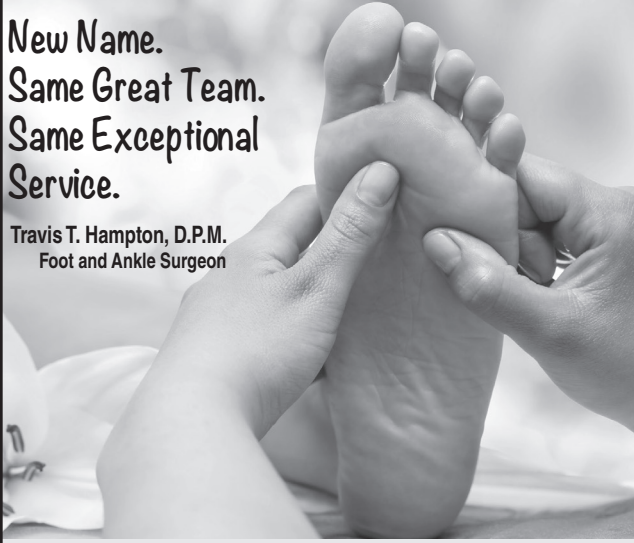
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Every Child’s My NeighbOR program expands to help more Oregon youth

The Observer

SALEM — The statewide initiative Every Child’s My NeighbOR is expanding to help more Oregon families.

The Oregon Department of Human Services in a press release announced My NeighbOR now invites community members to also meet urgent needs for families caring for children before they enter foster care and once children have returned home.

Every Child’s My NeighbOR program launched March 23 and partnered with the Department of Human Services to locate families in need of help due to the effects of COVID-19.

“While the work continues to recruit more loving foster families in Oregon and to support and appreciate foster parents to improve retention, we know that outcomes for children are improved when children can remain safely at home,” Child Welfare program Director Rebecca Jones Gaston said the press release. “This effort aligns with the work of Child Welfare to expand community collaboration

GET INVOLVED

- If you want to meet a need for these Oregon families and children, please visit <https://everychildoregon.org/myneighbor/>.

and find upstream solutions as we build a strong child safety system in Oregon.”

Close to 2,000 Oregonians have stepped forward through My NeighbOR to help foster youth and their families with necessities such as groceries, diapers, cleaning supplies, baby equipment, beds, furniture and children’s clothing. Other helpful items have included strollers, sporting and outdoor equipment, and educational resources.

When foster families, youth or families involved with Child Welfare need assistance they can connect with My NeighbOR through their caseworker or, in many counties, may directly make requests online. And, people who want to help meet these needs can connect with Every Child’s My NeighbOR online.

If you want to meet

a need for these Oregon families and children, please visit <https://everychildoregon.org/myneighbor/>.

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Lauren is a graduate of Frontier Nursing University in Kentucky, and has spent the past two years providing primary, chronic, and urgent care in Canyon City and Denver, Colorado. She has particular interests in general cardiology, health promotion, and disease prevention. When Lauren is not caring for patients, she enjoys hiking, weightlifting, rock climbing, camping, traveling, and spending time with her family.





LAUREN DILLMAN, FNP-C

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