

HERMISTON

Guardian Angel Homes opens second facility

East Oregonian

Guardian Angel Homes has room for 16 more residents after cutting the ribbon on a second memory care home.

The Ranch House joins the Tuscan House — which opened in April — as a secure but home-like living facility for people with Alzheimer’s or dementia.

The home at 540 N.W. 12th St. in Hermiston includes 16 private bedrooms and bathrooms, a spacious living and dining room area, a kitchen staffed by a professional chef and a fenced-in courtyard residents can use at any time. The facility will offer nurses, round-the-clock assistance and a variety of activities for the residents.

The facility is owned by the Frantz family, which has built and operates several memory care facilities around the Pacific Northwest after Marty Frantz’s own father suffered a stroke and severe dementia in 1997.

Jennifer Baus Samoska, Frantz’s daughter, described the two memory care homes and assisted living facility a “beautiful campus” able to accommodate a wide range of needs, from a more independent lifestyle at the assisted living facility to more intensive



Contributed photo by Guardian Angel Homes

Cutting the ribbon at the Ranch House were: left to right (back row)- Leslie Wolf, campus administrator, Jennifer Baus Samoska, Richard Samoska, Mathew Frantz, Jay Galvez, construction manager, Marty Frantz, Tyson Frantz, Cindy Frantz (Front Row) Jean Frantz, Betty Osterdock.

care for Alzheimer’s patients at risk of wandering away from unsecured facilities.

For information about openings at the facilities, including the new Ranch House, call Guardian Angel Homes at 541-564-9070 or visit their website at www.guardianangelhomes.com.

HERMISTON

Wellness clinic offers alternative medicine

By JADE MCDOWELL
East Oregonian

Hermiston residents looking for an alternative to pain medications have another option in the Hermiston Wellness Clinic.

The newly opened clinic is an outgrowth of Dr. David Cheung’s Acupuncture & Botanical Clinics of Oregon, which has multiple locations in the state. After outgrowing his Hermiston office, Cheung said he thought it would be a good idea to invite others to combine forces to create a wellness clinic.

“I’m only here two days a week so it’s nice to have some other practitioners fill the space,” he said.

So far the other two practitioners are Custom Fit Shoes of Oregon and wellness practitioner Sunita Sherrie Gay Parke. Cheung said he would like to find a massage therapist to join them and later plans to sell vitamins and minerals as well.

Cheung is a licensed

acupuncturist whose father, Wai Tak Cheung, helped found the Oregon College of Oriental Medicine in Portland. He said acupuncture, which was once looked upon with suspicion, has now gained such mainstream acceptance as a valid medical procedure that in Oregon it is covered by Medicaid.

“It’s very safe,” he said. “I think that’s why doctors and nurse practitioners are referring more than ever before.”

Cheung said that the practice is being embraced as a way to cut down on the nation’s heavy opioid use. He said he doesn’t tell people to stop taking their medications — leaving that

up to their doctor to determine — but he does what he can with acupuncture and herbs to alleviate pain and other physical ailments so that people can become less reliant on opioids if they choose.

Custom Fit Shoes of Oregon, operated by Michael and Michele Meadows, fits patients with custom-designed Z-Coil footwear engineered to alleviate foot, leg and back pain. Cheung said he was pleased to share a space with the company, which he said has “helped wonderfully” with some of his patients in the past, particularly amputees.

Rounding out the trio is Parke, who offers the alternative treatments of

ayurvedic reflexology, ionization detoxification, Reiki, thermal auricular therapy and Dosha consultations. She said she started out self-taught but has since studied non-medicine forms of healing around the world, including Thailand and India.

She is having an open house Saturday, Sept. 10 from noon to 4 p.m. and said she is looking forward to meeting people “willing to investigate and experience something new.”

The clinic is located at 175 E Main St. in Hermiston.

Contact Jade McDowell at jmcdowell@eastoregonian.com or 541-564-4536.

PENDLETON

Coffee Bean gets \$10,000 grant for creating jobs

East Oregonian

A little-used incentive program from the Pendleton Development Commission just netted a downtown business more than \$10,000.

The commission’s Jump Start program is best known for providing low-interest loans to downtown-area businesses for equipment or start-up expenses, but less utilized is the \$1,000 grant participants earn for each new full-time job they create within the first year of their businesses’ operation.

Since he started working with the commission in January 2015, Associate Director Charles Denight said the Pendleton Coffee Bean & Bistro is the first Jump Start participant to apply for the incentive.

The commission agreed to loan the Pendleton Coffee Bean \$30,000 in 2014 to help the business move its drive-thru coffee shop on Emigrant Avenue to a larger Main Street restaurant space.

Denight said an accountant recently verified that Pendleton Coffee Bean had hired the equivalent of more than 10 full-time jobs, the owner excluded, triggering a \$10,360 grant.

Denight said the grant doesn’t have specific requirements and the owner of Pendleton Coffee Bean can spend it how she chooses.

Given the infrequency in which it’s used, Denight said he hopes more Jump Start participants apply for the grant.

Family Health & Fitness Day



Something for all ages!

Saturday, September 24
9am-2pm
Hermiston High School

FREE EVENT!

FREE health & wellness event for people of all ages featuring health screenings, activities, demonstrations and workshops.

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| • Blood Pressure Checks | • SHIBA (Medicare), Oregon Health Plan, Veterans Information |
| • Colorectal Cancer Screening Kits | • Health-related Classes & Activities (Cooking Classes, Exercise, Etc) |
| • Vision/Hearing Examinations | • Teddy Bear Clinic |
| • Dental Screenings | • Children's Developmental Screenings |
| • BMI & Body Composition Analysis | • Community Resource Referrals |
| • Mental Health and Addiction Services | • Tobacco Cessation |
| • File of Life | • Car Seat Clinic |
| • Cholesterol Checks (8-10 Hour Fast) | • Alcohol Addiction Resources |
| • Blood Glucose Level | |

For more information: Good Shepherd Education Department: 541-667-3509 or healthinfo@gshealth.org



EAST OREGONIAN

Hermiston Herald



THURSDAY, SEPT. 15TH

It is the 11th anniversary of “Tough Enough To Wear Pink”™ Day. The funds raised from this event will help local breast cancer patients both during and after cancer treatment.

WEAR PINK

Custom Montana Silversmiths Belt Buckle Raffle!



Custom Justin Boots Raffle!



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