

AccuWeather.com Forecast

TODAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Sunny and beautiful	Delightful with clouds and sun	Plenty of sunshine	Mostly sunny and pleasant	Nice with plenty of sunshine
81° 55°	86° 58°	92° 63°	88° 59°	89° 58°
PENDLETON TEMPERATURE FORECAST				
81° 55°	86° 58°	92° 63°	88° 59°	89° 58°
HERMISTON TEMPERATURE FORECAST				
87° 57°	91° 60°	97° 66°	93° 62°	94° 60°

ALMANAC

PENDLETON
through 3 p.m. yesterday

TEMPERATURE	HIGH	LOW
Yesterday	81°	59°
Normals	83°	55°
Records	109° (2015)	42° (1934)

PRECIPITATION
24 hours ending 3 p.m. 1.10"
Month to date 2.15"
Normal month to date 1.01"
Year to date 11.30"
Last year to date 6.47"
Normal year to date 7.52"

HERMISTON

through 3 p.m. yesterday

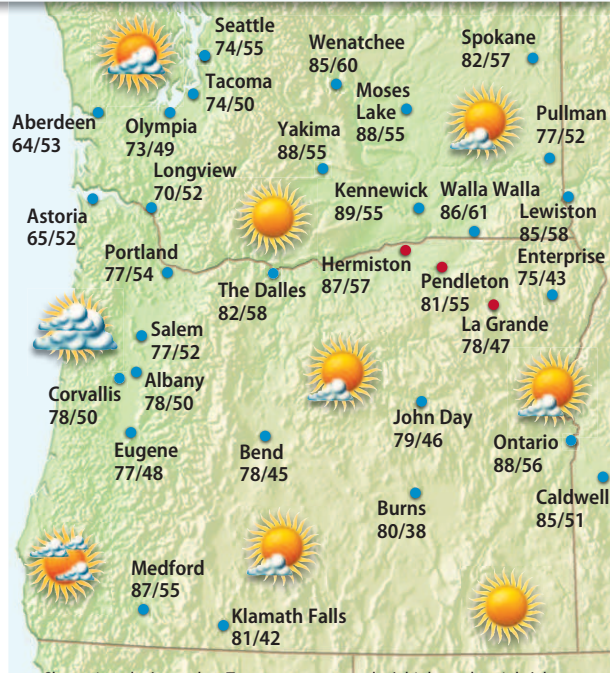
TEMPERATURE	HIGH	LOW
Yesterday	85°	64°
Normals	83°	55°
Records	108° (2015)	41° (2012)

PRECIPITATION
24 hours ending 3 p.m. Trace
Month to date 0.28"
Normal month to date 0.55"
Year to date 6.59"
Last year to date 4.64"
Normal year to date 5.66"

SUN AND MOON

Sunrise today 5:08 a.m.
Sunset tonight 8:49 p.m.
Moonrise today 10:37 a.m.
Moonset today none

First	Full	Last	New
June 30	July 8	July 16	July 23



REGIONAL FORECAST

Coastal Oregon: Low clouds giving way to sunshine today.

Eastern Washington: Mostly sunny today. Mainly clear tonight. Partly sunny tomorrow.

Cascades: Mostly sunny today; pleasant. Mainly clear tonight. Sunny tomorrow; pleasant.

Northern California: Low clouds followed by sunshine at the coast today; plenty of sunshine elsewhere.

Western Washington: Low clouds breaking for some sun today.

REGIONAL CITIES

	Today			Thu.		
	Hi	Lo	W	Hi	Lo	W
Astoria	65	52	pc	67	54	pc
Baker City	78	41	s	81	46	pc
Bend	78	45	s	84	51	s
Brookings	67	52	pc	66	53	pc
Burns	80	38	s	82	43	s
Enterprise	75	43	s	80	47	pc
Eugene	77	48	pc	82	51	pc
Heppner	80	49	s	85	54	pc
Hermiston	87	57	s	91	60	pc
John Day	79	46	s	84	54	pc
Klamath Falls	81	42	s	85	47	s
La Grande	78	47	s	82	52	pc
Meacham	75	43	s	80	49	pc
Medford	87	55	s	93	58	s
Newport	61	49	pc	63	51	pc
North Bend	64	52	pc	65	54	pc
Ontario	88	56	s	87	56	s
Pasco	89	54	s	91	56	pc
Pendleton	81	55	s	86	58	pc
Portland	77	54	pc	82	58	pc
Redmond	81	41	s	87	49	s
Salem	77	52	pc	82	55	pc
Spokane	82	57	s	85	61	pc
Ukiah	76	41	s	81	46	pc
Vancouver	74	52	pc	80	57	pc
Walla Walla	86	61	s	89	64	pc
Yakima	88	55	s	91	58	pc

WORLD CITIES

	Today			Thu.		
	Hi	Lo	W	Hi	Lo	W
Beijing	93	73	pc	93	73	t
Hong Kong	91	83	sh	90	82	t
Jerusalem	88	66	s	87	65	s
London	64	54	r	68	56	c
Mexico City	73	58	t	72	59	t
Moscow	69	51	s	71	58	c
Paris	74	58	t	69	57	pc
Rome	87	72	pc	84	68	s
Seoul	84	68	pc	83	68	pc
Sydney	62	48	sh	62	48	pc
Tokyo	78	71	r	81	73	pc

WINDS

(in mph)

	Today	Thursday
Boardman	WSW 7-14	SW 4-8
Pendleton	W 8-16	NW 4-8

UV INDEX TODAY

2 5 7 7 5 2

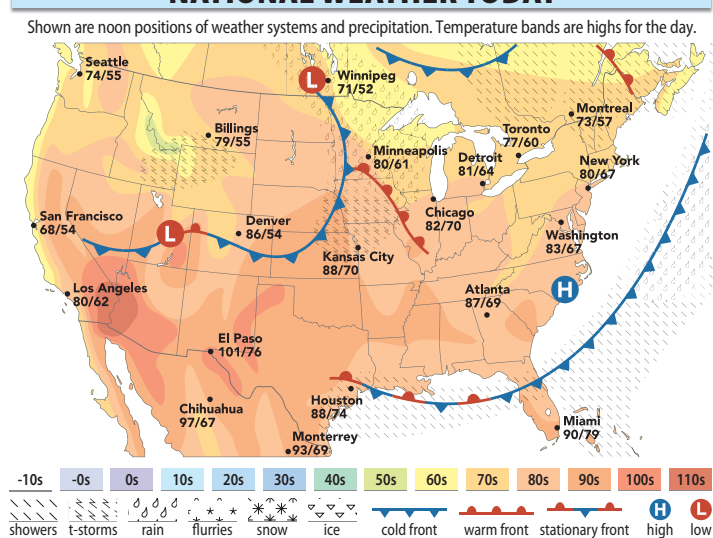
8 a.m. 10 a.m. Noon 2 p.m. 4 p.m. 6 p.m.

0-2, Low 3-5, Moderate 6-7, High; 8-10, Very High; 11+, Extreme

The higher the AccuWeather.com UV Index™ number, the greater the need for eye and skin protection.

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NATIONAL WEATHER TODAY



National Summary: Showers will affect northern New England, while downpours drench parts of the Gulf Coast today. Severe storms will push across parts of the North Central states. Storms will dot areas of the northern Rockies.

Yesterday's National Extremes: (for the 48 contiguous states)
High 116° in El Centro, Calif. Low 28° in Bodie State Park, Calif.

NATIONAL CITIES

	Today			Thur.		
	Hi	Lo	W	Hi	Lo	W
Albuquerque	95	64	s	96	65	s
Atlanta	87	69	s	78	69	t
Atlanta City	77	65	s	80	71	s
Baltimore	82	63	s	90	71	s
Billings	79	55	t	75	52	pc
Birmingham	89	71	pc	81	72	t
Boise	85	55	s	85	58	s
Boston	78	62	s	83	68	pc
Charleston, SC	87	71	t	86	73	pc
Charleston, WV	81	61	s	87	67	s
Chicago	82	70	t	85	68	t
Cleveland	82	65	s	86	71	t
Dallas	92	76	pc	95	79	pc
Denver	86	54	t	77	51	pc
Detroit	81	64	s	84	69	c
El Paso	101	76	s	101	73	s
Fairbanks	74	53	c	77	57	pc
Fargo	80	54	r	79	55	pc
Honolulu	87	73	pc	86	74	s
Houston	88	74	t	89	78	t
Indianapolis	82	68	s	86	71	t
Jacksonville	84	73	t	86	74	t
Kansas City	88	70	t	85	66	t
Las Vegas	107	80	s	107	82	s
Little Rock	89	70	pc	87	72	pc
Los Angeles	80	62	pc	77	61	pc
Louisville	87	70	s	90	72	pc
Memphis	90	72	pc	88	75	pc
Miami	90	79	t	90	80	t
Milwaukee	79	69	t	84	65	t
Minneapolis	80	61	t	82	64	c
Nashville	89	69	s	87	71	t
New Orleans	83	73	t	84	75	t
New York City	80	67	s	85	72	pc
Oklahoma City	92	72	pc	95	72	t
Omaha	91	68	s	81	62	t
Philadelphia	81	65	s	89	73	s
Phoenix	109	82	s	108	82	s
Portland, ME	74	55	pc	75	62	t
Providence	79	60	s	82	68	pc
Raleigh	84	62	s	87	67	s
Rapid City	81	51	t	74	48	t
Reno	91	58	s	93	60	s
Sacramento	89	56	s	94	58	s
St. Louis	90	76	pc	93	76	pc
Salt Lake City	92	61	s	86	60	s
San Diego	71	62	pc	70	63	pc
San Francisco	68	54	pc	69	54	pc
Seattle	74	55	pc	79	57	pc
Tucson	106	76	s	106	75	s
Washington, DC	83	67	s	90	75	s
Wichita	94	73	pc	95	66	s

Weather (W): s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

EAST OREGONIAN

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211 S.E. Byers Ave., Pendleton 541-276-2211
333 E. Main St., Hermiston 541-567-6211
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541-278-2669 • adirector@eastoregonian.com

Advertising Services: Laura Jensen
541-966-0806 • ljensen@eastoregonian.com

Multimedia Consultants:

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541-278-2678 • tbriggs@eastoregonian.com
- Danni Halladay
541-278-2683 • dhalladay@eastoregonian.com
- Jeanne Jewett
541-564-4531 • jjewett@eastoregonian.com
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541-278-2670 • dstinson@eastoregonian.com
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COMMERCIAL PRINTING
Production Manager: Mike Jensen
541-215-0824 • mjensen@eastoregonian.com

HERMISTON Volunteers add extra hands at Good Shepherd Man attempts suicide at city hall

By JADE MCDOWELL
East Oregonian

When patients arrive at Good Shepherd Medical Center, they often find a helping hand extended by the hospital's volunteers.

Whether it's helping someone sign up for Medicare or bringing a blanket to a chemotherapy patient, more than 80 members of the community give back each year at Good Shepherd through the CareVan, hospital auxiliary and junior volunteer programs.

Kathie Mallory volunteers for a five-hour shift in the day surgery suite each week. She keeps track of patients and provides updates to families on where their loved one is in the process. Until her retirement in 2007 she was the vice president of nursing for the hospital, so she knows exactly how valuable volunteers can be.

They work the reception desk for various departments, help out with community education classes, conduct tours of the hospital, provide advice on Medicare enrollment, run the gift shop, provide conversation and comfort items to chemotherapy patients, help with blood drives, work in the day surgery suite, transport patients to medical appointments and hold fundraisers for medical equipment and scholarships.

"Those are things we do that the hospital would otherwise have to hire someone to do," she said.

She said when she came back as a volunteer, the nurses joked with her that now they get to tell her what to do. She doesn't mind; she just enjoys the opportunity to help the hospital and the patients.

"I think it's really important for people, when they retire, to get an interest in volunteering," she said. "It's a satisfying thing to do. You fill a need and it helps you not get isolated at home."

Although the vast majority of hospital volunteers are retired women, Mallory said she's glad the volunteer program for high school students was recently restarted, giving those inter-



Staff photo by Jade McDowell

Kelly Sanders, left, hands out certificates to volunteers Monday at Good Shepherd Health Care System's annual volunteer appreciation luncheon.

"We would be volunteering in a lot more departments if we had more volunteers who were good with computers."

Cindy Schaan, hospital's director of volunteer services

ested in a medical career a taste of how a hospital runs.

Cindy Schaan, the hospital's director of volunteer services, said there are 68 members of the Good Shepherd Medical Center Auxiliary, which provides volunteers and fundraising efforts for the hospital. Another 10 to 12 volunteers go pick up patients and bring them to appointments through the CareVan program.

Schaan said they are always looking for more volunteers.

"We would be volunteering in a lot more departments if we had more volunteers who were good with computers," she said.

The money raised by the auxiliary through gift shop sales and fundraisers goes to fulfilling the "wish list" that department managers put together, detailing equipment they wished they could buy but didn't make the cut in the hospital's yearly budget. It also goes to scholarships to locals pursuing degrees in the medical field.

The auxiliary is about 55 years old, and Schaan said some volunteers have been a member for close to 40 years. She said these days there's a lot more training required, which makes it more difficult to get people to volunteer.

Kathy Carper said she doesn't know exactly how long she's been volunteering at the hospital, but it has been multiple decades since she and her husband sold their drug store and she decided to join the auxiliary. She has cut back her hours significantly due to health issues, but said she especially enjoyed her years as a buyer for the gift shop.

"It's a wonderful feeling, when you see people come through the doors that are so sick or so injured and you know your small part could help buy equipment that could help save their life," she said.

Carper said one of the needs at the hospital are "never-ending," as are the changes to the facility.

"As Hermiston grows, so must the hospital," she said.

Sally Peatow donates her time helping people sign up for Medicare. She said seniors these days have often done their own research and are coming in for a second opinion, but it's such a complex topic that it is always a good idea to have someone with training look over the application. One man, for example, discovered when he came in that the plan he had chosen would only pay for medications from a CVS pharmacy, even though there aren't any in Hermiston.

Hospital expanding, focused on customer service

Construction of Good Shepherd Health Care System's expansion is on schedule to be completed in October or November.

Vice president of human resources Kelly Sanders told volunteers gathered at the hospital's annual volunteer appreciation luncheon that along with the building expansion Good Shepherd is looking to recruit 22 new physicians in addition to several recent hires.

Good Shepherd has also expanded its reach by merging with Advanced Orthopedics and Sports Medicine, and assumes ownership of Gifford Medical next week. It has added a virtual clinic that provides a low-cost call or video conferencing session with a physician, and has added new programs like Achieve, Conquer, Thrive that provides guidance on healthy weight management at \$4 per half hour session. It is also in the process of a multi-million dollar upgrade to its record-keeping program that will make it much easier for the hospital to share records between facilities when a patient gets transferred.

Sanders said the hospital has also focused on customer service by hiring a customer experience representative to follow up with patients about their experience. They have been providing "service recovery toolkit" gift cards when the hospital "recognizes we could have given better service."

The hospital's Service Excellence Initiative has been providing ways for employees to teach other employees about improving customer service, and Sanders said Good Shepherd has so far seen a three percent increase in patient satisfaction scores.

Good Shepherd also won a 2017 Patient Safety Excellence award from Healthgrades for prevention of serious, avoidable complications during hospital stays.

"When I signed up for Medicare, I thought, 'This is so much more confusing than it needs to be,' so that's when I said, 'OK this is what I'm going to do,'" she said.

Peatow has been volunteering for about five years, and said she enjoys being able to help people make the most of the benefits available to them. She and other volunteers also said that a perk of joining the auxiliary is the friendships they make with the other volunteers.

On Monday many of them gathered together for Good Shepherd's annual volunteer appreciation luncheon. Volunteers were treated to lunch from the hospital's nutrition department, a certificate detailing the number of hours they had worked and gift card good at Greater Hermiston Area Chamber of Commerce businesses. Kelly Sanders, vice president of human resources for Good Shepherd, provided an update on the

Man attempts suicide at city hall

East Oregonian

A Pendleton man is receiving treatment after a suicide attempt at the Pendleton City Hall complex Tuesday morning.