

Volunteers vital part of hospital services

Thousands of hours of volunteer time was recognized recently at Good Shepherd Health Care System in Hermiston.

Cindy Schaan, director of volunteer services, said the men, women and youths who give of their time provide a vital service in the operations at Good Shepherd. An annual awards luncheon held June 4 provided an opportunity to thank those who give of themselves, Schaan said.

Volunteers assist through the CareVan Medical Transportation Service, the Good Shepherd Medical Center Auxiliary and the Auxiliary Jr. Volunteers.

The CareVan provided 5,882 transports during the 2017-18 fiscal year. That figure, Schaan said, amounted to 65,740 miles providing free transportation for patients — from Echo, Stanfield, Hermiston, Umatilla, Irrigon and Boardman — to medical appointments.

The CareVan has three employees and 10 volunteers. Volunteer time, which includes drivers and dispatch services, totaled 3,030 hours. CareVan driver Gary Miller has been in the driver's seat for the past six years, logging in 526 hours.

With 72 members, the auxiliary racked up nearly 9,000 volunteer hours during the past fiscal year. Volunteers assist in the gift shop, day surgery, the education department, the medical office plaza, the wellness

center, human resources, American Red Cross blood drives, volunteer services and other areas as needs arise.

In addition, members donated \$22,000 for medical equipment, which was financed through the gift shop and various fundraisers held throughout the year. Also, they awarded five \$2,000 scholarships to community members who are pursuing education in the healthcare field.

Pat Moncrief, the 2017-18 auxiliary president, logged in 569 hours. Joyce Anderson put in 541 hours, including scheduling for the gift shop and manning the day surgery reception desk.

Miki Mikami, who serves as bookkeeper for the gift shop, had 470 volunteer hours. And, Sharon Timms had 455 hours, including on the gift shop committee and as membership chair. Tim Glass, who served as auxiliary vice president, became president July 1.

High school-aged youths spent 282 hours volunteering in the emergency department, in-patient and the Family Birth Center. Many of the young volunteers, Schaan said, are interested in pursuing a medical career and view volunteering as a way to learn more about the healthcare setting.

For more information about volunteer opportunities at Good Shepherd, contact Schaan at cschaan@gshealth.org or 541-667-3690.



Photo contributed by Nick Bejarano

Jim Schlenker, chief operating officer of Good Shepherd Health Care System, extends thanks to Tim Glass during the June 4 volunteer awards luncheon in Hermiston. Glass, who has served as vice president of the hospital's auxiliary, became president July 1.



Photo contributed by Nick Bejarano

Scholarship recipients Tina Goff and Elizabeth Sperr, Good Shepherd Health Care System employees, and Good Shepherd Medical Center Auxiliary scholarship committee members Kathie Mallory, Dianna Bondurant and Lena Ray are pictured during the annual volunteer awards luncheon June 4 in Hermiston. (Not pictured, scholarship recipients Vanessa Stackhouse, Kaira Ludwig and Briana Wolfe).



Photo contributed by Nick Bejarano

Katrina J. Larsen teaches a class at the Diabetes and Nutrition Center at Good Shepherd Health Care System. A registered dietitian, Larsen recently passed the National Certification Board for Diabetes Educators examination.

Good Shepherd dietitian receives national certification

The National Certification Board for Diabetes Educators recently served up a reason for Katrina J. Larsen to celebrate.

A registered dietitian at the Diabetes and Nutrition Center at Good Shepherd Health Care System, Larsen achieved Certified Diabetes Educator status by successfully completing the certification examination. Nick Bejarano, Good Shepherd's marketing and communications director, said candidates must meet rigorous eligibility requirements to be able to take the exam.

Achieving certification demonstrates that the health care professional possesses distinct and specialized knowledge, thereby promoting quality of care for people with diabetes. Currently, there are nearly 20,000 diabetes educators across the country who hold the special certification. Bejarano said many rural hospitals might have one, but Good Shepherd is proud to now have three — Larsen, along with Nancy Gummer and Cassandra Zabel — providing services at the Diabetes and Nutrition Center.

"To have three is really a benefit to our community and the surrounding area because it gives more access to diabetes care and management," he said.

Larsen has been a registered dietitian for nearly 10 years and joined the team at Good Shepherd's Diabetes and Nutrition Center more than four years ago. She has been involved in educating members of the community on diabetes self-management through individual appointments and frequent group classes. In addition, Larsen has specialized experience in the treatment of eating disorders and emotional eating.

The diabetes education program at Good Shepherd is recognized by the American Diabetes Association. It provides comprehensive education and support to individuals with all types of diabetes. For more information, call 541-667-3517 or visit www.gshealth.org/diabetes-nutrition.

BIRTHS

- St. Anthony Hospital, Pendleton**
JUNE 28, 2018
JOHNSEN — Crystal R. Kittrell and Terry L. Johnsen of Pendleton: a girl, Raelynn Lilium Johnsen.
JUNE 29, 2018
RATTRAY — Holly C. Quebbeman and Thomas B. Rattray of Hermiston: a girl, Clara Ruth Rattray.
- Good Shepherd Medical Center, Hermiston**
JUNE 26, 2018
ESTLE — Stephanie A. Perez and Huston T. Estle of Hermiston: a boy, Nicco
- St. Anthony Hospital, Pendleton**
JUNE 27, 2018
ANGUIANO MENDOZA — Shanica J. Anguiano Mendoza of Hermiston: a boy, Joán Alexander Anguiano Johnsen.
NAVA DIAZ — Leticia Diaz Benitez and Ricardo I. Nava Arias of Hermiston: a girl, Lia Jose Nava Diaz.
- Good Shepherd Medical Center, Hermiston**
JUNE 28, 2018
QUIRARTE MIRANDA — Alma Miranda and Eduardo Quirarte of Hermiston: boy, Liam Quirarte Miranda.

Murdock Trust announces grants totaling \$57 million

The M.J. Murdock Charitable Trust released its 2017 annual report, which detailed a record year of grant awards totaling more than \$57 million.

Disbursements were made to more than 300 nonprofit organizations throughout the Pacific Northwest. A number of the grants will benefit Oregonians across the state with 82 grants totaling \$14,757,781. Some of the highlights include:

- Dogs for the Deaf, Inc.** (now known as **Dogs for Better Lives**), \$300,000 for facility construction to train service animals (www.dogsforbetterlives.org).
- Eastern Oregon Youth for Christ**, \$250,000 for facility construction to increase youth outreach (http://eoregon.yfc.net).

• **Fanconi Anemia Research Fund, Inc.**, \$255,000 to expand development program to support research and education (www.fanconi.org).

• **Oregon Council for the Humanities**, \$166,500 for technology improvements to support community programming (www.oregonhumanities.org).

• **Nonprofit Association of Oregon**, \$190,000 for Special Track for Nonprofit Support Organizations to expand services in rural communities (www.nonprofitoregon.org).

• **Oregon Health & Science University Foundation**, \$475,000 for a Magnetic

Resonance Imaging scanner upgrade to support biomedical and clinical research; and \$59,854 for Omnecoil: combined endorectal prostatic MR imaging and biopsy device for commercialization initiation (www.ohsufoundation.org).

• **Oregon Museum of Science and Industry**, \$250,000 for new equipment to enhance the planetarium projection system (www.oms.edu).

• **Oregon State University**, \$850,000 for innovation laboratory technology to support **Hatfield Marine Science Center** research, education and outreach (www.oregonstate.edu).

• **University of Oregon Foundation**, \$500,500 for Mesoscale Microscope and

electroencephalogram equipment to support neuroscience research (www.uofoundation.org).

Founded in 1975 by the estate of Melvin "Jack" Murdock, the trust supports organizations that strengthen the region's educational, social, spiritual and cultural base in creative and sustainable ways. Serving nonprofits in Alaska, Idaho, Montana, Oregon and Washington, the Murdock Trust invests in projects across the health and human services, arts and culture, scientific research and educational sectors.

For more information, contact info@murdocktrust.org, 360-694-8415 or visit www.murdocktrust.org.

Corps of Engineers celebrates Walla Walla District

A team from the McNary Lock and Dam was recognized during the annual awards presented by the U.S. Army Corps of Engineers' Walla Walla District.



Lindgren

The McNary Turbine Replacement project delivery team received the Project Management Business Process award for complex scheduling, multiple-agency collaboration and overall project utilization.

Mark F. Lindgren, retired Walla Walla District chief of Engineering and Construction Division, received the highest award during the June 29 event held at District Headquarters in Walla Walla.

Lindgren, who retired from federal service in 2013 after 37 years, was inducted into the Gallery of Distinguished Civilian Employees. His photo and a narrative is on permanent display at district headquarters.

Starting out as an engineer-in-training in the

Hydrology Branch, Lindgren quickly proved himself as a skilled engineer, and an inspiring and effective leader. Serving in many leadership capacities, he was known

for his expertise in hydrology, hydraulic design and endangered species act fish passage. Also, Lindgren was instrumental in the ongoing study of the Columbia River Treaty, which will continue to influence reservoir system operations for decades.

Other civilian employees recognized:

• **Aaron Schuff**, Construction Branch project engineer and contracting officer representative, received the Engineering Excellence Award, primarily for his work on the Ice Harbor Lock and Dam Turbine Runner Replacement Installation project.

• **Julio Morelos**, an electrical engineer in the Electrical Design Section, received

the Public Outreach & STEM education program award for coordinating National Engineers Week activities.

• **Joe Braley**, an electrical engineer in the Electrical Design Section, received the Quality Proponent award for his work on the Dworshak exciter upgrade.

• **Patty Ramos** and **Andrew Dankel Ibanez** received Support Employee of the Year awards. Ramos, Programs and Project Management Branch administrative support team member, was recognized for developing standard operating procedures for printing services. Ibanez, Equal Employment Opportunity Program chief, was honored for providing technical and professional support to management officials and employees.

• **Sonya Kurle**, **Matthew Reeves** and **Leigh Cranmer** were presented Outstanding Achievement awards. Kurle, Lower Granite Natural Resources Management Office contract performance specialist, was honored for innovative acquisition strat-

egies to support the district's natural resource mission. Reeves, Construction Branch project engineer and contracting officer representative, was recognized for work on the Dworshak Dam Hydroelectric Generator Unit-3 Winding Replacement project. Cranmer, Mission Support Office technical writer-editor, received New Employee of the Year, primarily for revising and improving the district's new employee handbook.

For more information, contact 509-527-7020 or cenww-pa@usace.army.mil.

Historic cemetery projects receive funding

The Oregon Commission on Historic Cemeteries recently awarded \$61,500 in grants to 14 historic cemetery projects throughout the state.

The funds will help support preservation efforts, repair work and visitor education. Individual award amounts ranged \$1,680-\$8,260. Regional projects receiving grants include **Prairie City Cemetery** in Grant

County for fence installation and **Paradise Cemetery** in Wallowa County for monument repair.

Historic cemeteries are documented by the commission and must include the burial of at least one person who died before Feb. 14, 1909. The historic cemetery grant program is offered annually by the commission, part of the Oregon

Heritage Program at Oregon Parks and Recreation Department.

For more information about the Oregon Commission on Historic Cemeteries, including a list of all pioneer and historic cemeteries in the state, and about the grant program, contact Kuri Gill at kuri.gill@oregon.gov, 503-986-0685 or visit www.oregonheritage.org.

Pet of the Week

Daisy, she is a 4 year old (questimate) female Border Collie mix. Very sweet and quiet.



Daisy

357 Pets Adopted in 2018!

Visit Daisy at the Pioneer Humane Society/Paws
Tues - Sat • Noon - 4pm
517 SE 3rd ST, Pendleton
541-276-0181
Check out the PAWSABILITY Thrift Store

Pendleton Book Co.

125 S. Main St.,
Pendleton
541-276-9292