

Study suggests Oregon high school athletes at risk in health emergency

A survey of Oregon high school athletic directors on their school's preparedness for a catastrophic injury or health event found that only 11 percent of those responding had implemented three primary "best-practice" recommendations for treating their student-athletes.

Multiple national sports safety organizations have defined institutional best practices, including having a plan in place for when emergencies occur and ensuring the training and accessibility to the proper equipment for those who respond.

Results of the research have been published in Sports Health, a collaborative publication of the American Orthopaedic Society for Sports Medicine, the American Medical Society for Sports Medicine, the National Athletic Trainers' Association and the

Sports Physical Therapy Section.

"We launched the survey to gauge how prepared schools are to respond to athletic-related emergencies," said Samuel Johnson, an athletic training and kinesiology specialist at Oregon State University and lead author on the study. "We also wanted to know if having an athletic trainer — a health care professional with expertise in sports medicine — available at the school was associated with better preparedness."

The researchers asked whether schools had venue-specific emergency action plans, had access to an automated external defibrillator (AED) for early defibrillation in the event of an emergency, and whether they required first responders — specifically coaches — to be trained in cardiopulmonary resuscitation and proper use of an AED.

The OSU-led study found that 29 percent of schools responding to the survey had implemented two of the three best-practice recommendations; 32 percent had implemented one recommendation; and 27 percent had not implemented any of them.

The survey received 108 responses, or about 37 percent of all Oregon high schools.

"There is definitely room for improvement in planning for medical emergencies," he said. "We are doing some things well in the state, and there are things we need to do better. For example, having an AED available on campus is a great first step, but we need to make sure it is readily available at athletic events and that people are trained to use it."

Only half of the schools in the study had an athletic trainer available, yet Johnson said having one was associated with

better preparedness.

"Athletic trainers are specifically trained to prevent and respond to emergencies," Johnson noted. "We found that having an athletic trainer on staff was associated with better preparedness, particularly as it relates to emergency plans and having AEDs on hand."

However, having a trainer was not associated with whether schools required coaches to have training in CPR or with a defibrillator.

Johnson pointed out that while athletic trainers likely are not in a position to mandate that coaches having training, they can take charge in making sure plans are in place and potentially life-saving equipment is available when needed.

"We understand several of the challenges associated with implementing some of the recommendations," Johnson said. "Buying AEDs, paying for

coach training, or hiring an athletic trainer can be expensive. Budgets are tight and catastrophic medical situations are rare. But they do happen, and they have a devastating impact on the athlete, family and friends."

The researchers are planning to explore the challenges schools face in implementing best practices. The Oregon School Activities' Association, which governs high school sports in the state, has been proactive in promoting sports safety, Johnson said.

"I am always impressed by how well the different groups in the state come together to make sports safer," said Johnson, who along with several of the study's co-authors are members of the OSAA's Sports Medicine Advisory Committee. "The OSAA has been a driving force in getting coaches, athletic directors, athletic trainers,

physicians and other stakeholders talking about these issues and making changes to improve safety.

"For example, starting this year there is a requirement that schools have an emergency action plan for athletics. These collaborative efforts don't happen in every state, though they probably should."

Johnson, who is in the College of Public Health and Human Sciences at OSU, is taking the message outside of Oregon.

He will address a worldwide audience of sports medicine professionals on preparedness at the International Olympic Committee's World Conference on Prevention of Injury and Illness in Sport later this year.

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Registration now open for annual Rhody Run

This year's Rhody Run is happening May 20, beginning at the Florence Events Center at 9 a.m. Runners should arrive by at least 8:45 a.m. if pre-registered and 8:30 a.m. for those registering the morning of the race.

There will be a 10K and 5K events, and the entry fee is \$20 for ages 18 and older; \$15 for ages 13 to 17; and \$10 for ages 12 and younger prior to race day.

Add \$5 to registration fees the day of the race. T-shirts can be purchased for \$15 in

advance of race day, and for \$20 on May 20.

This year, Eclectic Edge Racing is partnering with PeaceHealth Peace Harbor Medical Center Foundation and the Rhody Run committee to ensure a well-run and fun event.

Participants can pre-register at www.eclecticedgeracing.com/rhody-run.html.

The race proceeds will go to Peace Harbor Medical Center Foundation's Community Benefit/Health Fund.

This fund has been created

to enable Peace Harbor to partner with other community organizations to promote and administer health and wellness practices in the greater Florence and Mapleton area.

For more information on

about the Rhody Run and the Community Benefit/Health Fund, contact Michele Diffenderfer at Peace Harbor by calling 541-902-6589 or email her at MDiffenderfer@PeaceHealth.org.

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12th Street Alano Club Hope Meets 1525 12th Street (Old hospital, back annex). Meeting site for "Open to All" recovery groups: AA, DDA, Al-Anon, Native American AA, GA, Kids caught in the crossfire, Alanohope.org Meetings. Seven Days a week, Call for times & meeting agenda. Contact: 541-991-9558 or 612-462-1481. Friday 5:30pm. 1525 12th St. (Old hospital, back annex) Contact: 541-999-1243 or 541-991-9588.

55 ALIVE/MATURE DRIVING. Contact Lane Community College, 541-997-8444.

AA Candlelight Meditation Meeting meets Sat., 7pm., 1525 12th St. (rear). Contact: 310-210-3324.

A. C. A. Adult Children of Alcoholics (and Addicts). Meets every Monday at 3pm St. Andrews Episcopal Church, 19th & Tamarack. Contact: Loyd or Kyle (612) 462-1481.

Ada Grange #570 meets second Saturday of each month. Potluck at 5pm. Meeting at 6pm. Enjoy getting together with people involved in helping the community. Ada Grange is 10 miles out Canyon Road. Contact: Linda Pugh 541-997-4254, or PO Box 674, Florence, OR 97439.

AGW International meets first Saturday, 10am-Noon., at Florence Vineyard Fellowship, 2610 Kingwood St., Contact: Judy Murphy 541-997-5849.

Al-Anon Family Group meets every Thursday at noon, at St. Andrews Episcopal Church, Library Room, 19th & Tamarack. Contact: 541-997-3788.

Al-Anon Family Hope Group 1525 12th St. (old hospital back annex). Meets Fridays 5:30pm to 6:30 pm. Contact: 541-999-1243.

Al-Anon Siuslaw Family Group meets every Tuesday at 7pm., at Cross Roads Assembly of God, 10th & Maple St., Rm 14. Contact: 541-997-1209 or 999-0271.

Al-Anon Mapleton Family Group meets every Monday at 7pm., at the Mapleton Evangelical Church, Riverview Ave., Mapleton. Access door off rear parking lot. Contact: 541-999-5223.

Alano Club Hope meets Mon.-Sun. daily. 1525 12th St., Florence (rear). 7-8pm Contact: 310-210-3324.

Alcoholics Anonymous 12 Step Study meets Tues., 6:00pm. Alano Club Hope. Contact: 310-210-3324.

Alcoholics Anonymous meets Mon., Wed. & Thurs., 7pm., Episcopal Church, 19th & Tamarack. Contact: 541-902-0152.

Alcoholics Anonymous meets Mon. & Fri., 10am., New Life Lutheran Church, 21st & Spruce Streets. Contact: 541-902-0152.

Alcoholics Anonymous meets Tues (closed), Thurs and Sat (open), 7pm., Mapleton Lions Club Annex on River Ave., Mapleton. Contact: 541-902-0152.

Alcoholics Anonymous Open meetings Sunday, 10-11am. 1525 12th St. (Old hospital, back annex). Contact: 541-991-7870 or 541-999-7300.

Alcoholics Anonymous Brown Baggers Bunch 1525 12th St., Florence, OR 97439. Meets Daily at noon Contact: Pat Duncan 310-210-3325.

Alcoholics Anonymous Men's Meeting. Meets Tuesdays, from 5-6pm., at the Methodist Church on the corner of Kingwood & 2nd St. Contact: 541-902-0152.

Alcoholics Anonymous New Beginnings Men's stag. Meets 11:30 am-12:30pm. (Closed) Methodist Church @ Kingwood & 2nd St. Contact: 541-902-0152.

Alcoholics Anonymous Serenity Meeting 1525 12th St., Florence, OR 97439. Meets Sunday 10-11am.

Alcoholics Anonymous Uptown Group meets Sin., Wed., Thurs., Fri., 5:30-6:30pm., 1525 12th St., Alano Club Hope (rear). Contact: 310-210-3324.

Alcoholics Anonymous Sisters (SIS) Sisters in Sobriety Women's meeting. Meets Saturday at 10-11:30am, at Alano Club Hope, 1525 12th St., rear entrance. Contact: 310-210-3324.

Alzheimer's Support Group meets the 1st & 3rd Wednesdays of every month, 1-2:30pm., Regeney-Florence, 1951 E. 21st Street, Florence. Contact: Rachel: 541-997-8436 ext. 205.

American Red Cross Oregon Pacific Chapter. Meets 3rd Monday of each month. Contact Tom 541-997-1123. Great opportunity to help locally.

American Legion & Aux. Francis M. Yost Post No. 59 meets the 4th Tuesday of every month, 5pm from dinner and 6pm for general membership meeting, at Elks Lodge of Florence, 1686 12th Street. Contact: 541-997-3082

Anger Management for Men. Meets weekly every Tuesday from 6pm to 8pm. Location: 1710 Laurel Way, Unit B (upstairs), Florence. For information contact: Deborah Grigsby, LPCI, MMHC, 541-999-1913, no cost group sessions.

Anger Management for Women. Meets weekly every Tuesday from 12 to 2pm. Location: 1710 Laurel Way, Unit B (upstairs), Florence. For information contact: Deborah Grigsby, LPCI, MMHC, 541-999-1913, no cost group sessions.

Argentine Tango in Newport meets every Monday night at 7-9pm. (7:30pm on second Monday) at South Beach Community Center located east of LaQuinta hotel on 3024 SE Ferryslip Rd. First 1/2 hour is a lesson-then dancing. No partner needed. All ages welcome. Wear leather bottom shoes. For info, contact: 541-563-2705 or <http://www.geocities.com/yese Newporta/>

Baha'i Faith of Florence discussion meetings every Monday evening @ 875 7th Street. 6:30pm. Soup's on supper and interfaith devotional discussion. No Charge. Contact: Suzanne Mann-Heintz 541-999-0779 or James Heintz 541-590-0616.

Beloved Community of Florence. Healing Circles, Meditation, Spiritual Coaching. Meets every Saturday, 10:30am., Private Home. Contact: Eleanor 541-999-9870 Cell.

Better Breathers Club. meets 4th Wednesday of each month, Peace Harbor Medical Center in Conference room C. 2-3:30pm. Contact: Karl 541-902-6300 Ext 5635.

Breastfeeding Support Group. second Thursday, 6:30-7:30pm., Siuslaw Area Women's Center, 12th St., Florence. Contact: 541-997-1794.

Cancer Education Group Everyone Welcome. Meets every other Tuesday at 1:30pm @ 1525 12th St., Ste. 4A, Florence, 97439. For further information please Contact: 541-999-6809 or 541-999-8624. Fee: No fee.

CaregiverSupport Group Bimonthly meeting is held at SprucePoint on the 2nd and 4th Thursdays of each month starting at 11 AM. Spruce Point has supported this group by providing a complimentary lunch for the participants on those meeting times. It is facilitated by Mary Ann Earl RN BSN retired. Contacts are Annette Poston 541-997-6111 or Mary Ann Earl 541-997-4866. Anyone needing support caring or assisting another person with their responsibilities for health, welfare, finances or decision making can be supported in that process in this group.

Celebrate Recovery for hurts, habits and hang-ups starting Nov. 29th. Meets every Friday, 6 PM for a meal, following by meetings at 6:30 PM Meeting. 1st qtr. at Cross Road Church, 2nd quarter at Florence Christian Church, 3rd qtr. at Florence Evangelical church and 4th qtr. at Florence Church of the Nazarene. For more information call Chick 541-997-3370.

Central Coast Miniatures Club of Florence, 1st Thursday of month, 6pm., Siuslaw Public Library, Bromley Room, Florence.

Central Oregon Coast Amateur Radio Club meets every Wed. 7:30-8:30am. at Koffee Klatch @ Clawson's Wheelhouse. Wed net @ 7 pm. 146.80(-) 100hz tone.

Chronic Pain Group People with chronic pain helping people with chronic pain, meets 1st & 3rd Tuesdays, 5:30 to 7:00pm at Community Baptist Church, 4590 Hwy. 101, Florence. Contact: 541-991-0037.

Circle 4 Oneness community meets two times a month, the 11th and 22nd. 6:30-8pm. Contact 541-902-7912 for directions.

Citizens Democracy Watch, meets at 1pm., the last Sunday of the month at the Women's Center. Contact: 541-997-3950.

City Club of Florence. Meets 1st Friday of each month. 11:00am order off the lunch menu., Speaker: 12-1 pm. Driftwood Shores Surfside Restaurant upstairs, 88416 1st Ave. For information, call 541-902-5135.

Coast Chamber Ensemble. meets every Thursday, 3-5pm., Coast Village Clubhouse. All musical levels welcome. Contact: 541-870-4346.

Coastal Celtic Society. Meets the third Wednesday of each month. Contact: Carolyn McCord 541-997-9142 for different locations and time.

Coastal Women Veterans. 2nd Friday, 11:30am. Place to be announced. Contact: 541-902-8623.

Coastal Writers. 1st and 3rd Thursday, 7-8:30pm. at The Shorewood, 1451 Spruce St. Contact: 541-902-8575.

Community Chorus of Florence meets Mon. 7-8:30pm, at Cross Road Church, 10th & Maple Sts. Florence. Contact: 541-997-3469.

Diabetes Health & Wellness Group. Meets twice a week every Wednesday from 9am to 11am AND 8pm to 9:30pm. Location: 1710 Laurel Way, Unit B (upstairs), Florence. For information contact: Deborah Grigsby, LPCI, MMHC, 541-999-1913, no cost group sessions.

Disabled American Veterans and Auxiliary meet first Saturday each month at 2pm., 1715 W. 21st St. Contact: DAV Skip Stitt 541-997-1562.

Family Caregiver, Support Group. Spruce

MEETING PLACE

Point Assisted Living, 9th Street, Florence. Meets 2nd & 4th Thursdays 10:30 am. to 11:30/12:00 in the Community Room. Contact Annette at SP 541-997-6111. Facilitator: Mary Ann Earl RN, BSN

Family Support Group for family members of chronically mentally ill, meets the 4th Wednesday of each month, 6:30-8pm., PeaceHealth counseling Serv., Florence Business Center.

Fibromyalgia Support Group of Central Oregon Coast, 1st Saturday, 1pm., Pacific Community Hospital, Newport. Contact: 541-563-5240.

Fibromyalgia Support Group of Reedsport meets 3rd Wednesday of every other month at the Reedsport Public Library.

Florence Area Chamber of Commerce Noon forum 2nd. Thursday of each month, noon, at Best Western Pier Point Inn. Open to the public. Contact: 541-997-3128.

Florence Area Coordinating Council meets the first Wednesday of the month at the Siuslaw Valley Fire and Rescue Hall on Hwy. 101, 9am.

Florence Area Democratic Club meets at 11am the 1st Saturday of every month. Contact: www.florenceareademocrats.org.

Florence Area Humane Society. Low Cost Spay/Neuter, Wednesdays. Please call the Shelter for an appointment. 541-997-4277.

Florence Caring Pregnancy Center open Mon., Tues & Thurs., 11:00am-4pm. FREE. 1525 West 12th Street (Florence Business Center). Margaret Getchell, Executive Director, 541-902-2273.

Florence Chapter-Oregon Right to Life Contact: Mona Dick 541-997-2065.

Florence Community PTA meets 2nd Tuesday of the month, 4pm. Siuslaw Elementary School Library. Contact Diane McCalmont, 541-997-1854. Email: florencecommunitypta@yahoo.com. Website: florencecpg.org, Facebook: Florence Community PTA.

Florence Dance Guild, meets monthly. Contact: Angela Palmer 541-997-6839.

Florence Duplicate Bridge (non-smoking), Every Thursday afternoon starting @ 12:30pm. St. Andrews Episcopal Church, 19th & Tamarack, Florence. Contact: John Weatherleau 541-997-2677. (American contract bridge league (ACBL) sanctioned games (Master points awarded) Open to all.)

Florence Elks Lodge 1858 meets every Thursday at 7:00pm., 1686 12th Street.

Florence Garden Club. 2nd Wed., Sept.-June, 1:00pm., Presbyterian Church of the Siuslaw, 3996 Hwy 101. Contact: www.facebook.com/FGCOR.

Florence Kiwanis meets each Wednesday, noon, Florence Elks Lodge, 1686 W. 12th St., Florence.

Florence Memory Loss Respite Center meets Mon., Wed., Thur. from 10am-2pm., Florence Senior Center, 1570 Kingwood Street, \$10 includes lunch. 541-902-8539.

Florence Parkinson's Disease Support Group. Meets 4th Wednesday of every month, 1:30pm., Shorewood Apartments meeting room. Contact: Carole 805-587-3394

Florence Performing Arts Association Board meeting, 2nd Thursday of each month, 3:15pm. FEC. www.florenceperformingarts.com

Friends of Poetry, meets every Wednesday, 5-5pm., in the activity room at Shorewood Retirement Center, 15th & Spruce. All welcome. Contact: Shirley Nelson 541-373-0065.

Florence Rotary Club. Tuesdays, noon, at Florence Events Center, 715 Quince St., Florence. Contact: Ron Caputo, 541-997-4961.

Florence Salmon/Trout Enhancement Program. 1st Wed., 7pm. Florence Elks Lodge. Contact Ron Caputo 541-997-4961.

Florence Senior Travel Club. Meets Monday, Wednesday & Friday, Noon-3, at Jerry's Hot Rod Grille, 1179 Hwy. 101. 541-999-9700.

Florence Siuslaw Lions Club. 1st & 3rd Tuesdays, 6:30pm., Pacific Pines RV Park meeting room, 4044 Hwy. 101. (entrance on 42nd St.) Contact: 541-991-3161.

Florence Unitarian Universalist Fellowship. Sundays, 10am. at the Fellowship Hall located at the NW corner of Heceta Beach Rd. & Hwy 101. Contact: Sally Wantz 541-902-9505.

Flying Needles & Hooks of the Siuslaw. This group does charitable knitting & crocheting for schools, SOS, & Helping Hands. All are welcome. Meets 2nd Tuesday in Bromley room Siuslaw Public Library from 3pm-5pm. 4th Tuesday – at Green-Trees Community Room from 3pm-5pm. Contact: Suzanne Mann-Heintz, 541-590-0779.

Friends of Florence Events Center meets on the last Tuesday of every month, 3pm, at Florence Events Center. Contact: FEC 541-997-1994.

Friends of Honeyman State Park. Meets 3rd Monday of each month at 11:15am. recreational meeting hall at Honeyman, on Canary Rd. A group

of volunteers who support projects at Honeyman – activities include park upkeep, planting & clearing, interpretive programs and special events. Everyone Welcome! Contact: Suzanne Mann-Heintz 541-590-1779, or honeymanfriends@aol.com

Friends of the Library meeting, 4th Thursday of each month, 11am., Bromley Room Siuslaw Public Library. Contact: Susy Lacer, 541-997-8663.

Grief & Loss for Adults. Meets weekly every Thursday from 9am, to 11am. Location: 1710 Laurel Way, Unit B (upstairs), Florence. For information contact: Deborah Grigsby, LPCI, MMHC, 541-999-1913, no cost group sessions.

Grief & Loss for Students, ages 12-18, Meets weekly every Thursday from 3:30pm to 5:00pm. Location: 1710 Laurel Way, Unit B (upstairs), Florence. For information contact: Deborah Grigsby, LPCI, MMHC, 541-999-1913, no cost group sessions.

Grief & Loss Support Group sponsored by Hospice. Please contact facilitator for information. Contact Norma Wood, LCSW. 541-997-3418.

Grief Share Meets at the Florence Christian Church, Thursdays, 3-4pm., 2nd and Ivy streets. Contact: 541-997-2961.

Health Associates, a parenting support group, 3rd Wednesday, 7pm., 340 9th St. Contact: 541-997-1877 or 541-997-7134.

Helping Hands Coalition. is an all-volunteer community organization dedicated to providing services, food, clothing, and a daytime center for the homeless and others with unmet needs. Our small but friendly facility provides warmth, comfort, and basic services for those in our community. Meets every Mon., Wed., & Fri. from 11am-2pm, 1339 Rhododendron Dr. Contact: 541-997-5057.

Ladies of Elks. second Monday, 7pm., Florence Elks Lodge. Contact: Linda Tank, secretary, 541-997-3352.

Lower Umpqua Gem & Lapidary Society Meets the 2nd Tuesday of each month @ 2pm. Winchester Bay Community Center, 451 Winchester Ave. Contact: Bill Hendrickson, 541-271-6816 Reedsport, or Cam Grog, 541-997-8089 Florence.

Managing Chronic Pain Support Group Forming Starting March 2, 2015. Meets 1st & 3rd Tuesdays of each month from 5:30-7pm, at Community Baptist Church, 4590 Highway 101. For information: 541-590-0591.

Mapleton Advisory Committee meets the second Wednesday of each month, Siuslaw Valley Bank in Mapleton, 4pm.

Mapleton Booster Club. Meets 3rd Wednesday, of each month @ 6pm. Siuslaw Bank in Mapleton. Contact: Krystal Wolford 541-268-6951.

Mapleton Grange #584. Meets 2nd Tuesday of each month, potluck @ 4pm, meeting @ 5pm. Barbara Reeder, Master: 541-268-1061.

Mapleton Lions Club meets 1st and 3rd Mondays of every month.

Masonic Lodge of Florence Stated Communication, 1st Tuesday. Family dinner 6:30pm. Open Lodge 7:30pm. 84910 Hwy. 101 S. Contact: 541-997-9728 (bus.)

Masonic Widows Social Club, last Wednesday, 12 Noon, at the Masonic Temple, 84910 Highway 101 South (1.5 miles south of the bridge). Contact: Phyllis Williams 541-997-7965.