

# PeaceHealth CEO earns national award

Tim Herrmann, chief administrative officer of PeaceHealth Cottage Grove Community Medical Center (PHCGCMC), has been recognized nationally as one of the top 60 "Critical Access Hospital CEOs to Know" for the third year in a row by Becker's Hospital Review. The list recognizes leaders of organizations regularly recognized for safety and quality and who are key members of the community, serving on corporate boards and state-level initiatives to improve access to care.

"I am humbled by this honor, which is really a recognition of the caregivers and their commitment to our mission and practicing responsible

stewardship," said Tim. "I am grateful that I get to work with such a dedicated team at PHCGCMC."

Herrmann has been an RN for 34 years with a clinical background in neuro/trauma intensive care. He served as Trauma Program Coordinator at Queen's Medical Center in Honolulu before joining Sacred Heart Medical Center, University District, in 1988 to develop a Level II Trauma Center. He served on the Oregon State Trauma Advisory Board for nearly a decade, and was a founding member and first president of the Oregon Rural Health Quality Network. Herrmann has held various executive leadership roles over the

years and was named CAO of Cottage Grove in 2014.

"Tim Herrmann's exceptional accomplishments in the healthcare industry make him well deserving of this recognition," said Rand O'Leary, chief executive, PeaceHealth Oregon Network. "His compassion for both patients and caregivers and his passion for accessible, quality healthcare make him an incredible leader, both within PeaceHealth and within the community."

Under Herrmann's leadership, Cottage Grove Community Medical Center has been nationally recognized for its quality care and patient satisfac-

tion on numerous occasions. PHCGCMC was the only hospital in Oregon to be a finalist for the Premier, Inc. QUEST(R) Award for High-value Healthcare for 2017. In addition, the hospital received the Premier Supply Chain Excellence Award, honoring top performers based on community, teaching/academic, critical access and integrated delivery network. Becker's Hospital Review selected PHCGCMC as one of the "62 Critical Access Hospitals to Know" for the third year in a row.

## Living 50 Plus in Cottage Grove

### On the road again

By Matilda Charles

"Road trip!" -- to some of us those words bring back lots of memories. To others, going on a road trip is still on the to-do list. If the idea is appealing, here are some thoughts to get you dreaming.

The first consideration is your vehicle. You can rent a comfy SUV with luxury seats and stereo, and then spend nights in motels. You won't be putting the mileage on your own vehicle, and if the SUV breaks down, a replacement is only a phone call away. A rental also gives you the option of a one-way trip: You can leave the vehicle at an airport and fly home.

You can pull a camper and spend time in a campground. Or you can rent and drive an RV and have your amenities right there with you. (Hint, if you opt for an RV: Get it in advance and learn to drive it, hook it up and empty the tanks. Consider doing a weekend dry run to a local spot before your actual trip.)

Do your planning. Research highlights along the way and decide if you want to stop at every single museum or just cruise right by them. Check restaurants and see what you should expect for pricing. Consider stopping to see friends.

If you have a big vehicle and plan to visit large cities, investigate where you can leave the vehicle and take local bus or subway. Learn the different types of RV parks and what they provide. See if it's worth it to join the Kamgrounds of America (koa.com)

for its reduced rates. Some resorts offer RV parking. Take your AARP card for discounts. Consult AAA for trip planning. Review your medications and be sure to take enough. (Take

extra just in case.) And most of all: Take your camera!

### Which Flu Shot Is Right for You?

By Matilda Charles

It's that time again ... flu season is on the way. Vaccines already are available in most locations, so we have no excuse not to get a flu shot soon.

Sometimes the dilemma can be deciding which shot to get. Most flu vaccines contain protection from three strains of influenza, called trivalent vaccines. Those contain two A strains and one B strain of influenza.

Some of them add coverage for a fourth strain. Those shots are called quadrivalent and contain two A and two B strains. With two Bs, the Centers for Disease Control and Prevention doesn't have to flip a coin to decide between two equal B vaccines; it can just include both.

In addition, there are high-dose flu shots especially for seniors age 65 and older.

As we age, our immune systems don't respond the same way, and a regular flu shot might not get us the strong immune response we need to avoid the flu.

The strains change every year, which is why most people need to "renew" their flu vaccine each year. The CDC tracks which influenza hits, and when, in making its calculations for the following year. For the 2016-2017 season, it calculated that those who received flu shots reduced their overall risk by 34 percent for A strains and 56 percent for B strains.

Your best (safest) bet: Ask your doctor which flu shot you should get. Some of us under 65 shouldn't have the high-dose shot for one medical reason or another. Don't delay; it takes about two weeks to have immune coverage after receiving a shot.

If you have Medicare Part B, the cost of the shot is covered, as well as the vaccine for pneumonia and hepatitis B.



**GRANTS HEARING CENTER**

Free Hearing Screening  
Same Day Appointments Available

www.grantshearing.com 1498 E. Main St., CG  
541-942-8444



**CARL M. KEBELBECK  
VFW AUXILIARY 3473**

THE AUXILIARY IS SEEKING ADDRESSES AND CONTACT INFORMATION OF OVERSEAS ACTIVE DUTY SERVICE PERSONNEL TO PARTICIPATE IN OUR CHRISTMAS BOX DELIVERY PROGRAM FOR DECEMBER 2017.

ANY ACTIVE DUTY MEMBER (NAVY, ARMY, AIRFORCE, MARINES, COASTGUARD, AND NATIONAL GUARD) SERVING OVERSEAS IS ELIGIBLE TO BE INCLUDED.

PLEASE CONTACT THE POST at 541-942-7099  
OR  
DAVE JOHNSON at 541-942-2002



**Grove Medical Equipment**

"BUILDING A HEALTHY COMMUNITY"

YOUR LOCAL PROVIDER OF HOME MEDICAL EQUIPMENT!

- OXYGEN • SLEEP THERAPY
- WHEEL CHAIRS • HOSPITAL BEDS
- WALK AIDS • SPECIALTY FITTINGS • SALES AND RENTALS
- INSURANCE BILLING FOR SALES AND RENTALS

541-225-5443 148 Gateway Blvd  
grovemmedical@outlook.com (Bi Mart Plaza)  
Join us on Facebook Cottage Grove, OR 97424



Imagine The Difference You Can Make

**DONATE YOUR CAR**

1-844-533-9173

FREE TOWING  
TAX DEDUCTIBLE

Help Prevent Blindness  
Get A Vision Screening Annually

Heritage for the Blind

Ask About A FREE 3 Day Vacation Voucher To Over 20 Destinations!!!

cgsentinel.com



**DENTAL Insurance**

Physicians Mutual Insurance Company

A less expensive way to help get the dental care you deserve

- ✓ If you're over 50, you can get coverage for about \$1 a day\*
- ✓ No wait for preventive care and no deductibles - you could get a checkup tomorrow
- ✓ Keep your own dentist! NO networks to worry about
- ✓ Coverage for over 350 procedures including cleanings, exams, fillings, crowns...even dentures you can receive
- ✓ NO annual or lifetime cap on the cash benefits

FREE Information Kit  
1-877-599-0125  
www.dental50plus.com/25

\*Individual plan. Product not available in MN, MT, NH, RI, VT, WA. Acceptance guaranteed for one insurance policy/certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, NY, call 1-800-969-4781 or respond for similar offer. Certificate C250A (ID), C250E, PA, C250J; Insurance Policy P150GA, P150GA, NY, P150NY, OK, P150OK, TN, P150TN) 6/29/16



## Keep Your Feet Healthy

Sometimes, pampering is not enough to keep your feet healthy. If you are a senior or have feet that require special care, you're not alone. Our services are specially designed for those who have these and other medical conditions:

arthritis • mobility limitations • diabetes • limited vision

Our certified Registered Nurse assesses and cares for your feet:

- Nail trimming
- Debridement or buffing of corns and calluses
- Education regarding diabetic foot care
- Education for preventative care
- Home treatment for athlete's foot and tinea pedis

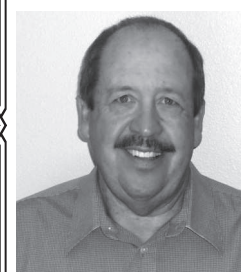
To schedule an appointment, call 541-767-5400.  
1515 Village Drive, Cottage Grove, OR 97424



PeaceHealth  
Cottage Grove Community Medical Center

www.peacehealth.org/cgch

## TURNING 65 AND NEED HELP WITH YOUR MEDICARE CHOICES?



Call Paul to help simplify the complicated.

541-517-7362

Paul Henrichs ~ Independent Agent  
coverage4oregon@gmail.com

The support you need to find quality

## SENIOR LIVING SOLUTIONS

A Place for Mom has helped over one million families find senior living solutions that meet their unique needs.

There's no cost to you!  
CALL (855) 864-4711

\*We're paid by our partner communities

aPlaceforMom.