

# PeaceHealth expands 'SelfCare for HealthCare' program

Nationally acclaimed author, nurse and speaker LeAnn Thieman will bring her transformational SelfCare for HealthCare™ program to nursing and ancillary caregivers at PeaceHealth Sacred Heart Medical Center at RiverBend in Springfield and at PeaceHealth Sacred Heart Medical Center, University District, in Eugene. Thieman will be on the RiverBend campus through today, Oct. 8,

and on the University District campus on Oct. 9. By sharing stories from her best-selling "Chicken Soup for the Soul, Inspiration for Nurses" and her own 30-plus years at the bedside, Thieman teaches selfcare strategies while honoring caregivers and their daily contributions and sacrifices. And those sacrifices have been monumental in these challenging times of COVID-19, area

wildfires and social unrest. SelfCare for HealthCare™ is based upon a simple principle: to nurture the bodies, minds and spirits of patients, we must first nurture their caregivers. Last year, Thieman brought the program to nurses at the RiverBend campus in Springfield. Based on that success, PeaceHealth is now offering it at both Sacred Heart campuses in

Springfield and Eugene. "Our PeaceHealth caregivers need this program again now more than ever," says Heather Wall, chief nursing officer for the PeaceHealth Oregon network. "They have worked tirelessly with tremendous fortitude and commitment. We have had such great results with the first year of the program that we are reinvesting in our most valuable asset, our caregivers."

"We are committed to their health and well-being." Thieman is author of 14 Chicken Soup for the Soul books, including three in the series for nurses and Chicken Soup for the Caregiver's Soul. Her speaking career began when she was "accidentally" caught up in the Vietnam Orphan Airlift in 1975, when she helped to rescue 300 babies at the end of the Vietnam War.

Thieman is an expert in healthcare recruitment and retention and helps to hire and inspire health professionals from coast to coast. "I am honored to be partnering with the amazing leadership at PeaceHealth and am inspired by their commitment to the health and happiness of their entire staff," Thieman says.

# State Fire Marshal reminds Oregonians that October is 'Fire Prevention Month'

As Oregon experiences cooler weather and many community members begin to spend more time at home, the Office of State Fire Marshal will be engaging in support of the national campaign of Fire Prevention Month and will be running cooking fire safety messaging for the month of October. Oregon's theme mirrors the 2020 national theme: Serve up fire safety in the kitchen!

cooking being the leading cause of fires in the kitchen," said Assistant Chief Deputy Claire McGrew. "In Oregon, cooking is the leading known cause of residential structure fires over the past five years, through 2019." According to data collected from the Oregon fire service for the National Fire Reporting System, home fires caused 29 deaths in Oregon in 2019, and fire agencies in Oregon responded to 2,790 home fires; and cooking was the leading known cause of residen-

tial structure fires over the past five years (2015-19), causing an average of 19 percent of Oregon's total residential structure fires and six deaths. To help keep you safe in the kitchen, cooking fire safety tips include: • Keep an eye on what you're cooking — don't leave cooking unattended. • Keep your cooking areas clean and clear of combustibles (potholders, food packaging, towels, etc.), and wipe up surface spills. • Create a three-foot

kid- and pet-free zone around the stove. • Older children should only cook with permission and under the supervision of an adult. • Have a lid or cookie sheet within reach while cooking (to smother flames) in case of a fire. If a cooking fire does start: • Put a lid on it! Slide a lid over the pan (from the side) and then turn off the burner. • Don't move the pan until the fire is completely extinguished and cooled, and don't try to

transfer the pan to the sink. If you cannot quickly extinguish the fire: • Get you and your family safely out of the house. • If you can, close doors as you are escaping, to help contain the fire. • Call 911 from a safe place (outside). "This year has been a challenging one for Oregonians," says State Fire Marshal Mariana Ruiz-Temple. "As we continue to face the challenges of COVID-19 and now the impacts of the

Oregon fire season, it demonstrates the resilient spirit of Oregonians. Fire Prevention Month is a good reminder as we continue to be in our homes and closed settings to bring fire safe practices into the home, which will continue to keep you and your families safe from the dangers of fire." For more information on home cooking fire safety, visit the OSFM's website. Additional resources can be found on the National Fire Protection Association website.

# Safe Routes, Fillmore stormwater projects continue in Cottage Grove

Wildish Construction scheduled paving for this past Monday and Tuesday for Phase 1 of the Safe Routes to School Project. Paving consisted of

placing 2 inches of hot asphaltic concrete on the portion of South Fourth Street that has been under construction this summer.

Work began around 8 a.m. at the intersection of S. Fourth Street and Grant Avenue and will proceed north on S. Fourth Street.

The asphalt will be placed and compacted before traffic will be allowed to drive on it. Construction workers, not flaggers, have been

assisting drivers to get through the intersection, so please look around at the different workers on site to get assistance. For the latest informa-

tion, contact Colin Cunningham or Rich Hamm of Wildish at 541-485-1700 or Zach Ireland of the City of Cottage Grove at 541-942-3349.

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