

On the road for health in Grant County

Kathy Cancilla, program offer lessons for life

By Bill Banaszek
To the Blue Mountain Eagle

JOHN DAY – Driving the highways of Grant County is nothing new for Kathy Cancilla, Healthy Together Project coordinator who lives near John Day.

The project brings the community together to start talking about and taking actions toward improving health outcomes. The effort seeks all voices.

“We offer transportation to the monthly meetings either by the local People Mover service or, well, me,” said Cancilla.

Getting Grant County residents talking about local health issues and ways to resolve them was the purpose of the Eastern Oregon Coordinated Care Organization’s (EOCCO) health transformation grant to Community Counseling Solutions, which contracts to provide health services in Grant and three other Eastern Oregon counties.

The project reflects community partnerships between Community Counseling Solutions, Community Health Improvement Plan, Grant County Health



Contributed photo

Kathy Cancilla

and Mental Health Departments, GC Economic Development, the local Community Advisory Council, Strawberry Wilderness Community Clinic, Blue Mountain Hospital, Oregon Department of Human Services, Safe Communities Coalition, Grant School District, Families First Parent Resource Center and Advantage Dental Services.

Healthy Together holds roundtable meetings that give residents opportunities to learn more about different health issues each month, with speakers in a variety of fields – such as physicians, dentists, therapists, a psychiatrist, nurse practitioners and dental hygienists.

The most recent was

a roundtable on Aging Gracefully with Family and Friends, offering a chance to talk about issues affecting the behavioral and medical health of seniors.

“There isn’t respite care or a lot of peer support in such rural communities,” Cancilla noted.

Future meetings will focus on chronic illness, age appropriate screenings – with personal survival stories – and how to sustain change in healthy behaviors.

The programs also include activities that relate to the meeting topics. They’ve included healthy cooking classes sponsored by the OSU Extension office, walking groups led by community members, tai-chi classes

led by a physical therapist from Blue Mountain Hospital, and meditation classes led by therapists from Community Counseling Services.

There are incentives for joining in on the program and discussion. Cancilla called on more than 30 local businesses, receiving donations for the door prizes given away at the meetings.

“Some of the favorites are pharmacy gift certificates, free eye exams, sonic toothbrushes, cookbooks and fruit baskets,” Cancilla said.

The average age of people who attend is between 40 and 65 years old. Additional daytime events are being planned specifically for seniors, and Cancilla is planning several educational, health-related outings.

The coordinated care model seeks to help communities with health transformation grants that jumpstart programs like Healthy Together.

For more information, meeting schedule or transportation, contact Kathy Cancilla at kathy.cancilla@yahoo.com or call 541-620-8261.

Bill Banaszek is a public affairs specialist with the Oregon Health Authority. This article is reprinted from OHA Health Stories, on the OHA website.

Flaggers set for highway season

Eastern Oregon projects keep ODOT busy

Blue Mountain Eagle

LA GRANDE – Travelers can expect to see orange traffic cones and construction workers throughout Eastern Oregon as about 30 Oregon Department of Transportation projects get underway for the summer.

A half-dozen road and bridge projects have already begun.

ODOT is reminding motorists to slow down, pay extra attention and be prepared for flaggers and traffic pattern changes when they see the cones and construction signs.

Distracted or inattentive driving and speed are primary causes of crashes. In addition, traffic fines double in all work zones, regardless of the presence of construction workers.

The list of projects include several affecting people driving into and out of Grant County. Among them:

- U.S. 395 – Pavement grind/inlay from Bully Creek Road to Meadowbrook Summit, MP 66.61-71.11(B). Lane closures, reduced speeds, flaggers, pilot cars, up to 20 minute delays. Work expected to start sometime this summer and

be done by November.

- OR 19 – Pavement chip seal between Fossil and OR 207, MP 59.6-95.4. Lane closures, reduced speeds, day/nighttime flaggers, pilot cars, loose rock on the roadway, delays up to 20 minutes. Work expected to start early June and take about two weeks.
- U.S. 26 – Pavement crack seal between OR19 junction and Mt. Vernon, MP 125.45-154.03. Lane closures, flaggers, up to 20 minute delays. Work expected to start summer/fall, with completion in October.
- U.S. 26 – Shoulder paving between OR19 junction and Mt. Vernon, MP 125.45-150. Lane closures, flaggers, up to 20 minute delays. Work expected to start mid-May and take about three weeks.
- U.S. 26 – Pavement crack seal between junction of OR 7 and Jameison, MP 190.5-261.6. Lane closures, flaggers, up to 20 minute delays. Work will be done in stages over the summer and fall.
- U.S. 395 – Sign upgrades between John Day and Burns, MP 0.0-67(C). Lane closures, reduced speeds, flaggers, minor delays. Work expected to start this summer and be done by November.

For updated information, visit TripCheck.com, or call 5-1-1 or 800-977-6368.

County plans HR training for managers

Blue Mountain Eagle

CANYON CITY – Grant County officials will gather next week to discuss a schedule and topics for personnel training to bring managers up to speed on hiring, firing and discipline practices.

County Judge Scott Myers said last week the meeting arose out of discussions about whether to hire a human resources officer for the county.

He said the county has a number of newer department heads who have not had human resources training, and others who haven’t had a brush-up on the laws in some time.

Myers told the County Court in its April 29 meeting the trainings can’t be mandated for department heads who are elected. However, he and Court members said they would like them to be “highly recommended.”

They said the idea was

welcomed by managers at a previous meeting.

The Court scheduled a work session with department heads for May 13 to hash out the topics and timing of the training.

Myers said he wants the training to be held in Grant County, to avoid the cost of sending employees out of the area.

The training could be offered at more than one time, to allow for schedule conflicts.

The human resources issues also arose during the

county’s budget committee hearings, which included a discussion with CityCounty Insurance Services consultant Sharon Harris.

Myers said Harris “saw a vast need” for changes and updates in the county’s paperwork, and new forms were needed to address that.

Stemming from that discussion, Harris prepared an update of the employment application, which was accepted by the Court.

Human resources issues rose to the forefront in the past year, as a county em-

ployee and a job applicant filed separate discrimination lawsuits stemming from comments made during a hiring discussion.

The lawsuit filed by James Gravley, former parole and probation officer, was dismissed in March after he was awarded a \$100,000 settlement. A separate lawsuit filed by Terry Hanson, the job applicant, remains unresolved in U.S. District Court in Pendleton.

Nominate Your Educational Hero

Educators play an extremely important role in our community and are often underappreciated.

This year, **Doug’s Motor Vehicle Repair** is saying “Thank you, educators” by honoring an “Educator of the Month.”

Each month one local educator will be highlighted in the *Blue Mountain Eagle* and will receive a \$50 gift certificate from Doug’s Repair. Educator of the Year will receive \$1,000 to be donated to school of their choice.

Nominate your Local Hero by picking up a nomination form at the Blue Mountain Eagle or Doug’s Repair, or download a copy from the Blue Mountain Eagle’s website –www.bluemountaineagle.com.

Doug’s Motor Vehicle Repair, Inc.
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10

Learn the facts about Colorectal Cancer



Come listen to Dr. Keith Thomas discuss colorectal screening facts, myths and recommendations. He will be presenting information at the next Healthy Together Dinner on May 18th from 5:30 to 7:30 pm at the Canyon City Community Hall.

This event is FREE and open to the public.

For more information call Lindsay at 541-575-0429

Brought to you by your local Community Advisory Council

JAC awards two more grants

Blue Mountain Eagle

Two more local groups are getting a financial boost, thanks to a grant from the Gray Family Foundation, administered by the Grant County Juniper Arts Council.

The North Fork John Day Watershed Council will use its \$374 award for Earth Day beautification projects with Long Creek and Monument schools. Students will learn about the history and meaning of Earth Day, and participate in a community beautification project.

The Summer at the Youth Arts Program, which sponsors a summer arts camp for Grant County youth, ages 8-18, will use their \$500 toward providing quality arts education to local children.

The funds were part of a one time-grant offered by the Gray Family Foundation for the Council’s general operating support purposes.

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HAL SMITH

Position #5 Candidate
Blue Mountain Hospital District
Board of Directors



VALUES

- Wisdom based upon knowledge and understanding
- People as most important organizational asset
- Expectation of excellence linked to accountability and transparency
- Professional and competent customer service
- Organizational communication with staff and the public
- Reasonable and prudent financial management of tax dollars

ABILITIES

- Team player working to establish policy and provide direction
- Review staff reports, analyze data, budget messages and documents
- Make decisions based upon relevant, factual and available information
- Engage in thoughtful and reasoned discourse
- Communicate effectively both written and verbally
- Listen, learn, comprehend, clarify and yet recognize personal limitations

EXPERIENCE

- Current member Grant County Budget Committee
- Current member Grant County Mental Health Advisory Board/Local Alcohol and Drug Planning Commission/Developmental Disability Advisory Board
- Three years on a Personnel Team responsible for recruiting, interviewing, background investigations and hiring for Salem Police Department
- Involved in implementation of large scale organizational change as the result of leadership changes and financial challenges at City of Salem P.D.
- Frequent interaction with emergency responders, hospital emergency room staff, adult care facilities, home health providers and Hospice
- Former board member of an Oregon religious non-profit organization

EDUCATION

- B.A. – Human Resource Management: George Fox College
- A.A. – Criminal Justice: Chemeketa Community College
- 1400+ hours of professional education and training including: State and Local Government, Psychology, Group Dynamics and Human Behavior, Supervision, Labor Relations, Deputy Medical Examiner, Community Relations, Medical Terminology/Human Physiology and Anatomy, Traumatic Incident Management and Response

OCCUPATIONAL BACKGROUND

- Sergeant (retired) Salem Police Department. Assignments included: Patrol, Detective in both Person and Property crimes, Personnel and Training, Supervised 911 Dispatch Center, Community Volunteers, School Resource Officer Liaison Program and Patrol Squads
- Administrative Specialist (E-5) U.S. Army, Medical Field Service School, Brooke Army Medical Center, Ft. Sam Houston, TX
- Electrical Industry-steel power line construction; line maintenance
- Property Manager

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