



Quality Healthcare Close To Home
170 Ford Road, John Day • 541-575-1311 • www.bluemountainhospital.org

Community **HEALTH BEAT**

Breast Cancer Awareness

Ladies, picture this... You and seven of your friends hanging out. Take a look around; one of you will get breast cancer in your lifetime. Statistics show one in eight women develop breast cancer at some point in their life. With October being breast cancer awareness month, we should take a moment to discuss the most commonly diagnosed cancer worldwide...breast cancer. In the United States alone there are over 230,000 cases diagnosed and 40,000 deaths a year attributed to breast cancer. About 11% of all new cases of breast cancer in the US are found in women younger than 45 years of age. Through education and early detection, these rates are decreasing and you can be part of that decrease. It is also important to understand that females are not the only ones who

can develop breast cancer. Male breast cancer represents between 0.5 and 1 percent of all breast cancers.

Risk of developing breast cancer can be multifactorial. Risk factors that increase your risk of breast cancer are the following: female gender, Caucasian race, obesity in the post-menopausal state, hormone replacement therapy, earlier menarche or later menopause, never having children, family history of breast cancer, and inherited genetic mutations such as the BRCA genes. Lifestyle factors you can be aware of that may increase your risk include alcohol and smoking. Protective factors that may reduce your risk of breast cancer include breastfeeding and regular physical activity.

Screening is of utmost importance to being a part of the above decreasing statistics. Recommendations regarding screening can vary depending upon the professional organization. The most conservative recommendation by the American College of Obstetricians and Gynecologists recommend routine screening with mammography annually starting at the age of 40 until 74. Mammography is a noninvasive procedure. In addition, clinical breast examination by your primary care providers is recommended every three years from the ages of 20-39 and annually thereafter. For certain high risk populations such as women with a known genetic predisposition to breast cancer (ie, *BRCA1* or *BRCA2*), breast MRI in addition to the option of genetic testing may be indicated.

Signs and symptoms to watch for include: a breast mass (more concerning masses include being firm and non-moveable), lymph nodes felt in your armpit, abnormal nipple discharge, and skin changes overlying your breast (including redness, thickening, or dimpling). There isn't a consensus for recommendations regarding self-breast exams, but the American College of Obstetricians and Gynecologists recommends breast self-awareness which can include self-breast exams.

To calculate your own risk for breast cancer using the Gail model please visit <http://www.cancer.gov/bcrisktool/>

Routine screening with mammography is available at Blue Mountain Hospital and you can call 541-575-4163 to schedule yours today. For your clinical breast exam and any concerns please visit your local primary care provider for evaluation. Go pink in October!

Emily Lieuellen DO
Strawberry Wilderness Clinic
Blue Mountain Hospital



The Eagle/Cheryl Hoefler

Zucchini Walnut Bread

Fall recipes to help bring in the season

By Angel Carpenter
Blue Mountain Eagle

ANGEL'S KITCHEN

Makes 6-8 servings.
From the kitchen of Sandy Bupp of John Day.

Chicken Tortilla Crockpot Soup

Ingredients:
1 lb. shredded, cooked chicken
1 (15-oz.) can whole peeled tomatoes, pulsed lightly in food processor
1 (10-oz.) can enchilada sauce
1 medium onion, chopped
1 (4 oz.) can chopped chili peppers
2 cloves garlic, minced
2 C. water
1 (14.5 oz) can chicken broth
1 tsp. cumin
1 tsp. salt
1/4 tsp. black pepper
1 bay leaf
1 (10 oz.) package frozen corn
1 (15 oz.) can black beans, rinsed

1 Tbsp. chopped cilantro
Tortilla chips, such as Juanita's, for topping
Sour cream, optional
Directions:
Place chicken, tomatoes, enchilada sauce, onions, green chilies and garlic in a slow cooker.

Pour water and chicken broth then add cumin, chili pepper, salt, black pepper and bay leaf. Stir in corn, beans and cilantro.

Cover and cook on low for 6-8 hours or on high for 3-4 hours. Serve up soup and add crushed tortilla chips and a dollop of sour cream, if desired.

(This is Sandy's version of the soup - the original recipe calls for 7 corn tortillas, brushed with oil and baked at 400 degrees F for 10 minutes. After cutting them into strips, they are sprinkled on top of the soup.)

Zucchini Walnut Bread

Ingredients:
3 1/2 C. all-purpose flour
1 1/2 tsp. baking soda
1 1/2 tsp. salt
1 tsp. ground cinnamon
3/4 tsp. baking powder
4 eggs
1 C. white sugar
1 C. brown sugar
1/2 C. vegetable oil
1/2 C. butter (one stick)
1 tsp. vanilla extract
2 C. grated zucchini
1 C. raisins (optional)
1 C. chopped walnuts

Directions:
Grease and lightly flour two 9x5 loaf pans. Preheat oven to 350 F.

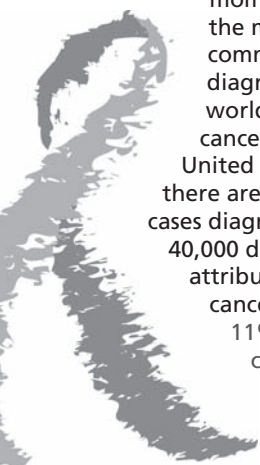
Whisk together flour, baking soda, salt, cinnamon and baking powder.

In a separate large bowl, beat the eggs. Gradually beat in sugar, then oil and vanilla. Add flour mixture, alternating with the zucchini into the egg mixture. Stir in the raisins, if desired, and walnuts. Pour batter into loaf pans.

Bake on the lowest rack of oven at 350 degrees F for 55 minutes. Let cool for 10 minutes in the pan, then turn out onto racks to cool completely. Loaves may be frozen by wrapping in plastic wrap, then heavy freezer paper.

Tip: Recipe can be made using 1 cup vegetable oil without adding butter, and all white sugar if preferred.

From the kitchen of Eagle staffer Cheryl Hoefler.



than 45 years of age. Through education and early detection, these rates are decreasing and you can be part of that decrease. It is also important to understand that females are not the only ones who



TROY-BILT 27 TON WOOD SPLITTER DRAWING

Tickets:
\$1 each or 6 for \$5

Purchase tickets at:
John Day Hardware, Les Schwab, the Hospital check-in or the Hospital Gift Shop

Displayed at John Day Hardware

Drawing will be held on October 24 at the annual Meeting-Dinner-Auction



BLUE MOUNTAIN CARE CENTER Resident of the Month

ELVA LLOYD



Elva Loyd was born on November 25, 1916 in Heath, Idaho to George and Alice DeBord. She has 2 brothers.

Elva married Roy Wright and they had 2 daughters, Rosalie and Evelyn. She was also a foster mother to over 10 children, including 4 of her grandchildren, whom she raised after her daughter Evelyn passed away. She now has 4 grandchildren, 11 great grandchildren and 2 great, great grandchildren.

She worked in a motel and in a bakery.

Elva lived in Baker City for over 65 years, sharing some of those years with her late husband Jack Lloyd.

Elva enjoys dancing, especially the jitterbug, old time music, church, fishing, gardening and animals.

Elva came to the Blue Mountain Nursing Home on October 6, 2003.

COMMUNITY VOICES

Grange offers variety of services

By Mary Ellen Brooks
To the Blue Mountain Eagle

The Mt. Vernon Grange is primarily a community service-oriented organization, and is always in need of new members. Just recently we gave the use of our hall to the Red Cross for evacuees during the devastating fires. The Red Cross volunteers in our area have done an amazing job of helping people out in their time of need. We can't thank them enough for their service.

We gave the use of the hall to the Christian Aid Ministries/Disaster Response Service Team who came in and did some of the clean-up work up Canyon Creek. What an amazing group of people, along with our local church organizations, who pitched in and helped them do an amazing job of helping clean up the devastation from the fires. These acts of kindness restore our faith in humanity like nothing else can. We can't thank them enough.

Along with that, we donate dictionaries to all third-grade students in Dayville, Monument and Long Creek. Plus, we share the cost of dictionaries for the Humboldt and Seneca third graders with the Ellis Tracy American Legion Auxiliary. The Prairie City Auxiliary provides the ones for Prairie City students. All third graders in Grant County get their own dictionary.

We have helped with a fundraiser for a student going to Australia and New Zealand. We provide awards to FFA or 4-H Members during the fair, as well as helping where we can with the local Fire Departments and the EMTs. We also do funeral dinners for families when the need arises.

We have been donating cash to the community Christmas dinner that is held at the Senior Center as well.

Another yearly event is donating fruit baskets to Blue Mountain Care Center in Prairie City, as well as donating to the food baskets at Christmas time. Our goal is to be there and do everything we can when there is a need.

We have a monthly meeting at 6:30 p.m., the second Friday of every month at the Grange, with a potluck dinner and meeting to follow. If you're missing out on that, you are missing some good cooking and a lot of good conversation.

We are proud of our organization and the services we provide, and would like to include more of you in our membership. We would like to thank everyone who gave so generously to help out during these trying times in our community. We are blessed to live where we do, among people who truly care for one another.

Mary Ellen Brooks is treasurer of the Mt. Vernon Grange.



Mary Ellen Brooks

Pendleton Round-Up Basket, 14 K Diamond Earrings, Wildhorse Resort Hotel/RV Gift Certificate, 3 night stay at Wallowa Lake

Denim & Diamonds
2015 Blue Mountain Healthcare Foundation Annual Meeting, Dinner & Auction
Saturday, October 24th - Grant County Fairgrounds

Wood Brick/Wood Pellet pallet from Malheur Lumber and Land Owner Preference tag on Oliver Property

Dinner Menu
Catered by: The Snaffle Bit Dinner House, Brenda Coley

- 12-oz New York Strip
- Stuffed Baked Potato
- Mixed Vegetables
- Tossed Green Salad
- Dessert, Coffee, and Lemonade

Fun All Evening

5:30 pm
No host bar, games & auction item viewing

6:30 pm
Dinner, silent auction bidding continues

7:30 pm
Business meeting, election of board of directors and success presentation

Costume Contest - Winner to receive \$100

Wood Splitter Drawing
Silent Auction & Oral Auction

Watch for:
Auction items listed in the Blue Mountain Eagle
Funds raised will be dedicated to the purchase of equipment needed at Blue Mountain Hospital

Please RSVP by October 19, 2015

Fill out the registration and mail to the address shown, or drop off at the reception area of Blue Mountain Hospital. Check in at the door - your name will be on the dinner list.

To RSVP by phone or for more information, call:
Randall Mee at 541-575-4151 or Judy Kruttsinger at 541-620-1010 or email jkrutts@hotmail.com

Dinner Reservations
Mail - Deliver - Call - Email

Dinner _____ \$30 each or 2 for \$50 Total Enclosed \$ _____

Name _____ Phone _____

Address _____

Name _____ Phone _____

Address _____

Blue Mountain Healthcare Foundation - 170 Ford Rd., John Day, OR 97845

Blue Mountain Hospital District
Presents...
October Visiting Specialists

Oct. 7th
Dr. McLellan - Bend Cardio

Oct. 7th
Bill Corrigan - Bend Urology

Oct. 9th
Dr. Sandefur - Baker Ortho

Oct. 13th
Dr. Rushton - Baker Podiatrist

Oct. 15th
Dennis Sell - Bend Hearing

Oct. 21st
Dr. McLellan - Bend Cardio

Oct. 23rd
Dr. Sandefur - Baker Ortho

Oct. 27th
Dr. Rushton - Baker Podiatrist