

Community **HEALTH BEAT**

Quality Healthcare Close To Home

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Here's to a Healthy 2016

As New Year's Day came and went, I resolved to do what half of all Americans do this time of year—not make a New Year's resolution. But like so many of my goals, this one quickly fizzled as I realized I needed to do it. It turns out all of those sugar cookies, candy canes, and chocolates I ate over the holidays decided to stick around, and I suddenly had a few extra pounds to lose. Of course, weight loss is the most common of all New Year's resolutions, and it shouldn't be surprising, since 2/3 of all Americans are overweight and 1/3 are obese. The next most common resolutions? To exercise more and to quit smoking. Only 20% of Americans get enough exercise, and 17.8% of all Americans smoke these days, which is actually down from 20.9% in 2005.

BLUE MOUNTAIN CARE CENTER Resident of the Month DONNA COX



Donna was born December 27, 1945 in Heppner, Oregon to Darrel and Oleta Farrens. Donna joined a sister, Dorinda Kaye Harding (Farrens) at home. Then a few years later came baby brother Glenn Farrens.

Donna was raised in the small town of Monument, Oregon where she attended all of her school years. Donna played volleyball in high school. Donna went to school with Robert C. Cox and later married her high school sweetheart, Robert (Bob). They were married September 5, 1964 in the Monument Presbyterian Church.

Bob and Donna moved to Portland, Oregon for a short time, where their daughter, Donna (Missy) Michelle was born on March 19, 1967. A short while later, Bob and Donna moved back to their home town of Monument, Oregon. Next came a bundle of joy, they named Robert Troy Cox on February 11, 1970.

Donna was a stay at home mom with the kids, while they were small. Donna had a huge vegetable garden to take care of every year, for her family. After the kids finished school, Donna went to work for the Post Office in Monument, following in her mother's footsteps.

Donna and Bob celebrated their 51st wedding anniversary in 2015.

Donna's pride and joy are not only her kids but her grandsons, all five of them: Tyler, Kurt and Jarret Boyer and Tell and Reece Cox. She also has two new great grandbabies, twin girls; Aubrey and Addison.

I'm familiar with these numbers because I deal with these problems every day at work. As a family physician, I enjoy helping people make positive changes to improve their health. But I'm constantly reminded of the direct relationship between lifestyle and health. For example, if people overeat and don't exercise, they are often obese, which leads to high blood pressure, diabetes, high cholesterol, arthritis, heart disease, sleep apnea, and chronic back pain. In the medical field, we spend a lot of time and money treating these medical conditions, when, in fact, we could prevent most of them with healthier living. 50% of premature death is due to lifestyle and other preventable factors. This is why most of my patients have heard me recommend healthy diet, regular exercise, and cutting out the tobacco and alcohol. So, as much as I hate to say it, a few New Year's resolutions could probably do me some good in the long run. Studies show that half of all New Year's resolutions are kept for 6 months or more, so if more of us made resolutions to improve lifestyle, fewer people would have to see doctors like me so often.



Dana Shuey, DNP

Just a reminder...

I will be starting the 2016 National Diabetes Prevention Program (NDPP) this month. If you would like to refer any of your patients, please fill out the referral form and get it to me ASAP. Remember, individuals may enroll in the NDPP based on the following eligibility criteria:

- 18 years or older
- BMI >24
- Diagnosis of prediabetes or GDM, OR score 9 or higher on the CDC's Prediabetes Screening Test. (I will put this form in your mail box)

Individuals do not qualify if they already have a diagnosis of diabetes.

Thank you for your referrals! - Kim Jacobs
For more information, contact Kim Jacobs at 541-575-2369

Here are some ideas for New Year's resolutions for a healthier 2016:

- Schedule an appointment with your health care provider to discuss ways to improve your health.
- Download and use a diet or fitness app on your phone and use it regularly (e.g. myfitnesspal, Strava, RunKeeper, and Weight Watchers Mobile are some of my favorites). If you don't have a smart phone, keep a food diary. Studies show that simply recording what you eat leads to weight loss.
- Get 30 minutes of exercise 5 days a week. Experts recommend at least 150 minutes of moderate-intensity activity per week for weight loss.
- Start or join a walking group. When you're accountable to others, you're more likely to go.
- Get caught up on health screening measures, like immunizations, a mammogram, or a colonoscopy.
- If you smoke, make a goal and a plan to quit and stick to it.
- If you drink alcohol, make a goal to cut back or quit drinking altogether.

It might just take a small New Year's resolution to make a big difference in your health. From all of us at Blue Mountain Hospital and the Strawberry Wilderness Community Clinic, we wish you a happy and healthy 2016!

Dr. Hall

Welcome to Strawberry Wilderness Community Clinic!

OUT OF THE PAST



Eagle file photo

From the Jan. 4, 2006, Blue Mountain Eagle: After the first snowstorm of early December, Jack and Denice Seebart pose in their Bridge Street yard with Heidi and Frosty.

Jan. 6, 1916 Grant County Journal 100 years ago

Report has it that the Dixie Meadows Mine, the creditors of which forced it into the hands of a receiver some time ago, is as good as sold, and if such is the case there is every probability that it will be operated again during the coming year. The Dixie Meadows has a large body of ore that runs pretty rich in places, and men who have investigated it and should know, state that if the mine is worked on a large scale and the work of extraction all done on the ground it will be a big and profitable producer. The working of any of the large quartz properties north of town would distribute a lot of money in Prairie City, and add greatly to the prosperity of the town.

Jan. 3, 1941 Blue Mountain Eagle 75 years ago Seems that way

It often and too often, said the WPA worker seems like the bigger the man the softer the job. The big, strapping fellow gets the lead pencil and an eraser to work with, while the shriveled and puny get the pick to swing. The weaker they are; the bigger the pick. That is the way that life runs. Those that have get and those that have not get less. The soft jobs go to the husky and strong while the weak ones carry the heavy end of the stick. That is the way life is.

Jan. 6, 1966 Blue Mountain Eagle 50 Years ago Mt. Vernon Gains Fame

MT. VERNON — Residents here have found out that being friendly towards tourists has rich rewards.

A honeymooning couple from Long Beach, Calif., stopped in Mt. Vernon to stay overnight, but were so impressed with the community they stayed three

months. Upon their return to Long Beach, they told a columnist for the Long Beach daily newspaper about their stay in Mt. Vernon.

The following information was part of the columnist's story about Mt. Vernon as it appeared in the large California newspaper:

"It's a place with about 500 people, located out of Eastern Oregon on U.S. Highway 26, near such unique places as John Day and Canyon City, all rich in history of that region. It's hill and high desert country, where people live close to nature and have a great time doing it."

"There's an abandoned gold dredge near the town that's a tourist attraction."

"Now if this doesn't make the bulletin board at Mt. Vernon's Wagon Wheel, I'll set fire to the place if I ever go through there."

Jan. 3, 1991 Blue Mountain Eagle 25 Years ago Mt. Vernon man hurt slightly by shotgun in unusual accident

Jay Smith of Mt. Vernon was struck below the eye by a shotgun pellet at his residence Dec. 30.

According to the Oregon State Patrol, Smith walked down to his paper-box at approximately 1 p.m. He reportedly heard a gunshot across U.S. Highway 26 at Moon Creek County Road and looked up to see a male juvenile fire directly at him. Smith was then struck in the cheek just below his left eye with a single pellet.

He proceeded to walk across the highway and told a juvenile that he had been struck. "Don't worry about it man. It was just an accident," replied the juvenile, before driving away.

Smith was taken to Blue Mountain Hospital in John Day. He was told the shotgun pellet could not be removed without causing nerve damage. The incident is under investigation.

School meetings planned

District No. 3 seeks community input

Blue Mountain Eagle

Grant School District No. 3 will hold three community input night meetings this month.

Grant Union Junior-Senior High School superintendent Curt Shelley said the meetings will give parents, students and others in the community an opportunity to share what is going well with the schools and improvements needed.

Here's the schedule:

• Thursday, Jan. 7: 6 p.m., Humbolt Elementary School computer lab.

• Monday, Jan. 11: 6 p.m., Seneca School library.

• Tuesday, Jan. 12: 6 p.m., Grant Union Junior-Senior High School library.

Shelley added the meetings also mark the beginning stages of the budget process.

For more information, call the appropriate school: Humbolt, 541-575-0454; Seneca, 541-542-2542; or Grant Union, 541-575-1799.

Arts program continues in January

Blue Mountain Eagle

The Grant County Youth Arts Program will continue its choir program in 2016, with rehearsals starting Tuesday, Jan. 12.

Junior Choir, for ages 4-8, will be conducted by Janine Goodwin. Youth Choir, ages 9-16, and Senior Choir, 17 and up, will be conducted by Rebecca Bogardus.

YAP also offers string ensemble for violinists, violists, cellists and bassists of all ages, and flute choir for all ages. The ensembles accommodate any playing level.

For more information or to sign up, call Janine Goodwin, 541-820-4331, or Rebecca Bogardus, 541-987-2440, or visit <http://www.studiobogardus.com/yap.html>.



Presents...

January Visiting Specialists

- 2nd - Dr. O'Hollaren - Bend Urology
- 4th - Dr. Sandefur - Baker Ortho
- 8th - Dr. Rushton - Baker Podiatrist
- 10th - Dennis Sell - Bend Hearing
- 18th - Dr. Sandefur - Baker Ortho
- 22nd - Dr. Rushton - Baker Podiatrist
- 23rd - Dr. McLellan - Bend Cardio