

Community HEALTH BEAT



Quality Healthcare Close To Home

170 Ford Road, John Day • 541-575-1311 • www.bluemountainhospital.org

Suggestions for Healthy New You

Bruce McLellan, MD
St. Charles Heart & Lung Center



If an apple a day keeps the doctor away, what do you need to do to avoid

needing to see the cardiologist? Would you believe that there are things you can do in your own home that will make a big difference in your heart health and overall well-being? Since February is Heart Month, let's review some of the strategies for avoiding heart disease.

Firstly, choose your parents wisely! Many heart diseases are at least partly genetic in origin. But even if your parents had heart disease, there is no guarantee that you will develop the same disease, so the

next three strategies are crucial to maximize your odds of good heart health. [When you figure out how to choose your parents, please let me know how you did it! :)]

Secondly, don't start smoking cigarettes, and if you are already smoking, make plans to quit this year. Smoking is the #1 preventable cause of disease in death in the United States, and this is especially true for cardiovascular disease. Smoking cessation is *always* hard, but make it a goal to reduce your consumption by one cigarette each week. Make plans to celebrate with the money you will have saved once you are tobacco free. For you young people: you may think that smoking is cool, but wait until you develop premature wrinkling of the face (ladies) and erectile dysfunction (men).

Thirdly, food matters! The Mediterranean Diet is good tasting,

won't leave you starving between meals, and reduces cardiovascular illnesses and death. When grocery shopping, be very wary of anything in a package and read the nutritional labels carefully. Foods around the periphery of the store (fruits, vegetables, grains, low fat dairy products, and low fat meats) are generally better choices than the boxes, cans, and packages in the center aisles of the store.

Last, but not least, make a commitment to exercise. Three times a week for 20-30 minutes each is a good start. What kind of exercise is best? The one that you will stick with!!! It doesn't matter if it's walking, hiking, bicycling, or using the treadmill in your own home while watching television. Pick something you enjoy and make it part of your routine.

To your health in 2016!

BLUE MOUNTAIN CARE CENTER Resident of the Month MARILYN RANDALL



Marilyn was born on May 7, 1940 to Oscar and Ruth White, in Weiser, Idaho. She has two older sisters, Lola and Ileta. Marilyn and her family moved to Bates, Oregon, when Marilyn was a baby. She went to school in Bates, 1st grade through 8th grade and later to high school in Prairie City.

Marilyn married Vern Randall on September 27, 1957 and they had four children; Ruthie, Kenny, Jimmy and Ricky. They raised their children in Mt. Vernon, Oregon on a small ranch. Marilyn was a stay at home mom.

Marilyn enjoys crocheting, canning, decorating, helping her good friends, Ruby and Maureen, clean each others homes, anything involving her kids or grandkids; sports, 4-H and many others.

Marilyn has traveled to Disneyworld, Hawaii and enjoyed taking family trips to Minnesota.

Marilyn came to the Blue Mountain Care Center on July 9, 2015.

2015 Donors

- | | | | | |
|--|---------------------------------|--|---|---------------------------------|
| Adlesich, John & Bertolone-Smith, Marisa | Community Counseling Solutions | Howes, Philip & Natalie | Mobile Glass | Smith, Kerry J |
| Averett, Dan & Karla | Coombs, Bill & Carol | Hunt, William & Danielle | Molitor, Margie | Smith, Paul & Kathy |
| Bailey, Zachary & Heather | Country Preferred | Hutch's Printing | Mooney, Don & Jennifer | Southworth Brothers |
| Bank of Eastern Oregon | Crisler, Nancy T. | Iron Triangle LLC | Mosier, Brenda | Southworth, Jack & Teresa |
| Bar WB | Cronin, Dan & Chris | Jackson, Greg & Melody | Moulton, Mark & Jenelle | Stinnett, Mindy |
| Barley Brown's Beer | Crum, Melvin & Harriet | Jarnes, Rolf & Judy | Myers, Scott & Shelley | Stout, Loren & Piper |
| Bellmore, Cheryl & James | Curtis, Clayton & Beverly | John Day Eyecare | Nodine, Dean & Joyce | Stull, Ellen |
| Benge, Clint & Etoile | Curtis, Kris & Jan | John Day Golf Course (C) | Northwest Quadrant Wealth Management | Subway of John Day |
| Berry, Tom | Dan Cronin, Attorney | John Day True Value Hardware | Nydams Ace Hardware & Brenda Mosier | SWCC & MAS |
| Blue Mountain Eagle | Davis, Verlene & Doug | John Day Video | Officer, Gene & Barbara | T & H Automotive |
| Blue Mountain Hospital Auxiliary | Day, Maxine and Andy | Johns, Roselin | Officer, Janice | Tanler, Clay & Rose |
| Blue Mtn. Hospital Auxiliary Gift Shop | Delaney, Marsha & Gary | Johnston, Carlene & Dick Jolley, Steve & Patty | Old West Credit Union | Thomas, Keith & Cyndy Fox |
| BMH Admin | Denmon, Amy | Juniper Arts Council | Oliver, J.C. & Kathryn | Thomas, Silas & Ann |
| BMH Medical Records | Densberger, Roy & Brenda | Kara Kohfield | Oliver, Tim & Barb | Thurber, Victoria & Jaime |
| BMH Radiology | Dickenson, Dennis & Linda | Keith, Patricia J | Oregon Telephone Corporation | Tidewater Contractors |
| BMH Rehabilitation | Donahue, Brian | Kemper, Mike & Tawyna | Oster Professional Group | Torland, Ryan |
| Bremner, Ken & Alice Shawn | Driskill Memorial Chapel | Kimble, Jane | OTEC | Torland, Ryan & Jandy |
| Bridges, Tom | Duke Warner Realty | KJJD | Outpost Restaurant & Lounge | Triangle Oil Inc. |
| Britton, Boyd & Bonnie | Ediger, Roger & Meredith | Kreger, Amy & Jackson, Craig | Oxbow Trade Company | Trust Management Services, Inc. |
| Brooks, Ken & Cici | Finlayson, Alex | Kruse, Doug & Bert | Pace, Elizabeth | Turn Key Medical, Inc. |
| Brooks, Mary Ellen | Fox, Deanna | Krutsinger, Ansel & Judy | Parsons, Stephanie | U.S. Bank |
| Brown, Dale | Gagnon, Cecil | L & L Excavating | Parsons, Steve & Dotty | Unterwegner, Tim & Tracie |
| Bullard, Billie | Gardner Enterprises, Inc. | Labhart, Chris & Kris | Peterson, Dr. Ken & Bev | Van Voorhis, Robert & Nita |
| Bupp, Tom & Sandra | Gardner, Tony & Carmen | Ladd, Ben & Linda | Phillips, Bob | Wacken, Lois C. |
| Busch, Sharon | Goldblatt, Dan & Jen | Lane, Andy & Lori | Phillips, Loyce | Ward, Kim & Bruce |
| Business Office | Grant, Austin & Valeda | Lee, Kathleen Ann | Pierce, Marjorie | Wawak, Jerry & Jean |
| C.T.S. Partnership | Gray, Dawn | Len's Drug | Pollak, Barbara | Weakley, Gerrick & Gregg |
| Callister, Scotta & Zaitz, Les | Gray, Phil & Peggy | Les Schwab Tire Center | Prairie City Antiques | Weakley, Gregg & Charlotte |
| Campbell Sr., J.D. | Greb, Ron & Sally | Lieuallen, Aaron & Emily | Prairie Hardware & Gifts | White, Karin |
| Carter, Donna | Gregory, Dorman | Lino, Carl | Radio Shack | Wildhorse Casino & Resort |
| Castoro Cellars | Hall, David & Alicia | Luglan, Lila and Brian | Ricker, Leslie K | Willey, Jean |
| Chase, Nancy | Harris, Eva | Lusco, Angela R | Rock Garden | Williams, Zach & Marissa |
| Chester's Thriftway | Hasher, Ron & Lynn | Malheur Lumber | Russ, Sarah | Wilson, Tom & Pamela |
| Clark, Colton & Tammy | Health-Tech Management Services | Manderscheid, Tami L | Saul, Mitch & Laura | Wimer, Jimmy |
| Clark, Shawna | Hickerson, Billy & Lori | Mattecheck & Associates | Seebart, Sam & Sharon | Winegar, Bonnie |
| Coffman, Chuck | Highland, Douglas & Sherry | Maxwell, Craig W. | Shelk Fund of the Oregon Community Founda | Winegar, Wanda & Fred |
| Columbia Power Coop Assoc | Hoffmans Window Cleaning | McArthur, Gary & Patricia | Silva, Frank & Mary | Winters, Tom |
| | Holliday, Ben | McCrary, Ed & Margy | Simmons, Trevor | Witty, Julie & Mark |
| | Holliday, Ken & Pat | McKone, Randolph & Debra | Smith, Dennis & Barb | Woodruff-Sawyer Oregon, Inc. |
| | Housler, Rayce & Rayne | Mead Mytchell & Jan | | Zweygardt, Janet & Tobe |
| | Houser, Robert & Denise | Mee, Randall & Mercedes | | |
| | | Miller, Gary & Virginia | | |

New hours at SWCC, BMHD Lab and Radiology starting at 7 AM Monday-Friday.

Please call for an appointment with **Nora Healey, FNP, at 541-575-0404.**



February Visiting Specialists

- 3rd - Dr. Barrett - Bend Urology
- 4th - Dr. Riddock - Bend Cardio
- 10th - Dr. McLellan - Bend Cardio
- 11th - Dennis Sell - Bend Hearing
- 12th - Dr. Sandefur - Baker Ortho
- 16th - Dr. Rushton - Baker Podiatrist
- 24th - Dr. McLellan - Bend Cardio
- 29th - Dr. Rushton - Baker Podiatrist