

Community HEALTH BEAT



Quality Healthcare Close To Home

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

Breathe Easier This Spring:

Advice from a Respiratory Therapist

Winter has come and gone; the days are getting brighter and longer! Spring is in full bloom and beckons us to get out and enjoy the freshness and beauty of the new season. But, for the millions of Americans who suffer from recurring allergies each year, the joy of an otherwise perfect spring can be blunted. Along with the innocent budding trees and colorful flowers that open up to greet us this time of year comes a torrent of pollen that rides the air and quickly finds entry into our bodies through our respiratory system. This prepares the immune system to react the next time it is exposed. Allergic rhinitis, or hay fever, is an inflammation of the nasal passage mucous membranes resulting from exposure to these allergens blown about in the air that we breathe. Symptoms often include a runny, itchy nose as well as scratchy, watery eyes.

Here are some ways to reduce the impact of environmental allergens:

- *Allergens are often tracked into the house from outside and tend to be more concentrated around the entryways. Having a good-quality door mat to wipe the feet with will not only keep your carpet looking nicer, but can help keep those nasty allergens from taking up residence in your living area.
- *A little spring cleaning is not a bad idea, especially if you haven't done it in a while. Start with a careful dusting of each room from top to bottom, followed by a thorough vacuuming.
- *Replacing the furnace or central air filters is another good idea to keep your indoor breathing air clean.

Beyond that, using allergy medicines in advance of anticipated exposure is also a good way to stay ahead of the game.

Seasonal allergies are a nuisance for many of us, but for people with Chronic Obstructive Pulmonary Disease (COPD), the additional burden of airborne pollens can tax the respiratory system. This can exacerbate symptoms of coughing, wheezing, and shortness of breath. Sometimes the symptoms may even be severe enough to require medical attention. If you have COPD and also suffer from seasonal allergies, special efforts should be taken to minimize exposure. The pollen count varies with locality and weather conditions, but generally remains in the moderate range this time of year for our area. If you have access to the Internet, there are some websites that can tell you about air quality or the pollen count for any given area. Here are some examples:

- www.airnow.gov
- www.pollen.com
- www.deq.state.or.us/aqi/

When you have allergy symptoms such as itchy eyes or a runny nose, talk to your health care provider at Strawberry Wilderness Community Clinic about allergy medications that can help. Often, just taking an over-the-counter antihistamine can work well. Medications such as Benadryl or Zyrtec can stop the immune response to allergy triggers that can put such a damper on breathing. A nasal steroid spray such as Flonase, or a decongestant and inhalers may also be needed to bring relief to those irritated inflamed airways.

If you are particularly sensitive to airborne allergens, it may be best to stay inside on days when air quality is poor and plan outings on days when pollen levels are lower to reduce your allergy symptoms. If you are a smoker and experience some shortness of breath, visit your doctor and ask about having a spirometry test which can help to diagnose if you have COPD. There are medications and techniques that can help treat the symptoms of COPD, but the best thing is to quit smoking. Ask your health care provider or Respiratory Therapist about help with kicking the habit so that you can breathe a little easier and enjoy life a bit more.

Brian Donahue RCP
Manager, Cardio-Pulmonary Services
Blue Mountain Hospital District



Presents...

April 2nd
Dr. Rushton
Baker Podiatrist

April Visiting Specialists

April 4th
Dr. Takla
Bend Urology

April 16th
Dr. Rushton
Baker Podiatrist

April 19th
Dr. Lilly
Bend Ortho

April 30th
Dr. Rushton
Baker Podiatrist



**BLUE MOUNTAIN
CARE CENTER**
Resident of the Month

**ROLAND "BUD"
SALISBURY**

Bud was born to Gladys and Grant Salisbury, March 1, 1925, in Baker, Oregon. Bud and his five sisters and brother were raised in Bend.

When Bud entered the Marines in 1943, he was sent to boot camp in San Diego, California; from there he was sent to Cape Gloucester on the Island off New Britain. Bud was only there for 10 days when he was shot in both knees. Bud then traveled to Australia via a medical ship. He spent a year recovering in Australia, and then he was shipped home and discharged in 1945.

Bud then attended OIT in Klamath Falls, Oregon and received a degree in Surveying. Bud worked for the Forest Service for 30 years, retiring in 1983.

Bud married Anita Sloane in 1953. They combined families and raised two daughters and 4 sons together in the Central Oregon area. Anita and Bud had been married for 40 years when she passed away in 1993.

Bud has been to Mexico, Canada, Tennessee and almost every state west of the Mississippi to include Hawaii.

Bud liked to attend rodeos, where he team roped at times and he liked to go hunting with his buddies. Bud really likes a good whiskey, so if anyone would like buy a round, Bud says PLEASE do so!!

Bud came to the Blue Mountain Care Center on July 28, 2017.



The deadline for What's Happening items is 5 p.m. Friday. Call the Eagle, 541-575-0710, or email editor@bmeagle.com. For meetings this week, see our list in the classifieds.

THURSDAY, APRIL 5

'Architecture of Internment' exhibition

• 4-7 p.m., Grant Union Junior-Senior High School
The Grant Union Social Science Department is hosting a traveling exhibit, exploring how Oregonians participated in the decision to incarcerate Japanese Americans and Japanese immigrants during World War II — the forced removal of 120,000 people of Japanese ancestry from the West Coast. The film "And Then They Came For Us," featuring George Takei, will be shown. The evening presentation is open to the public.

FRIDAY, APRIL 6

First Friday

• 6-9 p.m., downtown John Day

Downtown businesses will offer food, fun, shopping and more. An Easter egg hunt with a grand prize egg and other prize eggs will be featured. All are welcome to attend and support the participating local businesses.

FRIDAY-SATURDAY, APRIL 6-7

Watercolor class

• 9:30 a.m. to 3 p.m., OSU Extension classroom, 116 NW Bridge St., John Day

The class will be taught by Becky Litke and is sponsored by the Grant County Art Association. Artists of any skill level are welcome, and the cost to attend is \$20. Space is limited. To register for the class or for more information, contact Eloise Boren at 541-987-2138 or email eloiseboren@gmail.com.

SATURDAY, APRIL 7

John Day community garden opening

• 9 a.m. to noon, Third Street extension, John Day
Soup and bread lunch will be served. Garden plots will be available, and pricing information is available at the opening or by emailing johndaycommunitygarden@gmail.com.

Almost Spring bazaar

• 9 a.m. to 4 p.m., Keerins Hall, Grant County Fairgrounds
Vendors will be on hand with an array of items for sale: crafts, home decor, collectibles and more. Admission is free. For more information or to reserve a table, call the fair office at 541-575-1900.

Saints Eleven concert

• 7:30 p.m., Madden Brothers Performing Arts Center, 116 NW Bridge St., John Day

Saints Eleven's music is billed as a mix of genres, from country to blues to rock. Performing as a special guest is Andy McCumber. Doors open at 6 p.m., and tickets range from \$15-30. Business sponsorships of the concert are offered, ranging from \$75-200. Tickets can be purchased at maddenbrothers.tix.com or at the door. For more information, visit maddenbrothers.us or call Jesse Madden, 541-620-1793, or Joe Madden, 541-792-0953.

SATURDAY-SUNDAY, APRIL 7-8

Strawberry Mountain Gun & Knife Show

• 9 a.m. to 4 p.m. Saturday
• 9 a.m. to 3 p.m. Sunday
• Grant County Fairgrounds pavilion

People can buy, sell or trade such goods as guns, knives and camping and hunting supplies. General admission is \$3 per day or \$5 for both days, and admission for youth ages 7-18 is \$1 per day. For more information or to reserve a table, call the fair office at 541-575-1900.

WEDNESDAY, APRIL 11

John Day Farmers Market meeting

• 5:30 p.m., Outpost Restaurant
Anyone interested in participating in the farmers market is welcome to attend. The meeting includes setting the date for the May sign-up meeting for vendors. For more information, call 541-733-8778 or 541-932-4718.

Rep. Lynn Findley town hall

• 6 p.m., John Day Fire Hall
Rep. Findley (R-Vale) will hold a town hall meeting to give an update about the 2018 Legislative Session, respond to questions and engage with constituents.

SATURDAY, APRIL 14

Clay pigeon shoot

• 11 a.m. to 4 p.m., Kimberly Rock Products pit, mile marker 9 on Highway 402

Events include jackpots, Annie Oakley and more, plus men's, women's and children's competitions. Proceeds will go to Grant County Search & Rescue. The cost is \$3 per shoot. For more information, call 541-934-2143.

Tree School East

• Baker High School, Baker City
Tree School East, presented by the Oregon State University Forestry & Natural Resources Extension Service, is a one-day mini-college for woodland owners, professional foresters, ranchers or anyone else interested in Oregon's natural resources. This year will feature 29 classes, from in-depth forest management trainings to broader natural resource management and appreciation. For complete information on the event and how to register, call the OSU Baker County Extension Service office at 541-523-6418 or email Extension Forester Bob Parker at bob.parker@oregonstate.edu.

SUNDAY, APRIL 15

Old West Federal Credit Union meeting

• 1 p.m., John Day Senior Center, 142 NE Dayton St., John Day

Members of the credit union are invited to review the past year's performance and learn about upcoming goals at the 60th anniversary annual meeting. For more information, call the credit union at 541-575-0264.