

Community HEALTH BEAT



Quality Healthcare Close To Home

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

NURSING: Requirements, Rewards & Opportunities

National Nurses Week, May 6 - 12

National Nurses Day is celebrated each year on May 6th and is the beginning of National Nurses Week which ends on May 12th. That date is also Florence Nightingale's birthday. She is credited with creating the professional nursing role and became famous for her contributions to improving nursing care to soldiers during the Crimean war. International Nurses Day is also celebrated on May 12th. The purpose of this recognition is to raise awareness of the important work that nurses perform for the people in our communities, educate the public about the kind of work nurses are involved in and to encourage young people to consider this career choice. We are headed into a critical nursing shortage as the baby boomer population ages and more people require medical care.

Having had the opportunity to ask many newly-graduated nurses why they chose to become a nurse, the most commonly given answer was that they want to help people and make a difference. Compassion for others is one of the top characteristics anyone considering the profession should have. That is a start. Other necessary characteristics and abilities include: time management skills and ability to prioritize; good judgment or critical thinking skills; ability to communicate well; flexibility; physical stamina; being detail-oriented; dependability and emotional stability.

Hospital nursing is fast-paced and demanding. Each nurse cares for several patients as part of their assignment. Nurses spend more time with patients than the doctors can and must be able to recognize subtle changes in condition and alert the medical provider to those changes. Sometimes the nurse must also initiate emergency procedures. Priorities can change quickly depending on a particular patient's condition.

In medicine, changes come at a fast and furious rate. Nursing is no different. Much research has been done and still is being conducted on evidenced-based nursing practice. We are striving to help patients heal faster and improve their hospital experience by using new techniques that have shown improved outcomes and patient satisfaction. Nurses must continue to learn and adapt to these new concepts and procedures throughout their careers. The one thing constant in nursing is change!

Nursing is physically demanding. Not only are nurses on their feet much of the day running from room to room. They also are lifting patients, laundry, and pushing people in beds or gurneys. Many nurses work 12-hour shifts. The night shift must also be covered and sleep deprivation is a feeling many grow to know quite well.

Besides the hard work, there are rewards and satisfaction in a nursing career. It is a great feeling when you can anticipate and intervene before a condition change becomes truly serious and life threatening. It is rewarding to be able to give a patient and family emotional support when they need it. Many times when people are ill, they are unable to advocate for themselves. It is the nurse's duty to keep them safe and to speak up for their needs. We also develop close relationships with our co-workers. We are a team. No one understands the difficult times and the tragedies we sometimes see like our co-workers do. It is a great feeling to work with people you know and can trust to be there when you have a bad situation.

Having been in the profession for over 30 years, I can truly say that I have never tired of it. It remains challenging and rewarding. There are so many different avenues one can pursue in nursing. Besides hospital nursing, there are positions in clinics, home health, hospice, health departments, case management, research, administration, education, private industry and, as the physician shortage continues to rise, Nurse Practitioners are working to help fill the void.

Please tell the nurses you know how much you appreciate their dedication and sacrifice. I would also like to wish my colleagues at Blue Mountain Hospital a Happy Nurses Week! I am proud to be able to work alongside them. I know they want the very best for their patients.

By Deborah Morris BSN, RN

Nurse Educator, Blue Mountain Hospital District



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.

FRIDAY, MAY 4

Spring cleanup day

• 9 a.m. to 3 p.m., Prairie City
Sponsored by Prairie City, Prairie City Rural Fire Department and Grant County Firewise, cleanup day will offer free curbside pickup of metals, recyclables, yard waste, wood and trash. Volunteers are still needed and will meet at the Prairie City Fire Department, and a hamburger lunch will be provided. For more information, or to volunteer, call Irene Jerome at 541-620-4466.

First Friday

• 6-9 p.m., downtown John Day
Downtown businesses will offer food, fun, shopping and more. Participating shops will feature different tastings at each location. All are welcome to attend and support the participating local businesses.

May the Fourth: A Concert of Epic Proportions

• 7 p.m., United Methodist Church, 126 Canton St., John Day

The Juniper Arts Council and Youth Arts Program will sponsor a concert at the John Day Methodist Church. Admission is free with donations accepted. A string orchestra, two youth guitar groups and a junior, intermediate and show choir will perform music from "Lord of the Rings," "Star Wars," David Bowie and Disney with some costume themes. A visit from Stormtroopers is expected. For more information, call Rebecca Bogardus at 541-987-2440.

SATURDAY, MAY 5

Strut, Stride, Straddle and Stroll

• 7 a.m., Blue Mountain Hospital, John Day
Ride a bike from Prairie City, run or walk from Pine Creek or Dog Creek roads or stroll from Seventh Street Complex back to the hospital. Register at the hospital parking lot the morning of the race. Buses will take participants to their starting points beginning at 7:30 a.m. Prizes will be awarded, including youngest and oldest participant, and all participating kids receive a gift. The registration fee is \$20 for adults, \$15 for children ages 6-18, free for kids 5 and under with an adult or \$50 for immediate family groups with a maximum of six members. For more information, call Blue Mountain Hospice at 541-575-1648.

Genealogical Society spring seminar

• 9 a.m., John Day Fire Hall
Registration will begin at 8:30 a.m., and a no-host luncheon will be held at the Outpost restaurant. Topics for this seminar are genealogical pitfalls and how to avoid them, immigration details, how to discover more information in death records and how to bring your ancestors' story to life. Pam Vestal, owner of Generations Genealogy, will present the classes. Early registration is \$35, and registration at the door is \$40. For more information or to register, call 541-932-4718 or 541-575-1431.

Kentucky Derby party

• 2 p.m., Grant County Fairgrounds
The race will be broadcast in the pavilion and sales barn. Admission is by donation, and the event is for adults ages 21 and older. Spitfire Cocktails will have a no-host bar, and food vendors will be present. Best dressed couple will win a prize, and a hat contest as well as games and raffles will be held. All proceeds will go toward the remodel of Keerins Hall. For more information, call the fairgrounds office at 541-575-1900.

Gospel bluegrass concert

• 3 p.m., Long Creek Seventh-day Adventist Friendship Hall
Walla Walla-based musical group Hand Picked will perform and a fellowship meal will be served. All are welcome. For more information, call Vivian Morris at 541-421-3868.

May Day dinner

• Monument Senior Center
4:30-5:30 p.m. or 6-7 p.m.
Both seatings will feature a prime rib dinner prepared by Ed Andersen. A silent auction will be held, and donation of pies for the dinner is appreciated. Proceeds benefit the Monument first responders. Tickets are \$20 for single, \$30 for a couple and \$7.50 for ages 6-12. Reservations are required. For tickets, call Carrie Jewell at 541-934-2078, Rose Howe at 541-934-2088 or Carolyn Thomas at 541-934-2495.

THURSDAY, MAY 10

Prairie City School kindergarten roundup

• 3 p.m., Prairie City School, Mrs. Sharp's room
The roundup is for children who will be 5 years old before Sept. 1. A birth certificate and copy of their immunization record is required.

SATURDAY, MAY 12

John Barry Rose Memorial Invitational Ranch Rodeo

• 5 p.m., Crook County Fairgrounds indoor arena, Prineville
In memory of 15-year-old John Barry Rose of Burns who died in 2016, the rodeo is a scholarship fundraiser for Oregon high school rodeo contestants. Admission is \$10, and kids 5 and younger get in free. Tickets will be available at the door. For more information, visit johnbarryrose.com. To donate or sponsor, contact Kasey Every at 208-250-7540.

Mother's Day treats

• 9 a.m. to 4:30 p.m., Grant County Historical Museum, Canyon City
The museum will offer free admission to mothers and a chocolate treat. For more information, call the museum at 541-575-0362.

THURSDAY, MAY 17

Farmers Market meeting

• 5:30 p.m., Outpost restaurant
People interested in becoming a part of the local farmers market are encouraged to attend the meeting and participate in a no-host dinner. Updated guidelines and vendor applications will be available. For more information, call 541-932-4718 or 541-733-8778.



Blue Mountain
Hospital District

Presents...

MAY VISITING SPECIALISTS

May 2nd

Dr. Baker

Bend Urology

Dr. McLellan

Bend Cardio

May 14th

Dr. Rushton

Baker Podiatrist

May 16th

Dr. Rushton

Baker Podiatrist

May 17th

Dr. Jacobson & Korina Farris

Bend Ortho

May 28th

Dr. Rushton

Baker Podiatrist



BLUE MOUNTAIN
CARE CENTER
Resident of the Month

DONNA FAYE
COX

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

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 53rd wedding anniversary in 2017.

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