



**Community HEALTH BEAT**

**Quality Healthcare Close to Home**

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

**Get Moving in 2020!**

By Dr. Dave Hall, Strawberry Wilderness Community Clinic

As a new year commences, have you thought of your New Year's resolutions? Statistically, 32% of you will make goals for the New Year. And if you're one of those people who do, one of the resolutions you're most likely to make is to exercise more. Most people make this a goal because they want to get in shape and lose weight, which are great reasons to be active. But there are many more reasons than that to be physically active.

Physical inactivity has been called the "Sitting Disease". The average American spends 13 hours per day sitting and 8 hours in bed, which equals 21 hours per day of inactivity. It's no wonder, then, that almost 40% of all Americans are obese. Scientific research shows that spending most of your time sitting is associated with:

- Overweight and obesity
- Decreased muscle mass
- High blood pressure and cholesterol
- Heart disease
- Diabetes
- Cancer
- Arthritis
- Dementia
- Depression and anxiety
- Increased pain, including fibromyalgia and chronic back pain

Experts recommend that adults get at least 150 minutes of moderate-intensity activity per week. That's only 30 minutes of exercise 5 days per week. Why not make specific New Year's resolutions to help you achieve this goal in 2020? Here are some examples:

**START OR JOIN AN EXERCISE GROUP**

- Exercising with others makes it harder to skip a workout and you are statistically more likely to exercise longer and harder.
- One study found that 95 percent of those who started a weight-loss program with friends completed the program, compared to only 76 percent of those who tried to do it alone. The friend group was also 42 percent more likely to maintain their weight loss.

**WALK DURING YOUR LUNCH BREAK**

- A 2015 study found that workers who walked for 30 minutes at lunchtime had increased enthusiasm, felt more relaxed, and were less nervous. They also improved their physical fitness and other measures of health.

**JOIN A GYM**

- Those who have a gym membership are 14 times more likely to achieve the 150 minutes of recommended exercise per week.
- They tend to have lower resting heart rates, their hearts and lungs are stronger, and not surprisingly, they have a slimmer waistline than those who don't go to the gym.


**JOIN THE TAI CHI GROUP IN GRANT COUNTY.**

- Tai chi has been scientifically proven to reduce the risk of falls and reduce pain in older adults and those with fibromyalgia.

**VOLUNTEER**


- Volunteering may not count toward your 150 minutes of exercise per week, but it has proven benefits for you, as well as for those you serve.
- A scientific study found that people who volunteer have lower rates of depression, increased sense of well-being, and a 22-percent lower risk of dying compared to those who do not volunteer.
- Find or suggest volunteer opportunities on www.justserve.org.
- Being physically active not only helps you lose weight, but it also reduces your risk of disease, prolongs your life, and improves your mood.

So, for a better 2020, let's get moving!



**January Visiting Specialists**

**Bend Dermatology - Dr. Wisco 1/7**  
**Bend Ortho - Dr. Jacobson 1/16**  
**Bend Neuro - Dr. Tien 1/17**  
**Bend Cardio - Dr. McLellan 1/22**



**Blue Mountain Care Center**  
Resident of the Month  
**Charlene Dean**

Charlene was born on May 27, 1944 in Astoria, Oregon to Ross and Lona Dean. She is an only child and was raised in Tillamook, Oregon. Charlene, at age 6, spent 2 years in Eugene, Oregon due to health issues. She then started school at age 8, in Tillamook. Charlene played basketball in high school and her team went to state all 4 years. She loves to read and collected postcards when she was younger. She loves to go fishing. She really enjoys going for car rides and having lunch with her friend, Julie. Charlene worked in a shelter workshop in Tillamook for 7 years; she then took care of her mom. She has travelled to Reno, Nevada. Charlene's favorite color is red and she loves to sit outside during the summer and read. She also loves people. Charlene came to the Blue Mountain Care Center on October 26, 2018.



Eagle file photo

**Grant County emergency dispatch manager Valerie Maynard accepts an award on behalf of dispatchers who worked for the John Day 911 Emergency Communications Agency for 30 years of service from John Day City Councilor Steve Schuette at the council's Jan. 8 meeting.**

**Year**

Continued from Page A3

A final Innovation Gateway plan was presented to a joint meeting between the city council, planning commission and two advisory committees but not yet adopted.

Grant County Sheriff's Office Deputy Tyler Smith was arrested on multiple charges including adult rape, child neglect and fourth-degree assault.

Commissioners Sam Palmer and Jim Hamsher traveled to Washington, D.C., on Sept. 9 to lobby for Payment in Lieu of Taxes and Secure Rural Schools funding.

Valerie Maynard was named the state Dispatch Manager of the Year by the Association of Public-Safety Communications.

A feasibility study for the pool was announced to determine many factors, such as who would pay for the pool, how big the district will be and what will be put before voters in 2020.

The U.S. Department of Transportation awarded a \$950,000 discretionary grant to reconstruct the north apron at the Grant County Regional Airport.

**OCTOBER**

John Day received the excellence award from League of Oregon Cities for the Innovation Gateway Project and Riverfront Recreation Area. The city was also one of 10 in nation to be chosen for the EPA revitalization assistance.

Sen. Ron Wyden talked with Grant County community members at Prairie City School for his town hall on Oct. 7. He answered questions regarding the national debt, climate change and the 2020 election. After the town hall, Wyden visited the torrefaction plant for an update on the project.

Allison Field, the Grant County Economic Development director, presented Oregon RAIN to the Grant County Court and to the John Day City Council. This is a venture catalyst program that will help connect entrepreneurs to resources.

The city of John Day distributed its first round of housing incentive rebates.

John Day Fire Chief Ron Smith retired for a second time after serving in John Day for 15 years. He was succeeded by Don Gabbard, who was the assistant chief to Smith.

**NOVEMBER**

Oregon state Sen. Cliff Bentz, R-Ontario, announced he will run for the seat in Congress being vacated by

retiring Republican Rep. Greg Walden. With the Senate District 30 seat open, Rep. Lynn Findley, R-Vale, announced on Oct. 31 that he will run for the seat being vacated by Bentz in the Oregon Senate.

The Grant County Court voted to have a contractor replace the courthouse's aging roof after years of repairs.

Plans for a 60-room, \$6 million hotel were announced on Nov. 12 during a John Day City Council meeting.

Santa Claus and Mrs. Claus arrived on an old-fashioned horse and buggy at the Prairie City Teen Center with a long line of children waiting on Nov. 23 for Christmas on the Prairie.

The city of John Day's hydroponic greenhouse delivered its first products to local stores and restaurants.

**DECEMBER**

Grant County People Mover Executive Director Angie Jones was awarded Outstanding Transportation Manager of the Year in Salem at an Oct. 30 Oregon Public Transportation Conference.

The U.S. Department of Agriculture's ReConnect Program awarded a \$6 million grant to Oregon Telephone Corporation to construct 89 miles of fiber optic line, connecting the cities of Long Creek, Monument, Seneca and Spray to the company's high-speed broadband network that already connects other cities in the county. OTC and the Grant County Digital Network Coalition created a public-private partnership to improve broadband access in the county.

Mark Owens, a Harney County commissioner who is running to be the state representative in Oregon's House District 60, met with community members and leaders Dec. 5 at The Outpost Pizzeria, Pub & Grill in John Day.

The John Day City Council shared on Dec. 10 that the city has applied for and received 23 grants adding up to \$12.5 million since 2017. There are also 10 potential grant opportunities pending with award decisions coming in the next fiscal year.

The John Day City Council on Dec. 10 updated the public on the progress of 23 various projects that are in different stages of development.

Sgt. Danny Komning won the Enforcement Command Council Supervisor of the Year Award, and Deputy Dave Dobler received the Search and Rescue Deputy Sheriff of the Year Award from the Oregon State Sheriff's Association at its annual conference Dec. 1-4.



Eagle file photo

**U.S. Sen. Ron Wyden, D-Oregon, answers questions from Grant County community members during a town hall Oct. 7 at Prairie City School.**