

Community **HEALTH BEAT***Quality Healthcare Close To Home*170 Ford Road, John Day • 541-575-1311 • www.bluemountainhospital.org**February is American Heart Month**
7 Easy Steps for Heart Health

As you probably know, your heart is the blood-pumping organ located in your chest. Unoxygenated blood is pumped by the right side of the heart into the lungs where it is loaded with oxygen for your tissues. From your lungs, the oxygen-rich blood flows into the left side of your heart where it is pumped by your heart, out to your body. This month we focus on keeping this vital organ happy and healthy! Taking good care of our cardiac system can be broken down into 7 simple easy steps:

ONE: Maintain a healthy blood pressure. Measure yours at home, at the drug store or with a friend's cuff. If you find that your blood pressure (BP) is consistently over 150 on the top number, it may be time to talk to your doctor. Keeping a proper blood pressure reduces your risk of heart-related complications like strokes and heart attacks.

TWO: Watch your cholesterol. Make sure your arteries don't get clogged with fatty build up, especially those arteries that feed the heart muscle itself. To keep your arteries clean and open eat plenty of fruits and vegetables, whole grains, and fiber and limit your fried foods and red meats to reasonable and balanced portion sizes. Ask your doctor to test your cholesterol levels.

THREE: Quit smoking! If you aren't ready to quit, consider cutting back. This one risk factor drastically impacts your body's ability to maintain your health. Smoking and other forms of tobacco use increase blood pressure, harden arteries and inhibit your body's ability to fight off germs and infections. If you need assistance in quitting, your doctor can help you get connected with a support group, behavioral counseling and/or medications that can help curb cravings. Talk to your doctor today!

FOUR: Get regular exercise. This can be daunting, but it doesn't have to be. Exercise can be enjoyable and free! If you haven't found a program that works for you, try a 30 minute brisk walk each day. Even walking can improve your heart function and provide benefits to your heart, attitude and health. Try it. Start today!

FIVE: Reduce stress. Stress increases cortisol in our bodies. Stress can also negatively affect blood pressure, eating habits and other factors that impact heart health in significant ways. Find ways to reduce stress. Talk to a friend or discuss stress-reducing techniques with a professional. Get a massage. Exercise can help and is one of the most effective tools we have in stress reduction, thanks to our body's natural endorphins which are released by exercise. These endorphins can even assist in reducing pain.

SIX: Reach and keep a healthy weight through heart-friendly eating and regular exercise. Keep your heart in mind, as you plate your meal. Reach for more fruits and veggies to replace some carbs, starches, and meats on your plate. Reduce sodium by cooking at home as often as you can. When you grocery shop, try to get the bulk of your diet from the outside walls of the grocery store, instead of the aisles. This will ensure that you fill your cart with good, whole foods, and decrease consumption of processed foods that are higher in sodium and other preservatives. Talk to your doctor about appropriate weight goals and other means to achieve them.

SEVEN: Consider your colloquial heart, too! Gratitude and kindness provide health benefits to both those who give and receive them. Give back to your community through volunteering, mentoring or simply completing a "good deed for the day". Participating in goodness can enable a healthy heart.

So, for American Heart Month, consider trying a few (or all!) of these 7 easy steps for heart health and you'll be on your way to a happier, healthier heart!

April Bieber
Physician Assistant
Strawberry Wilderness Community Clinic



FEBRUARY VISITING SPECIALISTS
February 12, 26: Bend Cardio - Dr. McLellan
February 14: Bend Ortho - Dr. Lilley
February 18: Baker Podiatrist - Dr. Rushton



Blue Mountain Care Center
Resident of the Month
DONNA WYLLIE

Donna Wyllie was born to Robert L. Porter and Elma Lavelle Osborne Porter on Oct. 27th, 1938 in Redding, California. Her and her brother, Robert L. Porter Jr., were raised in Fall River Mills, California.

Donna married Harry G. Santos and they had two children, Lindsey and Russell. After their divorce, she married Laurie Wyllie in 1960 and had two daughters, Lori and Jamie; and a son Layton. Laurie had a young son, Kelly, and Donna loved him as her own. Donna and Laurie divorced in 1975.

Donna worked as a housewife, a receptionist for PG&E, as a rancher and for the Blue Mountain Eagle. She also worked for Chaney Asphalt and Pavement, was a dispatcher at Charlie Brown Trucking, worked at Ace Hardware for 20 years in Nevada and sold mobile homes for Pioneer Mobile Homes. Donna went to work as an aide at Blue Mountain Hospital on the second day it was open; her favorite part was working with the mama's and their babies. While working for the Blue Mountain Eagle, she would drive to Prairie City on Tuesday nights to help Ruth Harris and Jerry Franklin with the Pioneer Press. She put together the Elk's Bulletin each month and was an Elkette.

Donna has also lived in Nevada and Oregon. She and her family drove from Nevada to Gore, Oklahoma to visit her aunt; her aunt will be 99 in December. Her favorite place to travel with her family was Burney Falls Park, California.

Donna now has 14 grandchildren and 10 great grandchildren. She enjoys collecting teapots and salt and peppershakers. She also enjoys doing crossword puzzles, jigsaw puzzles and playing pinochle. She got to see Garth Brooks, Alan Jackson, Reba McEntire, George Jones, Merle Haggard, Diamond Rio, Neil Diamond and many others in concert. She also met Bob Orisson, a stuntman for the movie, and Ron Ely who played Tarzan.

In 1980, Donna was in Portland on her way to the coast when she heard about Mount St. Helens, so she drove towards the mountain and got very close; she took several pictures. It was a good thing she ran out of film, as on her way out a police officer stopped and told her that she was only 12 air miles away from the eruption. There were deer running away from the area as well. "I got home and I knew I had been to Mount St. Helens as there were ashes in her car's engine and everywhere." She had the garage people help her with that. She kept some of the ashes in a baby food jar and they would sift through the lid if it wasn't screwed on tight.

Donna came to Blue Mountain Care Center on September 27, 2017.



Contributed photo/Tanni Wenger Photography

Ty Sharp and his daughters Jade and Tyra are dressed with the disco theme in mind at last year's Daddy Daughter Dance at the John Day Elks Lodge. The event is planned for Feb. 9 this year.

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.

Wednesday, Feb. 6**Grant County Little League sign-ups**

• 6-8 p.m., Grant Union Junior-Senior High School library
Sign-ups will be held for softball and baseball players ages 7-14. A copy of the birth certificate and three proofs of residency are required (unless the player has played on an All-Star team). Online registration is available at teamz.com/grantcountylittleleagueOR, and required documents can be delivered to Ace Hardware, attention Robbie Copenhaver. A late fee will be assessed for sign-ups after March 1. For more information, visit Grant County Little League on Facebook.

Thursday, Feb. 7**Road Advisory Board meeting**

• 2 p.m., Grant County Road Department
The Grant County Road Advisory Board will hold a meeting at the road department. For more information, call 541-792-9002.

Saturday, Feb. 9**Daddy Daughter Dance**

• 6-8:30 p.m., John Day Elks Lodge and upstairs ballroom
The theme is "Boots and Bling." Fathers or father figures and daughters can choose a dinner and dance package for \$50 and \$5 for each additional daughter, or dance only for \$30 with no charge for additional daughters. The dinner features hamburgers, hot dogs and a sundae bar. Included in either price is a 5-by-7-inch photo by Tanni Wenger Photography. Registration forms are available at schools and at the Parks and Recreation office at 845 1/2 NW Bridge St. in John Day. For more information, call Parks and Rec at 541-575-0110 between 8:30 a.m. and 12:30 p.m.

Friday, Feb. 15**Valentine's benefit dinner**

• 4:30 p.m. and 6 p.m., John Day Golf Club
The benefit dinner supports GIST (gastrointestinal stromal tumor) cancer research. There will be two dinner times at 4:30 p.m. and 6 p.m. Dinner includes prime rib, baked potato, vegetable relish tray, a dinner roll and dessert for \$17 per person or \$30 per couple. Call 541-575-0170 for more information or to make reservations.

Tuesday, Feb. 19**Android smartphone and tablet class**

• 6 p.m., OSU Extension classroom, 116 NW Bridge St., John Day

The class, instructed by Chris Gibson, will cover commonly asked questions and provide one-on-one help for Android devices. The cost is \$5 per session. For more information, call 541-575-1911 or email mccrackd@oregonstate.edu.

Saturday, Feb. 23**Mule Deer Foundation banquet**

• 5-10 p.m., Grant County Fairgrounds pavilion
The Blue Mountain Chapter will hold its 2019 banquet. A single dinner with an annual membership costs \$70, a couples dinner with a membership costs \$105 and a youth dinner for ages 14 and under costs \$15. For more information, contact Oregon regional director Ken Hand at 541-281-2224 or okbs4u@msn.com.

Tuesday, Feb. 26**Apple iOS smartphone and tablet class**

• 6 p.m., OSU Extension classroom, 116 NW Bridge St., John Day

The class, instructed by Chris Gibson, will cover commonly asked questions and provide one-on-one help for iPhones and iPads. The cost is \$5 per session. For more information, call 541-575-1911 or email mccrackd@oregonstate.edu.

Saturday, March 2**Jr. Miss Rodeo Oregon coronation**

• 6 p.m., Grant County Fairgrounds pavilion
Tickets to the coronation of 2019 Jr. Miss Rodeo Oregon Rowdy Israel cost \$12, which includes dinner. For more information or to buy tickets, call Nicole Israel at 541-620-2624. Tickets will also be available for purchase at the door.

Saturday, March 30**Inland Northwest Musicians Chorale concert**

• 4 p.m., Canyon City Community Hall
The Juniper Arts Council will host the 40-singer chorale, performing "Peaceable Kingdom" by Randall Thompson and "Gloria" by Antonio Vivaldi. The concert is free. A dessert reception will follow. For more information, call 541-932-4892.