



Elementary students line up at various stations at Prairie City School's gym to learn from the visiting staff of the Oregon Coast Aquarium. Students from Humbolt, Seneca and Monument schools also joined in the event.

Oregon Coast Aquarium shares knowledge at Prairie City School

By Angel Carpenter
Blue Mountain Eagle

A total of 270 elementary students from four Grant County schools enjoyed learning about marine life from Newport's Oregon Coast Aquarium staff who visited Prairie City School.

Enjoying the April 18 event were kindergarten through sixth grade students from Prairie City, Monument and Seneca, and Humbolt Elementary's kindergarten through second-grade students.

Two aquarium scientists shared information about whales and other sea crea-

tures that live off the Oregon Coast, including the various species and their sizes, also the difference between marine mammals and fish and how they survive. The presentation included a life-sized inflatable killer whale.

Prairie City Superintendent/Principal Casey Hallgarth said the event was fun and interactive for the students.

"It was a pleasure to be able to host this event and to offer it to our neighboring schools," Hallgarth said. "It gave a chance for our kids to see other faces and to learn a little about marine life."



Contributed photos

Christie Winegar's first-grade class at Prairie City School enjoys the visit from Oregon Coast Aquarium staff members. The aquarium's presentation included life-sized inflatable whales.

Kowing recognized for home care support services

Blue Mountain Eagle

Linda Kowing, employed with Blue Mountain Home Health & Hospice in John Day, has been recognized for her exemplary role in providing support services in home care.

Her colleagues Sylvia Ross, Krista Qual, Michelle Gibson, Marsha Pereira and Meredith Thomas nominated her for this prestigious award.

"Linda assures that we thrive as a team," they wrote. "Billing, patient care, OASIS, denials, patient visits, deaths to name a few, but also sewing outfits for our kids, sharing her family with us, taking time to make sure we are OK as a team. Without Linda we don't know what to do. She sets us up for success every day and sets the bar high for performance and work ethic. Linda, although very humble and would never say it, is in fact our team captain, our champion, and the reason we thrive as a team."

Linda was presented with her award at the Ore-

gon Association for Home Care's annual conference April 19 at the Eagle Crest Resort in Redmond during a special recognition awards ceremony.

The Oregon Association for Home Care is a trade organization representing providers of skilled home health, hospice and in-home care services throughout the state of Oregon. Each year, the association recognizes outstanding leaders in the home care industry.

Hospital adds speech language pathology program

Charissa Moulton dedicated to improving patients' overall health, quality of life

By Angel Carpenter
Blue Mountain Eagle

Blue Mountain Hospital District has something to talk about — a new speech language pathology program available for patients of all ages.

Having the program available locally through the Rehabilitation Services Department at BMHD means that patients will no longer have to travel to receive the needed therapies.

Speech language pathologist Charissa Moulton is making the rounds and is seeing the positive impact in the patients she's seen after just one month of the program rolling out.

There are varying reasons a person may need help from someone with Moulton's expertise, including a stroke, Parkinson's disease, dementia or a brain injury.

"It's bigger than just speech and language," she said.

For example, if a person's oral skills have been affected by a stroke, Moulton can offer swallowing therapy. A person with this difficulty may aspirate water and need a thicker consistency of liquid or need dietary modifications for softer food.

Depending on why they have trouble swallowing, Moulton may teach oral strengthening exercises or compensatory strategies, such as a chin tuck or turning their head to the side.

If a patient has speech problems, Moulton can assist with what's called alternative and augmented communication, which could include an iPad to help them communicate, or pictures, writing or pointing to something written.

Moulton can also address cognitive issues a patient may be having, as well as voice disorders, stuttering, language, speech and sound disorders.

If a patient has been admitted to the hospital, the process would include a doctor referring patient to Moulton, who would then perform an evaluation with the patient and diagnose the severity of the problem and recommend therapy or dietary modifications.

Moulton also sees people on an outpatient basis.



The Eagle/Angel Carpenter

Blue Mountain Hospital District speech language pathologist Charissa Moulton, left, and Rehabilitation Services Manager Megan Pass, doctor of physical therapy, have helped establish a speech language pathology program for individuals on an inpatient and outpatient basis at the hospital in John Day.

WHAT IS A SPEECH LANGUAGE PATHOLOGIST?

A speech language pathologist is a professional trained to evaluate, diagnose and treat patients who have difficulty speaking, swallowing or understanding the speech of others. Abnormal speech, language, cognition or swallowing function can be caused by a disease, illness, developmental delay or physical defect. Speech language pathologists are trained to determine the cause and treatment for disordered communication. They also work with other professionals to help patients who have cognitive or swallowing problems.

Speech language evaluations may occur for people who have experienced a stroke, a developmental disability or experienced head trauma. They may also occur for people with cancer, dementia or general deterioration of mental activity, oral surgery or hearing impairment.

When should a person ask about a speech-language evaluation?

- Coughing or choking when eating or drinking
- Having a hard time expressing what they want to say
- Easily confused
- Others don't understand them well
- Not always understanding conversations or what is read
- Having a hard time organizing thoughts
- Voice changes
- Having surgery on any oral structures (tongue, jaw, throat)

Anyone experiencing these symptoms or who has a family member with the symptoms can speak with a doctor about a referral for a speech-language evaluation.

A Mt. Vernon resident, Moulton has lived in Grant County for nine years and is married with three children, ages 3, 5 and 8.

In her free time, she enjoys camping and hunting with her family and visiting with friends and relatives.

Prior to receiving her Master's of Communication Sciences and Disorders degree from Idaho State University, Moulton was an early intervention specialist and speech therapist through the Grant County Education Service District for nine years, working with children ages 0-5.

While working toward her master's, she completed 1,260 clinical hours assisting younger and school-age children and adults under supervisors in Pocatello, Idaho; Meridian, Idaho; Boise, Idaho; and Pendleton.

Blue Mountain Hospital District's physical therapy

department is now called the Rehabilitation Services Department because it now includes the speech language pathology program.

Rehabilitation Services Manager Megan Pass, who also holds a Doctor of Physical Therapy and is a physical therapist, said she's excited about the opportunity for Grant County residents.

"We are providing excellent speech therapy care here," Pass said. "This minimizes the amount of required travel out of town for health care. It is also furthering BMHD's mission statement 'Quality healthcare close to home' as we now provide speech language pathology in our own community."

The demand for speech therapy is high nationwide, Moulton said, and based on the number of referrals she's seen, the need locally is great as well.

Moulton said she finds

her field of work interesting and rewarding.

She said functional swallowing skills play a key role in overall health, and she's dedicated to helping individuals achieve an improved quality of life.

It's a great experience to see someone go from eating pureed foods to enjoying some of their favorite foods again, she said.

"A couple people who have been discharged (in the past month) have been able to go back to the foods they had before they came in," she said.

She added, "There's nothing so fulfilling as helping someone who is not able to express themselves — you can see their frustration — to being able to communicate with people and see their personality come out and their confidence."

For more information, contact the Rehabilitation Services Department at 541-575-4157.

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THANK YOU!

The sophomore, junior and senior classes from Spray High School, along with the Spray School District staff, would like to express our appreciation to the community of John Day and surrounding areas. We thank the following businesses for hosting our annual job shadow week. We couldn't do it without your willingness to help!

- John Day River Vet Center
- Chester's Thriftway
- Les Schwab Tire Center
- Blue Mountain Hospital
- Len's Drug
- Pioneer Feed & Farm Supplies
- Doug's Motor Vehicle Repair, Inc.
- Grant County Sheriff's Office (Jail)
- 1st Choice Auto Body

Again, thank you!
Sincerely, Spray High School Students & Staff

The John Day Volunteer Fire Department would like to thank all of the following donors for their continued support & donations to the Annual Easter Egg Hunt. Every item/money donation that was received was greatly appreciated.

- Squeeze In Restaurant, A Bit of Europe, John Day Video Shoppe, Tidewater, Inc., John Day Golf Club, Malheur Lumber Company, Stylish '10' Nail Salon, Mobile Glass, Polaris, Dinomart Synclair, Timbers Bistro, Mills Building Supply, John Day NAPA Auto Parts, John Day Flower Shop, Nydam's Ace Hardware, The Cut Above, Ed Staub & Sons, Triangle Oil, 1st Choice Auto Body, Darkhorse Rentals LLC., Doug's Motor Vehicle Repair, Katrina's Haircare, Len's Drug, Cloud Nine Hair Salon, True Value Hardware, 1188 Brewing Co., Ken Kindig L.T.C., P.C., Solutions, US Bank, Darla Carpenter, Karin Brantish, etc., Jan Jackson from Seaside, OR, Bank of Eastern Oregon, Old West Federal Credit Union, Mountain View Mini Mart, Roon Coffee Outwest, El Cocinero, Lonnie's Cut & Style, O.T.E.C.C., Huffman's Market & Chester's Thriftway.

Lastly, a big thank you to the community for continuing to support the John Day Volunteer Fire Department & surrounding Volunteer Fire Departments.



We apologize greatly if we have failed to list your name for any donation given to the John Day Volunteer Fire Department.

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BARGAIN MATINEE IN () Adults \$7 ALL FILMS \$6 ON TIGHTWAD TUESDAY
MOVIE SCHEDULE MAY 10 - MAY 16
POKEMON: DETECTIVE PIKACHU (PG)
In a world where people collect Pokémon to do battle, a boy comes across an intelligent talking Pikachu who seeks to be a detective.
FRI & SAT (4:00) 7:00 9:20
SUNDAY (4:00) 7:00
MON - THURS 7:00
AVENGERS: ENDGAME (PG-13)
The Avengers assemble once more in order to undo Thanos' actions and restore order to the universe.
FRI - SUN (3:45) 7:30
MON - THURS 6:30
UGLY DOLLS (PG)
Animation. The free-spirited UglyDolls discover who you truly are is what matters most.
FRI & SAT (4:10) 7:10 9:30
SUNDAY (4:10) 7:10
MON - THURS 7:10
\$9 Adult, \$7 Senior (60+), Youth