

Community HEALTH BEAT



Quality Healthcare Close to Home

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November is Hospice and Palliative Care Month
Living Life: Patients' Pearls of Wisdom

Approaching death brings perspective to life. I recently read an article written by a hospice nurse who cared for dying patients. She said that she would often ask, "Do you have any regrets?" The answer to that question by those approaching death is perhaps most valuable to those with many more years to live.

One of the biggest regrets of dying patients is that they wish they had spent more time with the people they love. Giving and receiving love and the quality of the relationships we build is one of life's greatest treasures. Those relationships are not built with money or made better by position, but they are forged with time. Time is the only real currency we have in life. We do well when we allocate those we love more than their share.

Another regret expressed by those dying patients was that they wished they had let themselves be happier. Too much of life can be spent chasing the finish line or another deadline. I can still remember in grade school thinking that when I finished my formal education, then I would be happy. Since that time, I have realized that happiness is more often found in the journey, rather than the finish line. Joy in the journey is found taking time to appreciate the moment, the sun rising on a new day, the smell after it rains, the sound of laughter and the gifts that our senses bring us every day.

I am the hospice director for Blue Mountain Hospice. It has been my privilege to stand alongside a great hospice team. The hospice team in Grant County is second to none. Our team consists of a social worker, doctors, nurses, spiritual chaplains, aides and volunteers. We give medical, psychosocial and spiritual support as patients approach the end of life. We have had the chance to get to know many wonderful people in Grant County, and have benefited from their lifetime of experiences that they have shared with us. We admire their courage as they face death and are blessed to have witnessed lives so well lived.

Hospice is a type of care and a philosophy that focuses on the palliation of terminally ill patients' pain and symptoms and comprehensively attends to their needs. The dying process is physical, emotional, mental and spiritual. Hospice is designed to support each of these aspects through a holistic approach to care. Patients and families are very involved in the type and frequency of care that they receive based on their preferences and needs. Most health insurance companies have a hospice benefit that pays for the entirety of hospice care, which means that patients and families will never have a bill for hospice services. We receive donations from the community that allow us to provide hospice care and medical supplies for patients who are uninsured. Our ultimate goal is to help people and their families find peace and comfort and celebrate the time they shared.

By Zachary Bailey, MD
Blue Mountain Hospital District



Eagle file photos
Oregon Rep. Lynn Findley, R-Vale, addresses the Grant County Court April 11.

Bentz

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that I can adequately represent the people of the 2nd Congressional District of Oregon."

Knute Buehler, another high-profile Republican in Oregon and former state lawmaker, tweeted earlier in the day he was also considering running for Walden's seat.

Buehler ran for governor in 2018 but was defeated by Gov. Kate Brown, a Democrat.

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.

"I am looking forward to the opportunity to serve the people of Senate District 30," Findley said. "I have worked tirelessly to represent the voice of Eastern Oregonians since I have been in the legislature, and I believe that I am the right



Oregon Sen. Cliff Bentz

person to continue Senator Bentz's work in the state."

Findley has been a member of the Oregon House of Representatives since 2018, when he ran unopposed to fill Bentz's seat when Bentz moved to the Senate to replace Ted Ferrioli.

Findley also announced that his district office in Vale has been reestablished and will be open from 8:30 a.m. to 4 p.m. Mondays through Fridays at 252 B St. W., Vale. His new employee, Siera Watson, will manage the office. The phone number is 541-473-4029.

Students learn for National Bat Week

Blue Mountain Eagle

In celebration of National Bat Week the last week of October, Wildlife Technician Jeannine Sibley delivered four presentations at Prairie City School to a total of 80 students ranging from kindergarten to sixth grade.

Students learned fun facts about bats including different species, reproduction, hibernation, echolocation, diet, ecological significance, economic importance, threats to bats and what people can do to help these vulnerable animals. The presentation also aimed to dispel the many myths about bats in order to increase awareness about this highly misunderstood creature.

Interactive quizzes and games were incorporated into the presentation to convey the role bats play in our daily life.

Students had the opportunity to touch a replica of bat fur and get a close look at a replica of a little brown bat skull and fruit bat wing. An outdoor activity followed called the "Bat and Moth" game (similar to Marco Polo), which taught kids how bats use echolocation to find their prey.

Rachael Vaughn and Jenny Henning, Prairie City wildlife biologists, and Public Affairs Specialist Shawna Clark assisted in the presentations.

ELTRUM HISTORIC THEATER
1809 First Street • Baker City • (541)523-5439
BARGAIN MATINEE IN (I) Adults \$7
ALL FILMS \$6 ON TIGHTWAD TUESDAY
MOVIE SCHEDULE NOV. 8 - NOV. 14

DOCTOR SLEEP (R)
Years following the events of "The Shining," a now-adult Dan Torrance meets a young girl with similar powers.
FRI - MON (4:00) 7:10
TUES-THURS 7:10

LAST CHRISTMAS (PG-13)
A troubled young woman working as a Christmas elf finds her life taking a turn that seems too good to be true.
FRI - MON (4:20) 7:30
TUES-THURS 7:30

TERMINATOR: DARK FATE (R)
Sarah Connor must protect a young girl from a newly modified liquid Terminator from the future.
FRI - MON (4:10) 7:20
TUES-THURS 7:20

\$9 Adult, \$7 Senior (60+), Youth \$151405-1

Blue Mountain Hospital District
November Visiting Specialists

Bend Cardio: Dr. McLellan - 11/6, 11/20, 11/27
Bend Neuro: Dr. Tien - 11/15
Baker Podiatrist: Dr. Rushton - 11/18
Bend Ortho: Dr. Jacobson - 11/21

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

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 55th wedding anniversary in 2019.

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

Blue Mountain Care Center
Resident of the Month
Donna Cox

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He will bathe in an ADVERTISED TUB, shave with an ADVERTISED RAZOR, have a breakfast of ADVERTISED JUICE, cereal and toast, toasted in an ADVERTISED TOASTER, put on ADVERTISED CLOTHES and glance at his ADVERTISED WATCH. He'll ride to work in his ADVERTISED CAR, sit at an ADVERTISED DESK and write with an ADVERTISED PEN. Yet this person hesitates to advertise, saying that advertising doesn't pay. Finally, when his non-advertised business is going under, HE'LL ADVERTISE IT FOR SALE.

Then it's too late.

AND THEY SAY ADVERTISING DOESN'T WORK? DON'T MAKE THIS SAME MISTAKE

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