

Community HEALTH BEAT



Quality Healthcare Close to Home

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Blue Mountain Hospital District Telehealth Serving Grant County

By Megan Pass, PT, DPT, NCPT

During this every-changing time, a Stay Home, Stay Safe executive order from our governor, and need to maintain social distancing, Blue Mountain Hospital District is doing everything possible to serve Grant County Residents, in a safe and effective manner. As such, both Strawberry Wilderness Community Clinic Providers and BMHD Rehabilitation Services have rolled out telehealth. Telehealth is a real-time video chat where a link is sent to the patient through either text message or email for a scheduled appointment with a SWCC Provider or BMHD Rehabilitation Therapist.

Strawberry Wilderness Community Clinic Providers are offering telehealth as an option to serve your needs. We are able to provide care virtually for refills, chronic disease management (diabetes visits, some blood pressure visits, etc.), and some sick visits. Unfortunately, the Oregon Health Authority postponed preventive and wellness visits until it is deemed safe. Many patients, who had appointments postponed, are being called, and given the option to schedule telehealth visits. If internet access is an issue, the providers will phone patients to manage chronic health problems. We all understand that life goes on, and we are committed to helping you manage your chronic conditions.

Please contact Strawberry Wilderness Community Clinic at 541-575-0404 for any health needs, and they will happily direct you to the best treatment option.

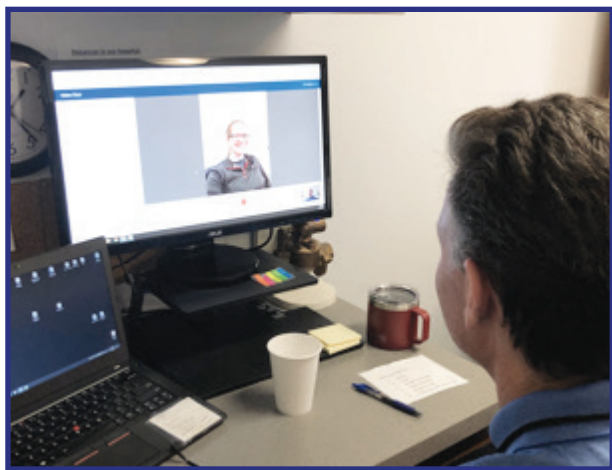
Rehabilitation Services, which includes our doctors of physical therapy, occupational therapist, and speech therapist, are now offering telerehab as appropriate and as a virtual case management option. Before the COVID-19 pandemic, telerehab and virtual case management was not an option to rehab professionals. Some insurance companies, including Medicare, are changing the regulations to make sure you are well taken care of.

Telerehab is a regular physical therapy, occupational therapy, or speech therapy visit done over real-time video chat. We will invite you to the "chat room" about 5 minutes before your appointment through a text message or email. This can be done on your computer or smart phone. If you are an existing patient and want to opt in, give us a call and we will walk you through the process to get you started.

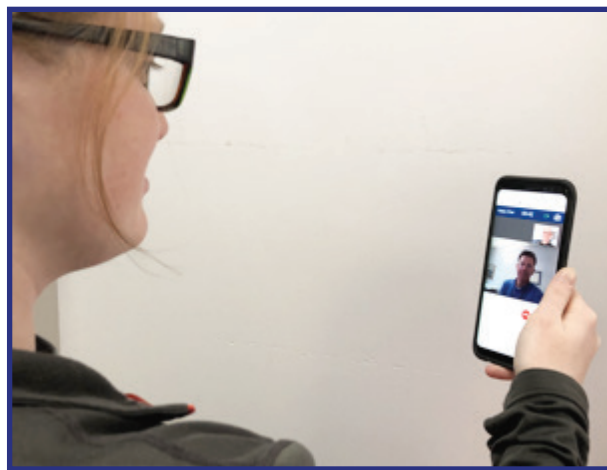
Virtual case management is either over the phone, or ideally through real-time video chat. If you are an existing patient and have a question, concern, or change in status, reach out to us and we will guide you on how to set up the video chat.

Rehabilitation Services at BMHD is seeing patients on a critical basis following all precautions. We continue to reach out to you to move you forward on your rehabilitation journey. Call us with any concerns at 541-575-4157.

Whether you opt in to telehealth or not, we are here to serve you. We at Strawberry Wilderness Community Clinic and Rehabilitation Services value your care and are here to serve the health needs of our community.



Provider View



Patient View



Blue Mountain
Care Center
Resident of the Month
Helen Frazier

Helen was born on February 26, 1934 in Quincy, California. She has three brothers. She was raised in Eastern Oregon and Idaho. Helen married Dean in April of 1952. Together, they have three children and raised them in Bates and Prairie City Oregon.

Helen worked as a cook for the Golf Course, was a store owner and as a housewife. Helen and Dean spent 13 years wintering in California, golfing and traveling with timeshares.

Helen came to the Blue Mountain Care Center on December 12, 2019.

SHOOTING THE BREEZE Voices from the dust

Like many of you I have accumulated quite a few things in my life. Some of these, without a doubt, are junk. I keep them because someday I might need them or perhaps someone I know will need them. Other things are priceless and could never be replaced. To the untrained eye, the junk and priceless treasures may resemble each other in appearance. But as the saying goes, things are not always as they appear. While this article isn't focused on hunting or shooting, per se, I think it speaks to those of us who desire to preserve history and continue tradition. I have always been a writer, it seems. I especially love the tradition of letter writing. Emails and texts just don't have the same effect for me. There is just something about ink on paper folded and sealed in an envelope. It's not only words; it's a gift, something published especially for you that you can hold on to for your whole mortal life and, if passed down, your descendants can continually cherish.

Like everything else about a person, handwriting is unique. Some folks write small and sharp letters while others write large and rounded letters. Most of us were taught to write in cursive; some don't. Of all the many letters I've received and written, some have been accentuated with illustrations or 4-by-6-inch photographs, or occasionally announcements, sometimes money. Everything about a handwritten let-

ter exudes personality, which makes it such a wonderful gift to give and to receive.

When I was in second grade, I decided to write my grandfather a letter. I don't recall what I said, but I wrote it in the best handwriting my 7-year-old hands could muster. What happened next was the special part. Grampa Keith wrote back. Nothing mushy, no life words of guidance, merely a brief message to his grandson. My mother couldn't believe it.

Grampa was not the letter-writing type. So she kept the letter for me until I was old enough to be given its charge. Only 10 years later Grampa passed on. How I wish now that I had continued to write letters to him. The things he had seen and the counsel he could've provided. All I have is the one, and I cherish it dearly.

My challenge to you, my readers, is to pick someone, anyone you can think of, and write them a letter. Give it some thought. Pick your words carefully as there is no backspace button. You may well bestow a once in a lifetime gift that will be held in the highest esteem for generations. For when each of us is gone, all that remain are our words and deeds. Spread the wisdom that you hold. Lord knows the world could use it.

Who do you plan to write to? Email us at shootingthebreezebme@gmail.com!

Dale Valade is a local country gent with a deep love for handloading, hunting and shooting.



Dale Valade

John Day Basin Conservation Corps provides summer jobs for youth

Blue Mountain Eagle

The North Fork John Day Watershed Council is still planning to hire for the John Day Basin Conservation Corps, although preparations will be in place for mitigating effects from the pandemic. The John Day Basin Conservation Corps provides a paid work experience for Grant County youth ages 14 to 24. Typical job experiences are trail maintenance, planting and caging native plants, building and maintaining fences and

building in-stream wooden structures. These jobs will help build resumes, prepare the crew members for a career in natural resources and provide a positive experience working outdoors.

The applications and job descriptions are available online at nfdjwc.org/open-positions. Applications will be accepted until the time the program starts, which is tentatively scheduled for June 15. For more information, contact Kris Thornton at kris@nfdjwc.org or 541-620-1187.

Forests close developed recreation sites

Blue Mountain Eagle

The Malheur, Umatilla, and Wallowa-Whitman national forests are temporarily closing all developed recreation sites to align with direction from state governors to stay home, stay safe and save lives during the ongoing COVID-19 pandemic.

The closure applies to campgrounds, trailhead facilities, picnic areas, rental cabins, Sno-Parks and boat ramps across the forests' shared footprint in Oregon, Washington and Idaho, according to a press release. Forest roads, trails and general forest lands remain open to the public, but all visitors are strongly urged to practice social distancing.

The three national forests in the Blue Mountains are jointly taking these measures to encourage compliance with Centers for Disease Control and Prevention guidance on social distancing to slow the spread of COVID-19. The governors of Oregon, Wash-

ington and Idaho have called for residents to stay home and avoid any non-essential travel or gatherings. Additionally, these closures will reduce potential pressure on emergency services in rural communities. Those who become lost, injured or otherwise in need of assistance while recreating in the forest may strain limited search, rescue and health care resources at a time when there are no resources to spare.

This action will significantly reduce risks to forest visitors, employees, volunteers and contractors from coronavirus.

While developed recreation sites are closed, the national forests are currently open. At this time, commercial and private activities, such as timber harvest, grazing and dispersed recreation, may continue.

All reservations made for forest recreation facilities during the temporary closure will be fully refunded.

Fossil Beds implement closures

Blue Mountain Eagle

John Day Fossil Beds National Monument, in response to Executive Order 20-12 issued by Gov. Kate Brown, is announcing additional modifications to operations to support federal, state and local efforts to slow the spread of the new coronavirus.

In addition to the existing closure of the visitor center, trails, overlooks and picnic areas will be closed to the public until further notice. All outdoor areas of the park are closed. The closures will be in the following areas:

- Clarno Unit: Trail of Fossils, Clarno Arch trail, Geologic Time trail and Clarno picnic areas.

- Painted Hills Unit: Painted Hills Overlook trail, Carrol Rim trail, Painted Cover trail, Leaf Hill trail, Red Scar Knoll trail and Painted Hills picnic area.

- Sheep Rock Unit: Island in Time trail, Blue Basin Overlook trail, Flood of Fire trail, Story in Stone trail, Cant Ranch picnic areas and trails and Mascall Overlook.

Updates about National Park Service operations will be posted on nps.gov/coronavirus.