



**Community HEALTH BEAT**

**Quality Healthcare Close to Home**

170 Ford Road, John Day • 541-575-1311 • [www.bluemountainhospital.org](http://www.bluemountainhospital.org)

**Suicide Prevention is Everyone's Business**

Most of us have been touched by the tragedy of suicide. We may have lost someone close to us or been moved by the loss of someone we may have never met. When a suicide happens, those left behind often experience deep shock. Even if they knew the person was struggling, they may not have expected suicide would be the result. However, many people who find themselves in a suicide crisis can and do recover.

Sadly, in the State of Oregon, on average, one person dies by suicide every 10 hours. Suicide is the leading cause of death for people ages 10-24, the 2nd leading cause of death for people ages 25-34 and the 3rd leading cause of death for people ages 35-44. More than five times as many people died by suicide in Oregon in 2018 than alcohol related vehicle accidents. \*

Since early 2019, Community Counseling Solutions has been working with the Zero Suicide Institute to help guide us in a system-wide transformational change toward safer suicide care for the people we serve. The foundational belief of Zero Suicide is that every death from suicide for individuals in care is preventable. This framework moves away from a fragmented care system to a more to a holistic and comprehensive approach that will enhance and expand suicide prevention and intervention strategies designed to raise awareness of suicide and improve care and outcomes for our clients. But we cannot do this alone. Suicide prevention is everyone's business. You can help by taking the following actions if you think someone may be suicidal:

- Know the Signs: Most people who are considering suicide show some warning signs or signals of their intentions.
- Talking about death or wanting to die
- Talking about feelings of emptiness, hopelessness or having no way out of a problem
- Saying goodbye to friends and family
- Giving away personal items and wrapping up loose ends
- Learn to recognize these warning signs and how to respond to them by visiting the Know the Signs web site <https://www.suicideispreventable.org/>

**Find the Words:** If you are concerned about someone, ask them directly if they are thinking about suicide. This can be difficult to do but being direct provides an opportunity for them to open up and talk about their distress. Asking someone if they are thinking about suicide will NOT suggest the idea to them if they aren't thinking about it.

- Reach Out: You are not alone in this. Before having the conversation, become familiar with some resources to offer to the person you are concerned about.

**Help is Available**

The Suicide Prevention Lifeline (1-800-273-8255- TALK) offers 24/7 free and confidential assistance from trained counselors. Callers are connected to the nearest available crisis center. The Lifeline is also available in Spanish, and for veterans or for those concerned about a veteran, by selecting a prompt to be connected to counselors specifically trained to support veterans.

Community Counseling Solutions has a qualified mental health professional on call 24/7 to respond to crisis calls. If you are having a mental health crisis or want to help someone who is, please do the following:

Call 9-1-1 and tell the dispatch operator that you need to speak to the on-call crisis worker. They will ask you some basic information (your name, location and the number to reach you on).

The crisis worker will call you right back at the number you provided.

\*Oregon Suicide Facts and Figures provide by American Foundation for Suicide Prevention



**Blue Mountain Care Center**  
Resident of the Month  
**Sharon**

Sharon was born on May 9, 1940 to Roy and Miriam Pulliam in Portland, Oregon. She had four brothers and sisters. Sharon had severe asthma as a child and her family moved to the Dalles, Oregon and then to Canada to improve her health.

Sharon has a music degree from college. She was married for 17 years and had three sons and a daughter. She has 12 grandchildren. She worked at a radio station in the Midwest and was a ward clerk at a hospital in Seattle. She also taught music out of her home, was a church staff musician and choir director.

She enjoys helping people, playing the piano, the violin, doing arts and crafts, shopping, playing cards and bingo. She also enjoys teaching music to children.

Sharon came to the Blue Mountain Care Center on September 20, 2012.

**SHOOTING THE BREEZE**  
**The old man down the road**

It was a hot summer day, you know the kind where you feel like you're melting. Mid-July through late August kind of hot. Hank was only 19 that summer and feeling as Bob Seger would put it "like a rock." On his way home from work, Hank stopped by to see Mr. Harris, an old man that lived just outside of town. Mr. Harris never ran out of stories or cold drinks, so Hank stopped by to cool his heels two or three times a week.



**Dale Valade**

Hank's old Chevy had a squeaky fan belt, and every time he made the turn off of the highway onto Harris's driveway, the squeal would sort of announce his arrival. Mr. Harris would sit up in his porch rocker and adjust his glasses in anticipation. He too looked forward to the visits. Mrs. Harris had passed away the winter before, and it was lonely by himself.

After parking his old truck out front, Hank trotted up the walk and onto the porch in his typical youthful and vibrant manner. For a moment, Mr. Harris reminisced of days gone by when he could run up the front steps like that. After greeting, they retired inside out of the miserable heat to the study. Mr. Harris's den was a tapestry of pictures, awards and accomplishments. He had served in Vietnam as one of Uncle Sam's Motherless Children, earning a bronze star. He came home afterwards, married and went to work in the local lumber mill. Everyone in the county in those days had a job in the timber industry. They were good jobs, with steady work paying money enough to raise a family on. That's just exactly what Mr. and Mrs. Harris had done. They were lucky enough to have raised their children before the town mill closed down.

Besides pictures of his family and of his buddies, there were dozens of pictures of Mr. Harris with various big game animals. He never could afford to go to Africa, but he had pretty well covered the continental U.S. and Canada. Hank stared, fascinated as he tried to take it all in. Although he had seen it many times

before, Hank never lost the awe he felt seeing it yet again.

"The reason I asked you to stop by today, Hank," the old man drawled, "is because I know you'll be headed back to the city to live with your Ma once summer is through. I've seen you learn a lot while you've been here, and I've respected the way you've worked hard and took responsibility. I wanted to give you something to remind you that good things come to folks that work for them."

Mr. Harris opened the large gun cabinet, reached inside and, grabbing a fine custom hunting rifle, pulled it out. He handed it to the young lad who stood there speechless. It was a work of art, but had signs of having been well traveled. "Mr. Harris, I don't know what to," the boy stammered, "I mean, nobody has ever given me something like this before. I'm not sure I can take it. I mean Mom probably won't even allow me bring it in the house."

"You go on and take it," Mr. Harris said. "For all the times your uncle dragged you over here to mow my lawn and trim the trees. And for fixing my gate after those hooligans blew it up last Halloween. No, a man needs a rifle, Hank, because there is no more important role that a man can play than to protect and provide for his family. I've taught you how to clean it, shoot it and handle it safely. It ain't easy not having a Pa, but I've done what I could for you, and I don't know how many more of these hot summers I got left in me."

Hank reluctantly and yet excitedly accepted the gift. One he cherishes to this day. It's a symbol after all of not only freedom but of a different time and place. Back when the whole village pitched in to take care of its own. People saw each other through every season back then, and it was a good thing too, because all they had was each other and the good Lord to lean on when times got tough.

We love to hear from our readers. Please write us at [shootingthebreezebme@gmail.com](mailto:shootingthebreezebme@gmail.com)!

Your Rural Family Health Clinic		<b>Grant County HEALTH Department</b> 528 E. Main, St. E. John Day
		<b>Monday - Thursday</b> 7am - 6pm <b>Friday 8am - 5pm</b>
Services Provided:	• Primary Care • Acute Care • Women's Health Exams • Men and Children Exams • Immunizations • Family Planning • Contraception	• Pregnancy Testing & Referrals • HIV Testing & Referrals • Cocoon • WIC • High Risk Infants • Maternity Case Management
	Call and schedule your appointment today! <small>TOLL FREE</small> <b>888-443-9104</b> or 541-575-0429	

**Grant County Awarded Federal Funds CARES SSA Allocation of the Emergency Food and Shelter National Board Program**

Grant County has been selected to receive an award of \$46,847.00 for the Emergency Food and Shelter National Board Program to supplement emergency food and shelter programs in the county.

The selection was made by a National Board that is charged by the Department of Homeland Security's Federal Emergency Management Agency and consists of representatives from The Salvation Army, American Red Cross, Council of Jewish Federations, Catholic Charities USA, National Council of Churches of Christ USA, and United Way of America. The Local Board was charged to distribute funds appropriated by Congress to help expand the capacity of food and shelter programs in high-need areas around the county.

The Local Board will determine how Grant County's award is to be distributed among emergency food and / or shelter programs run by local service agencies. The Local Board is responsible for recommending agencies to receive federal funds made available through CARES SSA Allocation.

Under the terms of the National Board award, local organizations chosen to receive funds must be a private voluntary non-profit or unit of government eligible to receive federal funds, with an accounting system and federal employer identification number. Organizations must demonstrate the capability to deliver qualified emergency food and / or shelter programs. Private voluntary organizations must have a voluntary board and practice non-discrimination. Qualifying agencies are urged to apply.

Grant County has distributed Emergency Food and Shelter funds previously to the Grant County Food Bank, Prairie City Baptist Church Food Bank and Monument Food Bank. These agencies were responsible for providing food to qualifying local citizens. Public or private voluntary agencies interested in applying for Emergency Food and Shelter Program funds under Phase CARES SSA Allocation may request an application by contacting 541-575-0059, Grant County Court Office, 201 S. Humboldt Street, No. 280, Canyon City, OR 97820. Completed applications are due before 5:00 pm Friday, September 10th, 2020.