



Community Health Beat



What's new at BMHD?

Masks Still Required in Healthcare Facilities

Oregon may be open, but hospitals and healthcare facilities are required to follow state regulations. Until further notice we will continue to screen patients and visitors at the door, and masks are still required. Thank you for your cooperation!

We're hiring!
Visit our website
for a full list of
opportunities.

WALK WITH a
DOC

Community
Counseling
Solutions

Upcoming walks:

Saturday July 17th 8:00am
Seventh Street Complex

Saturday August 21st 8:00am
Seventh Street Complex

Saturday September 18th 8:00am
Seventh Street Complex



OB Department Remodel Complete

The Obstetric Department has undergone a makeover in the last year, with the latest updates completed in June. Both rooms have new flooring, paint, new sofas, cabinets, and updated decor; making for a much more cozy stay for families welcoming new additions here at BMHD!

What OTEC Members Can Expect

If there is the potential for a PSPS, here is what to expect:

Early Warning Notification: OTEC will attempt to notify members in advance of a potential PSPS event via automated calls, press releases to local media, social media and OTEC's website. OTEC will attempt to notify affected members again before shutting off power and throughout the event until power is restored. However, situations may prevent OTEC from providing notice as the actual onset of extreme weather conditions and other circumstances beyond OTEC's control may disrupt coordination and notification efforts. OTEC receives its power from Bonneville Power Administration, which may deenergize transmission lines with its own PSPS policy. If BPA initiates its own PSPS, it would be outside of OTEC's control, but OTEC would still work to notify affected members.

Ongoing Updates: OTEC will provide ongoing updates throughout the PSPS through social media, local news outlets and the outage map on its website otec.coop.

Safety Inspections: After

extreme weather has passed, OTEC will inspect the lines/equipment in affected areas to determine if there is any damage to the electrical infrastructure. Any damaged equipment must be repaired before power can be safely restored. This process could take several days.

Power Restoration: Power will remain out for as long as extreme and dangerous weather conditions pose a potential fire risk. Depending on the severity of the weather and other factors, power outages could last several hours or multiple days. That is why it is critically important for everyone to have an emergency plan in place, not just for a potential PSPS, but for any natural disaster.

How OTEC Members Can Prepare

- Update contact information with OTEC via an online account or by calling 541-523-3616.
- Have a personal safety plan in place for every member of a household, including a plan for pets and/or livestock.
- Sign up for the county's emergency notification system.
- Plan for any medical needs like medications that need to be refrigerated or devices that require power, such as oxygen tanks.
- Create or restock an emergency supply kit, including food, water, flashlights, a radio, fresh batteries, first aid supplies and cash.
- Identify backup charging methods for phones and medical equipment.
- Know how to open garage doors manually.
- Ensure any backup generators are ready to operate safely.
- Identify the unique needs of family and loved ones in the area for an emergency plan.
- Designate an emergency meeting location.

Generator Safety Tips

- Make sure to disconnect from OTEC's system using an approved disconnect switch before using a generator to prevent backfeed, which could be deadly to utility workers attempting to turn power back on.
- Do not overload the generator. Use it to only power essential appliances or equipment.
- Only operate the generator outside, not indoors. The generator could release carbon monoxide inside the house, which could be deadly.

Food Safety/Storage

- Try not to open a refrigerator during an outage. The food might remain safe up to four hours or longer.
 - A freezer full of food should remain viable for up to 48 hours, 24 hours for a half-full freezer.
 - OTEC is not responsible for spoiled food.
- For a list of additional information and resources, visit otec.coop/public-safety-power-shutoffs.

Monthly ECHO Testing

Echocardiograms are now being offered monthly in the BMH Respiratory Therapy Department. ECHOs are ultrasounds of the heart used to determine how it is functioning.

Appointments Available for Patients Needing to Re-Establish at SWCC

James Cook, FNP- C is seeing previously established patients in the clinic as he is building his patient panel. James will continue to serve Same-Day Appointment patients as well.



www.bluemountainhospital.org

Blue Mountain Healthcare Foundation SUMMER RAFFLE

Prizes include:

- 1st Prize:**
\$400 Grant County Greenbacks + \$300 Beef Box
- 2nd Prize:**
\$300 Grant County Greenbacks + 1/2 Pig Cut & Wrapped to your choosing
- 3rd Prize:**
\$100 Grant County Greenbacks + Local Guided Fishing Trip for 2 (\$600 value)
- 4th Prize:**
\$200 Grant County Greenbacks

\$5 Each or 5 for \$20

All proceeds will go toward the purchase of a 3D Mammography Machine for the BMH Radiology Department.

Winners will be announced 8/26

To purchase tickets visit:
bluemountainhospital.org/raffle

Save the Date:

Blue Mountain Healthcare Foundation
Fundraiser Golf Scramble July 17, 2021



5252400-1

OTEC urges members to prepare in event of public safety power shutoff

Blue Mountain Eagle

As Eastern Oregon prepares for a potentially dangerous wildfire season, Oregon Trail Electric Cooperative is preparing its member-owners for the threat of wildfires and the potential of power outages during times of extreme weather.

In the interest of public safety, OTEC may need to shut off or de-energize its transmission and distribution lines to minimize potential wildfire ignition to protect members and the communities OTEC serves, according to an OTEC press release. This is called a public safety power shutoff.

It is a topic that has gotten a great deal of attention as the western United States has seen devastating wildfire seasons in recent years. Some utilities in the west and Pacific Northwest have implemented them, including during the Labor Day fires in Oregon in 2020, when extreme windstorms instigated catastrophic wildfires that burned more than 1.5 million acres, taking human life and destroying thousands of homes.

There are several factors that may potentially necessitate a PSPS. OTEC vigilantly monitors local fire danger and extreme weather with the help of community partners, such as the U.S. Forest Service and the Oregon Department of Forestry. A combination of factors would influence the decision to take action and turn off power: Red Flag Warnings from the National Weather Service, sustained high winds, fire threat to OTEC's electric infrastructure, on-the-ground observations and public safety risk.

Wyden: Expect feds to mobilize forest firefighters this year

By Peter Wong
Oregon Capital Bureau

U.S. Sen. Ron Wyden says he is awaiting an announcement by President Biden's administration about a mobilization plan for firefighters and equipment for widespread forest fires in the West.

The Oregon Democrat told reporters Saturday that such a mobilization plan is likely to require more money as well. He based his observation on a June 17 hearing of the Senate Energy and Natural Resources Committee, which heard a presentation by Chief Vicki Christiansen about Biden's 2022 budget request for the U.S. Forest Service. That budget year starts Oct. 1.

"I do think it will take additional resources," Wyden, who sits on that committee, said. "I think in a matter of days, the Biden administration will be outlining the steps that I have touched on that constitutes its strategy against this grave threat."

"I believe what we will hear about is making sure there are personnel available in the West to fight multiple fires at the same

time. This is a departure from the past. Usually we have one big fire and other western states would chip in to help the state that was hit the hardest. Now, we are talking about something that is unprecedented: Big fires simultaneously throughout the West."

Wyden led the committee for about one year, from 2013 to 2014, when he took over the tax-writing Finance Committee, which he now leads again after Democrats became the Senate's majority party with Vice President Kamala Harris the tie-breaker in a 50-50 chamber.

Wyden continues to sit on the Energy and Natural Resources Committee as the No. 2 Democrat behind Chairman Joe Manchin of West Virginia. Senate rules allow one committee chairmanship per member.

Budget details are decided by the Appropriations Committee; Oregon Sen. Jeff Merkley leads the subcommittee that oversees the Forest Service.

Wyden spoke on a weekend when temperatures exceeded 100 in virtually all of Oregon, and drought affects most of the state.