

Facing the challenges at Providence Seaside

Kendall Sawa takes helm at Providence Seaside Hospital

By Nancy McCarthy
EO Media Group



JOSHUA BESSE/EO MEDIA GROUP

Kendall Sawa is the CEO of Providence Seaside Hospital and the North Coast service area.

"It's a beautiful place to come and work," Sawa said. "There are providers looking for an opportunity to serve a small community hospital like Providence Seaside."

But, he added, every community wants more primary care doctors, which are becoming rare nowadays. Medical school graduates are going into the higher paying specialties instead of serving general populations.

Being in a small community hospital has its disadvantages: It means being on call much more frequently than in a larger hospital, where there may be little or no on-call duty. It may be difficult to find an affordable home, and the doctor's spouse or partner may not be able to find appropriate work.

But, Sawa noted, there's one big advantage: "In a rural community, you really get to know the people you see as patients." There are other pluses, too, he added. The North Coast is a good place to make a lifestyle change.

"We've been lucky to find several candidates who want to make this a place to live," Sawa said.

Collaborations

Providence Seaside also will continue to find ways to form partnerships with Columbia Memorial Hospital in Astoria, Sawa added.

"The walls are breaking down," he said. "It's the right thing to do. We are collaboratively working together."

When CMH announced that it was ending its home health services at the end of April, Providence Seaside agreed to pick up CMH's 17 patients. The Seaside hospital already serves about 100 home health patients

— those who need medical attention but can't leave home and don't need a nursing home.

In addition, the two hospitals are collaborating with each other and with Clatsop Behavioral Health to create the Clatsop Behavioral Health Respite Center for those who need treatment for mental health crises. The Warrenton center is expected to open at the end of May.

While CMH recently became affiliated with Oregon Health and Science University in Portland, Sawa points to the strength of the overall Providence Health & Services system, which stretches over seven states. It is the third-largest health system in the United States.

Seaside Providence also is working with Ocean Beach Hospital by sending cardiologist Robert Morse there on a regular basis. "He already sees a lot of patients from that area," Sawa said.

To provide service for its rural residents and still stay within budget, the hospital is increasing its use of "telemedicine," where patients talk to doctors online and don't have to travel to appointments. The online process is being used to admit patients to the hospital and to have follow-up discussions with cancer and stroke patients. The system is even being used in the intensive care unit.

With the addition of doctors and other personnel, the hospital may have to expand outside its current boundaries on Wahanna Road in Seaside, Sawa said. A master construction plan is being worked on, he added, and more off-campus offices may be opened.

"We are definitely out of space," Sawa said.

CB Farmers Market is back in season

Highlights include music, children's program and new vendors

By Lyra Fontaine
Cannon Beach Gazette



CANNON BEACH GAZETTE/FILE PHOTO

Starting June 14, the City Hall parking lot in Midtown will be filled with fresh food, music and fun activities at the Cannon Beach Farmers Market, every Tuesday through Sept. 27.

Prepared food and music run 1 to 5 p.m. Other vendors are open 2 to 5 p.m.

Shoppers can expect a variety of items, including flowers, produce, pasture-raised meat, organic cheeses, smoked salmon and baked goods. One new vendor is Northwest Roll and Bowl, offering sushi and noodle bowls. The sweet and savory waffles from Hello Waffle and Middle Eastern cuisine from O Falafel are among this year's returning vendors.

Farmers market visitors can enjoy local music during each market. On the opening day, Two Crows Joy will play.

For the second year, the market will have a children's program, spearheaded by Police Chief Jason Schermerhorn, for kids ages 5 to 12.

"They meet farmers and learn about where their food comes from," Market Manager Philomena Lloyd said.

Each child receives two dollars in tokens they can spend or save on items of their choice at the market. A goat from a local creamery will also make an appearance.

At most weekly markets, an Oregon State University

Shoppers at the 2015 Cannon Beach Farmers Market. The market is open Tuesdays at 1 p.m. with music, prepared food and community booths.



CANNON BEACH GAZETTE/FILE PHOTO

The line-up of Mexican dishes offered by Casa de Tamales was among the array of prepared food in 2015.

program will offer food demonstrations at the "Taste of Place" booth.

"They will showcase how easy and quick it can be to prepare healthier versions of our meals," Lloyd said.

Community booths will be present at each market. Groups interested in signing up can view the "calendar" on the Cannon Beach Farmers

Market website (cannonbeachmarket.org) for open dates. Interested groups may contact Bob Lundy through the farmers market phone or email.

Volunteers are always needed. Those interested in volunteering may contact Philomena Lloyd at 503-436-8044 or info@cannonbeachmarket.org

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