

Rehab close to home



Bev Norton walks with Pioneer Memorial Hospital physical therapist Shelley McCabe, DPT. Norton is a patient in the hospital's swing bed program. —Contributed photo

Bev Norton has had an eventful three weeks.

Early Sunday morning, March 23, she came to Pioneer Memorial Hospital's Emergency Department with prolonged vomiting and severe epigastric pain. Upon x-ray, Dr. Betsy Anderson noted that her previously diagnosed sliding hiatal

hernia was now completely above her diaphragm with her stomach literally in her chest.

She was stabilized and transported by a Morrow County Health District ambulance to Kadlec Medical Center in Richland, WA, where doctors determined the surgery she needed was

too intensive. Eventually, Norton was taken by Life Flight to Oregon Health Science University Hospital (OHSU) in Portland for surgery.

When an OHSU care manager suggested that Norton stay in a rehab facility in the Portland area until after her two-week follow-up appointment, Norton exclaimed, "Nope, Nope, Nope! Get me back to Heppner; they have a swing bed program, and that's where I want to be."

With that determination, on April 10 Norton returned to Pioneer Memorial Hospital for rehabilitation as a swing bed patient.

"This is Bev's third stay in Pioneer Memorial's swing bed program," said daughter-in-law Pam Norton. "The first time was for her heart, then after a knee replacement, and, of course, now."

Thankfully for Norton

and many other patients, one of the services offered by Pioneer Memorial Hospital is the "swing bed" program. The federal government initiated this program to allow rural hospitals to use their beds for either acute care or as a rehabilitation unit.

Patients are admitted to the swing bed program when they no longer need acute care but may still require skilled nursing and/or rehabilitative care. Conditions that may require an extended stay include when a person is recovering from a major surgery or joint replacement, slow healing wounds, continuation of IV antibiotic therapy, or if a person needs daily physical therapy.

For questions about Pioneer Memorial Hospital's swing bed program, contact Director of Nursing Molly Rhea at 541-676-2947.

Local youth attend 4-H 'speakeasy'



(L-R): Emily Taylor, Skylar Wightman, Kylee McClure, Raleigh McClure, Ashley Price and Corban Price participate in a speaking game by introducing themselves and the puppets on their hands to the rest of the group. —Contributed photo

On March 24, more than 35 youth attended the 4-H "Speakeasy" workshop to learn and practice public speaking skills.

This workshop was taught by Gilliam County 4-H Extension Agent Cindy Osterlund, who has been teaching this subject matter for multiple years. The event was hosted by the Morrow County 4-H Program and the Boardman Community 4-H Club at Sam Boardman Elementary School. Participants played speaking games, learned how to prepare and give a

presentation, learned the different uses of visual aids, made posters, used fun learning kits for demonstrations and had a fun day with friends.

For more information on this event and other opportunities within the 4-H program, contact the Morrow County 4-H office at 541-676-9642, www.extension.oregonstate.edu/morrow or Ashley.Jones@oregonstate.edu. Follow them on Facebook at "Morrow County 4-H Oregon" for updates and current happenings.

Columbia-Blue results for The Dalles

Thirty-two Willow Creek Country Club golfers participated in the first Columbia-Blue

Senior Golf Association Tournament held at the Par 71 The Dalles Country Club on April 14.

They enjoyed beautiful weather and good playing conditions. The results for the

Willow Creek players were as follows:

Columbia Division (Handicap 0 to 16)

Gross: 6. Duane Disque - 85, 9. Tom Bedortha - 86.
Net: 9. Dennis Peck - 72.

Blue Division (Handicap 17 to 24)

Gross: 1. Kelly Fox - 83, 4. Jim Swanson - 89, 6. John Edmundson - 90,

7. Denis Lien - 91, 9. Dave Gunderson - 93.

Net: 3. Dave Pranger - 69, 7. Bob Jepsen - 72.

Senior Division (Handicap 25 and over)

Gross: 5. Dave Mitchell - 97, 9. Ralph Walker - 102.

Net: 1. Bill Morris - 65, 2. John Kilkenny - 66, 6. Al Scott - 71.

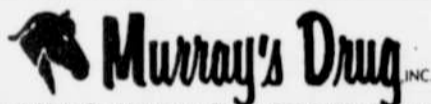
The next Columbia-Blue Senior Golf Association Tournament will be held at Willow Creek Country Club on May 12 with tee times at 7 a.m., 11 a.m. and 3 p.m. The Willow Creek Ladies Association will be providing breakfast sandwiches (\$4) and a lunch of soup, bread and pie (\$6).

WHITE CHOCOLATE RASPBERRY MOCHA \$4.25
STRAWBERRY AND CREME ITALIAN SODA \$3.00

WEDDING TABLES

Adam Paul Doherty &
Molly Sue Turrell

Reception - April 26, 2014



217 North Main St., Heppner • Phone 676-9158 • Floral 676-9426
Serving Morrow, Wheeler & Gilliam counties Since 1959

Justice Court Report

Morrow County Justice of the Peace Ann Spicer has released the following Justice Court report:

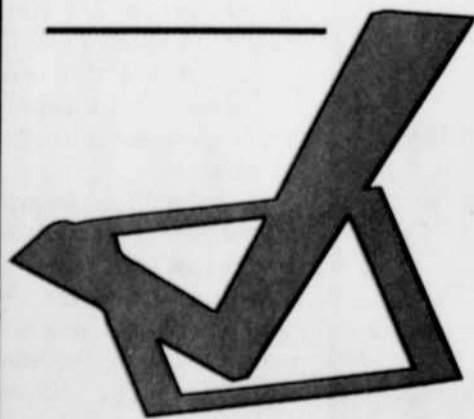
-Jay A. Coil, 53, of Heppner received a Diversion on a charge of

Maintain Dog as a Public Nuisance.

The \$260 presumptive fine will be waived if the defendant can keep the dog in question quiet for one year.

VOTE YES FOR HEALTH SERVICES

Vote Yes on Morrow County Health District Levy



- Maintain Quality Health Services
- Purchase New Ambulances
- Upgrade Cardiac Monitoring Systems

NO INCREASE IN TAXES, CONTINUATION OF PREVIOUS LEVY!

**VOTE YES FOR THE HEALTH DISTRICT,
VOTE YES FOR THE DEDICATED STAFF!**

78 FULL AND PART - TIME EMPLOYEES

- 4 Board Certified Family Medicine Physicians
- 2 Physician's Assistants
- 34 Nurses and Nursing Assistants
- 4 Paramedics
- 6 Lab and Imaging professionals
- 28 Support staff

89 VOLUNTEERS

- 29 Hospice volunteers
- 60 Emergency Services Volunteers
- Ambulance drivers
- Emergency Medical Technicians

RETURN YOUR BALLOT BY MAY 20, 2014!

Paid for by Vote Yes for Health Services Committee