

Pioneer Memorial Foundation announces scholarship recipients

The Pioneer Memorial Foundation has announced the recipients of scholarship awards for area students who are working on their education in the medical field. The Foundation reports that these scholarships are renewable for the students and in increasing amounts for first-year students. The awards were established by contributions to the Foundation by members of the community. Recipients are as follows:

Eva McMasters, an employee of Pioneer Memorial Hospital, was awarded the Dr. Wallace Wolff scholarship in the amount of \$1,500. This scholarship was established by Dr. Wolff's family in his memory as a long-time physician in Heppner. McMasters is studying in a diagnostic



Eva McMasters

imaging program and plans to finish in the spring of 2018 and return to Pioneer Memorial Hospital.

The following students were awarded Earl & Hazel Wilson scholarships. These awards were made possible by a generous grant to the Foundation by Earl Wilson.

Rebecca Jepsen was awarded \$1,250. She is in her second year in the Doctor of Physical Therapy program at Eastern Washington University. She received her bachelor's degree from Whitworth University in Spokane, WA.



Rebecca Jepsen

Stacey Halvorsen was awarded \$1,250. She is

in the radiologic science program at Oregon Institute of Technology in Klamath Falls. Stacey will be doing her externship program in Richland with planned completion in the summer of 2018.

Cidney Coster is in the surgical technology program at Mt. Hood Community College, and she was awarded \$1,250 to help her reach her goal. Coster received her prerequisites at Blue Mountain Community College.



Cidney Coster

Jessica Kempken is attending Blue Mountain Community College in the pre-nursing program, with a plan on going on to OHSU to get her bachelor's degree in nurs-

ing. She was also awarded \$1,250.

Ian Murray is planning on becoming a registered nurse after completing his study program at the University of Portland. Murray has one semester left in his program and was awarded \$750 to assist him in completing his final term.

The foundation awarded first-year scholarships to the following students, who will graduate from high school this year. These awards are for \$500 each and are renewable in increasing amounts as the students progress through their individual programs.



Ian Murray

Lacey Mashos will graduate from Riverside High School as head of her class. Her plan is to attend Brigham Young University and work toward the goal of becoming an athletic trainer.

Taylor Hamby will graduate from Heppner High School at the top of her class. Her plan is to attend Oregon State University to study biology, with the ultimate goal of obtaining a degree in dentistry.

Ashley Medina will graduate from Ione Community School and will attend Portland Community College to become a EMT



Taylor Hamby

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and the long-term goal of going in to nursing.

Brandy Quezada-Hermosillo will graduate from Irrigon High School and plans to attend Blue Mountain Community College to get her prerequisites to go on to become a dental hygienist.

Keven Murray will graduate from Heppner High School at the top of his class and is enrolled at Oregon State University with the plan of attending the School of Pharmacy and becoming the latest member of the Murray family in the field of pharmacy.



Brandy Quezada-Hermosillo

Keven Murray will graduate from Heppner High School at the top of his class and is enrolled at Oregon State University with the plan of attending the School of Pharmacy and becoming the latest member of the Murray family in the field of pharmacy.

Mustang state results

The Mustang track and field team competed at the OSAA 2A State Championships last Thursday and Friday at Hayward Field, Eugene.

The Heppner men's team placed 13th out of the 30 participating teams, and several athletes placed in

the top ten in their events.

Derek Howard earned a space on the podium by taking third in the shot put, while Hunter Nichols placed fourth in the 3000 Meters and Alex Lindsay placed fourth in the Triple Jump.

In addition, personal

records (PR) were attained by Trent Smith, Hunter Nichols, Jake Wallace and Alex Lindsay.

Full individual results for Heppner athletes at state are as follows:

- Men's Results**
 800 Meters 2A - Finals
 10. Trent Smith, 2:08.33a PR
 1500 Meters 2A - Finals
 8. Hunter Nichols, 4:19.74a
 3000 Meters 2A - Finals
 4. Hunter Nichols, 9:08.25a PR
 10. Trent Smith, 9:46.87a
 110m Hurdles - 39" 2A - Prelims
 9. Jake Wallace, 18.35a PR (1.6)
 300m Hurdles - 36" 2A - Finals
 7. Alex Lindsay, 45.19a
 300m Hurdles - 36" 2A - Prelims
 8. Alex Lindsay, 45.15a PR
 Shot Put - 12lb 2A - Finals
 3. Derek Howard, 47-03.25
 Long Jump 2A - Finals
 8. Alex Lindsay, 18-10.25
 Triple Jump 2A - Finals
 4. Alex Lindsay, 12.52m PR (1.5)
Women's Results
 100m Hurdles - 33" 2A - Prelims
 10. Makayla Silvia, 19.40a (.2)

Free Spray Day in Heppner May 25

By popular demand, Morrow Soil and Water Conservation District along with the Natural Resources Conservation Service will again host "Free Spray Days" in Morrow County. Heppner's Free Spray Day will take place Thursday, May 25, from 9 a.m. to noon at Heppner City Park.

Harshmans plan reunion May 28

The family of Harvey and Annie Harshman is planning a family reunion and potluck at Hardman Community Center on Sunday, May 28, at 12:30 p.m.

Harvey and Annie homesteaded at Juniper Creek on Rock Creek. They moved to Hardman soon after, then to Rood Canyon

and later to Heppner, where they spent the remainder of their lives.

The couple had five children—Lloyd, Irene, Everett, Buel and Delsie Mae. Descendants are scattered throughout the Northwest, and invite family and friends to join them to celebrate their family.

HEALTH DISTRICT

-From PAGE ONE
 By April Sykes

Morrow County Health District board, providers and the district's executive team toured Pioneer Memorial Hospital Monday night to view the current facilities to consider remodeling of the hospital to provide for expansion of services and continuation of services offered at the hospital.

CEO Bob Houser said that the first step began with approving the purchase of a new ultrasound machine and "dexa scanner" (dexa scans measure bone health), so the services would be available "pretty much every day." The board had already moved forward with the remodel of a patient room to turn it into a "endoscopic suite," so that endoscopes (including colonoscopies) could again be offered. The procedures have not been offered since the state deemed the room insufficient and ceased allowing scopes to be performed at the hospital.

Houser reported that he has signed and approved plans for the endoscope room from the building official for Morrow County. However, Houser said he was still waiting approval from Oregon Health Authority, which had indicated earlier that MCHD was third on the list, before anything can progress further. Houser said that OHA was "starting to look at a waiver" to allow use of the remodeled room for endoscopy procedures.

During the tour Houser outlined five areas which illustrate what is needed to meet current and future needs of the health district.

Area 1: outpatient services—lab, ultrasound and dexa scan, cardiac stress testing, mammography, RT/PFT testing, at home sleep studies, wound and Coumadin clinics, outpatient infusion services, MRI. Of these, he said that lab, ultrasound and dexa scan are all in need of space and the lab cannot accommodate any more lab equipment in the spaces it now occupies. He said that dexa scan and ultrasound are currently performed in an (unoccupied) patient room, "which is crowded at best and obviously takes one patient room out of commission."

Dr. Russ Nichols was emphatic in that he would like to be able to perform stress testing once again. Dr. Nichols also had performed scope procedures prior to the shut-down of the scoping room. Both procedures are considered important to patient health

and also important to the district's financial bottom line.

Other services, including cardiac stress testing, cannot be added until more space is available; however, MRI and mammography can continue to be provided through a mobile service. He noted that mammography and MRI could be brought in house, if space were available.

Area 2: emergency room/triage (assessment of the degree of urgency of wounds or illnesses to determine order of treatment) area, procedure room, central nurse's station, ambulance entrance, front entrance/waiting room. The current ER room does not have a triage area, cannot be accessed by nursing staff unless they leave their patients on their floor and does not have a decontaminating shower located in the facility (it is located outside). He also reported that maintenance had been working in the basement of the annex building, preparing to move their office there so the IT (information technology) department can have more space. He said that the bathroom at the former Windwave building in downtown Heppner will also be remodeled to meet handicapped requirements prior to moving the Home Health and Hospice offices there. Houser said the district has set a goal to be in that building by June 10.

Area 3: patient rooms/bathrooms, dietary kitchen/dining room. There are no bathrooms in the existing patient rooms used for acute and skilled swing bed patients. Two patient rooms, the isolation room and adjoining room, have bathrooms, but neither are ADA compliant. For all other rooms in the main hospital corridor patients use bed pans/commodos or walk across the hall. The existing patient rooms are outdated and need to be able to accommodate a bathroom in the rooms. The current cafeteria is too small to even meet the needs of the employees during lunch. Its current location is where the proposed new emergency department/triage area and central nurse's station will be located.

Area 4: all other office spaces, janitor closets, public use areas/bathrooms. There is not enough floor space to accommodate the various offices needed for the new employees hired, current staff or those to be hired. There is also no space for doctors to dictate in an area that is not shared with

others. The pharmacy also needs a mixing hood to mix IV solutions. It is currently done at the nurse's station.

Area 5: Pioneer Memorial Clinic needs additional space to improve the workflow of physicians and medical assistants and make room to accommodate specialists.

In other business, the board:

-received good news that the district is in the black with a \$113,719 gain for the month of April. The profit/loss statement for April is as follows: \$852,254 in gross patient revenue; less \$8,766 in provision for bad debts, a \$62,287 gain for contractual and other adjustments, \$168,350 in tax revenue and \$44,992 in other operating revenue for \$1,012,075 in total operating revenue; less \$910,501 in total operating expenses, and a \$12,145 non-operating gain for the \$113,719 gain.

-learned from Houser that he has spoken with an internal medicine/pediatric physician concerning setting up an interview with the district. The physician's wife is an RN, said Houser.

-heard from Houser that an IT technician, Caleb Berry, has been hired and was to start May 19. Other employees needed include an EMT or EMT/Paramedic for the Irrigon Clinic.

-approved purchase of a software module to work with a voice recognition dictation system, \$11,840.

-approved \$5,000 for the purchase of first aid equipment for the Boardman Pool and Recreation Center. The Boardman Park and Recreation district is raising funds for the center by "selling" items--\$500,000 for the building, \$150,000 for the gym (already "sold" to a donor), \$150,000 for the pool/natorium, \$50,000 for a fitness/weight room (sold), \$50,000 for a party/meeting room (sold), and \$5,000 each for signage (sold) and other miscellaneous furnishings. According to Houser, the Boardman Park and Rec District indicated they would like MCHD to "buy" the aerobics room for \$50,000. Board member Jill Parker said that she believed that it would not be prudent for the district to expend that amount of money, but the board agreed to donate the \$5,000.

-approved privileges for Telestroke physicians through Providence.

-held a lengthy executive session concerning "matters involving trade or commerce."

Understanding Your Annual Preventative Care Appointment

Because the Affordable Care Act has required all major medical health insurance policies that went into effect 9/23/10 or after to cover certain preventative services without out of pocket payment and no need to meet deductible first, there has been continued confusion regarding Annual Preventative Care visits or Annual Wellness visits (formerly known as the Annual Physical).

The descriptions below may be helpful in determining what is and isn't considered to be Preventive Care.

This is Preventive Care: Preventive care focuses on evaluating your current health status when you are symptom free. Preventive care allows you to obtain early diagnosis and treatment to help avoid more serious health problems. Through a preventive exam and routine health screenings, your medical provider can determine your current health status and detect early warning signs of more serious problems. Your preventive care services may include immunizations, physical exams, lab work and x-rays. During your preventive visit your doctor will determine what tests or health screenings are right for you based on many factors such as your age, gender, overall health status, personal health history and your current health condition.

This isn't Preventive Care: Medical treatment for specific health conditions, on-going care, lab or other tests necessary to manage or treat a medical issue or health condition are considered diagnostic care or treatment, not preventive care.

For more information, contact your insurance company or go to: <https://www.healthcare.gov/coverage/preventive-care-benefits/>

