



GET READY GORGE

We love you, Hood River

Talk about your *family emergency plan*

Hood River County Emergency Management



CELL PHONE,
CHARGER



FIRST AID KIT



JUMPER CABLES



FLARES



WATER,
SNACKS

BUILDING AN EMERGENCY SUPPLY KIT FOR YOUR CAR

WHY?

BECAUSE YOU NEVER
KNOW WHEN YOU WILL
ENCOUNTER WINTER WEATHER
OR AN EMERGENCY ROAD
CLOSURE.



FULL TANK
OF GAS



FLASHLIGHT



TOW ROPE



BOOTS, GLOVES,
WARM CLOTHES



BLANKET



SHOVEL,
ICE SCRAPER,
SNOW BRUSH



BAG OF SAND
OR CAT LITTER



TIRE CHAINS
OR SNOWTIRES

Power Outage Tips

Before A Power Outage

- Check flashlight and radio batteries
- Charge mobile devices
- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM's may not work)

During A Power Outage: Safety Tips

- Follow directions from local officials
- Conserve energy
- Go to community warming shelters; and check on neighbors, family, seniors and homeless
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

After A Power Outage

- Throw out unsafe food

WINTER 2016

GET READY GORGE



GET READY GORGE

Be safe! Be Prepared!

Tips from Hood River County Emergency Management

Barbara Ayers, Emergency Manager
541-386-1213 | Barbara.Ayers@co.hood-river.or.us

Matt English, Hood River Sheriff
541-386-2098 | Matt.English@co.hood-river.or.us

Erica Stolhand, 911 Commander
File a non-emergency report, 541-386-2711

David Meriwether, Hood River County Administrator
541-386-3970

**Thank you to our sponsors United Way of the
Columbia Gorge and Providence Hood River.**

Get READY, Gorge residents!

- **Get a Kit** of Emergency Supplies
- **Make a Plan** – to connect your family if separated
- **Stay informed** – watch for Hood River County Citizen Alerts and:

Tips: www.HoodRiverSheriff.com/events/get-ready-gorge
Twitter: @HRCEmergencyMgt
Opt-in for Citizen Alerts: www.co.hood-river.or.us
Sheriff's Facebook: www.Facebook.com/HoodRiverCountySheriff'sOffice

Winter Storms And Extreme Cold If your home loses power or heat for more than a few hours or if you do not have adequate supplies to stay warm in your home overnight, you may want to go to a designated public shelter if you can get there safely. See page 5 for power outage tips.

Learn From Every Storm Restock your emergency supplies to be ready in case another storm hits. Assess how well your supplies and family plan worked. What could you have done better?

This insert was prepared by Hood River County Emergency Management and Hood River News, with grants from: U. S. Department of Homeland Security, Federal Emergency Management Agency (FEMA,) Oregon Military Department, Office of Emergency Management, United Way of the Columbia Gorge and Providence Hood River Memorial Hospital.



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Get ready, Gorge!

We live in a beautiful and remote area with weather and natural hazards. Be prepared. Disasters and emergencies can happen at any time.



EMERGENCY KIT CHECKLIST

<input type="checkbox"/>	Food , at least a three-day supply of non-perishable food
<input type="checkbox"/>	Water , one gallon of water per person and pet per day for at least three days, for drinking and sanitation
<input type="checkbox"/>	Radio , battery-powered or hand crank with NOAA weather and tone alert
<input type="checkbox"/>	Flashlight, headlamp, extra batteries for radio and lights
<input type="checkbox"/>	First aid kit
<input type="checkbox"/>	Whistle to signal for help
<input type="checkbox"/>	Dust mask or cotton t-shirt to filter air
<input type="checkbox"/>	Moist towelettes, garbage bags, plastic ties for personal sanitation
<input type="checkbox"/>	Wrench or pliers to turn off utilities. Know where and how shut off valves.
<input type="checkbox"/>	Manual can and bottle openers, plates, utensils, paper towels
<input type="checkbox"/>	Maps and documents - insurance information, contact information, family emergency plan, etc.
<input type="checkbox"/>	Coats, shoes, clothing
<input type="checkbox"/>	Unique family needs - prescription medicines, glasses, infant formula, diapers, pet supplies including crates.

1. Get a Kit *of emergency supplies.*

Be prepared to make it on your own for at least three days, it may be up to three weeks.

If possible, make two kits – a larger kit at home and a small kit for the car.

2. Make a Plan *for family emergencies.*

Sit down together, plan and practice in advance.

Your family may not be together when disaster strikes, so plan how you will communicate and meet up and where you will go. If you evacuate, take your emergency supply kit and pets, however public shelters may not allow pets inside.

Set up family meeting points where you can find each other and leave messages if you are separated. Power may be out and cell phones may not be working. Find out how schools and your employer will reach you if needed.

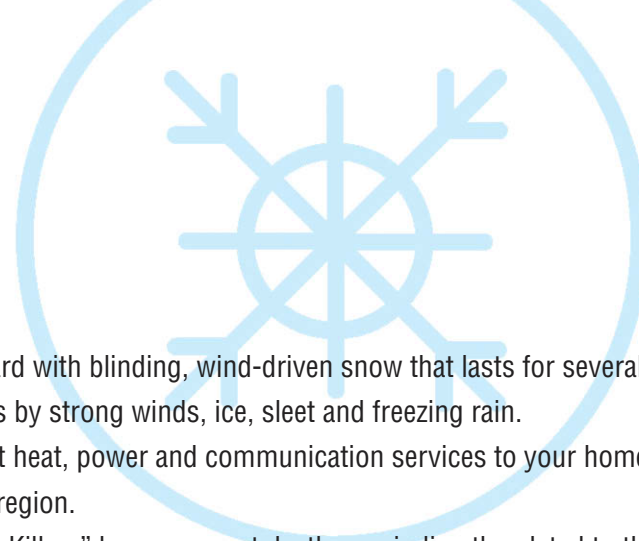
Have an out of state contact that all family members call. If you can't reach each other, it may be easier to make a long-distance call than to call locally. Be sure everyone knows the number and has coins or a prepaid phone card.

3. Stay informed.

Get Hood River County Citizen Alerts:
www.HoodRiverSheriff.com/events/emergency-alerts



Winter Storms and Extreme Cold



Winter storms can range from moderate snow over a few hours to a blizzard with blinding, wind-driven snow that lasts for several days. Many winter storms are accompanied by dangerously low temperatures and sometimes by strong winds, ice, sleet and freezing rain.

One of the primary concerns is the winter weather's ability to knock out heat, power and communication services to your home or office, sometimes for days at a time. Heavy snowfall and extreme cold can immobilize an entire region.

The National Weather Service refers to winter storms as the “Deceptive Killers” because most deaths are indirectly related to the storm. Instead, people die in traffic accidents on icy roads and of hypothermia from prolonged exposure to cold. It is important to be prepared for winter weather before it strikes.

Before Winter Storms And Extreme Cold

To prepare for a winter storm you should do the following:

Add the following supplies to your emergency kit —

- **Rock salt.** Use environmentally safe products to melt ice on walkways.

- **Sand to improve traction.**

- **Snow shovels and other snow removal equipment.**

- **Sufficient heating fuel.**

You may become isolated in your home and regular fuel sources may be cut off. Store a good supply of dry, seasoned wood for your fireplace or wood-burning stove.

Have adequate clothing and blankets to keep you warm.

- **Make a Communications Plan.**

Your family may not be together when disaster strikes, so it is important to know how you will contact one another, how you will get back together and what you will do in case of an emergency.

A NOAA Weather Radio broadcasts alerts and warnings directly from the NWS for all hazards. You may also sign up in advance to receive notifications from your local emergency services.

- **Sign up for Hood River County Citizen Alerts**

www.co.hood-river.or.us

- **Minimize travel.** If travel is necessary, keep a disaster supplies kit in your vehicle.

- **Bring pets/companion animals inside during winter weather.**

Move livestock to sheltered areas with non-frozen drinking water.



Winterize Your Home

Winterize your home to extend the life of your fuel supply by insulating walls and attics, caulking and weather-stripping doors and windows.

Winterize your house, barn, shed or any other structure that may provide shelter for your family, neighbors, livestock or equipment. Clear rain gutters; repair roof leaks and cut away tree branches that could fall on a house or other structure during a storm.

Maintain heating equipment and chimneys by having them cleaned and inspected every year.

Insulate pipes (with insulation or newspapers and plastic) and allow faucets to drip a little during cold weather to avoid freezing. Running water, even at a trickle, helps prevent pipes from freezing.

All fuel-burning equipment should be vented to the outside and kept clear.

Keep fire extinguishers on hand, and make sure everyone in your house knows how to use them. House fires pose an additional risk, as more people turn to alternate heating sources without taking the necessary safety precautions.

Learn how to shut off water valves (in case a pipe bursts).

Insulate your home by installing storm windows or covering windows with plastic from the inside to keep cold air out.

Hire a contractor to check the structural ability of the roof to sustain unusually heavy weight from the accumulation of snow - or water, if drains on flat roofs get plugged.





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What are Top Gorge Natural Hazards?

- Severe Weather
- Drought
- Wildfire
- Flood
- Landslide
- Earthquake

Source: Hood River County Natural Hazards Mitigation plan.

FLOODS

Basic Safety Tips

Turn Around, Don't Drown! ®

Avoid walking or driving through flood waters. Just 6 inches of moving water can knock you down, and 2 feet of water can sweep your vehicle away.

If there is a chance of flash flooding, move immediately to higher ground. Flash floods are the #1 cause of weather-related deaths in the US.

If floodwaters rise around your car but the water is not moving, abandon the car and move to higher ground. Do not leave the car and enter moving water.

Avoid camping or parking along streams, rivers, and creeks during heavy rainfall. These areas can flood quickly and with little warning.

LANDSLIDES

Landslides occur across the Pacific Northwest and can be caused by heavy rainfall, fire, earthquakes, storms, volcanic eruptions and human modification of land. They occur quickly, and the best way to prepare is to look for changes that a landslide is likely to occur.

LANDSLIDE – Warning Signs

- Look for collapsed pavement, embankments, mud, fallen rocks, and other debris while driving - roadsides are particularly susceptible.
- Landscape changes such as storm-water drainage on slopes (especially where runoff converges) land movement, small slides, or progressively leaning trees.
- House doors or windows stick or jam for the first time.
- New cracks appear in plaster, tile, brick, or foundations.
- Outside walls, walks, or stairs begin pulling away from the building.
- Slowly developing, widening cracks appear on the ground or on paved areas.
- Underground utility lines break.
- Bulging ground appears at the base of a slope.
- Water breaks through the ground in new locations.
- Fences, retaining walls, utility poles, or trees tilt or move.
- Unusual sounds, such as trees cracking, boulders knocking together, or rumbling debris.

Earthquakes

“When, not if, the magnitude-9.0 quake strikes – let alone an accompanying tsunami, Oregon will face the greatest challenge in its history” – the Oregon Earthquake Commission predicts.

Oregon State Office of Emergency Management, OSU and USGS geologists agree, we are overdue for a massive magnitude 8.0 to 9.0 cascadia subduction earthquake along the Oregon coast, impacting the I-5 corridor from Northern California to Canada. Although we are further inland, Hood River is not immune – our own impacts would be significant.

Geologists calculate the odds of the "Big One" occurring in the next 50 years at roughly one in three. Forty-five years ago, no one even knew this earthquake risk existed.

Let's get prepared for the "Big One" and we'll be ready for smaller disasters that come our way – like power outages, winter storms, landslides and wildfire.

Before An Earthquake

- Look around - Identify safe places such as under a sturdy piece of furniture or against an interior wall at home, office or school so that when the shaking starts, you DROP to the ground there, COVER your head and neck, and if a safer place is nearby, crawl to it and HOLD ON.
- Practice “Drop, Cover, and Hold On!”
- Secure items that could fall and cause injuries.
- Build a family emergency kit.



During An Earthquake

If you are inside a building:

DROP, COVER AND HOLD ON

Do not run outside or stand in a doorway – you will not be protected from falling objects.

DROP onto your hands and knees.

COVER your head and neck with your arms to protect yourself from falling debris.

Crawl under a sturdy desk or table. **HOLD ON** until the shaking stops.

Stay away from glass, windows, outside doors and walls, (anything that can fall).

Be prepared for aftershocks.

If you are in bed:

Stay there and cover your head and neck with a pillow. At night, hazards are difficult to see; attempts to move in the dark injure more people than remaining in bed.

If you are outside:

Move away from buildings, streetlights, and utility wires. Once in the open, “Drop, Cover, and Hold On.” Stay there until the shaking stops. This might not be possible in a city, so you may need to duck inside a building to avoid falling debris.

If you are in a moving vehicle:

Stop as quickly and safely as possible and stay in the vehicle. Avoid buildings, trees, overpasses, and utility wires. Proceed cautiously once the earthquake has stopped. Avoid roads, bridges, or ramps. Stay in your car if there are downed power lines.

- Plan and practice how you will find and communicate with family members who may be separated. Don't count on power or cell phone service.
- Unreinforced masonry, common in Hood River historic buildings, is particularly vulnerable to earthquakes, so are older homes that were built before modern earthquake building codes. Is your home or business earthquake resistant?

After An Earthquake

- If trapped, do not move about or kick up dust. If you have a cell phone, call or text for help. Tap on a pipe or wall or use a whistle, so that rescuers can find you.
- Monitor local news reports via battery operated radio, social media, and cell phone text alerts for emergency information and instructions.

Sign up now for Hood River County

Citizen Alerts

If we can't **reach** you,
we can't **alert** you.

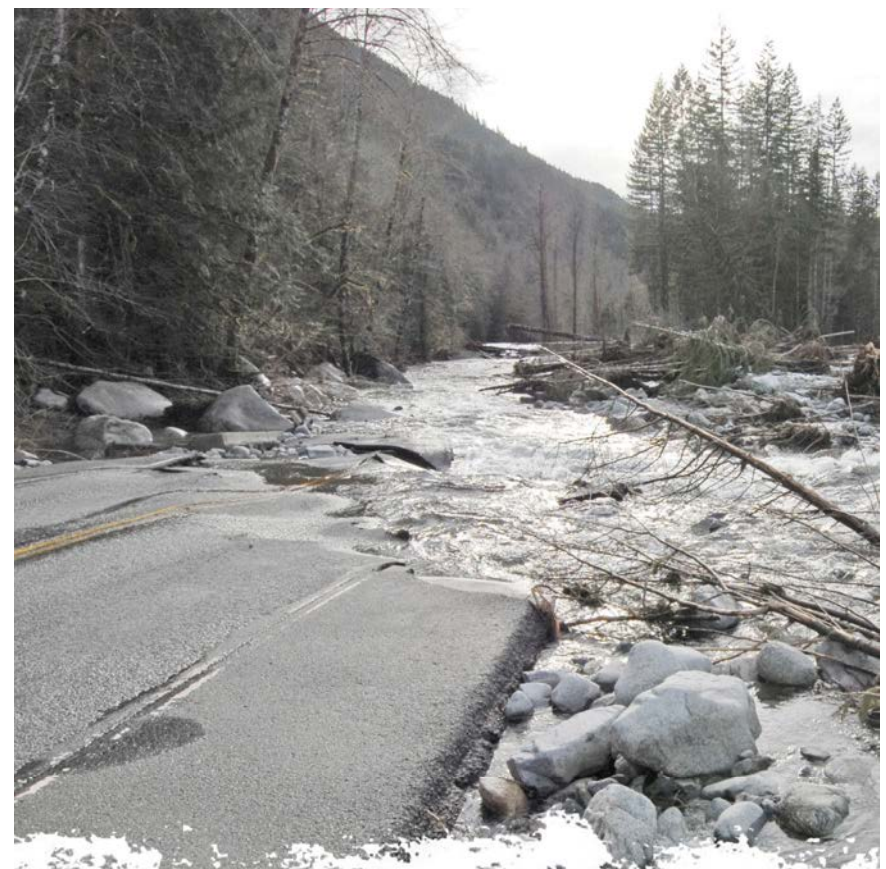
Visit: www.co.hood-river.or.us

Fire. Road closures. Gas leaks. Evacuation. Find out about county/city wide emergencies and disasters.

All Hood River City and County public safety agencies, 911 and fire agencies use one county wide Citizen Alert system for urgent notifications.

You will receive messages via phone, text or email, wherever you specify, such as your cell phone, business phone or email. We can't send messages to your cell or email without your opt in - we can only send alerts to your landline at this time.

Sign up today! We can personalize messages by neighborhoods, like we did for evacuation notices during the recent Indian Creek fire.





Health Currents



3 New Providers

4 Grand Opening

6 Meet A Patient

8 Make A List

10 Healthy Bodies

13 Foundation

Winter 2009

www.providence.org/hoodriver

**Hospital Grand Opening
March 7, 2009**

See page 4

Community News

A message from Chief Executive Ty W. Erickson



For more than 75 years, Providence Hood River has been providing outstanding health care throughout the Gorge. As I recap my first year at Providence, I am amazed at the caliber of staff, volunteers, physicians and board members who are committed to the health and well being of our communities. I feel honored to lead this ministry and proud to be a part of this team of professionals.

This was a very busy year for Providence Hood River with the expansion of the hospital in full swing, construction of a new medical clinic at Mt. Hood Meadows, development of our community benefit programs to better serve the poor and vulnerable, and the addition of specialty services and medical staff as community needs indicate. Even with the downturn in the economy, we remain a strong organization committed to serving our Gorge communities today and in the future.

As the New Year begins, it's exciting to see our expansion project coming to fruition. We are rapidly approaching the grand opening of the new addition that will feature expanded services in the family birth center, surgery and diagnostic imaging. Our goal is to provide you with a supportive and healthy birthing experience, the highest quality surgical services and state-of-the-art imaging technology. In addition, we will introduce a new entrance to our facility that will ease the way for our patients and guests trying to find their way in the hospital. Mark your calendars for Saturday, March 7, 2009 to help us celebrate this important milestone.

All of us who serve in the Providence Gorge Service Area thank you for your support during the last year. We extend our best wishes for a happy and healthy 2009.

Best regards,

Ty W. Erickson
Chief Executive, Providence Columbia Gorge Service Area

**PROVIDENCE HEALTH & SERVICES
COLUMBIA GORGE SERVICE AREA**
www.providence.org/hoodriver

ADMINISTRATION

Ty W. Erickson, chief executive
Doug Mahurin, chairman, community advisory board
Stephen Vogt, M.D., chief of staff

PROVIDENCE HOOD RIVER MEMORIAL HOSPITAL

13th and May Streets, Hood River, OR 97031
541-386-3911

A full service not-for-profit community hospital offering a wide range of health care services for Columbia Gorge communities including: 24-hour emergency services, intensive care, acute care, surgery, occupational health, family birth center, infusion therapy, pharmacy, education, mobile health unit, radiology, lab services, interpreters, oncology, neurology, respiratory therapy, sleep lab and travel health services.

PROVIDENCE HOOD RIVER MEMORIAL FOUNDATION

541-387-6474

A not-for-profit corporation dedicated to enhancing quality health care at Providence Hood River and the Gorge communities it serves through philanthropy.

PROVIDENCE HEALTH SERVICES

1151 May Street, Hood River, OR 97031
541-387-6125

Specialty clinics and services including internal medicine, arthritis, cardiology, cardiac rehabilitation, ear, nose and throat, allergy testing, audiology, dialysis, surgery, urology, home health services, home medical equipment, diabetic education and testing.

PROVIDENCE WOMEN'S CLINIC

917 11th St., Suite 200, Hood River, OR 97031
541-387-8940

Providing full service gynecology including ultrasound, major and endoscopic surgery, basic infertility, urinary incontinence treatment and surgery as well as normal and high risk obstetrics.

PROVIDENCE MOUNTAIN CLINIC

Urgent care clinic at Mount Hood Meadows
503-337-2292
(ski season only)

GORGE COUNSELING AND TREATMENT SERVICES

814 13th St., Hood River, OR 97031
541-387-6138 or 800-955-3911 x. 6138
(Gorge only)

PROVIDENCE BROOKSIDE MANOR PROVIDENCE DOWN MANOR

A senior housing community providing assisted living, memory care and independent retirement living.
541-387-8296

This magazine is published by the Providence Hood River Marketing and Public Affairs Department.
P.O. Box 149
Hood River, Oregon 97031
541-387-6295

Cover and page 2 photos by: Richard Hallman



Welcome New Surgeon

Stephan Coffman, M.D. General Surgeon

Providence Hood River's newest general surgeon, Stephan Coffman, M.D., is a



perfect fit for the active lifestyle and family atmosphere of the Columbia River Gorge. A

cyclist, hiker, skier and family man, Dr. Coffman, like many Gorge residents, loves the city but isn't a city person.

"I was raised in Pittsburgh, Pa., but find myself drawn to smaller communities," said Dr. Coffman. "You become involved beyond the scope of your profession when you live and work in a small community. The people you serve are your neighbors, your friends. It is a wonderful feeling to be so connected."

In 2003, Dr. Coffman and his wife Ruth, a nurse practitioner, moved to the West Coast where he joined the surgery team at Lebanon Community Hospital, a 25-bed critical access hospital in rural Lebanon, Ore. "The community welcomed us with open arms, and we enjoyed our time there. Then we decided to move back to the East Coast to be closer to our families," he said. "We never forgot the beauty and serenity of the Pacific Northwest. This is what brings us back now."

In February, Dr. Coffman will be a familiar face at Providence Hood River Memorial Hospital. He will join more than 15 surgeons and a support staff of 40 in providing surgical services to Gorge residents. "I'm thrilled to work with this exceptional group of professionals in the newly expanded surgical services area of the hospital," said Dr. Coffman. "It is exciting to join an organization that's growing with its community."

Dr. Coffman has traveled to more than 40 countries, many of which he has served in medical missions. "It's a great

mixture of the things I love," smiles Dr. Coffman. "I get to merge my love of medicine with my love of travel, all while helping those in great need."

He and Ruth worked together in Cambodia providing surgical and basic health care, and he also has been to Laos, Bolivia and most recently to Ethiopia. The area in Ethiopia where he served had a population of 1.5 million people – and only one doctor. "Our team performed 37 surgeries in three days. It was amazing. The people were so gracious, generous and grateful," he said. "We left with a sense of accomplishment and appreciation."

Dr. Coffman points out he is as dedicated to those in his own community. "I love my job regardless of where I get to do it," said Dr. Coffman. "And, I love the diversity of people I get the privilege of meeting."

The people you serve are your neighbors, your friends. It is a wonderful feeling to be so connected.

A graduate of Medical College of Pennsylvania, Dr. Coffman was "resident of the year" at Robert

Packard Hospital where he completed his surgery internship and residency. He is board certified in general surgery.

"My family and I look forward to reacquainting ourselves with the Northwest," said Dr. Coffman. We are excited to experience the quality of life and quality of people in the Columbia River Gorge."

Providence Hood River Surgeons Clinic

Providence Hood River surgeons John Garcia, M.D., David Maccabee, M.D., and Stephan Coffman, M.D., are clinicians who practice general surgery. This surgical specialty emphasizes

surgical treatments for problems of the chest, abdomen and soft tissues. Common problems helped by general surgeons include hernia repairs, appendectomy, colon cancer, intestinal problems, gallbladder disease, breast cancer, skin cancers, diseases of the vascular system and trauma surgery.

Providence Hood River's general surgeons join more than 15 surgeons and a support staff of 40 in providing a variety of surgical specialties to Gorge communities.

For more information on Providence Hood River Surgery Clinic, call 541-387-6125.



John Garcia, M.D.



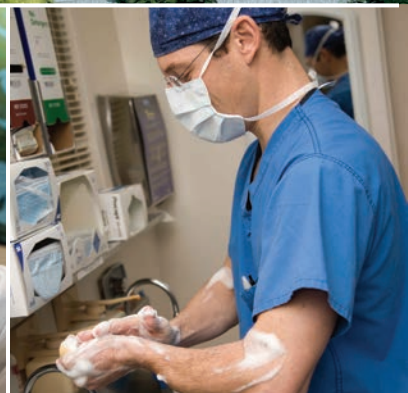
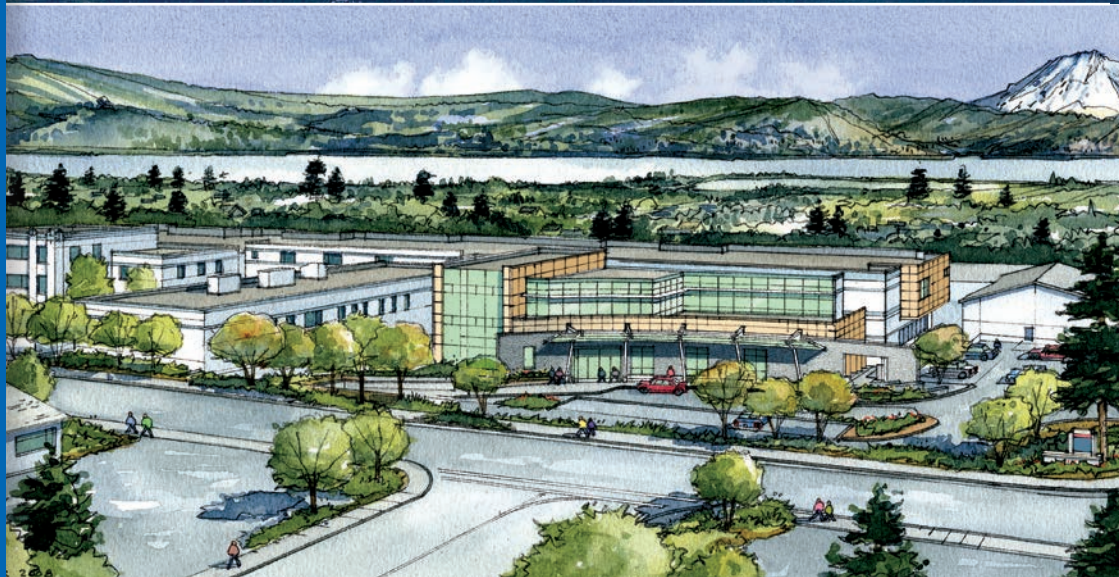
David Maccabee, M.D.,
F.A.C.S.



Stephan Coffman, M.D.

We're.
Growing
with the
Gorge...

Save the Date



Save the Date

Hospital Grand Opening
Saturday, March 7, 2009
Noon – 4 p.m.

 **PROVIDENCE**
Hood River
Memorial Hospital

810 12th Street, Hood River, OR

You're Invited

Providence Hood River's Grand Opening

Providence Hood River is growing with the Gorge communities that we serve on both sides of the Columbia River. Our 72,000 square foot hospital expansion and modernization project transforms our community hospital into a regional medical center.

This March, we open the new addition – and you're invited to join the celebration, noon to 4 p.m., Saturday, March 7. With expanded care in our family birth center, surgery and diagnostic imaging, Providence Hood River Memorial Hospital provides the highest quality of care close to home.

Among the activities you'll experience at the grand opening are:

- Get a behind-the-scenes look at the latest medical technology
- Tour the new 36,000 square foot addition
- Learn about new and expanded services for you and your family
- Experience healing art created by local students
- Help your neighbors by donating nonperishable food for FISH Food Bank
- Enjoy refreshments and live music
- Take home a commemorative gift
- Witness the sealing and dedication of Providence Hood River's time capsule
- See first hand how community support has made this expansion possible

Highlights of the 2009 expansion include:

New Entrance

- Now located on 12th Street for easy access and check-in
- Additional parking spaces
- Improved building flow making it easier to find your way

Family Birth Center

- All new, expanded private labor, delivery and postpartum rooms with dedicated family living space and refrigerators – so your family can stay together during this special time
- Whirlpool tubs
- State-of-the-art nursery
- Dedicated C-section suite and recovery room

Surgical Center

- Expansion from three to four operating rooms
- State-of-the-art technology in all operating rooms
- Increase from nine to 18 all-private patient rooms in the same-day surgery area
- New endoscopy suites

Diagnostic Imaging Center

- A new dedicated women's imaging center specializing in screening and diagnostic mammography, pelvic and breast ultrasound, and bone density screening
- New state-of-the-art MRI (magnetic resonance imaging)
- High-tech diagnostic imaging equipment
- Private waiting area separate from the emergency room area

Compassionate Care

Susie Mears

"She should win an award for her positive attitude!"



The frigid, windy Saturday morning last October was the type of morning when most people stay in bed savoring the warmth and comfort of sleep. Not Susie Mears, a Providence Hood River patient and cancer survivor. She climbed out of bed, put on her Halloween costume and walked the Providence Harvest Dash with daughter Aurora. Amazingly, this was only one week after her second abdominal surgery.

One month later, on the day before Thanksgiving, she had a mastectomy, her second of two such surgeries in a year. "Susie has shown determination in the face of significant health challenges," said David Maccabee M.D., Providence Hood River general surgeon. "I admire her attitude and determination to keep moving forward."

It hasn't been easy for Mears. In the fall of 2007, a mammogram revealed Mears had breast cancer. She underwent a mastectomy and chemotherapy to treat her cancer. Eight more surgeries were scheduled and she had been in and out of the emergency room.

"At the time, my daughter Aurora was only three years old and Dr. Maccabee was concerned if I had both breasts removed I would not be strong enough to hold her. So I opted to have one removed immediately and the second mastectomy a year later to prevent possible recurrence."

At one point, she had a chronic wound on her chest and needed emergency surgery. "Dr. Maccabee has performed

most of the surgeries," said Mears. "I really trust him – I know I'm in good hands. I also love Jan Thomsen. She spotted things first and helped me get early treatment."

Jan Thomsen, R.N., a Providence Hood River home health nurse, has helped treat Mears through her medical challenges. "I try to walk the journey with my patients, to

be there, to listen and support them," said Thomsen.

"What I found is that we can learn a lot from Susie – she gives 200 percent," said Thomsen. "She has had more than her share of complications and never knew what might happen next. It has been on an incredible journey for her. She is amazing."

"I love Providence Hood River because they know me. I walk down the halls and everyone greets me – the nurses, the doctors and the cleaning crew. They see me and they know me," said Mears. "It's the little things that make such a big difference. When I feel bad, they feel bad. I have people checking on me. They care."

Above: Susie Mears hugs her daughter Aurora two months after breast surgery.



Clockwise from top left: Cancer patient Susie Mears and Jan Thomsen, R.N., at Providence Hood River surgery clinic. Aurora Mears joined her mother Susie at the first annual Providence Harvest Dash last October. Providence Hood River surgeon David Maccabee, M.D., and Jan Thomsen, R.N., with Mears. Susie and Aurora Mears enjoy family time at home after her hospital stay. Susie Mears braved cold and windy weather to walk the Providence Harvest Dash one week after abdominal surgery.

Mears was treated in Hood River, The Dalles and Portland medical facilities. “I love Providence Hood River because they know me. I walk down the halls and everyone greets me – the nurses, the doctors and the cleaning crew. They see me and they know me,” said Mears. “It’s the little things that make such a big difference. When I feel bad, they feel bad. I have people checking on me. They care.”

Susie’s daughter Aurora became a familiar face at the hospital. “Aurora was born here and visited all the time while I was hospitalized. She loved to drink my 7-Up and eat my Jell-O,” smiles Mears. “It was important for us to be together – we gave each other strength. The staff always treated her like family.”

When *Health Currents* magazine asked Tami Milligan, R.N., Providence Hood River Memorial Hospital nurse manager about Susie Mears, she immediately replied, “Susie is a joy to be around. She should win an award for her positive attitude!”

Many people may not want to talk about their personal medical history with near-strangers. But Mears wants to reach out to others who might be afraid or whose children

might be afraid of their condition. “You don’t know how much this means to me – to be a part of hope and strength. I am here to take on the world and to help others,” she said.

Mears has had her share of good luck and good times. A dancer, teacher and gymnast who grew up in the Gorge, she drives a gold PT Cruiser with custom plates “Susie Z” and has won awards at beauty pageants. She is married to Bryan, a local plumber, a man she calls “her rock.”

A week after Thanksgiving 2008, Dr. Maccabee called her with the results from the second mastectomy. He said, “I have good news and bad news. The good news – the tumor is benign. The bad news – we won’t get to see you as much!”

“Aurora was born here and visited all the time while I was hospitalized. She loved to drink my 7-Up and eat my Jell-O,” smiles Mears. “It was important for us to be together – we gave each other strength. The staff always treated her like family.”



Make a List – Save a Life

New 2009 public safety campaign

We make a list for shopping, for people to invite to a party, even for household chores. But we usually don't think about making a list of something that potentially could save our life or the life of a loved one.

Providence Hood River Memorial Hospital – in cooperation with local physicians, clinics and pharmacies – is embarking on a public safety campaign to reach families in Gorge communities with a very important message: “Make a List – Save a Life.”

This life-saving list includes:

- All of your current prescriptions
- Drug dose and frequency
- Herbal and vitamin supplements
- Over-the-counter and homeopathic drugs
- Drug allergies
- Current medical conditions

Having a current medication list is one of the most important steps patients can take to help themselves and their health care providers, says Stephen Becker, M.D., Providence Hood River Memorial Hospital's former chief of staff.

Once you've put together your list, it's important to keep it updated, to bring it to any doctor or hospital visit, and to make sure your family members and caregivers have a copy. Having this list readily available to doctors could alter the course of your treatment significantly.

Providence Hood River's Medical Executive Committee and medical staff endorsed “Make a List – Save a Life” as the top quality improvement and safety project for 2008 and 2009. The goal is to reach and teach everyone in the Gorge about the importance of keeping and carrying a current medication list.

In this effort, Providence Hood River now prepares a current medication list for every patient staying at the hospital or visiting its clinics.

Attached is your new Personal Medication Record. Please take time to fill it out, fold it, store in your wallet and keep it current.



How a list could save a life:

SCENARIO 1

A patient visits a new doctor. The doctor asks, "What medications are you taking?" The patient replies "one red pill, two blue ones and a green one." The doctor doesn't know exactly what drugs or quantities the patient is taking. The doctor needs to treat the patient without critical information. The mixing of drugs can lead to serious side effects.

SCENARIO 2

A patient is injured, ends up in the emergency room and stays at the hospital for a few days. The patient does not have a current medication list. The patient forgets about his high blood pressure medicine at home and fails to mention it to his hospital physician. Hospital staff generates a new drug list for the patient but it does not include the much-needed blood pressure medication. The patient stops taking blood pressure medicine because it is not on the new drug list and becomes very ill.

What you need to do:

- Take charge of your medication list
- Bring a current medication list to any doctor or hospital visit
- Update this list as your medications change
- Ensure your family members and caregivers have a copy
- If you don't have a current list, take your medications and supplements to your physician's office for assistance in creating a list

Cards available at:

- Providence Hood River Memorial Hospital and clinics
- Physician clinics
- Hood River Health Department
- Senior facilities
- Gorge area pharmacies

To request a copy, please call 541-387-6295 or visit www.providence.org/hoodriver.

Healthy Bodies, Healthy Minds

At Providence, you can find what you need to achieve wellness at every stage of life. Enjoy a variety of classes and educational forums that are open to everyone in the community. Classes include those related to childbirth, diabetes education, nutrition, smoking cessation, weight loss and many more. For more information or a complete listing of classes with dates and times, visit www.providence.org/hoodriver.



Diabetes Education Series

Whether you have a new diagnosis of diabetes or have been dealing with it for some time, Providence Diabetes Education Services offers patients and their families information and support. Diabetes educators will help you learn how to control diabetes through diet, exercise, stress management and medication. Each month a series of four classes is offered, with each series having the same topics.

10 a.m. to noon – Feb. 10, 12, 17, 19
2 p.m. to 4 p.m. – March 10,12,17,19

Providence Hood River Memorial Hospital
Education Center

Registration is required, and includes a one-hour private consultation. Insurance often covers the cost. Scholarships are available. A referral by your physician or health care provider is necessary. To register call 541-387-6379.

Understanding urinary incontinence

Are you always rushing to the bathroom? Worrying about having an accident when you're out with friends? Bothered by having to get up at night? Urinary incontinence affects more than 12 million American adults. Providence Hood River urologist Mike Saltzman, M.D., will address the causes and treatments for urinary incontinence that include medications, physical therapy and corrective surgery.

3 to 5:30 p.m. – Feb. 4

Providence Hood River Down Manor

Fee: Free

To register, call 541-386-2055.

Weight loss – it's more than the food

Are you frustrated with an inability to lose weight when you diet? Wonder why the weight is not dropping? Research shows there are many factors that affect our weight in addition to food intake and choices. Attend this class and learn what you can do to help improve your chances of losing weight loss and managing your weight on a long-term basis.

5:30 to 7 p.m. – Feb. 10

Providence Hood River Memorial Hospital
Education Center

Fee: Free

To register, call 541-386-2055.

What to do before and after a heart attack

Cardiovascular disease is the leading cause of death, claiming more lives than the next five causes of death combined. The more you know about heart and vascular diseases, the better you'll be able to care for your body's most important muscle. Providence Hood River cardiologist Aly Rahimtoola, M.D., and cardiac rehabilitation nurse Laney Gale, R.N., will address heart disease prevention, cardiac risk factors, and the latest available treatments.

5:30 to 7:30 p.m. – Feb. 24

Providence Hood River Memorial Hospital
Education Center

Fee: Free

To register, call 541-386-2055.

Do you have a sleep disorder?

Sleep apnea, insomnia and other sleep disorders can have serious side effects – aside from just making you feel tired all the time. Respiratory therapist Al Cady, who is a former sleep disorders sufferer and now the manager of Providence Hood River Memorial Hospital's sleep clinic, will talk about common sleep problems and how to handle them. There will be time for discussion and a tour of the sleep lab.

6 to 8:30 p.m. – Feb. 17

Providence Hood River Memorial Hospital
Education Center

Fee: Free

To register, call 541-386-2055.

Skin resurfacing – the new you

Aging, sun exposure, heredity and lifestyle factors may contribute to facial cosmetic problems. Pigment changes of the skin, such as blotchiness or brown spots, can occur with age or as a result of pregnancy or genetic factors. In addition, prior acne may have helped to make the surface of your skin uneven. These problems and other skin conditions sometimes can benefit from skin resurfacing. Mary Lively, a Providence Hood River esthetician and skin care specialist, will address the benefits of resurfacing treatments.

5:30 to 7 p.m. – Feb. 23

Providence Hood River Memorial Hospital
Education Center

Fee: Free

To register, call 541-386-2055.

Childbirth Connections

Providence Hood River Memorial Hospital is committed to building stronger, healthier families. We deliver more babies than any other Gorge hospital and believe each baby is a precious gift and deserves a strong beginning.

To help ensure you have the best birthing experience possible, Providence Hood River Memorial Hospital offers *Childbirth Connections*, a series of classes and instruction taught by our childbirth educators.

Introduction to the Family Birth Center

Learn about the new Family Birth Center's amenities, services and staff through a presentation and tour.

Choose one of the following courses:

11:30 a.m. to 12:15 p.m. – Feb. 28

11:30 a.m. to 12:15 p.m. – April 25

Preparing for the birth of your baby

This series of classes is designed to educate and support expectant parents. Learn about prenatal care, labor/delivery breathing and relaxation, newborn care, breast feeding and parenting a new baby. A free breast feeding class also is available.

Seven-session beginner courses are held:

6 to 8:30 p.m.

March 9, 16, 23, 30 and April 6, 13, 20

6 to 8:30 p.m.

May 11, 18, 25 and June 1, 8, 15, 22

Two-session beginner courses are held:

6 to 8:30 p.m. – Feb. 20

9 a.m. to 4 p.m. – Feb. 21

6 to 8:30 p.m. – March 14

9 a.m. to 4 p.m. – March 14

6 to 8:30 p.m. – April 17

9 a.m. to 4 p.m. – April 18

6 to 8:30 p.m. – May 15

9 a.m. to 4 p.m. – May 16

Preparing for the birth of your baby refresher course

This class is designed for those who have previously given birth and/or who have attended childbirth classes. It will provide a review of birthing techniques to include coping with labor, body awareness, breathing effectively, labor position and tips for your labor support partner.

Refresher courses:

6 to 8:30 p.m. – Feb. 23

6 to 8:30 p.m. – April 27

Preparing for the birth of your baby preparation home kit

This self-study course is for those who are unable to attend a childbirth class. Each participant will receive a home visit by a registered nurse, childbirth manual, DVD addressing comfort measures and other educational resources.

Sibling Celebration

Through music, storytelling and active participation siblings ages 2 through 8 prepare for their new role as a brother or sister.

Choose one of the following courses:

10 to 11 a.m. – Feb. 28

10 to 11 a.m. – April 25



Registration for *Childbirth Connection* classes is required and a tour of the Family Birth Center is included. For information on fees and to register call the Providence Education Center at 541-387-6340.

Cardiology Services: Heart Month



February is the month we usually associate with the heart – not only because

of Valentine's Day, but also because it's National American Heart Month.

Providence Hood River is committed to supporting the heart health of our Gorge communities offering an array of wellness options to help keep hearts healthy.

Providence Hood River Cardiology Services:

- Cardiology Clinic
- Cardiac Rehabilitation Center
- Free Blood Pressure Screenings
Tuesdays, 9 a.m. to noon at the hospital – no appointment necessary

Providence Hood River Cardiologists

Xiaoyan Huang, M.D.

Ron Petersen, M.D.

Aly Rahimtoola, M.D.

Jody Welborn, M.D.

Lisa Yao, M.D.

"The Gorge has some of the best physicians and surgeons in the country," says Julie Stephens, manager of Providence Health & Services clinics.

"We are thrilled to have these cardiologists provide services in the Gorge."

Providence Hood River cardiovascular physicians are available for patient appointments regularly. To schedule an appointment, please call 503-963-3030.

See page 10 for upcoming cardiac classes.

Providence goes tobacco free

To ensure the health and safety of our patients, visitors and employees, Providence Hood River is now tobacco free. Tobacco use of any kind is not allowed at any Providence Hood River building, property or vehicle.

Providence Hood River joined more than 1,200 hospitals and clinics nationwide that have gone tobacco free since 1985.

"A tobacco-free environment is essential to the healthy, healing environment we want to provide for our employees, patients and visitors," said Ty Erickson, chief executive. "We know this will not be easy for some, but we are here to help. "As a leading health care provider, we are committed to promoting active healthy lifestyles. Going tobacco free is the right thing to do."

To make patients, visitors and employees more comfortable as the policy is enforced, Providence is temporarily providing "care packs" containing nicotine lozenges and information on tobacco cessation resources.



**Clean Air
for Health Care**
Providence is tobacco free

"While the dangers of tobacco use have been clearly demonstrated, Providence also recognizes that tobacco is highly addictive, and it's difficult for many people to quit using," Erickson said.

"Providing compassionate service is part of our Mission, so implementing our new policy will include providing support for people who either want to quit or may not necessarily be ready to do so."

Smoking Cessation Series

Based upon the *American Lung Association's Freedom From Smoking* Providence pharmacist-assisted smoking cessation series is designed to help you quit smoking for good. In this 11-session class series, you'll learn a systematic approach to quitting through behavior modification techniques, coping skills, social support, and information about managing your weight and stress. In addition to behavioral support, a pharmacist will assess your need for medication. Eight weeks of nicotine patches, Bupropion (Zyban), or Varenicline (Chantix), are provided free to participants who attend the classes.

5:30 to 7 p.m.

Feb. 9, 16, 17, 18, 19, 23, 25

March 4, 11, 18, 25

**Providence Hood River Memorial
Hospital Education Center**

Registration is required, and space is limited to 10 people. This 11-session series requires each participant to have a current primary care physician in order to receive medication. Insurance often covers the cost. To register, call 541-387-6516.



HEARTS OF GOLD
2008
Gala
a magical night

They are among us – people with hearts of gold. This year a physician, a fire chief and two community leaders were the recipients of Providence Hood River Memorial Hospital Foundation’s 2008 Hearts of Gold awards.

Internal medicine physician Gary Regalbuto, M.D., Hood River Fire Chief Jeff Walker, and community leaders Andrew and Melissa McElderry were chosen for their exceptional advocacy that has contributed to our community’s health. The recipients recently were honored at Providence Hood River Foundation’s annual Hearts of Gold gala.

The gala’s magical evening celebrated this year’s honorees and featured a champagne reception, silent auction, dinner and exciting live auction. “The evening was beyond our imaginations. We raised more than \$100,000 that will benefit *The One Campaign*,” said Rena Whittaker, foundation director. “We want to thank the community for their amazing support. Their generosity will make a significant impact in our enhanced patient services and facilities expansion. With more than 66,000 patients cared for last year, we continue our progress in building healthier communities throughout the Gorge.”



2008 Hearts of Gold recipients Melissa and Andrew McElderry, Jeff Walker and Gary Regalbuto, M.D., warmly receive their awards.



Providence Hood River Chief Executive Ty Erickson and his wife, Karin, enjoy watching participants generously bid.



John Garcia, M.D., gladly raises his number to bid against his opponent.

The live auction showcased items such as romantic getaways, a riding lawnmower and a day of beauty at a local spa. “It was very exciting to see the bidders compete for certain items,” said Whittaker. “Everyone was having a great time, and the event was a huge success.”

The One Campaign

The One Campaign is a fundraising effort with the goal of raising \$3.5 million to support a 72,000-square-foot hospital renovation project, expanded care for the uninsured and underinsured of Hood River County, and enhanced clinician education programs. So far \$1.5 million has been raised, thanks to the community’s generous support.

For more information on *The One Campaign* or to get involved, please contact Rena Whittaker at 541-387-6474.



Foundation At A Glance

Providence Hood River Memorial Hospital Foundation Giving Report Sept. 1 thru Nov. 30, 2008

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Mary Wells Cypher
Donna Davis
Velda Deos
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Tough Talk Nurses

Mr. & Mrs. John Metta

For information on how you can support current needs for Providence Hood River Memorial Hospital, call the foundation office at 541-387-6474 or visit us at www.providence.org/hoodriver.



Providence Hood River
Memorial Hospital

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Hood River, OR 97031

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Upcoming Events

March 6 - 29 Art Heals – from birth to death Columbia Art Gallery

Providence Hood River Memorial Hospital is partnering with Columbia Center for the Arts in Hood River for a powerful and reflective gallery exhibit this March. The gallery exhibit will feature beautiful art in a variety of media and a series of classes designed to inspire people at any stage in their life.

Providence will host a photo exhibit at the gallery that highlights the making of our new Youthful Art of Healing project, developed by local school children as part of the Columbia Gorge Arts in Education program. The children's art series will be displayed permanently inside the hospital's new 12th street expansion.

Saturday, March 7, 2009 Save the Date for Our Grand Opening Celebration!

Providence Hood River is thrilled to invite the entire community to the grand opening celebration March 7, 2009 from noon to 4 p.m. The festivities will include refreshments, tours of our new building and dedication of Providence Hood River's time capsule. For more information, call 541-387-6342.

Saturday, May 30, 2009 18th Annual Bedpan Open Golf Tournament Indian Creek Golf Course

This year's Bedpan Open will benefit the Jane Mellor Fund for Dental Outreach. All proceeds will help area youth access needed dental care through Providence Hood River's dental voucher program. This program is provided in partnership with area dental providers, health care providers and family care organizations. For information call Jamie Guth at 541-387-8907 or visit www.providence.org/hoodriver.

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using soy-based inks. 

Providence Health & Services, a not-for-profit health system,
is an equal opportunity organization in the provision of
health care services and employment opportunities.

GREAT GRANDMA GORILLA

Alvila at the San Diego Zoo – Barbara Ayers, writer/producer

TAPE #	VIDEO	AUDIO/SCRIPT
	<p>Gorillas in the wild</p> <p>Dissolve to troop on exhibit in dense forest that looks wild</p> <p>Pull back to see visitors at the window watching gorillas</p>	<p><i>Music up and under</i></p> <p><i>Voice over:</i> All species of gorillas are endangered. In the wild, western lowland gorillas live in the tropical forests of western Africa. This family of gorillas lives at the San Diego Zoo in a lush, tropical habitat. It's as close as man and ape can get, anywhere. The subtle secrets of gorilla life play out, right before your eyes.</p>
	<p>VIDEO:</p> <p>Silverback</p> <p>Females perk up, circle around him</p> <p>Male posturing</p> <p>Baby enters- dynamics change visibly</p> <p>Spin in Zoonooz Magazine / other news clips and motor drive news clips – edit to build up to Alvila in the news</p>	<p>VO: Led by a single male silverback, multiple female partners vie for his attention and thus, power in the troop. (Natural sound- gorillas on exhibit)</p> <p>Male posturing, power struggles, teenage alliances, moments of compassion, heated arguments and even social outcasts are the norm. (Nat sound)</p> <p>In a single moment, everything can change, especially with a new baby in the troop.</p> <p>There's a 30-something babysitter in the group. Named Alvila, she is Great Grandmother Gorilla. Five generations of her family live in troops in San Diego. Though sweet and submissive, Alvila has continued to change gorilla lives, for nearly 40 years. Her birth, four decades ago, made international headlines.</p>
<p>ZR 2556 Zr 2560 “ ZR 2557 “</p>	<p>Old film leader -30:48 US flag/ flags 01:02 Old Zoo entrance 1:07 Old zoo footage 1:00 “wildest show on Earth” Flower children 60's video</p>	<p><i>Music up: Old commercial- 60's music (from zoo commercial clip)</i></p> <p>VO: In the human world, it was the 1960's and era of rock and roll and Vietnam protesters, flower children...</p>

ZR 2558 ZM 686 “ “	CZ entrance – 2 takes w/ broken leader 1:56:18 Bottle feed 55:06 baby face 1:53 or 1:54 gorilla foot in human hand 2:01:34	VO: At the San Diego Zoo, a different child of the 60’s was raised in the Children’s Zoo The birth was so important that the National Science Foundation sponsored a scientific study comparing gorilla and human infant development ... she was named Alvila after her parent Albert and Vila.
ZM 686	Primates' first year-growth and development (historic) tape SOT/Video re-edit to tighten)	1:48:03 VOICE ON TAPE: “This splendid male is Albert, 16 years of age, 250 pounds... this is Vila, his mate, at 8 years old now fully mature. (cut to) On June 3, 1965, she gave birth to her firstborn. The baby’s name: Alvila, only the 7 th gorilla ever born in captivity to live.” (out 1:48:42)
ZR 2854	Intro Ken Willingham (now retired) at his ranch b-roll 19:11-22:18	VO: Amazingly, former zoo keeper Ken Willingham witnessed Alvila’s birth, a sight few others have ever seen. After caring for Alvila for years in San Diego, Ken retired to a ranch filled with more animals in central California.
Zr 2854 Zr 2853 “	Ken W #2 9:58 #1 “ (keep his good gestures on screen – zoom in)	Ken: “Yeah, I was right there and saw it come out, saw it born and there she was! The actual birth!” 10:10 (cut to 9:58) “Number 7 in the world!” (8:12) “One of the things Vila did when she had Alvila, she picked it up... and tried to put it back where it came from! (laughs)... and then she looked at it like <i>what is this? I’m falling apart!</i> ” (laughs)
ZM 693 “	Motor drive pictures of baby Nursery sign 10:34 Alvila gorilla sign 10:56 (nursery made for Alvila) CZ dated video	VO: Ken spent the first night nursing Alvila since her mother wouldn’t care for her. The Zoo quickly built a brand new nursery to take care of the newborn, with intensive zookeeper and veterinary care around the clock.
ZM 686	Video montage 0 vintage NSF study video	2:07:45 NSF video voice on tape: “Alvila, at one year. As she grows, so grows our body of scientific knowledge. For the’

	<p>End with 2:08:27 : cu of Alvila face that almost matches the photo Gayle is holding in his hands</p>	<p>gorilla, resembling closely man's maturation patterns and primitive behavioral characteristics.....</p> <p>(cut to: 8:05) "clearly the resemblance is so inescapable that, for inquisitive mankind, the gorilla will continue to hold a particular fascination"</p>
ZR 2833	<p>Gayle Foland, gorilla keeper #1 with Alvila baby picture in front of new exhibit (:28) :03:42-11:04:10</p> <p>(Maka walks up behind Gayle at the glass here)</p> <p>Gayle interacts with gorilla behind him through the glass and keeps talking (great footage!)</p>	<p>3:42:25 (Gayle): "This is Alvila's baby picture when she was living in the nursery here at the Zoo. She was quite a star as you might expect, she was the first gorilla born at the Zoo... (gorilla comes up behind Gayle and looks at picture through the glass)</p> <p>"and she was obviously a good looking girl, too.... (Gayle shows Maka the pictures and Maka reacts to it)</p> <p>Gayle: "Who's that?! She's a hottie, huh?!!!!"</p>
	<p>Old exhibit with pair dissolves to new exhibit with troop Graphic effect: From 60's to 90's</p> <p>"Then and now" gorilla album or photo motor drive effect - from color video of today to old b/w grotto with Vila and Albert -Photo of infant Alvila meeting her parent at the gorilla grotto Dissolve to KEN</p>	<p>VO: In the early 1990's, the new Gorilla Tropics exhibit replaced the old sterile grotto exhibits of the 60's. San Diego Zoo no longer exhibits a single male and female alone - the era in which Alvila grew. Human caretakers have come a long way, baby.</p> <p>Today, Alvila lives in a family troupe at the San Diego Zoo. Her mom, Vila, lives in another troop further north at the San Diego Zoo's Wild Animal Park.</p> <p>Of all the animals he ever cared for, Ken Willingham still has his favorites....</p>
ZR 2855	<p>Ken Willingham, retired keeper, holding his sculpture of Vila/Avila & Albert – keep this whole sequence</p>	<p><i>Camera starts cu on sculpture- pan up to Ken</i> 2:20 "Well this is Albert, Vila and Alvila 2:13 (points at each) (cut to : 2:31) "and I did this in 1990 and it's a bronze ...</p>

	(Ken W Tape 3) GORILLA FAMILY BRONZE SCULPTURE	(cut to 4:24 On camera) “and like one Indian said... he said there’s a spirit captured inside... and you release the spirit and (pan to sculpture) “this is the spirit from the clay and bronze 4:35 (he spins it around in his hands) 5:27(cut to 5:27 MS on camera) “I like all critters... but you know I was really close to Alvila and Vila and Albert.. and I just decided to do their little gorilla family... (cut to) I thought about doing one of little Alvila just by herself, but I think they look good together (cut to 6:30) “from little gorillas do great gorillas grow”
	Video: Alvila meets Memba (historic) dissolve to: Alvila has a baby-Gordy	Alvila meets Memba the Silverback... And next thing you know, she has a new Baby. Gordy, the second gorilla ever born at San Diego Zoo - 21 years after his mom.
Zr 2833	Gayle Foland, keeper interview 7:35-44 Gordy the baby in nursery bottle fed 7:57-8:05	GAYLE: “Interestingly enough, after Alvila was our first born gorilla, we didn’t have another baby until she matured and had Gordy”... (cut to) “she unfortunately didn’t know how to nurse the baby because she never had any experience with babies and didn’t see another baby until she had her own.”
“	8:28 Gayle walks by CZ nursery	VO: Gordy was quite a celebrity.... So he went to the Children’s Zoo nursery built for his mom two decades earlier.
ZM 689	Historic footage: Joanne Reamer bottle feeds Gordy in nursery	“Good morning Gordy!” (Joanne on tape)
ZM 689	Joanne Reamer bottle feeding Gordy	Joanne: “I’ve waited 20 years for this. First one I started working here was his mother when she was two”
	Gordy book Tonight Show clip Limo ride Dissolves to family album	VO: Gordy was a star, had a book written for him, appeared on the Tonight Show and later took a limo ride to the Park; he lives in Minnesota today

Zr 2854	Ken 2 on camera looking at photo albums of gorillas over the years	15:55 KEN: “It’s kind of like a book, you turn each page and you come to a different chapter... and I’ve found out the older you get the different way you think about things. 18:10
ZR 2834 Gayle Thomas gorilla keeper #2	Gayle Foland, gorilla keeper SOT(Sound on tape) with photo album sequence 7:14-7:28 9:00-9:20 11:04	“We’ve got a little Alvila history here, this is Alvila’s father, Albert.... Here’s a picture of Alvila (cut to) “And this is the picture I have at home, a little bigger. This is her offspring, her newest daughter, Azizi. “This is a Gordy picture I guess, I’m sure that’s Gordy” (natural sound, turning pages)
Zr 2833 Gorilla Keeper Gayle Foland	2:49-00:28 Gayle the keeper sound on tape at Gorilla Tropics 3:11-3:31:13	“ Alvila’s offspring have grown up to have kids of their own and those kids have had kids of their own.... She’s was born here at the zoo.. (edit) moved to the zoo in Fresno in the late 70’s... (edit to) came back here to the zoo... (edit to) and went to the Wild Animal Park in the early 70’s, during the construction of this enclosure. She went to the zoo in Philadelphia for about 2 years and came back to the zoo about 1991... so she’s been around the block so to speak.....” (laughs)
	Family tree graphic Showing 3 generations	(Gayle on tape) “In Fresno, Alvila’s 1 st daughter was born and was named Alberta in honor of her grand dad Albert.... Alberta moved as an infant to Wild Animal Park for hand rearing in the 1970’s, where she still lives today with Vila, her grandmother.
	2/1/88 Family tree graphic Add another kid	VO: Years later, Alvila becomes a grandmother And her mom becomes a great grandmother when Alberta and Winston bring a baby into the world.

ZR 2854	<p>Ken W on tape voice over gorilla troop footage #2</p> <p>Ken ecu</p>	<p>Ken 12:15: “I think it’s great that you have gorillas that are born and producing in captivity. You know, God knows what’s gonna happen in the wild.... 12:32 To me, its’ just remarkable that it’s gotten to the point where it’s kind of common for gorillas to be born, where before it was a job just to keep them alive... but here we are. 12:48 I think it’s like building stairs, somebody comes and builds a stair and then somebody else builds one and then another and then somebody else comes and builds another and they build on that. That’s why it’s so important to remember history, no matter what, of this country or the zoo in San Diego. Somebody always has these little things, things somebody else built upon, you know? (13:15)</p>
	<p>3/22/91</p> <p>Gorilla Tropics new exhibit- montage</p>	<p>VO: Alvila and Memba return to San Diego Zoo to premier in the new state-of-the-art Gorilla Tropics exhibit, totally different than the old grotto exhibit from before.</p> <p>Now, keepers notice friendly family interactions between the gorillas... and breeding in the troop increases dramatically...</p> <p>...natural gorilla behavior plays out in front of the public for all to see...</p>
	<p>Ken W on tape (interview) Gorilla behavior In front of exhibit</p>	<p>Ken: “Gorilla behavior – complexity of society – and rivals... (laughs) (cut to) 18:59 “you’re around something long enough, you know what’s up, almost without thinking”</p>
	<p>Zoom in on Alvila reacting to Ken when they see each other</p>	<p>VO: Alvila is the favorite of both keepers, Ken and Gayle.... Why is that?</p> <p>Ken: “Alvila and how sweet she was - I went and saw her today. She hasn’t changed one bit!” (gets teary)</p>

	<p>GRAPHIC: Personality profile on Alvila</p> <p>Gayle interview- sound over tape</p>	<p>Gayle: “Alvila is the babysitter. She is patient, fair, sweet, stays out of trouble. In the troop, she is the great equalizer- she’s very different than the others”</p>
	<p>Gayle interview dissolves to footage of what he is describing in troop dynamics</p>	<p>Gayle: “‘She was Memba’s first female – she could have been the alpha. She’s also the biggest... but she’s not interested in the power...’ “Alvila’s role is... Memba turns to her because of her experience. The others do, too.”</p>
	<p>GRAPHIC: Family tree of Alvila 10/16/95 Highlight new baby: Imani (to Memba and Mother Kimba)</p> <p>Add Alvila on the tree as adoptive mom</p> <p>Dissolve to: scenes with Imani in the nursery, dissolve between Imani and Alvila as infants in nursery, dissolve to: Imani adopted by Alvila; dissolve to: A and I interacting in the troop. Dissolve Alvila in the Troop – zoom into Alvila</p> <p>2/6/97 Video of story line here- actual scenes during introductions</p> <p>DEBUT video gorilla troop</p> <p>Dissolve to Alberta, her kids – family tree graphic dissolves to video of them / to Troop shots</p>	<p>VO: In the troop, Imani is born to Memba and Kimba at Gorilla Tropics. She is perhaps the smallest gorilla baby ever born in captivity; she was critically ill for weeks and needed around the clock nursery and vet care to save her life.</p> <p>The same nursery that saved Alvila in those precious first few weeks, saved another life. Imani is a Swahili name that means “Precious Treasure.”</p> <p>Because her mom was a first time mom and was not interested in her, keepers started to introduce Imani to the other gorillas. Jessica and Alvila appear interested.</p> <p>Years after being fertile, great grandmother gorilla Alvila finds baby Imani, too young to care for herself or make her way through gorilla world alone. Alvila scoops her up and cares for her in an endearing true story. Alvila adopts Imani and they debut together, Thanksgiving 1996.</p> <p>Alvila’s status improves significantly in the group with a babe in arms.</p> <p>- music change-</p> <p>VO: Even though Alvila’s daughter, Alberta, already has a baby, she adopts another youngster at the Wild Animal Park, at about the same time Alvila adopts Imani.</p>

	<p>Troop shot with Alvila and baby</p> <p>Dissolve to Memba looks at Alvila with interest</p> <p>Baby video- tiny Azizi in Alvila's arms with Imani nearby</p>	<p>VO: But Alvila's life was forever changed in this newfound role as Imani's mom. In her late 30's, she was considered menopausal, and too old to breed.</p> <p>But now, with a babe in arms, Alvila is suddenly attractive again to the silverback male.</p> <p>Alvila bears an infant of her own, named Azizi.</p> <p>This amazing, but true, story demonstrates the complexities of gorilla society so evident behind the scenes at the San Diego Zoo.</p>
	<p>3/1/96</p> <p>Family tree graphic Dissolves out to Adjari, Ione and Winston</p> <p>Add Jumani</p> <p>Show relationship to Vila and Alvila</p> <p>Dissolve out to gorillas</p>	<p>VO: Alvila becomes a great grand mother with the birth of Adjari, a male at Wild Animal Park.</p> <p>Later a great granddaughter, Jumani, is born in 1999. Alvila's mom is a great great grandmother and still resides at the Wild Animal Park.</p> <p>Five generations of Alvila's family live today at the San Diego Zoo and Wild Animal Park.</p>
	<p>7/22/02 Alvila in silver face</p> <p>Video of the back surgery and the vet/doctor team with Alvila in the OR working</p>	<p>VO: Now in her 40's, Alvila has re-occurring problems with her arms and legs. After extensive exams, MRI's and labs work, Alvila has back surgery. A team of physicians and veterinarians work, side by side to repair her ruptured disk, in a procedure performed more commonly on the human primate, man.</p> <p>She recovers and goes back on exhibit – now, with a slim new physique after losing 40 pounds.</p>
	<p>portrait video, zoom in to her and dissolve out to SCULPTURE of ALVILA</p>	<p>VO: Great grandmother gorilla... Alvila.</p>

ZR 2855	Ken W, retired keeper interview tape 3 HOLDING gorilla sculpture he made	Ken on tape VO: “All these years later, Vila’s still around and Alvila’s still around but good ol’ Albert, he’s gone on the gorilla hunting grounds 2:49
ZR 2853	Ken W tape 1 VO only	27:46 I think of them as little ones... (cut)...and then I saw (cut) where they did a hysterectomy on Vila and I think, oh great... great... great... grandma Vila - is still alive and kicking! Ya know? Still hanging in there.....
ZR 2854	Ken W tape 2	2:16:14- 18 it makes me feel pretty good, (laughs) really does ya, she’s hanging in there.
	Paul Don troop video at PARK	VO: There’s a new silverback in town and his name is Paul Don. He’s outgrown the gorilla troop at the Park. He needs to form his own troop of females and start a family.
	Gayle interview voice over footage of gorillas	Gayle: “Vila’s a tough old bird... she tries to prevent sex between her granddaughter and Paul Don....” (smiles and laughs on tape) something has to give.....
	Moving Paul Don from Park to Zoo Introductions Love interest shots Gorillas at zoo’ dissolves to Graphic with San Diego Zoo family tree dissolve to: Graphic with Wild Animal Park Family tree	Paul Don and 2 females move to the Zoo. There, Azizi and Imani meet the new silverback. For Imani, it was love at first sight. Azizi and Paul Don had initial squabbles, but both young females become his favorites. Now, two groups of gorillas exist at the Zoo; a second group of gorillas formed here to mix up the bloodlines from the Zoo and Park, due to the success of Alvila’s family bloodlines. Today, they are living happily ever after; offering new hope for Alvila’s next generation here.....

	Soft dissolve to CLOSING graphics With ZOO LOGOS	(Ken interview close up): “They are ours.... They are everyone’s... The zoo is just entrusted to take care of them. But they belong to everyone... (Music up, building ... peaks)
	Fade to black	(Music up and out)