

# PulseBeat

extraordinary care



McKenzie-Willamette

MEDICAL CENTER

extraordinary care

50  
YEARS OF  
SERVICE

1955 - 2005

PROVIDING HEALTH CARE INFORMATION SINCE 1971 • MAY 2005

## We're Growing

**McKenzie-Willamette is expanding and updating its Springfield hospital. Area physicians have urged McKenzie-Willamette to accelerate long-standing plans to expand cardiovascular services. The hospital is readying plans to construct a dedicated operating room for open-heart surgery, and to add as many as 34 additional beds into service. Construction could begin by fourth quarter 2005.**

Roy Orr, CEO, said, "We've spent the last six months in an intensive facility and service planning process. We initiated these efforts to guide our plans for a new full service hospital in Eugene, but we learned there's considerable physician interest in seeing us expand right now, right here in Springfield."

McKenzie-Willamette has also ordered a new magnetic resonance imaging (MRI) system and will replace its computerized tomography (CT) scanner. Both will be in place in 2005.

### Certificate of Need Review Begins

On April 12, McKenzie-Willamette submitted a Letter of Intent (LOI) to state officials, indicating it will seek review of plans to relocate the hospital to central Eugene. A certificate of need review is required if a hospital moves outside its "service area" as defined by Oregon statutes.



Current plans are to relocate the hospital's main campus from its present Springfield location to downtown Eugene, to operate an acute care hospital including an emergency department.

Currently, McKenzie-Willamette is licensed for 114 acute care beds, but plans for the Springfield campus will add services and increase beds to about 150. The hospital is assessing whether the relocation to Eugene will necessitate a number of acute care beds in excess of 150 in order to appropriately serve the regional community.

Original plans for the new McKenzie-Willamette Medical Center called for a project budget of \$85 million, but the hospital is now reviewing that figure in light of planned expansions in Springfield and the likelihood that a move to Eugene may require an expanded facility.

McKenzie-Willamette plans to file its application within the 3rd quarter of 2005 and to begin operation at the new hospital in 2008.

### Site Design Comments

In March McKenzie-Willamette hosted two public meetings about the proposed hospital development on the EWEB site. CEO Roy Orr said the meetings were well attended and he looks forward to incorporating community suggestions into McKenzie-Willamette's plans, including expansion of public access to the river and preservation of the riparian area.

If you have a question or comment about siting a new McKenzie-Willamette Medical Center, please call our information line, 744-8505 or email [wecare@mckweb.com](mailto:wecare@mckweb.com).



## Happy 50th Birthday to McKenzie-Willamette Medical Center!

**You are invited to celebrate 50 years of extraordinary care with McKenzie-Willamette Medical Center on: Saturday, June 25, 2005 10 a.m. to 2 p.m.**

Join us for hospital tours, prize drawings, birthday cake, free health screenings and more. See our latest technology and remodeled spaces. Learn about new services. Take a walk down memory lane with McKenzie-Willamette. Meet employees and volunteers who have provided "extraordinary care" to our community for the past five decades. Help us make our big FIVE-0 a party worth remembering!



## Adults of 50 Years & More: Celebrate with Active Advantage

McKenzie-Willamette Medical Center invites all adults ages 50+ to join the hospital's new membership program: Active Advantage. The program offers discounted products and services from dozens of local and national merchants, such as pharmacies, rental car companies and retail stores. Also members are invited to several FREE health screenings and lectures throughout the year.

Membership enrollment begins June 25, 2005 at McKenzie-Willamette's 50th birthday celebration. For a small annual fee of \$15 (\$25 per couple) you receive a welcome packet and membership card. If you're interested in learning more about Active Advantage, email [wecare@mckweb.com](mailto:wecare@mckweb.com) or phone 744-8505.



## New Look for Website

McKenzie-Willamette Medical Center's website has a whole new look and greater functionality. You can now email a patient or preregister as a patient yourself by logging onto [www.mckweb.com](http://www.mckweb.com). There are lots more new features available as well. Check it out.

# Prevention & Treatment for a Serious Infection: MRSA

Staph is short for Staphylococcus aureus, a bacteria commonly carried on the skin or in the nose of many healthy people. Sometimes Staph can cause infections; in fact, Staph bacteria are one of the most common causes of skin infections in the United States. Most of these are minor (such as pimples and boils), but some Staph infections can be quite serious, causing an infection in the blood or a deep wound infection.

For many decades modern medicine has been secure in the use of antibiotic treatment for Staph infections. However, in recent years, for many reasons (one being improper use of antibiotics), certain strains of Staph bacteria have become resistant to some of the more commonly used antibiotics, resulting in Methicillin-resistant Staphylococcus aureus — or MRSA. A MRSA infection is not easily cured with routinely prescribed antibiotics, such as penicillin or cephalosporin. There are antibiotics that work, but these must be administered as early as possible to prevent a minor infection from becoming more serious, possibly even deadly.

In 1997, McKenzie-Willamette Medical Center saw only 4 cases of MRSA. In 2004, nearly 200, and to date in 2005, the hospital has treated 70 cases. Initially, the infection may seem to be a sort of boil or pimple; many compare it to a spider bite — but they cannot recall being bitten. If not treated promptly, what began as a simple skin infection may become a complicated, systemic infection, as the bacteria enter the blood stream and rapidly introduce dangerous toxins.

Factors that have been associated with the spread of MRSA skin infections include close skin-to-skin contact, openings in the skin such as cuts or abrasions, contaminated items and surfaces, crowded living conditions and poor hygiene.

## Best Practices to Prevent MRSA (or other Staph infections)

- **Keep your hands clean — wash thoroughly with soap and water or use an alcohol-based hand sanitizer.**
- **Keep cuts and scrapes clean and covered with a bandage.**
- **Avoid contact with wounds or bandages of others.**
- **Avoid sharing personal items, such as towels, clothes or bed linens.**
- **Wash sheets, towels and clothes often with hot water and laundry soap.**
- **If there is an infected person in your household, do NOT share personal items.**
- **Drying clothes in a hot dryer, rather than air drying helps kill bacteria in clothes.**

MRSA can be treated and prevented from becoming more serious if caught in time. If you suspect you have a MRSA infection, see your health care provider. If you are given antibiotics, take all of the doses as prescribed; consistency of treatment timing (e.g., 3-4 times daily, same time of day) is important to cure infection. TAKE ALL THE MEDICINE, even once you start to feel better. DO NOT SAVE unfinished antibiotics for next time; not finishing a full regime of antibiotics is one of the reasons that MRSA developed in the first place.

For further information about MRSA: causes, preventions, treatments, visit [www.cdc.gov](http://www.cdc.gov).



## Community Matters

### Shriners Screening at McKenzie-Willamette

For the second year, on April 16, 2005 the hospital's Short Stay Unit was the site of a Shriners Screening for children (up to 18 years). Through local area schools and physician offices, children with orthopedic diseases were invited to participate in this medical screening held at McKenzie-Willamette. Based on the screening results, children who met economic and type-of-illness criteria will receive free care and treatment at the Portland Shriners Hospital.

At the April screening, Orthopedic Healthcare Northwest, PC, provided volunteer physician services, and the hospital's Short Stay Department provided registered nurse services. Shriners volunteers provided transportation for the children and their families, helped families fill out needed paperwork, and escorted them to and from their exam.

### MOD WalkAmerica



As in past years, McKenzie-Willamette was the Lane County Start/Finish Sponsor for WalkAmerica. This annual fund-raiser for March of Dimes was held Saturday, April 30 at Alton Baker Park, Eugene. Participants in the walk gathered donation pledges from friends, family, neighbors and businesses. All proceeds raised will support research to prevent premature birth and programs to help families who experience it.

### Relay for Life



Again in 2005, McKenzie-Willamette Medical Center is supporting the American Cancer Society's Relay for Life, with both a Blue Ribbon Sponsorship and employee teams to participate in the Relay. Each dollar raised goes toward cancer education, research, advocacy and patient service. The event will be held at the Lane Community College track from noon, Friday, July 29 until noon, Saturday, July 30. For more information, call 434-3121 or go to [www.cancer.org](http://www.cancer.org).



## I-105 Closure Update

- May 13-20** Eastbound over I-5 interchange
- May 21-28** Westbound, over I-5 interchange
- May 29-June 9** Westbound over Coburg Road
- June 10-21** Eastbound over Coburg Road
- June 24-26** Washington/Jefferson Delta Interchange

For further information about traffic delays and alternate routes: 689-8989 or [www.keepusmoving.info](http://www.keepusmoving.info).



# McKenzie-Willamette 50 Years of Extraordinary Care

1955 - 2005



## Hospital President Goes to Fred Buell



## Buell Family Devoted Many Volunteer Hours to McKenzie-Willamette

Mr. Fred Buell was one of the hospital's first fund-raisers and a member of the Board of Directors. Until the opening of the hospital on May 1, 1955, the Board met in the Buell's living room. The hospital's first administrator, Peter D. Fleissner was hired in the Buell living room. Loudelle, Fred's wife, volunteered as a gray lady (volunteers who wore gray vests and performed special duties) and worked as a nurse's aid; she was a member of the hospital board for a number of years and was state president of the women's auxiliary in the 1970s.

Gary Buell, son of Fred and Loudelle, served on the first Development Council, which later became the Foundation. Gary and his wife Donna initiated one of the first major fund-raising campaigns for the hospital, the M.A.S.H. Bash. The Bash was held annually for five years.

Gary's wife Donna started volunteering at the hospital over 30 years ago, putting in time on the switchboard and editing *PulseBeat*. She served on the Board of Directors from the late 1970s until 2003 and was Board chair in the early 1990s.

*"We believe it's important to give credit to the citizens of Springfield who really stepped forward to make sure their community had a hospital. They were the real heroes. McKenzie-Willamette Hospital was created by the working folks of Springfield who contributed their hard-earned money in whatever amounts they could afford. Both Donna and I wish the best for the future of McKenzie-Willamette and hope the hospital will always be mindful of its deep community roots."*

—Gary & Donna Buell, April 2005

## Dedicated, Community-minded People Made the Dream of McKenzie-Willamette Hospital a Reality



The McKenzie-Willamette Hospital Association began as a nine-member board. Elected officers of the board were President E.H. Peterson, Vice President F.N. Jacoby, Secretary Max Gardner and Treasurer R.A. McInnis. On November 8, 1949, this board filed Articles of Incorporation for a new hospital. Theirs and other community members' efforts raised \$100,000 toward building a new hospital.

Also, in 1949, the Women's Guild (later called the Women's Auxiliary) was formed to fund-raise for a new hospital. These dedicated women held fund-raising dinners at local public schools to raise money to build a community hospital in Springfield.

Unfortunately, in 1949 due to union strikes and high unemployment, the hospital fund-raising suffered some setbacks. In 1953 interest in building a hospital in Springfield resurfaced. Louis D. Barr was hired to organize a fund-raising drive. Sixty men on the Advanced Gifts Committee (AGC) went door-to-door soliciting pledges. Later, in July of that year, they were joined by 100 more men, who made up the General Committee (GC).

From July to October 1953 daily breakfast meetings, provided by the Women's Guild (Auxiliary), fueled the men of the AGC and GC to make the hospital-building goal of \$450,000. The campaign ended on October 30, 1953, when enough pledges had been made to start a new 35-bed hospital in Springfield. Shortly thereafter, new Articles of Incorporation were filed under the name of McKenzie-Willamette Memorial Hospital. New board officers were elected: President Harry Wright, Vice President Hubert Gray, Secretary M.O. Sanders and Treasurer M.O. Dahl.

Bids for construction were opened in February 1954 and the hospital was constructed at 14th and G Streets, Springfield, during the following year. The hospital's doors opened on May 1, 1955.

In the early days, once the facility was open, the McKenzie-Willamette Hospital Board of Directors included: E.W. Balderree, A.E. Brandt, Fred Buell, M.O. Dahl, Warne Empey, Hubert Gray, Edward Harms, Frank Jones, Al Knapp, Jack Larson, Glenn Lowery, Lee Martinson, Don Peglow, M. Norton Pemgra, Lee G. Raish, Marvin Sandeis, H. Ray Stafford, George Weyerhaeuser, Harry Wright and Max Gardner.



Volunteers establish the Women's Guild (later called the Auxiliary) to support fund-raisers and generate community interest for a Springfield hospital.

1950



150-member Founders Service Organization begins fund-raising to build a hospital in Springfield.

1953



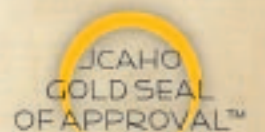
May 30, ground breaking for new hospital at the corner of 14th and G Streets. May 31, construction of the new hospital begins.

1954

May 1, 1955

An independent nonprofit community hospital, McKenzie-Willamette opens its doors with 35 beds and a staff of 40.

MWMC admits first patient the same day.



McKenzie-Willamette receives formal JCAHO accreditation.

1956



1950 Integration of the U.S. armed forces ordered by President Truman.

The United States enters the Korean War.

1952 Dwight D. Eisenhower elected U.S. president.

1953 Korean War Ends.

1956 The Supreme Court's Brown vs. Board of Education ruling found public school segregation unconstitutional.

U.S. President Dwight D. Eisenhower elected for 2nd term.

# McKenzie-Willamette • 50 Years of Extraordinary Care 1955 - 2005



## Hospital Celebrates 50th Birthday and Looks to the Future

From Roy J. Orr, McKenzie-Willamette CEO, 1992 - Present

Birthdays are a time to celebrate and reflect. McKenzie-Willamette's future is brighter than at any time in its history. I'm truly honored to make such a positive report knowing that some of the people who worked hard to establish this hospital continue to live nearby and come here for care.

And though we're taking time out to celebrate fifty years of service, we're also working hard to carry forward McKenzie-Willamette's legacy of extraordinary care: we're updating equipment, adding services, and even more beds here in Springfield. We're launching an update of our Emergency Department — so we can serve you more efficiently — and we're expanding cardiac services — so we can take even better care of you.

As we mark McKenzie-Willamette's golden anniversary, our values for community partnership show in everything we do, including how we go about building a brand new McKenzie-Willamette Medical Center.

Happy 50th to McKenzie-Willamette, and to all of you who've given us fifty golden years of support. 🌿

**McKenzie-Willamette Medical Center's Employees are dedicated to health care. These staff members have worked at the hospital for over 26 years. Each person's years of service are listed after his/her name.**

**2005: Pictured, Front, L-R:** Linda Suiter (40 years), Marilyn Berg (30), Mike Becker (27 years), Marilou Baarstad (37), Ruth Freeman (32). **2nd Row, L-R:** Glenda Dennis (27), Janice Martin (34), Martha Acireno (31), Annie Nuse (30), Laurie Gates (27), Geraldine Harrington (41). **3rd Row, L-R;** Karee Burns (30), Kathy Deacon (28), Kathy McDowell (29), Susan Wood (27), Carolyn Roberts (28), Karla Salladay (34). **4th Row, L-R:** Warren Logan (31), Bob Weaver (31), Jane Daniel (26), Cathy Stone (31), Carrie Heisel (26), and Marv Caldwell (26).

**2005: Due to varying work schedules, these long-time employees are not pictured:** Carolyn Cohen (30), Brenda Crafts (29), Linda Curry (26), Susan Dalton (27), Jan Dial (28), Carlene Eldridge (27), Kathleen Haines (34), Rosemary Harris (31), David Larson (30), Jeannette Loder (28), Shirley Longworth (27), Susann Malpass (27), Eunice McPheeters (30), Mark Ripley (27), Leroy Roberts (36), Martha Robinson (31), Grace Warner (32 years), Jo Zaklan (33).

**1969:** Employees with 10 years service were given pins by Edward L. Bennett, president of the hospital board of directors, at a luncheon at which the service was recognized.

**New wearers of the pins were, L-R:** Mrs. Delona Inman, housekeeping; Donald Payne, anesthetist; Mrs. Loetta Cook, registered nurse; Mrs. Pauline Warick, aide; Mrs. Ruth Wite, office; and Mrs. Virginia Rowland, storekeeper. (not pictured-Mrs. Doris Meloy, registered nurse).

### P.D. Fleissner, first administrator

In March 1955, the seven-member McKenzie-Willamette Board hired P.D. Fleissner as the hospital's first administrator. Prior to coming to McKenzie-Willamette, Fleissner had been administrator at the 50-bed Mary Secon Hospital in Emmett, Idaho. Fleissner served for 11 1/2 years; he proved to be a popular and effective administrator. He hired the hospital's first 40 employees and oversaw the acquisition of equipment and supplies for the new hospital.

*Newspaper clipping caption:*  
"Six deer illegally killed were given this week by the State Police and Oregon Game Commission to McKenzie-Willamette Memorial Hospital. This picture was taken as Officer Robert Steele, who confiscated the deer, made delivery to Mrs. Nellie Louvring, first cook, and P.D. Fleissner, administrator. Mr. Fleissner said the hospital appreciates this meat and soon venison will be on the menu."



Volunteers and community members help build hospital, from landscaping to bringing in venison for the cafeteria. The Hospital Volunteer Auxiliary was one of the largest of its kind, with 516 members who spent 500 hours canning food for the cafeteria to serve (this was legal then), 976 hours sewing bed linens used for patient beds, and 487 hours doing everything from front lobby reception to serving patients' meals.

1956



1957 First addition adds more storage, a conference room and laundry.

1957



1961 Hospital builds East Wing adding 19 beds.

1961



1964 MWMC adds emergency room department, operating and recovery room.

1964

1968 Hospital adds business offices, physical therapy, lab and radiology.

1969 MWMC adds intensive care unit.

1969

1960 The first of four televised "Great Debates" between presidential candidates John F. Kennedy and Richard M. Nixon.

1961 United States invasion of Cuba (Bay of Pigs). Berlin Wall built.

1962 Cuban Missile Crisis.

1963 President John F. Kennedy assassinated.

Lyndon B. Johnson finishes out the term and is elected to the next term.

1964 The United States Civil Rights Act passes, prohibiting discrimination based on race, sex, religion, or natural origin.

1968 Dr. Martin Luther King, Jr. assassinated. Richard M. Nixon elected president.

1969 Neil Armstrong walks on the moon.

1970 Kent State University: Vietnam War protest turns deadly, pitting National Guardsmen against protesters.

1972 Nixon re-elected.

# McKenzie-Willamette • 50 Years of Extraordinary Care 1955 - 2005

## Equipment Then & Now at McKenzie-Willamette Medical Center

### Circa 1950s Cardiac Station, top left

"Life Saving Equipment— Hospital Administrator P.D. Fleissner, left, tells Mrs. Fred Buell, Dr. William R. Post and Mrs. Maurice Phipps about this new cardiac resuscitation station. The new units are being examined by the hospital which plans to purchase this or similar equipment, partly with the proceeds from this Friday's McKenzie-Willamette Hospital Auxiliary smorgasbord. Mrs. Buell, in her volunteer nurse's aide uniform, is publicity chairman for the smorgasbord, while Mrs. Phipps is general chairman. Dr. Post is chief of surgery at the hospital."

### 2004 Cath Lab, bottom left

McKenzie-Willamette Medical Center's Cardiac Catheterization Lab has been in use since December 2004. The Lab is helping to meet the local demand for treatment and diagnosis of peripheral vascular, cardiovascular and neurological diseases. Other procedures to be done in the new Cath Lab may include blood-flow diagnostics and intervention steps for the kidneys, brain, liver and intestines.

### 2004 Operating Room Microscope, top right

Last spring McKenzie-Willamette installed a new operating room microscope. The advanced technology of the Leica 520 Neurosurgical Microscope is used for neuro, ear-nose-throat, and spinal surgeries. "Operating microscopes of this quality permit the surgeon to perform surgery through smaller incisions, with less tissue disruption and with greater clarity and precision," stated Dr. Stephen McGirr of Oregon Neurosurgery. "This translates to decreased patient discomfort, quicker healing and greater safety."

### Circa 1950s New Hospital Isolet, bottom right

Community fund-raising purchased this isolet (called an incubator back then) for McKenzie-Willamette.



## Happy Birthday— Leo Howard



**Leo Howard may not be a household name to you; but at McKenzie-Willamette Medical Center, he has a special place in our hearts — and our history. On May 3, 1955, just two days after the hospital opened, Howard became the first baby born at McKenzie-Willamette.**

In talking with Howard recently, he said, "It was a big deal when I was born. The hospital gave my mom and dad \$300 in prizes and merchandise for having the first baby there. That made things a lot easier for them." (\$300 went a lot further in those days, with a loaf of bread costing 10 cents, and a good-sized candy bar, a nickel.)

Leo Howard was born to Mr. and Mrs. Oren Howard, the third of three children. His birth was even more special for his family, given the fact they were donors to the community hospital effort.

"My dad gave \$100 to the hospital cause, which was a lot more money in those days than it is now,"

Howard explained. As one of the original donors, his father's name is on a plaque that hangs in the hospital.

Now a mill manager in Philomath, throughout the past decades Howard has participated in many birthday celebrations with the hospital — sometimes the hospital's birthdays, sometimes Howard's own.

"I went back to the hospital to celebrate my 6th, 12th and 25th birthdays, and I've gotten pretty used to being called for hospital anniversaries." Howard's birthplace legacy has continued with his own children; both were born at McKenzie-Willamette Medical Center.

Of course, along with McKenzie-Willamette, Howard, himself, reaches his own big 5-0 mark this May. "For this birthday and anniversary, I think I'll just try to hide out," he quipped.



**1973** Community donates \$532,000 to hospital for expansion.

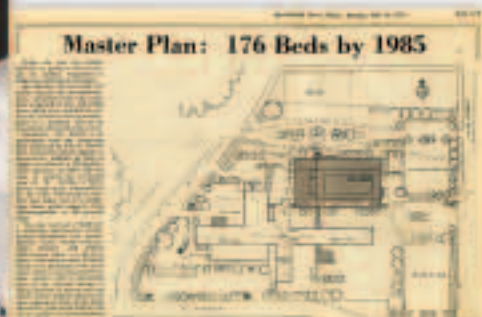
**1976** Using the money donated in 1973, MWMC builds a four-story addition (North Tower) with new operating rooms, recovery rooms and 36 additional beds. This brings total patient beds to 104.

**1977** Volunteers form Hospital Foundation.

**1979** Women's Health & Birth Center adds alternative birthing unit.



**PulseBeat** wins first place award for excellence in health care communication.



**1983** Facility expands with a 72,000 square-foot ancillary building, includes housing diagnostic services, full-body scanning, 14-bed ICU and coronary care unit, a short-stay center and a roof-top helicopter landing pad.

**1984** State expands MWMC's license to accommodate 114 beds.

**1985** The hospital creates a strategic plan to address economic recession.

**1987** Hospital introduces "Centers of Excellence" for senior, occupational, women's and preventative services.

**1973**

**1976**

**1979**

**1982**

**1983**

**1985**

**1973** Vietnam: peace treaty signed.  
**1974** Watergate & Nixon resignation  
Patty Hearst kidnapping.  
Pres. Gerald Ford pardons former Pres. Nixon.

**1975** Pres. Ford escapes assassination twice in 17 days.  
**1976** Jimmy Carter elected president.

**1980** Washington state's, Mount St. Helens erupts.  
Former Beatle John Lennon is murdered.

**1981** U.S. hostages being held in Iran are freed.  
Ronald Reagan elected president, serves two terms.

**1986** NASA's Challenger explodes.  
**1988** George H. W. Bush elected President, one term.

**1989** Valdez Exxon oil spill.  
Berlin Wall torn down.

# McKenzie-Willamette • 50 Years of Extraordinary Care 1955 - 2005



Clarence and Thelma Wafford remember in 1949 when Thelma's mother and her friends began holding fund-raising dinners at local public schools to raise money for a hospital in Springfield. Thelma, herself, helped with the dinners. Clarence helped solicit donations with some of the men who approached local businesses, friends and neighbors for pledges. Clarence credits his plumbing business partner and a local grocery store butcher with inspiring him to help the dream of a Springfield hospital become a reality.

Since then, the Waffords have remained stalwart supporters of the hospital. To date, Thelma has clocked over 15,000 volunteer hours. Of course, that's the tally since someone started tracking volunteer hours. Prior to that, for several years, she went door-to-door collecting neighbors' monthly pledges to finance the hospital, and she helped with the fund-raising dinners. Once the hospital opened, Thelma carted food trays and transported patients.

Thelma admits that recent hip surgery has slowed her down some, but she's quickly making a come back. Using her walker, she gets out to the corner flower garden to pull weeds. "Our gardens (a small, but bountiful vegetable garden and a lovely, corner spot of tulips and other flowers) are mainly Clarence's work. But I help some. I get out and walk several times a day too; I like the fresh air."

Both Waffords are trim and in good shape. "We like to get out and stay busy," stated Thelma. Clarence said that besides gardening, he rides his stationary bike to keep healthy. Clarence is also a long-time volunteer at Dorris Ranch Park, where he had one of his first jobs in the late 1930s, before going into the plumbing business. "Ben Dorris hired me to work in the filbert nursery," Clarence said. "After eight hours there during the day, I went over to work for Papé during the evening."

With all their hard work, the Waffords have still managed to cut a wide swath in the community. Two years ago, Clarence was written up in both the Salem newspaper and *The Register Guard* for his volunteer work at Dorris Ranch. Thelma recently won a Tolerance Citizen Award, which was reported in the local newspapers. The couple has three children: Eugene, Dwayne and Joylee who live in the area.

McKenzie-Willamette Medical Center is fortunate to have such a wonderful, can-do couple as volunteers. Thelma concluded, "I really appreciate the hospital, and I'll support it wherever it moves. Whatever is best for McKenzie-Willamette, I support."

## Our Beloved Volunteers



**Long-term Volunteers at McKenzie-Willamette Medical Center, pictured above:** *Front, L-R:* Betty Birran, Rose Hyde, Charlie Gomes, Bernice Dwyer, Evelyn Ransdell. *Back, L-R:* Norine Arens, Nina Dobbins, Melanie Reske, Jean Parker, Virginia Hedlund, Margie Palaniuk, Don Hansen, Bernice Hill.

**Due to active, busy lives, international travel, and, in some cases, illnesses, these long-time volunteers were unable to be photographed:** Audrey Baker, Evelyn Bennett, Georgia Boylan, Elenore Brinton, Ruth Carson, Marion Chamberlin, Rochelle Cunningham, Nadine

Dickerson, Pat Furtado, Mike and Lavelle Gillespie, Dorsey Hancock, Lavern Henshen, Barbara Hooven, David Johnson, Esther Lang, Gwen Lively, Patsy Maddox, Ann Mallery, Genevieve McCloud, Hazel Ostrom, Gwen Quigley, Thelma Quinn, Marge Robb, Peggy Robbins, Louise Skaggs, Linda Snyder, Louise Styzinski, Shirly Sucamele, Shirley Toy, Thelma & Clarence Wafford (separate photo & story, this page), Deloris Wagner, Lorna Weller, Helen Winnop.

McKenzie-Willamette Medical Center volunteers make our hospital a better place for patients and staff in 1,001 ways, whether they're acting as receptionists, distributing food trays, delivering flowers or transporting items between departments. Thank you to all of you for your many years of devoted service.



**2005 Volunteer Officers, L-R:** Charlie Gomes, Virginia Zilkowki, Norene Arens, Carolyn Duncan, Don Westphall. **Not pictured:** Leslie Rasor.

The hospital Foundation holds the First Festival of Trees, a primary fund-raising event for the (then) nonprofit hospital.

*Festival of Trees*

**1995** Festival of Trees grows to five days with 12,000 in attendance.

**1997** Hospital Web site comes online.

14-bed Women's Health and Birth Center opens on the fourth floor.



**1998** McKenzie-Willamette cares for wounded high school students as a result of the Thurston High School shooting.

**2000** Establishes a program to provide reduced-cost Adult Day Health Care center services to low-income families using a gift from Centennial Bank.

- Hand-held computers become part of Home Care visits to reduce time and expedite medical record management.
- Eleven new or improved clinical pathways improve patient care, including total joint replacement, cerebral vascular, spinal surgery, major abdominal surgery, congestive heart failure, stroke and pneumonia care.
- Welcomes 128 new volunteers and 153 new Auxiliary members.

**2001** Offers Lane County's first water births. Sponsors annual Diabetes Wellness Fair.

- Sponsors Hospice's first annual Light Up a Life ceremony, honoring the memory of loved ones and raising \$5,400 for Hospice.

**2003** Enters into joint venture partnership with Triad Hospitals Inc., a new venture to operate existing hospital and build a new one.

- Responds to 35,800 ER visits, perform 5,856 surgeries and deliver 1,032 babies.
- Offers full-time hospitalist program, providing inpatient.

**2004** Search begins for a new hospital site. Cardiac Catheterization Lab opens.

**2005** McKenzie-Willamette Medical Center Celebrates 50 Years of Extraordinary Care.

**1993**

**1997**

**1998-2000**

**2001-05**

**1990** Gulf War.

**1991** Soviet Union collapses.

**1992** Bill Clinton elected president, served two terms.

**1994** O.J. Simpson murder trial.

**1995** Oklahoma City bombing of the federal building.

**1997** Sheep cloned in U.S.

**1998** Clinton is impeached, but is able to serve out his full second term.

**2000 & 2004** George W. Bush wins presidential election.

**2001** Attacks on World Trade Center and Pentagon.

**2004** Indian Ocean earthquake causes tsunami disaster in Asia.

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Monday-Friday, 9:30 a.m.-8 p.m., Saturday appointments available. Call 744-6000.



## HEALTH & WELLNESS

### DIABETES EDUCATION

Program focuses on learning self-management skills involving healthy food choices, physical activity, stress reduction, and diabetes medications. Group classes and individual sessions are available. Our program is accredited by the American Diabetes Association and offers the services of certified diabetes educators.

Our services include:

- Personalized nutrition counseling
- Insulin administration and self-adjustment training
- Insulin pump training

Call 228-3020 (new phone number) to begin a program just for you.

## SENIOR WELLNESS

### CASCADE ADULT CENTER

This ongoing daytime program for frail elderly or disabled adults offers a structured program of social health and support services in a stimulating, home-like atmosphere. We also offer a program for individuals with early stage Alzheimer's Disease or other types of dementia. Some insurance companies and Medicaid will cover a portion or all of the fees.

1621 Centennial Blvd.

Mon.-Fri., 7:30 a.m.-5:30 p.m.  
726-4484

Fee: \$40-60/day (based on level of care)



### CASCADE ADULT CENTER

(Formerly Adult Day Health Center)

**Coupon good for free day of activities and lunch.**

**New participants only.**

**Must call ahead to schedule:  
726-4484**

### EARLY MEMORY LOSS

10-sessions of informal classes for people in the early stages of dementia and their families. Focus is on education about memory disease, accessing services, living with memory disease and how it can affect your family as well as planning for the future.

Two separate discussion groups: one for people in the early stage and one for their families. Those with memory disease should be aware of their disease and be able to communicate their concerns. Sponsored by Cascade Adult Center, Alzheimer's Association, and New Horizons. Please call for dates and to register.

**Mondays and Thursdays, 1-3 p.m.**  
**Cascade Adult Center**  
**Preregistration required.**  
**Call Andrea Gillispie at 726-4484**  
**Fee: \$30 per family**

### AARP DRIVER SAFETY/55 ALIVE

A two-day classroom refresher course for drivers 50 years of age or over. Attendees may be eligible for a reduction on their automobile insurance. Preregistration is required.

**2005 CLASS DATES**  
**May 23, 24; August 15, 16; November 9, 10**  
**9 a.m.-1 p.m., Umpqua Room**  
**726-4789 • Fee: \$10**

### LIFELINE RENTALS

Home Care has emergency response systems available for rent for short-term recovery, or on a long-term basis.

Call 228-3050

## WOMEN'S HEALTH

### WOMEN'S HEALTH & BIRTH CENTER

tours at McKenzie-Willamette Medical Center are offered several times monthly and are free.

For information or to register for the following programs and services, call 741-4649.

### MATERNITY CARE COORDINATOR

When you choose to deliver at our Birth Center, you'll team up with our Maternity Care Coordinator who will make sure your birth preferences are known prior to your arrival. We offer orientation classes as well as phone or individual appointments.

### CHILDBIRTH PREPARATION

Designed especially for women who hope to deliver with minimal pain intervention. Our six-week series for expectant mothers and their support person will focus on the application of breathing and relaxation skills to help from beginning of labor through delivery.

**Tuesday or Wednesday, 6:30-8:30 p.m.**  
**Call for specific dates.**  
**Umpqua Room • Fee: \$60**

### CHILDBIRTH REFRESHER COURSE

Designed especially for women who hope to deliver with minimal pain intervention. This two-hour class for expectant mothers and their support person will focus on the application of breathing and relaxation skills to help from beginning of labor through delivery.

**Monday, June 27, 6:30-8:30 p.m.**  
**Umpqua Room • Fee: \$25**

### SATURDAY PRENATAL RETREAT

No time in your schedule for a six-week prenatal series? Join us for a one-day, comprehensive review of labor & delivery, and relaxation & breathing techniques. Designed for first-time parents or those who have delivered previously, but have never taken a childbirth class. A lunch break will be given and snacks served in the morning & afternoon.

**Saturday, July 9, 9 a.m.-5:30 p.m.**  
**Umpqua Room • Fee: \$65**

### SUCCESSFUL BREAST FEEDING

Find out how breast feeding maximizes your baby's health and facilitates bonding. Learn how to prepare, what to expect and how to overcome common problems.

**Tuesday, May 31, 6:30-8 p.m.**  
**Umpqua Room • Fee: \$15**



### YOUR NEW BABY

If you are a proud parent of a new baby or expecting one soon, join us for an overview of your baby's health and development in the first few months of life including normal behavior, appearance, growth and development and safety issues. The class will allow time to address any special questions or concerns of the group.

**Monday, June 6, 6:30-8:30 p.m.**  
**Umpqua Room • Free**

### SIBLING PREPARATION

This class will help "big" brothers and sisters, ages 3-7, prepare for the arrival of "their" new baby. We will talk about feelings, frustrations and family adjustments that occur when baby comes home, do some artwork for baby's crib and take a tour of our Birth Center.

**Saturday, May 7, 10:30-11:30 a.m.**  
**Umpqua Room**  
**Fee: \$10 (1 child) or \$15 (2 or more children)**

## SUPPORT GROUPS



### BETTER BREATHERS

**First Tuesday, 2-3:30 p.m.**  
**Room to be announced.**  
**726-4616 • Free**

### CAREGIVERS SUPPORT

**Tuesdays or Wednesdays, 1-3 p.m.**  
**Cascade Adult Center**  
**1621 Centennial Blvd.**  
**726-4484 • Free**

### GRIEF SUPPORT

**Cascade Health Solutions**  
**2650 Suzanne Way, Eugene**  
**Home Care Conference Room**  
**Tuesdays, 10:30 a.m.-12 p.m.**  
**726-4581 • Free**

**Thursdays, 7-8:30 p.m.**

**Willamette Room, MWMC**  
**726-4478 • Free**

### UNITED OSTOMY ASSOCIATION

**First Sunday**  
**Contact Sally Hannah, 485-9633**

## Movers & Shakers

Like any baby boomer celebrating the big 5-0, McKenzie-Willamette Medical Center is planning for many healthy, productive years to come.



While progressing towards a new hospital site, the hospital continues to make improvements: purchasing new equipment (see photos, page 5), remodeling at the current 1460 G Street site, offering updated and newly consolidated services, and moving some services to new locations (see "Cascade Health Solutions..." this page).

In the past several months, on the first floor, McKenzie-Willamette redecorated the Adult and Children's Medicine unit, as well as the cafeteria, and installed new carpeting in public areas. On the hospital's third floor, the EKG services area was expanded. Off site, the Junction City Rehabilitation Therapy offices were consolidated into the River Road Office, which was expanded and remodeled.

At the end of 2004, McKenzie-Willamette opened its new Cardiac Catheterization Laboratory. The Cath Lab is equipped with a GE Innova 3100 flat panel detector, which provides high-quality digital images for physicians to use during procedures that require great precision. The Lab helps to meet the local demand for treatment and diagnosis of peripheral vascular, cardiovascular and neurological diseases. Other procedures to be done in the new Cath Lab may include blood-flow diagnostics and intervention steps for the kidneys, brain, liver and intestines.

In 2005 at the hospital's 1460 G Street location, the following projects are scheduled:

Remodel of the Patient Registration/ED Lobby May/June  
New MRI Services July  
34-Bed Expansion October

Addition of Mammography October  
Addition of Bone Densitometry October  
Creation of a Sleep Disorders Lab October

ED/Clinical Expansion to be scheduled  
CT (CAT Scan) Replacement to be scheduled  
Vascular Lab (noninvasive imaging) to be scheduled

### Cascade Health Solutions: Occupational Medicine, Home Care, Hospice & More

In the latter part of 2004, McKenzie-Willamette Medical Center's counterpart, Cascade Health Solutions (20% owner of the hospital's partnership with Triad), moved to a new location at 2650 Suzanne Way, Eugene. One of the main services of Cascade Health Solutions (CHS) is Occupational Health, which includes an occupational medicine clinic for employee physicals, drug screenings and injury treatment; MedExpress, an employer first-aid service; Workers' Action Program, which provides rehabilitation solutions for on-the-job injuries and pre-placement testing; and a Travel and Immunization Clinic.

Also at the new CHS location are Home Health, Hospice, Center for Healthy Living and the McKenzie-Willamette Community Health Foundation. The CHS umbrella encompasses the Cascade Adult Center, (formerly Adult Day Health Center), which remains at 1621 Centennial Boulevard, Springfield, and DIRECTION for Employee Assistance (counseling interventions, supervisor and work-site training), which remains at 66 Club Drive, Eugene. For more information, visit [www.cascadehealthsolutions.com](http://www.cascadehealthsolutions.com) or phone 228-3000.



## Who will speak for you?

Find the courage to make your wishes known



Across the nation, the tragic Terri Schiavo case sparked interest in Living Wills, or as they're called in Oregon, Advanced Directives. No matter what your thoughts are on the case, for many the importance of completing this difficult task, to discuss end-of-life treatment preferences before any severe trauma or illness occurs, was poignantly driven home by the Schiavo family's situation. It's important to note that such planning is not just a task for the elderly; Schiavo was only 26 when her heart stopped in 1990, depriving her brain of oxygen.

In our community for the past several years, the End of Life Coalition, a local group of concerned medical, social service and clergy professionals, has been working to help people take control of their lives — in sickness and in health. Because of the Coalition's work, both Eugene Mayor Kitty Piercy and Springfield Mayor Sid Leikin have officially designated May 14, 2005 as Health Care Decisions Day for the two cities.

**A Health Care Decisions Day event will be held Saturday, May 14, 10 a.m. to 3 p.m. at Valley River Center.**

This is a great opportunity to learn more about Advanced Directives and how they can put you in practical and legal control of the last days of life. There will be free, on-site legal guidance and Advanced Directives available. You can also find out what a durable power of attorney is and learn about ethics wills.

Of course, it's not enjoyable to think about these things, but a few moments of planning today could save those who care about you a lot of anxiety and distress. To download an Advanced Directive or find out more about end-of-life choices, log onto [www.seriousillness.org/lane](http://www.seriousillness.org/lane). Better yet, attend the May 14 Health Care Decisions Day event at Valley River Center, 10 a.m. to 3 p.m.



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### How to Get to the Medical Center

