

PulseBeat extraordinary care



McKenzie-Willamette
MEDICAL CENTER
extraordinary care



PROVIDING HEALTH CARE INFORMATION SINCE 1971

JUNE 2004



A Site in Our Sights?

The verdict is in: a replacement McKenzie-Willamette Medical Center would fit on the Eugene Water and Electric Board property in downtown Eugene

The architect's renderings verify the site is sufficient to accommodate a hospital even larger than McKenzie-Willamette plans to build, according to Roy J. Orr, CEO.

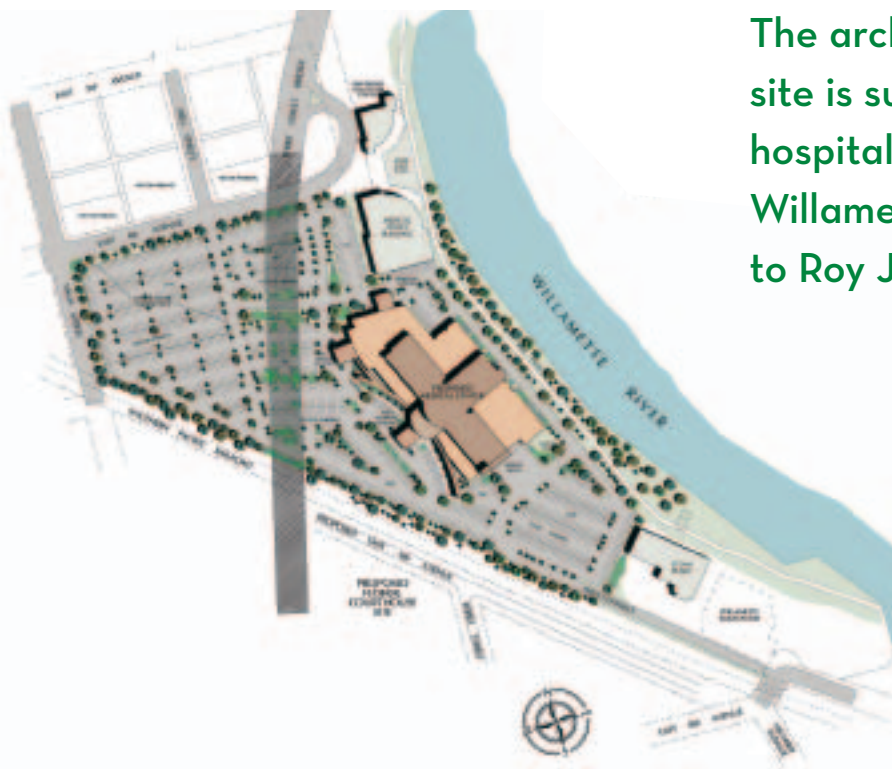
Hospital officials released the drawings, including a front elevation showing a five-story hospital building adjacent to existing EWEB buildings, to give community members an opportunity to see what a hospital might look like on the site. The hospital McKenzie-Willamette will ultimately build has not been designed yet, so the drawing is a concept only.

McKenzie-Willamette announced plans to rebuild from the ground up in a new location when it signed a letter of intent in January 2003 to form a partnership with Triad Hospitals, Inc.

The partnership took effect October 1 and McKenzie-Willamette began its site search in earnest.

Orr, has been meeting with Eugene City Manager Dennis Taylor and EWEB General Manager Randy Berggren since the idea of locating on the EWEB property first emerged in late February. He said the three are discussing issues ranging from EWEB's progress at finding an alternative location and its timetable for moving off the property, to the range of ways to improve access to and traffic around the site.

Orr said McKenzie-Willamette is not yet ready to take other sites out of consideration. Both EWEB and the hospital must complete their own evaluations, including financial analyses. But Orr said, "We're very excited about the EWEB site. We're interested in making it work not only for the hospital, but for EWEB and the community as well."



TALK TO US

If you have comments or questions about siting a new McKenzie-Willamette Medical Center, there are three ways to let us hear from you: 1) clip and mail this form with your comments/questions, 2) send an email to lotdue@mckweb.com, or 3) call the hospital's information phone line, 744-8505 and leave a message.

Name (optional) _____

Comment/Question regarding McKenzie-Willamette Medical Center relocation:

Contact information _____

Mail Comments/Questions to Marketing Department, McKenzie-Willamette Medical Center, 1460 G Street, Springfield, OR 97477

New Equipment Will Enhance Patient Comfort

New and replacement equipment is arriving daily at McKenzie-Willamette Medical Center. The new equipment will enhance patient comfort and improve efficiency, and help position the hospital to continue providing *extraordinary care* now — and into the future.



Pictured above, surgery technician demonstrates McKenzie-Willamette's new state-of-the-art Leica 520 Neurosurgical Microscope.

Neurosurgical Microscope This technologically advanced neuroscope, which can be used for neurosurgery, ear-nose-throat and spinal surgeries, sets a new standard in surgical microscopes. "Operating microscopes of this quality permit the surgeon to perform surgery through smaller incisions, with less tissue disruption and with greater clarity and precision," Dr. Stephen McGirr, of Oregon Neurosurgery, states. "This translates to decreased patient discomfort, quicker healing and greater safety."

Colonoscope "The new colonoscope allows an easier intubation for the patient, cuts down on discomfort, and is more efficient for the doctor," according to Short Stay nurse manager Ruth Freeman. "This newer technology brings ease of use, clarity of images and documentation, which will improve overall efficiency and satisfaction for both physicians and patients."



Additional Equipment The Emergency Department has new biphasic cardiac defibrillators, which allow a much lower amount of electrical current to be used, resulting in less patient discomfort and less tissue damage. The Laboratory is replacing microscopes and adding new instrumentation and analyzers that will expand the menu of tests available to physicians, provide even more accurate results, reduce turnaround times, and require less daily maintenance and calibration. Throughout the hospital a new fleet of ventilators (pictured left) offers structured levels of breathing-support for patients having respiratory difficulties. ❖



McKenzie-Willamette Holds Shriners Screening



Mary Pat Piazza & daughter Gina, May 15 Shriners Screening.

On May 15, McKenzie-Willamette Medical Center's Short Stay Unit was the site of a FREE medical screening for children with orthopedic diseases. Through local area schools, children with orthopedic diseases and their parents were invited to attend the evaluation exam.

An Orthopedic Healthcare Northwest volunteer physician conducted the examinations. Two McKenzie-Willamette Medical Center volunteers Kathy Deacon, RN, and Ruth Freeman, RN, assisted in screening the children. Shriners volunteers provided transportation, helped families fill out needed paper work, escorted them to and from their exam, and provided entertainment to those awaiting their evaluation time.

Based on type of illness and economic need, after the screening assessment, qualifying children (up to 18 years old) will receive care and treatment at the Shriners Portland Hospital — at no cost to the children and their families.

Career Pathways Grant

Lane Workforce Partnership, in conjunction with McKenzie-Willamette Medical Center, Peace Harbor, Samaritan Hospital and the Health Care Career Alliance received a workforce development career pathways grant in July. The goal of the grant is to establish a connection for continued access to federal retraining funds and career progression support for those who qualify.

The objectives of the grant are to clarify entry-level career paths, offer on-site career coaching, and provide employees with financial assistance for training. Participation in the grant, which ends on June 30, 2004, is another way McKenzie-Willamette employees continue to excel and to provide "extraordinary care." ❖



As Weather Warms, Protect Yourself From Mosquitoes.

The best protection is prevention.

Because mosquitoes can transmit diseases, such as West Nile Virus, Lane County Public Health advises people to start protecting themselves from mosquito bites and to clear mosquito breeding sources from their property.

*Oregon and Washington have had no WNV human cases to date. However, nationwide in 2003, there were 9,377 cases and 244 deaths.**

*As reported by the Center for Disease Control on March 10, 2004.

- Look around your home and property and eliminate all sources of standing water that can support mosquito breeding, for example gutters, birdbaths and old tires.
- Because mosquitoes are most active at dawn and dusk, avoid playing or working outside at these times or wear repellent and clothing that covers.
- When outdoors, wear long pants, long sleeve shirts and other protective clothing.
- Wear an effective insect repellent. So far, DEET has been found to work the best. Follow label directions when using any repellent. But, do not apply DEET to children younger than two.
- Make sure that doors and windows have tight-fitting screens. Repair or replace screens that have tears or holes. Don't leave doors open without a screen.

For more information about West Nile virus, visit the Lane County Web site: www.lanecounty.org/CAO_PIO/west-nilevirus/wnv_main.htm, or call the Oregon Department of Health Services (DHS) toll-free line 1-866-703-4636.

Give yourself the gift of relaxing and therapeutic massage.

Give yourself the gift of a relaxing and therapeutic massage. Call for an appointment. Gift certificates are available. Find out about our licensed massage therapists, Julie, Martha and Tracy by visiting our web site at www.mckweb.com.

Monday-Friday, 9:30 a.m. - 8 p.m.
60-minute massage—\$50 • Call 744-6000

HEALTH & WELLNESS

24-HOUR RELAY FOR LIFE

Supports the American Cancer Society
Noon, Friday, July 30 to
Noon, Saturday, July 31
Lane Community College Track
Contact Jenny Neiwert, 747-0744

MEDITATION FOR HEALTHY LIVING

If you have taken a prior meditation class with Dr. Mackey, we have an opportunity for you. Come to an informal one-hour class to practice the skills you have already learned. The class started on May 10 but is open to prior students.
Mondays throughout the summer.
5:45 p.m. - 7 p.m.
MWMC Willamette Room
Registration required. Free.
Questions? Call Kathy McDowell, RN, COHN, 744-8470. Please leave a message with your name and phone number.

SIGN LANGUAGE FOR HEARING BABIES

Babies can express their wants and needs with sign language as early as 10 months of age. It's a wonderful way to enhance communication and reduce stress and frustration for everyone. This four-week class is for parents and their baby. Please preregister for one of the following.
Classes begin:
Saturday, July 10, 11 a.m.
Saturday, July 31, 9:30 a.m.
Saturday, September 11, 12 p.m.
1457 G Street, Springfield
Call 954-9086 • \$50

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 726-4544 to begin a program just for you.

FREE BLOOD PRESSURE SCREENING

Offered 24 hours a day; wait depends upon ER activity.
Emergency Department, MWMC

SENIOR WELLNESS

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 Willamette Community Health Solutions Adult Day Health Care, Alzheimer's Assoc., and New Horizons. Please call for dates and to register.
Mondays and Thursdays, 1-3 p.m.
Adult Day Health Center
1621 Centennial Blvd.
Preregistration required.
Call Andrea Gillispie at 726-4484
\$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.
August 3 & 4 • 9 a.m.-1 p.m.
Umpqua Room • 726-4789 • \$10

ADULT DAY HEALTH CARE

Our 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.
Mon.-Fri., 7:30 a.m.-5:30 p.m. • 726-4484
\$38-58/day (based on level of care)

LIFELINE RENTALS

Home Care has emergency response systems available for rent for short-term recovery, or on a long-term basis.
726-4581

CHILDBIRTH PREPARATION

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

WOMEN'S HEALTH & BIRTH CENTER

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

MATERNITY CARE COORDINATORS

When you choose to deliver at our Birth Center, you'll team up with our Maternity Care Coordinators who will make sure your preferences are known prior to your arrival. We offer orientation classes as well as opportunities to speak individually with one of these specially trained nurses.

CHILDBIRTH PREPARATION

Designed especially for women who hope to deliver with minimal pain intervention. Our five-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.
Monday, 7-9 p.m.
Tuesday, 5:30-7:30 p.m.
Wednesday, 6:30-8:30 p.m.
Call for specific dates. • \$60

CHILDBIRTH REFRESHER COURSE

Designed especially for women who hope to deliver with minimal pain intervention. Our five-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.
Call for dates. • 6-8 p.m. • \$25

SATURDAY PRENATAL RETREAT

No time in your schedule for a five-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, August 28 • 9 a.m. - 5:30 p.m.
Umpqua • \$60

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. Individual consultations are also available.
Tuesday • July 13 or August 24
7:30-9 p.m. • \$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, August 23
7-9 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.
Sat., July 31 • 10:30-11:30 a.m.
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.
Adult Day Health Center
1621 Centennial Blvd.
726-4484 • Free

GRIEF SUPPORT

Tuesdays, 10:30 a.m.- 12 p.m.
Hospice Conference Room
1457 G St.
726-4581 • Free

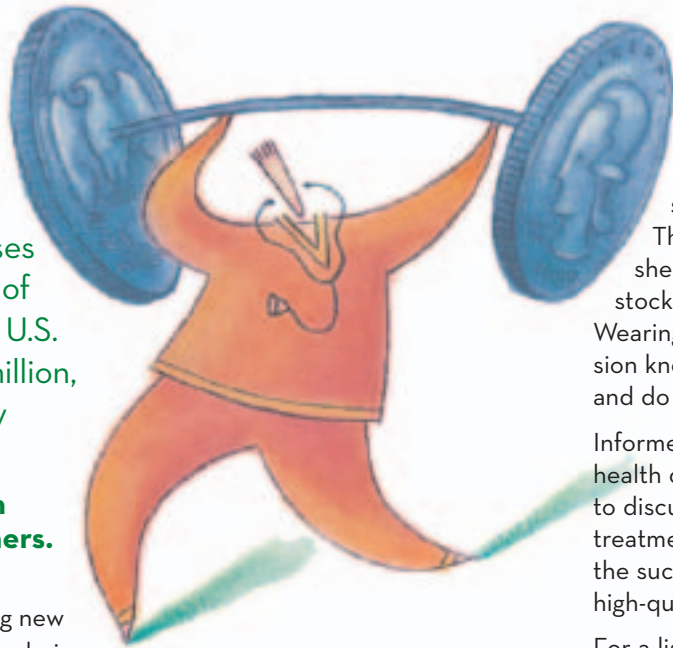
Thursdays, 7-8:30 p.m.
Willamette Room, MWMC
726-4478 • Free

HOW CAN YOU HELP CONTROL YOUR HEALTH CARE COSTS?

We're all trying to figure out how to pay for good health care. The cost of employer-paid health insurance rises every year. The number of uninsured people in the U.S. has reached about 40 million, roughly one out of every seven Americans.

What can we do? We can become smarter consumers.

Health insurance companies throughout the U.S. are creating new plans that give individuals more choice and more control. In these plans, employer contributions are set at a fixed dollar amount and employees pay costs above that amount. The result: informed, empowered consumers who use their health care dollars wisely.



Too often consumers are conditioned to think expensive, invasive procedures mean better health care. Certainly, such procedures are warranted at times. But sometimes a simple, low-cost treatment may be as effective.

For example, a woman who for years had experienced chronic knee pain and swelling had tried everything from surgery to pain medication.

Thanks to a tip from a friend, she discovered compression stockings relieved her distress. Wearing over-the-counter, compression knee-highs enables her to walk and do daily exercise pain free.

Informed consumers, allied with health care providers who are willing to discuss and consider a variety of treatment options, will be the key to the successful future of affordable, high-quality health care.

For a list of helpful, credible web sites brimming with reliable health care and medical information, visit www.mckweb.com/health.

MWMC SUPPORTS THE AMERICAN CANCER SOCIETY'S RELAY FOR LIFE

By Lauren Stilwell, Marketing Intern

Relay For Life is the American Cancer Society's signature activity, and also one of the most successful fund-raising events in U.S. history, raising \$265 million worldwide in 2003. It offers everyone in a community a chance to participate in the fight against cancer. The Relay consists of noncompetitive teams taking turns walking or running around a track. Last year, the Eugene/Springfield Relay For Life raised \$440,000. One hundred and twelve teams participated, and more than 2500 people attended, making it the largest Relay For Life in Oregon.



Each dollar raised for the American Cancer Society goes toward cancer education, research, advocacy, and patient service. Money from the Eugene/Springfield Relay most often stays local, helping to

fund grants for research at the University of Oregon, Oregon Health Sciences University (OHSU), and the University of Washington, among others.

Along with being a corporate sponsor this year, McKenzie-Willamette Medical Center will have two teams participating in the 2004 Relay For Life.

The event will take place July 30 & 31 at the Lane Community College track facilities. The relay is a 24-hour event, from 12 p.m. on Friday to 12 p.m. on Saturday.

McKenzie-Willamette Medical Center Team Captain Judy Wilson hopes that MWMC will raise more than \$7,000 this year, exceeding last year's total. "I am really excited," Wilson states. "This is a great way to show that we care about and support cancer research and really believe in what the American Cancer Society is doing for people in our community."

For more information about the Eugene/Springfield Relay For Life, contact Jenny Neiwert, 747-0744.

Can You Come to McKenzie-Willamette Medical Center?

Below is a list of insurance companies McKenzie-Willamette has direct contracts with; these insurers specifically and directly contract with the hospital. If your company is not on the list, that does not necessarily mean you cannot come to McKenzie-Willamette. It only means your particular insurer does not have a direct contract with us.

If you don't see your insurance company listed, please call the information number on your group health insurance plan card to find out if you can choose McKenzie-Willamette.

We're working hard to make sure everyone has equal access to McKenzie-Willamette Medical Center.

America's Health Plan (AHP)

BlueCross BlueShield: PAR

CNN Managed Care, Inc.

Confederated Tribes

Emerald Health Alliance

ETHIX

First Health

Galaxy Health Network

Healthcare Direct, LLC

HealthNet

Health Payors (HPO)

Lifewise / PremeraFirst

Managed HealthCare

Northwest/SAIF

MultiPlan

National Provider Network

ODS - PPO, POS, HMO

OneHealth Plan - PO, POS

Oregon Health

Systems / MCO

PacificCare - all plans

Private HealthCare Systems (PHCS)

Providence - all plans

Samaritan Health Services

United Healthcare

United Payors & Providers (Up & Up)

Wilson & Paschall, Inc.



PulseBeat is published by McKenzie-Willamette Medical Center, 1460 G St., Springfield, OR 97477. PulseBeat is a public service and is not intended as a substitute for professional medical care. www.mckweb.com

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Design: Ferguson Design & Production

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How to Get to the Medical Center

