

VACCINE ACCOUNTING EXCELLENCE RECOGNITION

The Oregon Health Authority tracks clinics who participate in the Vaccines For Children (VFC) Program. Clinics are expected to follow Best Practices for all vaccines administered, whether it be through the VFC program or other funds.

To ensure best practices, safeguard the public good and establish financial accountability, all VFC clinics are required to report to Alert IIS, an immunization information system.

Congratulations to NBMC Gold Beach on obtaining the gold category and to NBMC Coos Bay for obtaining the silver category.

The gold category lists clinics who have met or exceeded the 95% inventory accountability standard. The silver category lists those clinics who met 85-95% accountability. This effort improves patient immunization records and assures our federal partners that vaccines are getting to the patients who are entitled to them.

IN QUARTER ONE OF 2019:

- 327 clinics met the gold criteria for **excellent** vaccine inventory accounting;
- 62 clinics met the silver criteria for **very good** vaccine inventory accounting;
- 54% of VFC-participating clinics are either **meeting or exceeding** the vaccine inventory accounting requirements of the program, and another 10% are nearly there!

We ALL need vaccines to help protect us from serious diseases!

To help keep our community safe, NBMC is proud to support National Immunization Awareness Month during August. Please talk to your healthcare provider to make sure that everyone in your family gets the shots they need.

AUGUST IS
national
IMMUNIZATION
awareness month



Let's Wear "Plaid for Dad"

For many years at the Bay Area Cancer Center, we have shown our support for patients and families who have been touched by breast cancer by wearing pink on Thursdays in October.

We also wanted to show solidarity to the great men in our lives by highlighting Prostate Cancer by wearing "Plaid for Dad" on Friday, June 14th.

Prostate cancer is the most common cancer in American men. 1 in 6 men will be diagnosed with it during their lifetime.

Our Bay Area Cancer Center team did an outstanding job of bringing awareness to Prostate Cancer by wearing plaid on the Friday before Father's Day. We would like to invite you to do the same and join us next year!

Proper Disposal of Sharps Containers



Please **do not** put sharps into your regular trash or attempt to empty the needles out, as this is very unsafe for you and others handling the trash. There may also be a fine imposed for any sharps found in regular household trash.

You can purchase a biohazard sharps container at the locations listed, as well as most pharmacies in the community. When the biohazard container is full, dispose of the sharps container at the designated disposal sites listed below.

DISPOSAL SITE	ADDRESS	DISPOSAL FEE*
Bay Area Hospital 541.269.8111	1775 Thompson Road Coos Bay	No program available
Coos Bay Sanitary Services 541.267.6675	60648 Highway 101 Coos Bay	No program available
Coquille Valley Hospital 541.396.3101	940 E. 5th Street Coquille	\$5 disposal fee and receive a new container
Curry General Hospital 541.247.6621	94220 4th Street Gold Beach	FREE disposal in the lab
Curry Transfer & Recycling 541.469.2425	17498 Carpenterville Road Brookings	\$19.50 disposal fee and receive a new container
Fred Meyer 541.269.4033	1020 South 1st Street Coos Bay	\$3 to \$5 disposal fee, \$5 to \$10 for a new container
Lower Umpqua Hospital 541.271.2171	600 Ranch Road Reedsport	No program available
Les' Sanitary Service 541.756.5211	3432 Cedar Street North Bend	\$10 disposal fee, \$15 for a new container
North Bend Medical Center 541.267.5151	1900 Woodland Drive Coos Bay	No program available
Reedsport Transfer Station 541.440.4487, x9, x6	300 Reedsport Landfill Road Reedsport	FREE disposal & new container for all Douglas County residents
Sempert's Rexall Drug Store 541.572.5010	735 Spruce Street Myrtle Point	FREE disposal and containers available for purchase
Southern Coos Hospital 541.347.2426	900 11th Street SE Bandon	\$5 disposal fee and receive a new container

*Official biohazard containers only. Availability & prices are subject to change.

Advanced Care Planning

Plan for the future so your loved ones don't have to...

There are many things we may not expect in our life and decisions are best made *before* you become sick or injured. This Advanced Care Planning class will help you plan for those times and what matters to you.

- Review and answer your questions
 - Provide help to complete your Advance Directive
 - For anyone aged 18 and older
- **COOS BAY**
Thursday, July 25th, 2 to 4 pm
Location: NBMC (3rd Floor Conference Room)
Hosted by: NBMC Care Management Team
Instructor: Bethany Neuhoff, RN
Call 541.267.5151 x1682 to reserve your space!
 - **BANDON**
Thursday, August 8th, 5 to 7 pm OR
Saturday, August 17th, 9 to 11 am
Location: Bandon NBMC, 110 10th Street SE, Bandon
Hosted by: NBMC Care Management Team
Instructor: Denise Daigre, RN
Call Denise at 541.267.5151 x3167 to reserve your space!

*90% of people say talking
with their loved ones about
end-of-life care is important...*

*Only 27% have
actually done so**

*Source: The Conversation Project Survey 2013

CONGRATULATIONS TO OUR EMPLOYEES OF THE MONTH

APRIL

Larissa Horlacher



Larissa has been with NBMC for 12 years. Larissa is very dedicated to making patients feel

comfortable and cared for as she strives to provide excellent patient care. Whenever Larissa is faced with an obstacle she takes on the task and follows through with ease. Larissa is an asset to NBMC and we truly appreciate having her in the office of **Audrey Duke, FNP**.

MAY

Kaylin Gardner



Kaylin has been with NBMC for 2 years. She is friendly to everyone, helpful whenever needed,

stays professional in challenging times and is an absolute pleasure to work with. As a leader Kaylin is approachable, dependable and a fantastic team player. Co-workers are pleased that Kaylin is always in a cheerful mood and never brings negative energy to the workplace, and that her involvement helps out NBMC as a whole, not just the **Immediate Care Clinic**.

JULY

Sierra Spencer



Sierra is a Clinical Engagement Coordinator with the **Care Management** team and has been

with NBMC for 3 years. She is kind and compassionate towards everyone she has contact with. Sierra's helpfulness towards patients and coworkers always leaves a long lasting positive impression. Sierra displays amazing problem solving skills when facing difficult obstacles. She has a big heart and we truly appreciate her continuous hard work at NBMC.



DIABETES EMPOWERMENT

Please join us for a free six-week workshop to help those with diabetes or pre-diabetes live healthier lives. Friends and family are welcome too! During weekly 2 hour classes, you will receive free self-management tools and resources to help you:

- Manage blood glucose & maintain a healthy diet
- Work with your healthcare team & set weekly goals
- Find ongoing support & community resources

NEXT 6-WEEK PROGRAM:

- **Saturdays, 9 to 11 am**
- **Starts September 7th thru October 12th**
- **Location: NBMC Bandon, 110 10th Street SE, Bandon**

If you are interested in Diabetic Education, please contact Denise at 541.267.5151 x3167



What to Consider When Visiting Pigs

Swine influenza (flu) is a respiratory disease (of pigs) caused by type A influenza viruses that can cause outbreaks of influenza (in pigs). While rare, human infections with influenza viruses that usually spread in pigs do occur and can be serious.

Most human infections with swine flu viruses happen in the agricultural fair settings, where pigs from different farms come into close contact with each other and with many people.

For more information:
www.cdc.gov/cdc-info/requestform.html

PLEASE TAKE THE FOLLOWING PREVENTIVE ACTIONS:

- Don't eat or drink or put anything in your mouth in the pig barn or arena.
- Don't take toys, pacifiers, bottles, strollers, or similar items into the pig barn or arena.
- Wash your hands with soap and running water before and after exposure to pigs or their environments. If soap and water are not available, use an alcohol-based hand rub.
- If you are sick with flu-like illness, stay home to avoid spreading your illness.



BLOOD PRESSURE CLINIC

- **Every Thursday, 1 to 4pm**
- **No Appointment Necessary!**
- **NBMC Bandon 110 10th St. SE, Bandon**

Please join our Nurse Care Manager as she provides a free clinic to help you to manage your blood pressure. You will be able to:

- Have your blood pressure checked
- Bring in your home blood pressure cuff for an accuracy check
- Get tips on how to get accurate readings
- Learn how to better manage your blood pressure

Call 541.267.5151 x3167 if you have questions!

Don't forget to visit the NBMC Tent at the Coos County Fair July 23rd – 27th!

Your Child's Health & Well-Being Is Our Top Priority, Helping Them to Thrive and Succeed

NOW ACCEPTING NEW PATIENTS:

Dr. Angelique Murphy, MD

PEDIATRICIAN

Dr. Angelique Murphy, MD, specializes in the care and treatment of children from birth to 18 years of age. Dr. Murphy has practiced Pediatric Medicine for 25 years. Her specialty training in Integrative Medicine supports her comprehensive, holistic approach to total health and well-being.

We offer convenient hours from 9am to 6pm, allowing busy families to make appointment times after school or work.

Please call to schedule your child's appointment:

541.267.5151 x1315

OFFERING GENERAL & SPECIALTY CARE:

- Newborn & Infant Care
- Well-Child Checkups & Immunizations
- Medical Exams & Physicals
- Illnesses & Injuries
- Care of Chronic Health Problems
- Growth & Development Assessments
- Nutrition, Lifestyle & Parenting Education
- Mental, Emotional & Behavioral Health



Alaina Has Immediate Openings for Well-Woman Exams

Well-Woman Exams are specifically focused on helping you achieve and maintain overall health by proactively managing your risk for health issues through a combination of education, guidance, and a physical exam. As each woman has a unique health and social history, discussions and education are personalized based on your individual risk factors.

TOPICS COVERED MAY INCLUDE:

- Breast & Pelvic Exam
- Pap Smear & Mammogram Recommendations
- Contraception, Sexual Health & STI Screening
- Cancer & Cardiovascular Risk Factors
- Weight Management, Nutrition & Exercise
- Bone Health & Injury Prevention
- Substance Use & Abuse

***To schedule an appointment
with Alaina Hendrix, FPN,
call 541.267.5151 x1247.***



Alaina Hendrix, FPN

Congratulations

A BIG THANK YOU TO OUR STAFF CELEBRATING ANNIVERSARIES:

APRIL

Audrey Duke, FNP

Family Practice — 13 years

Chelsea Vander Kley

Accounting — 1 year

Chelsey Slater

Medical Records — 1 year

Christie Kindred

Bay Area Cancer Center — 18 years

Dr. Fink

Women's Health — 11 years

Dr. Fuller

Bay Area Cancer Center — 1 year

Gregory Sopka, PA

Dr. Jennings — 1 year

Jacob McClinton

Engineering — 2 years

Jayson Simones

Engineering — 3 years

Kambria Carpenter

Dr. W. Webster — 8 years

Ken Le

Lab — 1 year

Korian Saldana

Physical Therapy — 1 year

Lisa Schroeder

Materials — 24 years

Lyn Phillips-Maine

Day Surgery — 23 years

Maggie Shaughnessy, PA

Immediate Care Clinic — 1 year

Molly Cartwright

Gabriela Lombardi, FNP — 1 year

Nancy Malcolm

Patient Services — 25 years

Shana Hash

Medical Records — 2 years

Shelly Moe

Patient Services — 4 years

Soni Fisher

Dr. Cheung — 15 years

Susan Molzahn

Accounting — 13 years

Traci Elst

Patient Services — 19 years

Vicki Cummings

Patient Services — 42 years

MAY

Bethany Belanger

Transcription — 10 years

Bryande Alaska

Lab — 11 years

Eboni Debban

Immediate Care Clinic — 1 year

Gail Heidel

Coquille Front Desk — 23 years

Jessyka Valdovinos-Brown

Day Surgery — 1 year

Joan Glenn

Accounting — 10 years

Julie Thompson

Immediate Care Clinic — 1 year

Katie Singer

Accounting — 3 years

Kristine Atkins

Patient Services — 20 years

Martina Rodman

Quality Standardization
& Training — 8 years

Mike Accinelli

Bay Area Cancer Center — 3 years

Pam Bell-Boyles

Dr. Webster — 1 year

Randy Leaton

Housekeeping — 15 years

Reeta Mukhram

Transcription — 12 years

Rhonda Sundbaum

Lab — 42 years

Sarah Scarbrough

Dr. Croson — 5 years

Sue Northup

EKG — 15 years

Teresa Osborne

Lab — 10 years

JUNE

Amber Mayes

Yulia Whidden, FNP — 1 year

Angie Leone-Hess

Lab — 5 years

Bailee Pond

Day Surgery — 1 year

Becky Kennedy

Day Surgery — 4 years

Brandy Rice

Dr. Millet — 3 years

Brenda Sund

Accounting — 3 years

Brook Harmon

Immediate Care Clinic — 1 year

Chris Riehl, PA

Immediate Care Clinic — 6 years

Christine Cannon

Women's Health — 2 years

Danielle Wirt

Day Surgery — 4 years

Dr. Shimotakahara

ENT — 26 years

Eboni Debban

Day Surgery — 4 years

Gabriela Lombardi, FNP

Myrtle Point — 2 years

Haley Moses

Dr. Sharman — 1 year

Hung Le

Engineering — 3 years

Jeff Rodman

Engineering — 6 years

John Castro

Dr. Shimotakahara — 3 years

Kammie Brophy

Bay Area Cancer Center — 14 years

Kari Nehls

Dr. C. James — 4 years

Kirsten Facey

Dr. Peddagovindu — 1 year

Lauren Alward

Medical Records — 1 year

Linda Roos

Medical Records — 11 years

Lisa Dotson

Day Surgery — 5 years

Lisa Lewis

Jennifer Allred, ANP — 2 years

M. Elena Guillen-Martinez

Housekeeping — 4 years

Mariah Hill

Jesse Dorfmeister

NP — 2 years

Mark Cole

Engineering — 13 years

Michael Yost

Engineering — 1 year

Monika Stanger

Dr. Ravuri — 13 years

Reed Hamilton

Information Technology — 3 years

Robert Guterrez

Radiology — 15 years

Roxanne Eckes

Dr. Carter — 30 years

Sally Thompson

Dr. Millet — 23 years

Shannon Randle

Dr. Murphy — 4 years

Stephanie Evans

Medical Records — 7 years

Sue Jacobson

Materials — 33 years

Taylor Dowdy

Dr. Patel — 2 years

JULY

Amy Posekany

Pediatrics Care Manager — 6 years

Bailey Elkins

Accounting — 2 years

Brooke Jackson

Patient Access — 1 year

Carley Sjogren

Patrick Bringardner, FNP — 3 years

Cindy Finder

Housekeeping — 1 year

Dani Shobar

Radiology — 2 years

Darci McNamee

Dr. Lotman — 7 years

Darlene Alberts

Patient Services — 18 years

Debra Cochran

Dr. Park — 3 years

Deja Bankhead

Lab — 2 years

Diana Millan-Rodriguez

Immediate Care Clinic — 4 years

Dr. B. Patel

Internal Medicine — 8 years

Dr. Cook

Bay Area Cancer Center — 19 years

Dr. K. James

Women's Health — 2 years

Dr. Keller

Myrtle Point — 25 years

Dr. LaGesse

Pediatrics — 24 years

Dr. Markelov

Plastic Surgery — 3 years

Dr. McAndrew

Family Practice — 31 years

Dr. Park

Bandon — 17 years

Dr. Pittenger

Internal Medicine — 15 years

Dr. Ravuri

Internal Medicine — 17 years

Dr. Tersigni

General Surgery — 24 years

Dr. W. Webster

ENT — 12 years

Eugenia Sokol

Aesthetician — 3 years

Heather Hughes

Immediate Care Clinic — 1 year

Irina Couch

Day Surgery — 6 years

Jane Walters

Medical Records — 11 years

Kathi Chard

Bay Area Cancer Center — 14 years

Kathryn Moon, FNP

Urology — 3 years

Kim Craig

Dr. Ale — 17 years

Kristin Lowe

Lab — 1 year

Malia Deutschman

Dr. Lotman — 2 years

Nancy DeSoto

Transcription — 12 years

Nancy Heidel

Patient Services — 25 years

Natalie Miller

Gold Beach — 2 years

Nicole Grimes

Darrell Hawthorne, PA — 1 year

Shannon Porter

General Surgery — 10 years

Shelby Huebner

Day Surgery — 2 years

Starla Creasey

Dr. W. Webster — 1 year

Stephanie Perkins

Immediate Care Clinic — 3 years

Tatyana Markelov

Dr. Markelov — 3 years

Tracey Webber

Patient Services — 13 years



Transform Your Life!

Take Control and Lose Unwanted Weight

Bay Bariatrics is the premier weight-loss surgery center in Oregon. Steven Tersigni, MD, and Jenna Beh, PA, are dedicated to improving the health and lives of individuals who suffer from obesity through a comprehensive weight-loss program that includes surgical procedures and continued support:

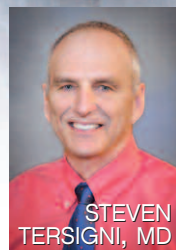
- Gastric Bypass
- Sleeve Gastrectomy
- Clinical Post-Operative Care
- Nutritional Products
- Bariatric Surgery Support Groups

Our reputation for excellence draws people throughout the Pacific Northwest to our weight-loss center in beautiful Coos Bay, Oregon. We make it easy and affordable for all of our patients to get the quality and care they deserve.

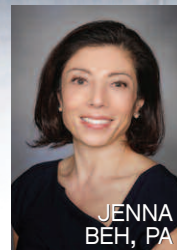
Contact us today for a free consultation!



JENNIFER R.
COOS BAY



STEVEN
TERSIGNI, MD



JENNA
BEH, PA

1900 Woodland Drive, Coos Bay

877.639.9968 | www.BayBariatrics.com

PATIENT RESOURCES

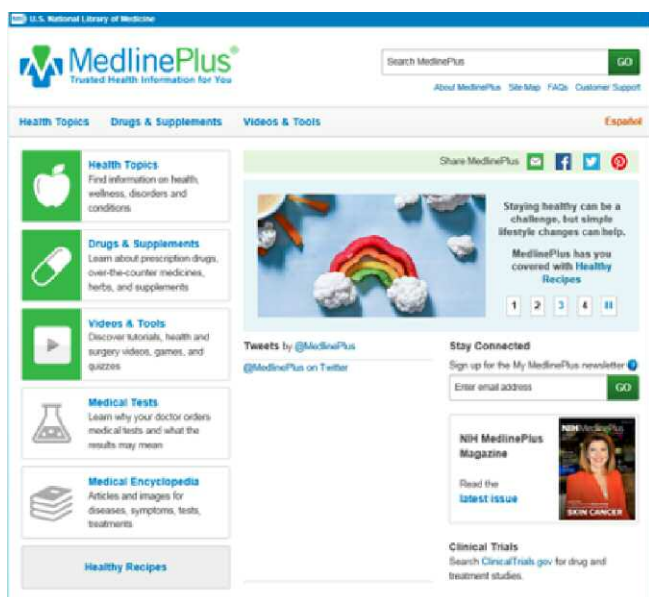
Check out these websites and discover the wealth of reliable, balanced, and current health information that is available to you. Empower yourself by increasing your knowledge and being proactive about your health and wellbeing.

Have you ever visited a healthcare provider and come away wondering the best way to find out more about a new diagnosis, medication, or health condition? Studies show that 40-80% of medical information is forgotten by patients immediately after the healthcare practitioner provides it, and almost half of the information that is remembered is found to be incorrect. Patients may decide to turn to the internet to find out more. In fact, over 72% of Americans have performed an internet search for information related to their health conditions. The challenge is navigating the internet to find trustworthy, current health information.

Popular health information websites have flashy advertisements and may provide old or biased information that is heavily influenced by the advertisers who are trying to make money off of you, the consumer. Health information found on these websites may or may not be up-to-date or from reliable sources. New research is conducted and published constantly, and as such, medical information changes rapidly. Recommendations should be founded on the most current research. So how can one be sure to find the most recent, evidence-based information regarding their health? There is a gold-standard, “one-stop-shopping” source for health information: the National Library of Medicine’s website for patients, <https://medlineplus.gov/>

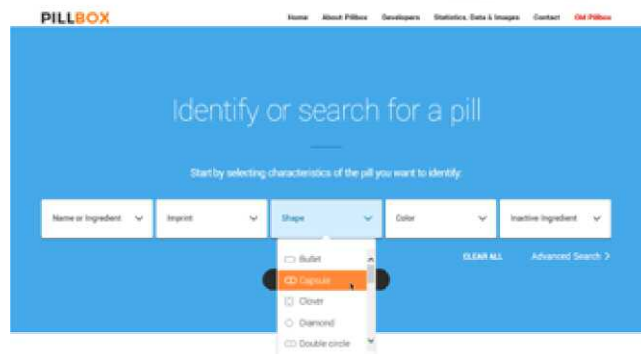
MedlinePlus is easy to navigate, there are no ads, and the website is arranged in a concise and simple way. There are no distractions and fewer clicks are needed to find what you’re looking for. Health conditions and topics are arranged by alphabetical order, or you can use the search bar to find relevant information. The entire website can switch back and forth between English and Spanish and has a database of health information in multiple languages. Easy-to-Read materials can be found on MedlinePlus with information presented at a 5th grade reading level. An extensive database of medications, herbs and supplements can be accessed from the website, as well as interactive tools, videos, a medical encyclopedia, and a guide to laboratory tests.

The National Library of Medicine (a branch of the National Institute of Health) ensures that the information provided by this website is up-to-date and based on the latest evidence and data. References (with links to credible sources) are included so you can learn exactly where the information is coming from. Since no companies can advertise on this website, the information it offers is unbiased, and there is no collection of personal data or tracking of the people who browse the MedlinePlus website. MedlinePlus health topics are reviewed and updated on a regular basis, and links are updated daily.

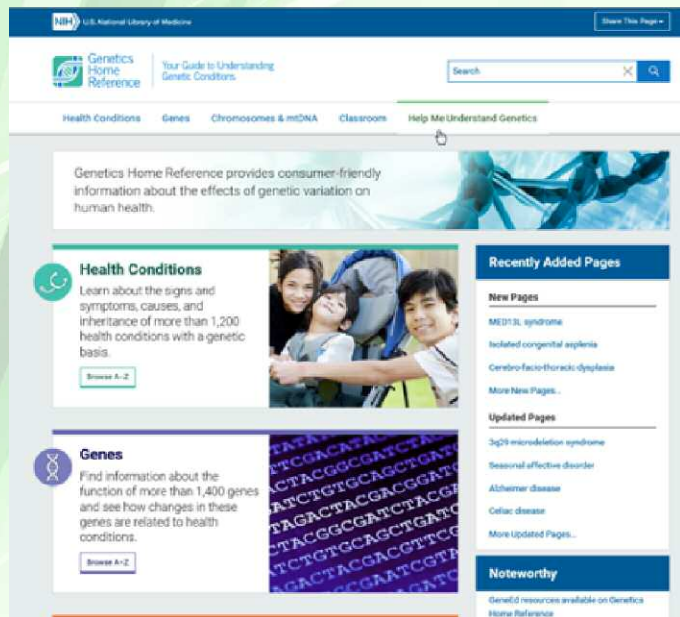


Other Health Information Resources

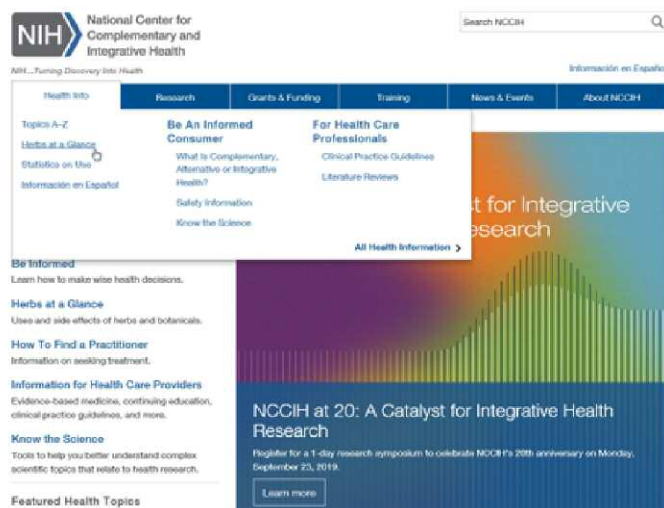
If you ever have a need to identify a medication, head over to <https://pillbox.nlm.nih.gov/>. There, you can look up and identify medications by color, shape, or imprint (the numbers or letters printed on pills).



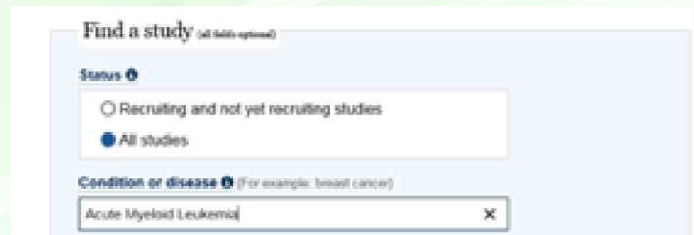
The Genetics Home Reference is a guide to understanding different genetic conditions. This website is also administered by the National Library of Medicine. Patient support and advocacy can be found on this website, along with other resources and the inheritance pattern for each genetic condition. This resource can be obtained through the web address of <https://ghr.nlm.nih.gov/>.



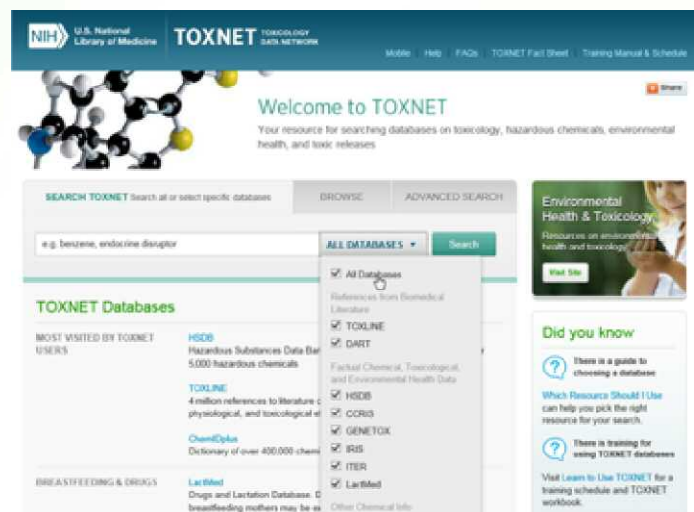
For those interested in gaining knowledge about holistic and alternative therapies, such as supplements, massage, or acupuncture, check out <https://nccih.nih.gov/>. This is the website for the National Institute of Health's National Center for Complementary and Integrative Health. You can use this resource to get help finding a complementary health practitioner, to investigate interactions and safe use of herbs and dietary supplements, or to find out more about how to be an informed consumer. The website offers interactive modules and videos to help you learn the best way to research health information.



Information about clinical studies on a wide range of diseases and conditions is provided <https://clinicaltrials.gov/>



NIH manages a group of databases at <https://toxnet.nlm.nih.gov/> which can provide information about environmental health, drugs, chemicals, poisoning, toxicology, occupational health and safety.



For those who are not comfortable navigating the internet, a quick trip to <https://www.nih.gov/health-information/health-info-lines> will provide a list of telephone informational lines pertaining to many different health conditions. Alternatively, the Care Management Team at North Bend Medical Center is equipped with nurses who can help you find your best ways to learn more and gain a better understanding of different medications and health conditions.

