

CMH

Health

COMPASS™

DEVOTED TO HEALTHFUL LIVING

SUMMER 2017



ART THAT HEALS

Meet the local artists helping to enhance healing

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What hope means to
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COLUMBIA
MEMORIAL
HOSPITAL

Handcrafting hope

The cover photo on this issue of *CMH Health Compass* features several of Columbia Memorial Hospital's caregivers, a Columbia Memorial Hospital Foundation Board member and Richard Rowland, a local artist whose work at the Astoria Dragon Kiln has created symbols of hope for hundreds of cancer survivors.

Each person who completes their cancer treatment is invited to choose a handmade clay mug. For many, this beautiful mug serves as a reminder of their journey through cancer treatment and as a symbol of hope for the future.

Like raw clay, each person who undergoes treatment for cancer is changed by the experience. They are shaped and stretched by the presence of cancer and the need to change daily routines to accommodate rigorous treatment schedules. Then, like the cup baking in the intense heat of the wood-fired kiln—marked by the ashes glazing it—they are remade stronger and uniquely beautiful.

Many hands have worked to design and build the new CMH-OHSU Knight Cancer Collaborative. It is the greatest community-supported project that I have seen in my career.

I am certain that our new facility will reduce the incredible burden of cancer for many and that it will open the doors to improved healthcare services for all.



Erik Thorsen, CEO



Erik Thorsen
CEO



You built this center

Community is at the heart of cancer collaboration

By Chris Laman, Director of Pharmacy and Cancer Care

CRAFTING the new CMH-OHSU Knight Cancer Collaborative has been a true community effort.

In the past 18 months that I have been overseeing this project, I have been touched by the commitment and enthusiasm I see for the new cancer center. With the input of many, many people, we have created a place of healing for the body, mind and spirit.

Listening to your feedback

To get us started, CMH caregivers traveled to five other cancer centers. We talked to patients and staff there to learn what they liked and didn't like about those facilities.

We learned that most patients preferred to get infusion therapy in a more open setting where they could chat with others and feel the support of a community. So we've created "pods" of infusion chairs, along with two private infusion rooms for patients who need or prefer more privacy.

Once we had initial plans of the building, I met with groups of people throughout the community. I put the plans up on the wall and let the group rip them apart. The feedback we got was invaluable.

As a result, we have moved windows and elevators, changed cabinetry, added storage, and

accommodated simple—but easily overlooked—needs, such as a place for volunteers to store personal items in the new Resource Center.

Then we set up chairs and temporary walls to allow patients, family members and caregivers to test-drive the space. Patients asked, "Where do I put my coat? Where do I put my purse?" Again, this revealed an opportunity for improvement.

Hearing from the experts

Our nurses pointed out that putting electrical outlets in the floor meant getting down on their knees every time they had to move a piece of equipment. So instead we put the outlets on the wall—higher than normal for ease of use.

We also asked design experts at the Planetree organization to review our plans. One thing they noted was that we didn't have an easy way for someone at the front desk to reach the front door or elevator to help a patient in need, so we added a flip-up counter for quick access. They also encouraged us to put a window at the end of each hallway to make the walk more pleasant.

Designing the new Cancer Collaborative has truly been a community effort.

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My hope, your journey

By Jennifer Lycette, MD

WHAT IS HOPE? That's a deceptively simple question.

As a medical oncologist (a doctor of cancer medicine) in community practice for over a decade, discussions of hope are a part of my every day. I have learned and experienced that hope means different things to different people.

Hope comes from within, not from without. I cannot give hope to another human being, but I can help my patients figure out what their own vision of hope might be.

It is an eternally gratifying part of my vocation that hope for a cure is becoming more and more an actuality. My hope is that one day this will be the case with every one of my patients.

But in the cases where it is not, it does not mean there is no hope to be had. Quite the opposite. Some cancers may not be cured but can be controlled—just like other chronic medical conditions, such as diabetes or heart disease. My hope is that I can help my patients understand that they can continue to live their normal lives—that they can live with cancer and have a good quality of life.

And for the times when cancer is more advanced, my hope is to be forthright and truthful but to never take away hope. For deep inner hope is not dependent on prognosis. The writer Václav Havel described hope as an orientation of the spirit and the heart, as coming from within—a state of mind—not originating in the outside world.



My HOPE is that there can be a wider understanding that hospice services exist in order for our patients to keep their quality of life and dignity at the end of life. Hospice is not “giving up,” because hospice could not exist without hope. Without hope, there would be no quality. Without quality, there would be no dignity.

My HOPE is that no matter at what stage a cancer is diagnosed, our patients will know they have a comprehensive cancer care team by their side from day one of their journey.

My HOPE is to continue to bring world-class cancer care to the Columbia coast communities, with the collaboration between CMH and the OHSU Knight Cancer Institute.

My HOPE is that we can prevent more cancers from happening in the first place by eliminating risk factors such as tobacco and obesity.

My HOPE is that you tell me your hope for your journey. And that we go forth together.



Jennifer Lycette, MD, Medical Oncologist



Josh Kolberg,
Project Architect,
PKA Architects

Art with the power to heal

We'd like to introduce you to just a few of the talented people who have lent their creativity to the CMH-OHSU Knight Cancer Collaborative's healing environment. The intersection of their crafts will delight, soothe and inspire for decades to come.

Designing for healing

JOSH KOLBERG, of PKA Architects, was the project architect on the CMH-OHSU Knight Cancer Collaborative. He led a team of 10 and worked with several contractors to design the light-filled spaces of the new center.

"The most important part of the design was providing the best view of the Columbia River for the medical oncology infusion patients."
—Josh Kolberg, architect

Thoughtful details

Kolberg says being a good architect requires listening carefully and collaborating with people, teams and organizations to transfer their vision into reality. At CMH, that vision is all about patients and what will create the best experience for them.

"The most important part of the design was providing the best view of the Columbia River for

the medical oncology infusion patients, who are sometimes receiving treatments for multiple hours at a time," he says. "That space, on the second floor facing north, is the highlight of the patient care experience."

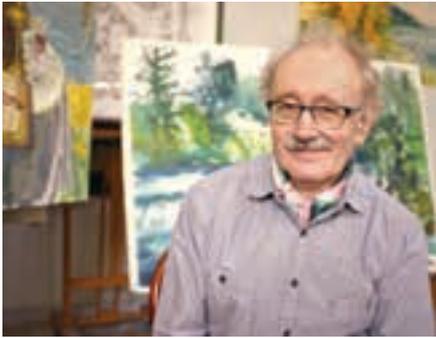
Enhancing teamwork

"Much care was taken with staff, administration, patient advocates and the Planetree team to design the infusion space in a way that will maximize operational efficiency, access to views and comfort for patients," he says.

Team members also designed spaces, including a wall in the infusion center to display handcrafted clay mugs that are given to cancer patients when they complete treatment.

Kolberg says that he hopes his work helps "the great physicians, nurses and medical assistants (among many others) who tirelessly work in the building to help people...do their work in the best way possible."

The design team has remained focused on creating a healing environment for people being treated for cancer. "The truly great thing about working with CMH on this project is the people and relationships that have developed and the strong mission and focus of the CMH leadership for this project," Kolberg says.



Light

Henk Pander
Oil paint

Painter Henk Pander all is too familiar with cancer.

“Quite a number of people that I have been close to have passed away of cancer, including my beloved wife, Delores, who I took care of during her dying days,” Pander says. “It is a horrible disease that has occurred frequently throughout my extended family.”

Drawn from nature

He is making a large oil painting (about 54 by 81 inches) for the CMH-OHSU Knight Cancer Collaborative. Guided by research on the soothing effect that natural scenes have on people in healthcare settings, Pander says, “It is my intent to paint a light-filled, expansive landscape—likely in the Northwest—which intersects with a still life that is rich, colorful and aesthetically pleasing.”

Pander’s work is rich in metaphor and detail. He is considered one of Oregon’s most treasured artists and was awarded the Oregon Governor’s Award for the Arts in 2005.

Pander was born in the Netherlands. He trained at Amsterdam’s Rijksakademie before immigrating to the U.S. with his first wife in the mid-1960s. He now lives in Portland.

“I am very pleased and honored to do a painting for the Cancer Collaborative,” Pander says.



Personal Landscapes

Drea Rose Frost
Mixed media

Cannon Beach artist Drea Rose Frost knows what it’s like to be on the receiving end of a cancer diagnosis.

“I found that the curated artwork within the walls of the hospital elicited positive feelings for me and allowed moments of respite from the difficulties I was facing,” Frost says.

When a close family member was diagnosed with cancer, she again found comfort in art. “As a family member of a cancer patient, there is always so much waiting involved,” she says. “Being able to walk the halls and look at artwork, once again, allowed moments of peace in an otherwise difficult situation.”

Calm reflection

In 2016, Frost was awarded the Royal Nebeker Scholarship in the Arts and a Cannon Beach artist grant.

For the CMH-OHSU Knight Cancer Collaborative, Frost is creating an abstracted seascape. “Studies have proven that blues and greens have calming effects on the viewer, possibly reducing pain and anxiety,” she says. “I am a firm believer in the ways that art has the power to heal—it starts by feeding the mind and the soul.

“My hope is that my artwork will allow patients to find something beautiful within the painting. Perhaps it will evoke a sense of calm, act as a positive distraction or create an opportunity to peacefully reflect.”



Community

Richard Rowland
Clay and fire

Ceramicist Richard Rowland’s work for the CMH-OHSU Knight Cancer Collaborative has been inspired by our community, his teachers and loved ones, particularly his mother, who went through chemotherapy before she passed away. He is also inspired by the raw materials he works with and their ability to heal.

Creating generosity

At the Astoria Dragon Kiln, Rowland is creating a massive ceramic mural of a plane tree that will become a focal point of the Cancer Collaborative’s healing garden.

“I have been thinking about how we can create a feeling of generosity, hope and connectedness for generations of families that will pass by and touch this symbolic tree and feel its expression of a caring community through holistic healing and natural materials,” Rowland says. “I have been thinking about the cycle of life experiences we all get to share.”

Rowland often speaks of human and ecological community when talking about the kiln and the beautiful ceramics that it creates. A firing lasts several days, and keeping it stoked requires a great community effort. Each contribution changes the end result.

“I work this way because I want to create feelings of empathy, growth and a deep-rooted sense of community,” Rowland says.



HEARTS of gratitude

A SNEAK PEEK: Here is an example of Amri Studio's work. The CMH-OHSU Knight Cancer Collaborative donor art will be unveiled when the center opens later this year.

“GRATITUDE unlocks the fullness of life. It turns what we have into enough, and more, it turns denial into acceptance, chaos into order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.”

—Melody Beattie

That elegant statement articulates the power of gratitude that is the soul of philanthropy.

The donor art serves as recognition of the power of community that will stand strong for those who come after us. It honors those who chose to write this chapter in our history.

At its center, philanthropy consists of many benefactors who seek an outward expression of their own gratitude for the bounty of their lives. As we witness the compassion that embodies the new cancer center, we can't help but feel deep gratitude toward those who helped make it happen.

Power of community

The Columbia Memorial Hospital Foundation is working with Amri Studio through a yearlong process to create the final display honoring donors. Images fashioned by a unique and

exacting sandblasting process cascade through a three-dimensional, engraved glass panel to draw visitors into a story of what can happen when philanthropy goes to work.

The donor art serves as recognition of the power of community that will stand strong for those who come after us. It honors those who chose to write this chapter in our history. It stands as a marker to inspire philanthropy and its growth to help sustain the mission at CMH—not just for today but even more so for tomorrow.

It stands as a rich tribute to our partners who joined together to bring us to this place in time. It promises that the next chapters will be just as inspiring!



Penny Cowden,
Executive Director
of the Columbia
Memorial Hospital
Foundation

LOOK WHAT'S HAPPENING



Call 503-338-7564, email cheryl_ham@columbiamemorial.org or visit columbiamemorial.org/events to learn more about the exciting opportunities at CMH.

SIGN UP TODAY!

CHILDBIRTH/FAMILY PREPARATION

CMH offers a full line of labor preparation courses with weekly and weekend options.

Six-Week Course

► **Wednesdays, July 19 to Aug. 23, 6:30 to 8:30 p.m.**

CMH

Free if delivering at CMH; otherwise \$75

Weekend Fast-Track Course

► **Friday, Sept. 15, 6 to 8:30 p.m., and Saturday, Sept. 16, 10 a.m. to 4:30 p.m.**

CMH

Free if delivering at CMH; otherwise \$75

CMH HEALTH AND WELLNESS

NEW! Cancer: Thriving & Surviving (CTS)

► **Wednesdays, July 12 to Aug. 16, 2 to 4:30 p.m.**

CMH Columbia Center, 2021 Marine Drive
FREE

This workshop was originally adapted from the Stanford Living Well With Chronic Conditions class. CTS will not conflict with existing programs or treatment but is designed to enhance regular treatment. The program gives participants the skills to coordinate all the things needed to manage their health and help them keep active in their lives and relationships. Subjects covered include: • Techniques to deal with frustration • Fatigue • Pain • Isolation • Poor sleep • Living with uncertainty • Making decisions about treatment and complementary therapies • Effective communication.

Get a Grasp on Medicare

► **Thursday, Aug. 3, 3:30 to 5 p.m.**

CMH Columbia Center—Coho Room
FREE

This class will cover the ABCs and Ds of Medicare benefits, including new 2017 updates. We will also discuss the options available for additional coverage and how to determine what coverage is best for you. In addition, we will review low-income programs and how to avoid healthcare fraud. Preregistration is not required. For more information, contact Michelle Lewis at 503-861-4202.

Living Well With Chronic Conditions

► **Tuesdays, Aug. 22 to Sept. 26, 1 to 3:30 p.m.**

CMH Columbia Center
FREE

This Stanford evidence-based program is for anyone with one or more chronic conditions. Examples of chronic conditions include fibromyalgia, arthritis, asthma, COPD and diabetes. Classes meet once a week for six weeks. Participants learn how to manage their conditions and continue to live fulfilling lives.

Strong Women Strong Bones

► **Mondays and Wednesdays, July 10 to Sept. 13, 5:30 p.m. to 6:30 p.m.**

CMH Columbia Center
\$50

This program is a national, evidence-based community exercise and nutrition program targeted for midlife and older women. The program assists women with maintaining muscle mass, strength and function. *Other sessions are listed at columbiamemorial.org/events.*

Tai Chi: Moving for Better Balance

► See columbiamemorial.org/events for upcoming tai chi classes.

This evidence-based community fall prevention program transforms traditional tai chi movements into therapeutic training for improved balance and daily functions. The movements are simple, continuous and rhythmic. The program is designed for older adults and is traditionally done standing, using coordinated eye, head, hand and body movements. It can be modified for those with mobility difficulties.

DIABETES EDUCATION

CMH offers an American Diabetes Association-recognized Diabetes Self-Management Education Program. Group classes and individual appointments are available with our diabetes nurses and clinical dietitians. Free support groups are held throughout the year. Contact us to be put on our mailing list or email list to get information before the meetings. Call 503-338-4012 or visit our website, columbiamemorial.org/services/diabetes-education, for more information.

SUPPORT GROUPS

Bereavement and Grief Support

► **First Thursday of the month, 2 to 4 p.m.**

Bob Chisholm Community Center,
Room 1, 1225 Ave. A, Seaside

► **Third Tuesday of the month, 4:30 to 6 p.m.**

CMH Columbia Center—Chinook Room,
2021 Marine Drive, Astoria

Please contact Lower Columbia Hospice at 503-338-6230 with any questions.

Ostomy Support Group

Contact Lisa Harris, RN, at 503-338-4523.

WomenHeart of North Oregon Coast

► **Third Wednesday of the month, 6:30 to 8 p.m.**

CMH Columbia Center—Coho Room,
2021 Marine Drive, Astoria

Contact Michele Abrahams at 503-338-8435.



Trying to Quit Tobacco? Tobacco Cessation Services

CMH Columbia Center

A certified tobacco treatment specialist is available Monday through Friday for individual tobacco-cessation appointments to help you quit tobacco. The addiction to nicotine, the habit of tobacco use and behavior change are addressed, and support is provided. Treatment plans are tailored for each individual. The program is billable to nearly all insurance plans. For more information or to schedule an appointment, call 503-325-4321, ext. 5758.



Cancer center **OPEN HOUSE**

Please join us for an inside look at the new CMH-OHSU Knight Cancer Collaborative.

**Sunday, Oct. 15,
2 to 4 p.m.**
1905 Exchange St.,
Astoria



PLANETREE

Grassroots kindness

ALTHOUGH less noticeable than new clinics and services, a quiet undercurrent of change runs through CMH every day. It carries gifts from the heart to our patients and their families.

This quiet side of carrying out the Planetree ethic is a grassroots effort. For example, the housekeeping staff chat with patients each day as they clean their

rooms. With their suggestions, we've created a "comfort cupboard" filled with the most popular patient requests: cards, crosswords and word searches, fancy coloring books and colored pencils, and even reading glasses. The housekeepers distribute these gifts to brighten up difficult days.

As we stand amazed watching the cancer center literally rise in front of our eyes, all of us—patients, families and caregivers—feel the undercurrent of love, reassurance and compassion that comes from simple gifts of the heart.

Comforting quilts

Other kindnesses come to patients from far away. Our Quilting from the Heart group in Oceanview, Washington, sews year-round to create beautiful quilts for people in the hospital, newborns, people who are in the No One Dies Alone (NODA) vigils and those in hospice care. These quilted works of art are such a gift and make all of us smile—patients and staff alike!



Listening ears

Another new project that supports the spiritual needs of our patients as they focus on healing is spiritual care rounding. Visiting patients in their rooms, the Spiritual Care Volunteers (both chaplains and laypeople) have three goals: to be truly present, to listen and to be compassionate.

For us, compassion takes many different forms; it may be as simple as fetching a cup of

coffee, letting the certified nursing assistant know that a patient would like a shave, finding a newspaper or saying a quick prayer. These small acts can bring comfort and joy to both patients and volunteers.

A pampering place

Another small program makes a big difference for cancer patients. Beyond the Salon is a peaceful place created by our volunteers where people undergoing chemotherapy and radiation can come to discuss ways their bodies are changing and get help with wigs, manicures and makeup.

This program is supported by the CMH lab technicians, the American Cancer Society, and community beauticians and aestheticians, as well as the volunteers who are there to offer resources as well as a cup of tea and a chat. Beyond the Salon is a little beauty oasis that brings comfort to our patients going through tough times.



Join us on Facebook
@CMHCommunity.



WANT TO SEE MORE? Visit columbiamemorial.org/health-compass-summer-2017 for more photos and expanded content.