

MEDICAL MATTERS

The Allergy Warrior

Allergy expert and environmental advocate, Dr. Kraig Jacobson helps navigate rising pollen and air quality challenges to keep Oregon breathing easy.



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LCMS MISSION STATEMENT

The Lane County Medical Society is a professional organization that represents, unifies, and supports its physician members as they practice the science and art of medicine. The Society promotes the interests of member physicians and advocates for the health of the community.



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Eugene Ballet has shaped the Pacific Northwest's cultural landscape for over 40 years, enriching communities through performance.

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PROVIDER-TO-PROVIDER
EDUCATION

HOSPICE

Friday, May 2, 2025
9 a.m. - 3 p.m.
Pete Moore Hospice House

Hear from hospice providers on:

- Ideal end-of-life care
- Tools and resources for clinical assessment
- Referral process



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MEDICAL MATTERS

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Rethinking ESG

In the business world, an organization's sustainability can be measured by its ESG framework—Environmental, Social, Governance. This framework looks at actual environmental impacts, such as greenhouse gas emissions, human relationships and community impacts, and organizational management. In the LCMS world, it looks like this:

Environmental – We support those who take care of our community.

At our core, LCMS is here to provide resources, support, and connection for our members in order to create a welcoming community for all.

The Community Health Committee (which is always open to potential new members) strives to highlight key healthcare-related issues and opportunities in our area, including transportation access, youth wellness, and sustaining a robust physician community.

Partners, such as the HIV Alliance, Bags of Love, Serenity Lane, and the National Association for the Advancement of Colored People (NAACP) health committee help us expand the breadth of information available to our members and their patients through seminars, workshops, and collaborations.

We're also conscious about using local businesses whenever possible—for catering, printing, corporate partnerships, etc. ensuring our dollars stay in the local economy.

Plus, our shared office space at The District helps reduce our environmental footprint through shared resources, while also creating new opportunities for connections with other tenants.

Social – Patient wellness begins with physician wellness.

LCMS encourages members to

focus on their own wellness through a variety of channels.

Our main events throughout the year provide various occasions to meet peers and build relationships regardless of specialties or organizations. One of my favorite conversations will always be listening to a physician “refer” another member to their physician friend across the table.

Monthly board-led peer-to-peer activities highlight shows, businesses, and gathering spots for new and established members alike.

Local partnerships with organizations such as the Eugene Parks Foundation, the Eugene Family YMCA, KidSports, and others mean we can showcase health-conscious events and the chance to get involved. It could be as simple as hosting a walk in the park or as committed as joining a board.

Many members are also huge advocates in their respective fields, whether at the local, state, or national level. LCMS is here to provide support through connections with legislators, testimony collection, and relevant updates from the capitol.

Emerging leaders can take advantage of the Physician Leadership Program, which consists of multiple sessions over a number of months helping develop skills for that next step in their career.

And don't forget, the Physician Wellness Program offers a number of free and confidential counseling sessions annually through our partners to ANY Lane County physician in need.

Governance – Building a sense of community.

LCMS staff worked through the activity from our annual meeting with Dr. Michael Crooke using “The Live Your Values Deck,” dissecting which values were most important to us as a

team and as an organization.

After about an hour and a half of discussion, our top ten values as staff are stability, empathy, rationality, health, fun, service, inclusiveness, responsibility, growth, and thrift.

Out of 78 potential values, these ten spoke to us most about our individual values as well as those we hold in our positions with LCMS. The order of them may vary from week to week, but overall, these principles help guide our decisions and how we approach our work.

Connection and collaboration have been LCMS's main focus for many years. We've continuously established rapport with key stakeholders—our members—as well as the broader community.

Through volunteer efforts and a number of meetings with potential partners, we've learned how to best invest our time for the greatest overall impact on the health of our community.

The list of efforts, ideas, and activities goes on and on. If you're interested in learning more or connecting us with a group that can help us continue our ESG efforts, I'd be happy to chat.

In the meantime, upcoming LCMS ESG opportunities include the second part of our financial wellness series, Finance 102: Budgeting & Saving, on May 8th; and a New Member Social & Mini-Golf Tournament at Putters on May 15th.

We hope you'll join us in growing our community. See you soon. ♦



Kianna



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Chart Notes

“Pollen counts are now so high that even those who don’t typically have allergies are experiencing symptoms. It’s now affecting the general population.”

– KRAIG JACOBSON, MD
ON ALLERGIES IN THE
WILLAMETTE VALLEY. SEE
MEMBER PROFILE ON PAGE 12.

New Member Social & Mini Golf Tournament

Come join us on **May 15th at 5:30 PM** at **Putters Family Entertainment Center for the New Member Social & Mini-Golf Tournament!** This fun, family-friendly event is a great opportunity to meet other members and experience some

competition! Join a team of four, or we will assign you a new friend. Kids are welcome to form their own teams too! This event offers the perfect chance to connect with others. Prizes will be awarded to the top 5 winners. Register today!

REGISTER TODAY!

LCMS Financial Wellness Series



REGISTER NOW

Join us for **LCMS’s Financial Wellness Series Workshop 102 - Budgeting & Saving on May 8th, 2025 at The District Co-Working Space in Eugene.**

This workshop is for physicians who want to learn smart saving

and budgeting methods, employer retirement plans, and build a strong financial foundation. Register now by scanning the QR code above or by visiting our website!



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Directories Have Arrived!

Attention LCMS members! Your complimentary directory is on its way—be on the lookout for its arrival! The directory can be a useful tool to connect with peers and

refer patients. Do you need extra copies for your office or colleagues? No problem! You can simply place extra orders by scanning the QR code or visiting our website.

RESOURCES

The Women Physician Group will meet on **Tuesday, May 27, and Tuesday, June 17, at 6 PM at Springfield Public House.** Please send your contact information to info@lcmesociety.com, and someone will reach out with event details. Feel free to drop by as well!

Bringing the Arts to LCMS Members: Enjoy an exclusive **20% discount on Eugene Ballet tickets!** The arts offer a great way to unwind, experience culture, and connect with the community.

Celebrate LCMS Healthcare Appreciation Month with the EMS! LCMS members can enjoy \$7 tickets for select Eugene Emeralds games from April 9–13 April 29–May 4, 2025.

Grab your tickets today! Email info@lcmesociety.com for instructions on how to claim these special offers.

Lane County Medical Society

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SCAN ME

Designing a Workspace That Works for You

BY DR. JOSEPH SAGE, MD
CANDID MEDICAL, LLC

BEEEP. I had just transitioned to being a full-time hospitalist at the start of the pandemic, and my “pager” kept buzzing endlessly. BEEEP. I half jumped off my seat. It was my new job, and I wanted to do it well. That meant not missing anything and being as responsive as possible, so I had set the notification for my secure text messages to very loud. BEEEEEP.

“Your notifications are quite jarring,” observed my then-colleague and now-good friend.

He was right. My text notifications were giving me little shots of adrenaline-surged electricity. They were disrupting everybody’s concentration. Very quickly, I made the notification a little kinder and gentler.

A jarring text notification completely derails one’s thought process. In other words, interruptions make your workday inefficient. My decision to soften the notifications did two things: improved the efficiency of my workspace and contributed to a positive work culture because it signaled to my teammate that their concerns were important.

Our work environment is a combination of how we take care of ourselves and those around us. Stated another way, professional fulfillment is the intersection of workplace culture, workplace efficiency, and personal resilience. Let’s explore ways to design our workplace.

Our first consideration is the physical setup of our workplace. Adequate physical hardware directly impacts workplace efficiency. Non-

negotiables include fast internet, two computer monitors, appropriate software, and an ergonomic workstation. This means having everything you need for your daily tasks in your workspace and arranged efficiently into your A, B, and C zones. An efficient day equals a less stressful day.

If you wanted, you could take it further and make your workspace calming, too. Avoid eye strain and protect your brain from stress by wearing blue-blocking computer glasses. Turn off the fluorescent lights and, instead, backlight your monitors with soft, diffused amber light that is twice the lumens of the monitors.

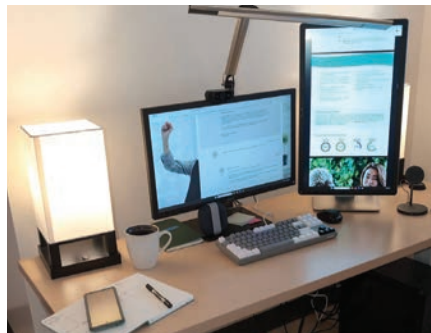


Photo of Dr. Sage’s thoughtfully designed, clean, light-filled, and calming space

When needed, direct a task lamp that is four times the brightness of your monitors onto your work surface. Also, consider a sit-stand station to promote movement throughout the day. I’ve set up my workspace like this for nearly a decade, and it has tangibly lowered my stress at work.

We also reduce stress when our work team collectively supports an environment that builds well-being. Commit to a quiet workplace that promotes concentration. Consider how your team manages the daily schedule

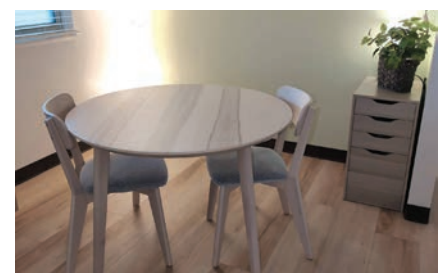
to include brain breaks and time to step outside for a walk in the sunshine.

Finally, create team processes that build connections with each other. Having a best friend at work increases engagement at work by seven times, which means less burnout and more professional fulfillment.

Has this topic tickled your fancy? Great! Here are my suggested next steps. Think of a work team member and schedule a meeting with them to either go for a walk or grab lunch. Start your time together by sharing a story about your friend and what qualities they exhibited in that story that you admire. Then move into a discussion about some ideas you have to make your work environment better. Schedule a check-in one to two weeks later and serve as accountability partners for each other.

I enjoy updates. Send me an email at joe@candidmedical.com or text me at 541-600-2492 and tell me what you did! Cheers! ♦

*Joe Sage MD FAAP FACP DipABLM
Transformational Physician Coach
“I build relationships that create joy.”*



“When I first started talking about how to arrange an office, I had people drive over just to check out my space so they can set up their office in a similar fashion,” says Dr. Joseph Sage.

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A Blueprint for Sustainable Health

BY DELEESA MEASHINTUBBY
VIM EXECUTIVE DIRECTOR
LCMS FOUNDATION SECRETARY

Time has shown us repeatedly the truth of one of our founding principles: the wisdom and efficacy of community caring for itself.

Green philosophy urges people to reduce, reuse, and recycle. At Volunteers in Medicine (VIM) Clinic, our focus is on reuse—recognizing and tapping into our community’s medical and professional skills, knowledge, and willingness to share them. Relying on a corps of more than 230 medical and non-medical volunteers allows VIM Clinic to eliminate a whole level of personnel infrastructure. They also help us to create lasting partnerships and collaborations that have and will continue to sustain us into the future.

“After nearly 15 years of volunteering, I have found it to be a very rewarding experience. I encourage other providers to consider that just three hours a month (one shift) isn’t that much and can make a significant impact on the community VIM serves,” says Dr. William Foster.

VIM clinic operates on a shoestring budget. We have a small, but dedicated staff. We generate minimal waste and participate in recycling programs. Our waiting room is simple, clean, and functional. Our building’s ventilation system uses filters that keep out dust particles. In addition, we use humidifiers in exam rooms to ensure patient comfort.

“For so many reasons including sustainability, VIM works to have appointments via telephone when possible and provide comprehensive care onsite including lab draws, diabetic eye screening, and care from the multiple specialists that work here,” says LCMS board member and VIM Medical Director Dr. Duc Vo.

Above all, community volunteers

are at the core of the Clinic. They make it possible for us to provide low-income, medically underserved adults in Lane County with free healthcare and medical interventions.

Our retired volunteer providers provide VIM patients with skilled care honed from years of experience. Younger volunteer providers bring infusions of new energy, ideas, and perspectives on treatment options. Their input allows us to broaden our treatment perspectives and keeps us abreast of and responsive to evolving attitudes in healthcare delivery.

Students and intern volunteers come to VIM to learn the basics of medical professions while sharing their positive energy with staff and patients. Trained volunteer medical interpreters accompany providers during appointments to ensure Spanish-speaking patients feel welcome and understood at the clinic.



Social sustainability in action: Dr. Duc Vo and Pharmacist David Van Driesche, RPh, carrying tables inside VIM, recently donated by LCMS.

The partnerships we have created with area providers, non-profits, individual and business donors, and the community over the last two decades are invaluable for keeping VIM’s services accessible, affordable, and sustainable. Our collaboration with Lane County Public Health, for example, allowed us to provide free, safe COVID-19 vaccinations to patients and their family members.

La Plaza de Nuestra Comunidad has helped us enormously in learning

how to make Spanish-speaking patients feel welcome and understood at the Clinic. We partner with more than 120 specialist offices that provide low- or no-cost services for VIM patients needing advanced diagnostic or surgical care.

Our on-site services increase efficiencies for providers and patients, eliminating repeat visits and appointments. Our charitable pharmacy saves VIM and our patients thousands annually by using Pharmacy Assistance Programs (PAPs), which provide free medications to eligible patients. VIM’s on-site services for diabetes patients include A1c testing, foot exams and care if needed, eye exams, and diabetes lifestyle coaching.

VIM Clinic receives more than \$2 million per year in in-kind medications, supplies, and services. Most in-kind services are provided by area businesses. The non-medical services we receive are essential for creating and maintaining a welcoming atmosphere. Patients in our waiting room can obtain news about community events in English and Spanish, thanks to a donated TV screen. A fish tank, maintained by a local business, creates a calming atmosphere for patients and children.

VIM Clinic is known throughout this area as a clearinghouse for unopened, non-expired medications and supplies as well as used, but quality medical equipment, such as wheelchairs, walkers, braces, and crutches. When local medical offices upgrade their equipment, some contact us. We are more than happy to accept and reuse computers, monitors, printers, office equipment, and supplies.

The environment reflects the health of those who live and work within it. At VIM, we recycle and redirect available resources to improve the health and quality of life of our patients and, ultimately, our entire community. ♦

The Allergy Warrior

Dr. Kraig Jacobson uses his expertise to help Oregonians manage the increasing challenges of seasonal allergies and environmental changes.

BY JAIDEN MITCHELL

FOR LANE COUNTY MEDICAL SOCIETY

For those who enjoy Oregon's beautiful landscape, Dr. Kraig Jacobson's expertise is an invaluable resource for Oregonians with allergies. For the last 45 years, he has taken daily pollen counts during allergy season that are then published online and in newspapers. As a board-certified specialist in Asthma, Allergy, and Immunology, he uses the counts to advise patients on how to better manage their symptoms during allergy season.

Although Lane County's population deals with itchy eyes, sneezing fits, and breathing issues annually, the nation is seeing a trend of increasing pollen counts. "Pollen counts are now so high that even those who don't typically have allergies are experiencing symptoms. It's now affecting the general population," he emphasizes.

Managing the effects of seasonal allergies and other respiratory conditions is an obstacle many people in the valley face. Whether it's trekking through the forests, attending a local baseball game, or strolling through the park, Jacobson helps Oregonians prepare for the outdoors.

"When people have access to daily pollen counts, they can better prepare for the season ahead. The information is available on the National Allergy Bureau website and Oregon Allergy Associates' website," he says. "This helps them know when to take medication, when to go on that bike ride, or when to visit the beach."



Dr. Kraig Jacobson sits at his desk, observing the pollen count per cubic meter under the microscope. Every morning during allergy season, he measures and records the pollen levels for the public.

Making Breathing Easy

Last month, Jacobson attended a global conference hosted by the American Academy of Allergy, Asthma & Immunology (AAAAI) and the World Allergy Organization. There, over 7,500 physicians gathered to share ideas on how climate change impacts respiratory illness and pollen count.

Jacobson notes that the rising pollen count in the region is a direct result of broader environmental changes. He is mindful of how our changing environment plays a role in increased impacts on his patients.

“A grass pollen fragmentation study was done with the California Institute of Technology in 2003-2006 when our peak grass pollen counts were in the 500-600 range. We have seen a steady rise in pollen counts over the last 25 years with the past two seasons posting counts over 1,000. In addition, the pollen season is starting earlier and lasts longer. The overall effect has been an increasing exposure to grass pollen in the Willamette Valley,” he says.

The whole state of Oregon is experiencing these effects as well, with longer droughts lasting 50-60 days and stronger winds occurring with more frequency. Both in 2023 and 2024, Oregon had over 1,000 wildfires. “Whatever is driving the increase in wildfires seems to be running parallel with the rising pollen levels,” he adds.

“Rain can help clear the air of pollen, but if light rain occurs early in May, grass pollen absorbs enough water to burst into fragments. This can trigger severe asthma symptoms, as one grain of pollen can break into 10,000 fragments, which are then dispersed in the air.”

Jacobson points out that the increasing pollen count is one of the many signs of environmental change in the region, making allergy season tougher to handle. With climate change causing some areas to warm, many regions are seeing reduced rainfall, which limits pollen levels since plants require at least some rain to produce it.

“The majority of grass seed is grown

in the Willamette Valley. It’s a major cash crop and valleys trap pollen,” he says. “Our valley is like a catcher’s mitt.”

Luckily for those who suffer every Spring from extremely high pollen counts, Jacobson’s pollen tracking provides Lane County with crucial data to help manage symptoms and stay ahead of the curve. He works with his patients to find ways to stay comfortable and active, even when the pollen count is high or the smoke from wildfires stays in the air. He understands how the environment affects our health. He understands how the environment affects our health, often telling patients, “Air conditioning in your home and car helps remove 80% of pollen. It’s a very effective solution when pollen count is high.”

Diesel, gasoline, and other fossil fuel exhausts with pollutants such as nitrogen dioxide, sulfur dioxide, ozone, and particulate matter can alter the chemical composition of pollen, making it more allergenic.¹ “Air pollution, especially diesel exhaust enhances the allergy effects of pollen. Hence, wildfire smoke during the pollen season is like a double whammy,” he notes, emphasizing action against air pollution.

Seeds of Change

In 1970, Jacobson and his twin brother, Dr. Kirk Jacobson, both went to the University of Oregon Medical School, now OHSU (Oregon Health & Science University). Although the two brothers share a similar educational background, they would take their careers to different destinations as they proceeded to further training.

Following medical school, Jacobson went on to an internship in San Francisco, where he experienced the dynamic healthcare environment of a large city. He trained in internal medicine and pulmonary medicine as Chief Resident. “It was a challenging and demanding period, but it forged my fire for advancing medical knowledge and treatments,” he states.

Jacobson considered exploring a

different path, which was Immunology. In retrospect, he calls Immunology one of the best career choices he ever made. Reflecting on the transition, he says, “I have never been happier.” Jacobson found a passion where breakthroughs were beginning to revolutionize medicine, allowing him to witness firsthand advances in biologics, inhalers, and more.

Following this, he continued his medical education with additional training in Denver, Colorado. Despite opportunities in larger urban centers, an invitation from his twin, Dr. Kirk Jacobson, who was established in Eugene, ultimately led him back. Jacobson felt pride in knowing the city’s medical community was robust, welcoming, and vibrant, with an active medical society that played a central role in the state’s broader healthcare landscape.

This same spirit of care extended into Jacobson’s personal life. “I built a patio for my wife, who had Multiple Sclerosis. Our home is all on one-floor level so she could move around. We also had a portable hospital at home with a lift to the bathroom. Given the recent closure of the hospital in the area, it has been useful to others from time to time after her passing,” he says. Before the pandemic, the patio also served as an area for musicians to practice, including the Oregon Bach Festival musicians during the summers, adding to the community aspect.

As Jacobson moves toward retirement, he is preparing to pass the baton to five associates at Oregon Allergy Associates. He is currently training Dr. Katheryn Birch’s husband, Brennon, to continue the vital work of pollen counting.

In the meantime, Jacobson is focusing on wellness and sustainability through hands-on farming in Elmira with his son. It’s a venture that allows him to enjoy the fresh air and rural landscape that has always been part of his Oregon roots. ♦

1. “New research results from the Medical University,” National Center for Biotechnology Information (NCBI), [pmc.ncbi.nlm.nih.gov/articles/PMC8638356/](https://pubmed.ncbi.nlm.nih.gov/articles/PMC8638356/)

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- BENEFIT - **Wellness Champion** + presence in local and county-wide publications.

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- BENEFIT - **Thrive Partner** + a member of EPF's Legacy Society.

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Green Prescriptions

BY ARIEL LISSMAN
EXECUTIVE DIRECTOR,
EUGENE PARKS FOUNDATION

Beyond individual health benefits, green spaces contribute to environmental sustainability by improving air quality, reducing urban heat, and supporting biodiversity. Trees and vegetation in parks help filter pollutants, help mitigate temperatures in urban areas, and provide essential habitats for wildlife, all of which contribute to the overall well-being of communities. Physicians, urban planners, and environmental advocates can collaborate to create equitable, sustainable, and health-focused green spaces that benefit both people and the planet.

Physicians are at the forefront of advocating for outdoor engagement, sustainable urban planning, and equitable access to green spaces. By integrating outdoor activity into healthcare recommendations, they not only promote physical and mental health, but also emphasize the importance of preserving natural environments. Ensuring underserved communities have access to these benefits is vital in addressing health disparities and fostering long-term environmental resilience. Research indicates that access to green spaces is associated with a 12% reduction in all-cause mortality, improved mental health, and higher physical activity levels.¹

Reaching Underserved Communities: Examples & Effective Approaches

Certain populations face greater barriers to accessing green spaces and outdoor activity. Examples of underserved communities include low-income neighborhoods with limited park access, rural areas with fewer recreational facilities, and communities

of color that have historically experienced disinvestment in public spaces. Addressing these disparities requires strategic, community-driven approaches:

- 1. Revitalizing Urban Green Spaces:** Programs such as Green Alleys, have transformed underutilized spaces into community parks, reducing urban heat while providing safe recreational areas.
- 2. Physician-Led Outdoor Prescriptions:** Programs such as ParkRx America empower doctors to prescribe outdoor activity as a medical intervention, helping normalize nature-based health strategies in marginalized communities.
- 3. School-Based Outdoor Programs:** Cities like Portland have integrated outdoor learning into public school curricula, ensuring that children from diverse backgrounds experience nature early and often.

By adopting similar models in Lane County, healthcare providers and community leaders can work together to increase access to green spaces, ensuring all residents benefit from both environmental and health improvements.

Prescribing Parks: Integrating Nature into Pediatric Care

Outdoor activity is increasingly recognized as a vital component of preventive healthcare, particularly for youth. Prescribing Parks is a structured initiative designed to incorporate outdoor engagement into pediatric care, providing children and families with personalized park prescriptions that encourage regular physical activity in green spaces.

The pilot program was created through the joint efforts of Eugene Parks Foundation, Eugene Pediatrics, Slocum,

Cascade Health, UO Prevention Science, Lane Community Health Council, Willamalane, and Eugene REC.

Pilot Program Overview

Participants: 240 youth (ages 6-17) who are Oregon Health Plan (OHP)-eligible or from the Latinx community.

Study Administration: Led by the University of Oregon's Prevention Science Department. The purpose of this research is to determine whether park prescriptions issued by pediatric health practitioners increase outdoor physical activity and improve health outcomes for youth. The study includes three groups receiving different levels of engagement support:

- **Group 1:** Receives park prescription information and free resources for self-guided outdoor exploration.
- **Group 2:** In addition to Group 1 benefits, participants receive vouchers for outdoor footwear, addressing financial barriers to participation.
- **Group 3:** Gains access to structured recreational programs through Willamalane and Eugene REC, ensuring guided, social outdoor play.

A dedicated Resource Coordinator collaborates with families referred by pediatricians to customize prescriptions, ensuring cultural relevance. This initiative is designed to improve physical activity levels, as studies have shown that youth who spend regular time outdoors experience 23% lower rates of obesity and a 15% improvement in attention and cognitive function.²

Enhancing Accessibility, Engagement, and Overcoming Socioeconomic Barriers

To maximize participation and engagement in outdoor spaces, initiatives such as Agents of Discovery and Free Programs in the Parks provide

1. "Physical activity," WHO, www.who.int

2. "Childhood Obesity Facts," CDC, cdc.gov

3. "The Relationship between Gamified Physical Exercise and Mental Health in Adolescence: An Example of Open Innovation in Gamified Learning," The American Journal of Medicine

interactive and cost-free options to promote outdoor activity among families and youth. Physicians play a key role in prescribing outdoor activity as a lifestyle intervention and advocating for policies that prioritize green space access for all communities. The more physicians are informed about these programs, the more our community will benefit as well.

The Agents of Discovery platform, launching in Eugene in the coming months, will introduce an augmented reality (AR) experience to parks, making them more engaging and accessible. Studies show that gamified physical activity increases engagement by up to 30%.³

Community Engagement: Free, structured programs in the parks help ensure that families have accessible opportunities for physical activity, social connection, and education.

Addressing Socioeconomic Barriers: Economic limitations often prevent underserved populations from accessing outdoor recreational opportunities. Providing free programming and structured activities ensures that all children—regardless of financial background—can participate in and benefit from outdoor play.

Strategies for Sustainable Health

Integrating parks and recreation into public health frameworks is a sustainable approach to community well-being. Future efforts aim to strengthen existing programs and expand access to ensure long-term health benefits for participants.

- Scaling Prescribing Parks to engage more healthcare providers and expand the reach of outdoor activity prescriptions.
- Investing in park infrastructure to

enhance safety, accessibility, and the availability of recreational resources.

- Establishing year-round outdoor programs to normalize physical activity as an integral part of daily life for both youth and adults.

By reinforcing the connection between environmental sustainability, social well-being, and preventive healthcare, these initiatives promote long-term health benefits and help reduce the burden of chronic disease. Healthcare providers play a critical role in this movement by prescribing outdoor engagement, advocating for sustainable urban design, and ensuring equitable access to nature. ♦

For more information on how to integrate outdoor activity into healthcare practices or participate in these programs, see page 16.

Improving Quality of Care for all Oregonians

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Trillium is proud to partner with the Oregon Health Care Interpreters Association to launch a 3-year project to recruit, train and credential Health Care Interpreters (HCIs) in high-demand languages.

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A Legacy of Art

For more than four decades, Eugene Ballet has been a driving force in the Pacific Northwest's cultural landscape, bringing dynamic performances to audiences. With a mission to create, perform, educate, and inspire through the art of dance, the company fosters cultural collaborations and increases access to the arts.

A cornerstone of Eugene's artistic identity, Eugene Ballet has been a resident company of the Hult Center for the Performing Arts since its opening in 1982. Through stunning performances, the company has enriched the city's cultural landscape, inspiring audiences and expanding the reach of professional dance across Oregon.

Eugene Ballet's commitment to the arts extends beyond the stage. Recognizing the need for a dedicated space to support local artists and organizations, the company led the

development of the Midtown Arts Center, a cultural hub that houses Eugene Ballet and several of the region's top arts organizations. This state-of-the-art facility provides vital rehearsal, performance, and administrative space, fosters artistic collaboration and ensures that Eugene remains a thriving center for the performing arts.

Midtown Arts Center stands as a testament to the company's belief that access to the arts enriches the entire community.

This season is particularly meaningful as it marks Toni Pimble's final season as artistic director after 46 years of visionary leadership. Pimble has been the creative force behind Eugene Ballet since its founding, shaping the company into a nationally recognized institution. Her choreography, leadership, and dedication have elevated the company's artistic

profile and helped make Eugene a city renowned for its vibrant arts scene.

To honor her legacy, Eugene Ballet presents *The Toni's* on April 12, 2025, a retrospective tribute performance featuring some of Pimble's most influential works. This once-in-a-lifetime event will highlight her artistic contributions and showcase her final world premiere as artistic director.

The season concludes with *A Midsummer Night's Dream* on May 17 and 18, 2025, a visually stunning ballet that brings Shakespeare's beloved comedy to life. Set to Mendelssohn's enchanting score and performed live by Orchestra Next, this production blends dance, music, and visual artistry, featuring newly redesigned sets and costumes.◆

For more information, please visit eugeneballet.org.

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eugeneballet.org | 2024/2025 Season at the Hult Center with Orchestra Next | 541-682-5000

Announcements

New Members

Monique Carroll, DO

McKenzie Pediatrics
1007 Harlow Rd Ste 100
Springfield, 97477
P: 541-726-4100
F: 541-726-4900

Mark Lawton, MD

Internal Medicine
McKenzie Heart Group
960 16th Street Ste 304
Springfield, 97477
P: 541-744-6172
F: 541-744-8608

Christopher Moore, MD

General Surgery
McKenzie Wound Center
1460 G Street
Springfield, 97477
P: 541-741-5103
F: 541-744-8493

Akil Sherif, MD

Internal Medicine
McKenzie Heart Group
960 16th Street Ste 304
Springfield, 97477
P: 541-744-6172
F: 541-744-8608

Khola Qamar, MD

Gastroenterology
McKenzie Gastroenterology
Associates
960 N 16th Street Ste 200
Springfield, 97477
P: 541-228-3330
F: 541-228-3329

Notes

LCMS is seeking an alternate OMA representative

to advocate for physicians and help shape healthcare policy. Contact LCMS to learn more.

LCMS Events

Want to balance your finances? Join us on May 8th at 5:30 PM at The District Co-Working Space for Financial Wellness 102: Budgeting and Saving.

This free session, hosted by the Lane County Medical Society Foundation, will explore what's considered affordable for individuals and families, what a solid savings account looks like, and employer-provided retirement plan options. Gain expert insights and practical strategies to build financial security and take control of your future with confidence.

Tee Up! Grab your team and sign up for the LCMS New Member Social & Mini Golf Tournament at Putters on May 15th. Meet and welcome our newest members while enjoying great food,

refreshing drinks, and a variety of virtual games. This family-friendly event is the perfect chance to connect, compete, and celebrate our growing community.

Community

Register Now for Trauma Healing Project's Multidisciplinary Trauma-Informed Practice Cohort Starting on April 10th, 2025.

This 50-hour training and applied practice program is designed to deepen healthcare providers skills in trauma-informed care while fostering cross-disciplinary collaboration and provider well-being. This activity has been approved for a maximum of 50 AMA PRA Category 1 Credit(s). Learn more at Learn more at healingattention.org/cohortinfo.

The Leadership Eugene Springfield cohort is hosting a medical supply drive for Black Thistle and Occupy Medical.

Donate unused or expired items like gauze pads, masks, and gloves (all sizes). Drop off donations at the Springfield Chamber of Commerce. For questions or pickup coordination, contact Maddie Foley at (206) 850-7811. The drive runs from March 10 to April 30.

After 9-years, Oregon Heart and Vascular Institute is relaunching their annual Heart and Vascular Symposium on May 31st, 2025, at Valley River Inn.

CME will be available for physicians, allied health personnel, and nurses. For details, please contact Kayla at (541) 222-1930 or ksnedeker-keeton@peacehealth.org.

REMEMBRANCE OF DR. LATHAM FLANAGAN, JR., MD

Location: St. Jude Parish, 4330 Willamette St, Eugene, OR 97405

Date: April 5, 2025

Time: Mass at 11:00 AM, followed by a luncheon in the parish center.

Dr. Flanagan graduated from Duke University School of Medicine. Following his internship in San Francisco, he completed his surgical residency at OHSU. Flanagan spent a year at Guam Naval Hospital during the Vietnam Conflict, attaining the rank of US Navy Lieutenant. He and his wife, Betty, then moved to Eugene where he began his General Surgery practice. Together with his associate Dr. John Bascom, developed a protocol for inguinal hernia repair under local anesthesia and presented it to the American College of Surgeons. He took advantage of an opportunity to be Associate Professor of Surgery at the University of Otago, Dunedin, New Zealand for a year and followed up as the national surgeon of the Cook Islands. He became interested in the new field of Bariatric Surgery and was instrumental in getting it designated as a specialty by the American College of Surgeons. He was elected as the President of the American Society for Bariatric Surgery, as well as serving on their board of Ethics. He enjoyed a very adventurous life including mountain climbing, scuba diving, snow skiing, river rafting, and travel. Flanagan is preceded in death by his first wife, Betty. He is loved and dearly missed by his wife, Mary Jane, 3 children, and 5 grandchildren.





ST. BALDRICK'S FUNDRAISER

Eugene hosted its first St. Baldrick's Foundation event at ColdFire Brewing Company to raise awareness and funds for childhood cancer research. Board member Dr. Nick Jones kicked off the event by being the first to brave the shave! The event raised over \$5.5K!



SPICY BOWL VII

What began in 2014 as a friendly challenge after Dr. Garret Zallen accidentally ate a Fatali pepper has grown into a spicy food competition and fundraiser for local charities. Competing alongside his wife, Dr. Angela Zallen, Drs. Brooke and Christopher Kyle, and Drs. Kevin Modeste and Kim Ruscher, Spicy Bowl 2025 raised nearly \$23,000, providing 45,000 meals to Food for Lane County.



MEDICAL MATTERS

Lane County Medical Society

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