

LANE COUNTY MEDICAL SOCIETY | FEBRUARY 2022

MEDICAL MATTERS

A Passion for Women's Health

Dr. Garrett shares how her work abroad pushed her to advocate for women's reproductive rights and encourage more women in medicine.

Celebrating Local Women
Physician Leaders
February 3rd @6:30pm





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Finding Your Spark

The bulletin read, “Volunteers needed for a week-long camp where children and adults of all ages and levels of ability can experience barrier-free fun.” I’m in.

Arriving at Camp Easter Seal at the tender age of thirteen (located on gorgeous Ten-Mile Lake, accessible only by boat), I felt nervous, excited, and utterly naive about what to expect. My parents, understandably hesitant, were convinced when I explained my desire to be a part of something “meaningful.”

Jumping down from my bunk on the second day, my calves screeched with agony from pushing wheelchairs up the steep boat ramp to the camp’s base. But after a week of archery, arts and crafts, campfires, and horseback riding, my aching muscles seemed insignificant compared to the fundamental connections made, and the invaluable perspectives gained about my life dilemmas and disappointments.

That’s where my lifelong love of volunteering began. There’s not enough room to list all my volunteer activities, but I’m thankful I felt that “spark” at such an early age.

Volunteering is not for everyone, but there are endless ways to get involved that add value to organizations, neighborhoods, or society in general. Some feel “true giving” is anonymous (without recognition), but a different perspective—How will others share your passion and excitement (and get involved) if you don’t tell them?

“Your life and mine shall be valued not by what we take...but by what we give.”—Edgar Allen, Easterseals Founder

Incorporating Volunteering into the Workplace

It’s relatively inexpensive and straightforward to introduce volunteer projects to the workplace, and organizations can adjust as needed.

At LCMS, we’ve made volunteering an employee benefit – as a set number of paid hours per year to volunteer with an organization of their choosing. We often volunteer together, creating an invaluable team-building activity.

Kianna Cabuco, Director of Communications for LCMS, has broadened her volunteer activities by joining the Eugene Young Professionals council programming committee and served as the 2021 YP marketing chair. She is also currently serving on the Leadership Eugene-Springfield steering committee, where she planned government leaders’ day for this year’s cohort, and recently joined the Eugene Chamber’s Women Business Leaders committee. Kudos for branching out.

Power of Community

As part of the 10th anniversary of the Physician Wellness Program, there will be opportunities throughout the year to join activities that enhance overall wellness. In this issue, we have

highlighted a few organizations that offer volunteer opportunities.

By spending time in service to others, volunteers report feeling a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect.

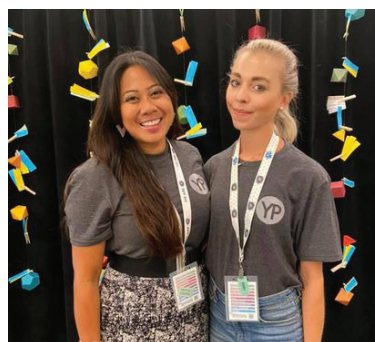
T-shirts are available, and we will announce activities in the magazine, on our website, and social media page. (Email us for your LCMS t-shirt.)

This summer, we will partner with the YMCA for a family-friendly physician event that doubles as a fundraiser for their Capital Campaign. A Pickle-Ball tournament offers a fun way to create memories while simultaneously benefitting an organization that gives so much back to the community.

The LCMS Annual Golf Tournament will resume on June 4th, and proceeds will benefit Camp Alma, the Veteran’s Legacy Camp.

Bottomline—Set an intention for a “Year of Wellness.” Whether it’s volunteering as part of Team LCMS, participating in local efforts that feed your passion, or providing financial support to worthwhile causes, it all makes a difference, and it all offers much-needed physical and emotional boosts.

Shondra



Left to Right: Shondra with Bags of Love’s executive director, Becky Stenzel; Kianna with another member of the Eugene Young Professionals 2021 Summit marketing team.

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Chart Notes

“I have been working with Cascade Medical Team and am slated to go to Guatemala for my sixth time as a surgeon member of their team...I know I help people while I’m there, but one of the things I love is that it always gives me a renewed vision of why I went into medicine.”

– **DR. AUDREY GARRETT**
ON VOLUNTEERING ABROAD
FOR MORE ABOUT
DR. GARRETT, SEE HER
MEMBER PROFILE ON PAGE 14

Celebrating Local Women Physician Leaders February 3rd

Join us on National Women Physicians Day, Thursday, February 3rd at 6:30pm via Zoom as our panel shares their Dynamic Journeys From Clinicians to Leaders. This event will feature a panel including Drs. Ann Bowers,

Audrey Garrett, Charlotte Ransom, and Jessica Versage where they’ll discuss their roles in healthcare, impacts they’ve made and more!

All members are welcome! Registration is open on our website.

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A sincere thank you to everyone who donated in 2021. Stay tuned for PWP historical data in the March issue. With the escalation of viruses and hospitalizations, the need for this program is crucial to support physicians' mental health. Use the QR code above to safely donate or visit our website www.lcmedsociety.com and click the Donate tab..

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The Society promotes the interests of member physicians and advocates for the health of the community.

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Clearing the Path for Positive Change

Each month in 2022, LCMS will feature a message from our Physician Wellness Program providers as a way of celebrating the 10-year anniversary of this program.

Everyone who works with me comes for one reason, to change...something. And with that change often comes pain. It can take the form of resistance, denial, or frustration. Sometimes fear, trepidation, or anxiety are engendered.

Letting go of perfectionism, taking things personally, and negative self-talk are often issues that arise. Overcoming procrastination tendencies, communicating directly with compassion, going for that coveted leadership position, innovating a new service line, or switching to a non-clinical medical position are other intended goals.

My clients are encouraged to embrace their defenses since there is a reason they are there. Once the reason is gone, they can transform into real strengths. Sometimes it's as easy as reframing the reason or expanding to a new perspective. From that vantage point, the fear, from which all defenses derive, evaporates.

This is coupled with self-acceptance. It is removing the judgment of anything we may not like about ourselves or wish was different. Once we truly claim that aspect of ourselves without the contempt, then we can choose to change it. We become freed up, lighter, and nimbler.

It's like the story of the Golden Buddha. Many centuries ago, a Thai monastery housed an immense and beautiful golden statue of Buddha. In order to protect the statue from an imminent invasion by the Burmese army, they covered the statue with 8-12 inches of plastered clay. The statue was safe, but the monks were slaughtered. Then, in 1957, as the monastery was relocating and the statue was being hoisted by a crane, it began to crack. As they chiseled away the

hardened clay, the spectacular golden buddha was revealed. We all have that golden masterpiece inside, waiting to be unearthed and brought forth.

A new surgical department head practices assertively stepping into their power with their well-established team, developing their voice to motivate, teach, and unify.

A family practice doc, their head spinning with "shoulds", has a need to redirect the practice due to burnout. Yet, as we explored where their passion lay, it was right in front of them – a side line that they were already developing to great satisfaction. This led to brainstorming about adding complementary treatments.

Sometimes, we have to start with the desired vision and work backward without the practical, negative thoughts that can stop us in our tracks.

A specialty physician with their fingers in multiple practices experiences FOMO (fear of missing out). They also have leadership roles with opportunities galore. Stopping long enough to go inside and review their values and where their true happiness lies – along with a sense of pride and fulfillment, this MD found their desire to go deep into their primary specialty instead continuing to go wide. They ended up relinquishing additional responsibilities and curtailing new opportunities for the present time.

I often ask clients to write a list of their top twelve accomplishments of which they are most proud.

This can give a picture of what really matters to them. They also serve as components to build their ideal situation. It is surprising how many professionals have been locked in a large working structure, and being so outer-focused, have difficulty knowing what they truly want. Self-assessments like Myers-Briggs and Gallup's StrengthsFinder provide clues to competencies and tendencies

which direct them to satisfying, personally-designed careers.

Using creativity and desire for more, a medical director constructs vision boards. One consisted of powerful images of grief, which gave them a chance to mourn old losses. Another that is currently in the works is on envisaging the right relationship.

A client who had started with a newly created medical unit, kept being frustrated with trying to fit a square peg into a round hole. I reminded them of the Ugly Duckling fairy tale, where somehow the cygnet got mixed in with the ducklings, who made fun of its odd looks.

I suggested that my client take themselves to the bigger pond and swim with swans who see and appreciate them, which they have done.

Then, there are those who want to change others, which sadly, never works. A client in a leadership position lamented about colleagues who didn't follow through on commitments. The client would end up doing it for them. We focused on their own change, setting stronger boundaries and not enabling their team by doing it for them, and building clear expectations with consequences.


A main role of mine is to be a clear, objective mirror, reflecting a picture – not only of who and where clients are, but who and where they could be. By replacing the limited thinking with the strong possibilities that lie ahead, clients are emboldened to make that change!

"Whatever you can do, or dream you can, begin it." Goethe

*Shannon O'Leary
Executive/Life Coach and Organization
Development Consultant for the LCMS
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Vaccination Volunteer

Dr. Harburg helps distribute vaccines with Lane County Public Health

BY VANESSA SALVIA
FOR LANE COUNTY MEDICAL SOCIETY

Dr. Thomas Harburg retired in the middle of the COVID shut-down, but has found rewarding ways to help his community and keep himself busy and in shape in his newly adopted hometown — even though we spoke on a day when most of Eugene was socked in by snow, he was contemplating heading to the Y or the Eugene Swim & Tennis Club for a workout.

After moving to Eugene five years ago with his wife, a retired OB-GYN, he has helped with the efforts to stanch COVID since it erupted. Harburg worked in Portland at Kaiser Permanente for 30 years and moved to Eugene in 2016 following an offer to open a new office here — he's retired from his post as the medical director of Kaiser Permanente's Downtown Eugene Medical Office. In 2018, he joined the board of ShelterCare, which helps individuals and families find stable housing, and is now the board chair.

"I was looking for volunteer work when I first moved here," Harburg says. "Kaiser had given a large grant to ShelterCare so I knew it was a good, well-established organization. I see homeless and unsheltered patients quite often and I wanted to try to help with that situation."

That connection led to Harburg helping with COVID testing for Lane County. "In March 2020, ShelterCare started offering COVID testing at their facilities so I volunteered to help with that effort," Harburg recalls. "For most of 2020, I was going all around doing testing from Florence to Oakridge."

Many of Harburg's Lane County visits involved going to retirement and nursing homes, and since Harburg specializes in geriatrics, he enjoyed being involved with older folks. When the vaccine was introduced, Harburg started volunteering

at the drive-through clinics throughout the area.

"I'm a physician and a primary care doctor in internal medicine, and I believe in public health too," Harburg says. "I went into medicine because I've always wanted to help people. My father was an epidemiologist for the University of Michigan so I was very aware of public health growing up and I believe in supporting that." He pauses and follows up with a laugh . . . "And let's face it, my wife likes me out of the house sometimes!"

“I went into
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Since he's been on the front lines of testing and passing out vaccines, Harburg's wife was initially concerned about exposure, but Harburg himself says he rarely thought about the risks: "I just did it because it was the right thing to do. And I guess I was willing to accept the consequences if I got infected, but I didn't."

While in Portland, he worked through the Ebola outbreak in 2013-2016. As the director of his clinic, he was the guy who had to put on the suit and talk to the people who were exposed.

"That was the first time I really felt

exposed to an infectious disease, but that went fine, so I figured that was a sort of baptism for me, as it were, for COVID," Harburg says.

He has since had the chance to observe first-hand how grateful most people are for the opportunity to get tested for COVID and receive vaccines.

"People are thrilled and many people thank me," he says. "They are very appreciative. Pretty much everybody I see appreciates being able to either get the series or the booster for them and their kids. The people that were vulnerable got the vaccines first, and those are the people I felt really strongly about wanting to help. I never thought that a year later I'd be giving a vaccine to a 6-year-old, but, you know, things change and you adapt."

Harburg is still one of the core volunteers for distributing vaccines in Lane County. He goes wherever a clinic is set up and wherever he is needed. He participates in clinics about three times a week, for anywhere from a 4- to an 8-hour shift. Harburg has also been a member of Lane County Medical Society since the first day he moved here, he says, which helped him feel welcomed to his new town, make connections, and get involved. Prior to COVID, Harburg appreciated attending LCMS's monthly meetings and other events. Volunteering is something he thinks everyone should do.

"Every medical professional should do some kind of charity work because it's very gratifying, number one, but it also helps the community," he says. "I know when people are mid-career it's hard to find the time, and many people in the medical community already are volunteering, but if you can do some volunteering, it's a great thing." ♦

If you are interested in volunteering, consider signing up through SERV-OR: <https://serv-or.org>

The Y: Powered by Energy & Love From Volunteers

BY BETH CASPER

MARKETING & COMMUNICATIONS
DIRECTOR FOR EUGENE FAMILY YMCA

“Life’s most persistent and urgent question is, ‘What are you doing for others?’” — Martin Luther King, Jr.

When Dr. Paula Ciesielski retired from her internal medicine practice, she returned to a regular routine at the Y and what she describes as a healthy, playful, and diverse community.

“Our kids played basketball, took swim lessons, and went to summer camps there, and I played racquetball and went to yoga classes at that time,” she says about the 1990s. “It has always been a place to play, and that’s why I still love the Y. It brings communities together in a really healthy way.”

So, it was an easy decision for Ciesielski to apply for an open YMCA board member position three years ago. A 13-member all-volunteer board currently leads the Y. They meet once a month and are often engaged with Y work in between meetings.

“Being part of the community is important to me, and public health is important to me — a huge part of public health is having a place to socialize that is without bias,” she says. “Dr. Vivek Murthy, during his first stint as Surgeon General, found that loneliness was a big problem in the U.S. for older adults, and in his visit to Eugene, he recognized that the Y is well positioned to address the needs of loneliness and isolation. The Y is one of few community spaces that meets a public health need by having a place for adults to go, connect and focus on their health.”

But she points out that the Y also addresses several other determinants of health beyond its fitness and disease-prevention programming: access to quality child care with academic support and healthy snacks; access to educational opportunities about wellness; and positive community interactions and relationships.

“All of the things that the Y does are health determinants,” Ciesielski says. “I am proud to be part of a working board

that guides the direction of the Y here in Lane County.”

She’s particularly excited that the future new Y on the corner of 24th and Hilyard will serve a more diverse group of people.

“The limitations of the current building have made it so difficult for people with disabilities to get around in it,” she says. “The new Y will minimize these barriers — not just physical barriers, but also emotional, visual, and societal barriers.”

Her reasons for volunteering mirror why Dr. Tom Ewing volunteers his time with the Y’s Capital Campaign Cabinet — helping to fundraise for the \$42 million facility.

“I’ve had a couple of medical adventures that required some focused rehabilitation,” says Ewing, who has recovered from knee surgeries, a bike wreck, and a stroke. “The Y had everything I needed to do that; Not only the equipment, space, and availability, but also the community with warm, welcome support. We all need that when presented with a challenge.”

A Planned Parenthood physician, he commits his time to the new Y project because he wants to expand the number of people the Y can serve, the number of programs that address critical health problems and the amount of services that will go beyond the physical location.

“The new Y project is just the physical manifestation of the ongoing development of a community social support network focused on evidence-based approaches to rehabilitation, disease, physical ailments, etc. — all in a way that we intuitively know works, but also scientifically has been demonstrated in research studies.”

“The Y had everything I needed [for rehabilitation from my ‘medical adventures’]; Not only the equipment, space, and availability, but also the community with warm, welcome support. We all need that when presented with a challenge.”

-DR. TOM EWING

Ewing is particularly excited that the new facility will allow for the expansion of Y child care services to underserved areas. After school programs currently extend to Cottage Grove and Bethel school districts, but not all elementary schools that need programs have them.

He says that access to the Y's quality programs should be available to everyone in Lane County.

"The Y has been a huge part of my family," he says. "My sons are 29 and 26. They went to the drop-in child care room still in diapers. They swam at the Y, and had summer adventures in Y camp. It's just been a central positive presence in our lives."

The Y supported Ewing's young family and shaped him in his formative years too.

"From the moment I was born, I went to the Y — for swim lessons, recreational swim, basketball, and after school programs. My membership in YMCAs

"Being part of the community is important to me, and public health is important to me — a huge part of public health is having a place to socialize that is without bias."

-DR. PAULA CIESIELSKI

along my path is almost continuous from my moment of birth," he says.

In fact, his family's Y connection is even longer. His father, newly widowed and with an infant daughter, found a job at the Daneville YMCA in Illinois in the early 1930s, a challenging time to find a job. It's why Ewing spent so much time at the Y as a young boy.

"I know the power of the Y," he says. "This new facility is a first step in a broader vision to support and empower more people."

Both Ciesielski and Ewing

enthusiastically invite community members to volunteer with the Y.

"Anytime you can join a group of people who are a lot of fun while working toward an incredible goal," Ciesielski says, "it is so rewarding!" ♦

To learn more about the new Y, visit www.eugeneymca.org/new-y.

To find out about volunteer opportunities to support the campaign for the new Y, contact Chief Development Officer Danielle Uhlhorn at danielle@eugeneymca.org or 541-686-9622 x247.



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Dr. Garrett recently decided to clean reeds out of their pond. While it's quite a project, she also says it's been very therapeutic and was even cleaning them out by moonlight the night before.

A Passion for Women's Health

Dr. Garrett highlights the increase in the number of women going into medicine and advocates for women's reproductive rights.

BY ALAN SYLVESTRE

FOR LANE COUNTY MEDICAL SOCIETY

For Dr. Audrey Garrett, the Director of Gynecologic Oncology at Willamette Valley Cancer Institute, her path to becoming a physician was routed through her experiences overseas after graduating with an undergraduate degree in East Asian Studies.

"I spent two years after college in China teaching at a medical school," Garrett says. "I was interested in eastern medicine, and this was a really cool way to marry my future interests in medicine with my interests in Chinese history and the Chinese language."

Her time in China coincided with some of the strictest policies to China's one-child policy. Implemented in the late 1970s, the policy was designed to restrict families to one child to curb the growth rate of China's population.

Put in charge of a conversational English class of 100 grad students, she saw firsthand the effects of how this policy impacted women's lives and choices.

MEMBER PROFILE

"I had 11 women in my class, and 7 of those women talked about an abortion they had that year," Garrett says. "I know that if they had not terminated those pregnancies, they would have lost their spot in their state-sponsored graduate education program because there were quotas for both births and education. These were akin to forced abortions."

She says it was an eye-opening experience that helped shape her future in women's medicine and advocating for women's reproductive rights and education.

"It really informed my perspective on the importance of choice, and the importance of education to exercise that choice," Garrett says.

Making a Difference

Outside of her daily work as a gynecological oncologist with areas of

interest in treating HPV and women's public health, Garrett spends her free time working on a variety of volunteer projects. Both locally, and internationally.

"There is a strong effort to imbue the younger generation with a volunteer spirit."

"I have been working with Cascade Medical Team and am slated to go to Guatemala for my sixth time as a surgeon member of their team," Garrett says.

Cascade Medical Team is a local non-profit whose goal is to provide free healthcare and health education, where

medical services are severely lacking along with supporting community development projects to the impoverished population in the Highlands of Guatemala.

"I know I help people while I'm there, but one of the things I love is that it always gives me a renewed vision of why I went into medicine," Garrett says.

She has also made her time there a family affair by bringing her children along to see first-hand the impacts of volunteer work in poverty-stricken communities.

"There is a strong effort to imbue the younger generation with a volunteer spirit," Garrett says. "Many of the endemic medical issues are related to the use of unsafe stoves in the huts where the families live. They do all of their cooking on a three-stone fire in the middle and the smoke just stays in the hut."

The year her son went, he was a part of the stove team and helped install stoves



Dr. Garrett with her family on a foggy winter day. She reminisces about summers when her kids were younger and they'd swim in the pond with their friends, and springtime when the bridge is covered in beautiful wisteria blooms. They also stock the pond with small bass and have koi fish swimming around.

and stove pipes in the huts.

"I think, at first, he thought this was going to be a bonus week out of school, but he was an integral part of the team and helped translate because he's fluent in Spanish," Garrett says. "It was spectacular for him."

Locally, she was the board chair of Planned Parenthood for two years because she says she "feels very strongly about holistic approaches to women's reproductive health."

And a more recent project, a local 26-week sex education program held at Temple Beth Israel for eighth graders. The class was designed by the Unitarian Church and Planned Parenthood as a comprehensive, lifespan sexuality education curricula for use in both secular settings and faith communities.

"A bunch of us moms got together and decided we needed a more comprehensive sex education class in the district," Garrett says. "The class goes through vocabulary, anatomy, the more traditional concepts of contraception, and STD/STI awareness."

One of the main goals was to create a safe space where students could talk about other concepts like body image and internet bullying.

The Rise of Women Physicians

In a field that has been traditionally dominated by males, Garrett says she has run into encounters where she was judged because she was a female surgeon.

"I do think there are different expectations on women physicians from other care team members," Garrett says. "I don't hear it as much anymore, but you often used to hear things like 'Oh, you're the one who is going to do my surgery.' There's an implied gender comment there."

But Garrett says in the last 10 years, she's seen a drastic change in this behavior. In conjunction with a rise in younger women physicians.

According to the American Academy of Medical Colleges, 2019 was the first

year that the majority of medical school students (50.5%) were women. A rise from the reported 28.3 percent in 2007.

As a now senior ranking physician, Garrett hopes that she can mentor younger physicians to give them the information it takes for a young, female physician to succeed in medicine.

"I was extraordinarily lucky to have Dr. Deborah Dotters, who was the first GYN oncologist in Lane County, and has been a great role model as a doctor, partner, citizen, friend, and mother," Garrett says. "I hope more women are as lucky as I have been."

**"Medicine, to me,
has always seemed
like a natural place
for women to be and
it feels so weird that
we were excluded
for so long."**

Work-Home Life

Finding a work-home balance is a concept every working professional can struggle with. And for a mother of three, it's an extra layer that complicates the situation.

"You can be a mom – being a mother is a biological thing," Garrett says. "But being a present mother can be really challenging when you're a working professional."

Part of that problem for a physician – the changing medical landscape.

"Morphing into a tele-health world is wonderful in so many ways because it has afforded our patients access to medical care without having to physically present themselves to an office," Garrett says. "And yet, it has further blurred the lines between work and home life – when you're on, when you're off."

The traditional mold of "office hours" has drastically changed with the option for providers to extend their hours and provide more phone and video visits from home.

"At what point do I take another phone call, and when does that bleed into being present for your kids," Garrett says. "I've told many people I've mentored this, but I believe time is the currency of life. It's not money. Money can't buy time to a certain extent. And your kids don't care about money; they care about time and your mental and physical presence."

Since moving to Lane County and starting her role with Willamette Valley Cancer Center in 2010, Garrett says she's found a medical community whose skills and expertise outweigh the size of the region.

"I think the Eugene-Springfield medical community is really unique," Garrett says.

And being a part of LCMS has given Garrett the opportunity to participate in events to learn from other medical experts, and offer comfort and support in a time of uncertainty.

"I always enjoy the people I meet at LCMS events and I enjoy the programs," Garrett says. "I think we are all social creatures and especially during this time in the pandemic, we need to support each other in supporting our families. It's really a group effort."

A group effort, in a field that Garrett believes is now more inclusive and open to female physicians compared to the past.

"Medicine, to me, has always seemed like a natural place for women to be and it feels so weird that we were excluded for so long," Garrett says. "To look back and think that women have been categorically excluded from a field like obstetrics – a field dedicated to providing care to women during a uniquely female health experience – is bizarre to me." ♦



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Medical Volunteers Provide Support at Willamalane

BY JODIE DELSERE

FOR LANE COUNTY MEDICAL SOCIETY

For a few hours every year, Dr. Eric Olson comes to Willamalane Adult Activity Center to perform skin screenings for older adults. He sets up in a quiet room at the center and sees a new patient every five minutes. “I’ve met a lot of interesting patients,” he says. “Every year or two, there’d be a melanoma, and so I felt like maybe I saved this person’s life by having a quick consultation, finding something, and helping to get something taken care of that might kill them eventually.”

Olson, a member of the Lane County Medical Society, is one of five current and former medical professionals who volunteer to help visitors at Willamalane Adult Activity Center. The center is a community hub near downtown Springfield that serves older adults, offering a variety of services and activities to improve and maintain quality of life. He and the other volunteers provide services like blood pressure monitoring, foot and nail care, and skin screenings.

Olson first started conducting skin screenings at Willamalane Adult Activity Center in the early 1980s at the recommendation of his colleagues. Since then, he’s been able to detect several life-threatening issues and make recommendations that might not have otherwise been addressed. “I remember one – a lady in her sixties or so – she would come in for an annual checkup because of her history of melanoma. So I saw her every year for quite a while,” he says.

Tracy Kribs, who manages these services at Willamalane, says these services are all about keeping older adults healthy and active. “We want to help them maintain as much independence as possible,” Kribs says. “These are

people who want to live at home, safely and independently. We can help by providing information, support, and access to resources.”

“I can see the outpouring of gratitude from the older adults we serve. It’s not always easy for them to book appointments with unfamiliar doctor’s offices, and they really, genuinely appreciate having a trustworthy face they can count on in an environment that feels safe and familiar.”

Dottie Osborne, a retired nurse, is another volunteer with Willamalane Adult Activity Center. Every time she performs blood pressure checks, she gets to connect with patients, learn about their friends and loved ones, and help them get more information about their health concerns.

When she was in nursing, Osborne

always liked home care because, “You had a lot of independence. You had to make decisions, and you really got to know your patients very well because you were one-on-one with them,” she says. Now that she has retired, she is able to find that same fulfillment with volunteering.

Volunteering to help older adults is a rewarding experience for Dr. Olson, too. “It’s a nice way to do something good for the community and enjoy it at the same time,” he says. “It’s a win-win situation for us.”

Tracy echoes that sentiment. “I can see the passion behind the work that Olson, Osborne, and our other volunteers do. It’s inspiring to see them giving their time and talent to people who really benefit from a little extra help,” she said.

Tracy also sees the impact that the medical professionals have made long after they’ve left the center. “I can see the outpouring of gratitude from the older adults we serve. It’s not always easy for them to book appointments with unfamiliar doctor’s offices, and they really, genuinely appreciate having a trustworthy face they can count on in an environment that feels safe and familiar.”

Many of the visitors to Willamalane Adult Activity Center are on fixed incomes and might not visit a primary care doctor or dermatologist until their medical issue becomes urgent. Thanks to the generosity of the medical volunteers, visitors are able to screen and monitor their health so they can catch problems before they become too serious. ♦

Willamalane is always looking for more medical professionals who can help visitors get the help they need. Those interested can contact Jennifer Wojtasiak, services coordinator, at 541-736-4428 or JenniferW@willamalane.org.

Connecting Families with the Outdoors

BY VANESSA SALVIA

FOR LANE COUNTY MEDICAL SOCIETY

Dr. Lauren Herbert is a pediatrician at PeaceHealth with a personal interest in social justice. She is fluent in Spanish, and in 2019 accompanied Oregon Senator Ron Wyden to the U.S.-Mexico border where they intervened to help a 38 weeks-pregnant woman with preeclampsia make an asylum claim after being turned away.

"I became interested in going into medicine after spending a year as an undergraduate in Guatemala," Herbert recalls. "I went into medicine because I was concerned about the conditions I saw there. I learned Spanish and focused on working with the LatinX community. The recent Black Lives Matter movement made me realize that I needed to use my voice to help my community even more."

She says she has always tried to be aware of the privilege and social connections which allowed her to go into medicine in the first place. Many of the children of LatinX families she sees in her clinic have expressed interest in medicine, and one of her goals is to provide support and mentoring so that they can pursue a medical career.

"I became interested in developing a mentorship program for BIPOC youth," Herbert says. "A lot of the parents in my clinic work really hard and emphasize the importance of education. They would like their children to be able to achieve things that they couldn't do, but they don't have very much education themselves and they don't have connections in the community."

The mentoring program is a work-in-progress, which Herbert hopes will gain momentum when there are less concerns about COVID in the community.

One immediate way that Herbert supports LatinX and BIPOC families

is to hand out "park prescriptions" — in this case, passes to visit Mt. Pisgah. Pediatricians often emphasize activity and healthy food, but those conversations became more complicated during the pandemic, with food insecurity and concerns about being outdoors or in public.

"The families I see are more stressed than they have been in the past," says Herbert. "COVID and the rise of racist actions in recent years has been difficult."

Herbert says one Latina mother told her a white person cut in front of her in the checkout line at Costco and told her she didn't belong there. Some children Herbert sees have mentioned anti-immigrant comments from other children. "In general, it's been a difficult few years," she says,

Herbert has often sought relief on the trails of Mt. Pisgah with her husband and their "pandemic puppy" Daphne, now a full-grown dog who was rescued from the streets of Mexico. "I bought a bunch of Mt. Pisgah passes and started giving them to families in my clinic, along with maps of the trails in Spanish," she says. "I told them, 'Go out to Mt. Pisgah and just relax, have a good time with your family.' They come back and tell me they've gone, and I've seen families out there and it really makes me happy."

Last summer, Herbert joined the Mt. Pisgah board of directors, and two mothers from families at her clinic have joined Mt. Pisgah's Diversity, Equity, and Inclusion (DEI) committee. A developmental pediatrician is also on the committee. The board acknowledges that there is systemic racism present even in natural areas. Some families of color don't feel safe in outdoor areas, and Mt. Pisgah's directors are working to make sure everyone feels safe and welcome there. The children of the mothers on the

DEI committee have been involved in the U.S. Department of Education's Migrant Education Project and have also been involved in some activities locally with Central Latino Americano.

"These families have had wonderful suggestions about ways to make Mt. Pisgah welcoming for people of color, for children with disabilities, for other groups that have been discriminated against — welcome for everybody," Herbert says.

Their first step was writing a grant proposal to the American Academy of Pediatrics for funding. Part of their goals include involving local bilingual bicultural high schoolers to lead nature walks on Mt. Pisgah trails. The group was also instrumental in including LatinX performers at the last Mt. Pisgah Mushroom Festival. Herbert laments that there didn't seem to be LatinX visitors to the Mushroom Festival that day, so one of the goals is to ensure that not only does the LatinX community know that these events are taking place, but also to ensure that they feel welcomed to attend. To that end, one of the daughters of the DEI committee members sketched out a poster for future events to hang around the community so that more LatinX people will attend.

Herbert's "Pisgah prescriptions" were inspired by a national movement to provide "park prescriptions" to encourage families to recreate outdoors. "We need actions like this for everyone's mental health," Herbert asserts. "We're approaching these actions carefully to be sure it's safe to move forward, but this feels like something positive that people can manage and it doesn't put pressure on them to do anything except go out and have a pleasant day in a beautiful place with their families." ♦



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Meaningful Volunteerism

BY CHRISTIE COSTELLO

DIRECTOR OF MARKETING &
COMMUNICATIONS FOR UNITED WAY
OF LANE COUNTY

We know that regular exercise and eating well are important factors in maintaining good health. Yet one often overlooked lifestyle choice, which is proven to be great for you and your community, is volunteering. Studies suggest that in addition to investing valuable support into our community, people who volunteer also experience a boost to their mental health. Packing food boxes at your local food bank, increasing student's access to books, or guiding local health initiatives can keep you active physically, mentally, socially – and are all things you can do through United Way of Lane County!

United Way (UW) works toward ensuring every child in Lane County succeeds in school and life. With 75 years of history serving Lane County, United Way has built deep relationships within the social, public, and private sectors locally, bringing each together to tackle challenging issues within education, human services, and public health. Volunteerism, alongside advocacy and financial contributions, is one primary way United Way mobilizes people to give back.

Many Lane County Medical Society members have volunteered with United Way over the years, including Dr. Rick

Kincade, former Medical Director at Community Health Centers of Lane County.

“The partnership of LCMS and United Way has blessed me and the residents of Lane County for several decades,” shares Kincade. “Little did I know at the time that the passionate pleas of the legendary Dr. Bob Carolan would connect me to United Way’s initiatives, and specifically to their significant impact work in health care. Over the years, I was able to volunteer in multiple capacities as United Way worked to improve access for disadvantaged people with 100% Access, as well as address the social determinants of health with the Community Health Improvement Assessment/Plan and 100% Health. In addition, UW has provided crucial support to address the needs of our community during the COVID-19 pandemic and 2020’s devastating wildfires. I am so thankful that United Way has provided a vehicle for many of Lane County’s physicians, including myself, to truly impact the overall health of our patients and families. By donating dollars and time, we are making a real difference in our community.”

Find Meaningful Opportunities

Volunteering is most meaningful when aligned with your passions and skills. If you’re looking for opportunities to give back, take time to reflect and help narrow down your many options.

First, consider what social and environmental causes interest you, what skills you may want to offer, and in what capacities you want to serve: direct service, advocacy, administrative support, etc. While direct service is often appealing, nonprofits appreciate those who help behind the scenes just as much!

Consider logistics, such as your schedule and what time commitment you can make. While one-time volunteer opportunities may be easiest to commit to, nonprofits greatly value volunteers who can commit to a longer period of time to address some of their long-term needs.

Once you’ve reflected on some of these options, you’re ready to search for opportunities that align with your interests and skills.

As the volunteerism hub in Lane County, United Way hosts a volunteer website for local nonprofits to advertise ongoing and one-time volunteer opportunities, called *Volunteer United*. On the site, prospective volunteers can search for and sign up for opportunities. One opportunity currently featured is with the Oregon 2022 Games, happening this July. This and many other opportunities can be found on the *Volunteer United* site at www.volunteeruwlane.org.

Curious to talk through options and get support finding a volunteer opportunity? With a strong network of partnerships with nonprofits in the community, United Way volunteer staff can help you identify places to volunteer your time.

United Way itself also offers volunteer opportunities throughout the year. One of the most well-known opportunities is *Days of Caring* each September, which brings together hundreds of people from across Lane County to volunteer with various nonprofit projects. LCMS members and staff have participated for many years.

With the pandemic, recent wildfires, and ever-changing landscape for people living on the margins in the last few years, it’s important to be flexible with how you give back. Many nonprofits have shifted volunteer opportunities to be virtual, or limited the contact volunteers have with the public. The best way to be of service in these challenging times is to be open to what local organizations identify as top priorities and needs.

How ever you give back to your community—through volunteering, advocating for causes, and/or making financial contributions, it’s a win-win for both you and your community! ♦

Learn more at www.unitedwaylane.org and find volunteer opportunities at www.volunteeruwlane.org.



Dr. Kincade talks with Rep. John Lively and nonprofit leaders at United Way’s 2019 Legislative Breakfast.

Photo provided by United Way



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You probably know our work, even if you are not as familiar with our company. If you live or work in the Eugene-Springfield area, chances are you have driven past, visited, worked in, or were entertained in a building built by Chambers Construction. Over the past 66 years, we have been building throughout the area and have constructed or renovated some of the area's most notable buildings. These include Civic Park, the Hult Center for the Performing Arts, John G. Shedd Institute for the Arts, Wildish Community Theater, Homes for Good's Market District Commons, Jerry's Home Improvement Centers, the University of Oregon's Moshofsky Center, several schools for the Eugene 4J School District including the new Camas Ridge Elementary School, the Kendall Auto Group dealerships, Oakway Center & Hyatt Hotel, and countless other projects.

We've also constructed and remodeled numerous medical facilities throughout the area including the Sacred Heart Medical Center University District, Oregon Medical Group offices, PeaceHealth's Heartfelt House & Ronald McDonald House, Oregon Surgical Wellness, Springfield Family Physicians, Lane County Public Health, Planned Parenthood, as well as multiple dental/orthodontic practices and treatment centers.

What sets us apart from other general contractors, and why we've had the privilege to work on so many important community projects, is our core purpose and our core values. It's one thing to build

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At Chambers Construction, our core purpose is "Building what's important in peoples' lives." For us, this means constructing projects that matter and make a difference for our customer, for their customers, and for the community. This is underscored with our core values:

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On every Chambers Construction project, we make sure all involved, including vendors and subcontractors, understand these core values and that they exhibit them from start to finish.

This commitment to excellence matters, especially when you run into complications. Even with the best of planning, all construction projects have a few bumps and unexpected surprises. But when the team approaches problem-solving with these values as their foundation, the solutions and end results are exponentially better than without. A

true testament to our commitment in this area is that more than 85 percent of our business is from repeat customers.

Outside of construction itself, you will likely also run into our team at various charity events and fundraisers. Several members of the Chambers Construction team serve on boards for local non-profit and civic organizations and actively fundraise and volunteer for various causes. We support our employees in these efforts because this is also a way of building what's important in peoples' lives. Over the years, we have supported organizations that help children and families, support education, provide health/medical assistance, and promote the arts. When our community is supported in these areas, we are stronger community and everyone benefits.

Looking to the future, Chambers Construction has several local projects in the works. As you drive around town and see different construction sites, look for our signs – good things will be happening! In addition, our recently opened, brand-new training facility will provide a place for hosting our apprenticeship training courses, as well as community and business events. We are excited for what's to come in 2022 and we wish you and your practice much success in the year ahead! ♦

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The Chambers Construction team at Oregon Cancer Foundation's My Breast Friends 5K 2021 fundraiser event.

Photo provided by Chambers Construction

Announcements

New Members

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Thomas Ewing, MD

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Planned Parenthood
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P: 541-344-9411
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Shelli Flynn, MD

Family Medicine
Oregon Medical Group
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Eugene 97402
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F: 541-463-2198

Shelley Hartman, MD

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Eugene 97401
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F: 541-343-7360

Bibhuti Neupane, MD

Internal Medicine
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Springfield 97477
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F: 541-222-6385

Brian Wakefield, MD

OBGYN
Pacific Women's Center
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Eugene 97401
P: 541-342-8616
F: 541-686-4814

Linda Walby, MD

Physical Med & Rehab
Oregon Medical Group
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Eugene 97401
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F: 541-242-4227

David Witkin, MD

Internal Medicine
Kaiser Permanente
360 S Garden Way Ste 105
Eugene 97401
P: 800-813-2000
F: 541-225-3425

Events

Join us via Zoom in *Celebrating Local Women Physician Leaders - Dynamic Journeys From Clinicians to Leaders on February*

3rd. This panel of women will highlight their roles in healthcare and our community as well as what they're doing to help encourage more women in the medical field. Register on our website today. www.lcmedsociety.com/events. All members are welcome!

Eugene City Club will host a panel, including Dr. Christal Crooks, to highlight Black Trauma in Medicine on February 25th at First United Methodist Church.

LCMS's director of communications and DEI coordinator, Kianna Cabuco, is invited to be the first questioner for this panel. For more information, visit cityclubofeugene.org.

ParentingNow is hosting a hybrid Night of Hope gala March 4th at The Graduate Hotel. There will be both in-person and virtual opportunities. For more information, visit parentingnow.org/nightofhopegala.

Notes

LCMS is proud to endorse the YMCA and their campaign for a new Y.

LCMS recognizes not only the Y programming pre-COVID that serves more than 18,000 people a year, but also the Y's swift response to a global pandemic to prevent social isolation, loneliness, and inactivity, which can all lead to a decline in mental health. We will be sharing more about their community efforts, connections, and programs throughout the year. To learn more, visit eugeneymca.org/new-y.

The 2022 Directory will be delayed slightly due to supply shortages and business transitions with our printing partners. We appreciate your patience.

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