

MEDICAL MATTERS

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Winnie Henderson MD, PhD, FACS

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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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ST. BALDRICKS

Dr. Nick Jones is planning a head-shaving fundraiser for pediatric cancer research and to aid families impacted by childhood cancer.

Disclaimer: *Medical Matters* is published by Lane County Medical Society (LCMS). The Lane County Medical Society Board, staff, and hired contractors are not responsible for any content information, accuracy, and views submitted to us. Content published is provided by their subjects and/or authors. Views do not necessarily align with those of LCMS nor constitute professional advice. Consult your medical (or other) professional where applicable. The LCMS Board and staff shall not be held responsible for any decisions or actions made based on information within this magazine.

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Editor

Angel Montes-Michel

Advertising & Membership Inquiries

info@lcmcdsociety.com

Lane County Medical Society

PO BOX 7192

Springfield, OR 97475

Phone: 541-686-0995

info@lcmcdsociety.com

www.lcmcdsociety.com

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Navigating Noncompetes and Future Steps for LCMS

BY DR. LESLIE PELINKA,
2024 LCMS BOARD PRESIDENT

As the current leader of the LCMS Board of Trustees, I would like to offer our appreciation to those who participated in our efforts this spring to better understand the needs of our members concerning noncompete clauses in employment contracts.

As you likely know, a bill around this issue was presented at the Oregon State Legislature last session, although no action resulted. There is a plan to reintroduce legislation in the coming session with an edited version of the previous bill.

Movement on the topic of noncompetes is happening. We have been trying to better understand how to serve and support our members around this potentially divisive issue.

Over the last couple of months, LCMS has: (1) conducted a survey asking all of you for your input around your own experience with and opinion of noncompetes, (2) held a virtual listening session to facilitate live discussion, and (3) hosted a legislative roundtable with four of our local State Representatives, in part to address this issue. Thank you to all who participated in these efforts.

Following these efforts, on April 23, 2024, the Federal Trade Commission announced a rule banning noncompetes nationwide. Under the new rule, even existing noncompetes will no longer be legally enforceable for the vast majority of workers in any industry. Additionally, employers are now required to provide notice

to workers bound by a noncompete in their current contract that they will not be enforcing that noncompete, as of the date of the FTC rule.

Our industry is complicated and the picture of the practice of medicine is diverse, from sole-practitioner companies and small primary care practices to large, multispecialty clinics, hospital-based groups, and physicians employed by large non-profit organizations. With variable practice types come hiring processes with variable individual risk and investment, professional and financial. This has led to variable opinions on noncompete contracts.

Some members point to the history behind the inclusion of noncompetes contracts as an industry standard, while others feel that the future is moving beyond noncompetes in the name of fairness and equal opportunity.

In the coming months, we will continue to address this issue directly and include in the narrative anyone who chooses to participate.

- First, through the monthly magazine, we will do our best to inform our members about the changes that are occurring around noncompetes and/or other legislative efforts that also impact medical practice.
- Second, we will solicit LCMS member participants as we organize focus groups with our local state representatives, seeking input from our members on future proposed legislation.

- Third, we will offer internal listening sessions for those impacted by the changes around us. These opportunities will be advertised through email blasts, the monthly magazine, and on the website.

Additional efforts LCMS has made include: First, after the recent FTC announcement, our LCMS management team communicated with Mark Bonanno, legal counsel for the Oregon Medical Association (OMA). His responses to their posed questions can be found on the following page of this issue.

Second, the results of the survey will be available upon request. These results will include comprehensive graphs and feedback.

LCMS plans to stay informed about changes related to noncompete clauses at the federal and state levels, as well as any developments in the corporate management of medical practices, or other issues that impact the practice of medicine. Please continue to share your thoughts. We appreciate you. ♦



Photo provided by Kianna Cabuco

Q&A for FTC Noncompete Ban

BY MARK BONANNO,
OREGON MEDICAL
ASSOCIATION LEGAL COUNSEL

1. What is the difference between a noncompete and a nonsolicitation clause in a physician employment agreement?

Noncompetes are currently under federal scrutiny, while nonsolicitation clauses are not. If you see both types of clauses in an employment agreement, they are considered restrictive covenants. While valid under state law (and potentially impacted by pending federal legislation), a noncompete clause operates to restrict an employee from providing similar services to a competitor during employment and often for a set period after termination. On the other hand, a nonsolicitation clause restricts an employee from actively encouraging customers, patients, or employees to follow them upon terminating their employment. Breaching either clause can result in penalties.

2. What exactly does the FTC's ban on noncompetes entail, and how does it impact physicians?

The rule is broad because it seeks to ban all noncompete clauses for most workers, except for senior executives covered by existing noncompetes. The rule applies to noncompete clauses in employment agreements and does not extend to other types of agreements such as when someone sells a business.

Additionally, the rule does not ban the use of nonsolicitation clauses that seek to prevent a departing employee from taking customers or other employees with them. For physicians, many of whom have noncompete clauses in their contracts, this could have a significant impact on healthcare.

3. What is the OMA's position?

OMA policy disfavors the use of noncompete clauses. When a practice desires to invest in a new physician, there are alternative ways to encourage the new physician from soliciting patients or staff and opening a competing practice nearby.

4. Can you explain how this ban affects physician employment contracts in effect?

If the legal challenges to the rule are not successful, existing noncompetes may become unenforceable, requiring employers to notify physicians accordingly. However, there is an emerging issue regarding whether the rule applies universally to all employers. The FTC acknowledged the rule may not apply to nonprofit employers and, as we know, many physicians are employed by nonprofit hospitals.

Despite public comments from organizations like the AMA and the OMA last year, it does not seem to have been adequately addressed, which could be an issue moving forward.

5. How might this ban influence physician mobility, particularly for those considering job changes or relocation?

The ban should allow for more flexibility for physicians to stay within their local area if their current employment situation changes. While it could encourage some physicians to try new opportunities, starting a new medical practice as a sole practitioner today is a challenge. Nevertheless, this certainly could alleviate the known stressor of having to relocate if an employer chooses to enforce a noncompete agreement.

6. What steps should physicians take

if they currently have noncompete agreements in their contracts?

Carefully examine the language of the agreement. This may require the assistance of legal counsel considering the evolving nature of Oregon law regarding noncompete clauses over the past five years, which has limited their scope. It's important to ask what the employer is trying to protect. If there are other ways to accomplish those goals, such as a nonsolicitation provision, or negotiating a buy-out of the noncompete. But, even a current noncompete may not pass muster under Oregon law. We're aware that physicians are challenging their noncompetes and achieving success in their cases, but litigation can be costly, so the best defense usually is to negotiate them out of the agreement before signing.

7. Do you have any insights or suggestions for ongoing advocacy?

The practice of medicine has undergone significant changes, with a majority of physicians being employed rather than owning their practices. The noncompete clause to protect the physician owner from losing their practice may no longer be as relevant or effective in today's context. There are now other less divisive ways to protect a business. We saw this issue come up in the most recent legislative session and it is likely to resurface again next year. We encourage all physicians to find ways to monitor legal developments through their specialty or county associations, as well as their statewide association. The more resources those associations can tap into in the form of members, the better the profession will be able to anticipate and respond to change. ♦

Chart Notes

“For these people experiencing homelessness, it’s almost impossible to just walk into a clinic, especially when you add on the mental health and addiction issues many of them have...They end up just going to the emergency room, which isn’t the best way to get care.”

– DR. WILLIAM FOSTER
REFLECTING ON HIS WORK
WITH OCCUPY MEDICAL
SEE MEMBER PROFILE
ON PAGE 14

LCMS PWP Fundraising Gala on Sept. 21st!

Save the Date!

The Physician Wellness Program provides crucial support to local physicians through confidential counseling and coaching sessions.

This year the gala will be held at Kidsports and will feature music, lots of fun, and of course, dancing! So buckle up and come support this biennial

event helping sustain the PWP program, and help combat rising rates of physician burnout.

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“When I realized I needed help for my substance use disorder I was anxious about sharing that information as a doctor (who should know better). My welcome into the Caduceus meeting 12 step program (for licensed health care professionals) was just what I needed as part of a program of recovery. I have been coming weekly for 15 years and care for and admire the people I’ve shared this journey with.”



NOTES

The Physician Leadership Project

This program provides LCMS physicians with training in finance, safety culture, administration, and more. The program offers CME credits. Please visit our website for program information or to apply.

Congratulations to Dr. Kiya Movassaghi for becoming the president of The Aesthetic Society!

In his new position, he will focus on global leadership in education and innovation within the aesthetic marketplace.

Email us if you’re accepting new patients, and we’ll add you to our new Primary Care Open Practices list. You can view the current list on the LCMS webpage.

Learning to Support Healing

BY ELAINE WALTERS,
EXECUTIVE DIRECTOR FOR
THE TRAUMA HEALING PROJECT

The Trauma Healing Project (THP) was established in 2004 by a coalition of local community members, several of them with firsthand experiences of abuse and violence. Concerned about the profound and adverse impacts of trauma, we have been continuously engaged in actively listening, learning, and raising awareness among both community members and care providers.

Before the phrase ‘trauma-informed care’ was coined, THP began developing and hosting community gatherings and professional trainings on how to best support and care for people impacted by trauma. THP continues its leadership role by providing education and training for health and social service professionals, collaborating with dozens of organizations, and assisting thousands of providers annually.

Despite a growing awareness, providers working in health and social services are consistently overwhelmed by the complex needs, serious challenges, and resource constraints faced by people in their care.

We hear stories from workers across health and human service sectors about high levels of burnout, turnover, and serious workplace issues. Yet workers across these sectors, alongside THP, are working tirelessly to make things better. Our work is guided by the voices of people in our community who have been impacted by trauma.

In 2009 and 2012, we surveyed over 400 members of the Eugene and Springfield communities, seeking to understand more about the abuse and violence they experienced, the kind of help they received, and what types

of support they found to be the most beneficial. Their feedback highlighted the importance of recognizing their strengths and worth, rather than focusing only on their experiences or current challenges.

Based on our experience at THP, it is not an overstatement to see the people we work with as ‘walking miracles.’ Their very existence and their efforts to find help for themselves and their families reflects their profound strength and humanity. When providers remember this in their interactions and care, their patients benefit greatly.

“[We] see the people we work with as ‘walking miracles.’ Their very existence and their efforts to find help for themselves and their families reflects their profound strength and humanity.”

We also learned that three very specific responses from caregivers made a dramatic difference in whether individuals were able to heal from the trauma they endured. Participants in our study who reported simply having someone who understood and normalized the impact trauma had on their lives were 2.2 times more likely to report being “mostly” or “completely” healed. Those who received support

from someone knowledgeable about healing and how to help were 2.3 times more likely, and those who were listened to with compassion about what had happened to them were 2.9 times more likely to report being “mostly” or “completely” healed.

“Trauma is terrible. What we need in the aftermath is a friend who can swallow her own discomfort and fear, sit beside us, and just let it be terrible for a while,” says Catherine Woodiwiss in *Ten Things I’ve Learned About Trauma*.

A recent peer reviewed study¹ on cognition as we age validates the insights these individuals have. Having someone simply listen attentively when we need to talk—without interruption, judgment, or providing advice—improves cognition, even as our physical brains shrink. Implementing or practicing these lessons doesn’t cost money, but it does take time, awareness, competence, and the capacity to stay relaxed, caring, and present with someone who is suffering.

Providing trauma informed care to our patients requires that we also apply these lessons to ourselves, including the need to develop and use our own wellness and support systems. As societal shifts occur, providing care and support that is effective and sensitive to the significant needs of trauma-impacted patients is already happening in offices and clinics across our community and has demonstrated positive outcomes.

To support this growing and positive trend, we invite you to prioritize your own learning, health, and well-being – you matter more than you may know.

THP is planning to collaborate with the LCMS Foundation to offer workshops specifically designed for physicians. Stay tuned for updates on this initiative. ♦

1. Salinas J, O'Donnell A, Kojis DJ, Pase MP, DeCarli C, Rentz DM, Berkman LF, Beiser A, Seshadri S. Association of Social Support With Brain Volume and Cognition. *JAMA Netw Open*. 2021 Aug 2;4(8):e2121122. doi: 10.1001/jamanetworkopen.2021.21122. PMID: 34398201; PMCID: PMC8369356



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A Global Movement

**BY AARUSHI DHAMDHERE
& KODY OYAMA,**
MEDLIFE CO-FOUNDERS

MEDLIFE is a 501(c)(3) international non-profit that works toward providing healthcare access, education, and infrastructure to low-income communities in Latin America and Africa. With the fundamental goal of eradicating poverty through sustainable development, MEDLIFE empowers students and volunteers alike to carry out transformative and tangible change. This is achieved through the establishment of university chapters, volunteering via Service-Learning Trips (SLTs), and supporting MEDLIFE International through fundraising efforts by the Moving Mountains program.

MEDLIFE's mission is to "build a worldwide movement empowering low-income individuals in their fight for equal access to healthcare, education, and a safe home."

The University of Oregon's MEDLIFE chapter was founded in Fall of 2023. Students engage in biweekly meetings on campus to discuss local volunteer opportunities within the Eugene community, interact with professional development speakers, gain additional resources and information on pre-health careers, and create fundraisers to support our MEDLIFE chapter.

While a significant portion of our chapter comprises of pre-health students, our aim is to develop continual growth and diversity by welcoming enthusiastic students from all academic backgrounds on campus with the goal of cultivating change around the world.

Our SLTs are week-long student



The MEDLIFE team on a Service-Learning Trip in Cusco, Peru in the Winter of 2023.

educational journeys to Peru, Ecuador, Costa Rica, or Tanzania that provide volunteers with hands-on experience in global health environments. These trips aren't just about providing medical aid, but they're a holistic approach to community assistance while gaining insight into the healthcare challenges and practices of different cultures.

Volunteers participate in a range of activities, from working directly with doctors and nurses to engaging in community development projects that promote sustainable health practices such as mobile clinics, assisting in medical procedures, and teaching health-based education to local community members.

Reflecting on their experiences, Kody Oyama, co-founder of MEDLIFE at the University of Oregon, shared his favorite moments: "Seeing the gratitude of community members during our mobile clinics was profoundly moving. It not only highlighted the immediate impact of our work; also the critical healthcare

disparities that exist globally. The resilience shown by community members, especially children, was incredibly inspiring."

Aarushi Dhamdhare, also co-founder, emphasized the value of integrating with local expertise: "Leading the clinics with local healthcare professionals was deeply meaningful. We ensured our efforts supported and uplifted the community's



Co-founder Aarushi Dhamdhare is conducting a dental examination on a child in Rumira, Ollantaytambo.

NON-PROFIT WORK

existing structures. Celebrating New Year's Eve in Cusco and embracing local tradition was also memorable, to say the least."

These reflections emphasize the dual impact of MEDLIFE SLTs: while volunteers contribute to and support these communities, they also return with transformative personal growth and a renewed appreciation for diverse cultural and healthcare practices.

As a new chapter, we are excited for the following years of growth. So far this year, we have recruited over 60 members. With most of our current executive team graduating this Spring, we have opened applications for positions on the executive board.

Each applicant has expressed great ideas, agendas and strategies for nurturing the future of our club, and

we are thrilled to watch them become successful leaders.

As we grow, we wish to augment our volunteering opportunities, host more fundraising events, and expand components of our meetings. We are regularly on the lookout for healthcare workers to discuss their experiences in the medical workforce during our club meetings, and answer questions that members may have.

This year, we provided our students with the opportunity to participate in UO Med Advance, a conference held at the University of Oregon for pre-health students. This event allows students to connect with local physicians and fellow pre-health students. Some of the physicians in attendance included Dr. Brick Lantz, Dr. Nicholas Jones, Dr. Jennifer Gordon, and Dr. Don Dexter.

Overall, our objective is to provide a supportive resource for pre-health students and others alike to learn more about healthcare and related global inequities, to ultimately guide them in their career preparations, service and leadership skills, and impact on their local communities. ♦



Student volunteer pictured with a pediatric patient at a mobile clinic in Cusco, Peru.

Photos provided by UO Med Life



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Lifetime Servitude

Dr. William Foster characterizes his unwavering commitment to serving underserved populations locally and internationally.

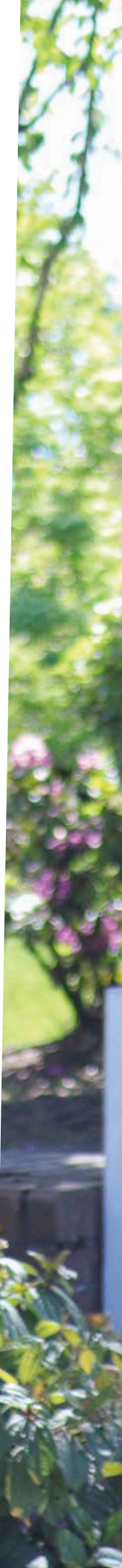
BY VANESSA SALVIA

FOR LANE COUNTY MEDICAL SOCIETY

For Dr. William Foster, the path to a career in medicine was not a direct one, but it was a journey guided by an innate desire to serve others. Coming from a “middle-class, conservative, 1960s America” upbringing, the value of helping people was instilled in him from a young age.

“You were supposed to help other people,” he reflects. “I’ve never really changed my outlook on that.”

After graduating from UC Santa Cruz with a science degree, Foster’s first brush with healthcare came during a summer spent volunteering at a small mission hospital in Baja California. “I kind of fell in love with medicine,” he says. “I never really thought about it before, but after that I decided I wanted to pursue medicine.”





Dr. William Foster posing in front of Volunteers in Medicine, which delivers healthcare services to Lane County residents in need who are low-income and underserved.

Foster's Impact

Foster then joined the Peace Corps, teaching science for two years in Belize while applying to medical schools. He was accepted at UC San Diego, where he took advantage of free tuition in the 1980s to spend extra time doing clinical rotations abroad in Africa, India, Pakistan, Nepal, and Mexico.

"I assumed that heading back overseas would be part of what I was going to do," he says of his wanderlust days as a student.

After medical school, Foster worked for several years as a general practitioner in California emergency rooms and spent two years teaching at a medical school in the Philippines. He then completed his residency in emergency medicine at Lincoln Medical Center in the South Bronx.

Family ties brought him to Eugene 15 years ago, where he has since worked as the ER physician at PeaceHealth's clinic in Florence and taken on leadership roles such as ED medical director and chief of staff.

However, Foster's impact extends far beyond the emergency room. He has maintained his passion for service and aiding underserved populations in accessing healthcare through a range of local and international volunteer efforts.

"I feel that in healthcare, we have a duty to help people however we can," he says. "There's a segment of the population that finds it very difficult to access care in the system as it is."

Foster became involved with the Occupy Medical movement about a year after it was founded in 2011 in Eugene in the wake of the Occupy Wall Street protests. What started as doctors offering services to protestors has blossomed into a weekly free clinic that provides basic medical care to the unhoused population.

"We're very strong believers that, for

this population, you really have to meet them where they are," Foster says of Occupy Medical's approach. Although most of the other Occupy Medical founding doctors have retired or moved on to other volunteer work, Foster continues volunteering more than a decade later.

"I've stuck with it," he says. "I feel, we in healthcare, have an obligation to serve this population that is often left behind."

For the past several months, the Occupy Medical clinics have been held at the St. Vincent De Paul service center on Highway 99, on the first and third Saturdays from 9-11 a.m. and at the Washington Jefferson Park on the second and fourth Saturdays from 9-11 a.m.

"I feel that, in healthcare, we have a duty to help people however we can... There's a segment of the population that finds it very difficult to access care in the system as it is."

In addition to treating acute conditions and injuries, Foster and a team of volunteers, ranging from providers to nurses to pre-med students, hand out donated supplies, help patients obtain medications for chronic illnesses, and try to get them connected to primary care services.

"For these people experiencing homelessness, it's almost impossible to just walk into a clinic, especially when

you add on the mental health and addiction issues many of them have," Foster explains. "They end up just going to the emergency room, which isn't the best way to get care."

Foster says one of the most rewarding aspects of the Occupy Medical clinics is mentoring pre-med students in a unique setting, different from the typical healthcare shadowing or volunteer experiences they might encounter elsewhere. His volunteer efforts don't stop there.

Foster sees patients monthly at the Volunteers in Medicine clinic, which caters to the uninsured and undocumented populations. He also helped get a clinic off the ground at the Eugene Mission to treat its residents. He goes on annual medical service trips to a mission hospital in rural India.

In addition, Foster is the medical director for Young Life youth camps in eastern Oregon during each summer. He also participates in short-term teaching or mission trips with the Christian Medical & Dental Associations. Furthermore, he works with Sea Mercy, an organization that sails healthcare volunteers to remote Pacific islands.

Anyone Can Help

Foster believes more local doctors should get involved in volunteer opportunities to care for underserved populations in Lane County. However, he recognizes that the specialization of modern medicine has resulted in many providers feeling unequipped to practice broad primary care outside of clinic settings. This is precisely why Volunteers in Medicine can be such a valuable resource.

"We're able to use both primary care providers and also specialists," Foster explains. "For instance, there's a cardiologist that comes once a month to see more complex cardiac cases."

Even after 15 years in Eugene and more than 30 years practicing as a physician, Foster's commitment to service and caring for others remains unwavering. He encourages his colleagues to give volunteering a try even if just once a month, because the impact can be immense.

"I'd like to see more local volunteerism from doctors," he says. "I know there are quite a few who go overseas to do medical service trips—which is great, but we have populations here who really need access to care."

Foster joined LCMS just over a year ago and lives in Eugene. Part of his work is based in Florence and recognizes that it is sometimes difficult for Florence-based doctors to travel to Eugene for LCMS events, but he hopes his membership will help strengthen LCMS in the Florence area, where the organization is under-represented.

Whether teaching nursing students in India, staffing a youth camp clinic in eastern Oregon, or providing basic medical care to Lane County's homeless community, Foster's diverse efforts emanate from the same selfless drive that inspired his career — the simple

principle that healthcare is a calling to serve others. ♦

If interested in volunteering with Occupy Medical contact Dr. Foster at drwilly@aol.com or volunteering with VIM, contact Dr. Vo at dvo@vim-clinic.org.



The Occupy Medical team during a clinic on a Saturday at St. Vincent De Paul Service Center. Photos provided by Occupy Medical

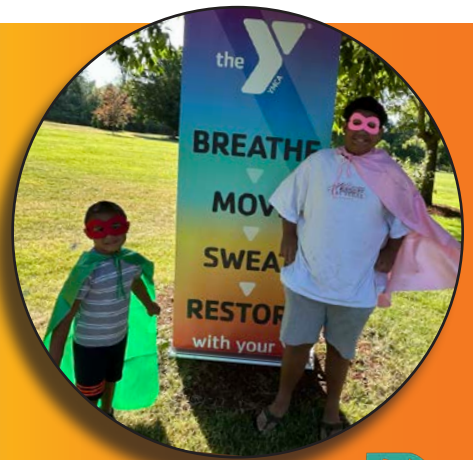


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Create healthy habits with the Y this summer! Join our summer-long community tradition that encourages movement, health and fun! Enjoy weekly themes, guided & independent walks, raffles from local businesses and family-friendly fun!



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- TIME: 5:30 to 6:30 p.m.
- WHERE: Alton Baker Park
- WHO: Everyone — bring your family & friends!
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The Joy of Harvesting

BY JENNA TILLEY SECRETARY,
ASSISTANT MANAGER, INSTRUCTOR
FOR PARKER LEARNING GARDENS

Imagine a moment where little voices sing to the tune of “Farmer and the Dell,” down the farm road, as they venture to taste the tartness of garden sorrel for the first time.

“You gotta ask your mom. You gotta ask your mom. Before you pick a plant to eat you’ve gotta ask your mom!” followed by an exploration of these tall sorrel plants with giggles and sour faces when they taste its tanginess for the first time.

This is the moment, on the first day of the spring season, when some of these moms will see their child eat something green and full of vitamin C and go back for more!

It’s hardy, easy to grow, and it’s a perennial - but let’s face it, the best thing about this plant is that kids enjoy eating it! This is one amazing thing we value about the opportunity to immerse families in nature here at Parker Learning Gardens.

We are a farm-based nonprofit on 33 acres, four miles northwest of Coburg, Oregon that provides hands-on education for youth and families in science, nutrition, and sustainability via farm and garden-based programs designed to provide gains in food security, environmental stewardship, community connectedness, and personal well-being.

I developed and started our weekly “Mom & Me Garden Club” in the spring of 2023, and lead it to this day with my two-year-old son Ronan in hopes of fulfilling a need for practical lessons and community for mothers seeking opportunities to explore gardening and nature while caring for their children/infants of ages 0-4.

Recently, we partnered with

WellMama, an amazing Lane County nonprofit providing pregnancy and postpartum mental health support services. The collaboration involves the support of specialists and related resources (plus help “herding cats” as we call wrangling the tots safely across the farm) for this 1.5-hour class of garden/nature-themed adventures in seeds, soil, songs, and stories.



Volunteers at Parker Learning Gardens are attending to the sorrel plants.

With the success of this class and our partnership with WellMama, Parker Learning Gardens is excited to announce that we are expanding this program to Saturdays with the inclusion of the whole family in our “Garden with Me” class!

This class will be for families who are receiving support from WellMama already or who wish to sign up to receive an additional support service or class being offered. This initiative is generously covered by grant funding awarded to WellMama, so there will be no cost to participating families.

‘Mom and Me Garden Club’ is specifically for Moms and their children four and under to be immersed in nature while being surrounded and supported by their peers.

Mom and Me Garden Club registration will continue through Parker Learning Gardens, offering full season discounts and low-income 50% off discounts through our ‘Seeds of Success’ Program. Next year we hope to collaborate with WellMama to offer full discounts to all the Mamas in need of support in our community for both classes.

Both of these classes are based on the same STEAM-aligned sustainable farming & gardening curriculum we have developed here at the farm, with highlights on herbology and plant identification. This curriculum involves a three-week rotation of learning targets within an overall theme for that section.

For instance, during the initial three weeks of the Spring Season, our focus revolves around the theme “How do plants grow?” The learning targets for each class session following this theme are:

“This is the moment, on the first day of the spring season, when some of these moms will see their child eat something green and full of vitamin C and go back for more!”

NON-PROFIT WORK

- Week 1: I know there are good and bad plants to put in my mouth;
- Week 2: I know what plants need to grow;
- Week 3: I know what flowers are for and how a plant makes seeds.

Each learning target is broken down into a one-and-a-half-hour class filled with garden and nature-themed adventures in seeds, soil, songs, stories, and more for up to 10 moms (each with one, two, or three kiddos) each season to develop practical lessons and community that will carry through into their home and daily lives.

Lyndsie Leech, Executive Director of WellMama, says, “WellMama is extremely excited to be able to partner with Parker Learning Gardens to offer peer support to improve the mental health of new families in an environment conducive to physical and mental well-being, like their beautiful farm. This partnership is so beneficial because of the combination of community building, learning

new skills, being outside in the fresh air together, and bonding between children and their parents in a supportive environment,” and we, at Parker Learning Gardens, could not agree more.

“WellMama is extremely excited to be able to partner with Parker Learning Gardens to offer peer support to improve the mental health of new families..”

Please keep an eye out for fun ways to immerse you and your loved ones in nature on the farm while supporting the

growth and continuation of our all-ages programming. This Summer Solstice we will be hosting our first annual Masquerade Farm Ball and Dinner fundraiser, and in October we'll have our second annual Haunted Bamboo Forest located in our 3-acre bamboo forest!◆

Parker Learning Gardens is located eight miles north of Eugene— right off of Coburg Road between Coburg and Harrisburg. If you're interested in participating contact 541-579-8788 or email info@parkerlearninggardens.org.



Mothers and their children spending a day in the garden during the Mom & Me Garden Club

Photos provided by Parker Learning Gardens



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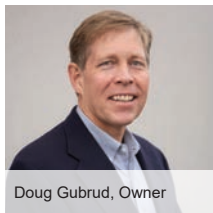
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Funding Brighter Futures

BY NANCY BUFFMAN,
EXECUTIVE DIRECTOR OF EUGENE
EDUCATION FOUNDATION

For a child to learn in school, they first need to make it to school, and then feel motivated to stay there. School has to be a safe place where children can feel comfortable being themselves.

Teachers, coaches, counselors, and other staff serve as trusted adults who witness children's struggles, joyful moments, and their growth every day. These professionals give their students the tools they need to succeed both socially and academically. A motivating role model can ignite a passion for learning, often just requiring a few additional resources.

Since 1993, the Eugene Education Foundation (EEF) has stepped in to provide valuable support to educators with new initiatives and ideas in Eugene School District 4J aimed to benefit the community's youth.

EEF invests in community resources through an Annual Grants program that fills funding gaps, enabling educators to give those projects a try.

"The reality is that public funds alone can't fully cover all the needs of students attending public school in our community. Fortunately, grants and gifts from the EEF can provide teachers with the resources needed to support additional programs to help enhance the experience for students in the 4J system," says Sarah Kehl, MD.

An Elementary School MakerSpace

As we all know during the COVID-19 pandemic, young children missed out on critical social-emotional development when schools closed. Remote learning meant no collaborative skill-building nor the hands-on classroom experiences.

In the 2021-22 school year, EEF

provided a \$3,500 grant to McCornack Elementary to purchase materials for a STEAM makerspace. The teacher developed a collaborative setting where children learn together about science, engineering, arts, and math concepts. Following its overwhelming success and popularity, EEF granted an additional \$5,000 to McCornack to purchase additional supplies for the following year, making the space more accessible to a greater number and a more diverse student population.

Piano Benches for the Music Lab

A keyboard and a folding chair are an unhealthy combination for a young and growing body. Sadly, piano benches were not in the Churchill High School budget. However, in 2023, the Eugene Education Foundation stepped in and allocated \$600 for padded piano benches. This transformation of the Churchill music lab ensures that learning to play keyboards is a healthy endeavor for students.

This year, the EEF funded 55 diverse projects ranging from \$135 for booklets promoting inclusive gender pronouns to larger \$10,000 grants for high school bikes and locks. An art class is professionalizing its ceramics studio; a middle school shop class is acquiring a modern bandsaw; noise-canceling headphones are being provided to aid students in crowded classrooms; and adapted PE equipment where everyone can play together.

Urgent Needs Come First

The COVID-19 pandemic may be on the decline, but the learning and mental health crises are not over for our children.

Economic and social pressures on families have increased themes of loss and trauma in many children's lives.

Challenges to their social-emotional well-being impact their academic future. Children marginalized due to economic disadvantage, race, identity, or background are falling further behind. Among all children, the likelihood of mental distress has increased. EEF has responded to calls from 4J educators to address more social-emotional learning and mental health needs in schools as well as enrichment, literacy, and educational pathways. Urgent Needs grants provide one-time interventions, and a special fund called Rosie's Fund is set aside for elementary students who have experienced severe trauma.

Peer-to-Peer Suicide Prevention

In 2022 a bequest from Julie A. Collis helped expand Sources of Strength, a strength-based, comprehensive wellness approach to suicide prevention at 4J's four high schools. The intended outcome of Sources of Strength is resilient students who approach life with hope, health and strength. The EEF grant will provide a youth conference for adult and peer leaders and other participants.

Annual 5K for 4J/Fun Run Roll & Stroll.

The Eugene Education Foundation values health, family and community along with academics and student wellbeing. EEF is gearing up for the third Annual 5K for 4J/Fun Run Roll & Stroll in Alton Baker Park this coming October 6, 2024. Schools can fundraise and anyone can run to support the EEF grants program. There will be no eclipse this year, but everyone is hoping for a sunny day nonetheless. ♦

To learn more about the Eugene Education Foundation, support programs, or volunteer, go to eeflane.org or contact eef@eeflane.org or Nancy Buffman 541-790-7744



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Shaving for Hope

BY DR. NICK JONES,
OWNER OF CLEARHEALTH DPC, LCMS
BOARD MEMBER

Watching a heme-onc pediatrician getting chunks of their hair lopped off by an alopecic patient on stage at a brewery was a powerful sight I won't forget. Somehow, something as devastating as pediatric cancer had a fun and uplifting atmosphere.

I was in a group of eager medical students happy to raise money by shaving our heads.

People from all walks of life, including teachers, nurses, and accountants, formed teams to support survivors and angels. But the firefighters, in particular, passing their boots around and collecting money from the crowd to shave a newbie's eyebrows was equally

unforgettable.

This experience was hosted by the St. Baldrick's Foundation, which focuses on funding research specifically for pediatric cancers to address the critical underfunding in this area.

Amid the pandemic, cancer foundations have adapted, shifting to virtual fundraising as in-person events were canceled.

I was disheartened to hear that there wasn't a single head shaving event in this area. My hope is that next year we can bring a similar head-shaving event to Eugene with the aim of not only raising funds for the foundation, but to build connections among families affected by childhood cancer.

Physicians are invited to participate by connecting us with patients willing to be sponsored, joining a shaving

team, donating, attending the event and celebrating as we fundraise for this community.

Scheduled for March 2025, the event promises a fun atmosphere with live music, games, and drinks at Coldfire Brewing. I found the experience served to ground us to the reason we went into medicine: connecting with patients and families in need.

By uniting for this cause, the hope is to not only raise vital funds for pediatric cancer research, but also to provide meaningful support and connections for families facing childhood cancer. ♦

Learn about the St. Baldrick's Foundation at www.stbaldricks.org. If you're interested in participating, email Dr. Jones at NickJonesMD@clearhealthdpc.com.

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Charles McGlade, MD

Interventional Radiology
Advanced Vascular
Centers Eugene
1200 Gateway Loop
Springfield 97477
P: 541-933-0800

LCMS Events

Visit the **LCMS website** to sign up for future events or email us at info@lcmesociety.com for any inquiries.

Save the date for the **PWP Fundraising Gala on September 21st!** Please reach out if you're interested in joining the Gala planning committee or connecting LCMS with potential donors. The previous gala raised over \$50,000 for the Physician Wellness Program, and this year, we're aiming to top that. See you there!

Notes

Email us if you're accepting new patients, and we'll add you to our new Primary Care Open Practices list. You can view the current list on the LCMS webpage.

Have an activity, event, or accomplishment you'd like to share? We're always looking for content to feature on the announcements page. Share your updates to ensure they receive the attention they deserve!

Experience Symphony in the Park with the Eugene Symphony! The event will be held at the Cuthbert arena, on July 21st.

McKenzie-Willamette Medical Center has pledged \$25,000 to support the Eugene Parks Foundation's Spray-Play project. Help reach their \$400,000 goal by visiting their website.

Check out the Occupy Medical Calendar for dates and locations for free medical clinics. Visit their website at www.occupy-medical.org.

Request for LCMS Support Form:

Members coordinating group events have the option to receive support, which can range from magazine announcements to nominal financial assistance for catering or venue expenses.

Dr. Schwarz, a respected caregiver and member of the Medical Staff at McKenzie Willamette Medical Center, is dearly missed in our community. In tribute to his legacy, the Medical Staff has made a donation to support the Physician Wellness Program, ensuring physicians can access assistance when needed most.

Sign up for updates from Lane County Public Health's Health Alert Network (HAN) to receive community updates on public health alerts, please email danielle.keller@lanecountyor.gov.

To receive state updates, stay informed about advocacy efforts, and connect with fellow physicians, visit the Oregon Medical Association website today at theOMA.org or scan the QR code to get started.



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