

LANE COUNTY MEDICAL SOCIETY | MAY 2019

MEDICAL MATTERS

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A Year in Review

What a year! With our LCMS officers advancing positions this month, it's a good time to reflect on changes and accomplishments of this past year.

One major transition was selling the LCMS building off 7th Avenue and moving into a smaller office space that still fits our needs, while also saving on building costs. So far, the space has been perfect for hosting our Board meetings, and serving as a convenient location for various other member groups to gather. This move also allowed LCMS staff to transition to home offices, further cutting expenses and freeing funds for more services for our members.

We worked on a lot of our digital platforms! We created a new website that allows for online purchases, RSVPs, and easier access to LCMS information. At the request of our Board, we also created a closed Facebook group for member physicians, which would provide a greater sense of privacy between our members and hopefully help everyone connect with

each other more easily. We also tested out text reminders for one of our events and received good feedback, so we are hoping to use this option for future larger events.

The Executive/Life Coaching and Mindfulness Training portions of the Provider Wellness Program have continued to increase. Feedback from these allowed us to schedule regular Women's Group meetings with Shannon O'Leary (see Announcements page for upcoming dates).

Our most recent change has been a switch to smaller monthly socials to help our members develop greater rapport. Our Board wants these socials to be an opportunity for new LCMS members to meet other area physicians, similar to the way many of our current members did when they arrived in Eugene.

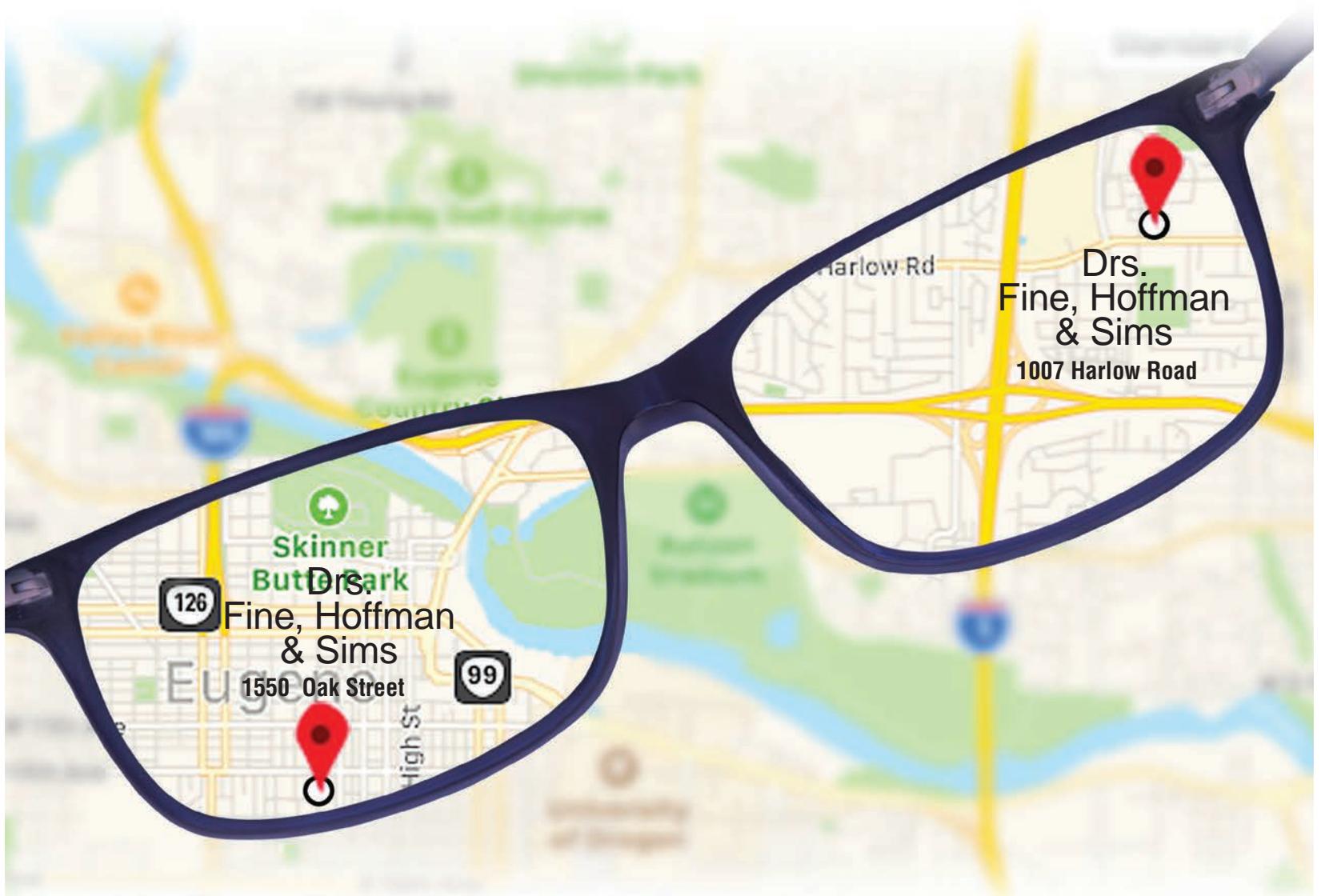
LCMS staff are excited to see what this next year and new Executive Committee will bring to our membership!

-LCMS Staff

A FEW MORE ITEMS

- Switched banks to our longtime supporter, Oregon Pacific Bank.
- Donated and supported various community groups such as Bags of Love and Community Supported Shelters.
- Continued to highlight our members and all the awesome things they do.
- Hosted Society meetings and events based on a variety of recommended topics including the Ragged Edge of Medicine with Patricia Kullberg, Future of Healthcare, Telemedicine, Gender Bias in Healthcare, the 2nd Annual Wine Social, and the 63rd Annual Golf Tournament.





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M.D.



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M.D., M.B.A.

Chart Notes



Join us for our 64th Annual LCMS Golf Tournament on Saturday, June 1st! Registration is now open!

The tournament will be held at Tokatee Golf Course in McKenzie Bridge. Registration is \$85 and includes 18 holes of golf, range balls, breakfast, and an awards luncheon. Invite a few coworkers and friends to enjoy some time on this beautiful course. All levels welcome!

“Thanks for putting on an awesome event! It was great fun!”

- DR. ORESTES GUTIERREZ
ON LAST YEAR'S
GOLF TOURNAMENT

Society Social Wednesday, May 8th

Our monthly socials continue this month on May 8th from 5:30-7:30pm at the Oregon Electric Station. We hope these socials have provided opportunities for our members to meet new peers.

We plan to have a featured guest, who will speak on their topic for 10-15 minutes and be available for discussion afterward. Updates will be

posted to the event in our private Facebook group, Lane County Medical Society. Please make sure you have requested to be in the closed group in order to stay up-to-date on LCMS information and events.

Please invite your LCMS colleagues. Whether you're new to the area or you've been here for years, we hope to see you there!

LCMS Family Day at the Raptor Center

The Cascades Raptor Center will host LCMS for a family-friendly event on Saturday, June 8th. There will be two presentations: the “Early Bird” at 11am and the “Night Owl” at 1pm with 30 tickets available for each session. Tickets are \$12/person and include boxed lunches to enjoy at the picnic tables afterward. RSVP and get your tickets early as space is limited!

Be sure to take a look at our article on the Raptor Center on page 12.



UPCOMING EVENTS

The next Women's Circle meeting will be held Wednesday, May 15th at 6 pm at the LCMS office. For more information or to RSVP, please contact Shannon O'Leary at catalystbcandc@gmail.com or 541-255-2669 or register at lcmesociety.com.

AWARDS

Dr. David DeHaas with NW Surgical Specialists was recognized at the 12th Annual Center for Medical Education and Research Faculty Recognition Dinner on April 11th for his knowledge and commitment to teaching.

Psychological Predictors of Opiate Therapy Outcome

BY PETER KOSEK, MD
OREGON NEUROSURGERY

The decision to use opiates as part of the treatment of pain can be a difficult one. The potential for patients to benefit from opiates based on psychological characteristics has undergone considerable study and I find this information is helpful in making treatment decisions.

Studies comparing the responsiveness of chronic low back pain to opiate therapy demonstrate that the presence of the ‘triad’ of anxiety, catastrophizing, and lack of resilience predict less responsiveness to opiate therapy. In one well designed prospective trial, patients with these characteristics obtained less than 20% reduction in pain, and no functional improvement from opiates[1]. Patients without this ‘triad’ had an average of 40% pain reduction sustained at six months and improved function from opiate therapy. Surprisingly, patients with relatively unsuccessful outcomes and this ‘triad’ valued opiate therapy more than patients with successful outcomes without this ‘triad’. For patients with this ‘triad’, the value of opiate therapy is not proportional to pain relief or functional improvement. The ability of opiates to modulate negative affect and anxiety seems to be what these patients value so highly.

Anxiety is also related to toxicity from opiates. Patients with anxiety are overrepresented in opiate related overdose deaths. At the extreme, patients with panic disorder, bipolar disorder and PTSD are at particularly high risk of opiate overdose death. These same patients have a low potential for benefit from opiates.

Stratifying patients based on these behavioral features has the potential to improve both the safety and efficacy of the use of opiates. Detecting the first two elements of this high risk ‘triad’, anxiety and catastrophizing, is possible during the

patient interview. Should a more analytic tool be necessary, the anxiety subscale of Hospital Anxiety and Depression Score (HADS), HADS-A, was found to perform well in assessing the symptom severity of anxiety disorders and catastrophizing wherein patients only consider the worst possible outcomes.

The third element of this triad, resilience - the ability to maintain positive emotional and physical functioning despite physical or psychological adversity, is associated with better outcome from surgery and industrial injury. Lack of resilience is strongly associated with depression. The depression subscale of HADS, HADS-D can be used to evaluate depression. Alternately, the Positive and Negative Affect Scale (PANAS) can gauge resilience if its absence is not immediately apparent during the interview.

The presence of this triad is not a reason to withhold treatment of pain. Treating pain is not synonymous with prescribing opiates. Detecting this triad offers the clinician the insight that addressing psychological state as part of therapy may improve a patient’s overall treatment response, and that opiates are not likely to be of significant benefit. Behavioral care, mindfulness-based stress reduction, anti-depressants, mood stabilizers and antipsychotics may be reasonable options to address anxiety, depression and mood instability. Although some non-medication therapies have limitations to access, involving the patient in shared decision making, while developing a treatment plan that includes self-care such as water based exercise, Tai Chi or Yoga and gratitude journaling or mindfulness training is reasonable while avoiding or weaning opiates and sedatives. Consider the free UCLA online trainings at <http://marc.ucla.edu/mindful-meditations>.

Fear is typical of anxiety and catastrophizing in the absence of

resilience. In a retrospective series of 104 patients, simply transitioning patients from strong opiates to buprenorphine reduced pain by an average of over 2.3 points on an 11 point scale and was well tolerated[2]. That pain reduction may be related to opiate induced hyperalgesia. Fear was also found in that study. 273 patients were offered this conversion, and only 104 agreed.

The online Australian animated videos ‘Brainman’ <https://youtu.be/5KrUL8tOaQs> and <https://youtu.be/jlwn9rC3rOI> are particularly helpful in introducing non-opiate therapy to patients. I commonly prescribe these as homework to serve as the basis of shared decision discussions of withdrawing opiates. Although many patients are hesitant to change (change is, after all, hard), patients can regain hope, function better and report less pain after weaning opiates and sedatives.

Conversely, patients without this ‘triad’ may do well on opiate therapy as part of their pain rehabilitation plan, and it is reasonable to include this information in treatment decisions for this group as well.

By including an assessment of anxiety, catastrophizing, and resilience in considering a patient’s potential for benefit from opiates, clinicians can help patients make individualized treatment decisions based on the potential for benefit as well as harm. ♦

References are available online though PubMed.gov: [1] Jamison RN, Edwards RR, Liu X, Ross EL, Michna E, Warnick M, Wasan AD. Pain Pract. 2013 Mar;13(3):173-81. doi: 10.1111/j.1533-2500.2012.00575.x. Epub 2012 Jun 11. Relationship of negative affect and outcome of an opioid therapy trial among low back pain patients. [2] Daitch JI, Frey ME, Silver D, Mitnick C, Daitch D, Pergolizzi J Jr., Pain Physician. 2012 Jul;15(3 Suppl):ES59-66. Conversion of chronic pain patients from full-opioid agonists to sublingual buprenorphine.

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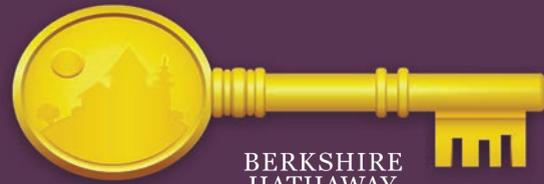


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Local Volunteer is Voice for Funding Cancer Research

BY LAURA BROWN
HEALTH SYSTEMS MANAGER FOR ACS
 FOR LANE COUNTY MEDICAL SOCIETY

The American Cancer Society is the largest non-profit funder of cancer research in the United States. Shannon Taggart, who spends half of her year in Lane County, volunteers her time and perspective as a voice in the process that determines how Society funds are allocated for research grants.

Taggart has volunteered with the American Cancer Society for over eight years. She started volunteering as a lead trainer and manager of the Eugene Cancer Resource Center. Taggart was recently appointed to serve as a Stakeholder for the Cancer Control department of the American Cancer Society.

Stakeholders offer a layperson's perspective on one of the 20 Peer Review Committees with one or two other stakeholders and as many as 25 scientists and physicians.

Approximately 1,800 research grant applications are submitted annually to the Society, of which around 300 are funded. Medical experts scrutinize technical aspects of the lengthy applications. Stakeholders, like Taggart, keep the Society's mission at the forefront of funding discussions.

"As a breast cancer survivor, it is humbling for me to represent patients' concerns as to the types of research, processes, and projected outcomes," Taggart says. "Stakeholders participate on diverse panels of research – from DNA and molecular studies, new drug research and implementation, and even social and psychological research to better help patients," Taggart tells.

Since 1946, The American Cancer Society has invested more than 4.8

billion in cancer research. Peer Review Committees make funding decisions based on the merit of the grant application, available funds, and relativity to the mission of the American Cancer Society.

Laura Brown, Health Systems Manager of the Society, says, "Funding cancer research is an extensive and rigorous process for the Society. It is exciting to know Lane County has a local and personal voice on our side when it comes to funding research grants throughout the country."

“As a breast cancer survivor, it is humbling for me to represent patients’ concerns as to the types of research, processes, and projected outcomes.”

- SHANNON TAGGART

Stakeholders are distinguished individuals who have a strong interest in cancer research. They use their personal experience with the disease and passionate insight in review of the grant applications. Stakeholders serve as full voting members on their Peer Review Committee. The stakeholders improve the funding process by bringing a fresh appreciation of the dedication and impartiality of the volunteers who review the grants on scientific merit

Taggart has committed to two years

of service in this volunteer appointment. She is required to attend peer review committee meetings each January and June in Atlanta. Taggart anticipates to analyze and rate over 35 grant applications this year, and most applications are approximately 25 pages.

The American Cancer Society funded its first research grant in Lane County at the University of Oregon to Arthur W. Frisch, PhD for \$4,000 in 1951. Dr. Frisch's project title was Avian Osteopetrosis as Induced with Blood from Patients with Leukemia. Since 1951, 83 additional grants have been funded to the University of Oregon in Eugene for a total of \$7,839,813.

The American Cancer Society has played a role in most major cancer research breakthroughs in recent history, as exemplified by the 47 Society-funded investigators who have gone on to become Nobel Laureates.

About the American Cancer Society

The American Cancer Society is a global grassroots force of 1.5 million volunteers dedicated to saving lives, celebrating lives, and leading the fight for a world without cancer. From breakthrough research and free lodging near treatment, to a 24/7/365 live helpline, free rides to treatment, and convening powerful activists to create awareness and impact, the American Cancer Society is attacking cancer from every angle. For more information, go to www.cancer.org. ♦

Shannon Taggart is a former ACS Cancer Resource Center volunteer and a children's book author. She lives in Florence, Oregon and Cave Creek, AZ with her husband, Phil, and two cockapoos.*

**Dr. Phil Taggart is a retired LCMS member.*



Building Community Engagement

The Raptor Center hosts educational opportunities to help bring more awareness to the region.

BY ALAN SYLVESTRE
FOR LANE COUNTY MEDICAL SOCIETY

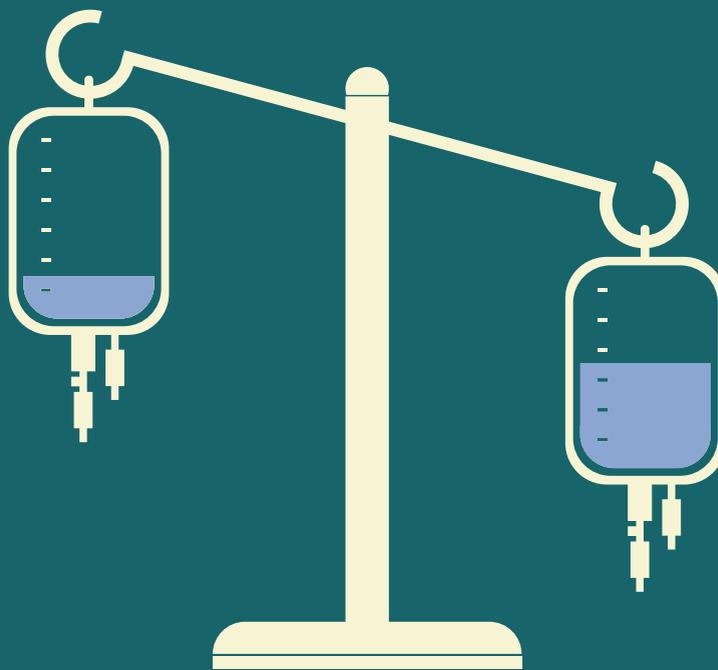
This year, the Willamette Valley was struck by snowfall at rates that hadn't been seen in the region since as far back as 1917, according to the National Weather Service. The damage that occurred created hardship for businesses across the region. And one of those organizations, The Cascades Raptor Center, relied on a group of dedicated community members to help restore their facility to normal.

"We had a lot of damage to the aviaries as a result," says Kit Lacy, Cascades Raptor Center Bird Curator.

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“After the snow, we had a huge outpouring of community support. A lot of community members offered to come out and help us fix the shelters for the birds and clean up debris from the storm.”

- KIT LACY
BIRD CURATOR

“After the snow, we had a huge outpouring of community support,” Lacy says. “A lot of community members offered to come out and help us fix the shelters for the birds and clean up debris from the storm.”

The non-profit, located on Fox Hollow Road, facilitates the care for close to 30 resident birds of prey in outdoor aviaries. They provide rehabilitation and medical services to roughly 350 sick, injured, and orphaned raptors each year. A feat that’s no easy task, according to Executive Director Louise Shimmel.

“At the raptor center, we don’t have government funding. We rely completely on community funding. When we operate the medical center, there’s nobody we can bill,” says Shimmel.

The vast majority of the birds they care for have been involved in incidents involving humans: collisions with vehicles, hitting windows and power lines, coming down chimneys, accidentally poisoned, to name a few reasons. The center’s need to provide medical services is crucial to their mission of providing rehabilitation services to birds of prey.

And this year, they are implementing a project to transform their current visitor center into a new medical facility. As they’ve grown, so has their need for more room. The center has recently acquired an adjacent property and is investing into expanding their operation.

So how do they pull it off every year?

The answer is simple, community support. Their staff includes a wildlife veterinarian and volunteers who work with generous vet clinics who donate their time and services. They’re the nurses that keep the heart of their organization pulsing; providing intake services, changing bandages, cleaning wounds, and much more.

“We’re always looking for more people to come up and get involved with us,” Shimmel says. “Whether that’s to get involved with us on the medical side, or just to be a greeter for people as they enter.”

A second, but not less important mission of the Cascades Raptor Center is to provide educational outreach in the region. On the first Saturdays in June, July, August, and September the center puts on a program called Family Nature Discovery Days. The theme: community education that fosters a culture of appreciation for nature and all wildlife.

One of those events is called Wildlife Play Hospital, where staff “maime” stuffed animals and distribute them around the facility. Participants come to the outdoor ‘hospital,’ get a report of the injured animal, and scour the woods to find and treat it.

“Some have eye injuries; some we open the wing or leg seams and insert a broken tongue depressor, so the kids can feel that something is broken inside; we have x-rays hanging up, gloves they can put on, whatever we can think of,” says Shimmel.

When they are done with their treatment, the animals recover in hospital cages; the kids get to look at the resident birds, then they come back and “release” their healed animal. According to Shimmel, it’s one of their most popular events of the year. This year’s wildlife

hospital will be held on Saturday, August 3rd. Registration is \$2 per participant.

These programs wouldn’t be possible without the support of community sponsorship. KVAL is the primary sponsor and provides a television ad promoting the event that runs the week before. In years past, medical groups have co-sponsored the program, which Shimmel believes is a perfect fit and hopes more organizations will take an interest in helping put on these educational opportunities.

For those interested in learning more about how to get involved with the center, Lacy and Shimmel encourage people to attend their annual fundraising event. This year it will be held at Lane Community College’s Center for Meeting and Learning on Saturday, September 28th.

Those wishing to attend can find registration information available soon on their website at www.cascadesraptorcenter.org.

“I just think it’s important people come out and see all of the services and programs we offer. This event will be a great way for people to learn more,” says Shimmel. ♦

If you would like to know more about how being a Sponsor or donating please contact Julie Collins, Partnership Director, at JulieC@CascadesRaptorCenter.org.

LCMS EVENT

LCMS is hosting a family-friendly event for our members at the Cascades Raptor Center on Saturday, June 8th. There

will be a limited number of tickets available for our two time slots: the “Early Bird” at 11am and the “Night Owl” at 1pm. Costs are \$12/person and include lunch as well! The early bird gets the worm; be sure to RSVP and get your tickets now!

St. Vincent de Paul: Youth & Family Services

BY SHERIDAN KOWTA
FOR LANE COUNTY MEDICAL SOCIETY

Oregon has the highest rate of youth homelessness out of all the United States, according to a report recently released by the Portland Tribune, and that number is up for the fourth year in a row. Among the Eugene 4J, Bethel, and Springfield School Districts there are 1,848 youths who “lacked a fixed, regular and adequate nighttime residence” – homeless. This figure accounts for only a fraction of Lane County school districts, and doesn’t include homeless children who are not in school. The need to address youth homelessness right at home is real. Eileen Chanti, Director of Youth and Family Services, and Stacey Yates, Youth House Program Manager of St. Vincent de Paul of Lane County both work to change the lives behind these figures for the better.

St. Vincent de Paul has designed its programming to bring wrap-around services to children and families through its First Place Family daytime center, Family Night Shelter, and Youth House. The night shelter can house up to 20 families, and is equipped with transportation that both brings families to the annex in the evening, and shuttles children to school in the morning. The First Place Families center offers

a much broader scope of services. The shelter itself has everything any family home would have—showers, kitchen, laundry machines—as well as a drop-in preschool and supported housing programs.

“It’s addressing a need for youth and children. Whether they are with a family and accompanied or unaccompanied.”

– EILEEN CHANTI
DIRECTOR OF YOUTH & FAMILY SERVICES FOR ST. VINCENT DE PAUL

This faceted programing is in an effort to address every stage of homelessness. “It’s addressing a need for youth and children,” Chanti says. “Whether they are with a family and accompanied or unaccompanied.”

For youths on the verge of adulthood, St. Vincent de Paul has opened a Youth House. Teenagers from the ages 16-18 who identify as female and are considered

homeless qualify to live in the house for up to 24 months. “This is the first year that we’re open. This is a pilot project,” Yates says. “What sets it apart from other programs is that we have studio apartments that the girls can live in, and they sign a rental agreement, but they don’t pay rent. What that rental agreement does is give them renter’s rights and protections.”

The Youth House program rules are tied to their rental agreement requirements. Breaking a program rule could lead to a lease violation as a way to tangibly connect the guidelines to everyday life. “We, of course, go through a lot of problem solving and they get a lot of warnings before they actually get a lease violation,” Yates says. “But it’s all a learning and teaching experience for them.”

Yates notes that several of the girls that currently live at the Youth House received services when they were with their families from First Place Families. “So many of the girls, they’ve been getting services for many years—minor children who were living with their parents who were experiencing homelessness,” Yates says. “It just hits home that poverty is a generational thing.”

Given that the Youth House is so new, it has stirred up curiosity by community members. People are eager to ask how they can help and volunteer their time.



The First Place Family Center has supplies that they can give to families as needed; the center has a kitchen where individuals can make meals with provided foods; a preschool at the center is a welcoming space where little ones have an opportunity to begin learning; a play area outside gives the children a chance to play and just be kids.

LOCAL ORGANIZATIONS

Yates' staff has hosted three volunteer orientations, with more than 30 people in attendance at each one. There are currently only eight girls living at the Youth House. While it's exciting that the Youth House is garnering such positive attention, volunteers are still needed at other St. Vincent de Paul shelters.

First Place is always in need of volunteers to help run the front desk, or organize the high volume of donations received in the Resource Room. The

Night Shelter is constantly looking for volunteers who are can prepare, cook, and help serve dinner to families. "We also have a need for folks to come hang out at the Night Shelter program and at First Place Families Center that are serving as liaisons and advocates," Chanti explains. "People who can model different ways of doing things or just chatting and getting to know the stories of families."

These services have been proven successful with their programming, and

fueled by community help. According to Yates, since October 2018, 80% of the families who have used the Night Shelter have moved into stable housing after. "I think what we do really well is build relationships with people," Chanti says. "We really try to provide wrap-around, continuous care so that all the people in our program are going to succeed. We do that with people—we want to empower our families and our youth to be self-activated." ♦



The main area of the Youth House includes spaces for lounging, music, media, a kitchen, and more; Stacey Yates and Eileen Chanti work together to help those in the St. VdP Youth & Family Services Programs.



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Trillium Resource Exchange (T-Rex)

BY AMANDA COBB
EXECUTIVE DIRECTOR
OF MEDICAID SERVICES

Like other communities, Lane County residents in need struggle to connect to low-cost and no cost resources and organizations. Requests can include help with community determinants of health - housing, food, financial assistance for utilities, childcare and other programs. How do they know what's available? Where do they look? Is the information accurate? The experience of connecting to the right resource can be frustrating for the provider or referrer as well as the patient.

Our community is rich with organizations that offer help. There are printed directories that local agencies take time and resources to complete, but they are often out of date as soon as they are in print. Even with the help of an online tool,

the information can be outdated because the organization offering the resource is responsible to update the site themselves. This results in the patient being referred to a resource that may no longer be available.

In the past there was no reliable, easy-to-access and up-to-date resource that contained all of the information providers needed to help their clients. Until now.

Trillium Resource Exchange, or T-Rex, is an online tool that provides comprehensive social support information that is searchable by zip code. There are filtering criteria that refine results down to the level of specificity needed, such as services for veterans or children or pregnancy.

The company that Trillium pays to provide the online tool, Aunt Bertha (dubbed T-Rex), began with a simple idea - that every person and family should have

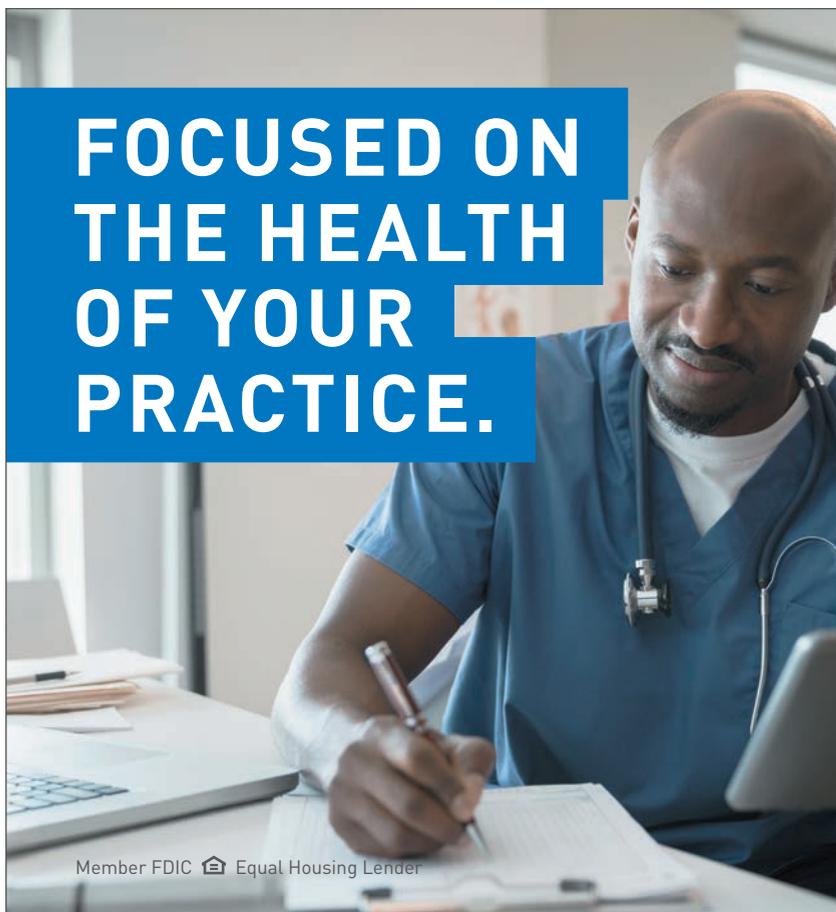
one place online where they can find help in a time of need - and this company has been transforming the way information is organized and delivered ever since.

We have been asked some common questions about T-Rex we want to share:

What is the cost? There is no cost to providers and community based organizations (CBOs), Trillium is providing the tool as one of our investments in the social determinants of health.

Is this only for Trillium members? No. Anyone can access T-Rex anywhere in the US. Trillium is paying for T-Rex for the entire state of Oregon.

How do I know the information is up to date? Trillium is paying Aunt Bertha to continuously update organizations' information, instead of relying on the organization offering the resource to update their data. The user can trust the



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information in the directory is as current as possible.

What if I want to add information about my organization? Every CBO/provider will have secure access so they can change or add information any time.

How will the community know about T-Rex? Trillium is already communicating about T-Rex to social service organizations, providers and key stakeholders. Over the next few months, Trillium will be running a marketing campaign to distribute the information community wide.

When fully built, T-Rex will be a comprehensive online directory of social service organizations and the resource they provide to link your patients with the resources they need. We look forward to working with you to improve the health of our community one person at a time.

In the meantime, feel free to check out T-Rex at <https://trilliumchp.auntbertha.com/>. For more information on T-Rex, email acobb@trilliumchp.com. ♦

64th Annual LCMS Golf Tournament



Come golf with us Saturday, June 1st at Tokatee Golf Course!
Registration is open! All levels welcome.

You're working to treat opioid misuse. Let us help.

Register today for a **FREE** training to treat Opioid Use Disorder (OUD) and qualify for the waiver to prescribe buprenorphine.

Trillium Community Health Plan is sponsoring a **FREE** training for providers to qualify for the waiver to prescribe buprenorphine. This training will be conducted by the American Society of Addiction Medicine (ASAM).**

It includes:

- ✓ Four hours of online training at your own pace
- ✓ Four hours of live, interactive training in St. Louis, Missouri, held from 8:30 a.m. to 1:00 p.m. CST on four dates (or you can attend the live training remotely by streaming it on your device):

- **March 29, 2019** • **June 28, 2019** • **September 13, 2019** • **November 8, 2019**

The three dates in **green** feature curriculum designed for women's health providers in partnership with the American College of Obstetricians and Gynecologists (ACOG).

And you'll also get for **FREE**:

- ✓ Continuing Medical Education Available
- ✓ A copy of the ASAM National Practice Guideline
- ✓ A reference guide and other clinical resources

For more information contact Lucy Zammarelli LZammarelli@trilliumchp.com



**ASAM is an approved provider by CSAT/SAMHSA of DATA 2000 training.
***Substance Abuse and Mental Health Services Administration. (2017). Key substance use and mental health indicators in the United States: Results from the 2016 National Survey on Drug Use and Health (HHS Publication No. SMA 17-5044, NSDUH Series H-52). Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. Retrieved from <https://www.samhsa.gov/data/>.



Presents

Gynecological Oncology Symposium

Wednesday, June 19th, 2019

6pm to 8pm

Location

Willamette Valley Cancer Institute & Research Center

520 Country Club Road
Eugene, Oregon

The Imaging Workup of Incidental Ovarian Cystic Lesions

Corey Orton MD

Radiology Associates, P.C.

Precision Medicine in Advanced Ovarian Cancer

Charles Anderson MD

Willamette Valley Cancer Institute

HPV and You

Audrey Garrett MD, MPH

Willamette Valley Cancer Institute

Less is More? Sentinel lymph node dissection in Endometrial Cancer

Kathleen Yang MD

Willamette Valley Cancer Institute

Vaginal Brachytherapy for Early Stage Endometrial Cancer

Merideth Wendland MD

Willamette Valley Cancer Institute

Lichen Sclerosus and Vulvar Neoplasia

Rob McFarlane MD

Pathology Consultants, P.C.

Life After Treatment: Long-term Issues And The Role of Primary Care

Linn Bergander PA-C, MPH

Willamette Valley Cancer Institute

Please RSVP to oregoncanceralliance@gmail.com

(Hors d'oeuvres and drinks are provided)

April Society Social

Thank you to all who joined us!



We are excited to see new faces at our monthly socials, and happy to facilitate these meetings for our members. The LCMS Society Socials are meant to be a standing invitation to gather with colleagues once a month outside of work. Our goal is to create a tighter community amongst our members away from work with the hope that it will make work communications and referrals that much easier. We hope our members find peers who share similar interests and are able to build those relationships.

Thank you to Oregon Pacific Bank for their generous support.

Please join us at our next LCMS monthly social on Wednesday, May 8th, at the Oregon Electric Station. Feel free to bring along a coworker or two!



Announcements

Events

Owen Rose Garden's Monthly Work Party will be on Thursday, May 9th at 9am. The event is family friendly and no experience is needed. For more information or to RSVP, contact Vanessa Young, Park Volunteer Coordinator, at vyoung@eugene-or.gov or 541-510-9318.

WellMama is hosting a Mother's Day Yoga & Wellness Event on Saturday, May 11th, at 2:30pm at the Hilyard Community Center. The sliding cost is \$5-\$15 and includes an instructed yoga class, childcare, light snacks, and warm tea and coffee.

Food for Lane County Youth Farm is having their Summer Plant Sale on May 11th from 10am-4pm. The sale includes vegetable, flower, and herb starts. Prices start at \$2.50 for 3" pots and \$3 for 6 packs.

Parenting Now! is holding their 3rd Annual Mother's Day 5K Run/Walk on Sunday, May 12th, at Alton Baker Park. For more information, visit <https://parentingnow.org/mothers-day-5k/>.

The Business Commute Challenge and "May is Bike Month" event will host Breakfast at the Bike Bridges on Tuesday, May 14th, at 7am starting on the southwest side of the Peter DeFazio Bridge.

The event encourages active transportation. Free breakfast, bike safety checks, bike bells, and more will be available.

Upcoming Women's Circle meetings will be held Wednesday, May 15th and Thursday, June 27th at 6 pm at the LCMS office. For more information or to RSVP, please contact Shannon O'Leary at catalystbcandc@gmail.com or 541-255-2669 or register at lcmesociety.com.

Seafood Fest will be hosted at Provisions Market Hall on Saturday, May 18th, from 2-4pm. Tickets include a dozen food tickets and entry into a grand prize drawing. For more information or tickets, visit www.provisionsmarkethall.com.

Greenhill Humane Society is hosting their annual Bark in the Park on Sunday, May 19th, at Alton Baker Park. For more information or to register, visit <https://www.greenhill.org/bark>.

The 40th Annual Mount Pisgah Arboretum Wildflower & Music Festival will be on Sunday, May 19th, from 10am-5pm. There will be live music, food and craft vendors, guided nature walks, and more.

Neil Young & Promise of the Real are performing at Matthew Knight Arena on Thursday, May 23rd, at 7:30pm.

The LCMS 64th Annual Golf Tournament will be hosted at Tokatee Golf Course on Saturday, June 1st. Registration includes 18 holes of golf, range balls, breakfast, and an awards luncheon. All levels welcome!

Notes

LCMS members, please request to be added to our closed Facebook group, Lane County Medical Society. This group is for members only and our goal is to help our physicians connect more easily with one another. We will also use this group to post important information and upcoming events.

Upcoming Medical Matters issues include themes such as PTSD and service animals, social issues including gun violence and climate change, and first responders. We are looking for members and other medical community members who would like to share with us on these topics. We hope to include members and groups that haven't had the chance to interview with us yet. If you or someone you know is interested in connecting with us about a topic, please email kianna@lcmesociety.com.

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LEASE SPACE AVAILABLE: Beautiful new building designed by TBG architecture for lease. Available for occupancy October 2018. Cornerstone entrance to Crescent Village (SE corner of Crescent Ave. and Shadowview). Suites from 2,000-3,500 sq ft. For details, contact Terri Baarstad at 541-510-1332 or tbaarstad@gmail.com.

Beautiful House for Sale - Cal Young Neighborhood, 925 Lorella Ave, Eugene Weichert Custom Home built 2016, 2,350 sq. feet, corner 3 bdrm/2.5 baths, Master on grd. Fenced yd, 2 car garage \$489,000/For sale by owner-Appt Available June 2019. Contact David Strutin, MD dstrutin@gmail.com.



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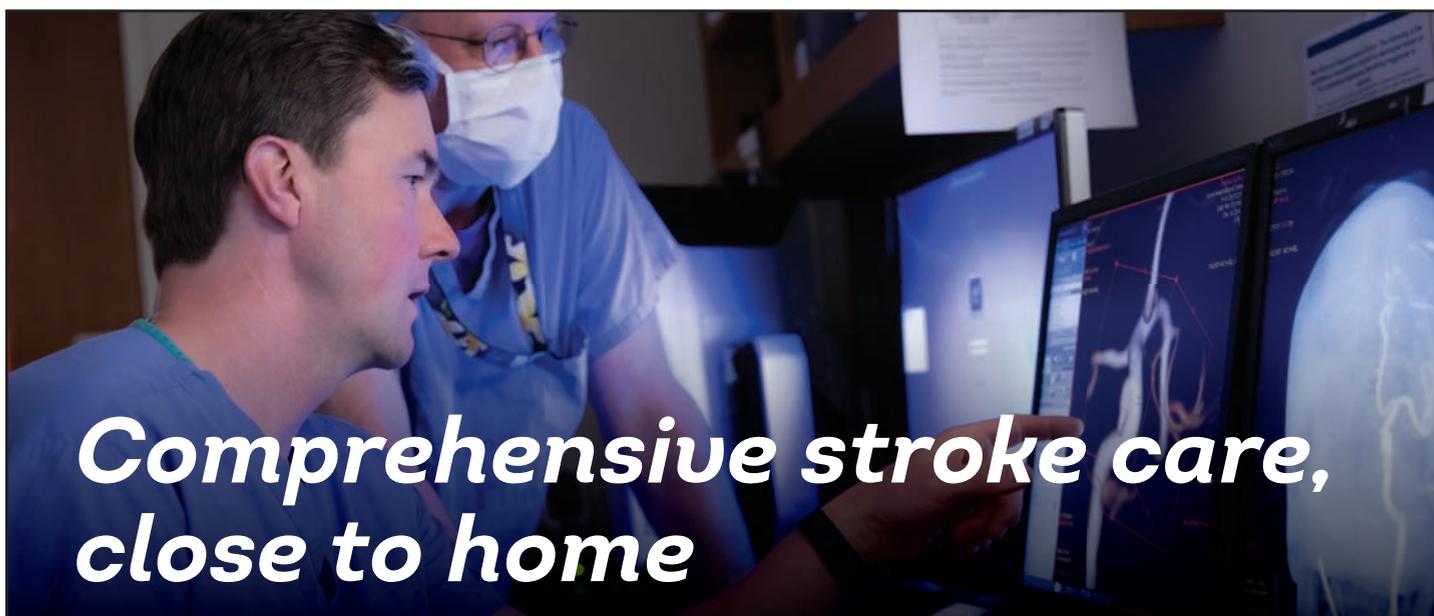
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