

SUMMER 2023

Ageless

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The  World

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Real estate agent honored

A Brookings broker/realtor has been ranked #1 in transactions for the entire state of Oregon, and #3 for volume in 2021. Jude Hodge was also the #1 RE/MAX broker in Oregon, in the Real Trends Top 1000, and ranked #112 in the Nation for All Agencies.

Jude said her success is directly related to her passion and her time commitment to real estate. "I am diligent with my time each and every day," said Jude. "I work 24/7— no kidding! You must make sacrifices for success, and for me the sacrifice is time."

Jude has lived in Brookings, Ore., for more than 30 years. With a background in internet marketing and sales, she has been a Top Multi Million Producer since her first year in real estate. "Currently I am in the top 0.5 percent of all agents in the U.S. in sales and volume," she said. "I love my career and serving my clients. I am dedicated to results."

The real estate industry has changed quite a bit since Jude first started her career. She said it has gone from foreclosures to waiting lists, to multiple offers and offers way over asking price. "Brookings is now a destination for buyers, and we have more buyers than we have inventory to sell," she said.

But as the industry has evolved, so has Jude. "I feel like real estate is literally in my blood. I am not hesitant to take on a luxury home, a commercial property, land, residential or otherwise. I have learned enough to be 100 percent confident in my abilities. I love people and working with the public. It is what I was supposed to do."

As for her future plans, Jude will continue to serve clients to the best of her ability. "I never want anyone to feel that they were just a transaction. I am honored for every seller and buyer that calls me. I look forward to helping others every day. It is wonderful to meet the people I get to work with and get to know them and their families."

As leader of her industry, Jude has some advice for other women seeking success. "Get up every day, give it your all, dress for success and never give up. Someone once told me that you must work as if the rent were due every day to gain success, and that is the truth. That is how you do it. Yesterday ended last night, so let yesterday stay where it is. You get a do over each day, and your attitude is everything! As my mentor Bill Pike of 25 years would say, 'Let go of stinking thinking'."

Jude also credits the support of her husband, Dave, for her continued success. "How fortunate I am to have a husband that supports my crazy schedule, late night phone calls, sitting on the side of the road while going somewhere so I can talk to a client. He does so much for me, hangs my signs, fills my fliers, and does all my filming. He's very supportive, and I am beyond blessed."

Paying for advertising has also played a part in Jude's success. "Not advertising is like winking in the dark — nobody knows," she said. Advertising isn't cheap, but it is money well spent. "If you think success is expensive, wait until you've paid for failure."

Jude has been published in Entrepreneur magazine, Networking Times, Cutting Edge Media, Home Business Connection, Youngevity's Magazine, Money Makers Monthly, Networker's Advantage and is a contributing author in "Build it Big," a book published by Dearborn Publishing for Direct Selling Women's Alliance.

Her awards have been numerous, but below are some of her most recent accomplishments:

- 2020-2021 Diamond Club Award
- 2017-2021 Readers' Choice Gold Award Best Local Realtor
- 2021 Real Trends #1 State of Oregon - Transactions
- 2021 Real Trends #112 in the Nation - All agencies
- 2020-2021 #1 RE/MAX Broker in the State of Oregon

To contact Jude, call 541-813-9261 or 541-801-3333, visit her website at homewithjude.com or email her at judehodge@gmail.com

Here is a list of some of my awards

2014: Executive Award
2015-2016: Platinum Award
2017: Hall of Fame Award
2017-2020: Chairman's Award
2019 Real Trends #6 State of Oregon
2020: Diamond Club Award
2020: #1 RE/MAX Broker in the State of Oregon
2021: Diamond Club Award
2021: Lifetime Achievement Award
2021: Real Trends Top 1000 List
- #112 in the nation all agencies
2021: Real Trends #1 State of Oregon - Transactions

CALL ME 24/7

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RE/MAX Coast and Country
703 Chetco Avenue, Brookings
Oregon 97415

www.HomewithJude.com

LISTING YOUR HOME IS SERIOUS BUSINESS!

My background is marketing and I am very serious about marketing your home to get it SOLD! Sit down with me for a few minutes and lets evaluate the value of your home. Let's look at the current market price through comparables and see if now is the right time for you to list your home.

Our selling season does not end in this area. The majority of my clients have been over the age of 51 and retiring. Many were here for the busy season and went home without buying anything!! Our market has been so lean with listings that several of my clients check in with me weekly to see if there is anything new on the market. Everyday is a good day to get your home listed. Call me for a no obligation valuation of your home. It will be quick and painless I promise!!

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I offer cutting edge technology and marketing for every listing, it doesn't matter if it's a mobile or a mansion I appreciate every listing and go above and beyond for my sellers. "Not advertising is like winking in the dark, nobody knows".

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throughout the Oregon Coast."**



2014 Executive Award
2015-2016 Platinum Award
2017-2019 Chairman Award
2020-2023 Diamond Club Award
2020-2022 #1 RE/MAX Broker in the
State of Oregon
2021 #1 Broker State of Oregon All
Agencies #112 in the Country
2022 #2 Broker State of Oregon All
Agencies #192 in the Country
2017-2022 Readers Choice - Gold
Award - Best Local Realtor
2023 Readers Choice Best Realtor -
Silver Award
2022-2023 Readers Choice Best Local
Salesperson - Gold Award
2017- 2022 #1 Realtor in Curry County -
Sales and Transactions

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Jude Hodge, Broker

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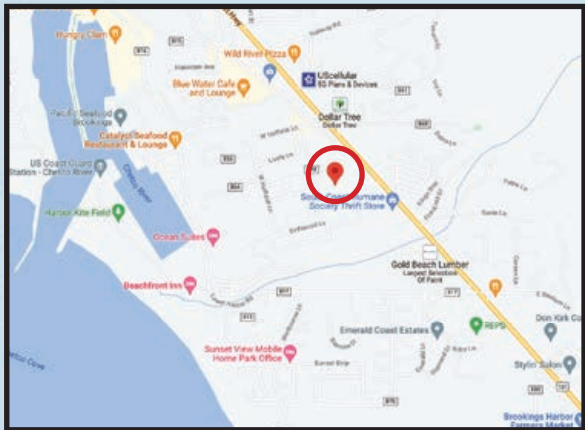
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Habits that affect cognitive health

Various changes to appearance and health are associated with aging. Issues such as diminished vision, waning muscle strength and gray hairs are among the more common and noticeable side effects of aging. Cognitive decline is another symptom often associated with aging, even if that needn't be the case.

Certain lifestyle choices can protect against cognitive decline and dementias. While there is no surefire way to prevent dementias, here are some good habits for maintaining cognitive function well into your golden years.

Exercise frequently

Harvard Health reports that exercise, in addition to the many other benefits it provides, may help improve cognitive function in people who have already experienced memory issues. Exercise may be particularly advantageous to people who carry the APOE4 gene variant, which makes people more susceptible to Alzheimer's. Speak with a doctor about how much exercise is needed and what is safe for your age.

Enjoy video games

Playing a favorite video game may improve long-term cognitive function. Researchers at Cambridge Brain Sciences found study participants who played non-cognitive-training video games were associated with better performance in several cognitive domains, but only for

younger (age 18 to 64) participants. Cognitive training games, on the other hand, were not associated with any cognitive improvement.

Stay socially engaged

According to a study published in the journal Experimental Aging Research, seniors who have high levels of social engagement also have better cognitive function. Getting together with friends, participating in a club, attending religious studies, and any other activity that gets you out with other people can help with cognitive function.

Eat a healthy diet

Eating a diverse array of healthy foods is beneficial. Nutritious diets can help reduce the risk for illnesses that may affect cognitive ability. Eating well also helps keep the brain healthy. A Mediterranean diet appears to lower the risk or slow the progression of dementia in people who have the condition.

Get help for sleep disorders

Lack of sleep can affect memory and learning. By getting help for sleep disorders, you may reduce your risk for cognitive issues.

While it is not possible to prevent or cure cognitive conditions like dementias with lifestyle changes, certain behaviors can lower the risk of developing these illnesses or reduce their severity.



Aquatic exercise and why anyone over 50 should be doing it

BY SARAH KELLY
For Country Media, Inc.

As most of us know, exercise is a very important part of living a healthy lifestyle. However, as we age, things like mobility tend to inhibit proper workouts. This is especially true for when we hit our senior years. From aching joints, balance issues, weakened muscles and permanent injuries, a plethora of various problems tend to get in the way of being able to stay fit and active.

No one workout can quite address those issues as well as aquatic exercise does. This low-impact activity takes the pressure, that is normally present when working out, off your body, allowing you to rebuild strength using the resistance water naturally provides. Not only can you strengthen your muscles but also your heart. It can reduce stress, increase endurance, decrease pain from osteoarthritis and blood circulatory problems, increase stability and so much more.

The benefits of aquatic exercise are not just limited to physical ones, but mental too. One's mental well-being is just as important as their physical. By simply being in the relaxing water you may see your mood lifting and your stresses melting away. If your classes are in a heated

pool, you will find the warm water to be very relieving to your achy joints.

Aquatic classes also provide a great opportunity to meet new people. They give you a chance to socialize and build lasting friendships or even start a new relationship, when it may otherwise be difficult to do so.

Aquatic exercise is extremely versatile and you are able to easily take it at your own pace all while still getting steady results. These classes are not just a boring exercise routine. They are fun social events that you are able to participate in. Some classes may play music for you to dance and sing to, some teach yoga in the pool, and others have you playing volleyball. Most activities you've done on land can be done in the water. There are so many excellent choices that will help get your heart rate up to a healthy level all while burning calories and building strength.

Typically, you do not need to know how to swim to take these classes. The pools they are taught in are usually shallow enough for your feet to always be touching the bottom, should you want them too. Some people love to use pool noodles to give more buoyancy

and get their feet off the bottom but it is always important to only do what you are comfortable with.

Many doctors will even recommend taking some form of aquatic exercise prior to a hip, knee or shoulder surgery as it will help strengthen your muscles, better preparing you for your upcoming procedure. According to Barbara Ventura, head aquatic instructor at

Bay Area Athletic Club in Coos Bay, Oregon, "Doctors strongly recommend it. In fact, pool therapy is used a lot now for post-surgery and pre-surgery just to build up the muscle strength if nothing else. It will build your core and we work on the core a lot too because that's what supports our back and our spine." 76-year-old Ventura has been teaching her aquatic classes for seven years and says that she even

gets people with pace makers showing up.

Ventura says that people who take her classes for long periods of time will start to see improvements in agility, walking and even the ability to lift themselves out of their chairs a little easier.

Aquatic exercise is the go-to for anyone in their older years, especially those who have seen a decrease in their ability to move around from

day to day. It is a great way to stay fit all while keeping the pressure off of your joints.

It is important to always consult your doctor before starting any new exercise routines and to make sure to go at your own pace. Do not overdo it. Building muscle in the water is a slow process but a very rewarding one that will leave you feeling great about your decision to take up a class.



CHETCO MEDICAL & AESTHETICS

is a premier medical clinic on the southern Oregon coast that offers comprehensive medical care as well as aesthetics services.

Specialties of the clinic include Internal Medicine, Geriatric Medicine, Weight Loss, and Aesthetics. The services are provided by five medical professionals: Dr. Jay Patel, MD; Dr. Palak Patel, MD; Vanya Valencia, PA-C; Obiri Yeboah, AGNP; and Theresa Davis, PA-C. Chetco Medical & Aesthetics is currently accepting new patients.

In addition to providing medical care and routine testing like EKG and PFT, Chetco Medical & Aesthetics also offers extensive diagnostic testing including ANSAR (Autonomous Nervous System Testing), screening for vestibular dysfunction with videonystagmogram, cognition screening and CANS-MCI, screening for peripheral vascular disease, and screening for peripheral autonomic neuropathy.

Chetco Medical & Aesthetics expanded its aesthetics services with Bellezza, a new state-of-the-art medical spa that opened its doors in November 2020. Bellezza is the only physician-owned and operated medical spa on the southern Oregon coast, and offers a broad selection of aesthetics services includ-

ing Botox, fillers, CoolSculpting/CoolTone, liposuction, non-surgical face lifts, and skin rejuvenation services such as laser resurfacing, sun and age spot removal, microneedling, and medical grade facials. Other services include skin tightening, hair restoration treatments, intimate health, laser hair removal and many more. Most recently, Bellezza started a Wellness Club, where physicians provide nutrition, fitness, and behavior guidance as well as medication to help patients reach their weight loss and wellness goals.

Chetco Medical & Aesthetics began with the medical practice of Dr. Jay Patel. He is board certified in Internal Medicine, Geriatric Medicine, and Obesity Medicine and has been a practicing physician in the Brookings community since 1987. His practice includes treatment of a broad spectrum of medical diseases such as managing both common and complex illnesses of adolescents, adults and the elderly. His son, Dr. Palak Patel, joined the practice in 2016. Dr. Palak is board certified in Internal Medicine and Geriatrics. He grew up in Brookings, along with his twin brother and his sister.

He attended the University of California San Diego for his undergraduate studies. He completed his medical education at Oregon Health and Sciences University (OHSU) in Portland. He then went on to Dartmouth-Hitchcock Medical Center in New Hampshire to complete his internal medicine training prior to graduating from his geriatric medicine fellowship program at University of Pittsburgh Medical Center in Pennsylvania, one of the top geriatric programs in the country.

In 2016, the fat-freezing CoolSculpting device was added to their practice, and the doctors were pleasantly surprised by the feedback from their patients. They noticed there was a gap in options for medical-grade aesthetics services in the area, so Dr. Palak became trained and certified in aesthetics procedures including Botox, fillers, and laser treatments and started offering them in the clinic. Over the following years, the doctors saw increased interest in these types of services, so they decided to build Bellezza to expand the range of services available to match the community's interest. During this time, Dr. Palak also received

extensive training and advanced certifications in other treatments including liposuction and radiofrequency, which are now offered at Bellezza.

The team at Bellezza strives to meet the goals of their patients to help them look as young and as youthful as they feel. They are committed to providing safe and effective treatments utilizing state-of-the-art technologies, combination therapies, and specially curated medical-grade skin care lines in a pristine spa environment. They provide physician-developed comprehensive treatment plans that are customized for each individual. The treatments are overseen by a physician, and are administered by trained professionals including a physician, Registered Nurses that are also certified advanced injectors, and an Aesthetician.

Chetco Medical & Aesthetics and Bellezza are excited to accept new patients and clients. Please contact Chetco Medical and Aesthetics at 541-412-9800, submit a request at chetco-medical.com, or email admin@chetcomedical.com to schedule an appointment.



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Small Hospital-Big Mission

Improving the health of our community every day.

Bay Area Hospital is a 172-bed acute care hospital in Coos Bay, Oregon. Created and owned by local citizens, Bay Area Hospital has been the hub of Oregon's South Coast healthcare for nearly five decades. Despite hard economic times, it has endured and grown, continually adding new technology and broadening its services.

We are certified as a Level III trauma center by the state. As a Level III trauma center, Bay Area Hospital provides comprehensive inpatient services to those patients who can be maintained in a stable or improving condition without specialized care. An in-house multidisciplinary trauma resuscitation team is immediately available upon the arrival of the patient to the emergency department. A board-certified general surgeon trained in ATLS is on-call and available to the patient.

As the Medical Center for Oregon's South Coast, Bay Area Hospital offers a comprehensive range of diagnostic and therapeutic services. Physicians, nurses, and technologists are on duty 24-hours a day to meet the medical and emergency needs of South Coast residents and visitors. Our highly skilled staff is involved in a constant process of professional educational opportunities to keep abreast of the latest medical innovations. The hospital remains strong through sound fiscal management, dedicated board members, professional employees, a highly qualified medical staff, caring volunteers, and the community's continuing support.

The hospital takes pride that no public taxes or bonds are required to support its annual \$231 million operating budget. Bay Area Hospital is driven by a mission to provide high-quality healthcare that extends beyond the hospital walls. We are dedicated to promoting and improving the health of our local communities and residents by providing a range of vital services to meet the unique needs of the communities we serve. Most of what influences our health happens outside of the doctor's office—in our schools, workplaces, and neighborhoods.

Bay Area Hospital shares a common goal of improving the health of our community and lowering the cost of care. Bay Area Hospital is deeply connected to the local community. Our doctors and nurses are your neighbors, and our team reaches many families throughout Coos, Curry, and Douglas counties.

We believe giving back to the community is the right thing to do—through personalized care, education, and charitable contributions.

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bayareahospital.org



How to keep your skin aging gracefully

BY SARAH KELLY
For Country Media, Inc.

No matter your age, taking proper care of your skin is vital. Our skin is constantly going through changes, not just from aging but from our environment, sleep quality, eating habits, mental health and more. The skincare routine we used in our 20s is going to be different than the one we used in our 40s. It's important to stay on top of how we treat our skin based on what it needs at each different stage in our lives.

With age, our skin slowly begins to thin, losing elasticity and wrinkling. Our veins and bones are more easily seen through this thinner skin and any injury it sustains, tend to take longer to heal. Things like age spots may also be more numerous than ever before and our skin may be more itchy. This may all feel disheartening but there are things that we can do to help our skin age gracefully and appear healthier.

When we reach our 60s there are some key changes that are highly recommended we take by the American Academy of Dermatology Association. If you are having trouble with itchy dry skin then it's important to bathe in warm, not hot, water. Always use a soft cloth to clean your skin.

Anything abrasive may irritate it, causing more harm than good. Try to take short showers or baths instead of longer ones. Around five to ten minutes is recommended.



When you get out it is important to gently pat your skin dry, leaving a little water still on your skin. Don't forget to put on some fragrance-free moisturizer within three minutes of bathing.

This will help lock in the moisture, decreasing dryness. If you're suffering from very dry skin, try an ointment instead of a moisturizing cream, as ointments are capable of holding water in your skin much better. Whatever you apply, it is important to use something that does not have fragrance added as those can cause irritation and dryness.

When planning to go out in the sun always apply sunscreen or sunblock. Apply it on any part of your body not covered by clothing 15 to 30 minutes prior and reapply sunscreen at least every two hours, or as directed. This will help to prevent new age spots from developing as well as reduce dry, thinning skin.

Sunblock will help to keep the sun's rays from penetrating your skin by acting as a barrier, reflecting the sun's rays. It is not rubbed into the skin and leaves visible white residue, whereas sunscreen has chemicals that absorb the sun's UV rays. Sunscreen needs to be rubbed in and reapplied frequently. Both work well at protecting your skin when applied correctly, however sunblock is better for those who have skin easily irritated.

Dermatologists recommend that you stick to the shade whenever possible, especially between the hours of 10 a.m. and 2 p.m., when the sun's rays are at their strongest. Be sure to wear clothing that helps to protect your skin from the sun like lightweight long-sleeved shirts, wide-brimmed hats and sunglasses with UV protection. Opting for a moisturizer or, for those who wear makeup, a foundation that contains SPF is also a great option for just going about your every day.

Another great way to help keep your skin healthier and aging beautifully is to always wash your face before bed, using a gentle face wash and moisturizer. You may also want to start using Retinol or Hyaluronic Acid as both have great benefits to help aging skin. Retinol helps to improve fine lines, wrinkles and even out skin tone. In addition to applying it to your face don't forget to put some on your neck. Many forget that their necks are a key aging spot and should be treated just as carefully as their face.

Hyaluronic Acid is great for seniors as it has great moisture-boosting properties that are good for most skin types. It will help hydrate skin and give it a more full, plump look. So it may be worth adding to your daily skincare routine. As with anything new, it is important to speak with your doctor first to make sure it's safe for you. It is also essential to use all products as directed. Using more than directed or incorrectly could result in harm.

What we put into our bodies is just as important as what we put on them. So when trying to care for your skin, looking beyond just sunscreens and moisturizers is a must. Our diets and habits can cause us to age more quickly, like smoking. Smoking can cause more wrinkles faster so quitting as soon as possible is advised. Eating too much sugar and simple carbs, drinking alcohol, excessively charred meats, processed meats and so much more can all ultimately lead to damage to your skin's collagen and other skin issues. So monitoring and decreasing your intake of these foods and drinks could help you maintain healthier skin for longer.

There are many foods that benefit your skin, such as Omega-3 fatty acids, tomatoes which contain lycopene, foods rich in vitamin C and vitamin E and foods that contain polyphenols. Lycopene is an antioxidant that can help your skin stay smoother. Polyphenols are powerful antioxidants that may help prevent photoaging and hyperpigmentation.

Be sure to get enough sleep each night as sleep plays a key factor in aging as well as mental health. Stress and depression can also lead to your skin aging faster and needs to be addressed properly in order to help you live the best, most vibrant life possible. Exercising can help improve mental health which in turn will help decrease the aging of your skin.

It is important to always be thinking about your skin and maintaining your routine in order for your skin to benefit the most. Aging can be a slow process or it can move much more quickly depending on our life choices. So make sure you are doing all that you can to keep your skin as healthy and youthful as possible, aging gracefully into and through your senior years.

Lower Umpqua Hospital District

Working together to provide and promote a healthier community



HOSPITAL SERVICES

As a vital Critical Access Hospital and Level IV trauma center with 3 additional clinic locations LUHD is focused on fostering optimal health and independence for our patients across Western Douglas County.

• SURGICAL SERVICES

- At LUH we strive to provide a patient centered approach to all services. Surgical Services consists of four Registered Nurses and three Surgical Technologists who have worked in every specialty. Their combined experience totals 129 years!

• EMERGENCY DEPARTMENT

- As a Critical Access Hospital, LUH must provide 24 hour emergency services, 7 days a week.

• LABORATORY

- LUH laboratory currently provides a diverse range of testing services to hospital patients and physician offices in the community, including state-of-the-art testing in Chemistry, Coagulation, Hematology, Blood Banking, and Serology.

• RETAIL PHARMACY

- LUH offers retail pharmacy services on site. Hours of operation include Mon.- Fri. 9:30 am - 1:00 pm, 2:00 pm - 5:30 pm, Sat. - Sun. 9:30 am - 1:00 pm

• RADIOLOGY

- Lower Umpqua Hospital Radiology Department provides in-patients and outpatients with access to a full range of radiological services, using state of the art equipment and with a skilled technical staff. The department offers a staff with a wealth of experience and knowledge. The combined wealth of experience our technologists bring to our patients is worth nearly 100 years on the job!

• RESPIRATORY THERAPY

- Pulmonary Medicine addresses a broad spectrum of conditions that affect the way we breathe. Our lung specialists, including internal medicine physicians, and registered respiratory therapists, work with our family practice physicians to provide comprehensive care to patients suffering from a broad spectrum of illnesses.

• REHABILITATION SERVICES

- Physical Therapy is a dynamic and evidence-based profession that helps to improve or restore mobility, relieve pain, reduce the need for surgery, and manage chronic conditions that may affect your ability to move and engage in your preferred activities.
- Occupational Therapy intervention uses everyday life activities to promote health, well-being, and your ability to participate in the important activities in your life.
- Speech Therapy pathologists work to prevent, assess, diagnose, and treat speech language, social cognitive communication, and swallowing disorders in children and adults.



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Primary care services encompass a broad range of healthcare services that are typically the first point of contact for individuals seeking medical care.

A major emphasis of DFHC is patient education. We try to help you understand how to maintain good health as well as understand illnesses.

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- Bonnie Carman, FNP-C
- Dr. Ian Coe, MD

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- Dr. Gregory Saunders, MD; General Surgery
- Dr. Veronica Simmonds, DO, FACOG; Gynecology
- Dr. Christopher Amsden, MD; Pain Management
- Stephanie Shiu, RD; Registered Dietician

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Southern Coos Hospital & Health Center (SCHHC) in Bandon is here for you. As a critical access hospital, SCHHC has a commitment to providing comprehensive healthcare services and access to the population of southern Coos County, northern Curry County, and thousands of visitors. We focus on fostering optimal health and independence for our patients.

While you may need to travel to a larger metropolitan area for specialized services or surgeries, many services are available in Bandon.

SCHHC Laboratory

If you have a surgery scheduled in Eugene or Portland, you can have your lab work done here. SCHHC's team of highly skilled laboratory professionals take pride in providing a full range of diagnostic testing for inpatients and outpatients in routine and emergency situations.

The lab is accredited by COLA and the Centers for Medicare and Medicaid Services to perform testing in chemistry, hematology, coagulation, urinalysis, serology, and other disciplines.

Medical Imaging

There are many reasons to trust SCHHC's Medical Imaging Department with your medical imaging care.

We offer Certified Technologists on site and state-of-the-art equipment for mammography, Dexascans, X-Ray services, ultrasound, Computed Tomography (CT), and MRI services.

Emergency Department

As a Critical Access Hospital, SCHHC provides 24-hour emergency services 7 days a week.

Our Emergency Department staff are all licensed, competent, and compassionate. They know how to triage a patient when every second counts.

SCHHC has been recognized repeatedly for its high quality care to critical cardiac patients in the community by acting quickly to stabilize and transfer a patient having a serious heart attack. Faster treatment times are associated with better patient outcomes, including decreased mortality rates.

Pain Management Center

Our Certified Registered Nurse Anesthetist is fellowship trained in non-surgical pain management, offering a variety of specialized therapies to help patients manage chronic or acute pain occurring because of conditions such as arthritis, back pain and neck problems, cancer pain, chronic headaches, fibromyalgia, joint injuries, treatment for depression, sciatica, shingles, sports and work-related injuries and more.

Inpatient Services

Licensed for 21 acute and skilled nursing beds, SCHHC has an integrated cardiac monitoring system, dedicated special care beds, board-certified providers, an RN staff certified in advanced cardiac life support, and around-the-clock care. Southern Coos Primary Care Clinic

The Southern Coos Primary Care Clinic is now offering fast-track appointments for those unexpected health issues that aren't serious enough to warrant an Emergency Department visit. The clinic's board-certified doctors, nurse practitioners, licensed social worker, medical assistants, certified Ostomy Management Specialist, and wound and diabetes care professionals are ready to assist you with your medical and mental health needs.

Respiratory Therapy

SCHHC is staffed with expert licensed Respiratory Therapists that are available 24 hours a day. These professionals provide our community with all aspects of care from basic treatment to many modes of pulmonary therapy to advanced ventilator care.

Surgery

In addition to minor procedures, Southern Coos, in partnership with South Coast Orthopedic Associates, is now offering total joint replacements, arthroscopy, spine, foot and ankle procedures, among others.

The Surgery Center also offers general surgeries such as gallbladder removal, hernia repairs, colonoscopies, endoscopies, and

ophthalmology surgeries, including cataract removal.

Transitional Care Program

SCHHC also supplies short-term, skilled nursing care in the form of our Swing Bed Program. This program allows less acutely ill patients a chance to convalesce for a short period prior to discharge from our hospital.

Strong Leadership

SCHHC CEO Raymond Hino, MPA, FACHE, has more than 35 years of healthcare leadership and operations experience.

Along with the Southern Coos Health District Board of Directors, motivated Executive Team and dedicated managers and staff, SCHHC has implemented a 5-year Strategic Plan to continue to move the hospital forward in terms of quality, services, and profitability.

The strategic plan's ultimate goal is ensure SCHHC is the "Hospital of Choice" for residents, guests, health professionals, and health-care workers in Bandon and the surrounding areas.

Stay proactive with your health and come see us today! Call 541-347-2426 or visit our website at www.southerncoos.org.





Your Health Begins at Home

at Southern Coos Hospital & Health Center

Emergency Department
Laboratory
Medical Imaging
Surgeries

Respiratory Therapy
Osteopathy
Pain Management
Primary Care Clinic

**Now offering Fast-Track Appointments at
Southern Coos Health Clinic!**



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