

Del Norte, Curry & Coos County

Health & Fitness *Guide*

2022

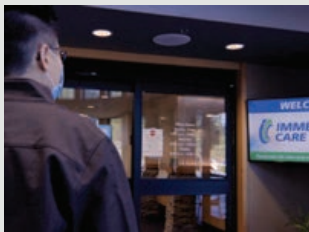


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Adapt Integrated Health Care Community Mental Health Program Provider for Curry County

Adapt Integrated Health Care—provider of primary care, mental health care and substance use treatment in southern Oregon—now serves as the Community Mental Health Program for Curry County, effective January 1, 2022.

Community Mental Health Programs in counties throughout Oregon are responsible for providing a system of appropriate, accessible, and effective safety net services to meet the mental health needs of community members. Until recently, Curry Community Health served as the Community Mental Health Program for Curry County. With the dissolution of Curry Community Health in 2021, Adapt worked closely with the Oregon Health Authority, the Curry County Board of Commissioners, Advanced Health and AllCare (two southern Oregon Coordinated Care Organizations), and Curry Community

Health to ensure a smooth transition of services. "We have a long-standing working relationship with health and social service leadership and treatment providers in Curry County to ensure access to behavioral health services, and we plan to continue the high standard of care provided to the community," said Dr. Gregory Brigham, Adapt Integrated Health Care CEO.

Adapt currently serves as the Local Mental Health Authority and the Community Mental Health Program for Douglas County. As a mental health service provider, Adapt offers comprehensive mental health services for children, adolescents, adults and families, including: 24 hour crisis care, forensic services for those involved with the justice system, school-based counseling, as well as an array of community support services to enable

early diagnosis of mental illness and to build clients' life skills, self-sufficiency and independence.

Adapt has opened offices in Brookings, Gold Beach, and Port Orford to make mental health services more accessible to Curry County residents. The Curry County 24/7 Crisis Line phone number will remain the same 1-877-519-9322. There is a new business phone number to reach all Curry County community mental health programs 1-877-408-8941. Office hours in Brookings and Gold Beach are 8 am to 5 pm weekdays (closed from Noon to 1 pm for lunch), and Port Orford hours are currently by appointment only.

Community Mental Health Program services previously provided by Curry Community Health will be provided by Adapt, including substance use

treatment and mental health treatment for children, adults and families, 24/7 crisis services, and many other mental health programs to help clients be successful in their treatment and community. Over the next few months, additional staffing and services will become available and will be announced through local media and Adapt's website.

Adapt is accepting new patients. Community members seeking mental health or substance use treatment services may contact the Adapt office for more information (1-877-408-8941). More information will be provided through local outreach and news media in the days and weeks ahead. We encourage Curry County residents to learn more about Adapt Integrated Health Care at www.adaptoregon.org. -- Adapt Integrated Health Care



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The Low Income Home Energy Assistance Program (LIHEAP) is a federal program that provides assistance to eligible low-income households to manage and meet their home heating & cooling needs.

For info contact:

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Exercise ideas for people with mobility issues

Physical activity is vital to overall health. The World Health Organization says limiting time spent being idle and taking advantage of opportunities to get moving — even if it's just a little bit of exercise — can go a long way toward improving overall health.

In November 2020, the WHO released new exercise guidelines for people of all ages. Adults should get between 150 and 300 minutes a week of moderate to vigorous aerobic activity, and that includes older adults and those with chronic conditions or disabilities.

Individuals with limited mobility due to age or preexisting medical conditions may wonder how they can meet the guidelines for exercise. Those with chronic pain or illness sometimes find that exercising for more than a few minutes can be challenging. Even brief periods of exercise can pay dividends, and there are various approaches people can take to work around mobility and other issues.

EXPLORE CHAIR EXERCISES

Just because you are seated doesn't mean you can't get a workout in. Seated chair exercises can work various muscle groups. Seated arm rows, tummy twists, overhead arm raises, hand squeezes with a tennis ball, inner thigh squeezes, leg lifts and extensions, and many other exercises can be customized to be performed in a chair.

WORK OUT IN THE WATER

Exercising in the water can assist with movement and reduce strain on the body. The Arthritis Foundation says the water's buoyancy supports body weight, which minimizes stress on joints and can alleviate pain. Water provides gentle resistance as well — up to 12 times the resistance of air. That means it's possible to build strength and muscle even just walking or swimming around a pool.



USE RESISTANCE BANDS

Resistance bands are like giant rubber bands that can be used to build up strength and flexibility. Resistance bands are effective, low-cost gear that can offer high-impact results for building muscle, staying fit and increasing mobility. Resistance bands can be used in lieu of hand weights for many exercises and be ideal for those who find barbells and dumbbells are challenging to maneuver.

MIND-BODY EXERCISES ARE AN OPTION

Elder Gym®, a fitness from home service for seniors, suggests exercises like Tai Chi and yoga for those with limited mobility. These exercises integrate awareness of body movement with the exercise through coordinated breathing. The exercises encourage people to focus on slow, fluid movements and deep stretching.

Seniors and others with limited mobility are advised to first discuss fitness regimens with a physician to get a green light to proceed. Then exercise regimens can be started gradually and altered to become more vigorous as the body acclimates to exercise. Increase duration and frequency as strength and endurance builds.

Mad River
Gold Beach
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Arcata
Smith River
Cuttan
Blue Lake
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Scotia
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Bridgeville
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Our Community Blood Bank

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Skilled therapists make a difference for Curry Health Network

By **DAVID RUPKALVIS**
The Pilot

Curry Health Network has the unique distinction as the only healthcare system in Curry County to offer a full range of rehabilitative services — physical, occupational and speech therapies — to patients of all ages. Even better, the specialized services are easily accessible for people in state-of-the-art therapy facilities located at both Curry General Hospital in Gold Beach and Curry Medical Center in Brookings.

Therapists behind CHN's rehabilitative services bring a diverse range of expertise and

experience to the health system, along with a shared dedication to providing personalized patient care and helping their patients live confident, more independent lives.

Amanda McVay, CHN's therapy services coordinator, is a physical therapist and is passionate about her craft. In addition to providing what many consider traditional physical therapy, utilizing movement and exercise to help people recover after an injury or orthopedic procedure, McVay also customizes therapy plans for patients recovering from burns, trauma and specializes in geriatric care and providing post-stroke rehabilitation. McVay is proud of the

specialized and varied services the team offers, giving people in the community access to the important care they need where it's closer and more convenient for patients and their families.

Learn more about CHN's therapy services at CurryHealthNetwork.com and access videos highlighting the team and physical, occupational, and speech therapy services via the Services tab on the web site. The videos offer insight from the therapists themselves who explain both the benefit of the specialized services and their dedication to help patients recover, regain independence and lead happier, healthier lives.

MEET THE CURRY HEALTH NETWORK THERAPIES TEAM:



Amanda McVay, DPT
Physical Therapist,
Rehab Coordinator
Special interests:
Geriatric care,
post-stroke rehabilitation
*Curry General Hospital,
Gold Beach*



Brina Adriatico Cruz, PT
Physical Therapist
Special interests:
Orthopedic rehabilitation,
sports injury recover,
neurological therapy services
*Curry Medical Center,
Brookings*



Jeremiah Cruz, PT, CLT
Physical Therapist
Specialty interests:
Orthopedic, musculoskeletal
and neurological outpatient
treatment, lymphedema
therapy and geriatric
physical therapy
*Curry General Hospital,
Gold Beach*



Valicia Brohimer, PTA
Physical Therapy Assistant
Specialty/interests:
Orthopedics, post-surgical
and injury prevention;
Neuro-reeducation with
emphasis on balance and
mobility; manual therapy
for joint range of motion
and mobility
*Curry Medical Center,
Brookings*



**Kristyna Reyna,
OTRL/L-MOT**
Occupational Therapist,
CHN Stroke Support Group
primary facilitator
Special interests: Stroke
rehabilitation, pediatric au-
tism spectrum disorder (ASD)
*Curry General Hospital,
Gold Beach and
Curry Medical Center,
Brookings*



To learn more about CHN therapy services, call 541-247-3070 or visit CurryHealthNetwork.com.



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Curry Medical Practice — 541-247-3910

Primary and specialty care

BROOKINGS

Curry Medical Center — 541-412-2000

- *Primary and specialty care*
- *Same-day appointments*
- *Emergency care*

PORT ORFORD

Curry Family Medical — 541-332-3861

- *Primary care*
- *X-ray services*

Toll Free:

Curry Health Network

800-445-8045

Learn more at

www.CurryHealthNetwork.com

GET THE CARE YOU NEED RIGHT HERE AT CURRY HEALTH NETWORK.

From same-day appointments when you're feeling under-the-weather, advanced imaging services for preventative care or a more in-depth look for an accurate diagnosis, to specialists who partner with you to help you reach your health goals and get you back on your feet, trust the compassionate care teams right here at Curry health Network. Count on Curry Health Network for caring including:

Same-Day Appointments at Curry Medical Center.

Avoid the long wait times of walk-in care, schedule a convenient same-day appointment at Curry medical Center in Brookings. Come for the care you need and return to life sooner, feeling better.

Radiology/Imaging.

Our imagining teams utilize a wide range of tools and technologies for preventative screenings or advanced examinations to help diagnose illnesses or other conditions. CHN experts work closely with physicians to provide the best, most accurate results possible, and on-sit interventional radiology is available.

Therapy services.

Rehabilitation, recover and return to a better quality of life under the care of licensed experts in physical therapy, occupational therapy and speech therapy.

Speciality services.

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Whether you're here for a weekend, family vacation or you've been part of our beautiful community for as long as we have, when you most need care, the Curry Health Network emergency departments are always here. Our expert teams at Curry General Hospital and Curry Medical Center are staffed by experienced emergency physicians, registered nurses, respiratory therapists — and supported by lab and imaging services. So no matter how far you've come, patient-centered, emergency care is always near.

 **CURRY**
HEALTH NETWORK
www.CurryHealthNetwork.com

CURRY GENERAL HOSPITAL | EMERGENCY CARE
94220 4th Street | Gold Beach

CURRY MEDICAL CENTER | EMERGENCY CARE
500 5th Street | Brookings