

Health Matters

Your Health, Your Community, Your Syringa

April 2024

Behavioral Health Services Close To Home

May is Mental Health Awareness Month, and Syringa Hospital & Clinics strives to reduce the trauma and impact mental and behavioral health can have on the physical and emotional wellbeing of family and friends in our community. Prevention, treatment, and recovery are vital to living full and productive lives.

In 2022, SHC partnered with Integrated Health Centers (IHC) out of Nashville, TN, to provide behavioral health services to Idaho County. IHC's goal is to provide behavioral health services to rural clinics across the country, integrating primary care practices and behavioral health services to expand comprehensive care to patients.

At Syringa Hospital & Clinics, two IHC providers are available for in-office telehealth visits.

Emily Davidson is a board certified psychiatric mental health nurse practitioner (MSN, PMHNP-BC). She provides medication management assure that patients find the correct medication regime to fit their mental health needs. Emily's patients are



Emily Davidson

seen in the clinic via telehealth appointments. Currently patients are seen via an IHC kiosk in our Grangeville and Kooskia clinics; discussions are underway on bringing the services to Elk City monthly.

Jillian Heenan-Maginness is a Licensed Clinical Social Worker (LCSW) who brings Syringa's patients long term mental health counseling. After the initial appointment, Jillian's appointments can be held at the clinic, or from the comfort of a patient's home. Recently, Jillian has taken on the task of providing the required mental health evaluation for Syringa's bariatric surgeries. Jillian sees patients ages 13 and older.



Jillian Heenan-Maginness

Once Syringa receives a referral for services with IHC, the process of verifying insurance and scheduling begins. After checking in at one of Syringa's clinics, patients are taken to a private room where the technology is set up; they are left there for their confidential appointment with Emily or Jillian. Some patients can expect to have vital signs taken and recorded as needed.

And like any other clinical service, patients

can discontinue at any time by calling the clinic to cancel.

For more information, please call the Primary Care Clinic at (208) 983-8590.



IHC SERVICES OFFERED:

- Medication Management
- Psychiatric Care
- Surgical Weight Loss Screening
- Cognitive and Dialectical Behavioral Therapy
- Adolescent and Family Therapy
- Substance Use, Trauma, Crisis Intervention
- Treatment and Case Management
 - Anxiety
 - Depression
 - Bipolar Disorder & other Mood Disorders
 - Panic
 - Sleep Problems
 - ADHD
 - PTSD & Trauma
 - Anger Management
 - Grief
 - Coping Skills

"The heart of a volunteer is never measured in size, but by the depth of the commitment to make a difference in the lives of others." — Deann Hollis

Syringa Thrift Store Volunteers

- | | | |
|-----------------|----------------|--------------------|
| Chris Agee | Sue Kurruk | Gayla Sargent |
| Linda Arzen | Scott Kurruk | Josephine Schacher |
| Norma Bruegeman | Shirley Lane | Marilyn Smith |
| Kathy Carpenter | Pete Lane | Judy Wayenberg |
| Rosella DeHaas | Starla Liggins | Karen Wisdom |
| Ranee King | Sally Nolan | |

Syringa Hospice Volunteers



(L-R) Top: Alissa Bentley, Barbara Cleary, Bette Stone, Bill Uhlenkott, Candice McHugh, Deena Stephenson, Diane Walker. Second: Dot McCulley, Eileen Uhlenkott, Frieda Hazelton, Greg Deiss, Heather Benefield, Helena Snyder, Judy Wayenberg. Third: Karla Enneking, Larry Clark, Leah Kaschmitter, Lori Bradley, Lydia Deiss, Maureen Charette, Patricia Greene. Bottom: Ron Murray, Sister Barbara Bielenberg, Steve Bateman, Sue Jacobsen, Taffy Kettenburg, Theresa Campbell, Tisha Lawrence.

SYRINGA VOLUNTEER APPRECIATION

Follow us on Facebook



Hospital (208) 983-1700
 Primary Care Clinic (208) 983-8590
 Kooskia Clinic (208) 926-4776
www.SyringaHospital.org

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Getting to the HEART of the matter

By Emily Townsend
Marketing & Community Relations Manager

Recently a guest speaker from Southern Idaho shared that he had seen the red hearts painted on the sidewalks on Main Street in downtown Grangeville. Not a shy man, he asked the next person to come along what the heart was about. That person had no idea and had never noticed them. Undeterred, the guest asked the next person, and then next person, finally receiving a vague answer that the hearts had something to do with walking from one end of town to another, which equals a mile.

Yes, that is an accurate answer. I knew there was more to the story, so I went digging. With help from a colleague and an old *Idaho County Free Press* article, I finally found my answer!

According to the article, the Syringa Hospital and Clinics' Wellness Committee commissioned the Grangeville Senior Fun Night Committee to paint the hearts in April 2014 as part of a heart health and wellness initiative that Syringa was planning for employees. The hearts mark a one-mile course, from C Street to Mill Street, that employees could walk while on their 15-minute break.

While the hearts are a bit faded now, something I'm working to remedy, they're a great reminder to stay active and walk for your health.

Take the 10th anniversary heart challenge! Grab a friend, walk the heart course, count the hearts, take a selfie and tag us on Facebook with your count.



This heart is on the Main Street sidewalk directly in front of Syringa Hospital.

UNstuffed Eggroll

This quick and easy recipe features the familiar flavors of a Chinese takeout eggroll, but without the added grease from deep frying. This is a great low-carb entree on its own, or serve over a grain, like brown rice or quinoa, or over cauliflower rice.

Prep time: 5 min

Servings: 4

Serving size: 1 1/2 cups

Ingredients:

- 1 lb Lean ground pork (or turkey)
- 1 tsp Garlic powder
- 1 clove Garlic (minced)
- 2 tbsp Lower sodium soy sauce
- Green onions (sliced)
- 1/2 tsp Black pepper (divided use)
- 1 tbsp Olive oil
- 1 (16-oz) bag Packaged coleslaw mix
- 1 tsp Ground ginger



1 Season pork with 1/4 teaspoon pepper and the garlic powder. Sauté pork in a large skillet over medium-high heat until completely cooked. Drain fat if needed. Remove pork from pan and set aside.

2 Heat olive oil in pan and add garlic; sauté 30 seconds. Add coleslaw, soy sauce, ginger, and 1/4 teaspoon pepper. Cook 6 minutes, stirring frequently. Add pork back to pan and top with green onions; heat 1-2 minutes.

3 Serve over brown rice, quinoa, or cauliflower rice if desired.

Recipe found at: diabetesfoodhub.org. Photo Credit: Mittera

Source: The Diabetes Cookbook. Recipe Credit: Lara Rondinelli Hamilton, RD, LDN, CDE and Jennifer Bucko Lamplough.

The role of Medical Ethics in your healthcare

Medical Ethics is an oft used term in healthcare news, mostly regarding medical testing and experimentation on human beings. However, ethics is also important in medical school curricula and in the establishment and maintenance of hospital ethics committees.

What is the purpose of an Ethics Committee in a hospital?

One example of when the Ethics Committee might be called to service is when family members struggle to agree on a patient's care or final wishes. The Ethics Committee can provide a formal mechanism to help resolve difficult and complex situations.

The Ethics Committee can convene on short notice on the rare occasions when needed to confront, discuss and resolve ethical issues or perceived ethical issues that arise within the context of delivery of healthcare. Comprised of medical staff, nursing staff, social workers, pastors, hospice staff, and community members, it employs a paradigm tool that considers medical indications, patient preferences, quality of life, and context. This tool covers the basic principles of medical ethics that center around the following:

- The patient's ability to make decisions for oneself.
- Providing care that is in the best interest of the patient.
- Doing no harm to the patient either by action or omission.
- Treating everyone involved with equity and fairness.

This committee also meets quarterly to review ethics cases from other places and discuss various ethical issues.

From the CEO



Abner King

BIKE CHALLENGE JUST FOR THE HILL OF IT SATURDAY JUNE 1, 2024

Push your limits while enjoying 13 miles of beautiful scenery up the 'Old' White Bird Grade!



To register or for more information call Tara or Cindy at 208-983-8550 or visit our website: syringahospital.org Ask about the new E-bike category!

All proceeds benefit the Syringa Hospice Program


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