

MEMBER NEWSLETTER – SUMMER 2020



OHP-UHA-20-016

WELCOME!

Thank you for your constant support! Umpqua Health Alliance (UHA) works hard to keep our members up to date on what's going on in Douglas County as well as within our company. If you have any questions or have ideas for our next newsletter, please contact us by calling 541-229-4842 or email us at info@umpquahealth.com. To sign up for our Member Newsletter, please press Ctrl and click this link: <https://signup.e2ma.net/signup/1907516/1716984/>.

You can get this letter in another language, large print, or another way that is best for you. Call 541-229-4842 (TTY 711).

UMPQUA HEALTH NEWS

- Member Services is closed for in person help, but we are open by phone, email, and fax!
 - Phone: (541) 229-4842 or Toll Free at (866) 672-1551, TTY (541) 440-6304
 - Fax: (541) 677-6038
 - Email: UHAMemberServices@UmpquaHealth.com
 - Website: www.UmpquaHealth.com
 - Facebook: <https://www.facebook.com/UmpquaHealth/>

We plan on opening our doors again soon.

- Member Services will be closed on these days:
 - Friday, July 3rd for Independence Day.
 - We will open back up on Monday, July 6th at 8:00 AM.
 - Monday, September 7th for Labor Day.
 - We will open back up on Tuesday, September 8th at 8:00 AM.

- To ensure that our Douglas County got the best help possible, during the COVID-19 pandemic, UHA worked with our Community Partners in many different ways:
 - UHA helped Housing Umpqua First by:
 - Giving the homeless pocket sized hand sanitizers.
 - Peace at Home (F.K.A. Battered Persons Advocacy) was given funding.
 - Women who were victims of violence at home were helped by being given housing away from their homes.
 - If you would like help in a violence at home situation, please visit: <https://peaceathome.com/>.
 - UHA worked with ADAPT and Compass by:
 - Handing out cell phones and data plans.
 - These were used to help keep people in touch with a mental health provider.
 - This also helped them go to NA/AA when phone meetings were the only option.
 - Roseburg Rescue Mission was given:
 - Sneeze guards for their food service workers,
 - Gloves,
 - Bags for “to-go” meals,
 - Thermometers.
 - UHA also put UV lights in the building ducts to help limit the spread of germs.
 - UHA gave the Fish Pantries, UCAN Food Bank, and Meals on Wheels:
 - Food boxes for families.
 - Daily meals that were brought to people with disabilities.
 - HIV Alliance was helped with:
 - Food,
 - Gas,
 - Personal hygiene items.
 - UHA also helped them with:
 - Housing aid,
 - Urgent food needs for the homeless.

HEALTHY HABITS

- August is National Immunization Awareness Month
 - This brings to light the importance of getting your shots through your life. You have the power to protect yourself and your family against severe illnesses. Call your doctor today to see if you are up to date on your shots. UHA covers yearly flu shots. If you are over 50 years old, you are eligible to get shingles shots and pneumonia shots. Children 0 to 18 are covered for the Center for Disease Control and Prevention (CDC) suggested shots.
- July 6th through the 12th is National Childhood Obesity Week
 - The CDC states that 1 in 5 children is considered obese. Obese is when someone has a higher amount of body fat than what is considered healthy. A child that is obese has a higher risk of having chronic health problems. Issues like asthma (breathing problems), sleep apnea (trouble breathing in your sleep), joint problems, and type 2 diabetes. Kids who are obese also may be bullied. This can cause depression and low self-esteem. It's important to keep your children active. It's especially important during this time of social isolation. With the summer months, there are plenty of things for kids to do outside.
 - Here are some low cost, fun ideas to get kids active. Many of these items can be bought from the dollar store!
 - Hula hooping
 - Jump rope
 - Sidewalk chalk

- Create a Hopscotch



- Hands and Feet Hopscotch



- Sponge Darts



- As always, UHA wants you to be safe during the summer months:
 - Wear plenty of sunscreen and apply often.
 - Drink a lot of water!
 - When going in the river, always wear a life jacket.
 - If you're riding a bike or scooter, wear a helmet!

These things may not seem like much, but it will help keep you safe.



➤ Diabetes Self Management Education (DSME)

Join Us!

Diabetes Self Management Education & Support

**Cow Creek Health and Wellness offers monthly DSME classes for those living with diabetes.
For those who want to learn more about how to manage their diabetes and be healthy!**

Classes are usually held on the last Monday of the month.

4:00 pm to 5:00 pm

Cow Creek Health and Wellness Center

2371 NE Stephens St.

Roseburg, OR 97470

Classes are taught by Registered Dietitians. Individual Nutrition Therapy is also available for Diabetes Management.

REGISTRATION IS NEEDED—please call to sign up and save your spot!

We are excited to have you join us to learn more about managing your diabetes!

For more information or to sign up, call Cow Creek Health and Wellness Center at 541-672-8533.

SERVICE SPOTLIGHT

- Evergreen Family Medicine (EFM) has opened a beautiful new clinic! EFM has remodeled the old Department of Human Services (DHS) building. Their Women's Health clinic, that was located at 1813 W. Harvard Ave, Suite 541, has moved to the new office. Some of the current and new primary care doctors have also moved here.



- Come see Evergreen Family Medicine and Women's Health at:
 - 1937 W. Harvard Ave
Roseburg, OR 97471
- As a reminder, UHA covers Non-Emergent Medical Transportation (NEMT) through Bay Cities Brokerage (BCB).
 - Rides can be:
 - Going to doctor's visits,
 - To the pharmacy,
 - AA/NA meetings,
 - WIC appointments,
 - BCB also gives mileage refunds if you have your own ride. This can be with your own vehicle, or if friends or family can take you.
 - For more information, please contact BCB at 877-324-8109, or visit www.bca-ride.com.



COMMUNITY RESOURCES AND EVENTS

➤ 4th of July is coming up! Here are some of the events that are going on in Douglas County



- The Roseburg Hometown 4th of July Fireworks Committee announced on 6/6/2020 that they will be putting on a fireworks show this year.
 - The fireworks show will be held at Reservoir Hill. This is on NE Stephens St. in Roseburg. This is so more people will be able to see them from their homes. We are still in phase II of reopening. Social distancing is still needed. To keep up to date with the show, please visit their Facebook page at:
<https://www.facebook.com/RoseburgHometown4thofJuly/>.
- Riddle Chamber of Commerce will be hosting a fireworks show for the 4th of July. Due to the pandemic, they were not able to do their normal fundraising. They are asking for everyone's help. Their goal is to raise \$18,000.
 - If they are unable to raise the money needed to put on the show, they will save the money for the fireworks show for 2021.
 - If you would like to donate:
 - Go to the City of Riddle
647 1st Ave
Riddle, OR 97469
 - Over the phone at 541-874-2224 and ask for Amanda
 - To keep up with the donation progress, or for more information about the show, visit their Facebook page at:
https://www.facebook.com/RiddleChamberofCommerce/?hc_ref=ARSK1U9cfDUbgagDpyGowXJS3o6ha03CYvIFOGndd4Yf8frMvZtkiniBjKhRIjlsZ0s&fref=nf

➤ Camas Valley Cash Days

- Camas Valley Rural Fire Department is hosting the 2020 Quarantine Survivor's Camas Valley Cash Days!

- This will be held on July 25th
- There will be events like the Truck Tug-O-War, Night Mud Drags, and obstacle courses.
- For times and sign-ups, please visit their Facebook page:

https://www.facebook.com/CamasValleyFunDays/?ref=page_internal



DID YOU KNOW?

- Fire season began Monday June 15th! What does this mean?



- Douglas County and the Umpqua National Forest are now under fire restrictions:
 - Smoking is not allowed unless:
 - You are in a car on a paved road,
 - On a boat in the water,
 - In labeled smoking areas.
 - No back yard debris burning, not even in burn barrels.
 - No open fires except
 - in a fire pit,
 - In the labeled spot in a camping spot,
 - You can still cook on your barbeque.
 - No fireworks.
 - All vehicles that are not farm equipment need to stay on paved or gravel roads. Gravel roads must be clear of grass or plants that reach the bottom of your vehicle.

➤ Dolly Parton's Imagination Library



**ENROLL
YOUR CHILD
NOW!**

- Dolly Parton has created a book gifting program that mails books to children for **free**! Children who are 0 to 5 years old can sign up. Each month your child will receive book. This program tries to send out books that your child will enjoy at their age. So far, this program has gifted over 17.1 million books worldwide! Dolly Parton's goal is to inspire kids to love to read. So she is doing her part in helping families all over get books that are high quality and fun to read.
 - To sign up for this program, go to: <https://imaginationlibrary.com/>

I'm sick or hurt,

Where should I go?

**GO TO
EMERGENCY
ROOM OR
CALL 911**

Emergency rooms should be used for very serious or life-threatening problems, when you need medical care now and cannot wait.

Examples include:

- Chest Pain
- Vomiting blood
- Severe burns and cuts
- High fevers
- Seizures
- Numbness in leg, arm or face

**GO TO
URGENT
CARE**

Urgent care clinics should be used for common illnesses and minor injuries. This is for when you need care today but your illness or injury isn't life-threatening. Check with your PCP first to see if they can see you!

Examples include:

- Flu-like symptoms
- Earaches
- Sprains and minor broken bones
- Minor cuts or burns
- Back and body pain
- Migraines

**CALL OR SEE
YOUR
PRIMARY
CARE
PROVIDER**

For most of your health problems, you should schedule an appointment with your Primary Care Provider (PCP). They know your health history, and can best care for most medical needs.

Examples include:

- Medication refills
- Regular physicals
- Vaccinations
- Medical screenings
- Advice on a new or worsening health problem

Where OHP members can find urgent care in Roseburg:

Evergreen Family Medicine

2570 NW Edenbower Blvd.
Monday—Friday 7AM—7PM
Saturday—Sunday 9AM—5PM
(541) 957-1111

Umpqua Health—Newton Creek

3031 NE Stephens St.
Daily 7AM—7PM
(541) 229-7038

The right care, at the right place, at the right time