

Health Highlights



EPHC

Community Newsletter
Spring 2022



PREVIEWS Of What's To Come.

By Doug McCoy, CEO

COMING SOON...

For many movie fans the previews of 'coming attractions' bring excitement and anticipation of things to look forward to. At EPHC we also have our 'coming attractions' list that we are excited to share with the community.

OUR NEW LOYALTON CLINIC

Coming late this summer, our Loyalton Clinic will have a new home at 701 Main Street. EPHC purchased the building in 2021 and has received approval to start renovating the former pharmacy starting in April. Our new 2900

square foot clinic will double the number of exam rooms, allow for additional provider services, and expand our care delivery with a modern new look. We will be announcing our ribbon cutting ceremony date and invitation to the Loyalton community to take a tour in the next few months.

NEW THERAPY & WELLNESS CENTER LAUNCH

EPHC is in final design planning to begin construction on a new 8200 square foot Wellness center for the Portola campus. The Therapy & Wellness Center will provide a new home to our



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rehabilitation team which is already the largest and most qualified staff in Plumas County. This state-of-the-art facility will include a therapy pool, exercise fitness center, wellness classes such as nutrition, yoga, meditation, etc., and a large area for outpatient physical, occupational, and speech therapy services.

NEW MEDICAL RECORD SYSTEM

Beginning in June, EPHC will be building a new medical record system which will launch in November. The Cerner EMR system will improve patient access to testing results, scheduling, and interaction with staff and providers. This system will also integrate all EPHC service lines and create a more efficient and robust offering for everyone.

REFRESHING OUR BUILDINGS

As part of our mission to improve the patient experience, EPHC has committed a large amount of funding to upgrading our campuses. This three-year project will begin in April with the installation of new flooring in our hospital and the Loyalton skilled nursing facility as well as replacement of our Loyalton resident windows. These upgrades will be in addition to the new hospital beds, respiratory and ED equipment, and admitting office renovations that we recently completed.

Stay tuned for more 'coming attractions' and updates on these exciting projects!

SIMPLE HEALTH TIPS Can Improve Your Outcome

by Jim Burson, PT MSPT



As Director of Rehabilitation Services, I'm excited to offer advice and knowledge about your well-being. The healthcare professionals at EPHC provide the best of care for those who are facing injury, illness, or disease, but they are also experts in prevention and helping you to maintain your good health.

It's that time of year when the Sierras start to warm and the snow melts. Now is the time we think about getting outside. We feel like doing more and, unlike that broken New Year's resolution to exercise, the spring offers better weather to do just that. Physical Therapy research proves you can increase your fitness level at any age. Who doesn't want more stamina and strength?

Let's start with expectations.

We know being more fit doesn't happen overnight. But consistent exercise over the course of six to eight weeks will provide you noticeable changes. In three to four months, you'll realize significant improvement in your health and fitness. Strength-specific results from hiking or

paddle boarding, for example, will be achieved in about the same timeframe. But remember, every person should consult their physician before starting any exercise program or changing their diet.

Here are some tips that might resonate with you:

Find your motivation – WHY is it important to you to start exercising more? It can be as simple as wanting to feel better or more specific, like being able to walk to the top of Mills Peak by autumn.

Set realistic goals – It ties in with your motivation. Consider your current health status and be thoughtful about your expectations. Achieving a smaller goal can motivate you to set and achieve the next, slightly larger goal.

Find a workout or activity you love – It's inspiring to do something that brings you joy, but if any exercise just feels like work to you, you can still succeed.

Be kind to yourself – After all, you're getting out more and getting fit because you care about

yourself! That inner critic that barks orders and berates you for missing a workout has no place in your life. Instead, approach your journey of improved fitness with gratitude. Remind yourself you are worthy of feeling better, imperfections and all. Living with self-compassion can have deep and lifelong benefits to your overall well-being.

The Therapy and Wellness Center is a state-of-the-art multidisciplinary outpatient clinic, located on EPHC's Portola campus. We offer Physical, Occupational, Hand and Speech therapy services in our 1,900 sq. ft. interim facility. All insurances are accepted, including MediCal.

Please visit ephc.org and search under 'rehabilitation' to learn more about us. If you wish to make an appointment or if you have any questions, just call us at (530) 832-6502.



LEADING

The Way To Success

by **Doug McCoy,**
Chief Executive Officer

EPHC is pleased to announce the launch of our 'Health Highlights' newsletter. In our efforts to continue serving the health care



needs of our community, we want to share important information, new service offerings, and tips on maintaining a healthy lifestyle. Our goal at EPHC is to make every interaction a '5-star experience'. Whether something simple like a check-up or lab test, to more urgent issues such as a hospitalization or rehabilitation, our staff bring over 1600 years of combined EPHC service to assist you. Our philosophy of 'families serving families' is a commitment we make to each other and the communities we serve.

The past two years have been challenging for everyone, from the wildfire threats to the changes in our daily routines due to the pandemic. While these challenges have impacted numerous health care organizations, EPHC has

embarked on expansion plans to increase our services, added new providers, and upgraded equipment to ensure a positive patient experience. We are excited to share these updates with you in this issue of 'Healthy Highlights' to keep you apprised of the latest improvements we are making to benefit our community.

We are proud to be your health care partner and provide service to so many members of our District. From our Community Advisory panel to patient experience comments posted on our website, your feedback helps us define our goals for the future. I encourage you to visit our website at www.ephc.org to learn more about how EPHC is working to meet our '5-star patient experience' goal.

PORTOLA MEDICAL CLINIC EXPANDS SERVICES

by Paul Bruning, DHA Director of Clinics

Eastern Plumas Health Care features three Rural Health Clinics in Portola, Graeagle and Loyalton. Each of these clinics offer Primary Care services. As demands for urgent sick or injury visits have increased, as well as demands for the same services from individuals visiting the area, the Portola Medical Clinic is now offering an Urgent Access and Walk-in Urgent Access Clinic.

As the director of clinics, I'm excited to announce the Clinical Team for the Urgent Access Clinic will be comprised of Dana Culp, Nurse Practitioner, April Downs, Clinical Support. And Rebecca Mason, Clerical Support.

Patients can call ahead for an appointment or simply walk-in and register. Those patients who walk-in may have a wait, depending on the numbers of patients present for the Urgent Access Clinic. Services provided, within the Urgent Access Clinic, are consistent with those offered by any of Eastern Plumas Health Care medical offices. This Urgent Access Clinic offers next day, same day, and walk-in availability.

Starting on April 16, 2022, the hours for the clinic will be:

Monday	8 am – 4 pm
Tuesday	12 pm – 7 pm
Wednesday	8 am – 4 pm
Thursday	12 pm – 7 pm
Friday	8 am – 4 pm

However, the Urgent Access and Walk-In Urgent Access Clinic is not an Emergency Department service, rather, it provides urgent access to primary care for illness, injuries, and access to care when needed. One example is when a patient is unable to get into their regular primary care provider but has an injury or illness that requires same day care. Keep in mind, life threatening injuries and illness should always go to the Emergency Department.

For further information or to schedule an Urgent Access Visit contact the Urgent Access Clinic team at (530) 832-6666.