

THE CLINIC QUARTERLY



Winter Edition
2017-2018

Junction City and Harrisburg Medical Clinics
355 W 3rd Ave, Junction City, OR 97448 P: 541-998-6750
170 N 3rd Street, Harrisburg, OR 97446 P: 541-998-6750

This winter brings several changes with it for Junction City and Harrisburg Medical Clinics. We hope you find this newsletter helpful in staying up to date with our ever-growing clinics. We appreciate your patience and that you continue to choose us to be your medical home.



**Harrisburg
Medical Clinic**
We're Here For Life

We are excited to announce that our brand new clinic in Harrisburg is now OPEN. The address for the new clinic is 170 N 3rd Street. Please continue to call 541-998-6750 for any of your medical/scheduling needs.

WELCOME!
TO THE TEAM!



Camille is new to Oregon. She has a Master of Physician Assistant Studies from Idaho State University in Pocatello Idaho. She has an extensive background in emergency medicine, and was a state EMS instructor for years as well as working in hospital, and pre hospital care. Camille is an educator at heart, with her bachelor's degree in education. She wants to empower every patient to learn about their medical conditions so that they can be a part of the decision making process, and take control of their health. Camille loves to perform medical procedures including laceration suturing, joint injections, splinting, and removal of skin tags, moles and dermatologic concerns.



Camille Pincock, PA-C

Camille spent most of her life in Idaho and loves the mountain adventures of skiing, rock climbing, hiking, and rafting. She also loves to read and listen to and play jazz and classical music. She has 4 children and relishes every minute she gets with them.



farewell!

Trina Viner's last day was December 19th and Camille Reerslev's last day will be January 3rd. We wish them both well in their future endeavors. Formal letters have been mailed to their patients.



Trina Viner, PA-C



Camille Reerslev, PA-C



If you're faced with a health issue or unexpected medical concern – whether it's a temporary setback or related to a long-term health condition-our care manager is here to help.

Our care manager is a licensed practical nurse who is ready to help get you on the path to managing your condition. She will promote frequent communication and collaboration between you and your healthcare team to help you achieve your best possible health.

Contact **Debi Bone**, LPN Care Manager to learn more. Her direct line is **541-998-4710**.



INFLUENZA (FLU) Cleaning to Prevent the Flu

Cleaning to Prevent the Flu

How long can the flu virus live on objects, such as doorknobs and tables?

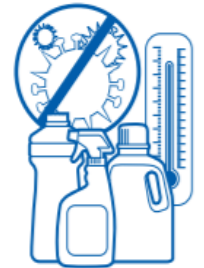
The flu virus can “live” on some surfaces for up to 24 hours. Routine cleaning of surfaces may reduce the spread of the flu.



What kills flu viruses?

Flu Viruses are killed by heat above 167°F. Common household cleaning products also kill the flu virus, including products containing:

- Chlorine
- Hydrogen Peroxide
- Detergents (soap)
- Iodophors (iodine-based antiseptics)
- Alcohols



How should a caregiver handle a sick person's tissues or other items?

Make sure to wash your hands after touching the sick person. Also wash after handling their tissues or laundry.



For more information call CDC info at 1-800-CDC-INFO (232-4636) or go to www.cdc.gov/flu.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Maple Sweet Potatoes

Yield: 2 Servings

Ingredients

- 2 sweet potatoes (large)
- 2 tablespoons yogurt, non-fat
- 1 tablespoon maple syrup
- 1 tablespoon orange juice



Instructions

1. Prick potato skins with a fork. Microwave on high for 3 to 4 minutes until soft and easily pierced with a knife.
2. Scoop out the pulp into a medium bowl. Mash the pulp and stir in the yogurt, maple syrup and orange juice. Transfer to a microwave safe serving bowl and microwave for 1 to 2 minutes to heat through.

Nutrition Facts

Serving Size 1/2 of recipe (162g)
Servings Per Container 2

Amount Per Serving

Calories 150 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 80mg 3%

Total Carbohydrate 35g 12%

Dietary Fiber 4g 16%

Sugars 13g

Protein 3g

Vitamin A 370% • Vitamin C 6%

Calcium 6% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Source

University of Connecticut, Family Nutrition Program, Senior Nutrition Awareness Project (SNAP) Newsletters