Dr. Dennis Mazur Joins Clinic Staff

We are pleased to welcome Dr. Dennis Mazur to The Rinehart Clinic. As announced at The Clinic’s annual Sand Dollar Auction in August, Dr. Mazur, an MD with a specialty focus in Internal Medicine, arrived on the North Oregon Coast, and started at The Clinic on September 4th.

Dr. Mazur hails from rural Pennsylvania, did his undergraduate work at Massachusetts Institute of Technology, then moved to the West Coast to attend Stanford University where he obtained his MD degree, completed an Internal Medicine Residency, and went on to obtain his PhD. He’s been at the Portland VA Hospital for the last 17 years, where he was in charge of Quality Assurance. “We are thrilled to add Dr. Mazur to our staff,” said Ellen Boggs, Clinic CEO. “He brings years of experience, a strong work ethic, and a focus on wellness and preventive medicine that is a perfect fit for The Clinic.”

Breast Health Coalition “Kickin’ Cancer”

The annual Breast Health Coalition Expressions of Hope event “Kickin’ Cancer” is set to culminate on October 21st. The event will include a special guest speaker, Krista Colvin, special recognition of our survivors, and fun boot decorating contest.

The final event reception will be held on October 21st from 1 to 3 pm at Second Street Public Market, in Tillamook. Boots will be on display from October 1st through the October 21st reception. Boots can be donated by dropping them off at Second Street Market during regular business hours. Donations of all kinds of boots are encouraged – wearable or decorated in the spirit of breast health. All boots will be available for purchase at a silent auction with bidding starting on October 15th through the reception on October 21st. Stop by the Second Street Market in October as the boot collection grows and pick your favorites, and help us to raise money to give breast cancer the boot in Tillamook County.

Expressions of Hope was designed by the Women’s Cancer Support Group several years ago to increase awareness of breast cancer, its risks and the detection process, encouraging women to have screenings and mammograms as earlier detection means increased survival rates. “Celebrating our survivors, creating hope in current patients and assisting those with needs.”

The Clinic can help patients body, mind and soul. “This event has been the fundraising heart of this program and allows us to be there for those in need. Many organizations fundraise for research so that we have a future without cancer, but Expressions of Hope funds help those with breast cancer today. These dollars help breast cancer patients and those with abnormal mammograms manage the extra costs incurred and find available assistance to maintain their quality of life during cancer treatment. It is my dream that all of our Cancer Patients in Tillamook have a resource such as this,” said Suzie Whalen, Breast Health Coalition Coordinator.

This year’s event theme of “Kickin Breast Cancer” will include an exhibit of stylish and inspirational boots, as well as fun gift items for those survivors that you know and love. We are encouraging donations of boots for our silent auction and hoping the community will embrace the fun of boots. The exhibit will feature items that brought comfort to our patients during their breast cancer battle. We will welcome a special guest speaker Krista Colvin to share her story of kicking breast cancer, and celebrate our community of survivors and families.

(MORE ABOUT the Breast Health Coalition on Page 6.)
As the summer rapidly comes to a close and the year is nearly over, the Rinehart Clinic has many things to be thankful for, and our community is at the top of the list. The Clinic is strongly committed to our community and is proud to be part of its culture — past, present and future. Communities are like families. We are together in good times and bad, experiencing joys and sorrows, celebrating milestones we want to remember and some we’d just as soon forget, but more often than not, we want to rejoice at every turn of the page.

Having lived in this community for more than five years, I consider myself “local”. I am proud to say where I live and just as proud to say where I work. I am proud of what we do at The Rinehart Clinic and proud of our role in the community; together I believe we stand tall. This community strives to make things better for all, not just some, but everyone. We have many worthy non-profit organizations that have the public’s best interest at heart. In The Clinic’s case, the patient’s best interest is at the core of our very existence. I love this sense of community because everyone supports one another in all aspects for the good of mankind. Corny, maybe, old-fashioned — no. Traditions are good and we strongly stand behind ours. The mutual respect and camaraderie brings us together as we progress into the future, creating a sense of excitement as we anticipate what comes next.

If you haven’t found this sense of community here or where ever you live, I hope you will go out and seek that opportunity. It will mean getting involved, getting to know your neighbor, and shopping and supporting the locals all year long. There are “gems” in this community and you don’t have to travel far to find them. At The Clinic you will receive high quality health care right here at the coast; you don’t have to drive 90 miles to find it.

After a two year search, we are excited this month to welcome Dr. Dennis Mazur to our staff. The addition means that we have three doctors at our Clinic to serve our community. Many community health clinics are struggling to find just one physician; now we have three treasures in our midst. As we interviewed potential candidates, their comments were all the same; they could not believe the high level of medicine practiced in our rural, coastal Oregon clinic. The physicians were pleasantly surprised at the outstanding, up-to-date equipment, our electronic medical records and the quality of our staff. The Rinehart Clinic is a first class health care operation. If you are a local and haven’t given us a try, I invite you to come and check out our services. If you are a second home owner, or an occasional tourist in our area, know that we are here all year long and take walk-in appointments. Whatever your needs, The Rinehart Clinic is here to serve you, and we are honored to stand tall with our fellow community members.

Happy Fall!
Warm Regards, Ellen Boggs

A Part of History ...The Rinehart Clinic We Want Your Stories and Photos

MARK YOUR 2013 CALENDAR

Celebrate The Rinehart Clinic’s 100th Birthday -- July 27 & 28, 2013

Ninety-nine years and counting -- The Rinehart Clinic is the successor of a medical practice dating back to 1913. Next year, The Clinic will celebrate the achievement of three generations of the Rinehart family physicians and support staff providing compassionate care to all in North Tillamook County, reaching 100 years of taking care of the health of our community.

The Rinehart Clinic has touched thousands of lives over the years and we would like to include YOUR story as part of the history of The Clinic to be published to celebrate the 100th anniversary next year. Were you a patient of Dr. Rinehart’s grandfather (“H.E.” Harvey Rinehart), father (Dr. Robert E. Rinehart) or mother (Dr. Dorothy White)?

Did you work at the original Clinic or hospital? The map that hung in the original Clinic still hangs today at The Rinehart Clinic, noting all the locations across the U.S. that patients came from for arthritis treatments. Several generations have come through the doors of the clinic and hospital, as staff, as patients, and every one is part of the Clinic’s history. One-hundred years is a significant milestone that many people are a part of, and we want to be sure to include everyone in the celebration.

Please contact Laura Swanson at 503-368-5182 ext. 176, to share your story or photos.
Welcome Dr. Mazur!
The front page of this issue of Hartlines. His impressive background is detailed on September 4th. And am I glad to see him! Well, here is the real story. I will be cutting back from my current 70-80 hour work weeks. That's why I'm so glad to see Dr. Mazur. We will be working together to meet the needs of our adult medicine patients and our community. We will be focusing on Availability, Quality and Prevention.

Along those lines, we have applied for a Federal grant to fund Quality Improvement for a year. (Providing high quality, preventive healthcare is not cheap.) As a non-profit, non-governmental organization, we are eligible for grants such as this. Had we stayed a private practice, virtually no grants could have ever been obtained. Good for us, and good for you, the community members who support The Clinic in delivering healthcare to our rural, under-served area. We must do better, and not only will we do better, but with a person in this position to do our data, we will be able to prove it to the Feds, who control the strings to the big purse.

Here's a story ...
Vicky Knottingham, who readily granted me permission to share her story, is a member of our community who has benefitted from your support, and really appreciates it. Vicky is a 56-year-old grandmother who is not only drop-dead gorgeous, but an accomplished “knotter”. (She ties rope into knots around bottles, lamps, floats, etc.) She’s no wimp either. She started out her career as a cook ... a cook, that is on a “Deadliest Catch” king crabber boat in the Bering Sea, where she survived six winters. She also learned to drink like a sailor. She had a close call one day. She was scheduled to go on a trip, but was so drunk they wouldn’t let her on the plane to fly to Dutch Harbor, so she missed the boat. That boat went down with all the crew. There were no survivors. Vicky struggled with alcoholism for several years, then chronic pain from several injuries. She heard about The Rinehart Clinic and applied for treatment. We’re happy to report she is stone sober, and her pain is under control; whether in body or soul, while protecting the community, maintaining one’s license to do so, is a most difficult issue, swirled in controversy with pros and cons propagated by responsible persons from both sides. Unfortunately for those suffering from these maladies, most physicians have simply ignored their responsibility by refusing to care for them. I call it “Discrimination by Diagnosis”. Providing care for all our citizens, not just those with “acceptable” conditions, is not for the faint of heart, or the timid in soul. That’s why I’m inspired by stories like Vicky Knottingham’s. If Vicky can, we can. If Vicky has been six years in the Bering Sea, lick alcoholism, have the courage to treat her pain knowing it requires a potentially addicting substance, and hold off a bunch of criminals with her shotgun, then you and I can go to bat for her, and all the other brave souls she represents, in a heartbeat. Thanks for covering my back. I know I can count on you, and you on me.

Fundraising remains a popular pastime here at The Clinic, as we’re asked to do more with less, and the grants don’t come close to covering the extra costs and additional reporting requirements. Thanks a million to those of you who support the Annual Sand Dollar Auction. We’ve still got $5,000 in “matching” funds sitting out there. If you’re thinking of making a donation, and want to “double your money,” now’s the time. Just write “Auction Match” on your check. No donation is too small, nor too large, for that matter. We still need to build a new clinic some day soon. We are fragug. There have been no raises at The Clinic in the last three years. There should have been, but many employees are sacrificing in order to keep us afloat. They believe in the Mission, just like you and I. Your money won’t be wasted. Every $25.00 subsidizes a visit for someone who needs care but has no insurance, is out of work or disabled. You are the Magi. Your gifts are so appreciated.

Thank you.

Harry H. Rinehart, MD

www.rinehartclinic.org
**2012 Sand Dollar Auction Donors**

The generosity of our community helped us raise over $80,000. The festive event held on Saturday August 4th featured over 300 auction items, a fabulous dinner, and a wonderful time with friends. Thank you for your support of The Rinehart Clinic’s mission to take care of this community by providing high quality comprehensive healthcare to everyone.

*Thank you – Two Small Words That Mean So Much …*

Aaron Clutter  
Alderbrook Golf Course  
American Red Cross  
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Ann Blaker  
Anna Hawkins  
Anna Peters  
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Manzanita Sweats  
Marine Discovery Tours
Sand Dollar Auction Raises Record Amount on Hottest Day of the Year
The Expressions of Hope theme this year is “Kickin’ Breast Cancer” and we are asking the community to submit fun boots for the contest (as we have had bras and hats in the past.) The boots and footwear will be on display starting October 1 at Second Street Public Market in Tillamook. All items will be sold through an on-going Silent Auction, leading up to and closing during the Expressions of Hope event on October 21, 2012 from 1-3 pm in the afternoon.

Breast cancer survivors will share their stories, and will include their comments on what comforted them during their time of fighting cancer. We welcome everyone to share their story and experiences. If you or someone you know has a survivor story to share, please contact Suzie Whalen, Breast Health Coordinator at 503-368-5182 ext. 111.

Our Guest Speaker for Expressions of Hope 2012 as part of the final reception/silent auction for the “Kickin’ Breast Cancer” Event – October 21st from 1 to 3 pm – is Krista Colvin, a dynamic personality and breast cancer survivor.

Krista Colvin can’t live without three things: lipstick, a morning cup o’ joe and her fabulous girlfriends. She’s the Lifestyle Expert for Portland’s morning show, AM Northwest and the creator of “Organize the Whole Shebang” (the smart woman’s guide to doing it all.) As a Professional Organizer and Blogger, she inspires women to get it and keep it together amongst all things S.H.E. [self, home, endeavors]. Krista’s written for the likes of Real Simple.com, WorkingMother.com and worked with Organize.com as their Social Media Coordinator. She’s been recognized as one of the organizing industries Top Blogs and Time Management Experts and currently serves as a Spokesperson for Rubbermaid as a member of their “Organizing Squad”. Most importantly Krista believes in “People over Perfection” and “Taking a moment to be in the moment”… which comes in handy as a mom of two active kidlets. And even now and then, she refills her coffee and applies a fresh dose of lipstick… http://www.puttingonmybiggirlpantsies.com.

Here are some other Breast Cancer Awareness Events happening throughout October:

**Digging for a Cure**

Launched at the Neah Kah Nie High School Volleyball Tournament in September, with fundraising continuing through October. One of the members of the volleyball team, Rachael O’Quinn has made this her senior project, please join us as we support her special fundraiser during the NKN Girls Volleyball games. Wear your Pink and support the Girls as they use their talents to fundraise for the Breast Health Coalition. To donate to Diggin’ for a Cure for Rachael O’Quinn’s senior project, contact her at 503-812-4014 or 503-368-8753.

**Ladies Night At Denny’s**

Mondays in October - 4 - 10 pm

Ladies Night will start on the evening of October 1 and end on the 29th. Special discounts, door prizes for fun, and 10% of sales will go to the Tillamook Breast Health Coalition.

**Mammogram Spa Day -- Wednesday, October 17**

Tillamook County General Hospital - call to schedule 503-815-2292

Celebrate Breast Cancer Awareness Month by having your annual screening with EXTRA treats – Spa Day includes tea and cookies, shoulder massage, mammogram, chocolates, fun giveaways and a drawing for a $25.00 gas card.

**Expressions of Hope 2012 - Sunday October 21 at 2nd Street Public Market, Downtown Tillamook 1-3 pm**

Please join us as we celebrate our survivors, raise awareness about Breast Health and raise funds for our local Breast Health Coalition.

For more information about the services and resources available through the Tillamook Breast Health Coalition and Breast Cancer Awareness Month happenings, contact Suzie Whalen at 503-368-5182 ext. 111, or go to our Facebook page – Tillamook-Breast Health-Coalition.
2012 Sand Dollar Auction Donors

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Nevor Shellfish Farm
North Coast Home Care
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Tillamook Breast Health Coalition
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Many Thanks—TO OUR VOLUNTEERS
Chair: Camy Von Seggern
Auctioneer: Peter Newman
Paddle Bid Cheerleader: Ellen Boggs
Catalog Design: Roslyn Newhouse
Computer Guru: David Newhouse
Data Entry: Leila Salmon, Sue Remy
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Donations/Sponsors: Gail Young, Sue Remy, Laura Swanson, Jan Markle, Camy Von Seggern
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Hans Tonjes
Jeremy Von Seggern
Sally Walker
Larry Weidenhoff
Richard Young
Nancy Zettagren

www.rinehartclinic.org
Partnership with Providence Brings More Specialists to Clinic

North Tillamook County residents will have greater access to specialty care with additional medical services offered by Providence Seaside Hospital at The Rinehart Clinic.

Beginning in September, Providence urologist Richard Zobell, MD, PhD, will serve patients at The Clinic. “This is a time of stimulating growth for us to offer more specialty services,” said Ellen Boggs, CEO of The Rinehart Clinic. “Cardiologist Robert Morse, DO, also from Providence Seaside Hospital, has been seeing our patients for more than four months now and we are keeping him very busy. We know Dr. Zobell will also provide a great service for our patients.”

Dr. Zobell earned his medical degree at the University of Utah Medical School, and completed his internship and residency in general surgery and urology there. He has more than 20 years experience in urology.

Prior to earning his medical degree, Zobell received a doctorate in reproductive anatomy at St. Louis University.

“It’s good to be back on the Oregon Coast, and I look forward to meeting new people at our Wheeler location,” said Zobell. “I plan to bring new treatments dealing with male and female incontinence, female bio-identical (replacement) hormones and a full array of urology services to both men and women.”

“This is a growing partnership with The Rinehart Clinic,” said Krista Farnham, Providence Seaside Hospital chief executive. “Cardiology was the first specialty offered in Wheeler and has proven to be very successful. In this continued collaboration, urology services will fulfill a need for the residents in Wheeler and the surrounding areas. We are excited to continue to provide great care to these communities.”

Tereasa Shipman Promoted to QI/QA Manager Position

Tereasa Shipman, Operations Manager for The Clinic for the past two years, has accepted a promotion, and will now be the Quality Improvement/Quality Assurance Manager. Tereasa has been with The Rinehart Clinic for over seven years, spending five years as Dr. Rinehart’s medical assistant.

“I really wanted to get back to the patient care side of The Clinic,” said Tereasa. “This position is an opportunity for me to utilize the experience I’ve gained on the administrative side, and assist the MA’s and doctors with establishing the required quality programs for our patients.” QI/QA programs are an integral requirement for the new coordinated care organizations, and patient-centered medical home models. “With Tereasa’s knowledge about The Clinic’s operations, we’ll be better prepared to fulfill the reporting requirements of the federal government,” said Clinic CEO Ellen Boggs. “We are very pleased that she has agreed to take on this huge task.”

Legacy Giving ...

Gifts that Keep on Giving

Legacy gifts are the cornerstone on which The Rinehart Clinic (TRC) was built, and they continue to play a vital role today. The aim is to secure TRC’s long term success by encouraging legacy commitments to the clinic. Also known as planned gifts, legacy gifts provide TRC with the fiscal strength and security required for continued growth ensuring, among other things, that The Clinic remain a leader in rural health care in North Tillamook County.

Legacy gifts enable donors to establish a meaningful and permanent connection to TRC. They are also a sensible philanthropic investment. Many gifts provide immediate and valuable benefits and secure an income stream that lasts a lifetime.

The most common legacy gifts are beneficiary designations of a retirement plan or life insurance policy or bequests made in a will. There are many additional ways to make a difference and we will work with you to find an option that is right for you. Contact Ellen Boggs, (503) 368-5189.

Health Care Reform Resource

Here is an on-line resource for more information about the Affordable Care Act, scheduled to go into effect in January, 2014. This website has very helpful and objective explanations about the changes due to take place, start with the animation and explore the website for more information:

http://healthreform.kff.org/the-animation.aspx
Thank you to our generous donors during January-August 2012
These individuals and organizations support The Clinic’s mission.

Donald Acker
Amsted Industries Foundation
Josepah A. & Grace Andreano
Thomas Bachhuber Jr.
Bank of Astoria Mng.
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Richard & Michaela Woodward
Richard & Gail Young
Katherine & George Zimmer

PLEASE NOTE: We strive to acknowledge and thank every one of our gracious donors, but if we have omitted you from our list, we sincerely regret the error. Please let us know if you made a donation to The Clinic from January-August 2012 and were not included in this list.
The Rinehart Clinic
PO Box 176
230 Rowe St.
Wheeler, OR 97147

503-368-5182 ● 800-368-5182
HOURS: Mon., Wed., Fri. - 8 am - 5 pm
Tues. & Thurs. - 8 am - 7 pm
Saturday - 8 am - 4 pm

Community Calendar of Events

OCTOBER
Breast Cancer Awareness Month
13 Fall Farmers Flea Market - 10 am - 3 pm
   White Clover Grange
   CARTM Trashion Show @ NCRD
13 & 14 Rockaway Beach RocktoberFest
17 Mammogram Spa Day
21 Expressions of Hope
   “Kickin’ Breast Cancer” - 1-3 pm
   2nd St. Market, Tillamook
24 Rinehart Clinic Board Meeting
27 Rockaway Beach Oktoberfest

NOVEMBER
American Diabetes Month
National Alzheimer’s Awareness
Lung Cancer Awareness
2 & 3 Holiday Bazaar, Tillamook Fairgrounds
15 Great American Smokeout
22 Happy Thanksgiving
23 Manzanita Tree Lighting
23 & 24 Rockaway Beach Holiday Gift Fair
28 Rinehart Clinic Board Meeting

DECEMBER
25 Merry Christmas

OUR MISSION:
To provide high quality, comprehensive primary healthcare to all in our community.

www.rinehartclinic.org

Staff
Ellen Boggs, Chief Executive Officer
Harry H. Rinehart, M.D., Medical Director
Tereasa Shipman, Chief Operating Officer
Michele Tremblay, Chief Financial Officer

Board of Directors
John Sorenson, President
Sue Remy, Vice President
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Gail Young

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