

Spring 2025

Rejuvenate



Champions of

CHANGE

Learn how St. Anthony Hospital is helping three organizations serve our communities in unique ways thanks to the CommonSpirit Health Community Health Improvement Grants Program.



**CHI St. Anthony
Hospital**

Champions of CHANGE

Through the CommonSpirit Health Community Health Improvement Grants Program, St. Anthony Hospital is supporting organizations that seek to boost the well-being of residents throughout the Pendleton area. **Meet our most recent grant recipients.**

Support for Bereaved Parents: Return to Zero: HOPE

As Founder and Executive Director of Return to Zero: HOPE (RTZ HOPE), Kiley Krekorian Hanish has created a community for parents and families touched by pregnancy and infant loss. This includes infertility, secondary infertility, miscarriage, stillbirth, infant or toddler death, loss through surrogacy, or failed adoption.

“Having this type of loss is a huge risk factor for mental health disorders,” Kiley says. “A bereaved mother is four times more likely to experience symptoms of depression and seven times more likely to have symptoms of post-traumatic stress disorder than a non-bereaved mother.”

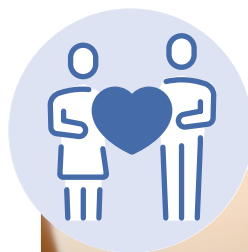
After experiencing a stillbirth in 2005, Kiley, an occupational therapist, had a negative experience with her healthcare providers and discovered there was a great need of support for bereaved parents. She and her husband, Sean, who is a filmmaker, went on to make a movie about their experience, titled “Return to Zero,” to raise awareness.

“Through the movie, we got connected to the baby loss community and found out just how alone and isolated people going through this experience feel,” Kiley says. “We want people to know they are not alone. Having a supportive community and connecting with others who have been through this experience is a huge piece of the healing process.”

HELP FOR HEALTHCARE PROVIDERS

In addition to supporting bereaved parents, RTZ HOPE trains healthcare providers and helps hospitals develop grief-care programs.

“Providers are not getting any training on pregnancy and infant loss in their formal education,” Kiley says. “We offer a year-long training program with coaching and consulting. We help the hospital develop processes, so that everyone gets the same care when this situation occurs.”



Training includes areas such as learning what language to use, developing procedures for staff, and connecting families with resources in the community, such as funeral homes and therapy services. Through the Community Health Improvement Grant Program, RTZ HOPE will work with St. Anthony Hospital to develop a comprehensive program.

“Providers become more confident and can do more to support parents,” Kiley says. “Grief care reduces parents’ trauma and also reduces secondary trauma and burnout for providers, because they know what to do to help.”

Visit rtzhope.org to learn more about their mission.



Meeting the Needs of Others: The Salvation Army

When Salvation Army Pendleton Corps Officer Major DeWayne Halstad learned about the Community Health Improvement Grant program, he knew it would be a good fit for the daily feeding program at the Salvation Army. The program serves 150 people a day, providing hot lunch seven days a week to community members in need.

“The Salvation Army is very grateful for the continued partnership with St. Anthony Hospital, who has provided the food for our lunch program every Thursday for many years now,” DeWayne says. “This is a continued blessing to our community.”

MATCHING MISSIONS

DeWayne runs daily operations at the Salvation Army Pendleton Corps with his wife, Major Toni Halstad. The pair were commissioned as lieutenants with the Salvation Army in 1989 and worked in many different locations before coming to Pendleton in 2019. They are grateful for the support of community members and local organizations such as St. Anthony Hospital, whose mission aligns well with that of the Salvation Army.

“Our mission is to preach the gospel of Jesus Christ, to meet human needs in His name without discrimination, and to do the most good with the resources provided to us,” DeWayne says. “The funds from the grant will be used to help purchase food and supplies necessary to directly distribute food to the needy in our community. We look forward to working with St. Anthony Hospital for many years to come.”

To learn how you can help, including donating to our community, visit pendleton.salvationarmy.org/pendleton.

The Power of Social Media: Creating Conquerors

Certified Alcohol and Drug Counselor and Certified Prevention Specialist K. Shayne Arndt is dedicated to doing all he can to help people struggling with addiction. In 2012, he formed Creating Conquerors, an organization that uses social media to share stories and resources.

“Our focus is preventing substance abuse and suicide among youth and young adults in Umatilla County and beyond,” Shayne says. “Anybody can be impacted by substance abuse and suicide. We’re really committed to trying to break the stigma around these issues.”

CLOSE TO HOME

Shayne became passionate about helping others after losing a friend to suicide and watching other friends and family members struggle with addiction.

“So many individuals are struggling with opioid addiction,” he says. “We’re helping to make sure that the appropriate level of treatment is available in our rural communities. Sometimes there are gaps because our area is so remote.”

Creating Conquerors reaches the community through social media platforms, sharing community resources, helpful information, and personal stories of recovery. The money received from the Community Health Improvement grant through St. Anthony Hospital will be used to recruit people from around the county who are willing to share their stories and create videos that will appear on Facebook, TikTok, and Instagram.

The goal of the videos is to support those currently in recovery and reach young people to help prevent addiction. Creating Conquerors also partners with other community organizations to promote local resources.

“Our vision is to empower individuals in recovery to share their stories,” Shayne says. “By doing so we can help others on their life journey.”

Visit facebook.com/creatingconquerors to see their work in action.

Keeping It Positive

Every parent can benefit from extra support. The Triple P Positive Parenting Program is here to provide just that.



Raising children is a joyful experience, but as most parents will attest, it can also be quite challenging.

“All parents struggle at some point in their journey,” says Chelsea Maranville, Triple P Program Manager at Greater Oregon Behavioral Health Inc. (GOBHI). “We can all benefit by learning positive ways to interact with our children and stay calm and confident in our parenting. Joining other parents in a class normalizes that parenting education is helpful to all parents in our community.”

That’s where the Triple P Positive Parenting Program comes in. Offering a wide variety of classes and individual tools, Triple P aims to prevent and treat emotional and behavioral problems in children of all ages.

“Triple P’s goal is to prevent problems in the family, school, and community before they arise and to create family environments that encourage children to realize their potential,” Chelsea says. “The program gives parents and caregivers the tools they need to parent positively and without the use of physical punishment.”

HELPING ALL PARENTS

Triple P offers multiple options, with core classes designed for parents of 0- to 12-year-olds and Teen Triple P for parents of teens. Learning options include one-time short discussions, multi-week in-depth classes, and in-person or virtual classes.

“Multiple specialty variations of the program are also available,” Chelsea says. “These include classes focused on separation/divorce, special needs and disabilities, and children with anxiety.”

In 2024, nearly 1,600 parents took advantage of Triple P services. Past offerings include:

- Anxiety: Transitioning Into Summer Routines
- Coping With Stress
- Developing Good Bedtime Routines
- Hassle-Free Shopping With Children
- Managing Fighting and Aggression

All classes are free of charge.



Triple P classes are not only for biological parents. We often work with grandparents, extended family, foster parents, teachers, and more, **so children receive positive parenting interactions from many people in their lives.**

—CHELSEA MARANVILLE,
TRIPLE P PROGRAM MANAGER

PARTNERING WITH THE COMMUNITY

In Eastern Oregon, Triple P began in Umatilla County in 2017, in partnership with GOBHI and St. Anthony Hospital. Funded in part by grants, it has since spread to more than a dozen other counties and also helps families from the Confederated Tribes of the Umatilla Indian Reservation.

Triple P, which continues to receive grants from St. Anthony Hospital, also teams up with community organizations, such as Yellowhawk Tribal Health Center, Community Counseling Solutions, and Pioneer Relief Nursery. These partners can receive training and accreditation through the Triple P organization, allowing them to offer the curriculum to the families they serve.

To learn more about Triple P Positive Parenting Program services and to sign up for classes, call or text 541-969-4061 or visit gobhi.org/triple-p.



St. Anthony Hospital’s annual Passport to Wellness Health Fair brings education, entertainment, and togetherness.

Looking for a family-friendly activity that promotes wellness while bringing people together for a good time? Don’t miss the Passport to Wellness Health Fair, held on May 31 from 10 a.m. to 2 p.m. at the Pendleton Convention Center.

“The fair is an opportunity for people to get connected to a wide variety of community resources, all in one place,” says Janet McFarlane, C-CHW, Community Health Coordinator at St. Anthony Hospital Clinic. “This event expands awareness of everything that’s available right here while getting families out and doing fun activities together.”

EDUCATIONAL AND ENTERTAINING

Dozens of local organizations attend the fair every year, providing information about services and offering engaging activities for kids and adults alike.

In addition to health and social services agencies, other organizations such as the Oregon State Police and the local fire department also attend the fair.

“The staff are wonderful with the kids, letting them climb up into the vehicles showing them how to work lights or sounds while educating them at the same time,” Janet says. “Kids learn while also having fun.”

Other favorite activities include a teddy bear clinic and seed planting. Adults can get screenings like blood pressure or blood sugar checks, and families can complete “passports” to enter raffles by visiting booths.

“People always have fun,” Janet says. “It’s a great opportunity to connect with the community.”

Stop by the Passport to Wellness Health Fair on May 31 from 10 a.m. to 2 p.m. at the Pendleton Convention Center. Interested in hosting a booth? Email Health.Fair@commonspirit.org.

Passport to Better Health

Year in Review St. Anthony Hospital

FISCAL YEAR 2024



334 babies were delivered

1,803 patients admitted (1,122 from ER)



\$1.8 million St. Anthony Hospital’s cost of uncompensated care



36,393 outpatient appointments



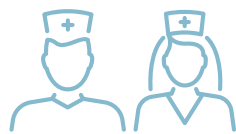
1,579 surgeries performed



\$4,270,245 total community benefit



13,367 ER visits



393 employees (\$35.9 million total salaries paid to employees)





THIS PUBLICATION IN NO WAY SEEMS TO SERVE AS A SUBSTITUTE FOR PROFESSIONAL MEDICAL CARE. CONSULT YOUR DOCTOR BEFORE UNDERTAKING ANY FORM OF MEDICAL TREATMENT OR ADOPTING ANY EXERCISE PROGRAM OR DIETARY GUIDELINES.

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A Career of *Caring*

Retiring after 43 years at St. Anthony Hospital, Kathy Fisher, RN, is thankful for the opportunity to help so many.

Since 1981, Kathy cared for patients at St. Anthony Hospital, beginning as a nurse's aide and becoming a registered nurse in 1982. She spent her entire career at the bedside, with more than 40 years working in the critical care unit.

"My philosophy as a bedside nurse has always been, 'patient care comes first,'" Kathy says. "Our job as nurses is not to judge, nor treat anyone differently from another, but to meet each patient right where they are."

NATURAL FIT

As the second oldest of seven children, Kathy learned caregiving at a young age. It was her mother who told Kathy she had the potential to be an excellent nurse.

"Along my journey, I realized just how right my mother was," Kathy says. "Becoming a nurse has not only been my career, but it has become a deeply entwined part of who I am as a mother, grandmother, sister, and friend."

Kathy retired at the end of January and is excited for her next chapter. She plans to enjoy quality time with her husband, sons, grandchildren, and mother. Still, she'll always be thankful for her years as a nurse.

"The most rewarding part of my job was caring for others," she says. "I am grateful to have been able to care for so many people along my journey."

Interested in joining the team at St. Anthony Hospital?
Visit sahpendleton.org/careers for more information.

"Very satisfied with our trip through the ER here. I had been traveling from out of town and had an injury. Both my husband and I were treated here, quickly.

**Staff were professional and kind.
Dr. Powell was great."**

—S.R., ST. ANTHONY HOSPITAL ER PATIENT

"On a scale of 10, your whole system gets a 10 plus. Nurses went above and beyond every time. Excellent all around. Food tastes like home-cooked food. Thanks for making me feel at my best and the nurses feeling concerned about me.

Best service ever!"

—P.S., ST. ANTHONY HOSPITAL PATIENT