

Summer 2026

Rejuvenate



More Than a Helping Hand

Volunteering at St. Anthony Hospital often begins as a simple act of service, but for many, it becomes a calling.

 **CHI St. Anthony Hospital**
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The Road Back to Health

Structured rehabilitation supports your recovery after a major cardiac or pulmonary event.

Life has a way of dividing itself into before and after. For patients who have experienced a heart attack, a serious surgery, or a lung disease diagnosis, the after part—figuring out how to move forward safely, rebuild strength, and avoid another crisis—is where many could use some help.

St. Anthony Hospital's cardiac and pulmonary rehabilitation programs are designed for exactly that moment. Both are medically supervised, structured programs that help guide a safer, more effective recovery, so patients feel confident about the future.

RECONDITIONING THE HEART

Cardiac rehabilitation is designed for patients who have had a heart attack, heart failure, coronary artery bypass surgery, or another major cardiac event. The program combines exercise and physical rehabilitation with comprehensive education about blood pressure, cholesterol, blood sugar, diet, stress, and managing mental health.

The program uses a variety of specialized equipment, including recumbent cross-trainers and stationary bikes, to improve aerobic capacity without overstressing the joints. Each session is "titrated," meaning the intensity and duration are increased in increments as the patient's endurance grows.

"Cardiac rehab improves cardiovascular strength, increases exercise tolerance and strengthens the heart," says Lisa Mickelson, RN, who coordinates the cardiac program at St. Anthony Hospital. "We help patients reduce risk factors by actively managing and lowering blood pressure, cholesterol, and blood sugar levels."

She also teaches and offers support for lifestyle changes such as quitting tobacco, eating a heart-healthy diet, losing weight, and managing stress.

AN INDIVIDUALIZED APPROACH

Over the course of 36 sessions, people participate in an exercise program to strengthen the heart while also learning how to build lasting habits.

"It is rewarding to see patients transition from a critical event to active recovery, becoming more independent and reclaiming confidence," says Jennifer Peterson, RN, BSN, ACM-RN, patient flow manager at St. Anthony Hospital. "Patients may transition from requiring total assistance to being able to do things on their own again."

That transformation is the result of a deliberate, personalized approach.

"The rehabilitation program provides a very personal approach to recovery," Jennifer says. "Cardiac rehabilitation leads to better recovery outcomes and reinforces healthy lifestyle changes for improved overall health."

The setting reinforces that philosophy. No more than two patients attend any session, which means there are more one-on-one interactions in a friendly environment.

BREATHING EASIER

Recovery is most effective when it is guided by a dedicated support system. At St. Anthony Hospital, Robert Maranville, BSHA, RRT, leads a pulmonary rehabilitation program that serves as a bridge between the hospital and a patient's daily life. His role is to offer the clinical monitoring and practical education necessary for patients to safely increase their activity levels and take ownership of their long-term respiratory wellness.

"A structured rehab program provides expert guidance, continuous monitoring, and a safe environment that greatly reduces the risk of setbacks or complications," Robert says. "Recovering on your own can be overwhelming and sometimes unsafe."

IMPROVING QUALITY OF LIFE

That education piece matters more than people expect. Knowing how to recognize a warning sign, understanding what triggers a flare-up, feeling equipped rather than anxious—those things change how patients move through the world after they leave the program.

Jennifer, who works across both programs in her role managing patient flow, puts the shared mission simply:

"The cardiopulmonary rehabilitation programs help strengthen individuals and improve their quality of life."

For anyone hesitant to take that first step, Robert keeps it simple.

"You'll be surrounded by a caring, encouraging team who cheers for every small victory," he says. "Many patients tell us they wish they had started sooner."

TAKE THE NEXT STEP

Rehabilitation programs require a physician referral. If you have experienced a cardiac event or live with a chronic lung condition, it's worth a conversation with your doctor. St. Anthony Hospital serves Pendleton and the broader Eastern Oregon region with specialized rehabilitation care close to home, without the need to travel.

Visit sahpendleton.org/provider-directory to find a St. Anthony Hospital provider.



Derek Skufca, BSHA, RRT



Who May Benefit

Cardiac rehabilitation may be right for you if you have experienced:

- Angioplasty or stenting
- Coronary artery bypass surgery
- Heart attack
- Heart failure
- Heart valve repair or replacement

Pulmonary rehabilitation may be right for you if you have:

- Uncontrolled asthma
- COPD exacerbation
- Pulmonary fibrosis or
- another chronic lung condition
- Recent serious lung infection
- Poor function (long COVID)

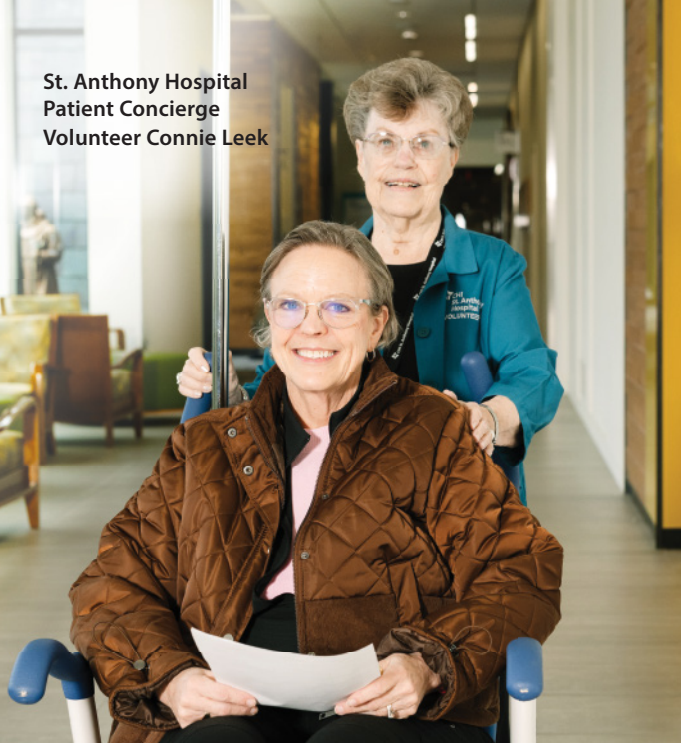
Talk with your doctor to find out if rehabilitation is appropriate for you.

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"Watching someone who once felt fragile and limited walk out of our program **standing taller, breathing easier, and smiling with renewed hope—** that never gets old."

—ROBERT MARANVILLE, BSHA, RRT,
REGISTERED RESPIRATORY THERAPIST,
ST. ANTHONY HOSPITAL

St. Anthony Hospital
Patient Concierge
Volunteer Connie Leek



St. Anthony Hospital
Gift Shop Volunteer
Debbie Oliver



More Than a Helping Hand

Volunteering at St. Anthony Hospital often begins as a simple act of service, but for many, it quickly evolves into a deep sense of purpose.

When Connie Leek's husband passed away, she was faced with an unfamiliar challenge: an abundance of quiet, unscheduled time. As she considered where that time might be best spent, the answer came easily. St. Anthony Hospital had cared for her family with kindness and respect during their most difficult moments, and returning as a volunteer felt like a natural way to give back. Two years later, that decision has become a major part of her routine, bringing her through the hospital doors twice a week to support the community that once supported her.

"St. Anthony Hospital wouldn't be the same without our volunteers," says Emily Smith, Director of Volunteers at St. Anthony Hospital. "They are vital in running the gift shop and providing an extra set of hands for our staff. Our patients appreciate seeing the volunteers' smiling faces, and we are so fortunate to have such a great group of people dedicate their time to our mission."

BETTER TOGETHER

The hospital currently has about 10 regular volunteers, and Emily says there is always room for more. On any given shift, Connie might set up the coffee bar, deliver mail, keep waiting areas tidy, or help a family member who has questions. She also assists patients who are being discharged as they leave the hospital.

"Many times I am helping visiting families and patients with concerns and questions they may have," she says. "St. Anthony Hospital is a special place for sure."

Connie also didn't expect to find new friendships.

"I have met so many wonderful people while volunteering," she says. "I have made some very dear friends. I consider that a bonus."

TAKE THE NEXT STEP

What started as a way to fill "extra time" became a source of connection and joy for Connie. If you are looking for a way to give back to your community, St. Anthony Hospital has a seat—or a coffee bar or a gift shop—waiting for you.

Ready to volunteer? Visit sahpendleton.org/volunteer or stop by the hospital to pick up an application. For questions or more information, call Emily Smith at 541-278-2627.

Ways You Can Serve

Volunteer opportunities at St. Anthony Hospital are varied to fit different interests and schedules:

Gift Shop

Assist visitors and staff. Shifts typically run three hours. (Current area of greatest need!)

Patient Concierge

Help transport patients by wheelchair, restock the coffee bar, and tidy waiting areas.

NODA (No One Dies Alone)

Provide a supportive presence at the bedside of patients nearing the end of life.

Special Projects

Support community events like the Festival of Trees.

Ask the Experts

St. Anthony Hospital brings specialized urology care to Pendleton—so you don't have to go far to get answers.

There are some health issues people tend to live with: a little leaking when you laugh, a bathroom trip that just doesn't feel right, or a symptom too embarrassing to bring up at a doctor's appointment. But those are exactly the kinds of things the urology team at St. Anthony Hospital wants to hear about.

Urologists are experts at treating many issues—kidney stones, urinary tract infections, prostate cancer, bladder control issues, erectile dysfunction, and more. Personalized treatment plans and minimally invasive treatments are now close to home.

Talk to your primary care provider about a urology referral if you notice symptoms, such as:

- Blood in your urine
- Trouble urinating or pain when you do
- Bladder leakage or control problems
- Erectile dysfunction

These symptoms are common, and they're treatable.

"Being taken care of locally is more affordable and more convenient—especially when you're in recovery," says Katy Norton, MHA, Pendleton Market Director of Provider Services. "Don't wait to seek care."

Visit sahpendleton.org/services/additional-services/urology to get to know the services offered at St. Anthony Hospital's urology department.

Don't Sweat It!

A summer safety checklist for kids can set parents up for success.

Summer is full of big moments: pool days, road trips and late nights. But big moments can quickly get derailed by the heat, too much sun and other summer pitfalls.



Teri Rosselle, FNP

"The key is prevention," says Teri Rosselle, FNP, a family nurse practitioner at St. Anthony Hospital's Children's Clinic. "Keep kids well-hydrated and closely supervised around all water—no matter how shallow—and choose play areas appropriate for their age and skill level."

❑ AVOID HOT CAR DANGERS

Even on a mild 70-degree day, the inside of a parked car can reach dangerous temperatures within minutes. Cracking a window doesn't help much.

"Children's bodies heat up three to five times faster than adults, and heatstroke can set in quickly," Rosselle says. "Before locking up, make it a habit to check the back seat—every time. And keep cars locked when not in use. Children can climb in while playing and become trapped."

❑ APPLY MORE THAN SUNSCREEN

The American Academy of Pediatrics recommends broad-spectrum SPF 15–50 sunscreen, reapplied every two hours.

"Although a good start, sunscreen alone isn't enough," Rosselle says. "Seek shade and have your child wear a hat and protective clothing during peak hours of 10 a.m. to 4 p.m."

❑ SCHEDULE A WELL-CHILD VISIT

"A back-to-school physical ensures your child is healthy and ready to learn," Rosselle says. "We review immunizations, growth, mental health, asthma management, and fitness for sports clearance."

No matter the season, your child can get care for bumps, bruises, and the year ahead at St. Anthony Hospital's Children's Clinic. For an appointment or more information, call 541-966-0535.





A member of CommonsSpirit

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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.

Staff Spotlight: Christina Paz

A Recipe for Kindness

Christina Paz brings her passion for baking and cooking, as well as a friendly smile, to work every day.

The Blue Mountain Café, located on the ground floor of St. Anthony Hospital, serves breakfast and lunch on weekdays. Christina, Café Cashier in Food/Nutritional Services at St. Anthony Hospital, runs the register, makes sure convenient items are fully stocked, takes orders, makes delicious personal pizzas, and serves food to customers.

As Café Cashier, she also has the opportunity to offer a moment of everyday kindness in a potentially stressful environment.

"I don't have a lot of patient connections and interact more with family members who come down to the cafe," she says. "A friendly smile can help someone dealing with a difficult situation."

LOCAL FAVORITE

Christina grew up in Pilot Rock but moved away after graduating high school. Back in the area and eight months into her role, the former stay-at-home mom enjoys interacting with customers and coworkers.

"Our kitchen crew all get along and work well together," Christina says. "It makes for a fun environment."

That sense of team showed up from day one.

"Everyone has been very nice and welcoming," she says. "The overall work environment is what stands out most."

Interested in joining the St. Anthony Hospital team? To explore current openings, visit sahpendleton.org/careers.

DEMENTIA CAREGIVERS SUPPORT GROUP

Share thoughts, ideas, concerns, questions, and coping strategies in a nonjudgmental and caring atmosphere.

2nd & 4th Mondays of each month

10–11:30 a.m.

St. Anthony Hospital Conference Rooms 1 & 2

2801 St. Anthony Way in Pendleton

Drop in—no registration required.

VIRTUAL OPTION AVAILABLE

Email janet.mcfarlane@commonspirit.org for meeting information. Questions? Call 541-966-2211.

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"From admitting to the completion of my stress test, I was treated with the utmost courtesy and kindness.

The staff's attention to both my comfort and safety was incredibly reassuring."

—J.M., ST. ANTHONY HOSPITAL PATIENT