

New Spin on Sand Dollar Auction Features Oregon Wines

Generous donors have provided many unique items for Rinehart Clinic's Sand Dollar Auction on August 6th. This premier local fundraiser only seats 120 people under the big tents. New features at the Sand Dollar Auction this year include Oregon wine tastings from various vineyards and special opportunities to "spin and win" bottles of wine. The event tickets, including wine tasting, hors d'oeuvres, and elegant four-course dinner, are \$95.00 per person.

Auction items are posted on-line with photos and a description. Preview the items available at the Silent Auction <http://auctions.mboffin.net/rinehartclinic/The Auction> will feature a multitude of tickets to cultural events, plays, concerts, museums and more; gift certificates and "experience packages", including special localvore dinners at private area homes, fishing and crabbing expeditions; cooking classes and a canoe; jewelry, wine, chocolates, spices,

artwork and many one-of-a-kind collectibles, including a set of ten photographic prints of early American Indians — unique both for its subjects and photographic process — a true collector's item! Coin collectors, take note that another special auction item will be commemorative silver ingots given to Dr. Rinehart. Watch the website for more information about the many unique items that are added daily to the Auction list.

For information on purchasing tickets (if available), becoming a sponsor, or making a donation for the auction, contact board member Camy VonSeggern at 503-368-4599 or at camyfam@nehalem.tel.net or board member Gail Young at 503-368-5248 or at gailmyoung@mac.com, or go to the Clinic's website.

Hats Off for 2011 Expressions of Hope

Call for Entries -- The 5th annual "Expressions of Hope" Silent Auction and Art Sale will be October 15th and 16th at Art Space in Bay City. "Similar to last year's decorated bras, this year we would like survivors, or friends and family of those touched by breast cancer, or anyone in the community to decorate themed hats," said Breast Health Coordinator Suzie Whalen. In addition to the decorated hats, the Expressions of Hope will also include artwork in various mediums by survivors or friends, family, or anyone in the community that would like to donate to this worthy cause, and it will be for sale with all proceeds to benefit the Tillamook Breast Health Coalition.

Hats become an important part of many breast cancer survivors' wardrobes as one of the side effects of chemo treatments is hair loss. "We are looking for soft, wearable hats as well as fun, whimsical, breast-health theme hats," said Whalen. Hats and artwork must be brought to Art Space in Bay City on October 14 from noon to 4 pm.

The broader exhibit will include survivors' stories and photos, and artwork by breast cancer survivors, friends and family. The exhibit spotlights the creativity of those who have been personally affected by breast cancer, and is designed to convey the experience in images and words to foster education

about breast cancer, and to celebrate expressions of recovery, strength, hope, coping and healing.

All proceeds for this event will benefit the Tillamook Breast Health Coalition which goes directly to local area breast cancer patients to assist with co-pays, medications, housing, gas for travel to treatments, food and other "extras" not covered by insurance. "With our resources, we act as a patient navigator, helping them to find the treatments and things they need," said Whalen. "Also, providing support and guidance." The Tillamook Breast Health Coalition from April, 2010 through March 2011 provided education and outreach to 1,255 patients.

The Expressions of Hope event is sponsored by the Samuel S. Johnson Foundation. Bids can be made on the Silent Auction items throughout the show, opening on Saturday October 15th from 9 am to 4 pm and Sunday, October 16th from 9 am to 2 pm, prior to the reception at Art Space. The Expressions of Hope Art Show Reception, sponsored by Bank of Astoria/Manzanita Branch, and Silent Auction will be held on Sunday, October 16th from 2 to 4 pm.

For more information, please contact Suzie Whalen, Breast Health Coordinator at 503-368-5182 ext. 111. To keep updated on Breast Health Awareness in Tillamook County, friend us on Facebook at Tillamook-Breast Health-Coalition.



Message from the CEO Thinking Strategically

by Ellen Boggs, Chief Executive Officer

Every May, the Board of Directors and Administrative Team of The Rinehart Clinic come together to reflect on the past year and to look forward, setting realistic goals and the direction of The Clinic in response to the shifting topography. The forecast for continued slow economic

recovery, the continued concern of health care funding, and the rising cost of health insurance have all of us concerned, not just at our clinic but throughout the county, state and beyond.

Our focus must be The Rinehart Clinic. To address the changing landscape, the Board of Directors and Administrative Team identified three immediate goals for the strategic plan in the coming year.

- Succession planning for the Medical Director.
- Financial health of The Clinic.
- Marketing and public relations.

Succession planning for the Medical Director is no easy task. How can we ever find another Dr. Rinehart? Dr. Rinehart is not going anywhere soon, he has said many times; as long as he is living here, he will continue to work in some capacity at The Clinic and nursing home, and we are counting on that. But it is time to be realistic and to look for a highly qualified, knowledgeable, skilled, friendly, salt-of-the-earth, caring and compassionate, community-centered, (did I say friendly?), mission-based physician who can start at The Clinic now and move into the leadership role in the future. Our search is starting now because we know that person will have big shoes to fill.

The second goal is The Clinic’s financial health, and this will always be a goal. It is our responsibility to continue to be fiscally responsible — searching for cost saving measures to

reduce expenses without sacrificing the high quality of care, investigating income-producing programs, building a solid reserve of funds and implementing a productivity plan for providers and staff. We will continue aggressive grant seeking opportunities. Money is tight, and we are making every penny count.

Our final goal is clinic marketing. With the assistance of the Meyer Memorial Trust, funding was secured to create a new position for a Fund Development/Volunteer Coordinator. We are just completing our first year of the position, which means we are able to reach out to the larger Nehalem Bay community by producing focused and timely news releases, increasing visibility, re-inventing the “Hartlines” and updating the website (still in progress.) The Board of Directors has “taken the pulse” of the community with a perception survey of The Clinic. A large portion of the community believes we are a “free clinic” and that payment is not required. We need to clear up that myth. The Clinic is *not* a free clinic providing charity care. The Clinic provides very high quality care to the whole community, and we accept most insurance. No one is turned away because of inability to pay; we assist people in applying for the sliding fee scale based on their income, and they pay what they can. In no way is care compromised. The quality of care is outstanding at The Rinehart Clinic, maybe even better than some other places, because of our personalized care. Our patients are the center of everything we do.

The Rinehart Clinic is doing good things for all the right reasons. We are fortunate to have a dedicated staff and supporters who understand the necessity for our community to have quality healthcare, and we are exceedingly grateful for that support. Thank you for believing in us.

Crab Derby Returns to Benefit Clinic

Special thanks to all the sponsors and attendees, and especially event hosts Kelly and Janice Laviolette, Brighton Marina and Shirley Laviolette, Jetty Fishery for supporting the 2011 Crab Derby on June 10th and 11th. The event raised about \$4,000 for the Clinic and helps us to provide quality health care to everyone in our community regardless of their ability to pay. “Thank you” -- two small words with big meaning.

Your Community Health Center Joins In Community Activities



“Captain” Rinehart and crew all decked out for the Manzanita 4th of July parade -- Clinic employees handed out band-aids to parade watchers.

A "Few" Words from Doc . . .

It's Saturday, June 11, 2011. I'm in my 65th year toward Heaven, having lasted far longer than Dylan Thomas, who famously wrote his Poem in October, which starts " 'Twas my 30th year toward Heaven," so many years ago.

It's about 9 pm, and I'm looking out over the beautiful arc of the Pacific from 208 feet altitude, looking at the evening sky just after the sun set in the west. A few skinny grey-black clouds punctuate the heavens, as a three-quarter moon rises over the darkening Coast Range, and an orange-brown elk browses in the afterglow of the setting sun just below our drive.

What a day it has been! After completing last week's paperwork early this morning, I went to the clinic and saw three remarkable people, three people struggling and dealing with life's adversities, and thinking it is such an honor it is to be a part of their lives, how privileged I am to be able to contribute a small part to their existence.


Then I spent about an hour at the nursing home, the Nehalem Valley Care Center. (The only nursing home in Tillamook County.) Here we see what lies in store for us. The elderly. Those of us who have lasted beyond our prime. Yet they maintain a dignity that is exemplary despite their suffering. Through loss of independence they persevere, holding on to what they can, not in a grasping manner, but with dignity, and humor. Many greet me before I greet them. "Good morning Doc," Al (not his real name, but he is a very real person) greets me with a broad smile and a wave. "I'm doing pretty well today," he adds.

Later, I went down to the Crab Derby at Kelly's Marina for a spell, then headed home to check my two bee hives, (no stings today) and set up an irrigation system for the few vegetables I managed to plant this spring. I learned to garden from my grandmother, Ella Rinehart. She had a sign in her garden, stating one is closer to God in a garden, than anywhere else on earth. Here's exactly how it went:

*The kiss of the sun for pardon,
The song of the birds for mirth.
One is closer to God's heart in a garden,
Than anywhere else on earth.*

As a teenager, I spent many a summer day pulling weeds from Grandmother's garden. Before going to work, she would give me breakfast that always included hot chocolate. The cocoa was served in a cup on which was inscribed, "Don't look at your hill, climb it." I read now how some lucky children in our community are going to Seattle in the summer to learn to think positive thoughts, and I think how lucky I was to have a grandmother who instilled such thoughts in me at an early age. These children going to Seattle are sponsored by the Mudd-Nick Foundation. What a difference they are making. It really does take a community to raise children these days. **Thanks Mudd-Nick!**

I saw a patient this morning who called me at home (my number is in the book) about 7 am. He had a really bad toothache, needed to be seen, but had no gas to get from Nehalem to Wheeler. I keep some gas on hand for our generator, so I took him two five-gallon cans on my way to Wheeler. Once gassed up, he came to the clinic and we dealt with the toothache. There are six in his family. Their income is \$700 a month. He is not able to work because of disabling arthritis. Their rent is \$610.00 a month. They get some food stamps and utilize the food bank for food. That leaves no money for gas. They cannot pay their utility bills, and depend on CARE Inc. for assistance with this expense. How do these folks cope? I am repeatedly amazed at their perseverance. I think to myself, "If I were in their shoes, what would I do?" The answer I get, I'm afraid, is "I don't know what I would do. I would be devastated."



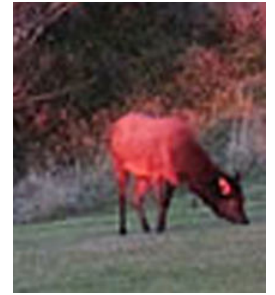
*EXTRA garden produce?
Or, grow a row for the hungry. Bring garden produce or any canned food donations to the North County Food Bank, located at the Nehalem Bay Health District across from The Rinehart Clinic, on Tuesday mornings from 9 am to noon, for distribution that afternoon.*

Now listen to this: During his visit, this same patient told me that **he and his family are helping some families even more destitute than they are!** Here is what they do: They share their food with others who have less, as they have fewer family members and, therefore, less assistance. "Good grief," I say to myself. I'm thinking I'm a good guy because I give him ten gallons of gas, a quantity that represents a minuscule portion of my assets, and he's giving away a good tenth of his! When he gets Social Security, he intends to do more. I'm telling you, I am humbled by the goodness and generosity in the hearts of our patients.

So how did we get into this situation, where those too ill to work are destitute, and those of us blessed with health and education are able to prosper? Is this the American way? Apparently. Does it have to remain this way? I don't think so. Not if you and I have anything to say about it. Not in our backyard.

Why is it that Tillamook County, Oregon, has the highest teen suicide rate in the state, and the overall suicide rate for Oregon is one of the highest in the nation? These statistics are very disturbing to me. I grew up in this county, and I'm ashamed of the dismal life many of my friends and neighbors lead.

(CONTINUED ... Page 4)



Doc's Words – Continued ...

Here are some of the things The Rinehart Clinic is doing to deal with the deplorable health of our community:

As of June 1, 2011, The Rinehart Clinic is Pharma Free. This means we no longer allow pharmaceutical representatives (read “drug reps”) in the clinic. I’ve been thinking about this for some time, but didn’t see the importance. Then, at the Spring meeting of the Oregon Academy of Family Physicians in April, I attended a presentation during which it became clear that solid research has shown we providers, no matter how certain we are that we are not being unduly influenced by the pharmaceutical companies who come into your clinic, bring lunch for the entire staff, and leave free samples, we *are* being influenced. We prescribe more brand name drugs, which are more expensive, and in virtually all cases no better than generics already on the market. So we gave them the boot.

Unlike many clinics, we don’t anticipate suffering from the loss of the free samples. Our own Loretta Woodward, Queen of the Drug Assistance Program, is bringing in between \$60,000 and \$80,000 worth of free drugs to our patients every single month! And, for those few essential drugs difficult to obtain, the loss of which may endanger the health or life of one of our patients, we are accepting donations directed toward their purchase. And, the community may rest assured no providers at the Rinehart Clinic will choose a drug based on slick marketing techniques.

Sometimes the drug reps would bring a “consultant.” Not uncommonly it was a very well-respected professor. These sessions were educational, if biased; after all, the prof was on their “speaker bureau,” and probably pulled down several hundred dollars to spend 45 minutes with our staff. So we don’t fall behind, we are meeting once a month, reviewing two pharmacy periodicals, and have invited the new pharmacists from Nehalem Bay Pharmacy to join us. The periodicals are peer-reviewed, and somewhat conservative.

Here’s some very special news: Last month, the entire clinic participated in a very special training, called **START**, sponsored by the Oregon Department of Health. We learned exactly what to do to discover which of our pre-school children, starting at 9 months of age, are falling behind in their developmental milestones. This screening has come a long way from when I first learned to do it as a medical student in 1970. Now with great accuracy we can identify the 25% of children who with a little bit of extra help will be able to graduate high school. We will initially screen children at 9 months and 15 months of age using the ASQ tool. At ages 18 and 24 months, we will be screening for autism using the CHAT-M tool. At 36 months, or anytime a parent notes concern, developmental screening will resume. Why is a health clinic interested in education? The answer is one’s health is more dependent on educational level than any other variable, including access. Who would have thought? If we are to make a long-term difference in the health of our community, we must start with our children’s education.



Pioneer in Pain Award

Do any of you remember the hub-bub around my treating patients with chronic pain seven years ago? Some community members would have tarred and feathered me, then planted me on the mud flats at low tide. The fact is one in five Americans suffer from chronic pain. Chronic pain is not like acute pain, which is the pain of a paper cut, or a burn. Chronic pain is the pain that lasts long after the injury due to the development of abnormal processing of signals from the previously injured part; long after it has healed, the person remains in pain. I have continued to treat patients with chronic severe pain, with the backing of the Oregon Board of Medical Examiners, whose Executive and Medical Directors visited our clinic back then and stated our policies and procedures were appropriate.

This year at the annual meeting of the Oregon Pain Society in Eugene on September 30th I will be accepting the **Pioneer in Pain Award**. Now this is a big deal, and I am honored and humbled. I have sat in the audience for many years and watched people whom I highly respected receive this award, and never once thought I would even be considered. It was your support that allowed me to persevere in the face of serious adversity as I was being reported to the Board of Medical Examiners over and over for my care of those in our community with severe chronic pain. I will be accepting this award on your behalf, on behalf of the community that supports the delivery of care to all our community members no matter their financial circumstances, **nor their diagnoses! Yes, we will not discriminate based on diagnosis!** How odd and ironic it is that this last statement bears proclaiming.

Three years ago, I took a day-long training in Seattle so I could be certified by the Drug Enforcement Agency (DEA) to treat those with addictions to heroin and other opioids using the novel drug Suboxone. Suboxone contains two drugs; one blocks opioid receptors so that if an addict were to use heroin or pain pills, they would get no effect. The second one causes immediate and severe withdrawal if the addict decides to inject it. We are now treating 100 persons so addicted. This is the maximum allowed under Federal Statute, or we would be treating more, as we have a waiting list of fifteen persons. We’ll get to them. You support our efforts to treat these persons who are working very hard to turn their lives around. Over 90% of them are successful in doing so with the help of our program. I want to tell you how rewarding it is for our entire staff to be involved in the treatment of these persons. They are absolutely inspiring. Despite all odds, these people are succeeding. Many of them have been in prison. They are now clean and sober, working, caring for their children, and are intent on never succumbing to addiction again. Some are on our sliding fee scale. Your support makes it possible for them to stay clean. I thank you. They thank you.

(CONTINUED ... Page 5)

Doc's Words – Continued ...

We haven't heard the last of these issues, and for good reason. Here's the very bad news; The number of inadvertent deaths from recreational use of opioids is now almost equal to the number of traffic deaths annually in the State of Oregon. Last Wednesday I spent 2 hours being interviewed by investigative reporter, Samantha Swindler, from the Headlight Herald. Here is what she told me; Despite our best efforts to vet the patients whom we treat for chronic pain, there are still those who believe the Rinehart Clinic is a place where persons posing as legitimate pain patients can obtain pain pills which are then sold, or traded for other drugs. I ask myself, "Could this be true?" Could it be that despite the Criminal Background Checks, reviewing prior records, the Urine Drug Screens, extensive face-to-face evaluations, and the use of Risk Prediction Tools, there are still a few rotten apples sneaking into the barrel? Well, I would be naïve to think we could eliminate 100% of the criminal activity out there, so I'm sure that from time-to-time I do prescribe to someone who misuses their prescription. The vast majority of the patients for whom we prescribe use their medications as directed, and find their lives enhanced because they have some relief from pain. Should I stop prescribing pain medications all together? Should we stop driving?

What's the answer to this dilemma? We're the only clinic in the state with our own account with the State Police to handle the extensive number of criminal background checks we do. Our patients with chronic pain sign a release stating they understand if we suspect them of criminal behavior we will promptly report them to law enforcement, and we do. I feel strongly if we are going to prescribe medications which have a potential for harm we need to take on the added responsibility of protecting the community at large from diverted drugs. The answer, it seems to me, is to maintain vigilance after prescribing through the use of follow-up visits at which time we do pill counts and urine drug screens, and have a zero tolerance for any variation from the expected results.

We're not going to stop driving, but we can drive more safely. Likewise, we can continue to work diligently on practicing medicine more safely, particularly when it comes to the prescription of pain medications which have a potential for abuse. Practicing medicine is not for sissies, or those with very low risk tolerance. Tough choices confront us regularly. I think we're getting better with time and experience. I invite anyone with constructive criticism regarding this and other issues regarding the Rinehart Clinic to contact me personally. Your input is valuable and will be taken very seriously.

High tide has come and gone several times as I was composing this letter to you. The heron has dived many a time. The Great Blues have a nest up Neahkahnie Creek. It's a giant ugly thing, 60 feet above the ground in the top of a dead tree, sticks protruding randomly, but here they rear their young, year after year. "Good things happening today were well-planned 20 years ago," I read once. I figure I've got another 20 good years left in me. How about you? We've got some real problems here in paradise, problems arising from poverty and lack of education. I hope you join me in supporting all those in our community who work so hard through the non-profits to make sure in twenty years we can all look back and say, "Look at the good things happening today! We planned it that way." I expect you to, as you have so generously done for the last 15 years. I thank you. The community thanks you.

Very Sincerely, Harry H. Rinehart, MD



Every Donation Counts ... Rinehart Clinic Wish List

Your donations to The Rinehart Clinic help us to provide health care to everyone in the community. In 2010, the Rinehart Clinic provided \$500,000 in free and reduced cost health care to our patients. That's a valuable contribution to the fabric of our community. Contributions to "The General Fund" help cover this expense.

There are always needs that arise that will improve the types of treatment and care of patients that we can provide. If you're interested in funding these specific needs, please call Laura Swanson or Ellen Boggs at 503-368-5182, or use the gift envelope in this newsletter.

A portable diagnostic ultrasound device and training – \$10,000. Ultrasound is used to guide joint injections, and check bladders for overfilling, which if it happens even once usually results in a bladder catheter for life, an all too common occurrence in our elderly with dementia at the Care Center, who cannot tell us of their predicament. A bladder is a terrible thing to waste.

There is a great need for a state-of-the-art **portable polysomnogram device -- \$2,500.** A polysomnogram is the procedure necessary to diagnose Sleep Apnea, a growing problem as we become more obese. Sleep apnea leads to daytime fatigue, poor school and job performance, more obesity, depression, headaches and early death from heart attacks. That's not much more than the cost of a full polysomnogram in a sleep lab. The device comes with a DVD, instructing the patients how to hook themselves up at home, thus sleep in their own bed. This would save our patients and their insurance companies a lot of money, but it would soon be a profit center for the clinic, as reimbursement from insurance is reasonable. This would also allow us to perform polysomnogram on patients who cannot afford the sleep lab's hefty charges.

Wireless, hand-held radios -- \$2,500. To equip providers and medical assistants to provide better, more responsive attention to patients and patient needs.

New Board Member – Becky Smith

The Rinehart Clinic’s newest board member has lived in the area since the age of 3. Becky Smith was born in Seaside, lived in Arch Cape, and then moved to Manzanita, and has lived in the area ever since. She currently lives in Bayside Gardens with her husband, Don Mackie. Becky has 7 children and 9 grandchildren with all but one, living and working in Tillamook County.

Right out of high school, Becky worked as a waitress in many restaurants in the area for 20 years. Then she began working for the school district as a classroom assistant for six years and decided to go to college. She began at TBCC and received an Oregon Transfer Degree; transferred to Western Oregon University and received her Bachelors of Science Degree in Interdisciplinary Studies in Secondary Teaching. Becky continued her education, earning a Masters Degree in History. Her first year of teaching was in Sweet Home, and since 1998, she has been a fixture at Neah-Kah-Nie, initially teaching at the Junior High, and then at the high school. She teaches a variety of classes in grades 9 – 12, such as economics, government, advance placement psychology, Senior Seminar, world history, and reading. This year, she will add geography to her class offerings.

“The Rinehart Clinic has been the main source of medical care for my large, extended family for decades,” says Becky.

Sliding Fee Scale Changes

Over one-third of the patients at The Rinehart Clinic are uninsured or under-insured, and many family incomes are at or below the Federal poverty level. The Clinic has revised its sliding fee scale after much research and review. The sliding scale will now have three tiers. The discounts are based on family size and income:

	Federal Poverty	Fee
A	0-100%	\$20.00
B	101%-150%	\$35.00
C	151%-200%	\$50.00

A family of four with a household income of \$44,700 will qualify for this sliding scale. If you are already on the sliding fee scale, when you visit the clinic, we will determine the level and your fee. Patients need to reapply for the sliding fee scale each year.

In addition to the new fee scale, we have made it easier to apply. The sliding fee scale table with all tiers and income levels is available on our website at www.rinehartclinic.org. The Rinehart Clinic’s mission is to provide quality health care to EVERYONE in our community regardless of their ability to pay. Research shows that most patients want to pay something for their health care, and the sliding fee scale provides the opportunity for our patients to have ownership in their own health care. The new sliding fee scale will take effect August 1st. If you have any questions, please contact our office at 503-368-5182.

“We have appreciated the quality care, easy access, sliding fee scale and prescription program offered by the clinic.” She continues, “The convenient location of the clinic brought us here but the quality care has kept us coming back.”

“I am excited to be a new member on the board,” she says. “As a non-profit organization, funding and meeting the needs of the patients are important issues. I hope to support current fundraising efforts as well as increasing new patients.” Becky’s goals as a board member include raising public awareness of all the services the clinic provides for the whole family, from immunizations and child development screenings to yearly physical wellness exams. “I am also want the clinic to be even more accessible to the young people I see every day,” she says.

“This community has supported my family and I for 60 years and this is an opportunity for me to return the favor with gratitude and service,” concludes Becky.



Clinic Services Available to All Ages, Any Time

There is the notion that the Clinic doesn’t see children – and given the area’s aging demographics, we do see a majority of older people, but all ages are welcome. In fact, the Clinic staff have been taking additional training to better serve families and children. The START (Screening Tools, Referral Training) program is designed to help health providers improve early detection of developmental delays. “The Clinic has focused on providing access to healthcare,” said Dr. Harry Rinehart. “Achieving that, the next vital step is outreach and education, starting with children and families.” The Clinic provides well-child check-ups, sports physicals, immunizations, and other services.

The Clinic has expanded its hours to better serve the community – open until 8 pm on Tuesdays and Thursdays and from 9 am to 5 pm on Saturdays. Walk-in patients are welcome, too. “We have a number of open appointments each day available for walk-ins,” said Ellen Boggs. “We understand that things happen, and sometimes you need to see a healthcare provider right away. Residents and visitors can come to The Rinehart Clinic for their urgent care needs, and don’t have to go to the ER in Tillamook or Seaside during our regular office hours.”

For nearly 100 years, three generations of Rinehart family physicians have cared for residents and visitors of this community, and will continue that tradition – all ages, any time.

WANTED: A Few Good Volunteers

The Rinehart Clinic could use some assistance with the upcoming Sand Dollar Auction.

If you would be available to assist with the Sand Dollar Auction and Dinner or are interested in volunteering for other Clinic events, please contact Laura Swanson, Volunteer Coordinator at 503-368-5182 ext. 176.

**Thank you to our generous donors from January - June, 2011 ...
these individuals and organizations support The Clinic's mission.
Together, we are taking care of the health of our community.**

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Harry H. Rinehart, M.D., Medical Director
Teresa Shipman, Chief Operating Officer
Michele Tremblay, Chief Financial Officer

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Hans Tonjes, Vice President
Jennifer Holm, Secretary
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Nancy Jones
Judy Lee
Peter Newman
Sue Remy
Leila Salmon
Becky Smith
Camy VonSeggern
Gail Young



Community Calendar of Events

August

National Immunization Awareness

- 6 Sand Dollar Auction & Dinner
- 10-13 Tillamook County Fair
- 19-21 Old Iron Show, Blue Heron, Tillamook
- 20 Muttzanita - Manzanita Goes to the Dogs Event
- 27 Oregon Tuna Classic, Old Mill Marina, Garibaldi

September

National Leukemia & Lymphoma, Ovarian Cancer & Prostate Cancer Awareness

- 5 Labor Day
- 6 Back to School
- 10 20th Annual Fishing Day for Kids with Disabilities, Whiskey Creek Fish Hatchery, Tillamook
- 16-17 Mudd-Nick Golf Tournament, Auction & Dinner
- 17 SOLV Great Oregon Fall Beach Clean-up
- 18-24 National Farm Safety & Health Week
- 24 Buddy Walk @The Beach, Quatat Park, Seaside
NorthCoastDownSyndrome(www.northcoastdsn.org)

October

National Breast Cancer Awareness

National Down Syndrome Awareness

- 1 Alder Creek Farm Harvest Festival
- 1-2 North Coast Seafood Festival, Tillamook Fairgrounds
- 15-16 Expressions of Hope Silent Auction & Art Sale, Art Space, Bay City

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