

NEWS from BENTON COUNTY

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County honors long-time health care advocate

Betty Johnson, of Corvallis, is the latest recipient of the Sheldon Wagner Public Health Service Award, announced in April at an annual Benton County Health Department event.

Each year the Benton County Health Department gives the Sheldon Wagner Public Health Service Award to recognize one person whose work has embodied the spirit of compassion, dedication, achievement and commitment to improving public health.

Betty Johnson has worked tirelessly as a health-care advocate for more than 30 years, both professionally and personally. She began as director for the Area on Aging for Linn and Benton Social Services in 1972 advocating for senior programs. She and her husband have been called "A Perpetual Motion Machine," as she has founded six non-profit organizations and lobbied legislators.

Johnson founded and continues to be involved with the Oregon Health Action Campaign Advocacy Group coordinating more than 200 volunteers who visit elderly residents in their homes, take them grocery shopping, drive them to medical



appointments and even arrange to build wheel chair ramps for them. She has diligently worked to improve the health of her community by implementing novel programs such as Benton Hospice Services, Dial-A-Bus, Senior Meal Program and Volunteer Interfaith Caregivers. She also helped organize a group for a Medishare campaign.

The other nominee for the award was Corvallis Mayor Julie Manning, who has

spent the last 25 years at Good Samaritan Regional Medical Center in Corvallis, where she now oversees public relations, marketing and fund-raising activities for the five-hospital Samaritan Health Services system. As mayor of the city of Corvallis for the past four years, she has made strong, far-reaching changes to create a culture of health in our community.

"We were pleased to be able to have two such well-respected and accomplished nominees this year," Benton County Health Department Director Mitch Anderson said. "It was a difficult decision in many respects for the committee that named the award winner, but they are both such fantastic health advocates. We are proud of the way our community members rally in support of improving community health."

The Sheldon Wagner Public Health Service Award was established in 2008 by the Public Health Planning and Advisory Committee and is named for Dr. Sheldon "Shag" Wagner, who served this area for many decades as a physician, researcher, professor, author and passionate public health advocate.

It's camping season and Salmonberry is open

Benton County invites the public to book spaces for the upcoming camping season at Salmonberry County Campground.

The campground is open for the 2014 camping season through Nov. 1. New features this season at the park include an Americans with Disabilities Act-accessible rental cabin that joins the popular ADA-accessible rental yurt. The Benton County Natural Areas and Parks Department also has implemented an online booking feature for those who wish to make their reservations at the campground with the click of a mouse. To learn more about the park or to reserve a space, those interested can go online to <http://www.co.benton.or.us/parks/>.



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Benton County Sheriff's Office offers annual Citizens' Academy

"I was impressed by all of the things that BCSO does..."

"I am very happy I made the time for this program."

"This has been an awesome experience. Thank you!"

- Participants in the 2013 BCSO Citizens' Academy

The Benton County Sheriff's Office Citizens' Academy is an annual program that gives residents insight into the operations and challenges of their Sheriff's Office. Applications are being accepted for the 2014 Citizens' Academy, which is free and open to all Benton County residents.

The program runs for 10 sessions. It meets Tuesday evenings from 6:30 to 9:30 p.m. each week from Sept. 2 through Oct. 21. Two Saturday sessions are scheduled from 8:30 a.m. to 2:30 p.m. on Sept. 13 and Oct. 11.

Most classes are taught at the Law Enforcement Center, 180 NW 5th St., in Corvallis.

"We hope residents will take this opportunity to learn more about what their Sheriff's Office does," Sheriff Scott Jackson said. "The class fills up quickly, so we encourage interested individuals to get their applications in early."

Applications are available online at www.co.benton.or.us/sheriff or from the Law Enforcement Center. Deadline for applications is Aug. 15.

For more information, check out the Benton County Sheriff's Office website at www.co.benton.or.us/sheriff or call 541-766-6858.



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Benton County back on top of health rankings

Benton County has regained its position at the top of the state this year, again being ranked Oregon's healthiest county in a state-by-state study to promote public health by the Robert Wood Johnson Foundation.

Benton County slipped to second last year after three consecutive years on top. Last year Grant County in Eastern Oregon made a leap from No. 7 to No. 1 for the first time to overtake the perennial frontrunner. This year, Benton County ranked first in both Health Outcomes (length and quality of life) and Health Factors (which includes health behaviors, clinical care, social and economic factors and physical environment rankings) categories. Though Benton County has been in the top two each year the results have been released, there still is considerable room for improvement in some important health areas.

The Physical Environment measures in the report show some worrisome facts. Benton County is among the top three counties with severe housing problems, with 22 percent of the population experiencing at least one of the four housing problems: overcrowding, high housing costs, and lack of kitchen and plumbing facilities. This is a new measure for 2014 and was included because research shows that safe, affordable housing directly correlates with better health.

"While it definitely is a feather in our cap to be back on top of the state's county-by-county health rankings, we learned a lot from last year's drop to second and it reiterated for us that we must continue addressing the issues that need to be faced as a community," Benton County Health Department Director Mitch Anderson said. "Some of the statistics within our own ranking affirm that even though we enjoy living in a healthy county, there are areas

for improvement."

The County Health Rankings are published annually by the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute. The reports compare counties within each state for overall health and performance on specific health factors compared to national benchmarks. Released nationwide, the reports demonstrate the important role that education, jobs, income and the environment play in the health and lifespan of Benton County residents.

The Benton County Health Department has continued seeking ways to improve community health even while the county has enjoyed the highest rankings in the state. Health Department staff, led by the county's epidemiologist, prepared a Community Health Assessment that analyzed more health factors than those included in the rankings report. Then, staff members worked with community stakeholders to create a comprehensive 5-year Community Health Improvement Plan to address opportunities for improvement.

"This report affirms what the research tells us; namely that it takes a community effort to maintain our ranking and improve health," Anderson said. "Even though this is an affluent county, there are too many situations where adequate housing and access to healthy foods are problems for people. No government or private program can take the place of people making healthy choices for themselves, but we can do more to make sure everyone in Benton County has the ability to make healthy choices for themselves and their families."

For instance, even though Benton County on the whole is economically more stable than much of the state, many families face challenges associated with

low-wage work, food insecurity, high childcare costs and high housing costs. These challenges impact individual and family health and well-being. Specific health outcomes identified as challenges for Benton County by the County Health Rankings include low birth-weight; limited access to healthy food; excessive drinking of alcohol; reduced air quality; and high percentage of fast-food restaurants.

The County Health Rankings report on the overall health of nearly every county in all 50 states, using standard methods to measure how healthy people are and how long they live. County health officials currently are comparing data from previous reports to spot trends that may have contributed to the change in rankings beyond the areas where focus already is being placed through the Community Health Improvement Plan.

The rankings - available at www.countyhealthrankings.org - include a snapshot of each Oregon county with a color-coded map comparing each county's overall health ranking. Researchers used five measures to assess the level of overall health - or "health outcomes" - for Oregon by county. These include the rate of people dying before age 75; the percent of people

who report being in fair or poor health; the numbers of days people report being in poor physical and poor mental health; and the rate of low-birth weight infants.

Benton County's Community Health Assessment and Community Health Improvement Plan are available online at http://www.co.benton.or.us/health/public_health/health_assessment.php.



Partnership leads to dental health outreach in Alsea

Alsea-area children and adults will have access to comprehensive dental services in their community starting June 19, thanks to a partnership between the Community Health Centers and Alsea Rural Clinic.

The Benton County Adult Dental Prevention Outreach Program - planned for the third Thursday of each month at the Alsea Rural Clinic - will include many basic services including dental

hygiene exams, soft tissue examinations, periodontal assessments and dental cleanings. All services are provided by an Expanded Practice Dental Hygienist and Expanded Functions Dental Assistant in a patient-centered manner. Focus is placed on preventive and therapeutic dental care.

To keep fees affordable, uninsured clients pay based on a sliding scale. Fee for a visit can be as low as \$40 for an uninsured patient. Oregon Health Plan/

Medicaid (Capital Dental Care, Open Card, or Moda) also is accepted. Educational and nutritional information is provided, including tips for better oral hygiene.

Many in the community have gone without regular preventive dental care for a long time and those with chronic illness, such as diabetes, are at higher risk for gum problems. An ounce of prevention often is worth a pound of cure, and fillings, crowns and other corrective dental work can be

quite expensive, with or without insurance. Those who require services beyond the scope of those offered at the dental prevention clinics are referred to their dental provider or to the voucher program or dental van for relief of pain or more immediate corrective treatment.

To schedule an appointment, those interested can call 541-207-5875 and leave your name and contact information for the dental coordinator to reach you.

County begins Bailey Branch strategy development

Benton County is seeking public input to develop a strategy for the recently acquired Bailey Branch rail line corridor.

The Bailey Branch Management Strategy will guide current and future decision-makers regarding uses for the corridor that benefit the public. It will contain a detailed inventory of the property and identify issues as well as recommendations for potential long- and short-term uses of the corridor.

Public forums are scheduled in July in Corvallis and Monroe to hear community input that will help guide the strategy. Each meeting will start with a map gallery and early visitor conversations with those interested at 3 p.m. The presentation and meeting will begin at 6:30 p.m. Those are scheduled for the following days and locations:

- Monroe: July 8 at the Monroe Public Library, 380 North Fifth St. (Highway 99W), in Monroe; and
- Corvallis: July 10 at the Corvallis-Benton County Public Library, 645 NW Monroe Ave., in Corvallis.

To help inform strategy development by county staff, the Benton County Board of Commissioners has requested input and involvement from county residents, advisory boards and commissions. Planning and data collection has commenced and a draft strategy is expected for public review and comment in July. Public input meetings will be scheduled for this summer. The Board of Commissioners is expected to adopt a strategy by August.



Comment from members of the public is welcomed at all stages of the process. It can be submitted to the Benton County Board of Commissioners, ATTN: Rick Osborn, 205 NW Fifth St., Corvallis, OR 97330. Comments also can be submitted by email to rick.osborn@co.benton.or.us.

A website about the strategy development - complete with updated PDFs of pertinent documents, contact information to submit comments and a sign-up for an electronic newsletter on this topic - is available at http://www.co.benton.or.us/boc/bailey_branch.php.

County is serving Monroe community health needs

Living in a rural setting has its challenges, but access to quality health care isn't one of them for residents of Monroe, population 680, in south Benton County.

Monroe and the surrounding community have been served by the Monroe Health Center since 2004, which operated as a school-based health center before that. Located next to Monroe Grade School, Monroe Health Center offers excellent and affordable care for everyone, including adult and well-child check-ups, acute care, chronic disease management, women's health, osteopathic manual treatment, family planning, dental care, pharmacy services and, coming soon, mental health services.

What makes the center unique is that no one is turned away, said Medical Assistant Lori Diaz, who has worked at the center since it opened. Even though many private or group medical practices are closed to patients with certain insurance plans or don't take new patients, the Monroe Health Center serves everyone regardless of insurance coverage.

Having a primary care provider has made a real difference in the lives of patients like Flor Carrillo, who suffers from diabetes. She feels a connection with the staff from the moment she walks in the front door.

"They really know you," Carrillo said. "They make you feel like family."

Carrillo said she can ask about anything, and her doctor takes the time to answer her questions. She's learned how to manage her diabetes, and has been able to reduce her medication after making lifestyle changes recommended by her care team.

"It's made a huge difference for me," Carrillo said.

The Health Center maintains close ties with Monroe schools. Clinic staff members meet with educators about health concerns, and community pride is on display as patients are greeted by the "This is Monroe Dragon Country" sign on the front door.

Patient Janece Cook, who serves on the Health Center's Board of Directors, is

also one of the coordinators of Monroe's annual community health fair. The Health Center joins with other agencies and organizations to provide screenings and education each spring. Being part of a close-knit



community enables Monroe Health Center to become deeply involved in patient care.

Medical Assistant Diaz recalled how the Monroe Health Center team was able to convince a patient without insurance who had dangerously low platelet counts to be seen at the emergency room. She got on the phone with the hospital's billing department, in order to reassure the patient, and then arranged for follow-up care.

Another patient who was seen for a well-child check-up was referred for early intervention and special education services and is now thriving because of the involvement of her medical providers.

About one-third of Monroe Health Center's patients speak Spanish, and staff members at the center are bilingual. The center has a focus on preventive care and improving the health of rural residents.

Nutrition and lifestyle are important to physician Kyle Homertgen, D.O., who joined the Monroe Health Center in 2013. At the front desk, Dr. Homertgen posted a note reminding patients that food can be the best medicine or the slowest poison, along with a prescription for patients that reads: I accept myself unconditionally right now.

"It's a big shift for a lot of patients who were not getting the care they need," Dr. Homertgen said. "As we get to know them, we meet them where they are ... and empower them to make changes."

County seeks high school students' art

The Benton County Board of Commissioners is kicking off a student art program to engage high school students and showcase local talent.

Art instructors in each of the local high schools are invited to nominate pieces created by their students. The Board of Commissioners will select pieces from those submissions to be displayed at the Board of Commissioners Building in downtown Corvallis and at the Sunset Building in West Corvallis. Every quarter the Board of Commissioners will select three to five pieces of

art to be displayed in public areas of each facility.

Each artist will receive public recognition and a certificate of selection from the Board of Commissioners at a formal board meeting, and the selected pieces will be featured prominently on the county's website and social media pages. Those whose works are selected will receive competition entrance fee waivers to the Benton County Fair and Rodeo, should the artist choose to submit the artwork for competition at the fair.

Submissions must adhere to the following criteria:

- No larger than 36 inches by 36 inches, if a 2-dimensional medium;
- No more than 10 pounds if sculpted or other 3-dimensional medium;
- Photographic art should be matted and framed and canvas art should be at least wired for hanging;
- Politically and religiously neutral;
- No defamation of an individual or group;
- Does not violate county anti-discrimination or harassment-free workplace policies;

- Student must be in good academic standing; and
- The theme of the piece is entirely up to the artist, within the criteria above.

The goals of the program are to foster the artistic talent of our area youth and build greater ties between the county, the schools and the broader community. For more information, those interested can contact Kevin Perkins at 541-766-6800 or by email at kevin.perkins@co.benton.or.us.

Top acts to headline Benton County Fair and Rodeo



"Country Scenes and Children's Dreams" will be the theme of this year's Benton County Fair and Rodeo, which will include appearances by American Young, David Nail, The Marshall Tucker Band and even more fun for the entire family.

The event is scheduled July 30 through Aug. 2 at the Benton County Fairgrounds. Hours for the Fair are noon to 11 p.m. on Wednesday and Thursday of that week and noon to midnight on Friday and Saturday. On each day of the Fair, the exhibit buildings close at 10 p.m.

Country artists Jon Stone and Kristy Osmunson joined to form the new country duo American Young, which is more than a name; it's a movement. As artists, songsmiths, producers and entertainers, Stone and Osmunson are seasoned veterans on how music can inherently affect emotion and even culture. From the easy, almost hushed, jangly plea of "Love is War" to the driving, fiddle-laden anger of "Wasn't Gonna Drink Tonight" American Young isn't content with its audience being passive listeners.

Since his debut in 2009, David Nail has made a career out of singing songs that few artists dare to touch. After scoring his first No. 1 single with "Let it Rain," he has performed hits about break-ups ("Red Light") and failed dreams ("Turning Home") and he has owned every one of them. The Grammy-nominated artist's renewed personal life didn't come easy. Now, Nail has taken a refreshed mindset and used it to shape his trail-blazing third album. Nail cites the

spontaneous nature of cuts like the album's lead single, "Whatever She's Got," which is a favorite of Nail's wife, Catherine.

40 years and counting, The Marshall Tucker Band is going strong. Started in Spartanburg, S.C., the band signed with Capricorn Records in 1972. The band was influenced by major country acts such as Alabama, The Kentucky Headhunters, Confederate Railroad and Travis Tritt, fused with its own definitive blend of rock, rhythm and blues, jazz, country and gospel. Hit singles "Heard it in a Love Song," "Fire on the Mountain," "Can't You See," "Take the Highway" and others have earned The Marshall Tucker Band seven gold and three platinum albums. The band's music has been featured on movie soundtracks such as "Smokey and the Bandit," "Blow," "The Pursuit of D.B. Cooper," "Shipwrecked" and many others. The band is still led today by founding



THE MARSHALL TUCKER BAND

member and lead singer Doug Gray.

An annual staple at the Benton County Fair and Rodeo - and one of the acts community members come back for enthusiastically year after year - Johnny Limbo and the Lugnuts started out as a party gag in 1978 and has become one of the

disposal, on-site camp hosts, accessible restrooms and coin-operated showers (25 cents per minute, and campers should bring their own supply of quarters). The site also contains a day-use area with a boat ramp and an accessible walking trail along the river.

Cost to camp per night is \$25 for RV, \$20 for tents, \$40 for Yurt and \$50 for the cabin. Each fee includes parking for one

most popular bands to perform the classic hits from the 1950s and '60s. The Lugnuts' fame has spread beyond the Pacific Northwest, dazzling audiences from Washington state to Washington, D.C. The band emphasizes showmanship, creating a never-ending energy on stage.

Beyond the musical attractions, there will be even more family entertainment, including Oregon Magician Hart Keene, Hypnotist Extraordinaire Tammy Harris Barton, Woolbusters sheep-riding for children and an opportunity to see exotic animals and reptiles up close with Walk on the Wild Side. That non-profit organization is dedicated to helping all species of wildlife which, for various reasons, find themselves without places to live. The organization prides itself in providing education about responsible animal ownership.

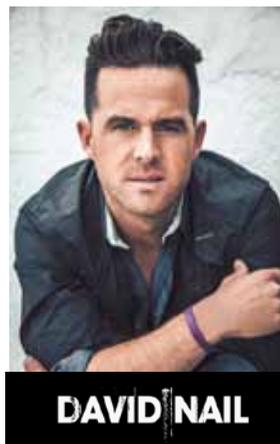
Advance tickets go on sale June 2 at Wilco Stores in Corvallis and Lebanon, as well as at the Benton County Fairgrounds Office. There will be discount days and other opportunities to save on admission. Kids' Day is Wednesday, July 30, and all children 12 and younger get in free all day. For American Heroes' Day on Thursday, July 31, seniors 65 and over as well as emergency responders, active military personnel, veterans and law enforcement personnel get in free with proper identification. For August in Motion, those who ride their bikes to the Fair for any day receive \$1 off the price of admission.

"Every year the Benton County Fair and Rodeo strives to deliver the best possible talent for our community to enjoy," Fairgrounds Manager Lonny Wunder said. "We are excited about this year's lineup, as we think it is a good addition to our tradition of family entertainment."

For more information about the Benton County Fair and Rodeo, or to order tickets, those interested can go online to <http://www.bentoncountyfair.net>.

vehicle and there is a fee of \$5 per night for each additional vehicle, but no charge for vehicles in tow. Benton County also offers a senior discount of \$3 per day for those 55 and older. Veterans receive a \$5 discount.

For more information, those interested can contact the Benton County Natural Areas and Parks Department office at 541-766-6871, or visit the Benton County website at <http://www.co.benton.or.us/parks/>.



DAVID NAIL

County seeks Teen Hosts for annual Fair and Rodeo

Benton County is seeking 20 young people in the seventh through 10th grades to make an impact in this year's Fair and Rodeo.

The Teen Host Program, in its ninth year, allows youth to volunteer for a job that provides them an opportunity to learn about the business of the fair, build leadership skills and have fun. Participants act as helpers who greet and direct guests, assist fair staff with promotions and contests and serve as informational guides.

Teen Host Program participants will serve at least three four-hour shifts during the Benton County Fair and Rodeo - scheduled July 30 through Aug. 2 - as well as complete two training sessions, from 1 to 4 p.m. on July 15 and 16 at the Fairgrounds Conference Room. Participants earn free admission to the fair for their efforts.

For more information, or to apply, those interested can contact Nancy Swain at 541-766-6088 or email nancy.swain@co.benton.or.us. Completed applications are due by June 6 and applicants will be notified of selection by June 13.

News from Benton County

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Continued from page 1 Salmonberry

Salmonberry Campground - located 6.4 miles west of Alsea off state Highway 34 on the Alsea River - is a beautiful valley camp setting perfectly located between the coast and Willamette Valley. Campers can take advantage of the campground's amenities, which include the cabin (new this year), Yurt (new last season), 15 dispersed tent sites, 13 RV sites with electrical hook-ups and trailer paved spur sites, grey water