



Mission

We improve health,
especially for the most
vulnerable, in
partnership with our
community.



Nov. 5 Virtual Celebration Raises Funds for Community Health Worker Services

Known for being an enjoyable lunch with friends, the annual Rogue Way to Health Luncheon was transformed into a virtual event this year, lead by emcee Patsy Smullin of KOB-TV NBC-5. More than \$45,000 in donations have been received so far. All proceeds from this event benefit the work of RCH Community Health Workers who help our most vulnerable community members gain access to healthcare services, food, housing, social support and many other essential resources — most recently relating to COVID-19 and local fires.

The event featured an annual report by CEO William North and a keynote presentation by Artair Rogers of Health Leads on “Steps & Tools Toward Systemic Health Equity.” It also featured stories about Community Health Workers assisting community members in need: a man living with dementia and homelessness, a single mom concerned about her legal status, and a senior citizen desiring to manage her diabetes through integrative health care. To view the complete recording of the event, visit:

roguecommunityhealth.org/events

Thank you to presenting sponsor JB Steel and all of our sponsors, featured on page three, for their generous support that made this event possible.

Providing Our Community with COVID-19 Support

Oregon Health Authority (OHA) requires that masks be worn statewide at all times except for in a few situations, such as when eating or drinking, in your vehicle or at your private residence.

With the assistance of OHA grant funding, Rogue Community Health was able to assist with COVID-19 relief efforts in August and October by distributing more than **1,300 cloth masks and hand sanitizers**. Through at least December, RCH will also provide wraparound support services to those in quarantine or isolation. Wraparound services might include delivering groceries or covering the cost of housing and other bills during the quarantine period.



Now Offering Pediatric Services

A child's first years set the foundation for lifelong learning, health and behavior. In summer 2020, we welcomed the practice of Dr. J. Alan Frierson to RCH's list of services. Dr. Frierson and Pediatric Nurse Practitioner Cheryl Pippin are well known in the valley for pediatric health care and for emphasizing the emotional health of patients. They enjoy all aspects of infant, child and adolescent healthcare including lactation

support and caring for children with Attention Deficit Disorder (ADD) and behavioral concerns. Their office is located at 1322 East McAndrews Rd. in Medford.

LGBTQ+ Support & Resources

In honor of Southern Oregon Pride Week (October 11-17), RCH created an LGBTQ+ webpage with various resources and information on how to make an appointment with affirming therapists and medical providers. LGBTQ+ individuals are more likely to suffer from depression and suicidal thoughts due to isolation, which is much higher currently due to the COVID-19 pandemic.

roguecommunityhealth.org/lgbtq

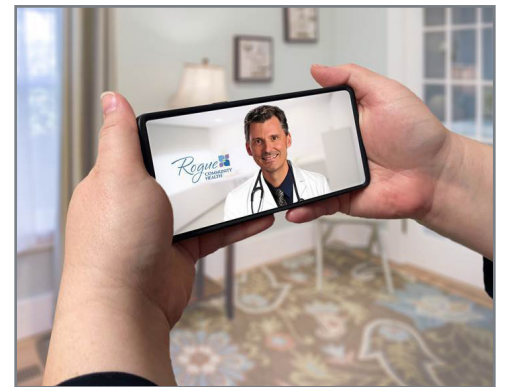


Text Messages for Better Connection

In 2020, RCH launched a new method for keeping in touch with its patients. Well Health is a text messaging system that has become increasingly useful during the surge in virtual care visits. "The ability to have two-way communication with our patients was crucial as we worked to safely provide care in the midst of this pandemic," said Terry Keesling, Chief Operations Officer. The text-based system helps with patient appointment coordination to better engage patients with their care as well as improve health outcomes.

Dental Clinic Adapts to Pandemic

Dental services hit pause in March when all Oregon dentists (along with other providers) were required to cease non-urgent care for patients until June. Staff at RCH were temporarily reassigned or went on furlough, but all were able to remain on staff. During the closure, service delivery was redesigned to meet new requirements in preparation for reopening. Many people were still able to obtain procedures on an emergency basis.



RCH Virtual Visits

The COVID-19 pandemic propelled patients and providers to quickly adopt virtual visits. In April, RCH patients began seeing a healthcare provider from the comfort of their own homes. RCH Virtual Visits can treat for common, non-acute medical conditions and also provide behavioral health counseling. It's a service that has become quite popular with patients as it increases the convenience and ease of receiving care, particularly for those without access to transportation. It doesn't meet all needs, however, so some patients still see their provider in-person.

Wildfire Resource Assistance

During and after the local fires that ravaged the Rogue Valley, Rogue Community Health assisted with community resource navigation, virtual medical visits, emotional support from licensed behavioral health clinicians and OHP eligibility assistance. A fund has also been set up at Rogue Community Health to assist our employees who experienced losses during the September 8 wildfire. Fellow employees and community members donated to the fund.

Pharmacy Modifies Services

RCH pharmacies in Medford and White City offer multiple services to make obtaining prescriptions easier during a time of social distancing. Some of the new services include:

- Refill prescriptions and set reminders on the PocketRx app: rchpharmacy.com/mobile.
- Curbside delivery of prescriptions.
- Shipping or delivery of prescriptions to qualifying patients' homes.
- Two-way patient text messaging.
- Medication synchronization to reduce trips to the pharmacy.

According to Director of Pharmacy, Amy Baker, PharmD, these services were implemented to help patients obtain prescriptions as easily as possible during these difficult times. Sneeze-guard barriers have also been installed at each pharmacy to block virus-containing droplets from transferring between staff and patients.

Your Donation Makes a Difference

The holiday season is upon us, and so is the season of giving. The CARES Act, passed in late March, allows people to deduct \$300 for charitable contributions. Taxpayers can take this universal, above-the-line deduction whether they itemize or take the standard deduction. (A donation to a donor advised fund (DAF) does not qualify for this new deduction.) At RCH, we need the support of our donors more than ever. Cost has always been a barrier for people seeking healthcare services, and RCH helps people of all ages and backgrounds, regardless of insurance status or ability to pay. This holiday season, please consider a gift that contributes to the health of our community. To donate, call 541-890-0494 or visit roguecommunityhealth.org/donation.

A Big Thank You to Our 2020 Virtual Celebration Sponsors!

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Rogue Community Health is a tax-exempt, 501(c)(3) organization founded in 1972.
The mission of the organization is to improve health, especially for the most vulnerable, in partnership with our community.
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