

Board Volunteers *from page 3/Insider*

Lois Peters Vallerga

Community Role: Vice President of Education and Development for Cascade Health Services and Central Oregon Community Hospital (St. Charles Medical Center)
Home: Bend
Biography: Wife, mother, "dog mom," traveler (when time permits)

The crucial link between CEAHEC and host agency St. Charles Medical Center, Vallerga offers vision and an important historical perspective. She has been involved with CEAHEC since its early days and helped develop its rural family practice residency program. Vallerga, now an ex-officio advisory board member and board facilitator, serves on the legislative sub-committee and the state AHEC advisory board.

"CEAHEC provides necessary support to the region's underserved or frontier communities and an important bridge between those and the well-served communities," Vallerga says.

She adds that all of the communities face health care delivery challenges, ranging from explosive population growth and demographic changes to significant shortages of health care providers.

Linda Michaelson

Community Role: Director of Personnel/Administrative Assistant for Lake District Hospital
Home: Lakeview
Biography: Life-long Oregonian, community leader, outdoor enthusiast

Linda Michaelson is well-connected in her community, and well-versed in health care financial and personnel management.

With 14 years experience at Lake District Hospital, she offers well-honed organizational and financial skills and an intimate knowledge and love of her community. She volunteers as the chamber of commerce president, with Rotary and with the hospital auxiliary.

Michaelson says she appreciates the opportunities CEAHEC offers for discussion, mutual problem solving and political representation. She calls continuing education and health career initiatives "paramount" to the region's viability.



Susan McGough

Community Role: CEO of Mountain View Hospital District
Home: Madras
Biography: Wife, native Texan, outdoor enthusiast

Susan McGough started out as a medical technician in a small Texas town and, over 25 years, has worked her way into health care administration. She moved to Madras a year-and-a-half ago to become Mountain View's CEO.

"I have a good understanding of small communities and how health care functions in them," McGough says.

She sees growing, finding and retaining broadly trained health care professionals as the region's greatest challenge.

Garland Brunoe

Community Role: Human Resources Director for Confederated Tribes of Warm Springs
Home: Warm Springs

Biography: Busy tribal leader and community activist — so busy we were unable to reach him for an interview!

Wendy Cuneo
Director, Center for Health & Learning and Executive Director, Cascades East AHEC
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Jennifer Valentine
Program Coordinator, CEAHEC
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Advisory Board Helps CEAHEC Scale New Heights

Individually, Cascades East AHEC's Advisory board members are outstanding people. Together, these dedicated volunteers are the force that motivates and shapes the organization's vision and programming.

Without their voices and experience, CEAHEC's mission of making health care more accessible for all people would seem nearly unattainable. The CEAHEC staff is proud to present the CEAHEC Advisory Board:



James F. Calvert, M.D.

Community Role: Director of Cascades East Family Medicine Residency Program
Home: Klamath Falls
Biography: Husband, father of two daughters, Vietnam combat veteran

Calvert, who helped launch CEAHEC at its original site in Klamath Falls, lives the realities of practicing rural medicine and the challenges of preparing students for that career. His wife, Wendy Warren, M.D., also is a Klamath Falls family practitioner. Such a grounding in reality, he says, is the most valuable gift he and other advisory board members have to offer CEAHEC.

Calvert hopes to help the center develop a more prominent voice in the region. He cites mental health access, unemployment, substance abuse, teenage pregnancy and school funding as the most pressing issues facing Klamath Falls residents.

Mathew McCoy



Community Role: Vice President for Institutional Advancement at Central Oregon Community College
Home: Bend
Biography: Husband, father of two young sons

McCoy brings expertise in the field of education, and an education of his own in law. He and his family relocated to Bend nearly five years ago, and he developed a vested interest in preserving the community's values and sense of cohesion in the face of explosive growth.

"I would like to do what I can to ensure that our region maintains its sense of community closeness and promotes healthy living for all its residents," McCoy says.

As an administrator and political science instructor at Central Oregon Community College, McCoy encounters diverse perspectives about how to do that, and hopes to relate those to CEAHEC.

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Nancie Bogardus

Community Role: Manager of Lakewood Point Assisted Living
Home: Lakeview
Biography: Wife, mother of two college-age sons, life-long Oregonian

A party to the founding of the statewide AHEC program and an original board member of CEAHEC, Nancie Bogardus has weathered many transitions and witnessed many successes. She describes herself as “tenacious.”

The successes include health careers summer camps and some alleviation of a Lakeview nursing shortage through links with the OHSU bachelor’s degree nursing program. Recently, family practice residents covered Lake District Hospital’s ER when retirements left it short of doctors.

“That allowed the remaining local doctors to take much-needed time off,” she says.

Having seen the successes, she is optimistic about the future.

“I’m really excited about the partnership with St. Charles Medical Center,” Bogardus says. “The association will add a tremendous amount of strength to what Cascades East AHEC has to offer.”

Martha Anne Dow, Ph.D.

Community Role: President of Oregon Institute of Technology
Home: Klamath Falls
Biography: Wife, mother of three, grandmother of five



Martha Anne Dow offers the advisory board both longevity of service and a broad range of skills. From higher education administration to microbiology to car restoration, Dow’s expertise contributes significantly to the board’s pool of talent and knowledge. “Board members contribute most by sharing their expertise and networking in their communities,” Dow says.

She has been an advisory board member for two years, but began serving CEAHEC eight years ago as a member of its original board of directors. Dow offers the board insight into the local business community through her experience with the Klamath Falls Chamber of Commerce.

Raised in Montana, Dow moved to Klamath Falls in 1992.

Gary Smith, M.S.W.

Community Role: Director of Deschutes County Mental Health Dept.
Home: Bend
Biography: Husband, father of two grown children, stained glass artist



Gary Smith might just as well go by the name “Mr. Oregon.” The 30-year veteran of social work has lived or strived to improve mental health promotion in 25 of the state’s 36 counties.

A good listener, Smith previously served on the Oregon Pacific AHEC Board of Directors, where he successfully expanded its scope to include behavioral health services. “One of the things I enjoy about AHECs is that they provide a place for primary care and behavioral health to come together,” Smith says.

He also supports improving the cultural literacy of health care providers, additional program quality evaluation and consumer participation in decision making.

Don Wee

Community Role: Executive Director of Pioneer Memorial Hospital
Home: Prineville
Biography: Husband, father of three, outdoor enthusiast

To Don Wee, crisis means opportunity. “I look at issues, crises or concerns from an optimistic point of view,” he says.

Wee joined the advisory board just last year to support expanded education and training for high-demand health care professionals, such as ultrasound technicians and nurses. In addition, Wee hopes to see CEAHEC promote itself. “I’m not sure the community really knows what AHEC is all about,” he says.

Wee has more than 15 years experience in rural hospital administration; 11 of them have been in Prineville.



David Harman

Community Role: Administrator of Harney District Hospital
Home: Burns
Biography: Husband, father, grandfather, Army veteran, biker

As a steering committee member for the original CEAHEC, the energetic David Harman initially understood the center’s purpose as promotion of practicing health care

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professionals. After nearly 17 years of rural hospital administration, he knows promoting rural practice to potential providers is far more important.

“We have a doctor practicing now as a direct result of the third-year medical student rural rotation program,” Harman says. That doctor’s husband also practices medicine in the Burns area, and the hospital is expecting a new doctor — a former student in residence — in 2002.

Harman also hopes to expand health careers programs and summer camps because “It’s much easier to recruit people who grew up in rural towns to practice in them.”



Carolyn Bauer

Community Role: Member of Harney District Hospital Board of Directors
Home: Burns
Biography: Wife, mother, community activist

“The diplomat” to her husband, Carolyn Bauer is a medical technologist by training and dental receptionist by work experience. But community activism is her true calling. She began supporting CEAHEC early on, and joined the community hospital board in 1987. She served through its transition in jurisdiction.

“Our situation still is tenuous,” Bauer says. “There are people who already have chosen to live here and who would like to become X-ray technicians, physician assistants or mental health therapists. But they need local degree training and education.”

She says CEAHEC is helping her isolated community “grow its own” and attract providers through the rural rotation program.

Tom Wright, E.M.T.-P.

Community Role: Firefighter/Paramedic for City of Bend Fire Department and Central Oregon Community College Paramedic Program instructor
Home: Bend

Biography: Life-long resident of central Oregon, former high school teacher

Tom Wright is a true central Oregon spirit. He moved to Bend from Redmond nearly four years ago, after spending 17 years in Madras. “I’ve traveled around the world, and I haven’t found any other place I’d rather live,” he says. “I love the mountains, the deserts and the lack of rain.”

Wright led CEAHEC health career camp workshops about E.M.T. services for three summers. He joined the

advisory board just this year. “I noticed there were no paramedics on the board,” Wright says. “If you’re providing services to a group of people, you need to have someone from that group represented.”

He hopes to help CEAHEC increase coordination between agencies and education centers in providing local training.



Dick Markwood

Community Role: Dean/Director of Central Oregon University Center
Home: Bend
Biography: True outdoor enthusiast

With less than a year of service on the advisory board under his belt, this educator is shy about what he has to offer. He represents the interests of higher education, but — and more importantly to him — he also represents CEAHEC to educators.

“My goal is to make sure that the higher education community I represent is responsive to what Cascades East AHEC is trying to accomplish,” Markwood says.

For the past seven years, Markwood has administered the 28 OHSU degree programs offered at Central Oregon University Center, including nursing. He sees the region as facing the same overall challenge as the rest of the state, although more intensely: providing all people with access to quality and appropriate medical care.

Muriel DeLaVergne-Brown, R.N.



Community Role: Clinical Program Manager for Deschutes County Health Department
Home: Bend
Biography: Wife, dog lover, life-long Oregonian

From teen pregnancy prevention to diabetes management, Muriel DeLaVergne-Brown has experience administering many of the public health programs offered in Oregon and is co-chairwoman of the Oregon HIV Care Coalition.

“I think I have a really broad base of knowledge to share,” DeLaVergne-Brown says.

She moved to Bend and the Deschutes County Health Department two years ago. DeLaVergne-Brown says one of the region’s greatest challenges is providing primary and dental health care for indigent people. She adds that cultural literacy and other training opportunities have improved access in Bend.

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