

Eye Line



COMMUNICATING MADE EASY

With your busy life, it can be hard to stay on top of your health care, even though it's important. Our online patient portal allows you to communicate with us easily and safely according to your schedule. Using your own secure password, you can log in to the online patient portal 24 hours a day, 7 days a week from the comfort and privacy of your home or office. Please follow the directions below to set up your secure patient profile, and if you have any questions call our office at 541-672-2020 and ask to speak with Debbie or Shantelle.

Directions for Web Portal:

1. Go to

www.mysecurehealthdata.com.

2. Click on **Go to Portal**.

3. The portal login page will come up. If you are a new member, your username is your email address that you gave to your physician. Type that email address in the User Name box and click **Log In**.

4. A validation email is then sent to the email address you entered with the subject: Validation of User on MySecureHealthData.com. You must click on the Validation link in this email to return to the portal and continue the registration process. You will enter your last name, first name, new password (a com-



bination of letters and numbers, at least 8 characters long), secret question, and answer to secret question. Then click **Save Changes**.

5. At this point you will be directed to your secure portal. Click on the Send Message button on the top of the portal page. In the Subject box and Message box type "yes" and click Send Message, or you may send any other type of message to our office if you have a question or a comment.

6. You are now registered for the Web Portal and are entered into our monthly drawing for a *\$25 Gift card***.**

Office Calendar

Aug. 13 - Dr. Beardsley will be in our office today.

Aug. 18 - Our office will be closed this afternoon for our monthly staff meeting.

Aug. 19 - Kelli Johnson is celebrating her work anniversary today.

Dr. Champer will be in the office today.

Aug. 26 - Dr. Karth is in our office today.

Baja-Style Chicken Skewers

Ingredients: -1/2 small white onion, finely chopped
-3 garlic cloves, minced
-1/2 tsp crushed red pepper
-1 tsp minced rosemary
-1 tsp dried Mexican oregano, crumbled
-1/4 cup extra-virgin olive oil
-2 pounds boneless, skinless chicken thighs, cut into 1 1/2 inch pieces
-salt and pepper to taste
-8 rosemary sprigs



Preparation:

- In a large bowl, combine the onion, garlic, red pepper, minced rosemary, oregano, lemon juice and olive oil; set aside 1/4 cup of marinade. Season the chicken with salt and pepper, and add it to the bowl. Mix well, cover, and marinade for 30 minutes.
- Light a grill. Remove the chicken from the marinade and thread the pieces onto the rosemary sprigs; discard the marinade. Oil the grate and grill the chicken over moderate heat, turning occasionally and basting with the reserved marinade, until golden and cooked through, 15-20 minutes.

Club Carefree 50

Dr. Weston and Umpqua Bank are sponsoring the movie of the month for Club Carefree 50. Since it is a first-run movie, the exact film will not be determined until four days prior to the screening. It will be showing at Roseburg Cinema on 1750 NW Hughes St. on August 19, the third Wednesday of the month. Keep in mind that for June, July, and August we operate under summer hours. Doors open at 9 a.m., door prizes will be handed out shortly thereafter, and the movie starts at 10 a.m. We hope to see you then!

LION OF THE YEAR

Dr. Weston and Dr. Tronnes are members of the Roseburg Lions club, part of a service organization that was formed in 1925. The main focus of Lions club is to help provide eyeglasses and hearing aids to those in need.

In order to do this, Lions club fundraises by selling foods at the Douglas County Fair, as well as selling See's Candy at Christmas time and Easter. The funds they raise during these times help pay for glasses and hearing aids.

This year, our very own Dr. Tronnes was awarded "Lion of The Year". He is active in most of the local projects, as well as being a Trustee to the Oregon Lions Sight and Hearing Foundation, which supports cataract, cornea and retina surgeries in Oregon and Northern California.



Dr. Weston or Dr. Tronnes at 541-672-2020.

If you would like to aid the Lions in their mission, you can donate glasses, hearing aids and used toner cartridges here at our office. If you are interested in becoming a member, contact



down on your lower eyelid with your off-hand to form a pocket in order to catch each drop. Tilt the tip of the bottle slightly down so a full drop forms at the tip of the dropper. Once the drop has formed, it only takes a gentle squeeze of the bottle to release the drop. If the drop falls on the eyelid, blinking can move the liquid to flow into the eye. It's recommended you also close your eyes for 30 seconds to make sure the drop makes good contact with the eye. Some smaller bottles need to be turned completely upside down to dispense the correct amount of medication.

If you are unable to instill the eyedrops using the traditional method, there are some devices designed to aid patients when using their drops. It's always important to ask your doctor if you are not sure how to properly instill your eye drops so you get the full benefits of the medication you are using.

Q: What is the best way to put drops in my eyes?

Dr. Valle: Proper drop instillation is essential to the treatment of many ocular diseases.

Begin by lying on a bed or a completely reclined chair, looking up toward the ceiling. This allows you to relax and be as steady as possible when using your eye drops. Pull



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