

Fall/Winter 2025

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*On the cover: Claire Burrill of Albany (left) was inspired by her young neighbor, Kaia Mannale, to bring comfort and joy to others. Read her story on page 13.*

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# Optimism, heart valve replacement help Corvallis woman thrive

At 88, Patricia Fields has overcome numerous health challenges including a broken hip, stroke, cancer and, most recently, heart surgery.

“My doctor told me I work harder staying alive than anyone he knows,” Fields said.

After retiring from a lengthy career in education at age 75, Fields moved to Corvallis to be closer to her daughter. Despite the trials of life — including the deaths of two husbands, her daughter’s cancer recurrence and her own health struggles — Fields remains deeply grateful for the life she’s built.

After she had a stroke, her primary care physician, Eric Sharp, DO, at Samaritan Family Medicine – Southwest, recommended a heart evaluation. This led her to seeing Ashwat Dhillon, MD, an interventional cardiologist at Samaritan Cardiology – Corvallis.

After thorough testing including an echocardiogram, CT scan and cardiac catheterization, Fields was told she needed a new heart valve. This could be done using a minimally invasive procedure known as TAVR, which stands for transcatheter aortic valve replacement.

Using high-tech imaging equipment, a new prosthetic valve is used to replace the old damaged aortic valve. This is usually done with percutaneous access, meaning no incision or stitches are necessary. With TAVR, the patient is under less anesthesia and the recovery time is much faster than traditional open-heart surgery.

“I didn’t want a lot of options. I just wanted to get it fixed,” she recalled.

Following a successful procedure, Fields attended cardiac rehabilitation and recovered quickly. She resumed her exercise routine averaging six hours a week, including swimming in a warm therapy pool, working out on a recumbent cross trainer, walking on a treadmill and riding an indoor bike. She also remains active, caring for her two dogs and maintaining her household.

“I accomplish as much as I used to, though I give myself breaks,” she said.

Fields’ resilience is rooted in her belief in looking for the good in every situation. She embraces life with optimism, whether navigating personal health issues or social differences.

“The most important thing is to look for the good and accept that people have different views,” she said.

Her positive attitude has been strengthened by her faith, a deep appreciation for medical advances and the lessons learned from her late husband’s heart transplant. Reflecting on her own heart procedure, she said, “Having gone through that with him, my heart problem seems so simple.”

Fields credits her doctors and Bryan Miller, PA-C, at Samaritan Cardiology – Corvallis, for helping her regain health and vitality while guiding her through her health challenges.

“I work at staying alive, and I like living life,” she said. “I would recommend TAVR to anyone who needs it. It has been really good for me.”



## How the structural heart team works to solve complex issues

The multidisciplinary structural heart team at Good Samaritan Regional Medical Center represents a paradigm shift in cardiac care, using a team-based approach to treat complex heart conditions, often with minimally invasive techniques. This collaborative model brings together specialists who work cohesively to determine optimal treatments for each patient.



**Interventional cardiologists** perform minimally invasive procedures like transcatheter aortic valve replacement and MitraClip, allowing patients to receive treatment without open-heart surgery and typically return home the next day.



**Cardiac surgeons** evaluate patients alongside interventional cardiologists, perform traditional open-heart procedures when necessary and collaborate on transcatheter procedures in the operating room.



**General cardiologists** serve as the primary cardiac specialists who identify conditions such as valve disease and refer patients for specialized interventions when appropriate.



**Primary care physicians** often serve as the first point of contact, identifying potential heart issues during routine care and directing patients to appropriate cardiac specialists.



**Imaging specialists** provide crucial diagnostic information through echocardiograms, 3D CT scans and other advanced imaging that guides treatment planning.



**Cardiac psychologists** help patients manage stress, develop coping strategies and make sustainable lifestyle changes that support heart health during and after treatment.

The team’s coordinated approach ensures evidence-based decisions are made collaboratively rather than in isolation. In addition, Samaritan provides its heart team with the newest technology. This means patients throughout the region have expanded access to high-quality, regional cardiac care and with faster recovery times.



For more information on Samaritan’s heart program, visit [samhealth.org/Heart](https://samhealth.org/Heart).



Scan QR code to see a video about Samaritan’s structural heart program.

# Real questions, real recovery: One patient's joint replacement experience

**C**hoosing total joint replacement is a big decision. It requires careful thought, conversations with medical experts and imagining what life could look like beyond chronic joint pain.



*Photo above:* Carl Anderson is joined on the golf course by his grandsons Colin, age 10, right, and Alexander, age 8, left, combining two of his passions — playing golf and spending time with family, and doing so pain-free.

*Photo at right:* Orthopedic Surgeon James Ryan, MD, who performed both of Anderson's total joint replacement procedures, discusses the details of his surgery.

"Mobility is everything for our patients," said Orthopedic Surgeon James Ryan, MD, who is also Samaritan's orthopedics medical director. "Time and time again, we see how total joint replacement helps patients who are struggling with pain regain their independence so they can live life to the fullest."

Yet, making this commitment is tough. Carl Anderson, 73, of Corvallis weighed his options for both his knee and hip. A retired commercial real estate broker and company manager, he found that joint pain was limiting quality time with his family.

"I've always lived an active lifestyle and managed to do so despite having bone-on-bone pain for years," Anderson said. "I knew total joint replacement was an option but was concerned whether this procedure would eliminate my discomfort."

## Many questions, common concerns

After years of severe pain, he finally took the leap — first having the procedure on his knee, followed soon after with hip replacement. To help others who may be considering total joint replacement, Anderson now shares the big questions he had and what he learned

"Until you have had the procedure, it really is hard to imagine how it can impact your life," he said. "I will admit, before surgery, I was uncertain and questioned whether it was worth the risk. Now fully recovered, I can say without hesitation that it was life changing. I would make this choice again in a heartbeat."

Following are Anderson's questions, answers and helpful tips, in his own words:

**What will recovery be like?** It is, without a doubt, a long road — but each milestone brings improvement.

**Should I be worried about anesthesia?** There isn't a one-size-fits-all answer. Talk to your doctor about concerns or ways to help ease your anxiety.

**Is a support system needed?** Absolutely! Caregivers or family members make the journey much smoother. I am fortunate to have a wife who is a stickler for following the rules. Of course, it was in my best interest. If your support system looks different from mine, don't let this dissuade you. Talk with the care team about options.

**Will stairs be a challenge?** Initially, yes. This got better and easier with therapy and, for me, a whole lot of patience.

**Stay ahead of the pain.** Follow the doctor's orders. Don't wait until pain is unbearable.

**Ask questions, then ask some more.** The presurgery education and support through Samaritan's Total Joint Replacement Program are thorough and offer great information. Never shy away from asking more questions. Being informed made me more confident that I made the right choice.

**Commit to therapy.** Physical therapy is non-negotiable and is the key to a successful recovery.

"Sure, aging might mean slowing down some, but it doesn't mean giving up the life you love," he said. "I used to hold back because of the pain, but now I get to enjoy everyday activities. I can go on walks with my wife, keep up with my six energetic grandkids and play golf, even while walking the course."

Anderson concluded: "I get to play this game of life and enjoy daily activities without any pain!"



**To learn more about the Total Joint Replacement Program at Samaritan Health Services, visit [samhealth.org/JointReplace](https://samhealth.org/JointReplace).**

## From shoulders to ankles, we've got you covered

From broken bones, aging joints and sports-related spills, Samaritan Health Services offers advanced orthopedic care — with several locations in the mid-Willamette Valley and central Oregon Coast.

Services range from sports medicine, injury evaluation and X-rays, carpal tunnel surgery, arthroscopic procedures, ACL reconstruction, physical rehabilitation, joint replacement and more.

The Total Joint Replacement Program at Samaritan Albany General Hospital is nationally recognized and locally known for hip and knee surgery, providing individualized recovery plans and offering care you can count on — every time.

Samaritan's experienced orthopedics team understands the power of mobility, which is why they are committed to getting you back to being active.

# Hope and healing at home: A new era in cancer care



Cancer treatment is always evolving. As a result, patients have more options and increased flexibility.

One of these newer options is oral chemotherapy, said Clinical Pharmacist Kayla Swartz, PharmD, with Samaritan Pharmacy.

Oral chemotherapy, a cancer-fighting medication which is taken by mouth, is a convenient alternative to traditional IV therapy. This treatment option allows patients to manage their care from the comfort of home.

**Understanding oral chemotherapy.** Oral chemotherapy works much like traditional IV chemotherapy by slowing or stopping the growth of cancer cells. However, rather than going to a clinic for infusions, patients take these medications at home.

**What to expect.** Side effects vary based on the medication and the individual. The most common are nausea, fatigue, diarrhea and vomiting. Some patients experience very few side effects at all. Patients receive personalized counseling and information on how to manage symptoms. Pharmacists also adjust doses or pause treatment if needed.

**Taking it the right way.** Each oral chemotherapy drug comes with specific instructions, such as when to take the medication and whether to take it with or without food, for example. Before starting treatment, patients receive a detailed guide from their pharmacist to ensure the medication is taken correctly.



**When a dose is missed.** There is usually some wiggle room. Patients who start on oral chemotherapy receive consultation by a pharmacist, with explanations on what to do if a dose is missed, proper storage of the medication and side effects.

**Life on oral chemotherapy.** This varies based on a patient's response to the medication, though typically patients can maintain their daily routine. One major benefit of oral chemotherapy is the flexibility to take it at home, reducing the number of clinic visits.

**Is it as effective as IV chemo?** Oral chemotherapy drugs go through extensive testing and are often compared directly to IV treatments. For some cancers, it may be the preferred first-line treatment. Your cancer care team will help determine what is best based on your specific diagnosis.

**But is it right for me?** Not all cancers can be treated with oral chemotherapy, but the list of what it can treat continues to grow — so talk with your care team!

**Comprehensive support.** At Samaritan, patients are closely monitored by their cancer provider and oral chemotherapy pharmacy team. Together, they offer patients ongoing support, help manage side effects and ensure medications are accessible and affordable. Financial assistance may be available too.

**Talk with your cancer care provider to learn more about oral chemotherapy to see if this treatment is right for you.**



## Plan in advance for your end-of-life care

Do your health care providers and loved ones know what medical care you wish to receive in the future – even if you are unable to speak for yourself?

Key legal documents, including advance directives, POLST and powers of attorney, are essential to ensuring your doctors and loved ones understand your health care choices. Common scenarios where such documents are needed include terminal illness, severe brain injury or when someone is in a coma.



**Advance directives** allow you to name a health care representative and provide specific medical instructions, especially regarding life-sustaining treatments.



**POLST (portable orders for life-sustaining treatment)** are for patients with serious illnesses and translate your treatment preferences into actionable directives for first responders and health care providers.



**Powers of attorney** allow a designated agent to make decisions for you if you are incapacitated. A general power of attorney typically covers broader decisions but doesn't always include health care, unless specifically mentioned.

Talk with your health care provider about what documents you should consider completing, then regularly review them and make sure they are accessible to your loved ones and care team. These key legal documents can help ensure the care you receive is in line with your values and wishes, even when you are unable to speak for yourself.

**Learn more about these important legal documents at [samhealth.org/PlanAhead](https://samhealth.org/PlanAhead).**



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# Back to school: Don't forget preteen vaccines



With a new school year underway, some families are thinking about school supplies and new clothes. It's also the perfect time to make sure your child is up to date on their vaccines. Vaccines help protect kids and teens from serious diseases. They are a safe and effective way to keep everyone healthy.

Most kids get many of their vaccines prior to starting grade school. But some vaccines are needed before kids become teenagers. These include the Tdap booster (for tetanus, diphtheria and whooping cough), the meningococcal vaccine (to protect against meningitis) and the human papillomavirus (HPV) vaccine.

"The HPV vaccine is incredibly important," says Lon McQuillan, MD, with Samaritan Pediatrics – Corvallis. "It's a common virus that can lead to several types of cancer later in life, including cervical cancer and throat cancer. The good news is that the HPV vaccine works very well to prevent these cancers."

According to the Centers for Disease Control and Prevention, HPV causes about 36,000 cases of cancer in both men and women every year in the United States.

Even though the HPV vaccine is safe and effective, not all preteens get it. Some parents worry that it's not needed or that it might encourage early sexual activity. But doctors say that's not true.

"The HPV vaccine is about cancer prevention, not about sex," McQuillan said. "It works best when given at younger ages, well before kids are exposed to the virus."

The CDC recommends giving the HPV vaccine to children at age 11 or 12 years. It is given in two doses spaced 6 to 12 months apart.

Those older than 12 years can receive the HPV vaccine, although it is not recommended for anyone older than age 26 without first consulting with a health care provider. Teens and young adults who start the vaccination series will need three doses.

Staying current on your child's vaccines is easy. Schedule them at their next well-child visit. If you recently visited your primary care provider, Samaritan Pharmacy also offers vaccinations. Stop in a location near you. No appointment is needed.

"It's one of the best ways to keep your kids safe now and in the future," McQuillan said.

For more information about the HPV vaccine, visit [cdc.gov/hpv/vaccines](https://www.cdc.gov/hpv/vaccines).



## Samaritan pharmacies do more than fill prescriptions

Sure, pharmacies are known for medications and prescription refills. What many people may not realize are the numerous other health care services available at their neighborhood pharmacy.

All seven Samaritan Pharmacy locations across the mid-Willamette Valley and central Oregon Coast have convenient access to these other helpful services:



**Vaccinations:** Your pharmacist can give immunizations such as the HPV series, Tdap booster, meningococcal, influenza, shingles, COVID-19 and many others. Better yet, appointments are never required.



**Pharmacist-prescribed medications:** Your pharmacist can prescribe birth control, naloxone, Paxlovid, emergency insulin refills and more.



**Over-the-counter products:** Shop for a variety of health essentials.



**Medication guides and counseling:** Resources and personalized advice are available.



**Drug take-back bins:** Safe and secure disposal of expired or unused medications.



**Medication therapy management:** Personalized support for managing your medications to optimize therapy, prevent interactions and improve adherence.



**Sharps disposal:** All Samaritan pharmacies are designated collection sites for free and safe disposal of needles.



**Translation services:** Get help with understanding prescription labels.



**Financial assistance:** Ask about programs to support people without insurance or who are struggling to afford their medications.



**Convenience:** Free mail delivery (Oregon only), plus text alerts with prescription updates and medication refills at your fingertips through Samaritan's MyChart patient portal.

You can also expect fast service, short wait times and friendly staff at every location, with reliable hours you can count on. If you are interested in changing your pharmacy to a Samaritan Pharmacy, it's easy to do. Just call your preferred location and a staff member will be happy to assist.

Turn to the inside front cover for a list of locations or visit [samhealth.org/Pharmacy](https://www.samhealth.org/Pharmacy).

# Planning ensures safety and readiness at Samaritan

In September 2020, wildfires forced the evacuation of every patient and employee from Samaritan North Lincoln Hospital. Extensive planning and training helped make this unexpected event go smoothly.

“Emergency preparedness is a critical aspect of ensuring the safety and well-being of our patients and staff,” said Michael Poundstone, manager of Samaritan Emergency Management. “Comprehensive planning and training activities prepare our employees for emergencies ranging from natural disasters to human-caused incidents.”

Every year, Samaritan reevaluates its Hazard Vulnerability Assessment, which covers approximately 60 topics, including natural and human causes, utility failures and security issues. These topics are rated based on their probability and potential damage.

Samaritan focuses and conducts drills on the top five identified hazards, although the top 10 are also considered.

“Each Samaritan hospital conducts its own assessment, with specific focus areas based on their unique risks,” Poundstone said. “For instance, coastal facilities prioritize winter storms, earthquakes and tsunamis, while valley facilities focus on earthquakes, inclement weather, armed intruders and mass casualty incidents.”

## Training

Training is a cornerstone of Samaritan’s preparedness efforts. A comprehensive training catalog with 75 courses is being developed for employees, with 30 courses already in place. These courses include tabletop exercises that provide in-depth training on various emergency scenarios. The training follows Federal Emergency Management Agency guidelines and is tailored to Samaritan’s specific needs.

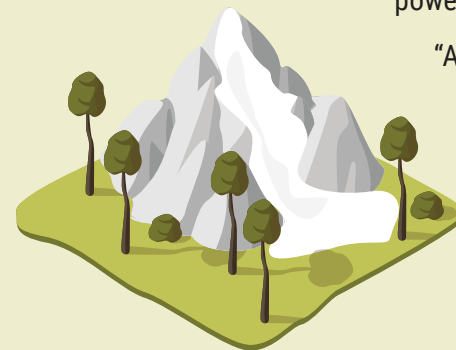
“Emergency plans are continuously exercised and adjusted as needed,” Poundstone said. “We’ve revamped evacuation plans to be more robust and detailed. Some drills now involve local public agencies such as police and fire to simulate real-life scenarios and to improve response strategies.”

## Collaboration

Samaritan actively collaborates with local first responders on full-scale exercises such as the Great Oregon Shakeout, wildfire tabletop exercises and mass casualty incidents to enhance readiness and coordination.

“Emergency preparedness at Samaritan is a dynamic and ongoing process that involves thorough planning, regular training and active collaboration,” Poundstone said. “By focusing on the top hazards, continuously improving plans and providing comprehensive training, Samaritan ensures that it is well-prepared to handle any emergency that may arise.”

**Visit [ready.gov](https://www.ready.gov) for emergency preparedness tips to keep safe during a disaster. For a local focus, county websites offer a wealth of information, too.**



# Be ready for anything with emergency kits

Being prepared for what life brings your way – from a vehicle breakdown to a natural disaster and everything in between – means having items on hand to meet your basic needs.

“Emergency kits should include essential items that will help sustain you and your family for as long as you need or until help arrives,” said Tyler Smith, Emergency Management coordinator for Samaritan Health Services. “That could be a few days, a few weeks or even months.”

Consider what you would need if you’re stranded on the side of the road, or isolated in your home without power and utilities, or if you need to evacuate with little notice.

“All emergency kits should provide for basic needs including food, water, warmth, first-aid supplies, medications, medical equipment and protection from the elements,” Smith said. “You also need a source of lighting and materials for cooking, sanitation and waste management.”

Smith advises keeping more than one kit, and each kit should contain items for its specific location or use. Kits also need to meet the unique needs of you and your household.



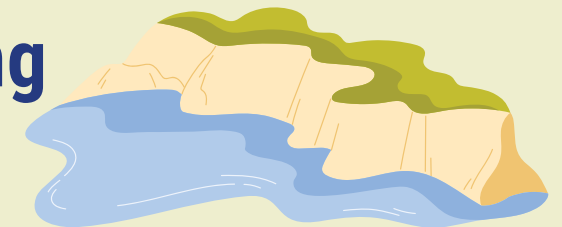
Home kits should contain enough items to last for at least two weeks in case of emergency. It’s important to have a kit in your vehicle in case you have a break down, run out of gas or get stuck in traffic for a long period of time. “Go-kits” are essential when you must leave your home. It’s a portable version of your home emergency kit to take with you during an evacuation.

Being prepared for unexpected situations by assembling well-equipped emergency kits is a critical step to ensure your safety and well-being. Whether it’s for the home, an evacuation or in a vehicle, tailor each kit to meet your specific needs.

“When you take time to plan and compile essential items, you’re taking proactive steps to protect yourself during disasters and emergencies,” Smith said. “Having easy access to these kits and keeping them updated ensures you’re always ready to handle whatever emergency comes your way.”

**Find more information and handy lists at [samhealth.org/EmergencyKit](https://samhealth.org/EmergencyKit).**

## Coastal hospitals preparing for water resilience



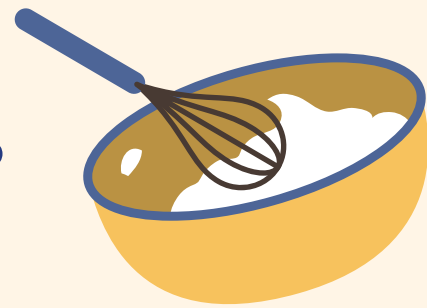
If a disaster such as an earthquake damages municipal water supplies, it’s essential that hospitals have their own source of clean water. That’s why the two Samaritan hospitals on the coast are working on water resiliency projects.

Oregon hospitals are required to have enough emergency water to support sheltering for 96 hours after a disaster. However, Samaritan planning groups in Lincoln City and Newport are researching ways to access water for much longer – as long as four weeks. This will support sheltering of staff and patients and medical functions until outside agencies can deliver emergency water provisions and purification equipment.

In Lincoln City, Samaritan North Lincoln Hospital and the North Lincoln Health District are collaborating on a water resiliency project, which is in its initial stages of research and planning. Many options for ensuring a four-week potable water supply are being explored and a final direction has not been decided.

In Newport, the Pacific Communities Health District has obtained a federal grant to fund the first phase of the project at Samaritan Pacific Communities Hospital. This includes planning, engineering and other pre-construction activity for a 373,000-gallon, earthquake-resistant water tank to provide potable water to the hospital for at least four weeks.

# Smart egg-free swaps for everyday cooking



With unpredictable egg prices and plant-based diets growing in popularity, more people are turning to affordable egg alternatives. Whether you're watching your budget, managing an allergy or reducing animal products, plant-based egg replacements offer a practical and economical solution without sacrificing flavor.

Lauren Burns, a registered dietitian at Samaritan Lebanon Community Hospital, explains some of the common plant-based egg replacements.



**Chickpea flour.** Also known as gram flour, chickpea flour is a protein-rich option that's great for savory dishes. When mixed with water, it forms a batter perfect for omelets, fritters or pancakes.



**Flaxseed.** A budget-friendly pantry staple, flaxseed is rich in omega-3s and fiber. To make a "flax egg," combine 1 tablespoon of ground flaxseed and 3 tablespoons of water and let it sit until thickened. This simple mixture works well in baked goods like pancakes, muffins and cookies.



**Store-bought replacements.** For convenience, there are a variety of pre-packaged egg replacements that offer reliable results in baking and meals.



**Banana and applesauce.** These options are naturally sweet and packed with potassium and vitamin C. Mashed banana adds moisture and binding power, while unsweetened applesauce offers a neutral flavor and soft texture. Use one ripe banana or 1/4 cup of applesauce to replace one egg in baked goods such as cakes and quick breads.



**Tofu.** Firm tofu is a versatile substitute, especially in savory dishes. It's high in protein and calcium, and when crumbled or blended, it mimics the texture of scrambled eggs. Tofu also works well as a base for quiches and breakfast burritos, absorbing flavors from herbs, spices, sauces or marinades.

Experimenting with different substitutes can lead to delicious meals. Adjust recipes for texture and flavor as needed and don't hesitate to try new combinations to find what works best for your cooking style.

## Protein-packed veggie tofu scramble

This beginner-friendly tofu scramble whips up quickly and offers endless flavor possibilities that satisfy with every bite. Made with tofu, vibrant vegetables and savory seasonings, it's a nourishing plant-based breakfast that comes together in minutes.

Find the full recipe at [samhealth.org/RecipeMinute](https://samhealth.org/RecipeMinute).



## Small hands create big impact

*Claire Burrill poses with her siblings – Elizabeth, Maria, Joe, Sam and Nicholas – and friend Kaia Mannale in their neighborhood, where a spark of inspiration turned into something special.*

At just 12 years old, Claire Burrill of Albany is already positively impacting her community. The oldest of six siblings, Burrill instinctively looks after others and was inspired by her 4-year-old neighbor, Kaia Mannale.

As an infant, Mannale was diagnosed with arthrogryposis and Pierre Robin syndrome, which impact her joints, muscles and lower jaw. She underwent several surgeries in the year after she was born, requiring she and her family to spend a lot of time in the hospital.

Wanting to bring comfort and joy to others facing similar experiences, Burrill came up with a heartfelt idea: provide gift bags for patients at Samaritan Health Services.

The idea sparked when Burrill saw a story about someone creating and donating care bags to the houseless community.

"I thought, if it could be done for the houseless, why couldn't it be done for hospital patients?" Burrill said.

With that thought, her mission began.

Burrill rolled up her sleeves and got to work. She and her sisters baked cookies, brownies and other treats to sell at bake sales, raising funds to create a variety of gift bags. They also crocheted items to sell and sometimes hosted lemonade stands to boost fundraising. When a sale didn't quite meet their goal, Burrill even donated some of her own money to make sure they could still meet the vision she had for the bags.

Each bag was thoughtfully curated for different age groups of patients, including a special one for new parents. The bags were filled with items to help someone pass the time, to bring comfort or simply to brighten someone's day.

Her efforts caught the attention of Samaritan Foundations, which embraced her project and helped her present gift bags to Samaritan Pediatrics in Corvallis. A group of nurses and clinicians gathered to receive the donations, hear Burrill's story and thank her for her generosity.

"Claire's generous and thoughtful support reminds us that anyone can make a difference," said Whitney Olsen, senior development specialist with Good Samaritan Hospital Foundation. "Her philanthropy is an inspiration to the next generation of volunteers and donors who want to improve others' lives."

To honor her kindness, Samaritan Foundations presented Burrill with a special challenge coin, recognizing the impact she's already making in her community.

Burrill hopes her story will inspire others to take action.

"I just want people to know that you don't have to be a grown-up to make a difference," she said. "I hope more people will give back to our hospitals and community."

With compassion, creativity and a little help from her younger siblings, Burrill is proving that even the smallest hands can make the biggest difference.



Learn how you can make a difference through a Samaritan foundation at [samhealth.org/Giving](https://samhealth.org/Giving).

# New center offers hope and help for those seeking recovery

**P**roviding care can give powerful hope and healing to those who are suffering.

Sharing this common vision, the Lincoln County community rallied together to bring much-needed services to the central Oregon coast: a 16-bed residential and outpatient treatment center serving adults who are seeking recovery from substance use disorder.

Samaritan Treatment & Recovery Services will open this fall in Newport. Although remodeling of an existing property and new construction took nearly two years to complete, intent to open a center was kicked off years earlier.

“This project started with a visioning process that included a diverse group of community members and service partners,” said Karla Clem, executive director of Pacific Communities Health District Foundation, which spearheaded fundraising in collaboration with the North Lincoln Hospital Foundation.

“Their ideas and dreams helped guide our planning, and invaluable financial support from hundreds of donors ensured its successful completion,” she said. “Everyone who engaged in this project can take pride in knowing that their efforts will help deliver vital services to patients and their families, in a warm and welcoming environment.”

## Types of services offered

This center follows the successful model in use at Samaritan’s other treatment center in Lebanon. It offers inpatient and outpatient group and individual therapy, medication-assisted treatment and peer-delivered services.

Patients will be accepted from across Oregon, with priority given to residents of Lincoln County.

**Learn more about Samaritan’s treatment services at [samhealth.org/Recovery](https://samhealth.org/Recovery).**



*Following extensive remodeling and new construction, Samaritan Treatment & Recovery Services is now ready to offer inpatient and outpatient services at the coast.*

## Community support vital to project’s success

On behalf of Samaritan Health Services, Clem acknowledged these supporters: United States federal omnibus appropriations, Oregon Health Authority, Oregon legislature, North Lincoln Health District, Pacific Communities Health District, Confederated Tribes of Siletz Indians, Confederated Tribes of Grand Ronde, the cities of Lincoln City, Newport, Toledo and Waldport, numerous private foundations, dozens of businesses and organizations, and hundreds of individuals.

“We also want to recognize our state legislators, especially Oregon Sen. Dick Anderson and Rep. David Gomberg, along with U.S. Sen. Jeff Merkley and U.S. Sen. Ron Wyden, for their tireless efforts in making this project a reality,” said Leslie James, executive director of North Lincoln Hospital Foundation.

Through this community effort, more than \$12.25 million was raised to construct, remodel, equip and furnish the 8,300-square-foot facility. Support for programs and operations is still welcome, and gifts can be made online at [samhealth.org/GivePCHDF](https://samhealth.org/GivePCHDF).

The building and property, which had previously been used as an adult foster care home, was purchased by the Pacific Communities Health District while Samaritan Health Services is responsible for operating the center, including staffing and equipping.

# Linn County gets a boost in behavioral health services

Comprehensive mental health and recovery services recently expanded in Linn County. Samaritan Behavioral Health & Recovery Clinic in Lebanon builds upon an existing recovery clinic that was primarily focused on addiction medicine management.

“Our new clinic integrates behavioral health services with primary care and addiction medicine, creating a collaborative multidisciplinary team approach to patient care,” said Stephanie Dreiling, clinic operations manager. “A fully staffed care team includes a psychiatrist, primary care physician, therapist and a certified alcohol and drug counselor.”



## A collaborative approach to care

The multidisciplinary team addresses a variety of complex patient needs in one location, with patients frequently identified through a specialized intake process.

“The clinic focuses on people who have a combination of substance use disorders, serious persistent mental illnesses and medical complexities,” said Medical Director David Simmons, MD. “We also collaborate with Samaritan’s emergency departments to refer people to our clinic who could benefit from our services, knowing that many of these individuals’ physical symptoms are complicated by underlying mental health issues.”

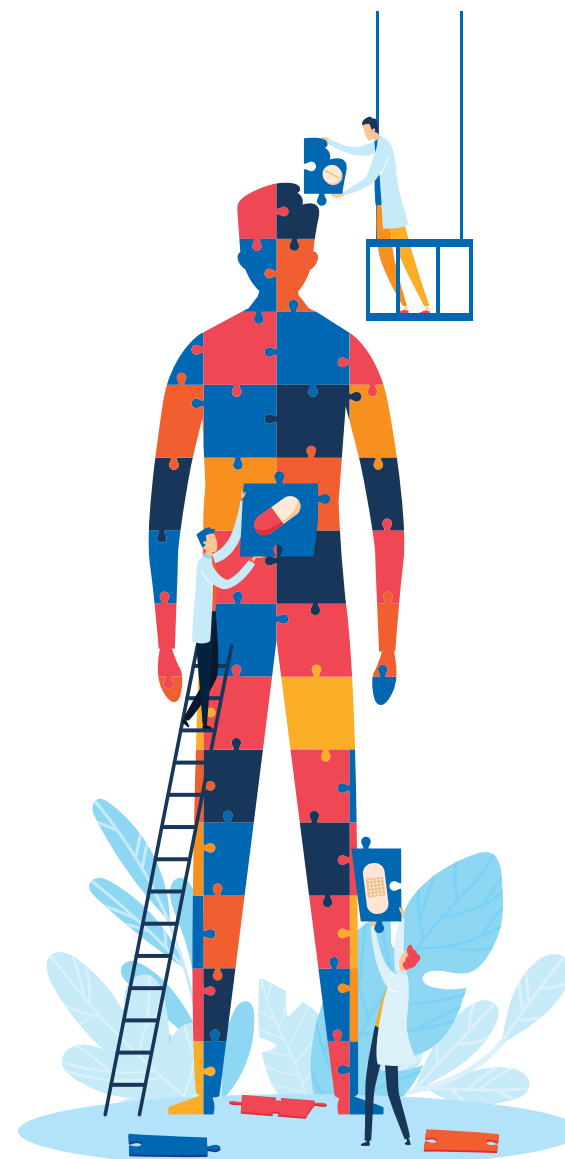
“We want patients to receive the right care in the right location,” Dreiling added. “By getting them seen at the outpatient clinic, we can provide necessary care earlier, reduce their dependence on the emergency department for care and improve the patient’s overall health outcome.”

## What the outpatient clinic offers

- **Medication for addiction treatment:** Prescription drug and counseling therapies.
- **Psychiatric services:** For mental illness and behavioral health care needs.
- **Primary care:** To address physical health needs.

Samaritan Behavioral Health & Recovery Clinic – Lebanon represents a significant step forward in providing integrated care for patients 18 and older with complex needs.

**To learn more about their services, call 541-451-7450.**



# Samaritan *welcomes* new health care providers



**Nathan Barlow, PA-C**, has joined Samaritan Family Medicine – Geary St.  
[Learn more at samhealth.org/bio/nbarlow](https://samhealth.org/bio/nbarlow).



**Michael Brant, MD**, has joined Samaritan Urology – Corvallis.  
[Learn more at samhealth.org/bio/mibrant](https://samhealth.org/bio/mibrant).



**Jakob Carlson, PA-C**, has joined Samaritan Medical Group Orthopedics – Corvallis.  
[Learn more at samhealth.org/bio/jcarlson](https://samhealth.org/bio/jcarlson).



**Michael Carrasquilla, MD**, has joined Samaritan Radiation Oncology – Corvallis.  
[Learn more at samhealth.org/bio/mcarrasqui](https://samhealth.org/bio/mcarrasqui).



**Robert Cash, MD**, has joined Samaritan Coastal Clinic. He specializes in orthopedics.  
[Learn more at samhealth.org/bio/rcash](https://samhealth.org/bio/rcash).



**Javad Mashkuri, MD**, has joined Samaritan Behavioral Health & Recovery Clinic – Lebanon.  
[Learn more at samhealth.org/bio/jmashkuri](https://samhealth.org/bio/jmashkuri).



**Craig Mayr, MD**, has joined Samaritan Gynecology & Surgical Associates.  
[Learn more at samhealth.org/bio/cmair](https://samhealth.org/bio/cmair).



**Evelyn "Renee" Smith, MD**, has joined Samaritan Coastal Clinic. She specializes in orthopedics.  
[Learn more at samhealth.org/bio/evelyns](https://samhealth.org/bio/evelyns).



**Joyce Tapia-Barahona, PA-C**, has joined Samaritan Albany Surgical Associates. She specializes in general surgery.  
[Learn more at samhealth.org/bio/joycet](https://samhealth.org/bio/joycet).

Looking for a health care provider? Visit [samhealth.org/FindADoc](https://samhealth.org/FindADoc) to find one who is right for you.



## How to choose same-day care

When faced with a sudden illness or injury, it's good to know where to go for care, and Samaritan offers a full spectrum of care options.

**Telehealth** is convenient for minor health concerns that do not require an in-person visit. It is safe and secure, and most insurance plans cover this option.

**SamCare Express** offers same-day treatment with easy online scheduling for a variety of minor illnesses and injuries. Locations are in Albany and Corvallis.

**Samaritan walk-in clinics** are for medical conditions that require immediate attention but are not life threatening or severe enough for the hospital emergency department. These clinics have X-ray and lab services for broken bones, blood draws and other pressing health concerns. There are eight locations throughout Benton, Lincoln and Linn counties.

**Emergency departments** are for when you have a serious illness or injury that may be life threatening. They are located at each Samaritan hospital and are always open. In many cases, you should call 911 rather than drive to the hospital.

Visit [samhealth.org/WhereToGo](https://samhealth.org/WhereToGo) to learn more about these different care options and which one is right for you.



## Resources to help you be well



### Classes and support

Samaritan offers a variety of support groups, classes and seminars to help you lead a healthier life.

Topics include: cancer, diabetes, heart health, childbirth, parenting, grief, living well with chronic conditions and more.

To see a current list of events, visit [samhealth.org/Classes](https://samhealth.org/Classes).



### Keeping you informed

Get health and wellness information delivered to your inbox.

Sign up for Samaritan's e-newsletters, or manage your current e-newsletter preferences, at [samhealth.org/Subscribe](https://samhealth.org/Subscribe).



### Be a patient advisor

Join a Patient and Family Advisory Council at your local Samaritan hospital and help patient satisfaction, provide feedback and promote a better understanding of health care among patients and the community.

To learn more, email [SHSServiceExcellence@samhealth.org](mailto:SHSServiceExcellence@samhealth.org) or scan the QR code to fill out an application.



### Thank a health care worker

Has a Samaritan employee made an impact on your health care experience?

Express your gratitude at [samhealth.org/ShiningStar](https://samhealth.org/ShiningStar).



Corvallis resident Patricia Fields holds her two Yorkshire terriers, Manny and Maggie. Read how a valve replacement helped her return to the activities she enjoys on page 2.



Samaritan  
Health Services