



Consistency Is Key With Medications

Taking prescriptions as directed plays a vital role in managing chronic conditions, preventing complications and improving overall health. Inconsistent use can lead to drug resistance, poor outcomes and higher health care costs.

[Understand the risks.](#)



International Travel Prep: Protect Your Health Abroad

As international travel surges, staying healthy abroad is more important than ever. Dr. Adam Brady with Samaritan Infectious Disease offers tips to prepare for potential health risks before your next overseas adventure.

[Get the travel checklist.](#)



Health Care & the Unhoused: How Care Hub Helps

Samaritan's Care Hub outreach team helps unhoused individuals recover from illness and injury through medical respite beds and trauma-informed support. Learn how this program bridges critical gaps in care and fosters healing, dignity and stability.

[See how healing happens.](#)



Cucumber Yogurt Dip

Crisp, hydrating and versatile, cucumbers are a summer favorite for light meals and snacks. Learn how to enjoy them fresh, pickled or blended—and try a simple, refreshing dip recipe featuring Greek yogurt, garlic, dill and lemon.

[Try the recipe.](#)

News

[More News](#)

[Samaritan Encourages Patients to Choose Paperless Billing](#)

[Samaritan Hospitals Earn National Stroke Care Awards](#)

[Samaritan Leader Advocates for Health Care Funding on Capitol Hill](#)

Classes & Events

[More Events](#)

Newport

[Give Meaning to Your Dreams](#)

Friday, Aug. 15

Albany

[Head & Neck Cancer Screening](#)

Monday, Aug. 18

Corvallis

[Financial Advocacy & Literacy](#)

Tuesday, Aug. 19

Lebanon

[Auxiliary Jewelry Resale Event](#)

Monday, Aug. 25

Newport

[Breast Cancer Discussion, Self Screening Tips](#)

Friday, Aug. 29

Virtual

[Precision Wellness Weight Loss Program](#)

Tuesday, Sept. 2