



### Communities Learn About Planned MultiCare Affiliation at Town Halls

Hundreds attended Samaritan town halls to learn about its planned affiliation with MultiCare, aimed at improving regional health care through investments in facilities, technology and affordability. The virtual town hall was recorded and is available to view.

[Watch the virtual town hall.](#)



### Support Hospital Gift Shops & Make a Difference

Local hospital gift shops are open to everyone, offering unique gifts, holiday decor and essentials. Purchases support vital hospital projects like medical equipment and scholarships, making shopping meaningful and impactful.

[Shop local this holiday season.](#)



### Recognize the Subtle Signs of Depression

Depression is complex, varies by individual and can stem from life changes or occur without cause. Dr. Heather Allen explains how early recognition, treatment and lifestyle adjustments help manage symptoms and restore well-being.

[Learn how to manage depression.](#)



### Warm Up With a Bowl of Creamy White Bean & Greens Soup

Leafy greens like spinach, kale and chard add flavor and nutrition to meals. Try them in salads, smoothies or soups such as this creamy white beans and greens recipe, perfect for cooler days.

[Get the recipe.](#)

## News

[More News](#)

[Precision Wellness Program Helps Patients Lose Weight](#)

[Samaritan Foundations Honors Corporate Donors as 2025 PRIDE Partners](#)

[Hospice Heals Invisible Wounds With Veterans Ceremony](#)

[Good Sam Introduces Robotic Bronchoscopy in Corvallis](#)

[Samaritan's "HAC Team" Approach Saves Lives & More Than \\$800,000](#)

[Samaritan's First Electric Van Brings Quieter, Cleaner Deliveries](#)

## Classes & Events

[More Events](#)

Virtual

[Light Up a Life - Virtual Event](#)

Now through Jan. 4

Lincoln City

[Grief Support Group](#)

Tuesday, Dec. 16

Virtual

[Weight Loss Surgery Information Session](#)

Tuesday, Dec. 16