

Heart to Heart

Spring/Summer 2019

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Samaritan Health Services

**Longtime Newport
resident enjoys
retirement after
successful back
surgery · 14**

**Partnerships strengthen
community health · 4**

**Love your body: The importance
of healthy body image in youth · 22**

Classes and support groups · 30

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Heart to Heart

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Letters to the editor

Please send your questions and comments to Julie Jones Manning, 2300 NW Walnut Blvd., Corvallis, OR 97330 or to feedback@samhealth.org

Heart to Heart

On the cover

Longtime coast resident, Kathy Cleary, finds newfound freedom after spine surgery. Read more on page 14.

Cover and accompanying article photo by Storyteller Photographers.



Feature

- 4 Partnerships strengthen community health
- 7 Youth learn healthy habits through community garden program
- 8 Samaritan employees give back through volunteerism
- 10 Grace Center provides positive, engaging day services
- 10 Samaritan awards \$450,000 in grants to local nonprofits



Surgery services

- 12 Vein procedure helps Lebanon woman enjoy running again
- 13 Joint replacement: What to expect
- 14 Longtime Newport resident enjoys retirement after successful back surgery
- 15 Options available for women with heavy periods



Prevention

- 16 Illnesses, injuries and accidents don't take vacations!
- 16 Learn to safely navigate coastal hazards
- 17 Tips for caring for your medical needs while on vacation
- 18 Samaritan welcomes new clinicians
- 19 Cancer program welcomes new physicians
- 19 Medicare's Annual Wellness visit: Not a routine physical
- 20 Crisis and transition services help children and families with mental health challenges
- 21 Become an immediate responder with 'Stop the Bleed' and CPR training



Your health

- 22 Love your body: The importance of healthy body image for youth
- 23 Albany woman finds her own freedom from smoking
- 23 Reap rewards within minutes of quitting
- 24 Stay hydrated, stay healthy
- 24 What is a sports massage?
- 25 Recipe: Healthy avocado chicken salad
- 25 Avoid hernias with healthy living



Samaritan news

- 26 From the president: Community partnerships celebrated in new facilities, grants to local nonprofits
- 27 Community has always been central to Newport hospital
- 28 OSU president honors wife through memorial endowment
- 28 Make an impact by joining a Samaritan giving society
- 29 New Lincoln City hospital targets early 2020 opening



Keeping you healthy

- 30 Classes and support groups

Partnerships strengthen community health



Clockwise from top left: C.H.E.F. (Culinary Health Education & Fitness), CHANCE (Communities Helping Addicts Negotiate Change Effectively), CATCH (Community Access to Child Health, PainWise and the Lebanon Food Bank are among the many health initiatives supported by Samaritan and its community partners.

In Lebanon, children and teens are learning about nutrition and cooking from medical students who are practicing how to counsel patients to make lifestyle changes.

In Lincoln County, sheriff deputies trained to recognize a mental health crisis are summoning peer support specialists so people don't end up in jail when what they really need is treatment.

And planning is underway throughout Benton, Lincoln and Linn counties to help people transition from drug and alcohol dependency to recovery and stability.

These efforts offer a snapshot of important work by Samaritan's community health partners. With community partnerships as one of the organization's strategic priorities, Samaritan facilitates, participates in, funds and promotes dozens of health-related initiatives throughout the region.

"With a bigger picture view, you can begin to put all the pieces together and complete the puzzle as it relates to healthier communities," said Julie Manning, vice president for Marketing, Public Relations and Community Health Promotion at Samaritan. "Lots of good things can happen as a result."

As part of this work, Samaritan collaborates with more than 55 agencies, organizations and service providers that work to prioritize and address community health needs — from childhood obesity and food scarcity to opioid dependency and homelessness. The group is called the Coast to the Cascades Community Wellness Network.

Never heard of it? That's because people are more likely to see the work of the individual organizations and their programs. But the results of their collective efforts, which have garnered significant federal grant support in recent years, are starting to show.

For example, there's a new office of CHANCE (Communities Helping Addicts Negotiate Change Effectively) in Newport, and another planned for Corvallis, adding to the peer support services already available in Albany and Lebanon.

"When someone comes to the emergency department for an overdose, a person trained in recovery support can be called to assist," said Jeff Blackford, executive director of CHANCE.

This expansion is one of the early results of the Stepping Up Initiative, which has also aligned efforts in Lincoln County to be ready to apply for state funding for permanent supportive housing, a piece that's been missing in the continuum of care for treatment and recovery and a barrier to ending homelessness. In Lincoln County, this national program is housed in the sheriff's office and recently received its own federal grant to support its local implementation.

"We are caring for our vulnerable population, helping them to become stable ... holding their hand so they don't fall back into substance abuse or worse, land in jail for a low-level crime," said Steve Sparks, a consultant with Stepping Up.

The Coast to the Cascades Community Wellness Network is also addressing opioid abuse. Health care workers — most recently physical therapists —

receive training on treating pain without opioids through the public resource partnership PainWise. Recently Samaritan donated a supply of the overdose medication NARCAN® (naloxone) to law enforcement agencies. And Samaritan is piloting a program through its emergency departments to offer medically assisted treatment to overdose patients by expanding the number of primary care providers qualified to oversee outpatient addiction and recovery.

COMMUNITY HEALTH PARTNERSHIPS
continues on page 6



Meals on Wheels and the Homeless Resource Fair are examples of how Samaritan's health partners are addressing community health needs.

COMMUNITY HEALTH PARTNERSHIPS continued from page 5

“Samaritan has taken the lead,” said Jennifer Versteeg, prescription drug overdose coordinator with Lincoln County Health & Human Services. “Every time I come up against a roadblock, somebody at the table finds a way around it.”

Louise Muscato, PhD, assistant dean of Community Engagement at College of Osteopathic Medicine of the Pacific-Northwest medical school in Lebanon and a Coast To Cascades Community Wellness Network member, described Samaritan as an “incredible partner” that provides opportunities through grants for medical students to get out in the community.

“Samaritan encourages, facilitates and then works with organizations

to address those community needs,” Muscato said.

Samaritan’s Community Health Promotion program staff often develops grant proposals to help fund these local projects, while also allocating grants to nonprofits through Samaritan’s Social Accountability Budget.

“The Social Accountability Budget was established at the encouragement of our board of directors more than 30 years ago as a tangible demonstration of our health-related mission outside the walls of our hospitals,” Manning said. “Earlier this year we were pleased to award grants totaling \$450,000 in support of a number of health programs throughout the region.”

Medical students at College of Osteopathic Medicine of the Pacific-Northwest take part in several of these initiatives, including the C.H.E.F. (Culinary Health Education & Fitness) program. C.H.E.F. is part of the Community Access to Child Health (CATCH) program, a national initiative of the American Academy of Pediatrics that supports pediatricians to collaborate within their communities to advance the health of all children.

Second-year students Alex Anderson and Alyssa Morrow, who participate in the school’s Lifestyle Medicine track, recently helped teach healthy cooking classes to Lebanon-area students with the guidance of a nutrition educator from Oregon State University’s Linus Pauling Institute Healthy Youth Program.

Morrow was thrilled when the children returned to class and reported that they had made dinner for their family from a recipe she taught them.

“We’re not only influencing kids, but they are also taking it home,” Morrow said.

Anderson sees a shift within medical education, where nutrition is increasingly recognized as a way to help prevent chronic conditions such as heart disease, obesity and diabetes. After working with middle school students at the Boys & Girls Club of the Greater Santiam, Anderson said he feels prepared for the future and more connected to the community.

“It was definitely a learning experience,” he said. “You can come to medical school and watch lectures and leave. But when you’re engaged in teaching, or helping students, it makes you understand why you’re doing it.”



Youth learn healthy habits through community garden program

For the students in the Healthy Youth Program 2.0 at Seashore Family Literacy in Waldport, fresh produce and nutritious cooking are quickly becoming a part of their everyday healthy habits.

The 10-week program, which receives grant funding from Samaritan North Lincoln Hospital and Samaritan Pacific Communities Hospital, gives kids a positive place to spend time during the summer while they learn to plant and care for their own food in Seashore’s 17,000-square-foot JOY Garden. From harvesting produce in the garden, to learning about nutrition

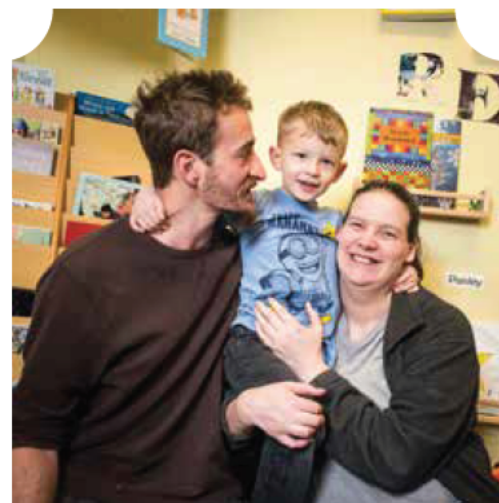
and cooking skills, the program takes a well-rounded approach to helping kids learn about living a healthy lifestyle.

“Living a healthy lifestyle should be our most important task in life,” said Seashore Family Literacy Founder and Director Senitila McKinley. “It is our responsibility to show that to our children. The whole process is healthy not only for the children, but for the adults and families as well.”

The program also features Fresh Fridays, where the kids prepare and cook produce from the garden to

share with the community for tasting and purchase. Fresh Fridays are a great way for local families to get access to nutritious lunches and local produce, who might otherwise not have had access to it, and for the students to share what they have been learning in the program.

During the 2017 to 2018 funding period, Seashore Family Literacy served 1,685 children and adults, which included free breakfasts and lunches on non-school days, fresh produce for families during the growing season, and weekly cooking classes.



Community health partnerships include C.H.E.F. (Culinary Health Education & Fitness) Program (at left), the Homeless Resource Fair (above right) and Lincoln County School District – LIFT Program (bottom right).

Samaritan employees give back through volunteerism

A kind-hearted grandmother, a dedicated father-to-be and an outgoing mom are among the Samaritan employees who are making a difference in their communities by volunteering their personal time to local nonprofits.

Kimberly Boyd, Erick Edtl and Heather Wells strive to balance their professional lives and family obligations and still find time to give back in service to others and causes they care about.

In 2013, when Kimberly Boyd unexpectedly became the legal guardian of her then 10-year-old granddaughter, Megan, she was aware of Neighbors for Kids, a community organization serving youth in Lincoln County with after-school and summer programs.

Boyd, who now works as a referral coordinator for Samaritan Depoe Bay Clinic, needed a safe and nurturing place for Megan to stay until she got home.

At first, Boyd helped out with events such as family nights, bingo and cooking competitions.

“It was a blast,” Boyd said.

Soon she was on the parent steering committee, and in 2015, she was invited to join the board. These days, she’s also on the executive committee. Boyd still enjoys activities that involve taking kids on outings to go surfing or for a walk in the woods.

Before Neighbors for Kids, Boyd volunteered for many other

organizations that help families and children, especially those in need.

“I think it’s better to stay busy,” Boyd said. “It nourishes your heart and your soul and makes you stay a bit younger.”

Erick Edtl was studying health care administration at Oregon State University when a classmate first pointed him to Community Outreach, Inc., a local social service organization that helps people lead healthy productive lives.

“He thought it would be a good fit (for me),” Edtl recalled.

The classmate was correct. After graduating and accepting a job with Samaritan, Edtl maintained his ties with Community Outreach, while his career advanced from marketing to project management to information systems. As his work responsibilities increased, so did his commitment to Community Outreach. He joined COI’s board 10 years ago, including two years as chairman.

“I feel closely tied to the COI mission,” Edtl said. “Everybody deserves a certain dignity and respect.”

Edtl is now Samaritan’s privacy officer, and he and his fiancé, Karlie Hahn — a fellow Samaritan employee and CASA (Court Appointed Special Advocate) volunteer — are expecting their first child this summer. Edtl enjoys the challenge of fulfilling different roles. Volunteering brings variability to his schedule and fulfillment in his life.

“It’s refreshing,” Edtl said. “I feel the community connection.”

Heather Wells was in middle school when her mom first joined the Albany chapter of Altrusa, a service organization dedicated to improving communities through leadership, partnership and service. Despite the family connection, Wells didn’t know much about Altrusa until her mom suggested she join.

It was 2008, and Wells was a brand new mom working as a medical office specialist for Samaritan.

Given her responsibilities at work and to her newborn son, Wells questioned the timing of the invitation. But her mom insisted.

“This would be a good thing for you to do,” she said.

So Wells attended a meeting, and for the better, her life hasn’t been the same ever since.

through volunteerism

The formerly shy Wells is now a powerhouse of ideas and energy, helping with Altrusa’s main event, Kidz Shop, where 300 children receive clothing and school supplies before heading back to school. Wells also helps with Altrusa’s literacy activities.

To support literacy, the club maintains Little Red Bookshelves throughout the community, and gives away thousands of books at children’s events, including downtown trick-or-treating and Read Across America Day. Organizing these events takes effort. But for Wells, it’s

worth it to see a child’s face when they get to take home a book.

“It makes kids so happy,” Wells said.



Kimberly Boyd (at left) volunteers at Neighbors for Kids in Depoe Bay. Erick Edtl (above left) volunteers at Community Outreach, Inc., in Corvallis. Heather Wells (above right) volunteers with the Albany chapter of Altrusa.



Grace Center provides positive, engaging day services

On any given day at the Grace Center for Adult Day Services in Corvallis, there is a wide range of activities happening — chair tai chi in the gym, haircuts in the salon and special presentations from organizations such as the Chintimini Wildlife Refuge. These diverse and engaging activities are all designed to support a dynamic day service for seniors and individuals living with disabilities.

Social Accountability grant funding from Good Samaritan Regional Medical Center helps support the Grace Center's financial assistance program, which allows more individuals to join the program who may not otherwise be able to afford it. The Grace Center offers a positive place for participants to spend time that provides cognitive stimulation, socialization and physical activity. It also provides much needed respite care when caregivers need a break.

"Many of our participants benefit from the financial assistance program," said Director of Community Relations Tera Stegner. "The financial support from community partners like Samaritan Health Services truly helps us serve a need in the community and support our mission."

Over the 2017 to 2018 funding period, the Grace Center served 230 individuals.



Organizations receiving grants in 2019 include (clockwise from top left): Vina Moses, LIFT Program, Meals on Wheels, Volunteer Caregivers, Family Tree Relief Nursery and the Center Against Rape and Domestic Violence (CARDV) were awarded with Social Accountability grants.



Samaritan awards \$450,000 in grants to local nonprofits

Samaritan Health Services' five hospitals awarded a total of \$450,000 in Social Accountability grants to local service organizations this year.

Social Accountability grants are awarded within Benton, Lincoln and Linn counties. Funding decisions are made by local committees consisting of employees and board members at each Samaritan-affiliated hospital. Funded programs address unmet needs of underserved populations and improve overall community health.

This year's Social Accountability grants were awarded to the organizations listed at right.

Benton County

- Benton County Drug Treatment Court
- Benton County Oral Health Coalition
- Center Against Rape and Domestic Violence (CARDV)
- Corvallis Environmental Center
- Corvallis Housing First
- Faith, Hope and Charity, Inc.
- Jackson Street Youth Services
- Options Pregnancy Resource Centers
- Old Mill Center for Children and Families – Relief Nursery
- OSU Healthy Youth Program, Linus Pauling Institute
- Philomath High School
- Senior Corps of Benton County
- Stone Soup Corvallis Inc.
- Vina Moses
- Willamette Neighborhood Housing Services
- Work Unlimited Support Living

Lincoln County

- CASA of Lincoln and Tillamook Counties
- CHANCE (Communities Helping Addicts Negotiate Change Effectively)
- Coastal Range Food Bank
- Community Services Consortium – Head Start
- Food Share of Lincoln County
- Lincoln County School District – JOY Project and LIFT Program
- Lincoln City Warming Shelter
- Neighbors for Kids
- North End Senior Solutions
- Olalla Center for Children and Families
- Meals on Wheels
- Seashore Family Literacy
- Senior Corps of Lincoln County
- Yachats Youth & Family Activities Program, Inc.

Learn more about Samaritan's grant opportunities and other community benefit activities at samhealth.org/CommunityBenefit.

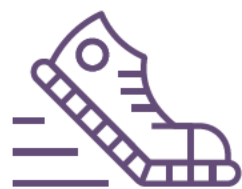
Linn County

- ABC House
- Boys & Girls Club of the Greater Santiam
- CASA of Linn County
- Family Tree Relief Nursery
- FISH of Albany and Lebanon
- Hand in Hand Farm
- Lebanon Basic Services
- Mid-Willamette Valley YMCA
- Meals on Wheels
- OBRIA Medical Clinics/Pregnancy Alternatives Center
- Senior Corps of Linn County
- St. Vincent de Paul
- Sweet Home Emergency Ministries
- Sweet Home Pregnancy Care Center
- Sweet Home School District
- Volunteer Caregivers



Watch a video of Angela Boyd talking about her vein procedure and how she is doing now at samhealth.org/Legs.

Vein procedure helps Lebanon woman enjoy running again



Lebanon resident Angela Boyd, 44, developed varicose veins after giving birth to her children, now ages 18 and 21. Her veins had worsened over time, becoming raised, bright blue and hindering her daily activity.

Boyd, who has worked for 12 years as a custodian for the Greater Albany Public School District, prefers to constantly be moving and averages 25,000 steps a day.

"I love my job! I love to be active and to work with the kids," said Boyd. When not working she likes to go on hikes, enjoy the outdoors and is even training to run 5K races.

Boyd confessed she didn't realize she had a medical condition and thought it was a cosmetic issue. She was prepared to live with varicose veins, although her leg hurt regularly.

Last year Boyd had to give up running due to her veins swelling to the size of her pinky. She lost mobility in her left leg and couldn't bend at the knee to sit with her feet flat on the ground.

Boyd's OB/GYN noticed her veins and suggested she see a vein specialist and she was referred to Toshio Nagamoto, MD,

a general surgeon and vascular disease specialist at Samaritan Surgical Specialists in Corvallis.

After a consult with Dr. Nagamoto and Scott Barlow, PA-C, Boyd decided treatment was a necessary step. She had the minimally invasive, ClosureFast procedure completed in two areas on her leg.

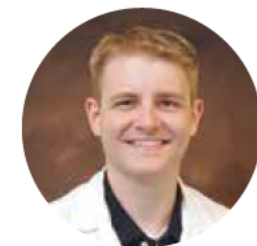
ClosureFast is an outpatient procedure performed under local anesthesia and most patients resume normal activities within one to two days.

"As far as recovery, the pain wasn't anything that a few Advil couldn't help with," said Boyd. "I had the procedure twice, each on a Friday, and was back to walking 20,000 steps a day by Monday."

For Boyd, the results decreased swelling in her leg and gave back her mobility. She has started running again. This past spring, she participated in the iRun for Kids 5K, a fundraiser for the Albany Public Schools Foundation, with her fellow staff and local students.



Toshio Nagamoto, MD, is a board-certified general surgeon and specializes in vascular disease.



Scott Barlow, PA-C, assists in all type of general surgery procedures and has a particular interest in vascular disease.

Both clinicians can be reached at 541-768-5930.

Joint replacement: What to expect

Deciding whether joint replacement is right for you can be a challenge, particularly if you are starting with more questions than answers:

- How long will I be in the hospital?
- When can I return to the activities I love?

While there isn't a one-size-fits-all answer to your questions, eliminating some of the guesswork behind the surgery can help ease your mind.

The total joint replacement program at Samaritan Albany General Hospital is designed to help equip you with the information you need for a relaxed and successful surgery.

"The program helps ensure a patient's needs are anticipated before surgery even begins," explained Misty Samard, RN, total joint replacement program coordinator in Albany.

As you consider total joint replacement, keep a few things in mind:

- Start with your primary care provider. He or she can answer some initial questions, complete a physical examination and refer you to an orthopedic surgeon.
- You will need a coach. Your coach will help transport you to appointments, listen to your clinicians and help with your care after surgery. If you do not have a coach available to you, talk with your surgeon about other options.
- You and your coach will be asked to complete a class. Aimed at providing you with all of the information and tools to help your surgery be a success, the class walks you through what to expect before, during and after surgery.



Kathryn Godfrey, of Independence, enjoys an active lifestyle after total joint replacement.

- You will likely get up and walk within hours of your surgery. Your care team's goal is to have you up and walking with assistance, through the halls of the hospital shortly after surgery to promote movement and healing.
- Your hospital stay will be brief. In most cases, patients are on their way home within one day of surgery. The best healing for this surgery is done at home, coupled with rest and light activity.

With the right tools and a dedicated care team, your total joint replacement will be stress-free, and you'll be back to the activities you love before you know it!



For more information about the total joint replacement program at Samaritan Albany General Hospital, visit samhealth.org/JointReplacement.

Longtime Newport resident enjoys retirement after successful back surgery

Kathy Cleary had spinal fusion, a type of back surgery to fix problems with the bones in her spine, in 2012. But after several years of relief, her lower back pain returned in 2018. The problem had progressed to spinal stenosis, a painful condition caused by wear and tear.

Two factors complicated matters. First, Cleary's previous surgeon had retired. Second, she wanted to avoid an adverse reaction to anesthesia she had after her first surgery.

So Cleary did what a lot of people do. She went online and read patient reviews.

She liked what she saw about J. Noonan, MD, of Samaritan Neurosurgery in Corvallis.

"You know, I'll give him a try," she said.

At her first appointment, Cleary said Dr. Noonan listened attentively.

"When you go in, it's very scary," Cleary recalled. "He was very reassuring."

Cleary talked about her post-operative cognitive dysfunction symptoms and her problems with balance and speech.

"We'll figure this out," Dr. Noonan assured Cleary.

He requested records from her previous surgery and referred her for neuropsychology testing. He also arranged for Cleary to meet with an anesthesiologist.

"He was very proactive in figuring this out," Cleary said. "I was over-the-top impressed."

The surgery was a success.

"Everything went swimmingly," Cleary said.

She was prepared to take up to two weeks off work. But she was back in just six days. Cleary owned Toujours Boutique in Newport for 21 years. Before that, she worked as a dental assistant, a receptionist and as housekeeper for musician John Denver.

She first injured her back when she was thrown off a horse.

"I hit a fence," Cleary recalled. "I think that started the process."

Arthritis and aging led to the second surgery and a recent shoulder replacement.

At age 72, Cleary was looking to slow down. With her recovery complete, the timing was right.

"It really was time to retire," she said.

So she recently closed shop and moved to Phoenix.

"Life is good," Cleary reported from her new home in the desert sunshine.

She hopes she never has to have back surgery again. And without hesitation, she recommends Dr. Noonan and Samaritan Neurosurgery.

"Besides his extreme talent as a surgeon, he listens to you," Cleary said. "I really appreciate that."



J. Noonan, MD, specializes in treating spine injuries at Samaritan Neurosurgery, which has locations in Corvallis and Newport. To schedule a consultation, call 541-768-4501.



Options available for women with heavy periods

Every month a woman's menstrual flow can lead to significant heavy bleeding. For those with heavy menstrual bleeding, it can be difficult to find the time to change hygiene products often enough during work, home and social activities. Now women who experience heavy menstrual bleeding have options.

Endometrial ablation is a permanent way of reducing or stopping heavy menstrual bleeding. A disposable surgical instrument is inserted into the uterus to directly contact the lining of the uterus, which is responsible for the bleeding. Energy sources then destroy the lining. This can reduce monthly menstrual flow. In some cases, the procedure stops periods altogether.

"Endometrial ablation is a great way to reduce heavy periods," said Paul Daskalos, DO, of Samaritan Medical Clinics – North Albany. "The procedure is quick and can be done in the office so women are able to get back to their busy lives."

Women who are done having children are potential candidates for this procedure. To find out more, schedule an appointment with your gynecologist to discuss your options.

Other, medical options to reduce heavy periods include an intrauterine device, or IUD, birth control pills, injections and hysterectomy.

"Medical options may have potential side effects and therefore may not always be the best options," said Dr. Daskalos. "Potential side effects of long-term medical management include risk of blood clot formation and potential cancer risk in some women. Hysterectomies can be risky, are more expensive and have a longer recovery time."



Paul Daskalos, DO, of Samaritan Medical Clinics – North Albany, specializes in reproductive health care for adolescent and adult women, and pre-menopausal and menopausal health care. To learn more, call 541-812-5700.



"He was very proactive in figuring this out. I was over-the-top impressed."

Kathy Cleary

Illnesses, injuries and accidents don't take vacations!

When visiting the Oregon Coast, it's easy to get distracted by the magnificent beauty of oceanside cliffs and forested trails. In coastal towns, unfamiliar sidewalks are crowded with eager visitors and enticements to stop and shop, eat and drink, leaving all cares behind.

Unfortunately, injuries, accidents and illnesses don't take a vacation. That's why Samaritan Health Services offers urgent/walk-in care at clinics in Depoe Bay, Lincoln City, Newport and Waldport.

With extended weekday and weekend hours, visitors (and residents, too!) can receive prompt care for non-emergency but urgent health needs — allowing them to continue vacation plans with minimal disruption.

A mother from Southern California expressed her gratitude in a note to the staff at Samaritan Coastal Clinic in Lincoln City:

"We were traveling down the Oregon coast, in need of an urgent care facility for my daughter. So glad your office was open! Not only that, each person we interacted with was supremely kind and helpful. Thank you for making an inconvenient situation so manageable for us as we traveled."

Another visiting family wrote a thank you note, with a hand-colored smiling moon eclipsed by the sun:

"Thank you so much for taking such good care of our son, when we were on our family trip to Lincoln City! We were so worried our little guy broke his arm so imagine our relief when the physician assistant just popped it back in! Milo got to see (well, experience) the eclipse the next day. You all really helped make it happen!"

Whether you twist an ankle stepping off a curb, come down with the sniffles, cut your foot on the beach or experience some other injury or illness, Samaritan Health Services can help you return to your scheduled vacation plans.

Anyone experiencing a life-threatening emergency should call 9-1-1 or go to the nearest emergency department. In Lincoln County, emergency care is always available at Samaritan North Lincoln Hospital in Lincoln City and Samaritan Pacific Communities Hospital in Newport.



Visit samhealth.org/CareNow for locations and other information.

Learn to safely navigate coastal hazards

The magnificent Oregon Coast can be dangerous if you are unaware. A little knowledge can help keep you safe.

Digging in the sand — Building sand castles is great fun, but be wary of digging and playing in massive holes as they can collapse.

Beach logs — Ocean waves toss dangerously heavy logs, rolling and pinning people beneath, leading to suffocation.

Sneaker waves — Powerful waves surge without warning, dragging people and pets out to sea.

Jetties — These manmade structures help ships safely navigate to port, but they are extremely unsafe to walk on because of slippery boulders, sinkholes, sudden waves, hidden caverns and other perils.

Tides — The tide comes in and goes out twice a day. Consult a local tide table before venturing onto rocks or around headlands or you may find yourself stranded.

Chilling waters — Even in summer, Oregon's ocean waters rarely get warmer than 55 degrees. Always wear a wetsuit to avoid hypothermia (dangerously low body temperature) if you plan to surf or swim.

For more information, visit oregon.gov and search "beach tips."



Tips for caring for your medical needs while on vacation

Planning a vacation or business trip?

Although a medical emergency isn't part of your plan, being prepared for one while traveling should be. Put your health first and follow these simple tips to prepare for your trip.

Refill your prescriptions

Visit your pharmacy for any prescription refills to ensure you have enough medication for your trip.

Bring a list of your medical conditions and medications

During an emergency, it is easy to forget important details and having them written down can help.

Update your emergency contacts

Make sure your phone or contact list is current and includes anyone who needs to be notified of an emergency, including your primary care provider.

Know your options for medical care

Find out where the local medical facilities are, and which ones are covered by your health insurance.

Remember E-Visits

For minor medical conditions, you can request an E-Visit and skip a trip to a medical office. Visit samhealth.org/MyChart to learn about E-Visits and sign-up for a MyChart account if you don't already have one.

Don't forget to pack your health insurance card.

Samaritan welcomes new clinicians



Kye Dixon, PA-C, has joined Samaritan Family Medicine Resident Clinic – Lebanon. Dixon earned a bachelor's degree from McNeese State University and a master's degree from Christian Brothers University. He can be reached at 541-451-6960.



Nakeima "Nikki" Dorr, DNP, has joined Samaritan Waldport Clinic. She cares for patients of all ages. Dorr earned a bachelor's degree at Columbus State University and a doctoral degree at the Uniformed Services University of the Health Sciences. She can be reached at 541-563-3197.



Anna Jacobi, FNP, has joined Samaritan Lebanon Health Center. Jacobi earned a bachelor's degree from Grand View University and a master's degree in nursing from Clarkson College. She can be reached at 541-451-6282.



Terry Jones, PA-C, has joined Samaritan Health Center – Newport. He cares for patients of all ages. Jones earned a bachelor's degree from Oregon Institute of Technology and a degree in physician assistant studies at the University of Utah. He can be reached at 541-265-8816.



Sean Rash, MD, has joined Samaritan Health Center – Newport. He cares for pediatric patients, ages 0 through 18. Dr. Rash earned a bachelor's degree at the University of Portland and a medical degree at the Creighton University School of Medicine. He completed residency training at Oregon Health & Science University. He can be reached at 541-265-8816.



Katherine Steele, DO, has joined Samaritan Supportive Services. Dr. Steele earned a bachelor's degree from Saint Olaf College and a medical degree from Des Moines University – Osteopathic Medical Center. She completed residency training at Good Samaritan Regional Medical Center and fellowship training at Nathan Adelson Hospice. She can be reached at 541-812-5020.



Russell Wimmer, PA-C, has joined Samaritan Lebanon Health Center. Wimmer earned a bachelor's degree from University of Oregon and a master's degree from Heritage University. He can be reached at 541-451-6282.



Linell Wood, PA-C, has joined Samaritan Health Center – Newport. She cares for pediatric patients, ages 0 through 18. Wood earned a bachelor's degree at Adams State College and a degree in physician assistant studies at the University of Colorado, Health Sciences Center School of Medicine. She can be reached at 541-265-8816.



Need help finding a doctor?

Visit samhealth.org/FindADoc or call 800-863-5241.

Cancer program welcomes new physicians



Vicky Lee, MD, PhD

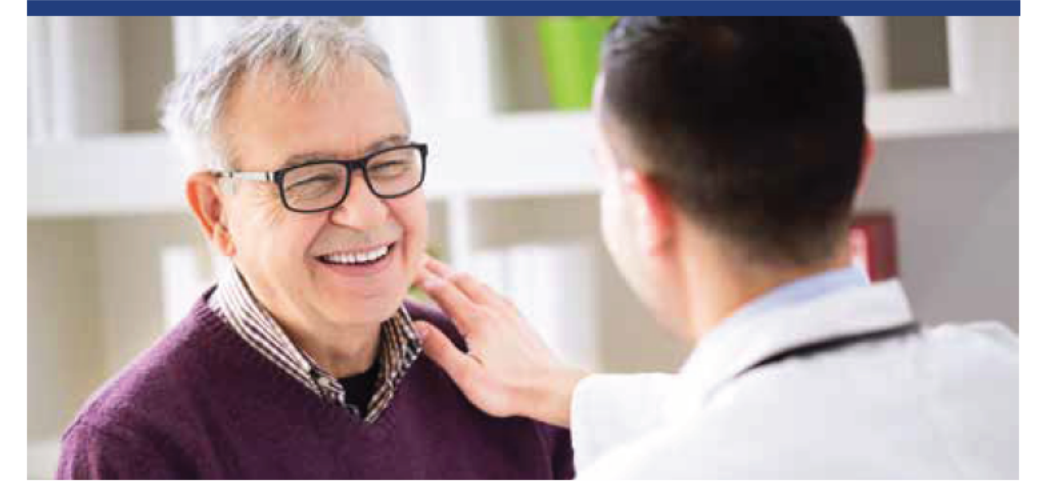
Moacyr Ribeiro de Oliveira, MD

Vicky Lee, MD, PhD, and **Moacyr Ribeiro de Oliveira, MD**, have joined Samaritan Hematology & Oncology Consultants.

Dr. Lee completed medical degrees at Shandong Medical University and residency trainings at Beijing Medical University and Elmhurst Hospital Center-Mount Sinai Services. She completed fellowships at Kyoto University School of Medicine and North Shore University Hospital.

Dr. Ribeiro de Oliveira earned an undergraduate degree from Pontifical Catholic University of Minas Gerais. He completed medical education at Federal University of Minas Gerais and residency training at University of Iowa Hospitals and Clinics and Felicio Rocho Hospital. He completed fellowships at University of Iowa Hospitals and Clinics, Federal University of Paraná and Fred Hutchison Cancer Research Center.

Both physicians can be reached at 541-768-4950.



Medicare's Annual Wellness Visit: Not a routine physical

Medicare's Annual Wellness Visit is an important part of your overall health picture.

In addition to seeing your primary care provider every year for a physical exam, an equally important appointment for anyone with Medicare is an Annual Wellness Visit. If you think that sounds a lot like an annual exam, you are not alone. So let's look at the differences.

Simply put, your annual physical exam is a hands-on exam to determine if you have any observable problems — ones that your provider can see, hear or feel.

The Annual Wellness Visit is not an exam. The key word is "visit." It's an extended conversation with your primary care provider to review the "big picture" to help ensure your health care needs are met.

The Annual Wellness Visit is an opportunity to create and update a personalized prevention plan. It's you and your primary care provider working together, as a team. The visit starts with a health risk assessment and can also include:

- A review of your family medical history
- Developing or updating a list of current providers and prescriptions
- Height, weight, blood pressure and other routine measurements
- Detection of any cognitive impairment
- Personalized health advice
- A list of risk factors and treatment options
- A screening schedule (like a checklist) for appropriate preventive services
- Advance care planning

You pay nothing for this visit if your primary care provider accepts assignment from Medicare, or if they are a network provider with your Medicare Advantage plan.

Your Annual Wellness Visit is a vital benefit that keeps you and your primary care provider on the same page with your health. If you haven't talked to your primary care provider about an Annual Wellness Visit, call and ask about it today. It's a conversation worth having.

Crisis and transition services help children and families with mental health challenges

Psychiatrist Benjamin Lafferty, MD, and Mental Health Specialist Alycia Houser are excited to be part of an innovative pilot project that helps children and teens in crisis get the care and assistance they need.

When a young person expresses the desire to inflict self-harm or commit suicide, or when they make an attempt, in our region and nationwide, often the options are limited.

If seen in the hospital emergency department, a child or teen is assessed by clinicians and the county mental health crisis team, and next steps are determined. If a higher level of care is needed for pediatric inpatient mental health, options can include acute or sub-acute inpatient units, partial hospitalization or day treatment programs, or residential care. Getting a timely appointment with a child psychiatrist for outpatient care can be difficult because of the shortage of such providers — which is also a nationwide problem.

This is where Dr. Lafferty and Houser — and the Crisis and Transition Services program — come in. If the patient is considered stable enough to return home, they can be referred

for a special three-part clinic visit aimed at getting to the root of what is needed and finding creative solutions to support the entire family in the journey of healing. The goal is to get the youth in for this visit within 72 hours.

First, Houser conducts an initial intake. She asks questions about their background, what their symptoms have been, what might have happened that caused the crisis. Houser organizes this information and provides it to Dr. Lafferty.

Next, Dr. Lafferty meets with the patient and clarifies important aspects of the information that has been gathered. Then he has a number of actions he might take. For example, he could recommend medication as appropriate and connect the patient with their primary care provider — or help them find a primary care provider if they do not already have one.

The third part of the clinic visit is the most dynamic and innovative part of the program. This is where the patient and key family members meet with Houser, Dr. Lafferty, an advocate from the Oregon Family Support Network, sometimes school district staff and



others deemed important to finding and implementing the needed supports to help the young person heal and function.

“This last part is the most helpful to patients and families,” Houser said. “We ask ‘What are some of the things we can help you with and how can we plan to address problems in the future. What can you do and how can you get help?’”

Houser then assists with getting the patient and family connected to community resources and needed mental health care. She checks in at key intervals to see how things are going and brings the youth in for more clinic visits as needed.

The pilot project has been in place for about a year and a half. So far in Benton County, 100 youth have been served in this program and only 10 have gone to the emergency department again within 45 days — a benchmark set and tracked by the Oregon Health Authority, the project funder, and Oregon Health & Science University, a project partner.

Become an immediate responder with ‘Stop the Bleed’ and CPR training

Nikki Faulconer, a critical care nurse at Samaritan Lebanon Community Hospital, is on a mission to inspire everyone to take cardiopulmonary resuscitation training. Larry Buglino, DO, a general surgeon at the hospital, wants to see everyone trained as well in Stop the Bleed.



Samaritan offers CPR classes throughout its service area and began offering Stop the Bleed classes in Lebanon in early 2018.

“It’s about training bystanders to become immediate responders, who have the skills to manage a medical emergency until the paramedics can take over,” Dr. Buglino said.

For Faulconer, it’s personal. She and another bystander did CPR for eight minutes on her 12-year-old daughter Cidni O’Brien in April 2018, when Cidni’s heart stopped at a soccer game.

“I wish you had to take CPR to get your driver’s license; it’s that important,” Faulconer said. “It’s inexpensive and it’s easy to learn. If someone hadn’t done CPR on Cidni when she went into arrest, she wouldn’t be here.”

Lebanon Fire District paramedics arrived and used a defibrillator to start Cidni’s heart again. She went by helicopter to OHSU Doernbecher Children’s Hospital, where she underwent surgery to fix a rare — and usually fatal — heart defect.

Dr. Buglino’s leadership of Stop the Bleed stems from the American College of Surgeons, which developed the class in response to the Sandy Hook Elementary School mass shooting in 2012. The curriculum includes lessons on using pressure, packing gauze and safely applying a tourniquet to a life-threatening bleeding wound.

“From the start of an incident like Sandy Hook to the point where the paramedics can help, the timeframe in between can be extremely variable,” said Dr. Buglino. “A lot of these patients don’t have that much time. It’s a life-threatening injury, but with the right training, anyone can manage the injury and keep the patient from dying.”

Stop the Bleed training focuses on major bleeding injuries to the arms, legs, neck and joints. These injuries can occur anywhere — from home, to the workplace, to a car or recreational accident.

“This kind of training is equivalent to CPR in that you don’t need any training beforehand, and you can save a life with what you’ll learn,” Dr. Buglino said.

Stop the Bleed classes are scheduled throughout 2019 in Lebanon. Visit samhealth.org/StopTheBleed to learn more. CPR classes are held throughout Samaritan’s service area. Visit samhealth.org/Classes to find one near you.

Dr. Lafferty and Houser said they believe the project has been successful for many children and teens, and they appreciate the chance to pilot this in Benton County.

“I appreciate the opportunity to work with outside resources such as the schools or community partners,” said Dr. Lafferty. “In the past I have not always had access to this kind of coordination.”

Houser is impressed by how the community has come together to support this, and how appreciative community partners are of the new program.

“I’ve had several teachers, counselors, Department of Human Services workers and others come to me and say how helpful it is to have a streamlined program like this.”

To learn more about mental health services offered by Samaritan, visit samhealth.org/MentalHealth.



Love your body: The importance of healthy body image for youth

By Nancy Nelson, MD

Everywhere they look, teenagers — both girls and boys — see images and get messages about what their bodies should look like. Be thin, but not too thin. Be slender but also curvy. Be muscular, but don't overdo it.

Negative body image can start to develop at a very young age. Studies have shown that more than half of 9 and 10-year-olds think they should be on a diet, and 80 percent of teen girls report they have tried dieting. Meanwhile, the Centers for Disease Control and Prevention reports that only about 18 percent of teens are actually overweight. The effects of negative body image can be profoundly harmful. Poor body image can contribute to low self-esteem, depression, anxiety and eating disorders.

While some teens are becoming more aware of the unrealistic scenarios and body images portrayed by the traditional and social media, everyone

can benefit from some sound advice on how to enjoy a more positive body image:

- **Accept your body:** No body is perfect. Don't be hard on yourself. Break the habit of putting yourself down, and start telling yourself what you like about your body. Keep this up until it is a habit.
- **Like your body:** Again, focus on the things you like. It could be your hair, your eyes, your smile. Appreciate the things your body can do — your body is amazing. If your body allows you to run, dance, swim, stretch, reach or jump, be thankful and revel in your body's abilities.
- **Be aware of your body.** Notice when you are hungry and need food, or when you are anxious and need to breathe calmly.
- **Take care of your body:** You have heard it all before, but this advice

is never going to change, and it will help you feel better both physically and emotionally — eat healthy foods, get enough quality sleep, exercise every day, and yes, aim for a healthy weight. Love your body while doing so, and don't obsess.

If you believe your child or teen may be experiencing negative body image, talk with them as well as their primary care provider or a therapist. Health care providers can help you, or your child, develop a self-care plan. Don't hesitate to ask for help.



Nancy Nelson, MD, provides primary care for patients, ages 0 through 18, at Samaritan Pediatrics – Circle Blvd. For information or to make an appointment, call 514-768-1220.

Albany woman finds her own freedom from smoking

After 40 years as a smoker, Merri Noel of Albany reached a point where she was ready and motivated to quit smoking. She wanted to improve her health, save money and make sure she was there to watch her grandchildren grow up.

“It was always such an easy thing to procrastinate on, even though I knew it needed to be done,” explained Noel. “There was always something happening in my life that I could make an excuse that it wasn't the right time to quit.”

Her primary care provider, Erin Guiliano, DO, at Samaritan Family Medicine Resident Clinic suggested a free, six-week workshop offered by Samaritan Health Services called Freedom from Smoking.

Just as Noel was getting ready to start the class, she had a dear friend pass away from lung cancer. It was a powerful reminder of why she wanted to quit smoking, and an opportunity for her to honor her friend.

Freedom from Smoking provided Noel with valuable information and a non-judgmental support system from a group of people who understood the journey she was on. The class facilitators educated her about medications and tools she could use to help whenever she experienced a craving, which made a big difference along the way.



Merri Noel enjoyed spending time with her horse, Mysti, as a helpful tool on her journey to quit smoking.

Now, Noel has been tobacco-free for more than a year and she encourages anyone thinking of quitting smoking to go for this goal with the support of Freedom from Smoking after seeing the difference it made in her life.

“When the one-year mark came, I couldn't even remember what it was like to have been a smoker for so many years,” said Noel. “It's amazing to see the difference that happens, even just a few days after you quit.”

To learn more or register for classes to help you quit tobacco, visit samhealth.org/FreedomfromSmoking.

Reap rewards within minutes of quitting

According to the American Cancer Society your body's health starts to improve within hours of your last cigarette. And with every passing minute, hour, day, month and year your risk for cancer and disease dramatically decreases.

20 minutes — Heart rate and blood pressure drop.

12 hours — The carbon monoxide level in your blood drops to normal.

2 weeks to 3 months — Circulation improves and your lung function increases.

1 to 9 months — Coughing and your shortness of breath decrease.

1 year — Your risk of coronary heart disease and a heart attack drops significantly.

5 years — Your risk of stroke and cancers of the mouth, throat, esophagus and bladder is reduced.

10 years — Your risk of dying of lung cancer is about half of that of a smoker.

15 years — Your risk of coronary heart disease is that of a non-smoker.



Stay hydrated, stay healthy

By Douglas Aukerman, MD

From spring training to fall camps, athletes of all types often work through warm temperatures doing what they love. Be sure to stay safe with these proper hydration tips:

1. Hydration is cumulative, so make sure it's a daily focus. Ensure you're meeting your fluid intake goals every day, and on hotter, more active days, increase the amount.
2. Take plenty of breaks and drink extra fluids. Although it may seem obvious, increasing water breaks during cardio workouts or practice games is one of the most effective ways to avoid dehydration.
3. Wear loose-fitting, lightweight clothing. Darker colors and tighter clothing hold in heat and don't allow the body to properly cool or wick away sweat when exercising.
4. When finished, be sure to cool down and replace the fluid lost from exercising, 20 to 24 ounces for every pound lost during a workout.

If you have injuries from activity and want to see the experts who take care of the Oregon State Beavers, call The SAM at 541-768-7700.



Douglas Aukerman, MD, is a sports medicine physician who serves as the director of sports medicine for Samaritan and senior associate athletic director/sports medicine at Oregon State University. He manages the sports medicine program for all of the OSU intercollegiate athletic sports teams and the clinical operations for Samaritan Athletic Medicine in Corvallis.



What is a sports massage?

From beginner athletes to seasoned competitors, sports massage therapy can help you prepare for – and recover from – training and competing.

"Anyone can benefit from sports massage therapy," said Bryan Phillips, LMT, at Samaritan Athletic Medicine Center in Corvallis. "People who routinely get sports massage treatment recover quicker from injury, and the massages have been found to help enhance performance and attain peak fitness."

Weekend warriors and skilled athletes alike can expect a list of benefits from sports massage, including:

Decreased muscle stiffness: With challenging your body's performance comes muscle soreness. Your therapist targets areas of stiffness to aid in quicker recovery, getting you back to your exercise faster and more comfortably.

Improved range of motion: Your therapist can focus on stretching and manipulating your limbs to initiate movement in your joints and connective tissues. Areas of tension will decrease, and your muscles and connective tissues will move smoother, with greater ease.

Improved soft tissue function: Soft tissue injury or pain can lead to decreased athletic performance. Sports massage therapy increases soft tissue mobility through pressure application to areas of pain, improving circulation and decreasing inflammation.

To request a sports massage appointment at Samaritan Athletic Medicine, visit TheSAM.com or call 541-768-7700.



Recipe: Healthy avocado chicken salad

If you're a chicken salad fan and enjoy the creamy goodness of avocado, you will love this healthy take on an old favorite.

Greek yogurt helps lower the overall calories, while bell pepper adds a nice crunch. Cilantro and lime juice provide an unexpected zing that will perk up your taste buds and have you adding this recipe to your list of favorites!

Ingredients

2 cups shredded chicken (about 10 oz shredded)	1/2 teaspoon of garlic powder
1 ripe avocado, diced	1 tablespoon fresh cilantro, chopped
1 tablespoon fresh lime juice	1/2 green bell pepper, chopped
1/2 teaspoon salt	1/4 cup plain Greek yogurt
1/2 teaspoon pepper	1/4 cup mayonnaise

Instructions

1. Shred chicken, chop bell pepper and cilantro.
2. Add the diced avocado to a large mixing bowl. Sprinkle it with the lime juice, salt, pepper and garlic powder. (The lime juice and salt prevent the avocado from browning.)
3. Add the cilantro, bell pepper and shredded chicken to the avocado and mix until evenly blended. Add the yogurt and mayonnaise, stirring until ingredients are well coated.
4. Serve chicken salad on bread, crackers or in a pita pocket. If you're trying to cut carbs, serve on a bed of lettuce.

Serves four. Nutritional info per serving: 301 calories, 3g carbohydrates, 20g fat, 25g protein

Watch a demonstration video of this recipe and many other healthy recipes at samhealth.org/RecipeMinute.

Avoid hernias with healthy living

Hernias can be painful, and some can develop into an emergency situation. However, not every hernia requires immediate surgery.

"Watchful waiting is a viable option for a hernia without symptoms like pain or discomfort, and some patients have success using a hernia belt or truss," said Vanessa Papalazaros, MD, a general surgeon at Samaritan Lebanon Health Center. "But surgery is the only true way to repair a hernia."

The good news about hernias is that most of them are preventable by maintaining a healthy lifestyle and using proper techniques for lifting heavy items. Dr. Papalazaros said those who are overweight or smoke are more at risk for hernias, as are people with diabetes who are not managing their blood sugar levels.

Hernias occur when tissue bulges through an opening in the connective tissue around the abdominal muscles. This can happen anywhere in the abdominal area, but it's most common in the groin and navel areas. Hernias can also develop at the site of a previous surgery.

"The most common symptoms are a visible bulge, and it's usually more noticeable with coughing or straining," Dr. Papalazaros said. "It can also be painful. Sharp pain or vomiting may mean that a portion of your intestines has become trapped within the hernia. Those type of symptoms need to be evaluated quickly as the intestines can become blocked, or get a decrease in blood supply. Both of those situations are emergencies and require surgical attention."

"Some hernias can be repaired with laparoscopic surgery while others will need an open procedure," she continued. "It depends on a number of factors including hernia size and location, how long you've had it and whether it's reappeared after treatment."



Vanessa Papalazaros, MD, can be reached at Samaritan Lebanon Health Center at 541-451-6282.



From the president

Doug Boysen, JD, MHA
President/Chief Executive Officer

Community partnerships celebrated in new facilities, grants to local nonprofits

Since my last message, we have had several significant achievements to celebrate in partnership with our communities.

We are privileged to provide health care in the region, and this effort is greatly enhanced by our community partnerships. Our collaborative work is so important that it serves as one of our organization's four strategic pillars, along with quality and service excellence, employee engagement and sustainability.

These partnerships are exemplified by those who serve on the boards of directors for our health system, affiliated hospitals, foundations, auxiliaries and health plans. All of these leaders volunteer their time to help guide our decision-making and enhance our organization. They also help ensure that our organizational values reflect those of our communities. The importance of local governance was a key factor in the initial creation of what is now Samaritan Health Services, and I believe it continues to keep us strong today.

An exciting example of these community partnerships is now fully evident in Newport, where on Jan. 31 the first patients were seen at the new Samaritan Pacific Communities Hospital. This beautiful facility incorporates

21st Century medicine in a truly unique setting that features a healing environment filled with natural light, soothing colors and original artwork created by local artists. It is a special place of which we can all be proud, made possible by the generous support of Pacific Communities Health District voters, local donors and additional investments from Samaritan for hospital equipment, furnishings and infrastructure such as information technology.

The emotion of that first day of operation was captured by one of our Newport-based employees, Tricia Schug, who wrote, "It has been truly inspiring to see all our employees, from throughout the system, pitching in to carry equipment, get rooms and work stations set up, and take care of every tiny detail. Also, at 7 a.m. this morning, Life Flight flew in to initiate our new helipad, and brought a crew to help with patient moves. Many of us were outside the Emergency Department doors, cheering the landing. There may have been tears of delight."

We move now to the next phase of hospital construction in Newport, and we are also actively engaged in building a new Samaritan North Lincoln Hospital

in Lincoln City. Again, generous donor involvement is providing additional enhancements to that new facility, which is being funded by Samaritan Health Services with support from the North Lincoln Health District.

In addition, we recently had the pleasure of awarding Social Accountability grants totaling \$450,000 to dozens of local nonprofits in support of their health initiatives in our region (see related story, page 10). Whether their organizations are increasing access to healthy food, providing support to frail elders or offering after-school programs to local youth, these community partners are vital components of our region's safety net.

These are just a few examples of how community partnerships enhance the work we all do. We could not do what we do without them, and we look forward to our continued collaborative efforts in Building Healthier Communities Together.

Sincerely,

Doug Boysen, JD, MHA
President/Chief Executive Officer



Community has always been central to Newport hospital

For the past 70 years, caring residents have been the backbone of Samaritan Pacific Communities Hospital.

Starting in 1947, residents recognized that the small, privately owned hospital which had served Newport-area families for decades could no longer meet the needs of a growing population. They began planning for a modern facility by creating the nonprofit Pacific Communities Hospital Association and starting a fund drive.

Community members contributed their support, mostly with donations of \$30 each. Even the 1948 Newport High School Senior Class raised \$200 to contribute. Six years after these initial efforts, Pacific Communities Hospital welcomed its first patient.

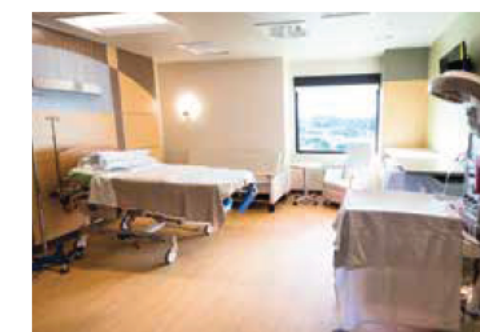
"Ever since, each generation has played a key role in enhancing our hospital to meet ever-changing health care needs," said Don Davis, former Newport city manager. "We stand on their shoulders and have stepped up for ourselves and for future generations."

While the hospital flourished in the following years, the public wanted to ensure the hospital's continued financial viability. This prompted the forming of the Pacific Communities Health District, a taxing authority with a publicly elected board of directors. In 1972, the hospital property and buildings were transferred to the health district, which assumed responsibility for operating the hospital.

Later in the 1970s and in the 1980s, the community stepped up again. Voters approved two bond measures, one to add a clinics wing in the late 1970s, and another, in 1986, to build the two-story addition for inpatient services, diagnostic imaging, emergency and surgical services.

Today, caring residents, once again, have led the charge to enhance the Newport hospital. In 2015, voters approved a \$57-million bond to significantly expand the hospital with a three-story addition and a complete renovation of the 1988 structure. The nonprofit Samaritan Health Services, which assumed responsibility for hospital operations in 2002, committed an additional \$10 million toward the project. The fully modernized hospital will be completed early next year.

With these latest improvements, the community continues to leave a legacy of excellent health care for future generations living along the central Oregon Coast.



Newport's Samaritan Pacific Communities Hospital's new addition offers (from above left) an expanded inpatient floor with spacious private rooms, updated imaging services, healing artworks throughout the hallways, private birthing rooms and a technologically advanced Emergency Department. Also in the new addition, but not pictured, is a new, state-of-the-art Surgery Department.

OSU president honors wife through memorial endowment



“Dr. Ray’s visionary gift will continue [to help] for generations to come.”

Taylor Gilmour,
Samaritan Foundations
Assistant Vice President

While Beth Ray, “first lady” to Oregon State University’s 14th president, Ed Ray, was undergoing cancer treatment at Good Samaritan Regional Medical Center, she wasn’t thinking about herself. She was noticing that there were children in an adult-oriented setting — no child-sized furnishings, no brightly colored rooms, no toys, no child-friendly treats.

“She would sit with tears in her eyes watching those children,” said Ed, describing Beth’s reaction. Beth’s compassion for the children led Ed to establish the Beth Ray Endowment for Pediatric Patients. Earnings from the \$100,000 endowment will fund technology, equipment, supplies and child-centered amenities to help accommodate, comfort and entertain young patients and enhance pediatric services throughout Samaritan.

Married for 44 years at the time of her death in March 2014, Beth and Ed committed their lives to the education and personal growth of students through their work in higher education. Beth served as a professor, advisor and counselor until their arrival in Corvallis, Ore., when Ed became OSU’s president. She then turned her influence toward philanthropy and became an unwavering advocate for the causes which touched her deeply — education, health care and children.

“The needs in health care are great and ongoing,” said Taylor Gilmour, assistant vice president of Samaritan Foundations. “Dr. Ray’s visionary financial gift doesn’t just help now, it will continue to support children for generations to come.”

Beth’s legacy lives on, through this endowment in her memory but also through the lives she touched while living.



Make an impact by joining a Samaritan giving society

In 2018, donors contributed more than \$3.9 million to their local Samaritan-affiliated hospital foundations in support of unique programming, cutting-edge technology, healing and compassionate environments, and growing and developing caregivers.

As a not-for-profit organization, Samaritan Health Services relies on philanthropic support from the community to continue to provide exceptional health care to residents and visitors throughout the mid-Willamette Valley and central Oregon Coast. By partnering with philanthropists, Samaritan is more able to achieve its mission of Building Healthier Communities Together.

Giving societies

Generations of donors have helped ensure the highest quality care at Samaritan. To recognize the generosity of donors who support the Samaritan Health Services mission, the Samaritan Foundations offer the following giving societies:

President’s Society: \$25,000+ annually;

\$50,000+ cumulative giving – Lifetime Contributors

Partners in Health Society: \$5,000 to \$24,999 annually

Samaritan Society: \$1,000 to \$4,999 annually

Heritage Society: Honors all those who have included a foundation(s) in their estate plans.

Society members enjoy exclusive communications from Samaritan leadership and invitations to donor appreciation events, lectures and receptions.

Visit samhealth.org/Giving to see the 2018 donor listing and to learn more about current initiatives including Samaritan Treatment & Recovery Services, new hospitals in Newport and Lincoln City, the Samaritan Simulation Training Center and other hospital renovations.



New Lincoln City hospital targets early 2020 opening

Ten months have passed since construction started on the replacement Samaritan North Lincoln Hospital. Located on the west shores of Devils Lake in Lincoln City, the 52,000-square-foot, single-story building is on target for its October completion date.

Earlier this year, crews from Skanska USA Building erected the hospital’s steel framework. Now, exterior skin work is being installed and interior walls formed. The \$42 million hospital project is entirely funded by the not-for-profit Samaritan Health Services, and the North Lincoln Hospital Foundation has committed to raise an additional \$7 million through community philanthropy to furnish and equip the new hospital.

While construction will finish in the fall, the hospital won’t open to the public until February 2020. Staff will train in the new spaces until then, so they will be prepared with new processes and safety procedures. Once all departments are moved in, in early 2020, the existing 50-year-old hospital will be demolished and replaced with a beautifully landscaped parking area for the hospital, adjacent clinics and administration building. Community health care will continue uninterrupted during this process.

For more information and to view a 3-D animation video of the new hospital, visit samhealth.org/NewHospitalLincolnCity.

Keeping you healthy

The following is a sampling of the wellness resources, classes and support groups Samaritan offers. Browse our online directory for a full listing and specific dates and times at samhealth.org/Classes.



samhealth.org/Classes

Diabetes

- Diabetes foot clinic
- Diabetes management
- Diabetes prevention
- Diabetes support

Health education & information

- Advance directive workshop
- Bariatric surgery and weight loss
- CPR and first aid
- Cardiovascular health and prevention programs
- Heart health education
- Mental Health First Aid
- Pulmonary rehabilitation
- Stop the Bleed

Support groups

- Better Breathers
- Cancer
- Caregivers
- Diabetes
- Grief
- Heart
- New mothers and breastfeeding
- Ostomy
- Sleep disorders
- Stroke and brain injury
- Veterans

Community health partnerships

pollywog
Prepared parents. Healthy families.
PollywogFamily.org

We can.
Manage pain safely.
PainWise
PainWise.org



Samaritan's e-newsletters

To Your Health

Get monthly health and wellness tips and updates on classes and events.

Life with Diabetes

Get tips to manage diabetes with recipes, patient stories, support groups and more.

Your Maternity Journey

Receive timely information and support on your journey to parenthood.

Healthy Minds, Healthy Bodies seminars

Receive information on free health education seminars offered in Samaritan's service areas.

Samaritan Plastic, Reconstructive & Hand Surgery specials

Get beauty tips and learn about our cosmetics specials and events.

Your Growing Baby

Learn about upcoming milestones and tips on caring for your new baby.

Sign up by visiting: samhealth.org/Subscribe

Sign up by visiting: samhealth.org/BabyNews

Cancer

- Art workshops for cancer survivors
- Cancer caregivers
- Cancer information
- Living with cancer
- Massage therapy
- Oncology and nutrition
- Physical activity
- Support groups for breast cancer, metastatic cancer, men's cancer, and young adults

Childbirth preparation & family services

- Anesthesia pain relief options
- Becoming a new sister or brother
- Breastfeeding classes and support
- Caring for your new baby
- Childbirth preparation
- CPR: Infant CPR for family and friends
- Expectant parent class
- Fitness during pregnancy
- Maternity program
- Hope for Mothers
- Incredible newborn

Chronic pain or illness

- Living Well with Chronic Conditions
- Living Well with Chronic Pain
- Pain Solutions: First Steps

Community services

- Community medical clinics
- Disaster preparedness
- Free health checks for women
- Health education and information resource centers
- Hospice volunteer training
- Introduction to parish nursing
- No One Dies Alone
- Prayer shawl groups
- Volunteer

Partners in your health

Samaritan employee Kimberly Boyd enjoys volunteering her time with Neighbors for Kids, a community organization serving youth in Lincoln County with after-school and summer programs.

Samaritan Health Services offers physician clinics in Benton, Lincoln and Linn counties.

We offer clinic-based care in the following specialties:

- Addiction Medicine
- Breastfeeding
- Cancer Services
- Cardiac, Thoracic and Vascular Surgery
- Cardiology
- Cosmetic Services
- Electrophysiology
- Endocrinology
- Family Medicine
- Fitness and Sports Performance
- General Surgery
- Hyperbaric Wound Care
- Infectious Disease
- Integrative Medicine
- Internal Medicine
- Mental Health
- Nephrology (Kidney)
- Neurosurgery
- Obstetrics and Gynecology
- Occupational Medicine
- Orthopedics and Sports Medicine
- Pediatrics
- Physical Therapy
- Plastic and Reconstructive Surgery
- Podiatry
- Rheumatology
- Sleep Medicine
- Travel Medicine
- Urgent Care
- Urology
- Weight Management Services

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**Samaritan
Health Services**
samhealth.org